

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



**Merry
Christmas**

pg 14

Visit **Hidden Treasures** Gift Shop!

SNEAK PEEK

pg 7

Subaru "Share The Love" Event helps Seniors using Meals on Wheels

pg 10

It's time for the Annual **CHRISTMAS SHOW**: music, dancing, talented acts

pg 11

An **American Christmas** Story *(submitted)*

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SPECIAL INSERT - Calendar of Events



**911 Beverly Drive
Carson City, Nevada 89706**

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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

As we turn the corner into the last month of the year and reflect of our accomplishments, milestones & celebrations, let's take this opportunity to thank our Senior Center and Thrift Store volunteers. Without our volunteers, the Senior Center would be void of the friendly, helpful faces bringing joy to our day while also donating their time and skills making our programs the best.

Did you know of the different volunteers helping the Senior Center? In no particular order: Reception, Dining Room, Check-In Station, Sierra Nevada Kiwanis, Thrift Store, Gift Shop, Thursday Bingo, Sunday Bingo, Senior Follies, Rock Shop (Lapidary), Computer Lab, Medicare, Tax, TRIAD, Drivers Safety, Library, Advisory Council, Jewelry Sales, Meals on 2 Wheels, Carson City Kiwanis, Musicians, Notary, Activity Instructors, 50/50 and many unofficial volunteers stepping in and helping out.

Our volunteers are truly the backbone of the Senior Center; they are the people we need, trust and value. They continue to improve and enhance the Senior Center from their acts of kindness and acts of service.

To our outstanding and remarkable volunteers who have chosen to dedicate their energies and time supporting the many services of the Senior Center, we thank you so much.

We are always in need of more hands to help as our organization grows. Consider donating your time, energy and skill to help us succeed. Contact us for more information.

Wishing you a healthy and warm holiday season,

Courtney Warner

Courtney Warner, *Executive Director*

THRIFT STORE DECEMBER SPECIALS

Tuesday | Crafts 50% OFF

Wednesday | Senior Day 50% OFF

Thursday | Kitchen items 50% OFF

Friday | Boutique 50% OFF

**Saturday | Everything in store 50% OFF
including boutique & furniture (Books not included)**

Paperback Book Sale - \$5.00/bag

Joyce Hudson, Thrift Store Manager

(775) 301-6676 • Tues-Sat • 10am-3:30pm

FREE PICKUP of donated items!

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
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○ **\$5 Regular Game Pack** ○
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○ **\$1 Specials** ○
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911 Beverly Drive, Carson City

*All proceeds benefit
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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 you may send an email to: pateckman@aol.com with your contact information.

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Share the Love with Vulnerable Seniors This Year

Exciting news! For the eleventh year running, the Meals on Wheels network is participating in the Subaru Share the Love Event. Over the past ten years, Subaru and its retailers have helped Meals on Wheels to deliver nearly 2 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming. This is simply unacceptable, which is why Meals on Wheels Carson City provides the nutritious meals, friendly visits and safety checks to the seniors of Carson City. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru Share the Love Event.

HERE'S HOW IT WORKS

This November 15, 2018, through January 2, 2019, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Meals on Wheels Carson City will receive a share of the donation from Subaru vehicles sold in Nevada.

You might not be in the market to purchase a new car, but if you are, please look into the Subaru Share the Love Event to learn more. If you're not shopping for a new vehicle, you can still help by spreading the word to your family and friends.

A few quick and easy ways to do that: **(1) Share this newsletter article!** **(2) Share our posts about Share the Love on Facebook: www.facebook.com/carsonseniorcenter. You can also do this on Twitter @CCSeniorCenter or Instagram @HANDLE.**

And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you buy or lease a new Subaru and select Meals on Wheels as your charity of choice.

*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 15, 2018, through January 2, 2019, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. Certain participating retailers may make an additional donation to the Hometown Charities selected. Purchasers/lessees must make their charity designations by January 31, 2019. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc.

Thoughts After An African Safari by Gill ([labhsingh@yahoo.com](mailto:labhsingh@yaho.com))

A few years back I had been to Nairobi, an African city on vacation. Safari tours are arranged there by the traveling companies. They take you into the jungles. You can see the herds of elephants and wild buffalo, zebras, groups of deer and moose. A pride of lions can be seen resting under the shadow of trees. All wild animals walk around and they seldom harm, because they are used to living with the humans. During my two days safari tour I could not see any village or local population in the way. There are some fixed routes for the tourists to go into the jungle.

