

Adult Day Care Center of Las Vegas
901 N. Jones Boulevard
Las Vegas, NV 89108
702.648.3425
Fax: 702.648.1408



Adult Day Care Center of Henderson
1201 Nevada State Drive
Henderson, NV 89002
702.368.2273
Fax: 702.243.2273



Happy Holidays

*HENDERSON MONTHLY NEWSLETTER
DECEMBER 2017*

Winter is one of the most wonderful times of the year. The Adult Day Care Center of Henderson would like to wish everyone a Happy Holiday season. The Holidays are about strengthening social bonds by spending time with family and friends; celebrating life and opening your hearts to others. Peace on Earth and good will towards men begins when we open our hearts to others. Our Henderson Center responds to the important mission of supporting senior citizens in their effort to remain independent, with dignity in the community. The atmosphere of the center will be full of warmth, caring and fun as we will continue to offer the activities that all of our participants love, including: A daily exercise program, Tai Chi, Gardening, Bingo Competitions, Sign Language, Spanish, Arts & Crafts and live entertainment in the afternoons. Please join us as we focus on the meaning of the Holidays and the joys of the season.

WWW.ADULTDAYCAREHENDERSON.ORG

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



HIGHLIGHTS FROM NOVEMBER

November began with the invigorating scent of cinnamon. The aromatic had our creative seniors busy making Thanksgiving arts and crafts projects. Our daily exercise program is a big hit and is designed to help our participants unleash their inner child, relieve stress and connect with others. The month was filled with wonderful entertainment Sign Language, Spanish, outdoor activities such as morning strolls, Brain Games with the morning sun streaming through the windows, and our weekly Charades Day. Our Thanksgiving Feast was simply marvelous. A Big Thank You to Chef Lori G.!

NEW ARRIVALS

We are pleased to welcome the new participants who became a part of our Center family in November: Joan V.

CLOSURES

The Adult Day Care Center of Henderson will be **CLOSED** Monday, December 25th for Christmas Day.

GET PLUGGED IN!

There's a computer lab here at our Center. It is located in the Quiet Room by the arts & crafts department and the software suits all needs with its vast technology.





EVENTS IN DECEMBER

We would like everyone to join us for Morning Exercise and Brain Games on Tuesdays and Thursdays at 10:00am, Sign Language with Betty on Thursdays at 1:00pm. Caregivers are invited to join our contemporary fun activities. Please don't forget to submit your recipes. See attached flyer for details. **We are having our Holiday Luncheon Party on December 20th 11:30am to 1:00pm, sponsored by the Wynn Las Vegas. We will have Live Entertainment at 1:00pm. We will also have a New Years Eve bash on December 31st** with Amazing music and holiday games. Be on the lookout for some special surprise events throughout the month... If these are not your regularly scheduled days, we would still love to see you here. **Our new 2017 Senior Art Calendars are now on SALE for only \$10.00 and they are Wonderful.**

GETTING SCENT-IMENTAL

A new aromatherapy scent, frankincense, which is known to be rejuvenating to the skin, will be the aromatic of choice as we continue with our aromatherapy series.

SEE WHAT'S IN BLOOM!

Our garden has new growth. We hope to see some new flowers budding here at the center.

DID YOU KNOW?!?

More than 33 million real pine trees will be sold for the season and more than 67 million turkeys will be consumed during the holiday season from late November through early January.



DID YOU KNOW?!?

Research shows that simple acts of generosity boosts our immune system, relieves pain and even makes our heart stronger.

PARAPROSDOKIAN SENTENCE

A paraprosookian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part. It is frequently used for humorous or dramatic effect. Example: * Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, December 27th, 2017. **There are no client December Birthdays.** We will have live Entertainment and treats will be served as well.

SUPPORT GROUP

We will have our **Monthly Support Groups!** on the 2nd and 3rd Tuesday of every month. Please see attached flyer for more details on caregiver support programs and community forum. Everyone is invited to attend!



December Notes from ADCC Henderson Staff



Activities Are In Full Swing:

This is one of the busiest times of the year in our activity department. I would like to take this time to personally thank each and every family member who has supplied materials or donated their time during 2017 on behalf of all our clients and staff. Each and every one of you is so appreciated.....



