

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



**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

The results from the Nutrition Survey are in! For our drive-thru lunch, 91% felt the meals are good/very good. That is up from 80% the year prior. For our Meals on Wheels lunch, 73% felt the meals are good/very good, down from 82% from last year. We only received a total of 121 surveys for both programs, so we need to do better getting your feedback. We continually look for opportunities to do better and saw a trend that green beans are chewy or hard. We will switch green beans up and try something different. Kaleb, Kitchen Manager, brought by a new Peach Crisp recipe and it is yummy! Please continue to share your thoughts and we want to do our best within our limitations. If we don't hear from you, we don't know if we're hitting the mark or need to adjust. Emails, phone calls or swing by – hearing from you right away helps us ask questions to know exactly what went well or what needs to be reworked.

Courtney Warner

Courtney Warner / Executive Director



FAN DRIVE

The Carson City Senior Center is collecting new, in-the-box fans to distribute to seniors

to stay cool during the summer. Drop off a fan at the Senior Center. If you need a fan, swing by the Senior Center and if we have a fan, it's yours!



A Brief Description:

Home Care Services

When the need for assistance becomes essential, the True Freedom Premier Plans include two options of non-medical home care service to choose from. Members can select to utilize either **AGENCY Hours** provided by a network of licensed and registered Home Care Agencies in the True Freedom Network OR **ANYTIME Hours**, where members have the freedom to choose a friend or neighbor to provide their home care services.

All True Freedom Premier Plans Feature Assistance With:

- * Meal Planning/Preparation
- * Dressing, Bathing, Toileting & Hygiene
- * Grooming
- * Laundry, Ironing & Changing Linens
- * Grocery Shopping
- * Accompany To Doctors Appointments
- * Medication Reminders
- * And Much MORE



True Freedom
Premier Plans are
Service Contracts,
NOT Insurance.

Built-In Features:

Inflation Protection

Because members are contracting for access to "Hours" and not "Days" or "Dollars", the value of plan hours automatically increases over time. As the cost of home care steadily rises through the years, the increased expense is covered at the point in time a member chooses to access their contract hours.

True Freedom Discount Reward Program

Members earn a discount of 10% upon the anniversary and renewal of membership for each year that no home care services have been utilized. That savings will continue for up to 4 years. (Example: In the 5th True Freedom membership year and beyond, members will save 40% on the cost of maintaining their contract for as long as no home care service has been required.)

775-885-8330

PO Box 22384

Carson City NV 89721

Shirley Shaw

Independent Insurance Broker
Insurance Sales Since 1979

Medicare Supplements

Home Health Insurance

Life & Health

Long Term Care

St Mary's Hospice is resuming in person grief groups

Smiles from Heaven

Join Chaplain Joseph D'Angelo, PhD, ACP, CCCA
Starting June 25 • 2nd & 4th Friday of every month
1:30pm - 3:00pm • at the Carson City Senior Center
in the Joshua Tree Room



Saint Mary's Hospice
of Northern 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)

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 or call 1.800.272.3900.



Hearing Care of Carson City, LTD.
Hearing Aids & Audiology

Brett M. Weeks, Aud
Doctor of Audiology

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*

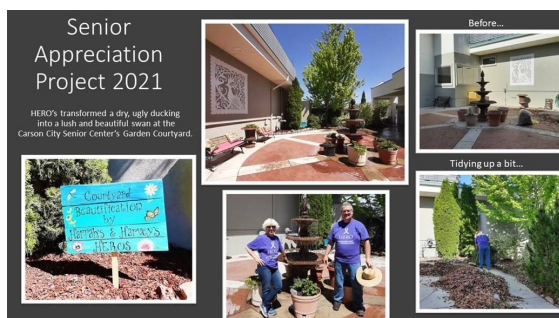
Jason Overholser, PT
Physical Therapist / Owner

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

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



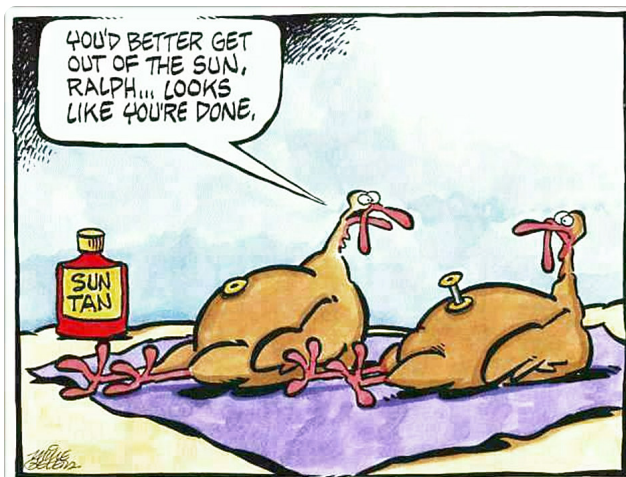
Thank you Kiwanis Club of Carson City for raising \$2,450 for Meals on Wheels



Thank you Harrahs & Harveys HEROs for the beautiful Courtyard Refresh!



Thank you Caesars Foundation for your support of Meals on Wheels



BEAT THE HEAT

Stay Hydrated

Drink more water than usual - and don't wait until you're thirsty!

