

# The SENIOR SENTINEL



CARSON CITY  
SENIOR CENTER



HAPPY  
HALLOWEEN  
2020



**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](http://www.carsoncityseniorcenter.org)**  
**f / carsonseniorcenter**



## From The Desk Of The Executive Director

While the Senior Center facility remains closed, we are helping other departments to do their work to help the community during this pandemic. The Carson City Recreation Program will use several of the Senior Center's rooms for a few weeks in October and November for their school-age program. This also assists the Election's Office by freeing space in the Community Center Gymnasium for voting. Other emergency needs may arise and other office space may be occupied. Know that you are our main priority and this assistance is only during our closure or using space that is underused. By providing space to other City departments, we can help programs socially distance and do their essential work to serve the community. This is a unique opportunity to help and are happy to do so. You may be looking for survey results in October's newsletter. I apologize as I received several late surveys and need more time to put the results together. I'll have them ready for November.

My best, Courtney Warner | *Executive Director*



We LOVE our volunteers and are saddened that we could not celebrate you with our traditional appreciation brunch. We hope you felt recognized with our drive-thru event and appreciated with our token of thanks. We could not operate without the many hands that share their precious time to fulfill our mission. Thank you and we miss you!



### OCTOBER DRIVE-THRU FLU VACCINATION & COVID-19 TESTING FOR QUAD-COUNTY RESIDENTS

Date	Time	Location	Address
10/03/2020	9 a.m. to 12 p.m.	Douglas High School	1670 NV-88, Minden
10/05/2020	9 a.m. to 11 a.m.	Storey County Fire Station #72	2610 Cartwright Rd, Virginia City Highlands
10/07/2020	4 p.m. to 6 p.m.	Pau Wa Lu Middle School	701 Long Valley Rd, Gardnerville
10/08/2020	4 p.m. to 6 p.m.	Fernley High School	1300 US Highway 95a S, Fernley
10/10/2020	9 a.m. to 12 p.m.	Carson City High School	1111 N. Saliman Rd, Carson City
10/14/2020	4 p.m. to 6 p.m.	Eagle Valley Middle School	4151 E 5th St, Carson City
10/15/2020	4 p.m. to 6 p.m.	Douglas High School	1670 NV-88, Minden
10/16/2020	3 p.m. to 6 p.m.	Dayton High School	335 Dayton Valley Rd, Dayton
10/19/2020	3 p.m. to 5 p.m.	George Whittell High School	240 Warrior Way, Zephyr Cove
10/21/2020	4 p.m. to 6 p.m.	Carson Middle School	1140 W King St, Carson City
10/22/2020	3 p.m. to 5 p.m.	Silver Springs Senior Center	2945 Ft Churchill St, Silver Springs
10/23/2020	3 p.m. to 5 p.m.	Lockwood Senior Center	800 Peri Ranch Rd, Lockwood
10/26/2020	2 p.m. to 4 p.m.	Yerington Food Pantry	124 West Bridge St, Yerington
10/28/2020	4 p.m. to 6 p.m.	Carson Valley Middle School	1477 U.S. Hwy 395, Gardnerville
10/29/2020	4 p.m. to 6 p.m.	Mills Park Seely Loop	Enter off Saliman Rd, Carson City

#### FOR THE FLU VACCINE:

Bring your insurance card.

For your convenience we bill Medicare, Medicaid, and most private Insurances.

\*We are not a contracted provider for labor unions or Tricare.

For uninsured or under-insured, a \$20 admin fee is requested.

No one will be turned away for the inability to pay.

The COVID-19 test is FREE, no insurance information will be collected for that test only. Tests will be available on a first come, first served basis, no appointments or reservations needed.

For additional events and more information visit  
[Gethealthycarsoncity.org](https://gethealthycarsoncity.org)



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

The Northern California and Northern Nevada Chapter of the Alzheimer's Association is here for you. Our physical doors may be closed but our staff is working remotely and continuing to serve our community, from our homes to yours. We offer a variety of no cost virtual education presentations, local telephone/video support groups, early stage engagement activities, respite funding, care consultations, information and referral and our 24/7 helpline. For more information, visit [alz.org/nornev](http://alz.org/nornev) or call 1.800.272.3900.



