

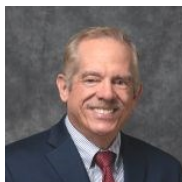
JOSLYN JOURNAL

May-June 2024



Go4Life® with Debbie!
Spring Health & Wellness Fair
End Senior Hunger Campaign
Joslyn in Bloom Recap

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Happy spring!!! It's that time of year when the weather begins to warm up, the flowers are blooming, and we are enjoying the company of many out-of-town guests. Spring brings up feelings of renewal, enjoyment of our beautiful desert, and many outdoor activities and adventures.

Summer is just around the corner.

As the temperatures begin to rise, only the hardiest of flowers continue to bloom, our guests leave, and we seek the indoor comfort of air-conditioning. Even the thought of venturing outside and being met by the "blast furnace" of our 120° weather keeps us from leaving our homes.

Summer is the time when The Joslyn Center springs into action. We make sure lonely and isolated seniors who need the assistance and support of our *Meals on Wheels* program receive the daily delivery of the food they need and the comfort of a friendly volunteer. May begins our **End Senior Hunger** campaign when we ask you to support our *Meals on Wheels* and other nutrition service programs such as *Penny's Pantry* and our *Senior Farmer's Market*. We need your help. More seniors need our *Meals on Wheels* program and we are working to meet the demand. Our *Penny's Pantry* and *Senior Farmer's Market* have continued to grow as seniors and older adults are finding our current economic climate more challenging. Many have nowhere else to turn . . . so, The Joslyn Center is here, with your help, to make sure no one goes hungry during our long hot summer.

You can help **End Senior Hunger** by visiting our website at www.JoslynCenter.org and simply "clicking" the DONATE button. Your neighbor who is isolated and alone and hungry will certainly thank you.

Remember, The Joslyn Center is open for programs and activities all during the summer so you can stay active and engaged with your community. We are a Cooling Center, so you can also save some money on your electric bills by enjoying our air conditioning while meeting new friends.

See you at The Joslyn Center!

Jack Newby
Executive Director

DESERT OASIS HEALTHCARE
Your Health. Your Life. Our Passion.

PRESENTS

THE JOSLYN CENTER
Spring Health and Wellness Fair
Remember that you are wealthiest at your healthiest!

WEDNESDAY, MAY 29, 2024
9:00AM-NOON
AT THE JOSLYN CENTER

EISENHOWER HEALTH

- Medical Seminars
- Glucose screening
- Blood pressure screening

DESERT CARE NETWORK
A COMMUNITY BUILT ON CARE

- Body Mass Index
- Opportunity Drawings for Attendees

COVER STORY



Launched in 2011, **Go4Life®** is a signature public health campaign by the National Institute on Aging (NIA) to encourage older adults to get active and stay active. It is based on an award-winning, evidence-based exercise guide that is designed specifically for older adults, accommodating physical limitations. You may already be familiar with the research showing that fit older people have a lower risk of diabetes, hypertension, coronary heart disease, obesity, depression, and some cancers than their less fit peers. Physical activity also has been shown to reduce pain and improves function in people with osteoarthritis.

If your life is lacking balance, **Go4Life® with Debbie** launches at Joslyn Center four days a week at 8am on Monday, Wednesday, Thursday and Friday. As a Certified Fitness Instructor, Debbie Chester also leads **Balance Conditioning with Debbie** on Tuesday and Thursday from noon-1pm at \$7 per class. This program focuses on total body and core strength while incorporating balance moves and stretches. It is the perfect way for older adults to improve overall flexibility and strength while increasing their balance and stability.

Pictured on the cover with Debbie are Arlene Otis, Jane Votel, Yang Kim, Pauline Mills, Ana Brousseau, Judy Sadler, Carol Dunn, Carol Hyatt, Frank Hannigan, Sung Lee, Beth Hannigan, Dorothy Burreson, et al.

A MESSAGE FROM OUR BOARD PRESIDENT



After ten years of volunteering at Joslyn Center in various capacities, lastly as President of the Board of Directors for the past three years, it is time to say farewell.

To the Cove Communities that support Joslyn Center, Palm Desert – Kathleen Kelly, Jan Harnik; Indian Wells – Christopher Freeland, Linda Blank; and Rancho Mirage – Lynn Mallotto; thank you for providing Joslyn Center with your time, expertise, and guidance, I have so enjoyed our relationship!

To our volunteers, I am grateful as a fellow volunteer for your willingness to give time, energy and talent. Your support of Joslyn allows us to continue fulfilling our mission with on-site visits from 55,000+ older adults. Your outreach to the community serves over 12,000 home-delivered meals in the community every year. You should be proud!

To our phenomenal staff, Greg Murphy, Diane Sylvester, Melanie Lyons, Bob Elias, Tom Belanich, Judy Sterling, Liz Romero, Elyse Prack, Alex Garcia, Susan Chinsky, Gladys Medina, Yarely Tamayo, Susan Gomez, Dennis Ritchie, Abel Becerra, and Richard Rogers, thank you for your valuable contributions to Joslyn. I'm continually impressed by how you're able to stay inspired as a team, bringing new ideas to Joslyn and enhancing programs and services. Thank you for your willingness to provide the ray of light that makes Joslyn so successful. My deepest gratitude to all of you.

To the Board of Directors, Barbara Mitchell, Barry Kaufman, Mary Gilstrap, Barbara Rogers, Linda Blank, Michael Plante, Diane Hagga, Hugo Aguas, Brian Bilhartz, Ann Simley, Charles Alfaro, Diana Marlo Noll, and Wendy Alderson-Soto, I can't thank you enough. You are stars and the guiding force Joslyn deserves.

And Jack Newby. Working with Jack has been an education in how to operate a well-run nonprofit while engaging volunteers, staff, board members, donors, elected officials, and the community. Our seven-year partnership has allowed us to develop and achieve goals set by Joslyn's Strategic Plan. Jack makes it look easy, but sooo much work goes into operating a successful nonprofit and the hours aren't just 8-5. We now have solar, a new phone system, ADA-compliant restrooms, and exceeded fundraising goals by 30% over last year. Financially, we leave Joslyn Center ready for the future.

Remember, no senior should ever feel invisible or alone. Donate your time, talent and energy today. When considering financial support, no amount is too small!

Thank you for ten beautiful years. I'm proud to be associated with this amazing organization. To the future!

Beverly J. Fitzgerald
Board President



CONTACT: STEPHON TYSON



1-949-306-7012

Styson@ahcusa.com

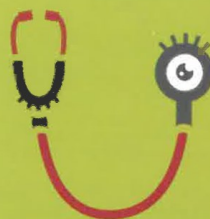
AlignmentHealth.com

WELCOME TO A NEW ERA OF AGING.

Alignment Health is dedicated to inspiring and serving seniors, fueled by technology and empathy. We strive every day to change Medicare and Medicare Advantage plans for the better.

At Alignment Health, we are champions of aging well.

Alignment Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



CARLOS TAPIA

A FINE HOME HEALTH AIDE
CNA CHHA BLS

ph (619)890 2491
DESERT CITIES



DEPARTMENT of PUBLIC HEALTH
LICENSED BONDED CERTIFIED
FINGERPRINTED

HYGIENE • COMPANIONSHIP • PRIVACY • PROFESSIONALISM

Go4Life with Debbie



Fitness & Fun!

