

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



**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](http://www.carsoncityseniorcenter.org)  
f / carsonseniorcenter**



## *From The Desk Of The Executive Director*

### **Good news!**

We are starting our process to reopen the Senior Center. How this will work is invited groups will test our procedures and process for the month of April. You'll notice a variety of activities are part of this testing process.

Once we move through these phases, we will open our doors to the public. We are so close and appreciate your patience as we work through this process. We need to train volunteers and make sure we have the right supplies on hand to safely reopen.

If you are curious if your activity is part of the invited groups, please reach out to the activity leader to get more information. We hope to have more doors open in May.

Please note that as we reopen and abide by the guidelines set forth by the Governor and County, some rooms will remain closed because they are too small to host a group. Some activities may not be able to start yet because they are unable to operate within the strict guidelines.

Lunch will remain a drive-thru pickup service until further notice. This will be last part of the process to fully reopen as eating inside without a face covering is labeled as a high-risk activity. We will reopen the dining room once it is safe to do so. Until then, we will start with invited groups/guests first, then make another announcement in May's newsletter.

Thank you for your patience and we are excited to see you soon!

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

**UPDATE: ALL APPOINTMENTS FULL**

**Appointments are required**  
**Call 775-883-0703**

For safety during COVID, the following are required:

- 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 out 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](http://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](http://alz.org/nornev) or call 1.800.272.3900.



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## Meet Cindy Somers



If you don't know Cindy, you should! Cindy Somers is very involved at the Senior Center volunteering every Monday, Wednesday and Friday at the Reception Desk and as a member of the Advisory Council for the past 6 years.

Cindy grew up in Southern California and earned her AA degree at Mt. San Antonio College.

"It was interesting how I found my job with the Government," Cindy states. "I took a test in a college class, passed the test and got on someone's list. I got a letter, an interview and one thing led to another... and here I was in Culver City."

There, She spent her career working clerical positions for the Navy, Social Security and the Office of Hearings and Appeals for a total of 18 years with the federal government. Later she did similar work

for the State of California for attorneys and for the policy department. Retiring in 2006, she and her husband moved to Carson City in 2013.

"It was just time to move. I didn't know anyone here, but you get your foot in the door and meet people. I used to help with lunches before doing reception."

With her experience, and friendly personality, it was a natural fit to put Cindy at the reception desk when she showed interest in volunteering.

When Cindy isn't at the Senior Center, she and her husband, John, can be found at home reading or doing word puzzles. Prior to COVID, they enjoyed bus trips with a travel club that took them to interesting places all over the area. They occasionally will stop into a casino or go out for dinner but are very much looking forward to life getting back to normal. Aren't we all...

"It's so different in the Center now that everything is closed," Cindy adds. "There are so many people who used to come in to chat, there's so many activities they could do, the gift shop was open, we were busy! Wait to you see this place in action!"

We can't wait to see the center open. Until then, feel free to call and say hello to Cindy or any of our volunteers.



***Need a COVID-19 vaccine?***

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**1-800-401-0946**



# 5 Habits That High Achievers Should Break To Avoid Problems, Stress And Burnout

*Motivation Thursdays with Mrs. Samuels*

[www.nevada211.org/nevada-resilience-project/motivation-thursdays-with-mrs-samuels-1/](http://www.nevada211.org/nevada-resilience-project/motivation-thursdays-with-mrs-samuels-1/)

This article is for the High Achievers. People describe high achievers as intelligent, hardworking, efficient, and successful.

High achievers tend to be task oriented, respected in their professional roles, reliable, organized, pillars of the community, and maintain a full social schedule (pre-COVID).

While high achievers play an important role in society, work places, and leadership, they also have a high tendency to experience anxiety, relationship problems, stress, and burnout. High achievers tend to run themselves ragged trying to maintain their status.

Here are five habits you should break if you see yourself doing them to avoid stress and burnout:

## 1. REFUSING TO SAY NO

You cannot always expect yourself to save the day by shouldering more and more responsibilities.

What or who are you saying NO to when you say Yes to another commitment? It is your spouse, your children, or perhaps yourself and your health?



## 2. NOT ASKING FOR HELP

Everyone relies on others to a degree. Make reasonable asks, express gratitude, and reciprocate favors. It's a humble and healthy thing to remember that you are NOT the only one good at what you do. Let others help you the best they can.

## 3. UNFAVORABLY COMPARING YOURSELF WITH OTHER PEOPLE

"The reason why we struggle with insecurity is because we compare our behind the scenes with everyone else's highlight reel." -Steven Furtick. Don't compare yourself to others or their achievements. That mindset is unfair to yourself! Only make personal comparisons that focus on your own progress - where you've been and where you're heading then make incremental changes on that foundation of comparison to yourself.

## 4. NOT BEING PRESENT IN THE MOMENT

Try to slow down and enjoy the journey. What are you missing out on by always worrying about what's going to happen next?

## 5. RELYING ON ACHIEVEMENT TO FEEL SELF-WORTH

The satisfaction from success is often short lived. We have value as human beings regardless of what we achieve. Never let your value be determined by what you think is other people's perception of you.

Instead of focusing on unmet (or unrealistic) expectations of yourself and others, take a pause, focus on the moment: what would you rather feel?

You are the only one keeping yourself from achieving the goal of feeling calm, relaxed, happy, content and grateful.

## Plan for your Future during Financial Literacy Month

*Social Security Administration, Elko, Nevada*

April is Financial Literacy Month, a time focused on educating people about the importance of planning for a secure financial future. Social Security is a vital part of any financial plan. We have online tools to help you understand your potential Social Security benefits and how they fit into your financial future.

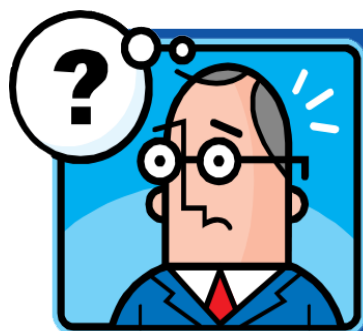
You should periodically review your Social Security Statement with your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Your Statement is an easy-to-read summary of the estimated benefits you and your family could receive, including potential retirement, disability, and survivors benefits.

Additionally, our Plan for Retirement tool in your my Social Security account allows you to run various benefit estimate scenarios. You can compare different future earnings and retirement benefit start dates for how they could affect your benefit amount.

Start improving your financial literacy today by logging in to your my Social Security account. If you don't have an account, create one at:

[www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)



### Barry's Trivia Question of the Month

**APRIL**

by **Barry R. Bjorkman**  
Former Advisory Council Chairman

**Q: What is the Nevada State Motto?**

*PREVIOUS MONTH'S QUESTION & ANSWER*

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

**A:** British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Québec, New Brunswick and Yukon Territory.

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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.

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

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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](mailto:SeniorCenterNewsletter@carson.org)

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