Centers for Disease Control and Prevention
 National Center for Environmental Health



Infinity Hospice Care
A Family of Caring

As a family owned and operated hospice we focus on the physical, emotional and spiritual needs of a person experiencing a life-limiting illness.

"We wish we knew about you sooner!" - Family member



Infinity Hospice Care is a Medicare certified provider of hospice services with dedicated professionals providing compassionate expert care for your loved ones.

Phone: 775-852-6002
Fax: 775-852-6028
www.InfinityHospiceCare.com

As a member of JAVAconnects, you will be invited to participate in a program evaluation. Your involvement will help us make program improvements.

JAVAconnects provides an opportunity to get together with others, twice a week, in a facilitated online group in which music, quotes, and images are used to stimulate meaningful discussion about your ideas, emotions, and experiences.

Online sessions begin in June 2021.
Multiple weekly times available:

Mondays and Thursdays:
10:00 - 11:00 AM

Mondays and Thursdays:
2:00 - 3:00 PM

Tuesdays and Fridays:
10:00 - 11:00 AM



Check if you have the tech!

The following technology is needed to join JAVAconnects:

- ☐ Computer
- ☐ Webcam
- ☐ Speakers and a microphone
- ☐ Email address
- ☐ Internet connection

To join,
please call:
775-682-8641
or email
socialsupport@unr.edu

NOTICE BOARD



Mexican Train Dominos
Mondays • 12:30-4pm
Carson Room
Come join us!

Buddhist Meditation Instruction

FREE | Thursdays | 6:30pm - 7:30pm
Carson City Senior Center Nevada Room

**Sponsor: Panna Foundation
 for Buddhist Studies**

**Instructor: Depabhasadhamma
 (dee-pah-bah-sah-dah-mah)**

Brief Dhamma talk before meditation instruction begins. Basic meditation techniques for the purpose of calmness, centering, clearing the mind.

*Advanced classes may become available Wednesday evenings.
 Contact info@pannafoundation.org or visit www.facebook.com/groups/pannafoundation (Nonprofit Lic.Reg: E0457652017-1)*

Dances – coming soon!

Don & Nadine will be returning for Friday evening dances. Call the Senior Center to get the next date! Future months dance dates will be published in the calendar.

FREE MEDICARE COUNSELING

The Medicare Assistance Program (MAP) has certified counselors visiting your area to assist you with your Medicare questions.

WHERE: Carson City Senior Center | 911 Beverly Dr.

WHEN: Mondays & Tuesdays - 11am – 2pm

Thursday (1st, 2nd, 4th) - 11am – 2pm

Thursday (3rd) – 9am – 1pm

For more information, CALL: 775-883-0703

Call for appointment, walk-ins welcome Thursdays

Medicare Assistance Program 775-284-1892

4001 S. Virginia St. Suite F Reno, NV 89502



FREE! Saturday, July 10, 2021

1st Showing: 2pm | 2nd Showing: 7pm

Carson City Senior Center, 911 Beverly Drive

Volunteer Opportunities at CCSC

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

See Brooke to sign up (883-0703)

JEWELRY DONATIONS WANTED!

The next jewelry sale will be in September.

Drop off donated jewelry at the

Reception desk at the Senior Center.

All proceeds benefit Meals on Wheels.

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 +**



\$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

Do you care for
someone with
memory
loss?



If you live in rural community
and care for a person with
memory loss...

A free 6-week online
workshop may help you!

Check if you are eligible at:

caregiverproject.ucsf.edu

Join a research study of the University
of California, San Francisco

Rural Dementia
Caregiver Project

UCSF
University of California
San Francisco

BUILDING BETTER
CAREGIVERS.



**4TH OF JULY
2021
FIREWORKS**

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

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



Barry's Trivia Question of the Month

JULY

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

**Q: Every Independence Day, how many
times does the Liberty Bell ring?**

PREVIOUS MONTH'S QUESTION & ANSWER

Q: What are the six armed forces of the USA?

A: Army, Marine Corps, Navy, Air Force, Space Force & Coast Guard

**SIZZLING
SENIOR DAYS**



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

 **171 E William Street**
775.885.9000 | 877.519.5567
www.gdwcasino.com

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4700. ©2018, Jacobs Entertainment, Inc.

Your Home Full of Friends!

**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**

**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[®] ∞

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
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



**JUNE
BIRTHDAYS**

Queen

JANICE OSBERG

68 Years Young



King

EARL BRITT

80 Years Young





911 Beverly Drive Carson City, Nevada 89706

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

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

Name _____

Phone _____

Mailing Address _____

Join our email newsletter subscriber list. Send an email to SeniorCenterNewsletter@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. to 5:30 p.m. Tues-Sat

Newsletter Submissions:

Send by the 10th of each month to
SeniorCenterNewsletter@carson.org

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Chris Gray, Director

ADVISORY COUNCIL MEMBERS

Diane Maguire, Chairman

Corry Steiner, Vice Chairman

Marie Borgo, Council Member

Lisa Drews, Council Member

Robert Drews, Council Member

Teri Krebs, Council Member

Cindy A. Somers, Council Member

John C. Wilson, Council Member

VACANT position

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga