

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



HAPPY

*Valentine's*

DAY



**911 Beverly Drive  
Carson City, Nevada 89706  
775-883-0703 • fax 775-883-2869  
SeniorCenterNewsletter@carson.org  
9 a.m. to 4 p.m.  
Monday through Friday  
www.carsoncityseniorcenter.org  
f / carsonseniorcenter**

## From The Desk Of The Executive Director

**Let's talk COVID vaccines!** Thanks to a change to the Governor's plan, seniors 70 and older are now eligible to receive the COVID vaccine. As exciting as this news is, there are challenges that lie ahead. There are just too many seniors seeking a vaccine and the state is not receiving enough vaccines to keep up.

I bet you're frustrated – me too! You want an appointment, and no one has any – that's correct (on some days). Don't despair, you will get one soon; it will just take time, more time and patience.

So how do you get an appointment? First off, all appointments are currently made online. If you don't use a computer or don't have internet, call us and we can help. We have a large waitlist but can assist you in signing up online. If you can get online, that is the best way to get an appointment. Because information changes rapidly, it is best to visit [nvcovidfighter.org](http://nvcovidfighter.org) for links to all the websites you can check for appointments.

### TIPS

- If you get a message "No Availability till May 26, 2021", don't panic. This message means all current appointments have been booked. Check back later for newly added appointments.
- The website is so slow to use and sometimes doesn't load for many minutes – this is because of the volume of people using the website. You are competing with thousands of others for limited appointments and it slows the website down.
- Ask a family member or friend to help you sign up online. Our waitlist is close to 450 seniors needing help and will take us time to work through.
- Keep checking the websites for changes and act fast!
- If you are under 70, do not sign up – you will be denied a vaccine at the event (IDs are checked) and now you have taken an appointment from someone who could have qualified. Underlying health conditions do not make you eligible – you must 70 and older.
- Check with your physician's' office to see if they are doing vaccinations.

Hang in there – I know this is incredibly frustrating and causing fear, panic and anxiety. You will get a vaccine if you want one. It will just take more time. If you need help, call us. We do ask that you reserve our services for people who can't use a computer or do not have the internet. We will keep our website ([carsoncityseniorcenter.org](http://carsoncityseniorcenter.org)) updated with the most current information too!

Until then, keep wearing your mask, social distancing, staying home when you are feeling unwell and wash your hands often!

## Winter Weather Ahead

**PLAN AHEAD** as cold weather may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lot. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on our voicemail announcing the closure. If the Senior Center is 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.

### VOLUNTEER RECRUITMENT

Seeking volunteers to fill the following positions:

- RECEPTION
- BINGOCIZE ACTIVITY INSTRUCTOR

Please contact Brooke  
to sign up 775.883.0703



## Overwhelmed?

...by the choices of vitamins on the shelf?

Following the advice and recommendations  
of Dr. Joel Wallach, ND, DVM...

"Our soils are so depleted of minerals (documented by USDA), that we must supplement to give our bodies all of the raw materials they need to thrive."

If you are on medications, not feeling tip top,  
or just want to ensure that you are getting  
all that your body needs, I can help.

**FREE CONSULTATION** provided.

Go to **vital90.com** or contact:

Linda Allen

Wholistic Health Coach

833-Vital90 (833-848-2590)

Linda.Basic90@yahoo.com



**RESOURCE CONTACT INFORMATION**

Nevada State Information Service.....211

Aging & Disability/CHIP ..... 687-4210

Alzheimer Association.....1-800-272-3900

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 ..... 684-0730

FISH..... 882-3474

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..... 883-0404

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.....1-800-772-1213

Suicide Prevention Lifeline .....1-800-273-8255

Veterans Administration..... 786-7200

VA Medical Benefits Information..... 328-1293

VARN (Volunteer Attorneys for Rural NV)... 883-8278

Weatherization.....887-1795, Ext. 124

**ALZHEIMER'S  
SUPPORT GROUP**  
**(www.alz.org)**

The Northern California and Northern Nevada Chapter of the Alzheimer's Association is here for you. Our physical doors may be closed but our staff is working remotely and continuing to serve our community, from our homes to yours. We offer a variety of no cost virtual education presentations, local telephone/video support groups, early stage engagement activities, respite funding, care consultations, information and referral and our 24/7 helpline. For more information, visit [alz.org/nornev](http://alz.org/nornev) or call 1.800.272.3900.



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fax (775) 882-5015



Janice Osberg



One of our most dedicated volunteers is **Janice Osberg**, who spends three days a week handing out lunches to people who walk up to the Senior Center. Janice retired to Carson City from Reno in 2016.

