

# Senior Sentinel

www.carsoncityseniorcenter.org



## HOLIDAY CLOSURE

Friday, October 31  
Nevada Day (CLOSED)



## NOTABLE DATES

Friday, October 31  
Halloween



Saturday, November 1  
Nevada Day Parade



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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 3 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

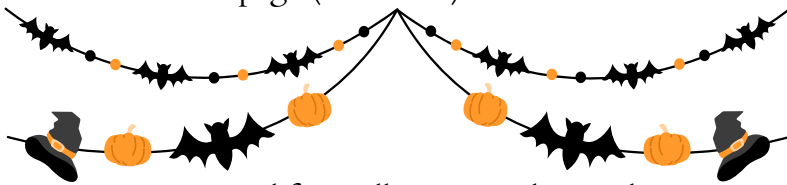
seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

# from the Director, Courtney Warner

Goodbye Summer and Hello Fall! October officially turns the corner into the fall season and also a few of our "required to do" processes and notices.

- On-site (Congregate Lunch) form renewals start in October. Everyone having on-site lunch must complete a new form. It's a requirement for our funding.
- Nutrition surveys are out! Help us serve you by giving constructive feedback and impact statements about our lunch program. On-site lunch is collected in the dining room. Meals on Wheels surveys are in the newsletter (ask your driver if you need another).
- Winter weather is right around the corner. In inclement weather, make sure you call us first to confirm we are open for the day. We do not follow school or state closure notices. We will decide if we are open or closed on our own, considering your safety and the safety of our staff and volunteers. If we are closed, we will have a recording on the voicemail (775) 883-0703, post a sign on the door, and post on our Facebook page (follow us!).



I am excited for Halloween and Nevada Day! Swing by my office, as my dancing Halloween ghost is out and candy is stocked year-round!

## September Birthdays



### QUEEN

Loey Ghirlanda  
80



### KING

Larry Buck  
69

## VOLUNTEER *Spotlight*



### BARBARANN SMITH

When she visited the Senior Center during lunch service in March 2025, Barbarann Smith enjoyed the fun atmosphere so much that

she applied for a volunteer position. Since then, she's embraced many opportunities and participates as a receptionist, checking-in diners, serving lunch, and as an Advisory Council member. She likes the bonus benefits of camaraderie and friendship with fellow volunteers and connecting with Seniors. Barbarann enjoys spending time with her children and their families including 5 grand kiddos, sewing, quilting, painting, baking and walking. Her career included working as a teacher's aide, facilities manager for the State of Nevada Welfare department, golf course maintenance manager, and Escrow officer. Barbarann has been married 26 years, rides Harley motorcycles, and her cell phone ring tone is the song...you guessed it, Barbara Ann by the Beach Boys.

# THANK YOU

Carson City Moose Lodge No. 2709 donated \$500 to Meals on Wheels





**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 association®**

**SUPPORT GROUP**

[www.alz.org](http://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**

Why Volunteer?

Meet New People, Make New Friends, Camaraderie, Purposeful Service, and Have Fun!

Positions Available:

Tech Help, Reception, Dining Room

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

**EXPERIENCE  
 CONNECTIONS!**



*Join the Conversation!*  
 Every Tuesday 1-2 pm

**Real People. Real Stories.  
 Real Connections.**



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

**DISCLAIMER**

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# UPCOMING Events

A Talk with

Heather Segale

Education and  
Outreach Director  
Tahoe Environmental  
Research Center

**When:** Tuesday, October 21 at 12:30 p.m.

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

**About the Event:** Heather Segale is responsible for providing the intellectual and administrative leadership in the education and outreach component of the mission for the Tahoe Environmental Research Center (TERC). Segale manages the Tahoe Science Center (Incline Village) and Eriksson Education Center (Tahoe City), develops and maintains exhibits, coordinates education programming, pursues funding opportunities, and manages grants for education exhibits and programs. She also coordinates TERC's participation in regional outreach and oversees the marketing plans for TERC's two science education centers. Free Event. RSVP not necessary.

Obscure History  
of the Eastern  
Sierra  
Part Two

**When:** Tuesday, October 14 at 1:30 p.m.

**Where:** Nevada Room (West End)

**About the Event:** In part two of this series, local historians David & Gayle Woodruff continue a reflective look at some of the Eastern Sierra's deep, rich, and little-known history. Using vintage photos and extensive research, the Woodruffs recount a few of these esoteric anecdotes, in a 55-minute slide show presentation. From the bizarre story of Melvin Dummar, Howard Hughes and the Mormon Will...to the Sierra-Tahoe "Knights of the Lash," the unique true tales are interesting, entertaining and amusing. Free Event. RSVP not necessary.

Paint  
 Party

**When:** Tuesday, October 7, 2 to 4 p.m.

**Where:** Nevada Room (West End)

**About the Event:** Let's paint a fall canvas! Van Gogh & Vino will lead you step by step, so no artistic experience is necessary. All painting supplies included (canvas, paint, brushes, etc.). Brought to you by SB 118. Free Event. Register at Reception. - space is limited.

paper  
Crafting

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays starting in September, 9:30 to 11:30 a.m.

**Where:** 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. All levels welcome and all supplies provided. Meet, create, socialize! Fee: \$5/class. Call Sandi at 775-309-8571 to enroll in the class.

menu  
Committee

**When:** Tuesday, October 14 at 10 a.m. (2<sup>nd</sup> Tuesday of each month)

**Where:** Zephyr Room (West End)

**About the Event:** Engage with Kitchen Manager, Kaleb Heflin, to preview next month's menu, give input and enjoy a tasting! New menu ideas start here!

## OPEN ENROLLMENT

Nevada Medicare Assistance Program



Your way through Medicare!

**When:** Medicare Open Enrollment is October 15 - December 7

**Where:** Medicare Offices, by appointment only

**About the Event:** You can join, switch, or drop a Medicare Advantage Plan (Part C), other Medicare health plan, or Medicare drug plan (Part D) during this enrollment period. See our Medicare Counselors to find out more information. Free Event. Register at Reception.



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UNDERSTANDING  
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OUT'S OF  
DOWNSIZING IN  
TODAY'S WORLD



WHO YOU  
WORK  
WITH  
MATTERS



LISA WILLIAMS  
775-434-8145  
S.0188952



# Medicare questions?

Call your local  
licensed health insurance agent

## Brett Cooper

775-307-9995

# 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 - 3PM  
Inside the Carson City Senior Center  
911 Beverly Drive  
(775) 883-0703

**OPTIMUM** *Experience you can trust*  
PHYSICAL THERAPY *Results you can count on*

**Jason Overholser, PT**  
*Physical Therapist / Owner*

604 W. Washington St., Suite B  
Carson City, NV 89703

**(775) 882-5001**  
fax (775) 882-5015

## SAFETY TIP

Wear proper footwear and avoid slippery shoes like flip-flops, shoes with high heels, or croc-like sandals. Secure, well-fitting, non-slip shoes that cover your toes are highly recommended!

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**



## Senior Suggestion

Submitted by Wayne Walters

To all our Seniors, Friends, and Guests at our Senior Center. When checking in, have your plastic bar code ready to scan, or as I call it, "Beep In." If you are donating money, have it accessible to drop in the box on the desk to your right. Be kind and thankful to our volunteers at the desk, as they are willing to assist you.

After you drop your pink "Meal Ticket" in the basket at the Tray Room, the Kitchen staff will hand you your meal for your tray. You can ask for a "Half Serving" also. Be sure to thank them! If you want the full salad (if offered) instead of the meal, keep going to the right. There are always our great volunteers who are willing to assist you with your tray delivery to your table. Our Senior Center has a great reputation for great meals and friendly service to all who attend our dining facility. Your attention to this suggestion will help us quickly get you checked in, a tray, and your food quickly. Thought for the day... "Meet someone New!"

If you have a "Senior Suggestion" send it to [SeniorCenterNewsletter@carson.org](mailto:SeniorCenterNewsletter@carson.org) or drop it off at the Director's Office.

## PUMPKIN POWER: MORE THAN JUST PIE

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



When you think of pumpkin, pie might be the first thing that comes to mind, but this fall favorite is packed with nutrition that goes far beyond dessert!

Pumpkin is low in calories and rich in key nutrients, making it a smart addition to any meal. Just one cup of cooked pumpkin provides over 700% of your daily Vitamin A, which is essential for eye health, especially as we age. It also contains Vitamin C to support immunity, and potassium, which helps manage blood pressure.

Pumpkin is also high in fiber, promoting healthy digestion and helping you feel full longer. Fiber foods are great for managing weight and blood sugar levels. Despite its sweet flavor, pumpkin is low in sugar and fat, making it a heart-friendly food choice.

Easy Ways to Enjoy Pumpkin:

- Stir pumpkin puree into oatmeal or yogurt.
- Add to soups or chili for extra creaminess.
- Mix into pancake or muffin batter.
- Blend into smoothies with cinnamon and banana.

Look for 100% canned pumpkin (not pumpkin pie filling, which contains added sugar and spices) for a convenient, nutritious option.

And don't toss the seeds! Roasted pumpkin seeds are rich in magnesium, zinc, and healthy fats—perfect for a crunchy snack.

This fall, try adding pumpkin to your meals for a seasonal nutrition boost. Whether savory or sweet, pumpkin is a powerhouse ingredient that supports healthy aging.

So go ahead, enjoy the flavor of fall and remember, pumpkin is more than just pie!



Q. Baku is the capital of what country?

Previous Month's Question & Answer

Q. What was the title of Tom Clancy's first book?

A. The Hunt For Red October.

# UPCOMING *Events*

## Digital Skills Workshop

COMPUTER CLASSES



**When:** October 14<sup>th</sup> through October 16<sup>th</sup>, 1 to 4 p.m.

**Where:** Computer Lab (East End)

**About the Event:** Free digital skills training workshops! Join us and learn basic mobile device skills, emailing, computer navigation or brush up on your internet safety. Bring a friend or family member. The workshops are FREE and open to everyone! Register at Reception.

## HEALTHY STEPS FALL PREVENTION



University of Nevada, Reno

**Sanford Center for Aging**  
School of Medicine

**When:** Friday, October 24, 10 to 4 p.m.

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

**About the Event:** Healthy Steps for Older Adults (HSOA) is a free, small group workshop proven to reduce falls. The workshop also provides steps to make homes safer, manage medicines and learn how to improve strength, balance and overall fitness, along with providing other resources to help prevent falls. HSOA workshops are for any older adult who wants to maintain mobility and independence. Workshops are facilitated by trained leaders and provide a safe and positive learning experience. Free snacks and light breakfast provided. Free Event. Register at Reception.

## AARP Driver Safety

**When:** 2025 Classes: November 3, 9:30 a.m. to 2:30 p.m.

**Where:** Tahoe Room (East End)

**About the Event:** AARP Smart Driver Course is designed especially for drivers age 50 and older, is one of many programs offered by AARP Driver Safety. \$20 AARP Member, \$25 non-member payable day of class (cash or check). Register at Reception.

## Exercise WITH US

**Chair Yoga:** Fridays, 10:45 a.m.

**Mix-it-Up:** Monday, Tuesday & Thursday, 10:00 a.m.

**Resistance Exercise:** Monday, Wednesday, Friday, 9:30 a.m.

**Tai Chi:** Thursdays, 1:00 p.m.

**Yoga, Ashtanga:** Tuesdays, 11:30 a.m.

Visit [carsoncityseniorcenter.org](http://carsoncityseniorcenter.org) for class descriptions and more details

## DANCE PARTY

**When:** Saturday, October 4, 6 p.m. to 9 p.m. (1<sup>st</sup> Saturday of each month)

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

**About the Event:** Dance the night away with live music with Don and Nadine. Admission is \$10 per person and guests are asked to bring a dish to share. Dances are held the 1<sup>st</sup> Saturday of each month and is open to all ages.



**When:** Every Monday at 12:15 p.m.

**Where:** Nevada Room (West End)

**About the Event:** The Karaoke Party where you can sing, dance, and enjoy a fun and rocking time! Free (donations accepted) - Just show up! RSVP is not necessary.

## FREE TECH HELP

**When:** See the Activity Calendar for the current schedule

**Where:** Tech Help 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.

# COMING SOON

## ESTATE PLANNING

**When:** Thursday, November 6, 13, 20, 4 to 5:30 p.m.

**Where:** Joshua Room (east end)

**About the Event:**

**Estate Planning:** A 3-week Estate Planning Workshop covering an overview of Estate Planning, One Approach to Funding Your Trust, and Tackling Estate and Trust Administration. The workshop is offered by Caren Jenkins, a trusted attorney in Carson City with a broad reach in national estate and wealth planning. Free event. RSVP at Reception.

## JEWELRY Sale

**When:** Thursday, November 6 & Friday, November 7, 9 to 2 p.m.

**Where:** Main Lobby (west end)

**About the Event:** A fundraiser for Meals on Wheels with a selection of earrings, necklaces, belt buckles, pocket watches, holiday jewelry, pins & more for sale! Donations accepted year-round in Accounting.

## STAYING SHARP

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

**Where:** Joshua Room (east end)

**About the Event:** Discover lifestyle and mental habits that help protect memory and cognition as we age. A free workshop brought to you by Comprehensive Home Health Solutions. Just show up!

**Strategies for Maintaining Brain Health**

## Holiday Craft Sale

**When:** Thursday, December 4 & Friday, December 5, 9 to 4 p.m.

**Where:** Gift Shop & Lobby (west end)

**About the Event:** Just in time for Christmas, shop the special Holiday Craft Sale, which will include special handmade items brought just for the event. Buy one-of-a-kind gifts for Christmas!

## Christmas Show

**When:** Saturday, December 6 at 1 p.m.

**Where:** Dining Room (west end)

**About the Event:** Holiday Music, Performances, Skits, and Festive Fun! Raffle Tickets for Purchase. Free event. Just show up.

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- **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

**Manager:** Dave Sullins

**Resource Advocate:** Warren Bottino

**Kitchen Manager:** Kaleb Heflin

**MOW Coordinator:** Ashley Howell

**Volunteer Coordinator:** Drew Simmons

**Accounting:** Rachael Spafford

**Kitchen Crew:** Nick, Pops, Rhonda, Scott, Sharon

**MOW Drivers:** Amanda, Doug, Julie, Laurie, Matt, Tom

### GOVERNING BOARD

Bruce Scott, President

Tom Baker, Secretary

Michael Pavlakis, Director

Pam Couch, Director

Lisa Williams, Director

We are recruiting more Board Members - inquire with Courtney for more information.

### ADVISORY COUNCIL

Corry Steiner, Chair

Harvey Cohen, Vice-Chair

Roxie Atkins

Lisa Drews

Robert Drews

Nancy Howard

Becca Krach

Julie Linstrom

Pepper Lowe

Lew Schuerkamp

Barbara Smith

Cindy Somers

John Wilson