Volume 52, Issue 11 November 2026

Senior Sentinel

www.carsoncityseniorcenter.org



UPCOMING HOLIDAYS & CLOSURES



Sunday, November 1
Daylight Savings
Turn Clocks Back



Wednesday, November 11
Veterans Day
CLOSED



Thursday, November 26 & Friday, November 27
Thanksgiving Day
CLOSED

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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@carsoncity.gov
www.carsoncityseniorcenter.org

From the Director, Courtney Warner

As we settle into November and watch the leaves turn across our valley, my heart is full of gratitude. Fresh off celebrating our 50-year anniversary milestone, this season reminds us of what truly matters: the friendships built around our dining tables, the hearts of our team who have a passion for service, the dedication of our volunteers, and the vibrant spirit of every single member who walks through our doors.

November is a time to pause, reflect, and say thank you. Thank you to our amazing staff, our passionate Advisory Council & Governing Board, our incredible volunteers, our generous local donors, and—most importantly—to you, for making this center a true home away from home.

What's Happening This Month:

- Annual Jewelry Sale & Fundraiser for Meals on Wheels, November 5, 6, & 7
- Honoring our Veterans - Rib Day, November 10
- Medicare Counseling for Open Enrollment - make your appointment now
- Thanksgiving Holiday Meal, November 25
- December Holiday Events: Get ready for our upcoming Holiday Craft Sale and Christmas Show right around the corner.

Wishing you and your loved ones a warm, safe, and joyous Thanksgiving!

October Birthdays



QUEEN

Gwen Apodaca
87



KING

Clifford "Bill" Sammis
93

VOLUNTEER Spotlight



BEVERLY REDMAN

Beverly is from Sweetwater Tennessee, and after retirement in from a career in the healthcare industry as a medical biller they relocated to Carson City in 2024.

They visited her son many times who lives in South Lake Tahoe, and fell in love with beautiful Carson City, NV.

One day shortly after getting settled in her new home, she saw the gift store sign on the Carson City Senior Center and came in for a look. As she shopped and talked to the volunteers, she was excited to apply to be a volunteer. One of her daughters, who is a Family Medicine Physician in San Diego encouraged her to do so to get acquainted with Carson City, all the activities that are offered, and to make new friends.

Beverly started volunteering in February of 2025 and takes great pride in volunteering at the center. She is involved in doing many projects and sits on the Advisory Board discussing nutrition programs, Meals on Wheels, senior services, and activities.

Her experience in volunteering has opened her eyes in profound ways to the needs around us, and how it has made her so mindful of her own blessings, and her appreciation for life. Beverly is very friendly, grounded, grateful, and is a compassionate spirit to our team.

Beverly also enjoys volunteering for the friendships she has established, and the support groups that she has here at the center.

When Beverly is not volunteering, she spends her time with her children, and her 4 grandchildren. She enjoys traveling, solving crossword puzzles, and she is a Literary enthusiast.

In all things, give Thanks



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 (Sanford Center for Aging)	775-784-1808
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 (Nevada Rural Housing Authority)	775-887-1795, X124

DEMENTIA CAREGIVER SUPPORT GROUP

Meets on the 4th Wednesday of each month
2:30 p.m. to 4:00 p.m.
Carson City Senior Center
911 Beverly Dr., Carson City
Joshua Room

alzheimer's association®

www.alz.org
We offer a variety of no cost education, caregiver 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

MEDICARE OPEN ENROLLMENT

Nevada Medicare Assistance Program MAP Your way through Medicare!

Call Reception (775) 883-0703 to schedule your appointment today!

VOLUNTEERS NEEDED

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

Positions Available:
Galley, Dining Room, Sunday Bingo

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

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

History PROGRAM Water, Power and Rebellion


Southern California Interests. Editorials—News.

The Los Angeles Times

Vol. XLVI MONDAY MORNING, SEPTEMBER 12, 1927.—PART II. 14 PAGES.

CRASH OF OWENS VALLEY BANKS TRACED IN DETAIL

First Full Story of Watterssons' Asserted Embezzlements and People's Ruin Presented

Central Figures and Places in Financial Tragedy

WHAT DO WE GET BACK? GREAT QUESTION IN INYO

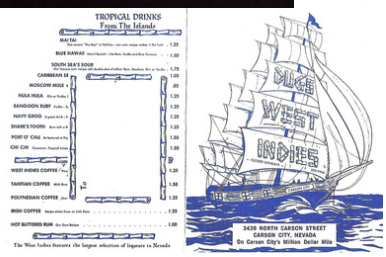
Bank Liquidator Unable to Tell Yet How Much Can Be Saved in Watterson Funds Crash

CHARGES LISTED IN FUND TANGLE

When: Tuesday, November 10 at 1:30 p.m.
Where: Nevada Room (West End)
About the Event: A sweeping tale of courage, conflict, and collapse, this history slide show traces the dramatic journey of Owens Valley bankers—and brothers—Mark and Wilfred Watterson, who rose to prominence as fierce champions of their community during the long struggle against Los Angeles' relentless pursuit of the valley's water rights. Once hailed as the spirited leaders of local resistance, their legacy ultimately unraveled in a tangled web of betrayal and deceit. Using extensive research and seldom seen photographs, David & Gayle Woodruff explore how idealism, ambition, and deception intertwined to reshape a community and entire region's destiny, in a 55-minute history presentation. Free event. RSVP not necessary.

A Taste for History: Discovering Untold Stories about the Region's Food





When: Tuesday, November 17 at 12:30 p.m.
Where: Joshua Room (east end)
About the Event: Savor a visual history of local food, drink and the stories that surround them! EdibleRenoTahoe columnist Sharon Honig-Bear brings her love of regional history, throws in a pinch of local restaurant lore, and winds up with A Taste for History. The presentation focuses on stories from Carson and nearby area, bringing to life colorful characters, one-of-a-kind eateries and celebrations. The presentation is fast moving and full of surprises about your back yard and the food enjoyed here. Free event. RSVP not necessary.

GIVE YOUR FAMILY THE GIFT OF PREPARATION

When: Friday, November 6, 10:30-11:30
Where: Joshua Room (east end)
About the Event: This Thanksgiving season, give your loved ones something that lasts: peace of mind. Join Walton's Funeral Home for a free educational seminar on funeral preplanning and discover how planning ahead can help your family feel prepared, informed, and confident when the time comes. Free event. RSVP at Reception.

Honoring our Veterans Rib Day

Tuesday, November 10
11-12:30 pm
Senior Center Dining Room





Thanksgiving Holiday Meal

Wednesday, November 25
11-12:30 pm
Senior Center Dining Room



SRES

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BHHS

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NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH AND THE BEGINNING OF THE HOLIDAY SEASON!

By Taylor Renfroe, MS, RD, LD, Carson Tahoe Health



A common struggle this time of year is that many of us become overwhelmed by trying to manage our nutrition goals while simultaneously being presented with a feast of food at most gatherings. Make sure to balance your plate, practice mindfulness, create purposeful movement, and find joy in day-to-day life.

To stay on track for your personal nutrition goal, start with planning ahead. Ask around to see what everyone is bringing to the gathering and plan your plate. You can also use this to decide what to bring to the gathering. If you're like me, you will want to try a bit of everything so remember portion control with each option. Savor each choice and take your time as you enjoy your meal. Check in with yourself and only take a second serving if you're still feeling hungry after completing the meal. Create a balanced plate with protein, carbohydrates, fiber, and fat. After a nice holiday meal, try taking a short walk before relaxing or playing active games with others to support digestion and better blood sugar response.

If you are still feeling overwhelmed with all the special meals and favorite foods, remember each day is a new day and an opportunity to resume your goals for diet and blood sugar control. Remember to be gentle with yourself and embrace what you can control. Try your best to live in the moment. The main thing is to not forget to enjoy the festivities and food!

Carson Tahoe Health is hosting their 4th annual Diabetes Health Fair on November 14th from 9:00 am to 12:00 pm. The 14th is also known as World Diabetes Day, in recognition of one of the co-discovers of insulin, saving millions of lives. Join us on this day to learn more about diabetes! It will feature talks from local endocrinologists and a registered dietitian. There will be a variety of booths and vendors to learn more about how to manage your diabetes well. We hope to see you there!

Please contact the Diabetes Education team at Carson Tahoe Health at **diabetes.nutrition@carsontahoe.org** or at 775-445-8607 for more information!



Trivia of the Month

Calvin Coolidge's pet racoon, Rebecca, was originally gifted to him by Vinnie Joyce from Mississippi. Joyce intended for Coolidge to serve her for Thanksgiving dinner, not adopt her as a pet.

Have an interesting trivia fact to share?
Submit to:
SeniorCenterNewsletter@carsoncity.gov



CARSON CITY SENIOR CENTER

911 Beverly Dr., Carson City, NV



JEWELRY SALE

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!

Lots of treasures!

THURSDAY & FRIDAY, NOV 5TH & 6TH, 2026
9:00 AM to 2:00 PM

Carson City Senior Center Lobby



SURPRISE

-Special Sale Day-

SATURDAY, NOV. 7TH
9:00 AM to NOON!

A Fundraiser for: MEALS on WHEELS CARSON CITY

Jewelry Donations accepted year-round

(775) 883-0703

carsoncityseniorcenter.org





Coming in December

Lois Mackey Chautauqua

TBD

UKULELE PERFORMANCE

Monday, December 21 at 11:15 a.m.

Get your OWN copy of the Senior Sentinel!

- **Email** (free) - Send an email to seniorcenternewsletter@carsoncity.gov
- **Online** (free) - Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail** ($50.00/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: Melissa Connors
Kitchen Manager: Kaleb Heflin
MOW Coordinator: Ashley Howell
Volunteer Coordinator: Tiffani Chiarella
Accounting: Rachael Spafford
Program Coordinator: Jessica Grundy
Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon
MOW Drivers: Amanda, Coco, Doug, John, Julie, Matt

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