

Senior Sentinel

www.carsoncityseniorcenter.org



UPCOMING HOLIDAYS



VETERANS DAY

HONORING ALL WHO SERVED

Friday, November 10 - CLOSED

Happy THANKSGIVING

Wednesday, November 22 - Closing at 1pm
Thursday, November 23 - CLOSED
Friday, November 24 - CLOSED

INSIDE THIS EDITION

Page 2

- From the Director
- Volunteer Spotlight
- Birthday Queen & King

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- New Yoga Class
- Veterans Day Celebration
- Thanksgiving Celebration
- Christmas Show
- Charlie Abowd Event
- Barry's Trivia

Page 5

- Jewelry & Holiday Craft Sale

Page 6

- Protect your feet!

Page 7

- Notice Board

Center Insert

- Activity Calendar & Menu



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

Winter weather could be near. Do you have a plan to keep safe this season?

If there are unsafe conditions where we need to close the Senior Center, we will have a recording on our voicemail (775-883-0703), plus announce on the news and social media (follow our Facebook page). Meals on Wheels will call all participants if deliveries are cancelled. We will only close services to protect everyone's safety.

Make sure you have a plan in case we are closed. Have shelf-stable meals ready to eat in case power is out. Canned tuna, canned soups, crackers, breakfast bars, and non-refrigerated items are helpful to have on hand.

Reach out to your neighbors if you need help shoveling your driveway. Wear good footwear and dress warm! Or better yet, wait for snow to melt before heading out. Be extra careful in our parking lots as there could be slippery conditions.

Fingers crossed all of the snow stays up in Tahoe and we enjoy brisk days with sunshine.

But just in case, be prepared!

VOLUNTEER *Spotlight*



GRETCHEN MADER

Meet Gretchen. She works every Monday, Wednesday, and Friday in the lunchroom.

Gretchen was brought up in Wisconsin. She went on to attend Nursing School in Chicago. She then continued on to join the Air Force where she met her husband. They ended up having careers in Wichita and raised a daughter. Once the grandkids made her daughter and son-in-law "empty nesters," they all decided to move near the mountains and came to call Carson City home in 2020. She is a retired registered nurse. She loves to sew, garden and attend water aerobic classes.

Come say hi to a new friend!



QUEEN

Gerry Trapp
86

KING

Virgil Christenson
91



October 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..... 775-284-3491
- 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)

DISCLAIMER
The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

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

Meets November 29 (due to holiday), 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 **Mark Weeks, MCD**
Doctor of Audiology CCC Audiologist

408 North Roop Street • Carson City • Nevada
775.885.9888

 *Experience you can trust
Results you can count on*

Jason Overholser, PT
Physical Therapist / Owner

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

UPCOMING *Events*

YOGA

When: Tuesdays, starting November 7, 11:30-12:30pm

Where: Joshua Tree Room

About the Event: Join instructor Ruth Chan, incorporating the 8-directional bending, twisting, and stretching to attain proper alignment to improve flexibility, build physical strength, and increase energy levels.

Fee: \$5.00/class or 10 classes for \$40.00

When: Thursday, November 9, lunch served between 11-12:30pm, event begins at 11:30am

Where: Dining Room

About the Event: Celebrating our Veteran's with a presentation by the Carson High School ROTC and Mayor Lori Bagwell during lunch.



Thanksgiving Celebration

When: Wednesday, November 22, 11-12:30pm

Where: Dining Room

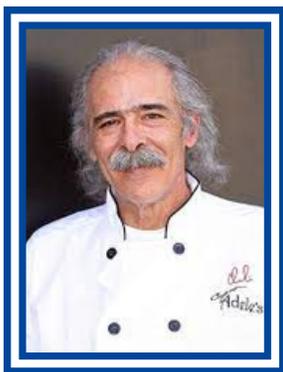
About the Event: Serving traditional Turkey with Gravy, Mashed Potatoes, Stuffing, Veggies, Cranberry Sauce, Roll and Pumpkin Pie!

When: Saturday, December 2, 2pm

Where: Dining Room

About the Event: Holiday music, performances, skits and festive fun. Raffle tickets for purchase

Fee: Free Admission



When: Tuesday, December 12 at 12:30pm

Where: Nevada Room

About the Event: Engage with Chef and Author Charlie Abowd, who recently published, *Recipes and Rambles That Made Adele's a Nevada Hot Spot: Forty Years of Cuisine and History as Told by Chef Charlie Abowd.*

Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: The tallest mountain on Earth is located in what country?

