

# 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

Hidden Treasures Gift Shop, M-F, 9-2pm (new hours)

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

## UPCOMING HOLIDAYS



Flag Day  
Friday, June 14



Father's Day  
Sunday, June 16



Wednesday, June 19  
Juneteenth  
Senior Center is  
CLOSED

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Center Insert

- Activity Calendar & Menu

*from the Director, Courtney Warner*

Have you tried any of our new programs and activities? We are proud to host so many different opportunities to engage at the Senior Center. We are thankful to the amazing people who are behind the scenes to make these opportunities happen.

If you are interested in a hobby, class, or program, share your idea with us so we can make it happen! We are happy to bring new opportunities to socialize and engage but need your ideas.

**CONGRATULATIONS!**



*Irene*  
**LOCKLIN**

Irene received a Congressional Award celebrating her 100th Birthday and her service in the Marines.

**VOLUNTEER** *Spotlight*



**KATHLEEN**  
**KIRKLAND**

Kathleen Kirkland is a recent volunteer and says that she's glad to be in service at the Senior Center. She loves that it's such a happy place, and likes working shifts in the dining room, galley, kitchen and at the front desk where she interacts with diners and members of the volunteer team. She was employed for 23 years at the State of Nevada's Human Resources division and now enjoys spending time with her son and daughter, six grandkids, 2 cats and has fun bike riding, hiking, snow shoeing and bird watching. She's looking forward to more travel to the coast and an upcoming African safari later this year.



**QUEEN**

Maggie Marin  
82

**KING**

Joe Snyder  
97



**May 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**      **Mark Weeks, MCD**  
Doctor of Audiology      CCC Audiologist  
408 North Roop Street • Carson City • Nevada  
**775.885.9888**

**NOW Recruiting:  
2024 Senior Follies**

Do you have a talent to share? Join the 2024 Senior Follies in their annual production. Recruitment is underway for their next show, expected in late summer/early fall.

Contact Director, Toni VanCleave  
775-720-0205 or newfolliesgal@aol.com.



Experience you can trust  
Results you can count on

**Jason Overholser, PT**  
Physical Therapist / Owner

604 W. Washington St., Suite B      **(775) 882-5001**  
Carson City, NV 89703      fax (775) 882-5015

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# UPCOMING *Events*

## *Those that* **SURVIVED**

A Chautauqua Presentation

**When:** Tuesday, June 11 at 1:30pm

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

**About the Event:** Local authors and historians David & Gayle Woodruff assume the characters of James Reed and his wife Margret, who were the original organizers of the infamous Donner Party of 1846. Free Event. RSVP not necessary.

## **Silver THINK Series** *Critical Thinking for Seniors*

**When:** Thursdays, June 13, 20, 27, July 11, 18, 25 at 1:45pm

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

**About the Event:** A six-part program, presented by Burke Pease, to help seniors develop and maintain a healthy mind by sharpening their critical thinking skills. With lectures, discussion, exercises, and social interaction, each session will provide insight and skills for being a better thinker. Free Event. RSVP required at Reception.

## *A Conversation with*

## **Donna Inversin, Historic V&T Trail**

**When:** Tuesday, June 25 at 12:30pm

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

**About the Event:** Donna Inversin, president of the Historic Virginia & Truckee Trail, will present on the nonprofit's effort to find the remaining sections of old rail bed routes and stitch them together to build a Rail-Trail. The trail will be an echo of the Virginia and Truckee Railroad, for the benefit and enjoyment of the citizens and visitors of Northern Nevada. Free Event. RSVP not necessary.

## **DISCOVER** **ANDEAN** **MUSIC**

**When:** Tuesdays: June 25, July 2, 9 at 2:30-4pm

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

**About the Event:** Learn to Play the Zampoña (Peruvian Pan Pipes): Three weekly 90-minute lessons regarding notes of the zampoña where you'll learn to play songs with Kantu Inka. Pan pipes provided. Free Event. RSVP required at Reception.

# SCAMS & SENIORS



**When:** Friday, June 21 at 10am

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

**About the Event:** A presentation by the Carson City Sheriff's Office Investigations Division about current scams targeting seniors. Learn tips to avoid a scam and safeguard your environment to avoid fraud. Free Event. RSVP not necessary.



## **Barry's Trivia** **Question of the Month**

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q:** What is Mr. Tesla's first name?

Previous Month's Question & Answer

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

A. James Cash Penny



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



Thank you Caesar's HERO's for our courtyard refresh!

## Hidden Treasures Gift Shop



# NEW HOURS

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

## EXPERIENCE CONNECTIONS.



What people are saying about CONNECTIONS.

"I leave inspired."

"It's fun and energizing."

"I meet new people."

