

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



HAVE A
GREAT
Summer



**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**

Our annual summer FAN DRIVE is happening right now, and we need more donations to keep up with the requests. If you could donate a brand-new fan, we will make sure it gets in the hand of a senior needing to cool off this summer. Huge thank you to Roper's Heating and Cooling, Washoe County Senior Services, KOLO 8, and the many generous donors of fans.

If you need a fan, best to call first to make sure we have one available as they are going out faster than they are coming in.

Remember to stay well hydrated in the heat and come to the Senior Center to cool off. Our AC is working hard to keep everyone comfortable.

Kind regards,

Courtney Warner

Executive Director (775) 883-0703

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Thank you to Atrio Health Plans for sponsoring the Gift Cards for our Birthday Friday King and Queen! Stop by their table in the lobby on the 1st and 3rd Fridays during lunch to learn more about Atrio!

10 Warning Signs of Alzheimer's

*Presented by
the Alzheimer's Association of Northern Nevada*

Tuesday, August 30 • 9am-12pm

Tahoe Room of the Carson City Senior Center

Please RSVP at Reception or call (775) 883-0703

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Attend this workshop to learn more.

Understanding Alzheimer's

*Presented by
the Alzheimers Association of Northern Nevada*

Thursday, September 1 • 9am-12pm

Tahoe Room of the Carson City Senior Center

Please RSVP at Reception or call (775) 883-0703

Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Attend this workshop to learn more.

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)

**4th Wednesday meetings are
on Zoom until further notice.**

**Contact the Alzheimer's
Association for details.**

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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THANK YOU FOLLIES



Thank you to the Follies Cast for all the hours of rehearsals, set design, planning and performing (in alphabetical order): Kathy Block, Judy Bishop, Yolanda Garcia, Roger Germain, Maureen Godbout, Debbie Hochsprung, Karen Kacsmark, Teri Karlsson, Chris Kay, Don Klestinski, Nadine Klestinski, Donna McClellan, Susan Misner, Gundy Monahan, Gene Munnings, Jose Posada, Mike Reynolds, Bob Saunders, Carol Schirlls, Lacy Sheck, Judy Smith, Toni VanCleave, Jacob Watts.

And special thanks to the sponsors, raffle donors, and supports of the Follies production (in no order): Gold Dust West, V&T Railroad, Ming's Chinese, China East, Toni VanCleave, Follies Cast, Evergreen Gene's, Bully's, Karen Kacsmark, Northern Nevada Coin, Carson Nugget, San Marcos Grill, Fandango Galaxy Theater, Casino Fandango, Grocery Outlet, Carson Antiques & Collectibles, Shutter Stories, Mary Kincaid, A Whimsical Touch, Kathleen Bailey, Corries Corner, Surf Thru Car Wash, El Charro Avitia, Mi Casa Too, Murphy, Donna McClelland, Cutting Edge, Carson City Florist, Attitudes Salon, Nevada Day Store, Flat Earth Pizza, Get Nailed, East 50 Barber Shop & Shave Parlor, Red's Old 395 Grill, Judy Bishop, Lee's Tin Roof Lapidary, Carson Home Furnishing, Mangia Tutto, Hacienda Market & Grill, Mom & Pops, Scoups, The Purple Avocado, The Red Hut Café, The Fox Brewing Pub, Bodines, Johnny Rockets, Benson's Feed, David Shriver, Victoria Williams, Keri Karlsson, and GES. **Please support these community champions as they support Meals on Wheels!**

Can You Hear That?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in 2 weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away. "Honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?" Glaring at him she shouts, "For the 5th time, CHICKEN!"

Do You Know Who I Am?

One day a famous old celebrity went to a nursing home to see all of his friends again and see how everyone was doing. When he got there he was immediately greeted by everyone because they recognized him instantly. He said hi to all of his friends warmly, but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The celebrity went up to the old man and stood in front of him, and asked, "Do you know who I am?"

The old man looked at him and kindly said, "No, but you can go to the front desk and they'll tell you."



Barry's Trivia Question of the Month AUGUST

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Where is Ford Island?

PREVIOUS MONTH'S QUESTION & ANSWER

Q. What is the Capital of Iceland?

A. Reykjavík.

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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!



