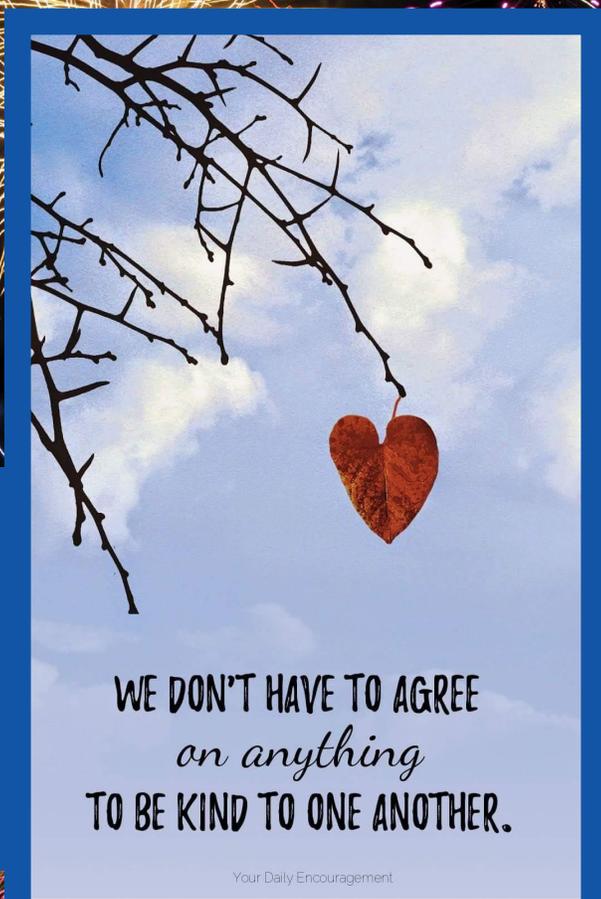


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Monday through Friday  
www.carsoncityseniorcenter.org  
f / carsonseniorcenter**

## *From The Desk Of The Executive Director*

We are waiting to be given the green light to reopen. This decision comes directly from the Governor's Office and it is not yet clear if in Phase 3 the Senior Center will be able to reopen. When we do reopen, we will be putting the following safety measures in place (subject to change)::

- Temperature screenings will be available at multiple spots in the senior center. We encourage you to have your temperature taken when you enter the facility.
- Face coverings are strongly encouraged, especially coming and going. Face coverings will be available if you forget one.
- Areas will be socially distanced. Less seating, tables spread apart and/or activities moved into larger spaces are all being considered.
- Congregate dining will be different. Where you stand, using disposables, no self-service and other measures will be put in place.
- Offices, reception desk and other areas will have

plexiglass barriers for added protection.

- Hand sanitizer stations are available at the entrances and you are encouraged to frequently wash your hands.
- If you appear unwell, you will be asked to leave.

An important consideration is if you are feeling unwell, please stay home. These precautions we are taking are to comply with the required guidance and to do our part to operate a safe facility. These measures may be inconvenient, frustrating and constantly changing. I get it and ask you to have patience with us. Once we are given the green light, we will announce a reopening date in the Nevada Appeal, CarsonNow and on social media. Know that reopening will not be immediate as we will need to schedule and train volunteers.

While we wait, we are here for you. If you need any support, give us a call (775) 883-0703.

**My best, Courtney Warner, Executive Director**  
**cwarner@carson.org**

### MEDICARE COUNSELING

If you have Medicare questions, call 1-844-826-2085 or email [carsoncityship@gmail.com](mailto:carsoncityship@gmail.com) with your question and a phone number. Counselors will call and assist you.

### CANCELLED - Free Tax Return Preparation

We are sorry that we had to cancel all appointments for AARP Tax Aide services for 2020. Unfortunately, we are not able to resume services this year. The IRS extended the deadline for filing 2019 tax returns to July 15, 2020. If you have not already filed your tax returns, you can do so for free using this link:

<https://signup.aarpfoundation.org/preparing-your-taxes-online/>

Sincerely, Patricia Eckman, AARP Tax Aide, Local Coordinator

*Thank You Sierra Nevada Kiwanis Club  
for your donation to Meals on Wheels!*



### Barry's Trivia Question of the Month JULY

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

**Q: Kathmandu is the capital of what country?**

#### MARCH QUESTION AND ANSWER

**Q:** Whose advertising slogan was: The most expensive television in America, and darn well worth it?

**A:** Curtis-Mathes.

**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 Lifeline .....1-800-273-8255

Veterans Administration..... 786-7200

VA Medical Benefits Information..... 328-1293

VARN (Volunteer Attorneys for Rural NV)... 883-8278

Weatherization.....887-1795, Ext. 124

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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](http://alz.org/nornev) or call 1.800.272.3900.



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## 4 EXERCISES You Should Do Every Day

By K. Aleisha Fetters

“Everything in moderation.”

If you pay attention to your health at all, there’s a good chance you’ve heard this advice before. It makes sense in many instances—mainly your diet—but the truth is that some healthy habits are much more effective when you do them every single day. One such example: moving your body.

While any movement is always better than none, there are certain foundational exercises that need to be performed on more than designated workout days, says Ann Phelps, D.P.T., a physical therapist at Athletico Physical Therapy in Chicago.

Why? Because that’s how you’ll get the results you want, from improving strength and mobility to building better balance to staying independent longer.

Below, Phelps shares the four most important exercises to add to your daily routine. You can do them at the gym. You can also easily do these exercises at home. “Perform a few reps when you get out of bed in the morning, during a commercial break, or when you get up to move to another room in the house,” she says. And when any exercise starts to feel too easy, make it a little more challenging with the recommended progression.

### Exercise #1: Sit-to-Stand

“Standing up from a chair or other surface without using your hands is a good exercise for older adults to perform to maintain good health, fitness, and mobility,” Phelps says. After all, being able to sit down and stand up from a couch, chair, or toilet is often the determining factor in whether someone can live independently or needs full-time care.

How to do it: Stand in front of a sturdy chair with your feet between hip- and shoulder-width apart. Your heels should be about 6” in front of the chair, arms held straight out in front of your shoulders. Brace your core.

From here, slowly bend your knees and push your hips back to lower your body onto the chair. Pause, then press through the back two-thirds of your feet to stand up again. That’s one rep. Aim for two or three sets of 10 reps total per day. Try not to swing your torso for momentum or use your hands to push back up.

Make it harder: Once you’re able to perform two to three sets of 10 reps with good form, try lowering your body to a shorter chair or piece of furniture. Eventually,

work up to removing the chair altogether to perform full bodyweight squats. With each rep, lower your body as far as you can comfortably go while keeping your chest up and heels on the floor. [Click here to learn why squats are the single most important exercise we do—and the best way to do them for your body.](#)

### Exercise #2: Tandem Stance

Commonly used as a test for assessing balance, the tandem stance is also a great exercise to perform every day. “It can significantly improve balance and stability to increase function and decrease the risk of falls,” Phelps says.

How to do it: Stand tall with your feet together, and brace your core. From here—holding onto a wall, counter, or sturdy chair for balance, if necessary—step one foot in front of you so that your front foot’s heel is against your back foot’s toes. Your feet should be in a straight line. Imagine you’re standing on a tightrope or balance beam. Hold this position for 30 seconds or as long as you can, then switch the position of your feet and repeat.

Make it harder: First, step into the tandem stance without using a wall for balance. Once you’ve mastered that, perform the exercise while holding a light weight in each hand. Don’t have dumbbells at home? Use water bottles or cans of food.

Another option: To really train your balance and strengthen your core, hold a weight in only one hand. Imagine a string through the crown of your head is pulling your spine straight toward the ceiling, and engage your core to avoid leaning to one side.

### Exercise #3: Farmer’s Walk

In all its forms, walking is a must-do daily activity, Phelps says. This variation, which requires holding a light weight in each hand, pulls double duty by training your upper body and core strength. It looks much simpler than it feels, and mastering it can improve your ability to perform almost any other exercise and activity that life throws at you.

How to do it: Stand tall with your feet hip-width apart and a weight in each hand down by your sides, palms facing your body. Brace your core. From here, slowly walk forward. Imagine a string through the crown of your head is pulling your spine straight toward the ceiling. Walk for 30 seconds or as long as you can, then repeat in the opposite direction.

Make it harder: Try introducing more weight. Doing so will not only increase the load placed on your core, back, and glutes, but also on your hands. When

using challenging weights, the farmer’s walk becomes a great way to improve grip strength. Plus, check out these other exercises for your grip.

**Exercise #4: Single-Leg Stand**

This exercise has a tremendous impact on your ability to perform everyday activities that require supporting yourself on one leg at a time, such as walking and climbing stairs, Phelps says. It will also help you discover and resolve any muscular imbalances between your left and right sides.

How to do it: Stand tall with your feet together, and brace your core. From here—holding onto a wall, counter, or sturdy chair for balance, if necessary—lift your right foot just off of the floor so that you’re standing on your left foot. Imagine a string through the crown of your head is pulling your spine straight toward the ceiling, and engage your core to avoid leaning to one side. Hold this position for 30 seconds or as long as you can, then repeat on the opposite side.

Make it harder: While holding the position, slowly point your lifted foot out in front of you, to the side, and then straight behind you. Repeat for the duration of the exercise.

[www.silversneakers.com/blog/daily-exercises-older-adults/](http://www.silversneakers.com/blog/daily-exercises-older-adults/)



**Meet Linda Dawes**

Linda has lived in Carson City for 12 years. Devoted to family, she moved to the area to help her brother-in-law in 2007 and stayed ever since. Linda also has a daughter who lives in the Bay Area.

Originally, Linda went to college on a Basketball Scholarship and majored in Accounting at UC Irvine. She began her career as an Assistant Marketing Director for a chain of convenience stores. 10 years later, she became the first woman ever in California to join the Teamsters Union when they needed bread truck drivers in Los Angeles.

“I almost became a Highway Patrol Trooper too,” Linda added, “Broke my leg days before the start of the police academy. That was going to be my career.”

In 1990, she went to work at Paramount pictures in Hollywood in the wardrobe department and was fortunate to meet many A-listers. Linda met Jonny Depp, Clint Eastwood and Eddie Murphy among others, however, in her words, “I was not lucky enough to marry one.”

In 1996 Linda moved to Key West, Florida where she lived on the ocean. Her days consisted of lobster hunting, jet skiing, boating and hanging out at all the local bars.

“Hurricane Wilma took out my house which made it clear it was time to move,” states Linda who has always wanted to return to the Keys. Nowadays, she enjoys traveling, spending time with her cat and volunteering at the senior center.

Call 775-883-0703 to say HI! to Linda.

*Thank You Kiwanis Club of Carson City for your donation to Meals on Wheels!*





## Welcome Brooke Santina

### *New Activity & Volunteer Coordinator*

Growing up in Sparks, I often visited Carson City and felt someday I'd live here. Someday arrived three years ago when I bought a little house right down the street from the Senior Center. My name is Brooke Santina, and I am the new Activity and Volunteer Coordinator.

I was a stay at home mother for years then became a deputy sheriff in 2001 in Washoe County. I enjoyed working in the jail with the inmates and went to college part time eventually earning my degree at UNR in Communications. The sheriff hired me as the spokesperson for the department which took me to every type of law enforcement incident you can imagine including homicide investigations, traffic accidents and SWAT stand-offs. In 2015, I moved to the Nevada Department of Corrections as their Public Information Officer and handled media during the OJ Simpson parole hearing and eventual release. Strategically planning how we would walk him out without any paparazzi at the door took months, yet we achieved the goal. Governor Sandoval, who I went to high school with, praised me for a job well done which was nice.

I've run marathons, written and published a novel (Dishrags to Dirtbags), run for local office, raised two adults... now it's time for me. Traveling is my passion and how I will spend my time in the future - for now, I am looking forward to serving our community here at the Senior Center!

**JAC BUS PASSES** - JAC bus pass renewals will be by phone due to the COVID-19 pandemic. Call the JAC office 775-841-7433 to renew your pass or wait until the Senior Center reopens. Expired bus passes will be honored during this time.



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*Christie Wilde  
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### **SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869

COVID-19 closed to the public until further notice

Lunch is served by drive-thru between 11 a.m. to 12 p.m., Mon-Fri  
Suggested donation: 60 & older: \$2.25

### **Thrift Store**

10 a.m. to 3:30 p.m., Tues-Sat

*Newsletter Submissions:*

Send by the 10th to [SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org)

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