

Volume 47, Issue 1

January 2021

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



HAPPY
New Year
2021

**911 Beverly Drive
Carson City, Nevada 89706
775-883-0703 • fax 775-883-2869
SeniorCenterNewsletter@carson.org
9 a.m. to 4 p.m.
Monday through Friday
www.carsoncityseniorcenter.org
f / carsonseniorcenter**

**The Senior Center will be
CLOSED
Friday, January 1 & Monday, January 18**

*From The Desk Of
The Executive Director*

Happy New Year! Who would have thought we would have spent the majority of 2020 closed to the public we are here to serve? I am forever grateful to all of you who have stuck with us during these trying times. Without fail or objection, our amazing staff have adjusted to all the COVID protocols and continued to serve with a smile (under their masks). We have an amazing crew who are thoughtful, dedicated and incredible. Our wonderful volunteers have faithfully returned to help us serve and operate essential services. Without both staff and volunteers, we would not be able to run. I appreciate everyone's flexibility, adaptability and willingness to work together during the pandemic. I'm honored to stand along with you.

Cheers to the New Year. My resolution is to wake up every day with positive energy, kindness and hope for a great day. The glass will be half full every day!

My best,

Courtney Warner

Courtney Warner, *Executive Director*

WINTER WEATHER AHEAD

Plan ahead as cold weather may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lot. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on our voicemail announcing the closure. If the Senior Center is closed, Meals on Wheels will not be delivered. All seniors receiving Meals on Wheels will be notified by phone of the closure and be instructed to consume the provided shelf-stable meal. For more information or to verify the Senior Center is open, call 775-883-0703.

2021 TAX SEASON

The AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center. Trained and certified volunteer tax preparers will conduct this FREE service on Mondays and Wednesdays beginning Monday, February 1. The hours of service will be from 12:30 to 4:00PM and will be available to all seniors and taxpayers with low to middle income. Special attention is given to individuals 60 years of age and older. Note, if the taxpayer or any member of the taxpayer's household purchased health insurance through the Nevada Health Link or the federal HealthCare.gov site, the taxpayer must bring all forms 1095-A to his/her appointment. Taxpayers are also required to present valid government photo IDs and Social Security cards.

Appointments are required and can be made beginning Tuesday, January 19th by calling the receptionist at 775-883-0703 between 9am and 2pm.

For safety during COVID, the following are required:

- Do not arrive early – you will be asked to wait outside until your appointment time.
- Do not bring extra guests with you except your spouse or someone to assist you.
- You may be walking back and forth to your car (or outside) to wait while your tax return is prepared. Plan accordingly.
- Face coverings and health screenings with temperature are required at entrance. Anyone appearing unwell will be denied service. If you are unable to wear a mask, you will need to contact the Director for alternative assistance. Face shields worn alone will not be allowed.
- Cancel your appointment if you are unwell or have been exposed to COVID.
- Tables and chairs will be sanitized in between appointments.
- Appointments are subject to cancellation with or without rescheduling at any time due to unforeseen situations arising from COVID.
- Procedures and services may change at any time with or without notice.

RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer Association.....	1-800-272-3900
Care Chest.....	829-2273
Carson City Health & Human Services	887-2190
Crisis Call.....	784-8090
Day Labor.....	684-0436
Elder Care Law.....	687-4680
Elder Protective Services.....	688-2964
Energy Assistance	684-0730
FISH.....	882-3474
Food Bank.....	331-3663
HUD (Nevada Rural Housing Authority).....	887-1795
JAC (Jump Around Carson).....	841-7433
Medication Management Program, University of Nevada, Reno	784-1612
Nevada Legal Services.....	883-0404
Nevada State Welfare.....	684-0800
Northern NV Center for Independent Living	353-3599
Retired & Senior Volunteer Program (RSVP)	687-4680
Ron Wood.....	884-2269
Sanford Center on Aging.....	784-4774
Senior Companion Program	358-2322
Senior RX.....	687-7200
SHIP (State Health Insurance Program)	1-877-385-2345
Social Security Administration.....	1-800-772-1213
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration.....	786-7200
VA Medical Benefits Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV)...	883-8278
Weatherization.....	887-1795, Ext. 124

