

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

While the Senior Center facility remains closed, we are helping other departments to do their work to help the community during this pandemic. The Carson City Recreation Program will use several of the Senior Center's rooms for a few weeks in October and November for their school-age program. This also assists the Election's Office by freeing space in the Community Center Gymnasium for voting. Other emergency needs may arise and other office space may be occupied. Know that you are our main priority and this assistance is only during our closure or using space that is underused. By providing space to other City departments, we can help programs socially distance and do their essential work to serve the community. This is a unique opportunity to help and are happy to do so. You may be looking for survey results in October's newsletter. I apologize as I received several late surveys and need more time to put the results together. I'll have them ready for November.

My best, Courtney Warner | Executive Director



We LOVE our volunteers and are saddened that we could not celebrate you with our traditional appreciation brunch. We hope you felt recognized with our drive-thru event and appreciated with our token of thanks. We could not operate without the many hands that share their precious time to fulfill our mission. Thank you and we miss you!





Halloween costumes encouraged on Thursday, October 29 at the drive-thru lunch. Wear something safe to drive in and decorate your car or do other creative things! We will be taking pictures, passing out candy and all things spooky!



**OCTOBER DRIVE-THRU
FLU VACCINATION & COVID-19 TESTING
FOR QUAD-COUNTY RESIDENTS**

Date	Time	Location	Address
10/03/2020	9 a.m. to 12 p.m.	Douglas High School	1670 NV-88, Minden
10/05/2020	9 a.m. to 11 a.m.	Storey County Fire Station #72	2610 Cartwright Rd, Virginia City Highlands
10/07/2020	4 p.m. to 6 p.m.	Pau Wa Lu Middle School	701 Long Valley Rd, Gardnerville
10/08/2020	4 p.m. to 6 p.m.	Fernley High School	1300 US Highway 95a S, Fernley
10/10/2020	9 a.m. to 12 p.m.	Carson City High School	1111 N. Saliman Rd, Carson City
10/14/2020	4 p.m. to 6 p.m.	Eagle Valley Middle School	4151 E 5th St, Carson City
10/15/2020	4 p.m. to 6 p.m.	Douglas High School	1670 NV-88, Minden
10/16/2020	3 p.m. to 6 p.m.	Dayton High School	335 Dayton Valley Rd, Dayton
10/19/2020	3 p.m. to 5 p.m.	George Whittell High School	240 Warrior Way, Zephyr Cove
10/21/2020	4 p.m. to 6 p.m.	Carson Middle School	1140 W King St, Carson City
10/22/2020	3 p.m. to 5 p.m.	Silver Springs Senior Center	2945 Ft Churchill St, Silver Springs
10/23/2020	3 p.m. to 5 p.m.	Lockwood Senior Center	800 Peri Ranch Rd, Lockwood
10/26/2020	2 p.m. to 4 p.m.	Yerington Food Pantry	124 West Bridge St, Yerington
10/28/2020	4 p.m. to 6 p.m.	Carson Valley Middle School	1477 U.S. Hwy 395, Gardnerville
10/29/2020	4 p.m. to 6 p.m.	Mills Park Seely Loop	Enter off Saliman Rd, Carson City

FOR THE FLU VACCINE:
Bring your insurance card.
For your convenience we bill Medicare, Medicaid, and most private Insurances.
*We are not a contracted provider for labor unions or Tricare.
For uninsured or under-insured, a \$20 admin fee is requested.
No one will be turned away for the inability to pay.

The COVID-19 test is FREE, no insurance information will be collected for that test only. Tests will be available on a first come, first served basis, no appointments or reservations needed.

For additional events and more information visit
Gethealthycarsoncity.org



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)

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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Mark Weeks, MCD
CCC Audiologist

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CAREGIVER RESOURCE LIST

NEVADA RESOURCES

- Nevada Department of Health and Human Services Aging and Disability Services Division (775) 687-4210
Senior Care Centers listed by county: add.nv.gov/Resources/NevadaSeniorCenters/
- Access To Health Care Network (877) 861-1893 (Counties: Churchill, Douglas, Elko, Eureka, Humboldt, Lander, Mineral, Pershing, Storey, Washoe and White Pine)
- Carson City Senior Center (775) 883-0703
- Jewish Family Service Agency (702) 933-1191 (Clark County)
- Lyon County Human Services (775) 577-5009
- Nevada Care Connection (877) 861-1893
- Nevada Lifespan Respite Care Coalition (NLRCC) (725) 999-2245
- Nevada Senior Services (844) 850-5113 (Counties: Clark, Esmeralda, Lincoln and Nye) www.nevadaseniorservices.org

PROGRAMS FOR MILITARY CAREGIVERS

- Elizabeth Dole Foundation's Hidden Heroes (202) 249-7170
- Military and Veteran Caregiver Network, Red Cross (info.mvcn@redcross.org)
- Military One Source (800) 342-9647
- Operation Family Caregiver (229) 928-1234

OTHER RESOURCES

- AARP Family Caregiving (877) 333-5885; Spanish: (888) 971-2013
- Caregiver Action Network (855) 227-3640
- Eldercare Locator (800) 677-1116
- Family Caregiver Alliance (800) 445-8106
- National Alliance for Caregiving (202) 918-1013
- National Association of Area Agencies on Aging (202) 872-0888
- National Family Caregiver Support Program, Administration for Community Living (ACL), (202) 401-4634
- Rosalyn Carter Institute for Caregiving (229) 928-1234

FOR CAREGIVERS

As a caregiver, you play an important role in caring for a veteran at home or in the community. To learn about benefit information, please contact a Veterans Service Officer.

VA PROGRAMS

The VA has two programs for caregivers: General Caregiver Support Services for eligible veterans of all eras, and the Program of Comprehensive Assistance for Family Caregivers for eligible post 9/11 veterans (eligibility to be expanded soon to all veterans as a result of the Mission Act of 2018).

GENERAL CAREGIVER SUPPORT SERVICES PROGRAM

(eligible veterans all eras) provides information/referral to in-home or support services, support groups and other resources. It also provides education and training, peer support, mental health counseling and programs that focus on caregiver self-care.

COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS PROGRAM

(eligible post 9-11, to be expanded soon to all veterans) provides monthly stipend, travel payments, training, education, mental health services, respite care and more. Under the VA MISSION Act, this program will open to veterans of all war eras in the summer of 2020, not just veterans with a serious injury occurring in the line of duty on or after September 11, 2001.

VA Caregiver Support

(855) 260-3274

VA Sierra Nevada Health Care System Reno: (775) 326-5775

VA Southern Nevada Health Care System Las Vegas: (702) 791-9000 ext.13051



VETERANS SERVICE OFFICERS

Our Veterans Service Officer (VSO) can assist you with the following:

- 1 Eligibility
- 2 Support
- 3 Training
- 4 Aid & Attendance (Additional financial help)
- 5 Assisted Living
- 6 Skilled Nursing Care
- 7 Hospice/Palliative Care
- 8 Adult Medical Day Care



CONTACT A VSO

- Las Vegas (702) 224-6025
- Reno (775) 321-4880
- Pahump (775) 751-6372
- Carson City (775) 300-6796
- Elko (775) 777-1000
- Fallon (775) 428-1177



www.veterans.nv.gov

CAREGIVERS & SURVIVORS GUIDE

WHAT YOU NEED TO KNOW



FOR SURVIVORS

This guide is intended to help survivors work through the difficulty and pain of losing a loved one who served in the U.S. military.

STARTING POINT:

You will need your loved one's discharge documents. These important documents are the gateway to all federal and state veterans benefits. If you do not have these documents, contact a Veterans Service Officer.

BURIAL BENEFITS:

Eligible veterans, their spouses and dependents can be interred in one of Nevada's two State Veterans Memorial Cemeteries located in Fernley and Boulder City. There is no cost for the veteran. For others, the cost is \$450 (subject to change). Burial benefits for the veteran include (at no cost) opening and closing of the grave, perpetual care, a government headstone or marker, a burial flag and a Presidential Memorial Certificate.

NORTHERN NEVADA VETERANS MEMORIAL CEMETERY: (775) 575- 4441

SOUTHERN NEVADA VETERANS MEMORIAL CEMETERY: (702) 486-5920

For additional resources and information, visit www.veterans.nv.gov



WHAT SURVIVORS SHOULD KNOW

DEPENDENCY INDEMNITY COMPENSATION (DIC):

DIC is one of the most valuable benefits available to veterans' survivors. People who meet the criteria for DIC can get tens of thousands of dollars a year in tax-free payments. To learn more, contact a Veterans Service Officer.

SURVIVORS BENEFIT PLAN (SBP):

For retirees who opted-into SBP, survivors can continue to receive a portion of their loved one's retirement income. Contact the Defense Finance and Accounting Service at (800) 321-1080 for questions.

HEALTH CARE: While VA Health Care programs for surviving family members are limited, there are several important programs to know about. These include Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). CHAMPVA provides coverage to survivors of a veteran who is rated permanently and totally disabled due to a service-connected condition at the time of death, or who died of a service-connected disability, or died on active duty. In some cases, there are health care benefits for children of veterans who have been exposed to hazards during military service, including Agent Orange. For details, talk with a Veterans Service Officer.

HOME LOANS: Surviving spouses who meet certain criteria can obtain a VA guaranteed home loan to buy, build or improve a home or to refinance a mortgage. In many cases, these loans can help you save money by not requiring the buyer to make a down payment or pay monthly mortgage insurance premiums.

PENSION: Eligible survivors with modest incomes and who have not remarried, can receive a monthly payment benefit. The benefit is also available to unmarried dependent children of wartime veterans. The amount of the pension is set by Congress. Eligibility is determined by a complex calculation that considers net worth as well as various kinds of income and expenses. For surviving spouses without a dependent child, the maximum annual pension is around \$9,000. Those who are homebound or require assistance for basic daily activities may qualify for additional payment.

LIFE INSURANCE: Veterans who receive a disability rating connected to their service can qualify for a Service-Disabled Veterans Insurance (S-DVI) life insurance policy, which provides up to \$10,000 of coverage. Veterans who are totally disabled are eligible to have their premiums waived. Totally disabled veterans who are approved for a premium waiver can apply for up to \$30,000 in additional coverage, but premiums for the supplemental coverage cannot be waived.

EDUCATION BENEFITS FOR SURVIVORS

EDUCATION: Financial help is available for survivors of service members interested in pursuing education or vocational training. The U.S. Department of Veterans Affairs (VA) in some cases, will pay all or a large part of tuition costs for college and other educational programs. Two key programs that eligible surviving spouses and children should explore are the Fry Scholarship and the Survivors' and Dependents' Educational Assistance (DEA) Program. Under the Fry program, the government pays the full cost of in-state tuition at public institutions, or more than \$20,000 a year toward the cost of tuition at private institutions, as well as a monthly housing allowance and an annual stipend for books and supplies. Under the DEA program, the maximum amount for full-time students is around \$1,200 per month. The DEA and Fry programs can be used for college, vocational and business technical programs, apprenticeship programs, certification tests and tutoring.

NEVADA NATIONAL GUARD EDUCATION BENEFITS: The University of Nevada system may grant a waiver of tuition and laboratory fees for any child or surviving spouse of a Nevada National Guard member killed in the line of duty. A child may use the waiver for 10 years after they attain the age of 18 years. A surviving spouse may use the waiver for 10 years after the member's date of death.

NEVADA ACTIVE DUTY EDUCATION BENEFITS FOR DEPENDENTS: Dependents of an active duty member killed in the line of duty, while permanently stationed in Nevada, may be eligible for a financial grant that does not require repayment.

NEVADA GERIATRIC EDUCATION CENTER

EDUCATE YOURSELF, SUPPORT OTHERS

Learn about changes that may occur with aging to empower yourself and support others



FREE COMMUNITY TRAINING

Topic #1: **Nutritional Supplements: Friend or Foe?**

Topic #2: **Caregiving is Hard. Social Isolation Can Make it Even Harder.**

In 2020:

Tuesday, Sept. 29 - 2 to 4:15 p.m.

Monday, Nov. 16 - 2 to 4:15 p.m.

In 2021:

Tuesday, Jan. 26 - 9 to 11:15 a.m.

Monday, March 15 - 9 to 11:15 a.m.

Sessions are held via Zoom Video Conferencing, provided through a partnership with University of Nevada, Reno Frontier Area Health Education Center (AHEC).

You can use your laptop, desktop computer, tablet or phone to participate.

Instructions for the Zoom meeting will be sent via email after your registration is processed.

This program is funded in partnership with Nevada Aging and Disability Services Division. The Nevada Geriatric Education Center is part of the Sanford Center for Aging and offers educational programs for health care professionals, faculty, students, care partners and anyone interested in learning more about how to provide care and support for elders.

You may register one of four ways: 1) complete the registration form, scan and email; 2) type your registration responses into an email; 3) call with your registration information; 4) complete your registration online.

To register or for more information, contact Dolores M. Ward Cox

By email: dmwardcox@unr.edu | By phone: (775) 313-1469 | Online: <https://bit.ly/3iOYnBX>



University of Nevada, Reno
School of Medicine
Sanford Center for Aging



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med.unr.edu/aging/ngec
(775) 784-4774
sanford@unr.edu



Thank you to **Home Depot** for the donation of brand-new shower chairs and grab bars! If you need equipment for your home, give us a call!



Thank you to our friends from **Berkshire Hathaway HomeService – Drysdale Properties** for bringing extra smiles and goodies for our drive-thru lunch on September 18. Not only did they volunteer their time to hand out lunches, they gave out goodies including cookies and a McDonald's gift card! Wow! Thank you for brightening everyone's day!



Barry's Trivia Question of the Month OCTOBER

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Who was the second man to walk on the Moon?

SEPTEMBER QUESTION & ANSWER

Q: What Ocean is between Australia and Africa?

A: Indian Ocean.



WIN YOUR SHARE OF CASH AND GET A FREE MEAL!

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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 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

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**SEPTEMBER
BIRTHDAYS**

Queen

**ELLEN
BAUMAN**

88 years young



King

**TOM
NOBLE**

95 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 _____

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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

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 5:30 p.m., Tues-Sat

Newsletter Submissions:

Send by the 10th to

SeniorCenterNewsletter@carson.org

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