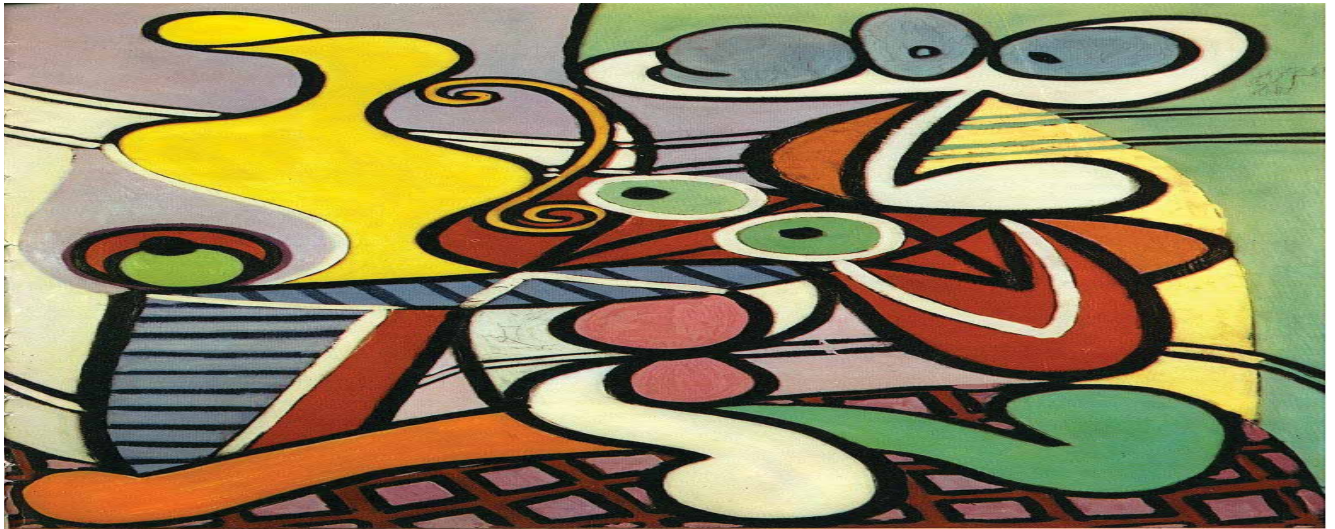


Adult Day Care Center of Las Vegas
901 N. Jones Boulevard
Las Vegas, NV 89108
702.648.3425
Fax: 702.648.1408



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



HENDERSON MONTHLY NEWSLETTER

AUGUST 2016

Artist: Picasso

The Adult Day Care Center of Henderson is celebrating Happiness-Happens and Art Appreciation Month. Happiness is a choice. Be happy for this moment. This moment is your life, while Art is a medium that expands our artistic and intellectual horizons. 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. We are showcasing some amazing art from our seniors and greats like Picasso , Jackson Pollock, Kandinsky, Bruce Gray and many more while continuing to offer the fun contemporary activities that all of our participants love, including: Daily exercise programs, Tai Chi, Sign Language, and Charades and Karaoke Fridays, Gardening, Bingo Competitions, Arts & Crafts, and live entertainment in the afternoons. Please join us in celebrating how Art has had an impact on all of our lives as we welcome the month of AUGUST.

WWW.ADLTDAYCAREHENDERSON.ORG

MONDAY – FRIDAY 6:30AM – 6:30PM & SAT 8-6:00PM



HIGHLIGHTS FROM JULY *Artist: Kandinsky*

July began with morning laughter and smiles around the togetherness circle. Foot-stomping exercises led by Bonnie woke up everyone and got their blood pumping. The participants are enjoying Charades. Our new big hit is "Maintain your Brain" exercise, focusing on fun trivia facts. Our senior's knowledge is unbelievable and fantastic. Our seniors continue to take early morning strolls to enjoy the picturesque mountain views, encountering an assortment of desert flowers and animals along the way. A BIG THANK YOU to our Chef Bill for a wonderful 4th of July, tasty barbeque lunch honoring our seniors. Our parade starring our seniors made our special Independence Day Celebration spectacular. The day was filled with laughter and patriotic activities. We were entertained by the awesome Nancy, it was a beautiful day.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Centers family in July: Robert J., and Keith P.

CLOSURES

The Adult Day Care Center of Henderson will not have any closures in the month of August.

GET PLUGGED IN!

There is a wonderful *computer lab* here at the Center. It is located in the Quiet Room adjacent to the arts & crafts area.



EVENTS IN AUGUST *Artist: Kandinsky*

We invite everyone to join us for Tai Chi on Tuesdays at 10:00am, Sing , Groove, Shake it Up Every day to our live entertainment at 1:00pm. Caregivers are welcome. Please don't forget to submit your recipes. See attached flyer for details. **WE ARE HAVING A HAWAIIAN LUAU ON AUGUST 24th. PLEASE WEAR YOUR FAVORITE HAWAIIAN SHIRT. THERE WILL BE FUN GAMES AND PRIZES. TRY NOT TO MISS THE FUN!** Be on the look-out for some 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, ginger, with a pungent and spicy scent, helps boost vitality. This scent will be the aromatic of choice as we continue to get sentimental with our aromatherapy series.

