

May 2025 • South Lake Tahoe Senior Citizens, Inc.

Contributing authors: Laurie Funderburk, John Messina, Trudi Morgan and News agencies credited on the article.

Editor: Tiffany Fratres ~ sltseniornews@gmail.com

Happening this month:

Monday, May 5th at 9:30am

BOARD MEETING - Closed meeting

Call 530-600-0393 to be added to the agenda.

Wednesday, May 7th at 11:45am

TAHOE TRANSPORTATION DISTRICT & LIBERTY UTILITIES LUNCH DISCUSSION

See Page 4 for more information

Thursday, May 15th at 5pm CINCO DE MAYO POTLUCK

See Page 4 for more information

Friday, May 23rd at 6pm

MEMORIAL DAY SQUARE DANCE PARTY

See Page 4 for more information

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President's message:

A hearty welcome to past members, new members and future members! With Seniors making up 30% of South Lake Tahoe's community, **Senior Inc.'s** goal is to provide activities them with activities to help their minds and bodies.

We have brought back our monthly potlucks with entertainment, door prizes and maybe some surprises too! We'll be adding music appreciation, dances, story sharing and more but we'd like your input on what you'd like to see at the Center. All suggestions will be welcomed and all suggestions taken into consideration.

Membership Dues are \$25 per year and \$30 for a couple at same address. Folks 50 and older welcome and anyone over 90 gets a FREE MEMBERSHIP!

"We're here to INSPIRE, not EXPIRE."

- Unknown

Stay well, Stay Active,

~ Carol Olivas President





3050 Lake Tahoe Blvd, South Lake Tahoe, CA 96150

Phone: (530) 600-0393 · Email: sltseniorcitizens@gmail.com · www.TahoeSenior.com

Putting you in control...



The Social Security Administration (SSA) is taking steps to provide a significant enhancement for my Social Security account holders, by introducing secure digital access to their Social Security number (SSN). This innovative feature is designed to provide the American public with a modernized, secure, and accessible alternative to the traditional physical SSN card.

For more information, please visit www.ssa.gov/news/press/releases.

SSA.gov

A SLT Senior Day Care facility may be coming to the South Shore!

City staff are in discussions of an Memorandum of Understanding (MOU) with the County regarding the responsibilities of the County and City going forward for a Senior Day Care facility at the Senior Center.

Points of discussion have included the following:

- No-cost or low-cost senior activities and senior services to be made available to seniors on a regular basis at the Senior Center.
- Full time Limited-Term Program Coordinator, contingent upon available California Department of Aging (CDA) grant funding.
- Recreation and/or Senior Services in the South Lake area.
- Building and grounds maintenance and janitorial services.

More on this developing story as we get information from John Messina, Liasson and Hilary Roverud, AICP Assistant City Manager, City of South Lake Tahoe!

NEWS





PARKS AND RECREATION WANTS TO HEAR FROM YOU!

Parks and Recreation Commission Sub-committee: Senior Focus Next meeting date: 04/16/25

At the March meeting it was decided to appoint a new sub-committee to handle the Senior population of South Lake Tahoe. The committee will evaluate the needs and wants of Senior Citizens and will report back to the commission each month.

If you have anything that needs to be taken up at each months meeting, please let me know or better yet, attend the meeting! This committee meets the 3rd Wednesday of each month.

I am looking forward to hearing back from Seniors.

Trudi Morgan, Secretary 530-600-0393



Located at the Village Center - near Stateline



Mon-Sun: 8AM-10PM Offering home goods, clothing, electronics & more, plus exclusive designer collections.

Located at the South Y Center



Open Mon-Sun: 9:30AM-9:30PM The top brands for an active and outdoor lifestyle for men, women, children & pets.



MORE NEWS TODAY

ROUNDABOUT AT MEYERS TO BEGIN CONSTRUCTION

EL DORADO COUNTY, Calif. – The El Dorado County Department of Transportation (DOT) will begin its US-50 / Pioneer Trail Intersection Safety Project on May 1, 2025.

It is estimated to be completed by Thanksgiving.

Multiple agencies came together in 2016 to analyze the intersection and roadways, and since most of the road rests in Caltrans's right-of-way, Caltrans procedures are used to determine intersection improvements that will provide the greatest operational and safety benefits. It was determined that a roundabout would be constructed to replace the existing signalized intersection.

