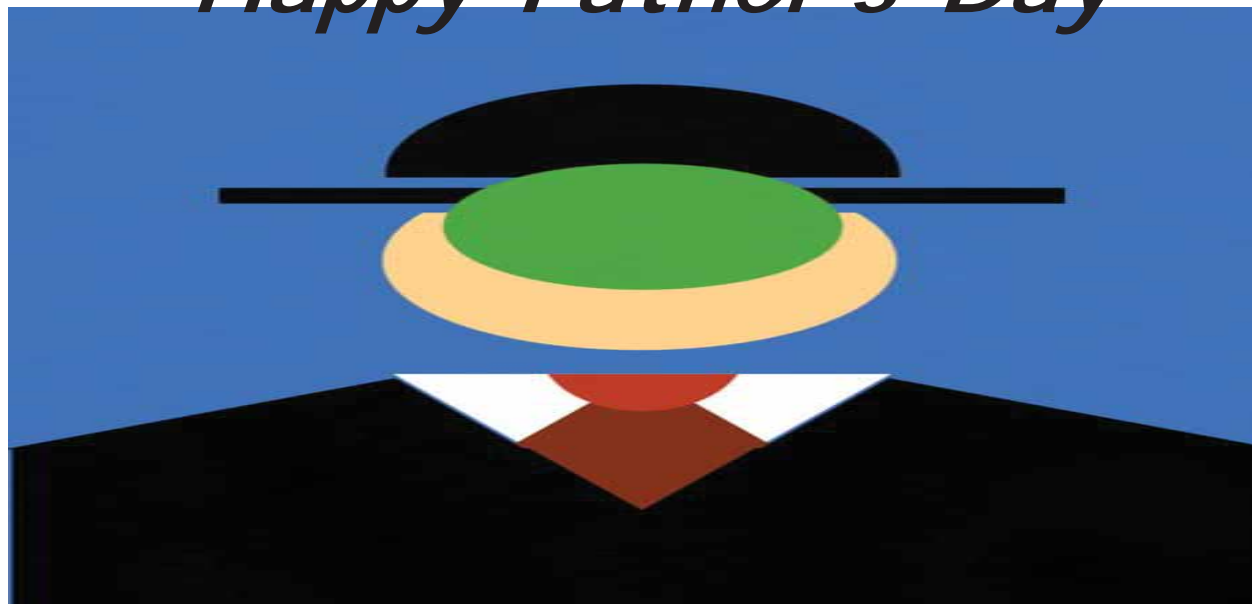


Adult Day Care Center of Las Vegas
901 N. Jones Boulevard
Las Vegas, NV 89108
702.648.3425
Fax: 702.648.1408



Adult Day Care Center of Henderson
1201 Nevada State Drive
Henderson, NV 89002
702.368.2273
Fax: 702.243.2273

Happy Father's Day



HENDERSON MONTHLY NEWSLETTER JUNE 2017

The Adult Day Care Center of Henderson is celebrating Father's, summer with laughter, bright clothes and iced teas. Summer is a time to enjoy family and friends, take it easy and relax in the warm sun rays of June. June is National **Alzheimer's Awareness**, Tea, Safety, and Handshake Month. There's a lot to be said about a good handshake: so shake a hand at our Center and make a friend. Our Henderson Center responds to the important mission of supporting adults of all ages and senior citizens in their efforts to remain independent, with dignity in the community. Our Center will offer an array of activities that all of our participants enjoy, including: a daily exercise program, Tai Chi, Music Therapy, Gardening, Bingo competitions, Arts & Crafts and live entertainment in the afternoons. Please join us for summer fun in the sun as we welcome the month of JUNE.

