

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)



## HOLIDAY ANNOUNCEMENTS

**APRIL  
FOOLS**

Wednesday, April 1  
April Fool's Day

**HAPPY EASTER  
to Every Bunny**

Sunday, April 5  
Easter Sunday



Wednesday, April 15  
Tax Day

**EARTH  
DAY**

Wednesday, April 22  
Earth Day



**CARSON CITY  
SENIOR CENTER**

### Hours of Operation

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

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

Hidden Treasures Gift Shop: 9 a.m. to 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

[seniorcenternewsletter@carsoncity.gov](mailto:seniorcenternewsletter@carsoncity.gov)

[www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org)

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### from the Director, Courtney Warner

We are honored to celebrate Warren Bottino's 15 years of service at the Carson City Senior Center. Warren was our Resource Advocate, and we also celebrated his retirement on March 31, 2026. Warren never met a stranger - he could build trust with nearly everyone he met and was exceptional in his work in resource navigation. He solved problems and provided 1,000's of seniors with solutions. Warren was amazing at providing hope in tough times. We will miss Warren greatly and celebrate him in retirement!

We are delighted to welcome Melissa Connors to the team who will be our new Resource Advocate!

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**CANCELLATION  
ALERT!**

**Mobile Harvest  
produce distribution  
is cancelled for April.**

### March Birthdays



**QUEEN**

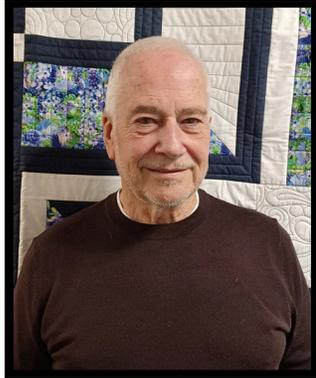
Jane Crump  
89



**KING**

Juan Molina  
84

### VOLUNTEER *Spotlight*



**JIM  
DONATO**

Jim Donato volunteers at the Senior Center because being in service to others and giving back to the community is very fulfilling. The most satisfying ways he likes to serve is through cross training and being able to step into many roles when needed. Jim enjoys variety and cheerfully assists in the dining room, galley, lunch check-in desk, and with tech help and Sunday Bingo. He's also a member of the Advisory Council and enjoys collaborating with other members to support the Senior Center. Jim is a photographer and vice president of the Carson City Photography club, appreciates time in nature by camping, fishing, and travel adventures. He is a Microsoft Certified Engineer (MSCE) and has called Carson City his home for 18 years.

### MAPPING out Caregiving

Saturday, April 11<sup>th</sup>  
9:30 a.m. to 12:30 p.m.  
Sign up: WNC Continuing Education  
Department at 775-445-4210

### Medicare 101 Educational Seminar

Carson City Senior Center, 911 Beverly Dr. ■ Tahoe Room

Learn how Medicare works before you turn 65.



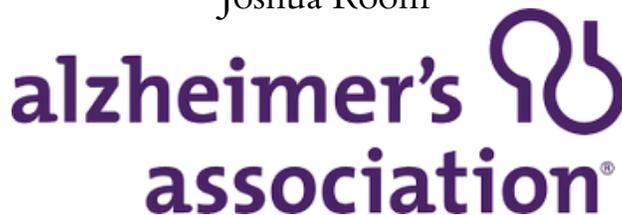
Tuesday  
April 14, 2026  
5:30pm-6:30pm  
Call (775) 400-2223  
to RSVP

**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
Energy Assistance Program .....	775-684-0730
Food Bank of Northern Nevada .....	775-331-3663
Jump Around Carson (JAC Transit) .....	775-841-7433
Medicare Assistance Program (MAP)(SHIP) ..	1-800-307-4444
Medication Management Program .....	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services .....	775-284-3491
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
Suicide Prevention Lifeline .....	1-800-273-8255
Veterans Administration .....	775-786-7200
VA Medical Benefits Information .....	1-800-827-1000
VARN (Volunteer Attorneys for Rural NV) ...	775-883-8278
Weatherization Program .....	775-887-1795, X124
(Nevada Rural Housing Authority)	

**DEMENTIA CAREGIVER SUPPORT GROUP**

Meets on the 4th Wednesday of each month  
 2:30 p.m. to 4:00 p.m.  
 Carson City Senior Center  
 911 Beverly Dr., Carson City  
 Joshua Room



www.alz.org

We offer a variety of no cost education, caregiver 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

**Senior Suggestion**

**SAFETY TIP**

Submitted by Wayne Walters

**Parking Lot Safety Tips**

- **Pedestrians**
  - Be aware of your surroundings.
  - Make eye contact with drivers to ensure you are seen.
  - Stay off your phone - keep your full attention to watch for traffic.
- **Drivers**
  - Drive slowly, and park between the lines.
  - Use your mirrors when parking and backing.
  - Pause conversations until you've fully parked to give the parking lot your full attention.
  - Expect pedestrians walking in between parked cars, in crosswalks, or in the lane of travel.

Most of all, have respect and be kind to all.

If you have a "Senior Suggestion," send it to SeniorCenterNewsletter@carsoncity.gov or drop it off at the Director's Office.

**VOLUNTEERS NEEDED**

Why Volunteer?

Meet New People, Make New Friends, Camaraderie, Purposeful Service, and Have Fun!

Positions Available:

Tech Help, Reception, Sunday Bingo

Visit [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) to apply or  
 Call (775)883-0703, Ext 7980

**DISCLAIMER**

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# UPCOMING *Events*

## *History* PROGRAMS - TWO EVENTS IN APRIL

### Giants of the Sierra

**When:** Tuesday, April 14 at 1:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** The Eastern Sierra's history is shaped by people whose vision, labor, and generosity left the region stronger than they found it, and this program brings together three such figures: Norman Biltz, the land baron and behind-the-scenes political force who helped define Nevada's modern identity; Duane Bliss, the timber and transportation pioneer whose enterprises opened the Lake Tahoe Basin to a new era of growth; and Ken Lloyd, a devoted community member whose quiet service, athletic excellence, and unwavering commitment to others, has enriched local life for decades. Their paths were different, but each carved a legacy of building, stewarding, and giving—threads that together form a portrait of this magical region, shaped not only by power and enterprise, but by heart, endurance, and a lifelong dedication to community. Free Event. RSVP not necessary.

### Difficult Times... Extraordinary Lives

**When:** Tuesday, April 28 at 6:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Using extensive research and seldom seen images, historians David & Gayle Woodruff delve into the 'human heart' of Manzanar Internment Camp, revealing a few little-known stories of the Japanese Americans whose lives were upended and reshaped behind its barbed-wire horizon. Through stark moments of loss, flashes of defiance, and the fragile rituals that helped people hold onto identity during a very challenging time, these vignettes illuminate the extraordinary resilience of ordinary individuals. These true tales of history remind us that Manzanar was not merely a wartime policy—it was a crucible of human endurance, dignity, and quiet, unyielding hope. A 55-minute moving and reflective slideshow. Free Event. RSVP not necessary.

### *A Talk with* Amy Smith & June Saraceno

Two Poets for National  
Poetry Month

**When:** Tuesday, April 21 at 12:30 p.m.

**Where:** Joshua Room (east end)

**About the Event:** Amy Smith is a recent graduate of the MFA program in poetry at the University of Nevada, Reno at Lake Tahoe. She has published one poetry collection, *Composting the Moon*, and has just completed a second poetry manuscript, not yet published. June Sylvester Saraceno is the author of the novel *Feral*, North Carolina, 1965, and three poetry collections—*The Girl from Yesterday*, *of Dirt and Tar*, and *Altars of Ordinary Light*. Free event. RSVP not necessary.

### Fall Prevention

**When:** Friday, April 3 at 10:30 a.m.

**Where:** Joshua Room (east end)

**About the Event:** Home Modifications for Independent Living; Identify common home hazards; Learn practical solutions to stay safe and independent; Explore tools and changes that make the home safer and more accessible as needs change. Brought to you by the clinicians of Comprehensive Home Health Solutions. Free event. RSVP not necessary.



### Carson Tahoe Health Talk Stroke Prevention and Recovery

**When:** Friday, April 10 at 10:30 a.m.

**Where:** Joshua Room (east end)

**About the Event:** The presentation would cover the Signs of Stroke and the actions to take, lifestyle choices that can reduce the risk of stroke, and the recovery process and support provided for both the Stroke survivor and their caregiver. Presented by Shawn Binn, M.S., a Speech-Language Pathologist at Carson Tahoe Hospital for 25 years.