During construction, the lanes will be open in all directions to begin with, and the current configuration will be maintained until traffic is switched to the roundabout configuration in late summer or autumn. There will be times when the contractor will implement reversing traffic controls or closing turn lanes, but that will be infrequent.

Read the whole article at: https://southtahoenow.com/04/25/2 025/new-roundabout-in-meyersbeing-constructed-this-summer-atpioneer-trail-us50





John Messina is the Commissioner for the El Dorado County Commission On Aging P O. Box 7115. South Lake Tahoe, CA 96158 TahoeSenior@gmail.com

The El Dorado Commission On Aging (COA) functions as an advisory to the County Board of Supervisors.

It is important to understand the Senior Center's and Seniors Inc.'s relationship with the county and city. To begin with:

- The County owns the land our Senior Center is built on.
- The City of South Lake Tahoe provides the utilities, janitorial services and maintenance.
- Senior Inc. has been sponsoring the production of the Senior Links Newsletter and activities at the Center such as the potlucks, social games such as Bridge, Bingo, Mexican Train, Shanghai Rummy. Seniors Inc. also sponsors dances and cosponsors the Rotary Mobility Program (providing free ambulatory mobility equipment at no charge.)

Future plans include the County providing a full time program manager for our Senior Center. This will allow us to keep the center open full time. The County currently provides most of the senior services, such as the Nutrition Program providing lunches five days per week and the many Health and Human Services programs from the current Senior Center building.

(https://www.eldoradocounty.ca.gov/Services/Assistance-Programs/Seniors).

The monthly meetings of the COA are normally held in Placerville and only twice a year here in South Lake Tahoe. Next month we have the opportunity to have the meeting locally, so that our residents may attend the meeting more easily. We need a large turnout to show support for our center and our community, this is our opportunity to present our needs and desires.

The next meeting will be: 9:30 am on May 15, 2025 HHSA Large Conference Room, 3368 Sandy Way South Lake Tahoe. (Behind the Bank of America building)

I have been persistently asking the City Council for more support for our seniors and I appreciate Miss Reagan's presentation at the last City Council meeting. We need more of our Seniors to speak up and share their interest and needs. Please consider attending this meeting and thank you for your support.

Written by John Messina



Happy Birthday to everyone celebrating in MAY!

- Donald Hariman 05/21
- David Gin 05/22
- Carmen Huggler 05/24

If we've missed your birthday, be sure to let us know and HAPPY BIRTHDAY TO YOU!



SQUARE DANCE PARTY RECAP

If you did not make it to the square dance party, Friday, April 25th you missed a lot of fun! There was a large turn out by our members who haven't had an opportunity to dance at the Center in years.

The lively group kicked up their heels to the music and had a great time being guided by the expert announcer and caller Scott Olson. Refreshments were available during breaks to keep the energy flowing and we brought in over \$100 in donations toward future events at the Center.

The Carson Valley Squares will be visiting us again at the Memorial Day Square Dance Party Friday, May 23rd from 6 - 8:30pm

Around the LAKE

AT THE CENTER

EASTER POTLUCK RECAP



Another entertaining evening was enjoyed April 24th at the Easter potluck dinner. We are grateful to the speakers from the local DAR who informed us about their organization and goals. More information can be found at https://laketahoe.californiadar.org/. We also enjoyed the wonderful music of Dee and Mark Bedgell throughout the meal.

Typical Easter fare was served including ham, yams and greens. We took in over \$80 in raffle and donation money. Thank you to everyone that gave. The prizes that night included several gift certificates from local merchants, and a lovely Easter basket donated by the Maggiore family. The gift baskets were put together and were beautifully decorated by Tiffany and Debbie.

BIG BASKET WINNER: Gary Maggiore Door prize baskets were won by members: Carmen, Suzanne, June, CJ and Carol Olivas.

Our April potluck dinner will be Thursday, May 15th at 5 pm.



Camp Richardson Resort Boathouse
1900 Jameson Rd

ACTIVITIES at the CENTER

Our goal at **Senior Inc.** is to provide activities for all seniors. Your input will be welcomed and all suggestions taken into consideration. Send your ideas to: sltseniorcitizens@gmail.com



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THURSDAY, MAY 15TH **JOIN US AT 5PM!**

Our volunteers will be serving ENCHILADAS, **BEANS AND RICE!** Help with the side dishes is welcome but not mandatory. Check your emails for the flyer!









We would be very grateful to anyone who wants to donate FOOD. RAFFLE PRIZES or VOLUNTEER to help out at our Potlucks. Please call 530-600-0393 and ask for Trudi if you're able to help.

MEMORIAL DAY SQUARE DANCE PARTY!

Sponsored by Senior Citizens, Inc.

Back by popular demand!

Friday, May 3rd ~ 6pm - 8:30pm

- · No experience needed
- NO PARTNER NEEDED
- \$8 suggested donation
- · Open to all Members, New & Old
- RSVP your interest to 530-600-0393







Happenings:



Monday through Friday

11:40pm - 12:30 pm Nutrition Lunch Open to the 60 & Older Community Reservations required by 8am

Call 530-573-3130

Monday ~ 11:00am Shanghai Rummy Call: Susan Alphonso 530-600-0393

Tuesday ~ 11:00am Mexican Train

Call: 530-600-0393 ~ 1:00pm Duplicate Bridge

Call: Barbara Jones 530-541-3973

Wednesday ~ 1:00pm Bingo Call: 530-600.0393

Thursday ~ NO ACTIVITIES

~ 1:00 pm Bridge Friday

Call: Barbara Jones 530-541-3973

Check your email for more info!



Weekly Games played at the Senior Center We hope you'll come join us!



Shanghai Rummy Every Monday ~ 11:00am

A rummy-style card game, with 3 to 8 players, and is played with two standard decks and four jokers, where players aim to lay down sets and runs, and the player with the lowest score after 10 rounds wins.

Mexican Train Every Tuesday ~ 11:00am

In Mexican Train dominoes, players aim to be the first to play all their dominoes by creating trains that connect to a central "engine" and each other. Each player has a personal train and can also play on the Mexican Train, a shared train. The game is played in rounds, and the player with the lowest score after all rounds wins.



MAY HOLIDAYS

- 1-May Day
- 2-Brother & Sisters Day
- 4- Kentucky Derby Day (first Saturday)
- 4-Star Wars Day
- 5-Cinco De Mayo
- 5- Ramadan (varies)
- 6-National Nurses Day
- 8- No Socks Day
- 10- Clean Up Your Room Day
- 11- Eat What You Want Day
- 12- Mother's Day (2nd Sunday)
- 15- National Chocolate Chip Day 17- National Bike to Work Day (3rd Friday)
- 18- Armed Forces Day (3rd Saturday)
- 18-No Dirty Dishes Day
- 19- World Plant a Veggie Garden Day
- 21- Victoria Day (Canada)
- 22-National Buy A Musical instrument Day
- 23- Lucky Penny Day
- 25- National Brown Bag It Day
- 26-Sally Ride Day
- 27-Memorial Day (last Monday)
- 28-National Hamburger Day
- 30-Water a Flower Day SOFESTIVE.COM



Duplicate Bridge - Every Tuesday at 1pm Regular Bridge - Every Friday at 1pm

Bridge is a trick-taking card game played by four players in two partnerships, involving bidding, followed by card play where the goal is to win tricks and score points based on a contract.



BINGO!

Every Wednesday at 1:00pm!

- \$5 Per Packet
- \$1 Hot Ball
- Door Prizes
- Progressive Blackout
- NEW TO PLAYING? Game Play assistance available

We have an average of 15 to 20 people and the payouts were around \$8 per game!

FIND THE NUMBERS















SEASONEDTIMES.COM

RESOURCES & INFORMATION



FEELING HOPELESS OR OVERWHELMED?

Medicare covers online therapy and other mental health services for Seniors.



Medicare covers inpatient mental health services under Part A, and under Part B, it covers outpatient mental health services, including evaluation and visits with a mental health provider.

To get specific information about your Medicare coverage for mental health services, you should contact your Medicare plan administrator or a Medicare counselor.

Source:

https://www.aarp.org/medicare/faq/does-medicare-cover-mental-health

SOUTH LAKE TAHOE VOLUNTEERS NEEDED!

El Dorado County Senior Nutrition and the Area Agency on Aging are currently seeking volunteers to help with daily meal deliveries, once a week, up to two hours. Just a couple of hours a week can make a big impact! If you're interested in lending a hand, we'd love to have you join our team.

Come to our next volunteer informational meeting to learn how you can help make a difference in your community!

Thursday May 24th 1:15pm to 2:15 pm

DRIVERS

South Lake Tahoe Senior Center 3050 Lake Tahoe Blvd, South Lake Tahoe Questions?

Please call Andrea Muzzy 530-621-4546 or Jamie Otterstrom 530-573-3130

KNOW SOMEONE OVER 50? INVITE THEM TO COME IOIN US!

Membership includes:

- ✓ Newsletter
- ✓ Access to many fun activities
- ✓ Discount at dances
- ✓ Presentations in our renovated Great Room
- ✓ Meet New friends or connect with Old ones



Your dues are waived because you have reached the '90' mark! Contact the office to start or renew your membership. You'll receive the newsletters, flyers and information and become part of our Senior Community.

MORE RESOURCES & INFORMATION

FREE HEALTHY FOOD FOR
THOSE IN NEED
MONDAY MAY 26TH TH THE
AMERICAN LEGION HALL



FREE TO EVERYONE

Community HUBs are a network of local resources centers with navigators who connect individuals to support and services in our area.

SOUTH LAKE TAHOE LIBRARY 1080 Rufus Allen Blvd. (833) 332-4827 eldoradocountycommunityhub5@gmail.com eldoradocommunityhubs.com

MEDICAL EQUIPMENT

AVAILABLE THOSE IN NEED!

We have equipment available such as wheelchairs, walkers, canes, shower toilets or seats. Please call 530-600-0393 for more information. Items subject to availability.



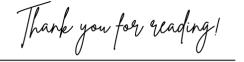
FREE LEGAL SERVICES

60 years and older El Dorado County Residents



Every 1st Wednesday BY APPOINTMENT ONLY! Limited Civil Issues Call 530-621-6154

- Your message should include the issue you'd like to discuss.
- No need to leave multiple messages, your call will be returned as quickly as possible.





SOUTH LAKE TAHOE SENIOR CITIZENS, INC.

MEET THE YOUR BOARD



Our newly elected for 2025 Board Members of Senior Citizens, Inc. are responsible for organizing and operating the South Lake Tahoe Senior Center.

They were sworn in at the Annual Membership meeting on December 16, 2024. They are here to make your experience at the Center enjoyable and are available to you at the phone numbers and email addresses below.

Board Members:

President

Carol Olivas 530-544-1306 carololivas@charter.net

1st Vice President

Gary Maggiore 530-541-1457 cgrandsrmaggiore @gmail.com

2nd Vice President

Susan Alphonso 530-541-1747 susanalphonso @aol.com

Secretary

Trudi Morgan 530-721-0201 trudi@thebottomlinetax service.com

Treasurer

Karen Hill

530-409-8993 kjhill@charter.net

Liaison

John Messina 530-307-1848 TahoeSenior@gmail.com



Left to Right: South Lake Tahoe Mayor, Tamara Wallace 2025 Board Members of Senior Citizens, Inc.: Carol Olivas, President; Gary Maggiore, 1st Vice President; 2nd Vice President, Susan Alphonso; Trudi Morgan, Secretary; Karen Hill, Treasurer

WHY SHOULD I VOLUNTEER??

It's not for the money, not for the fame; not for the fame; It's not for any personal gain; It's just to give a little of self, That's something you can't buy with wealthing you can't buy with wealthing you have the self-given for medals won with pride; It's not for feeling down in your heart. It's the feeling you have been a lit's the feeling you have been a feeling you be a VOLUNTEER. (Author Unknown)



Left to right: Trustees: Fernando Terminel, Lelaine Urban and Laurie Funderburk

Trustees

Fernando Terminel 530-990-3636 nando@terminel.com Lelaine Urban 530-600-0393 sltseniorcitizens @gmail.com Laurie Funderburk 530-541-8226 laurie@infostations.com

Additional Resources

El Dorado Council on Aging

EDC - Loreen Sanchez 530-208-7019 Imgs0203@gmail.com

SLT - John Messina 530-307-1848 TahoeSenior@gmail.com

Senior Center Services

Senior Citizens, Inc. Office 530-600-0393 sltseniorcitizens@gmail.com

Nutrition Reservations

Jamie Otterstrom

530-573-3130 Information & Assistance 530-621-6369