



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

June 2018



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

June

Fallon	Wednesday	13
Reno	Tuesday	26

July

Fallon	Wednesday	11
Reno	Tuesday	24

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, is going to the Community Center for appointments. so if you would like to make an appointment with her, please call her at 775-423-7096. Thank you for your understanding.



Seniors of the Month: DEBBIE AND FRED KING



Debbie King was born on June 28th, 1951 to Tom and Jackie Hildenbrand. She is the oldest of 3 siblings.

Fred was born on April 20, 1947 to Opal Minor. He is the 3 of 7 siblings.

They met in 1965 right here in their hometown of Lovelock. They hit it off but then Fred moved to California. They still communicated and he would still come visit the love of this life and then in 1969 they got married in Sparks, NV. Right after they got married they moved to Southern California where they would start a family. They have 2 kids, the oldest, a son, Jeff who is 47 and their daughter, Kristal is 45.

Throughout the years they have raised 4 grandkids and are now raising their great-grandson, London.

They lived in California for 48 years, where Debbie taught Pre-K and Fred was an Optical Engineer for space optics and then his 2nd career he delivered and maintained the kiddie rides you see at grocery stores.

Last summer they came back to Lovelock for the 100 Year Anniversary and Debbie decided she wanted to move back to their home town because it felt good being home. They heard that 2 people were retiring and moving out of town, in the house right next door to where Debbie grew up, so she went and knocked on the door. They bought the house and the rest is history.

On December 7th, 2017, Fred retired and a few weeks later, on December 21st, 2017, Debbie retired and they moved back to Lovelock with their great-grandson. They love being home.

Debbie volunteers at the Pershing County Senior Center 2 (sometimes 3) days a week and is always a friendly face and Fred attends regularly. Their great-grandson London is loving being at the middle school where he attends 6th grade and will be a 7th grader in the fall.



Center News

We have the following trips coming up this summer:

Safe Haven

Aces Game

Virginia City

BURNING MAN

Due to technical difficulties our trips have been rescheduled, so check the announcements for dates and times of these trips! First come first serve, and Burning Man is for those that have never been out to the Playa before. Thank you for your understanding!

We will be having our next AARP Driver Safety Class on June 20th at 2:00 pm. The class is \$15 for AARP Members and \$20 for non-members. The class is 4 hours long and attendees must be present for the whole class. Please sign up with Jordan McKinney or call 273-2291.

The Pershing County Senior Center is in desperate need of more volunteers! We depend on our volunteer force very heavily to provide superior service on a day-to-day basis. We pride ourselves on our well-trained volunteers and friendly and swift meal service. Our volunteers typically work 1 day a week from 10:00 am—1:00 pm. You can choose which day you work. If you are interested in being a volunteer, please call Jordan at 775-273-2291.

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!



June Birthdays

1	Marvin Winap	20	Leonard Costa
2	Frank Cerini	20	Gerald Barrick
6	Sylvia Hamilton	23	Charles Safford
6	Carolyn Hultgren	23	Noreen Borino
7	Barbara Stacey	24	Sandra Myers
8	Paula Vrooman	25	Toni Ransford
8	Richard Sorani	26	Eddie Maynard
8	Bill Drake	26	Bill Lance
8	Margaret McGinty	27	Deanna Patterson
9	Shannon Helms	28	Debbie King
10	John Shank	29	James Safford
10	Yvonne Egerton		
12	Penny Higby		
16	Jack Riehm		
18	Michael Murphy		
19	Tom Bjerke		



Irene Collins, Daniel Shaughnessy and Sharron Montes celebrated their May birthdays with the Center!

