



THE TERRACE AT RUBY VIEW

Senior and Active
Lifestyle Center



HELLO EVERYONE AND WELCOME TO FEBRUARY! THIS FEBRUARY IS SOMEWHAT UNIQUE IN THAT WE HAVE 29 DAYS THIS YEAR IN FEBRUARY THANKS TO THE LEAP YEAR. I HOPE THAT YOU HAVE A "JUMPING" GOOD LEAP DAY! THIS MONTH THE CENTER WILL ALSO HAVE A PRESENTATION ON DIABETES FROM A SMITH'S PHARMACIST (SEE MORE DETAILS LATER IN THIS NEWSLETTER) AS WELL AS A PRESENTATION FROM IMMUNIZE NEVADA, AN OPEN HOUSE FOR T.O.P.S. (FEBRUARY 15TH), AND WELCOME A NEW GROUP, THE ELKO ALZHEIMER'S SUPPORT GROUP (MEETING THE FIRST WEDNESDAY OF EVERY MONTH). UNFORTUNATELY, WE WILL NOT SEE ART CLASSES THIS MONTH, AS THEY HAVE BEEN CANCELED UNTIL FURTHER NOTICE, MOST LIKELY UNTIL MARCH.

MANY IN THE COMMUNITY WILL ALSO HAVE THE OPPORTUNITY TO PARTICIPATE IN A PRESIDENTIAL PREFERENCE PRIMARY ELECTION (PPP) AND CAUCUS. IF YOU ARE BUMFUZZLED BY THE DIFFERENCE BETWEEN THE PPP AND CAUCUS, YOU ARE NOT ALONE. I'LL TRY TO EXPLAIN THE DIFFERENCE HERE IN A BIT. FIRST THOUGH, SOME OF YOU MAY HAVE PICKED UP ON "BUMFUZZLE" AS THE FUN/FUNNY-SOUNDING WORD OF THE MONTH. MERRIAM-WEBSTER DEFINES THIS TRANSITIVE VERB AS "CONFUSE; PERPLEX; FLUSTER." THE WORD IS A FAIRLY YOUNG WORD, HAVING FIRST BEEN SPOTTED AROUND 1873, THOUGH THERE IS NOT A DEFINITIVE EXPLANATION AS TO HOW IT CAME TO BE. THE MOST LIKELY EXPLANATION IS THAT IT IS RELATED TO DUMFOOZLE, WHICH ITSELF MAY BE A MUDDY COMBINATION OF "DUMBFOUND" AND "FUZZLE", A VERSION OF FUDDLE, MEANING TO INTOXICATE (AND FIRST INTRODUCED AROUND THE TURN OF THE 17TH CENTURY). NONETHELESS, THIS YEAR'S PRESIDENTIAL SELECTION PROCESS, AT LEAST FOR SOME, HAS CAUSED SOME BUMFUZZLEMENT!

WITHOUT GETTING INTO THE POLITICS, THE WHY, OR WHO IS RESPONSIBLE, HERE IS A SIMPLE GUIDE TO THE UPCOMING NEVADA PRESIDENTIAL PREFERENCE PRIMARY ELECTION (PRIMARY) AND CAUCUS. FOR BREVITY, THIS MOSTLY PERTAINS TO THE REPUBLICAN PROCESS AND ONLY DISCUSSES THE TOP TWO REMAINING REPUBLICAN CANDIDATES ACCORDING TO POLLS. REGISTERED DEMOCRATS WILL ONLY PARTICIPATE IN THE PRIMARY.

THE PRIMARY WILL TAKE PLACE ON TUESDAY, FEBRUARY 6. ANYONE REGISTERED AS EITHER A DEMOCRAT OR A REPUBLICAN CAN VOTE AND SAME DAY REGISTRATION IS ALLOWED. YOU CAN VOTE EARLY BY MAILING IN YOUR BALLOT OR BY VOTING AT THE ELKO COUNTY LIBRARY, JANUARY 27 TH THROUGH FEBRUARY 2 ND , FROM 8:00 A.M. UNTIL 6:00 P.M.. ELECTION DAY VOTING WILL TAKE PLACE ON TUESDAY, FEBRUARY 6, FROM 7:00 A.M. UNTIL 7:00 P.M. AT VARIOUS LOCATIONS ACROSS THE COUNTY. COME TO THE OFFICE FOR LOCATIONS. FOR REPUBLICANS, IF YOU ARE SUPPORTING HALEY (OR OPPOSING TRUMP), YOU MAY WANT TO VOTE "HALEY." IF YOU ARE SUPPORTING TRUMP (OR OPPOSING HALEY), YOU MAY WANT TO VOTE "NONE OF THE ABOVE."

IF YOU WERE A REGISTERED REPUBLICAN AS OF JANUARY 9, YOU MAY PARTICIPATE IN THE REPUBLICAN CAUCUS ON THURSDAY, FEBRUARY 8. YOU MUST BE PRESENT AT THE CAUCUS, WHICH BEGINS AT 5:00 P.M. (VOTING ENDS NO LATER THAN 8:00 P.M.). THE LOCATION YOU WILL GO TO DEPENDS ON WHERE YOU LIVE. FOR ELKO, IT WILL BE AT THE ELKO CONFERENCE CENTER, AND IN SPRING CREEK, IT WILL BE SPRING CREEK HIGH SCHOOL. VISIT WITH THE OFFICE FOR HELP DETERMINING WHERE YOU WILL VOTE. TRUMP IS THE ONLY MAJOR CANDIDATE LEFT, THOUGH DESANTIS MAY STILL BE ON THE BALLOT. IF YOU ARE NOT SUPPORTING EITHER TRUMP OR DESANTIS, YOU NEED NOT ATTEND, THOUGH LOCAL REPUBLICAN DELEGATES AND CENTRAL COMMITTEE MEMBERS WILL BE NOMINATED AND IT CAN BE AN INTERESTING PROCESS TO BE INVOLVED IN.

THERE WILL BE ANOTHER PRIMARY ELECTION ON TUESDAY, JUNE, 11, 2024 FOR SOME LOCAL, STATEWIDE, AND CONGRESSIONAL ELECTIONS. THE GENERAL ELECTION WILL BE TUESDAY, NOVEMBER 5, 2024. I HOPE THAT YOU HAVE A WONDERFUL LEAP MONTH AND THAT YOU DO SOMETHING SPECIAL ON THE EXTRA DAY THAT OUR CELESTIAL TRIP AFFORDS US. UNTIL NEXT MONTH!

MATT

MISSION STATEMENT:

To provide nutritious meals, socialization, health screening, and education.
We act as a catalyst for access, opportunity, health, and independence for older adults.

The Terrace at Ruby View - 1795 Ruby View Dr. Elko
775.738.3030 - www.elkoseniors.org

FEBRUARY 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.-Thu.	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	2 nd Mon.	Feb. 12	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	9:00-9:45 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	9:45-10:15 a.m.	Large Activity Room	Free
Tai Chi Techniques	M-Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Chair Yoga	M	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Arts & Crafts					
Watercolor Painting & Drawing	Cancelled until further notice			Art Room	BYOS
Char's Craft Class	2 nd Tues.	Feb. 13	10:00-11:30 a.m.	Art Room	Varies
Happy Hookers	Fridays	Ongoing	9:00-11:30 a.m.	Dining Room	BYOS
Connecting & Support					
Bible Study	Tuesdays	Ongoing	1:00-3:00 p.m.	Tech. Room & Zoom	Free
TOPS (Taking off Pounds Sensibly)	Thursdays	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Friends Day Out - Java Music Club	Fridays	Ongoing	1:00-3:00 p.m.	Art Room	Free
Alzheimer's Support Group	1st Weds.	Feb. 7	1:00-3:00 p.m.	Technology Room	Free
Nevada Care Connection	2 nd Friday	Feb. 9	11:00 a.m.-1:00 p.m.	Dining Room	Free
WAFD Bank Presentation	2 nd Friday	Feb. 9	11:30-12:00 noon	Dining Room	Free
Cancer Support Group	Varies	Feb. 2	11:00-12:00 noon	Craft Room	Free
Dementia Friendly Elko	3 rd Weds.	Feb. 21	1:00-2:00 p.m.	Technology Room	Free
Memoir Writing	4 th Thurs.	Feb. 22	1:00-2:00 p.m.	Technology Room	Free
Golden Years Solutions Medicare	Varies	By Appt.	11:00-1:00	Dining Room	Free
Garden Club	Varies	Feb. 2	11:30	Technology Room	Free
Nevada Legal Services	Varies	Feb. 14	10:00 a.m.-12:30 p.m.	Office	Free
Dr. Patton's Podiatry	Varies	Mar. 28	1:00-3:30 p.m.	Podiatry Room	\$10.00
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free
Kiwanis	M	Ongoing	12:00 noon	Technology Room	\$10.00
Rotary (Noon Club)	W	Ongoing	12:00 noon	Large Activity Room	\$10.00
Rotary (Desert Sunrise)	Th	Ongoing	6:30 a.m.	Dining Room	\$10.00

