

# 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](http://www.carsoncityseniorcenter.org)  
f / carsonseniorcenter**

## *From The Desk Of The Executive Director*

*Happy Holidays from all of us to you!* I wish we were not still in this pandemic and had the opportunity to celebrate with you in person. At least we can serve our traditional Christmas Eve holiday meal! Let's start the new year off on the right foot. Take every precaution you can to protect yourself and protect us. Wear a face covering, wash your hands frequently, avoid large crowds, get a flu shot and stay home when you feel sick or have been exposed to someone who has been sick.

If you find yourself feeling lonely, bored or needing to connect, we have an abundance of resources at the ready to help keep you occupied. Whether by phone, using the computer/tablet/smart phone or activity kit, we have solutions to meet just about every situation. Sign up for our friendly phone calls if you'd just like a friendly call during the week.

*Merry Christmas! Happy Hanukkah!  
Happy Kwanzaa! And Happy New Year!*

My best,

*Courtney Warner*

Courtney Warner, Executive Director



### **Thank you to Subaru of America for sponsoring Christmas Eve Lunch**

Since its inception twelve years ago, the Subaru Share the Love Event has helped deliver more than 2.3 million meals to America's seniors and we are appreciative of the sponsorship by Subaru of America to feed Carson City homebound seniors! *Thank you to Subaru of America!*



## **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.

**The Senior Center will be  
CLOSED  
Friday, December 25 & Friday, January 1**

## **2021 TAX SEASON**

We hope to have an announcement in January's newsletter with information for the upcoming tax preparation services. COVID can cause plans to turn on short notice, so please be patient with us as we iron out the details.



*Friendly  
Phone Calls*



COVID has brought in-person socialization to a screeching halt so why not bring back a safe alternative ... a friendly phone call! Our team of volunteers will give you a call to check-in and engage in friendly conversation. Calls will be between 9-2pm, Monday through Friday and come from the Senior Center. Sound good? We thought so. Call the Senior Center to sign up (883-0703).

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

The Northern California and Northern Nevada Chapter of the Alzheimer's Association is here for you. Our physical doors may be closed but our staff is working remotely and continuing to serve our community, from our homes to yours. We offer a variety of no cost virtual education presentations, local telephone/video support groups, early stage engagement activities, respite funding, care consultations, information and referral and our 24/7 helpline. For more information, visit [alz.org/nornev](http://alz.org/nornev) or call 1.800.272.3900.



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*Physical Therapist / Owner*

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Carson City, NV 89703

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fax (775) 882-5015



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## Physiatry: Questions (and Answers) for Pain

### CCSC: What exactly does a physiatrist do?

**Dr. Burkard:** I see and treat people living with pain. Pain can be caused by one or several factors. Most patients I see have pain from sports injuries, overuse injuries, and accidents that unfortunately resulted in functional disabilities.

### CCSC: What kind of training does a physiatrist need?

**Dr. Burkard:** A physiatrist is a physician who completes training in a residency program called physical medicine and rehabilitation (PM&R). Like other physicians, I earned my medical degree and completed a specialized residency training program.

### CCSC: How did your training prepare you?

**Dr. Burkard:** Training in interventional pain and sports medicine gave me the experience to take care of patients with all kinds of injuries to the musculoskeletal system, including the back, neck, knees, shoulders and any other painful joints. My physical medicine and rehabilitation residency as well as my interventional pain and sports medicine fellowship developed my skill of treating patients with multiple issues, injuries, and disabilities that stem from the musculoskeletal or nervous system.

### CCSC: What is your philosophy on treating pain?

**Dr. Burkard:** I want to decrease my patients' pain, help restore muscle and skeletal function, and improve their quality of life. I do this by making an accurate diagnosis and a comprehensive treatment plan individualized for each patient.

### CCSC: What kinds of treatment plans do you recommend?

**Dr. Burkard:** There are lots of non-surgical plans and strategies I use to help diagnose and treat patients. This may include use of medications as well as managing therapies, such as physical therapy, occupational therapy, acupuncture, chiropractic care, cognitive behavioral therapy, or aquatic therapy. In addition, I have training in nerve conduction studies and musculoskeletal ultrasound to help diagnose nerve and soft tissue injuries as well as a variety of ultrasound and x-ray guided injections to help patients manage their pain.

### CCSC: Can a physiatrist perform surgery?

**Dr. Burkard:** As a physiatrist, I do not perform any major surgeries, but I do consider all treatment and procedure options. Some examples of procedure options I perform are musculoskeletal ultrasounds, x-ray procedures for spines and joints, radiofrequency ablations/neurotomy for spine arthritis, spinal cord stimulators,

joint and tendon injections, and nerve conduction studies. If surgery is the best option for the patient, I will refer to a surgeon who can address that patient's specific medical needs.

### CCSC: How can I schedule a visit with a physiatrist?

**Dr. Burkard:** A physiatrist appointment requires a referral from your primary care provider. If you are experiencing muscle, joint, nerve, or skeletal pain, talk with your primary care provider about your symptoms and request a referral. Local care is available.

Dr. Burkard currently sees patients at Tahoe Orthopedics and Sports Medicine in Carson City, Nevada and the Barton Center for Orthopedics and Wellness in South Lake Tahoe, California. To learn more about orthopedic and physiatry services available to address pain, call 775.783.3065 or go to:

**BartonOrthopedicsAndWellness.com**



*Gregory Burkard Jr., DO, an interventional pain and sports medicine physiatrist at Tahoe Orthopedics and Sports Medicine, answered our questions about his medical specialty, and philosophy for treating pain.*

## We're Fundraising with See's Candies!



Help us earn money for our organization and make the holidays even sweeter.

Do you miss coming by the Senior Center and the Gift Shop to get your sweet fix? Are you starting to plan for the upcoming holiday season? Even though the Center continues to be closed to the public, we have partnered with See's Candies to give you the opportunity to purchase their candy online or in-person AND help support Meals on Wheels. There are two storefronts available to purchase your favorite See's Candies: one for holiday candy and one for general purchases. Both provide the convenience of having the candy delivered right to your door! You can go to our website, [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) and find the links under Shopping or What's Up!/Fundraising. Shipping fees do apply.

If you prefer to place an order in-person, we will have order forms available starting November 1st, during our drive-thru, curbside pickup lunch service, Monday thru Friday, 11:00 AM to Noon. We will order the candy to be available between November 16th and December 4th. Payment is required when you turn in your order form.



### Vera Logie

While we appreciate all our volunteers, few people have given of their time and effort like Vera Logie, also known as "The Cookie Lady." Originally from North Dakota, Vera went from teaching children in one room schoolhouses, to Mississippi as the wife of an Air Force man, to California as a banker. Throughout her life, it was her love of people and willingness to get involved that will always stand out.

She and Don, her husband of 66 years, had great love for their communities along the way, and it showed. No matter where they lived, the couple were active and volunteered at neighborhood Senior Centers, they ran a local food bank for 5 years and volunteered at the area hospitals. Their charitable work made such a difference to the communities they served, Don and Vera received the Jefferson Award, J.C. Penny Golden Rule Award, Community Spirit Award from Community Bank and KCNN Radio Station and the Sertoma Service to Mankind Award.

With all that community involvement, Vera's first priority was being a wife and mother who raised 4 boys who have now

given her 4 grandchildren to keep her busy. She and Don moved to Carson City in 2001 and became a staple at the Senior Center. After Don passed away in 2018, Vera continued her volunteer work at the Center. An amazing baker, she is revered for sharing her delicious baked goods with everyone. You've probably seen her walking the halls, or standing out front during drive through lunch with her tin of cookies making everyone's day as she passes them out.

After 33 years of volunteering and serving her communities, Vera has decided it's time to quit. From the Carson City Senior Center staff, Thank You Vera, for all the time, effort and joy you have given us. You will certainly be missed.



*Gift Shop*

# Holiday Bazaar

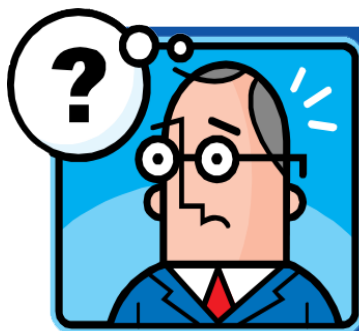
**December 18 & 19 🎁 10-4 pm**

*Shop holiday hand-made gifts  
& treasures made by seniors*

**Veterans Memorial Hall**

**100 W. 2nd St. 🎄 Carson City**

*\*Subject to cancellation if COVID infection rates are high*



## Barry's Trivia Question of the Month

**DECEMBER**

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q:** Who was the only Major League Baseball thirty game winner in one year who never won the Cy Young award?

*PREVIOUS QUESTION & ANSWER*

**Q:** What is the second largest city in México?

**A:** Ecatepec.

**SIZZLING  
SENIOR DAYS**

**WIN YOUR SHARE OF CASH  
AND GET A FREE MEAL!**

**Guests age 50 and up, get in  
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**Christie Wilde**  
*Location Manager*

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**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**  
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**NOVEMBER  
BIRTHDAYS**

**Queen**

**VERA  
LOGIE**

**89 years young**



**King**

**JOHN  
MADSON**

**86 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](mailto:SeniorCenterNewsletter@carson.org) to be added to the list.**

## **DISCLAIMER**

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### **SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869

COVID-19 closed to the public until further notice

Lunch is served by drive-thru  
between 11 a.m. to 12 p.m., Mon-Fri  
Suggested donation: 60 & older: \$2.25

### **Thrift Store**

10 a.m. to 5:30 p.m., Tues-Sat

*Newsletter Submissions:*

Send by the 10th to  
[SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org)

### **GOVERNING BOARD**

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### **SENIOR CENTER DIRECTOR**

Courtney Warner

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