

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



happy
Mother's
day

**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
f / carsonseniorcenter**

From The Desk Of The Executive Director

Great news! The Senior Center is planning to reopen on Monday, May 3. While we are excited to serve you, our facility will reopen with restrictions and requirements in place. Some activities have yet to restart while others are still not able. We must abide by the City's "Restore Carson City" transition plan and is subject to change at any time.

Below is a summary of our reopening plan:

- Face covering is required unless eating or drinking per the Governor's directive
- Normal hours of operation (Mon– Fri, 9-4pm)
- Disinfecting supplies & hand sanitizer available
- All entrances are open
- Help us by staying home if you feel unwell and wiping down surfaces after you leave an activity
- Socially distance waiting in line/around others

LUNCH

- Dining Room will reopen for dine-in lunch
- Seating is limited to 4 per table (tables will be socially distanced apart)
- To-go meals will be available in the dining room on a temporary basis

ACTIVITIES

- Seating is limited to 4 per table
- All activities are open with no restrictions including evening and weekend reservations except activities with live music or singing
- Computer lab is unavailable this month
- Rooms will limit capacity to socially distance (posted on the doors)
 - Exercise chairs will be 6' apart
 - Tables will be 6' apart
 - Meetings will seat 6' apart

Some activity leaders have not gotten in touch with us about restarting their activity, so the enclosed calendar is incomplete. Please get in touch with me to restart your activity.

We are excited to have you back but please help us stay open: stay home if you feel unwell, wear a face covering while using the Senior Center, wash your hands frequently and if you are able, consider getting a vaccine.

If you need accommodation or assistance, reach out to us. We can find solutions but need to know your concern or problem first.



**WE ARE
HIRING!**

**LEGAL PROCESS
SERVICE**
Est. 1982

Legal Process Service, PILB Lic. 604
105 Mary Street, Reno, Nevada 89509
Tel 775.323.7070 Fax 702.471.7248 Reno@lpsnv.com
Website: www.LPSNV.com

OPEN POSITION

Process Server / Legal Delivery – Part Time
We are looking for a smart, independent, and personable person to deliver legal documents in the Carson City area. In this part time position, you will be required to fulfill messenger runs to the courts and to client's offices/destinations in Carson City and the surrounding areas. You will be able to set your schedule for services after hours and will be paid on a bi-monthly basis. You drive your car, we provide everything else. Legal Process Service is the premier legal services company in the Silver State. We are a dynamic, creative, and supportive group of people looking for a new team member who wants to work, but doesn't enjoy punching a clock or sitting in an office all day.

REQUIREMENTS:

- Must have your own reliable transportation, insurance and valid Nevada driver's license
- Must be 18 years or older and a U.S. Citizen
- Have a desire to work variable hours - *early mornings, evenings and weekends*
- Must have strong communication skills
- Be able to interact with mobile technology
- Must be able to pass a background check

Pay: \$13.00 per hour

Please contact our office today!

**COVID-19
FUNERAL
EXPENSES
ASSISTANCE**

Call 844-684-6333
TTY: 800-462-7585 toll free,
Monday-Friday, 8 a.m. to 8 p.m.

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)

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 or call 1.800.272.3900.



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Meet Helen Selders



Helen Selders has volunteered at the senior center since she moved to Carson with her husband 6 years ago. If you don't know Helen, your missing out on her cheery personality and great sense of humor which makes her an invaluable receptionist for the center every Tuesday.

Helen was raised on a muck farm in Hudsonville, Michigan where her family grew celery, onions, and potatoes. At age 11, an F-5 tornado ripped through the town killing 18 people including her grandfather. She and her mother went to a relative's home to ride out the storm which saved their lives.

"There was nothing left of our farm. That really affected every aspect of my life. Had that not happened, I wouldn't be the person I am today."

Helen became a Licensed Practical Nurse (LPN) and worked in local doctor's offices before finding her niche, long term care and independent living. "I like the crotchiness of old people," she states. Her nursing career lasted 38 years.

She met her husband, Ralph, through a mutual friend and will celebrate their 47th wedding anniversary this month.

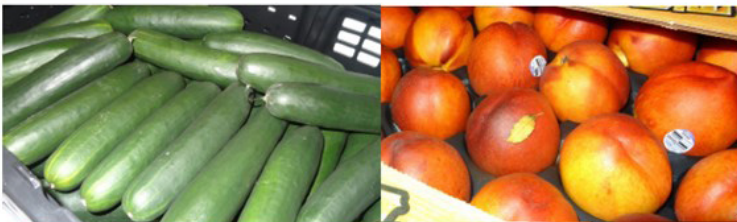
"He's Canadian, so he's a registered alien and isn't even green." Helen joked, "But he has a green card."

Together they have two children, one of whom they followed to Houston, TX to take care of the first grandson when he was born. Now with 4 grandchildren, her "peeps" are definitely the focus of this grandma. She's never at a loss of photos to share of whatever weekend event took place with the kids, and she's always knitting something for somebody.

