



A Monthly Newsletter by and for the Seniors of Pahrump and the Pahrump Valley area.

**AUGUST 2022**

VOLUME 5 ISSUE 8

**SHADES OF GRAY**

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Pahrump Senior Center

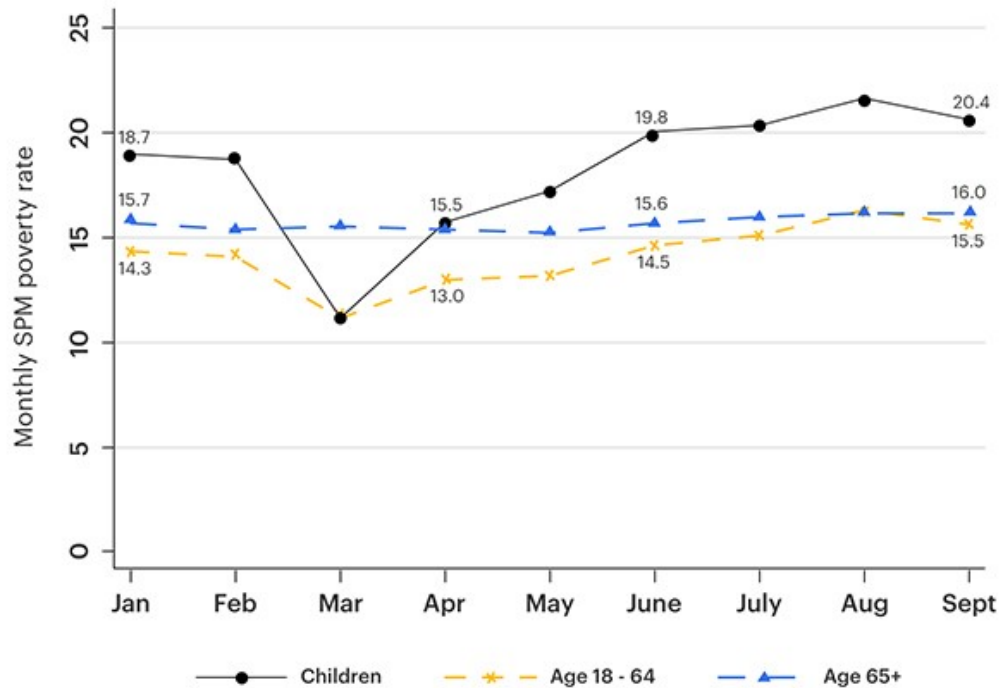
## POVERTY AMONG TODAY'S SENIORS

According to the most recent studies, in the United States:

- More than **15 million older adults** are economically insecure.
- About **53% of seniors rely on Social Security** for the majority of their income.
- Over the next 10 years, the number of **elderly Americans without homes could triple**.

Poverty affects older adults differently than other demographics — these individuals are especially vulnerable to economic instability when their physical health, cognitive abilities and social networks decline.

### 2020 monthly poverty by age group (with CARES Act transfers)



Article Continued on page 3



“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for.” **Barack Obama, 44<sup>th</sup> President of the United States of America**



**PAHRUMP SENIOR  
CENTER, Inc.**

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**IT'S FREE!**



YOU CAN RECEIVE OUR MONTHLY  
NEWSLETTER BY E-MAIL.

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Our Monthly Newsletter "Shades  
of Gray" is available in printed and  
digital pdf form. Go to our website

<https://PahrumpSeniorCenter.org>



**HAPPY BIRTHDAY**  
**TO ALL OUR SENIORS**  
**WHO HAVE BIRTHDAYS**  
**IN AUGUST, 2022!**

If the people cannot trust their government to do  
the job for which it exists—to protect them and  
to promote their common welfare, — all else is  
lost.

*Barack Obama, 44th President of the  
United States of America*

**YOUR TAX-DEDUCTIBLE DONATIONS ARE NEEDED TO KEEP OUR SENIOR  
CENTER OPEN AND OPERATIONAL! PLEASE MAKE A DONATION TODAY!**

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 a better place to live for our senior population. Thank You!

CUT ALONG LINE

**DONATION FORM** Make Check or Money Order payable to: Pahrump Senior Center, Inc.

I would like to support THE PAHRUMP SENIOR CENTER to help keep the doors open.

