

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

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Tips from our Executive Director on how to Beat the Heat!

pg 5

Are you meeting all of your NUTRITION GOALS? This handy chart will help.

pg 6

Meet our CASH BALL PAYOUT Winner!

VOLUNTEERS NEEDED!



pg 4

VOLUNTEER ... and make a difference!

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 Creating Greeting Cards
 Dance Classes - Learn Nearly Any Dance!
 Triad Event: Humane Society Info & Help
 Dance with LIVE MUSIC
 SPECIAL INSERT - Calendar of Events



**911 Beverly Drive
 Carson City, Nevada 89706
 775-883-0703 • fax 775-883-2869
 cwarner@carson.org
 9:00 A.M. - 4:00 P.M.
 Monday through Friday
 f / carsonseniorcenter**

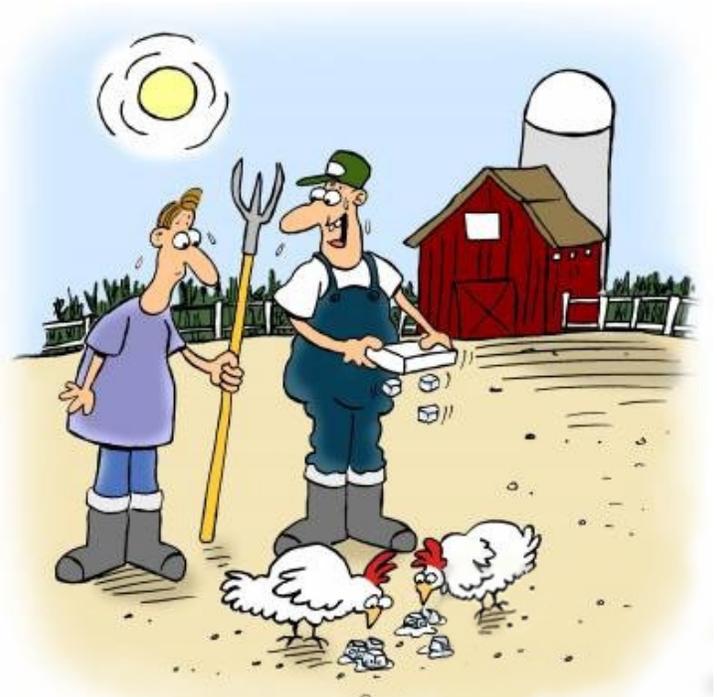
FROM THE EXECUTIVE DIRECTOR Courtney Warner

Summer is here and so is the heat! Stay safe this summer with these helpful tips from the CDC (Center for Disease Control and Prevention):

1. **Stay in air-conditioned buildings as much as possible.**
2. **Drink more water than usual and don't wait until you're thirsty to drink.**
3. **Wear loose, lightweight, light-colored clothing.**
4. **Check on a friend or neighbor and have someone do the same for you.**

The Senior Center is a great place to visit during the hot days. If you are in need of a fan to keep cool, the Senior Center in partnership with KOLOCares, has a limited number of fans available. We also accept donations of new, still in the box fans. Please contact the Senior Center (775) 883-0703 for more information.

Stay cool, stay safe!



"It's so hot, I've been feeding the chickens ice cubes just to keep them from laying hard-boiled eggs!"

RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer’s Association	786-3509
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	687-0703
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
1:00—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—4:00pm
Carson City Senior Center
901 Beverly Drive

Candace Stewart, Facilitator
Meets every Thursday of the month
6:30-7:30pm
Carson Tahoe Regional Medical Center
Juniper Room
1600 Medical Parkway

**ALZHEIMER’S OFFICE HOURS
AT THE SENIOR CENTER**

Drop by or schedule a free consultation
with Alzheimer’s Rural Outreach
and Family Care Associate, **Heidi Slater**
Every Wednesday from 9-4
(out for lunch 12-1)
Please call **775-786-8061**
to schedule an appointment

MINDEN/GARDNERVILLE

Barbara Singer, Facilitator
Meets the 2nd Thursday of each month
2:00—3:00 pm
Coventry Cross Episcopal Church
1631 Esmeralda Place, Minden

For more information,
call **775-786-8061**

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

Volunteer – You Can Make A Difference!

We are recruiting for talented volunteers to help in our success.

- **Follies Volunteer (July 13,14,15):** Volunteers needed for ticket sales, raffle sales, usher/assisting attendees and selling concessions.
- **Dance Ticket Sales (1st Friday of each month, 5:30-7:30pm):** Sell admission/tickets to the monthly dance.
- **Dining Room Volunteers (daily at lunch):** Set up the dining room for lunch, bus tables, serve beverages and trays.
- **Special Projects (as scheduled):** Volunteers not afraid to take on a special project, organizing, filing, and more!



See Tiffany Roberts, Activity & Volunteer Coordinator for scheduling: (775) 883-0703.



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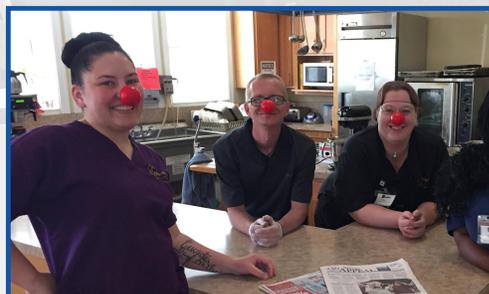
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MyPlate MyWins

Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.

USDA

United States Department of Agriculture



Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



Celebrate successes

Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



List more tips

Big Winner at BINGO!



Congratulations to
PAULINE BONDAGE

who won the Cash Ball Payout of \$1199!

Carson City Community Bingo, a Fundraiser for Meals on Wheels continues to have Big payouts.

Pauline paid \$1 for the Cash Ball.

Are YOU our Next Big Winner?



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



**JUNE
BIRTHDAYS**

Queen

**MARGARET
BREWSTER**
87 years young

King

DON FRITZ
87 years young



BINGO UPDATE...

SUNDAY BINGO ON VACATION

Sunday Bingo is taking a brief “vacation” for the month of July to reorganize, maintain our equipment, inventory supplies, and refresh Sunday Bingo.

Look for new details in July
and get ready to play in August!



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Hearing Aids & Audiology

Bret M. Weeks, AuD
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City, NV 89701

775.885.9888

WORDSEARCH

Name _____ Email _____

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 X S U X O G R M F A D B A V B V M N G O



JOIN US!
 Friday, July 27 @ 1pm
 Friday, August 17 @ 1pm
Carson City Travel Show
 Carson City Senior Center
 911 Beverly Dr, Carson City

Saturday, July 28 @ 10am
Saturday, August 18 @ 10am
Reno Travel Show
 Meadowood Courtyard Hotel
 5851 S Virginia St, Reno
 RSVP by phone or online
775-453-1794
PATTYSTOURS.COM

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 NIAGARA FALLS CALIFORNIA
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 Bring this to the travel show!
 One entry per person.



Barry's Trivia Question of the Month
JULY 2018
Barry R. Bjorkman
Former Advisory Council Chairman

Q: Saudi Arabia is on what Continent?

LAST MONTH'S QUESTION AND ANSWER

Q. Where did the Hamm's Bear Live?
 A. In the Land of Sky-Blue Waters.



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Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

THRIFT STORE NEWS

by Joyce Hudson, Thrift Store Manager

SPECIALS FOR JULY

Tuesday | Crafts **50% OFF**

Wednesday | Senior Day **20% OFF**

Thursday | Kitchen items **50% OFF**

Friday | Boutique **50% OFF**

Saturday | Everything in store **50% OFF**
 including boutique & furniture *(Books not included)*

Paperback Book Sale - **\$5.00/bag**

(447) 301-6676

Hours: Tues-Sat • 10am-3:30pm

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.

Pick up for donated items is FREE!



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- ✓ Physical, Occupational, and Speech Therapy
- ✓ Medical Social Services
- ✓ Home Health Aide
- ✓ Specialty Programs

For **Home Care**
Services Call:

(775) 392-2000

- ✓ Trusted Caregivers
- ✓ Caring Companionship
- ✓ Meal Planning & Prep
- ✓ Light Housekeeping
- ✓ Bathing, Grooming, & Dressing
- ✓ Overnight Care Services

For **Hospice Care**
Services Call:

(775) 841-6123

- ✓ Emotional Support
- ✓ Pain Management
- ✓ Medical Supplies & Equipment
- ✓ Caregiver Respite Care
- ✓ Bereavement Services
- ✓ Grief Support Groups

To Volunteer for Eden Hospice:

More than 1 million people and their families in America are cared for by Hospice each year. This wouldn't be possible without the support of our Hospice volunteers!

Eden Hospice relies on volunteer support to provide excellent end-of-life care to each patient and family. By joining our team, you will gain great personal satisfaction from knowing that you made an impact in another person's life.

We do not require previous medical training or a medical background. For more information about volunteering please call (775) 841-6123.

SIZZLING SENIOR DAYS

WIN YOUR SHARE OF CASH AND GET A FREE MEAL!

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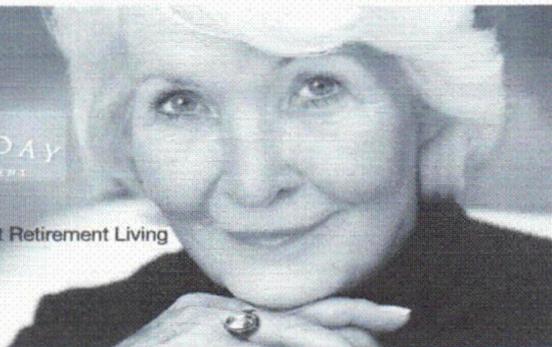
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The Notice Board



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Monday • July 2, 2018

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\$4.00 each card

Door prizes awarded

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only \$5.00 per class

We have lots of space to dance.
Come out and have lots of fun
while you learn!



**NEVADA
HUMANE
SOCIETY**

Would you like to know what the Nevada Humane Society has to offer in programs, clinics, and other services? Join us on **Friday, July 13, at 11:45 a.m.** to learn about low-cost spay and neuter programs for people with fixed incomes and to find out how to get free vaccinations for your pet, plus much more.

**Dance with
Live Music**

Kick up your dancing shoes and enjoy the live music of **Dan & Nadine** at the Carson City Senior Center, 911 Beverly Drive, on **Friday, July 6, 6-9pm**. Doors open at 5:45 pm.

Admission is \$5.00/person, open to all ages. Light refreshments served included with admission.

Dances occur the 1st Friday of every month!

Call the Carson City Senior Center
at (775) 883-0703 for more information.



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A Sentimental Journey

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Carson City Senior Center
Meals on Wheels program



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Saturday, July 14 @ 2pm
Sunday, July 15 @ 2pm

Tickets available at the
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at the Bob Boldrick Theater

775-883-0703 for more info

Join us as we re-visit some of our
favorite numbers
from the past 10 years!
General Admission \$10
Children 4 and under FREE

Carson City Community Center
Bob Boldrick Theater
851 E. William St. Carson City



10th ANNUAL Concert Under the Stars

An evening to benefit the GreenHouse Project



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My check in the amount of \$15.00 is enclosed.

Name _____

Mailing Address _____

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SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869

9:00 am - 4:00 pm, Mon-Fri

Lunch is served between
11 am - 12:30 pm Mon-Fri

Suggested donation:
60 & older - \$2.25

Hidden Treasures Gift Shop

10:00 am - 3:00 pm, Mon-Fri

Thrift Store

10:00 am - 3:30 pm

Newsletter Submissions:

Send by the 10th to troberts@carson.org

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