

Spring 2026

Ageing Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

Take Your Seat
Hindi Greenberg's
Engagement with the Arts

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Great People Connecting Communities

What's Inside?

- 3 Foothills Compassionate Care | foothills-cares.org
- 4 Pawnies Home Care | pawnies.com
- 5 Brain Body Balance Fitness
- 6 Hilltop Commons | Hilltop-Commons.com
- 7 Anew Day | anew-day.com
- 8 All Phase Heating & Air | allphasecomfort.com
- 9 Comfort Keepers | comfortkeepers.com/marysville-ca
- 10 Take Your Seat: Hindi Greenberg's Engagement with the Arts
by Hollie Grimaldi Flores
- 12 FREED | freed.org
- 13 Nevada County Social Services/Adult Services |
nevadacountyca.gov/1269/Adult-Services
- 14 American Legion | gvlegionpost130.org
- 15 Sierra View Senior Living | sierraviewseniorliving.com
- 16 Sunshine Wellness
- 17 SNMH — Hospital Foundation | supportsierranevada.org/aop
- 20 Partners in Care | pichospice.com

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

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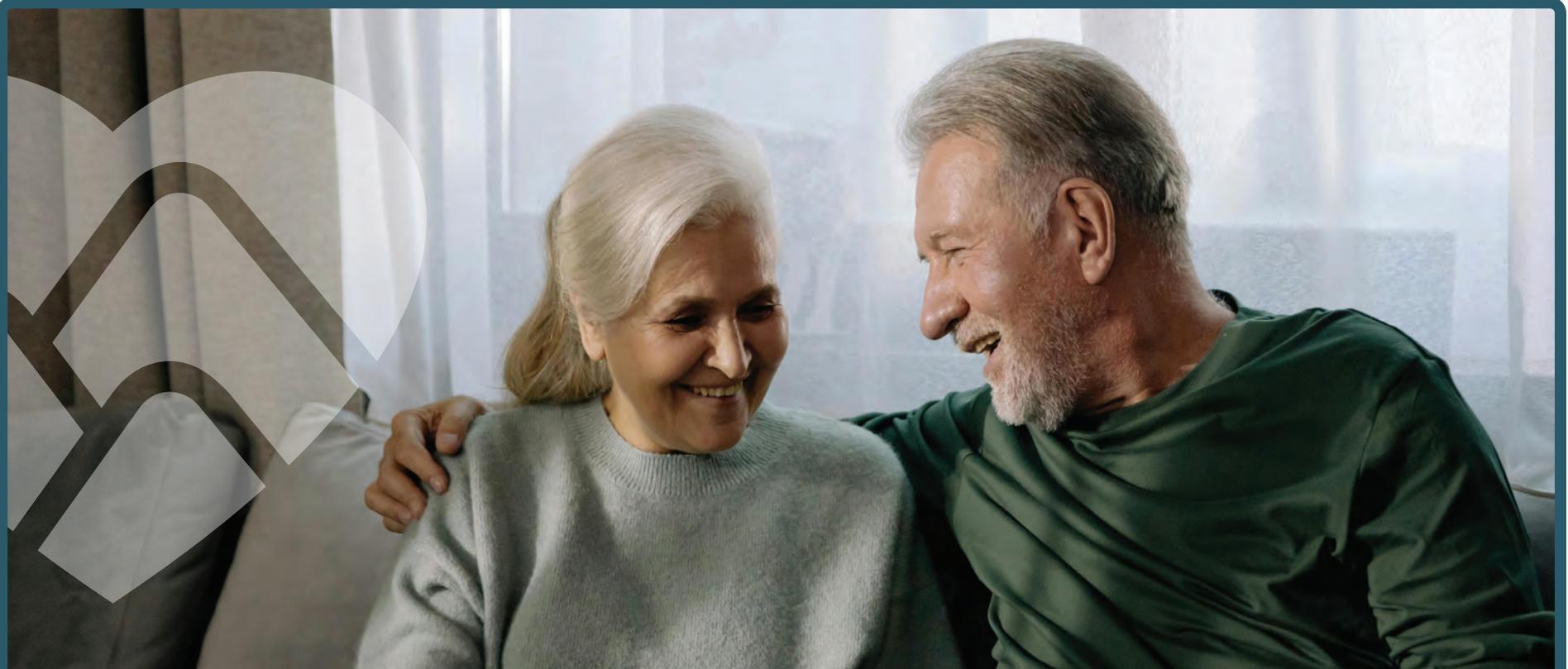
On the cover

