



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

September 2018

Volume 12, Issue 9



September 2018 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 |
|---|--|---|---|---|
| 3rd Labor Day Closed | 4th Court Bouillon Cod Mandarin Blend Garden Salad Whole Grain Roll Plum Chef's Special: Soup & Salad Bar | 5th Turkey Divan Roasted Tomato Brussel Sprouts Whole Grain Roll Strawberries Chef's Choice | 6th Shredded Pork Sandwich** Broccoli Sweet Corn Whole Grain Bun Apple Chef's Special: Turkey Burger | 7th Manicotti Spinach Chef's Vegetable Blend Whole Grain Roll Mandarin Oranges Chef's Special: Chef Salad Plate** |
| 10th Chicken Enchilada Casserole Refried Beans Spanish Rice Whole Grain Tortilla Mango Chef's Special: Salisbury Steak | 11th Pepper Steak Fajita Vegetable In Entrée Oriental Blend Whole Grain Roll Apple Chef's Special: Soup & Salad Bar | 12th Dill Tilapia Tri-Colored Cauliflower Green Beans w/ Mushrooms Whole Grain Roll Tapioca Pudding w/ Fruit Chef's Choice | 13th Herb Roasted Chicken Four-Way Vegetable Blend Garden Salad Whole Grain Roll Fruit Medley Chef's Special: Catfish Olympia | 14th Spaghetti w/ Meat Sauce Zucchini Italian Vegetable Blend Banana Chef's Special: Pesto Baked Turkey |
| 17th Sweet & Sour Pork** Oriental Blend Glazed Carrots Whole Grain Roll Sliced Pears Chef's Special: Chicken Egg Roll | 18th Chicken Alfredo Italian Vegetable Blend Roasted Tomato Fresh Orange Chef's Special: Soup & Salad Bar | 19th Shepherd's Pie Mashed Potatoes Normandy Vegetable Blend Whole Grain Roll Peach Halves Chef's Choice | 20th Tuna Salad w/ Lettuce & Tomato Three-Bean Salad Beet Salad Whole Wheat Crackers Pineapple Tidbits Chef's Special: Chicken Salad | 21st Vegetable Lasagna Peas Cauliflower Whole Grain Roll Chocolate Pudding w Banana Chef's Special: Pizza Bar |
| 24th Hamburger w/ Lettuce & Tomato Rosemary Red Potatoes Charred Corn Whole Grain Bun Banana Chef's Special: Breaded Chicken Sandwich | 25th Birthday Celebration Turkey Breast Wax Beans Bermuda Vegetable Blend Whole Grain Roll Applesauce Birthday Cake | 26th Sausage Rigatoni** Spinach Garden Salad Cantaloupe Chef's Choice | 27th Chicken Fried Chicken Mashed Potatoes Green Beans Whole Grain Roll Fruited Gelatin Chef's Special: BBQ Pork Ribette** | 28th Baked Tilapia Yams Broccoli Whole Grain Roll Apricots Chef's Special; Potato Bar |

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. East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One.



Thunderbirds Charities, the charitable giving arm of the Thunderbirds – hosts of the Waste Management Phoenix Open presented by Ak-Chin Indian Community – awarded \$15,000 to East Valley Adult Resources, Inc. (EVAR). This generous award will be used to support the Assistance for Independent Living Volunteer Services Program. Through this program, volunteers are matched with homebound seniors in the East Valley who benefit from assistance with essential daily activities such as: assisted transportation to medical appointments, prescription pick-up, help with grocery shopping, and friendly visiting and phone calls. “We are very grateful to Thunderbirds Charities for their support,” said Deborah Schaus, CEO of EVAR. “The program makes the difference in enabling our homebound neighbors to remain independent in their own homes for as long as possible, and strengthens our community along the way.”

“East Valley Adult Resources has such a positive impact on so many homebound seniors in our East Valley community and we excited to support such a great mission,” said Carlos Sugich, President of Thunderbirds Charities.

On behalf of EVAR’s Board of Directors, staff, and everyone who benefits from the services provided by the Assistance for Independent Living Volunteer Services Program, we thank the Thunderbirds Charities for their ongoing support of the work we are doing!



Thunderbirds Charities is a non-profit organization formed in 1986 to distribute monies raised through the Waste Management Phoenix Open golf tournament. The Thunderbirds Charities Board consists of 15 board members from varying professional backgrounds. The mission of Thunderbirds Charities is to assist children and families, help people in need and improve the quality of life in our communities. The organization’s giving is directed toward organizations based or with a significant presence in Arizona. The Thunderbirds were founded in 1937 with the mission of promoting the Valley of the Sun through sports. The Thunderbirds consist of 55 “active” members and more than 250 “life” members. For more information on the Thunderbirds or the 2018 Waste Management Phoenix Open, visit www.wmphenixopen.com. For more information on Thunderbirds Charities, visit www.thunderbirdscharities.org.

Daily Delights

MONDAYS

| | |
|---------|--|
| 8:00am | Walk Your Shoes Off (M-F) |
| 8:05am | Aerobics (M-Th) |
| 9:30am | Mild Exercise (M/W/ F) |
| 9:30am | Understanding Medical Marijuana (1st Mon.) |
| 10:00am | Poetry & Prose (2nd Mon.) |
| 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 | Aerobics (M-Th) |
| 9:00am | 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 | Gentle Yoga |
| 1:00pm | Art at Your Own Pace |
| 1:00pm | Dance |
| 2:00pm | Chair Yoga |

WEDNESDAYS

| | |
|---------|---------------------------------------|
| 8:00am | Walk Your Shoes Off (M-F) |
| 8:05am | Aerobics (M-Th) |
| 9:30am | Mild Exercise (M/W/ F) |
| 9:00am | Open Art Studio with Mesa Arts League |
| 10:00am | Support Group for Caregivers |
| 10:00am | Stockings for Kids (2nd Wed.) |
| 10:00am | Blackjack w/ David (1st & 3rd Wed.) |
| 1:15pm | Social Bingo |
| 2:00pm | Grief and Loss Group |

THURSDAYS

| | |
|---------|--|
| 8:00am | Walk Your Shoes Off (M-F) |
| 8:05am | Aerobics (M-Th) |
| 9:30am | Enriching Veterans' Lives Through Art (2nd Thu.) |
| 10:00am | Tai Chi (M/Th) |
| 12:30pm | 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 |

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.

Mesa Active Adult Center

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

SERVICES FOR INDIVIDUALS

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

Benefits, Medicare, and Insurance

First and Third Fridays, 9:00am - 12:00pm
Facilitated by Area Agency on Aging

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

Lifelong Learning Classes at MAAC - Mark Your Calendar!

Genealogy with Family Search: 4-Class Series

Wednesdays, beginning September 5th
10:30am - 11:15am

Get started growing your family tree! It's free, it's easy, and it's fun. You'll never want to stop. It starts with setting up a free account on FamilySearch. All you need to get started is either a phone number or an email address. The material presented in each class builds on the previous session, so be sure to attend each one if you can! If you have a smartphone, tablet or laptop, feel free to bring it to class. *Presented by Debbie Brimhall, Community Volunteer*

September 5 - Class 1: Getting Started With FamilySearch

September 12 - Class 2: Building Your Family Tree

September 19 - Class 3: Source Those Ancestors

**September 26 - Class 4: Memories: Pressed between the pages
of my... FamilySearch account**

For more information, please inquire at the MAAC front desk.



Introducing Geri-Fit! This group strength training exercise program is ideal for all ages and fitness levels. The Geri-Fit exercise program incorporates seated stretching, stability and balance training as well as gait exercises. Geri-Fit lessens the chances of falls, increases functional capacity, helps rebuild strength that's been lost through the aging process, and it helps ease arthritic pain that is associated with aging bodies.

Tuesdays & Thursdays
Beginning Tuesday, October 2
8:30am - 9:30am

Contact Star Kempton to learn more
skempton@evadultresources.org
480-629-8411

Sign up today at Sign-Up Central!

Mesa Active Adult Center

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



Monthly Community Food Share Fresh Food Truck

Thursday September 13, 2018
7:00am - 9:00am

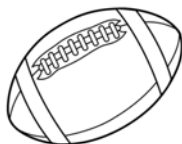
If you would like more information, please
contact Brian Johnson at 480-634-4189



Dance is Back!

Join us on Tuesdays at
1:00pm!

JERSEY DAY



Wear your favorite sports jersey on
Friday September 7th in celebration of
the NFL's kickoff weekend!



