



November 2016

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Churchill County Senior  
Center

310 E Court Street

Fallon NV 89406

(775) 423-7096

ccseniorcenter@cccomm.net



## Respite...The *true* Gift of Time

By Lisa Erquiaga, CCSC Executive Director

The term "*Respite*" is not a new word or phenomenon. The term emerged in the late 1960's in regards to the deinstitutionalizing movement that involved both children and adults to return to their homes and communities.

Surprise! The term "RESPITE" has re-emerged today...bigger than life. Its definition is simple, "A short period of rest or relief from something difficult". While we don't want to imply that taking care of a loved one is 'difficult' but it can weigh heavily on a full-time caregiver who could use that relief.

Caregiving is a universal occupation. According to *Caregiving in the U.S. 2015 written by AARP*, there are 43.5 million caregivers in the United States, most uncompensated. Sixty percent of them are female, take care of one person, are an average age of 49.2 years old and take care of at least 85% of family members. One in 10 are a spouse and one in 10 is 75 years and older. Caregivers can be parents, brothers, sisters, aunts, uncles, cousins, grandparents, extended family and friends, neighbors, or any person you trust.

While the job of being a full-time caregiver can be physically draining and demanding, no one is equipped to do it alone, nor should they. It's important to have help like a "Respite Break". Getting help is essential for the caregiver's physical and mental health and for the loved one being cared for. Seeking support and maintaining one's own health are key to managing the caregiving years. It's crucial to utilize respite care services before you become exhausted, isolated, or overwhelmed, with the possibility of having to resort to a nursing home placement.

Respite is typically temporary and can be a span of time from an hour to two weeks. Respite services are intended to provide assistance to a family member or a caregiver to prevent possible "burn-out". This can be a mode of sharing the responsibility. There is a real sense of dedication and sharing of expertise when providing respite care to an individual. Not all families have the same needs, so care needs to be geared and modified with the main family caregiver to best identify type of respite care needed. **(continued on Page 2)**

## *CCSC Mission Statement*

To develop, coordinate and deliver a comprehensive set of supportive services for the Churchill County Senior Center—services designed to ensure seniors lead a meaningful and dignified life, while maintaining a healthy, safe, secure and prolonged independence.

**(Continued from page 1)**

It's crucial to utilize respite care services before you become exhausted, isolated, or overwhelmed, with the possibility of having to resort to a nursing home placement.

Respite gives the main caregiver various opportunities to take a moment and just breathe. Knowing and trusting a trained respite volunteer to help share in giving the caregiver a little time away to go to a movie, have a cup of coffee with a friend, or even just take a nap is the "gift of time". There are ways of helping your loved one accept having a new person other than their usual caregiver as the relationship is built. Just having the person be present to get familiar with a routine for the first few visits provides an important transitioning time to become companions. Respite provides the main caregiver a chance to avoid decreased social activities, combat and cope with stress, improve family functioning, improve energy levels and mental outlook, and more understanding of the need to take care of the entire family as a whole.

The United States Congress passed *The Lifespan Respite Care Act of 2006* (HR 3248) and it was signed into law in December 2006 because of recognition of the significant contribution made on a daily basis and the needs faced by America's caregivers. It has been defined as "lifespan respite program" provides a coordinated system of accessible, community-based respite care services for family caregivers of children and adults with special needs. The bill was introduced and championed in the US House of Representatives by Rep. Mike Ferguson and James Langevin (D-RI). 2016 marks the 10th Anniversary of the bill's enactment. The National Respite Coalition and its partners in the Lifespan Respite Task Force are working closely with the Congressional champions of the Lifespan Respite Care Reauthorization Act of 2015 (HR 3913). The bill would reauthorize the program through 2020 and has an authorization level of \$75 million over five years.