"We kiss them once when they arrive and twice when they leave," Helen jokes, but states how blessed she is to have her whole family now in Northern Nevada.

Produce on Wheels fresh produce for seniors

Join the Food Bank of Northern Nevada for
FREE produce distributions twice every month!



Qualifications

- Must be aged 60+
- Must live in Nevada
- Must be willing to fill out application and initial surveys

Don't Forget

- Valid State ID
- Produce on Wheels is at the Carson City Senior Center on the 2nd and 3rd Monday of each month from 9:30-11:00am

Carson City Senior Center

911 Beverly Drive, Carson City

Upcoming Distributions:

**2nd & 3rd Monday
of each month
from 9:30-11:00am**



The Sierra Nevada Chapter Of Arma International

10th Bi-Annual FREE E-Cycle & Shred Event

Saturday, May 1, 2021 • 10am - 2pm

**CalNeva Realty Parking Lot
1621 Us Hwy 395 N Minden, NV**

FREE Event with donations graciously accepted on behalf of Between Horses and Humans. Unbound Paper and Electronics Accepted: No Plastic or Box TVs
For more info, contact sierranevadaarma@gmail.com
or visit www.arnasn.org

The Nevada Health Centers MAMMOVAN is coming!

Schedule your Mamogram today!

**NHC Mammovan
877.581.6266 Option 1
Mon-Fri 7am - 6pm**

Covid-19 precautions are in place to keep you safe.

**For a current event calendar, visit
nvhealthcenters.org/mammography**

Nutrition for Older Adults

<https://medlineplus.gov/nutritionforolderadults.html>

What is nutrition and why is it important for older adults? It's about eating a healthy and balanced diet so your body gets the nutrients that it needs to function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important for all ages. It gives you energy, helps control weight, and may also help prevent diseases such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder to eat healthy as you age? Changes in:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of smell and taste
- Problems chewing or swallowing your food

To eat healthy as you age...

- Eat foods that give you lots of nutrients without a lot of extra calories, such as:
 - Fruits and vegetables (choose different types with bright colors)
 - Whole grains, like oatmeal, whole-wheat bread, and brown rice
 - Fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium
 - Seafood, lean meats, poultry, and eggs
 - Beans, nuts, and seeds
- Avoid empty calories. These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- Pick foods that are low in cholesterol and fat. You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals.

Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.

- Drink enough liquids, so you don't get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- Be physically active. If you have started losing your appetite, exercising may help you to feel hungrier.

What can I do if I am having trouble eating healthy?

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing, see your dentist to check for problems
- If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
- If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
- If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

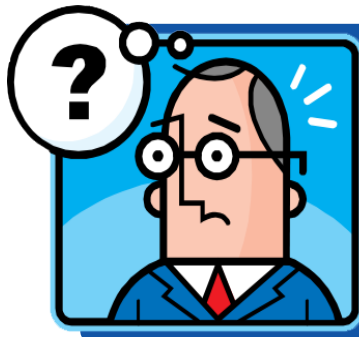


Coloring Contest Winner!

Darline H.

Queen Meals On Wheels
Adeline Anderson, 92

Drive-thru Volunteers having some
April's Fools Day Foolery



Barry's Trivia Question of the Month

MAY

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: In what city is the Indianapolis 500 held?

Hint: The facility is named Indianapolis Motor Speedway, however that facility is not located in the city of Indianapolis.

PREVIOUS MONTH'S QUESTION & ANSWER

Q: What is the Nevada State Motto?

A: All For Our Country.

SIZZLING SENIOR DAYS

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Christie Wilde
Location Manager

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THRIFT STORE SALES
THIS MONTH'S SPECIALS:

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.

FREE PICKUP of donated items!



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

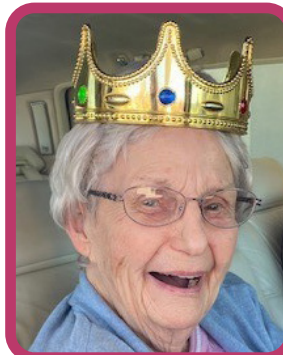
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**APRIL
BIRTHDAYS**

Queen

MAXINE PAULL

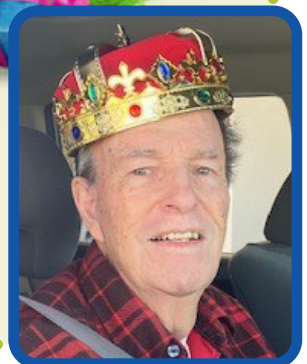
93 Years Young



King

JAMES HARRISON

79 Years Young





911 Beverly Drive Carson City, Nevada 89706

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

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

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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. to 5:30 p.m. Tues-Sat

Newsletter Submissions:

Send by the 10th of each month to
SeniorCenterNewsletter@carson.org

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