

Senior Sentinel

www.carsoncityseniorcenter.org



Upcoming Holidays

Sunday, June 18

HAPPY
FATHER'S
DAY

Monday, June 19 - CLOSED



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CARSON CITY
SENIOR CENTER

Hours of Operation

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

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

From the Executive Director, Courtney Warner

Here's a few updates on our big remodel:

Restrooms

- Tile & new floors are going in. Next up - fixtures and finishing touches!

Dining Room

- All drywall is complete.
- Soon comes new cabinets, roll-up doors & paint!

Kitchen Floor

- New sub-floor was installed & new floors are going in. Once the new floor is complete, we will re-install our kitchen equipment and move back in!

Expected reopening date: end of June or early July!
Some areas may still be worked on when we reopen.

Thanks for your patience!



VOLUNTEER *Spotlight*



ANNA PETACCIA

Anna has been volunteering at the Senior Center for two years. She has volunteered at the lunch check in counter and is primarily volunteering as one of our receptionists.

Anna is a mother to four children – two boys and two girls. She is a grandmother to twelve children and a great grandmother to eleven children with another on the way in October.

Anna is from Philadelphia. She worked for Marriott hotels for twelve years before working for an accounting firm in Dayton for nineteen years. Anna enjoys scrapbooking, working in the garden, and enjoys taking long drives. Anna has three cats, a dog, two horses and a bunch of chickens. Please be sure to stop and say hello to Anna when you are coming in past the reception desk!



QUEEN

Ellen Sollinger
84

KING

Hal Dungan
96



May Birthdays



Celebrate your birthday with us -
1st Friday of each month!

RESOURCE LIST

Nevada 211 (Nevada Care Connection)	211
Adult Protective Services	1-888-729-0571
Aging & Disability/CHIP	775-687-4210
Alzheimer Association	1-800-272-3900
Care Chest	775-829-2273
Carson City Health & Human Services	775-887-2190
Crisis Support Services of Nevada	775-784-8090
Day Labor	775-687-6899
Elder Care Law (RSVP)	775-687-4680
Energy Assistance Program	775-684-0730
Food Bank of Northern Nevada	775-331-3663
Jump Around Carson (JAC Transit)	775-841-7433
Medication Management Program	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services	775-883-0404
Nevada Rural Housing Authority (HUD) ..	775-887-1795
Nevada State Welfare Office	775-684-0800
Northern NV Center for Independent Living	775-353-3599
Retired & Senior Volunteer Program (RSVP)	775-687-4680
Ron Wood Family Resource Center	775-884-2269
Sanford Center on Aging	775-784-4774
Senior Companion Program	775-358-2322
Senior RX	1-866-303-6323
Social Security Administration	1-800-772-1213
State Health Insurance Program (SHIP) ...	1-800-307-4444
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration	775-786-7200
VA Medical Benefits Information	1-800-827-1000
VARN	775-883-8278
(Volunteer Attorneys for Rural NV)	
Weatherization Program	775-887-1795, X124
(Nevada Rural Housing Authority)	

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ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of the
month, 2:30 p.m. to 4:00 p.m.
Carson City Senior Center
911 Beverly Dr., Carson City

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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CARSON TAHOE HEALTH DIABETES SUPPORT GROUP: GROCERY TOUR



Have you ever wondered which food products at the store will help control your diabetes? Or would you like to learn how to choose the most nutritious foods that also fit your budget? If you answered

yes to either of these questions and would like to learn more about how to get the best nutrition out of your grocery shopping trips, then please join us on June 14th for a grocery store tour provided by one of our Registered Dietitians and Diabetes Educators, Sierra Kirby. Participants will learn how to identify and select healthy foods that fit their meal plan and their budget. All you have to do is show up to the Save Mart on the corner of N Carson St and College Pkwy; Sierra will be wearing a CTH polo shirt and will be waiting outside the entrance. We hope to see you there!

When: Wednesday, June 14, 2023, 4-5pm

Where: Save Mart #552

3620 N Carson St. Carson City, NV 89706

For Questions/Concerns contact Sierra Kirby at 775-445-8820 or sierra.kirby@carsontahoe.org



Bus Pass Renewals coming soon!

Call (775) 883-0703 for more information.

THANK YOU!



Harrah's & Harvey's HERO's
for our beautiful courtyard

GOLF FUNDRAISER

Saturday, June 10

Visit: carsoncityseniorcenter.org
for more information



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What was Seward's Folly?

Previous Month's Question & Answer
Q. How did King Midas die?

