



**HAPPY NEW YEAR! I HOPE THAT YOU ALL HAD A WONDERFUL CHRISTMAS AND HOLIDAY SEASON, FILLED WITH JOYOUS VISITS WITH LOVED ONES AND FRIENDS, GOOD FOOD, AND PLENTY OF NAPS!**

**SPEAKING OF GOOD FOOD, I HOPE THAT YOU DID NOT EAT SO MUCH AS TO GIVE YOU COLLYWOBBLES. THIS IS MY CLUMSY ATTEMPT TO INTRODUCE A THEME THAT WILL BE CONTAINED WITHIN THE NEWSLETTER THIS YEAR - FUN, AND FUNNY-SOUNDING, WORDS. LAST YEAR WE COVERED THE MEANINGS BEHIND THE NAMES OF OUR MONTHS, ALONG WITH VARIOUS NAMES FOR THE FULL MOONS OCCURRING IN THE MONTHS. AS FATE WOULD HAVE IT, I WAS TRYING TO COME UP WITH A NEW TOPIC FOR THIS YEAR WHEN JANIS AND I BEGAN DISCUSSING THE ORIGINS, AND PRONUNCIATION OF, ONE SUCH FUNNY-SOUNDING WORD. A QUICK SEARCH REVEALED THAT I COULD EASILY PRODUCE A DOZEN SUCH WORDS, AND SO, THAT IS WHAT I WILL SHARE WITH YOU ALL OVER THE NEXT YEAR, ALL THANKS TO THE MERRIAM-WEBSTER DICTIONARY. BACK TO COLLYWOBBLES, WHICH MEANS A "PAIN IN THE ABDOMEN AND ESPECIALLY THE STOMACH; A BELLYACHE". IT APPEARS THAT THIS TERM IS LINKED TO CHOLERA, A HARD TO PRONOUNCE WORD AT THE TIME, WHICH MAY HAVE TURNED CHOLERA INTO THE LAYMAN'S "COLIC", WHICH MORPHED INTO "COLLY".**

**COMBINE THAT WITH THE UNSTEADINESS THAT CHOLERA PRODUCED AND YOU HAVE "COLLYWOBBLES". THE ETYMOLOGY OF CHOLERA IS ALSO QUITE INTERESTING, THOUGH GOING INTO DETAILS WOULD NOT BE A GENTLEMANLY THING TO DO IN OPEN CONVERSATION AND WOULD MOST CERTAINLY LEAD TO COLLYWOBBLES FOR SOME.**

**AS YOU MAY HAVE HEARD BY NOW, WE HAVE LOST A VALUABLE MEMBER OF OUR TEAM, URI. WE ARE ALL DISAPPOINTED WITH THE CIRCUMSTANCES THAT LEAD TO THIS OUTCOME. WE ARE APPRECIATIVE OF ALL THAT URI HAS DONE FOR US AND HIS OFFER TO COME BACK AND HELP OCCASIONALLY IF HIS SCHEDULE ALLOWS. AS WE MOVE FORWARD, I HAVE COMPLETE FAITH AND CONFIDENCE IN OUR KITCHEN TEAM AND I KNOW THAT JOSIE AND THE CREW WILL BE ABLE TO CONTINUE TO MEET THE NEEDS OF MEMBERS. THIS SITUATION WILL ALSO PRODUCE SOME CHANGES IN THE FRONT OFFICE, SO PLEASE HAVE PATIENCE WITH US ALL OVER THE NEXT FEW MONTHS.**

**DON'T FORGET THAT OUR BINGO NIGHT FOR ELKO HAS CHANGED. BINGO IN ELKO WILL NOW BE HELD THE 2ND THURSDAY OF EACH MONTH. IN LOOKING AHEAD, WE DO NOT FORESEE ANY CONFLICTS WITH THIS SCHEDULE THE REMAINDER OF THE YEAR. WE ANTICIPATE THAT THE SPRING CREEK BINGO WILL BE ABLE TO REMAIN ON THE 3RD WEDNESDAY OF EACH MONTH AND WE APPRECIATE OUR PARTNERSHIP WITH THE SPRING CREEK ASSOCIATION. OTHER ITEMS TO CONSIDER AS WE BEGIN THE NEW YEAR INCLUDE A POTENTIAL EVENING FUNDRAISER IN THE LATE SPRING OR EARLY SUMMER, OUR NEW MEALS ON WHEELS GARAGE BEING ERRECTED IN THE SPRING, AND A POTENTIAL SPRING TRAVEL CLUB TRIP. WE ALSO WILL BE ASKING FOR ASSISTANCE WITH ITEMS FOR THE SENIOR TABLE AT THE CHRISTMAS BAZAAR. THIS YEAR WE WILL FEATURE DIFFERENT REQUESTS FOR HAND-MADE ITEMS IN VARIOUS MONTHS. FOR EXAMPLE, THIS MONTH WE WOULD LIKE TO REQUEST ANYTHING THAT WOULD BE APPEALING TO CHILDREN. THESE COULD BE CROCHETED ANIMALS OR DOLLS, WOODEN TOYS, SIMPLE GAMES, BRIGHT COLORED CHILDREN'S KNITTED HATS AND SCARVES, OR ANYTHING YOU CHOOSE. ITEMS DONATED WILL BE COLLECTED THROUGHOUT THE YEAR AND THEN PLACED ON OUR SENIOR TABLE FOR SALE AT A PRICE DETERMINED BY THE BUYER. IF YOU ARE INTERESTED, PLEASE SEE THE FRONT OFFICE.**

**IN CLOSING OUR FIRST NEWSLETTER OF 2024, AND ON BEHALF OF THE STAFF, BOARD, AND VOLUNTEERS, I WISH YOU A HAPPY, HEALTHY, AND SATISFYING NEW YEAR!**

**Matt**

**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.**

**The Terrace at Ruby View - 1795 Ruby View Dr. Elko  
775.738.3030 - [www.elkoseniors.org](http://www.elkoseniors.org)**

