# The Senior Sentinel

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



Volume 40, Issue 1

25¢

January 2014

# Free Tax Preparation Available For You At Center

#### **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, February 3rd, 2014 and continue through Monday, April 14, **2014.** The hours of service will be **12.30 p.m. to 4** p.m. on Mondays and Wednesdays and will be available to seniors and all taxpayers with low to middle income. Priority attention is give to individuals who are 60 years of age and older.

Appointments are required and may be made beginning Monday, January 13th by calling the receptionist at 883-0703.

### **Welcome Our Two New Advisory Council Members**

Barry R. Bjorkman, Advisory Council Chairman

The Carson City Senior Citizens Center's Advisory Council has appointed center members Bonnie L. Herring and Louise M. Inman to serve on the council, with terms expiring September 2015.

Congratulations to both of you! Thank you for your support of the CCSCC Advisory Council and for your efforts to help the council fulfill its mission to the Carson City Senior Citizens Center.

We look forward to working with you both.



Moving Along... Janice McIntosh, Director

Hope you all had a great Christmas and a happy new year! This wonderful season inspired me to try to come up with some new trips for 2014. Some of these are day trips, and others will be overnight. We will post a list where you can sign up to let us know if you might be interested in them. Some of the events are local, and others require multiple day travel.

Listed below are some of the possibilities. The interest list for these trips will be posted/passed out in January. If you have any other trip suggestions, just write them on the survey form.

Alaska

**Apple Hill** 

**Bodie, NV Ghost Town** 

Collette Travel Trips—U.S. & Overseas

Folsom, CA Outlet Stores

Hearst Castle, CA

Laguna Beach, CA Pageant of the Master

Monterey Bay Aquarium, San Francisco

**Nevada City Wineries** 

Renaissance Faire, Lake Tahoe (seniors \$13

+ bus cost) (Contd. Page 4)

# RESOURCE INFORMATION

# Brought to you by



# Social Security NOTICE!

We have been notified that after December 26th, representatives from Social Security will no longer be coming to the Senior Center.

#### **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 Dori Ward at 775-786-8061

#### **Conversations About Dementia**

Jennifer Baker, Alzheimers Rural Outreach Coordinator

Please join the Alzheimer Association for "Conversations About Dementia" in the Joshua Tree Room at the Carson City Senior Center on January 29, from 2:45—4:00 P.M.

Please register by calling (775) 786-8061 or by emailing Jennifer Baker at jbaker@alz.org.

# **Alzheimer Association Appoints New Rural Outreach Coordinator**

Please welcome Jennifer Baker, our new Rural Outreach Coordinator. You can reach Jennifer with any questions you may have at (775) 786-8061.



# IMPORTANT SOCIAL SECURITY INFORMATION

# **Changes to Services Related to (SSN) Printouts and Benefit Verification**

**Becky Archer, District Manager, Social Security Administration** 

Following is important information upcoming changes to the services we provide at Social Security offices across the country.

As of February 2014, the Social Security Administration will no longer offer Social Security number (SSN) printouts and benefit verification information in our field offices. However, to ensure a smooth transition, we will continue providing these services if requested until April 2014. We are making these changes to meet the increasing demands for our services at the same time that our agency budget has been significantly cut by over \$1B in each of the last three years. During this same time period we have invested in technology that offers more convenient, cost-effective, and secure options for our customers to obtain certain services without visiting a local office.

Because the SSN printout is not an official document with security features, and is easily duplicated, misused, shared illegally, or counterfeited, eliminatging it helps prevent fraud. Employers, departments of Motor Vehicles, and other entities requiring SSN verification can obtain this information in real time or overnight using online government services such as E-Verify and Social Security's Business Services Online. Beneficiaries and recipients needing a benefit verification letter can obtain one <a href="mailto:immediately">immediately</a> by registering for a *My Social Security Account* at www.socialsecurity.gov/myaccount, or through the mail within 5-7 days by calling our national toll-free number, 1-800-772-1213.

I appreciate your support for this effort as we work to provide the best possible service to the American people. The following forms can be obtained by going to <a href="https://www.socialsecurity.gov/my account.">www.socialsecurity.gov/my account.</a>

Important Information: Changes in Certain Services Beginning February **2014**, No. 05-10544

The Fastest Way To Verify Social Security And Supplemental Security Income Benefits, <u>www.socialsecurity.gov/</u> myaccount

Getting A Replacement Social Security Card, <u>www.socialsecurity.gov/employer</u>

U.S. Citizen/Child—Replacement Social Security Card, No. 05-10514

U.S. Citizen/Adult—Replacement Social Security Card, No. 05-10512

Non-U.S. Citizen/Adult— Replacement Social Security Card, No. 05-10515

# 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 <u>Tuesdays & Thursdays</u>, 1-3 p.m., <u>January 7-23</u>. Fee \$40.00. All materials supplied. Register at the Senior Center Finance Office.