June 18th • 1:00 - 2:30  
(And every third Tuesday of the Month)  
Senior Center, 911 Beverly Drive, Nevada Rm



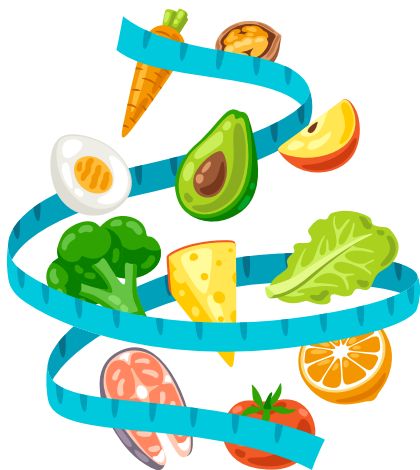
connections central

Sharing Stories. Making Connections. Enriching Lives.

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

## SUSTAINABLE NUTRITION

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



Sustainable nutrition means eating in a way that keeps us healthy while also taking care of the Earth. It's like being kind to our bodies and our planet at the same time.

Firstly, we can eat more fruits and vegetables. These

foods are good for us and they don't need as many resources like water and land compared to meat. Plus, they're full of vitamins and minerals that help us feel our best.

Secondly, we can try to buy food that is grown locally. That means the food doesn't have to travel far to get to our plates. When we buy local food, we help reduce pollution from transportation, and we support our local farmers too.

Another important thing is to not waste food. Every time we throw away food, we waste all the resources it took to grow, harvest, and transport it. We can try to reduce waste by only taking what we need and save leftovers for later. We can also compost food scraps instead of throwing them in the trash.

We should also learn about where our food comes from. Some farms use chemicals that can hurt the environment. Choosing to eat foods without harmful chemicals can be better for our planet and our health.

Lastly, we can eat more foods that are in season. When we eat fruits and vegetables that are in season, they taste better and are usually cheaper too. Plus, they don't need as much energy to grow because they're already suited to the weather at that time of year. Mark your calendars for the kick off of our local farmers market that starts in June, right here in Carson City!

In conclusion, sustainable nutrition is all about making choices that are good for us and for the Earth. By eating more fruits and vegetables, buying local and seasonal foods, reducing food waste, and learning about where our food comes from, we can help make the world a healthier and happier place for everyone.

# VOLUNTEERS NEEDED

### Gift Shop

(merchandising, selling items)

- Various shifts, Monday - Friday, 9-2pm

### Reception

(answering phones & helping guests)

- Tuesdays, 9-12pm or 12-3pm

### Galley

(setting up beverages & more)

- Tuesdays & Wednesdays, 9-1pm

### Dining Room

(bussing, serving, check-in)

- Mon., Tues., Weds., Thurs., 10:30-1pm

**Ask for Drew or call (775) 883-0703,  
Ext. 7980 to sign-up!**

## COMMONLY ASKED

# QUESTIONS

**Q: When can I get FARMER'S MARKET coupons?**

**A.** Soon, but not yet. RSVP will announce a date usually the end of June or early July.

**Q. When can I get a NEW BUS PASS?**

**A.** June 26 & 27. See page 8 for details!

**Q. When can I get or donate a FAN?**

**A.** Soon, but not yet. The Fan Drive starts with KOLOCares, usually mid-June. You can donate a new fan at any time. Distribution is for seniors, 60+, one per household as we have fans available.

**Q. When is the MENU & NEWSLETTER ready?**

**A.** We try to have the newsletter and menu ready by the last week of each month. Sometimes there are delays at the printer. Be the first to get your copy by signing up to get by email (see page 8).

**Q. Where can I find MORE INFORMATION about what's going on or to get more help?**

**A.** Visit our website and find the page you're looking for. Can't find it or need help? Call us!

# 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, June 1

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, June 9

Sunday, June 23

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

# NEW & ONGOING

## Classes & Events



### BUS PASS RENEWALS

**Carson City Senior Center  
Main Lobby  
911 Beverly Drive**

**Wednesday, June 26 &  
Thursday, June 27  
9-1pm**


**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**



**When:** Mondays at 11-11:30am  
**Where:** Carson Room (West End)  
**About the Event:** All ages and levels are welcome to join a weekly group, learning and playing together. Bring your Ukulele and music to share. Free Event. RSVP not necessary.

## CHAIR YOGA

**When:** Thursdays, 1:30-2:30pm  
**Where:** Nevada Room (West End)  
**About the Event:** Improve flexibility, strength, balance, and reduce stress with a gentle yoga class in a chair. Beginner to intermediate level. Free Event. RSVP required at Reception.

## Menu Committee

**When:** Tuesday, June 11 10am  
**Where:** Zephyr Room (West End)  
**About the Event:** Engage with Kitchen Manager, Kaleb, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here! Free Event. RSVP not necessary.

## FREE TECH HELP

**When:** See Activity Calendar for hours.  
**Where:** Case Manager's 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.

### 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  
**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:** Juan, Nick, Pops, Scott, Sharon  
**MOW Drivers:** Amanda, Julie, Ken, Matt, Rudy, Tom

#### GOVERNING BOARD

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

#### ADVISORY COUNCIL

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 John Wilson