

JOSLYN JOURNAL

January/February 2025



JOSLYN CENTER

"ENRICHING LIVES EVERY DAY"



Joslyn Board of Directors

Wine and All That Jazz
Fitness Advice from Debbie
Season Kickoff Recap

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Aging with Grace: A Personal Reflection on Challenges and the Importance of Community

As we begin a new year, it's a time for reflection and gratitude, even as we navigate the complex and often unexpected challenges of life. Aging, a journey we all hope to embrace, brings with it unique experiences that can reshape how we view ourselves and our relationships with others. Over the past year, I have witnessed this journey firsthand, overseeing my mother's estate and supporting her through a significant life change. Her story is a reminder of both the hardships and the resilience that come with aging—and of the crucial role that community plays in making those hardships manageable.

In August, my mother's life changed dramatically when she fell and broke her hip. At 88 years old, this was a serious and life-altering event. Once an active senior who attended church twice a week, enjoyed lunch outings with her friends, and was known as everyone's reliable chauffeur, she now requires a walker to move safely. After her fall, she spent two weeks in rehabilitation, working tirelessly to regain strength and learn to walk with her new mobility aid. This period was challenging for her and for our family, as we adjusted to the new reality of her care needs.

Today, her life looks very different, but she is adapting with remarkable grace. She now writes regular emails, sharing updates about her day, the weather, and family news from relatives far and wide. With assistance from my sister, she still makes it to church on Sundays. Her friends, too, are learning to navigate these changes, finding new ways to maintain their cherished friendships. Technology, such as social media and email, has been a lifeline for staying informed and connected, but it's clear that the human touch of in-person socialization remains irreplaceable in combating isolation and loneliness.

My mother's experience is far from unique. According to the Administration on Aging, approximately one in four older Americans experiences a fall each year, and such incidents often lead to a cascade of physical, emotional, and social changes. As Jonathan Rauch eloquently argued in his article for *The Atlantic*, "How America Needs to Radically Rethink Old Age," (12/10/24) our society must rethink what it means to grow older. Rauch highlights how seniors today are living longer, staying active longer, and

redefining what aging looks like. Yet, our systems and cultural expectations often lag, leaving many older adults to face these years without adequate support.

This is where organizations like the Joslyn Center step in. Senior centers provide more than just activities and resources—they offer a vital sense of community and belonging. They create spaces where older adults can form new friendships, stay physically active, and engage in meaningful pursuits that enrich their lives. These opportunities are essential for fostering resilience and maintaining quality of life as we age.

My family has experienced firsthand how vital this sense of community is. When family members step up to assist, and when organizations like the Joslyn Center provide socialization and support, the battles we face become more manageable. This is my wish for all of you as we begin 2025: Stay healthy, cherish your interactions with friends and family, and join us at the Joslyn Center. Whether you're attending a class, joining a social group, or simply sharing a meal with others, you'll find that being part of a community lightens the load of any personal struggle.

As we move forward, let's embrace the joys and challenges of aging with open hearts and a commitment to supporting one another. Together, we can ensure that growing older is not only a time of change but also a time of connection, growth, and grace.

Dr. Jay Seller
Executive Director



FREE Problem-Solving Counseling & Support

Worried and searching for solutions? Joslyn can help!



You have an opportunity for guidance from a professional to help with the solution to make your worry and anxiety go away.



Contact Joslyn Wellness Center
For complete details:

760-895-4656 | JackieR@JoslynCenter.org
JoslynCenter.org/Wellness-Center

Made possible by funding from The Auen Foundation, Grace Helen Spearman Charitable Foundation, City of Palm Desert CDBG
Hecho posible por medio de fondos de The Auen Foundation, Grace Helen Spearman Charitable Foundation, City of Palm Desert CDBG

A MESSAGE FROM OUR BOARD PRESIDENT



COVER STORY Joslyn Center Board of Directors

I want to wish all of you a Happy New Year! I would also like to take the opportunity to highlight the Joslyn Center Board of Directors as featured on the cover. The diverse Joslyn board is comprised of enthusiastic and committed volunteers who donate their time, resources, and expertise ("work, wealth, and wisdom") to help ensure Joslyn Center's meaningful impact on our members and the Cove Communities of Indian Wells, Palm Desert, Rancho Mirage, and beyond.

Nonprofit boards are the mainstay of charitable organizations, playing a crucial role in their success and stability. In addition to fiduciary obligations, a board is responsible for hiring an Executive Director and helping to steer the organization toward a sustainable future by adopting sound, ethical, and legal governance and establishing formal management policies. Board members also serve as ambassadors in the community by cultivating contacts and relationships to advance and promote the organization's mission and goals.

