

Senior Spirit



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

Growth

Written By Georgianna Drees-Wasmer, Rec. Coordinator

First, I hope everyone had a very Merry Christmas and a Happy New year!

As I reflect on this past year, I am so thankful for all the time I got to spend with each and every one of you. We have made memories that will stay with me forever!

The holidays are also a time to reflect on those we lost. While it isn't easy grieving the loss of loved ones, I hope that you can find peace and joy in the time you had together. I also hope that your heart can heal and welcome new beginnings as we move forward without those we love dear.

At the beginning of each year I like to chose a word for the year. The practice is that instead of making a lot of different new years resolutions you select one single word to focus on for the year. Take a while to think about what your goals are, who you really want to work on becoming in 2023. What are characteristics of that person? What do your goals for different aspects of your life have in common? Find a word that you can reflect on for the entire year to help remind you of these goals or intentions.

For the year 2023 I am choosing the word **GROWTH**. I want to remind myself that we are never done learning and growing. We have opportunities daily to learn something new, to challenge our minds and bodies, to meet new people and to discover new activities and adventures. I look forward to the growth I am challenging myself with this year mentally, physically and spiritually.

What word will you choose? Write it down, talk with friends and set goals to live a happy and healthy life in 2023! When you see me, let me know what word you chose.

Preparing for Winter Storms

Safety Tips

STOCK UP: Purchase in advance all the necessary groceries, supplies, and tools to clear sidewalks and driveways, uncover your car and keep all passageways clear. Stock up on snow shovels, a snow blower with gas and salt or sand to pre-treat the driveway and sidewalks, all items that will help you keep snow and slush at bay.

CREATE AN EMERGENCY KIT: Items to assemble for your kit include a First Aid kit, battery-powered radio, water, flashlights and lanterns, fresh batteries, blankets to keep warm if the power goes out, a manual can opener and a three-day supply of drinking water and non-perishable canned food. Keep your cellphone charged up in case of an emergency.

BE CAUTIOUS: Change the air filter in your furnace to avoid the system from working even harder when temperatures decline. Make sure you have a working carbon monoxide detector on each floor of the house.



FREEZING WEATHER

Keeping Your Home Safe

If able, allow indoor sinks to trickle. Running water helps prevent pipes from freezing

Keep garage doors closed if there are water supply lines in the garage

Know where the water shutoff valve is and how to open and close it

Never attempt to heat or thaw pipes with a flame

If you have power, leave the heat on in your home. Set to a temperature no lower than 55 degrees

If you have power and turn on your faucets and nothing comes out, leave the faucets turned on and call a plumber

If your house is flooding, turn off the water valve and immediately call 911

Don't forget to visit douglascounty.onthealert.com to sign up for Douglas County's Reverse 911 service



January 2023

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 seniors 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.

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: HCBW	775-687-0800	Douglas County Senior & Community Center	782-5500	Grief Support:	530-543-5605
Crisis Call:	800-992-5757	Elder Abuse:	888-729-0571	Guardianship:	775-782-6216
DART Transportation:	783-6456	Elder Protective Services:	687-0800	HUD Housing:	887-1795
Carson Valley Adult Day Club:	782-1329	Energy Assistance:	684-0731	Nevada Job Link:	684-0400
Douglas County Community Health Nurse:	782-9038	Family Support:	782-8692	Ron Wood Family Resource Center:	884-2269
		Fire Department:	782-9996	Senior Legal Helpline:	877-693-2163
		Food Closet:	782-3711	Senior RX	866-303-6323 Opt. #2
				SHIP:	775-284-1892

COUNTY COMMISSIONERS - Mark Gardner (Chairman), Wesley Rice (Vice Chairman), Danny Tarkanian, John Engels, Walt Nowosad

SENIOR ADVISORY BOARD MEMBERS - Bruce Beamer (Chairman), Doug Sonnemann (Vice Chairman), Rick Towner (YAH Representative), Carole Voge (Council member), Felix "Paul" Lockwood (Council member), Ann Carroll (Council member), Patrick Cates (County Manager), Scott Morgan (Community Services Director)

SENIOR SERVICES / ADMINISTRATION - Scott Morgan (Community Services Director), Brook Adie (Community Services Assistant Director), Amanda Reid (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)

Birthday Day!

Join us in celebrating Birthdays with cake & ice cream!