# JANUARY ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
<b>Games &amp; Recreation</b>					
Bridge (Duplicate)	Weds.	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00
Bridge	Mon.-Thu.	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	2 <sup>nd</sup> Mon.	Jan. 8	12:45 p.m.	Dining Room	BYOS
Beginning Bridge Class	Monday	Ongoing	9:30-11:30 a.m.	Dining Room	Free
Dominoes	Weds.	Ongoing	1:00-3:00 p.m.	Dining Room	Free
Penny Ante Poker	Mon. & Th.	Ongoing	9:00-11:00 a.m.	Dining Room	BYOS
Pinochle	Thursdays	Ongoing	9:00 a.m.	Dining Room	BYOS
<b>Exercise</b>					
Stretch & Strength	Thursdays	Ongoing	1:00-2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	9:00-9:45 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	9:45-10:15 a.m.	Large Activity Room	Free
Tai Chi Techniques	M-Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Chair Yoga	M	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
<b>Arts &amp; Crafts</b>					
Watercolor Painting & Drawing	Wed. & Th.	Ongoing	9:00 a.m.-11:00 a.m.	Art Room	BYOS
Char's Craft Class	2 <sup>nd</sup> Tues.	Jan. 9	10:00-11:30 a.m.	Art Room	Varies
Ruby Mt. Fiber (Knitting Group)	Weds.	Ongoing	11:30 a.m.-2:00p.m.	Technology Room	BYOS
Happy Hookers	Fridays	Ongoing	9:00-11:30 a.m.	Dining Room	BYOS
<b>Connecting &amp; Support</b>					
Bible Study	Tuesdays	Ongoing	1:00-3:00 p.m.	Tech. Room & Zoom	Free
TOPS (Taking off Pounds Sensibly)	Thursdays	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Friends Day Out - Java Music Club	Fridays	Ongoing	1:00-3:00 p.m.	Art Room	Free
Nevada Care Connection	2 <sup>nd</sup> Friday	Jan. 12	11:00 a.m.-1:00 p.m.	Dining Room	Free
WAFD Bank Presentation	2 <sup>nd</sup> Friday	Jan. 13	11:30-12:00 noon	Dining Room	Free
Cancer Support Group	Varies	Jan. 5	11:00-12:00 noon	Craft Room	Free
Dementia Friendly Elko	3 <sup>rd</sup> Weds.	Jan. 18	1:00-2:00 p.m.	Technology Room	Free
Golden Years Solutions Medicare	Varies	By Appt.	11:00-1:00	Dining Room	Free
Memoir Writing	4 <sup>th</sup> Thurs.	Jan. 26	1:00-2:00 p.m.	Technology Room	Free
Garden Club	Varies	Feb. 2	11:30	Technology Room	Free
Nevada Legal Services	Varies	Feb. 14	10:00 a.m.-12:30 p.m.	Office	Free
Dr. Patton's Podiatry	Varies	Jan. 25	1:00-3:30 p.m.	Podiatry Room	\$10.00
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free
Kiwanis	M	Ongoing	12:00 noon	Technology Room	\$10.00
Rotary (Noon Club)	W	Ongoing	12:00 noon	Large Activity Room	\$10.00
Rotary (Desert Sunrise)	Th	Ongoing	6:30 a.m.	Dining Room	\$10.00



# In Loving Memory



George Farnsworth

November 22, 2023



Robert Renier

November 23, 2023



Lois Sargent

November 12, 2023



Clarice Gamboa

December 1, 2023



Gary Prunty

December 11, 2023



George Skivington

November 14, 2023

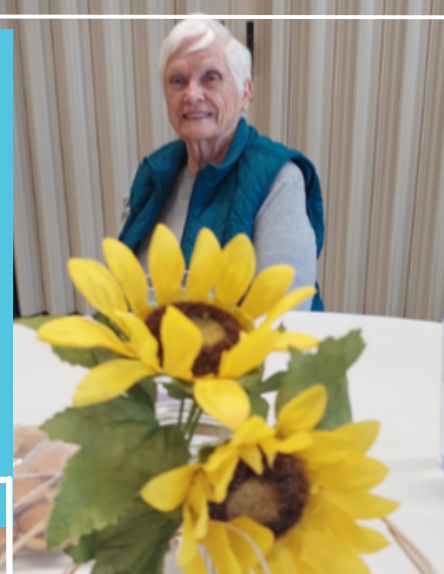


Elinor Furlong

November 21, 2023



# Photo Fun!



WE ARE LOOKING  
FOR PHOTOS! DO  
YOU HAVE PHOTOS  
OF ACTIVITIES AT  
THE CENTER?  
PLEASE SEE  
CARISSA OR MATT.







# New Year's Around the World

Identify the Country's tradition in Column A or B

**A**

**B**

1. In hopes of a travel filled year, residents carry a suitcase around the block.
2. Old plates and glasses are thrown against the doors of family and friends to banish bad spirits.
3. An onion is traditionally hung on the front door of homes on New Year's Day.
4. "Hogmanay" or the first footing requires a dark-haired male to cross the threshold of the house at midnight with a gift to bring good luck year round.
5. Soba Noodles are eaten denoting the crossing of one year to the next.
6. A huge feast consisting of foie gras, oysters, lobster, escargot and Champagne is consumed.
7. Residents eat lentils for their coin-like shape, symbolizing luck and prosperity.
8. People pack picnic baskets and watch fireworks off bridges on New Year's Eve.
9. In rural areas, people go ice-fishing on New Year's Day.
10. Bad luck and spirits are banished by banging bread against the walls of houses on New Year's Eve.
11. People jump over seven waves in the ocean and make seven wishes for the new year as they leap.
12. Divers brave cold underwater temperatures to plant artificial Christmas trees at the bottom of lakes and rivers.
13. People paint their front door red as a symbol of happiness and good fortune.
14. The New Year is welcomed by eating a donut filled with jam or liquor called "Pfannkuchen".
15. Rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Columbia	Panama
Brazil	Italy
Egypt	Greece
Romania	Scotland
Japan	Thailand
Belgium	France
Albania	Italy
Australia	Japan
Canada	Sweden
Ireland	Jamaica
Argentina	Brazil
Canada	Russia
China	Nigeria
Austria	Germany
India	Sweden

**Total:**



# Happy Birthday

JAN 01

ROBERT RAINE  
JOSE MALDONADO  
PATRICIA ROGERS-SMITH  
ALLYN NILES  
JANET HOUGHT

JAN 02

RONALD DAVIS  
PATRICIA PARADIS  
CHARLES BECKER  
WAYNE SLUSER

JAN 03

WILLIAM WEBB  
JOE CALLAWAY  
MARIA L NATIVIDAD  
JR STONE

JAN 04

MARIE DADE  
MICHAEL MCFARLANE  
GORDON SLOAN  
EMILY CASSADORE  
JOHN ELLIS  
EDWARD PIFFERO

JAN 05

LINA BLOHM  
NANCY JOHNSON  
AVIS WADSWORTH

JAN 06

VICKI EAVES

JAN 07

OFELIA CANTU  
SUSAN FERGUSON  
KRISTINE RODGERS  
WALT LOVELL

JAN 08

KATHY HOEM  
DEBROAH BECKER  
GEORGE GARY

JAN 09

GENE SHIPP  
JOHN LAGRAN  
PAM ANDERSON

JAN 10

VIC HERRERA  
DONALD GRIMES  
VICKI GOICOECHEA

JAN 11

RICHARD YANCEY  
GLORIA GIBSON  
KAREN TNER  
TED BUCKLES

JAN 12

SARA WINSLEY  
ANDREW KNUDSEN  
JOAN WARF  
LORETTA HOPKINS  
VERONICA MENDIVE

JAN 13

KIM CAMBRA  
LYNDA MCBRIDE  
KAY JENKINS  
LISA ROLLINS  
JAMES JOHNSTON  
CAROL TOLHURST  
ROY HANSEN

JAN 14

SHERRILL TATOMER  
BEN DAVIS  
DAVID MANLEY

JAN 15

KATHLEEN FIELDS  
KAREN HAMMOND  
MARY GILBERTSON  
CATHERINE WOODS  
LINDA YGLESIAS  
DIANE MUELLER  
BETH SNARE  
COLEEN SAVARY

JAN 16

ALVIN STENINGER  
JILL TILTON  
MARCIA CLARK

JAN 17

PAULINE HOLTHUSEN  
MARGARET MARCUCCI

JAN 18

GAIL MONTROSE  
KAREN HEDDEN  
RACHEL MCBRIDE  
NANCY BARROW  
JEAN HART  
KRYSTIN MUNZING

JAN 19

MARY KELLY  
BECKY RAINE  
THOMAS HUFF  
FRANCES SCHAIN

JAN 20

GEORGE FARNSWORTH  
FRANK WHITE  
DIANE RICE  
WILLIAM FRY  
KATHY ANTHONY

JAN 21

VIRGINIA MOWRY

JAN 22

CHARLIE MCMUNN  
SOLEDAD ALBARRAN  
CONNIE BOGDON  
DANA SYMMES  
DANIEL THOMPSON  
RALPH SILER  
JOANN SCHULDIES

JAN 24

MARK KOPPE, SR  
CYNDI CORDOVA  
KIM PENNINO  
REBECCA SNYDER  
MARY SUE CRAIG

JAN 25

DAVE DRAKE

JAN 26

KATHERINE JACKSON  
ROBERT POULSON  
STEVE GLASER  
ALEX TOURREUIL  
MONA WHITE  
ANN NISBET  
TONI MENDIVE

JAN 27

SUSAN HEXEM

JAN 28

DAVID HOVEY  
LAURIENNE RILEY

JAN 29

DANNY DAWSON  
RONALD MCLEEMEE  
GEORGE CHAPIN  
MICHAEL BROWN  
MARGE WARMBRODT

JAN 30

JUDY WALKER  
SANDRA WAGNER-  
TAYLOR

JAN 31

CHARLIE HANSEN  
ROY ELSNER  
DENNIS MAUCH  
SAMI WRENFROW  
KAREN KNORR  
TAMMY SORCH  
EUGENE DEAN





# ITEMS TO MAKE NOTE OF

## NEW MEMBERS

CHRISTINA ALLEN  
JAMES ALLEN  
DIANA BROWN  
ROBERT BROWN  
RONALD DAVIS  
SHARON IRISH  
PATSY WAITS  
ANNA GETTE  
BILLY MASTERS  
JOLEIN WHITE  
MARC FAUTEUX

WAYNE SIDES  
ROBERTA WEBB  
ROLAND BROWN  
JACK IVY  
SHIRLEY ANDERSON  
HYLA BENDER  
BLYTHE RICH  
CATHY RICH  
PATRICIA GRENZ  
WILLIAM GRENZ  
SHANNA NEFF

TODD SANDERS  
BARBARA WARD  
RULA WEBB  
CHARLIE HANSEN

# January

IN NOVEMBER 2023,  
WE SERVED 5,323  
MEALS AT AN AVERAGE  
COST OF \$7.56. WE  
RECEIVED AN AVERAGE  
OF \$2.15 PER MEAL IN  
MEAL DONATIONS,  
WITH AN ADDITIONAL  
\$3.48  
IN GRANTS, FOR A  
TOTAL OF \$5.63  
RECEIVED PER MEAL.

THE NORTHERN NEVADA FOOD BANK  
PRODUCE ON WHEELS TRUCK (THE  
PRODUCE TRUCK)  
WILL BE AT THE SENIOR CENTER BETWEEN  
11:30 AND 12:30 ON FRIDAY, JANUARY  
19.

PLEASE NOTE THE NEW TIMES. ALSO, IN  
2024, THEY ARE LOOKING AT COMING IN  
ON A DAY  
OTHER THAN MONDAY SO AS TO AVOID  
THE MULTIPLE HOLIDAYS THAT  
INTERFERED WITH  
SERVICE THIS YEAR.



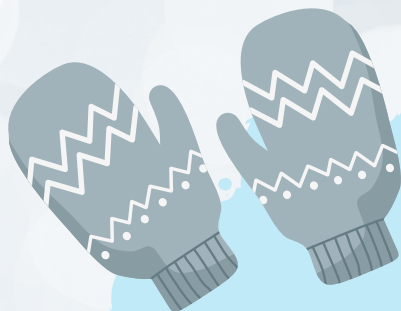
SOCIAL ZOOM CALL  
TUESDAYS AND FRIDAYS AT 4:00PM  
ZOOM ID: 824 8842 1823  
PASSWORD: 024871

# ITEMS TO MAKE NOTE OF

*Thank  
You*

WILLIAM N. PENNINGTON FOUNDATION  
NEVADA GOLD MINES  
HUNT & SONS  
WESTERN STATES PROPANE  
NNRH  
FAMILY DOLLAR ON MT. CITY HIGHWAY  
NUTS UNDER A BUCK  
ACCELERATED MEDICAL  
THE COOKIE ENCOUNTER  
NORTHERN NEVADA MOSES PROJECT  
ELKO CAR WASH  
NORTHEASTERN NEVADA MUSEUM  
UEC MOVIE THEATERS  
ALL OF THOSE WHO GAVE TO OUR MEMBERS FOR  
THE HOLIDAYS!  
CLIENTS OF LYNN TERRAS  
VETERANS OF FOREIGN WARS POST 2350

WOULD YOU LIKE TO  
SUPPORT THE LOCAL  
VFW POST 2350 AND  
PURCHASE A RED  
FRIDAY SHIRT? WE  
HAVE THEM  
AVAILABLE AT THE  
CENTER FOR \$5.00  
EACH. STOP BY THE  
OFFICE TO  
PURCHASE ONE!



IS THERE AN ACTIVITY OR  
CLUB THAT YOU WOULD  
LIKE TO START? PLEASE  
SEE THE FRONT  
OFFICE.

Look for us on Facebook:

THE TERRACE AT RUBY VIEW  
and stay up to date with all  
the latest news & activities





# BINGO

**\$ CASH PRIZES \$**

**Game Packets \$10 each**

Each Packet - 10 games/3 cards per game

Bingo Daubers Available for Purchase

Must be 21 or older to play

Please NO outside FOOD

Snack & Beverage Purchases Available

**Elko**

**Thursday,**

**January 11<sup>th</sup>**

Doors open at 5 pm – Game

starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

**Spring Creek**

**Wednesday,**

**January 17<sup>th</sup>**

Doors open at 5:30 pm –

Game starts at 6 pm

SCA Boardroom

401 Fairway Blvd. – S.C.

For more information  
please call us at  
775-738-3030





**BOARD OF DIRECTORS BULLETIN**

**DUE TO THE MARTIN LUTHER KING HOLIDAY, THE DATE OF THE NEXT BOARD MEETING IS JANUARY 22, 2023 (SUBJECT TO CHANGE; ALWAYS CHECK FOR THE AGENDA). WE WILL MEET IN-PERSON AND, PER REQUEST, PROVIDE ZOOM ACCESS. PLEASE SUBMIT THE REQUEST ONE WEEK PRIOR TO THE MEETING. CHECK THE WEBSITE UNDER BOARD TO GET THE AGENDA INFORMATION. THE MINUTES FROM THE LAST FEW MEETINGS WILL ALSO BE POSTED. THEY ARE IN PDF FORMAT SO YOU WILL NEED ADOBE READER (OR ANOTHER TYPE OF PDF PROGRAM, IN ORDER TO BE ABLE TO READ IT). IF YOU NEED A HARD COPY, YOU CAN ALWAYS CALL THE CENTER AT 775-738-3030 TO REQUEST A COPY. ALL OF THE DIRECTORS OF THE BOARD HAVE CONTACT INFORMATION PROVIDED ON THE WEBSITE UNDER BOARDS. PLEASE FEEL FREE TO REACH OUT TO ANY OF THEM IF YOU HAVE QUESTIONS OR CONCERNS, OR EVEN SUGGESTIONS!**

**THANK YOU FOR YOUR SUPPORT AS WE WORK TO PROVIDE THE BEST SERVICE POSSIBLE.**



**Board of Directors**  
**Jennifer Roberson - Chair**  
**Cindy Hyslop - Vice Chair**  
**Katrinka Russell - Treasurer**  
**Monica Wright-Coscarat,**  
**Marsha Davis, Brian Riley, Billie Jean**  
**Crawford**

**Senior Center Staff**  
**Matt McCarty-Executive Director**  
**Carissa Cassadore-Member Prog. Mgr.**  
**Janis Shurtliff-Administrative Asst.**  
**Open-Lead Cook**  
**Josie O'Donnell-Assistant Lead Cook**  
**Candi Ashby, Samantha Wrenfrow,**  
**Jesse Myers, Samantha Beardall,**  
**Stefanie Perry-Mohr-**  
**Kitchen Aides / Drivers**  
**Christopher Piffero-Dishwasher**



# For the Best Lunch in Town!

Lunch Meals are served Monday – Friday, between 11:30 a.m. to 12:45 p.m.

Diners over the age of 60 - suggested \$3.00 donation. For diners under the age of 60, the cost of the meal is \$10.00.

