

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 MAY 2017

May is National Older Americans, Physical Fitness and Smile Month. When you smile the world smiles back at you. As you enter our doors at The Adult Day Care Center of Henderson (ADCCH), you will be greeted with open arms, and smiles from our hearts. Our Henderson Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. The atmosphere at our Center will be joyful and loving as we continue to offer an array of contemporary fun activities which our participants enjoy, including: A daily exercise program, Tai Chi, American Sign Language, Organic Gardening, Bingo competitions, Arts & Crafts and live entertainment in the afternoons. Please join us in celebrating the vibrant colors of the season's flowers and green plants, as we smile our way through MAY.

WWW.ADULTDAYCAREHENDERSON.ORG
MONDAY – FRIDAY 6:30AM – 6:30PM- SAT8:00-6:00PM

HIGHLIGHTS FROM APRIL



April was all about new growth. Staff and participants planted some flowers in the garden. Our Center is blooming with new ideas such as make- it- fun Sign Language and Spanish with Betty. Our abstract Tree of Life is growing with seasonal leaves and flowers. The tree of life has been a big hit with our seniors and staff and a wonderful sight to see as you enter the Activity room. The senior art gallery is growing as well. The arts and craft classes have been busy painting unique recycled abstract works of art. The abstract spring Flowers on our door are absolutely beautiful. Group Fitness class, on Wednesdays with our seasoned staff. Has been simply marvelous. As more of our seniors are participating, and the room is filled with movement, laughter and music. We had a wonderful Country and Western Day on Friday April 28th. Everyone wore their handmade sheriff badges with honor. The warmer weather invites our seniors to take a stroll outside and play Shuffle Board. It has been quite nice to see!!

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in April: Dorothy S. and Donna M.

CLOSURES

The Adult Day Care Center of Henderson will not have any closures during the month of May.

GET PLUGGED IN!

There's an amazing state-of-the-arts computer lab at our Center, Located in our library's Quiet Room, next to the Arts & Crafts department. The software suits all your needs with it's vast technology.

DID YOU KNOW?

In theory the first day of spring, the vernal equinox, is supposed to have exactly 12 hours of sun and 12 hours of darkness, but it doesn't usually work out that way.



EVENTS IN MAY

We would like everyone to join us for Tai Chi on Tuesdays and Thursdays at 10:00am, to honor National Physical Fitness month we will have Cool Brain Walking on Thursdays at 10:00am and Move & Groove to Shake-it-Up Karaoke at 1:00pm on the 1st Thursday of this month. We have our "Comedy Trivia Hour" fun time through-out; SignLanguage and Spanish every Thursday. Our weekly Trivia game has also been a big hit with our seniors and staff. Caregivers are invited. Please don't forget to submit your recipes. See attached flyer for details. 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, sandalwood, a purifying and protective scent that matches the purity of spring, will be the aromatic of choice as we continue our aromatherapy series.

SEE WHAT'S IN BLOOM!

We planted our new garden of flowers and vegetables at our Center. Our seniors will start taking a weekly stroll through the garden to see the fruits of their labor.

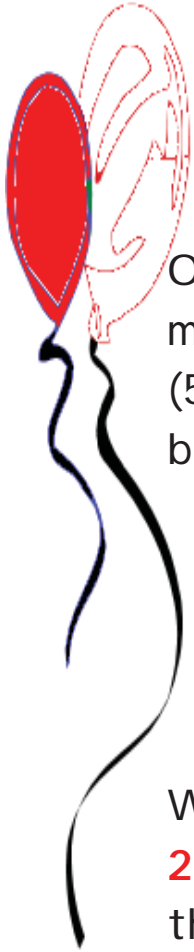


HAPPY BIRTHDAY

Our birthday party will be held on the 5th Wednesday of the month, May 31st, 2017. Our May celebrants are Dorothy S. (5/5) and Robin B. (5/22) Entertainment will be provided and birthday treats will be served as well.

SUPPORT GROUP

We will have **Support Group Meetings** on the **9th** and the **23rd**. Meetings will be on the **2nd** Tuesday 10:00-11:00am and the **4th** Tuesday at 10:00-11:00pm every month. Please see the attached flyer for more details on caregiver support program and community forms.





THANK YOU!

