

*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 2010***

IT'S EASY BEING GREEN!. The Adult Day Care Center of Las Vegas (ADCCLV) welcomes March and the opportunity to be more eco-friendly. Our Center will consider simple eco-friendly ways we can reduce our carbon footprints. The average American generates 4.5 pounds of trash every day, almost twice the amount of trash that he or she produced daily in 1960. Our Las Vegas Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. The atmosphere will be about fun recycling. One mans discards become our Centers treasures. We will continue to offer the fun activities that our participants enjoy, including: A daily exercise program, Chair Yoga, Tai Chi, Music Therapy, Freedom Dance, Organic Gardening, Laughing Yoga, 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.



## HIGHLIGHTS FROM FEBRUARY

February highlighted our heart! The seniors made Love Art that we displayed throughout our Center. We were royally entertained by Jenny Ford, Jazz pianist, with some oldie but goodie love songs for our Valentine's celebration. A BIG THANK YOU! to Chef Bonnie Mankoff (executive chef of the Luxor Hotel) for her awesome Fat Tuesdays Jambalaya Lunch it was simply marvelous. To cap the party off our seniors made wonderful Mardi-Gras masks that made the day quite festive. If you think you missed the opportunity to buy our Senior Art Calendars, you didn't. They are still on sale for \$5 and they are beautiful! A THANK YOU to our wonderful hard working staff, you are our Unsung hero's.

## NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in February: Helen Reed, Olga Vanderpool, Ronald Wilson, Tracy Jones, Victor Dexter, and Micheal Temple.

## 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?

A real "leprachaun" is actually a hard working male fairy, usually a craftsman who saves money rather than placing it in pots of gold. It is rather their spirit and jolly disposition which makes them culturally linked to St Patrick's Day.





## EVENTS IN MARCH

Saturdays are special! You won't want to miss our fun activities on Saturdays. We would also like everyone to join us for Chair Yoga on Mondays at 10:00 am, Tai Chi on Tuesday and Saturdays at 10:00 am, Music Therapy on Wednesdays at 10:00 am and Fridays and Saturdays at 12:00 pm. Freedom Dance is on Friday at 10:00 am and our Newest edition, Laughing Yoga at 3:00 pm every Friday. Caregivers are invited! For the love of food, you won't want to miss Chef Bonnie Mankoff's (executive chef of the Luxor Hotel) "Flavors in Harmony" on March 9th and 23rd. Attention! 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 Wednesday March 17<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.

### 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 vegetable garden continues to grow and is still giving us edible delights in our meals each day at our center. Our seniors have been taking weekly strolls through the garden



## JUST A FRIENDLY REMINDER

Dog therapy on March 11th: Sugar and spice and everything nice, that's what Sophie is made of, will be appearing this month.

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 5<sup>th</sup> Wednesday of the month, March 31st, 2010. Our March celebrants are Reginald Reid (3/3), Frank Friedman (3/4), Larry Miller (3/7), Isaac Logan (3/12), Gladys Smith (3/13), Edilma Rivera (3/14), Frances Lenox (3/16), Stephen Weaver (3/16), Victor Dexter (3/20), Balbina Morales (3/21), Brenda Overlock (3/22), Bea Hallstrom (3/24), Christopher Sgambati (3/26), Cora Nelson (3/27), Blanda Jones (3/30) and Anna Stokke (3/30). Entertainment will be provided and birthday treats will be served as well.

## SUPPORT GROUP

Our ongoing support group meetings with Qualified Dementia Care Specialist (Mark Simmons) are held on the 2<sup>nd</sup> Wednesday of the month at 10:00 AM. March 10th is the next meeting and everyone, as always, is welcome to attend!





## ATTENTION CAREGIVERS

We have started an evening support group on the 1<sup>st</sup> Wednesday of every month please see attached flyer for more details on caregiver support programs and community forums.



# THANK YOU!

On behalf of our entire family of caring professionals here at 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

*Activities Director*

