

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 Holidays

MONTHLY NEWSLETTER
DECEMBER 2017

Winter is one of the most wonderful times of the year. The Adult Day Care Center of Las Vegas would like to wish everyone a Happy Holiday season. The Holidays are about strengthening social bonds by spending time with family and friends; celebrating life and opening our hearts to others. Peace on Earth and good will towards men begins when we open our hearts to others. Our Las Vegas Center responds to the important mission of supporting senior citizens in their effort to remain independent, with dignity in the community. The atmosphere of our Center will be full of warmth, caring and fun as we continue to offer the exciting contemporary activities that all of our participants love, including: A daily exercise program Tai Chi, Creative Dance, Zumba, Sign Language, Spanish, Organic Gardening, Bingo Competitions, Arts & Crafts, and live entertainment every afternoon. Please join us as we focus on the meaning of the Holidays and the joys of the season.

WWW.ADLTDCARELV.ORG

MON. – FRI. 6:30AM – 6:30PM / SAT. 7:30AM-6PM-SUN. 8AM – 6PM



HIGHLIGHTS FROM NOVEMBER

November began with the invigorating scents of cinnamon, vanilla and fresh baked cookies wafting from our kitchen. The aromatics had our creative seniors' busy painting and making abstract planters. They filled the planters with hydroponic philodendron plants in our Arts & Crafts classes. The planters turned out absolutely beautiful. A BIG THANK YOU! To our Chef Camille and our sous chef Cynthia and the entire kitchen crew for a tasty **Thanksgiving Lunch**. Our Thanksgiving Day was a photographers dream. There were lots of laughs and big smiles. We would also like to THANK "Bob Katz", for a fun hour of monologues and music that rocked the house. Everyone truly had a ball. Our seniors shared a wonderful intergenerational Art project, Creative Dance class with Forty-children from Faith Lutheran School. The seniors and kids twinkled their toes, brain danced and moved to the music. Our seniors receive special memories with their participation at our special events. We would like to give kudos, to all our staff for their continuous hard work.

NEW ARRIVALS

We are pleased to welcome the new participant who became a part of our Center family in November: Brent P. and Martha B.

CLOSURES

We will be CLOSED Monday, December 25th, 2017 Christmas Day.

GET PLUGGED IN!

There's a **Computer Lab** here at the Center. It is located in the Quiet Room by the Arts & Crafts department and the software suits all needs with its vast technology.



EVENTS IN DECEMBER

"Saturdays and Sundays Are Special"! Try not to miss the fun activities on Saturdays and Sundays. We invite everyone to join us for Tai Chi on Mondays, Fridays and Saturdays at 10:00am, Creative Dance on Tuesdays and Fridays at 10:00am, Sign Language and Spanish on Thursdays at 10:00am and Zumba on Sundays at 10:00am. Caregivers are invited to join our contemporary fun activities. See attached flyers for details. **We will have a wonderful Holiday Luncheon Party on December 20th Sponsored by Wynn Las Vegas. We would like to Thank Wynn for Blessing our seniors and staff with a simply awesome Holiday meal.** Also we will have a **New Years Eve Bash on December 31st with fabulous entertainment.** Be on the lookout for some special surprise events throughout the up and coming year.... **Our new 2017 Senior Art Calendars are now on SALE for only \$10.00. They are absolutely beautiful!!!! Don't miss the opportunity to buy yours.**

GETTING SCENT-IMENTAL

A new aromatherapy scent, frankincense, which is known to be rejuvenating to the skin, will be the aromatic of choice as we continue with our aromatherapy series.

SEE WHAT'S IN BLOOM!

Our Serenity garden has been weathering the cold and gone through a rough patch. We are asking for flower seeds or seedlings, so our seniors can do some replanting in their garden.





DID YOU KNOW???

Research shows that simple acts of generosity boosts our immune systems, relieves pain and even makes our heart stronger.

DID YOU KNOW???

