



**THE TERRACE**  
**AT RUBY VIEW** Senior and Active  
Lifestyle Center



**HAPPY MARCH EVERYONE! WE ARE OFFICIALLY APPROACHING THE END OF WINTER, WITH SPRING BEGINNING ON MARCH 19. HOWEVER, WE ALL KNOW WHAT NORTHEASTERN NEVADA WEATHER CAN BE LIKE, SO DON'T PUT AWAY YOUR HATS, GLOVES, ICE SCRAPPERS, OR SNOW SHOVELS QUITE YET. PLEASE CONTINUE TO BE SAFE DRIVING AND WALKING TO AND FRO, AS WARMER TEMPERATURES DURING THE DAY CAN LEAD TO ICE WHEN OUR OVERNIGHT TEMPERATURES DIP.**

**WE ALSO HAVE DAYLIGHT SAVINGS BEGINNING THIS MONTH ON SUNDAY, MARCH 10. WHEN YOU "SPRING" YOUR CLOCKS FORWARD AN HOUR, IT WOULD ALSO BE A GOOD "TIME" TO CHANGE THE BATTERIES IN YOUR SMOKE AND CARBON MONOXIDE DETECTORS. IF YOU NEED HELP, PLEASE LET THE OFFICE KNOW AND WE WILL MAKE ARRANGEMENTS TO HAVE SOMEONE COME TO YOUR HOUSE TO CHANGE THE BATTERIES FOR YOU.**

**I ALSO WANT TO LET EVERYONE KNOW THAT IMMUNIZE NEVADA WILL BE COMING TO THE SENIOR CENTER MONTHLY FOR EDUCATIONAL PRESENTATIONS COVERING NOT ONLY IMMUNIZATIONS, BUT ALSO THE DISEASES THAT VACCINES PREVENT. IMMUNIZE NEVADA WILL MAKE THEIR PRESENTATIONS ON THE 3RD THURSDAY OF EACH MONTH AT 12:00 NOON WITH A BRIEF INTRODUCTION IN THE MAIN DINING ROOM, FOLLOWED BY A MORE IN-DEPTH DISCUSSION IN ONE OF THE SMALLER ROOMS. THEY WILL ALSO BE PROVIDING VACCINE CLINICS TWICE A YEAR, ONCE IN THE SPRING AND AGAIN IN THE FALL. IT IS ANTICIPATED THAT THEY WILL PROVIDE VACCINES FOR INFLUENZA, PNEUMONIA, SHINGLES, AND COVID-19.**

**AS WE WRAP UP THE FRONT PAGE FOR MARCH, I WANT TO LEAVE YOU LOOKING AHEAD TO NEXT MONTH, LEAVING PLENTY OF TIME TO PREPARE FOR ANY APRIL 1ST TARADIDDLES. A TARADIDDLE IS DEFINED AS A "FIB" OR "PRETENTIOUS NONSENSE" (EXPLORING SIMILAR WORDS LEADS TO BALDERDASH, TRUMPERY, AND SKIMBLE- SKAMBLE). THERE IS CURRENTLY NOT AN OFFICIAL SOURCE OF THE WORD, THOUGH SOME ETYMOLOGISTS HAVE INDICATED THE WORD MAY BE LINKED TO DIDDLE, WHICH CAN MEAN TO "HOAX" OR "SWINDLE". SOME HAVE CLAIMED THAT THIS WORD CAME FROM A TOWN IN IRELAND, TARADIDDLE, WHICH IS QUITE FUNNY AND A TARADIDDLE ITSELF, CONSIDERING THAT TOWN DOESN'T EVEN EXIST! HOWEVER, THE HILL OF TARA WAS THE SEAT OF ANCIENT IRISH KINGS, SO PERHAPS THAT IS THE IRELAND CONNECTION. SPEAKING OF IRISH CONNECTIONS AND TARADIDDLES, WATCH OUT FOR SNEAKY LEPRECHAUNS AROUND ST. PATRICK'S DAY, MARCH 17.**

