

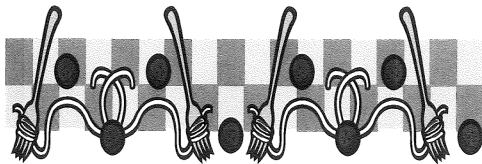
The Senior Sentinel

Carson City Website: www.carson.org
Like us on Facebook—Carson City Senior Center



Volume 44, Issue 4

April 2018



Kiwanis of Carson City Spaghetti Feed

Saturday April 7th, 2018
1:00pm – 4:00pm
At Carson City Senior Center

Tickets \$5.00
Kids under 5 Eat Free

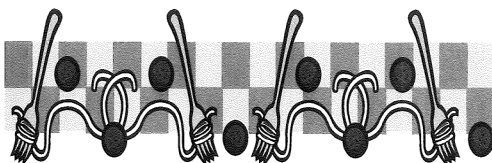
**Proceeds to benefit the Meals on Wheels program and the Carson
City Senior Center**

Menu: Spaghetti, Salad, Garlic Bread, Beverage, and Dessert
Lunch served 1:00 to 3:00

Free Bingo with Great Prizes!!!
Pre-Sold Tickets include 1 Bingo card
(Additional Bingo Cards can be purchased for \$1.00 each)

Tickets Available by calling Bob Langson 775-721-0789.
Also available at the door.

Tickets available at reception area in Carson City Senior Center



Get your tickets for Carson's Got Talent, Saturday, April 14, 2018, show starts at 6:30pm. Nineteen of Carson's finest talent will compete for the cash grand prize. All proceeds benefit Meals on Wheels Carson City



Yoga Flow

Thursdays, starting April 5, 2-3pm in Nevada Room. Yoga Flow is yoga postures moving through sequences without pauses to classical music. Lead by instructor Sheila Steele



I am still collecting stories you are sending me. As I said, I will work on compiling them in to a book or binder where everyone can enjoy them. With space being limited in the newsletter, this is the best way I can get your stories, poems and thoughts collected in one place and shared. Please email me at nvrebel50@yahoo.com or drop off your submissions to the Carson City Senior Center. You all have great stories to share and it would be wonderful for others to see them too. Thank you.

Resource Contact Information

Nevada State Information Service	211
Aging & Disability/CHIP	687-4210
Alzheimer Association	786-3509
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	687-0703
Food Bank	331-3663
HUD (Nevada Rural Housing Authority)	887-1795
JAC (Jump Around Carson)	841-7433
Medication Management Program, Universty of Nevada, Reno	784-1612
Nevada Legal Services	284-3491
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	1-888-808-5481
Suicide Prevention Lifeline	1-877-885-4673
Veterans Administration	786-7200
VA Medical Benefits Information	328-1293
VARN (Volunteer Attnys for Rural NV)	883-8278
Weatherization	887-1795, X124

ALZHEIMER'S SUPPORT GROUP

(www.alz.org)

Carson City

- Barbara Singer, Facilitator
Meets the 2nd Wednesday of each month
1:00—2:30 p.m.
Carson Tahoe Cancer Center Conference Room
1535 Medical Parkway, Carson City
- Heidi Slater, Facilitator
Meets 4th Wednesday of the month
2:30—4:00pm
Carson City Senior Center
901 Beverly Dr.
- Candace Stewart, Facilitator
Meets every Thursday of the month
6:30-7:30pm
Carson Tahoe Regional Medical Center
Juniper Room
1600 Medical Parkway
- **Alzheimer's Office Hours at the Senior Center**
Drop by or schedule a free consultation with
Alzheimer's Rural Outreach and Family Care
Associate, Heidi Slater
Every Wednesday from 9-4 (out for lunch 12-1)
Please call [775-786-8061](tel:775-786-8061) to schedule an
appointment.

Minden/Gardnerville

- Barbara Singer, Facilitator
Meets the 2nd Thursday of each month
2:00—3:00 pm
Coventry Cross Episcopal Church
1631 Esmeralda Place, Minden

For more information, call **775-786-8061**

National Alzheimer's Helpline: [1-800-272-3900](tel:1-800-272-3900)
Available to you 24/7.



New Medicare Cards

Article provided by Nevada Senior Medicare Patrol

If you have Medicare, you can protect your identity and help prevent health care fraud by guarding your Medicare card like you would a credit card.

Identity theft from stolen Medicare numbers is becoming more common. Medicare is helping by removing Social Security numbers from Medicare cards and replacing them with a new, unique number for each person with Medicare. This will decrease your vulnerability to identity theft. Medicare is mailing new Medicare cards with the new numbers between April 2018 and April 2019.

