



Amador Senior Center

THREE SCORE

REPORTER

April 2020

Letter From Our Executive Director

Unprecedented challenges require radical adaptation. These are sure unprecedented times that require us all to radically alter our lives in ways we have never done before. Our Center is here for you even in these times. We continue to serve fresh, hot, homemade meals for drive-thru pick up between 11:30 a.m. to 12:30 p.m. They are the same delicious meals you have come to enjoy at our center, only packaged and prepared for pick up. Starting Friday April 3, we will make a weekend meal box available as well. Each meal box will contain two meals for the weekend and will be available on Fridays during the shelter in place order. Meal boxes will be an \$8 participant contribution.

All meals, including our weekend meal boxes continue to be only a \$4 participant contribution if a registration form is completed or a \$6 fee without a form. We have made our registration forms available on our website and they remain available at our drive-thru service. If you would like a lunch, please call our center before 9 a.m. on the day of service to reserve a meal on our lunch voicemail box.

We are working in partnership with the Interfaith Foodbank to provide food for seniors who need it. Last week we collected and distributed 18 food kits consisting of canned goods, rice, fresh fruit, 2% milk, and loaves of bread. If any of our readers, participants or clients need something, please do not hesitate to contact our center. Our staff and volunteers are able to provide resources such as pick-up and delivery of groceries and medications. We are able to pick up a shopping list and cash, or you may order your groceries online from a Raleys, Savemart, or Safeway for us to deliver.

Finally, our staff and volunteers have been working diligently to meet the needs of seniors in our community. If there is something that you think we can help with, please give us call during our modified hours from 10:00 a.m. to 3:00 p.m. We continue to diligently answer phones during these modified hours and we are here to serve you. Stay encouraged and we will get through this together!

Chris Kalton

Executive Director

OUR MISSION STATEMENT

It is our mission, as Amador County Senior Citizens, Inc., to support the independence and well-being of older adults, to ensure their dignity, enhance their self-respect, and promote their participation in all aspects of community life!

SUPPORT GROUP INFORMATION

SUPPORT GROUPS at AMADOR SENIOR CENTER.

AMADOR COMMISSION ON AGING

3rd Wednesday of each month at 10:00am in Room 3

Addressing the concerns of senior citizens in Amador County; and Sponsors of the Vial of Life and the Visible Address Sign.

CAREGIVER SUPPORT GROUP — FOR UNPAID FAMILY or FRIEND CAREGIVERS

4th Wednesday of each month at 10:00am to 12:00pm in Room 3

This group is for any unpaid family or friend caregiver, those who are caring for loved ones. (This group is not just for Alzheimer's or Dementia patients)

Useful websites and contact numbers for caregivers:

~ Del Oro Caregivers' Resource Center: (800) 635-0220 / www.deloro.org

~ Alzheimer's Helpline (24/7): (800) 272-3900

PARKINSON'S SUPPORT GROUP

3rd Monday of each month,

For additional information on this group, please contact Marilyn Schwabe at (209) 245-6101

SUPPORT GROUPS at OTHER LOCATIONS.

ALZHEIMER'S DISEASE

Caregivers Evening

Education and Support Group

2nd MONDAY of each month

5:30pm to 7:00pm

Meeting is located at

Gold Quartz Senior Residence

15 Bryson Drive, Sutter Creek

For Additional Information, please contact

Susan Tomasich at (209) 286-1910

3rd WEDNESDAY of each month

2pm to 3:30pm

Meeting is located at

Amador Residential Care

155 Placer Dr. Jackson, CA 95642

For Additional information, Please contact

Sheri Kimbro at (209) 223-4444

BEREAVEMENT and SUPPORT

Hospice of Amador and Calaveras has a number of bereavement support services, including groups.

For additional information please call

(209) 223-5500

GRANDPARENT'S CAFÉ

2nd WEDNESDAY of each month

Support for Grandparents raising Grandchildren

430 Sutter Hill Rd. Sutter Creek (In the portable next to the WIC office)

For additional information call **The Resource Center: 209-223-1264**

At SUTTER AMADOR HOSPITAL:

STROKE SUPPORT GROUP

1st Thursday of each month

3:00pm to 4:30pm

This group is for people and/or family members living with stroke. For additional information, please contact Mike

Hewitt at (209)304-7212

Outpatient Center

PROSTATE CANCER

A support group for men.

2nd Monday of each month

6:00pm

Outpatient Services Building.

For additional information, please contact (209)257-7609

N.A.M.I. AMADOR

(National Alliance of Mental Illness)

4th Tuesday of each month

5:30pm to 8:00pm

Education / Advocacy Meeting

Multi-Purpose Room at the Hospital.

GENERAL INFORMATION

The Three Score Reporter is published monthly by the Amador Senior Citizens, Inc.
For a subscription to our newsletter, please call us at (209) 223-0442 or drop by the Senior Center.

FIND US ON FACEBOOK!

www.facebook.com/AmadorSeniorCenter

SENIOR CENTER HOURS
MONDAY—FRIDAY
8:30AM TO 4:00PM

EXECUTIVE DIRECTOR
CHRIS KALTON

PROGRAM COORDINATOR
NETTIE FOX

FRONT DESK
JAMIE BINGHAM

NUTRITION MANAGER
ROBIN BALSER

NUTRITION ASSISTANT
MELODY MARTIN

MAINTENANCE
ROBERT SARACINO

Our New Website is up and running!

<https://www.amadorseniorcenter.org>

PLEASE CHECK OUR WEBSITE FOR :

UPDATED LUNCH MENU

REDUCED COST LUNCH REGISTRATION

HELPFUL LINKS WITHIN THE
COMMUNITY

Friends of the Center



Pattie Jo Ken
Mary Elizabeth
Carol Ann Jack
Anna M. Miles
Karen Joan
Ron Ann

- Klassic Kickers
- Thursday Bingo
- Bunco Group
- Billie Berton
- Wednesday Pinochle
- Thursday Pinochle
- DD Pinochle
- The German Group
- Gary Davis and Janet Caccia
- Sewing Group
- Art Group
- SCAT

Thank You!

COVID-19 SUPPORT AND INFO

Meals:

LUNCH: We are continuing to serve seniors with drive-thru lunch service and are taking new clients!

If you need a hot, home cooked meal, call the center to reserve yours by 9am the day of service. Pick-up is between 11:30-12:30pm M-F. Lunches are a \$4 suggested contribution with a registration form and \$6 without. Call for details 223-0442

WEEKEND MEALS:

Order your cold meals to last through the weekend during the COVID-19 shelter in place requirements

\$8.00 WITH SIGNED REGISTRATION/INTAKE FORM

\$12.00 WITHOUT FORM



TO BE RESERVED NO LATER THAN 9AM THE THURSDAY BEFORE

You can go to www.amadorseniorcenter.org to fill out an intake/registration form and bring with you!

Online Communication and Community Updates

Facebook and many other online forums are providing helpful, fun, time-passing options while you are at home. Join a WATCH PARTY or FACEBOOK LIVE Video. Helpful Facebook Pages:

Amador Senior Center, Neighborhood Watch, Motherlode Fire and Police, Amador Senior Center, Ledger Dispatch, Amador Arts

GENERAL INFORMATION

PICK UP/DELIVERY OPTIONS

Amador Senior Center- groceries, prescriptions (in county) (209) 223-0442

GROCERY STORES

Curb Side Pickup for Groceries

IGA Payless PIONEER- Call in grocery orders and curb side pick up for SENIORS 65 AND OLDER. (209)295-7160

Give them 24 hrs.

Raley's curb side pick-up– JACKSON

ONLINE ORDERING ONLY:

www.shopraleys.com For assistance call (209)223-6950

Safeway – pick up and FREE USPS shipping www.safeway.com or leave a voice mail, your call will be returned in 24-48 hours. Please be Patient!
(209) 257-0779

RESTAURANTS

HOT TAKE OUT FOOD ONLY

Jackson

Amador Senior Center-Mon-Fri 11:30-12:30pm Please reserve by 9am morning of (209) 223-0442

Bistro 49 (209) 223-2213

Rosebud's Café- (209) 257-0227

Mel and Fay's Diner - (209) 223-0853

Taj Indian Cuisine - (209) 223-3886

Highway House-(209) 257-0800

Togo's Sandwiches- (209) 223-1531

John's Pit Stop Deli (Martell/HWY 49)
(209) 223-1896

Pine Grove

Giannini's Italian dinners-(209) 296-7222

Las Minas Restaurant-(209) 209-296-6400

Munnerlyn's Ice Cream-(209) 296-4400

Pine Grove Community Center
(209) 296-2785

Volcano

St. George Hotel-(209) 296-4458

Volcano Store/Deli - (209) 296-4459

Ione

Grumpy Jeff's Pubic House(209) 332-0577

GENERAL SUPPORT SERVICES

Operation Care

Domestic Violence Prevention –

Non-emergency – (209)223-2897

24-hour LOCAL hotline – 223-2600

National Alliance on Mental Illness (NAMI)- 256-1293

Nexus Youth and Family Services-
(209) 257-1980 ext.102

Families with grandchildren in the home.

Behavioral Health/Mental Health

Office (209)223-6412

24 hr toll free – (888) 310-6555

Amador, Tuolumne, Community Action Agency (ATTCA)
(209)223-1485