

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 New Year!

*HENDERSON MONTHLY NEWSLETTER
JANUARY 2018*

The Adult Day Care Center of Henderson (ADCCH) wishes a Happy and Healthy New Year to everyone! Our Center strives to create a place of fun, love, kindness and caring. We encourage all of our participants to try a new activity at our center. Listen to a new kind of music, make a new friend, and enjoy a new life experience. In January we will continue to enhance our appreciation of the gifts every New Year brings. 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. The New Year will strengthen our dedication as we continue to offer the fun activities that all our participants enjoy, including: A daily exercise program, Tai Chi, Music Appreciation, Brain Dance, Gardening, Bingo Competitions, Arts & Crafts and live entertainment in the afternoons. Please join us as we celebrate the start of another amazing year and travel down the highway to the new adventures of 2018.

WWW.ADLTDAYCAREHENDERSON.ORG

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

HIGHLIGHTS FROM DECEMBER



December was a very exciting month for our seniors. In the spirit of the holiday season, our seniors created handmade ornaments and many more fun holiday abstract art pieces. **We had a wonderful Holiday Feast and Party Sponsored by the Wynn that was simply marvelous. A BIG THANK YOU!!!! to the Wynn for our beautiful Holiday Luncheon. Our seniors are still talking about their wonderful, fun day. THANKS to the Chefs from the Wynn for a very tasty holiday meal.** We also would like to **THANK the Knights of Columbus** who brought Santa Claus from the North Pole to hand out the gifts of happiness to our seniors. Our weekly Game Trivia Day is one that everyone can enjoy. The staff wishes to take this opportunity to thank every family member and caregiver for all the help and donations they gave during the holiday season. Every cookie and treat was truly a blessing for all our staff.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in December: We will welcome our new participants in January.

CLOSURES

We will be OPEN on January 1st 2018 for New Year's 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 of your needs with its vast technology.



EVENTS IN JANUARY

We would like everyone to join us for Tai Chi Class on every Wednesday at 10:00. Caregivers are always invited. We have started our Henderson "Brain Trivia". We have some awesome brainiac's at our Center. It has been a lot of fun for our participants and we would like everyone to join us. **Please don't forget to submit your recipes!** See the attached flyers for details. We will be honoring the memory of Dr. Martin Luther King on Monday, January 15th with a history-fun-day that will include music and libations. Be on the look out for some special surprise events throughout the month. **Our new 2018 Senior Art Calendars are now on SALE for only \$10.00. They are absolutely awesome!!!!** Don't miss the opportunity to buy yours.

GETTING SCENT-IMENTAL

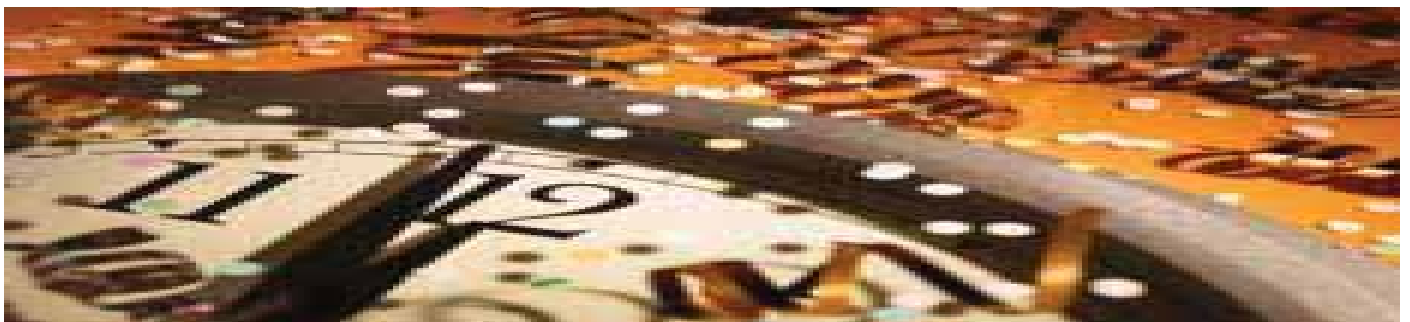
A new aromatherapy scent, Honeysuckle, which sharpens intuition and brings prosperity, will be the aromatic of choice as we continue with our new aromatherapy series.

SEE WHAT'S IN BLOOM!

Our garden is dormant for the winter. We will replant in the spring.