Born in Elgin, Illinois, Janice went through school there before the family moved to Arizona in 1972. In Arizona, Janice held a number of jobs. From

“My favorite job was making tie down straps like people use in pick-ups.” Janice stated. “I sewed the webbings as they are called, that makes the straps for the tie downs.” So next time you use tie downs you better think of her!

She moved from Arizona to Reno in 1998 and worked at the Sands as a cashier for 11 years. “I love playing Bingo,” she added, “I used to get off

making tennis balls, she dabbled in hospitality working in restaurants, to pressing shirts in a shirt factory and eventually finding her favorite job.

work at 3 and head over to the Senior Center to play Bingo. I miss that!”

When Janice isn't at the Senior Center volunteering, she can be found watching game shows or sports.

“Basketball is my favorite. Being an Arizona girl, I follow the Phoenix Suns. They are doing pretty well this year now that they've got a point guard.” Janice also follows the Chicago Cubs.

You might have run into Janice during the holidays ringing the bell for the Salvation Army at Food Maxx. She enjoys giving of her time to help the community and we sure appreciate her volunteering here at the Senior Center.

Come say hello to Janice!

## What Are Some Fruits & Veggies That Can Help Support Immune Health?

**Aim for options high in Vitamins A & C, such as sweet potatoes, squash, beets, citrus fruits and broccoli**

While eating a well-balanced diet won't cure all ailments and disease, it certainly helps support an optimally functioning immune system and contributes to overall energy levels. Vitamins A, C, D and E, zinc and omega 3 fatty acids are known for their powerful impact on the immune system.

Here are some of our favorite powerfully packed fruits and veggies that rise to the occasion.

**Beets:** These beautiful, purple root vegetables are a great source of carbohydrates and also provide Vitamin C and immune helper nutrients like B vitamins, folate and iron. Consider roasting beets as a healthy side dish, adding chopped beets to your salad, or throwing some beets in your smoothie or soup.

**Squash:** There are so many varieties of winter squash to choose from, you'll never get flavor fatigue. Our favorites include butternut, acorn, delicata, and spaghetti squash. Winter squash offer antioxidants like alpha-carotene and beta-carotene, as well as Vitamins A, C, B6, fiber, manganese, potassium and more. Roasting squash to caramelize it, making it naturally sweet. It's a great topping for salads.

**Sweet Potatoes:** Rich in both Vitamins A and C, one medium sweet potato helps you meet the daily recommendation of Vitamin A and provides manganese, potassium, B Vitamins, several antioxidants and over 50% of your daily Vitamin

C needs. It's a versatile food that can be made into sweet potato nachos or sweet potato turkey burgers!

**Broccoli:** A great vegetable high in Vitamins A, C and E. Raw broccoli offers a higher amount of bioavailable Vitamin C, while cooked broccoli releases more Vitamin A. Broccoli can be used in your favorite stir fry meals, salads or just roasted for an easy side.

**Leafy Greens:** Dark greens like spinach, kale, arugula and collard greens are high in Vitamins A, C and several antioxidants. Add leafy greens to sandwiches, stir fries, or use them as your salad base.

**Citrus Fruits:** We typically think of oranges when we think of citrus fruits and Vitamin C, but orange juice, grapefruits, mandarins, lemons and limes are other citrus options. Opt for 100% orange juice fortified with Vitamin D to get more immune-boosting power. Add citrus fruits to your oatmeal, yogurt, or salads.

**How Do I Love Thee? (Sonnet 43)** Elizabeth Barrett Browning - 1806-1861

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of being and ideal grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candle-light.  
I love thee freely, as men strive for right.  
I love thee purely, as they turn from praise.  
I love thee with the passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints. I love thee with the breath,  
Smiles, tears, of all my life; and, if God choose,  
I shall but love thee better after death.



## Monthly Alzheimer's Virtual Education Presentations

To register: 1-800-272-3900 or visit [alz.org/crf](http://alz.org/crf)

### Understanding Alzheimer's and Dementia

First Monday of the month  
1:00pm - 2:30pm

### Understanding and Responding to Dementia Related Behaviors

First Tuesday of the month  
1:00pm - 2:30pm

### 10 Warning Signs of Alzheimer's

Second Thursday of the month  
3:00pm - 4:30pm

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Second Friday of the month  
1:00pm - 2:30pm

### Health Living for Your Brain and Body

Third Tuesday of the month  
1:00pm - 2:30pm

### Effective Communication Strategies

Third Thursday of the month  
10:00am - 11:30am

### COVID-19 and Caregiving

Fourth Wednesday of the month  
10:00am - 11:30am

## HELP THE SENIORS IN YOUR LIFE GET VACCINATED AGAINST COVID-19.

The COVID-19 vaccination process can be very confusing. Each county has their own rollout plan with different vaccine locations and sign-up processes and there are scams. *Note that COVID-19 vaccines are free of charge and only available from the county health department or a healthcare provider.* So please help a senior navigate the system and secure their vaccine. Even if it's not yet your turn to get vaccinated, you can help end this pandemic.

### START HERE

Reach out to the local seniors you know (relatives, neighbors, parents of your friends who live out of town) and ask if they have a plan to get vaccinated.

## NO

1. Visit [nvcovidfighter.org](http://nvcovidfighter.org) or call **2-1-1** for the latest vaccine information in the county where the senior lives.
2. If there is an online sign-up form, walk them through it, or do it on their behalf with their consent.
3. If there is a first-come first-served clinic, ensure they know date/time/location and have transportation.
4. Remind them of their appointment date as it approaches.
5. Make sure they take any required documents (ID, proof of age) to their appointment, as well as supplies for a long wait (medications, snacks, water).
6. Ensure they have transportation to their appointment or offer to take them if you're able.
7. Note the follow-up dose date given by the vaccine provider and if an appointment is required, help them schedule.
8. Ensure they can get to their second appointment.

## YES

1. Congratulate them.
2. Review the plan with them and ask if you can assist in any way.
3. Make sure that they have the correct information and access to the correct resources to implement their plan.
4. Remind them of their appointment date as it approaches.
5. Make sure they take any required documents (ID, proof of age) to their appointment, as well as supplies for a long wait (medications, snacks, water).
6. Ensure they have transportation to their appointment or offer to take them if you're able.
7. Note the follow-up dose date given by the vaccine provider and if an appointment is required, help them schedule.
8. Ensure they can get to their second appointment.

**Thank you for being an NV COVID fighter!**



**NEVADA  
HEALTH  
RESPONSE**

## 2021 Tax Season

The AARP Tax Aide Foundation offering preparation of tax returns on Mondays and Wednesdays from 12:30 to 4:00PM

### Appointments are required 775-883-0703

For safety during COVID, the following are required:

- Do not arrive early – you will be asked to wait outside until your appointment time.
- Do not bring extra guests with you except your spouse or someone to assist you.
- Two appointments are necessary (the second will be made when you exit your first)
- You will leave your documents for preparation – copies are recommended ahead of your appointment
- You will receive your completed return at your second appointment

- Face coverings and health screenings with temperature checks are required at entrance. Anyone appearing unwell will be denied service. If you are unable to wear a mask, you will need to contact the Director for alternative assistance. Face shields worn alone will not be allowed.
- Cancel your appointment if you are unwell or have been exposed to COVID.
- Tables and chairs will be sanitized in between appointments.
- Appointments are subject to cancellation with or without rescheduling at any time due to unforeseen situations arising from COVID.
- Procedures and services may change at any time with or without notice.
- Please be flexible with us as we iron on how we can safely assist in tax preparation during COVID.



## Barry's Trivia Question of the Month FEBRUARY

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q: On what famous site did the two horses, TRAVELLER and CINCINNATI, meet?**

*PREVIOUS QUESTION & ANSWER*

**Q: What was the original name of the country of Turkey?**

**A: Anatolia**

# SIZZLING SENIOR DAYS

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*Christie Wilde  
Location Manager*

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**THRIFT STORE SALES  
THIS MONTH'S SPECIALS:**

- Tuesday | Crafts 50% OFF
- Wednesday | Senior Day 50% OFF
- Thursday | Kitchen Items 50% OFF
- Friday | Boutique 50% OFF
- Saturday | 50% OFF entire store

**MANAGER - JAMES PAINTER**

**(775) 301-6676**

**HOURS: 10 a.m. to 5:30 p.m. • Tues-Sat**

Donations needed: small appliances, dish ware, 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.

**FREE PICKUP of donated items!**



**Autumn**

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BIRTHDAYS**

**Queen**

**DONNA  
SIMPSON**

**86 years young**



**King**

**JACK  
MITCHELL**

**83 years young**





# CARSON CITY SENIOR CENTER

911 Beverly Drive Carson City, Nevada 89706

I would like to subscribe to the "Senior Sentinel" for one year.

My check in the amount of \$15.00 is enclosed.

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Mailing Address \_\_\_\_\_

\_\_\_\_\_

**Join our email newsletter subscriber list. Send an email to [SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org) to be added to the list.**

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### **SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869

COVID-19 closed to the public until further notice

Lunch is served by drive-thru between 11 a.m. to 12 p.m., Mon-Fri  
Suggested donation: 60 & older: \$2.25

### **Thrift Store**

10 a.m. to 5:30 p.m., Tues-Sat

*Newsletter Submissions:*

Send by the 10th to

[SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org)

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