

The Senior Sentinel

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



Volume 40, Issue 8

25¢

August 2014

A Perfect Day for Wine Tasting!



Moving Along ...

Janice McIntosh, Director

Fifty two people enjoyed the trip to the Churchill Vineyard, and it turned out to be a lovely day! Consequently, we are looking forward to our next adventure. Some of our seniors brought in information on trips they would like to be considered. **Ramona Long** recommended the Animal Ark Wildlife Sanctuary in Reno, and another person thought "The Spirit of Christmas" performance at the Eldorado Show Room in Reno would be a great time.

I will put an Interest List in the Finance Office for you to tell me of other places you might like to visit. It sounds like fun to me!!!

Janice



Churchill Vineyards



Resource Contact Information

| | |
|---|----------------|
| Nevada State Information Service | 211 |
| Aging & Disability/CHIP | 687-4210 |
| Alzheimer Association | 786-3509 |
| Care Chest | 829-2273 |
| Carson City Health & Human Services | 887-2190 |
| Crisis Call | 784-8090 |
| Day Labor | 684-0436 |
| Elder Care Law | 687-4680 |
| Elder Protective Services | 688-2964 |
| Energy Assistance | 687-0703 |
| Food Bank | 331-3663 |
| HUD (Nevada Rural Housing Authority) | 887-1795 |
| JAC (Jump Around Carson) | 841-7433 |
| Medication Management Program, UNR | 784-1612 |
| Nevada Legal Services | 284-3491 |
| Nevada State Welfare | 684-0800 |
| Northern NV Center for Independent Living | 353-3599 |
| Retired & Senior Volunteer Program (RSVP) | 687-4680 |
| Ron Wood | 884-2269 |
| Sanford Center on Aging | 784-4774 |
| Senior Companion Program | 358-2322 |
| Senior RX | 687-7200 |
| SHIP (State Health Insurance Program) | 1-800-307-4444 |
| Social Security Administration | 1-800-808-5481 |
| Suicide Prevention Lifeline | 1-877-885-4673 |
| Veterans Administration | 786-7200 |
| VA Medical Benefits Information | 328-1293 |
| VARN (Volunteer Attorneys for Rural NV) | 883-8278 |
| Weatherization | 283-0099 |

Alzheimer's Support Groups

Carson City—Barbara Singer, Facilitator

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—Jennifer Baker, Facilitator

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

ADOPT-A-SENIOR

2014 – 2015

COULD YOU ADOPT-A-SENIOR FOR ONE MONTH, ONE QUARTER OR MORE?

The schedule below has been calculated based on one meal, seven days per week. Yet many of our program recipients receive meals seven days per week. These are "suggested" donations. We welcome donations in **any amount.**

Yes, I would like to Adopt-a-Senior

One month - \$67.50 Six months - \$405.00
One quarter - \$202.50 One year - \$810.00

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Daytime Phone: _____

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THANK YOU FOR YOUR GENEROUSITY AND SUPPORT!

CARSON TAHOE HEALTH TIPS

Seven Tips for Staying Safe This Summer

Submitted by Cheri Glockner, Carson Tahoe Health

With a little planning and preparation, anyone can enjoy the beautiful blue skies and warm weather of the great outdoors. Below are several tips for staying safe and secure during the hot summer months ahead.

1. **Drink plenty of fluids**—Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase our water intake if you are exercising or doing any type of prolonged physical activity.

2. **Wear sunscreen**—Look for a brand that blocks both UVA and UVB rays and has a SPF of 15 or more. Be sure to apply it 15—30 minutes before exposure. It only takes about 15 minutes for the sun to damage unprotected skin.

3. **Pick the right outfit with accessories**—When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

4. **Turn on your air conditioning**—During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air conditioning, including a friend's house, shopping mall, senior center, or movie theater.

5. **Be an early bird or night owl**—The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

6. **Watch for heat stroke**—It's extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences symptoms, seek medical attention immediately.

7. **Review your medications**—Many seniors use medications daily, and some can increase your sensitivity to ultra violet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.





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Gift Shop Items on Consignment!

Marie Borgo, Gift Shop Volunteer

If you haven't been by our Senior Gift Shop lately, you probably don't know that we have a wide variety of unique gifts for all members of the family. Most are one of a kind!

Do you have a product that you make and want to sell, you can make extra money by putting your item on consignment in our store.

Laura Hersh, the Gift Shop Manager, is always looking for specialty items to add to the inventory. Stop by and check out all the great gifts our Seniors have made.

Don't forget, we carry SEE's CANDY all year round.

July Birthdays



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Lloyd Stephens
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Queen
Carolyn Lambert
71 years young

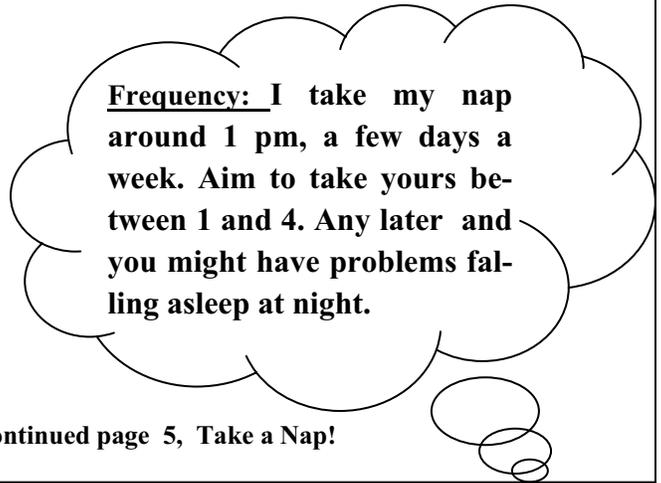


Happy
Birthday!!!

Dr. Oz's Rx...Take a Nap!

Dr. Oz The Good Life, Aug.-Sept. 2014

A midday siesta? You might wonder, how is that even possible? But in my opinion, there's nothing better than a short snooze to give you a few minutes of calm in your day, followed by a quick burst of alertness. It's especially great if you don't get enough sleep at night. How do I know? Because, yes, I take naps. Just call me Dr. OZZZZZZZZ.



Frequency: I take my nap around 1 pm, a few days a week. Aim to take yours between 1 and 4. Any later and you might have problems falling asleep at night.

Continued page 5, Take a Nap!



TRAVEL

Travel Talk

Sandy Leonard, Coordinator, (775) 771-1953



Hello World Travelers!

Last month I told you I would write more about the wine trip after I had a chance to talk to some folks that took advantage of the trip. I heard lots of "had a great time", "enjoyed the winery", "lunch was nice". All positive comments. The only drawback seems to have been the lack of produce at Lattin Farms; the store was tiny, with not much available. Overall, however, I've heard great things! The Center's Director, Janice McIntosh, enjoyed the trip as well as all of you. Remember to let us know where else you might like to go next time, so we can plan another adventure.



This time of year I always remind you of the annual Apple Hill trip. Just a reminder, so you don't miss out. Sign up today in the finance office.

I want to thank Alexander for taking over the meeting last month. I know it was a little scattered, but he was happy to cover for me.

As always, flyers are available in the finance office for everything we've got going on, so please pick them up or call for more information.

No meetings are scheduled at this time. I will let you know, when I know.

Lastly, I want to give a shout out to the performers in the 2014 Senior Follies. What a wonderful show! I spent the day with my Grandma, Dorothy Crosby, and we thoroughly enjoyed ourselves. Great job!



Sandy

Take a Nap! (Continued from page 4)

DOSE—10 minutes. Because of the way our sleep cycles work, a short nap is better than a 30-minute one, which can leave you feeling foggy when you wake up. (A state called sleep inertia).



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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.

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 calendarBe at www.musclepowered.org.

Your Food Fears Get A Reality Check

By David Schardt, from *Nutrition Action Healthletter*

Unwashed Bagged Greens Aren't Safe—

DON' T WORRY U.S. companies recalled bagged salad greens at least eight times in 2012, usually because of contamination from listeria bacteria (luckily, there were no reported illnesses).

But washing bagged greens that say *washed* on the label doesn't help ... and may hurt. "Once disease-causing bacteria become attached to leafy greens, it's difficult to remove them by rinsing with water," says Food and Drug Administration produce-safety expert Michelle Smith.

"The greater likelihood is that you'll make a safe product unsafe because of cross-contamination with bacteria from your fingers, cutting boards, countertops, or the sink," adds Smith. Do watch out for spoilage, though—produce is more susceptible to pathogens when its surface starts breaking down.

The Bottom Line: Don't rewash bagged, pre-washed greens. As for spoilage, "I would look carefully at the leaves at the top of the bag as I pull them out," says Smith. "If they are starting to spoil, I would discard the entire bag. If the bulk of the lettuce appears sound and there are a few spoiled leaves at the bottom of the bag, I might use what's at the top and discard the slimy leaves and any leaves that may have touched".

Farmed Salmon Can Be Contaminated**WORRY**

"We found that farmed salmon contained seven to ten times higher levels of PCBs; dioxins, and pesticide4s than wild salmon did," said David Carpenter of the State University of New York at Albany about ten years ago, after he and his colleagues analyzed 700 farmed and wild salmon samples that had been bought in 2002. Farmed salmon absorb PCBs and other industrial chemicals from the fish meal and fish oil they're fed.

Are the salmon cleaner now? No one has tested enough fish to know. "I'm not aware of other studies that have systematically analyzed farmed salmon for contaminants since our work," says Carpenter, who is now director of his university's Institute for Health and the Environment".

The Bottom Line: Until more studies are done, err on the side of caution, and don't eat farmed salmon more than once a month. Buy wild salmon (even the canned kind) whenever possible.



Source: Reader's Digest, Aug. 2014

Advisory Council News

Advisory Council Election

Barry R. Bjorkman, Advisory Council Chairman

The upcoming Advisor Council Election, scheduled for August 5th, has been cancelled. Two candidates submitted applications in a timely manner. Our By-Laws state three candidates, out of the total number of candidates, will be elected; therefore, Director Janice McIntosh has appointed the two individuals to serve a two-year term, declaring the elections unnecessary.

Your new Advisory Council members are **Gene R. Willard and Cindy A. Somers**. They will serve from October 2014 until September 2016.

Congratulations to these two, new members. We welcome your participation and thank you for your support of the council.

Barry R. Bjorkman, Council Chairman



Our seniors explore Churchill Vineyards equipment .



13 Things the Farmers' Market Won't Tell You

Michelle Crouch,
The Readers' Digest, 7/14

1. Just because the sign says "farmers' market" doesn't mean there are any real farmers involved in the makeshift shop. Many so-called farmers' markets are actually set up by wholesalers who buy the same food you can get in your local grocery store, mark it up considerably, set up stands, and resell it. For a much more authentic experience, look for farmers' markets that are "producer-only," meaning they require all vendors to actually grow or make the foods they sell.
2. Want to save some money? Ask me about "seconds." visually imperfect fruits and vegetables you can often get by the case at a discount. Also called No. 2 produce, seconds are great for making tomato sauce, salsa, jam, and

(Continued page 8, Farmers' Markets]

Barry's Trivia Question of the Month

Who was The Unsinkable Molly Brown?

Watch for the answer in next month's newsletter..

*Answer to July Trivia Question
ESPN originally stood for Entertainment and Sports Programming Network; now it stands for Expanded Sports Programming Network.*

NOTE! A slight error in the time of the Advisory Council Meeting, was printed on the Activities insert in the July newsletter.

Advisory Council meetings are always held from 1—3 p.m., not 2—3 p.m.

Of Interest

Volunteer of the Month—**Cindy Somers**

Cindi Cirone, Volunteer Coordinator

Cindy Somers has served as a volunteer in our dining room, as well as in the office, for the past ten months. She moved to Carson City eleven months ago from McKinleyville, California. Currently she contributes her time two days a week during the lunch period and one day a week in the office.

She stopped by our Senior Center one day and inquired about volunteering. "I enjoy helping other people and meeting others; it is very fulfilling for me."

"Surround yourself with people and become involved in the community", Cindy says. "In enjoy meeting all kinds of people."

Cindy is retired from clerical/legal secretarial duties. Her hobbies include reading, walking, and doing puzzles.

Farmers' Markets - Continued from pg. 7

soup—but they're perfectly fine to eat as is, too, as long as you don't mind a few dings.

3. **Don't show up with a set-in-stone shopping list. Part of the fun of a farmers' market is that you never know what you're going to find. So shop first, and then adjust your menu based on what you find.**
4. **Seriously? You want oranges in Colorado in July? Find out what grows locally and what's in season before getting your hopes up.**
5. **Please don't walk up to me holding your caramel macchiato and say \$3 is too much to pay for a bunch of beets. Did you try to bargain with the barista at Starbucks? I was up at 3 a.m. harvesting crops just to support**

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6. **Don't squeeze the peaches to see if they're ripe. Ask me to help you pick out some ripe ones, or look for a warm yellow base color and a fragrant smell. And while we're on the subject, don't husk every ear of corn either. That dries them out.**
7. **You can get great deals by arriving at the end of the day, when vendors discount unsold goods so they don't have to haul them back home. But some markets don't allow the practice, so check before you go.**
8. **Don't forget us in the winter! Many farmers use greenhouses, cold storage, and other extension methods to make produce available all year. And dairy products, meat, eggs, and homemade breads never go out of season.**

(Continued page 10, Farmers' Markets)



Super Senior WEDNESDAYS

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Press Release

Skyline Estates Senior Living

On March 1, 2014, Mission Senior Living started managing Mountain Springs Senior Care. There have been exciting changes during the last 90 days, including remodeling in all houses, updating exterior colors, and a new mission statement—"Caring People, Serving People, Improving Lives" to guide us daily in all our decisions and actions as team members.

We are in the process of changing our name to Skyline Estates Senior Living, which should be finalized within the next few weeks.

We invite Carson City to come, re-visit us, and see how a Mission, Values and Principle-driven company, putting residents first, really works!

Donna Nelson, Director, Sales & Marketing



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Farmers' Markets, Continued from page 8

9. **Buying at the start of the season doesn't always save you money. You'll pay a premium to get the first peaches or tomatoes of the year. If you're on a budget, wait a few weeks until a food is abundant, demand dies down, and prices drop.**
10. **Get to know your farmer, and be a consistent customer. Once I start to recognize you as a regular, I may get in the habit of slipping some extra in your bag.**
11. **Don't know what something is or how to cook it? Just ask. For the best advice, ask the grower what he has that day that you shouldn't miss and how he prepares it.**

(Continued page 11, Farmers' Markets)



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BINGO!

Marie Borgo, Bingo Coordinator

Upcoming Bingo dates will be Sunday, Aug. 10th, and Sunday Aug. 24th. Carson City Community Bingo is a fundraiser for Meals on Wheels and the Senior Center.



Prices are \$10 per pack; extra packs \$5. All Specials and Cash Ball—\$1 each. Early Birds/Night Owls are \$3/ea. Doors open at 11 a.m., at the Senior Center. Games start at 12:30 p.m. Snack Bar is available. You must be 21 or older to play.

This month we are having a Food Drive. Please bring canned or non-perishable food to Bingo or to the Senior Center. (Please check the dates to make sure they are current. If you play Bingo and bring a can of food, we give you a game sheet for a special game we play during the Food Drive.

“Thank you” to all the Volunteers who help keep our Bingo a success. If you would like to help, call the Senior Center, 883-0703 or Marie Borgo, 883-3430.

Farmers’ Markets—Continued from page 10

12. There’s a reason why our produce tastes so much better than what you find in the grocery store. It was probably picked yesterday or even this morning..
13. Fido may be friendly, but no one is going to be happy if he lifts his leg on a crate of watermelon. Please leave your beloved four-legged friends at home.



Sources: Ann Yonkers, coexecutive director of Fresh-Farm Markets which operates 11 markets in the Washington, D.C. region; Jenny McGruther, former manager of Crested Butte Farmers Market in Crested Butte, Colorado, and author of *The Nourished Kitchen*, and Lynn Caldwell, market manager of Atherton Market in Charlotte, North Carolina.

Our “MOST WANTED” List!

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Senior Center

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Barbara Tonge-Oliver
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