

July 2023

# CARLIN SENIOR CENTER



## From the Director

Dear Carlin Senior Center Members,

For those of you I haven't had the pleasure of meeting yet, I am excited to introduce myself as the new director of the Carlin Senior Center.

I have a passion for working with seniors and am thrilled to have the opportunity to serve this community. I look forward to getting to know each of you as I work on helping the Senior Center thrive!

Thank you,

Barbi Meyers



## VISITORS

*Coming*

July 20th Nevada Legal Services will be visiting us and providing free legal counseling. Sign up for the "Ask A Lawyer" event ASAP as spots fill fast! Kris Moe will be here from 9-11, see or call Barbi or Judy to get your name on the sign-up sheet for your 30-minute Q and A session! Also on July 20th, 11-12:30 Indra from Catholic Charities will be here as part of their community outreach to make sure all who need it are able to find available resources such as Benefit Enrollment services, Birth Certificates, Homelessness Prevention Housing assistance, and more!

>>>>>

## HOMEBOUND MEALS

Please let us know by 9:30 a.m. if you want to cancel your homebound meal. 😊

## Happenings

July 18th **Carlin Cruise**  
Let Crystal know if you would like to join, she will start pick ups at 12:30 for a sight seeing cruise around town -Limited space available

# REMEBER YOUR NUTRITION



July is Beans Month Beans (legumes) are similar in nutritional value to both vegetable and meat food groups. Like vegetables, legumes are an excellent source of fiber, folate, and potassium. And like protein foods, legumes are an excellent source of plant protein, also providing iron and zinc. Some common, good-for-you legumes include chickpeas (or garbanzo beans), peanuts, black beans, green peas, lima beans, kidney beans, black-eyed peas, navy beans, great northern beans, pinto beans, soybeans, and lentils. <https://www.myplate.gov/eat-healthy/protein-foods/beans-and-peas> Legumes deliver antioxidants (preventing or delaying cell damage), promote a healthy heart (as a substitute for red meat), and may limit Type 2 Diabetes and related conditions such as hypertension and high blood pressure. <https://www.everydayhealth.com/diet-nutrition/legumes-types-health-benefits-nutrit>

## The Washington Post

### LA Times, Wed, Jul 12, 2023

By Alan Massengill & Doug Peterson / Ed Patti Varol

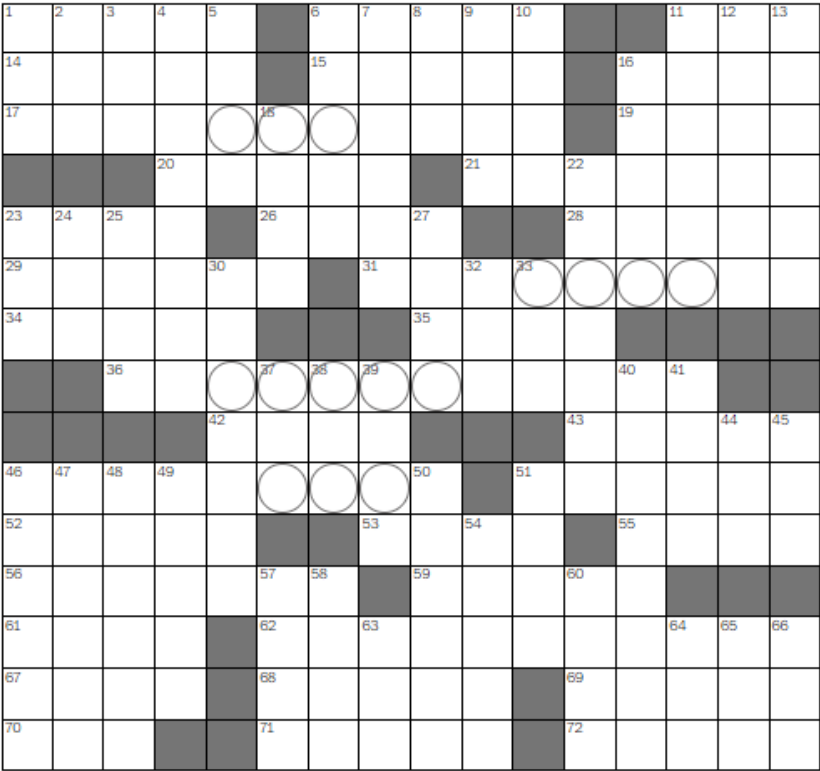
© 2023 Tribune Content Agency, LLC

#### ACROSS

- 1 Donation sticker words  
6 Unskilled in  
11 "Have we \_\_\_?"  
14 Thread holder  
15 Upscale Honda brand  
16 Passed-down tales  
17 \*Barbie-inspired doll on "The Simpsons"  
19 Surface measure  
20 \_\_\_ fever  
21 Many a Henry James heroine  
23 Spice in pumpkin spice, often  
26 Field for a 23-Down  
28 "Purgatorio" poet  
29 Justin from Canada  
31 \*"OK, gotta go!"  
34 Supplement  
35 Pundit piece  
36 \*Free baseball, so to speak  
42 "If it \_\_\_ broke ..."  
43 Hall's Hall of Fame partner  
46 \*Limb for Jaime Sommers or Steve Austin  
51 Gospel writer enshrined in a Venice basilica  
52 Metallica's "\_\_\_ It Sleeps"  
53 Startled cry
- 55 Actress Turley of "Mad Men"  
56 Drops by  
59 One more than tri-  
61 Basketball target  
62 Service offered by 18-Down, and what's happening in the answers to the starred clues  
67 Cagey  
68 Motionless  
69 Bit part  
70 Consumed  
71 Last word  
72 Japanese city that's home to Nijo Castle

#### DOWN

- 1 Belief system  
2 Dean's list fig.  
3 Web pioneer  
4 Larynx  
5 Idris of "The Suicide Squad"  
6 Bare-bones  
7 "Don't delay!"  
8 "Levitating" singer \_\_\_ Lipa  
9 Structure stabilized by a keystone  
10 Actor Diggs  
11 EGOT winner Rita  
12 1974 hit with Spanish lyrics



- 13 Social service?  
16 Any Super Bowl LVI-winning player  
18 Lyft competitor  
22 Emphatic denial  
23 Degree for future execs  
24 Succor  
25 Formally surrender  
27 Like some vivid colors  
30 Necessitates  
32 Hosp. worker  
33 Tropical garland  
37 Cars singer Ocasek  
38 Actress de Armas  
39 Humble self-appraisal  
40 Radioactive emission  
41 Lisa Loeb's biggest hit  
44 Miscalculate  
45 Calypso-influenced genre  
46 Malarkey  
47 Really pumped  
48 "Lawrence of Arabia" star  
49 Kinda chilly  
50 Angled joints  
51 "Late Night" host after Jimmy  
54 Gnocchi sauce  
57 Crocus kin  
58 Designer Ricci  
60 Ribs order  
63 TV actress Susan  
64 Brief "As I see things"  
65 Accounting figure  
66 Gloppy stuff