

# 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: 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

## HOLIDAY CLOSURE



Monday, September 2  
CLOSED



# Ocean COMMOTION

See Page 6

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Center Insert

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# from the Director, Courtney Warner

Looking to meet new people?

Join us for lunch to have a delicious meal and meet new people. Every day new people are walking in the door, looking for new friendships. If you've been with us for some time, wave over someone new and ask them to join you for lunch! Stepping inside our dining room can be intimidating and we've all been new at some time. Let's be friendly, welcoming, and make new friends!

To all who have just joined us, welcome!

## THANK YOU



**Carson Tahoe Health for a gift of \$2,500 gift to Meals on Wheels!**

## VOLUNTEER *Spotlight*



### RUTHANN BARTLETT

Ruthann brings fun where ever she goes and her favorite activity is volunteering at the Senior Center. She looks forward to interacting and serving diners during lunch at least twice a week, and as a bonus, participating at the Center brings her joy as she learns about the seniors through their life stories and family history. As a volunteer for over four years, she says that an extra benefit is the camaraderie of the volunteer team and socializing with new friends that she's met over time. Ruthann considers herself as a Jack of all Trades with career background that includes 28 years in casino accounting, owner of a construction company, acoustical ceiling installer, and hospital nurse's aide. She fondly remembers enjoying snow skiing, going to the beach, sailing, water skiing, scuba diving and rodeo barrel racing a few years ago, and currently crochets baby blankets, playing Bunco and Yahtzee while listening to oldies music.



## QUEEN

Virginia Evert, 86

## KING

Jim Bosch, 91



## August 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
- Medicare Assistance Program (MAP)(SHIP).. 1-800-307-4444
- 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
- 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

**VOLUNTEERS  
NEEDED**

Are you retired and have checked all the boxes on your bucket list? Are you new to the area and looking to connect with your new home town? Do you enjoy customer service and have professional office experience?

You're invited to learn about volunteer opportunities by contacting Drew.

Visit [www.carsoncityseniorcenter.org](http://www.carsoncityseniorcenter.org) to apply or Call (775)883-0703, Ext 7980

EXPERIENCE  
**CONNECTIONS.**



What people are saying about CONNECTIONS.

"I leave inspired."

"It's fun and energizing."

"I meet new people."

**September 17th • 1:00 - 2:30**

(And every third Tuesday of the Month)

Senior Center, 911 Beverly Drive, Nevada Rm



Sharing Stories. Making Connections. Enriching Lives.

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

**DISCLAIMER**

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# UPCOMING *Events*

## Technology on the COMSTOCK

**When:** Tuesday, September 10 at 1:30pm

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

**About the Event:** Using vintage photographs and extensive research, local authors and historians David & Gayle Woodruff examine the innovative spirit that helped make the Comstock Lode of Virginia City one of the most important industrial periods in human history. From four-mile-long tunnels to the world's largest pumps, the tales of ingenuity and imagination of the Comstock men and women are brought to life in this 55-minute history presentation. Free Event. RSVP not necessary.

## PAPER CRAFTING CLASS



**When:** 1st and 3rd Tuesdays, 9:30-11am (full), 11:15-12:45pm (open)

**Where:** Carson City Senior Center Job's Peak (East End)

**About the Event:** Make one of a kind creations such as cards, small journals, lined paper notebooks and gift ornaments with Sandi Scheer, instructor and demonstrator for Stampin Up! All levels welcome and all supplies provided. Meet, create, socialize! Supply fee of \$5/session (cash). RSVP by calling Sandi at (775) 309-8571.

*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.

## TAI CHI



**When:** Thursdays, 1-2pm

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

**About the Event:** Learn Tai Chi, each class will start with a warm-up, introduction to Tai Chi, beginning poses, practicing balance work and isometric movements, and ending with meditation. Each class will build upon the last and after 4 weeks, students can progress to an advanced class starting the following month, or repeat the beginner's class. Instructor, Laura Jones, a certified Tai Chi instructor with the Arthritis Foundation and a retired nurse, is excited to teach the health benefits of Tai Chi to seniors. Mind. Body. Spirit. A 4-week course, attendees must attend the first Thursday of each month to start the course. Wear loose-fitting clothing and supportive athletic shoes. Please show up early to the class to sign-up. Each series repeats at the beginning of each month. Class fee is \$5.00/class.

## Barry's Trivia Question of the Month

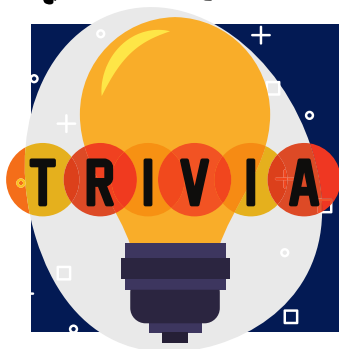
by Barry R. Bjorkman  
Former Advisory Council  
Chairman

Q: Where is the Sea of Cortez?

