

# **SHADES OF GRAY**

**A NEWSLETTER BY & FOR THE SENIORS OF PAHRUMP VALLEY  
SEPTEMBER 2013**



**In the Center**

## **BOARD OF TRUSTEES**

**Jim Gronemann – President**

**Mel Clark - Vice President**

**Shirley Roach– Secretary/Treasurer    BJ Dawson - Trustee    Dolores Rice – Trustee**

What a great day it was, our **1st Annual Membership Appreciation Picnic**. It was held at the beautiful **PREFERRED RV RESORT** here in Pahrump. The picnic meal was prepared by our **OUTSTANDING** kitchen staff for the approximately 175 members who attended. A beautiful day, pool, hot tub and all the amenities of the **PRFERRED RV RESORT** were open to our members. Board and Staff are already planning the next picnic which will be even more fun. Thanks to all for their hard work in planning, set up and clean up after our event. **NATHAN ADLESON HOSPICE** presented our Meals On Wheels program a donation of \$10,000.00 to help continue this ever growing service to our homebound seniors. They are also going to provide volunteers to assist in packaging and help to our drivers who deliver almost 721 meals a week to the homebound. This along with 500 to 600 meals a week in the senior center will give you some idea of how we have grown. Our transportation department has also had a big jump in ridership since we are the **ONLY** transportation for seniors in the valley. We have had to bundle some services other than medical to certain days of the week. This gives us a more efficient operation and stretches our transportation dollars. It may be somewhat inconvenient for a few but most folks understand and support the program. A new taxi service in town will soon offer seniors another mode of transportation as soon as it is up and in service. Attorney **BRAD RICHARSON** presented seniors with an educational seminar about estate planning. It's easier to get it done now and it is in writing. **US BANK** representatives came in and told us about all the banking programs they have available for seniors to take advantage of. They are located inside of Smith's grocery for easy access. The **RED CROSS** folks presented a disaster preparedness program and passed out emergency items in a nice little back pack. **PALM MORTUARY** sponsored lunch here in the center. **BEACON OF HOPE and CREEKSIDE HOSPICE** both did blood pressure checks here in the center. These checks monthly can head off problems before they happen. **Our congratulations to JOE GRECO and his new bride DARLENE many years of happiness to these two. A perfect couple.**



News You Can Use

**SOCIAL SECURITY** assistance -- Tuesday **SEPT. 24, 2013** 9 a.m. – 11:00 a.m. first come, first serve at the **BOB RUUD COMMUNITY CENTER**. Highway 160 and Basin Road. Please bring all necessary paperwork with you. Call 1-800-772-1213 for information.

*Things to DO!!*

**For full details see below**

- **TUES. SEPT 3 , 9:30AM BEACON OF HOPE HOSPICE- BLOOD PRESSURE CHECKS**
- **WED. SEPT. 4 9:30AM SENIOR DIMENSIONS, LOW INCOME SUBSIDIES**
- **THURS. SEPT 5, 10AM AL'S TRAVELS, TRAVEL IDEAS & INFO**
- **TUES SEPT 10 9:30AM S.H.I.P.P.**
- **WED. SEPT 11 9:30AM HUMANA**
- **FRI SEPT 13 HEALTHCARE PARTNERS - DOCTORS MEET N GREET**
- **MON SEPT 16 9:30 CREEKSIDE HOSPICE BP & GLUCOSE CHECKS**
- **WED SEPT 18 9:30 SENIOR DIMENSIONS SEMINAR**
- **THURS. SEPT 19 9:30AM STOVALL & ASSOC. LEGAL SERVICE BY APPOINTMENT ONLY - CALL 727-5008 FOR APPT**
- **FRI SEPT 20, 9:30AM COMFORT HOSPICE BLOOD PRESSURE CHECKS**
- **FRI SEPT 20 4PM – 8PM UNITED BLOOD SERVICES BLOOD DRIVE**
- **SAT SEPT 21 8AM-1PM UNITED BLOOD SERVICES BLOOD DRIVE**
- **WED SEPT 25 9:30AM UNITED HEALTHCARE WED.**
- **WED. SEPT 25 12:30PM BLIND SUPPORT MEETING AT THE SENIOR CENTER**
- **THURS. SEPT 26 9:30AM STOVALL & ASSOC. REAL ESTATE NEEDS QUESTIONS CALL 727-5008 FOR APPOINTMENT**
- **THURS SEPT 26 9:30AM HEALTHCARE PARTNERS SEMINAR**



**DONATIONS**

All donations are appreciated no matter what is donated because we know it comes from the heart.

To those who support us, THANK YOU

To those who have not contributed we offer you the Opportunity. Your support is needed to ensure that we can continue to enrich the lives of all the seniors in the valley either directly or through making Pahrump a better place to live.

I would like to support THE PAHRUMP SENIOR CENTER to enrich the lives of seniors

Name \_\_\_\_\_ \$ \_\_\_\_\_ DONATION

Pahrump Senior Center is a 501C3 non profit corporation and ALL DONATIONS ARE TAX DEDUCTIBLE

Thank you for your donation. We would like to acknowledge your generosity in our monthly newsletter by name only, if You would like to remain anonymous, please let us know.

Pahrump Senior Center, 1370 W Basin, Pahrump, NV 89060

I DO want recognition

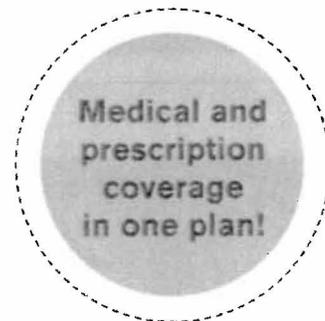
I DO NOT want recognition

Now you're eligible for Medicare. What's next?

# Say **HELLO** to **Senior Dimensions**

Find out why thousands of Nevadans count on Senior Dimensions – with benefits that may help lower your out-of-pocket costs, including:

- ✓ **\$0 monthly premium**
- ✓ **\$0 primary care doctor visits**
- ✓ **\$0 specialist visits**
- ✓ **\$0 hospital copay**
  
- ✓ **Out-of-network option (POS Benefit)**
- ✓ **Transportation benefit (24 one-way trips)**
- ✓ **Fit for Life Club fitness benefit**



SINCE  1985

**SENIOR DIMENSIONS\***

HMO-POS - a product of Health Plan of Nevada, Inc.™

[www.seniordimensions.com](http://www.seniordimensions.com)

Call to enroll or schedule an in-home appointment.

**1-888-872-4184; TTY: 711**  
**8 a.m. to 8 p.m., 7 days a week**

#### **A UnitedHealthcare® Medicare Solution**

Senior Dimensions Medicare Advantage plan is insured through Health Plan of Nevada, Inc., a UnitedHealthcare Insurance Company and a Medicare Advantage organization with a Medicare contract. You must continue to pay your Medicare Part B premium. Senior Dimensions service area covers Clark and Nye counties. Enrollment in the plan is only during specific times of the year. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance may change on January 1 of each year.