On behalf of our entire family of helpful, caring professionals 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. As we continue to strive to make our Center a place of caring and fun for all our participants, always 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



LUNCH MENU

ADULT DAY CARE CENTER OF HENDERSON

MAY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1) Veggie Soup Pulled BBQ Chicken on buns Baked Beans Cole Slaw Strawberries & Cream	2) Split Pea Soup Chicken Salad Sandwich 3 Bean Salad Potato Tots Yogurt w/ Fruit	3) Turkey Veggie Soup Beefy Sloppy Joes on a bun Zucchini fries Green salad Pineapple slices	4) Veggie Soup Baked Chicken Mashed potatoes Steamed Broccoli Sliced Oranges	5) Chile Bean Soup Taco Salad w/ met, cheese, lettuce & tomatoes Cinnamon Yogurt w/ Granola CINCO DE MAYO~	6) Turkey Veggie Soup Chicken Strips Mashed Potatoes Green Salad Apple Slices
7) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!	8) Green Salad Spaghetti w/meat Sauce Garlic Bread Yogurt w/ Granola	9) Cucumber Salad Meatloaf Mac & Cheese Green Beans Valencia Oranges	10) Green Salad Chicken Wings Oven Roasted Potatoes Peas & Carrots Pear Slices	11) Turkey Chowder Fish Filet Sandwich w/ lettuce & tomatoes French Fries Cole Slaw Banana & Peaches	12) Spinach Salad Roasted Turkey Stuffing w/ Gravy Green Beans Strawberries & Cream OBS. MOTHER'S DAY	13) Vegetable Soup Tuna Casserole Green Salad Wheat French Bread Orange Slices
14) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!	15) Cream Veggie Tomato Soup Grilled Turkey & Cheese on rye bread Zucchini Fries Peaches	16) Veggie Soup Chicken Filet Sandwich Lettuce & Tomato Potato Fries Apple slices	17) Tomato Cucumber Salad Hot Tuna Melt on Wheat Bread Zucchini Strips Pears ICE CREAM DAY	18) Green Salad Beef Stew Corn Bread Yogurt w/ Granola	19) Tomato Soup Grilled Turkey burger w/ Cheese Sandwich on wheat bread 3 Bean Salad Yogurt w/Granola	20) Veggie Soup Green Salad Tuna Melt on Rye French Fries Orange Slices
21) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!	22) Beef Veggie Soup Chicken Strips Wild Rice Zucchini Salad Pears w/ Chocolate Sauce LEMONADE DAY	23) Green Salad Baked Fish Potatoes Broccoli Florets Cherries	24) Cucumber Salad Penne w/ Chicken & Broccoli Wheat French Bread Watermelon	25) Vegetable Soup Philly Steak Sandwich Seasoned Potato Fries Green Salad Yogurt w/ Fruit	26) Asian Green Salad Sweet & Sour Chicken on Rice Stir Fry Vegetables Navel Oranges COOKIE DAY	27) Turkey Veggie Soup Green Salad Cheese Pizza Cinnamon Sliced Pears
28) WE ARE CLOSED OUR ADULT DAY CARE CENTER OF LAS VEGAS IS OPEN 7:30 AM – 6:00 PM!	29) Vegetable Beef Soup Turkey & Cheese sandwich on wheat bread w/ lettuce Peas & Carrots Strawberries	30) Lentil Soup Homemade Meatloaf Potatoes Green and Yellow Squash Cinnamon Apples	31) Turkey Veggie Soup Green Salad Cheese Pizza Chilled Pears *BIRTHDAY CAKE*			

*Milk is offered at Breakfast and Lunch.

ACTIVITY CALENDAR ADULT DAY CARE CENTER OF HENDERSON

MAY 2017
SATURDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 JOHN HARBIN 3:00 Bingo <i>*Laugh Day*</i></p>	<p>2) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 MAD ENT. 3:00 Bingo</p>	<p>3) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 JENNIE FRANCO 3:00 Bingo</p>	<p>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</p>	<p>5) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC CHEMERYS 3:00 Bingo ~CINCO DE MAYO~</p>	<p>6) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 DANIEL YAKLICH 3:00 Bingo</p>
<p>8) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 JENNIE N. FRANCO 3:00 Bingo <i>*Hug Day*</i></p>	<p>9) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 NANCY BUCKNER 3:00 Bingo</p>	<p>10) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 MAD ENT. 3:00 Bingo</p>	<p>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</p>	<p>12) OBS. MOTHER'S DAY 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC CHEMERYS 3:00 Bingo</p>	<p>13) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 DANIEL YAKLICH 3:00 Bingo</p>
<p>15) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 JOHN HARBIN 3:00 Bingo <i>*Plant a Seed of Friendship*</i></p>	<p>16) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 FUMIKO DUNKIN 3:00 Bingo</p>	<p>17) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 NANCY BUCKNER 3:00 Bingo</p>	<p>18) 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 <i>*LAUGH DAY*</i></p>	<p>19) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC CHEMERYS 3:00 Bingo</p>	<p>20) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 12:15 STEPHANIE CREVECOEUR 3:00 Bingo</p>
<p>22) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 DANA LARA 3:00 Bingo <i>*Give a flower Day*</i></p>	<p>23) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 MAD ENT. 3:00 Bingo</p>	<p>24) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 JENNIE FRANCO 3:00 Bingo</p>	<p>25) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 NANCY BUCKNER 2:00 SIGN LANGUAGE w/BETTY 3:00 Bingo</p>	<p>26) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 MARC CHEMERYS 3:00 Bingo</p>	<p>27) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 STEPHANIE CREVECOEUR 3:00 Bingo</p>
<p>29) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 SUSAN N. COSNEY 3:00 Bingo <i>*Crazy Feet Day*</i></p>	<p>30) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 DANA LARA 3:00 Bingo</p>	<p>31) 9:00 Current Events 9:30 Exercise 10:00 JOYCE ASADA (TAI CHI) 12:30 Trivia 1:00 DANIEL YAKLICH 3:00 Bingo</p>		<p>HAPPY BIRTHDAY ROBYN B. 5/22 DOROTHY S. 5/5</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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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)



