

Senior Sentinel

www.carsoncityseniorcenter.org



HOLIDAY CLOSURE

Monday, May 26



SPECIAL MAY DATES

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025



Sunday, May 11

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CARSON CITY SENIOR CENTER

Hours of Operation

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

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

Hidden Treasures Gift Shop: 9 a.m. to 2 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

from the Director, Courtney Warner

Taxes are a wrap and we extend a **BIG THANK YOU** to volunteers and staff who helped make the Tax-Aide program a success! It takes many hands and heads to provide this valued service to the community. We are honored to be a large program helping complete nearly 1,000 tax returns while also being in full compliance with the IRS Quality Review process to ensuring accurate tax returns are filed.

Successes and Highlights:

- 988 tax returns were completed.
- Reception volunteers made 52 appointments in 19 days
- Taxpayers donated \$3,830.85 for Meals on Wheels!



Thank You

VOLUNTEER *Spotlight*



JANICE CALDWELL

Janice Caldwell has volunteered for 10 years and was inspired to utilize her 24-year career experience with the federal department of Health and Human Services and Center for Medicare and Medicaid to assist those who need help navigating the Medicare system. Her experience also includes 13 years as the Associate Commissioner of Age and Disabled Services in Texas, where she regulated nursing homes, set pharmacy and healthcare rates, and then in Nevada since 2015 participated in the SHIP state health insurance program. Janice received her Doctorate at University North Carolina at Chapel Hill where she learned to love basketball, has called Carson City home since 2004, plays tennis regularly, and enjoys gardening and spending time with her daughter and brother.



QUEEN
 Charis Marrin
 85



KING
 Sam Rispoli
 94

April Birthdays



Celebrate your birthday with us -
 1st Friday of each month!
 Thanks to a generous donor, the
 Queen & King win \$50 in cash!

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
- Medicare Assistance Program (MAP)(SHIP).. 1-800-307-4444
- 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
- Suicide Prevention Lifeline 1-800-273-8255
- Veterans Administration 775-786-7200
- VA Medical Benefits Information 1-800-827-1000
- VARN (Volunteer Attorneys for Rural NV) ... 775-883-8278
- Weatherization Program 775-887-1795, X124
(Nevada Rural Housing Authority)



**alzheimer's
association®**

SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of each 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

SENIOR
Celebration

FREE 2025-2026 Edition

JOIN US FOR THE 26th ANNUAL SENIOR CELEBRATION EVENT!

Thursday, May 8, 2025

8:00 am to 12:00 pm

in the

Casino Fandango Grand Ballroom
Carson City, NV

Join Senior Service Network for the free health and wellness fair, designed to connect seniors with valuable resources, services and community support. With more than 80 vendors, attendees can explore a wide range of health, wellness, and lifestyle services tailored to older adults. Enjoy raffle prizes and take advantage of on-site vaccinations for added convenience. Celebrate Older Americans Month with one of Northern Nevada's largest senior fairs. Organizers urge seniors not to miss this opportunity to connect, learn and thrive.

**VOLUNTEERS
NEEDED**

Are you retired and have checked all the boxes on your bucket list? Are you new to the area and looking to connect with your new home town? Do you enjoy customer service and have professional office experience?

You're invited to learn about volunteer opportunities by contacting Drew.

Visit www.carsoncityseniorcenter.org to apply or Call (775)883-0703, Ext 7980

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UPCOMING *Events*

NO LIMITS... NO BOUNDARIES... TENACIOUS WOMEN OF THE EASTERN SIERRA History Program

When: Tuesday, May 13 at 1:30pm
Where: Carson City Senior Center Nevada Room (West End)
About the Event: The Eastern Sierra Nevada has attracted brave mountaineers, adventurous rambblers and inspired thinkers from time immemorial. But its not just men that have found their “best selves” in the shadow of these mighty peaks. From brave Native Americans who often led their people through great challenges to one of America’s greatest wordsmiths, the Eastern Sierra has been home to many fierce and determined women. Join local historians and authors David & Gayle Woodruff in a 55-minute slide show as they take a closer look at a few of these remarkable “local” ladies. Free Event. RSVP not necessary.

A Conversation with Bob Nysten

FRONTIER BASEBALL IN NEVADA



When: Tuesday, May 20, 12:30pm
Where: Carson City Senior Center Joshua Tree (East End)
About the Event: Bob Nysten has researched and written about the fascinating history of Frontier Baseball in Nevada. His talk will highlight how the sport spread across Nevada in the late 1860s, capturing the excitement of Nevadans. He will cover how teams were formed, how games were played, and why the scores were so high. For example, the Carson Silver Stars beat the Virginia City Baseball club by the amazing score of 82 to 31. Bob will also tell how he organized and umpired a reenactment game between Carson City and Virginia City teams in 1992, using rules from 1869. Virginia City won the rematch and avenged the earlier defeat 1 to 0. Free Event. RSVP not necessary.



