

The SENIOR SENTINEL



CARSON CITY
SENIOR CENTER



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WANTED: LOCAL SUPERHEROES
Needed for Meals on Wheels

SNEAK PEEK

pg 9

Taking Steps to Prevent Falls as We Age (*Psst... It could be your **SHOES***)

pg 10

"A Lesson In Freedom" (Submitted)

pg 12

Are you a poet, traveler, crafter or cook? **WE WANT YOUR STORIES!**

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SPECIAL INSERT - Calendar of Events



911 Beverly Drive
Carson City, Nevada 89706
775-883-0703 • fax 775-883-2869
TRoberts@carson.org
9:00 A.M. - 4:00 P.M.
Monday through Friday
www.carsoncityseniorcenter.org
f / carsonseniorcenter

FROM THE EXECUTIVE DIRECTOR
Courtney Warner

**WANTED: LOCAL SUPERHEROES
 NEEDED FOR MEALS ON WHEELS**

Join The Reliables & give home-bound seniors SUPER POWERS!

The Reliables, a superhero themed grass-roots campaign, is a light-hearted and fun way to bring awareness to Carson City's home-bound seniors and to launch a fundraising campaign to help cover costs of the program not covered by state and federal funding.

The Reliables represent all of our community members who support and serve our home-bound seniors including our kitchen staff and drivers. Our kitchen crew arrives before dawn to start cooking and our drivers hit up to 300 homes per day, serving more than 90,000 meals a year.

The campaign is aimed at reducing the program's annual deficit. Each meal costs about \$6, and the program receives half from government funding and some additional funding from donations, leaving a gap in funding the organization must absorb. The campaign is geared toward people who are interested in giving back to the community who may never had donated before, or thought they could not afford to give.

Just \$6 a day, a week, a month, or a year can give a senior super powers and make an enormous difference in their lives. The campaign launched with Mayor Bob Crowell making his donation as the city's first Reliable, and the campaign will hit full speed on Nevada Day.

To join The Reliables, visit www.carsoncityseniorcenter.org. For information on Meals on Wheels Carson City, contact Warner at cwarner@carson.org, or call the Senior Center at (775) 883-0703.



RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer's 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	687-0730
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.....	284-3491
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	1-888-808-5481
Suicide Prevention Lifeline.....	1-877-885-4673
Veterans Administration.....	786-7200
VA Medical Benefits Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV)	883-8278
Weatherization.....	887-1795, X124

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

CARSON CITY

Barbara Singer, Facilitator
 Meets the 2nd Wednesday of each month
 1:00-2:30 p.m.

Carson Tahoe Cancer Center
 Conference Room
 1535 Medical Parkway, Carson City

Heidi Slater, Facilitator
 Meets 4th Wednesday of the month
 2:30-4:00pm

Carson City Senior Center
 911 Beverly Drive

Christine Casinelli, Facilitator
 Meets every Monday of the month
 6:30-7:30pm

Carson Tahoe Cancer Center
 Resource Room
 1535 Medical Parkway

**ALZHEIMER'S OFFICE HOURS
 AT THE SENIOR CENTER**

Schedule a free consultation with
 Alzheimer's Rural Outreach and
 Family Care Associate,
Heidi Slater

Every Wednesday from 9-4
 Please call 1-800-272-3900
 to schedule an appointment

MINDEN/GARDNERVILLE

Barbara Singer, Facilitator
 Meets the 2nd Thursday of each month
 2:00-3:00 pm

Coventry Cross Episcopal Church
 1631 Esmeralda Place, Minden

National Alzheimer's Helpline
1-800-272-3900
Available to you 24/7



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King

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SIZZLING SENIOR DAYS

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THRIFT STORE SALES SPECIALS FOR NOVEMBER

- Tuesday | Crafts 50% OFF
- Wednesday | Senior Day 50% OFF
- Thursday | Kitchen items 50% OFF
- Friday | Boutique 50% OFF
- Saturday | Everything in store 50% OFF incl. boutique & furniture (Books not included)
- Paperback Book Sale - \$5.00/bag

Joyce Hudson, Thrift Store Manager
(775) 301-6676
Hours: Tues-Sat • 10am-3:30pm

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!

