

Senior Spirit



Douglas County Senior Services 1329 Waterloo Lane, Gardnerville 782-5500 Ext. 3

Build a Table - Change the World

Written by Sunny Cain, CEO & Founder Impact Women

Humans are in the habit of building tables. Gatherings. Communities. Clubs. Churches. Circles. It speaks to the idea that we were created for TOGETHERNESS, CONNECTEDNESS. "Its not good for mankind to be alone."

We gather around the table and more often than not we build these based on SAMENESS. We form circles and tables of people who think like us, look like us, act like us, because its more comfortable that way. Comfortable does not always equal good.

And it seems we have all had an experience where we realized we were not invited to or welcomed at the table we had once thought we belonged to. It's part of the human experience. These experiences leave some believing they don't belong at any table, in any circle and so they isolate as a result. They are the "table-less." For others, they work on changing who they are so they can stay at their table of choice, working hard to blend in like a chameleon. It's a table of false identity and strife. And yet for others, they begin to build new tables where they push out those who said they didn't belong - it's a table of defensiveness and division. I have personally sat at all three tables.

Recently, I realized I don't have to sit at any of these. I want to build a new table. A table of inclusivity, with chairs intentionally filled by people who have differences in belief, religion, color, sex, job status, age. A table that takes the differences and finds common ground and community. A table whose common ground is a willingness to live outside the zone of comfort. At this table, I want a sign that hangs above it that reads, "You are welcome. Yes, you!"

I want people to feel safe when asking to sit down, to weigh in to the conversations, to bring their broken pieces, to learn and grow together. I realize it may be a pipe dream, but I'm tired of my other three options. I want to love people well with my days. And yes, I am a woman of faith and I want to personally share my story with those who have never heard of His lifesaving name. But it starts by being willing to open a table for people who think different than I do.

I firmly believe life change can take place around a simple kitchen table. I'm thankful I have one where I can keep adding new chairs. I hope you can find an empty chair to share with someone new too.

April 2019

Douglas County Senior Services



775.783.6455
775.783.6456

Fares:

Adults: (age 12 & over).....\$2.00 per ride
Seniors *\$1.00 donation
Student ID Discount.....\$1.00 per ride
Medicare.....\$1.00 per ride
Disabled.....\$1.00 per ride
* Services will not be denied because someone chooses not to contribute.

Congregate Dining:

Lunch is served each Monday-Friday starting at 12pm at the Senior Center located at 1329 Waterloo Lane. *The **suggested donation** for lunch is \$3.00 for anyone 60 or older, and \$7.00 for those under 60. ***Those unable to pay will not be denied service.**

Homemaker Assistance:

The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance. The suggested donation for this service is \$4.00 per hour. 783-6455.

Transportation:

Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. **Due to demand, we request a 2 day notice on appointments to ensure service.** Call 783-6456.

Meals on Wheels:

All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$3.00 per meal. 783-6455.

Important Contacts In Our Community

Aging and Disability Services Division:	Elder Abuse:	888-729-0571	Nevada Job Link:	684-0400
HCBW	775-687-0800	Elder Protective Services:	687-0800	Ron Wood Family Resource Center:
Crisis Call:	800-992-5757	Energy Assistance:	684-0731	884-2269
DART Transportation:	783-6456	Family Support:	782-8692	Senior Legal Helpline:
Carson Valley Adult Day Club:	782-1329	Fire Department:	782-9996	877-693-2163
Douglas County Community Health		Food Closet:	782-3711	Senior RX
Nurse:	782-9038	Grief Support:	(530) 543-5605	866-303-6323 Opt. #2
Douglas County Senior & Community		Guardianship:	721-1239	SHIP:
Center	782-5500	HUD Housing:	887-1795	775-267-7907
				Social Services:
				782-9825
				State Welfare:
				684-0800
				Suicide Prevention:
				783-1510

COUNTY COMMISSIONERS - Westley Rice, Barry Penzel
John Engles, Dave Nelson, & Larry Walsh

SENIOR ADVISORY BOARD MEMBERS - Bob Cook
(Chairman), Doug Sonnemann (Vice Chairman), Karen Wright
(YAH Representative), Carole Voge (Council member), Felix "Paul"
Lockwood (Council Member), Mike Olson (Council Member), Bruce
Beamer (Council Member), Jennifer Davidson (Interim County
Manager), Scott Morgan (Community Services Director)

SENIOR SERVICES ADMINISTRATION - Sheryl
Christian (Community Services Manager), Linda Skaggs
(Transportation Supervisor), Tammy McComb (Food Services
Supervisor), Georgianna Drees-Wasmer (Recreation Coordinator), Liz
Baumgartner (Administrative Services Manager) & Patti Gurule
(Senior Secretary)

Meet The Staff: Irma Perez

"Every problem has a solution"

Irma moved to Douglas County 18 years ago from San Jose, Ca. Moving from a big city, she fell in love with the small town life. She has worked for Douglas County for 3 years as a food service worker. She loves the large kitchen that she gets to prepare meals in and loves the views from the dining room. She first visited the center for her youngest son's pinning for nursing school graduation. She is happy she now gets to work here.



Dining Around the County

Congregate Dining is available at the **TRE Community Center** on Monday, Tuesday & Thursday & at our **North County Location** on Wednesday & Friday starting at 12:00pm. The suggested donation for lunch is \$3.00* for anyone 60 years or older & a \$7.00 charge for those 59 years & younger.

***Those unable to pay will not be denied service.**

T.R.E. Upcoming Activities & Events

FREE Blood Pressure Checks:

TRE Community Center Blood Pressure Clinic is April 16th from 12:15pm-12:45pm

Douglas County Social Services: available at the TRE Community Center every Tuesday from 1pm - 4pm

-BINGO-

Join us for BINGO every Monday, Tuesday & Thursday before lunch for a chance to win a free lunch.

Table Games

Hang out after lunch and enjoy table games until 2 pm.
Chess, checkers, cards, etc.

TRE Food Closet: Located at 1441 Agate Road (TRE Church/enter at the side door) Open the last Monday of each month from 1-3p.m.

****No questions asked****
Nonperishable food donations are also accepted.

North County Upcoming Activities & Events

FREE Blood Pressure Checks:

North County Center Blood Pressure Clinic is April 24th from 11:45am-12:45pm



Join us for Bingo every Wednesday & Cribbage every Friday



Tahoe Douglas Upcoming Activities & Events



Monthly Texas Hold'em Game Times Schedule

Wednesdays from 2:00-4:30pm

Coffee, tea, hot chocolate, cake, pie & donuts are available.

Fridays from 10:30-12:30 & 1:15-4:00pm

There is a \$5.00 buy-in for each session and we pay out a 1st, 2nd & 3rd place.

*Transportation may be arranged if needed. *Want to learn how to play? We can teach you! Come join us!

Bingo

Every Tuesday & Saturday at 1:00pm



For Monthly Trips and Special Events Contact the Tahoe Douglas Senior Center at 885 Highway 50, Zephyr Cove, NV 89448
Or call 775-588-5140

Young at Heart



2018/2019

YOUNG AT HEART BOARD MEMBERS

Standing: Nick Cane - Trustee, Doug Petersen - Trustee, Bob Isaacs - Vice President, Paul Lockwood - Sargent of Arms
Sitting: Annette Muller - Trustee, Karen Wright - President, Cindy Angiel - Treasurer, Frank Peralta - Secretary,

Not Photo'd:

Bob Cook - Senior Services & Public Transit Advisory Council Representative.



MISSION STATEMENT



"Provide, promote and facilitate activities that benefit seniors of Douglas County."

Young at Heart (YAH) is a non-profit organization that raises funds for seniors in the community of Douglas County. YAH also sponsors various events and groups that benefit the seniors as well.

Membership: \$5 annually

*Covers the cost for the Ice Cream Social/Bingo & Christmas Lunch.

Sign up at the Gift Shop!