I had the opportunity to observe and experience the many facets of "caregiving" as a very young child. My Granny worked full time at NASA during the day and spent much time scheduling caregivers for my uncle in the early 60's through to 1993. He had Friedreich's Ataxia starting in his teens and progressively worsened up to his passing at age 53. The job of keeping caregivers was her second full time job. She was a very busy lady in her community civically. Finding dependable help to be able to count on to show up to do the job was not always an easy feat. I remember a "revolving door" of many, many people coming to be the "caregiver". There was always someone new getting hired and trained, working a little while, then just disappearing into thin air, followed by another new face. It wasn't because my uncle ran them off, he was a wonderful man. The longest I can remember a familiar face being present was about six months, tops. At a young age, I remember thinking "why doesn't anyone stay very long around here"? The reasons were many with the biggest one being a lack of training until they came on the job and then decided it wasn't what they thought and they never returned. The constant changes were difficult on the entire family, particularly my uncle, the "Care Recipient".

At the young age of 27, my third child was born with Spina Bifida, Hydrocephalus, and other various other complications. Well, he was six years old and in the first grade and I was attending a workshop on *caregiving* for my job. The reason I share this information is because this is the day I found out a startling fact that I was a "CAREGIVER"! Although I had never thought of myself as anything more than his mother providing the care, nurturing, and love that a mother gives. That still amazes me to this day. There were times in those years that I wish I would have better understood the concept and maybe utilized the respite opportunity more.

(continued from Page 2) Over the next years as I continued my "caregiving" that came naturally for my son, I gladly added a few more individuals to my roster of care. My father-in-law, my mother-in-law, my husband's aunts, and travelled once a month for a long weekend to care for my dear Granny to give respite to my aunt. Prior to starting here at the Senior Center I also did private caregiving for several families. And I still fill-in for several individuals when needed as my time will allow.

The 65+ age group is expected to double to 70 million people by 2030. The understanding and art of *caregiving* was not quite as refined in the 1960's as it today. But the need and concept are nothing new. Families are stepping up more and more to provide in home care of their loved ones for various reasons. Family caregiving is the backbone of the United States' long term care system as well as the core of what sustains frail elders and adults with disabilities, yet caregivers often make major sacrifices to help loved ones remain in their homes as they age, keeping them from institutional placements. Many families are part of the "sandwich generation," caring for children and parents at the same time.

I have recently become a Certified REST Trainer to provide respite training to volunteers in our local community and surrounding areas. I attended a two-day training last month in Las Vegas with a great group of individuals. This excellent opportunity for training was made possible and sponsored by Jeff Duncan, Chief Supportive Services, Nevada Aging and Disability Services Division. The Master Trainers were from REST (Respite Education & Support Tools), in Bloomingdale, Illinois and did an outstanding job.

My commitment to the sponsor is to provide an 8-hour training in my community to at least 20 individuals. If you would like to be trained to provide this valuable service as a **"Volunteer Respite Worker"** for a loved one or someone in the community this is your opportunity to do so. While spending time one-on-one with a child or adult with a disability or special healthcare need, YOU will truly be giving **RESPIRE - the "Gift of Time"** to the primary family caregiver.

I will be scheduling a training soon in the Fallon area to have that pool of properly trained individuals to call on. Please contact me as soon as possible if you are interested in this great volunteer endeavor in your community. Also if you would like more information on this subject, I would love to share my learnings. *Lisa Erquiaga*





Thank You  
*Birthday Cake*

*Sponsor for*

*November*

*\$100.00*

*The Homestead*

Thank You! Thank You!

**Louie's Home Center**

For generously giving  
seniors \$10.00 gift  
certificates on their  
Birthday's in October.

Thank You Thank You

**Louie's Home Center**

Thank You to the  
Monday, Wednesday  
and Friday Exercise  
Class  
for taking the  
Challenge  
and paying your  
\$3.00 per week for  
our new exercise  
fitness room

**Thank You** Mahalo  
Kiitos  
Tack  
Grazie  
Toda  
Thanks  
Obrigado  
Takk  
Gracias  
Merci

Bob Larson for your  
spontaneous donation  
for the  
"ICE Cream  
Machine"  
Yep, 3 flavors Bob!

Thank You  
Dynamic Four for the  
great Halloween  
Baskets for our  
Costume Contest

Thank You  
**Andy Lenon**  
and Oasis  
Academy  
7th grade  
students for  
coming to visit  
with the  
Seniors  
in  
October.

Thank You Thank You  
**Robert & Mary Petre for**  
their  
**\$100.00 donation to exercise**  
class for October.

Thank you  
**Tedford Tire & Auto Service**  
for your monthly \$150.00  
donation for October.



Thank You Thank You  
**Mel & Barbara Foremaster**  
for your monthly \$50.00 donation  
to the Center for October.



Happy Thanksgiving

Thank you!

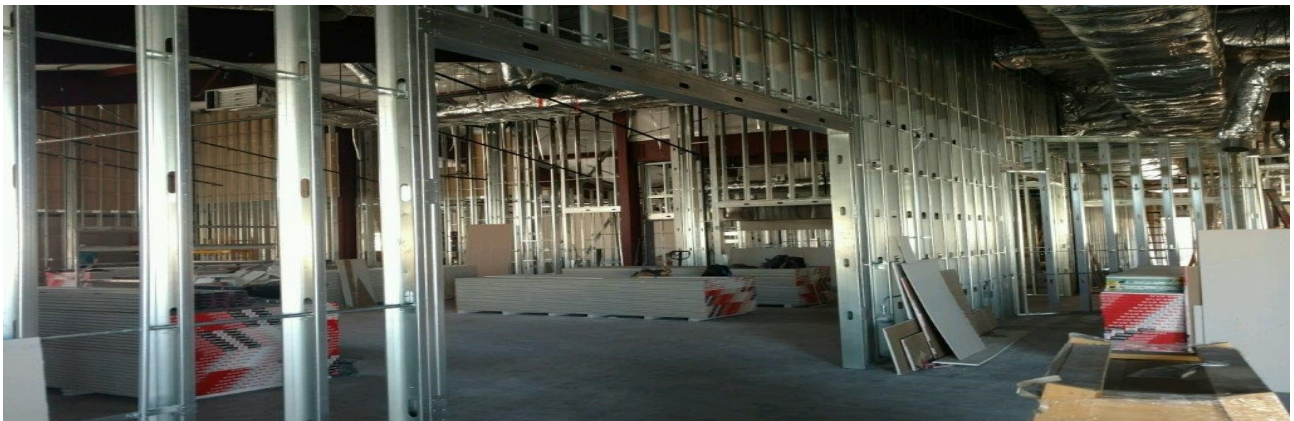
**WE**  **VOLUNTEERS**

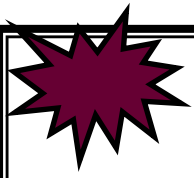
Thank you!

**Thank you to all our Volunteers who  
attended our recent Volunteer Training and  
Awards Dessert meeting.**  
**We sincerely could not do the great job of  
service we do here at CCSC without our loyal  
Volunteers. You all Rock!**  
**Please know how appreciated you ALL are!**  
**Next Volunteer Training Meeting is**  
**January 12, 2017**  
**Save the Date!**



**Building update:** Our new building is going up so fast and it gets more and more exciting every week. All the interior colors have been chosen. The stainless steel in the kitchen is being installed and the metal beams signify the many rooms that will be housed inside this 16,000 square foot building. Completion date is currently set for March 31, 2017





## Welcome Oasis Academy

### Students



Oasis Academy students will be spending some quality time here at the Churchill County Senior Center.

We welcome them with open arms to come and socialize, play games, do projects, take interviews and anything else anyone has any ideas that would be fun and encouraging for these two age populations to interact together.

**The students will be visiting for the remainder of 2016 as follows:**

**November 15**--socialization and eating LUNCH with us here at the Senior Center

**December 6**--Gingerbread House Building Team contest (supplies provided) 12:30-2pm in the Dining Room. Sign up now!

**December 12**--Gingerbread House judging day. Students return for Contest Awards and sing Christmas Carols 12:30pm

They will then be back in January 2017 to do individual Senior interviews! Watch for a sign up sheet soon!



Come in for lunch and after  
join the fun playing

## *Play Bingo*

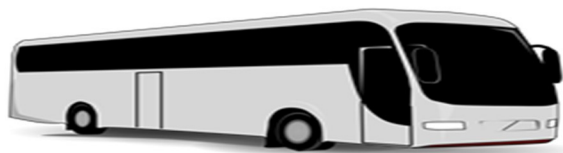
Every Tuesday at 12:30 p.m.

Cards .25 each

Thank you Bingo Volunteers!