Betty



Advice from the Senior Care Aides

Each of our clients has personal items that are important to them. Bringing those items to the center causes unnecessary anxiety if they are misplaced. Please help us eliminate needless worry by leaving such valuables at home.

Betty, Vienna, Linda and Darrell

Comments from kitchen staff:

As the holiday season moves forward, each of us remembers favorite foods from our past. Please take the time to share such foods with your loved ones.

Chef Lori G.



Notes from Nursing:

With the flu season in full swing, please remember to wash your hands often. Doing so will cut down on the germs in the center. All staff wants to see your loved ones stay healthy this holiday season.

Nurse Dolores and Nurse Beverly

Remarks from the Receptionist:

In this holiday season, it is important to recognize the joy that each caregiver & client brings to ADCC Henderson on a daily basis. Each individual is special. It is hoped that we all take the time to recognize everyone's skills and talents this holiday season.

Linda



Sentences from All the Staff ADCC:

As another year ends, it is hard to believe that ADCC Henderson has been open for almost eight years. None of what has taken place in the building this year would be possible without the continued input from caregivers. May each of you accept the heartfelt thanks for all your help & have a Blessed Holiday Season.

All ADCC Staff

THANK YOU



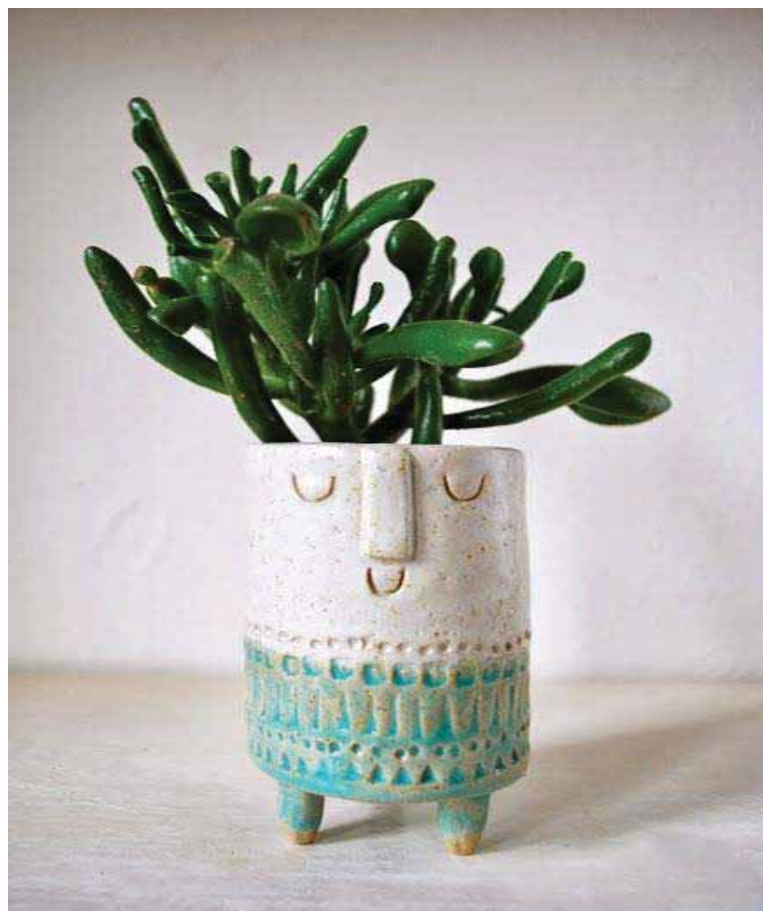
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THANK YOU!

As the pages on the calendar turn and the year winds down, it has been a pleasure to see all the happy faces of our old and new friends. We offer our heartfelt thanks on behalf of The Adult Day Care Center of Henderson for your continued support. We would like to wish everyone a Blessed Holiday and a Happy and Healthy New Year. Thank you for choosing us!

