

Adult Day Care Center of Las Vegas
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NEWSLETTER For

Las Vegas and Henderson

April/ May / June

The Adult Day Care Centers of Las Vegas and Henderson are inspired by Hope, Love, Faith, and Renew. It is spring and we are all looking forward to the new growth of our flowers and friendships. 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. 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, Exercise, Dance, Gardening, Dog Therapy, Arts & Crafts, Poetry, Bingo and Karaoke. Please join us as we roll down the highways of new adventures, of April, May & June.

**ADULT DAY CARE OF LAS VEGAS: MONDAY – FRIDAY 7:00AM – 5:30PM /
SATURDAY 8AM – 6PM**

ADULT DAY CARE OF HENDERSON: MONDAY – FRIDAY 7:00AM – 5:30PM

"Saturdays Are Special"

Do not miss our fun activities on Saturdays at our Las Vegas Center. Our Henderson participants are welcome to join the Fun on Saturdays. We enjoy seeing our wonderful participants enjoy activities that stimulate and exercise the mind body and spirit. Our participants are enjoying Arts and Crafts, Creative Free Dance, Karaoke, Exercise, Sit & Fit, Ball Toss for Hand Eye coordination, Snack & Chat, Poetry, and more. Everyone is invited.

APRIL UPDATES

Las Vegas Events

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 members and staff dressed in their Disney T-Shirts and sang out loud to our favorite songs on April 12th. On April 17th we told jokes for our Laughter and Good Humor Day. Our members and staff have been engaged with Spanish 101 with our staff members Kelly and Maria. It has been wonderful to see all the smiles as members practice their Spanish! We are also learning Sign Language, our member James and staff member Kelly are teaching American Sign Language (ASL) classes to staff and members.

Henderson Events

Molly and Cooper, the Henderson Fire Department Dalmatians, brighten up all our members on Fridays when they wag their tails in Henderson! Spirit week was fun with Baseball/Jackie Robinson Day, Pajama Day, Hawaiian Shirt Day, Tie Dye Day, and NFL Day. Armchair Travels included a virtual trip to fabulous Las Vegas. Outdoor activities included a Cornhole Challenge and basketball hoops. Spanish is threaded throughout every activity thanks to Angie our Activities Director.



Cooper, Volunteer Dalmation



Yvonne, Nurse Deb, & Angie on Pajama Day

Our 2024 Senior Art Calendars are still on SALE for only \$5.00. Do not miss your opportunity to purchase!

Tapping Troubadours

We were fortunate to have this group join us at our Las Vegas Center for a holiday spectacular!





EVENTS IN MAY

Las Vegas -

It is May! We are honoring the first woman in our lives MOM! Mother's Day is May 12th. 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 handmade necklace, made by our participant's, staff & volunteers. 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 with Spanish rice and beans and baked churros for dessert. On May 27th, Memorial Day we honored and celebrated our fallen military soldiers giving thanks for their heroic service to preserve our country's freedom.

Henderson -

May is jam packed with lots of fun and exciting activities including meditation in the garden, creating your own strawberry sugar scrub, and enjoying dole whips! Bingo is a favorite and we have members who join us specifically for this activity! We have had occupational therapy students every Thursday which provides additional opportunities for outdoor garden strolls, games and puzzles, and conversation! Armchair Travel takes a virtual trip to The Happiest Place On Earth: Disneyland! Our outdoor garden is ready for planting! Our staff Pat has been clearing the space for all the summer plants!



Angie Pinal, Henderson Activity Director placing the finishing touches on the Cereal Bowl project. Next time you are at our Henderson Center, take a look at the Kitchen Wall for this artful display!

Henderson members experiment with paint and sand for a special summer art project.

Culinary Corner

You do not want to miss our delicious and healthy meals prepared in-house by executive Chef Darren and sous-chef Cynthia of Las Vegas. Our Chef Jena in Henderson completed her last day with us on May 10th. We are in the process of hiring a new person!



Chef Darren is all smiles!



Henderson staff with Chef Jena!

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 and the hearts & flowers are now blooming! So stop and smell the flowers when you get a chance.

EVENTS IN JUNE

Las Vegas -

June 20th is the first day of summer! We will enjoy our time outside with planting, ice tea socials, and outdoor fun. Father's Day will be celebrated on Friday 14th. We now have a comedy hour on Tuesday mornings filled with silly 'dad' jokes!

