

# *The* **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



## **SNEAK PEEK**

### **pg 3**

Resource Contact Information...  
Great info to clip, save and share!

### **pg 4**

Read the latest Center News & Updates  
from our Executive Director

### **pg 14-15**

Notice Board - Keep informed of fun  
new events, classes & specials

### **NEW! Special Insert**

Calendar of Monthly Meals & Events -  
Larger font, double-sided!

**Stay Strong,  
Stay Healthy**



### **pg 2**

Stay Strong, Stay Healthy is your ticket  
to better health!

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SPECIAL INSERT - Calendar of Events	



**911 Beverly Drive  
Carson City, Nevada 89706**

**775-883-0703 • fax 775-883-2869**

**cwarner@carson.org**

**9:00 A.M. - 4:00 P.M.**

**Monday through Friday**

**f / carsonseniorcenter**

## Stay Strong, Stay Healthy



Stay Strong, Stay Healthy is your ticket to better health.

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here's the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program at the Carson City Senior Center!

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health and state of mind. No, it's not difficult or complicated weightlifting. You'll start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by Tina Temple.

**The class meets for one hour, two times each week at 1pm on Tuesdays and Thursdays, June 12 – August 2.**

Attend the orientation session on 1pm on Thursday, June 7 at the Carson City Senior Center, 911 Beverly Drive or call (775) 883-0703 for a program flyer with more details and to register. Pre-registration is required. The fee is FREE for the eight-week series plus all participants receive a complimentary bag, water bottle and healthy snacks.

## RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	<b>211</b>
Aging & Disability/CHIP .....	<b>687-4210</b>
Alzheimer's Association .....	<b>786-3509</b>
Care Chest.....	<b>829-2273</b>
Carson City Health & Human Services .....	<b>887-2190</b>
Crisis Call.....	<b>784-8090</b>
Day Labor.....	<b>684-0436</b>
Elder Care Law.....	<b>687-4680</b>
Elder Protective Services.....	<b>688-2964</b>
Energy Assistance .....	<b>687-0703</b>
Food Bank .....	<b>331-3663</b>
HUD (Nevada Rural Housing Authority).....	<b>887-1795</b>
JAC (Jump Around Carson) .....	<b>841-7433</b>
Medication Management Program, University of Nevada, Reno .....	<b>784-1612</b>
Nevada Legal Services.....	<b>284-3491</b>
Nevada State Welfare.....	<b>684-0800</b>
Northern NV Center for Independent Living .....	<b>353-3599</b>
Retired & Senior Volunteer Program (RSVP) .....	<b>687-4680</b>
Ron Wood.....	<b>884-2269</b>
Sanford Center on Aging.....	<b>784-4774</b>
Senior Companion Program .....	<b>358-2322</b>
Senior RX.....	<b>687-7200</b>
SHIP (State Health Insurance Program) .....	<b>1-877-385-2345</b>
Social Security Administration .....	<b>1-888-808-5481</b>
Suicide Prevention Lifeline .....	<b>1-877-885-4673</b>
Veterans Administration.....	<b>786-7200</b>
VA Medical Benefits Information.....	<b>328-1293</b>
VARN (Volunteer Attorneys for Rural NV) .....	<b>883-8278</b>
Weatherization.....	<b>887-1795, X124</b>

### ALZHEIMER'S SUPPORT GROUP ([www.alz.org](http://www.alz.org))

#### CARSON CITY

**Barbara Singer, Facilitator**

Meets the 2nd Wednesday of each month  
1:00—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—4:00pm

Carson City Senior Center  
901 Beverly Drive

**Candace Stewart, Facilitator**

Meets every Thursday of the month  
6:30-7:30pm

Carson Tahoe Regional Medical Center  
Juniper Room  
1600 Medical Parkway

#### ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Drop by or schedule a free consultation  
with Alzheimer's Rural Outreach  
and Family Care Associate, **Heidi Slater**  
Every Wednesday from 9-4  
(out for lunch 12-1)

Please call **775-786-8061**  
to schedule an appointment

#### MINDEN/GARDNERVILLE

**Barbara Singer, Facilitator**

Meets the 2nd Thursday of each month  
2:00—3:00 pm

Coventry Cross Episcopal Church  
1631 Esmeralda Place, Minden

For more information,  
call **775-786-8061**

**National Alzheimer's Helpline**  
**1-800-272-3900**  
**Available to you 24/7**



### From the Executive Director, Courtney Warner

Hello June! As we celebrate the warm weather ahead, we also celebrate changes at the Carson City Senior Center. As you are reading this, you've probably noticed a new look to our newsletter. We are excited to have a fresh look, new feel and design! Please thank our Editor, Sandy Gray, for her many years of fantastic and dedicated work on our monthly newsletter. After working for the Center since 2006, Sandy is hanging her hat as editor and we wish her the best!



