

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



**CARSON CITY  
SENIOR CENTER**

Hours of Operation

Monday through Friday, 9 a.m. to 4 p.m.

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

[seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

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From the Executive Director,  
Courtney Warner



A **HUGE** thank you to Roper's Heating and Air Conditioning and Washoe County Senior Services for donating the highest number of fans to our Summer Fan Drive. While our final tallies are still coming in, we project to be close to 300 fans given out this summer season. And thank you to the many individuals who dropped off fans. We needed every single donation to cool off seniors this summer. Thank you!

## JEWELRY *Sale*



Thursday, November 3 &  
Friday, November 4  
9-2pm  
Senior Center Lobby



**QUEEN**  
Gayle Morse  
82



**KING**  
Norman Holmes  
95

September  
Birthdays



King & Queen given a gift card  
courtesy of Atrio Health Plans.  
Celebrate your birthday with us  
- 1st Friday of each month!



**RESOURCE LIST**

Nevada 211 (Nevada Care Connection) .....	211
Adult Protective Services .....	1-888-729-0571
Aging & Disability/CHIP .....	775-687-4210
Alzheimer Association .....	1-800-272-3900
Care Chest .....	775-829-2273
Carson City Health & Human Services .....	775-887-2190
Crisis Support Services of Nevada .....	775-784-8090
Day Labor .....	775-687-6899
Elder Care Law (RSVP) .....	775-687-4680
Energy Assistance Program .....	775-684-0730
Food Bank of Northern Nevada .....	775-331-3663
Jump Around Carson (JAC Transit) .....	775-841-7433
Medication Management Program .....	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services .....	775-883-0404
Nevada Rural Housing Authority (HUD) ..	775-887-1795
Nevada State Welfare Office .....	775-684-0800
Northern NV Center for Independent Living .....	775-353-3599
Retired & Senior Volunteer Program (RSVP) .....	775-687-4680
Ron Wood Family Resource Center .....	775-884-2269
Sanford Center on Aging .....	775-784-4774
Senior Companion Program .....	775-358-2322
Senior RX .....	1-866-303-6323
Social Security Administration .....	1-800-772-1213
State Health Insurance Program (SHIP) ...	1-800-307-4444
Suicide Prevention Lifeline .....	1-800-273-8255
Veterans Administration .....	775-786-7200
VA Medical Benefits Information .....	1-800-827-1000
VARN .....	775-883-8278
(Volunteer Attorneys for Rural NV)	
Weatherization Program .....	775-887-1795, X124
(Nevada Rural Housing Authority)	

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## ALZHEIMER'S SUPPORT GROUP

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

Meets 4th Wednesday of the  
month, 2:30 p.m. to 4:00 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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**Jason Overholser, PT**  
Physical Therapist / Owner

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

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

# NUTRITION TIPS FOR AGES 60+

Eating habits change throughout the life span. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.

Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties if slicing and chopping is a challenge.

Make eating a social event. Meals are more enjoyable when you eat with others.

Invite a friend to join you or take part in a potluck at least twice a week. A community center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

The ability to absorb vitamin B12 can decrease with age and the use of certain medications can decrease absorption.

Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. Speak with your healthcare provider to determine what, if any, supplementation is right for you.

<https://www.myplate.gov/life-stages/older-adults>

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## Giving Hope to People Affected by Dementia

2022 FALL WORKSHOPS NOW OPEN  
FOR REGISTRATION

Kids & Horses Connected Horse  
Introducing Lessons Learned Form Horses  
to People

For Information & to Register  
Call Judy Vared  
(925) 708-0067



## Barry's Trivia Question of the Month

by Barry Bjorkman  
Former Advisory Council Chairman

Q: What was Babe Ruth's number?

Previous Month's Question & Answer  
Q. Where is Ford Island?  
A. In the middle of Pearl Harbor.





**FITZHENRY'S  
FUNERAL HOME AND  
CREMATORY**

**3945 Fairview Drive  
Carson City, Nevada 89701  
www.fitzhenryfuneralhome.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**

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## 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**

# Second Wind Thrift Store



**Supporting Meals on Wheels  
and Senior Independence**

## Daily Specials!

Household goods, books, clothing,  
furniture, antiques, jewelry, sporting  
goods, small appliances, and more!

