



# The Center Piece

April 2024

## thank you volunteers

Each year in April, individuals and organizations across the country celebrate National Volunteer Month to honor the important impact volunteers have in our communities.

The primary objective is to enlighten the public about the vast array of volunteering opportunities that cater to diverse skills and interests. It also aims to celebrate and draw attention to volunteers who share their time to make our community stronger.

Volunteering is a critical component to the success of many non-profits (including The Center!) who need volunteers all year round – not just in April. That's why it is so important to celebrate it and advocate for even more commitment!

We are inviting our Volunteers to join us for a Celebration Buffet Event on April 29th from 5-7 pm. You can RSVP on our website at [www.thecenteronrosser.org](http://www.thecenteronrosser.org). We hope to see you there!



## VOLUNTEER OPPORTUNITY

Give Back To Your Community  
Meet New People  
Raise Awareness!

Become a  
Center Volunteer!



Scan me

### ON THE INSIDE

Join us for April  
Arts & Crafts  
Classes!

Upcoming  
Events for  
June/July/August

April Dances  
with  
Ronnie Debenedetta!

## Celebrating Community, Volunteers & Growth!

As we step into the vibrant month of April, we're filled with immense gratitude and excitement here at The Center. It's a time for renewal, growth, and the blossoming of new opportunities. We're thrilled to share with you the latest updates and highlights from our wonderful community.

### **Celebrating Our Volunteers**

First and foremost, we extend our heartfelt appreciation to each and every one of our incredible volunteers. Your dedication, passion, and unwavering support are the very pillars upon which The Center stands. Your selfless contributions breathe life into our programs and initiatives, making them truly thrive. Thank you for being the beating heart of our community.

### **Kids Kloset Fundraiser Success**

We are overjoyed to announce that our recent Kids Kloset fundraiser was a tremendous success! Thanks to the generosity and enthusiasm of our community, we raised an astounding \$3000. These funds will go a long way in supporting our efforts to provide essential resources and support to families in need. We're also thrilled to share that our first family will be blessed during the first week of April. If you'd like to join us in making a difference through this program, please don't hesitate to reach out.

### **Easter Craft Fair Extravaganza**

Our Easter Craft Fair was a delightful celebration of creativity, joy, and community spirit. With a fantastic turnout and an exciting Easter egg hunt, it was a day filled with laughter, smiles, and cherished memories. We extend our heartfelt thanks to everyone who participated and helped make this event such a resounding success.

### **Bridging Gaps, Building Bridges**

As part of our ongoing commitment to inclusivity and community engagement, we're thrilled to continue with our rebranding efforts. We're not just a Senior Center—we're a vibrant hub for people of all ages and backgrounds to come together, connect, and grow. By involving the entire community, we can truly be better, stronger, and more united. We're excited to embark on this journey of transformation and empowerment, and we invite each and every one of you to join us.

### **Calling All Volunteers**

In our quest to maximize the potential of our space and programs, we're on the lookout for passionate individuals who are interested in teaching kids' classes during the day.

Whether it's fitness, art, or any other enriching activity, we believe that our rooms should be buzzing with creativity and learning from dawn till dusk. If you or someone you know would like to get involved and make a meaningful difference in the lives of our youth, please reach out to us.

***This month, we're thrilled to introduce an exciting initiative aimed at further enhancing the impact and sustainability of our beloved Center.***

### **Introducing Our Club Launch: The Center of Hope Gems**

We are delighted to announce the launch of our exclusive club, THE CENTER OF HOPE GEMS; a special opportunity for our community members and businesses to pledge their support to The Center. With a pledge of \$1000, to be contributed over four quarters, you can become a cherished member of our club. Your generous contribution will directly support our mission to provide enriching programs and services to individuals of all ages and backgrounds within our community.

### **Join Us in Making a Difference**

By becoming a member of our club, you'll not only be supporting The Center financially, but you'll also be playing a vital role in shaping the future of our community. Your pledge will enable us to expand our programming, offer more activities at low to no cost, and ultimately, create a more vibrant and inclusive community space for all to enjoy.

