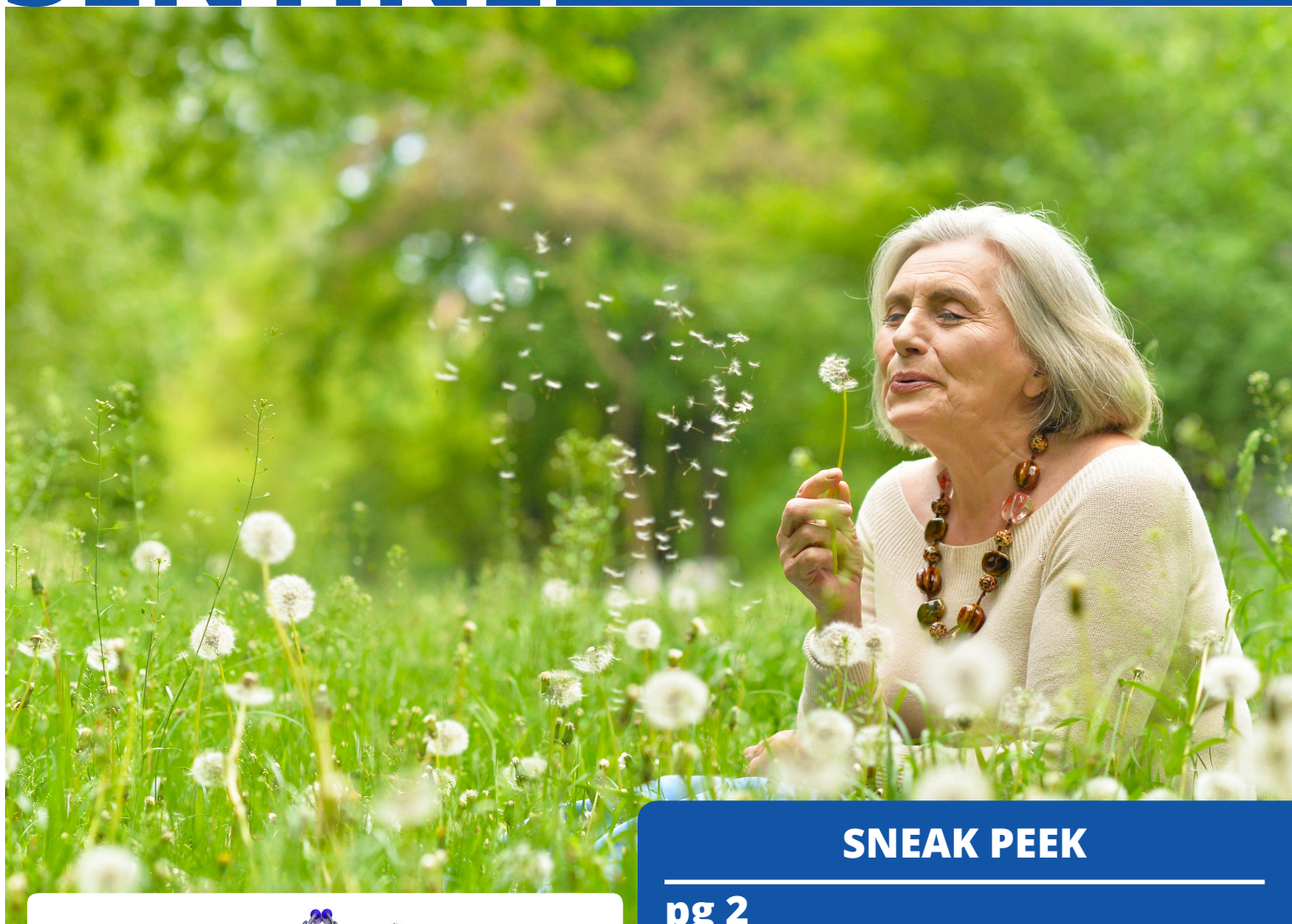


The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

pg 2

Come play Bingo with us! All proceeds benefit the Meals-On-Wheels program

pg 3

Do you have the most current Support Group & Resource Contact Information?

pg 11

Find out how to WIN a Costco Gift Card!



pg 5

Fruits & Veggies... *On A Budget?* **YES!**

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Volunteer Appreciation Event - RSVP NOW	
Triad Event: Topic for Sept: Flu Prevention	
Dance Classes - Only \$5 per class	
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

September brings a new focus as we look towards our next year and most importantly, budget planning for our forecasted growth. Spend time at the Senior Center or better yet, in the kitchen and you will see how we are all hands on deck, busily working to meet our growing demands while being financially responsible and efficient. We expect to serve 44,000 Congregate Meals and deliver 99,000 Meals on Wheels meals by the end of September – that's just shy of 150,000 meals in one year alone!! These figures are expected to continue to grow into 2019 and the Senior Center is diligently preparing to meet these demands. These preparations include looking for cost saving opportunities, exploring new revenue potentials and developing a maximum capacity for heavily impacted areas. The Senior Center is committed to serve the senior population of Carson City to support a high quality of life for all.

SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

○ **\$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 1pm
Must be 21 to play

Carson City Senior Center
911 Beverly Drive, Carson City

*All proceeds benefit
the Meals-on-Wheels program.*

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



For **Home Health**
Services Call:

(775) 687-1530

- ✓ 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.

Fruits and Vegetables on a Budget

Getting More for Your Money

With careful **meal planning**, **smart shopping**, and a few tweaks in **storage and preparation** techniques, you can make the most out of your family's budget by always including fruits and vegetables in your meals. They're an excellent value for the money! Check out these tips and get the most for your money from fruits and veggies.

MEAL PLANNING to Fit Your Budget

Preparing meals and eating at home saves money and gives you the opportunity to enjoy meals with your family. But if you're busy, how do you do this? **Plan ahead!** By planning ahead, you'll save time and be less likely to resort to pre-prepared or take-out food that costs more.

Start with this ...

- **Make a list**, and stick to it to avoid spending money on unnecessary items.
- **Include frozen, canned and dried forms** of fruits and vegetables on your list. They are all nutritious and handy for quick-fix meals.
- **Make sure you have staples** that you use on a regular basis on hand.

Then try this ...

- **Plan** for fruits or vegetables to be the CENTER of the plate ... and then add protein and grains. Some vegetable-grain combinations don't require additional protein but when you do add meat or cheese, think of it as flavoring.
- **Plan** meals around fruits and vegetables that go a LONG WAY. Plan to include fruits and vegetables you can grab as quick snacks or turn into soups and casseroles that you can eat a couple of times during the week.

SHOPPING for Fruits and Vegetables and Sticking to Your Budget

- **Buy in season.** Although most fresh fruits and vegetables are available year-round, some are less expensive when they are in season. Also keep in mind that ***all forms of fruits and vegetables are nutritious***, so canned and frozen forms are OK too!

Buy more. When there are specials on fruits and vegetables, buy extra. They can be frozen, or you can prepare a dish to be frozen for a busy night's dinner. But don't buy it if you won't use it or you'll just be tossing the money in the garbage.

- **Don't shop when you're hungry.** You may be tempted to buy things that are not on your list. An impulse purchase of a bag of cookies ... on sale ... can cost you \$2.50 or more.
- **Comparison shop.** The larger size is not always the best price.
- **Limit or avoid** expensive snack foods, desserts and soft drinks that provide little or no nutrition value for your money.

PREPARING Fruits and Vegetables: Adding Variety While Saving Money

- **Prepare more so you have leftovers.** Use them for lunch, or create a new dish.
- **Replace half the meat.** Substituting half the meat in a recipe with beans and/or vegetables will reduce fat and increase fiber, as well as save you money.
- **Forget the takeout food.** Keep canned and frozen fruits and vegetables on hand for a quick-fix meal.
- **Use fruits and vegetables as snacks.** It's easy to have fruits and vegetables available as 'grab and go' snacks.

SIZZLING SENIOR DAYS

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



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fax (775) 882-5015



**AUGUST
BIRTHDAYS**

Queen

**ARLENE
NOBLE**

91 years young

King

JIM BOSCH
85 years young



**HEARING CARE
OF CARSON CITY**

Hearing Aids & Audiology

Brett M. Weeks, AuD
Doctor of Audiology

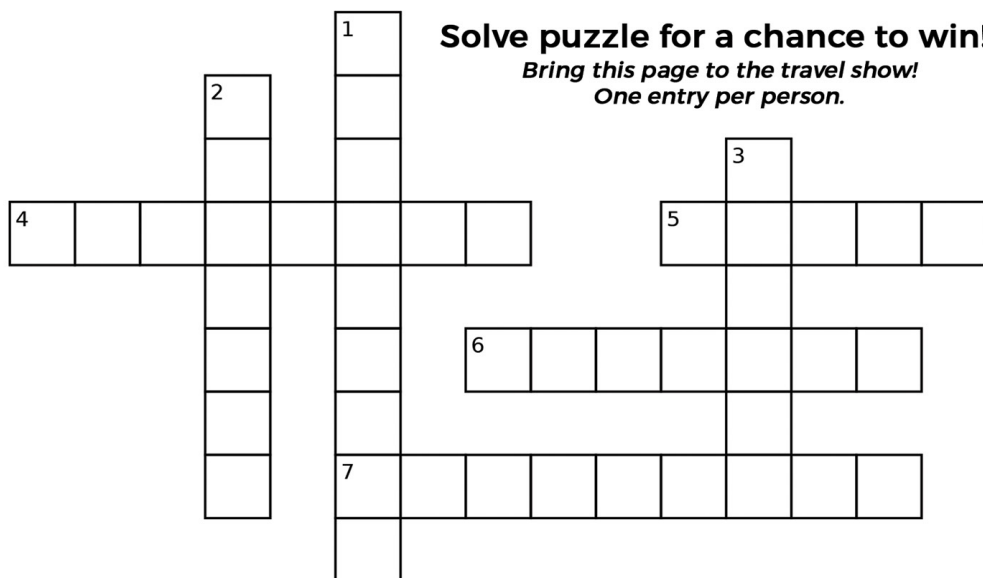
Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City, NV 89701

775.885.9888

Email

Name



Solve puzzle for a chance to win!
Bring this page to the travel show!
One entry per person.



JOIN US!

**Friday, September 27
@ 1pm**

Carson City Travel Show
Carson City Senior Center
911 Beverly Dr, Carson City

**Saturday, September 28
@ 10am**

Reno Travel Show
Meadowood Courtyard Hotel
5851 S Virginia St, Reno
RSVP by phone or online

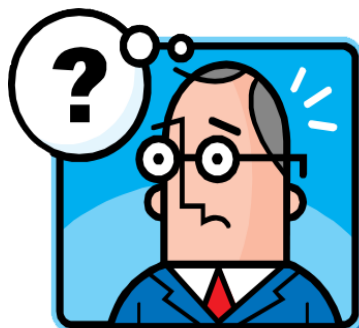
Down:

1. Gear up for the holidays at the Broadmoor
2. See Castles and Crystals starting in Dublin
3. See zebras, elephants and flamingos on this kind of trip to Africa

Across:

4. Land of Waterfalls and sequoias declared a World Heritage Site in 1984
5. Tour Director
6. Land of Fire and Ice
7. Most Popular Tour

FIND CLUES ON OUR WEBSITE! PATTYSTOURS.COM 775-453-1794



**Barry's
Trivia Question
of the Month
SEPTEMBER 2018**

Barry R. Bjorkman
Former Advisory Council Chairman

Q: What four countries on the continent of South America do not speak Spanish?

LAST MONTH'S QUESTION AND ANSWER

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

A: Adams, Harrison, Johnson, Roosevelt and Bush.



Walton's Funerals & Cremations

Every Life Has A Story... Remember

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• Plan Your Own Arrangements Now and Spare Your Loved Ones the Burden

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882-4965**

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& Cremations
783-9312**

1521 Church, Gardnerville



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1807 E. Long St. • Carson City, Nevada 89706

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the Friendly Home for Seniors!*

We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms • Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship
both Christian Bible Reading (weekly) and Catholic masses (once a month)

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 SEPTEMBER

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

Funerals & Cremations

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- ◆ *Available Staff 24 hours a day*

Christie Wilde

Location Manager

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VOLUNTEERS WANTED!

for the following positions:

TRIAD ADVISORY COUNCIL

Aid in making decision for upcoming Triad events (*meets once per month*)

GALLEY

Aid in preparing our dining room for daily lunches (*Shifts available M-F*)

THRIFT STORE

Aid in overall store upkeep
(*meets once per month*)

To apply, contact Tiffany Roberts

(Activity Coordinator & Volunteer Supervisor
for The Carson City Senior Center)

at TRoberts@carson.org or

883-0703

OUR "MOST WANTED"

All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers

We will pay top dollar for your items.

You could have cash in your pocket today, so don't delay.

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We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

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- Beauty Salon
- Home-Style Meals
- Transportation
- Variety of Activities

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Free Lunch & Tour!**

775.885.9223
 Prices starting at \$1,895



The Notice Board

FALL JEWELRY SALE

Sale of gently used jewelry on

**Thursday & Friday
September 13 & 14
9am to 2pm**

both days in the
Senior Center lobby

Our Spring Sale raised
\$1700 for Meals on Wheels.

*As always, donations are
appreciated and can be left
at the reception desk.*

Thank you! Volunteers: Dee,
Carolyn, Pat, Rosemary

Flu Prevention

Keep the Germs Away

**Friday, September 14
at 11:45 am**

Join us Friday, Sept. 14 at 11:45 a.m., for "Flu Prevention: Keep the Germs Away!" Presented by Carson City Health and Human Services, this informative session will provide you with tools and lasting tips to stay healthy. Lucky attendees will

**win a Costco
gift card,**
courtesy of
Costco Wholesale!



Dance Classes

**every
Monday
1:30 pm
in the
Nevada Room**

*Learn to dance
like the Stars!*

\$5.00 class

You're Invited

Volunteer Appreciation

WHEN: Saturday, September 22, 2018, 10-12pm

WHERE: Carson City Senior Center, 911 Beverly Drive

WHAT: Brunch, Bingo and Special Treats

WHAT TO BRING: Yourself and a Guest

RSVP by September 14 to Tiffany Roberts (883-0703)
or troberts@carson.org



I would like to subscribe to the "Senior Sentinel" for one year.
My check in the amount of \$15.00 is enclosed.

Name _____

Mailing Address _____

DISCLAIMER

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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

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Joe Spencer, Director

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Marie Borgo, Council Member—9/18
Pete Dupre, Council Member—9/19
Diane Maguire, Council Member—9/18
Cindy A. Somers, Council Member—9/18
Laurel Stadler, Chairman—9/19
Corry Steiner, Council Member—9/18
John C. Wilson, Council Member—9/18
Jane Wong, Council Member—9/19

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga

911 Beverly Drive Carson City, Nevada 89706

