

# The Senior Sentinel

Carson City Website: [www.carson.org](http://www.carson.org)  
Like us on Facebook—Carson City Senior Center



Volume 44, Issue 5

May 2018

## Attention Military Veterans

Are you homeless? Staying with a friend or relative? Living in a shelter, motel, or other temporary housing situation? Need a home to call your own?

The Northern Nevada Veterans Resource Center is here to help.

We work with veterans and their families to secure permanent housing.

Services provided include:

- Rental assistance
  - Utility assistance
  - Case management
  - Assistance obtaining benefits
  - Community referrals including employment, legal, health, childcare, food, and transportation
- AND MORE.

Call today to set an appointment.

775-284-VETS (8387) Reno

775-283-4VET (4838) Carson City



On Memorial Day we honor all,  
Who answered to a service call.  
Soldiers young, and soldiers old,  
Fought for freedom, brave  
and bold.

Some have lived, while others  
died. And all of them deserve our  
pride. We're proud of all the  
soldier's who, Kept thinking of  
red, white and blue.

They fought for us and all our  
rights. They fought through many  
days and nights. And though we  
may not know each name, We  
thank **ALL** veterans just the same.

By Cheryl Dyson



Visiting Carson City Senior Center the 1<sup>st</sup> and 4<sup>th</sup> Wednesday  
of each month, 10:15-1pm in the lobby.

**Don't Forget!!!**



**SPRING JEWELRY SALE**

**Thursday and Friday—**

**May 3rd and 4th**

**9:00am—2:00pm**

**Senior Center Lobby**

**Resource Contact Information**

Nevada State Information Service	211
Aging & Disability/CHIP	687-4210
Alzheimer Association	786-3509
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	687-0703
Food Bank	331-3663
HUD (Nevada Rural Housing Authority)	887-1795
JAC (Jump Around Carson)	841-7433
Medication Management Program, Universty of Nevada, Reno	784-1612
Nevada Legal Services	284-3491
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	1-888-808-5481
Suicide Prevention Lifeline	1-877-885-4673
Veterans Administration	786-7200
VA Medical Benefits Information	328-1293
VARN (Volunteer Attnys for Rural NV)	883-8278
Weatherization	887-1795, X124

**ALZHEIMER'S SUPPORT GROUP**

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

**Carson City**

- Barbara Singer, Facilitator  
Meets the 2nd Wednesday of each month  
1:00—2:30 p.m.  
Carson Tahoe Cancer Center Conference Room  
1535 Medical Parkway, Carson City
- Heidi Slater, Facilitator  
Meets 4th Wednesday of the month  
2:30—4:00pm  
Carson City Senior Center  
901 Beverly Dr.
- Candace Stewart, Facilitator  
Meets every Thursday of the month  
6:30-7:30pm  
Carson Tahoe Regional Medical Center  
Juniper Room  
1600 Medical Parkway
- **Alzheimer's Office Hours at the Senior Center**  
Drop by or schedule a free consultation with  
Alzheimer's Rural Outreach and Family Care  
Associate, Heidi Slater  
Every Wednesday from 9-4 (out for lunch 12-1)  
Please call [775-786-8061](tel:775-786-8061) to schedule an  
appointment.

**Minden/Gardnerville**

- Barbara Singer, Facilitator  
Meets the 2nd Thursday of each month  
2:00—3:00 pm  
Coventry Cross Episcopal Church  
1631 Esmeralda Place, Minden

For more information, call **775-786-8061**

**National Alzheimer's Helpline: [1-800-272-3900](tel:1-800-272-3900)**  
Available to you 24/7.



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## Bringing Connected Care Home

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Services Call:

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- ✓ Physical, Occupational, and Speech Therapy
- ✓ Medical Social Services
- ✓ Home Health Aide
- ✓ Specialty Programs

For **Hospice Care**  
Services Call:

**(775) 841-6123**

- ✓ Emotional Support
- ✓ Pain Management
- ✓ Medical Supplies & Equipment
- ✓ Caregiver Respite Care
- ✓ Bereavement Services
- ✓ Grief Support Groups

For **Home Care**  
Services Call:

**(775) 392-2000**

- ✓ Trusted Caregivers
- ✓ Caring Companionship
- ✓ Meal Planning & Prep
- ✓ Light Housekeeping
- ✓ Bathing, Grooming, & Dressing
- ✓ Overnight Care Services

[www.eden-health.com](http://www.eden-health.com)

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EMAIL:

NAME:



**YOU'RE INVITED:**

**Friday, April 27 @ 1pm**  
**Carson City Travel Show**  
 Carson City Senior Center  
 911 Beverly Dr, Carson City

**Saturday, April 28 @ 10am**  
**Reno Travel Show**  
 Meadowood Courtyard Hotel  
 5851 S Virginia St, Reno

RSVP by phone or online

**775-453-1794**  
**PATTYSTOURS.COM**



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 Bring this to the travel show!