WWW.ADULTDAYCAREHENDERSON.ORG
MONDAY – FRIDAY 6:30AM – 6:30PM
SATURDAY 8:00AM-6:00 PM



HIGHLIGHTS FROM MAY

The excitement of our three May holidays, Cinco de Mayo, Mother's Day and Memorial Day had our Center celebrating. For Memorial Day our clients made several flag themed arts and crafts which, one is displayed by the front door. Our fiesta was awesome and our Mother's Day luncheon was just beautiful. A Big Thank You to Chef Loril!. We have been observing huge smiles and laughter during our Karaoke and Charades fun Hour. Everyone is invited to be an actor, sing and dance to fun, lighthearted music in our Karaoke/Charades fun Hour on the second Thursday's late afternoon. It's nice to see our clients having such a good time. Our seniors continue to take morning walks through their beautiful flower garden before it gets too warm, and to play shuffle board. Our view of the mountains takes your breath away in the morning sun. Attention! Cooks, Chefs, and Food Enthusiasts! Please submit your recipes. See attached flyer for details.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Centers family in May: Ellwood P., Rodney S., and Teresa P.

CLOSURES

There will be no closures in the month of June.

GET PLUGGED IN!

There's an amazing state-of-the-arts *computer lab* here at The Henderson Center, located in the library Quiet Room, next to the Arts & Crafts department. The software and technology suits any and all needs.



EVENTS IN JUNE

We would like everyone to join us for Tai Chi, Yoga on Wednesdays at 10:00am, live entertainment at 1:00pm, Bingo every afternoon and try your hand at Acting, Singing or Dancing with our Happy Hour of Charades on Thursdays late afternoon. Caregivers are invited as well. On **June 16th** we will be celebrating our **Fathers** with a hand crafted **Father's Day gift** for each of our participants, as well as **Father's Day lunch!** Be on the look-out for some special surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here.

GETTING SCENT-IMENTAL

A new aromatherapy scent, cinnamon, which helps to stimulate the brain, will be the aromatic of choice in the month of June.

SEE WHAT'S IN BLOOM!

We planted flowers in our garden at Henderson Center. The seniors have started taking a weekly stroll through the garden to see the fruits of their labor.

FUN-DID YOU KNOW?!

Did you know? Bananas are curved because they grow towards the sun. Try it, plant a banana seed.

DID YOU KNOW?!

The top cancer fighting foods and spices are: berries, broccoli, brussel sprouts, cabbage, carrots, celery, cilantro, citrus fruits, flaxseed, garlic, ginger, onions, parsley, parsnips, peppers, tomatoes, turmeric, and whole grains.



HAPPY BIRTHDAY

We would like to wish a Happy Birthday to: George S. (6/5), Jose G. (6/5), Jean R. (6/14) and Betty R. (6/17). Our Birthday party will be held on the 3rd Wednesday of the month, June 21st, 2017. Entertainment will be provided and birthday treats will be served as well.



SUPPORT GROUP

We will have **Support Group Meetings** on the 13th and the 27th. Meetings will be on the 2nd Tuesday 10:00-11:00am and the 4th Tuesday at 10:00-11:00am. Everyone is invited to attend! Please see attached flyer for more info on caregiver support.



ATTENTION CAREGIVERS!

What's the best way to help prevent cataracts? The best way is simple, wear sunglasses to protect the cornea from light. They should be good sunglasses that block out all ultraviolet light below 400 nanometers. Those who do not wear sunglasses regularly often experience cataracts 10 to 15 years earlier than those who do. Good sunglasses are helpful in preventing macular degeneration as well.

-Emil Stein, MD ophthalmologist

THANK YOU!

On behalf of our entire family of caring professionals here at The Adult Day Care Center of Henderson, we would like to thank you for continually being an important and appreciated part of our Center. We strive to make our Center a place of caring and fun for all of our participants. Remember, our doors are always open to you and your family members needs. Thank you for choosing us!

