

# *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*

The results from the Nutrition Survey are in!

For our drive-thru lunch, 80% felt the meals are good/very good. That is up from 69% the year prior. For our Meals on Wheels lunch, 82% felt the meals are good/very good, up from 78% from last year. While we recognize mistakes do happen and recipes can flop, we will continue to work hard to serve the best meals for you!

We noticed some trends to work on: larger portions, more variety, consistency on the veggies and watch how we package drive-thru meals. We've already changed the packaging to prevent tipping by eliminating the plastic bag. Because we're feeding a bunch of seniors in a short amount of time, there may be drips on the side, so we do recommend having a box or tray in your car to protect your seats.

Did you notice a change in the last meatloaf? We read your feedback about not enjoying the "ball" shape and are working to make that closer to the traditional loaf style. The fresh fruits, desserts and sides will continue, adding variety where we can. We're closely monitoring our freshly steamed veggies, trying to time them closer to service so they do not over-steam and looking for those pesky areas in the pans that don't cook enough. We are listening and we are paying attention. Thank you for your feedback!

Lastly, if I got a quarter for each time I was asked about reopening, we would be serving steak and lobster! Humor aside (and I do not mind the calls so please continue to ask), I still do not have an answer on when we will reopen. Based on current local trends, infection rates are increasing at high rates. Know that we are working on our plan to reopen when it is safe to do so. Keep social distancing, wear your face covering, get your flu shot and call us if you need assistance! We are here for you.

My best,

*Courtney Warner*

Courtney Warner  
Executive Director  
Carson City Senior Center



## WINTER WEATHER AHEAD

Plan ahead as cold weather 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 our voicemail 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.



## *Friendly Phone Calls*



COVID has brought in-person socialization to a screeching halt so why not bring back a safe alternative ... a friendly phone call! Our team of volunteers will give you a call to check-in and engage in friendly conversation. Calls will be between 9-2pm, Monday through Friday and come from the Senior Center. Sound good? We thought so. Call the Senior Center to sign up (883-0703).

## VOLUNTEERS NEEDED

Use your friendly phone skills to call seniors seeking a friendly voice, a person to speak to and brighten their day. Your shift is flexible – daily, several days a week, once a week and times vary between 9-2pm. You name your shift. Call 883-0703 and speak with Brooke to sign up!



## 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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fax (775) 882-5015



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CCC Audiologist

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**775.885.9888**



## STAFF HIGHLIGHT

### Meet Linda Zimmerli

With her keen wit and love of practical jokes, Linda Zimmerli, our Finance Technician, is one of the most fun people to be around at the Senior Center. Raised in Southern California, Linda raised her children in Oklahoma and landed in Dayton, Nevada 15 years ago.

"I followed my daughter up here after she was married. When grandchildren come, Grandmas want to be close by," states Linda. The sign on her desk reads, "TGIF

- This Grandma Is Fabulous!" On the wall behind her desk are photos of her four grandchildren. "They are my joy!" Linda says.

Linda is also a devout sports fan. "I used to be a Dodger's fan," she said, "but moving up here, and then when I got married, I had to convert. Now I'm a fan of the Bay Area teams, mainly the Giants and Warriors."

Linda has held many positions in her career: Substitute Teacher, Bank Teller, Supervisor for an oil field company and Director of Volunteers to name a few.

Work aside, Linda says it's playing jokes and having fun that keeps life interesting. "I remember taking the kids to the drive-in movie. When my husband left to get snacks, I moved the car.

The kids and I were giggling the whole time. I can still remember the look on my husband's face when he finally found us."

Though 2020 has been tough, Linda and her husband maximized their time by updating the look of their home where she likes to relax and crochet on the weekends. When we open, come by and meet Linda in person!



## VETERANS DAY

NOVEMBER 11, 2020



HONORING  
ALL WHO  
SERVED

*Dear Veteran,*

*Thank you for your service, bravery and sacrifice. With your courage, our country was protected. You, your family and loved ones have sacrificed so much for our freedom. We extend our sincerest admiration and gratitude.*

*On Veterans Day and every day, we proudly honor you, our veteran hero.*

*With gratitude,*

*The Carson City Senior Center*

# We're Fundraising with See's Candies!

Help us earn money for our organization and make the holidays even sweeter.



**See's CANDIES®**

Do you miss coming by the Senior Center and the Gift Shop to get your sweet fix? Are you starting to plan for the upcoming holiday season? Even though the Center continues to be closed to the public, we have partnered with See's Candies to give you the opportunity to purchase their candy online or in-person AND help support Meals on Wheels. There are two storefronts available to purchase your favorite See's Candies: one for holiday candy and one for general purchases. Both provide the convenience of having the candy delivered right to your door! You can go to our website, [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) and find the links under Shopping or What's Up!/ Fundraising. Shipping fees do apply.

If you prefer to place an order in-person, we will have order forms available starting November 1st, during our drive-thru, curbside pickup lunch service, Monday thru Friday, 11:00 AM to Noon. We will order the candy to be available between November 16th and December 4th. Payment is required when you turn in your order form.

## Now Hiring

GET THE BEST JOB WITH  
THE SCHOOL DISTRICT



CONTACT US  
775-283-2130

[carsoncityschools.com](http://carsoncityschools.com)



### The Carson City School District currently has open positions for:

- Bus Drivers (3)
- Nutrition Workers (4)
- Custodians (2)
- Substitute Custodians
- School Nurses (2)
- Substitute Nurses
- Paraprofessionals (3)
- Substitute Special Education Paras
- Substitute ESL Paraprofessionals
- Crossing Guards
- Substitute Teachers



# Gift Shop Holiday Bazaar

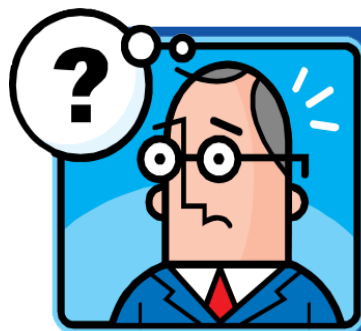
**November 20 & 21** 📺 **10-4pm**

**December 18 & 19** 🍪 **10-4pm**

*Shop holiday hand-made gifts  
& treasures made by seniors*

**Veterans Memorial Hall**

**100 W. 2nd St. 🌲 Carson City**



## Barry's Trivia Question of the Month

**NOVEMBER**

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q: What is the second largest city  
in México?**

*PREVIOUS QUESTION & ANSWER*

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

**A: Edwin "Buzz" Aldrin.**



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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

**775-888-6800**

Low cost Cremation & Burial Services  
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**OCTOBER  
BIRTHDAYS**

**Queen**

**DARLINE  
HARPER**

**95 years young**



**King**

**LOWELL  
MITCHELL**

**92 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**

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### **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**

Bruce Scott, President  
Tom Baker, Secretary  
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Pam Couch, Director  
Chris Gray, Director

### **ADVISORY COUNCIL MEMBERS**

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### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

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