## The Terrace January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Center Closed</b> <b>New Year's Day</b>	<b>2</b>  Hot Dog Baked Beans Cucumbers in Sour Cream Fruit Cocktail Root Beer Float	<b>3</b>  Pork Tamales Spanish Rice Refried Beans Tex-Mex Salad Apple Crisp	<b>4</b>  Lemon Baked Fish Brown Rice Butternut Squash Mixed Green Salad Orange Oatmeal Raisin Cookie	<b>5</b>  Shepard's Pie Spinach Salad Apricot Bran Muffin Banana Assorted Dessert
<b>8</b>  Chicken in Orange Sauce Brown Rice Pilaf Savory Beans Spring Salad Pineapple With Poppy seed	<b>9</b>  Pork Tenderloin in Mushroom Gravy Mashed Potatoes Cozumel Vegetables Seasoned Cucumbers Grapes Eclair Dessert	<b>10</b>  Crab Salad Croissant Macaroni Salad Lettuce and Tomato Applesauce Lemon Poke Cake	<b>11</b>  Beef Tacos Lettuce and Tomato Ranch Style Beans Mexi-Corn Tropical Fruit Cup Tres Leches Cake	<b>12</b>  Country Fried Steak Mashed Potatoes Corn Caesar Salad Pears Assorted Dessert
<b>15</b>  <b>Closed</b> <b>Martin Luther King Day</b>	<b>16</b>  Breaded Fish Parsley New Potatoes Seasoned Green Peas Orange Spinach Salad Lemon Bars	<b>17</b>  Beef Stroganoff over Noodles Baked Acorn Squash Spinach Salad Plums Spice Cake	<b>18</b>  Southwest BBQ Chicken Burger Baked Beans Carrot & Celery Stick Pineapple Chunks <b>Sundae Bar Sponsored by Tim Hatch from Edward Jones</b>	<b>19</b>  Baked Ham Mac & Cheese Peas Carrot Raisin Salad Peaches Assorted Dessert
<b>22</b>  Breaded Shrimp Old English Chips Coleslaw Fresh Apple Lemon Pudding	<b>23</b>  Meatloaf Baked Potato Edamame Mix Caesar Salad Ambrosia W/W Dinner Roll	<b>24</b>  Chicken Pasta Herbed Vegetable Medley Spinach Salad Spiced Applesauce W/W Bread stick	<b>25</b>  BBQ Pulled Pork Sandwich WW Bun Baked Beans Pasta Salad Apricots Cake & Ice Cream	<b>26</b>  Spaghetti Zucchini Colorful Salad Pineapple Breadstick Assorted Dessert
<b>29</b>  Cheeseburger Baked Beans Sour Cream Potato Salad Mixed Fruit Chocolate Peanut Butter Cookie	<b>30</b>  Honey Lemon Chicken Red Pepper Penne Brussel Sprouts Garden Salad Peach Cobbler	<b>31</b>  Apple Topped Pork Chop Mashed Sweet Potatoes Savory Beans Broccoli Salad Yogurt W/ Berries Whole Grain Muffin		

**Drive Thru & Chef or Chicken Apple Salad**

order before 9:00 am

\*Menu is Tentative

**Important Dates:**

Jan. 1 – Polar Bear Plunge Day  
 Jan. 2 – World Introvert Day  
 Jan. 3 – National Trivia Day  
 Jan. 5 – National Bird Day  
 Jan. 8 – National English Toffee Day  
 Jan. 9 – Natl. Law Enforcement Appreciation Day  
 Jan. 10 – National Bittersweet Chocolate Day  
 Jan. 11 – National Milk Day  
 Jan. 12 – National Pharmacist Day  
 Jan. 13 – National Rubber Ducky Day  
 Jan. 14 – Start of National Pizza Week  
 Jan. 14 – Ratification Day  
 Jan. 15 – Martin Luther King, Jr. Day  
 Jan. 15 – National Hat Day  
 Jan. 16 – National Nothing Day  
 Jan. 21 – Start of World Kiwanis Week  
 Jan. 24 – Global Belly Laugh Day  
 Jan. 25 – Start of Tax Identity Theft Week  
 Jan. 29 – Start of National Cowboy Gathering  
 Jan. 31 – National Hot Chocolate Day



**NEWSLETTERS  
 BROUGHT TO YOU  
 WITH THE HELP  
 OF OUR AMAZING  
 NEWSLETTER  
 TEAM!  
 THEY HELP US  
 SORT, PREP, FOLD,  
 ORGANIZE, &  
 MORE  
 THANK YOU!**



**Need Transportation?**  
**Call G.E.T. My Ride –**  
**777-1428**  
 For Door to Door Service  
 New riders need to register  
 24 hours in advance.

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.



**Looking to Volunteer?**  
 Do you have an extra 30  
 minutes after lunch? We would  
 appreciate help in sanitizing the  
 tables Mondays, Wednesdays,  
 and Fridays. **Call us at 775-738-3030 to find out more!**

NONPROFIT ORG  
 U.S. POSTAGE PAID  
 ELKO, NV  
 PERMIT NO. 34



Elko Senior Activity Programs, Inc.  
 1795 Ruby View Drive  
 Elko, Nevada 89801



## BEFORE YOU SEARCH

Most of us do it several times a day. We have a question, need a phone number or are looking for a website, so we open a search engine and type in our request. What happens next is becoming more and more dangerous.

To steer clear of impostor scams, a widely recommended precaution is to avoid clicking on links or dialing numbers provided in emails or texts. Instead, contact the company or agency using a verified website or phone number. Beware however that even web search results can be manipulated.

The easiest way that scammers do this is with advertising dollars. By paying to promote their fake websites that mimic legitimate sites, a criminal can jump to the top of your web search results. Complicating matters, some app-based companies lack customer service numbers, so web searches only bring back malicious phone numbers.

This doesn't mean you can't trust web searches, just search carefully. Always look closely at the top results to make sure that they are what you are looking for before clicking. You may also want to avoid clicking on links that are advertisement or "sponsored." Not all promoted links are fake, but it's important to understand that promoted web ads are a tactic of scammers.

## CHECK IT TWICE

It's the season of giving, and for those in the spirit, telling the difference between a real charity and a con can be a challenge. Legitimate charities make a big push at year-end for last-minute annual donations. Scammers know this and make their own end-of-year push to line their pockets.

If a charity solicits you for a donation, even if your first instinct is to contribute, be careful. Many fake charities have legitimate-looking websites and names, making them hard to discern as fraudulent. Others are registered nonprofits but devote little of the money they raise to the programs they promote.

Research the charity on sites such as [give.org](https://www.give.org), [CharityNavigator.org](https://www.charitynavigator.org) or [CharityWatch.org](https://www.charitywatch.org) to make sure that it's legitimate and to find out what percentage of their donations are actually used to serve their stated mission versus paying for overhead and fundraising.

## TALK ABOUT FRAUD THIS HOLIDAY SEASON

The holidays are a time when friends and family of all ages gather together, share updates on their lives and recount cherished memories. One thing to add to that list this year: a conversation on how to stay safe from fraud.

We know that scammers target people of all ages. Last year 40% of all scams reported to the Federal Trade Commission were from people under the age of 40, and victims over the age of 60 lose the most money to scams on average. So we are all vulnerable to these criminals, and we could all use a little help and guidance. Here are two fraud topics to talk about with your family this holiday season.