**Membership in 2018:
734 Members**

Our Events & Support

Weekly & Monthly Bingos, 90+ Birthday Meals, 100+ Birthday Celebrations, Mother's Day/Father's Day Celebration, 50/50 Birthday Raffles, Ice Cream Social (free to members), Holiday Craft Fair/Raffle, Christmas Lunch (free to members) & Christmas Bags for Homebound Seniors.

We support the Hot Soup Program, which costs \$2,000 a month. Adopt an Elder Project, Sight Impaired Support Group, as well as the Parkinson Support Group. In addition, we manage the Gift Shop, which is run by volunteers.

Each year the Douglas County Senior Center, has a "wish list" that is not covered by their budget. In 2017, YAH purchased three vehicle's for our Home Makers, to take seniors shopping & to doctors appointments. The dining room windows were also tinted to help with the sun's heat.

Howie's Gift Shop

Open M-F 10am - 2pm (Possibly closed for lunch)

Thank you all for supporting our gift shop. We have over 140 artists displaying their work!

The Young at Heart Board Meeting

Meets every second Monday of each month, at 9:30 am in the CVMC Room at the Douglas County Senior Center.
Board Meetings are open to the public.

If you are age 50 and over and want to give back to the Seniors in Douglas County, the YAH Board may be the volunteer opportunity you didn't know you were looking for.

April Activities

4th- Blind/Low Vision Support Group
8th - YAH Board Meeting 9:30am
10th- 50/50 Raffle
10th - Movers & Shakers: Parkinson's Support Group
13th - Ice Cream Social
21st - YAH Sunday Bingo

Check out our website for links to Smiths, Smile Amazon, 2018 Christmas Craft Fair, Pictures from recent events and much more!
<http://www.youngatheartcarsonvalleynv.org>



DID YOU KNOW...

Looking for a fun place to meet new people? Enjoy arts and crafts? Join us every Wednesday for

Craft Club

10 am - 12 pm

Ceramics Room

Enjoy a wide variety of crafts and art projects as well as jewelry making.



FREE Blood Pressure Checks:

April 17th

10:45 - 11:45 am

Senior Dining Room

Need a Notary? For just \$5 per person, our very own Patti Gurule will notarize your signature. All proceeds benefit Meals on Wheels. **Be sure to call for an appointment at 783-6455.**



Are you looking for an opportunity to volunteer? Do you have a talent you wish to share? Come on in to the Senior Center & find out how **YOU** can help us keep our programs running or call 782-5500 Ext. 3

**** Aging & Disability Resource Center & Nevada Access to Healthcare :** Nevada SHIP/Access to Healthcare volunteers provide free objective and unbiased information about Medicare. They will assist you to determine if you are eligible for savings programs that *may save you money*. Call Ivan at 775-284-1982 Ext. 388 to schedule an appointment for the 1st Thursday of each month. The Adult & Disability Resource Center staff is SHIP/Medicare certified, but on top of that they do so much more! The staff are trained in many of the public programs available to the NV seniors, can provide information on state programs and also make appropriate referrals to other agencies they feel that the person would benefit. Assistance with applications is also provided.

There will be a SHIP volunteer available on the 3rd Thursday of each month. Contact Rosie Nunez at 775-284-1892 ext. 377 to schedule an appointment.

Looking to improve your fitness? The Douglas County Community & Senior Center houses a fitness area to accomplish all your fitness goals. Come enjoy basketball, volleyball, pickleball, racquetball and more! Upstairs is a 3 lane indoor walking/jogging track, cardio equipment, free weights and fixed weight machines. The cost for seniors 60 & over are as follows: \$5 Drop-in, 30 day pass for \$35, 90 day pass for \$75 and an annual pass for \$189. (Installments available). **Young at Heart members** are eligible for a \$10 discount off the annual pass rate. **Disabled Veterans** receive a free membership. Must present your veterans medical card indicating service related disability or your disability rating paperwork. Visit the front desk for more information!

**** Are you a Veteran?** Do you have questions about your benefits or what services may be available to you? Veterans Service Officer Ron Williams will be back in our area to work with our Veterans on disability and other claims available from 10 am to 3 pm every **4th Wednesday** of each month. Emergency help and appointments are also available. To schedule an appointment call the Nevada Department of Veteran Services at 775-321-4880 . Veterans are advised to bring their DD-214 discharge document, VA card, current VA claim/correspondence and banking information.



