

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
f / carsonseniorcenter**

From The Desk Of **The Executive Director**

November is a perfect time to reflect on what I am thankful for. I'm thankful for YOU being on this journey with us as we continue to navigate the pandemic, working hard to keep services going all the while hoping everyone keeps their health and safety during this unsettled time. Thank you for your patience when we change policy, enforce rules we didn't make and adjust to whatever the day brings us. I'm thankful to our VETERANS for your bravery and your service to our country. Thank you for your sacrifice and dedication. I'm thankful to our STAFF and VOLUNTEERS who tirelessly work to deliver exceptional services to our seniors and our community. Thank you for sharing your talents, your positive energy, and showing up each day doing your best. I'm thankful for my FAMILY and FRIENDS who must put up with me 😊 I'm thankful and honored to serve you and the Carson City community.

This month, I encourage you to reflect on what you are thankful for and share it with others. Let's bring the light to each other's day!

With thanks,

Courtney Warner

Courtney Warner / Executive Director

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.**



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.

Phone: 775-852-6002
Fax: 775-852-6028
www.InfinityHospiceCare.com



**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
1st & 3rd Wednesdays
Wednesdays • 10:30-12:30pm

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)

**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

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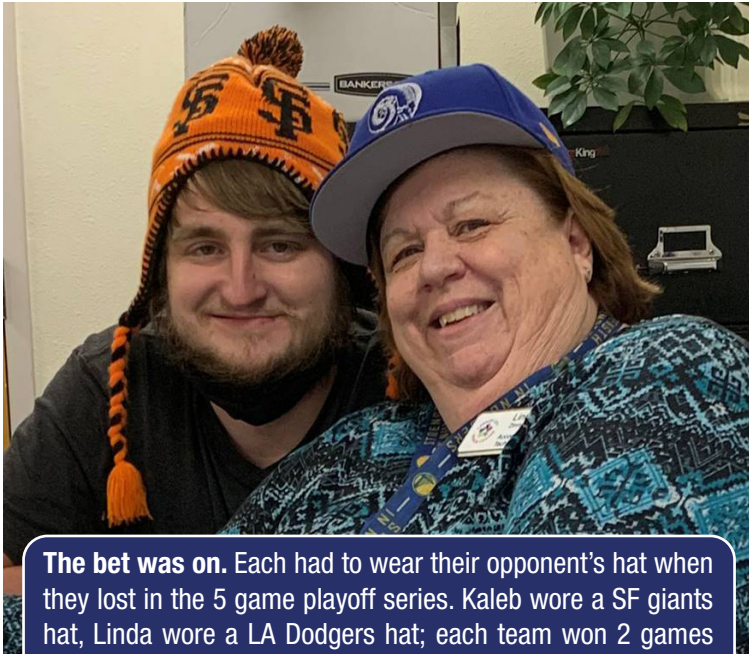
Jason Overholser, PT

Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001

fax (775) 882-5015



The bet was on. Each had to wear their opponent's hat when they lost in the 5 game playoff series. Kaleb wore a SF giants hat, Linda wore a LA Dodgers hat; each team won 2 games each in playoffs. Deciding 5th game, Dodgers won the series so Linda had an additional day wearing her opponent's hat!



**Refreshing your driving skills
could reduce your auto insurance costs.***

Take the AARP Smart Driver online course
to see how much you could save!

Visit: www.aarpdriversafety.org

In-person courses tentatively to start in early 2022 – check back mid-January (pending COVID infection rates)

Seven Tips for Aging Well

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on body and mind. This means following healthy aging strategies and implementing lifestyle changes that can prevent diseases before they occur. According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity). Even worse, 70% of Americans die from chronic diseases and conditions each year which are completely preventable. By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives. So what are some tried and true strategies for achieving wellness in your life?

1. **Eat right**
2. **Stay active in a way that's fun for you**
3. **Try meditation**
4. **Learn a new skill**
5. **Volunteer**
6. **Learn more about fall prevention**
7. **Use sunscreen daily**

To learn about these tips in greater detail, please visit:
<https://ncoa.org/age-well-planner/resource/seven-tips-for-aging-well>

Christmas Bazaar
Hidden Treasures Gift Shop
December 2 & 3
10am - 3pm

*Handcrafted Holiday items
made by Seniors 60 years and older*

Open To The Public

NOTICE BOARD

HOLIDAY CLOSURE

Thursday, November 11 | Veterans Day

Wednesday, November 24,
closing at 1pm

Thursday, November 25 & 26
for Thanksgiving

TAI CHI CLASSES

will be held on the following Fridays:

11/5, 11/12, 11/19, 12/3, 12/10, 12/17

(no class 11/26 due to holiday)

Time: 10 am - 11 am • Room: Joshua Tree

Join instructor Cindy Battee who specializes in a 4-min. Tai Chi style for seniors for a six-week free course. Studies have found Tai Chi improves cardiovascular endurance, sleep, immune system, strength, balance, flexibility and helps to relieve stress. **An RSVP at the Reception desk is required to save your space!**

PRODUCE ON WHEELS

Every 2nd & 3rd Monday

NEW TIME! 10:30-11:30 AM

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

*Seeking
Donated Jewelry*

*Donate your gently used
jewelry for our bi-annual
jewelry sale, a fundraiser
for Meals on Wheels.*

*Drop off at
Reception today!*

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, November 5 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Bring a store-bought dish to share! Dances occur the 1st Friday of each month!

Olive Garden Chicken Recipe | Submitted by Diane Maguire

2-4 Chicken breasts • 1 brick of cream cheese • 1/2 to 1 cup Parmesan cheese

2 cups Olive Garden salad dressing • Salt & Pepper to taste

Combine in a crockpot and cook on high for 4 hours.

Shred chicken and serve with noodles or rice. *It's that easy!*

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).

SUNDAY BINGO

November 14 & 28

\$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



VETERANS DAY EVENT

Wednesday, November 10

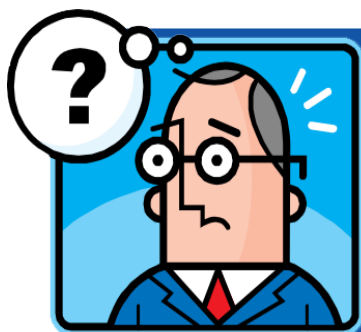
11:00 am -11:30 am

Join us for a special presentation of the colors and speeches by the Carson High School NJROTC. All are invited to recognize and honor those that served and sacrificed for the freedom of our country.

Cake will be served at the conclusion of the program.



Thank you to our Halloween decorating volunteers - Cherry, Peggy, Bea - and to Diane Maguire for donating the decorations!



Barry's Trivia Question of the Month NOVEMBER

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Where was the HAL-9000 built?

PREVIOUS MONTH'S QUESTION & ANSWER

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

A: Maine



171 E William Street
775.885.9000 | 877.519.5567
www.gdwcasino.com

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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
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® ∞

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
Prearrangements available

"The Right Choice"

Not all Funeral Homes are alike come see the difference

Owned & Operated By:
John & Debbie Lawrence



**OCTOBER
BIRTHDAYS**

Queen

DARLINE HARPER

96 Years Young



King

LES PAUL

85 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 to be added to the list.

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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

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Chris Gray, Director

Anne Knowles, Director

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Teri Krebs, Council Member

Lucy Murphy, Council Member

Cindy A. Somers, Council Member

John C. Wilson, Council Member

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Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga