

SHADES OF GRAY NEWSLETTER

VOLUME 2, ISSUE 8 AUGUST 2019

PAHRUMP SENIOR CENTER

1370 W Basin Avenue, Pahrump, NV 89060-4501

Telephone (775) 727-5008

www.PahrumpSeniorCenter.org

[FaceBook.com/PahrumpSeniorCenterII](https://www.facebook.com/PahrumpSeniorCenterII)

Office@PahrumpSeniorCenter.org

AUGUST 2019



Anne Blankenship-Harris
Editor & Site Manager

AUGUST HOLIDAYS

Sunday, August 4, 2019

American Family Day
(Arizona)

BOARD OF TRUSTEES

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FOURTH OF JULY 2019 CELEBRATION

Our 4th of July Celebration at the Pahrump Senior Center sponsored by P3 Health Partners with Becky Holiday and DVH with Melodie J. Lukow, Executive Administrative Assistant for the hospital was a great success!

We had hamburgers and hotdogs with all the fixings prepared and served by our kitchen staff, along with cake for desert

donated by DVH. Everyone had a fantastic time. Played over the PA system "God Bless the USA" and everyone stood and sang along as the song was being played. Oh my, what memories we create at the PSC. Thank you everyone for your participation along with your donation to our grateful seniors at the Pahrump Senior Center!



ARIZONA'S AMERICAN FAMILY DAY ~ AUGUST 4th

Arizona's American Family Day is the 14th state-recognized and observed holiday in Arizona, Title 1-301. American Family Day, much like Mothers Day or Fathers Day is a non-paid holiday established as a separate day to appreciate family members by spending time with them. Families are discouraged from buying gifts or other material items.

Arizona resident, John Makkai, is credited with pushing the holiday through the Arizona legislation. American Family Day began as a 1-year proclamation, signed by then Governor Raul Hector Castro, declaring August 7, 1977 American Family Day. The following year, American Family Day was signed into law as an official Arizona holiday by Governor Bruce Babbitt. The holiday also caught on in several other states, including North Carolina and Georgia.

PAHRUMP SENIOR CENTER ~ The Best In The West!

Check out our website: www.PahrumpSeniorCenter.org

Our FACEBOOK is: [www.FaceBook.com/PahrumpSeniorCenterII](https://www.facebook.com/PahrumpSeniorCenterII)

NOTICES, DISCLAIMERS AND CREDITS

WE HAVE GONE GREEN

Help save postage, paper and ink by getting your Newsletter e-mailed to you each month or download it from our website. Last month we upgraded our office software that allows us to legally e-mail our Newsletters, Event Notices and the like to all those who opted-in on our e-mail list. If you want to add your e-mail address to our private e-mail list, please go to our website and subscribe on our HOME webpage. It's so easy! You can also subscribe by updating our Membership Form stating your email address. Be sure to check the correct box for e-mail and give it to the person at the Front Desk.

HOW TO CONTACT US

Our WEBSITE is updated often with new content, announcements, late arriving announcements of events etcetera. So check our website often. You can also find newly added things on our FACEBOOK page.

Our WEBSITE is: WWW.PAHRUMPSENIORCENTER.ORG

Our FACEBOOK: www.FaceBook.com/PahrumpSeniorCenterII

By Telephone: (775) 727-5008 Monday—Friday 9:AM-3:PM

By E-mail: Office@PahrumpSeniorCenter.org

In Person: Our office is open weekdays 9:00 AM to 3:00 PM

DISCLAIMERS AND ACKNOWLEDGEMENTS

The Pahrump Senior Center does not endorse any company group or candidate advertising or promoting business through the Senior Center.

NOTICE

Our Senior Center staff will NEVER ask you for private information by mail, telephone or by email!

DON'T BE SCAMMED!

YOUR TAX-DEDUCTIBLE DONATIONS ARE NEEDED



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 at this time to ensure that we can continue to enrich the lives of all the seniors in the Pahrump Valley area either directly or through making Pahrump Senior Center a better place to visit, meet new people and have nourishing lunch meals. Thank You!

CUT ALONG LINE

DONATION FORM Make Check or Money Order payable to: Pahrump Senior Center

I would like to support THE PAHRUMP SENIOR CENTER to help keep the doors open, the costs of our lunches from increasing and to enrich the lives of the seniors in Pahrump Valley area.

