

# The SENIOR SENTINEL



CARSON CITY  
SENIOR CENTER



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](http://www.carsoncityseniorcenter.org)  
f / carsonseniorcenter

## From The Desk Of The Executive Director

The results from the Nutrition Survey are in! For our drive-thru lunch, 91% felt the meals are good/very good. That is up from 80% the year prior. For our Meals on Wheels lunch, 73% felt the meals are good/very good, down from 82% from last year. We only received a total of 121 surveys for both programs, so we need to do better getting your feedback. We continually look for opportunities to do better and saw a trend that green beans are chewy or hard. We will switch green beans up and try something different. Kaleb, Kitchen Manager, brought by a new Peach Crisp recipe and it is yummy! Please continue to share your thoughts and we want to do our best within our limitations. If we don't hear from you, we don't know if we're hitting the mark or need to adjust. Emails, phone calls or swing by – hearing from you right away helps us ask questions to know exactly what went well or what needs to be reworked.

*Courtney Warner*

Courtney Warner / Executive Director



### FAN DRIVE

The Carson City Senior Center is collecting new, in-the-box fans to distribute to seniors

to stay cool during the summer. Drop off a fan at the Senior Center. If you need a fan, swing by the Senior Center and if we have a fan, it's yours!

## t|r|u|e freedom™

NATIONWIDE HOME CARE PLANS

### A Brief Description:

#### Home Care Services

When the need for assistance becomes essential, the True Freedom Premier Plans include two options of non-medical home care service to choose from. Members can select to utilize either **AGENCY Hours** provided by a network of licensed and registered Home Care Agencies in the True Freedom Network OR **ANYTIME Hours**, where members have the freedom to choose a friend or neighbor to provide their home care services.

#### All True Freedom Premier Plans Feature Assistance With:

- \* Meal Planning/Preparation
- \* Dressing, Bathing, Toileting & Hygiene
- \* Grooming
- \* Laundry, Ironing & Changing Linens
- \* Grocery Shopping
- \* Accompany To Doctors Appointments
- \* Medication Reminders
- \* And Much MORE



True Freedom Premier Plans are Service Contracts, NOT Insurance.

### Built-In Features:

#### Inflation Protection

Because members are contracting for access to "Hours" and not "Days" or "Dollars", the value of plan hours automatically increases over time. As the cost of home care steadily rises through the years, the increased expense is covered at the point in time a member chooses to access their contract hours.

#### True Freedom Discount Reward Program

Members earn a discount of 10% upon the anniversary and renewal of membership for each year that no home care services have been utilized. That savings will continue for up to 4 years. (Example: In the 5th True Freedom membership year and beyond, members will save 40% on the cost of maintaining their contract for as long as no home care service has been required.)

**775-885-8330**

PO Box 22384

Carson City NV 89721

*Shirley Shaw*

Independent Insurance Broker  
Insurance Sales Since 1979

Medicare Supplements

Home Health Insurance

Life & Health

Long Term Care

St Mary's Hospice is resuming in person grief groups

### *Smiles from Heaven*

Join Chaplain Joseph D'Angelo, PhD, ACP, CCCA  
Starting June 25 • 2nd & 4th Friday of every month  
1:30pm - 3:00pm • at the Carson City Senior Center  
in the Joshua Tree Room



Saint Mary's Hospice  
of Northern Nevada

**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

**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](http://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**      *Experience you can trust*  
**PHYSICAL THERAPY**      *Results you can count on*

**Jason Overholser, PT**  
*Physical Therapist / Owner*

604 W. Washington St., Suite B      **(775) 882-5001**  
Carson City, NV 89703      *fax (775) 882-5015*



Thank you Kiwanis Club of Carson City for raising \$2,450 for Meals on Wheels



Thank you Harrahs & Harveys HEROs for the beautiful Courtyard Refresh!



Thank you Caesars Foundation for your support of Meals on Wheels



### Stay Hydrated

**Drink more water than usual - and don't wait until you're thirsty!**



**Infinity Hospice Care**  
A Family of Caring

As a family owned and operated hospice we focus on the physical, emotional and spiritual needs of a person experiencing a life-limiting illness.

*"We wish we knew about you sooner!" - Family member*



Infinity Hospice Care is a Medicare certified provider of hospice services with dedicated professionals providing compassionate expert care for your loved ones.

Phone: 775-852-6002  
Fax: 775-852-6028  
[www.InfinityHospiceCare.com](http://www.InfinityHospiceCare.com)

JAVAconnects provides an opportunity to get together with others, twice a week, in a facilitated online group in which music, quotes, and images are used to stimulate meaningful discussion about your ideas, emotions, and experiences.

As a member of JAVAconnects, you will be invited to participate in a program evaluation. Your involvement will help us make program improvements.

Online sessions begin in June 2021. Multiple weekly times available:

- Mondays and Thursdays: 10:00 - 11:00 AM
- Mondays and Thursdays: 2:00 - 3:00 PM
- Tuesdays and Fridays: 10:00 - 11:00 AM



**Check if you have the tech!**

The following technology is needed to join JAVAconnects:

- Computer
- Webcam
- Speakers and a microphone
- Email address
- Internet connection

**To join, please call:**  
**775-682-8641**  
or email  
[socialsupport@unr.edu](mailto:socialsupport@unr.edu)

# NOTICE BOARD



**Mexican Train Dominos**  
**Mondays • 12:30-4pm**  
**Carson Room**  
**Come join us!**

## Buddhist Meditation Instruction

**FREE | Thursdays | 6:30pm - 7:30pm**  
**Carson City Senior Center Nevada Room**

**Sponsor: Panna Foundation  
 for Buddhist Studies**

**Instructor: Depabhasadhamma  
 (dee-pah-bah-sah-dah-mah)**

Brief Dhamma talk before meditation instruction begins. Basic meditation techniques for the purpose of calmness, centering, clearing the mind.

*Advanced classes may become available Wednesday evenings. Contact [info@pannafoundation.org](mailto:info@pannafoundation.org) or visit [www.facebook.com/groups/pannafoundation](http://www.facebook.com/groups/pannafoundation) (Nonprofit Lic.Reg: E0457652017-1)*

## Dances – coming soon!

*Don & Nadine will be returning for Friday evening dances. Call the Senior Center to get the next date! Future months dance dates will be published in the calendar.*

## FREE MEDICARE COUNSELING

The Medicare Assistance Program (MAP) has certified counselors visiting your area to assist you with your Medicare questions.

**WHERE:** Carson City Senior Center | 911 Beverly Dr.

**WHEN:** Mondays & Tuesdays - 11am – 2pm

Thursday (1st, 2nd, 4th) - 11am – 2pm

Thursday (3rd) – 9am – 1pm

For more information, CALL: 775-883-0703

**Call for appointment, walk-ins welcome Thursdays**

Medicare Assistance Program 775-284-1892

4001 S. Virginia St. Suite F Reno, NV 89502



**FREE! Saturday, July 10, 2021**

1st Showing: 2pm | 2nd Showing: 7pm

Carson City Senior Center, 911 Beverly Drive

## Volunteer Opportunities at CCSC

- Receptionist
- Dining Room Positions
- Activity Lead
- Galley Lead
- Gift Shop
- Thrift Store

**See Brooke to sign up (883-0703)**

## JEWELRY DONATIONS WANTED!

The next jewelry sale will be in September. Drop off donated jewelry at the Reception desk at the Senior Center. All proceeds benefit Meals on Wheels.

## PRODUCE ON WHEELS

Every 2nd & 3rd Monday

9:30 am - 11:00 am

Pick up free fresh produce at the east entrance **Nevada Seniors 60 +**



\$3 Early Bird pack \$50 Payouts

\$6 First Buy-In Pack, \$5 each additional Pack

\$100 Payouts

\$1 Specials

\* Double Action, Starburst, Progressive, Bonanza, Letter X Progressive

\$2 Blackout

\* \$120 Payout or \$500 Progressive

**Doors open at 11am | Games start at 1pm**

Must be 21 to Play

*All proceeds benefit the "Meals on Wheels" program*

Do you care for someone with memory loss?



If you live in rural community and care for a person with memory loss...

A free 6-week online workshop may help you!

Check if you are eligible at: [caregiverproject.ucsf.edu](http://caregiverproject.ucsf.edu)

Join a research study of the University of California, San Francisco

Rural Dementia Caregiver Project



**4TH OF JULY**  
**2021**  
**FIREWORKS**

**A FUNdraiser for RSVP!**  
Nevada Rural Counties RSVP Program, Inc.  
July 1st - 4th, 2021 • Mills Park, Carson City

*Dick Campagni's*  
**CARSON CITY TOYOTA**  
CAMPAGNI AUTO GROUP  
CARSONCITYTOYOTA.COM 775-882-8211



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

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q:** Every Independence Day, how many times does the Liberty Bell ring?

*PREVIOUS MONTH'S QUESTION & ANSWER*

**Q:** What are the six armed forces of the USA?

**A:** Army, Marine Corps, Navy, Air Force, Space Force & Coast Guard

# 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](http://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. ©2011, 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**



**JUNE  
BIRTHDAYS**

**Queen**

**JANICE OSBERG  
68 Years Young**



**King**

**EARL BRITT  
80 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](mailto: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](mailto: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