

The SENIOR SENTINEL



CARSON CITY
SENIOR CENTER

From the Director

How can we help you in this uncertain time? Food, supplies, transportation, housing and more, our Case Managers are ready to assist you; please call (775) 883-0703 for assistance.

When are we going to open? I wish I could answer that. State and local health authorities will guide us to determine when it is safe for us to reopen (<https://nvhealthresponse.nv.gov/> and <https://gethealthycarsoncity.org/novel-coronavirus-2019/>). Until we can safely reopen, we will continue to offer meals and other services you need.

MEALS ON WHEELS

- **Service continues, until conditions change.**
- **Your delivery times may vary. Make sure you are home between 9-3pm.**
- If you become sick (fever, diarrhea, vomiting, sore throat, etc), please call us for an alternative delivery plan.
- Mail your donation in the provided envelope.
- Another delivery of shelf-stable and frozen meals will be occurring in May. This is for emergency closure only!
- Don't be alarmed if a new face delivers your meal:
 - All are checked daily for their temperature and symptoms at the start of their shift.
 - All have been background checked.

DRIVE-THRU LUNCH

- **Service continues, Monday thru Friday, 11-12pm, until conditions change.**
- Weekend meals available on Friday to those of highest need (limited supplies available).

CASE MANAGEMENT

- Phone consultations are available Monday thru Friday by calling (775) 883-0703.

Be prepared that our service could change at any time. Having a plan and stocking up on pantry items is highly recommended. Follow the CDC guidelines on social distancing by staying 6 feet apart, stay home (especially when you are sick) and wash your hands thoroughly and often (sing "Happy Birthday" TWICE). If you need something, please call the Senior Center at (775) 883-0703 for assistance.

We will get through this together. We are here for you.

My best,

Courtney Warner

Executive Director

(775) 883-0703

cwarner@carson.org

Menu on the back side

This serves as May's brief newsletter.
Regular monthly newsletter will continue when appropriate.