

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



HAPPY HALLOWEEN



pg 2

Who are our **NEW STAFF MEMBERS?**

SNEAK PEEK

pg 4

Do you know how to **TRACK YOUR SODIUM?** Doing so helps your heart!

pg 8

Did you know? Hidden Treasures Gift Shop has **A NEW LOOK!**

pg 9 & pg 11

HELP NEEDED! Can **YOU** Volunteer?

IN THIS ISSUE

From the Executive Director	2
Resource Contact Information	3
Alzheimer's Support Group	3
Thank You Kiwanis Club!	4
Sunday Bingo Information	4
Track Your Sodium.	4
Thrift Store Sales for October	4
Patty's Puzzle of the Month	6
Barry's Monthly Trivia Question	6
Birthday King & Queen	7
Hidden Treasures Gift Shop News ...	8
Tax Help - Volunteers Needed!	9
The Notice Board	11

IMPORTANT Winter Weather Alert!
Shingles Vaccine & Flu Shot Available
Triad Event - How To Find Your Local News
Volunteers Needed for Nevada Day Float
Medicare Open Enrollment

SPECIAL INSERT - Calendar of Events



911 Beverly Drive
Carson City, Nevada 89706
775-883-0703 • fax 775-883-2869

TRoberts@carson.org

9:00 A.M. - 4:00 P.M.
Monday through Friday

www.carsoncityseniorcenter.org
f / carsonseniorcenter

FROM THE EXECUTIVE DIRECTOR Courtney Warner

I am pleased to introduce two new team members who play vital roles within the Senior Center.



Shari Patterson is our new Kitchen Manager. As the Nutrition programs grow, it is essential to have someone comfortable with high-volume while also having a knowledge and commitment to tasty and flavorful food. Shari was selected after a competitive interview process for her talent and skills in culinary expertise and willingness to lead our Nutrition Programs into the future.

Here's more from Shari: "My career in the Culinary field is going on 35 years. I have always had a passion to create healthy and flavorful food for everyone to enjoy. I am excited to bring my experience to a Generation and group (MOW) of people that I feel don't always have access to quality meals."



Ashley Howell is our new Meals on Wheels (MOW) Coordinator. Ashley started at the Senior Center as a MOW Driver and was promoted to the MOW Coordinator. Ashley brings a delightful personality and exceptional attention to detail as she organizes the Meals on Wheels deliveries, enters data for our grant compliance and supports both the Meals on Wheels and Congregate Nutrition Programs.

Here's more from Ashley: "I was born in San Diego California before moving to Carson City when I was 4. I graduated from Carson High School and went on to become a CNA for 9 years working in an assisted living facility. My fiancé Heath and I have been together for 8 years and have a handsome 6 year old son named Wyatt. I have always loved helping others in the community and after taking time off to care for my grandmother in-law, I wanted to get back into helping people again. I started working for MOW as a driver and then fell in love with the job. Getting to know all of our clients and bringing sunshine and smiles to their lives is the best part of my day."

Stop by and introduce yourself to Shari and Ashley!

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

*Thank you to the Sierra Nevada
Kiwanis Club for beautifying
our courtyard*



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.*

THRIFT STORE SALES

SPECIALS FOR OCTOBER

Tuesday | Crafts 50% OFF

Wednesday | Senior Day 50% OFF

Thursday | Kitchen items 50% OFF

Friday | Boutique 50% OFF

Saturday | Everything in store 50% OFF
incl. boutique & furniture (Books not included)

Paperback Book Sale - \$5.00/bag

Joyce Hudson, Thrift Store Manager

(775) 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.

FREE PICKUP of donated items!

SODIUM

*Tracking down the salt in food
with Professor Saul T.*



Too much sodium increases your risk for high blood pressure, and high blood pressure is the leading cause of heart attack and stroke.

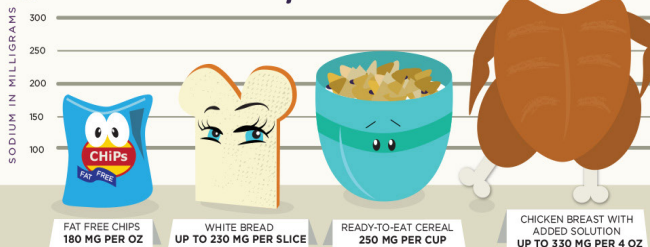


By taking the right steps to reduce your sodium intake, your blood pressure can begin decreasing within weeks.

About 90% of Americans eat more sodium than is recommended for a healthy diet.



