

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURES



Tuesday, November 11
Veterans Day
CLOSED



Happy THANKSGIVING

Wednesday, November 26
Closing at 1pm
Thursday, November 27
CLOSED
Friday, November 28
CLOSED



**CARSON CITY
SENIOR CENTER**

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 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Winter Weather Notice

Page 4

- Upcoming Events

Page 5

- Advertisements & Businesses

Page 6

- Diabetes Awareness Month: Taking Action
- Senior Suggestion Safety Tip
- Barry's Trivia

Page 7

- Upcoming Events

Page 8

- Coming Soon

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

We are pleased to announce the return of Sunday Bingo, our bi-monthly fundraiser for Meals on Wheels, on Sunday, November 9. We still need help with setup and cleanup so if you are available, please consider helping us so we can continue running the event. The games will pick up where we left off in June and our only change is to have a smaller food menu while we get back into the swing of running the event. There will be new faces who are helping, please be patient, be kind, and educate us as we learn the ropes.

Dear Veterans,



October Birthdays



QUEEN

Sonia Waters
89



KING

Les Paul
89

VOLUNTEER *Spotlight*



RICHARD CASTLE

Born and raised in Texas, Richard Castle relocated to Carson City to be near family in 1997. His job as a funeral director was a match for his passion for

helping people. After retirement, he joined the Senior Center volunteer team in 2017 and began in the dining room until he learned about the Gems and Minerals rock lab, where he currently volunteers, running the rock lab. Richard likes to share his knowledge of rocks and how to make them shine to become beautiful stones. He enjoys crafting jewelry using silver, bronze, and copper. He finds that the benefits of volunteering helps him find new friends due to shared interests. He likes spending time with his rescue Chihuahua and selling his jewelry at the local Farmer's Market. When the market season is over, he donates the jewelry to the Hidden Treasures Gift Shop and the sales benefit the Meals on Wheels program. Richard's newest hobby is singing karaoke, especially Willie Nelson's songs.

THANK YOU

Drysdale Properties for beautifying the
Senior Center for their Community
Service Day 2025!



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
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

Why Volunteer?

Meet New People, Make New Friends, Camaraderie,
Purposeful Service, and Have Fun!

Positions Available:

Tech Help, Reception, Dining Room, Sunday Bingo

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

alzheimer's association® SUPPORT GROUP

www.alz.org

Meets Wednesday, November 19
due to the 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

Website Issues?

If you notice pages on our website that are not
current, get a "denied" access message, or
cannot view the menu or calendar, try
refreshing your browser history to view the
most recent updates on our website. Visit Tech
Help if you are unsure how to do this.



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.

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.

UPCOMING *Events*

An Encore Talk with **Wild Nevada's Chris Orr**

When: Tuesday, November 18 at 1:30 p.m.

Where: Nevada (West End)

About the Event: Chris Orr is PBS Reno's Senior Producer and host of the travel-adventure series Wild Nevada which has been broadcast for more than 20 years. The award-earning Wild Nevada series features Orr taking road trips and having outdoor adventures all around the Silver State. Wild Nevada is featured on more than 200 PBS members station across the country. Free event. RSVP is not necessary.

This Event Only – New Time (1:30pm) & Bigger Room (Nevada)

History **PROGRAM**

CCC Horizons Broadened...
Hope Regained.
The CCC, the New Deal...and
their lasting legacy in Nevada

When: Tuesday, November 4 at 1:30 p.m.

Where: Nevada Room (West End)

About the Event: The Civilian Conservation Corps (CCC) was a work relief program that gave millions of young men employment on environmental projects during the Great Depression. Considered by many to be one of the most successful of Roosevelt's New Deal programs, the CCC planted more than three billion trees and constructed trails and shelters in more than 800 parks nationwide during its nine years of existence. The CCC helped to shape the modern national and state park systems we enjoy today and left a lasting legacy throughout the country-including Nevada. Free Event. RSVP not necessary.

ESTATE PLANNING

When: Thursday, November 6, 13, 20, 4 to 5:30 p.m.

Where: Joshua Room (east end)

About the Event:

Estate Planning: A 3-week Estate Planning Workshop covering an overview of Estate Planning, One Approach to Funding Your Trust, and Tackling Estate and Trust Administration. The workshop is offered by Caren Jenkins, a trusted attorney in Carson City with a broad reach in national estate and wealth planning. Free event. RSVP at Reception.

JEWELRY *Sale*

When: Thursday, November 6 & Friday, November 7, 9 to 2 p.m.

Where: Main Lobby (west end)

About the Event: A fundraiser for Meals on Wheels with a selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more for sale! Donations accepted year-round in Accounting.

menu **Committee**

When: Wednesday, November 12 at 10 a.m. (note date change due to holiday)

Where: Carson Room (West End)

About the Event: Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!

OPEN ENROLLMENT

Nevada Medicare Assistance Program



Your way through Medicare!

When: Medicare Open Enrollment is October 15 – December 7

Where: Medicare Offices, by appointment only

About the Event: You can join, switch, or drop a Medicare Advantage Plan (Part C), other Medicare health plan, or Medicare drug plan (Part D) during this enrollment period. See our Medicare Counselors to find out more information. Free Event. Register at Reception.

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

Medicare questions?

Call your local
licensed health
insurance agentBrett Cooper
775-307-9995

Compassionate Healing With KETAMINE-ASSISTED THERAPY TREATMENT

(Depression, Anxiety,
PTSD & More)Commercial Insurances Accepted
Medicare and Medicaid Accepted
VA Approved for VeteransHIGHER DIMENSIONS
OF HEALING LLC1950 College Parkway, Suite 102
Carson City, NV 89706775.347.9343 | higherdimensionsofhealing.com
info@higherdimensionsofhealing.comOPTIMUM
PHYSICAL THERAPYExperience you can trust
Results you can count onJason Overholser, PT
Physical Therapist / Owner604 W. Washington St., Suite B
Carson City, NV 89703(775) 882-5001
fax (775) 882-5015

Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

Brett M. Weeks, Aud
Doctor of AudiologyMark Weeks, MCD
CCC Audiologist

408 North Rook Street • Carson City • Nevada

775.885.9888

DIABETES AWARENESS MONTH: TAKING ACTION

By Laura Deverse, MS, RD, LD, CNSC, CDCES, Nutrition & Diabetes Education, Carson Tahoe Health

November is officially designated as Diabetes Awareness Month in the United States. November 14 is celebrated as World Diabetes Day to honor Sir Frederick Banting (his birthday), who co-discovered insulin with Charles Best in 1922, saving millions of lives. At Carson Tahoe Diabetes and Nutrition Outpatient Department, we dedicate this month to celebrating our mission to support and increase awareness to those in our community who have been diagnosed with diabetes and prediabetes. Early detection and inspired management can reduce complications associated with diabetes and improve overall quality of life.

Diabetes is a disease that affects 1 in 7 adults in this country. Type 2 diabetes affects around 90% of those diagnosed with diabetes and is characterized as insulin resistance. Insulin is the key that unlocks the door to the cell and allows glucose to enter and be used as energy. In the case of Type 2 diabetes, this process stops working effectively and as glucose rises in the blood stream. Over time, this can lead to damage to the heart, kidneys, eyes, and nerves. Type 1 diabetes is an autoimmune condition where there is no insulin production at all, and insulin injections are necessary for life.

Lifestyle changes are important to the management of diabetes. Nutrition, activity and movement, sleep and stress management are key factors that need to be considered and addressed when working with people with diabetes. Through Carson Tahoe Health, our diabetes educators can offer individualized sessions, group classes and monthly support groups in both Carson City and Dayton.

Diabetes Awareness Month is a reminder to people with diabetes that they are not alone. Support is essential and



with advances in technology such as continuous glucose monitors and insulin pumps, education can reinforce confidence in management. This month also calls awareness to prediabetes, the stage where insulin resistance is beginning but has not yet reached a critical stage. Getting tested can lead to early lifestyle changes that may prevent diabetes from progressing.

Finally, this month is a time for hope. Research continues and is moving forward, offering better treatments and tools to ease the challenges in management.

Please join us on November 8, from 9am-12pm, at Carson Tahoe Hospital for a Diabetes Health fair. Local endocrinologists will be providing short, educational sessions and there will be a variety of staff and vendors providing additional information and engaging ideas on diabetes management.

Please contact the Carson Tahoe Diabetes Educators at 775-445-8607 or at diabetes.nutrition@carsontahoe.org for more information.

Senior Suggestion

SAFETY TIP

Submitted by Wayne Walters

The Porte-Cochere or covered porch at the main entrance is used to drop off or pick up only and should not be used for parking. Always keep in mind that people are entering and exiting the automatic doors and could walk in front or behind your car.

Safety is always a concern when driving the parking lot. Did you know 4 mph kills? Well, as winter is on its way, be courteous, drive slowly and most of all, get there safely!

These are all good suggestions for everyone.

Thought for the Day...

“Don’t forget to do good, Share.”

If you have a “Senior Suggestion” send it to SeniorCenterNewsletter@carson.org or drop it off at the Director’s Office.



Q. To a stamp collector, what are envelopes called?

Previous Month's Question & Answer

Q. Baku is the capital of what country?
A. Azerbaijan.

UPCOMING *Events*



When: November 9, doors open at 11 a.m., play starts at 1 p.m.

Bingo scheduled for the 2nd & 4th Sundays

Where: Dining Room (West End)

About the Event: A fundraiser for Meals on Wheels, \$3 Early Bird pack with \$50 Payouts. \$6 Regular Game Pack with \$100 Payouts, optional Cashball \$1. \$1 Double Action and Bonanza specials. \$1 Starburst, Letter X and Fun Tab progressive games. \$2 (3 for \$5) Blackout Progressive paying \$500 or \$120. Other \$1 games: Fun Tab, Free Speed Bingo, Food Drive (each item donated receives a free card). Snack bar serving hot dogs, beverages, chips, cookies, and candy. Cash only. Just show up to play. 21 and over only.

EUCHRE Seeking Players

When: TBD

Where: TBD

About the Event: We are looking for more playing to start a Euchre game at the Senior Center. Euchre is a 4-player, trick-taking card game played in fixed partnerships using a 24-card deck. Call Reception (775) 883-0703 to sign up.

STAYING SHARP

**Strategies for Maintaining
Brain Health**

When: Friday, November 7 at 10:30 a.m.

Where: Joshua Room (east end)

About the Event: Discover lifestyle and mental habits that help protect memory and cognition as we age. A free workshop brought to you by Comprehensive Home Health Solutions. Just show up!



When: November 3, 9:30 a.m. to 2:30 p.m.

Where: Tahoe Room (East End)

About the Event: AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.



When: Saturday, November 1, 6 p.m. to 9 p.m. (1st Saturday of each month)

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

About the Event: Dance the night away with live music with Don and Nadine. Admission is \$10 per person and guests are asked to bring a dish to share. Dances are held the 1st Saturday of each month and is open to all ages.



When: Every Monday at 12:15 p.m.

Where: Nevada Room (West End)

About the Event: The Karaoke Party where you can sing, dance, and enjoy a fun and rocking time! Free (donations accepted) - Just show up! RSVP is not necessary.



When: See the Activity Calendar for the current schedule

Where: Tech Help 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.

COMING SOON

Holiday Craft Sale Christmas Show

When: Thursday, December 4 & Friday, December 5, 9 to 4 p.m.

Saturday, December 6, 12 to 4 p.m.

Where: Gift Shop & Lobby (west end)

About the Event: Just in time for Christmas, shop the special Holiday Craft Sale, which will include special handmade items brought just for the event. Buy one-of-a-kind gifts for Christmas!

When: Saturday, December 6 at 1 p.m.

Where: Dining Room (west end)

About the Event: Holiday Music, Performances, Skits, and Festive Fun! Raffle Tickets for Purchase. Free event. Just show up.

A Bus Trip to View

THE NUTRACKER

When: Saturday, December 20, arrive 10:15 a.m. for a 10:45 am departure

Where: Main Lobby (west end)

About the Event: A chartered bus trip to the Pioneer Center in Reno to watch the Nutcracker performance. Admission and transportation provided by SB118 from the 84th Legislative Session. Bring money for concessions and driver tip (optional). Limited seats available. Sign up at Reception (775) 883-0703.

A Workshop at Western Nevada College

Creating a Personal Wellness Binder for Yourself or a Loved One

When: Friday, November 14th

Where: Western Nevada College (not at the Senior Center)

About the Event: An interactive and hands-on health workshop where adults or caregivers carefully collect and organize all their critical personal, medical, and health information to share with close family members, other caregivers or emergency health care providers. Participants are supplied with binders, dividers, and a suggested outline of critical sections to be included in such a document. The cost of the workshop is \$43.00 along with a \$20.00 instructional fee covering binders, dividers and health forms. To register, please call the Western Nevada College, Continuing Education Department at 775.445.4210 or go online at wnc.edu/continuing-education

Get your OWN copy of the Senior Sentinel!

- **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

Manager: Dave Sullins

Resource Advocate: Warren Bottino

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Drew Simmons

Accounting: Rachael Spafford

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

MOW Drivers: Amanda, Coco, Doug, Julie, Laurie, Matt, Tom

GOVERNING BOARD

Bruce Scott, President

Vacant - Treasurer

Tom Baker, Secretary

Michael Pavlakis, Director

Pam Couch, Director

Lisa Williams, Director

We are recruiting more Board Members - inquire with Courtney for more information.

ADVISORY COUNCIL

Barbarann Smith, Chair

Harvey Cohen, Vice-Chair

Roxie Atkins

Lisa Drews

Nancy Howard

Becca Krach

Julie Linstrom

Pepper Lowe

Lew Schuerkamp

Cindy Somers

John Wilson