



THE GUIDE

A Monthly Publication of East Valley Adult Resources, Inc.

April 2019

Volume 13, Issue 4



April 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
1 Italian Sausage Sandwich** Peppers & Onion Italian Vegetables Whole Grain Bun Sliced Peaches Chef's Choice	2 Beef Stew Over Rice Chuck Wagon Vegetables Winter Vegetables Whole Wheat Roll Fruit Ambrosia Chef's Special: Soup & Salad Bar	3 Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetables Whole Wheat Roll Fresh Orange Chef's Choice	4 Seafood Salad Plate Vegetable Macaroni Salad 3 Bean Salad Whole Wheat Crackers Sliced Pears Chef's Special: Egg Salad	5 Open Face Turkey Sandwich w/ Gravy Yams Green Beans Applesauce Chef's Special: Cheese Manicotti
8 Spaghetti w/ Meat Sauce Capri Vegetables Spinach Whole Wheat Roll Orange Chef's Choice	9 Pork Loin w/ Mustard Sauce Yams Green Beans Whole Wheat Roll Apricots Chef's Special: Soup & Salad Bar	10 Butter Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail Chef's Choice	11 Soft Shell Chicken Taco Refried Beans Whole Wheat Tortilla Cherry Crisp Chef's Special: Ham Salad Plate**	12 Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple Chef's Special: Potato Bar
15 Chicken Salad Sandwich Cucumber Salad Three-Bean Salad Whole Wheat Bun Fruit Blend Chef's Choice	16 Baked Lemon Catfish Mixed Vegetables Peas & Onions Whole Wheat Roll Fresh Orange Chef's Special: Soup & Salad Bar	17 Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Vegetables Whole Wheat Roll Sliced Apples Chef's Choice	18 Pepper Steak Over Egg Noodles Oriental Vegetables Four-Way Vegetables Whole Wheat Roll Fruit Cup Chef's Special: Chicken Carbonara	19 Easter Celebration Baked Ham w/ Pineapple Glaze** Au Gratin Potatoes Key Biscayne Vegetables Croissant Apple Pie 
22 Earth Day Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Grain Roll Grapes Chef's Choice 	23 Birthday Celebration Meatloaf Mashed Potatoes Carrots Whole Wheat Roll Birthday Cake 	24 <u>Cold Salad Plate</u> Tuna, Beet and Three-Bean Salad Lettuce Whole Wheat Crackers Pineapple Ambrosia Chef's Choice	25 Hamburger Deluxe Italian Vegetables Baked Beans Whole Wheat Bun Seasonal Fruit Chef's Special: Hot Dog	26 Baked Chicken Breast w/Mushroom Sauce California Vegetable Blend Broccoli Cheese Rice Whole Grain Roll Chef's Special: Pizza Bar
29 Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend Chef's Choice	30 BBQ Pork Sandwich** Winter Vegetables Corn Whole Wheat Roll Black Forest Cake Chef's Special: Soup & Salad Bar	<p style="text-align: center;"><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One.</i></p>		

THE BOARD OF VISITORS

EVAR's Assistance for Independent Living Volunteer Services program was recently honored to receive a grant award from The Board of Visitors to help build capacity to expand services for homebound older adults. The Board of Visitors, Arizona's oldest women's charitable organization, has been raising funds for more than 100 years to support nonprofits in the greater Phoenix community that serve the healthcare needs of women, children and the elderly.

EVAR's program matches caring volunteers with homebound neighbors to provide assisted transportation to medical appointments, pharmacies, and grocery shopping; friendly visits and phone calls; and respite assistance. For more information on the program, please contact Darla LoPresti, Program Coordinator, at 480-629-5502.

