



Happy Older Americans Month! As the saying (from as far back as 1500) goes, April Showers bring May Flowers, so here's hoping for a colorful month of new growth. Interestingly, in northeastern Nevada, May actually has more moisture than April, so be prepared for some rain (and maybe a little bit more snow). May is named after Maia, a name shared by both a Greek and a Roman goddess. While the Greek goddess was a member of Artemis' Pleiades, the Roman goddess, Maia Majesta, was the goddess of fertility and spring and is probably the reason for this month's name.

We have received some wonderful news from the Nevada Aging and Disability Services Division: we will be able to continue our drive-through option indefinitely! We are very grateful to Laurie Riley for her efforts on not only our behalf, but on behalf of seniors across Nevada, in getting a proposal created and approved to continue this service. While I do not yet have a definite update on the timeline for either the remodel of the kitchen or the construction of the new garage, there is a possibility that we may see movement on one or both this month.

As you may have noticed, there is a Star Wars theme this month. I confess that I am a Star Wars fan, though the idea for this month was not mine; however, I'll run with it! For those of you who like Star Wars, or just cinema, in celebration of its 40th anniversary, Star Wars: Return of the Jedi, is being re-released and will be available until May 4th, or May the Fourth Be With You Day, as fans like to call it.

The first parade of the year in Elko will celebrate Cinco de Mayo. Another option for you to spend time in May is at the Nevada Stockdog Shootout at the Spring Creek Horse Palace. The Stockdog Shootout is a sanctioned event of the National Cattledog Association, whose mission is, "to encourage efficient, low stress and humane cattle handling by promoting the use and demonstrating the value of well-trained cattle dogs". The Shootout is May 12 - May 14. That same weekend, on Saturday, May 13, is the Elko Chamber of Commerce's Elko Home Show. This event features more than 100 different vendors at the Elko Convention Center and is free to attend. Of course, the following day is Mother's Day, so on behalf of the staff and Board, a very Happy Mother's Day to all of our Moms associated with the Center. Finally, May 18 is International Museum Day, so perhaps consider visiting our own Northeastern Nevada Museum.

As always, there are plenty of things to do at your Senior Center. Bunco will be played on Monday, May 8; Spring Creek Bingo will be on Wednesday, May 10; and both the Memoir Writing Class and Elko Bingo will be on Thursday, May 25. We are also anticipating the return of both our Watercolor and Drawing Class and the Beginning Bridge Lessons this month. We hope that you have a wonderful May and do not forget that the Center will be closed for Memorial Day.

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

MAY ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	
BYOS = Bring Your Own Supplies					
Games & Recreation					
Bridge (Duplicate)	W	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00
Bridge	M-Th	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	2 nd M	Ongoing	12:45 p.m.	Dining Room	BYOS
Beginning Bridge Class	Monday	Ongoing	9:30-11:30 a.m.	Dining Room	Free
Chicken Foot Dominoes	W	Ongoing	1:00-3:00 p.m.	Dining Room	Free
Penny Ante Poker	M & Th	Ongoing	9:00-11:00 a.m.	Dining Room	BYOS
Pinochle	Th	Ongoing	9:00 a.m.	Dining Room	BYOS
Exercise					
Stretch & Strength	Th	Ongoing	1:00 – 2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	9:15 – 10:00 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	10:15–10:45 a.m.	Large Activity Room	Free
Tai Chi Techniques	M-Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Tai Chi with John	T	Ongoing	2:30 – 3:30 p.m.	Small Activity Room	Free
Chair Yoga	W	Ongoing	10:45-11:15 a.m.	Small Activity Room	Free
Arts & Crafts					
Watercolor Painting & Drawing	W & Th	Ongoing	9:00 am–3:00 p.m.	Art Room	BYOS
Char's Craft Class	2 nd Tues.	May 9 th	10:00 – 11:30 a.m.	Art Room	Varies
Quilting/Sewing Class	W	Ongoing	9:00 a.m.–3:00 p.m.	Technology Room	BYOS
Knitting Group	W	Ongoing	11:30-2:00 p.m.	Technology Room	BYOS
Happy Hookers	F	Ongoing	9:00 a.m.–11:30 a.m.	Dining Room	BYOS
Connecting & Support					
Cancer Support Group	F	May 5 th	11:00-12:00 noon	Craft Room	Free
Bible Study	T	Ongoing	1:00 – 3:00 p.m.	Tech. Room & Zoom	Free
Friends Day Out - Java Music Club	F	Ongoing	1:00-3:00 p.m.	Art Room	Free
Kiwanis	M	Ongoing	12:00 p.m.	Technology Room	\$10.00
Rotary (Noon Club)	W	Ongoing	12:00 p.m.	Large Activity Room	\$10.00
Rotary (Desert Sunrise)	Th	Ongoing	6:30 a.m.	Dining Room	\$10.00
TOPS (Taking off Pounds Sensibly)	Th	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Garden Club	1 st F	May 5 th	12:00 p.m.	Technology Room	Free
Memoir Writing	4 th Thurs.	May 25 th	1:00-2:00 p.m.	Technology Room	Free
ESAP Board Meeting	3 rd Mon	May 15 th	2:00 – 3:30 p.m.	Senior Center/Zoom	Free
Dr. Patton's Podiatry	Varies	June 22 nd	1:00 – 3:30 p.m.	Podiatry Room	\$10.00
Nevada Legal Services	Varies	June 14 th	10:00-12:30 p.m.	Office	Free
Nevada Care Connection	2 nd F	May 12 th	11:00 am – 1:00 p.m.	Dining Room	Free
Kristen Roe (Medicare Help)	1 st and 3 rd F	May 5 th & 19 th	11:00 am – 1:00 p.m.	Dining Room	Free
NWYC Political Club	M	Ongoing	1:00-2:00 p.m.	Dining Room	Free
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free