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## CAREGIVER RESOURCE LIST

### NEVADA RESOURCES

- Nevada Department of Health and Human Services Aging and Disability Services Division (775) 687-4210  
Senior Care Centers listed by county:  
addn.vg.gov/Resources/NevadaSeniorCenters/
- Access To Health Care Network (877) 861-1893 (Counties: Churchill, Douglas, Elko, Eureka, Humboldt, Lander, Mineral, Pershing, Storey, Washoe and White Pine)
- Carson City Senior Center (775) 883-0703
- Jewish Family Service Agency (702) 933-1191 (Clark County)
- Lyon County Human Services (775) 577-5059
- Nevada Care Connection (877) 861-1893
- Nevada Lifespan Respite Care Coalition (NLRCC) (725) 999-2245
- Nevada Senior Services (844) 850-5113 (Counties: Clark, Esmeralda, Lincoln and Nye)  
www.nevadaseniorservices.org

### PROGRAMS FOR MILITARY CAREGIVERS

- Elizabeth Dole Foundation's Hidden Heroes (202) 249-7170
- Military and Veteran Caregiver Network, Red Cross (info.mvncn@redcross.org)
- Military One Source (800) 342-9647
- Operation Family Caregiver (229) 928-1234

### OTHER RESOURCES

- AARP Family Caregiving (877) 333-5885; Spanish: (888) 971-2013
- Caregiver Action Network (855) 227-3640
- Eldercare Locator (800) 677-1116
- Family Caregiver Alliance (800) 445-8106
- National Alliance for Caregiving (202) 918-1013
- National Association of Area Agencies on Aging (202) 872-0888
- National Family Caregiver Support Program, Administration for Community Living (ACL), (202) 401-4634
- Rosalyn Carter Institute for Caregiving (229) 928-1234

## FOR CAREGIVERS

As a caregiver, you play an important role in caring for a veteran at home or in the community. To learn about benefit information, please contact a Veterans Service Officer.

### VA PROGRAMS

The VA has two programs for caregivers: General Caregiver Support Services for eligible veterans of all eras, and the Program of Comprehensive Assistance for Family Caregivers for eligible post 9/11 veterans (eligibility to be expanded soon to all veterans as a result of the Mission Act of 2018).

### GENERAL CAREGIVER SUPPORT SERVICES PROGRAM

(eligible veterans all eras)  
provides information/referral to in-home or support services, support groups and other resources. It also provides education and training, peer support, mental health counseling and programs that focus on caregiver self-care.

### COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS PROGRAM

(eligible post 9-11; to be expanded soon to all veterans)  
provides monthly stipend, travel payments, training, education, mental health services, respite care and more. Under the VA MISSION Act, this program will open to veterans of all war eras in the summer of 2020, not just veterans with a serious injury occurring in the line of duty on or after September 11, 2001.

### VA Caregiver Support

(855) 260-3274

### VA Sierra Nevada Health Care System

Reno: (775) 326-5775

### VA Southern Nevada Health Care System

Las Vegas: (702) 791-9000 ext.13051



## VETERANS SERVICE OFFICERS

Our Veterans Service Officer (VSO) can assist you with the following:

- 1 Eligibility
- 2 Support
- 3 Training
- 4 Aid & Attendance (Additional financial help)
- 5 Assisted Living
- 6 Skilled Nursing Care
- 7 Hospice/Palliative Care
- 8 Adult Medical Day Care

### CONTACT A VSO

- Las Vegas (702) 224-6025
- Reno (775) 321-4880
- Pahump (775) 751-6372
- Carson City (775) 300-6796
- Elko (775) 777-1000
- Fallon (775) 428-1177



www.veterans.nv.gov



## CAREGIVERS & SURVIVORS GUIDE

WHAT YOU NEED TO KNOW



## FOR SURVIVORS

This guide is intended to help survivors work through the difficulty and pain of losing a loved one who served in the U.S. military.

