

Senior Sentinel

www.carsoncityseniorcenter.org



We're OPEN during Construction.

- ENTER at the East entrance
- Main (west) entrance is CLOSED
- Activities are ON - see calendar
- Reception is at the East door
- Gift Shop is by the Computer Lab
- Have questions - just give us a call!

INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- New Recipe to Try
- Winter Weather Notice
- Barry's Monthly Trivia

Page 5

- Thrift Store Specials

Page 6

- Upcoming Events

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



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

CONSTRUCTON UPDATE!

Thank you for your patience while we update your Senior Center! We are on-time at this point, which is still early in the construction schedule.

Lunch service will continue as:

- Drive-thru Service (11-12pm)
- Pop-up Dining in the Kiwanis Lounge (11-12pm)
- Meals on Wheels Deliveries
- There may be delays in timing and deliveries - just be flexible with us.

Activities

- **Sunday Bingo** is on a break until construction is complete
- **Don & Nadine Dance Party** has moved to the 1st Wednesday in the Nevada Room, 6-9pm
- Everything else is scheduled as our special construction operations.
- Expect extra noise in the Nevada Room area

Do not enter any construction area. Please only eat lunch in designated areas.

Thank you for your flexibility and patience!

VOLUNTEER *Spotlight*



LIZ SHORT

Liz has been the gift shop manager at the Senior Center for the last two years. Before becoming the manager, Liz was a volunteer in the gift shop for four years.

Liz worked as a caregiver/CNA here in Carson City. She also was employed with Lyon County Senior Services taking care of seniors and assisting in tasks such as transporting seniors. She also assisted in serving seniors lunch in Dayton with the Meals on Wheels program.

Liz enjoys spending her free time with her six grandchildren – 3 girls and 3 boys from age 1 through age 12.

Please stop through the Hidden Treasures Gift Shop and meet Liz!



QUEEN

Jane Crump
86



KING

Frank Gomez
91

March Birthdays



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

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
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IMPROVEMENTS FOR INDEPENDENCE MODIFICATIONS DESIGNED TO PREVENT ACCIDENTS

Being safe and comfortable at home is a large part of living well. Home modifications and repairs can help everyone, especially older adults and people with disabilities, prevent accidents and maintain an independent lifestyle.

Many older adults prefer to stay at home for as long as possible, but too often don't think about whether a home can adapt to their needs as they age. Making improvements before they are needed is a good way to ensure that a home is ready for aging in place. Forward-thinking improvements can also prevent falls, which often cause the need for long-term care.

Changes can be made to improve both the accessibility and adaptability of a home. Accessibility improvements involve tasks like widening doorways and lowering countertop heights for someone who uses a wheelchair. Adaptability changes, such as adding grab bars in bathrooms, are improvements made to assist persons for whom strength and balance may have become a challenge. These changes usually can be done without a major redesign or full-blown renovation.

You can get started making your home ready for long-term living by conducting a top-to-bottom assessment.

Home assessment

Before making any changes, take a look at the entire home. Keep in mind items that may be needed in the future as well as now. This checklist can help identify areas that might need improvement. Everyone has different needs, but in general, a "no" answer may be cause for action.

- Are exterior walkways and entrances well-lit?
- Is there a step-free entrance to the home?
- Are entrance doors easy to lock, unlock, open, and close?
- Does the main floor include a kitchen, bedroom, and full bathroom?

- Are doorways wide enough for someone using a wheelchair, walker, or service animal?
- Is wall-to-wall carpeting secure and in good condition (flat, not bunched up)?
- Are area rugs secured to the floor with non-slip padding?
- Are walkways free from obstructions and hazards like cords and furniture?
- Do stairways have sturdy handrails on both sides?
- Can bathroom and kitchen cabinets be easily reached?
- Is there a step-free shower entrance?
- Are grab bars available near the shower and toilet?
- Do bathtubs and showers have non-slip mats, adhesive strips, or slip-free floors?
- Will smoke detectors provide visual as well as audio alerts?
- Are telephones easily accessible on all floors?

More information about home modifications, including a detailed home assessment checklist as well as information about financial assistance, can be found at eldercare.gov.

<https://acl.gov/news-and-events/fact-sheets/publications-and-fact-sheets>

HOW TO OPEN PACKAGED MEALS?

Use a knife to cut around the seal

We are aware of the plastic no longer coming off in one piece on the packaged meals. We haven't changed our product but perhaps our vendor has. We are working to find solutions or improvements. Until they are solved, try our tip above.



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What other State in America has a community named Carson City?

Previous Month's Question & Answer

Q. What is the capital of Australia?

A. Canberra.

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Meet the Team of Registered Dietitians at Carson Tahoe Health

With so many sources of nutrition information available nowadays, it's always best if you can get your information from an expert. Registered Dietitians are our nation's leading nutrition experts. Carson Tahoe Health has three Registered Dietitians to help you: Sierra Kirby, Laura Deverse, and Lauren Kester.

To become a Registered Dietitian, an individual must complete a bachelor's degree, 1200 hours at an accredited dietetic internship, and a master's degree (starting 2024). Once those requirements are met, one must pass a nationwide standardized exam to become a Registered Dietitian. Other medical professionals generally don't come close to the education and training that Registered Dietitians have completed in medical nutrition. Registered Dietitians are the only health professionals allowed to provide Medical Nutrition Therapy in the State of Nevada.

At Carson Tahoe Health, we believe that diabetes self-management education and training as well as nutrition counseling are essential to successful care and optimal health. We offer 1-1 appointments, monthly support groups, and group classes. During April, Carson Tahoe Health is offering a discounted, self-pay option to meet with one of our Registered Dietitians. We are offering a 1-hour consultation with one of our RD's for a discounted cost of \$60 (insurance will not be billed). If you wish to set up an appointment and have your insurance billed, reach out to your primary care provider for a referral to see the dietitian.

Lastly, if you or someone you know has diabetes, we encourage you to participate in our monthly Diabetes Support Group. Our next support group will be held on Wednesday April 12th from 4-5pm at the CTH Health and Wellness Institute, Suite 250 1470 Medical Pkwy Carson City, NV 89703. April's support group will focus on gardening for health and each participant will get to take home a gardening starter kit.

For more information, contact: Sierra Kirby, MPH, RD, LD at 775-445-8820, sierra.kirby@carsontahoe.org

NOTICE BOARD

Gin Rummy

Starts April 6

Meets weekly on
Thursdays, 1-3pm

AARP Driver's Safety Class

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

Attention players of Backgammon!

Building a group of experienced players to meet once per week at the Senior Center.

Please call Vince Schantz
775-301-6279 or email
desertvince@gmail.com

This is not a class of 'How to Play' Backgammon.

Sunday BINGO

is on a **BREAK** until construction is complete

Thursday Bingo meets weekly in the Nevada Room

DANCE PARTY

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

Admission \$10 per person

Live music with
Don & Nadine

Tai Chi 4 Seniors

Starts on April 4
Tues & Thurs
1-2pm

Sign up at Reception

Want to start
a new
Activity?

Contact Courtney
(775) 883-0703

SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:00 p.m., Monday - Friday

Drive-thru due to construction

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

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