The new Medicare number/card won't change Medicare benefits. If you have Medicare, you may start using your new Medicare card as soon as you receive it. After you receive your new card, destroy your old Medicare card. The effective date of the new cards, like the old cards, is the date you were or are eligible for Medicare.

Tips for Protecting Yourself

Here are some important steps you can take to protect yourself from the identity theft that can lead to health care fraud:

Don't share or confirm your Medicare or Social Security number with anyone who contacts you by telephone, email or in person unless you've given them permission in advance. Medicare will NEVER contact you (unless you ask them to) to ask for your Medicare number or other personal information or to send you a new card. Medicare already has your information.

Don't ever let anyone borrow or pay to use your Medicare number.

There is no charge for the new card, so don't pay anyone to send it to you.

Review your Medicare Summary Notices or Explanation of Benefits to be sure you and Medicare or your insurance company are only being charged for actual items and services you received.

Your new Medicare card will be sent automatically by mail to the address on file with Social Security. To update it: visit ssa.gov/myaccount or call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778).

For more information or to report Medicare fraud, errors or abuse, contact Nevada Senior Medicare Patrol at 1-888-838-7305 or by e-mail at smppinfo@adssd.nv.gov.

Article submitted by Lori Powers is the Outreach Coordinator for the Nevada Senior Medicare Patrol, an organization that helps fight Medicare fraud

Smoking—a habit associated with 13 cancers, according to the National Cancer Institute—can't be casually tossed aside—it takes effort. That's why Carson Tahoe Health offers support through several resources. 1) Take a Freedom From Smoking Class, a 7 week program developed by the American Lung Association. Email SMOKE-FREENV@GMAIL.COM for more information. 2) Call (800) QUIT-NOW. This resource allows people to receive help without leaving home. 3) Book a counseling appointment. Talk to your Healthcare provider. Quitting an addictive habit like tobacco use takes a team approach. We've got your back.

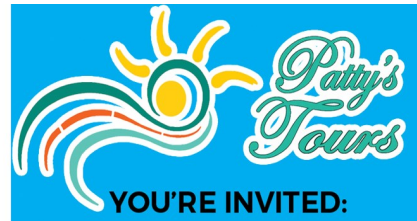
Source: Carson Tahoe Health



EMAIL:

NAME:

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**YOU'RE INVITED:**

Friday, April 27 @ 1pm
Carson City Travel Show
 Carson City Senior Center
 911 Beverly Dr, Carson City

Saturday, April 28 @ 10am
Reno Travel Show
 Meadowood Courtyard Hotel
 5851 S Virginia St, Reno

RSVP by phone or online

775-453-1794
PATTYSTOURS.COM

Find words for a chance to win!

PATTY'S TOURS**MISSISSIPPI SEDONA SHERWOOD****NIAGARA FALLS PORTLAND****SHAKESPEARE TRAVEL****ALASKA YELLOWSTONE IRELAND****FRIENDS MEMORIES FUN**

Bring this to the travel show!

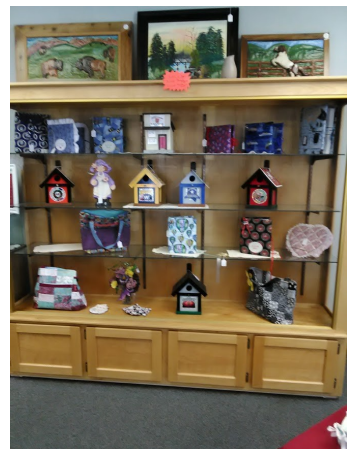


Spring is coming so it is the time to Hop on over to The Unique Crafter's Gift Shop located in the Carson Senior Center, 911 Beverly Dr., Carson City, NV. This shop specializes in "Hand Crafted" items made by Seniors 60 years or older. See's candy is also sold year 'round.

You will find Crocheted and Knitted baby outfits, jewelry, aprons, designed towels and many other one of a kind products.

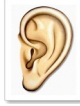
The Gift Shop helps our seniors by providing them a venue for displaying and selling their wares. 85% of the funds made from the Consignee's sales is returned to the senior. The remaining 15% is used to help pay the cost of maintaining the Gift Shop. Gift Shop hours are M—F 10:00am—3:00pm.

The gift shop is run entirely by volunteers who are interested in learning Sales and Marketing skills and who enjoy talking and meeting people. The gift shop is always looking for New and Unique Goods made by Creative Seniors. If you would like to join our friendly group of volunteers or to have your items placed on consignment in the gift shop, call Diane McGuire (Manager) at 775-883-0703, or come into the gift shop Tuesday or Wednesday 10 am—3pm.





Hearing Care of Carson City



Brett M. Weeks, Au.D.
Doctor of Audiology

Mark Weeks, M.C.D.
CCC Audiologist

Hearing Aids & Audiology

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775-885-9888

Congratulations to our March Birthdays QUEEN



Wyn Ramsey
83 Years Young

KING



Fred Harlow
85 Years Young



Our congratulations goes out to Pauline Bondage who won \$243 on the Double Action Special Bingo game.

Come join us and you may be our next big winner..



BINGO DATES:

**April 1st, 8th and the
22nd**

The Carson City Community Bingo is a fundraiser for Meals on Wheels.

We play Bingo the 1st, 2nd and 4th Sunday of the Month. The cost to play is \$10. All the Special Games and the Cash Ball cost \$1 each. Early Bird Games cost \$3 each. Doors open at 11am and Bingo start at 12:30pm. You must be 21 or older to play. All games pay up to \$1199. Payout is based on attendance.

Bing a non-perishable food item and receive a free game sheet for our Can Food Game. This month we will play Bingo and celebrate Easter on April 1st. Yes, we are open on Easter Day. Come join us for some fun and maybe take some winnings home! We will have special Egg Drawings for prizes, Table Games, Pot Luck Share Day and Cake and Coffee..



Thank you to all our Volunteers. If you can spare a few hours of your time helping us at Bingo call the Senior Center at 775-883-0703 or email Marie Borgo at feline4254@yahoo.com.

All proceeds from Bingo goes towards the Meals on Wheels program and the Senior Center.



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Results you can count on*

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Physical Therapist / Owner

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Carson City, NV 89703

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Fax (775) 882-5015**

FREE Rides!



Would you like to have lunch at the Carson City Senior Center?

Call RSVP at 775-687-4680, ext. 7 for more information to reserve your seat.

Roundtrip service runs Wednesdays & Fridays from your home to the Senior Center.

Free!



Walton's Funerals & Cremations

Every Life Has A Story... Remember

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& Cremations**
783-9312

1281 N. Roop, Carson City

1521 Church, Gardnerville



Catholic Charities
& THE ST. VINCENT'S PROGRAMS

Kids to Seniors Korner

Seniors 60 years and older qualify for FREE vaccines

Available Vaccines will be:

- * **Zoster (Shingles Vaccine)**
- * **Influenza High Dose (Fluzone)**
- * Hep B (Engerix-B)
- * Influenza (Fluzone)
- * PCV-13 (Pneumovax 13)
- * PPSV23 (Pneumovax 23)
- * Td (Tenivac)
- * Tdap (Adacel)

Get Free Immunizations

On April 18th from 10:00am—1:00pm
At the Carson City Senior Center

Contact:

ALL SERVICES FREE!!!

Hanin Abboud

Phone: 775-432-9165

habboud@ccsnn.org for more information



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Improving Lives



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- Variety of Activities



Call us today for a Free Lunch and Tour!

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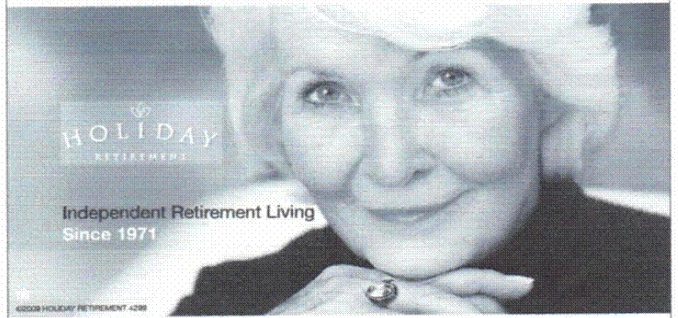
Prices Starting at \$1,895.00



Would you like to know the points of danger within the city and what to do in dangerous situations? Join us on Friday, April 13, at 11:45 a.m. to learn about driver safety. Nevada Highway Patrol will be presenting information and lasting tips for drivers. Additionally, for part two on this topic, the Senior Center will host a CarFit event in the East Parking Lot, on Saturday, April 21, from 10:00 a.m. – 2:00 p.m. Appointments will be taken between April 13-20, 2018. Please call the Senior Center at [\(775\) 883-0703](tel:775-883-0703) to book your reservation. CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety.



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Call today and ask about our move-in specials!



