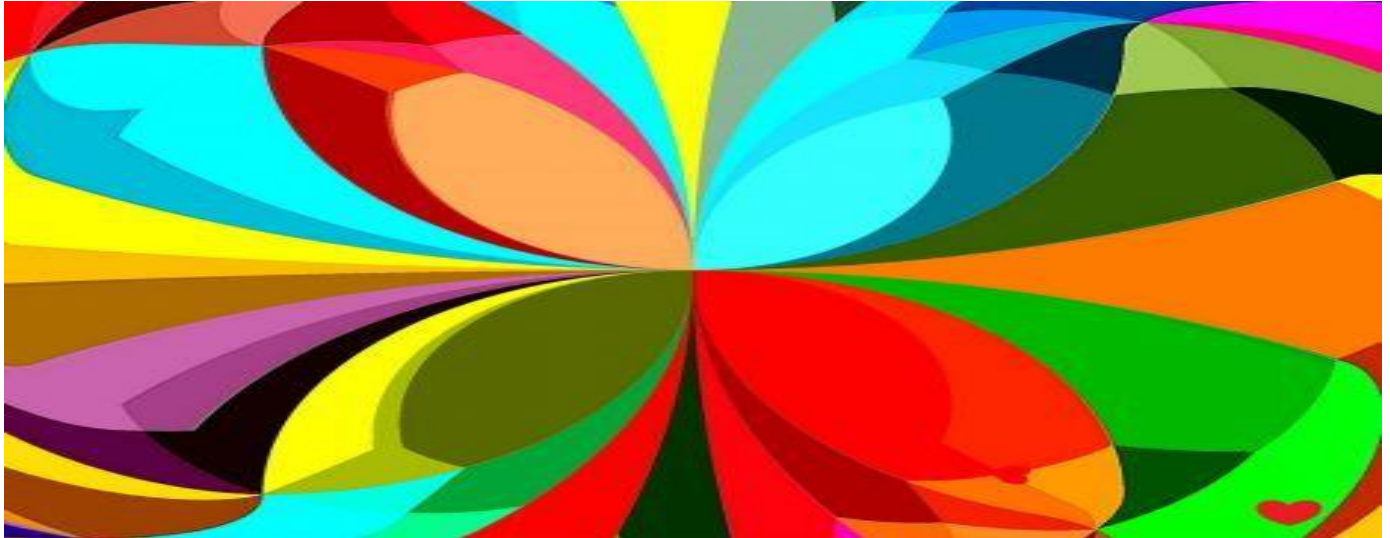


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Adult Day Care Center of Henderson
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NEWSLETTER
For
Las Vegas and Henderson
January/February/March
2024

The Adult Day Care Centers of Las Vegas and Henderson are amazed how time flies when you are having fun. As the pages on the calendar turn, it is our pleasure to see all the happy faces of our old and new friends here at ADC. Our continued goal is to create a fun, comfortable, enriching environment for all our participants to enjoy the company of others with countless monthly activities. We have enjoyed the month of January, we raised our glasses, celebrated the New Year with Good Health and Happiness. Understanding every day is a holiday and every meal is a feast. We stayed warm with cozy soups, stews, chowders, chilies and friendship. We will 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. The atmosphere of our Centers will be Joyful as we, continue to offer our fun contemporary activities. Please join us as we roll down the highways of new adventures, of January, February, March. WWW.ADULTDAYCARELV.ORG

MONDAY – FRIDAY 7:00AM – 5:30PM / SATURDAY 8AM – 6PM

EVENTS IN DECEMBER

A Big Thank You Firstly, to The Wynn Las Vegas for an Awesome Holiday Feast on December 13th. The Wynn's Executive Chef's prepared a five star meal as the Wynn's Staff served every client with a smile and a spring in there step. We would like to also Thank all the family members and caregivers for attending. We were able to see four generations of families dine joyfully to together.

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, Morning Chats, Arts and Crafts, Jackson Pollock Abstract DIY Creative Free Dance, Karaoke, OT Exercise, Sit & Fit, Ball Toss for Hand Eye coordination. Snack and Chat, Chair Yoga, Current Events, Dominions, Poetry, and more at both Centers. 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.

EVENTS IN JANUARY

On January 1st we made New Year's resolutions and laughed out loud. Most clients and staff said they would exercise more in 2024.

Please don't miss your opportunity to buy your senior Art Calendars. They are still on sale for 10.00 and are quite beautiful. We have a Dream & Celebrated the life of Rev. Martin Luther King Jr. We had activities & discussions to celebrate his teachings including helping others, communication, friendships, Peace & justice.

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, March !!!!!!!

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.

EVENTS IN FEBRUAY

LOVE IS IN THE AIR! We are welcoming February! Valentine's Day is the heart of the month. February is also Heart Health Month, a great time to commit to a healthy lifestyle, make small changes; that can lead to a lifetime of heart health. Our Centers staff shares their heart, spirit, courage and enthusiasm in the love we have for our participants and each other.

Our **Super Bowl Party** will be on Friday, February 9th. Our **MARDI GRAS PARTY, Fat Tuesday** is February 13th and **Valentine's Day Party** will be on Wednesday, February 14th. We are asking everyone to wear RED, the energy color of LOVE. Be on the look-out for some special surprise events throughout the month.

DID YOU KNOW

An apple a day may keep the cardiologist away. A recent study found that people who ate apples daily four weeks lowered their levels of oxidized LDL (a type of bad cholesterol that raises your risk of heart attack and stroke by 40%).

EVENTS IN MARCH

We will all be Irish and observing St. Patrick's Day on March 15th. Please wear your favorite green outfit and join the party. Maybe try a little Irish Jig. Or your own favorite dance moves. Our Chefs will be preparing a delicious meal of Corned beef and Cabbage. Any basketball lovers out there? We are looking forward to March Madness starting March 19th to 31st. Who is your favorite team? March 19th is also the first day of spring. We will be celebrating spring by planting flowers, plants and veggies. Time to get outside and enjoy the glorious spring weather with some outdoor fun.

DID YOU KNOW

Did you know that synchronizing music and movement (DANCE) stimulates the brain's reward center. It keeps us happy and helps our cognition. Let's Dance 😊

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 WINTER SEASON IS UPON US, PLEASE REMEMBER TO STAY HYDRATED. EVEN IN COLD WEATHER WE NEED TO DRINK FLUIDS, WASH YOUR HANDS. WE WOULD LOVE TO SEE EVERYONE AT THE CENTER STAY HAPPY AND HEALTHY!



NURSE GENIE, NURSE LINDY,
NURSE THERESE, NURSE DEBORAH
AND NURSE PRICILLA

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



Taking care from your Aides....

With the cooler weather, we would like everyone to write your loved ones name in their sweaters and jackets. Thank You so very much for all the family support. It is an honor to take care of your loved ones.

*Hope, Maria K, Maria L, Jonee and Kay
& Kathleen, Patrice 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 your licensed Social Worker and Care Consultant at Nevada Senior Services. I 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!☺

María Cruz-Garza, LSW

Case Manager Message

We would like to welcome Maggie, Nevada Senior Services new Case Manager. Maggie Big Heart and Passion for working with our population.

Maggie Bieniewski C.M-☺

Henderson Activities Director

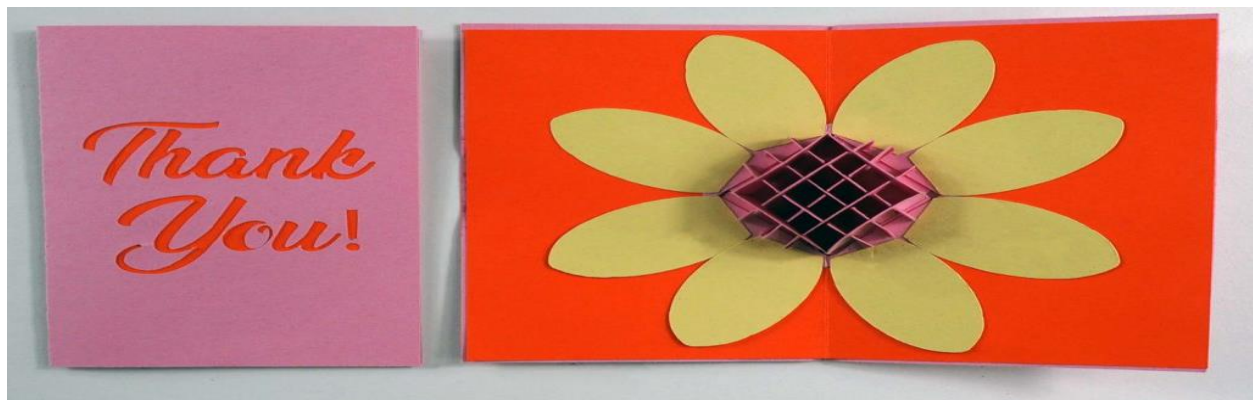
*Angie was born and raised in Southern California, studies Recreation Therapy in San Francisco, and landed here in fabulous Las Vegas. Angie is here to enrich lives through fun! Angie uses a variety of avenues such as music, art, education and emotional well-being to help people enjoy the moment and find their "flow" Welcome Angie to Nevada Senior Services.
Angie Pinal (They|them)*

Special Note.....

Everyday, is a memory that we do not want any of our participants to 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.

Jasmine + Thomas CSR





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 Centers. 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

MAY YOU HAVE JOY, LOVE, HEALTH AND FUN 😊

Thank You