

# Senior Sentinel

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



## HOLIDAY ANNOUNCEMENTS

**HAPPY Presidents Day**

Monday, February 16  
CLOSED



Thursday, March 12  
CLOSED

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### 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

Hidden Treasures Gift Shop: 9 a.m. to 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

[seniorcenternewsletter@carsoncity.gov](mailto:seniorcenternewsletter@carsoncity.gov)

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

## from the Director, Courtney Warner

This year, we will be closed for two extra days for staff training. We have grown and struggle to get our team together at the same time and place to complete our required safety training, training for our program areas, and do team building.

**We will be closed on Thursday, March 12, and Monday, October 19.**

Lunch will not be served, and the building will be closed. Meals on Wheels will receive a frozen meal in advance, just as we do for other holiday and weekend closures. We put a lot of thought into selecting these dates and know that activities and groups that meet on these days will be impacted. These decisions were not taken lightly and are in the best interest and growth of our organization.

Thank you for understanding.



Look to March's  
newsletter for trip  
date and details!



## January Birthdays



**QUEEN**

Donna Kunkle  
93



**KING**

Jack Mitchell  
88

## VOLUNTEER *Spotlight*



**JUDI  
MILLER**

When she was 12 years old, Judi Miller discovered her passion for sewing and quilting. She's an expert seamstress and sells her high-quality handcrafted works of art in the Senior Center's Hidden Treasures Gift Shop. She also enjoys volunteering in the gift shop, camaraderie with other volunteers and assisting customers. Judi's career included leading a hospice program and various positions in law enforcement. She has called Carson City home since 2017 and enjoys all that the region has to offer. When she's not volunteering, she enjoys time with her sidekick, Spike, a Toy Fox Terrier and focuses on sewing purses, tote bags, wallets, kitchen and baby items, and her favorite projects are quilts.

**THANK  
YOU**

To our Volunteers who help ready the  
Newsletters 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
Energy Assistance Program .....	775-684-0730
Food Bank of Northern Nevada .....	775-331-3663
Jump Around Carson (JAC Transit) .....	775-841-7433
Medicare Assistance Program (MAP)(SHIP) ..	1-800-307-4444
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
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)

# VOLUNTEERS NEEDED

## Why Volunteer?

Meet New People, Make New Friends, Camaraderie, Purposeful Service, and Have Fun!

### Positions Available:

Tech Help, Reception, Dining Room, Sunday Bingo

Visit [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) to apply or  
Call (775)883-0703, Ext 7980

DISCLAIMER

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## SUPPORT GROUP

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

Meets 4th Wednesday of each 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

## Website Issues?

If you notice pages on our website that are not current, get a "denied" access message, or cannot view the menu or calendar, try refreshing your browser history to view the most recent updates on our website. Visit Tech Help if you are unsure how to do this.



## WINTER WEATHER INFORMATION

In the event of extreme winter conditions, we may close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered and all receiving Meals on Wheels will be notified by phone. To verify the Senior Center is open, call 775-883-0703 after 9 a.m.

# UPCOMING Events

## History Program

Obscure History of the Eastern Sierra  
Part Three

**When:** Tuesday, February 10 at 1:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** In “part three” of this series, local historians David & Gayle Woodruff continue a reflective look at some of the Eastern Sierra’s deep, rich, and “little-known” history. The “premier” subjects of our region are well known and have been extensively covered in numerous books, documentaries, and films. But there are several unique and lesser-known tales that are often overlooked and unappreciated. Using vintage photos and extensive research, the Woodruffs recount a few of these esoteric anecdotes in a 55-minute slide show presentation. From the bizarre story of plans to build a tram to the very top of Mt. Whitney... to the amusing early history of Heavenly Valley Ski area, the unique true tales are interesting, entertaining, and amusing. Free Event. RSVP not necessary.

## STORY CONNECTIONS WRITING YOUR LEGACY

Memoir Writing  
Workshop

**When:** Tuesdays, Feb. 3 – Mar. 10, 2-4 p.m.

**Where:** Tahoe Room (east end)

**About the Event:** Your memories have impact – if you share them. In this six-week writers’ workshop, Suzanne Morgan Williams will lead you through a combination of instruction, exercises, and discussions planned to spark memories and identify important moments in your life. You’ll be encouraged to share, write freely, and let your stories breathe. Whether you create vignettes, poems, or a longer form memoir, whether you’re a new or experienced writer, this workshop will give you the space and support to see your own or your family stories with fresh eyes. Brought to you by SB118 from the 84<sup>th</sup> Legislative Session. Limited space available. Sign up at Reception. Free Event.

## Be Heart Healthy

 **COMPREHENSIVE**  
HOME HEALTH SOLUTIONS

A Talk with  
Teresa Breeden &  
Melanie Perish

**When:** Friday, February 6, 10:30 a.m.

**Where:** Joshua Room (east end)

**About the Event:** Why does heart health matter with age? Learn simple, realistic strategies for healthy eating, safe movement, stress management, and medication awareness. Dr. Weitz and Dr. Ingerman of Comprehensive Home Health Solutions will focus on small, sustainable changes that support energy, independence, and overall well-being —reinforcing the hopeful message that it’s never too late to care for your heart. Free event. Just show up.



## SEEKING Table Tennis & Ping Pong Players

**When:** Tuesday, February 17, 12:30 p.m.

**Where:** Joshua Room (east end)

**About the Event:** An engaging conversation with poets Melanie Perish and Teresa Breeden. Melanie Perish’s work has appeared in Sequestrum, Rust & Moth, West Trestle Review, Persimmon Tree, Ravens Perch, The Meadow, and other small press publications. Her poems were featured on the Nevada Humanities Double Down Blog, January 2024. Teresa Breeden’s artistic intent is to create work that connects with others by telling a story or evoking an emotion. She has one published novel (Falling by Tori Briar) and one book of poetry, Handling Shadows. Free event. Just show up.

**When:** TBD

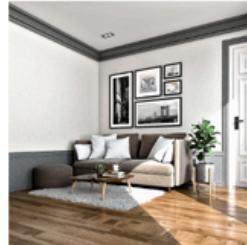
**Where:** Table Tennis Room (east end)

**About the Event:** Do you play table tennis (ping pong)? We are trying to pair players together to enjoy playing against or with each other. If you’d like to connect, please contact the Reception desk to get more information.

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THE IN'S AND  
OUT'S OF  
DOWNSIZING IN  
TODAY'S WORLD



WHO YOU  
WORK  
WITH  
MATTERS



LISA WILLIAMS  
775-434-8145  
S.0188952



# Medicare questions?

Call your local  
licensed health  
insurance agent



**Brett Cooper**  
**775-307-9995**



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## RELATIONSHIP OF ORAL HEALTH AND NUTRITION



Diet, nutrition, and oral health all affect one another. Diet can affect teeth and the tissue of the mouth and gums, which then impacts the foods and nutrients one can eat. Good oral hygiene, a healthy lifestyle, and regular dental checkups are essential steps to a healthy mouth.

- Consume a balanced diet (fruits, vegetables, lean proteins, whole grains, and low-fat or fat-free dairy).
- Resist the urge to snack or sip on sugary treats or drinks.
- Snack wisely — make nutritious choices, such as vegetables, fruits, low-fat or fat-free yogurt, unsalted nuts, or whole-grain crackers.
- Enjoy calcium-rich foods, such as low-fat or fat-free milk, yogurt, and cheese, tofu, canned salmon, almonds, and dark green leafy vegetables.
- Get plenty of vitamin C, which promotes gum health, such as citrus fruits, tomatoes, peppers, broccoli, potatoes, and spinach.
- Drink plenty of water, with fluoride (if possible), and limit alcohol consumption.
- Visit the dentist at least once a year — regardless of whether you have teeth or dentures.

<https://acl.gov/sites/default/files/nutrition/Oral%20Health%20Quick%20Guide.pdf>

### Barry's Trivia Question of the Month

by Barry R. Bjorkman

**TRIVIA**

Q. Who is on the obverse of the 2025 Fifty-Cent piece?

#### Previous Month's Question & Answer

Q. What was the name of Stephen King's first published book?  
A. Carrie.

# SORRY WE'RE CLOSED

## THURSDAY, MARCH 12

Plan Ahead! We will be closed for staff training and apologize for any inconvenience.

#### Senior Submission

# JOKE

I was holding a bottle of Paul Newman salad dressing when my niece asked me who Paul Newman was. I told her he was an actor, basically the Brad Pitt of my mom's generation. Then she hit me with, "Who's Brad Pitt?" If anyone needs me, I'll be at the Senior Center eating applesauce.

#### Senior Suggestion

# SAFETY TIP

Submitted by Wayne Walters

#### Cell Phones & Driving

Using your cell phone while driving is against the law. Distracted driving causes accidents.

- If you get a call or text, just pull over in a safe location, then reply.
- Texting is against the law and very dangerous while driving.
- Use Bluetooth to connect your phone to your car.

#### Protect Your Cell Phone Number

- This is your private phone number – protect it! People or businesses may call excessively or send you texts you do not want.
- Block calls and texts you do not want to receive.