DONOR'S NAME

DONATION AMOUNT

\$

CHECK BOXES THAT APPLY

- ☐ I DO WANT RECOGNITION
☐ I **DO NOT** WANT RECOGNITION
☐ **Send me Tax-deductible Receipt**

I have enclosed my donation by ☐ CHECK ☐ MONEY ORDER

Pahrump Senior Center, Inc. is a 501(c)(3) non-profit corporation and ALL DONATIONS ARE TAX DEDUCTIBLE. Your Donations throughout the year are never too small to make a difference! THANK YOU for your donations. We would like to acknowledge your generosity in our monthly newsletter by name only. Please put an 'X' in the appropriate box to the right for anonymity designation.

MAIL TO:

PAHRUMP SENIOR CENTER
1370 W BASIN AVE
PAHRUMP NV 89060-4501

CUT ALONG LINE

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AUGUST BIRTHDAYS



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 Pahrump Senior Center, we would like to wish all of you having a birthday in AUGUST a Happy Healthy Year!



PAHRUMP SENIORS CELEBRATING 4th OF JULY 2019





NEVADA EYE PHYSICIANS
Formerly Nevada Eye and Ear

Over 30 Years of Experience

- Adult & Pediatric Eye Exams
- Cataract & Laser Surgery
- Glaucoma
- Macular Degeneration
- Diabetic Eye Care
- Oculo-Facial Plastic Surgery
- LASIK Surgery

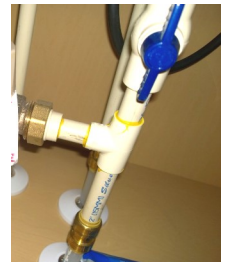
702-745-8499
nevadaeyephysicians.com

Dr. Vincent A. Gassen, O.D. **Dr. Darrick W. Neibaur, D.O., F.O.C.O.O.**

3640 Nevada State Road 160
Bldg. D, Suite 101
Pahrump, NV 89048

WATER LINE PIPE BUSTS AT OUR SENIOR CENTER

One of the water line pipes busted at our senior center in July and Tiffany Lippitt fixed it! Bless her heart! If not for her, we would not be able to get things fixed around our senior center. We love You and Thank You!



HEALTHCARE PARTNERS SPONSORS LUNCH

HealthCare Partners along with Dr. Flowers were at our Pahrump Senior Center in July and treated us to lunch by paying for everyone's lunch. Dr Flowers gave a seminar. We had a small crowd but everyone was welcome to sit in on his seminar.
THANK YOU DR FLOWERS AND HEALTHCARE PARTNERS!





Saul, Carla and Andrew of Health Choice, Incorporated Health Care Consultants were at the Pahrump Senior Center in July with a seminar on **understanding Medicare** and what it has to offer. These consultants can be reached as follows:

Saul Tel: (702) 483-1151

e-mail: Saul.HealthChoice@yahoo.com

Carla Tel: (702) 673-7933

e-mail: Carla.healthChoice@yahoo.com

Andrew Tel: (702) 751-4379

e-mail: Andrew.HealthChoice@yahoo.com

Thank you again Health Choice, Incorporated.

NEW MEDICAL FACILITY OPENS IN PAHRUMP

Aloha Home Health, which is a new medical facility in Pahrump, with Shawn Coomer, Community Liaison, was at our Pahrump Senior Center in July telling the seniors about the new facility. Aloha Home Health sponsored our meal paying for everyone's lunch!

Shawn can be reached at (702) 340-1097, by email at shawn@koleahealthcare.com or at his office (702) 880-7771.

Shawn plans on coming back once a month with further information about Aloha Home Health and what they have to offer the senior community. They take multiple health insurances.



Aloha
HOME HEALTH



NOTICE — Schedule for Exercise Class

There will be no exercise class on the following dates: Tuesday 08/26, Thursday 11/14, and Monday 12/23/2019. Please add these dates to your calendars.

P3 PARTNERS & SENIOR CARE PLUS SPONSOR OUR LUNCH



TODAY'S LUNCH AND SALAD BAR SPONSORED BY:

P3 Health Partners
People. Passion. Purpose.