Dee Dee Woodberry

Dee Dee Woodberry
Activities Director



Happy Fathers Day



LUNCH MENU

ADULT DAY CARE CENTER OF HENDERSON

JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>4) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!</p>	 <p>5) Green Salad Chicken Quesadilla Spanish Rice Black Beans Cinnamon Sliced Apples</p>	 <p>6) Tomato Soup Tuna Salad on Bed of Lettuce Toast Points Pineapple Slices</p>	 <p>7) Green Salad Bar-B-Que Chicken Lemon Herb Risotto Green Beans Honey Dew Melon</p>	<p>1) Beef Veggie Soup Grilled Chicken Sandwich Sweet Potato Fries Blueberries & Cream</p>	<p>2) Green Salad Baked Fish Seasoned Potatoes Broccoli w/ Cheese Sauce Pears</p>	<p>3) Cream of Tomato Soup Grilled Turkey Cheese Sandwich Zucchini Fries Orange Slices</p>
<p>11) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!</p>	<p>12) Chicken Noodle Soup Chef Salad w/ boiled eggs, cheese, turkey, and cucumbers Clementine Oranges</p>	<p>13) Veggie Soup Sweet & Sour Meatballs Pasta Salad Yogurt w/ Fruit Strawberries</p>	<p>14) Singing Rice Soup Lettuce Wrap w/ Chicken Quinoa Yellow Squash Apricots</p>	<p>15) 3 Bean Soup Turkey Sloppy Joe Wheat Bun Baked Fries Green Salad Cantaloupe</p>	<p>9) Cream Veggie Soup Chicken Salad Sandwich 3 Bean Salad Potato Chips Jell-O w/ Fruit</p>	<p>10) Chicken Veggie Soup Green Salad Veggie Cheese Pizza Sliced Peaches</p>
<p>18) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!</p>	<p>19) Green Salad San Antonio Beef Stew Corn Muffins Honey Dew</p>	<p>20) Turkey Chile Fruit Salad Cottage Cheese Melons, Strawberries, Apples and Oranges Yogurt w/ Granola</p>	<p>21) Vegetable Soup Italian Pasta Salad Roasted Chicken Olive Vegetables Zucchini Peaches Birthdays Cake</p>	<p>22) Broccoli Soup Chicken Filet Sandwich w/ lettuce & tomato Zucchini Fries Orange Slices</p>	<p>23) Asian Turkey Noodle Soup Teriyaki Chicken Stir Fry Vegetable Over Bed of Rice Pears</p>	<p>17) Turkey Veggie Soup Chicken Strips Sweet Potato Fries Green Salad Pears</p>
<p>25) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!</p>	<p>26) Cream of Veggie Soup Taco Salad w/ meat, cheese, lettuce, and tomatoes Yogurt w/ Fruit</p>	<p>27) Gazpacho Soup Cat Fish Fry Potatoes Coleslaw Strawberries & Cream</p>	<p>28) Broccoli Soup Grilled Cheeseburger w/ Lettuce & Tomato Baked Potato Fries Pineapple Slices</p>	<p>29) Spinach Salad Stuffed Green Peppers w/ Beef Zucchini Julienne Strips Pears</p>	<p>30) 3 Bean Salad Turkey Club Sandwich w/ Lettuce & Tomato Cheese Multi – Grain Chips Honey Dew Melon</p>	

*Milk is offered at Breakfast and Lunch.

ACTIVITY CALENDAR

ADULT DAY CARE CENTER OF HENDERSON

JUNE 2017
SATURDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HAPPY BIRTHDAY
 GORGE S. 6/5
 JOSE G. 6/5
 JEAN R. 6/14
 BETTY R. 6/17



1)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 1:00 **MARC CHERMERY'S**
 2:00 **SIGN LANGUAGE**
 w/**BETTY**
 3:00 Bingo

2)
 9:00 Current Events
 9:30 Exercise
 10:00 **Spa / A&C**
 12:30 Trivia
 1:00 **JENNIE FRANCO**
 3:00 Bingo

3)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Trivia
 1:00 **SING ALONG/**
MOVIE MATINEE
 3:00 Bingo

5)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Ball Toss
 1:00 **WILFRED KROM**
JAZZ HARMONICA
 3:00 Bingo
 Hug Day

6)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Sing-A-Long
 1:00 **MAD ENT.**
 3:00 Bingo

7)
 9:00 Current Events
 9:30 Exercise
 10:00 **TAI CHI**
 12:30 Trivia
 1:00 **DANA LARA**
 3:00 Bingo

8)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 1:00 **HSIANG CHI**
ALEXANDER.
 2:00 **SIGN LANGUAGE**
 w/**BETTY**
 3:00 Bingo

