

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURES

Monday, January 2
 Closed - all day
 (New Year's Observed)

Monday, January 16
 Closed - all day
 (MLK 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

Happy 2023! It feels like 2022 has flown by and we are excited to welcome 2023. As you may know, we are nearing the start of our construction project on the west end of the building (bathroom remodel, dining room remodel, and new flooring). We are still anxiously waiting for the official start date. Activities and lunch will still be available and you'll know the whole plan once it is finalized. We know that construction will be a disruption and appreciate your patience during this time. We will do our very best to minimize the impact to you. These upgrades will improve our services, and are greatly needed! Goodbye to pink counters in the bathrooms with outward swinging doors and Hello to automatic flushing fixtures with door-less entrances (like the bathrooms in the east end)! We believe you'll like the finished product! More details to come once we know final plans. Communication will be in the newsletter, on social media, posted at the entrances, and shared during daily announcements at lunch. Wishing you a wonderful 2023!

Happy New Year!

VOLUNTEER *Spotlight*



CARMEN BETTS

Carmen is one of our newer volunteers here at the Senior Center. She has been volunteering here for four months at the Second Wind Thrift Store. Carmen is in no way new to the Senior

Center though. Her step-mother-in-law used to work in the office here at the Senior Center and she would come in with her to work whenever she was visiting Carson City. Carmen moved to Carson City from Sylmar, California almost four years ago. Carmen is a retired nurse who worked 30 years with Kaiser in California. Carmen has three children, including a set of twins. She also has three grandchildren (2 boys and a girl). Carmen loves cooking, likes to sew, and mostly loves spoiling her grandchildren. Please be sure to say hello to Carmen next time you are in the Second Wind Thrift Store!



QUEEN
Carol Schirlls
78

December Birthdays



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

KING

Ralph DiMatteo
93



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)

**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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5 WAYS TO KEEP A SHARP MIND AS YOU AGE

You are getting older. You have begun noticing changes in your thinking and memory. Your keys are getting harder to find, you need a few extra moments of thought about where you parked or you struggle to find the right word to express yourself in conversations. Are these changes normal or perhaps signs of dementia?

When we age, our brain shrinks. Blood flow within it slows. The brain loses volume, causing a loss of some nerve cell connection. Memory lapses will occur with greater frequency. These lapses are a symptom of growing older, not necessarily a sign of dementia. One way to slow these symptoms is to take care of your body and your mind.

Here are five ways to help keep your mind sharp as you age:

- 1. Stimulate Your Brain.** According to the Alzheimer Association, mental stimulation is important for brain health. Continuing to learn new skills, working crossword puzzles or math games and increasing social interaction are great ways to keep your mind active. Stay curious and involved in lifelong learning.
- 2. Eat Smart.** Studies show that eating plenty of vegetables and fish rich in Omega-3 fatty acids, such as salmon, tuna and mackerel, decrease risk for

cognitive decline. Avoid saturated fats, trans fats and hydrogenated oils.

3. Exercise Regularly. Staying physically active helps maintain regular blood flow to the brain and reduces the risk for high blood pressure, which is associated with the development of dementia.

4. Quit Smoking and Limit Drinking. Both decrease cognitive function. If you smoke, stop. If you choose to drink, do so moderately.

5. Control Your Cholesterol and High Blood Pressure. Either of these problems increase your risk of heart disease and stroke. They are also thought to contribute to the development of dementia. Having a healthy cardiovascular system means better blood flow, which is associated with improved cognitive function.

Aging is an inevitable fact of life. How we treat our bodies today can greatly affect our quality of life when we become elderly. As you age, make sure you continue to exercise, eat a well-balanced diet and keep your brain stimulated. The results can be a long and happy life full of memories.

<https://www.conehealth.com/services/primary-care/family-medicine/5-ways-to-keep-a-sharp-mind-as-you-age/>

Thank YOU



Thank you to the Sierra Nevada Kiwanis Club for decorating the Senior Center for Christmas!



Thank you to the many "Secret Santa's" who provided thoughtful gifts to our homebound seniors.

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Barry's Trivia Question of the Month

by Barry Bjorkman
Former Advisory Council Chairman

Q: In what country is General George S. Patton buried?

Previous Month's Question & Answer
Q. What was Mr. Chevrolet's first name?
A. Louis.

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Upcoming **EVENTS**

TAX Preparation Services



AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesdays from February 1 through April 12, 2023. You may schedule your appointment starting Tuesday, January 17 at 9am by calling Reception at (775) 883-0703. Please be patient as Reception receives 100's of calls in the first several weeks.



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.



Your community. Your choice.

Enrollment is currently OPEN. Enroll online today!

Have you ever seen a problem in your local community but felt unsure about how to solve it? Well, your self-empowerment begins with enrolling in PSC 208: Survey of State and Local Government. Join us this spring for presentations, activities, guest speakers, and field trips.

For more information, please contact Dr. John Duerk
john.duerk@wnc.edu

wnc.edu/classes

PSC 208: Survey of State and Local Government
Spring Semester 2023
Mondays and Wednesdays
9:30-10:45 am

WNC does not discriminate on the basis of race, color, national origin, sex, disability, age, gender identity or expression, sexual-orientation, protected veteran status, genetics, or religion in its programs and activities and provides equal access to facilities to all. Inquiries concerning the application of non-discrimination policies may be referred to: Title III coordinator: (775) 445-3219, Western Nevada College, 2201 West College Parkway, Carson City, NV 89703. For further information on notice of non-discrimination visit <http://wncroboip01.ed.gov/CFARPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area, or call 1-800-421-3481. (Rev 09/16)

NOTICE BOARD

MOVIE Matinee

Wednesday, Jan. 11 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

February 13, June 12, August 14,
October 9

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

CRIBBAGE

Thursdays

10-12pm

Carson Room

BINGO

Sunday, January 8
Sunday, January 22

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, January 6
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Tai Chi 4 Seniors

Tuesdays &
Thursdays
1-2pm

Sign up at Reception

Seeking Gin Rummy Players!

Contact Courtney to
sign up!
(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

I want to subscribe to 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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