

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



happy
**Mother'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

Great news! The Senior Center is planning to reopen on Monday, May 3. While we are excited to serve you, our facility will reopen with restrictions and requirements in place. Some activities have yet to restart while others are still not able. We must abide by the City's "Restore Carson City" transition plan and is subject to change at any time.

Below is a summary of our reopening plan:

- Face covering is required unless eating or drinking per the Governor's directive
- Normal hours of operation (Mon– Fri, 9-4pm)
- Disinfecting supplies & hand sanitizer available
- All entrances are open
- Help us by staying home if you feel unwell and wiping down surfaces after you leave an activity
- Socially distance waiting in line/around others

LUNCH

- Dining Room will reopen for dine-in lunch
- Seating is limited to 4 per table (tables will be socially distanced apart)
- To-go meals will be available in the dining room on a temporary basis

ACTIVITIES

- Seating is limited to 4 per table
- All activities are open with no restrictions including evening and weekend reservations except activities with live music or singing
- Computer lab is unavailable this month
- Rooms will limit capacity to socially distance (posted on the doors)
 - Exercise chairs will be 6' apart
 - Tables will be 6' apart
 - Meetings will seat 6' apart

Some activity leaders have not gotten in touch with us about restarting their activity, so the enclosed calendar is incomplete. Please get in touch with me to restart your activity.

We are excited to have you back but please help us stay open: stay home if you feel unwell, wear a face covering while using the Senior Center, wash your hands frequently and if you are able, consider getting a vaccine.

If you need accommodation or assistance, reach out to us. We can find solutions but need to know your concern or problem first.



WE ARE HIRING!

LEGAL PROCESS SERVICE
Est. 1982

Legal Process Service, PILB Lic. 604
105 Mary Street, Reno, Nevada 89509
Tel 775.323.7070 Fax 702.471.7248 Reno@lpsnv.com
Website: www.LPSNV.com

OPEN POSITION

Process Server / Legal Delivery – Part Time
We are looking for a smart, independent, and personable person to deliver legal documents in the Carson City area. In this part time position, you will be required to fulfill messenger runs to the courts and to client's offices/destinations in Carson City and the surrounding areas. You will be able to set your schedule for services after hours and will be paid on a bi-monthly basis. You drive your car, we provide everything else. Legal Process Service is the premier legal services company in the Silver State. We are a dynamic, creative, and supportive group of people looking for a new team member who wants to work, but doesn't enjoy punching a clock or sitting in an office all day.

REQUIREMENTS:

- Must have your own reliable transportation, insurance and valid Nevada driver's license
- Must be 18 years or older and a U.S. Citizen
- Have a desire to work variable hours - early mornings, evenings and weekends
- Must have strong communication skills
- Be able to interact with mobile technology
- Must be able to pass a background check

Pay: \$13.00 per hour

Please contact our office today!

**COVID-19
FUNERAL
EXPENSES
ASSISTANCE**

Call 844-684-6333
TTY: 800-462-7585 toll free,
Monday-Friday, 8 a.m. to 8 p.m.

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 Lifeline1-800-273-8255

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 or call 1.800.272.3900.



Hearing Care of Carson City, LTD.
Hearing Aids & Audiology

Brett M. Weeks, Aud **Mark Weeks, MCD**
Doctor of Audiology CCC Audiologist
408 North Roop Street • Carson City • Nevada
775.885.9888



OPTIMUM
PHYSICAL THERAPY

*Experience you can trust
Results you can count on*

Jason Overholser, PT
Physical Therapist / Owner

604 W. Washington St., Suite B
Carson City, NV 89703

(775) 882-5001
fax (775) 882-5015



Meet Helen Selders



Helen Selders has volunteered at the senior center since she moved to Carson with her husband 6 years ago. If you don't know Helen, you're missing out on her cheery personality and great sense of humor which makes her an invaluable receptionist for the center every Tuesday. Helen was raised on a muck farm in Hudsonville, Michigan where her family grew celery, onions, and potatoes. At age 11, an F-5 tornado ripped through the town killing 18 people including her grandfather. She and her mother went to a relative's home to ride out the storm which saved their lives.

"There was nothing left of our farm. That really affected every aspect of my life. Had that not happened, I wouldn't be the person I am today."

Helen became a Licensed Practical Nurse (LPN) and worked in local doctor's offices before finding her niche, long term care and independent living. "I like the crotchiness of old people," she states. Her nursing career lasted 38 years.

She met her husband, Ralph, through a mutual friend and will celebrate their 47th wedding anniversary this month.

"He's Canadian, so he's a registered alien and isn't even green." Helen joked, "But he has a green card."

Together they have two children, one of whom they followed to Houston, TX to take care of the first grandson when he was born. Now with 4 grandchildren, her "peeps" are definitely the focus of this grandma. She's never at a loss of photos to share of whatever weekend event took place with the kids, and she's always knitting something for somebody.

"We kiss them once when they arrive and twice when they leave," Helen jokes, but states how blessed she is to have her whole family now in Northern Nevada.

Produce on Wheels fresh produce for seniors

Join the Food Bank of Northern Nevada for
FREE produce distributions twice every month!



