

Senior Sentinel

www.carsoncityseniorcenter.org



<https://www.rd.com/article/amusing-april-fools-humor/>



**CARSON CITY
SENIOR CENTER**

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

www.carsoncityseniorcenter.org

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Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

We look forward to having your feedback in our bi-annual nutrition survey. We use your feedback to help us make changes, look towards our future, and make sure we are doing our best. Do us a favor and be descriptive on your answers - details help us more than you know. While we love the "good" comments, be more specific by sharing what makes the meal good or what makes it not your favorite. We read all the comments and use the feedback in our menu planning. Thank you in advance for taking the time to complete them.

IN OUR COMMUNITY

Last month, Carolyn Myler retired from being a crossing guard. She invested 20+ years toward greeting children and families as they safely made their way to school. Thank you for your service.



Photo by Carson City School District

VOLUNTEER *Spotlight*



WES BOYER

Wes Boyer has been a volunteer at the Senior Center for 28 years. He is the Director of the Gems & Minerals, also known as the lapidary shop. Wes lived in San

Jose and worked as an electrician until he retired. He moved to the Carson City area in 1996. Wes has been married for 70 years to Doris and they have two children. He considers himself a rock hound, would go out and scout for rocks that interested him, often making jewelry out of minerals which he donated to the Gift Shop to help support Meals on Wheels. Wes and Doris enjoyed RVing in the past and hiking looking for rocks. With his wealth of knowledge, Wes is the go-to person when people have questions about working with rocks.



QUEEN

Jane Crump
87

KING

Frank Gomez
92



March 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

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

408 North Roop Street • Carson City • Nevada
775.885.9888

COMING SOON...

- Creative Writing & Memoirs Class
- Functional Fitness
- Traveling Art Exhibit

It's too early to announce details but these projects are in the works! If you'd like to know more, contact Courtney, Director, at (775) 883-0703



Experience you can trust
Results you can count on

Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

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

DISCLAIMER

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UPCOMING *Events*

Living HISTORY

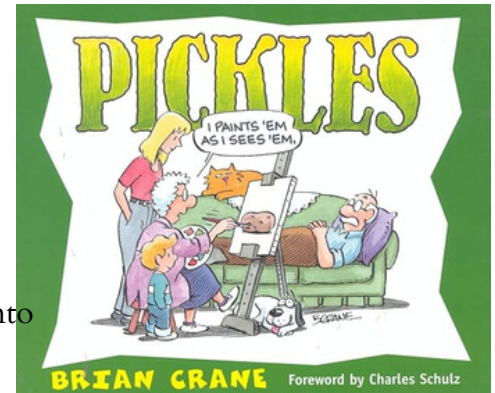
When: Thursday, April 9 at 12:30pm
Where: Carson City Senior Center Nevada Room
About the Event: A free live re-enactment, **The Reno Curse - A Reflective Look at Reno's Infamous Divorce Industry.** Donations appreciated. RSVP's not necessary

A Conversation with Brian Crane

When: Tuesday, April 16, 12:30pm

Where: Joshua Tree

About the Event: Brian Crane fulfilled his lifelong dream of becoming a cartoonist with Pickles in 1990. In 2002 Brian received the National Cartoonists Society's award for Best Comic Strip. In 2022 he was inducted into the Nevada Writers Hall Of Fame by UNR. Pickles has topped newspaper comics polls across the nation again and again, and it appears in over 1000 newspapers around the world. Free Event. RSVP not necessary.



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.

Menu Committee

When: Tuesday, April 9, 10am

Where: Zephyr Room

About the Event: Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input the menu and enjoy a tasting!

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.



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Prior to the title, Secretary of Defense, what was the title of that position?

Previous Month's Question & Answer

- Q.** What is the difference between a Business Card and a Calling Card?
A. A Business Card has much information. A Calling Card has only your name, nothing more.

SRES
SENIOR
REAL ESTATE
SPECIALIST



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



WHO YOU
WORK
WITH
MATTERS



LISA WILLIAMS
775-434-8145
S.0188952



EXPERIENCE CONNECTIONS.

What people are saying about CONNECTIONS.

"I leave inspired." "It's fun and energizing." "I meet new people."

Featured Theme: **"Luck"**
 April 16th • 1:00 - 2:30
 (And every third Tuesday of the Month)
 Senior Center, 911 Beverly Drive, Nevada Rm

Sharing Stories. Making Connections. Changing Lives.

www.connectionscentral.org

YOUR AD HERE

Contact Courtney
(775) 883-0703

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:



SEASONING WITHOUT SALT: EMBRACING THE FLAVORS OF HERB GARDENING

By Rachael Roberts, MS, RD, LD, Carson Tahoe Health

In the pursuit of intense flavor, many cooks rely heavily on salt. However, seasoning without salt is not only possible but also an opportunity to explore the rich palette of herbs and spices available. One of the most rewarding ways to do so is by growing an herb garden in your yard or inside near a window.

