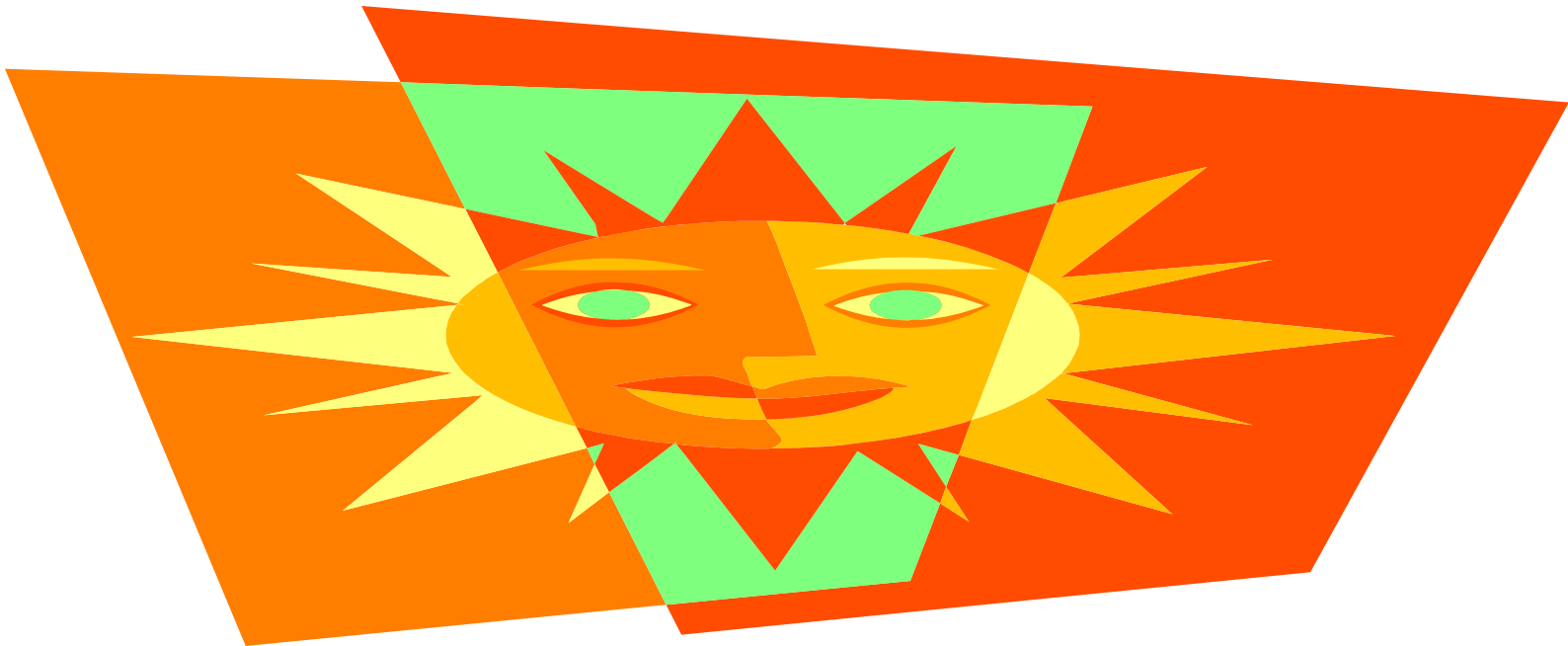


Adult Day Care Center of Las Vegas
901 N. Jones Boulevard
Las Vegas, NV 89108
702.648.3425
Fax: 702.648.1408



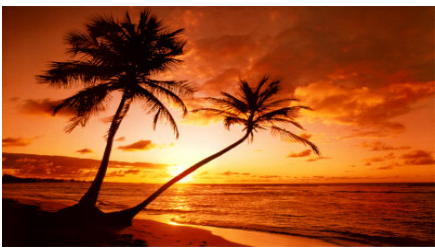
Adult Day Care Center of Henderson
1201 Nevada State Drive
Henderson, NV 89002
702.368.2273
Fax: 702.243.2273



HENDERSON MONTHLY NEWSLETTER ***JUNE 2011***

The Adult Day Care Center of Henderson (ADCCH) is celebrating summer with bright clothes, iced teas and barbeque grilling. Summer is a time to enjoy family and friends, take it easy and relax in the warm sun rays of June. June is National Tea, Safety, and Handshake Month. There's a lot to be said about a good handshake: so shake a hand at our Center and make a friend. Our Henderson Center responds to the important mission of supporting adults of all ages and senior citizens in their efforts to remain independent, with dignity in the community. Our Center will offer an array of activities that all of our participants enjoy, including: A daily exercise program, Tai Chi, Music Therapy, Organic Gardening, Bingo competitions, Arts & Crafts and live entertainment in the afternoons. Please join us for summer fun in the sun as we welcome the month of JUNE.

WWW.ADULTDAYCAREHENDERSON.ORG



HIGHLIGHTS FROM MAY

The excitement of our two May holidays, Cinco de Mayo and Mother's Day, had our Center celebrating. Our fiesta was awesome and our Mother's Day luncheon was just beautiful. We observed huge smiles and laughter during Pet therapy with Jeni Sands and her dogs. It's nice to see our clients having such a good time. Our seniors continue to take morning walks through their beautiful flower garden before it gets too warm. Our view of the mountains takes your breath away in the morning sun. Attention! Cooks, Chefs, Food Enthusiasts! Please submit your recipes. See attached flyer for details.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Centers family in May: Angeline M., Colin O., Dolores G., Leon G., and Roger T.

CLOSURES

There will be no closures in the month of June.

GET PLUGGED IN!

There's an amazing state-of-the-arts *computer lab* here at The Henderson Center, located in the library Quiet Room, next to the Arts & Crafts department. The software and technology suits any and all needs.





EVENTS IN JUNE

We would like everyone to join us for Tai Chi on Tuesdays and Thursdays at 10:00am, and Move & Groove to Drumming Jeff at 2:00pm every Thursday. Caregivers are invited. On June 18th we will be celebrating our fathers with a hand crafted Father's Day gift for each of our participants, as well as a Father's Day hamburger barbeque luncheon. WE WOULD LIKE EVERYONE TO ATTEND OUR SPECIAL 4TH of JULY CELEBRATION ON JUNE 22nd HONORING OUR MILITARY SERVICE MEN AND WOMEN!!!! Be on the look out for some special surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here.

GETTING SCENT-IMENTAL

A new aromatherapy scent, cinnamon, which helps to stimulate the brain, will be the aromatic of choice of month.

SEE WHAT'S IN BLOOM!

We planted our flower garden at our Henderson Center. Our seniors have started taking a weekly stroll through the garden to see the fruits of their labor.

DID YOU KNOW?!

The top cancer fighting foods and spices are: Berries, broccoli, brussel sprouts, cabbage, carrots, celery, cilantro, citrus fruits, flaxseed, garlic, ginger, onions, parsley, parsnips, peppers, tomatoes, turmeric, and whole grains.





HAPPY BIRTHDAY

We would like to wish a Happy Birthday to Florence K. (6/6), Elsie A. (6/16). Our birthday party will be held on the 4th Wednesday of the month of June. Entertainment will be provided and birthday treats will be served as well.



SUPPORT GROUP

We have started a support group meeting every 2nd Wednesday of every month at 10:00am. Everyone is welcome and invited to attend! Please see attached flyer for more info on caregiver support.





THANK YOU!

On behalf of our entire family of caring professionals here at The Adult Day Care Center of Henderson, we would like to thank you for continually being an important and appreciated part of our Center. We strive to make our Center a place of caring and fun for all of our participants. Remember, our doors are always open to you and your family members needs. Thank you for choosing us!

Dee Dee Woodberry

Activities Director



ACTIVITY CALENDAR
MONDAY

TUESDAY

ADULT DAY CARE CENTER OF HENDERSON
WEDNESDAY

THURSDAY

JUNE 2011
FRIDAY



MUSIC THERAPY 1)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Trivia
1:00 **JENNY FORD**
3:00 Bingo

2)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Word Scramble
2:00 **DRUMMING JEFF**
3:00 Bingo

3)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts / Spa**
12:30 Trivia
1:00 **KARAOKE**
3:00 Bingo

6)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Trivia
1:00 **DANNY ROSE**
3:00 Bingo

7)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Sing-A-Long
1:00 **BRAIN DANCE**
3:00 Bingo

MUSIC THERAPY 8)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Trivia
1:00 **MARK MILLER**
3:00 Bingo

9)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Word Scramble
2:00 **DRUMMING JEFF**
3:00 Bingo

