



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

JUNE 2022

VOLUME 5 ISSUE 6

**SHADES
OF GRAY**

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Pahrump Senior Center

JUNE 14TH IS FLAG DAY

Flag Day, also called National Flag Day, in the United States, a day honoring the national flag, observed on June 14. The holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Flag Day is celebrated this year in the United States of America on Tuesday, June 14, 2022.

Happy Father's Day!

Sunday, June 19th

JUNE HOLIDAYS & EVENTS — PAHRUMP

JUNE 14TH Tuesday NATIONAL FLAG DAY ~ Fly the



JUNE 19TH Sunday FATHER'S DAY

JUNE 21ST Tuesday FIRST DAY OF SUMMER



"I frankly felt like the reception we received on the way in from the airport was very warm and hospitable. And I want to thank the Canadian people who came out to wave -- with all five fingers -- for their hospitality." *George W. Bush, 43rd President of the United States of America*



**PAHRUMP SENIOR
CENTER, Inc.**

BOARD OF TRUSTEES

Jim Gronemann
President

Dolores Rice
Vice President

Sharon Dorgan
Secretary/Treasurer

Gerry Rice
Trustee

Nancy Fowler
Trustee

VIEW OUR PRIVACY POLICY
AND OUR PSC DISCLAIMER(S)
[CLICK HERE](#)

VISIT OUR WEBSITE
PAHRUMPSENIORCENTER.ORG



To All Our Seniors Who Have Birthdays In June!

IT'S FREE!



YOU CAN RECEIVE OUR MONTHLY
NEWSLETTER BY E-MAIL.

SIGN-UP TODAY! IT'S FREE!

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

<https://PahrumpSeniorCenter.org>

**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.

MENTAL HEALTH DURING COVID PANDEMIC AND OUT-OF-CONTROL INFLATION WORRIES

Most people with a mental health condition can get well on their own without professional help.

FACT Professional treatment is important and works—just like for any other condition or disease. More than 80 percent of people who receive treatment for depression improve.

WE MIGHT SAY WE DON'T WANT HELP

When your mind is flooded with negative thoughts, it's easy to feel like a burden. This makes it more likely that you'll isolate yourself. When a friend does react out, your brain is in such a fog that you may not even understand what the person is saying, let alone think *I need to get better*.

Getting help can be arduous. There can be a wait for an appointment, therapists who don't take insurance, and medications that take a while to work or don't work." It can be defeating.

If a loved one balks at seeing a mental health professional, you should be open to other resources.

You can read articles, explore other people's experiences with depression, or even take an online depression screening at mhascreening.org. It doesn't replace a diagnosis but it can make seeking support less threatening. It's painful to unpack what's making you sad.

GETTING THE RIGHT TREATMENT

The severity influences the treatment plan.

■ MILD DEPRESSION

Feeling down for a few weeks to a month and possibly beginning to interfere with your work or personal relationships. Often responds well to a combo of therapy and lifestyle changes, such as exercise and mind-body stress-reduction techniques.

■ MODERATE TO SEVERE DEPRESSION

Can be more wide-reaching a feeling of sadness, emptiness, or hopelessness, a loss of interest in most activities nearly every day for two weeks, a change in sleep, appetite, energy, and/or ability to concentrate. A combination of therapy and

medication is most commonly used to alleviate moderate to severe depression. A psychiatrist can provide both. Or a psychologist, social worker, or other mental health professional can provide therapy and a psychiatrist the meds. ■



MAJOR LIFE EVENTS CAN BE TRIGGERS

Depression can come on the heels of a big disruption, such as a divorce, serious illness, job loss, or death of a loved one or pet.

Even presumably happy changes—marriage, a promotion, pregnancy—can lead to depression. Positive transitions can trigger self-doubt. And if that self-doubt grows deep enough, it can lead you down the road to depression. New moms can be especially at risk due to a constellation of reasons, such as fluctuating hormone levels, poor sleep, and lack of support.

Even checking in on friends and family during times of flux, remind them that whatever they may be feeling is valid, and offer to assist exploring treatment options.

PEOPLE WITH MENTAL HEALTH CONDITIONS ARE WEAK

FACT Anyone can develop a mental health condition. There's no single cause, and it isn't anyone's fault. Many factors affect mental health, including biology, environment, and challenging life events.

IT'S OK TO BE DIRECT

If you suspect a loved one is struggling with depression, ask how he or she is feeling. Often the person pulls away to process his or her emotions, who experiences depression. But this can quickly escalate to loneliness and isolation.

The language you use is important. Try something like, "You seem bummed lately. Your energy feels different. I've noticed you cancelling plans. I'm not upset but want to check in." If he or she opens up about his or her depression, simply listen.

CONTINUED ON PAGE 4.....



Continued from Page 3.... MENTAL HEALTH article

Avoid saying things like 'Stop being so negative' or 'it will pass.' This can be dismissive and imply that depression is a choice, which isn't true.

TRY OFFERING

Concrete help like "Can I come over and cook dinner?" A general "Do you need help?" puts the burden on the person with depression to think of an answer, adding more to his or her overflowing plate.

THE 411 ON MEDICATION

Antidepressants can be a lifesaver for people with depression. But sometimes people are hesitant to try them. A common concern is that antidepressants will alter your personality. They affect certain brain chemicals, but what is often heard from people who do well on meds is that they feel more like themselves after taking them. Personality changes for the worse mean that you should check with your doctor about switching dosages or drugs.

Types of meds used to treat depression include selective serotonin reuptake inhibitors (SSRIs), and monoamine oxidase inhibitors (MAOIs). You may need to try a few before finding one that works. Most who get better on meds see a difference within three to six weeks.

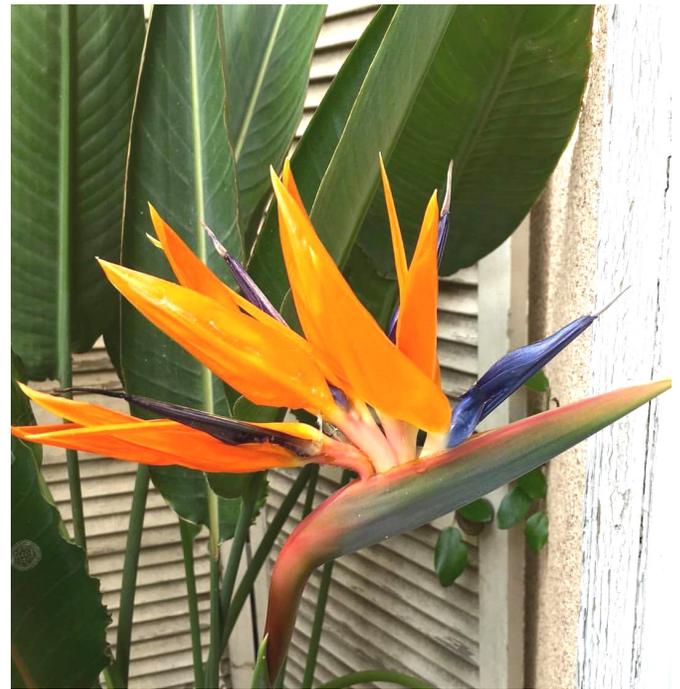
EXTRA RESOURCES

Check out these organizations for more tools to support yourself or a loved one living with depression:

- » MentalHealthAmerica.net
- » Nami.org (National Alliance on Mental Illness)



The greatest gift I ever had came from God, and
I call him DAD!



**EARLY VOTING
FOR NYE COUNTY BEGINS
SATURDAY, MAY 28th
thru JUNE 10th.**



DID YOU KNOW...

If you didn't sleep well last night, you can convince yourself that you did just by believing you aren't tired. It's called cognitive function, and it makes you perform better than when you spend the day thinking about being tired.



**Hard of Hearing or Deaf?
Speech Impaired?
Can't Hear on the Phone?
Do You Have Low Vision?
CALL NEVADA ASSISTIVE
TECHNOLOGY
RESOURCE CENTER**

Nevada Assistive Technology Resource Center Telecommunications Program (NATRCTP) provides telephones and communication type equipment to the Deaf, Hard of Hearing as well as the Speech Impaired. We can also offer Electrolarynx devices to individuals with speech impairments to be able to speak and communicate over the telephone.

We distribute many different models of telephones with amplification as well as VP Voice Phones, and Captioned Telephones by Captel and Caption Call so individuals can read what is said on the telephone when speaking.

The Nevada Assistive Technology Resource Center (NATRC) is a project of the Nevada Center for Excellence in Disabilities (NCED). NATRC's goal is to increase awareness and knowledge of the benefits of assistive technology related services among individuals with disabilities and their families, older individuals and their families, and the general population.

WE SUPPORT:

- device demonstrations—compare and contrast options for an informed choice
- device loans-try it out to inform decision making
- training-expand your knowledge about current AT
- public awareness-outreach and community engagement
- technical assistance-ongoing support to agencies and providers
- transition activities AT supports for decisions regarding independent living across the lifespan. It can include areas such as housing, employment, education, personal care, safety remaining in your home, and discharge planning from acute care settings.

During COVID-19 crisis, services have been modified to align with federal and state guidelines regarding safety and social distancing.

RENO NEVADA MAIN OFFICE

Nevada Assistive Technology Resource Center
Tel: (775) 682-9056
1664 N Virginia Street
Reno, NV 89557-0001

SOUTHERN NEVADA—LAS VEGAS OFFICE

Nevada Assistive Technology Resource Center
Tel: (702) 665-4926
5550 W Flamingo RD STE A3
Las Vegas, NV 89103-0135

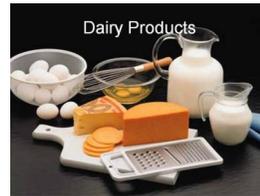
This Ad was made possible by the Nevada Assistive Technology Collaborative (NATC) funded in part by Grant Number 1901NVATSG from the U.S. Department of Health and Human Services through the Assistive Technology Act of 2004 as amended. The mission of the NATC is to improve the provision of Assistive Technology (AT) through a comprehensive statewide continuum of integrated activities for individuals with disabilities of all ages.

PAHRUMP SENIOR CENTER... THE BEST IN THE WEST!



NUTRITION SERVICES ~ SENIORS AGE 60+ Pahrump, Nevada

- ◆ In-center Lunch, Monday—Friday for average of 100 seniors
- ◆ Meals On Wheels — delivered to approximately 130 homebound seniors. Seven meals per week per senior;
- ◆ Albertson's Fresh Rescue Program, which gives us 'almost out off date' groceries (produce, deli items, bread, fresh flowers, bakery goods, eggs and much more); We send these items to the Meals On Wheels folks in addition to their weekly meals. We also use some of these items to give away at our congregate lunch in the Senior Center on weekdays.



FARMERS MARKET

COMING TO OUR SENIOR CENTER!

Watch our Newsletter or website EVENTS PAGE for date & time.

PahrumpSeniorCenter.org

YES, WE NEED YOUR HELP!

Please Help Feed Our Pahrump Valley Seniors who are home-bound by making a *generous tax-deductible gift* to Pahrump Meals On Wheels. Thank You!

PLEASE TALK TO ANNE OR JIM ABOUT YOUR GENEROUS GIFT!

Make your check payable to: **Pahrump Meals On Wheels** and mail your check or money order to: Pahrump Meals On Wheels
1370 W Basin Ave
Pahrump, NV 89060-4501

You can also drop off your donation at the front desk. Thank you!



God Bless America! Please remember to pray for all people affected by the horrific shooting at the elementary school in Texas last week. Many lives will be affected for decades to come, if not their entire life.



PAHRUMP SENIOR CENTER.... THE BEST IN THE WEST!

PAHRUMP SENIOR CENTER

MENU ~ JUNE 2022

Tel: (775) 727-5008

Fax: (775) 751-6831

PLEASE NOTE: MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ADSD #184 CHICKEN PARMESAN TOSSED SALAD GREEN BEANS SF ITALIAN DRISSING PINEAPPLE CHUNKS FRENCH ONION SOUP MILK OR JUICE	2 ADSD #155 SLOPPY JOES 3 BEAN SALAD CARROTS BANANA CHEESY POTATO SOUP MILK OR JUICE	3 SALMON BROWN RICE CHEESY BROCCOLI PUDDING VEGGIE SOUP MILK OR JUICE
6 LS HOT DOGS MAC N CHEESE CORN CAKE BEAN SOUP MILK OR JUICE	7 ADSD #78 HERB BAKED CHICKEN STUFFING PEAS & ONIONS SALAD FRUIT BEAN SOUP MILK OR JUICE	8 BAKED ZITI SQUASH GARLIC BREAD CITRUS DELIGHT CREAM OF MUSHROOM SOUP MILK OR JUICE	9 ADSD #104 HOT ROAST BEEF SAND MASHED POTATOES & GRAVY MIXED VEGGIES SALAD MANDARIN ORANGES CHEESY CAULIFLOWER SOUP	10 SWEDISH MEATBALLS W/W NOODLES GREEN BEANS VEGGIE SOUP YOGURT W/ FRUIT MILK OR JUICE
13 CHICKEN BACON RANGH WRAPS W/LETTUCE/TOMATOES PEA SALAD APPLE CRISP BROCCOU CHEESE SOUP MILK OR JUICE	14 ADSD #89 BAKED PORK CHOP BRAISED CABBAGE SOUR CREAM POTATO SALAD 7 GRAIN BREAD CANTALOUPE PEA SOUP MILK OR JUICE	15 ORANGE CHICKEN FRIED RICE SPRING SALAD PINEAPPLE EGG DROP SOUP MILK OR JUICE	16 TUNA CASSEROLE GREEN BEANS MUFFIN FRUI TOMATO BASIL SOUP MILK OR JUICE	17 ADSD #3 MEATLOAF SPINACH MASHED POTATOES W/W BREAD FRUIT LENTIL SOUP MILK OR JUICE
20 FATHERS DAY LUNCH HAM SWEET POTATOES GREEN BEAN CASSEROLE FRUIT SALAD MILK OR JUICE CREAM OF POTATO SOUP	21 CHICKEN CORDON BLEU PARSLEY POTATOES BABY CARROTS SPINACH SALAD YOGURT PIE BEEF BARLEY SOUP MILK OR JUICE	22 ADSD #108 BEEF STROGANOFF CORN SALAD FRUIT CAKE BEAN SOUP MILK OR JUICE	23 CHEF'S SALAD BOILED EGG CARROTS/CELERY STIX FRESH FRUIT MILK OR JUICE VEGGIE/RICE SOUP	24 ADSD #79 LEMON BAKED FISH RICE SQUASH SALAD W/WROLL FRUIT MINNESTRONE SOUP MILK OR JUICE
27 CHICKEN ALFREDO FETTUCINI SPINACH PEACH CRISP PINTO BEAN SOUP MILK OR JUICE	28 ADSD #14 BEEF PATTY ON BUN BAKED BEANS ONIONS TOMATO/LETTUCE MIXED VEGGIES MILK OR JUICE CANTALOUPE CHUNKS CREAM OF ASPARAGUS SOUP	29 COUNTRY FRIED STEAK MASHED POTATOES CORN FRUIT SALAD LENTIL SOUP MILK OR JUICE	30 ADSD #29 SHEPARDS PIE SPINACH ICE CREAM CHICKEN NOODLE SOUP MILK OR JUICE	JULY 1 ADSD #104 HOT ROAST BEEF SANDWICH MASHED POTATOES GRAVY MIXED VEGGIES SALAD MANDARIN ORANGES CHEESY CAULIFLOWER SOUP

