

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



## UPCOMING HOLIDAYS



## VETERANS DAY

HONORING ALL WHO SERVED

Friday, November 10 - CLOSED

## Happy THANKSGIVING

Wednesday, November 22 - Closing at 1pm  
Thursday, November 23 - CLOSED  
Friday, November 24 - CLOSED

## INSIDE THIS EDITION

Page 2

- From the Director
- Volunteer Spotlight
- Birthday Queen & King

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- New Yoga Class
- Veterans Day Celebration
- Thanksgiving Celebration
- Christmas Show
- Charlie Abowd Event
- Barry's Trivia

Page 5

- Jewelry & Holiday Craft Sale

Page 6

- Protect your feet!

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



**CARSON CITY  
SENIOR CENTER**

### Hours of Operation

Monday through Friday, 9 a.m. to 4 p.m.

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

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

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

## From the Executive Director, Courtney Warner

Winter weather could be near. Do you have a plan to keep safe this season?

If there are unsafe conditions where we need to close the Senior Center, we will have a recording on our voicemail (775-883-0703), plus announce on the news and social media (follow our Facebook page). Meals on Wheels will call all participants if deliveries are cancelled. We will only close services to protect everyone's safety.

Make sure you have a plan in case we are closed. Have shelf-stable meals ready to eat in case power is out. Canned tuna, canned soups, crackers, breakfast bars, and non-refrigerated items are helpful to have on hand.

Reach out to your neighbors if you need help shoveling your driveway. Wear good footwear and dress warm! Or better yet, wait for snow to melt before heading out. Be extra careful in our parking lots as there could be slippery conditions.

Fingers crossed all of the snow stays up in Tahoe and we enjoy brisk days with sunshine.

But just in case, be prepared!

## VOLUNTEER *Spotlight*



### GRETCHEN MADER

Meet Gretchen. She works every Monday, Wednesday, and Friday in the lunchroom.

Gretchen was brought up in Wisconsin. She went on to attend Nursing School in Chicago. She then continued on to join the Air Force where she met her husband. They ended up having careers in Wichita and raised a daughter. Once the grandkids made her daughter and son-in-law "empty nesters," they all decided to move near the mountains and came to call Carson City home in 2020. She is a retired registered nurse. She loves to sew, garden and attend water aerobic classes.

Come say hi to a new friend!



### QUEEN

Gerry Trapp  
86

### KING

Virgil Christenson  
91



## October Birthdays



Celebrate your birthday with us -  
1st Friday of each month!



**RESOURCE LIST**

Nevada 211 (Nevada Care Connection) .....	211
Adult Protective Services .....	1-888-729-0571
Aging & Disability/CHIP .....	775-687-4210
Alzheimer Association .....	1-800-272-3900
Care Chest .....	775-829-2273
Carson City Health & Human Services .....	775-887-2190
Crisis Support Services of Nevada .....	775-784-8090
Day Labor .....	775-687-6899
Elder Care Law (RSVP) .....	775-687-4680
Energy Assistance Program .....	775-684-0730
Food Bank of Northern Nevada .....	775-331-3663
Jump Around Carson (JAC Transit) .....	775-841-7433
Medication Management Program .....	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services .....	775-284-3491
Nevada Rural Housing Authority (HUD) ..	775-887-1795
Nevada State Welfare Office .....	775-684-0800
Northern NV Center for Independent Living .....	775-353-3599
Retired & Senior Volunteer Program (RSVP) .....	775-687-4680
Ron Wood Family Resource Center .....	775-884-2269
Sanford Center on Aging .....	775-784-4774
Senior Companion Program .....	775-358-2322
Senior RX .....	1-866-303-6323
Social Security Administration .....	1-800-772-1213
State Health Insurance Program (SHIP) ...	1-800-307-4444
Suicide Prevention Lifeline .....	1-800-273-8255
Veterans Administration .....	775-786-7200
VA Medical Benefits Information .....	1-800-827-1000
VARN .....	775-883-8278
(Volunteer Attorneys for Rural NV)	
Weatherization Program .....	775-887-1795, X124
(Nevada Rural Housing Authority)	

