

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



pg 2

NEW Flashboard and Bingo Machine
Donated for Senior Center Game

SNEAK PEEK

pg 5

Are Your Ducks In A Row? Learn about
Essential Legal Documents for Seniors

pg 7

Thank You Kiwanis Volunteers!

pg 9

11 Week Education & Wellness Program
Seniors Eating Well with food-tasting,
recipes, freebies and more!

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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

New Flashboard and Bingo Machine for Senior Center Game benefiting Meals on Wheels Carson City

Bingo games at the Carson City Senior Center received a boost from a new bingo machine and electronic flashboard, thanks to donations from community members and the Kiwanis Club of Sierra Nevada. Donors include Harvey Cohen and Becca Krach, Kiwanis Club of Sierra Nevada, and the regular players of the Center's Thursday bingo group, led by Pauletta May and Lois Kelly. The new equipment is the latest technology in bingo gaming, and has made the games more challenging and fun for the players. Under the leadership of Tom Micallef, the games change weekly to keep the semi-monthly event exciting for regular players, and still easy to follow for newbies. Games start at \$1 a card with \$50 to \$120 payouts or even higher progressive payouts. All proceeds benefit Meals on Wheels Carson City.

Despite increasing need for services in the community, Meals on Wheels Carson City has been able to meet the demands of delivering nutritious meals for nearly 300 home-bound seniors each day and frozen meals on weekends and holidays. All of the money raised at the bingo games is directly used by Meals on Wheels Carson City and has been instrumental in providing much-needed funding not covered by state and federal grants.

Sunday games are the 2nd and 4th Sunday of the month with doors open at noon and games start at 1 p.m. Thursday games are played every week at 1 p.m. If you haven't tried your luck at bingo, give it a try!

Thank you to our donors for this generous gift and a special thank you to Mary Geisler who also donated new TVs to accompany the beautiful new machine. We have many wonderful donors and supporters of the Senior Center and we are grateful for your gifts.



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



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fax (775) 882-5015



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Mark Weeks, MCD
CCC Audiologist

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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.*

Autumn
Funerals & Cremations
1575 N. Lompa Lane, Carson City, NV 89701

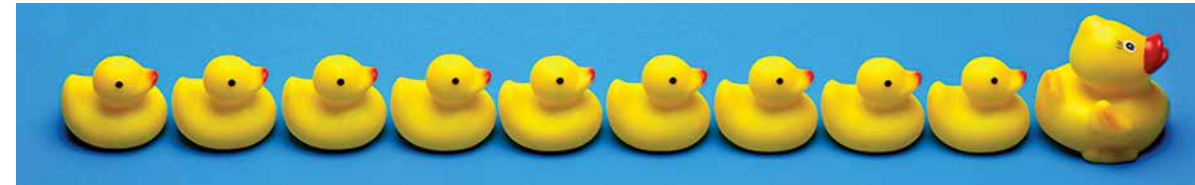
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Essential Legal Documents All Seniors Should Have

Advance planning will help alleviate a lot of stress for everyone involved if essential legal documents that address health and financial wishes are drawn ahead of time. It's important to be proactive and take the time to make sure someone has durable power of attorney, or the authority to make financial decisions if you become incapacitated.

Think about it: If you don't get legal specifications handled in advance, there will be many legal hoops for your family that will not only take time and be expensive but will also heighten emotion during an already intense time with expensive healthcare and end-of-life costs.

Here are the important documents you will want to get in order with the help of a local certified elder care attorney who understands the relevant state's laws and regulations:

Durable Power of Attorney

A durable power of attorney gives a designated person the authority to make financial decisions for someone else, such as signing checks to pay bills, handling tax returns and selling a home. Unlike a general power of attorney, a durable power remains in place if the person for whom the decision is being made becomes incapacitated and can't make decisions for him or herself. A regular power of attorney ends if the person who issued it becomes incapacitated.

Health Care Proxy

A health care proxy is essentially a power of attorney for medical decisions. It allows you to make choices about treatments, doctors and other health-related matters.

Living Will

Also known as an advance directive for health care, a living will lets your loved one specify the medical treatment that he or she wants—or doesn't want—near the end of life.

Updated Will

A will dictates what happens to any of your family member's assets after his or her death.

Living Trust

If you have substantial assets, a living trust makes it easier for someone else to manage the assets, such as homes and investment accounts. The agent or trustee must follow the specific instructions of the person who created the trust, which can contain all of a person's assets other than IRAs and 401(k)s, which can only be owned by an individual.

Get Your Essential Legal Life Documents in Order Today

There's no time like the present to get your legal documents in order. A professional certified elder law attorney can help you prepare your documents today. A fiduciary financial advisor can also help you get your affairs in order. Just make sure to find an expert who understands the relevant state's laws and regulations to ensure your healthcare wishes, estate and financial assets are protected.

Join us on Tuesday, May 21 at noon to hear from attorney Lora Myles, Nevada's Rural Elder Law Program, to Get Your Ducks in a Row.

<https://www.seniorfinanceadvisor.com/resources/legal-documents-for-retirement-planning>



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Waste Management will be at the Carson City Senior Center on **Friday, April 5** in the lobby from 10:30-12:30 pm to answer your questions!

Mandatory Trash Collection Coming

On December 20, 2018 the Carson City Board of Supervisors approved an agreement with Waste Management to bring new services to residential customers in July 2019. Join us at one of our upcoming open house events to learn about the changes. Meet the team responsible for keeping your community clean. Ask questions about single stream recycling. Bring the kids for a closeup look at a collection truck.

5560 Sheep Drive in Carson City

5:00 PM – 6:30 PM

Thursdays: April 11 • May 9 • June 6

Waste Management

5560 Sheep Drive • Carson City, NV 89701

(775) 775-343-7596 • CarsonCity@wm.com

Current Service Desk Hours: Mon-Fri 9 a.m. – 4 p.m.

Closed 12:00 p.m. - 1:00 p.m.

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Christie Wilde
Location Manager

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On February 16, members of the Kiwanis Club of Sierra Nevada volunteered hours scrubbing the dining room walls, filling holes, removing plastic panels and painting the dining room. Their kind act of physical labor along with supplying the cleaning products and paint gave our dining room walls a much needed refresh. **Thank you for beautifying the Carson City Senior Center!**

Live Dance Band

May 10, 2019

6:30 pm - 9:00 pm

Doors open at 5:30 pm

At the Carson City Senior Center

Friday Night



Tickets available from
Band members or the Senior Center

\$10.00/PERSON



CARSON CITY
SENIOR CENTER

911 BEVERLY DRIVE
CARSON CITY, NV 89706

(775) 883-0703



Mark your calendars!
The band will return on:



July 12th
September 13th
November 8th

www.carsoncityseniorcenter.org



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United States
**Census
2020**

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SPECIALS FOR APRIL

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.

FREE PICKUP of donated items!

SENIORS EATING WELL

11-week evidence based nutrition & wellness education program with food-tasting, recipes, freebies and more!

Presented by the University of Nevada Cooperative Extension

Mondays, 1-3 pm

Starts Monday, April 22, 2019

At the Carson City Senior Center

RSVP with reception (775) 883-0703

to reserve your seat

No cost to attend!

Living in Amsterdam, Holland

submitted by Corry Steiner

My seventh birthday was coming up and I was really excited. My mother told me we were going to have a new baby and that it would arrive shortly before my birthday. This was going to be my baby!

I can't remember seeing my mother being pregnant and in those days one did not know that a baby was inside a mother's stomach. I couldn't wait to tell everyone, even customers in our family-owned restaurant, that I was getting a baby for my birthday.

It was November 20, 1943 and my mother, who was 43, went into labor. A friend of the family took me to my room in the attic and said that the baby would be arriving soon. Of course I wanted to go down stairs to see the arrival of my baby, but was told I had to stay upstairs to wait for the stork.

Living in the attic and on the fourth floor, and being so high, I knew I would be able to see the stork arrive. I stood on the bench looking out the window. I do not know how long I stood there, but I never did see the stork arrive. I was getting so anxious ... why wasn't my baby arriving? Finally, someone came upstairs and informed me that I had a little sister named Jacoba.

I jumped off the bench to run downstairs to see my baby. My mother told me that this was my birthday present, even though my birthday wouldn't be until the 27th. Our lady friend stopped me and said, "No, we cannot go down stairs yet. The stork is still in the room and is ready to leave and when he spreads his wings, it could hurt you."

I went back to stand on the bench, looking out the window to see the stork leave. I stood there for a long time. Finally someone told me the stork had left and I could come and see my little sister.

I asked how come I never saw the stork come or leave and was told that the stork is pretty quick and lots of people don't see him arrive or leave.



OUR "MOST WANTED"

All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers

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Name _____ Email _____

The logo consists of a large, bold, serif capital letter 'W' centered within a circular wreath made of two branches of leaves, likely laurel, which are tied together at the bottom.

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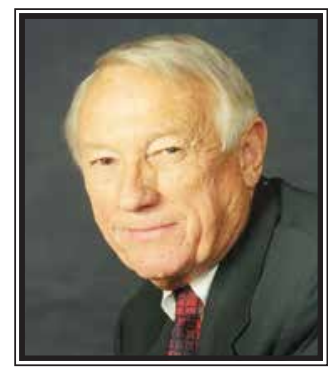
At Century 21 Jim Wilson Realty, our clients are guided through the entire sales process from “Start To Finish!” Jim enjoys lunch at the Senior Center on most Mondays & Tuesdays. Stop by and say Hello!

WORD SEARCH

**BASKETS • BUNNY • COLOREDEGGS • EASTER
FLOWERS • LAVENDER • MOVING • PASTELS • REBORN
SELLING • SUNSHINE • SPRING • TOOHEY • WILSON**

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

**CALL OR EMAIL US TODAY.
WE LOOK FORWARD TO SPEAKING WITH YOU!**



Jim Wilson, Broker



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For Real Estate Info: 775.882.2135
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CarolMarie@IntoTheHome.com
JW@IntoTheHome.com



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

SAVE THE DATES!



Our next TRIAD event will be:

Tues May 21 at Noon

Ducks In A Row

by: Lora Myles, RSVP

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. Refreshments will be served.

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



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The Notice Board

JEWELRY SALE

(gently used jewelry)

**IN THE LOBBY of the
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**911 Beverly Drive
Carson City • Nevada**

Thursday & Friday

May 2nd & 3rd

9am to 2pm

Hundreds of Items

**Necklaces, earrings, pins,
bracelets, rings, buttons,
beads, and more!**

**A FUNDRAISER FOR
MEALS ON WHEELS**

Dance with Live Music

at the Carson City Senior Center! Kick up your dancing shoes & enjoy the live music of

Don & Nadine

at the Carson City Senior Center,
911 Beverly Drive, on Friday,
April 5 • 6 to 9 p.m.

Doors open at 5:45 p.m.

Admission is \$5.00/person

Open to all ages. Participants encouraged to bring a store-purchased snack to share.

UPDATE: You asked for more dances and we listened. Starting in May, dances are **MONTHLY** (2nd Friday of each month). Odd months featuring the Grumpy Old Men (6:30-9:00pm) for \$10.00/ticket; Even months featuring Don & Nadine (6-9pm) for \$5.00/ticket; tickets available presale, on our website or at the door! Come support our dances!

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

Dance Classes

Aprender a bailar

Join us every
Monday at 1:30 p.m.
in the Nevada Room

**Learn to dance
like the Stars!**

Rumba, Cha Cha, Swing,
Tango, Waltz, Night Club
Two Step, Salsa, Merengue,
Cumbia and many other
Ballroom and Latin Dances

only \$5.00 per class

We have lots dance space!
Come out and have
a lot of fun while you learn.

Senior Follies – Calling all performers!

The 2019 Senior Follies, *Under the Big Top*, is recruiting for talent and stage hands.

The show runs July 12, 13, 14.

Senior Follies is not only a fantastic opportunity to show off your talent, all proceeds fund Meals on Wheels.

You can be a star and help feed our most vulnerable, homebound seniors!

If your interest has been sparked, join us at an

audition and meeting
Tuesday, April 2 • 5:30-7:00pm
at the Senior Center

or contact Follies Director,
Toni VanCleave at
775-720-0205 or email:
newfolliesgal@aol.com

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

I would like to subscribe to the "Senior Sentinel" for one year.
My check in the amount of \$15.00 is enclosed.

Name _____

Mailing Address _____

**Join our email newsletter subscriber list. Send an email to
troberts@carson.org to be added to the list.**

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.

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

Bruce Scott, President
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911 Beverly Drive Carson City, Nevada 89706