Previous Month's Question & Answer

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

A. Harvey.



SRES  
SENIOR  
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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)

**YOUR AD  
HERE**

Contact Courtney Warner for Advertising Opportunities (775) 883-0703

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 **Hearing Care of Carson City, LTD.**  
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**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

# CELEBRATING NATIONAL HEALTHY AGING MONTH THROUGH A FOCUS ON FOOD

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



A healthy diet is important at any age! What we eat can influence how well we age, and the aging process can change our nutritional needs. Calorie needs will usually decrease, but the need for certain nutrients and protein remains the same or increases. This requires a strong focus on high quality foods that provide crucial vitamins, minerals, and other nutrients without adding too many calories.

Protein is important for seniors to maintain muscle mass and strength. The best sources for protein include foods such as fish, poultry, lean meats, dairy products, eggs, legumes, and nuts. The recommended protein intake for seniors is typically higher than for younger adults, around 0.5- 0.6 grams of protein per pound of body weight.

Calcium and vitamin D are critical for bone health, and seniors are at a higher risk of osteoporosis and bone fractures. Dairy products, fortified orange juice and plant-based milks, leafy green vegetables, and salmon or sardines are reliable sources of calcium and vitamin D. In some cases, supplements may be necessary to meet the recommended daily intake but check with your doctor before starting any type of dietary supplement.

Fiber is another essential nutrient that aids in digestive health, supports immune function, and helps to prevent constipation. Whole grains, fruits, vegetables, and legumes are great sources of dietary fiber. The recommended daily requirement for fiber is 25-35grams per day.

2024 Carson Follies presents

## Ocean COMMOTION



### SHOW TIMES:

- ⚓ Friday, October 4 at 7pm
- ⚓ Saturday, October 5 at 2pm

### LOCATION:

Bob Boldrick Theater  
851 East William St  
Carson City, Nevada

An Entertaining Show of Mermaids, Sailors, Clogging, Singing, & More!



**\$10 ADMISSION / CASH**  
Sold at the door starting  
1 hour before show

Raffle Prizes

A Fundraiser for



MEALS ON WHEELS  
CARSON CITY

(775) 883-0703  
carsoncityseniorcenter.org

Hydration is often overlooked, yet it is vital for seniors, who may have a reduced sense of thirst. Drinking enough fluid each day is essential for cushioning joints, keeping the body temperature regulated, transporting nutrients (to) and waste products (from) organs and tissues. Water, herbal teas, and hydrating foods including fruits and vegetables will help meet fluid needs.

Certain vitamins and minerals become increasingly important as we get older such as vitamin B12, potassium, and magnesium. These micronutrients are important for brain function, heart health, and energy metabolism. Seniors should eat a wide variety of nutrient-rich foods to cover these needs.

In conclusion, seniors require a balanced diet that emphasizes nutrient density, adequate protein, calcium, vitamin D, fiber, and fluid. Tailoring the diet to meet these specific needs can help maintain good health, prevent disease, and improve overall quality of life. If you have questions about your diet or how to implement diet changes and would like to speak to a dietitian, you can contact Carson Tahoe Diabetes and Nutrition Department at 775-445-8607 or email [diabetes.nutrition@carsontahoe.org](mailto:diabetes.nutrition@carsontahoe.org).

# NOTICE BOARD

## AARP Driver's Safety Class

2024 Classes: 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, September 7  
6 p.m. to 9 p.m.  
(Next event: October 12)

Admission \$10 per person

Live music with  
Don & Nadine

## Meet the Candidates

We're inviting candidates running for local positions for you to meet and talk with during lunch. Located in the lobby. All candidates will be invited.

# BINGO

Sunday, September 8  
Sunday, September 22  
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*

## FLU VACCINE Event

**When:** Tuesday, September 24, morning (please call for event time)  
**Where:** Tahoe Room (East End)  
**About the Event:** Receive your annual flu shot at the vaccination clinic. Please bring insurance information with you. Free Event. RSVP not necessary.

## Beginning SQUARE DANCE

**When:** Monday's starting September 9, 1-3pm  
**Where:** Nevada Room (West End)  
**About the Event:** Weekly lessons that start from the very beginning and teach you new moves each week! Come make new friends while getting some exercise. Singles and couples welcome. Wear casual attire. Sponsored by the Capitol Cutups Square Dance Club. Lessons are \$8.00/class. RSVP not necessary. For more information contact Tim at 909-253-6590.

## Rumba LESSONS

**When:** Monday's starting September 9, 3-4pm  
**Where:** Nevada Room (West End)  
**About the Event:** Weekly lessons for choreographed ballroom dancing. No dance experience required. Leather sole shoes recommended. Sponsored by the Capitol Cutups Square Dance Club. Lessons are \$8.00/class. RSVP not necessary. For more information contact Bev at 951-264-7320.

## Menu Committee

**When:** Tuesday, Sept. 10 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.

## FREE TECH HELP

**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.

## UKULELE

**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.

## CHAIR YOGA

**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.

**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

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

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