H2931\_130124\_134940 CMS Accepted

21NVSD13113



Thank you Nathan Adelson for all your support

**PAHRUMP SENIOR CENTER 775-727-5008**

**MENU FOR MONTH OF SEPTEMBER 2013**

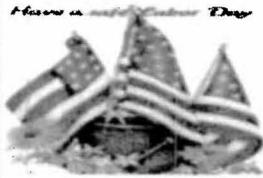
*PLEASE NOTE MENU SUBJECT TO CHANGE*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<b>2 LABOR DAY</b>  <b>CLOSED</b>	<b>3 CHEESE BURGERS</b> BAKED BEANS ICE CREAM SOUP MILK OR JUICE A.D.S.D. #14	<b>4 HOT ROAST BEEF SUB</b> SUMMER SQUASH CAKE SOUP MILK OR JUICE	<b>5 EGGPLANT PARMESAN</b> OVER PASTA NORMANDY VEGGIES BREAD PUDDING SOUP MILK OR JUICE A.D.S.D. #18	<b>6 BATTERED COD</b> TATER TOTS PEAS & CARROTS BROWNIES SOUP	7
8	<b>9 COUNTRY FRIED STEAK</b> MASHED POTATOES MIXED VEGGIES PEARS SOUP MILK OR JUICE	<b>10 HERB BAKED CHICKEN</b> RICE PILAF CARROTS CAKE SOUP MILK OR JUICE A.D.S.D. #78	<b>11 HOTDOGS</b> MACARONI & CHEESE PEAS FRUIT SOUP MILK OR JUICE	<b>12 SPAGHETTI &amp; MEATBALLS</b> GREEN BEAN APPLE SAUCE SOUP MILK OR JUICE A.D.S.D #39	<b>13 BAKED TILAPIA</b> STEAMED RICE MIXED VEGGIES PINEAPPLE CAKE SOUP MILK OR JUICE	14
15	<b>16 SALISBURY STEAK</b> POTATOES AU-GRATIN CAULIFLOWER CAKE SOUP MILK OR JUICE	<b>17 CHEF SALAD</b> BREAD STICKS PUDDING SOUP MILK OR JUICE	<b>18 ITALIAN SAUSAGE AND PEPPERS</b> BROCCOLI APPLE CRISP SOUP MILK OR JUICE A.D.S.D #9	<b>19 MEATBALL SUBS</b> CORN ICE CREAM SOUP MILK OR JUICE A.D.S.D.#100	<b>20 CHICKEN CORDON BLEU</b> GREEN BEANS PARSLEY POTATOES FRUIT SOUP MILK OR JUICE	21
22	<b>23 PATTY MELTS</b> BAKED BEAN BROCCOLI YOGURT CUP SOUP MILK OR JUICE	<b>24 BBQ CHICKEN</b> BAKED POTATO CREAMED PEAS RICE PUDDING SOUP MILK OR JUICE A.D.S.D #72	<b>25 SWEET &amp; SOUR PORK</b> STEAMED RICE CARROTS CAKE SOUP MILK OR JUICE A.D.S.D # 51	<b>26 POT ROAST</b> POTATOES & CARROTS DINNER ROLL FRUIT SOUP MILK OR JUICE	<b>27 SWEDISH MEATBALLS</b> NORMANDY VEGGIES CAKE SOUP MILK OR JUICE	28
29	<b>30 BAKED MEAT LOAF</b> MASHED POTATOES GREEN BEANS & BACON PUDDING SOUP MILK OR JUICE A.D.S.D #86					

**LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS LUNCH \$2.00 DONATION APPRECIATED**  
**SALAD BAR AVAILABLE \$2.00 FEE COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE**

ACTIVITIES FOR MONTH OF SEPTEMBER 2013

ALL ACTIVITIES ARE SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
1	<p>2</p> <p><b>CLOSED</b> <b>HAPPY LABOR DAY</b> <i>Have a safe Labor Day</i></p> 	<p>3</p> <p>EXERCISE CLASS 10:30 CRAFTY LADIES 12:30 BRIDGE 12:30</p> <p>BEACON OF HOPE HOSPICE BP CHECKS 9:30</p>	<p>4</p> <p>WALMART 9:30</p> <p>CLOGGERS PRACTICE 9AM</p> <p>SENIOR DIMENSIONS LOW INCOME SUBSIDIES 930am</p>	<p>5</p> <p>EXERCISE CLASS 10:30</p> <p>AL'S TRAVEL 10AM</p>	<p>6</p> <p>EXERCISE CLASS 10:30</p> <p>BRIDGE 1:00</p>	7
8	<p>9</p> <p><b>BEADING CLASS 12:30</b> <b>HAIRCUTS 9AM</b></p> <p>Republican Women Meeting <b>7pm</b></p>	<p>10</p> <p>EXERCISE CLASS 10:30 CRAFTY LADIES 12:30 BRIDGE 12:30 S.H.I.P.P. 9:30</p>	<p>11</p> <p>WALMART 9:30 HUMANA 9:30</p>	<p>12</p> <p><b>EXERCISE CLASS 10:30</b></p>	<p>13</p> <p>EXERCISE CLASS 10:30</p> <p>BRIDGE 12:30</p> <p>HEALTHCARE PARTNERS DR. MEET N GREET</p>	14
15	<p>16</p> <p>EXERCISE CLASS 10:30 BEADING CLASS 12:30</p> <p>CREEKSIDE HOSPICE Blood pressure/glucose test 9:30-11</p>	<p>17</p> <p>EXERCISE CLASS 10:30 CRAFTY LADIES 12:30 BRIDGE 12:30</p>	<p>18</p> <p>WALMART 9:30</p> <p>HUMANA 9:30AM SENIOR DIMENSIONS 9:30</p>	<p>19</p> <p>EXERCISE CLASS 10:30</p> <p>STOVALL LEGAL SERVICES CALL 727-5008 FOR APPT.</p>	<p>20</p> <p>EXERCISE CLASS 10:30</p> <p>COMFORT HOSPICE BP CHECKS 9:30 BRIDGE 12:30 UNITED BLOOD SERVICES BLOOD DRIVE 4PM-8PM</p>	21
22	<p>23</p> <p>EXERCISE CLASS 10:30 BEADING CLASS 12:30 HAIRCUTS 9AM</p>	<p>24</p> <p>EXERCISE CLASS 10:30 CRAFTY LADIES 12:30 BRIDGE 12:30</p>	<p>25</p> <p>WALMART 9:00</p> <p>BLIND SUPPORT 12:30</p> <p>UNITED HEALTHCARE TEAM MTG 9:30-1</p>	<p>26</p> <p>EXERCISE CLASS 10:30</p> <p>STOVALL REAL ESTATE NEEDS CALL 727-5008 FOR APPT. HEALTHCARE PARTNERS DIABETES SEMINAR 9:30</p>	<p>27</p> <p>EXERCISE CLASS 10:30</p> <p>BRIDGE 12:30</p>	28
29	<p>30</p> <p>EXERCISE CLASS 10:30 BEADING CLASS 12:30 HAIRCUTS 9AM</p>					



