April

THE TERRACE AT RUBY VIEW
Senior and Active Lifestyle Center

April is here, and, hopefully, Mother Nature is shaking off the blanket of winter. April is named after the Latin word aperio, which translates into "to open," as in a bud opening up for spring. April is also Volunteer Month, so we hope that you will be "open" to helping our many local non-profit organizations and volunteering for a few hours this month. Perhaps you will find a new passion! Speaking of volunteering, we are honoring our Volunteers here at the Center. If you volunteered with us in 2022, please be on the lookout for your invitation to the Volunteer Appreciation Dinner.

April has a number of other significant dates, including Make Lunch Count Day on April 13 (we'll be serving Meatloaf that day), National Ellis Island Family History Day on April 17, and National Tell A Story Day on April 27. Perhaps you can combine those last two into retelling a family history American-origination story to your loved ones. April 3 is National Film Score Day, which is appropriate, as this month, all of our Movies of the Week are musicals. We hope that you will join us on Thursday or Friday to sing along!

The Center has been chosen as a location for an Interactive Rhythm Experience session on Wednesday, April 26, from 10:45 – 11:30. Come to lunch a little early to participate in, listen to, and feel the Drumming that is unique to every performance. Other presentations this month include a Financial Literacy presentation by WaFd Bank on April 10, the return of Dementia Friendly on April 20, and Memoir Writing with Pat Diehl on April 27. Dr. Patton will also be back on the property on April 27th.

As you may know, the Emergency Declaration will be ending in May. As such, we are currently planning on April being our final month for the Drive Through Meal Service. The State Aging and Disabilities Services Division (ADSD) is working on allowing the program to continue statewide, though as of this printing, nothing is final.

You may have heard that we had to begin a waitlist for our Spring Creek Meals on Wheels program. While the waitlist is still there, ADSD has awarded your Center a nearly $100,000 grant for a new Meals on Wheels Truck and first-year expenses! We hope to take delivery of it in the summer. Also, to update everyone on our other grants, the Pantry, provided by funds from the William N. Pennington Foundation, is open and we are dispensing grocery items to seniors who need a little extra help or are in need. We are hoping to begin work on the Kitchen in May, with the Garage breaking ground in May or June. Both of these projects are brought to you through the generosity of the William N. Pennington Foundation and Nevada Gold Mines. I'll have more updates next month.

As our community "opens up", be sure to look for events to attend across the area. There are a few suggestions featured further into the Newsletter. As always, we hope that you will join us for lunch or any of our activities here. Have a great April! ~ Matt

APRIL ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	
Games & Recreation					
Bridge (Duplicate)	W	Ongoing	1:00-4:00pm	Large Activity Room	$2.00
Bridge	M-Th	Ongoing	1:00-4:00pm	Varies	Free
Bunco	2nd M	Ongoing	12:45pm	Dining Room	BYOS
Beginning Bridge Class	Monday	No class until May	9:30-11:30 am	Dining Room	Free
Chicken Foot Dominoes	W	Ongoing	1:00-3:00pm	Dining Room	Free
Penny Ante Poker	M & Th	Ongoing	9:00-11:00 am	Dining Room	BYOS
Pinochle	Th	Ongoing	9:00	Dining Room	BYOS
Exercise					
Stretch & Strength	Th	Ongoing	1:00 – 2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	9:15 – 10:00 am	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	10:15–10:45 am	Large Activity Room	Free
Tai Chi Techniques	M-Th	Ongoing	10:30-11:30 am	Large Activity Room	Free
Tai Chi with John	T	Ongoing	2:30 – 3:30 pm	Small Activity Room	Free
Chair Yoga	M	Ongoing	10:45-11:15	Small Activity Room	Free
Arts & Crafts				BYOS = Bring Your Own Supplies	
Watercolor Painting & Drawing	W & Th	Ongoing	9:00 am–3:00 pm	Art Room	BYOS
Char's Craft Class	2nd Tues.	April 11th	10:00 – 11:30 am	Art Room	Varies
Happy Hookers	F	Ongoing	9:00 am – 11:30 am	Dining Room	BYOS
Connecting & Support					
Cancer Support Group	F	April 7th	11:00-12:00 noon	Craft Room	Free
Bible Study	T	Ongoing	1:00 – 3:00 pm	Tech. Room & Zoom	Free
Friends Day Out - Java Music Club	F	Ongoing	1:00-3:00 pm	Art Room	Free
Kiwanis	M	Ongoing	12:00 pm	Technology Room	$10.00
Rotary (Noon Club)	W	Ongoing	12:00 pm	Large Activity Room	$10.00
Rotary (Desert Sunrise)	Th	Ongoing	6:30 am	Dining Room	$10.00
TOPS (Taking off Pounds Sensibly)	Th	Ongoing	9:00-10:30 am	Technology Room	Varies
Garden Club	1st F	April 7th	12:00 pm	Technology Room	Free
Memoir Writing	4th Thurs.	April 27th	1:00-2:00 pm	Technology Room	Free
ESAP Board Meeting	4th Mon	April 17th	2:00 – 3:30 pm	Senior Center/Zoom	Free
Dr. Patton's Podiatry	Varies	April 27th	1:00 – 3:30 pm	Podiatry Room	$10.00
Nevada Legal Services	Even Months 2nd Weds	April 12th	10:00-12:30	Office	Free
Nevada Care Connection	2nd F	April 14th	11:00 am – 1:00 pm	Dining Room	Free
Kristen Roe (Medicare Help)	1st and 3rd F	April 7th & 21st	11:00 am – 1:00 pm	Dining Room	Free
NWYC Political Club	M	Ongoing	1:00-2:00 pm	Dining Room	Free
Sunrise Toastmasters	F	Ongoing	6:45 am	Art Room	Free

In Loving Memory

NORMA MAE MCDONALD
FEBRUARY 12, 2023

JEANNIE ALLRED
FEBRUARY 18, 2023

ROBERT "BOB" BOGDEN
FEBRUARY 25, 2023

ROBERT "BOB" MEANS
MARCH 7, 2023

MARJORIE KELLERS
MARCH 10, 2023

LOREDANO DEL SARTO
MARCH 12, 2023

A 13-WEEK MULTI-DENOMINATIONAL CHRISTIAN FAITH-BASED GRIEF SUPPORT PROGRAM HAS BEEN OFFERED TO THE MEMBERS OF THE CENTER. THIS PROGRAM WOULD BE LED BY ONE OF OUR REGULAR MEMBERS. SUGGESTED DONATION OF $20 COVERS THE COST OF THE WORKBOOK THAT YOU WOULD KEEP.

Photo Fun!

The Terrace Cinema

A Star is Born (1954)
April 6th & 7th at 12:45 pm
NR | 2h 34m
A film star helps a young singer and actress find fame, even as age and alcoholism send his own career on a downward spiral.

My Fair Lady (1964)
April 13thth & 14th at 12:45 pm
G| 2h 50m
In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl, Eliza Doolittle, presentable in high society.

West Side Story (2021)
April 20th & 21st at 12:45 pm
PG-13| 2h 39m
An adaptation of the 1957 musical West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

Oliver (1968)
April 27th & 28th at 12:45 pm
G| 2h 33m
After being sold to a mortician, young orphan Oliver Twist runs away and meets a group of boys trained to be pickpockets by an elderly mentor in 1830s London.

Happy Birthday

APR 01
FAYE BARBER
TERRI CLARK
JOHN CORWIN
KELLY HARDY
TWYLA MCBETH
MARY PITT

APR 02
KAREN PETERSON
CHRISTOPHER PIFFERO
CHUCK PLUMB

APR 03
KAREN ABNEY
ROY BURNS SR
DEBBIE HOOVER
FRANCIS JONES
JANNA WEILER
RAYMOND WILSON

APR 05
LOYD HARPER
JENARO HERRERA

APR 06
LARRY BARNGROVER
JAMES LANSFORD

APR 07
BAMBI BAILEY
ETHEL BOYSEN
JULIE WILSON
JOHN YNCHAUSTI

APR 08
ANNE CURTIS

APR 10
MOISES ALBARRAN
RAUL ALVARADO
JON BEAUREGARD
DEBBIE DEXTER
LYNN GREEN
ALBERTO MENDEZ
JOAN MEYER
VERNON NOVAK
DIANE SHERROW
MATT THIEL

APR 11
TEENA JONES
BARBARA MALOTTE

APR 12
GENEVIEVE ALBITRE
GLADYS BURNS
CAROL DOERR
PATTY FISK
TINA MARSH
JAN SKRUKRUD

APR 13
DALILA EIDEMILLER
KEN GRISWOLD
DORIS TOOTHMAN

APR 14
VANESSA JOHNSTON
LONNIE PERSONS
JANE PLASTER

APR 15
SUSANNE CROSS
LINDA MANN
STEVEN SNYDER
WAYNE TSOSIE

APR 16
SHIRLEY HIGLEY

APR 17
LEMUEL DAVIS
REBECCA PETERS
FRANCES SCHEMNITZER

APR 18
JEWEL JACQUES
ERIC LAUHA

APR 20
LINDA SALAZAR

APR 21
ANJELA ALVARADO

APR 22
JOHN CARTER
RONALD CASE
BETTY HALL
CATHY LINN
DAVID STARBUCK

APR 23
MAX LUGAUER

APR 24
JUDITH LONG
SHIRLEY MOODY
ALVIN WRIGHT

APR 25
NEIL ADAMS
LAURA CANNON
ELENE DOWELL
JUSTINO NATIVIDAD SANTOS

APR 26
SERGIO ELIAS
ENGRACIA GAMINO
TREVOR HUDSON

APR 27
RUTH BATY
WALTHER FISK
MARJORIE GUILLAND
DON HOUTZ
GERALD WAGNER

APR 28
ROBERT BLANKENSHIP
SAMANTHA BLANKENSHIP
JACOB GANO
ROSE HOOVER
EUGENIO ROMERO

APR 29
ROSEANN CARPENTER
KATHLEEN NAPPI
GAIL SNOW
ANN TORRES

APR 30
PAT COX
BILL CRANE

ITEMS TO MAKE NOTE OF

Sunrise Toastmasters Invites Seniors to Hybrid Meetings

The Sunrise Toastmasters Club invites Seniors to visit the weekly meetings on Friday mornings at 6:45 am.

We offer a fun, friendly and supportive environment to develop or enhance your listening, speaking and thinking skills.

We have a hybrid meeting - so it is also possible to get familiar with virtual meetings and learn how to manage one.

There is no cost to visit and coffee is available.
We welcome all seniors and hope to see you soon.
For more information, contact Helen Hankins 775-340-2031 or helenhankins@gmail.com

The 2nd Annual Let's Talk About Suicide Prevention and Foster Health, Hope, and Healing event will be on April 29th from 9:00 - 1:00 and will feature Ted TALK speaker Haley Degreve with The Gray Matters Collective, as the Keynote Speaker. There will also be a presentation from the Youth Mobile Crisis Response Team and a discussion by NAMI regarding their TEEN Text Line and Caring Contacts.

There will be three presentations of Savior of the World on April 14 and 15. Come see this free production about the birth and resurrection of Jesus Christ featuring local talent at the Convention Center.

At the Northeastern Nevada Museum, the Phyllis Shafer Exhibit will only be available until April 11, so go see this featured Great Basin artist's work before the exhibit leaves.

The April Kountry Craft Fair will be held between 10 and 5 on Saturday, April 29th at the Elko County Fairgrounds

Thank You,

WILLIAM N. PENNINGTON FOUNDATION
NEVADA GOLD MINES
HUNT & SONS
FAMILY DOLLAR-MOUNTAIN CITY
HIGHWAY TEAM
WESTERN STATES PROPANE

For the more adventurous of our Members, the final (perhaps) Snowshoe Hike of the winter will be on April 1, leaving at 1:00 from the Powerhouse Picnic Area in Lamoille Canyon.
This 2-hour hike, weather and conditions permitting, is a great opportunity to meet new friends and get outside.

ITEMS TO MAKE NOTE OF

Reminder: Newsletter information. Did you know that if you opt to get the Newsletter via email, it will save the Center paying postage and it allows us to attach more brochures and flyers of interest and activities to all?
It is also available on our website
http://www.elkoseniors.org/

Call us at 775.738.3030 to make the change or just send an email to: Terracedirector@elkoseniors.org

IN FEBRUARY 2023, WE SERVED 5,382 MEALS AT AN AVERAGE COST OF $8.52. WE RECEIVED AN AVERAGE OF $2.62 PER MEAL IN MEAL DONATIONS.

FIND ALL 30 EGGS THROUGHOUT THE NEWSLETTER!

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!

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

facebook

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, April 27th

Doors open at 5 pm – Game starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday, April 12th

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

THE TERRACE AT RUBY VIEW Senior and Active Lifestyle Center

Board of Directors Bulletin

The date of the next Board meeting is April 17, 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 them). 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 Back/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 Program Mgr. & Janis Shurtliff/Receptionist

Uriel Villano/Kitchen Manager - Josie O'Donnell/Assistant Lead Cook

Candi Ashby, Samantha Wrenfrow, Kathleen Himelspach, Jessie Myers /Kitchen Aide & Drivers, Kris Sandall/Dishwasher

NEW MEMBERS

MAR CORTEZ
GLORIA GIBSON
DALTON PAULA
KIM WIMER
JEFF LYNN
GWEN FINLAYSON
SCOTT FINLAYSON
JOANN GROWCOCK
CHRISTINE MARSHALL
JEANNIE MOE
KEVIN MOE
JILL SNOW
PHILIP BEYER
RICHARD COUTURIER

KAREN ABNEY
BAMBI BAILEY
BILL BAILEY
RUTH BATY
KIMBERLY ERRECART
MICHAEL CSICSERY
PAMELA IVY
KATHERINE JACKSON
STAN JACKSON
RON SANTISTEVAN
DERK TINGEY
SANDRA TINGEY
CINDY WILLIAMS

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 $4.00 donation. For diners under the age of 60, the cost of the meal is $8.00.

The Terrace April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Vegetable Soup Corn Bread Garden Salad Grapes Cookie	**4** Italian Fried Chicken Spaghetti Riviera Blend Vegetables Caesar Salad Diced Pears Tapioca Pudding	**5** BBQ Pork Ribs Au Gratin Potatoes Northwest Blend Vegetables Creamy Coleslaw Peach Cobbler	**6** Smothered Burrito Spanish Rice Corn w/ Black Beans Spinach Salad Pineapple Chunks Tres Leches Cake	**7 Easter Dinner** Baked Ham Au Gratin Potatoes Country Trio Veg. Dinner Salad Mixed Berries Dinner Roll Easter Cupcake **Alt. Fish (order Wed.)**
10 Baked Chicken Tenders French Fries Cucumber Sour Cream Salad Garden Salad Fruit Cocktail Oatmeal Raisin Cookie	**11** BBQ Pulled Pork Sandwich Oven Fried Potatoes Creamy Coleslaw Apple Crisp	**12** Lemon Baked Fish Brown Rice & Lentil Pilaf Seasoned Green Peas Garden Salad Pears Jell-O with Fruit	**13** Meatloaf Mashed Potato Edamame Mix Caesar Salad Pineapple Upside Down Cake	**14** Chicken Cacciatore Brown Rice Pilaf Squash 3 Bean Salad Banana Assorted Dessert
17 Pork Tenderloin in Mushroom Gravy Mashed Potatoes Green Bean Almandine Garden Salad Spiced Apple Sauce	**18** Country Fried Steak Mashed Potato Cozumel Blend Green Salad Grapes Strawberry Shortcake	**19** Chili Cornbread Broccoli Salad Strawberries Chocolate Pudding	**20** Tuna Salad Sandwich Lentil Soup Yellow Squash Slices Seasoned Cucumber Fresh Banana **Sundae Bar Sponsored by Edward Jones**	**21** Beef Stroganoff Noodles Sunshine Carrots Green Salad Mandarin Oranges Assorted Dessert
24 Garlic Shrimp Pasta Mixed Vegetables Spring Salad Tropical Fruit Garlic Bread Lemon Bars	**25** Spaghetti with Meat Sauce Zucchini Mixed Greens Salad Diced Pears Garlic Bread Peach Cobbler	**26** Chicken in Orange Sauce Brown Rice Pilaf Savory Green Beans Spring Salad Strawberry Pretzel Dessert	**27 BIRTHDAY** Oven Fried Chicken Mashed Potato Peas & Carrots Garden Salad Biscuit Carrot Cake	**28** Hot Dog w/ Bun Sauerkraut Chili Macaroni Salad Variety Chips Assorted Dessert

Important Dates:

April – National Volunteer Month
April – Scottish-American Heritage Month
April 1 – April Fool's Day
April 2 – National Peanut Butter & Jelly Day
April 4 – National Vitamin C Day
April 5 – National Walking Day
April 6 – National Burrito Day
April 7 – National No Housework Day
April 7 – National Beer Day
April 7 – Good Friday
April 9 – Easter
April 11 – National Barber Shop Quartet Day
April 11 – National Eight Track Day
April 12 – National Grilled Cheese Sandwich Day
April 13 – National Make Lunch Count Day
April 18 – National Animal Crackers Day
April 22 – National Jelly Bean Day
April 22 – Celebrate Trails Day
April 24 – National Bucket List Day
April 27 – National Tell a Story Day

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

GET Greater Elko Transit
My Ride
ELKO County NEVADA
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.

THE TERRACE AT RUBY VIEW Center for Active Living
Elko Senior Activity Programs, Inc.
1795 Ruby View Drive
Elko, Nevada 89801

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

Looking to Volunteer?
Are you looking for something to do part time? We need volunteer help here at the Center in the office and Kitchen. **Call us at 738-3030 to find out more!**

Elko Cancer Support Group

"Welcome April as a magical time when Mother Earth awakens from her winter slumber and begins to come alive once again."

When: **Friday, April 7th, 2023**

Time: **11:00 AM**

Where: **The Terrace at Ruby View - Senior and Active Lifestyle Center (Elko Senior Center) – Crafts Room**
1795 Ruby View Dr., Elko, NV

Open for any age. If you are a Cancer Warrior, Caregiver, family member, friend, or have lost a loved one, please come join us for a safe place to come and share stories, give and gain support, strength, hope and positive energy!

Every ribbon color matters. Everyone affected by cancer matters.
Everyone's thoughts, fears, questions, concerns and attitude matters.
Let us stay Hopeful, Positive, and Never Give Up!

Contact:

Cindy Staszak, Pancreatic Cancer IV Survivor
Cancer Exercise Specialist, CETI
cindystaszak.elko@gmail.com

April is: Esophageal Cancer, Testicular Cancer and Head & Neck Cancer Awareness Month

We invite you to connect with:

Dementia Friendly Elko County!

Everyone has a role to play in this community effort!

Community Group Meetings:

Third Thursday of every month
1:00 PM - 3:00 PM
Terrace at Ruby View
1795 Ruby View Dr., Elko

Dementia Friendly America™
NEVADA
ELKO COUNTY

Help support your whole community in becoming more respectful, educated, supportive, and inclusive of people living with dementia and their care partners.

For more information, contact
Co-Facilitator Kristen Roe: 775-385-5045

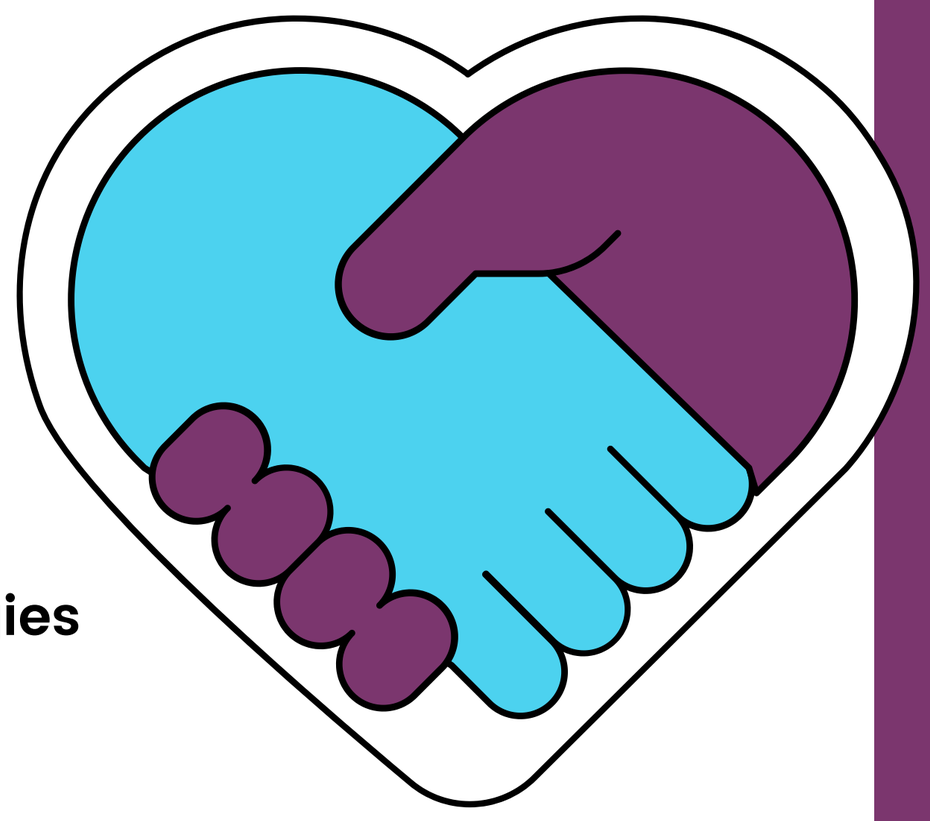
Additional FREE Resources:

Dementia Conversations

A twice-weekly, zoom-based public conversation forum for people living with dementia and care partners to discuss living well with dementia and explore practical approaches to get there!

DementiaFriendlyNevada.org/dementia-conversations

Dementia Friends



A 90-minute information session, offered in English and Spanish, that covers the basics of dementia, reviews strategies to reduce the risk of developing dementia, engages participants in activities to better understand the experiences of people living with dementia, and provides strategies for effective communication.

DementiaFriendlyNevada.org/dementia-friends

Dementia Friendly Nevada Statewide Meetings

The entire Dementia Friendly Nevada network gathers quarterly on Zoom to learn together, reflect on successes and new opportunities, strategize for the future, and share exciting news from across our state!

DementiaFriendlyNevada.org/statewide-meetings

Dementia Friendly Elko County
(775) 385-5045

Dementia Friendly Nevada:
(775) 682-9444

Dementia Friendly America™
NEVADA
ELKO COUNTY

GET CONNECTED TO FREE MEDICARE COUNSELING, LOCAL RESOURCE INFORMATION, & APPLICATION ASSISTANCE

The Medicare Assistance Program (MAP) Certified Counselors and Nevada Care Connection (NVCC) Navigators will be in your area monthly!

