



## SENIOR CORNER

### FRIDAY MOVIES

Each Friday at 1:30 PM, the ONEGeneration Center shows free movies for Seniors at 18255 Victory Blvd. This Month's Movies are:

9/4 Champagne for Caesar – Ronald Coleman, Celeste Holm (1950) (100 min)

9/11 Duplicity – Clive Owen, Tom Wilkinson (2009) (125 min)

9/18 Bringing up Baby– Katherine Hepburn, Cary Grant (2008) (120min)

9/25 The Great Buck Howard – John Malkovich, Colin Hanks (2008) (90 min)

### ADULT DAY SERVICES

ONEGeneration will join in the celebration of National Adult Day Service week from September 20-26. It is one of the 4,600 Adult Day Services Centers operating in the United States

### FREE FLU SHOTS

ONEGeneration Center will offer free flu shots on Wednesday, September 23rd, from 9:00 AM to 11:00 AM.

### FREE COUNSELING SERVICES

Providence Health Service will be offering free counseling service on Wednesdays from 9:00 AM to 12:00 PM at the Senior Center, 18255 Victory Blvd.

## COMMUNITY ANNOUNCEMENTS

### RESEDA AUTHOR'S BOOK

"Patty Pom-Poms", a book written by Alise Cayen, has recently been released. Cayen's inspiring story is engaging and sends a message about persistence and hard work toward realizing dreams and accomplishing goals. Drawn from her own personal experience as a professional cheerleader and dancer, her narrative brings her characters to life with vivid descriptions and rhythmic dialogue. Her children's tale is an outstanding work of fiction with a wonderful message..

Alise Cayen was a professional cheerleader for the Los Angeles and Oakland Raiders for seven years. She has an extensive dance background and has worked as a high school cheerleading and dance coach. Ms. Cayen is a television producer, scriptwriter, poet, high school dance and English instructor and coordinates a police academy magnet school, preparing high school students for law enforcement careers. Ms. Cayen is writing the second volume of Patty Pom-Poms in her Cheer ventures series and has just completed a children's book about police officers. She resides in Los Angeles, was born in the West Valley and grew up in Reseda. Alise's Mother Jeanette Cayen resides in Reseda and has been a Block Captain in the Reseda Neighborhood Watch for nearly 20 years.

### CALLING ALL VOLUNTEERS!

On Saturday, October 17, 2009, from 8:30 a.m. to 1:00 p.m., Revitalize Reseda is partnering with Councilman Dennis P. Zine, The Community Redevelopment

Agency, and the Los Angeles Neighborhood Initiative, to continue in the beautification of Reseda.

Join us while we remove trash, weeds, and graffiti and have illegal dumping removed. Lunch will be provided for all volunteers. Sign up now! Cleanup locations will be assigned as we approach the date. Call now to volunteer (818) 832-2280, or e-mail [revitalizereseda@aol.com](mailto:revitalizereseda@aol.com).

Please visit the website [www.revitalizereseda.org](http://www.revitalizereseda.org) for additional Reseda resources.

### LOGAN'S RUN FOR AUTISM

MISSION HILLS, CALIF, - Autism is more common than pediatric cancer, diabetes, and AIDS combined. As long as its cause and cure remain unknown . . . Autism is everyone's concern. On October 10<sup>th</sup>, join representatives Senator Alex Padilla, Assemblyman Felipe Fuentes, Congressman Howard Berman and Councilman Richard Alarcon for Logan's Run/Walk.

Started in 1979 by a Northridge dentist and Jay Nolan Community Services (JNCS), a non-profit agency. The event continues to raise awareness and much-needed support for people with Autism in the San Fernando Valley. It offers both a serious 5K and 10K trail run and routes for walking, strolling or rolling along scenic Hansen Dam Park. The Community Festival presents fun and informative way raise awareness about Autism. It's family fun with free food, live entertainment, local health and wellness resources, community information booths, games, and attractions.

Your Logan's Run participation, sponsorship, and donation go directly to help people with disabilities live more independent and fulfilling lives. For registration and community festival information please visit: [www.runforautismawareness.com](http://www.runforautismawareness.com).

For sponsorship or other information contact JNCS, Executive Director, Jeffrey L. Strully, (818) 361-6400, Ext. 127.

### A WALKABOUT WITH SAM

Some of the most interesting people I've met in Reseda (surrounding areas as well) have been while walking with Sam, our Labrador retriever. Sam approaches everyone like a long, lost friend. One quick sniff and Sam can tell that everyone is on the same level. He smells hardship, hard work, down in the dumps, laughter to name just a few. Sam has made me a better listener, reminding that it's not all about me. We're proud to work, walk and wish in Reseda. This column will be about our walkabouts in Reseda, stories of neighborhoods, kids, adults, teachers etc that make a difference in the daily lives of our Community. We hope this will make us better problem solvers than problem facilitators.

Please contact me with suggestions, stories, or comments. You may reach me by email or mail [jluis@resedacouncil.org](mailto:jluis@resedacouncil.org) or Reseda Neighborhood Council, 7324 Reseda Blvd., #118, Reseda, CA 91335