Have you stopped by the west lobby to see what's going on? The senior center was fortunate to be selected by the Carson City Chamber Leadership's 2018 class project as they raised funds and helped give the lobby a fresh, new look. Finishing touches will be wrapped up in June! New TV screens replace flyers and bulletin boards to help give the lobby a clean and polished look.

Your patience was appreciated during the various construction, painting, missing chairs and clock, and frustrations as we completed the project. We hope you enjoy the new look! Thank you to Leadership 2018 for the refresh!

Last but not least, introducing Tiffany Roberts in her new role as Activity and Volunteer Coordinator! Tiffany started as our Meals on Wheels Driver and has recently started in her new role. She will be overseeing the dining room during meals, assisting in organizing activities and events, and managing our volunteer program. We are delighted to have Tiffany move into this essential role. Wish her congratulations when you see her!

*May the month bring you happiness and sunshine!*



## SKYLINE ESTATES

### Senior Living

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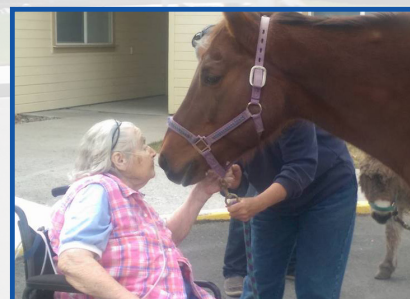
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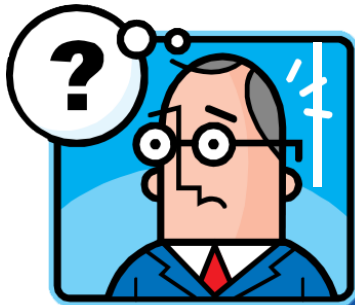


## Travel News *by Labh Singh Gill*

We went to Toronto airport to board a plane for Edmonton. Our airline allowed us two suitcases weighing 50 lbs. each. The Horizon airline employees insisted that we pay for the luggage because Toronto to Edmonton is a local flight. We had round trip tickets in which all flights are considered as international flights. After long arguments they allowed us to see their supervisor, who allowed us to board. In the past we have traveled with different airlines in different countries, but we have never had such a bad experience.

In Edmonton we visited the world famous West Edmonton Mall. We spent three days there but couldn't see it all. The mall was constructed and founded by two brothers who migrated from Iran to Canada. It is the largest shopping complex in North America. The whole covered area of Mall is more than five million sq ft. There are 800 stores and service centers in the Mall under one roof. There is a parking place for 20000 cars. 24000 peoples are employed to look after and manage the property. It is said that about 1.5 billion Canadian dollars were spent on its construction. It was assumed the most valuable property in Edmonton opened in 1981.

The West Edmonton Mall is definitely worth a visit. After my first visit in 2008, I can see there are many alterations and additions that have been made in the Mall. I think I've seen enough of the mall and do not plan to visit it again.



### Barry's Trivia Question of the Month JUNE 2018

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

**Q: Where did the Hamm's Bear live?**

*LAST MONTH'S QUESTION AND ANSWER*

**Q.** A blue moon occurs on one particular day of the month. What is that day?

**A.** The 31st day



## Walton's Funerals & Cremations

*Every Life Has A Story... Remember*

• We offer a **10% discount** to seniors  
who mention this ad

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1521 Church, Gardnerville



### COMMUNITY BINGO BIG WINNER!!!

April 22, **Bonnie Lee Herring** won the Letter X Special Game. The Game paid \$409. She was very happy and excited. Bonnie said it was the most money she has ever won at Bingo.

## BINGO DATES June 3, 10, 24

The Carson City Community Bingo is a fundraiser for Meals on Wheels. Bingo is played the 1st, 2nd and 4th Sunday of each month. It cost \$10 to play. All the Special Games and the Cash Ball cost \$1 each. Doors open at 11am and the games start at 12:30pm.

The Bingo is played at the Carson Senior Center, 911 Beverly Drive, Carson City. You must be 21 or older to play.

The Cash Ball (as of May 13th) was paying \$1199.

Father's Day is June 17th, but we will celebrate it on June 10th. We will have Special Drawings, and provide cake and coffee for all the Bingo players.

Please continue to bring in non-perishable food items. Bring a can of food and get a free card for our special can food game.

