

The
**SENIOR
SENTINEL**



**CARSON CITY
SENIOR CENTER**



Happy
LABOR
DAY

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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

Another month and we are still closed. We all miss you dearly and are hopeful things improve locally so we get the green light to reopen from the Governor's Office. You may have noticed packaging changes and menu changes as we continue to have supply issues with our nutrition program. We anticipate there will be days where we may have to make a menu change because we just cannot get a product in. We will let you know upon pickup or delivery of the change and apologize for any inconvenience this may cause. You may get your meal in different packaging too! We've learned to just roll with what COVID delivers because it is just out of our control.

Lastly, thank you for participating in our bi-annual nutrition survey (Drive-Thru and Meals on Wheels). Your feedback drives us forward and is incredibly helpful. I read every single survey, looking for trends and areas we can work on. Your descriptive feedback is the most helpful to understand why you answer the way you. I'll be announcing results in October's newsletter. We learn from you and will continue to grow as an organization.
My best, Courtney Warner



Volunteer Recognition Event

Since we can't thank you in person, we have something special for you to pick up!

DRIVE-THRU PICKUP

**Wednesday, September 23
OR Wednesday, September 30**

12-1pm

**At the Carson City Senior Center 911
Beverly Drive**

Must call to RSVP at 883-0703

(If you can't make it, call us and we will make special arrangements for you)



Meet Joe Vanderdoes III

Joe Vanderdoes III has been a Meals on Wheels driver for about 18 months. He took the job because he enjoys helping and serving people. This generous attitude was passed down from his father who assisted homeless people to find places to live after he retired. Before joining the Senior Center, Joe volunteered as a shuttle driver for the Carson Tahoe hospital.

It was a bad divorce that brought him to Carson City from California where Joe worked at Sunkist for 25 years. "I worked in concentration. 'Cooking the Juice' we called it," Joe stated just before he started his MOW route. "If you want fresh squeezed orange juice, get Tropicana or Florida Natural. But if you get concentrate, it doesn't matter what brand, they all come from the same tank."

After 21 years in Carson City, Joe still holds the memories of his home in California. "One thing I love about here is there's not much graffiti, no helicopters circling, and law enforcement is much more respectful. I lived in a rougher area. It's much nicer here."

Now remarried to his wonderful wife Kathy, Joe also has two sons who work in health care at opposite ends of the country, one out west, one in New York City. When he's not working, Joe and his family enjoy camping, exploring ghost towns and Virginia City. Many weekends he can be found in his yard, hosting friends and barbequing.

When asked about MOW, Joe said, "I really love my coworkers and the ability to serve my community." Thanks Joe for all you do.

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 Lifeline1-800-273-8255

Veterans Administration..... 786-7200

VA Medical Benefits Information..... 328-1293

VARN (Volunteer Attorneys for Rural NV)... 883-8278

Weatherization.....887-1795, Ext. 124

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(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 or call 1.800.272.3900.



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How to Strengthen Your Lungs to Fight COVID-19

by Michelle Crouch, AARP

www.aarp.org/health/conditions-treatments/info-2020/lung-health-covid19.html

As you know, COVID-19 is a respiratory disease that can cause serious lung damage and breathing problems — along with a host of other health issues.

And as the virus continues to spread, you may be wondering if strengthening your lungs will help you fight it off if you are infected.

“One of the first things that happens with COVID is you get short of breath and your oxygen saturation falls,” says Raymond Casciari, a pulmonologist at St. Joseph Hospital in Orange, California. “The better condition your lungs are in, the better off you will be.”

To get your lungs into better shape, the top critical-care pulmonologists we interviewed all agreed that the best option — hands down — is regular old physical activity, the kind that gets your heart rate up.

“Anything that makes you breathe faster is basically a breathing exercise,” says Joshua Denson, a pulmonary and critical care specialist and assistant professor of medicine at Tulane University School of Medicine. “My first advice would not be, ‘Go sit in a chair and breathe deeply.’ I’d say, ‘Get on a bike and ride 20 minutes a day,’ or ‘Go for a brisk walk.’”

Aim for activity that ramps up your breathing

Staying active is especially important for older Americans, because lung function decreases as you age. Over time, the muscles that support your breathing become weaker, lung tissue loses elasticity and the air sacs inside your lungs become baggier. Studies show exercise can slow that decline and boost lung function.

Aerobic activity also helps air get into the deepest parts of your lungs that you don’t use when you are sedentary, says Bruce Levy, chief of the Division of Pulmonary and Critical Care Medicine at Brigham and Women’s Hospital in Boston.