**Hours: 10 a.m. to 5:30 p.m.  
Tuesday - Saturday  
(775) 301-6676  
901 Beverly Drive, Carson City**

**BERKSHIRE  
HATHAWAY**  
HomeServices


**Lisa Williams  
REALTOR®**

Safe Area



**Drysdale Properties**  
310 S. Curry Street  
Carson City, NV 89703

530-260-3087 Cell  
775-434-0344 Office  
lisa.williams@bhhsdrysdale.com  
lisawilliams.bhhsdrysdale.com  
RED # S.0188952

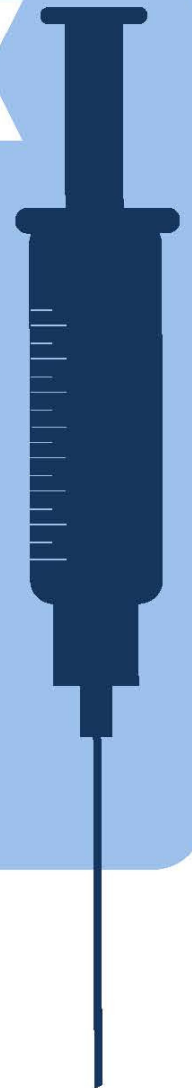
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## Advertise with Us!

**Choose Well, Get Your**

# FLU VACCINE



**October 6, 2022  
9 a.m. - 11 a.m.**

**Carson City Senior Center  
Tahoe Room**

**911 Beverly Dr, Carson City**

Bring your insurance card. If you do not have insurance you will **NOT** be turned away.

**For uninsured or underinsured, the flu shot is \$20.**

All insured patients are responsible for confirming their flu vaccination coverage with their insurance company.

**High Dose vaccine for those 65 and older is available!**

To view the Vaccine Information Statements before the event visit [gethealthycarsoncity.org/immunizations/](https://gethealthycarsoncity.org/immunizations/) or scan the QR code with your phone!

**Have questions or need more information? Please contact:**

Haydon Cook

Sharon Montiel

775-283-7716 • [HCook@Carson.org](mailto:HCook@Carson.org) | 775-283-7272 • [SMontiel@Carson.org](mailto:SMontiel@Carson.org)

**Twitter: @CCHealthEd | Facebook: CCHHS | [gethealthycarsoncity.org](https://gethealthycarsoncity.org)**



**Quad-County  
Public Health  
Preparedness**





# NOTICE BOARD

## MOVIE Matinee

Tuesday, September 13  
1 p.m.

Nevada Room

Free

Call for current showing  
(775) 883-0703

(Due to copyright, we can't advertise)

## AARP Driver's Safety Class

October 10, November 14,  
December 12

9:30 a.m. to 2:30 p.m.

Tahoe Room

\$20 AARP Member, \$25 non-member payable day of class  
(cash or check)

Register at Reception

## Tai Chi

New course starts every month  
Tuesdays & Thursdays

1 p.m. to 2 p.m.

Joshua Tree Room

Donations of \$3 per class  
appreciated.

Register at Reception

## BINGO

Monday, September 5,  
Sunday, September 11,  
Sunday, September 25

Doors open at 11 a.m.  
Games start at 1 p.m.

Must be 21 to play

All proceeds benefit Meals on Wheels

## DANCE

Friday, September 2  
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with  
Don & Nadine

## Jewelry Donations Needed

Gently used jewelry,  
pocket watches, pocket  
knives, and bolo ties  
needed for our bi-annual  
jewelry sale.

Drop of at Reception today!

## MEDICARE

Open  
Enrollment  
Coming in October!



# CARSON CITY SENIOR CENTER

911 Beverly Drive Carson City, Nevada 89706

## SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:30 p.m., Monday - Friday

Suggestion donation: 60 & older \$2.25

## HIDDEN TREASURES GIFT SHOP

10 a.m. to 3 p.m., Monday - Friday

## SECOND WIND THRIFT SHOP

10 a.m. to 5:30 p.m., Tuesday - Saturday

*Newsletter Submissions (due by the 10th):*  
[seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)

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Tom Baker, Secretary  
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Pam Couch, Director  
Chris Gray, Director  
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## SENIOR CENTER DIRECTOR

Courtney Warner

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Warren Bottino

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Michael Salogga

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