SEE WHAT'S IN BLOOM!

See what's in bloom on our beautifully landscaped patio. We would like to invite everyone to take a stroll on our patio in the cool morning hours. You will find a beautiful landscape full of summer hues of purple, orange and bright planting.

DID YOU KNOW?

The color **BLUE** has been shown in studies to lower one's heart rate, blood pressure and to calm breathing.

HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, August 24th, 2016. Our August celebrants are Thomas G. (8/3). Entertainment will be provided and birthday treats will be served as well.



SUPPORT GROUP

We have Support Groups on the 2nd and 4th Tuesday of every month. Please see attached flyer for more details. Everyone is welcome and invited to attend!



THANK YOU!

On behalf of our entire family of caring professionals here at The Adult Day Care Center of Henderson, we wish 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!

Dee Dee Woodberry

Wxx Wxx j ÉÉwuxÜÜç

Activities Director



Artist: Polluck

LUNCH MENU
SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUGUST 2016
SATURDAY



7) **WE ARE CLOSED**
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN 7:30 AM –
6:00 PM!

14) **WE ARE CLOSED**
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN 7:30 AM –
6:00 PM!

21) **WE ARE CLOSED**
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN 7:30 AM –
6:00 PM!

28) **WE ARE CLOSED**
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN 7:30 AM –
6:00 PM!

1) Spinach Salad
Chicken Tenders
Mac & Cheese
Green Beans
Pears

8) Veggie Soup
Grilled
Cheeseburgers w/
Lettuce & tomato
Potato Fries
Fruit

15) Broccoli Soup
Chicken Filet
Sandwich w/
Lettuce & Tomato
Zucchini Fries
Honey Dew Melon
ITALIAN ICE DAY

22) Beef Veggie Soup
Summer Fruit Salad
w/ Mint Honey Lime
Dressing
Cottage Cheese
Yogurt w/ Granola

29) Turkey Rice Soup
Grilled Lemon
Chicken Spinach
Salad
Cantaloupe

2) Asian Turkey
Noodle Soup
Teriyaki Chicken
Stir Fry w/
Vegetables
Over Bed of Rice
Orange Slices

9) Green Salad
Beef Spaghetti over
Angel Hair Pasta
Green Beans
Orange Slices
SMOOTHIE DAY

16) Cucumber Salad
Grilled Turkey
Burger w/ Lettuce
& Tomato
French Fries
Mango Slices

23) Green Salad
Baked Fish
Lemon Herb Rice
Green Beans
Honey Dew Melon

30) Cream of Veggie
Soup
Beef Tacos w/
Cheese, Lettuce,
And Tomato
Black Beans & Rice
Strawberries

3) Chicken Veggie
Soup
Beefy Sloppy Joes
w/ Cheese on a bun
Zucchini Fries
Sliced Pears

10) Veggie Soup
Salmon Burgers on
bun topped w/
Cucumber Relish
Steamed Rice
Honey Dew Melon

17) Corn Chowder
Texas Bar-B-Q
Chicken Potato
Salad
Peaches & Cream

24) Tomato Veggie
Soup
Hot Turkey on Rye
Bread
Potato Salad
Fruit
POPSICLE DAY

31) Green Salad
Italian Turkey
Meatballs Over
Wheat Pasta
Zucchini
Pears
BIRTHDAY CAKE

4) Tomato Soup
Tuna Salad on bed
of lettuce w/
Tomato
Italian Crusted
Bread
Pineapples

11) Green Salad
Grilled Orange
Chicken
Rice Pilaf
Steamed Broccoli
Sliced Glazed
Plums
LEMONADE DAY

18) Green Salad
Turkey Sub
Sandwich w/
Cheese, Lettuce &
Tomato
Baked Potato Chips

25) Broccoli Soup
Tuna Melt
Sandwich on Rye
Bread
Zucchini Fries
Apple Cinnamon
Slices



5) 3 Bean Salad
Turkey Club
Sandwich w/
Cheese,
Lettuce & tomato
Potato Chips
Sliced Nectarines

12) Chopped Green
Salad
Baked Fish
Seasoned Potatoes
Broccoli w/ Cheese
Sauce
Strawberries

19) Cream Veggie Soup
Chicken Quesadilla
Yellow/Green
Squash
Medley
Cantaloupe
TEA SOCIAL

26) Green Salad
Chicken Fingers
Sweet Potatoes
Green Beans
Strawberries



6) Chopped Green
Salad
Chicken Fingers
Sweet Potato Fries
Broccoli Spears
Fruit



13) Veggie Soup
Chicken Salad
Sandwich
Multi Grain Chips
Cantaloupe

20) Cream of Tomato
Soup
Grilled Turkey
Cheese Sandwich
Zucchini Fries
Orange Slices