Sodium Adds Up*



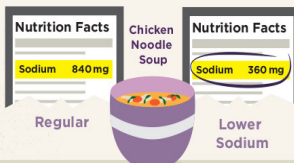
*Sodium levels in the same food can vary widely.

— **6 IN 10** —
ADULTS SHOULD AIM FOR
1,500 mg a day;
others for **2,300 mg**:
www.cdc.gov/salt

Foods that you eat several times a day can add up to a lot of sodium, even if each serving is not high in sodium.

Regular v. Lower Sodium

Read nutrition labels
to find the lowest
sodium options



Most of the sodium we eat comes from foods prepared in restaurants and processed foods (not from the salt shaker).

Tips You Can Use to REDUCE SODIUM

- Choose fresh, frozen (no sauce), or no salt added canned vegetables.
- Know terms that commonly indicate higher sodium content: "pickled," "cured," "brined," and "broth."
- Follow the Dietary Approaches to Stop Hypertension (DASH) eating plan: <http://go.usa.gov/p3C>
- For more tips on reducing sodium in your diet, visit <http://go.usa.gov/YJxF>.



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.

Email

Name



JOIN US!

Friday, December 28

@ 1pm

Carson City Travel Show

Carson City Senior Center

911 Beverly Dr, Carson City

Saturday, December 29

@ 10am

Reno Travel Show

Meadowood Courtyard Hotel

5851 S Virginia St, Reno

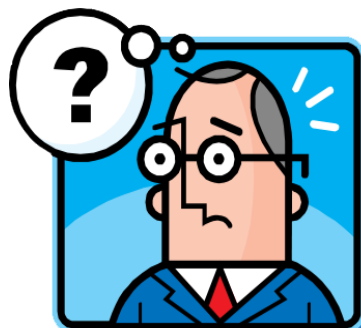
RSVP by phone or online

Down:

2. Home of historic Dublin, beautiful landscapes and rich culture
4. Home of El Capitan and Half Dome and giant Sequoia Trees
5. Home of the Tortilla Flats and Rocky Point in Mexico.

Across:

1. The source of beautiful autumn colors in New England
3. The best way to tour all four Hawaiian islands in style
6. This is the "Live Music capital of the world."
7. Sacramento Snow train named after a "light breeze."

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

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

Barry R. Bjorkman
Former Advisory Council Chairman

**Q: What is the difference between
a burglar and a cat burglar?**

LAST MONTH'S QUESTION AND ANSWER

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

**A: Suriname - Dutch; Guyana - English;
French Guiana - French; Brazil - Portuguese.**



Walton's Funerals & Cremations

Every Life Has A Story... Remember

- We offer a **10% discount** to seniors who mention this ad

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

**Walton's Chapel
Of The Valley
882-4965**

1281 N. Roop, Carson City

"When You Need Us the Most..."

www.WaltonsFuneralHomes.com

**Walton's Funeral
& Cremations
783-9312**

1521 Church, Gardnerville



HEARING CARE OF CARSON CITY

Hearing Aids & Audiology

Brett M. Weeks, AuD **Mark Weeks, MCD**

Doctor of Audiology

CCC Audiologist

408 North Roop Street • Carson City, NV 89701

775.885.9888



SEPTEMBER BIRTHDAYS

Queen

ELISE SAAK

99 years young

King

TOM NOBLE

93 years young



**OPTIMUM
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



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



**Gold Dust
West**
Casino • Hotel
Carson City



2171 E. William Street
775.885.9000 • 877.519.5567
www.gdwcasinio.com

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4700. ©2015, Jacobs Entertainment, Inc.

Your House Full of Friends™

"COME IN AND SEE OUR NEW LOOK!"

Hidden Treasures Gift Shop

located in the Carson Senior Center

Hours Monday - Friday • 10am - 3pm
775.883.7982

We carry a variety of handmade items like Quilts, Afghans, Kitchen Towels, Paintings, Walking Sticks, Scarfs, Hats etc.

We have one-of-a-kind designed purses for that special someone. If a friend or family member likes to play Bingo, they will love our uniquely designed bingo bags!

Fall is here! We have many fall-colored and Halloween "designed Craft items to help you decorate for the Season. Now is also a great time to get unique gifts for your family and friends and get a jump on the upcoming Holidays.

Hidden Treasures Gift Shop sells See's Candy all year round, and during the Holidays we carry Special Holiday Boxed Candies. Oh, and did you know? We receive new and exciting consigned craft items *almost every day!*

If you have a special skill and make a craft you'd like to put on consignment, come into the Gift Shop and talk to our manager **Diane Maguire** Tuesday or Wednesday from 10am-3pm, or call 775-883-7982.