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Tips for Coping with Seasonal Allergies

Spring has arrived, and that means allergens are on their way! Here are some useful tips on how you can deal with them to stay healthy:

- 🌸 **Keep pollen and molds from entering the home as much as possible.** Invest in an air conditioner and a dehumidifier to clean the air, and be sure to keep windows closed at night.
- 🌸 **Switch out furniture, carpets and bedding.** If you suspect that these plush items are to blame, it's a good idea to switch them out for newer versions with hypoallergenic materials.
- 🌸 **Take care of personal hygiene.** Ensure that you wear sunglasses or glasses when outside to prevent allergens from entering your eyes. Showering and washing your hair before bed can also remove any allergens that have collected there throughout the day.
- 🌸 **Clean smarter.** Get rid of toxic chemical cleaners with strong fumes in favor of greener options, and consider investing in a vacuum with the filtration necessary to remove allergens from multiple surfaces throughout your home.
- 🌸 **Keep track of pollen conditions.** Most areas have a local pollen count to help those with allergies determine whether going outside is worth the risk. Consider staying at home on these days and shut the windows.
- 🌸 **Use a clothes dryer when drying clothes.** Line-drying items outside can cause pollen and other allergens to build up on the materials and eventually cause problems.

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)
8:30am	Geri-Fit (T/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)
1:00pm	Art at Your Own Pace
1:00pm	Dance
1:00pm	Gentle Yoga
1:00pm	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
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)
8:30am	Geri-Fit (T/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)
1:00pm	Gentle Yoga
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!

Smartphone and Tablet Workshop

Wednesday, April 3

10:30am - 11:15am

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, EVAR Activity Coordinator*

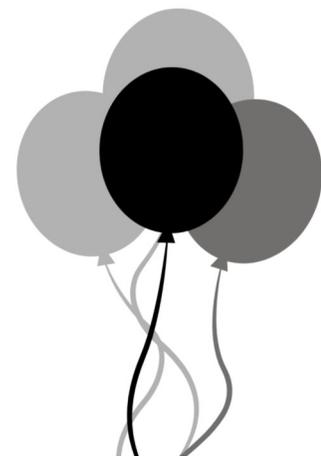


Mesa Active Adult Center
Wednesday, April 24
12:00pm - 1:00pm

**Please register in advance by
Friday, April 19 at Sign-Up Central
or call 480-629-8411.**

Waymo: The Self-Driving Vehicle

Have you seen the Waymo self-driving vehicles around? Waymo began as the Google Self-Driving Car Project in 2009. Today they are working towards making it safe and easy for everyone to get around without the need of anyone in the driver's seat, by building the most experienced driver. Learn how this amazing system can benefit you. *Presented by: Dezbah Hatathli, Waymo.*



Join the fun and celebrate spring with us! Play classic carnival games, get you face painted, or grab a friend (new or old) and have your picture taken at the photo booth!

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

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 April 11, 2019
8:00am - 10:00am**

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

**Check out how some of the participants of our
Mesa and Red Mountain Active Adult Centers like to spend their time!**



Mesa Active Adult Center

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

EVENTS

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

Let's Dance!

Tuesday Dance Lineup: 1:00pm

April 2	Juan Miguel Zarates
April 9	Manuel Dorantes
April 16	Manuel Dorantes
April 23	Juan Miguel Zarates
April 30	TBA

Movie Time!

Thursday Movie Lineup: 12:30pm

April 4	<i>A Star Is Born</i>
April 11	<i>Free Solo</i>
April 18	<i>Mary Queen of Scots</i>
April 25	<i>Robin Hood</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

Entertainment!

Entertainment: 11:00am

Friday, April 5	Jai Mitchell
Friday, April 12	Wichita Wayne
Friday, April 26	Wichita Wayne

April Excursion: Queen Creek Olive Mill



The Queen Creek Olive Mill is a family owned company that grows and presses olives for the production of high quality extra virgin olive oil from farm to table.

Monday, April 22
12:30pm - 3:30pm

Please register by Wednesday, April 17 at the Front Desk. There is a fee of \$7.



There will be no Big Game Bingo on Friday, April 19.

Daily Delights

Monday	
8:00am - 9:15am	Abundant Life Exercise*
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 4:00pm	Game Room
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)
Tuesday	
8:00am - 11:00am	Arts & Crafts (M/T/Th)*
8:00am - 4:00pm	Game Room
9:30am - 11:30am	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*
8:00am - 4:00pm	Game Room
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)*
8:00am - 4:00pm	Game Room
9:30am - 11:00am	Intermediate Spanish
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 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*
8:00am - 4:00pm	Game Room
8:15am - 12:00pm	Portrait Workshop*
9:30am - 10:30am	Book Club (4th)
9:30am - 11:00am	Grief Support
12:30pm - 2:00pm	Food Plus Pick Up (3rd - Jan/ Feb only)
12:30pm - 3:00pm	Bridge*
12:30pm - 3:00pm	"500"*
12:30pm - 3:00pm	Movin' On
1:30pm - 2:30pm	Line Dancing
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
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	Terry & Nyla Hostin, Community Volunteers
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
Wills & Trusts	3rd Wednesdays	10:00am - 11:30am	Community Volunteer Attorney
Peer Counseling	Mondays & Wednesdays	By appointment. Call 480-218-2221	Sandra McNally, EMPACT



Make & Take Cactus Rocks
Fee: \$5

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

Learn about upcycling and create your own hand painted cactus rocks. It's an easy and incredibly cute craft that brings a little pizzazz to a space.

Space is limited to 16 participants.
Please register in advance by Tuesday, April 16
at the front desk or call 480-478-8797.

Red Mountain Active Adult Center

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

Living Happy and Healthy at RMAAC - Mark Your Calendar!

Smartphone and Tablet Workshop

Tuesday, April 2

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, EVAR Activity Coordinator*

A Matter of Balance: Managing Concerns about Falls

Friday, April 5

1:00pm - 3:00pm

This program is an evidence-based, eight-week course that emphasizes practical strategies to reduce fear of falling and to increase activity levels. It will take place every Friday afternoon, ending May 24. You must register for the course, which can be done at the Front Desk or by calling 480-478-8797. *Facilitated by: A. T. Still University*

Men's Health Seminar: How to Live Your Best Life After 55

Tuesday, April 9

10:00am - 11:00am

Join Dr. Rahul Mehan, a urologist and founder of East Valley Urology Center, as he discusses ways to treat the common men's health conditions of erectile dysfunction and male bladder leakage. Dr. Mehan will talk about the causes of ED and bladder leakage and the latest treatment options available. This seminar is both for men and their partner because these conditions often impact the relationship. *Presented by: Dr. Rahul Mehan, East Valley Urology Center*



Wednesday Dances
presenting...

Sunland Combo

1:00pm, MPRA

Bring your friends and kick up your heels!

Admission \$6

April Excursion: Queen Creek Olive Mill



The Queen Creek Olive Mill is a family owned company that grows and presses olives for the production of high quality extra virgin olive oil from farm to table.

Monday, April 15
12:30pm - 3:30pm

Please register by Wednesday, April 11 at the Front Desk. There is a fee of \$7.

Entertainment!

Date	Event	Time
Friday, April 5	Jan's Band	10:30am
Monday, April 8	Wichita Wayne	10:30am
Friday, April 12	Spring Luau - Homeschool Youth Group	10:30am
Tuesday, April 23	Valentino - Birthday Celebration	10:30am
Friday, April 26	Stephanie & Timothy Burdick	10:30am

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



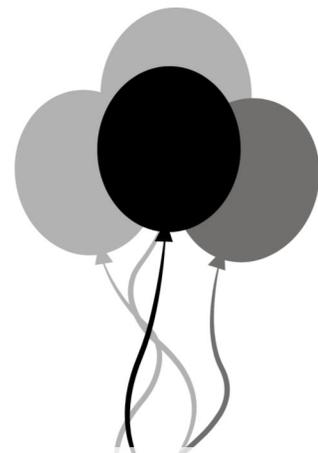
Social Bingo
 Tuesdays, 1:15pm

*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*



Join the fun and celebrate spring with us! Play classic carnival games, get you face painted, or grab a friend (new or old) and have your picture taken at the photo booth!



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