

# Senior Sentinel

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



## HOLIDAY CLOSURE

Monday, September 1  
Labor Day (CLOSED)

★ **LABOR** ★  
★★★ **DAY** ★★★

## NOTABLE DATES

Thursday, September 11  
Patriot Day (OPEN)



Sunday, September 14  
Grandparents' Day (OPEN)

HAPPY  
**GRAND**  
**PARENTS**  
**DAY**



### 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 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

[seniorcenternewsletter@carson.org](mailto:seniorcenternewsletter@carson.org)

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

## INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Connections

Page 4

- Upcoming Events

Page 5

- Fan Drive Success
- Hidden Treasures Gift Shop

Page 6

- From Crisp Leaves to Cozy Meals: Simple Autumn Cooking Ideas
- Barry's Trivia

Page 7

- Upcoming Events

Page 8

- Follies Success & Thank You's

Center Insert

- Activity Calendar & Menu

## from the Director, Courtney Warner

Our supporters have knocked it out of the park this summer, and we celebrate the many successes at the Senior Center made possible by them. These organizations, individuals, donors, and volunteers make the Senior Center a special place. If you see a business mentioned, tell them thank you and consider giving them your business. If you see a volunteer mentioned, give them a hug, high five, or fist bump, recognizing their valuable efforts in making the Senior Center succeed. You'll see quite a few Thank You's throughout this month's newsletter, and there are hidden gems doing amazing work behind the scenes.

To all of you,

**THANK YOU, THANK YOU,  
THANK YOU!**

### Check back for more information:

- Fire Extinguisher Training - Coming Soon
- Computer Classes - Coming in October
- Fall Prevention - Coming in October

## Thank you to...

The Knights of Columbus for the donation of the BBQ catering, which we made into 500 frozen meals for Meals on Wheels!

## August Birthdays



**QUEEN**

Shirley Lang  
91



**KING**

Jim Bosch  
92

## VOLUNTEER *Spotlight*



**NANCY  
HOWARD**

Nancy Howard moved to Carson City in January 2024 and joined the volunteer team a few

months later because she loves seniors and supporting her community. She was close to her grandparents and appreciates how seniors have a worldly and rich life history with many stories to share. She says that the most gratifying aspect about volunteering is getting to know seniors when serving lunch and contributing her input and observations to improve the Senior Center as an Advisory Council member. In between volunteer shifts, Nancy has fun with her children and their families, hiking around the region, and travels throughout the U.S. Collaborating with her husband, with his construction contracting experience and her knack for creating attractive home decor, they have enjoyed house flipping six properties...so far.

**THANK  
YOU**

Southwest Gas  
Fuel Good's  
Program  
sponsorship and  
support of Meals  
on Wheels!





**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)	

## VOLUNTEERS NEEDED

Why Volunteer?

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

Positions Available:

Tech Help, Reception, Dining Room

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

## alzheimer's association® SUPPORT GROUP

[www.alz.org](http://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

## EXPERIENCE CONNECTIONS!



*Join the Conversation!*  
Every Tuesday 1-2 pm

**Real People. Real Stories.  
Real Connections.**

 **connections  
central**

Visit [connectionscentral.org](http://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*

## TALES FROM OUR NATIONAL PARKS PART THREE



**When:** Tuesday, September 9 at 1:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** A three-part series about our National Parks. Free Event. RSVP not necessary.

### PART THREE - Tuesday, September 9: - Fountains of Life

Come join David & Gayle Woodruff in a 55-minute slide show, as they recount a few of these curious and memorable experiments in land and wildlife management.



## SCAMS & SENIORS

**When:** Friday, September 26 at 10:30 a.m.

**Where:** Joshua Tree Room (East End)

**About the Event:** Join Detective Kyle Espino, Carson City Sheriff's Office Criminal Investigations Bureau, to learn about ways you can prevent becoming a target for fraud and scams that are occurring in our area. Free event. RSVP is not necessary.

## A Talk with Caleb Cage Author & Army Veteran

**When:** Tuesday, September 16 at 12:30 p.m.

**Where:** Joshua Tree (East End)

**About the Event:** Caleb S. Cage is a native of Reno, Nevada and a veteran of the United States Army and graduate of the United States Military Academy, West Point. He is the author of Desert Mementos: Stories of Iraq and Nevada, War Narratives: Shaping Beliefs, Blurring Truths in the Middle East, and the co-author of The Gods of Diyala: Transfer of Command in Iraq (2008) with Gregory M. Tomlin. Free Event. RSVP not necessary.

## MEDICARE 101 PRESENTATION



**When:** Friday, September 12 at 11:00 a.m.

**Where:** Joshua Tree (East End)

**About the Event:** Do you know what is covered under Medicare? Learn about coverage for Part A, B, C, & D, and Supplemental Medicare coverage to plan for open enrollment, which begins next month. Free Event. RSVP not necessary.

## HANDS ONLY



**When:** Tuesday, September 2, at 2 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Hands-only CPR, or compression-only CPR, is simple and easy to learn and perform on adults. Many people who survive a cardiac emergency are helped by a bystander. Learn how you can respond safely and effectively. Class will be catered to seniors - you won't need to get on the ground. Free event. Sign-up in reception.

## CHAT GPT WORKSHOP



**When:** Thursday, September 18, at 2 p.m.

**Where:** Tahoe Room (East End)

**About the Event:** Chat GPT isn't just tech - it's a helpful everyday tool. This workshop is a simple, hands-on instruction to anyone curious about how Chat GPT works - safe, friendly, and surprisingly useful. This workshop is not affiliated with or endorsed by OpenAI. Free Event. RSVP at Reception.



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



FAN  
DRIVE

Over **400** fans  
given to seniors in need!

**Roper's Heating  
And  
Air Conditioning**



Thank you to our amazing donors for all  
of the fans!



**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

## SAFETY TIP

Please be careful when parking in our lot.  
Be aware of others, backing, moving, and  
parking. Use proper arrows to guide your  
direction. Be courteous and drive slowly.



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

**Brett M. Weeks, Aud**  
Doctor of Audiology

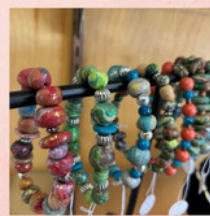
**Mark Weeks, MCD**  
CCC Audiologist

408 North Roop Street • Carson City • Nevada

**775.885.9888**

## 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 - 3PM

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

# FROM CRISP LEAVES TO COZY MEALS: SIMPLE AUTUMN COOKING IDEAS

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

Fall is a wonderful time to try new and healthy meals. As the weather cools, those favorite autumn foods can add a warm and comforting touch to the changing season. Meal planning with a little advanced meal prep can add a variety of seasonal vegetables and fruits and support our goal of eating to nourish our body.

In the fall, there are many tasty and healthy foods to choose from. Apples, pumpkins, sweet potatoes, and squash come into season. These foods are delicious, and they are also full of energy, vitamins and minerals, and fiber. Shopping for the season saves money and adds variety to our diet. Simple meal prep can start with just one or two meals a week. For example, you can cook a big pot of soup or chili on the weekend. Then you'll have easy lunches or dinners ready to go. Roasting vegetables like carrots, sweet potatoes, and broccoli is another smart and quick idea. Once cooked, they can be added to salads, wraps, or grain bowls throughout the week.

Making extra food when you do cook can help for future meals. For example, if you bake chicken or cook rice, make enough for a few meals. Store the leftovers in containers in the fridge or freezer so they are ready when you need them. Don't forget to research for great ways to store leftover produce from the garden as well. Freezing, canning, and drying vegetables, herbs and fruits are all ways to extend fresh produce into the colder months.

Fall is also a perfect time to enjoy warm drinks like herbal tea or hot apple cider to help you stay hydrated. Partner with a snack like a fresh apple and peanut butter or a whole grain muffin for a healthy snack in the afternoon.

Small changes can lead to lasting habits that will stay with you throughout the year!



## Roasted Maple Glazed Sweet Potatoes and Apples

### Ingredients:

- 2 large, sweet potatoes, peeled and chopped
- 2 apples, chopped (leave the peel on for extra fiber)
- 2 tablespoons of olive oil
- 2 tablespoons pure maple syrup
- 1 teaspoon cinnamon

### Instructions:

- Preheat your oven to 400° F.
- In a large bowl, mix the sweet potatoes and apples with olive oil, maple syrup, and cinnamon.
- Spread the mixture on a baking sheet in a single layer.
- Roast for 25–30 minutes, stirring halfway through, until the sweet potatoes are soft and the apples are golden.
- Serve warm as a side dish or enjoy as a healthy snack.



Q. What was the title of Tom Clancy's first book?

### Previous Month's Question & Answer

Q. What was the name of the town on the television series Gunsmoke?

A. Dodge City.



# THANK YOU



Sponsor of the  
Ice Cream  
Social and Root  
Beer Floats on  
July 23rd



# UPCOMING *Events*

## Meet the AUTHOR

**When:** Friday, September 26, 12:30–1:30 p.m.

**Where:** Lobby (West End)

**About the Event:** Visit with Robert Drews, author of Look for Something Good. Robert Drews is an author in northern Nevada. He hopes to inspire and entertain readers with his writing. Free event. RSVP not necessary.

## AARP® Driver Safety

**When:** 2025 Classes: November 3, 9:30 a.m. to 2:30 p.m.

**Where:** 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.

## Paper Crafting

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays starting in September, 9:30–11:30 a.m.

**Where:** Job's Peak (east end)

**About the Event:** Make one of a kind creations such as cards, small journals, lined paper notebooks and gift ornaments with Sandi Scheer. All levels welcome and all supplies provided. Meet, create, socialize! Fee: \$5/class. Call Sandi at 775-309-8571 to enroll in the class.

## Menu Committee

**When:** Tuesday, September 9 at 10 a.m. (2<sup>nd</sup> Tuesday of each month)

**Where:** 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!

## Paint Party

**When:** Tuesday, October 7, 2–4 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Let's paint a fall canvas! Van Gogh & Vino will lead you step by step, so no artistic experience is necessary. All painting supplies included (canvas, paint, brushes, etc.). Brought to you by SB 118. Free Event. RSVP at Reception – space is limited.

## 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.

## Karaoke Party

**When:** Every Monday at 12:15 p.m.

**Where:** Nevada Room (West 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:** 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

The Carson Follies was a **HUGE** success!

Allison MacKenzie Attorneys and Counselors at Law, Arby's, Bella Aveda Salon & Spa, Benson's Feed, Big Brand Tire, Blossom Salon & Spa, Blue Pebbles, Bodine's Casino, Caesars Foundation, C-A-L Ranch, Carson Antiques & Collectibles Mall, Carson City Democratic Club, Carson City Florist, Carson City Republican Party, Carson City Toyota, Carson Tahoe Health, Casino Fandango, Cedric Williams, Centro Market, Chili's, China East, Cipriani's Downtown Barbershop, City of Carson City, Coloma Art, Comstock Mobile Village, Costco, Dairy Queen, Denny's, Eagle Fitness Carson City, El Charro, Empire Ranch Golf Course, Eve's Eatery, Firehouse Subs, Galaxy Theatre, Ganbaru Sushi, Gene Munnings, Get Nailed, Golden Nugget Automotive & Diesel, Great Basin, Greenhouse Garden Center, Grocery Outlet, Hamtak Chiropractic Health Center, Hannon's Estate Diggins, Hibdon Tires Plus, Homegrown Bowl, It's a Girl Thing, Joie de V, Joseph E Brown, Juan's Mexican Grill & Cantina, Kaleidoscope, Kei Sushi, Kiwanis Club of Carson City & Sierra Nevada, LA Bakery, Les Schwab Tires, Lifestream Health Foods, Marcia Coyne, Millennium Medical & Spa Suites, Mike Crossley, Ming's Restaurant, Mom & Pop's Diner, Napa Auto/Truck Parts, Nashville Social Club, Pay It Forward Project, Pepper Lowe, Pizza Factory, Poke Beach, Poshmark, Purple Avocado, Red's Old 395 Grill, Reno Aces, Reno Jazz Orchestra, Resource Concepts Inc., Roper's Heating and Air Conditioning, Rivas Mexican Grill, San Marcos Grill, Scoops, Serenite Salon, Sierra Academy of Style, Silver Oak Golf & Conference Center, Silver State Salon and Spa, Snap-On, Southwest Gas, Starbucks, Steele Certified Public Accountants, Sumi Sushi, Taqueria La Salsa, Tee Jay's Corner Café, The Cracker Box, The Fox Brewery, The Silver Dollar Chorus, Toni Van Cleave, Tractor Supply, Trader Joe's, Uniformity of Nevada, University of Nevada, Vim & Vigor Fitness, Whyld Beauty, Yaples Ballroom Dance.

## \$10000

**Raised for Meals on Wheels**

**CAST - (Alphabetical Order):** Dennis Arnoldi, Judi Bishop, Kathy Block, Earl Case, Kalani Freitas Yolanda Garcia, Sandi Gledhill, Maureen Godbout, Debbie Hochsprung, Marla Johnson, Miranda Jones, Karen Kacsmayk, Teri Karlsson, Chris Kay, Nadine Klestinski, Mike Kubrich, Jeannie Miller, Susan Misner, Gene Munnings, Jose Posada, Lindsay Pulliam, Bob Saunders, Bob Schirlls, Carol Schirlls, Lew Schuerkamp, DeLacy Sheck, Luba Tomashek, Jacob Watts, Cedric Williams; **CREW: Director:** Toni VanCleave; **Stage Manager:** Cindy Pardini; **Stagehands:** Bob Saunders, Jose Posada, Lew Schuerkamp, Mike Kubrich; **Sets:** Bob Saunders, Mike Kubrich; **Costumes & Props:** Entire Cast; **"Mr. Music":** Don Klestinski; **Sound Technician:** Mike Haskins; **Light Booth:** Mike Reynolds; **Spotlights:** John Kwasnicki, Bob Bowen **Videographer:** John S. Rodriguez

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:** Dave Sullins

**Resource Advocate:** Warren Bottino

**Kitchen Manager:** Kaleb Heflin

**MOW Coordinator:** Ashley Howell

**Volunteer Coordinator:** Drew Simmons

**Accounting:** Rachael Spafford

**Kitchen Crew:** Nick, Pops, Rhonda, Scott, Sharon

**MOW Drivers:** Amanda, Doug, Julie, Laurie,  
Matt, Tom

### GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Pavlakis, Director

Pam Couch, Director

Lisa Williams, Director

We are recruiting more  
Board Members - inquire  
with Courtney for more  
information.

### ADVISORY COUNCIL

Corry Steiner, Chair

Harvey Cohen, Vice-Chair

Roxie Atkins

Lisa Drews

Robert Drews

Nancy Howard

Becca Krach

Julie Linstrom

Pepper Lowe

Lew Schuerkamp

Barbara Smith

Cindy Somers

John Wilson