When walking, be alert while using your phone.

If you have a "Senior Suggestion," send it to [SeniorCenterNewsletter@carsoncity.gov](mailto:SeniorCenterNewsletter@carsoncity.gov) or drop it off at the Director's Office.

# UPCOMING Events

## TAX Preparation Services



Call for Appointment (775) 883-0703

**When:** Mon. & Weds., Feb. 2 – Apr. 13, 2026, 12:00 to 4:00 p.m.

**Where:** Check in near the Library (east end)

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

## EUCHRE

**When:** Wednesdays, 12:00 p.m. to 4 p.m.

**Where:** Sierra Room (east end)

**About the Event:** Join us for some Euchre! Euchre is a 4-player, trick-taking card game played in fixed partnerships using a 24-card deck. Jump in to join the game!

## Paint Party

**When:** Tuesday, February 3, 2 to 4 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Let's paint a Valentine's canvas! Van Gogh & Vino will lead you step by step, so no artistic experience is necessary. All painting supplies included (canvas, paint, brushes, etc.). Brought to you by SB 118. Free Event. Register at Reception – space is limited.

## CALAMITY JANE



**When:** Tuesday, February 24, 2 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Chautauqua Performance of Calamity Jane. Brought to you by SB 118. Free Event. Just show up – RSVP not required.

Perhaps no woman embodies the spirit of the Western expansion more than Martha Cannary better known as “Calamity Jane”. She challenged society’s standards of behavior for women, and at the same time was admired for her generosity, honesty and lack of pretentiousness. Kim Harris is an accomplished Chautauquan with over 15 years’ experience, having presented local and national historical characters, from California to Bronxville, NY. She is the owner of Western History ALIVE! where she presents the lives of many famous and infamous historical figures. Harris will bring to life the real Calamity Jane, with dignity and respect. Calamity Jane was not only a genuine “dime novel heroine”, she was a real living human being, with dreams sometimes realized and sometimes lost.

## AARP® Driver Safety

**When:** 2026 Classes: Feb. 2, Apr. 6, June 1., Sept. 14, Nov. 2, 9:30-2:30 p.m.

**Where:** Tahoe Room (East End)

**About the Event:** AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.

## menu Committee

**When:** Tuesday, February 10 at 10 a.m.

**Where:** Zephyr Room (west end)

**About the Event:** Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!

# UPCOMING Events

## FREE 4-WEEK WORKSHOP

## Joy of Drumming

**When:** Tuesdays, March 3, 10, 17, 24, 4:00 – 5:30 p.m.  
**Where:** Nevada Room (west end)

**About the Event:** Taiko drumming is its own unique art form that has developed over the long history of Japan. This program provides participants an opportunity to deepen their understanding of Japanese culture and to experience the excitement of drumming and feeling of community through the thunderous sounds of Taiko. Beginners welcome! Brought to you by SB118 from the 84<sup>th</sup> Legislative Session. Limited space available. Sign up at Reception. Free Event.



## Nutrition TALK

## Eyeglass CLEANING

**When:** Tuesday, March 17 at 2 p.m.  
**Where:** Nevada Room (west end)

**About the Event:** Carson Tahoe Health's Nutrition Educators will be presenting on nutrition and healthy living.



**CARSON TAHOE  
HEALTH**

## ESTATE PLANNING

**When:** Thursday, March 5, 12, 19, 26, 4 to 5:30 p.m.  
**Where:** Joshua Room (east end)

**About the Event:** A 3-week Estate Planning Workshop covering an overview of Estate Planning, One Approach to Funding Your Trust, and Tackling Estate and Trust Administration. The workshop is offered by Caren Jenkins, a trusted attorney in Carson City with a broad reach in national estate and wealth planning. Free event. RSVP at Reception.

## FREE TECH HELP

**When:** See the Activity Calendar for the current schedule  
**Where:** Tech Help Office (east end)

**About the Event:** Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary.

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- Mail (\$25.00/year) – Mail or drop off cash or check to our Finance Office with your mailing address.

### SENIOR CENTER STAFF

**Director:** Courtney Warner

**Manager:** Dave Sullins

**Resource Advocate:** Warren Bottino

**Kitchen Manager:** Kaleb Heflin

**MOW Coordinator:** Ashley Howell

**Volunteer Coordinator:** Drew Simmons

**Accounting:** Rachael Spafford

**Kitchen Crew:** Nick, Pops, Rhonda, Scott, Sharon

**MOW Drivers:** Amanda, Coco, Doug, John, Julie, Laurie, Matt

### GOVERNING BOARD

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