What is a question, story or phrase that no one other than your close family would know? Scams targeting parents and grandparents are only becoming more believable with the adoption of Artificial Intelligence, but no matter how realistic a voice may sound it won't know this private memory or password. Passwords are another critical topic. We all have so many passwords that it's hard to keep straight. This leads many to choose simple passwords or use the same one repeatedly. A quick chat about how you choose and protect your passwords could save someone you love a lot of money.

Lastly, be willing to share. Too many victims of fraud suffer in silence because they are ashamed to admit what happened to them. The truth is that scammers are sophisticated criminals and for victims sharing their story is the best way to protect others and get the support they need.

## AI FOR GOOD AND BAD

If there is one thing we know, it's that criminal scammers are not stupid. They often use cutting-edge technologies to make their schemes more sophisticated and harder to detect. However, these same technologies can – and should – be used to protect people as well.

The most recent case in point is Artificial Intelligence (AI). We are already seeing celebrity "deep fake" videos trying to sell non-existent products. Likewise, simple AI tools - like Chat GPT - are cleaning up many grammatical issues that can make scam emails easier to spot. The question is, how can we use this technology for good?

The Federal Communications Commission (FCC) hopes to use AI to weed out something that plagues anyone with a phone – illegal robocalls. The FCC recently announced that they are seeking ideas from the public on how to better screen out these illegal and unwanted calls using this technology.

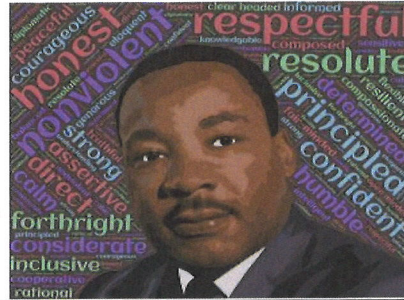
Unfortunately, it will take some time for the good uses to catch up with the bad ones, which is reflected in a recent Presidential Executive Order on AI. The order includes requirements for more oversight of and openness from tech companies, the development of systems to protect private data, and concrete efforts to prevent the spread of misinformation.



## Healthy LIVING while aging!



College of Agriculture,  
Biotechnology & Natural Resources



Volume 5, Issue 1

## Keeping Your Home Safe: Why You Should Test for Radon

**By Christine Kelly**

You might not have heard of radon gas, but it's something that could be lurking in your home, and it can be harmful. In this article, we'll talk about why it's essential to test for radon and how you can get free testing kits in January and February, thanks to the Nevada Radon Education Program, which is offered through the University of Nevada, Reno Extension.

## Understanding the Dangers of Radon

Radon is a gas that can sneak into our homes from the ground. It's colorless, odorless, and tasteless, so we can't detect it without a special test. But if it builds up in our homes, it can be bad for our health. Breathing in radon can increase the risk of lung cancer. Radon is the leading cause of lung cancer in non-smokers and the second leading cause of cancer in smokers. More women die from lung cancer than breast cancer. More people die from lung cancer than all other types of cancer combined!

## Why Testing Matters

To protect your home and yourself from radon's harmful effects, the first step is to test for it. Radon testing is simple and only takes a few days. Results take about a week. It's vital to do for all Nevadans because one in four homes has elevated levels of radon gas.



*Christine Kelly is the radon program officer at the University of Nevada, Reno Extension, a unit of the University's College of Agriculture, Biotechnology & Natural Resources.*



## Getting Your Radon Testing Kit

To get your hands on a free testing kit, simply go to our website at **[extension.unr.edu/radon](https://extension.unr.edu/radon)** and use the interactive map to find the pick-up location nearest you. Free test kits are exclusively available for in-person pickup. To order a test kit online that will be mailed to your address, visit our website and click on the 'Order a Test Kit' link. You will be redirected to an Eventbrite page to complete your purchase. Please note that online test kits are priced at \$17. We apologize in advance that, due to the high volume of calls, we are unable to assist over the phone to help individuals find the nearest pick-up site.

## What to Do If Radon is Detected

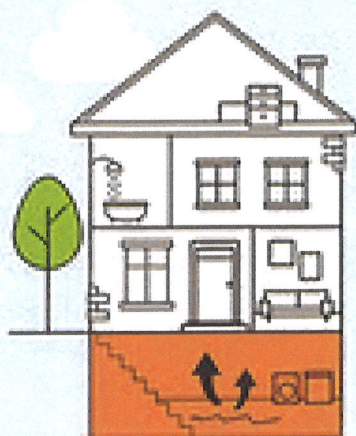
If your test shows that there are high radon levels in your home, don't panic. You can take steps to reduce radon levels. A radon mitigation system, installed by professionals, can help lower radon levels and make your home safer.

In conclusion, radon is a sneaky danger that could be present in your home. But the good news is, testing for it is easy and free in January and February, thanks to the Nevada Radon Education Program. So, don't wait; get your testing kit, check your home for radon, and keep your home safe for you and your loved ones. Your home's safety is in your hands, and now it's easier than ever to protect it.

Please visit [extension.unr.edu/Healthy-Aging](https://extension.unr.edu/Healthy-Aging) to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email [HealthyAging@unr.edu](mailto:HealthyAging@unr.edu).



## Protect Your Family from Radon

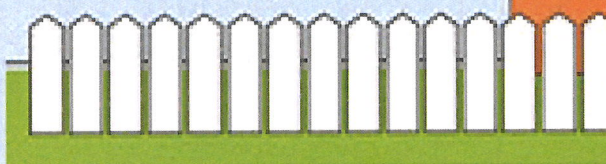
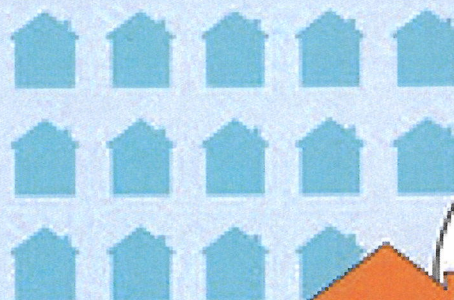


Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

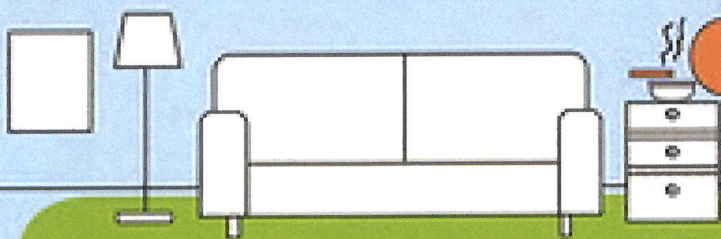
Radon is a gas that you can't see, smell, or taste — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.