Senior Care
Plus 
A Medicare Advantage Plan from Flornetown's Health



P3 Medical Group



Goodheart Medical Group
(775) 513-5038



Reflections Healthcare
(775) 727-7022



Happy Independence Day &

Thanks

to all those who serve

©www.4th.com

MENU ~ AUGUST 2019

SHADES OF GRAY

PAGE 7 VOLUME 2, ISSUE 8 AUGUST 2019

PAHRUMP SENIOR CENTER Tel: (775) 727-5008

MENU ~ AUGUST 2019

PLEASE NOTE MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ADSD # 125 EGG ROLLS FRIED RICE BROCOLLI FRESH FRUIT EGG DROP SOUP MILK OR JUICE	2 LASAGNA GREEN BEANS SALAD w/w GARLIC BREAD APPLE CRISP SOUP MILK OR JUICE
5 SLOPPY JOES CAULIFLOWER CORN SALAD BANANA BEAN SOUP MILK OR JUICE	6 ADSD #102 CHICKEN-N-DUMPLINGS PEAS CARROT SALAD FRUIT SOUP MILK OR JUICE	7 ROAST BEEF SUBS MACARONI SALAD L.S. CHIPS SOUP LETTUCE TOMATOES ONIONS SHERBERT MILK OR JUICE	8 ADSD #89 BAKED PORK CHOP BRAISED CABBAGE w/w BREAD POTATO SALAD PEA SOUP JELLO w/FRUIT MILK OR JUICE	9 ADSD #6 BAKED FISH COLE SLAW FRENCH BAKED POTATO GARDEN SALAD FRUIT SOUP MILK OR JUICE
12 CHICKEN CORDON BLEU PARSLEY POTATOES CARROTS PEACH CRISP NORTHERN BEAN SOUP MILK OR JUICE	13. BAKED ZITI BRUSSEL SPROUTS SALAD w/w GARLIC BREAD FRUIT SOUP MILK OR JUICE	14 ADSD #3 MEAT LOAF MASHED POTATOES GREEN BEANS w/w BREAD FRESH FRUIT SOUP MILK OR JUICE	15 ADSD #72 BBQ CHICKEN SQUASH CUCUMBERS N SOUR CREAM BISCUIT FRUIT SOUP MILK OR JUICE	16 BAKED HAM PORTUGUESE BAKED BEANS MIXED VEGGIES FRUIT CAKE SOUP MILK OR JUICE
19 SWEDISH MEATBALLS w/w NOODLES GREEN BEANS FRUIT BEAN SOUP MILK OR JUICE	20 PORK ROAST STUFFING PEAS/CARROTS SALAD w/w BREAD FRUIT SOUP MILK OR JUICE	21 ADSD #120 BBQ BEEF SANDWICH CORN SPINACH POTATO SALD CITRUS DELIGHT SOUP MILK OR JUICE	22 ADSD #73 HERB BAKED CHICKEN RICE PILAF VEGGIE MIEDLEY APPLESAUCE SOUP MILK OR JUICE	23 HAMBURGER STEAK MASHED POTATOES PEAS FRUIT w/w BREAD SOUP MILK OR JUICE
26 ADSD #3 MEATLOAF MASHED POTATOES CORN w/w BREAD FRUIT SOUP MILK OR JUICE	27 ADSD #122 BAKED CHICKEN TENDERS FRENCH BAKED POTATO MIXED GREENS BANANA SOUP MILK OR JUICE	28 PORK w/WATERCRESS RICE BROCOLLI OKINAWAN DOUGHNUT SOUP MILK OE JUICE	29 CHICKEN w/PENNE ZUCCHINI CASSEROLE TOSSED SALAD CITRUS DELIGHT BEAN SOUP MILK OR JUICE	30 LABOR DAY BBQ HAMBURGERS/ LS HOT DOGS BAKED BEANS MACARONI SALAD COLESLAW SHERBERT SOUP MILK OR JUICE

LUNCH IS SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS LUNCH \$3.00 DONATION APPRECIATED

SALAD BAR AVAILABLE \$2.00 FEE

COFFEE/HOT TEA/ICED TEA AVAILABLE \$1.00 FEE

ACTIVITIES ~ AUGUST 2019

PAHRUMP SENIOR CENTER Tel: (775) 727-5008

PLEASE NOTE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 MENS BREAKFAST 7:30 AM EXERCISE CLASS 9:30 AM RIPPETS 10:00 AM (KNITTING/CROCHETING) HAIRCUTS 1:00 PM	2 T.O.P.S. MEETING 7:00 AM EXERCISE CLASS 9:30 AM
5 EXERCISE CLASS 9:30 AM POKER 12:30 PM	6 NO ACTIVITIES OR EXERCISE HAIRCUTS 1:00 PM	7	8 MENS BREAKFAST 7:30 AM EXERCISE CLASS 9:30 AM ALOHA HOME HEALTH SEMINAR 10:00 AM RIPPETS 10:00 AM (KNITTING/CROCHETING) HAIRCUTS 1:00 PM	9 T.O.P.S. MEETING 7:00 AM EXERCISE CLASS 9:30 AM
12 EXERCISE CLASS 9:30 HEALTHCARE PARTNERS SEMINAR 10:00 AM POKER 12:30 PM	13 EXERCISE CLASS 9:30 AM HUMANA 10:00 AM HAIRCUTS 1:00 PM	14 MOVIE DAY 1:00 PM POPCORN AND A MOVIE "GLASS BOTTOM BOAT"	15 MENS BREAKFAST 7:30 AM EXERCISE CLASS 9:30 AM TRUE CARE (ILLUMINATIONS HOME HEALTH) 10:00 AM RIPPETS 10:00 AM (KNITTING/CROCHETING) HAIRCUTS 1:00 PM	16 T.O.P.S. MEETING 7:00 AM EXERCISE CLASS 9:30 AM
19 EXERCISE CLASS 9:30 AM POKER 12:30 PM	20 NATHAN ADELSON HOSPICE SEMINAR 10:00 AM EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM	21 P-3 PARTNERS SEMINAR SENIOR CITIZENS DAY AARP DRIVING CLASS 9:30 AM - 2:30 PM	22 MENS BREAKFAST 7:30 AM EXERCISE CLASS 9:30 AM HAIRCUTS 1:00 PM	23 T.O.P.S. MEETING 7:00 AM EXERCISE CLASS 9:30 AM
26 EXERCISE CLASS 9:30 AM HEALTHCARE PARTNERS SEMINAR 10:00 AM BINGO 1:00 PM POKER 12:30 PM	27 EXERCISE CLASS 9:30 AM BUNCO 12:30 AM HAIRCUTS 1:00 PM	28 BLIND SUPPORT 12:30 PM	29 MENS BREAKFAST 7:30 AM EXERCISE CLASS 9:30 AM RIPPETS 10:00 AM (KNITTING/CROCHETING) HAIRCUTS 1:00 PM	30 T.O.P.S. MEETING 7:00 AM EXERCISE CLASS 9:30 AM LABOR DAY BBQ

COMPLETE MEMBERSHIP FORM THEN CUT WITH SCISSORS ON DOTTED LINE AND MAIL TO SENIOR CENTER WITH PAYMENT

MEMBER APPLICATION & UPDATE FORM PAHRUMP SENIOR CENTER

1370 W Basin Avenue, Pahrump, NV 89060-4501 Tel: (775) 727-5008 Fax: (775) 751-6831

Website: www.PahrumpSeniorCenter.org


NEW MEMBERS are welcome throughout the year. Complete this form for Membership.

MEMBERSHIP RENEWAL is due January of each year and the cost is \$10.00 per year per person. *Thank you for your support!* Please check your Member Card for expiration date.

UPDATE YOUR INFO WITH US PLEASE USE THIS FORM TO UPDATE YOUR MAILING ADDRESS, PHONE, OR EMAIL ETCETERA. THANK YOU FOR YOUR SUPPORT!

PLEASE NOTE: The information you provide on this form is PRIVATE and is not sold, rented, traded or shared. It is used only by our Senior Center for internal use, statistical reports and governmental auditing purposes to maintain our non-profit 501(c)(3) tax-exempt status.

**START
HERE**

 **TODAY'S DATE:** ____/____/____

FIRST MEMBER (PLEASE PRINT) PLEASE CHECK ALL THAT APPLY: **NEW MEMBER** ☐ **RENEWAL** ☐
MALE ☐ **FEMALE** ☐ **UPDATE MY INFORMATION** ☐

First Name

Middle Initial

Last Name

Address

Apt / Unit

City

State/Province

Zip

Cell (____) ____-____

AREA CODE

X X X

X X X X

Home Phone (____) ____-____

AREA CODE

X X X

X X X X

E-mail

Birth Date

____/____/____

MM

DD

YYYY

Our Monthly Newsletter contains our Monthly Lunch Menu and Monthly Calendar. Please check the appropriate box, stating you want it **MAILED** ☐ or **E-MAILED** ☐ to you.

Please present this completed Membership Form to the person at the front check-in counter along with your check or money order for payment of Membership Fee made payable to PAHRUMP SENIOR CENTER.

SECOND MEMBER (PLEASE PRINT) PLEASE CHECK ALL THAT APPLY: **NEW MEMBER** ☐ **RENEWAL** ☐
MALE ☐ **FEMALE** ☐ **UPDATE MY INFORMATION** ☐

First Name

Middle Initial

Last Name

Address

Apt / Unit

City

State/Province

Zip

Cell (____) ____-____

AREA CODE

X X X

X X X X

Home Phone (____) ____-____

AREA CODE

X X X

X X X X

E-mail

Birth Date

____/____/____

MM

DD

YYYY

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PAHRUMP NV 89060-4501

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