

Senior Sentinel

www.carsoncityseniorcenter.org



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 2 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

SPECIAL DATES

April 1 - April Fool's Day

April 15 - Tax Day

April 18 - Good Friday

April 20 - Easter Sunday

April 22 - Earth Day



INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Alzheimer's Association
- Volunteers Needed

Page 4

- Upcoming Events
- Barry's Trivia

Page 5

- Winter Weather Information

Page 6

- Boosting Bone Health
- Chair Yoga Changes
- St. Patrick's Day Pictures

Page 7

- Notice Board

Page 8

- More Events
- Jewelry Sale - Save the Date

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

There is an abundance of new information impacting seniors at the local and national levels. We are working hard to stay informed to help you know what is going on and how we can help you.

We have a handout on the Social Security Windfall to those impacted, have resources if you are impacted by the changes of Medicare providers at Carson Tahoe Health, and have several resources of local apartment complexes, food resources, and more. Please reach out to us if you have any questions and we will work hard to get you answers.

Thank You

Thank you to the Carson City Elks Lodge No. 2177 for \$1,200 donation to Meals on Wheels. The money came from an annual murder mystery play the Elks Lodge along with the Emblem Club No. 507 held to raise money for worthwhile endeavors.



VOLUNTEER *Spotlight*



HELEN SELDERS

Helen Selders' 30-year career as a nurse in long term care communities provided the inspiration for volunteering at the Senior Center. Over the past 10 years, she has enjoyed greeting and assisting the public at the reception desk and trained other volunteers who would like to do the same. Helen says that her heart is full when she supports elders. Helen and her husband relocated to Carson City in 2014 and appreciates the natural beauty of northern Nevada and living close to her 2 children and their families, including 4 grandchildren. She's an avid reader of historical novels and delights in knitting colorful emotional support chickens because she says knitting keeps her out of trouble.



QUEEN

Carol Morse
92



KING

Walt Grosman
84

March Birthdays



Celebrate your birthday with us -
1st Friday of each month!
Thanks to a generous donor, the
Queen & King win \$50 in cash!

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
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

VOLUNTEERS NEEDED

Are you retired and have checked all the boxes on your bucket list? Are you new to the area and looking to connect with your new home town? Do you enjoy customer service and have professional office experience?

You're invited to learn about volunteer opportunities by contacting Drew.

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

ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of each 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

EXPERIENCE CONNECTIONS!



What people are saying about CONNECTIONS.

"I leave
inspired."

"It's fun and
energizing."

"I meet new
people."

Every Tuesday • 1:00 - 2:30
Senior Center, 911 Beverly Drive
Jobs Peak Room (east end of bldg)



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UPCOMING *Events*

The Pack that Walked like a Man

A Chautauqua Presentation

When: Tuesday, April 8 at 1:30pm

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

About the Event: There is probably no one more intimately tied to the Sierra Nevada Mountains than Norman Clyde. Yet to this day, he remains virtually unknown outside the world of alpine climbing. Clyde achieved over 130 first ascents of some the Sierra Nevada's most challenging peaks. Carrying a pack that often weighed over 80 lbs., the "crusty" Clyde participated in over a hundred search and rescues missions. Local historian and author David Woodruff assumes the character of this larger-than-life paragon in an entertaining 60-minute Chautauqua performance. Free Event. RSVP not necessary.

Med
TALK



When: Monday, April 28 at 12:30 p.m.

Where: Carson City Senior Center Tahoe Room (East End)

About the Event: Med Talk with Jessica Anderson, Physical Therapist at Carson Tahoe Health, for a presentation on an "Anti-Inflammatory Lifestyle" - Diet and Lifestyle changes to address chronic inflammatory conditions. Free Event. RSVP not necessary.

A Conversation with

Jesse James
Ziegler &
Gailmarie
Pahmeier

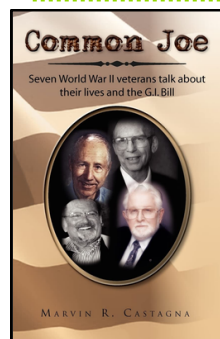
When: Tuesday, April 15, 12:30pm

Where: Carson City Senior Center Joshua Tree (East End)

About the Event: Jesse James Ziegler is currently serving as Poet Laureate for the City of Reno. His first collection of poetry FIVE (2019) was published and brought to life through their annual new Works Festival. His work has additionally been published by Nevada Humanities, The Mill Valley Literary Review, Strophes and Multnomah University Press. Gailmarie Pahmeier, now Emeritus faculty, taught creative writing at the University of Nevada, Reno. Widely published, in 2015 she was appointed Reno's first Poet Laureate, in 2016 was inducted into the Nevada Writers Hall of Fame. In 2022, she was selected as a Laureate Fellow, Academy of American Poets. Free Event. RSVP not necessary.

HOW THE BOOK CAME TO BE

COMMON JOE



When: Friday, April 18 at 12:30pm

Where: Carson City Senior Center Joshua Tree (East End)

About the Event: An engaging hour with author, Marvin Castagna, as he shares his experience researching and writing "Common Joe," a book about the GI Bill. Free Event. RSVP not necessary.



Barry's Trivia
Question of
the Month

by Barry R. Bjorkman
Former Advisory Council
Chairman

Q: What do the initials RCMP stand for?

Previous Month's Question & Answer

Q. Who was Lemonade Lucy?

A. Wife of U. S. President Rutherford B. Hayes.

SRES

SENIOR
REAL ESTATE
SPECIALIST



UNDERSTANDING
THE IN'S AND
OUT'S OF
DOWNSIZING IN
TODAY'S WORLD



WHO YOU
WORK
WITH
MATTERS



LISA WILLIAMS
775-434-8145
S.0188952



A GROOVY CELEBRATION

Volunteer Appreciation

Friday, April 25 at 1:30pm
Carson City Senior Center, Dining Room

Desserts, Raffle prizes, Gifts
Music of the 60's & 70's
Themed Attire Welcome but Not Required
Please submit a favorite photo of you during the 1960's and see Drew for details.

RSVP to Reception
(775) 883-0703
Active Volunteers Only, Please



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YOUR AD
HERE

Contact Courtney Warner for Advertising
Opportunities (775) 883-0703



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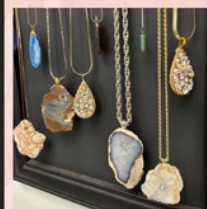
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Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City • Nevada
775.885.9888

Hidden Treasures

Gift Shop



Unique hand-crafted items
made by talented seniors such
as quilts, baby blankets, bird
houses, jewelry, placemats and
many other one-of-a-kind,
wonderful gifts.



Monday - Friday
9AM - 2PM

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

BOOSTING BONE HEALTH

By Chelsea Minifie, RD, LD, CDCES, Nutrition & Diabetes Education, Carson Tahoe Health

As we age, it's important to take extra care of our bones, as they can become more fragile and prone to fractures. One of the best ways to support strong, healthy bones as a senior is through proper nutrition. Calcium is a key nutrient for bone health because it helps to keep bones strong. Foods like milk, cheese, yogurt, and leafy greens such as spinach and kale are all rich in calcium. Vitamin D also plays a vital role, as it helps the body absorb calcium. Seniors can get vitamin D from foods like fatty fish (such as salmon), egg yolks, and fortified dairy or plant-based milk. Spending some time in the sun can also help the body produce vitamin D naturally.



In addition to calcium and vitamin D, magnesium is another mineral that supports bone strength. Foods like nuts, seeds, whole grains, and leafy vegetables provide magnesium. Eating a variety of these foods helps ensure your body gets all the nutrients it needs to support healthy bones.

Maintaining an active lifestyle with weight-bearing exercises, such as walking, dancing, or light strength training, can also help keep bones strong. If you are at risk for a fall, or maybe it's just been awhile since you've exercised, check in with your provider first before starting any new exercise routines. These activities help improve bone density and reduce the risk of osteoporosis. Lastly, reducing excess sodium and caffeine in the diet can help protect bones, as too much salt and caffeine can weaken bone health. By including these bone-boosting foods and habits in your daily routine, you can support bone strength and overall health as you age.

Carson Tahoe Health Nutrition Educators can be reached for questions at 775-445-8607 or @ diabetes.nutrition@carsontahoe.org.

Tuesday's Chair Yoga with Wanda has moved to Thursday's at 2:30pm

ST. PATRICK'S DAY



NOTICE BOARD

DANCE PARTY with Potluck

Saturday, April 5
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Tai Chi

Thursday's 1-2 p.m.

Show up to the 1st Thursday
of each month to enroll.

\$5/class

BINGO

Sunday, April 13
Sunday, April 27
Doors open at 11 a.m.
Games start at 1 p.m.

Must be 21 to play
All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2 p.m.

Hosted by Carson
Tahoe Health

Chair Yoga with Wanda

Thursdays
2:30-3:30pm

Nevada Room
\$5/class

Feedback Wanted

Share your comments
in the Suggestion
Box located at the
main and east
entrances.

AARP Driver's Safety Class

2025 Classes: May 5, July 7,
November 3
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

UPCOMING *Events*

ANECDOTAL WRITINGS & POETRY

Menu Committee

FREE TECH HELP

JEWELRY *Sale*

In the Carson City Senior
Center Lobby

When: Friday, April 11 at 12:30pm

Where: Carson City Senior Center Joshua Tree
(East End)

About the Event: Author and Poet, Glade Myler, shares his latest book "A Drop in the Bucket." A collection of old savings and writings. Free Event. RSVP not necessary.



Engage with Kitchen Manager, Kaleb, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here! Meets on the 2nd Tuesday of each month at 10 a.m., in the Zephyr Room (west end).

Next meeting: April 8, 10 a.m.

Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary. See the Activity Calendar for current schedule. Tech Help meets in the Case Manager's Office (east end).

Thursday, May 1 & Friday, May 2 9am to 2pm

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!
A fundraiser for Meals on Wheels.

Donations Wanted!

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.

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Director: Courtney Warner
Elder Resource Advocate: Warren Bottino
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Kitchen Manager: Kaleb Heflin
MOW Coordinator: Ashley Howell
Volunteer Coordinator: Drew Simmons
Office Coordinator: Rachael Spafford
Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon
MOW Drivers: Amanda, Doug, Julie, Matt, Rudy, Tom

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