

Senior Sentinel

www.carsoncityseniorcenter.org



**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

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

UPCOMING HOLIDAYS



Cinco de Mayo
Sunday, May 5



Mother's Day
Sunday, May 12



Memorial Day
Monday, May 27

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Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

Lots of new faces! We've got new volunteers, new staff (welcome Drew & Rachael!), and new seniors joining us every day! With new faces, please give them a good Senior Center welcome, show them the ropes, and make sure their experience is incredible. Help us out by introducing yourself - remember you once were new too!

And new activities are happening all the time! What makes us special is we have something for everyone and if we don't, you need to ask us to make it happen! See me if you have an idea!



THANK YOU!!

Our INCREDIBLE Jewelry Sale Volunteers raised \$2,596.17 from the April Sale. Thank you for your time, energy, organization and all that went into a fantastic event!

More DONATIONS are needed for the fall sale - drop them off to Reception or Accounting.

VOLUNTEER *Spotlight*



SHIRLEY WOODS

Shirley Woods has volunteered at the Senior Center since 2018 and leads the AARP Foundation Taxaide program, and is proud to report that the tax preparing team processed 900+ returns last year. Shirley is a retired school administrator and moved to northern Nevada because she loves the beauty of the mountains, mild climate and the small community atmosphere. She travels frequently to visit her 3 children, 7 grandchildren and two great-grandchildren in between enjoying crocheting blankets, yard maintenance and spending time with her 2 dogs.



QUEEN

Helma Rosendahl
87



KING

Paul Fleury
87

April Birthdays



Celebrate your birthday with us - 1st Friday of each month!

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
- 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
- State Health Insurance Program (SHIP)..... 1-800-307-4444
- 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
SUPPORT GROUP**

www.alz.org

Meets 4th Wednesday of the
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



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

COMING SOON...

Fan Drive (Summer months)

Fraud Presentation (June)

JAC Bus Pass Renewals (June)



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

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UPCOMING *Events*

History SLIDE SHOW

When: Tuesday, May 14 at 1:30pm
Where: Carson City Senior Center Nevada Room
About the Event: Using extensive research and seldom seen photographs, local authors and historians David and Gayle Woodruff take a look back at the many people and events that have affected this magnificent Sierra Nevada gem over the years. Free Event. RSVP not necessary.

A Conversation with Frank Joe, Stewart Indian School Cultural Center & Museum

When: Tuesday, May 21, 12:30pm

Where: Joshua Tree

About the Event: Frank Joe attended the Stewart Indian School when he was ten years old, during the 1950-1951 school year. He is a citizen of the Te-Moak Band of the Western Shoshone and volunteers at the Stewart Indian School Cultural Center and Museum. Free Event. RSVP not necessary.



Menu Committee

When: Tuesday, May 14, 10am

Where: Zephyr Room

About the Event: Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input for menu planning and enjoy a tasting! New menu ideas start here!

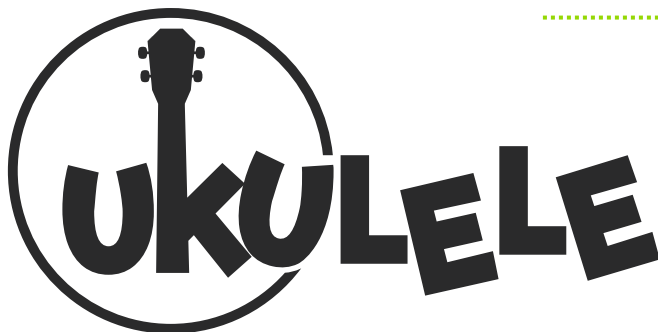
When: See Activity Calendar for hours.

Where: Case Manager's Office (east end)

About the Event: Free one-on-one instruction tech help for members of the community to expand your skills. No appointment necessary.

Help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available.

FREE TECH HELP



SEEKING Ukulele players! All ages and levels are welcome to join a weekly group, learning and playing together. Tentatively planned for Monday's midday. Beginners welcome. Bring your Ukulele and music to share. Please sign up with Reception.

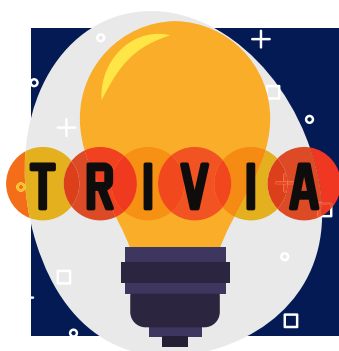
Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What does J. C. stand for in J. C. Penney?

Previous Month's Question & Answer

- Q.** Prior to the title, Secretary of Defense, what was the title of that position?
A. Secretary of War.



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



Thank You



For Sponsoring
April's Birthday
Friday Cakes!

AARPSM Tax-AideTM

For volunteering your time to complete
over 900 tax returns & raise over
\$2,700 in donations for Meals on
Wheels for the 2023 tax season!

EXPERIENCE CONNECTIONS.



What people are saying about CONNECTIONS.

"I leave
inspired."

"It's fun and
energizing."

"I meet new
people."

May 21st • 1:00 - 2:30

(And every third Tuesday of the Month)

Senior Center, 911 Beverly Drive, Nevada Rm



Sharing Stories. Making Connections. Changing Lives.

www.connectionscentral.org

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
10AM - 3PM

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

THE POWER OF MINDFUL SNACKING

By Laura Deverse, MS, RD, LD, CNSC, CDCES, Carson Tahoe Health



Snacking is something we all love to do. Whether it's munching on chips, enjoying a cookie, or savoring a piece of fruit, snacks are part of everyone's diet. But have you ever heard of

mindful snacking? Mindful snacking means paying attention to what we eat and how it makes one feel. Using the concept of mindful snacking can help when we are choosing a snack and ultimately, how satisfied we are with that decision.

