

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  
Thanksgiving



*HENDERSON MONTHLY NEWSLETTER  
NOVEMBER 2017*

The Adult Day Care Center of Henderson will celebrate November in the spirit of fun, caring, smiles and laughter. Thanksgiving is the time we give thanks for all our blessings. We believe here at our Center, "Everyday is a holiday and every meal is a Feast!" 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 atmosphere of our Center will be Festive as we continuously offer the fun contemporary activities that all of our participants love including: A daily exercise program, Tai Chi, Gardening, Sign Language, Bingo Competitions, Arts & Crafts, and live entertainment in the afternoons. Please join us in giving thanks as we celebrate the month of NOVEMBER.

[WWW.ADLTDAYCAREHENDERSON.ORG](http://WWW.ADLTDAYCAREHENDERSON.ORG)

MONDAY – FRIDAY 6:30AM – 6:30PM / SATURDAY 8AM – 6PM



### HIGHLIGHTS FROM OCTOBER

October began with beautiful autumn leaves. Each day we were inspired by the awesome mountain views, crisp air, and the seasonal colors. The month was filled with wonderful entertainment, and outdoor activities such as early morning strolls, and bird watching. Our Center is bursting with abstract autumn trees and leaves made by our seniors. It's so nice to see the art work of our seniors throughout the center. The Arts and Crafts classes are still busy with excitement making crafts for the fall. Our Halloween Party was simply fabulous. It allowed our seniors to feel like kids again. A BIG THANK YOU to Mark Love for the wonderful music she supplied. Mark's music inspired our seniors to dance, dance, dance. Everyone truly enjoyed themselves. **WE ARE OPEN EVERY SATURDAY. PLEASE CALL TO RESERVE YOUR SPOT SO YOU CAN JOIN US FOR THE FUN!!!!**

### NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in October:

### CLOSURES

The Adult Day Care Center of Henderson will be closed on the following date: **Thursday, Nov. 23rd ONLY!!!!**

### GET PLUGGED IN!

There's a computer *lab* here at our 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 NOVEMBER

We would like everyone to join us for Move and Grove Exercise on Tuesdays and Thursdays at 10:00am. Sign with Betty (Sign Language classes) 2:00pm every Thursday afternoon, caregivers are invited. **Maintain Your Brain Happy Hour.** We will learn something new every day. We will use all five of our senses. We will practice positive thinking. Repeat what you want to know. It has been a lot of fun. Please try to join us for these awesome activities. Don't forget to submit your recipes. See attached flyer for details. We are having a SPECIAL Thanksgiving Lunch for our participants, on November 17th @ 11:30 am. Also on the 17th, "Mark Chemery" will perform a memorable show that will surprise everyone! It will also be CRAZY HAT DAY!! On 30<sup>th</sup>. Please wear your Craziest hat!! Our 2018 Senior Art Calendars are available for a \$ 10.00 donation. Place your order today!!!

### GETTING SCENT-IMENTAL

The aromatherapy scent, Cinnamon, which helps to invigorate brain cells and inspire creativity, will be the aromatic of choice as we continue our aromatherapy series.

### SEE WHAT'S IN BLOOM!

Our garden is in need of donations of herb seeds or seedlings and organic dirt. The hot weather has made our garden worse-for-wear. Thank you for your support of our seniors.



## DID YOU KNOW?!?

**Did You Know?** A "Jiffy" is actual unit of time for 1/100<sup>th</sup> of a second.

## PARAPROSDOKIAN SENTENCE

A paraprozdokian 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 \* We don't stop playing because we grow old, we grow old because we stop playing. \**

## HAPPY BIRTHDAY

Our birthday party will be held on the 4<sup>th</sup> Wednesday of the month, November 27<sup>th</sup> 2017. Our November celebrants are Evelyn C. (11/1), John M. (11/3) Shirley C. (11/9) Josephine M.( 11/13) Elizabeth L. (11/16), and Herbert B. (11/27).Entertainment will be provided and birthday treats will be served as well.

## SUPPORT GROUP

We have **Support Groups** on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month. Please see attached flyer for more details on caregiver support programs and community forum. Everyone is invited to attend!



