

The

NSC FOGHORN

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Volume 15, Issue 08

Our Web Site is at <http://www.nevadaseniors.com>

August 11, 2016

Special Points of Interest

- Calvin Coolidge, the 30th President was the only one born on the Fourth of July. July 4, 1872.
- Wyoming is the only State whose motto is in Spanish. It is Oro y Plata (Gold and Silver).
- The Philippines is composed of 7,000 islands. The majority of the residents live on 17 of them.
- Out of South America's 11 countries only two do not border Brazil. They are Chili and Ecuador. The ones that do are Uruguay, Argentina, Paraguay, Peru, Bolivia, Columbia, Venezuela, Guyana, and Surinam, French Guiana is not a country but an overseas department of France..

On and On and Off

By Vice President Knight Allen

So, the party conventions are over and we can all breath a sigh of relief. Except for one small thing. Because they were held so early, this is going to be the longest presidential campaign since Kennedy/Nixon in 1960.

We can see it happening every day. There was no break after the Republican convention and it has just gone on every day since the Democrats ended theirs. And on, and on, and on..... What a grind this is going to be and I don't mean for Clinton and Trump. I mean for all of us.

So, where are we? We're left with two candidates for the Presidency whose individual egos are bigger than the Grand Canyon and our own Great Basin combined but whose collective wisdom and dedication to our governing principles wouldn't fill a thimble (apologies to thimbles).

For example: Mrs. Clinton came to Las Vegas and told the crowd she would introduce to the Congress a comprehensive immigration reform bill which is a perfectly legitimate act as President. But then she said if the Congress did not give her what she wanted she would use the Presidential pen the same way Mr. Obama has. Her crowd roared its approval.

Mr. Trump has spelled out all kinds of things he's going to do from building a wall to tearing up treaties. His crowds roar their approval.

Not once have either of these egomaniacs given even a passing nod to the Constitution, its separation of powers or its system of checks and balances.

I can't answer the question, "Where are we?" exactly but I can say we're not in a very good place. We really aren't.

I see that NVEnergy has capitulated to the crony capitalist forces of the roof top solar industry and has agreed to grandfather in those people who put the panels on their homes before the January deadline. Of course, every one of the contracts those folks signed said: "The Public Utilities Commission of Nevada or the Utility may amend its tariffs upon Commission approval."

What we have here is a classic example of people seeing what they want

(Continued on page 2)

Inside This Issue

Please Don't Quote Me	3
What a Stroke or Heart Attack Might feel like	4
Older Americans Act	5
Members Page	6
The Worst Day of My Life: A Poem	7
Today in History	8
About NSC	8

(Continued from page 1)

to see while they disregard the rest. Can you say "housing bubble"?

As for the so-called "studies" proving that rooftop solar actually puts money into our pockets as opposed to costing us, keep in mind the solid management principle that says it's best to distrust all numbers. Either you know who produced them or you don't. In either case be suspicious.

When it comes to rooftop solar we know where the competing numbers are coming from:

1. is the PUC charged with balancing corporate interests with those of the general public. They say it's negative to us.

2. is the solar industry and one of its eco-terrorist allies. They say it's money in our pocket.

I believe the PUC numbers are far closer to reality than the solar industry which is using their studies, "as a drunken man uses light posts - for support rather than illumination." Andrew Long

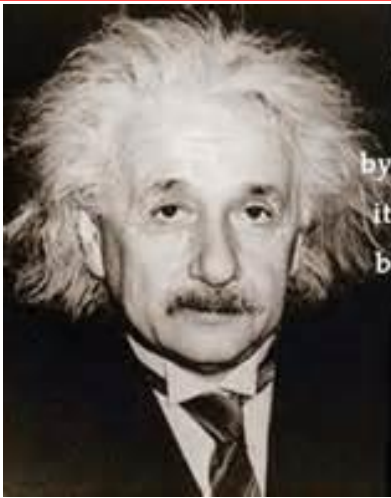
I don't know if the PUC members can stand up to the political heat being put on them but we had all better hope they can and they do.

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Were You at the July Meeting?



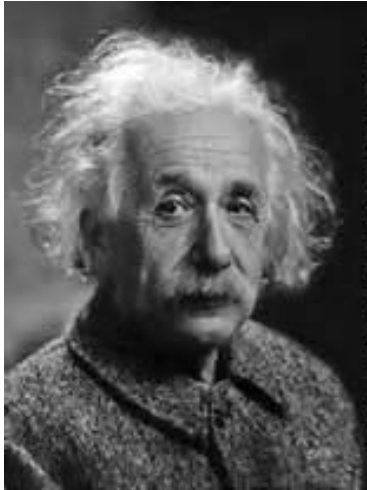
"Please Don't Quote Me"



Everybody is a genius.
But if you judge a fish
by its ability to climb a tree,
it will spend its whole life
believing that it is stupid.
~Albert Einstein



Albert Einstein
March 14, 1879 – April 18,
1955 in Santa Barbara CA
1933.



