

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



## MONTHLY NEWSLETTER MARCH 2018

IT IS FUN BEING GREEN!. The Adult Day Care Center of Las Vegas (ADCCLV) welcomes March, the beginning of Spring and the opportunity to become eco-friendly by reducing our carbon footprints. The average American generates 4.5 pounds of trash every day, twice the amount that he or she produced daily in 1960. The atmosphere will be about fun recycling. One person's discards become our Center's treasures. Mastering a new skill can ward off dementia and even help fight cancer. Creative fitness may be the best preventative measure discovered so far. Our Las Vegas Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. We will continue to offer the contemporary fun activities that our participants enjoy, including: A daily exercise program, Laugh Chair Yoga, Tai Chi, Yoga, Creative Dance, Organic Gardening, Spanish, Sign Language, Bingo Competitions, Arts & Crafts and live entertainment every afternoon. Please join us as we celebrate all the amazing ways we can go green in the month of MARCH.

[WWW.ADLTDAYCARELV.ORG](http://WWW.ADLTDAYCARELV.ORG)

MONDAY - FRIDAY 6:30AM - 6:30PM / SATURDAY-SUNDAY 8AM - 6PM

## HIGHLIGHTS FROM FEBRUARY



February lifted our hearts and spirits! The seniors made Love Art that we displayed throughout our Center. We were wonderfully entertained by Dana Lara, with some oldie but goodie love songs for our **Valentine's Day** celebration. **A BIG THANK YOU!** to Chef Camille and sous chef Cynthia for a very tasty Raspberry Chicken and Baked potato Valentine Lunch. The meal was simply marvelous. Our seniors Mardi Gras Love parade was quite joyful and memorable. Our Creative Dance classes with Margaret Rampey, have been simply awesome! We have had exciting Creative Dance classes with our energized seniors. Everyone is inspired during colorful dance sessions. **Our Senior Art Calendars are still on sale for only \$5, and they are beautiful!** A THANK YOU to our wonderful hard working staff, you are our unsung heroes.

## NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in February: Cmilia V., Consolacion U., and Marian L.

## CLOSURES

**There are no closures in the month of March.**

## GET PLUGGED IN!

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

## DID YOU KNOW?

Legend says that each leaf of the clover means something, The 1<sup>st</sup> is for **HOPE**. The 2<sup>nd</sup> for **FAITH**. The 3<sup>rd</sup> for **LOVE** and the 4<sup>th</sup> for **LUCK**.





## EVENTS IN MARCH

Saturdays and Sundays are special! We will be showcasing the Fabulous I LOVE LUCY series on Saturdays and Sundays. The I LOVE LUCY show continues to be watched by 40 million Americans each year. Move and Groove with Free Expression Dance daily to our Live Entertainment. Please join us for the fun activities on Saturdays and Sundays. We would also like everyone to join us for Tai Chi /Cool Walk on Mondays at 9:30am, Creative Dance on Tuesdays and Fridays at 10:00am, Tai Chi-Yoga on Mondays and Saturdays at 10:00am, and Zumba on Sundays. Caregivers are invited! For goodness sake, we are calling all Cooks, Chefs, and Food Enthusiasts! Please don't forget to submit your recipes. See attached flyer for details. Our St. Patrick's Day Party will be on Friday, March 16<sup>th</sup>. We would like everyone to wear GREEN. Be on the look out for some special surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here. Please take time to speak with our client services representatives so they can help you attend our center for more days.

### GETTING SCENT-IMENTAL

A new aromatherapy scent, Prairie Garden, a mix of citrus and sage will invigorate and soothe the senses. This scent will be the aromatic of choice as we continue with our aromatherapy series.

### SEE WHAT'S IN BLOOM!

Our organic garden has gone a little dormant for the winter.

We will replant in the spring.





QUOTES FROM FAMOUS PEOPLE

"Nothing is impossible. " The word itself says,"  
" I'm Possible." By: Audrey Hepburn

DON'T FORGET! YOU CAN STILL PURCHASE ARTWORK  
FROM OUR TALENTED SENIORS. ALL PROCEEDS WILL,  
AS ALWAYS, BENEFIT THE ARTS AND CRAFTS  
DEPARTMENT. BE A PROUD OWNER OF ONE-OF-A-  
KIND ART MASTERPIECE.

HAPPY BIRTHDAY

Our birthday party will be held on the 4<sup>th</sup> Wednesday of the month, March 28th, 2018. Our March celebrants are Reginald R. (3/3), Edna E. (3/5), Elia V. (3/14), Rita P. (3/23), Pauline M. (3/27) and Dolores S. (3/31). Entertainment will be provided and birthday treats will be served as well.

SUPPORT GROUP

Our ongoing support group meetings are held twice a month on the 1st and 3<sup>rd</sup> Wednesday of the month at 10:00 AM. March 7th and 21st will be our next meeting and everyone, as always, is welcome to attend!







# THANK YOU!

On behalf of our entire family of caring professionals here at The Adult Day Care Center of Las Vegas, we would like to thank you for being an important and appreciated part of our Center. As we continue to strive to make our Center a place of caring and fun for all our participants, always remember our doors are open to you and your family members needs.

Thank you for choosing us!

Dee Dee Woodberry

**Dee Dee Woodberry**

*Activities Director*



LUNCH MENU

ADULT DAY CARE CENTER OF LAS VEGAS

MARCH 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LUNCH TIME



4) Cream Tomato Soup  
Grilled Turkey & Cheese  
Zucchini Strips  
Honey Dew Melon

5) Minestrone Soup  
Oven Fried Steak  
Mashed Potato  
Green Beans  
Sliced Apples

6) French Onion Soup  
Meatloaf  
Cauliflower Mac & Cheese  
Green Salad  
Apple Crumb

7) Egg Drop Soup  
Teriyaki Chicken  
Steamed Broccoli w/ Rice  
Melon Mix

8) Green Salad  
Chicken Fajita  
Refried Beans  
Wheat Tortilla  
Spanish Rice  
Sliced Apples

9) Chicken Noodle Soup  
Fish Sandwich w/ Lettuce & Tomato  
Potatoes  
Blueberries & Pears

10) Veggie Soup  
Green Salad  
Tuna Melt on Rye  
Baked Zucchini Fries  
Orange Slices

11) Veggie Soup  
Green Salad  
Messy Sloppy Joes  
Multigrain Corn Chips  
Orange Slices

12) Beef Veggie Soup  
Chicken Cacciatore  
Over Fettuccine Noodles  
Green Salad  
Strawberry w/ Cream

13) Broccoli Soup  
Taco Burger w/ Cheese  
Lettuce & Tomato  
Multigrain Chips  
Green Beans  
Mixed Melons  
**FRUIT SMOOTHIE DAY\***

14) Tomato Soup  
Beef Burger w/ Cheese  
Lettuce & Tomato  
Wedge Cut Potatoes  
Pineapples

15) Cream Potato Soup  
Hot Pastrami on Rye  
Baked Potato Slices  
Green Salad  
Diced Apples

16) Split Pea Soup  
Baked Chicken  
Cabbage w/ Corn Bread  
Potatoes  
Mixed Melons  
Green Apple Crumb  
**St. Patrick's Party\***

17) Veggie Soup  
Chicken Fingers  
Butter Noodles  
Green Beans  
Pineapple Slices

18) Turkey Veggie Soup  
Chicken Strips  
Jasmine Rice Green Salad  
Apricots w/ Cream

19) Chicken Noodle Soup  
Herb Baked Chicken  
Brown Rice Pilaf  
Green Salad  
Strawberry w/ Cream

20) Turkey Noodle Soup  
Chicken Quesadilla w/ Lettuce, Tomato & Cheese  
Mixed Vegetables  
Blackened Beans  
Sliced Peaches