Mindful snacking starts with choosing snacks wisely. Instead of reaching for sugary candies or salty chips, we choose healthier options like fruits, vegetables, nuts, or yogurt. These types of snacks will provide energy but may also contain protein, fiber and important vitamins and minerals we need every day such as calcium or vitamins C and A. Well-balanced snacks such as cheese with grapes or peanut butter on an apple or celery provide a sense of fullness that is hard to fulfill with chips or candy.

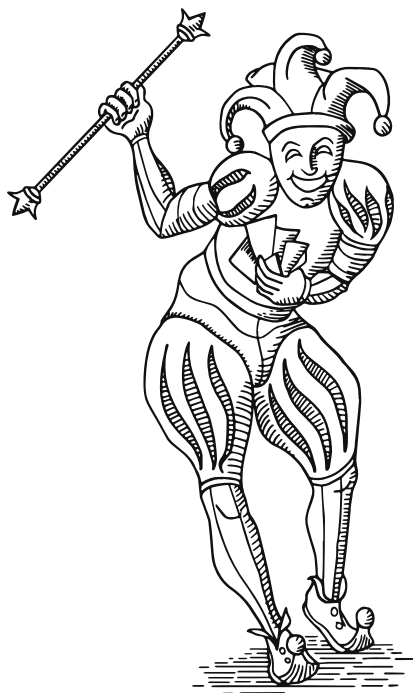
When we snack mindfully, we pay attention to what our bodies need. Before grabbing a snack, we can ask ourselves

if we are truly hungry or just bored. Sometimes, we might confuse thirst for hunger, so it's important to drink water first to see if that's what our body needs. By listening to our bodies, we can learn to avoid overeating and feel more energized.

Mindful snacking means eating slowly and enjoying every bite. Instead of rushing through our snacks, we take the time to savor the flavors and texture and pay attention to the experience of snacking. This way, we more fully appreciate the deliciousness of our snacks and will feel more satisfied when we are done eating.

It's essential to be mindful of portion sizes. Even healthy snacks can become unhealthy if we eat too much of them. Take a moment to portion out your snack using a plate or a bowl. Eating out of the bag may lead to overeating which, if chronic, can lead to health concerns.

In conclusion, mindful snacking is all about making a choice that is thoughtful, listening to our bodies, and enjoying our snacks fully. By choosing healthy options, eating slowly, and being mindful of portion sizes, we can snack in a way that nourishes our bodies and makes us feel great.



RIDDLE ME THIS

1. I have one, you have one. If you remove the first letter, a bit remains. If you remove the second, bit still remains. If you remove the third, it still remains.
2. I think you live beneath a roof that is upheld by me; I think you seldom walk abroad, but my fair form you see; I close you in on every side, you very dwelling pave, and probably I'll go with you at last into the grave.
3. It has no legs to dance, it has no lungs to breathe, it has no life to live or die, and yet it does all three.
4. I have two arms, but fingers none. I have two feet, but cannot run. I carry well, but I have found I carry best with my feet off the ground. What am I?
5. It comes only before, it comes only after. Rises only in darkness, but rises only in light. It is always the same, but is yet always different.

Over 1400 more riddles found here:

<https://www.ahapuzzles.com/media/riddles/pdfs/long-riddles.pdf>

NOTICE BOARD

AARP Driver's Safety Class

2024 Classes: June 3, Aug. 5, Oct. 7

9:30 a.m. to 2:30 p.m.

Tahoe Room

\$20 AARP Member, \$25 non-member payable day of class (cash or check)

Register at Reception

DANCE PARTY

with Potluck
Saturday, May 4
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Scrapbooking

Thursdays, 9-12 p.m.

Job's Peak Room
\$1/class, supply fee

Do you have shoeboxes of photos under the bed? We will help you organize and save all these precious memories in safe, archival and meaningful albums. The class and workshop is full of fun, friendship and food like a quilting bee. Class fee includes snacks and use of tools.

BINGO

Sunday, May 12
Sunday, May 26
Doors open at 11 a.m.
Games start at 1 p.m.

Must be 21 to play

All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Nevada Legal Services

1st Thursday by
appointment

Call Reception for
appointment

GAME Day

Wednesdays
12:30-3pm
Leisure Hour Room

Drop in a play a game like
Phase 10, Mexican Train &
more! Free to attend and no
experience necessary.



GEOGRAPHICAL DIVIDES: FINDING COMMON GROUND



Self Guided Tour

April 25 - July 12

Monday - Friday, 9-4pm

(except Thursdays between 1-4pm)



Carson City Senior Center

911 Beverly Drive

Sagebrush Dining Room

ABOUT THE SHOW: Geographical Divides: Finding Common Ground examines Nevada's unique visual culture. It is a state labeled with cultural myths like "Area 51," "The Biggest Little City in the World" and "Sin City" and one that commands the imagination of Postmodernism from the architecture of Las Vegas to the proliferation of Burning Man Festival held once a year. It is comprised of two major metropolitan communities— in the north and south— divided by 300 miles of vast desert. Nevada's art communities are not separated by distance of travel alone.



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

Elder Resource Advocate: Warren Bottino

Business Manager: Michael Salogga

Kitchen Manager: Kaleb Heflin

MOW Coordinator: Ashley Howell

Volunteer Coordinator: Drew Simmons

Office Coordinator: Rachael Spafford

Kitchen Crew: Chris, Nick, Pops, Scott, Sharon

MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

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