



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

October 2017

Volume 11, Issue 10



EAST VALLEY HEALTHY LIVING EXPO

2017 East Valley Healthy Living Expo

Wednesday, November 8, 2017

9:00am - 12:00pm

Mesa Convention Center
263 N Center St

This **FREE** event, produced by East Valley Adult Resources and Lovin' Life After 50, includes a showcase of healthy living exhibitors, live entertainment, and opportunities to win raffle prizes.

We hope to see you there!

October 2017 Menu

Menu items are subject to change due to availability of food items. Items with ** contain pork or pork products.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd Chicken Alfredo w/ Fettuccine Chopped Spinach Four-Way Mix Whole Grain Pasta Sliced Pears Chef's Special: Breaded Catfish w/ Fries	3rd Open Face Turkey Sandwich Sliced Beets Cauliflower Whole Grain Bread Fresh Orange Chef's Special: Soup & Salad Bar	4th Ham Steak** Baked Yams Green Beans Whole Grain Roll Peach Halves Chef's Choice	5th Cheese Manicotti Garden Salad Broccoli Whole Grain Roll Pineapple Tidbits Chef's Special: Chili Cheeseburger	6th Baked Tilapia Peas & Carrots Brussel Sprouts Whole Rain Roll Chocolate Pudding Chef's Special: Honey Stung Chicken
9th Sweet & Sour Pork Whole Grain Rice Oriental Blend Sliced Carrots Fresh Plum Chef's Special: Chicken Lettuce Wraps	10th Shepherd's Pie Mashed Potatoes Normandy Blend Whole Grain Roll Apple Slices Chef's Special: Soup & Salad Bar	11th Chicken Marsala Italian Blend Roasted Tomato Whole Grain Roll Ambrosia Chef's Choice	12th BBQ Ribette Sandwich** Sweet Corn Sweet Potato Fries Whole Grain Bun Mandarin Oranges Chef's Special: Fish Sandwich w/ Cheese	13th Spinach Mushroom Quiche Peas Diced Carrots Whole Grain Roll Seasonal Fruit Chef's Special: Potato Bar
16th Chicken Parmesan Wax Beans Brussel Sprouts Whole Grain Roll Vanilla Pudding w/ Raisins Chef's Special: Calzone**	17th Tuna Salad Plate Three Bean Salad Beet Salad Whole Grain Roll Watermelon Chef's Special: Soup & Salad Bar	18th Beef Taco Refried Beans Brown Spanish Rice Whole Wheat Tortilla Mango Chef's Choice	19th Chicken Stroganoff w/ Egg Noodles Spinach Baby Carrots Whole Grain Roll Banana Chef's Special: Hungarian Goulash	20th Bratwurst w/ Sauerkraut French Fries Roasted Corn Whole Wheat Bun Pineapple Chef's Special: Potato Bar
23rd Glazed Honey Ham Yams Green Beans Whole Grain Roll Fruit Cocktail Chef's Special: Turkey Wrap	24th Birthday Celebration Pepper Steak Oriental Blend Sliced Carrots Whole Grain Roll Birthday Cake	25th Breaded Catfish Spinach California Blend Whole Grain Roll Cherry Crisp Chef's Choice	26th Cheese Tortellini w/ Marinara Sauce Peas & Onions Yellow Squash Whole Grain Roll Red Apple Chef's Special: Meatloaf w/ Gravy	27th BBQ Chicken Thighs Garlic Mashed Potatoes Brussel Sprouts Whole Grain Roll Sliced Pears Chef's Special: Pizza Bar
30th Beef Lasagna Zucchini & Squash Peas w/ Pimentos Whole Grain Breadstick Peaches Chef's Special: BBQ Baby Back Ribs	31st Halloween Hamburger French Fries Baked Beans Whole Grain Bun Cantaloupe Chef's Special: Soup & Salad Bar	<p><i>East Valley Adult Resources provides daily lunches to eligible participants Monday through Friday at 11:30am at both of our Active Adult Centers. The suggested contribution is \$3.50 per meal, though no older adult will be denied a meal because of their inability or unwillingness to pay. The Congregate Meal Program provides nutritionally-balanced meals, nutrition education, and nutrition screening to qualified individuals and their spouses, and encourages socialization and better health. Reservations are requested.</i></p> <p><i>East Valley Adult Resources, Inc. is funded in part by Area Agency on Aging - Region One.</i></p>		

Special Thanks to Rotary Clubs of District 5510!



