



The Club News August 2022

Placerville
El Dorado County Older Adult Day Services

Staff

Placerville

Site

(530) 621-6180

Nancy Wilson

Program Supervisor

530-621-6198

(530) 621-6180

Sandy Angus

Patti Williams

Kristen Marcum

Program Aides

(530) 621-6180

El Dorado Hills Site

(916) 358-3560

Jillien Smith

Program Supervisor

(916) 358-3565

Both Sites

Annmarie Vaughn

Office Assistant

(530) 621-6180

(916) 358-3560

Ruth Bowman RN

Nursing Consultant

(530) 621-7271

Patio Time



Happy Birthday

17th Vanessa

25th Mila



Congressional Medal For Merchant Marines From WW11



**Congratulations
Frank Pignata**

August Members of the Month

Michelle Barela & Raul Hernandez



Michelle was born in Pennsylvania on September 26, 1945 to Charles and Emily. She has two sisters. Over the years Michelle worked as a Bartender which she really liked. She enjoyed getting to know

the customers and hearing about their lives. She received her Bachelor's degree in Nursing in Portland, Oregon when she was 50 and worked as a nurse at Kaiser Hospital in Hospice Care. She enjoys singing, song writing, dancing and especially listening to Country Music. Michelle is the Mother of two boys, Tony and Wayne and has two Grandchildren. Over the years Michelle has lived in Paradise, Alaska, Portland and various towns in Northern and Southern California. She currently lives in the Placerville area and likes the weather here. When Michelle attends 'The Club' she enjoys singing along with the music and visiting with friends.



Raul was born in San Francisco on September 7, 1941 to Zeferino and Jesus. He has two brothers and a sister. He attended college and graduated with a Degree

in Horticulture. In 1983 he met Anne and they were married. They blended families which gave them a boy and a girl. Raul was in the National Guard and later became a Superintendent of a golf course. He did an outstanding job keeping the grass green and the gophers under control. He also spent 35 years working for the city of San Francisco as a Gardener at the Conservatory of Flowers where he met a variety of people, some who did not respect the plants! Raul has extensive knowledge on Carnivorous plants. These plants eat insects and Raul is even able to spot them in our area. Raul has his own greenhouse at home where he keeps his plants in a temperature regulated area. He also belongs to the Carnivorous Plant Society. A very special memory

The Dog Days of Summer ~ * ~

Greetings, everyone ~

'Tis that glorious time of year when the heat is sometimes lovely, sometimes too much. We truly enjoy siestas, afternoon naps, and tall, cool drinks in the summer shade (or in front of a fan)!! However, this time of year can also bring a higher number of emergency events, like power outages, fires and other natural or unnatural calamities. I thought I'd take a minute to go over the 5 P's of emergency protection so that we all are more ready and prepared.

If an emergency were to occur, do we have a plan?

The 6 P's - Emergency Plan: *People, Prescriptions, Papers, Personal Needs & Priceless Items*

People - do we have a list ready & available of people to notify, or who will call to check on us? _____

Place - do we have a safe place to go & how will we get there if an evacuation occurs? _____

Prescriptions - do we have all our prescriptions written down & updated in our wallet or bag? _____

Papers - do we have all our important papers in a colored folder ready to grab & go? _____

Personal needs - do we have a **To-Go Kit** ready: with water, change of clothes, toiletries, meds? _____

Priceless items - Do we have photos of our home & precious items documented/in a safe place? _____

Making a plan & reviewing it often with family & friends can help us stay safe, relaxed and ready when these things happen ... Life is exciting, but the challenges are more difficult when we aren't even a little prepared. So, once we're prepared, we can kick back and enjoy these beautiful end of summer days & nights ~ soon it will be harvest time!!

Take good care, **Ruth, Public Health RN



PLACERVILLE ACTIVITY CALENDAR

Calendar subject to change


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:50 Craft Class 1:00 Quiet Time 2:00 Horseshoes 3:15 August Fun facts 4:00 Puzzles</p>	<p>2</p> <p>10:50 Members Council Meeting 1:00 Quiet Time 2:00 Ladder Ball 3:15 Crossword 4:00 Table Top Games</p>	<p>3</p> <p>10:50 Craft Class 1:00 Quiet Time 2:00 Target Toss 2:00 Bingo Game 3:15 Watermelon Day 4:00 Patio time</p>	<p>4</p> <p>10:50 Bucket Toss 1:00 Quiet Time 2:00 Slapshot Game 3:15 Sing-along 4:00 Louis Armstrong Wonderful World</p>	<p>5</p> <p>10:50 Papas Toss 1:00 Quiet Time 2:00 Gavel Throw 3:15 Who Am I 4:00 Balloon Volleyball</p>
<p>8</p> <p>10:50 Sewing Class 10:50 Shuffle Board 1:00 Quiet Time 2:00 Bingo Game 3:15 Dice Game 4:00 Table top Games</p>	<p>9</p> <p>10:50 Men's Peer Group 10:50 Craft Class 1:00 Quiet Time 2:00 DP Entertains 3:15 Book Lovers Fun Facts 4:00 Patio time</p>	<p>10</p> <p>10:50 Poetry Club 10:50 Garden Club 1:00 Quiet Time 2:00 Ladder Ball 3:15 Tropical Trivia 4:00 S'mores Day</p>	<p>11</p> <p>10:50 Women's Peer Group 10:50 Target Toss 1:00 Quiet Time 2:00 Crazy 8 Card Game 3:15 Consequences Game 4:00 Waterfall Review</p>	<p>12</p> <p>10:50 Fit Class 10:50 Slap Shot Game 1:00 Quiet Time 2:00 Bowling 3:15 Sing-along 4:00 Hall Walk</p>
<p>15</p> <p>10:50 Corsage Crafting 10:50 Slap Shot Game 1:00 Quiet Time 2:00 Papas Toss 3:15 Who am I 4:00 Left Handed Day</p>	<p>16</p> <p>10:50 Men's Peer Group 10:50 Garden Club 1:00 Quiet Time 2:00 Book Club 2:00 Bingo 3:15 World Games 4:00 Hawaii Fun Facts</p>	<p>17</p> <p>10:50 Honolulu Travel 10:50 Hawaiian Craft Class 1:00 Quiet Time 2:00 Hawaiian Luau 3:15 Reminiscence 4:00 Word Games</p> 	<p>18</p> <p>10:50 Women Peer Group 10:50 Shuffle Board 1:00 Quiet Time 2:00 Horseshoes 3:15 Crossword 4:00 Never Give Up</p>	<p>19</p> <p>10:50 Fit Class 10:50 Bulseye Toss 1:00 Quiet Time 2:00 Mini Golf 3:15 Sing-along 4:00 Table Top Games</p>
<p>22</p> <p>10:50 Fins & Scale Painting 10:50 Bowling 1:00 Quiet Time 2:00 Horseshoes 3:15 Trivia 4:00 Patio Time</p>	<p>23</p> <p>10:50 Men's Peer Group 10:50 Craft Class 1:00 Quiet Time 2:00 Wood Working 2:00 Target Toss 3:15 Crossword Game 4:00 Balloon Volleyball</p>	<p>24</p> <p>10:50 Ladder Ball 10:50 Garden Club 1:00 Quiet Time 2:00 Bulseye Toss 3:15 Fun Facts about Travel 4:00 Hall Walk</p>	<p>25</p> <p>10:50 Women's Peer Group 10:50 Amazing Sand Creation 1:00 Quiet Time 2:00 Mini Golf 3:15 Dice Game 4:00 Table Top Games</p>	<p>26</p> <p>10:50 Fit Class 10:50 Bowling 1:00 Quiet Time 2:00 Target Toss 2:00 Bingo Game 3:15 Word Games 4:00 Gadgets & Gizmos</p>
<p>29</p> <p>10:50 Animation Art Class 10:50 Bucket Toss 1:00 Quiet Time 2:00 Slap Shot 3:15 Dice Game 4:00 Table Top Games</p>	<p>30</p> <p>10:50 Men's Peer Group 10:50 Garden Club 1:00 Quiet Time 2:00 Little Bit of Fiddle Band Entertainment 3:15 Sing-along 4:00 Fun Facts About Slinky's</p>	<p>31</p> <p>10:50 Gavel Throw 10:50 Woodworking Class 1:00 Quiet Time 2:00 Bingo Game 3:30 Crossword Game 4:00 Hula Hoop Day</p>		

August Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Spaghetti with Meatballs Broccoli Florets Warm Garlic Bread Fresh Peach Milk</p>	<p>2 Tortellini in Creamy Alfredo Italian Blend Vegetables Whole Wheat Dinner Roll Applesauce Milk</p>	<p>3 Breaded Cod Tartar Sauce Wild Rice Roasted Asparagus Orange Milk</p>	<p>4 Beef Stew with Roasted Sweet Potatoes Cornbread with Honey & Butter Nectarine Chocolate Milk</p>	<p>5 Shrimp Scampi Linguini Noodles Bahama Blend Vegetables Apple Crisp Milk</p>
<p>8 Sesame Chicken Fried Wild Rice Stir Fry Vegetables Mandarin Oranges Fortune Cookie Milk</p>	<p>9 Baked Salmon Mashed Potatoes Summer Squash Fresh Peach Chocolate Milk</p>	<p>10 Polish Sausage Fajita Blend Vegetables Green Beans Potato Roll Peach Crisp Milk</p>	<p>11 Open Faced Turkey Sandwich with Gravy Cinnamon Honey Yams California Blend Vegetables Orange Milk</p>	<p>12 Pork Roast with Gravy Roasted Potato Medley Brussels Sprouts Whole Wheat Dinner Roll Applesauce Milk</p>
<p>15 Cheeseburger on a Whole Grain Bun Lettuce/Tomato/Onion Potato Chips Orange Milk</p>	<p>16 Chicken and Cheese Enchilada Spanish Wild Rice Southwestern Vegetables Fresh Peach Milk</p>	<p>17 Pulled Pork Sliders Tater Tots Coleslaw with Pineapple Tidbits Chocolate Milk</p>	<p>18 Chicken Marsala Tri-Colored Pasta Roasted Broccoli Nectarine Milk</p>	<p>19 Tri-Tip Potato Wedges Cauliflower with Cheese Sauce Whole Wheat Roll Pears Milk</p>
<p>22 Chicken Waldorf Salad on a Whole Wheat Bun Petite Baby Carrots Potato Chips Orange Milk</p>	<p>23 Meatloaf with Gravy Mashed Potatoes Broccoli Whole Wheat Roll Mixed Fruit Chocolate Milk</p>	<p>24 Flaky White Fish Colorful Coleslaw Wedge Fries Applesauce Milk</p>	<p>25 Pork Chop Mashed Potatoes Mixed Vegetable Blend Orange Milk</p>	<p>26 Sliced Roast Beef with Gravy Fluffy Brown Rice Broccoli Potato Roll Apricots Milk</p>
<p>29 Philly Cheesesteak Sandwich on Whole Grain Bread Green Beans Mandarin Oranges Milk</p>	<p>30 BBQ Chicken Thighs Potato Salad Mixed Vegetables Whole Wheat Dinner Roll Nectarine Milk</p>	<p>31 Roasted Turkey with Gravy Sweet Potato Mash Roasted Cauliflower Fresh Peach Chocolate Milk</p>		

The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 

El Dorado County Senior Nutrition

937 Spring St.
Placerville, CA 95667

(530) 621-6160

For South Lake Tahoe

(530) 573-3130

The monthly menu is prepared by a registered dietitian for all dine-in, take-out and home delivery.

ADVANCE RESERVATIONS ARE REQUIRED FOR DINE-IN AND TAKE-OUT MEALS.

Calls must be received no later than the day before. Call (530) 621-6160, or for South Lake Tahoe (530) 573-3130.

Service is subject to interruption due to weather or power outages. Menu is subject to change.