

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

pg 2

Tips from our Executive Director on how to Beat the Heat!

pg 5

Are you meeting all of your NUTRITION GOALS? This handy chart will help.

pg 6

Meet our CASH BALL PAYOUT Winner!

VOLUNTEERS NEEDED!



pg 4

VOLUNTEER ... and make a difference!

IN THIS ISSUE

From the Executive Director	2
Resource Contact Information	3
Alzheimer's Support Group	3
Vounteer & Make A Difference	4
Reach Your Nutrition Goals	5
Cash Ball Payout Winner	6
Community Bingo Update	6
Birthday King & Queen	6
Word Search	7
Barry's Monthly Trivia Question	7
Thrift Store News	9
The Notice Board	12
Creating Greeting Cards	
Dance Classes - Learn Nearly Any Dance!	
Triad Event: Humane Society Info & Help	
Dance with LIVE MUSIC	
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

FROM THE EXECUTIVE DIRECTOR Courtney Warner

Summer is here and so is the heat! Stay safe this summer with these helpful tips from the CDC (Center for Disease Control and Prevention):

1. **Stay in air-conditioned buildings as much as possible.**
2. **Drink more water than usual and don't wait until you're thirsty to drink.**
3. **Wear loose, lightweight, light-colored clothing.**
4. **Check on a friend or neighbor and have someone do the same for you.**

The Senior Center is a great place to visit during the hot days. If you are in need of a fan to keep cool, the Senior Center in partnership with KOLOCares, has a limited number of fans available. We also accept donations of new, still in the box fans. Please contact the Senior Center (775) 883-0703 for more information.

Stay cool, stay safe!



"It's so hot, I've been feeding the chickens ice cubes just to keep them from laying hard-boiled eggs!"

RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer's Association	786-3509
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	687-0703
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
1:00—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

Volunteer – You Can Make A Difference!

We are recruiting for talented volunteers to help in our success.

- **Follies Volunteer (July 13,14,15):** Volunteers needed for ticket sales, raffle sales, usher/assisting attendees and selling concessions.
- **Dance Ticket Sales (1st Friday of each month, 5:30-7:30pm):** Sell admission/tickets to the monthly dance.
- **Dining Room Volunteers (daily at lunch):** Set up the dining room for lunch, bus tables, serve beverages and trays.
- **Special Projects (as scheduled):** Volunteers not afraid to take on a special project, organizing, filing, and more!



See Tiffany Roberts, Activity & Volunteer Coordinator for scheduling: (775) 883-0703.



SKYLINE ESTATES

Senior Living

Caring People | Serving People | Improving Lives

2861 Mountain St. • Carson City

www.SkylineEstatesSL.net

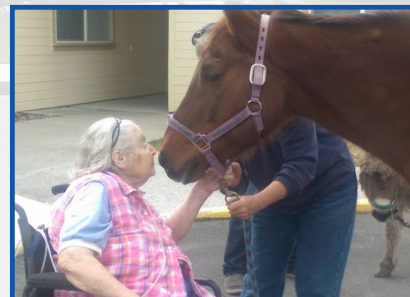
- 24-hour Personal Care
- Private & Semi-Private Rooms
- Weekly Housekeeping
- Weekly Laundry

- Beauty Salon
- Home-Style Meals
- Transportation
- Variety of Activities

**Call Today for
Free Lunch & Tour!**

775.885.9223

Prices starting at \$1,895





MyPlate
MyWins

Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



United States Department of Agriculture



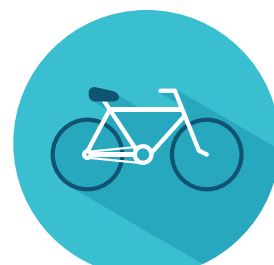
Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



List more tips

Big Winner at BINGO!



Congratulations to
PAULINE BONDAGE

who won the Cash Ball Payout of \$1199!

Carson City Community Bingo, a Fundraiser for Meals on Wheels continues to have Big payouts.

Pauline paid \$1 for the Cash Ball.

Are YOU our Next Big Winner?

BINGO UPDATE...

SUNDAY BINGO ON VACATION

Sunday Bingo is taking a brief "vacation" for the month of July to reorganize, maintain our equipment, inventory supplies, and refresh Sunday Bingo.

Look for new details in July
and get ready to play in August!



