

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



**HAPPY
St. Patrick'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

The Governor has announced individuals 65 and older are eligible for a vaccine. Here's where you can go to schedule your vaccination:

Smith's is vaccinating those 65+ older. Please visit www.smithsfoodanddrug.com/rx/guest/get-vaccinated to schedule an online appointment.

Walgreens is vaccinating those 65+ older. Please visit www.walgreens.com/schedulevaccine to schedule an online appointment.

Walmart is vaccinating those 65+ older. Please visit www.walmart.com/cp/1228302 to schedule an online appointment.

If you are unable to sign up online because you have no access to the internet or you do not have a computer, please contact us and we can add you to our waitlist. This service is reserved for people without access – not for people who cannot find an appointment. The process can be frustrating, but keep trying. More vaccines are coming into our area and appointments will open.

Can you believe it's been a year since we've had our doors open? We still do not know when we will reopen our doors but the time is nearing. When it is determined to be safe to reopen, we will do a soft opening, inviting in certain activity groups that meet specific criteria (able to socially distance, does not share items, small in size, etc). Then we will expand after determining our plan works. We will be adding a new reception desk at the east end of the building by the Joshua Tree door too!

As always, if you need assistance, please ask. We are here for you!

My best,

Courtney Warner

Courtney Warner, Executive Director

2021 Tax Season

The AARP Tax Aide Foundation offering preparation of tax returns on Mondays and Wednesdays from 12:30 to 4:00PM

Appointments are required

Call 775-883-0703

For safety during COVID, the following are required:

- Do not bring extra guests with you except your spouse or
- Do not arrive early – you will be asked to wait outside until your appointment time.
- Do not bring extra guests with you except your spouse or someone to assist you.
- Two appointments are necessary (the second will be made when you exit your first)
- You will leave your documents for preparation – copies are recommended ahead of your appointment
- You will receive your completed return at your second appointment
- Face coverings and health screenings with temperature are required at entrance. Anyone appearing unwell will be denied service. If you are unable to wear a mask, you will need to contact the Director for alternative assistance. Face shields worn alone will not be allowed.
- Cancel your appointment if you are unwell or have been exposed to COVID.
- Tables and chairs will be sanitized in between appointments.
- Appointments are subject to cancellation with or without rescheduling at any time due to unforeseen situations arising from COVID.
- Procedures and services may change at any time with or without notice.
- Please be flexible with us as we iron on how we can safely assist in tax preparation during COVID.

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)

The Northern California and Northern Nevada Chapter of the Alzheimer's Association is here for you. Our physical doors may be closed but our staff is working remotely and continuing to serve our community, from our homes to yours. We offer a variety of no cost virtual education presentations, local telephone/video support groups, early stage engagement activities, respite funding, care consultations, information and referral and our 24/7 helpline. For more information, visit alz.org/nornev or call 1.800.272.3900.



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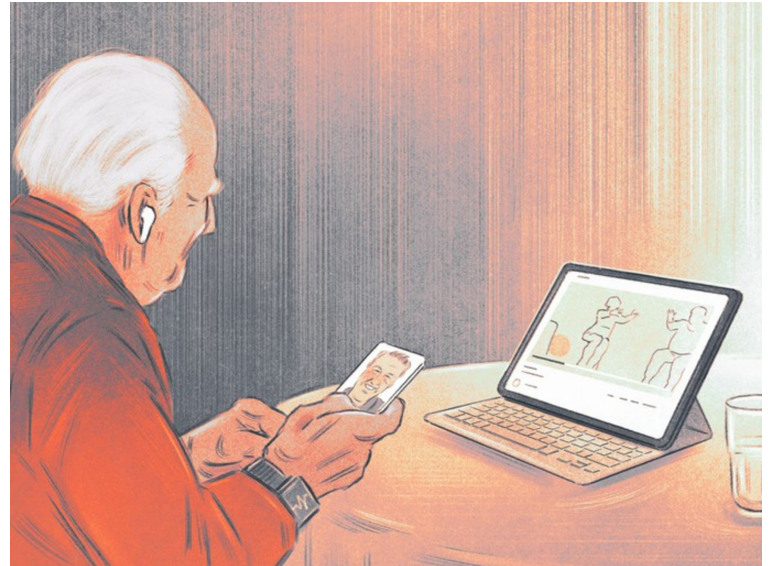
(775) 882-5001
fax (775) 882-5015

How to Manage the Mental Health Impacts of Self-Isolation for Yourself With Key Behaviors and Activities