Dee Dee Woodberry

Dee Dee Woodberry
Activities Director



Happy Holidays

LUNCH MENU

ADULT DAY CARE CENTER OF HENDERSON

DECEMBER 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31)
WE ARE CLOSED
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN
7:30 AM – 6:00 PM



3)
WE ARE CLOSED
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN
7:30 AM – 6:00 PM

4)
 Cream of Broccoli
 Soup
 Veal Parmesan
 Mashed Potatoes
 w/ Gravy
 Zucchini / Squash
 Mixed Fruit



5)
 Beef Vegetable
 Soup
 Lemon Pepper
 Chicken
 Asparagus
 Yogurt w/ Fruit



6)
 Italian Wedding
 Soup
 Beef Menudo
 White Rice
 Mixed Vegetables
 Orange Slices



7)
 Green Salad
 Turkey Chili w/
 Beans
 Corn Bread
 Yogurt w/ Fruit
COOKIE DAY

1)
 Minestrone Soup
 Grilled Cheese
 Sandwich
 Mixed Vegetables
 Sliced Apples

2)
 Tomato Soup
 Garlic Chicken
 Rice Pilaf
 Mixed Vegetables
 Sliced Pears

10)
WE ARE CLOSED
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN
7:30 AM – 6:00 PM

11)
 Chicken Tortilla
 Turkey Taco
 Black Beans / Rice
 Mixed Vegetables
 Orange Slices
WARM CIDER

12)
 Vegetable Soup
 Cheeseburger
 Sweet Potatoes
 Pineapple w/
 Cottage Cheese

13)
 5 Bean Soup
 Pot Roast
 Mashed Potatoes
 w/ Gravy
 Yogurt w/ Fruit

14)
 Broccoli Cheese
 Mushroom
 Chicken
 Brown Rice
 Steamed Green
 Beans
 Mixed Fruit

15)
 Veggie Soup
 Roast Turkey
 Sandwich
 Potato Salad
 Yogurt w/ Fruit

16)
 Mixed Green
 Salad
 Fish Po'boys
 French Fries
 Sliced Apples

17)
WE ARE CLOSED
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN
7:30 AM – 6:00 PM

18)
 French Onion
 Soup
 French Dip
 Sandwich
 Zucchini Fries
 Orange Slices

19)
 Mixed Green
 Salad
 Tilapia
 Mixed Vegetables
 Yogurt w/ Fruit

20)
 Broccoli Soup
 Gravy Roasted
 Turkey
 Green Beans /
 Salad
 Cranberry Sauce
 Rolls
 Pumpkin / Fruit
 Pies
**Wynn Las Vegas
 Holiday Luncheon**

21)
 5 Bean Soup
 Meat Loaf
 Mashed Potatoes
 w/ Gravy
 Mixed Veggies
 Yogurt w/ Fruit

22)
 Beef Vegetable
 Soup
 Lemon Pepper
 Chicken
 Mixed Vegetables
 Pineapple w/
 Cottage Cheese

23)
 Veggie Soup
 Green Salad
 Cheese/Pizza Day
 Yogurt w/ Fruit

24)
WE ARE CLOSED
OUR ADULT DAY
CARE CENTER OF
LAS VEGAS IS
OPEN
7:30 AM – 6:00 PM

25)
CLOSED
HOLIDAY


26)
 Vegetable Soup
 Corn Beef /
 Cabbage
 Mashed Potatoes
 Ambrosia salad
BIRTHDAY CAKE






27)
 Chicken Veggie
 Soup
 BBQ Sloppy Joes
 on a Bun
 Potato Salad
 Mixed Fruit Salad

28)
 Chicken
 Vegetable Soup
 Teriyaki Turkey w/
 Stir Fry Veggies
 Over Brown Rice
 Pineapple Slices

29)
 Chili Bean Soup
 Beef Taco w/
 Lettuce, Cheese,
 and Tomatoes
 Spanish Rice
 Churros w/ Apple
 Slices

30)
 Veggie Soup
 Turkey and
 Spaghetti
 Green Beans
 Orange Slices

ACTIVITY CALENDAR ADULT DAY CARE CENTER OF HENDERSON DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>MAD ENT.</u> 3:00 Bingo</p>	 <p>4) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo</p>	 <p>5) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo</p>	 <p>6) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>HSIANG CHI</u> <u>ALEXANDER</u> 3:00 Bingo</p>	<p>7) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>NANCY BUCKNER</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo</p>	<p>8) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo</p>
<p>11) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>MAD ENT.</u> 3:00 Bingo *SMILE DAY*</p>	<p>12) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>DANA LARA</u> 3:00 Bingo</p>	<p>13) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo</p>	<p>14) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>HSIANG CHI</u> <u>ALEXANDER.</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo</p>	<p>15) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo</p>	<p>16) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 12:15 <u>COMEDY MOVIE</u> <u>MATINEE</u> 3:00 Bingo</p>
<p>18) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Ball Toss 1:00 <u>MAD ENT.</u> 3:00 Bingo</p>	<p>19) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>JOHN HARBIN</u> 3:00 Bingo</p>	<p>20) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo Wynn Las Vegas Holiday Luncheon</p>	<p>21) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>HSIANG CHI</u> <u>ALEXANDER.</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo</p>	<p>22) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo</p>	<p>23) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>HOLIDAY</u> <u>MATINEE</u> 3:00 Bingo ART DAY</p>
<p>25) CLOSED HOLIDAY </p>	<p>26) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Sing-A-Long 1:00 <u>DANA LARA</u> 3:00 Bingo</p>	<p>27) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>JENNIE FRANCO</u> 3:00 Bingo</p>	<p>28) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 1:00 <u>NANCY BUCKNER</u> 2:00 <u>SIGN LANGUAGE</u> <u>w/BETTY</u> 3:00 Bingo</p>	<p>29) 9:00 Current Events 9:30 Exercise 10:00 Spa / A&C 12:30 Trivia 1:00 <u>MARK CHEMERY</u> 3:00 Bingo</p>	<p>30) 9:00 Current Events 9:30 Exercise 10:00 Arts & Crafts 12:30 Trivia 1:00 <u>NEW YEAR'S</u> <u>MOVIE MATINEE</u> 3:00 Bingo</p>

**Attention: Cooks, Chefs,
Food Enthusiasts!**

Nevada Senior Services, Inc.



Seniors, Caregivers, Family and Friends!

Please Submit Your Recipes!

We will publish one each month with our newsletter!

In addition, we will publish a compilation of recipes with artwork next year!

All types of recipes welcomed – entrées, desserts, family traditions, you name it!

Please drop off your recipe with the front desk person, attention Jennifer or Dee Dee,
at the Adult Day Care Center.

You may also email it to admissions@nevadaseniorservices.org.



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Adult Day Care Center of Henderson

1201 Nevada State Drive, Henderson, NV 89002 Phone: (702) 368-CARE (2273) Fax: (702) 243-CARE (2273)

Recipe of the Month

Submitted by: Larconya H. (Age: 60)



Strawberry Parfaits

Ingredients:

- ½ cup water
- 2 envelopes unflavored gelatin
- 16 ounces strawberries, hulled and quartered
- ¼ cup raw sugar or piloncillo sugar
- 16 ounces cream cheese at room temperature
- ½ cup sweetened condensed milk
- ½ cup evaporated milk
- ½ cup powdered sugar
- ½ cup chopped strawberries

Directions:

- In a small saucepan bring the water to boiling. Add gelatin; stir to dissolve. Let cool. In a large bowl toss quartered strawberries and raw sugar until combined; let stand 20 minutes or until juices form. In a blender blend cream cheese, sweetened condensed milk, evaporated milk, and powdered sugar until very smooth. Add strawberry mixture; blend until very smooth. Using a fine-mesh strainer, strain gelatin mixture into a medium bowl. Strain cream cheese mixture to remove any lumps and add gelatin mixture, whisking constantly. Gently stir in chopped strawberries. Pour mixture into six goblets. Chill about six hours or until set. Top with additional strawberries.

Making the Best of the Holiday Season

'Tis the season to be jolly! A time for love, laughter, delicious treats, family, friends and gift giving. The holidays give us the opportunity to show our appreciation for the individuals we care about. It can be stressful trying to find the perfect gifts for the special people in one's life and for Care Partners the stress amplifies because of conflicting demands. Usually, care partners are deciding what gifts to give their loved ones while juggling other care related responsibilities.



Balancing caring for oneself and someone else simultaneously is not always easy. Added holiday shopping, festivities, and planning during the season can cause many care partners to feel as if they are just adding more to-do items on their checklist. Here are some examples of the frustrations care partners experience during the holiday season: "I am too exhausted to celebrate the holidays this year." and "There is no time to shop for gifts because I am too busy."

The beauty about gifts and holidays is that they are personalized and celebrated differently in every family. Gifts can be big or small, tangible or intangible, handmade or bought, etc. Instead of spending this holiday season with high stress it is helpful for care partners to create new traditions to gift giving to help reduce burden and increase joy.

Simple Gift Ideas for Care Partners

Gift Cards

Yes, it really is okay to give a gift card! A gift that's easy to pick up and allows people to select the perfect gift of their choosing.

Let Them Choose

Ask your loved ones what they want. By doing so, you help ensure they receive a gift they have been eyeing and also to reduce the amount of time you will have to spend shopping.

Thoughtful Gifts

The best gifts are those that come from the heart. A heartfelt card, picture frame, memory book, handmade gift, etc.

Creativity is Key

Help get your loved one stay active and entertained by getting a gift that promotes creativity such as, adult coloring books, paints, crossword puzzle books, word finder, etc.

Event Tickets

Choose a gift that can provide respite to you and your loved one this holiday season such as, movie tickets that are easily accessible and can provide a chance to have an outing.

CARE CONSULTATION

A **FREE** telephone support program for caregivers of individuals, throughout the lifespan, living with chronic conditions and disabilities. Care Consultation provides caregivers support to empower, educate and improve their overall well-being.

The program provides:

- Personal coaching
- Convenience - connect with your Care Consultant over the phone or by email
- Ongoing support - connect with your Care Consultant as needed

Care Consultation can help:

- Cope with care-related concerns
- Plan for the future by accessing available supports and resources
- Develop an action plan to help manage your caregiving situation

For more information contact:

Celeste Graham

Care Consultant

cgraham@nevadaseniorservices.org

(702) 364-2273

Call Us Toll Free

(844) 850-5113



www.nevadaseniorservices.org

Care Consultation is made available through the support of NV Aging & Disability Services Division. BRI Care Consultation™ is a licensed product of the Benjamin Rose Institute on Aging.

Comprehensive Geriatric Assessment Program

NEVADA SENIOR SERVICES



A Community Program Promoting Health and Providing Convenience for Mature Adults



Why Do Older Adults Need a Geriatric Assessment?

Many illnesses that commonly affect older adults are manageable with a change in lifestyle, medications, modifications in diet, exercise and other daily living behaviors. Through the Nevada Senior Services' team approach, Southern Nevada's finest board certified Geriatricians, individuals and their families work together to improve and maintain the highest quality of life for men and women in our community.

- Physician referrals are not required •

COMPREHENSIVE GERIATRIC ASSESSMENT

- Fall Prevention
- Memory Loss
- Assess Mobility
- Current and Past Illnesses
- Depression & Emotional Health
- Impaired Vision or Hearing
- Nutritional Concerns
- Medication Review
- Living Environment Function
- Caregiver Network and Services
- Functionality Measure
- Rehabilitation Status
- Recent or Impending Life Changes
- Incontinence Issues
- Sleep Difficulties
- Final reports sent to your Primary Care Physician

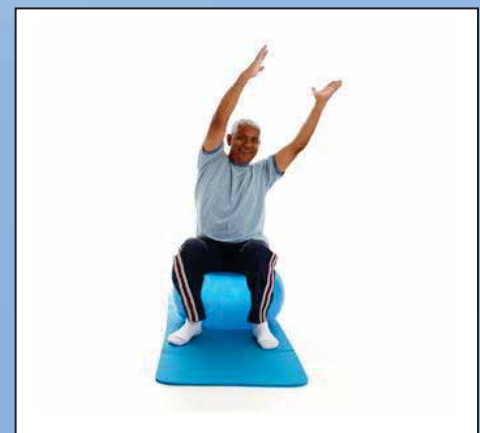
WELL-VISIT HEALTH SCREENINGS

Annual and biannual recertification for medical programs

- Geriatric Wellness Physical Exam
- Completion of Medicaid Forms
- Health Services Referrals
- Medication Review
- Final Reports Sent to Your Primary Care Physician

***Both Programs are covered by Medicare & Medicaid with No Additional Cost to Consumers!**

This program is made possible by a generous grant from the Nevada Aging and Disability Services Division



CALL 702-648-3425 to schedule an appointment • 901 N. Jones, Las Vegas, NV 89108

Nevada Senior Services

Care Consultation

Caregiver Phone
Support



Call today:

Celeste Graham

Lead Care Consultant

(702) 333-1556

or

(702)364-2273

What is Care Consultation?

A FREE phone based program offering services, empowerment and support for caregivers & individuals living with health challenges

Care Consultation provides:

- Personalized coaching
- Help coping with care-related concerns
- Planning for the future
- On-going support
- Convenience—connect with your Care Consultant over the phone



Nevada Senior Services, Inc.

901 N. Jones Boulevard

Las Vegas, NV 89108

Phone (702) 648-3425

Fax (702) 648-1408

BRI Care Consultation™ is a licensed product of the Benjamin Rose Institute on Aging.
Care Consultation is made available through the support of NV Aging & Disability Services Division

Support • Learn • Grow



FREE SUPPORT GROUPS

For those caring for someone with Alzheimer's disease or other dementias...

Monthly Meetings

Adult Day Care Center of Las Vegas

1st & 3rd Wednesdays 10 - 11am

901 N. Jones Boulevard, Las Vegas 89108

Group Leader: Marcy Cherek, LSW, MSW

Call (702)648-3425 to Register



Adult Day Care Center of Henderson

2nd & 4th Tuesday of the Month, 10 - 11am

1201 Nevada State Drive, Henderson 89002

Group Leader: Azaria Williams, BSW

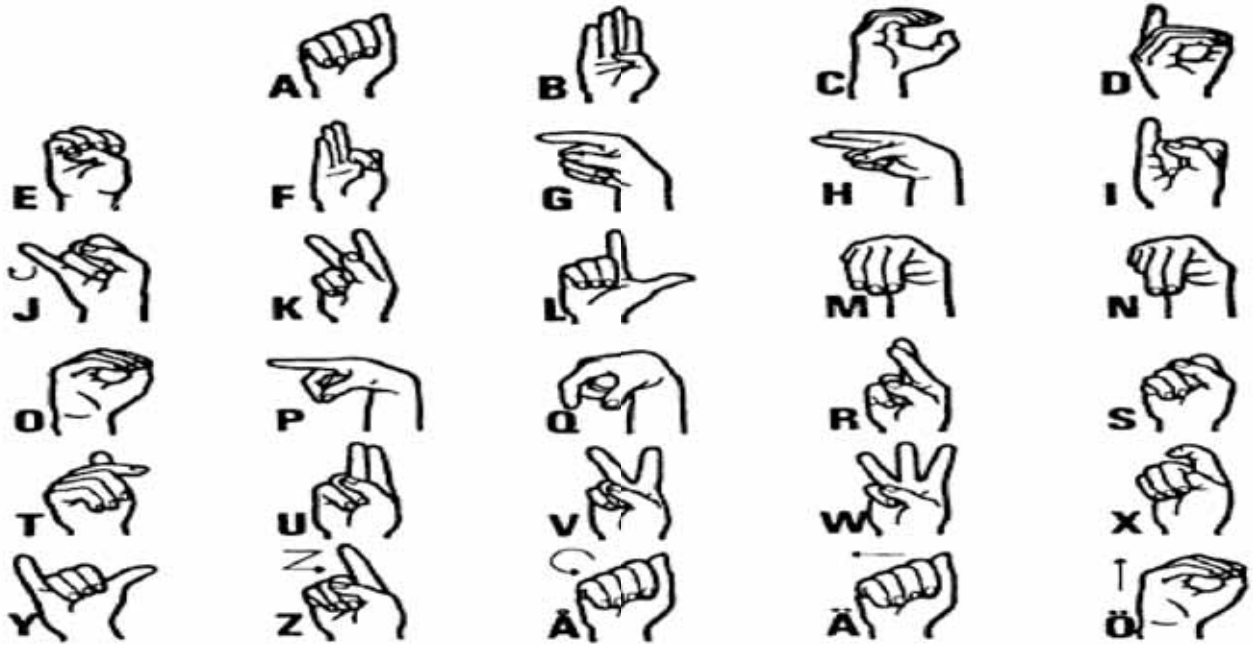
Call (702)368-2273 to Register

***FREE Supervision for your loved-one while you attend the Support Groups**

***Call for details and registration**

www.nevadaseniorservices.org

AMERICAN SIGN LANGUAGE IS HERE!!