Qualifications

- Must be aged 60+
- Must live in Nevada
- Must be willing to fill out application and initial surveys

Don't Forget

- Valid State ID
- Produce on Wheels is at the Carson City Senior Center on the 2nd and 3rd Monday of each month from 9:30-11:00am

Carson City Senior Center

911 Beverly Drive, Carson City

Upcoming Distributions:

**2nd & 3rd Monday
of each month
from 9:30-11:00am**



fbnn.org | (775) 331-3663

The Sierra Nevada Chapter Of Arma International
10th Bi-Annual FREE E-Cycle & Shred Event
Saturday, May 1, 2021 • 10am - 2pm
CalNeva Realty Parking Lot
1621 Us Hwy 395 N Minden, NV

FREE Event with donations graciously accepted on behalf of Between Horses and Humans. Unbound Paper and Electronics Accepted: No Plastic or Box TVs
For more info, contact sierranevadaarma@gmail.com
or visit www.arnasn.org

The Nevada Health Centers
MAMMOVAN is coming!

Schedule your Mamogram today!

NHC Mammovan
877.581.6266 Option 1
Mon-Fri 7am - 6pm

Covid-19 precautions are in place to keep you safe.

For a current event calendar, visit
nvhealthcenters.org/mammography

Nutrition for Older Adults

<https://medlineplus.gov/nutritionforolderadults.html>

What is nutrition and why is it important for older adults? It's about eating a healthy and balanced diet so your body gets the nutrients that it needs to function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important for all ages. It gives you energy, helps control weight, and may also help prevent diseases such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder to eat healthy as you age? Changes in:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of smell and taste
- Problems chewing or swallowing your food

To eat healthy as you age...

- Eat foods that give you lots of nutrients without a lot of extra calories, such as:
 - Fruits and vegetables (choose different types with bright colors)
 - Whole grains, like oatmeal, whole-wheat bread, and brown rice
 - Fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium
 - Seafood, lean meats, poultry, and eggs
 - Beans, nuts, and seeds
- Avoid empty calories. These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- Pick foods that are low in cholesterol and fat. You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals.

Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.

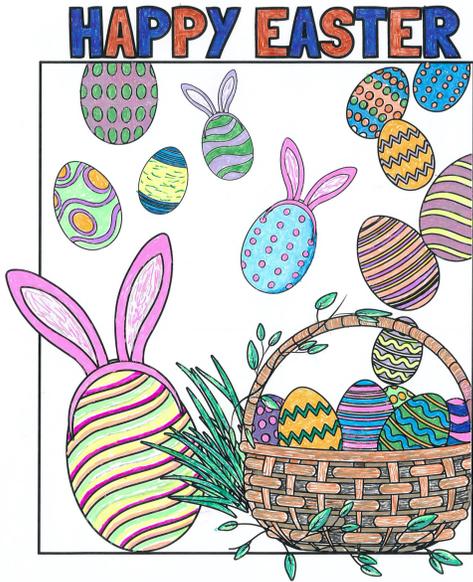
- Drink enough liquids, so you don't get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- Be physically active. If you have started losing your appetite, exercising may help you to feel hungrier.

What can I do if I am having trouble eating healthy?

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing, see your dentist to check for problems
- If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
- If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
- If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.



Coloring Contest Winner!
Darline H.



Queen Meals On Wheels
Adeline Anderson, 92

Drive-thru Volunteers having some
April's Fools Day Foolery



**Barry's
Trivia Question
of the Month**

MAY

by **Barry R. Bjorkman**
Former Advisory Council Chairman

Q: In what city is the Indianapolis 500 held?

Hint: The facility is named Indianapolis Motor Speedway, however that facility is not located in the city of Indianapolis.

PREVIOUS MONTH'S QUESTION & ANSWER

Q: What is the Nevada State Motto?

A: All For Our Country.

**SIZZLING
SENIOR DAYS**

**WIN YOUR SHARE OF CASH
AND GET A FREE MEAL!**

Guests age 50 and up, get in
the game every Wednesday
from 8am - 8pm

Enjoy a **FREE Slot Tournament**

Earn 50 points on your
Gold Rewards Card and get a
FREE Meal at the Grille



171 E William Street
775.885.9000 | 877.519.5567
www.gdwcasino.com



See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4300. ©2018, Jacobs Entertainment, Inc.

Your Home Full of Friends!

**FITZHENRY'S
FUNERAL HOME AND
CREMATORY**

**3945 Fairview Drive
Carson City, Nevada 89701
www.fitzhenrysfuneralhome.net
775-882-2644**

- ◆ Full service funeral home and crematory
- ◆ Crematory on site
- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
- ◆ 100% Service Satisfaction Guarantee
- ◆ Available Staff 24 hours a day

**Christie Wilde
Location Manager**



LIFE WELL CELEBRATED®

**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

Funerals & Cremations

1575 N. Lompa Lane, Carson City, NV 89701

775-888-6800

Low cost Cremation & Burial Services
Prearrangements available

"The Right Choice"

Not all Funeral Homes are alike come see the difference

**Owned & Operated By:
John & Debbie Lawrence**



**APRIL
BIRTHDAYS**

Queen

MAXINE PAULL

93 Years Young



King

JAMES HARRISON

79 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.

Name _____

Phone _____

Mailing Address _____

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

DISCLAIMER

The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

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. to 5:30 p.m. Tues-Sat

Newsletter Submissions:

Send by the 10th of each month to
SeniorCenterNewsletter@carson.org

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Chris Gray, Director

ADVISORY COUNCIL MEMBERS

Diane Maguire, Chairman
Corry Steiner, Vice Chairman
Marie Borgo, Council Member
Lisa Drews, Council Member
Robert Drews, Council Member
Teri Krebs, Council Member
Cindy A. Somers, Council Member
John C. Wilson, Council Member
VACANT position

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga