



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

July 2019




Volume 13, Issue 7



July 2019 Menu

Lunch is served at 11:30am. For next-day reservations call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) before 2pm.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1st Baked Tilapia Baked Potato Mixed Vegetables Whole Wheat Roll Banana Pudding w/ Fresh Fruit Chef's Choice	2nd BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Jell-O Cake Pears Chef's Special: Soup & Salad Bar	3rd Turkey Burger w/ Lettuce & Tomato Spinach Four-Way Vegetable Blend Whole Wheat Bun Fruit Cocktail Chef's Choice	4th Closed in Observance of Independence Day 	5th Pork Stir Fry w/ Peppers & Onions** Cauliflower Vegetable Rice Pilaf Whole Wheat Roll Pineapple Chef's Special: Meatloaf w/ Mushroom Gravy
8th Chicken Chimichanga w/ Shredded Lettuce & Tomato Refried Beans Fresh Apple Chef's Choice	9th Egg Bake Hash Brown Potatoes Peppers, Onions, & Mushrooms Whole Wheat Biscuit Fresh Banana Chef's Special: Soup & Salad Bar	10th Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad Chef's Choice	11th Baked Pollack w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots Chef's Special: Cheese Manicotti w/ Pesto	12th <u>Cold Salad Plate</u> Chicken Salad, Beets & Broccoli Salad Whole Wheat Crackers Oreo Cake & Fresh Fruit Chef's Special: Egg Salad on a Croissant
15th Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots Chef's Choice	16th Chicken w/ Angel Hair Pasta Italian Vegetables Garden Salad Whole Wheat Roll Fresh Orange Chef's Special: Soup & Salad Bar	17th Pulled Pork Sandwich w/ Peppers & Onions** Roasted Brussel Sprouts Whole Wheat Bun Sliced Peaches Chef's Choice:	18th Honey Garlic Chicken Over Rice Carrots Oriental Vegetables Cherry Trifle Cake Pineapple Chef's Special: Puff Pastry Monte Cristo**	19th Lemon Baked Cod Chef's Vegetable Blend Peas & Carrots Whole Wheat Roll Fresh Grapes Chef's Special: Potato Bar
22nd Italian Sausage Sandwich** Peppers & Onions Italian Vegetables Whole Grain Bun Sliced Peaches Chef's Choice	23rd Birthday Celebration Beef Stew Over Rice Chuck Wagon Vegetables Winter Vegetables Whole Wheat Roll Fresh Fruit Birthday Cake 	24th Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetables Whole Wheat Roll Fresh Orange Chef's Choice	25th <u>Cold Salad Plate</u> Seafood, Macaroni, & Three-Bean Whole Wheat Crackers Sliced Pears Chef's Special: Chicken Salad and Fruit Plate	26th Open-Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce Chef's Special: Pizza Bar
29th Spaghetti w/ Meat Sauce Capri Vegetables Spinach Whole Wheat Roll Fresh Orange Chef's Choice	30th Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots Chef's Special: Soup & Salad Bar	31st Butter Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail Chef's Choice		<p style="text-align: center;"><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i></p>

BENEFITS ENROLLMENT CENTER

Improve your financial stability by enrolling in programs to help you afford health care, prescriptions, food, utilities, and more!

The Benefits Enrollment Center at East Valley Adult Resources helps low income older adults and people with disabilities on Medicare connect with important benefits and resources and the service is **FREE OF CHARGE**.

The first step is a confidential Benefits Checkup[®] to help you explore the resources and financial supports that you may qualify for, including:

- Medicare Part D Extra Help / Low Income Subsidy
- Medicare Savings Programs
- Medicaid / AHCCCS
- SNAP (formerly known as Food Stamps)
- Get free help with drug costs, utilities, food, and more!

Don't worry about the paperwork! Our Outreach Specialists will help you enroll in these benefits, including completing the applications.

Remember, there is **NO FEE** for our Benefits Enrollment Center services!

We can help. Contact us today!

480-634-4189

Mesa
Active Adult Center
247 N. Macdonald St.
Mesa, AZ 85201

Red Mountain
Active Adult Center
7550 E. Adobe St.
Mesa, AZ 85207

We wanted to take a moment this month to share some news. As you may already know, two of our long-time staff members are leaving East Valley Adult Resources - Kim Brooks, Director of Center-Based Services, and Doug Lloyd, Red Mountain Active Adult Center Manager. Please join us in thanking them both for their dedicated service and the difference they have made in the lives of our center participants. We wish them both all the best in the next steps of their journeys!