**I HOPE THAT YOU ALL HAVE A WONDERFUL, AND SAFE, MARCH.**

**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](http://www.elkoseniors.org)**

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
<b>Games &amp; Recreation</b>					
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 <sup>nd</sup> Mon.	Mar. 11	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
<b>Exercise</b>					
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
<b>Arts &amp; Crafts</b>					
Watercolor Painting & Drawing	Cancelled until further notice			Art Room	BYOS
Char's Craft Class	2 <sup>nd</sup> Tues.	Mar. 12	10:00-11:30 a.m.	Art Room	Varies
Happy Hookers	Fridays	Ongoing	9:00-11:30 a.m.	Dining Room	BYOS
<b>Connecting &amp; Support</b>					
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
Cancer Support Group	Varies	Mar. 1	11:00-12:00 noon	Craft Room	Free
Garden Club	Varies	Mar. 1	11:30	Technology Room	Free
Produce on Wheels	1st Mon.	Mar. 4	11:30 a.m.-12:30 p.m.	Porte Cochere	Free
Alzheimer's Support Group	1st Weds.	Mar. 6	1:00-3:00 p.m.	Technology Room	Free
Nevada Care Connection	2 <sup>nd</sup> Friday	Mar. 8	11:00 a.m.-1:00 p.m.	Dining Room	Free
WAFD Bank Presentation	2 <sup>nd</sup> Friday	Mar. 8	11:30-12:00 noon	Dining Room	Free
RPEN	2nd Weds.	Mar. 13	12:30-2:00	Technology Room	Free
Dementia Friendly Elko	3 <sup>rd</sup> Weds.	Mar. 20	1:00-2:00 p.m.	Technology Room	Free
Immunize Nevada	3 <sup>rd</sup> Thurs.	Mar. 21	12:00	Technology Room	Free
Memoir Writing	4 <sup>th</sup> Thurs.	Mar. 28	1:00-2:00 p.m.	Technology Room	Free
Dr. Patton's Podiatry	Varies	Mar. 28	1:00-3:30 p.m.	Podiatry Room	\$10.00
Nevada Legal Services	Varies	Apr. 17	10:00 a.m.-12:30 p.m.	Technology Room	Free
Golden Years Solutions Medicare	Varies	By Appt.	11:00-1:00	Dining Room	Free
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*



Patty Dillow  
January 27, 2024



Ronald Goery  
January 23, 2024



Jack Damron  
January 18, 2024



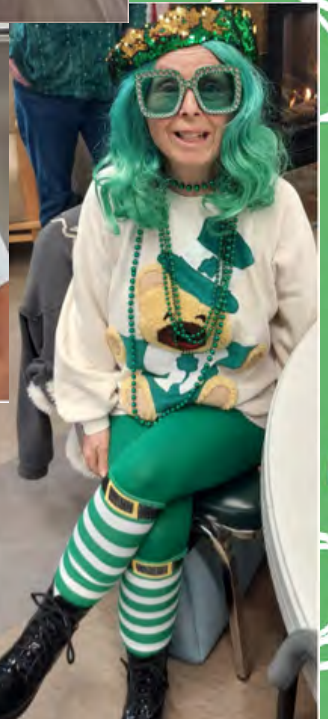
Russell Shirley  
December 5, 2023



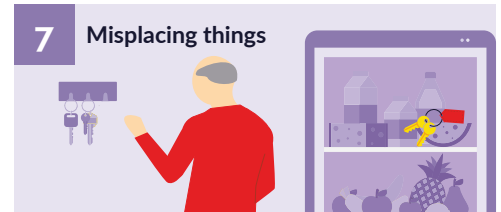
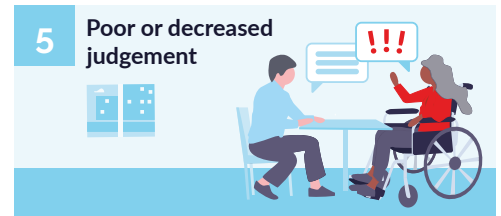
Dixie Demsey  
February 6, 2024



# Photo Fun!







If these signs are new, they may be a sign of dementia.

Dementia is not a normal part of ageing.

Speak to your doctor or contact your dementia and Alzheimer association.

[www.alzint.org](http://www.alzint.org)



**If you, or a loved one, are showing any of these signs, please visit with your doctor or health professional.**

For support, information, resources, and fellowship, please consider attending either, or both, of these meetings at the Elko Senior Center.



Third Wednesday of every month 1:00 PM - 2:30 PM

**ALZHEIMER'S ASSOCIATION®**  
24/7 Helpline at 800-272-390

Elko Alzheimer's Support Group  
Elko Caregiver's Support Group

First Wednesday of every month 1:00 PM - 3:00 PM



# Happy Birthday



MAR 01

ANGELINA BERRY  
PHILIP BEYER  
ANNE MCMULLEN  
MARLEAN THOMPSON  
JANET WEBB

MAR 02

STEPHEN FIELDS  
EDITH FISK  
EARL CRAIG JR.