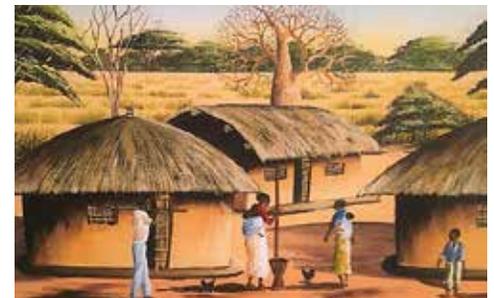
One day we are listening to the morning news. An elephant entered the village and started destroying everything in the way. The wild life department was asked by the administration to control the elephant or kill it, if it is danger to life and property. During some days of the year the hormone level in the body of a male elephant goes extremely high and the animal becomes mad and destructive.

I decided to go to the site. With my friend we drove about 40 miles. We crossed a small village. People lived there in small huts. At one place some kids were digging a bush to hunt a big mouse to eat.

We reached the scene where the elephant was killed. There was a long queue of poor black people. There were young girls and women with no cloths or few cloths on their body. There were naked kids,

both boys and girls. Some elderly women and men; those could hardly stand, were in the line. They all were almost barefoot. In the front of the queue a man was cutting the elephant meat with a saw and axe type tools. He was distributing a piece of meat weighing two or three pounds to everyone. The poor people were pushing forward and broke the line again and again. A guard was there to control the crowd. Even then the people pushed each other to go ahead and get the piece, fearing that meat may not finish before their turn. The kids, elders and weak persons were helpless and struggling to get a piece of meat.

This was all due to poverty and hunger in those backward and poor countries. The tourists are taken to the sightseeing places on the fixed routes so that they do not get the chance to see how the local people struggle with hunger.





THINKING OF SELLING? CENTURY 21 JIM WILSON REALTY A TRUSTED NAME FOR 34 YEARS!

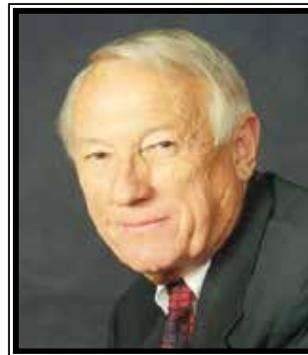
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*Bring this to the travel show!
One entry per person.*

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
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Tequila	Iceland



**Barry's
 Trivia Question
 of the Month
 DECEMBER 2018**

Barry R. Bjorkman
Former Advisory Council Chairman

Q: How many countries are on the continent of North America?

LAST MONTH'S QUESTION AND ANSWER

Q: Who are Si and Am?

A: They are the two Siamese kitties in the film LADY AND THE TRAMP



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CHRISTMAS SHOW

2018

Friday, December 7
1pm

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

A delightful afternoon filled with entertaining music, dancing, and talented acts to bring out the festive spirit in all of us!

Free performance and each attendee receives 1 (one) free raffle ticket!

Golden Girls will be selling extra raffle tickets - all proceeds goes to Meals on Wheels.



A KIND COUPLE SHOWS LONELY KIDS AN AMERICAN CHRISTMAS

By Corry Steiner

In 1948 I came to this country from Holland with my mother and little sister. I was 11 years old, and my sister was 5. My mother was employed as a maid for a wealthy family in San Francisco.

Mom had to live on the premises so she had to find a place for us to live. She found a foster home which was also in San Francisco. The foster parents were an elderly couple who had no children of their own.

The foster father spoke some Dutch, which helped since we didn't speak a word of English. After about nine months, mom had to take us from the home because there had been some abuse. Mom found children's home called Sunny Hills Orphanage, which was located in San Anselmo and was across the bay from San Francisco.

The children's home was a beautiful place, but of course it wasn't home. The younger children were located in a different complex, which was quite a distance from the main buildings and so my sister and I never saw each other. My two-story dormitory was located near the pool and the dining hall.

The toughest thing for me was my mother could only come to visit us every other week. She would come by bus on Sunday mornings, spend a few hours and then have to go back again, and the poor thing had only enough money for the trip and would bring a peanut butter sandwich so she would have something to eat that day.

When Christmas was getting closer, I knew it was going to be pretty lonely. A lot of the children would be going home for Christmas and my sister and I had nowhere to go.

About a month before Christmas, a wonderful couple came and spoke with the administrator asking if they could take a little girl home for the holidays. They had no children of their own, and thought that sharing the holidays with a child might make the Christmas holidays that much nicer.

The administrator said she had somebody in mind and would they mind taking two girls. I guess they weren't so thrilled at first, but after much discussion they agreed. The agreement was that they would pick us up on the Saturday before Christmas so that we could get to know them and feel a little more comfortable with them.

I was told the good news and couldn't wait till they came to pick us up. I was nervous, of course, but it didn't take long before we felt right at home. I remember seeing their beautiful home which was in the hills and couldn't believe my eyes that they had wanted us to come spend Christmas with them. After they could see that we were feeling comfortable, they asked us what we wanted for Christmas.

I immediately told them that I wanted an accordion. After they choked a little, they asked if there wasn't something else that I might like that maybe didn't cost as much. I told them that I would love to have a radio. My sister was too young to care, but I wanted to make sure I gave them my wish list. After a most wonderful weekend, they brought us back home and we couldn't wait to see them again the following week.

On Christmas Eve, they came to get us, and I remember the excitement I was feeling since this was our first Christmas in the United States. I was also a little depressed since we wouldn't be seeing our mother during this time, but these kind folks made sure that we forgot our sorrows.

We arrived at a home of some friends of theirs, and to my amazement they had all brought presents for us. I can still remember getting a pink sweater, a tray to organize your drawer (which I still have to this day) and my little white radio. I know they enjoyed watching us as we opened our packages to see the excitement on our faces.

We ate delicious food, sang songs (we just listened as we didn't know the language that well yet) and when night time came they took us to their home where we collapsed after the most wonderful evening of my life. The next morning, they fixed breakfast and then the preparation for the big turkey dinner began. I, of course, was glued to my little white radio.

When the dishes were done and the Christmas festivities were over, we were brought back to the orphanage, to never see this wonderful couple again. I wish I could have known the names of this couple so that I could have let them know how they have touched my life, how their act of kindness will be with me for the rest of my life. They have taught me to do for others, especially during the holidays when there are so many families who are in need. I thank them for a great memory.



Eagle Valley Care Center

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Memorial Writers Seminar Spring Session 2019

Wednesdays, February 6 to May 15
9:30-11:00am in the Tahoe Room

Sign up with the Senior Center Receptionist.

This informal seminar is designed for senior citizens who wish to write their memoirs. Writers use a first person narrative format in drafting episodes [personal experience

stories] arranged in chronological order. Using black ink, they double-space episodes in spiral-bound college-ruled writing journals. The process leaves space for editing, and it makes drafted episodes easy to read.

The working draft audience is limited to seminar writers; the final draft audience is limited to relatives & friends. Charlie McGranaghan, a retired writing instructor, is the seminar guide. He provides materials including black pens and writing journals. ***** NO FEE *****



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Older Adults Can Increase Their Life Expectancy By Adopting A Healthier Eating Pattern

Author: <https://www.fruitsandveggiesmorematters.org/increasing-older-adults-life-expectancy>

WHAT THEY'RE SAYING

Adopting a balanced diet that focuses on fruits and veggies (even later in life) promotes longer life expectancies and better quality of life in older adults.

WHAT WE KNOW

Who doesn't want to live forever young? With America's current shift to a larger number of older adults—thanks to advanced medicine and a well-nourished population—an increased emphasis on the care of adults over 70 years of age has come into the limelight. As we age, the number of health-related problems seems to increase. Many older adults accept these changes in their bodies as inevitable and believe that there's little they can do to prolong a happy, healthy life. Perhaps you've noticed this about your own parents or grandparents.

We know the top three leading causes of death in the United States (for adults) are heart disease, cancer and stroke. Evidence shows that leading a healthy lifestyle—eating a balanced diet that emphasizes fruits and vegetables and being physically active*—can decrease the risk of all three of these! New research is looking specifically at the dietary patterns of older adults to determine if their diet alone in later years of life has any effect on promoting a longer life.

HOW DO WE KNOW THIS?

