

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



HAVE A  
GREAT  
Summer



**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  
f / carsonseniorcenter**

## *From The Desk Of* The Executive Director

Our annual summer FAN DRIVE is happening right now, and we need more donations to keep up with the requests. If you could donate a brand-new fan, we will make sure it gets in the hand of a senior needing to cool off this summer. Huge thank you to Roper's Heating and Cooling, Washoe County Senior Services, KOLO 8, and the many generous donors of fans.

If you need a fan, best to call first to make sure we have one available as they are going out faster than they are coming in.

Remember to stay well hydrated in the heat and come to the Senior Center to cool off. Our AC is working hard to keep everyone comfortable.

Kind regards,

**Courtney Warner**

*Executive Director* (775) 883-0703

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**Thank you to Atrio Health Plans for sponsoring the Gift Cards for our Birthday Friday King and Queen! Stop by their table in the lobby on the 1st and 3rd Fridays during lunch to learn more about Atrio!**

## 10 Warning Signs of Alzheimer's

*Presented by*  
*the Alzheimer's Association of Northern Nevada*

**Tuesday, August 30 • 9am-12pm**

**Tahoe Room of the Carson City Senior Center**

**Please RSVP at Reception or call (775) 883-0703**

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Attend this workshop to learn more.

## Understanding Alzheimer's

*Presented by*  
*the Alzheimers Association of Northern Nevada*

**Thursday, September 1 • 9am-12pm**

**Tahoe Room of the Carson City Senior Center**

**Please RSVP at Reception or call (775) 883-0703**

Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Attend this workshop to learn more.

**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)**

**4th Wednesday meetings are  
on Zoom until further notice.**

**Contact the Alzheimer's  
Association for details.**

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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# THANK YOU FOLLIES



**Thank you to the Follies Cast** for all the hours of rehearsals, set design, planning and performing (in alphabetical order): Kathy Block, Judy Bishop, Yolanda Garcia, Roger Germain, Maureen Godbout, Debbie Hochsprung, Karen Kacsmark, Teri Karlsson, Chris Kay, Don Klestinski, Nadine Klestinski, Donna McClellan, Susan Misner, Gundy Monahan, Gene Munnings, Jose Posada, Mike Reynolds, Bob Saunders, Carol Schirlls, Lacy Sheck, Judy Smith, Toni VanCleave, Jacob Watts.

**And special thanks to the sponsors, raffle donors, and supports of the Follies production** (in no order): Gold Dust West, V&T Railroad, Ming's Chinese, China East, Toni VanCleave, Follies Cast, Evergreen Gene's, Bully's, Karen Kacsmark, Northern Nevada Coin, Carson Nugget, San Marcos Grill, Fandango Galaxy Theater, Casino Fandango, Grocery Outlet, Carson Antiques & Collectibles, Shutter Stories, Mary Kincaid, A Whimsical Touch, Kathleen Bailey, Corries Corner, Surf Thru Car Wash, El Charro Avitia, Mi Casa Too, Murphy, Donna McClelland, Cutting Edge, Carson City Florist, Attitudes Salon, Nevada Day Store, Flat Earth Pizza, Get Nailed, East 50 Barber Shop & Shave Parlor, Red's Old 395 Grill, Judy Bishop, Lee's Tin Roof Lapidary, Carson Home Furnishing, Mangia Tutto, Hacienda Market & Grill, Mom & Pops, Scoups, The Purple Avocado, The Red Hut Café, The Fox Brewing Pub, Bodines, Johnny Rockets, Benson's Feed, David Shriver, Victoria Williams, Keri Karlsson, and GES. **Please support these community champions as they support Meals on Wheels!**

## Can You Hear That?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in 2 weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away. "Honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?" Glaring at him she shouts, "For the 5th time, CHICKEN!"

## Do You Know Who I Am?

One day a famous old celebrity went to a nursing home to see all of his friends again and see how everyone was doing. When he got there he was immediately greeted by everyone because they recognized him instantly. He said hi to all of his friends warmly, but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The celebrity went up to the old man and stood in front of him, and asked, "Do you know who I am?"

The old man looked at him and kindly said, "No, but you can go to the front desk and they'll tell you."



## Barry's Trivia Question of the Month AUGUST

by Barry R. Bjorkman  
Former Advisory Council Chairman

## Q: Where is Ford Island?

PREVIOUS MONTH'S QUESTION & ANSWER

**Q.** What is the Capital of Iceland?

**A.** Reykjavík.

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*Christie Wilde*  
*Location Manager*

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**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**

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***King***

**DON SIMPSON**

**97 Years Young**



## Summer Safety Tips For Seniors

According to the CDC, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature; we don't sweat as much as we used to and we store fat differently, which can further complicate heat regulation in the body.

This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. Which is why seniors suffer from heat stroke in the summer more often than younger people.

Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep seniors safe and healthy in the rising temperatures of the summer months.

### Stay hydrated.

Drink eight or more glasses of water and/or fruit juices every day to stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee and tea as they can leave you dehydrated quickly. Increase your intake if you are doing any physical activity or if the weather is particularly hot.

### Stay indoors during extreme heat.

In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.

### Stay in an air-conditioned place.

Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or family member's home or a community senior center are all good options. You can contact your local Area Agency on Aging for help finding a local cooling center during extended periods of extreme heat.

### Know the weather forecast and dress appropriately.

The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

### Protect your skin and eyes.

Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.

### Know the side effects of your prescriptions.

Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

### Know the early signs of heat-related illnesses such as heat stroke, dehydration, heat exhaustion, hyperthermia, etc.

Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Take immediate action if you feel any symptoms coming on.

### Maintain communication with friends, family, caregivers and emergency contacts.

Prepare a list of emergency phone numbers and place them in an easy-to-access area in case needed.

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**As a caregiver or loved one,  
you can help seniors beat the heat by:**

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- Visiting at least twice a day.
- Watching for signs of heat exhaustion or heat stroke.
- Making sure they have access to air conditioning.
- Helping them limit their exposure to the sun.
- Making sure they are getting enough fluids to keep them hydrated and have a normal body temperature.

### Summer Safety Tips

 <p><b>Stay Hydrated</b> Drink 8 or more glasses of water per day to stay healthy &amp; hydrated</p>	 <p><b>Know the Side Effects of Medications</b> Some medications have side effects such as drowsiness or sun sensitivity</p>	 <p><b>Stay Cool</b> Stay in the A/C, indoors, go swimming, etc.</p>
 <p><b>Wear Light, Loose Fitting Clothing</b> Wear breathable clothing and light colors that reflect the sun</p>	 <p><b>Have Emergency Contacts</b> Have a list of people to call in case of emergency</p>	 <p><b>Know the Weather Forecast</b> Plan your days accordingly depending on the weather</p>

# NOTICE BOARD

## SAVE THE DATE: **FLU SHOT**

Thursday, October 6, 2022

9am – 11am • Tahoe Room

Offered by Carson City Health and Human Services. More information to follow.

## **FREE Movie Matinee**

Tuesday, August 9 at 1pm

in the Nevada Room

Call for current showing

**(775) 883-0703**

(due to copyright, we can't advertise)

## **SEEKING DONATIONS**

Donate your gently used jewelry, pocket watches, pocket knives, and bolo ties for our bi-annual jewelry sale, a fundraiser for Meals on Wheels. **Drop off at Reception today!**



# BINGO

**Sunday, August 14,  
Sunday, August 28 and  
Monday, September 5**

\$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

## **AARP DRIVER'S SAFETY CLASSES**

*Upcoming in-person classes:*

August 8, October 10,

November 14, December 12

9:30am - 1:30pm • Tahoe Room

**Cost:** AARP Member \$20 & non-member \$25 Payable day of class by cash or check (written to AARP). No credit cards.

## *Dance with Live Music*

**at the Carson City Senior Center**

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, on **Friday, August 5, 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

## **Tai Chi**

**Tuesdays & Thursdays, September 6th thru 29th**

**Time: 1:00-2:00pm Room: Joshua Tree**

Join instructor Cindy Battee who specializes in a 4-minute Tai Chi style for seniors for a four-week course. Studies have found Tai Chi improves cardiovascular endurance, sleep, immune system, strength, balance, flexibility and helps to relieve stress. Donations of \$3 per class appreciated.

**Must RSVP at the Reception desk to save your space!**

*Future courses: October 4 thru 27,  
November 1 thru 22, January 3 thru 26*

## **TAI JI QUAN**

**Tuesdays & Thursdays [12 week series]**

**Starting August 2nd thru October 6th**

**Time: 3-4pm Room: Joshua Tree**

Join us for a free Tai Ji Quan Program: Moving for Better Balance which improves muscle strength, balance, flexibility, and mobility as well as reducing risk of falls among older adults. Free 12 week course taught by the UNR Cooperative Extension.

**Must RSVP at the Reception desk to save your space!**



# 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 \_\_\_\_\_

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**Join our email newsletter subscriber list. Send an email to [SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org) to be added to the list.**

## **DISCLAIMER**

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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

### **Second Wind 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**

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