A. Starvation, because everything he touched turned to gold.

<p>SRES</p> <p>SENIOR REAL ESTATE SPECIALIST</p>		<p>UNDERSTANDING THE IN'S AND OUT'S OF DOWNSIZING IN TODAY'S WORLD</p>
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YOUR AD HERE
Contact Courtney
(775) 883-0703



Autumn

Funerals & Cremations

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SORRY WE'RE CLOSED

We've had some damage due to the extreme winter weather that we must address before reopening. Check back soon!

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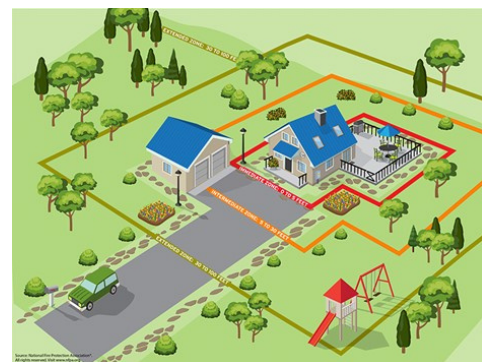
DEFENSIVE SPACES

By The Carson City Fire Department

As everyone is aware, we had a VERY wet winter. Along with these wet conditions, is an overwhelming crop of cheatgrass. An excellent way to get rid of cheatgrass after it has sprouted is to use a string trimmer or mower and cut it down before it starts to dry out and drop more seeds. Remember to use trimmers and mowers in the morning when the weather is cooler. If you are looking for long-term control, have a professional spray, a pre-emergent called Plateau or Panoramic, to prevent the seeds in the soil from germinating.

Another tip to help defend against wildfire is to create defensible space around your home and property. A defensible space is a natural and/or landscaped area around a structure that has been maintained and designed to reduce fire danger. The components that make up a well-designed defensible space are:

1. **1.5-Foot Noncombustible Zone:** - This area needs to have a very low potential for ignition from flying embers. Use irrigated herbaceous plants (lawn, ground cover, and flowers), rock mulches, or hard surfaces (concrete, brick, and pavers) in this area.
2. **Lean, Clean, and Green Area:** For a distance of at least 30 feet from the home, there should be a Lean, Clean, and Green Area. Lean indicates that only a small amount of flammable vegetation, if any, is present. Clean means no accumulation of dead vegetation or flammable debris within the area. Green denotes that plants located within this area are kept healthy, green, and irrigated during fire season.
3. **Wildland Fuel Reduction Area:** This area usually lies beyond the residential landscape area and is where cheatgrass, sagebrush, bitterbrush, and other wild plants grow. Within this area:
 - a. Remove all dead vegetation (dead shrubs, dried grass, and fallen branches).
 - b. Thin out thick shrubs and trees to create a separation between them.
 - c. Prevent ladder fuels by removing low tree branches and removing or pruning shrubs under the tree.



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RENO NV, 89523**



NOTICE BOARD

AARP Driver's Safety Class

June 12, August 14, October 9
9:30 a.m. to 2:30 p.m.

Tahoe Room

\$20 AARP Member, \$25 non-member payable day of class (cash or check)

Register at Reception

Coming Soon!

Sunday Bingo

Jewelry Sale

Volunteer Appreciation Party

Follies

JAC Bus Pass Renewals

DANCE PARTY

Wednesday, June 7
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Golden Yogis

CHAIR YOGA

Monday's, 1-2pm
\$10/class (see Jordan if hardship)

GENTLE YOGA

Monday's, 2-3pm
\$10/class (see Jordan if hardship)

Yoga is great for reducing stress and anxiety, improving flexibility and balance, and promoting overall physical and well-being.

DIABETES SUPPORT GROUP

Coming soon,
2nd Weds in July
1-2pm

Hosted by Carson
Tahoe Health

Gin Rummy

Meets weekly on
Thursdays, 1-3pm

Want to start a new Activity?

Contact Courtney
(775) 883-0703



911 Beverly Drive Carson City, Nevada 89706

SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:00 p.m., Monday - Friday

Drive-thru due to construction

Suggestion donation: 60 & older \$2.25

HIDDEN TREASURES GIFT SHOP

10 a.m. to 3 p.m., Monday - Friday

SECOND WIND THRIFT SHOP

Closed (temporary) due to weather-related damage

Newsletter Submissions (due by the 10th):

seniorcenternewsletter@carson.org

I want to subscribe to the Senior Sentinel!

- **Email** (free) - Send an email to seniorcenternewsletter@carson.org
- **Online** (free) - Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail** (\$20.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

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