

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



HAPPY
Father's
DAY

SNEAK PEEK

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Executive Director Courtney Warner discusses **Lunch Program Feedback**

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Emergency 'Go Bag' Preparedness Tips
- Be ready to run at a moment's notice

pg 7

Tips for **Increasing Physical Activity**
and making it a daily part of life

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- Looking for One of a Kind Gifts?
Visit Hidden Treasures Gift Shop!
- Dance & Live Music 2nd Friday of the Month
- Have You Tried Bunco Yet..?

SPECIAL INSERT - Calendar of Events



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Carson City, Nevada 89706**

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**9 a.m. to 4 p.m.
Monday through Friday**

www.carsoncityseniorcenter.org

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FROM THE EXECUTIVE DIRECTOR

Courtney Warner

Thank you to everyone who took the time and energy to give us feedback on our lunch program. We received 144 surveys from Congregate diners and 135 surveys from Meals on Wheels participants. To those of you who shared kind words about our kitchen staff, volunteers and Meals on Wheels drivers – thank you! Even though we can always look for ways to improve, I appreciate you acknowledging the hard work the team puts in to get the job done.

So what's next; what will we do with this information and your feedback?

To sum it up, one of the best comments that got my attention was "50/50 chance it's good." What that tells me is we are inconsistent and you do not know if your meal is going to be amazing or meh or if you will get what's on the menu or maybe we run out. Some other focus areas were that we need to improve our serving portions, especially with Meals on Wheels, improve our consistency on vegetables and no more "roasting", add more desserts in addition to fruit and bring back favorite menu items like Seafood Louie, Ribs, Country Fried Steak and more! We had a few comments for Liver and Onion and as much as we would like to include that, it is too challenging for us to pull off because of our increased volume. Liver and onion is a choice menu where we have to guess how many will pick Liver or Salisbury steak. When we were smaller, it was manageable, but as we've grown, we just don't have the capacity to successfully pull it off anymore.

So what's next: With the unexpected and sudden resignation of Shari, we have promoted Kaleb Heflin to Kitchen Manager who has created a tasty June menu incorporating your feedback with our classic favorites. I'm confident you'll be pleased with the way Kaleb cooks and leads his kitchen crew.

Your constructive feedback is helpful – be detailed in your comment cards. Put a date or menu description so we know what you are talking about. Every survey and comment card is read by me and our Kitchen Manager. Decisions are made with consideration that we make about 600 meals a day and strive to please as many as possible.

Again, thank you for the feedback and participation!



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

SIZZLING SENIOR DAYS

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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

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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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Location Manager

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A 'Go Bag' Can Make All the Difference in an Emergency

Survival expert explains how to be ready to run at a moment's notice

by Jeff Rossen

Recent natural catastrophes, from hurricanes to western wildfires, are a fresh reminder that disaster can strike at any time. And no area of the country is immune, when you factor in the threat of tornadoes, earthquakes and human disasters like toxic spills. While the circumstances may differ, there's one tip that every person needs to take from all these situations: how to pack a "go bag."

A go bag is a packed case that you grab on your way out the door, and that will help keep you safe and comfortable in the coming hours and days. Stopping to hunt for your medications or other important needs can cost you critical seconds in an evacuation. Pack a separate go bag for yourself and every member of your household, and keep them stored in the same location.

I've interviewed hundreds of disaster victims, and compiled their recommendations below.

BASIC ELECTRONICS

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

PERSONAL NEEDS

While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

CLOTHING

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

YOUR MEDS

Pack about three days' worth of each of your prescriptions, which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

THE PERFECT BAG

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

PAPERWORK

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

FOOD AND DRINK

Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

CASH

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.

Join us for the next TRIAD presentation on **July 16 at noon** to hear from the American Red Cross on Emergency Preparedness.

www.aarp.org/health/healthy-living/info-2017/packing-your-emergency-preparedness-kit-fd.html

SAVE THE DATE **JULY 4, 2019** **STAR SPANGLED** **BINGO**

Supporting Meals- On- Wheels

\$10-10 Games

\$1 Bonanza

\$1 Double Action

All pays are 50/50 split

Doors open at 10am

Bingo starts at Noon

THRIFT STORE SALES

SPECIALS FOR JUNE

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.

