



**Board of Directors**

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Member

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Dance Company  
Member

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**Victoria Torres**  
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**Candi Ashby**  
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**Jesse Morgan**  
Dishwasher

**Paulina Hernandez**  
Kitchen Aide / Driver

**Donna Bochman**  
Kitchen Aide / Driver

# Coronavirus, the bully

- from one woman's perspective



For those of you that aren't sure what to expect, let me tell you that for some, it can be a bumpy ride if your immune system is compromised. This can happen when you overwork yourself, you worry too much, and age is factored in, of course. If there are some underlying medical conditions to factor in, that doesn't help either. For most, the symptoms are more mild, if present at all.

This virus kicked me down like bullies waiting in the alley. One minute you're walking around with your mask on and your hand sanitizer in your pocket, and the next minute "pow" like a punch to your gut, the wind is knocked right out of you. Then an elephant sits on your chest, just as you try to get up, so you lie there for a few days until that elephant decides to get off your chest and just as you think you're in the clear, "whack" the bullies come back and really give you a beating. At this point you're on the ground wallowing in your body aches, hoping this is going to last a couple of days, but no, no, no. What happens next? Well nothing, for maybe a few minutes.

You start to feel like you finally reached this hump everyone keeps talking about and you're in the clear, so you pick yourself up again and that's when the fevers set in. Now keep in mind you may not have that "elephant on your chest" feeling, but with the beating the Coronavirus has given you, you have that shortness of breath. Since it's still hard to breath, it slows you down and wears you out, making that 10-14 block walk home, seem like you're walking the Sahara Desert, 4 blocks in. Meanwhile, in the back of your mind you're wondering "what day is it today" and then your inner voice interrupts that thought with a "who cares, get up and fight!!" So, as you have this constant fight going, your body does what it needs to do, to help the healing process, it wears you down and it forces you to rest. You drink your water and you walk a couple blocks, dragging your heavy lungs to the final block. Resting along the way at every block, after every beating, you finally see your way home and now the healing begins.

Well, I hope enjoyed this story and hope it helps give another perspective from one person's experience. Whether battling a virus, a disease, depression, or just everyday life, never think you are in this world alone. Find your purpose in life, lend a hand, and don't be so hard on yourself. You don't need to be perfect, just be the best version of yourself.

Sincerely,

*Victoria Torres*

**MISSION STATEMENT:**

To provide nutritious meals, socialization, health screening, and education.  
We act as a catalyst for access, opportunity, health, and independence for older adults.

# September Birthday Celebrations

James, Barbara  
 Sam, Shirley (Betty)  
 Robison, Cynthia  
 Holverson, Ronald  
 Ports, Lois  
 Carson, Kathleen  
 Brady, Donna  
 Fast Horse, Patricia  
 Hylton, ILa  
 Martinez, Lupe  
 Johnson, Ellen  
 Gustafson, Mike  
 Lugauer, Leenora  
 Edwards, Bonita  
 Mize, Sharon  
 Redfern, Richard  
 Cimo, Edie  
 Benvenuto, Judith  
 Fritzam, Mary

Marley, Charles  
 Flint, Keith  
 Hyslop, Cindy  
 Hernandez, Paulina  
 Brown, Ron  
 Harris, Richard  
 Mergenthal, Donna  
 Burns, Jim  
 Giusti, Gail  
 Brown, Helen  
 Bochman, Richard  
 Robles, Tamara  
 Musgrove, Carol  
 Genung, Tim  
 Butts, Roger  
 Snyder, Gary  
 Jones, Lorraine  
 Ellett, Beth

Murray, Sharon  
 Richter, Robb  
 Negrete, Isabel  
 Becker, Constance  
 Andrae, Charles  
 Martinez, Margarita  
 Vanskike, Valeda  
 Schultz, Fran  
 Crowder, Thelma  
 LeBret, James  
 Hunt, Patricia  
 Moon, Patricia  
 Genung, Janet  
 Rabenhorst, Sally  
 Baker, Ed  
 Reitmeier, Diane  
 Thomas, Darlene  
 Wells, Douglas

