

# SHADES OF GRAY

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

**MARCH 2021** VOLUME 4 ISSUE 3



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## SPRING IS IN THE AIR!

It is March, and Spring is in the air! The first day of Spring this year begins at 1:58 PM Nevada time on Wednesday, March 20, 2021.

Our days become longer and weather gets warmer in the temperate zone because the Earth tilts towards the Sun. In many parts of the world plants grow and flowers bloom. Often people with hay fever suffer more, because some tree and plant pollens are allergens. So, get your nasal sprays handy if you are susceptible to hay fever! And if not, enjoy our beautiful spring weather here in Pahrump Valley because our hot summer is just around the corner.

## Happy Saint Patrick's Day

### DID YOU KNOW....

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity.

The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.

### OUR MONTHLY MENU, NEWSLETTER AND MORE

It takes less than 2 minutes.... to submit your email address to us on our website home page to receive email notifications, our menu for the current month, our monthly newsletter and advance notifications of upcoming special events? It's True... and it's FREE. Simply go to [PahrumpSeniorCenter.org](http://PahrumpSeniorCenter.org) and on our home page scroll down to **Subscribe To Monthly Newsletter**. Type in your email address and click "Sign up". It's that easy. And you can rest assured that we never sell, rent or trade your email address to anyone! Complete privacy! **Go Ahead, Try It! It's a Free Service from your Pahrump Senior Center.**

### SERVING MEALS AT OUR DRIVE-UP (Monday—Friday Except Holidays)

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

**P3 Health Partners**  
*People Passion Purpose*  
**Reflections Healthcare**  
**(775) 727-7022**



### HOLIDAYS & EVENTS IN MARCH 2021

- 14<sup>TH</sup> DAYLIGHT SAVINGS TIME BEGINS
- 17<sup>TH</sup> ST PATRICK'S DAY
- 20<sup>TH</sup> FIRST DAY OF SPRING
- 27<sup>TH</sup> PASSOVER BEGINS
- 28<sup>TH</sup> PALM SUNDAY



My exercise routine  
consists of doing  
diddy squats!

**PAHRUMP  
SENIOR CENTER  
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PAHRUMP SENIOR CENTER

## Good-bye Valentine Tree and Welcome St. Patrick's Day Tree



## MANAGING ANXIETY STRESS & DEPRESSION

Yes, it's natural to feel stress during a pandemic. Fears about COVID-19 and being uncertain about the future are common thoughts. These thoughts may create stress or anxiety for you, your children or grandchildren. But please remember you are not alone. Take for instance, what you say and what God your heavenly Father says.... The following thoughts have been compiled to help us face each situation by what the Word of God says.

Get God's perspective on things. In each situation ask yourself, What does God say about this?

You say, **MY SITUATION IS IMPOSSIBLE** — God says "With Me all things are possible." Luke 18:27

**I'VE LOST SO MUCH** — But God says, "Seek first the kingdom of God and His righteousness, and all these things shall be added to you." Matthew 6:33

**I'M SINKING, I'M DESPRESSED** — God says, "Underneath are the everlasting arms." Deuteronomy 33:27, also "... the darkness will shine as the day, for darkness is as light to the Lord." Psalm 139:12

**THINGS ARE BAD, I DON'T HAVE THE STRENGTH TO GO ON;** Psalm 46:1 says, "God is our refuge and strength, an ever-present help in trouble," Also, "Having done all to stand, stand therefore (hold your ground)... "be strong in the Lord Jesus... take your stand against the devil's schemes, it's (a spiritual battle), stand firm, take the Sword of the Spirit which is the WORD OF GOD, pray and keep alert." Ephesians 6:10-18 NLT

**I WORRY ABOUT EVERYTHING** — God says, "Cast (throw) all your cares (anxieties) on me, for I care for you." I Peter 5:7

A Paid Infomercial from Jesus The Messiah Church.

*Happy Birthday to all our March Birthday Members!*



# MENU ~ MARCH 2021

## PAHRUMP SENIOR CENTER (775) 727-5008

## MENU ~ MARCH 2021

DUE TO COVID, DRIVE-UP MEALS SERVED MONDAY THRU FRIDAY 10:30 A.M. TO 12:30 P.M. (EXCEPT HOLIDAYS)

NOTE: MENU SUBJECT TO CHANGE DUE TO SUPPLIER SHORTAGES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> ADSD #143 BURGER STEW BROWN RICE CORN BREAD STEAMED BROCCOLI TROPICAL FRUIT	<b>2</b> TORTELLINI ALFREDO GARLIC BREAD ASPARAGUS CAKE SOUP	<b>3</b> CHICKEN TENDER WRAPS LETTUCE/TOMATO/CHEESE RANCH DRESSING ZUCCHINI APPLE SAUCE	<b>4</b> ADSD #59 PORK CHOPS SOUP MUSHROOM GRAVY BAKED POTATO CARROTS SALAD MIXED BERRIES	<b>5</b> BATTERED COD WHITE RICE CUCUMBER SALAD FROZEN YOGURT DESSERT
<b>8</b> ADSD #73 HERB BAKED CHICKEN MASHED SWEET POTATO VEGIE MEDLEY W/W BREAD SPICED APPLESAUCE	<b>9</b> ADSD #108 BEEF STROGANOFF SQUASH ORANGE/SPINACH SALAD FRUIT SOUP	<b>10</b> L.S. HAWAIIAN KEILBASA RICE BROCCOLI PINEAPPLE	<b>11</b> PULLED PORK SANDWICH BAKED BEANS CHIPS CORN SOUP	<b>12</b> CRAB SALAD ON LETTUCE HARD BOILED EGGS TOMATO WEDGES CAKE
<b>15</b> COUNTRY FRIED STEAK MASHED POTATOES MIXED VEGGIES COOKIES	<b>16</b> EGG SALAD ON CRESCENT ROLL CARROTS/CELERY STICKS POTATO CHIPS PUDDING SOUP	<b>17</b> CORNED BEEF & CABBAGE CARROTS POTATOES CAKE FRUIT	<b>18</b> ADSD #118 CARRIBEAN CHICKEN RICE PILAF ORANGE/SPINACH SALAD BAKED APPLES SOUP	<b>19</b> ADSD #26 LEMON BAKED TILAPIA RED POTATOES ZUCCHINI SALAD W/W ROLL CANTALOUPE CHUNKS
<b>22</b> HOT DOGS MAC N CHEESE STEAMED SPINACH APPLE CRISP	<b>23</b> SLOPPY JOES BAKED BEANS BABY CARROTS FRUIT COCKTAIL SOUP	<b>24</b> OPEN FACE TURKEY SANDWICH GRAVY MASHED POTATOES BRUSSEL SPROUTS COOKIES	<b>25</b> ADSD #39 SPAGHETTI W/ MEAT SAUCE ZUCCHINI COLORFUL SALAD 7 GRAIN BREAD ORANGES SOUP	<b>26</b> ADSD #177 TUNA CASSEROLE SALAD PEAS/CARROTS JELLO W/FRUIT
<b>29</b> HAM STEAK RICE PEAS DINNER ROLL BANANA	<b>30</b> CHICKEN CORDON BLEU PARSLEY POTATOES CAULIFLOWER FRUIT SALAD SOUP	<b>31</b> ADSD #3 MEATLOAF MASHED POTATOES GREEN BEANS W/W BREAD FRUIT BROWNIE		

**DRIVE UP/PICK UP ONLY DURING COVID-19 MEALS ARE SERVED MONDAY THRU FRIDAY 10:30 A.M. TO 12:30 P.M.**

**DUE TO COVID-19 CLOSURE**

**60+YEARS LUNCH \$3.00 DONATION**

**UNDER 60 YEARS \$5.00 FEE**



## COVID-19 INFORMATION

PAHRUMP SENIOR CENTER INC

775-727-5008

# COVID-19 VACCINE AVAILABLE IN NYE COUNTY AT SMITHS AND WALGREENS

The Nevada State Immunization Program and the Nevada State Board of Pharmacy are proud to announce that appointments with local pharmacies will be open for senior COVID-19 vaccination as supply is available starting Wednesday, January 20.

Participating pharmacies around Nevada will first vaccinate those who are 70 and older and we need your help spreading the word to residents in your communities who are eligible to be vaccinated.

As you know, the State of Nevada is receiving limited doses of the COVID-19 vaccine from the federal government each week and now part of the allocation will be provided to pharmacies that have agreed to assist in the vaccine distribution process.

Multiple pharmacies have joined in this effort and will be accepting appointments to their web-based systems. Information on county-by-county pharmacy participation and information on making an appointment will be available on [NVCovidFighter.org](https://www.nvcovidfighter.org) starting Tuesday, January 19.

We encourage you and your staff to help seniors in your community to make a plan to get vaccinated and encourage others you know to check on their parents, neighbors and senior friends to ensure they are able to navigate the system to make a vaccination appointment.

If additional assistance is needed to make a plan, **please call 855-668-5465.**

**Please note:** the online pharmacy vaccine appointment system requires the individual or their legal guardian to give medical consent. It is important the individual or their legal guardian click the consent button, others are unable to give consent on behalf of the individual.

More information on the COVID-19 vaccine is available on [NVCovidFighter.org](https://www.nvcovidfighter.org).

# COVID VACCINE IN NYE CO.

VACCINE INFORMATION LINE :

775-751-6313 OR GO

[www.nyecounty.net](http://www.nyecounty.net)

And follow the link at the top of the page

**“COUNTY COVID-19 UPDATES”**

**If you schedule an appointment and need a ride,  
contact our transportation department**

**here at Pahrump Senior Center**

**CALL (775) 727-5008 Ext. 3 and ask for JEFF**

## MEDICARE PART D

### Drug Plan coverage rules

**Prior Authorization:** You and/or your prescriber must contact the drug plan before you can fill certain prescriptions. Your prescriber may need to show that the drug is medically necessary for the plan to cover it.

**Quantity Limits:** Limits on how much medication you can get at a time.

**Step Therapy:** You must try one or more similar, lower-cost drugs before the plan will cover the prescribed drug.

Before your prescriptions are filled, your Medicare drug plan will also perform additional safety checks, like checking for unsafe amounts of opioid pain medications. If you or your prescriber believe that one of these coverage rules should be waived, you can ask for an exception.

## MAKE YOUR WISHES KNOWN

**You have the right** to say yes or no to procedures, tests, and treatments. But what would happen if you couldn't make these health care decisions? Do you have written instructions? Have you chosen a family member to decide for you? This is called an advance directive.



**Write it down.** Ask your doctor, clinic or hospital for an advance directive form.





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

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