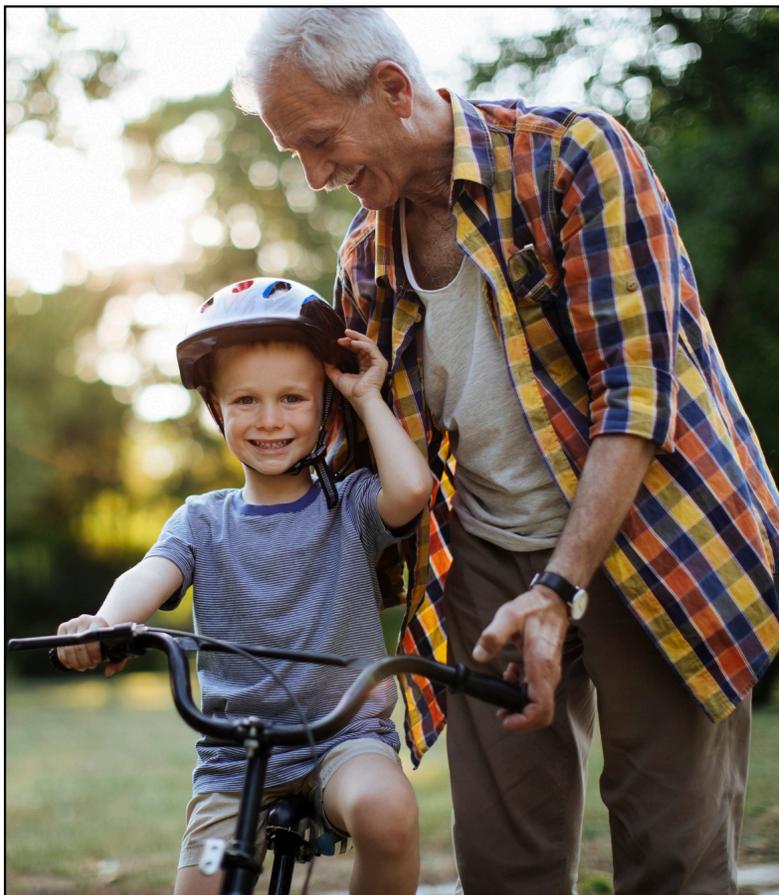


# Senior Sentinel

www.carsoncityseniorcenter.org



## HOLIDAY CLOSURE

Thursday, June 19



## SPECIAL JUNE DATES

HAPPY  
FATHER'S  
DAY



Sunday, June 15

Friday, June 20



**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

## INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Alzheimer's Association
- Volunteers Needed

Page 4

- Upcoming Events

Page 5

- Hidden Treasures Gift Shop

Page 6

- Boosting Brain Health Through Nutrition: A Guide for Seniors
- Barry's Trivia
- Visit our Library

Page 7

- Upcoming Events

Page 8

- Volunteer Appreciation Photos

Center Insert

- Activity Calendar & Menu

*from the Director, Courtney Warner*

We wish Rudy Rodarte, Meals on Wheels Driver, **Happy Retirement** and a **Thank You** for **TWENTY** years of service. Rudy has been monumental in his commitment to Meals on Wheels, and while we are sad to see him go, we are honored to have celebrated his **TWENTY** years of service with us.

**Congratulations Rudy!**

Thank you to Rosemary, Pat, Maria, the Gift Shop Volunteers, and other hands who helped make the Jewelry Sale a success. **\$1,831.50** raised for **Meals on Wheels!**

Save the date for our fall sale, November 6 & 7!



**VOLUNTEER** *Spotlight*



**MONICA  
&  
JIM  
STANLEY**

Recently retired, and wanting to stay active in the community, Monica and Jim Stanley decided to lead a regular Bible study class at the Senior Center. They appreciate learning how scripture enriches the lives of the participants who've joined the group and study the Bible together. Over the years, the couple has hosted various Bible study classes at church including children and youth Sunday school, single adult and couple's classes. Jim's career included 29 years with Safeway grocery stores and 18 years with Freightliner. Monica likes to garden and the couple enjoy viewing wildlife in our region, participating in the annual Nevada Day Treasure Hunt, camping and spending time with their son in Arizona and family nearby.