**Randy Lasley**  
*Manager*

**LOANS**

**We Prepare Taxes!**

**141 S Frontage Rd Ste C**  
**Pahrump, NV 89048**  
**Phone (775) 751-3663**

*Please! Hand this To A Friend. We Like To Say Yes!!*



# “ I AM A HEALTHCARE PARTNER. ”

- Roberta Bock, 68

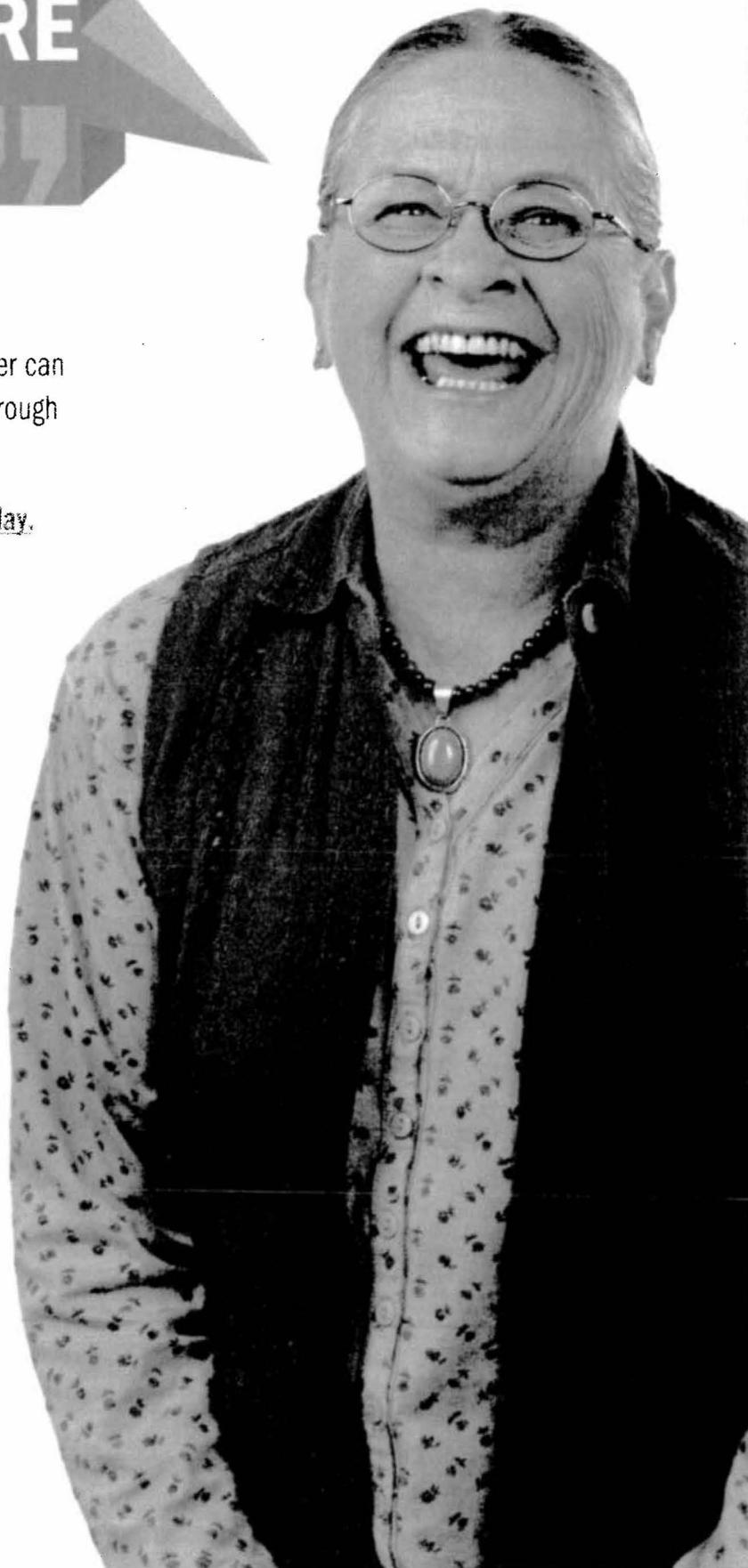
Putting all the pieces of health care together can be a challenge. We helped Roberta do it through the **Total Care Model**.

You can become a HealthCare Partner today.

▶ Hear Roberta's story at [hcpnv.com](http://hcpnv.com)



 HealthCare Partners  
Medical Group



Due to the volume of members, it has become a challenge to list individual birthdays and not miss a few, so rather than skip anyone on behalf of the Board of Trustees, Staff and Members of the Senior Center we would like to wish all of you having a birthday in **SEPTEMBER** a happy and healthy year.

**HAPPY BIRTHDAY AND MANY MORE TO COME**



#### **The First Labor Day**

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883. In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

#### **Labor Day Legislation**

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.



*Transportation Information*

For reservations call Don @ 775-751-6860  
Monday - Friday 7 am to 3 pm

**ALL RIDES ARE SUBJECT TO AVAILABILITY**  
**Appointments must be made a minimum of 24 hours in advance**

Local Rides for Medical for those age 60+  
\$8.00 suggested donation  
- Round Trip 2 STOP MAXIMUM

LOCAL SHOPPING DAYS AGE 60 + ARE :  
SOUTH END ONLY – TUESDAY 8am-12pm  
NORTH END ONLY – THURSDAY 8am-12pm  
SUGGESTED DONATION \$8.00 RD TRIP

**Lunch Bus**

We will pick you up at home and bring you to the senior center for Lunch then take you back home. A suggested donation of \$2.00 is appreciated.

Las Vegas rides for MEDICAL ONLY, TUES-and-THURS age 60+  
\$20.00 Suggested Donation- Round Trip  
Appointments must be 11 am or earlier

**A SPECIAL NOTE: WE'RE GOING GREEN**

HELP SAVE POSTAGE AND GET YOUR NEWLETTER EMAILED TO YOU EACH MONTH.

PLEASE EMAIL REQUEST TO: [pscshadesofgray@gmail.com](mailto:pscshadesofgray@gmail.com)

PAHRUMP SENIOR CENTER, INC  
1370 W BASIN

Non-Profit Org. U.S.A.  
Postage PAID

# **YOUR APARTMENT IS WAITING. CALL FOR A TOUR TODAY!!**

- ❖ Independent Living
- ❖ Assisted Living
- ❖ Memory Care Services
- ❖ Respite Care Services

**775-751-2300**

Amenities include:

3 Chef Prepared Meals Daily ~ Transportation  
Weekly Housekeeping and Laundry ~ Social Outings ~ 24/7 Bistro  
Fitness Center ~ Movies ~ Live Entertainment ~ Beauty/Barber Shop  
Poker, Gaming and Bingo ~ Onsite Wellness Center  
All utilities are included (except phone)



## INSPIRATIONS



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At the corner of Highland & Honeysuckle



**Concerned about Memory Problems?**

**Inspirations provides FREE and confidential memory screenings.**

**Call to schedule your screening today**

**775-751-2300**

PAHRUMP, NV 89060  
RETURN SERVICE REQUESTED

Pahrump, NV 89060  
Permit #60



PAHRUMP SENIOR CENTER MEMBERSHIP APPLICATION

First Membership (please print)

Second Membership (please print)

\_\_\_\_\_  
First Name M.I. Last Name

\_\_\_\_\_  
First Name M.I. Last Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/ZIP

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
(Area Code) Phone Number

\_\_\_\_\_  
(Area Code) Phone Number

Date of Birth \_\_\_\_\_

Male  Female

Date of Birth \_\_\_\_\_

Male  Female

EMAIL \_\_\_\_\_

PLEASE CHECK YOUR MEMBERSHIP CARD FOR EXPIRATION DATE  
NEW  RENEWAL  UPDATE INFO      NEW  RENEWAL  UPDATE INFO