East Valley Adult Resources (EVAR) was honored to recently host representatives of 11 Rotary Clubs based in communities throughout Arizona for lunch at Mesa Active Adult Center. The Rotary Clubs provided generous support to enable EVAR to purchase much needed equipment for our kitchens and programs. "We deeply appreciate the support of Dr. Tonya Watson, former District 5510 Governor, and members of all of the Rotary Clubs for considering our work with older adults a top priority this year", stated Deborah Schaus, EVAR CEO.

Mesa Active Adult Center

247 N. Macdonald St. • Mesa, AZ 85201 • 480-962-5612

October Offerings at MAAC - Mark Your Calendar!

What is Parkinson's Disease

Wednesday, October 4th

10:30am

A diagnosis of Parkinson's disease or another movement disorder is not a death sentence. Recent advances in medicines and surgical treatments have given you new weapons to fight against your disease, and our doctors at the Muhammad Ali Parkinson Center can put them in your hands. Learn more about Parkinson's Disease and what options are available if you or someone you know has been diagnosed. *Presented by: Muhammad Ali Parkinson's Center*

Lunch and Learn: Using your Cell Phone and How to Take Great Pictures

Thursday, October 5th

11:30am - 12:30pm

Do you have a smart phone? Would you like to learn more about what it does and how you can use it to take great photos? Join us for this Lunch and Learn presentation where you can pick up some tips and tricks about how you can become more proficient with your phone! *Presented by: Steve Nissle, Director of Community Relations, The Towers*

Information on New Frontiers Life Long Learning

Wednesday, October 11th

10:30am

New Frontiers for Lifelong Learning is a peer-led, self-directed volunteer organization of more than 400 active adult members. With a focus on learning as a method for a healthy lifestyle, New Frontiers provides learning environments through peer-led classes, social opportunities, movement through hiking, dancing and exercise and travel possibilities to its members. Join us to find out about current offerings and how you can get involved. *Presented by: New Frontiers for Lifelong Learning*

Navigating The Journey

Wednesday, October 18th

10:30am

This free presentation provides an educational overview of advance directives, as well as long-term care benefits available through ALTCS (Arizona Long Term Care System) and the VA. *Presented by: Jackson White Attorneys at Law*

Living Well with Hearing Loss

Fridays, October 27, November 3, 10 & 17

10:00am - 11:20am

The Living Well with Hearing Loss program is helpful for anyone who has questions or concerns about hearing and communication. Topics include understanding hearing loss; communication and coping strategies; environmental management and assertiveness training; hearing aids and assistive technology; speechreading; and auditory training. *Presented by: ASU Speech & Hearing Clinic*

Valley Metro Can Take You Where You Want To Go

Wednesday, October 25

10:30am

Public transportation has expanded beyond bus rides! Learn about ways you can get around The Valley, including useful and relevant Information about Valley Metro's transportation options geared specifically toward Seniors. *Presented by: Valley Metro*

Alzheimer's Caregiver's Support Group

2nd and 4th Tuesdays

10:00am - 11:30am

Support group meetings will be held on the 2nd and 4th Tuesday of each month from 1:00pm - 2:30pm. There is no cost to attend. This support group is for family caregivers who provide support to someone with Alzheimer's Disease or another type of memory loss and provides a forum to share feelings, concerns, information, and to support and encourage each other. Call 480-464-1061 to reserve FREE RESPITE care for your loved one with memory loss while you attend the support group. For questions about this support group, please call the Alzheimer's Association at 602-528-0545. *Presented by Alzheimer's Association - Desert Southwest Chapter*

