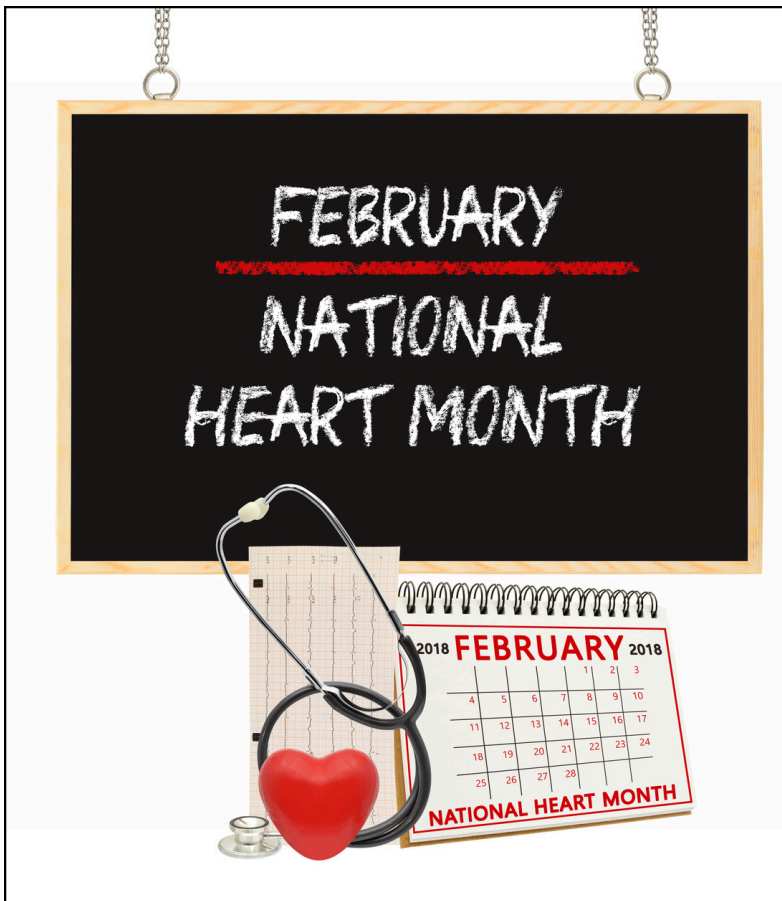


# Senior Sentinel

www.carsoncityseniorcenter.org



## HOLIDAY CLOSURES



Monday, February 17 - 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 our Dust - we're fully open while we repair our kitchen floors. Thank you to Calvary Chapel for letting us use their kitchen during this time.

- Lunch is served on-site, normal hours, serving the posted menu. We apologize that we cannot serve our full beverage options during construction. We will crown a king and queen on Birthday Friday.
- Meals on Wheels is delivered as normal serving the posted menu.
- Activities are occurring as scheduled including Sunday Bingo and Don & Nadine Dance Party.
- Dates of Repairs: January 27 - February 14

Thanks for your patience. We are working hard to offer our services to you with minimal disruptions.

**VOLUNTEER** *Spotlight*



**LINDA & RICHARD MOORE**

Linda and Richard Moore have created a rich and robust life together. They have been married for 56 years. Before volunteering, they were enjoying lunch in the dining room and noticed the people greeting diners, serving and bussing trays, and then in an ah-ha moment at the table said to each other "why can't we do this?" They decided to pay it forward and have been volunteering for about 2 years. They enjoy their shifts because it keeps them active, improves mental sharpness and they meet new people. Linda retired after 30 years as a nurse and Richard retired from the Nevada Department of Transportation and then consulted for a concrete pavement industry association. Their family takes priority, and share Tuesday dinner & game nights with their 4 children, 9 grands and 2 great grands when they're available. Linda and Richard team up to share home gardening and maintenance projects, and enjoy puzzles, camping, visiting out of state family and also entertain & walk Murphy the dog.

**TAX Preparation Services**



AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center on Mondays and Wednesdays from Feb. 3 through Apr. 9. You may schedule your appointment by calling Reception at (775) 883-0703.



**QUEEN**

Jennie Silvestri  
93



**KING**

Richard Trapp  
88

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

**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*

## HISTORY PROGRAM GOING FOR THE GOLD

**When:** Tuesday, February 11 at 1:30 p.m.

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

**About the Event:** Alex Cushing and the State of California brought the 1960 Winter Olympics to the Lake Tahoe area... Walt Disney brought the Olympics to the World. From hosting the first Olympics that truly utilized modern technology, to creating a world class Olympic training facility deep in the Sierra Nevada forest, the Lake Tahoe region has played an important role in America's success in both the Summer and Winter Olympics for generations. Free Event. RSVP not necessary.

## Doc TALKS

**When:** Wednesday, February 12 at 1:30 p.m.

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

**About the Event:** Starting at 1:30 p.m., nurses from Carson Tahoe Health will instruct on CPR skills followed at 2 p.m. by Dr. Reffyat, Cardiologist at Carson Tahoe Health, who will speak on heart health, diet, exercise and cardiac rehab. There will be a second round of CPR skills following the presentation. Free Event. RSVP not necessary.



CARSON TAHOE  
— HEALTH —

## A Conversation with

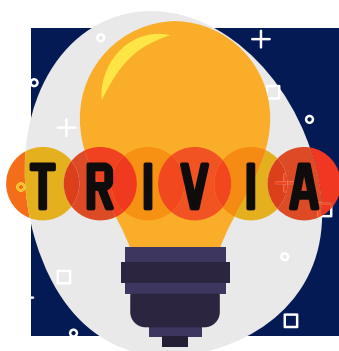


Robin Holabird

**When:** Tuesday, February 18 at 12:30 p.m.

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

**About the Event:** Author, film expert and world traveler Robin Holabird writes regularly about films and their locations, with her weekly program airing on Reno's NPR affiliate KUNR at 88.7 FM every Friday. She also provides film commentary for KOH. Her newest book *Around the World in 80 Movies*, published by Ice Cube Press, shows the link between films and travel destinations. Her first book, *Elvis, Marilyn and the Space Aliens*, explores how movies and television programs affect Nevada's public image. Both books reflect Holabird's longtime experience as a film commissioner for the state of Nevada, where she worked with Clint Eastwood, Taylor Hackford, PT Anderson and other directors on such projects as *Love Ranch*, *Sister Act*, and *CSI*. She honed writing skills with a degree in Journalism from Humboldt State University and reporting stints at KOLO, the Sparks Tribune and other media outlets. She earned certification and a Master's in Public Administration (MPA) from the University of Nevada-Reno. An outdoor enthusiast who loves photographing locations throughout the world, Robin is a regular hiker and runner who finished the Boston Marathon six times. Free Event. RSVP not necessary.



## Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council  
Chairman

Q: What is the largest county in Nevada?

Previous Month's Question & Answer

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

A. Jupiter

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



			4	2			
7	1			3		4	6
4		8		7		5	9
2			8	9			5
	8					9	
9			6	3			2
8		7		6		3	4
6	5			9		1	7
				5			

First one to solve puzzle correctly wins a prize - see the Director!

**OPTIMUM** *Experience you can trust*  
PHYSICAL THERAPY *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*

**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.**  
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.

**CARSON CITY SENIOR CENTER**

Monday - Friday  
9AM - 2PM

Inside the Carson City Senior Center  
911 Beverly Drive  
(775) 883-0703



## HEART SMART FEBRUARY

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

As we age, maintaining heart health becomes increasingly important, and diet plays a crucial role in supporting cardiovascular function. A heart-healthy diet includes a variety of nutrient-dense foods that help regulate cholesterol, blood pressure, and overall heart function. Fruits and vegetables, particularly berries such as blueberries and strawberries, are rich in antioxidants and fiber, which help reduce inflammation and support heart health. Leafy greens like spinach and kale are packed with vitamins, minerals, and fiber, which contribute to lower blood pressure. Tomatoes, high in lycopene, have been linked to improved heart function, while beets, with their natural nitrates, support healthy circulation and blood pressure.

Whole grains, such as oats, quinoa, and brown rice, are excellent choices for heart health, as they are rich in fiber and can help lower cholesterol levels. Oats contain soluble fiber, which helps reduce bad cholesterol. Healthy fats, found in foods like avocados and olive oil, help reduce bad cholesterol levels and inflammation. Nuts such as almonds, walnuts, and pistachios also provide heart-healthy fats and antioxidants, promoting cardiovascular well-being. Fish, particularly fatty varieties like salmon, mackerel, and sardines, are rich in omega-3 fatty acids, which have been shown to lower blood pressure, reduce inflammation, and improve cholesterol levels.

Legumes, such as lentils, chickpeas, and black beans, are great plant-based sources of protein and fiber, both of which help lower cholesterol and stabilize blood sugar. Low-fat dairy options like milk, yogurt, and cheese provide calcium and protein without excess saturated fat, which is important for heart health. Additionally, herbs



and spices such as garlic, turmeric, and cinnamon offer heart-healthy benefits, with garlic helping lower cholesterol and blood pressure, turmeric providing anti-inflammatory properties, and cinnamon can help in supporting healthy blood sugar and cholesterol levels.

In moderation, dark chocolate with high cocoa content can also contribute to heart health, as it contains flavonoids that help lower blood pressure and improve cardiovascular function. Staying hydrated with water is another important aspect of supporting heart health, as adequate hydration promotes healthy circulation and overall function. While a heart-healthy diet is essential, it is also important to limit processed foods, which are often high in unhealthy fats, salt, and sugar, all of which can negatively affect heart health. A well-rounded diet combined with regular physical activity can significantly reduce the risk of heart disease and improve overall health.

Contact the Diabetes and Nutrition Educators at Carson Tahoe for other ideas!  
775-445-8607 or at [diabetes.nutrition@carsontahoe.org](mailto:diabetes.nutrition@carsontahoe.org)

## Menu Committee

Engage with Kitchen Manager, Kaleb, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here! Meets on the 2nd Tuesday of each month at 10 a.m., in the Sierra Room (east end).

