



# THE GUIDE

*A Monthly Publication of East Valley Adult Resources, Inc.*

May 2017

Volume 11, Issue 5



Congratulations to MAAC's Tai Chi team, gold medal competition winners during Phoenix Chinese Week!

 Mother's Day



Friends enjoying good company at RMAAC.



Did you know MAAC has a billiards team? Stop by weekdays from 8am - 4pm!

  
**MEMORIAL**  
**DAY**



Thank you, Marquee Brass, for the beautiful concert at RMAAC!

# MAY 2017 MENU

Served at 11:30am M-F at both Active Adult Centers

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st</b> Beef lasagna Zucchini & squash Chef's blend Peach crisp Breadstick <b>Chef's special:</b> Honey stung chicken	<b>2nd</b> Spinach & mushroom quiche Tri color cauliflower Peas & pearl onions Banana Whole grain roll <b>Chef's special:</b> Soup & salad bar	<b>3rd</b> Asian glazed chicken thigh Brown rice Oriental blend Brussel sprouts Mandarin oranges <b>Chef's choice</b>	<b>4th</b> Ham w/ cherry sauce** Candied yams Four-way blend Pineapple tidbits Rye bread <b>Chef's special:</b> Chicken kiev	<b>5th</b> Mexican pork stew** White rice Rancho fiesta Broccoli Fresh orange Chef's special: Pizza bar
<b>8th</b> Herb roasted chicken Au gratin potato Italian blend Butterscotch pudding Whole grain roll <b>Chef's special:</b> Puff pastry monte cristo**	<b>9th</b> Meatloaf w/ mushroom gravy Mashed potatoes Green beans Diced peaches Whole grain roll <b>Chef's special:</b> Soup & salad bar	<b>10th</b> Tuna casserole California blend Garden salad Fruit cocktail Whole grain roll <b>Chef's choice</b>	<b>11th</b> Cheese tortellini w/ cream sauce Baby carrots Spinach Apricots Whole grain roll <b>Chef's special:</b> Egg salad sandwich w/ chips	<b>12th</b> <b>Mother's Day Celebration</b> Breaded cod sandwich Roasted red potatoes Corn Fruited Jell-O Whole grain bun <b>Chef's special:</b> Potato bar
<b>15th</b> Country breaded beef Mashed potatoes Succotash Biscuit Sliced pears <b>Chef's choice:</b> Potato bar	<b>16th</b> Baked sausage rigatoni** California blend Garden salad Peanut butter cake Whole grain roll <b>Chef's special:</b> Soup & salad bar	<b>17th</b> Baked chicken breast w/ alfredo sauce Egg noodle Italian blend Spinach Sliced strawberries & whipped cream <b>Chef's choice</b>	<b>18th</b> Breaded catfish Seasoned potato wedges Garlic roasted tomato Cinnamon applesauce <b>Chef's choice:</b> Chicken fingers w/ ranch dressing	<b>19th</b> Open faced turkey sandwich Cranberry mashed yams Green beans Plums Whole wheat bread <b>Chef's choice:</b> Baked ham**
<b>22nd</b> Bratwurst w/ sauerkraut** German potato salad Peas & carrots Sliced apples <b>Chef's special:</b> Mexican chicken breast w/ rice and beans	<b>23rd</b> <b>Birthday Celebration</b> Pepper steak Egg noodle Cauliflower Oriental blend Birthday cake Whole grain roll	<b>24th</b> Cheese manicotti w/ marinara Scandinavian blend Garden salad Blueberry crisp Breadstick <b>Chef's choice</b>	<b>25th</b> Chicken enchilada casserole Corn w/ peppers & onion Refried beans Tropical fruit <b>Chef's special:</b> BBQ baby back rib**	<b>26th</b> <b>Memorial Day (Observed)</b> Deluxe hamburger Baked beans French fries Ice cream cup Whole grain bun
<b>29th</b> <b>Memorial Day (Closed)</b>	<b>30th</b> Chicken marsala Collard greens Key Biscayne blend Cantaloupe Whole grain roll <b>Chef's special:</b> Soup & salad bar	<b>31st</b> Spaghetti w/ meat sauce Whole wheat pasta Capri blend Zucchini Rice pudding w/ raisins <b>Chef's choice</b>	East Valley Adult Resources, Inc is funded in part by Area Agency on Aging - Region One.	

# Thank You, Volunteers!

Did you know that the work being done by East Valley Adult Resources is aided in large part by hundreds of hard-working volunteers? These selfless individuals perform a variety of tasks every day, such as assisting in our two Active Adult Centers, packaging and delivering food to East Valley seniors via the Meals on Wheels program, and sharing their time and aiding over 300 homebound neighbors through our Assistance for Independent Living volunteer program. In fiscal year 2016-2017 alone:

More than 235 volunteers have served over 25,000 hours.

According to the Independent Sector, one hour of a volunteer's time is worth \$22.83 in the state of Arizona. This means over \$570,000 in time and talent has been donated to East Valley Adult Resources.

**To each and every one of our volunteers, we thank you and are so grateful for all you do!**

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Welcome back summer! Luckily, our residents at Discovery Point have most everything they need under one roof and are rarely subjected to the outdoor heat with all of the delicious meals and fun activities right down the hall from where they live. Even when they do venture out, our driver pulls up with a nicely cooled van or bus and is ready to assist with bags and such. It really is a nice way to live!



This month we have many special events planned, such as a Mother's Day Fashion Show & Luncheon, jewelry making, a Spring Dance, an outing to Fat Willy's for dinner and karaoke, and other delightful activities. We will also have a Cinco de Mayo Mexican Dinner & Fiesta, a trip to Tortilla Flats, Comedy Club Night, and Broadway Dance Performance. You will never be bored at Discovery Point!

You are welcome to come take a look around and learn about our community, so give us a call at (480) 924-6474 to set up a tour. We look forward to meeting you. Have a great month!

Alice Arambul  
Executive Director

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*East Valley Adult Resources provides daily lunches to eligible participants. 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.*

## **Mesa Active Adult Center**

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

### **May Offerings at MAAC - Mark Your Calendar!**

#### **Control Your Diabetes**

**Wednesday, May 3**

**10:30am**

Learn tips and ways to control your diabetes. Understand portions and when and how to count carbs. You can eat a variety of food as a diabetic. The discussion will debunk myths and misconceptions about diabetes. *Presenter: Hillary McCombs, Iora Primary Care*

#### **Senior Resources**

**Wednesday, May 10**

**10:30am**

Learn about the valuable senior resources available through East Valley Adult Resources Outreach Department. Join us for this informative meeting and learn about services and events that can enhance your life. You may be surprised to learn what we have to offer to our community. *Presenter: Joy Gibson, Outreach Specialist, EVAR*

#### **Protect Yourself Against Scams**

**Wednesday, May 17**

**10:30am**

The price of scams against seniors is much more than financial. Find out why seniors are targeted, and how it takes a toll on your health. Learn valuable information on how to protect yourself. *Presenter: Rae Rowe, Humana*

#### **Senior Scams**

**Wednesday, May 24**

**10:30am**

Join us for education on the most recent scams and what red flags to watch out for. We will talk about identity theft, what you can do to prevent becoming a victim and what to do if your identity is stolen. *Presenter: Betty Delano, Senior Outreach Coordinator, Arizona Attorney General's Office*

#### **Lunch & Learn - Reaching for the Stars**

**Wednesday, May 24**

**12:00pm**

Come and enjoy a nice lunch and hear the story of elder abuse and undue influence in the life of American disc jockey, music historian, and radio personality Casey Kasem. Suggested Donation: \$3.50. *Presenter: Travis Campbell, Butler Law Office*

#### **Health Trivia**

**Wednesday, May 31**

**10:30am**

Come play a game of trivia all while learning about your health. You may even be lucky enough to win a prize! *Presenter: Hillary McCombs, Iora Primary Care*

#### **Alzheimer's Support Group**

**2nd & 4th Tuesdays**

**1:00pm - 2:30pm**

Support group meetings will be held on the 2nd and 4th Tuesday of each month from 1:00pm - 2:30pm and 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. *Presenter: 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 (3rd Tue.)
9:00am	Shawls of Love/Bosoms For Babes
9:30am	Gramma Jones Line Dance
10:00am	Ceramics/Basic Art (T/F)
1:00pm	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 Pursuits 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)
12:00pm	Spoken Mandarin
12:15pm	Movie Day
2:00pm	Barebones Theater Troupe
Fridays	
8:00am	Walk Your Shoes Off (M-F)
9:00am	Fri 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	Gemini Blood Pressure (2nd & 4th Friday)
12:00pm	AARP Safe Driving (every other Fri.)
1:15pm	Big Game Bingo