Jackson, Brenda  
 Schutte, Antionette  
 Reyes, Leon  
 Breschini, Phyllis  
 Dempsey, Dixie  
 Healey, Charlotte  
 Llanez, Jo  
 Samper, Pauline  
 Geyer, Anita  
 Kinkade, Ky  
 Hernandez, David  
 Jacklin, Clarence  
 Reiter, Robert  
 Baker, Marian  
 Holmes, Constance  
 Carrillo, Frank  
 Aldous, Carol  
 Carr, Richard

## In Loving Memory



**Clorinda Morfin**  
July 20



**Salomon Morfin**  
June 16



**Leora Bernadot**  
July 16



**Donald Jones**  
June 23



**Della Arias**  
July 21



**Dorothy Baker**  
July 22



**John Lauritzen (Boyd)**  
June 30

**Ray D. Jones**  
July 26



**Irene Hines**  
August 23

**JoAnn Eklund**  
August 6



**Mack L. Hall**  
June 16



**Kieth Fish**  
August 5



**Autumn Meyer**  
August 18



**Phillip Chacon**  
August 10



**Elaine S. Zander**  
August 15

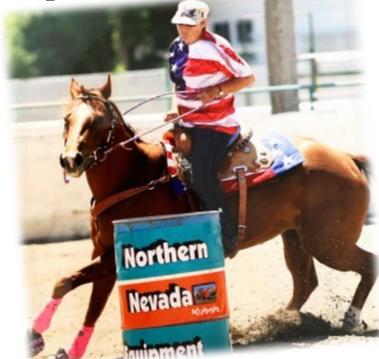
## **Have you met the newest member of our Team!**

She was surfing the internet when she came across the ad for a position in our kitchen and knew she had to apply.

She brings her passion and her heart to our kitchen. Our members and our community are always on her mind and it shows in her work. She has a warm inviting smile that brightens the day of anyone she comes in contact with. She lives her life as full as she can and shares with us, "not to worry about the things you can't change!"

She attended Moffat Colorado High School, has been married for 50 years, raised 2 children, and has 4 grandchildren. This amazing woman is full of surprises, from her goat named Watermelon, her new found passion here with us at the Elko Senior Center, to her countless trophies and awards.

**Welcome Donna!**



**"In our own backyard"**

Clean up provided by our friends with the Community Garden & the US Forest Services!



## **New Members**

Janet Mckennon

Jo Llanez

Clayton Redfern

Denise Martin

Robert Martin

Ana Espinoza

Carolyn Wahlstrom

Wally Wahlstrom

Juan Romero

James Fordham

Ron Brown

Daniel Joseph

Grace Elias

Sandy Spencer

Bennett Rush

Patrick Reardon

Sergio Elias

Mary Vanblarcum



Our weekly menu is also posted on our Facebook page:

**The Terrace at Ruby View**

Also available at the Senior Center and on our website: [www.elkoseniors.org](http://www.elkoseniors.org)

## **ARE YOU ON ZOOM?**

**Join us Monday, Tuesday, Wednesday, Friday**

We would love for you to join us in conversation and fun!

Stay connected!

Zoom is a portal that allows you to see and talk to one another and share.

If you need help setting it up on your mobile device, laptop, iPad, or tablet, give us a call at 738-3030.

**Monday/Wednesday Social: 1:00-2:00pm**

**Friday Zoom Social: 12:00-1:00 pm**

**Meeting I.D Number: 98340405722**

**Password: 4PHqDa**

**Tuesday Bible Study: 1:00-2:00pm**

**Meeting I.D Number: 97148037295**

**Password: 5Zncbj**

# Elko Resource List

## Aging and Disability Resource Center

Offers help with short-term and long-term service and supports, benefits counseling, applications assistance and more. Elko Office at its new location, 1071 Idaho Street. Contact Ashley at 775-753-4085.

## Elko Senior Center

The Meals on Wheels program is offered to seniors who are unable to leave their home. For more information, please call the office at 738-3030.

## Elko County COVID-19 HOTLINE

Elko County has devoted a public hotline to help those experiencing symptoms and to answer questions about COVID-19. Call or Text 775-777-2507 to speak to a professional, you may also email questions to [COVID19@elkocountynv.net](mailto:COVID19@elkocountynv.net) the hotline is staffed from 9am to 12pm and 1pm to 5pm, Monday-Friday.

Facebook Page:

## Elko County COVID-19 Response.

## Ruby Mountain Resource Center

Tuesdays and Thursdays- nonperishable foods are available from 11-2pm. (Clothes are available with a referral). Debbie is willing to drop off clothes or groceries to people in need Monday, Wednesday, and Thursdays. For more information, call 738-7976

## Senior to Senior Help

For assistance with prescriptions & groceries.

For more information, call us at 738-3030.

## F.I.S.H.

Food bank is open curbside pick-up Monday, Tuesday & Thursday from 9-12:30. Dates and times may change. If you need to make special arrangements or have any questions, please call 738-3038.

## Medicare Open Enrollment

October 15<sup>th</sup> – December 7<sup>th</sup>

State Certified Medicare Counselors will be available to help answer questions regarding your Medicare and help with prescription drug plan pricing for 2021.

Call 775-738-3030  
for dates & times!



## Walmart

Senior Shopping Every Tuesday from 6-7am.

## Khoury's Market

Every day from 6-7am for elderly.

## Albertsons

Open to people at risk from 11-2pm on Tuesdays and Thursdays. Matt (store director) is willing to place phone orders & save any essentials ahead of time.

## Smith's

Open to people at risk, 7-8 am Monday, Wednesday & Fridays. Waiving the pick-up fee at point of transaction, for online orders received curbside for verified 60 years and older during COVID-19 pandemic. From 8am-10pm, they will have staff on hand to assist those that need special accommodations.

## La Unica

They are willing to hold back some essentials if need be for elders and/or people with immune deficiencies.

## Raley's eCart

They are implementing pre-packages of essential needs in shopping bags available to anyone that asks, first come first serve. They are waiving the e-cart charge for seniors, and there is a limit of 2 items per person.



## Helpful Hints for Caregivers and Friends from AARP:

- 1) Form a support group
- 2) Inventory Essential Supplies
- 3) Make a list of medications
- 4) Make a plan to stay connected
- 5) Maintain your own Self-Care

\*Don't forget to keep in touch with your local Senior Center



## How to Strengthen Your Lungs to Fight COVID-19

<https://www.aarp.org/health/conditions-treatments/info-2020/lung-health-covid19.html>

# *Farmer's Market*

*We sell only the  
freshest produce  
from our local farm!*

**June to October**

**8:00-12:00**

(weather permitting)

**Lamoille:** 1st Saturday of the month-Lamoille School House

**Elko:** 2nd, 3rd, and 4th Saturdays of the month-Behind the Elko Area Chamber of Commerce

**Wells:** 1st and 3rd Thursdays from 4:30 pm to 6 pm -Wells Heritage Park at the intersection of 6th street and Lake Ave.

