

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

pg 5

Learn what YOU can do to **STOP FIRES**

pg 15

Join us as we cut the ribbon on our newly refreshed, revised and revitalized store!

Saturday, May 4 • 10 am

Second Wind Thrift Store

Supporting Meals **on** Wheels
and Senior Independence

pg 2

Read all about our incredible
RECORD BREAKING MONTH!

Happy Mother's Day



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SPECIAL INSERT - Calendar of Events



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

FROM THE EXECUTIVE DIRECTOR

Courtney Warner

We've been busy little bees at the Senior Center, working hard to keep pace with our rapid growth. As we close the books for the month of March, let's talk about the record month we had. Meals on Wheels alone delivered **8,375 meals!** That by far is our highest month and shatters all previous records. If we keep pace as projected, Meals on Wheels will deliver well over **90,000 meals** by year end. While we didn't break any records, congregate (on-site) lunch was still higher than our seasonal average with **3,662 meals** served. Let's do the math... that's over **12,000 meals in one month.** Wow!

So what do we ask of you? Two simple tasks. First, thank our amazing staff and volunteers in ALL areas of the Senior Center, Meals on Wheels and Thrift Store. Each of them in their unique way play a vital role in our success and they've been hustling to meet this huge demand with exceptional customer service.

Second, donations are needed to help cover the gap in grant funding to our actual cost which is largely raw food costs. Whatever amount, small or large, closes this gap and supports our ability to grow. And if you can't donate, consider asking your friends, family or business owners to support us.

We are so proud of our record month and our ability to serve our Carson City seniors.



RESOURCE CONTACT INFORMATION

- Nevada State Information Service.....211
- Aging & Disability/CHIP 687-4210
- Alzheimer's 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 687-0730
- 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 Attorneys 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 to 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 to 4 p.m.
 Carson City Senior Center
 911 Beverly Drive

Christine Casinelli, Facilitator
 Meets every Monday of the month
 6:30 to 7:30 p.m.
 Carson Tahoe Cancer Center
 Resource Room
 1535 Medical Parkway

ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with Alzheimer's Rural Outreach and Family Care Associate,
Heidi Slater
 Every Wednesday from 9 a.m. to 4 p.m.
 Please call **1-800-272-3900**
 to schedule an appointment

MINDEN/GARDNERVILLE

Barbara Singer, Facilitator
 Meets the 2nd Thursday of each month
 2 to 3 p.m.
 Coventry Cross Episcopal Church
 1631 Esmeralda Place, Minden

National Alzheimer's Helpline
1-800-272-3900
Available to you 24/7

How do you make cupcakes?

submitted by Corry Steiner

Many of you do not know that I was born in Holland and came to this country in 1948. Because my mother worked as a maid, my sister and I lived, first in a foster home, and then in an orphanage. My mother re-married and I got to move home at the age of 14 and was married by the time I was 18.

After 7 years of marriage, I had two small children. My oldest daughter was three when she was invited to the neighbor's son's birthday party. He was turning four. I took my daughter over to the party and after the games dessert was served. I asked, "What are those little cakes?" and my friend said they are "cupcakes". I asked, "Are they hard to make, because they are delicious!" She said, "No, you just go to the grocery store and look for cupcake mix; you will find them in the bakery section."

I couldn't wait and the very next day I went to the grocery store and looked up and down the aisle and could not find cupcake mix anywhere. I finished my grocery shopping and at the checkout I told the clerk they were all out of "cupcake mix". She said, "You must be kidding?" I said, "No, there are none on the shelf." She said, "We stocked the shelves this morning." I said, "Well, you must have had a run on them, then, because there are none there now."

I got home and after unloading my groceries went to my neighbor and said, "You know, I went to the store and there were no cupcake mixes to be found." She asked me, "Corry what were you looking for?" I said, "Cupcake mixes." She started laughing and said, "Corry you buy the cake mix that you want and on the BACK OF THE BOX IS THE RECIPE FOR CUPCAKES!"

I've never been a whiz in the kitchen since.



MARCH BIRTHDAYS

Queen

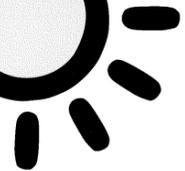
PAT WHITLEY
89 years young



King

HORST MUELLER
90 years young



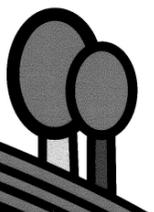


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In case you missed it...

Tips from March's Triad Presentation "Wildland Fire"

presented by the Carson City Fire Department

Every year many families unnecessarily lose their homes and possessions to wildland fire. These losses can be minimized if homeowners take the time to become aware of safety measures to help protect their homes and complete some effective actions.

Things YOU can do TODAY to help STOP THE SPREAD of a wildfire:

- Clean roof surfaces and gutters of pine needs, leaves, branches, etc., regularly to avoid accumulation of flammable materials.
- Remove portions of any tree extending within 10 feet of the flue opening of any stove or chimney.
- Maintain a screen constructed of non-flammable material over the flue opening of every chimney or stovepipe. Mesh openings of the screen should not exceed 1/2 inch.
- Landscape vegetation should be spaced so fire can not be carried to the structure or surrounding vegetation.
- Remove branches from trees to height of 15 feet.
- A fuel break should be maintained around all structures.
- Dispose of stove or fireplace ashes and charcoal briquettes only after soaking them in a metal pail of water.
- Store gasoline in an approved safety can away from occupied buildings.
- Propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area clear of flammable vegetation.
- All combustibles such as firewood, picnic tables, boats, etc. should be kept away from structures.
- Garden hose should be connected to outlet.
- Addressing should be indicated at all intersections and on structures.
- All roads and driveways should be at least 16 feet in width.
- Have fire tools handy such as: ladder long enough to reach the roof, shovel, rake and bucket for water.
- Each home should have at least two different entrance and exit routes.

Join us for the next TRIAD presentation on **Tuesday, May 21 at noon** to hear from attorney **Lora Myles, Nevada's Rural Elder Law Program.** Learn how to **Get Your Ducks in a Row!**

SIZZLING SENIOR DAYS

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with \$50 payouts
 - **\$5 Regular Game Pack** ○
with \$100 payouts
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Double Action, Starburst, Bonanza,
Bingo-Bingo-Bingo, Letter X Progressive
 - **\$2 Blackout** ○
\$120 payout or \$500 Progressive
- Doors open at Noon
Games start at 1pm**
Must be 21 to play
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911 Beverly Drive, Carson City
- All proceeds benefit
the Meals-on-Wheels program.*

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Carson City, NV 89703 fax (775) 882-5015



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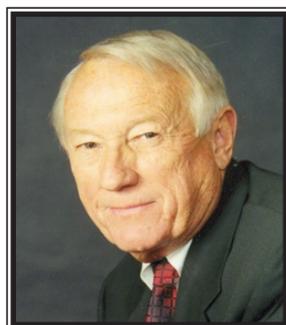
At Century 21 Jim Wilson Realty, our clients are guided through the entire sales process from "Start To Finish!" **Jim enjoys lunch at the Senior Center on most Mondays & Tuesdays. Stop by and say Hello!**

WORD SEARCH

**ALWAYS • CENTURY • ESCROW • FLAG
FORSALE • HONOR • LOYALTY
MEMORIAL • REMEMBERED • SERVICE
THANKYOU • TWENTYONE • USA**

E E E M F U W T Q A B O T A H C T P I E
H S C X I H Z W O S S H N F E Y P B X K
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**CALL OR EMAIL US TODAY.
WE LOOK FORWARD TO SPEAKING WITH YOU!**



Jim Wilson, Broker



Carol Marie Toohey, Broker/Realtor

1502 N. Carson St. • Carson City, NV 89701
For Real Estate Info: 775.882.2135
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JW@IntoTheHome.com

THRIFT STORE SALES

SPECIALS FOR MAY

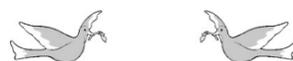
Tuesday | Crafts 50% OFF
Wednesday | Senior Day 50% OFF
Thursday | Kitchen items 50% OFF
Friday | Boutique 50% OFF
Saturday | Everything in store 50% OFF
incl. Boutique & furniture (*Books not included*)
Paperback Book Sale - \$5.00/bag

NEW MANAGER! JAMES PAINTER
(775) 301-6676

NEW 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!



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ROASTED PINEAPPLE SHRIMP SALAD WRAPS

INGREDIENTS

1 pound large shelled shrimp	1/2 teaspoon fine sea salt
Finely grated zest and juice of 1 orange	1/2 teaspoon black pepper
1/2 cup finely chopped cilantro, divided	1 pineapple
2 tablespoons fresh lime juice	4 spinach wraps
2 garlic cloves, minced or pressed	2 packed cups baby spinach
2 tablespoons olive oil, divided	1 avocado, pitted and thinly sliced

INSTRUCTIONS

- In a large bowl toss shrimp with orange zest and juice, 1/4 cup cilantro, 2 tablespoons lime juice, garlic, 1 tablespoon oil, salt, and pepper. Cover and refrigerate for at least 1 and up to 3 hours.
- Cut off top and bottom of pineapple, then cut off skin. Cut pineapple into 1/2" thick rounds, then cut each round into 4 wedges, and cut out the core.
- Preheat oven to 425 degrees. Lightly oil 2 large rimmed baking sheets.
- Remove shrimp from marinade, allowing excess to drip off. Place shrimp on one baking sheet, spreading it out in a single layer. On second baking sheet toss pineapple with remaining 1 tablespoon oil and spread in a single layer.
- Roast shrimp until cooked through, about 8 minutes. Roast pineapple, turning the pieces once, until softened and starting to brown around the edges, about 20 minutes.
- To assemble, lay wraps flat on a countertop. Top with spinach, roasted pineapple, shrimp, avocado, and remaining 1/4 cup cilantro. Fold in sides of wraps, then roll up tightly. Wrap in parchment paper and cut in half to serve.
- Reserve any leftover roasted pineapple for another use.

<https://fruits.com/recipes/roasted-pineapple-shrimp-salad-wraps/>



Welcome Sara Brower as the interim Case Manager! Sara is covering for Veronica while Veronica is out on leave. Sara is no stranger to senior services. She served as Dayton Senior Center Manager for 4 years and as Lyon County Senior Services Manager for close to 10 years. For the past 4 years, Sara has been enjoying retirement, but is now looking forward to putting her expertise back to work providing information, assistance and resources to the senior population whose goals are to remain living independently in the comforts of their own homes. Be sure to stop by and welcome Sara to the Carson City Senior Center team!



EMPLOYEE OF THE QUARTER

Congratulations to **Kaleb Heflin**, Assistant Kitchen Manager, as being selected as Employee of the Quarter! Kaleb continues to demonstrate exceptional skills in the kitchen both as a chef introducing new recipes and flavor profiles to the menu and also being a leader to bring our dining to the next level. Kaleb brings a bright and positive attitude mixed with a willingness to get the job done to perfection. Next time you see Kaleb in the window or in the dining room, congratulate him on a fantastic performance!



*Carson City Kiwanis Club
you have our hearts!*

*Thank you
for another amazing
Spaghetti Feed
Benefiting
Meals on Wheels.*

*We are honored
to have your support.*



Tue May 14th - Fri 17th
 Springtime in Yosemite
 \$999 per passenger What could be more invigorating than a trip to Yosemite National Park? This popular



Fri Jun 21st 7:00am - Tue 25th 5:00pm
 Four Day Mystery Trip
 \$1999 per passenger It's a mystery where we'll go! Experience a surprise vacation, your sure to enjoy and we



Fri Jun 21st 9:00am - 5:00pm
 Historic Downieville Tour
 \$99 per passenger Downieville is historically one of the most important and colorful towns of the Northern



Sat Jul 6th 2:00pm - 11:00pm
 Good O' Fashioned 4th of July Celebration in Graeagle



Fri Jul 19th 4:00pm - 11:00pm
 Million Dollar Quartet - Lake



Sat Aug 3rd 6:00am - Sun 11th 7:00pm
 Canadian Rockies and



All tours use CPCN registered vehicles

Friday, June 28
 Carson City Travel Show
 1pm-2pm
 Carson City Senior Center
 911 Beverly Dr, Carson City

Saturday, June 29
 Reno Travel Show
 10am - 12pm
 Meadowood Courtyard Hotel
 5851 S Virginia St, Reno

RSVP TO THE TRAVEL SHOWS
775-453-1794
PATTYSTOURS.COM

GET THE DETAILS ONLINE

SAVE THE DATES!



Our next TRIAD event will be:
Tues May 21 at Noon
Ducks In A Row
 by: Lora Myles, RSVP

TRIAD will be on the **3rd Tuesdays** of **each odd month** starting at **Noon** in the Nevada Room. Presentations will be 45-60 minutes long. Refreshments will be served.

July 16, 2019 • Noon to 1 p.m.
 Grab & Go Emergency Preparedness presented by the Red Cross

September 17, 2019
 Gangs, Drugs, Dogs: presented by the Carson City Sheriff's Office

November 19, 2019
 Don't Go Up in Smoke (home fire prevention) presented by the Carson City Fire Department



Barry's Trivia Question of the Month
MAY

Barry R. Bjorkman
 Former Advisory Council Chairman

Q: What are the only three countries to have both Mediterranean Sea and Atlantic Ocean coastlines?

LAST MONTH'S QUESTION AND ANSWER

Q: What was the original name of New York City?
A: New Amsterdam.

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The Notice Board

BUNCO

Come One Come All

If you're wanting to have some laughs, make new friends, and play a great dice game... Come join us!

Fridays at 1 p.m.

Nevada Room

Only \$3!

If you've never played Bunco, we'd love to have you come at 12:45 and we'll show you what an easy game it is!

See you soon!

-Darlene Mann, Joanne Avery, and Our Special Bunco Friends

JEWELRY SALE

(GENTLY USED JEWELRY)

IN THE SENIOR CENTER LOBBY

911 Beverly Drive

Carson City Nevada

Thursday & Friday

May 2nd & 3rd

9am to 2pm

Hundreds of Items

Necklaces, earrings, pins, bracelets, rings, buttons, beads, and more!

A FUNDRAISER FOR MEALS ON WHEELS

Dance with Live Music

Kick up your dancing shoes and enjoy live music at the Carson City Senior Center
911 Beverly Drive

MONTHLY

2nd Friday of Each Month

Odd months feature:

The Grumpy Old Men
6:30-9:00pm | \$10 ticket

Even months feature:

Don & Nadine
6-9pm | \$5 ticket

Tickets available presale, on our website or at the door! Come support our dances! Open to all ages. Participants encouraged to bring a store-purchased snack to share.

Dance Classes

every Monday 1:30 pm
in the Nevada Room

Dance like the Stars!

\$5.00 class

Join us as we cut the ribbon on our newly refreshed, revised and revitalized store!

Second Wind Thrift Store

Supporting Meals on Wheels and Senior Independence

Saturday, May 4
10 a.m.

Free hot dogs and bottled water for the first 100 guests!

Open Tuesday - Saturday
10 a.m. - 5:30 p.m.
901 Beverly Drive, Carson City
(775) 301-6676

I would like to subscribe to the "Senior Sentinel" for one year.
My check in the amount of \$15.00 is enclosed.

Name _____

Mailing Address _____

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Joe Spencer, Director

ADVISORY COUNCIL MEMBERS

Vi Bibee, Chairman
Diane Maguire, Vice Chairman
Marie Borgo, Council Member
Lisa Drews, Council Member
Robert Drews, Council Member
Cindy A. Somers, Council Member
Corry Steiner, Council Member
John C. Wilson, Council Member
Jane Wong, Council Member

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

**DEPARTMENT
BUSINESS MANAGER**

Michael Salogga

**Join our email newsletter subscriber list. Send an email to
troberts@carson.org to be added to the list.**

DISCLAIMER

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SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869
9 a.m. to 4 p.m., Mon-Fri

Lunch is served between
11 a.m. to 12:30 p.m. Mon-Fri
Suggested donation:
60 & older - \$2.25

Hidden Treasures Gift Shop

10 a.m. to 3 p.m., Mon-Fri

Thrift Store

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

Newsletter Submissions:
Send by the 10th to troberts@carson.org

911 Beverly Drive Carson City, Nevada 89706

