



The Torrance Woman's Club Voice

Member

General Federation of Women's Clubs - California Federation of Women's Clubs - Marina District

Serving the Community Since 1921 – 501(c)(3) Tax ID: EIN 33-0249000 Torrancewomensclub1921@gmail.com

TWC Officers: President—Pam Ament, 1st VP/Dean-Linda Pollick, 2nd VP-Ellen Jenkins/Kim Edwards, 3rd VP-Lynn Robinson, Recording Secretary-Theresa Abbey, Corresponding Secretary- Carol Delome, Treasurer- Sharon Broadbent, Auditor- Linda Lescoe, Ways and Means-Alix Plum, Program--Open, Press- Carol Delome, Yearbook- Lynn Robinson, Newsletter- Lynn Robinson, Reservations--Betty Robertson, Parliamentarian-Janice Petrosino

JULY/AUGUST 2026 NEWSLETTER

AUGUST CALENDAR

August 5	10 am 12 pm	Board Meeting Pizza & Protocol
August 12	10 am 2:30 pm	House Committee July/Aug Birthday Party
August 19	10 am	Helping Hands
August 26	10 am 2 pm	Board Meeting Let's Paint
August 27	Reservations due for Sept. Meeting	

PRESIDENT

Pam Ament

I hope you are enjoying the sights, sounds, and slower pace of summer as you read this. These few months bring California heat, humidity, and warmth—inviting afternoon naps and a welcome bit of respite in our days.

We have several events planned for our members, and we hope you'll join us at the clubhouse. Each gathering promises time with friends, fresh ideas, and an opportunity to enjoy one another's company. Here is the schedule:

August: 5 th : **TWC Board Meeting 10 am - noon**
Pizza and Protocol Workshop
noon – 3pm
12 th : **House Committee Mtg. 10am**
noon
July and August Birthday Party 2:30 pm – 4pm
19 th : **Helping Hands 10am – 2pm**
26 th : **Board Mtg. 10am – noon**
Let's Paint 2pm-4pm

FLYERS ON PAGES 8 & 10

I hope you will join us for some, all, or some of the events planned!

I am still looking for a few more Chairs and if you are interested, please give me a call at 310-344-8605.

Have a wonderful month and see you soon! Luv,
Pam

THINGS TO BRING ON SEPT.2ND.

1. Items for the Volunteer Center Food Bank (Cereal, pasta, rice and canned fruit are especially welcomed)



MARINA DISTRICT CALENDAR

Sept. 18th 9:00 am District Meeting
WC of Redondo Beach
400 S. Broadway, Redondo Beach,
CA 90277
Co-Host: WC of Hermosa Beach

TREASURER Sharon Broadbent



New for 2026 - We can now process payments by credit card. Credit card processing fees are included in the prices below.

Monthly luncheon fee - \$20.00 + \$1 = \$21.00
2026 Dues - \$60.00 + \$2.00 = \$62.00
See Sharon if you wish to pay by credit card.

THIRD VICE PRESIDENT/ HOUSE CHAIRMAN

The House Committee met on July 8th. We discovered that the oven doors don't close properly. We believe it is time for new stoves. There is money in the Clubhouse account in the reserve for repairs category. Sharon is conferring with Richard and researching new stoves. Lynda ran into an architect who agreed to come and give us his opinion on ADA issues. He came on the July 8th and looked over the entire building. He had many suggestions. He believes our first step is to get a measured Computer Assisted Drawing of the building. His fee for that is \$2,500. We are researching other vendors for that. The committee still needs to review condition of tables and chairs, identify and remove/replace broken or unusable items as needed. Mary and Lynda are working on the National Register of Historic Places nomination application. The next meeting will be August 12th.



JULY

4	Tita Malott
14	Joanne Free
20	Carolyn Pohlner
25	Janet Payne
27	Connie Vassie
28	GG Mansfield

AUGUST

3	Susan Warner
8	Roberta Smith
8	Cherie Wisman
9	Maxine Trevethen
12	Judy Foster
19	Frances Hunter
27	Linda Lescoe
29	Charlotte Kyes

HAPPY BIRTHDAY TO YOU!!

RESERVATIONS

Betty Robertson



Hello TWC Ladies.

Please call in your reservation by **August 27**.

