

THE TERRACE

AT RUBY VIEW

Senior and Active
Lifestyle Center



Happy August! Originally named Sextilis, as it was the sixth month before January and February were added into the Julian calendar, the Roman Senate elected to rename the month to August in honor of Augustus Caesar. A day was then taken from February to give August 31 days, some say so that Augustus was on equal footing with his grand-uncle, Julius Caesar. September and November each also lost a day, which were added to October and December to “even out” the Julian calendar.

Astronomically, August is the end of the Dog Days of Summer, when Sirius starts to descend. This usually heralds a general cooling of temperatures. Additionally, the full moon in August is called the Sturgeon Moon because when sturgeons were abundant, they were often more easily caught during the heat of August.

As you probably know by now, our kitchen is expected to be closed for at least two weeks this month. However, we are still going to have as many of our activities available as possible. This includes our Cancer Support Group on August 18, Java Music Club every Friday, and the afternoon Stretch and Strength class every Thursday afternoon.

You may also have heard that the Senior Center has been asked to provide meals to the Elko Institute of Academic Achievement, the Elko Charter School. I recommended this program to our Board, as it brings in an additional \$45,000 in income to our budget. Our Board has approved this program, effective late August, depending on availability of equipment and any requirements from the Nevada State Health Department. I want to be very clear that our Mission to provide nutritious meals and socialization takes precedence over all other aspects of operations. The employees that are working the Charter School program are separate from, and in addition to, our Senior Center Kitchen crew. This is by design to ensure that our Senior Meals Program is not impacted if there are labor shortfalls with the Charter School Program. We are looking for a number of people to work 5-hour shifts throughout the month. These shifts would be paid \$14.92 per hour. Please visit with Matt or Carissa for more information.

In closing for this month, please remember a few more days of note. National Play Outside Day is on August 5 and could be a good opportunity to play with grandkids, or just go back to your younger days. August is known for the Perseid Meteor Shower, the perfect excuse to spend the night outdoors on August 8, which is Global Sleep Under The Stars Night. Finally, that same day, August 8, is also Sneak Some Zucchini Onto Your Neighbor’s Porch Day; perhaps you can Play Outside, Under the Stars, while having some good-natured fun with your neighbors. However you spend August, I hope that you have a wonderful month!

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**

AUGUST ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
Games & Recreation					
Bridge (Duplicate)	Weds.	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00
Bridge	Mon.-Thur.	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	2 nd Monday	Aug. 14	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
Exercise					
Stretch & Strength	Thursdays	Ongoing	1:00-2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	8:00-8:45 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	8:45-9:15 a.m.	Large Activity Room	Free
Tai Chi Techniques	M, T, Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Arts & Crafts					
Watercolor Painting & Drawing	Weds. & Th	Ongoing	9:00 a.m.-3:00 p.m.	Art Room	BYOS
Char's Craft Class	3rd Tues.	Aug. 15	10:00-11:30 a.m.	Art Room	Varies
Quilting/Sewing Class	Weds.	Ongoing	9:00 a.m.-3:00 p.m.	Technology Room	BYOS
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
Connecting & Support					
Cancer Support Group	Fridays	Aug. 18	11:00-12:00 noon	Craft Room	Free
Bible Study	Tuesdays	Ongoing	1:00-3:00 p.m.	Tech. Room & Zoom	Free
Friends Day Out - Java Music Club	Fridays	Ongoing	1:00-3:00 p.m.	Art Room	Free
TOPS (Taking off Pounds Sensibly)	Thursdays	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Garden Club	Varies	Aug. 4	12:00 noon	Technology Room	Free
Memoir Writing	4 th Thurs.	Aug. 24	1:00-2:00 p.m.	Technology Room	Free
Dementia Friendly Elko	3rd Wed.	Aug. 16	1:00-2:30 p.m.	Technology Room	Free
Dr. Patton's Podiatry	Varies	Sep. 28	1:00-3:30 p.m.	Podiatry Room	\$10.00
Nevada Legal Services	Varies	Aug. 16	10:00 a.m.-12:30 p.m.	Office	Free
Nevada Care Connection	2 nd Fri.	Aug. 11	11:00 a.m.-1:00 p.m.	Dining Room	Free
Kristen Roe (Medicare Help)	3rd & 4th F	Aug. 18 & 25	11:00 a.m.-1:00 p.m.	Dining Room	Free
RPEN	2 nd Wed.	December	1:00-2:00 p.m.	Dining Room	Free
Sunrise Toastmasters	Fridays	Ongoing	6:45 a.m.	Art Room	Free
Kiwanis	Mondays	Ongoing	12:00 noon	Technology Room	\$10.00
Rotary (Noon Club)	Weds.	Ongoing	12:00 noon	Large Activity Room	\$10.00
Rotary (Desert Sunrise)	Thursdays	Ongoing	6:30 a.m.	Dining Room	\$10.00

Volunteers Needed!

