

Senior Sentinel

www.carsoncityseniorcenter.org



UPCOMING HOLIDAYS



Friday, December 22 - Closing at 1pm
Monday, December 25 - CLOSED



Friday, December 29 - Closing at 1pm
Monday, January 1 - CLOSED

INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- Christmas Show
- Charlie Abowd Event
- Christmas Lunch
- Barry's Trivia

Page 5

- Holiday Craft Sale

Page 6

- Tips for a Happy and Healthy Holiday Season

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

Many thanks for the amazing people doing incredible things. Thank you is never enough, but let's give it a try.

JEWELRY SALE VOLUNTEERS - A huge thank you to the volunteers who spend all year organizing and pricing the jewelry. This sale was another record year thanks to their many hours of work!

KIWANIS CLUB OF SIERRA NEVADA - Thank you for decorating the Senior Center and creating a joyous and festive look. We appreciate your time and service!

CARSON CITY TOYOTA DONATES TO MEALS ON WHEELS - Big hugs to Carson City Toyota for their \$2,500 donation to Meals on Wheels. Toyota keeps our wheels spinning! Thank You!



VOLUNTEER *Spotlight*



VICKIE LAHEY

Vickie recently joined us and works in our Gift Shop!

Vickie is a long time resident of Carson. She has been married for 23 years, has two kids, and five grandchildren. In her spare time she loves camping in the summer, and crocheting and knitting in the winter months! Please stop by the Gift Shop on Tuesdays and say hello!



QUEEN

Corry Steiner
87

KING

Richard Moore
82



November 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)

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

Meets 4th Wednesday of the
month, 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
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

DISCLAIMER

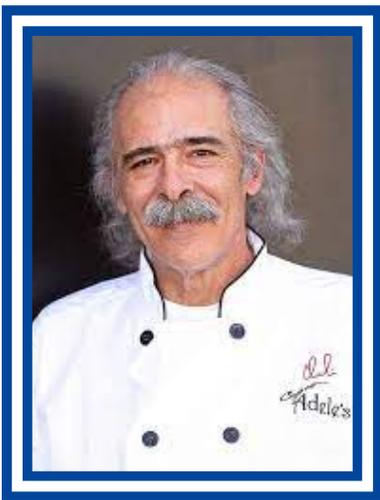
The Carson City Senior Center does not endorse nor do we guarantee any products or services of our advertisers or sponsors. Articles submitted are the opinion of the writers and not necessarily that of the Carson City Senior Center.

UPCOMING Events



When: Thursday, November 30, Friday, December 1, Saturday, December 2, 9-5pm
Where: Lobby
About the Event: The Hidden Treasures Gift Shop is hosting its annual Holiday Craft Sale with unique arts, crafts, and gifts!
Fee: Free Admission

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: Joshua Tree 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.*
Fee: Free Admission

When: Friday, December 22, 11-12:30pm
Where: Dining Room
About the Event: Serving Brown Sugar Honey Glazed Ham, Mashed Potatoes with Gravy, Mushroom Strata, Green Beans, Whole Wheat Roll, and Apple Pie
Fee: \$2.25 Suggested Donation (60+); \$6.00 fee (59 and under)



Christmas Lunch



Use caution when on sidewalks and entering/exiting your vehicle. In the event of extreme winter conditions, we may need to close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered. For more information or to verify the Senior Center is open, call 775-883-0703.

Barry's Trivia Question of the Month

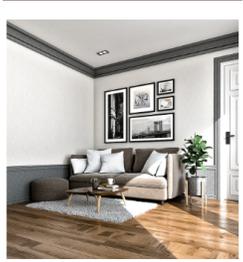
by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the Capital of Libya?

Previous Month's Question & Answer

Q. The tallest mountain on Earth is located in what country?
A. Nepal.



<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

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

Celebrate Life at Sunnerset Senior Living Adaptive & Memory Care Now Open!



CELEBRATING LIFE'S JOURNEY



SUNNERSSET[®]
SENIOR LIVING

Independent | Assisted Living

6215 SHARLANDS AVE
RENO NV, 89523

Adaptive Care | Memory Care

6205 SHARLANDS AVE
RENO NV, 89523

BOOK YOUR TOUR TODAY!
(775) 260-4432
SUNNERSSETSENIORLIVING.COM

TIPS FOR A HAPPY AND HEALTHY HOLIDAY SEASON

By Laura Deverse RD, LD, CNSC, CDCES, Carson Tahoe Diabetes & Nutrition Educator

Staying healthy during the holidays can feel challenging. Tempting treats and full schedules can derail our goals for eating healthy and staying active. While we want to enjoy the spirit of the season, it is important to find ways to enjoy the festivities without affecting our health. Although the holiday season is not the same for everyone, the following tips can be a good reminder for anyone this time of year as we look towards a new year!

- **Plan Ahead.** Many of us have traditions that fill our time this time of year. Take a few hours and focus on your goals for staying on track throughout this season by writing them down. Look ahead at your schedule and decide on a plan for handling those extra sweets or busy days.
- **Mindful Eating.** Do not skip meals or snacks! Start with a healthy breakfast. For example, oatmeal with fruit and nuts or scrambled eggs with whole grain toast. Enjoy your favorite holiday dishes but if dressing and pumpkin pie are your favorites, and bypass the dinner roll and mashed potatoes. Enjoy a large serving of the roasted vegetables that you brought to share. Savor your food and slow down when eating.
- **Hydration.** Even with colder temperatures, our bodies need water to run smoothly. Use low-calorie options and try adding fruit to sparkling water or sipping on cinnamon tea to add flavor and feel festive without adding calories. Remember portion control with high calorie favorites such as eggnog or cider. Alternating a glass of water between alcoholic beverages can help you stay hydrated.
- **Healthy Meals and Healthy Substitutions.** When eating at home, include colorful and seasonal fruits and vegetables to all of your meals. And remember, frozen options can be as nutritious as fresh and sometimes more economical. Add apples or roasted butternut squash to festive fall green salads. Use lightly



salted nuts or raw vegetables with hummus for appetizers and snacks. Dark chocolate is a great treat in small amounts; it has less sugar and more fiber than milk chocolate.

- **Stay Active and Keep Moving.** Plan for shorter exercise sessions on the busy days. Try to move your body every day, and include indoor options when the weather is not cooperating. Active movement is a great stress reliever and can support emotional health as well as physical.
- **Self-Care & Stress Management.** Find time each day to do one activity that is strictly for you and your health. Watch a favorite movie or read a beloved book, go for walk, enjoy a cup of tea, or do whatever brings you a moment of joy. It is important to get enough sleep, try deep breathing exercises or relaxing music at bedtime.
- **Grace and Gratitude.** Connect with others and lean on your support system when you feel overwhelmed or off track. Keeping a gratitude journal has been shown as a positive way to reduce feelings of stress and isolation. Be kind to yourself when you overdo it, it happens to us all! Success, no matter how small deserves to be celebrated!

Join the monthly Diabetic Support Group! December's meeting will be a recipe exchange with cookies to sample!



SUBARU share the love® EVENT

November 16 through January 2.

NOTICE BOARD

NEW YOGA

Tuesdays, 11:30am

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

Christmas Caroling

December 15
11am

Carson Chamber Singers
will sing holiday favorites
during lunch.

DANCE PARTY

with Potluck
Saturday, December 2
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

BINGO

Sunday, December 10
Sunday, December 31

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

Medicare Open Enrollment

Ends December 7

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

CARSON CITY LIBRARY

December 11
10:30-12:30pm

In the Lobby



CARSON CITY SENIOR CENTER

911 Beverly Drive Carson City, Nevada 89706

SENIOR CENTER

(775) 883-0703

9 a.m. to 4 p.m., Monday - Friday

On-Site 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