

# 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)

## NOTABLE SUNDAYS



Daylight Savings  
Sunday, March 10



St. Patrick's Day  
Sunday, March 17



Easter  
Sunday, March 31

## 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

- Jewelry Sale

Page 6

- Build a Healthy Eating Routine as You Get Older

Page 7

- Notice Board

Page 8

- Scams & Seniors: A Presentation Series for Protection

Center Insert

- Activity Calendar & Menu

*from the Director, Courtney Warner*

Our parking lot has a new “look.” We’ve learned that the row of signage and blue curb bumpers were causing more hazards than help with the snow clearing. Large berms of ice and snow were hard to clear and caused some to walk around to get in. Our hope with this new look is to make it easier to clear our parking lot for you to access the building. We’re also removing the “employee only” signs on the side of the building. You’re welcome to use these spaces to park closer to the building. If you’re physically able, we ask that you reserve the spots closest to the building for those who need it most.

Coming soon...

## ***Volunteer Appreciation Event***

Our annual event to celebrate our volunteers is coming in April. Stay tuned for more event information!

## **VOLUNTEER** *Spotlight*



**JEFF  
WIKE**

Jeff volunteers in the dining room serving beverages on the beverage cart nearly every day. Jeff has lived in the Carson City area for the last 23 years. He has been married for 24 years and has two daughters, one who lives locally and the other in Florida. Jeff lived in Salinas and San Jose before settling in Carson. Jeff has worked in the tourist industry most of his life and was a deck hand and later the captain of a yacht owned by Caesar's Casino which would take people on Lake Tahoe for sightseeing tours. Jeff enjoys volunteering to stay active and engaged within the community.



**QUEEN**

Mary Adams  
88

**KING**

Ray Teele  
80



## February 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



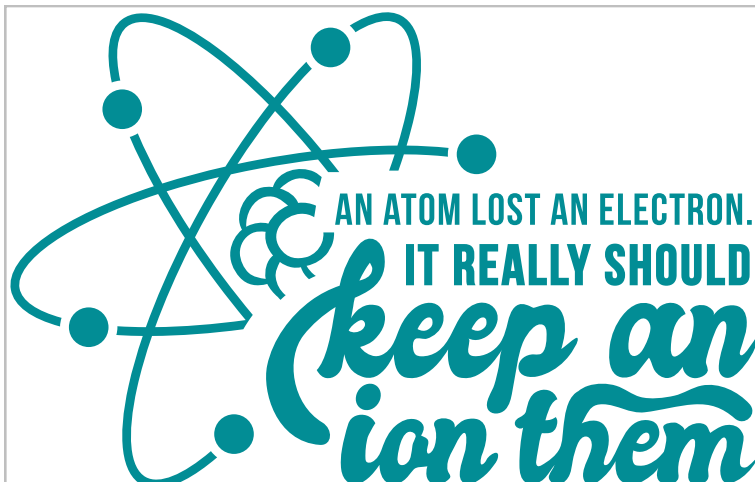
Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

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

**Mark Weeks, MCD**  
CCC Audiologist

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# UPCOMING *Events*



Courtney Cliften



Krista Lukas



Claire McCully

## *A Conversation with* **Three Women Reading Poetry**

**When:** Tuesday, March 12, 12:30pm

**Where:** Joshua Tree

**About the Event:** Celebrate Women's History Month with local area, published poets Claire McCully, Courtney Cliften, and Krista Lukas. Each will bring her own perspective to this year's theme, Women Who Advocate for Equity, Diversity, and Inclusion. Don't miss this reading by three women whose credits range from The Hunger to CNN to The Best American Poetry.

## FREE TECH HELP

**When:** See Activity Calendar for hours.

**Where:** Case Manager's Office (east end)

**About the Event:** Free one on one instruction tech help for members of the community to expand your skills. No appointment necessary. Help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available.

## *Menu* Committee

**When:** Tuesday, March 12, 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!

## Tax Preparation Services

**When:** Monday & Wednesdays, Feb. 5 - Apr 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. Free, donations welcome!

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

## Poetry Reading & Lecture on Modern Poetry

**When:** Friday, April 19 at 12:30pm

**Where:** Joshua Tree

**About the Event:** Glade Myler will be reading poetry, particularly the Symphony in Grey Minor, about the state of Nevada and other poems in English, Spanish and Portuguese.



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 is the difference between a Business Card and a Calling Card?

## Previous Month's Question & Answer

**Q.** What was the largest sea battle in history?

**A.** The Battle of Leyte Gulf - 1945.

SRES

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

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WITH  
MATTERS



LISA WILLIAMS  
775-434-8145  
S.0188952



**YOUR AD HERE**

Contact Courtney  
(775) 883-0703

EXPERIENCE  
**CONNECTIONS.**



What people are saying about CONNECTIONS.

"I leave  
inspired."

"It's fun and  
energizing."

"I meet new  
people."

Featured Theme: **"Luck"**

Tuesday, March 19th • 1:00 - 2:30  
Senior Center, 911 Beverly Drive, Nevada Rm  
Complimentary Refreshments

 **connections  
central**

Sharing Stories. Making Connections. Enriching Lives.

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

**JEWELRY** *Sale*



**Thursday, April 4  
Friday, April 5  
9am to 2pm**

At the Carson City Senior Center,  
911 Beverly Drive  
in the Lobby

Jewelry Donations accepted  
year-round

A Fundraiser for:



**MEALS on WHEELS**  
CARSON CITY



# Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

**Follow these tips to build a healthy eating routine that works for you.**



## Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



**Whole fruits** — like apples, berries, oranges, mangos, and bananas



**Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



**Whole grains** — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



**Protein foods** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



**Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



**Oils** — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA\\_2020-2025\\_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf).

# NOTICE BOARD

## AARP Driver's Safety Class

2024 Classes: Apr. 15, 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, March 2  
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with  
Don & Nadine

## CHAIR YOGA

with Sheila Steele

Free Six Week Course

March 7 - April 11  
Thursdays, 1-2pm

Sign up at Reception

## BINGO

Sunday, March 10  
Sunday, March 24

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



# SCAMS & SENIORS

A presentation series for National  
Consumer Protection Week

March 3 - March 9, 2024

## FREE

No Reservations Required - Just show up!

### How to Recognize & Prevent Scams

Tuesday, March 5 at 12:30pm

Presented by: Kate Kramer, Consumer Financial Protection Bureau

Location: Carson City Senior Center, Joshua Tree Room

### Emails & Links - Real or Fake?

Thursday, March 7 at 12:30pm

Presented by: Courtney Warner, Carson City Senior Center

Location: Carson City Senior Center, Nevada Room

### Local Scams Targeting Seniors

Friday, March 8 at 10:00am

Presented by: Sergeant Brett Bindley, Carson City Sheriff's Office

Location: Carson City Senior Center, Joshua Tree Room

### 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

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Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Anne Knowles, Director

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