SPRING JEWELRY SALE

Thursday and Friday—May 3rd and 4th

9:00am to 2:00pm in the Senior Center Lobby

Large assortment of items at reasonable prices. (vintage and newer styles) This is a Meals On Wheels Fundraiser. Last year we raised \$3,500 to feed our seniors. **THANK YOU!**

Great time to pick up a Mother's Day gift at a terrific price.

Donations are appreciated and can be left at the reception desk. See you there!!!

Volunteers: Dee, Carolyn, Pat & Rosemary

Submitted by Dee Johnson



Autumn

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Enjoy a FREE Slot Tournament

**Earn 50 points on your Gold Rewards Card
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Your House Full of Friends™

APRIL 2018



Tuesday Morning Walks

All walks start at 9:00 A.M. and are 1 to 2 miles with a duration of one hour having no or negligible elevation gain, and frequently on paved or smooth paths. Water and closed-toe shoes required. If it rains or snows, meet at the Multi-Purpose Athletic Center (MAC) at 1860 Russell Way. Tuesday Morning Walks will be April 3rd, April 10th, April 17th and April 24th.

Contact Alyce Cloutier at klute89701@gmail.com.

Tuesday Evening Hikes

All hikes start at 5:30 PM. Hikes are 4-6 miles in length with an elevation gain, sometimes over 500 feet and usually on single track trail. Evening hikes are usually 1½ hours or more duration. Water and closed-toe shoes required. PLEASE BRING A FLASHLIGHT because it becomes dark on these walks. Hat and sunscreen recommended. Tuesday Evening Hikes will be April 3rd, April 10th, April 17th and April 24th. Contact Sharon Coates at scoates7515@gmail.com

Thursday Afternoon Hikes

All hikes start at 3:00 P.M. and are 2-4 miles with an approximate duration usually 1½ hours, sometimes with elevation gains of 500' or more. Hike duration does not include time to car pool. In case of bad weather, we will cancel. Water and closed-toe shoes are required. Some trails are dirt and others are paved. Thursday Afternoon Hikes will be April 5th, April 12th, April 19th and April 26th. Please check the www.musclepowered.org calendar or our Facebook page for last minute changes, or contact the hike coordinator, Jo Foster at jf.prairie@gmail.com, or (319) 504-3309, call or text.

General Information:

All events are free. Participants are responsible for their own transportation to the meeting site, and the leader may request a physician's release at their discretion. All events require closed-toed shoes and water. Hats, sunscreen and hiking poles are recommended. All events can be found at www.musclepowered.org/calendar. For general information, please contact Debbie.Lane102@yahoo.com.

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CREMATORY**

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Christie Wilde

Location Manager

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We are Carson City's Retirement Community for Independent Seniors 62 and older.

Now Leasing 1 & 2 Bedrooms

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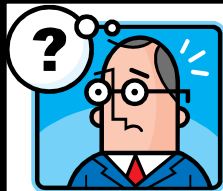
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- Secured Entrance
- Interior Mailboxes
- Community Room
- Fitness Facility
- Laundry Facility
- Playground
- Professionally Managed



We are a Somerset Pacific LLC Managed Property



**Barry's Trivia Question for
the Month of April 2018**

**Barry R. Bjorkman, Former
Advisory Council Chairman**

**What was the first NFL Expansion Team, and in
what year did the NFL first expand?**

LAST MONTH'S QUESTION AND ANSWER..

**Q: What are the five burroughs that comprise
New York City??**

**A: 1) Brooklyn
2) Manhattan
3) Queens
4) Staten Island
5) The Bronx**



**THRIFT STORE NEWS!!
SPECIALS FOR THE MONTH
OF APRIL**

Tuesday—Crafts—50% off

Wednesday—Senior Day 20% off

Thursday— Kitchen items— 50% off

Friday— Boutique—50% off

**Saturday—Everything in store 50% off including
boutique and furniture. (Books not included)**

Paperback Book Sale - \$5.00/bag

Donations Needed: small appliances, dishware,
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!**

Don't forget—Pick up for donated items is FREE!

HOURS: Tuesday—Saturday, 10am -3:30pm

Submitted by Joyce Hudson, Thrift Store Manager



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Carson City

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Name _____

Mailing Address _____

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Senior Center

(775) 883-0703; FAX: (775) 883-2869

9:00 - 4:00

Monday - Friday

Lunch served 11:00 -12:30

**Suggested donation \$2.25—Seniors;
\$6.00—under 60**

Gift Shop: (775) 283-7982

10:00 - 3:00, M-F

Thrift Store: (775) 301-6676

10:00 - 3:30, Tues-Sat.

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Sandy Gray
nvrebel50@yahoo.com
cell: (775) 772-3176

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