

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 SEPTEMBER 2016

It's Classical Music and Ballet Month at The Adult Day Care Center of Henderson. We will be celebrating some of the most beautiful music ever composed. Our 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 full of life and vibrancy through classical music. We will continue to offer contemporary fun activities that all of our participants love: including, daily exercise programs, Move and Groove Exercise, Sign Language, Gardening, Bingo Competitions, Arts & Crafts, and live entertainment in the afternoons. You are invited to join us as we enjoy the Piano Sonatas, Violin concertos, dance and choral arrangements of the greats as we celebrate the month of SEPTEMBER.

WWW.ADULTDAYCARELV.ORG

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



HIGHLIGHTS FROM AUGUST

August was filled with happiness, Ice Tea socials, awesome entertainment and early morning strolls to view our beautiful desert landscape and mountains. Our highlight of the month was our Hawaiian Luau Party on August 28th. The activity room was overflowing in color with hand printed fish and turtles made by all our seniors and vibrant tropical pictures. The clients wore beautiful, colorful hibiscus flower leis, Hawaiian straw hats and grass hula skirts. We took gorgeous photos and everyone had a great time. Also, the clients enjoyed a day filled with Olympic Games and was given GOLD medals, it was such a fun day for all clients as well as staff.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part of our Center family in August: AJ C., and Ramiro G.

CLOSURES

The Adult Day Care Center of Henderson will be **closed** on the following date:

Labor Day Monday September 5th.

GET PLUGGED IN!

There's an amazing computer *lab* here at the Center. It is located in the Quiet Room by the arts & crafts department and the software meets all needs with its vast technology.



EVENTS IN SEPTEMBER

We are asking everyone to join us for Move and Groove Exercise on Tuesdays and Thursdays @ 10:00am, including caregivers! Be on the lookout for some surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here. Please don't forget to submit your recipes. See attached flyer for details. **Also, on Friday, the 25th we would like everyone to wear their Disney attire, T-shirt, hat etc. We are OPEN from 8:00am to 6:00pm EVERY SATURDAY. If you are interested, please call to reserve your spot.**

GETTING SCENT-IMENTAL

A new aromatherapy scent, Cinnamon, which helps to invigorate brain cells and inspire creativity, will be the aromatic of choice as we continue the 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 newly planted Vincas, summer hues of purple, orange and bright green plantings.

DID YOU KNOW?

Did you know that Apples are more effective at waking you up in the morning than Coffee?



10 Ways to Maintain Your Brain

1. **HEAD FIRST**- Good health starts with your brain. It's one of the most vital body organs, and it needs care and maintenance.
2. **TAKE BRAIN HEALTH TO HEART**- What's good for the heart is good for the brain. Do something every day to prevent heart disease, high blood pressure, diabetes, and stroke—all of which can increase your risk of Alzheimer's.
3. **YOUR NUMBERS COUNT** - Keep your body weight, blood pressure, cholesterol and blood sugar levels within the recommended ranges.
4. **FEED YOUR BRAIN**- Eat less fat and more antioxidant-rich foods.
5. **WORK YOUR BODY**- Physical exercise keeps the blood flowing and may encourage new brain cells. **DO WHAT YOU CAN**- like walking 30 minutes a day-to keep both body and mind active.
6. **JOG YOUR MIND**- Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.
7. **CONNECT WITH OTHERS**-Leisure activities that combine physical, mental, and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.
8. **HEADS UP! PROTECT YOUR BRAIN** Take precautions against head injuries. Use your car seat belts; unclutter your house to avoid falls.
9. **USE YOUR HEAD**- Avoid unhealthy habits. Don't smoke or drink excessive alcohol.
10. **THINK AHEAD_ START TODAY!**-You can do something today to protect your tomorrow.



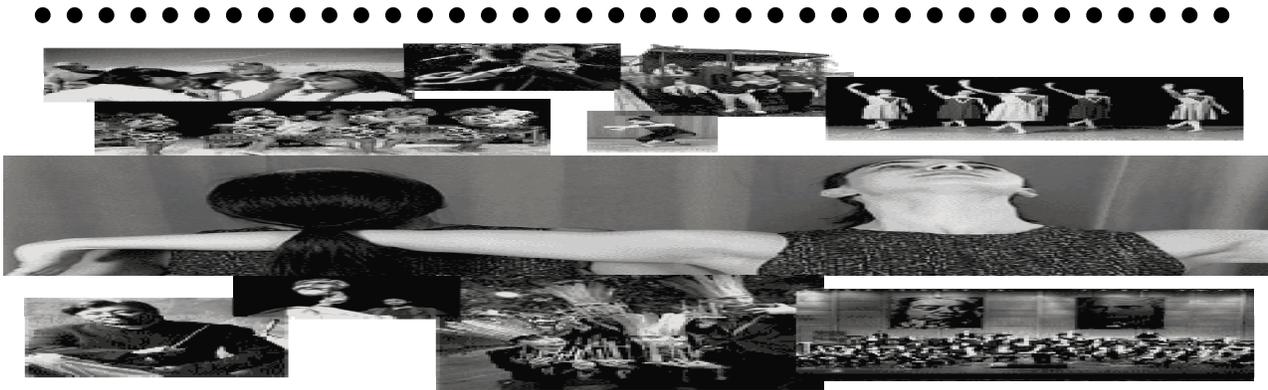
HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, September 28th, 2016. Our September celebrants are Carole. (9/) Van M. (9/6) Carole G. and Rolando M. (9/29). 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 many more details on caregiver support programs. 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

Dee Dee Woodberry
Activities Director