W.A.V.E.

W.A.V.E. (Welcome All Veterans Everywhere) is dedicated to helping our Veterans. If you are a veteran and need help with services, support, referrals, transportation, etc., contact John Louritt, Veterans Service Representative to schedule an appointment at 775-265-3183.



Hearing Aid Recycle Program.

Sertoma is a service club who's mission is speech & hearing. The local club in Minden has put a box in the entrance of the senior center where you may donate unused hearing aids & used batteries. These donated aids are collected by a member & sent to Sertoma in Kansas City, where they are refurbished and/or repaired to help a deaf person in need. (Did you know that hearing loss is the number one cause of Alzheimer's?) You may call Sharon Beller, at 267-5964 if you need to have someone pick up your donation, or for more information.

GARDNERVILLE SENIOR CENTER CLASSES & GROUPS

“Coping with Change” Senior Support Group

This group meets every **2nd & 4th Wednesday of each month from 9:30-10:30am** at the Sr. Center, in the CVMC Room. This group is sponsored by the Carson Valley Medical Center - Vitality for Life. Grief and loss are processes we go through as we adjust to the loss of anything important in our life; loss of a loved one or relationship, empty nest, retirement, health, family, finances, etc. The work of grieving is emotionally, mentally and physically exhausting and there is no right, or wrong way of grieving. This group is geared toward helping you through this process.



DIABETES SUPPORT GROUP

This group will take place in the Carson Valley Medical Center Room on the **1st Wednesday** of each month from 9:30-10:30am & **the 3rd Thursday** of every month from 10:30-11:30 am. The group will provide information on the latest diabetes care for those living with diabetes and their families. For more info, call 782-5500 Ext. 3.

Blind/Low Vision Tech Training

2nd & 4th Fridays of each month in the Senior Conference Room. For those with low vision, come learn how to use your IOS & Apple devices.

Movers and Shakers

The Movers and Shakers Group is our Parkinson's support group which meets the **2nd Wednesday** at 1pm in the CVMC Room. Come listen and share experiences and learn how to live with this chronic condition.

Parkinson's Support Group
Caregivers and family members are welcome!

Silver Yoga



Silver Yoga meets on Tuesdays and Thursdays in the Ranch View room at the Senior Center, from 10:30-11:30am. Class allows for variations that will accommodate all ability levels.

This class is \$27 for the month of April or a drop in fee of \$5 per class. Register at the Community Center. Call 782-5500 ext. 1 for more info.



Exercise Class

Free Exercise Class Sponsored by Senior Service

Work on stretching, strengthening, flexibility, range of motion and balance. Join us on Monday, Wednesday and Friday for **Senior Exercise** in the Ranch View Room and for those who would like a little extra, try the **Super Senior Exercise Class** in the South Activity Room, both classes are from 10:30-11:30am and are free of charge.

Dementia & Alzheimer's Support Group

This group meets on the **4th Wednesday of each month from 10:30-11:30am** at the Sr. Center in the CVMC room. The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and its affects.

Boxing For Life

The focus of this class is to help people with Parkinson's/neurological disorders or anyone with limited mobility, using various techniques to focusing on balance, striking, and so much more. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. **This class is every Monday & Thursday from 1:30 pm to 2:30 pm. This class is \$30 for the month or a drop in fee of \$5. You must sign up at the recreation front counter or call 775-782-5500 ext. 1.**

CRIBBAGE If you like to play Cribbage, then come and join us on Wednesday nights in the Senior Dining Room at 6 pm. All ages are welcome. For information, call Pete Stemler at 882-3739 or Chuck Kiel at 309-7922

Genealogy Group

Have you ever wanted to create a family tree or find out family history? Come join this group and learn where to start your family search. This group will meet the **1st, 2nd & 3rd Thursday** of each month from 1pm - 3 pm in the CVMC Room. Laptops will be provided or you may bring your own. Please contact Dart if a ride needs to be scheduled.

Don't Forget these Special Events!

10th - Birthday Day!