**QUEEN**

Maggie Marin  
83



**KING**

Joe Snyder  
94

**May 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

**VOLUNTEERS  
NEEDED**

Why Volunteer?

Meet New People, Make New Friends, Camaraderie, Purposeful Service, and Have Fun!

Positions Available:  
Reception, Dining Room, Bingo

Visit [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) to apply or  
Call (775)883-0703, Ext 7980

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)



Sharing Stories. Making Connections. Enriching Lives.

[www.connectionscentral.org](http://www.connectionscentral.org)

**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*

## THE WEDDING OF THE WATERS

History Program

**When:** Tuesday, June 10 at 1:30 p.m.

**Where:** Carson City Senior Center Nevada Room (West End)

**About the Event:** In October of 1937, Catholic Priest Father John Crowley from Lone Pine, carried out one of the grandest events to have taken place in the Eastern Sierra, in a magnificent three-day pageant. Over 50,000 people watched in amazement as a special gourd of water was moved from the highest lake in the United States, to the lowest spot in the western hemisphere by a host of characters including Hop Along Cassidy, an Indianapolis 500 winner, the 20-Mule Team Wagon and many more. Even the President of the United States and the Governor of California were involved! Using extensive research and seldom seen photos, local historians David & Gayle Woodruff take a nostalgic look back at this one of a kind event in a 55 minute slide show. Free Event. RSVP not necessary.

## A Conversation with Brad McMullen FOLKLIFE SPECIALIST

**When:** Tuesday, June 17, 12:30 p.m.

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

**About the Event:** Brad McMullen lives in Las Vegas, NV, where he serves as the Folklife Specialist at the Nevada Arts Council. Before joining the NAC, he spent 5 years as the Programs and Gathering Manager at the Western Folklife Center in Elko, NV where he oversaw the National Cowboy Poetry Gathering and other programs. He has three master's degrees – one in Public Folklore and one in Arts Administration, both from University of Oregon, and one in Welsh from Cardiff University. Free Event. RSVP not necessary.



## SCAMS & SENIORS

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

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

**About the Event:** Better Business Bureau (BBB) will talk about scam prevention. Come learn about current scam trends, the riskiest scams by age group, and leave with 10 tips that can help you avoid most scams. Free event. RSVP is not necessary.

## MED TALK NUTRITION



**When:** Wednesday, June 17 at 2 p.m.

**Where:** Carson City Senior Center Nevada Room (West End)

**About the Event:** Join the Carson Tahoe Health nutrition educators and dietitians for a presentation, "The Art of Cooking for One: Simple Steps to Big Results." A discussion on the benefits and challenges when cooking for one person, tips for success, easy meal prep, and wholesome recipes and meals! Free event. RSVP is not necessary.

## JAC SENIOR BUS PASS RENEWALS

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

**Where:** Carson City Senior Center Lobby (West End)

**About the Event:** Seniors age 60 and over who reside in Carson City are eligible for a free bus pass, valid from 7/1/25–6/30/26. If you cannot attend this event, bus passes will be available at Reception following the event.

## DANCE PARTY

**When:** Saturday, June 7, 6 p.m. to 9 p.m. (1<sup>st</sup> 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 1<sup>st</sup> Saturday of each month and is open to all ages.