Henderson -

New activities for our MoMa Modern Painting Series include drawing with oil pastels, charcoal pencils, and watercolors. We plan to celebrate the 40th anniversary of the movie "Grease" by hosting a milkshake malt mixer while watching the movie!

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 our Adult Day Care Centers. Come join us for Memory Street, Brain Trivia, Name That Tune and more.

GET PLUGGED IN!

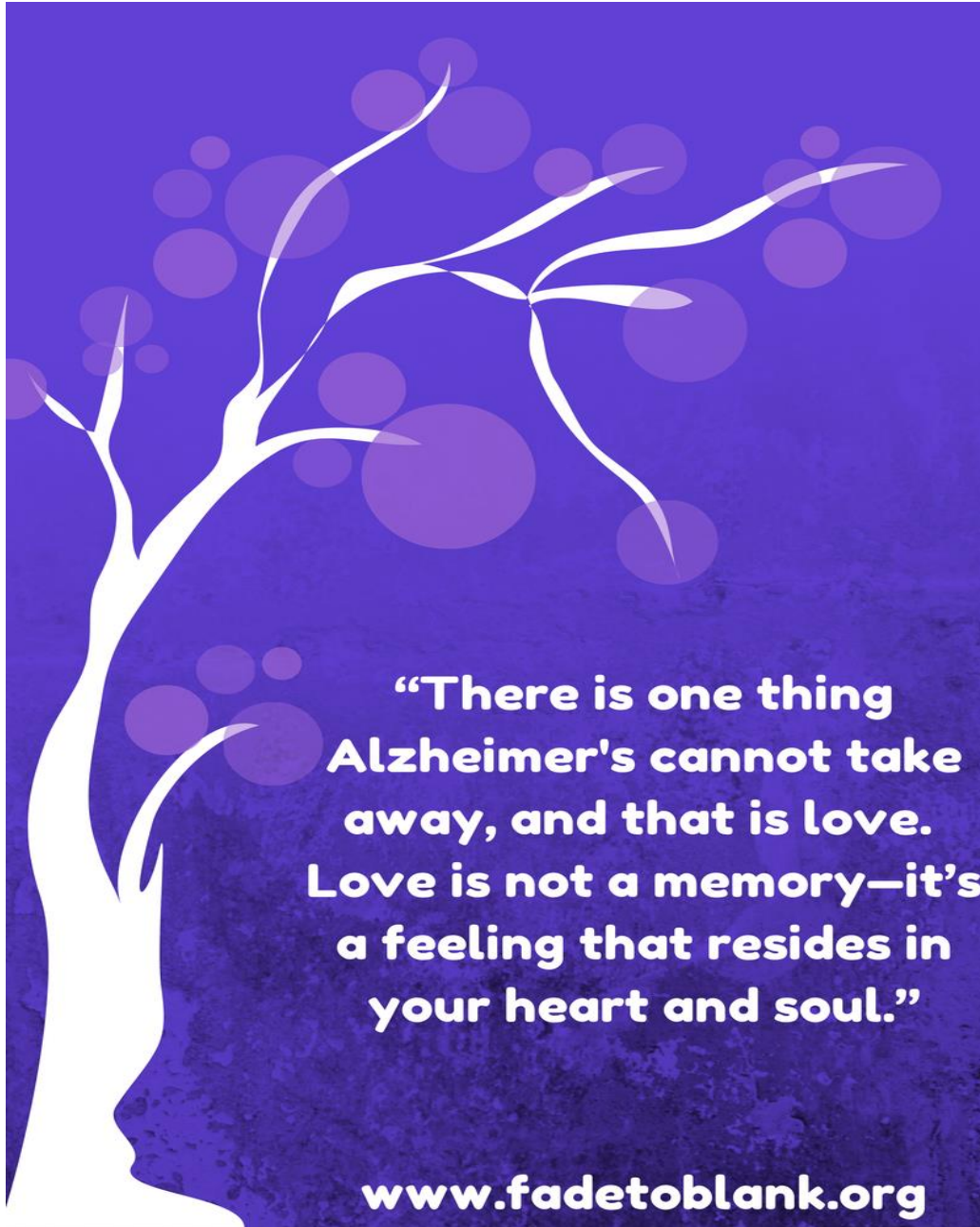
There is a computer lab at both Centers. It is located in the Quiet Room by the Arts & Crafts department and the software suits all needs with its vast technology.

Summer Closures

Las Vegas - *There will be no CLOSURES for the months April, May or June.*

Henderson - Closed on Memorial Day. Members are welcomed to join us at our Las Vegas campus!

ATTENTION CAREGIVERS



Caregivers

**“Caring for yourself is not self-indulgence, it is self-preservation”
(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**

Programs offered at Nevada Senior Services

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 the 1st & 3rd Wednesdays at our Las Vegas Center and every 2nd and 4th Tuesday at our Henderson Center. Meetings start at 10:00 AM. Everyone, as always, is welcome to attend. To schedule, call 702-333-1556.



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 OUR STAFF

NURSING SUGGESTIONS

THE SUMMER SEASON IS UPON US. PLEASE REMEMBER TO STAY HYDRATED AND WASH YOUR HANDS. WE WANT EVERYONE AT OUR CENTERS TO STAY HAPPY AND HEALTHY!

NURSE GENIE, NURSE LINDY, NURSE DEBORAH, AND NURSE JOSE

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.

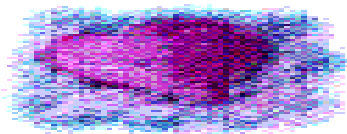
Maria K. Hope, Maria L Kelly. Jonee, Moniya, Donna, Kathleen, Tadashe, and Pat.

A Big Thank You to Our Aides, who are our un-sung Hero's.

Special Note from the Front Desk

Every day, 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.

Jasmine, Thomas & Stephanie



Dementia Update

Did you know that sundowning can actually worsen in the winter **and** spring? Routine and consistency are key to the well-being of a person living with dementia. When we change our clocks in the fall and spring, the time disruption can impact our loved ones. Seasonal changes may result in more anxiety, irritability, changes in mood, and fatigue. Ways to counteract the effects of sundowning include engagement in physical exercise and activities that stimulate attention span and cognition. Remaining hydrated is also a key, so remember that water is important!

MARCH is NATIONAL SOCIAL WORK MONTH



Social Work Month (March 2024)

We missed celebrating our amazing Social Work team for the dedication they provide for Nevada Senior Services during Social Work Month! Maria Cruz-Garza is our social worker for the Adult Day Care centers and Maggie Bieniewski is our Case Manager. They are responsible for our Caregiver Support Group meetings, the Geriatric Assessment Program, and helping families by providing resources and support! Please call either the Las Vegas or Henderson facility to contact! Maria Cruz-Garza – 702-333-1556 and Maggie Bieniewski – 702 331-5640



Occupational Therapy Month (April 2024) and Care of Older Persons in their Environment

Each April, the American Occupational Therapy Association (AOTA) celebrates OT Month. There are more than 230,000 occupational therapy practitioners in the United States working to create fuller lives for clients and their families. Nevada Senior Services hired their first full-time occupational therapist in July 2023. Marie Llanos works with families through our COPE (Caring for Older Persons in their

Environment) Program. This program addresses the clinical symptoms of dementia, including behavioral and psychological symptoms, and functional dependence, and caregiver distress. An assessment by the occupational therapist related to the abilities and interests of the person living with dementia, caregiver concerns and challenges, and the physical environment for its safety and support of daily functioning is the first step! If you are interested in COPE for your loved one (and yourself), please contact Marie at 702-333-1565 or via email at mllanos@nevadaseniorservices.org.

May is National Nurses Month

Nurses make the Difference!

The first National Nurse Week took place in 1954 in observance of the 100th anniversary of Florence Nightingale's mission to Crimea. Nevada Senior Services is honored to have four amazing nurses who assist our members at our Adult Day Care centers in Las Vegas and Henderson. Each brings a special part of themselves to give support every day. This year's theme, "Nurses Make the Difference" is true with the nurses who work at NSS. Their contributions to our team are invaluable!

Nurse Genie Dawson



Nurse Deb Breor



Nurse Lindy Patricio-Gonzales



Nurse Jose San Juan



**MAY YOU HAVE JOY, LOVE, HEALTH AND FUN ALL
SUMMER LONG! ☺**



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

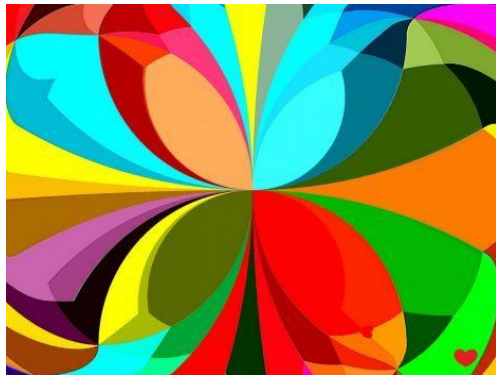
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