When: Every Monday at 12:15 p.m.
Where: Carson City Senior Center Joshua Tree (East End)
About the Event: The Karaoke Party where you can sing, dance, and enjoy a fun and rocking time! Free (donations accepted) – Just show up! RSVP is not necessary.



When: Wednesday, May 14 at 1 p.m. (2nd Wednesday)
Where: Carson City Senior Center Tahoe Room (East End)
About the Event: Join the Carson Tahoe Health diabetes educators and dietitians for a monthly, open educational and interactive session where individuals can share ideas and gain information on managing blood sugar. Our support group is a safe space where understanding, empowerment, and shared experiences come together to navigate life with diabetes. If you are at a place where you want to learn more to keep a pre-diabetes diagnosis from progressing, the topics offered at each session can benefit you as well! Free event. RSVP is not necessary.

Exercise WITH US

Chair Yoga: Thursdays, 2:30 p.m. and Fridays, 10:45 a.m.
Mix-it-Up: Monday, Tuesday & Thursday, 10:00 a.m.
Resistance Exercise: Monday, Wednesday and Friday 9:30 a.m.
Tai Chi: Thursdays, 1:00 p.m.
Yoga, Ashtanga: Tuesdays, 11:30 a.m.

Visit carsoncityseniorcenter.org for class descriptions and more details

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SPECIALIST



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THE IN'S AND
OUT'S OF
DOWNSIZING IN
TODAY'S WORLD



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WORK
WITH
MATTERS



LISA WILLIAMS
775-434-8145
S.0188952



EXPERIENCE CONNECTIONS!

What people are saying about CONNECTIONS.

"I leave inspired." **"It's fun and energizing."** **"I meet new people."**

Every Tuesday • 1:00 - 2:30
Carson City Senior Center, 911 Beverly Drive
Jobs Peak Room (east end of bldg)

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 Sharing Stories. Making Connections. Enriching Lives.

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Contact Courtney Warner for Advertising Opportunities (775) 883-0703

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 Doctor of Audiology CCC Audiologist

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Hidden Treasures

Gift Shop

Unique hand-crafted items made by talented seniors such as quilts, baby blankets, bird houses, jewelry, placemats and many other one-of-a-kind, wonderful gifts.

Monday - Friday
 9AM - 2PM

Inside the Carson City Senior Center
 911 Beverly Drive
 (775) 883-0703

SUPERFOODS FOR SIGHT: NUTRITION AND EYE HEALTH

By Laura Deverse, MS, RD, LD, CNSC, CDCES, Nutrition & Diabetes Education, Carson Tahoe Health



Our eyes and the ability to see allow us to experience the world in great color and detail. But as we age, our vision can decline and be affected by age-related eye diseases such as macular degeneration or cataracts. Our diet can be one way to support the health of our eyes. Those tiny blood vessels in the eyes need healthy, nutritious food just like bigger arteries to the heart and brain.

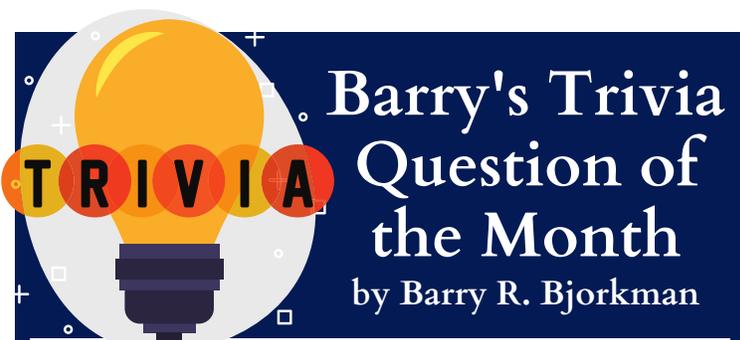
There are several nutrients that are essential to eye health. Foods containing these nutrients can be considered superfoods for our eyes.

- Vitamin A is found in orange and dark green fruits and vegetables. These include carrots, sweet potatoes, kale, spinach or fruits such as cantaloupe and apricots. Vitamin A is needed for the ability to see at night, it also protects the retina and keeps the surface of the eye moist. Have a serving of food with vitamin A several times per week.

