

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



**pg 2**

Read all about our incredible  
**RECORD BREAKING MONTH!**

## **SNEAK PEEK**

**pg 5**

Learn what YOU can do to **STOP FIRES**

**pg 15**

Join us as we cut the ribbon on our newly  
refreshed, revised and revitalized store!

**Saturday, May 4 • 10 am**

***Second Wind Thrift Store***

Supporting Meals  Wheels  
and Senior Independence



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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**

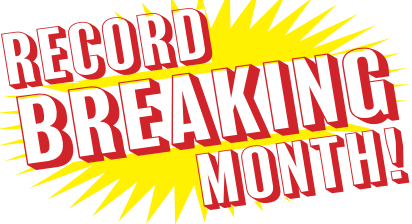
FROM THE EXECUTIVE DIRECTOR  
Courtney Warner

We’ve been busy little bees at the Senior Center, working hard to keep pace with our rapid growth. As we close the books for the month of March, let’s talk about the record month we had. Meals on Wheels alone delivered **8,375 meals!** That by far is our highest month and shatters all previous records. If we keep pace as projected, Meals on Wheels will deliver well over **90,000 meals** by year end. While we didn’t break any records, congregate (on-site) lunch was still higher than our seasonal average with **3,662 meals** served. Let’s do the math... that’s over **12,000 meals in one month.** Wow!

So what do we ask of you? Two simple tasks. First, thank our amazing staff and volunteers in ALL areas of the Senior Center, Meals on Wheels and Thrift Store. Each of them in their unique way play a vital role in our success and they’ve been hustling to meet this huge demand with exceptional customer service.

Second, donations are needed to help cover the gap in grant funding to our actual cost which is largely raw food costs. Whatever amount, small or large, closes this gap and supports our ability to grow. And if you can’t donate, consider asking your friends, family or business owners to support us.

We are so proud of our record month and our ability to serve our Carson City seniors.



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**



## How do you make cupcakes?

*submitted by Corry Steiner*

Many of you do not know that I was born in Holland and came to this country in 1948. Because my mother worked as a maid, my sister and I lived, first in a foster home, and then in an orphanage. My mother re-married and I got to move home at the age of 14 and was married by the time I was 18.

After 7 years of marriage, I had two small children. My oldest daughter was three when she was invited to the neighbor's son's birthday party. He was turning four. I took my daughter over to the party and after the games dessert was served. I asked, "What are those little cakes?" and my friend said they are "cupcakes". I asked, "Are they hard to make, because they are delicious!" She said, "No, you just go to the grocery store and look for cupcake mix; you will find them in the bakery section."

I couldn't wait and the very next day I went to the grocery store and looked up and down the aisle and could not find cupcake mix anywhere. I finished my grocery shopping and at the checkout I told the clerk they were all out of "cupcake mix". She said, "You must be kidding?" I said, "No, there are none on the shelf." She said, "We stocked the shelves this morning." I said, "Well, you must have had a run on them, then, because there are none there now."

I got home and after unloading my groceries went to my neighbor and said, "You know, I went to the store and there were no cupcake mixes to be found." She asked me, "Corry what were you looking for?" I said, "Cupcake mixes." She started laughing and said, "Corry you buy the cake mix that you want and on the BACK OF THE BOX IS THE RECIPE FOR CUPCAKES!"

I've never been a whiz in the kitchen since.



**MARCH  
BIRTHDAYS**

**Queen**

**PAT  
WHITLEY**  
89 years young



**King**

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MUELLER**  
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*In case you missed it...*

## Tips from March's Triad Presentation "Wildland Fire"

*presented by the Carson City Fire Department*

Every year many families unnecessarily lose their homes and possessions to wildland fire. These losses can be minimized if homeowners take the time to become aware of safety measures to help protect their homes and complete some effective actions.

### Things YOU can do TODAY to help STOP THE SPREAD of a wildfire:

- Clean roof surfaces and gutters of pine needs, leaves, branches, etc., regularly to avoid accumulation of flammable materials.
- Remove portions of any tree extending within 10 feet of the flue opening of any stove or chimney.
- Maintain a screen constructed of non-flammable material over the flue opening of every chimney or stovepipe. Mesh openings of the screen should not exceed 1/2 inch.
- Landscape vegetation should be spaced so fire can not be carried to the structure or surrounding vegetation.
- Remove branches from trees to height of 15 feet.
- A fuel break should be maintained around all structures.
- Dispose of stove or fireplace ashes and charcoal briquettes only after soaking them in a metal pail of water.
- Store gasoline in an approved safety can away from occupied buildings.
- Propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area clear of flammable vegetation.
- All combustibles such as firewood, picnic tables, boats, etc. should be kept away from structures.
- Garden hose should be connected to outlet.
- Addressing should be indicated at all intersections and on structures.
- All roads and driveways should be at least 16 feet in width.
- Have fire tools handy such as: ladder long enough to reach the roof, shovel, rake and bucket for water.
- Each home should have at least two different entrance and exit routes.

