

# *The* **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



HAPPY  
*Father'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](http://www.carsoncityseniorcenter.org)  
f / carsonseniorcenter**

## *From The Desk Of The Executive Director*

**WE ARE OPEN!** The Senior Center officially reopened on May 3 to many excited seniors ready to get back to socializing and engaging in activities. COVID is still here and as much as we are delighted for the progress to normalcy, remember we must follow the guidelines of the Governor's Office and City Officials. Currently, masks are **REQUIRED** for individuals who have **NOT** been vaccinated. If you have not been vaccinated and need assistance obtaining one, give us a call and we can get you scheduled.

The dining room is back to six per table and regular dishware (not disposable) will be used once our stockpile is depleted. To-go meals are available

on a temporary basis. This service will end when State Officials tell us to so don't get too comfortable with this service. We will give you notice when it is nearing an end. If you are not comfortable coming to the dining room, give us a call and we will work out an alternative plan.

Please remember to stay home when you feel unwell or have been recently sick (within the past 24 hours).

**Welcome back!**

*Courtney Warner*

Courtney Warner | *Executive Director*



***Janice McIntosh***  
**8/19/49 – 5/9/21**

Janice McIntosh, a retired director of the Carson City Senior Center and resident of Sparks, NV, died on May 9th, 2021 at the age of 71 from her long battle with Alzheimer's.

Janice is survived by her children, Maradee McIntosh and Morgan Langtimm; her grandchildren Remington and Reagan Langtimm; son-in-law Jeff Langtimm; brother and sister-in-law George and Carrie McIntosh; niece Laura Hawkins, nephew Brian McIntosh, and her best friend for more than three decades, Denise Higgins.

Janice was born in Chula Vista, California on August 19, 1949 to Florina Koller and Robert Bowen. She graduated from the University of San Diego, California. After college, she attended Officer Candidate School in Rhode Island and became part of the last graduating class of all women Navy officers. She married Albert J. McIntosh and was married for over 25 years before Albert died in 1999. She enjoyed traveling, reading, and spending time outside.

Janice was a devoted mother, an advocate for senior care, and dedicated her life to helping others. Janice created day care facilities in Oahu for full-time working Navy women, was a social worker, and worked for aging services and the Reno Housing Authority. She was the director of Care and Share, which was a non-profit agency that provided meals to seniors at the Washoe County Senior Center and the Meals-on-Wheels program. Later in life, she became a real estate agent, and finished her career directing the Carson City Senior Center. During her time in Carson, Janice expanded the senior center, improved the thrift shop, built senior apartments, and provided services for seniors battling Alzheimer's. Her legacy towards helping seniors was unparalleled and will live on.

Towards the end of Janice's life, she had outstanding caretakers who dedicated their lives to making her happy; Gloria Korngold, Nucharee Yokdang, and all the staff at South Meadows Residential Care Home. Janice loved them all very much.

Condolences may be offered in donations towards the following organizations: South Meadows Residential Care Home, which Janice lived in her last year; Seniors Helping Seniors, which brought care into her home; and last but not least, the Alzheimer's Association of Reno Nevada.



## 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](http://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](http://alz.org/nornev) or call 1.800.272.3900.



Hearing Care of Carson City, LTD.  
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**Mark Weeks, MCD**  
CCC Audiologist

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fax (775) 882-5015



## Meet Lucy Murphy



If you haven't met rockhound Lucy Murphy, stop by the front desk on Thursdays. Murphy brings her humor to the Senior Center every week. A lapidary buff, Murphy keeps the plants in the center healthy and answers the phones as well. The end of 2015 she moved here when her daughter got transferred from Connecticut. Before that Murphy lived in Fairfax, Virginia working for 23 years at Raytheon as a photographer/videographer. Murphy has many interesting stories she shares with her fun style and you can't miss her unique accent.

Murphy is very involved in our community. "I volunteered at Fritsch school helping the art projects when I first got to Carson City and painted pictures for the Boys and Girls Club's luau each year."

A research wiz, Murphy enjoys shopping estate sales and repurposing items or selling them online. "I got some antique tools and used them in shadowboxes, sold them to the local antique dealer. It's really fun meeting people, that's what it's about."

When it comes to rocks, Murphy goes out with Great Basin Mineral and Gem Club all over the state to hunt for unique specimens. "When I find one I like, I make it into an earring. Only one though... People ask for the other, nope, just one."

She's also known as the "Ladybug Lady" because she passes out rocks painted like ladybugs to anyone she sees. "Ladybugs are lucky, they eat other bugs... I give them to everyone, cashiers, waiters, gave them to a guy once and told him to give it to his girlfriend... might get lucky! I dropped them off in people mailboxes on holidays... keep your eyes peeled, you just may get one!"

Murphy has her artwork in the gift shop here at the senior center, as well as other locations around town. "My ladybug rocks are here, custom walking sticks, framed artwork and the solo earrings. The walking sticks are my best seller, there are no two alike."

Come say "Hi!" to Murphy, she'll be glad to meet you and will keep you laughing.

## De-Stress, Get Rest & Eat Your Best

*By Leslie Bonci*

Stress is a part of our lives, but resting and eating well can help combat it. Consider "swap fors" or "add-tos" as a strategy to get the most from what you eat. Try easy nutritional produce swaps or add ons, such as:

- Add a bit of canned pumpkin to your oatmeal
- Add freeze-dried fruit or roasted chick peas to popcorn
- Throw some coleslaw mix into your next wrap
- Add mashed beans to mac and cheese
- Toss leftover veggies into your eggs; top with salsa or bruschetta sauce

When you're busy, it's difficult to create healthy meals. Try these quick tricks to add more produce to your diet:

- Open a can of beans to add protein to a sauce
- Salsa is a great topping for chicken or fish
- Add frozen, stir-fried veggies to a protein or grain
- Make quick soups and smoothies in your blender

Add in an evening snack of:

- Yogurt with berries
- A fruit smoothie
- Bean dip and veggies
- Apple with peanut butter
- Watermelon-strawberry slushie



Try your hand at this delicious and simple Frittata for a pronto perfect pairing of protein and produce: <https://fruitsandveggies.org/recipes/simple-frittata/>

## GET YOUR ZZZZs

The effects of sleep deprivation is health devastation. Inadequate rest can have deleterious consequences on blood pressure, blood glucose, blood cholesterol, focus and even weight. Being stressed and not getting enough rest is a recipe for disaster!

So let's control what we can with a great sleep hygiene and eating plan. Learn more at:

<https://fruitsandveggies.org/stories/de-stress-get-rest-eat-your-best/>

# NOTICE BOARD

## Alzheimer's & Brain Awareness

The University of Nevada, Reno Extension, in cooperation with the NV Alzheimer's Association is offering a **FREE** four part webinar series to include how to decrease your risk of dementia, identify warning signs, understand dementia, and engage in difficult dementia related conversations. Sessions are **free**; join just one, or register for all!

### Healthy Living for Your Brain and Body: Tips from the Latest Research

Thursday, June 3 | 1:00 p.m. – 2:00 p.m.  
Register: <http://bit.ly/AlzHealthyLiving>

### 10 Warning Signs of Alzheimer's

Thursday, July 1 | 1:00 p.m. – 2:00 p.m.  
Register: <http://bit.ly/Alz10WarningSigns>

### Understanding Alzheimer's and Dementia

Thursday, August 5 | 1:00 p.m. - 2:00 p.m.  
Register: <http://bit.ly/AlzUnderstanding>

### Dementia Conversations (Doctor Visits, Legal and Financial Planning & Driving)

Thursday, September 2 | 1:00 p.m. - 2:00 p.m.  
Register: <http://bit.ly/AlzConversations>

For more information & in-person registration, please contact the Extension at (775) 887-2252

## ELDER FRAUD ALERT!

**Protect yourself from fraud! Visit:**

[www.fbi.gov/scams-and-safety/  
common-scams-and-crimes/elder-fraud](http://www.fbi.gov/scams-and-safety/common-scams-and-crimes/elder-fraud)

- View common frauds, schemes & scams
- Learn how to protect yourself from fraud
- See how to report frauds & scammers
- View other resources on this subject

**Visit this important website TODAY!**

The New Carson Follies Presents



**COMEDY  
Thru The Ages**

**JULY 11-13, 2021**  
A fundraiser for Meals on Wheels

## JAC BUS PASS RENEWALS

June 28 & June 29

9am - 12:30 pm

Senior Center Lobby

To renew your expiring senior bus pass



## Volunteer Opportunities at CCSC

- Receptionist
- Dining Room Positions
- Activity Lead
- Galley Lead
- Gift Shop
- Thrift Store

**See Brooke to sign up (883-0703)**

## PRODUCE ON WHEELS

Every 2nd & 3rd Monday

9:30 am - 11:00 am

**Pick up free fresh produce at the  
east entrance Nevada Seniors 60 +**



## SUNDAY BINGO

**2nd & 4th Sundays every month**

**Doors open: 11am | Games start: 1pm**

**\$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**

*Must be 21 to Play*

*All proceeds benefit the "Meals on Wheels" program*



NOTE-ABLE | MUSIC THERAPY SERVICES

**BLUEBIRD RADIO HOUR**

We love hearing from you! If you have an idea for a story, a birthday wish for a special person, or would like to share your own story, please call, email, or write to Bluebird Radio today!

**Call:** 775-453-0123

**Email:** bluebird@nmtsreno.org

**Write to:** NMTS  
925 Riverside Dr, Ste 1  
Reno, NV 89503

To contact **Note-Able Music Therapy Services** directly:  
[nmtsreno.org](http://nmtsreno.org) | 775-324-5521

**Mondays Live  
at 10am**

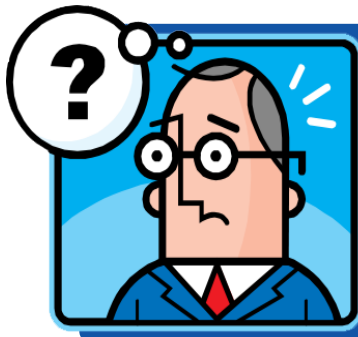
*Rebroadcast every  
following Saturday at 3pm*



**4TH OF JULY  
2021  
FIREWORKS**

**A FUNdraiser for RSVP!**  
Nevada Rural Counties RSVP Program, Inc.  
July 1st - 4th, 2021 • Mills Park, Carson City

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**Barry's  
Trivia Question  
of the Month**

**JUNE**

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

**Q: What are the six armed forces  
of the United States of America?**

*PREVIOUS MONTH'S QUESTION & ANSWER*

**Q: In what city is the Indianapolis 500 held?**

**A: Speedway, Indiana.**

**SIZZLING  
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Gold Rewards Card and get a  
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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

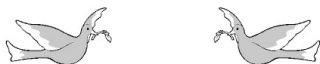
**MANAGER - JAMES PAINTER**

**(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**

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I would like to subscribe to the "Senior Sentinel" for one year.

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

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Mailing Address \_\_\_\_\_

**Join our email newsletter subscriber list. Send an email to [SeniorCenterNewsletter@carson.org](mailto: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](mailto:SeniorCenterNewsletter@carson.org)

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VACANT position

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Courtney Warner

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Warren Bottino

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