SRES  
SENIOR  
REAL ESTATE  
SPECIALIST



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



WHO YOU  
WORK  
WITH  
MATTERS



LISA WILLIAMS  
775-434-8145  
S.0188952



# FREE COUPONS

## SENIOR FARMERS MARKET

NUTRITION PROGRAM

You may be eligible for **\$50** in coupons to buy fresh fruits and vegetables

**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

*This institution is an equal opportunity provider*

**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

# YOUR AD HERE

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

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Hearing Aids & Audiology

**Brett M. Weeks, Aud**      **Mark Weeks, MCD**  
Doctor of Audiology      CCC Audiologist

408 North Roop Street • Carson City • Nevada  
**775.885.9888**

# 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

# BOOSTING BRAIN HEALTH THROUGH NUTRITION: A GUIDE FOR SENIORS

By Chelsea Minifie, RD, CDCES, Nutrition & Diabetes Education, Carson Tahoe Health

As we age, maintaining brain health becomes increasingly important. Cognitive decline isn't inevitable, and a nutrient-rich diet plays a powerful role in protecting memory, focus, and overall mental sharpness.

One of the most effective dietary patterns for brain health is the Mediterranean diet, which emphasizes whole foods such as fruits, vegetables, whole grains, legumes, fish, and healthy fats like olive oil. These foods are rich in antioxidants, omega-3 fatty acids, and vitamins that support brain function and reduce inflammation.

Key nutrients for brain health include:

**Omega-3 fatty acids:** Found in fatty fish like salmon, sardines, and trout. These fats are essential for brain structure and function.

**B vitamins (especially B6, B12, and folate):** Crucial for energy production and reducing brain shrinkage. Good sources include leafy greens, eggs, and fortified cereals. **Vitamin D:** Low levels are linked to cognitive decline. Seniors should aim for safe sun exposure and food like fortified milk or fatty fish. **Antioxidants:** Found in berries, dark chocolate, nuts, and colorful vegetables, antioxidants help protect brain cells from damage caused by free radicals.

Staying hydrated is also vital. Even mild dehydration can affect memory and concentration, so drinking plenty of water throughout the day is key. Finally, limiting processed foods, added sugars, and excessive alcohol support both brain and overall health. Pairing a healthy diet with regular physical activity, sleep, and mental engagement can further support cognitive vitality. Incorporating these simple nutrition habits into daily life can help seniors maintain sharper minds and a better quality of life well into their golden years. Check out the recipe below for inspiration!

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



## Brain-Boosting Recipe: Salmon & Spinach Power Salad

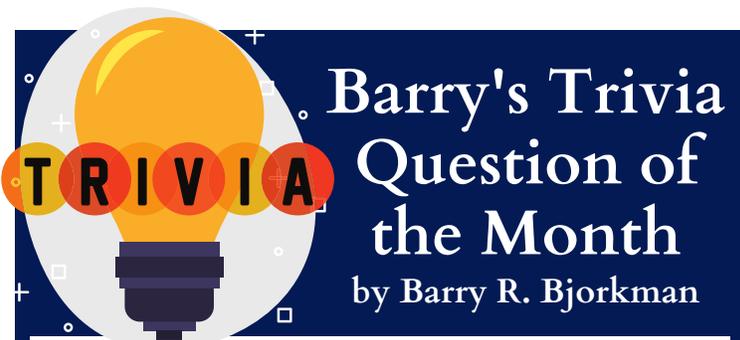
Servings: 1 | Time: 10 minutes

### Ingredients:

- 1 grilled salmon fillet (or canned salmon, drained)
- 2 cups fresh spinach
- ½ cup cherry tomatoes, halved
- ¼ avocado, sliced
- 1 tbsp chopped walnuts
- 1 tbsp olive oil
- 1 tsp lemon juice

### Instructions:

1. In a large bowl, combine spinach, tomatoes, avocado, and walnuts.
2. Flake the salmon on top.
3. Drizzle with olive oil and lemon juice.
4. Toss gently and enjoy fresh.



Which four President's are on Mount Rushmore?