In Loving Memory



BETH WOODWARD
APRIL 8, 2023



TED KELSEY
APRIL 8, 2023



DON GILBERT
MARCH 23, 2023



DAVID WARD
MARCH 27, 2023



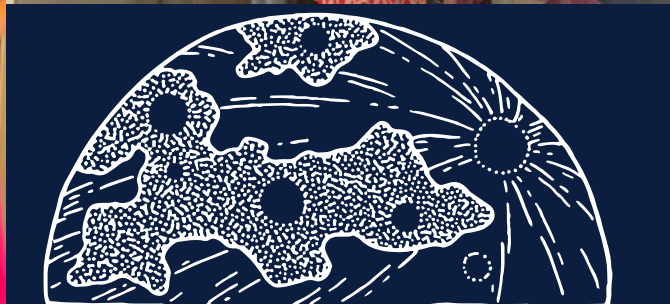
MABLE KITE
MARCH 30, 2023



NORMA RIZZI
MARCH 18, 2023

A 13-WEEK MULTI-DENOMINATIONAL CHRISTIAN FAITH-BASED GRIEF SUPPORT PROGRAM HAS BEEN OFFERED TO THE MEMBERS OF THE CENTER. THIS PROGRAM WOULD BE LED BY ONE OF OUR REGULAR MEMBERS. SUGGESTED DONATION OF \$20 COVERS THE COST OF THE WORKBOOK THAT YOU WOULD KEEP.

Photo Fun!



The Terrace Cinema



The Quiet Man (1952)

May 4th & 5th at 12:45 pm

NR | 2h 19m

A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union.



El Dorado (1966)

May 11th & 12th at 12:45 pm

NR | 2h 6m

Cole Thornton, a gunfighter for hire, joins forces with an old friend, Sheriff J.P. Hara. Together with an old Indian fighter and a gambler, they help a rancher and his family fight a rival rancher that is trying to steal their water.



True Grit (1969)

May 18th & 19th at 12:45 pm

NR | 1h 36m

A drunken, hard-nosed U.S. Marshal and a Texas Ranger help a stubborn teenager track down her father's murderer in Indian Territory.



Rooster Cogburn (1975)

May 25th & 26th at 12:45 pm

PG | 2h 8m

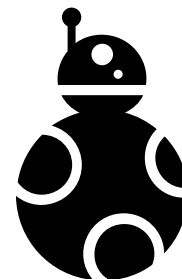
Marshal Rooster Cogburn unwillingly teams up with Eula Goodnight to track down her father's murderers.