"As a child I received
instruction both in the Bible
and in the Talmud. I am a Jew,
but I am enthralled by the
luminous figure of the
Nazarene. No one can read
the Gospels without feeling
the actual presence of Jesus.
His personality pulsates in
every word. No myth is filled
with such life."
Albert Einstein,
Saturday Evening Post, Oct 26, 1929

Albert Einstein, when asked to describe radio, replied: "You see, wire telegraph is a kind of a very, very long cat. You pull his tail in New York and his head is meowing in Los Angeles. Do you understand this? And radio operates exactly the same way: you send signals here, they receive them there. The only difference is that there is no cat."

A PERSON WHO NEVER
MADE A MISTAKE
NEVER TRIED ANYTHING NEW
Albert Einstein

celebquote.com



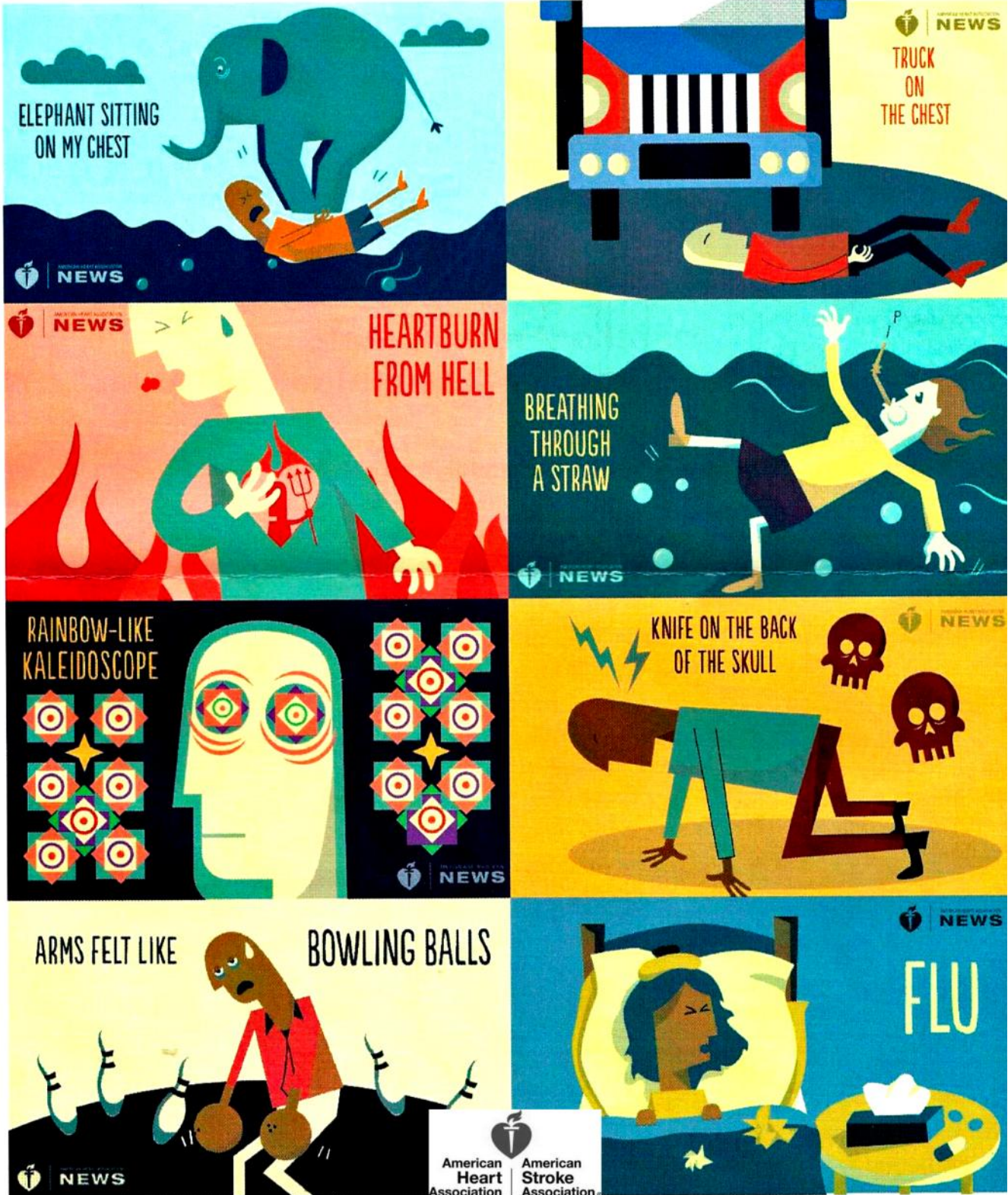
At age 14.

*"Education is that which
remains when one has
forgotten everything
learned in school."*

*"Only two things are
infinite, the universe
and human stupidity,
and I am not sure
about the former."*

What a Heart Attack or Stroke Feels Like

Illustrated by Bipassana Shrestha



If you are experiencing any of these symptoms, call 9-1-1 immediately.

THE OLDER AMERICANS ACT: AGING WELL SINCE 1965

1960: 16.6 Million Older Adults Living in the U.S.

1961



1st White House Conference on Aging held in Washington, DC Led to key legislation, including the OAA

1965



OLDER AMERICANS ACT (OAA) ENACTED

Administration on Aging and state agencies on aging created

1970: 20.1 Million Older Adults Living in the U.S.



1972

Enacted: Congregate Nutrition Program

1973



Enacted: Area Agencies on Aging, Multi-purpose Senior Centers, and Community Service Employment Program

1978

New Requirement: Long-term Care (LTC) Ombudsman Services

Enacted: Home-delivered Nutrition Program



Enacted: Services for Native Americans Program



1980: 25.5 Million Older Adults Living in the U.S.



1987

Enacted: Disease Prevention, Health Promotion, and Elder Abuse Prevention Activities



LTC Ombudsman Program received separate authorization of funds

1990: 31.2 Million Older Adults Living in the U.S.



1992

Separate authority for elder rights activities bringing together LTC Ombudsman; prevention of abuse, neglect, and exploitation; and state legal assistance development programs

1993

Commissioner on Aging elevated to Assistant Secretary for Aging

2000: 35 Million Older Adults Living in the U.S.



2000

Enacted: National Family Caregiver Support Program

2006

Enacted:

- Home and Community-Based LTC Development Activities
- Evidence-based Disease Prevention and Health Promotion Services

Authority to implement Aging and Disability Resource Centers in all states

2015: 47.8 Million Older Adults Living in the U.S.*

Learn more at <http://acl.gov/>



*2014 Census Projections for Americans 65+

OLDER AMERICANS ACT IMPACT

THE AGING NETWORK SERVES AN AVERAGE OF 11 MILLION PEOPLE PER YEAR

Over a 5-year period it provided:

Over **130 MILLION RIDES** to doctors' offices, grocery stores, and other essential places



Nearly 90% of riders say the service helps them to continue to live in their own homes

98%

98% of riders would recommend the service to a friend

More than **1 BILLION MEALS** served

95%

Over 95% of older adults say they would recommend the nutrition program to friend



More than three-quarters report the program improves their health

Over **60 MILLION HOURS** of homemaker services



Nearly 100% of older adults say the services help them to continue to live in their own homes

97%

97% of those receiving homemaker services report needing help with heavy housework

Nearly **20 MILLION HOURS** of case management

96%

96% of older adults say case management has helped them continue to live in their own homes



95% rate the services as good to excellent

Over **30 MILLION HOURS** of respite care



Almost three-quarters of caregivers report feeling less stressed due to the service



Over 80% report that the services made it easier to care for their loved one

Almost **248 MILLION HOURS** of community service

213,000+ participants

More than 213,000 participants in the Senior Community Service Employment Program

80%

Over 80% of workers report that they are satisfied with the program

More than **1.5 MILLION** individual consultations to LTC residents and their families

1.1 million

Long-Term Care Ombudsmen addressed more than 1.1 million complaints made by or for residents of LTC facilities



75% of complaints were resolved or partially resolved to the satisfaction of the resident

Data presented represent accomplishments between 2008 and 2012. For more information about OAA programs, please visit <http://acl.gov/>.



At the July Meeting



Our July Speaker was Clark County Commission Chair Steve Sisolak who brought us up-to-date on happenings in the county especially about the road construction projects which are plaguing all of us. His message was “you ain’t seen nothing yet” There are projects that haven’t started yet that will last for years. Thanks Steve for another great presentation.

Members

Renewing Members

- ♥Judy & Gerald Cvetkovic♥
- ♥Taska Miller♥
- ♥Elaine Siegel♥

Thank you for your continued support



August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had*. Previously named Sextilis in Latin, it was the sixth month of the Roman calendar.

*They took that extra day from February



*Thanks to all NSC members who contributed time, gifts and money to us
It is very much appreciated.*

Your membership anniversary date is on the Foghorn Mailing label. **If the label is RED, please renew your membership**, either by mail, or at the next meeting you attend. Your name is removed from the membership list 90 days after expiration.

Membership dues are \$10.00 per person.



Seventeen-year-old Chanie Gorkin — a soon-to-be 12th grader in Brooklyn, NY — wrote this poem last year and based its hopeful outlook on Hasidic philosophy. While her poem made it to the semi-final round of a contest on poetrynation.com, Chanie had no idea that her poem could ever reach so many people.

"She is also very overwhelmed because nothing like this has ever happened to any of us in the family," Dena Gorkin, Chanie's mom,

A poem written for a high school assignment about a bad day managed to make its way across the pond and then go viral. After a bad day, Londoner Ronnie Joice saw the poem "Worst Day Ever?" on a bar wall and felt so inspired that he decided to share it with his followers on Twitter. Soon it seemed as if everyone was sharing it.

Today was the absolute worst day ever
 And don't try to convince me that
 There's something good in every day
 Because, when you take a closer look,
 This world is a pretty evil place.
 Even if
 Some goodness does shine through
 once in a while
 Satisfaction and happiness don't last.
 And it's not true that
 It's all in the mind and heart

Because
 True happiness can be obtained
 Only if one's surroundings are good
 It's not true that good exists
 I'm sure you can agree that
 The reality
 Creates
 My attitude
 It's all beyond my control
 And you'll never in a million years hear
 me say that
 Today was a good day

Now read it from the bottom to the top.

Next Meeting

The next meeting will be on
 Thursday September 8, 2016
 Starting at 10 a.m. at



Whitney Recreation Center
 5712 E. Missouri Ave., Las Vegas, NV
 702-455-7576

Our September 8, 2016 Speaker will be:

From the

Better Business Bureau of Southern Nevada, Inc.

The Community Outreach Director

Darrellyn Bonstell

Speaking on Fraud and Investments

NEVADA SENIORS COALITION, INC.

**3001 Cabana Drive Unit 71
Las Vegas, NV 89122-4064**

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Knight Allen Vice President

Directors:

Belle Chohanin	Finance
LouJanice Perry	Records
Vernon Perry	Membership
Knight Allen	Legislation
Vernon Perry	Issues



August 11, 1934

First Federal Prisoners Arrive at Alcatraz

Spanish Lieutenant Juan Manuel de Ayala first explored the seabird haven in 1775. He named it *Isla de los Alcatrazes* (Island of the Pelicans) The Spanish built a fort on it. In 1849 it was sold to the United States In 1854 the first lighthouse on the coast of California was built on it. A U.S. Army detachment was garrisoned there and military criminals were housed there from 1868. In addition there were rebellious native American scouts, American soldiers who deserted to the Filipino cause while fighting in the Philippines, and Chinese civilians who resisted during the Boxer Rebellion. In 1907 it became the Pacific Branch of the United States Military Prison.

Alcatraz was fortified in 1934 and became a high-security penitentiary designed to hold the most dangerous prisoners in the U.S. penal system especially those that like to try to attempt to escape. The first shipment of civilian prisoners arrived on **August 11, 1934**. Latter in the month shiploads continued to arrive and one of the convicts was the infamous Al Capone. George "Machine Gun" Kelly arrived in September. No prisoner was known to have successfully escaped from Alcatraz although three dozen attempted. The bodies of several escapees were never found so...

Alcatraz was closed in in 1963 because of the high cost of its maintenance . In the 29 years that it was open it housed more than 1,500 convicts..

A group of Sioux Indians occupied the island for a short time. They cited an 1868 treaty that allowed

The Nevada Seniors Coalition, Inc. (NSC) is a nonprofit, non-partisan organization. No person is excluded on the basis of race, sex, religion or national origin.

The organization's purpose is to promote the physical and social welfare of senior citizens, their children and grandchildren.

The organizations' goals and objectives are:

- Improvement of political and governmental institutions and processes on local, state and federal levels.
- Identify legislative trends at all levels and set NSC priorities.
- Support domestic policies responsive to the needs and will of the Nevada senior population.
- Work to involve more seniors in government. to assure government is open, responsive and accountable.
- Keep members and the general public informed on current issues affecting them. Encourage them to make their voices heard at all government levels.
- Work with other organizations in a common endeavor when their issues and programs coincide with those of NSC.

them to claim any "unoccupied government land". In November 1969, around 100 native American students and activists occupied the island until June 1971 when federal marshals force them off.

In 1972 it was opened to the public as part of the newly created Golden Gate National Recreation Area. More than one million tourists visit Alcatraz island and the former prison each year. As far as I know they all escape.