COME JOIN OUR

(ASL) AMERICAN SIGN

LANGUAGE CLASS

WITH BETTY

EVERY THURSDAY AT 10:00 AM

-ADULT DAY CARE STAFF

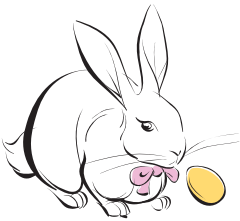
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Attention Caregivers

We are here for you and your loved ones...



Our 901 N. Jones location, Adult Day Care Center of Las Vegas will now be open ALL holidays

EXCEPT

Thanksgiving and **Christmas Day**

Henderson participants are welcome to attend the Jones location during all open holidays.

Please call *Tanya* in advance to make a reservation.

702.368.2273 **Mark your calendars ...**

RAMP



RENOVATE • ACCESSIBLE • MOBILITY • PREVENTION

Seniors having difficulty with walking or balance?
Not feeling safe from falls in your home?



Affordable Solutions for Home Modifications for Safety & Independence

- ◆ GRAB BARS IN BATHROOMS
- ◆ HANDHELD SHOWERS
- ◆ ADAPTABLE FAUCETS
- ◆ WALK IN SHOWERS
- ◆ HANDRAILS FOR STAIRS
- ◆ ADJUSTMENTS TO CABINETS
- ◆ RAMPS

FREE SERVICES AVAILABLE for seniors who are financially and physically eligible

(702) 648-3425

www.rampnv.org

Division of Nevada Senior Services

The RAMP Program is made possible through a grant from the Nevada Aging and Disability Services Division

REACH Out ...



HELP is in REACH



Nevada Senior Services

was recently named as a grant recipient from the Rosalynn Carter Institute for Caregiving (RCI) at Georgia Southwestern State University for the RCI REACH (Resources for Enhancing Alzheimer Caregiver Health) Program.

New FREE Program starting Feb 2013

CARING FOR A LOVED ONE
WITH ALZHEIMER'S DISEASE
OR DEMENTIA?

**Call Nevada Senior Services
(702) 648-3425 for information**

RCI REACH is made possible through support from:

Johnson & Johnson





SNAP

Helping people put healthy food on the table.

You may be able to get SNAP benefits if you are:

- Working for low wages
- Working part-time
- Unemployed
- Receiving other public assistance
- Elderly
- Disabled
- Homeless

SNAP MAXIMUM GROSS MONTHLY INCOME REQUIREMENTS

1 person household	\$1806
2 person household	\$2430
3 person household	\$3052
4 person household	\$3676
5 person household	\$4300
6 person household	\$4922

Tough times require new solutions

Items to bring with you, if applicable:

- Picture Id
- Alien Registration Card
- Social Security Card for all family members
- Last 3 current pay check stubs
- If employment ended in the last 90 days verification of the job ending
- Social Security award letter or pension letter
- Child support (print out if currently paying or receiving)
- Current bank statement
- Letter from any source of income of friends or family assisting you by paying bills or giving money
- Residency verification (lease agreement, rent receipt and utility bill)

A monthly calendar of outreach sites is available at: www.threesquare.org or call Three Square for assistance. (702) 644-3663

To apply contact our SNAP Outreach Advocates for a location near you.

Claudia Baltrons	(702) 280-0504
Elizabeth Guillen	(702) 343-3274
Terry Macias	(702) 539-1070
Cecilia Ortiz	(702) 539-2564

Three Square program is partially funded through NV State Division of Welfare and Supportive Services (DWSS). SNAP Advocates are certified by DWSS. All services are free.

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SUPER SATURDAYS!

Season's Greetings
&
Happy New Year

JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF HENDERSON
WILL BE OPEN EVERY SATURDAY
HOURS WILL BE 8:00AM – 6:00PM.
YOU WON'T WANT TO MISS OUT!
SO PLEASE RESERVE YOUR SPOT TODAY WITH
LINDA!!**

~Thank You,
Adult Day Care Center of Henderson Staff

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SUPER SUNDAYS!



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS
WILL BE OPEN ON SUNDAY'S**

OUR HOURS WILL BE 7:30AM – 6:00PM.

YOU WON'T WANT TO MISS OUT!

**SO PLEASE RESERVE YOUR SPOT TODAY WITH
MARISELA, BRITTNEY OR DEE DEE!!**

~Thank You,
Adult Day Care Center of Las Vegas Staff