

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SNEAK PEEK

pg 4 & 5

IMPORTANT! Hot Weather Safety for Older Adults - **are you at risk?**

pg 7

• Top 10 Meal Planning & Shopping Tips
• Ready for **STAR SPANGLED BINGO?**

pg 15

Memoir Writer's Seminar • **Dance To Live Jazz Music!** • Volunteers Needed

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SPECIAL INSERT - Calendar of Events

FROM THE EXECUTIVE DIRECTOR

Courtney Warner

Whew! It’s hot outside. Are you beating the heat and keeping yourself cool, hydrated and comfortable? We are honored to participate for our second year in the KOLOCares Fan Drive, calling on the community to donate new fans for our seniors. Donated fans must be new and still in boxes and can be dropped off at the Senior Center. If you are in need of a fan, contact Warren Bottino, 883-0703. Fans are going as fast as they are arriving so please consider donating a fan.

Did you know the Senior Center has fantastic air conditioning to keep you cool on these hot summer days? Swing by the Senior Center to cool off, socialize, meet new friends and enjoy the many activities to engage your mind, body and soul. Plus we have plenty of cool water to keep you hydrated! Check out our TRIAD article on *Hot Weather Safety for Older Adults* to keep yourself, your friends and your neighbors safe during the summer.

Stay cool. Be safe. Look out for each other!



**911 Beverly Drive
 Carson City, Nevada 89706**

775-883-0703 • fax 775-883-2869

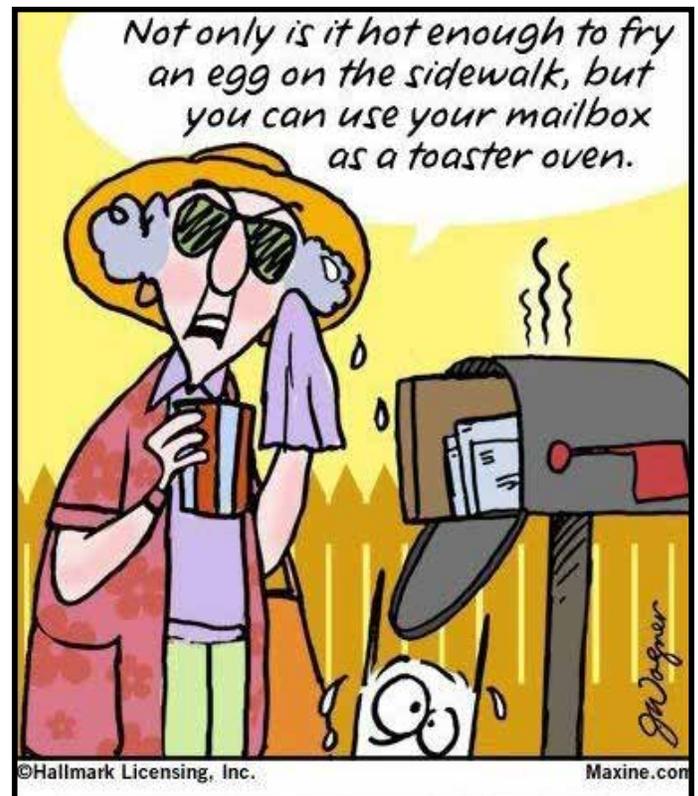
TRoberts@carson.org

9 a.m. to 4 p.m.

Monday through Friday

www.carsoncityseniorcenter.org

f / carsonseniorcenter



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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 Support Services of NV 784-8090
- Elder Care Law..... 687-4680
- Elder Protective Services.....1-888-729-0571
- Energy Assistance 684-0730
- Food Bank of Northern Nevada 331-3663
- HUD (Nevada Rural
Housing Authority) 887-1795
- JAC (Jump Around Carson)..... 841-7433
- Medication Management Program,
Universty of Nevada, Reno 784-1612
- Nevada Legal Services..... 883-0404
- Nevada State Welfare..... 684-0800
- Northern NV Center
for Independent Living 353-3599
- RSVP 687-4680
- Ron Wood Family
Resource Center..... 884-2269
- Sanford Center for Aging 784-4774
- Senior RX.....1-866-303-6323
- SHIP
(State Health Insurance)1-877-385-2345
- Social Security
Administration1-800-772-1213
- Suicide Prevention Lifeline ...1-800-273-8255
- Veterans Administration..... 786-7200
- VA Medical Benefits Info1-800-827-1000
- VARN (Volunteer Attorneys
for Rural NV)..... 883-8278
- Weatherization..... 887-2227

