

# The **SENIOR SENTINEL**



CARSON CITY  
SENIOR CENTER



## SNEAK PEEK

### pg 4 & 5

**IMPORTANT!** Hot Weather Safety for Older Adults - **are you at risk?**

### pg 7

- Top 10 Meal Planning & Shopping Tips
- Ready for **STAR SPANGLED BINGO?**

### pg 15

Memoir Writer's Seminar • **Dance To Live Jazz Music!** • Volunteers Needed



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**911 Beverly Drive  
Carson City, Nevada 89706**

**775-883-0703 • fax 775-883-2869**

**TRoberts@carson.org**

**9 a.m. to 4 p.m.**

**Monday through Friday**

**[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)**

**f / carsonseniorcenter**

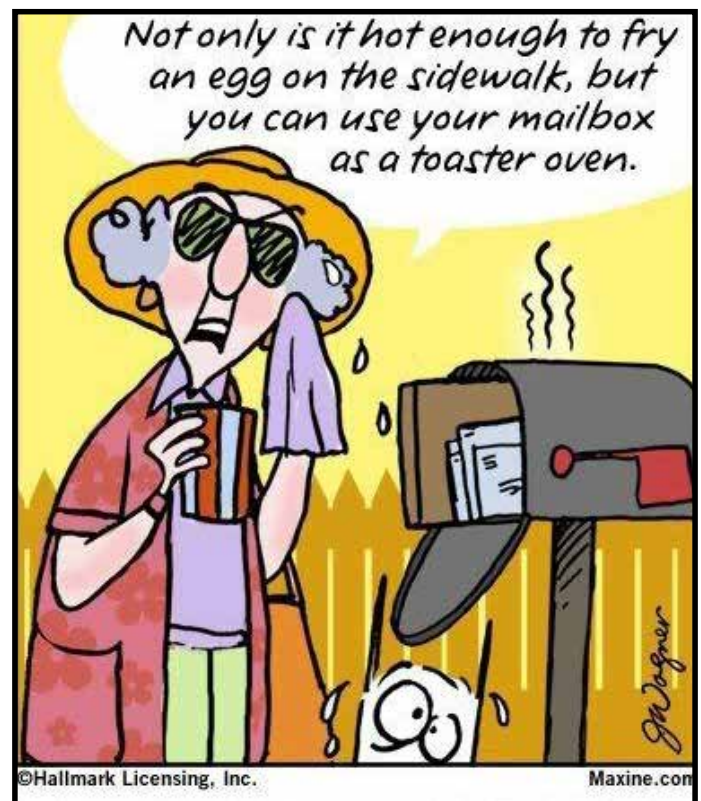
## FROM THE EXECUTIVE DIRECTOR

**Courtney Warner**

*Whew!* It's hot outside. Are you beating the heat and keeping yourself cool, hydrated and comfortable? We are honored to participate for our second year in the KOLOCares Fan Drive, calling on the community to donate new fans for our seniors. Donated fans must be new and still in boxes and can be dropped off at the Senior Center. If you are in need of a fan, contact Warren Bottino, 883-0703. Fans are going as fast as they are arriving so please consider donating a fan.

Did you know the Senior Center has fantastic air conditioning to keep you cool on these hot summer days? Swing by the Senior Center to cool off, socialize, meet new friends and enjoy the many activities to engage your mind, body and soul. Plus we have plenty of cool water to keep you hydrated! Check out our TRIAD article on *Hot Weather Safety for Older Adults* to keep yourself, your friends and your neighbors safe during the summer.

Stay cool. Be safe. Look out for each other!



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## 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<br>& Human Services.....                       | 887-2190       |
| Crisis Support Services of NV .....                               | 784-8090       |
| Elder Care Law.....   | 687-4680       |
| Elder Protective Services.....                                    | 1-888-729-0571 |
| Energy Assistance .....   | 684-0730       |
| Food Bank of Northern Nevada ....                                 | 331-3663       |
| HUD (Nevada Rural<br>Housing Authority) .....                     | 887-1795       |
| JAC (Jump Around Carson).....                                     | 841-7433       |
| Medication Management Program,<br>Universty of Nevada, Reno ..... | 784-1612       |
| Nevada Legal Services.....  | 883-0404       |
| Nevada State Welfare.....   | 684-0800       |
| Northern NV Center<br>for Independent Living .....                | 353-3599       |
| RSVP .....  | 687-4680       |
| Ron Wood Family<br>Resource Center.....                           | 884-2269       |
| Sanford Center for Aging .....                                    | 784-4774       |
| Senior RX.....  | 1-866-303-6323 |
| SHIP<br>(State Health Insurance) .....                            | 1-877-385-2345 |
| Social Security<br>Administration .....                           | 1-800-772-1213 |
| Suicide Prevention Lifeline ...                                   | 1-800-273-8255 |
| Veterans Administration.....                                      | 786-7200       |
| VA Medical Benefits Info .....                                    | 1-800-827-1000 |
| VARN (Volunteer Attorneys<br>for Rural NV).....                   | 883-8278       |
| Weatherization.....   | 887-2227       |