10)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts / Spa**
12:30 Trivia
1:00 **JAPANESE DANCERS**
3:00 Bingo

13)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Ball Toss
1:00 **BRIAN O'SHEA**
3:00 Bingo

14)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Sing-A-Long
1:00 **J&J SINGING TEAM**
3:00 Bingo

MUSIC THERAPY 15)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Birthday Trivia
1:00 **JENNY FORD**
3:00 Bingo

16)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Word Scramble
2:00 **DRUMMING JEFF**
3:00 Bingo

17)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts / Spa**
12:30 Trivia
1:00 **KARAOKE**
3:00 Bingo

FUN ART DAY 20)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Trivia
1:00 **DANNY ROSE**
3:00 Bingo

21)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Sing-A-Long
1:00 **J&J SINGING TEAM**
3:00 Bingo

MUSIC THERAPY 22)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Trivia
1:00 **MARK MILLER**
3:00 Bingo
CELEBRATING 4TH OF JULY

23)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Word Scramble
2:00 **DRUMMING JEFF**
3:00 Bingo

24)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts / Spa**
12:30 Trivia
1:00 **KARAOKE**
3:00 Bingo

27)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Ball Toss
1:00 **BRIAN O'SHEA**
3:00 Bingo

28)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Sing-A-Long
1:00 **BRAIN DANCE**
3:00 Bingo

MUSIC THERAPY 29)
9:00 Current Events
9:30 Exercise
10:00 **Arts & Crafts**
12:30 Trivia
1:00 **JENNY FORD**
3:00 Bingo
BIRTHDAY PARTY

30)
9:00 Current Events
9:30 Exercise
10:00 **TAI CHI / A&C**
12:30 Word Scramble
2:00 **DRUMMING JEFF**
3:00 Bingo

Happy Birthday
FLORENCE K.
6/6
ELSIE A.
6/16

LUNCH MENU

MONDAY

ADULT DAY CARE CENTER OF HENDERSON

TUESDAY

WEDNESDAY

THURSDAY

JUNE 2011

FRIDAY



1) Beef Veggie Soup
Grilled Ham & Cheese Sandwich
Sweet Potato Fries
Blueberries & Cream
ICEE DAY

2) Spinach Salad
Stuffed Green Peppers w/ Beef
Julienned Strips
Zucchini Strips
Jell-o w/ Fruit

3) Green Salad
Baked Fish
Seasoned Potatoes
Broccoli w/ Cheese Sauce
Pears
CAKE DAY

6) Green Salad
Chicken Quesadilla
Spanish Rice
Black Beans
Sliced Apples

7) Tomato Soup
Tuna Salad on bed of lettuce
Toast Points
Pineapple Slices
TEA SOCIAL

8) Green Salad
Chicken Wings
Mac & Cheese
Green Beans
Honey Dew Melon

9) Veggie Soup
Salisbury Steak w/ Mushroom
Gravy Rice
Green Beans
Orange Slices

10) Cream Veggie Soup
Chicken Salad Sandwich
3 Bean Salad
Potato Chips
Jell-o w/ Fruit
CINNAMON CRISP

13) Chicken Noodle Soup
Chef Salad w/ Boiled Eggs, Cheese, Turkey, Ham, & Cucumbers
Jell-o w/ Fruit
SHERBERT DAY

14) Veggie Soup
Sweet & Sour Meatballs
Pasta Salad
Yogurt w/ Fresh Strawberries

15) Cucumber Salad
Lettuce Wraps w/ Chicken
Rice Pilaf
Yellow Squash
Apricots
LEMONADE DAY

16) Green Salad
Hot Tuna Melt on Wheat Bread
French Fries
Cantaloupe

17) Broccoli Soup
Grilled Cheeseburger w/ lettuce & tomato
Potato Fries
Jell-o w/ Fruit
OBS. FATHERS DAY

20) Green Salad
San Antonio Beef Stew
Corn Muffins
Honey Dew
ICED COFFEE DAY

21) Chicken Potato Soup
Fruit Salad
Cottage Cheese
Melons, Strawberries, Apples, & Oranges
Yogurt w/ Granola

22) Broccoli Soup
Grilled Cheeseburger w/ lettuce & tomato
Potato Fries
Jell-o w/ Fruit
4TH OF JULY BAR-B-Q

23) Vegetable Soup
Chicken Filet Sandwich w/ lettuce & tomato
Zucchini Fries
Orange Slices
TOP HAT COOKIES