"DO OR DO NOT. THERE IS NO TRY."
YODA



Happy Birthday



MAY 01

ADRIANNE MARTIN

MAY 03

STEVE LOMBARDOW
ENDY BERNHARD DIX
IE JEFFERS
LAILA GERNFELL

MAY 04

DAVID MURRAY
CHARLES GENTRY
MEREDITH TRINDLE

MAY 05

SHANE HEPWORTH

MAY 06

GARY KOY
MARY LLOYD

MAY 07

ROBERT HAUSERWA
NDA BECK
RUSSELL POOLE

MAY 08

ELLEN TREVORT
GRETCHEN MARSHST
AN JACKSON

MAY 09

VERA GONZALES
FRANK GOGGIO
DENNIS MILLER
DENNIS BAKER SR

MAY 10

SUSAN ZERGA
ROBERT KEEMA

MAY 11

JOE SOARES

MAY 14

EDWARD VAQUEZMO
NICA COSCARAT

MAY 15

SHERRY MORRIS
MARY MOHRS
RUSSELL SHIRLEY

MAY 16

GARY HOSKINS
DEMETRA ROBERTS
TONY GUNTER
DANIEL SWEDBERG

MAY 17

KAREN ELAM
COLLEEN CORNEJO
SHARON YADON
JAMES RAY
CHUCK KNAPP
MARIA GARCIA
LOREN HOOVER
AUSTIN RUTH

MAY 18

DONNA BOCHMAN
LAWONA COLEMAN

MAY 19

JAIME LOEPKE

MAY 20

WILLIS FREDERICK
SIMON SANCHEZ
JOHN WHITE
ALINE MOONEY
RICHARD JONES
DIANE SMITH

MAY 22

ELAINE KNIGHT
RUSSELL JONES

MAY 23

BETTY HIRSCHMAN

MAY 24

ALLAN COOLEY
JAMES STEERS
CAROL SANDERS
MARTHA CLAIR

MAY 25

ART CARDONA
STEVE HERRERA
BARRIE KELLY
RICHARD BROWN

MAY 26

JANET PETERSON

MAY 27

FRANK BENVENUTO
WAYNE SMITH
BARBARA LEBRET
CHARLENE GUITERREZ
CAROL FOSMO
LINDA EVANS

MAY 28

EDWARD MURRY
GALEN CLEVERLEY
ROBBIE NICKEL

MAY 29

SANDY WILMOT
MICHAEL MUSGROVE
TERRI HENNIGHAUSEN
JOSE ARIAS
DEBBIE WONG
KIMBERLY POOLE

MAY 30

JAMES BRADY
SIMONE GOYENECHÉ
DIANE RODRIGUEZ

MAY 31

FAYE DALE
FRANCIS HETRICK
JOSEPHINE ALLEN
SUSAN MITCHELL
LINDA MILLER

ITEMS TO MAKE NOTE OF

Sunrise Toastmasters Invites Seniors to Hybrid Meetings

The Sunrise Toastmasters Club invites Seniors to visit the weekly meetings on Friday mornings at 6:45 am.

We offer a fun, friendly and supportive environment to develop or enhance your listening, speaking and thinking skills.

We have a hybrid meeting - so it is also possible to get familiar with virtual meetings and learn how to manage one.

There is no cost to visit and coffee is available.

We welcome all seniors and hope to see you soon.

For more information, contact Helen Hankins 775-340-2031 or helenhankins@gmail.com

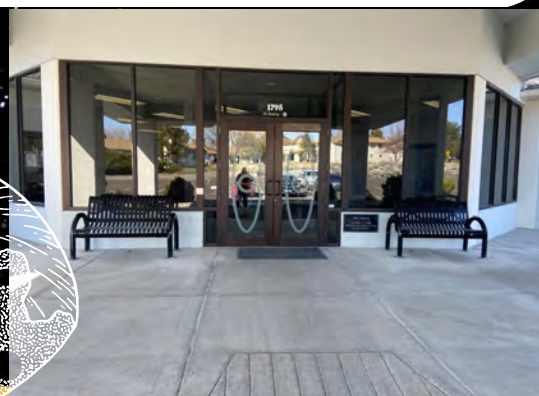


Thank you to Nevada Gold Mines for their donation of \$50,000 towards the Meals on Wheels Garage and the Kitchen Remodel!