**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.



## Volunteers Needed!

Would you like to donate your time aiding homebound seniors in the East Valley? We have many homebound neighbors looking forward to meeting you! To learn more or to register for an orientation session, please contact:

Mark Aamot  
480-629-5502  
maamot@evadultresources.org



## 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**

By appointment

*For more information or to make an  
appointment, call Shirley Kosisky at  
480-775-1466, ext. 2513*

### SUPPORT GROUPS

#### **Caregiver Group**

Wednesdays, 10:00am

*Facilitated by EMPACT*

#### **Veterans Support Group**

Mondays, 10:00am

*For more information, contact Shirley  
Kosisky at 480-962-5612 ext 2513*

#### **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.



### **Monthly Community Food Share Fresh Food Truck**

**Thursday May 11, 2017  
7:00am - 9:00am**

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

## Mesa Active Adult Center

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

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

### Movies at MAAC

Movies begin at 12:00pm

May 4	Fences
May 11	Loving
May 18	Collateral Beauty
May 25	Lion

### May Entertainment

All entertainment begins at 11:00am

Friday, May 5	Jai Mitchell
Friday, May 12	Dales Combo
Friday, May 19	Ken Levine
Thursday, May 25	Barebones Theatre Group Production
Friday, May 26	TBD

### Barebones Theatre Group Presents:

BLAZING SANDS!



Thursday, May 25, 2017  
10:00 a.m. @ MAAC

### Tuesday Dance Line-Up

Dancing begins at 1:00pm

May 2	Dales Combo
May 9	Carla Elliott
May 16	Manuel Dorantes
May 23	Dales Combo
May 30	Michael Carollo



### Losers Bingo

Mondays, 12:30 pm

### Social Bingo

Wednesdays, 1:15 pm

### Big Game Bingo

Fridays, 1:15 pm



Bingo is SERIOUS fun!

## Red Mountain Active Adult Center

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

### May Classes at RMAAC - Mark Your Calendar!

Classes are free to seniors 60+. Please register at the front desk.

#### Managing Diabetes

**Tuesday, May 2**

**10:00am**

Learn tips and ways to control your diabetes. When you know how to count carbs and understand portions, you can eat a variety of food as a diabetic. We will be debunking myths and misconceptions and participants are able to share their personal struggles with diabetes. *Presenter: Hillary McCombs, Iora Primary Care*

#### Jeopardy!

**Tuesday, May 9**

**10:00am**

Come and play a game of jeopardy, win prizes, and learn about safety for seniors. *Presenter: Rey Graf, Home Instead*

#### Protect Yourself Against Scams

**Tuesday, May 16**

**10:00am**

The price of scams against seniors is much more than financial. Find out why seniors are targeted, it can take a toll on your health. Come learn how to protect yourself. *Presenter: Rae Rowe, Humana*

#### Lunch & Learn: Driver Refresher Course

**Thursday, May 18**

**12:00pm**

Join the Mesa Police Department for Lunch & Learn. The presentation is titled "Driver Refresher Course". Lessons and discussion revolve around all traffic safety laws. You will not be tested or questioned, just 2.5 hour course of laws and rules of the road. Space is limited so sign up early. Suggested donation: \$3.50. *Presenter: Mike Kuntz, Mesa Police Department*

#### Senior Scams

**Tuesday, May 23**

**10:00am**

Join us for education on the most recent scams and what red flags to watch out for. We will talk about identity theft, what you can do to prevent becoming a victim and what to do if your identity is stolen. *Presenter: Betty Delano, Senior Outreach Coordinator, Arizona Attorney General's Office*

#### Health Trivia

**Tuesday, May 30**

**10:00am**

Come play a game of trivia all while learning about your health. You may even be lucky enough to win a prize! *Presenter: Hillary McCombs, Iora Primary Care*

#### Veterans Assistance

Tuesdays & Thursdays  
8:00am - 12:00pm



#### Veterans Discussion Group

2nd & 4th Tuesdays & Thursdays  
10:00am - 11:00am

## 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
Low Vision	1st Tuesday	9:00am - 10:00am	Molly Thompson, Community Volunteer
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 Assistance	Tuesdays & Thursdays	8:00am - 12:00pm	Shirley Kosisky, EVAR
Veterans Discussion	2nd & 4th Thursdays	10:00am - 11:00am	Shirley Kosisky, EVAR
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		Thursdays	
8:00am - 9:15am	Abundant Life Exercise*	8:00am - 4:00pm	Billiards
8:00am - 4:00pm	Billiards	8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*	9:30am - 11:00am	Intermediate Spanish*
10:00am - 11:00am	Discussion of the Day	10:00am - 11:00am	Caregivers Support
12:30pm - 3:30pm	Cribbage*	10:00am - 11:00am	Diabetic Support (3rd)
12:30pm - 3:45pm	Mahjong*	10:00am - 11:00am	The Music Advantage (1st & 3rd)
12:30pm - 3:00pm	Medical Marijuana Support (1st)	10:00am - 11:00am	Blackjack with David (1st & 3rd)
12:30pm - 3:00pm	Advanced Pinochle*	10:00am - 11:00am	Veterans Discussion Group (2nd & 4th)
12:30pm - 2:00pm	Social Pinochle*	12:30pm - 3:30pm	Enriching Lives of Veterans Through Art (4th)
1:00pm - 2:00pm	Food Plus Pick Up (3rd)	12:00pm - 1:30pm	Lunch & Learn (3rd)
1:30pm - 3:30pm	Parkinson Support Group (1st)	12:00pm - 1:30pm	Writing Your Voice (1st & 3rd)
Tuesdays		12:30pm - 3:00pm	Advanced Pinochle*
8:00am - 4:00pm	Billiards	12:30pm - 3:00pm	Social Pinochle*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*	12:30pm - 3:00pm	Mexican Train Dominoes*
9:00am - 10:00am	Low Vision Support Group (1st)	1:00pm - 3:30pm	Computer for Beginners
9:30am - 11:30am	Blood Pressure Checks	1:15pm - 3:30pm	Social Bingo
10:00am - 11:00am	Healthy Pursuits	6:00pm - 8:00pm	Survivors of Suicide (2nd & 4th)
11:00am - 3:30pm	Deaf Support Group*	Fridays	
12:30pm - 3:00pm	Hand & Foot Canasta*	8:00am - 9:15am	Abundant Life Exercises*
1:15pm - 3:30pm	Big Game Bingo	8:00am - 4:00pm	Billiards
Wednesdays		8:15am - 12:00pm	Portrait Workshop*
8:00am - 9:15am	Abundant Life Exercises	9:30am - 11:00am	Grief and Loss
8:00am - 4:00pm	Billiards	9:45am - 12:00pm	Computer Club*
8:30am - 11:00pm	Legal Advice (1st, 2nd, 4th)	9:45am - 10:30am	Book Club (4th)
9:00am - 11:00am	Benefits Assistance	12:30pm - 3:00pm	Bridge*
9:45am - 11:15am	Beginning Spanish*	12:30pm - 3:00pm	"500" *
10:00am - 11:30am	Legal Advice (3rd)	1:00pm - 3:00pm	Move'n On
10:45am - 11:15am	Just for Fun Bingo	1:30pm - 2:30pm	Line Dancing (\$3.00*/\$3.50)
12:30pm - 3:00pm	Euchre*	2:00pm - 3:00pm	Alzheimer's Support Group (1st & 3rd)
12:30pm - 3:00pm	Bridge*		
1:00pm - 3:00pm	Afternoon Dance Sunland Combo		

\* - Indicates a member-only event

## Red Mountain Active Adult Center

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

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

### May Entertainment

All entertainment begins at 10:30am

Friday, May 5	Kentucky Derby Party
Friday, May 12	Mother's Day Party
Friday, May 19	Jai Mitchell
Friday, May 26	Carl Nyberg



**Big Game Bingo**  
Tuesdays, 1:15 pm

**Just for Fun Bingo**  
Wednesdays, 10:45 am

**Social Bingo**  
Thursdays, 1:15 pm



## The Gift Shop

at Red Mountain Active Adult  
Center

Mesa's Best Kept Secret!

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

Shop for handmade items  
including greeting cards (only 50¢  
each!), handmade items, afghans,  
lap robes, jewelry, and more!



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



**East Valley Adult Resources, Inc.**

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

(480) 964-9014



Visit us online at [www.evadultresources.org](http://www.evadultresources.org)



Find us on Facebook at [www.facebook.com/EastValleyAdultResources](https://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 Fund • City of Mesa • City of Tempe  
Dignity Health • Discovery Point Retirement Community • East Valley Adult Resources Foundation  
Encore on First • Mesa United Way • Pinal-Gila Council for Senior Citizens  
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