

Volume 48, Issue 2

February 2022

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



*Happy
Valentine's
Day*



**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**

From The Desk Of **The Executive Director**

Here we are, nearly two years in, navigating the sea of COVID changes, stresses, and constant stream of information. Some updates for you which may change or have changed since I have written this note:

- Free COVID tests: visit www.covidtests.gov to register for a free COVID test to be mailed to your home. If you do not have a computer or need help with the website, call us (Courtney or Michael) and we can help you over the phone.
- N95 Masks: look to the local paper for information on distribution or give us a call.
- COVID testing: visit www.gethealthycarsoncity.org or call the hotline at (775) 434-1988 for the latest testing information.
- COVID vaccines: visit www.gethealthycarsoncity.org or call the hotline at (775) 434-1988 for the latest testing information.

Until the Governor lifts the order, we require all visitors to the Senior Center wear a mask unless you have an exemption and please do not visit us if you are currently or have recently been feeling unwell especially with a fever, sore throat, vomiting, and/or diarrhea.

Reach out to use if you need something or are having a hardship. We are here to help!

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, February 21** **CLOSED** **for Presidents 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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Phone: 775-852-6002

Fax: 775-852-6028

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)

**4th Wednesday meetings are
on Zoom until further notice.**

**Contact the Alzheimer's
Association for details.**

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



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Overcoming Ankle Instability

Author: Paul Ryan, MD

Winter sports are here; ankle sprains may happen. An ankle sprain is the most common sports-related injury, accounting for 40% of all sport injuries. The good news is, most recoveries are in six to eight weeks.

We put our ankles under quite a bit of stress during athletics. When we run, they support up to five times our body weight. Much of our stability is maintained by the boney architecture, in addition to ligaments and tendons. Two ligaments primarily stabilize our ankles, and when you sprain your ankle, you have injured at least one of these ligaments.

Typically, it results in immediate pain and you may even hear or feel a 'pop.' The ankle may swell and bruise. If you are able to 'walk it off,' you generally don't need an x-ray. If you can't walk on it or have significant pain over the boney portions of the ankle, consult your medical provider, as an x-ray may be needed to ensure it's a sprain and not a broken bone.

Initial treatment includes rest, ice, compression, and elevation, or 'RICE.' Immobilization with a brace, boot, secure taping, or wrapping should be utilized for the first three weeks. This ensures the ligaments heal in the correct position. A sprain can just be a slight stretch on the ligament, but it can also be a tear. Ankle sprains are graded I-III; a stretch, a partial tear, and a complete tear, respectively.

If you still have pain, physical therapy is recommended to "retrain" the ankle. Therapy will focus on balance and proprioception (an awareness of where your foot is in space). Once you regain your proprioception, your therapist or trainer will work on range of motion, strength, and return to activity.

If your ankle doesn't recover after this treatment, an orthopedic surgeon will check the stability of your ankle to evaluate the length of the ligaments. Occasionally, the ligaments heal elongated, or stretched.

Some patients can be treated with continued bracing or taping, other patients may require surgery to return to sport. While recovery can take some time, most athletes (both professional and recreational) are able to return to sport within six months after surgery.

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

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, February 4, 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!

CRIBBAGE

Thursdays

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]

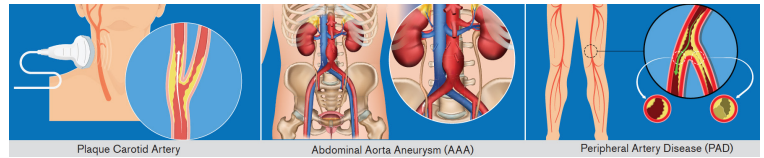
Time: 10:00-11:00 Room: Joshua Tree

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!



ARE YOU AT RISK FOR STROKE OR HEART DISEASE?

A screening can identify health concerns you may not even be aware of. Peripheral Arterial Disease (PAD), Abdominal Aortic Aneurysm (AAA), and plaque build-up in carotid arteries are all treatable when caught early. Additionally, PVD (caused by blocked blood flow in the leg arteries) when diagnosed early allows physicians to intervene before serious complications develop.

Get a **FREE** screening and gain peace of mind. Includes Bilateral Carotid Ultrasound, Aortic Ultrasound, EKG, and Ankle-Brachial Index for PVD. Appointments and masks required. No preparation is needed. Call the Carson City Senior Center at (775) 883-0703 for an appointment.

Date & Time: February 22 at 1 PM-4 PM

Location: Carson City Senior Center

911 Beverly Drive, Nevada Room Carson City, NV 89706

www.CarsonTahoe.com | (775) 445-7337

Seeking Donated Jewelry

Donate your gently used jewelry for our bi-annual jewelry sale, a fundraiser for Meals on Wheels.

Drop off at Reception today!



SUNDAY BINGO

February 13, 21, 27

\$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

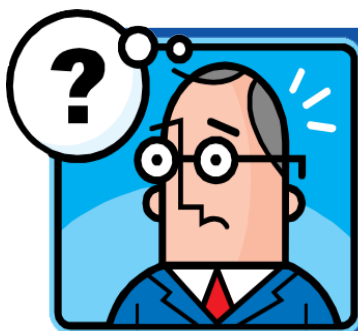
All proceeds benefit the "Meals on Wheels" program

GET ENOUGH FLUIDS! It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and gets rid of the unused waste.

- 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 and drinks without added sugars.
- If you drink alcoholic beverages, do so in moderation: only one daily drink for women, up to two for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

Learn how to shift to healthier beverage choices. Visit:

www.nia.nih.gov/health/getting-enough-fluids



Barry's Trivia Question of the Month FEBRUARY

by Barry R. Bjorkman
Former Advisory Council Chairman

DID YOU KNOW? You can make meat tender with BAKING SODA! It's called "velveting" the meat. Take any meat (chicken breasts, pork chops, steaks etc.) wash it and pat it dry with a paper towel. Lightly sprinkle baking soda on both sides. (To make it easier, poke the box with a fork to shake or transfer baking soda to a shaker.) Let the meat sit for 10 minutes (no longer). Rinse the meat off and pat dry on both sides. Use your normal seasoning and cook. You will be surprised how tender the meat will be!

- Submitted by Corry Steiner

Q: What states border Nebraska?

PREVIOUS MONTH'S QUESTION & ANSWER

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

A: Scout

SIZZLING SENIOR DAYS

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Christie Wilde
Location Manager

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THRIFT STORE SALES
THIS MONTH'S SPECIALS:

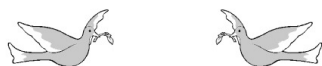
Tuesday | Crafts 50% OFF
Wednesday | Senior Day 50% OFF
Thursday | Kitchen Items 50% OFF
Friday | Boutique 50% OFF
Saturday | 50% OFF entire store

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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**JANUARY
BIRTHDAYS**

Queen

DONNA SIMPSON
87 Years Young



King

DON ROWE
71 Years Young





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

Name _____

Phone _____

Mailing Address _____

Join our email newsletter subscriber list. Send an email to 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

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Michael Crossley, Treasurer

Michael Pavlakis, Director

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