1  
out of  
15



homes have high radon levels



## Radon and Smoking: A Dangerous Combination

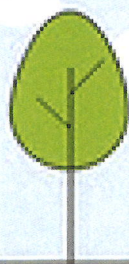


If you live in a home with high radon levels, smoking raises your risk of lung cancer by 10 times.

 +   
= 10x  
the risk of  
lung cancer

## Take the First Step

There's good news — you can protect your family by testing your home for radon.



Learn more by calling the  
National Radon Hotline:  
**1-800-SOS-RADON**



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health

Source: U.S. Environmental Protection Agency





# Easy Power Bowls

What better way to get all of your nutrients than to put them all in a bowl?



Make your own easy, healthy recipe by following the guide below and adjust to your participants' taste buds.

## 1. Grains

To start creating your bowl, first choose a healthy grain to create a base. Some great options are quinoa, wild rice, buckwheat noodles or millet.



## 2. Produce

Give your bowl some color by layering in your favorite fruits and vegetables. Choose one serving of each, or two servings of different vegetables. Examples include carrots, avocados, cucumbers, beets, berries, mangoes or apples.



## 3. Protein

Add a meat alternate like tofu, cheese, legumes or boiled eggs. Or, include a meat like grilled chicken, turkey or tuna. You can even have a little of each - just make sure you have the correct serving size!



## 4. Dressings and Toppings

Express yourself! Choose a healthy dressing like olive oil, apple cider vinegar and lemon juice. Sprinkle with toppings, such as nuts and seeds, for added texture.



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An EEO/AA institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.





# Rainbow Bowl



## For ages 3-5:

*1/2 oz eq grains, 1 1/2 oz meat/meat alternate, 1/4 cup vegetable and 1/4 cup second vegetable*

- Scoop 1/4 cup of cooked brown rice for the base. Try flavoring this with cilantro and lime juice!
- Add some vegetables:
  - 1/4 cup corn
  - 1/4 cup diced avocado
- Round it out with meats and meat alternates. For a little heat, try seasoning with ground spices like chili powder, coriander, cumin or cayenne:
  - 1 oz grilled chicken, diced
  - 1/8 cup black beans, drained and heated
- If desired, top with shredded cheese and tortilla strips

## For adults:

*2 oz eq grains, 2 oz meat/meat alternate, 1/2 cup vegetable and 1/2 cup second vegetable*

- Scoop 1 cup of cooked brown rice for the base. Try flavoring this with cilantro and lime juice!
- Add some vegetables:
  - 1/2 cup corn
  - 1/2 cup diced avocado
- Round it out with meats and meat alternates. For a little heat, try seasoning with ground spices like chili powder, coriander, cumin or cayenne:
  - 1 oz grilled chicken, diced
  - 1/4 cup black beans, drained and heated
- If desired, top with shredded cheese and tortilla strips

*\*For ages 6-18, use adult recipe with 1/2 cup brown rice*

## For ages 3-5:

*1/2 oz eq grains, 1 3/4 oz meat alternate, 1/4 cup vegetable and 1/4 cup second vegetable*

- Scoop 1/3 cup of cooked quinoa for the base
- Add bright vegetables:
  - 1/8 cup quartered cherry tomatoes
  - 1/8 cup shredded carrots
  - 1/8 cup diced yellow bell peppers
  - 1/8 cup shredded purple cabbage
- Finish off with some colorful meat alternates:
  - 1/4 cup cooked edamame
  - 1/2 large hard-boiled egg, sliced
- If desired, drizzle on tahini or green goddess dressing

## For adults:

*2 oz eq grains, 2 oz meat alternate, 1/2 cup vegetable and 1/2 cup second vegetable*

- Scoop 1 cup of cooked quinoa for the base
- Add bright vegetables:
  - 1/4 cup quartered cherry tomatoes
  - 1/4 cup shredded carrots
  - 1/4 cup diced yellow bell peppers
  - 1/4 cup shredded purple cabbage
- Finish off with some colorful meat alternates:
  - 1/3 cup cooked edamame
  - 1/2 large hard-boiled egg, sliced
- If desired, drizzle on tahini or green goddess dressing

*\*For ages 6-18, use adult recipe with 2/3 cup cooked quinoa*

# Southwest Bowl



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# Renewing Medicaid is Easy



Fear of losing health insurance can be stressful.  
Don't risk a gap in your health insurance. Follow  
these simple steps every year to stay insured.

## 1 FIND your renewal date

Renewals usually happen one year from when you were approved for Medicaid. However, your renewal date may be different. The best option is to find the date in the portal at [AccessNevada.DWSS.nv.gov](http://AccessNevada.DWSS.nv.gov). To create an account, you need your PIN. If you do not have it, contact your local Welfare office: [DWSS.nv.gov/Contact/Welfare/](http://DWSS.nv.gov/Contact/Welfare/). You can also ask your doctor or pharmacist for your renewal date. Around your renewal date, you will either be automatically renewed or you will get a renewal packet in the mail.

Family Medical Programs		
Application Received Date June 25, 2019		
Status	Medicaid Billing#	(See

3233  
STATE OF NEVADA  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
DIVISION OF WELFARE AND SUPPORTIVE SERVICES  
P.O. Box 15400  
Las Vegas, Nevada 89114-5400

Your Name

Update  
Your  
Address.

## 3 COMPLETE and return the packet

If you get a packet in the mail, complete it and return it. Even if you don't qualify for Medicaid, any children you have might qualify. You can submit it using any of the contact methods available here: [DWSS.nv.gov/Contact/Welfare/](http://DWSS.nv.gov/Contact/Welfare/). You can also take photos of your completed packet with your phone and email them to: [RenewMyMedicaid@DWSS.nv.gov](mailto:RenewMyMedicaid@DWSS.nv.gov).