We would also like to welcome Tammy Carleno, who has re-joined the team as our new Red Mountain Center Manager. Some of you may remember Tammy from when she served as our Kitchen Manager at Mesa Active Adult Center. If you have not already met her, please stop by to say hello. As of this writing, we are currently interviewing candidates for the Mesa Center Manager position, and look forward to introducing our new team member soon.

Daily Delights

MONDAYS

8:00am	Walk Your Shoes Off (M-F)
8:05am	Aerobics (M-Th)
9:30am	Mild Exercise (M/W/F)
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
9:30am	Gramma Jones Line Dance
10:00am	Art/Clay Play (T/F)
12:30pm	Classic Movie Time (see page 6)
1:00pm	Art at Your Own Pace

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
9:30am	Hal's Healing Hands
10:00am	Support Group for Caregivers
10:00am	Stockings for Kids (2nd Wed.)
10:00am	Blackjack w/ David (1st & 3rd Wed.)
1:00pm	Grief and Loss Group
1:30pm	Bungalow Group
1:15pm	Social Bingo

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)
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	Art/Clay Play (T/F)
10:00am	Sing for Joy!
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

Living Happy and Healthy at MAAC - Mark Your Calendar!

New Benefits Enrollment Center

Wednesday, July 3

10:00am – 11:00am

East Valley Adult Resources is now part of the National Council on Aging's (NCOA) network dedicated to helping people with Medicare improve their financial stability by enrolling in programs to help them afford health care, prescriptions, food, utilities, and more. Our Benefits Enrollment Center helps low income older adults and people with disabilities on Medicare connect with important benefits and recourses. This service is offered free of charge to East Valley residents. *Presented by Brian Johnson, Director of Social Services, EVAR*

A Matter of Life

Wednesday, July 10

10:00am - 11:00am

Suicide rates of older adults are higher than any other age group in Maricopa County. A Matter of Life was created to educate and help people recognize the signs and symptoms of suicide, depression, anxiety and substance abuse. It encourages help-seeking behaviors by connecting people with resources and tools to access help for themselves or someone they know. *Presented by Lauren Friedman, Area Agency on Aging, Region One*

Smartphone and Tablet Workshop

Wednesday, July 24

10:00am - 11:00am

Do you have a smartphone or tablet but aren't quite sure how to use it? Do you have a question of two about how to do something specific with your device? Get the help you need from a tech-savvy person! *Presented by Star Kempton, Activity Coordinator, EVAR*



Make & Take Tissue Paper Canvas Art

Mesa Active Adult Center
Wednesday, July 31
12:00pm - 1:00pm

Learn how to add a pop of color to your home with a statement art piece that is simple yet impactful.

**There is a \$5 fee for this event.
Please register in advance
at the Program Desk
by Friday, July 26**



July Excursion

ASU Gallery of Scientific Education

The GSE houses interactive exhibits that engage visitors in the history of scientific exploration (from the voyage of HMS Darwin to NASA's Mars Science Laboratory) and invite them to contemplate future voyages of discovery.

**Monday, July 22
12:30pm - 3:30pm**

There is no fee to attend this excursion.

Please register at Program Desk
by Thursday, July 18.

Mesa Active Adult Center

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

SERVICES FOR INDIVIDUALS

Individual Resource Needs Assessment

Call 480-962-5612 or stop in 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

Caregiver Group

Wednesdays, 10:00am
Facilitated by EMPACT

Grief and Loss Support Group

Wednesdays, 1:00pm
Facilitated by EMPACT



Monthly Community Food Share Fresh Food Truck



**Thursday July 11, 2019
7:00am - 10:00am**

If you would like more information,
please call 480-634-4189

Walk with Ease

Reduce Pain and Improve Overall Health

Presented by Area Agency on Aging, Region One

Walk with Ease is a fitness program that can reduce pain and improve overall health. It will help motivate you to get in great shape, walk safely and comfortably, improve flexibility, strength and stamina, and reduce pain. This six-week class includes a manual and Elder Resource Guide.

Take control! Get back to being your best!

Tuesdays and Thursdays
July 16 - August 22
9:30am - 11:00am

Space is limited! To register, or for more information, please inquire at the Program Services Desk.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

Mesa Active Adult Center

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

EVENTS

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

Classic Movie Time!

