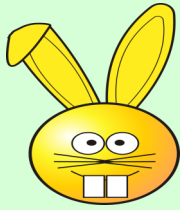


Churchill County Senior Center  
SENIOR NEWS



April 2017

Churchill County Senior  
Center  
310 E Court Street  
Fallon NV 89406  
(775) 423-7096  
ccseniorcenter@cccomm.net

**Administrative Staff**

Lisa Erquiaga  
Executive Director

Brenda Moore  
Bookkeeper

Buster Pierce  
Senior Services Mgr.

Sherri Herringshaw  
Nevada Care  
Connection  
Resource Specialist

Jennifer Freeman  
MIPPA Specialist/  
Volunteer Coordinator

Annette Thompson  
Front Desk  
Intake Specialist

**Coalition for  
Senior Citizens  
Board of Directors**

Bus Scharmann, President  
Gary Laca, Vice President  
Dona Eveatt, Treasurer  
Members:

Kelly Frost, Mark Feest,  
Mel Foremaster, Judy Pratt,  
Carol Lloyd,  
Bjorn "B.J." Selinder

**Happy Spring to everyone,**

**We are ALL getting that spring fever! I see everyone out working in their yards , getting ready to plant their gardens if they haven't already and the birds and bees are checking out all the trees and bushes as they begin to bloom.**

**This is a good time to do some extreme Spring cleaning if you are so inclined and motivated. It's a good time for the closets to get cleaned out, maybe even your dresser and junk drawers that have become a good spot to shove items! It's a great feeling to do some cleaning and then to donate your used items in good shape to a thrift store. There are many people out there that live on a fixed income and can't afford to purchase new clothes at full price. Everyone wins!**

**We will be doing some "extreme" Spring cleaning here at the Churchill County Senior Center as we prepare for the move to our new location in June 2017. The grand opening for the new building, William N. Pennington Life Center will bring a new sense of direction and programing to the entire community of Churchill County/Fallon. Please save the date of June 27 at 10:00am for our grand opening ceremony. Watch for flyers and invitations.**

***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 Front page)**

**Please call Jen at the Churchill County Senior Center 423-7096 to provide your email address if you would like to be put on our newsletter email blast list. This list also receives all of our upcoming program flyers and events.**

**Please join us this Friday, April 14 at 6pm for a FREE Spaghetti dinner and all the fixin's hosted by Gemini. Gemini employees will be serving and CCSC staff will be assisting and cooking. We will have a slide show of the past times at the Senior Center as we move on to our new location. Please RSVP by Friday and come eat with us.**

**Happy Easter and Spring to all.**

**Lisa Erquiaga,  
CCSC Executive Director**

Come join the "latest" activity be played  
Churchill County Senior Center.

**It's Mexican Train  
Dominoes!**

**Thursdays 12:30pm in the  
Senior Center dining room.**

**Come and join us! Teaching of game is provided.**



at



**It's here! It's fun! It's PICKLE BALL!**  
**Here is a fun way to exercise and meet new people.**  
**It is free, easy to learn, and beginner equipment will**  
**be provided. Please see flyer on page 10**



**April Birthstone:** Diamond and Crystal

**April Flower:** Daisy and Sweet Pea

**Month Observances:** National Poetry month, Sexual Assault Awareness and Prevention, National Autism Awareness, Stress Awareness Month, and National Donate Life Month



**April Special Days:**



**1st: April Fools Day**-This days origins remain unclear, but some have suggested it being related to the vernal equinox, the beginning of spring, when Mother Nature plays sudden weather tricks on people.



**11th-18th: Passover**-This is a seven day Jewish festival which celebrates the Israelites fleeing from Egypt about 3300 years ago. The name Passover is because the Israelites marked their doors with a sign believing that God will pass over these houses during the plague of the firstborn.



**16th: Easter**-This day commemorates Jesus' resurrection three days after his crucifixion and death. Easter is always celebrated on the first Sunday following the first full moon after the spring equinox.



**22nd: Earth Day**-Observed in over 90 countries, this day in 1970, a US Senator named Gaylord Nelson was inspired to bring mass awareness of environment problems. This day marked the creation of United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Act.



**28th: Arbor Day**-This day is for the trees declared a holiday in 1970 by president Richard Nixon. It is to celebrate the tree and its importance to providing shelter, stabilization for the ground, and beauty to the beholder.



**CART (Churchill Area Regional Transportation)****310 East Court Street****Fallon, NV 89406****(775) 428-2988 Monday-Friday 9:00am-3:00pm****Ticket Books:**

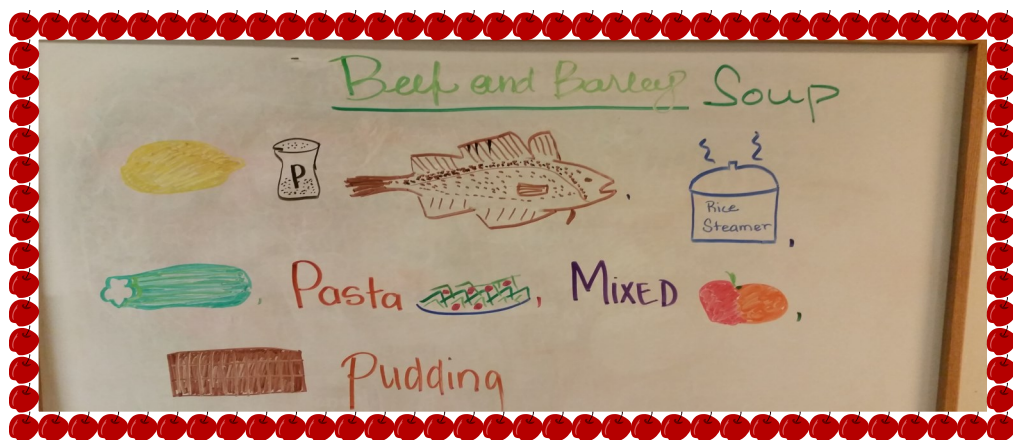
These can be purchased at Walmart Customer Service, CART office, or ordered from the dispatcher. Under 60, \$15.00 for 10 rides, and suggested donation of \$7.50 for 10 rides for seniors.

**Happy Birthday to the following employees:****Ernest Maguire-4/15 CART****Anita Lamb-4/16 Homemaker****Julie Webster-4/17 Homemaker****Donna Hicks-4/20 CART****Janet Vehemente-4/29 Homemaker**

**Upcoming activities/events to look  
forward to attending at  
Churchill County Senior Center**



- ♦ **Sign up now for AARP Driver classes starting May 24th, 2017, please see flyer for more details**
- ♦ **REST Respite Training on May 20, 2017**
- ♦ **Semi-Annual Senior Spaghetti Dinner April 14th at 6pm, see flyer for more details**
- ♦ **April 19th, Vision Scope Groups Meeting at 2pm**



Try this brain teaser. This was a meal eaten in March, Brenda Moore, our CCSC Bookkeeper, lends her drawing talents for others to decipher the menu on their way into the dining room.

## Earth Day

E	L	P	O	E	P	T	O	P	P	C	G	S	E
C	O	M	P	O	S	T	L	L	L	O	N	E	N
R	E	C	Y	C	L	E	S	A	I	N	O	N	L
E	R	E	T	G	A	L	Z	N	R	S	I	V	D
A	I	R	L	R	L	C	V	E	P	E	T	I	N
E	E	U	E	E	E	O	E	T	A	R	C	R	A
D	T	T	G	E	E	E	B	N	L	V	N	O	L
O	A	A	E	C	N	I	S	A	R	A	I	N	A
T	M	N	A	L	O	E	V	E	L	T	T	M	R
T	I	L	R	E	Z	T	R	R	N	I	X	E	A
E	L	R	T	A	O	C	N	G	R	O	E	N	L
O	C	T	H	N	O	M	I	E	Y	N	E	T	C
P	L	I	R	H	P	T	S	E	R	O	F	L	M
R	P	S	E	R	P	O	L	L	U	T	I	O	N

GLOBAL  
PLANET  
TREES  
CONSERVATION  
FOREST  
LAND  
CLEAN  
RECYCLE  
OZONE  
ENERGY  
NATURE  
EARTH  
ENVIRONMENT  
COMPOST  
AIR  
CLIMATE  
POLLUTION  
PEOPLE  
APRIL  
EXTINCTION

Play this puzzle online at : <http://thewordsearch.com/puzzle/169711/>



Come in for lunch...then...

## Play Bingo

Every Tuesday 12:30-2pm

Thank you Highland Village for snacks  
for the Bingo group .

Cards .25 each

Thank you Bingo Volunteers!







Thank you to Harold D. Blethen, Director of Visionscope Institute, for coming to the Churchill County Senior Center every month to help those who are or are becoming visually impaired.

Thank You to  
*Birthday Cake*  
Sponsors Francis Atkinson  
and Donna Halgrimson for  
March  
CCSC  
\$100.00 donation



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  
We currently have  
\$1794.04 collected



Thank you to Robert and Janna  
Andorfer for the donated  
crocheted hats and  
scarves, very much  
appreciated!



Thank you to Gemini  
Incorporated for their  
donation of \$500.00 to our  
Meals on Wheels Program

Thank You! Thank You!  
Louie's Home Center  
For generously giving  
seniors \$10.00 gift  
certificates on their  
Birthday's in February  
Thank You Thank You

**Louie's Home Center**



Thank you  
Tedford  
Tire and  
Auto  
for your  
monthly  
donation  
of \$150.00

Thank you!  
Thank you!

