

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

pg 2

Can you contribute to the NL? We're looking for *YOUR* articles & recipes.

pg 8

Get the scoop on the latest happenings with our Bingo Program!

pg 10

CCT Event: Avoid Heat Emergencies

pg 10

Meet our EMPLOYEE of the Quarter



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Employee of the Quarter - Dilyn Stephens

Dance Classes - Learn Nearly Any Dance

Triad Event: Extreme Heat! Hot Weather
Emergencies and How to Avoid Them

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

Thank you to those who have continued to provide feedback about the redesigned newsletter. We have received helpful feedback on the newsletter to continue to make improvements to make this an effective communication tool of what is going on at the Senior Center and the local community.

The calendar needs an explanation on how we got to this big change of a larger format. The bottom line is the Senior Center is growing with more and more activities happening every day. We had two options – minimize the font to smaller than size 8 or increase the paper size.

It is important for us to make sure our print material is readable for those with sight impairments and therefore we increased the paper size.

If you find the calendar too large to hang on your fridge (as we've heard from a few that is a problem), we still have the single page menu available for pickup at the Senior Center and on our website (<http://carson.org/government/departments-g-z/senior-center/menu-activity-calendars>).

Meals on Wheels recipients can request one from their driver. Continue to provide your feedback as it is helpful to drive us to the future!

And on a side note, if you would like to contribute content to the newsletter please see Tiffany Roberts. We would love to have someone submit **articles on nutrition, health, travel, recipes** and more!

CCSC is a MOWA Member



RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer's 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	687-0730
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
911 Beverly Drive

Christine Casinelli, Facilitator

Meets every Monday of the month
6:30-7:30pm

Carson Tahoe Cancer Center
Resource Room
1535 Medical Parkway

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 9-4
Please call **1-800-272-3900**
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

National Alzheimer's Helpline
1-800-272-3900
Available to you 24/7

Volunteer Highlight

By Tiffany Roberts, Activity Coordinator | Volunteer Supervisor

Senior Follies' 21st year is in the books! With sincerest thanks, we recognize the cast, crew and volunteers who spent many hours preparing, practicing, participating and supporting in the Follies. While the tallies from this year's Meals on Wheels fundraiser is still being counted, THANK YOU to all who helped make this year's event a success.

Our thanks to (in alphabetical order): Ramona Allen, Kathy Block, Jeff Basa, Carol Bauer, Dana Lynn Blane, Lance Coker, Alyce Dickson, Angelina Eggers, Ray Finnegan, Karen Fleming, Yolanda Garcia, Frank Garnick, Marco Gentile, Roger Germain, Barbara Halvorson-MaGee, David Hoblitt (Piano), Gladys Jesse, Pat Johnson, Julie Jones, Teri Karlsson, Chris Kay (Traveling Troubadour), Jeremy Keen, Don Klestinski (Guitar), Nadine Klestinski (Bass), Dustin Kirchner, Bob Lambert, Margaret Lambert, Don Logie, Vera Logie, Diane Maguire, Tom Maguire, Donna McClelland, Mark Meszaros, Gene Munnings, Leon Nyman, Marvin Richardville, Bob Schirlls, Carol Schirlls, Judy Smith, Sheila Steele, Scott Tilton, Luba Tomashek, Tom Tomashek, Toni VanCleave, Pat Whitley, and Jon Yaple.



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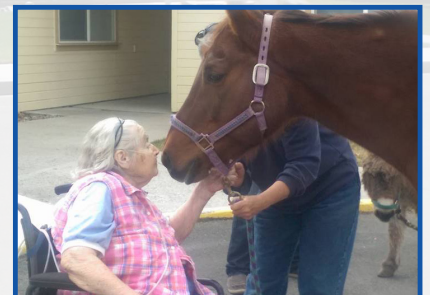
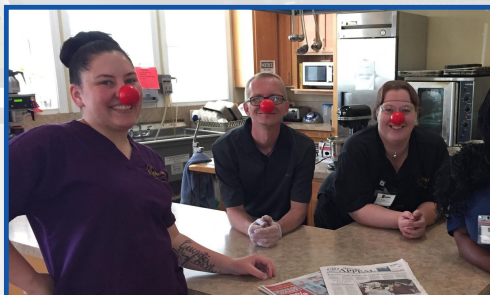
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Services Call:

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- ✓ 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!**

