

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



## Hours of Operation

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

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

[seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

## UPCOMING HOLIDAYS



★ **HAPPY** ★  
**PRESIDENTS DAY**

Monday, February 19 - CLOSED

## INSIDE THIS EDITION

Page 2

- From the Director
- Volunteer Spotlight
- Birthday Queen & King

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- Upcoming Events
- Barry's Trivia

Page 5

- Connections
- Congratulations to our Employee of the Quarter

Page 6

- Game Day Hacks
- A Rainbow of Winter Veggies

Page 7

- Notice Board

Page 8

- Puzzles

Center Insert

- Activity Calendar & Menu

## from the Director, Courtney Warner

Even though February is the shortest month of the year, there are plenty of important dates and celebrations that are packed in a short month!

- Friday, February 2 – Groundhog Day
- Sunday, February 11 – Super Bowl LVIII
- Tuesday, February 13 – Mardi Gras & Carnival
- Wednesday, February 14 – Valentine's Day
- Monday, February 19 – President's Day
- Thursday, February 29 – Leap Day

Is the winter weather keeping you inside too much? How about trying new ways to be active while staying warm from the elements...

- Volunteer for us! You'll get your steps in working in the dining room.
- Try the indoor walking track at the MAC (1860 Russell Way) and it's FREE!
- Join an activity, club, or event! Many are free at the Senior Center and a great way to meet new people.
- Walk inside the Senior Center – there's already some walkers getting in steps before class and later in the afternoon, there's less activity and people.
- March in place during TV commercials – it is an easy way to be active while watching your favorite programs.

Be safe! Stay active!

## VOLUNTEER *Spotlight*



# LOREE SMITH

Loree Smith is from the Southern Nevada area where is spent the last forty years working in health care and raising her family.

Loree recently moved to the Carson area with her husband, and upon arriving she started to look for opportunities to help out in the community. Besides her love of hiking and exploring the great outdoors of Nevada, Loree spends her time helping out at the Senior Center. Loree has been a big help in the dining room where she works the beverage room, the check-in desk, the beverage cart, and serving meals. Loree takes on any position with positivity and is willing to work hard. Loree enjoys meeting new people at the Senior Center and making connections with them.



# QUEEN

Aida LaChance  
80



# KING

Jack Mitchell  
86

## 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 .....	775-284-3491
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 (Volunteer Attorneys for Rural NV) ...	775-883-8278
Weatherization Program .....	775-887-1795, X124
(Nevada Rural Housing Authority)	

## ALZHEIMER'S SUPPORT GROUP

[www.alz.org](http://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



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

**Brett M. Weeks, Aud**  
Doctor of Audiology

**Mark Weeks, MCD**  
CCC Audiologist

408 North Roop Street • Carson City • Nevada

**775.885.9888**

**Volunteers are not paid,  
not because they are  
worthless but because  
they are priceless.**

Submitted by Corry Steiner and we agree too!!



*Experience you can trust  
Results you can count on*

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

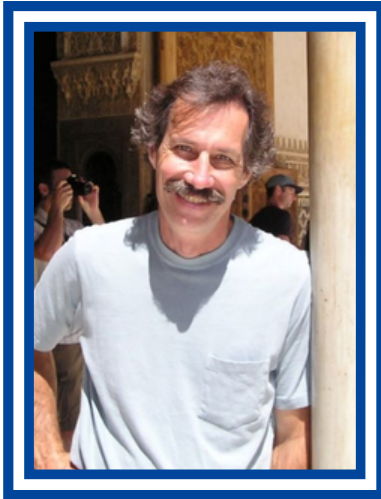
604 W. Washington St., Suite B  
Carson City, NV 89703

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

**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.

# UPCOMING *Events*



## *A Conversation with* Shaun Griffin

**When:** Tuesday, February 20, 12:30pm

**Where:** Joshua Tree

**About the Event:** Shaun Griffin's soulful poetry and engagement with Nevada communities make him one of the state's most well-loved literary figures. He is the author of *This is What the Desert Surrenders*, *Bathing in the River of Ashes* and *Woodsmoke*, *Wind and the Peregrine*, among others. Recurring themes in his poetry are "... family, landscape and work for justice in the larger world."

**More Conversations Coming:** Mar. 12 - Three Women Reading Poetry



## Tax Preparation Services

**When:** Monday & Wednesdays, February 5 through April 10.

**Where:** Library & Computer Lab

**About the Event:** AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center.

**Fee:** Free, donations welcome!

**Appointments Required:** Call Reception (775) 883-0703

## Menu Committee

**When:** Tuesday, February 13, 10am

**Where:** Zephyr Room

**About the Event:** Engage with Kitchen Manager, Kaleb Heflin to preview next month's menu, give input into menu planning and enjoy a tasting of something new!