## Let **CART** do the driving!

Let's go Christmas Shopping and have

### Pre-Holiday Pie and Cookie Sale

Churchill County Senior Center will be taking pre-Holiday pie and cookie orders starting on Monday November 7 until Wednesday, November 14. Baked by our very own cooky, Mary and company.



Watch for order form with items to purchase soon.



Take CART to the RENO/SPARKS area for a day of Holiday Christmas shopping  
Choose from two Saturdays and two different locations

**December 3** Sparks to Spanish Springs/Legends/Target

**December 17** Reno to Meadowood Mall

Cost is only \$10 for each trip per person. This fee pays for the transportation to and from. Food not included.

Sign up sheet at front desk at Senior Center. For more information Call Cathy or Carolyn at 428-2988



**Churchill County Senior Center will be having fundraiser on**

**December 3 7:30am- 2pm on site**

**Christmas Holidays**

*Breakfast, Bake Sale, and Craft Bazaar*



**We will have tables for outside Vendors to sell their crafts or products for \$25 for the event. Many handmade crafts are being donated to the Senior Center table to sell and all proceeds go to the new building. If you would like a table or have your special creations to donate please contact Lisa Erquiaga 423-7096. We appreciate your support. Tell all your friends to come eat and shop under one roof! More info to follow.**

Come Feast with us!



Thanksgiving Feast at  
Churchill County Senior Center  
will be held on November 22  
at 11:30am.

The usual suggested  
donation of \$3.00 for Seniors and \$6.00  
charge for others will apply.

CCSC will be closed on Thursday and  
Friday November 24 and 25 in ob-  
servance of the Thanksgiving Holiday.



**Churchill County Senior Center**  
and its operations/programs are financially  
supported from grant monies from the State  
of Nevada, Aging and Disability Services  
Division, as well as generous funding both  
from Churchill County and City of Fallon.  
We also receive contributions from many  
local citizens, businesses, organizations and  
our many fundraising events.

### ***Grant Funded Services***

#### **Congregate Dining Room**

Lunch is served Monday - Friday

Soup is served at 11:00 a.m.

Lunch is served  
starting at 11:30am to 12:30pm.

Seniors 60 and older -

Suggested \$3.00 donation

Under 60 - \$6.00

#### **Meals on Wheels Program**

Available to qualifying homebound  
seniors 60 and older

Daily Delivery Monday—Friday

#### **Homemaker Program**

Available to eligible seniors 60  
and older Includes light housekeep-  
ing, pick-up of  
prescriptions, or other needs.

#### **Nevada Care Connection**

##### **Resource Center**

Available to seniors 60 and older,  
people with disabilities & their  
caregivers, and veterans. Provides  
helpful information, referrals to  
available programs,  
services and community resources.

#### **La Invitacion . . .**

El Churchill County Center invita a todas las personas mayores de 60 años de edad y para disfrutar de un almuerzo diario en nuestro comedor en 310 E. Court St., cerca Parque Avena. Ofrecemos una gran variedad de servicios, incluyendo comidas sobre ruedas, ama de casa, el envejecimiento y la discapacidad especialista de recursos y muchas actividades. Las comidas se sugiere una donacion de \$3.00 para los ancianos. Sopa comienza a las 11:00—11:30, con un almuerzo a partir de las 11:30-12:30. Esperamos contar con su presencia! 775-423-7096.



## Halloween Festivities 2016

Halloween was so much fun at the Churchill County Senior Center this year. We had 4 days of themed costumes, Gypsy Day, 50's Day, Wacky Hat, Sock, T-shirt Day and Pirate Day. And on

Monday, October 31 was the Grand Finale' of Costuming!

A costume contest was held. 1st place (Angel/Devil) 2nd place (Baby in Pink), and 3rd place (Kitchen Fairy) winners were awarded Halloween Treat Baskets made and donated by the Dynamic Four. Thank you Dynamic Four! You're **all** the best!

We were served a great pizza lunch and lots of fun and entertainment was had by all.

On the Grand Finale' Day we had a little bit of every type of Creature known to man! Some of us can't wait till next year!

Thank you to everyone who participated. You all helped make it very special.