ALZHEIMER'S SUPPORT GROUP (www.alz.org)

The Northern California and Northern Nevada Chapter of the Alzheimer's Association is here for you. Our physical doors may be closed but our staff is working remotely and continuing to serve our community, from our homes to yours. We offer a variety of no cost virtual education presentations, local telephone/video support groups, early stage engagement activities, respite funding, care consultations, information and referral and our 24/7 helpline. For more information, visit alz.org/nornev or call 1.800.272.3900.

Free

ONLINE HEALTH EVALUATION

Are you curious about what nutrients may be missing from your diet?

Did you know that 80% of all diseases fall into 4 categories of nutritional deficiencies?

Support your body's ability to fix itself!

FREE CONSULTATION provided.

Go to **vital90.com** or contact:

Linda Allen

Wholistic Health Coach

833-Vital90 (833-848-2590)

Linda.Basic90@yahoo.com





Olivia Kean

As a Napa Valley native, Olivia Kean always loved northern Nevada but didn't expect to live here. That is, until the fires in Napa just became too much and a golden opportunity opened to live right here in Reno. She and her husband moved to Reno and she accepted the position as a Case Worker at the Senior Center this past September.

"We vacationed in Reno and I always loved it. The mountains, the trees, the city lights. We have everything here and so convenient... movies, hiking, and dog parks, all right down the street."

She'd wanted to be in the Social Work profession since high school, earned her bachelor's degree at Pacific Union College and is working on a Master's. Olivia believes Social Work is a calling, one which she naturally fits.

"People have always felt comfortable talking to me. Like at the grocery store, a woman in front of me will turn around and say, 'nice weather, I'm getting a divorce.'"

Her husband Colin is studying Pre-med at UNR and they adore their adopted dog Copernicus who is a

Staffordshire Bull Terrier. Once Olivia completes her master's program, she hopes to utilize her skills and become a marriage and family therapist. Until then, she is excited to be working with our Carson seniors.

"In Social Work, you see the black, white and gray in our society. I feel for those people failed by the system and hope to bring them the reassurance and resources they need. I am passionate about helping people and my door will always be open to our seniors. This is the kind of job that brings rewards money just can't buy."

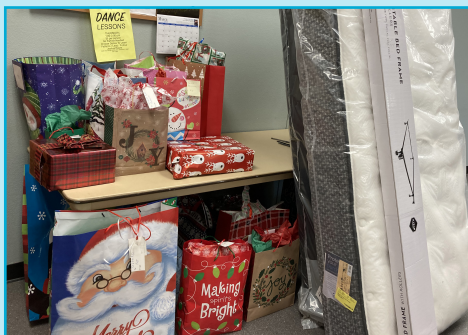
Welcome Olivia, so glad you're here!

(Olivia replaces Veronica who resigned to be a stay at home mom)



Thank you to the Caesars Foundation for the \$7,000 grant and Harrah's and Harveys Lake Tahoe for 336 cookie tin to deliver to Meals on Wheels.

The Carson City community delivered again this year generously donating hundreds of gifts to Meals on Wheels seniors and seniors in need. And thanks to the La Tea Da Knitters for the blankets! Thank you for being our secret Santas!





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Stay Physically Active While Social Distancing

Getting physical activity can be a challenge while staying at home. But it's possible - and important - to stay physically active! Being active reduces blood pressure and anxiety, helps you sleep better, and can even help to improve mood and energy level.

Children aged 3 to 5 years need physical activity throughout the day, every day for growth and development. Children and adolescents aged 6 to 17 years need at least 60 minutes of moderate-to-vigorous intensity physical activity daily. Adults need 150 minutes a week of moderate intensity activity such as brisk walking for health benefits. Regardless of your age, some physical activity is better than none.