We are in need of volunteers on a regularly scheduled basis and an on call basis. If you would like to help in any of the following areas please fill out this form and return it to Carissa in the office.

Drive Thru_____

Pantry-Grocery Stocking_____

Pantry-Order Filling_____

Kitchen Help-Dishwashing_____

Kitchen Help-Serving_____

Patio Set-up_____

Server_____

Decorations_____

Library_____

Bingo_____

Front Desk_____

Charter School Serving (5-hour, Paid position)_____

Greeters_____

Shuttle Greeters_____



Name_____

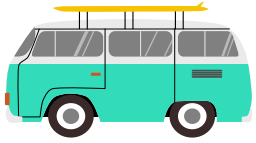
Phone Number_____



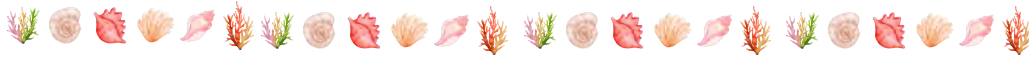
Photo Fun!



Look for us on Facebook:
THE TERRACE AT RUBY VIEW
and stay up to date with all
the latest news & activities



The Terrace Cinema



A Summer Place (1959)

August 3rd & 4th at 12:45 pm

2h 10m

A self-made businessman rekindles a romance with a former flame while their two teenage children begin a romance of their own with drastic consequences for both couples.

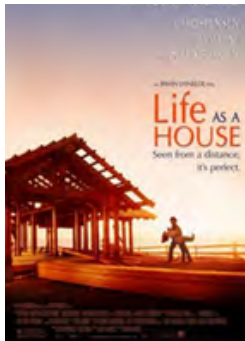


The Power of One (1992)

August 10th & 11th at 12:45 pm

PG-13 | 2h 7m

An English boy, living in Africa during World War II, through his boxing prowess, becomes a symbol of hope in a time of war.



Life as a House (2001)

August 17th & 18th at 12:45 pm

R | 2h 14m

When a man is diagnosed with terminal cancer, he takes custody of his misanthropic teenage son, for whom quality time means getting high, engaging in small-time prostitution, and avoiding his father.



E.T. the Extra-Terrestrial (1982)

August 24th & 25th at 12:45 pm

PG | 1h 55m

A troubled child summons the courage to help a friendly alien escape from Earth and return to his home planet.



Jaws (1975)

August 31st & September 1st at 12:45 pm

PG | 2h 4m

When a killer shark unleashes chaos on a beach community off Cape Cod, it's up to a local sheriff, a marine biologist, and an old seafarer to hunt the beast down.



Happy Birthday!

**AUGUST 01**

SCOTT BARRETT
CLEO MATSON
DENISE CONNOW
IRENE TALAMANTES
MARY MAYER

AUGUST 02

LOLA RILEY
CHARLES BRIGGS
WILLIAM STRICKLAND JR
DONALD REITMEIER

AUGUST 03

MATT AUSTIN
PEGGY STONE
BILL BUDD

AUGUST 04

ROBERT AGUIRRE

AUGUST 05

CHERYL THOMPSON
AL LIPPARELLI
JODI MOSS

AUGUST 06

EFRAIN REYES
KAYE HARRIS
MARILYN LEYVA
DARLENE UNRUH

AUGUST 07

LINDA YBARZABAL
JEAN SLOAN
KAY PAOLI

AUGUST 08

CINDY NEISESS
DONNA SURMAN
BOB AULT

AUGUST 09

KAREN GALLIO
DORIS MALONE
ROBYN GIBSON
RHONDA MCGEE
EUGENE SCHAIN

AUGUST 10

CHERYL SMITH
PHYLLIS EVENING

AUGUST 11

LYNN COSBY
CHERYL ENGLAND
SUSANA HERNANDEZ
JANIS SHURTLIFF
SALLY HUSTON
DEA ANN REYNOLDS

AUGUST 12

CASSIE GOFF
DEBBIE KAWAR
FLORENE BURNETT
JUDY WALKER
DAN CARTER

AUGUST 13

NANCY NEEF

AUGUST 14

SHIRLEY RITCHIE
MALIA FRY

AUGUST 15

SUSANNE ROMAN
VALERIE SMITH
MONA PETE
SHARON SCHOLLARS

AUGUST 16

JAMES FLEISCHMANN
ROBERT CARMACK
RICK HUMPHREY
DANA LINO

AUGUST 17

DEBORAH NUNEZ
LINDA CLAIRE
BRENDA PINNE
LUCIANO ARANO

AUGUST 18

KEVIN DINWIDDIE
KATHY SALLEE
ILOSUE WHEELER

AUGUST 19

GAYLE MCCOY
MICHAEL RUPE
LINDA BOURKE

AUGUST 20

ADELAIDE DU
DUANE HOEM
MANUEL GALVAN
KATHY JO PERSONS
DONALD BECKER
DORIS FREE
JOHN BAIRD
CATHERINE
PRESSLEY
LAURA HAUSER
DIANA JOHNSON

AUGUST 21

MARTHA MCCOY
JUDILEE BAIRD

AUGUST 22

GORDON ROGERS
WARREN RUSSELL
RITA CHAPIN
BOBETTE PRICE
KEITH BYERLEY
DAISY BRADT

AUGUST 23

PAULINE AGUIRRE
RON SANTISTEVAN
CARISSA CASSADORE

AUGUST 24

TINA BENBOUGH
DERK TINGEY
SALVADOR GARCIA
LAMARR WEBB
CHARLES D'ASTO

AUGUST 25

JAMES JEFFRESS
WILLIAM MUELLER
DOLORES HERR

AUGUST 26

JOHN BON
RANDY PETERSEN
MARVIN
CHURCHFIELD
PATRICIA JEWETT

AUGUST 27

CHARLES DUNBAR

AUGUST 28

SHAINA SMALES
DIANA ADDO-ATIEMO

AUGUST 29

THOMAS SMITH
MARTI BEIN
MARLENE WILKIE

AUGUST 30

MARK HAMMOND
SANDRA TINGEY
SUZANN CARSON
TUINITA JONES
LITA KLUSEWITZ

AUGUST 31

FRANK SCHIRADO




ITEMS TO MAKE NOTE OF




A SPECIAL THANK YOU TO:
WILLIAM N. PENNINGTON
FOUNDATION
NEVADA GOLD MINES
HUNT & SONS
WESTERN STATES PROPANE
CITY OF ELKO
ANONYMOUS DONOR
MELANIE AND WAYNE SMITH



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



WAFD BANK WILL CONTINUE TO GIVE
MONTHLY PRESENTATIONS ON FINANCIAL
SECURITY, AVOIDING FRAUD, ESTATE
PLANNING, AND OTHER BANKING TOPICS.
THESE PRESENTATIONS OCCUR ON THE
SECOND MONDAY OF EACH MONTH .



IN JUNE 2023, WE SERVED 5,448
MEALS AT AN AVERAGE COST OF
\$8.07. WE RECEIVED AN
AVERAGE OF \$2.73 PER MEAL IN
MEAL DONATIONS.

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

ITEMS TO MAKE NOTE OF

Blast from the Past **FREE MOVIE!!**
 In Celebration of our Senior Citizens
August 12, 2023
 Doors open at 2pm
 Movie starts at 2:30pm

call 775-738-4091 to
 reserve your seats

Elko Convention &
 Visitors Authority
 700 Moren Way




THE TRAVEL CLUB IS RETURNING! THE NEXT MEETING WILL BE TUESDAY, AUGUST 8 AT 4:30 P.M. THIS WILL BE AN INTRODUCTORY MEETING TO DISCUSS FUTURE CLUB PLANS AND OPTIONS.

DEMENTIA FRIENDLY ELKO COUNTY CONTINUES TO MEET HERE AT THE CENTER ON THE THIRD WEDNESDAY OF EVERY MONTH. THIS MONTH, THEY WILL MEET ON AUGUST 16TH FROM 1:00 UNTIL 2:30 IN THE TECHNOLOGY ROOM.



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!



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,

August 24th

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

The Terrace at Ruby View
1795 Ruby View Dr. -

Spring Creek

Wednesday,

August 9th

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



MESSAGE FROM THE BOARD

The date of the next Board Meeting is August 21, 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 the Directors of the Board have contact information provided on the website under BOARD. 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, Sami Wrenfrow, Jessie Myer,
Open/Kitchen Aide & Drivers, Donna
Bochman/Dishwasher

NEW MEMBERS

PATRICIA NOTESTINE
JUDY WALKER
LAURENT DEFOY
ANA HELMS
BONNIE HYSLOP
LANCE NICHOLS
CURT GAGE
JERILYN WATSON
CHERYL THOMPSON
SHARON PETERS

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 \$8.00.

