

The SENIOR SENTINEL



CARSON CITY
SENIOR CENTER



June 19

**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

As the State of Nevada's Emergency Declaration has come to an end, our senior nutrition program will also go back to pre-COVID operating times. What does that mean to you?

Starting June 1, all congregate diners will be required to sign in for lunch using your scan card and signing your name using the touchscreen. If you've lost your scan card, you can get a replacement card for \$1 – just ask the check-in volunteers for assistance.

Meals on Wheels will continue as usual however if you were added to the program just to remain in your home due to COVID-19 and are not homebound, we will contact you to talk about eligibility. Those who are not homebound need to come to the Senior Center for lunch. Don't worry – we will get in touch with those who are impacted.

We still have COVID-19 home test kits available. If you need one, stop by Michael's office or if you need one delivered with your homebound meal, call us and we will send out with your driver.

With appreciation, **Courtney Warner** | *Executive Director*

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HOLIDAY CLOSURE **Monday, June 20** **closed for Juneteenth**

Carson City Tax-Aide Volunteers Completed Over 850 Tax Returns During 2021 Tax Season

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This year there were 12 Tax-Aide volunteers at the Carson City Senior Center who prepared and e-filed a total of 827 Federal tax, 20 State returns, and prior year and amended returns. We worked two afternoons each week from February 2nd through April 13th. Tax-Aide volunteers are not allowed to accept payment for their services, but we did collect donations for the Carson City Senior Center Meals on Wheels program totaling \$3,180.

Several local Tax-Aide sites were either unable to open or were understaffed due to lack of volunteers this year. If you would like to volunteer as a Client Facilitator or Tax Counselor next year, please send an email to our District Coordinator: frankvolwork@nvgbell.net. Experience is not necessary; and we will provide training and IRS certification. Tax Counselors must be detail oriented, attend 20 hours of provided training, and be comfortable with technology. Client Facilitators help older taxpayers feel welcome and at ease by greeting them, gathering and organizing their paperwork, and describing the tax preparation process. Training for both Client Facilitators and Tax Counselors is provided between December and January.

EASY CHICKEN DINNER | *Submitted by Corry Steiner*

8 oz. Russian dressing • 8 oz. jar Apricot jam

1 package of onion soup mix • 1/4 cup water

Mix all ingredients together and pour over chicken, cover and bake in 350-degree oven for 1 hour. Uncover and cook for additional 1/2 hour. You can add pineapple slices during last half hour.

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

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Top Produce Picks for Mental Health

By Elizabeth Hall, PhD, RDN, LDN

Enjoying a produce-packed meal or snack can give you a nice mental break from your busy schedule and fuel your body to tackle the day. Fruits and vegetables add vitamins, minerals, antioxidants, and fiber; plus, lots of color to your plate making meals appetizing and more fun! Eating nutrient-rich produce can leave you feeling content and proud that you are taking steps to care for yourself. Root for your mental health this month with these top produce picks:

CITRUS FRUITS Illness can often contribute to a poor mood – no one enjoys being sick! Citrus fruits are packed with vitamin C and fiber to support a healthy immune system. They also contain calcium, magnesium, phosphorous and potassium to promote strong bones and muscle function. Pop a clementine into your lunch box for a refreshing addition to your meal or snack.

STARCHY VEGGIES Potatoes, winter squash, peas, corn, beans, and whole grains are all plants that provide carbohydrates or starches, which are the body's primary energy source. Starch breaks down into glucose, or sugar, the preferable nutrient that can pass the blood-brain barrier to feed the brain. These starches are high in fiber and other nutrients that give us energy and help our bodies make brain chemicals that influence emotions to keep us feeling happy.

CAULIFLOWER A member of the cruciferous vegetable family, cauliflower has beneficial phytochemicals that may play a role in preventing disease and inflammation. Cauliflower also contains B-vitamins to support a healthy metabolism. A healthy body and metabolism gives you energy to do your best and feel your best. Cauliflower can also be roasted in the oven, eaten raw, or "riced" and added to recipes like pizza crust or mashed potatoes.

MUSHROOMS While loaded with lots of nutrients, mushrooms can also contain vitamin D if they are exposed to light during their growth process. Vitamin D is important for bone health but can also impact mood and mental health. Eat mushrooms raw, cooked, or pureed and blended with ground meats in your favorite recipes like burgers, tacos, or meatballs.

<https://fruitsandveggies.org/stories/top-produce-picks-for-mental-health/>

Thank you to our Jewelry Sale Volunteers!

Another successful sale, all at the hands of Rosemary and her Jewelry Sale team of volunteers! All funds raised go towards Meals on Wheels, feeding homebound seniors. Thank you so much!



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NOTICE BOARD



*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.

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, June 3, 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!

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!



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: 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, June 14 at 1pm

in the Nevada Room

Call for current showing

(775) 883-0703

(due to copyright, we can't advertise)



SUNDAY BINGO

June 12, 20, 26

\$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

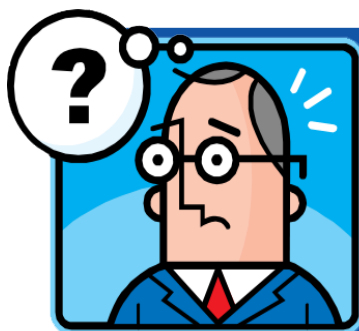
Must be 21 to Play

All proceeds benefit the "Meals on Wheels" program

1960 Hits Renamed - Senior Submission

Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it was yesterday.

Herman's Hermits	Mrs. Brown, You've Got a Lovely Walker
Ringo Starr	I Get by With a Little Help from Depends
The Bee Gees	How Can You Mend a Broken Hip
Roberta Flack	The First Time Ever I Forgot Your Face
Johnny Nash	I Can't See Clearly Now
Paul Simon	Fifty Ways to Lose Your Liver
The Commodores	Once, Twice, Three Times to the Bathroom
Leo Sayer	You Make Me Feel Like Napping
Abba	Denture Queen
Tony Orlando	Knock 3 Times on The Ceiling If You Hear Me Fall
Helen Reddy	I Am Woman; Hear Me Snore
Willie Nelson	On the Commode Again



Barry's Trivia Question of the Month JUNE

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What was the name of Lake Tahoe before it was changed to Lake Tahoe on July 18, 1945?

PREVIOUS MONTH'S QUESTION & ANSWER

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

A. The USS Utah.

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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!



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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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