

The SENIOR SENTINEL



CARSON CITY
SENIOR CENTER

From the Director

Sadly the Senior Center remains closed until further notice. The reality is we serve the population most vulnerable to the COVID-19 virus and you are still strongly encouraged to continue to shelter at home. Essential services such as drive-thru meal pickup, Meals on Wheels and Case Management services remain open and fully operational. The Senior Center will reopen when local, state and federal health officials determine the facility is safe to reopen. There is no date for reopen scheduled at this time.

Our staff and myself, miss you all and long for the days of our “new normal” where we can safely interact again. We will be here for you. Call us if you need us.

My best,

Courtney Warner
Executive Director
(775) 883-0703
cwarner@carson.org

Medicare Counseling

If you have Medicare questions, call 1-844-826-2085 or email carsoncityship@gmail.com with your question and a phone number. Counselors will call and assist you.

Are you bored or lonely?

Nevada CAN help! Services include friendly phone calls, group chats and more!

- ⇒ Food (including groceries)
- ⇒ Tele-health
- ⇒ Social Services
- ⇒ Resources

Dial 2-1-1 to get connected!

Volunteers wanted - call 2-1-1 to sign up!

Drink up! Stay hydrated!

- ◆ Don't wait until you feel thirsty to drink water or other fluids.
- ◆ Take sips of water, milk, or juice between bites during meals.
- ◆ Add liquids throughout the day.
- ◆ Have a cup of low-fat soup as an afternoon snack.
- ◆ Drink a full glass of water when you take a pill.
- ◆ Have a glass of water before you exercise.
- ◆ Drink fat-free or low-fat milk, or other drinks without added sugars.
- ◆ If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- ◆ Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

<https://www.nia.nih.gov/health/getting-enough-fluids>

Menu on the back side