

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Happy Mother's Day

Sunday, May 8

**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

On April 20th, we celebrated and appreciated our wonderful and amazing volunteers. Smiles were abound enjoying the delicious treats of the ice cream bar accompanied with only the best toppings. There are never enough "Thank-you's" we could say to show how truly grateful we are for our volunteers. Thank you, Thank you, Thank you!

And to those interested in joining a group of delightful and fun volunteers – join us! Give Linda Z. a call to get started (775) 883-0703.

With appreciation,

Courtney Warner | *Executive Director*



HOLIDAY CLOSURE
Monday, May 30
Closed for Memorial Day

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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)

**4th Wednesday meetings are
on Zoom until further notice.**

**Contact the Alzheimer's
Association for details.**

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



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HOW TOO MUCH SODIUM AFFECTS YOUR Health

9 out of 10 Americans consume too much sodium.



WHERE DOES SODIUM COME FROM?



3,400 milligrams
amount of sodium an American consumes on average in a day

1,500 milligrams
or less recommended by the AHA for ideal heart health

Shake OUT Salt

Keep your sodium intake in check as part of an overall heart-healthy eating pattern that emphasizes:

- Variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat, sodium, red meat, sweets and sugary drinks

Your HEALTH

Excess levels of sodium/salt may put you at **RISK** for:

ENLARGED HEART MUSCLE	HEART FAILURE
HEADACHES	HIGH BLOOD PRESSURE
KIDNEY DISEASE	KIDNEY STONES
OSTEOPOROSIS	STOMACH CANCER
STROKE	

Excess levels of sodium/salt may **CAUSE**:

INCREASED WATER RETENTION THAT LEADS TO:

- Puffiness
- Bloating
- Weight gain



heart.org/sodium

FIGHT STRESS WITH HEALTHY HABITS

- 1. Slow down.**
Plan ahead and allow enough time to get the most important things done without having to rush.
- 2. Snooze more.**
Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.
- 3. Let worry go.**
The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
- 4. Laugh it up.**
Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
- 5. Get connected.**
A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
- 6. Get organized.**
Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
- 7. Practice giving back.**
Volunteer your time or spend time helping out a friend. Helping others helps you.
- 8. Be active every day.**
Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
- 9. Give up the bad habits.**
Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
- 10. Lean into things you can change.**
Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood

MEMORIAL DAY Monday May 30 • Remember & Honor



Phone Pals



Sign up to receive a friendly phone call from a volunteer as part of our new "Phone Pals" program. The goal of this program is to connect seniors who would like to connect more with others but may be limited due to being homebound or staying home due to the pandemic. This new pilot program is a safe way to connect with others using the phone. Sign up by calling Courtney Warner at (775) 883-0703.



Infinity Hospice Care
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"We wish we knew about you sooner!" - Family member



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Fax: 775-852-6028

www.InfinityHospiceCare.com

NOTICE BOARD

SEEKING DONATIONS

Donate your gently used jewelry, pocket watches, pocket knives, and bolo ties for our bi-annual jewelry sale, a fundraiser for Meals on Wheels. Drop off at Reception today!

SPRING JEWELRY SALE

THURSDAY & FRIDAY MAY 5 & 6

9AM TO 2PM SENIOR CENTER LOBBY

A sale of gently used jewelry to raise money for Meals on Wheels!

Dance with Live Music

at the Carson City Senior Center

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, on **Friday, May 6, 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

Seniors Eating Well

April 1 – June 3 (10 weeks)

10am – 11am

Tahoe Room | FREE

Join UNR Cooperative Extension for an engaging 10-week FREE series to help you take better control of your health. Learn to cook with a variety of healthy ingredients, pick healthy snack options that are higher in nutrition and lower in calories, and enjoy a tasty snack sample. **RSVP at the Reception desk to save your seat!**

Follies Rehearsals

Every Tuesday | 5:30-7:30pm | Nevada Room

Seeking performers, stagehands, dancers, vocalists, and those with talents that want to share on the big stage! The Carson is preparing for the 24th Annual Follies production titled “Storytellers!” **Show up to join the show!**



PING PONG

Did you know the Senior Center has a ping pong (aka table tennis) room? The tables are lonely as they haven't had many to play lately so grab a partner and start playing! Need a partner? Call Courtney Warner (775) 883-0703 to be paired with another player.

AARP DRIVER'S SAFETY CLASSES

Upcoming in-person classes: May 9, June 6, July 18, August 8, October 10, November 14, December 12

9:30am - 1:30pm Tahoe Room

Cost: AARP Member \$15 & non-member \$20 Payable day of class by cash or check (written to AARP). No credit cards.

FREE Movie Matinee

Tuesday, May 10 at 1pm

in the Nevada Room

Call for current showing

(775) 883-0703

(due to copyright, we can't advertise)



SUNDAY BINGO

May 8, 22 & 30

\$3 Early Bird pack \$50 Payouts

\$6 First Buy-In Pack, \$5 each additional Pack

\$100 Payouts

\$1 Specials: Double Action, Starburst, Progressive, Bonanza, Letter X Progressive

\$2 Blackout

\$120 Payout or \$500 Progressive

Doors open at 11am | Games start at 1pm

Must be 21 to Play

All proceeds benefit the “Meals on Wheels” program

Let's Make Nevada Dementia-Friendly!

You're invited to become a Dementia Friend!

Third Wednesday of Each Month

On Line (Via Zoom) 12:00 - 1:30 PM

Register at: DementiaFriendlyNevada.org/Dementia-Friends

Learn five key messages about dementia, what it's like to live with dementia, and how to translate this new understanding into practical actions that can help people with dementia who are living in our community.



Join us! Help make our community more respectful, educated, supportive, and inclusive.



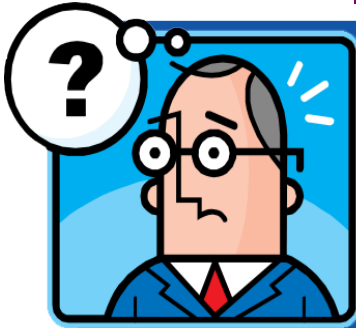
THE CANE *Submitted by Darline Harper*

Hello Folks. I am a cane. I am sure you recognize me, but as we may never have met, let's have a little chat.

It is apparent no matter how hard we try we won't be 29 forever and eventually parts will ache as we try to use them. Often it's a leg or the old back bones that scream loudest. Someone may suggest you get a CANE. You'll assure everyone you don't need one. That hurts my feelings as I see you limp along when I could help a whole lot. A small limp grows until your whole body is out of alignment and now you really hurt. I know you don't want my help, because I might make you look old. Newsflash - you look old when you limp! So get a CANE.

Don't go to the attic and get your grandfather's old relic. Take the effort to get a cane suited for you. First, pick one with adjustable length (you'll get shorter as you add years). If you want a sturdy wooden cane, make sure it can be shortened.

Next, figure out the proper length. Stand up straight, hands at your side, extend your hand outward. I should fit right there. That will keep you looking young, intelligent and aligned. Hold us with the hand that is opposite a bad leg.



Barry's Trivia Question of the Month

MAY

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: In addition to the USS Arizona, what other American battleship still lies at the bottom of Pearl Harbor?

PREVIOUS MONTH'S QUESTION & ANSWER

Q. What is the fourth largest state in America?

A. Montana.

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
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King

BILL SEMERAU

92 Years Young





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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

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

Second Wind 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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