



MID-COUNTY COMMUNITY CENTER

A Non-Profit Organization serving Midland, Summit, and surrounding areas...

April 2014

FREE Dental Cleanings for Seniors at MCCC!

Our next clinic is scheduled for May 8th!

To be eligible to receive free services, clients must:

- Be 60 years of age or older
- Have household income less than 200% of the FPL (\$1,915 per month for a single person household, \$2,585 for a two-person household- ADRC staff will help callers walk through this piece)
- Have no dental coverage
- Have had no dental care in the past 24 months

Call the ADRC at (253) 798-4600 to register for this wonderful FREE program! This funding may not be available next year, so sign-up FAST!!!

Tamara Shearer is a Registered Dental Hygienist who has received certification from the Washington State Department of Health to offer oral exams and cleaning services to older adults at senior centers and long-term care facilities. She will assess each client's overall oral health, and depending upon the client's needs, will administer a basic cleaning or a deep cleaning, including administration of fluoride treatments. She may also make recommendations for additional treatment and care. Tamara is not allowed to administer anesthesia, or perform any type of invasive procedure such as filling cavities or extracting teeth.

To sign up for the service, clients should call the ADRC at (253) 798-4600. When they call, they will be asked to provide their contact information, DOB, confirm that they do not have dental insurance and have not received any dental care for the past 24 months, and they will be asked to provide their monthly household income. All callers must also provide the name and contact information of their primary care physician. Ms. Shearer is required to obtain physician consent to perform the dental cleaning. With the caller's permission, she can fax the physician consent form directly to the doctor's office. She can also mail the form to the caller and they can take the form to the physician's office themselves, but this may slow down the process.



DANNY VERNON

The Illusion Of Elvis

Friday, April 11, 2014

Doors open at 6:00pm
Show starts at 7:00pm

Mid-County Community Center
10205 44th Ave East • Tacoma
253-531-8412

Pre-Sale Ticket - \$15
(at door \$20)

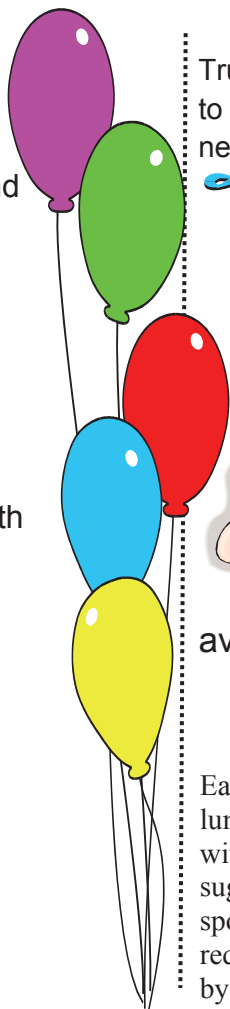
All proceeds benefit MCCC
www.dannyvernon.com
www.mccctacoma.org

Tickets Available at MCCC Office



**Members'
April
Birthdays**

Sonnia H.B.-2nd
Norma G.-6th
Leslie W.-8th
Dorothy S.-9th
Winnie S.-10th
Alice M.-10th
Brenda K.-10th
Susanne B.-16th
Harry C.-17th
Dean D.-19th
Carol J.-19th
Karen L.-22nd
Grace S.-25th
Ed S.-25th
Betty P.-28th
Donna H.-28th
Shirley C.-30th



Membership has its privileges...
Trudy Schoeps was the lucky basket winner for March .Don't forget to look closely for your hidden Membership number in this month's newsletter. Good luck everyone!



Welcome New Members!
**Patricia Firth, Terrie Asplund, Andrea Rhoades,
and Don and Maggie Sweasy**

TOGETHER ... WE MAKE A DIFFERENCE


The [♪]Rockin'_♪ Red Hatters Are Rockin' n Riding!



Join your Red Hat sisters for a Ride in the Daffodil Parade on April 5th, starting at 12:45! Meet at MCCC to car pool. THEN help support our MCCC by attending the Danny Vernon "Illusion of Elvis" concert on April 11th, tickets available now, \$15.00. Call your Co-Queens for more info!

Home Cooked Meal

Each Wednesday and Thursday, Mid-County Community Center hosts a home-cooked lunch. It not only provides a nutritious meal but also affords the opportunity to socialize with old friends and to meet some new ones. Lunch is served at 11:30 a.m. for a suggested donation of \$3.00 for clients 60 years of age and over, caregivers and/or spouses of clients, and disabled clients of all ages; however, everyone is welcome! The required cost for all others is \$5.00. Thank you in advance for making your reservations by 12:00 pm on Tuesday if possible.

Wednesdays				
4/2	4/9	4/16	4/23	4/30
Spaghetti w/ Marinara Meat Sauce Garlic Bread Fruit Cocktail Green Salad	Tuna Sandwich w/ Lettuce&Tomato Potato Salad Tropical Fruit Veggie Soup	<u>Easter Celebration</u> Baked Ham Au Gratin Potatoes Candied Carrots Pineapple Dinner Roll Spring Salad	Hawaiian Chicken Salad w/ Lettuce & Tomato Macaroni Salad Pineapple Roll Split Pea Soup	Meatloaf w/ Mashed Potatoes & Gravy Peas and Carrots Apple Slices Green Salad
Thursdays				
4/3	4/10	4/17	4/24	
Hot Turkey Sandwich Mashed Potatoes & Gravy CranApple Salad Romaine Salad	Pulled Pork Sandwich Baked Beans Broccoli Salad Applesauce Vegetable Soup	Hamburger Gravy over/ Biscuits Home Fries Steamed Mixed Veg- gies Orange Wedges Garden Salad	RHONDA'S FAMOUS BUFFET!	

All meals served with milk, coffee, and dessert. **Menus are subject to change based on price and availability of ingredients and/or staffing.** We do our best not to serve foods with sulfites. If you think you may be sensitive to sulfites, please consult with the Mealsite staff before eating.

Administrative Staff

Executive Director
**Jeananne (Bunny)
Conwell**

Program Coordinator
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Vanessa Bredl

Kitchen Manager
Rhonda Turner

Kitchen Assistant
Jean Smith

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*This newsletter is a monthly
publication of the Mid-County
Community Center. 10-452*

In Our Prayers...

Please keep these friends in your prayers as they struggle with and/or recover from challenges: Bertha DeJesus, Jerry Rhodes, Ila Bagley, Hermine Soler, Marylu Taylor, Norma Groff, Wanda Bagley, Roger Manary, and Leitha Jackson. And pray for the family of Rachel Holt who passed away last month, we will miss you Rachel!

If you know of anyone not feeling well, please let us know so they can be included in the prayer corner.

THE SUN IS SHINING

If you know of someone who is ill, needs some cheer, or has a happy occasion to celebrate ...

Please contact: Barbara Brunson, Sunshine Chairman
253-539-3666 or barbarabrunson@juno.com



SONG OF EASTER

*Easter is a happy time --
A colorful festival of spring --
When human hearts are lifted up,
And nature's voices sing.*



*Easter is a sacred time
Because Christ rose again,
And brought new hope to all the world,
And gave new life to men.*


*Easter is a lovely time
Of joy and healing light,
Of music that inspires the soul,
Of lilies gleaming white.*

*Easter is a giving time
For fellowship with friends,
A time for sweet remembering
Of love that never ends.*

*Easter is a hopeful time
Filled with faith and love,
And thoughts of life reserved for us
In paradise above.*