The Terrace August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Drive Thru & Chef or Chicken Apple Salad Order before 9:00 am	1 Southwest Chicken Burger Lettuce Tomato Set Up Baked Beans Coleslaw Ambrosia Salad	2 Baked Stuffed Pork Tenderloin Baked Yams Lima Beans & Peas Garden Salad Fruit Cocktail Cake	3 Crab Salad Croissant Lettuce & Tomato Grapes Sun Chips Lemon Pudding Jell-O	4 Beef Stir Fry Brown Rice Garden Salad Pineapple Assorted Desserts
7 Chicken Alfredo Fettuccine Pasta Broccoli Orange Spinach Salad Peanut Butter Fudge Cookie	8 Deviled Pork Tenderloin Scalloped Potatoes Green Beans Pears Coconut Cream Cake	9 Breaded Shrimp Piccadilly Chips Carrot & Celery Sticks Coleslaw Fresh Apple Lemon Bar	10 Cheese Burger Potato Wedges Lettuce & Tomato 3 Bean Salad Fruit Root Beer Float	11 Italian Fried Chicken Spaghetti Riviera Blend Vegetables Caesar Salad Orange Sections Assorted Desserts
14 Hot Dogs Chili Sauerkraut Creamy Coleslaw Spinach Salad Pears Chocolate Pudding	15 Pork Tamale Spanish Rice Simmered Beans Frito Corn Salad Pineapple Poppy Seed Salad Poke Cake	16 Meatloaf Baked Potato Green Beans Garden Salad Orange Spice Cake	17 Pesto Chicken Florentine with Penne Pasta Asparagus Tossed Salad Fresh Strawberries Sundae Bar Sponsored by Tim Hatch	18 Roast Pork Tenderloin Simmered Beans Honey Dijon Vegetables Potato Salad Apricots Assorted Desserts
21 Lemon Baked Fish Brown Rice Peas Tossed Salad Grapes Bread Lemon Pudding	22 Beef Vegetable Soup Egg Salad on a Bagel Lettuce & Tomato Seasoned Cucumbers Jell-O with Fruit	23 Country Fried Steak Mashed Potatoes Cozumel Vegetables Spring Salad Mixed Fruit Rice Krispy Treat	24 Birthday Lunch BBQ Pork Ribs Au Gratin Potatoes Savory Green Beans Creamy Coleslaw Cake & Ice Cream	25 Smothered Burrito Spanish Rice Tex-Mex Salad Fresh Banana Assorted Desserts
28 Sloppy Joe Oven Baked Fries Peas and Carrots Spinach Salad Apple Crisp	29 Chicken Cacciatore Seasoned Potatoes Sunshine Carrots Mixed Salad Fruit Cocktail Texas Sheet cake	30 BBQ Pulled Pork Sandwich Baked Beans Corn Macaroni Salad Citrus Delight	31 Ravioli Italian Blend Vegetables Salad Strawberries Breadstick Turtle Parfait	

***Menu is Tentative**

IMPORTANT DATES:
 AUGUST IS NATIONAL DOG MONTH
 AUGUST 1 – WORLD SCOUT SCARF DAY
 AUGUST 1 – RESPECT FOR PARENTS DAY
 AUGUST 4 – NATIONAL COAST GUARD DAY
 AUGUST 5 – NATIONAL SUNFLOWER DAY
 AUGUST 6 – NATIONAL SISTERS DAY
 AUGUST 6 – NATIONAL FRIENDSHIP DAY
 AUGUST 9 – NATIONAL BOOK LOVERS DAY
 AUGUST 10- NATIONAL S'MORES DAY
 AUGUST 11 – NATIONAL SONS & DAUGHTERS DAY
 AUGUST 12 – NATIONAL VINYL RECORD DAY
 AUGUST 12 – NATIONAL BOWLING DAY
 AUGUST 13 – INTERNATIONAL LEFT HANDERS DAY
 AUGUST 14 – NATIONAL V-J DAY
 AUGUST 17 – NATIONAL NONPROFIT DAY
 AUGUST 21 – NATIONAL SENIOR CITIZENS DAY
 AUGUST 25 – NATIONAL BANANA SPLIT DAY
 AUGUST 28 – NATIONAL THOUGHTFUL DAY
 AUGUST 28 – NATIONAL RED WINE DAY
 AUGUST 30 – NATIONAL GRIEF AWARENESS 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.