## ATTENTION

*We have **Move and Groove Exercise classes** it is a combination of choreographed seated or standing movement, with music to motivate the mind and body. This class helps to maintain muscle strength or improve range of movement. Ease tension and reduce stress.*



GETTING TO KNOW US!.....

**ACTIVITY & SENSORY INTEGRATION  
SPECIALIST**

**Betty Arcos**



Betty is teaching Sign Language and Spanish every Thursday to our participants!!!

Betty: "I moved to Henderson from California in 2005. I went to a school for the deaf where I learned to sign and read lips. I have worked with the elderly for over 43 years. I'm fluent in Spanish. I love music, reading and dancing."

**CLINICAL MENTAL HEALTH COUNSELOR &  
CERTIFIED GERIATRIC CARE MANAGER (GCM)**

**Nora Kraidman**



Please welcome Nora Kraidman to our NSS Family!

Nora will be providing a range of supports for family caregivers and clients at both our Las Vegas and Henderson Centers. She will also be doing Caregiver support and Counseling support group facilitation.



## MESSAGES FROM STAFF....

### SUGGESTIONS FROM THE NURSES....

As the flu season draws near please remember to wash your hands. We would love to see everyone at the center happy and healthy!

Nurse Dolores and Nurse Beverly



### Taking care from your Aides....

It is a joy to work with your family members and loved ones each and every day.



Betty, Linda, Vienna, Darrel and Alice



### From the front office

*We are constantly amazed at the strength, dedication and grace of our care partners and look forward to seeing you and your loved ones every day.*

*Janice and Linda Receptionist*





# 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

*Dee Dee Woodberry*

*Activities Director*



**LUNCH MENU**      **ADULT DAY CARE CENTER OF HENDERSON**      **NOVEMBER 2017**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>5)</b>  <b>WE ARE CLOSED</b>  <b>OUR ADULT DAY</b>  <b>CARE CENTER OF</b>  <b>LAS VEGAS IS</b>  <b>OPEN</b>  <b>7:30 AM – 6:00 PM</b></p>	 <p><b>6)</b>            Vegetable Soup            Tuna Melt on Rye            Bread            Corn Chips            Cucumber Salad            Peach Cobbler</p>	 <p><b>7)</b>            Chicken Veggie            Soup            BBQ Sloppy Joes            on a Bun            Potato Salad            Mixed Fruit Salad  <b>*TEA SOCIAL*</b></p>	<p><b>1)</b>            Cream of Spinach            Soup            Rotisserie Style            Chicken            French Bread            Mixed Fruit Salad</p>	<p><b>2)</b>            Cream of Potato            Soup            Country Fried            Steak            Mashed            Potatoes/Gravy            Broccoli            Sliced Peaches</p>	<p><b>3)</b>            Tomato Soup            House Salad            Baked Ziti &amp; Italian            Sausage w/            Peppers            Yellow/Green            Squash            Orange Slices</p>	<p><b>4)</b>            Veggie Soup            Sloppy Joes w/            Cheese on Wheat            Bun            Sun Chips            Sliced Pears  <b>*OATMEAL CRISP*</b></p>
<p><b>12)</b>  <b>WE ARE CLOSED</b>  <b>OUR ADULT DAY</b>  <b>CARE CENTER OF</b>  <b>LAS VEGAS IS</b>  <b>OPEN</b>  <b>7:30 AM – 6:00 PM</b></p>	<p><b>13)</b>            Cream of Broccoli            Soup            Swedish Turkey            Meatballs            Pesto Noodles            Peas &amp; Carrots            Sliced Pears</p>	<p><b>14)</b>            Egg Drop Soup            Asian Sweet/Sour            Chicken            Fried Rice            Asian Veggies            Orange Slices</p>	<p><b>15)</b>            Split Pea Soup            Green Salad            Lemon Baked Fish            Herb Roasted            Potato            Mixed Veggies            Yogurt Fruit Parfait</p>	<p><b>16)</b>            Chili Bean Soup            Beef Taco w/            Lettuce, Cheese,            and Tomatoes            Spanish Rice            Churros w/ Apple            Slices</p>	<p><b>17) Thanksgiving Lunch</b>            Green Salad            Roast Turkey            Mashed Potatoes            Green Beans            Cranberry Sauce            Pumpkin Pie</p>	<p><b>18)</b>            Chicken Veggie            Soup            Turkey Cheese            Pizza            Green Salad            Sliced Pears</p>
<p><b>19)</b>  <b>WE ARE CLOSED</b>  <b>OUR ADULT DAY</b>  <b>CARE CENTER OF</b>  <b>LAS VEGAS IS</b>  <b>OPEN</b>  <b>7:30 AM – 6:00 PM</b></p>	<p><b>20)</b>            Turkey Noodle            Soup            Grilled Turkey &amp;            Cheese            Corn Chips            Green Salad            Pineapple</p>	<p><b>21)</b>            Beef Barley Soup            Baked Chicken            Fingers            Sweet Potatoes            Green Salad            Banana Pudding  <b>*HOT COCOA DAY*</b></p>	<p><b>22)</b>            Cream of Veggie            Soup            Oven Fried Fish            Hush Puppy            Potato Wedges            Green Salad            Cinnamon Peaches</p>	<p><b>23) CLOSED Thanksgiving Day</b>  </p>	<p><b>24)</b>            Beef Vegetable            Soup            Grilled            Hamburgers w/            Lettuce &amp; Tomato            Sun Chips            Sliced Pears</p>	<p><b>25)</b>            Green Salad            Vegetable Beef            Stew            Corn Bread            Yogurt w/ Fruit  <b>*APPLE CRISP*</b></p>
<p><b>26)</b>  <b>WE ARE CLOSED</b>  <b>OUR ADULT DAY</b>  <b>CARE CENTER OF</b>  <b>LAS VEGAS IS</b>  <b>OPEN</b>  <b>7:30 AM – 6:00 PM</b></p>	<p><b>27)</b>            Black Bean Soup            Green Salad            Chicken            Enchiladas            Spanish Rice            Refried Beans            Yogurt w/ Pears  <b>*PEACH COBBLER*</b></p>	<p><b>28)</b>            Beef Vegetable            Soup            Southwest Turkey            Club Roll up w/            Lettuce &amp; Tomato            Potato Salad            Strawberries &amp;            Cream</p>	<p><b>29)</b>            French Onion Soup            Beef Salisbury            Steak            Mashed            Potatoes/Gravy            Mixed Vegetables            Cinnamon Apples</p>	<p><b>30)</b>            Veggie Soup            Turkey Spinach            Lasagna            Green Salad            Sliced Oranges</p>		

\*Milk and Juice is offered during all Meals and Snack times\*



# ACTIVITY CALENDAR

# ADULT DAY CARE CENTER OF HENDERSON

# NOVEMBER 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 DANA LARA  
3:00 Bingo  
**\*HUG DAY\***

2)  
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

4)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 SING-A-LONG  
3:00 COMEDY MOVIE  
MATINEE  
**\*SHAKE A HAND DAY\***

6)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Ball Toss  
1:00 DANA LARA  
3:00 Bingo

7)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Sing-A-Long  
1:00 MAD ENT.  
3:00 Bingo

8)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 JENNIE FRANCO  
3:00 Bingo

9)  
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

10)  
9:00 Current Events  
9:30 Exercise  
10:00 **Spa / A&C**  
12:30 Trivia  
1:00 MARK CHEMERY  
3:00 Bingo

11)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 MUSICAL MOVIE  
MATINEE  
3:00 Bingo

13)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Ball Toss  
1:00 JENNIE FRANCO  
3:00 Bingo  
**\*SMILE DAY\***

14)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Sing-A-Long  
1:00 DANA LARA  
3:00 Bingo

15)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 NANCY  
BUCKNER  
3:00 Bingo

16)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
1:00 MAD ENT.  
2:00 SIGN LANGUAGE  
w/BETTY  
3:00 Bingo

17)  
9:00 Current Events  
9:30 Exercise  
10:00 **Spa / A&C**  
12:30 Trivia  
1:00 MARK CHEMERY  
3:00 Bingo

18)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
12:15 SING-A-LONG  
MOVIE MATINEE  
3:00 Bingo

20)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Ball Toss  
1:00 JOHN HARBIN  
3:00 Bingo

21)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Sing-A-Long  
1:00 MAD ENT.  
3:00 Bingo

22)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 JENNIE FRANCO  
3:00 Bingo

**CLOSED** 23)  
**Thanksgiving Day**  


24)  
9:00 Current Events  
9:30 Exercise  
10:00 **Spa / A&C**  
12:30 Trivia  
1:00 MARK CHEMERY  
3:00 Bingo

25)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 COMEDY MOVIE  
MATINEE  
3:00 Bingo  
**ART DAY**

27)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Ball Toss  
1:00 JENNIE N. FRANCO  
3:00 Bingo

28)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Sing-A-Long  
1:00 MAD ENT.  
3:00 Bingo

29)  
9:00 Current Events  
9:30 Exercise  
10:00 **Arts & Crafts**  
12:30 Trivia  
1:00 NANCY  
BUCKNER  
3:00 Bingo

30)  
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

**HAPPY BIRTHDAY**  
  
EVELYN C. 11/1  
JOHN M. 11/3  
SHIRLEY C. 11/9  
MICHAEL C. 11/13



**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](mailto: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)

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

# Recipe of the Month

## Submitted by: Barbara G. (Age: 74)



### *Classic Green Bean Casserole*

#### *Ingredients:*

1 cup Condensed Cream of Mushroom Soup  
½ cup milk  
1 teaspoon soy sauce  
1 dash black pepper  
4 cups cooked cut green beans  
1 1/3 cups French's® French Fried Onions

#### *Directions:*

•Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1 1/2-quart casserole. Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions. Bake for 5 minutes or until the onions are golden brown.



## Giving Thanks to Caregivers

November is National Family Caregivers Month. It is a time to celebrate and commend all of our strong, loving, and resilient family and professional caregivers. The theme this year, "Caregiving Around the Clock", represents the 24-hour 7-days-a-week role that caregivers often fulfill.



Caregivers can provide emotional, social, financial, medical and physical support to the person they are caring for in various ways. Caregivers selflessly give their time, finances, and hearts often for little or nothing in return.

Providing continuous care and support can make caregivers feel fulfilled to know that they are making someone's life better. Although caregivers often feel fulfilled in their role that is not always enough. More can be done by others to honor and praise caregivers around the clock. During National Caregivers Month and beyond take time to find more ways to let caregivers know that they are appreciated and loved for all that they do.

See suggestions on showing thanks to caregivers below!

## Easy Ways to Show Appreciation

### Simply say, "Thank You"

A kind "thank you" goes a long way and can help make someone feel appreciated.

### Volunteer to help.

A fantastic gift for a caregiver is to ask if they need help with anything and to offer to fulfill that task for the day or week to lessen their burden.

### Take part in "The Thanks Project."

A project sponsored by AARP that strives to say thank you to as many caregivers as possible by letting people post thank you messages on their website.

### A small act of kindness.

Bring a caregiver a coffee, gift card, snack, etc. they enjoy to help lift their spirits and show them someone is thinking of them.

### Send an electronic "thank you."

A quick way to let someone know you are thankful for them is by sending an electronic thank you or funny e-card to brighten their day.

### Encourage self-care.

Invite a caregiver to coffee or a movie to encourage opportunities for self-care.

## 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](mailto:cgraham@nevadaseniorservices.org)

**(702) 364-2273**

**Call Us Toll Free**

**(844) 850-5113**



[www.nevadaseniorservices.org](http://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

