



Center News
Funded in part by grants from Aging
and Disability Service Division for the
State of Nevada

December 2016

HAPPY KWANZAA!

*Merry
Christmas*

Happy
Hanukkah

Happy Holidays

**From the Pershing County
Senior Center**

The goal of the Pershing County Senior Center is to offer congregate and homebound meals as well as transportation and social activities to maintain and improve the quality of life for older adults in Pershing County.



Center News



Terms, conditions and fee schedule available at the Center or at

www.pershingcounty.net

On the Senior Center page.

Van leaves the Center at 7:30AM and arrives in Reno by 10:30 AM and leaves by 2PM so please schedule appointments within those parameters.

For local rides please call before 10 AM for 10:30 AM to 1 PM pickup.

Van Schedule

December

Fallon	Wednesday	14
Reno	Tuesday	20

January

Fallon	Wednesday	11
Reno	Tuesday	24

See van driver for copy of our brochure

REMINDER:

We are happy to provide transportation, but we have a limited amount of time for daily trips. Please arrange your travel so that we will be able to pick you up no earlier than 10:30 AM, and will be able to have the van back at the Center by 2:30PM. *Rides should be scheduled by 10 AM the day of travel for local trips.*

As always our out of town van leaves the Center at 7:30 AM, and we need to leave the destination city by 2 PM, so plan your appointments accordingly.

If you would like to ride the bus to any destination please call the Center- 273-2291

Meals and other services for folks 60 and older are provided at no cost to the recipient.

We do encourage a \$3.00 per meal donation, but it is entirely voluntary. We also afford you the opportunity for confidential donations for our other services. If you choose not to donate, you will still receive any services we offer.

Since we really don't require payment on a daily basis, for your meals, you will be able to make your donation whenever you choose and eat as often as you like.

ADRC

Sherrie Herringshaw, Resource Specialist with the Churchill County Aging and Disability Resource Center will be in Lovelock on the third Thursday of each month to assist you with benefits related issues. Call for an appointment 775 423 7096. You can also arrange to meet with her at 310 East Court St, Fallon, NV.

Her services are available to people with disabilities, caregivers and older adults. She can help with energy assistance, SNAP, Medicare Part D, Social Security, and Medicaid applications.



SENIOR OF THE MONTH TO RETURN IN 2017

EXERCISING YOUR BRAIN Do you ever find yourself rushing to get out the door for a fun day with family or friends, when you realize you can't find your keys? A quick search around the kitchen, through your purse, then the pockets of the pants you wore yesterday — for the third time — leaves you empty-handed and flustered. If this sounds familiar or happens more often than you'd like to admit, know this: It happens to everyone. It's easy for us to recognize what we need to do to improve our overall health — lose excess pounds, eat more greens or reduce stress — but it's not as clear where we stand on our brain health. Next time you can't find what you're looking for, when you start forgetting names and birthdays or joke about moments of mental lapse, challenge yourself to start exercising your brain. Start with these brain exercises to keep your mind sharp: • Visit aarp.org/BrainGames for free brain games built and tested by top neuroscientists and brain experts. • Try your hand at a game of cards, such as bridge which requires a strong memory.

FIVE SIMPLE BRAIN BOOSTERS A modest decline in memory is to be expected as you get older. The good news is you don't have to sit back and succumb to age-related memory loss. Here are concrete ways you can keep your brain active at any age:

- Volunteer or participate in meaningful activities outside of your daily routine. This engages your brain and emotions in a healthy, positive way.
- Engage in moderate, regular exercise to tone body and mind. Overall good health is critical to brain health. Even casual daily walking can boost your mental abilities.
- Eat the rainbow. Choose to include plenty of colorful fruits and veggies in your diet, and ease up on processed foods. The proper nutrients can improve circulation to your brain, which will amp up your cognitive abilities. Consult your doctor for the best diet and supplement choices for your specific health needs.
- Get a blood test to determine your body's hormonal and nutrient levels. Specific hormones and nutrients can affect cognition. Be mindful of your cholesterol levels, and if you take cholesterol medications, such as statin drugs, be aware they can also affect your mental faculties.
- Engage in brain activities like reading, crossword puzzles, Sudoku and Trivial Pursuit. These types of activities can improve your brain's focus and concentration and — most importantly — test your memory and general knowledge. You derive more benefit by doing these activities consistently for short amounts of time, so make a weekly appointment with yourself to build brainpower.

We are planning a trip to see Miracle on 34th Street at the Eldorado in Reno on December 15th. We only have 12 tickets available and they are first come first serve. Please contact Jade or Jordan at 775-273-2291 for more information.



We are currently gearing up for our Annual Christmas Tree Raffle and Auction! The Raffle will be on December 16th during lunch! We will also be having a silent auction! Tickets are 6 for \$5! We hope to have all donated trees to the Center by the 15th.

Thank you in advance for your support!

If you or anyone you know is in need of homebound meals, whether long term or just temporarily (whether it's 1 day, 10 days or 4 months), please call the Center and let us know and we will get you or them put on Homebound. This is an important service to our community and we want people to take advantage of it!



December Birthdays

1	Farrell Tarter	16	Drucella McKinnon
2	Carlotta Scheftner	17	Dean McDonald
4	Barbara Tobin	21	Sharron Danielson
8	Carolyn Durance	21	Carolyn Brown
11	Susan Donhue	23	Hugh Montrose
12	Robert Little	27	Jan Pommerening
12	Laverne Butler	27	Nina Aubrey
14	Richard Renko	29	Emmet Cox
14	Diana Johnson	30	Ron Malone
15	Jerry Whyte	31	Juanita Hutchinson
15	Stephen Williamson		
16	John Shields		



Lindsey Martinez, Judy Silveria, Ruth Rodriguez, Gary Hill, Leann Todd and Mary Mattson all celebrated their November birthdays with the Center!

Note: If you prefer not to have us remember your Birthday. Please tell us.



The holiday season is the best! Hot chocolate, pumpkin spice, good food, and most importantly...TRADITIONS. My family is big on traditions for every holiday and did you know that family tradition can offer health benefits? Traditions do not have to only be with direct family either. Traditions can be started with friends who we hold dear to our heart as well. Research has shown that traditions are statistically linked to family and friendship strength and satisfaction. They provide stability and keep generations and friends connected. Many traditions involve storytelling and reminiscing about old stories. Memories and experiences are shared, making room for new memories. And being part of the group endows your loved ones with a sense of belonging, which strengthens their emotional health. Although many family rituals and traditions revolve around the holidays, any routine or set of behaviors that has meaning to you and speaks to your family or friendship qualifies. So keep those traditions going or start making new ones.

Here are a few ideas to get you going:

- Start with what you know. If you like movies or game nights, initiate a weekly family/friend night. I know some of you already do this! You are off to a great start!
- Get fit together. A yearly hike at the end of winter is a great way to usher in warm weather.
- Start simple rituals. Sharing the best parts of your week each Sunday can help you feel connected as a family or friends.
- Come together to help others. Make a tradition out of volunteering during the holidays or Adopt-a-Family by shopping and wrapping together.
- Hold a yearly family/friend event. Keep your time together fun by organizing an Olympics or talent show. And remember, there are no rules. Invite other friends who don't have family close to them. Have fun, and enjoy a good dose of togetherness.

Love and generosity is what the holiday season is all about, so let's make this holiday season one filled with love for each other and being generous to those less fortunate than ourselves.

Jordan

December 2016 Menu

Menu subject to change Cut off for start or stop homebound meals 9:30AM
775 273 5022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf Green Bean Casserole Eat An Apple Day 2X Baked Potato Snickerdoodle	2 Chicken Bacon Pizza Green Salad Tropical Fruit Ice Cream Sundae National Fritter Day
5 Open Face Hot Turkey Sandwich Green Beans Pears Mashed Potatoes and Gravy Coconut Macaroons	6 Chicken Enchilada Pasta Green Salad Peaches 7 Grain Bread Butterscotch Pudding	7 Bacon Cheeseburger Pineapple Baked Beans Fruit Cocktail Cake	8 Herb Baked Chicken Peas and Onions Green Salad Spiced Applesauce Stuffing W/ Gravy National Brownie Day #78	9 Stuffed Baked Potato Fresh Orange BreadStick Strawberry Jell-O Salad
12 Weiners and Sauerkraut Fruit Quarters Onion Rings Strawberry Shortcake	13 Chicken And Sausage Gumbo Green Salad Mixed Fruit Rice and Beans Peach Cobbler #132	14 Artichoke and Tomato Pasta Green Salad Apricots Garlic Bread Ranger Cookie	15 Pork Dinner Peas and Carrots Applesauce Scalloped Potatoes National Cupcake Day	16 Beef Stir Fry Mandarins w/w Bread Mandarins Peanut Butter Chocolate Pudding
19 Grilled Ham and Swiss Gourmet Potato Soup Pineapple Bread Pudding	20 Beef Chili Green Salad Tropical Fruit Corn Bread Texas Sheet Cake #13	21 Chicken Wings Corn Pears Potato Wedges Snickerdoodles	22 Poblano Pork Stew Green Salad Applesauce Tortillas Gingersnaps	23 Roast Beef Dinner Dilled Carrots Frog Eye Salad 2 X Baked Potato Fudge
26 CENTER CLOSED HAPPY HOLIDAYS!	27 Chicken Strips Broccoli Apricots Mac and Cheese Cherry Crisp	28 Beef and Bean Burrito Bed of Lettuce and Salsa Mandarins Spanish Rice Frosted Sugar Cookie #21	29 Chicken Pot Pie Spinach Salad Pears Dinner Roll Banana Bars #83	30 BREAKFAST Scrambled Eggs Ham Steak Banana Hash Browns English Muffins Juice

Dates to Remember in December

5	Food Bank 9:30 Center Parking Lot
14	Trip to Fallon
15	Sherri Herringshaw from ADRC at Center– call 423-7096 to make an appointment
15	Birthday Celebration at the Center
16	Christmas Tree Raffle and Auction
20	Trip to Reno
26	CENTER CLOSED– HAPPY HOLIDAYS!
30	Breakfast at the Center– 7:00-9:00 am

Pershing Co Senior Center
PO Box 838
Lovelock, NV 89419