Daily Delights

Mondays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
9:30am	Mild Exercise (M/W/F)
10:00am	Poetry & Prose (2nd Mon.)
10:00am	Veterans Discussion Group
10:00am	Wii Bowling
10:00am	Tai Chi (M/Th)
10:30am	Writers Guild
12:30pm	Loser's Bingo
2:00pm	Barebones Theater Troupe
Tuesdays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
8:30am	Butler Law Free Legal Services (3rd Tue.)
9:00am	Shawls of Love/Bosoms For Babes
9:30am	Gramma Jones Line Dance
10:00am	Ceramics/Basic Art (T/F)
10:00am	Alzheimer's Discussion Group (2nd & 4th)
1:00pm	Art at Your Own Pace
1:00pm	Dance Bands
Wednesdays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
9:30am	Mild Exercise (M/W/F)
9:00am	Open Art Studio with Mesa Arts League
10:00am	AIL Support Group
10:00am	Stockings for Kids (2nd Wed.)
10:30am	Healthy Living Presentations
10:00am	Blackjack w/David (1st & 3rd Wed.)
1:15pm	Social Bingo

Thursdays	
8:00am	Walk Your Shoes Off (M-F)
8:05am	Adele's Aerobics (M-Th)
9:30am	Enriching Veterans' Lives Through Art (2nd Thu.)
10:00am	Tai Chi (M/Th)
10:30am	Music Advantage (1st & 3rd)
12:15pm	Movie Day (see page 6 for schedule)
2:00pm	Barebones Theater Troupe
Fridays	
8:00am	Walk Your Shoes Off (M-F)
9:00am	Friday Morning Writers
9:30am	Hal's Healing Hands
9:30am	Mild Exercise (M/W/F)
10:00am	Ceramics/Basic Art (T/F)
10:00am	Sing for Joy!
10:30am	Blood Pressure Checks (2nd & 4th Friday)
12:00pm	AARP Safe Driving (every other Fri.)
1:15pm	Big Game Bingo



Monthly Community Food Share Fresh Food Truck

**Thursday October 12, 2017
7:00am - 9:00am**

If you would like more information, please
contact Joy Gibson at 480-634-1659

Don't forget! On Fridays at MAAC, you can take home frozen meals for just \$3.50 each or 2 for \$6.00. Inquire at the front desk.

Mesa Active Adult Center

247 N. Macdonald St. • Mesa, AZ 85201 • 480-962-5612

SERVICES FOR INDIVIDUALS

Benefits Assistance

Fridays, 8:30am - 11:30am

*Services provided by Area Agency on
Aging - Region One*

Individual Resource Needs Assessment

Wednesdays by appointment

*Call 480-962-5612 for more information
or to schedule an appointment with an
EVAR Outreach Specialist*

Veterans Benefits Assistance

Daily by appointment

*For more information or to make an
appointment, contact
Mike Crowe at 480-890-2424*

SUPPORT GROUPS

Alzheimer's Caregivers Support Group

2nd & 4th Tuesdays

10:00am

Caregiver Group

Wednesdays, 10:00am

Facilitated by EMPACT

Grief and Loss Support Group

Wednesdays, 1:00pm

Facilitated by EMPACT

FREE RESOURCE OFFERING: SNAP Application Assistance

Are you on a fixed income, or do you struggle to pay for groceries each month? If so, you may qualify for financial support through the Supplemental Nutrition Assistance Program (SNAP). EVAR Outreach Specialists are available to help determine if you qualify for assistance and help you through the application process. For more information or to set up an appointment, call 480-962-5612 or 480-218-2221.