Here are ideas for staying active close to home:

- Engage in active family play time. Any game that gets everyone up and moving counts!
- Catch up on household chores such as cleaning out the closet. Vacuuming is also a physical activity.
- Get outside. Mow the grass, go for a walk, or take a bike ride. Remember to maintain a safe distance between yourself and other active neighbors.
- Make television watching more active by doing jumping jacks or push-ups during the commercials.

Drive-Thru Tips

Tired of turning off your car to scan your keychain card? Try one of these creative ideas.

- Remove it from your keychain and tape to a notecard. Store the notecard in your visor pocket.
- Make a photocopy of your card: make sure it is clean and not bent or damaged and do not enlarge it. Store the photocopy in your visor pocket.

Don't have a card? Get an application at check-in to apply for a new card. Need help with a photocopy? Stop by after lunch around 11:45-12:00pp and we can help.

Three Ways To Fight Scammers Who Target Your Social Security Benefits

Social Security Administration, Elko, Nevada

Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents and other law enforcement. They may claim your Social Security number is linked to a crime and threaten to arrest you if you do not comply with their instructions. Here are three things you can do:

- Hang up right away or do not reply to the email.
- Never give personal information, money, or retail gift cards.
- Report the scam at oig.ssa.gov immediately to Social Security's law enforcement team at the Office of the Inspector General.

Continue to be suspicious of phone calls saying there's a problem with your Social Security number or your benefits. If you owe money to Social Security, we will mail a letter explaining your rights, payment options, and information about appealing.

NEVADA CARE CONNECTION
Resource Center

Help for people with
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caregivers and family
members.

Carson City Senior Center
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Nevada Caregiver Support Center

University of Nevada, Reno

Are you caring for a family member with dementia?

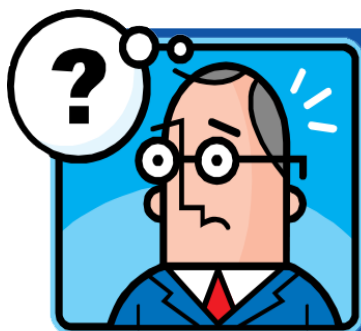
Looking for support or assistance with positive care strategies?

The Nevada Caregiver Support Center Caregiver Coaching program promotes excellence in dementia care by emphasizing the quality of life of persons with dementia and their families.

We invite you to contact us to collaboratively determine the services and referrals that may best assist you and your family.

Please call our office to schedule an appointment or to request more information: 775-682-6515

The Nevada Caregiver Support Center is funded, in part, by Grant 16575-19-066 from the Nevada Department of Health and Human Services



Barry's Trivia Question of the Month JANUARY

by **Barry R. Bjorkman**
Former Advisory Council Chairman

**Q: What was the original name
of the country of Turkey?**

PREVIOUS QUESTION & ANSWER

Q: Who was the only Major League Baseball thirty game winner in one year who never won the Cy Young Award?

A: Cy Young

SIZZLING SENIOR DAYS

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AND GET A FREE MEAL!**

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Christie Wilde
Location Manager

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THRIFT STORE SALES
THIS MONTH'S SPECIALS:

Tuesday | Crafts 50% OFF
Wednesday | Senior Day 50% OFF
Thursday | Kitchen Items 50% OFF
Friday | Boutique 50% OFF
Saturday | 50% OFF entire store

MANAGER - JAMES PAINTER

(775) 301-6676

HOURS: 10 a.m. to 5:30 p.m. • Tues-Sat

Donations needed: small appliances, dish ware, pots, pans and furniture. Please tell friends and family that we are in need of donations and would be happy to pick up the items! All proceeds help to feed our homebound seniors.

FREE PICKUP of donated items!



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King

**RALPH
DIMATTEO**

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My check in the amount of \$15.00 is enclosed.

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SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869

COVID-19 closed to the public until further notice

Lunch is served by drive-thru
between 11 a.m. to 12 p.m., Mon-Fri
Suggested donation: 60 & older: \$2.25

Thrift Store

10 a.m. to 5:30 p.m., Tues-Sat

Newsletter Submissions:

Send by the 10th to
SeniorCenterNewsletter@carson.org

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