

Senior Sentinel

www.carsoncityseniorcenter.org



Hours of Operation

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

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

Hidden Treasures Gift Shop: 9 a.m. to 2 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

HOLIDAY CLOSURES



Monday, November 11 - Closed



Wednesday, November 27 - Closing at 1pm

Thursday, November 28 - Closed

Friday, November 29 - Closed

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- More Events!

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

It's that time of the year for Nutrition Surveys. I appreciate everyone's input on what we do well, what we can do better, and how our lunch programs impact your life. Feedback is used on grant applications, requests for donations, and to implement changes to serve our senior community. As a courtesy to us, I ask you keep comments constructive, kind, and descriptive. Detailed information helps us understand more and helps us know what to do. And keep in mind, we are serving over 500 meals every day and do our best to accommodate as many preferences as we can! Our kitchen crew does a fantastic job!

THANK YOU

In October we had two impactful fundraisers for Meals on Wheels, lead by an all-volunteer crew! Many thanks to all involved and the hours you donated!



Thank you to the Jewelry Sale team for raising nearly \$1,500!



Thank you to Follies for raising over \$5,000!

VOLUNTEER *Spotlight*



CINDY SOMERS

Cindy Somers enjoys interacting with people, and with her professional administrative skillset,

is a perfect fit for volunteering as a receptionist at the front desk in the main lobby. She also enjoys serving diners during lunch service and is a longtime Advisory Board member. She says that engaging with individuals and assisting them is very gratifying. She has lived in Carson City for 11 years and appreciates the mild weather and spending time in Genoa. In her youth, Cindy was on the drill team and banner corp, and an active member of the YMCA, and then during her career worked for the Navy department, Social Security and Social Security Hearing and Appeals departments. She likes to stay active and socialize, read, do word search activities, exercise, watch old TV shows and classic movies.



QUEEN

Gerry Trapp, 87



KING

Joe Dietsch, 97

October Birthdays



Celebrate your birthday with us -
1st Friday of each month!
Thanks to a generous donor, the
Queen & King win \$50 in cash!

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
Medicare Assistance Program (MAP)(SHIP)..	1-800-307-4444
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
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration	775-786-7200
VA Medical Benefits Information	1-800-827-1000
VARN (Volunteer Attorneys for Rural NV) ...	775-883-8278
Weatherization Program	775-887-1795, X124
(Nevada Rural Housing Authority)	

VOLUNTEERS NEEDED

Are you retired and have checked all the boxes on your bucket list? Are you new to the area and looking to connect with your new home town? Do you enjoy customer service and have professional office experience?

You're invited to learn about volunteer opportunities by contacting Drew.

Visit www.carsoncityseniorcenter.org to apply or Call (775)883-0703, Ext 7980

ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets Wednesday, November 20,
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

EXPERIENCE CONNECTIONS.



What people are saying about CONNECTIONS.

"I leave
inspired."

"It's fun and
energizing."

"I meet new
people."

Tuesday, November 5th and 19th • 1:00 - 2:30

(Now, every 1st and 3rd Tuesday of the Month)

Senior Center, 911 Beverly Drive, Zephyr Rm



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www.connectionscentral.org

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UPCOMING *Events*

THE BIG BANG

When: Tuesday, November 12 at 1:30pm

Where: Carson City Senior Center Nevada Room (West End)

About the Event: Using extensive research and eyewitness accounts, local authors and historians David & Gayle Woodruff recount the incredible, true and bizarre story of a calculating and disgruntled gambler and his attempt to extort three million dollars from the historic Harvey's Casino Lake Tahoe casino in August of 1980. The 55-minute slide show features dozens of historic and seldom seen images. Free Event. RSVP not necessary.

PAPER CRAFTING CLASS



When: 1st and 3rd Tuesdays, 9:30-11am (full), 11:15-12:45pm (open)

Where: Carson City Senior Center Job's Peak (East End)

About the Event: Make one of a kind creations such as cards, small journals, lined paper notebooks and gift ornaments with Sandi Scheer, instructor and demonstrator for Stampin Up! All levels welcome and all supplies provided. Meet, create, socialize! Supply fee of \$5/session (cash). RSVP by calling Sandi at (775) 309-8571.

A Conversation with Laura Wetherington & Teresa Breeden

When: Tuesday, November 19 at 12:30pm

Where: Carson City Senior Center Joshua Tree (East End)

About the Event: An opportunity to engage with two talented and local poets and authors. Laura Wetherington is a poet, teacher, and editor. She has two books and many of her poems are like small paintings in words. Teresa Breeden has one novel and has published over 60 poems. Her writing revolves around relationships: with people, the environment, and even inanimate objects. Free Event. RSVP not necessary.