Tuesday Movie Classics: 12:30pm

July 2	<i>Long-Lost Trailer</i>
July 9	<i>Dawn Rider</i>
July 16	<i>Lemon Drop Kid</i>
July 23	<i>Bell, Book, and Candle</i>
July 30	<i>The Pink Panther</i>

Movie Time!

Thursday Movie Lineup: 12:30pm

July 11	<i>Upside</i>
July 18	<i>On the Basis of Sex</i>
July 25	<i>Five Feet Apart</i>

* ALL MOVIES WILL BE CLOSED CAPTIONED *



Bingo!

Weekly Bingo Lineup

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



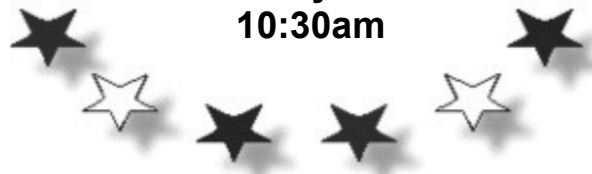
CELEBRATION

Join us for treats and entertainment featuring James Cass, patriotic trumpeter and classical guitarist!

Mesa Active Adult Center

July 3

10:30am



Daily Delights


Monday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
12:30pm	Movie Day (2nd & 4th)
12:30pm - 3:30pm	Cribbage*
12:00pm - 3:00pm	Mahjong*
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 2:00pm	Medical Marijuana Support (1st)
1:30pm - 3:30pm	Parkinson's Support Group (1st)
2:00pm - 3:30pm	Parkinson's Caregiver Support (1st)
12:30pm - 2:00pm	Food Plus Pick Up (3rd)
4:00pm - 5:30pm	Grief Support

Tuesday	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
9:30am - 11:00am	Blood Pressure Checks
10:00am - 11:00am	Living Happy & Healthy
11:00am - 3:30pm	Deaf Support Group*
12:30pm - 3:00pm	Canasta (Hand & Foot)*
1:15pm - 3:30pm	Social Bingo
5:00pm - 8:00pm	Mesa Art League (2nd)

Wednesday	
8:00am - 9:15am	Abundant Life Exercise*
9:00am - 11:00am	Benefits Assistance
9:45am - 11:15am	Beginning Spanish*
10:00am - 11:00am	Legal Asst.: Wills & Trusts (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 Sunland Combo

Thursday	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
10:00am - 11:00am	Blackjack with David (1st & 3rd)
10:00am - 11:00am	Veterans Discussion Group (2nd & 4th)
12:30pm - 3:30pm	Beginning Computers
12:30pm - 3:30pm	Enriching Lives of Veterans thru Art (4th)
12:30pm - 3:00pm	Advanced Pinochle*
12:30pm - 3:00pm	Social Pinochle*
12:30pm - 3:00pm	Mexican Train Dominoes*
1:15pm - 3:30pm	Social Bingo
6:00pm - 8:00pm	Survivors of Suicide (2nd&4th)

Friday	
8:00am - 9:15am	Abundant Life Exercise*
8:15am - 12:00pm	Portrait Workshop*
9:30am - 10:30am	Book Club (4th)
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500"*
12:30pm - 3:00pm	Movin' On
12:30pm - 3:00pm	Canasta*
1:30pm - 2:30pm	Line Dancing
2:00pm - 3:00pm	Alzheimer's Support Group (1st & 3rd)



Soup To Go - Only \$1!

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

Inquire at the RMAAC front desk
for more information.

* - Indicates a member-only event

Red Mountain Active Adult Center

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

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	Terry & Nyla Hostin, Community Volunteers
Grief Loss	Mondays	4:00pm - 5:30pm	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
Wills & Trusts	3rd Wednesdays	10:00am - 11:30am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT



Help us celebrate Independence Day with cupcakes and BINGO! Join for our regularly-scheduled *Just for Fun Bingo* game followed by sweet treats in honor of Independence Day.

Red Mountain Active Adult Center
Wednesday, July 3
10:30am

Red Mountain Active Adult Center

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

Living Happy and Healthy at RMAAC - Mark Your Calendar!