“If there are any secretions or pollutants you’ve breathed in, aerobic activity helps you clear them out of your lung and decreases your risk of infection or pneumonia,” he says.

“Aerobic fitness also helps your body obtain oxygen from the environment and use it in the most efficient manner,” he says. “If you happen to get COVID, if you’ve been doing cardio, that’s going to help you.”

What’s important for lung health, Levy and others say, is to exercise at an intensity that quickens your breathing rate and leaves you feeling breathless, whether it’s swimming, biking or walking briskly.

“Some older adults are deathly afraid of feeling ‘short of breath,’” Casciari says. “I have to convince them that it’s a good thing.”

How breathing exercises can help

Deep breathing exercises are another way to get air deep into your lungs and clear secretions.

Although they’re not as effective as physical activity, they are better than doing nothing for people who are sedentary, pulmonologists say, and they can be particularly helpful for people who have mobility issues.

“If you’re bedridden, or caring for someone who’s bedridden, doing some controlled breathing can be very useful because there is no other way to train,” Levy says. “If you are



not exercising, the base of your lungs can partially collapse, which increases the risk for infection if you breathe in a virus.”

Levy notes that if you already exercise regularly (and don’t have a chronic lung condition), breathing exercises may not confer any additional respiratory benefit, but they certainly won’t cause any harm.

Besides, you may reap other benefits: Research shows slow, controlled breathing can help lower your heart rate, stabilize your blood pressure and ease anxiety.

A simple breathing exercise

Respiratory therapists use different breathing exercises and equipment to help patients who have chronic lung conditions, but most people without a chronic condition can clear their lungs with a simple deep breathing technique, Levy says.

Here’s how to do it: Slowly take in a big, deep breath through your nose, allowing your belly to rise as you fill your lungs, and hold it there for a few seconds. Exhale fully.

Repeat a few times, and then force yourself to cough, so you bring up any secretions. (Make sure you wear a mask if there are people nearby.)

The exercise is a preventive measure “that gets out the secretions sitting in the gravity-dependent portions of your lungs and decreases your risk of pneumonia and infection” if you’re not exercising, Levy says. “It’s a simple thing people can do for lung health.”

COVID-19 DECISION AID: How Do I Choose When to Interact with People or Take Part in Activities Outside My Home During the Pandemic?

[VIEW OR DOWNLOAD THIS FREE PDF AT:](http://www.geron.org/images/gsa/documents/GSA_Decision_Aid.pdf)

www.geron.org/images/gsa/documents/GSA_Decision_Aid.pdf

This decision aid is for you if: **1)** You do not have COVID-19 symptoms. **2)** You have not been exposed to a person with COVID-19 during the past 2 weeks. **3)** You are unsure whether you should interact with people or take part in certain activities outside your home.

Cities are imposing a variety of rules or guidelines to slow the spread of COVID-19 and these rules and guidelines will continue to change over time. As a result, **it is reasonable to feel confused or uncertain when choosing whether to visit your friends and family members in person or when to participate in activities in public places.** This decision aid will guide you through a series of questions that are based on your interests and your level of risk. Working step-by-step through this decision aid may help you clarify the reasons for doing or not doing an activity where other people are present. It is important to note that being around any people not consistently using a face mask and maintaining physical distancing makes your risk higher for getting infected or infecting other people with COVID-19. This includes household members, visitors, or workers invited into your home who are not taking precautions when they are outside your home. The amount of extra risk varies depending on the activity, how bad the COVID-19 outbreak is in your area, and how well people in your area are using health precautions such as masks and physical distancing.



9/10/2001

by Darline Harper

On September the 10th 2001, eight of my friends and I left San Francisco bound for China. I had been before and loved it, so when Betty Johnson found a really affordable trip, I was one of the first to commit.

We arrived at Shanghai on the 12th having crossed the dateline. Our Chinese guide was anxious for us to get to the hotel, freshen up and set out on our first big adventure. The city of Shanghai had installed lights along the harbor and tonight they were going to turn them on. It was a big celebration. We were loaded into boats and toured the harbor in the dark until the exact moment they turned them on, and we cheered along with half a million Chinese. It was quite a sight.

After being on a plane for 12 hours and then our outing, we all dragged back to our hotel looking forward to a great sleep. My room mate, Lynn Wuestenberg and I were eager for a shower, and Lynn jumped in first, so I decided to turn on the T.V., as I love to watch their children's cartoons. Instead of a cartoon, I saw a plane flying into a tower in New York City. It was September the 11th in New York and I screamed for Lynn to come here, now!

Most of our tour were on the elevator with the guide when he got a call from his wife. She said, "Big trouble in America, go to television." We got dressed in order to spread the news to the others, but they already had heard it.

The rest of the night we slept soundly, not knowing the gravity of the situation. There was plenty of media news, but in Chinese.

Lynn and I had decided to go to the park early in the morning and had invited Dee Dee along. She had gone straight to bed and had no inkling of what was happening in New York as we joined the hundred or so Chinese in their morning tai chi. When it finally registered with her, near panic set in, so our workout was cut short. Back at the hotel people were arriving for breakfast and the conversation was garbled with facts and rumors and pure fright. We had heard that all flights to the U.S. were grounded and people who were on the previous tour, and ready to go home, would be here until further notice. Grounded also were a few dozen new parents of little baby girls. They had spent days getting to know their little charges and were anxious to go to their homes in the U.S. and introduce the little ones to their new lives. They sat in little groups trying to figure out finances and other immediate problems.

Our guide arrived earlier than anticipated in order to gather us up for our bus ride to the Yuan garden. Once in our seats, he began by telling us how sad he was for America and he knew how hungry we were for the right information. He then proceeded to tell us what the Chinese papers were saying, then from under his arm he produced a Hong Kong English language paper and read us their account. Lastly he pulled from his pocket notes from the computer he had gathered for us. When he was finished, he said he would

do the same thing every morning and even more often if things developed during the day. And that was the start of our trip.

China has many parks. Their homes are tiny, so anything and everything imaginable is done in the parks. You can dance, play in a orchestra by just buying the music, knit, take your bird for an outing in his little bamboo cage or, as I once did, have your ear wax removed, along with a massage. Once I ran across a young couple who appeared to me to be working on increasing the population.

It was a given that we would be in lots of parks in our travels and look into the faces of many Chinese. The memory of the reaction of the Chinese to the horrific occurrence at home makes my eyes water even now. Everywhere we went, when our eyes met, they would bow their heads, some would mutter sorry and everyone treated us as if we were delicate flowers. Marion Terry dropped her credit card while fishing for something in her purse, we had not gone far when a little man was running beside us, waving it at us and trying to express his sympathy. Another man was watching and he came and said with tears in his eyes, " 'Merica does so much good, but nobody like."

During this terrible time, we might have been in the best place possible as we were showered with sympathy by people we never saw before and never would again. Our guide gave us good information once a day and we were not traumatized by the 24-7 news bombardment of the television networks.

COMING SOON!!

Medicare Open Enrollment

How will Medicare open enrollment appointments be handled this year during the COVID-19 closure? Counselors will be available EVERY TUESDAY at the drive-thru lunch (11 AM-Noon) to talk about how to make an appointment and what services will be available. Unfortunately, they will not be able to answer your specific questions until your open enrollment appointment.

Flu Shots

Stay tuned as the date is announced. We are working to get a drive-thru for just for our seniors scheduled.

Tips for the Drive-Thru

Check out these genius tips from other seniors using the drive-thru:

- 1) Use an old box that keeps your lunch box level and catches any spills
- 2) Add a beverage carrier (get one from a coffee shop or fast food restaurant)
- 3) Use your backseat and roll the window all the way down for easy placement



Barry's Trivia Question of the Month SEPTEMBER

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What Ocean is between Australia and Africa?

AUGUST QUESTION & ANSWER

Q: Who was the only U. S. President to remain a bachelor his entire life?

A: James Buchanan - the 15th President.



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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 3:30 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

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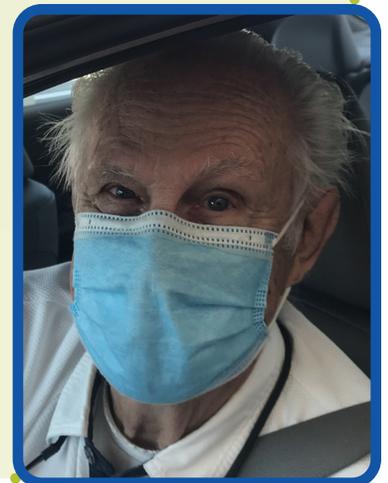
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SENIOR CENTER

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COVID-19 closed to the public until further notice

Lunch is served by drive-thru between 11 a.m. to 12 p.m., Mon-Fri
Suggested donation: 60 & older: \$2.25

Thrift Store

10 a.m. to 3:30 p.m., Tues-Sat

Newsletter Submissions:

Send by the 10th to SeniorCenterNewsletter@carson.org

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