TAI CHI



When: Thursdays, 1-2pm

Where: Carson City Senior Center Nevada Room (West End)

About the Event: Learn Tai Chi, each class will start with a warm-up, introduction to Tai Chi, beginning poses, practicing balance work and isometric movements, and ending with meditation. Each class will build upon the last and after 4 weeks, students can progress to an advanced class starting the following month, or repeat the beginner's class. Instructor, Laura Jones, a certified Tai Chi instructor with the Arthritis Foundation and a retired nurse, is excited to teach the health benefits of Tai Chi to seniors. Mind. Body. Spirit. A 4-week course, attendees must attend the first Thursday of each month to start the course. Wear loose-fitting clothing and supportive athletic shoes. Please show up early to the class to sign-up. Each series repeats at the beginning of each month. Class fee is \$5.00/class.

Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the old name for Thailand?

Previous Month's Question & Answer

Q. What is the title of an American Admiral with five stars?
A. Fleet Admiral.



SRES

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Critical Thinking

2ND EDITION

Dates: December 9-13, 2024, a weeklong series**Time:** 10:00-11:30am**Location:** Carson City Senior Center, Tahoe Room, 911 Beverly Drive**Cost:** \$20.00 Materials Fee (collected at the first session)**Register:** Register by emailing: SrCtrCriticalThinking@gmail.com or
call Presenter Burke Pease at (831) 224-3771

ENROLLMENT LIMITED TO THE FIRST 24 TO REGISTER

Monday, December 9
10:00-11:30 am

Gray Matters: Introduction to Critical Thinking for Seniors

Tuesday, December 10
10:00-11:30 am

Critical Thinking Toolkit: Literacy and Strategies

Wednesday, December 11
10:00-11:30 am

Silver Logic: Navigating the Maze of Fallacies

Thursday, December 12
10:00-11:30 am

Biase Busters: Unraveling our Perceptions

Friday, December 13
10:00-11:30 am

Silver Lining: Making Good Decisions

Burke Pease returns with his highly acclaimed "Critical Thinking for Seniors" series condensed into a single week. Burke holds a Master's of Management degree and has been on the faculty of California State University Monterey Bay, Golden Gate University and the University of Phoenix.



911 Beverly Drive, Carson City, NV 89706
(775) 883-0703
carsoncityseniorcenter.org

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


WINTER WEATHER INFORMATION

In the event of extreme winter conditions, we may close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered and all receiving Meals on Wheels will be notified by phone. To verify the Senior Center is open, call 775-883-0703 after 9 a.m.



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

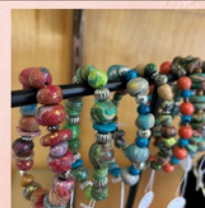
Brett M. Weeks, Aud
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

 408 North Roop Street • Carson City • Nevada
775.885.9888

Hidden Treasures

Gift Shop



Unique hand-crafted items
made by talented seniors such
as quilts, baby blankets, bird
houses, jewelry, placemats and
many other one-of-a-kind,
wonderful gifts.


 Monday - Friday
9AM - 2PM

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

DIABETES AWARENESS MONTH

By Rachael Roberts, MS, RD, LD, Nutrition & Diabetes Education, Carson Tahoe Health



Insulin was discovered in 1921 through an experiment initiated by Dr. Frederick Banting. Diabetes Awareness Month and World Diabetes Day are held in November in honor of Dr. Banting's birthday which was November 14, 1891. The discovery of insulin continues to save lives and so we celebrate and bring attention to the important work that still needs to be done. Diabetes is a growing health concern, and it is estimated that in Nevada, 10.9% or 269,783 adults have diabetes. This number does not include those who are unaware that they have the disease or those who have prediabetes.

Diabetes is a disease that occurs when the body's ability to control blood sugar levels through insulin is affected. The pancreas may stop producing insulin altogether which is the case for Type 1 Diabetes Mellitus. For those with Type 2 Diabetes Mellitus, the insulin that is produced by the pancreas stops working

effectively. Blood sugars that are chronically high can lead to serious health effects and cause damage to nerves, eyes, heart, and kidneys.

Understanding the role of prevention and the importance of early screening can help people take control of their health and prevent diabetes from progressing. According to the American Diabetes Association, yearly screening for diabetes should start at age 35. Adopting healthy habits including regular movement and a balanced diet can have a positive impact and make a significant difference in blood sugar stability. A balanced diet would include whole grains, lean proteins, vegetables and fruit, and healthy fats. Maintaining a healthy weight is also important because extra weight in the stomach area can increase insulin resistance. This can lead to higher blood sugar and a need for more medication for control. Regular check-ups with your doctor can ensure that early signs of insulin resistance or prediabetes are addressed.

In November, Carson Tahoe Health invites you to attend a free Diabetes Health Fair at the Regional Medical Center on Saturday, November 9 from 9am-1pm. Local endocrinologists will provide mini lectures on several topics and multiple specialists and vendors will be hosting interactive tables. We also invite you to attend a community presentation on November 14, which is World Diabetes Day. The presentation will review Diet and Diabetes Management. This event will be held at the Regional Medical Center, from 4-5pm.

If you have questions, please contact our educators at 775-445-8607 or at email us at diabetes.nutrition@carsontahoe.org.

2024

Christmas Show

Friday,
December 6
1:00pm
(after lunch)

Carson City
Senior Center
911 Beverly
Drive
Sagebrush
Dining Room

Holiday Music, Performances,
Skits, and Festive Fun!

Free
Event

Raffle Tickets for Purchase

RSVP Not
Required

HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, DECEMBER 5
FRI, DECEMBER 6
9-2PM

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

NOTICE BOARD

DANCE PARTY with Potluck

Saturday, November 2
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Save the Date
Gift Shop
Holiday Craft
Fair
Dec 5 & 6

Tai Chi

Thursday's 1-2 p.m.

Show up to the 1st Thursday
of each month to enroll.

\$5/class

BINGO

Sunday, November 10
Sunday, November 24

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

Must be 21 to play

All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2 p.m.

Hosted by Carson
Tahoe Health

JAC Bus Passes

Monday - Friday
9-2 p.m.

See Reception for a new bus
pass. Seniors who live in
Carson City are eligible for a
FREE bus pass.

Daylight Savings

Sunday, November 3
Turn Clocks BACK

NEW & ONGOING

Classes & Events

Critical Thinking

2ND EDITION

When: December 9-13, 2024, a weeklong series, 10:00-11:30 a.m.

Where: Tahoe Room (East End)

About the Event: Burke Pease returns with his highly acclaimed "Critical Thinking for Seniors" series condensed into a single week. Burke holds a Master's of Management degree and has been on the faculty of California State University Monterey Bay, Golden Gate University and the University of Phoenix. The event costs \$20.00 Materials Fee (collected at the first session). Register by emailing: SrCtrCriticalThinking@gmail.com or call Presenter Burke Pease at (831) 224-3771.

Beginning SQUARE DANCE

When: Monday's starting September 9, 1-3pm

Where: Nevada Room (West End)

About the Event: Weekly lessons that start from the very beginning and teach you new moves each week! Come make new friends while getting some exercise. Singles and couples welcome. Wear casual attire. Sponsored by the Capitol Cutups Square Dance Club. Lessons are \$8.00/class. RSVP not necessary. For more information contact Tim at 909-253-6590.

Rumba LESSONS

When: Monday's starting September 9, 3-4pm

Where: Nevada Room (West End)

About the Event: Weekly lessons for choreographed ballroom dancing. No dance experience required. Leather sole shoes recommended. Sponsored by the Capitol Cutups Square Dance Club. Lessons are \$8.00/class. RSVP not necessary. For more information contact Bev at 951-264-7320.

Menu

Committee

When: Tuesday, November 12 at 10 a.m.

Where: Zephyr Room (West End)

About the Event: Engage with Kitchen Manager, Kaleb, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here! Free Event. RSVP not necessary.

FREE TECH HELP

When: See Activity Calendar.

Where: Case Mgr's Office (East End)

About the Event: Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary.

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- **Email (free)** - Send an email to seniorcenternewsletter@carson.org
- **Online (free)** - Visit 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.

SENIOR CENTER STAFF

Director: Courtney Warner

Elder Resource Advocate: Warren Bottino

Business Manager: Michael Salogga

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Drew Simmons

Office Coordinator: Rachael Spafford

Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon

MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Anne Knowles, Director

Lisa Williams, Director

ADVISORY COUNCIL

Corry Steiner, Chair

Harvey Cohen, Vice-Chair

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Robert Drews

Becca Krach

Julie Linstrom

Cindy Somers

John Wilson