More than 33 million real pine trees will be sold for the season and more than 67 million turkeys will be consumed during the holiday season from late November through early January.

PARAPROSDOKIAN SENTENCE

A paraproisdokian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part. It is frequently used for humorous or dramatic effect. Example: Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

DON'T FORGET! YOU CAN STILL PURCHASE
ARTWORK FROM OUR TALENTED SENIORS. ALL
PROCEEDS WILL BENEFIT THE ARTS AND CRAFTS
DEPARTMENT AT OUR CENTER. SO COME ON OVER
AND SEE WHAT THE SENIORS HAVE MADE AND BE A
PROUD OWNER OF ONE-OF-A-KIND ARTPIECE.

HAPPY BIRTHDAY

Our birthday party will be held on the 5th Wednesday of the month, December 27th, 2017. Our December celebrants are: Beatrice K. (12/3), Barbara G. (12/5) Lewis M. (12/6), and Patricia S. (12/18). Entertainment will be provided and birthday treats will be served as well.



ATTENTION CAREGIVERS

SUPPORT GROUP

Our ongoing support group meetings are held on the 1st and 4th Wednesday of the month at 10:00 AM. **December 6th and the 27th** will be the next meeting dates and everyone, as always is welcome to attend!



LETTERS FROM FRIENDS AND STAFF...

NURSING SUGGESTIONS....

Please remember to update us with a new physical once a year or when something changes with your loved one. Happy Holidays to everyone!



Nurse Luria, Nurse
Shauna & Nurse Janice

Message from our kitchen

We Love cooking and have a continued comment to serve tasty healthy food to our seniors!!!!

Chef Camille and
soux chef Cynthia

Taking care from your Aides....

Chilly weather is here. Please send your loved ones in warm clothing and please label all clothes so we can make sure they go home with the right person. Thank You and Happy Holidays!!!! **Love from all the Aides**

at ADCC of LV.



Caring words.....



That Time of Year

That time of year has come around again,
so we wish you all the best.

The joy that comes from knowing you
makes us feel that we've been blessed.

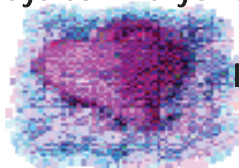
So we'll share with you our feelings
at this special time of year:

May your holidays be a delight,
Filled with happiness and cheer.
Happy Holidays!

Dee Dee Woodberry, AD

Special Note.....

Please keep an eye out everyday for paper flyer notices and listen to your voicemails. We are making more attempts to let you in on all the exciting things going on. We Dare To Care!!! We look forward to spending time with all of our participants' everyday. Happy Holidays to Everyone



Marisela & Brittney

.....

THANK YOU!

As the pages on the calendar turn and the year winds down, it has been a pleasure to see all the happy faces of our old and new friends. We offer our heartfelt thanks on behalf of The Adult Day Care Center of Las Vegas for your continued support. We would like to wish everyone a Blessed Holiday and a Happy and Healthy New Year. Thank you for choosing us!

Dee Dee Woodberry

Dee Dee Woodberry
Activities Director



Happy Holidays

LUNCH MENU

ADULT DAY CARE CENTER OF LAS VEGAS

DECEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31)
Cream of Spinach Soup
Rotisserie Style Chicken
French Bread
Mixed Fruit Salad



3)
Vegetable Soup
Baked Tilapia
Mixed Vegetables
Sliced Peaches
HOT COCOA

4)
Cream of Broccoli Soup
Veal Parmesan
Mashed Potatoes w/ Gravy
Zucchini / Squash
Mixed Fruit



5)
Beef Vegetable Soup
Lemon Pepper Chicken
Asparagus
Yogurt w/ Fruit



6)
Italian Wedding Soup
Beef Menudo
White Rice
Mixed Vegetables
Orange Slices



7)
Green Salad
Turkey Chili w/ Beans
Corn Bread
Yogurt w/ Fruit
COOKIE DAY

1)
Minestrone Soup
Grilled Cheese Sandwich
Mixed Vegetables
Sliced Apples

2)
Tomato Soup
Garlic Chicken
Rice Pilaf
Mixed Vegetables
Sliced Pears

10)
Tomato Soup
Cattfish
Green Beans
Yogurt w/ Fruit

11)
Chicken Tortilla
Turkey Taco
Black Beans / Rice
Mixed Vegetables
Orange Slices
WARM CIDER

