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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
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From The Desk Of The Executive Director

No updates to report on our reopening. I strongly encourage everyone to wear a face covering, wash your hands often and stay home if you are feeling unwell. Together, we can get through this. We are still here for you. If you need any support, give us a call (775) 883-0703. My best, Courtney Warner



Meet Chef Kaleb Heflin Kitchen Manager and Chef, CCSC

Kaleb brings a multitude of experience to his job at the senior center. For 9 years he worked in different aspects of food preparation from casino buffet to sushi chef. Growing up in a close family, Kaleb saw his great grandfather daily; he cultivated Kaleb's love of cooking. An old Italian man, "Jimmy" was a perfectionist and Kaleb was a big help in his kitchen.

"He would always say, good food brings everyone together," states Kaleb, "I agree, nobody is in a bad mood eating good food."

Jimmy served on the USS Arizona during Pearl Harbor which affected his health which eventually affected his ability to cook. As Kaleb worked in the kitchen with him, he took more and more responsibility and eventually was able to make the entire family meal.

"When I was 9ish, Jimmy passed away. But mom and I knew all the recipes, so we kept the tradition of family meals going and today, I share that with my two kids."

His cousin, who worked as a Meals on Wheels driver, brought Kaleb to apply to be part of the kitchen staff at the Senior Center, and he was quickly promoted to Kitchen Manager. Kaleb enjoys spending time with his family at home, walking his dog or working out. He can often be found in the kitchen trying out new cultural foods, mostly Chinese and Japanese traditional dishes he can share with his in-laws. With his positive attitude and welcoming demeanor, Kaleb loves interacting with our seniors and invites feedback. Enjoy lunch!



Meet Our Volunteer Labh Singh Gill

It was 2010 when Labh Singh Gill, just "Gill" as we call him, arrived in Carson City from India. His son, a state worker, lives here and Gill wanted to live with his son as parents do where he's from. Highly educated in India, Gill was a Civil Engineer and worked for the government for years. He handled estimates, analysis, design, budget proposals... you name it, and worked his way up to a top administrative position.

"I wasn't the top guy, but I was second to the top guy," he states as he prepares the milk in the dining room for the drive-thru lunch. "When I got to America I wanted to learn about the people and the culture here." He adds. "India is very different." Once in the United States, he learned English enough to pass the GED and later became a US citizen.

Gill can tell you loads of interesting stories about life as an immigrant and assimilating into American culture. With a strong belief in supporting community, Gill is very generous with his time volunteering for the senior center and as a crossing guard for the school district. He also invested his time and efforts raising money for people in Texas affected by floods and distributes food to the homeless in Reno monthly with Sikh Society.

Gill attends Gurdwara, a sikh church, in Reno and enjoys traveling to countries all over the world. At last count at least 10 countries he has visited. Along with traveling, Gill likes reading, writing and gardening. He also participated in the Reno Senior games in shotput, discus and running sprints winning 5 medals, a gold, two silver and two bronze.

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.



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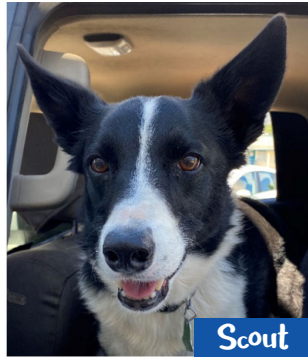
Mark Weeks, MCD
CCC Audiologist

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The four-legged faces joining us in the drive-thru meal pickups. We not only feed our seniors, we offer a doggie treat too!



Bee



Scout



Jinx



Luke



Ziva



Zach



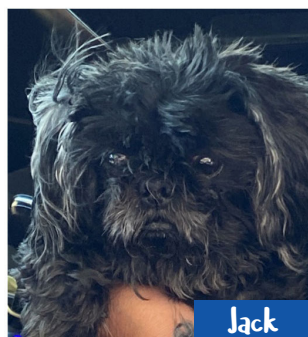
Skeeter



Carmella



Molly



Jack

HEALTHY EATING AS WE AGE

Healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being.

Benefits of Healthy Eating: More Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual nutrition needs, maintaining energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as we age. Make small adjustments to help you enjoy your meals and beverages.

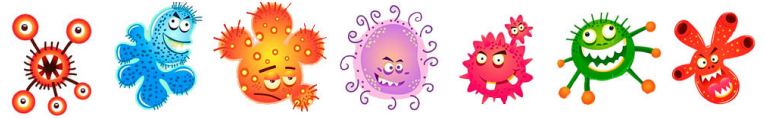
- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Eat foods fortified with vitamin B12, such as fortified cereals.

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active helps you stay strong and independent, improves your quality of life and reduces the risk of disease and disability.