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Queen

**JOYCE
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70 years young

King

DON SIMPSON
93 years young



**HEARING CARE
OF CARSON CITY**

Hearing Aids & Audiology

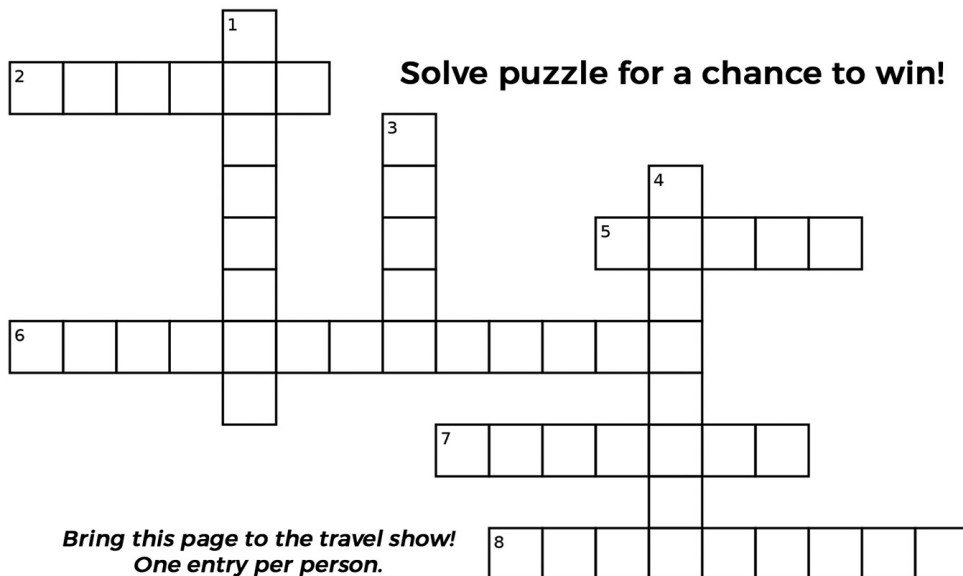
Bret M. Weeks, AuD
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City, NV 89701

775.885.9888

Solve puzzle for a chance to win!



Bring this page to the travel show!
One entry per person.



GET THE DATES
FOR OUR NEXT
TRAVEL SHOW!
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PATTYSTOURS.COM

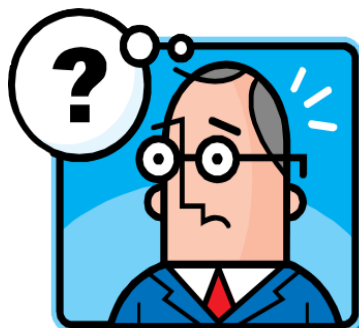
FIND CLUES ON OUR
WEBSITE!

Down:

1. National Park known for its waterfalls and deep valleys
3. The best way to get out of the house and meet new friends
4. Check out the Giants vs. Dodgers in this American pastime

Across:

2. Explore Nevada's Rich History
5. Reno's favorite tour planner and guide
6. Four familiar faces built in stone
7. Adventure to the Land of Fire and Ice
8. Salivate over pies and ciders and carmel-covered fruit on our most popular tour



Barry's Trivia Question of the Month AUGUST 2018

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Can you name the five sets of U. S. Presidents with the same surname?

LAST MONTH'S QUESTION AND ANSWER

Q. Saudi Arabia is on what Continent? A. Asia



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Walton's Funeral
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1521 Church, Gardnerville

Refresh of Sunday Bingo starts August 12

\$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 1:00 pm**

**Carson City Senior Center
911 Beverly Drive, Carson City**

Must be 21 to play. All proceeds benefit the Meals-on-Wheels program.

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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 AUGUST

Tuesday | Crafts **50% OFF**

Wednesday | Senior Day **50% 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!



Autumn

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The Notice Board



EMPLOYEE of the QUARTER

**DILYN
STEPHENS**

Congratulations to Dilyn Stephens, our Dishwasher, as being awarded Employee of the Quarter. Dilyn diligently washes hundreds of items every day for hours on end. He keeps our kitchen clean and sanitary and is a critical team-member who helps us achieve 100% scores on our kitchen Public Health Inspections. Recently Dilyn was tested as we installed a brand-new dishwasher. He willingly washed dishes by hand for four days with no compliant and patiently learned to use a completely new piece of equipment. The Senior Center cannot operate without Dilyn and we are proud to award him as Employee of the Quarter!

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 dance space!
Come out and have
a lot of fun
while you learn.



EXTREME HEAT!

Hot Weather Emergencies and How to Avoid Them

Friday, August 10 at 11:45 am

Join us Friday, Aug. 10 at 11:45 am, for "Extreme Heat: Hot Weather Emergencies and How to Avoid Them" presented by Jessica Rapp and Lauren Staffen from Carson City Health and Human Services. Summer is as American as apple pie and baseball, and we're raffling off a 4-pack of tickets for the Reno Aces at the event!



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

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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

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Pam Couch, Director

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