Cauliflower – Crusted Pizza

Ingredients:

- 1 small head of cauliflower, outer leaves removed
- 1 egg, whisked lightly with fork
- ½ tsp. dried oregano
- 14 oz. can crushed, unsalted tomatoes
- 1 tbsp. olive oil, divided
- 4 oz. shredded part-skim mozzarella
- 3 cups arugula

Directions:

Preheat oven to 425°F. Line a cookie sheet with parchment paper and set aside. Break cauliflower into pieces and chop in a large food processor until finely ground. Transfer to a microwave safe bowl and heat for 4 minutes. Pour onto a clean kitchen towel and let cool for several minutes. When cool enough to handle, take up the edges of the kitchen towel and squeeze the liquid out of the cauliflower. Scrape cauliflower into a clean bowl, add egg and oregano, and stir to combine. Spread cauliflower mixture into a rectangle shape on the prepared cookie sheet. Bake for about 20 minutes, or until cauliflower begins to brown. Meanwhile, add tomatoes, basil, oregano, and ½ tbsp. olive oil to the food processor and puree into a sauce. Remove cauliflower crust from oven. Spread tomato sauce over the crust, then cover with mozzarella and arugula. Return to the oven for another 2 minutes, or until cheese is melted. Remove from the oven, drizzle with remaining olive oil, and serve.

Caring for YOU, Caring for ME...

*Education and Support for
Family & Professional Caregivers*

**FREE
Workshop!**

*RSVP Required,
CEUs available!*

Mondays, beginning April 24th

April 24th, May 1st, 8th, 15th and 22nd

Heritage Park Senior Facility

300 S. Racetrack Rd.

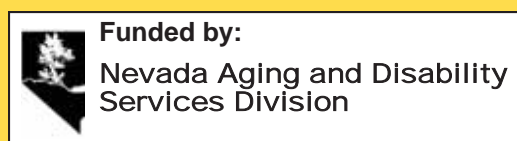
Henderson, NV 89015

From 1:30 pm - 3:30 pm

This 10-hour interactive series explores the dynamics of the caregiving relationship by bringing professional and family caregivers together in a relaxed setting to:

- Discuss common challenges within caregiving roles
- Identify your strengths, vulnerabilities and goals as a caregiver
- Learn strategies to cope with fatigue, burnout, and other manifestations of stress
- Discover ways to work together to reduce frustrations & barriers in caregiving, and ways to provide mutual support
- Gain a better understanding of each other's perspective on what it means to be a caregiver

RSVP to Riley at 702-333-1554 or RKelley@NevadaSeniorServices.org



Staying Active While Caregiving

Being physically active on a regular basis is one of the healthiest things you can do for yourself. Engaging in exercise can help support the immune system, increase cognitive function, reduce the risk of disease, increase balance, and reduce stress. In the care partnership there is not always an opportunity to engage in exercise. Making an active effort to add more physical activities to the daily caregiving routine can strengthen relationships and alleviate stress.



Care partners may struggle with staying active due to lack of time, energy, and respite. It can be difficult to stay active when care partners are faced with conflicting demands such as providing assistance, medical appointments, scheduling, personal care and a variety of other vital care needs. Incorporating physical activities into the daily care routine can help care partners and their loved one engage in meaningful activities together. Finding enjoyable ways to stay active is the key to promoting a healthier lifestyle.

For tips on ways to add exercise into your daily care routine see below!

Always consult your physician before beginning any exercise program

Get Moving Together

- ◇ Engage in aerobic exercises. Start off slow with small intervals of exercise daily rather than all at once.
- ◇ Enjoy nature and go on a walk together.
- ◇ Try seated exercises, a great alternative for individuals with limited range of motion.
- ◇ Utilize technology to find fun and interactive ways to stay active.
- ◇ Join a local gym or YMCA for group fitness exercises. Group classes such as yoga, Zumba, or swimming are facilitated by trained professionals who can help provide modifications to every exercise.
- ◇ Rest, unwind, breathe. Participate in activities that promote relaxation such as yoga and Tai Chi.

