

Volume 48, Issue 1

January 2022

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



**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](http://www.carsoncityseniorcenter.org)  
f / carsonseniorcenter**



## From The Desk Of The Executive Director

**Happy New Year!** I recently stumbled across a funny joke ... “Realizing that 2021 is pronounced, 2020 won and that 2022 is pronounced, 2020 too.” As we continue navigating the pandemic and the ever-changing conditions and information, I have found it helps to find humor in the little things, so I hope this joke made you smile.

New this year, launches a pilot program “Phone Pals.” This is a new program to connect seniors who would appreciate a safe way to connect with others on the phone. A volunteer will give you a call and engage in friendly conversation – as little or as long as you’d like. We’ve learned even before the pandemic but now heightened is the concern of seniors becoming lonely and depressed due to isolation. As one may be in their home more due to the pandemic or due to a hardship to get out, “Phone Pals” is a proven way to help connect others to feel engaged and connected.

Volunteers are needed to help make this program a success. If you’d like to talk on the phone or help others, this is a perfect program for you. You also can make phone calls from the comfort of your own home (your phone number will remain private). If you’d like to volunteer, please contact Courtney Warner at (775) 883-0703.

If you find yourself wanting a friendly phone call, sign up for this new program!

Kind Regards,

Courtney Warner

*Courtney Warner*

Courtney Warner | *Executive Director*



## Phone Pals



Sign up to receive a friendly phone call from a volunteer as part of our new “Phone Pals” program. The goal of this program is to connect seniors who would like to connect more with others but may be limited due to being homebound or staying home due to the pandemic. This new pilot program is a safe way to connect with others using the phone. Sign up by calling Courtney Warner at (775) 883-0703.

## HOLIDAY CLOSURE Monday, January 17 CLOSED for MLK Day

### 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.**



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Family member*



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[www.InfinityHospiceCare.com](http://www.InfinityHospiceCare.com)

## 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](http://www.alz.org))

**Meets 4th Wednesday of  
the month, 2:30 to 4 p.m.**

**Carson City Senior Center  
911 Beverly Dr., Carson City**

We offer a variety of no cost education,  
support groups, early stage engagement  
activities, care consultations, respite  
funding, information and referrals.

**National Alzheimer's Helpline**

**1-800-272-3900**

Available to you 24/7



Hearing Care of Carson City, LTD.

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## The Plant Prescription for a Better Mood

By: Dr. Taylor Wallace

<https://fruitsandveggies.org/stories/the-plant-prescription-for-a-better-mood/>

Food and mood. We intuitively know they're connected. That's why we reach for something sweet when we've had a bad morning or order another coffee for added will power.

We're a little duped by our instincts, though. The most important dietary drivers of our mood and cognitive abilities aren't these little pick-me-ups (tasty as they are). They're the choices we make, day in and day out, about how we fill our shopping carts, cupboards and plates.

It turns out that your love of roasted asparagus, your weekly veggie chili night, or your habit of eating sliced mango for breakfast is doing more than filling your belly. Those fruits and vegetables may also be keeping you happy, chill, and able to think and remember clearly.

Studies show a higher consumption of fruits and vegetables is associated with a reduced risk of depression. Another study found low fruit and vegetable intake is linked with poor mental health status and being diagnosed with a mood or anxiety disorder. Study participants who reported eating more fruits and vegetables also were more likely to exhibit better mental health.

The takeaway here? Depression and anxiety are serious disorders that can require help from doctors and therapists. But whether you have a diagnosed mood disorder or just a case of the blah's, consistently meeting your five servings of fruits and vegetables a day may help. Aim to fill one-half of your plate or more. When you're planning your meals, consider eating some of your fruits and veggies uncooked: one recent study found higher mental health outcomes for those eating more raw fruits and vegetables.

There is also evidence that a high intake of fruits and vegetables is associated with a reduced risk of cognitive impairment. One study found a 100g per day increase in fruits and vegetables was related to a 13% decrease in cognitive impairment and dementia risk. 100g is just two medium carrots, ½ an apple or 6 tangerine wedges, so why not aim for more?

Does it surprise you that eating fruits and veggies prevents depression and anxiety, improve your cognitive abilities, and perhaps lower your risk of dementia?

In our culture, we are sometimes taught to think of our minds as separate from our bodies, like we're carting our brains around in rolling suitcases. But nutrition isn't just from the neck down. Every fruit or vegetable that helps your heart or reduces your diabetes risk is also a bite that feeds your brain — a delicious dietary difference you can feel in your mood and thinking, too. So, if you're reading this in line at the coffee bar, grab an apple or veggie pack to go with that drip. Your brain will thank you.

*Thank you to our Christmas Decorators:  
The Sierra Nevada Kiwanis Club for transforming  
the Senior Center into a Winter Wonderland!*

### Free Tax Return Preparation

The AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center at **NO FEE** to the taxpayer. Trained and certified volunteer tax preparers will conduct this free service on Mondays and Wednesdays beginning on **Wednesday February 2, 2022 through Wednesday, April 13, 2022**. The hours of service will be from Noon to 4:00 PM 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. The Computer Lab will be closed Mondays and Wednesdays from 11:30AM to 4PM during the tax season.

**Appointments are required and can be made beginning Tuesday, January 18** by calling reception at 775-883-0703 between 9am and 2pm.

We look forward to serving you!

