

# Senior Sentinel

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



## Upcoming Holidays

Tuesday, July 4 - CLOSED



## INSIDE THIS EDITION

Page 2

- From the Director
- Volunteer Spotlight
- Birthday Queen & King

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- To-Go Meals
- Volunteer Appreciation - Save the Date
- Barry's Trivia

Page 5

- Advertisements

Page 6

- Prevent Medicare Fraud

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



**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](mailto:seniorcenternewsletter@carson.org)

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

## From the Executive Director, Courtney Warner

As I am writing this in June, we have several big inspections scheduled that will give us the green light to reopen the closed areas. I cannot give an exact date of reopening at the time the newsletter goes to print.

Here's what I do know:

- When we reopen, we will still be completing "finishing touches". Lobby flooring, wall art, signage, new furniture, paint, and other updates are still coming. No more full closures but some areas may be temporarily unavailable during install.
- Get ready for big changes in our dining room - new beverage bar with new equipment you can self-serve, new systems, and a whole new look. Be patient as we learn with you what works and what needs to be improved.

**Thanks for your patience!**



## VOLUNTEER *Spotlight*



**LUCY  
OLSON**

Lucy has been a volunteer at the senior center for almost a year, primarily in the tray room. Lucy also volunteers at R.S.V.P., her church and at Catmandu. She also knits scarves and donates them to a homeless outreach program. Lucy worked as a bank teller in Minnesota for 18 years. She also worked as a church secretary for over 20 years. Lucy, a widow, was married for 62 years and has a large family of 4 sons, 8 grandchildren and 4 great grandchildren who keep her very busy including her in all their activities. Lucy enjoys volunteering, spending family time together, traveling and playing Bingo. Please say hello to Lucy when you see her in the lunchroom when we reopen.



**QUEEN**  
Brigitte Curry  
77

**KING**  
Bob Lambert  
88



## June 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](http://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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**(775) 882-5001**  
fax (775) 882-5015

## TO-GO MEALS WILL BE CONTINUED AFTER REOPENING

Good news! You are allowed to take your FULL meal "TO-GO". Rules have changed to allow us this additional option of our On-Site (Congregate) lunch program.

To participate:

- Bring all containers you'll need for your meal. We are unable to provide packaging.
- Complete a brief survey explaining your need for this service (available at check-in).
- Sign-in with the touchscreen. Select "To-Go". Our check-in volunteers will help you navigate the touchscreen.
- Place a voluntary contribution in the To-Go donation box.
- Pick up your meal at the service window on a tray. We are unable to package the meal for you.
- Take your meal to a table and package in the containers you brought.
- Leave the tray at the table and we will buss it for you.
- Enjoy your meal at home or wherever you like!



This is new to us too! Give us feedback and be patient in our missteps. We think this service is highly needed and we are excited to offer it for you.



### Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: What three Non-Presidents are on U. S. paper currency?

Previous Month's Question & Answer

Q. What was Seward's Folly?

A. The purchase of Alaska.



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## YOUR AD HERE

Contact Courtney  
(775) 883-0703



# 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

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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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## PREVENT MEDICARE FRAUD

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.

Find your local SMP:  
[smpresource.org](http://smpresource.org)  
 877-808-2468



### Tips to prevent, detect, and report

- Only share your Medicare or Social Security number with those you trust.
- Only carry your Medicare card when you need it.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- Call your health care provider, Medicare, or your local SMP if you see something suspicious.



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

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**6215 SHARLANDS AVE  
 RENO NV, 89523**



# NOTICE BOARD

## AARP Driver's Safety Class

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

## DANCE PARTY

with Potluck  
Wednesday, July 5  
6 p.m. to 9 p.m.  
Admission \$10 per person

Live music with  
Don & Nadine

## Golden Yogis

CHAIR YOGA  
Monday's, 1-2pm  
FREE

GENTLE YOGA  
Monday's, 2-3pm  
\$10/class or \$30 punch card  
(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

2nd Wednesday  
1-2pm

Hosted by Carson  
Tahoe Health

## Jazzercise

Every Friday  
9-10am  
\$5/class  
Joshua Tree room

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](mailto:seniorcenternewsletter@carson.org)
- **Online** (free) - Visit [carsoncityseniorcenter.org](http://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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