

Senior Spirit



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

Isolation & Purpose

Written by Georgianna Drees-Wasmer
Recreation Coordinator

Isolation is one of the most serious health problems for America's seniors. It's an issue that often hides in plain sight-meaning that many older Americans suffer in silence. You might have a friend, family member or neighbor living in isolation right now and it could be affecting their mood as well as health.

While isolation can affect all of us, There are many ways to get support and help in understanding and addressing senior isolation. Studies have provided some ideas on how to tackle this problem:

Make more friends: Joining a group, class, club or simply enjoying lunch at the center can help you build new relationships. Meeting in person helps to feel less lonely and isolated. Building friendships also creates a support system with people who are willing to check in on you, help care for you or be a supportive voice when needed. With a sense of belonging, people are less likely to experience loneliness or isolation.

Volunteer: Older adults who volunteer are significantly less likely to be lonely than those who do not. Volunteers gain greater functional ability and lower rates of depression, disease and mortality.

Volunteering makes it easy to feel good while doing good. Volunteering provides purpose while also providing opportunities to develop new skills and make new connections. There are many options for volunteering both within the center and in our community. Places like the food closet, library, caring neighbors program, hospitals or hospice and even local animal shelters provide opportunities to volunteer. The CERT team provides help during natural disaster emergencies creating an opportunity to serve your community in a time of need.

Join a group: There are many groups, clubs and classes available within the community. The senior and community center provides a long list of activities available.. Also check your local churches for bible studies, support groups and counseling. Even something as simple as hosting a small get together with neighbors or close friends to share ideas or common interests can be beneficial.

Reach out, dive in, and enjoy all the benefits of community.

(Information gathered from www.AARPFOUNDATION.org)

Icy Conditions

Written by Douglas County Safety Committee

With the consistent below freezing temperatures, it is important for individuals to recognize the hazards of slippery walks and roadways. There are several things that can be done to reduce the risk of falling when slippery conditions exist. Here are some helpful hints:

- Wear boots or overshoes with grip soles such as rubber and neoprene composite.
- When getting out of your vehicle, look down at the surface. If it's coated with ice you might want to park in a different place.
- Use special care when entering or exiting vehicles. Use the vehicle for support.
- Step, don't jump, from vehicles and equipment.
- Don't walk with your hands in your pockets.
- Take short shuffling steps in very icy areas.
- Don't carry or swing heavy loads, such as large boxes, cases or purses that may cause you to lose your balance when you are walking.
- When walking, curl your toes under and walk as flat-footed as possible.
- Don't step on uneven surfaces. Avoid curbs with ice on them.
- Keep walkways clear of debris, water, ice and slippery materials.

When these helpful hints don't work, and you know you are going to slip, try to reduce your potential injury when falling.

- Roll with the fall. Try to twist and roll backwards, rather than falling forward.
- Relax as much as possible when you begin to fall.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.
- If the sidewalks and walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as you can.
- Consider wearing a brightly-colored scarf or hat, or reflective gear, especially if you have to walk in the street.
- Before you step off of the curb into the street, make sure that any approaching vehicles have come to a complete stop.
- Bending your knees a little and taking slower steps can greatly reduce your chances of falling.

March 2019

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:
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 Center	782-5500	Guardianship:	721-1239	SHIP:
		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: Gail MacDonald

“Accept the crazy”

Gail, originally from Kentucky, has lived all over the world due to her military family but she planted her roots in Douglas County 26 years ago. She loves everything about the valley. She says it's the best place yet and loves the mountains and access to BLM land. Gail worked for Douglas County from 1993 to 2000 and



returned to the recreation department in 2014 when the building first opened. She now works the senior trips and special events. Her favorite thing about working in the center is the people. “It's always about the people!”

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 March 19th 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 March 27th 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:
Coming soon!

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.

March Activities

7th- Blind/Low Vision Support Group
11th - YAH Board Meeting 9:30am
13th- 50/50 Raffle
13th - Movers & Shakers: Parkinson's Support Group

17th & 31st - 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:

March 20th

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 Iryna Ries at 775-284-1892 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 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.

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 **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 March 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!

3/15– St. Patrick's Day Celebration

3/13 - Birthday Day

4/5 - Dinner and Dance

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 March & April

THE WIZARD OF OZ

Join us for a day of Theatre as we enjoy The Wizard of Oz at the Pioneer Center in Reno on March 17th. We will leave the Douglas County Senior Center at 9 am and have champagne Mimosa brunch at the El Dorado then head over to the 1pm show. This show is \$70 per person. Please sign up by February 15th. (This show is currently sold out but we are accepting a waitlist.)



NATIONAL AUTOMOBILE MUSEUM



Join us as we take a walk through time and explore the different eras of automobiles at the National Automobile Museum in Reno on March 28th. We will leave the Douglas County Senior Center at 9 am and return by 3 pm. We will enjoy lunch from Taste of Chicago, a local Reno restaurant. The cost of this trip is \$25 per person. Please sign up by March 22nd.

SENIOR DANCE

Senior dance for **April** has been cancelled. The next dance will be in June. Look for the information in the May newsletter.



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 TBD. The price will be announced and sign ups will start of March 8th.

WINKS BOWLING

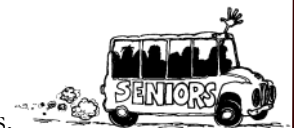
Lets have some fun bowling on April 25th at Winks Silver Strike Lanes. We will leave the Douglas County Senior Center at 12:45 pm and will return before 3 pm. The cost is \$12 . This will cover the cost of games and shoe rentals. Snacks are available for purchase and will not be provided. Sign up by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



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.

We will be celebrating
St Patrick's Day
on
Friday March 15th

Dress in your best Green and join in the
fun!



*May the road rise
up to meet you. May
the wind be always
at your back. May the
sun shine warm upon
your face, and the rains
fall soft on your fields
and, until we meet
again, May God hold
you in the palm
of His hand.*

- An old Irish Blessing



Craft Day

March 21st
1pm - 4 pm
Senior Dining Room

We will be making
Welcome signs
Supplies are limited.
You are welcomed to bring
your own flowers and ribbon.

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

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.