

Senior Sentinel

www.carsoncityseniorcenter.org

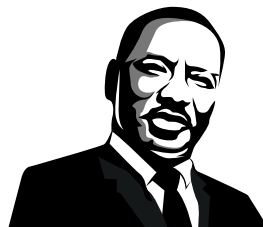


HOLIDAY CLOSURES

2025

— HAPPY NEW YEAR —

Tuesday, December 31 - Closing at 1pm
Wednesday, January 1 - Closed



Monday, January 20 - Closed

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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

Pardon the noise and dust while we repair a few things in our kitchen. We will post specific information at our entrance doors. The Senior Center we be open during this project. The project dates are January 27 thru February 14 (subject to change). Lunch will be served with cold entrees and limited on-site beverages. Meals on Wheels will be delivered as regularly scheduled. Activities will occur as regularly scheduled.

Repairs are never fun but with your patience we will make it work! More details to come as the dates near. Flyers will be posted at entrances as the project start date nears with instructions and potential impacts.

VOLUNTEER *Spotlight*
BATTLEBORN BABES JEEP CLUB



The Battleborn Babes Jeep Club is an all-female jeep club of northern Nevada who's purpose is to meet other women with similar interests! The club loves to support the community in anyway they can. They have connected with the Senior Center to help with the Christmas Gift Program which they share has been an amazing part of their club. They enjoy decorating their jeeps and putting smiles on the faces of the seniors as they deliver the gifts, sharing it has been a priceless experience for them and are thankful to be included. The Battleborn Babes Jeep Club is a loving group of ladies who go above and beyond to support each other and the community.

THANK YOU to Carol Schirlls and the cast of the Christmas Show for raising \$209 for Meals on Wheels



QUEEN
Arlene Taber
83



KING
Ralph DiMatteo
95

December Birthdays



Celebrate your birthday with us - 1st Friday of each month!
Thanks to a generous donor, the Queen & King win \$50 in cash!

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 each 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

EXPERIENCE **CONNECTIONS!**



What people are saying about CONNECTIONS.

- "I leave inspired."
- "It's fun and energizing."
- "I meet new people."

Every Tuesday • 1:00 - 2:30
Senior Center, 911 Beverly Drive
Jobs Peak Room (east end of bldg)



www.connectionscentral.org

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 to apply or Call (775)883-0703, Ext 7980

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UPCOMING *Events*

OBSCURER HISTORY

of the
EASTERN SIERRA

Part 1

When: Tuesday, January 14 at 1:30 p.m.

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

About the Event: The Eastern Sierra's history is deep, rich and varied. The "premier" subjects are well known and have been extensively covered in numerous books, documentaries, and films. But there are several unique and lesser-known tales from our region that are often overlooked and unappreciated. Using vintage photos and extensive research, local authors, and historians David & Gayle Woodruff recount a few of these esoteric anecdotes, in a 55-minute slide show presentation. From the real birthplace of Levi Jeans to the Hermit of Emerald Bay...the veracious narratives are legion. Free Event. RSVP not necessary.

Doc TALKS

When: Thursday, January 30 at 2:00 p.m.

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

About the Event: Save the date and look for more information about our new "Doc Talks" program in partnership with Carson Tahoe Health featuring Dr. Goldman. Stay tuned for more information!

A Conversation with Kathy Nelson & George Perreault

When: Tuesday, January 21 at 12:30 p.m.

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

About the Event: Kathy Nelson is a poet and a 2024 Nevada Arts Council Fellow. She has two chapbooks, Cattails (Main Street Rag) and Whose Names Have Slipped Away (Finishing Line Press), and a full-length collection, The Ledger of Mistakes (Terrapin Books). George Perreault has worked as a visiting writer in New Mexico, Montana, and Utah. Perreault has published five full-length collections, with lie down as you were born (2023) being the latest. Free Event. RSVP not necessary.

Menu

Committee

FREE TECH HELP

When: Tuesday, January 14 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.

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.

Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the largest planet in our solar system?

Previous Month's Question & Answer

Q. What are Spatterdash Leggings?

A. Spats



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WINTER WEATHER INFORMATION

In the event of extreme winter conditions, we may close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered and all receiving Meals on Wheels will be notified by phone. To verify the Senior Center is open, call 775-883-0703 after 9 a.m.

 **Hearing Care of Carson City, LTD.**
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408 North Roop Street • Carson City • Nevada
775.885.9888

!CARSON

A new emergency notification system for Carson City residents

When? Wednesday January 15 1-3pm OR Wednesday January 29 1-3pm

Where? Carson City Senior Center
 911 Beverly Drive
 Computer Lab

What? A presentation and training with Carson City Deputy Emergency Manager, Jon Bakkedahl, about Carson City's new emergency notification system. The !CARSON messages are non-emergency notifications to notify the public road closures, major road construction with detours and closures, Red Flag Warnings, with plans to expand to include emergency alerts like evacuations, flood warnings, and hazardous materials. Learn how this system can keep Carson City residents informed. Assistance with enrollment will be available. Please bring tablets or other smart devices. Computers will be available for enrollment.

Free event; RSVP not necessary.




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

WINTER WELLNESS: NOURISH, THRIVE, AND STAY STRONG

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

Winter is here! Shorter days, colder temperatures and the end of the festive season can make it tough for the most health-conscious person to stay motivated with their wellness goals. But it can be the perfect time to refocus on nourishing the body to support overall well-being. Nutrition is an essential factor to building a strong and resilient immune response.

Our immune system requires a varied and well-balanced diet to remain strong during the cold and flu season. You can boost your immune function with these nutrient-rich foods.

- Citrus fruits such as oranges and lemons or a kiwi for a daily dose of vitamin C.
- Leafy greens like kale and spinach for important antioxidants and vitamin A.
- Lean red meat, sardines, tuna, legumes, fortified cereals, and nuts for healthy iron sources.
- Legumes, whole grains, nuts and seeds, and fortified cereals provide reliable sources of zinc.

Prioritize hydration! It is easy to forget to drink water when it's frosty out, but hydration is important in the winter too and necessary for a strong immune response.

- Sip on herbal teas or warm water with a lemon slice.
- Enjoy soups packed with vegetables to add hydration and nutrients.

Enjoy comforting, nutrient-dense meals that fuel you with energy for your winter adventures.

- Soups & Stews: Add root vegetables like sweet potatoes, carrots, parsnips for fiber, phytonutrients, and vitamins.
- Whole grains: Oats, quinoa, and brown rice add B-vitamins, iron and other minerals providing sustained energy.



- Healthy fats: Avocados, nuts, and olive oil add energy and fiber, plus they are an important source of vitamins A and E.

Remember your need for vitamin D! Less time in the sun can impact our ability to make our own supply of vitamin D requiring fortification.

- Good foods to choose from include salmon, eggs, fortified milk, and fortified plant milk.
- Consider a supplement if recommended by your doctor.

Don't forget to move! Activity and exercise strengthen our immune system. Find fun indoor activities when winter weather makes an appearance.

Contact the Diabetes and Nutrition Educators at Carson Tahoe for other ideas!

775-445-8607 or at diabetes.nutrition@carsontahoe.org

Thank you Jerry!



45 YEARS
teaching
exercise at
the Senior
Center

NOTICE BOARD

DANCE PARTY with Potluck

Saturday, January 4
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

AARP Driver's Safety Class

2025 Classes: March 3, May 5,
July 7, November 3
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

Tai Chi

Thursday's 1-2 p.m.

Show up to the 1st Thursday
of each month to enroll.

\$5/class

BINGO

Sunday, January 12
Sunday, January 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
1-2 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.

Feedback Wanted

Share your comments
in the Suggestion
Box found at both
main and east
entrances.



THANK YOU TO OUR SECRET SANTAS

The Senior Gift Program delivered 1,038 gifts to homebound seniors and individuals of the Public Guardian, bringing holiday cheer and gifts to those who may not receive much during the holiday season. Individuals, clubs, and businesses volunteered to buy and wrap the gifts. The generosity of the Secret Santas is tremendous and their willingness to make Christmas special to individuals who may receive no other gifts this holiday season.



The Secret Santa's deserving the applause include (in no particular order): Carson Tahoe Hospital, Southwest Gas, Betty & Bill Redman, Carson Medical Group, Gold Dust West Youth Bowling League, Click Bond, State of Nevada Legislative Counsel Bureau, Fred Prawlawski, Kathy Ensminger, Kathy Hendersen, Carson Periodontics, Kirsten Sherve, Jeanette Champagne, Rocking and Rolling, the City Manager's Office, Ana Winston, Jenny Barney, Carson City Health & Human Services, Soroptomists, Karen Crandall, Prominence, Lions Club, KarsonKruzers, David & Cecile Critchfield, Loretta Roche, Department of Health and Human Services Division of Welfare and Supportive Services, Marcy Peterson, Melissa Osborn, Governor's Office for Economic Development, Nancy & Ron Smith, Nikki Schmidt, Supreme Court of Nevada, Ron & Betsy Milligan, Bethlehem Lutheran Church, Nissan Carson City, Sharon Love, Nevada Emergency Services, Sierra Nevada Kiwanis, Alicia Tau, and Vidler Water.



And a special thank you to Battleborn Babes Jeep Club for their help in delivering the gifts.

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.

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Kitchen Manager: Kaleb Heflin
MOW Coordinator: Ashley Howell
Volunteer Coordinator: Drew Simmons
Office Coordinator: Rachael Spafford
Kitchen Crew: Nick, Pops, Rhonda, Scott, Sharon
MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

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