

Adult Day Care Center of Las Vegas
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NEWSLETTER

For

Las Vegas and Henderson

October/November/December/January

STAY GROOVIN IS THE RULE. Our Annual Halloween Costume Party/Pajama Jam was on October 31st. Every senior was very creative in the costumes or fun pajamas they wore. We bobbed (scooped) apples to win fun prizes. Everyone wore their dancing shoes for the Monster Mash Dance Contest. We all had a Ghostly Good Time. Happy Gobble, Gobble. Our delicious Thanksgiving Lunch was simply marvelous with Turkey and all the Trimmings prepared by Chef Darren and Sous Chef Cynthia and Chef Luis. Happy Holiday's, Merry Christmas, Happy Chanukah, Happy New Year. 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 and much more. Please join us as we roll down the highways of new adventures, of October, November, December and January.

ADULT DAY CARE CENTERS OF LAS VEGAS HENDERSON: MONDAY – FRIDAY 7:00AM – 5:30PM AND SATURDAY 8AM-6PM

"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.

OCTOBER UPDATES

Las Vegas Events

October was exciting with Nature walking on our patio, Jazzy Strolls OT Stretching Movement classes, Idiom Hour, Dance Parties, Be a Star with Karaoke Kathy Sing-Along in the afternoons. Karaoke Sing-a-Thon, Use-it-or Lose it, Pumpkin painting, Beautiful Places Art, Checkers and 7's Card game Tournament day, Columbus day Sailboat painting, Brian Trivia, Name That Tune, Mobility Express, Bingo Competitions, Spanish 101 is a big hit with our members. Staff Maria and Kelly are doing a wonderful job. We are also learning Sign Language, Kelly is teaching American Sign Language (ASL) classes to staff and members, Staff and clients are signing with each other.

Henderson Events

Dog Therapy brightens up our entire Center as soon as they enter our front doors. Fun is the name of the game in Henderson. We are doing Arts and Crafts, Halloween pumpkin carving, Singing Entertainment, Brain Games, Bingo Bash, New Word Day, Happiness Day, NSC Speech w/ Students, Laugh-Out-Loud day, Chair-Chi-Exercise. Come Dance with Brandon our Activities Director in the Afternoons.

Our 2025 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.

Centers Closures

Las Vegas - We will be **CLOSED** *only* for Thanksgiving and Christmas.

Henderson - Closed on Thanksgiving and Christmas.

EVENTS IN NOVEMBER

Las Vegas -

Memory Street Trivia, Current Events, OT Movement classes, Spanish classes 101 with Maria, Sign Language w Kelly, Spa Day with Jonee, Cool Walking Exercising, Creative Dance, Let's Learn a new Dance, Book Lovers Club day, Weird Science Chemistry class, Crazy Hat Day, Jazz Appreciation Day, The Joy of laugh Yoga, Veterans Day, Thanksgiving day Party. What are you thankful for word game? Tell a Joke Day was a BHit.

Henderson -

Coffee Socials, Price is Right, The Daily Chronicles, Veterans Day, Americas Got Talent, Sun City Church, and Resident meeting Chronicles. Trivia Did You Know, Chair Aerobics, Lets- Make A- Deal, Movies with Popcorn, Arts and Crafts, Garden strolls, Games and Puzzles, Bingo and great 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 big smile 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 still thriving, sprouting vines and leaves. They are healthy and quite beautiful. Behold the amazing beauty of the green foliage when you are walking around the Centers.

EVENTS IN DECEMBER

Las Vegas -

Current Events, Maintain your Brain Games, Art, Cool Jazz, Poetry, Move-Groove Dancing to the Oldies, 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 Top the month off with The Fabulous Las Vegas Wynn's Holiday Luncheon Party.! A BIG THANK YOU to the Wynn!! Our day was quite special because of the generosity of the Wynn staff with their big smiles and warm hearts. The food was absolutely delicious!.

Henderson -

New activities Cognitive skills Group, Music Therapy, Current Events, Crosswords and Card Games, Family Feud, Garden Strolls, Brain Teasers, Gingerbread Cookie Party, Simcha Dancers, Bingo, Brain Games, Movie with Popcorn, Name that Song. Top the month off with The Fabulous Las Vegas Wynn's Holiday Luncheon Party with Live entertainment..!



EVENTS IN JANUARY

Las Vegas-Henderson

Happy New Year!

Did 2024 fly by as fast for you as it did for us ???

As we turn the pages of the calendar on 2024, we want to take this time to reflect on the year that has passed and express our sincere gratitude for your trust and support. It is an honor to be a part of your families amazing daily routine. Whether you have been one of our valued members for years or you are just starting at Nevada Senior Services of Las Vegas or Henderson Center. We are very excited to journey down life's beautiful highways together. The New Year 2025 is going to be very exciting. We want to see more of our wonderful members so they may enjoy every activity that stimulates and exercise the mind, body and spirit. We will have so much Fun in 2025.

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.

Just A Friendly Reminder

We Dare To Care: Keeping your loved one at home as long as possible is our goal. We strive to become an extension of your home environment with caring personalized service. We want you to remember that we can bridge-the gap. When your loved one has been in the hospital, now home to recuperate, and you need to get back to work on run errands, we are here. Please call on us for help.

MESSAGES FROM OUR STAFF

NURSING SUGGESTIONS

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

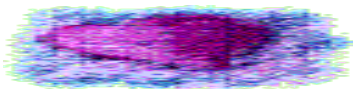
Maria K. Hope, Kelly. Jonee, Moniya, Arlin, Paulette Donna, Tadashe, and Pat.

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, Dexter & Marcella



Dementia Update

Music Dementia and Singing:

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 Singing is a good exercise. Singing counts as an aerobic activity, as it introduces more oxygen into the blood, leading to better circulation.

**MAY YOU HAVE JOY, LOVE, HEALTH AND FUN ALL
FALL & WINTER 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

Director of Activities,
Adult Day Care of Las Vegas

Brandon Page

Brandon Page, AD

Activity Director,
Adult Day Care of Henderson