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BIRTHDAYS**

Queen

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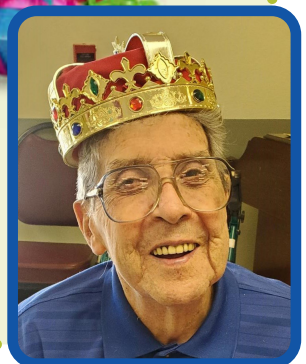
84 Years Young



King

DON SIMPSON

97 Years Young



Summer Safety Tips For Seniors

According to the CDC, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature; we don't sweat as much as we used to and we store fat differently, which can further complicate heat regulation in the body.

This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. Which is why seniors suffer from heat stroke in the summer more often than younger people.

Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep seniors safe and healthy in the rising temperatures of the summer months.

Stay hydrated.

Drink eight or more glasses of water and/or fruit juices every day to stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee and tea as they can leave you dehydrated quickly. Increase your intake if you are doing any physical activity or if the weather is particularly hot.

Stay indoors during extreme heat.

In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.

Stay in an air-conditioned place.

Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or family member's home or a community senior center are all good options. You can contact your local Area Agency on Aging for help finding a local cooling center during extended periods of extreme heat.

Know the weather forecast and dress appropriately.

The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

Protect your skin and eyes.

Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.

Know the side effects of your prescriptions.

Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

Know the early signs of heat-related illnesses such as heat stroke, dehydration, heat exhaustion, hyperthermia, etc.

Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Take immediate action if you feel any symptoms coming on.


Maintain communication with friends, family, caregivers and emergency contacts.

Prepare a list of emergency phone numbers and place them in an easy-to-access area in case needed.

**As a caregiver or loved one,
you can help seniors beat the heat by:**

- Visiting at least twice a day.
- Watching for signs of heat exhaustion or heat stroke.
- Making sure they have access to air conditioning.
- Helping them limit their exposure to the sun.
- Making sure they are getting enough fluids to keep them hydrated and have a normal body temperature.

Summer Safety Tips

 <p>Stay Hydrated Drink 8 or more glasses of water per day to stay healthy & hydrated</p>	 <p>Know the Side Effects of Medications Some medications have side effects such as drowsiness or sun sensitivity</p>	 <p>Stay Cool Stay in the A/C, indoors, go swimming, etc.</p>
 <p>Wear Light, Loose Fitting Clothing Wear breathable clothing and light colors that reflect the sun</p>	 <p>Have Emergency Contacts Have a list of people to call in case of emergency</p>	 <p>Know the Weather Forecast Plan your days accordingly depending on the weather</p>

NOTICE BOARD

SAVE THE DATE: **FLU SHOT**

Thursday, October 6, 2022

9am – 11am • Tahoe Room

Offered by Carson City Health and Human Services. More information to follow.

FREE Movie Matinee

**Tuesday, August 9 at 1pm
in the Nevada Room**

Call for current showing

(775) 883-0703

(due to copyright, we can't advertise)

SEEKING DONATIONS

Donate your gently used jewelry, pocket watches, pocket knives, and bolo ties for our bi-annual jewelry sale, a fundraiser for Meals on Wheels. **Drop off at Reception today!**



BINGO

**Sunday, August 14,
Sunday, August 28 and
Monday, September 5**

\$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

AARP DRIVER'S SAFETY CLASSES

Upcoming in-person classes:

August 8, October 10,

November 14, December 12

9:30am - 1:30pm • Tahoe Room

**Cost: AARP Member \$20 & non-member
\$25 Payable day of class by cash or check
(written to AARP). No credit cards.**

Dance with Live Music

at the Carson City Senior Center

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 5, 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

Tai Chi

Tuesdays & Thursdays, September 6th thru 29th

Time: 1:00-2:00pm Room: Joshua Tree

Join instructor Cindy Battee who specializes in a 4-minute Tai Chi style for seniors for a four-week course. Studies have found Tai Chi improves cardiovascular endurance, sleep, immune system, strength, balance, flexibility and helps to relieve stress. Donations of \$3 per class appreciated.

Must RSVP at the Reception desk to save your space!

***Future courses: October 4 thru 27,
November 1 thru 22, January 3 thru 26***

TAI JI QUAN

Tuesdays & Thursdays [12 week series]

Starting August 2nd thru October 6th

Time: 3-4pm Room: Joshua Tree

Join us for a free Tai Ji Quan Program: Moving for Better Balance which improves muscle strength, balance, flexibility, and mobility as well as reducing risk of falls among older adults. Free 12 week course taught by the UNR Cooperative Extension.

Must RSVP at the Reception desk to save your space!



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.

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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

Second Wind 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

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