\$

DONOR NAME

DONATION AMOUNT

I have enclosed my donation by  CHECK  MONEY ORDER

**CHECK BOXES THAT APPLY DO NOT SEND CASH IN THE MAIL!**

I DO WANT RECOGNITION  I DO NOT WANT RECOGNITION

SEND ME TAX-DEDUCTIBLE RECEIPT

**MAIL TO:**

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

**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.

# POVERTY AMONG TODAY'S SENIORS

*Continued from front page....*

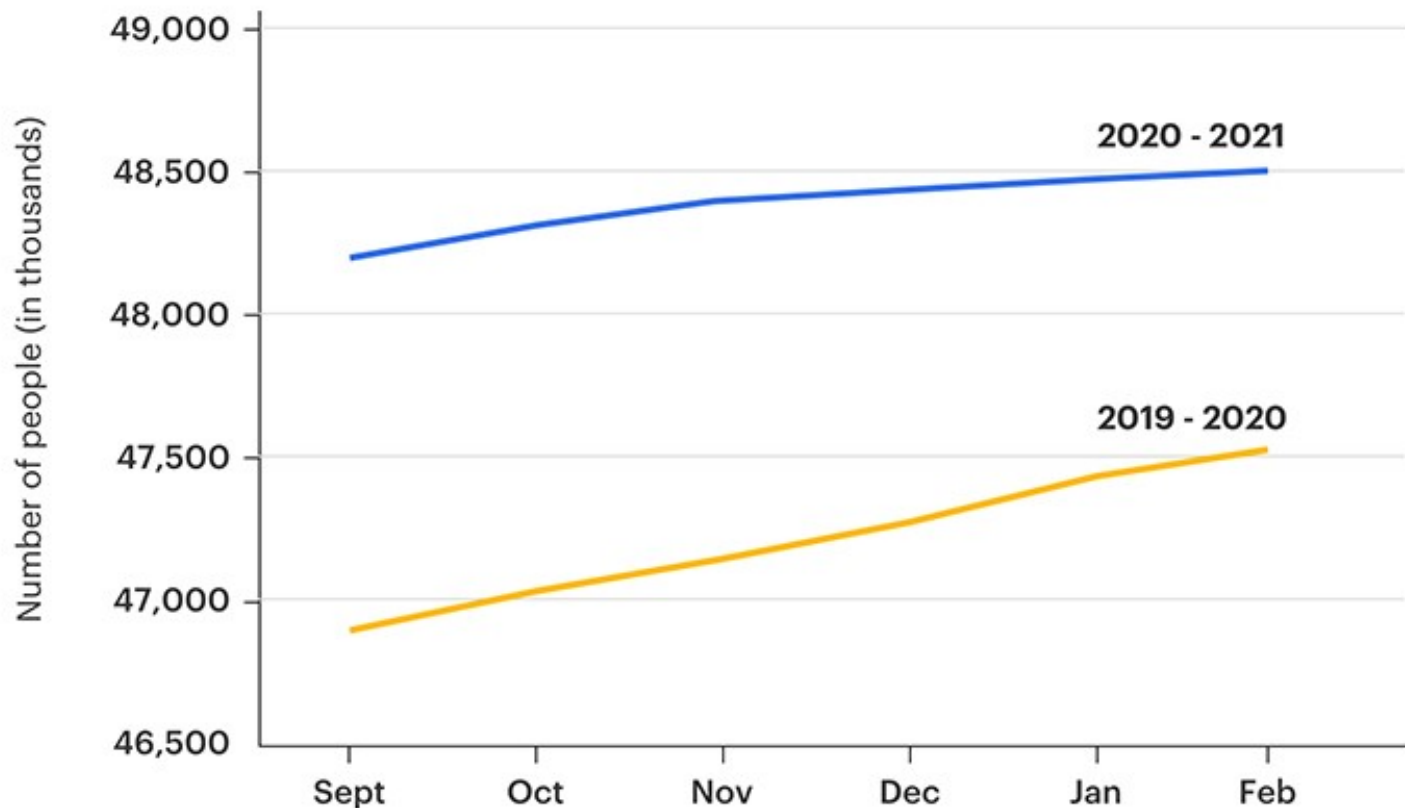
## Current Social Security trends

It appears that more retired people are collecting Social Security benefits now than they were last year. Though the COVID-19 pandemic has had a deadly impact on adults over 65, it's hard to say what this means just yet.

"It is still too early for data collected to have an indication of COVID effects," according to Darren Lutz, a representative of the Social Security Administration's Press Office. "The snapshot tables on their website will be updated this year, but the update will still not capture the effects of the pandemic."

- Social Security keeps **21.7 million Americans out of poverty**, nearly 70% of whom are senior citizens.
- The average Social Security retirement benefit is **\$18,170 per year**.
- A **1.3% cost-of-living adjustment (COLA)** began in January 2021.
- The **true buying power of Social Security benefits has decreased 30%** over the past 20 years.

## Number of people 65 or older receiving Social Security between September 2020 and February 2021



**Source:** Social Security Administration, "Monthly Statistical Snapshot, September 2019 - February 2020; September 2020 - February 2021." Accessed April 5, 2021.

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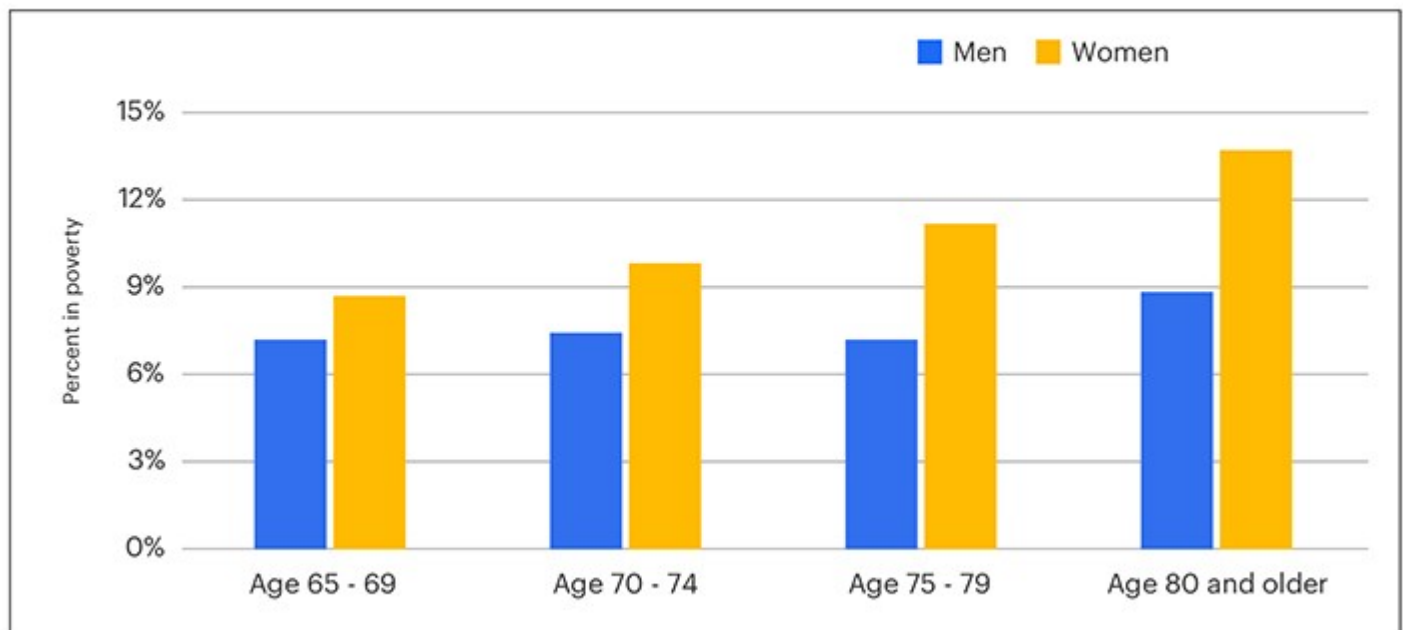
## POVERTY AMONG TODAY'S SENIORS

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### Elderly poverty rates by age and gender

According to the Federation of American Scientists, women 80 and older had the highest poverty rate among all senior age groups in 2017 — 13.5%. Older women are more likely to live in poverty than men as a result of wage discrimination and having to take time out of the workforce for caregiving.

#### Poverty status of older adults by age group and gender



**Source:** Federation of American Scientists (FAS), "Poverty Among Americans Aged 65 and Older." Accessed April 5, 2021.

### Elderly poverty by age group over time

Among older people, those over 80 are most likely to live in poverty (as of 2017). In addition to age and gender, marital status also plays a part in elderly poverty. Both men and women 65 and older who are married and living with a spouse are less likely to be poor than those who are not married. Nearly 19% of women over 80 who live alone are in poverty. Poverty rates are higher among never-married men, at 22.5%.