NV SHIP provides free, unbiased help with MEDICARE.

Medicare Prescription Plan (Part D) Open Enrollment is **OCTOBER 15 - DECEMBER 7**

Call Carson City Senior Center for free Medicare counseling:
775-883-0703



SUNDAY BINGO

Every 2nd and 4th Sunday of the Month

- **\$3 Early Bird Pack** ○ with \$50 payouts
- **\$5 Regular Game Pack** ○ with \$100 payouts
- **\$1 Specials** ○
Double Action, Starburst, Bonanza, Bingo-Bingo-Bingo, Letter X Progressive
- **\$2 Blackout** ○
\$120 payout or \$500 Progressive

Doors open at Noon
Games start at 1pm

Must be 21 to play
Carson City Senior Center
911 Beverly Drive, Carson City

All proceeds benefit the Meals-on-Wheels program.

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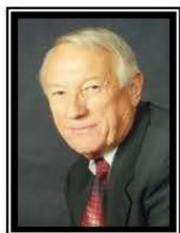
At Century 21 Jim Wilson Realty our Clients are Guided through the Entire Sales Process from "Start To Finish!" Jim enjoys lunch at the Senior Center on Most Monday's & Tuesday's; Stop by and say "Hi"

It's common for home sellers to make big, sweeping improvements on their homes right before they sell. But while it's true that buyers may prefer a kitchen with stainless steel appliances and granite countertops, you won't recoup the cost of that major upgrade when selling.

If you're hoping to sell in the next year, it's best to put your money towards small changes that have a big impact. Here are the Six Best Tips to Preparing Your Home For Sale:

1. **PRETEND TO BE A BUYER PULLING UP TO YOUR HOME**—Imagine seeing your home for the first time...Make sure it looks clean and inviting by clearing the sidewalks, and trimming or updating the landscaping.
2. **POWERWASH THE EXTERIOR**—Instead of repainting your home, try power washing it to freshen the exterior. Paint the trim (preferable "White") to give it an extra Pop.
3. **PAINT ONLY WHAT'S NEEDED INSIDE**—Try to avoid repainting every room, if you can. Focus on touching up the areas with scuffs or holes from previous wall hangings.
4. **WASH YOUR WINDOWS**—Buyer's "love" light and there's no easier way to add light to a room than inside and outside, and consider hiring a professional if you have hard-to-reach windows.
5. **QUICK KITCHEN UPDATES**—Buyer's love an updated kitchen, but it's not worth your money to gut the whole thing. If you have old wooden cabinets, consider painting them "white", and adding new hardware and a chic backsplash.
6. **THE GARAGE IS NOT A DUMPING ZONE**—The last thing you want potential buyers to think is that you don't have enough storage in your home. If need be, rent a storage unit for any furniture or boxes that don't fit easily in your home and garage. Buyers may need a certain number of garage spaces for their vehicles or even a boat, so it's important they see each stall ready for use.

CALL OR EMAIL US TODAY
WE LOOK FORWARD TO SPEAKING WITH YOU!



Jim Wilson
Broker



Carol Marie Toohey
Broker / Realtor

1502 N. Carson Street • Carson City, Nevada 89701
 For Real Estate Info: 775.882.2135 •
www.c21jimwilsonrealty.com
CarolMarie@IntoTheHome.com
JW@IntoTheHome.com

YOU'RE INVITED:
Friday, December 28 @ 1pm
Carson City Travel Show
 Carson City Senior Center
 911 Beverly Dr, Carson City

Saturday, December 29 @ 10am
Reno Travel Show
 Meadowood Courtyard Hotel
 5851 S Virginia St, Reno
 RSVP by phone or online

PATTYSTOURS.COM
775-453-1794

Bring this page to the travel show!
One entry per person.

Down:
 1. A day when you wish a bearded man visits
 4. Kick off the holidays at the "live music capital of the world"
 6. A stylish Santa who gives the gift of memories and travel

Across:
 2. Join us on this 62nd Annual musical holiday event
 3. An era before motorized vehicles offering a Silent Night
 4. Hear the elegant Debby Boone at this Colorado resort
 5. Get into a merry mood with this "Number One" grub
 7. Give warmth and adventure--DO NOT gift wrap tigers



Barry's Trivia Question of the Month

NOVEMBER 2018

Barry R. Bjorkman
 Former Advisory Council Chairman

Q: Who are SI and Am?

