



The Club News

Placerville

El Dorado County Older Adult Day Services

MARCH

2025

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VALENTINE CELEBRATION



Happy Birthday

John T
Alan G.



*Just a Reminder
to wear your Green
On Monday
March 17th*



Members of the Month

Margret Crites



Marggie was born on August 1, 1939, to Charles and Minerva Owens. She had seven siblings Wanda, Peggy, Pat, Georgia, Edward, Eldo and Merrill. During high school Marggie was a cheerleader and was also voted homecoming queen. After graduating high school, she married her childhood sweetheart David. They were married in Indiana on June 8, 1956. Together she and her husband had four children Mark, Brad, Vanessa, and Christine. She has enjoyed traveling throughout most of the United States and one of her favorites places to visit was Hawaii. She also loves square dancing and she and her husband belonged to a square dancing club. Marggie loves to cook and even taught a cooking class. Some other fun activities Marggie enjoys are camping and fishing. She especially loved camping in the winter! Marggie has 11 grandchildren and 13 great grandchildren and she loves to spend time with them. Today Marggie keeps busy working puzzles, visiting with her sisters, listening to music, going to the casino, and especially dancing! We are happy to welcome her to our SDC family.

The Beautiful Month Of March

According to a Harvard study, the #1 key to happiness and longevity is “social fitness” (Schulz & Waldinger, 2023). Social fitness means being together with other people on a regular basis in healthy, fulfilling ways: having fun, discussing meaningful things, helping each other through good and bad times. Spending time with others is the one thing we need most, and without it, well we just don’t do too well! Contrary to popular opinion, it is not healthy diet, exercise, the ideal weight, possessions, wealth or a gorgeous home that we crave (nice as they may be)! When people look back on their lives, a happy fulfilling life is measured by the love that surrounds us and in doing what we most enjoy.



When we engage in positive relationships with others, our body produces endorphins that make us feel good! Laughing, eating nourishing food and sharing our thoughts with others helps alleviate stress, cope with difficulties more easily, see the world from a wider perspective, plus boosts our health and immune function too! But not all relationships are beneficial. Participating in social fitness requires taking stock and considering whether our relationships make us feel better or worse. And if not, please reach out and get support. We deserve respect and kindness from others. By reaching out, sharing our feelings, practicing self-care and kindness, we help cultivate more positive, healthy, daily interactions.

Because we are social beings, we do often need others to help us solve problems and feel better. Ask yourself these questions: do your relationships feel fulfilling and nurturing? Do you feel safe and secure at home and in the world? Are you learning new things that interest you? Do you feel that your privacy is respected and protected? Are you able to express yourself honestly with others? Are you satisfied with how intimate or close your relationships are? Who can you turn to when you need help or a hug? With whom do you call on for a laugh, to do fun things and go on adventures?

Some relationships can only provide some support, while others may fulfill different needs. It is good to take stock of our relationships every now and then to ensure we are making positive, healthy choices for ourselves. If ever you do need support, please reach out to a trusted family member, friend or professional provider. The Club and Senior staff can help connect you with supportive activities and services too. Wishing happiness, great health and all the best to us all this beautiful month of March!!