

Winter 2025

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

You Just Have to be There!

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Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

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On the cover

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You Just Have to be There!

Photography: Bridget Grant

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chapa-de.org

Nevada County Consolidated Veterans Council



Serving our Veterans and the Community

March 29, 2025 we celebrate the 50th anniversary of the end to the Vietnam War.....

I was in history class in High School. I had just met John whose family had just moved to the Bay Area. His father had just been assigned to the Presidio. John relayed to the class that his Dad had just returned from this place called "Vietnam" and was very firm in the fact that the Country would soon be experiencing a lot of turmoil and pain because of what was going on there.

We all looked at each other. We looked at the teacher. The teacher pulled out the world map. All of us could only find this place called "Indochina" on the map. No such place called "Vietnam".

John's Dad was right....a real fun time.

Is that you Bob??

One of the guys that we all remember was Bob Hope. Bob tried like heck to make our crazy world partly normal for a few hours. Give us a break from crazy. He knew insanity having worked other wars.

Bob is coming back here...to GV Vets Hall "Firebase Gallino" on Saturday March 29th. He'll help us remember all the "fun" we had, the people we lost then, the people we've lost since. We will celebrate them. You're invited. Lunch \$15 & fun free. Reserve your spot(s) by calling **530 575 7002** and give us a count. **Income from this event is dedicated to the victims of the LA Fire disaster.** As always, we Veterans support our fellow Americans.



Down the road a bit will be another memorable event to help us celebrate and support those currently serving. Armed Forces Day will happen again at the Airport on Saturday May 17th. Just like us, today's heroes are faced with challenges and heart break. This is a **FREE event**. More details out soon. Our Veterans Service Office will invite operations who service our Veterans to attend. Come show how proud you are.

This County has been so lucky to have some 10,000 Veterans as citizens. We Veterans have been so lucky to have people like Lou Conter, Chuck Yeager, Frank Lujan, Jim Taylor and many others to call Brother & Sister. Medal of Honor recipient Jim will be with us at the event, Lou's family is looking forward to helping us remember Lou. Please Join in.....



**Nevada County
Veterans Services
Office**
988 McCourtney Rd
Grass Valley
(530) 273-3396
WEB site
ncvso@nevadacountyca.gov



Post 130
255 So. Auburn St
Grass Valley
(530) 575-7002
WEB site gvlegionpost130.org



VVA 535
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Grass Valley
WEB site vva535.org



VFW 2655
415 N Pine St
Nevada City
(530) 264-7056



MCL 885
255 So. Auburn St
Grass Valley
WEB site mcl885.org

GOLD COUNTRY SENIOR SERVICES EXPANDS EDUCATION, WELLNESS, AND COMMUNITY SUPPORT PROGRAMS

Gold Country Senior Services (GCSS) is proud to announce a new phase in our mission to enhance the health, well-being, and independence of older adults in Nevada County. With the Sierra Gold Community Senior Center now open and bustling with a variety of educational and wellness programs, we are also launching a vital fundraising campaign to support the development of our new Senior Center Café—a welcoming space designed to further enrich our community of all ages.

The Sierra Gold Senior Center now serves as a dynamic community hub, offering healthy nutrition programs—including Meals on Wheels and Senior Lunch opportunities—as well as comprehensive information and assistance with community resources. We provide health, fitness, and wellness programs tailored to our seniors' unique needs, complete with information to local transportation assistance, public benefits counseling, employment support, and even legal guidance with annual insurance enrollment help.