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TIPS FOR INCREASING PHYSICAL ACTIVITY

Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.

At play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racquetball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball, softball, or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most importantly, have fun while being active!

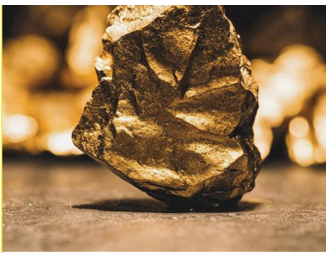




Fri Jun 21st 7:00am - Tue 25th
5:00pm

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

Independence Celebration Day

\$89 per passenger A great way to celebrate the 4th of July! We depart Reno in the afternoon and travel to



RSVP TO THE TRAVEL SHOWS

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

All tours use CPCN registered vehicles

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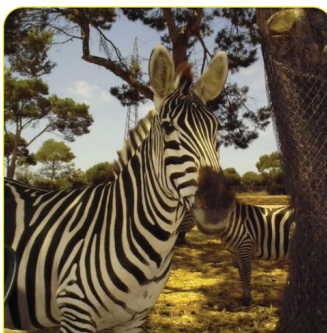
Fri Jul 19th 4:00pm - 11:00pm

Million Dollar Quartet - Lake Tahoe Shakespeare



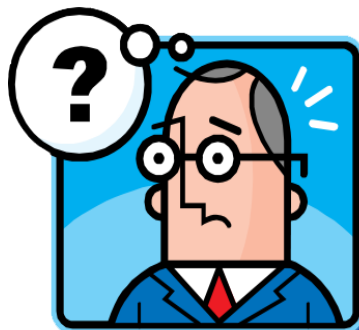
Sat Aug 3rd 6:00am - Sun 11th
7:00pm

Canadian Rockies and Glacier National Park



Sat Sep 7th - Tue 17th

Safari in Kenya and Tanzania



Barry's Trivia Question of the Month MAY

Barry R. Bjorkman
Former Advisory Council Chairman

**Q: What is the difference between
a Roman Numeral and a Roman Letter?**

LAST MONTH'S QUESTION AND ANSWER

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

A: France, Spain and Morocco.



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JAC Bus Renewals Pushed To July!

The annual renewals of JAC bus passes will be on July 1 and 2 from 9-2pm in the Senior Center Lobby. If you'd like to fast track the process, you can fill out and bring a completed registration form with you. Forms are available at the Reception desk. Please note: your current bus pass expiring on June 30 will still be honored by your bus driver through July 15.

Thank you to Dee and all of the amazing Jewelry Sale volunteers! We had another successful fundraiser for Meals on Wheels. Every purchase fed homebound seniors. We are so thankful for those who donated jewelry, and for the year-long effort of our wonderful volunteers! It takes a great deal of time to sort, price and display the jewelry for this event. We appreciate your time, energy and commitment.



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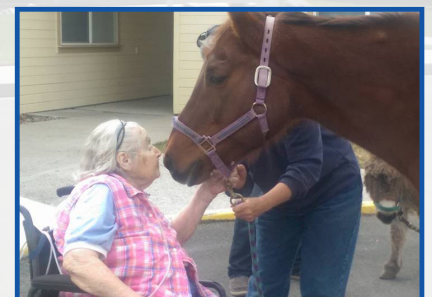
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The Notice Board

Looking for...

One of a kind gifts?

Something for your home?

Affordable pricing?

Come visit the

*Hidden Treasures
Gift Shop*

inside of the

Carson Senior Center!

*All sales benefit seniors
and Meals on Wheels.*

BUNCO

Come One Come All

If you're wanting to have some laughs,
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great dice game... Come join us!

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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

Dance with Live Music

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

NEXT DANCES

Friday, June 14 6-9pm

Friday, July 12 6:30-9pm

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 at the door! Come
support our dances! Open to all ages.

*Participants encouraged to bring a
store-purchased snack to share.*

***Would you like to
volunteer with us?***

We have a large variety of
positions open in our Thrift Store,
Dining Room, Reception and
more! Contact Tiffany Roberts
for more details 883-0703 or
TRoberts@carson.org

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

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SENIOR CENTER

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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

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