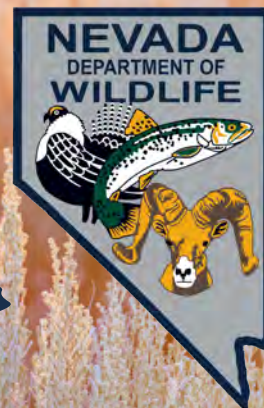
ELKO SENIOR ACTIVITY PROGRAMS, INC. (ESAP), WAS FORMED AS A NONPROFIT CORPORATION IN NEVADA TO PROVIDE NUTRITIOUS MEALS, SOCIALIZATION, HEALTH SCREENING AND EDUCATION FOR OLDER ADULTS. AS AN IRS-APPROVED 501.C.3, TAX-EXEMPT CHARITY, YOUR DONATION TO ESAP MAY BE TAX-DEDUCTIBLE, PURSUANT TO THE PROVISIONS 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?
 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!

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

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



"WILD SUMMER MONTHS"

WITH THE NEVADA DEPARTMENT OF WILDLIFE

Join NDOW for monthly summer presentations at The Terrace at Ruby View! Each month's presentation will also include a hands-on activity.



June 21st -12:30pm

Intro to Backyard Birding
Cookie Cutter Bird Feeder Activity



July 12th -12:30pm

Skins, Skulls, and Tracks
Track Casting Activity



August 9th -12:30pm

Biology of an Owl
Owl Pellet Dissections

Questions?

Contact Nicole St. John
nicole.stjohn@ndow.org
775-777-2391



Blast from the Past



FREE MOVIE!!

In Celebration of our Senior Citizens

August 12, 2023

Doors open at 2pm

Movie starts at 2:30pm



**call 775-738-4091 to
reserve your seats**

**Elko Convention &
Visitors Authority
700 Moren Way**



We invite you to connect with:

Dementia Friendly Elko County!

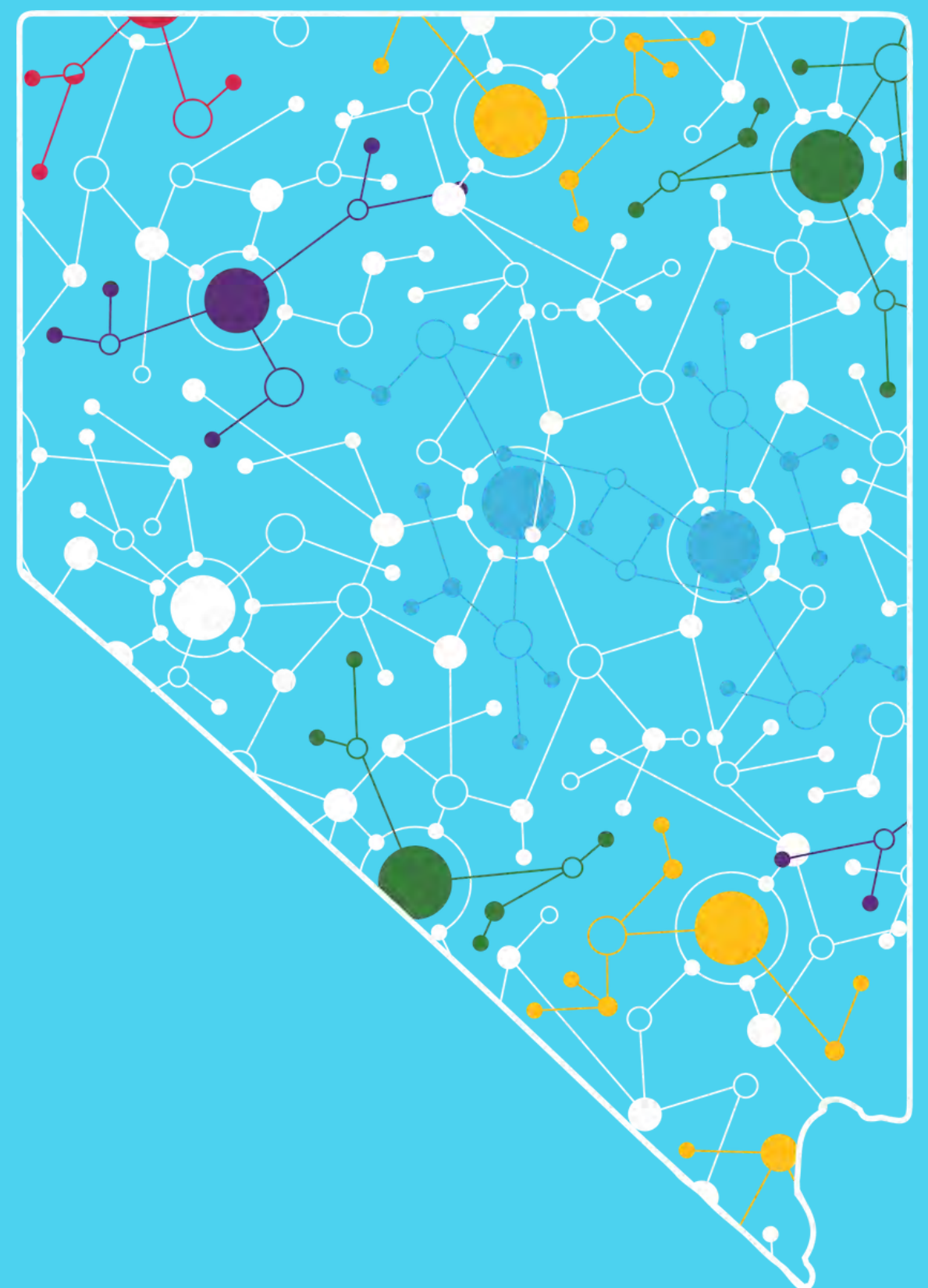
Everyone has a role to play in this community effort!