**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.

## ALZHEIMER'S SUPPORT GROUP

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

Meets November 29 (due to holiday), 2:30 p.m. to 4:00 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**



**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

# UPCOMING Events

## YOGA

**When:** Tuesdays, starting November 7, 11:30-12:30pm

**Where:** Joshua Tree Room

**About the Event:** Join instructor Ruth Chan, incorporating the 8-directional bending, twisting, and stretching to attain proper alignment to improve flexibility, build physical strength, and increase energy levels.

**Fee:** \$5.00/class or 10 classes for \$40.00

**When:** Thursday, November 9, lunch served between 11-12:30pm, event begins at 11:30am

**Where:** Dining Room

**About the Event:** Celebrating our Veteran's with a presentation by the Carson High School ROTC and Mayor Lori Bagwell during lunch.



**When:** Wednesday, November 22, 11-12:30pm

**Where:** Dining Room

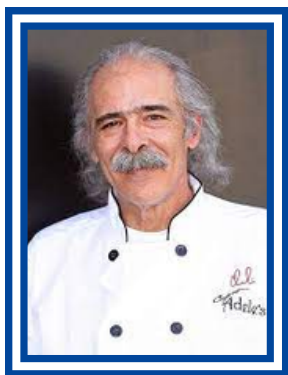
**About the Event:** Serving traditional Turkey with Gravy, Mashed Potatoes, Stuffing, Veggies, Cranberry Sauce, Roll and Pumpkin Pie!

**When:** Saturday, December 2, 2pm

**Where:** Dining Room

**About the Event:** Holiday music, performances, skits and festive fun. Raffle tickets for purchase

**Fee:** Free Admission



**When:** Tuesday, December 12 at 12:30pm

**Where:** Nevada Room

**About the Event:** Engage with Chef and Author Charlie Abowd, who recently published, *Recipes and Rambles That Made Adele's a Nevada Hot Spot: Forty Years of Cuisine and History as Told by Chef Charlie Abowd*.

## Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: The tallest mountain on Earth is located in what country?

Previous Month's Question & Answer

Q. Guadalcanal is located in what island chain?

A. The Solomon Islands.





SRES

SENIOR  
REAL ESTATE  
SPECIALISTUNDERSTANDING  
THE IN'S AND  
OUT'S OF  
DOWNSIZING IN  
TODAY'S WORLDWHO YOU  
WORK  
WITH  
MATTERSLISA WILLIAMS  
775-434-8145  
S.0188952**YOUR AD HERE**Contact Courtney  
(775) 883-0703**JEWELRY**  
*Sale*A selection of earrings, necklaces,  
belt buckles, pocket watches,  
holiday jewelry, pins & more!**Thursday, November 2**  
**Friday, November 3**  
**9am to 2pm**At the Carson City Senior  
Center, 911 Beverly Drive  
in the Lobby

A Fundraiser for:

**MEALS on WHEELS**  
CARSON CITY

Jewelry Donations accepted year-round



HIDDEN TREASURES GIFT SHOP

*Holiday  
Craft Sale*

ARTS • CRAFTS • GIFTS

THURS, NOVEMBER 30  
FRI, DECEMBER 1  
SAT, DECEMBER 2  
9-5PM

Carson City Senior Center  
911 Beverly Drive  
(775) 883-0703



**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**



# WHAT DO YOU DO TO PROTECT YOUR FEET?

By Sierra Kirby, MPH, RD, LD, CDCES, Diabetes Patient Educator, Carson Tahoe Health

Many people with diabetes experience neuropathy in their feet. Up to 50% of these people may not experience symptoms. This makes it even more important to take care of your feet because there is a higher risk for wounds when you don't have good sensation in your feet. These wounds can eventually turn into a foot ulcer which may lead to amputation.