9)
 9:00 Current Events
 9:30 Exercise
 10:00 **Spa / A&C**
 12:30 Trivia
 1:00 **MARC CHERMERY'S**
 3:00 Bingo

10)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Trivia
 1:00 **CONDUCTORCISE/**
MOVIE THERAPY
 3:00 Bingo

12)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Ball Toss
 1:00 **JOHN HARBIN**
 3:00 Bingo
 ***Plant a Seed of**
Friendship*

13)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Sing-A-Long
 1:00 **MAD ENT.**
 3:00 Bingo

14)
 9:00 Current Events
 9:30 Exercise
 10:00 **YOGA**
 12:30 Trivia
 1:00 **HSIANG CHI**
ALEXANDER
 3:00 Bingo

15)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 1:00 **JENNIE FRANCO**
 2:00 **SIGN LANGUAGE**
 w/**BETTY**
 3:00 Bingo
 LAUGH DAY

16)
 9:00 Current Events
 9:30 Exercise
 10:00 **Spa / A&C**
 12:30 Trivia
 1:00 **MARC CHERMERY'S**
 3:00 Bingo
OBS. FATHER'S DAY

17)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Trivia
 12:15 **MUSIC THERAPY/**
MOVIE MATINEE
 3:00 Bingo

19)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Ball Toss
 1:00 **JENNIE FRANCO**
 3:00 Bingo
 Give a flower Day

20)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Sing-A-Long
 1:00 **FUMIKO DUNKIN**
 3:00 Bingo

21)
 9:00 Current Events
 9:30 Exercise
 10:00 **TAI CHI**
 12:30 Trivia
 1:00 **DANA LARA**
 3:00 Bingo

22)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 1:00 **NANCY**
BUCKNER
 2:00 **SIGN LANGUAGE**
 w/**BETTY**
 3:00 Bingo

23)
 9:00 Current Events
 9:30 Exercise
 10:00 **Spa / A&C**
 12:30 Trivia
 1:00 **MARC CHERMERY'S**
 3:00 Bingo

24)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Trivia
 1:00 **SING ALONG/**
MOVIE MATINEE
 3:00 Bingo

26)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Ball Toss
 1:00 **JOHN HARBIN**
 3:00 Bingo
 Crazy Feet Day

27)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 12:30 Ball Toss
 1:00 **MAD ENT.**
 3:00 Bingo

28)
 9:00 Current Events
 9:30 Exercise
 10:00 **YOGA**
 12:30 Trivia
 1:00 **NANCY BUCKNER**
 3:00 Bingo

29)
 9:00 Current Events
 9:30 Exercise
 10:00 **Arts & Crafts**
 1:00 **HSIANG CHI**
ALEXANDER
 2:00 **SIGN LANGUAGE**
 w/**BETTY**
 3:00 Bingo

30)
 9:00 Current Events
 9:30 Exercise
 10:00 **Spa / A&C**
 12:30 Trivia
 1:00 **MARC CHERMERY'S**
 3:00 Bingo



**Attention: Cooks, Chefs,
Food Enthusiasts!**

Nevada Senior Services, Inc.



Seniors, Caregivers, Family and Friends!

Please Submit Your Recipes!

We will publish one each month with our newsletter!

In addition, we will publish a compilation of recipes with artwork next year!

All types of recipes welcomed – entrées, desserts, family traditions, you name it!

Please drop off your recipe with the front desk person, attention Jennifer or Dee Dee,
at the Adult Day Care Center.

You may also email it to admissions@nevadaseniorservices.org.



Adult Day Care Center of Las Vegas

901 N. Jones Boulevard, Las Vegas, NV 89108 Phone: (702) 648-3425 Fax: (702) 648-1408

Adult Day Care Center of Henderson

1201 Nevada State Drive, Henderson, NV 89002 Phone: (702) 368-CARE (2273) Fax: (702) 243-CARE (2273)

Recipe of the Month

Submitted by: Larconyia H. (Age: 59)



Linguine with spinach, bacon and clam sauce

Ingredients:

12oz. linguine
6 slices bacon, cut into ½ -in. pieces
2 Tbsp. olive oil
6 cloves garlic, thinly sliced
½ tsp. crushed red pepper flakes
¾ cup dry white wine
1 16-oz. can chopped clams
½ cup fresh flat-leaf parsley, chopped
1 bunch spinach, stems discarded Grated Parmesan, for serving

Directions:

(1) Cook the pasta according to package directions. Drain and return to the pot. (2) Meanwhile, cook the bacon in a large skillet over medium heat until crisp, 5 to 6 minutes. Using a slotted spoon, transfer to a towel lined plate. (3) Discard all but 2 Tbsp. of the drippings; add the oil, then the garlic and red pepper. Cook over medium heat, stirring occasionally, until the garlic is fragrant, 1 to 2 minutes. (4) Add the wine and clams (with their juices) and simmer, stirring occasionally, for 5 minutes. Stir in the parsley. (5) Toss the pasta with the spinach, then the sauce and the reserved bacon. Serve with Parmesan, if desired.

Comprehensive Geriatric Assessment Program

NEVADA SENIOR SERVICES



A Community Program Promoting Health and Providing Convenience for Mature Adults



Why Do Older Adults Need a Geriatric Assessment?

Many illnesses that commonly affect older adults are manageable with a change in lifestyle, medications, modifications in diet, exercise and other daily living behaviors. Through the Nevada Senior Services' team approach, Southern Nevada's finest board certified Geriatricians, individuals and their families work together to improve and maintain the highest quality of life for men and women in our community.

- Physician referrals are not required •

COMPREHENSIVE GERIATRIC ASSESSMENT

- Fall Prevention
- Memory Loss
- Assess Mobility
- Current and Past Illnesses
- Depression & Emotional Health
- Impaired Vision or Hearing
- Nutritional Concerns
- Medication Review
- Living Environment Function
- Caregiver Network and Services
- Functionality Measure
- Rehabilitation Status
- Recent or Impending Life Changes
- Incontinence Issues
- Sleep Difficulties
- Final reports sent to your Primary Care Physician

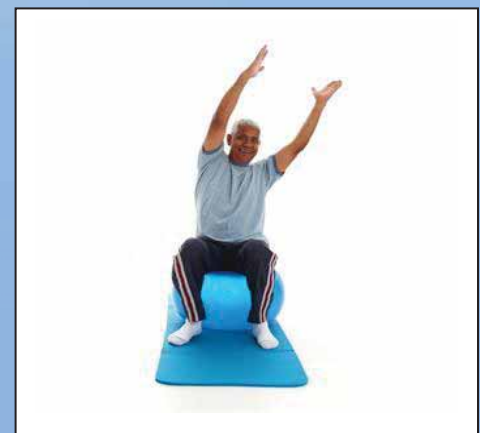
WELL-VISIT HEALTH SCREENINGS

Annual and biannual recertification for medical programs

- Geriatric Wellness Physical Exam
- Completion of Medicaid Forms
- Health Services Referrals
- Medication Review
- Final Reports Sent to Your Primary Care Physician

***Both Programs are covered by Medicare & Medicaid with No Additional Cost to Consumers!**

This program is made possible by a generous grant from the Nevada Aging and Disability Services Division



CALL 702-648-3425 to schedule an appointment • 901 N. Jones, Las Vegas, NV 89108

Nevada Senior Services

Care Consultation

Caregiver Phone
Support



Call today:

Celeste Graham

Lead Care Consultant

(702) 333-1556

or

(702)364-2273

What is Care Consultation?

A FREE phone based program offering services, empowerment and support for caregivers & individuals living with health challenges

Care Consultation provides:

- Personalized coaching
- Help coping with care-related concerns
- Planning for the future
- On-going support
- Convenience—connect with your Care Consultant over the phone



Nevada Senior Services, Inc.