Experience you can trust
Results you can count on

Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001
fax (775) 882-5015



**JUNE
BIRTHDAYS**

Queen

**MARGARET
BREWSTER**
87 years young

King

DON FRITZ
87 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

Name _____ Email _____

V U G S R Q C H O I M K K T I A T N E A
 H I C L J I N P K R C G H C F O R T H R
 X S D S V B O D N K Y D F I O F N U N E
 B E S S E X C Q Q Z N D Q E T C A W W R
 Q L T T K I S A M E G C P W T U P U I I
 F T S N O W V D L V L A N O I T A N P V
 G S S A V G O V D I U C H U R C H I L L
 Y A S I O D L X O Q F R K G V W G B K A
 M C A G G L H G T Y N O K U I I I A L T
 K C Z E S R I B D I X H R K R N B J X M
 U O R X B D J F A S D I U N G D E P C E
 F S L L A F G G M K K C J D I I Q F V N
 G A B Q V T A D I R A E R T N A O W Q A
 K U T S I R J E M A I L B H I N Y Q S X
 K Y T O A E R H M P R A B Q A R E Y G D
 H J K J Q C N K M O E N N O N O L R G P
 T W R A C V E T N J L D U W K C L B T T
 M O F T T H N V K W A N U T I T A H X H
 X P J M G M A H H J N M R I O A V O A M
 X S U X O G R M F A D B A V B V M N G O



JOIN US!
Friday, July 27 @ 1pm
Friday, August 17 @ 1pm
Carson City Travel Show
 Carson City Senior Center
 911 Beverly Dr, Carson City

Saturday, July 28 @ 10am
Saturday, August 18 @ 10am
Reno Travel Show
 Meadowood Courtyard Hotel
 5851 S Virginia St, Reno
 RSVP by phone or online
775-453-1794
PATTYSTOURS.COM

Find words for a chance to win!
 NATIONAL PARKS ICELAND
 NIAGARA FALLS CALIFORNIA
 FORT CHURCHILL CASTLES
 GIANTS DODGERS IRELAND
 VIRGINIA INDIAN VALLEY
 Bring this to the travel show!
 One entry per person.



**Barry's
 Trivia Question
 of the Month
 JULY 2018**

Barry R. Bjorkman
 Former Advisory Council Chairman

Q: Saudi Arabia is on what Continent?

LAST MONTH'S QUESTION AND ANSWER

Q. Where did the Hamm's Bear Live?

A. In the Land of Sky-Blue Waters.



Walton's Funerals & Cremations
Every Life Has A Story... Remember

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

• Plan Your Own Arrangements Now and
 Spare Your Loved Ones the Burden

**Walton's Chapel
 Of The Valley**
882-4965

1281 N. Roop, Carson City

"When You Need Us the Most..."

www.WaltonsFuneralHomes.com

**Walton's Funeral
 & Cremations**
783-9312

1521 Church, Gardnerville

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

We will pay top dollar for your items.
You could have cash in your pocket today, so don't delay.

CAN'T COME TO US? WE WILL COME TO YOU!

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

CAPITOL CITY LOANS

5951 Hwy 50 East • Carson City

Call 775.882.8882 Today! Ask for Teresa or Charlotte.

FITZHENRY'S FUNERAL HOME AND CREMATORY

**3945 Fairview Drive
Carson City, Nevada 89701
www.fitzhenrysfuneralhome.net
775-882-2644**

- ◆ *Full service funeral home and crematory*
- ◆ *Crematory on site*
- ◆ *Proud sponsor of senior follies*
- ◆ *Serving the community for over 40 years*
- ◆ *100% Service Satisfaction Guarantee*
- ◆ *Available Staff 24 hours a day*

*Christie Wilde
Location Manager*

Dignity®
MEMORIAL

∞ **LIFE WELL CELEBRATED®** ∞



The Difference Between Living and Living Well.

Call us today for more information or to schedule a personal visit!

775-841-4111

Sierra Place
Senior Living

1111 West College Parkway | Carson City, NV 89703

www.SierraPlaceofCarsonCity.com

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
the Friendly Home for Seniors!*

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 JULY

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**

(447) 301-6676

Hours: Tues-Sat • 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

775-884-3638

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

Now Leasing 1 & 2 Bedrooms

Apartment Amenities

- Well Designed Floor Plans
- Easy Accessibility
- Fully Equipped Kitchens
- Central AC & Heating
- Balconies/Patios
- Private Locking Storage
- Vinyl/Carpet
- Window Coverings
- Water/Trash Service Included

Community Amenities

- Accessible Building
- Elevators
- Secured Entrance
- Interior Mailboxes
- Community Room
- Fitness Facility
- Laundry Facility
- Playground
- Professionally Managed



We are a Somerset Pacific LLC Managed Property



For **Home Health**
Services Call:

(775) 687-1530

- ✓ 24/7 On-Call Nurse
- ✓ Physical, Occupational, and Speech Therapy
- ✓ Medical Social Services
- ✓ Home Health Aide
- ✓ Specialty Programs

For **Home Care**
Services Call:

(775) 392-2000

- ✓ Trusted Caregivers
- ✓ Caring Companionship
- ✓ Meal Planning & Prep
- ✓ Light Housekeeping
- ✓ Bathing, Grooming, & Dressing
- ✓ Overnight Care Services

For **Hospice Care**
Services Call:

(775) 841-6123

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

To Volunteer for Eden Hospice:

More than 1 million people and their families in America are cared for by Hospice each year. This wouldn't be possible without the support of our Hospice volunteers!

