

# Senior Day Program

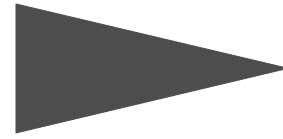
*“A New Perspective in Respite”*

## Caregiver Respite Relief Program and the Surprising Benefits of an Adult Day Program for Seniors

Caring for yourself is one of the most important things you can do as a caregiver. Our caregiver Respite Senior Day Program provides you with temporary relief so you can rest, recharge and refresh. The program provides a safe, secure environment in which to spend part of the day. We have a nurturing staff dedicated to providing stimulating activities which help older adults continue to find joy and meaning in their lives.

### Why Should I Join?

Today seniors are staying much more active and healthier longer, thanks to improvements in healthcare and more available information.



*Ageless Inspirations  
Grow Naturally  
Learn Naturally*

*Ageless Inspiration can be a valuable solution for both the caregiver and seniors.*

### **RESPITE SENIOR DAY PROGRAM HOURS**

Mon, Wed, & Fri.  
10:30 a.m.-12:30 p.m.

*The program will be providing a nutritional meal.*

### **CONTACT**

Deborah Ayler  
Senior Day Center  
Project Coordinator  
Phone: 702-346-5290 ext. 4105  
Email: [www.daylermesquitenv.gov](http://www.daylermesquitenv.gov)



## SENIOR SERVICES DIVISION

### Hours of Operations

Monday-Thursday  
8 a.m.-3:30 p.m.

Friday  
8 a.m.-2:00 p.m.

### Senior Center

102 W. Old Mill Road  
Mesquite Nevada 89027  
702-346-5290



## Mission Statement

*The Senior Day Program is to provide a safe and caring environment in improving the quality of life for the needs of the growing population of older adults with dignity, independence and joy.*

## The Program

*Through our program, we create an environment where our participants socialize, participate in activities, and are introduced to physical fitness to help them improve or maintain their level of functioning; while providing family caregivers some relief.*

## The Surprising Benefits of a Senior Day Program

There are many advantages to growing older and many reasons why seniors today are thriving more than ever. Increased wisdom, life satisfaction, and the accomplishment of milestones, however many people don't factor in isolation and loneliness that can also come with aging.

Seniors often find themselves spending too many hours at home without any company. Many people think that a senior day program is a way to keep the seniors busy or entertained. It's so much more than that. Seniors with different levels of cognition can benefit from this program.

## How Seniors Can Benefit

**Sun downing**  
engaging in activities.

**Loneliness**  
social pastime activities.

**Social interaction**  
social active life, which improves, physical, mental and emotional health.

**Depression**  
socialization reduces the likelihood that seniors will experience depression that can be caused by isolation and loneliness.

**Physically activate**  
gentle exercises.

**Eating healthy**  
fiber rich food such as fruit and vegetables are a must for the elderly.

**Stress**  
older adults who are socially active handle stress better.

**Self-esteem**  
socialization reduces levels of anxiety as well. Longer lifespan levels of socialization can increase longevity.



## Importance of the Caregiver

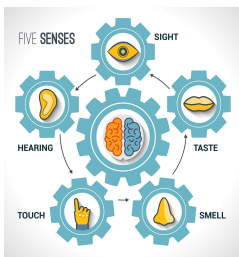
Our Respite Day Program provides caregivers a time to relax and recharge. This is vital for the caregivers to have a peace of mind that someone they care for is being watched and having fun.

Many families and caregivers spend so much time and energy providing for their loved one's needs that they neglect their own needs for social engagement, withdrawing from other family members or even having friends over.

So, let's have you step out of your role and let us enjoy your loved one.



## A "Win-Win" for Caregivers and Their Loved Ones



### 7 Benefits of Respite Senior Day Program to Caregivers

#### Renewal and Relaxation

Walking or doing whatever brings joy can calm you

#### Energy

Take time re-energize

#### Space

Getting away from the caregiving for just a few hours can help you relax.

#### Pleasure

As a caregiver, remember that you have the right to enjoy life.

#### Identity

You must be purposeful in maintaining your sense of self.  
You are important too!

#### Perspective

Time away from caregiving allows you to see more clearly and keep things in proper perspective.