Walgreen's Flu Shot Clinic

Wednesday, October 10
Wednesday, November 7
9:00am - 11:00am

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

EVENTS

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



Thursday Movie Lineup: 12:30pm

| | |
|--------------|---------------------------|
| September 6 | <i>Overboard</i> |
| September 13 | <i>The Miracle Season</i> |
| September 20 | <i>Breaking In</i> |
| September 27 | <i>I Feel Pretty</i> |

*** ALL MOVIES WILL BE CLOSED CAPTIONED ***

Tuesday Dance Lineup: 1:00pm

| | |
|---------------------|-----------------|
| September 4 | Michael Elijah |
| September 11 | Michael Carollo |
| September 18 | Manuel Dorantes |
| September 25 | Carla Elliott |



Entertainment: 11:00am

| | |
|----------------------|----------------|
| Friday, September 7 | Michael Elijah |
| Friday, September 14 | Michael Elijah |
| Friday, September 21 | Jai Mitchell |
| Friday, September 28 | Carl Nyberg |



Weekly Bingo Lineup

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

MAAC Excursion!

THE
EDDIE BASHA
COLLECTION

WESTERN AMERICAN & AMERICAN INDIAN ART

Zelma Basha Salmeri Gallery: The Eddie Basha
Collection of Western American & American Indian Art

Monday, September 17,
12:30pm - 3:30pm
Cost: FREE

*This excursion is limited to 12 participants.
Sign up by Thursday, September 13.*

Daily Delights

| Monday | | Thursday | |
|-------------------|--|-------------------|--|
| 8:00am - 9:15am | Abundant Life Exercise* | 8:00am - 11:00am | Arts & Crafts (M/T/Th)* |
| 8:00am - 11:00am | Arts & Crafts (M/T/TH)* | 8:00am - 4:00pm | Game Room |
| 8:00am - 4:00pm | Game Room | 10:00am - 11:00am | Blackjack with David (1st&3rd) |
| 12:30pm - 3:30pm | Cribbage* | 10:00am - 11:00am | Po-Ke-No (2nd/4th) |
| 12:30pm - 3:45pm | Mahjong* | 10:00am - 11:00am | Veterans Discussion Group (2nd&4th) |
| 12:30pm - 3:00pm | Advanced Pinochle* | 12:00pm - 3:00pm | Beginning Computers |
| 12:30pm - 3:00pm | Social Pinochle* | 12:30pm - 3:30pm | Enriching Lives of Veterans thru Art (4th) |
| 12:30pm - 2:00pm | Medical Marijuana Support (1st) | 12:30pm - 3:00pm | Advanced Pinochle* |
| 1:00pm - 2:00pm | Food Plus Pick Up (3rd) | 12:30pm - 3:00pm | Social Pinochle* |
| 1:30pm - 2:30pm | Line Dancing | 12:30pm - 3:00pm | Mexican Train Dominoes* |
| 1:30pm - 3:30pm | Parkinson's Support Group (1st) | 1:15pm - 3:30pm | Social Bingo |
| 2:00pm - 3:30pm | Parkinson's Caregiver Support (1st) | 6:00pm - 8:00pm | Survivors of Suicide (2nd&4th) |
| Tuesday | | Friday | |
| 8:00am - 11:00am | Arts & Crafts (M/T/TH)* | 8:00am - 9:15am | Abundant Life Exercise* |
| 8:00am - 4:00pm | Game Room | 8:00am - 4:00pm | Game Room |
| 9:30am - 11:30am | Blood Pressure Checks | 8:15am - 12:00pm | Portrait Workshop* |
| 10:00am - 11:00am | Living Happy & Healthy | 9:30am - 10:30am | Book Club (4th) |
| 11:00am - 3:30pm | Deaf Support Group* | 9:30am - 11:00am | Grief Support |
| 12:30pm - 3:00pm | Canasta (Hand & Foot)* | 12:30pm - 3:00pm | Bridge* |
| 1:15pm - 3:30pm | Big Game Bingo | 12:30pm - 3:00pm | "500"* |
| Wednesday | | 1:00pm - 3:00pm | Movin' On |
| 8:00am - 9:15am | Abundant Life Exercise* | 1:30pm - 2:30pm | Line Dancing |
| 8:00am - 4:00pm | Game Room | 2:00pm - 3:00pm | Alzheimer's Support Group (1st&3rd) |
| 8:30am - 11:00am | Legal Advice (1st, 2nd, 4th) | | |
| 9:00am - 11:00am | Benefits Assistance | | |
| 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 | Canasta* | | |
| 12:30pm - 3:00pm | Euchre* | | |
| 12:30pm - 3:00pm | Bridge* | | |
| 1:00pm - 3:00pm | Afternoon Dance with the the Sunland Combo | | |

* - Indicates a member-only event



Soup To Go - Only \$1!

