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January

February

March



**MONTHLY NEWSLETTER
For**

Las Vegas and Henderson

**January/February/March
2023**

The Adult Day Care Centers of Las Vegas and Henderson wishes a Happy and Healthy new Year to everyone, as we embark on the New year. Our Centers strive to create a place of fun, kindness, love, caring and laughter. We encourage all our participants to try a new activity at our Centers: 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 that every New Year brings. Let us all cheer the New Year is here, with new beginnings awaiting us all. February reminds us that Love is in the air, we will still have cooler weather and warm hearts. March tells us that Spring is on the way, time to plant our seeds of flowers, plants, love, and happiness. Our Centers respond 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 Centers will be Joyful as we continue to offer our fun contemporary activities, including: Music, Dance, Gardening, Arts & Crafts, Poetry, Bingo. Please join us as we roll down the highways of new adventures, of January, February & March.

WWW.ADLTDAYCARELV.ORG MONDAY – FRIDAY 7:00AM – 5:30PM / SATURDAY 8AM – 6PM

EVENTS IN JANUARY

"Saturdays Are Special" Try not to miss our fun activities on Saturdays at our Las Vegas Center. All of our Henderson participants are welcome to join the Fun on Saturdays. We want to see more of our wonderful participants so they may enjoy every activity that stimulates and exercise the mind body and spirit. Our participants are enjoying Arts and Crafts, Creative Free Dance, OT Exercise, Sit & Fit, Ball Toss for Hand Eye coordination. Snack and Chat, Poetry, and more. Everyone is invited. You will not want to miss our marvelous meals prepared by executive Chef Darren and sous-chef Cynthia of Las Vegas. We have a wonderful New Chef Jena in Henderson. The meals are healthy, delicious at our Las Vegas and Henderson Centers. All meals are prepared in house daily. **On January 16th we celebrated Martin Luther King's life with his history, music, songs and videos of his extraordinary life. Our Senior's and Staff performed a memorable Karaoke show. That rocked the house! On the 31st our participant's enjoyed "CRAZY HAT DAY!!" There were prizes given for the craziest hat!! It was wonderful to see all the Crazy hats and smiles.**

Our new 2023 Senior Art Calendars are now on SALE for only \$10.00. The calendars are beautiful! Try not to miss the opportunity to buy yours.

GET PLUGGED IN!

There is a computer lab at both Centers. It is located in the Quiet Room by the Arts & Crafts department and the software suits all needs with its vast technology.

CLOSURES

There will be no CLOSURES for the months January, February or March!!!!!!

GETTING SCENT-IMENTAL

The aromatherapy scent, Cinnamon, 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 vegetable garden has gone through a rough patch. We are asking for donations of vegetable seeds or seedlings, so our seniors can replant their gardens.

EVENTS IN FEBRUARY

February is Happy, Heart, Health Month! Let's get healthier together walk, exercise, eat healthier, set goals, check your blood pressure, get a check-up, get enough sleep! We will see if the Ground Hog will see his shadow on February 2nd?. We are excited about this year's Super Bowl LVII. We will be having our Super Bowl Tailgate Party on the 10th of February. Don't forget to wear your favorite teams hat or Jersey or T-shirt. Please wear your red, pink or white for our Valentine's Day Party, Feb 14th. Our Chefs will be preparing a marvelous Love Lunch. Please attend. Feb. 20th. We will be paying tributes to our Presidents. Every Monday in February, we will be highlighting a historic Black American in celebration of Black History Month. Enjoy!

EVENTS IN MARCH

Kicking the month off. Starting March 12th. We are calling on all our basketball lovers out there. We are looking forward to March Madness. Who is your favorite team? We will all be celebrating St Patrick's Day on March 17th! Wear your favorite green outfit and join the party. Maybe try a little contemporary Irish Jig. Our Chefs will be preparing a delicious meal, the Irish traditional dish of corned beef & cabbage. On February 20th we will be celebrating the first day of Spring. Time to clear out the flower-beds and think about what plants, flowers and veggies we want to start planting. It is time to get outside and enjoy the marvelous-Spring weather.

Here are a few simple things you can do to enjoy the Spring weather! Notice trees budding, Feel the sun on your face, Blow bubbles, Play catch, Sit with family and friends and have a glass of lemonade☺ Did You Know? Legend says that each leaf of the clover means something. The 1st is for Hope. The 2nd is for Faith. The 3rd is for Love and the 4th is for Luck.