1. Check your feet daily. Watch for calluses, cuts, sores, blisters, red spots, and swelling.
2. If you can't see the bottoms of your feet, place a small mirror on the floor for an easier view. You can also ask a friend or family member to help you monitor the bottoms of your feet.
3. Wash your feet daily with warm water and soap. Dry thoroughly when done, including between the toes to reduce friction.
4. Never soak your feet, this can lead to tissue breakdown.
5. Use lotion to keep your feet soft and smooth. Never put lotion between your toes.
6. Never walk around barefoot. Even inside your house. Always wear water shoes when swimming.
7. Wear shoes that fit well and protect your feet to prevent blisters and injuries.
8. Check inside your shoes before putting them on to ensure no objects are present and the lining is smooth.
9. Do not use hot water bottles or heating pads on your feet.
10. Avoid over the counter corn and wart removers as these may damage your skin. Have a healthcare provider remove any calluses.
11. Ask your provider to check your feet at every visit.
12. Get a diabetic foot exam done at least once per year. Have your provider trim your toenails if you have poor vision or thick toenails.
13. Contact your healthcare provider if you notice any changes to your feet.

You can learn more by attending the Diabetes Support Group on the 2nd Wednesday of every month from 1pm-2pm in the Tahoe Room.

## Our Memory Care Philosophy

### SEE THE PERSON AND FIND THE STORY!




  
**SUMMERSET**  
 SENIOR LIVING  
 Independent | Assisted Living | Memory Care  
**6205 SHARLANDS AVE**  
**RENO NV, 89523**



BOOK YOUR TOUR TODAY!

(775) 260-4432

SUMMERSETSENIORLIVING.COM



# NOTICE BOARD

## Senior Trouper Theatre Program

Starts November 6th,  
weekly on Mondays for  
six weeks  
1-2:30pm  
\$1/class for supplies

## DANCE PARTY

with Potluck  
Saturday, November 4  
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with  
Don & Nadine

## DIABETES SUPPORT GROUP

2nd Wednesday  
1-2pm

Hosted by Carson  
Tahoe Health

## Jazzercise

Every Friday

9-10am

\$9/class

Joshua Tree room

## ELECTRIC SCOOTERS

Several used electric  
scooters (wheelchairs)  
available for FREE!

Contact Courtney for more  
information (775) 883-0703

## BINGO

Sunday, November 12  
Sunday, November 26

Doors open at 11 a.m.  
Games start at 1 p.m.

Must be 21 to play

All proceeds benefit  
Meals on Wheels!

## Medicare Open Enrollment

Ends December 7

Call Reception for an  
appointment today!  
(775) 883-0703



911 Beverly Drive Carson City, Nevada 89706

**SENIOR CENTER**

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:30 p.m., Monday - Friday

Suggestion donation: 60 & older \$2.25

**HIDDEN TREASURES GIFT SHOP**

10 a.m. to 3 p.m., Monday - Friday

*Newsletter Submissions (due by the 10th):*  
**seniorcenternewsletter@carson.org**

**I want to subscribe to the Senior Sentinel!**

- **Email** (free) - Send an email to [seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)
- **Online** (free) - Visit [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org) to view the latest edition.
- **Mail** (\$20.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

**GOVERNING BOARD**

Bruce Scott, President  
Tom Baker, Secretary  
Michael Crossley, Treasurer  
Michael Pavlakis, Director  
Pam Couch, Director  
Anne Knowles, Director

**ADVISORY COUNCIL**

Corry Steiner, Chair  
Harvey Cohen, Vice-Chair  
Lisa Drews  
Robert Drews  
Becca Krach  
Julie Linstrom  
Lucy Murphy  
Cindy Somers  
Lisa Williams  
John Wilson

**SENIOR CENTER DIRECTOR**

Courtney Warner

**ELDER RESOURCE ADVOCATE**

Warren Bottino

**BUSINESS MANAGER**

Michael Salogga