**Bette Reece—11/16/13** 

# **December Birthdays**

#### Congratulations to our King and Queen!



KING Kenneth Korth 91 years young



QUEEN Alice Bloyd 83 years young

#### Moving Along...

(Continue from page 1)

Sacramento Zoo

Solvang, CA

Tahoe Ridge Winery, Minden

Aces Baseball Game, Reno

Football Game, San Francisco

China Town, San Francisco

**Grand Canyon** 

California Jazz Festival

Watch for the survey, fill it out, and please leave it in the assigned basket in the dining room.

#### **Computer Lab Schedule**

Bill Ciglia, AARP Foundation, Tax Aide Local Coordinator

The computer lab will be closed to the public on Monday and Wednesday afternoons, from 12:00 p.m. through the end of the day, beginning Monday, February 3rd through Monday, April 14th, 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 13th, 2014.



Gone But Not Forgotten

#### **Happy Senior Tours**

Carole Nyquist & Dorothy Crosby, Hostesses



The holidays are behind us, and the new year 2014 is here. Dorothy and I wish you all a Happy New Year, with all the best.

Our next casino bus trip is pending for February. Have any ideas? Give me a call at 775-884-6653.

What do you think about scheduling our trips every other month? It will not be so costly for all of us and will give us something to look forward to.

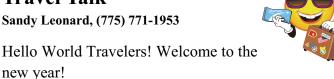
I hope to hear from you with your suggestions.

Happy New Year!

Carole

#### Travel Talk

Sandy Leonard, (775) 771-1953



At the time of this writing, I have no internet connection, which means my letter had to be verbally submitted for print. So, I am going to make this short and sweet.

We have a travel meeting scheduled for Wednesday, January 15th, at 2 P.M. in the **Zephyr Room**. Again, please note the **room change.** Hopefully we will have a slide show.

Don't forget to pick up a flyer for the "Northern National Parks" tour, scheduled for June 2014.

Hope to see you at the meeting!

# Did You Know We Have Meal **Servers For Our Handicapped?**

Barry R. Bjorkman, Advisory Council Chairman In case you did not know, please allow our volunteer Meal Servers for the handicapped to cut in line ahead of you. They are not obtaining a meal for themselves, but rather they are taking a meal from

the serving window to a member who is handicapped and unable to stand in line, or carry a meal back to a table by themselves.

Thank you for your understanding and courtesy in letting the Meal Servers for our handicapped cut in line ahead of you.

# Walton's Funerals & Cremations Every Life Has A Story... Remember

· We offer a 10% discount to seniors who mention this ad

· Plan Your Own Arrangements Now and Spare Your Loved Ones the Burden

Walton's Chapel Of The Valley 882-4965

"When You Need Us the Most ... " www.WaltonsFuneralHomes.com

Walton's Funeral & Cremations 783-9312

1281 N. Roop, Carson City

1521 Church, Gardnerville

# **HEALTH & NUTRITION**

#### **Blood Pressure Clinic**

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



# Higher incidence of falls linked with psychiatric drugs

UCLA Healthy/Years, April 2013

Researchers have discovered that older adults who were taking medications for conditions including depression, anxiety, and insomnia were more than twice as likely to report three or more falls in the preceding year than adults of similar age who weren't taking these medications. The study results, which were published online January 23 in journal *Maturitos* underline the importance of close attention to possible side effects of medications, especially in the first few weeks of beginning a new medication. A higher rate of multiple falls occurred among patients taking antidepressants, antipsychotics, and benzodiazepines, including the anti-anxiety drug alprazolam and the insomnia drug temazepam. The study findings do not prove that these medications cause falls, merely that there is an association between the two; however, some possible side effects of these drugs, including a drop in blood pressure and changes in thinking and attention, may increase fall risk.

#### Ask the Doctor

UCLA Healthy/Years, April 2013

- Q. I enjoy sleeping with an electric blanket. Should I be concerned with the small electric current and electro-magnet energy generated so close to my body for long periods of time?
- **A.** There were numerous studies done in the 1980's looking at the potential health risks of

#### **Easy Walk Program**

Sponsored by the Carson City Parks & Recreation Program



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

#### **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 at www.musclepowered.org.

electromagnetic fields (EMF's) generated by electric blankets, overhead power lines, and other sources. Results were largely inconclusive, but since 1992, electric blanket manufacturers have sold products that have reduced EMF levels. The EMF's are still present, but are weaker.