LAST MONTH'S QUESTION AND ANSWER

Q: What is the difference between a burglar and a cat burglar?

A: A burglar burgles your home when you are gone; a cat burglar burgles your home while you are sleeping.



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Call 775.882.8882 Today! Ask for Teresa or Charlotte.

Taking Steps to Prevent Falls as We Age

By Keri Ann Lipperini, MPA, Director of the Office of Nutrition and Health Promotion Programs

One in four adults aged 65 or older falls each year, often in or near their homes. While many falls are minor, an older adult dies from complications from a fall every 19 minutes. Falls are so common that if you are a caregiver of older family members, I am sure you can relate to this issue.

As a professional in the aging field for more than 20 years, I've seen what can happen when an older person falls. And like many of you, it has touched my family. My grandmother had a fall because she slipped on a throw rug. Yes, despite my numerous conversations about the dangers of them, grandma was persistent on keeping those throw rugs. To grandma, I was not an aging expert, I was the little girl with the pigtails. So, unfortunately this resulted in a woman who had lived independently in her home until she was 90-years old landing in a nursing home for the last six-months of her life.

An injury from a fall may sideline younger people for a few days or weeks, but recovery is usually quick and complete. But for older people like my grandma, the consequences of falls can become far more serious, setting up a sequence of events that can compromise independence and health.

Certain factors put older people at higher risk for falls. These include:

- **Physical health:** People with chronic diseases and poor physical health are at greater risk. Problems with dizziness, balance, vision, and other conditions can increase the risk of falls.
- **Environment:** Hazards in and around the home—loose throw rugs, obstructed pathways, difficult to access showers or bathtubs—make falls more likely. Or, wearing poorly fitting shoes, slippers or shoes with limited support.
- **Behavior:** Lack of sleep, alcohol use, and lack of exercise all increase the risk of falls.

What can people do to prevent falls? Here are some tips:

- **Stay active:** Exercise helps increase or maintain coordination and muscle tone that can keep us steady on our feet and our reactions sharp. Walking, swimming, and taking exercise classes are just a few ways to keep the heart healthy and muscles toned.
- **Manage underlying chronic conditions:** The better a person's overall health, the lower the risk of falls. Chronic conditions like diabetes, depression, osteoarthritis, obesity, and high blood pressure can increase the risk of falls. Managing those conditions—by seeing a health care provider regularly, taking medication as prescribed, eating a healthy diet, and choosing appropriate exercise—can help prevent falls.
- **Review medications:** Side effects from and interactions with some common medications can increase the risk of falling. Regular conversations with health care providers and the pharmacist about all prescription and over-the-counter medicines can help avoid these problems.
- **Get an eye checkup:** Vision changes as we get older, so it is important to have a checkup once a year to make sure prescriptions are up to date and to screen for diseases of the eye, like cataracts and glaucoma, which usually are treatable when caught early.
- **Eliminate potential hazards in the environment.** A thorough assessment of a home can be a lifesaver. Enlisting the help of a family member or friend who doesn't live there is a good way to avoid overlooking things, too. Installing grab bars in the bathroom, getting rid of slippery throw rugs or adding a rubber backing to them, and keeping passage ways inside and outside the home well-lit and free from clutter and debris are simple things that can make a big difference.
- **Shoes Matter!** Sensible shoes with a high back, hard, slip-resistant sole, and a low heel height (one inch or less) are best to wear outside. It's important to wear them properly, with the back of the shoe snugly behind the heel. Slipping into them part way may be convenient, but is unsafe – it is the back support that stabilizes the shoe and often prevents a fall. Shoes or slippers that are loose or ill-fitting, or with worn outer soles should be avoided. Also, shoes with smooth leather or plastic soles can be slippery, especially on wet floors.