ATTENTION CAREGIVERS



Let Us Fill in the **GAP**

.. Senior Wellness Programs

GAP Geriatric Assessment Program—a free medical assessment program for senior adults 60 years of age and older. The 2 hour assessment includes memory screening and mood scale, medication review, nutrition review, eyesight screening, function/fall risk assessment and medical assessment. GAP clinic includes a Geriatric Physician, Occupational Therapist, Social Worker and Nurse. GAP addresses Caregiver concerns and can also provide/renew Adult Day Care Annual physicals. To schedule, call 702-333-1546.

.. Caregiver Support Group

Our ongoing support group meetings are held on every other Wednesday at our Henderson Center, and every other Wednesday at our Las Vegas Center. Both starting at 10:00 AM. Everyone, as always, is welcome to attend. To schedule, call 702-331-5415.



.. Hospital 2 Home

Supports adults with memory loss and their caregiver for transition from hospital to home. To schedule, call 702-333-1539.

..Ramp Affordable solutions for home modifications for safety and independence. To schedule, call 702-538-8743

..In Home Respite Care & Support Services. To schedule, call 702-333-1599.

... MESSAGES FROM STAFF ...

NURSING SUGGESTIONS...

AS THE FLU SEASON IS UPON US. PLEASE REMEMBER TO WASH YOUR HANDS. WE WOULD LOVE TO SEE EVERYONE AT THE CENTER HAPPY AND HEALTHY!

NURSE GENIE, NURSE
BONNIE AND NURSE DEBORAH



WE WOULD LIKE TO THANK OUR NURSES FOR THE DILIGENT WORK THEY DO EVERY DAY!!



Taking care from your Aides....

We are in need of some donations. Items that we need are medium diapers and, chucks. Also with the cold weather still on us, please write your loved ones name in their coats and jackets. Thank You so very much for all the family support. It is an honor to take care of your loved ones.

*Dorothy, Hope, Maria K, Maria L, Jonee and Paulette,
& Anna, Christine, Jayna and Donna.
A Big Thank You to Our Aides, who are our un-sung Hero's.*



Social Work Message

The Nevada Senior Services family & I feel so incredibly blessed to be surrounded on a daily basis by the beautiful clients, their care partners and are awesome co-workers. When people ask me how I like my job? I tell them; "It is so good for my soul...."

David Nichols MSW-

Case Manager Message

Laughter is the best medicine.

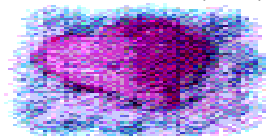
Laughter triggers the release of endorphins, the body's natural feel-good chemical. So try laughing aloud everyday for the New Year. 😊

Jackie Emigh C.M-

Special Note.....

Everyday is a memory that we do not want missed by our participants. When they do not come we miss each personality. We want families and friends to enjoy all the excitement we have to offer. Everything we do is to create a smile on everyone's face.

Marisela and Galilea



CAREGIVERS: TAKING CARE OF YOURSELVES

This is a beginning of a new year and a great time to make a commitment to take care of you. You can give yourself permission to do so. What a wonderful gift for you and your family. Self-care needs to be a daily resolution all year long no matter who you are.

One of the best ways to be successful is to start small on a daily basis, even if it is for a minute. Think about who you are on all levels (physical, mental, emotional, social and spiritual) and what works for you. Here are a few suggestions.

- 1) Eat well- fresh fruits and vegetables, water, whole grains, omega 3 oils, nuts.**
- 2) Go to bed a few minutes earlier if you can, trying to get a total of eight hours of sleep 😊.**
- 3) Take a warm bath with baking soda (many cups) for 20 minutes prior to bedtime. Or on a day that you make time for yourself.**
- 4) Sit outside in nature for a few minutes in the morning or evening.**
- 5) Do a one-minute meditation. Contemplate a few minutes on your favorite inspirational reading. Sit, close your eyes, and breathe deeply for a minute.**
- 6) Move-dance, stretch, walk, yoga, tai chi, sing.**
- 7) Call a friend who is up-lifting.**
- 8) Watch a movie that makes you laugh.**
- 9) Cultivate your sense of humor.**
- 10) Brainstorm in a Caregiver Support Group. You all have the best ideas.**

” Caring for yourself is not self-indulgence, it is self-preservation” (quoting Audre Lorde). It’s like the instruction they give you on an airplane-put on your own oxygen mask first, then help the person who needs help. Christine Northrup, MD

MAY YOU HAVE PEACE, LOVE, HEALTH AND FUN 😊



Thank You

On behalf of our entire family of caring professionals here at The Adult Day Care Center of Las Vegas & Henderson, we wish to thank you for being a part of our Center. We strive to make our Centers 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 AD

Activities Director