

Carlin Senior Center

City of Carlin

320 Chestnut Street 754-6465

November 2021

From the Director:

Well, it is definitely colder. Here's hoping we will still have more nice weather before winter hits.

We continue to have things trying to give up the ghost here at the center. The water dispenser and the Steam & Hold unit for example.

I hope you all have a wonderful Thanksgiving holiday. Thanks to Nevada Day it will be a four-day weekend! Stay safe and enjoy!

Jeanne



FALL REMINDERS!

We cannot leave meals outside your door unless you have a cooler to put them in. If the weather is warm, you need to have ice or an icepack etc. in the cooler.

Please let us know by 9:30 a.m. if you want to cancel your homebound meal or you are on the list to call in to request one and do want one.

News Release-

Tuesday 10/12/21

Social Security Announces New Online Service for Replacement Social Security Cards in Nevada available to People through **my Social Security** Account www.socialsecurity.gov/myaccount

U.S. citizens age 18 or older and who are residents of Nevada can request a replacement SSN card online by creating a **my Social Security** account. In addition, they must have a U.S. domestic mailing address, not require a change to their record (such as a name change) and have a valid driver's license or state identification card in some participating states.

For more information see the bulletin board at the Senior Center or call us 775 754-6465

Upcoming Events:

Nov. 13- Decorating of "Christmas Hill"

Dec. 4- Sugar Plum Square including the Light parade, Santa's visit and more.

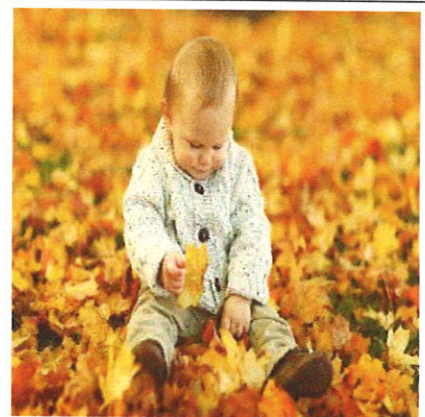
Note: The Turkey Shoot will be canceled again this year due to Covid Restrictions.

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!



SUGGESTIONS FOR OUR MEALS ARE ALWAYS APPRECIATED. ALSO, IF YOU AREN'T COMING TO THE CENTER, YOU ARE MISSING SOME GREAT SOCIALIZATION!

From "TALL TALES" FROM THE OLD TIMER (Earl Trousdale)

"George Goodale and I were working on the afternoon switch engine and were all caught up with the work about nine p.m. when the phone rang. The yardmaster informed me there was a bad order car in the middle of a westbound which was called to follow the streamliner arrived. If we hurried we could get the bad car out before the streamliner arrived. Away we went to the rear of the train and proceeded to pull out the bad order.

There was nothing different about doing this job. Everyone knew what he was supposed to do. We coupled the switch engine to the rear of the train and pulled out the bad order. I was giving the hand signals to the engineer with my lantern and Goodale was to pull the pin, (the pin in the locking devise that keeps the coupler closed). By pulling the pin, the coupler would open this allowing the car to be separated from the others. Nothing to it. I gave a big kick sign, the engineer opened the throttle. When he was going fast enough, I gave a stop sign to him. The bad order car would thus be cut loose from the rest of them and we could then put the train back together.

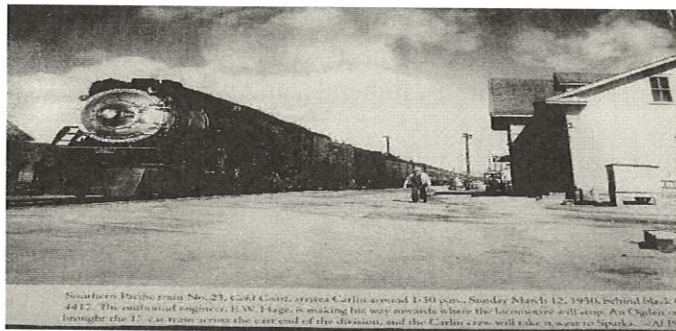
I looked at Goodale to see if he had gotten the pin and then it happened. The bad order car was a tank car and this type has a lever type pin lifter that is hard to work, especially when one is short like Goodale and me. When I looked at Goodale, he had climbed onto the cars and with one foot on the tank car and the other on the car next to it, the damned fool pulled the pin. Well, about that instant the slack ran out and down went Goodale! I screamed!!! Then, I couldn't see – the momentum of the cars rolled by me and I couldn't see him.

