

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

Wishing everyone a healthy, safe, and festive holiday season and Happy New Year!

With thanks,

Courtney Warner

Courtney Warner / Executive Director

CCSC HOLIDAY CLOSURE

Thursday, **December 23**
closing at 1pm

Friday, **December 24**
closed for Christmas

Thursday, **December 30**
closing at 1pm

Friday, **December 31**
closed for New Years




WINTER WEATHER AHEAD

Plan ahead as cold weather 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 our voicemail 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.


2021
CHRISTMAS SHOW
Holiday music, performances, skits and festive fun!
DECEMBER 10, 2021
1:00PM - 2:30PM
CARSON CITY SENIOR CENTER
911 BEVERLY DRIVE
FREE Admission
Raffle Tickets available for purchase



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 Lifeline	1-800-273-8255
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

775.885.9888



OPTIMUM
PHYSICAL THERAPY

*Experience you can trust
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

A Very Merry Christmas Indeed

Submitted by Linda (White) Zimmerli

I was Director of Volunteers at a Presbyterian Hospital in Oklahoma City the Christmas of 1989. The Auxiliary had money to bring to the corporate table and that December meeting I proposed adopting a family for the holidays.

Anita (one of my volunteers) had cerebral palsy, and once a week I would drive to her small town on my way to work and pick her up. She loved being around people and looked forward to helping them during their stay in the hospital. She owned a "shack" in the small town of Noble, and her daughter and granddaughter lived with her.

With the budget allowed, I decided to buy hightop tennis shoes and the latest fashion in jeans for the granddaughter. I bought a pair of slippers and a robe for the daughter.

When it came to Anita, luckily I knew our local banker. I went in and asked for the balance on her home. I knew she was down to just under a year left. She had lived in that house all her married life and was struggling after her husband died. She didn't drive and couldn't count, so I would take her for her monthly ritual to the bank and that November she told me she only had 11 more payments to go.

That snowy Christmas Eve morning my staff and I went to Anita's home loaded with lots of goodies. She was so excited to watch her granddaughter and daughter open their gifts.

When she got to hers, she was grinning in anticipation of a new pair of shoes. However, inside *her* shoebox was **the deed to her home**. The look of shock and happiness on her face made for the best Christmas experience I've ever had.

Don't Judge Too Quickly...

Submitted by Corry Steiner

A young couple moved into a new house. The next morning while eating breakfast, the woman saw her new neighbor hanging her wash outside. She said, "Her laundry is not very clean; she doesn't know how to wash correctly. Perhaps she needs better soap powder?" Her husband looked on, remaining silent. Every time the neighbor hung her washing out to dry, the young woman made the same comment.

A month later, the woman was surprised to see nice, clean wash on the neighbor's line and said to her husband, "Look, she's finally learned how to wash correctly. I wonder who taught her this?" The husband replied, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the clarity of the window through which we look. So don't be too quick to judge others, especially if your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires.

"Judging a person does not define who they are. It defines who you are."



Homestead Holidays

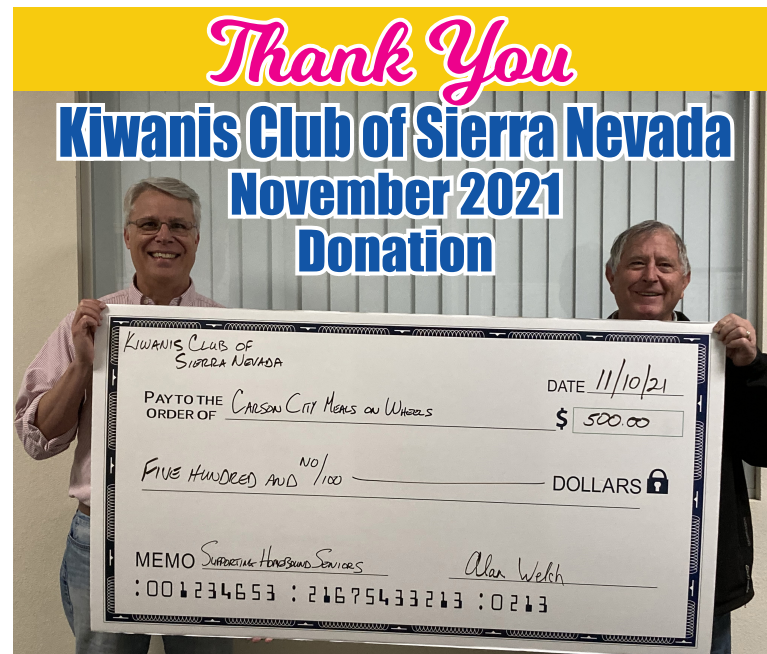
Dec 10-12 5pm-8pm at the Silver Saddle Ranch

- Photos with Santa
- Live Music
- Wagon Rides
- Christmas Craft Market
- Food
- Decorations & Lights
- Drink Tent
- And More!

CARSON CITY
PARKS, RECREATION & OPEN SPACE

ALLISON MACKENZIE
ATTORNEYS & COUNSELORS AT LAW

SILVER SADDLE RANCH
EST. 1988



Thank You

Kiwanis Club of Sierra Nevada

November 2021

Donation

KIWANIS CLUB OF SIERRA NEVADA

PAY TO THE ORDER OF CARSON CITY MEN'S AND WOMEN'S

DATE 11/10/21 \$ 500.00

FIVE HUNDRED AND NO/100 DOLLARS

MEMO SUPPORTING HUSBAND SERVICES Alan Welch

:001234563 : 21675433213 : 0213



Christmas Bazaar

Hidden Treasures Gift Shop

December 2 & 3

10am - 3pm

*Handcrafted Holiday items
made by Seniors 60 years and older*

Open To The Public

NOTICE BOARD



Refreshing your driving skills
could reduce your auto insurance costs.*

Take the AARP Smart Driver online course
to see how much you could save!

Visit: www.aarpdriversafety.org

In-person courses tentatively to start in early 2022 – check back mid-January (pending COVID infection rates)

CARSON CITY SYMPHONY PERFORMANCE

Not quite ready for Carnegie Hall
players will perform during lunch

Thursday, December 16

11-12pm Dining Room

You're welcome to listen without
having lunch



MEDICARE TODAY

FIND THE RIGHT MEDICARE COVERAGE PLAN

Open Enrollment Until December 7

It's crucial to ensure your Medicare coverage fits
your needs and provides access to high-value care.
Access to prescription drugs is important, and many
beneficiaries rely on Medicare Part D plans for their
medications. Beneficiaries can ensure they have a Part
D plan that works for them **during Open Enrollment.**

To sign up or change your plan, call 1-800-Medicare
(1-800-633-4227) or visit www.Medicare.gov

For local assistance, find your State Ship at
www.ShipHelp.org

Determine eligibility for Extra Help, a program within
Medicare that assists with Part D prescription drug
plan costs. To qualify or to apply, you must complete
an application at www.socialsecurity.gov/extrahelp or
call 1-800-772-1213 (TTY 1-800-325-0778)

For more information on Medicare, Medicare Part D
enrollment and how to choose a Part D plan, visit
www.medicaretoday.org • www.seniorsspeakout.org

CRIBBAGE

Looking for cribbage players to start
a group. Contact Courtney to sign up
(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 Dr, on **Friday, December 3, 6-9pm**. Doors
open at 5:45pm. Admission is \$10.00/person, open
to all ages. Light refreshments served included with
admission. Dances are the 1st Friday of each month!



SUNDAY BINGO

December 12, 26, 31

\$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



Exciting news! For the 14th year running, the Meals on Wheels network is participating in the 2021 Subaru Share the Love Event. Over the past thirteen years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.5 million meals nationwide to seniors in need. We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve.

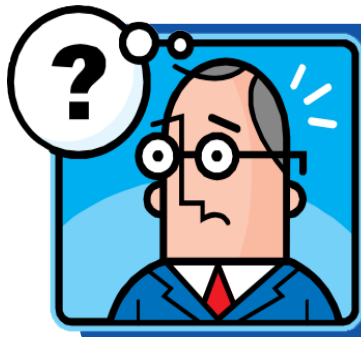
Many seniors are struggling to stay independent and healthy. One in four lives in isolation, one in seven might not know from where their next meal is coming. This is simply unacceptable, which is why Meals on Wheel Carson City provides the nutritious meals, friendly visits and safety checks to the seniors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

This November 18, 2021, through January 3, 2022, 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 charities participating. Through this event, Meals on Wheels Carson City will receive a share of the donation from Subaru vehicles sold.

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 are as follows:

Please help spread the word! Share our posts about the Subaru Event on Facebook at www.facebook.com/carsonseniorcenter or on Twitter @CCSeniorCenter or Instagram @carsoncityseniorcenter

This holiday season, help ensure our senior neighbors are not forgotten. If you purchase or lease a new Subaru, please select Meals on Wheels as your charity of choice.



Barry's Trivia Question of the Month

DECEMBER

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What are the only two states in America with perfectly straight borders on all four sides?

PREVIOUS MONTH'S QUESTION & ANSWER

Q: Where was the HAL-9000 built?

A: Urbana, Illinois

SIZZLING SENIOR DAYS

Gold Dust West
Casino • Hotel • RV Park
Carson City

171 E William Street
775.885.9000 | 877.519.5567
www.gdwcasinowest.com

See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4700. ©2018, Jacobs Entertainment, Inc.

Your Home Full of Friends

**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**

**FITZHENRY'S
FUNERAL HOME AND
CREMATORY**

3945 Fairview Drive
Carson City, Nevada 89701
www.fitzhenrysfuneralhome.net
775-882-2644

- ◆ Full service funeral home and crematory
- ◆ Crematory on site
- ◆ Proud sponsor of senior follies
- ◆ Serving the community for over 40 years
- ◆ 100% Service Satisfaction Guarantee
- ◆ Available Staff 24 hours a day

Christie Wilde
Location Manager

Dignity[®]
MEMORIAL

∞ 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



**NOVEMBER
BIRTHDAYS**

Queen

VERA LOGIE
90 Years Young



King

RICHARD CASTLE
73 Years Young





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.

DISCLAIMER

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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

GOVERNING BOARD

Bruce Scott, President

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Michael Crossley, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Chris Gray, Director

Anne Knowles, Director

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ELDER RESOURCE ADVOCATE

Warren Bottino

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Michael Salogga