12)
Vegetable Soup
Cheeseburger
Sweet Potatoes
Pineapple w/
Cottage Cheese

13)
5 Bean Soup
Pot Roast
Mashed Potatoes
w/ Gravy
Yogurt w/ Fruit

14)
Broccoli Cheese
Mushroom
Chicken
Brown Rice
Steamed Green Beans
Mixed Fruit

15)
Veggie Soup
Roast Turkey
Sandwich
Potato Salad
Yogurt w/ Fruit

16)
Mixed Green Salad
Fish Po'boys
French Fries
Sliced Apples

17)
Minestrone Soup
Hamburger Steak
w/ Gravy
Rice w/ Mixed Vegetables
Sliced Pineapples
w/
Cottage Cheese

18)
French Onion Soup
French Dip
Sandwich
Zucchini Fries
Orange Slices

19)
Mixed Green Salad
Tilapia
Mixed Vegetables
Yogurt w/ Fruit

20)
Broccoli Soup
Gravy Roasted Turkey
Green Beans / Salad
Cranberry Sauce
Rolls
Pumpkin / Fruit
Pies
**Wynn Las Vegas
Holiday Luncheon**

21)
5 Bean Soup
Meat Loaf
Mashed Potatoes
w/ Gravy
Mixed Veggies
Yogurt w/ Fruit

22)
Beef Vegetable Soup
Lemon Pepper Chicken
Mixed Vegetables
Pineapple w/
Cottage Cheese

23)
Veggie Soup
Green Salad
Cheese Pizza
Yogurt w/ Fruit

24)
Chicken Noodle Soup
Tuna Salad
Sandwich on Wheat
Coleslaw
Yogurt w/ Fruit



26)
Vegetable Soup
Corn Beef / Cabbage
Mashed Potatoes
Ambrosia
BIRTHDAY CAKE





27)
Chicken Veggie Soup
BBQ Sloppy Joes on a Bun
Potato Salad
Mixed Fruit Salad

28)
Chicken
Vegetable Soup
Teriyaki Turkey w/
Stir Fry Veggies
Over Brown Rice
Pineapple Slices

29)
Chili Bean Soup
Beef Taco w/
Lettuce, Cheese, and Tomatoes
Spanish Rice
Churros w/ Apple Slices

30)
Veggie Soup
Turkey and Spaghetti
Green Beans
Orange Slices

ACTIVITY CALENDAR **ADULT DAY CARE CENTER OF LAS VEGAS** **DECEMBER 2017**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31) Current Events 9:30 Exercise 12:00 ARTS & CRAFTS 1:30 NEW YEAR'S EVE MOVIE MATINEE 3:00 Bingo</p>	 <p>4) Current Events 9:30 TAI CHI 10:00 ARTS & CRAFTS 12:30 Trivia 1:30 BARBARA LANCASTER 3:00 SPECIAL Bingo</p>	<p>HAPPY BIRTHDAY BEATRICE K. 12/3 LEWIS M. 12/6 MABLE F. 12/21 MARY W. 12/24</p> <p>5) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:30 BRAIN TRIVIA 1:30 JOHN HARBIN 3:00 Bingo</p>	 <p>6) Current Events 9:30 Exercise 10:00 A&C 12:30 Trivia 1:30 MAD ENT. 3:00 Bingo *HAPPINESS DAY*</p>	 <p>7) Current Events 9:30 Exercise 10:00 SIGN LANGUAGE W/BETTY/A&C 12:30 Trivia 1:30 EDMOND GEARHART 3:00 Bingo</p>	<p>1) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS</p>	<p>2) Current Events 9:30 Exercise 10:00 TAI CHI 12:00 ARTS & CRAFTS 1:30 JENNIE N. FRANCO 3:00 Bingo</p>
<p>3) Current Events 9:30 Exercise 12:00 ARTS & CRAFTS 1:30 COMEDY MOVIE MATINEE 3:00 Bingo</p>	<p>11) Current Events 9:30 TAI CHI 10:00 ARTS & CRAFTS 12:30 Trivia 1:30 BARBARA LANCASTER 3:00 SPECIAL Bingo *SMILE DAY*</p>	<p>12) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:30 BRAIN TRIVIA 1:30 MAD ENT. 3:00 Bingo</p>	<p>13) Current Events 9:30 Exercise 10:00 A&C 12:30 Trivia 1:30 DANA LARA 3:00 Bingo</p>	<p>14) Current Events 9:30 Exercise 10:00 SIGN LANGUAGE W/BETTY/A&C 12:30 Trivia 1:30 EDMOND GEARHART 3:00 Bingo</p>	<p>8) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>9) Current Events 9:30 Exercise 10:00 TAI CHI 12:00 ARTS & CRAFTS 1:30 JENNIE N. FRANCO 3:00 Bingo</p>
<p>10) Current Events 9:30 Exercise 10:00 ZUMBA 12:00 ARTS & CRAFTS 1:30 MUSICAL MOVIE MATINEE 3:00 Bingo</p>	<p>18) Current Events 9:30 TAI CHI 10:00 ARTS & CRAFTS 12:30 Trivia 1:30 DANA LARA 3:00 SPECIAL Bingo</p>	<p>19) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:30 BRAIN TRIVIA 1:30 AMERICAN LEGION POST 8 3:00 Bingo</p>	<p>20) Current Events 9:30 Exercise 10:00 A&C 12:30 Trivia 1:30 ROBERT SOEHL 3:00 Bingo Wynn Las Vegas Holiday Luncheon</p>	<p>21) Current Events 9:30 Exercise 10:00 SIGN LANGUAGE W/BETTY/A&C 12:30 Trivia 1:30 EDMOND GEARHART 3:00 Bingo</p>	<p>15) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>16) Current Events 9:30 Exercise 10:00 TAI CHI 12:00 ARTS & CRAFTS 1:30 STEPHANIE CREVECOEUR 3:00 Bingo</p>
<p>17) Current Events 9:30 Exercise 12:00 ARTS & CRAFTS 1:30 COMEDY MOVIE MATINEE 3:00 Bingo</p>	<p>25) CLOSED HOLIDAY </p>	<p>26) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:30 BRAIN TRIVIA 1:30 MAD ENT. 3:00 Bingo</p>	<p>27) Current Events 9:30 Exercise 10:00 A&C 12:30 Trivia 1:30 JOHN HARBIN 3:00 Bingo</p>	<p>28) Current Events 9:30 Exercise 10:00 SIGN LANGUAGE W/BETTY/A&C 12:30 Trivia 1:30 EDMOND GEARHART 3:00 Bingo</p>	<p>22) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 MAD ENT. 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>23) Current Events 9:30 Exercise 10:00 TAI CHI 12:00 ARTS & CRAFTS 1:30 JENNIE FRANCO 3:00 Bingo</p>
<p>24) Current Events 9:30 Exercise 10:00 ZUMBA 12:00 ARTS & CRAFTS 1:30 HOLIDAY MOVIE MATINEE 3:00 Bingo</p>	<p>29) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>30) Current Events 9:30 Exercise 10:00 TAI CHI 12:00 ARTS & CRAFTS 1:30 NANCY BUCKNER 3:00 Bingo</p>	<p>31) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>32) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>33) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>	<p>34) Current Events 9:30 Exercise 10:00 CREATIVE DANCE 12:00 ARTS & CRAFTS 1:30 ROBERT SOEHL 3:00 Bingo *TAI CHI CONNECTIONS*</p>

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



Seniors, Caregivers, Family and Friends!