#### Engagement

Social isolation can be a huge problem for caregivers.  
It's Important to take time to engage with family and friends.



## SENIOR SURPRISE Engaging Friendly Activities For Seniors That They Will Love

- Sensory experiences
- Crafts
- Balloon games
- Quizzes
- Sing-alongs
- Puzzles
- Table and floor games
- Roll a Topic with dice
- Chair bingo

## Activities to Make SENIORS LAUGH

A sense of humor is a quality well worth having. There are so many proven benefits of laughter.

- Reduces tension
- Builds trust
- Removes barriers between people
- Improves memory
- Improves alertness and creativity
- Singing happy music
- Play fun group games
- Create a laughing basket
- On cue dancing
- Themed days

## Gentle Daily Living Exercises

Our unique 20 minute exercise program focuses on a blend of elements of non-impact aerobics, resistance training, core conditioning, Qigong, and guided relaxation all done while sitting in a chair. You'll become more capable while revitalizing your body, mind and spirit.

Everyone is welcome, including those who need a cane, walker or wheelchair. Don't be held back by your inhibitions! A chair is used for seating and/or standing support and is safe, heart-healthy and gentle on the joints. Instructor: Jo Anne Smith

## Benefits of Exercise for Seniors and Aging Adults

Older adults are at a higher risks of falls, which can prove to be potentially disastrous for maintain independence.

Exercise improves strength and flexibility, which also help improve balance and coordination, reducing risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is critical.

Improved mental health leaves you feeling happy and been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns.



## MESQUITE TELEPHONE REASSURANCE PROGRAM

The Telephone Reassurance Program is supported by volunteers and staff of the Mesquite Senior Center.

This program provides a daily friendly telephone call to an older adult who is living alone and/or homebound. It gives them a sense of security and peace of mind. It's also a way to ensure your loved ones are doing well when home alone.

Contact the Mesquite Senior Center if you would like to be part of this wonderful program.

# PROGRAM SCHEDULE

OCTOBER 2022

MONDAY	WEDNESDAY	FRIDAY
<b>3</b>	<b>5</b>	<b>7</b>
10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Trivia 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Bingo 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:00 a.m. Beach Ball exercise 11:00 a.m.-12:00 p.m. Memory Games 12:00 p.m.-12:30 p.m. Lunch
<b>10</b>	<b>12</b>	<b>14</b>
10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Music (sing-a-long) 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Paint by Number 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:00 a.m. Gentle exercise 11:30 a.m.-12:00 p.m. Boon-doggle 12:00 p.m.-12:30 p.m. Lunch
<b>17</b>	<b>19</b>	<b>21</b>
10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Puzzle 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. The Dots and Box game 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:30 a.m. Simon Says 11:30 a.m.-12:00 p.m. Tic Tac Toe 12:00 p.m.-12:30 p.m. Lunch
<b>24</b>	<b>26</b>	<b>28</b>
10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Puzzle 12:00 p.m.-12:30 p.m. Lunch	10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. The Dots and Box game 12:00 p.m.-12:30 p.m. Lunch	<b>CLOSED</b> "Nevada Day"
<b>31</b>		
10:30 a.m.-11:00 a.m. Gentle exercise 11:00 a.m.-12:00 p.m. Puzzle 12:00 p.m.-12:30 p.m. Lunch		