Thank you to all our loyal Volunteers who help make Bingo a success and provide a fun afternoon of Bingo for all the players.

If interested in becoming a volunteer, please let me know. We need someone to run the kitchen one bingo a month and to fill in when we are short-handed. This may require you getting a Food Handler's Card. If interested, please call Marie Borgo at 775-883-3430.



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fax (775) 882-5015



## JUNE BIRTHDAYS

*Queen*

**JERRY  
GIONTA**

**81 years young**

*King*

**REYNARD  
LABRIOLA**

**85 years young**



## HEARING CARE OF CARSON CITY

*Hearing Aids & Audiology*

**Bret M. Weeks, AuD**  
Doctor of Audiology

**Mark Weeks, MCD**  
CCC Audiologist

408 North Roop Street • Carson City, NV 89701

**775.885.9888**



# WORD SEARCH

EMAIL:

NAME:

C K F T L E V A R T R S E A X U E A R Z  
 N S N D R I Z C P J S N N R R V T M T C  
 O V G B R P R I Z D O R E O T A S O V P  
 O T U M N U K U E T I Y X C R R G Q X E  
 B R L B I P X B S A L S G Q Z Z M A W J  
 C G R S T M V W F K D R L T C I P O I K  
 O O E F G Y O U A N A G S B D G L Z I N  
 T W I T T L S K E U U T S Q U N P B P S  
 O T I E L L S I E M L F D H L C U Z N L  
 H V F E L A R I M P P P U N P E K N E H  
 A H Y A L F E R A E P S E K A H S E D L  
 W S F A H H T E G U Q D G T P L K S T P  
 A ' L Y F M N L L U C V O E T A T S Q N  
 I Y M G C L Y A Z K X M K O Y Q E R G M  
 I T S M W Z A N H K M T M Y O C N Z O X  
 A T Q T H D W D A T A D V E N T U R E P  
 N A O G N T T Q Q E N O G J T S I L P C  
 K P F U V A N R E O X S E N R T E N N S  
 F Y B H R O I V G U A C F E C N O O O Y  
 V C O I N S Y G Y J J W L H S X O Y J R



*You're Invited!*

**Friday, July 27 @ 1pm**  
**Carson City Travel Show**

Carson City Senior Center  
 911 Beverly Dr • Carson City

**Saturday, July 28 @ 10am**  
**Reno Travel Show**

Meadowood Courtyard Hotel  
 5851 S Virginia St • Reno

**RSVP 775.453.1794 or [PattysTours.com](http://PattysTours.com)**

**FIND THESE WORDS  
 FOR A CHANCE TO WIN!**

**NIAGARA FALLS**

**SHAKESPEARE**

**PORTLAND**

**ALASKA**

**GIANTS GAME**

**YELLOWSTONE**

**IRELAND**

**FRIENDS**

**ADVENTURE**

**BUCKET LIST**

**STATE FAIR**

**HAWAIIAN**

**CRUISE**

**PATTY'S TOURS**

***Bring your completed word search  
 to the travel show!***

## OUR "MOST WANTED"

**All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers**

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*Christie Wilde  
Location Manager*

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Independent Living • Assisted Living







## Eagle Valley Care Center

**(775) 883-4449 • fax (775) 883-4403**  
**1807 E. Long St. • Carson City, Nevada 89706**

*Visit us today & experience  
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We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms
- Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

***We accept Medicaid Group Waivers***

Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

## THRIFT STORE NEWS

*by Joyce Hudson, Thrift Store Manager*

### SPECIALS FOR JUNE

Tuesday | Crafts **50% OFF**

Wednesday | Senior Day **20% OFF**

Thursday | Kitchen items **50% OFF**

Friday | Boutique **50% OFF**

Saturday | Everything in store **50% OFF**  
including boutique & furniture (*Books not included*)

Paperback Book Sale - **\$5.00/bag**

### HOURS:

**Tuesday—Saturday, 10am -3:30pm**

**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.

**Pick up for donated items is FREE!**



1101 Beverly Dr, Carson City

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We are Carson City's Retirement Community for Independent Seniors 62 and older.

**Now Leasing 1 & 2 Bedrooms**

#### Apartment Amenities

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- ✓ Medical Supplies & Equipment
- ✓ Caregiver Respite Care
- ✓ Bereavement Services
- ✓ Grief Support Groups

For **Home Care**  
Services Call:

**(775) 392-2000**

- ✓ Trusted Caregivers
- ✓ Caring Companionship
- ✓ Meal Planning & Prep
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- ✓ Overnight Care Services

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# Attention Military Veterans

Are you homeless? Staying with a friend or relative? Living in a shelter, motel, or other temporary housing situation? Need a home to call your own?

