

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURE

Friday, December 23

Closing at 1pm

Monday, December 26

Closed All Day

Friday, December 30

Closing at 1pm

Monday, January 2

Closed All Day

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**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

www.carsoncityseniorcenter.org

From the Executive Director, Courtney Warner

As 2022 comes to a close, the Senior Center is excited for what 2023 brings! Soon you'll hear more about our upcoming construction projects that will remodel the west bathrooms (near reception) and give a much-needed refresh to the Dining Room (new beverage area, service window (where you pick up food)) and more! We will have plenty of information soon about important dates, along with what areas will be closed during the construction. Don't worry - we will still have lunch.

Big **THANKS** to our Jewelry Sale Volunteers who spent the entire year collecting, organizing, and pricing the jewelry for the sale. We appreciate you, all of your donated time, and your commitment to raise money for Meals on Wheels!



VOLUNTEER *Spotlight*



CHRIS SMITH

Chances are if you have ever had lunch here at the senior center you have probably met Chris Smith. Chris volunteers here at the senior center every single day, come rain or shine and he

has been volunteering for over 7 years! You can catch Chris on a beverage cart serving drinks during the lunch time meal. Once you meet Chris, he will never forget your name.

Chris also volunteers twice a month handing out fruits and vegetables from the Food Bank. Chris also volunteers here for Bingo several times a month.

Chris's hobbies include Bingo and Special Olympic activities including basketball, flag football, and Bocce ball where he has received several medals.

Say hello to Chris when you see him!



QUEEN
Vera Logie
91

December Birthdays



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

KING
Richard Castle
74



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	775-883-0404
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)	

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ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of the
month, 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



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8 TIPS FOR KEEPING SAFE OUTDOORS

While ice is treacherous for even the young and able-bodied, it can be particularly dangerous for older adults. When staying inside and waiting for bad weather to clear is not possible, you can take a few steps to help prevent debilitating slips and falls. Let's count down eight tips aimed at keeping you safe and mobile when winter weather strikes.

1. Be Alert

Recognizing potential danger spots is an important first step. Watch your footing while remaining on the lookout for hidden patches of ice and other slippery surfaces. Staying on designated walkways and using handrails when available offer additional protection.

2. Slow and Steady

Walking in winter weather is anything but a race. Make sure to allow extra time to reach your destination in order to avoid rushing when it's snowy or icy outside. If you use a walker or cane, remember to bring it along when walking and use caution.

3. Walk This Way

Take "small" shuffling steps, curling your toes under for traction, if possible. (Need a visual? Picture a penguin.) Arms are good for balancing so keep hands out of pockets and free of heavy loads like shopping bags or handbags. Offering your arm while walking with a loved one can also provide added security.

4. Choose the Right Footwear

Even if you don't venture out into winter weather often, the right shoes are critical. Invest in boots or overshoes with "grip." Smooth-soled shoes, meanwhile, should be avoided as they increase the risk of slipping.

5. Be Proactive About Snow Removal

Without proper removal, snow can become a packed, slippery

surface. Have a plan in place to ensure that steps, stoops, walkways, sidewalks and driveways are promptly cleared of snow and ice and treated with sand or salt.

6. Indoor Safety

Snow-related trips and falls can also happen indoors thanks to melting snow left in entryways. Use indoor and outdoor mats for shaking off snow before entering, and remember to get in the habit of removing your shoes at the door.

7. Practice Proper Fall Form

Even with the best efforts, falls can be unavoidable. In this case, learning how to fall properly can prevent head, hip, wrist and shoulder injuries. Keeping your head up, tucking your body in, and refraining from using your hands to break a fall are effective fall-prevention measures.

8. Focus on Fitness

Focusing on fitness throughout the year can have particular value when winter weather arrives. In fact, according to a study published in the Journals of Gerontology, inactive seniors who did Tai Chi just three times a week decreased their risk of falling by a whopping 55 percent. According to the National Safety Council's Injury Facts 2015, falls not only lead to hundreds of thousands of hospitalizations every year, but they're also the leading cause of injury-related deaths among seniors. These eight tips can help keep you safe and healthy despite winter's chill.

Read the full article here: <https://www.umh.org/assisted-independent-living-blog/the-winter-walkers-guide-eight-tips-for-keeping-seniors-safe-outdoors>

Thank YOU



Thank you to the Carson City Elks Lodge #2177 for your \$1,500 donation to Meals on Wheels!

Thank you to the Hidden Treasures Gift Shop for your \$1,000 donation to Meals on Wheels!



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Barry's Trivia Question of the Month

by Barry Bjorkman
Former Advisory Council Chairman

Q: What was Mr. Chevrolet's first name?

Previous Month's Question & Answer
Q. What country is furthest South on Earth?
A. Chile.



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WINTER WEATHER NOTICE

We will do our best to improve the conditions in our parking lots. Use caution when on sidewalks and entering/exiting your vehicle. In the event of extreme winter conditions, we may need to close and will have a recording on our voicemail with more information. If we are 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.



Upcoming EVENTS

HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

NOVEMBER 30
DECEMBER 1
DECEMBER 2
9-3PM

Carson City Senior Center
911 Beverly Drive

2022

CHRISTMAS SHOW

**Friday
Dec
2nd** | **1 PM**

Holiday music, performances, skits, and festive fun!

Raffle Tickets for Purchase

FREE Admission | **At the Carson City Senior Center**



Know your RIGHTS!

Thursday, December 15
1pm

Nevada Legal Services will review debtors rights, what creditors are and are not allowed to do, and what actions debtors can take regarding creditors. "Collection Proof" will be reviewed for people who have income exempt from debt collection.

Holiday Meals

Christmas Lunch

Friday, December 23
11-12:30pm

NEW YEARS EVE LUNCH

Friday, December 30
11-12:30pm

NOTICE BOARD

MOVIE Matinee

Tuesday, Wednesday Dec. 14
at 1 p.m.

Now on the 2nd Wednesday!

Free

Call for current showing
(775) 883-0703

(Due to copyright, we can't advertise)

AARP Driver's Safety Class

December 12

9:30 a.m. to 2:30 p.m.

Tahoe Room

\$20 AARP Member, \$25 non-member payable day of class
(cash or check)

Register at Reception

TAX VOLUNTEERS NEEDED

Tax Counselors, Screeners,
and Receptionists

Contact

frankvolwork@nvbell.net

BINGO

Sunday, December 11
(No Bingo on December 25)

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

Must be 21 to play

All proceeds benefit Meals on Wheels

DANCE PARTY

Friday, December 2
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Move with the Mayor Line Dancing

Monday, December 5
11am

Nevada Room

Want to start a new activity or club?

Contact Courtney to
reserve a room!
(775) 883-0703



CARSON CITY SENIOR CENTER

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

SECOND WIND THRIFT SHOP

10 a.m. to 5:30 p.m., Tuesday - Saturday

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

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