

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



Happy
LABOR DAY

**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

COVID Booster Information – we are starting to get calls regarding a booster shot for the COVID vaccine. We are still waiting to hear more information on what will be recommended, when and how to get your booster. We are not maintaining a waitlist currently. The Carson City Health & Human Services department will send out a press release with information and direction. Until then, it is best to sit tight and wait for that information. We will update our website with that information once it is released.

Courtney Warner

Courtney Warner / Executive Director

Insurance

Avoid the risk of losing your home/business! Buy mortgage protection insurance or accidental death to pay off mortgages, college loans and credit card debts! Licensed insurance agent Lic#6418 Shirley Shaw 775-885-8330.

Private prayer Counseling and Bible instruction for Female

\$75.00	90-minute session
\$200.00	3 ladies
\$300.00	5 ladies unlimited sessions
\$400.00	7 ladies

Shirley Shaw 775-885-8330

A FUNDRAISER FOR



1st 100
PEOPLE

\$5.00 off purchase at Second Wind Thrift Store

COMMUNITY GARAGE SALE

Saturday, September 18, 9-1pm
At the Carson City Senior Center
911 Beverly Drive

Second Wind Thrift Store
50% off sale

Hidden Treasures Gift
Shop Holiday Bazaar

Jewelry Sale

Refreshments

Crafts



Reserve your space TODAY!
\$10/\$25 Space
Regular/Oversize

\$10 Vendor sales (indoors)
essential oils, clothing,
candles, home goods, makeup,
prepackaged foods, etc.

Call (775) 883-0703 or
register online
www.carsoncityseniorcenter.org



**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

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)

**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



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PHYSICAL THERAPY

Experience you can trust

Results you can count on

Jason Overholser, PT

Physical Therapist / Owner

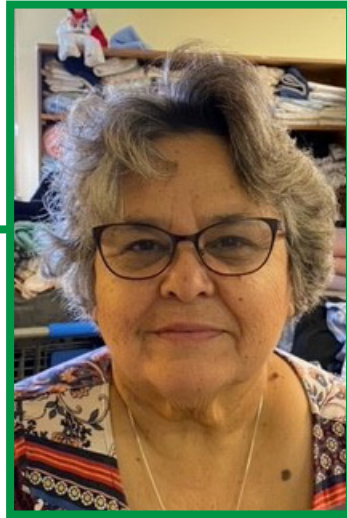
604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001

fax (775) 882-5015

STAFF HIGHLIGHT

Meet Lupe Thornton



If you ever shopped at the Second Wind Thrift Store, you might have met Lupe Thornton our cashier. With her 14 grandchildren and 2 great grandchildren, it's hard to believe she has time to work here at the thrift store.

"I was retired for ten years and realized I needed to do something," Lupe states. She started at the Nugget Casino as a cashier and was hired here last August.

Originally from California, Lupe lived in Mexico as a child and learned fluent Spanish. She met her husband of 35 years in the Navy where she did 18 years as a reserve.

"I was a cook," She said, "They call them Culinary Specialists now, but it's still a cook." Lupe smiles when I ask her if she still cooks... "Nope."

Lupe and her husband moved from California to Missoula, Montana where they stayed 25 years. When they had enough of the extreme winters, they relocated to Carson to be closer to her mother.

Banking was her career for thirty years. "I worked as a Vault Teller," Lupe says smiling again. "I handled the big money, everything that came in or out of the vault, sending money to the feds... all that."

When Lupe is not working at the thrift store, she enjoys watching Unsolved Mysteries and reading biographies, especially those regarding the WWII era. A world traveler, including a stay in Italy, Lupe would still like to see Greece and Egypt. Until she takes off for those destinations, we are happy she's spending her time at the senior center with us.