There are other concerns about electric blankets, however. People with a reduced sensitivity to temperature, for example, are advised not to use electric blankets for a prolonged period, as they face a higher risk of burns if the heat is turned up too high. People with diabetes or nerve problems are among those with a lower heat sensitivity, and some warning labels on electric blankets actually list people with diabetes as those who shouldn't sleep overnight with an electric blanket.

#### Put the holidays behind you...

**UCLA Healthy Years, March 2013** 

If you slipped into some bad eating and drinking habits over the holidays, take this time to start following a low-fat diet and limit alcohol intake to one drink per day, if at all

There is a tendency to eat high calorie, fatty foods this time of the year." **Dr. Gregg Fonarow, MD, co-director of the UCLA Preventative Cardiology,** acknowledges. "Maintaining a heart-healthy diet should be a year-round activity."

(Continued page 8, "Holidays")

# **IMPORTANT INFORMATION**

# Winter Tips From Carson Tahoe Hospital

Cheri Glockner

Snow, ice and cold temperatures can make Winter a tough season to "weather." However, with a little planning and some precautions, you can help avoid an injury during this time. To protect yourself from the elements, dress warmly, stay dry and avoid prolonged exposure to the cold. If you exercise outdoors, remember that excess perspiration will increase heat loss. Eating well-balanced meals will help you stay warmer. If you're chilled, don't drink alcoholic or caffeinated beverages because they cause your body to lose heat more rapidly.

Also, it's a good idea to keep emergency supplies on hand in case of a power failure, freezing pipes or if you're snowed in. And, don't forget to prepare your car for winter weather too. Avoiding winter travel problems that could leave you in a tough or dangerous situation is an important part of winter safety. Finally, be sure to keep your steps and walkways as free of ice as possible by using rock salt or sand. If you do find yourself in a situation where you need emergency medical assistance, dial 911, otherwise, Carson Tahoe has Walmart retail clinics, 3 regionally located urgent cares and/or a 24/7 emergency department to meet your medical needs. Go to <a href="https://www.carsontahoe.org/care">www.carsontahoe.org/care</a> to learn more.

**REMINDER!** Starting this month, Carson Tahoe Health will be on site at our Senior Center on a monthly basis...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.

#### **November Advisory Council Minutes**

Barry R. Bjorkman, Advisory Council Chairman

**Director Janice McIntosh** informed the council there was no November Governing Board meeting, therefore no report followed; she did address the council members on past, current and annual events here at the center. Future event details were also presented.

**Marie Borgo** submitted the First Aid Report. The Fire Extinguisher Report and the Lighting Report are not due until December.

Marva Hellstrom reported the Music Room project is progressing rapidly; the Nevada Room has been secured as the meeting place. Eighteen CSCC members were present during the initial informational meeting. The council thanked Marva for her efforts in getting the Music Room up and running. Anyone interested in musical activities should contact Marva Hellstrom or Marvin Richardsville for further details and activities within this group.

In response to numerous complaints regarding the repetition and loudness of announcements made during the lunch hour meal, it was voted to curtail these announcements somewhat by having the first group of announcements made **after** the first row of tables has been called. The second group of announcements is not to be made until **after** twelve noon. There is to be **no third group** of announcements. Hopefully this will make your attendance much more enjoyable and pleasant.

A survey flyer will soon be presented to all CCSCC members, asking them to write down their views and feelings regarding available activities; this flyer will also be asking for your thoughts on activities not offered at this time. Please help us by completing this flyer when it becomes available. Thank you.

The position of Recording Secretary is still open. Three regular council member positions are also open. If you, or anyone you know, is interested in one of these Advisory Council positions, please contact any council member. We would enjoy having you serve with us on the Advisory Council. (Article continued on page 8)

# **Of Interest**

### Volunteer of the Month—

John C. Wilson

Cindi Cirone, Volunteer Coordinator

For the last four years John has resided in Minden, after moving from Carson City. He has served as a volunteer at our center for three months, delivering food and drink to our seniors, as well as announcing events over the microphone and conducting the pledge of allegiance to the flag.

John volunteers twice (sometimes three times) a week. He was drawn to volunteering, he says, because, "I enjoy giving help to others (primarily seniors), because it gives me the opportunity to meet and talk with others". He would encourage others to volunteer and says, "After retirement one needs to offer help and fill your spare time with some quality time as a volunteer".