Community Group Meetings:

**Third Wednesday of every month
1:00 PM – 2:30 PM
Terrace at Ruby View
1795 Ruby View Dr., Elko**



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

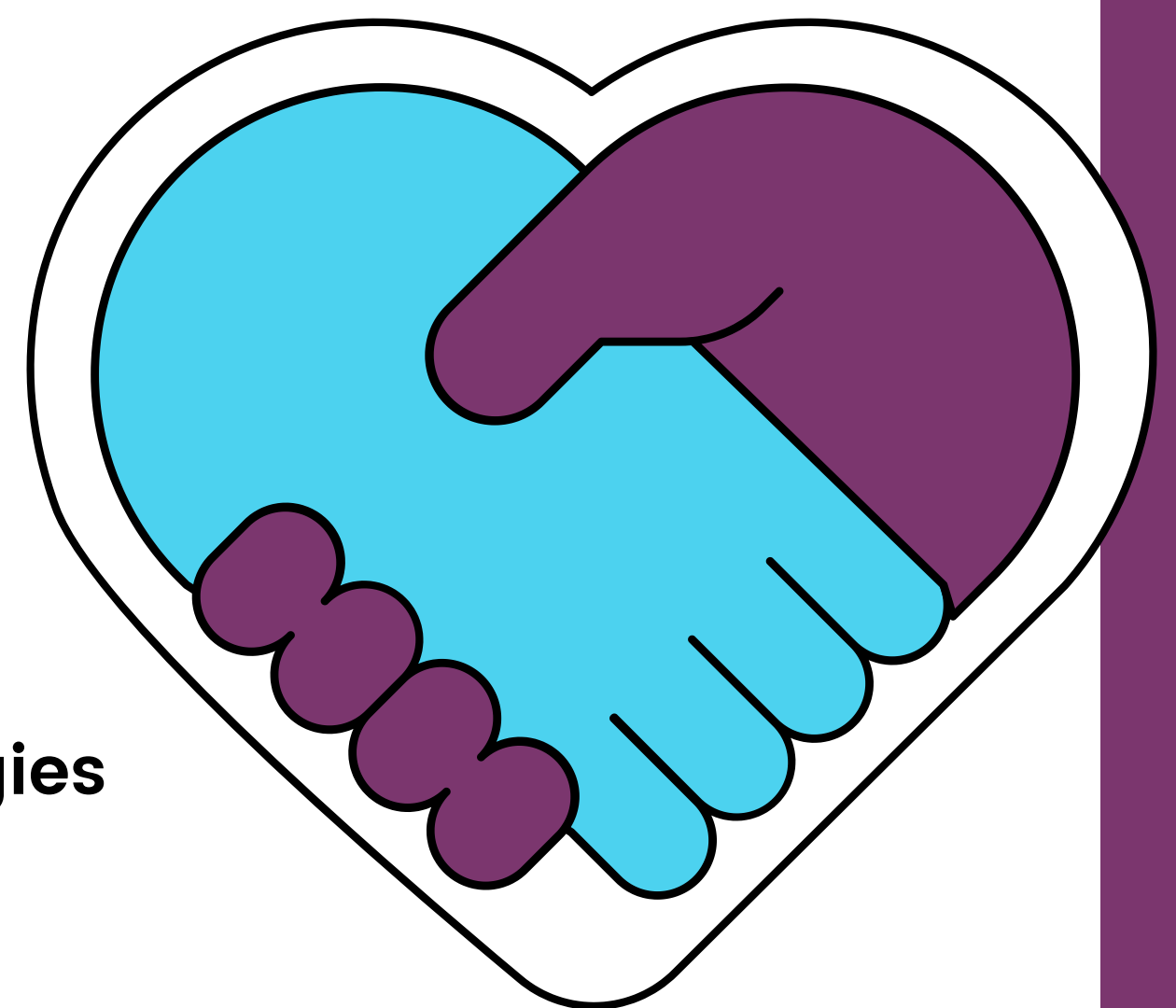
A twice-weekly, zoom-based public conversation forum for people living with dementia and care partners to discuss living well with dementia and explore practical approaches to get there!