Silver State ART FESTIVAL

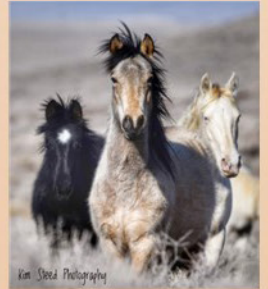
Gourds, Fine Art & Fine Crafts
September 10, 11 & 12
Friday 5-8, Saturday 9-5, Sunday 10-3

3 Days of Classes
Gourds, Jewelry, Weaving & much more!

Fuji Exhibit Hall

Carson City (Across from Costco)

- ♦ Free Admission
- ♦ Stunning artwork for sale!
- ♦ 40+ Award Winning Artists
- ♦ Gourds, Paintings, Woodwork, Photography, Jewelry and much more!
- ♦ **Raffle to benefit Meals on Wheels**



VISIT
CARSON CITY NV

MEALS ON WHEELS
CARSON CITY

NSB
NEVADA STATE BANK

www.NevadaGourdSociety.org
619-995-2475 or 775-301-8230

Nevada Gourd Society
Turning Nature's Canvas into Art



NOTICE BOARD



SUNDAY BINGO September 6, 12, 26

\$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

Save the Date
Fall Jewelry Sale
Thursday and Friday
September 16 & 17
9am to 2pm
Senior Center lobby.
A sale of gently used jewelry to raise money for Meals on Wheels!

FLU SHOTS COMING



*Tentative date**

Sunday • October 10 • 9-1pm
Community Center Gym

*(no shots will be offered
this year at the Senior Center)*

***Date subject to change and is offered
by the Carson City Health & Human Services**

PRODUCE ON WHEELS
Every 2nd & 3rd Monday
9:30 am - 11:00 am
Pick up FREE fresh produce
at the east entrance
for Nevada Seniors 60+

AARP DRIVER SAFETY COURSE

Monday, September 27
12:30pm - 5pm

Held at the Carson City Senior Center
in the Tahoe Room

\$15 AARP Member/ \$20 Non-Member

Call Reception (883-0703) to pre-register



Volunteer Opportunities at CCSC

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

See Brooke to sign up (883-0703)

HERE'S THE
SCOOP
OUR
VOLUNTEERS
ARE THE BEST!



*Join Us for a Volunteer
Appreciation Ice Cream Social*
Wednesday • September 29 • 2 to 4 pm
Carson City Senior Center • Dining Room
RSVP To Reception (883-0703) by Friday, Sept 24

Eating healthy has benefits that can help individuals ages 60 and up.

As we age, healthy eating makes a difference in our health, helps improve how we feel, and encourages a sense of well-being.

Are you drinking enough water?

Eating enough protein while reducing fat?

How can you obtain needed nutrients while maintaining a healthy weight and lifestyle?

Learn all about the unique dietary needs for those of us aged 60+ by visiting:

www.myplate.gov/life-stages/older-adults



Unique Needs



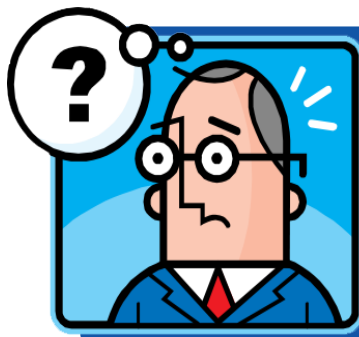
Nutrition Tips



Be Active



Resources



Barry's Trivia Question of the Month SEPTEMBER

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: In what state did Mr. J. C. Penney open his first store?

PREVIOUS MONTH'S QUESTION & ANSWER

Q: Which two States were admitted to the Union during the Civil War?

A: West Virginia (35th) and Nevada (36th).

**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**



171 E William Street
775.885.9000 | 877.519.5567
www.gdwcasinowest.com



See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4702. ©2015, Jacobs Entertainment, Inc.

Your Home Full of Friends

**FITZHENRY'S
FUNERAL HOME AND
CREMATORY**

3945 Fairview Drive
Carson City, Nevada 89701
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
MEMORIAL

∞ LIFE WELL CELEBRATED® ∞

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



**AUGUST
BIRTHDAYS**

Queen

MARY WELLIVER
75 Years Young



King

JAMES BOSCH
88 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 to be added to the list.

DISCLAIMER

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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

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

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Chris Gray, Director

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ELDER RESOURCE ADVOCATE

Warren Bottino

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