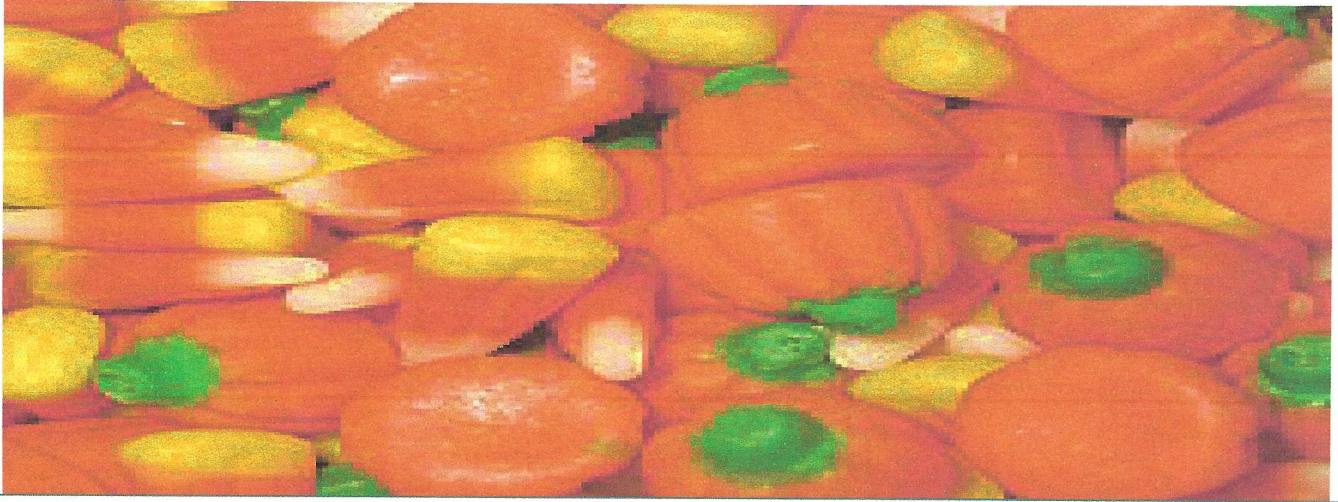


October

2020



Happy October Everyone!

Famous October Birthdays

**Simon Cowell, Julie Andrews, John Lennon,
Eleanor and Teddy Roosevelt, Jimmy Carter
and Lovelocks own Karen Wesner,**

Edna Purviance

AND

Yours Truly Larry Rackley

What's going on around Lovelock



**FREE
LEGAL
HELP**

**LOVELOCK ZOOM ASK A LAWYER
EVERY THIRD MONDAY OF
EVEN MONTHS 12PM – 2PM**

- Is your landlord threatening to evict you?
- Do you have concerns about the habitability of your apartment unit?
- Has your application for unemployment, Medicaid, TANF or SNAP been denied?
- Are you dealing with debt collectors or are disputing a debt?
- Do you want to seal your criminal record?

CALL US TO REGISTER & GET FREE LEGAL ADVICE!



HOUSING LAW

**CRIMINAL
RECORD SEALING**

**EVICITION
RECORD SEALING**

**GOVERNMENT
BENEFITS DENIALS**

CONSUMER LAW

HOSTED BY NEVADA
LEGAL SERVICES
THROUGH



TO REGISTER CALL:
775-284-3491 EXT. 233

On Tuesday November 3rd NV
Legal Services Has appointments
available for Telephone Consults.

Call the
Senior Center and We will set
an appointment for the Lawyer

to
contact you on
November 3rd

Senior Insurance Agency
Jason Casey will be visiting the Senior Center
On
October 20th and 21st
Please call him directly to set up an appointment
(775)996-3883 or email him at
Jason@siaus.com



On September 14 our Senior Center Director resigned her position and has left the area. For the time being, Commissioner Larry Rackley is trying to fill the most capable shoes of Jordan McKinney. Trying to learn a different computer is challenging to say the least but I am muddling through. I know reports are coming due soon and we will get them done. We will be posting a job opening soon for a new Director so if you know of someone that may be interested have them look at the Pershing County website for the job application information.

Opening the Senior Center for our lunches is proving to be an issue when we have to follow the State of Nevada Guidelines. We were thinking we could do 3' spacing and at least open with reservations for a set amount of people each day. That hit a road block as the state wants the 6' rule to apply so we are back to the drawing board. **WE WILL GET THIS DONE.**

Our volunteers are a very valuable asset to the center and I feel they have been left out in the storm. We deeply appreciate all of our volunteers that make serving our clientele possible and we sincerely hope you will be there when we are able to start serving again. So if you are one of our volunteers, **THANK YOU**, if you are in contact with one of our volunteers tell them thank you for what they do at the Senior Center, Thank you to all of our volunteers.

"What's that piece of cord tied around your finger for?"

"My wife put it there to remind me to take a letter to the Post Office."

"And did you mail it?"

"No, she forgot to give me the letter."



.October Birthdays

October

Larry Rackley 1st

Claudia Gray 4th

Sherry Stevens 5th

Virginia "Ginny" Clark 9th

John Aufdermaur 10th

Martha Hume 11th

Sharron Murphy 14th

Wiletta "Sis" Reid 17th

Arturo Olivas 22nd

Clarence Yancy 28th

Karen Wesner 1st

Donald Meissner 5th

Gayle Tyler 7th

Tom Moura 9th

Roberta Sims 10th

Delwin "Del" Kovach 12th

Glenn "Chick" Rose 15th

Frank Fisk 18th

Virginia Rose 25th

Leandra Woods 30th



From all of us here at the
Pershing County Senior
Center
we hope you had or have a
wonderful Birthday



OCTOBER IS
BREAST CANCER
AWARENESS MONTH





FACTS ABOUT BREAST CANCER IN THE UNITED STATES

One in eight women in the United States will be diagnosed with breast cancer in her lifetime.

- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.

Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.

- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer

What can I do to reduce my risk of breast cancer?

Lifestyle changes have been shown in studies to decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk:

- **Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than 1 drink per day as even small amounts increase risk.
 - **Don't smoke.** Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women. In addition, not smoking is one of the best things you can do for your overall health.
 - **Control your weight.** Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
 - **Be physically active.** Physical activity can help you maintain a healthy weight, which, in turn, helps prevent breast cancer. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
 - **Limit dose and duration of hormone therapy.** Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options. You might be able to manage your symptoms with non-hormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you are taking hormones.
 - **Avoid exposure to radiation and environmental pollution.** Medical-imaging methods, such as computerized tomography, use high doses of radiation. While more studies are needed, some research suggests a link between breast cancer and radiation exposure. Reduce your exposure by having such tests only when absolutely necessary.
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October 2020 Menu

Cut off for start or stop homebound meals 9:30AM—Please call 775-273-5022

All meals are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
28	12 9	30	1 Stuffed Peppers Salad Mixed Fruit Bread Stick Sugar Cookie	2 Parmesan Chicken Peas/Pearl Onions Pesto Pasta Banana Bars
5 Cheese Steak Stuffed Baked Potato Peaches Grain Bread Brownie w/frosting	6 Chicken Tenders Corn Pear Halves Potato Wedges Jell-O w/Fruit	7 Spaghetti Green Beans Apricots Garlic Bread Bread Pudding	8 Hawaiian Pork Brussel Sprouts Apple Sauce Scalloped Potatoes Texas Tornado Cake	9 Santa Fe Chili BURGER Celery Sticks Fruit Quarters Bun Fries Frosted Pumpkin Cookie
12 Chicken Sausage Gumbo Peas/Carrots Mixed Fruit Steamed Rice Carrot Cake	13 Ham Salad Wrap Sweet Red Bells/Ranch Peaches Chips Butterscotch Pudding	14 Beef Stew Prunes Biscuit w/Honey Butter Impossible Coconut Pie	15 Hot Dog on a Bun Italian Blend Tropical Fruit Pumpkin Mas & Cheese Banana Split Cake	16 Oriental Pot Roast Snap Peas Mandarins Egg Noodles Chinese Almond Cookie
19 Basque Chicken Corn of the Cob Pineapple Penne w/ Garlic Parsley Snicker Doodle	20 Beef Taco Lettuce Tomato Onion Fruit Quarters Refried Beans/Spanish Rice Flan	21 Sweet & Sour Pork Broccoli Spiced Apple Sauce Steamed Rice Cranberry & White Chocolate Chip Cookie	22 Poor Boy Sandwich Baby Carrots Banana Chips German Apple Cake Tomato Soup	23 Open Face Hot Turkey Tuscany Blend Apple Mashed Potato No Bake Peanut Butter Bar
26 Egg Roll Broccoli Mandarins Fried Rice Peanut Butter	27 BBQ Chicken Yellow Squash Mixed Fruit Rice Pilaf Apple Crisp	28 Rajah Cajun Chili Green Salad Tropical Green Chili & Cheese Corn Bread	29 French Bread Pepperoni Pizza Broccoli Salad Orange Rainbow Sherbet	30 Senior Center Closed For Nevada

October Challenge

October is Health Awareness Month.

**Most people usually recognize October as
Breast Cancer Awareness Month.**

**Did you know there are actually 44 different
awareness's in the month of October. Wearing these ribbons
also encourage others to support the cause,
These are just a few. Can you match the Awareness to the
colored Ribbon? Wear your ribbons proudly**

