

Senior Spirit



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

Old Glory Waves On

Written by Georgianna Drees-Wasmer Recreation Coordinator

It's hard to believe that I am coming up on my year mark this month. I want to take the time to say thank you to everyone for making me feel so welcomed from day one. I have learned so much and have truly enjoyed every minute that I get to spend here at the center.

I also want to thank all of our volunteers for all the hard work they do. We truly are a center run by seniors and the passion and ownership that you all carry as volunteers is what makes our programs so successful.

As we get ready to celebrate the Fourth of July, I thought I would share some history as well as some exciting news! Independence day, also referred to as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer a part of the British Empire.

The first Fourth of July fireworks were set off in 1777 in Pennsylvania and Boston one year after the Declaration of Independence was signed. Before the Declaration of Independence was even signed, John Adams wrote in a letter to his wife that the occasion of America's freedom "ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more.", and so it was. To this day Americans spend their day celebrating with barbeques, recreational activities, and fireworks. Fireworks displays can be found in just about every city throughout the continental US.

The Douglas County Community and Senior Center is lucky to be filled with such patriotic individuals. Veterans from all eras join us throughout the building, reminding us that we are the land of the free, because of the brave.

The Douglas County Community and Senior Center is excited to announce that we will be getting our commercial grade flag poles this year. On September 20th, 2018 we will have a celebration as we raise our flags for the first time. Setting a record as the largest flag in Northern Nevada, Old Glory will measure at 20 feet by 30 feet, with a pole height of 80 feet. There will be two 60 foot poles holding the State of Nevada flag and the Douglas County flag. This was made possible by the generous donations made by the community to the Douglas County Community Services Foundation in the total amount of \$97,674. The flag pole installation will begin in the next few months. We hope that you all will join us on September 20th as we give honor to the American Flag and rejoice in the very freedoms that make our community grand.

However you chose to spend your Fourth of July, we hope that you enjoy it to the fullest and stay safe.

Library Book Drop

Written by Georgianna Drees-Wasmer
Recreation Coordinator

Douglas County Public Library has a new library book drop box located outside of the Senior Center entrance. This drop box will now provide an alternative drop location for those who are on the south end of town. The drop box is for books that need to be **returned only**. Any books that you wish to donate to the library will still need to be taken to the Library located in Minden.



July 2018

Douglas County Senior Services

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.**

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.

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.

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.



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.

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

COUNTY COMMISSIONERS - Barry Penzel (Chairman), Steve Thaler (Vice-Chairman), Nancy McDermid, Dave Nelson, & Larry Walsh

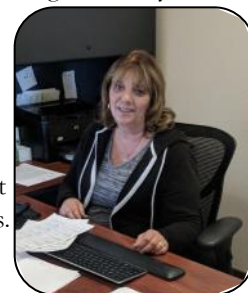
SENIOR ADVISORY BOARD MEMBERS - Bob Cook (Chairman), Doug Sonnemann (Vice Chairman), Andrea Rajeski (YAH Representative), Carole Voge (Council member), Felix "Paul" Lockwood (Council Member), Mike Olson (Council Member), Bruce Beamer (Council Member), Larry Werner (County Manager), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).

SENIOR SERVICES ADMINISTRATION - Travis Lee (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: Linda Skaggs

"Always be humble & kind".

Linda has worked for DART Transportation for 16 plus years. She started with the County as a driver and has now been the transportation supervisor for 9 years. She has been married for 27 years, together 37, with a blended family of 6 children and has been a Douglas County resident for 20 years. She loves that Douglas County has a community that is helpful and is ready to serve when needed. She loves working at the center because she enjoys hearing stories from all the different people who walk through our doors. Life is not always easy but it is definitely worth every minute.



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
July 17th 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.

TRE BBQ

Tuesday July 24th

Join us for food, games & fun!