Monday
Wednesday
Thursday
Friday
8-9am



CLASS & ACTIVITY HIGHLIGHTS*

BALANCE CONDITIONING
with Debbie



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

\$7 per class



Tai Chi with Mike



**Monday
Tuesday
Wednesday
9:00-10:00am**

Low Vision Seniors Encouraged

Join Ameera and learn to

Belly Dance



**Fridays
9-10am**



DON'T BE LEFT TO YOUR OWN DEVICES

GET TECH
with
**Bob, Giselle,
Zack & Chris**



**TUESDAYS & FRIDAYS
BY APPOINTMENT
9:00AM-2:00PM**

760-340-3220



STRETCHING CLASS
with Sook Lee



**COVE COMMUNITIES SENIOR ASSOCIATION
THE JOSLYN CENTER**

Stretching and stretching and
more stretching.
Moving your body.
That's the theme of this
class work out.

**Every Wednesday
11:00am- Noon**

YOGA
with Corinne



**\$5
BYOM
(Bring Your
Own Mat)**

**Tuesdays
9:00-10:00am**



TAP DANCE Lessons
with José



**Mondays & Wednesdays
2:00-3:00pm**

\$18 per lesson

Beginning, Intermediate &
Advanced levels welcome.

Tap shoes required.



LET'S DO LUNCH!



A unique social activity program

Supported by
**Jewish Federation
OF THE DESERT** **JFS
DESERT**

Enjoy an afternoon engaging in games, art creation,
workshops, exercise, live entertainment & more.

**Our
MENU**

Light Lunch is Served
**Wednesday, May 1 & 17
Wednesdays, June 5 & 19**

11:30am - 1:30pm

Attendance by RSVP only.
Please call 760-325-4088 x103 to register.

*Classes may be subject to change and are updated regularly on the JoslynCenter.org homepage.
Please contact Melanie at 760-895-4652 / MelanieL@JoslynCenter.org with class suggestions or for further info.

THANK YOU TO OUR CORNERSTONE CLUB MEMBERS

Hugo Aguas*	Barbara Mitchell*
Wendy Alderson-Soda*	Michael Monachino* &
Monica & Paul Bambauer	Barbara Foster
Barbara Jean &	Sanya Mulhern
Gary Bennett	Lee & Evonne Muse
Brian Bilhartz*	Jack Newby & Pete Parker
Linda Blank*	Diana Marlo Noll*
Lynn & Richard Buckley /	Nancy Nowak &
REAP Foundation	William Choplin
Deko	Gary & Linda Nugent
Marge Dodge	Bonnie Paul
Jeanne "Magic" Fields &	Robert Reeder &
Lorna Johnson	Marcie Maxwell
John & Beverly* Fitzgerald	Jonathan & Carol Rich
Mary Gilstrap*	Peter Rittenhouse
Dr. Diane Haaga*	Barbara Rogers*
Inland Empire Community Fdn.	Ann Simley*
Barry Kaufman* & Margo	Irwin R. Sitron
Handelsman	Michelle Thueson
John Kiladis	Ed Walsh & Wayne Soucy
Chip Lyman	
Robert & Peggy Leo	

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



NANCY'S SALON DE JOSLYN

MEMBERS CAN ENJOY A SPA TREATMENT
MONDAYS, 8AM-1PM
CALL 760-636-0577 FOR APPOINTMENTS

- Haircuts for men & women
- Therapeutic facials
- Deep pore-cleansing facials
- Anti-aging skin treatments
- Facial hair removal
- Eyebrow shaping & cleaning

SERVICES ARE FREE FOR JOSLYN MEMBERS ONLY!
\$20 MINIMUM GRATUITY REQUESTED FOR FACIALS
\$5 MINIMUM FOR OTHER SERVICES TO COVER EXPENSES



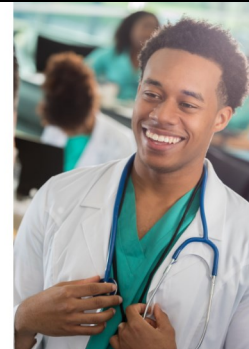
EISENHOWER HEALTH

EISENHOWER WELLNESS WEDNESDAYS:

LUNCH & LEARN SERIES

Wednesday, May 8, 2024 12-1pm
Cardiovascular Care & Heart Disease

Wednesday, June 12, 2024 12-1pm
Diabetes Overview & Healthy Eating



Lunch is included. Space is limited.
Reservations required.