ALZHEIMER'S SUPPORT GROUP
(www.alz.org)
CARSON CITY

Meets the 2nd Wednesday of each month
1 to 2:30 p.m.
Carson Tahoe Cancer Center
Conference Room
1535 Medical Parkway, Carson City

Meets 4th Wednesday of the month
2:30 to 4 p.m.
Carson City Senior Center
911 Beverly Drive

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



**BAD NEWS, MARGARET. YOUR PINK PLASTIC FLAMINGOS
MELTED ON THE LAWN**

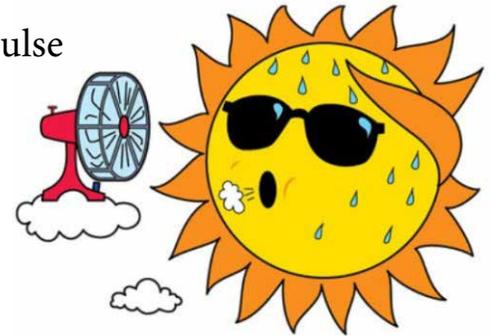
HOT WEATHER SAFETY FOR OLDER ADULTS

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Heat Stroke—A Medical Emergency

If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot



Who Is at Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages



How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

DISCUSSED IN THIS ARTICLE:**Heat Stroke—A Medical Emergency! • Who Is at Risk?
How Can I Lower My Risk? • What Should I Remember?**

<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

Listen to Weather Reports

If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

What Should I Remember?

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.

During hot weather, think about making daily visits to older relatives and neighbors. Remind them to drink lots of water or juice, as long as their doctor hasn't recommended otherwise because of a pre-existing condition. If there is a heat wave, offer to help them go someplace cool, such as air-conditioned malls, libraries, or senior centers.

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SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

○ **\$3 Early Bird Pack** ○

with \$50 payouts

○ **\$5 Regular Game Pack** ○

with \$100 payouts

○ **\$1 Specials** ○

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

Carson City Senior Center
911 Beverly Drive, Carson City

*All proceeds benefit
the Meals-on-Wheels program.*

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- ◆ Available Staff 24 hours a day

Christie Wilde

Location Manager

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Top 10 Meal Planning & Shopping Tips | *Quick. Easy. Always Prepared.*

Dried Fruits. Take advantage of the the vast assortment of dried fruits available and dress up your cereal or salads ... or simply enjoy as a snack.

Leftovers. Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta.

Convenience. Pick up frozen or canned fruits and vegetables for later in the week or for busy nights.

Experiment. Try a new fruit or vegetable or prepare a familiar one in a different way.

Seasoning Combinations. Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice, or garlic to keep out the fat and salt.

100% Juice. Look for fruit and vegetable juices that say 100% juice!

Smoothies for Breakfast. Frozen fruit makes great smoothies for a breakfast on the run.

Easy to Grab & Go. Fill up that fruit bowl so you and your family can grab and go.

Meatless Meals. Plan one or more meatless meals for the week – there are endless possibilities for using dried or canned beans. They're cheap too! Check out the variety in your store.

Make More. Plan for leftovers so you have a ready-meal.

<https://fruitsandveggies.org/stories/planning-and-shopping-top-10/>

Sierra Nevada Kiwanis Presents

JULY 4, 2019 ★ STAR SPANGLED BINGO

at The Carson City Senior Center ★ 911 Beverly Dr., Carson City

Doors open at 10am ★ Bingo Starts at Noon

\$10- 10 Games ★ \$1 Bonanza ★ \$1 Double Action

All plays are 50/50 split

Sierra Nevada
Kiwanis will be
grilling Burgers
& Hot Dogs!



- 1 - B-row and any Horizontal Line
- 2 - Crazy Arrow
- 3 - Mini Plus Sign & any 2 Corners
- 4 - Crazy Letter L (continues into ...)
- 5 - Large Picture Frame
- * - Bonanza
- 6 - N-Row & any Diagonal
- 7 - Crazy Hot Dog
- 8 - Little Dipper
- 9 - Block of 9 (continues into ...)
- 10 - Coverall
- * - Double Action



JUNE BIRTHDAYS

Queen
MARGARET BREWSTER
88 years young



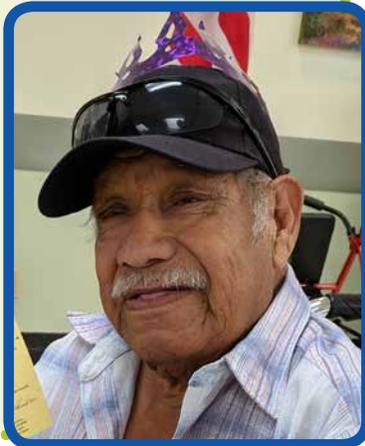
Hearing Care of Carson City, LTD.
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Carson City, NV 89703 fax (775) 882-5015



Barry's Trivia Question of the Month
JULY

Barry R. Bjorkman
Former Advisory Council Chairman

Q: Of the first 13 colonies to become American states, which later became Confederate states?

LAST MONTH'S QUESTION AND ANSWER

Q: What is the difference between a Roman Numeral and a Roman Letter? **A:** The Roman Numeral has a Horizontal line across the top and bottom. The Roman Letter does not.



Walton's Funerals & Cremations

Every Life Has A Story... Remember

• We offer a **10% discount** to seniors who mention this ad

• Plan Your Own Arrangements Now and Spare Your Loved Ones the Burden

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We will pay top dollar for your items.
You could have cash in your pocket today, so don't delay.

CAN'T COME TO US? WE WILL COME TO YOU!

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

CAPITOL CITY LOANS

5951 Hwy 50 East • Carson City

Call 775.882.8882 Today! Ask for Teresa or Charlotte.



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1807 E. Long St. • Carson City, Nevada 89706

*Visit us today & experience
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We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms
- Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

We accept Medicaid Group Waivers

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



Thu Aug 15th 4:30pm - 9:30pm
 Truckee Thursdays -
 Summer Street Festival
 \$49 per passenger Every Thursday
 through the summer the lovely historic
 town of Truckee opens up its main
 street to a fun and lively event ...



Sat Aug 24th 4:00am - 4:00pm
 Feelin' Fruity - Fallon
 Cantaloupe Festival &
 County Fair
 \$59 per passenger What's more fun
 than a good old county fair! Just a
 short drive to our neighboring town,
 Fallon. The Cantaloupe festival ...



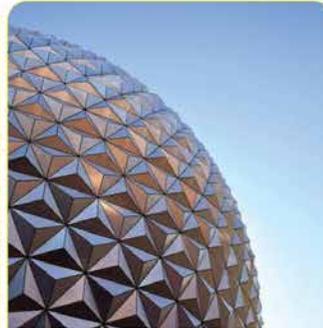
Fri Oct 11th 8:00am - 6:00pm
 Apple Hill Tour
 \$89 per passenger One of our most
 requested tours of the year; register
 now because Apple Hill time is near!
 Enjoy the best that Apple Hill ...



Sun Oct 13th - Sun 20th
 New England and Cape Cod



Tue Jan 7th 8:00pm - Fri 24th
 5:00pm 2020



Sat Feb 22nd - Sun Mar 1st
 2020



Summer Bucket List

- GO TO THE BEACH
- READ A NEW BOOK
- LUNCH WITH PALS
- PLAN A TRIP!

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2019

UNDER THE BIG TOP

A production of the Senior Follies

FRIDAY, JULY 12 @ 7PM
SATURDAY, JULY 13 @ 2PM
SUNDAY, JULY 14 @ 2PM

**\$10 GENERAL
ADMISSION**
 Children 4 and
under FREE

Tickets:

- Pickup at the Carson City Senior Center
- One hour before the performance at the Bob Boldrick Theater
- Online at www.carsoncityseniorcenter.org



**In the newly remodeled Bob Boldrick Theater
851 E. Willam Street, Carson City**

All proceeds benefit Meals on Wheels Carson City



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We are Carson City's Retirement Community for Independent Seniors 62 and older.

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Apartment Amenities

- Well Designed Floor Plans
- Easy Accessibility
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- Vinyl/Carpet
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Community Amenities

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- Secured Entrance
- Interior Mailboxes
- Community Room
- Fitness Facility
- Laundry Facility
- Playground
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Part of the *EmpRes Healthcare Family of Companies*



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JAC Bus Renewals pushed to July!

The annual renewals of JAC bus passes will be on July 1 and 2 from 9-2pm in the Senior Center Lobby. If you'd like to fast track the process, you can fill out and bring a completed registration form with you. Forms are available at the Reception desk. Please note: your current bus pass expiring on June 30 will still be honored by your bus driver through July 15.



Autumn
Funerals & Cremations
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THRIFT STORE SALES

SPECIALS FOR JULY

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!

TRIAD 2019 SCHEDULE

TRIAD presentations are held at Noon on the 3rd Tuesdays of each odd month in the Nevada Room. Presentations are typically 45-60 minutes. Refreshments will be served.



NEXT EVENTS ARE:

July 16, 2019

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

Looking for...

One of a kind gifts?

Something for your home?

Affordable pricing?

Come visit the

*Hidden Treasures
Gift Shop*

inside of the

Carson Senior Center!

*All sales benefit seniors
and Meals on Wheels.*

VOLUNTEERS WANTED!

Seeking friendly volunteers to help
in our success. Positions include:

- **Follies Volunteer:** Usher, Snack Bar, Ticket Sales, Raffle Ticket Sales on these dates: 7/12 (5:30-9:30pm), 7/13 (12:30-4:30pm), 7/14 (12:30-4:30pm)
- **Reception Volunteer,** various shifts plus coverage for vacations
- **Dining Room Volunteer:** Galley Lead, Servers, Bussers, Check-in Station: 10:30-1pm, Monday-Friday, various shifts
- **Thrift Store Volunteer,** 10am-5:30pm, Tuesday-Saturday, various shifts

**See our Volunteer Coordinator for
more information (883-0703).**

The Notice Board

Memoir Writers Seminars starts in September!

This informal seminar is designed for senior citizens who wish to write their memories. Charlie McGranaghan, a retired college writing instructor and memoir author, serves as the seminar guide. **FREE TO PARTICIPATE.** Meets **Wednesdays**, starting **September 4**, from **9:30-11:00am** in the **Tahoe Room**. Please sign up with Reception.

Dance Classes

**every Monday 1:30 pm
in the Nevada Room**

Dance like the Stars!

\$5.00 class

**Dance with Live Music with
the **Grumpy Old Men!**
A vibrant and lively jazz band!**

July 12, 6:30-9pm

Tickets \$10!

Participants encouraged to bring a store-purchased snack to share.

SAVE THE DATE

**August 9 • 6-9 pm with Don &
Nadine. Tickets only \$5.00.**

Dances are MONTHLY (2nd Friday of each month). Odd months featuring the Grumpy Old Men (6:30-9:00pm) for \$10.00/ticket; Even months featuring Don & Nadine (6-9pm) for \$5.00/ticket; tickets available at the door!

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

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

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Mailing Address _____

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

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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

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

911 Beverly Drive Carson City, Nevada 89706