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
July 25th 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



2017/2018

YOUNG AT HEART BOARD MEMBERS



*Standing: Jerry Decock - Treasurer, Karen Wright - Secretary,
Nick Cane - Trustee, Marcia Kasper - Member at Large,
Annette Muller - Trustee, Barbara Ruic - Member at Large,
Paul Lockwood - Sargent of Arms. Sitting: Bob Isaacs - Vice President,
Frank Peralta - Trustee, Doug Petersen - Trustee,
Andrea Rajeski - President, 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 2017:
Over 600 Seniors!

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 \$1,600 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.

July Activities

2nd- Blind/Low Vision Support Group
8th - 50/50 Raffle
13th - YAH Board Meeting 9:30am
15th & 29th - YAH Bingo
16th - Movers & Shakers: Parkinson's Support Group

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>

Young at Heart



Meet the candidates!



Nick Cane

Since we moved to the new center, I have been cleared to work in the kitchen/dining room. My wife passed away on June 22, 2015 and currently I'm spending more time volunteering for the Young at Heart and have been volunteering for three years. I have been a judge for the Big Mama's Show and Shine, I assist with our monthly Bingo, I'm a YAH Board member, help serve food and fill in when needed, and I'm well known as either the "King of Senior Skating" or the "Mayor" of the Senior Center.



Felix P. Lockwood Jr
"Paul"

Paul was born and raised in Pennsylvania. He attended the University of Virginia, University of Maryland, Santa Clara University and San Jose State University. He worked for Lockheed-Martin Corporation for thirty-five years where he was a Chief Engineer and Engineering Manager. He is also a US Army veteran. Paul has been on the Board of Trustees for Young At Heart Senior Citizens Club for eighteen years where he was President for six years and Secretary for three years. He has had seventeen years on the Douglas County Senior Services Advisory Board where he was Chairman for six years. He has been an active member of Douglas County TRIAD for sixteen years. Paul was a member of the Design Team for the Douglas County Community and Senior Center. He is a member of the Board of Directors for the Empire Ranch Senior Men's Golf Club and the Carson Valley Men's Golf Club. He is also an active Mason and Shriner. He has been a volunteer for the Douglas County Senior Center for twenty years and a volunteer at Gardnerville Elementary School for five years



Cindy Angiel

Cindy Angiel joined the Young at Heart in 2017 giving us a hand during the Holiday Craft Fair. Cindy is now in-charge of the event and is doing a great job. Cindy was a project management specialist/data analyst for most of her career. The first half of her working life, she worked within the nonprofit sector managing volunteer based organizations. To include the "Family Support Center for FE Warren AFB, and the Senior Companion Program for South East Wyoming Region, and the Laramie County Volunteer Coalition, along with a few others. She worked seventeen years of her career as a GS employee with the Air Force. And for all my life I've been involved with volunteerism – as giving back to my community holds a special meaning to me.



DID YOU KNOW...



FREE Blood Pressure Checks:

**July 18th
10:45am-11:45am
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 Rosie at 775-284-1896 Ext. 377 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! Rosie and 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. Rosie is also able to assist with applications.

There will be a SHIP volunteer available on the 3rd Thursday of each month. Contact Iryna Ries at 775-284-8989 ext. 388 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 Tuesday** 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 **ALL** of 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 Conference 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.

Senior Line Dancing

Join this free class and learn a variety of line dances to a wide genre of music. This class takes place every Tuesday from 10:30 - 11:30 AM in the South Room.

Movers and Shakers

The Movers and Shakers Group is our Parkinson's support group which meets the **3rd Thursday** at 1 pm in the Chris Bently's Ceramics 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 \$24 for the month of June or a drop in fee of \$5 per class. Register at the Community Center. Call 782-5500 ext. 3 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 Senior Conference 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.

Parkinson's Exercise Program

The focus of this class is to help people with Parkinson's/neurological disorders with work with various techniques, 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. The classes will take place on **July 11th & 25th** from 4-5pm in the Ranch View Room and is free of charge. For more information, contact Senior Services at 783-6455.

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 Stenler 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 & 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.

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.

Don't Forget these Special Events!

July 4th - Closed for the Holiday

July 11th - Birthday Day!