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MATTERS



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S.0188952



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Doctor of Audiology      CCC Audiologist

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**775.885.9888**

# 5 TIPS FOR PICKING HEALTHY FOODS AS YOU GET OLDER

By, National Council on Aging

- 1. Know what a healthy plate looks like.** The U.S. Department of Agriculture (USDA) has come up with a simple way to help people see what a day of healthy eating looks like. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.
- 2. Look for important nutrients.** Eating a variety of foods helps us get all the nutrients we need. Aim for your plate to look like a rainbow—brightly colored foods are often the best choice!
- 3. Read the Nutrition Facts label.** The healthiest foods are whole foods. These are typically found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat processed foods like chips and baked goods, be a smart shopper. Read the Nutrition Facts labels to find items that are lower in fat, added sugars, and sodium.
- 4. Use recommended servings.** Eating the right amount of food for your age and body helps you maintain a healthy weight. USDA's MyPlate Plan has some guidance on nutrition and daily activity specifically for adults age 60 and older.
- 5. Stay hydrated.** To prevent dehydration, drink small amounts of fluids consistently throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum, unless your doctor suggests otherwise.

<https://www.ncoa.org/article/healthy-eating-tips-for-seniors/>



## Barry's Trivia Question of the Month

by Barry R. Bjorkman

**Q. What does the P in P-51 Mustang stand for?**

### Previous Month's Question & Answer

Q. What was the HAL-9000?  
 A. The Computer from 2001: A SPACE ODYSSEY.




**CARSON CITY SENIOR CENTER**

# JEWELRY Sale

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!

**Thursday, April 30 & Friday, May 1**  
**9am to 2pm**

**SPECIAL SALE**  
 Selected Items Friday, 9-2pm

At the Carson City Senior Center, 911 Beverly Drive in the Lobby

A Fundraiser for:



**MEALS ON WHEELS**  
 CARSON CITY

Jewelry Donations accepted year-round

(775) 883-0703 [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org)

# APPLY FOR FUNDS TO PAY FOR VEHICLE REPAIRS, INSURANCE, DMV FEES

**Eligibility:** Disabled Adults and Senior Citizens (>60 years old) who are Carson City Residents and who are very-low and low-income persons. Must have a valid driver's license and vehicle registration.

**Time Frame:** January 1 through June 30, 2026 (or until funding runs out)

**To help pay for:**

- Vehicle parts and repairs (\$500 limit). Must have a repair estimate in writing from the business.
- Vehicle insurance premiums required to comply with Nevada laws.
- Title or monthly loan payments to avoid repossession of vehicles.
- DMV annual registration payments and other one-time DMV fees. We will not pay any DMV fines, court costs or driving tickets.

Contact: Society of St. Vincent de Paul at 775-882-1968 ext. 119



# UPCOMING *Events*

## FIND YOUR FOLKLIFE

*we are the folk, all of us*

**When:** Weekdays, now through May 6, 2026, 9 a.m. to 4 p.m.  
**Where:** Dining Room (west end)

**About the Event:** Enjoy a temporary art exhibit in our dining Room. The show is titled “Find Your Folklife.” Folklife, folk arts, and folklore all spring from cultural identity, which comes from belonging to a social group. Brought to you by SB118 from the 84<sup>th</sup> Legislative Session. Enjoy at your leisure and avoid Wednesday & Thursday afternoons. Free Event.

## An Art Experience

## Music with Lunch

*Lew & Friends*

**When:** Wednesday, April 1 at 11:00 a.m.  
**Where:** Dining Room (west end)

**About the Event:** Enjoy live music by Lew and friends during lunch in the dining room. Free Event. Just show up - RSVP not required.

Kim Harris as ...

## LIZZIE BORDEN



**When:** Tuesday, April 21 at 2 p.m.  
**Where:** Nevada Room (West End)

**About the Event:** Chautauqua Performance of Lizzie Borden by Kim Harris. Brought to you by SB118 from the 84<sup>th</sup> Legislative Session. Free Event. RSVP not required.

Perhaps one of the most notorious murders of the 19<sup>th</sup> Century was that of Andrew and Abby Borden. Andrew’s daughter Lizzie was arrested and stood trial for the murder, but was eventually acquitted. However, public opinion remained that she was guilty and therefore no other suspect was ever sought out. For the rest of her days Lizzie lived with the stigma of someone who had “got away with murder”. Now, Lizzie Borden shares her story and why she could not have been guilty of this heinous crime.