The Northern Nevada Veterans Resource Center is here to help.

We work with veterans and their families to secure permanent housing.

Services provided include:

- Rental assistance
- Utility assistance
- Case management
- Assistance obtaining benefits
- Community referrals including employment, legal, health, childcare, food, and transportation

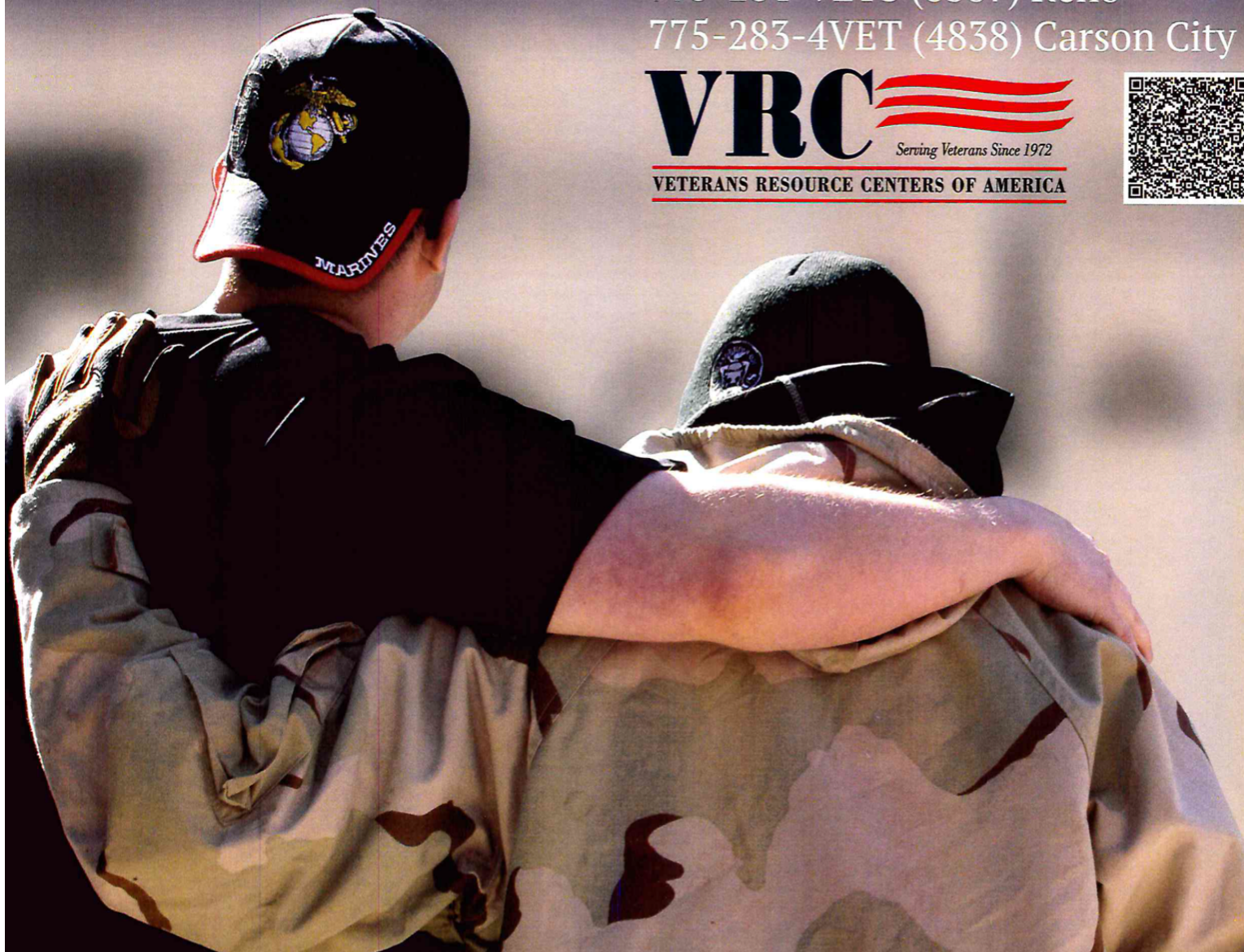
AND MORE.

Call today to set an appointment.