Our Volunteers are always happy to assist you.

HAPPY HALLOWEEN!



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



Eagle Valley Care Center

(775) 883-4449 • fax (775) 883-4403
1807 E. Long St. • Carson City, Nevada 89706

***Visit us today & experience
 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)

**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® ∞

***VOLUNTEER NEEDED
TO ASSIST DURING TAX SEASON***

Do you love meeting new people? AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesday from February 4 - April 10, 2019. We need a Client Facilitator to assist by welcoming taxpayers, help organize their paperwork and manage the overall flow of service. Client Facilitators normally work from 11:30 am to 3:30 pm. We will provide training and support. Our volunteers learn new skills, and also get a great feeling from helping others.

If you are interested, or have questions please call Pat Eckman at (775)782-3176 or send an email to: pateckman@aol.com with your contact information.

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.

CAN'T COME TO US? WE WILL COME TO YOU!

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.

CAPITOL CITY LOANS

5951 Hwy 50 East • Carson City

Call 775.882.8882 Today! Ask for Teresa or Charlotte.



Ormsby
Post-Acute Rehab
 3050 North Ormsby Blvd.
 Carson City, NV 89703
 775.841.4646
www.ormsbyrehab.com



Our Mission ... The mission of Ormsby Post-Acute Rehab is to assist each resident in reaching his or her desired potential. That's our *Commitment to Caring*

Licensed & Certified by the Center for Medicare & Medicaid
 Part of the *EmpRes Healthcare Family of Companies*



SKYLINE ESTATES

Senior Living

Caring People | Serving People | Improving Lives

2861 Mountain St. • Carson City

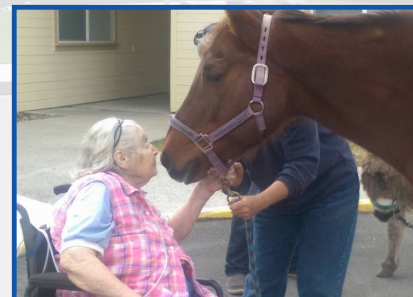
www.SkylineEstatesSL.net

- 24-hour Personal Care
- Private & Semi-Private Rooms
- Weekly Housekeeping
- Weekly Laundry

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

**Call Today for
Free Lunch & Tour!**

775.885.9223
 Prices starting at \$1,895



WINTER WEATHER AHEAD

Cold weather is near may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lot. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on voice mail announcing the closure. **If the Senior Center is closed, Meals on Wheels will not be delivered.** All seniors receiving Meals on Wheels will be notified by phone of the closure and be instructed to consume the provided shelf-stable meal. **For more information or to verify the Senior Center is open, call 775-883-0703.**

VOLUNTEERS WANTED FOR NEVADA DAY FLOAT!

The Senior Center is planning a float for the Nevada Day Parade! Volunteers are wanted to help with idea/design, decorating and participating in the parade (walking or riding). Please see **Courtney Warner or Diane Maguire** for more information.

MEDICARE OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7

SHIP counselors want to remind everyone to be sure to check which of the new prescription plans will best fit your current needs at the most affordable price. We will begin taking appointments for the open enrollment period on **October 1**. **Call 883 0703 or stop at the front desk to schedule your appointment.** Be sure to bring all of your prescriptions with you so counselors can contact the pharmacy if there is a question.

The Notice Board



What's Your Story Nevada Appeal? How To Find Your Local News

Friday • October 12 • 11:45 am

Presented by the Nevada Appeal, with changes to the newspaper's distribution, this informative session will provide tools and tips to help stay on top of accessing all your local news. Lucky attendees will have the chance to **win a pair of Tahoe Donner Ski Lift tickets!**

✓ MARK YOUR CALENDARS ✓

Catholic Charities will have the 2nd Shingles Vaccine & Flu Shot available on **October 29 • 11am-1:00pm** in the Senior Center Lobby

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 _____

**Our Facts: Congregate Dining (on-site): 41,413 meals served
Meals on Wheels: 83,272 meals delivered *10.01.17 – 8.31.18**

DISCLAIMER

The Carson City Senior Center does not endorse nor guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

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

ADVISORY COUNCIL MEMBERS

Vi Bibee, Vice Chairman
Marie Borgo, Council Member
Pete Dupre, Council Member
Diane Maguire, Council Member
Cindy A. Somers, Council Member
Laurel Stadler, Chairman
Corry Steiner, Council Member
John C. Wilson, Council Member
Jane Wong, Council Member

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga

911 Beverly Drive Carson City, Nevada 89706