## *Eyeglass* CLEANING

**When:** Thursdays, 10:30 to 11:00 a.m. & 12:15 to 12:30 p.m.

**Where:** Lobby Room (west end)

**About the Event:** Join Angela Navarez for free eyeglass cleaning. No repairs or adjusting. Free Event. RSVP not necessary.



## Chair Yoga with Christine

**When:** Thursdays, 11:45 to 12:45 p.m.

**Where:** Nevada Room (west end)

**About the Event:** Come and join Christine Garner for a new Chair Yoga class. This gentle class will use the chair for seated stretches and for stability in standing poses. Accessible to almost anyone, it will be similar to Brooke’s Friday class with Chris’s personal touch. Free, donations welcome. Just show up to join the class.

## Critical Thinking Session

**When:** Monday, April 20, 10:00 to 11:30 a.m.

**Where:** Tahoe Room (east end)

**About the Event:** This Critical Thinking session will explore how big tech’s algorithms manipulate us and what we can do to combat it. Retired university professor and tourism marketing executive, Burke Pease has taught undergraduate and graduate technology courses at California State University, Monterey Bay. He previously presented a five-part series on Critical Thinking at the Senior Center. Free Event. Just show up - RSVP not required.

## What They Know About You and How to Push Back

## AARP Driver Safety

**When:** 2026 Classes: Apr. 6, June 1., Sept. 14, Nov. 2, 9:30 to 2:30 p.m.

**Where:** Tahoe Room (East End)

**About the Event:** AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.

# UPCOMING *Events*

## In Tune Tales Goes to the Movies



**When:** Tuesday, May 5 at 2 p.m.

**Where:** Nevada Room (West End)

**About the Event:** "In-Tune Tales Goes to the Movies" with a deep dive into the grand tradition of cinema soundtracks and famous theme songs from beloved films of the last 100 years. In-Tune Tales combines violin, keyboards, acoustic and electric basses, and vocals to create a nostalgic live performance. Funding for this program is brought to you by SB 118 from the 84th Legislative Session. RSVP not necessary. Free event.



## Paint Party

**When:** Wednesday, May 13 at 2 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Let's paint a canvas! Van Gogh & Vino will lead you step by step, so no artistic experience is necessary. All painting supplies included (canvas, paint, brushes, etc.). Funding for this program is brought to you by SB 118 from the 84th Legislative Session. RSVP not necessary. Free Event. Register at Reception - space is limited.



**When:** Sunday, May 31, meet at 11:00 a.m.

**Where:** Meet in the Lobby (west end)

**About the Event:** Free Ticket & Transportation (Gametime: 1:05 p.m.); Bring money for concessions & driver tip (optional); Clear Bag Policy; Return to Carson at 4:00 p.m. (estimate/end of the game); ADA accessible seating and transportation; Funding for this program is brought to you by SB 118 from the 84th Legislative Session. Free Event. Register at Reception - space is limited.

## MUSEUM DAY

Nevada  
Museum  
of Art

**When:** Thursday, May 7, meet at 9:00 a.m.

**Where:** Meet in the Lobby (west end)

**About the Event:** Meet at 9:00 am in the Carson City Senior Center Lobby; Free transportation & admission to both museums for docent-led tours; Optional sack lunch (BLT sandwich) available for a suggested donation of \$2.25 - please indicate at RSVP; Bring money for gift shops, cafe, or driver tip (optional); ADA accessible seating and transportation; Moderate walking through two museums (90 minutes each tour) and a full-day outing; Return to Carson at 4:00 p.m.; Funding for this program is brought to you by SB 118 from the 84th Legislative Session. Free Event. Register at Reception - space is limited.

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- Online (free) - Visit [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org) to view the latest edition.
- Mail (\$25.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

### SENIOR CENTER STAFF

**Director:** Courtney Warner

**Manager:** Dave Sullins

**Resource Advocate:** Melissa Connors

**Kitchen Manager:** Kaleb Heflin

**MOW Coordinator:** Ashley Howell

**Volunteer Coordinator:** Drew Simmons

**Accounting:** Rachael Spafford

**Program Coordinator:** Barbarann Smith

**Kitchen Crew:** Nick, Pops, Rhonda, Scott, Sharon

**MOW Drivers:** Amanda, Coco, Doug, John, Julie, Laurie, Matt

### GOVERNING BOARD

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Tom Baker, Secretary

Mike Pavlakis - Treasurer

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Kim Fleming, Director

Carolyn Kellogg, Director

David Oren, Director

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