

Senior Sentinel

www.carsoncityseniorcenter.org



Upcoming Holidays

Tuesday, July 4 - 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

As I am writing this in June, we have several big inspections scheduled that will give us the green light to reopen the closed areas. I cannot give an exact date of reopening at the time the newsletter goes to print.

Here's what I do know:

- When we reopen, we will still be completing "finishing touches". Lobby flooring, wall art, signage, new furniture, paint, and other updates are still coming. No more full closures but some areas may be temporarily unavailable during install.
- Get ready for big changes in our dining room - new beverage bar with new equipment you can self-serve, new systems, and a whole new look. Be patient as we learn with you what works and what needs to be improved.

Thanks for your patience!



VOLUNTEER *Spotlight*



LUCY OLSON

Lucy has been a volunteer at the senior center for almost a year, primarily in the tray room. Lucy also volunteers at R.S.V.P., her church and at Catmandu. She also knits scarves and donates them to a homeless outreach program. Lucy worked as a bank teller in Minnesota for 18 years. She also worked as a church secretary for over 20 years. Lucy, a widow, was married for 62 years and has a large family of 4 sons, 8 grandchildren and 4 great grandchildren who keep her very busy including her in all their activities. Lucy enjoys volunteering, spending family time together, traveling and playing Bingo. Please say hello to Lucy when you see her in the lunchroom when we reopen.



QUEEN

Brigitte Curry
77



KING

Bob Lambert
88

June 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



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TO-GO MEALS WILL BE CONTINUED AFTER REOPENING

Good news! You are allowed to take your FULL meal "TO-GO". Rules have changed to allow us this additional option of our On-Site (Congregate) lunch program.

To participate:

- Bring all containers you'll need for your meal. We are unable to provide packaging.
- Complete a brief survey explaining your need for this service (available at check-in).
- Sign-in with the touchscreen. Select "To-Go". Our check-in volunteers will help you navigate the touchscreen.
- Place a voluntary contribution in the To-Go donation box.
- Pick up your meal at the service window on a tray. We are unable to package the meal for you.
- Take your meal to a table and package in the containers you brought.
- Leave the tray at the table and we will buss it for you.
- Enjoy your meal at home or wherever you like!



This is new to us too! Give us feedback and be patient in our missteps. We think this service is highly needed and we are excited to offer it for you.



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What three Non-Presidents are on U. S. paper currency?

Previous Month's Question & Answer

Q. What was Seward's Folly?

A. The purchase of Alaska.

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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!

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The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.



Find your local SMP:
smpresource.org
877-808-2468



Tips to prevent, detect, and report

- Only share your Medicare or Social Security number with those you trust.
- Only carry your Medicare card when you need it.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- Call your health care provider, Medicare, or your local SMP if you see something suspicious.



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NOTICE BOARD

AARP Driver's Safety Class

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

DANCE PARTY

with Potluck
Wednesday, July 5
6 p.m. to 9 p.m.
Admission \$10 per person

Live music with
Don & Nadine

Golden Yogis

CHAIR YOGA
Monday's, 1-2pm
FREE

GENTLE YOGA
Monday's, 2-3pm
\$10/class or \$30 punch card
(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

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Jazzercise

Every Friday
9-10am
\$5/class
Joshua Tree room

Want to start
a new
Activity?

Contact Courtney
(775) 883-0703

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

I want to subscribe to the Senior Sentinel!

- **Email** (free) - Send an email to seniorcenternewsletter@carson.org
- **Online** (free) - Visit 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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