Please Submit Your Recipes!

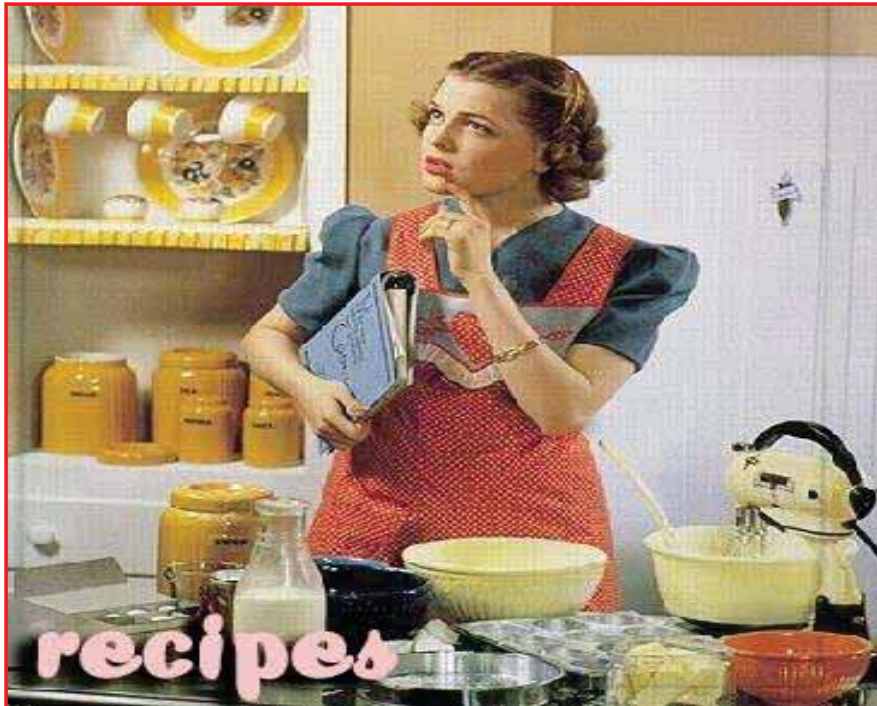
We will publish one each month with our newsletter!

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 Marisela 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: Larconya H. (Age: 60)



Strawberry Parfaits

Ingredients:

- ½ cup water
- 2 envelopes unflavored gelatin
- 16 ounces strawberries, hulled and quartered
- ¼ cup raw sugar or piloncillo sugar
- 16 ounces cream cheese at room temperature
- ½ cup sweetened condensed milk
- ½ cup evaporated milk
- ½ cup powdered sugar
- ½ cup chopped strawberries

Directions:

- In a small saucepan bring the water to boiling. Add gelatin; stir to dissolve. Let cool. In a large bowl toss quartered strawberries and raw sugar until combined; let stand 20 minutes or until juices form. In a blender blend cream cheese, sweetened condensed milk, evaporated milk, and powdered sugar until very smooth. Add strawberry mixture; blend until very smooth. Using a fine-mesh strainer, strain gelatin mixture into a medium bowl. Strain cream cheese mixture to remove any lumps and add gelatin mixture, whisking constantly. Gently stir in chopped strawberries. Pour mixture into six goblets. Chill about six hours or until set. Top with additional strawberries.

Making the Best of the Holiday Season

'Tis the season to be jolly! A time for love, laughter, delicious treats, family, friends and gift giving. The holidays give us the opportunity to show our appreciation for the individuals we care about. It can be stressful trying to find the perfect gifts for the special people in one's life and for Care Partners the stress amplifies because of conflicting demands. Usually, care partners are deciding what gifts to give their loved ones while juggling other care related responsibilities.



