

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



**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

Lunch/nutrition surveys are out! Please take a moment to complete the lunch surveys and turn them in as soon as possible. We read every single comment and discuss trends and suggestion with Kaleb, our Kitchen Manager. Feedback is essential to make sure the food served and the experience with our services meet your needs. While we can't always accommodate every single suggestion or idea, we do take them into consideration for future planning. Be descriptive with your comments – explain your reasoning. This helps us understand what is going on instead of trying to guess what you meant. Keep it constructive too! While we admit we make mistakes, have flops or something needs to be reworked, staff and volunteers are working tirelessly to get it right. Constructive feedback

should always remain polite and respectful. Once surveys are returned, we will send out results in the following months' newsletters and any changes we may make regarding feedback received.

Lastly, take a moment to leave a comment about the impact our services have on you. We use these statements to argue for more funding, expand services, etc. How our services impact your life is incredibly persuasive and so helpful for us. If you leave your name on the survey, it will be changed to protect your identity.

Thank you for your participation!

*Courtney Warner*

Courtney Warner / Executive Director

### Thank You, Community Garage Sale Volunteers!

To all of the Sunday Bingo, Gift Shop, Jewelry Sale and Thrift Store volunteers, and to the Thrift Store and Senior Center staff, THANK YOU ALL for helping make the Community Garage Sale a HUGE success!

### Thank You, Jewelry Sale Volunteers!

Dee and her crew of amazing volunteers raised over \$2,000 for Meals on Wheels. Their work is year-round: collecting, organizing, and pricing donations in preparation for their two sales. THANK YOU!!



## NATION'S FINEST

Our mission is to Serve Veterans and their Families with a comprehensive approach to housing, health and employment that helps them achieve self-sufficiency and reach their full potential. Our services include: Transitional Housing, Permanent Supportive Housing, Homelessness Prevention, Mental Health Counseling, Case Management, Mobile Service Units, Employment Services and Art Therapy.

**In the Senior Center Lobby**  
**Wednesdays • 10:30-12:30pm**



**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.

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Fax: 775-852-6028

[www.InfinityHospiceCare.com](http://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](http://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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*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



**Meet your new Volunteer Coordinators, Linda Zimmerli and Linda Dawes. Stop by to say "Hello!"**

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: **It's a Balancing Act: Falls and Medications**

Topic #2: **Care Tips, Tools and Resources to Improve Quality of Life**

In 2021:

Monday, Oct. 29 — 2 to 4:15 p.m.  
Monday, Dec. 13 — 9 to 11:15 a.m.

In 2022:

Monday, Feb. 28 — 2 to 4:15 p.m.  
Monday, April 11 — 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**

[dmwardcox@unr.edu](mailto:dmwardcox@unr.edu) | (775) 682-8470 | <https://bit.ly/NGEFCFY22>

## JOIN THE ADVISORY COUNCIL!

Be a part of a Council that makes a difference – join the Carson City Senior Center Advisory Council! You will advise, discuss, and confer with the Director matters relating to the delivery of nutrition, fundraising programs, operation of thrift and gift shops, senior support services programs, and other senior services as may be offered by the Senior Center. **One position is waiting to be filled.** See the Director to complete an application or call (883-0703).



American Red Cross

**When disaster strikes, you can help strike back**



### Become a Red Cross Volunteer Today!

We're preparing for another extremely busy disaster season and it's critical to have a trained, ready volunteer workforce to make sure we can provide relief at a moment's notice. This year's wildfire season is already very active and dangerous because of the severe drought and dry woodlands across the west.

### Volunteers Needed for the Following Positions:

#### Shelter Volunteer

In-person shelter support to assist with reception, registration, feeding, dormitory, information collection, and other vital tasks to help those we serve.

#### Disaster Action Team

Assist individuals and families who have been impacted by a home fire or other local disaster. Preferred commitment: monthly on-call shift.

#### Disaster Health Services

Health professionals are needed in shelters to provide hands-on care, health education, health assessments, and additional health-related support.

**To learn more, visit [redcross.org/volunteer](https://redcross.org/volunteer) or scan the QR code**



Contact your local office  
Lacey Costanza | (775) 225-3392  
[Lacey.costanza@redcross.org](mailto:Lacey.costanza@redcross.org)

# NOTICE BOARD

## HOLIDAY CLOSURE

**Friday, October 29 for Nevada Day**

## Medicare Open Enrollment October 15 – December 7

This is the time you can make changes to your healthcare plan for 2022. Nevada's Medicare Assistance Program (MAP) provides free, unbiased help with Medicare. Call the Senior Center to make an appointment (775-883-0703).

