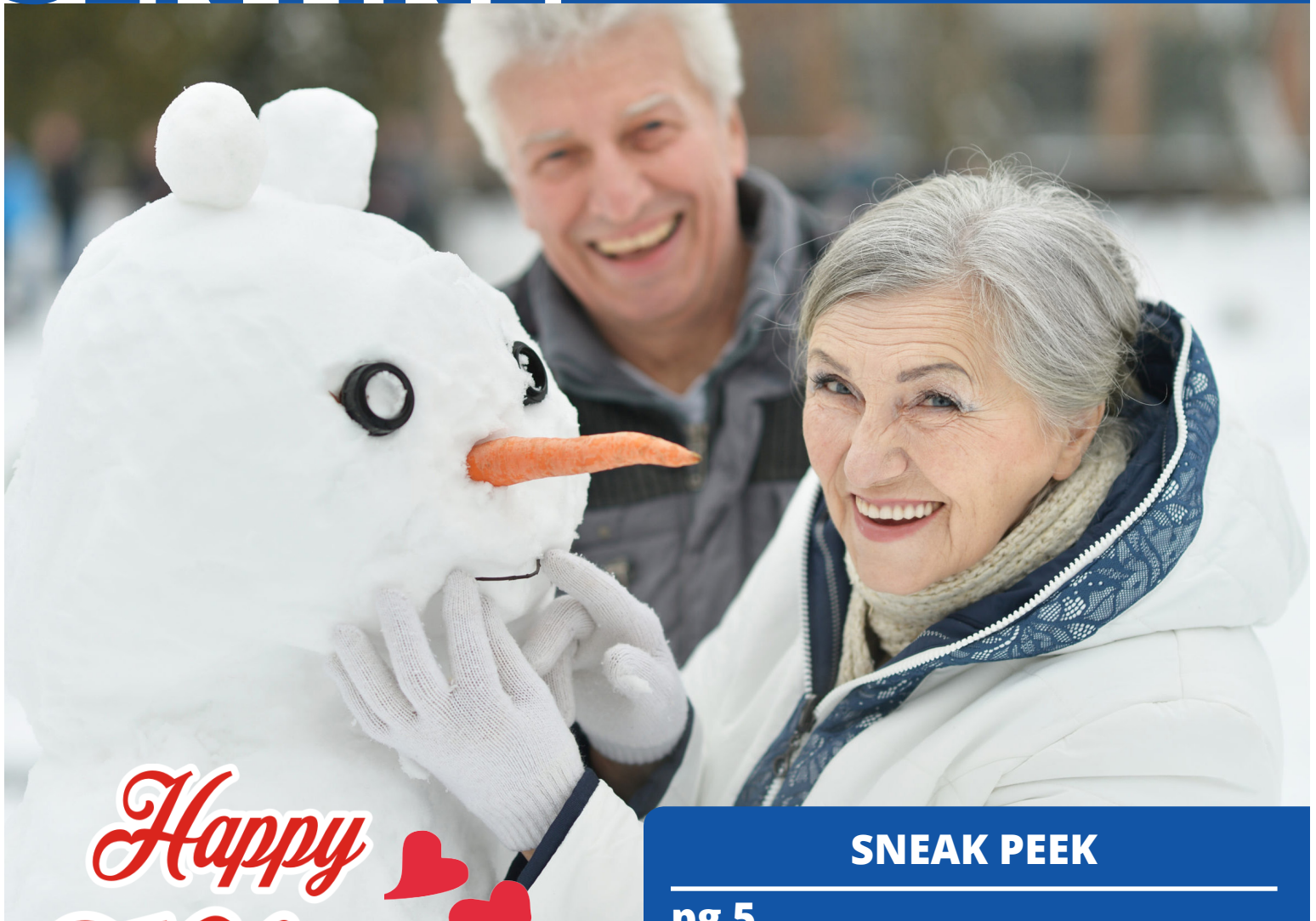


# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



*Happy* ♥  
*Valentine's* ♥  
*Day*

**pg 2**

Nutrition Programs - **RECORDS SET**  
but help still desperately needed

## **SNEAK PEEK**

**pg 5**

**FREE** from the Tax Aide Foundation:  
Tax Return Preparation & Counseling

**pg 7**

**Meal Planning & Grocery List Tips:**  
Make Fewer Trips & Save Money!

**pg 7**

Did you miss the **Triad Carson City Library** event? Enjoy this recap!

# IN THIS ISSUE

From the Executive Director .....	2
Resource Contact Information .....	3
Alzheimer's Support Group .....	3
Birthday King & Co-Queens .....	4
Sunday Bingo Information .....	4
Free Tax Return Preparation .....	5
Plan Your Weekly Meals .....	7
Triad Carson City Library Recap .....	7
Jim Wilson Realty Word Search .....	8
Patty's Puzzle of the Month .....	9
Barry's Monthly Trivia Question .....	9
Volunteer with Carson City Sr Center...	11
Buy Your Valentine A Great Gift .....	12
Thrift Store Specials for February .....	13
Volunteer Needed for Tax Season .....	13
New Triad Schedule.....	13
The Notice Board .....	14 & 15

SPECIAL INSERT - Calendar of Events



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

## FROM THE EXECUTIVE DIRECTOR

Courtney Warner

Did you know last year we served 44,735 meals to our Congregate diners and delivered 90,552 meals to our Meals on Wheels clients? We had one busy record-setting year!

As we work hard to keep up with demand, the importance of participant donations becomes essential to our success.

Our nutrition programs ask for a suggested donation of \$2.25 per meal to support the gap in grant funding. We receive less than half of grant funding of our actual cost of the meal. Donations from participants have dipped by half the past few months and I call on you to help us out.

**Would you consider donating the suggested amount, or consider what else you could to support our success?**

We are delighted to serve you and appreciate your support as we prepare for another record year of meals for our seniors!

My best,

*Courtney Warner*

Courtney Warner  
Executive Director



Hearing Care of Carson City, LTD.  
Hearing Aids & Audiology

**Brett M. Weeks, Aud**      **Mark Weeks, MCD**  
Doctor of Audiology      CCC Audiologist  
408 North Roop Street • Carson City • Nevada  
**775.885.9888**

## RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP .....	687-4210
Alzheimer's 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 .....	687-0730
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.....	284-3491
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 .....	1-888-808-5481
Suicide Prevention Lifeline .....	1-877-885-4673
Veterans Administration.....	786-7200
VA Medical Benefits Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV) .....	883-8278
Weatherization.....	887-1795, X124

## ALZHEIMER'S SUPPORT GROUP

(www.alz.org)

### CARSON CITY

**Barbara Singer, Facilitator**  
Meets the 2nd Wednesday of each month  
1 to 2:30 p.m.

Carson Tahoe Cancer Center  
Conference Room  
1535 Medical Parkway, Carson City

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

Carson City Senior Center  
911 Beverly Drive

**Christine Casinelli, Facilitator**  
Meets every Monday of the month  
6:30 to 7:30 p.m.

Carson Tahoe Cancer Center  
Resource Room  
1535 Medical Parkway

### ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with  
Alzheimer's Rural Outreach and  
Family Care Associate,  
**Heidi Slater**  
Every Wednesday from 9 a.m. to 4 p.m.  
Please call 1-800-272-3900  
to schedule an appointment

### MINDEN/GARDNERVILLE

**Barbara Singer, Facilitator**  
Meets the 2nd Thursday of each month  
2 to 3 p.m.

Coventry Cross Episcopal Church  
1631 Esmeralda Place, Minden

**National Alzheimer's Helpline**  
**1-800-272-3900**  
**Available to you 24/7**





Experience you can trust  
Results you can count on

**Jason Overholser, PT**  
Physical Therapist / Owner

604 W. Washington St., Suite B  
Carson City, NV 89703

**(775) 882-5001**  
fax (775) 882-5015



**JANUARY  
BIRTHDAYS**

*Co-Queen*

**DONNA  
SIMPSON**

84 years young

*King*

**RICHARD  
TUCKER**  
64 years young



*Co-Queen*

**DOLORES  
MILLER**

90 years young



## SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

○ **\$3 Early Bird Pack** ○  
with \$50 payouts

○ **\$5 Regular Game Pack** ○  
with \$100 payouts

○ **\$1 Specials** ○  
Double Action, Starburst, Bonanza,  
Bingo-Bingo-Bingo, Letter X Progressive

○ **\$2 Blackout** ○  
\$120 payout or \$500 Progressive

**Doors open at Noon  
Games start at 1pm**

Must be 21 to play

Carson City Senior Center  
911 Beverly Drive, Carson City

*All proceeds benefit  
the Meals-on-Wheels program.*



### Autumn

## Funerals & Cremations

1575 N. Lompa Lane, Carson City, NV 89701

# 775-888-6800

Low cost Cremation & Burial Services  
Prearrangements available

**"The Right Choice"**

Not all Funeral Homes are alike come see the difference

**Owned & Operated By:  
John & Debbie Lawrence**

## Free Tax Return Preparation

In 2019, 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 Monday, February 4, 2019 through Wednesday, April 10, 2019**. The hours of service will be from noon to 4 p.m. 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 Monday, January 14 by calling the receptionist at 775-883-0703 from 9 a.m. to 2 p.m.