Thank you to Northeastern Nevada Regional Hospital for their donation that went to the purchase of our new AED! If you would like training on this potentially life-saving device, please let Carissa or Matt know and we will schedule the training.

Thank You,

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



Thank you to the Rotary Club of Elko, Desert Sunrise for the donation of our new benches at the front entrance!

ITEMS TO MAKE NOTE OF

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 on 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



IN MARCH 2023, WE SERVED 5,934 MEALS AT AN AVERAGE COST OF \$9.57. WE RECEIVED AN AVERAGE OF \$2.68 PER MEAL IN MEAL DONATIONS.



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!

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



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,

May 25th

Doors open at 5 pm – Game

starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday,

May 10th

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

The date of the next Board meeting is May 15, 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 Front Office Staff

Matt McCarty/Executive Director - Carissa Cassadore/Member Program Mgr
& Janis Shurtliff/Receptionist

Senior Center Kitchen Staff

Uriel Villano/Kitchen Manager - Josie O'Donnell/Assistant Lead Cook
Candi Ashby, Samantha Wrenfrow, Kathleen Himelspace, Jessie Myers/Kitchen Aide & Drivers,
Open/Dishwasher

NEW MEMBERS

DOROTHY WIEN
DANIEL SWEDBERG
DANA MURPHY
DENNIS BAKER SR
MARY BAKER
PRISCILLA O'DAY
TINA BENBOUGH
LURENA CORNELLA
CHERI TANNER
PAMELA WOMACK
ALLEN SNOW
SHARLYN BRUTSMAN
TERYL GIBSON
MARK GRANRUD
LEORA JACKSON
ELEX VAVRICK
RETHA VAVRICK

DANENA IKE
GARDENIA IKE
MARIE LOUISE BOYCE
JOHN CORWIN
PATRICIA CORWIN
ALLEN LEVIE
JULIE LEVIE
VIRGINIA MOWRY
CYNTHIA CORDRAY
CLYDE IKE

LINDA DERRICK
BILLIE PHILLIPS
JULIE SANTTI
JAMES JEFFRESS
ALBERT SMITH
SANDY SMITH
MARY JEFFRESS
ALLAN FISK
CHOC HARPER
JONI GRANRUD
CANDICE GREER
WILBER GREER
MICHAEL KESSLER
SHIRLEY KESSLER
NANCY NEEF
JIMMIE SUTHERLAND

For the Best Lunch in Town!

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

Diners over the age of 60 - suggested \$3.00 donation. For diners under the age of 60, the cost of the meal is \$8.00.

The Terrace May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stroganoff over Noodles Peas Garden Salad Fruit Cup Rice Krispy Treat	2 Chicken Cacciatore Baked Squash Mixed Green Salad Apricots Chocolate Pudding	3 Pot Roast Roasted Potatoes Seasoned Carrots Italian Pasta Salad Fruit Cocktail Carrot Cake	4 Baked Cajun Style Cod Buttered New Potatoes Cream Corn Spinach Salad Tropical Fruit Ice Cream	5 CINCO DE MAYO Pork Tamales Spanish Rice Refried Beans Mixed Green Salad Whole Apple Tres Leches Cake
8 Chicken Parmesan Noodles Green Beans Tossed Salad Pineapple Chunks Chocolate Chip Cookie	9 Baked Pork Chop Braised Red Cabbage Seasoned Cucumbers Oranges Jell-O	10 Country Fried Steak Mashed Potatoes Edamame Creamy Coleslaw Peach Cobbler	11 Cheeseburger Skillet Green Salad Fruit Cocktail Cinnamon Coffee Cake	12 MOTHER'S DAY French Dip Sandwich Potato Salad 3 Bean Salad Mandarin Oranges Strawberry Pretzel Dessert
15 Pulled Pork Sandwich Sweet Corn Creamy Coleslaw Peaches Oatmeal Raisin Cookie	16 Fish Tacos Cabbage Slaw Black Beans Frito Corn Salad Melon Chunks Churro	17 Meatloaf Mashed Potatoes Green Bean Casserole Garden Salad Southern Peach Cake	18 Italian Fried Chicken Spaghetti Riviera Blend Vegetables Caesar Salad Orange Sections Bread Stick Sundae Bar Sponsored by Edward Jones	19 Sweet and Sour Pork Steamed Brown Rice Stir Fry Vegetables Garbanzo Salad Mango Chunks Assorted Desserts
22 Chili Cheese Baked Potato Steamed Carrots Yogurt With Blueberries Chocolate Peanut Butter Bar	23 Cheese Burger French Fries Baked Beans Lettuce and Tomato Pineapple Tapioca Pudding	24 Chicken Broccoli Rice Beet Salad Honeydew Bran Muffin	25 BIRTHDAY BBQ Pork Ribs Au Gratin Potato Savory Green Beans Creamy Coleslaw Tropical Fruit Cup Birthday Cake Ice Cream	26 BREAKFAST 9:30-10:45 Denver Scramble Hash Browns Fresh Fruit Oatmeal w/ Raisins Orange Juice
29 Center Closed Memorial Day	30 Chicken Fried Rice Egg Roll Cantonese Salad Watermelon Peaches & Cream	31 Shrimp Basket English Chips Coleslaw Strawberries Jell-O Cake		