Joslyn board members serve two-year terms with the option for renewal. The board meets monthly along with designated subcommittees, including the Executive Committee, Finance Committee, and Fund Development Committee. There are currently 11 voting members and three City Council liaisons on the board with the capacity for more. A Nominating Committee reviews board candidates in a process that includes recruitment, an application, and interviews. If you have the interest, time, and energy to serve on a board, a good way to start is to volunteer at that organization. Members may recall Michael Plante volunteering at our Front Desk, and he is now one of our more active and engaged board members.

Thank you to the Joslyn Center Board of Directors for their unique contributions and teamwork!

Barbara Mitchell, LCSW Board President

On the cover standing L-R: Mary Gilstrap, Secretary; Michael Plante, City of Palm Desert appointee; Ann Simley; Barry Kaufman, Treasurer; Michael O'Keefe, Rancho Mirage City Council liaison; Dr. Diane Haaga; Hugo Aguas, Vice President & City of Rancho Mirage appointee; Charles Alfaro. Seated L-R: Barbara Rogers; Barbara Mitchell, President; Linda Blank, City of Indian Wells appointee. Not pictured: Brian Bilhartz; Jan Harnik, Palm Desert City Council liaison.



The *Sunday Cabaret Series* presented by Frankie Mamone and Marcia Harp is ready for the new year with a talented lineup of entertainment. Shows start at 3:00pm with

doors opening at 2:30pm for immediate seating. Admission is \$20, cash only. No reservations are required and there is ample seating and parking.

For more information or to be added to the mailing list, please email SundayCabaretSeries@gmail.com or visit SundayCabaretSeries.com.

1/5	Matt Brozello & Frankie Mamone	<i>Two Italian Gumbas</i>
1/12	Greg Hicks with Christopher Marlowe	<i>Defining Moments</i>
1/19	Angie Delaire	<i>Songs from the Movies</i>
1/26	Frankie Mamone	<i>Growing up Italian in a World of Music</i>
2/2	Denny Pezzin	<i>TBD</i>
2/9	Sam Fazio from Chicago	<i>Sam Sings Sinatra: A Tribute to Palm Springs</i>
2/16	Angie Delaire & Frankie Mamone	<i>Heart to Heart: The Music of Steve Lawrence & Eydie Gorme</i>
2/23	Randall McGlasson	<i>Fifty Shades of Randell</i>
3/2	Angie Delaire	<i>TBD</i>
3/9	Scott Cole	<i>From Boots to Flip Flops: A Musical Journey from Country Pop to Retro Rock and a Taste of Broadway</i>
3/16	Francesca Amari	<i>Francesca Amari: By Request</i>
3/23	Howard Crosby & Joel Baker	<i>TBD</i>
3/30	Sidney Weisman	<i>High Heels in the Jungle</i>
4/6	Tod Macofsky	<i>TBD</i>
4/13	Jason Manino	<i>TBD</i>
4/20	CLOSED FOR EASTER SUNDAY	
4/27	Ava Dupress Holmes	<i>From Ava to Z</i>
5/4	Kim Schroder Long	<i>Rosemary for Remembrance</i>
5/11	Kristi Long from Chicago	<i>Que Sera Sera: A Mother's Day Tribute to Doris Day</i>
5/18	Tony Romano & Jason Hull	<i>TBD</i>
5/25	Legend Nominees	<i>Legends of the Desert</i>

Schedule may be subject to change.