We look forward to serving you! - *Patricia Eckman, AARP Tax Aide, Local Coordinator*



## SKYLINE ESTATES

Senior Living

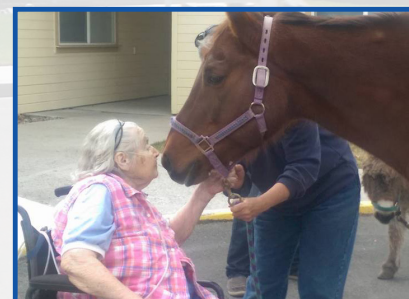
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[www.SkylineEstatesSL.net](http://www.SkylineEstatesSL.net)

- 24-hour Personal Care
- Private & Semi-Private Rooms
- Weekly Housekeeping
- Weekly Laundry
- Beauty Salon
- Home-Style Meals
- Transportation
- Variety of Activities

**Call Today for  
Free Lunch & Tour!**

**775.885.9223**  
Prices starting at \$1,895







## Eagle Valley Care Center

**(775) 883-4449 • fax (775) 883-4403**  
**1807 E. Long St. • Carson City, Nevada 89706**

*Visit us today & experience  
the Friendly Home for Seniors!*

We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms
- Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

**We accept Medicaid Group Waivers**

Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

## OUR "MOST WANTED"

**All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers**

We will pay top dollar for your items.

You could have cash in your pocket today, so don't delay.

**CAN'T COME TO US? WE WILL COME TO YOU!**

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

## CAPITOL CITY LOANS

**5951 Hwy 50 East • Carson City**

**Call 775.882.8882 Today! Ask for Teresa or Charlotte.**

## Plan Your Weekly Meals [www.choosemyplate.gov/budget-weekly-meals](http://www.choosemyplate.gov/budget-weekly-meals)

Before making a grocery list, write down meals you want to make this week. Buying for the week means you'll make fewer shopping trips and buy only the items you need.

Here are some basic tips for creating your menu and grocery list:

- See what you already have. Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money by using these items in the upcoming week's meals.
- Use a worksheet to plan your meals. The Create a Grocery Game Plan Worksheet is great for planning your week and figuring out what items you may need to buy.
- Create a list of recipes to try. Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are good buys.
- Visit What's Cooking? for recipe inspiration. Search recipes by ingredient using What's Cooking? USDA Mixing Bowl -- an interactive tool to help with healthy meal planning, cooking, and grocery shopping. Be sure to include some family favorites along with the new recipes.
- Think about your schedule. Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You also can prepare meals in advance to heat and serve on your busiest days.
- Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy, and save you time preparing another meal.

## Carson City Library: Books and so Much More

On Friday, December 14th, the Carson City Library Director and staff presented on the last TRIAD day of the year. It was such a delight being at the Center and it was such a delight interacting with so many of those in attendance. In case you missed us that day, here's a recap of the presentation:

Have you been to the Carson City Library recently? The library completed its refresh in early 2018 and reopened with newly organized space with great floors on the main level and fresh paint. The library is a 2018 National Medal for Museum and Library Service Finalist awarded by the Institute of Museum and Library Services, and we are honored to be nominated again for 2019 by Congressman Mark Amodei.

The ROI Project (Return on Investment) concluded that the cost of library experiences, services, materials, and spaces equals \$1,656,016.00. The total value equals \$3,570,976.35!

The Carson City Library staff brought an example of a library experience to the Senior Center. Virtual Reality (VR) immerses the user in worlds such as outer space or the Mesozoic era just to name a few for purposes

of education, entertainment, and experience. Three individuals gave the VR equipment a try. Want to try for the first time or have another go? VR is available to library cardholders every Friday from 2:30-5:30 p.m.

Consider the library's other services that include Homebound Book Delivery, In Person Classes, Makerspace, WiFi, Self-Serve Conversion Stations (VHS -> DVD), and more.

You are invited to participate in the library's five-year plan (2019-2024) process. Your input is invaluable. The first of the planning sessions will be Saturday, January 19th. We want your input - join us for Workshop No. 1, Saturday, January 19, 2019 from 9:30am to 4:30pm in the Ormsby Room at Carson City Sheriff's Office (911 Musser Street, Carson City, NV 89701).