We will be at:

Where: Elko Senior Center

Address: 1795 Ruby View Dr

Date: 2nd & 4th Friday

Time: 11:00pm – 1:00pm

No appointment needed, walk-ins welcome.
For more information call 775-753-4085

access to HEALTHCARE NETWORK

MAP your way through Medicare!
M A P
Nevada Medicare Assistance Program

ship state health insurance assistance programs NATIONAL NETWORK

NEVADA CARE CONNECTION Resource Center

Certified Medicare Counselors help with:

- Part D/Part C Enrollments
- Cost saving application assistance
- Tips on how to protect yourself from Medicare fraud
- Medigap Comparisons

NVCC Navigators help Nevadans access resource options and referrals such as:

- Medicaid
- Veterans benefits
- Food Assistance
- Housing
- Transportation
- Caregiving and respite

This project was supported, in part by grant numbers 90SAPG0066-02-00, 90MPPG0047-03-00, 2001NVMISH-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201 as well as the Nevada Aging & Disability Services Division. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy

Want Better Internet?

SHARE YOUR OPINION!

Tell us about your needs so we ensure that all Nevadans have access to affordable, reliable, high-speed internet, a device, and the training and tools needed to **work, learn and thrive.**

ELKO
THE TERRACE AT RUBY VIEW SENIOR CENTER

APRIL 12 | 12 PM - 2 PM

1795 Ruby View Drive, Elko, Nevada, 89801

SNACKS WILL BE PROVIDED

Access To Reliable And Affordable **Internet**

Affordable **Devices** With Technical Support

Digital **Skills** Training

Cybersecurity Awareness And Online **Privacy**

Nevada Governor's Office of Science, Innovation and Technology

HIGH SPEED NV

SCAN ME
TO LEARN MORE

The High Speed NV Initiative is a project of the Governor's Office of Science, Innovation and Technology. The State broadband plans will directly impact funding available in your community. For more information email **highspeednv@gov.nv.gov**

AARP Nevada

FRAUD WATCH ALERTS: March

SPRING BREAK TRAVEL SCAMS

Just like the Groundhog says, winter isn't going away anytime soon. That fact has many of us looking for a warm getaway this spring, but beware: scammers could be lurking on the other end of that sweetheart spring break deal. These three tips will help you spot a potential travel scam.

First, be wary of any deal that is dramatically lower than what else is available at your destination. Next, verify the legitimacy of online travel sites by looking closely at the web address – scammers often "spoof" legitimate hotels and third-party booking sites. Finally, don't trust anyone who requests a wire transfer or prepaid gift card to pay for your getaway – these are the payment forms preferred by today's scammers.

Don't get left out in the cold this spring, **BE A FRAUD FIGHTER! If you can spot a scam, you can stop a scam.**

NATIONAL CONSUMER PROTECTION WEEK

It's National Consumer Protection Week — and while AARP is focused on protecting consumers year-round – this is a good time to highlight some key consumer protection tips.

Giving out personal or financial information to someone who contacts you is a high-risk proposition. Rather than clicking links from texts and emails from your bank or from businesses you have accounts with, go to your app if you have one, or to a web browser and type the address in yourself – that way you know you are going to the legitimate site. Lastly, engage your inner skeptic when a communication produces a strong emotional response; we know scammers want us "under the ether" of emotion to get us to believe their lies.

SOCIAL SECURITY SCAMS

This year Social Security payments are being boosted by the biggest cost-of-living adjustment (COLA) in more than 40 years, and beneficiaries aren't the only ones looking to cash in. Social Security impostor scams are among the most reported scams each year and criminals are already seeking to use the COLA boost to their advantage.

The Social Security Administration (SSA) has reported that scammers have been contacting people claiming that they have to pay a fee or share personal information in order to receive the higher payments. The truth is that COLA adjustments happen automatically.

The best way to fight back against Social Security impostors is to remember that SSA will not contact you out of the blue. Any unsolicited call claiming to be from Social Security is likely to be fraud – especially if they ask for personal or financial information or payment.

Emotional Support for Fraud Victims

For many fraud victims, the financial toll is only part of the story; nearly two in three victims suffer a significant health or emotional impact, according to research by the FINRA Investor Education Foundation.

To address this reality, the AARP Fraud Watch Network and Volunteers of America (VOA) developed a free program to provide emotional support for people affected by fraud. AARP VOA ReST, which stands for Resilience, Strength and Time, features small groups whose participants are led in discussion by one or more trained peer facilitators. These online, hour-long sessions help to re-establish trust, integrate your experience and build back your resilience despite a difficult and painful occurrence. Discussions are confidential and you are welcome to attend one session or several – it's your choice.

Experiencing a scam can be devastating, but it doesn't have to define you. Visit www.aarp.org/fraudsupport to learn more about the free program and register today.

Remember, you are not alone.

SOCIAL SECURITY SCAMS

Banking has changed quite a bit thanks to the internet. While many people still prefer the brick and mortar experience when dealing with their money, today you can do many of the same functions online and over the phone. Criminals are cashing in on these remote transactions by impersonating banks.