**FREE
HEARING
SCREENING**

Get a free, 15-minute hearing screening provided by ASU Audiology Clinicians and students. Our hearing screening consists of:

- a pure-tone test to determine if hearing levels are at or below the screening levels at key speech frequencies;
- a tympanogram measurement to determine middle ear function; and
- an otoscopic evaluation to determine if outer ear issues such as cerumen (ear wax) or other problems need attention.

Failed screenings will need an in-depth audiological evaluation by an audiologist and may also need follow-up care.

MAAC

Friday, October 20

8:30am – 11:30am

Mesa Active Adult Center

247 N. Macdonald St. • Mesa, AZ 85201 • 480-962-5612

* Entertainment line-ups are subject to change without notice *

Tuesday Dance Lineup: 1:00pm

October 3	Carla Elliott
October 10	Michael Elijah
October 17	Michael Dorantes
October 24	Michael Carrollo
October 31	Dale at the Keyboard

Thursday Movie Lineup: 12:00pm

October 5	<i>Canciones De Mi Padre</i>
October 12	<i>Megan Leavey</i>
October 19	<i>The Zookeeper's Wife</i>
October 26	<i>The Circle</i>

* ALL MOVIES WILL BE CLOSED CAPTIONED *

Entertainment: 11:00am

Fri., October 6	Michael Elijah
Fri., October 13	Fletcher's Music
Fri., October 20	Dales Combo
Wed., October 25th	Carl Nyberg
Fri., October 27	Jai Mitchell


Weekly Bingo Lineup

Losers Bingo	Mondays, 12:30pm
Social Bingo	Wednesdays, 1:15pm
Big Game Bingo	Fridays, 1:15pm

**What do you call a witch
who lives at the beach?**



A sand witch.



arm yourself
against
THE FLU

FREE Flu Shot Clinic

MAAC
Wednesday, October 25
10:15am - 12:30pm

Walgreens
AT THE CORNER OF
HAPPY & HEALTHY™

VETERANS WANTED

Veteran's Discussion Group

Join us at our weekly Veteran's discussion group during which a variety of topics are discussed. Just curious? Have specific questions? Come on by and give the group a try! *Facilitated by the Disabled American Veterans.*

MAAC
Mondays, 10:00am

Red Mountain Active Adult Center
7550 E. Adobe St. • Mesa, AZ 85207 • 480-218-2221

October Classes at RMAAC - Mark Your Calendar!
Classes are free to seniors 60+. Please register at the front desk.

What is Parkinson's disease?

Tuesday, October 3

10:00am - 11:00am

A diagnosis of Parkinson's disease or another movement disorder is not a death sentence. Recent advances in medicines and surgical treatments have given you new weapons to fight against your disease, and our doctors at the Muhammad Ali Parkinson Center can put them in your hands. Learn more about Parkinson's Disease and what options are available if you or someone you know has been diagnosed. *Presented by: Muhammad Ali Parkinson's Center*

Living Well with Hearing Loss

Wednesdays, October 4, 11, 18, 25

9:30am - 11:00am

Sign up at the front desk.

The Living Well with Hearing Loss program is helpful for anyone who has questions or concerns about hearing and communication. Topics include understanding hearing loss; communication and coping strategies; environmental management and assertiveness training; hearing aids and assistive technology; speechreading; and auditory training. *Presented by: ASU Speech & Hearing Clinic*

Matter of Balance

Thursdays, October 5 - November 23

9:15am - 11:15am

Matter of Balance is an award-winning program which addresses the fear of falling and assists you in increasing the amount of physical activity in your life. Sign up at the front desk for this opportunity. Space is limited! *Presented by: A.T. Still University*

Lifelong Learning

Tuesday, October 10

10:00am - 11:00am

New Frontiers for Lifelong Learning is a peer-led, self-directed volunteer organization of more than 400 active adult members. With a focus on learning as a method for a healthy lifestyle, New Frontiers provides learning environments through peer-led classes, social opportunities, movement through hiking, dancing and exercise and travel possibilities to its members. Join us to find out about current offerings and how you can get involved. *Presented by: New Frontiers for Lifelong Learning*