## More Halloween Fun...





Information for  
Seniors and  
their Caregivers

Are you concerned or have question regarding  
Changes to Medicare and reduction of benefits

**Friday Nov 18th  
10:00 am at Senior Center**

A state licensed Medicare specialist will be discussing some common questions. You will find this presentation beneficial if any of the following applies to you:

- ☐ My plan has been terminated for 2017.
- ☐ My premiums have increased. How am I going to afford this increase?
- ☐ Do I have the most cost effective Medigap?
- ☐ How do I know which drug plan is best for me in 2017?
- ☐ What changes have been made to Medicare that could affect me?

For help regarding common concerns and questions with your healthcare and changes that you should know about, please attend this informational seminar.

**Watcher-Fox Insurance & Financial Services**

**Angie Oceguera**

**775-427-2145**





Thank you to the following businesses who paid for an ad space this month in the  
"Senior News" newsletter:

City of Fallon, Stockman's Casino, Edward Jones/Doug Drost,  
Churchill Community Coalition, Angie Ocegura and Edna Price Dianda

Douglas J. Drost, CFP  
Financial Advisor  
2262 Reno Highway, Ste. A  
Fallon, Nv 89406  
775-423-8552  
[www.edwardjones.com](http://www.edwardjones.com)

**Edward Jones**



**City of Fallon**

**55 West Williams Avenue  
Fallon, Nevada 89406**

**Ken Tedford, Mayor  
Bob Erickson, Councilman  
Kelly Frost, Councilwoman  
James Richardson, Councilman**

## Prescription For Nature

Did You Know That Increasing Amounts Of Prescription Drugs  
Are Being Found In Our Rivers, Ground & City Water?

Prescription Drugs Are Polluting  
Our Environment!

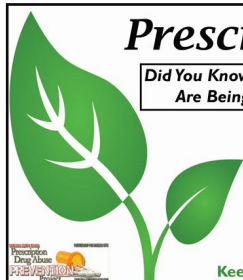
- ✗ **DON'T** Flush Them Down The Toilet
- ✗ **DON'T** Wash Them Down The Drain
- ✗ **DON'T** Throw Them In The Trash

**Do Your Part!**

Keep Our Water Clean & Our Environment Healthy...

Dispose Of Your Rx Drugs Safely At The  
**24 HOUR PRESCRIPTION DRUG DROP BOX**

**The Churchill County Sheriff's Office  
73 North Maine St.**



CHURCHILL  
COMMUNITY  
COALITION  
[www.churchillcoalition.com](http://www.churchillcoalition.com)

Medicare Supplements • Recovery Care



**Angie Ocegura**  
General Agent

Office: (775) 427-2145  
Toll Free: 1-888-877-6225  
[agent.angieo@gmail.com](mailto:agent.angieo@gmail.com)

**Wachter - Fox Insurance  
& Financial Services, Inc.**

477 West 50 North  
American Fork, Utah 84003

Life Insurance & Annuities



## TUESDAYS ARE CLUB 55 DAYS:

Receive Meal Reward 1st & 3rd Tuesday  
(with qualified play)

Pick up voucher during booth hours

Be eligible for special Club 55 Drawings

1st & 3rd Tuesdays 11 am - 3 pm

Enter to win the \$250 Free Play, End-of-Month drawing

See Winner's Club for complete rules and to sign up.

Winner's Club membership required. Management reserves all rights.

**Stockman's  
CASINO**

## CCHS ANNUALS ON DVD

1920 thru 1929    1950 thru 1959    2000 thru 2009  
1930 thru 1939    1960 thru 1969    2010 thru 2016  
1940 thru 1949    1970 thru 1979  
**Contact:** Edna Price Dianda  
By phone or text: 775-742-6809  
By email: [ednadianda@charter.net](mailto:ednadianda@charter.net)  
By Snail Mail: 750 E Stillwater Ave #77,  
Fallon, NV 89406  
Order multiple years.  
1-4 years on DVD \$14.00 (Includes Postage)

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advertisers. However, it does not  
endorse nor guarantee any products or  
services offered.*

**Advertise with us-Start next month**  
This space is available for your business ad for  
\$25.00 per month. You choose the  
month(s).

To find out more information or availability con-  
tact: