



THE TERRACE AT RUBY VIEW

Senior and Active
Lifestyle Center

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.

Proud Partners With



Aging &
Disabilities
Services
Division
ADSD



Al Park Petroleum



Elko Senior Activity Programs, Inc. Annual Report

October 1, 2013 – September 30, 2014

Hello friends and supporters of The Terrace at Ruby View: Elko's Senior & Active Lifestyle Center! You have already noticed that this is not your standard, monthly newsletter. In addition to a special recap of what we've accomplished over the past year, this particular publication (still) includes our meal menu, schedule of important events and useful nutritional information. This Annual Report is just one way to communicate the many things we have accomplished through your heartfelt time and gifts.

Any business, whether non-profit or for-profit, cannot survive on its own unless income matches or exceeds expenses. Likewise, our own organization can't sustain, strengthen or develop programs if we aren't covering our costs. Rather than depending solely on corporate donations and grants, our knowledgeable staff, community leaders and Board of Directors collaborate to develop creative ways to grow services and *'keep the doors opened and the lights on'* for years to come.

We appreciate your generous support through contributions, volunteerism, meal attendance, referrals to friends and active participation in our fundraising events. On behalf of the staff and the Elko Senior Activity Programs, Inc. Board of Trustees, we enjoy serving and working alongside every one of you! Thank you for your kindness and your confidence in us.

In your service,

Kerry Aguirre
Executive Director

The Terrace at Ruby View

Interesting Statistics

Highest number of meals served in one day:
168 guests enjoyed
Beef Steak with Béarnaise Sauce on December 20th

Our record low was on July 9th with only 47
“Potato Bar” meals served.

Total # In-House Meals Served

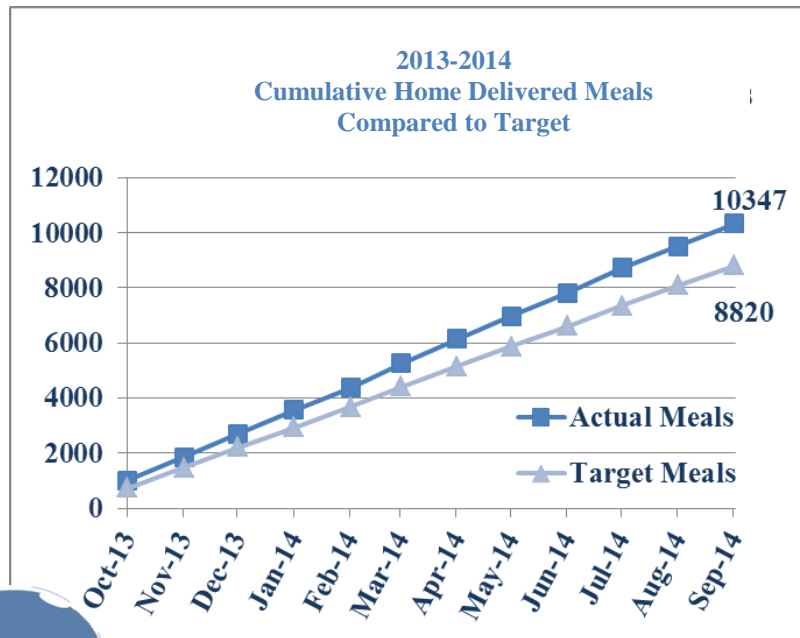
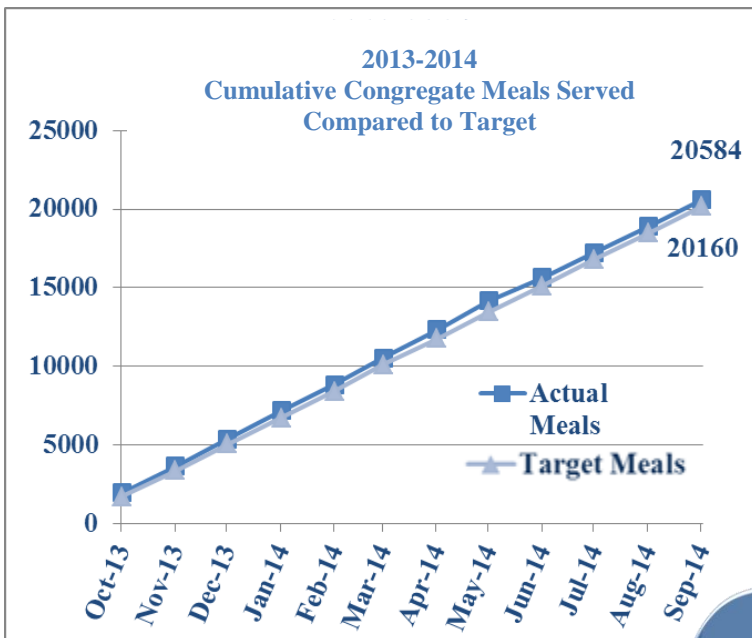


