

Senior Sentinel

www.carsoncityseniorcenter.org



On Thursday, August 3

- Main entrance reopens
- Lunch served in the dining room
- No more drive-thru
- To-go pickup starts
- Activities back to normal

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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

Big thank you to our wonderful friends supporting us in our mission! Thank you! Thank you! Thank you!



Kiwanis Club of Sierra Nevada donated \$4,144.94 from their golf fundraiser



Blue Pebbles donated 70 Fans

VOLUNTEER *Spotlight*



LISA WILLIAMS

Lisa has been one of our receptionists at the Senior Center for just over a year. Lisa was a nurse in Carson City for 14 years before

retiring and returning to her previous career as a licensed real estate agent. She enjoys helping people buy and sell homes. She is currently employed as a real estate agent.

Lisa has two sons and is looking forward to being a grandma one day.

Lisa enjoys mentoring new realtors. She loves traveling and has a trip planned in September to Sicily. She enjoys helping and working with seniors. Please stop by reception on Fridays and say hello to Lisa!



QUEEN

Bobby Sue Patterson

84

KING

Agaton Paculba

92



July 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
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National Alzheimer's Helpline
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MAKE HEALTHIER CHOICES WHILE EATING OUT

By Sierra Kirby, MPH, RD, LD, CDCES, Diabetes Patient Educator, Carson Tahoe Health

Let's be honest, everybody loves to go out to eat. Some of the perks of going out to eat include trying new dishes and flavors and spending time with family and friends. Some of us also find comfort in going to our regular place and ordering that same meal that we always get because we know it'll "hit the spot." However, one of the biggest challenges when it comes to going out to eat, is choosing foods that won't exacerbate your health conditions. Whether you have diabetes, high blood pressure, chronic kidney disease, or you're just trying to eat healthier, it can be difficult to find healthy choices while eating out.

Below I've included 6 tips to help you make healthier choices while eating out:

1. Look up the nutrition information ahead of time. One of the best ways to decide which food and beverages are right for you is to look up the nutrition information for the menu ahead of time. Many restaurants post the nutrition information for their menus on their website. However, not every local restaurant may have this information readily available. One app and website that I like to use is CalorieKing: <https://www.calorieking.com/us/en/>. Calorie King is a large database that includes the nutrition information for many common fast food chains and restaurants.
2. Remember the plate method. One way to add more nutrition to your meal while going out to eat is to choose dishes that come with plenty of vegetables. Additionally, you can add veggies by choosing a side salad or cooked vegetables, when available. Instead of filling up on the free chips or bread before your meal, ask for a side salad instead. Lastly, choose foods cooked using leaner methods such as baked, broiled, or grilled. Fried foods tend to be loaded with saturated fat. Eating too much saturated fat can lead to elevated LDL-cholesterol levels which is associated with the clogging of arteries.
3. Choose water. Water is an essential nutrient that we can't live without. Other beverages such as soda, juice, and lemonade tend to have high amounts of added sugar. Eating too much added sugar can negatively impact your health by raising triglyceride levels and leading to poor blood glucose control. Don't be shy to ask restaurant staff for lemon slices to jazz up your water as well. A healthy alternative if you don't like the taste of water is unsweetened iced tea.
4. Portions matter. We live in a portion distortion nation. This is especially noticeable when we go out to eat and receive a supersized meal. One tip for watching portions while eating out include asking for a to-go box right away, only eating half your meal, and saving the rest for another meal. If going out to eat with a loved one or friend, sharing a meal is also another way to limit your portion.
5. Watch out for sauces. Cream and butter based sauces, gravies, and dressings tend to be loaded with saturated fat and sodium. Eating too much sodium can lead to high blood pressure. When going out to eat, try to choose marinara sauces and spices to flavor food. Lemon juice and oil-based salad dressings tend to be lower in saturated fat as well. If you just can't go without your favorite creamy sauce, you can always ask for dressings, sauces, and gravies on the side to help limit your intake.
6. Dessert. For those of you with a sweet tooth, have no fear, desserts are definitely on the table. To help appease your sweet tooth, you can try to make healthier choices while eating out such as frozen yogurt, fruit, sorbet, or sherbet. If you're not willing to make a healthy swap, sharing a dessert with a family member or friend to limit portion size is a good idea. Additionally, you can always wait until you get home to eat your favorite healthy sweet treat. My go-to is the Yasso mint chocolate chip Greek yogurt bars from Costco.

My last parting tip is to remember it's important to enjoy your food. Going out to eat is meant to be a special treat that we all deserve to enjoy. I hope these tips come in handy the next time you decide to dine out.



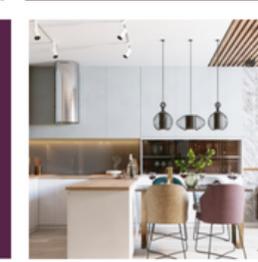
Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What was the largest sea battle in history?

Previous Month's Question & Answer

Q. What three Non-Presidents are on U. S. paper currency?
A. Alexander Hamilton, Benjamin Franklin and Salmon P. Chase.

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Senior Citizen Seminar

Friday, August 4 2023 | 1030- 1130

Engaging Aging With Olli

Lynne Gray

Location

Carson City Senior Center

911 Beverly Drive, Carson City, NV 89706

Refreshments will be provided | Seminar is free




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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

Volunteer Appreciation

Wednesday,
September 20
Details to Follow



DANCE PARTY

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

Live music with
Don & Nadine

BINGO

Sunday, August 13
Sunday, August 27

Doors open at 11 a.m.
Games start at 1 p.m.
Must be 21 to play
All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Jazzercise

Every Friday
9-10am
\$5/class

Joshua Tree room

Flu Shot Clinic

September 26
9-11am



911 Beverly Drive Carson City, Nevada 89706

SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

Lunch is served between

11 a.m. to 12:30 p.m., Monday - Friday

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

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