

# 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](http://www.carsoncityseniorcenter.org)  
f / carsonseniorcenter**



## From The Desk Of The Executive Director

I am pleased to announce more activities and events are coming back! Here are a few favorite events coming soon ...

- 1st Friday of the month, starting August 6, 6-9pm – **Dance with Don & Nadine** (\$5/admission)
- 4th Thursday of the month, starting August 25, 2:30pm – **Alzheimer's Association Support Group**
- August 28, 10-11:30am – **Everyone can enjoy Legos** in the Dining Room
- September 16 & 17, 9-2pm – **Jewelry Sale** in the main lobby
- September 18, 9-1pm – **Community Garage Sale**
- September 27, 12:30-5pm – **AARP Driver's Safety Class**

These are in addition to the many activities and events already happening every day at the Senior Center. If you don't see your favorite activity listed, give me a class and we can explore starting a new group.

*Courtney Warner*

Courtney Warner / Executive Director



### 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**



## 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!

### The New Carson Follies - Comedy Thru The Ages

*A special thank  
you to the  
cast, crew and  
organizations  
that helped  
make this  
year's Follies  
a success!*



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

**Meets 4th Wednesday of  
the month, 2:30 to 4 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



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

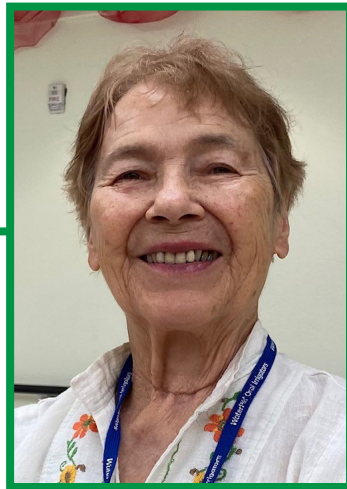
604 W. Washington St., Suite B  
Carson City, NV 89703

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





## Meet Rose Stieha



Did you know we have a volunteer that teaches aquacise at the Carson City Aquatic Center? Well, we do! Her name is Rose Stieha and she's been doing this for 30 years!

Rose moved from Massachusetts to Nevada 54 years ago. She worked as a Lab Technician until she married her husband, Ken, in 1954. They decided to get into real estate investing which she continues to do today.

Gardening is another passion of Rose's. "I used to give lots of fruit to the senior center," she says, "I dropped off fruit and handled the coupons for years." Ken used to help her with coupon organizing and she adds, "He used to complain about how messy they'd get. I'd remind him, that's why we have to organize them!"

Rose is best known for her swimming program which is quite comprehensive giving participants a full body work out in 60 minutes.

"We do 20 minutes walking and stretching, then 20 minutes more active movement to raise the heart rate, then finish with 20 minutes stretching and cooling down," explains Rose. "We are very fortunate to have such a nice pool in Carson City."

If you are interested in trying an aquacise class with Rose, they take place Monday, Wednesday, and Friday from 8:00 to 9:00 am at the Carson Aquatic Center. No charge for the class, but you must pay to enter the pool. Give it a try and get to know one of our most dedicated volunteers in the process!

## THANK YOU FOR SUPPORTING THE FOLLIES!

The Carson City Senior Center greatly appreciates the following businesses and individuals for donating raffle prizes and sponsorship for our 2021 "Comedy thru the Ages" Follies. Thank you for your support!

Alberto's Shoe and Boot Repair, Bella Vita Restaurant, Benson's Feed, Black Bear Diner, Bodine's Casino, Carson City Toyota, Carson Florist, Carson Lanes - Johnny Rockets, Champagne Beauty Bar, Comma Coffee, Comstock Pottery Nancy Brownrigg, Costco, Cracker Box, El Charro Avita, Evergreen Gene's, FISH, Francisco's Mexican Restaurant, Galaxy Theater, Gold Dust West, Gold Dust West Staff, Hacienda, Hidden Treasures Gift Shop, It's a Girl Thang, Juan's Mexican Grill, Karen Kacsmayk, LA Bakery, La Posada Real, Linda Ross, Lucy Murphy, Mary Sharron, Ming's Restaurant, Mobile Aero, Mom & Pop's Diner, Nancy Fish, Paradise Salon, Ray Teele, Red's Old 395 Grill, Rhonda Walkins, Richard Castle, Sandy Ehresman, San Marcos Grill, Sassafras Eclectic Food Joint, Scoups Ice Cream and Soup Bar, Shirley Oliver, Starbucks, The Bodhi Tree, The Purple Avocado, The Union, Villa Basque Deli & Café, Yaples Ballroom.

*A special thank you to the cast, crew and organizations that helped make this year's show a success!*

Toni VanCleave (Director), Ray Finnegan (M.C.), Kathy Block, Yolanda Garcia, Roger Germain, Marla Johnson, Chris Kay, Don Klestinski, Nadine Klestinski, Donna McClelland, Mark Meszaros, Gene Munnings, Mike Reynolds, Bob Schirlls, Carol Schirlls, Russ Smith, Luba Tomashek, Tom Tomashek, Allegra Printing, CarsonNow, Nevada Appeal, City of Carson City, Carson City Senior Center Volunteers and Staff.



**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](http://www.InfinityHospiceCare.com)

# NOTICE BOARD

## 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.

**BY APPOINTMENT:** Mondays & Tuesdays - 11am - 2pm

Wednesdays, 1:30pm - 4pm | **WALK-INS** (first come first served): Thursdays, 10am - 1:30pm

For more information and appointments,

**CALL: 775-883-0703**

Medicare Assistance Program 775-284-1892

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



## Volunteer Opportunities at CCSC

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

**See Brooke to sign up (883-0703)**



## EVERYONE CAN ENJOY LEGOS

Come see Anita Moreno, caregiver, magically transform her father with Alzheimer's disease to a master LEGO maker. Parents, grandparents, grandkids and friends are all welcome to come watch or join in re-exploring LEGOS at any age or stage of life. This **FREE workshop** will be on:

**Saturday, August 28 • 10am - 11:30am**

**at the Carson City Senior Center**

*Materials will be supplied*

Questions or RSVP: [nvdebcash41@yahoo.com](mailto:nvdebcash41@yahoo.com)

## Dance with Live Music at CCSC

Kick up your dancing shoes and enjoy the live music of **Dan & Nadine** at the Carson City Senior Center, 911 Beverly Drive, on Friday, **August 6, 6-9pm**. Doors open at 5:45pm. Admission is \$5.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!



\$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*



## 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 +**



## Thank You for Meals On Wheels Donations ... and for 30 Fans!



**Feisty Goat Pub**

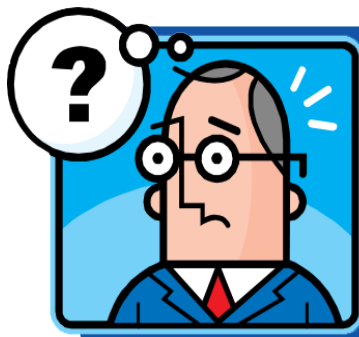


**Southwest Gas**



**Ropers Heating & Air**

**Does someone you care about have memory loss?** This FREE program for LGBTQ+ adults can help! • Nine coaching sessions for you and the person with memory loss • Complete the virtual program from the comfort of your home • Compensation for completing five phone interviews  
**Call: 1-888-655-6646 | Email: [ageIDEA@uw.edu](mailto:ageIDEA@uw.edu) | Visit: [ageIDEA.org](http://ageIDEA.org)**



### Barry's Trivia Question of the Month

**AUGUST**

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

**Q: What two states were admitted to the Union during the Civil War?**

**PREVIOUS MONTH'S QUESTION & ANSWER**

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

**A:** None. It was last rung on Feb 26, 1846. Every July 4, at 2pm Eastern, children who are descendants of Declaration signers symbolically tap the Liberty Bell 13 times.



171 E William Street  
775.885.9000 | 877.519.5567  
[www.gdwcasinowest.com](http://www.gdwcasinowest.com)

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gaming Rules of Play Call 1-800-822-4708. ©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](http://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**<sup>®</sup>  
MEMORIAL

∞ LIFE WELL CELEBRATED<sup>®</sup> ∞

**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**



**JULY  
BIRTHDAYS**

**Queen**

**JULIE KNIFFEN**

**79 Years Young**



**King**

**DON SIMPSON**

**96 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](mailto: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](mailto: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