A recent study published in the Journal of the American Dietetic Association looked at the dietary patterns of 2,582 older adults ages 70-79 for an average of 8 1/2 years after initial assessment. The study found that older adults who ate from the Healthy Food Cluster—higher intake of low-fat dairy products, fruit, whole grains, poultry, fish and vegetables—had a significantly lower risk for mortality when compared to the High-Fat Dairy Products and Sweets and Desserts patterns of eating. A diet pattern consistent with current dietary recommendations was associated with “superior nutritional status, quality of life and survival of older adults.”¹

A separate study published in the Journal of the American Dietetic Association also reported that individuals 70 years old and older who scored highest in adhering to nutritional recommendations (eating fruits, vegetables, whole grain cereals, non-fat/low-fat dairy product, olive oil, legumes, whole grain bread, and seafood (1-2 days per week) most often, if not daily) decreased many of the risk factors associated with heart disease. These included lowering the odds for obesity and hypertension.² With heart disease and stroke being listed as the number one and number three causes of death, respectively, this is pretty significant finding!

OUR ADVICE

While getting old is inevitable, feeling old isn't! The young and old alike can benefit from a healthy eating pattern and exercise! These two factors alone can significantly reduce the risk of many of leading causes of death and the risk of weight gain associated with aging.

So cherish your life now and continue doing so into your older years by staying active and enjoying your fruits and veggies! And if the older adults in your life didn't start young, switching now to a balanced diet that focuses on fruits and veggies can still offer many benefits contributing to life expectancies and a better quality of life.

The Notice Board

Christmas Season is here!

Come visit

HIDDEN TREASURES GIFT SHOP

Located in the
Carson Senior Center
911 Beverly Dr. • Carson City
Mon-Fri 9am-3pm

We have a large variety of Christmas designed Table Runners, Placemats, Quilts, Towels and Holiday designed craft items. Our crafters have been busy making new and unique items for the Season.

Our Christmas Bazaar held in November was very successful, but if you missed the Bazaar, here is your chance to see some of the beautiful items that were on display.

We have See's Candy. It always makes a great Gift for that person who is hard to buy for.

We hope everyone has a great Holiday and thank you for your year-around support!

 *Merry Christmas* 
& Happy New Year!

La - Tea - Da Knitters

The La-Tea-Da Knitters (and Crocheters) meet weekly at the Carson City Senior Center.

We gather on Tuesday and Wednesday afternoons between 1:00 and 4:00 in the Job's Peak Room (downstairs). If you would like to volunteer your creative skills on either or both days, please come and join us.

Many people have given generous donations of yarn to our group so we can continue to make items for charity.

As of November 1st, in this year alone we have created more than:

**200 hat and scarf sets
for a local elementary school**

**70 lap robes and afghans
for Meals on Wheels clients**

**55 baby blankets and hats
for the Mom's Clinic**

**11 blankets & 32 Premie hats for the
Hospital Pediatric Unit Family blankets
for Ron Woods Family Resource Center**

We wish to give a **BIG THANK YOU** to all the generous donors who have made and are making the creation of these items possible!

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

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!

only \$3! **See you soon!** **only \$3!**
-Darlene Mann, Joanne Avery,
and Our Special Bunco Friends

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.**

The Notice Board

UPCOMING CLOSURES

Monday, December 24
Closing at 1pm (Christmas Eve)

Tuesday, December 25
Closed in observance of
Christmas

Monday, December 31
Closing at 1 pm
(New Years Eve)

Tuesday, January 1
Closed in observance of
New Years Day

Dance Classes

Aprender a bailar

Join us every
Monday at 1:30 pm
in the Nevada Room

Learn to dance
like the Stars!

Rumba, Cha Cha, Swing,
Tango, Waltz, Night Club
Two Step, Salsa, Merengue,
Cumbia and many other
Ballroom and Latin Dances

only \$5.00 per class

We have lots dance space!
Come out and have
a lot of fun while you learn.

NEED SOMETHING NOTARIZED?

Come visit our notary, Joy Masepoli!

When: Tuesdays 9:00am-12:00pm

Where: The Zephyr Room
inside The Carson Senior Center



Carson City **LIBRARY**

Friday • December 14
11:45 am

The library is not just for books!

Please join us for

"A Visit With the Carson City Library"
with Sena Loyd, Library Director,
Friday, Dec. 14, at 11:45. Learn about all
of the programs, classes and activities
available at the Carson City Library!

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 _____

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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Pam Couch, Director

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Warren Bottino

**DEPARTMENT
BUSINESS MANAGER**

Michael Salogga

911 Beverly Drive Carson City, Nevada 89706