### STARTING POINT:

You will need your loved one's discharge documents. These important documents are the gateway to all federal and state veterans benefits. If you do not have these documents, contact a Veterans Service Officer.

### BURIAL BENEFITS:

Eligible veterans, their spouses and dependents can be interred in one of Nevada's two State Veterans Memorial Cemeteries located in Fernley and Boulder City. There is no cost for the veteran. For others, the cost is \$450 (subject to change). Burial benefits for the veteran include (at no cost) opening and closing of the grave, perpetual care, a government headstone or marker, a burial flag and a Presidential Memorial Certificate.

### NORTHERN NEVADA VETERANS MEMORIAL CEMETERY:

(775) 575- 4441

### SOUTHERN NEVADA VETERANS MEMORIAL CEMETERY:

(702) 486-5920

For additional resources and information, visit [www.veterans.nv.gov](http://www.veterans.nv.gov)



## WHAT SURVIVORS SHOULD KNOW

### DEPENDENCY INDEMNITY COMPENSATION (DIC):

DIC is one of the most valuable benefits available to veterans' survivors. People who meet the criteria for DIC can get tens of thousands of dollars a year in tax-free payments. To learn more, contact a Veterans Service Officer.

### SURVIVORS BENEFIT PLAN (SBP):

For retirees who opted into SBP, survivors can continue to receive a portion of their loved one's retirement income. Contact the Defense Finance and Accounting Service at (800) 321-1080 for questions.

**HEALTH CARE:** While VA Health Care programs for surviving family members are limited, there are several important programs to know about. These include Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). CHAMPVA provides coverage to survivors of a veteran who is rated permanently and totally disabled due to a service-connected condition at the time of death, or who died of a service-connected disability, or died on active duty. In some cases, there are health care benefits for children of veterans who have been exposed to hazards during military service, including Agent Orange. For details, talk with a Veterans Service Officer.

**HOME LOANS:** Surviving spouses who meet certain criteria can obtain a VA guaranteed home loan to buy, build or improve a home or to refinance a mortgage. In many cases, these loans can help you save money by not requiring the buyer to make a down payment or pay monthly mortgage insurance premiums.

**PENSION:** Eligible survivors with modest incomes and who have not remarried, can receive a monthly payment benefit. The benefit is also available to unmarried dependent children of wartime veterans. The amount of the pension is set by Congress. Eligibility is determined by a complex calculation that considers net worth as well as various kinds of income and expenses. For surviving spouses without a dependent child, the maximum annual pension is around \$9,000. Those who are homebound or require assistance for basic daily activities may qualify for additional payment.

**LIFE INSURANCE:** Veterans who receive a disability rating connected to their service can qualify for a Service-Disabled Veterans Insurance (S-DVI) life insurance policy, which provides up to \$10,000 of coverage. Veterans who are totally disabled are eligible to have their premiums waived. Totally disabled veterans who are approved for a premium waiver can apply for up to \$30,000 in additional coverage, but premiums for the supplemental coverage cannot be waived.

## EDUCATION BENEFITS FOR SURVIVORS

**EDUCATION:** Financial help is available for survivors of service members interested in pursuing education or vocational training. The U.S. Department of Veterans Affairs (VA) in some cases, will pay all or a large part of tuition costs for college and other educational programs. Two key programs that eligible surviving spouses and children should explore are the Fry Scholarship and the Survivors' and Dependents' Educational Assistance (DEA) Program. Under the Fry program, the government pays the full cost of in-state tuition at public institutions, or more than \$20,000 a year toward the cost of tuition at private institutions, as well as a monthly housing allowance and an annual stipend for books and supplies. Under the DEA program, the maximum amount for full-time students is around \$1,200 per month. The DEA and Fry programs can be used for college, vocational and business technical programs, apprenticeship programs, certification tests and tutoring.