By that time the cars had stopped and I ran around them to the other side, crying George's name and praying he was not dead. Out of the dark, a voice said, 'Quit your bawling and help me find my light!' I guess you know, I nearly fainted with relief.

We finished shoving the train together and took the bad order to the rip track. All the way back from the east end I stood in back of Goodale and cursed him for pulling such a dumb stunt.

Later, at the shanty, George showed me his leg where the car wheel had pinched him. He had a big bruise on his thigh just above his ankle. CLOSE!!!"

***I have a question or two for the railroaders. What exactly IS a "bad car?" And how do you remove it from between two other railroad cars besides "uncoupling it?" Jeanne**



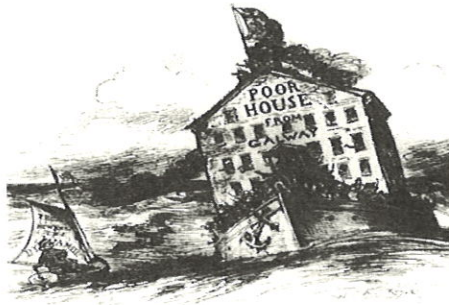
Poor Houses and Pest Houses

Did you know that Elko had a "Poor House" and a "Pest House?" I have long been interested in the poor houses back in the day. I'm just sure I must have had some poor relatives who lived there! The Hot Springs Hotel in Elko (established in 1869 just south of Bullion Road), was started as a resort with a hot spring, before an earthquake caused the water to get too hot (that hotspot is still there too). It then became a poor house for Elko County and eventually became a home for aged and infirm folks until it was demolished.

The first Elko hospital was also started in 1869. Some doctors and midwives traveled to their patients. The folks who had infectious diseases were isolated in the "pest house" on the outskirts of town. People also visited the hot spring thinking it would cure all sorts of ailments. Unfortunately, some who came with one illness might go home with even more!

For more information about early Elko County look up Everything Elko/Elko History online. Also, Howard Hickson wrote stories about Elko history including about these subjects. The college has some information. Elko County website also has Elko history information.

Definition of a "poor house": "Poorhouses were **tax-supported residential institutions to which people were required to go if they could not support themselves**. They were started as a method of providing a less expensive (to the taxpayers) alternative to what we would nowadays call "welfare" - what was called "outdoor relief" in those days." 19th Century.



What is nutrition and why is it important for older adults? MedlinePlus

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

Fall Trivia Quiz

1. What is the first day of fall called?

- a. Fall b. Autmn c. Autumnal equinox

2. What is the full moon which occurs closest to the autumnal equinox called?

- a. The Harvest moon b. The Fall moon c. The Blue moon

3. What does September means in Latin?

- a. Scepter b. Stars c. Seven

4. What are the 3 Zodiac signs of fall?

- a. Libra, Scorpio, Sagittarius b. Scorpio, Sagittarius, Capricorn c. Virgo, Libra, Scorpio

5. In the Northern Hemisphere, autumn begins in September.

When does it begin in the Southern Hemisphere?

- a. October b. March c. November

6. What English Romantic poet wrote the poem "To Autumn"?

- a. Oscar Wilde b. John Milton c. John Keats

7. Before the 16th century, fall was called?

- a. Harvest b. Autumn c. Close of the year

8. According to superstition, catching leaves in autumn brings what?

- a. Good luck b. Bad luck c. Money

9. In what 'autumn' movie can you see Richard Gere and Winona Ryder walking through beautiful fall trees and leaves?

- a. A Walk to Remember b. Autumn in New York c. October Sky

10. What country did Halloween originate from?

- a. England b. Spain c. Ireland

11. According to NASA, autumn is

- a. Clear Space Season b. Aurora Season c. Clear moon Season

12. In what city was the first OktoberFest held?

- a. Munich b. Geneva c. Paris



www.MyPartyGames.com

Name: _____

Fall Word Search



Q	A	T	Y	E	E	E	C	Z	K	O	O	Z	Q	F	P	P
I	Y	F	M	B	I	S	E	P	T	E	M	B	E	R	G	O
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R	A	U	F	U	S	A	E	M	H	N	U	T	S	T	I	E

ACORN

HALLOWEEN

PUMPKIN

LEAVES

NOVEMBER

SCARECROW

SEPTEMBER

CIDER

CHESTNUTS

OCTOBER

HARVEST

MAIZE

NUTS

RAKE

AUTUMN

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