Navigating the Journey

Tuesday, October 17

10:00am - 11:00am

This free presentation provides an educational overview of advance directives, as well as long-term care benefits available through ALTCS (Arizona Long Term Care System) and the VA. *Presented by: Jackson White Attorneys at Law*

Getting Around in The Valley

Tuesday, October 24

10:00am - 11:00am

Public transportation has expanded beyond bus rides! Learn about ways you can get around The Valley, including useful and relevant information about Valley Metro's transportation options geared specifically toward Seniors. *Presented by: Valley Metro*

Decluttering & Organizing 101

Tuesday, October 31

10:00am - 11:00am

Are you ready to take steps toward decluttering your home but aren't sure where to start? Attend this informative session and learn about some initial steps you can take toward reclaiming and organizing your living space and getting rid of things you no longer need. *Presented by: Senior Moves*

On-Site Support Offerings

Group	Date	Time	Facilitator
Alzheimer's	1st & 3rd Friday	2:00pm - 3:00pm	Martha Burrel and Kathy Piazza, Alzheimer's Association
Deaf	Tuesdays	11:00am - 3:30pm	Ernest Hahn, Community Volunteer
Diabetes	3rd Thursday	10:00am - 11:00am	Margaret O'Brien, Banner Health
Grief Loss	Fridays	9:30am - 11:00am	Sandra McNally and Ann Chadwick, EMPACT
Movin' On	Fridays	1:00pm - 3:30pm	Sandra McNally and Leo Achin, EMPACT
Parkinson's	1st Monday	1:30pm	Kristina Watts, Dignity Health
Survivors of Suicide	2nd & 4th Thursdays	6:00pm - 8:00pm	Sandra McNally, EMPACT
Understanding Medical Marijuana	1st Monday	12:30pm - 2:30pm	Kathy Inman, MomForce AZ
Veterans Discussion	2nd & 4th Thursdays	10:00am - 11:00am	Mike Crowe, DAV
Caregivers Support	Thursdays	10:00am - 11:00am	Sandra McNally, EMPACT
Enriching the Lives of Veterans Through Art	4th Thursday	12:30pm - 3:30pm	Loralee Stickel, Mesa Arts League
Benefits, Medicare, and Insurance	Wednesdays	9:00am - 11:00am	Area Agency on Aging
Blood Pressure Checks	Tuesdays	9:30am - 11:30am	Centrix Health Resources
General Legal Advice	1st, 2nd, 4th Wednesdays	8:30am - 11:00am	Community Volunteer Attorney
Wills & Trusts	3rd Wednesdays	10:00am - 11:30am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT

Daily Delights

Mondays	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
10:00am - 11:00am	Discussion of the Day
12:30pm - 3:30pm	Cribbage
12:30pm - 3:45pm	Mahjong*
12:30pm - 2:00pm	Medical Marijuana Support (1st)
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
1:00pm - 2:00pm	Food Plus Pick Up (3rd)
1:30pm - 3:30pm	Parkinson's Support Group (1st)
2:00pm - 3:30pm	Parkinson's Caregiver Support
Tuesdays	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
9:30am - 11:30am	Blood Pressure Checks
10:00am - 11:00am	Healthy Pursuits
11:00am - 3:30pm	Deaf Support Group*
12:30pm - 3:00pm	Hand & Foot Canasta*
1:15pm - 3:30pm	Big Game Bingo
Wednesdays	
8:00am - 9:15am	Abundant Life Exercises
8:30am - 11:00pm	Legal Advice (1st, 2nd, 4th)
9:00am - 11:00am	Benefits Assistance
9:00am - 11:00am	DIY Workshop (1st)
9:45am - 11:15am	Beginning Spanish*
10:00am - 11:30am	Legal Advice (3rd)
10:30am - 11:15am	Just for Fun Bingo
12:30pm - 3:00pm	Euchre*
12:30pm - 3:00pm	Bridge*
1:00pm - 3:00pm	Afternoon Dance Sunland Combo

