



The Club News



El Dorado Hills

El Dorado County Older Adult Day Services

2025

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El Dorado Hills

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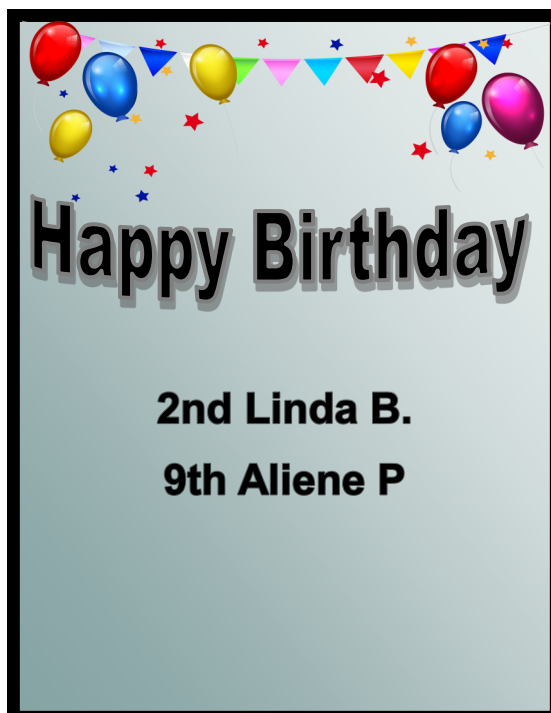
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Ruth Bowman RN

Nursing Consultant

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Members of the Month

Dennis Demmer



Dennis was born on January 30, 1942 to Ernie and Marge Demmer. His mother Marge was a housewife while his father Ernie worked as a sweet potato farmer. Dennis recalls many fond memories of working on the family farm while growing up with his three siblings Dave, Vince, and Susie in Southern California. After high school Dennis joined the army later going back to finish his education Chico State where he received his masters degree and undergrad at Calpoly. Dennis began his career as a PE teacher at Cordova high and coached many sports such as golf baseball and basketball. In 1983 Dennis married his beautiful wife Karen and they had two lovely children Annie and Joe and were later blessed with three grandchildren, Sage Graham, and Beau. Dennis has traveled to Europe and Mexico and has enjoyed being part of a few clubs, such as the men's golf club in El Dorado Hills and a member of Catholic Church, where he attends Sunday mass. We would like to welcome Dennis to The Club and look forward to seeing his warm welcoming smile!

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!!