DID YOU KNOW?

The Omega-3 fatty acids in fish can reduce chronic brain inflammation that can contribute to the development of Alzheimer's disease Dr. Raji of Pennsylvania Mercy Hospital stated, "Eating baked or broiled fish on a weekly basis can lead to a healthier brain and lower the risk for Alzheimer's."



HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, January 27th, 2017. Our January celebrants are Harlan R. (1/4), Mario G. (1/13), Ryan W. (1/27), and Leticia M. (1/28).

Entertainment will be provided and birthday treats will be served as well.

SUPPORT GROUP

We will have **Monthly Support Groups** the 2nd and 4th Tuesday of the every month. Please see the attached flyer for more details on caregiver support programs and community forum.

Everyone is invited to attend!



JUST A FRIENDLY REMINDER

We Dare to Care: Keeping your loved one at home as long as possible is our goal. We strive to become an extension of your home environment with caring, personalized service. We want you to remember that we can bridge- the- gap. When your loved one has been in the hospital, now home to recuperate, and you need to get back to work or run errands, we are here. Please call on us to help.

MESSAGES FROM ADCC HENDERSON STAFF....

About Activities



We would like to thank you all for your donations, they are greatly appreciated! You will be seeing more arts & crafts projects coming home in the future. Our clients seem to have a lot of fun crafting and enjoy showing off their work to each other afterwards. Thanks again!

Betty

Nursing Notes



The winter weather is here, so make sure to bundle up when outside, drink plenty of fluids and wash your hands frequently! Adequate sleep at night will also boost your body in fighting off any viruses!

Nurse Dolores and Nurse Beverly



Advice from the Aides

We hope that everyone and their families had a safe and happy holiday and a Happy New Year! We look forward to another wonderful year!

**Betty, Vienna, Linda
Darrell and Rick**

Remarks from the Receptionist



To all of our wonderful participants and their amazing care partners, a New Year's toast: **H**ere's to the bright New Year; and a fond farewell to the old; **H**ere's to the things that are yet to come; **A**nd to the memories that we hold.

Linda

Sentences from our Staff



The New Year brings more opportunities to support our care partners. We still will offer free workshops entitled "Healthy Living Up 2 Me" that focuses on managing chronic health conditions successfully. This evidence based Stanford University program has proven to be helpful not only for those with chronic health conditions but also for those who take care of them. For more information call Ellen Grossman at 702-648-3425. She would be thrilled to be a part of your support network and our staff appreciates the opportunity to serve you in 2018.



Kitchen Notes

As the weather remains cold, it is a good time to cook your favorite type of soup. Soup is a comfort food that can be shared often with family and friends.

Chef Lori



LUNCH MENU **ADULT DAY CARE CENTER OF HENDERSON** **JANUARY 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1) Chicken Noodle Soup Roasted Chicken Steamed Rice Green Beans Pears *New Year's Day*</p>	<p>2) Tomato Soup Creamy Turkey Alfredo w/ noodles Broccoli Spears Apricots *APPLE CRISP*</p>	<p>3) Veggie Soup Meat Loaf Flat Noodles Peas and Carrots Sliced Pears</p>	<p>4) Broccoli Soup Chicken Salad Sandwich 3 Bean Salad Orange Slices</p>	<p>5) Veggie Soup Cheese Pizza Cucumber Salad Apple Slices</p>	<p>6) Green Salad Turkey Chili w/ Beans Corn Bread Yogurt w/ Granola</p>
<p>7) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM</p>	<p>8) Multi Bean Soup Tuna Salad Sandwich on wheat bread Broccoli Spears Sliced Apples</p>	<p>9) Chicken Veggie Soup Beefy Baked Lasagna Spinach Salad Orange Slices</p>	<p>10) Corn Chowder Chicken Strips French Fries Broccoli Spears Baked Apples</p>	<p>11) Beef Veggie Soup Turkey Sub Sandwich Potato Chips Pineapple Slices</p>	<p>12) Chicken Veggie Soup Smothered Meatballs over a bed of rice Yellow/Green Squash Glazed Pears *Lemon Tea Day*</p>	<p>13) Veggie Soup Beef Stew w/ Chunky Veggies Flat Bread Cinnamon Apples</p>
<p>14) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM</p>	<p>15) Veggie Soup Baked Orange Chicken Roasted Broccoli Spears Steamed Rice Apricots</p>	<p>16) Tomato Soup Grilled Turkey & Cheese Sandwich Zucchini Spears Baked Apples</p>	<p>17) Cream of Veggie Soup Philly Steak Sandwich French Fries Sliced Pineapples *POPCORN DAY*</p>	<p>18) Broccoli Soup Cheeseburger w/ lettuce and tomato Potato Fries Sliced Oranges</p>	<p>19) Beefy Chili w/ Beans Corn Bread Green Salad Peaches</p>	<p>20) Chicken Veggie Soup Grilled Cheese Potato Fries Sliced Apples</p>
<p>21) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM</p>	<p>22) Veggie Soup Spaghetti w/ Meat Sauce Garlic Bread Green Beans Peaches *NATIONAL PIE DAY*</p>	<p>23) Multi Bean Soup Chicken Sandwich on bun w/ lettuce and tomato French Fries Pears</p>	<p>24) Broccoli Soup Baked Fish Steamed Rice Peas and Carrots Orange Slices *BIRTHDAY CAKE*</p>	<p>25) Chicken Veggie Soup Beef Stroganoff w/ Egg Noodles Green Beans Glazed Pears</p>	<p>26) Veggie Soup Chicken Pot Pie Green Salad Blueberries with Cream</p>	<p>27) Green Salad Beef Stew w/ Chunky Veggies Flat Bread Cinnamon Apples</p>
<p>28) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM</p>	<p>29) Chicken Noodle Soup Grilled Cheeseburger w/ lettuce & tomato Potato Fries Pineapple Slices</p>	<p>30) Turkey Rice Soup Lemon Herb Baked Chicken Peas & Carrots Orange Slices *HOT COCOA DAY*</p>	<p>31) Beef Barley Soup French Dip Sandwich Au Jus Potato Salad Broccoli Sliced Pears</p>			

*Milk is offered at Breakfast and Lunch.

ACTIVITY CALENDAR ADULT DAY CARE CENTER OF HENDERSON

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>DANIEL YAKLICH</u> 3:00 Bingo	2) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo	3) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>MAD ENT.</u> 3:00 Bingo	4) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>HSIANG CHI</u> <u>ALEXANDER</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo	5) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo	6) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>SING-A-LONG</u> 3:00 <u>COMEDY MOVIE</u> <u>MATINEE</u> * SHAKE A HAND DAY*
8) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo	9) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>FUMIKO DUNKIN</u> 3:00 Bingo	10) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>HSIANG CHI</u> <u>ALEXANDER</u> 3:00 Bingo	11) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>NANCY</u> <u>BUCKNER</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo	12) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo	13) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>WESTERN MOVIE</u> <u>MATINEE</u> 3:00 Bingo
15) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>DANIEL YAKLICH</u> 3:00 Bingo * SMILE DAY*	16) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>MAD ENT.</u> 3:00 Bingo	17) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>NANCY</u> <u>BUCKNER</u> 3:00 Bingo	18) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>HSIANG CHI</u> <u>ALEXANDER</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo	19) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo	20) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 12:15 <u>COMEDY MOVIE</u> <u>MATINEE</u> 3:00 Bingo
22) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>NANCY BUCKNER</u> 3:00 Bingo	23) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo	24) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>MAD ENT.</u> 3:00 Bingo	25) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>HSIANG CHI</u> <u>ALEXANDER</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo	26) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo	27) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>MUSICAL</u> <u>MATINEE</u> 3:00 Bingo ART DAY
29) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo	30) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>NANCY BUCKNER</u> 3:00 Bingo	31) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>MAD ENT.</u> 3:00 Bingo	 <p>HAPPY NEW YEAR 2018</p>		
				HAPPY BIRTHDAY HARLAN R. 1/4 MARIO G. 1/13 RYAN W. 1/27	
 <p>HAPPY Birthday</p>					

**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.



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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: 60)



Cheese 'n bacon stuffed mushrooms

Ingredients:

12 large fresh mushrooms (1 lb.)
4 oz. (½ of 8-oz. pkg.) Philadelphia Cream, Cheese softened
1 clove garlic, minced
4 slices Oscar Mayer Bacon, cooked, crumbled
½ cup Kraft Shredded Sharp Cheddar Cheese
1 Tbsp. chopped fresh parsley

Directions:

•Heat oven to 350°F. Remove stems from mushrooms; discard or reserve for another use. Mix remaining ingredients; spoon into mushroom caps. Place, filled-side up, in shallow baking dish. Bake 18 to 20 minutes or until heated through.