Total # of Home Delivered Meals Served



Top 5 Loved Most Meals

- ♥ Home Style Meatloaf
- ♥ Country Fried Steak
- ♥ Yankee Pot Roast
- ♥ Roast Turkey
- ♥ Salisbury Steak



The average cost of a meal served at the Center is \$6.10 and a Home Delivered Meal is \$6.31.



Total Days of Service = 254
October 1, 2013 – September 30, 2014



Fundraising Events over the Year



Holiday Craft Festival

November 18, 2013

The Center was filled with 21 vendors featuring a variety of handmade crafts and an assortment of items great for holiday gifts.

We brought in \$2,032 in 2013 and over \$2,650 in 2014 from vendors, raffle, coffee bar and concession stand.



Terrace Yard Sale

May 17, 2014

The total for our Annual Yard Sale was \$2,496.

1st Annual Nifty Fifties Family Day

July 19, 2014

This '50s style family fun day that was filled with fun for all ages. The day featured a Car Show in the parking lot, carnival-style games and prizes, Soda-Shop menu, hula hoops, pillow fights, and a dunk tank. After all expense were covered, we cleared \$3,615.



Looking for Space to Hold an Event?



Meetings and Parties

The Terrace at Ruby View has adaptable space, adequate parking, an outdoor patio, fabulous day and night time views, horseshoe pits, a large covered BBQ grill and a commercial kitchen. We can work with your party planner, or directly with you, to create an attractive, fun and memorable experience.

We are centrally located near a wide variety of lodging and local conveniences and are easy to find (for your out-of-town guests), just off of Interstate-80 on the corner of Ruby View and Ruby Vista Drives. Call 738-3030 or email esapmow@frontiernet.net for more information or a tour.

The Terrace at Ruby View

Thank You

I hope you have noticed the beautifully decorated "Appreciation Tree" in our lobby. The mirrored brass and handcrafted variety of woods *Tree* is adorned with leaves to recognize the many donors, memorial gifts and services provided without cost, in support of our senior programs.

Each leaf bears a name and an emblem to indicate the donation level for each gift.

Bronze	\$ 200 - \$499
Copper	\$ 500 - \$ 999
Silver	\$ 1,000 - \$4,999
Gold	\$ 5,000 - \$9,999
Foundation Rock	\$10,000 and above

The next time you visit The Terrace at Ruby View, I hope you will take a moment to embrace the message of generosity and commitment communicated through the names on the leaves and foundation rocks.



Caring for a Family Member?

Do you or someone in your **family provide care for a loved one who is frail, chronically ill or disabled?** Surveys reveal that 58% of caregivers help with at least one activity of daily living, like getting dressed, feeding or helping to get out of bed. Furthermore, the average caregiver provides 20.4 hours of care during a 7-day week, 13% of caregivers provide more than 40 hours over the same period of time and around 75% of caregivers were also employed at some time while they were caregiving.

The Terrace at Ruby View: Elko's Senior and Active Lifestyle Center will hold a mini-seminar for caregivers and/or friends of caregivers on Thursday, January 22, 2015 from 1pm - 3pm, at 1795 Ruby View Drive. Call Char or Kerry to reserve your seat 738-3030.



Thank You!

The Terrace at Ruby View would like to thank all the people and vendors that made our Holiday Craft Festival a big success.

A special thank you to Raley's for donating items for sale in the concession stand.