## Dance with Live Music

### at the Carson City Senior Center

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, on **Friday, October 1, 6pm-9pm. Doors open at 5:45pm. Admission is \$5.00/person**, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

## PRODUCE ON WHEELS

**Every 2nd & 3rd Monday**

**9:30 am - 11:00 am**

**Seniors 60+ Pick up FREE fresh produce at the east entrance**

## SUNDAY BINGO

**October 10, 24 & 29**

\$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*



## Get Your Shot... Not The Flu!

**October 4, 2021**

**9 a.m. - 11 a.m**

**Carson City Senior Center  
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.

For more information, contact:

Cari Rioux

(775) 283-7905

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

Jessica Rapp

(775) 283-7536

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



Twitter: @CCHHealthEd | Facebook: CCHHS | [gethealthycarsoncity.org](http://gethealthycarsoncity.org)

## Seniors Eating Well

The Seniors Eating Well class series, offered by the Food Bank of Northern Nevada, is designed to will help you take better control of your health. The Food Bank's Nutrition Education staff invites you to join us for any or every class in this exciting new **FREE** series! you will learn to...

- Cook with a variety of healthy ingredients, both familiar and new
- Exercise safely to improve strength, balance, and quality of life
- Obtain or maintain a healthy weight
- Enjoy food samples, food Bingo & a raffle prize every week!

**Carson City Senior Center | Joshua Room**

**Every Tuesday from 11:30 AM - 12:30 PM**

**October 5 to October 26, 2021**

**Bring a friend & we'll see you there!**

Additional Questions?

Please call Arminda Jimenez at

775-331-3663, ext. 183 or 775-432-8898



## CELEBRATING A MILESTONE FOR MY SOCIAL SECURITY

*By the Social Security Administration*

We are excited to celebrate a significant milestone for My Social Security: 60 million registrations! We thank each of you who took the time to create a personal my Social Security account – and encouraged others to do the same. We keep improving our online services to make doing business with us easier, faster, and more accessible.

If you are receiving benefits, you can use your personal My Social Security account to:

- Change your address & direct deposit information
- Get proof of your benefits
- Request replacement documents, like a Medicare card

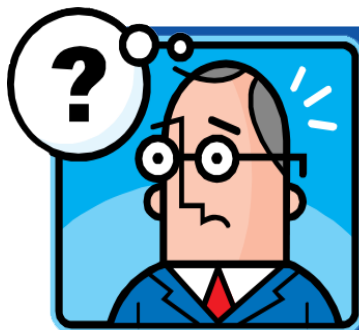
If you aren't currently receiving benefits, you can:

- Check your earnings record
- Get estimates of your future benefits
- View your Social Security Statement

In most states, you can also request a replacement Social Security card online, although often you only need to know your Social Security number and you do not need the physical card.

**See everything you can do with a personal My Social Security account, and open one today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)**

Please help us share this information about my Social Security with friends and family. You can also post it on social media to help us spread the word.



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

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q: What is the only state to border exactly one other American state?**

*PREVIOUS MONTH'S QUESTION & ANSWER*

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

**A:** Wyoming.



171 E William Street  
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**WIN YOUR SHARE OF CASH  
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**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**

**FITZHENRY'S  
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CREMATORY**

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- ◆ 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  
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**"The Right Choice"**

Not all Funeral Homes are alike come see the difference

**Owned & Operated By:**  
**John & Debbie Lawrence**



**SEPTEMBER  
BIRTHDAYS**

**Queen**

**IRENE BOLER**

**72 Years Young**



**King**

**HARRY EHARA**

**89 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

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

### **Second Wind 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](mailto:SeniorCenterNewsletter@carson.org)

### **GOVERNING BOARD**

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Chris Gray, Director

Anne Knowles, Director

### **ADVISORY COUNCIL MEMBERS**

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Corry Steiner, Vice Chairman

Lisa Drews, Council Member

Robert Drews, Council Member

Teri Krebs, Council Member

Lucy Murphy, Council Member

Cindy A. Somers, Council Member

John C. Wilson, Council Member

VACANT position

### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

### **DEPARTMENT BUSINESS MANAGER**

Michael Salogga