

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



**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**

COVID Booster Information – we are starting to get calls regarding a booster shot for the COVID vaccine. We are still waiting to hear more information on what will be recommended, when and how to get your booster. We are not maintaining a waitlist currently. The Carson City Health & Human Services department will send out a press release with information and direction. Until then, it is best to sit tight and wait for that information. We will update our website with that information once it is released.

Courtney Warner

Courtney Warner / Executive Director

Insurance

Avoid the risk of losing your home/business! Buy mortgage protection insurance or accidental death to pay off mortgages, college loans and credit card debts! Licensed insurance agent Lic#6418 Shirley Shaw 775-885-8330.

Private prayer Counseling and Bible instruction for Female

\$75.00	90-minute session
\$200.00	3 ladies
\$300.00	5 ladies unlimited sessions
\$400.00	7 ladies

Shirley Shaw 775-885-8330

— A FUNDRAISER FOR —



1st 100 PEOPLE \$5.00 off purchase at Second Wind Thrift Store

COMMUNITY GARAGE SALE

Saturday, September 18, 9-1pm
At the Carson City Senior Center
911 Beverly Drive

Second Wind Thrift Store
50% off sale

Hidden Treasures Gift Shop
Holiday Bazaar

Jewelry Sale

Refreshments

Crafts



Reserve your space TODAY!
\$10/\$25 Space
Regular/Oversize

\$10 Vendor sales (indoors)
essential oils, clothing,
candles, home goods, makeup,
prepackaged foods, etc.

Call (775) 883-0703 or
register online
www.carsoncityseniorcenter.org



As a family owned and operated hospice we focus on the physical, emotional and spiritual needs of a person experiencing a life-limiting illness.

“We wish we knew about you sooner!” - Family member



Infinity Hospice Care is a Medicare certified provider of hospice services with dedicated professionals providing compassionate expert care for your loved ones.

Phone: 775-852-6002

Fax: 775-852-6028

www.InfinityHospiceCare.com

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

**ALZHEIMER'S
 SUPPORT GROUP**
 (www.alz.org)

**Meets 4th Wednesday of
 the month, 2:30 to 4 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



Hearing Care of Carson City, LTD.
 Hearing Aids & Audiology

Brett M. Weeks, Aud **Mark Weeks, MCD**
 Doctor of Audiology CCC Audiologist
 408 North Roop Street • Carson City • Nevada
775.885.9888



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Jason Overholser, PT
 Physical Therapist / Owner

604 W. Washington St., Suite B **(775) 882-5001**
 Carson City, NV 89703 fax (775) 882-5015

STAFF HIGHLIGHT

Meet Lupe Thornton



If you ever shopped at the Second Wind Thrift Store, you might have met Lupe Thornton our cashier. With her 14 grandchildren and 2 great grandchildren, it's hard to believe she has time to work here at the thrift store.

"I was retired for ten years and realized I needed to do something," Lupe states. She started at the Nugget Casino as a cashier and was hired here last August.

Originally from California, Lupe lived in Mexico as a child and learned fluent Spanish. She met her husband of 35 years in the Navy where she did 18 years as a reserve.

"I was a cook," She said, "They call them Culinary Specialists now, but it's still a cook." Lupe smiles when I ask her if she still cooks... "Nope."

Lupe and her husband moved from California to Missoula, Montana where they stayed 25 years. When they had enough of the extreme winters, they relocated to Carson to be closer to her mother.

Banking was her career for thirty years. "I worked as a Vault Teller," Lupe says smiling again. "I handled the big money, everything that came in or out of the vault, sending money to the feds... all that."

When Lupe is not working at the thrift store, she enjoys watching Unsolved Mysteries and reading biographies, especially those regarding the WWII era. A world traveler, including a stay in Italy, Lupe would still like to see Greece and Egypt. Until she takes off for those destinations, we are happy she's spending her time at the senior center with us.

Silver State ART FESTIVAL

Gourds, Fine Art & Fine Crafts

September 10, 11 & 12

Friday 5-8, Saturday 9-5, Sunday 10-3

3 Days of Classes

Gourds, Jewelry, Weaving & much more!

Fuji Exhibit Hall

Carson City (Across from Costco)

- ♦ Free Admission
- ♦ Stunning artwork for sale!
- ♦ 40+ Award Winning Artists
- ♦ Gourds, Paintings, Woodwork, Photography, Jewelry and much more!
- ♦ Raffle to benefit Meals on Wheels



Kristy Kolt Dial

Teri Sweeney

VISIT
**CARSON
CITY** NV

MW
MEALS ON WHEELS
CARSON CITY

NSB
NEVADA STATE BANK

www.NevadaGourdSociety.org

619-995-2475 or 775-301-8230

Nevada Gourd Society

Turning Nature's Canvas into Art



NOTICE BOARD



SUNDAY BINGO September 6, 12, 26

\$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

PRODUCE ON WHEELS
Every 2nd & 3rd Monday
9:30 am - 11:00 am
Pick up **FREE** fresh produce
at the east entrance
for Nevada Seniors 60+

AARP DRIVER SAFETY COURSE

Monday, September 27

12:30pm - 5pm

Held at the Carson City Senior Center
in the Tahoe Room

\$15 AARP Member/ \$20 Non-Member

Call Reception (883-0703) to pre-register

Save the Date
Fall Jewelry Sale
Thursday and Friday
September 16 & 17
9am to 2pm
Senior Center lobby.
*A sale of gently used
jewelry to raise money
for Meals on Wheels!*

**FLU SHOTS
COMING**



*(high
dose)*

*Tentative date**

Sunday • October 10 • 9-1pm
Community Center Gym

*(no shots will be offered
this year at the Senior Center)*

***Date subject to change and is offered
by the Carson City Health & Human Services**



VOLUNTEER

Volunteer Opportunities at CCSC

- Receptionist
- Dining Room Positions
- Activity Lead
- Galley Lead
- Gift Shop
- Thrift Store

See Brooke to sign up (883-0703)

HERE'S THE
SCOOP
OUR
VOLUNTEERS
ARE THE BEST!



Join Us for a Volunteer
Appreciation Ice Cream Social
Wednesday • September 29 • 2 to 4 pm
Carson City Senior Center • Dining Room
RSVP To Reception (883-0703) by Friday, Sept 24

Eating healthy has benefits that can help individuals ages 60 and up.

As we age, healthy eating makes a difference in our health, helps improve how we feel, and encourages a sense of well-being.

Are you drinking enough water?

Eating enough protein while reducing fat?

How can you obtain needed nutrients while maintaining a healthy weight and lifestyle?

Learn all about the unique dietary needs for those of us aged 60+ by visiting:

www.myplate.gov/life-stages/older-adults



Unique Needs



Nutrition Tips



Be Active



Resources



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

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: In what state did Mr. J. C. Penney open his first store?

PREVIOUS MONTH'S QUESTION & ANSWER

Q: Which two States were admitted to the Union during the Civil War?

A: West Virginia (35th) and Nevada (36th).

**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**



 171 E William Street
775.885.9000 | 877.519.5567
www.gdwcasino.com

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4300. ©2013, Jacobs Entertainment, Inc.

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Carson City, Nevada 89701
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- ◆ Full service funeral home and crematory
- ◆ Crematory on site
- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
- ◆ 100% Service Satisfaction Guarantee
- ◆ Available Staff 24 hours a day

**Christie Wilde
Location Manager**



LIFE WELL CELEBRATED®

**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

1575 N. Lompa Lane, Carson City, NV 89701

775-888-6800

Low cost Cremation & Burial Services
Prearrangements available

"The Right Choice"

Not all Funeral Homes are alike come see the difference

**Owned & Operated By:
John & Debbie Lawrence**



**AUGUST
BIRTHDAYS**

Queen

MARY WELLIVER

75 Years Young



King

JAMES BOSCH

88 Years Young





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 _____

Phone _____

Mailing Address _____

Join our email newsletter subscriber list. Send an email to SeniorCenterNewsletter@carson.org to be added to the list.

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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

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

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Chris Gray, Director

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Courtney Warner

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