21) Veggie Soup  
Chicken Fingers  
Red Beans  
Rice  
Green Salad  
Corn Bread  
Cinnamon Apple  
**Whole grain Cookie Day\***

22) Potato Leak Soup  
Beef Spaghetti  
Garlic Bread  
Green Beans  
Green Salad  
Sliced Kiwi

23) Cream Spinach Soup  
Grilled Chicken Breast  
Rotini Pasta  
Green Salad  
Steamed Broccoli  
Mixed Melons

24) Veggie Soup  
Grilled Turkey & Cheese  
Sweet Potato Cubes  
Green Beans  
Glazed Pears

25) Corn Chowder  
Turkey Sub  
Sandwich w/ Lettuce & Tomato  
Baked Potato Chips  
Sliced Oranges

26) Cream Tomato Soup  
Roast Beef  
Mashed Potatoes  
Zucchini  
Green Salad  
Honey Dew Melon

27) Turkey Noodle Soup  
Italian Meatballs  
Tortellini  
Green Salad  
Strawberries

28) Black Bean Soup  
Beef Taco Salad w/ Cheese, Lettuce & Tomato  
Spanish Rice  
Peach Cobbler  
**\*BIRTHDAY CAKE\***

29) Cucumber Salad  
Meatloaf  
Steamed Rice  
Green Beans  
Yogurt W/ Fruit

30) Veggie Noodle soup  
Chicken Salad Sandwich  
Lettuce & Tomato  
Baked Tater Tots

31) Veggie Soup  
Baked Chicken  
Mashed Potato  
Green Salad  
Cinnamon Apples  
**ITALIAN ICES DAY**

\*Milk is offered at Breakfast and Lunch.