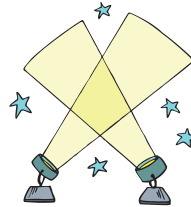


APRIL 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>2</p> 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	<p>3</p> 9:00-10:45am Linedancing Foot Care ~ by Appt. 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>4</p> Neighborhood Watch Meeting 7:00pm
<p>7</p> Refresh Fitness~10-11am 10am-12pm Sewing Circle 11am-1pm Medicare Clinic ~ by Appt. 11:30-12:30 Zumba Gold <i>Food Bank Delivery (3:30pm)</i>	<p>8</p> 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 11:15-1pm Microwave Cooking Class 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>9</p> 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	<p>10</p> 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>11</p> DANNY VERNON CONCERT "ILLUSION OF ELVIS" DOORS OPEN AT 6PM, SHOW IS AT 7PM!!! TICKETS \$15 \$20 AT DOOR
<p>14</p> Refresh Fitness~10-11am 10am-12pm Sewing Circle 11:30-12:30 Zumba Gold <i>Food Bank Delivery (3:30pm)</i>	<p>15</p> 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 1pm-3pm FREE Bingo 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>16</p> 11:30am-12:30pm <i>Easter Lunch</i> 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	<p>17</p> 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>18</p> 10am BoD Meeting 5:30-??? Potluck and Game Night
<p>21</p> Refresh Fitness~10-11am 10am-12pm Sewing Circle 11:30-12:30 Zumba Gold <i>Food Bank Delivery (3:30pm)</i>	<p>22</p> 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 12:30pm-3pm Bingo & Ice Cream Social 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>23</p> 10:00-11:00am Old Time Fiddler's Concert 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	<p>24</p> 9:00-10:45am Linedancing 11:30am-12:30pm Mealsite Lunch 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>25</p> EQC Trip 10am \$3 Red Hats attend New Day Northwest TV Show in Seattle. Call Pattie at 253-770-1951 for details!
<p>28</p> Refresh Fitness~10-11am 10am-12pm Sewing Circle 11:30-12:30 Zumba Gold <i>Food Bank Delivery (3:30pm)</i>	<p>29</p> 9:00-11:00am Linedancing 9:00am-11:00am Self-Led Art Group 1:15-2:15pm Yoga 2:30-3:30 SAIL Exercise <i>Food Bank Delivery</i>	<p>30</p> 11:30am-12:30pm Mealsite Lunch 10-11am & 12:30-3:00pm The Beady Bunch & Acrylic Painting 12:30-3:00pm Pinochle 1:30-2:30pm Refresh Fitness	<p>Microwave Cooking Class</p> Join us on the 2nd Tuesday in April, from 11:15am to 1:00pm. Cost is FREE for members and only \$1.00 per class for non-members. April's Recipe: Spaghetti Pie and a REVOLUTIONARY new way to cook pasta-IN THE MICROWAVE!	

MCCC Spotlight...

Introducing: *Melissa Harrelson*



Melissa Harrelson was originally from Santa Rosa, California, just north of San Francisco.

She has lived in Parkland for three years and is going to school at Pacific Lutheran University.

She has an older brother Matt Harrelson who is an athletic trainer at Stanford University. Her parents have been married for twenty eight years. Her Mom, Teresa works at Kaiser Permanente and her Dad, Gary works for the City of Marin, California.

Melissa is currently a student at Pacific Lutheran University. She will be graduating this May with a degree in Kinesiology with an emphasis in health and fitness promotion. She coaches softball in Gig Harbor for a U14 team called Xpress. She also works at an Italian restaurant called Marzano. Previously she has interned at Multi-Care's Center for Healthy Living in Tacoma during the fall of 2013.

Melissa's high light in travel is when she backpacked through the South Island of New Zealand for a month. As far as awards goes, Melissa played softball at Pacific Lutheran University and she won the National Championship in 2012.

Melissa's long time goal is to become certified through the American College of Sports Medicine (ACSM) as a Health and Fitness Specialist. She wants to go to graduate school for a Masters in Science in Nutrition and Exercise Physiology to one day become a Certified Registered Dietician.

She started to come to MCCC in February to do her internship to get hands on experience with seniors and everyone to see how exercise improves their lives and also to see how well they do it too. Melissa is a big help with the cleanup after lunch and has done some promotional selling of jewelry for our center. She is a great help and we enjoy her energy and contagious smile. We are blessed to have you for as long as we can and wishing you well towards a successful future! Welcome to our family!

ACTIVITY FEE SCHEDULE:	ACTIVITY FEE SCHEDULE (cont.):
M=Member, NM=Non-Member	M=Member, NM=Non-Member
SAIL~FREE	Lunch~Suggested Donation of \$3.00 Senior/Disabled; all others \$5.00 required fee unless posted otherwise.
Yoga~\$3.00 M;\$4.00 NM	FREE Bingo~FREE
Zumba Gold~\$4.00 M;\$5.00 NM	Bingo & Ice Cream~\$5.00
Linedancing~\$2.00 M; \$3.00NM	Pinochle~FREE
Art Groups~FREE M; \$1.00NM	Microwave Cooking Class~ FREE M; \$1.00 NM
Refresh Fitness~FREE M; \$1.00 NM	
Beady Bunch~FREE	
Footcare~\$30.00	
Sewing Circle~FREE	

Old Time Fiddlers are back!!!

