

Adult Day Care Center of Las Vegas
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Adult Day Care Center of Henderson
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NEWSLETTER

For

Las Vegas and Henderson

July/ August/ September

STAY COOL IS THE RULE. The atmosphere of pride and patriotism will be strong as we continue our fun Red, White and Blue Peace activities. The color Red represents energy. White represents purity and Blue has shown to lower one's heart rate, blood pressure and breathing. We are celebrating our country's birthday the entire month of July. A great time to enhance our American values: Freedom, Equality and Justice for All. July is kicking off with a delicious 4th of July, Bar-B-Que. prepared by Ex-Chef Darren and Sous Chef Cynthia. 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 Centers will be full of Joy 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 July, August & September.

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.

JULY UPDATES

Las Vegas Events

July is festive with Patriotic Poetry, Poetry with a Beat, Dance Parties, Drama Classes, Comedy Hour Fun will have our seniors laughing out-loud. Our 4th of July Party was a Salute to Freedom and was amazing with stars, strips and Bar-B-Que, Liberty, Laughter rang out throughout the room. Spanish 101 is a big hit with our members. Staff Maria and Kelly are doing a wonderful job. We are also learning Sign Language, with our member James and staff member Kelly are teaching American Sign Language (ASL) classes to staff and members. Also virtual tour through Las Vegas, Daily Exercise and Be a Star with Karaoke Kathy Sing-Along in the afternoons.

Henderson Events

Molly and Cooper brighten up our entire Center as soon as they enter our front doors. Fun is the name of the game in Henderson. We are doing Crosswords and Coffee, Motown Classics, Cirque De Sore Legs Exercise, Sit and Stretch, Stroll down Memory Lane, Dominos and Card games. To top it off we are doing A Western Film Marathon, Motion and Flexibility Class and Zumbia. Spanish is a component throughout every activity thanks to Angie our Activities Director.

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

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 July, August or September.

Henderson - Closed on 4th of July and September 2nd Labor Day. Members are welcomed to join us at our Las Vegas campus!

EVENTS IN AUGUST

Las Vegas -

Mind over Matter Movement classes, Spanish classes 101 with Maria, Sign Language w Kelly, Spa Day with Jonee, Cool Walking Exercising, Creative Dance, Let's Learn the Cupid Shuffle, and The Electric Slide Dance, Weird Science class, The Joy of laugh Yoga, Sip and Paint Class, Let's Travel to Italy virtually, and our Luau Party.

Henderson -

August kicks off with Garden Strolls, Crosswords and Coffee, Dog Therapy, Meet Molly and Cooper, Motown Classics, Bingo, Seventies Disco work out, Exercise with M,J, Daily Cornicles, Wheel of Fortune I. Garden strolls, games and puzzles, and conversation!

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 Luis in Henderson. Luis has a bright smile and fun personality and his food is so very tasty too!

GETTING SCENT-IMENTAL

The aromatherapy scent, Lavender, helps with calming, relaxation and stress reduction, improved sleep, pain relief, will be the aromatic of choice as we continue our Aromatherapy series.

SEE WHAT'S IN BLOOM!

Our Philodendron plants are sprouting vines and leaves. They are healthy and quite beautiful. Behold the beauty of the green foliage when you are walking around the Centers.

EVENTS IN SEPTEMBER

Las Vegas -

Current Events, Honoring our American Workers, NFL Party, Balance Awareness, Sign Languages, Spanish 101, Sevens Card Tournament, Easy Listening Music Hour, Ballet Dance, telephone-Game Let's be a Star with Karaoke Kathy-Sing Along, and to round the month off fun our Disney Party.!

Henderson -

New activities Cognitive skills Group, Sit and Fit, Crosswords and Coffee, Garden Strolls, Dean Martin Variety Hour, Meet Molly and Cooper, Bingo, Brain Games Dominos Exercise, Armchair Travel through our National Parks and just have fun.!

Caregivers

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

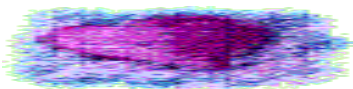
Maria K. Hope, Maria L Kelly. Jonee, Moniya, Donna, Kathleen, Tadashe, and Pat.

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

Special Note from the Front Desk

Every day, is a great 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 & Stephanie



Dementia Update

Music and Dementia:

Did you Know! Musical perception, musical emotion, and musical memory can survive long after other forms of memory and cognitive function have disappeared. Music can lead to fluent motor flow, such as dancing. But once the music stops, so can the improvement in motor function. In dementia it can improve mood, behavior, and in some cases cognitive function, which can persist for hours and days after the music stops. Music also does not need to be familiar to exert these improvements and one does not need to have any formal knowledge of music or be musically inclined to enjoy music and respond to it at the deepest level.

**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 would like 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

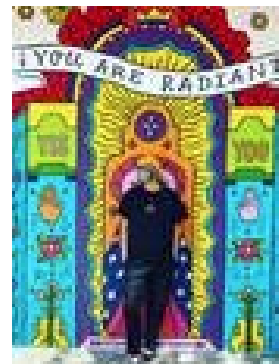
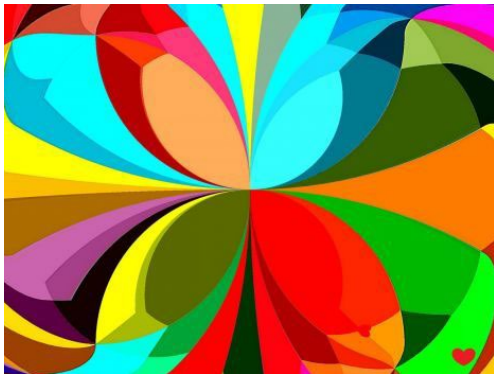
Dee Dee Woodberry AD

Activity Director,
Adult Day Care of Las Vegas

Angie Pinal

Angie Pinal, AD

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Yvonne Randall, EdD, MHA, OTR/L, FAOTA

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Las Vegas and Henderson Facilities