**Wednesday
January 11th
& February 8th**



DART Express Service

The DART Express Routes have returned to full capacity service.

Northbound - DART Express

	Tillman	CV Medical	Walmart	Senior Center	Smiths	CVI	Library	CV Swim	Ironwood
Route #1	7:10am	7:20am	7:25am	7:35am	7:40am	7:55am	n/a	8:00am	8:05am
Route #3	11:00am	11:10am	11:15am	11:25am	11:30am	11:45am	11:50am	11:45am	12pm
Route #6	4:30pm	4:40pm	4:55pm	5:00pm	5:10pm	5:20pm	5:20pm	5:30pm	on-call

Northbound - DART Express

	PWL	CV Medical	Walmart	Senior Center	Smiths	CVI	Library	CV Swim	Ironwood
Route #4	2:10pm	2:15pm	2:20pm	2:30pm	2:40pm	2:50pm	2:55pm	3pm	3:15pm

Southbound - DART Express

	Ironwood	CV Swim	Library	CVI	Smiths	CV Swim	Walmart	CV Medical	Tillman
Route #2	8:05am	8:10am	n/a	8:15am	8:30am	8:35am	8:45am	8:50am	9:00am
Route #5	3:15pm	3:20pm	3:30pm	3:40pm	3:50pm	3:55pm	4:05pm	4:15pm	4:30pm

Transportation is provided for all seniors 60 and older. Round trip medical transportation is available.

Due to demand, we request a 3 day notice on appointments to ensure service. Call 783-6456.



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.

Are you a Veteran? Are you able to load a bus and plane?

Honor Flight Nevada’s mission is to transport America's veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifices. Helping every single veteran in America, willing and able of getting on a plane or a bus, visit THEIR memorial. This is a free trip for Veterans!

Visit: www.honorflightnv.org

to learn more and to fill out an application.

*If you need help filling out the online application please visit the admin office of the senior center.



Young at Heart



Paul Osserman - President

Ted Thran- Vice President

YAH Saturday Bingo

January 21st & February 18th

Doors open

At 11am



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!

BINGO!!

Mondays, Wednesdays
& Fridays
1pm - 2pm
\$.50 per playing card.

Our Events & Support

Weekly & monthly bingos, 90+ birthday meals, 100+ birthday celebrations, Mother's Day/Father's Day celebration, birthday 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, run by volunteers.

Each year the Douglas County Senior Center, has a "wish list" that is not covered by their budget. In 2020, YAH purchased cabinets for the ceramics room. They also funded our new check in system, Senior Stats.

Howie's Gift Shop

Open Monday - Friday, 9am - 1pm (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.

YAH Wishes you a happy New Year! We look forward to having lots of fun with you all this year!



Check out our website for links to Smiths, Smile Amazon, 2022 Christmas Craft Fair, pictures from recent events and much more!

youngatheartseniorcitizens.org

Classes & Groups

Senior Line Dance

Join us for a senior line dancing class. Learn new routines, make new friends & have fun! This free class is on Tuesdays from 10:30am to 11:30am in the south room.

Bridge

Join us for a game of bridge Mondays from 12pm-5pm in the North Room.

Movers and Shakers

The Movers and Shakers Group is our Parkinson's support group which meets the **3rd Tuesday** at 1pm in the CVMC Room. Come listen and share experiences and learn how to live with his chronic condition.

Free Senior Exercise Class

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 Class is from 10:30-11:30am and is free of charge.

*Donations are accepted and go to the hot soup program.

Genoa Douglas Ukulele Group

Free & open to all! Other instruments welcome. Join a fun group and learn new songs to play and sing! Wednesdays, 1pm to 3pm in the North Room

Ceramics

Join Alice on Tuesdays and Fridays from 8am to 3pm. Paint your own ceramics and enjoy socializing. Ceramics pieces are available for purchase and paint supplies

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 Thursday** of each month from 1pm - 4 pm in the Ceramics Room. Laptops will be provided or you may bring your own.

Jewelry Making Class

Join Loveda as she helps guide you in making your own jewelry. All supplies are provided and this is a free class for seniors. Every Wednesday in the ceramics room 9am to noon.

American Mah Jongg

Join us for American Mah Jongg on Wednesdays from 12pm to 2pm In the small craft room.

CRIBBAGE: If you like to play Cribbage, then come and join us on Wednesday nights in the Senior Dining Room at 6pm - 8pm. All ages are welcome.

Diabetes Education & Nutrition

This group meets the 1st Thursday of each month at 1pm in the CVMC Room. Join Sarah Montgomery from Carson Valley Medical Center to learn ways to manage diabetes.

"Growth Through Change" Program

This group meets the 1st and 3rd Wednesday of each month starting at 3:30 p.m. in the CVMC room. Sponsored by Suicide Prevention Network with funding from the State of NV Dept. of Health & Human Services, Div. of Child & Family Services, this program offers tangible tools to help navigate life's ups and downs. All welcome – no cost to attend.

"Coping with Change" Senior Support Group

This group meets every **2nd & 4th Wednesday of each month from 3:30pm** in the CVMC Room. This group is sponsored by the Carson Valley Medical Center - Vitality for Life. This group is geared towards helping people navigate grief following major changes or loss in ones life.

Would you like to learn pickleball fundamentals?

Come to our Pickleball Clinics

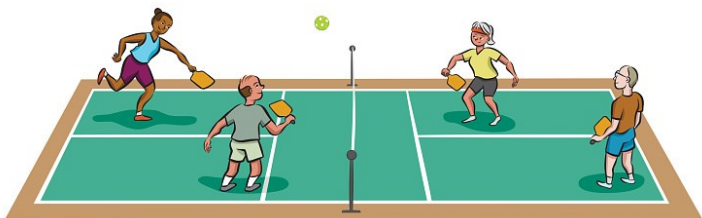
Tuesdays 11am - 12pm

Clinics are free to Community Center members.

Drop in fee applies to non-members:

\$7/adults & \$5/seniors

Our pickleball players will be volunteering their time to teach the basics. This is an Introduction to the game. Casual and for fun! Come learn and play!



"FIT 4 LIFE"

With Nicole Sawyer

An exercise program for those living with Parkinson's or other neurological disorders.

All levels of fitness welcome.

Mondays & Wednesdays

1:00 to 2:00 p.m.

Located in the Ranch View Room

At the Douglas County Community and Senior Center

1329 Waterloo Lane

Gardnerville, NV 89410

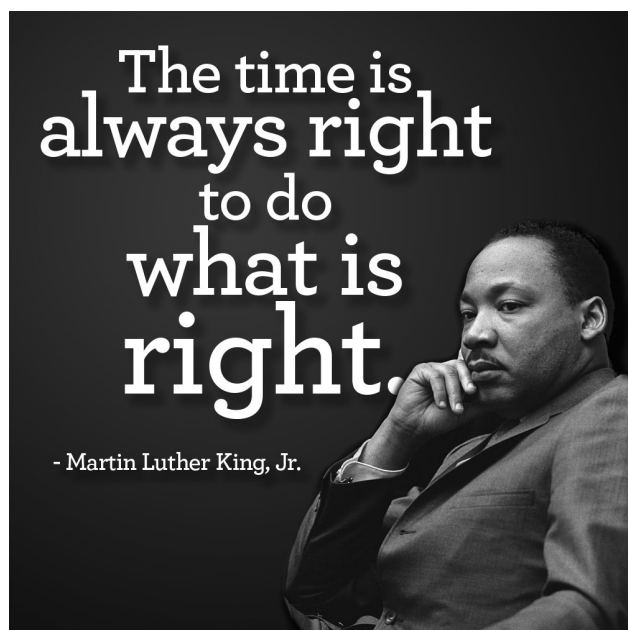
For information contact Nicole: 775-413-9030

The Douglas County Community and Senior Center

will be closed:

January 16th

in observance of Martin Luther King Jr. Day



February 20th

in observance of Presidents Day



Let's Go!



January 26th - Meadowood Mall

Join us for a day of shopping at Meadowood Mall in Reno on December 15th. We will leave the Senior Center at 9:30am and return around 4pm. The cost of this trip is \$10. Lunch is not included but is available for purchase at the mall food court.

February 15th - National Automobile Museum, Reno

Lets step back in time as we visit the National Automobile Museum in Reno. This museum houses over 250 cars including the collection of William F Harrah and so much more. We will leave the center at 9:30 am and will return at 2:30pm. This trip will include lunch (TBD). The cost of this trip is \$35.