Elko Senior Activity Programs, Inc. 2014 / 2015

Board of Directors

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Elko County School District

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Kerry A. Aguirre, Executive Director

Elko Senior Activity Programs, Inc.

Staff

Candi Ashby

Meals on Wheels Kitchen Aide

Laurie Billington

Customer Service

Marjorie Birdsill

Meals on Wheels Kitchen Aide

Charnice Gustafson

Asst. Admin/Program Director

Cathy Molina

Kitchen Aide

Linda Sparrow

Food Supervisor

Laurie Sudweeks

Per Diem Kitchen Aide

Uriel Villano

Assistant Cook

What's it all about?

Our nutrition programs are grant funded by the State of Nevada, Aging and Disability Services Division (ADSD) at a rate of \$2.20 for each meal served in the Terrace dining rooms to adults age 60 and older and at a rate of \$2.50 per meal delivered to homebound adults in the same age range.

We will not refuse to feed any qualified senior based on their ability to pay. Therefore, information regarding individual meal donations is protected as private and confidential.

Food and labor costs to prepare each meal exceeds State of Nevada and Federal grant receipts, and typical operating costs such as utilities, equipment maintenance and program supplies further exceed governmental grants and funding.

Fortunately, we serve a thriving community whose business owners and residents generously support social services for all ages and populations, including our beloved senior adults.

Annual programs and operational costs are supported through a combination of gracious financial gifts, in-kind professional services, recurring fundraising events and diligent volunteers who include: Newmont Mining Corporation and the Newmont Legacy Fund, Elko County, The City of Elko, Barrick Gold of North America, Al Park Petroleum, Konakis Automotive, Elko Raley's, Great Basin College, the EJC Foundation and many more unnamed individuals and small business owners in our community.

Donations are always welcome. You can contribute by cash or check, donate online or remember us in your estate planning. Special thanks to employers who match their employee's contributions through payroll deductions or Political Action Committees (PAC) contributions.

Every gift of time, product or dollars is greatly appreciated and we couldn't do what we do without you!

Find us on Facebook

Visit our Facebook page and get the latest information about classes, trips, special events, plus photos from past events. Just search for "The Terrace at Ruby View" and "Like" us on Facebook.



ANNOUNCEMENTS

December Birthdays

Hernandez, Gil	1	Steers, Melody	9	Fobes, Gordon	24
Meek, Dee	2	Cobb, Dwight	12	Seeger, John	24
Hayes, James	4	Waite, Carol	13	White, Donna	26
Boyd, Lynne	5	Pattani, Fern	13	Yocum, Stephen	27
Gallegos, Liz	6	Collins, Jim	14	Collett, Janice	28
Moorhead, Lydia	6	Jones, Sharon	15	Conrad, John	28
Rose, Elizabeth	7	Knight, Jerry	16	Hudson, Dale	29
Guenin, Ward	8	Adams, Rosalind	16	Aguirre, Frank	30
Theriault, Christy	8	Dahling, Ted	20	Brown, Ann	30
Underwood, Jerilyn	8	Dick, Vern	20		
Madigan, Rosie	9	Moreno, Diana	20		

Welcome New Members

Blain, Robin
Blain, Stacy
Canta, Bito
Carter, Vicki
Elliott, Bert

Glaser, Clarence
Hoosac, Debbie
Huntsman, Deon
Hutchisen, Claud
King, Liz

Nichols, Thelma
Sherman, Norman
Thrasher, Dawn
Underwood, Jerilyn
Vallejos, Jose

In Loving Memory

Dixie Botsford
November 5, 2014

Holiday Cookie Platters

Let us do the baking and decorating for you! We are taking pre-orders for Holiday Cookie Platters, through December 22nd. Please provide 24 hours of notice and we will send you to your party with a beautifully decorated collection of freshly baked cookies.



MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN CORDON BLEU BUTTERED NOODLES VEG. MEDLEY GREEN SALAD DESSERT	2 ALL BEEF HOT DOG W/ALL THE TRIMMINGS POTATO CHIPS GREEN SALAD DESSERT	3 HERB SEASONED FISH WILD RICE PILAF BUTTER PEAS GREEN SALAD FRUIT DESSERT	4 BEEF STEW DINNER ROLL ORANGE WEDGES GREEN SALAD DESSERT	5 B.B.Q. PORK RIBS POTATOES DEVINE SAVORY GREEN BEANS GREEN SALAD FRUIT DESSERT
8 BEEF ENCHILADAS SPANISH RICE MEXI CORN GREEN SALAD FRUIT DESSERT	9 BAKED HAM W/HOT MUSTARD WHIPPED SWEET POTATOES CAPRI BLEND VEG. GREEN SALAD DESSERT	10 BEEF STROGANOFF W/NOODLES GLAZED CARROTS DINNER ROLLS GREEN SALAD FRUIT DESSERT	11 CRISPY OVEN CHICKEN MASHED POTATOES W/ GRAVY MIXED VEG. GREEN SALAD DESSERT	12 STUFFED BELL PEPPERS SLICED BEETS DINNER ROLLS SOUP OF THE DAY GREEN SALAD FRUIT DESSERT
15 HAM & BEANS CORN BREAD W/HONEY BUTTER ORANGE WEDGES GREEN SALAD FRUIT DESSERT	16 CHICKEN STIR FRY STEAMED RICE EGG ROLL FORTUNE COOKIE GREEN SALAD DESSERT	17 TUNA SALAD SANDWICH W/ ALL THE TRIMMINGS SOUP OF THE DAY (CHICKEN & RICE) POTATO CHIPS FRUIT DESSERT	18 COUNTRY FRIED STEAK MASHED POTATOES MIXED VEG. SUNDAE BAR <i>SPONSORED BY EDWARD JONES</i>	19 <u>CHRISTMAS DINNER</u> BEEF STEAK W/ BEARNAISE SAUCE GARLIC MASHED POTATOES GINGER GLAZED CARROTS HOLIDAY PIES
22 CHEESEBURGERS W/ALL THE FIXINGS FRENCH FRIES BAKED BEANS FRUIT DESSERT	23 <u>BIRTHDAY</u> BAKED PORK CHOPS GARLIC MASHED POTATOES W/GRAVY KEY WEST VEG CAKE & ICE CREAM	24 <u>BREAKFAST</u> 9:00 TO 10:30am SAUSAGE GRAVY W/BISCUIT SCRAMBLED EGGS SAUSAGE PATTY OATMEAL JUICE FRESH FRUIT	25 <u>CHRISTMAS DAY CENTER CLOSED</u> 	26 HOME STYLE MEATLOAF BAKED POTATO WINTER BLEND VEG. FRUIT GREEN SALAD DESSERT
29 BAKED CHICKEN W/LEMON SAUCE BROWN RICE PILAF ZUCCHINI GREEN SALAD FRUIT DESSERT	30 SPAGHETTI W/MEAT SAUCE GARLIC BREAD SPINACH SALAD DESSERT	31 <u>NEW YEARS EVE</u> HOT TURKEY SANDWICH MASHED POTATOES W/ GRAVY RIVIERIA BLEND VEG GREEN SALAD FRUIT	FOR THE BEST LUNCH IN TOWN! Persons 60 and over suggested minimum donation of \$3.00, under 60 \$6.00. Served anytime between 11:30 to 12:30 p.m., Monday – Friday Breakfast Served on Nov. 26 from 9:00 a.m. to 10:30 a.m.	

Daily Meal Alternative

Chef Salad

Crisp greens are topped with tender, slow-roasted turkey, savory ham, cheddar cheese, swiss cheese, a hard-boiled egg, tomatoes, carrots and celery. Served with your choice of dressing and garlic toast.

Please call before 11:00 a.m. to order.

The Terrace at Ruby View

ACTIVITY

MONDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:15 - 10:00 AM	Stretch Program	Ongoing	Rec Room
	10:00 – 10:30 AM	CrossFit for Life	Bi-Weekly	Raul's Fitness Center
	10:15 - 11:15 AM	Strength Program	Ongoing	Rec Room
	10:30 - 11:30 AM	Tai Chi Techniques	Ongoing	Bingo Room
	12:30 – 1:30 PM	“Herbs to Support You Through The Holiday Season”	12/1	Bingo Room
	2:00 – 4:00 PM	ESAP Board Meeting	12/8	Bingo Room

TUESDAY	Times	Activities	Dates	Locations
	10:30 – 11:30 AM	Tai Chi Techniques	Ongoing	TV Room
	10:30 – 11:00 AM	Kitchen Klatter Band	Ongoing	Bingo Room
	11:00 – 12:00 PM	Therapeutic Massage	Ongoing	Bingo Room
	12:30 – 3:30 PM	Pinochle	Ongoing	Craft Room
12:30 PM	Merry, Merry Card Craft	12/9	Bingo Room	

WEDNESDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:15 - 10:00 AM	Stretch Program	Ongoing	Rec Room
	10:00 – 10:30 AM	CrossFit for Life	Bi-Weekly	Raul's Fitness Center
	10:15 - 11:15 AM	Strength Program	Ongoing	Rec Room
	10:00 – 11:30 AM	Cribbage	Ongoing	Craft Room
10:30 - 11:30 AM	Tai Chi Class	Ongoing	Bingo Room	

Christmas Holiday Dinner Friday, December 19th

Join us for an amazing Christmas dinner. Elko High School Choraliers will be here performing their Holiday concert.



New Year's Bash!

Wednesday, December 31st
A wonderful lunch, sparkling cider to toast in the New Year and great party favors will be provided. Lunch will open at 11:30 and we will begin the New Year's countdown at 11:50am.

PLANNER

MENU & ACTIVITIES ARE SUBJECT TO CHANGE

THURSDAY	Times	Activities	Dates	Locations
	By Appointment	Podiatry Clinic	12/11	Office
	9:00 – 11:00 AM	Penny Ante Poker	Ongoing	Rec Room
	10:30 – 11:30 AM	Tai Chi Techniques	Ongoing	TV Room
	10:30 – 11:00 AM	Kitchen Klatter Band	Ongoing	Bingo Room
	11:00 – 12:00 PM	Therapeutic Massage	Ongoing	Bingo Room
	12:30 PM	Terrace Cinema Movie	Ongoing	TV Room
	12:15 – 1:15 PM	Quarter Bingo	Ongoing	Bingo Room

FRIDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:00 – 10:00 AM	Pinochle	Ongoing	Craft Room
	9:15 – 10:00 AM	Stretch Program	Ongoing	Rec Room
	10:00 – 10:30 AM	CrossFit for Life	Bi-Weekly	Raul's Fitness Center
	10:15 – 11:15 AM	Strength Program	Ongoing	Rec Room
	10:30 – 11:15 AM	Health Nuts Meeting	Ongoing	TV Room
	12:30 PM	Terrace Cinema Movie	Ongoing	TV Room
12:30 – 3:00 PM	Bridge	Ongoing	Rec Room	

EVERYDAY	Times	Activities	Dates	Locations
	7:00 – 3:00 PM	Coffee Bar	Ongoing	Lobby
	7:00 – 3:00 PM	Book Store	Ongoing	Rec Room
	7:00 – 3:00 PM	Wii Games	Ongoing	TV/Bingo Room
7:00 – 3:00 PM	Public Computers	Ongoing	Rec Room	

Offsite Location:

Raul's Strength & Fitness Center
 1031 Railroad Street Suite 104
 Elko, NV. 89801

Barrick, Newmont and EJC Foundation contributed a combined \$5,500 to support the free senior flexibility program, which is a partnership between The Terrace at Ruby View and Raul's Strength and Fitness.



The Terrace at Ruby View

Holiday Health for Older Adults

1. Make Healthy Choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food -- or overindulge. Try to plan meals with other events in mind.

2. Stay Hydrated

Drinking water is one way you can stay healthy during the holidays. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

3. Drink in Moderation

Drinking too much can impair functions, and for some older adults, drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

4. Keep Exercising

If it's snowing or icy outside, take advantage of the exercise programs at the Center or take a few extra laps around the store while you are shopping.

For more tips please visit

<https://www.care.com/a/holiday-health-for-seniors-1212110249>



G.E.T. My Ride

Tickets are available at The Terrace at Ruby View for members. Members can purchase a book of 12 tickets for a suggested donation of \$5.00. No one will be turned away for the inability to pay. Please make checks payable to Elko County.

To arrange for transportation to go to the grocery store, doctor's office or other appointments, please call....