**WWW.ELKOGROWN.COM**

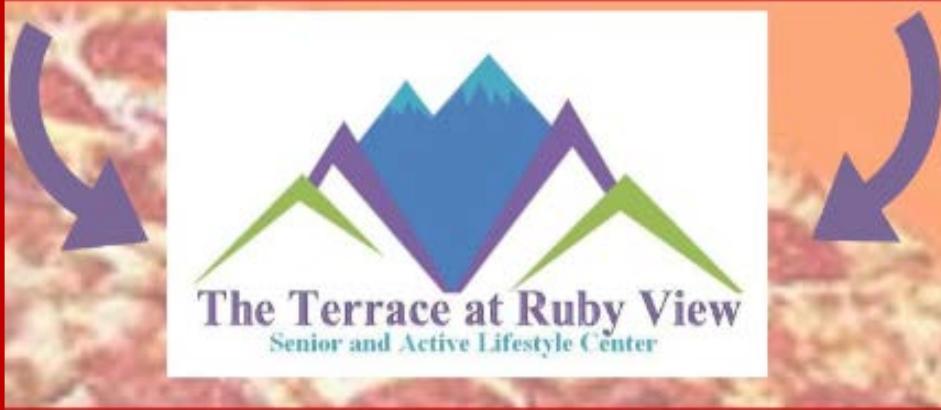
## *What's happening at the Center...*



Thank You  
**Coldwell Banker!**

# American Staffing

LET'S RAISE  
SOME DOUGH!!



Please come by to enjoy some great pizza  
while helping raise money for our  
Elko Senior Center.  
**GREAT PIZZA GREAT CAUSE**

**When: September 11, 2020**

**Where: 705 Railroad St. Elko**

**Time: 11 a.m. to 4 p.m.**



**\*\*All proceeds will go to the  
Elko Senior Center\*\***



*Look for us on Facebook:*

**THE TERRACE AT RUBY VIEW**

and stay up to date with all  
the latest news & activities



**facebook**



**What will you be doing Friday, September 11<sup>th</sup> from 11am – 4pm!**

If you like PIZZA or you just want to support a good cause,  
meet us at American Staffing, 705 Railroad Street, Elko, NV 89801



How do you celebrate Labor Day? Let's remember what this day means.  
Labor Day pays tribute to the contributions  
and achievements of American Workers. To those of you who  
have worked hard to make this world a better place, this day is for you!

## Important Dates:

**9/4**-We are closed for training

**9/5**-World Beard Day!

**9/7**-We are closed Happy Labor Day!

**9/11-American Staffing, Inc.** will host this month's fundraiser, "Raising Dough for the Terrace at Ruby View-Elko Senior Center" (flyer is enclosed)

**9/12**-Car Show & Shine 7am-4pm at the City Park

**9/13**-National Grandparent's Day!

**9/13**-Car Show & Shine Awards Ceremony at 11am

**9/18**-National POW/MIA Recognition Day

**9/19**-National Clean Up Day

**9/21**-ESAP Board Meeting

**9/22**-National Girls' Night (Call up your favorite Gal!)

**9/26**-National Pancake Day

**9/28**-Medicare Counselors from 11-12:30pm (call us to schedule appointment)

**9/29**-National VFW Day

**9/29**-National Women's Health & Fitness Day!

**Don't forget, October 15<sup>th</sup>-December 7<sup>th</sup>-Medicare Open Enrollment PDP**

Elko Senior Activity Programs, Inc. (ESAP), was formed as a nonprofit corporation in Nevada to provide nutritious meals, socialization, health screening and education for older adults. As an IRS-approved 501.c.3, tax-exempt charity, your donation to ESAP may be tax-deductible, pursuant to the provisions of section 170.c. of the Internal Revenue Code of 1986, 26 U.S.C. 170.c. Please check with your accountant.



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of our AMAZING  
Newsletter Team!  
They help us sort,  
prep, fold,  
organize, & more  
**THANK YOU!**

**G E T**  
Greater Elko Transit

Need Transportation?  
Call G.E.T. My Ride –  
**777-1428**

For Door to Door Service  
New riders need to register  
24 hours in advance.

Thank You for all your years of service, you will truly be missed!

"To Patients of Dr. Matteri, he is retiring, as of Oct 15. Please make necessary arrangements to stop by and pick up any records. We have loved serving you all and are excited to start a new chapter of our lives."



**Attention Patients of Dr. Matteri:**

Position: Activities Coordinator  
Are you looking for a part-time job, want to help engage our members with fun and injormatinal activities!  
Call us at 738-3030



NONPROFIT ORG  
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AT RUBY VIEW THE TERRACE Center for Active Living  
Elko Senior Activity Programs, Inc.  
1795 Ruby View Drive  
Elko, Nevada 89001