THE TERRACE AT RUBY VIEW

Senior and Active Lifestyle Center

FEBRUARY

2022

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Position Open
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From the Desk of the Director:

Here we are to February! Month of hearts with the National Heart Month and Valentine's! So here is my friendly reminder to get your heart checked, and/or to acknowledge those closest to your heart!

February is Heart Disease Awareness Month- **Our heart is are one of the most important organs we have. It controls the flow of blood throughout our bodies, and we often refer to it when talking about emotions. Diseases affecting our heart and blood vessels are a serious global health threat. Each February, people around the world raise awareness about cardiovascular diseases during Heart Month.**

February seems like it is going to be a quiet month in our community but not here at the Center. We always have someone here, something going on, and, as always, a hot, nutritional lunch; so please bundle up and come join us! We love seeing all of you. Read through this newsletter for our activities, lunch menu and movie of the week. The more the merrier!

The Member's Advisory Committee is still in the works. Please let us know if you are interested in serving on this Committee. It is very important to me that all the Members have an opportunity to share suggestions, ideas, and concerns that are of benefit to the Center. That is what the Center is all about - serving our Members. Please feel free to come to me to find out more.

Please be very careful outside and dress warm and accordingly for this weather; always be prepared for any type of weather. We are having an unusual winter with the warm fronts coming through. When have we ever had a complete snow melt in January? As I mentioned before (and will every month until it warms up) when it is wet, it is possible that our sidewalks and parking lot could be icy, so please be very careful, especially by the entrance to the office. Sometimes this is hard to see, especially if it is not sunny outside. I just want everyone to be careful and safe from falling.

Take care, check your heart and be safe.

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.

Proud Partners with

NEVADA GOLDMINES

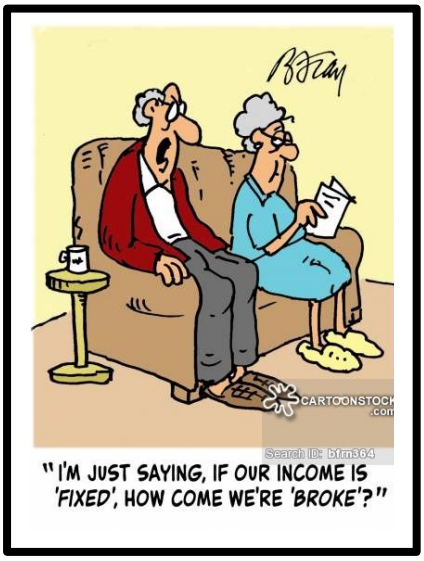
UNT & SONS

SOUTHWEST GAS CORPORATION

A Special heartfelt THANK YOU to our generous community:

Nevada Gold Mines
Heritage Fund
Ruby Gliko
Lynne and Andy Boyd
Travis Clark
Mark Malloy
Jeanne and Gary Long

SENIOR HUMOR.....



If you have something you would like to share in this newsletter, whether it is an event, article or information, or a flyer- please send to: terracedirector@elkoseniors.org

We will review for approval and get it into the next monthly issue of our newsletter. We want to keep our Seniors informed!

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 at 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

We served 4,211 Meals in DECEMBER – Please help us to increase those numbers by bringing a friend the next time you come to the Center! The average cost per meal was $7.36 and we received $2.00 per meal in donations.

In Loving Memory

Barbara Campbell

January 1, 2022

Marvin Syme

January 19, 2022

Merl Hutchings

December 24, 2021

Board OF DIRECTORS Bulletin

The date of the next Board meeting is February 28, 2022 (subject to change; always check for the Agenda). We want to apologize for all the changes in meetings due to schedule changes. We will meet in-person and also provide Zoom access. The Zoom meeting ID is 861 0350 9665 and the passcode is 169911 (subject to change; please check the Agenda). Check the website under BOARD to get the agenda and the Zoom information. The Minutes from the last few meetings are also on this webpage. 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.

If you join in on Zoom and would like to speak or ask questions, we ask that you click on Chat to sign in with your first and last name so that we can enter it correctly for the record.

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.

Thank you for your support as we work to provide the best service possible.

The Terrace at Ruby View | 775-738-3030
1795 Ruby View Dr. Elko | www.elkoseniors.org

FEBRUARY ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
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
Beginning Bridge Class	Monday	Ongoing	9:00-11:30 am	Dining Room	Free
Chicken Foot Dominoes	Cancelled until March	Ongoing	1:00-3:00pm	Dining Room	Free
Penny Ante Poker	Th	Ongoing	9:00-11:00 am	Dining Room	BYOS
Exercise					
Stretch & Strength	Th	Ongoing	1:00	Art 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 George	T	Ongoing	2:30 – 3:30 pm	Small Activity Room	Free
Square Dancing	TH	Ongoing	10:00-11:15 am	Technology Room	
Arts & Crafts				BYOS = Bring Your Own Supplies	
Beginners Watercolor Class	Class restarts February 9th	Ongoing	9:00 – 11:00 am	Art Room	BYOS
Watercolor Painting	Class restarts February 9th	Ongoing	9:00 – 11:00 am	Art Room	BYOS
Drawing	TH	Ongoing	11:00-1:00 pm	Technology Room	BYOS
Blockers	W	Ongoing	9:00-11:00 am	Technology Room	BYOS
Connecting & Support					
Cancer Support Group	M	Ongoing	10:00-11:30 am	Technology Room	Free
Bible Study	T	Ongoing	1:00 – 3:00 pm	Zoom ID: 985 3530 4924 Password: 3DmkDX	Free
ESAP Board Meeting	3rd M	February 28th	2:00 – 3:30 pm	Senior Center/Zoom	Free
Friends Day Out	F	Ongoing	1:00-3:00 pm	Technology Room	Free
RPEN	2nd W	January 9th	12:30 pm	Large Activity Room	$1.00
Kiwanis	M	Ongoing	12:00 pm	Technology Room	$1.00
Nevada Legal Services	Varies	February 17th	10:00-12:30	Office	Free
Podiatry with Dr. Patton	Varies	February 24th	1:00-3:30 pm	Podiatry Room	$10.00
Garden Club	1ST F	February 4th	12:00 pm	Technology Room	
H&R Block	M	Starting Feb 7	10:00-12:00	Lobby	Varies
Nevada Care Connection	In person Cancelled	775-753-4085		Dining Room	Free
TOPS (Taking off Pounds Sensibly)	Th	Ongoing	9:00-10:30 am	Technology Room	Varies

February 2
Bob Zerga

February 3
Janice Barton
Sandra Wilson

February 4
Lorraine Noble
Vicki Perkins

February 5
Judy Henderson
Joe Klusewitz
Bette Jean Longden
Debra Spieth
Deborah Teague

February 6
Gary Taylor

February 7
Oralia Bravo

February 8
Kim Willis

February 10
Janet Goglio
Cheryl Poll

February 12
Dawn Dawson
John Miller
Roselyne Smith

February 13
Charles Sanders
Susan Steward

February 14
Derril Fry
Barbara Skinner

February 15
Steven Gress
Barbara Wolfe

February 16
Robert Smith

February 17
Jan Baker
Clarice Gamboa
Pamela Rand
Lillian Secrist

February 18
Dana Plumb

February 20
Charlie Brannen
Floyd Fisk
Diane Quenell
Eloisa Mendoza
Jesse Morgan

February 21
Kristine Crawford
James Yroz

February 22
Michelle Jones
Lori Lupo
Charles Mariluch
Po Ng
Tony Lee Platerio

February 25
Mary Koffler

February 26
Cheryl Gress
Karen Martin
Cheuck Ng

February 28
Wayne Bass
Sally Compton
Margaret Phillips

Volunteer Drivers Needed

- Drivers to provide transportation to doctor's appointments, shopping, etc.
- Utilize the RSVP van or your vehicle.
- Mileage paid if you utilize your vehicle
- Serve your community & make new friends!

Interested? Contact Rebecca at RSVP by email at elko@nvrsvp.com or calling The Terrace at Ruby View at 775-738-3030

Did you know that the identities of about 4.7 million Seniors are stolen each year?

The Center has received a generous donation from AARP of Nevada to be used for a shredding station. This new station is located in the office and can shred up to 200 pages unattended. Bring in all your paperwork/documents you would like to shred.

Bag it up, bring it in!

Protect your information by

shredding it!

NORTHEASTERN NEVADA MUSEUM

Looking for something to do? Need somewhere to take a nice walk indoors? Love art? History? Too cold to get outside to see wildlife? Then may I suggest a visit to our amazing museum? This museum has it all, along with great shopping.

The Northeastern Nevada Museum features art and local history exhibits as well as extensive wildlife habitat dioramas. Six galleries occupy more than 20,000 square feet. There is something for everyone!

Consider becoming a member to support the museum. Free admission, quarterly magazine, invitations to special events and art receptions, 10% discount on books in the Museum Store.

1515 Idaho Street Elko, NV 89801
775.738.3418
https://museumelko.org/

HOURS are: Tuesday through Saturday 9-5
Sunday 1-5 and closed on Mondays.

More items of interest

Tax season is upon us! H&R Block will be returning to the Center to help our Members with their taxes starting on Monday, February 7th. Every Monday from 10:00-12:00, a qualified tax professional will be here, at the Center. Please see Matt or Carissa in the office for more information.

The Garden Club will be returning to the Center on Friday, February 4th. They will join us for lunch at 12:00 and you are welcome to attend. Get a jump on your garden and meet some new friends!

Representatives from the University of Nevada, Reno Sanford Center for Aging and Cooperative Extension will be at the Center on both Wednesday, February 2nd and Thursday, February 3rd. While they are here, they will be conducting a PAN (Physical Activity and Nutrition) Scan, which is a survey of our members to determine needs that we, at the Center, might be able to meet. The Scan takes about 5 minutes to complete and we would like as many people as possible to participate.

Are you, or someone you know, fighting cancer? Cindy Staszak, a local cancer survivor, is organizing a Cancer Support Group, **Living with, Thru and Beyond Cancer**, here at the Center. Every Monday morning at 10:00, beginning on February 7th, the Cancer Support Group will meet in the Technology Room. These meetings will generally last an hour to an hour and a half, ending in time to join us for lunch. If you have questions, please contact Cindy at cindystaszak.elko@gmail.com or ask Matt or Carissa in the office.

There is still time to learn Bridge from our resident Bridge Instructors, Pami Briggs and Debbi Thiel. These classes are Mondays from 9:30-11:30 and are good for beginners all the way up to seasoned players.

Square dancing is back! Join local callers Dixie and Dave in this low impact physical activity. With square dancing, you walk to the music; there is no running, jumping, or bouncing. There is no partner needed and this is a great way to make new friends or to share an activity with an old friend. Square dancing is family friendly, so bring your spouse, children or grandchildren. The easy to follow instructions help you stay fit and can also help to improve mental activity. Square dancing will be on Thursdays from 10:00-11:15

The Terrace Cinema

Casablanca

February 3rd & 4th at 12:45 pm

PG| 1h 42m

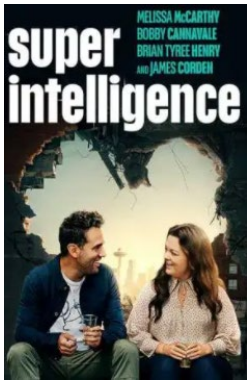
A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.

When Harry Met Sally

January 10th & 11th at 12:45 pm

R | 1h 35m

Harry and Sally meet when she gives him a ride to New York after they both graduate from the University of Chicago. The film jumps through their lives as they both search for love, but fail, bumping into each other time and time again. Finally a close friendship blooms between them, and they both like having a friend of the opposite sex. But then they are confronted with the problem: "Can a man and a woman be friends, without sex getting in the way?"



Super Intelligence

February 17th & 18th at 12:45 pm

PG | 1h 46m

A former corporate executive experiences a dramatic life change when the world's first super-intelligence begins to monitor her every move as it learns about humanity. As the Artificial Intelligence becomes increasingly self-aware and powerful, it is up to her to stop it from eradicating the human species from the face of the earth.

Singin' in the Rain

February 24th & 25th at 12:45 pm

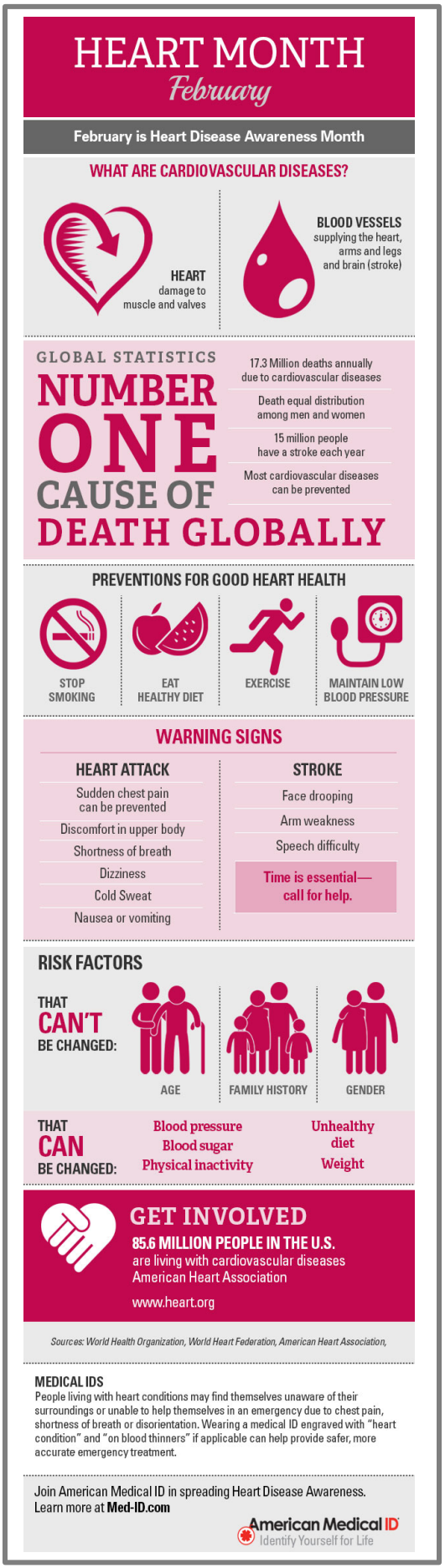
G| 1h 43m

A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood.

Well, it sure looks like the town is still burrowed in for the winter. I have found a few things that would be happening in February. The main thing to know is the National Heart Month so be sure to check out your heart to make sure it is working properly! Come join us for bingo and go to the museum!

To Our New Members!

Stephanie Adams	**Cindi Bliss**
Suzann Carson	**Deborah Christopher Nunez**
Kent Hughes	**Marjorie Guilland**
Rayma Hughes	**Steve Sharp**
Rachel Mcbride	**Zane Morse**
Nancy Johnson	**Arlon Schubert**
Susan McLees	**Hortensia Garcia**



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 $6.00/meal.

The Terrace February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Drive Thru & Chef or Chicken Apple Salad order before 9:00 am ***Menu is Tentative**	**1** Chicken Cordon Bleu Casserole w/ noodles Green Beans Caesar Salad Orange Roll Cookie	**2** Hot Dog Bun Chili Macaroni Salad Chips Jell-O W Fruit	**3** Pizza Celery & Carrot Sticks Caesar Salad Whipped Cream Fruit Carrot Cake	**4** BBQ Beef Sandwich Bun Corn Potato Salad Peaches Assorted Dessert
7 Chicken Fajita Spanish Rice Ranch Style Beans Spinach Salad Pineapple Chunks Sugar Cookie	**8** Baked Pork Chop Sweet Potatoes Green Peas Mixed Green Salad Apple Sauce Whole Wheat Bread Éclair Dessert	**9** Salmon with Angel Hair Pasta Bread Steamed Asparagus Chopped Spinach Tropical Fruit Coconut Cream Cake	**10** Meat Loaf Baked Potato Savory Green Beans Garden Salad Diced Peaches Wheat Dinner Roll Pudding	**11** Oven Fried Chicken Mashed Potatoes with Gravy Broccoli Garden Salad Fruit Biscuit Assorted Dessert
14 Baked Ham Mac & Cheese Peas & Carrots Purple Salad Fruit Berry Cheese Cake Parfait	**15** All You Can Eat Soup Bar Waldorf & Cheddar Salad Crackers Vanilla Yogurt Orange Juice Peach Cobbler	**16** Sloppy Joe WW Bun Baked Beans Baby Carrots Fruit Oatmeal Raisin Cookie	**17** Creamy Garlic Chicken Over Penne Pasta Seasoned Zucchini Caesar Salad Peaches Slice of Bread **Sundae Bar Sponsored by Edward Jones**	**18** BBQ Pork Ribs Potato Devine Butter Corn Colorful Salad Assorted Dessert
21 Hand-Battered Fish Piccadilly Chips Creamy Coleslaw Carrot & Celery Sticks Mandarin Oranges Butterscotch Chip Cookie	**22** Pepper Steak Brown Rice Pilaf Layered Salad Fruit WW Bun Mixed Berry Cup	**23** Herb Baked Chicken Whipped Sweet Potatoes Herbed Vegetable Medley Spiced Applesauce Dinner Roll Tapioca Pudding	**24 BIRTHDAY** Pot Roast Roasted Potatoes Seasoned Carrots Italian Pasta Salad Fruit WW Bun Cake & Ice Cream	**25** Hot Turkey Sandwich Mash potatoes Italian Blend Vegetables Caesar Salad Diced Peaches Garlic Bread Assorted Dessert
28 Taco Casserole Spanish Rice Seasoned Zucchini Garden Salad Banana Dinner Roll Chocolate Chip Cookie				

Important Dates:

2/1- National Dark Chocolate Day
2/2- National Groundhog Day
2/4- National Thank a Mail Carrier & Bubble Gum Day
2/6- National Frozen Yogurt Day
2/7- National Send a Card to a Friend Day
2/8- National Boy Scouts Day
2/9-National Pizza Day
2/14-Valentine's Day
2/17-National Random Acts of Kindness Day
2/18-National Caregiver's Day
2/20-National Cherry Pie Day
2/21-President's Day
2/24-National Chili Day
2/25-National Clam Chowder Day
2/27- National Strawberry 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.

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!

VOLUNTEER

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THE TERRACE AT RUBY VIEW Center for Active Living

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

Healthy LIVING while aging!

EXTENSION
College of Agriculture, Biotechnology & Natural Resources

February 2022 | *Healthy aging newsletter provided by UNR Extension* | Volume 3, Issue 2

Health, is it equal for all?

By Natalie Mazzullo, M. Ed.

Natalie Mazzullo is the Healthy Aging Engagement Coordinator for the at University of Nevada, Reno, College of Agriculture, Biotechnology and Natural Resources.

Your income level, race or ethnicity, age, sex or gender, or geography should not stop you from being healthy or living a healthy lifestyle. But, in many instances, it does. Health inequities occur in all walks of life, in rural and urban areas, to both men and women, and to the young and the old and exist in nearly every aspect of health.

The National Institutes of Health defines health disparities as "the differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups in the United States." What does that mean? It means that whole groups of people can face significant obstacles to maintaining good health, often because of specific genetic, social or economic factors. These factors can be based on many of the factors above or others such as disability, sexual orientation, immigration status, religion or mental health conditions.

Nevada has significant health disparities. Some due to the vast geographic distances and population bias between the state's two urban areas (Clark and Washoe counties) and the remaining 14 counties. This can result in a lack of resources or access to things like health care providers, medical facilities, safe places to walk or fresh produce. The Centers for Disease Control published a rural health fact sheet in 2019 that indicated that rural residents often have limited access to healthy foods and fewer opportunities to be physically active compared to their urban counterparts. This limited access can lead to conditions such as obesity and high blood pressure. Nevada is no different.

Nevada's health disparities can be seen in the number and populations that acquire certain chronic diseases. Chronic disease such as heart disease, stroke, some cancers, respiratory disease, diabetes and liver disease represents five of the top 10 leading causes of death within our state. In Nevada, these health problems are most often found among American Indians, Asian Pacific Islanders and Blacks of non-Hispanic persons. Many of these chronic diseases can be prevented by increased access to healthy foods and fresh produce, an increase in physical activity and movement and more frequent visits to your health professionals for preventative or routine checkups.

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact healthyaging@unr.edu.

♡♡♡♡♡ Heart Healthy Snacks ♡♡♡♡♡

The American Heart Association suggests adding these healthy, nutritious items to your grocery store list.

Munchies that Crunch

- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Zucchini or cucumber circles
- Roasted chickpeas
- Broccoli and cauliflower florets
- Air-popped Popcorn
- Rice cakes and whole-grain crackers
- Nuts and seeds

Rethink Your Drink

- Plain or sparkling water (Add some fruit and herbs to it for added flavor)
- Fat-free milk or plain soymilk
- Unsweetened tea or coffee
- 4 oz. 100% fruit juice
- Low-sodium tomato or mixed vegetable juice

Snacks that Satisfy

- Whole-grain toast with peanut or almond butter
- Cherry tomatoes with hummus
- Low-fat or fat-free cheese
- Plain low-fat or fat-free yogurt (pair with fruit)
- Fruit and veggie smoothie
- Whole-grain crackers with canned tuna or salmon

Curb Your Sweet Tooth

- Canned fruit (in natural juice or light syrup)
- Thin slice of angel food cake or homemade banana-nut bread
- Baked apple
- Raisins, dates, figs and other unsweetened dried fruits
- Frozen banana
- Frozen grapes
- Fresh fruit salad

Visit www.heart.org for more information

Don't forget to register for and/or tune in to our live cooking series sponsored by AARP Nevada, *Simply Delicious: Easy, Healthy Meals with Chef Suzy.* February's episode will air on Wed., Feb. 9 at 11 a.m. This episode will feature the dynamic duo of both lentils and quinoa to create a delicious and nutrition lentil and quinoa taco.
Register at: https://bit.ly/CookingWithChefSuzy.

February is AMERICAN HEART MONTH

Take the AARP Heart-Smart Menu Quiz at (https://bit.ly/3zp4ira)

Easy Pizza

Sun, Feb. 13, to Sat, Feb. 19, celebrates the Great American Pizza Bake! Celebrate this week by baking your own snack pizzas. When you make an easy homemade pizza snack with English Muffins or a slice of bread, you can choose your own healthy ingredients. Pizza can incorporate all food groups by adding fruit, vegetables, lean meat, low-fat cheeses and whole grain crust and decreases the amount of saturated fat and salt. Try using a heart-shaped cookie cutter to make a cute Valentine's Day shape!

Ingredients:

- 1 toasted 100% whole-wheat English muffins (Or a slice of 100% whole wheat bread)
- 2 tablespoons of pizza sauce
- Sprinkle of cheese (About 1 to 2 tablespoons per muffin/piece of bread)
- 1 to 2 tablespoons of your favorite cut veggie topping (Mushrooms, onions, peppers)

Directions: 1) Put pizza sauce on both halves of the English muffin or piece of bread. 2) Sprinkle cheese and your toppings on top of pizza sauce. 3) Microwave for 45 seconds or until cheese is melted. 4) Let the pizza rest for three minutes to allow the ingredients to fully cook.

For complete nutritional facts, visit Michigan State University Extension: https://www.canr.msu.edu/recipes/easy-pizza.

Want to take better care of your health?

Enroll in a ten-week nutrition and wellness education program with food demonstrations, recipes, freebies and more!
Open to adults, 60 years and older.
We will meet virtually on Wednesdays, 10-11 a.m. starting March 9.
To sign up or for more information, email: HealthyAging@unr.edu.

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

FORGETFULNESS:

Normal or Not?

National Institute on Aging

Many people can become more forgetful as they age.

How can you tell the difference between

mild forgetfulness & **serious memory problems**

like Alzheimer's disease?

See what's typical and what's not:

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

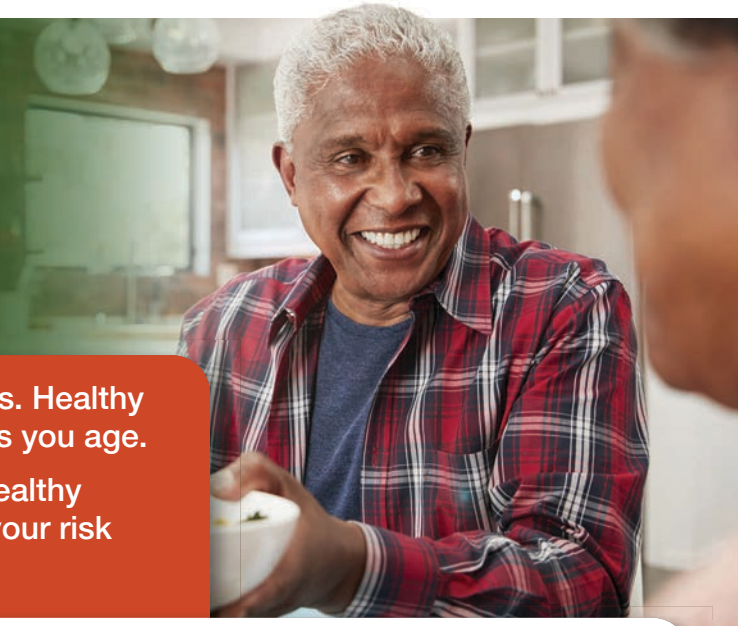
- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Talk with your doctor if you notice you have more serious memory problems than normal.

Visit **www.nia.nih.gov/understanding-memory-loss** to learn more.

Make Smart Food Choices for Healthy Aging



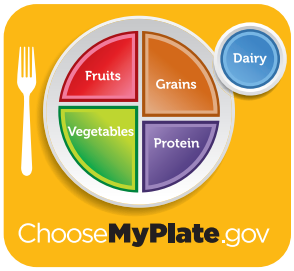
It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.

Fruits

Vegetables



Grains

Protein

Dairy

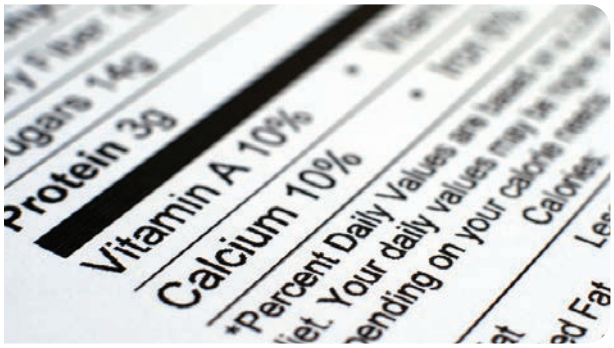
Variety is an important part of eating healthfully!

Instead of:	Try these:
High-calorie snacks	Nutrient-dense snacks
Fruit products with added sugars	Fresh fruit
Regular cola	Water flavored with fruits or vegetables

Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.

Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.

Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



How Many Calories Do You Need Each Day?

Women

Not physically active
1,600 cal.

Moderately active
1,800 cal.

Active lifestyle
2,000-2,200 cal.

Men

Not physically active
2,000-2,200 cal.

Moderately active
2,200-2,400 cal.

Active lifestyle
2,400-2,800 cal.

Visit **www.nia.nih.gov/health/healthy-eating** and **www.choosemyplate.gov** to learn more.

NIH National Institute on Aging

HEALTHY BONES FOR LIFE

Join Peer Educator, **Christian Gonzalez,** to learn
the basics of bone health and why it should be important to you.

Christian Gonzalez
Peer Educator

Hosted By:

University of Nevada, Reno
School of Medicine
Sanford Center for Aging

FREE LIVE VIRTUAL EVENT

Thursday, February 10th

6:00-7:00 PM ET
5:00 - 6:00 PM CT
4:00 - 5:00 PM MT
3:00 - 4:00 PM PT

AMERICAN BONE HEALTH™

REGISTER HERE:

https://americanbonehealth.org/hblunr

Learn your risk of getting a bone fracture in the next 10 years.
Click on this link to fill out the Fracture Risk Calculator:
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SCAN ME