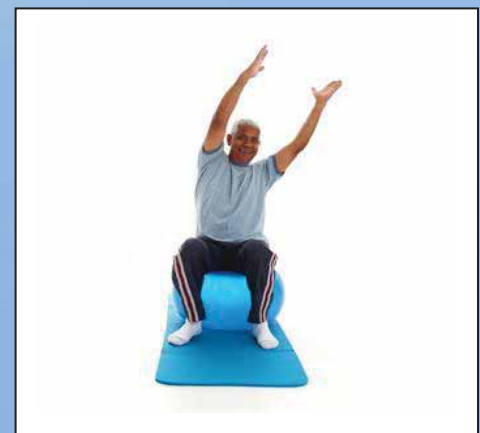
## WELL-VISIT HEALTH SCREENINGS

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

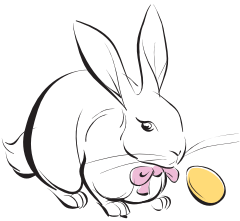
Adult Day Care Center of Las Vegas  
901 N. Jones Boulevard  
Las Vegas, NV 89108  
702.648.3425  
Fax: 702.648.1408



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

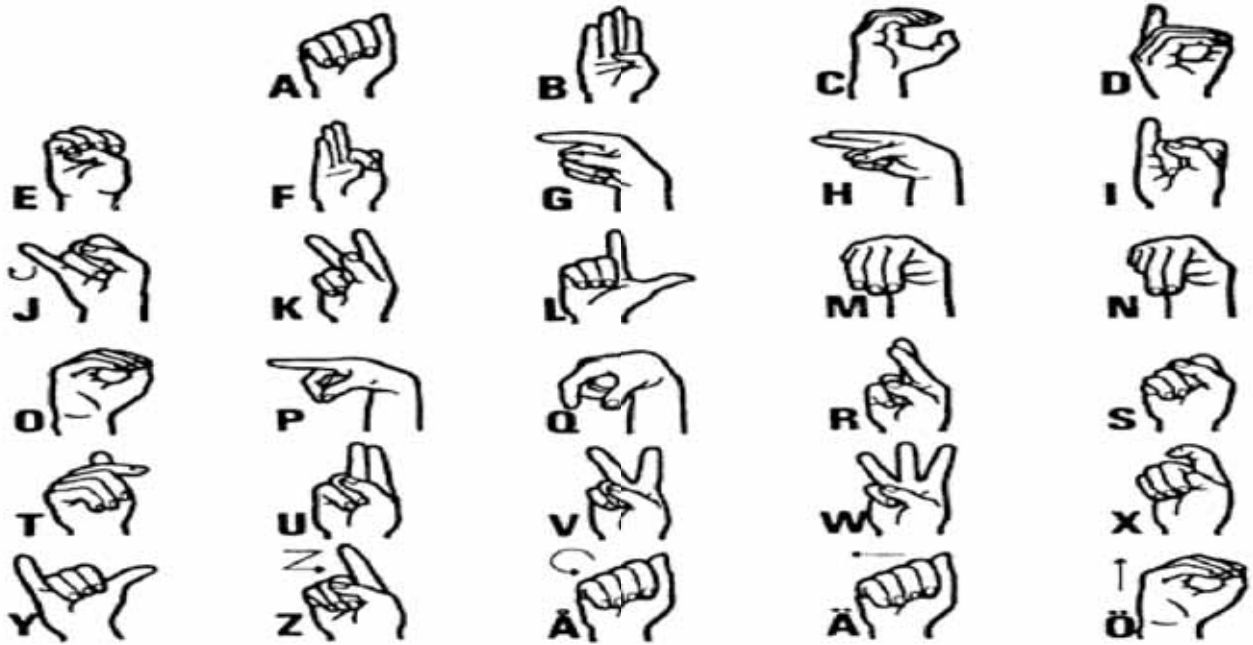
**Thanksgiving** and **Christmas Day**

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 ...**

# 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 & 3<sup>rd</sup> 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**

**2<sup>nd</sup> & 4<sup>th</sup> 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](http://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](http://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](http://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!

*Thankful*



**JUST A REMINDER:**

**THE ADULT DAYCARE CENTER OF HENDERSON  
WILL BE OPEN ON SATURDAY'S  
OUR HOURS WILL BE 8:00AM – 6:00PM.  
YOU WON'T WANT TO MISS OUT!  
SO PLEASE **RESERVE** YOUR SPOT TODAY WITH  
**JANICE OR LINDA!!****

~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 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, LINDA OR DEE DEE!!**

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