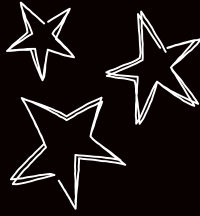
Drive Thru & Chef or Chicken Apple Salad

order before 9:00 am

*Menu is Tentative

Important Dates:

May - Skin Cancer Awareness Month
May - National Mental Health Awareness Month
May - Older Americans Month
May 3 - National Two Different Colored Shoes Day
May 4 - World Password Day
May 4 - National Day of Prayer
May 4 - May the Fourth Be With You Day
May 5 - Revenge of the Sith Day (Star Wars Reference)
May 8 - World Ovarian Cancer Day
May 11 - National Twilight Zone Day
May 14 - Mother's Day
May 16 - National Sea Monkey Day
May 18 - International Museum Day
May 20 - Armed Forces Day
May 23 - National Lucky Penny Day
May 24 - Brother's Day
May 25 - National Wine Day
May 26 - National Road Trip Day
May 29 - Memorial Day (Center will be closed)



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



Need Transportation?
Call G.E.T. My Ride –
777-1428
 For Door to Door Service
 New riders need to register
 24 hours in advance.

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



Looking to Volunteer?
 Are you looking for
 something to do part time?
 We need volunteer help here
 at the Center in the office
 and Kitchen. Call us at 738-
 3030 to find out more!

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

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

Elko Cancer Support Group



“When You Can’t Find the Sunshine, Be the Sunshine.”

When: Friday, May 5th, 2023

Time: 11:00 AM – 12 PM

Where: The Terrace at Ruby View - Senior and Active Lifestyle Center (Elko Senior Center) – Crafts Room
1795 Ruby View Dr., Elko, NV

Open for any age. If you are a Cancer Warrior, Caregiver, family member, friend, or have lost a loved one, please come join us for a safe place to come and share stories, give and gain support, strength, hope and positive energy!

*Every ribbon color matters. Everyone affected by cancer matters.
Everyone’s thoughts, fears, questions, concerns and attitude matters.
Let us stay Hopeful, Positive, and Never Give Up!*

Discussion topic: "Keeping Yourself and Your Skin Safe in the Sun".

May is: Melanoma/Skin Cancer, Bladder Cancer and Brain Cancer Awareness Month



Contact:

Cindy Staszak, Pancreatic Cancer IV Survivor
Cancer Exercise Specialist, CETI
cindystaszak.elko@gmail.com

GET CONNECTED TO FREE MEDICARE COUNSELING, LOCAL RESOURCE INFORMATION, & APPLICATION ASSISTANCE

The Medicare Assistance Program (MAP) Certified Counselors and Nevada Care Connection (NVCC) Navigators will be in your area monthly!



We will be at:

Where: Elko Senior Center

Address: 1795 Ruby View Dr

Date: 2nd & 4th Friday

Time: 11:00pm – 1:00pm

No appointment needed, walk-ins welcome.

For more information call 775-753-4085

Certified Medicare
Counselors help with:

- Part D/Part C Enrollments
- Cost saving application assistance
- Tips on how to protect yourself from Medicare fraud
- Medigap Comparisons

**NVCC Navigators help
Nevadans access
resource options and
referrals such as:**

- Medicaid
- Veterans benefits
- Food Assistance
- Housing
- Transportation
- Caregiving and respite



MAP your way through Medicare!



Healthy LIVING while aging!



Mental Health MATTERS



May 2023

Newsletter provided by University of Nevada, Reno Extension

Volume 4, Issue 5

Improve your mental health by staying connected, informed and safe online

By Simon Gottschalk, Ph.D.

Simon Gottschalk is a professor emeritus of sociology in the College of Liberal Arts at the University of Nevada, Las Vegas. He is co-author of a publication on Mental Health Care in Nevada titled "In the Social Health of Nevada: Leading Indicators and Quality of Life in the Silver State."



Research shows that being social enhances your emotional and mental well-being. Being social online comes with benefits and risks. Devices, such as smartphones, computers and tablets enable us to communicate with relatives and friends and meet new people. Staying in touch virtually, through video chats, text messages or social media, helps us feel less isolated. It reduces feelings of loneliness, bringing a sense of comfort and community. We can read online books, watch movies, listen to music, find information, learn new skills, post pictures, look at picture's others posted, play games (which can strengthen brain functioning), visit museums, attend performances and travel. The fact that you can communicate whenever you want, wherever you are, and to whomever does not mean that you should. Wanting to connect with someone right now might not be shared. Those we want to talk to may be accessible but not available. Similarly, the fact that we receive an email or a message does not mean that we need to respond right away.

Research suggests that being glued to our screens 24/7 is harmful to our health. Also important is not the time we spend using our electronic devices but how we use them.

ARCS refers to four ways to better control using your devices:

A = Avoid negative people and sites - Being online means exposing yourself to messages that may cause anger, fear, hatred and other harmful emotions.

- If some people in your social network post messages that trigger the above emotions, mute, unfollow or unfriend them. Surround yourself with people who are positive.
- The internet is full of disinformation. Some news and posts may try to scare and anger you. Verify that the news that causes those emotions is indeed true and credible. Follow the most reliable news outlets. If online posts triggering negative emotions do not appear in reliable sources, they are probably not true. Reliable sources often come from educational institutions (.edu), organizations (.org) and government sites (.gov).

R = Resist distractions - Your devices send you constant notifications about breaking news, emails, messages, or phone calls. One survey reveals that Americans check their smartphones 80 times a day. Checking what's going on immediately creates a false sense of urgency. This can interrupt what you are doing and stress you out. Being dialed in 24/7 is not good for your mental well-being. People who respond to their phones more often have higher stress levels.

- Create a schedule for checking emails. Checking them two to three times daily lets you run your email rather than letting it run you.
- Make sure you tell others so they can respect your boundaries.
- Turn off the notification option on your devices so you are not constantly reminded about what you are missing.

C = Curb your screen time - With the 24/7 availability of online resources, you spend an increasing amount of time staring at a screen. Many of the activities online are designed to be addictive. Decide how much time you want to be online, what hours and for how long.

- Designate a screen-free time when you will not be on your device.
- Avoid using your device two to three hours before going to sleep.
- When you engage in an activity or a face-to-face conversation, mute your phone, place it out of sight and be fully present in the moment.

S = Shield your privacy - Scammers target people who might be vulnerable and are new to the internet. Beware of emails or messages from people you do not know and even people you do – especially if the message looks off or not typical for that individual.

- Never give your personal information online (e.g., social security number, credit card numbers, address, passwords).
- If in doubt, verify the organizations and people who are asking for your information. Call the organization, asking for the person who sent you the email to see if they really sent it.

Try the **ARCS** principles for a week. Take note of how it makes you feel.

Most important: stay connected, informed and safe online!

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.

Knife skills – Using the knife safely

- **Watch your fingers.** Tuck your fingers toward your palm on the hand that is holding the food.
- **Lead down with the tip.** Angle the tip of the knife toward the cutting board.
- **Slice.** Cut through the food with a slicing or sawing motion. Don't just push down.
- **Create a flat surface.** When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.



