



HIGHLIGHTS SENIORS UNITED – MARCH 2013

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Mark your calendars for **Wednesday, March 13, 2013** at **12:00 noon**. Our lunch sponsor and speaker will be Sean Retke and Lauren Koutsoumbas of Cornerstone Benefits & Insurance. They will be speaking on Medicare Health Reform - How will you be impacted? This meeting will be held at the **Clark County Library** located at **1401 E Flamingo Road**. Our next meeting will be **Wednesday, April 10, 2013** at the Clark County library at 12:00 noon. Our lunch sponsor and speaker will be Dr. D'Amico, Assistant Dean for Geriatrics at Roseman University of Health Sciences.

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HAPPY ST PATRICKS DAY—MARCH 17TH

Wherever you go and whatever you do;
may the luck of the Irish be there with you.





International Women's Day 2013

Some of us many not know but on March 8th it is International Women's Day. Believe it or not but it has been observed since the early 1900's. The first day was actually celebrated in the United States on February 28, 1909 and women would continue to celebrate it the holiday on the last Sunday of February through 1913. In 1910, a woman from Copenhagen thought women all over the world should celebrate on the same day so that they could press their demands all together. On March 19, 2011; Denmark, Germany, Switzerland and Austria celebrated for the first time International Women's Day with over 1 million women and men rallying for women's rights to work, vote, hold office and end discrimination. Less than one week later the tragic "Triangle Fire" happened in New York City killing over 140 working women in the shirt factory. In 1913, Russia joined forces with women around the world and the date was transferred to March 8th which has continued since then to be the day to celebrate. Through the rest of the twentieth century more countries will join the fight for women to be more involved with social, political and economic processes. With the new millennium we have seen great improvements for women to be able to become astronauts and prime ministers, school girls welcome to universities that were exclusively reserved for men, the ability for women to work and have a family, and respected to make real choices in their lives. Today, thousands of events are held throughout the world to inspire and celebrate the achievements of women. It is actually an official holiday in many countries, some traditions are similar to those celebrated here on Mother's Day where men and children honor their mothers, grandmothers, etc. The United States designates the whole month of March to "Women's History Month". Although we have come a long way standing on the shoulders of giants that were before us; we must not give up on the fight they started. We still need to make strides to be represented in equal pay, present in equal numbers in business and politics, and safe in our lives from violence against us.

Let's make a difference in the world by making every day "Women's Day" and give the young girls a chance of a future that is bright, equal, safe and rewarding.

For a list of events:

<http://www.internationalwomensday.com/eseach.asp?country=223>. Las Vegas will be having "Courageous Women's Clothing Drive" on March 8th from 11:00 a.m. to 6:00 p.m. The venue has not been announced but there will be several locations in Las Vegas where you can drop off gently used/new clothing and toiletries for women and children displaced by violence and abuse.

About the [internationalwomensday.com](http://www.internationalwomensday.com) website

internationalwomensday.com is a global hub for sharing International Women's Day information, events, news and resources. The website was founded in 2001 as a non-profit philanthropic venture dedicated to keeping International Women's Day (IWD) alive and growing. This service is proudly provided by Aurora Ventures as a non-profit venture and kindly supported by a number of companies who make it possible for this International Women's Day website to operate. Without their support, the website could not survive.



*Passover begins
March 26, 2013.
May your lives be joyful
and kosher this Passover
and always.*



*Easter Sunday March 31st
Easter symbolizes the renewal of
life. We wish you and your
family the renewal of life, love
and happiness.*

SENIORS UNITED MEANS SENIOR POWER

A monthly publication of Seniors United. A nonprofit organization serving thousands of Senior Citizens.

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Call Doris Balducci for more information about dues at 732-4366 or email at dmbalducci@yahoo.com. Thank you.

March—Spring Flowers

If you want to make your spring flowers last longer, learn how to press them at The Las Vegas Springs Preserve during the month of March.

Saturdays & Sundays from 10:00—3:30.

Admission is \$2 for members and \$3 for non-members. No reservation is required.



SENIORS UNITED CREED ESTABLISHED BY JULIAN AND LILIAN WALLACE

Seniors United was created as an inspirational medium for seniors. It's purpose is to educate, promote and protect the rights of seniors.

The needs of seniors differ from younger citizens. It is important to have an organization devoted to our place in the community and to promote it's continued growth.

The members of Seniors United want to share experiences with others. Nonpartisan and nonsectarian, we are very actively involved in the political structure of our state and country. Forums are varied to benefit the needs of the community and to discuss political issues. Guest speakers come from all areas.

It is with pride that we are seniors and are doubly proud to be members of Seniors United. The pride continues in our many accomplishments and in the good name we have established in the community. Our goal is to develop plans for a great tomorrow and to make it happen.

Everyone is welcome, young to old and from every walk of life.

OUR REPRESENTATIVES IN WASHINGTON:

Senator Harry Reid	Las Vegas Office Lloyd D. George Building 333 Las Vegas Blvd, South Suite 8016 702-388-5020 Fax 702-388-5030
Senator Dean Heller	Las Vegas Office Lloyd D. George Building 333 Las Vegas Blvd, South Suite 8203 702-388-6605 Fax 702-388-6501
Congresswoman Dina Titus	Las Vegas Office 550 E. Charleston Blvd Suite B Las Vegas, NV 89104 702-220-9823
Congressman Steven Horsford	North Las Vegas Office 2250 Las Vegas Blvd, North North Las Vegas, NV 89030 702-802-4500
Congressman Joe Heck	Las Vegas Office 8485 W. Sunset Rd #300 Las Vegas, NV 89113 702-387-4941 Fax 702-837-0728

Seniors United
1155 East Twain Suite #108-177
Las Vegas, NV 89169

Seniors United – APPLICATION FOR MEMBERSHIP

Date: _____ Phone: _____

email address: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

_____ \$10.00 per year per person (expiration date is one year from application date)

_____ \$15.00 per year per couple

_____ \$150.00 per year Corporate Member

Please make checks payable to: Seniors United
Mail to: 1155 East Twain Suite #108-177, Las Vegas, NV 89169