- **Establish structure and routine:** The loss of structure and routine is already identified as a major mental health issue for older people and this can be worsened at this time. If you are moving to being “self-isolated” to protect yourself from infection, then it’s important to establish a new routine as fast as possible. The first thing on your mental health shopping list is a weekly planner; ensure you have a routine about bed and waking times, food, “work” activity, social connections via phone or computer, catching up on news, and getting outside to exercise.
- **Remain cognitively active:** For those with dementia, cognitive exercise is particularly beneficial. Ensure a good supply of board games and word games, investigate online support groups for dementia sufferers, and get engaged in cooking, gardening, housework, playing music, etc.
- **Exercise:** Stay active; the social distancing measures still allow you to go outside, just be careful about contact with others. Go for regular walks. Do home gym sessions using books as weights. Use the good old army calisthenics. Practice your yoga—if you don’t do it yet, now is a very good time to learn. Many personal trainers are offering online sessions right now.
- **Cognitive behavioral therapy (CBT):** Learn CBT techniques online to improve your mental health toolkit. Many online resources exist. In the United Kingdom, a good resource to start with is the NHS website. You could also order Mind Over Mood, which is a comprehensive self-help resource for CBT.
- **Practice meditation:** Ensure you meditate regularly, and if you don’t do mindfulness yet, then now is the time to learn. There are a lot of

By Noel McDermott

www.todaysgeriatricmedicine.com/news/ex_031820.shtml



apps available to learn, one of which is Headspace. Or do a search on YouTube; there are many free, very helpful resources for you.

- **Stop or manage drinking:** Alcohol is not going to help. Alcohol abuse in elders is a significant problem and abuse of alcohol significantly contributes to mental health problems.

Get Help From Your Community

The above steps will help with depression symptoms and anxiety. Another crucial step towards wellbeing is how elders can become resources to each other. You will know the other elders in your local community, so reach out to each other. Set up telephone contacts with each other. If you haven’t already, learn how to use Zoom and Skype to meet online. Have contact that is safe socially, observing infection control. Arrange to meet in the local park to form walking groups. Empowerment and self-efficacy are profoundly powerful tools in times when we feel so disempowered.



Meet Richard Castle



Richard Castle moved to Nevada from Texas in 1997. He worked as a Funeral Director at Walton's for 20 years. Richard says people think it's a depressing business, and it can be. But mostly it's an honor to help people get through one of the toughest times in their lives.

After retiring, Richard began volunteering at the Senior Center Dining Room and shortly thereafter, discovered the Lapidary Lab which he really enjoys. To build his skills, Richard took a Silver Smithing class at Western Nevada Community College and can often be found selling his jewelry at the Farmer's Market Saturday morning.

"This is the perfect hobby for me," states Richard. "It has opened up a whole new world of friends and exploring the desert for just the right specimen of various types of rocks for polishing and jewelry making."

Richard met Tami, his wife of 17 years, here in Nevada. They have two sons; one lives in Gardnerville and the other in Sacramento with three grandchildren and another due in August.

We appreciate Richard for jumping in when we needed someone to pass out lunches to people who walk up between 11:00 and noon. With his energy and positive attitude, Richard answered the call and now volunteers every Monday and Tuesday in the front of the Senior Center. He's out there rain or shine, or snow even, without complaint.

"I love being in Nevada because of the beautiful environment, the mountains, Lake Tahoe and all the nature that surrounds us." He adds, "There's no place else I'd rather be."

Come have lunch with us and say hello to Richard.

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.



Following the advice and recommendations
of Dr. Joel Wallach, ND, DVM...

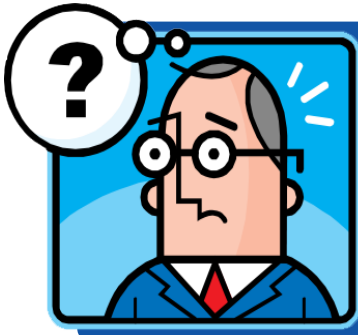
"Our soils are so depleted of minerals (documented by USDA), that we must supplement to give our bodies all of the raw materials they need to thrive."

If you are on medications, not feeling tip top,
or just want to ensure that you are getting
all that your body needs, I can help.

FREE CONSULTATION provided.

Go to **vital90.com** or contact:
Linda Allen
Wholistic Health Coach
833-Vital90 (833-848-2590)
Linda.Basic90@yahoo.com





Barry's Trivia Question of the Month MARCH

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: How many of the eight Provinces which border America can you name?

PREVIOUS QUESTION & ANSWER

Q: On what famous site did the two horses, TRAVELLER and CINCINNATI, meet?

A: At Wilmer McLean's house in the town of Appomattox Court House, Virginia. CINCINNATI was ridden by General Ulysses S. Grant. TRAVELLER was ridden by General Robert E. Lee.



Help for people with
disabilities, older adults,
caregivers and family
members.

Carson City Senior Center
Call us today! (775) 883-0703

Join us for ONLINE EDUCATION PROGRAMS Presented by the Alzheimer's Association

To register, please call
800.272.3900
or visit **ALZ.ORG/CRF**

Get easy access to resources, community
programs and services for Seniors at:
www.communityresourcefinder.org

alzheimer's
association

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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!



Autumn
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King

JOE OBSTER

77 years young

King

RAY TEELE

77 years young





911 Beverly Drive Carson City, Nevada 89706

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

Name _____

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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

COVID-19 closed to the public until further notice

Lunch is served by drive-thru
between 11 a.m. to 12 p.m., Mon-Fri
Suggested donation: 60 & older: \$2.25

Thrift Store

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

Newsletter Submissions:

Send by the 10th to
SeniorCenterNewsletter@carson.org

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