**Next meeting: February 11, 10 a.m.**

## FREE TECH HELP

Free one-on-one instruction tech help with: Emailing, Smartphone use, MS Office & more. Sorry, no repair service available. No appointment necessary. See the Activity Calendar for current schedule. Tech Help meets in the Case Manager's Office (east end).

# NOTICE BOARD

## DANCE PARTY with Potluck

Saturday, February 1  
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, February 9  
Sunday, February 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  
1-2 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 located at the  
main and east  
entrances.

# Western Nevada College Community Education Classes

## Mapping Out Caregiving

Saturday, February 8, 9:30-12:30 p.m.

Friday, May 2, 1:30 - 4:30 p.m.

Learn the ins and outs of caregiving for a seriously-ill loved one.

\$43

## Register Today!

Visit [www.wnc.edu/continuing-education](http://www.wnc.edu/continuing-education)

Call (775) 445-4210

Or scan QR Code



## American Heart Association CPR, AED & First Aid Training

Prepare to save lives. \$75.

**Heartsaver CPR, AED & First Aid (for the general public)**

Saturday, February 15, 10-2 p.m. or Saturday, April 12, 10-2 p.m.

**Pediatric Heartsaver CPR, AED & First Aid (for parents & childcare workers)**

Saturday, March 15, 10-2 p.m.

**HeartCode Basic Life Support (for healthcare workers)**

Saturday, June 28, 10-2 p.m.

## Introduction to International Travel

Saturday, March 1, 10-12 p.m.

Saturday, April 5, 10-12 p.m.

Prepare for a rewarding international travel experience. \$32.

## Pocket Sketching (TM)

Learn a new, easy, portable art form.

**The Basics:** Saturday, March 1, 10 - 2 p.m. \$98

**The Basics:** Saturday, March 29, 10 - 2 p.m. \$98

**Beyond the Basics:** Saturday, March 8, 10 - 2 p.m. \$58

**Beyond the Basics:** Saturday, April 5, 10 - 2 p.m. \$58

## Beginning Astrophotography

April 18-May 2, 6-8 p.m. (optional lab April 25, 9-11 p.m.)

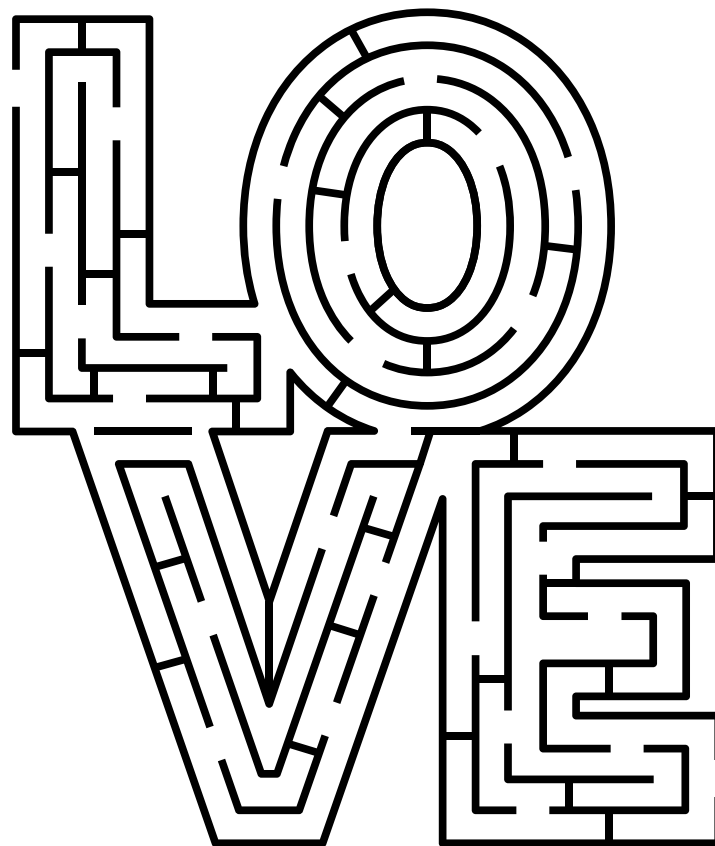
Learn to photograph the night sky. \$65

## RVing 101 & 102

Saturday, April 26, 9-12:30 p.m. (101) & 1-4:30 p.m. (102)

Learn how you can take on the mobile lifestyle at any age! \$43

(Information subject to change - verify with WNC)



## 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:** Nick, Pops, Rhonda, Scott, Sharon

**MOW Drivers:** Amanda, Doug, Julie, Ken, Matt, Rudy

### GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Anne Knowles, Treasurer

Michael Pavlakis, Director

Pam Couch, Director

Lisa Williams, Director

### ADVISORY COUNCIL

Corry Steiner, Chair

Harvey Cohen, Vice-Chair

Roxie Atkins

Lisa Drews

Robert Drews

Becca Krach

Julie Linstrom

Cindy Somers

John Wilson