Balancing caring for oneself and someone else simultaneously is not always easy. Added holiday shopping, festivities, and planning during the season can cause many care partners to feel as if they are just adding more to-do items on their checklist. Here are some examples of the frustrations care partners experience during the holiday season: "I am too exhausted to celebrate the holidays this year." and "There is no time to shop for gifts because I am too busy."

The beauty about gifts and holidays is that they are personalized and celebrated differently in every family. Gifts can be big or small, tangible or intangible, handmade or bought, etc. Instead of spending this holiday season with high stress it is helpful for care partners to create new traditions to gift giving to help reduce burden and increase joy.

Simple Gift Ideas for Care Partners

Gift Cards

Yes, it really is okay to give a gift card! A gift that's easy to pick up and allows people to select the perfect gift of their choosing.

Let Them Choose

Ask your loved ones what they want. By doing so, you help ensure they receive a gift they have been eyeing and also to reduce the amount of time you will have to spend shopping.

Thoughtful Gifts

The best gifts are those that come from the heart. A heartfelt card, picture frame, memory book, handmade gift, etc.

Creativity is Key

Help get your loved one stay active and entertained by getting a gift that promotes creativity such as, adult coloring books, paints, crossword puzzle books, word finder, etc.

Event Tickets

Choose a gift that can provide respite to you and your loved one this holiday season such as, movie tickets that are easily accessible and can provide a chance to have an outing.

CARE CONSULTATION

A **FREE** telephone support program for caregivers of individuals, throughout the lifespan, living with chronic conditions and disabilities. Care Consultation provides caregivers support to empower, educate and improve their overall well-being.

The program provides:

- Personal coaching
- Convenience - connect with your Care Consultant over the phone or by email
- Ongoing support - connect with your Care Consultant as needed

Care Consultation can help:

- Cope with care-related concerns
- Plan for the future by accessing available supports and resources
- Develop an action plan to help manage your caregiving situation

For more information contact:

Celeste Graham

Care Consultant

cgraham@nevadaseniorservices.org

(702) 364-2273

Call Us Toll Free

(844) 850-5113



www.nevadaseniorservices.org

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

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

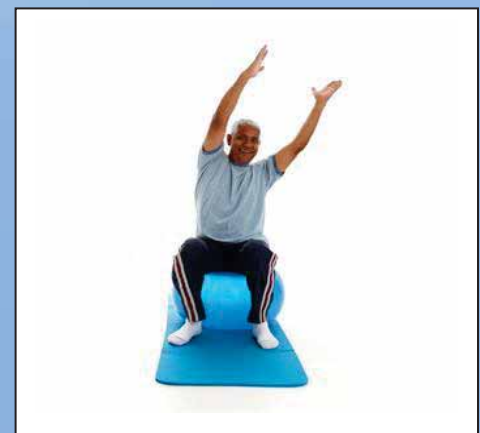
WELL-VISIT HEALTH SCREENINGS

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

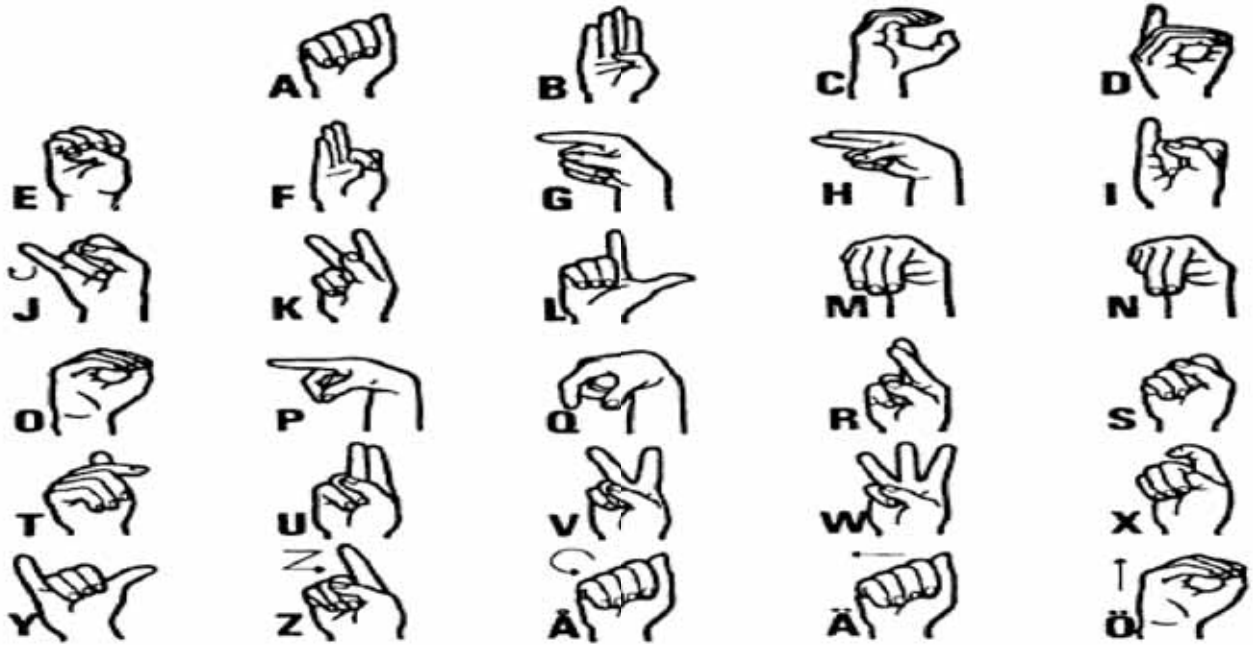
Las Vegas, NV 89108

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

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

DANCE IS HERE! DANCE IS HERE!

DANCE IS HERE !!!



It's going to be a
FUN & exciting
season at the Adult
Day Care Center's
Creative Dance

Featuring:
Margaret Rampey, Dance
and Pilates instructor at
Nevada Ballet Theatre and
Cirque du Soliel on
Tuesdays!

Everyone is Welcome!

NOW Every
Tuesday & Friday

Adult Day Care Center of Las Vegas
901 N. Jones, Las Vegas, Nevada 89108
702.648.3425 www.nevadaseniorservices.org



*Are you, or someone you know,
experiencing changes in memory?*

Cognitive stimulation and activities can help...

Connections is a program specifically designed for people with Moderate Cognitive Impairment, Alzheimer's disease, or other memory related disorders. If you are concerned about changes in memory, or have been recently diagnosed, please call us. Join others who are experiencing similar changes and learn new tools to help you live with memory loss.

Program Benefits:

- Improved mental fitness/memory retraining
- Physical & mental stimulation
- Develop living skills for memory loss
- Support services & resources
- Safe, secure environment
- Opportunities for socialization & recreation



Please call (702) 648-3425

This program has a nominal session charge and financial assistance is available to qualified applicants. **Connections** is supported by Nevada Senior Services and a generous grant from the State of Nevada Aging and Disability Services Division.

CONNECTIONS

A Program for People Experiencing Progressive Memory Loss and Their Loved Ones

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

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

2nd Tuesday 11am - 12 noon Free Chi Kung Relaxation for Care Partners
(Relax, Restore...pre-registration required for first Chi Kung Class)

1201 Nevada State Drive, Henderson 89002

Group Leader: Esther Gregurek, MA

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

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Attention: Caregivers



The Adult Day Care Center of Las Vegas
is OPEN ALL Holidays

EXCEPT

Thanksgiving and Christmas Day!

Please call [Marisela](#), [Brittney](#), [Corina](#) or [DeeDee](#)
in advance to make a reservation for holiday
attendance. 702.648.3425

Mark your calendars!

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.

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

SUPER SATURDAYS!

Season's Greetings
&
Happy New Year

JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF HENDERSON
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
MARISELA, BRITTNEY OR DEE DEE!!**

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

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SUPER SUNDAYS!



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS
WILL BE OPEN ON SUNDAY'S**

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