Would you like the Carson City Library to come by again for another VR demonstration or have any questions for us? Let us know at [creativelearning@carsoncitylibrary.org](mailto:creativelearning@carsoncitylibrary.org) or call us at 775-283-7594

Visit our website at [carsoncitylibrary.org](http://carsoncitylibrary.org) for our calendar of events, library catalog and much more.







# MEDICARE BENEFICIARIES



## Benefits Enrollment Centers

GET HELP WITH MEDICAL, UTILITY, FOOD AND PRESCRIPTION COST

Benefits Enrollment Centers help low and fixed income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs to put money back in your pockets.

Here are the benefits we can help you apply for:

- Medicaid
- Medicare Part B Premium Assistance
- Medicare Part D Extra Help Prescription Cost Assistance
- Supplemental Nutrition Assistance Program (Food Stamps)
- Energy Assistance (LIHEAP)



ALL SERVICES ARE FREE

PUT MONEY  
BACK IN  
YOUR  
POCKETS!!

### Contact:

Antonio Gilmore  
Phone: 775-315-6081  
agilmore@ccsnn.org  
\*for more  
information or to  
schedule an appt.

## VOLUNTEER TO MAKE A DIFFERENCE!

### Senior Center Volunteers Needed For:

- **GALLEY** - Prepare drinks, aid other volunteers throughout lunch service. Positions available on Mondays, Tuesdays and Thursdays from 9 a.m. to 1 p.m.
- **COFFEE CART** - Serve drinks to our seniors during lunch. Positions available Mon-Fri from 10:45 a.m. to 12:30 p.m.
- **BUSSER** - Clean up during and after lunchtime. Positions available Monday-Friday from 10:45 a.m. to 1 p.m.

See Tiffany Roberts, Activity & Volunteer Coordinator for Scheduling  
(775) 883-0703 or TRoberts@carson.org

### FITZHENRY'S FUNERAL HOME AND CREMATORY

3945 Fairview Drive  
Carson City, Nevada 89701  
www.fitzhenrysfuneralhome.net  
775-882-2644

- ◆ Full service funeral home and crematory
- ◆ Crematory on site
- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
- ◆ 100% Service Satisfaction Guarantee
- ◆ Available Staff 24 hours a day

Christie Wilde  
Location Manager

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and get a FREE Meal at the Grille



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www.gdwcasino.com

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Your House Full of Friends™



**Valentine's Day is coming!** Give the ones you love or care for a special treat! We carry Valentine's themed boxes of See's Candy.

Winter is still here and we have a variety of Scarfs, Hats, gloves, Canes, and very creative designed walking sticks.

Come visit the shop and you will be amazed at the beautiful array of handmade items created by our seniors. The prices are very reasonable and the proceeds go to the senior consignee as well as our Meals On Wheels Program.

We continue to look for new consignee's. If you have a handcrafted item you wish to sell, please contact Diane Maquire the manager on Tuesday or Wednesday.



Located in the Carson Senior Center  
911 Beverly Drive Carson City NV  
Mon-Fri 10am-3pm • 775-283-7980



## Ormsby Post-Acute Rehab

3050 North Ormsby Blvd.  
Carson City, NV 89703  
775.841.4646  
[www.ormsbyrehab.com](http://www.ormsbyrehab.com)

*Our Mission* ... The mission of Ormsby Post-Acute Rehab is to assist each resident in reaching his or her desired potential. That's our *Commitment to Caring*

Part of the *EmpRes Healthcare Family of Companies*



Licensed & Certified by the  
Center for Medicare & Medicaid

## THRIFT STORE SALES

### SPECIALS FOR FEBRUARY

Tuesday | Crafts 50% OFF  
Wednesday | Senior Day 50% OFF  
Thursday | Kitchen items 50% OFF  
Friday | Boutique 50% OFF  
Saturday | Everything in store 50% OFF  
incl. Boutique & furniture (*Books not included*)  
Paperback Book Sale - \$5.00/bag

**NEW MANAGER! JAMES PAINTER**  
(775) 301-6676

**NEW 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!**

## VOLUNTEER NEEDED TO ASSIST DURING TAX SEASON

Do you love meeting new people? AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesday from February 4 through April 10 in 2019. We need a Client Facilitator to assist by welcoming taxpayers, help organize their paperwork and manage the overall flow of service. Client Facilitators normally work from 11:30 a.m. to 3:30 p.m. We provide training and support. Our volunteers learn new skills, and get a great feeling from helping others.

If you're interested or have questions, please call **Pat Eckman at (775)782-3176**, or send an email to: [pateckman@aol.com](mailto:pateckman@aol.com) with your contact information.



