

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

Lunch/nutrition surveys are out! Please take a moment to complete the lunch surveys and turn them in as soon as possible. We read every single comment and discuss trends and suggestion with Kaleb, our Kitchen Manager. Feedback is essential to make sure the food served and the experience with our services meet your needs. While we can't always accommodate every single suggestion or idea, we do take them into consideration for future planning. Be descriptive with your comments – explain your reasoning. This helps us understand what is going on instead of trying to guess what you meant. Keep it constructive too! While we admit we make mistakes, have flops or something needs to be reworked, staff and volunteers are working tirelessly to get it right. Constructive feedback

should always remain polite and respectful. Once surveys are returned, we will send out results in the following months' newsletters and any changes we may make regarding feedback received.

Lastly, take a moment to leave a comment about the impact our services have on you. We use these statements to argue for more funding, expand services, etc. How our services impact your life is incredibly persuasive and so helpful for us. If you leave your name on the survey, it will be changed to protect your identity.

Thank you for your participation!

Courtney Warner

Courtney Warner / Executive Director

Thank You, Community Garage Sale Volunteers!

To all of the Sunday Bingo, Gift Shop, Jewelry Sale and Thrift Store volunteers, and to the Thrift Store and Senior Center staff, THANK YOU ALL for helping make the Community Garage Sale a HUGE success!

Thank You, Jewelry Sale Volunteers!

Dee and her crew of amazing volunteers raised over \$2,000 for Meals on Wheels. Their work is year-round: collecting, organizing, and pricing donations in preparation for their two sales. THANK YOU!!



NATION'S FINEST

Our mission is to Serve Veterans and their Families with a comprehensive approach to housing, health and employment that helps them achieve self-sufficiency and reach their full potential. Our services include: Transitional Housing, Permanent Supportive Housing, Homelessness Prevention, Mental Health Counseling, Case Management, Mobile Service Units, Employment Services and Art Therapy.

In the Senior Center Lobby
Wednesdays • 10:30-12:30pm



**Infinity
Hospice Care**
A Family of Caring

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
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

408 North Roop Street • Carson City • Nevada

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Results you can count on*

Jason Overholser, PT
Physical Therapist / Owner

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

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



Meet your new Volunteer Coordinators, Linda Zimmerli and Linda Dawes. Stop by to say "Hello!"

JOIN THE ADVISORY COUNCIL!

Be a part of a Council that makes a difference – join the Carson City Senior Center Advisory Council! You will advise, discuss, and confer with the Director matters relating to the delivery of nutrition, fundraising programs, operation of thrift and gift shops, senior support services programs, and other senior services as may be offered by the Senior Center. **One position is waiting to be filled.** See the Director to complete an application or call (883-0703).

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: **It's a Balancing Act: Falls and Medications**

Topic #2: **Care Tips, Tools and Resources to Improve Quality of Life**

In 2021:

Monday, Oct. 29 — 2 to 4:15 p.m.
Monday, Dec. 13 — 9 to 11:15 a.m.

In 2022:

Monday, Feb. 28 — 2 to 4:15 p.m.
Monday, April 11 — 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
dmwardcox@unr.edu | (775) 682-8470 | <https://bit.ly/NGECFY22>



American Red Cross

When disaster strikes, you can help strike back



Become a Red Cross Volunteer Today!

We're preparing for another extremely busy disaster season and it's critical to have a trained, ready volunteer workforce to make sure we can provide relief at a moment's notice. This year's wildfire season is already very active and dangerous because of the severe drought and dry woodlands across the west.

Volunteers Needed for the Following Positions:

Shelter Volunteer

In-person shelter support to assist with reception, registration, feeding, dormitory, information collection, and other vital tasks to help those we serve.

Disaster Action Team

Assist individuals and families who have been impacted by a home fire or other local disaster. Preferred commitment: monthly on-call shift.

Disaster Health Services

Health professionals are needed in shelters to provide hands-on care, health education, health assessments, and additional health-related support.

To learn more, visit redcross.org/volunteer or scan the QR code



Contact your local office
 Lacey Costanza | (775) 225-3392
Lacey.costanza@redcross.org

NOTICE BOARD

HOLIDAY CLOSURE
Friday, October 29 for Nevada Day

Medicare Open Enrollment
October 15 – December 7
 This is the time you can make changes to your healthcare plan for 2022. Nevada's Medicare Assistance Program (MAP) provides free, unbiased help with Medicare. Call the Senior Center to make an appointment (775-883-0703).

Dance with Live Music

at the Carson City Senior Center

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, on **Friday, October 1, 6pm-9pm. Doors open at 5:45pm. Admission is \$5.00/person**, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

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

SUNDAY BINGO

October 10, 24 & 29

\$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



Get Your Shot... Not The Flu!

October 4, 2021
9 a.m. - 11 a.m
Carson City Senior Center
911 Beverly Dr,
Carson City

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.

All insured patients are responsible for confirming their flu vaccination coverage with their insurance company.

For more information, contact:
 Cari Rioux Jessica Rapp
 (775) 283-7905 (775) 283-7536
 crioux@carson.org jrapp@carson.org



Twitter: @CCHealthEd | Facebook: CCHHS | gethealthycarsoncity.org

Seniors Eating Well

The Seniors Eating Well class series, offered by the Food Bank of Northern Nevada, is designed to will help you take better control of your health. The Food Bank's Nutrition Education staff invites you to join us for any or every class in this exciting new **FREE** series! you will learn to...

- Cook with a variety of healthy ingredients, both familiar and new
- Exercise safely to improve strength, balance, and quality of life
- Obtain or maintain a healthy weight
- Enjoy food samples, food Bingo & a raffle prize every week!

Carson City Senior Center | Joshua Room
Every Tuesday from 11:30 AM - 12:30 PM

October 5 to October 26, 2021
Bring a friend & we'll see you there!

Additional Questions?
 Please call Arminda Jimenez at
 775-331-3663, ext. 183 or 775-432-8898

CELEBRATING A MILESTONE FOR MY SOCIAL SECURITY

By the Social Security Administration

We are excited to celebrate a significant milestone for My Social Security: 60 million registrations! We thank each of you who took the time to create a personal my Social Security account – and encouraged others to do the same. We keep improving our online services to make doing business with us easier, faster, and more accessible.

If you are receiving benefits, you can use your personal My Social Security account to:

- Change your address & direct deposit information
- Get proof of your benefits
- Request replacement documents, like a Medicare card

If you aren't currently receiving benefits, you can:

- Check your earnings record
- Get estimates of your future benefits
- View your Social Security Statement

In most states, you can also request a replacement Social Security card online, although often you only need to know your Social Security number and you do not need the physical card.

See everything you can do with a personal My Social Security account, and open one today at

www.ssa.gov/myaccount

Please help us share this information about my Social Security with friends and family. You can also post it on social media to help us spread the word.



Barry's Trivia Question of the Month

OCTOBER

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the only state to border exactly one other American state?

PREVIOUS MONTH'S QUESTION & ANSWER

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

A: Wyoming.

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



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- ◆ Full service funeral home and crematory
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- ◆ 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**



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**



**SEPTEMBER
BIRTHDAYS**

Queen

IRENE BOLER

72 Years Young



King

HARRY EHARA

89 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

Second Wind 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

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