24) Asian Turkey Noodle Soup
Teriyaki Chicken
Stir Fry Vegetable Over Bed of Rice
Pears

27) Broccoli Soup
Chicken Sandwich on a Bun
Macaroni Salad
Jell-o w/ Fruit

28) Gazpacho Soup
Cat Fish Fry
Potatoes
Coleslaw
Strawberries & Cream

29) Vegetable Soup
Italian Pasta Salad
Roasted Chicken
Olive Vegetables
Zucchini
Fresh Sliced Pears
BIRTHDAY CAKE

30) 3 Bean Salad
Turkey Club Sandwich w/ lettuce, tomato, & cheese
Multi-Grain Chips
Sliced Oranges



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Recipe of the Month

Submitted by: George M. (Age:84)



CHILI

Ingredients:

2 lbs of Lean ground Beef
1 small can of tomato sauce
1 can of chili beans
1 can of pinto beans
1 can of creamed corn
1 can of hominy
1 heart of celery
2 large cans of v-8 juice

1 green pepper
Parsley
Garlic
Rice
Barley
1 yellow onion
2 cans of pitted black olives

Directions:

Brown ground beef. Add all ingredients. Simmer for 1 hour. Eat and Enjoy!

**Attention: Cooks, Chefs,
Food Enthusiasts!**



Seniors, Caregivers, Family and Friends!

Please Submit Your Recipes!

We will publish one each month with our newsletter!
In addition, we will publish a compilation of recipes with artwork next year!

All types of recipes welcomed – entrées, desserts, family traditions, you name it!

Please drop off your recipe with the front desk person, attention Jennifer or Dee Dee,
at the Adult Day Care Center.

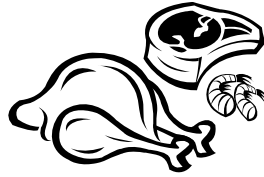
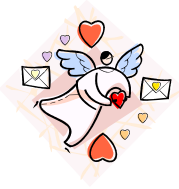
You may also email it to admissions@nevadaseniorservices.org.



Adult Day Care Center of Las Vegas
901 N. Jones Boulevard, Las Vegas, NV 89108 Phone: (702) 648-3425 Fax: (702) 648-1408

Adult Day Care Center of Henderson
1201 Nevada State Drive, Henderson, NV 89002 Phone: (702) 368-CARE (2273) Fax: (702) 243-CARE (2273)

“ANGEL FOOD” Their prices are heavenly!!!



There are no restrictions, conditions or forms to fill out to purchase Angel Food. This organization purchases quality food in large quantities for substantial volume discounts. The food relief program is open to one and all. Anyone may purchase an unlimited number of boxes of Angel Food by placing an order with a local Angel Food host site. **ORDER ONLINE www.angelfoodministries.com**

Comparison shopping nationwide in various grocery stores has revealed that the average retail value of a \$31 Angel Food Box for the same food items would be approximately \$65. Generally, one box of Angel Food assists in feeding a family of four for about one week or a single senior citizen for almost a month. To better help families in need, Angel Food Ministries participates in the food stamp program.

Food is available for pickup usually the last Saturday of the month. Orders must be purchased in advance around the 15th of the month. Credit cards may be used online; cash and food stamps may be used at one of the local locations. Call or go online for current information and menus (available in Spanish and English).

Angel Food Ministries Las Vegas Locations:

Echoes of Faith Church	1401 E. Washington, 89101	642-0011
Home Word Bound	3900 Cambridge St. 89119	985-6045 or 604.5690
The Verve Foundation	7850 Dean Martin Dr.# 503	425-3951
Warm Springs Baptist Church	2075 E. Warm Springs	361-7070
Angel Food Ministries	Toll Free Number	877-366-3646



JUNE 2011 MENU

B2 - Bit O' Blessing Box

Quantities are limited. Make sure to order yours today while supplies last!

- 4 lb. Drumsticks & Thighs
- 2 lb. Meatloaf with Red Sauce
- 2 lb. 'Heat n Serve' Soup (Tomato Basil, Minestrone or Ham Chowder)
- 1 lb. Crunchy Fish Bites
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Frozen Spinach
- 1 lb. Frozen Carrots
- 2 lb. Waffle Fries
- 1 lb. Dry Bean Soup Mix
- Brownie or Chocolate Chip Cookie Mix

\$22.00*

Back by Popular Demand. New and Improved!