For more information on exercise modifications that can be done with your loved one visit:
www.agingcare.com

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 wellbeing.

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

To find out more information about available resources contact:

Celeste Graham

Care Consultant
cgraham@nevadaseniorservices.org

(702) 333-1556

Call Us Toll Free

(844) 850-5114



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.

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

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

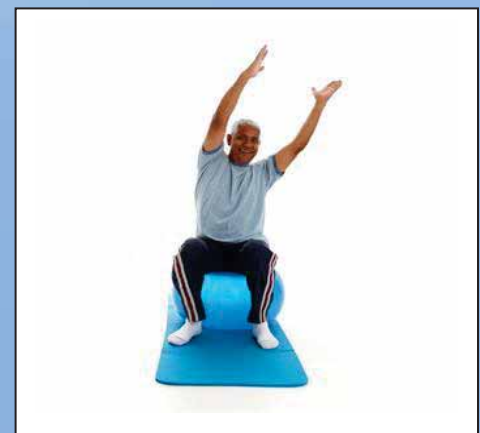
WELL-VISIT HEALTH SCREENINGS

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

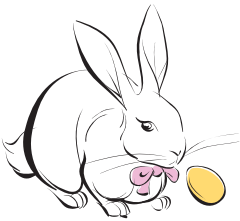
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Attention Caregivers

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

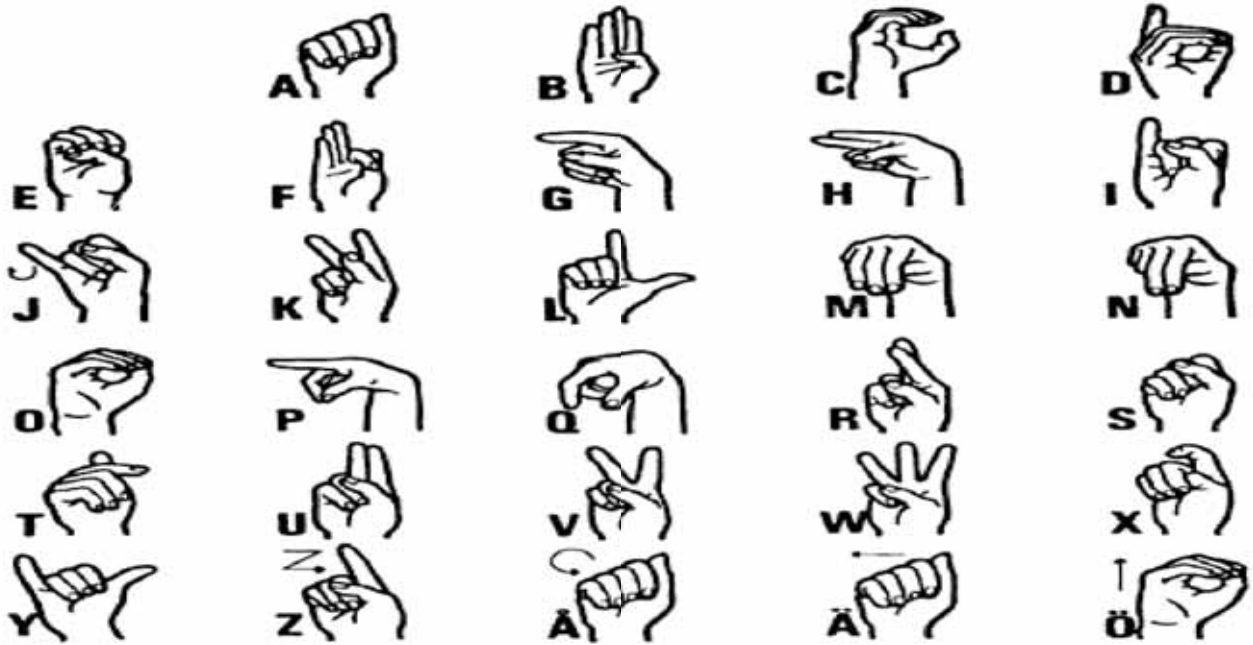
Thanksgiving and **Christmas Day**

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 ...**

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 HENDERSON
WILL BE OPEN EVERY SATURDAY!!
OUR HOURS WILL BE 8:00AM – 6:00PM.
YOU WON'T WANT TO MISS OUT!
SO PLEASE RESERVE YOUR SPOT TODAY WITH
YVONNE!!**

~Thank You,
Adult Day Care Center of Henderson Staff

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SUPER SUNDAYS!



JUST A REMINDER:
THE ADULT DAYCARE CENTER OF HENDERSON
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**
CORINA!!

~Thank You,
Adult Day Care Center of Henderson Staff