Betty Robertson - 310-367-1188

betsew@aol.com

I so look forward to seeing all of you at our next meeting.

HOSPITALITY

Lois Koza 🌸



“Hello Dear Ladies



Wishing you a happy fun filled

August! 🎉 🎉 🎉 🎉 Remember we will be setting up on September 1st. Hope to see you then!

Please don't forget the food donation to keep the food 🍽️ 🍽️ 🍽️ pantry well supplied. I look forward to seeing you soon. Thank you! 🌻 🌻

Lois 🌻 🌻 🌻



**TECHNOLOGY
CHAIR IN THE
CORNER**
Mary Alessandra-Cook

Technology Chair in the Corner

Summer Digital Declutter: A Quick Refresh for a Smoother Tech Experience

Summer is the perfect time for a light digital cleanup—something simple, satisfying, and genuinely helpful as we head into a busy fall season at the Torrance Woman's Club. Just like tidying a drawer or clearing a countertop, a short digital declutter can make your devices feel faster, lighter, and easier to use.

Start with the Biggest Space Hog: Screenshots

If you open your Photos app, you'll likely find dozens—sometimes hundreds—of old screenshots. These are usually accidental captures, temporary reminders, or images you no longer need. They take up more space than you'd expect.

Tech Tip: Open your Photos app → Albums → Screenshots → Select → Delete. Five minutes here can free up a surprising amount of storage.

Clear Out Old Photos and Videos

Summer often means vacations, family gatherings, and lots of photos. Before those memories pile up, take a moment to delete duplicates, blurry shots, or videos you don't need.

Bonus: Your phone will run better when storage isn't strained.

Unsubscribe Carefully

Summer sales and promotions can overwhelm your inbox, and unsubscribing from legitimate senders is a great way to reduce clutter. However, be cautious: clicking “Unsubscribe” on suspicious or unknown emails can confirm to scammers that your email address is active, which may increase unwanted messages.

Safe approach: Unsubscribe only from trusted retailers or organizations you recognize.

For anything questionable, block the sender instead—don't click links inside the email.

A few thoughtful steps make your inbox calmer and more secure.

Tidy Your Home Screen

A clean home screen makes your device feel instantly easier to use.

Try grouping apps into simple folders such as:

Photos

Travel

Shopping

Social

Utilities

This small change reduces visual clutter and helps you find what you need faster.

Do a Quick Privacy Check

Summer is a good time to review your privacy settings on Facebook, Instagram, or Google. Make sure your posts are shared only with the audience you intend and confirm that location sharing is set the way you prefer.

Refresh Your Passwords

If you haven't updated your passwords in a while, choose one account—just one—and give it a stronger password. Small steps count.

A digital declutter doesn't have to be overwhelming. Ten to fifteen minutes is enough to make your devices feel refreshed and ready for the busy months ahead. And remember—many of these skills are also covered in the **SkillsBuild for Older Adults** program we'll be exploring together in

September. It's a great way to build confidence and stay current with everyday technology.

Mary Alessandra-Cook (with some help from Microsoft Co-Pilot AI)

TOMORROW'S TECH TODAY

Anvi Mishra

(Anvi Mishra of West High School brings a fresh student perspective to our monthly technology column, joining us as a guest writer while earning community service hours. Her curiosity, clarity, and enthusiasm for emerging tools add a vibrant new voice to our club's ongoing tech conversations. I'm delighted to welcome her contributions as we continue exploring how technology empowers women in every stage of life. -Mary Alessandra-Cook, Technology)

AI: Friend or Foe?

Artificial Intelligence (AI) is one of the fastest-growing technologies in the world, and with its rapid rise comes a common question: Will AI replace humans? While no one can predict the future with certainty, current research suggests the answer is no. Instead, AI will completely reshape the future, making everyday tasks faster and more efficient. However, the real risk isn't AI itself—it's becoming overly dependent on it. Think of AI like a calculator: it can perform calculations in seconds, but you still need to know what to calculate and why you're doing it.

The key is learning how to use AI responsibly. Rather than asking it to do everything for you, use it as a partner that helps you work more efficiently.

For example, AI can:

-  Draft emails, letters, or invitations.
-  Summarize long articles or meeting notes.
-  Plan meals and create grocery lists.
-  Help organize vacations and build travel itineraries.
-  Explain difficult topics in easy-to-understand language.