LUNCH IS SERVED MONDAY THRU FRIDAY 11:30 A.M. TO 12:30 P.M. 60+YEARS

LUNCH: \$4.00 DONATION APPRECIATED

SALAD BAR AVAILABLE FOR \$3.00 FEE

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





PAHRUMP SENIOR CENTER

Tel: (775) 727-5008 Fax: (775) 751-6831
 MONDAY THRU FRIDAY 9:00 AM - 3:30 PM

ACTIVITIES ~ JUNE 2022

ALL ACTIVITIES ARE SUBJECT TO CHANGE
WWW.PAHRUMPSENIORCENTER.ORG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HAIRCUTS 1:00 – 3:00 PM	2 RIPPITS (KNITTING CLUB) 10:30 BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	3 T.O.P.S. MEETING 8:00 AM
6 BEADING HEARTS 12:30 PM POKER 12:30 PM	7 BINGOSIZE 12:30 PM	8 BLIND SUPPORT PAHRUMP CHAPTER 10:00 - 11:30 AM HAIRCUTS 1:00 – 3:00 PM	9 RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	10 T.O.P.S. MEETING 8:00 AM
13 BEADING HEARTS 12:30 PM POKER 12:30 PM	14 FLAG DAY BINGOSIZE 12:30 PM	15 HAIRCUTS 1:00 – 3:00 PM	16 BINGOSIZE 12:30 PM HAIRCUTS 1:00 - 3:00 PM	17 T.O.P.S. MEETING 8:00 AM
20 BEADING HEARTS 12:30 PM POKER 12:30 PM	21 BINGOSIZE 12:30 PM	22 HAIRCUTS 1:00 – 3:00 PM	23 RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 – 3:00 PM	24 T.O.P.S. MEETING 8:00 AM
27 BEADING HEARTS 12:30 PM POKER 12:30 PM	28 BINGOSIZE 12:30 PM BUNCO 1:00 PM	29 BLIND SUPPORT 1PM	30 RIPPITS (KNITTING CLUB) 10:30 AM BINGOSIZE 12:30 PM HAIRCUTS 1:00 - 3:00 PM	JULY 1 T.O.P.S. MEETING 8:00 AM



CANDIDATE SAM BROWN for Senate visited us last month introducing himself to all our seniors in attendance. Sam also paid for our meal that day! THANK YOU, SAM! Visit Sam Brown for Senate’s awesome and very informative website at: CAPTAINSAMBROWN.COM





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 (_____) _____ — _____ Home Phone (_____) _____ — _____
AREA CODE X X X X X X X 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 (_____) _____ — _____ Home Phone (_____) _____ — _____
AREA CODE X X X X X X X X X X

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MM DD YYYY

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IT'S FREE!



YOU CAN RECEIVE OUR MONTHLY NEWSLETTER BY E-MAIL. OR U.S. MAIL. SIGN-UP TODAY! IT'S FREE!

You can sign up for our FREE Monthly Newsletter "Shades of Gray" and also get advanced special events e-mail notices by going to our website www.PahrumpSeniorCenter.org

On our HOME page, scroll down to the sign-up section, enter your e-mail address and click the **SUBMIT** button. Yes, it really is that simple to sign-up! You will receive an email from us to verify your e-mail address usually within 15 minutes. (If you don't, check your spam/junk folder.) Click CONFIRM your e-mail address. That's all you need to do.

If you want to receive a printed hardcopy of our monthly newsletter, stop by the reception desk and say you want to be on our mailing list. Complete the form and hand it back to the receptionist. **Please be sure to print your information legibly.**

QUOTABLE QUIPS

You can't recover until you know what you are recovering from.

Whoopie Goldberg

Folks are usually about as happy as they make their minds up to be.

Abraham Lincoln, 16th President of the United States of America

Whatever you are, be a good one.

Abraham Lincoln, 16th President of the United States of America

Abraham Lincoln was the author of The Gettysburg Address, True Fact!

Regarding Father's Day....

Wisdom is before him that hath understanding; but the eyes of a fool are in the ends of the earth. Proverbs 17:24 ~ The Bible

PAHRUMP SENIOR CENTER, THE BEST IN THE WEST!



Tel: (775) 727-5008
e-mail: Office@PahrumpSeniorCenter.org
[FaceBook.com/PahrumpSeniorCenter/](https://www.facebook.com/PahrumpSeniorCenter/)
Website: PahrumpSeniorCenter.org

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

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

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Pahrump, NV 89060
Permit #60**

**MAILING LABEL
PLEASE APPLY STRAIGHT**