B4 - Golden Cuisine Convenience Meals

Great for seniors and people on the go!

- Spaghetti & Meatballs
- Chicken Parmesan with Fettuccine Noodles
- Charbroiled Beef Patty and Gravy
- Macaroni & Cheese
- Turkey and Dressing with Gravy
- Chicken Teriyaki
- Chili with Beef and Beans
- Lemon Pepper Baked Fish
- Cheese Tortellini in Pomodoro Sauce
- Crab Cakes in Remoulade Sauce

\$29.00*

Specific meal details can be found at www.angelfoodministries.com

B6 - Just 4 Me After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 2 lb. Fully Cooked Chicken Tenders
- 1 lb. Corn Dogs
- 3 (6.5 oz.) Mr. P's Pizza
- 4 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 2 (4 oz.) Grilled Cheese Sandwich
- 2 (4 oz.) Pocket Sandwiches
- 2 (3.7 oz.) Twin Charbroiled Beef Sandwich with Cheese
- 2 (4.75 oz.) Pancake and Sausage
- 2 PBJ on Graham Wafers
- 10 oz. Mac & Cheese
- 2 (3.4 oz.) Watermelon Italian Ice
- 2 (3.2 oz.) Raspberry Fruit Juice Sherbets

\$25.00*

B8 - Just 4 Me After School Fruit and Veggie Box

- 3 Red Apples
- 3 Green Apples
- 3 Peaches
- 3 Navel Oranges
- 1 stalk Sleeved Celery
- 1 lb. Mini Peeled Carrots
- 1 (6 ct.) Apple Sauce
- 1 (3 ct.) Sliced Peaches in Pear Juice
- 1 (6 oz. pack) Blueberries

\$17.00*

B1 - Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 4.5 lb. (avg.) Perdue All Natural Whole Chicken *Great for Grilling, Baking or Frying*
- 1.5 lb. Boneless Center Cut Pork Chops (4 x 6 oz.)
- 1.5 lb. 100% Ground Turkey Burgers (6 x 4 oz.)
- 2 lb. 'Heat n Serve' New England Clam Chowder
- 2 lb. 'Heat n Serve' Sloppy Joe Mix (Ground Beef with Sauce)
- 2 lb. Lasagna with Meat Sauce
- 1.5 lb. Smoked Sausage "Grillers"
- 1 lb. 100% Ground Chicken
- 1 lb. Sliced Carrots
- 1 lb. Green Beans
- 1 lb. Triple Veggie Blend
- 1 lb. Sugar Snap Peas
- 28 oz. Baked Beans
- 1 lb. Long Grain White Rice
- 8.5 oz. Jiffy Corn Muffin Mix
- 5 ct. Instant Oatmeal
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 7.5 oz. Break-n-Bake Cookies

\$35.00*

GLUTEN FREE!†

B5 - Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

\$25.00*

†Please see our website for other allergen facts.

B7 - Just 4 Me No Child Goes Without

"Blessing America's Children, one Box at a Time"

- 2 Chunk Lite Tuna in Water (.5 oz.)
- 1 (7.5 oz.) Beans & Wieners
- 1 (7.5 oz.) Cheezy Mac 'N Cheese
- 1 (7.5 oz.) Mini Beef Ravioli
- 1 (7.5 oz.) Spaghetti and Mini Meatballs
- 1 (7.5 oz.) Noodle Rings & Chicken
- 1 (7.5 oz.) Cheezy Mac 'N Franks
- 7 Cereal Bowls (.75 oz. ea.)
- 1 Peanut Butter (12 oz.)
- 1 Grape Jelly (19 oz.)
- 1 (6 pk.) Applesauce
- 24 oz. Fruit Cups (3 x 8 oz.)
- 6 Fruit & Grain Bars (1.21 oz.)
- 3 Crispy Rice Bars (.85 oz.)
- 32 oz. Shelf-Stable 2% Milk

\$25.00*

NEW! B9 - Pastor Joe's Premium Box

Quantities are limited. Please order early to ensure that you receive this wonderful box!

- 2.5 lb. Angus Rib Eye Steaks (4 x 10 oz.)
- 2 lbs. Angus Burgers (4 x 8 oz.)
- 1.5 lb. Bone-In Pork Chops (4 x 6 oz.)
- 2 lbs. Premium Salmon Fillets
- 1 lb. Premium Sugar Snap Peas
- 4 ct. Corn-on-the-Cob
- 20 oz. Twice-Baked Potatoes (2 x 2 ct. pkgs.)

\$55.00*

B3 - Bountiful Blessing Box

- 4.5 lb. (avg.) Perdue All Natural Whole Chicken *Great for Grilling, Baking or Frying*
- 1.5 lb. IQF Unbreaded Whiting Fillets *or*
- 2 lb. Flounder Fillets
- 2 lb. Boneless Skinless Chicken Breast (Tray Pack)
- 1.5 lb. Boneless Center Cut Pork Chops (4 x 6 oz.)
- 1.5 lb. 100% Ground Turkey Burgers (6 x 4 oz.)
- 2 lb. 'Heat n Serve' New England Clam Chowder
- 2 lb. 'Heat n Serve' Sloppy Joe Mix (Ground Beef with Sauce)
- 2 lb. Lasagna with Meat Sauce
- 1.5 lb. Smoked Sausage "Grillers"
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. 100% Ground Chicken
- 1 lb. Sliced Carrots
- 1 lb. Green Beans
- 1 lb. Triple Veggie Blend
- 1 lb. Sugar Snap Peas
- 24 oz. Natural Cut Fries
- 28 oz. Baked Beans
- 1 lb. Long Grain White Rice
- 1 lb. Pasta
- 26.5 oz. Pasta Sauce with Mushrooms
- 8.5 oz. Jiffy Corn Muffin Mix
- 5 ct. Instant Oatmeal
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 7.5 oz. Break-n-Bake Cookies

\$46.00*

S1 - JUNE SPECIAL #1

\$25.00*

Grill Combo Special

- 2 lb. Steak Burgers (4 x 8 oz.)
- 2 lb. Bone-In Pork Chops (4 x 8 oz.)
- 2 lb. IQF Boneless Skinless Chicken Breast (8 x 4 oz. individually wrapped)

S2 - JUNE SPECIAL #2

\$33.00*

Seafood Special Box - Quantities are limited.

- 2 lbs. Tilapia (2 x 1 lb. pkgs.)
- 2 lbs. Battered Haddock (14-16 oven ready portions)
- 2 lbs. Crab Cakes (10 oven-ready crab cakes)

S3 - JUNE SPECIAL #3

\$24.00*

Premium Fresh Fruit and Veggie Box

- 4 ears Yellow Corn
- 2 Yellow Squash
- 2 Zucchini Squash
- 2 lb. Sweet Vidalia Onions
- 4 Baking Potatoes
- 1 lb. Whole Carrots
- 1 Head, Green Cabbage
- 1 Golden Ripe Pineapple
- 1 Mini Seedless Watermelon
- 1 Honey Dew Melon
- 1 Cantaloupe
- 1 Mango
- 4 Peaches
- 6 Lemons

*all prices are plus sales tax where applicable

Please see our website for additional limited quantity specials

Angel Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

Orders Due/Distribution Day: Contact Your Local Host Site

*Please contact your local host site for information or visit our website to locate a host site near you
www.angelfoodministries.com



information@adultdaycarelv.org

Dedicated to Community Living with Independence
and Dignity

Adult Day Care Center of Las Vegas

Lied/Sinai Senior Care Campus

FREE SUPPORT GROUPS



For those caring for someone suffering from
Alzheimer's disease or other Dementia

Monthly - 1st Wednesday (5:30-6:30pm)
2nd Wednesday (10:00-11:00am)

Hosted by:

Adult Day Care Center of Las Vegas
901 N. Jones Blvd., Las Vegas, NV 89108

Group Leader:

Diane Hart, LCSW

SUPPORT - LEARN - GROW

Call 648-3425 to RSVP

*FREE Supervision for your loved-one while you attend the Support Group

www.adultdaycarelv.org

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Fax: 702.648.1408



Adult Day Care Center of Henderson
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SUPER SATURDAYS!



JUST A REMINDER:

**THE ADULT DAYCARE CENTER OF LAS VEGAS
WILL BE OPEN ON **ALL SATURDAYS** IN THE
MONTH OF **JUNE**: **HOURS WILL BE 8:00AM – 6:00PM.**
YOU WON'T WANT TO MISS OUT! SO PLEASE
RESERVE YOUR SPOT TODAY WITH **JENNIFER,
DEE DEE OR MARISELA!!****

**~Thank You,
Staff at Adult Day Care Center of LV**