27) Beef Veggie Soup
Tuna Salad
Sandwich
Multi Grain Chips
Sliced Pears



ACTIVITY CALENDAR ADULT DAY CARE CENTER OF HENDERSON AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 JOHN HARBIN 3:00 Bingo	2) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 STEPHANIE DEATON 3:00 Bingo	3) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 DANA J. LARA 3:00 Bingo	4) 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	5) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 JENNIE N. FRANCO 3:00 Bingo	6) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 DANIEL YAKLICH 3:00 Bingo
8) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 MARC LOVE 3:00 Bingo	9) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 MAD ENT. 3:00 Bingo	10) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 DANA J. LARA 3:00 Bingo	11) 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	12) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC LOVE 3:00 Bingo *SHAKE A HAND DAY*	13) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 STEPHANIE DEATON 3:00 Bingo
15) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 MARILYN BARBER 3:00 Bingo *SMILE DAY*	16) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 MAD ENT. 3:00 Bingo	17) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 JOHN HARBIN 3:00 Bingo	18) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 NANCY BUCKNER 2:00 SIGN LANGUAGE w/BETTY 3:00 Bingo *LAUGH DAY*	19) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC LOVE 3:00 Bingo	20) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 JENNIE N. FRANCO 3:00 Bingo
22) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 NANCY BUCKNER 3:00 Bingo	23) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 MAD ENT. 3:00 Bingo	24) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 JENNIE N. FRANCO 3:00 Bingo	25) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 MARILYN BARBER 2:00 SIGN LANGUAGE w/BETTY 3:00 Bingo	26) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC LOVE 3:00 Bingo	27) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 STEPHANIE DEATON 3:00 Bingo
DANCE DAY 29) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 SUSAN GOSNEY 3:00 Bingo	30) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 MAD ENT. 3:00 Bingo	31) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 NANCY BUCKNER 3:00 Bingo			
					HAPPY BIRTHDAY THOMAS G. 8/3

**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: Carla F. (Age: 65)



Individual Whole Peach Pies

Ingredients:

- 1 (11-oz.) prepared pie crust
- 4 small to medium very ripe peaches, halved and pit removed
- 4 heaping teaspoons honeycomb
- 1 egg
- 4 teaspoons turbinado sugar

Directions:

Preheat oven to 425 degrees. Lightly coat 4 wells of a muffin tin with cooking spray. If peaches are too large for a muffin tin, try using small ovenproof bowls and increase the baking time. Divide the pie crust dough into quarters. Roll into disks. Place 1 heaping teaspoon of honeycomb into 1 side of each peach where the pit was. Place the other half on top so the peach is whole again. Place each peach on the center of each of the dough disks and wrap dough around the peaches. The dough does not have to completely enclose the peach if it does not reach the top. If peach is completely enclosed, be sure the sides are supported by the muffin tin or oven proof bowls, as the halves will want to separate during baking. Place each pastry wrapped peach so that it just sits in the prepared muffin tin well. In a small bowl whisk together the egg and 2 tablespoons water. Brush egg wash on pastry and sprinkle with 1 teaspoon of turbinado sugar. Bake for 13-15 minutes or until crust is golden brown. Let cool 5 minutes and then carefully remove from pan.

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

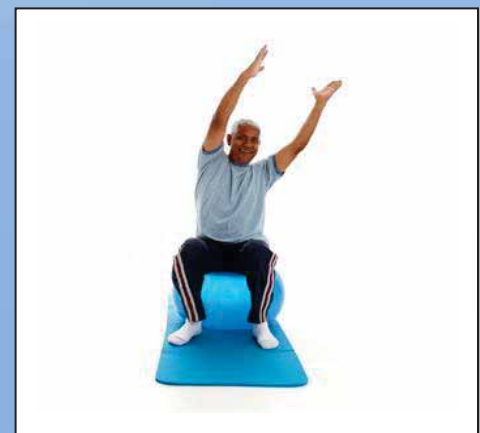
WELL-VISIT HEALTH SCREENINGS

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

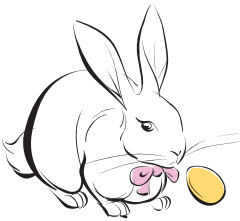
Adult Day Care Center of Las Vegas
901 N. Jones Boulevard
Las Vegas, NV 89108
702.648.3425
Fax: 702.648.1408



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

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 ...**

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



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!



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF HENDERSON
WILL BE OPEN ON EVERY SATURDAY!!**

HOURS WILL BE 8:00AM – 6:00PM.

YOU WON'T WANT TO MISS OUT!

**SO PLEASE RESERVE YOUR SPOT TODAY WITH
TANYA OR ANGIE!!**

~Thank You,
Adult Day Care Center of Henderson Staff

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 SUNDAYS!



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS
WILL BE OPEN EVERY SUNDAY!!**

HOURS WILL BE 7:30AM – 6:00PM.

**YOU WON'T WANT TO MISS OUT!
SO PLEASE RESERVE YOUR SPOT TODAY WITH
MARISELA, CORINA, BRITTANY OR DEE DEE!!**

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