

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURES

Monday, February 20

Closed - all day
(President's Day)



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Hours of Operation

Monday through Friday, 9 a.m. to 4 p.m.

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

From the Executive Director, Courtney Warner

Who asked for all this winter weather??!! Let's hope that the worst is behind us however let's take the time to applaud our amazing team and volunteers who braved the conditions to get to the Senior Center to get the job done! The kitchen crew arrives well before the sun comes up, several at 4:30am, when the roads are icy and challenging. Our Meals on Wheels Drivers make between 60-90 stops, driving unplowed roads and walking through rain and deep snow to make sure meals are delivered. Our Thrift Store team opens the store while working in very cold conditions. Our office team keep the phones answered, bills paid, and create a friendly and welcoming space for new attendees. Our volunteers, in their many roles, keep our doors open. All of you are important and vital for us to keep running.

When you run into a team member or volunteer, give them a high-five and thank them for showing up when winter made it a challenging day.

We are so fortunate to have each and everyone of them!

VOLUNTEER *Spotlight*



CAROL BRODIE

Carol has been volunteering at the Senior Center for about 6 years. She has volunteered as a receptionist, and currently helps out the kitchen staff by plating meals every Friday. She also helps out during the tax season at reception helping the many people who are getting their taxes prepared. She has resided in Carson City since 2017. Carol also volunteered in Gardnerville for 7 years at the Food Closet. Carol was a hairdresser for 42 years, and amazingly she wore high heels all through her career, except for the last 6 years. Carol was married for 50 years, until losing her life partner 8 years ago. Carol enjoys doing home health care for her friends, which allows their spouses to get out and just get a break from their constant duties. Whether in the kitchen or assisting with tax returns, please say hello to Carol when you see her!



KING Jack Mitchell 85



KING Jack Cooney 79

January Birthdays



Celebrate your birthday with us -
1st Friday of each month!

RESOURCE LIST

Nevada 211 (Nevada Care Connection)	211
Adult Protective Services	1-888-729-0571
Aging & Disability/CHIP	775-687-4210
Alzheimer Association	1-800-272-3900
Care Chest	775-829-2273
Carson City Health & Human Services	775-887-2190
Crisis Support Services of Nevada	775-784-8090
Day Labor	775-687-6899
Elder Care Law (RSVP)	775-687-4680
Energy Assistance Program	775-684-0730
Food Bank of Northern Nevada	775-331-3663
Jump Around Carson (JAC Transit)	775-841-7433
Medication Management Program	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services	775-883-0404
Nevada Rural Housing Authority (HUD) ..	775-887-1795
Nevada State Welfare Office	775-684-0800
Northern NV Center for Independent Living	775-353-3599
Retired & Senior Volunteer Program (RSVP)	775-687-4680
Ron Wood Family Resource Center	775-884-2269
Sanford Center on Aging	775-784-4774
Senior Companion Program	775-358-2322
Senior RX	1-866-303-6323
Social Security Administration	1-800-772-1213
State Health Insurance Program (SHIP) ...	1-800-307-4444
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration	775-786-7200
VA Medical Benefits Information	1-800-827-1000
VARN	775-883-8278
(Volunteer Attorneys for Rural NV)	
Weatherization Program	775-887-1795, X124
(Nevada Rural Housing Authority)	

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ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of the
month, 2:30 p.m. to 4:00 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



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NEW RECIPE: SWEET POTATO AVOCADO TOASTS

Swap traditional bread for sweet potato slices for this gluten-free take on classic avocado toast. Diced walnuts offer some added crunch while red pepper flakes kick things up with a little heat.

Instructions

1. Slice a small plank off one side of each sweet potato lengthwise. This will act as a base, so you can cut the sweet potato into toast slices easily. Prop the sweet potato on the flat side you created and slice each potato into planks about ¼ inch thick.
2. For toaster preparation, pop the sweet potato planks in the toaster and toast until tender. This may take a few times, depending on your toaster.
3. For oven preparation, preheat your oven to 350° F. Lay the sweet potato planks on a baking sheet and spray with cooking spray. Roast for 6-7 minutes per side, until they are easily pierced with a fork.
4. When they're done toasting, lay the sweet potato toasts on plates and top with sliced avocado. Mash the avocado gently with a fork. Sprinkle with diced walnuts, red pepper flakes and drizzle with olive oil. Top with flaky salt.

<https://fruitsandveggies.org/recipes/sweet-potato-avocado-toasts-with-walnuts/>

TAX Preparation Services



AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesdays from February 1 through April 12, 2023. You may schedule your appointment by calling Reception at (775) 883-0703.



WINTER WEATHER NOTICE

We will do our best to improve the conditions in our parking lots. Use caution when on sidewalks and entering/exiting your vehicle. In the event of extreme winter conditions, we may need to close and will have a recording on our voicemail with more information. If we are 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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Barry's Trivia Question of the Month

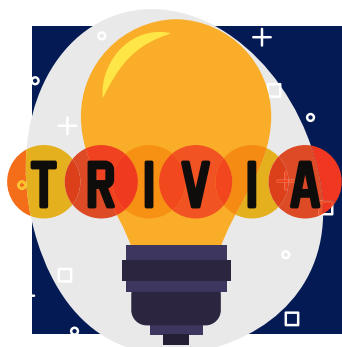
by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What two famous Indian chiefs defeated Custer?

Previous Month's Question & Answer

Q. In what country is General George S. Patton buried?

A. Luxembourg.



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Upcoming EVENTS

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

An education program presented by the Alzheimer's Association®



If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place.

Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Thursday, February 23
9:30 - 11 a.m.**

**Carson City Senior Center
911 Beverly Dr.
Carson City, NV 89706**

**Registration online
tinyurl.com/MMFeb23 or call
800.272.3900**

This project was supported in part by grant number 90PPFL0001-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Visit alz.org/CRF to register online and explore additional education programs in your area.

ALZHEIMER'S ASSOCIATION®

NOTICE BOARD

MOVIE Matinee

Wednesday, Feb 8 11 at 1 p.m.

Now on the 2nd Wednesday!

Free

Call for current showing
(775) 883-0703

(Due to copyright, we can't advertise)

AARP Driver's Safety Class

February 13, June 12, August 14,
October 9

9:30 a.m. to 2:30 p.m.

Tahoe Room

\$20 AARP Member, \$25 non-member payable day of class
(cash or check)

Register at Reception

Friends of Nevada
State Museum
recruiting new
volunteers

Call 775-687-4810
ext 237

BINGO

Sunday, February 12
Sunday, February 26

Doors open at 11 a.m.
Games start at 1 p.m.

Must be 21 to play

All proceeds benefit Meals on Wheels!

DANCE PARTY

Friday, February 3
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Tai Chi 4 Seniors

Tuesdays &
Thursdays
1-2pm

Sign up at Reception

Seeking Gin Rummy Players!

Contact Courtney to
sign up!
(775) 883-0703



CARSON CITY SENIOR CENTER

911 Beverly Drive Carson City, Nevada 89706

SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:30 p.m., Monday - Friday

Suggestion donation: 60 & older \$2.25

HIDDEN TREASURES GIFT SHOP

10 a.m. to 3 p.m., Monday - Friday

SECOND WIND THRIFT SHOP

10 a.m. to 5:30 p.m., Tuesday - Saturday

Newsletter Submissions (due by the 10th):
seniorcenternewsletter@carson.org

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