-  Assist with learning new technology or troubleshooting computer problems.

It saves time on repetitive tasks, allowing you to focus on the parts that require creativity, empathy, and personal judgment.

At the same time, it's important to recognize AI's limitations. AI can misunderstand context or present incorrect information with confidence. That's why it should never replace your own judgment, especially when making important medical, financial, legal, or personal decisions. Always verify important information with reliable sources and use AI as a starting point, not the final answer.

Like any powerful technology, AI is most beneficial when it complements human abilities instead of replacing them. By using it ethically, we can take advantage of its speed and convenience while preserving the human connection that no technology can replicate.

Technology works best when it empowers people, and AI is simply another tool that helps us accomplish more in less time.

Works Cited

AI Isn't a Substitute for Human Skills. It's a Multiplier. | Harvard Online, harvardonline.harvard.edu/blog/ai-isnt-a-substitute-for-human-skills-its-a-multiplier. Accessed 15 July 2026.

The Translational Benefits of Sheep as Large Animal Models of Human Neurological Disorders - PMC, pmc.ncbi.nlm.nih.gov/articles/PMC8886239/. Accessed 15 July 2026.

“Review and correct grammar for the entire article” prompt. ChatGPT, GPT-4o model, OpenAI, 15 July 2026, chatgpt.com.

Save the Date – H.E.L.P. & TWC Technology Learning Session

We're excited to announce that we are planning another hands-on learning class, so please mark your calendars for **Wednesday, September 9th**,

from 4 PM to 5 PM in our very own TWC Clubhouse. Our guest presenter will be Grace Farwell from H.E.L.P. (Helping Elders Live Productively). While final details are still being confirmed and our TWC Board will review the plan shortly, we want to give everyone early notice so you can plan to participate.

Let's Learn AI Together!

This one-hour session will feature fun, quick learning segments designed to build confidence with today's most useful technology skills. As background, H.E.L.P. is proud to bring NCOA's (National Council on Aging) Powering Possibilities: SkillsBuild for Older Adults program to the Torrance Woman's Club. This free program helps older adults strengthen practical, everyday technology skills—including introductory AI.

What to Bring

Please bring your laptop, tablet, or smartphone. If possible, a laptop or tablet is ideal because the larger screen makes navigating the courses easier.

What We'll Do

The training will begin with a brief introduction to the SkillsBuild program, followed by a step-by-step walkthrough of how to create an account. Once everyone is signed in, we'll complete one or two short courses together—each only about 5–10 minutes.

We'll focus on the AI courses, but the catalog includes many other helpful skills. One great example is the "elevator speech" course—perfect for crafting a short, polished introduction to the Torrance Woman's Club when meeting potential new members. Imagine the possibilities!

Optional: Start Early

If you'd like to create your account ahead of time, visit: <https://bit.ly/HELPTechSkills> It may take a few hours for the system to fully activate your account, but early sign-up is helpful—not required.

A Free Opportunity for All Members

All courses and certificates are completely free, thanks to a grant H.E.L.P. received from NCOA. By

participating, we help them meet their grant goals while gaining valuable skills ourselves.

We hope to see a full room of enthusiastic learners on September 9th.

Mary Alessandra-Cook Technology Chair, Torrance Woman's Club

CIVIC ENGAGEMENT AND OUTREACH



Plant a Seed, Read! June 8 through August 15, 2026

Torrance Public Library is proud to present its Annual All-Ages Summer Reading Program!

Join our Summer Reading Challenge! Read 16 hours, complete 16 library and/or literacy-related activities, or a combination of reading and activities to earn your Completion Certificate and a special prize.

One prize per participant while supplies last.

To participate in-person, go to any Torrance Library beginning June 8 to register and pick up an Activity Tracking Sheet.

To participate virtually, on June 8, create an account on our Torrance Public Library Beanstack site, or download the Beanstack Tracker in the Apple App Store or on Google Play Store and search for the Torrance Public Library.

Once the initial challenge is completed, read 8 more hours or complete 8 special activities to earn another bonus prize! Limit 1 per participant.

COMMISSION ON AGING

Commission on Aging meetings are held on the first Tuesday of each month in the Commission Meeting room in the West Annex building (3031 Torrance Blvd.), located next door to the City Hall.