July 24th - TRE BBQ

Upcoming Trips & Activities for July & August

RENO ACES

Lets go to the ballgame! Join us on July 8th as we head to a Reno Aces baseball game. We will leave the Douglas County Senior Center at 10AM for an 1:05 PM game and return before 3:30PM. The cost of this trip is \$25 per person. Each guest will receive a Reno Aces hat! Lunch is not included. Please bring money if you wish to purchase snacks, drinks & souvenirs. Sign up by July 5th.

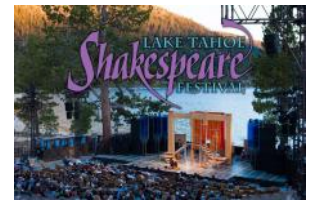


WINKS BOWLING

Lets have some fun bowling on July 12th 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 July 6th.

LAKE TAHOE SHAKESPEARE FESTIVAL

Join us at the lake as we enjoy Beehive: The 60's Musical on Friday, July 20th. We will leave the Douglas County Senior Center at 3:30 pm and head to Lake Tahoe for a picnic dinner followed by the 7:30 pm Show. We will return to the center by 10 pm. The cost of this trip is \$75 per person. Sign up by July 13th.



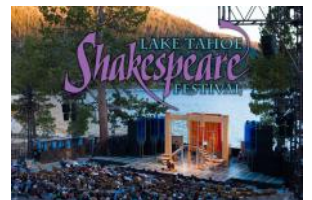
NEVADA MUSEUM OF ART

NEVADA MUSEUM OF ART

Join us in Reno for some art at the Nevada Museum of Art on July 25th. We will leave the Douglas County Senior Center at 8:45am and return by 4 pm. This trip will include lunch at chez louie followed by a guided tour of the museum. This trip is \$25 per person. Sign up by July 20th.

LAKE TAHOE SHAKESPEARE FESTIVAL

Join us at the lake as we enjoy Macbeth on Friday, August 10th. We will leave the Douglas County Senior Center at 3:30 pm and head to Lake Tahoe for a picnic dinner followed by the 7:30 pm Show. We will return to the center by 10 pm. The cost of this trip is \$75 per person. Sign up by August 3rd.



SENIOR DANCE

Come join us for an evening of live music, dancing & fun. We will dance the night away on August 17th from 6-9pm. The cost for the dance is \$10.00 per person. A lasagna dinner will be provided. Tickets can be purchased at the door. A variety of music & entertainment will be provided by Don & Nadine for both Line Dancers & Ballroom style dancing.

RENO ACES

Join us on August 19th as we head to a Reno Aces baseball game. We will leave the Douglas County Senior Center at 10AM for an 1:05 pm game and return before 3:30 pm. The cost of this trip is \$25 per person. Each guest will receive a Reno Aces hat! Lunch is not included. Please bring money if you wish to purchase snacks, drinks & souvenirs. Sign up by August 15th.



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.

Benefits of Green Tea

Green Tea is one of the healthiest beverages on the planet. It is loaded with antioxidants and nutrients that have powerful effects on the body. These include improved brain function, fat loss, a lower risk of cancer and many other impressive benefits.

Green tea is rich in polyphenols that has effects like reducing inflammation and helping to fight cancer. These substances can reduce the formation of free radicals in the body, protecting cells and molecules from damage. These free radicals are known to play a role in the aging process and all sorts of diseases.

Not only can green tea improve brain function in the short term, it may also protect your brain in old age. Alzheimer's and Parkinson's are the two most common neurodegenerative diseases. Green tea can have various protective effects on neurons, potentially lowering the risks of Alzheimer's and Parkinson's .

Drink up. Stay hydrated. Get healthy.



Special Craft Day

Join us for an afternoon of fun as we will be using building kits donated by Home Depot.

July 19th
1pm - 4pm
Senior Dining Room



This is a **free** event but supplies are limited.

Sign up at the front desk!



Tuesdays: Esmeralda St, Minden 4 - 8 pm
Wednesdays: Lampe Park, Gardnerville 9am - 1pm
Saturdays: Genoa Town Park, Genoa 8am - 1pm