**WE**   
VOLUNTEERS



**For ALL you Do!!!  
You all Rock!**

**Please know how appreciated you ALL are!**



Thank you Ice  
Cream Machine  
Donors!  
We have  
\$2030.00  
donated so far!

Thank You Thank You  
**Mel & Barbara Foremaster**  
for your monthly \$50.00 donation  
to the CCSC for March 2017.



We are searching for volunteers!! We are currently recruiting individuals to volunteer at pre-lunch time, lunch serving, and post lunch clean up.

Even if you have only an hour to share once or twice a week, we would love to have your involvement!!

If you are interested in becoming one of our many dedicated volunteers, please contact Jennifer Freeman at (775) 423-7096. **It is the volunteers that help keep us running our daily nutrition programs.**

**alzheimer's association®**

**THE BRAINS BEHIND SAVING YOURS®**

**Fallon Support Group** (On-site Respite Provided)

2nd and 4th Wednesday of the month, 10:30am-Noon

**The Homestead**

365 West A Street, Fallon, NV, 89406

**Facilitator:** Candy Foster & Jason Thornton

**Contact:** (800) 272-3900

\*Please RSVP if you would like to use respite services.

**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 housekeeping, 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.

**We appreciate the community support!!**

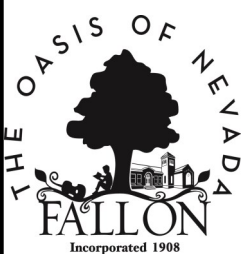
## **La Invitacion . . .**

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.

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, The Homestead, Highland Village,  
 Churchill Community Coalition, Edward Jones



365 West A Street • Fallon, Nevada 89406  
[www.fallonhomestead.com](http://www.fallonhomestead.com)  
 "A" rated by the State of Nevada  
 p 775-428-2428 f 775-428-6782




**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!  
 X **DON'T** Flush Them Down The Toilet  
 X **DON'T** Wash Them Down The Drain  
 X **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.

**Stocks. Bonds. CDs.  
 IRAs. Mutual funds.**



**Douglas J. Drost, CFP®**  
 Financial Advisor  
 2262 Reno Highway  
 Suite A  
 Fallon, NV 89406  
 775-423-8552  
[www.edwardjones.com](http://www.edwardjones.com)  
**Edward Jones**  
 MAKING SENSE OF INVESTING  
 Member SIPC



**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**

**Advertise with us-start next month!**  
 May 2017, space is  
 available for your business ad for  
 \$25.00 per month. Call Lisa at  
 423-7076 for more information.



**Highland Village Campus of Fallon**  
**550 N. Sherman Street Fallon, NV 89406 775-423-7800**

Highland Estates , monthly rates \$1800 one bedroom . Highland Assisted Living, Deluxe Suites \$100/day

**Disclaimer**

*Churchill County Senior Center has good relations with its sponsors and advertisers. However, it does not endorse nor guarantee any products or services offered.*





## AARP Driver Safety Classes

Available in 2017

May 24: 9am-2pm

August 16: 9am-2pm

November 15: 9am-2pm

All Classes will be held at New Life Center (formerly Senior Center)

952 S Maine St, Fallon NV

You Will Learn:

- Defensive driving techniques
  - Proven Safety strategies
- New traffic laws and rules of the road
- AARP Members \$20- Non Members \$25

No Test to pass, simply sign up and learn. Upon completion you can save up to 10% on your car insurance and remove up to 4 points from your license!

# Sign up Now!

# What is Pickleball?

FREE!



FUN!

Come on down and check out the PB buzz!

City - County Gym

Venturacci Street across from Northside

**Monday Mornings all April**

**9:00 – 11:00 AM**

- Easy to play! Easy on your body! Healthy addiction!
- Fun way to exercise, have fun, meet new people.
- Fastest growing recreational sport for ALL ages.
- Easy to learn and beginner equipment is provided.
- Text/call Carol Amos at 775.291.3252 for more info.

Fallon Pickleball



It's a pickleball night!





# **SEMI-ANNUAL SENIOR DINNER SPAGHETTI – WITH ALL THE FIXIN'S**

## **SEMI-ANNUAL SENIOR DINNER**

Come join us for our Semi-Annual Senior Dinner. We are saying a fond farewell to the old building while we welcome in the brand new Senior Center!

**JOIN US!!**

**ON**

**APRIL 14TH**

**Join us as we  
celebrate the new  
Senior Center!**

**Stay and Eat!  
We'll even have  
dessert!**

**Stay and watch a  
slideshow of  
memories of the  
old while we  
celebrate the  
new!**

**Please RSVP to  
Lisa @  
775-423-7096  
By April 7<sup>th</sup>**