

Churchill County Senior Center

SENIOR NEWS



March 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 March everyone!

"A **Volunteer** is a person who performs a service willingly and without pay".

Volunteers are the lifeblood of any organization and they are surely the lifeblood of the Churchill County Senior Center and always have been the foundation! We could not open our door's each day here on 310 East Court Street if it wasn't for our generous and dependable volunteers. And I want to take the time to thank them right now. Thanks to you all.

As you settle into your favorite chair to get ready to read this informative newsletter be thinking of the faces you see at here on a regular daily basis... there's Mary, Gloria, Eiko, Robert, Francene, Helmut, Ardella, Carol, Josh, Molenda, Theresa, Connie, Mary, Edna, Labelle, Bob, Joyce, Judy, Laurie, Margo, Cindy, Leslie, Lola, Marnie, the Wadsworth Family and anybody else that I have forgot to mention. They are the excitement in the air, the breath of life, and the wonderment of the day's purpose!

We held a very successful volunteer training meeting on March 1. We had a great turnout and the group was very happy to meet the new Volunteer Coordinator, Jennifer Freeman. Jennifer has been employed at CCSC for the last four years as a Meals on Wheels driver. She was recently hired to work as MIPPA Coordinator with our Nevada Care Connection Resource Center in January. "Jen", as we lovingly call her will be responsible for a dual set of job responsibilities in her 32 hours per week. She has "mucho" energy and is meant for this task. If you haven't met her yet, please take the time to say hello and be ready because she just might recruit you to become a new volunteer! She's that good! Welcome Jennifer!

(continue on next page)

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)



New Volunteer Coordinator Jennifer Freeman is warmly welcomed by Senior Services Director Buster Pierce, and CCSC Executive Director, Lisa Erquiaga

‘Your life is your message to the world. Make sure it’s inspiring.’

You can be a volunteer. We are always looking for individuals to volunteer. We will really be recruiting vigorously when we move to our new location of the William N. Pennington Life Center and hope you will sign up to become one of our many valued Volunteers.

Our next quarterly Volunteer training meeting is scheduled for June 7, 2017 hopefully in our new building. For now, please “Save the Date” and the location will be announced prior to the meeting! This meeting will be for current volunteers and for anyone else who would like to become a Volunteer.

April is National Volunteer month and the week of April 23-29 is Volunteer Appreciation Week! We will be having a Volunteer Appreciation “Breakfast with Tea Service” on April 26, 2017 at 8:30am in the CCSC dining room. A RSVP and sign up list will be available soon.

Spring is just around the corner. The beginning of our transition to our new building will be happening soon. Due to the inclement weather we have been experiencing and a few kitchen equipment ordering glitches we will be now looking at moving sometime in early May. As always stay tuned!



Until next month,

Lisa

Lisa Erquiaga

Don't forget! It is time to Spring Forward, on March 12th, 2017, Daylight savings time begins, set your clocks forward one hour!



Domino's Anyone?



If you would like to play “Mexican Train” Domino’s game please sign up at front desk of Churchill County Senior Center. A group is forming to participate in this exciting Domino game. See Jennifer to sign up.

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 in April 2017**
- **Oasis Academy Students will be visiting on March 21st for interviews with the seniors and cell phone training, please see flyer for more details**
- **CCSC welcomes Raylene Stiel, Churchill County Public Health Nurse, to conduct weekly blood pressure checks every week on Tuesdays**



