Dr. Richard Mahon was recommended on June 26, 2019 to the Mt. San Antonio College Board of Trustees as our new Vice President of Instruction. Dr. Mahon is currently Dean of Academic Affairs at Allan Hancock College in Santa Maria, a position he has held for the last three years. Previously Dr. Mahon was Professor of Humanities at Riverside City College for over eighteen years after several years as a Resident Preceptor, Academic Preceptor and Lecturer at UC Santa Cruz. He also served as an adjunct professor at two community colleges for thirteen years. Dr. Mahon holds a Ph.D. in History & Politics from UC Santa Cruz and a BA in History & Religious Studies from the same university. Dr. Mahon’s professional service includes Accrediting Commission for Community and Junior Colleges (ACCJC) Commissioner from 2012 to 2018 and Western Association of Schools and Colleges (WASC) Senior Commissioner from 2019 to 2022. His service also includes five years with the Faculty Association for California Community Colleges and ten years of committee service with the Academic Senate for California Community Colleges. He is also a recipient of the prestigious Gerald C. Hayward Award for Excellence in Education in 2013 (link).
FUN! PARTY! and SOCIAL! All these words describe the amazing 15 year anniversary celebration of the Walnut Red Hat Angels, lead by Queen Esther Villegas. The organization gathered together on June 4, 2019 at the Walnut Senior Center. There were fun activities that encouraged friendship and tasty foods to enjoy. All the members in attendance were dressed in their fabulous Red Hat Society (RHS) outfits. RHS members who have reached the age of 50 wear red hats and purple clothing, while those under 50 wear pink hats and lavender clothing.

The RHS members empower each other to pursue their passions and discover all that life has in store. Members support one another through all of life’s challenges and celebrations. The RHS is comprised of women from all walks of life who are committed to joyful living, growing, exploring new interests, having fun and creating new friendships.
Dental health and dementia are not commonly thought of together. What does dental health have to do with mental health, anyway? Surprisingly, there seems to be a strong link between these two.

In fact, if your gums bleed easily, then you might have a gingivitis infection. New research has showed that gingivitis bacteria make it into the brain. Once inside, the brain produces β-amyloid proteins as a defense against the bacteria, and it is exactly the buildup of these proteins that cause neural breakdown that cause Alzheimer’s – a major cause of dementia.

A research team recently compared 50 brain samples of deceased Alzheimer’s patients to 50 healthy samples, finding that over 90% of Alzheimer’s samples contained P. gingivitis. Similar findings were observed with live patients through spinal fluid drawing.

The idea that gingivitis can cause Alzheimer’s was then tested by rubbing the bacteria on the teeth of mice, where sure enough, over time the mice started to develop the memory-robbing disease. This is truly a remarkable finding, potentially identifying a way to drastically reduce the risk of the disease through simply promoting good dental health.

For more information click on this link
Fall 2019 Computer Registration Dates and Locations
(All computer classes including Mobile Information Technology, Digital Photography, and Internet)

Each person must register for himself/herself. Students may not register for anyone else. Students may register for only one computer class. Registration for new computer students is first come first served. Note: the student is permitted to take the computer class only two (2) times consecutively

Walnut Senior Center – 7/15/19 from 10:00-11:00 a.m. (Monday)
La Verne Community Center – 7/16/19 from 10:00-10:30 a.m. (Tuesday)
San Dimas Com. Ctr – 7/17/19 from 10:00-10:30 a.m. (Wed)
West Covina Senior Center – 7/18/19 from 10:00-10:30 a.m. (Thursday)
Shadow Oak Park – First day of class
Palomares Senior Center – First day of class
Steinmetz Senior Center – First day of class
Pathfinder Park – First day of class

Fall 2019 Diamond Bar Center Registration

Healthy Aging – 7/24/19 at 9:00 am. (Wednesday)
Registration cards will be handed out. 30 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Class.

Healthy Aging Principles of Slow Movement – 7/25/19 at 10:00 am. (Thursday)
Registration cards will be handed out. 30 completed registration cards will be randomly drawn. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Principles of Slow Movement class.

Fall 2019 San Dimas Senior/Community Center Registration

Jewelry – 7/26/19 at 9:00 am. (Friday)
Registration cards will be handed out. 30 completed registration cards will be randomly drawn for class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student.
Fall 2019 Walnut Senior Center Registration

General Registration Date for the Following Classes: 7/15/19 from 10:00-11:00 a.m. (Monday) Note this is for classes held at Walnut Senior Center only. Oil Painting, Home Gardening, Beginning Decorative Art Production for Retail Sales, Healthy Aging Principles of Slow Movement, and all Computer Classes including Digital Photography. Each person must register for himself/herself. Students may not register for anyone else.

Healthy Aging – 7/22/19 at 8:45 a.m. (Monday)
Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging class.

