



May 2022

MEMORIAL DAY



Happy Mother's Day !



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.



Of all the gifts
that life has
to offer, a
loving
mother
is the greatest
of them all

Memorial Day is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women who have died in military service for the United States. Many people visit cemeteries and memorials on Memorial Day and it is traditionally seen as the start of the summer season.

Mothers are like glue. Even when you can't see them, they're still holding the family together." —Susan Gale "My Mother: She is beautiful, softened at the edges and tempered with a spine of steel. I want to grow old and be like her." —Jodi Picoult "Mother is the name for God in the lips and hearts of little children." —William Makepeace Thackeray



VAN SCHEDULE

May

Fallon	Thursday	12th
Reno	Thursday	26th

As always our out of town van leaves the center at 7:30 AM, and we need to leave the destination city by 2 PM, so plan your appointments accordingly. For more information about scheduling and fees please give us a call at 775-273-2291.

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!



Senior Center Happenings

An introduction of the Senior Center employees is in order.

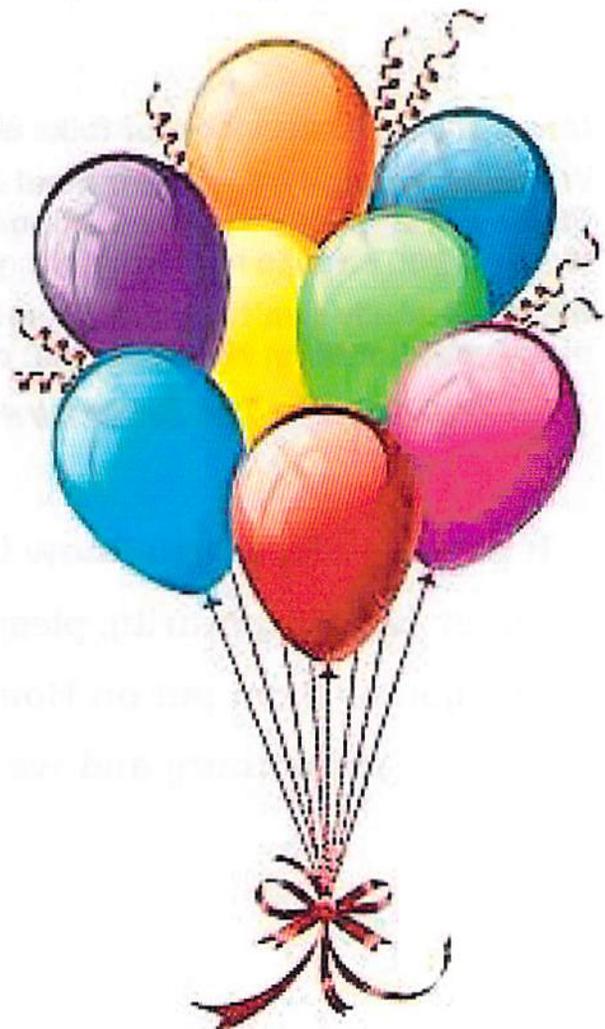
Giana Gonzalez is our Homebound driver where she delivers a hot lunch to our homebound Seniors on a daily basis. Giana is also our in house scheduler for our volunteers and keeps track of their work times/days so we know we are covered for help on the floor. She also is our Administrative person where she keeps our bills moving toward payment. A big job.

Maria Jimenez and Alicia Rivas are the two cooks that prepare all of our meals, soups and deserts as well as plan the menu for each month. They do a superb job.

Erika Castillo is our bus/van driver where she picks up and delivers our seniors for lunch and out of town shopping.

We are very fortunate to have Mary Jo Zyski as our most capable, caring and experienced Senior Center volunteer. We would be lost without her. We have a very good volunteer staff to meet your needs in the dinning room and again thank you all for a job well done.

We are in need of more volunteers for serving lunch meals. We also need a Relief Driver to fill in when needed to drive the bus or van.





Upcoming

May Birthdays

2nd

1st Sharon Montes

4th Jim Rowe

6th Kimberly Tullock

9th Mark Duby

15th Pamela Pedrini

17th Jeanne Anderson

23rd Jonith Journey

24th Socorro Gonzalez

26th Shelly Patrick



HAPPY BIRTHDAY!



OUR VOLUNTEERS

Sara Gomez

Debbie King

Lila Rodriguez

Matt Rose

Janice Rutherford

Kory Snodgrass



**WE REALLY COULD USE
MORE VOLUNTEERS**

Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.

But a healthy breakfast high in fiber and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

A whole grain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty and healthier breakfast.

Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Getting your 5 A day is easier than it sounds. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

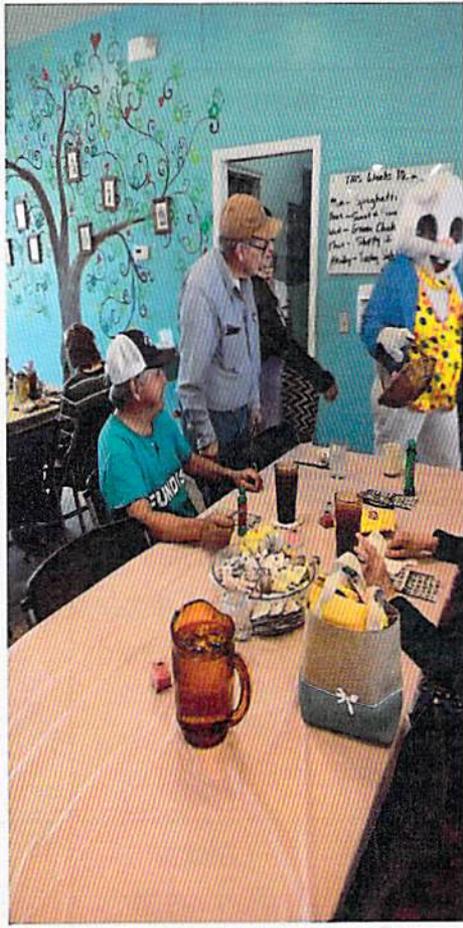
A portion of fresh, canned or frozen fruit and vegetables is 80g. A portion of dried fruit (which should be kept to mealtimes) is 30g.

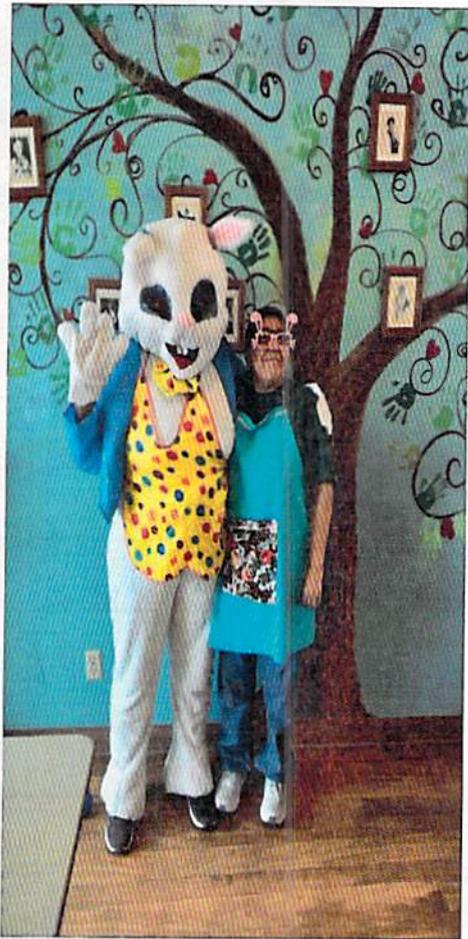
May ZUZZ Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Burger Peaches Pickled Beets Dessert Soup	3 Baked Pork Cutlets Fruit Cocktail Spinach Dessert Soup 81	4 Artichoke Chicken w/Mushroom Green Beans Dessert Soup	5 Fish Taco Bean Salad Spanish Rice Dessert Soup	6 Hot Beef Sandwich Mixed Veggies Mashed Potatoes Soup
3 Baked Potato Ham, Bacon & Cheese Pears Chili Beans Soup	10 Beef Stir Fry Mandarin Oranges Beets Steamed Rice Dessert Soup	11 Meatloaf Peaches Peas & Carrots Mashed Potato Dessert Soup	12 Chicken Broccoli Rice Casserole Fruit Cocktail Broccoli Rice Dessert	13 Chicken Salad Sandwich Applesauce 3 Bean Salad Dessert Soup
16 Mac & Cheese Peaches Spinach French Baked Potato Dessert Soup 62	17 Sheppard's Pie Banana Green Salad Muffin Dessert Soup 29	18 Chicken Parmesan Green Beans Noodles Dessert Soup	19 Roast Beef Fruit Cocktail Pasta Salad Ranch Beans Dessert Soup	20 Baked Cod Orange Green Salad Broccoli Stuffed Potato Dessert/Soup 10
13 Chili Dog Pears Green Salad Dessert Soup	24 Chicken Pot Pie Biscuit Top Green Salad Dessert Soup 83	25 Chicken Fajita Peaches Mexican Corn Ranch Beans Dessert Soup	26 Chicken Nuggets Apricots Beets Potato Salad Dessert Soup	27 Breakfast Sandwich Sausage/Egg Hash Browns Juice
10 HOLIDAY	31 Tuna Salad Sandwich Apricots Coleslaw Potato Chips	All of our lunch meals include Soup of the Day and a Dessert		





Dates to Remember in May

1st	
	Lovelock Community Food Bank (seniors only) @ 9:30am—10:00am Shard and fresh produce. We are offering rides to the food bank for more information please give us a call 775-273-2291.
8th	Happy Mothers Day
9th	Medicare at the Senior Center
12th	FALLON Trip the bus leaves at 7:30am.
12th	Catholic Charities at the Senior Center
26th	RENO Trip the bus leaves at 7:30am.
27th	Breakfast 7:30am to 9:00am.
30th	Memorial Day

If You Know of anyone in need for Alzheimers or Dementia services. Mia Thompson from AlzheimerSupport.com is providing Pershing County with free search tool and database of Alzheimers care facilities. Families in need of care for their loved ones she can help you locate licensed care homes and communities in the Pershing area. Her email is mia@alzheimersupport.com

Pershing County Senior Center
PO Box 838
Lovelock, NV 89419

Nevada Legal Services will be visiting our Pershing County Senior Center to provide free legal consultations to our Seniors.

Coming dates are:

May 3, July 5, September 6 and November 1, 2022. Call Alba Contreras to schedule a time at 775-284-3491 x233