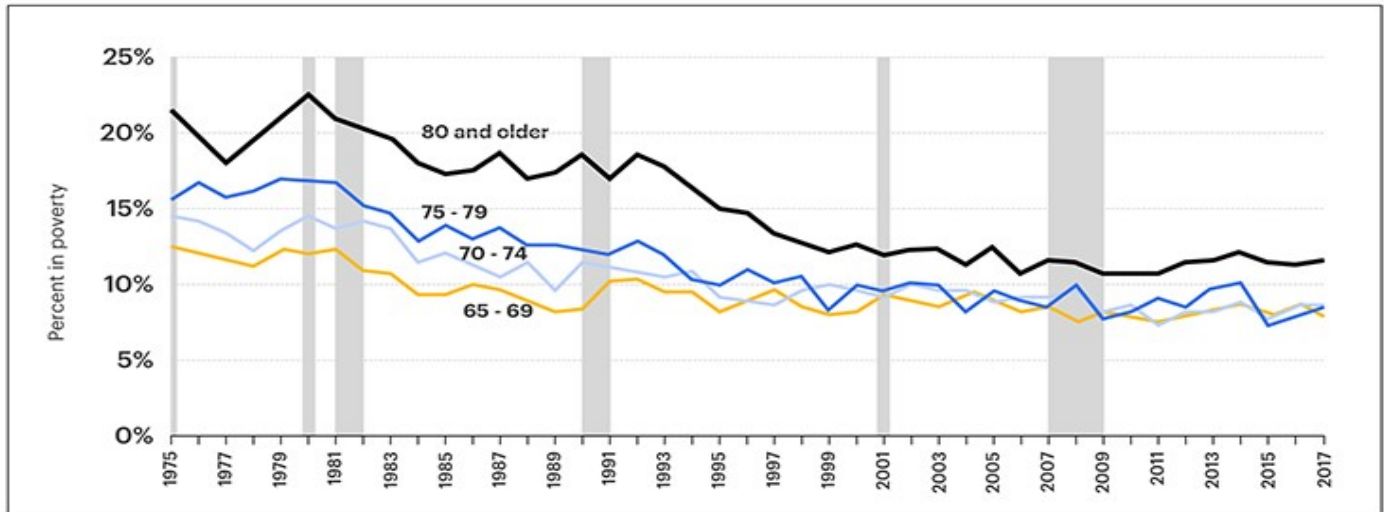
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# POVERTY AMONG TODAY'S SENIORS

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## Elderly poverty rates by age group over time

(Shaded bars indicate recessions)



*Source: Congressional Research Service, "Poverty Among Americans Aged 65 and Older." Accessed April 5, 2021*

[Planning for elder care](#) is important. Otherwise, you might underestimate [how much you need to retire](#). For more information, read about the [costs of aging in place](#), [nursing home costs in 2021](#) and [different types of senior living](#) next.

## Impact of health status on poverty rates

The majority of older adults are in fair or poor health and have incomes below the poverty level. Those living in poverty are less likely to have adequate resources for food, housing, health care and other significant needs, which can in turn affect physical and mental health.

Adults 65 and older account for 16% of the U.S. population but 80% of coronavirus deaths in the U.S. This is higher than their share of deaths from all other causes (75%) over the same time period.

- In 2019, nearly **6 in 10 older adults considered to be in fair or poor health had incomes below 200% of the poverty level**, compared with about 3 in 10 older adults in good or excellent health.
- As of late 2020, **95% of Americans killed by COVID-19 were 50 or older**, with the odds getting worse as people age — a plurality of covid deaths occurred in those over 85.
- Nearly **1 in 10 households that include Americans 65 or older can't buy enough food** — this is more than during the Great Recession from 2007 to 2009.

In the beginning of the coronavirus pandemic, seniors experienced increased food insecurity.

This could be due to fewer in-person visits from friends and family members or less involvement with community outreach programs.

For more information, read about [Medicare vs. Medicaid](#), [Medicare supplemental insurance](#) or [long-term care insurance](#) . ■







# MENU ~ AUGUST 2022

[www.PahrumpSeniorCenter.org](http://www.PahrumpSeniorCenter.org)

**PAHRUMP SENIOR CENTER**

PLEASE NOTE MENU SUBJECT TO CHANGE DUE TO SUPPLIER SHORTAGES

Tel: (775) 727-5008 FAX: (775) 751-6831

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CHICKEN CORDON BLEU PARSLEY POTATOES CARROTS CAKE FRUIT VEGGIE SOUP MILK OR JUICE	<b>2</b> ADSD #89 BAKED PORK CHOPS BRAISED CABBAGE SOUR CREAM POTATO SALAD 7 GRAIN BREAD CANTALOUPE PEA SOUP MILK OR JUICE	<b>3</b> ADSD #29 SHEPARD'S PIE SPINACH ICE CREAM MILK OR JUICE CHICKEN NOODLE SOUP	<b>4</b> CHICKEN ALFREDO NOODLES MILK OR JUICE GARLIC BREAD PUDDING LENTIL SOUP PEAS	<b>5</b> BATTERED FISH RICE CUCUMBER SALAD FROZEN YOGURT MILK OR JUICE MINNESTRONE SOUP
<b>8</b> ADSD #72 BBQ CHICKEN SQUASH CUCUMBERS IN SOUR CREAM BISQUIT/HONEY FRUIT CUP BEAN SOUP MILK OR JUICE	<b>9</b> ADSD #23 BEEF STIR FRY BROWN RICE BEET SALAD MILK OR JUICE MANDARIN ORANGES EGG DROP SOUP CAKE	<b>10</b> TURKEY BACON WRAPS MASHED POTATOES CORN FRUIT LENTIL SOUP MILK OR JUICE	<b>11</b> SWEDISH MEATBALLS OVER NOODLES W/W ROLL GREEN BEANS APPLECRISP CHICKEN & RICE SOUP MILK OR JUICE	<b>12</b> HONEY MUSTARD CHICKEN W/ BACON RICE PILAF CARROTS PUDDING MILK OR JUICE CREAM OF MUSHROOM SOUP
<b>15</b> ADSD #111 OENAGE CHICKEN BROWN RICE SPRING SALAD SNOW PEAS PINEAPPLE BEAN SOUP MILK OR JUICE	<b>16</b> ADSD #3 MEATLOAF MASHED POTATOES SPINACH W/W BREAD FRUIT CORN CHOWDER MILK & JUICE	<b>17</b> ADSD #32 CHICKEN PASTA PRIMAVERA GARLIC BREAD SALAD CITRUS DELIGHT VEGGIE SOUP MILK OR JUICE	<b>18</b> COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY SPINACH FRUIT CAKE MILK OR JUICE CREAMY BROCCOLI SOUP	<b>19</b> BEEF STROGANOFF CORN SALAD APPLE CRISP BEAN SOUP MILK OR JUICE
<b>22</b> ADSD #141 ROAST BEEF AU JUS RICE GREEN BEANS BRAN MUFFIN CANTALOUPE BEAN SOUP MILK OR JUICE	<b>23</b> HAMBURGER STEAK MUSHROOM GRAVY MASHED POTATOES SQUASH FRUIT CHICKEN RICE SOUP MILK OR JUICE	<b>24</b> ADSD #78 HERB BAKED CHICKEN STUFFING PEAS & ONIONS SALAD FRUIT CREAMY POTATO SOUP MILK OR JUICE	<b>25</b> PORK ROAST RED POTATOES CORN CAKE BEEF BARLEY SOUP MILK OR JUICE	<b>26</b> GARLIC SHRIMP W/PASTA CARROTS SALAD BROWNIES BEAN SOUP MILK OR JUICE
<b>29</b> HAM STEAK AUGRATIN POTATOES MIXED VEGGIES CAKE CREAM OF CHICKEN SOUP MILK OR JUICE	<b>30</b> ADSD #39 SPAGHETTI W/MEAT SAUCE SALAD ZUCCHINI FRUIT CUP GARLIC BREAD BEAN SOUP MILK OR JUICE	<b>31</b> ADSD #3 MEATLOAF SPINACH MASHED POTATOES W/W BREAD FRUIT CORN CHOWDER MILK & JUICE	<p><b>DID YOU KNOW...</b>  <b>Over 11 Million Seniors in the United States live in Poverty. That's the equivalent of the entire population of North Carolina.</b> (Nov. 2020 Statistics)</p>	

MEALS ARE SERVED MONDAY THROUGH FRIDAY 11:30 A.M. TO 12:30 P.M. SALAD BAR \$3.00 FEE

60+ YEARS LUNCH \$4.00 DONATION UNDER 60 YEARS \$6.00 FEE COFFEE AND ICED TEA \$1.00 FEE



**PAHRUMP SENIOR CENTER**

[WWW.PAHRUMPSENIORCENTER.ORG](http://WWW.PAHRUMPSENIORCENTER.ORG)