777-1428

New Riders need to register 24 hours in advance.

CINEMA



We will create a movie theatre atmosphere, where you can enjoy free movies on our BIG screen.

Maleficent – Dec. 4-5 @12:30

PG Running Time – 1:36
Starring: Angelina Jolie, Elle Fanning

Bent on revenge, Maleficent faces an epic battle with the invading king's successor and, as a result, places a curse upon his newborn infant Aurora.

Let's Be Cops – Dec. 11-12 @12:30

R Running Time – 1:44
Starring: Jake M. Johnson, Damon Wayans, Jr., Rob Riggle, Nina Dobrev, James D'Arcy

Two friend impersonating police officers run into trouble when they meet up with some mobsters.

**Sorry, no movies showing on
December 18-19 & 25-26**

Meals on Wheels Program

The Terrace at Ruby View's Meals on Wheels program helps to promote and maintain your independence and health by providing you with a delicious and nutritious daily meal. And, since we're delivering directly to you in your home, we are checking on your safety as well.

If you are 60 or older and demonstrate a need such as the inability to shop for, or prepare your own meals or are homebound, you may be eligible for the program. For more information call The Terrace at Ruby View at 738-3030.

Do you live outside of the Elko City limits but are interested in receiving a weeks' worth of nutritious frozen meals? Please call us to discuss your options.





Holiday Entertainment

Programs start at 12:00 p.m.

Mountain View Choir - December 9th

Southside Choir – December 16th & 18th

Elko High School Choraliers - December 19th

It Is Going To Be Snowing Soon.

Do you need snow removal this winter? If you do, stop by and see Char in the front office to fill out a PHR request so we can get you on the snow removal list. If you have questions, please call 738-3030.



“Herbs to Support You Through The Holiday Season”

Blake and Sarah Sue Myers, ND

- An introduction to naturopathic doctors – Sarah Sue & Blake Myers!
- Learn the benefits and qualities of some of common herbs & spices
- Come and get to see, feel, taste and smell the herbs!
- An opportunity to meet and ask the doctors questions

When: December 1st (Monday) following lunch 12:30-1:00pm

Where: The Terrace at Ruby View

Contact Morning Star Health Center to make an appointment with the doctors:

(775) 738-1212

* We do not accept health insurance
For more information about naturopathic medicine and the doctors, check out:

www.siskiyouvitalmedicine.com

Lou Ruvo Center for Brain Health Lunch and Learn

At Morning Star Health Center 247 Bluffs Ave., Ste. 102

Join us for our Lunch and Learn program, designed for family and professional caregivers, via videoconference.

December 10th, 12 Noon – 1 PM

Wandering and Getting Lost

Presented by Shirley Celcis, MSW, Program Manager, Desert Southwest Chapter, Alzheimer’s Association

Wandering and getting lost is common among people with dementia and can happen during any stage of the disease. Anyone who has memory problems and is able to walk is at risk for wandering.

Learn ways to protect your loved one from wandering or getting lost.

For additional information:

Sue Burich (775) 738-0100 or burichs@ccf.org



Tim Hatch from Edward Jones will be here to host the Ice Cream Sundae Bar on

December 18th from 11:00am – 12:00pm.

Please feel free stop by his table to learn more about upcoming workshops and seminars or just stop by and say "Hi".



The Terrace at Ruby View

Merry, Merry Card Craft

Presented by
Sharon Pierce-Capp
December 9th
at 12:30 p.m.
Limit to 12 people
Please sign up with Char

Cost of class is \$10.00
Please bring your own scissors.



SOROPTOMIST
Best for Women

Soroptomist & Kiwanis Senior Shopping Day

Saturday, December 13th at 9:00 a.m.



Join us for an amazing breakfast sponsored by the Kiwanis Club and Soroptomist. Santa Claus will be there to hear your wish lists and pose for pictures. After breakfast we will load up the bus for a shopping spree at JC Penney's, & Wal-Mart. Please sign up at the front desk to reserve your spot.



**THE TERRACE**
AT RUBY VIEW Senior and Active
Lifestyle Center
Elko Senior Activity Programs, Inc
1795 Ruby View Dr.
Elko, NV. 89801

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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.