775-284-VETS (8387) Reno

775-283-4VET (4838) Carson City

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# Ormsby

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775.841.4646

[www.ormsbyrehab.com](http://www.ormsbyrehab.com)

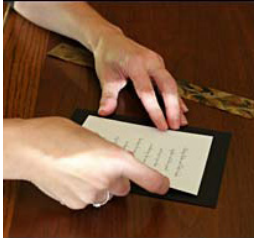
*Our Mission* ... The mission of Ormsby Post-Acute Rehab is to assist each resident in reaching his or her desired potential. That's our *Commitment to Caring*

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## The Notice Board



**Have Fun  
Making  
Handcrafted  
Greeting Cards**

**Monday • June 4, 2018**

**2:00 pm - 4:00 pm**

\$4.00 each card

**Door prizes awarded**

Carson City Senior Center  
911 Beverly Dr • Carson City

**Job's Peak Room**

*Supplies provided*

**Anna Villarreal/Instructor  
(775) 461-3138 RSVP**

## Dance Classes

***Aprender a bailar***

**Join us every  
Monday afternoon**

**1:30 pm**

**in the Nevada Room**

Learn to dance like the Stars!  
Rumba, Cha Cha, Swing, Tango,  
Waltz, Night Club Two Step,  
Salsa, Merengue, Cumbia  
and many other  
Ballroom and Latin Dances  
only \$5.00 per class

We have lots of space to dance.  
Come out and have lots of fun  
while you learn!



**Triad's One-Year  
Anniversary  
Party  
Friday, June 15  
11:45 am**

We're celebrating a whole year of successful, informative and helpful Triad events. Join us on Friday, June 15 at 11:45 am to learn about what to expect in future presentations, take a survey to give us your input on Triad and to celebrate with us. As a treat, we will be **serving soda floats** and giving away a **free special gift** to everyone.

**The Hidden Treasure Gift Shop** sends Happy Father's Day wishes to all Fathers on their special day. June 17th is Father's Day and we have some great gift ideas for men in our shop, including See's Candy for the Dad with a sweet tooth.

Summer is coming and the Gift Shop has summer items on display, some of which are towels, placemats, table runners, and hand painted glass sets, all to make your home festive. Come on in and check out all of the Seniors Crafts. You will be amazed by the creative gifts you can find, and the reasonable prices. If you need to contact the Gift Shop for a special order or questions call 775-283-7982. See you soon!





## MEALS ON TWO WHEELS

Meals on Wheels recipients, this program is for you! If you would like a visitor to have lunch with you, please ask your driver for an application.

We will be rotating individuals on a weekly basis (or more frequently if we have more volunteers) to enjoy a lunch at your home with a friendly volunteer. More information to come about the program. If you want to participate, please ask your driver for an application or call Courtney at the Senior Center at **883-0703**.

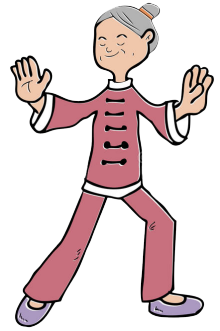
## ONGOING PROGRAMS

### Tai Chi Classes

Kevin Milburn is teaching weekly Friday classes from 12:30-1:15pm in the Joshua Tree Room.

### Genealogy Classes

Class is held the 3rd Thursday of each month from 1pm-2pm in the Computer Lab.



## EMPLOYEE *of the* QUARTER

## RUBIN SHELTON

Congratulations to Rubin Shelton our Meals on Wheels Driver for being selected as our Employee of the Quarter. Rubin has been a dependable and versatile team member. He has excelled in his position as Meals on Wheels Driver and also stepped into other positions within the Senior Center to keep operations running smoothly. Rubin is willing to jump in and help with tasks and projects outside of his normal duties. Rubin is a valuable Senior Center employee and well deserves this honor.



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 \_\_\_\_\_

### **DISCLAIMER**

The Carson City Senior Center does not endorse nor 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

9:00 am - 4:00 pm, Mon-Fri

Lunch is served between  
11 am - 12:30 pm Mon-Fri

Suggested donation:  
60 & older - \$2.25

### **Hidden Treasures Gift Shop**

10:00 am - 3:00 pm, Mon-Fri

### **Thrift Store**

10:00 am - 3:30 pm

*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

### **2017/2018 CCSCC ADVISORY COUNCIL MEMBERS**

Vi Bibee, Vice Chairman—9/18  
Marie Borgo, Council Member—9/18  
Pete Dupre, Council Member—9/19  
Diane Maguire, Council Member—9/18  
Cindy A. Somers, Council Member—9/18  
Laurel Stadler, Chairman—9/19  
Corry Steiner, Council Member—9/18  
John C. Wilson, Council Member—9/18  
Jane Wong, Council Member—9/19

### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

### **DEPARTMENT BUSINESS MANAGER**

Michael Salogga

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