

Senior Sentinel

www.carsoncityseniorcenter.org



Upcoming Holidays



Monday, September 4 - CLOSED

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**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

www.carsoncityseniorcenter.org

From the Executive Director, Courtney Warner

We're so excited to have ALL of our doors open and operations back to a "new" normal. What's up next? We need to get back to programming events, workshops, and education. This will start with the Medicare Open House event on October 3.

If you'd like to help plan events or workshops or have topics you'd like us to feature, reach out to me. The best ideas have come from you!



Medicare

Workshop & Open House

Tuesday, October 3

Medicare 101 Workshop: 10:00-11:00am

Vendor Fair: 12:00-2:00pm

Know what is covered under Medicare and meet local representatives who can talk details about their coverage. Medicare Open Enrollment is October 15 - December 7.

VOLUNTEER *Spotlight*



SUSAN PETZING

Susan has been a volunteer in our dining room for over 2 ½ years. You will find her in our dining room on Wednesdays and Fridays. Susan had two different careers. Her first was as a long haul trucker for

twenty years with her husband in the same cab without killing each other! She is now retired from Washoe County Sheriff's Office after working there for 21 years. Most of her time was working in the jail as a Central Control Specialist. Susan was married for 35 years and has one son who is also retired from the Washoe County Sheriff's Office. Susan has two grandsons, one of which is a Washoe County Sheriff's Deputy. Susan enjoys volunteering at the Senior Center and gardening in her huge backyard. Susan is an avid Bunco player and has recently been introduced to Bingo. Susan is also a "cat mom" to Target.

Please say hello to Susan when you come into the dining area!



QUEEN

Gayle Morse

83



KING

Don Rowe

88

August Birthdays



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

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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*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

TO-GO MEAL INGENUITY

We've seen creative solutions you've come up with to take your meal to-go. We appreciate everyone bringing their containers, and bags to safely and securely package your meal to enjoy wherever you are going.

Some tips to take your meal To-Go:

1. Unless you need to use a fork or spoon to package your meal into the container, don't take silverware as it just one more item for us to wash even if it isn't used.
2. Go ahead and leave your tray and plate on the table when you leave. We will take care of bussing it for you.
3. Don't forget to select the To-Go option on the check-in screen.

If you have feedback about this new service, we want to hear it!

Photo: Buddy Ray who repurposed a storage container by adding dividers to keep the food separate.



Flu VACCINATIONS

**Tuesday, September
26, 9-11 a.m.
Carson City Senior
Center
Tahoe Room**

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.

High Dose vaccine for those 65 and older is available in limited quantities.

To view the Vaccine Information Statements or to fill out a consent form, visit www.gethealthycarsoncity.org/CommunityFlu or scan the QR code with your phone!



Have questions or want more information?

Contact:

775-887-2190

QuadPHP@Carson.org



CCHHS



@CCHealthEd



www.gethealthycarsoncity.org



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the Capital of Chile?

Previous Month's Question & Answer

Q. What was the largest sea battle in history?
A. The Battle For Leyte Gulf.

<p>SRES</p> <p>SENIOR REAL ESTATE SPECIALIST</p>		<p>UNDERSTANDING THE IN'S AND OUT'S OF DOWNSIZING IN TODAY'S WORLD</p>
	<p>WHO YOU WORK WITH MATTERS</p>	
<p>LISA WILLIAMS 775-434-8145 S.0188952</p>		

YOUR AD HERE

Contact Courtney
(775) 883-0703



2023 CARSON FOLLIES IN

OUTER SPACE

SATURDAY, SEPTEMBER 30 AT 6PM
&
SUNDAY, OCTOBER 1 AT 1PM
AT THE CARSON CITY SENIOR CENTER



ADMISSION
FREE OR
DONATION

911 BEVERLY DRIVE,
CARSON CITY, NV 89706
775) 883-0703



**SORRY
WE'RE
CLOSED**

We've had some damage due to the extreme winter weather that we must address before reopening. Check back soon!



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



HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, NOVEMBER 30
FRI, DECEMBER 1
SAT, DECEMBER 2
9-5PM

Carson City Senior Center
911 Beverly Drive
(775) 883-0703



VOLUNTEER APPRECIATION

When: Wednesday,
September 20, 2-4pm
Where: Carson City Senior
Center, Dining Room
What: A celebration for
our volunteers with drinks,
appetizers, desserts,
games, raffle prizes, and
gifts

RSVP to Linda
Zimmerli
(775) 883-0703
Active volunteers only



Our Memory Care Philosophy

SEE THE PERSON AND FIND THE STORY!

summerset
SENIOR LIVING
Independent | Assisted Living | Memory Care
6205 SHARLANDS AVE
RENO NV, 89523

BOOK YOUR TOUR TODAY!
(775) 260-4432
SUMMERSETSENIORLIVING.COM

MEMORY CARE OPENING SOON!



NOTICE BOARD

AARP Driver's Safety Class

October 9
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

FOUND!!

Volunteer Pins and a
Cell Phone

Contact Courtney to identify
(775) 883-0703

DANCE PARTY

with Potluck
Saturday, September 2
6 p.m. to 9 p.m.
Admission \$10 per person

Live music with
Don & Nadine

BINGO

Sunday, September 10
Sunday, September 24

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

Must be 21 to play
All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Jazzercise

Every Friday

9-10am

\$5/class

Joshua Tree room

Flu Shot Clinic

September 26
9-11am



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

Closed (temporary) due to weather-related damage

Newsletter Submissions (due by the 10th):
seniorcenternewsletter@carson.org

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Anne Knowles, Director

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