Please call 760-340-3220 to register or
email Reception@JoslynCenter.org

Arthur Newman Theatre Sunday Cabaret Series

All shows begin at 3pm with doors opening at 2:30pm for immediate seating. Admission is \$20, cash only. No reservations are needed with ample seating and parking. For more information or to be added to the mailing list, please visit SundayCabaretSeries.com.

5/5 Seth Hampton

Gotta Move!

5/12 Gina Zollman

May I Have This Dance?: A Tribute to Anne Murray

5/19 Earl Mitchell & Emily Lindbeck

Magic Moments That Last Forever

5/26 Ensemble

Legends of the Desert

Show schedule subject to change.

OUTDOOR PICKLEBALL COURT CAMPAIGN

HELP JOSLYN RAISE FUNDS FOR OUTDOOR PICKLEBALL COURTS



Joslyn Center has its sights set on expanding pickleball opportunities with the installation of two outdoor pickleball courts in the appropriately named courtyard between our two buildings. With an increasing number of pickleball participants, we have outgrown the Clark Auditorium where lessons and court play currently take place three days a week.



SCAN TO DONATE

Please consider a tax-deductible donation to our Outdoor Pickleball Court Campaign.

Naming opportunities are available based on the size of your donation or pledge. For further information, please contact Jack Newby at 760-895-4649 or JackN@JoslynCenter.org.

WELLNESS CENTER FUNDING

The Auen Foundation
Bighorn Golf Club Charities / Bighorn Cares
Coachella Valley Wellness Foundation
Desert Healthcare District & Foundation
Inland Empire Community Foundation /
American Rescue Plan Act
The Houston Family Foundation
National Council on Aging
Riverside County
Steve Tobin, Johnny Krupa &
The Grace Helen Spearman
Charitable Foundation
Regional Access Project Foundation

PROBLEM-SOLVING STRATEGIES FOR TODAY'S CHALLENGES

- Stress
- Anxiety
- Depression
- Relationships
- What keeps you awake at night

Bilingual Spanish & English

Call today to schedule a FREE appointment with a counselor near you.

760-895-4656



STAY COOL!

Joslyn is a Cooling Center

Heat relief for adults 55
& up when temperatures
exceed 100°

June 3 - September 30

Monday-Friday,
8:00am-5:00pm
Closed Saturday & Sunday



Joslyn Fitness Center

JOSLYN WELLNESS
CENTER

Monday
to
Friday
9am-3pm
Appointment Required
(2:00 last appointment)

Call 760-895-4656 to schedule





Boost your memory &
brain health

BRAIN BOOT CAMP

2-Session Course

1pm-3pm

~~Tuesdays May 14 & 21~~

Tuesdays - **June 11 & 18**

\$5 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.

Next Available
5-Session Course

\$5 for the complete course

760-895-4656

Wednesdays 1pm-3pm

June 5, 12, 19, 26, July 3

Pre-registration is required.



Caring Companions At Home

Senior Home Care

Committed to helping seniors remain in their homes
by providing them with professional caregivers.

Companionship • Hospital & Rehab Discharge Assistance
Alzheimer's & Dementia Care • Shopping & Errands
Doctor Appointments • Medication Reminders • Meals



All caregivers are registered with the State of California, bonded,
and insured. Serving the desert communities for 20 years.

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www.caringcompanionsathome.com

A MESSAGE FROM THE WELLNESS CENTER



Hello once again to all of our readers. I hope this *Joslyn Journal* finds you well. When you look at the cover of this issue, what do you see? I see an image of some happy active seniors here at Joslyn Center.