Fall Prevention Balance and Mobility – 7/29/19 at 10:15 a.m. (Monday)
Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Fall Prevention Balance and Mobility class.

Healthy Aging Principles of Posture and Flexibility – 7/23/19 at 8:30 am. (Tuesday class)
Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Principles of Posture and Flexibility class.

Walnut Jewelry – 7/26/19 at 1:00 pm. (Friday)
Registration cards will be handed out. 30 completed registration cards will be randomly drawn for class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.

Fall 2019 Pathfinder Park Community Center Registration

Healthy Aging – Principles of Posture and Flexibility – 7/29/19 at 9:00 am. (Monday)
Registration cards will be handed out. 70 completed registration cards will be randomly drawn for class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.

Healthy Aging – 7/25/19 at 11:00 am. (Thursday)
Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.
New Class Idea
If you have any new class ideas, we would love to hear from you. Please contact Education for Older Adults at EOA@mtsac.edu and share your ideas for new classes that could be offered.

REBUS FOR YOU
Can you solve these visual word puzzles? Answers on page 4

1. SpKieY

2. E P A H S

3. Like yesterday
   Like today
   Like __________

4. OR NOTHING
   OR NOTHING

5. 1. 3. 5. 7. 9. R WHELMING

6. CA SE
   CASE
Tourist Visa Scam Alert

People who have saved up for years to take a vacation abroad could arrive at their dream destination only to find that they have been conned.

In the Tourist Visa Scam, unsuspecting people seeking information about travel destinations are lured to bogus websites offering fake documents for a fee.

Once the payment information is entered, travelers receive confirmation e-mails and official looking paperwork only to arrive at their vacation spot to find a visa was not required.

If you or anyone you know has been the victim of a scam contact your local law enforcement agency.

Helpful Tips
- Use official government websites which typically end with .gov and not .com or .net
- Use the portal created for Americans traveling abroad: http://bit.ly2ma8mW7
- Always verify visa requirements at the destination country’s official website

Answers for Rebus Puzzles
1. Pie in the sky
2. Shape up
3. Like no tomorrow
4. Double or Nothing
5. Odds are overwhelming
6. Open and Shut Case
Mobile Information Technology for the Beginner

Introduction to mobile information technology skills, concepts, and principles to safely and effectively use mobile platform devices and the internet.

The class will cover:
- Introduction to mobile information and communication technologies
- Navigating mobile device operations
- Setting up a Wi-Fi connection on a mobile device
- Working with applications on a mobile device
- Setting up messaging and file sharing
- Working with mobile web browsers and multiple platforms
- Importance of digital information literacy
- Basic protection measures
- Basic understanding of cloud storage computing services

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<tr>
<td>William Steinmetz Senior Center</td>
<td>M</td>
<td>8:25-11:30</td>
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<tr>
<td>1545 South Stimson Avenue</td>
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<td>Hacienda Heights, CA 91745</td>
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<td>499 East Arrow Highway</td>
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<td>Pomona, CA 91767</td>
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<td>La Verne Community Center</td>
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<td>La Verne, CA 91750</td>
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<td>San Dimas Senior/Community Center</td>
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<td>Walnut Senior Center</td>
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<td>21215 La Puente Rd.</td>
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<td>Walnut, CA 91789</td>
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Registration will be taken during computer signups
For more information call Mt. San Antonio College at 909-274-4192
Education for Older Adults  
1100 North Grand Avenue  
Walnut, CA 91789  
Building 36, Room 2  
Phone: 909-274-4192  
Fax: 909-468-4429  
E-mail: eoa@mtsac.edu

EOA strives to be a leading educational resource for older adults transitioning into life’s second half.

Mary Lange, M.S.G. Director EOA  
E-mail: mslange@mtsac.edu

Faculty Association Representatives:  
Representatives at Large: Steve Williams and Danielle Bloom  
EOA Representatives: Briseida Ramírez, Margaret Valarde and Ray Tucker  
Faculty Senate:  
EOA Senator: Briseida Ramírez

EOA Advisory Group  
Adolph Bergler, Carol Jones, Ed Jones, Esther Villegas, Gary Paterson, John Chin, June Wentworth, Lee Coleman, Nanette Peterson, Phyllis Friar and Steve Sherman

Semester Dates

Summer Semester Begins June 17, 2019  
No class on the following dates:  
Independence Day, July 4, 2019  
Summer Semester Ends August 18, 2019

Fall Semester Begins August 26, 2019  
No class on the following dates:  
Labor Day, September 2, 2019  
Veterans Day, November 11, 2019  
Thanksgiving, November 28-29, 2019  
Fall Semester Ends December 15, 2019

Winter Semester Begins January 6, 2020  
No class on the following dates:  
Martin Luther King Jr. Day, January 20, 2020  
Lincoln’s Birthday, February 14, 2020  
Winter Semester Ends February 16, 2020