**Join us for the next TRIAD presentation on Tuesday, May 21 at noon to hear from attorney Lora Myles, Nevada's Rural Elder Law Program. Learn how to Get Your Ducks in a Row!**





## WIN YOUR SHARE OF CASH AND GET A FREE MEAL!

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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.

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Christie Wilde  
Location Manager



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**Apartment Amenities**


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- Window Coverings
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Doctor of Audiology

**Mark Weeks, MCD**  
CCC Audiologist

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fax (775) 882-5015



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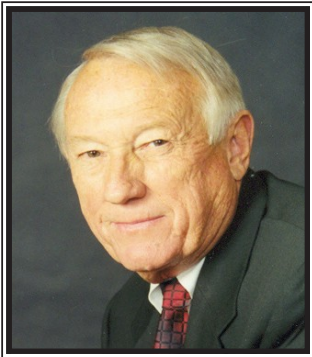
At Century 21 Jim Wilson Realty, our clients are guided through the entire sales process from “Start To Finish!” Jim enjoys lunch at the Senior Center on most Mondays & Tuesdays. Stop by and say Hello!

WORD SEARCH

ALWAYS • CENTURY • ESCROW • FLAG  
FORSALE • HONOR • LOYALTY  
MEMORIAL • REMEMBERED • SERVICE  
THANKYOU • TWENTYONE • USA

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

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



Jim Wilson, Broker



Carol Marie Toohey, Broker/Realtor

1502 N. Carson St. • Carson City, NV 89701  
For Real Estate Info: 775.882.2135  
www.c21jimwilsonrealty.com  
CarolMarie@IntoTheHome.com  
JW@IntoTheHome.com

THRIFT STORE SALES  
SPECIALS FOR MAY

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  
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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!



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# ROASTED PINEAPPLE SHRIMP SALAD WRAPS

## INGREDIENTS

1 pound large shelled shrimp	1/2 teaspoon fine sea salt
Finely grated zest and juice of 1 orange	1/2 teaspoon black pepper
1/2 cup finely chopped cilantro, divided	1 pineapple
2 tablespoons fresh lime juice	4 spinach wraps
2 garlic cloves, minced or pressed	2 packed cups baby spinach
2 tablespoons olive oil, divided	1 avocado, pitted and thinly sliced

## INSTRUCTIONS

- In a large bowl toss shrimp with orange zest and juice, 1/4 cup cilantro, 2 tablespoons lime juice, garlic, 1 tablespoon oil, salt, and pepper. Cover and refrigerate for at least 1 and up to 3 hours.
- Cut off top and bottom of pineapple, then cut off skin. Cut pineapple into 1/2" thick rounds, then cut each round into 4 wedges, and cut out the core.
- Preheat oven to 425 degrees. Lightly oil 2 large rimmed baking sheets.
- Remove shrimp from marinade, allowing excess to drip off. Place shrimp on one baking sheet, spreading it out in a single layer. On second baking sheet toss pineapple with remaining 1 tablespoon oil and spread in a single layer.
- Roast shrimp until cooked through, about 8 minutes. Roast pineapple, turning the pieces once, until softened and starting to brown around the edges, about 20 minutes.
- To assemble, lay wraps flat on a countertop. Top with spinach, roasted pineapple, shrimp, avocado, and remaining 1/4 cup cilantro. Fold in sides of wraps, then roll up tightly. Wrap in parchment paper and cut in half to serve.
- Reserve any leftover roasted pineapple for another use.

<https://fruits.com/recipes/roasted-pineapple-shrimp-salad-wraps/>



**Welcome Sara Brower as the interim Case Manager!**  
Sara is covering for Veronica while Veronica is out on leave. Sara is no stranger to senior services. She served as Dayton Senior Center Manager for 4 years and as Lyon County Senior Services Manager for close to 10 years. For the past 4 years, Sara has been enjoying retirement, but is now looking forward to putting her expertise back to work providing information, assistance and resources to the senior population whose goals are to remain living independently in the comforts of their own homes. Be sure to stop by and welcome Sara to the Carson City Senior Center team!



## EMPLOYEE OF THE QUARTER

**C**ongratulations to **Kaleb Heflin**, Assistant Kitchen Manager, as being selected as Employee of the Quarter! Kaleb continues to demonstrate exceptional skills in the kitchen both as a chef introducing new recipes and flavor profiles to the menu and also being a leader to bring our dining to the next level. Kaleb brings a bright and positive attitude mixed with a willingness to get the job done to perfection. Next time you see Kaleb in the window or in the dining room, congratulate him on a fantastic performance!

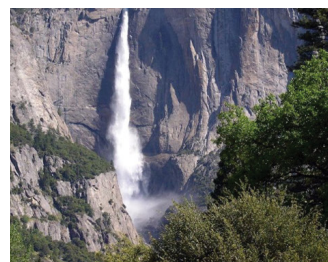


*Carson City Kiwanis Club  
you have our hearts!*

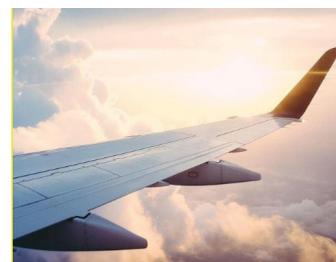
*Thank you  
for another amazing  
Spaghetti Feed  
Benefiting  
Meals on Wheels.*

*We are honored  
to have your support.*

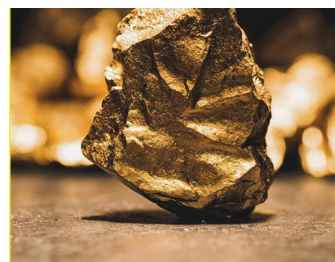




Tue May 14th - Fri 17th  
Springtime in Yosemite  
\$999 per passenger What could be more invigorating than a trip to Yosemite National Park? This popular



Fri Jun 21st 7:00am - Tue 25th 5:00pm  
Four Day Mystery Trip  
\$1999 per passenger It's a mystery where we'll go! Experience a surprise vacation, your sure to enjoy and we



Fri Jun 21st 9:00am - 5:00pm  
Historic Downieville Tour  
\$99 per passenger Downieville is historically one of the most important and colorful towns of the Northern



Sat Jul 6th 2:00pm - 11:00pm  
Good O'l Fashioned 4th of July Celebration in Graeagle



Fri Jul 19th 4:00pm - 11:00pm  
Million Dollar Quartet - Lake



Sat Aug 3rd 6:00am - Sun 11th 7:00pm  
Canadian Rockies and

**Patty's Tours**

Friday, June 28  
Carson City Travel Show  
1pm-2pm  
Carson City Senior Center  
911 Beverly Dr, Carson City

Saturday, June 29  
Reno Travel Show  
10am - 12pm  
Meadowood Courtyard Hotel  
5851 S Virginia St, Reno

RSVP TO THE TRAVEL SHOWS  
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All tours use CPCN registered vehicles



**Barry's  
Trivia Question  
of the Month**  
**MAY**  
**Barry R. Bjorkman**  
Former Advisory Council Chairman

Q: What are the only three countries to have both Mediterranean Sea and Atlantic Ocean coastlines?

LAST MONTH'S QUESTION AND ANSWER

Q: What was the original name of New York City?  
A: New Amsterdam.

# Walton's Funerals & Cremations

Every Life Has A Story... Remember

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1521 Church, Gardnerville

**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



**Ormsby**

**Post-Acute Rehab**

3050 North Ormsby Blvd.

Carson City, NV 89703

775.841.4646

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## The Notice Board

### 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

### JEWELRY SALE

(GENTLY USED JEWELRY)

**IN THE SENIOR CENTER LOBBY**

**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

Kick up your dancing shoes  
and enjoy live music at the  
**Carson City Senior Center**  
**911 Beverly Drive**

### MONTHLY

**2nd Friday of Each Month**

*Odd months feature:*

**The Grumpy Old Men**  
**6:30-9:00pm | \$10 ticket**

*Even months feature:*

**Don & Nadine**  
**6-9pm | \$5 ticket**

Tickets available presale, on our  
website or at the door! Come support  
our dances! Open to all ages.  
Participants encouraged to bring a  
store-purchased snack to share.

### Dance Classes

**every Monday 1:30 pm**  
**in the Nevada Room**

**Dance like the Stars!**

**\$5.00 class**

**Join us as we cut the  
ribbon on our newly  
refreshed, revised  
and revitalized store!**

*Second Wind  
Thrift Store*

**Supporting Meals on Wheels  
and Senior Independence**

**Saturday, May 4**  
**10 a.m.**

**Free hot dogs and  
bottled water for the  
first 100 guests!**

**Open Tuesday - Saturday**  
**10 a.m. - 5:30 p.m.**  
**901 Beverly Drive, Carson City**  
**(775) 301-6676**



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  
Tom Baker, Secretary  
Michael Crossley, Treasurer  
Michael Pavlakis, Director  
Pam Couch, Director  
Joe Spencer, Director

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### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

### **DEPARTMENT BUSINESS MANAGER**

Michael Salogga

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