

# Senior Sentinel

[www.carsoncityseniorcenter.org](http://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: 9 a.m. to 2 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)

## EVENTS AROUND TOWN

### Carson Farmer's Market

Every Saturday, 8:30-1pm, Pavilion

### Capital City Rodeo

Friday, August 2 - 7pm  
Saturday, August 3 - 7pm  
at Fiji Park

### Sheriff's Night Out

Tuesday, August 6, 5-8pm, Mills Park

### 38th Annual Bowers Bluegrass Music Festival

Friday, August 23, 2024 - 4:00 pm  
Saturday, August 24, 2024 - 9:00 am  
Sunday, August 25, 2024 - 10:00 am  
at Bower's Mansion

For more information and to view more events:  
<https://www.carsoncitychamber.com/events/members>

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*from the Director, Courtney Warner*

Our summer fan drive is in full swing. Big thanks to the donors who have provided fans to keep seniors cool during these hot summer months. If you find yourself in need of a fan, please visit us and, fingers crossed, we have a fan available for you. It is best to stop by and check as it is hard to predict how many fans will be donated and/or requested on any given day. We are unable to hold a fan for you.

We hope you enjoy this service and thanks again to our generous donors who look out for our senior community!

# THANK YOU

PAY



IT

**For sponsoring  
the Ice Cream  
Social & Root  
Beer Floats!**

FORWARD PROJECT

The Pay it Forward Project is dedicated to improving our communities by encouraging everyone to volunteer a minimum of two hours per month to build stronger communities, we encourage community improvements as well as service to others by volunteers. We partner with local service clubs, nonprofits as well as local schools to provide funding to support community volunteer projects.

## VOLUNTEER *Spotlight*



**LEW  
SCHUERKAMP**

Lew looks forward to volunteering regularly at the Senior Center and feels lucky to be of service in the dining room. He joined the volunteer team recently and enjoys the upbeat, positive atmosphere as well as connecting with new people. Lew retired after 42 years as a federal employee, relocated to Carson City four years ago and enjoys the small town feel. As a motorhead, he likes taking care of his motorcycle and small equipment, and attending local car shows.



# QUEEN

Sarah Dietsch  
91

# KING

Joe Lopez  
82



## July 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

**SAVVY CAREGIVER TRAININGS**

A FREE Education Program Presented by the Alzheimer's Association®



**UPCOMING FREE SAVVY TRAINING OFFERINGS**

All offerings require pre-registration and screening prior to participation.

Savvy Caregiver Trainings are designed for family caregivers only.

**Carson City (In-Person Training)**

Thursday Mornings, 9-11 a.m.  
Dates: Aug. 22, 29 and Sept. 5, 12, 19, 26, 2024

Carson City Senior Center  
911 Beverly Drive Carson City, NV 89706

If needed, financial assistance is available to help pay for respite care while attending the training. A separate screening interview is required to receive this assistance.

To pre-register visit:  
[tinyurl.com/alznornvsavvy](http://tinyurl.com/alznornvsavvy)



For more information contact:  
Cristine Perez Marcos Bohan

[cpmarcos@alz.org](mailto:cpmarcos@alz.org)  
775.254.0329

In partnership with:  
This project is funded through a partnership with Neighbor Network of Northern Nevada and the Administration for Community Living. Grant Number: NV 90ADPI0082



**ALZHEIMER'S ASSOCIATION**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

**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 the fall.

Contact Director, Toni VanCleave  
775-720-0205 or [newfolliesgal@aol.com](mailto:newfolliesgal@aol.com).

**DISCLAIMER**

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# UPCOMING *Events*

**When:** Tuesday, August 13 at 1:30pm

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

**About the Event:** A Chautauqua performance "There It Is...Take It!" Local author & historian David Woodruff assumes the character of dreamer, designer, constructor and despot of the Los Angeles Aqueduct, William Mulholland. Abhorred in the Eastern Sierra...revered in Southern California... "Bill" brought a river from 233 miles away, so the City of Angels could grow into a great metropolis...while leaving a rural, agrarian community in ruins. This is "water wars" at its best/worst. Free Event. RSVP not necessary.

*There it is...*  
**Take It!**

A Chautauqua Presentation

## WRITING OUR STORIES, WRITING OUR LIVES

A Creative Writing Workshop

**When:** Wednesdays, August 7, 14, 21, 28 from 1-2pm

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

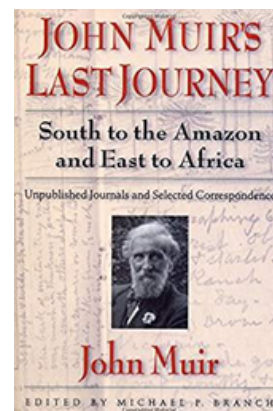
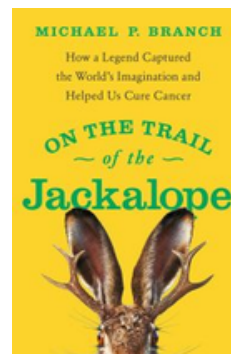
**About the Event:** A 4-week FREE Creative Writing Workshop. With writing prompts and creative inspiration, you'll learn to turn meaningful thoughts to written stories. Each workshop will build on the last with opportunities to share your stories. Bring a personal item for the first session. Facilitated by Gailmarie Pahmeier. Free Event. RSVP at Reception.

## *A Conversation with* Michael Branch

**When:** Tuesday, August 20 at 12:30pm

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

**About the Event:** Mike Branch is a writer, humorist, environmentalist, father, and desert rat who lives with his wife and two young daughters in the western Great Basin Desert. His work includes ten published books, one of which is the Pulitzer Prize-nominated John Muir's Last Journey: South to the Amazon and East to Africa. An award-winning writer, Mike has published more than 300 essays, articles, and reviews, and has given more than 400 invited lectures, readings, and workshops. Free Event. RSVP not necessary.