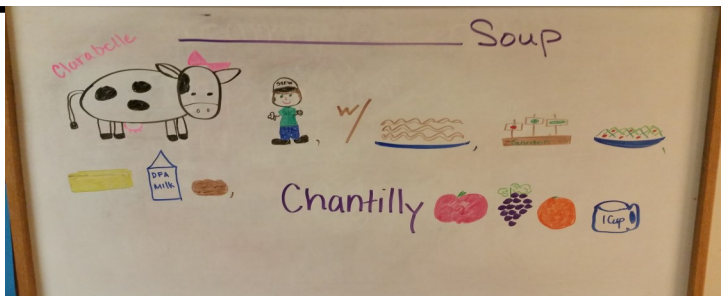
Daylight Saving Time

March 12th, 2017

- ⊗ **1784**-Benjamin Franklin conceived the idea of Daylight Saving Time as a joke. Franklin stated that the city would save (according to his calculations) 64,050,000 pounds of candle wax!
- ⊗ **1914-1918**-Britain goes on Daylight Saving Time during World War I. William Willet, a British builder, lobbied Parliament to adjust the time in April and September in order to take advantage of the day's light. This idea came to William while riding on his horse one summer morning and noticing how many blinds were still down.
- ⊗ **1966**-Uniform Daylight Saving Time throughout the United States is established from The Uniform Time Act. The dates are the last Sunday in April to the last Sunday in October. With this set, each state could start and end Daylight Saving Time as desired. This resulted in chaos! For example: On a bus route from Ohio to West Virginia, passengers had to change their watches seven times in 35 miles!!
- ⊗ **1974-1975**-Congress extends Daylight Saving Time in order to save energy during the energy crisis.
- ⊗ **1986**-Congress changed Daylight Saving Time from six months to seven. This made the golf industry extremely happy. The extra month brought in \$200 million in additional sales! The barbecue industry said the extra month was great and worth an extra \$100 million in sales!
- ⊗ **August 8, 2005**-President George W. Bush signs the Energy Policy Act of 2005 into law. This will extend Daylight Saving Time from the second Sunday in March to the first Sunday in November. This will start in 2007.
- ⊗ About 70 countries around the world observe Daylight Saving Time. Many countries near the equator do not adjust their clocks for Daylight Saving Time along with China, Japan, and the US territories of Guam, Puerto Rico, Virgin Islands, and American Samoa. In the United States, Hawaii and most of Arizona do not follow Daylight Saving Time.
- ⊗ **Here is a lucky instance:** In September 1999, the West Bank was on Daylight Saving Time while Israel had just switched back to standard time. West Bank terrorists prepared time bombs and smuggled them to their Israeli counterparts, who misunderstood the time on the bombs. As the bombs were being planted, they exploded-one hour too early-killing three terrorists instead of the intended victims-two busloads of people!

Brain Exercise!

According to Healthy Living, doing brain teasers and puzzles may help exercise your brain and prevent cognitive decline. A study published by the "American Journal of Alzheimer's Disease and Other Dementia's" found that a simple cognitive activity such as bingo helped improve short-term memory, concentration, word retrieval, and word recognition in older adults. Crossword puzzles, word searches, and Sudoku are other examples of games that can help exercise your brain and improve cognitive function. Don't forget to "Floss" your brain daily!



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

Spring Flowers

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

CROCUS
PEONY
LILY
CARNATION
MAGNOLIA
ROSE
FORGET ME NOT
ZINNIA
SNAPDRAGON
POPPY
PANSY
DAHLIA
IRIS
TULIP
AZALEA
VIOLET
HIBISCUS
LILAC
ORCHID
DAISY

Play this puzzle online at : <http://thewordsearch.com/puzzle/144080/>



Come in for lunch...then...

Play Bingo

Every Tuesday 12:30-2pm

Thank you Highland Village for snacks





Thank You
Birthday Cake
 Sponsors Francis Atkinson
 and Donna Halgrimson for
 February
 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
\$992.00 collected



Happy Birthday to the following employee:
Erin Clevenger-March 12th



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



Thank you!
Thank you!

WE 
VOLUNTEERS



For ALL you Do!!!
You all Rock!
Please know how appreciated you ALL are!

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

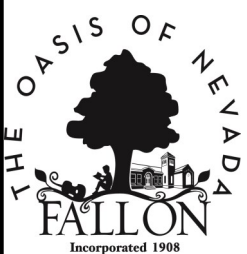
El Churchill County Center invita a todas las personas mayores de 60 años de edad y para disfrutar de un almuerzo diario en nuestro comedor en 310 E. Court St., cerca Parque Avena. Ofrecemos una gran variedad de servicios, incluyendo comidas sobre ruedas, ama de casa, el envejecimiento y la discapacidad 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
"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!

- ✗ 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.

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COMMUNITY
COALITION
www.churchillcoalition.com

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



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775-423-8552
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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!
April 2017, space is
available for your business ad for
\$25.00 per month. Call Lisa at
423-7076 for more information.



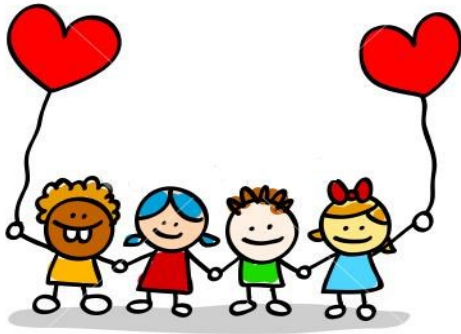
Highland Village Campus of Fallon

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.



They're coming back to the Churchill County Senior Center, 310 S. Court St....and we are ready!!

The Oasis Academy Students will be returning to spend some time with our Seniors on the following date;

March 21 - 1:00pm-2:30pm

Sign up now.

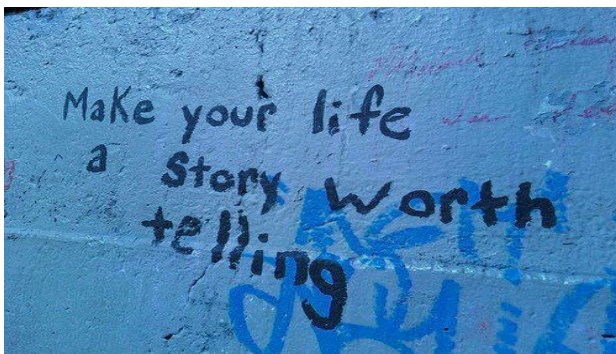
The students will be doing

"Life and Living" interviews

with half of the participants and the other half will attend a hands-on session

"Getting to know your Cell Phone and learning about its many unknown features".

Don't miss this opportunity to share your life events, experiences, adventures and happenings. Or ask those burning questions you have about using your cell phone with no judgements



Participants will be divided into two groups to take part in one of the topics and then they will switch on the second session to be able to participate fully in both activities.

Join us.

You will be happy you did.



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!