
Older Adult Services - 55+ Newsletter

AUGUST 2026



stay hydrated



The Importance of Staying Cool and Hydrated in the Heat

Staying cool and hydrated during hot weather is essential for preventing heat-related illness, maintaining bodily functions, and protecting older adults.

Why it matters

Heat increases fluid loss through sweating, breathing, and physical activity, which can quickly deplete your body's water stores. Without enough fluids, your body struggles to regulate temperature, support organ function, and maintain energy and cognitive performance. Dehydration danger signs: fatigue, headaches, muscle cramps, dizziness, rapid heartbeat, confusion and even life-threatening conditions like heat exhaustion or heatstroke.

Key benefits to staying hydrated

Regulates body temperature, supports physical performance, protects cognitive function, supports heart and kidney health and reduces risks for older adults.

How to stay cool & hydrated

Stay in shade or air-conditioned spaces, drink water regularly, include hydrating foods, replenish electrolytes, avoid excessive caffeine, alcohol, and sugary drinks, check urine color, and schedule outdoor activities when it's cooler.

Older Adult Services - 55+ Newsletter

MONTHLY



stay hydrated



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Tuesday's
11:00 AM - 1:00 PM

Aug. 4: Introduction to chatting with AI with Digital Coach, Carla from Independence at Home/Technology Education Coaching Program.

Curious about using ChatGPT or Gemini but not sure where to start? In this lecture, we'll explore tips for using generative AI chat programs so you can make them work for you. You'll learn how to write questions, or prompts, that are specific and effective at getting helpful responses. Whether you plan to use them at work, for personal projects, or just for fun, we'll show you how this tech can help you with all sorts of tasks. We'll also cover best practices for privacy and security so you can be a confident user.

Aug. 11: Creative & Game Community Day

We invite you to join us for a fun day of creativity! We'll have watercolor paints, acrylic markers, small canvases, and a variety of craft supplies available to use. You're more than welcome to bring your own art project to work on. We'll also have board and card games available, or you can bring your own. Everyone is welcome!

Aug. 18: Crossing Softly Presents ~ Let's Talk About Death

Death is one of the few experiences every human being shares, yet it's often the hardest to talk about. This introductory workshop offers a welcoming and approachable space to explore death literacy, understand the role of a death doula, and learn how open conversations about mortality can deepen our relationships, reduce fear, and support more informed end-of-life choices. **See page 5**

Aug. 25: Estate Planning Part 2 with Senior Legal Counsel, Aastha Farr.

Join us for an informative Part 2 workshop designed to help you plan for the future with confidence. Learn the essentials of estate planning - **See page 6**



Lez Chat ~ 55+

is a space for Lesbian, Bi, Queer,
Non-binary and Trans women

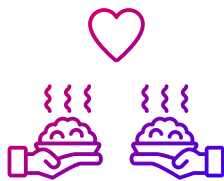


1st & 3rd Saturdays
11:00 AM - 1:00 PM

August 1: Open Chat



Join us for a relaxed and welcoming gathering where we can connect, share stories, enjoy meaningful conversation, and make new friends. There's no set agenda, you're more than welcome to bring a topic. It's an open space to talk, listen, laugh, and enjoy community together. **No RSVP needed. Coffee and Snacks will be provided.**



August 15: Potluck

Come enjoy delicious food, great conversation, and a fun time connecting with others in the community. Whether you're reconnecting with familiar faces or hoping to make new friends, we'd love to have you join us! **No RSVP needed.**

Please bring a dish, snack, or dessert to share for up to 6 people—homemade or store-bought are both welcome. Chicken salad croissant sandwiches, chips and beverages will be provided.



Creative & Game Community Day

TUES. AUG. 11 | 11:00 AM - 1:00 PM

We invite you to join us for a fun day of creativity,
board and card games!

We'll have watercolor paints, acrylic markers, small
canvases, and a variety of craft supplies available to use.
You're more than welcome to bring your own art or craft
project to work on.

We'll also have board and card games available,
or you can bring your own.

Everyone is welcome!



the **LGBTQ**
Center
long beach

Crossing Softly

presents

Let's Talk About Death

TUES. AUG. 18 | 11:00 AM - 1:00 PM

Death is one of the few experiences every human being shares, ***yet it's often the hardest to talk about.*** This introductory workshop offers a welcoming and approachable space to explore death literacy, understand the role of a ***death doula***, and learn how open conversations about mortality can ***deepen our relationships, reduce fear, and support more informed end-of-life choices.*** Participants are invited to engage with curiosity. No prior knowledge or personal experience is needed.

Sasha (she/they) is the founder of ***Crossing Softly***, a grief-informed wellness community dedicated to creating spaces where conversations about ***death, grief, and mortality*** are welcomed with curiosity and care.

Trained as a death doula, she draws from ***death-positive philosophy, grief support, restorative yoga, and community-centered*** practices to help people build greater comfort with life's most universal experiences.

Their work centers on making conversations about death more ***accessible, compassionate, and empowering.***



ESTATE PLANNING

PART 2

TUES. AUG. 25

11:00 AM - 1:00 PM

Everyone deserves the security of having their wishes honored and their chosen ones protected.

Join us for an informative workshop designed to help you plan for the future with confidence. Learn the essentials of estate planning.

Aastha Madaan Farr (she/her) is Legal Counsel at Health Plan of San Joaquin. Prior to her current role, she worked at SCAN Health Plan, Memorial Care, and had her own law practice for several years. Aastha's practice areas include Estate Planning, Healthcare Law, and Technology Law.

Aastha speaks and writes on cultural competency, implicit bias, and allyship. She is dedicated to pro bono service and was awarded the "Distinguished Lawyer" recognition by the LGBTQ Center Long Beach for her pro bono work. Aastha is a 2023 Fellow of the South Asian Bar Association's Leadership Institute.



Talk it OUT

with Danielle
Enrollment Required
EVERY Wednesday
10:00 - 11:30 AM



This virtual group meets every Wednesday to organically have conversation in a safe space. If you would like to hear more about the group and the enrollment criteria,

please contact Violet by email,

Olderadults@centerlb.org OR call 562-434-4455 ext. 248.

You must be a registered participant of the Older Adults Program before attending.

OLDER ADULT SERVICES August 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
						1 LEZ CHAT Open Chat 11am - 1pm
2	3	4 Tech Day 11am-1pm	5 Talk It OUT 10-11:30am	6	7	8
9	10	11 Creative & Game Day 11am-1pm	12 Talk It OUT 10-11:30am	13	14	15 LEZ CHAT Pot Luck 11am - 1pm
16	17	18 Crossing Softly Workshop 11am-1pm	19 Talk It OUT 10-11:30am	20	21	22
23	24	25 Estate Planning 11am-1pm	26 Talk It OUT 10-11:30am	27	28	29
30	31	August 14 Gay Uncles Day!			Food & Beverages are provided	YELLOW = IN PERSON BLUE = VIRTUAL



The LGBTQ Center long beach

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