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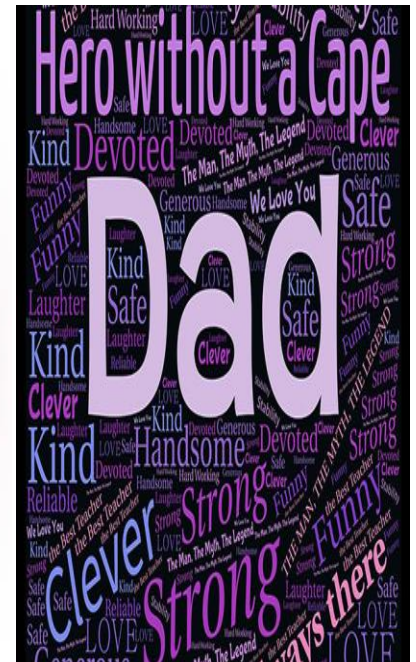
*April*



*May*



*June*



The Adult Day Care Centers of Las Vegas and Henderson are busy and bustling with exciting activities. Our participants have been Busy Bees making homemade Spring Art. We enjoyed National Jazz Appreciation Month, Poetry, Laughter and Humor for the month of April. 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 April, we will continue to enhance our appreciation of the gifts that every April brings. Let us all cheer the Spring Flowers are here. May reminds us to honor our mother's every day. June tells us that father's day is on the way and summer is just around the corner. 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, OT Exercise, Dance, Gardening, Arts & Crafts, Poetry, Bingo. Please join us as we roll down the highways of new adventures, of April, May & June.

[WWW.ADLTDAYCARELV.ORG](http://WWW.ADLTDAYCARELV.ORG) MONDAY – FRIDAY 7:00AM – 5:30PM / SATURDAY 8AM – 6PM

## EVENTS IN APRIL

**"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 Chef Jena in Henderson. The meals are healthy, delicious at our Las Vegas and Henderson Centers. All meals are prepared in house daily. **On April 1st we had silly fun on April fool's day. We told stories, tried to figure out if the story was true, waited to hear April fool's from the storyteller. Our Senior's and Staff dressed in their Disney T-Shirts and sang out loud to our favorite songs on April 12th. On April 17<sup>th</sup> we told jokes for our Laughter and Good Humor Day. Our Senior's and Staff have been learning Spanish 101 w/ Touro OT Doctorate students. It has been wonderful to see all the smiles as they begin to say the Spanish words. Everyone is practicing there Spanish every day. Our 2023 Senior Art Calendars are still on SALE for only \$5.00. 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 April, May or June!!!!!!***

## GETTING SCENT-IMENTAL

The aromatherapy scent, Hibiscus, 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 Aloe Vera plants, Hearts and flowers are blooming flowers. So stop and smell the flowers when you get a chance.

## EVENTS IN MAY

It is May! We are honoring the first woman in our lives MOM! Mother's Day is May 14<sup>th</sup>. How will you celebrate? Plant mom's favorite flowers in the garden? Reminisce and share fun stories. All of our seniors went home with a Flower Vase with a Lucky Bam-Boo plant inside, made by our participant's and students. May is also Physical Fitness Month so dust off those walking shoes and let's get moving. We celebrated Cinco de Mayo with bright colors handmade musical shakers, dancing and laughter that floated across the room. Our Chefs prepared a delicious, festive Chicken Enchiladas, with Spanish rice and beans and baked churros for dessert. On May 29<sup>th</sup>. Memorial Day we honored and celebrated our fallen military soldiers giving thanks for their heroic service to preserve our country's freedom.

## EVENTS IN JUNE

Summer is just around the corner. June 21<sup>st</sup> is the first day of Summer. We will be enjoying our time outside, planting, ice tea socials and outdoor fun. We will be celebrating Father's Day on Friday 16<sup>th</sup>. Father's Day will be on Sunday June 18<sup>th</sup>.

June Is Alzheimer's & Brain Awareness Month. So let's get your purple on. Did you know that synchronizing music and movement (DANCE) stimulates the brain's reward center. It keeps us happy and helps our cognition. June is National Rose Month. We will be creating rose themed art to celebrate these beautiful flowers. June is also National Game month at the Adult Day Care Center of Las Vegas and Henderson we will playing Charades, Brain Trivia Name That Tune and more. 😊

## ATTENTION CAREGIVERS



# Let Us Fill in the **GAP**

### **.. Senior Wellness Programs**

**GAP Geriatric Assessment Program**-a free medial 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 SUMMER SEASON IS UPON US. PLEASE REMEMBER TO STAY HYDRATED WASH YOUR HANDS. WE WOULD LOVE TO SEE EVERYONE AT THE CENTER STAY 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....

**With the warmer weather we would like everyone to please write your loved ones name in their light sweaters 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 Julia,  
& Anna, Paulina. Jayna and Donna.  
A Big Thank You to Our Aides, who are our un-sung Hero's.*



Social Work Message

Hi! My name is Maria Cruz- Garza and I am the new licensed Social Worker and Care Consultant at Nevada Senior Services. I am super excited to be joining the team here and cannot wait to meet you all! I also want to extend my assistance to you all, my door is always open and I am here to provide resources and support in any way I can. If you see me around please say hi!☺

*Maria Cruz-Garza, LSW*

*Case Manager Message*

Exercise, Movement, Movement  
Does the Mind and Body Good. ☺

*Jackie Emigh C.M-*

Special Note.....

Everyday, is a memory that we do not want any of our participants miss. 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 & Afiya

**CAREGIVERS: POEM: If Alzheimer's Could Speak...  
In Honor of Alzheimer's Brain Awareness Month!**

If Alzheimer's Could Speak...  
by Tara Reed

**Talk to me...** I can hear your words  
and they still touch my soul.

**Smile at me...** My eyes can see you & feel your heart  
even if I don't remember how to smile back.

**Hold my hand...** I can feel your energy when our  
hands connect. It makes me feel safe and less alone.

**Love me...** My heart can feel your love even if  
my words can't express mine.

**Live your life...** Help me on my path but don't press  
pause on your life. Be the vibrant person I know & love.

**Trust the process...** I know this is hard and not what  
we planned but trust the process. We can't control it but  
we can choose our focus. Remember the good times,  
know that I am ok & that you are in my heart always.



[PivotToHappy.com/alz/](http://PivotToHappy.com/alz/)

**"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 JOY, 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! It is an honor to be a-part of your journey.

**Dee Dee Woodberry**

*Dee Dee Woodberry AD*

**Activities Director**