In Loving Memory



Evelyn L. Jones

January 10, 2024



Jean M. Popp

January 4, 2024



Richard W. Sharp

November 17, 2023



Julian Ybarzabal

January 6, 2024



Made Del Sarto

January 7, 2024



Bettie J. Gunter Tognini

December 28, 2023



Marilynn E. Huff

January 1, 2024



Giuliana Salicchi Murphy

December 23, 2023



Charles "Chaz" Wright

December 22, 2023



Merlin McColm

December 12, 2023



Ralph Paoli

December 8, 2023



Jean-Louis "Jean" Iribarne

December 4, 2023

Photo Fun!



Dressing for the occasion!



"Now where did that piece go? I just had it!



No, this isn't the Elko Ballet Company, this is Tai Chi!



Would you prefer the Chef Salad or the Chicken Apple Salad?



Ready for Drive Through!

Valentine's Day Word Search



S W E E T H E A R T B L A D M I R E R B
 M X E E R J D Z R K P D P S X P W B P E
 L T I N Z O K Q A L G U A V H D E O G M
 V C U P I D M M L W F V R D W F G Y I I
 H C H O C O L A T E T S T U O C D F R N
 M E M H P Y U M N Z H T Y E T V U R L E
 F H A G O B N S C C Y P D A T E M I F F
 T C P R G R I Z B P E W R D G N H E R F
 D A C K T V N P A S S I O N V H E N I L
 U O C I F R G O J V L F V L R L U D E O
 J F A S C O A L X I F R I E N D O G N W
 D C J S M S W O A N D B J X S K M V D E
 C A N D Y E L V U E H R D F E F G G E R
 Z R N J K Y F E B R U A R Y V H O I B S
 X D Y Z S N U R T S Z I Q Q H C L N F L
 V A L S B J V S T Q V A L E N T I N E T

LOVERS
 HEART
 DATE
 HUG
 FEBRUARY
 CUPID

VALENTINE
 SWEETHEART
 ADMIRER
 ROMANCE
 CHOCOLATE
 PASSION

FRIEND
 GIRLFRIEND
 LOVE
 KISS
 BOYFRIEND
 CANDY

CARD
 PARTY
 FLOWERS
 BE MINE
 ROSE
 GIFT

Happy Birthday

FEB 01

ALLEN ANTHONY
DONNA BAIR
AARON DU
PAMELA LATTIN
PRICE MONTROSE

FEB 02

CHUN HALING
ANTHONY OBERN

FEB 03

JANICE BARTON
JAMES DENNY
VICKI KINNEY
SUSAN STEFKA
KAROLAYN
SWEDBERG
SANDRA WILSON

FEB 04

MARY JEFFRESS
JULIE LEVIE
VICKY MATYS

FEB 05

CLARENCE FAULKNER
JOE KLUSEWITZ
BETTE JEAN
LONGDEN
LARRY SHAFFER
CAROLL SIMS
DEBORAH TEAGUE

FEB 06

GENNIFER GREEN
GARY TAYLOR

FEB 07

COLIN CALICO

FEB 08

ROBERT NEITZ
CLYDE PHILLIPS
KIM WILLIS

FEB 09

LAWRENCE CARPENTER
TERI FEASEL
LYNN LIPPARELLI
MARCIE WIESE

FEB 10

JAMES LEE
CHERYL POLL

FEB 11

KRIS SANDALL
DANA YORGESEN

FEB 12

MATT BARRINGTON
DAWN DAWSON
JOHN MILLER
ROSELYNE SMITH
MARTHA WALLACE
TILLIE WRIGHT

FEB 13

CHARLES SANDERS
JOHN WEBB

FEB 14

DERRIL FRY
BURKE HERFORD
BARBARA SKINNER
RULA WEBB

FEB 15

DENNIS GIERE
STEVEN GRESS

FEB 16

BILL BAILEY
SUE ELLEN NASH
ROBERT SMITH
SHERI WEAVER

FEB 17

JAN BAKER
CLIFF CHANDLER
ORIEN COBB
PAMELA RAND
LILLIAN SECRIST
CYNTHIA TALBOT

FEB 18

JAMES ELLISON
RAMI KAWAR
DENNIS
PETERSEN
DANA PLUMB

FEB 19

WANDA KRENKA
PRISCILLA
O'DAY

FEB 20

CHARLIE BRANNEN
FLOYD FISK
EDGAR NICKEL
DIANE QUENELL

FEB 21

JOYCE ELLISON
FRED TRIMPE
JACQUELINE WILKINSON
JAMES YROZ

FEB 22

PHYLLIS BOYACK
MICHELLE JONES
PO NG
TONY LEE PLATERIO

FEB 23

RUTH AGEE
ROSELLA BANDORIO
BILL BYINGTON
HERLINDA CARRINO
CYNTHIA MAZE

FEB 24

ROBERT ERICKSON
ROBIN ERICKSON

FEB 26

JUDY BEIER
MELODY CRITCHLOW
CHERYL GRESS
KAREN MARTIN
CHEUCK NG
EVELYN REYNOLDS

FEB 25

BEB ANDRAE
HELEN CHABOT
MARY ELLEN
KOFFLER
LINDA KRISKEY
PADDY LEGARZA
DOUG LOUCKS

FEB 27

JAMES HOLDREN

FEB 28

SALLY COMPTON
DAVID HIRST
MARGARET PHILLIPS

ITEMS TO MAKE NOTE OF



NEW MEMBERS

ANNA HOGGATT
MARCIA PRATT
JERRY FRENCH
JIM GOICOECHEA
HEATHER HILL
TERI JARVIS
CLYDE NASH
SUE ELLEN NASH
SHELLY THOMPSON
VICTORIA GRAVELIN
CRITCHLOW MALOLO

DANIEL(DAN) CARTER
REBECCA CAMPBELL
CHERYL HENNING
BRUCE BIRD
ERASMO CERVANTES
KRISTI COMPTON
ANGELICA CORTEZ
BEN CORTEZ
MARIA DELEON
HENRY DOMIGUEZ
SAMUEL GARCIA

DENISE GOFF-PRESTON
CHARLES RAND
TERRY HAY
MARIA RODRIGUEZ
LINDA KRISKEY
WILLIAM KRISKEY
BRUCE GRANGE
CHERYL GRANGE
SANDRA SUTHERLAND
LOMA ST. ROMAIN

IN DECEMBER 2023, WE
SERVED 5,263 MEALS
AT AN AVERAGE COST
OF \$8.60. WE
RECEIVED AN AVERAGE
OF \$2.33 PER MEAL IN
MEAL DONATIONS,
WITH AN ADDITIONAL
\$5.38
IN GRANTS, FOR A
TOTAL OF \$7.71
RECEIVED PER MEAL.

THE NORTHERN NEVADA FOOD BANK
PRODUCE ON WHEELS TRUCK (THE
PRODUCE TRUCK)
WILL BE AT THE SENIOR CENTER
BETWEEN 11:30 AND 12:30 ON MONDAY,
FEBRUARY 5.
PLEASE NOTE THE NEW TIMES. ALSO, IN
2024, THEY ARE LOOKING AT COMING IN
ON A DAY
OTHER THAN MONDAY SO AS TO AVOID
THE MULTIPLE HOLIDAYS THAT
INTERFERED WITH
SERVICE THIS YEAR.



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



TOPS (TAKING OFF POUNDS SENSIBLY) WILL HOLD AN
OPEN HOUSE ON THURSDAY FEBRUARY 15
FROM 11:00 A.M. UNTIL 12:00 NOON IN THE
TECHNOLOGY ROOM. STOP BY FOR LAUGHS, GAMES,
SNACKS, DOOR PRIZES, AND LEARN HEALTHY
OPTIONS TO LOSE WEIGHT, SENSIBLY.

ITEMS TO MAKE NOTE OF

THANK YOU!

WILLIAM N. PENNINGTON
FOUNDATION
NEVADA GOLD MINES
HUNT & SONS
WESTERN STATES PROPANE
FAMILY DOLLAR ON MT. CITY
HIGHWAY
VETERANS OF FOREIGN WARS
POST 2350

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



H&R BLOCK

It's that time of year! H&R Block will be here every Wednesday starting January 24th from 11:00 a.m.-1:00 p.m. to help you prepare your tax forms with drop off service. You can also drop off your paperwork to H&R Block with attention to Sheri Bowers. Call Sheri at 775-738-4026 for more information.

THERE WILL BE A PRESENTATION ON DIABETES ON VALENTINE'S DAY, FEBRUARY 14 AT 12:00 NOON IN THE DINING ROOM. LISA WITH SMITH'S PHARMACY WILL DISCUSS SIGNS, PREVENTION AND TREATMENT, AS WELL AS ANSWER QUESTIONS.

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,

February 8th

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

The Terrace at Ruby View
1795 Ruby View Dr. -

Spring Creek

Wednesday,

February 21st

Doors open at 5:30 pm –
Game starts at 6 pm

SCA Boardroom
401 Fairway Blvd. – S.C.

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



BOARD OF DIRECTORS BULLETIN

BOARD OF DIRECTORS BULLETIN

DUE TO THE PRESIDENT'S DAY HOLIDAY, THE DATE OF THE NEXT BOARD MEETING IS FEBRUARY 26, 2023 (SUBJECT TO CHANGE; ALWAYS CHECK FOR THE AGENDA). WE WILL MEET IN-PERSON AND, PER REQUEST, PROVIDE ZOOM ACCESS. PLEASE SUBMIT THE REQUEST ONE WEEK PRIOR TO THE MEETING. CHECK THE WEBSITE UNDER BOARD TO GET THE AGENDA INFORMATION. THE MINUTES FROM THE LAST FEW MEETINGS WILL ALSO BE POSTED. THEY ARE IN PDF FORMAT SO YOU WILL NEED ADOBE READER (OR ANOTHER TYPE OF PDF PROGRAM, IN ORDER TO BE ABLE TO READ IT). IF YOU NEED A HARD COPY, YOU CAN ALWAYS CALL THE CENTER AT 775-738-3030 TO REQUEST A COPY. ALL OF THE DIRECTORS OF THE BOARD HAVE CONTACT INFORMATION PROVIDED ON THE WEBSITE UNDER BOARDS. PLEASE FEEL FREE TO REACH OUT TO ANY OF THEM IF YOU HAVE QUESTIONS OR CONCERNS, OR EVEN SUGGESTIONS! THANK YOU FOR YOUR SUPPORT AS WE WORK TO PROVIDE THE BEST SERVICE POSSIBLE.



Board of Directors

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

Senior Center Staff

Matt McCarty-Executive Director, Carissa Cassadore-
Member Program Mgr., Janis Shurtliff-Administrative
Assistant, Open-Lead Cook, Josie O'Donnell-Assistant
Lead Cook, Candi Ashby-Kitchen Aide / Driver, Samantha
Wrenfrow

Kitchen Aide / Driver, Jesse Myers- Kitchen Aide / Driver,
Samantha Beardall-Kitchen Aide / Driver, Open-Kitchen
Aide / Driver, Christopher Piffero-Dishwasher

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

THE NEWLY FORMED ELKO ALZHEIMER'S SUPPORT
GROUP WILL BEGIN MEETING AT THE
SENIOR CENTER THE FIRST WEDNESDAY OF EVERY
MONTH, BEGINNING FEBRUARY 7, FROM
1:00 UNTIL 3:00 IN THE TECHNOLOGY ROOM. STOP
IN TO GET QUESTIONS ANSWERED,
RECEIVE ADVICE, LEARN BEST PRACTICES, AND
UNDERSTAND THAT YOU ARE NOT GOING
THROUGH THIS ALONE, WHETHER YOU ARE LIVING
WITH ALZHEIMER'S OR A CAREGIVER.