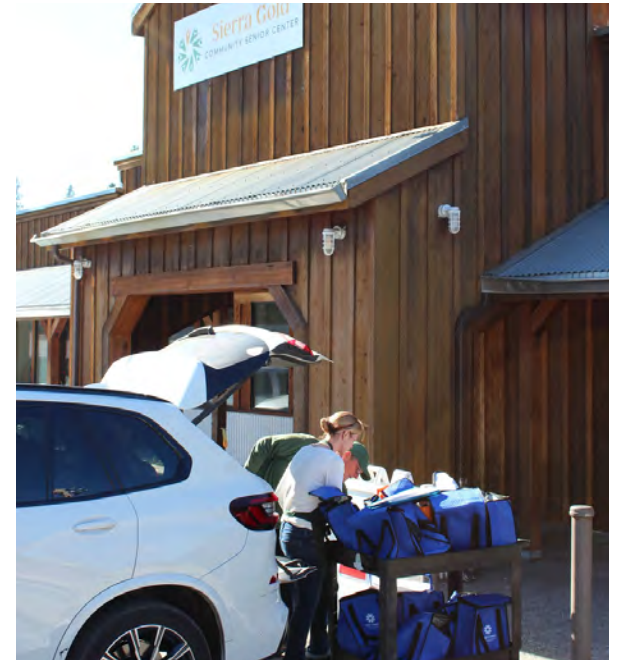
Beyond these essentials, our center also fosters volunteer and community engagement, supports social, recreational, and travel activities, and delivers adult learning, technology,

and educational classes alongside intergenerational programs.

Starting January 7th, our Senior Lunch (Congregate Lunch) program will be offered twice a week—on Tuesdays and Thursdays at noon—with RSVP requirements to ensure we serve as many seniors as possible. In addition, we will be adding periodic Community Lunches starting February 19th at 11:30 am for \$10, where anyone can come and enjoy Beef and Barley Soup with local bread and a homemade treat.

Gold Country Senior Services relies on the generosity of our community to sustain these vital programs. Your support helps us continue providing Meals on Wheels, firewood assistance, engaging classes, and the future Senior Center Café. We invite everyone in Nevada County to join us in our mission. You can donate directly at www.goldcountryservices.org/donate or learn more about our programs at www.goldcountryservices.org.

Together, with your help, we will overcome funding challenges and ensure that every senior in our community has the opportunity to age well, remain connected, and enjoy a high quality of life.



Photos by Anna Delgado-Campbell and Carrie Carpenter

You can visit us at the Sierra Gold Community Senior Center, 231 Colfax Ave, Grass Valley, CA 95945. Open Monday-Friday 9am-4pm. For further information or media inquiries, at (530) 615-4541 or email contact@goldcountryservices.org



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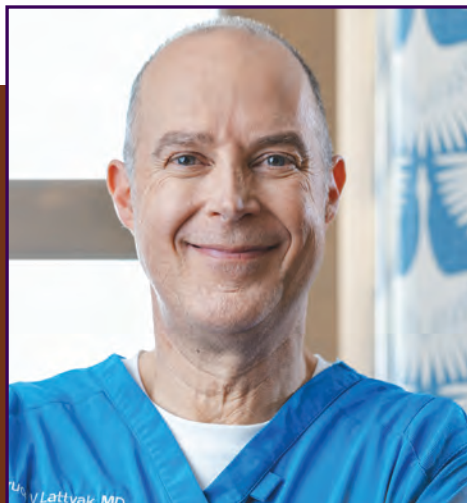
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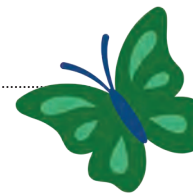
About Tara Kelly

Founder Tara Kelly is a long-time personal trainer with a passion for helping others achieve their best lived life at any age. Her certifications include National Association of Sports Medicine (NASM), B3Sciences Coach, Functional Aging Specialist (FAS), Functional Movement Specialist (FMS), Urban Poling (Parkinson's Support), TRX Suspension Training, Neuro Balance, plus many others.

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Aging in Place: The Vital Role of Caregivers in Independent Living

Having a caregiver can bring numerous benefits to seniors, improving their overall quality of life and well-being. Caregivers provide essential support and assistance in various aspects, ensuring that seniors can age in place comfortably and safely.

One significant benefit of having a caregiver is the provision of practical help with daily activities. As individuals age, routine tasks such as cooking, cleaning, and personal hygiene can become challenging. Caregivers assist seniors with these activities, easing the burden and allowing them to maintain their independence. Whether it's preparing nutritious meals, doing laundry, or helping with dressing and bathing, caregivers ensure that seniors can continue living comfortably in their own homes.

Moreover, caregivers play a crucial role in monitoring and managing seniors' health. They can help with medication reminders, scheduling and attending medical appointments, and

monitoring vital signs. By ensuring that seniors receive their medications on time and follow their treatment plans, caregivers contribute to better health outcomes and can quickly identify and address any health concerns that may arise.

Another important benefit of having a caregiver is the companionship they provide. Many seniors may experience feelings of loneliness and isolation, especially if they live alone or have limited social interactions. Caregivers offer valuable companionship, engaging in conversation, and providing emotional support. Through their presence, caregivers help seniors feel connected, valued, and less isolated, ultimately improving their mental and emotional well-being.

Additionally, caregivers can also provide transportation assistance, allowing seniors to maintain their independence and engage in social and recreational activities outside of the home. Whether it's going grocery shopping,

attending social events, or visiting friends and family, caregivers can take seniors to these destinations, ensuring they remain active and involved in their communities.

Even with these benefits, having a caregiver may still seem overwhelming to some. At Pawnie's Home Care we work hard to ensure individuals are matched with the caregiver that suits them best and can provide just the right amount of care needed. We focus on quality over quantity, and custom fit the exact schedule and care plan that will benefit them most. We offer as little as one 4 hour shift per week, up to 24/7 care that includes whole house management.

At the end of the day, aging in place in the comfort of their own home is what most seniors desire. It can offer a real, viable option to keep dignity and worth intact throughout the aging process.



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You Just Have to be There!

By Bridget Grant

If you're a senior, poppin' and droppin' is the last thing you want to be doing unless you're in a SilverSneakers Dance class!

Many people know about the exciting benefits awaiting them at retirement—the Senior discounts, afternoon naps, and, best of all, a FREE SilverSneakers gym membership! Included in the membership are classes, amenities and equipment for everyone.

SilverSneakers is a program included in many Medicare Advantage and supplemental insurance plans, including those from Blue Cross and Blue Shield. It provides free access to participating gyms and fitness classes as well as a supportive, consistent community.

It's one of life's little paradoxes—like how retirement gives us the time to travel, but we just want to relax, or how we crave adventure while working but never have the time. Well, here's another: turn 65, and you get

“The classes we offer here are designed for all experience levels... I've seen seniors start with one-pound weights and gradually move up to three pounds as they build strength and confidence.”

—Franchi, General Manager of Training Zone

a free gym membership, just as your body starts protesting movement. The irony? That membership might be exactly what keeps you moving.

If you're unsure whether you qualify, check with your insurance provider to see if you have a Fitness ID or Wellness Number—this grants you access to these classes. Signing up is simple; just provide your ID number at the gym's front desk.



Photo by Bridget Grant | Working out at Training Zone

“Because of the success of senior fitness programs, more insurance companies are adopting this as a benefit for all demographics,” says Kim Franchi, General Manager of Training Zone in Grass Valley. “It's truly a program for everyone. Some insurance providers include it as a wellness benefit, which has positively impacted overall health and protects people from chronic illness and pain—and in turn, benefits the insurance companies.”

At Training Zone, SilverSneakers classes are tight-knit yet extremely welcoming. Members stand out or blend in but everyone is having fun. The vibe of the group at the Dance Class is electric, and invigorating, and filled with people who have made it their job to make the most out of each day.

“The classes we offer here are designed for

all experience levels,” says Franchi. “I've seen seniors start with one-pound weights and gradually move up to three pounds as they build strength and confidence.”

Consistency is key. Staying active can help regulate blood pressure, release toxins, and improve mobility—all crucial factors for preventing falls and maintaining independence.

“When people lose mobility, they trip and fall, and sometimes they don't make it back to the gym,” Franchi warns. “That's why staying active is so important—it keeps people strong and independent.”

“Getting down the stairs can be tough, but once they're here, they're working on mobility to keep themselves moving,” Franchi explains. “Everything is designed for stability—you can sit or stand, and you don't have to worry about getting down on the floor.”

Regular exercise isn't just about keeping your body strong—it's about confidence, community, and independence.

LOCAL GYM OPTIONS

Training Zone

Classes: Cardio, Indoor Cycling (Spinning), SilverSneakers Classic, SilverSneakers Car-

“When people lose mobility, they trip and fall, and sometimes they don't make it back to the gym... That's why staying active is so important—it keeps people strong and independent.”

—Franchi, General Manager of Training Zone

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Amenities: Cardiovascular Equipment, Free Weights, Resistance Training Equipment, Personal Training, Weight Management, Body Fat Analysis

“Everything is designed for stability — you can sit or stand, and you don't have to worry about getting down on the floor.”

—Franchi, General Manager of Training Zone

Ironworks Athletic Club

Amenities: Cardiovascular Equipment, Free Weights, Resistance Training Equipment, Personal Training, Weight Management

Final Thought: Take the Freebie! Join the gym. Take the class. Even if you only show up for the friendship—it still counts. If there's one thing you should do, it's make the most of the mobility you have today.



Photo by Bridget Grant | Stretching out



Photo by Bridget Grant | End of the workout!



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National Senior Independence Month

National Senior Independence Month is a vibrant celebration dedicated to honoring seniors and their ability to live independently. The reasons for celebrating this month are multifaceted. Firstly, it highlights the importance of senior independence, raising awareness about the need for support and resources to help older adults live independently. By focusing on this, we can build a more inclusive and supportive community for all ages. Secondly, it encourages seniors to stay active and engaged, promoting physical and mental well-being through various activities. Engaging in hobbies, exercise, and social interactions is crucial for maintaining health and happiness as we age.

It's a special time to recognize the strength and spirit of older adults and encourage them to continue leading full lives on their terms. This month underscores the value of seniors' wisdom and contributions to society, reminding us to support and empower them in maintaining their autonomy!

National Senior Independence Month is a great time to make the elderly feel loved and valued. When we care for the previous generations, the future generations also learn to care for us.



For senior resources and referrals, please call Nevada County Adult Services @ 530-265-1639.



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Spotlight on Brunswick Village Senior Living: A Warm, Vibrant Community in the Heart of Gold Country

Nestled in the picturesque foothills of the Sierra, Brunswick Village Senior Living offers a unique blend of historic charm and modern comfort, providing a peaceful and enriching environment for seniors. With breathtaking views and a community that embraces the spirit of Gold Country, Brunswick Village is a place where residents can truly thrive.

At Brunswick Village, our Independent and Assisted Living programs are thoughtfully designed to help seniors maintain their independence while receiving the support they need. We believe in the importance of living a vibrant, active life, and our residents enjoy a wide variety of social activities and community events that foster connections with both new and old friends. We take care of the little things—like housekeeping, meal preparation, and transportation—so you can focus on what matters most: enjoying your life.

For residents living with dementia or Alzheimer's, our Memory Care program provides a safe, compassionate environment where each individual is treated with dignity and respect. Our caring, experienced team works closely with each resident, providing personalized care and fostering meaningful connections to help maintain cognitive function and overall well-being.

We understand that being a caregiver can be rewarding, but also demanding. Our Respite Care program offers family caregivers a temporary break while ensuring their loved one receives top-notch care in a supportive, homelike setting. Whether for a few days or a few weeks, respite care provides peace of mind knowing that your loved one is in good hands.

At Brunswick Village, we pride ourselves on enriching the lives of those we serve—one resident at a time. Our compassionate team is dedicated to creating an environment that feels like home, where each individual is valued, respected, and supported in their unique journey.

We would love to show you around! Call today for a personalized evaluation, to schedule a tour, or to learn about our current specials. Brunswick Village is here to help make your loved one's next chapter as joyful and fulfilling as possible. For more information, please visit brunswickvillageseniorliving.com or call 530-274-1992



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