

The Senior Sentinel

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Volume 44, Issue 3

HAPPY ST. PATRICK'S DAY!!

March 2018



CARSON CITY SENIOR CENTER JOINS MEALS ON WHEELS PROGRAMS ACROSS THE COUNTRY IN 16TH ANNUAL MARCH FOR MEALS CELEBRATION

SUPPORT WILL HELP TO FIGHT SENIOR HUNGER AND ISOLATION IN CARSON CITY

The Carson City Senior Center announced today that it will be participating in the 16th annual March for Meals – a month-long, community-by-community celebration of Meal on Wheels and the vulnerable seniors who

“The services that we provide the seniors of Carson City are critical and the need is rapidly increasing,” said Courtney Warner, Executive Director of the Carson City Senior Center. “Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age.”

The annual March for Meals commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“This March, hundreds of local Meals on Wheels programs will rally their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's most at-risk seniors all year long,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With the demand for Meals on Wheels increasing along with our country's senior population, we need to ensure that seniors are not forgotten.”

For more information on how you can volunteer, contribute or speak out for the seniors in Carson City this March, contact the Carson City Senior Center at [\(775\) 883-0703](tel:7758830703).

Employee of the Quarter awarded to Meals on Wheels Driver, Rubin Shelton



Congratulations to Rubin Shelton our Meals on Wheels Driver for being selected as our Employee of the Quarter. Rubin has been a dependable and versatile team member. He has excelled in his position as Meals on Wheels Driver and also stepped into other positions within the Senior Center to keep operations running smoothly. Rubin is willing to jump in and help with tasks and projects outside of his normal duties. Rubin is a valuable Senior Center employee and well deserves this honor.



So many stories—not enough space!! Thank you to all of you who send me your stories to publish in the newsletter. Unfortunately, many times I run out of space. Would you be interested in continuing sending them to me for me to publish in a binder of some sort to be sold to raise funds for Meals on Wheels? If so, bring them on. Email me at nvreb50@yahoo.com or drop off at 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, University 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.



Meals on 2 Wheels

Meals on Wheels recipients – this new program is for you! If you would like a visitor to have lunch with you, please ask your driver for a Meals on 2 Wheels application. We will be rotating individuals on a weekly basis (or more frequently if we have more volunteers) to enjoy a lunch at your home with a friendly volunteer. More information to come about the new program. If you want to participate, please ask your driver for an application or call the Senior Center at 883-0703 and speak with Courtney.

New programs:



Tai Chi classes started February 2nd. Kevin Milburn will teach weekly Friday classes from 1-1:45pm in the Joshua Tree Room.



Genealogy classes began February 15th and will be held the 3rd Thursday of each month from 1-2pm in the Zephyr Room.



Trips have been cancelled until further notice.



We discovered major mechanical problems with our bus during routine maintenance and it was determined the best solution was to not fix the problems. The estimated cost of repairs far exceeded the value of the vehicle and available funding in the grant. We are working on a solution to get bus trips back up as soon as possible.



March Triad Event - Aging in Nevada and the Sanford Center for Aging

Aging is a process that we all go through, but that doesn't negate feeling young forever. Join us on Friday, March 9, at 11:45 a.m. to learn about senior wellness, as well as programs and clinics offered by the Sanford Center for Aging. Dr. Peter Reed, director of the Sanford Center, will share lasting tips and information on improving quality of life.

Writer's Workshop



Spring 2018

Sign-up now for the Spring Memoir Writing Workshop with Charlie McGranaghan, writer/editor and writing instructor for 45 years.

Workshop starts Wednesday, January 17, 2018 and runs weekly until May 30, 2018 [20 workshops] from 9-11am in the Tahoe Room. Free to attend – bring a spiral-bound college-ruled journal, a black pen, and a pencil. Sign up in Reception to reserve a seat!



Carson City Natives and Newcomers is having an ALL SEASONS CRAFT FAIR on March 17th; that's spring, summer, fall and winter all in one.

Location: St. Paul's Church, Highway 50 and Saliman Road

Time of Event: 9:00am to 4:00pm

All of the proceeds go to charities such as \$1,000 to a WNC scholarship, \$500 to Carson High School scholarship, Kids and Horses, Camp TLC,, Advocates to End Domestic Violence, Food for Thought, Adopted families at Christmas, Meals on wheels as well as about 500 decks of Brailled playing cards sent out for free every year. We hope to see you there.

Submitted by Heidi DePuy

Dance on March 2nd

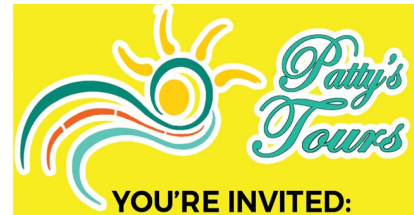
Join us Friday, March 2, 2018 from 6-9pm with dancing to live music and an assortment of refreshments. Dance or listen to the live music of Don & Nadine. Tickets are \$5.00 per person, paid at the door (no advance tickets).



EMAIL:

NAME:

U G O J P H B X K X R K A N O D E S A J
 D F I P N W T C A L A S K A V M M P J V
 P E K S A J W X V S W V Q A T J X V H K
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 N C S B G N I C N A D S S E D E A Y E Y
 C B E R Y B G F L Z V X D C O F W F S K

**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

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Bring this to the travel show!

More travel news from our friend Labh Singh Gill

We went to Toronto airport to board a plane for Edmonton. Our airline allowed us two suitcases weighing 50 lbs. each. The Horizon airline employees insisted that we pay for the luggage because Toronto to Edmonton is a local flight. We had round trip tickets in which all flights are considered as international flights. Peoples at the airline counter were not aware of this rule. After long arguments they allowed us to see their supervisor, who allowed us to board. In the past we have traveled with different airlines in different countries, but we have never had such a bad experience.



In Edmonton we visited the world famous West Edmonton Mall. We spent 3 days there and even then we could not see it completely. The mall was constructed and founded by two brothers, who migrated from Iran to Canada. It is the largest shopping complex in North America. The whole covered area of Mall is more than five million sq. ft. There are 800 stores and service centers in the Mall under one roof. There is a parking place for 20000 cars. 24000 peoples are employed to look after and manage the property. It is said that about 1.5 billion Canadian dollars were spent on its construction. It was assumed the most valuable property in Edmonton opened in 1981.

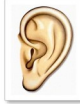
It has the largest indoor amusement park, known as Galaxy Land. It has 24 rides including 7 thrill rides. There is the world's largest indoor roller coaster, the world's largest indoor lake and North America's largest indoor water park. In the water park is a wave pool, creating waves as high as two meter.

There is an indoor shooting range and an 18 hole miniature golf course under the roof. In the center there is an ice palace, and an ice rink. It is used for skating, ice hockey and other sports tournaments. There are sea caverns, with many varieties of animals such as fish, reptiles, sharks, sea turtles, sea lions, penguins and many others.

There are many movie theaters, night clubs, bars, ballrooms, event centers, many food courts and restaurants. A large scale replica of the Santa Maria, the ship used by Columbus is kept there. The West Edmonton Mall is definitely worth a visit. I wonder if all this is under a roof or a sky? After my first visit in 2008, I had been to Edmonton four times. My daughter who lives there told me that so many alterations and additions have been made in the Mall, but still I could not visit it again.



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Mark Weeks, M.C.D.
CCC Audiologist

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Congratulations to our February Birthdays QUEEN



KAYE COTTA
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KING



MERLE LARSON
100 years young

MONEY MONEY MONEY!!!

Look at that smile!!! Our newest Bingo winner, Lisa Dermo She was a first time player to the Community Bingo and walked away with \$430 after winning the Letter X Progressive at 38 numbers. Congratulations Lisa!



BINGO DATES:

**March 4th, 11th and
25th**



We will have a St Patrick's Day
Bingo celebration on March 11th.

It will be a potluck Bingo and we
will have free Cake and Coffee.



The Carson City Community Bingo is a fundraiser for Meals on Wheels.
We play Bingo 3 Sundays a Month. Cost to Play is \$10. Extra Packs \$5ea.
All Specials are \$1ea. Cash Balls \$1ea. We now have 2 Cash Balls giving our players an extra chance to win. The Cash Balls pay 100%.

Bring in your cans and get a free game sheet for the Can Food Game.
Early Birds start at 12:30pm. The cost is \$3ea. Regular Games start at 1pm.

We have changed the Night Owl Games to one game only. The cost is \$2ea. The Night Owl Game is a 50/50 split.

