

The Senior Sentinel

Carson City Website: www.carson.org/index.aspx



Volume 40, Issue 2

25¢

February 2014

CASI BINGO FUNDRAISER TO HELP ANIMALS



Another Fun Bingo!
That Makes Three!

Marie Borgo, Bingo Coordinator for our Community Bingo, which is held at our senior center on the 2nd and 4th Sunday of the month, has taken on a **NEW** challenge. Marie describes herself as having been ***an animal lover for years***, and she has joined a new non-profit organization, CASI (Carson Animal Services Initiative), who is working with Carson City to build a new, much-needed animal shelter.

In addition to coordinating the twice-a-month Community Bingo for Meals on Wheels, Marie will be running the CASI Bingo Fundraiser on the 1st Sunday of each month.

Carson Animal Services Initiative is a 501 (c)(3) non-profit organization, dedicated to bringing community awareness of the need for a state of the art animal shelter in Carson City. The CASI Bingo fundraiser, held the 1st Sunday of each month and on special holidays, will help bring in monies to serve our area's pets in need and provide a safe and humane environment while these animals wait for their ***forever*** homes.

Become a friend of CASI, and support us by playing Bingo or join as a member. A senior or student tax-deductible membership is just \$15. Show your love of our best friends and companions. **Opening day of CASI BINGO is February 2nd.** Drawings and Prizes. Pay-out determined by attendance. Cost \$10.



Moving Along...
Janice McIntosh,
Director

The Carson City Senior Citizens Center provides meals for seniors in our community. Last fiscal year we served **97,457** meals at our center and to our homebound clients. **Donated items to our Thrift Store help us fund our meals programs.** Your donation of gently used items such as clothes, electronics, small appliances, jewelry, furniture, sports equipment, books, dishes, shoes, etc. will help us feed the seniors in our community.

You may drop your donated items off at our Thrift Store, between 10:00 a.m. and 4:00 p.m., Monday through Saturday, or please call us to pick up your larger items. Monetary donations are always welcome.

Carson City Senior Citizens Center
Tax I.D. #88-8801236
911 Beverly Drive, Carson City, NV
89706
Telephone: (775) 883-0703; E-Mail:
ccscmgmtasst@gbis.com

RESOURCE INFORMATION

Brought to you by



NOTICE!

Carson Tahoe Health will be on site at our Senior Center the first Friday of every month to be of assistance in a variety of ways. They will provide experts on Medicare billing, financial services, navigating care options, finding physicians, etc.

Free Tax Return Preparation

Bill Ceglia, AARP Tax Aide, Local Coordinator

The AARP Tax Aide Foundation will again offer Free Tax preparation and counseling for 2013 tax returns at the Carson City Senior Center by trained and certified volunteer tax preparers. This free service will begin on Monday Feb. 3rd 2014 and continue through Monday April 14th 2014. The hours of service will be 12:30 PM to 4 PM on Mondays and Wednesdays and will be available to seniors and all taxpayers with low to middle income. Priority attention is given to individuals who are 60 years of age and older. **Appointments are required and may be made** by calling the receptionist at 883-0703.

Alzheimer's Support Groups

Carson City—Facilitator, Kathy Welch

Meets the 2nd Wednesday of each month
1:00—2:00 pm

Carson Tahoe Cancer Center Conference Room
1535 Medical Parkway, Carson City

Minden/Gardnerville—Facilitator, Vicki Lebsack

Meets the 2nd Thursday of each month
2:00—3:00 pm

Coventry Cross Episcopal Church
1631 Esmeralda Place, Minden

*For more information, call Jennifer Baker at
775-786-8061*



Autumn

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IMPORTANT INFORMATION**Staying in the hospital: Coordinated Care from a Hospitalist**

Cheri Glockner, Carson Tahoe Hospital

For the last several years, patients admitted to the Carson Tahoe Regional Medical Center have had their care overseen by a doctor, called a "Hospitalist." Along with hospitals all across the nation, Carson Tahoe Hospitalists are board-certified physicians who specialize in caring for patients while they're in the hospital. Yet for patients unfamiliar with this specialty, it raises questions like:

- Why isn't my family doctor seeing me in the hospital?
- Will my doctor be updated about my situation?

Because of its many benefits, treatment by a Hospitalist has become the national standard of care. Since these doctors are based out of the hospital, they are available twenty four hours a day and trained in caring for complicated, hospitalized patients. They are also able to follow up on tests, answer nurses' questions, meet with family members and, in many instances, see a patient more than once a day. For family physicians with a practice away from the hospital, delivering this level of on-site care would be difficult.

So the next time you are admitted to the hospital and receive care by a "Hospitalist", rest assured that the doctor treating you is qualified to provide optimal care during your hospital stay and will update your family physician with all the details once you are discharged.

How do I replace my Social Security card?

Becky Archer, District Manager
Social Security Administration, Reno, NV

First, realize you may not need a replacement card. You will rarely need to show it. Knowing your Social Security number is what is important. To get a replacement card:

STEP 1: Gather documents proving your:

- Identity; and
- U.S. citizenship or current work-authorized* immigration status.

*A noncitizen not permitted to work must show us a letter from a federal, state or local government agency that explains you need a number and meet all the requirements for a benefit.

STEP 2: Complete an Application for a Social Security Card.

STEP 3: Take or mail your completed application and documents to your local Social Security office.

Social Security Administration
1170 Harvard Way
Reno, NV 89502

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. Any documents you mail to us will be returned to you along with a receipt.

IMPORTANT INFORMATION

Hearing Care of Carson City

Mark Weeks, M.C.D.

CCC Audiologist

Hearing Aids & Audiology

408 North Roop Street
Carson City, Nevada 89701

(702) 885-9888



Computer Classes

“Introduction to Computers”

will be offered Tuesdays & Thursdays, 1-3 p.m., February 4th—20th. Fee \$40.00. All materials supplied. Register at the Senior Center Finance Office. Cost \$40.

January Birthdays

Congratulations to our King and Queen!



KING
Russ Bowton
85 years young



QUEEN
Donna Simpson
81 years young



Gone But Not Forgotten

Kathleen R. Ferreira	12/13/13
Janeth Youngs Matley	12/20/13
Dannis “Dan” Gene Nuckolls	6/6/40-12/15/13
Mary Madeline Serio	1/15/21–12/12/13
Barbara Pauline Stertzler	9/1/22 - 12/9/13
Jo Ann McCain	7/5/37—1/8/14

(Jo Ann and Jim McCain were married 59 years)

Computer Lab Schedule

Bill Ceglia, AARP Tax Aide, Local Coordinator

The computer lab will be **closed** to the public on **Monday** and **Wednesday** afternoons from **12:00 PM through the end of the day, beginning Monday, February 3rd through Monday, April 14th, 2014.** During this period, the AARP Foundation, Tax-Aide Volunteers will use the lab for cost free tax preparation and counseling.

Taxpayers interested in using these services can make an appointment by calling the receptionist at 883-0703. Appointments will be accepted beginning January 13, 2014.

Two New Advisory Council Members Appointed

Barry R. Bjorkman, Advisory Council Chairman

During the January Advisory Council meeting, two CCSCC members were appointed to the council.

Pamela A. Couch will be serving in the position of Recording Secretary.

Barbara J. Talbot will be serving as a council member.

Congratulations to both of you, and thank you for your service to the council and the CCSCC membership in general. We appreciate your efforts.

Happy Senior Tours

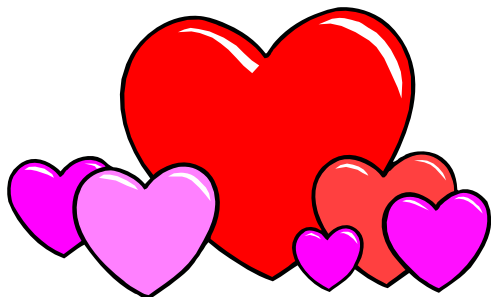
Carole Nyquist & Dorothy Crosby,
Hostesses



February is here now and plans are underway for our next casino trip, which will be on March 12, 2014 (the second Wednesday in March). I should be able to confirm the date in the next few days; I had to meet my deadline to get this article in so that everyone will know where we stand. I will advise everyone when I have the final word.

The Finance Office will be notified and will take your name, so plan on March 12, 2014. Cost \$20.00. Stop in and signup. Remember a day of fun and to see everyone again. If you have any questions, call me at 775-884-9357 or at my cell, 775-351-6653. Thank you.

Carole Nyquist



Travel Talk

Sandy Leonard, (775) 771-1953



Hello World Travelers!

Last month's "Senior Sentinel" had an article from Janice, the center's Director, about travel. While this caused some confusion at our travel meeting last month, it did bring out some new faces to our meeting. The article states that a survey is being taken to see where you would be most interested in traveling. Several options are listed. We want to focus on where you want to go. Planning trips that have to be cancelled due to lack of participation is very time consuming and frustrating for those wanting to go and those planning them. So please be sure to submit your surveys. Let's make 2014 a banner travel year.

We will have a meeting soon. Our new slide show representative is just now getting his schedule set, so I will let you know as soon as possible. We should have new flyers for the upcoming "Fall Colors" tour soon.

The "Northern National Parks" tour initial deposit date has past. If you are still interested in participating, bookings can be made on a first come, first served basis. To reserve your spot, the deposit needs to be sent to Sandy as soon as possible. Flyers are still available in the Finance Office.

Till next month—Happy Travels!



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who mention this ad

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1281 N. Roop, Carson City

www.WaltonsFuneralHomes.com

1521 Church, Gardnerville

HEALTH & NUTRITION

Blood Pressure Clinic

Every Wednesday, **(except the second Wednesday)**,
10:30 a.m.—11:30 a.m.



Easy Walk Program

Sponsored by the Carson City Parks & Recreation Program



Please check the Muscle Powered Calendar for meeting places and last minute changes.

Veteran Update—VA and APDA Parkinson Press Newsletter, Winter 2013—2014

American Parkinson Disease Association Information and Referral Center Medical Director, Reno, Nevada

Veterans Affairs Launches Open Data Webpage:

VA launched its open data webpage, <http://www.va.gov/data>. The page aims to introduce the user to VA's open data, convey a clear and simple understanding of what open data is, and highlight a few of the most valuable open data sets. VA Facilities Locations, Homeless Resources, and Family Caregiver Services. The open data is VA data that is freely available to the public. It is a by-product of the work the VA does for Veterans, and is not personal data (names, addresses, birthplaces, etc.). Please visit the webpage listed above for further information.

Veterans to Receive Increase: Ten years ago, My HealtheVet began as an electronic health record (HER) pilot program with 7,000 users nationwide. Today, more than 2.5 million registered users actively participate in their health care using My HealtheVet. In addition to allowing veterans access to their records, My HealtheVet lets them save, print and share their health information using the VA Blue Button, refill VA prescriptions online and track their health activities. Veterans who upgrade their accounts, free of charge, can use secure messaging to communicate electronically with their VA health care teams between visits. They can also view VA appointments, get VA Wellness Reminders, access VA lab results and more. For more information, visit <https://www.myhealth.va.gov/index.html>.

Veterans to Receive Increase: Veterans, their families and survivors receiving disability compensation and pension benefits from the Department of Veterans Affairs will receive a 1.5 percent cost-of-living increase in their monthly payments beginning January 1, 2014. For

Evening Walking Program

Sponsored by Muscle Powered

For information on walks, call leader: Donna Iversin, 775-315-6763; e-mail: donanv1@gmail.com or check calendar Be at www.musclepowered.org.

Veterans without dependents, the new compensation rates will range from \$130.94 monthly for a disability rated at 10 percent to \$2,858.24 monthly for 100 percent. The full rates are available on the Internet at VA's Benefit Rates webpage at www.benefits.va.gov/compensation/rates-index.asp. For more information about VA benefits, visit www.benefits.va.gov or call 1-800-827-1000.

Research Opportunities

If you are interested in current research regarding Parkinson's disease, please visit one or all of the sites listed below.

Fox Trial Finder—www.foxtrialfinder.org (This is a website developed by the Michael J. Fox Foundation that helps people diagnosed with PD find personalized matches to clinical trials.

Clinical Trials—www.ClinicalTrials.gov
The U.S. National Institutes of Health developed this site to provide patients, family members and the public with current information about clinical research studies being funded by government and private industry. By searching for Parkinson's disease, you can get a listing of all clinical trials (including contact information) for Parkinson's disease being conducted in the U.S. and internationally. This site also provides information on the clinical trials process.

Center Watch—www.centerwatch.com
Center Watch is a listing service for clinical trials both industry and government funded. By searching for Parkinson's disease, you can get a listing of all clinical trials for Parkinson's disease being conducted in the U.S. and Internationally.

Catching up on Advisory Council news

December Advisory Council Notes

Barry R. Bjorkman, Advisory Council Chairman

Director Janice McIntosh presented details of her Director's Report. **John C. Wilson** submitted Fire Extinguisher Report. **Director Janice McIntosh** presented her proposed survey flyer regarding future trips for CCSCC members.

Bonnie L. Herring and Louise M. Inman were appointed to council membership positions, with terms expiring in September, 2015. Congratulations to both.

It has been reported to council members that the Wi-Fi senior 01 network is not functioning in the lower section of the center. Dirty air vents in the Dining Room were also reported. The **Director** will look into both issues.

Congratulations to both.

A variety of issues were discussed during the course of the meeting. If you are interested in these discussions, please feel free to attend any council meeting.

Notice

The February Advisory Council meeting will be held on February 19, at 1:00 p.m., in the Tahoe Room.

Any CCSCC member who wishes to attend is encouraged to do so. We welcome your participation and input.

January Advisory Council Notes

Barry R. Bjorkman, Advisory Council Chairman

Director Janice McIntosh presented details of the Governing Board Meeting and her Director's Report to the Council. Governing Board member, **John Peery**, has relocated to California for health reasons. The Board is currently seeking a replacement. **Marie Borgo** submitted the First Aid Report. **Louise M. Inman** called attention to her idea, which she calls "**Meals on Wheels on the Run**". She will present an outline of this idea at the February council meeting. **Marie Borgo** brought up an idea regarding a photography display and will present her outline at the February council meeting. **Richard Ashley** would like to see a schedule meeting place within the Center for veterans to receive information on services available to them, of which they may not be aware. He will meet with Management Assistant, Dawn Beck, to arrange for a meeting room usage and times and will report his progress at the February Council meeting. **Pamela A. Couch** and **Barbara J. Talbot** were appointed to council memberships, with terms expiring in September, 2015. **Pamela A. Couch** will be serving as Recording Secretary and **Barbara J. Talbot** will be serving as a Council Member.

Lunch Seating

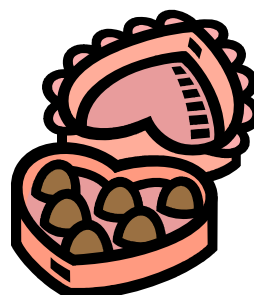
Barry R. Bjorkman, Advisory Council Chairman

After you sign in and receive your lunch ticket, please do not immediately get in line.

First, go to a table and sit down. Wait until the Dining Room Announcer calls your row of tables. You may then join the line.

After all the rows have been called, an announcement will be made to that effect, telling anyone who has not eaten, they may then join the line.

Thank you for observing our procedure.



Of Interest

Volunteer of the Month—

Betty Johnson

Cindi Cirone, Volunteer Coordinator

Carson City has been Betty Johnson's place of residence since 1937. Prior to that, she lived in Washington.

She has served as a volunteer for 22 years at our Senior Center, where she is a money changer. Currently she volunteers 2-3/4 hours, one time a week. Betty became a volunteer because she enjoys interacting with people. She would encourage others to try volunteering, as it gives you purpose in life. She enjoys seeing and conversing with the people.

Betty's immediate family includes two daughters, 4 grandchildren, 5 great grandchildren, and 1 great, great grandson.

Her former profession: a R.N., and Betty includes among her hobbies reading aquasizing, gardening, and traveling.

Diet: The Best Source of Calcium, Vitamin D

The Cleveland Clinic Arthritis/advisor, January 2014

Experts agree that the best way to get the adequate daily amount of calcium and vitamin D is through food.

To make sure your diet is offering adequate calcium, read the labels. The amount of calcium in a product is listed as percent of daily needs based on 1000 mg of calcium per day. To calculate the milligrams of calcium, add a zero to the percent of calcium on the label.

The best sources of calcium are dairy products, including milk, cheese and yogurt. Calcium-fortified foods include dry cereals and juices. Green vegetables (broccoli, spinach and greens) and beans are

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For a visit, with a complimentary meal, please contact Jessica at (775) 883-1331. We look forward to your next visit!

also good sources.

Vitamin D also helps your body use calcium. Getting regular exposure to the sun and consuming fortified milk, eggs and fish help ensure adequate amounts of vitamin D.



Super Senior WEDNESDAYS

WIN YOUR SHARE OF CASH AND GET A FREE MEAL!

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- Enjoy a \$500 FREE Slot Tournament Wednesdays from Noon-6pm. Receive up to 3 entries for a better score!
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Jim Smolenski **Mona Smolenski**
General Manager Office Manager



**Where Does the Profit Go From Our
Senior Thrift Store?**

Just like all of our fundraisers, the profit from the Senior Center's Thrift Store goes to support Meals on Wheels and other senior programs at the center. The Thrift Store profit helps fund the senior center immensely!

You, too, can help us by donating items to the Thrift Store. Whether you are just cleaning out your closets or someone has recently passed away, your donated items will continue to help the senior center and people in our community.

Our Thrift Store will be glad to schedule a free pick-up of your items. Just call 882-0151. We also will provide you with a tax-exempt document, so you can take your donation as an exemption on your taxes.

Our services help keep seniors engaged in life. Because they are happier, they usually are healthier!

THANK YOU FOR SUPPORTING US!!!

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Community Bingo

Submitted by Marie Borgo,
Bingo Coordinator



Carson City Community Bingo Fund-raiser for Meals on Wheels and the Senior Center is held the 2nd and 4th Sunday of the month. You must be 21 or older to play.

Buy-in is \$10. Extra packs are \$5 each. All Specials and Cash Ball \$1 each. Early Birds and Night Owls are \$3 each.

Bingo starts at 12:30 p.m. and ends about 3:30 p.m. Thanks to all who brought the goodies for our end-of-the-year Bingo gathering. We had a lot of fun. I was happy to see the \$1199 Cash Ball was won by 4 people.

We are still having a Food Drive for the homebound. We are asking for donations of tuna, Spam, peanut butter, small cans of juice, cereal or nutrition bars, and any food that is microwaveable and easy to prepare. We have plenty of canned vegetables, fruits and soups from our previous food drive. The holidays are over, and we thank all who adopted a Sen-

ior for Christmas, but the need for nutrition continues throughout the year. Bingo volunteers, as always, "thank you" for your continuing support. Happy Valentines Day to all!

If you can, volunteer a few hours for a great cause. Call me at 883-3430 or the Senior Center, 883-0703.

Marie Borgo
Bingo Coordinator



June Smith—Wins
\$384 at Carson City
Senior Citizens Cen-
ter Community-
Bingo

June Smith, winner of \$384 at the Progressive Win-Fall game at Senior Center Community Bingo in January. Congratulations, June!

Our "MOST WANTED" List!

All Game Systems, Autos, Bicycles, Boats, Chainsaws, Coins, Collectibles (most collectibles—call first), Computers/Laptop/Desktop, Costume Jewelry, Electronics, Generators, Guns/Rifles, iPods/iPads, Jewelry, Lawn/Garden Equipment, LCD TV's, Motorcycles, Music Instruments, Scrap Copper, Scrap Gold, Silver, Snowmobiles, Stereos, Tools, Trailers

We will pay top dollar for your items. You could have cash in your pocket today, so don't delay. **CAN'T COME TO US? WE WILL COME TO YOU!** Call 775-882-8882. Ask for Teresa or Charlotte.

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Senior Center:

883-0703, Fax: 883-2869

9:00 a.m. - 4:00 p.m.

Monday - Friday

Lunch Served: 11:30 - 12:30

Suggested donation: \$2.25—Seniors;

\$6.00— under 60

Gift Shop: 883-7887

10:00—3:00, M-F

Thrift Shop: 882-0151

10:00—3:30, M-Sat.

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- Tom Baker, Secretary/Treasurer
- Gary Sheerin, Director
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- Robert F. Anderson, Council Member
- Richard Ashley, Council Member
- Barry R. Bjorkman, Chairman
- Marie Borgo, Council Member
- Pamela A. Couch, Recording Secretary
- Marva Hellstrom, Council Member
- Barbara J. Talbot, Council Member
- John C. Wilson, Council Member

SENIOR CENTER DIRECTOR

Janice McIntosh

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Barbara Tonge-Oliver

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