<https://cookingmatters.org/tips/#cooking-basics>



CELEBRATE



How to Make Meals Fast - Build a Burrito Bowl

Throw together precooked or leftover protein, veggies and brown rice for a tasty meal. Top with salsa or avocado.

<https://cookingmatters.org/tips/#time-savers>

Mango Salsa

Ingredients

- 2 large ripe mangoes
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeño pepper
- 2 medium limes
- ½ teaspoon salt
- Pinch of cayenne pepper
- 1 medium bell pepper, optional
- ¼ cup fresh cilantro, optional

Instructions

1. Rinse mangoes, cucumber, green onions, jalapeño pepper, limes and bell pepper, if using.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. If using bell pepper, cut in half lengthwise. Remove stems and seeds.
4. Dice mangoes, cucumber and bell pepper, if using. Finely chop green onions.
5. Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
7. Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
8. Add mangoes, cucumber, green onions, jalapeño, salt and cayenne pepper to bowl with juice. If using, add bell pepper and cilantro. Mix well.
9. Cover and refrigerate for at least one hour before serving.

Chef's Notes: Mangoes usually feel a little softer when ripe. If mangoes are not in season or not in your store, use canned peaches or pineapple, packed in juice. Drain before using. Visit <https://cookingmatters.org/recipes/mango-salsa>.



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REPORTED SCAMS GROW BY \$2 BILLION

The numbers are in and 2022 was a doozy. While total reported scams to the Federal Trade Commission dropped by 1 million, the total reported amount lost grew by \$2 billion for a total of \$8.8 billion lost to scams and fraud. And this is just what's reported – we know fraud is severely under-reported. Fueling the growth were dramatic increases in investment schemes and scams asking for cryptocurrency as a form of payment.

Investment scams were the single biggest type of scam last year with victims losing \$3.8 billion. That in part explains the growth in cryptocurrency related losses which doubled from 2021 levels. However, man scams have evolved to seek crypto as a form of payment – due largely to the ease of accessing crypto ATMs in retail locations.

Be wary of any “can’t miss” investment opportunities especially if they come from the internet or new contacts that you’ve never met in person.

IRS IMPOSTER SCAMS

According to the Federal Trade Commission, consumers reported losing \$2.6 billion to impostor scams in 2022. One of the longest running impostor scams involves the IRS, so tax time is a good time to draw attention to it.

Most IRS impostor scams begin as a robocall, with the message either directing you to press a number on your keypad to talk with a live agent, or to call back using the number provided. The messages can be negative, you owe back taxes, or positive, you’re receiving a refund. Either way there is an urgent request to call a number or click a link right away.

Remember the IRS doesn’t initiate contact via text or email. If you get a call claiming to be from the IRS, hang up – or better yet, don’t pick up the call to begin with. If you think you may owe taxes, call the IRS at 800-829-1040, or visit irs.gov/balancedue.

SOCIAL SECURITY SCAMS

This year Social Security payments are being boosted by the biggest cost-of-living adjustment (COLA) in more than 40 years, and beneficiaries aren’t the only ones looking to cash in. Social Security impostor scams are among the most reported scams each year and criminals are already seeking to use the COLA boost to their advantage.

The Social Security Administration (SSA) has reported that scammers have been contacting people claiming that they have to pay a fee or share personal information in order to receive the higher payments. The truth is that COLA adjustments happen automatically.

The best way to fight back against Social Security impostors is to remember that SSA will not contact you out of the blue. Any unsolicited call claiming to be from Social Security is likely to be fraud – especially if they ask for personal or financial information or payment.

STUDENT LOAN RELIEF SCAMS

If there is one constant in the criminal world it’s that scammers follow the news. Student loan forgiveness has been the focus of recent headlines, which has given scammers room for student-loan-related fraud.

Be wary of any unsolicited contacts from “debt relief experts” offering access to instant, easy-to-access loan forgiveness options or mentioning the “Biden Plan.” They often ask for upfront payment or for personal information such as your Social Security number or your FSA ID (the username and password on your loan account).

It is illegal for debt relief companies to collect payment from you before they get results, so upfront fees are a surefire sign of fraud. Secondly, these offers provide nothing you can’t find yourself for free by contacting your loan servicer or the U.S. Department of Education.

STAYING SAFE ONLINE

Criminals have so many ways to getting in touch with us these days. According to new data from the Federal Trade Commission, the winning entry path in 2022 was the internet.

About one fourth of fraud reports indicate the contact method was an online source (website, app, pop up add or social media) and in 6 out of 10 cases, the victim lost money. One reason these attacks are so successful is that criminals make it very hard to tell the difference between a legitimate website and a fake one. The same goes with online ads. To avoid going to a fake website, don’t click on links from emails or text messages – type the web address into your browser window yourself. And be dubious of online ads that seem too good to be true.

Oh, and the phone isn’t much safer. The FTC also found that victims of phone and text scams lose more money on average than those starting on the internet.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you’ve fallen victim.



COMMUNITY HEALTH
DEVELOPMENT FOUNDATION

2023

Community Wellness Monthly Event Schedule



Bariatric Educational Group

Every Second Tuesday

5:00-6:00 PM

Healthy for Life Class

Every Second Wednesday

5:30-6:30 PM



Diabetes Education Group (Type 2)

Every Third Tuesday

5:30-6:30 PM

Diabetes Education Group (Type 1)

Every Fourth Friday

5:30-6:30 PM



Starting March 2023

Sign up with the QR codes above to join our **free** health groups!

Monthly meetings will be held in the community room at Elko

Community Health Center: 2098 Idaho St

Elko, NV, 89801

Questions? Email Brittney Plaisted at brittney.plaisted@elkochc.com



Make a Difference RIGHT HERE IN RURAL NEVADA



Serving Counties

Carson City	Eureka	Mineral
Churchill	Humboldt	Nye
Douglas	Lander	Pershing
Elko	Lincoln	Storey
Esmeralda	Lyon	White Pine



*Become a foster parent today and keep kids
in their own rural Nevada community*

♥ **Same** school

♥ **Same** friends

♥ **Same** teachers

♥ **Same** extracurricular activities

♥ **Same** familiar faces

Types of Foster Care Needed



respite
care



emergency
care



short-term
care



long-term
care



Shelby.Riley@dcfs.nv.gov | 1.888.423.2659
www.ruralnvfostercare.com



Frequently Asked Questions

Q: What does a foster parent do?

A: Foster care is a soft place to fall for children in crisis. Foster parents support their children by preparing them for reunification with their natural parents. As part of this process, foster parents are expected to develop relationships with the child's natural family, transport the child to family visits, and maintain the child's connections to their siblings if they are separated.

Q: What are the general requirements to foster?

A: To become a foster parent you must:

- Be at least 21 years old
- * Pass a criminal background check
- * Complete the online application
- * Attend pre-service training offered virtually through DCFS
 - * Be financially stable
 - * Submit to a home inspection
- * Be willing to lock up firearms and ammunition
- * Complete a physical and TB test

Q: What age and demographic are in most need of fostering?

A: The Rural Region is always in need of homes for children of all genders and age ranges. There is a particular shortage of homes that will accept:

Teens (ages thirteen to eighteen years)

Medically fragile children

LGBTQ+

Sibling groups with wide age range parameters (i.e., a sixteen-year-old with a four-year-old sibling)

Q: Are there ways I can help other than fostering?

A: Absolutely! As a member of your community, use the power of your voice to tell others about the need for foster homes in your area. You can partner with DCFS to help us recruit other foster homes. We are always looking for other agencies, organizations, and community partners to host or sponsor a recruitment event. You can help us by organizing a community drive for gift cards, toys, diapers, food, or clothing. Become a sponsor for DCFS's Angel Tree Project. If you own a business, consider putting foster care recruitment brochures in view of your customers and employees. Consider becoming a CASA. For more information, go to nationalcasagal.org

You might be surprised to know:

You can be single, married, or in a domestic partnership*

You can be a working or stay-at-home parent

* You can own or rent your home

* A recreational vehicle (RV) or a camper is not an acceptable living space

* You can be licensed based on the gender and age of child you are comfortable parenting

Federal Affordable Connectivity Program

FREE TABLET

Comes with 5yrs Internet Service

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EASY TO QUALIFY IF YOU
RECEIVE: TANF, SNAP
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PROGRAMS, ETC

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THURSDAY AND FRIDAY***

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