



**mizell**  
CENTER  
FULL OF LIFE

# Newsletter

## August, 2022

11777 West Drive, Desert Hot Springs, CA 92240

(760) 329-0222



**SENIOR CENTER**

of Desert Hot Springs

Open Monday-Friday

8:00 am to 4 pm

### Cheryl Hunter

*Director*

### Jessica Martinez

*Resource Coordinator*

### Marta Godoy

*Receptionist*

### Service Animals

According to the Department of Rehabilitation, a service animal is defined as:

“...dogs that are individually trained to do work or perform tasks for people with disabilities.”

The DOR also states that dogs (or any animal) whose “sole function is to provide comfort or emotional support do not qualify as service animals under the Americans with Disabilities Act.”

While we here at the center love all animals, and appreciate their role in providing comfort to their human parent, we also have members who are not comfortable with animals being around them. Please comply with our request that ONLY dogs trained as defined by the DOR are allowed inside the building.

### From the Director’s Desk

The heat is on! Please be sure to stay hydrated and stay out of the sun as much as possible during the days with extreme heat warnings.

We are here for you Monday through Friday from 8:00 a.m. till 4:00 p.m. as a reprieve from the heat. We have free water for you, and often provide free snacks. Membership is not required for this service.

Just a note that we must ask that you not bring your animals into the center, with the exception of a dog trained to assist with specific tasks for a person with a disability, as defined by the Department of Rehabilitation. We appreciate your cooperation.

*—Cheryl Hunter*

*“Keep your face to the sun and you will never see the shadows.”*

*—Helen Keller*



### “Aging In” Bilhartz Presentation

On August 15th, at 10:00 a.m., Bilhartz Insurance Services will offer a presentation on “Aging In.” The talk covers the process of preparing and entering the Medicare program. It is important to understand all of the deadlines, etc., in order to experience a smooth transition into retirement.



## Memberships

Don't forget to renew your membership! The monthly mailings depend on your membership fees to offset the cost. Your membership also provides such benefits as discounts on classes, access to free events and our Morning Bites program. Only \$15 for the whole year, what a bargain!

Another great reason for renewing your membership is so that we may update your contact information. This is how we keep up on your health and wellness. Thank you!

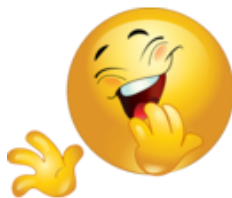
## Monthly Movie and Karaoke

Check the calendar for the monthly movie, and be sure to drop a note in the suggestion box requesting your favorite movie.

If you love to sing, or would like to support your songbird friend, please join us for Karaoke on the last Thursday of each month.

## Joke of the Month

Why is bread similar to the sun? It rises in the yeast-ern side and sets in the waist-ern side !



## The Invention of Sunscreen

Sunscreen squeezed onto the scene in 1946 when Swiss chemist Franz Greiter developed his "Gletscher Crème" (Glacier Crème). Having been severely sunburned in 1938, this and the growing understanding about how sun exposure is linked to cancer inspired Greiter to invent the protective lotion.

Greiter is also known for developing the system of SPF (sun protective factor) rating.

Due to recent findings in the dangers of certain chemicals, sunscreen has undergone changes to make it more effective without causing harm. The future of sunscreen will most likely lead to one that "protects from UVA and UVB radiation, but is also a formulation that allows for the best user compliance."

Resourced from:

Drissi M, Carr E, Housewright C. Sunscreen: a brief walk through history. Proc (Bayl Univ Med Cent). 2021 Sep 1;35(1):121-123. doi: 10.1080/08998280.2021.1966602. PMID: 34970060; PMCID: PMC8682817.

## Questions Answered

Q: Why are there so many animals in the center?

A: Members bring in their animals for a variety of reasons, however the only animals that we are required to allow are dogs that meet the criteria of trained support for a human with a disability. We are not allowed to question the use, we rely on the honesty of our members.