

# Carlin Senior Center

City of Carlin

320 Chestnut Street 754-6465

September 2021

From the Director:

Wow, this year is flying by. We are coming into fall already. It seems the older you are, the quicker time goes by!

Our senior numbers attending the center for lunches has been pretty low. We enjoy seeing your smiling faces when you can come! We have Bingo after lunch when we have folks who want to play, and cards also when we have enough players for Hand and Foot. So far, we have not started up the Pinochle card games.

I would like to have movies here at the center at some point, but not sure how or when we will start that. We would love to have some "field trips" as well when

things are a little more normalized. Here's hoping that is soon!

Speaking of trips, I took a very quick trip to Oregon for my 50<sup>th</sup> class reunion. Also, a quick trip to Boise and Idaho City. That was fun! I think I am home for awhile now. Now looking forward to the Elko County Fair and the rodeos etc.

That said, I hope we will have a great September once the smoke clears and the heat cools off a bit. Hang in there!  
Jeanne



**If you have not been on the City of Carlin website, we have our very own Seniors page. It includes menus, the newsletter, board minutes and agendas and some photos of past events.**

**Check it out!**

**[http://www.explorecarlinnv.com/departments/senior\\_center.php](http://www.explorecarlinnv.com/departments/senior_center.php)**

## *Covid-19 Update*

At this time we will continue with the CDC recommendations of masking, distancing and no self-serve.

We will keep doing everything we can to keep you safe when you come to the Senior Center.

Thank you and stay healthy!

## **GET My Ride Elko County's Public Transportation**

**GET My Ride** offers a Demand Response (Dial-a-Ride) service available in the City of Elko, Spring Creek, Ryndon, and Osino. **Limited service is available in Carlin and Wells.**

Bus Operation Hours are Monday through Friday, 6:30 AM to 5:30 PM. Office (Phone Hours) are Monday through Friday from 8:00 AM to 5:00 PM. (775) 777-1428

Fare ranges from \$1.00 to \$5.00 per ride, depending on the pickup and delivery zone. There are punch cards available with 22 punches for \$20. You may preload an account called "Client Credits". We take cash, checks, Visa, MasterCard and Discover.

\*GET My Ride receives grant funding through Nevada Aging and Disability Services Division. The grant funding supports transportation for seniors 60 years of age and older. Per the grant instructions, we are allowed to request that seniors donate half the fare per trip, but they will not be denied a trip due to inability to pay. Seniors will need to complete a registration form when utilizing this program.

**And then there is our own transportation program. We do errands around Carlin on Wednesdays and an Elko run on Thursdays. Just call us if you want to participate. 754-6465**

## **SUMMER REMINDERS!**

**PLEASE REMEMBER THAT  
WITH THE HIGH TEMPS  
WE NEED YOU TO BE SAFE!**

**If we deliver a meal and you want us to leave it in a cooler, you MUST have ice, ice packs, or frozen water bottles in the cooler. We will not put it in a cooler if there is nothing in the cooler to keep the food cold.**

**Please let us know by 9:00 a.m. if you want to cancel your homebound meal**

## **Upcoming events Aug. 27-Sept. 6: Elko County Fair**

## **7 Superfoods to Eat After 50**

**Berries:** high in fiber, vitamin C and anti-inflammatory, antioxidant flavonoids. Antioxidants may improve motor skills and short-term memory.

**Dark-green leafy veggies:** Kale, arugula, broccoli and spinach, which are high in fiber, and provide calcium, appear to boost muscle function and are heart-healthy.

**Seafood:** Fish such as salmon, cod, tuna and trout are a lean source of protein, which older people need to maintain or regain muscle. Fish is also a good source of vitamin B12 which plays an essential role in red blood cell formation.

**Nuts and Seeds:** have protein and fiber and make a great snack.

**Cottage cheese:** Cottage cheese is a great source of whey protein, which helps stimulate muscle protein synthesis, High in calcium and Vit D it helps with the bone loss we start to experience after age 35.

**Beans & legumes:** Beans help reduce cholesterol, are loaded with fiber and protein and low-calorie. They're also rich in iron, potassium and magnesium.

**Water:** Hydration is so important and water can help counteract the effects of bowel function declining with age.

From an article written by Alison Gwinn

AARP June 3, 2021