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

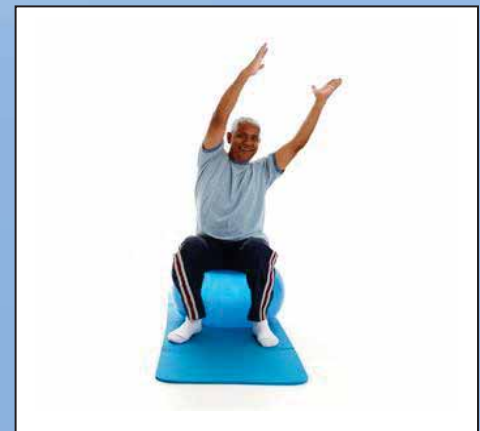
WELL-VISIT HEALTH SCREENINGS

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

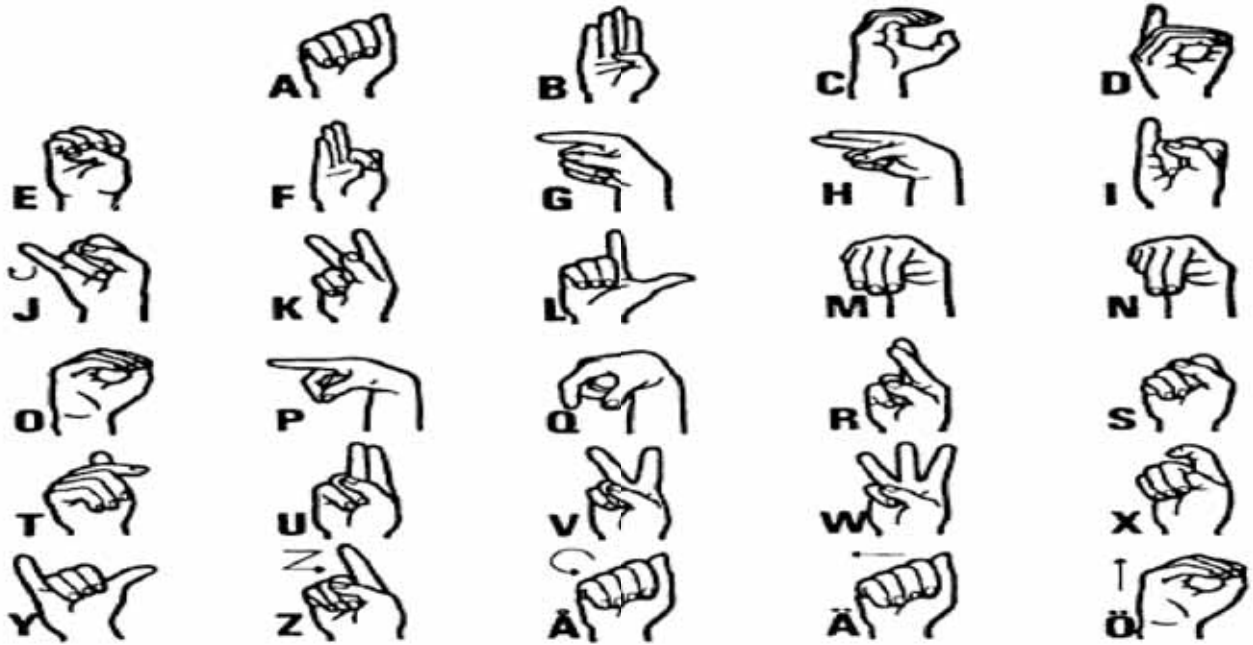
Las Vegas, NV 89108

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

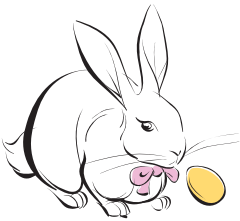
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Attention Caregivers

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

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 HENDERSON
IS OPEN ON SATURDAY**

HOURS ARE 8:00AM – 6:00PM.

YOU WON'T WANT TO MISS OUT!

**SO PLEASE RESERVE YOUR SPOT TODAY WITH
LINDA!!!**

~Thank You,
Adult Day Care Center of Henderson Staff

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SUPER SUNDAYS!

COME JOIN US
EVERY OTHER
SUNDAY

FOR



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS
IS OPEN ON SUNDAY**

OUR HOURS ARE 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