Read on page 10

Take Your Seat: Hindi Greenberg's Engagement with the Arts

Hindi speaks with us about her journey from Minnesota to Grass Valley and about her leadership and volunteer roles with the arts in Nevada County.

Photography: Hindi in a recent photo at InConcert Sierra Hardin Hall at Crown Point Venues



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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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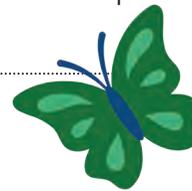
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About Tara Kelly

Founder & Expert Trainer 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), Parkinson's WISE MoveSmart, Functional Aging Specialist, TRX Suspension Training, B3 Sciences Coach, plus several others.



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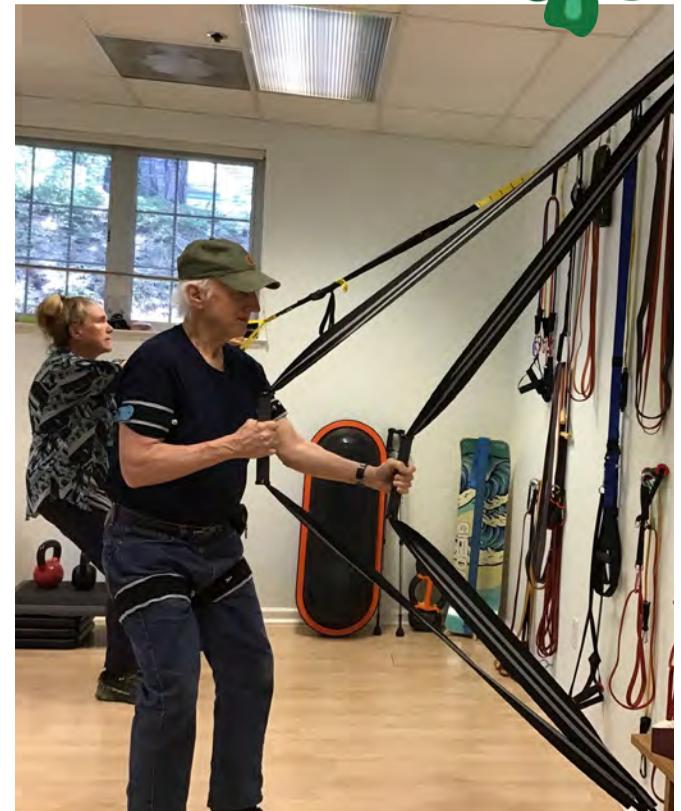
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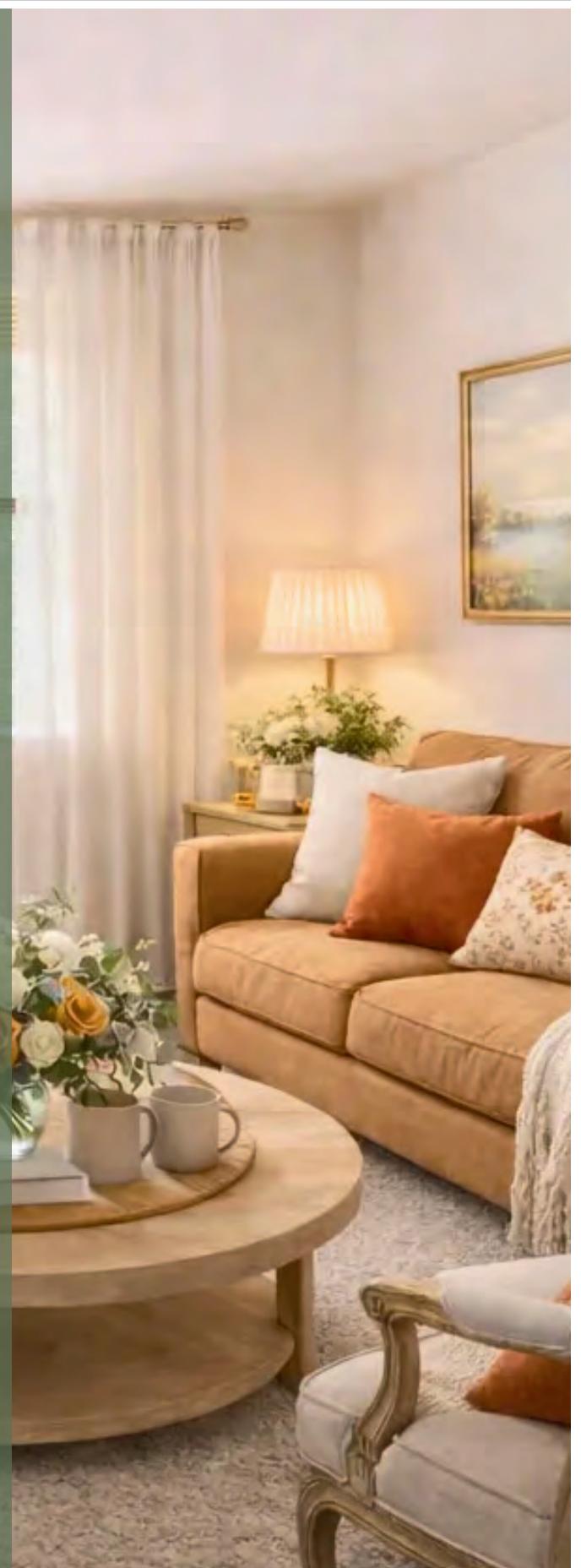