Every Tuesday & Thursday
12:30pm - 2:30pm
until sold out

Inquire at the RMAAC front desk
for more information.

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 |
| 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 |
| 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 |



Walgreen's Flu Shot Clinic

Thursday, September 20
9:00am - 11:00am

Lifelong Learning Classes at RMAAC - Mark Your Calendar!

Financial Wellness Workshop – Financial Pitfalls

Tuesday, September 4

10:00am - 11:00am

Learn how to avoid those typical financial pitfalls, plan for rainy days, and the three stages of your financial life. Acquire the crucial financial information you need for your later years in life at this financial education workshop. *Presented by Jerry Whitmire, The Foundation for Financial Education*

Smartphone & Tablet Workshop

Tuesday, September 11

10:00am - 11:00am

Frustrated with the technology in your life? Not sure how to work your smartphone or tablet? Help is here! Come to the forum and ask the questions you need answers to. *Presented by Star Kempton, EVAR Activity Coordinator*

Accessible Transportation Forum

Tuesday, September 18

10:00am - 11:00am

Find out what your transportation options are to get where you need to go. Learn the difference between RideChoice and Valley Metro Paratransit. *Presented by Valley Metro*

CALLING ALL CRAFTERS! Do you have a large stash of yarn you never seem to get through? Consider donating some to the RMAAC craft room! Our talented crafters will put your donations to good use, crafting blankets, baby items, and more!



DID YOU KNOW?



- Cacti are native to the Americas, ranging from Patagonia in South America through to areas of western Canada. The cactus generally lives in dry places prone to drought, such as Arizona.
- There are 1,500 to 1,800 species of cacti.
- Cacti come in all shapes and sizes from round and short through to thin and tall. The tallest cactus can reach heights close to 20m (66ft) and up to 1 meter thick.
- The ancient Aztec's of South America often depicted cacti in many of their sculptures and drawings.
- Cacti can gather and hold a lot of water in their stems. The water is not pure, clear water but is quite a thick viscous liquid. It is drinkable though and has been known to save many people's lives in the desert.

Red Mountain Active Adult Center

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



September Entertainment



| Date | Event | Time |
|---|--------------------------|---------|
| Friday, September 7 | Jan Hundertmark | 10:30am |
| Friday, September 14 | Jai Mitchell | 10:30am |
| Friday, September 21 | Michael Elijah | 10:30am |
| Friday, September 28 | Just For Fun Productions | 10:30am |
| * Entertainment line-ups are subject to change without notice * | | |



Big Game Bingo
Tuesdays, 1:15 pm

Just for Fun Bingo
Wednesdays, 10:45 am

Social Bingo
Thursdays, 1:15 pm

RMAAC Excursion

Zelma Basha Salmeri Gallery
The Eddie Basha Collection of Western
American & American Indian Art

Monday, September 24
12:30pm - 3:30pm
Cost: FREE

*This excursion is limited to 12 participants.
Sign up by Wednesday, September 19.*

THE
EDDIE BASHA
COLLECTION
WESTERN AMERICAN & AMERICAN INDIAN ART

The Gift Shop

at Red Mountain
Active Adult Center

Open Monday - Friday
9:30am - 2:30pm

Shop for handmade items including
greeting cards (only 40¢ each!),
handmade greeting cards (\$1 each),
handmade items, afghans, lap robes,
baby layettes, crafts, jewelry, and more!



EAST VALLEY ADULT RESOURCES

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. Funding Partners Include:

Area Agency on Aging - Region One • Arizona Community Action Association
Arizona Republic - Season For Sharing • Boeing Employee Community Fund • City of Mesa
City of Tempe • Dignity Health • East Valley Adult Resources Foundation • Fund for Shared Insight
Mesa HoHoKam Foundation • Mesa United Way • Rotary Clubs of District 5510 • Sundt
Thunderbird Charities • Town of Gilbert • Valley of the Sun United Way