Join us on Wednesday April 23rd for a FREE concert performed by member's of our local Old Time Fiddler's chapter. The concert will be from 10am to 11am, before our mealsite lunch. If you plan to come for the concert and STAY for our mealsite lunch, please chose both the concert and lunch when you arrive and sign-in on the Computer. *Thank you!*

Minuteman Press
DOWNTOWN TACOMA

Jeffery A. Brunson
General Manager

253 383-4377
800 953-4377
fax 383-4735
print@mmptacoma.com

1111 A Street • Tacoma, Washington 98402

Remembering Rachel Holt, Former Secretary on our board of directors.

We truly mourn the passing of our good friend, Rachel Holt. She spent a number of years as an active member of the center and served several years as our board Secretary, as well as volunteering in our office and with fundraising activities. She is very loved and will be greatly missed.



DANNY VERNON IS COMING TO MCCC!

Danny is known for his high energy shows that focus on connecting with his audience. He enjoys performing all three decades of Elvis' career. This includes the "recklessly abandoned" hillbilly cat of the '50's, the sleek 60's movie years including the "68 Comeback Special", and the sexy 70's jump-suit era.

Danny has won many awards over the last 10 years, including being endorsed as a top 10 Elvis in the world by Elvis Presley Enterprises 2010.

In his own words, "From the many years of admiration of Elvis, I've sought to create a show that would hold the excitement of the King of Rock and Roll on stage through out the various stages of his career. I also try to show respect and support the integrity of the man and his music".

His red-headed wife Marcia performs along side him adding a unique and enjoyable chemistry to the show.

See him LIVE on April 11th at our center! Tickets are only \$15.00 and ALL proceeds benefit MCCC and help us to provide programs and services to our community. Be there or be square!



Danny Vernon is sanctioned by Elvis Presley Enterprises

Foodbank Reminders...

We are very grateful for our donors that provide the items for our foodbank. Unfortunately, donations have been much lower volume lately so please remember to check the item limits posted on the shelves. We limit the number of items in order to ensure we are helping as many people as we can who need it in our community. Thank you for your help!

Together....we make a difference!

Time for a Trip to EQC

We are planning a bus trip to the Emerald Queen Casino, on Friday April 25th.

The bus will be leaving MCCC at 10am, so plan on meeting here around 9:30am. They offer a half price lunch coupon, or if you enroll your players card and play for 2 hours you can get a free lunch voucher! We will return around 3:00pm.

The fee for this trip is \$3.00 and needs to be paid in advance. Please fill out the sign-up sheet, including players club number, address, and phone number. Join us for lots of fun....and winning we hope!

Community



MCCC Heads Up:

- o Pet food coupons available:
- o Target, Iams, Purina, Bonz, Sheba, and more
- e Handmade washable neck warmers on sale for \$7.50 ea. Proceeds benefit MCCC. Simply microwave the rice filled bag and apply where needed!

PLEASE read and/or save all Medicare related mail. Coverage details are changing continually and it may impact your coverage. SHIBA consultation available to help with Medicare issues at the center.

Friends & Family- March 31 is the final day to sign-up for non-Medicare mandatory health insurance. For Medicaid applicants resources are NOT considered for those with incomes of 138% of federal poverty level or below. You can have investments & money in the bank and still qualify!

If you have information, discounts, or special events you want to share in the Community Corner, please email sboone3@yahoo.com or leave a message at 253-222-0425. Thanks!

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sponsorship program.*



MID-COUNTY COMMUNITY CENTER

April Newsletter and Events Calendar

Volume 14 Issue 4

10205 44th Avenue East

Tacoma, WA 98446

Non-Profit Org.

US Postage

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Permit No. 25

A special thanks to our donors...

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Apple Physical Therapy

Marvin and Angela Poore

Joan Ellis

Shirley Dentinger

Wanda Bagley

Evelyn Kinkella

and many, many more...

Thank you for your support!

Our Mission...

Mid-County Community Center provides a broad range of programs and services which meet the changing needs of older adults in mid-Pierce County, enhancing lives and uniting the community.

Location

10205 44th Avenue East

Tacoma, WA 98446

Phone

Fax

253-531-8412 253-536-6333

Office Hours

Monday~Thursday

8:00am to 4:00pm

www.mccctacoma.org

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