

# Senior Sentinel

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



## DRESS UP DAY

Monday, March 17  
St. Patrick's Day

Wear your best/most  
**GREEN** at lunch.  
Judging at 11:45 a.m.  
Best dressed **WINS!**

Feeling  
**LUCKY!**

### Special Dates in March

Tuesday, March 4 - Mardi Gras  
Wednesday, March 5 - Ash Wednesday  
Sunday, March 9 - Daylight Savings

### INSIDE THIS EDITION

- Page 2
  - From the Director - Thank You!
  - Tax Appointments
  - Volunteer Spotlight
  - Birthday Queen & King
- Page 3
  - Resource Page
  - Alzheimer's Association
  - Volunteers Needed
- Page 4
  - Upcoming Events
  - Barry's Trivia
- Page 5
  - Winter Weather Information
- Page 6
  - National Nutrition Month 2025 - Food: A Bridge Between Cultures
- Page 7
  - Notice Board
- Page 8
  - New Events for March



**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)

Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner



**THANK YOU** to the Hidden Treasures Gift Shop for their \$2,500 donation to Meals on Wheels!


# VOLUNTEER *Spotlight*



## TERESA OHL

Teresa Ohl says that it's a privilege to volunteer at the Senior Center. Her enthusiasm for volunteering, positive attitude and organizational abilities are appreciated and utilized in many areas including serving in the dining room, assisting the kitchen crew, and keeping the dry food storage space in order. Being in service to seniors brings her joy and she enjoys helping them in many ways. Teresa has called Carson City home for 32 years and her career includes customer service in banking, restaurants and as the manager for 23 years at Capital City Loan in Carson City. She's been married 37 years, has 3 sons, 4 grandchildren and 2 rescue dogs. In her spare time, she provides meals, blankets, clothes, and water to homeless individuals, and does puzzles with her grandchildren.

**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

Mary Charlotte Adams  
89



# KING

Marvin Castagna  
85

## February 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

**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."

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



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

**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

Daring and Dangerous  
Donner Summit

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

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

**About the Event:** Using rare and seldom seen photographs, local historians and author David & Gayle Woodruff recount the interesting and often amusing tales that have helped shape one of America's most favorite and well used mountain traffic corridors. From the brave men and women who toiled round the clock for three days to rescue 226 passengers and crew from a snow bound train to the enthusiastic citizens of the highway "Snow Shoveling Bee," the improbable stories are legion. A 55-minute slide show. Free Event. RSVP not necessary.

## Med TALK

**When:** Tuesday, March 18 at 2:00 p.m.

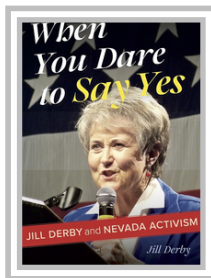
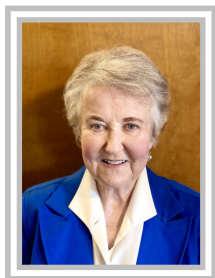
**Where:** Carson City Senior Center Nevada Room (West End)

**About the Event:** The topic will be Nourishing Traditions: Connecting Through Food. There will be time for questions and discussion at the end! Free Event. RSVP not necessary.



CARSON TAHOE  
HEALTH

## A Conversation with Jill Derby



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

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

**About the Event:** Jill Derby grew up in Los Gatos, California, but spent her early childhood on the family Flying Flapjack Ranch near Lovelock, Nevada, and every summer through college on the shores of Lake Tahoe in Glenbrook. Her political activism started in the mid-1970s with her involvement in Nevada's effort to ratify the Equal Rights Amendment. In 1988, she was elected to the first of three six-year terms on the Nevada Board of Regents. She was the Democratic candidate for Congress in Nevada's Second Congressional District in both 2006 and 2008. Derby is currently a Senior Fellow with the Association of Governing Board of Universities and Colleges, and past Chair of the Board of the American University in Sulaimani, Iraqi Kurdistan. Free Event. RSVP not necessary.

## Hospice Q&A

**When:** Friday, March 14 at 10:30 a.m.

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

**About the Event:** Join Brian, Hospice Nurse Liaison and Naomi, Hospice Care Consultant, from Gentiva Hospice who will talk about the differences between home health, palliative care, and hospice. Free Event. RSVP not necessary.

## Barry's Trivia Question of the Month

by Barry R. Bjorkman  
Former Advisory Council Chairman

Q: Who was Lemonade Lucy?

Previous Month's Question & Answer

Q. What is the largest county in Nevada?

A. Nye.



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



# NEW

## IMPROVE FLEXIBILITY & BALANCE

### CHAIR YOGA SERIES

Enhance strength, balance, and flexibility. Classes integrate asanas, meditation, and breathwork to help students release tension, calm the mind, and improve overall well-being. Taught by Yoga Alliance Registered Yoga Teacher Wanda La Russa.

- Tuesdays, 9:00-9:45 a.m.
- Carson City Senior Center  
Joshua Tree Room (east end)
- \$5.00 per class

**JUST SHOW UP - SPACE IS LIMITED**



CARSON CITY SENIOR CENTER  
911 BEVERLY DRIVE

(775) 883-0703

**OPTIMUM**  
PHYSICAL THERAPY *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

## 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.

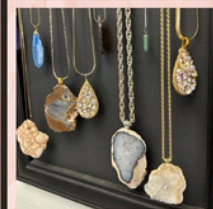


Hearing Care of Carson City, LTD.  
Hearing Aids & Audiology

**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.



Monday - Friday  
9AM - 2PM

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

## NATIONAL NUTRITION MONTH 2025 - FOOD: A BRIDGE BETWEEN CULTURES

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

Food has a unique way of bringing people together. Across the world, every culture has meals and food traditions that connect families and friends. Food is often used to welcome strangers into our home. Sharing food is one of the oldest ways humans have shown care and hospitality. Food is not just a means of survival but a way to bond and build relationships.

When families come together to share a meal, it's a chance to share their day and strengthen their connection. Holidays like Thanksgiving or the Lunar New Year are perfect examples of how food ties people together. During these celebrations, people will gather to share traditional meals and recipes that have been passed down through generations. Preparing these meals together can be as meaningful as eating them together. It's an opportunity for elders to share stories and attach meaning to those traditional dishes that are served. It gives younger family members a chance to learn more about their heritage.

Food also unites people from diverse backgrounds. When we try dishes from other cultures, we learn about their traditions and ways of life. For example, tasting an Italian pasta dish or an Indian curry can teach us about spices and flavors unique to those regions. Food festivals and potlucks are great ways to bring a community together. People can share the wonderful flavors and food dishes they bring from home and enhance those ties of community.

Even simple acts such as baking cookies for a neighbor or bringing soup to a friend who is sick reflect how food can express kindness and love to others. Food is a universal language that we all understand. Sharing a



meal with someone can help them feel welcome, appreciated, or even comforted in tough times. In the end, food is something more than just what we eat. It's a way to share our stories, our heritage, build relationships, and show that we care. Whether it's a big holiday feast or a meal with a friend, food is a proven way to bring people together.

Please join the Carson Tahoe Nutrition Educators for a presentation on March 18, @ 2:00pm at the Senior Center. The topic will be Nourishing Traditions: Connecting Through Food. There will be time for questions and discussion at the end!

Carson Tahoe Health Nutrition Educators can be reached for questions at 775-445-8607 or @ [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 Zephyr Room (west end).

**Next meeting: March 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, March 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, March 9  
Sunday, March 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.

# SCAMS & SENIORS

**When:** Friday, March 7 at 10:30 a.m.

**Where:** Joshua Tree Room (East End)

**About the Event:** A presentation by the Carson City Sheriff's Office Investigations Division about current scams targeting seniors. Learn tips to avoid a scam and safeguard your environment to avoid fraud.

No Reservations Required. Free event.

## Exploring the Meaning of Your Life



**March 12, 19, 26, April 2**  
4 Wednesday Sessions

**1:30-3:30pm**

**Carson City Senior Center, Zephyr Room**  
911 Beverly Drive

Discover who and what was important in your journey and how it all fits together in a meaningful way. Join award-winning writer and speaker, Theresa Danna, for this free, 4-week workshop. Each session involves drawing a sketch of specific aspects of your life, with the opportunity to talk about your picture if desired. All supplies will be provided and no art experience is necessary.

**RSVP Required**  
Call (775) 883-0703


## Medicare and Medicare Advantage Benefits Presentation

**TUESDAY, MARCH 4 | 10:30AM - 11:30AM**



**CARSON CITY SENIOR CENTER**  
911 Beverly Dr, Carson City | Tahoe Room

Join us for a **Medicare and Medicare Advantage Benefits Presentation** to gain insights, ask questions and interact with experts.

(775) 445-8000  
carsonatahoe.com




### 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, Matt, Rudy, Tom

#### 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