# DANCE CLASSES

*Aprender a bailar*

Carson City Senior Center

Learn to dance like the Stars.

Rumba, Cha Cha, Swing, Tango, Waltz,  
 Night Club Two Step, Salsa, Merengue,  
 Cumbia and many other Ballroom and  
 Latin Dances

Join us every Monday afternoon

At 1:30 in the Nevada Room

We have lots of space to dance.



**\*\*\$5.00 per class**

Come out and have lots of fun while you learn.



### Hearing Care of Carson City



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Mark Weeks, M.C.D.  
CCC Audiologist

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Congratulations to our  
April Birthdays  
QUEEN



Fran Davis  
99 Years Young

KING



Happy Birthday!  
Richard Gatzka  
91 Years Young



Did you know we purchased new voting equipment? Join us on Friday, May 4, at 11:45 a.m. to learn about what to expect from this new voting equipment and the reasons for this change.

Aubrey Rowlett, chief deputy clerk and Sue Merriwether, clerk-recorder, will be presenting information and sharing lasting tips for voters.



**BINGO DATES:**  
May 6th, 13th and the 27th



The Carson City Community Bingo is a fundraiser for Meals on Wheels. Bingo is held at the Carson Senior Center. All proceeds from Bingo goes toward the Meals on Wheels program and the Senior Center.

The cost to play is \$10. All the Special Games cost \$1 each. The Early Bird and Night Owl Games cost \$2 each. Doors open at 11am and games start at 12:30pm. You must be 21 or older to play. Cash Ball and Progressive games pay up to \$1199. As of 4/8/2018 no one had won the Cash Ball. It was at \$1199.

Bing a can of food or non-perishable food item and receive a free game sheet for each can you bring. We play a special game for the can food.

This month we will play Bingo on Mother's Day which is on May 13th. There will be a 50/50 drawing and extra prizes on Mother's Day. Bring Mom and have fun playing Bingo. We will have a Potluck and you can bring a dish to share. We will provide the Cake and Coffee.



Thank you to all our Volunteers. We need Volunteers in the Snack Bar. If you would like to help, please call 775-883-3430 or email Marie Borgo at feline4254@yahoo.com.



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[www.WaltonsFuneralHomes.com](http://www.WaltonsFuneralHomes.com)

1521 Church, Gardnerville

## Have fun Making Handcrafted Greeting Cards



**Monday May 7, 2018**

**2:00-4:00 pm**

**\$4.00 each card**

**Door prizes Awarded**

Carson City Senior Center

911 Beverly Dr

Carson City

Job's Peak Room

Supplies provided

**Anna Villarreal/Instructor**

**(775)461-3138 RSVP**



2861 Mountain St. Carson City

[www.SkylineEstatesSL.net](http://www.SkylineEstatesSL.net)



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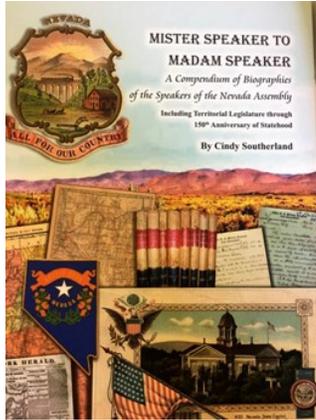
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My personal book (Mister Speaker To Madam speaker by Cindy Southerland) was removed from our counter in the Gift Shop. I found the red clipboard it was sitting on in the lobby.

This book is authored by my son’s stepmom with collaboration by their father and graphics and research by my eldest son.

It was signed by the author with a special note to myself. If you have seen it or know if its whereabouts, I would greatly appreciate its return.

Thank you.

Mary K. Sharron

Volunteer, Gift Shop



Surprise Mom with a Delicious 11lb Box of See's Candy for Mother's Day. The Gift Shop has a variety of Boxed Chocolates such as Nuts and Chews, Soft Centers, Milk Chocolates, Assorted Chocolates and of course Dark Chocolate.

If candy is not your choice come into the Gift Shop and see the unique Gift items made by our Creative Seniors. Every item made by seniors in this shop is done with Love and Pride

The Gift Shop is open Mon-Fri, 10am to 3pm. We now take Credit/Debit Cards.



**HAPPY MOTHERS DAY**

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**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  
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*Your House Full of Friends™*

**MAY 2018**



### Tuesday Morning Walks

All walks start at 9:00 A.M. and are 1 to 2 miles with a duration of one hour having no or negligible elevation gain, and frequently on paved or smooth paths. Water and closed-toe shoes required. If it rains or snows, meet at the Multi-Purpose Athletic Center (MAC) at 1860 Russell Way. Tuesday Morning Walks will be May 1st, May 8th, May 15th, May 22nd and May 29th. Contact Alyce Cloutier at [klute89701@gmail.com](mailto:klute89701@gmail.com).

### Tuesday Evening Hikes

All hikes start at 5:30 PM. Hikes are 4-6 miles in length with an elevation gain, sometimes over 500 feet and usually on single track trail. Evening hikes are usually 1½ hours or more duration. Water and closed-toe shoes required. Hat and sunscreen recommended. Tuesday Evening Hikes will be May 1st, May 8th, May 15th, May 22nd and My 29th. Contact Sharon Coates at [scoates7515@gmail.com](mailto:scoates7515@gmail.com)

### Thursday Morning Hikes

This month begins the summer switch to morning hikes on Thursdays. All hikes start at 8:30am, and are 2-4 miles with an approximate duration usually 1 1/2 hours, sometimes with elevation gains of 500; or more. Hike duration does not include time to car pool. In case of bad weather, we will cancel. Water and closed-toe shoes are required. Some trails are dirt and others are paved. Please check the [www.musclepowered.org](http://www.musclepowered.org) calendar or our Facebook page for last minute changes, or contact the hike coordinator, Jo Foster at [jf.prairie@gmail.com](mailto:jf.prairie@gmail.com), or (319) 504-3309, call or text.

### General Information:

All events are free. Participants are responsible for their own transportation to the meeting site, and the leader may request a physician's release at their discretion. All events require closed-toed shoes and water. Hats, sunscreen and hiking poles are recommended. All events can be found at [www.musclepowered.org/calendar](http://www.musclepowered.org/calendar). For general information, please contact [Debbie.Lane102@yahoo.com](mailto:Debbie.Lane102@yahoo.com).

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**Christie Wilde  
Location Manager**

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**Barry's Trivia Question for  
the Month of May 2018**

**Barry R. Bjorkman, Former  
Advisory Council Chairman**

**A blue moon occurs on one particular day of the  
month. What is that day?**

**LAST MONTH'S QUESTION AND ANSWER..**

**Q. What was the first NFL Expansion Team, and  
in what year did the NFL first expand?**

**A. Green Bay Packers—1921**

**THRIFT STORE NEWS!!**

**SPECIALS FOR THE MONTH  
OF MAY**



- Tuesday**—Crafts—50% off
- Wednesday**—Senior Day 20% off
- Thursday**— Kitchen items— 20% off
- Friday**— Boutique—50% off
- Saturday**—Everything in store 50% off including boutique and furniture. (Books not included)
- Paperback Book Sale - \$5.00/bag**

**Donations Needed:** small appliances, dishware, 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!

Don't forget—Pick up for donated items is **FREE!**

**HOURS:** Tuesday—Saturday, 10am -3:30pm

Submitted by:  
Joyce Hudson, Thrift Store Manager 775-301-6676



## EAGLE VALLEY CARE CENTRE

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Activities such as supervised exercises, games, music and group worship both Christian Bible Reading (weekly) and Catholic masses (once a month)

We accept Medicaid Group Waivers; inquire for availability of rooms.

Call us or better still, visit us to experience the home atmosphere maintain by friendly staff.

Ask for Tess, Genie or Daisy (cell 925 483 1096)

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We will pay top dollar for your items. You could have cash in your pocket **today**, so don't delay. **CAN'T COME TO US? WE WILL COME TO YOU! Call 775-882-8882. Ask for Teresa or Charlotte.**

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

**CAPITOL CITY LOANS**  
5951 Hwy 50 East  
Carson City

I would like to subscribe to the "Senior Sentinel"! My check for one year in the amount of \$15.00 is enclosed.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

**GOVERNING BOARD**

- Bruce Scott, President
- Tom Baker, Secretary
- Michael Crossley, Treasurer
- Michael Pavlakis, Director
- Pam Couch, Director

**2017/2018 CCSCCA Advisory Council Members**

- Vi Bibee, Vice Chairman—9/18
- Marie Borgo, Council Member—9/18
- Pete Dupre, Council Member—9/19
- Diane Maguire, Council Member—9/18
- Cindy A. Somers, Council Member—9/18
- Laurel Stadler, Chairman—9/19
- Corry Steiner, Council Member—9/18
- John C. Wilson, Council Member—9/18
- Jane Wong, Council Member—9/19

**SENIOR CENTER DIRECTOR**

Courtney Warner

**ELDER RESOURCE ADVOCATE**

Warren Bottino

**DEPARTMENT BUSINESS MANAGER**

Michael Salogga

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**Senior Center**

**(775) 883-0703; FAX: (775) 883-2869**  
**9:00 - 4:00**  
**Monday - Friday**

**Lunch served 11:00 -12:30**  
**Suggested donation \$2.25—Seniors;**  
**\$6.00—under 60**

**Gift Shop: (775) 283-7982**  
**10:00 - 3:00, M-F**

**Thrift Store: (775) 301-6676**  
**10:00 - 3:30, Tues-Sat.**

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