Thursdays	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
9:30am - 11:00am	Intermediate Spanish
10:00am - 11:00am	Caregivers Support
10:00am - 11:00am	Diabetic Support (3rd)
10:00am - 11:00am	The Music Advantage (1st & 3rd)
10:00am - 11:00am	Blackjack with David (1st & 3rd)
10:00am - 11:00am	Veterans Discussion Group (2nd & 4th)
12:30pm - 3:30pm	Enriching Lives of Veterans Through Art (4th)
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 3:00pm	Mexican Train Dominoes*
1:00pm - 3:30pm	Computer for Beginners
1:15pm - 3:30pm	Social Bingo
6:00pm - 8:00pm	Survivors of Suicide (2nd & 4th)
Fridays	
8:00am - 9:15am	Abundant Life Exercises*
8:15am - 12:00pm	Portrait Workshop*
9:30am - 10:30am	Book Club (4th)
9:30am - 11:00am	Grief and Loss
9:45am - 12:00pm	Computer Club*
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500" *
1:00pm - 3:00pm	Move'n On
1:30pm - 2:30pm	Line Dancing (\$3.00*/\$3.50)
2:00pm - 3:00pm	Alzheimer's Support Group (1st & 3rd)

* - Indicates a member-only event



Soup To Go - Only \$1!
Every Tuesday & Thursday
12:30pm - 2:30pm

Red Mountain Active Adult Center

7550 E. Adobe St. • Mesa, AZ 85207 • 480-218-2221

* Entertainment line-ups are subject to change without notice *

October Entertainment

All entertainment begins at 10:30am

Friday, October 8	Carl Nyberg
Tuesday, October 24	Birthday Party with Ken Levine
Tuesday, October 31	Halloween party with Michael Elijah



Big Game Bingo

Tuesdays, 1:15 pm

Just for Fun Bingo

Wednesdays, 10:45 am

Social Bingo

Thursdays, 1:15 pm



arm yourself
against
THE FLU

FREE Flu Shot Clinic

RMAAC
Thursday, October 26
10:30am - 12:30pm

Walgreens
AT THE CORNER OF
HAPPY & HEALTHY™



East Valley Adult Resources, Inc.

45 W. University Drive, Suite A
Mesa, AZ 85201

(480) 964-9014



Visit us online at www.evadultresources.org



Find us on Facebook at www.facebook.com/EastValleyAdultResources

East Valley Adult Resources is grateful to its many community partners who are in support of our mission of supporting East Valley seniors through the journey of aging.

East Valley Adult Resources' Funding Partners Include:

Area Agency on Aging - Region One • Arizona Community Action Association
Arizona Department of Transportation • Boeing Employee Community Fund • City of Mesa • City of Tempe
Dignity Health • East Valley Adult Resources Foundation • Mesa United Way • Thunderbird Charities
The Arizona Republic - Season For Sharing • Town of Gilbert • Valley of the Sun United Way

East Valley Adult Resources' Business Partners Include:

AARP • Angels Cremation & Burial • Area Agency on Aging – Region One • Brookdale Senior Living
Butler Law Office • Centrix Health Resources • Desert Blossom Health & Rehabilitation • Discovery Point
Encore on First • Freedom Financial • Gemini Hospice, LLC • Good Samaritan Society - Mesa Good Shepherd
Home Instead Senior Care • Humana MarketPOINT, Inc. • HyGleaCare • Iora Primary Care
Jackson White Attorneys at Law • Mercy Care Plan • Mi Casa Nursing • Research For Life • Santé
Senior Directory • SeniorMoves • Valley Hospice of Arizona • Valley Metro • Vanguard Mobile Physicians