Thank you to all our Volunteers. If you would like to volunteer at Bingo call or email Marie Borgo 775-883-3430 or email Feline 4254 @ yahoo.com.



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1521 Church, Gardnerville



MARCH 2018 WALKS AND HIKES

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 March 6th, 13th, 20th and 27th. Please contact Alyce Cloutier at klute89701@gmail.com. For description and location of walk.

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. Please contact Sharon Coates at scoates7515@gmail.com for description and location of hike.

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. 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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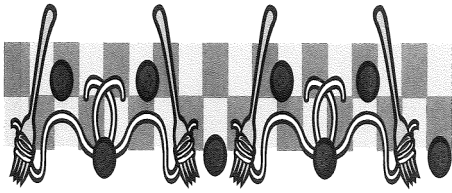
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Kiwanis of Carson City Spaghetti Feed

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

Tickets \$5.00
Kids under 5 Eat Free

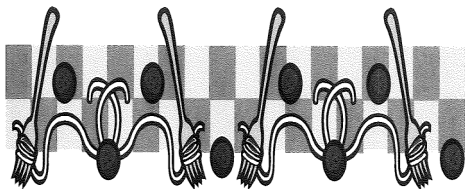
Proceeds to benefit the Meals on Wheels program and the Carson City Senior Center

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

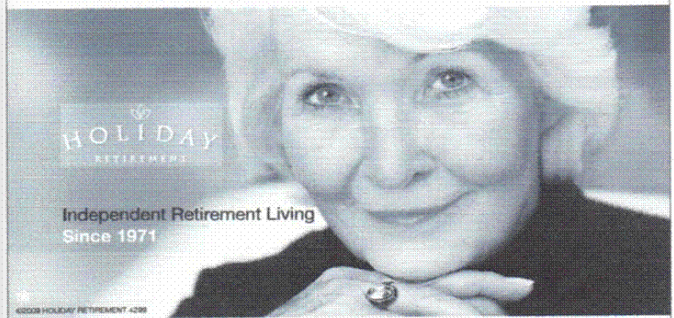
Free Bingo with Great Prizes!!!
Pre-Sold Tickets include 1 Bingo card
(Additional Bingo Cards can be purchased for \$1.00 each)

Tickets Available by calling Bob Langson 775-721-0789.
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Tickets available at reception area in Carson City Senior Center



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Computer Lab Schedule



The computer lab will be **closed** to the public on **Mondays and Wednesdays** from **11:30 AM through 04:00 PM**, beginning **Monday, February 5th** and continuing through Wednesday, April 11th, 2018. During this period, AARP Foundation Tax-Aide Volunteers will use the lab to conduct free tax preparation and counseling to the public.

All Seniors and taxpayers with low to middle income may use these services by calling the receptionist to make an appointment at 775-883-0703 beginning on January 16th, 2018.

Patricia Eckman, AARP Foundation, Tax Aide Local Coordinator

Free Tax Return Preparation



In 2018, the AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center at **NO FEE** to the taxpayer. Trained and certified volunteer tax preparers will conduct this **FREE** service on Mondays and Wednesdays beginning **Monday February 5, 2018** through **Wednesday April 11th 2018**. The hours of service will be from Noon to 4:00 PM and will be available to all seniors and taxpayers with low to middle income. Special attention is given to individuals 60 years of age and older. Note, if the taxpayer or any member of the taxpayer's household purchased health insurance through the Nevada Health Link or the federal HealthCare.gov site, the taxpayer must bring all forms 1095-A to his/her appointment. Taxpayers are also required to present valid government photo IDs and Social Security cards.

Appointments are required and can be made beginning Tuesday, January 16th by calling the receptionist at 775-883-0703.

We look forward to serving you,

Patricia Eckman, AARP Tax Aide, Local Coordinator

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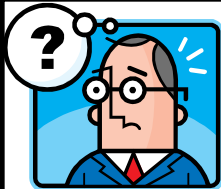
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**Barry's Trivia Question for
the Month of March 2018**

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

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

LAST MONTH'S QUESTION AND ANSWER..

Q: Who owns Tasmania?

A: Australia



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

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

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Diane Maguire, Council Member—9/18

Cindy A. Somers, Council Member—9/18

Laurel Stadler, Chairman—9/19

Corry Steiner, Council Member—9/18

John C. Wilson, Council Member—9/18

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