



Center News
Funded in part by grants from Aging
and Disability Service Division for the
State of Nevada

**January
2018**

A large, celebratory graphic for the New Year. The year '2018' is written in a very large, bold, black sans-serif font. Below it, the words 'HAPPY NEW YEAR' are written in a smaller, black, all-caps sans-serif font. The entire text is centered and surrounded by a burst of colorful confetti (small squares in blue, yellow, pink, and orange) and black starburst lines radiating outwards.

**The goal of the Pershing County Senior Center is to offer
congregate and homebound meals as well as transportation
and social activities to maintain and improve the quality of life
for older adults in Pershing County.**



Center News



Terms, conditions and fee schedule available at the Center or at

www.pershingcounty.net

On the Senior Center page.

Van leaves the Center at 7:30AM and arrives in Reno by 10:30 AM and leaves by 2PM so please schedule appointments within those parameters.

For local rides please call before 10 AM for 10:30 AM to 1 PM pickup.

Van Schedule

January

Fallon	Wednesday	10
Reno	Tuesday	23

February

Fallon	Wednesday	14
Reno	Tuesday	27

See van driver for copy of our brochure

REMINDER:

We are happy to provide transportation, but we have a limited amount of time for daily trips. Please arrange your travel so that we will be able to pick you up no earlier than 10:30 AM, and will be able to have the van back at the Center by 2:30PM. *Rides should be scheduled by 10 AM the day of travel for local trips.*

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.

If you would like to ride the bus to any destination please call the Center- 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. 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.

ADRC

Sherrie Herringshaw, Resource Specialist with the Churchill County Aging and Disability Resource Center will no longer be coming to the Pershing County Senior Center for monthly visits. She is still able to help out our local seniors, but as of now, will only be able to do so over the phone, and on occasion, she will come for a visit. so if you would like to talk to her, please call her at 775-423-7096. Thank you for your understanding.



SENIOR OF THE MONTH WILL CONTINUE IN FEBRUARY– We have a very important topic to cover this month– illness and getting well. As we all know, there is some really cruddy illnesses going around our community right now. There are multiple things we can do to prevent (as best as we can) ourselves from getting sick.

With more colds and flu around, and more people spending time together indoors, it's more likely that you'll get sick, too. It's not inevitable, though. Thankfully there are a number of things you can do to help ward off those annoying infections:

1) Get enough sleep

That means at least 7 hours a night. Whether you stay up all night one night, or just consistently don't get enough sleep (even just a few days in a row), sleep deprivation puts a serious damper on your immune system's ability to fight off infection.

2) Eat well

Don't skip breakfast, and make sure to get three solid meals in every day. Each meal should contain a carbohydrate, a protein source, and a fruit or vegetable, and it's best to eat your biggest meals earlier in the day. Don't go too long without eating (to the point where you feel weak or shaky), as your body will perceive it as a stress. Avoid sugary foods and drinks, as sugar has been shown to literally slow your immune cells down.

3) Exercise regularly

Exercise, even just going for a walk, pumps your circulation around your body and boosts your immune function. Just don't go all out if your body hasn't exercised in a while, as your body also can perceive that as a stress that weakens your immune system. If you're feeling tired and run down, don't push yourself too hard.

4) Wash your hands

Do this before eating, especially. Be careful throughout the day to avoid touching your mouth, nose or eyes with your hands, as this is how bugs (viruses and bacteria) get into your body. This is one of the key ways that I protect myself at the virus-laden clinic. As a rule, I never eat anything without washing my hands first, and always wash my hands first thing when I get home after being out and about.



(Cont. from page 3)

5) Reduce stress

When you're tense and harried, your body pumps out stress hormones which weaken your immune system's ability to respond to invaders. Slow down and take measures to back off if you feel your stress levels careening out of control. If your life is really busy, be sure to regularly allow for down time to rest. I'm a big fan of taking a Sabbath day once a week, to rest and recover from the previous week and get ready for the next.

6) Have fun

Laughter and positive social interaction are both great for your immune system. Spend time with people you love and people that make you laugh. Play and have fun, remember to take time to enjoy the life and people you've been blessed with.

7) Stay warm

You need to bundle up if it's cold out. Research has shown that warmer body temperatures can prevent the spread of the common cold virus. I've certainly had the experience of "catching a chill" by being under-dressed in cold weather, and falling deathly ill shortly after. I won't make that mistake again. I often carry a scarf or shawl in my bag this time of year, in case the temperature drops unexpectedly.

Finally, if you do get sick, see your doctor if that cold isn't going away.

No one likes to get sick, and you're really not as helpless as you might feel among the coughing, sneezing masses.

If you or anyone you know is in need of homebound meals, whether long term or just temporarily (whether it's 1 day, 10 days or 4 months), 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!



January Birthdays

2	Earl Allen	20	Mary Jo Zyski
3	Agnes Ragan	24	Arturo Villezcas
3	David Kiel	25	Kathy Olsen
3	Jack Cooney	26	Dennis Murphy
4	Carolyn Schneider	26	Juanita Wilcox
6	Judy Osmun	27	Carol Reid
8	Janet Blethen	30	Bobra Morrison
10	Bruce Luke	31	Patricia Wright
10	Dena Austin	31	Sherman Todd
13	Rosaline Mateas		
14	Max Hockemier		
15	Anita Fisk		
16	Jeanne Munk		
17	Bonnie Stockman		
20	Karen Dickerman		



Drucella McKinnon, John Shields, and Maxine Grosio all celebrated their December birthdays with the Center!

Note: If you prefer not to have us remember your Birthday. Please tell us.



How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea.

It's important to note that not everyone with flu will have a fever.

What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious flu-related complications (including people 65 and older). This is true both for seasonal flu and novel flu virus infections. If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

What are the emergency warning signs of flu sickness?

Difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting.

Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, travel, shopping, and public gatherings **INCLUDING THE SENIOR CENTER- PLEASE!** If you are sick and cannot come to the Center, please call and we will provide you with a homebound meal until you are well enough to come back to the Center.

What should I do while I'm sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.

January 2018 Menu

Menu subject to change Cut off for start or stop homebound meals 9:30AM

Monday		Tuesday		Wednesday		Thursday		Friday			
1	HAPPY NEW YEAR! CENTER CLOSED	2	Shepherds Pie Spinach Salad Cinnamon Applesauce Bread and Butter Oatmeal Raisin Cookie #29	3	Cheesy Braut Stew Green Salad Mandarins Breadstick Impossible Coconut Pie	4	Mushroom Burger Mixed Fruit Onion Rings Jello with Fruit	5	Chicken and Noodles Peas Pineapple Cornbread Fudge filled Walnut Bars		
8	Patty Melt Cream Corn Tropical Fruit Potato Wedges Apple Crisp	9	Turkey Chili Salad Peaches W/W Crackers Bread Pudding #77	10	Bacon Tomato Pasta Broccoli Apricots Garlic Bread Ice Cream	11	Sweet and Sour Chicken Peas and Carrots Pears Steamed Rice Spice Cake #11	12	Fish Sandwich Coleslaw Fruit Quarters Potato Chips Chocolate Chip Cookie		
15	HAPPY MARTIN LUTHER KING JR. DAY! CENTER CLOSED	16	Meat Lovers Pizza Salad Banana 3X Chocolate Pudding Cake	17	Southwest BBQ Chicken Burger Carrots Pineapple Baked Beans Rice Krispy Treat #137	18	Roast Pork Dinner Italian Blend Applesauce Scalloped Potatoes Black Forest Cake	19	Chili Dogs Salad Mandarins French Fries Ranger Cookie		
22	Swiss Glazed Chicken Peaches Steamed Rice No Bake Peanut Butter Bars	23	Spaghetti Green Salad Apricot French Bread Rice Pudding #39	24	Holiday Sub and Tomato Soup Pears Chips Frosted Brownie #111	25	Chicken Stew with Elbow Mac Green Salad Mixed Fruit Biscuit with Honey Butter Strawberry Churro	26	BREAKFAST Corned Beef Hash Eggs Oranges Toast and Jelly Juice		
29	Meat Loaf Green Beans Mandarins Baked Potato Graham Crackers with Chocolate Pudding	30	Beef Tacos Mexicali Corn Pineapple Ranch Beans Mexican Wedding Cookie	31	Stuffed Baked Potato Salad Applesauce Breadstick Banana Split Cake						

Dates to Remember in January

8	Food Bank 9:30 Center Parking Lot
10	Trip to Fallon
15	CENTER CLOSED- HAPPY MARTIN LUTHER KING JR DAY!
23	Trip to Reno
18	Birthday Celebration at Center
26	Breakfast at the Center- 7:00-9:00 am

Pershing Co Senior Center
PO Box 838
Lovelock, NV 89419

