It has been widely noted in our communities that a significant number of our senior population suffer from depression for a variety of factors; therefore, the HARPS (Health Access and Resources Promoting Seniors) activities have been developed to promote overall wellness by increasing socialization skills, pragmatic educational achievements, reminiscence sessions, community contributions, short- term and long-term memorization skills, peer to peer presentations and recognition ceremonies.

The HARPS students represent a wide spectrum of backgrounds and experiences as they relate to the following: education, linguistics, culture, race, ethnicity, chronic medical conditions and disabilities. Yet, despite their medical circumstances and relative “advanced” age, these students demonstrate a strong will to further their learning possibilities and show that it is never too late to undertake a personal challenge which benefits self and others.

As the HARPS facilitator, I cannot help but notice that a new social community is formed in these centers and have found the various activities impact these students in ways not initially imagined. We are often left inspired by the wisdom imparted, the willingness to support each other, and the community volunteers that support our seniors and disabled residents. We have found it important to design HARPS’ quarterly activities by taking into account the students’ input and opinions in the way of questionnaires and verbal surveys.

HARPS is currently being offered weekly at various adult day health care centers. Classes include a combination of the following with warm-up activities:

A. Health information (resources, ethics and literacy)
B. Senior computer lab
C. Storytelling and/or videotaped “Wisdom Quilts”
D. Warm Up Activities:
   - Multicultural music history
   - Chair stretches and exercises
   - Languages
   - Current Events
   - Philosophical Notes

For more information on the HARPS program, please contact Elisabet at 702-257-5537 or email romeroe@unce.unr.edu.
**GARDEN GALA – Anniversary Gift to the Community**

The 20th Anniversary Garden Gala held on April 21 was a huge community success. More than 125 guests signed the guest book along with 131 of the nearly 300 active Master Gardeners (MG). Eight former Master Gardeners took the opportunity to reconnect with the program. Master Gardeners are University of Nevada Cooperative Extension trained volunteers who bring their knowledge into the community via classes, workshops and volunteer projects. Master Gardeners must volunteer 50 hours per year to keep up their certification.

During the day, Master Gardeners offered garden tours, talks and demonstrations throughout the Lifelong Learning Center campus and demonstration and teaching gardens. A native plant sale was held in conjunction with the Nevada Division of Forestry (NDF). Six colorful, showy, native perennial species grown from seed by Master Gardeners at the NDF Nursery were available.

MG volunteers were available to answer questions about their work at community projects including: Acacia Park, Nellis AFB Environmental Grove, Master Gardener Orchard, Clark County Fair and Community Gardens (Three Square, Doolittle, Leiburn, Archie Grant, New Vista). An awards ceremony was held honoring Linn Mills, former Cooperative Extension director who initiated the Master Gardener program in 1992, and Mary Rider, a graduate from the first class and a 20-year volunteer. Angela O’Callaghan, Ph.D., was mistress of ceremonies for the formal program which included remarks by Cooperative Extension’s Dean Karen Hinton and Southern Area Director Jerry Buk.

Also recognized for volunteer service of ten years or more were: Master Gardeners Jean Engelmann ’93, Mary Lawton ’94, Richard Leifried ’94, Clara Hatz ’95, Beth Sarles ’95, Lee Heenan ’96, John Singer ’96, Carol Wong ’96, Andy Anderson ’97, Cathy Bruno ’97, Helen Brown ’97, Don Fabbi ’97, Jane Gillespie ’97, Pete Karnoski ’97, PJ Mau ’97, Denise McConnell ’97, Jann Shevin ’97, Joy Mandekic ’98, Nell Biggs ’99, Kathie Slaughter ’99, Don Bender ’00, Ann Jarrell ’00, Pat Westlund ’00, Denise Halvorson ’00, Phyllis Bender ’01, Erin Beesley ’01, Peg Cornett ’01, Janet Seidman ’02, Maria Stehle ’02, Jim Stone ’02, Al Valdez ’02, Anna Bergeron ’02, Kevin Cable ’02, Carol DeLapp ’02, Valery Godino ’02, Sharon Proehl ’02, Edye Risener ’02, Susan Ritter ’02, Cliff Wood ’02, Jean-Claude Yvon ’02.

If you were not able to attend or are interested in more information about the Master Gardener program, please contact Ann Edmunds at 702-257-5587 or email edmundsa@unce.unr.edu. For gardening questions call the Master Gardener Home Gardening Help Line at 257-5555.
Cambridge Community Center Programs

Cooperative Extension programming is offered throughout the valley at various community centers. Programs offered at the Cambridge Community Center include: Plaza Comunitaria, Family Storyteller, Fun to Play, Together for a Better Education/Juntos and Reading & Math Tutoring.

The community center has numerous resources and services, among them a wide array of Cooperative Extension educational programs. Many families take advantage of “one-stop-shopping” at community centers. For more information about the programs offered at Cambridge Community Center, please call Zory Caldera at 702-894-9964 or email calderaz@unce.unr.edu.

Fresh Herbs for Health

Fresh herbs normally contain more healthful antioxidants than the dried variety. According to recent research by the U.S. Food and Drug Administration, some fresh herbs are even higher in antioxidants than fruits and vegetables. Research found that fresh oregano contains 42 times more antioxidant activity than apples, 30 times more than potatoes, and 12 times more than oranges. Other herbs with high levels of antioxidants include dill, thyme, rosemary, and peppermint. Of course, people rarely eat large quantities of herbs, so keep eating your fruits and vegetables too! For more information on growing herbs, call the Master Gardener Help Desk at 702-257-5555 or email lvmastergardeners@unce.unr.edu.

The volunteer Master Gardeners have designed and planted a desert-appropriate herb garden at the Lifelong Learning Center. The Center is located at 8050 Paradise Road, 89123, and has many demonstration and teaching gardens to view. Stop by Monday-Friday, 8 a.m. to 5 p.m. to explore the gardens or talk to a Master Gardener.
FREE CLASSES AT ACACIA PARK
Master Gardeners conduct class in June

University of Nevada Cooperative Extension Master Gardeners will offer a free class at Acacia Park in conjunction with the Henderson Parks and Recreation Department. The class, taught by a Master Gardener instructor, begins at 9 a.m.

June 2, Indoor Plant Care - Learn from a certified Nevada Cooperative Extension Master Gardener how to keep your indoor plants healthy and vibrant. Also, bring your challenges and they will be evaluated so your house will become a green environment.

For information, call the Master Gardener Help Desk at 702-257-5555 or email lvmastergardeners@unce.unr.edu.

4-H Summer Day Camps  🌿  Registration is underway!

Science, Technology, Engineering & Math Day Camp
June 19-21, ages 9-13

4-H Alternative Energy (Wind, Water, Solar & Chemical) Day Camp
July 17-20, ages 11-16

Summer Science, Technology, Engineering & Math Day Camp
August 14-18, ages 7-11.
4-H membership is not required.
INFO: Mary Regan, 702-257-5524 reganm@unce.unr.edu

University of Nevada Cooperative Extension Southern Area has offices and offers programming in Clark, Lincoln and Southern Nye counties. Office locations and phone numbers are:

Caliente 775-726-3109
360 Lincoln Street
P.O. Box 728, 89008

Logandale 702-397-2604
1897 N. Moapa Valley Blvd.
P.O. Box 126, 89021

Las Vegas 702-222-3130
8050 Paradise Road, 89123

Pahrump 775-727-5532
1651 E. Calvada Blvd., 89048

Laughlin 702-299-1333/1334
55 Civic Way, 89029

For more information on University of Nevada Cooperative Extension Southern Area programming, please call 702-222-3130 or visit the website at www.unce.unr.edu/areas/southern.