

# Senior Sentinel

www.carsoncityseniorcenter.org



## UPCOMING HOLIDAYS

Thursday, July 4  
Senior Center is CLOSED



## INSIDE THIS EDITION

Page 2

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

Page 3

- Resource Page
- Alzheimer's Association

Page 4

- Upcoming Events
- Barry's Trivia

Page 5

- Thank You's
- Volunteers Needed
- Hidden Treasures Gift Shop

Page 6

- Summer Smoothies: Keeping it Nutritious while Keeping it Cool
- Frequently asked Questions

Page 7

- Notice Board

Page 8

- Helpful Tip: Scams & Seniors
- More Events!

Center Insert

- Activity Calendar & Menu



## 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

### from the Director, Courtney Warner

Summer is here and here are great tips to keep cool and healthy to beat the heat:

- Stay well hydrated throughout the day.
- Run errands during the morning or evening hours to avoid the afternoon heat.
- Pets need shade and water and never leave pets in your car.
- Stay indoors and visit places with air conditioning, like our Senior Center.
- Rest with a cool, damp cloth or take a cool shower.
- Know the signs of heat exhaustion and reach out for medical help if you feel unwell.

## IN THE NEWS



Volunteer, Loree Smith, pictured with Carson High NJROTC cadet, Anna Shane, featured in the Nevada Appeal May 29 edition.

Courtesy of Nevada Appeal

## VOLUNTEER *Spotlight*



### ROSEMARY BEAUCHAMP

Rosemary has been the leader of jewelry sales for 5 years and thoroughly enjoys her role. She's grateful for rotating into the position after the

founder, Dee Johnson, who developed this Meals on Wheels fundraiser, retired in 2019. Rosemary enjoys evaluating donated estate and costume jewelry and then the committee prepares the pieces for the spring and fall sales. She's proud of improving the proceeds for Meals on Wheels after each sale. As a 30-year Carson City resident, she pursues gardening, hiking, traveling to the beach and national state parks with her husband. Please say hello to Rosemary at the next jewelry sale scheduled October 3 and 4, 2024 [jewelry donations accepted all year].



## QUEEN

Alice Rowe  
83



## KING

Edwin "Mick"  
Miller  
90

## June 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

**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* *Sierra* HISTORY

## *Tales Along El* **CAMINO SIERRA** A History Slide Show

**When:** Tuesday, July 9 at 1:30pm

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

**About the Event:** Using seldom seen photographs and extensive research, local historians and authors David & Gayle Woodruff recount the impressive and fascinating efforts promoted by boosters in Eastern California and Western Nevada, to get a modern roadway (Highway 395) built in their region in the 19-teens. From record setting flights over Mt. Whitney to partnering with two World Fairs, the ballyhoo created by Eastern Sierra Good Road Club enthusiasts was amusing, improbable and effective.

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

**When:** Thursdays, 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.

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

### *Music* PERFORMANCE

**When:** Tuesday, July 23, 11:-11:45am

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

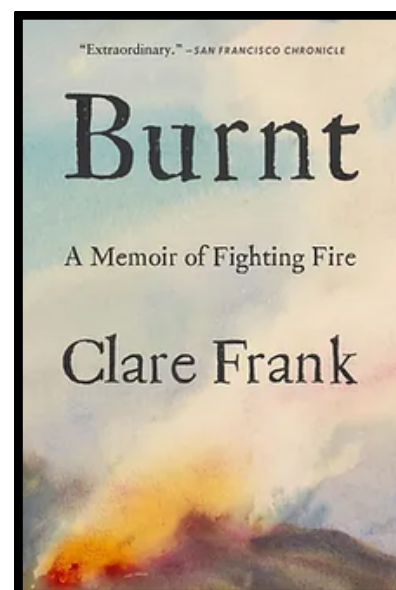
**About the Event:** The students who have been learning to Play the Zampoña (Peruvian Pan Pipes) will perform their culminating event with the help of Kantu Inka. Free Event. RSVP not necessary.

## *A Conversation with* **Clare Frank,**

**When:** Tuesday, July 23 at 12:30pm

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

**About the Event:** Clare Frank served as the State of California's first and only female Chief of Fire Protection. She began firefighting at age 17 and worked her way through the ranks, handling fire and rescue emergencies and major disasters in both urban and rural settings. Along the way, she earned a spot on an elite state command team, a bachelor's in fire administration, a law degree, a master's in creative writing, and several leadership awards. Now, she brings humor and candor to her stories about first responders, lawyers, and life. Her work has been featured in the New York Times, New York Post, San Francisco Chronicle, CNN Opinion, Shondaland, FireRescue1, and others. Her first book, *Burnt: A Memoir of Fighting Fire* is now available at a bookstore near you. She lives near Lake Tahoe with her husband and always a dog or two. Free Event. RSVP not necessary.



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

by Barry R. Bjorkman  
Former Advisory Council Chairman

**Q: Who was James K. Polk?**

**Previous Month's Question & Answer**

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

**A.** Nikola.



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

## \$2,000



Thank you to Hidden Treasures Gift Shop for the donation to Meals on Wheels



Thank you to Roper's Heating & Cooling for donating 50 fans!

# 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

# VOLUNTEERS NEEDED

### Gift Shop

- (merchandising, selling items)
- Various shifts, Monday - Friday, 9-2pm

### 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!

# SUMMER SMOOTHIES: KEEPING IT NUTRITIOUS WHILE KEEPING IT COOL

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



Smoothies are a delightful concoction of blended fruit, vegetables, and other nutritious ingredients that can provide a refreshing and energizing treat, especially during those summer months when the heat climbs. Using a few of the following tips and strategies when pre-planning your smoothies can add to their healthiness quotient and keep you moving through your day.

One of the most appealing aspects of adding a smoothie to your day is their versatility. The array of fruits and vegetables in season during the summer allows for countless flavor combinations. From classic favorites like strawberry-banana and mango-pineapple to more adventurous blends that incorporate spinach, beets, and/or herbs like mint or basil offer smoothie options for every palate. Adding ingredients such as Greek yogurt, almond milk, or coconut water/milk can add creaminess and added nutrients including electrolytes.

Smoothies, if built with balance in mind, can be a nutritional powerhouse! The right combination of whole vegetables, fruits, fats, and protein can regulate blood sugar levels, providing steady energy throughout the day. Fruits like berries, are rich in phytonutrients and vitamin C which function as antioxidants and protect the body from oxidative stress and inflammation. Leafy greens are useful sources of vitamins A and K, important nutrients for eye health and bone strength. Chia, hemp and flax seeds are great ways to add healthy omega-3 fats and extra fiber for digestive health. Finally, adding a protein source such as Greek plain yogurt or nut butter will support muscle strength and repair and add sustainable energy.

Additionally, smoothies are a wonderful source of hydration, a key concept to staying cool in the summer months. High heat and low humidity in the summer contribute to increased sweating and fluid losses which can sap energy and affect overall health. Blending a refreshing smoothie and adding cucumber, watermelon, or coconut water can replace electrolytes and count towards your fluid needs for the day.

Beyond their delicious taste, smoothies in the summer are a fantastic way to stay energized and hydrated during those warmer months. No need to turn on the stove and you are still meeting your nutritional needs in a great and healthy way! Smoothies can be a staple in your summer routine! Check in with the Carson Tahoe Health Diabetes and Nutrition Outpatient Education Department for healthy recipes and ideas at 775-445-8607 or at [diabetes.nutrition@carsontahoe.org](mailto:diabetes.nutrition@carsontahoe.org)!

## FREQUENTLY ASKED

# QUESTIONS

- Q. Can I arrive early to visit in the dining room?**  
**A.** While the meal is served from 11-12:30pm, you are welcome to arrive early and socialize. We have newspapers on Mondays and Wednesdays and beverages are available around 9:30 a.m. (when the first pot of coffee is brewed).
- Q: PRODUCE ON WHEELS - What is that?**  
**A.** Produce on Wheels delivers fresh produce to clients at senior living communities and senior centers across northern Nevada. During each distribution, seniors are provided with small, manageable quantities of a variety of fresh fruits and vegetables. Clients are welcome and encouraged to attend both distributions on the 1st and 3rd Wednesday between 9-10 a.m. Must be 60 or over to participate.
- Q. When will the DINING ROOM ART change?**  
**A.** The temporary show ends mid-July and our collection will be reinstalled immediately after.
- Q: How do I get FARMER'S MARKET coupons?**  
**A.** Contact RSVP at (775) 687-4680.
- 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: 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, July 6  
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with  
Don & Nadine

## NEW Learn to Scrapbook Class

Thursdays, 10-11 a.m.  
Job's Peak Room  
\$5/class, supply fee

Sandy is teaching a special class to learn how to scrapbook. All supplies included!

## BINGO

Sunday, July 14  
Sunday, July 28  
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  
1-2 p.m.

Hosted by Carson  
Tahoe Health

## JAC Bus Passes

Monday - Friday  
9-2 p.m.

See Reception for a new bus pass. Seniors who live in Carson City are eligible for a FREE bus pass.

## GAME Day

Wednesdays  
12:30-3 p.m.  
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



**When:** Mondays at 11-11:30 a.m.  
**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.



**When:** TBD - Call for schedule  
**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.



**When:** Tuesday, July 9 at 10 a.m.  
**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.



**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.

## HELPFUL TIP: SCAMS & SENIORS

**?** Did someone tell you to buy a gift card and give them the PIN numbers?

**!** **STOP. It's a scam!**

**!** Gift cards are only for gifts. Not for payments.

**HANG UP ON Gift Card Scams**

- ✓** Report gift card scams to the gift card company.
- ✓** Ask for your money back.
- ✓** Then tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/idtheft)

**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**  
 Corry Steiner, Chair  
 Harvey Cohen, Vice-Chair  
 Lisa Drews  
 Robert Drews  
 Becca Krach  
 Julie Linstrom  
 Lucy Murphy  
 Cindy Somers  
 Lisa Williams  
 John Wilson