**OCTOBER 2022**

**MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Sloppy Joe Peas & Carrots Spinach w/Italian Dressing Apple Crisp	Chef's Salad Beets Cottage Cheese Pineapple WW Roll	Beef Stroganoff Egg Noodles Salad w/Chickpeas Baby Carrots Garlic Bread Peaches	Pork Chop Sweet Potatoes Green Beans Salad w/French WW Roll Banana	Breaded Pollock French Fries Coleslaw Three Bean Salad Pineapple
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Pulled Pork on WW Bun Cole Slaw Baked Beans Spiced Apples	Lemon Baked Fish Wheat Bread Peas Brown Rice Salad w/Italian Dressing Grapes	Mississippi Mud Roast Garlic Mashed Potatoes Carrots Broccoli WW Roll Ambrosia Salad	Chicken Cacciatore Baked Squash Mixed Greens w/Italian Dressing Peanut Butter Cookie	Chicken Fried Steak Mashed Potatoes California Vegetables Corn Peaches
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Mac & Cheese Sliced Ham Broccoli Carrots Pears	BBQ Chicken Squash Cucumbers & Sour Cream Biscuit & Honey Fruit	Swiss Steak Baked Potatoes Sour Cream w/Chives WW Roll Applesauce	Breaded Pollock French Fries Coleslaw Three Beans Salad Pineapple	Meatloaf Mashed Potatoes Peas & Carrots Cauliflower WW Roll Peaches
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Stuffed Bell Peppers Mashed Potatoes Key Largo Vegetables Garlic Bread Pears	Potato Corn Chowder Grilled Cheese Orange Spinach Salad Topical Fruit	Pork Roast w/Gravy Roasted Red Potatoes California Vegetables Peas Peaches	Herb Baked Chicken Mashed Sweet Potatoes Herb Vegetables WW Bread Spiced Applesauce	<b>CLOSED</b> <b>"Nevada Day"</b>
<b>31</b>				
Rapunzels Alfredo Noodles Cinderella's Magic Pumpkin Oranges Urselas Tentacle Breadsticks Enchanted Forest Broccoli Dalmation Cake				
<p><b>NUTRITION PROGRAM</b>  <b>Lunch is served from 11 a.m.-12:30 p.m.</b>                      • Monday through Friday (except holidays)                      • A \$4.50 meal donation is suggested for 60 years and older (As of Oct. 1).                      • \$6.00 meal fee for 59 and under (As of Oct. 1)                      • To inquire about Homebound delivery call 346-5290.  <b>Please Note: Menu is subject to change without notice.</b></p>			<p><b>Available</b>                      Milk included with meal. You may substitute milk for any other drink. Any additional serving is .50¢.  <b>Food Allergy Notice</b>                      Food items may contain these or other allergy causing ingredients: Nuts, Milk, Eggs, Wheat, Soybeans, Peanuts, Fish, and Shellfish</p>	

Please join us for the annual  
City of Mesquite Complimentary

# Community Thanksgiving Dinner

Wednesday, November 23, 2022

**Drive-Thru (Curb-side)**  
10:00 a.m. to 10:45 a.m.

**Dine-In & To-Go Meals**  
11 a.m. to 3 p.m.

Mesquite Senior Center, 102 W. Old Mill Rd.

Thanksgiving is a time for people to gather in unity, count blessings, and express gratitude for health and family. In this spirit, the City of Mesquite extends an invitation to all the residents of Mesquite, Bunkerville and the surrounding areas to come share a complimentary Thanksgiving meal on Wednesday, Nov. 23 from 11 a.m. to 3 p.m. For more information contact the Mesquite Senior Center at 702.346.5290.



## Important Phone Numbers

### **Clark County Family Services Department**

701 N. Pecos Rd, Las Vegas, NV 89101  
(702)455-5444

### **Elder Protection Services**

#### **(Las Vegas Regional Office)**

1860 E. Sahara Avenue, Las Vegas, NV 89104  
(702) 486-6930  
Statewide (Toll Free): (888) 729-0571

### **Mesquite Community & Senior Center**

102 W. Old Mill Road, Mesquite, NV 89027  
(702)346-5290

### **Mesquite Fire and Rescue**

3 John Deere Road, Mesquite, NV 89027  
(702)346-2690

### **Mesquite Library(Las Vegas-Clark County)**

160 W. 1st N. St, Mesquite, NV 89027  
(702)507-4481

### **Mesquite Police Department**

695 Mayan Cir, Mesquite, NV 89027  
(702)346-5262/(702)346-6911

### **Mesquite Veterans Center**

840 Hafen Lane, Mesquite, NV 89027  
(702)346-2735

### **Nevada Senior Services/Care Connection**

#### **Resource Center**

901 N. Jones Blvd, Las Vegas, NV 89108  
[www.NevadaSeniorServices.org](http://www.NevadaSeniorServices.org)  
(Toll Free)1-844-850-5113

Programs and supportive services for older adults, individuals with disabilities, and caregivers.

### **Silver Rider(Transit line)**

797 Hardy Way, Mesquite, NV 89027  
(702)346-7006