The next meeting is **Tuesday, August 4th, 2026, at 9:30 am.** All are invited to attend. There will be a presentation by Hamssa Benrekia of Hamssa LLC regarding tailored placement services for senior living. Hamssa LLC prioritizes individualized care through comprehensive assessments of each client's preferences, health conditions, and lifestyle.

There is no COA meeting in June.

HEALTH and WELLNESS

HYDRATION AND OLDER ADULTS: WHY WATER MATTERS MORE AS YOU AGE (from UCLA Health)

Good hydration is a healthy habit. Our bodies are made up of 65% water, so we need fluids to support important functions, including digestion and temperature regulation. Dehydration happens when we don't drink enough fluids to replace what the body loses throughout the day.

As we age, it becomes [harder for the body to hold onto water](#), making it easier to become dehydrated. In fact, up to [40% of adults older than 65](#) experience chronic dehydration, which can lead to fatigue, confusion and serious health problems such as life-threatening infections.

Why does staying hydrated become more challenging as we age? There are several reasons:

Older people feel less thirsty

When you start to feel parched, your brain tells you to drink. But the sense of [thirst naturally weakens](#) with age.

[One study](#) found that when healthy older participants went without water for 24 hours, they didn't feel as much thirst or dryness in their mouths compared to younger participants. Losing the

impulse to drink puts older people at greater risk of dehydration and associated health problems.

Kidney function declines with age

The kidneys are key players in the body's ability to stay hydrated. They help by filtering and conserving water. But as you get older, [kidney function can decline](#). You'll urinate more often, leading to greater fluid loss and a higher chance of dehydration.

Health conditions disrupt the body's fluid balance

Chronic conditions such as heart disease and diabetes can impact the body's ability to stay hydrated. These conditions can either increase fluid loss or make it harder for the body to regulate fluids properly. For example, heart failure can cause fluid buildup, and high blood sugar levels from diabetes cause the body to flush out excess glucose through urine.

Older adults have lower muscle mass and less water stored in the body

As you age, your muscle mass naturally decreases. Because your muscles hold water, less muscle mass means less water storage. [Research](#) shows that older adults have a lower percentage of total body water content compared to younger people. If your body can't store as much water, you'll get dehydrated more easily.

Mobility challenges

It's a lot easier to get up and get a drink when your body lets you. For some older adults, physical limitations such as arthritis, joint pain or general mobility issues can make it challenging to get a glass of water.

Medications can increase fluid loss

Many [common medications](#) prescribed to older adults — including diuretics for high blood pressure and some diabetes medicines — can create more fluid loss. Most of these types of medications increase urine output, meaning you'll lose fluids quickly and need to [drink more water](#) to stay hydrated.

Temperature regulation

Research shows that men ages 56-66 have a harder time maintaining a healthy body temperature (98.6 degrees Fahrenheit). So it's easy for them to end up dehydrated after sweating through a workout or sitting in the sun.

How to drink more water as you age

The amount of water adults ages 65+ need varies from person to person, but current recommended amounts of daily fluid intake are 13 cups of water per day for men and 9 cups for women. And while you can't stop your body from chronologically aging, you can take a proactive approach to staying hydrated.

Here are some easy ways to boost your hydration as you age:

- **Eat water-rich foods:** Aim to eat fruits and vegetables with higher water content, including watermelon, cucumbers and strawberries, at every meal. Choosing broths and soups is another great idea, especially in colder months, as long as they don't conflict with dietary restrictions such as sodium.
- **Keep water within reach:** When drinking water is convenient, you're more likely to do it. Keep a water bottle nearby whenever possible.
- **Make water more exciting:** If you're bored with plain water, spice it up by freezing fruit, herbs or coconut water into ice cubes. Add the cubes to your water for a slow-release flavor boost.
- **Sip through a straw:** Many people end up drinking more fluids (without realizing it) when they use a straw. Invest in stainless steel or silicone straws you can wash and reuse.
- **Create healthy drinking habits:** Create a routine that promotes hydration. For example, you could drink a glass of water after each time you use the restroom throughout the day. You'll replace lost fluids and stay hydrated.



HELPING HANDS Bette Herbst

Helping Hands will be meeting on August 19th. We are making 20 Huggy Bears a month for each of the two Torrance Hospitals.

I've attached a photo of Bette, Bonnie, and me. On June 18, we visited Bette to present her with her 25-year service pin, along with a boxed blueberry muffin from the Torrance Bakery. She was delighted and said she thought we had forgotten about her because she missed the meeting. I read the presentation letter to her, and we applauded. I was touched when she asked for a kiss on the cheek.

Linda





Ellen Jenkins, Pam Hill and Lynda Myers at the TWC information table at the THS Rock Around the Block party July 16th.

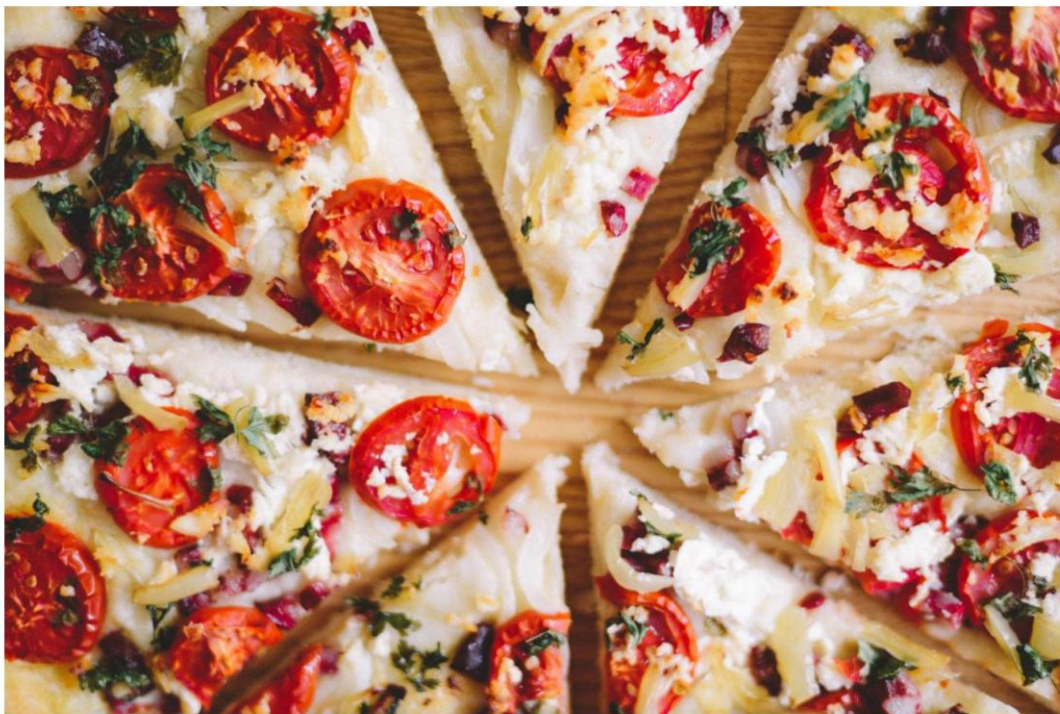


Elvis left our building and went to Rock Around the Block! He had his picture taken with many pretty girls. He's safely back in our basement until next year.

Janet Payne, Carolyn Pohlner and Lynda Myers at the Barrett Senior center in Torrance for the July 31st Luau bingo gathering. We did not win yet we had fun!



JOIN US FOR AN AFTERNOON OF PIZZA & PROTOCOL



R.S.V.P. TO PAM AT ament.pam5@gmail.com

OR 310-344-8605

COVERING:

BASIC AMENITIES AND PROTOCOL

MICROPHONE ETIQUETTE AND USE

WHAT IT MEANS TO BE A GFWC VOLUNTEER

AUGUST 5 AT NOON - 3 PM



LET'S PAINT

We will be teaching you to paint on glass.

You can choose to paint two water or wine glasses, coffee cups or vases. Extra items will be available for \$5 each.

Please RSVP so that we know the number and type of glassware to have on hand.

Please RSVP to
Sharon Broadbent

310-283-2247

sbroadbent@
dslextre.me.com

by August 24th.

Torrance Woman's Club Let's Paint Fundraiser

\$25

Wednesday, August 26, 2026
2:00 PM

1422 Engracia Ave. Torrance