**Patricia Eckman, AARP Tax Aide, Local Coordinator**



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# NOTICE BOARD

## CRIBBAGE

Thursdays, starting 1/6/2022

Time: 10-12pm Room: Sierra

## BINGOCIZE

**Mondays & Wednesdays: January 24- April 20**  
[12 week series] (cancel 4th Wednesday)

Time: 2:15-3pm Room: Joshua Tree

Join us for a free entry-level exercise program, Bingocize, an evidence-based disease prevention and health promotion program. Exercise combined with Bingo! Free 12 week course taught by UNR CoOp Ext. Must RSVP at the Reception desk to save your space!

## TAI JI QUAN

**Mondays & Wednesdays: January 24 - April 20**  
[12 week series]

Time: 3-4pm (4-5pm 4th Wednesday)

Room: Joshua Tree

Join us for a free Tai Ji Quan Program: Moving for Better Balance which improves muscle strength, balance, flexibility, and mobility as well as reducing risk of falls among older adults. Free 12 week course taught by the UNR Cooperative Extension. Must RSVP at the Reception desk to save your space!

## TAI CHI CLASSES

**Fridays: January 28 – March 4** [6 week series]

Time: 10:00-11:00 Room: Joshua Tree

Join instructor Cindy Battee who specializes in a 4-minute Tai Chi style for seniors for a six-week course. Studies have found Tai Chi improves cardiovascular endurance, sleep, immune system, strength, balance, flexibility and helps to relieve stress. Donations to participate appreciated. Must RSVP at the Reception desk to save your space!



**Refreshing your driving skills  
could reduce your auto insurance costs.\***

Take the AARP Smart Driver online course  
to see how much you could save!

**Visit: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)**

In-person courses tentatively to start in early 2022 – check back mid-January (pending COVID infection rates)

**“I don’t do drugs and I don’t drink.  
At my age, I get the same effects  
by standing up too fast.”**

**Submitted by Corry Steiner**

## Dance with Live Music

**at the Carson City Senior Center**

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, on **Friday, January 7, 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!



## SUNDAY BINGO

**January 9, 17, 23**

\$3 Early Bird pack \$50 Payouts  
\$6 First Buy-In Pack, \$5 each additional Pack  
\$100 Payouts

**\$1 Specials:** \* Double Action, Starburst,  
Progressive, Bonanza, Letter X Progressive

**\$2 Blackout:**

\* \$120 Payout or \$500 Progressive

**Doors open at 11am | Games start at 1pm**

Must be 21 to Play

*All proceeds benefit the “Meals on Wheels” program*

## TAKE CONTROL WITH SOCIAL SECURITY ONLINE

We continue to add more services you can access through your secure my Social Security account. Use your personal my Social Security account to check your Social Security record and complete your business conveniently and securely from home or on the go.

***If you do not currently receive benefits, you can:***

- Request a replacement Social Security card.
- Review your earnings history for accuracy.
- See an estimate of your future Social Security benefits to help you plan when to start receiving benefits.
- Compare benefit amounts depending on what age you start receiving benefits.
- Check the status of your Social Security application.

***If you already receive benefits, you can:***

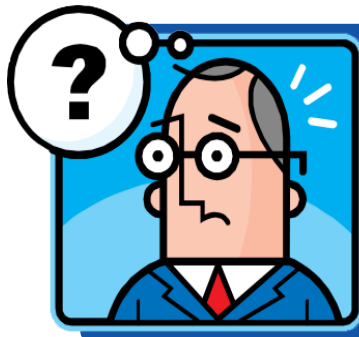
- Get a benefit verification or proof of income letter.
- Request a replacement Social Security or Medicare card.

- Set up or change direct deposit.
- Change your address.
- Get a replacement SS 1099 form (SSA-1099).
- Opt-out of certain mailed notices.

Your personal my Social Security account includes a secure Message Center where you can receive communications from us. For example, you can view your annual cost-of-living adjustments before you would normally receive them in the mail. You can also opt-out of receiving notices by mail that are available online.

We designed these online features to save you time. Create your personal my Social Security account today at: **[www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)**

We offer many other online resources at **[www.ssa.gov/online services](http://www.ssa.gov/online services)**. Please let friends and family know they can access them from the comfort of their home or office, and on the go from their mobile phones.



### Barry's Trivia Question of the Month JANUARY

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q: What was the name of Tonto's horse?**

PREVIOUS MONTH'S QUESTION & ANSWER

**Q:** What are the only 2 states in the US with perfectly straight borders on all 4 sides?

**A:** Colorado and Wyoming

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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!**



**Autumn**  
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**RALPH DIMATTEO**

**92 Years Young**







911 Beverly Drive Carson City, Nevada 89706

I would like to subscribe to the "Senior Sentinel" for one year.

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

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**Join our email newsletter subscriber list. Send an email to [SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org) to be added to the list.**

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### **SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869

9 a.m. to 4 p.m., Mon-Fri

Lunch is served between

11 a.m. to 12:30 p.m., Mon-Fri

Suggested donation: 60 & older: \$2.25

### **Hidden Treasures Gift Shop**

10 a.m. to 3 p.m. Mon-Fri

### **Second Wind Thrift Store**

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

### ***Newsletter Submissions:***

Send by the 10th of each month to  
[SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org)

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Pam Couch, Director

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Robert Drews, Council Member

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Lucy Murphy, Council Member

Cindy A. Somers, Council Member

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VACANT position

### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

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