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

Beware of Scams Related to the Coronavirus! *By Erin Scheithe*



Scammers are taking advantage of the coronavirus (COVID-19) pandemic to con people into giving up their money. Though the reason behind their fraud is new, their tactics are familiar. It can be even harder to prevent scams right now because people 62 and older aren't interacting with as many friends, neighbors, and senior service providers due to efforts to slow the spread of disease.

Those who are ill or don't feel comfortable potentially exposing themselves may need someone to help with errands. Be cautious when accepting offers of help and use trusted delivery services for supplies and food. During this time of uncertainty, knowing about possible scams is a good first step toward preventing them. Here are a few coronavirus-specific scams to look out for.

Scams offering COVID-19 vaccine, cure, air filters, testing

The FTC warned about an increasing number of scams related to vaccines, test kits, cures or treatments, and air filter systems designed to remove COVID-19 from the air in your home. At this time, there is neither a vaccine nor a cure for this virus. If you receive a phone call, email, text message, or letter with claims to sell you any of these items—it's a scam.

Fake coronavirus-related charity scams

A charity scam is when a thief poses as a real charity or makes up the name of a charity that sounds real to get money from you. Be careful about any charity calling you asking for donations. If you are able to help financially, visit the website of the organization of your choice to make sure your money is going to the right place. And be wary if you get a call following up on a donation pledge that you don't remember making—it could be a scam.

"Person in need" scams

Scammers could use the circumstances of the coronavirus to pose as a grandchild, relative or friend who claims to be ill, stranded in another state or foreign country, or otherwise in trouble, and ask you to send money. They may ask you to send cash by mail or buy gift cards. These scammers often beg you keep it a secret and act fast before you ask questions. Don't panic! Take a deep breath and get the facts. Don't send money unless you're sure it's the real person who contacted you. Hang up and call your grandchild or

friend's phone number to see if the story checks out. You could also call a different friend or relative to check the caller's story.

Scams targeting your Social Security benefits

While local Social Security Administration (SSA) offices are closed to the public due to COVID-19 concerns, SSA will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Scammers may mislead people into believing they need to provide personal information or pay by gift card, wire transfer, internet currency, or by mailing cash to maintain regular benefit payments during this period. Any communication that says SSA will suspend or decrease your benefits due to COVID-19 is a scam, whether you receive it by letter, text, email, or phone call. Report Social Security scams to the SSA Inspector General online at oig.ssa.gov.

The bottom line

The best defense is to say NO if:

- Anyone contacts you and asks for your Social Security number, bank account number, credit card information, Medicare ID number, or drivers license number.
- Anyone contacts you asking for any other personally identifiable information by phone, in person, by text message, or email.
- Someone you don't know contacts you and requests money through a Peer to Peer (P2P) payment app like Venmo or Zelle or through pre-paid gift cards. These methods transfer funds immediately with little recall or retrieval capabilities and can be hard to trace, often making them the preferred choice of scammers.
- Someone you don't know sends you a check, maybe for prize-winnings or for the sale of goods and asks you to send a portion of the money back.
- Something doesn't feel right to you. Trust your gut and reserve the right to say no if it sounds too good to be true.

Report scams to ftc.gov/complaint. The Eldercare Locator, a public service of the U.S. Administration on Aging, can connect older adults and their families to services. You can also call 1-800-677-1116.



Barry's Trivia Question of the Month AUGUST

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Who was the only U. S. President to remain a bachelor his entire life?

JULY QUESTION AND ANSWER

Q: Kathmandu is the capital of what country?

A: Nepal

MEDICARE COUNSELING

If you have Medicare questions, call 1-844-826-2085 or email carsoncityship@gmail.com with your question and a phone number. Counselors will call and assist you.

THE JOY4ALL PROJECT Call for the joke of the day, stories, poems, daily does of kindness and more! 1 (877) 569-4255

The Joy4All initiative was created to spread positivity and a sense of belonging to those isolated in quarantine. Specifically, this was for Seniors, one of the most hard-hit groups of people during those times. The volunteers within the Recreational Leadership Class cared deeply for those vulnerable people and wanted to look out for their mental health and wellness. Thus, the seed was planted for a hotline, where Seniors and different age groups could call in and receive jokes, positive messages, and inspiring quotes. Since then, the project has grown tremendously and become one of Ever Active Schools' major projects! In this transition, it now has a full-time team of facilitators working over the summer, to expand the project and continue where the Recreational Leadership volunteers left off.

JAC BUS PASSES - JAC bus pass renewals will be by phone due to the COVID-19 pandemic. Call the JAC office 775-841-7433 to renew your pass or wait until the Senior Center reopens. Expired bus passes will be honored during this time.

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SENIOR CENTER

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COVID-19 closed to the public until further notice

Lunch is served by drive-thru
between 11 a.m. to 12 p.m., Mon-Fri
Suggested donation: 60 & older: \$2.25

Thrift Store

10 a.m. to 3:30 p.m., Tues-Sat

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Send by the 10th to
SeniorCenterNewsletter@carson.org

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