



August 2022 Newsletter

August 21st is National Senior Citizens Day!

Senior Citizens Day is held annually on August 21st, which is a day to recognize the contributions older people who have made and continue to make to our society.



PERSHING COUNTY SENIOR CENTER

SENIOR CENTER STAFF
Director: Christina Larsen
Admin Clerk: Serafina Gomez
Cooks: Carmen Jimenez & Jamie Meisner
Community Health Workers (CHW):
Ericka, Janice, Kori, & Mary Jo

630 Western Ave.
P.O. Box 838
Lovelock, NV 89419
P: [\(775\) 273-2291](tel:775-273-2291)
F: [\(775\) 273-5023](tel:775-273-5023)

SENIOR ADVISORY BOARD MEMBERS
Virginia Rose, Chair
Tami Belcher, Vice Chair
Susie Bendure
Jeanne Munk
Leandra Woods

“We are here for you”



Join us for a Fundraiser



Got anything you want to donate or find any good treasures? Your in luck. On August 20th we are putting together a fundraiser for our transportation fund here at the Senior Center. Anything you donate and we sale will go towards our Transportation fund. I will also have Nicole Reitz cooking up some pancakes because who doesn't love some good pancakes.

Any donations you have can be dropped off to the center on 8/19/2022 to be sold on 8/20/2022 7:00am-11:00am.



Transportation Schedule

THURSDAY, August 11th FALLON TRIP

THURSDAY, August 25th RENO TRIP

Transportation Trips to Fallon will be on the 2nd Thursday of the Month

Trips to Reno will be on the 4th Thursday of the Month

This regular schedule should make it easier for you to schedule appointments.

The out-of-town van leaves at 7:30 a.m. and needs to leave the destination city by 2 p.m.

For more information about scheduling and fees, give us a call at 775.273.2291.

HOMEBOUND

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



Burning Man is back!

Burning Man 2022

I am so excited to announce that we are indeed going to burning man this year.

Burning Man is on 8/31/2022 .We will leave at 6:30PM.We will return after 12:00am. I will have a sign up sheet at the front desk. If you have not gone in the past years I would love to get you at the top of the list to join me on this fun experience. I myself have not gone so I am excited to go and have a lot of fun. Like the past years, I will have limited tickets available so lets get signed up and have a great time.



I will have more info as
it comes in.



August Birthdays!



Angie Pommerening 2nd

Bob Walker 21st

JoAnn Brown 4th **Serafina Gomez 2nd** **Jose Valterra 25th**

Devoy Munk 8th

Dolores Hostman 28th

Barry Davis 22nd

Veeta Raso 18th

Al Rossoll 29th





Happy Senior Citizen
Day!

August 21st is Senior Citizens Day. We will be celebrating here at the Center on August 19th. We will have drawings, tasty food, and don't forget about the BINGO.



**We had a great 4th of July!
We missed the ones that
weren't there.**



Paint & Sip!

On July 14th we had Fernley Estates here at the center. They put on a Paint & Sip activity. It turned out so great and everyone enjoyed it.

Here are some pictures that I want to share. Thank you to everyone for coming out and joining in on the fun. I hope to do this again soon.



Virginia City was a great time.
Here are a couple pictures
when they went back in July.

***I had some requests to have another Virginia
City trip.**

I have one planned for 8/17/2022*



Helpful information



HHS IEA

Office of Intergovernmental and External Affairs

The U.S. is getting close to the July 16 transition to 988 – the easy-to-remember number to reach the existing National Suicide Prevention Lifeline. This transition is an important step to strengthening and transforming the crisis care continuum in the U.S.

To help our partners communicate about 988, SAMHSA has added downloadable print files for wallet cards, magnets, and posters to its 988 Partner Toolkit. The toolkit already includes logo and brand guidelines, key messages, frequently asked questions, fact sheets (English and Spanish), radio PSA scripts (English and Spanish), and more. SAMHSA is also working to make the print materials available for ordering from the SAMHSA store and will be adding social media shareables by mid-July about the basics of 988.

SAMHSA anticipates 988 will continue to grow and evolve over the years. In 2021, the Lifeline received 3.6 million calls, chats, and texts. That number is expected to at least double within the first full year after the 988 transition.

SAMHSA continues to hold convenings with state, territorial, and tribal leaders – as well as crisis contact centers, public safety answering points, and behavioral health providers – to prepare for 988. One of the most urgent needs involves staffing at crisis centers.



August Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Tater Tot Casserole Green Salad Fruit Cocktail	2 Sloppy Joes Carrots Pears Chips	3 Tuna Casserole Fruit salad Peaches Texas toast	4 Chicken Pot Pie Green Salad Mandarin Oranges Biscuits	5 Turkey Sandwich on Wheat Pickles Cantaloupe
8 Meat loaf Mash Potatoes Apricots French Bread	9 Fish Tacos Corn Pears Black Beans	10 Beef Stroganoff Peas Apricots Breadsticks	11 Pork Fried Rice Fruit Salad Peas & Carrots Egg Roll	12 Parmesan Chicken Green Beans Mandarin Oranges Rice
15 Chicken Fried Steak Carrots Oranges Au Gratin Potatoes	16 Baked Cod Peas Pears Baked Potato	17 French Dip Sandwich Broccoli Peaches Chips BIRTHDAY CAKE 	18 Italian Sausage Cantaloupe Beets Salad Rice	19 Cheese Burger on Wheat Buns Macaroni Salad French Fries Happy Senior Citizens Day On 8/21/22.
22 Pork Chops Asparagus Apple Sauce Rice Pilaf	23 Chicken Fettuccini Peas & Carrots Peaches Garlic Bread	24 Pulled Pork Sliders Cole Slaw Mandarin Oranges Chips	25 Green Enchiladas Mexi Corn Fruit Cocktail Rice & Beans	26 Breakfast ! Biscuits & Gravy Fruit Cocktail Yogurt w/ Berries 
29 Teriyaki Burger Green Salad Pears Tater Tots	30 Shepherds Pie Apricots Peas & Carrots Mashed Potatoes	31 Chicken Salad Sandwich on Wheat Bread Yogurt w/ Fruit Green Salad French Fries 	Daily Meals include Soup of the day with beans and /or vegetables as needed All meals include a dessert	

Things coming up this month

Fallon trip 8/11/2022

Virginia City 8/17/2022

Reno trip 8/25/2022

Burning Man 8/31/2022