STATE OF NEVADA  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
DIVISION OF WELFARE AND SUPPORTIVE SERVICES

Date: March 20, 2015  
Case Name: \_\_\_\_\_  
Case ID: \_\_\_\_\_

IMPORTANT NOTICE: REDETERMINATION OF MEDICAL ELIGIBILITY  
IT IS TIME TO RENEW YOUR MEDICAL COVERAGE

In order to renew your medical coverage you must complete and mail this form to:  
Division of Welfare and Supportive Services  
Document Imaging Center  
PO Box 15400  
Las Vegas, NV 89114

If your household is receiving medical assistance this form must be returned by or your benefits will be terminated effective: \_\_\_\_\_

HOW TO COMPLETE THE FORM  
1. Answer all the questions on the form and please remember to sign the application.  
2. Read the information about you and each member of your household. Add any missing information. If any information has changed, write in the information.

## Do I still have Medicaid? What if I lose Medicaid?

Ask your doctor or pharmacist if you still have Medicaid insurance. They can look up your status. If you lost Medicaid because you did not return a completed renewal packet on time, you have 90 days to submit the completed packet to the Division of Welfare and Supportive Services (DWSS) for a re-evaluation. If you do not have your renewal packet, you can call DWSS or simply reapply at [AccessNevada.DWSS.nv.gov](http://AccessNevada.DWSS.nv.gov). If you no longer qualify for Medicaid, you can shop for low-cost insurance at [NevadaHealthLink.com](http://NevadaHealthLink.com).

**Questions:** [Welfare@DWSS.nv.gov](mailto:Welfare@DWSS.nv.gov) or call North: 775-684-7200; South: 702-486-1646





# Renovar Medicaid es Fácil

El miedo a perder el seguro médico puede ser estresante. Siga estos pasos sencillos todos los años para mantenerse asegurado.



## 1 **ENCUENTRE** su fecha de renovación

Las renovaciones generalmente ocurren un año después de la fecha que usted fue aprobado para Medicaid. Sin embargo, su fecha de renovación puede ser diferente. La mejor opción es buscar la fecha en [AccessNevada.DWSS.nv.gov](http://AccessNevada.DWSS.nv.gov). Para crear una cuenta necesitará su número de identificación personal ó PIN, si no lo tiene, por favor contacte su oficina local de Welfare: [DWSS.nv.gov/Contact/Welfare/](http://DWSS.nv.gov/Contact/Welfare/) También puede preguntarle a su médico o farmacéutico su fecha de renovación. Alrededor de la fecha de renovación, se le renovará automáticamente o recibirá un paquete de renovación por correo.

Family Medical Programs		
Application Received Date : June 25, 2019		
Status	Medicaid Billing#	(See

3233  
STATE OF NEVADA  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
DIVISION OF WELFARE AND SUPPORTIVE SERVICES  
P.O. Box 15400  
Las Vegas, Nevada 89114-5400

SU NOMBRE

## 2 **BUSQUE** esta carta en el correo

Recibirá una carta por correo cerca de su fecha de renovación. Podría ser una carta notificándole que su Medicaid ha sido renovado o podría ser un paquete solicitando información adicional. Por lo tanto, mantenga su dirección actualizada: [DHCFP.nv.gov/UpdateMyAddress/](http://DHCFP.nv.gov/UpdateMyAddress/). Antes de su fecha de vencimiento, comuníquese con la División de Bienestar y Servicios de Apoyo en [Welfare@dwss.nv.gov](mailto:Welfare@dwss.nv.gov) y pregunte sobre su estado. Incluya su número de identificación de Medicaid.

Actualiza  
su  
dirección.

## 3 **COMPLETE** y devuelva el paquete

Si recibe un paquete por correo, complételo y devuélvalo. Incluso si no califica para Medicaid, cualquier hijo que tenga podría calificar. Puede enviarlo utilizando métodos de contacto: [DWSS.nv.gov/Contact/Welfare/](http://DWSS.nv.gov/Contact/Welfare/). También puede tomar fotografías de su paquete completo con su teléfono y enviarlas por correo electrónico a: [RenewMyMedicaid@DWSS.nv.gov](mailto:RenewMyMedicaid@DWSS.nv.gov).

STATE OF NEVADA  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
DIVISION OF WELFARE AND SUPPORTIVE SERVICES

RECEIVED WORKLET  
Date: March 20, 2015  
Case Name: \_\_\_\_\_  
Case ID: \_\_\_\_\_

IMPORTANT NOTICE: REDETERMINATION OF MEDICAL ELIGIBILITY  
IT IS TIME TO RENEW YOUR MEDICAL COVERAGE

In order to renew your medical coverage you must complete and mail this form to:  
Division of Welfare and Supportive Services  
Document Imaging Center  
P.O. Box 15400  
Las Vegas, NV 89114

If your household is receiving medical assistance this form must be returned by or your benefits will be terminated effective \_\_\_\_\_.

HOW TO COMPLETE THE FORM  
1. Answer all the questions on the form and please remember to sign the application.  
2. Read the information about you and each member of your household. Add any missing information. If any information has changed, write in the information.

## ¿Todavía tengo Medicaid? ¿Qué pasa si pierdo mi Medicaid?

Pregúntele a su médico o farmacéutico si todavía tiene seguro de Medicaid. Ellos pueden verificar su estado. Si perdió Medicaid porque no devolvió a tiempo un paquete de renovación completo, tiene 90 días para enviar el paquete completo al Division of Welfare and Supportive Services (DWSS) para una reevaluación. Si no tiene su paquete de renovación, puede llamar al DWSS o simplemente volver a presentar la solicitud en [AccessNevada.DWSS.nv.gov](http://AccessNevada.DWSS.nv.gov). Si ya no califica para Medicaid, puede comprar un seguro de bajo costo en [NevadaHealthLink.com](http://NevadaHealthLink.com).

**Preguntas:** [Welfare@DWSS.nv.gov](mailto:Welfare@DWSS.nv.gov) o llame al Norte: 775-684-7200; Sur: 702-486-1646