

# The **SENIOR SENTINEL**



**CARSON CITY  
SENIOR CENTER**



## **SNEAK PEEK**

**pg 2**

Come play Bingo with us! All proceeds benefit the Meals-On-Wheels program

**pg 3**

Do you have the most current Support Group & Resource Contact Information?

**pg 11**

Find out how to WIN a Costco Gift Card!



**pg 5**

Fruits & Veggies... *On A Budget?* **YES!**

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Triad Event: Topic for Sept: Flu Prevention	
Dance Classes - Only \$5 per class	
SPECIAL INSERT - Calendar of Events	



**911 Beverly Drive**  
**Carson City, Nevada 89706**  
**775-883-0703 • fax 775-883-2869**  
**cwarner@carson.org**  
**9:00 A.M. - 4:00 P.M.**  
**Monday through Friday**  
**f / carsonseniorcenter**

## FROM THE EXECUTIVE DIRECTOR Courtney Warner

September brings a new focus as we look towards our next year and most importantly, budget planning for our forecasted growth. Spend time at the Senior Center or better yet, in the kitchen and you will see how we are all hands on deck, busily working to meet our growing demands while being financially responsible and efficient. We expect to serve 44,000 Congregate Meals and deliver 99,000 Meals on Wheels meals by the end of September – that's just shy of 150,000 meals in one year alone!! These figures are expected to continue to grow into 2019 and the Senior Center is diligently preparing to meet these demands. These preparations include looking for cost saving opportunities, exploring new revenue potentials and developing a maximum capacity for heavily impacted areas. The Senior Center is committed to serve the senior population of Carson City to support a high quality of life for all.

## SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

○ **\$3 Early Bird Pack** ○  
with \$50 payouts

○ **\$5 Regular Game Pack** ○  
with \$100 payouts

○ **\$1 Specials** ○  
Double Action, Starburst, Bonanza,  
Bingo-Bingo-Bingo, Letter X Progressive

○ **\$2 Blackout** ○  
\$120 payout or \$500 Progressive

Doors open at Noon • Games start at 1pm  
Must be 21 to play

Carson City Senior Center  
911 Beverly Drive, Carson City

*All proceeds benefit  
the Meals-on-Wheels program.*

## RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	<b>211</b>
Aging & Disability/CHIP .....	<b>687-4210</b>
Alzheimer's Association .....	<b>1-800-272-3900</b>
Care Chest.....	<b>829-2273</b>
Carson City Health & Human Services .....	<b>887-2190</b>
Crisis Call.....	<b>784-8090</b>
Day Labor.....	<b>684-0436</b>
Elder Care Law.....	<b>687-4680</b>
Elder Protective Services.....	<b>688-2964</b>
Energy Assistance .....	<b>687-0730</b>
Food Bank .....	<b>331-3663</b>
HUD (Nevada Rural Housing Authority).....	<b>887-1795</b>
JAC (Jump Around Carson).....	<b>841-7433</b>
Medication Management Program, University of Nevada, Reno .....	<b>784-1612</b>
Nevada Legal Services.....	<b>284-3491</b>
Nevada State Welfare.....	<b>684-0800</b>
Northern NV Center for Independent Living.....	<b>353-3599</b>
Retired & Senior Volunteer Program (RSVP) .....	<b>687-4680</b>
Ron Wood.....	<b>884-2269</b>
Sanford Center on Aging.....	<b>784-4774</b>
Senior Companion Program .....	<b>358-2322</b>
Senior RX.....	<b>687-7200</b>
SHIP (State Health Insurance Program).....	<b>1-877-385-2345</b>
Social Security Administration .....	<b>1-888-808-5481</b>
Suicide Prevention Lifeline .....	<b>1-877-885-4673</b>
Veterans Administration.....	<b>786-7200</b>
VA Medical Benefits Information.....	<b>328-1293</b>
VARN (Volunteer Attorneys for Rural NV) .....	<b>883-8278</b>
Weatherization.....	<b>887-1795, X124</b>

## ALZHEIMER'S SUPPORT GROUP ([www.alz.org](http://www.alz.org))

### CARSON CITY

**Barbara Singer, Facilitator**

Meets the 2nd Wednesday of each month  
1:00-2:30 p.m.

Carson Tahoe Cancer Center  
Conference Room  
1535 Medical Parkway, Carson City

**Heidi Slater, Facilitator**

Meets 4th Wednesday of the month  
2:30-4:00pm

Carson City Senior Center  
911 Beverly Drive

**Christine Casinelli, Facilitator**

Meets every Monday of the month  
6:30-7:30pm

Carson Tahoe Cancer Center  
Resource Room  
1535 Medical Parkway

### ALZHEIMER'S OFFICE HOURS AT THE SENIOR CENTER

Schedule a free consultation with  
Alzheimer's Rural Outreach and  
Family Care Associate,  
**Heidi Slater**

Every Wednesday from 9-4  
Please call **1-800-272-3900**  
to schedule an appointment

### MINDEN/GARDNERVILLE

**Barbara Singer, Facilitator**

Meets the 2nd Thursday of each month  
2:00-3:00 pm

Coventry Cross Episcopal Church  
1631 Esmeralda Place, Minden

**National Alzheimer's Helpline**  
**1-800-272-3900**  
**Available to you 24/7**



For **Home Health**  
Services Call:

**(775) 687-1530**

- ✓ 24/7 On-Call Nurse
- ✓ Physical, Occupational, and Speech Therapy
- ✓ Medical Social Services
- ✓ Home Health Aide
- ✓ Specialty Programs

For **Home Care**  
Services Call:

**(775) 392-2000**

- ✓ Trusted Caregivers
- ✓ Caring Companionship
- ✓ Meal Planning & Prep
- ✓ Light Housekeeping
- ✓ Bathing, Grooming, & Dressing
- ✓ Overnight Care Services

For **Hospice Care**  
Services Call:

**(775) 841-6123**

- ✓ Emotional Support
- ✓ Pain Management
- ✓ Medical Supplies & Equipment
- ✓ Caregiver Respite Care
- ✓ Bereavement Services
- ✓ Grief Support Groups

## To Volunteer for Eden Hospice:

More than 1 million people and their families in America are cared for by Hospice each year. This wouldn't be possible without the support of our Hospice volunteers!

Eden Hospice relies on volunteer support to provide excellent end-of-life care to each patient and family. By joining our team, you will gain great personal satisfaction from knowing that you made an impact in another person's life.

We do not require previous medical training or a medical background. For more information about volunteering please call (775) 841-6123.

# Fruits and Vegetables on a Budget

## Getting More for Your Money

With careful **meal planning**, **smart shopping**, and a few tweaks in **storage and preparation** techniques, you can make the most out of your family's budget by always including fruits and vegetables in your meals. They're an excellent value for the money! Check out these tips and get the most for your money from fruits and veggies.

## MEAL PLANNING to Fit Your Budget

Preparing meals and eating at home saves money and gives you the opportunity to enjoy meals with your family. But if you're busy, how do you do this? **Plan ahead!** By planning ahead, you'll save time and be less likely to resort to pre-prepared or take-out food that costs more.

### Start with this ...

- **Make a list**, and stick to it to avoid spending money on unnecessary items.
- **Include frozen, canned and dried forms** of fruits and vegetables on your list. They are all nutritious and handy for quick-fix meals.
- **Make sure you have staples** that you use on a regular basis on hand.

### Then try this ...

- **Plan** for fruits or vegetables to be the CENTER of the plate ... and then add protein and grains. Some vegetable-grain combinations don't require additional protein but when you do add meat or cheese, think of it as flavoring.
- **Plan** meals around fruits and vegetables that go a LONG WAY. Plan to include fruits and vegetables you can grab as quick snacks or turn into soups and casseroles that you can eat a couple of times during the week.

## SHOPPING for Fruits and Vegetables and Sticking to Your Budget

- **Buy in season.** Although most fresh fruits and vegetables are available year-round, some are less expensive when they are in season. Also keep in mind that *all forms of fruits and vegetables are nutritious*, so canned and frozen forms are OK too!

**Buy more.** When there are specials on fruits and vegetables, buy extra. They can be frozen, or you can prepare a dish to be frozen for a busy night's dinner. But don't buy it if you won't use it or you'll just be tossing the money in the garbage.

- **Don't shop when you're hungry.** You may be tempted to buy things that are not on your list. An impulse purchase of a bag of cookies ... on sale ... can cost you \$2.50 or more.
- **Comparison shop.** The larger size is not always the best price.
- **Limit or avoid** expensive snack foods, desserts and soft drinks that provide little or no nutrition value for your money.

## PREPARING Fruits and Vegetables: Adding Variety While Saving Money

- **Prepare more so you have leftovers.** Use them for lunch, or create a new dish.
- **Replace half the meat.** Substituting half the meat in a recipe with beans and/or vegetables will reduce fat and increase fiber, as well as save you money.
- **Forget the takeout food.** Keep canned and frozen fruits and vegetables on hand for a quick-fix meal.
- **Use fruits and vegetables as snacks.** It's easy to have fruits and vegetables available as 'grab and go' snacks.

# 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



2171 E. William Street  
775.885.9000 • 877.519.5567  
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See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4700. ©2015, Jacobs Entertainment, Inc.

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604 W. Washington St., Suite B  
Carson City, NV 89703

**(775) 882-5001**  
fax (775) 882-5015



### AUGUST BIRTHDAYS

## Queen

**ARLENE NOBLE**

91 years young

## King

**JIM BOSCH**  
85 years young



## HEARING CARE OF CARSON CITY

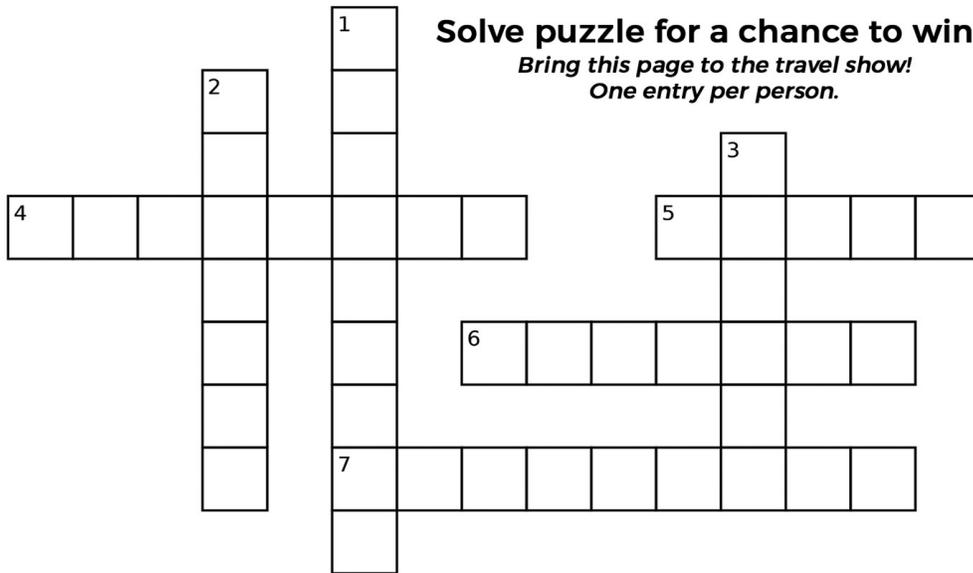
*Hearing Aids & Audiology*

**Brett M. Weeks, AuD**    **Mark Weeks, MCD**  
Doctor of Audiology                      CCC Audiologist

408 North Roop Street • Carson City, NV 89701

**775.885.9888**

Email  
Name



**Solve puzzle for a chance to win!**  
 Bring this page to the travel show!  
 One entry per person.



**JOIN US!**  
**Friday, September 27**  
**@ 1pm**  
**Carson City Travel Show**  
 Carson City Senior Center  
 911 Beverly Dr, Carson City

**Saturday, September 28**  
**@ 10am**  
**Reno Travel Show**  
 Meadowood Courtyard Hotel  
 5851 S Virginia St, Reno  
 RSVP by phone or online

**Down:**

- 1. Gear up for the holidays at the Broadmoor
- 2. See Castles and Crystals starting in Dublin
- 3. See zebras, elephants and flamingos on this kind of trip to Africa

**Across:**

- 4. Land of Waterfalls and sequoias declared a World Heritage Site in 1984
- 5. Tour Director
- 6. Land of Fire and Ice
- 7. Most Popular Tour

**FIND CLUES ON OUR WEBSITE! PATTYSTOURS.COM 775-453-1794**



**Barry's Trivia Question of the Month**  
**SEPTEMBER 2018**

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

**Q: What four countries on the continent of South America do not speak Spanish?**

*LAST MONTH'S QUESTION AND ANSWER*

**Q:** Can you name the five sets of U.S. Presidents with the same surname?

**A:** Adams, Harrison, Johnson, Roosevelt and Bush.



**Walton's Funerals & Cremations**

*Every Life Has A Story... Remember*

• We offer a **10% discount** to seniors who mention this ad

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**882-4965**

**Walton's Funeral & Cremations**  
**783-9312**

1281 N. Roop, Carson City

*"When You Need Us the Most..."*  
**www.WaltonsFuneralHomes.com**

1521 Church, Gardnerville



## Eagle Valley Care Center

(775) 883-4449 • fax (775) 883-4403  
1807 E. Long St. • Carson City, Nevada 89706

*Visit us today & experience  
the Friendly Home for Seniors!*

We are an assisted living facility offering compassionate care for the elderly.

Our reasonable rates include:

- Private & semi-Private rooms
- Meals, snacks, housekeeping & laundry
- Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

***We accept Medicaid Group Waivers***

Call for room availability; visit to experience the home atmosphere maintained by friendly staff. Ask for Tess, Genie or Daisy (cell 925 483 1096)

## THRIFT STORE NEWS

by Joyce Hudson, Thrift Store Manager

### SPECIALS FOR SEPTEMBER

Tuesday | Crafts **50% OFF**

Wednesday | Senior Day **50% OFF**

Thursday | Kitchen items **50% OFF**

Friday | Boutique **50% OFF**

Saturday | Everything in store **50% OFF**  
including boutique & furniture (*Books not included*)

Paperback Book Sale - **\$5.00/bag**

**(447) 301-6676**

**Hours: Tues-Sat • 10am-3:30pm**

***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.

**Pick up for donated items is FREE!**



## Autumn

### Funerals & Cremations

1575 N. Lompa Lane, Carson City, NV 89701

**775-888-6800**

Low cost Cremation & Burial Services

Prearrangements available

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Not all Funeral Homes are alike come see the difference

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John & Debbie Lawrence**

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Carson City, Nevada 89701*

*www.fitzhenryfuneralhome.net  
775-882-2644*

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- ◆ *Crematory on site*
- ◆ *Proud sponsor of senior follies*
- ◆ *Serving the community for over 40 years*
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- ◆ *Available Staff 24 hours a day*

*Christie Wilde  
Location Manager*

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∞ LIFE WELL CELEBRATED<sup>®</sup> ∞

# **VOLUNTEERS WANTED!**

**for the following positions:**

## **TRIAD ADVISORY COUNCIL**

Aid in making decision for upcoming Triad events (*meets once per month*)

## **GALLEY**

Aid in preparing our dining room for daily lunches (*Shifts available M-F*)

## **THRIFT STORE**

Aid in overall store upkeep (*meets once per month*)

**To apply, contact Tiffany Roberts**

(Activity Coordinator & Volunteer Supervisor  
for The Carson City Senior Center)

**at [TRoberts@carson.org](mailto:TRoberts@carson.org) or**

**883-0703**

## **OUR "MOST WANTED"**

**All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers**

We will pay top dollar for your items.

You could have cash in your pocket today, so don't delay.

**CAN'T COME TO US? WE WILL COME TO YOU!**

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

## **CAPITOL CITY LOANS**

**5951 Hwy 50 East • Carson City**

**Call 775.882.8882 Today! Ask for Teresa or Charlotte.**



**Ormsby**  
**Post-Acute Rehab**  
 3050 North Ormsby Blvd.  
 Carson City, NV 89703  
 775.841.4646  
[www.ormsbyrehab.com](http://www.ormsbyrehab.com)



*Our Mission ...* The mission of Ormsby Post-Acute Rehab is to assist each resident in reaching his or her desired potential. That's our *Commitment to Caring*

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 Part of the *EmpRes Healthcare Family of Companies*



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[www.SkylineEstatesSL.net](http://www.SkylineEstatesSL.net)

- 24-hour Personal Care
- Private & Semi-Private Rooms
- Weekly Housekeeping
- Weekly Laundry
- Beauty Salon
- Home-Style Meals
- Transportation
- Variety of Activities

**Call Today for  
 Free Lunch & Tour!**

**775.885.9223**  
 Prices starting at \$1,895



## The Notice Board

### FALL JEWELRY SALE

Sale of gently used jewelry on  
**Thursday & Friday**  
**September 13 & 14**  
**9am to 2pm**

both days in the  
**Senior Center lobby**

Our Spring Sale raised  
 \$1700 for Meals on Wheels.

*As always, donations are  
 appreciated and can be left  
 at the reception desk.*

Thank you! Volunteers: Dee,  
 Carolyn, Pat, Rosemary

### Flu Prevention

#### Keep the Germs Away

**Friday, September 14**  
**at 11:45 am**

Join us Friday, Sept. 14 at 11:45  
 a.m., for "Flu Prevention: Keep  
 the Germs Away!" Presented by  
 Carson City Health and Human  
 Services, this informative  
 session will provide you with  
 tools and lasting tips to stay  
 healthy. Lucky  
 attendees will

**win a Costco**  
**gift card,**  
 courtesy of  
 Costco Wholesale!



### Dance Classes

every  
**Monday**  
**1:30 pm**  
 in the  
**Nevada Room**

*Learn to dance  
 like the Stars!*

**\$5.00 class**

*You're Invited*

### Volunteer Appreciation

WHEN: Saturday, September 22, 2018, 10-12pm

WHERE: Carson City Senior Center, 911 Beverly Drive

WHAT: Brunch, Bingo and Special Treats

WHAT TO BRING: Yourself and a Guest

RSVP by September 14 to Tiffany Roberts (883-0703)  
 or troberts@carson.org



I would like to subscribe to the "Senior Sentinel" for one year.  
My check in the amount of \$15.00 is enclosed.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_  
\_\_\_\_\_

**DISCLAIMER**

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**SENIOR CENTER**

(775) 883-0703 • FAX: (775) 883-2869  
9:00 am - 4:00 pm, Mon-Fri

Lunch is served between  
11 am - 12:30 pm Mon-Fri  
Suggested donation:  
60 & older - \$2.25

**Hidden Treasures Gift Shop**  
10:00 am - 3:00 pm, Mon-Fri

**Thrift Store**  
10:00 am - 3:30 pm

*Newsletter Submissions:*  
Send by the 10th to troberts@carson.org

**GOVERNING BOARD**

Bruce Scott, President  
Tom Baker, Secretary  
Michael Crossley, Treasurer  
Michael Pavlakis, Director  
Pam Couch, Director  
Joe Spencer, Director

**2017/2018 CCSCC ADVISORY COUNCIL MEMBERS**

Vi Bibee, Vice Chairman—9/18  
Marie Borgo, Council Member—9/18  
Pete Dupre, Council Member—9/19  
Diane Maguire, Council Member—9/18  
Cindy A. Somers, Council Member—9/18  
Laurel Stadler, Chairman—9/19  
Corry Steiner, Council Member—9/18  
John C. Wilson, Council Member—9/18  
Jane Wong, Council Member—9/19

**SENIOR CENTER DIRECTOR**

Courtney Warner

**ELDER RESOURCE ADVOCATE**

Warren Bottino

**DEPARTMENT BUSINESS MANAGER**

Michael Salogga

911 Beverly Drive Carson City, Nevada 89706