MAR 03

DONNA HUNT

MAR 04

JISOO RYU  
JOY REDFERN  
WILLIAM WEINER

MAR 05

ALICE MAKASINI  
CHERI TANNER

MAR 06

SHARLYN BRUTSMAN  
CHERI AUSTIN  
KATHLEEN ANDERSON  
RICHARD TEMOKE

MAR 09

ROBERT BROWN  
DONALD JOHNS  
EDITH KEENEY

MAR 10

JEANNIE MOE  
VIRGINIA HUFF  
DENNIS NAVRATIL

MAR 11

BONNIE BANKS  
GLORIA AIKENHEAD  
ALICIA VELEZ  
JEFF SANDALL  
BECKY KERNA

MAR 12

GARY KOFFLER  
SHAREN REDDING

MAR 13

GARY STULTZ  
MIKE SALLEE  
JENNIE  
STARKEY  
LEE ELLIOTT  
MICKELS  
FRANK RUGH

MAR 14

SALLY MINOR  
VICTORIA ORDUNO  
JOSE LOPEZ  
GIM QUONG  
LINDA VASEY

MAR 15

MARK MCINTOSH

MAR 16

DAVID CATES  
JANET DEIHL  
KAREN LOVELL

MAR 17

JAMES ALLEN  
JOSE MEDINA  
JENNIFER FERGUSON  
JAMES JENSEN  
JOHN CRUZ  
PATRICIA ARANO  
JOYCE MORFIN  
KATHY FREDERICK

MAR 18

PATRICK COLLINS  
MARILYN RATHER  
DENISE LOPATEGUI  
LARRY SUTTER  
MARGARET MAHAN  
JANICE ATKINSON

MAR 19

ROBERT BYRAM III

MAR 20

MARVIN ELBEN  
BARBARA ANN  
SHAW  
JOHN  
RODIGHERO  
MARKO GRGIC  
RANDY CARTER

MAR 21

RAYMOND CANTU  
CLAYTON REDFERN  
NORMAN MURRAY  
DIXIE STARBUCK

MAR 22

JEAN MORRISON  
URIEL VILLANO  
CAROLINE  
JOHNSTON  
JUDY CARDONA

MAR 23

WILLIAM DUTTON  
CAROLYN MCANANY  
REBECCA HEPWORTH  
JAMES CARRAGHER  
MARGIE HAWKINS

MAR 24

MICHAEL GRANGER  
JUDY JONES  
RODNEY CROUCH  
GERALD KINTE  
SHARON R CUMMINGS  
EVERETT JUEDEN  
REBECCA MCMAHON  
MARTHA KNIGHT

MAR 25

JAMES MOORE  
MYRNA SCOTT  
EMMA BARRINGTON

MAR 26

MARGARET CANAS  
WILLIAM MICHELI

MAR 27

SHARON IRISH  
JERRY FRENCH  
PRISCILLA MASON  
DANIELLE YROZ  
MARSHA DAVIS

MAR 28

SHERI MARTIN  
JAMES KELLEY  
LINDA BENNETT

MAR 29

KEITH AIKENHEAD  
MELANIE WOODEN  
MARIA CHACON  
PATRICK COFFIN

MAR 30

BETH HOLMES  
CARLOS GUERRERO  
CHOC HARPER  
ANGELA MOLYNEUX  
RONALD GARCIA  
MARGARET SCHMIDT  
CARMEN BUBAR

MAR 31

SANDY SMITH  
HARRY BEIER  
KAY SYMPSON



# ITEMS TO MAKE NOTE OF



## NEW MEMBERS

WILLIAM DUTTON  
DAN HALLADAY  
GIL SARGENT  
LINDA CHAMPAGNE  
RENE ABOYTA

LYNN CAMBRIA  
BONNIE DICK  
NIA REYNOLDS  
CARL SCHAUMANN  
YVONNE SCHAUMANN  
BECKY ROMANS  
DANIEL ROMANS  
BRIAN NYREHN  
DANIEL FARRIS  
SHELLY HARGUS  
TEANA HATHCOCK  
AUTUMN KRANOVICH  
CAROL SHANKS

HEATHER SORENSEN  
JOHN SORENSEN  
DAVID NEISESS  
JOHN ALBRECHT  
MARGARET ALBRECHT  
LORI GISH  
SHELLY MYERS  
KATHY GUISTI  
KENNETH SCHULENBURG  
MITCHELL APPELEGATE  
VALARIE APPELEGATE  
LEROY DOZOIS  
JASON MACALLISTER

SANDRA SCHROEDER  
CHERYL ARMSTRONG  
R. ARMSTRONG  
ANDREW ERICKSON  
BENITA ERICKSON  
ROBERT FERRO  
PATRICK ROONEY  
LEONARD WARD  
PENELOPE WARD  
LILLY MARTINEZ  
NACONA JACKSON  
MATT MACIAS



IN JANUARY 2024, WE  
SERVED 5,761 MEALS  
AT AN AVERAGE COST  
OF \$6.86. WE  
RECEIVED  
AN AVERAGE OF \$2.67  
PER MEAL IN MEAL  
DONATIONS, WITH AN  
ADDITIONAL \$5.43 IN  
GRANTS, FOR A TOTAL  
OF \$8.10 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,  
MARCH 4.  
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



# ITEMS TO MAKE NOTE OF

Griefshare is a multi-week program designed to provide guidance and tips on your individual road through grief.

Anyone is welcome to join, at anytime.

Meetings are 5:30 Mondays @ Calvary Baptist on Walnut & 5th

THE NEWLY FORMED ELKO ALZHEIMER'S SUPPORT GROUP IS MEETING AT THE SENIOR CENTER THE FIRST WEDNESDAY OF EVERY MONTH. THE NEXT MEETING IS MARCH 6, 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.

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!



We are asking for assistance with items for the Senior Table at the Christmas Bazaar. This year we will feature different requests for hand-made items in various months. This month we would like to request anything that would be appealing to children. These could be crocheted animals or dolls, wooden toys, simple games, bright colored children's knitted hats and scarves, or anything you choose. Items donated will be collected throughout the year and then placed on our Senior Table for sale at a price determined by the buyer. If you are interested, please see the Front Office.





# 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,**

**March 14<sup>th</sup>**

Doors open at 5 pm –

Game starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

**Spring Creek**

**Wednesday,**

**March 20<sup>th</sup>**

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

THE DATE OF THE NEXT BOARD MEETING IS MARCH 18, 2024 (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,  
Stefanie Mohr-Perry-Kitchen Aide / Driver, Stormy Stevens  
-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.



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

THANK YOU!

WILLIAM N. PENNINGTON  
FOUNDATION  
NEVADA GOLD MINES  
HUNT & SONS  
EJC FOUNDATION  
WESTERN STATES PROPANE  
FAMILY DOLLAR ON MT. CITY  
HIGHWAY  
VETERANS OF FOREIGN WARS  
POST 2350  
ANONYMOUS DONORS  
LAMOILLE WOMEN'S CLUB

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





## 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/meal.

The Terrace March Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Drive Thru &amp; Chef or Chicken Apple Salad</b> order before 9:00 am <b>*Menu is Tentative</b>	<b>1</b> Sloppy Joes Mixed Vegetables Spinach Salad Assorted Dessert  <b>Alt: Baked Fish</b>
<b>4</b> Chicken Parmesan Buttered Noodles Normandy Blend Vegetables Spinach Salad Fruit Cocktail Peanut Butter Cookie	<b>5</b> Shredded Pork Tacos Tortilla Ranch Style Beans Cilantro Lime Slaw Apple Dump Cake	<b>6</b> Shrimp Basket Piccadilly Chips Garden Salad Grapes Lemon Bar	<b>7</b> Meatloaf Mashed Potatoes & Gravy Yellow Squash Spinach Salad Chantilly Fruit Cup Tapioca Pudding	<b>8</b> Baked Chicken Tenders French Fry Potatoes Mixed Green Salad Carrot Raisin Salad Banana Assorted Dessert <b>Alt: Baked Fish</b>
<b>11</b> Pork Roast Home-Style Stuffing Carrot Slices 3 Bean Salad Cinnamon Applesauce	<b>12</b> Lemon Baked Fish Long Grain Brown Rice Green Peas Garden Salad Whole Wheat Bread Lemon Jell-O	<b>13</b> Chili Cheese Baked Potato Carrots Tossed Salad Apricots Banana Muffin Yogurt Strawberry Pretzel Dessert	<b>14</b> Crispy Chicken Sandwich Fries Lettuce & Tomato Creamy Coleslaw Applesauce  Sundae Bar Sponsored by Tim Hatch with Edward Jones	<b>15</b> <b>ST. PATRICK'S DAY</b> Corned Beef Red Roasted Potatoes Steamed Cabbage Shamrock Salad Texas Sheet Cake with Green Frosting <b>Alt: Baked Fish</b>
<b>18</b> Crab Salad Croissant Lettuce & Tomato Cantaloupe Pasta Salad Peach Cobbler	<b>19</b> Beef Stew Over Noodles Garden Salad Mixed Berries Whole Wheat Bread Pudding	<b>20</b> Country Fried Steak Mashed Potatoes Cozumel Vegetables Green Salad Crispy Rice Treat	<b>21</b> <b>BIRTHDAY</b> Stroganoff over Noodles Sunshine Carrots Green Salad Mandarin Oranges Cake & Ice Cream	<b>22</b> Fish Tacos Black Bean & Corn Salsa Cilantro Lime Slaw Pineapple with Poppy Seed Dressing Assorted Dessert
<b>25</b> Cheeseburger Skillet Zucchini & Tomato Salad Cantaloupe Whole Wheat Bread Oatmeal Raisin Cookie	<b>26</b> Chicken and Dumplings Green Peas Carrot Raisin Salad Strawberries Chocolate Pudding	<b>27</b> Apple Topped Pork Tenderloin Baked Yams Mixed Green Salad Mandarin Oranges Whole Wheat Bread Eclair Dessert	<b>28</b> Cheese Ravioli Mixed Vegetables Spring Salad Tropical Fruit Garlic Breadstick Coconut Cake	<b>29</b> <b>EASTER DINNER</b> Baked Ham Au Gratin Potatoes Green Beans Creamy Coleslaw Dinner Roll Easter Cupcake <b>\$15.00 Guest Cost</b> <b>Alt: Baked Fish</b>

Important Dates:

Mar. 1 – National Dadgum That's Good Day  
 Mar. 1 – National Read Across America Day  
 Mar. 2 – National Old Stuff Day  
 Mar. 3 – National Anthem Day  
 Mar. 10 – Beginning of Girl Scout Week  
 Mar. 10 – Daylight Saving Time  
 Mar. 11 – Beginning of Brain Awareness Week  
 Mar. 11 – National Worship of Tools Day  
 Mar. 11 – National Napping Day  
 Mar. 12 – National Working Moms Day  
 Mar. 12 – National Plant a Flower Day  
 Mar. 13 – National K9 Veterans Day  
 Mar. 14 – National Write Down Your Story Day  
 Mar. 17 – St. Patrick's Day  
 Mar. 19 – Spring Begins  
 Mar. 19 – National Let's Laugh Day  
 Mar. 21 – National Memory Day  
 Mar. 21 – National Common Courtesy Day  
 Mar. 29 – National Vietnam War Veterans Day  
 Mar. 31 – Easter



**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



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



**We invite you to connect with:**

# **Dementia Friendly Elko County!**

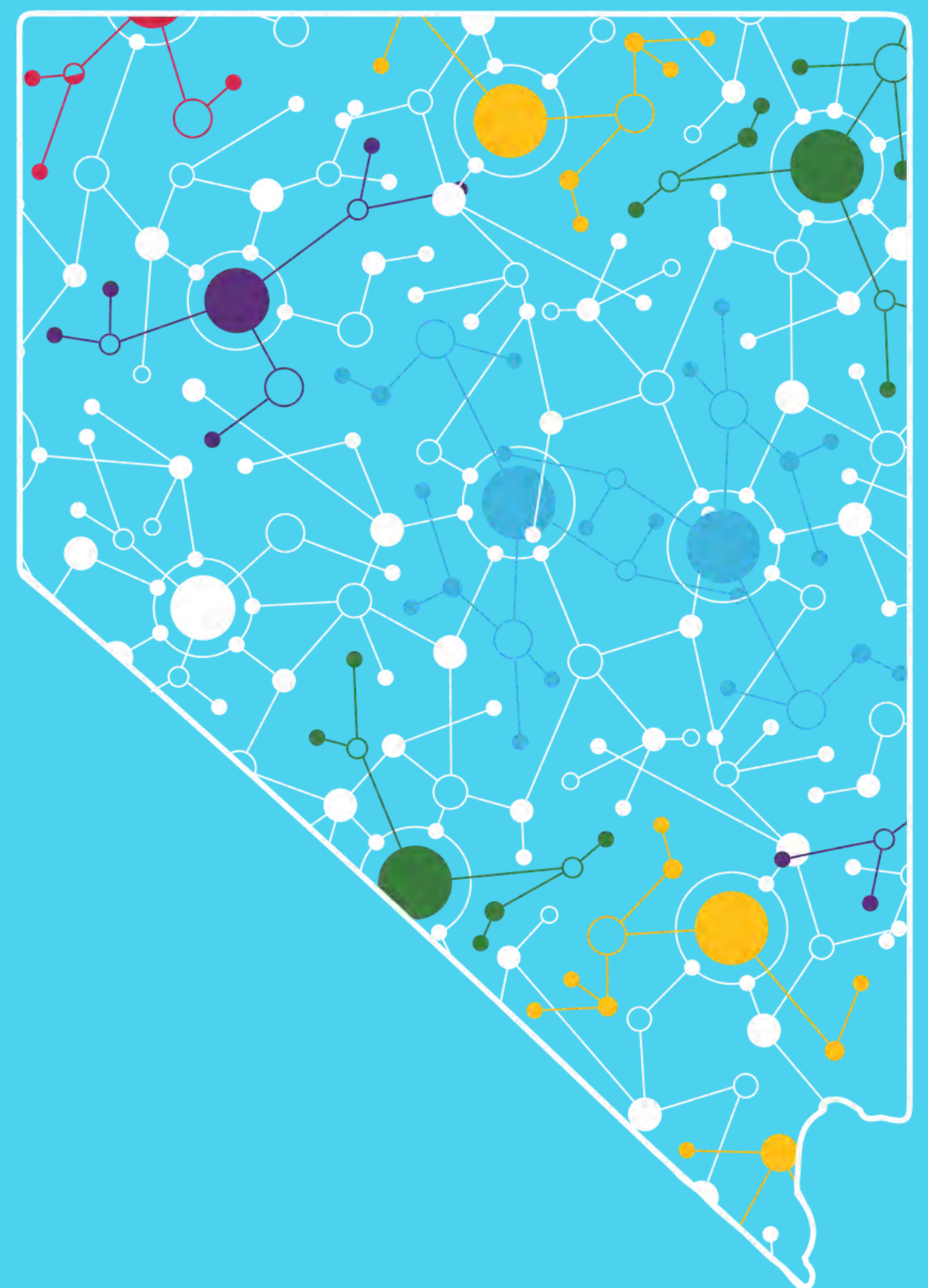
**Everyone has a role to play in this community effort!**

## **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:**

**Rebecca Hepworth, Co-Facilitator 970-380-4346**

# Additional FREE Resources:



## Dementia Conversations

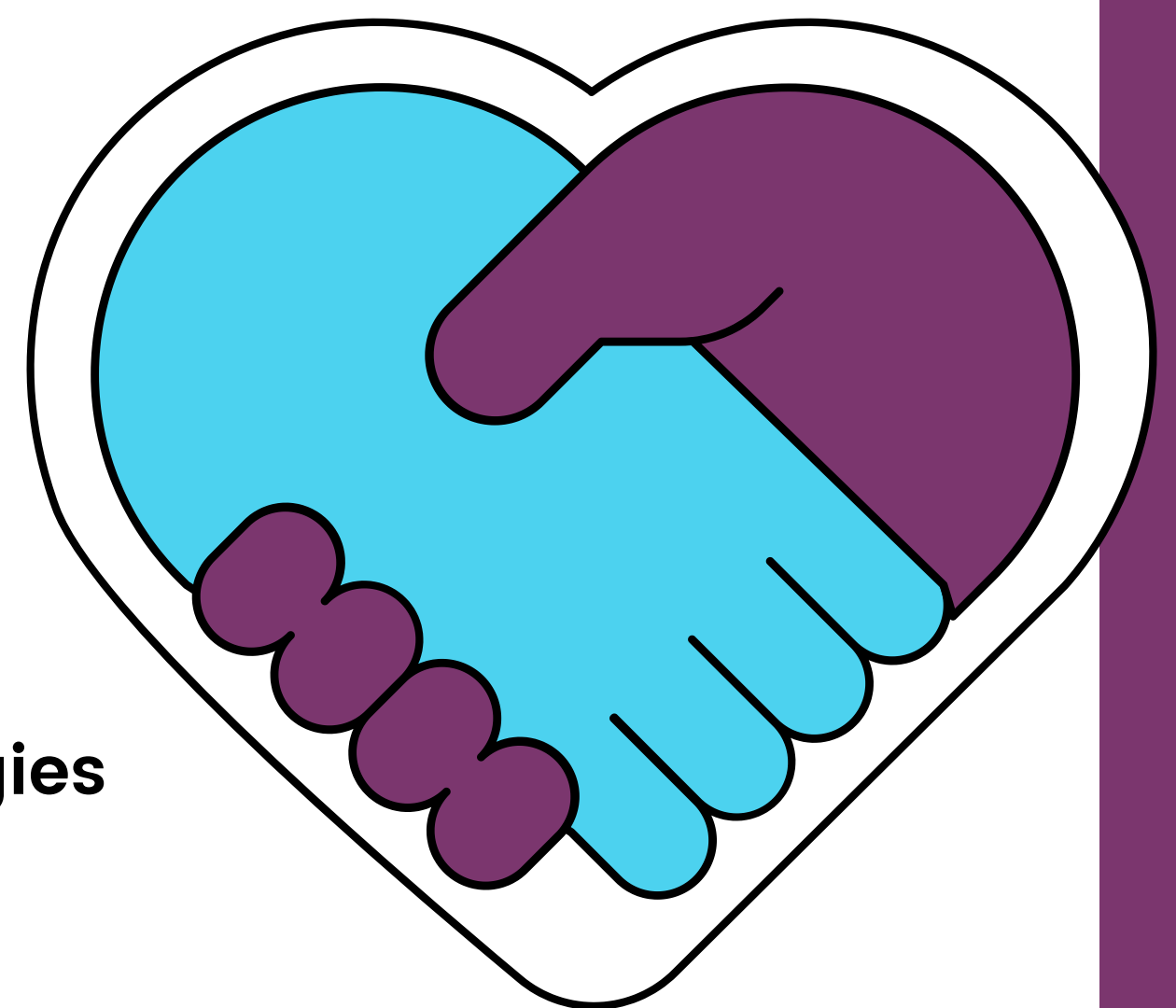
A twice-weekly, zoom-based public conversation forum for people living with dementia and care partners to discuss living well with dementia and explore practical approaches to get there!

[DementiaFriendlyNevada.org/dementia-conversations](https://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](https://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](https://DementiaFriendlyNevada.org/statewide-meetings)

**Dementia Friendly Elko County**  
**(775) 385-5045**

**Dementia Friendly Nevada:**  
**(775) 682-9444**



**Dementia  
Friendly  
America™**  
**NEVADA**  
**ELKO COUNTY**





# Vaccine Informational Session

## Terrace at Ruby View

Elko Terrace at Ruby View Senior  
Center Outreach  
1795 Ruby View Drive, Elko, NV 89801

Thursday, March 21<sup>st</sup>  
From 11:00am-1:00pm

**We rely on the strength of this herd to keep us all well.** The support of hundreds of businesses, individuals, and other organizations allows us to work together toward achieving our goal of eradicating vaccine-preventable diseases throughout Nevada. Immunize Nevada is a 501C3 nonprofit that receives educational grants and funding from a number of resources that are committed to improving the health of our community. We do not accept funding to promote, sell, or advocate for specific company or their products. **Please join us** on the date provided to promote health and wellness on vaccines and grab some *free* swag prizes.



Promoting Health & Preventing Disease



**For more vaccine information:**  
**[immunizenevada.org](http://immunizenevada.org) or (775) 624-7117**



# Healthy LIVING while aging!



EXTENSION  
College of Agriculture,  
Biotechnology & Natural Resources



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## Choosing Health Over Convenience

By Angeline Jeyakumar, Ph.D.

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The story of *Elizabeth Grigsby* sends one of the strongest messages of mindfulness over convenience. *Elizabeth was diagnosed with cerebral palsy and the doctor suggested institutionalization. She would 'not walk or talk,' which was the reason for the recommendation. Her foster mother 'consciously' refused to put her in an institution. This mindful decision has worked as a great miracle. Today, Elizabeth can 'talk,' even though she cannot 'walk.' Even more, she serves as a Consumer Rights Advocate in California.* This was achievable by the foster mother's thoughtful decision.

Regarding our personal lives, do we make mindful and conscious choices every day? Have we become advocates of comfort and ease, even in our homes? Has convenience become our lifestyle?

Choosing bakery products from a store, a fruit drink with sugar over the fruit, or meals away from home, are everyday examples of convenience in our lifestyle. Convenience as a choice, in the above story, could have been debilitating. So, too, with our lifestyle choices. Our diet, which is key to sustaining life, has become a choice of convenience in our busy lives.

The rising number of chronic conditions in households reflects our convenient lifestyle.

The Centers for Disease Control (CDC) highlights the importance of maintaining a healthy diet and being physically active to promote overall health and well-being.

Cigarette packs warn consumers of health hazards, while unhealthy foods lack such warnings. This emphasizes the importance of making mindful choices as consumers, reading nutrition labels, and avoiding foods high in salt, sugar, fat, and preservatives. A "healthy plate" is often emphasized in messages promoting healthy eating. Healthy eating begins with healthy buying and only requires a conscious effort.

On the next page are practical guidelines for a healthy lifestyle to prevent chronic conditions. They may not be as simple as they appear, but they are not impossible.












**"Every great journey starts with a single step."**

Maya Angelou, 1993

**In this National Nutrition Month, let us take conscious steps to choose health over convenience.**

Please visit [extension.unr.edu/Healthy-Aging](https://extension.unr.edu/Healthy-Aging) to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email [HealthyAging@unr.edu](mailto:HealthyAging@unr.edu).



D I E T A R Y  H A B I T S	<ul style="list-style-type: none"> <li>Choose water over sugar-sweetened beverages.</li> </ul>		P H Y S I C A L  A C T I V I T Y	<ul style="list-style-type: none"> <li>With the help of an expert, plan an exercise schedule and stick to it.</li> </ul>	
	<ul style="list-style-type: none"> <li>Add fresh vegetables to your everyday diet and include a variety.</li> </ul>			<ul style="list-style-type: none"> <li>Invite a friend for a walk to adhere to the regime</li> </ul>	
	<ul style="list-style-type: none"> <li>Include fiber-rich whole-grain foods over processed cereals.</li> </ul>			<ul style="list-style-type: none"> <li>Start slowly and add time, frequency or intensity every week.</li> </ul>	
	<ul style="list-style-type: none"> <li>Consume fresh fruits, and avoid the processed form (juices/ jams)</li> </ul>			<ul style="list-style-type: none"> <li>Make physical activity part of your daily or weekly schedule.</li> </ul>	
	<ul style="list-style-type: none"> <li>Add a variety of protein to the plate from both animal and vegetarian sources.</li> </ul>			<ul style="list-style-type: none"> <li>Move more and sit less throughout the day.</li> </ul>	
	<ul style="list-style-type: none"> <li>Choose low-fat or fat-free dairy to restrict saturated fats without altering the calcium intake.</li> </ul>				

\*Image source: Free Google Clipart

## Making Healthy Choices: **One Day at a Time Dinner**

Last month, we showcased Breakfast and Lunch recipes – this month, we showcase **Dinner!**

Remember that small changes in our diets can offer more nutrient-dense food and beverage choices, providing foods that have high amounts of nutrients per calorie, including vitamins, minerals and antioxidants. These foods can help boost immunity, supporting our overall health and well-being. By making simple swaps in your favorite recipes, you can easily boost the nutrient density of your meals and snacks. The following dinner example, at 375 calories, shows us how we can make thoughtful choices that meet our food group needs, stay within our personal limits, and, most importantly, we can enjoy. Give it a try!

### Dinner

**Total calories: 375**

- **Oven-Roasted Tilapia and Vegetables with Pasta (510 calories)**
  - Tilapia (4 ounces)
  - Broccoli (½ cup)
  - Carrots (⅓ cup)
  - Summer squash (⅓ cup)
  - Pasta (¾ cup cooked)
  - Garlic-herb oil (1 Tbsp)
- **Orange (1 medium) 75 calories)**
- **Sparkling Water (8 ounces) (0 calories)**



Visit [DietaryGuidelines.gov](https://www.DietaryGuidelines.gov) for more information from the Dietary Guidelines for Americans 2020-2025.

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Show your heart some love! Talk with your doctor to see if you need [cardiovascular disease screenings](#) or other [diagnostic lab tests](#). Medicare Part B covers these tests if your doctor or other healthcare provider orders them.

[More Info](#)

As you may know, [living a healthy lifestyle](#) can help keep your blood pressure, cholesterol, and blood sugar levels normal — and lower your risk for heart disease and heart attack.

If you're not sure you're at risk, now's a good time to talk with your doctor. Learn more about how to prevent heart disease at [CDC.gov](#).

Sincerely,

*The Medicare Team*