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

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



MAP your way through Medicare!



Veterans Stand Down

Here to Provide Homeless & Underserved Veterans important necessities for the 2023/24 winter months.

VA Eligibility & Enrollment Health Care For Homeless Veterans (HCHV)
Veterans Benefits (VBA) Adopt a vet (dental), Clothing, Nation's Finest,
Vet Center, NDVS, FISH, and many more.

August 25th, 2023
10AM - 3PM

Location: 723 Railroad St, Elko, NV 89801
Main Park Area #8



**NATION'S
FINEST**

FOR OUR VETERANS SINCE 1972



FRAUD WATCH ALERTS: July

TIME SHARE EXIT SCAMS

It's the summer holiday season and many of us are out looking for vacation rentals, but not everyone is in a buying mood. Across the country thousands of people are looking to get rid of a time share property, a process that can be difficult. Enter criminal scammers who set up slick looking, but fraudulent businesses that promise to help desperate families for a fee.

Criminals may target timeshare owners by responding to 'for sale' ads or searching property records. They also hold "seminars" on how they can help owners sell their timeshares. The claims range from being able to guarantee sales to creating a buyer and processing the sale, complete with steep fees. Last year the Federal Trade Commission and the State of Wisconsin filed suit against a group of "timeshare exit" companies who collected \$90 million for services they never provided.

It's typically challenging to sell your timeshare, but start with your resort – ask if it has a resale program. If you find a timeshare resale company offering their help, check with your [state's consumer protection office](#) to find out whether it has a complaint history.

DOOR-TO-DOOR SCAMS

Summer is officially here which means door-to-door sales crews are too. But buyer beware because what they're selling isn't always legit.

Be cautious anytime a stranger comes knocking, especially if the visitor is trying to sell you goods or services. Be wary of contractors who say they stopped by because they just happened to be working in the neighborhood.

Any "deal" that you have to sign up for right away or that you have to pay in advance for is likely no deal at all. Your best bet is to proactively seek out the services you need. And consider making a deal with yourself to never do a deal with someone who comes to your door uninvited.

LIGHTEN YOUR WALLET (IN A GOOD WAY)

Even though so much crime today is happening online, there's one real-world crime that will never go away – pickpocketing. In the event it happens to you, make sure a stolen wallet doesn't lead to an even bigger loss.

Always keep your Social Security card in a safe place; your wallet isn't one of them. If you are a Medicare beneficiary, keep that card at home, too, unless you need it for a healthcare visit you're heading to that day.

Store seldom used credit cards safely in your home. If you carry one you don't often use, you may not realize it's been stolen, and you could be on the hook for some of the fraudulent charges. Leave blank checks out of the wallet, too. The same goes for unused gift cards. The best thing to do with them? Use them. The longer they remain unused, the more likely criminals will be able to drain their value.

STAY ALERT WITH WATCHDOG ALERTS

Staying a step ahead of the criminal scammers is like playing a never-ending game of whack-a-mole. But if you know about a specific scam, research shows you are 80% less likely to engage with it. But how can you stay up to speed? One great tool is the AARP Fraud Watch Network's Watchdog Alerts.

The Watchdog Alert comes twice a month to your email or phone. It lets you know about the latest scams trending across the country and how to spot and avoid them. Just getting a biweekly alert keeps you mindful of how rampant fraud is today. Check your knowledge or learn something new – and share what you know with friends and family.

To sign up for the Fraud Watch Network Watchdog Alert simply text "FWN" to 50757 or visit www.aarp.org/watchdogalerts.

REMEMBER: If you can SPOT a scam, you can STOP a scam!

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.

Healthy LIVING while aging!



EXTENSION
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Shots for Seniors: Why Getting Vaccinated is Important

By Bianca Graves

August is National Immunization Awareness Month. It is important for all ages to get vaccinated.