### NEVADA NATIONAL GUARD EDUCATION BENEFITS:

The University of Nevada system may grant a waiver of tuition and laboratory fees for any child or surviving spouse of a Nevada National Guard member killed in the line of duty. A child may use the waiver for 10 years after they attain the age of 18 years. A surviving spouse may use the waiver for 10 years after the member's date of death.

### NEVADA ACTIVE DUTY EDUCATION BENEFITS FOR DEPENDENTS:

Dependents of an active duty member killed in the line of duty, while permanently stationed in Nevada, may be eligible for a financial grant that does not require repayment.



## NEVADA GERIATRIC EDUCATION CENTER

# EDUCATE YOURSELF, SUPPORT OTHERS

*Learn about changes that may occur with aging to empower yourself and support others*



## FREE COMMUNITY TRAINING

**Topic #1: Nutritional Supplements: Friend or Foe?**

**Topic #2: Caregiving is Hard. Social Isolation Can Make it Even Harder.**

**In 2020:**

**Tuesday, Sept. 29 - 2 to 4:15 p.m.**

**Monday, Nov. 16 - 2 to 4:15 p.m.**

**In 2021:**

**Tuesday, Jan. 26 - 9 to 11:15 a.m.**

**Monday, March 15 - 9 to 11:15 a.m.**

Sessions are held via Zoom Video Conferencing, provided through a partnership with University of Nevada, Reno Frontier Area Health Education Center (AHEC).

You can use your laptop, desktop computer, tablet or phone to participate.

Instructions for the Zoom meeting will be sent via email after your registration is processed.

This program is funded in partnership with Nevada Aging and Disability Services Division. The Nevada Geriatric Education Center is part of the Sanford Center for Aging and offers educational programs for health care professionals, faculty, students, care partners and anyone interested in learning more about how to provide care and support for elders.

You may register one of four ways: 1) complete the registration form, scan and email; 2) type your registration responses into an email; 3) call with your registration information; 4) complete your registration online.

**To register or for more information, contact Dolores M. Ward Cox**

By email: [dmwardcox@unr.edu](mailto:dmwardcox@unr.edu) | By phone: (775) 313-1469 | Online: <https://bit.ly/3iOYnBX>



University of Nevada, Reno  
School of Medicine  
Sanford Center for Aging



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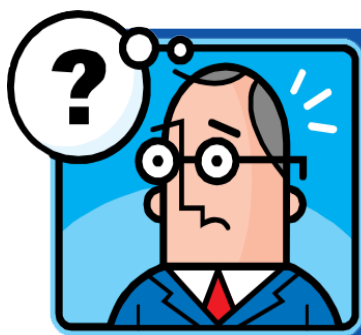
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Thank you to **Home Depot** for the donation of brand-new shower chairs and grab bars! If you need equipment for your home, give us a call!

Thank you to our friends from **Berkshire Hathaway HomeService – Drysdale Properties** for bringing extra smiles and goodies for our drive-thru lunch on September 18. Not only did they volunteer their time to hand out lunches, they gave out goodies including cookies and a McDonald's gift card! Wow! Thank you for brightening everyone's day!



### Barry's Trivia Question of the Month OCTOBER

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q:** Who was the second man to walk on the Moon?

SEPTEMBER QUESTION & ANSWER

**Q:** What Ocean is between Australia and Africa?

**A:** Indian Ocean.

**SIZZLING SENIOR DAYS**

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*Christie Wilde  
Location Manager*

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**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

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**SEPTEMBER  
BIRTHDAYS**

**Queen**

**ELLEN  
BAUMAN**

**88 years young**



**King**

**TOM  
NOBLE**

**95 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](mailto:SeniorCenterNewsletter@carson.org) to be added to the list.**

## **DISCLAIMER**

The Carson City Senior Center does not endorse nor do we 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

COVID-19 closed to the public until further notice

Lunch is served by drive-thru  
between 11 a.m. to 12 p.m., Mon-Fri  
Suggested donation: 60 & older: \$2.25

### **Thrift Store**

10 a.m. to 5:30 p.m., Tues-Sat

*Newsletter Submissions:*

Send by the 10th to  
[SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org)

### **GOVERNING BOARD**

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