

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

**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**

This month we are celebrating a major milestone ... 50th year of providing senior nutrition programs! We have been proud to feed our seniors in congregate (on-site) and Meals on Wheels and looking to celebrate. We have lots of activities going on throughout the month so please, bring a friend and join us!

-Courtney Warner | *Executive Director*

SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE



Phone Pals



Sign up to receive a friendly phone call from a volunteer as part of our new “Phone Pals” program. The goal of this program is to connect seniors who would like to connect more with others but may be limited due to being homebound or staying home due to the pandemic. This new pilot program is a safe way to connect with others using the phone. Sign up by calling Courtney Warner at (775) 883-0703.

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.**



Don't rely on
Luck
to sell your home...
CALL US INSTEAD!

Compassionate. Trustworthy. Experienced.



Infinity Hospice Care
A Family of Caring

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)

**4th Wednesday meetings are
on Zoom until further notice.**

**Contact the Alzheimer's
Association for details.**

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



Paul Breen



Stop by and say hello to Paul who “mans” the information desk on Monday and Wednesday mornings! Paul is a welcomed addition to our volunteer staff with his dedication and professional manner. Paul is originally from Michigan and relocated to Incline Village and eventually here in Carson City. He has since retired from the Sales Profession after almost 40 years. He is married to his beautiful wife Sue and has 3 grown children.

Paul played basketball on a city league for almost 20 years. Now he is into golf and has recently taken up the newest rage Pickleball!! Again, we are so happy to have him. He’s a delight to be around.

Free Tax Return Preparation

The AARP Tax Aide Foundation will offer Tax Return preparation and counseling at the Carson City Senior Center at **NO FEE** to the taxpayer. Trained and certified volunteer tax preparers will conduct this free service on Mondays and Wednesdays beginning on **Wednesday February 2, 2022 through Wednesday, April 13, 2022**. The hours of service will be from Noon to 4:00 PM and will be available to all seniors and taxpayers with low to middle income. Special attention is given to individuals 60 years of age and older. Note, if the taxpayer or any member of the taxpayer’s household purchased health insurance through the Nevada Health Link or the federal HealthCare.gov site, the taxpayer must bring all forms 1095-A to his/her appointment. Taxpayers are also required to present valid government photo IDs and Social Security cards. The Computer Lab will be closed Mondays and Wednesdays from 11:30AM to 4PM during the tax season.

Appointments are required and can be made beginning Tuesday, January 18 by calling reception at 775-883-0703 between 9am and 2pm.

We look forward to serving you!

Patricia Eckman, AARP Tax Aide, Local Coordinator

6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5

Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)

[ncoa.org](https://www.ncoa.org) | [@NCOAging](https://twitter.com/NCOAging) | © 2021 | All Rights reserved.

nco
national council on aging



Thank you to WNC student of the "Nerd Herd" Student Club

Western Nevada College’s Nerd Herd officers Alexander Bevans and Alyssa Butler handed out socks and blankets at the Carson City Senior Center. The student club raised money for the donations in the fall. In addition, the Carson City Senior Center received \$482 for its Meals on Wheels program after the students’ community fundraising efforts were matched by the Pay It Forward Project created by John McDougall.

NOTICE BOARD



SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

50TH ANNIVERSARY

of Senior Nutrition Programs Celebration

March 1 - Burgers on the Grill at Lunch

We're bringing out the BBQ to grill you FRESH burgers to kick off the celebration

March 3 at 8:30 am

Proclamation at Board of Supervisors Meeting

Join us for a special proclamation by Mayor Bagwell

March 4 - Birthday Friday

Today's cake is sponsored by Vineburg Machining, Inc.

March 14 - Pi Day!

In recognition of National Pi Day, we're serving Pie with lunch

March 17 - St. Patrick's Day Party with Lunch

Wear your best green and enjoy an Irish lunch

March 25 - Root Beer Floats with Lunch!

On-site lunch, we're serving root beer floats. Look out for special VIPs to serve up these special treats!

March 30

Welcome Wednesday

Tours & Lunch

Are you new to the Senior Center?

Join us for a tour and lunch!

Please RSVP at Reception

(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 Drive, Friday, March 4, 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!

CRIBBAGE

Thursdays | 10-12pm | Sierra Room

TAI JI QUAN

Mondays & Wednesdays: January 24 - April 20

Time: 3-4pm (4-5pm 4th Wednesday)

Room: Joshua Tree

TAI CHI CLASSES

Fridays: January 28 – March 4

Time: 10:00-11:00 Room: Joshua Tree

Seeking Donated Jewelry

Donate your gently used jewelry for our bi-annual jewelry sale, a fundraiser for Meals on Wheels.

Drop off at Reception today!



SUNDAY BINGO

March 13 & 27

\$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

MOVIE MATINEES

Seeking movie fans to volunteer to create a new movie club at the Senior Center. We're looking to host monthly (or more) movie matinees showing classic, new releases, westerns – you name it! We'll provide everything for the movies but need volunteers to help select movies and lead the event. Is this you? Sign up with Courtney Warner at (775) 883-0703.

Submitted by Corry Steiner

I'm not trying to make waves here, but my opinion: Dove chocolate tastes way better than their soap.

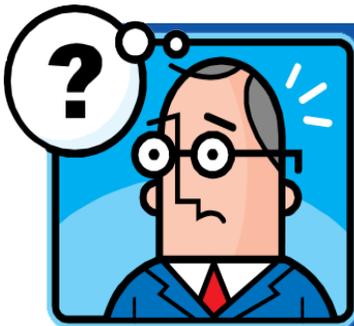
A cat died and went to Heaven. God said, "You were a very good cat. Anything you want is yours for the asking."

The cat said, "As a farm cat, all my life I had to slept on hard wooden floors. I would like a big fluffy pillow to sleep on." Instantly, a huge soft pillow appeared for the cat.

A few days later, six mice were killed in an accident and went to Heaven. God made them the same offer He made the cat. The mice said, "We have had to run all of our lives: from cats, dogs, and people with brooms! If we could have roller skates, we would never have to run again." Suddenly, all the mice had beautiful little roller skates, and they zoomed off happily.

A week later, God checked on the cat. He asked, "How are you doing? Is everything okay? Are you happy?"

"Oh yes!" the cat replied. "I've never been happier! I sleep so well on my big, soft pillow, and those little Meals on Wheels you have been sending over are incredibly delicious!"



Barry's Trivia Question of the Month MARCH

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What are the names of the Seven Dwarfs?

PREVIOUS MONTH'S QUESTION & ANSWER

- Q. What states border Nebraska?
- A. South Dakota, Wyoming, Colorado, Kansas, Missouri and Iowa.



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

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



See Gold Rewards Club for details. Management reserves all rights. Must be 21 or older to gamble. Gambling Problem? Call 1-800-522-4300. ©2015, Jacobs Entertainment, Inc.

Your Home Full of Friends!

**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



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**



**FEBRUARY
BIRTHDAYS**

Queen

ANN HOLMES

85 Years Young



King

TONY MARCIN

69 Years Young





CARSON CITY SENIOR CENTER

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

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.

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
Tom Baker, Secretary
Michael Crossley, Treasurer
Michael Pavlakis, Director
Pam Couch, Director
Chris Gray, Director
Anne Knowles, Director

ADVISORY COUNCIL MEMBERS

Diane Maguire, Chairman
Corry Steiner, Vice Chairman
Lisa Drews, Council Member
Robert Drews, Council Member
Teri Krebs, Council Member
Lucy Murphy, Council Member
Cindy A. Somers, Council Member
John C. Wilson, Council Member
VACANT position

SENIOR CENTER DIRECTOR

Courtney Warner

ELDER RESOURCE ADVOCATE

Warren Bottino

DEPARTMENT BUSINESS MANAGER

Michael Salogga