Eden Hospice relies on volunteer support to provide excellent end-of-life care to each patient and family. By joining our team, you will gain great personal satisfaction from knowing that you made an impact in another person's life.

We do not require previous medical training or a medical background. For more information about volunteering please call (775) 841-6123.

SIZZLING SENIOR DAYS

**WIN YOUR SHARE OF CASH
AND GET A FREE MEAL!**

**Guests age 50 and up, get in the game every
Wednesday from 8am-8pm**

Enjoy a FREE Slot Tournament

**Earn 50 points on your Gold Rewards Card
and get a FREE Meal at the Grille**



**Gold Dust
West**
Casino • Hotel
Carson City



2171 E. William Street
775.885.9000 • 877.519.5567
www.gdwcasinocom

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4700. ©2015, Jacobs Entertainment, Inc.

Your House Full of Friends™

LIVING SAFE. LIVING HEALTHY. LIVING SMART.

**HOLIDAY
RETIREMENT**

Independent Retirement Living
Since 1971

©2008 HOLIDAY RETIREMENT 4298

Call 775-883-1221 to learn why living at **Carson Plaza**
is one of the best decisions you'll ever make.



**Live-in Managers!
Pet Friendly!**



**Award-Winning
Activities!**



**3 Chef-Prepared
Meals a Day!**

Carson Plaza

Independent Retirement Living

2120 East Long, Carson City, NV 89706

775-883-1221 | carson-plaza.com

Call today and ask about our move-in specials!



Autumn
Funerals & Cremations

1575 N. Lompa Lane, Carson City, NV 89701

775-888-6800

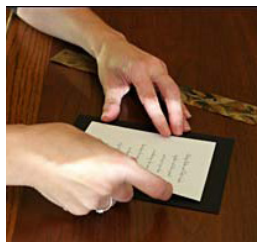
Low cost Cremation & Burial Services
Prearrangements available

"The Right Choice"

Not all Funeral Homes are alike come see the difference

Owned & Operated By:
John & Debbie Lawrence

The Notice Board



**Have Fun
Making
Handcrafted
Greeting Cards**

Monday • July 2, 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!



**NEVADA
HUMANE
SOCIETY**

Would you like to know what the Nevada Humane Society has to offer in programs, clinics, and other services? Join us on **Friday, July 13, at 11:45 a.m.** to learn about low-cost spay and neuter programs for people with fixed incomes and to find out how to get free vaccinations for your pet, plus much more.

**Dance with
Live Music**

Kick up your dancing shoes and enjoy the live music of **Dan & Nadine** at the Carson City Senior Center, 911 Beverly Drive, on **Friday, July 6, 6-9pm**. Doors open at 5:45pm.

Admission is \$5.00/person, open to all ages. Light refreshments served included with admission.

Dances occur the 1st Friday of every month!

Call the Carson City Senior Center
at (775) 883-0703 for more information.



Ormsby

Post-Acute Rehab

3050 North Ormsby Blvd.

Carson City, NV 89703

775.841.4646

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*

**Licensed & Certified by the
Center for Medicare & Medicaid**

Part of the
EmpRes Healthcare Family of Companies



A Production of The Senior Follies

A Sentimental Journey

Benefitting
Carson City Senior Center
Meals on Wheels program



Friday, July 13 @ 7pm

Saturday, July 14 @ 2pm

Sunday, July 15 @ 2pm

Tickets available at the
Carson City Senior Center
or one hour before the performance
at the Bob Boldrick Theater

775-883-0703 for more info

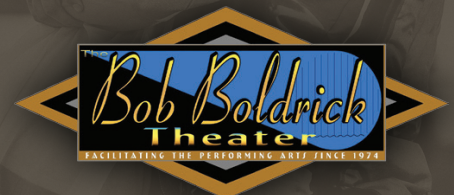
Join us as we re-visit some of our
favorite numbers

from the past 10 years!

General Admission \$10

Children 4 and under FREE

Carson City Community Center
Bob Boldrick Theater
851 E. William St. Carson City





10th Annual Concert Under the Stars

An evening to benefit the GreenHouse Project

FEATURING

JEFFERSON STARSHIP

SPECIAL GUESTS

MIDNIGHT NORTH

RAIN OR SHINE!

WEDNESDAY, JULY 11

BREWERY ARTS CENTER

449 W. KING STREET, CARSON CITY

DOORS OPEN AT 5:30PM / SHOW STARTS AT 6:30PM

Eventbrite

Chili's Bop ENTERTAINMENT GROUP

FOOD TRUCKS BY LOCAL FAVORITES, CASH BARS

Reserved Seating Starting at only \$49

Bleacher and SRO Seating Starting at \$30

Tickets are available online at

carsoncitygreenhouse.org



Dick Campagni's
CARSON CITY TOYOTA
CAMPAGNI AUTO GROUP
WWW.CARSONCITYTOYOTA.COM 775-882-8211



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

911 Beverly Drive Carson City, Nevada 89706

