

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



**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](mailto:seniorcenternewsletter@carson.org)

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

## UPCOMING HOLIDAYS



Friday, December 22 - Closing at 1pm  
Monday, December 25 - CLOSED



Friday, December 29 - Closing at 1pm  
Monday, January 1 - CLOSED

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## From the Executive Director, Courtney Warner

Many thanks for the amazing people doing incredible things. Thank you is never enough, but let's give it a try.

**JEWELRY SALE VOLUNTEERS** - A huge thank you to the volunteers who spend all year organizing and pricing the jewelry. This sale was another record year thanks to their many hours of work!

**KIWANIS CLUB OF SIERRA NEVADA** - Thank you for decorating the Senior Center and creating a joyous and festive look. We appreciate your time and service!

**CARSON CITY TOYOTA DONATES TO MEALS ON WHEELS** - Big hugs to Carson City Toyota for their \$2,500 donation to Meals on Wheels. Toyota keeps our wheels spinning! Thank You!



## VOLUNTEER *Spotlight*



**VICKIE  
LAHEY**

Vickie recently joined us and works in our Gift Shop!

Vickie is a long time resident of Carson. She has been married for 23 years, has two kids, and five grandchildren. In her spare time she loves camping in the summer, and crocheting and knitting in the winter months! Please stop by the Gift Shop on Tuesdays and say hello!



**QUEEN**  
Corry Steiner  
87

**KING**

Richard Moore  
82



## November Birthdays



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



**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 .....	775-284-3491
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
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](http://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



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**



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**Jason Overholser, PT**  
Physical Therapist / Owner

604 W. Washington St., Suite B  
Carson City, NV 89703

**(775) 882-5001**  
fax (775) 882-5015

# UPCOMING Events



**When:** Thursday, November 30, Friday, December 1, Saturday, December 2, 9-5pm

**Where:** Lobby

**About the Event:** The Hidden Treasures Gift Shop is hosting its annual Holiday Craft Sale with unique arts, crafts, and gifts!

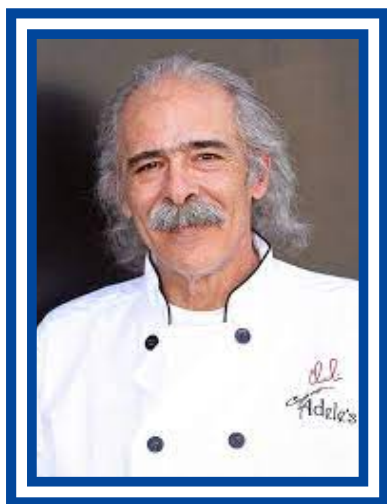
**Fee:** Free Admission

**When:** Saturday, December 2, 2pm

**Where:** Dining Room

**About the Event:** Holiday music, performances, skits and festive fun. Raffle tickets for purchase.

**Fee:** Free Admission



**When:** Tuesday, December 12 at 12:30pm

**Where:** Joshua Tree Room

**About the Event:** Engage with Chef and Author Charlie Abowd, who recently published, *Recipes and Rambles That Made Adele's a Nevada Hot Spot: Forty Years of Cuisine and History as Told by Chef Charlie Abowd.*

**Fee:** Free Admission

**When:** Friday, December 22, 11-12:30pm

**Where:** Dining Room

**About the Event:** Serving Brown Sugar Honey Glazed Ham, Mashed Potatoes with Gravy, Mushroom Strata, Green Beans, Whole Wheat Roll, and Apple Pie

**Fee:** \$2.25 Suggested Donation (60+); \$6.00 fee (59 and under)



## Christmas Lunch



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. For more information or to verify the Senior Center is open, call 775-883-0703.

## Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: What is the Capital of Libya?

## Previous Month's Question & Answer

Q. The tallest mountain on Earth is located in what country?  
A. Nepal.





<p>SRES</p> <p>SENIOR REAL ESTATE SPECIALIST</p>		<p>UNDERSTANDING THE IN'S AND OUT'S OF DOWNSIZING IN TODAY'S WORLD</p>
	<p>WHO YOU WORK WITH MATTERS</p>	
<p>LISA WILLIAMS 775-434-8145 S.0188952</p>		

## YOUR AD HERE

Contact Courtney  
(775) 883-0703



HIDDEN TREASURES GIFT SHOP

# Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, NOVEMBER 30  
FRI, DECEMBER 1  
SAT, DECEMBER 2  
9-5PM

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

## Celebrate Life at Sunnerset Senior Living Adaptive & Memory Care Now Open!



CELEBRATING LIFE'S JOURNEY



**SUNNERSSET**  
SENIOR LIVING

**Independent | Assisted Living**

6215 SHARLANDS AVE  
RENO NV, 89523

**Adaptive Care | Memory Care**

6205 SHARLANDS AVE  
RENO NV, 89523

**BOOK YOUR TOUR TODAY!**  
**(775) 260-4432**  
SUNNERSSETSENIORLIVING.COM



# TIPS FOR A HAPPY AND HEALTHY HOLIDAY SEASON

By Laura Deverse RD, LD, CNSC, CDCES, Carson Tahoe Diabetes & Nutrition Educator

Staying healthy during the holidays can feel challenging. Tempting treats and full schedules can derail our goals for eating healthy and staying active. While we want to enjoy the spirit of the season, it is important to find ways to enjoy the festivities without affecting our health. Although the holiday season is not the same for everyone, the following tips can be a good reminder for anyone this time of year as we look towards a new year!

- **Plan Ahead.** Many of us have traditions that fill our time this time of year. Take a few hours and focus on your goals for staying on track throughout this season by writing them down. Look ahead at your schedule and decide on a plan for handling those extra sweets or busy days.
- **Mindful Eating.** Do not skip meals or snacks! Start with a healthy breakfast. For example, oatmeal with fruit and nuts or scrambled eggs with whole grain toast. Enjoy your favorite holiday dishes but if dressing and pumpkin pie are your favorites, and bypass the dinner roll and mashed potatoes. Enjoy a large serving of the roasted vegetables that you brought to share. Savor your food and slow down when eating.
- **Hydration.** Even with colder temperatures, our bodies need water to run smoothly. Use low-calorie options and try adding fruit to sparkling water or sipping on cinnamon tea to add flavor and feel festive without adding calories. Remember portion control with high calorie favorites such as eggnog or cider. Alternating a glass of water between alcoholic beverages can help you stay hydrated.
- **Healthy Meals and Healthy Substitutions.** When eating at home, include colorful and seasonal fruits and vegetables to all of your meals. And remember, frozen options can be as nutritious as fresh and sometimes more economical. Add apples or roasted butternut squash to festive fall green salads. Use lightly



salted nuts or raw vegetables with hummus for appetizers and snacks. Dark chocolate is a great treat in small amounts; it has less sugar and more fiber than milk chocolate.

- **Stay Active and Keep Moving.** Plan for shorter exercise sessions on the busy days. Try to move your body every day, and include indoor options when the weather is not cooperating. Active movement is a great stress reliever and can support emotional health as well as physical.
- **Self-Care & Stress Management.** Find time each day to do one activity that is strictly for you and your health. Watch a favorite movie or read a beloved book, go for walk, enjoy a cup of tea, or do whatever brings you a moment of joy. It is important to get enough sleep, try deep breathing exercises or relaxing music at bedtime.
- **Grace and Gratitude.** Connect with others and lean on your support system when you feel overwhelmed or off track. Keeping a gratitude journal has been shown as a positive way to reduce feelings of stress and isolation. Be kind to yourself when you overdo it, it happens to us all! Success, no matter how small deserves to be celebrated!

Join the monthly Diabetic Support Group! December's meeting will be a recipe exchange with cookies to sample!



## SUBARU share the love® EVENT

November 16 through January 2.



# NOTICE BOARD

## NEW YOGA

Tuesdays, 11:30am

Fee: \$5.00/class or  
10 classes for \$40.00

## DANCE PARTY

with Potluck  
Saturday, December 2  
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with  
Don & Nadine

## DIABETES SUPPORT GROUP

2nd Wednesday  
1-2pm

Hosted by Carson  
Tahoe Health

## Medicare Open Enrollment

Ends December 7

Call Reception for an  
appointment today!  
(775) 883-0703

## Christmas Caroling

December 15  
11am

Carson Chamber Singers  
will sing holiday favorites  
during lunch.

## BINGO

Sunday, December 10  
Sunday, December 31

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

Must be 21 to play

All proceeds benefit  
Meals on Wheels!

## CARSON CITY LIBRARY

December 11  
10:30-12:30pm

In the Lobby



911 Beverly Drive Carson City, Nevada 89706

### **SENIOR CENTER**

(775) 883-0703

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

On-Site 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

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

### **GOVERNING BOARD**

Bruce Scott, President  
Tom Baker, Secretary  
Michael Crossley, Treasurer  
Michael Pavlakis, Director  
Pam Couch, Director  
Anne Knowles, Director

### **ADVISORY COUNCIL**

Corry Steiner, Chair  
Harvey Cohen, Vice-Chair  
Lisa Drews  
Robert Drews  
Becca Krach  
Julie Linstrom  
Lucy Murphy  
Cindy Somers  
Lisa Williams  
John Wilson

### **SENIOR CENTER DIRECTOR**

Courtney Warner

### **ELDER RESOURCE ADVOCATE**

Warren Bottino

### **BUSINESS MANAGER**

Michael Salogga

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