



Newsletter

September & October
2020

Adult Day Care Center of Las Vegas



It's classical music and ballet month at The Adult Day Care Center of Las Vegas. We will be celebrating some of the most beautiful music ever composed. Our Las Vegas 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. The atmosphere of our center will be full of life and vibrancy through classical music while continuing to offer contemporary fun activities that all of our participants love: including daily exercise programs, Creative Dance, Tai Chi, Music Appreciation, Laughing Yoga, Sign Language, Organic Gardening, Bingo Competitions, Arts & Crafts, and Staff entertainment every afternoon. You are invited to join us as we enjoy the piano sonatas, violin concertos, dance and choral arrangements of the greats, as we celebrate the month of September. As we transition into Autumn at The Adult Day Care Center of Las Vegas, Let's Fall in LOVE with the changing Fall foliage! It amazes us and presents October as one of the most beautiful times of the year. We are inspired by the crisp air, the seasonal colors, and the warm feelings that come with entering the fall season. You are invited to join us as we watch the season's change, the leaves fall, and pumpkin patches grow in the month of OCTOBER.

Adult Day Care Center of Las Vegas
901 N. Jones Blvd.
Las Vegas, NV 89108
P: 702.648.3425 F: 702.648.1408
M-F 6:30 AM—6:30 PM
SAT 8:00 AM—6:00 PM
SUN 8:00 AM—6:00 PM

Temporarily Closed Sundays



www.nevadaseniorservices.org

Adult Day Care Center of Henderson
1201 Nevada State Drive
Henderson, NV 89002
P: 702.368.2273 F: 702.243.2273
M-F 6:30 AM—6:30 PM
SAT 8:00 AM—6:00 PM
Closed Sundays

Temporarily Closed Saturdays

Events in September and October

*See Activities Calendar

The Adult Day Care Center of Las Vegas will be OPEN on September, 7th Labor Day

- Tai Chi Every Monday and Saturday at 10:00am
- Creative Dance Every Tuesday and Friday at 10:00am.
(Taught by Margaret Rampey of Cirque du Soleil and The Nevada Ballet Co.)
- Disney Day Party Friday, Sept. 25th! Wear your Disney attire, T-shirt, hat etc.
- Pajama-Jam-Halloween-Party October 30th Come dressed in your PJ'S or costume

Virtual Activities

Chair Yoga with Nora Every Thursday at 10:30AM

“Brain Dance” activity with Touro University Students on Tuesday, Sept. 8th at 11AM

Sign language lesson with Betty on Wednesday, Sept. 23 at 1PM

Kaylee Perry in concert on Wednesday, Sept. 30th at 1PM

Contact Eileen for Zoom link: (702)-368-2273 or email
eRuiz@nevadaseniorservices.org

Birthday Corner



Our Monthly Birthday Celebrations are held on the 4th Wednesday of the month

SEPTEMBER

| | | | |
|-------------|------|------------|------|
| Ernest C. | 9/1 | Jessica B. | 9/16 |
| Henry B. | 9/2 | Henry A. | 9/25 |
| Mary W. | 9/6 | | |
| Kristian P. | 9/8 | | |
| Aida T. | 9/16 | | |



OCTOBER

| | |
|--------------|-------|
| Larconyia H. | 10/3 |
| Betty H. | 10/9 |
| Melvin W. | 10/10 |
| Martha L. | 10/11 |
| David R. | 10/24 |



WE ARE ZOOMING! Chasing Away the Corona Blues! Free Wellness

Zoom Webinar for Seniors Join us for a FREE 1 hour Wellness Seminar with Ellen Grossman and Nora Kraidman from Nevada Senior Services, "Chasing Away The Corona Blues!" We will talk about how to manage our health and mood during this challenging time.



We will be sharing positive ways to manage our time, find fun activities to keep us active & (safely) socially engaged, and discover relaxation techniques and helpful resources. **Contact Ellen:**

egrossman@nevadaseniorservices.org 702-333-1546

Coronavirus Concerns Update

In accordance with CDC guidance, to protect our adult day care centers and all of our vulnerable senior clients, we are making every effort to not risk the wellbeing of our own staff or our clients by allowing anyone to be exposed to individuals who could bring the COVID-19 virus in to our facilities.

What Is Nevada Senior Services Doing to Protect Your Loved One?

- We have doubled our cleaning efforts including facility disinfecting both during the day at night.
- We have provided additional staff training including precautions.
- We have increased prevention measures including our emphasis on staff hand washing and use of gloves and masks.
- We have increased monitoring of staff and clients' health looking for any possible symptoms.
- We are in close touch for updates with the Southern Nevada Health District.

Guidelines for our returning day care center clients and out of state travel or visitors:

- **Contact Nursing at your center.**
- Any adult day care client who has been absent for any period of time, must be fully screened by our own Nursing Staff before re-admittance.
- If an adult day care and/or respite client has traveled or has been in contact with a visitor from out of state, or overseas, it is our policy that **they must self-quarantine for 14 days** once they return to their primary residence or from the date of their last out of state visitor contact. It is our Policy to record the date when the 14 days of self-quarantine has commenced and when it will end.

*If you believe your loved one has had an exposure to someone with Coronavirus or if you have any concerns about your loved one's health, please check-in with our nurses or ask Dee Dee (702.333.1518) to have one of our nursing team schedule a telephone call with you. Our clients are our most important concern. We will provide you with updates should additional information become available. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Wish List:

- Bingo gift items
- Art Supplies
- Decaf coffee
- Gift cards– Examples: Grocery, 99¢ only Stores, etc.
- Masks & Gloves

Want to Volunteer? Office, Outreach Programs, Newsletter, Fundraising, etc. Call Dee Dee (702)-333-1518

NEVADA SENIOR SERVICES



SENIOR WELLNESS PROGRAMS

GAP Geriatric Assessment Program - a free medical assessment program for senior adults 60 years of age and older. The 2 hour assessment includes memory screening and mood scale, medication review, nutrition review, eye sight screening, function/fall risk assessment and medical assessment. To schedule, Call **702-368-2273** or for detailed information **702-333-1546**

Be Well Series are free lunch and learn programs for senior adults 60+ presented throughout the Las Vegas Valley. There are 3 modules of the Be Well Series covering information on Nutrition, "Chasing the Blues Away" and Sleep. Each program has a seated activity including yoga, chi kung, laughing yoga, dance, mindfulness and relaxation techniques. **702-333-1546 (Currently on Zoom)**

FREE PROGRAMS FOR CAREGIVERS:

CARE PARTNER INSTITUTE: 702-364-2273 OR TOLL FREE 844-850-5113

RCI REACH A program with one-on-one coaching and support for individuals who care for someone with Alzheimer's and other dementias. Facilitated with a social worker.

Caring for You, Caring for Me A ten-hour workshop with professional and family caregivers working together to reduce barriers and improve the caregiving experience

Hospital to Home Hands on support adults with memory loss and their caregivers for care transitions from hospital to home **702-333-1539**

Respite Care & Support Services In home respite services **702-333-1599**

Ramp Home Safety Modifications For senior adults 60+ grab bars, threshold ramps, raised toilet seats, tub modifications, etc. **702-538-8743.**



NEVADA CARE CONNECTION RESOURCE CENTER

A free program providing one-on-one decision support for older adults, caregivers and individuals with disabilities

Call 702-364-2273 or Toll Free 844-850-5113

Services Include:

- Advocacy
- Benefits Counseling
- Care Planning
- Access to Services
- Veterans Program
- SNAP food program

GET TO KNOW THE STAFF-

NURSING STAFF:

Dolores, Abigail,
Rosie, & Genie
702-333-1526

FLOOR STAFF:

Dorothy, Hope, Maria,
Byron, Alice, Arturo, Anna,
Fred, Alex, and Tasha

CLIENT SERVICE REPRESENTATIVES:

Please watch for letters sent home with loved-ones. These are typically follow-up requests for bus fees, personal supply needs, etc. Thanks!

*Brandy & Marisela
Las Vegas 702-648-3425*

SOCIAL WORK & CASE MANAGEMENT:

Contact us anytime for information and support . Remember we can assist you with respite care voucher applications through Helping Hands of Vegas Valley and the Alzheimer's Association.

*Marcy Cherek, LSW, MSW 702-333-1538
Nora Kraidman MS, GCM 702-333-1548 &*

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

Eileen Ruiz, Carrie Aalberts and Dee Dee Woodberry



Many Thanks to our Generous Donors and Supporters:



**Nevada Department of Health and Human Services
Aging & Disability Services Division**



**Compassion Care NEVADA STATE BANK
HOSPICE**



Thank you to Ada Ngo, Kaden Dao, Ron Horsley and Michelle Luna from

Martini Nail Bar 1190 E Silverado Ranch Blvd, Suite 100, LV donated 5,000 Masks to Nevada Senior Services Care Connection Resource Center.

Nevada Senior Services is an equal opportunity provider and operates with the support of Nevada ADSD and the Child and Adult Care Food Program.