- Vitamin C acts as an antioxidant in preventing age-related eye disease by limiting damage from the sun and protecting the blood vessels that carry oxygen to the eyes. Excellent sources of vitamin C include citrus fruits, kiwi and berries, bell peppers and tomatoes. Try to include at least one serving each day!
- Vitamin E is also an antioxidant. Vitamin E protects our eyes from environmental stressors and can reduce injury leading to eye disease. Vitamin E is found in nuts, seeds, vegetable oils, and leafy green vegetables. Nuts and seeds make a great snack or toss on top of a spinach salad that is dressed with oil and vinegar for a powerhouse serving of vitamin E.
- Zinc is a mineral that protects and supports the eye from age-related disease, reduces inflammation, and is needed for night vision. Healthy foods that contain a good dose of zinc include legumes and lentils, nuts and seeds, oysters, whole grains, and lean red meat.

It's best to try to get these important nutrients through food first because supplements of vitamin A, E and zinc can reach levels in the body that cause more harm than good. The Mediterranean eating pattern can be a wonderful way to begin working these foods into your diet on a regular basis.

If you have questions and would like to learn more, please contact the Registered Dietitians at Carson Tahoe Health @ diabetes.nutrition@carsontahoe.org or at 775-445-8607!



Who was Flash Gordon's girlfriend?

Previous Month's Question & Answer

- Q. What do the initials RCMP stand for?
 A. Royal Canadian Mounted Police.



We appreciated the special visit by the Easter Bunny!



UPCOMING *Events*



When: 2025 Classes: May 5, July 7, November 3, 9:30 a.m. to 2:30 p.m.
Where: Carson City Senior Center Tahoe Room (East End)
About the Event: AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception



When: Sunday, May 11 & Sunday, May 25 (2nd and 4th Sundays)
 Doors open at 11 a.m., Games start at 1 p.m.
Where: Carson City Senior Center Dining Room (West End)
About the Event: \$3 Early Bird pack with \$50 Payouts. \$6 Regular Game Pack with \$100 Payouts, optional Cashball \$1. \$1 Double Action and Bonanza specials. \$1 Starburst, Letter X and Fun Tab progressive games. \$2 (3 for \$5) Blackout Progressive paying \$120 or \$500. Snack Bar sells Hot Dogs, Nachos, Chili and more! Must be 21 to play. All proceeds benefit Meals on Wheels!



When: Saturday, May 3, 6 p.m. to 9 p.m. (1st Saturday of each month)
Where: Carson City Senior Center Dining Room (West End)
About the Event: Dance the night away with live music with Don and Nadine. Admission is \$10 per person and guests are asked to bring a dish to share. Dances are held the 1st Saturday of each month and is open to all ages.



When: Tuesday, May 13 at 10 a.m. (2nd Tuesday of each month)
Where: Carson City Senior Center Zephyr Room (West End)
About the Event: Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!

FREE TECH HELP

When: See the Activity Calendar for the current schedule
Where: Tech Help Office (east end)
About the Event: Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary.

JEWELRY *Sale*

In the Carson City Senior Center Lobby

**Thursday, May 1 & Friday, May 2
 9am to 2pm**

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!
 A fundraiser for Meals on Wheels.

Donations Wanted!

SAVE THE DATE



SENIOR BUS PASS RENEWALS

Carson City Senior Center
Main Lobby
911 Beverly Drive

Tuesday, June 17
Wednesday, June 18
10:30 to 12:30 p.m.

TO RECEIVE A FREE BUS PASS:

- Be 60 and over
- Live in Carson City county

BRING:

- Photo ID
- If the photo ID does not have a Carson City address, applicants must have proof of Carson City residency through another ID, a lease, or a phone or utility bill.

If you are unable to attend these dates, visit us **AFTER June 27 to receive a pass.**



(775) 883-0703

FREE COUPONS

SENIOR



FARMERS MARKET

NUTRITION PROGRAM



APPLY IN PERSON June 4, 5, 6 10-12pm

Carson City Senior Center Main Lobby
911 Beverly Drive, Carson City
(775) 883-0703

Eligibility:

- Age 60 or older at time of application, ID required
- Nevada Resident, proof of residency required
- Household incomes at or below:
 - 1 person: \$2,413 or less
 - 2 people: \$3,261 or less

Limit ONE booklet per person



SCAMS & SENIORS

When: Friday, June 6 at 10:30 a.m.

Where: Carson City Senior Center Joshua Tree Room (East End)

About the Event: Save the date for our quarterly presentation on Scams and Seniors. Learn tips to prevent fraud, protect yourself, and know who to turn to get help. Free event. RSVP is not necessary.

Get your OWN copy of 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.

SENIOR CENTER STAFF

Director: Courtney Warner
Senior Center Resource Advocate: Warren Bottino
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Kitchen Manager: Kaleb Heflin
MOW Coordinator: Ashley Howell
Volunteer Coordinator: Drew Simmons
Office Coordinator: Rachael Spafford
Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon
MOW Drivers: Amanda, Doug, Julie, Matt, Rudy, Tom

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