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

For the Best Lunch in Town!

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

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

The Terrace February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf Baked Potato Green Beans Caesar Salad Jello Poke Cake	2 BBQ Beef Sandwich Whole Wheat Bun Corn Potato Salad Citrus Delight
5 Chicken Cacciatore Roasted Potatoes Squash Tossed Salad Pineapple Chunks Sugar Cookie	6 Baked Pork Chop Whipped Sweet Pot Lima Beans & Peas Mixed Green Salad Grapes Tapioca Pudding	7 Baked Fish Brown Rice Mixed Vegetables Garden Salad Tropical Fruit Lemon Bar	8 Cheeseburger Lettuce & Tomato French Fries 3 Bean Salad Peaches Ice Cream	9 Pizza Italian Pasta Salad Carrot & Celery Sticks Mandarin Oranges Assorted Dessert
12 Mambo Pork Roast Wild Rice Broccoli Tossed Salad Cantaloupe Peanut Butter Fudge Cookie	13 Minestrone Soup Chicken Salad Sandwich Carrot & Celery Sticks Banana Jello	14 Sweet Heart Spaghetti Green Beans Caesar Salad Garlic Breadstick Strawberry Shortcake	15 Oven Fried Chicken Mashed Potatoes with Gravy Edamame Green Salad Fruit Cocktail Sundae Bar Sponsored by Tim Hatch from Edward Jones	16 Pulled Pork Sandwich Whole Wheat Bun Baked Beans Corn Tomatoes Vinaigrette Applesauce Assorted Dessert
19 CLOSED for PRESIDENT'S DAY	20 Swiss Steak Parsley Potatoes Winter Blend Vegetables Spinach Salad Peach Crisp	21 Santa Fe Chicken Aztec Grain Mixed Vegetables Tossed Salad Mandarin Oranges Chocolate Chip Cookie	22 Hot Dogs Baked Beans Sauerkraut Macaroni Salad Cake & Ice Cream	23 Lemon Baked Fish Wild Rice Peas Tossed Salad Grapes Assorted Dessert
26 Chili Cornbread Mixed Green Salad Pineapple Oatmeal Raisin Cookie	27 Chicken Broccoli Rice Casserole Beet Salad Cantaloupe Chunks Apricot Bran Muffin	28 BBQ Pork Ribs Au Gratin Potatoes Sunshine Carrots Tossed Salad Ambrosia	29 Chicken in Orange Sauce Brown Rice Spring Salad Pineapple w/ Poppyseed Frog-eye Salad	

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

**Drive Thru & Chef or Chicken Apple
 Salad order before 9:00 am**
***Menu is Tentative**

Important Dates:

February – National Cancer Prevention Month
 Feb. 1 – National Dark Chocolate Day
 Feb. 2 – World Introvert Day
 Feb. 4 – Start of Boy Scouts Anniversary Week
 Feb. 3 – National Trivia Day
 Feb. 5 – National Bird Day
 Feb. 8 – National English Toffee Day
 Feb. 9 – Natl. Law Enforcement Appreciation Day
 Feb. 10 – National Bittersweet Chocolate Day
 Feb. 11 – National Milk Day
 Feb. 12 – National Pharmacist Day
 Feb. 13 – National Rubber Ducky Day
 Feb. 14 – Alzheimer's & Dementia Care Edu. Week
 Feb. 14 – Ratification Day
 Feb. 15 – Martin Luther King, Jr. Day
 Feb. 15 – National Hat Day
 Feb. 17 – National Random Acts of Kindness Day
 Feb. 21 – Start of World Kiwanis Week
 Feb. 24 – Global Belly Laugh Day
 Feb. 25 – Start of Tax Identity Theft Week



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



**Need Transportation?
 Call G.E.T. My Ride –
 777-1428**

For Door to Door Service
 New riders need to register
 24 hours in advance.

ELKO SENIOR ACTIVITY PROGRAMS, INC. (ESAP), WAS FORMED AS A NONPROFIT CORPORATION IN NEVADA TO PROVIDE NUTRITIOUS MEALS, SOCIALIZATION, HEALTH SCREENING AND EDUCATION FOR OLDER ADULTS. AS AN IRS-APPROVED 501.C.3, TAX-EXEMPT CHARITY, YOUR DONATION TO ESAP MAY BE TAX-DEDUCTIBLE, PURSUANT TO THE PROVISIONS OF SECTION 170.C. OF THE INTERNAL REVENUE CODE OF 1986, 26 U.S.C. 170.C. PLEASE CHECK WITH YOUR ACCOUNTANT.



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

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

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



The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall
or certain food groups
like protein and
vegetables.



**Consuming
more calories**
to provide
needed energy.



**Taking in more
nutrients**
like iron, calcium,
and folate.



Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.

Healthy LIVING while aging!



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Love is in the air!

By Natalie Mazzullo, M.Ed.

Natalie Mazzullo is the Healthy Aging Initiative Coordinator at the University of Nevada, Reno Extension, a unit of the University's College of Agriculture, Biotechnology & Natural Resources.



It's February and love is in the air. Or is it? Since Covid-19 we may still be a little leery of touching others — even just a simple handshake could spread bacteria, germs, or viruses. And hugs, have those been brought back? I can tell you I do miss a good hug!

In a 2016 publication for families and caregivers on “Understanding the Effects of Aging on the Sensory System,” our friends at Oklahoma State Extension have this to say about our sense of touch: “The skin is the largest organ of the body and has millions of nerve endings. People thrive on stimulation through touch; without it, humans often feel a longing or aching. Touching doesn't have to involve hugging. Just a simple pat on the shoulder or arm can communicate that someone cares. Those caring for older adults can communicate love through the sense of touch by giving a gentle back rub, rubbing lotions to dry skin or brushing the hair. Offering your arm to help someone who may be a bit unsteady walking helps to satisfy the need for touch. Even a pet that might sit on the lap or rub around the legs can fulfill the need for touch. The sense of touch may be the most important of the senses, yet the most neglected. We can survive without sight, hearing, taste, or smell, but without touch, we are at great risk of mental breakdown.”

For the 14.3% of older adults living alone that the State of Nevada Aging and Disability Services Division reported in its Elders Count Nevada 2021 Report, it may mean thinking outside the box.

Here are some ideas:

- ♥ A friend of mine, who happens to be a nail technician, suggested a gift certificate or provide a hand massage or manicure which is a great way to add a human touch – and a little pampering – to an older adult's life!
- ♥ Offer or gift a hair wash and blow dry or shampoo and shave.
- ♥ Give a high five, fist or elbow bump to offer encouragement.
- ♥ Place your arm around someone, with their permission, to offer comfort or empathy.
- ♥ Watch a movie and share a bowl of popcorn, which is sometimes just close enough to feel the benefits of the human touch.
- ♥ If you have friends, family, and loved ones who are hand holders a good walk while handholding is excellent medicine so to speak and will keep you a little warmer this winter.

Although as we get older love may look different, it is still in the air this February. Embrace how love looks now. Try some creative sensory touch today!

“Hugs, holding hands and other physical gestures of affection have the potential to ease our minds, make us feel less isolated, and reduce stress and anxiety. The need for constant touches may fade as we grow older but the feelings certain touches invoke do not.”

- Unknown

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.

Making Healthy Choices: **One Day at a Time Breakfast**

Small changes in our diets to more nutrient-dense food and beverage choices, especially when combined, become a nutrient-dense meal or snack. Nutrient-dense foods are foods that have a high amount of nutrients per calorie, such as vitamins, minerals, antioxidants and phytochemicals. These foods can help boost immunity, supporting our overall health and well-being. Sometimes it only takes a small shift to make a more nutrient-dense choices. By making some simple swaps in your favorite recipes, you can easily boost the nutrient density of your meals and snacks.

The following breakfast example, at 375 calories, shows us how we can make thoughtful choices that meet our food group needs, staying within our personal limits, and, most importantly, that we can enjoy. Give it a try!



Breakfast

Total calories: 375

- **Banana-Walnut Overnight Oats (350 calories):**

- » Oats ($\frac{1}{2}$ cup raw)
- » Low-fat, plain Greek yogurt ($\frac{1}{4}$ cup)
- » Fat-free milk ($\frac{1}{4}$ cup)
- » Banana ($\frac{1}{2}$ banana)
- » Walnuts (4 nuts)
- » Honey (1 tsp)

- **Coffee (25 calories):**

- » Coffee (1 cup)
- » Fat-free milk ($\frac{1}{4}$ cup)

Making Healthy Choices: **One Day at a Time Lunch**

Nutrient-dense foods are not only good for your body, but also for your mind, as they can enhance your mood, energy and cognitive skills. The following lunch example, which comes in at just 715 calories, shows choices that are delicious while helping your body and mind. If you don't have all the ingredients listed, use these guidelines to create something you will enjoy with the ingredients you do have available. Be creative and explore more choices and combinations!

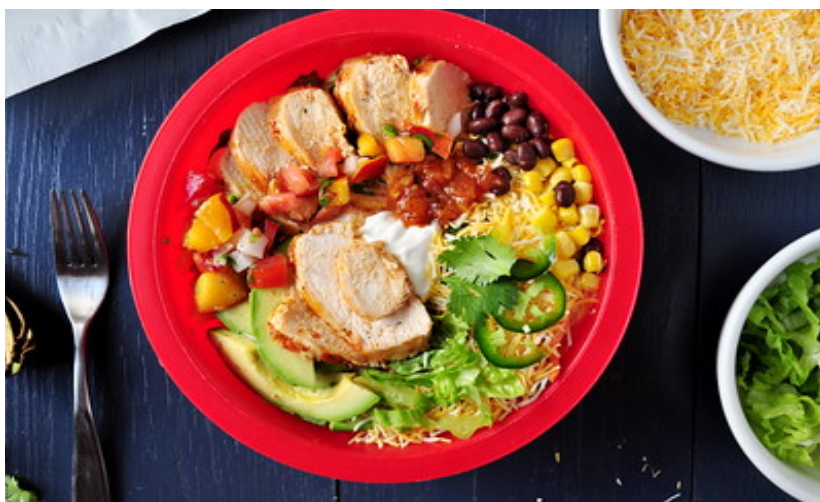
Lunch

Total calories: 715

- **Chicken Burrito Bowl (710 calories)**

- » Brown rice (1 cup)
- » Romaine lettuce ($\frac{1}{2}$ cup)
- » Black beans, low sodium ($\frac{1}{3}$ cup)
- » Grilled chicken with spice rub (2 ounces)
- » Grilled vegetables ($\frac{1}{3}$ cup)
- » Sliced avocado (5 slices)
- » Fresh salsa/Pico de Gallo ($\frac{1}{4}$ cup)
- » Reduced-fat cheese ($\frac{1}{3}$ cup)
- » Jalapeño (5 slices)

- **Iced Tea, No Sugar (16 ounces) (5 calories)**



Next month read about Making Healthy Choices: **One Day at a Time Dinner**.
Visit [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) for more from the Dietary Guidelines for Americans 2020-2025.



**Take
charge
of your
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Medicare
.gov

Happy New Year! Searching for ways to stay on top of your health in 2024?

People with Medicare Part D (drug coverage) can now get even more covered vaccines, including **vaccines for RSV, shingles, whooping cough, and more** to help keep you healthy in the new year.

Medicare also covers many preventive and screening services. These services can help keep you from getting sick, and can help find health problems early when treatment is most likely to work best. Talk to your doctor about which ones might be right for you.

[See What's Covered](#)

If you have Original Medicare (Part A and/or Part B), **log into your secure Medicare account** to see a personalized list of current and upcoming preventive services. If you don't already have an account, **it's free — and easy — to sign up.**

If you're in a Medicare Advantage Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

Here's to your health in the new year!

Sincerely,

The Medicare Team