### ALZHEIMER'S SUPPORT GROUP

([www.alz.org](http://www.alz.org))

#### CARSON CITY

Meets the 2nd Wednesday of each month  
1 to 2:30 p.m.

Carson Tahoe Cancer Center  
Conference Room  
1535 Medical Parkway, Carson City

Meets 4th Wednesday of the month  
2:30 to 4 p.m.

Carson City Senior Center  
911 Beverly Drive

### 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*

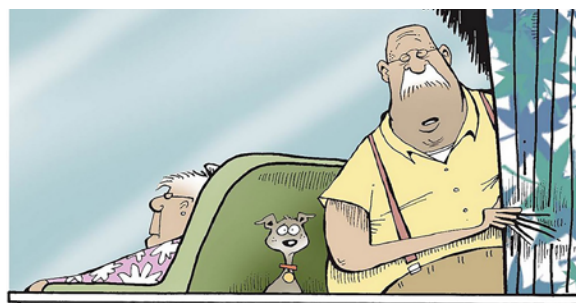
Meets the 2nd Thursday of each month  
2 to 3 p.m.

Coventry Cross Episcopal Church  
1631 Esmeralda Place, Minden

### National Alzheimer's Helpline

1-800-272-3900

Available to you 24/7



BAD NEWS, MARGARET. YOUR PINK PLASTIC FLAMINGOS  
MELTED ON THE LAWN

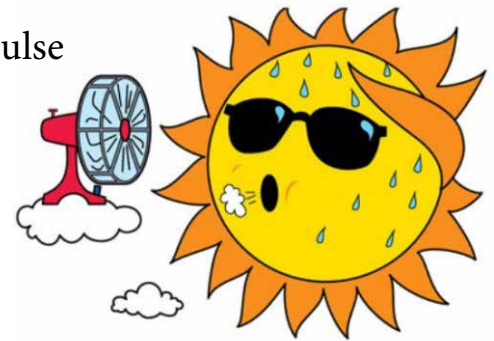
# HOT WEATHER SAFETY FOR OLDER ADULTS

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

## Heat Stroke—A Medical Emergency

If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot



## Who Is at Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages

## How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.



***DISCUSSED IN THIS ARTICLE:*****Heat Stroke—A Medical Emergency! • Who Is at Risk?  
How Can I Lower My Risk? • What Should I Remember?**

<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

**Listen to Weather Reports**

If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

**What Should I Remember?**

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.

During hot weather, think about making daily visits to older relatives and neighbors. Remind them to drink lots of water or juice, as long as their doctor hasn't recommended otherwise because of a pre-existing condition. If there is a heat wave, offer to help them go someplace cool, such as air-conditioned malls, libraries, or senior centers.



# 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



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[www.gdwcasinocom](http://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™*

## SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

○ **\$3 Early Bird Pack** ○

with \$50 payouts

○ **\$5 Regular Game Pack** ○

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**

**Games start at 1pm**

Must be 21 to play

Carson City Senior Center  
911 Beverly Drive, Carson City

*All proceeds benefit  
the Meals-on-Wheels program.*

### **FITZHENRY'S FUNERAL HOME AND CREMATORY**

3945 Fairview Drive  
Carson City, Nevada 89701  
[www.fitzhenryfuneralhome.net](http://www.fitzhenryfuneralhome.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® ☞

## Top 10 Meal Planning & Shopping Tips | *Quick. Easy. Always Prepared.*

**Dried Fruits.** Take advantage of the the vast assortment of dried fruits available and dress up your cereal or salads ... or simply enjoy as a snack.

**Leftovers.** Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta.

**Convenience.** Pick up frozen or canned fruits and vegetables for later in the week or for busy nights.

**Experiment.** Try a new fruit or vegetable or prepare a familiar one in a different way.

**Seasoning Combinations.** Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice, or garlic to keep out the fat and salt.

**100% Juice.** Look for fruit and vegetable juices that say 100% juice!

**Smoothies for Breakfast.** Frozen fruit makes great smoothies for a breakfast on the run.

**Easy to Grab & Go.** Fill up that fruit bowl so you and your family can grab and go.

**Meatless Meals.** Plan one or more meatless meals for the week – there are endless possibilities for using dried or canned beans. They're cheap too! Check out the variety in your store.

**Make More.** Plan for leftovers so you have a ready-meal.

<https://fruitsandveggies.org/stories/planning-and-shopping-top-10/>

Sierra Nevada Kiwanis Presents

# JULY 4, 2019 ★ STAR SPANGLED BINGO

at The Carson City Senior Center ★ 911 Beverly Dr., Carson City

**Doors open at 10am ★ Bingo Starts at Noon**

**\$10- 10 Games ★ \$1 Bonanza ★ \$1 Double Action**

**All plays are 50/50 split**

**Sierra Nevada  
Kiwanis will be  
grilling Burgers  
& Hot Dogs!**



- 1 – B-row and any Horizontal Line
- 2 – Crazy Arrow
- 3 – Mini Plus Sign & any 2 Corners
- 4 – Crazy Letter L (continues into ... )
- 5 – Large Picture Frame
- \* - Bonanza
- 6 – N-Row & any Diagonal
- 7 – Crazy Hot Dog
- 8 – Little Dipper
- 9 – Block of 9 (continues into ... )
- 10 – Coverall
- \* - Double Action



## JUNE BIRTHDAYS

*Queen*

**MARGARET  
BREWSTER**

**88 years young**

*King*

**JOSE RAU  
SEGUNDO  
DURAN**

**76 years young**



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

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**Mark Weeks, MCD**  
CCC Audiologist

408 North Roop Street • Carson City • Nevada

**775.885.9888**



**OPTIMUM**  
PHYSICAL THERAPY

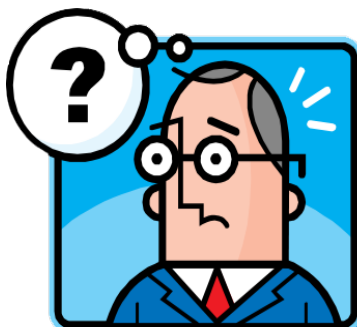
*Experience you can trust  
Results you can count on*

**Jason Overholser, PT**

*Physical Therapist / Owner*

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

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



## Barry's Trivia Question of the Month JULY

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

**Q:** Of the first 13 colonies to become American states, which later became Confederate states?

### LAST MONTH'S QUESTION AND ANSWER

**Q:** What is the difference between a Roman Numeral and a Roman Letter? **A:** The Roman Numeral has a Horizontal line across the top and bottom. The Roman Letter does not.



# 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**

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

1281 N. Roop, Carson City

*"When You Need Us the Most..."*

[www.WaltonsFuneralHomes.com](http://www.WaltonsFuneralHomes.com)

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.**



## *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***

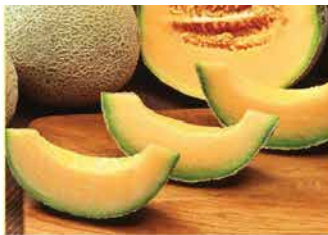
Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)



Thu Aug 15th 4:30pm - 9:30pm

Truckee Thursdays -  
Summer Street Festival

\$49 per passenger Every Thursday through the summer the lovely historic town of Truckee opens up its main street to a fun and lively event ...



Sat Aug 24th 4:00am - 4:00pm

Feelin' Fruity - Fallon  
Cantaloupe Festival &  
County Fair

\$59 per passenger What's more fun than a good old county fair! Just a short drive to our neighboring town, Fallon. The Cantaloupe festival ...



Fri Oct 11th 8:00am - 6:00pm

Apple Hill Tour

\$89 per passenger One of our most requested tours of the year; register now because Apple Hill time is near! Enjoy the best that Apple Hill ...

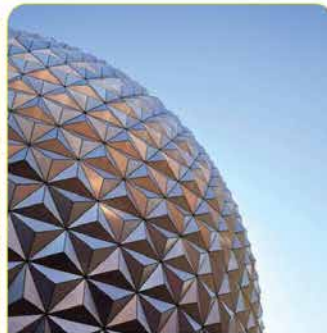


Sun Oct 13th - Sun 20th

New England and Cape Cod



Tue Jan 7th 8:00pm - Fri 24th  
5:00pm 2020



Sat Feb 22nd - Sun Mar 1st  
2020



## Summer Bucket List

- ☐ GO TO THE BEACH
- ☐ READ A NEW BOOK
- ☐ LUNCH WITH PALS
- ☐ PLAN A TRIP!
- ☐
- ☐
- ☐
- ☐

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# SKYLINE ESTATES

## Senior Living

Caring People | Serving People | Improving Lives

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- 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