Previous Month's Question & Answer

Q. Guadalcanal is located in what island chain?
A. The Solomon Islands.



<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





JEWELRY

Sale

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!

Thursday, November 2
Friday, November 3
9am to 2pm

At the Carson City Senior Center, 911 Beverly Drive in the Lobby

A Fundraiser for:



MEALS on WHEELS
CARSON CITY

Jewelry Donations accepted year-round



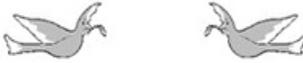
HIDDEN TREASURES GIFT SHOP

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



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

WHAT DO YOU DO TO PROTECT YOUR FEET?

By Sierra Kirby, MPH, RD, LD, CDCES, Diabetes Patient Educator, Carson Tahoe Health

Many people with diabetes experience neuropathy in their feet. Up to 50% of these people may not experience symptoms. This makes it even more important to take care of your feet because there is a higher risk for wounds when you don't have good sensation in your feet. These wounds can eventually turn into a foot ulcer which may lead to amputation.

1. Check your feet daily. Watch for calluses, cuts, sores, blisters, red spots, and swelling.
2. If you can't see the bottoms of your feet, place a small mirror on the floor for an easier view. You can also ask a friend or family member to help you monitor the bottoms of your feet.
3. Wash your feet daily with warm water and soap. Dry thoroughly when done, including between the toes to reduce friction.
4. Never soak your feet, this can lead to tissue breakdown.
5. Use lotion to keep your feet soft and smooth. Never put lotion between your toes.
6. Never walk around barefoot. Even inside your house. Always wear water shoes when swimming.
7. Wear shoes that fit well and protect your feet to prevent blisters and injuries.
8. Check inside your shoes before putting them on to ensure no objects are present and the lining is smooth.
9. Do not use hot water bottles or heating pads on your feet.
10. Avoid over the counter corn and wart removers as these may damage your skin. Have a healthcare provider remove any calluses.
11. Ask your provider to check your feet at every visit.
12. Get a diabetic foot exam done at least once per year. Have your provider trim your toenails if you have poor vision or thick toenails.
13. Contact your healthcare provider if you notice any changes to your feet.

You can learn more by attending the Diabetes Support Group on the 2nd Wednesday of every month from 1pm-2pm in the Tahoe Room.

Our Memory Care Philosophy

SEE THE PERSON AND FIND THE STORY!



SUMMERSET.
SENIOR LIVING

Independent | Assisted Living | Memory Care

6205 SHARLANDS AVE
RENO NV, 89523

MEMORY CARE OPENING SOON!

BOOK YOUR TOUR TODAY!

(775) 260-4432

SUMMERSETSENIORLIVING.COM



NOTICE BOARD

Senior Trouper Theatre Program

Starts November 6th,
weekly on Mondays for
six weeks
1-2:30pm
\$1/class for supplies

ELECTRIC SCOOTERS

Several used electric
scooters (wheelchairs)
available for FREE!

Contact Courtney for more
information (775) 883-0703

DANCE PARTY

with Potluck
Saturday, November 4
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

BINGO

Sunday, November 12
Sunday, November 26

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

\$9/class

Joshua Tree room

Medicare Open Enrollment

Ends December 7

Call Reception for an
appointment today!
(775) 883-0703



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

Newsletter Submissions (due by the 10th):
seniorcenternewsletter@carson.org

I want to subscribe to the Senior Sentinel!

- **Email** (free) - Send an email to seniorcenternewsletter@carson.org
- **Online** (free) - Visit carsoncityseniorcenter.org to view the latest edition.
- **Mail** (\$20.00/year) - Mail or drop off cash or check to our Finance Office with your mailing address.

GOVERNING BOARD

Bruce Scott, President
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Anne Knowles, Director

ADVISORY COUNCIL

Corry Steiner, Chair
Harvey Cohen, Vice-Chair
Lisa Drews
Robert Drews
Becca Krach
Julie Linstrom
Lucy Murphy
Cindy Somers
Lisa Williams
John Wilson

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

BUSINESS MANAGER

Michael Salogga