Many recall those trips to the doctor or pharmacy as a child. Dreading the needle and anticipating the post-vaccine lollipop. Immunizations required for school prompted our need to get vaccinated. Vaccines do not abruptly end in childhood. As we get older, our bodies require additional protection against certain diseases due to a weaker immune system. Vaccines are important preventable health measures to protect your body against potentially serious infections.

Why does getting vaccinated matter? It protects you and your loved ones from getting and spreading serious diseases. Getting vaccinated allows you to travel, see family and friends, and have peace of mind. We are coming out of a global pandemic and many of us spent a period not seeing our loved ones for safety reasons. The COVID-19 vaccine allowed vaccinated people to protect themselves and their loved ones against possible illness and hospitalizations. In 2022, over 1.9 million people over 65 had a risk of complications and hospitalization from the flu and COVID-19.

Approximately one million people develop shingles each year and 1 in 3 adults will develop shingles in their lifetime. Shingles is a viral infection that causes rashes and can lead to permanent nerve damage. Two shingle vaccine doses are over 91% effective preventing shingles and possible nerve damage.

Bianca Graves is a community health worker manager at Immunize Nevada. She received her Master of Public Health from the University of Washington.



Recommended vaccines for seniors. The CDC recommends adults over 65 years receive their shingles, pneumonia, high dose flu, and Tdap vaccines. Additionally, COVID-19 and Hepatitis B are recommended for all adults. Recently, the FDA approved RSV vaccines for older adults. Please talk to your healthcare provider or pharmacist about which vaccines are right for you.

The high dose flu vaccine should be administered once annually. Shingles vaccines are in a two doses series. The pneumonia vaccine has several options and your provider or pharmacist will recommend what's right for you. Tdap boosters are administered once every 10 years. While the COVID-19 vaccination series consists of two primary doses and at least one booster, it is common for many seniors to be on their fourth or fifth dose.

Importance of boosters. Boosters give an added layer of protection to your immune system. By the time you reach older adulthood, your immune system needs a refresher. The COVID-19 boosters will provide you with better protection against new strains of COVID-19 and improve your body's ability to lessen severe symptoms.

Where can I get vaccinated for free in Nevada? You know how important they are and you want to get your vaccines. The next step is to find out where to go. Free or low-cost vaccine resources include Immunize Nevada, the local health department, your pharmacy, your doctor's office and often at your local senior center.

Want to learn more? Visit www.vaccines.gov.

Please visit extension.unr.edu/Healthy-Aging to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email HealthyAging@unr.edu.

August is National Water Quality Month – How much water should I drink?



Follow these tips to help ensure you're drinking enough water each day:

- Adults need the equivalent of 8-12 cups of water each day, based on a 2,000-calorie daily diet.
- Some people may need more or less water, depending on how active they are.
- People who live in hot climates and those exercising may need more.
- Water is also found in drinks, like milk and juices, and foods like soups, fruits and vegetables.

Does coffee or juice count as a fluid?

If you don't like water, any beverage can meet your water needs. However, be aware of beverages that contain sugars, like soft drinks, enhanced waters, sweetened milk and fruit cocktail juices.

Learn more at: <https://cookingmatters.org/tips/#nutrition-basics>



Drink Swaps

DIY Fruit Soda – Reduce the sugar but keep the flavor. Mix half 100% juice and half seltzer with a squeeze of lime juice!

Water and Fruit – Get the same electrolytes by recharging with water and a piece of fresh or frozen fruit. Simply add your fruit to chilled water for a yummy treat with no added sugar.

Check out: <https://cookingmatters.org/tips/#simple-swaps>



Fresh Fruit with Warm Honey Yogurt Topping

Aug. 3 is National Watermelon Day and what better way to get some additional water into your body than to eat a delicious in-season fruit. Peach Day is Aug. 22 with peaches and watermelon making a great combination in the recipe below. National Farmers Market Week is Aug. 6-12. You can use your EBT card at most farmers markets in Nevada to stock up on these delicious fruits, along with other in-season summer vegetables and local honey.

Ingredients

- 4 cups of fresh fruit, such as berries, melons, pears, plums, peaches or a combination
- 1 cup nonfat vanilla yogurt
- 1 lemon
- 2 tablespoons honey

Instructions

1. Wash and cut fruits. Rinse and zest lemon using the small holes on a box grater.
2. Divide fruit evenly among four bowls.
3. Combine yogurt, honey and lemon zest in a microwave-safe bowl. Microwave for one minute. Stir well.
4. Drizzle honey yogurt topping over the fruit and serve.



For Chef's Notes and Nutrition Facts visit:

<https://cookingmatters.org/recipes/fresh-fruit-with-warm-honey-yogurt-topping/>

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