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



Well, what beautiful weather we have been having, I think it is going to be a very long and hot summer. Which is good for me, because on hot days I get a 2 for 1— I can send my kids outside to run through the sprinklers which means my grass is getting watered and my kids are outside playing! It is a win-win in my opinion! Anyway, because it is so hot, our congregates have been consuming a lot more iced tea than normal, and it just happens to be “Iced Tea Month,” so I thought I would share some random facts about your favorite beverage (right next to coffee of course.) So....in honor of the most random monthly celebration I have ever heard of, here are some “cool” facts about iced tea:

1. While tea has been sipped hot here in America since Colonial days, nonalcoholic tea wasn't widely consumed on ice until the turn of the 19th century, when entrepreneurs in the northern United States started shipping ice down South and to the Caribbean. As Americans began to take a leading role in the 19th-century global ice trade, the greater availability of ice made iced tea more common.
2. Tea was, however, used as an ingredient in alcoholic punches as far back as the early 1700s, and appears in historic punch recipes like Regent's Punch, which dates to 1815 and includes green tea and the South Asian liquor arrack as well as citrus juice, sugar, champagne, brandy and rum.
3. The origins of early nonalcoholic iced tea recipes can be traced to 1876. A few years after that, sweet tea began to take hold in the South.
4. Iced tea's popularity took off in the early 1900s, after visitors to the 1904 World's Fair in St. Louis embraced it.
5. Prohibition and the increasing availability of home refrigeration (with freezers) in the 1920s and '30s — not to mention the greater affordability of tea itself — sealed the deal: Iced tea was here to stay.
6. Today, iced tea accounts for 84 percent of all the tea consumed in the United States, Danovich relays, citing statistics from the Tea Association of the U.S.A. According to the Tea Association, the ready-to-drink iced tea industry has exploded, with sales 15 times higher than they were only 10 years ago, and is now a \$5.2 billion industry. What's more, millennials have taken to tea in droves: 87 percent of them drink tea.

In other words, iced tea is hot. And there you have it! Happy June and stay cool, both figuratively and literally! !!

June 2018 Menu

Cut off for start or stop homebound meals 9:30AM

775 273 5022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sloppy Joes Baby Carrots Tropical Baked Beans Chocolate Chip Cookie #34
4 Chicken Tenders Beet Salad Pineapple Chunks Potato Wedges Banana Bars #116	5 Beef Tacos Mexicali Corn Diced Pears Ranch Beans Mexican Wedding Cookie #55	6 Turkey Pot Pie Green Salad Mandarins 7 Grain Bread #83	7 Baked Herb Chicken Italian Blend Diced Peaches Rice Pilaf Pineapple Pecan Cake #107	8 Vegetable Beef Soup Tuna Macaroni Salad Mixed Fruit W/W Dinner Roll Jell-O W/ Fruit #19
11 Chicken Fajita Tropical Fruit Refried Beans Rice Flan #17	12 Italian Turkey Burger Spring Mix Salad Watermelon Curly Fries #165	13 Beef Stir Fry Spinach Salad Apricots Steamed Rice Rice Krispy Treat #23	14 Chili Cheese Baked Potato Green Salad Banana Bread Stick Hot Fudge Sundae #37	15 Smokey Chuck Roast Peas and Carrots Fruit Quarters Mashed Potatoes and Gravy Biscuit Texas Sheet Cake
18 Hot Dogs Sauerkraut Mandarins French Fries Pumpkin Pie Cake V-8 Juice	19 Beef Tips Prince Edward Veg. Pear Halves Egg Noodles Scottish Shortbread	20 Chicken Salad on Bed of Lettuce Cottage Cheese Cantaloupe Honeydew w/w Crackers Peach Cobbler	21 Roast Pork Brussels Spiced Applesauce Scalloped Potatoes Pecan Pie Bar	22 Sub Sandwich Baby Carrots Apricot Halves Chips
25 Chicken & Mush- rooms California Blend Peaches Egg Noodles NO Bake Peanut Butter Bars	26 Pulled Pork Sliders Coleslaw Applesauce Onion Rings Oatmeal Raisin Cookie	27 Fruit Plate Cold Cuts Cantaloupe Watermelon Pineapple W/W Crackers Cream Puffs	28 Santa Fe Burger Green Salad Mixed Fruit Chips and Salsa Ranger Cookie	29 BREAKFAST Pancakes and Eggs Link Sausage Prunes Fruit Juice

Dates to Remember in June

4	Food Bank 9:30 Center Parking Lot
13	Trip to Fallon
20	AARP Driver Safety Class– Sign up with Jordan or call 775-273-2291
21	Birthday Celebration at Center
26	Trip to Reno
29	Breakfast at the Center– 7:00-9:00 am

Pershing Co Senior Center
PO Box 838
Lovelock, NV 89419