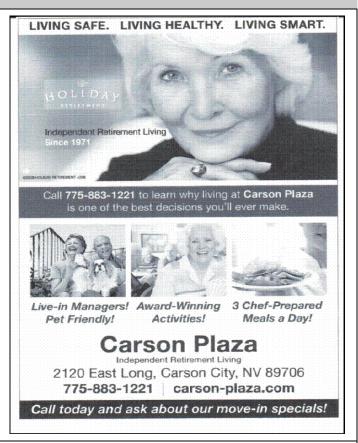
The Wilson family includes his wife, three children, and four grandchildren. John retired from Allied Van Lines after 38 years as a commercial driver where he transferred household goods.

Hobbies include all outdoors activities, camping, pool (8 ball or 9 ball), travel to new places (sight seeing), exercise, and walking.

#### Holidays—Continued from page 7

If the cold weather is keeping you from your usual brisk walk around the neighborhood, exercise in the home or take this opportunity to discover fitness classes, dance classes or other similar opportunities in your community.

"Controlling cardiovascular risk factors can effectively lower risk not just during winter months but year round" Dr. Fonarow says, "It is vital to maintain a healthy blood pressure, body weight, cholesterol levels, engage in regular exercise, not smoke and follow a heart-healthy diet."



### Did you know.....

Jessica Weed, Holiday Retirement, Carson Plaza

The **Carson Plaza** now has apartments for as low as \$1,649 a month? Three meals a day, all utilities, transportation, housekeeping and so much more are included in this low monthly price.

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

# **November Advisory Council Minutes**

(Continued from page 7)

Note: The December Advisory Council meeting was scheduled for December 18, 1:00 p.m. Any CCSCC member who wishes to attend is encouraged to do so. We welcome your participation and input. Watch for minutes of this meeting in the February newsletter.





# **Mountain Springs Senior Care**

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- \* Serving the Community for over 40 years
- \* 100% Service Satisfaction Guarantee
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   70 years of experience

Jim Smolenski

Mona Smolenski

General Manager

Office Manager



### You could be living right next door



We are Carson City's Retirement Community for Independent Seniors 62 and older.

#### Now Leasing 1 & 2 Bedrooms

#### **Apartment Amenities**

- Well Designed Floor Plans
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- Fully Equipped Kitchens
- Central AC & Heating
- Balconies/Patios
- · Private Locking Storage
- Vinyl/Carpet
- Window Coverings
- Water/Trash Service Included

#### Community Amenities

- Accessible Building
- Elevators
- Secured Entrance
- Interior Mailboxes
- Community Room
- Fitness Facility
- Laundry Facility
- Playground
- Professionally Managed



We are a Somerset Pacific LLC Managed Property

# **GIFT SHOP VOLUNTEERS! Santa's Village Thanks You!**

My grateful thanks to all the volunteers who helped make our 2013 Santa's Village such a success.

Lavonne Marie Kay Mary Ann Maria

I hope everyone has a happy and healthy 2014.

Laura Hersh, Gift Shop Manager



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#### **Community Bingo**

Submitted by Marie Borgo, Bingo Coordinator



Hello everyone! And Happy New Year!

Thank you to all who brought something to share on the 22nd of December. Congratulations to the Cash Ball winner!

We were able to make 40 Hygiene Bags with the products donated to our Seniors for Christmas. We will be having a Food Drive starting in January.

The Carson City Community Bingo is a fundraiser for Meals on Wheels and the Carson Senior Center. Buy-in is \$10 per pack and \$5 for each extra pack. All specials are \$1 each, and Early Birds/Night Owls are \$3 each. Cash Ball - \$1 per pack.

Doors open at 11 a.m., and games start at 12:30 p.m You must be 21 or older to play. Snack Bar is available. Thanks to all of our volunteers; without them we would not have Bingo. We still need help, and if you would like to be a part of a wonderful fundraiser

that helps our homebound seniors, call me at 883-3430 or the Senior Center, 883-0703. No experience needed...only a willingness to help others.

See you at Bingo!

Marie Borgo Bingo Coordinator

### **NOTICE!**

Wes Boyer, Lapidary Coordinator

The Lapidary Room closed Monday, December 23, 2013 and will re-open on Monday, January 6, 2014.

# **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 <u>today</u>, so don't delay. **CAN'T COME**TO US? WE WILL COME TO YOU! <u>Call 775-882-8882</u>. Ask for Teresa or Charlotte.

We are licensed and bonded and take all kinds of items, so please give us a call and let us see what we can do for you. We have been voted #1 in the Nevada Appeal's Reader's Choice Awards for many years.

CAPITOL CITY LOANS
5951 Hwy 50 East
Carson City
882-8882

### January 2014

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would like to subscribe to the newsletter! My check for \$15.00 is enclosed.	Ī
Name	
Mailing Address	

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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 - <u>12:30</u>

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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#### **Newsletter Editor**

Barbara Tonge-Oliver btoliver619@gmail.com, 267-3099

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