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. For more information or to verify the Senior Center is open, call after 9am, 775-883-0703.

## Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: What was the largest sea battle in history?

## Previous Month's Question & Answer

Q. Camp David is located in what state?  
A. Maryland.





SRES

SENIOR  
REAL ESTATE  
SPECIALISTUNDERSTANDING  
THE IN'S AND  
OUT'S OF  
DOWNSIZING IN  
TODAY'S WORLDWHO YOU  
WORK  
WITH  
MATTERSLISA WILLIAMS  
775-434-8145  
S.0188952**YOUR AD HERE**Contact Courtney  
(775) 883-0703EXPERIENCE  
**CONNECTIONS.**

What people are saying about CONNECTIONS.

"I leave  
inspired.""It's fun and  
energizing.""I meet new  
people."

February 20th • 1:00 - 2:30

Senior Center, 911 Beverly Drive, Nevada Rm

Complimentary Refreshments

**connections**  
central

Sharing Stories. Making Connections. Changing Lives.

[www.connectionscentral.org](http://www.connectionscentral.org)**CONGRATULATIONS****MICHAEL SALOGGA  
EMPLOYEE OF THE QUARTER**

Carson City Senior Center Department Business Manager Michael Salogga — hugging Carson City Fire Chief Sean Slamon — was named the city's employee of the quarter on Thursday, January 18. Last summer, Michael helped a choking man at the Senior Center, performing the Heimlich, and was credited with saving the man's life.

Courtesy of Nevada Appeal, <https://www.nevadaappeal.com/news/2024/jan/18/carson-city-supervisors-ok-day-care-code-change-sculpture-design/>



## GAME DAY HACKS

Lyndi Wieand, MHSc, RDN, LDN

Whether you are a guest or the host, making substitutions with produce-forward game day eats will help your party attendees stay happy and healthy while enjoying tasty, satisfying food. Here are some simple hacks and dishes that will make your entertaining successful and easy.

- Aim to include salsa, hummus or guacamole dips in addition to creamy and cheesy options.
- Add in veggies like sautéed onions or spinach, kale, or artichokes to savory dips to give a boost of nutrients and fiber.
- Make a fruit and veggie forward charcuterie board with an assortment of flavors, textures to compliment cheese, meats and crackers.
- Pepperoni Pizza Pepper Bites and Mini Bell Pepper Nachos are a veggie-forward twist on pizza and tacos that uses bell peppers as the base.
- Offer a Taco Layer Dip made with beans, tomatoes, lettuce, guacamole and sour cream and salsa. Or for a more traditional option, mix ground beef, turkey or chicken and mix in beans to stretch your protein further, while also providing a boost of fiber.
- Serve a hearty plant-forward soup or chili that uses a variety of canned beans and tomato products. Add in diced frozen onions and peppers for convenience and a boost of nutrition.
- Nix the tortilla chips and swap in smashed roasted cauliflower for Nachos!

However, you are participating in your game day activities, just remember to add in some fruits and veggies during the gathering for a boost of flavor and to help everyone stay happy and healthy.

<https://fruitsandveggies.org/stories/game-day-hacks/>

## A RAINBOW OF WINTER VEGGIES

Allison J Stowell, MS, RD

While many people think of the summer as the time for fresh vegetables, winter too offers a bounty of colorful produce to help you meet your daily needs. Here are my top five colorful winter vegetables ...

### Red Radishes

Radish is way more than a garnish! Rich in antioxidants and vitamin C, radish adds a peppery bite when sliced into salad or a fresh “zip” when finely diced for a dressing or marinade.

### Orange Carrots

A crisp carrot stick is the perfect go to snack; easy to prepare with dips or easily packed as part of a school or work lunch. Rich in beta-carotene, potassium and fiber, carrots will fill you up and satisfy your urge for something crunchy, or even a bit of sweet.

### Yellow Winter Squash

Very versatile winter squash can be puréed and added to savory pancakes, ravioli, or casseroles. Or simply slice in half and roast. Loaded with potassium and vitamins A and C, this nutrient-rich winter vegetable will add warmth to your meal.

### Green Avocados

Not only are avocados delicious, a ½ cup serving offers 7 grams of monounsaturated fat and 20% of the percent daily value for fiber. Dice it into salad, mash it to create guacamole, choose it as heart-healthy sandwich spread, or enjoy it many other ways.

### Purple Beets

Raw, canned or freshly cooked beets are a natural source of heart-healthy potassium and folate. Use them to add color to your winter salad, sandwich, and soup or as ingredient in baked goods and casseroles.

<https://fruitsandveggies.org/stories/a-rainbow-of-winter-vegetables/>





# NOTICE BOARD

## AARP Driver's Safety Class

2024 Classes: Feb. 5, Apr. 8,  
June 3, Aug. 5, Oct. 7  
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

## DANCE PARTY

with Potluck

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

Admission \$10 per person

Live music with  
Don & Nadine

## SAVE THE DATE

## Jewelry Sale

April 4 & 5

## BINGO

Sunday, February 11  
Sunday, February 25

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

Must be 21 to play  
All proceeds benefit  
Meals on Wheels!

## DIABETES SUPPORT GROUP

2nd Wednesday  
1-2pm

Hosted by Carson  
Tahoe Health

## Nevada Legal Services

1st Thursday by  
appointment

Call Reception for  
appointment

## YOGA

Tuesdays, 11:30am

Fee: \$5.00/class or  
10 classes for \$40.00

# February Second

## EASY Beginner Sudoku

© 2022 puzzles-to-print.com



I	F	X	K	T	J	T	G	V	R	B	P	H	I	L
H	E	E	X	N	J	N	S	E	C	O	N	D	Y	H
H	V	I	B	W	I	B	U	R	R	O	W	Q	B	D
I	S	F	O	R	E	C	A	S	T	E	S	M	Q	G
B	P	A	P	E	U	W	K	G	Y	K	Y	Q	W	H
E	D	S	Z	G	Y	A	N	J	E	T	D	D	A	Y
R	Z	W	R	R	L	K	R	E	H	X	U	F	G	Y
N	N	J	D	E	R	T	W	Y	M	V	O	D	R	A
A	S	G	Q	M	A	B	C	M	F	O	L	N	O	R
T	H	M	I	E	E	P	A	I	C	T	C	E	U	E
E	A	G	R	S	P	R	E	J	D	O	B	T	N	H
C	D	Q	J	A	M	I	L	D	N	E	I	R	D	T
O	O	E	X	O	W	W	O	T	H	G	R	O	H	A
L	W	S	T	N	E	W	I	N	T	E	R	P	O	E
D	P	U	N	X	S	U	T	A	W	N	E	Y	G	W

5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8

<https://www.puzzles-to-print.com/printable-sudokus/easy-beginner-sudoku.shtml>

BURROW	HIBERNATE	SECOND
CLOUDY	MARMOT	SHADOW
COLD	MILD	SIGN
DAY	MYTH	SIX
EARLY	OMEN	SPRING
EMERGE	PHIL	WARM
FEBRUARY	PORTEND	WEATHER
FORECAST	PREDICT	WEEKS
GROUNDHOG	PUNXSUTAWNEY	WINTER

<https://www.puzzles-to-print.com/large-print-word-search/february-second-word-search.shtml>

## Magic Squares

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 15.

2		
	5	3

The sum is 60.

32		
		28
		8

<https://www.puzzles-to-print.com/number-puzzles/beginner-magic-square-worksheet.shtml>

### Get your OWN copy of the Senior Sentinel!

- **Email (free)** - Send an email to [seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)
- **Online (free)** - Visit [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org) to view the latest edition.
- **Mail (\$20.00/year)** - Mail or drop off cash or check to our Finance Office with your mailing address.

### SENIOR CENTER STAFF

**Director:** Courtney Warner  
**Elder Resource Advocate:** Warren Bottino  
**Business Manager:** Michael Salogga  
**Kitchen Manager:** Kaleb Heflin  
**MOW Coordinator:** Ashley Howell  
**Volunteer Coord. & Accounting:** Linda Zimmerli  
**Volunteer Assistant:** James Painter  
**Kitchen Crew:** Chris, Nick, Pops, Scott, Sharon  
**MOW Drivers:** Amanda, Julie, Ken, Matt, Rudy, Tom

### GOVERNING BOARD

Bruce Scott, President  
 Tom Baker, Secretary  
 Michael Crossley, Treasurer  
 Michael Pavlakis, Director  
 Pam Couch, Director  
 Anne Knowles, Director

### ADVISORY COUNCIL

Corry Steiner, Chair  
 Harvey Cohen, Vice-Chair  
 Lisa Drews  
 Robert Drews  
 Becca Krach  
 Julie Linstrom  
 Lucy Murphy  
 Cindy Somers  
 Lisa Williams  
 John Wilson