**ACTIVITY CALENDAR**      **ADULT DAY CARE CENTER OF LAS VEGAS**      **MARCH 2018**

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|---|--|--|---|---|
| <p>9:00 Current Events<br/>9:30 SHEILA JONES<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 WESTERN MOVIE MATINEE<br/>3:00 Bingo</p>         | <p><b>HAPPY BIRTHDAY</b><br/>Reginald R. 3/3<br/>Edna E. 3/5<br/>Rita Provençal 3/23<br/>Pauline M. 3/27<br/>Dolores S. 3/31</p> <p>9:00 Current Events<br/>9:30 Exercise<br/>10:00 ARTS&amp;CRAFTS<br/>12:30 Trivia<br/>1:30 NANCY BUCKNER<br/>3:00 SPECIAL Bingo</p> | <p>9:00 Current Events<br/>9:30 Exercise<br/>10:00 A&amp;C<br/>12:30 Trivia<br/>1:30 JOHN HARBIN<br/>3:00 Bingo</p> <p><b>*HUG DAY*</b></p> | <p>1) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 SIGN LANGUAGE w/ BETTY/ A&amp;C<br/>12:30 Trivia<br/>1:30 EDMOND GEARHART<br/>3:00 Bingo</p> | <p>2) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ROBERT SOEHL<br/>3:00 Bingo<br/><b>*TAI CHI CONNECTIONS*</b></p> | <p>3) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 TAI CHI<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 STEPHANIE CREVECOEUR<br/>3:00 Bingo</p>  |   |
| <p>4) 9:00 Current Events<br/>9:30 SHEILA JONES<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 WESTERN MOVIE MATINEE<br/>3:00 Bingo</p>      | <p>5) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 ARTS&amp;CRAFTS<br/>12:30 Trivia<br/>1:30 NANCY BUCKNER<br/>3:00 SPECIAL Bingo</p>   | <p>6) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:30 BRAIN TRIVIA<br/>1:30 JENNIE N. FRANCO<br/>3:00 Bingo</p>    | <p>7) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 A&amp;C<br/>12:30 Trivia<br/>1:30 JOHN HARBIN<br/>3:00 Bingo</p>                             | <p>8) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 SIGN LANGUAGE w/ BETTY/ A&amp;C<br/>12:30 Trivia<br/>1:30 EDMOND GEARHART<br/>3:00 Bingo</p>                         | <p>9) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ROBERT SOEHL<br/>3:00 Bingo<br/><b>*TAI CHI CONNECTIONS*</b></p>                                  | <p>10) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 TAI CHI<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 WILLIAM BAILEY<br/>3:00 Bingo</p>   |
| <p>11) 9:00 Current Events<br/>9:30 Exercise<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ST. PATTY'S DAY MOVIE MATINEE<br/>3:00 Bingo</p> | <p>12) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 ARTS&amp;CRAFTS<br/>12:30 Trivia<br/>1:30 BARBARA LANCASTER<br/>3:00 SPECIAL Bingo<br/><b>*SMILE DAY*</b></p>   | <p>13) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:30 BRAIN TRIVIA<br/>1:30 MAD ENT.<br/>3:00 Bingo</p>           | <p>14) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 A&amp;C<br/>12:30 Trivia<br/>1:30 STEPHANIE CREVECOEUR<br/>3:00 Bingo</p>                   | <p>15) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 SIGN LANGUAGE w/ BETTY/ A&amp;C<br/>12:30 Trivia<br/>1:30 EDMOND GEARHART<br/>3:00 Bingo</p>                        | <p>16) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ROBERT SOEHL<br/>3:00 Bingo<br/><b>*TAI CHI CONNECTIONS*</b><br/><b>*ST. PATRICKS PARTY*</b></p> | <p>17) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 TAI CHI<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 JENNIE N. FRANCO<br/>3:00 Bingo</p> |
| <p>18) 9:00 Current Events<br/>9:30 SHEILA JONES<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 COMEDY MOVIE MATINEE<br/>3:00 Bingo</p>      | <p>19) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 ARTS&amp;CRAFTS<br/>12:30 Trivia<br/>1:30 MAD ENT.<br/>3:00 SPECIAL Bingo</p>   | <p>20) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:30 BRAIN TRIVIA<br/>1:30 DANA LARA<br/>3:00 Bingo</p>          | <p>21) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 A&amp;C<br/>12:30 Trivia<br/>1:30 WILLIAM BAILEY<br/>3:00 Bingo</p>                         | <p>22) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 SIGN LANGUAGE w/ BETTY/ A&amp;C<br/>12:30 Trivia<br/>1:30 EDMOND GEARHART<br/>3:00 Bingo</p>                        | <p>23) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ROBERT SOEHL<br/>3:00 Bingo<br/><b>*TAI CHI CONNECTIONS*</b></p>                                 | <p>24) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 TAI CHI<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ROBERT ROMION<br/>3:00 Bingo</p>    |
| <p>25) 9:00 Current Events<br/>9:30 Exercise<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 MYSTERY MOVIE MATINEE<br/>3:00 Bingo</p>         | <p>26) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 ARTS&amp;CRAFTS<br/>12:30 Trivia<br/>1:30 BARBARA LANCASTER<br/>3:00 SPECIAL Bingo</p>  | <p>27) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:30 BRAIN TRIVIA<br/>1:30 MAD ENT.<br/>3:00 Bingo</p>           | <p>28) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:30 BRAIN TRIVIA<br/>1:30 JOHN HARBIN<br/>3:00 Bingo</p>               | <p>29) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 SIGN LANGUAGE w/ BETTY/ A&amp;C<br/>12:30 Trivia<br/>1:30 EDMOND GEARHART<br/>3:00 Bingo</p>                        | <p>30) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 CREATIVE DANCE<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 ROBERT SOEHL<br/>3:00 Bingo<br/><b>*TAI CHI CONNECTIONS*</b></p>                                 | <p>31) 9:00 Current Events<br/>9:30 Exercise<br/>10:00 TAI CHI<br/>12:00 ARTS &amp; CRAFTS<br/>1:30 JENNIE N. FRANCO<br/>3:00 Bingo</p> |



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



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 Marisela or Dee Dee, at the Adult Day Care Center.

You may also email it to [admissions@nevadaseniorservices.org](mailto:admissions@nevadaseniorservices.org).



Adult Day Care Center of Las Vegas

901 N. Jones Boulevard, Las Vegas, NV 89108 Phone: (702) 648-3425 Fax: (702) 648-1408

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: Martha L. (Age: 74)



## ***RAVIOLI ZUCCHINI & BROWN BUTTER***

### ***Ingredients:***

2 tsp. extra – virgin olive oil  
1 lb. zucchini, halved lengthwise and thinly sliced  
1 9-oz. package four-cheese ravioli  
¼ cup butter  
½ cup roasted almonds, chopped  
2 to 4 Tbsp. balsamic vinegar  
2 Tbsp. snipped mint

### ***Directions:***

- In extra-large nonstick skillet heat olive oil over medium-high heat. Add zucchini; cook and stir 4 minutes or until tender. Transfer zucchini to a bowl; set aside. Prepare ravioli according to package instructions; drain and keep warm. In the same skillet heat butter and ½ tsp. kosher salt over medium heat about 3 minutes or until butter is browned, stirring occasionally. Add almonds; cook and stir 2 minutes or until toasted. Add zucchini; toss to coat. Add ravioli, balsamic vinegar, and mint; stir to gently coat. Makes 4 servings.

# 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

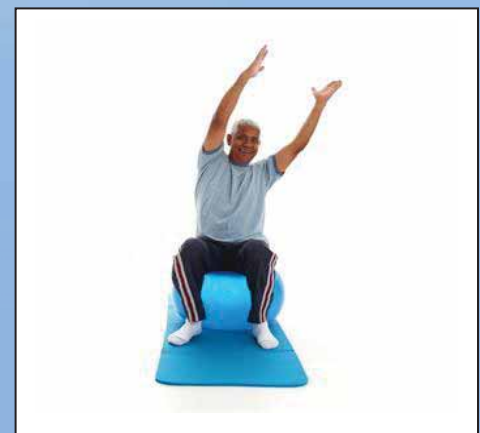
## WELL-VISIT HEALTH SCREENINGS

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

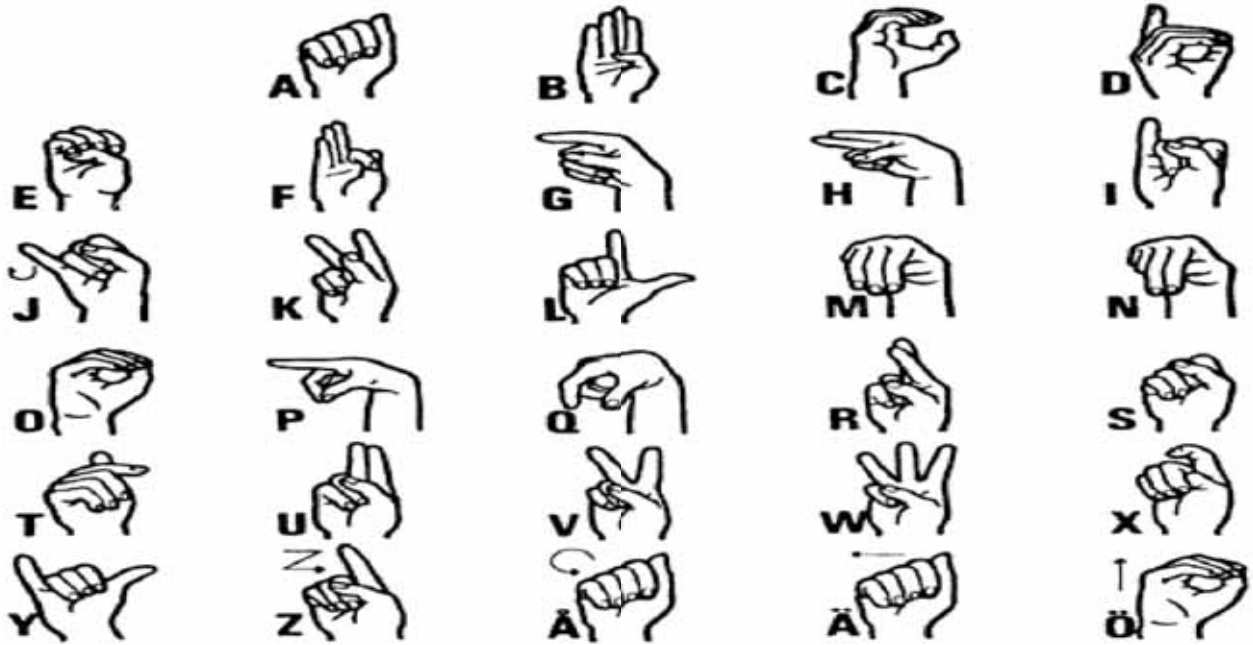
Las Vegas, NV 89108

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

# 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



*Are you, or someone you know,  
experiencing changes in memory?*

**Cognitive stimulation and activities can help...**

**Connections** is a program specifically designed for people with Moderate Cognitive Impairment, Alzheimer's disease, or other memory related disorders. If you are concerned about changes in memory, or have been recently diagnosed, please call us. Join others who are experiencing similar changes and learn new tools to help you live with memory loss.

### Program Benefits:

- Improved mental fitness/memory retraining
- Physical & mental stimulation
- Develop living skills for memory loss
- Support services & resources
- Safe, secure environment
- Opportunities for socialization & recreation



**Please call (702) 648-3425**

This program has a nominal session charge and financial assistance is available to qualified applicants. **Connections** is supported by Nevada Senior Services and a generous grant from the State of Nevada Aging and Disability Services Division.

**CONNECTIONS**

A Program for People Experiencing Progressive Memory Loss and Their Loved Ones

Adult Day Care Center  
of Las Vegas  
901 N. Jones Boulevard  
Las Vegas, NV 89108



Phone: (702) 648-3425 Fax: (702) 648-1408

Adult Day Care Center  
of Henderson  
1201 Nevada State Drive  
Henderson, NV 89002

DANCE IS HERE! DANCE IS HERE!

DANCE IS HERE !!!



It's going to be a  
**FUN & exciting**  
season at the Adult  
Day Care Center's  
Creative Dance

Featuring:  
**Margaret Rampey**, Dance  
and Pilates instructor at  
Nevada Ballet Theatre and  
Cirque du Soliel on  
Tuesdays!

Everyone is Welcome!

**NOW** Every  
Tuesday & Friday

Adult Day Care Center of Las Vegas  
901 N. Jones, Las Vegas, Nevada 89108  
702.648.3425 [www.nevadaseniorservices.org](http://www.nevadaseniorservices.org)



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# Attention: Caregivers



The Adult Day Care Center of Las Vegas  
is OPEN ALL Holidays

EXCEPT

Thanksgiving and Christmas Day!

Please call [Marisela](#), [Brittney](#), [Corina](#) or [DeeDee](#)  
in advance to make a reservation for holiday  
attendance. 702.648.3425

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](http://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](http://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.

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

# SUPER SATURDAYS!



## JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS  
WILL BE OPEN EVERY SATURDAY!!**

**OUR HOURS WILL BE 8:00AM – 6:00PM.**

**YOU WON'T WANT TO MISS OUT!**

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

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

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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

# SUPER SUNDAYS!



SPRING

**JUST A REMINDER:**

**THE ADULT DAYCARE CENTER OF LAS VEGAS  
IS OPEN ON SUNDAY  
OUR HOURS ARE 8:00AM – 6:00PM.  
YOU WON'T WANT TO MISS OUT!  
SO PLEASE RESERVE YOUR SPOT TODAY WITH  
MARISELA, BRITTNEY, MARISSA OR DEE DEE!!**

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