### **Recognition and Gratitude**

As a token of our appreciation for your support, club members will be honored in our newsletter (either with their name listed or anonymously) and on our giving board, prominently displayed within The Center. Your commitment to our cause will serve as a beacon of inspiration for others, encouraging further support and engagement within our community.

### **How to Join**

Joining our club is easy! Simply pledge your support of \$1000, which can be contributed over four quarters or as a lump sum. Your generosity will make a tangible difference in the lives of those we serve and contribute to the continued success and growth of The Center.

As we embark on this exciting new chapter together, we extend our deepest gratitude to each and every one of you for your unwavering support, dedication, and passion for our community. Together, we can achieve remarkable things and create a future filled with boundless possibilities.

With heartfelt appreciation and warmest regards,

*Kathy McFadden*



# Our Business Members

Our goal is to provide benefits such as discounts on room rentals for your events, advertising, a dedicated space for your meetings, priority status to Center events and an opportunity for you to connect with the community and grow your referral sources. We're here for you!

## Executive Platinum



## Platinum



## Gold



## Silver



## Bronze



## Basic



For more information, call Kathy McFadden at 928-778-3000. See how you can start building your referral sources and expanding your business relationships today!

Membership packets are also available on our website at [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

# Business Member Information

## News & Events



Join us for a Resident Panel Tuesday, 4/16 @3pm - Grand Lodge - Mingus Forum. Come and be a part of our Q&A session! Gain insight into life at Touchmark as our current residents share experiences & answer questions. Enjoy a selection of light appetizers & beverages. 3180 Touchmark Blvd. in Prescott.



We're open for same day appointments and walk-ins are welcome! We are located at 2971 Willow Creek Road, Bldg. 3&4. 928-277-8088. Contact Debra Scott for more information: [debra.scott@imsaz.com](mailto:debra.scott@imsaz.com)



Caregiver Support Group! Join us monthly on the First Wednesday at 4:00 pm at iCARE Adult Day Center-213 N. Marina Street in Prescott. To register or for more information, call iCARE at 928-515-1011.



The Senior Referral Network is hosting our 2024 event at The Center on Tuesday, May 14, 2024 5:00pm-7:00pm. To register for the May event visit: <https://seniorreferralnetwork.org/events/>



Visiting Angels of Northern Arizona will be at the Prescott Chamber of Commerce Expo at the mall on Saturday, April 6, from 10:00 am - 4:00 pm. Stop in and see us!



Free Social Security Seminars at The Center. Dates are April 9 and April 17 at 6:00 pm. We hope to see you there!



Frontier Financial of Arizona is hosting a Reverse Mortgage Lunch & Learn at Pioneer Title Agency in Glendale, AZ - on Tuesday, April 16, 2024 11:30am-1:00pm. Lunch will be served. Register here: [www.arizonareversemortgages.net/events](http://www.arizonareversemortgages.net/events)

*Thank you to all our Business Members  
for your continued support!*





# SHARE *Your* STORY

## Be a Part of Our Center's Video!

We hope this message finds you well and thriving within our community at The Center.

As we continue to grow and evolve, we're excited to create an informational video that captures the essence of what The Center means to us and the impact it has had on our lives. Your unique perspective and experiences are invaluable to us, and we would be honored if you would consider being a part of this project.

We're reaching out to ask if you would be willing to share a short testimony or reflection on camera, highlighting what The Center means to you and how it has enriched your life. Your story has the power to inspire others and showcase the Incredible sense of belonging and support that our community offers.

Participation would involve a brief interview session, where you'll have the opportunity to speak from the heart and share your thoughts in a comfortable and supportive environment. Your contribution will help us communicate the essence of The Center to a wider audience and attract more individuals who can benefit from what we have to offer.

If you're interested in participating or have any questions about the project, please don't hesitate to reach out to Kathy. We would love to hear from you and discuss how we can best showcase your story in our video.

Thank you for considering this opportunity to be a part of something meaningful and impactful. Together, let's continue to celebrate and amplify the spirit of community at The Center.