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Take Your Seat

Hindi Greenberg's Engagement with the Arts

By Hollie Grimaldi Flores

If you have ever needed assistance finding your seat at an event at The Center for the Arts, or at an InConcert Sierra, or Music in the Mountains performance anytime over the past twenty-five years, chances are you have met Hindi Greenberg. A small but mighty force of nature, Greenberg has spent her “golden years” supporting the arts community with an impressive amount of time, energy, and other resources — from head usher to board member, she has no issue when it comes to taking a seat.

Born in Minnesota, Greenberg soon found her way out of the Midwest after graduating from the University of Minnesota with a degree in English. She worked in Germany as a civilian, creating recreational programs for the Army's off duty enlisted men before eventually moving to California, where she earned her law degree from Hastings School of Law.

“Initially, a lot of my volunteering was because I didn't want to go by myself. . . So, it was a way to be at something and be with other people because I was with the other volunteers.”

—Hindi Greenberg,
Arts Volunteer

She lived in San Francisco for thirty years working a long and varied career as a litigator before transitioning to a career counselor for attorneys, starting her business, “Lawyers in Transition” in the early 1980's.

Along the way, Greenberg worked as a wrangler on a cattle ranch in Wyoming, managed a ballroom dance studio, volunteered for the National Park Service training horses at a ranch in Point Reyes and is an internationally



Known for her baking, Hindi and her chocolate pecan pie.

published writer.

Greenberg has always loved travel and adventure, spending months exploring Europe, Asia, and the United States. An avid backpacker and snow skier, she spent a great deal of time in the Sierras which eventually landed her in Nevada County.

She was able to continue her business by telephone and soon found herself volunteering for organizations she was interested in as a way to meet people and to become involved in the community. “Initially, a lot of my volunteering was because I didn't want to go by myself,” Greenberg said. “So, it was a way to be at something and be with other people because I was with the other volunteers.”

