

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

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How Foods Affect Your Mood - plus
enjoy a great smoothie recipe

pg 11

What?!? You haven't done your taxes?!
Sign up for free tax prep help today!

pg 13

Beware of the ***TAX SCAM MAN!***
Protect yourself this tax season

pg 13

Triad Save The Dates - updated event
schedules - don't miss them!

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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

We have the absolute best staff! This winter season has challenged our team and tested their skills in many ways. Not only are they rising to meet the constant increase in demands for service, they are getting the job done in the harshest of conditions.

The kitchen crew arriving before the sun rises in below freezing temperatures; our Meals on Wheels drivers delivering meals trudging through deep snow; our Thrift Store team working hard to boost sales, add flare and deliver outstanding customer service; our Case Management problem solving challenging situations to help maintain independence; and our administrative team that is behind the scenes, keeping our doors open and running our operations with efficiency.

This quarter, each of you is celebrated for your dedication, commitment and outstanding talent! The Senior Center would not function without you.

When you run into one of our amazing staff, please congratulate and thank them for their outstanding job WELL DONE!

My best,

Courtney Warner

Executive Director

While we are missing a few, we enjoyed a night out bowling in February!



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

CENTURY 21

Jim Wilson Realty

RELENTLESS MOVES

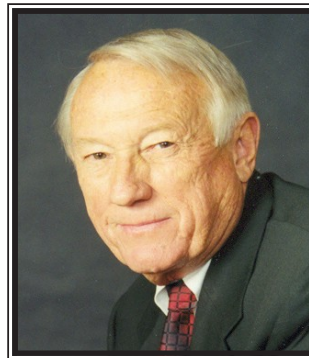
THINKING OF SELLING? CENTURY 21 JIM WILSON REALTY A TRUSTED NAME FOR 34 YEARS!

At Century 21 Jim Wilson Realty, our clients are guided through the entire sales process from "Start To Finish!" **Jim enjoys lunch at the Senior Center on most Mondays & Tuesdays. Stop by and say Hello!**

WORD SEARCH

CENTURY • CLOVER • DAYLIGHT • GOLD • GREEN
LEPRECHAUN • LUCKY • MARCH • PATRICK • PINCH
PROFESSIONAL • RAINBOW • REALTOR • SELLNOW

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



Jim Wilson, Broker



Carol Marie Toohey, Broker/Realtor

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For Real Estate Info: 775.882.2135

www.c21jimwilsonrealty.com

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DOWN

1. Celebrate like it's 1869 as this powerful person
2. Sharks and stingrays live here
3. An unknown experience and destination
4. The birth place of rock climbing for sport
5. A year to make plans to put a shrimp on the barbie

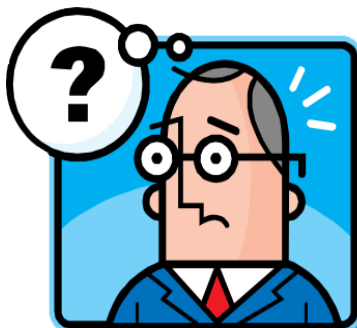
ACROSS

6. Quaint town featuring irises
7. 150th Anniversary of this transcontinental vehicle

Friday, March 29
 1pm-2pm
 Senior Center
 911 Beverly Dr
 Carson City

**RSVP TO THE
 TRAVEL SHOWS!**

Saturday, March 30
 10am - 12pm
 Meadowood Courtyard Hotel
 5851 S Virginia St
 Reno



**Barry's
 Trivia Question
 of the Month
 MARCH**

Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the official name of the North Star?

LAST MONTH'S QUESTION AND ANSWER

Q: What four NFL teams were not named for a city or a state?

A: New England Patriots, Carolina Panthers, Tampa Bay Buccaneers, and the Buffalo Bills, who were named for William F. Cody (Buffalo Bill), not the city of Buffalo, New York. Buffalo, New York was, however, the home town of William F. Cody



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**FEBRUARY
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Queen

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JOHNSON**
90 years young



King

**JOE
WHITWORTH**
93 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.*



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How Foods Affect Your Mood *By Carrie Taylor, RDN, LDN*

Do you feel like your mood is dropping along with colder temperatures? Take a deep breath and spend a moment to reflect upon how you eat. Are you eating three meals each day? Do you consume more than two types of fruits and vegetables every day? Are you always on the run eating convenience foods? Improving mood comes hand-in-hand with feeling good mentally and physically. Eating a well-balanced meal plan is a great way to achieve both.

Holiday treats may become staples during the holiday season, but now is the time to get back to healthier habits for the rest of the winter months! Include a variety of foods from each of the five Food Groups in meals without restriction. Over restriction may lead to binge eating, or at the very least, a drop in blood sugar that can leave you feeling tired, sluggish, grumpy and overwhelmed. One secret: Always include a fruit and vegetable from different colors of the rainbow when building daily meals and snacks. Each color you eat provides an assortment of antioxidant-acting plant compounds that help keep you feeling energized.

Although the food you eat won't instantly make you feel happier, foods like fruits and vegetables will help your body function properly. For example, the brain uses nutrients such as selenium, magnesium, zinc and vitamins C, E and all the B vitamins to function properly. These minerals and vitamins make, protect and transport important messengers to your cells like dopamine and serotonin that keep you feeling happy and focused. Deficiencies of such vitamins and minerals may lead to similar feelings of low blood sugar simply because the body doesn't have the necessary "ingredients" your brain needs to ensure food is broken down and used properly by your cells. Consuming dark leafy greens like spinach and kale and citrus fruits like mandarins and grapefruits are just a few ways to ensure you get essential nutrients such as B vitamins, selenium, magnesium and vitamin C.

An easy, and tasty, way to include more fruits and vegetables into your day is with smoothies. Check out this recipe from Dole Food Co:

Pineapple and Greens Smoothie

What You Need:

- 1/2 cup frozen pineapple
- 1/4 avocado, peeled and sliced
- 1/2 peeled, medium banana
- 2/3 cup 100% orange juice
- 1/4 cup lowfat milk or unsweetened almond milk
- 1 handful salad greens (e.g., spinach or kale)

How to Make It:

1. Combine pineapple, avocado, banana, juice and milk in blender. Cover and blend until smooth.
2. Add in greens, cover and continue to blend until smooth. Serve and enjoy!

www.fruitsandveggiesmorematters.org/foods-affect-mood/



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www.gsa.gov/fedrelay

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**Census
2020**

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THRIFT STORE SALES

SPECIALS FOR MARCH

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.

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CAPITOL CITY LOANS

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Call 775.882.8882 Today! Ask for Teresa or Charlotte.



Kiwanis of Carson City

Pasta Feed

Saturday April 13, 2019

1:00pm – 4:00pm

At Carson City Senior Center

Tickets \$6.00

Kids under 5 Eat Free

Proceeds to benefit the Meals on Wheels program and the Carson City Senior Center

Menu: Pasta, Garlic Bread, Salad, Beverage, and Dessert

Lunch served 1:00 to 3:00

Free Bingo with Great Prizes!!!

Pre-Sold Tickets include 1 Bingo card

(Additional Bingo Cards can be purchased for \$1.00 each)

Tickets Available by calling Bob Langson 775-721-0789.

Also available at the door.

Tickets available at reception area in Carson City Senior Center

SIZZLING SENIOR DAYS

**WIN YOUR SHARE OF CASH
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Your House Full of Friends™

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

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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 - **now 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 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*



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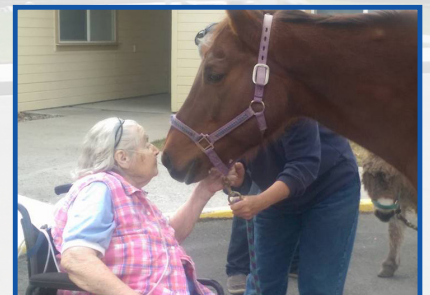
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Prices starting at \$1,895



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, please call **Pat Eckman at (775)782-3176**, or send an email to: **pateckman@aol.com** with your contact information.



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SAVE THE DATES!



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!

March 19, 2019 • Noon to 1 p.m.
 Wildland Fire - presented by CCFD

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
 Gangs, Drugs, Dogs
 presented by the Carson City Sheriff's Office

November 19, 2019
 Don't go up in smoke (home fire prevention)
 presented by the Carson City Fire Department

SCAM ALERT: TAX ID THEFT & FRAUD

Published by AARP

Fraud targeting taxpayers continues to run rampant nationwide.

Watch out for these two tax crimes making headlines: tax identity theft and the IRS imposter scam.

Tax ID Theft ... What is it?

Your personal information is stolen for a fraudulent refund. More specifically, tax identity theft can involve:

- filing a tax return using another person's Social Security number,
- claiming someone else's children as dependents, or
- claiming a tax refund using a deceased taxpayer's information.

Your personal information can be stolen in a number of ways, including theft of mail or tax returns, corrupt tax preparation services, or phony emails from imposters. Con artists can quickly learn a lot about you in order to take your money while also defrauding the government.

What to do? To avoid tax identity theft:

- Do mail tax returns as early in the tax season as possible before the cons beat you to it.
- Don't give out personal information unless you know who's asking for it and why they need it.
- Do shred personal and financial documents.
- Do know your tax preparer.
- Do check the status of your refund after filing at irs.gov/Refunds

IRS Imposter Scam ... What is it?

An intimidating scam, callers claim to be IRS employees saying you owe taxes. They might also:

- threaten to arrest or deport you if you don't pay,
- know all or part of your Social Security number,
- rig caller ID to make it look like the call is from the IRS, or
- tell you to put the money on a prepaid debit card and tell them the card number.

What to do? Know that the IRS does NOT:

- call to demand immediate payment about taxes owed without first sending you a notification by mail,
- ask for credit or debit card numbers over the phone,
- threaten to bring in local police or other law enforcement to arrest you for nonpayment.

If you have any doubts, call the IRS directly at **800-829-1040**.

If you've spotted a scam or think you may have been scammed, call our helpline at **877-908-3360**.

https://action.aarp.org/site/SPageNavigator/FWN_Tax_Fraud.html

BEWARE OF THE TAX SCAM MAN

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.**



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 April, July & September!

(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.;** it has already started and will be 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 at 775-883-0703.

For more info, see the article on page 11 of this issue.

BUNCO

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

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** ★

Dance Classes

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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

Thrift Store

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

Newsletter Submissions:

Send by the 10th to troberts@carson.org

GOVERNING BOARD

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Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Joe Spencer, Director

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