# The Center of Hope Gems

## Introducing Our Club Launch The Center of Hope Gems

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RONNIE DEBENEDETTA

April

Tuesday Night Classes



Intermediate  
Progressive Two-Step

**6:30-7:30pm**

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Intermediate  
West Coast Swing

**7:30-8:30pm**

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**\$40 per month or \$15 per night**

April 2, 9, 16 & 23 (No Class on the 30th)

*Join us at The Center!*

The Center | 1280 E. Rosser Street | Prescott | 928-778-3000



# April Events & Activities

Day	Program/Activity	AM/PM	Members
MONDAY	Movin' w/June	8:30 AM	\$8
	In the Middle Line Dance w/Cindy	9:30 AM	\$8
	Strength & Balance w/Joy	9:30 AM	\$9
	ZUMBA w/Stacey	11:00 AM	\$8
	Hand & Foot Canasta	12:00 PM	\$5
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Non-Sanctioned Bridge	12:00 PM	\$6
	Yoga for Peace & Vitality w/Roma	12:15 PM	\$8
	Beginning Radical Rebounding w/Dr. Kimberley <b>(New time starting 4/8-2:15pm)</b>	1:00 PM	\$25
	Tai Chi & Qigong w/Roma	1:30 PM	\$8
	Intermediate Radical Rebounding w/Dr. Kimberley <b>(New time starting 4/8-3:00pm)</b>	1:45 PM	\$25
	Belly Dance Class w/Kirsten	3:00 PM	\$9
TUESDAY	All Levels Yoga w/Katy	8:40 AM	\$9
	Meditation w/Peg	9:00 AM	\$5
	Basic Beginner Line Dance w/CindyLou	10:00 AM	\$8
	Weights w/Balls & Chair w/Katy Kolasa	10:00 AM	\$9
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Chair Yoga w/Joy	11:15 AM	\$9
	ACBL Sanctioned Bridge	12:00 PM	\$7
	Center Connect (4/23)	1:00 PM	Free
	Lunch & Learn w/Desert Fin. - POA & Legacy Planning (4/30)	1:15 PM	Free
	Intermediate Line Dance w/Barb	3:00 PM	\$8
	Progressive 2-Step Lesson w/Dawn	5:15 PM	\$8
	Social Security Seminar (4/9)	6:00 PM	Free
	Intermediate Prog. 2-Step w/Ronnie	6:30 PM	\$15/\$40
	Intermediate W. Coast Swing w/Ronnie	7:30 PM	\$15/\$40
WEDNESDAY	Strength & Balance w/Joy	9:30 AM	\$8
	Zumba Gold w/Kay	10:00 AM	\$8
	Bridge - Competitive Bidding Class <b>(Cancelled 4/24)</b>	10:30 AM	Free/\$5
	Mat Pilates w/Denise	10:30 AM	\$8
	All Levels Yoga w/Katy	11:00 AM	\$9
	Intermediate Line Dance w/Diane	11:45 AM	\$8
	ACBL Sanctioned Bridge <b>(Cancelled 4/24)</b>	12:00 PM	\$7
	AZ Territorial Society - "Pauline O'Neill"	1:00 PM	Free
	<b>NEW!</b> Zumba Toning Class	1:30 PM	\$8
	Chef Demo - 'Pre-Cinco de Mayo Items' (4/24)	2:30 PM	Free
	Spoon Painting w/Julia (4/24)	3:00 PM	\$15
	Open House w/Dr. Kimberley (4/3)	4:00 PM	Free
	Beginning Radical Rebounding w/Dr. Kimberly <b>(Starting 4/10)</b>	4:45 PM	\$25
	West Coast Swing w/Dawn <b>(Cancelled 4/3)</b>	5:15 PM	\$8
	Intermediate Radical Rebounding w/Dr. Kimberly <b>(Starting 4/10)</b>	5:30 PM	\$25
Social Security Seminar (4/17)	6:00 PM	Free	

Non-Member Price for Activities \$ 10 Non-Member for Bridge \$10.50 to \$12

Activities in BLUE are eligible for Silver Sneakers, Renew Active & Silver & Fit!

**Non-Member Price for Activities \$10 Non-Member for Bridge \$10.50 to \$12**

Day	Program/Activity	AM/PM	Member Fee
THURSDAY	Strategic Network Partners	7:30 AM	Free
	Movin' W/June	8:30 AM	\$8
	All Levels Yoga w/Katy	8:40 AM	\$9
	Beginner Line Dance w/Sandi	10:00 AM	\$6
	Tai Chi Chuan w/Bryan	10:30 AM	\$8
	Blood Pressure Checks (4/11)	11:00 am	Free
	BINGO - Games start at 1:30 pm, Doors open at Noon	12:00 PM	Per Game
	Chair Yoga w/Joy	12:00 PM	\$9
	Hand & Foot Canasta	12:00 PM	\$5
	American Mahjongg - Beginners Welcome	1:00 PM	\$5
	Note Card Making w/Joy (4/18)	2:00 PM	\$10+\$20
FRIDAY	ZUMBA Gold w/Kay	10:00 AM	\$8
	Intermediate Line Dance w/Diane (Cancelled 4/26)	10:30 AM	\$8
	Balance & Stretch w/Katy	11:15 am	\$8
SA/SU	Ronnie Dance (Saturday, 4/20)	6:30 PM	\$15
	Union Church Services (Sundays)	10:00 AM	Free

Activities in BLUE are eligible for Silver Sneakers. Renew Active & Silver & Fit!

## Personal Trainer Now Available in the Fitness Center!



### Fitness Center Hours:

Monday-Thursday 8:30am-5:00pm

Friday 9:00am-2:00 pm

Saturday & Sunday CLOSED

### Fitness Center Rates:

Members: \$15/Mo. - \$75/6 Mos. - \$120/Yr.

Non-Members: \$10 per Day

### Personal Training

Call Joy for Information: 928-642-4002

# April Arts & Crafts at The Center

## Note Card Making w/Joy

April 18 from 2-5 pm

Fee: \$10 + \$20 to Instructor

Learn to make your own note cards.

You'll have 6 cards at the end of



## Spoon Painting w/Julia 'One Red Flower'

April 24 @ 3:00 pm

Fee: \$15 for supplies

Bring an apron!

*RSVPs Appreciated!*

### REGISTRATION:

You can register for all classes by calling

The Center at 928-778-3000!



# COMING UP FOR APRIL & MAY



Please join us to celebrate you!

## VOLUNTEER & DONOR APPRECIATION DINNER

April 29 from 5-7pm

Italian Buffet  
Dessert • Beer & Wine

Certificates of Recognition @ 6pm  
Raffle @ 6:30 pm

You are welcome to bring a guest.  
Please RSVP by calling The Center at 928.778.3000



1280 E. Rosser Street | Prescott  
www.thecenteronrosser.org



**CINCO de MEXI-FEST**  
May 8 | 4:30 - 6pm

- Mexican Buffet
- Refreshments
- Cinco de Bingo
- What's Your Taco Name?
- Margarita Party Basket Raffle


**Games & FUN!**

**\$15**  
Ticket Price includes:  
Buffet Dinner & one Margarita or Cerveza!

Get your tickets online at [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

1280 E. Rosser Street | Prescott | 928.778.3000

## On The Radar!



Join us!  
**SENIOR RESOURCE Care Fair**

**June 26**

**July 20**



Time-For-Teachers!  
**CRAFT FAIR** 9-2pm  
July 20th



**Casino NIGHT**

**August 23**

Check The Center's website for registration information!



## Speaker Series at The Center

Programs are Free and start at 1:00 pm

- Apr 17 .....Pauline O'Neill
- May 15 .....World's Oldest Rodeo
- Jun 19 .....AZ Cowboys Poets Gathering
- Jul 17 .....Baby on the Bar
- Aug 21 .....Who is Don Maguire
- Sep 18 .....Hauntings
- Oct 16 .....My Life at the Phantom Ranch
- Nov 20 .....Skull Valley

“Providing seniors with community-based service information & resources.”



*Join us!*

# SENIOR RESOURCE

## Care Fair

### EVENT FEATURES

- Free Admission
- Health Screenings
- Giveaways & Prizes
- Senior Agencies
- Financial Advisors
- Senior Living Reps
- Fitness Professionals
- Free Hearing Tests
- More



Vendor Registration

**June 26 | 9 am - 1 pm**



1280 E. Rosser Street | Prescott  
928.778.3000 | [www.thecenteronrosser.org](http://www.thecenteronrosser.org)

# *You're invited!*

## **“Center Member Connect”**

### **April 23 @ 1:00 PM**

We're thrilled to extend a warm invitation to you for an exclusive event designed to help you dive deeper into the heart of our community here at The Center.

Join us for "Center Member Connect: An Introduction to Your Community" – a fun and informative gathering where you can learn more about what makes our center special and how you can get involved in our exciting programs and activities.

Whether you're a long-standing member or new to our community, this event is your opportunity to:

- Discover the diverse range of programs and services we offer.
- Meet fellow members and connect with like-minded individuals.
- Learn about upcoming events, workshops, and opportunities for personal and professional growth.
- Explore ways to contribute your unique talents and passions to enrich our community.

Plus, we'll have delicious snacks and refreshments available for you to enjoy as you mingle and chat with our team and other members.

Please RSVP by calling 928-778-3000 by April 19th to secure your spot at this special event. Space is limited, so don't miss out on this fantastic opportunity to become more engaged with your center and all that it has to offer.

We can't wait to welcome you and share the vibrant spirit of our community with you at "Center Member Connect"!







We're sharing a Paid Research Opportunity with our community.

The NIH is sponsoring research on healthy aging, depression, and mild cognitive impairment in people ages 60 and over. The study takes place on your mobile device. To enroll, you must be able to download and use mobile applications. Participation includes two sessions. The first takes about 2 hours, the second about 1 hour. The sessions will take place 6-9 months apart.

Participants will be compensated **\$150** for study completion. If you are interested or know someone who might be, please visit: <https://mirohealth-research.org>.

Check your eligibility

Are you 55 years of age or older? Yes No

Where did you learn about this study?

Adult Center of Prescott Club

Next

See next page for step-by-step instructions!

# Join our remote research study!



## It's easy

All you need is a phone or a tablet and WiFi



## It's important

Funded by the **National Institutes of Health**



## It's quick

- 2 sessions (remote)
- 1.5 hours per session
- 6 months apart



## It's paid

**\$150**  
**\$ 50** Session One  
**\$100** Session Two

## Am I eligible?



## What will I do if I participate?

	\$50	\$100
<b>Screen</b>  <b>Part 1</b> (10 mins) Answer questions to determine if you have capacity to consent for yourself  <b>Part 2</b> (10 mins) Answer questions to determine if you fit one of the study groups	<b>Session One</b>  <b>Part 1</b> ~60 mins (\$25) Download and complete the Miro Health Mobile Assessment <i>Answer questions and play games</i>  <b>Part 2</b> ~60 mins (\$25) Complete a Telehealth Visit	<b>Session Two</b>  <b>Part 1</b> ~60 mins (\$100) Download and complete the Miro Health Mobile Assessment <i>9 months after Session One</i>

**What's the purpose of the study?** Data collected during this study will complete the FDA's requirements for the approval of Miro Health for the automated diagnosis of depression and mild cognitive impairment and the recognition of healthy aging. The study is recruiting over 1,000 participants.

**What are the benefits of participation?** Your participation will help advance brain health research. It will help fulfill final FDA approval for Miro Health Mobile Assessment to be marketed to the American public.

**I'm interested, but will my data be secure?** We use best practices in IT data security and privacy to make sure that your study data is safe and secure.

**Contact Us:** [research@mirohealth.com](mailto:research@mirohealth.com) - 808-325-8205

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928-379-0163 - Andrew McFadden

## Can Headphones Cause Hearing Loss?

Hair cells are affected by loud music and noise, and the damage ultimately causes them to die. This condition is known as noise-induced hearing loss. Sadly, hair cells cannot regenerate. In other words, they are gone for good.

Too long, too loud or too frequently, the use of headphones or earbuds can kill the parts of the ear that are important for safe hearing. There are about 18,000 cilia in each ear, which are small sound-transmitting hair cells. These microscopic hair cells are an essential part of the mechanism that gives the brain an electrical signal that then converts into a recognizable voice.

Earbuds are essentially tiny speakers that funnel music directly into the ear canal. Yet the majority of earbuds are low quality, unable to block ambient noise. They transmit bass poorly as well. All these reasons lead listeners to turn up the volume even further.