Do you ever look at images like this and think, "I wish I could do that" or "be there," or "be like them." Then maybe you have thoughts like, "I can't do that," or "I'll never be able to do that." Naturally, there are many things that can stop us from pursuing our dreams - a medical situation, lack of resources, etc. And we should all be aware that those issues should be evaluated to find supports or alternatives. We here at Joslyn Center are good at helping surmount these types of obstacles.

But I think many more of the obstacles are in our minds. We may be held back by our own personalities, habits, and beliefs. This is certainly true for me.

On April 16th I started teaching a six-week class here called *Mindfulness Education*. It happens to be a topic with which I am very familiar. Nonetheless, I was fairly worried about it because I haven't taught a class for some time. The worry led me to procrastinate preparing for as long as possible. Finally, reality told me the date was getting closer and I had to get on top of it. So, I pushed through, did the planning, and am now teaching the class. Though it's all felt quite challenging, I did warm up to it! Fear had been holding me back. But be it at work, with friends, or especially with ourselves, when we commit to doing something, we benefit immeasurably by following through.

Although fear is one potential obstacle to many endeavors, there are others. Some are simple, some are complex. One way to view it all is, "go with the flow," while also being smart at the same time. In a self-loving and self-accepting manner, we can take time to see what we're avoiding, step back to fully investigate it, and then maybe come up with some workarounds or new ways to do what it is we would like to do.

I hope we can all *Go4Life®* now, and well into the future!

Elyse Prack, LCSW
Counseling Supervisor

JOSLYN IN BLOOM FASHION SHOW LUNCHEON RECAP

A bloomin' good time was had by all at the *14th Annual Joslyn in Bloom Fashion Show Luncheon* on April 12 at Agua Caliente Resort Casino Spa, Rancho Mirage. The event included a silent auction, sparkling wine reception & DJ Modgirl followed by a three-course luncheon, the Merritt & Penny Joslyn Award with retiring co-honorees, Beverly Fitzgerald and Jack Newby, live auction & raise-the-paddle fund appeal by Mellisa Nielsen-Silverman, and fashion show by Susan Stein / SUSANSTEINSTYLE! featuring Model Citizens from the community. Additional photos are at JoslynCenter.org/Fundraising-Events/Joslyn-in-Bloom.

Thank you to The Auen Foundation, Desert Oasis Healthcare, Barbara Rogers & Gary Geske, the City of Rancho Mirage, Desert Care Network, Linda Blank & the City of Indian Wells, Patty Newman, Palm Desert Councilmember Kathleen Kelly, and Barry Kaufman & Margo Handelsman for sponsorship and underwriting support. Thank you to Chrissy Armstrong / Chrissy's on El Paseo, the City of Palm Desert, Sharman Dow, Karla Kjellin-Elder & Jeff Elder, Beverly & John Fitzgerald, Barbara Mitchell & the Riverside County Foundation on Aging, Jack Newby & Peter Parker, Mellisa Nielsen-Silverman / Bighorn Ladies, Event Chair Michael Plante, Ann Simley, and Winewomen PSP & Kathleen von Dehn for VIP Table Captain participation; and to Eisenhower Health Cardiovascular Institute, Tahira Gindy, and Candy & Chuck Glickman as Table Captains.



Michelle Kuykendall, June Ramsay
Michael Plante, Sheryl Autran



Dr. Reema Khuram, Ameera Sabti
Irma Nava, Tahira Gindy



Kiki Tormo
Mini Holmes



Sherrie Auen raising her paddle
in support of Joslyn Center



The featured Model Citizens were Chrissy Armstrong, Brian Bilhartz, Steve Birdwell, Debra Carrington, Peter Daut, Jeff Elder, Lisa Fontes, Brad Fuhr, Candy & Chuck Glickman, Karla Kjellin-Elder, Kelly Levy, Joey Lizotte, Stephanie Minor, Peter Polster, Jan Pye, Kelly Rogers, Thomas Soule, Donna Sturgeon, and Kiki Tormo. Fashions were provided by 120% Lino, Chrissy's on El Paseo, Coco Rose Beach & Resort Wear, Scooter La Forge, J. McLaughlin, Summer Colony Living, and Tommy Bahama. Photos by Marc Glassman