New Benefits Enrollment Center

Tuesday, July 2

10:00am - 11:00am

East Valley Adult Resources is now part of the National Council on Aging's (NCOA) network dedicated to helping people with Medicare improve their financial stability by enrolling in programs to help them afford health care, prescriptions, food, utilities, and more. Our Benefits Enrollment Center helps low income older adults and people with disabilities on Medicare connect with important benefits and recourses. This service is offered free of charge to East Valley residents. *Presented by Brian Johnson, Director of Social Services, EVAR*

Men's Health Seminar: Symptoms of an Enlarged Prostate

Tuesday, July 9

10:00am - 11:00am

Dr. Rahul Mehan is an expert in men's health and is a board-certified Urologist who specializes in the treatment of BPH, also known as Enlarged Prostate. BPH affects over 12 million men in the US every year, and in this seminar Dr. Mehan will cover the symptoms, diagnosis, and new treatment options for BPH they can restore and improve your quality of life. *Presented by Dr. Rahul Mehan, East Valley Urology Center*

Smartphone & Tablet Workshop

Tuesday, July 16

9:00am - 11:00am

Have questions about your "smart" device? Get the answers you need at this workshop! Please note that this workshop will run in two sessions, with **Android** topics covered from 9:00am-10:00am and **iPhone/iPad** topics covered from 10:00am-11:00am. *Presented by Star Kempton, Activity Coordinator, EVAR*



Make & Take Tissue Paper Canvas Art

Red Mountain Active Adult Center
Thursday, July 18
12:00pm - 1:00pm

Learn how to add a pop of color to your home with a statement art piece that is simple yet impactful.

There is a \$5 fee for this event.
**Please register in advance
at the front desk
by Tuesday, July 16**



July Excursion

ASU Gallery of Scientific Education

The GSE houses interactive exhibits that engage visitors in the history of scientific exploration (from the voyage of HMS Darwin to NASA's Mars Science Laboratory) and invite them to contemplate future voyages of discovery.

**Monday, July 15
12:30pm - 3:30pm**

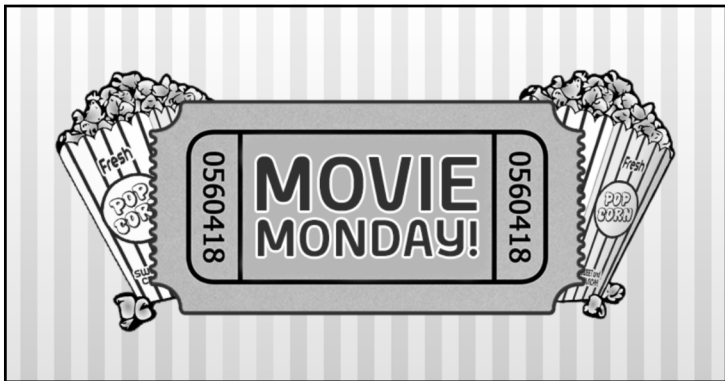
There is no fee to attend this excursion.

Please register at Program Desk
by Thursday, July 11

Entertainment!

Date	Event	Time
Friday, July 12	Jai Mitchell	10:30am
Friday, July 19	Jan's Band	10:30am

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



Introducing: Movie Mondays!

Movies will be shown on the 2nd and 4th Mondays of the month in Mesquite-A. All movies begin at 12:30pm. FREE popcorn available!

Monday, July 8	<i>Captain Marvel</i>
Monday, July 22	<i>The Upside</i>

All movies will be Closed Captioned.



Social Bingo
Tuesdays, 1:15pm

*Sales start at 12:15 and
end at 1:05pm*

Just for Fun Bingo
Wednesdays, 10:45am

Social Bingo
Thursdays, 1:15pm

*Sales start at 12:15 and
end at 1:05pm*



CRIBBAGE

Cribbage is a card game for two to four players, in which the objective is to play so that the value of one's cards played reaches exactly 15 or 31.

Join us for a game! Are you a first time player? Don't worry! Stop by and we'll show you the ropes.

Mondays
12:30pm to 3:00pm



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 / Wildfire
Arizona Diamondbacks Foundation • Arizona Republic - Season For Sharing • The Board of Visitors
City of Mesa • City of Tempe • Dignity Health • Fund for Shared Insight • Meals on Wheels America
Mesa HoHoKam Foundation • Mesa United Way • National Council on Aging • Sundt
Thunderbird Charities • Town of Gilbert • Valley of the Sun United Way • Walmart