2019

# UNDER THE BIG TOP

*A production of the Senior Follies*

**FRIDAY, JULY 12 @ 7PM**  
**SATURDAY, JULY 13 @ 2PM**  
**SUNDAY, JULY 14 @ 2PM**

**\$10 GENERAL  
ADMISSION**

Children 4 and  
under FREE

### Tickets:

- Pickup at the Carson City Senior Center
- One hour before the performance  
at the Bob Boldrick Theater
- Online at [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

  
**MEALS on WHEELS**  
CARSON CITY  
TOGETHER, WE CAN DELIVER.



**In the newly remodeled Bob Boldrick Theater  
851 E. Willam Street, Carson City**

*All proceeds benefit Meals on Wheels Carson City*



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



# 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*

Part of the *EmpRes Healthcare Family of Companies*



Licensed & Certified by the  
Center for Medicare & Medicaid





## 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.



**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**

### THRIFT STORE SALES

#### SPECIALS FOR JULY

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!**

## TRIAD 2019 SCHEDULE

**TRIAD presentations are held at Noon on the 3rd Tuesdays of each odd month** in the Nevada Room. Presentations are typically 45-60 minutes. Refreshments will be served.

### NEXT EVENTS ARE:

July 16, 2019

**Grab & Go Emergency Preparedness**  
presented by the Red Cross

September 17, 2019

**Gangs, Drugs, Dogs:** presented by  
the Carson City Sheriff's Office

November 19, 2019

**Don't Go Up in Smoke**



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.*

### VOLUNTEERS WANTED!

**Seeking friendly volunteers to help in our success. Positions include:**

- **Follies Volunteer:** Usher, Snack Bar, Ticket Sales, Raffle Ticket Sales on these dates: 7/12 (5:30-9:30pm), 7/13 (12:30-4:30pm), 7/14 (12:30-4:30pm)
- **Reception Volunteer,** various shifts plus coverage for vacations
- **Dining Room Volunteer:** Galley Lead, Servers, Bussers, Check-in Station: 10:30-1pm, Monday-Friday, various shifts
- **Thrift Store Volunteer,** 10am-5:30pm, Tuesday-Saturday, various shifts

**See our Volunteer Coordinator for more information (883-0703).**



## *The Notice Board*

### **Memoir Writers Seminars starts in September!**

This informal seminar is designed for senior citizens who wish to write their memories. Charlie McGranaghan, a retired college writing instructor and memoir author, serves as the seminar guide. **FREE TO PARTICIPATE.** **Meets Wednesdays, starting September 4, from 9:30-11:00am in the Tahoe Room. Please sign up with Reception.**

### ***Dance Classes***

**every Monday 1:30 pm  
in the Nevada Room**

***Dance like the Stars!***

**\$5.00 class**

**Dance with Live Music with  
the **Grumpy Old Men!**  
A vibrant and lively jazz band!**

**July 12, 6:30-9pm**

**Tickets \$10!**

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

**SAVE THE DATE**

**August 9 • 6-9 pm with Don &  
Nadine. Tickets only \$5.00.**

Dances are MONTHLY (2nd Friday of each month). Odd months featuring the Grumpy Old Men (6:30-9:00pm) for \$10.00/ticket; Even months featuring Don & Nadine (6-9pm) for \$5.00/ticket; tickets available at the door!

## **BUNCO**

### **Come One Come All**

If you're wanting to have some laughs, make new friends, and play a great dice game... Come join us!

**Fridays at 1 p.m.**

**Nevada Room**

**Only \$3!**

If you've never played Bunco, we'd love to have you come at 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

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 \_\_\_\_\_

\_\_\_\_\_

**Join our email newsletter subscriber list. Send an email to  
troberts@carson.org to be added to the list.**

### **DISCLAIMER**

The Carson City Senior Center does not endorse nor do we 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 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

### **GOVERNING BOARD**

Bruce Scott, President  
Tom Baker, Secretary  
Michael Crossley, Treasurer  
Michael Pavlakis, Director  
Pam Couch, Director  
Joe Spencer, Director

### **ADVISORY COUNCIL MEMBERS**

Vi Bibee, Chairman  
Diane Maguire, Vice Chairman  
Marie Borgo, Council Member  
Lisa Drews, Council Member  
Robert Drews, Council Member  
Cindy A. Somers, Council Member  
Corry Steiner, Council Member  
John C. Wilson, Council Member  
Jane Wong, Council Member

### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

### **DEPARTMENT BUSINESS MANAGER**

Michael Salogga

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