

Senior Sentinel

www.carsoncityseniorcenter.org



Upcoming Holidays



Monday, September 4 - CLOSED

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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

We're so excited to have ALL of our doors open and operations back to a "new" normal. What's up next? We need to get back to programming events, workshops, and education. This will start with the Medicare Open House event on October 3.

If you'd like to help plan events or workshops or have topics you'd like us to feature, reach out to me. The best ideas have come from you!



Medicare

Workshop & Open House

Tuesday, October 3

Medicare 101 Workshop: 10:00-11:00am

Vendor Fair: 12:00-2:00pm

Know what is covered under Medicare and meet local representatives who can talk details about their coverage. Medicare Open Enrollment is October 15 - December 7.

VOLUNTEER *Spotlight*



SUSAN PETZING

Susan has been a volunteer in our dining room for over 2 1/2 years. You will find her in our dining room on Wednesdays and Fridays. Susan had two different careers. Her first was as a long haul trucker for

twenty years with her husband in the same cab without killing each other! She is now retired from Washoe County Sheriff's Office after working there for 21 years. Most of her time was working in the jail as a Central Control Specialist. Susan was married for 35 years and has one son who is also retired from the Washoe County Sheriff's Office. Susan has two grandsons, one of which is a Washoe County Sheriff's Deputy. Susan enjoys volunteering at the Senior Center and gardening in her huge backyard. Susan is an avid Bunco player and has recently been introduced to Bingo. Susan is also a "cat mom" to Target.

Please say hello to Susan when you come into the dining area!



QUEEN

Gayle Morse

83



KING

Don Rowe

88

August 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
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
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

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TO-GO MEAL INGENUITY

We've seen creative solutions you've come up with to take your meal to-go. We appreciate everyone bringing their containers, and bags to safely and securely package your meal to enjoy wherever you are going.

Some tips to take your meal To-Go:

1. Unless you need to use a fork or spoon to package your meal into the container, don't take silverware as it just one more item for us to wash even if it isn't used.
2. Go ahead and leave your tray and plate on the table when you leave. We will take care of bussing it for you.
3. Don't forget to select the To-Go option on the check-in screen.

If you have feedback about this new service, we want to hear it!

Photo: Buddy Ray who repurposed a storage container by adding dividers to keep the food separate.



Flu VACCINATIONS

**Tuesday, September
26, 9-11 a.m.
Carson City Senior
Center
Tahoe Room**

Bring your insurance card. If you do not have insurance, you will not be turned away. For uninsured or underinsured, the flu shot is \$20.

High Dose vaccine for those 65 and older is available in limited quantities.

To view the Vaccine Information Statements or to fill out a consent form, visit www.gethealthycarsoncity.org/CommunityFlu or scan the QR code with your phone!



Have questions or want more information?
Contact:
 775-887-2190
QuadPHP@Carson.org



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the Capital of Chile?

Previous Month's Question & Answer

- Q. What was the largest sea battle in history?
 A. The Battle For Leyte Gulf.

<p>SRES</p> <p>SENIOR REAL ESTATE SPECIALIST</p>		<p>UNDERSTANDING THE IN'S AND OUT'S OF DOWNSIZING IN TODAY'S WORLD</p>
	<p>WHO YOU WORK WITH MATTERS</p>	
<p>LISA WILLIAMS 775-434-8145 S.0188952</p>		

YOUR AD HERE

Contact Courtney
(775) 883-0703



2023 CARSON FOLLIES IN
OUTER SPACE

SATURDAY, SEPTEMBER 30 AT 6PM
&
SUNDAY, OCTOBER 1 AT 1PM
AT THE CARSON CITY SENIOR CENTER

ADMISSION
FREE OR
DONATION

911 BEVERLY DRIVE,
CARSON CITY, NV 89706
775) 883-0703



*Second Wind
Thrift Store*

Supporting Meals on Wheels
and Senior Independence

SORRY WE'RE CLOSED

We've had some damage due to the extreme winter weather that we must address before reopening. Check back soon!



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**

HIDDEN TREASURES GIFT SHOP

Holiday Craft Sale

ARTS • CRAFTS • GIFTS

THURS, NOVEMBER 30
 FRI, DECEMBER 1
 SAT, DECEMBER 2
 9-5PM

Carson City Senior Center
 911 Beverly Drive
 (775) 883-0703

VOLUNTEER APPRECIATION

When: Wednesday, September 20, 2-4pm
Where: Carson City Senior Center, Dining Room
What: A celebration for our volunteers with drinks, appetizers, desserts, games, raffle prizes, and gifts

RSVP to Linda Zimmerli
 (775) 883-0703
 Active volunteers only

Our Memory Care Philosophy

SEE THE PERSON AND FIND THE STORY!




CELEBRATING LIFE'S JOURNEY



SUMMERSET

SENIOR LIVING

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 RENO NV, 89523

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(775) 260-4432

MEMORY CARE OPENING SOON!

SUMMERSETSENIORLIVING.COM



NOTICE BOARD

AARP Driver's Safety Class

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

FOUND!!

Volunteer Pins and a Cell Phone

Contact Courtney to identify
(775) 883-0703

DANCE PARTY

with Potluck
Saturday, September 2
6 p.m. to 9 p.m.
Admission \$10 per person

Live music with
Don & Nadine

BINGO

Sunday, September 10
Sunday, September 24

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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