CLASSES & ACTIVITIES*

Adult Bereavement Group	Monday	9:00am-10:00am	Free
Art & Soul	Monday	10:00am-Noon	Free
Balance Conditioning	Tuesday & Thursday	Noon-1:00pm	\$7
Basketry	Wednesday	10:00am-Noon	free
Belly Dancing	Friday	9:00am-10:00am	Free
Bingo	Tuesday	Noon-3:00pm	\$15 / 10 games
Blood Pressure Screening	Monday	10:30am-11:30am	Free
Bridge Lessons	Tuesday (Beg.) & Thursday (Int.)	10:00am-Noon	\$3
Calisthenics	Tuesday & Thursday	10:00am-11:00am	Free
Canasta (Minnesota)	Monday & Friday	9:00am-Noon or 1:00pm	Free
Caregiver Support Group	Every other Friday	10:00am-11:00am	Free
Deaf / Hard of Hearing Card Club	1st Tuesday of the month	1:00pm-3:00pm	Free
Farmer's Market	2nd & 4th Friday of the month	9:00am-until depleted	Free
Fun Dancing	Tuesday	10:00am-11:00am	Free
Gardening Club	2nd Monday of the month	10:00am-Noon	Free
Group Counseling	Monday	1:30pm-2:30pm	Free
German for Beginners	Thursday	9:00am-10:00am	Free
Get Tech	Friday	9:00am-3:00pm by appt.	Free
Go4Life®	Mon., Wed., Thurs., Fri.	8:00am-9:00am	Free
Guided Meditation	Tuesday	10:30-11:30am	Free
HICAP	1st & 3rd Thursday of the month	9:00am-Noon by appt.	Free
Jewelry Making	Tuesday	Noon-2:00pm	Free
Joslyn Singles	Thursday	1:00pm-3:00pm	Meal cost
Knit & Crochet Club	Wednesday	9:00am-Noon	\$1
Lawn Bowling Club	Monday, Wednesday, Friday	8:30am-11:30am	Contact club
Mah Jongg - Beg. American	Thursday	1:00pm-3:00pm	Free
Memoir & Creative Writing	Tuesday	1:30pm-3:30pm	\$5
Men's Club	Thursday	1:00pm-3:00pm	Free
Mexican Train Dominoes	Mon., Tues., Wed.	10:00am-Noon	Free
Mindfulness Education	Tuesday (10 sessions)	1:00pm-2:00pm	\$5/course
Monday at the Opera	Monday	1:00pm-4:00pm	Free
Morning Bites	Monday	9:00am-11:00am	Free
Movie Matinee	Wednesday	2:00pm-4:00pm	Free
Nancy's Salon	Monday & Tuesday	By appointment	Donation
New Joslyn Singers	Monday	10:00am - Noon	Free
New Member Orientation	1st Friday of the month	10:00am-11:00am	Free
Penny's Pantry	1st & 3rd Friday	7:30am-until depleted	Free
Pickleball for Beginners	Thursday & Friday	11:00am-3:00pm	Free
Pickleball for Intermediate	Thursday & Friday	11:00am-3:00pm	Free
Pinochle Club	Tuesday	10:00am-1:00pm	Free
Pinochle Lessons	Wednesday	Noon-3:00pm	Free
Prostate Cancer Support Group	Wednesday	2:00pm-3:30pm	Free
Quilters Club	Tuesday	9:00am-Noon	\$1
Resistance Band Exercise	Monday & Wednesday	9:00am-10:00am	Free
Scrabble	Wednesday	Noon-3:00pm	Free
Senior Advocates	1st & 3rd Wednesday of the month	10:00am-Noon by appt.	Free
Spanish for Beginners	Wednesday	1:00pm-2:00pm	Free
Stretching Class	Wednesday	10:00am-11:00am	Free
Table Tennis	Monday & Friday	1:00pm-4:30pm	Free
Table Tennis Lessons	Wednesday	1:30pm-3:00pm	Free
Tai Chi	Monday, Tuesday, Wednesday	9:00am-10:00am	Free
Tap Lessons	Monday & Wednesday	2:00pm-4:00pm	\$18
Ukulele Lessons	Tuesday	1:00pm-3:00pm	\$1
Water Media Club	Friday	8:00am-Noon	\$5
Yoga	Tuesday	8:30am-9:30am	\$5

*Classes may be subject to change and are updated regularly on the JoslynCenter.org homepage.

Please contact Alex at 760-895-4652 or AlexG@JoslynCenter.org with class suggestions or for further information.

THANK YOU TO OUR CORNERSTONE CLUB MEMBERS

Hugo Aguas*	Robert & Peggy Leo
Monica & Paul Bambauer	Jo Ann McCabe
Barbara Jean & Gary Bennett	Barbara Mitchell*
Brian Bilhartz*	Lee & Evonne Muse
Linda Blank*	Mellisa Nielsen & Ron Silverman
James Brown	Jack Newby & Pete Parker
Lynn & Richard Buckley / REAP Foundation	Nancy Nowak & William Choplin
Ms. Deko	Gary & Linda Nugent
Marge Dodge	Bonnie Paul
Jeanne "Magic" Fields & Lorna Johnson	Robert Reeder & Marcie Maxwell
Barbara Foster	Jonathan & Carol Rich
Mary Gilstrap*	Peter Rittenhouse
Dr. Diane Haaga*	Barbara Rogers* & Gary Geske
Inland Empire Community Fdn.	Ann Simley*
Barry Kaufman* & Margo Handelsman	Michelle Thueson
John Kiladis	Ed Walsh & Wayne Soucy
Adele Kopko	
Chip Lyman	*Joslyn Center Board Member

THE CORNERSTONE CLUB supports Joslyn Center programs & services with annual contributions at the following levels with commensurate member benefits:

- Platinum \$3,000 (\$250/mo.) ●Silver \$600 (\$50/mo.)
- Gold \$1,200 (\$100/mo.) ●Bronze \$300 (\$25/mo.)

For as little as \$25 per month, you can be a member of the Cornerstone Club.

For more information, please contact Greg Murphy, Director of Development & Marketing, at 760-895-4651 or GregM@JoslynCenter.org.

SAVE THE DATE!



**15TH ANNUAL FASHION SHOW LUNCHEON
BENEFITING THE JOSLYN CENTER**

FRIDAY, APRIL 11, 2025

**AGUA CALIENTE RESORT CASINO SPA
RANCHO MIRAGE**



VOLUNTEER SPOTLIGHT - FAYE CORNELISON



Faye Cornelison has been a fabulous volunteer with Joslyn Center since 2019. You'll see her at the front desk with Majesty on Monday mornings. She has also helped out with Bingo and various fundraising events over the years.

Originally from San Bernadino, Faye eventually moved to the Pacific Northwest. While in Portland, she was a high-end Design Consultant for more than 37 years. Faye was married to her last husband for 35 years until he passed away. During their marriage, they were on a sailboat for two weeks on an excursion from the north end of Vancouver Island all the way to Ketchikan, Alaska in 1986. She has three children, five grandchildren and nine great grandchildren. Most of them are now in Vancouver, Washington, or other cities in that region.

One of Faye's fondest memories was when she was visiting her cousin in Australia for two months in 1971. They happened to be on the same beach where Paul Newman was filming, *Sometimes a Great Notion*. She was able to get her picture taken with him and spend some time watching the filming. Faye just turned 87 in December. She keeps herself active with her volunteering as well as swimming, playing Mexican Train, and Hand & Foot. Dining out is also another great way that she spends her time.

Faye enjoys coming to Joslyn and the time that she gets to work with our members by greeting and getting to know them. She says that she'll gladly volunteer here at Joslyn as long as she can. Say hello to Faye the next time that you are here and have a chat. We're so glad that she's here!

SEASON KICKOFF COCKTAIL RECEPTION RECAP

The 2024-25 season kicked off on November 1st in mid-century modern style at William F. Cody's Petrie House in Indian Wells. Special thanks to Stephanie & Sheldon Anderson as the hosts with the most and their most beautiful and authentically furnished mid-century modern home. More than 120 guests enjoyed the period atmosphere with cocktails and appetizers from LULU Catering & Events, music by DJ Mike, and a takeaway Blu Ray/DVD documentary on the architect by Leo Zahn, who kindly donated them for our guests. Thank you to Presenting Sponsor Desert Oasis Healthcare; Cody Sponsors Sheldon & Stephanie Anderson, The Coeta and Donald Barker Foundation, City of Rancho Mirage, Desert Healthcare District & Foundation, City of Indian Wells, and Barbara Rogers & Gary Geske; Wexler Sponsors Barbara Mitchell, Michael Plante, and Leo Zahn; and Krisel Sponsor Hot Purple Energy.



Barbara Rogers, Gary Geske
Marge Dodge



Ann Simley, Sheldon & Stephanie Anderson
Hugo Aguas, Barbara Mitchell, Linda Blank



Steve Riegler
& Lori Oshins



Ros & Stan Hack



Russ Starr &
Clark Hallren



Felice Chiapperini
& Tomm Belanich



Ron Jackson &
Francie Spears



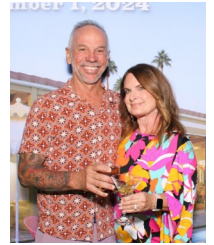
Leo Zahn &
Atika Barakat



Rojee Tavares
& Dave Pollock



Michael Colanari, Larry Bouffard
Nick Colanari



Lino & Kelly
Fiorella

Among the guests were Paul & Monica Baumbauer, DOHC's Melissa & Raul Diaz, Diane Dykema, Barbara Foster-Monachino, Nancy & Len Foster, Terry Garay, Diane Haaga, Barry Kaufman & Margo Handelsman, Indian Wells Mayor Greg Sanders, Council Member Donna Griffith & City Manager Chris Freeland, Bobbi Lampros, Marcie Maxwell & Bob Reeder, Terri Neuman, Michael Plante & Michael Osowski, Rancho Mirage Council Members Lynn Mallotto & Michael O'Keefe, Susan Stein, and George Syrigos.

YOGA
with Corinne

Tuesdays
8:30-9:30am

\$5
BYOM
(Bring Your Own Mat)

Memoir & Creative Writing
with Linda

Tuesdays
1:30-3:30pm

Come Knit with Us!

Knit & Crochet Club

Wednesday
9am-Noon

\$1

BINGO

TUESDAYS
NOON-3PM

10 Games for \$15!!
Doors open at 11:00am

CASH PAYOUTS
+ FINAL JACKPOT!

Go4Life® with Debbie



Fitness & Fun!

Monday
Wednesday
Thursday
Friday
8-9am



BALANCE CONDITIONING
with Debbie

**Tuesdays &
Thursdays
Noon-1:00pm**

\$7 per class



GRANT NEWS

**STEVE TOBIN &
JOHNNY KRUPA**



**GRACE HELEN
SPEARMAN
CHARITABLE
FOUNDATION**

Thank you to Steve Tobin, Johnny Krupa, and the Grace Helen Spearman Charitable Foundation for a generous grant in support of Joslyn's

Lobby Renovation Project.

Thank you to the Champions Volunteer Foundation for a generous grant in support of Joslyn Center's nutrition service programs for older adults in our community.



Thank you to Kathleen Von Dehn and Winewomen PSP for featuring Joslyn Center as the beneficiary of their November wine-pairing dinner at Kestrel in Indian Wells.

Thank you to Trilogy at La Quinta for a generous grant in support of Joslyn Center nutrition service programs.



For program funding opportunities, please contact Greg Murphy at 760-895-4651 or GregM@JoslynCenter.org.

A MESSAGE FROM THE FITNESS INSTRUCTOR

Living a Healthy Lifestyle after 65 Community Exercise Programs at Joslyn



Group exercise, as we grow older, is more important than ever! Community group exercise is not only for your body, but equally important for your mind. Simply put, exercise makes us feel good. It can ease anxiety and depression symptoms, increase relaxation, and create an overall sense of well-being. It is all about daily movement.

Most adults over the age of 65 can exercise safely, even those with chronic conditions and mobility challenges. Always check with your doctor regarding class options for your situation. Ideally, exercise routines for older adults should include a blend of aerobic exercise, strength/resistance training, and stretching/flexibility.

Aerobic exercise is adding endurance to your day which helps boost your cardiovascular function, strengthen lungs and airways, and improve everyday stamina. What counts as aerobic movement? Walking, dancing, stationary bike, etc. 30 minutes/day is recommended. Stronger muscles and consistent mobility support aging joints and bones. Exercise naturally boosts endorphins, which help relieve pain, reduce stress, and improves your mood.

Strength training is also part of our workout as we age. This is simple! No, we are not talking about bench pressing 50 pounds! There are simple, low-impact body weight training that you can do to help reverse muscle loss and burn body fat. These include isometric exercises, which are slow moving seated stretches with no weights that work your muscles and joints, improve bone density and your balance.

The bottom line is no matter what decade of life you are in, it's never too late to start. Listen to what your body tells you. Exercise not only has the power to bring people together, but it also keeps us moving.

At Joslyn Center, we offer several classes that motivate our members to keep moving and work on all of the exercises that improve our physical and mental well-being. Group exercise really does improve our mood and boosts your longevity.

Come join a fitness class at Joslyn Center, start moving, meet new friends, and have fun!!

Debbie Chester
Fitness Instructor

FOR THE HEALTH OF IT WITH DESERT OASIS HEALTHCARE

Sleep and Your Health

Our schedules are busy and as active seniors, it can feel like there aren't enough hours in the day to fit everything in. Something's got to give. And sometimes, that something is sleep.

If you're not getting enough sleep, you're in good company. Millions of us aren't. Now most people have sleepless nights now and then. And that's not a big deal. It's when those sleepless nights become a habit that problems can start.

Studies show that getting less sleep than you need on most nights can affect your health in many ways. Most people need 7 to 8 hours of sleep each night for good health.

Not getting enough sleep can affect your mood, the way you make decisions, and how you deal with people. It may even make it easier for you to gain weight. And it may lead to health problems like high blood pressure, heart disease, and diabetes. And those sleepless nights, well they may also affect how well your body can fight infections.

But getting enough sleep can change all that. When you get a full night's sleep on most nights your body can recover from the effects of not getting enough sleep and can do the repair work needed to keep you healthy and strong.

Sleep isn't something you can push to the bottom of your to-do list. It's important for good health. So go ahead, get some zzzzzz's. It really can make a difference.

Ignite Healthwise LLC Staff Medical review: Adam Husney MD - Family Medicine, Kathleen Romito MD - Family Medicine, Hasmeena Kathuria MD - Pulmonology, Critical Care Medicine, Sleep Medicine

Achieving enough sleep can make a big difference in your health. Desert Oasis Healthcare offers a free *Sleep for Better Health* online class that provides information on how you can improve the quality and quantity of sleep, and how this can help manage stress and weight as well as improve memory.

The class may be enjoyed from the comfort of your home or office since it is offered virtually. For more information, please visit:

MyDOHC.com/care-treatment/medication-help/health-education

May the good health be with you!

NUTRITION SERVICES

PENNY'S PANTRY



Free food distribution for those who are in need, ages 50 and over.



COVE COMMUNITIES SENIOR ASSOCIATION
THE JOSLYN CENTER

760-340-3220

www.JoslynCenter.org



Palm Desert
Rotary
Club



R. E. A. P.
Foundation

THE COETA AND DONALD BARKER FOUNDATION

7:30-9:30AM

1st & 3rd Fridays
January 3 & 17
February 7 & 21



FARMER'S MARKET

FREE FRESH PRODUCE

2ND & 4TH FRIDAYS

JANUARY 10 & 24
FEBRUARY 14 & 28

9:00 - 10:30AM OR
WHILE SUPPLIES LAST



FIND FOOD BANK
THE DESERT'S REGIONAL FOOD BANK



COVE COMMUNITIES SENIOR ASSOCIATION
THE JOSLYN CENTER

JOSLYN CENTER BUSINESS PARTNERS

CATEGORY	BUSINESS PARTNER	CONTACT	PHONE	WEBSITE
Accessibility	Accessible Construction	Adam & Olga Jaramillo	310-215-3332	AccessibleConstruction.com
Assisted Living/ Memory Care	Caleo Bay Alzheimer's Care Ctr.	Anthony Aniasco	760-996-2745	SunshineRetirementLiving.com/ caleo-bay-assisted-living-la-Quinta
Funeral & Cremation	Forest Lawn	Eric Sanchez	323-497-7971	FLCoachellaValley.com
Grocery	Palm Desert Grocery Outlet	Keenam & Jennifer Carillo	442-227-2192	GroceryOutlet.com
Healthcare	Alpha Care Medical Group	Summer Alvano	626-776-4512	AlphaCareMed.com
Healthcare	Alzheimers Coachella Valley	Priscilla Kubas	760-776-3100	CVAalzheimers.org
Healthcare	Desert Regional Medical Center	Michele Finney	760-323-6774	DesertCareNetwork.com
	Desert Care Network			
Healthcare	Desert Oasis Healthcare	Felice Chiapperini	760-581-5559	myDOHC.com
Healthcare	Eisenhower Health	Brett Klein	760-340-3911	EisenhowerHealth.org
Healthcare	Optum Care Network	Laura Ramirez	760-770-8678	Optum.com
Healthcare	WelbeHealth	Joan Perkins	970-413-2824	Welbehealth.com
Home Care	24hrCargivers	Allen Tahir	760-888-9000	24HourCaregivers.com
Home Care	Bella Terra Home Health & Hospice	Susan Lowe	760-904-6078	BellaTerraHealthcare.com
Home Care	Caring Companions at Home	Diane Mondini	760-771-6263	CaringCompanionsAtHome.com
Home Care	ComForCare	Lawrence Corkin	760-832-6055	ComForCare.com
Home Care	Grandis Care Services	Daniel Cisneros	800-331-6053	GrandisCare.com
Home Care	MS Care LLC	Marie Sokolik	760-574-3175	MSCareInc.com
Insurance	Alignment Health Plan	Stephon Tyson	949-306-7012	AlignmentHelathPlan.com
Insurance	Bilhartz Desert Insurance Agency	Julie Sarmiento	760-835-1651	BilhartzInsurance.com
Insurance	SCAN Health Plan	Ruth Osborn	661-609-3602	ScanHealthPlan.com
Medical	Contour Dermatology		760-423-4000	ContourDerm.com
Retirement Living	Amber House Luxury Senior Living	Joanne Pantuso	760-851-4714	AmberHouseSeniorLiving.com
Retirement & Assisted Living	Carlotta-Ivy Signature Living	Monica Orfiano	442-347-5557	IvyLiving.com/TheCarlotta
Roofing	Reliable Roofing	Todd Gregory	760-568-1673	ReliableRoofingByTGY.com
Utility	Southern California Edison	Aaron Thomas	760-202-4293	SCE.com

Annual Business Partner memberships are \$300 (Bronze), \$600 (Silver), and \$1,200 (Gold) with commensurate benefits.

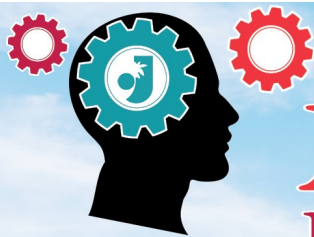
For further information, please visit JoslynCenter.org/Business-Partners or contact Alex Garcia at 760-895-4652 or AlexG@JoslynCenter.org.

BUSINESS PARTNER SPOTLIGHT



Welbe Health

WelbeHealth's Program of All-Inclusive Care for the Elderly (PACE) is a full-service option that addresses the healthcare needs of seniors and much more. They know that seniors need more than just medical care. At the PACE center in La Quinta, seniors live well by taking art classes, joining exercise groups and attending special events. The center contains a medical clinic, rehabilitation gym, recreation space and a separate area for dementia care. There are ten other centers throughout California, and each has doctors, therapists, social workers and more who specialize in caring for seniors. They believe that It's your life. Live it your way. WelbeHealth provides full-service healthcare and personalized support to help you age well at home and in your community. Their PACE program meets the changing needs of seniors, often at no cost because they are committed to the well-being of seniors. Be well and live well. WelbeHealth helps you live well at home, in your community. Their provider team creates a care plan just for you and responds to your needs 24/7. They can coordinate your medical care, dental services, prescriptions, transportation and much more. Their medical providers spend time with you to address your needs. They can deliver care in their centers or in your home. For further information, visit WelbeHealth.com or call 917-413-2824.



Boost your memory &
brain health

BRAIN BOOT CAMP

2-Session Course
Tuesdays, 1pm-3pm

January 14 & 21

January 28 & February 4

February 11 & 18

February 25 & March 4

\$10 for the complete course

760-895-4656

Pre-registration
is required.



Aging Mastery Program®

National Council on Aging



Learn positive aging by focusing
on key aspects of health, finances,
relationships, personal growth &
community involvement.

5-Session Courses

\$20 for the complete course

Wednesdays 1pm-3pm

760-895-4656

Mar. 12, 19, 26, Apr. 2 & 9

Pre-registration is required.

To Your Health!

From your friends at Eisenhower Health



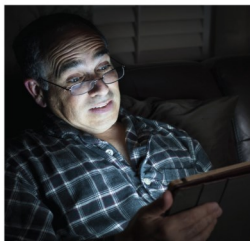
EISENHOWER HEALTH

FIVE THINGS

you can do **right now** as part of
your wellness routine

Plan Your Meals with Winter Vegetables

Winter vegetables are surprisingly colorful,
which means lots of antioxidants and
vitamins are in store for your meals.
Look at parsnips, Brussels sprouts,
leeks, red cabbage and the amazing
range of squashes.



Look for End-of-Year 'Best Books' Lists

December is a great time to find reading
recommendations from all genres. Dig in!

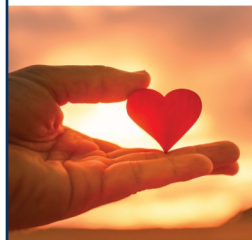


Limit Screen Time Before Bed

Better sleep takes planning. The
National Sleep Foundation advises
turning off screens at least an hour
or two before bedtime. (Turn off
the alert sounds, too!)

Make a Donation to Your Favorite Organization

Whether it's monetary or some of
your household items in good
condition, take some time during the
season of giving to make a donation.



Learn to Use a New App

Search for an app that appeals
to you. Maybe it's for
meditation, exercise, a foreign
language or your favorite
hobby. There's an app for
nearly every interest!

WELLNESS CENTER FUNDING

The Auen Foundation

Bighorn Golf Club Charities / Bighorn Cares

Coachella Valley Wellness Foundation

Desert Healthcare District & Foundation

The Riverside County Nonprofit Assistance Fund,
a component fund of the

Inland Empire Community Foundation

The Houston Family Foundation

National Council on Aging

Riverside County

Steve Tobin, Johnny Krupa &

The Grace Helen Spearman

Charitable Foundation

Regional Access Project Foundation

THANK YOU FOR ORGANIZATIONAL CAPACITY SUPPORT!

Inland Empire Community Foundation

Regional Access Project Foundation

SOCIAL SERVICES GRANTORS

Agua Caliente Band of Cahuilla Indians

The Barbara Steffens Fund—Meals on Wheels

The Champions Volunteer Foundation

Coachella Valley Wellness Foundation

The Coeta and Donald Barker Foundation

Desert Care Network

Desert Oasis Healthcare

Eisenhower Health

FIND Food Bank

First Foundation Bank

Inland Empire Community Foundation

Jewish Federation of the Desert

The Morongo Band of Mission Indians

R.E.A.P. Foundation

Rotary Club of Rancho Mirage

Rotary Club of Palm Desert

San Manuel Band of Mission Indians

Stater Brothers Charities

Steve Tobin, Johnny Krupa & the Grace Helen
Spearman Charitable Foundation



COVE COMMUNITIES SENIOR ASSOCIATION
THE JOSLYN CENTER

CAFÉ
NOIR



WINE And All That
JAZZ

TUESDAY, JANUARY 14, 2025, 6-9PM
CLASSIC CLUB, PALM DESERT

CHAMPAGNE RECEPTION
5-COURSE WINE PAIRING SUPPER CLUB DINNER
JAZZ ACCOMPANIMENT

\$275 PER PERSON / SPONSORSHIP OPPORTUNITIES
BENEFITING JOSLYN CENTER PROGRAMS & SERVICES
760-895-4654 OR INFO@JOSLYNCENTER.ORG
JOSLYNCENTER.ORG/FUNDRAISING-EVENTS

JOSLYN CENTER LEGACY CIRCLE

Our heartfelt gratitude to the Legacy Circle members
for their deep commitment to the Joslyn Center.

Their gifts and generosity will live on forever.

J & D Bird Trust

Dr. Abram I. & Sylvia S. Chasens Endowment Fund*

Ms. Deko

Richard Etts

John & Beverly Fitzgerald Family Trust

Leanna Giugliano*

Chip Lyman

Patricia "Patty" M. Newman Trust

Peter Rittenhouse

Janet R. Selland Trust*

Barbara Steffens / The Barbara Steffens Fund

Bruce Berkemeier Bequest*

LeBlanc Family Trust*

Merritt & Penny Joslyn Estate*

Jennie S. Bohanova Estate*

Mary Patricia Schneller Trust*

**Have you included Joslyn Center
in your estate plans?**

For more information, please contact
Dr. Jay Seller at 760-895-4649 or
JayS@JoslynCenter.org.

**In Memoriam*

THANK YOU TO OUR SPONSORS & UNDERWRITERS

Double Indemnity Sponsors



Barbara Rogers
Gary Geske



Out of the Past Sponsors



Jeff Elder &
Karla Kjellin-Elder

Centerpiece Patron

Katrina
Heinrich-Steinberg

Hotel Patron



Fundraising events raise approximately 20% of our annual budget. For information about sponsorship opportunities and how you can help, please contact Greg Murphy at 760-895-4651 or GregM@JoslynCenter.org.



Joslyn Singles with Francie

Jan. 2	Stuft Pizza, PD	1:00pm
Jan. 9	Hideout Kitchen + Bar, PD	1:00pm
Jan. 16	Willie's Modern Fare, RM	1:00pm
Jan. 23	Los Arcos, RM	1:00pm
Jan. 30	Canton Bistro, LQ	1:00pm
Feb. 6	The Nest, IW	1:00pm
Feb. 13	La Provence, PD	1:00pm
Feb. 20	Fresh Agave, PD	1:00pm
Feb. 27	French Corner Café, PD	1:00pm

Please contact Francie at 760-310-1942 to RSVP.

Happy Hour / special pricing may be available.
Meet at Joslyn at designated time to join the fun!

Cove Communities Senior Association
The Joslyn Center
 73-750 Catalina Way
 Palm Desert, CA 92260-2906
 760-340-3220
 JoslynCenter.org

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WEDNESDAY MATINEE MOVIES, 2-4pm

Jan. 8	<i>The Italian Job</i> , 2003 After being betrayed and left for dead in Italy, Charlie Croker and his team plan an elaborate gold heist against their former ally.
Jan. 15	<i>Secondhand Lions</i> , 2003 Fourteen-year-old Walter Caldwell's irresponsible mother Mae sends him to live with his bachelor uncles, Hub and Garth, so that she can go on yet another husband-hunting trip.
Jan. 22	<i>My Big Fat Greek Wedding</i> , 2002 A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.
Jan. 29	<i>Bee Movie</i> , 2007 Animated adventure of a bee thinking outside the hive with life lessons & litigation along the way with Jerry Seinfeld, Renee Zellweger & Matthew Broderick.
Feb. 5	<i>Indiana Jones and the Kingdom of the Crystal Skull</i> , 2008 Set in 1957, it pits Indiana Jones against Soviet KGB agents led by Irina Spalko searching for a telepathic crystal skull located in Peru.
Feb. 12	<i>The Guardian</i> , 2006 A high school swim champion with a troubled past enrolls in the U.S. Coast Guard's "A" School, where legendary rescue swimmer Ben Randall teaches him some hard lessons about loss, love, and self-sacrifice.
Feb. 19	<i>The Replacements</i> , 2000 During a pro football strike, the owners hire substitute players.
Feb. 26	<i>Sully</i> , 2016 When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

**JOSLYN CENTER WILL BE CLOSED
 IN OBSERVANCE OF
 THE FOLLOWING HOLIDAYS**

Martin Luther King Jr. Day
Monday, January 20

President's Day
Monday, February 17

Welcome



New Member Orientation

Friday, Jan. 10th
 &

Friday, Feb. 7th
 10:00-11:00am

Please call 760-340-3220 to register.

Special thanks to the Cities of Indian Wells, Palm Desert and Rancho Mirage for their ongoing support!