13th - YAH Ice Cream Social

21st - Easter Sunday

Blind/Low Vision Support Group

Group meets the **1st Thursday** of each month at 10:30am - 11:30 am in the Chris Bently's Ceramics Room. This group offers information, support & discussion to help those with sight impairment or blindness.

Upcoming Trips & Activities for April & May



THE ILLUSIONISTS EXPERIENCE

Join us for a night of Magic as we enjoy The Illusionists Experience at the El Dorado in Reno on April 17th. We will leave the Douglas County Senior Center at 4 pm and enjoy the Dinner Buffet at the El Dorado then head downstairs for the 7 pm show. We will return back to the center around 10 pm. The cost of this trip is \$65 per person. Sign up by April 10th.

WINKS BOWLING

Lets have some fun bowling on April 25th at Winks Silver Strike Lanes. We will leave the Douglas County Senior Center at 12:45 pm and will return before 3 pm. The cost is \$12 . This will cover the cost of games and shoe rentals. Snacks are available for purchase and will not be provided. Sign up by April 20th.



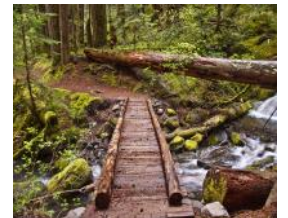
VAN GOGH & VINO



Come join us at Van Gogh & Vino to paint your very own masterpiece on May 15th. Instructions and supplies are provided as well as lunch. We will leave the Douglas County Senior Center at 9am and return around 2pm. The cost of this trip is \$35 per person. Please sign up by May 10th.

HIKING & PICNIC

May brings sun and we are ready to get outdoors! Join us for a fun day of hiking on May 30th. Location TBD. This hike will be a beginners level hike and will include lunch. The cost of this trip is \$12 per person. Please bring a hat, water bottle & sunscreen. Sign up by May 27th.



LEGENDS MALL



Join us for a day of shopping in Reno at Legends Mall on Thursday May 23rd. Come check out the newly added stores and enjoy the sun! We will depart the Douglas County Community & Senior Center at 9am and return by 4 pm. The cost for this trip is only \$10.00 & includes your transportation. Please plan to bring or buy your lunch at the mall. Sign up for this trip before May 20th.

Recently we have had a lot of cancelled trips due to low enrollment.

I would love to hear your ideas for upcoming trips!

There will be a drop box on the front counter where you can leave any ideas or suggestions.



TO SIGN UP AND PAY FOR A TRIP PLEASE SEE GEORGIANNA OR LIZ OR VISIT THE COMMUNITY CENTER FRONT DESK. PAYMENT MUST BE MADE AT THE TIME OF SIGN UP. CREDIT CARDS, CHECKS AND CASH ACCEPTED.

*** Please note, all sales are final and must be paid for within 14-days of the scheduled event or your reserved place will be given to another party. Most trips and tickets are paid for in advanced and last minute cancellations, **unless under emergency circumstances, WILL NOT be refunded**, but might be credited for a future trip.

Chess Club



Playing chess is a great way to make friends wherever you go!

Gil Lederman of Topaz Ranch Estates, Marco De Los Reyes of Gardnerville and Wes Mattice of Carson City are our current players who meet every

Tuesday at 1 pm in the Senior Dining Room at the Douglas County Senior Center.

Come join us and meet an interesting group of chess players who are looking to build a great chess club.

They are currently planning a simultaneous chess event with Wes Mattice playing several players at the same time!

Craft Day

April 18th
1pm - 4 pm
Senior Dining Room

We will be making
Paper bird houses
Supplies are limited.

Sign up at the front desk.



Join us every Tuesday!

**Chess, Pinochle, Mexican Train,
Bridge**

1 pm - 3 pm

Senior Dining Room & other meeting rooms



Enjoy a game
of chess and
meet new
friends!



**Suicide
Prevention
Network**

775-783-1510

Suicide Prevention Network
will be available on the
1st and 3rd Wednesday of each month
located in the Senior Lobby during lunch.

This outreach program is designed to share
information for those who are worried about family
& neighbors.