**ACTIVITIES ~ AUGUST 2022**

TEL: (775) 727-5008 FAX: (775) 751-6831

MONDAY THRU FRIDAY 9:00 AM - 3:00 PM

ALL ACTIVITIES ARE SUBJECT TO CHANGE

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>1</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>2</b> BINGOSIZE 12:30 PM EATING SMART/BEING ACTIVE CLASS 9:30 - 11:00 AM	<b>3</b> HAIRCUTS 1:00 – 3:00 PM	<b>4</b> RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	<b>5</b> T.O.P.S. MEETING 8:00 AM					
<b>8</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>9</b> BINGOSIZE 12:30 PM EATING SMART/BEING ACTIVE CLASS 9:30 – 11:00 AM	<b>10</b> BLIND SUPPORT PAHRUMP CHAPTER 12:30 PM HAIRCUTS 1:00 – 3:00 PM	<b>11</b> RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	<b>12</b> T.O.P.S. MEETING 8:00 AM					
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<b>22</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>23</b> BINGOSIZE 12:30 PM EATING SMART/BEING ACTIVE CLASS 9:30 – 11:00 AM	<b>24</b> HAIRCUTS 1:00 – 3:00 PM	<b>25</b> RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	<b>26</b> T.O.P.S. MEETING 8:00 AM					
<b>29</b> BEADING HEARTS 12:30 PM POKER 12:30 PM	<b>30</b> EATING SMART/BEING ACTIVE CLASS 9:30 – 11:00 AM BINGOSIZE 12:30 PM BUNCO 12:30 PM	<b>31</b> BLIND SUPPORT 1:00 PM							



## 2 Pictures Of Our 4<sup>th</sup> of July BBQ!

(BBQ Celebrated July 1<sup>st</sup>)

We also want to say a  
**BIG THANK YOU**  
to David Bennett who  
sponsored the BBQ on  
July 22<sup>nd</sup>, in honor of  
his mother.








# Covid Vaccination & Food Distribution Event

**AUGUST 18, 2022**

**Pahrump, Nv** 10am -12pm  
Pahrump Valley Senior Center  
1370 West Basin 775-727-5008

One FREE VISA gift card with  
vaccination per family for the first 10 families  
while supplies last

Sponsored by :

  
**Catholic  
Charities**  
*of Northern Nevada*

**Who should get a Booster?**  
Per the CDC: Adults ages 50 years  
and older

People ages 12 years and older  
who are

moderately or severely  
immunocompromised

People who got 2 doses (1 primary  
dose and 1 booster) of Johnson &  
Johnson's Janssen vaccine



For Questions call: Nurse Suzanne  
775-567-8327

We will Bring Pfizer and Moderna vaccines .

## RECIPES – For Our Seniors

### DELICIOUS POTATO SOUP by Lois Muller, PSC Member

#### INGREDIENTS

4 large potatoes (baked or microwaved)	1/2 teaspoon pepper
2/3 cup butter or margarine	4 green onions
2/3 cup flour (use 1/2 cup for thinner soup)	12 slices cooked bacon
3/4 teaspoon salt	8 oz. sour cream
1 1/4 cups (5 oz.) shredded cheddar cheese	6 cups whole milk

#### INSTRUCTIONS

**NOTE:** *If you microwave the potatoes rather than bake the potatoes in an oven, be sure to use proper procedure on how to bake a potato in the microwave... otherwise the microwaved potato will turn out awful and unusable.*

Cook and crumble bacon. Scoop out cooked potato from skins. Melt butter over low heat, add flour, stir until smooth. (This soup is really thick. Cut flour to 1/2 cup if thinner soup is desired.)

Gradually add milk. Cook over medium heat, stirring constantly until thickened and bubbly. Add potatoes, salt, pepper, green onion, bacon and cheese. Cook until heated through; then stir in sour cream.

Serve with homemade corn bread for a rib-sticking meal. Personally this soup is fantastic when it is thick and you need to eat it as soon as it is finished to keep it from gelling up too much. It is wonderful!

## QUOTABLE QUIP ~ AUGUST 2022

“Truly great friends are hard to find, harder to leave, and impossible to forget.”

ANONYMOUS



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e-mail: [Office@PahrumpSeniorCenter.org](mailto:Office@PahrumpSeniorCenter.org)  
[FaceBook.com/PahrumpSeniorCenter/](https://www.facebook.com/PahrumpSeniorCenter/)  
Website: [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org)

## **Pahrump Senior Center... The Best In The West!**

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

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1370 W BASIN AVE  
PAHRUMP NV 89060-4501**

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