## *A Conversation with* Mark Vollmer & Jim Eaglesmith: StorySongs

**When:** Tuesday, September 17 at 12:30pm

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

**About the Event:** The DVD "StorySongs: From the Soul of the American West" captures the incomparable grandeur and heart of Nevada, the Sierra Nevada region, northern California, and the American Southwest with inspiring music and evocative photography. Award-winning Reno artists Jim Eaglesmith and Mark Vollmer take us on a compelling melodic/visual journey of the West's natural and cultural beauty. Free Event. RSVP not necessary.

## Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: What was Mr. Firestone's first name?

Previous Month's Question & Answer

Q. Who was James K. Polk?

A. 11th President of the United States.





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





# JEWELRY Sale

A selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more!

**Thursday, October 3**  
**Friday, October 4**  
**9am to 2pm**

At the Carson City Senior Center, 911 Beverly Drive in the Lobby

A Fundraiser for:

  
**MEALS on WHEELS**  
CARSON CITY

**Jewelry Donations accepted year-round**  
(775) 883-0703 [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org)


# VOLUNTEERS NEEDED

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

 *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

 **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**

# 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



# TEN EASY AND HEALTHY SIDE DISHES TO ADD TO YOUR BARBEQUE

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

This time of year, brings outdoor eating and barbecuing your favorite meals. Try these easy-yet delicious sides for a healthy addition to your meals this summer. In addition to BBQ chicken or salmon try adding fresh fruits and veggies as a side dish as an effortless way to get vital nutrients into your day. Remember the key to meal planning is creating balance! So don't forget to add some whole grains, vegetables, and fruit to your meals or to bring along to a gathering for everyone to enjoy!

For a balanced BBQ spread, consider these healthy side dishes:

1. **Grilled Vegetables:** Marinate vegetables like bell peppers, zucchini, eggplant, and mushrooms in olive oil, garlic, and herbs, then grill until tender. They are flavorful and packed with nutrients.
2. **Quinoa Salad:** Combine cooked quinoa with diced veggies like cucumber, cherry tomatoes, and bell peppers. Toss with a light vinaigrette dressing for a refreshing side dish.
3. **Corn on the Cob:** Grilled corn on the cob is a classic BBQ side. Brush with a little olive oil and sprinkle with chili powder or lime juice for extra flavor.
4. **Mixed Green Salad:** Create a simple salad with mixed greens, cherry tomatoes, sliced cucumbers, and a balsamic vinaigrette dressing. Add nuts or seeds for extra crunch.
5. **Fruit Salad:** Combine a variety of fresh fruits like berries, melon, pineapple, and grapes for a colorful and refreshing side dish. You can also drizzle with a bit of honey or lime juice.
6. **Cucumber Salad:** Thinly slice cucumbers and red onions, then toss with a light dressing made of vinegar, olive oil, and dill. It is a crisp and refreshing option.
7. **Bean Salad:** Mix cooked beans (like black beans or chickpeas), diced bell peppers, red onions, and cilantro. Dress with a lime vinaigrette for a protein-packed side dish.
8. **Stuffed Bell Peppers:** Fill halved bell peppers with a mixture of quinoa, black beans, corn, and diced tomatoes. Bake until peppers are tender for a satisfying and healthy side.
9. **Caprese Salad:** Layer slices of fresh tomatoes, mozzarella cheese, and basil leaves on a platter. Drizzle with balsamic glaze and olive oil for a simple yet elegant side dish.
10. **Sweet Potato Wedges:** Cut sweet potatoes into wedges, toss with olive oil and seasonings, then bake until crispy. They are a nutritious alternative to traditional fries.



## FREQUENTLY ASKED

# QUESTIONS

### Q. How can I start a NEW ACTIVITY?

A. Reach out to Courtney at (775) 883-0703, to talk about your idea. All ideas are welcome!

### Q. How can I get a FLU SHOT?

A. We will host a flu shot clinic in late September with more information next month.

### Q. When is the FOLLIES SHOW?

A. The Follies Show is scheduled for October 4 & 5, times to be determined. If you'd like to help with the show, stage crew, or be in the show, please contact Toni VanCleave at 775-720-0205 or newfolliesgal@aol.com.

### Q. When is the next JEWELRY SALE?

A. The next Jewelry Sale fundraiser is on October 3 & 4, 9-2pm. Donations are accepted year-round by dropping of gently used jewelry to the Reception desk.

### 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: (775) 883-0703  
Visit our website: [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org)

# 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, August 3  
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, August 11  
Sunday, August 25  
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, 11-12:00 p.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:** Tuesday, August 13 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:** Fridays, 10:45-11:45am  
**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.



**When:** See Activity Calendar.  
**Where:** Case Mgr'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.



As a reminder, please stay home if you feel unwell.

<https://www.nfid.org/resource/how-to-tell-the-difference-between-flu-rsv-covid-19-and-the-common-cold/>

## HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:



|                        | COLD | FLU | COVID-19 | RSV |
|------------------------|------|-----|----------|-----|
| ACHES                  | XX   | XXX | XX       | X   |
| DIFFICULTY BREATHING   | X    | X   | XXX      | XX  |
| FATIGUE                | XX   | XXX | XXX      | X   |
| FEVER                  | X    | XXX | XX       | XX  |
| LOSS OF TASTE OR SMELL | X    | X   | XX       | X   |
| SORE THROAT            | XXX  | XX  | XXX      | X   |
| WHEEZING               | X    | X   | X        | XXX |

### 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

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

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