



November 2021



LIFE IS FULL OF GIVE AND TAKE. GIVE THANKS AND TAKE NOTHING FOR GRANTED. Do to CDC requirements (don't forget to wear your masks)

The goal of the Pershing County senior center. Is to offer congregate and homebound meals as well as transportation. Also social activities to maintain and improve the quality of life for older adults in Pershing County.

This month we honor Robert (Pat) Patterson

Pat was drafted in 1941 (18 years old) at the time he was working at a Seattle ship yard. But Because of his welding skills he was deferred until 1943. His first ship was the LST 1028 it was torpedoed by a suicide boat at the Battle of Lingayen Gulf. The LST was towed back to Seattle where Pat was reassigned to a small boat crew on the USS Nevada in 1944. The Nevada was doing "MAGIC" "Carpet Runs" between San Diego and Pearl harbor Hawaii he was discharged from the USS Nevada in 1945.

Honor Flight WWII
Mission Pearl Harbor
Robert B (Pat) Patterson
Fireman 1st.



Information



Please be patient with us we are currently working on transportation. We are Still looking for a bus driver. This position is a volunteer paid position. If you know of anyone or if you are interested. Please give us a call at (775) 273-2291 or come into the senior center for more information.

If you would like to become a volunteer or want more information about the program. Come on in and talk to Giana Gonzalez.

Meals and other services for folks 60 and older are provided at no cost to the recipient. We do encourage a \$3.00 per meal donation, but it is entirely voluntary 60 and under is \$6.00. We also afford you the opportunity for confidential donations for our other services. If you choose not to donate, you will still receive any services we offer.

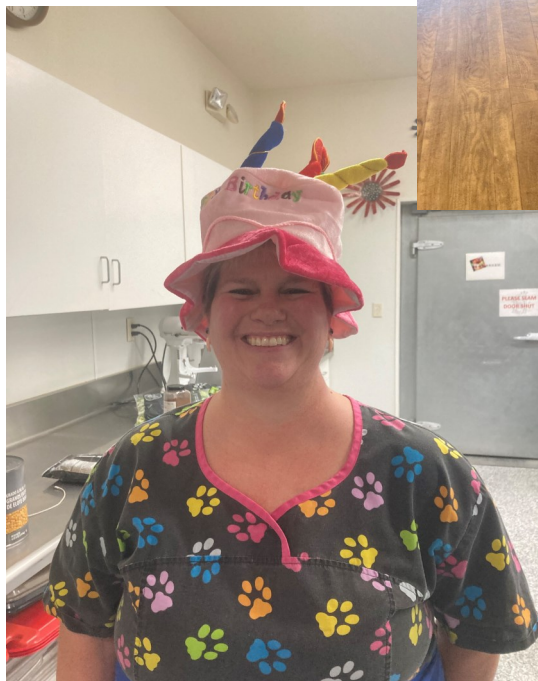
Since we really don't require payment on a daily basis, for your meals, you will be able to make your donation whenever you choose and eat as often as you like.

See Transportation brochure for suggested donation rates

If you or anyone you know is in need of homebound meals, whether long term or just temporarily, please call the Center and let us know and we will get you or them put on Homebound. This is an important service to our community and we want people to take advantage of it!



In case you missed it:





Upcoming

November Birthdays

2	Anna Stone	27	LeRoy Johnson
7	Susan Cerini	28	Glenda Seibert
8	Christine Johnson	30	Mary Mattson
14	Gary Hill		
19	Mercedes Starr		
25	William Garcia		
25	Sally Echeverria		
26	Roc Stacy		
27	Sharron Briscoe		





The longer hours of darkness during the winter can lead to drops in serotonin levels, which may cause the sad feelings known as the winter blues. It can even bring on some food cravings. Eating healthy carbohydrates can boost serotonin. Try:

- Nuts
- Whole grains
- Beets
- Sweet potatoes
- Yams

November 2021 Menu

Cut off for start or stop homebound meals 9:30AM—Please call 775-273-2291

All meals include fruit, soup, and dessert to be determined and are subject to change

⁰ Monday	Tuesday	Wednesday	Thursday	Friday
¹ Beef Stew Garden Salad Biscuits Pineapple Upside Down Cake	² Chicken Fajita/ peppers Peas & carrots Oatmeal Cookies	³ Corn Potato Chowder Ham cheese Sandwich Brownies	⁴ <i>Chicken Tenders</i> <i>Tator Tots</i> <i>Tapioca Pudding</i>	⁵ <i>Breaded Cod</i> <i>Fish</i> <i>Rice Pilaf</i> <i>Pumpkin Cook- ies</i>
⁸ <i>Turkey Bean</i> <i>Soup</i> <i>Spanish Omelet</i> <i>Rice Krispy Treats</i>	⁹ <i>Mexican Meatballs</i> <i>Spanish Rice</i> <i>White Cake</i>	¹⁰ <i>Chicken Caccia- tore</i> <i>Dinner Rolls</i> <i>Orange Pudding</i>	¹¹ <i>Beef Patty</i> <i>Onion Rings</i> <i>Cookie</i>	¹² <i>Tuna salad</i> <i>Chips</i> <i>Jello</i>
¹⁵ <i>Lemon Bakes</i> <i>Fish Flounder</i> <i>Brown Rice</i> <i>Cookies</i>	¹⁶ <i>Chicken Broccoli</i> <i>Rice</i> <i>Bran muffin</i> <i>Classic cherry De- light</i>	¹⁷ <i>Swiss Steak</i> <i>Bread</i> <i>Vanilla Pudding</i>	¹⁸ <i>Black Bean Soup</i> <i>Garden Salad</i> <i>Pumpkin Dream</i> <i>Bars</i>	¹⁹ <i>Chilaquiles</i> <i>Verdes</i> <i>Scrambled</i> <i>Eggs</i> <i>Refried Beans</i>
²² <i>Chinese Stir Fry</i> <i>Veggies</i> <i>Hay Stack Cook- ies</i>	²³ <i>Egg Salad Sand- wich</i> <i>Bean Salad</i> <i>Pineapple Juice</i> <i>Cake</i>	²⁴ <i>Turkey Dinner</i> <i>Green Bean Cas- serole</i> <i>Mashed Potatoes</i>	²⁵ HOLIDAY	²⁶ HOLIDAY
Lunch	Served	11:15 - 12:15	MON-FRI	

Dates to Remember in NOVEMBER

1st	Lovelock Community Food Bank (seniors only) @ 9:30 am– 10:00 am sharp and Fresh Produce.
2nd	Election Day-Spaghetti Feed @ Catholic Hall 5:00– 7:00 pm \$6
7th	Daylight Saving Time ends.
7th	Susan G Donahue Graveside Services @ 11:00 am Lovelock Paiute Indian Cemetery. A memorial dinner to be held at the LPT colony gym.
11th	Veterans Day.
16th 17th	Jason Casey Medicaid Senior services.
25th	Thanksgiving.

Pershing County Senior Center
PO Box 838
Lovelock, NV 89419



Covid booster shots are now available at the Health Nurse office. Call them at 775-273-2041 to make a appointment.