The arts have always interested her and she has devoted countless hours contributing to the success of The Center for the Arts, (including a stint as President of the Board of Directors and most recently served as lead usher and as an ambassador); on the board of Music

in the Mountains and served as President of the board of InConcert Sierra, with which she remains active.

Greenberg is also known for reviewing plays for *The Union* Newspaper, with which she has been a featured writer for 20 years. She said her idea was initially rejected because there was a thought that the community was too small to handle any negativity, but she said she was able to persuade the editors of the value. She has managed to write diplomatically when a production is less than stellar and uses her vast vocabulary to illustrate positive performances. She can always find something valuable to report, she said, “I have never seen anything up here that I thought was terrible. Everyone puts a really good effort into it.” She added that some of the theater productions are so impressive, they rival what she would expect to see in New York.

A night owl by nature, Hindi sometimes must remind herself she is 80 and when she

forgets, her body will remind her. Greenberg said, “Sometimes I am too busy. I recently hit the wall and was so tired I could barely keep my eyes open...every day I was running somewhere and I have to realize; I am 80 years old!”

Greenberg said she has made a significant difference in her ability to stay active by taking care of her body. About a year ago she got serious about diet and exercise and lost quite a bit of weight — primarily because she was fulfilling a bucket list adventure celebrating her 80th birthday by going on a safari in Africa — and wanted to feel good and have the energy to really enjoy the travel. “I finally did my big hurrah. I’ve been wanting to do that for 35 years. I wanted to go on an animal safari and I did.” She was celebrated with Swahili dancers and cake!

And months later, Greenberg remains dedicated to time on her elliptical machine and pays attention to what she eats.

When not volunteering for various non-profits (did we forget to mention running the

Mahjong group for CATS at the local senior center) or going to local plays, you might find her tending to her property which includes over two dozen trees and a garden.

While it was the mountains that brought Greenberg to the county, it is the arts that has made it all worthwhile. “That’s what makes this community so exciting. I didn’t know it when I moved here. I moved here because it

“I moved here because it was near the mountains. I did a lot of hiking and snowshoeing. . . But it is the arts that is my sweet spot, because I have always liked it. There is just so much arts activities here and my primary focus is the arts.”

—Hindi Greenberg,
Arts Volunteer



Hindi organized a “Sweet Treats” raffle for InConcert Sierra’s 2025 holiday concerts.



Hindi visiting with world renowned violinist Joshua Bell at an InConcert Sierra concert.

was near the mountains. I did a lot of hiking and snowshoeing,” she said. “But it is the arts that is my sweet spot, because I have always liked it. There is just so much arts activities here and my primary focus is the arts.”

Staying busy doing what you enjoy is the key to living well, Greenberg said, “Most days I don’t feel 80... It is just a number in many ways... It is somewhat psychological. But there are so many things to do. Volunteer. Every organization needs volunteers.”

It may not sound like it, but Greenberg said she really is very much a loner and sometimes must force herself to go out. “I really like my alone time so if I didn’t sometimes make myself go out, I could be alone all the time reading on the couch by a fire with music, but that is not healthy,” she said. “It’s good as an alternative or as relaxation, but if I did that all the time, I would grow old. By running around, I am keeping myself younger. Maybe one of these days I’ll be running around and drop dead on the street, but that is not a bad way to go either!”

Find Local Resources for

- **Older Adults**
- **People with Disabilities**
- **Caregivers**



 **Call: (800) 655-7732 or 2-1-1 Nevada County**

 **Click: www.211nevadacounty.org, for the Aging and Disability Resource Guide**

 **Visit: FREED, 435 Sutton Way
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May 2026 is National Older Americans Month!

The 2026 theme, ***Champion Your Health***, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Promoting prevention and wellness among older adults has clear benefits for individuals, families, and communities.

1. Better Health and Independence: Preventive care—such as regular checkups, screenings, exercise, and good nutrition—helps seniors stay healthier longer. Managing chronic conditions early can delay or prevent disability, allowing older adults to remain independent and live safely at home.

2. Fewer Medical Emergencies: Wellness programs help detect health problems early and encourage healthy behaviors. This can reduce hospitalizations, emergency room visits, and complications from chronic illnesses such as heart disease, diabetes, and falls.

3. Improved Mental Health: Staying physically active, socially connected, and engaged in wellness programs can reduce loneliness, depression, and cognitive decline. Prevention efforts often include social activities and mental health support that help seniors maintain a higher quality of life.

4. Lower Health Care Costs: Preventive services generally cost far less than treating advanced illness. By avoiding preventable conditions and complications, prevention and wellness programs can significantly reduce healthcare and long-term care costs for individuals and public systems.

5. Stronger Communities: Healthy seniors are more likely to volunteer, support family members, and remain active in their communities. Prevention programs help older adults stay engaged and contribute their knowledge and experience.

6. Support for Aging in Place: Wellness initiatives—such as fall prevention, medication management, and health education—help seniors safely age in their own homes and communities, which is often their preferred living arrangement.

Because Nevada County has one of the highest proportions of older adults in California, investing in prevention, wellness, and early intervention programs for seniors is essential to maintaining community health, supporting independence, and managing long-term public service demand. Grab a walking partner!

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

Nevada County Consolidated Veterans Council



Serving our Veterans and the Community

NCCVC is actively working with many organizations to support them in supporting the community. As we've stated previously, we have your backs. Just sing out. This being the 250th anniversary of the birth of this nation let's all join in and show this world what teamwork can do and what being a United States of America means.

NCCVC once again teamed with Gold Country Senior services to provide meals to the community. We selected January 21st as a date just in case Federal programs were once again shut down. Fortunately that did not happen but fellow Americans in the town of Washington, San Juan Ridge and others still needed help. They got it!



One of the Volunteers at that event was a Veterans Widow. It was discovered that she was in desperate need of a roof repair to keep her safe. Our local contractors are over the top hands on solution providers. MEC Builds stepped up to take care of roof repairs and in the process discovered other structural and equipment safety issues. They reached out to All Phase Heating & Air and Young's Interior to help with repairs. In their support Caseywood and Owens Corning came up with suppliesall with no regards for money... just making a Vietnam Marine's widow, a fellow American and a fellow human safe. Thanks so much! There is no better example of what makes America Great. Semper Fi.



In the mid 1930's the American Legion's Post 130 constructed Grass Valley's Veteran Hall. A few years later Nevada City's VFW Post 2655 constructed their Hall. Of course the buildings have provided safety and social connections for Veterans and active military but we determined that those assets should be shared during times of need and we partnered up with Nevada County. Both buildings are dedicated to the safety of our community and are used extensively during weather, fire and other disaster events. Both buildings host clubs and support activities which knit this community closer. There is no better purpose. With the new \$10M grant to improve the buildings it's only gonna get better.

On June 6th the Nevada County Arts and Crafts Council will show what the community can create in support of our Veterans and their efforts at a day long event. It's free at the Grass Valley Hall. Be there.

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of
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Best of Nevada County magazine,
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Please enjoy this Aging Well crossword puzzle

Brought to you by The Union



CROSSWORD

Down:

- 1. Confident and in control of their own life.
- 2. Deeply loved and held in high regard.
- 3. Commanding great respect and admiration.
- 4. Full of energy, life, and enthusiasm.
- 5. Aging with elegance, poise, and acceptance.
- 11. Flourishing and finding joy in their later years.
- 13. A trusted, experienced advisor.
- 14. Highly esteemed by the community.
- 15. Possessing profound wisdom and experience.

Across:

- 6. A pioneer who paved the way for others.
- 7. Able to adapt and thrive despite challenges.
- 8. Highly experienced and knowledgeable.
- 9. Offering deep, clear understanding.
- 10. Active, energetic, and adaptable.
- 12. A keeper of knowledge and life lessons.
- 16. Shining with warmth, kindness, and joy.
- 17. A crucial source of wisdom and love.
- 18. Leaving a lasting, positive impact on others.

Please read clues to solve the puzzle



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