<https://www.acl.gov/news-and-events/acl-blog/taking-steps-prevent-falls-we-age>



TUESDAY AND FRIDAY MORNING WALKS

All walks start at 9:00 AM and are 1 to 2 miles with a duration of one hour having no or negligible elevation gain, and frequently on paved or smooth paths. Water and close-toed shoes required. If it rains, is smoky or snows, meet at the Multi-Purpose Athletic Center (MAC) at 1860 Russell Way. Please check the www.musclepowered.org/calendar or our Facebook page for last minute changes. Contact Alyce Cloutier at klute89706@gmail.com (for Tuesdays) or Betts Markle at bettsm@gmail.com (for Fridays) for questions.

November 6/November 9 - Mexican Ditch - North. Meet at Moffat Open Space parking area on Hells Bells Road and Parkhill Drive. Dirt trail.

November 13/November 16 - Mexican Ditch - South. Meet in the Hidden Meadows trailhead parking area at 965 Buzzy's Ranch Road. Dirt trail.

November 20/November 23 - Mills Park. No dogs allowed in park. Meet in the small parking lot on Seely Loop off of Saliman Road.

November 27/November 30 - V & T Rail Trail. Meet at the south end of Murphy Drive and Van Patten Ave off of Combs Canyon Drive

December 4/December 7 - Riverview Park. Meet at Korean Memorial parking area at the east end of 5th Street, 600 Marsh Road.

December 11/December 14 - Northridge Linear Park Trail and Blackwell Pond. Meet in the parking area at the corner of New Ridge Drive and Northridge Drive.

December 18/December 21 - Ronald D. Wilson Memorial Park, 429 Mark Way. Meet in the parking lot at James Drive and Mark Way.

No walks on December 25 and 28-Christmas week

All events are free. Participants are responsible for their own transportation to the meeting site. Leader may request a physician's release at their discretion. All events can be found at www.musclepowered.org/calendar. For general information, please contact Johanna Foster at jf.prairie@gmail.com.

A LESSON IN FREEDOM - Submitted by Corry Steiner

In September of 2005, on the first day of school, Martha Cothren, a History teacher at Robinson High School in Little Rock, did something not to be forgotten. On the first day of school, with the permission of the school superintendent, the principal and the building supervisor, she removed all of the desks in her classroom. When the first period kids entered the room they discovered that there were no desks.

'Ms. Cothren, where are our desks?'

She replied, 'You can't have a desk until you tell me how you earn the right to sit at a desk.' They thought, 'Well, maybe it's our grades.' 'No,' she said. 'Maybe it's our behavior.' She told them, 'No, it's not even your behavior.'

And so, they came and went, the first period, second period, third period. Still no desks in the classroom. Kids called their parents to tell them what was happening and by early afternoon television news crews had started gathering at the school to report about this crazy teacher who had taken all the desks out of her room.

The final period of the day came and as the puzzled students found seats on the floor of the desk-less classroom. Martha Cothren said, 'Throughout the day no one has been able to tell me just what he or she has done to earn the right to sit at the desks that are ordinarily found in this classroom. Now I am going to tell you.'

At this point, Martha Cothren went over to the door of her classroom and opened it. Twenty-seven (27) U.S. Veterans, all in uniform, walked into that classroom, each one carrying a school desk. The Vets began placing the school desks in rows, and then they would walk over and stand alongside the wall. By the time the last soldier had set the final desk in place those kids started to understand, perhaps for the first time in their lives, just how the right to sit at those desks had been earned.

Martha said, 'You didn't earn the right to sit at these desks. These heroes did it for you. They placed the desks here for you. They went halfway around the world, giving up their education and interrupting their careers and families so you could have the freedom you have. Now, it's up to you to sit in them. It is your responsibility to learn, to be good students, to be good citizens. They paid the price so that you could have the freedom to get an education. Don't ever forget it.'

This is a true story. This teacher was awarded the Veterans of Foreign Wars Teacher of the Year for the State of Arkansas in 2006. She is the daughter of a WWII POW.

Let us always remember those of our military and the rights they have won for us.



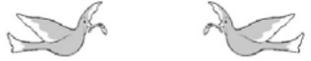
Honoring All Veterans on Veterans Day

We thank you for your service and sacrifices. We are forever grateful!

VOLUNTEER NEEDED TO ASSIST DURING TAX SEASON

Do you love meeting new people? AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesday from February 4th through April 10th in 2018. We need a Client Facilitator to assist by welcoming taxpayers, help organize their paperwork and manage the overall flow of service. Client Facilitators normally work from 11:30am to 3:30pm. We will provide training and support. Our volunteers learn new skills, and also get a great feeling from helping others.

If you are interested, or have any questions please call Pat Eckman at (775)782-3176, or please email your contact information to pateckman@aol.com immediately.



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👉 Seeking Writers 👈

The Senior Sentinel needs more reading content and we are asking for your help to submit your stories. We know we have writers among us – poets, travelers, crafters, culinary masters, hobbyists, adventures – we want your stories! Submit articles to the newsletter and share your story. Submissions are due by the 10th of the month and subject to space (if we can't get it in next month, we will try for a following month). Send your story to Tiffany Roberts at troberts@carson.org today!



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Everyday Chef: Cinnamon Apple Panzanella

Andrew Dole, RDN, CEC • *Everyday Chef, Fruits & Veggies—More Matters*

Good food doesn't need to be complicated. In fact, it can be quite inexpensive and often a great way to utilize left over or discounted food items. Panzanella salads are a perfect example of budget friendly eating that originated in Tuscany to use up day-old bread. A classic panzanella recipe uses stale bread softened with water and served with tomatoes, basil, anchovies and cucumber as a salad. Clearly not an expensive dish and a good way to use up ingredients lying about. My version incorporates cinnamon raisin bagels, fresh fruit, walnuts and mint.

Cinnamon Apple Panzanella Serves 3-4

INGREDIENTS

- 1 Cinnamon Raisin Bagel
large 1 inch cubes, lightly toasted
- 1/2 Cup Cherries, pitted
- 1/4 Cup Mandarin Oranges
- 1/2 Green Apple, thin sliced moon

- 1/4 Cup Walnuts
- 1 Tbsp Sunflower Seeds
- 2 Cups Spring Mix
- Fresh Mint Leaves
- 1 Pinch Cinnamon

Garnish with Poppy seeds and white balsamic vinegar

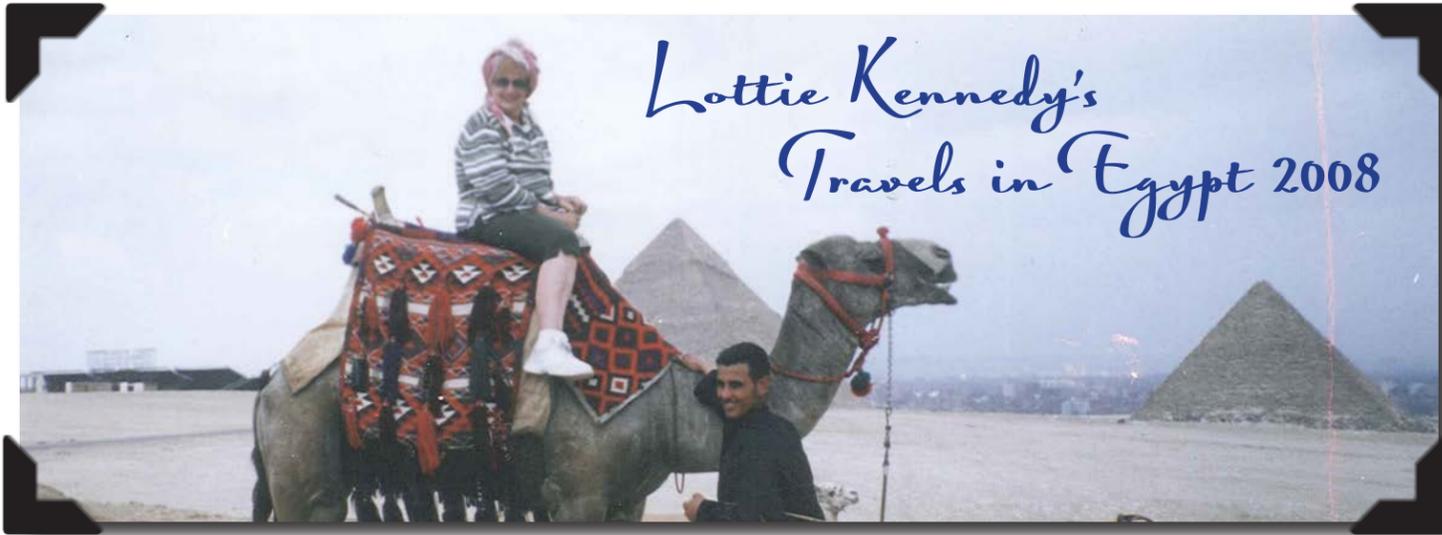
*Nutrient Analysis: Calories: 187 kcal | Protein: 5 g
Carbs: 21 g | Total Fat: 10 g | Sat Fat: 1 g
Cholesterol: 0 mg | Sodium: 87 mg | Fiber: 3 g*

www.fruitsandveggiesmorematters.org/planning-shopping/everyday-chef/cinnamon-apple-panzanella/

Salad building tips:

1. Don't pre-mix the salad. Layer the ingredients on top. This way when portions are served all the toppings have not sifted down to the bottom.
2. Show off ingredients by layering them from big to small. This also prevents hiding or crushing the more delicate ingredients and makes serving easier.





GIVE A SENIOR SUPER POWERS FOR JUST \$6



\$6 each day provides a hot, nutritious meal to a home-bound senior.

Make your donation at www.carsoncityseniorcenter.org



Meals on Wheels Carson City delivers 90,000 meals a year.

The Notice Board

WINTER WEATHER AHEAD

Cold weather is near may interfere with the Senior Center's daily operations. The Senior Center is prepared with ice melt and snow plows to improve conditions in our parking lot. Use caution when on sidewalks and in the parking lot when driving and entering/exiting your vehicle. In the event of extreme winter conditions, the Senior Center may close and will have a recording on voice mail announcing the closure. **If the Senior Center is closed, Meals on Wheels will not be delivered.** All seniors receiving Meals on Wheels will be notified by phone of the closure and be instructed to consume the provided shelf-stable meal. **For more information or to verify the Senior Center is open, call 775-883-0703.**

UPCOMING CLOSURES

Monday, November 12
Closed in observance of Veterans Day

Wednesday, November 21
Closing at 1pm

Thursday, November 22
Closed in observance of Thanksgiving Day

Friday, November 23
Closed in observance of Family Day

BUNCO

Come One Come All
If you're wanting to have some laughs, make new friends, and play a great dice game...

Come join us!
Fridays at 1pm
Nevada Room

Cost: \$3

If you've never played Bunco, we'd love to have you come at 12:45 and we'll show you what an easy game it is!

See you soon!

-Darlene Mann,
Joanne Avery, and
Our Special Bunco Friends

NEED SOMETHING NOTARIZED?

Come visit our notary, Joy Masepoli!
When: Tuesdays 9:00am-12:00pm
Where: The Zephyr Room
inside The Carson Senior Center



Salute to Veterans

Friday • November 9
11:45 am

Join us Friday, Nov. 9 at 11:45 a.m., as we celebrate and honor our Veterans. The program will include the unveiling of our new "Salute to Veterans" wall of honor and lucky attendees will have the chance to **win a flower basket**, compliments of Intimate Designs Floral LLC.

I would like to subscribe to the "Senior Sentinel" for one year.
My check in the amount of \$15.00 is enclosed.

Name _____

Mailing Address _____

**Our Facts: Congregate Dining (on-site): 41,413 meals served
Meals on Wheels: 83,272 meals delivered *10.01.17 - 8.31.18**

DISCLAIMER

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SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869
9:00 am - 4:00 pm, Mon-Fri

Lunch is served between
11 am - 12:30 pm Mon-Fri
Suggested donation:
60 & older - \$2.25

Hidden Treasures Gift Shop

10:00 am - 3:00 pm, Mon-Fri

Thrift Store

10:00 am - 3:30 pm

Newsletter Submissions:

Send by the 10th to troberts@carson.org

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