These scams start with a phone call, email or text that appears to come from your financial institution. These spoofed communications carry urgent warnings about problems with an account or transaction and direct you to click a link or call a given number.

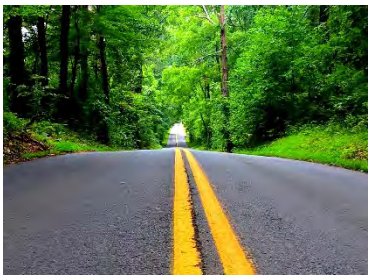
The first defense against these types of banking scams is knowing that a reputable bank will not contact you out of the blue and ask for sensitive information. If you get a phone call, text or email saying there is a problem with your bank account, don't engage. Instead, contact your bank in a way you know to be legitimate (a phone number on a statement, for example). By verifying the official number before calling you will know for certain that you're talking to the legitimate institution and if there is a problem, they will help you address it.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you've fallen victim.

AARP Nevada

Healthy LIVING while aging!

EXTENSION
College of Agriculture, Biotechnology & Natural Resources



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The Road to Success for the Older Adult Driver

By Debbie Hansen

Debbie Hansen is an occupational therapist and the only certified driver rehabilitation specialist in the state of Nevada.
Debbie also owns Adaptive Driving Rehab in Las Vegas, NV.

"To drive or not to drive?" may be the question, but the answer for most older adult drivers is typically "as long as I can!" Driving is a highly charged topic with older adults. It should never be taken away too soon, nor should it be extended beyond the point of safety. But how do we know the right time?

An occupational therapist certified driver rehabilitation specialist uses their knowledge of health-related conditions that affect driving to assess whether those conditions can limit driving and offers adaptations to keep a driver driving safely as long as possible.

Older drivers may experience health setbacks that impact their ability to drive. These setbacks may be temporary or can be more permanent. When you add in other concerns, such as loss of peripheral or indirect vision and cognitive or mental delay, the ability to continue driving becomes much more complicated. Another concern is mental decline. Long-term studies suggest that 15-20% of those over age 65 may have mild mental impairment. The fact that mental decline is gradual, unpredictable and individual creates the most challenging situation.

A certified driver rehabilitation specialist can find parts of the brain that are affected by mental decline and can complicate safe driving. How is this possible? There are tests that determine the speed to which the brain processes, as well as how the brain alternates and divides attention.

Although these tests do not decide driving skill, they supply glimpses into the brain that are suppressed when challenged using the mental ability related to driving. These findings coupled with a behind the wheel test supply the most complete assessment of a person's driving competency. In the mildest cases, recommendations for computer generated brain games and brain challenging puzzles can help in sharpening the brain's speed of responsiveness.

Certain health conditions may require added equipment to keep driving privileges within the Nevada State DMV laws. Can't use your right foot due to amputation or nerve loss? Don't feel comfortable that your foot can find the brake pedal in time? Has a stroke affected your visual field to either the right or left? Is using secondary controls such as the turn signal out of reach? You should consider optional equipment supplied by automotive installers and the available training to master other ways to overcome these matters. Often, physical limitations can be replaced with attachments to an existing vehicle, while still allowing others to use the car in the traditional fashion. While we await an affordable self-driving vehicle, these changes can extend the safe driving capability for years.

Although the road ahead can be filled with speed bumps due to health, driving privileges can be preserved. When concerned, drivers, family members and health care providers should reach out to a certified driver rehabilitation specialist.

Are there any good diets that work?

Sometimes nutrition experts will refer to all of the foods you eat as a diet. But our culture teaches us that diet means something entirely different – something you must do to deprive and limit yourself.

Think of healthy eating as the foods you want to keep in your diet, like fruits, vegetables, whole grains etc., rather than foods you have to try to summon the willpower to avoid.

Use your body's cues to eat when you're hungry and stop when you're full. Do your best to work on a healthy eating pattern, so that most of the time you're making nutritious food choices.

https://cookingmatters.org/tips/#nutrition-basics

Apr. 19 is National Banana Day – and the banana is certainly a fruit worth celebrating! But did you know that a banana is technically not a fruit, it is really a berry. This has to do with the fact that the seeds are located inside the flesh rather than on the outside. According to registered dietitian, Jessica Bell of Eating Well, bananas are the number one fruit to eat when you are on a budget. So, go a little bananas and play some banana inspired songs – *Day O* by Harry Belafonte, *Yes, We Have No Bananas* by Louis Prima or *Apples, Peaches, Bananas and Pears* by The Monkees – and get dancing while making this delicious crumble.

Banana Crumble

Ingredients

- 4 large bananas
- 2 cups mixed fresh berries
- Non-stick cooking spray
- 5 tablespoons whole wheat flour, divided
- 1 cup old-fashioned rolled oats
- ¼ cup light brown sugar, packed
- 1 teaspoon ground cinnamon
- Pinch of salt
- 4 tablespoons cold unsalted butter
- ⅔ cup nonfat plain yogurt
- 1 tablespoon honey

Instructions

1. Preheat oven to 400°F.
2. Peel and slice bananas in half lengthwise.
3. Rinse berries and pat dry.
4. Spray baking dish with non-stick cooking spray. Place the banana halves flat side down in the baking dish.
5. Toss berries with 1 tablespoon flour. Sprinkle berries over the bananas.
6. In a medium bowl, add 4 tablespoons flour, oats, sugar and spices. Stir to blend.
7. Cut cold butter into little pieces. Add to bowl. Using your fingers, quickly blend the butter into the dry ingredients until the mixture is crumbly.
8. Spread the crumbly mixture over the fruit in an even layer. Press down slightly.
9. Bake about 10–15 minutes, or until the crumble is firm and golden in color.
10. While crumble bakes, stir together yogurt and honey in a small bowl to create a lighter version of whipped cream.
11. When crumble is done, spoon 1 tablespoon of the yogurt and honey topping over each serving.

TIP: Keep your bananas in a cool, dry place. To keep them from getting overripe, bananas can be stored in the refrigerator.

Visit https://cookingmatters.org/recipes/banana-crumble/ for Chef's and Nutrition Facts

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

Eat Healthy Be Active

Do you read the *Health LIVING while aging!* newsletter? Please tell us if you like it and what more you'd like to read about.

Every month, the University of Nevada Reno-Extension (UNR) distributes the *Healthy LIVING while aging!* newsletter. You are receiving this survey because you are one of the recipients of this newsletter and/or you distribute this newsletter to your constituents, members or residents. UNR extension is seeking your help filling out this short survey (3-5 minutes) that aims at assessing how informative the newsletter is and what could be improved in terms of content. Your participation, as well as those you distribute the newsletter to, is voluntary but highly valued and will contribute significantly to tailoring the newsletter content to the needs of our readers. Please answer yourself if you read the newsletter and ask constituents, members and residents to answer as well by providing them the link below. If it's easier, you can a print, distribute and email the scanned copies to healthyaging@unr.edu. We will input the answers to the online Qualtrics survey.

Please use this link for the survey: https://unr.az1.qualtrics.com/jfe/form/SV_d0ZxqF8dMc8eyYC.

If you have any questions about this survey, please contact:
Natalie Mazzullo at mazzullo@unr.edu or call (702) 948-5911

Here is a web-based version of the Healthy Living While Aging! Newsletter for April:

Healthy Living While Aging! (2023-04)

2nd Annual Let's Talk About Suicide Prevention And Foster Health, Hope, And Healing

ZERO SUICIDES ELKO COUNTY

NEVADA GOLDMINES

GAETA REAL ESTATE GROUP
exp REALTY

Keynote Speaker is Haley Degreve, a Ted TALK speaker with her own non-profit, The Gray Matters Collective

Jeffrey Trower drumming with Community Productions, Interactive Rhythm Experience

Youth Mobile Crisis Response Team Presentation

April 29,2023, 9am-4pm
Elko Convention Center
700 Moren Way
Elko, NV 89801
775-397-1911

NAMI (National Alliance on Mental Illness) discuss their TEEN Text Line and their Caring Contacts

1-4pm will be SafeTALK training with CEU Credit. Contact Skyler at 208-421-1662 to register

Free to everyone AND lots of behavioral health resources

Cody Wayne will play his music during lunch that is provided

SURVIVORS OF SUICIDE ATTEMPTS

"SOSA"

SUPPORT GROUP

For individuals who have survived a suicide attempt
& are seeking emotional support

STARTING SATURDAY APRIL 15, 2023

AGE GROUPS:
ADULT 18 & OVER
TEENS 12-17
(with parental consent)

HOW WOULD YOU BENEFIT?

Connecting with other survivors who understand what you are going through.

Could empower SOSA participants to feel less isolated and to work through their issues.

INFORMATION TO ATTEND:

PEOPLE WHO ARE INTERESTED WILL NEED TO CONTACT CYNDI (# BELOW) FOR A BRIEF SCREENING TO REGISTER.

CYNDI ARNETT, MA
(775) 927-0233

FREE OF CHARGE

LIFE LINES

LifeQuest Elko
(775) 299-3738
Nevada Teen Peer Support Text Line
Text "NAMI" to 741741
National Alliance on Mental Illness (NAMI)
(775) 388-8432
CARE Team Mobile Crisis Unit
(775) 688-1670

LIFEQUEST ELKO