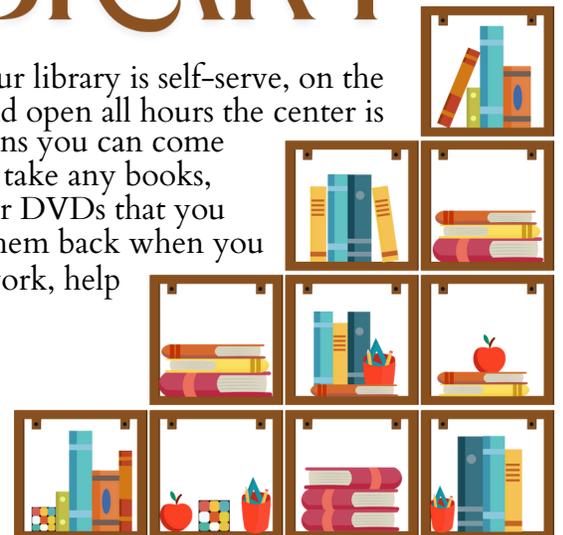
### Previous Month's Question & Answer

Q. Who was Flash Gordon's girlfriend?  
A. Dale Arden.

# LIBRARY

Do you know our library is self-serve, on the honor system and open all hours the center is open? That means you can come and browse and take any books, jigsaw puzzles or DVDs that you like and bring them back when you like. No paperwork, help yourself.

OPEN  
M-F  
9-4 p.m.



# UPCOMING *Events*

## Michael Salogga's

### RETIREMENT CELEBRATION

**When:** Friday, June 20 at 11:45 a.m. (lunch served 11-12:30 p.m.)  
**Where:** Carson City Senior Center Dining Room (West End)  
**About the Event:** Join us in recognizing and celebrating Michael's contributions and wish him well in retirement. Cake will be served. RSVP not necessary.

## LIFE & LEGACY PLANNING

A 4-week Series

**When:** Tuesdays, June 3, 10, 17, 24, 5:30-7 p.m. OR  
 Wednesdays, June 4, 11, 18, 25, 10:30-12:00 p.m.  
**Where:** Carson City Senior Center Tahoe Room (East End)  
**About the Event:** Take charge of the "third third" of your life, plan for the distribution of your assets through estate planning, and leave clear instructions for your desired health and medical care. Attorney Caren Jenkins is a personable and accomplished litigator and has established a broad reach in the national estate and wealth planning community. Class fee: \$20. Register at Reception.

## A Conversation with Alan Gubanich Nevada Bird Expert

**When:** Friday, June 6, 12:30pm  
**Where:** Carson City Senior Center Lobby (West End)  
**About the Event:** Did you put out some bird feeders but don't know what those birds are that are coming to them? Or are you new to this area and not familiar with what birds are here? Or do you just want to improve your bird-identification skills? Join Alan Gubanich, long-time member of the local Lahontan Audubon Society in Reno, as he describes the common birds found in your yards and neighborhoods here in the Carson City area. Free event. RSVP is not necessary.

## AARP Driver Safety

**When:** 2025 Classes: 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.

## Menu Committee

**When:** Tuesday, June 10 at 10 a.m. (2<sup>nd</sup> 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!



**When:** Sunday, June 8 & Sunday, June 22, 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, Cashball, Specials, Snack Bar! All proceeds benefit Meals on Wheels!

## 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.



**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.

## 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](http://carsoncityseniorcenter.org) for class descriptions and more details

# Thank You

Our volunteers had a **Groovy** time at our annual Volunteer Appreciation.

Thank you to the Pay it Forward Project for sponsoring the event and gifts!



## Get your OWN copy of the Senior Sentinel!

- Email (free) - Send an email to [seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)
- Online (free) - Visit [carsoncityseniorcenter.org](http://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  
**Manager:** Michael Salogga & Dave Sullins  
**Senior Center Resource Advocate:** Warren Bottino  
**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, Laurie, Matt, Rudy, Tom

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Bruce Scott, President  
 Tom Baker, Secretary  
 Anne Knowles, Treasurer  
 Michael Pavlakis, Director  
 Pam Couch, Director  
 Lisa Williams, Director

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