Outside the ear headphones are a better choice since they offer a little buffer space between your ear canal and the music. Although this is a better choice, most headphones still produce low-quality sound, and the listener will tend to turn up the volume. Choosing a better quality of headphones may help protect your hearing and provide a better listening experience, thus listening to the music at a lower volume.

### Signs of Hearing Loss

Hearing loss concerning headphone use is gradual and can temporarily cause sensitivity to noise. Excessive use of headphones at a high volume can permanently affect your hearing.

Here are some signs of hearing loss:

- Ringing, hissing, buzzing, or roaring in the ear
- Muffled sounds and a plugged ear feeling
- The need to turn up the volume on the TV or radio
- Difficulty understanding conversations, especially in noisy environments

### How To Prevent Hearing Loss When Using Headphones

It may be difficult to gauge how loud is too loud in regard to your headphones; however, here are some ways on how to prevent hearing loss when using headphones:

- Take a break. Reducing the amount of time, you use headphones can help protect your ears from prolonged exposure to loud noise.
- Use headphones instead of earbuds. Outside-the-ear headphones are a better choice since they offer a little buffer space between your ear canal and the music.
- Reduce the volume. By reducing the volume will serve best to protect your ears.

Everything in moderation is a good idea for many of our life choices.

### Call Prescott Hearing Center

Prescott Hearing Center is here to help you with all your hearing needs and services. We offer a place to help to improve your hearing to its fullest potential so you can take part in those priceless life events.



**PRESCOTT**  
**Hearing Center**  
Simply better, from the start.

928-899-8104 [www.prescottheating.com](http://www.prescottheating.com)

3108 Clearwater Drive, Ste B2, Prescott, AZ 86305

7762 E Florentine Rd, Ste D, Prescott Valley, AZ 86314



DOUG



PAULA



KIM



If you would like to advertise with us & help support the community, call 928-778-3000 for rates!





### BRONZE BUSINESS MEMBER

The Grand Canyon Education Academy provides financial education programs for companies and organizations that want their people to enjoy a more financially secure future. When employees and members are more sure of their future and working toward their goals through a sound game plan, they are more productive in the workplace.

Our Financial Literacy workshops cover a wide variety of informative, inspiring and enjoyable topics for one and all, including, but not limited to:

- Social Security Explained
- Social Security Claiming Strategies
- Women Approaching Retirement and Beyond
- Social Security for Divorced Women
- Retirement Basics for Women
- Strategies for a Lifetime Income in Retirement
- Exploring Your Options for a Quality Retirement
- Understanding 401K Rollovers
- Financial Blunders – Lessons We Never Learn
- I.D Theft
- Preparing for Long Term Care
- Taking Control of Your Cash – Eliminating Debt Tax Planning

#### Upcoming Social Security Seminars at The Center

[www.thecenteronrosser.org](http://www.thecenteronrosser.org)

**April 9.....6:00 pm**  
**April 17.....6:00 pm**  
**May 9.....6:00 pm**  
**May 15.....6:00 pm**

*Check the Calendar on The Center's Website to verify times and dates.*




[www.grandcanyonedu.com](http://www.grandcanyonedu.com)

# Advertisers & Info

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**Prescott, AZ 86305**

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If you would like to advertise with us & help support the community, call 928-778-3000 for rates!

### The Center Staff

Kathy McFadden - CEO

Lisa Urquijo - Administrative Assistant

Bryan Sebring - Sr. Facilities & Events

Drew Barbaresi - Facilities & Events

Nancy Barber - Admin Assistant II

Julia Rulla - Marketing & Communications

Follow us 😊



**Board Meetings: Monthly - 3rd Wednesday - 10:00 am**

**Board of Directors**

Ana Maria Fraijo - President

Sherry Huffman - Vice President

Irene Winter - Treasurer

Helene Schaffer - Secretary

Becky Cochell - Member

Mary Ann Suttles - Member

Irene Beitz - Member



### Hours

Monday - Thursday: 8:30 am - 5pm

Friday - 8:30 am - 12:00 pm

Saturday: By Event Sunday: Closed



### The Center

1280 E. Rosser Street

Prescott AZ 86301 | 928-778-3000

[www.thecenteronrosser.org](http://www.thecenteronrosser.org)