901 N. Jones Boulevard

Las Vegas, NV 89108

Phone (702) 648-3425

Fax (702) 648-1408

BRI Care Consultation™ is a licensed product of the Benjamin Rose Institute on Aging.
Care Consultation is made available through the support of NV Aging & Disability Services Division

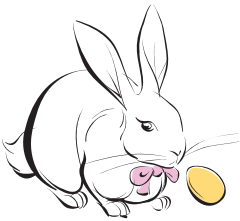
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Fax: 702.243.2273

Attention Caregivers

We are here for you and your loved ones...



Our 901 N. Jones location, Adult Day Care Center of Las Vegas will now be open ALL holidays

EXCEPT

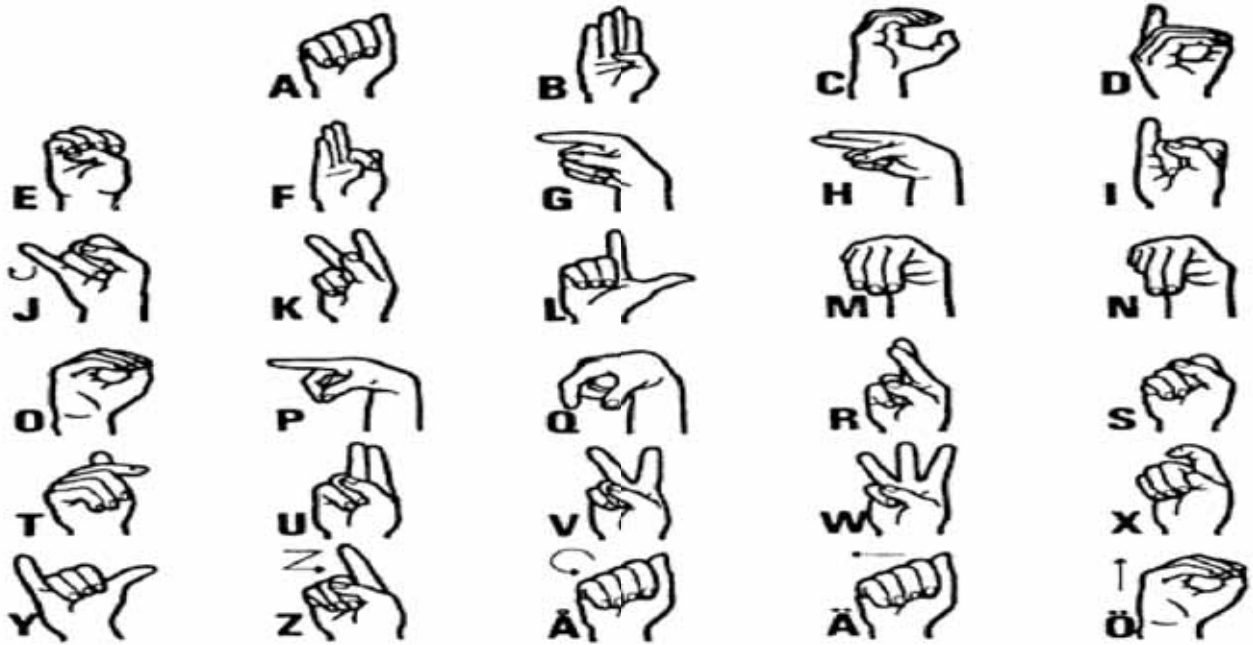
Thanksgiving and **Christmas Day**

Henderson participants are welcome to attend the Jones location during all open holidays.

Please call *Tanya* in advance to make a reservation.

702.368.2273 **Mark your calendars ...**

AMERICAN SIGN LANGUAGE IS HERE!!



COME JOIN OUR

(ASL) AMERICAN SIGN

LANGUAGE CLASS

WITH BETTY

EVERY THURSDAY AT 10:00 AM

-ADULT DAY CARE STAFF

Support • Learn • Grow



FREE SUPPORT GROUPS

For those caring for someone with Alzheimer's disease or other dementias...

Monthly Meetings

Adult Day Care Center of Las Vegas

1st & 3rd Wednesdays 10 - 11am

901 N. Jones Boulevard, Las Vegas 89108

Group Leader: Marcy Cherek, LSW, MSW

Call (702)648-3425 to Register



Adult Day Care Center of Henderson

2nd & 4th Tuesday of the Month, 10 - 11am

1201 Nevada State Drive, Henderson 89002

Group Leader: Azaria Williams, BSW

Call (702)368-2273 to Register

***FREE Supervision for your loved-one while you attend the Support Groups**

***Call for details and registration**

www.nevadaseniorservices.org

RAMP



RENOVATE • ACCESSIBLE • MOBILITY • PREVENTION

Seniors having difficulty with walking or balance?
Not feeling safe from falls in your home?



Affordable Solutions for Home Modifications for Safety & Independence

- ◆ GRAB BARS IN BATHROOMS
- ◆ HANDHELD SHOWERS
- ◆ ADAPTABLE FAUCETS
- ◆ WALK IN SHOWERS
- ◆ HANDRAILS FOR STAIRS
- ◆ ADJUSTMENTS TO CABINETS
- ◆ RAMPS

FREE SERVICES AVAILABLE for seniors who are financially and physically eligible

(702) 648-3425

www.rampnv.org

Division of Nevada Senior Services

The RAMP Program is made possible through a grant from the Nevada Aging and Disability Services Division

REACH Out ...



HELP is in REACH



Nevada Senior Services

was recently named as a grant recipient from the Rosalynn Carter Institute for Caregiving (RCI) at Georgia Southwestern State University for the RCI REACH (Resources for Enhancing Alzheimer Caregiver Health) Program.

New FREE Program starting Feb 2013

CARING FOR A LOVED ONE
WITH ALZHEIMER'S DISEASE
OR DEMENTIA?

**Call Nevada Senior Services
(702) 648-3425 for information**

RCI REACH is made possible through support from:

Johnson & Johnson





SNAP

Helping people put healthy food on the table.

You may be able to get SNAP benefits if you are:

- Working for low wages
- Working part-time
- Unemployed
- Receiving other public assistance
- Elderly
- Disabled
- Homeless

SNAP MAXIMUM GROSS MONTHLY INCOME REQUIREMENTS

1 person household	\$1806
2 person household	\$2430
3 person household	\$3052
4 person household	\$3676
5 person household	\$4300
6 person household	\$4922

Tough times require new solutions

Items to bring with you, if applicable:

- Picture Id
- Alien Registration Card
- Social Security Card for all family members
- Last 3 current pay check stubs
- If employment ended in the last 90 days verification of the job ending
- Social Security award letter or pension letter
- Child support (print out if currently paying or receiving)
- Current bank statement
- Letter from any source of income of friends or family assisting you by paying bills or giving money
- Residency verification (lease agreement, rent receipt and utility bill)

A monthly calendar of outreach sites is available at: www.threesquare.org or call Three Square for assistance. (702) 644-3663

To apply contact our SNAP Outreach Advocates for a location near you.

Claudia Baltrons (702) 280-0504
 Elizabeth Guillen (702) 343-3274
 Terry Macias (702) 539-1070
 Cecilia Ortiz (702) 539-2564

Three Square program is partially funded through NV State Division of Welfare and Supportive Services (DWSS). SNAP Advocates are certified by DWSS. All services are free.

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SUPER SATURDAYS!



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS
WILL BE OPEN EVERY SATURDAY!!
HOURS WILL BE 8:00AM – 6:00PM.
YOU WON'T WANT TO MISS OUT!
SO PLEASE RESERVE YOUR SPOT TODAY WITH
PATRICE!!**

~Thank You,
Adult Day Care Center of Las Vegas Staff

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SUPER SUNDAYS!

hello
JUNE



JUST A REMINDER:
THE ADULT DAYCARE CENTER OF LAS VEGAS
WILL BE OPEN EVERY SUNDAY!!
OUR HOURS WILL BE 7:30AM – 6:00PM.
YOU WON'T WANT TO MISS OUT!
SO PLEASE RESERVE YOUR SPOT TODAY WITH
MARISELA, BRITTNEY OR DEE DEE!!

~Thank You,
Adult Day Care Center of Las Vegas Staff