

# Senior Sentinel

www.carsoncityseniorcenter.org



## Upcoming Holidays

Sunday, June 18

# HAPPY FATHER'S DAY

Monday, June 19 - CLOSED



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## 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

Here's a few updates on our big remodel:

#### Restrooms

- Tile & new floors are going in. Next up - fixtures and finishing touches!

#### Dining Room

- All drywall is complete.
- Soon comes new cabinets, roll-up doors & paint!

#### Kitchen Floor

- New sub-floor was installed & new floors are going in. Once the new floor is complete, we will re-install our kitchen equipment and move back in!

Expected reopening date: end of June or early July!  
Some areas may still be worked on when we reopen.

Thanks for your patience!



## VOLUNTEER *Spotlight*



### ANNA PETACCIA

Anna has been volunteering at the Senior Center for two years. She has volunteered at the lunch check in counter and is primarily volunteering as one of our receptionists.

Anna is a mother to four children – two boys and two girls. She is a grandmother to twelve children and a great grandmother to eleven children with another on the way in October.

Anna is from Philadelphia. She worked for Marriott hotels for twelve years before working for an accounting firm in Dayton for nineteen years. Anna enjoys scrapbooking, working in the garden, and enjoys taking long drives. Anna has three cats, a dog, two horses and a bunch of chickens. Please be sure to stop and say hello to Anna when you are coming in past the reception desk!



## QUEEN

Ellen Sollinger

84

## KING

Hal Dungan

96



## May 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**  
Available to you 24/7



Hearing Care of Carson City, LTD.  
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# CARSON TAHOE HEALTH DIABETES SUPPORT GROUP: GROCERY TOUR



Have you ever wondered which food products at the store will help control your diabetes? Or would you like to learn how to choose the most nutritious foods that also fit your budget? If you answered

yes to either of these questions and would like to learn more about how to get the best nutrition out of your grocery shopping trips, then please join us on June 14th for a grocery store tour provided by one of our Registered Dietitians and Diabetes Educators, Sierra Kirby. Participants will learn how to identify and select healthy foods that fit their meal plan and their budget. All you have to do is show up to the Save Mart on the corner of N Carson St and College Pkwy; Sierra will be wearing a CTH polo shirt and will be waiting outside the entrance. We hope to see you there!

**When:** Wednesday, June 14, 2023, 4-5pm

**Where:** Save Mart #552

3620 N Carson St. Carson City, NV 89706

For Questions/Concerns contact Sierra Kirby at 775-445-8820 or [sierra.kirby@carsontahoe.org](mailto:sierra.kirby@carsontahoe.org)

# THANK YOU!



Harrah's & Harvey's HERO's for our beautiful courtyard



Bus Pass Renewals coming soon!

Call (775) 883-0703 for more information.

## GOLF FUNDRAISER

Saturday, June 10

Visit: [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org) for more information

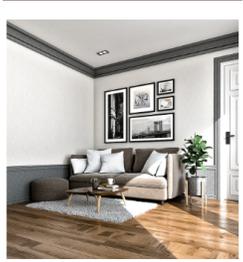


### Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: What was Seward's Folly?

Previous Month's Question & Answer  
Q. How did King Midas die?  
A. Starvation, because everything he touched turned to gold.

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	<p>WHO YOU WORK WITH MATTERS</p>	
<p>LISA WILLIAMS 775-434-8145 S.0188952</p>		

## YOUR AD HERE

Contact Courtney  
(775) 883-0703



# Autumn

## Funerals & Cremations

1575 N. Lompa Lane, Carson City, NV 89701

### 775-888-6800

Low cost Cremation & Burial Services  
Prearrangements available

### "The Right Choice"

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# SORRY WE'RE CLOSED

We've had some damage due to the extreme winter weather that we must address before reopening. Check back soon!

SOLD

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# WHY

## RE/MAX?

Thinking of  
Selling?

Downsizing?

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home worth?

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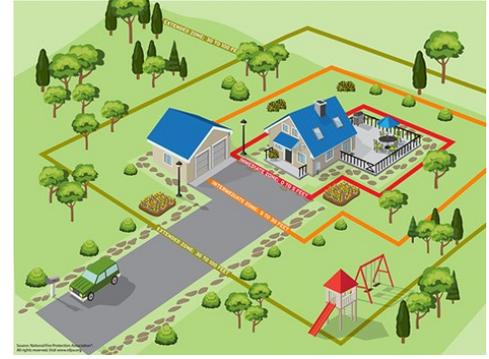
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REALTOR®  
(775) 843-4903  
[realtorzadny@charter.net](mailto:realtorzadny@charter.net)  
NRED # BS.142933



## DEFENSIVE SPACES By The Carson City Fire Department

As everyone is aware, we had a VERY wet winter. Along with these wet conditions, is an overwhelming crop of cheatgrass. An excellent way to get rid of cheatgrass after it has sprouted is to use a string trimmer or mower and cut it down before it starts to dry out and drop more seeds. Remember to use trimmers and mowers in the morning when the weather is cooler. If you are looking for long-term control, have a professional spray, a pre-emergent called Plateau or Panoramic, to prevent the seeds in the soil from germinating.

Another tip to help defend against wildfire is to create defensible space around your home and property. A defensible space is a natural and/or landscaped area around a structure that has been maintained and designed to reduce fire danger. The components that make up a well-designed defensible space are:



1. **5-Foot Noncombustible Zone:** - This area needs to have a very low potential for ignition from flying embers. Use irrigated herbaceous plants (lawn, ground cover, and flowers), rock mulches, or hard surfaces (concrete, brick, and pavers) in this area.
2. **Lean, Clean, and Green Area:** For a distance of at least 30 feet from the home, there should be a Lean, Clean, and Green Area. Lean indicates that only a small amount of flammable vegetation, if any, is present. Clean means no accumulation of dead vegetation or flammable debris within the area. Green denotes that plants located within this area are kept healthy, green, and irrigated during fire season.
3. **Wildland Fuel Reduction Area:** This area usually lies beyond the residential landscape area and is where cheatgrass, sagebrush, bitterbrush, and other wild plants grow. Within this area:
  - a. Remove all dead vegetation (dead shrubs, dried grass, and fallen branches).
  - b. Thin out thick shrubs and trees to create a separation between them.
  - c. Prevent ladder fuels by removing low tree branches and removing or pruning shrubs under the tree.



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[www.summersetseniorliving.com](http://www.summersetseniorliving.com)



# NOTICE BOARD

## 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

## Coming Soon!

Sunday Bingo  
Jewelry Sale  
Volunteer Appreciation Party  
Follies  
JAC Bus Pass Renewals

## DANCE PARTY

Wednesday, June 7  
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with  
Don & Nadine

## Golden Yogis

### CHAIR YOGA

Monday's, 1-2pm  
\$10/class (see Jordan if hardship)

### GENTLE YOGA

Monday's, 2-3pm  
\$10/class (see Jordan if hardship)

Yoga is great for reducing stress and anxiety, improving flexibility and balance, and promoting overall physical and well-being.

## DIABETES SUPPORT GROUP

Coming soon,  
2nd Weds in July  
1-2pm

Hosted by Carson  
Tahoe Health

## Gin Rummy

Meets weekly on  
Thursdays, 1-3pm

Want to start  
a new  
Activity?

Contact Courtney  
(775) 883-0703



# CARSON CITY SENIOR CENTER

911 Beverly Drive Carson City, Nevada 89706

## 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

Closed (temporary) due to weather-related damage

*Newsletter Submissions (due by the 10th):*

[seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)

I want to subscribe to the Senior Sentinel!

- **Email** (free) - Send an email to [seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)
- **Online** (free) - Visit [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org) to view the latest edition.
- **Mail** (\$20.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

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