Standing L-R: Jeff Elder, Jan Pye, Peter Polster, Joey Lizotte, Karla Kjellin-Elder, Brian Bilhartz, Chuck Glickman, Brad Fuhr, Thomas Soule, Kiki Tormo, Peter Daut, Stephanie Minor, Steve Birdwell, Kelly Rogers, Susan Stein

Seated L-R: Lisa Fontes, Donna Sturgeon, Candy Glickman, Kelly Levy, Chrissy Armstrong, Debra Carrington



Jack Newby & Beverly Fitzgerald
welcoming guests



Susan Stein introducing
the fashion show



Steve Birdwell &
Stephanie Minor



Thomas Soule
& Jan Pye



Kelly Rogers
& Peter Daut



Chrissy
Armstrong



Brian
Bilhartz



Donna
Sturgeon



Brad
Fuhr



Candy
Glickman



Peter
Polster



Karla
Kjellin-Elder



Chuck
Glickman



Kelly
Levy

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/
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 / Desert Care Network	Michele Finney	760-323-6774	DesertCareNetwork.com
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	WebHealth	Joan Perkins	970-413-2824	Webhealth.com
Home Care	Caring Companions at Home	Diane Mondini	760-771-6263	CaringCompanionsAtHome.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	AlignmentHealthPlan.com
Insurance	Bilhartz Desert Insurance Agency	Julie Sarmiento	760-835-1651	BilhartzInsurance.com
Insurance	Hernandez Exchange	Elizabeth Hernandez	760-641-7921	
Medical	Contour Dermatology	Lee Erwin	760-423-4043	ContourDerm.com
Medical Insurance	SCAN Health Plan	Ruth Osborn	661-609-3602	ScanHealthPlan.com
Retirement Living	Amber House Luxury Senior Living	Joanne Pantuso	760-851-4714	AmberHouseSeniorLiving.com
Retirement Living	Avenida Palm Desert	Lisa Clark	760-610-2202	AvenidaPalmDesert.com
Retirement Living	Carlotta-Ivy Signature Living	Miriah Hess	760-477-4249	IvyLiving.com/TheCarlotta/
Utility	Southern California Edison	Aaron Thomas	760-202-4293	SCE.com

For Business Partner information, please visit JoslynCenter.org/Business-Partners or contact Melanie Lyons at 760-895-4652 or MelanieL@JoslynCenter.org.

BUSINESS PARTNER SPOTLIGHT



Grandis Care Services is one of our newest Business Partners. They are dedicated to providing high-quality care. Whatever the needs, they can ensure your loved one is always cared for in a way that feels like it's coming from family. They know how special your loved ones are to you, and they will treat them with patience and kindness, every step of the way.

All of their caregivers are carefully screened and interviewed. They also perform a background check and train them thoroughly. This ensures they're able to meet your high expectations.

As a dependable home care provider in California, they offer a range of personalized home care services to care for your loved ones in a way best suited to them. They are able to customize a care plan that ensures your loved one is safe, happy, and living as independently as possible.

Grandis Care Services started with a simple premise: Make available to every client more than just simple care. They understand the need to stay active, attentive, and involved with their client's care. They understand the importance of preventative health measures, maintaining and improving the clients' conditions. They are committed to assuring that every client will be treated as if they are family or friend, treating them with the same dedication and commitment as we would their own loved ones. All of the caregivers are experienced professionals with all resources.

They'd love to talk to you to map out a health and wellness plan that's tailored to your history and needs or those of a family member. Please contact them at 951-666-5157 or visit their website at GrandisCare.com.

A MESSAGE FROM OUR MEALS ON WHEELS DIRECTOR



Happy spring to all. The next two months are probably the last of the cooler weather we will have until the heat of summer. But, as usually, sunny & blue skies abound. There are flowers blooming all the time, please take the time to notice.

It has been said often; never talk about religion and politics. I am not going to break that truism. But there is one theme that comes out of that statement that I would like to discuss. Agree to disagree and let it go. Compromise is one of the keys to happiness. We all have an opinion about this or that.

I know this is a bit, idealist, but just think how this world would be easier to live on, with less egos and more compromises. It is really sad when someone disagrees and attaches the word "hate" to the topic. "...I hate that person, I hate that restaurant, I hate peas, I hate this weather, and so on. It has reached the point where hate is too easy as an answer rather than, I don't agree, I don't like, I don't care, and so on. Your don't have to like or agree or believe, but you could agree to disagree after listening to the other point of view.

One of the sad things in this topic is that sometimes the opinion and the opposing opinion are not truly how the person really believes.

Case in point, I don't really agree, but by agreeing, they will like me.

I don't really agree, but my parents were vehement about that topic and I wanted to make my parents happy with my opinion. I really don't agree, but the lobbyist is buying my opinion to agree. I don't agree because everyone else does agree and I am not a follower.

Again, you can agree and disagree just about anything for any reason. It may or may not be the popular answer and/or opinion but it is truly ours. Thus I can "respectfully" agree and/or disagree.

There is a saying that is one of my favorites, "...until you take the time to learn about yourself and your thinking, can you learn to respect the opinions of others..."

My office is always open.

Bob Elias, Ed.S.
Meals on Wheels

SOCIAL SERVICES

MEALS ON WHEELS

Serving Indian Wells, Palm Desert & Rancho Mirage. Fresh meals are delivered Monday-Friday between 9:30am-12:30pm. Frozen meals for weekends and pet food are also available. Inability to pay won't prevent homebound or disabled seniors from receiving meals.

PENNY'S PANTRY FOOD BANK

1st & 3rd Friday, 7:30-9:30am

Nonperishable & unexpired items accepted in lobby

FREE FARMER'S MARKET

2nd & 4th Friday, 9:00-10:30am

Fresh produce from FIND Food Bank

FRIENDLY CALLER PROGRAM / PHONE SAFETY NET

Providing telephone calls to homebound seniors who need support and socialization. Training provided.

For details or to sign up for Meals on Wheels or Telephone Safety Net, please call 760-340-3220 or visit JoslynCenter.org/Social-Services.

THANK YOU FOR ORGANIZATIONAL CAPACITY SUPPORT!

Inland Empire Community Foundation
Regional Access Project Foundation

SOCIAL SERVICES GRANTORS

Agua Caliente Band of Cahuilla Indians

Bank of America Foundation

The Barbara Steffens Fund - Meals on Wheels

Bighorn Charities / Bighorn Cares

The Champions Volunteer Foundation

Coachella Valley Wellness Foundation

The Coeta and Donald Barker Foundation

Edeltraud McCarthy Foundation

First Foundation Bank

Inland Empire Community Foundation

Jewish Federation of the Desert

The Morongo Band of Mission Indians

R.E.A.P. Foundation

Regional Access Project Foundation

San Manuel Band of Mission Indians

Stater Brothers Charities

Sidney Stern Memorial Trust

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

Leave a Legacy



Have you included
Joslyn Center in
your estate plans?

For more information,
please contact
Jack Newby at
760-340-3220 x106 or
JackN@JoslynCenter.org

MEALS ON WHEELS



If you or someone
you know would
benefit from home-
delivered meals,
please contact Bob

Elias at 760-895-4653 or BobE@JoslynCenter.org.

For further information or to apply online, please visit
www.JoslynCenter.org/Meals-on-Wheels.

GRANT NEWS



DESERT HEALTHCARE
DISTRICT & FOUNDATION

Thank you to the Desert
Healthcare District & Foundation
for a generous grant in renewed
support of Joslyn Wellness
Center programs and services.

Thank you to Steve Tobin,
Johnny Krupa and the Grace
Helen Spearman Charitable
Foundation for a generous grant
in support of Joslyn Wellness Center programs and
services.

**STEVE TOBIN &
JOHNNY KRUPA**



Thank you to The Auen Foundation
for a generous grant in renewed
support of Joslyn Wellness Center
programs and services.

Thank you to the Morongo Band of
Mission Indians for a generous
grant in support of *Meals on
Wheels*.



**MORONGO
BAND OF
MISSION
INDIANS**
A SOVEREIGN NATION

Corporate and foundation grants play a critical role in
funding Joslyn operations, programs and services. If
you have corporate, foundation, or family foundation
connections or suggestions, please contact Greg
Murphy at 760-895-4651 or GregM@JoslynCenter.org.

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
Jack Newby at 760-895-4649 or
JackN@JoslynCenter.org

**In Memoriam*



Joslyn Singles with Francie

May 2 Willie's Modern Fare, RM 4:00pm

May 9 Molé, PD 4:00pm

May 16 Babe's BBQ, RM 4:00pm

May 23 The Pink Cabana, IW 4:00pm

May 30 Tuscano's, LQ 4:00pm

June 6 Sullivan's Steakhouse, PD 4:00pm

June 13 The Daily Grill, PD 4:00pm

June 20 Shorebird, PD 4:00pm

June 27 Rockwood Grill @ Marriott, PD 4:00pm

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

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

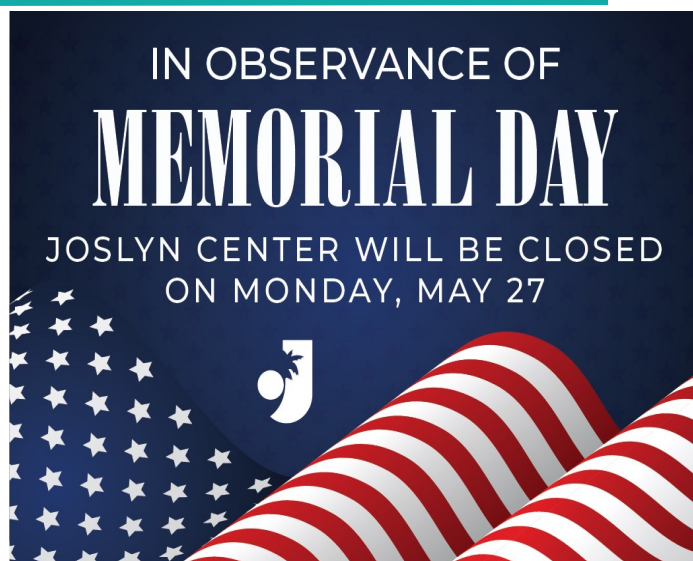
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or current resident



WEDNESDAY MATINEE MOVIES, 2-4pm

May 1	Night at the Museum , 2006 A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc.
May 8	Hairspray , 2007 Musical with pleasantly plump teenager, Tracy Turnblad teaching 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show.
May 15	The Graduate , 1967 A disillusioned college graduate finds himself torn between an older lover and her daughter.
May 22	Big , 1988 After wishing to be made big, a teenage boy wakes the next morning to find himself mysteriously in the body of an adult.
May 29	NO MOVIE DUE TO HEALTH FAIR
June 5	Tootsie , 1982 Michael Dorsey, an unsuccessful actor, disguises himself as a woman in order to get a role on a trashy hospital soap opera.
June 12	The Sting , 1973 Two grifters team up for revenge to pull off the ultimate con.
June 19	The Addams Family , 1991 Con artists plan to fleece an eccentric family using an accomplice who claims to be their long-lost uncle.
June 26	The Birds , 1963 A wealthy San Francisco socialite pursues a potential beau to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people.



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