# SAVE THE DATE!

Our next TRIAD event will be:

**Tuesday, March 19 at Noon**

Wildland Fire presented by:  
Carson City Fire Department

TRIAD will be on the **3rd Tuesdays** of **each odd month** starting at **Noon** in the Nevada Room. Presentations will be 45-60 minutes long and provide more depth on each topic. Refreshments will be served too!

## 2019 SCHEDULE

March 19, 2019 • Noon to 1 p.m.  
Wildland Fire presented by the  
Carson City Fire Department

May 21, 2019 • Noon to 1 p.m.  
Ducks in a Row  
presented by Lora Myles, RSVP

July 16, 2019 • Noon to 1 p.m.  
Grab & Go Emergency Preparedness  
presented by the Red Cross

September 17, 2019  
To be scheduled

November 19, 2019  
To be scheduled



## The Notice Board

### NEED SOMETHING NOTARIZED?

Visit Joy Masepoli **Tuesdays 9 a.m. to 12 p.m.** in The CCSC Zephyr Room

### WINTER WEATHER AHEAD

Cold weather is near 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 voice mail 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.**

## COMPUTER LAB SCHEDULE

Patricia Eckman, AARP Foundation, Tax Aide Local Coordinator

The computer lab will be **closed** to the public **Mondays & Wednesdays from 11:30 a.m. to 4 p.m., beginning Monday, February 4 and continuing through Wednesday, April 10, 2019.** During this period, AARP Foundation Tax-Aide Volunteers will use the lab to conduct FREE tax preparation and counseling to the public.

All Seniors and taxpayers with low to middle income may use these services. Please make an appointment beginning January 14, 2019 at 775-883-0703.

For more information, see the article "Free Tax Return Preparation" on page 5 of this issue.



### Dance with Live Music

at the Carson City Senior Center

Kick up your dancing shoes and enjoy the live music of

*Don & Nadine*

Friday, April 5, 6 to 9 p.m.

Doors open at 5:45 p.m.

Admission is \$5.00/person

*Open to all ages*

Light refreshments served included with admission.

Dances occur the 1st Friday of January, April, July & September!

(775) 883-0703



### Come One Come All

If you're wanting to have some laughs, make new friends, and play a great dice game... Come join us!

**Fridays at 1 p.m.**

**Nevada Room**

**Only \$3!**

If you've never played Bunco, we'd love to have you come at 12:45 and we'll show you what an easy game it is!

**See you soon!**

-Darlene Mann, Joanne Avery, and Our Special Bunco Friends

## Dance Classes

*Aprender a bailar*

Join us every  
**Monday at 1:30 p.m.**  
**in the Nevada Room**

**Learn to dance**  
**like the Stars!**

Rumba, Cha Cha, Swing, Tango, Waltz, Night Club Two Step, Salsa, Merengue, Cumbia and many other Ballroom and Latin Dances

**only \$5.00 per class**

We have lots dance space!  
Come out and have a lot of fun while you learn.

### Would you like to volunteer with us?

We have a large variety of positions open in our Thrift Store, Dining Room, Reception and more! Contact Tiffany Roberts for more details 883-0703 or TRoberts@carson.org

## Memor Writers Seminar Spring Session 2019

**Wednesdays**

**February 6 to May 15**

**9:30 to 11 a.m.**

**in the Tahoe Room**

**Sign up with the  
Senior Center Receptionist**

This informal seminar is designed for senior citizens who wish to write their memoirs. Writers use a first person narrative format in drafting episodes [personal experience stories] arranged in chronological order. Using black ink, they double-space episodes in spiral-bound college-ruled writing journals. The process leaves space for editing, and it makes drafted episodes easy to read.

The working draft audience is limited to seminar writers; the final draft audience is limited to relatives & friends. Charlie McGranaghan, a retired writing instructor, is the seminar guide. He provides materials including black pens and writing journals.

★ **NO FEE** ★



I would like to subscribe to the "Senior Sentinel" for one year.  
My check in the amount of \$15.00 is enclosed.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

**Our Facts: Congregate Dining (on-site): 41,413 meals served  
Meals on Wheels: 83,272 meals delivered \*10.01.17 – 8.31.18**

### **DISCLAIMER**

The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

### **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

### **Thrift Store**

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

*Newsletter Submissions:*

Send by the 10th to troberts@carson.org

### **GOVERNING BOARD**

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Joe Spencer, Director

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Marie Borgo, Council Member

Cindy A. Somers, Council Member

Corry Steiner, Council Member

John C. Wilson, Council Member

Jane Wong, Council Member

### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

### **DEPARTMENT BUSINESS MANAGER**

Michael Salogga

911 Beverly Drive Carson City, Nevada 89706