Herb gardens offer aromatic and flavorful options that can elevate any dish. From the sweetness of basil to the citrus notes of thyme, each herb brings its own essence to the table. By growing a variety of herbs, you can create depth and complexity in your cooking without relying on salt.

One of the key benefits of seasoning with herbs is their versatility. Whether you're looking to add a burst of freshness to a salad with mint or infuse a stew with the warmth of rosemary, there's an herb to suit every taste and occasion. Experimenting with different combinations of herbs can lead to unexpected flavors that excite the palate and enliven the senses.

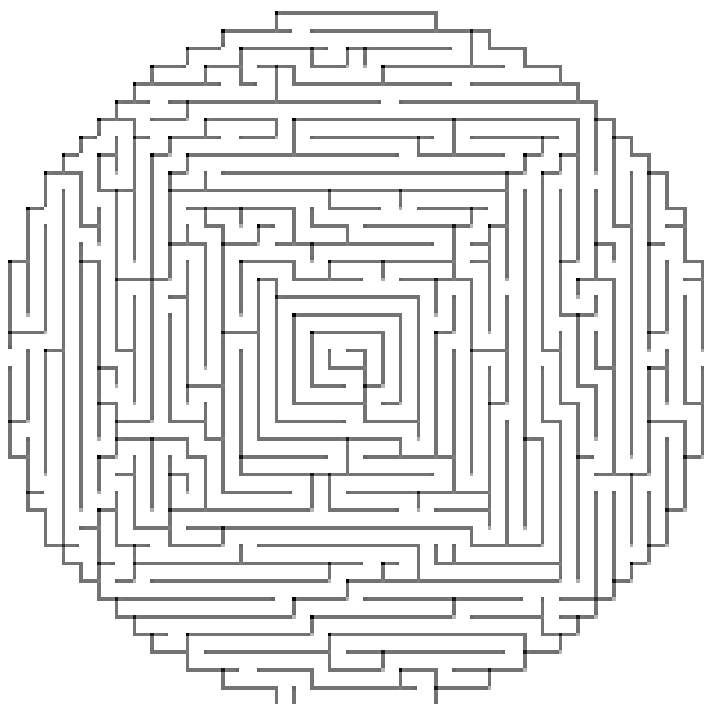
Some interesting combinations include chervil and sautéed vegetables, dill and poached salmon, roasted fennel with carrots, lavender lemonade, and roasted meats rubbed with thyme. You can also use parsley along with or in place of basil to make pesto.



Moreover, growing your own herbs allows you to have a direct connection to your food. Tending to a garden fosters a sense of mindfulness and appreciation for the ingredients that nourish us. Watching herbs flourish under your care is a gratifying experience that deepens understanding of the culinary arts.

Seasoning without salt enhances the flavors of your dishes and promotes a healthier lifestyle. Excessive salt intake has been linked to various health issues, including high blood pressure and cardiovascular disease. By reducing reliance on salt and embracing the natural flavors of herbs, you can create meals that are both delicious and nutritious.

In conclusion, seasoning without salt is an opportunity to explore the diverse world of herbs and spices. By growing an herb garden, you can cultivate a deeper appreciation for the flavors of nature while creating vibrant and flavorful dishes that nourish both body and soul. So, roll up your sleeves, dig into some soil, and let the magic of herbs transform your culinary adventures.



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	9			1			2
6			1	5			4
		2					
5	1		8		3		

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, April 1
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Paper Crafting

Tuesdays at 10am
Job's Peak Room
\$5/class, supply fee

Make one of a kind creations such as cards, small journals, lined paper notebooks and gift ornaments with Sandi Scheer, instructor and demonstrator for Stampin Up! All levels welcome and all supplies provided. Meet, create, socialize!
Register at Reception

BINGO

Sunday, April 14
Sunday, April 28

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

Carson City Senior Center's

VOLUNTEER

APPRECIATION

**FRIDAY, APRIL 26
2PM**

**CARSON CITY SENIOR CENTER
DINING ROOM**

WEAR YOUR BEST 50'S ATTIRE!

A celebration of our volunteers with drinks, desserts, raffle prizes, and gifts.

**RSVP TO RECEPTION
(775) 883-0703**

Active Volunteers Only, Please

Get your OWN copy of the Senior Sentinel!

- **Email (free)** - Send an email to seniorcenternewsletter@carson.org
- **Online (free)** - Visit 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 Coordinator: Drew Simmons
Office Coordinator: Rachael Spafford
Kitchen Crew: Chris, Nick, Pops, Scott, Sharon
MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

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