

WELCOME TO THE MONTH OF THANKSGIVING! NOVEMBER GETS ITS NAME FROM THE LATIN NOVEM, WHICH MEANS NINE, AND HELD THE PLACE AS THE NINTH MONTH UNTIL JANUARY AND FEBRUARY WERE ADDED TO THE CALENDAR. THE FULL MOON IN NOVEMBER HAS BEEN CALLED THE FROST MOON DUE TO THE FIRST HARD FREEZE GENERALLY OCCURRING IN NOVEMBER. IT HAS ALSO BEEN CALLED THE BEAVER MOON, AS THIS IS WHEN DECIDUOUS TREES HAVE SHED MOST OF THEIR LEAVES AND BEAVERS USE THE NAKED TREES TO BUILD, OR SHORE-UP, THEIR DAMS. NATIVE AMERICANS AND EUROPEAN HUNTERS WOULD HUNT AND TRAP BEAVERS DURING THIS MONTH DUE TO THEIR ABUNDANT ACTIVITY.

AS MANY KNOW, THE ORIGINS OF WHAT WE KNOW AS THANKSGIVING GO BACK TO THE EARLY 1600S WHEN THE PILGRIMS HELD A FEAST TO GIVE THANKS TO THEIR NATIVE AMERICAN FRIENDS, THE WAMPANOAG. HOWEVER, THE END OF HARVEST HAS BEEN CELEBRATED BY DOZENS OF CULTURES ACROSS NORTH AMERICA, EUROPE, AND EVEN EGYPT FOR CENTURIES. IN THE UNITED STATES, PRESIDENT WASHINGTON CALLED FOR THE FIRST FEDERAL DAY OF GIVING THANKS ON THURSDAY, NOVEMBER 16, 1789. THIS FIRST THANKSGIVING WAS TO RECOGNIZE THE PROVIDENCE IN CREATING THE NEW COUNTRY AND THE FEDERAL CONSTITUTION. CONCERNS OVER FEDERALLY RECOGNIZED RELIGIOUS DEMONSTRATIONS OF PIETY RUNNING IN CONFLICT WITH THE IDEA OF A SEPARATION OF CHURCH AND STATE LED MOST PRESIDENTS OVER THE NEXT CENTURY TO AVOID THE ISSUE. HOWEVER, NEAR THE END OF THE CIVIL WAR, PRESIDENT LINCOLN DECLARED A NATIONAL THANKSGIVING HOLIDAY BE HELD IN NOVEMBER EVERY YEAR AND SINCE 1941, IT HAS BEEN HELD ON THE FOURTH THURSDAY.

YOU MAY HAVE HEARD THAT WE HAVE PAUSED OUR SENIOR PANTRY UNTIL NEXT YEAR. WE ARE EXTREMELY THANKFUL TO THE WILLIAM N. PENNINGTON FOUNDATION FOR PROVIDING THE INITIAL FUNDING FOR THE PANTRY. THROUGH THEIR GENEROSITY, MORE THAN 200 SENIORS RECEIVED ASSISTANCE WITH THEIR GROCERIES OVER THE PAST SIX MONTHS. THROUGH MORE THAN 550 INDIVIDUAL ORDERS, MORE THAN 1,200 CANS OF CORN, 1,100 CANS OF FRUIT, 900 CANS OF VEGETABLES, AND 1,200 CANS OF SOUP WERE DISTRIBUTED. ADDITIONALLY, MORE THAN 400 POUNDS OF BOTH CHEESE AND BUTTER, AND MORE THAN 400 PACKAGES OF TOILET PAPER AND PAPER TOWELS WERE DISTRIBUTED. DEFINITELY SOMETHING TO BE THANKFUL FOR!

WE ARE ALSO THANKFUL TO OUR VETERANS. VETERANS DAY IS NOVEMBER 11 AND WAS PREVIOUSLY KNOWN AS ARMISTICE DAY, CELEBRATING THE END OF WORLD WAR 1. THIS YEAR, VETERANS DAY IS CELEBRATED ON FRIDAY, NOVEMBER 10 AND THE CENTER WILL BE CLOSED. THE CENTER IS ALSO CLOSED FOR THANKSGIVING ON BOTH THURSDAY, NOVEMBER 23 AND FRIDAY, NOVEMBER 24.

PLEASE NOTE THAT OUR CHRISTMAS BAZAAR, THE CENTER'S LARGEST FUNDRAISER, WILL TAKE PLACE ON SATURDAY, DECEMBER 2 AND SUNDAY, DECEMBER 3. WE NEED VOLUNTEERS, SO IF YOU ARE INTERESTED, PLEASE SEE SOMEONE IN THE OFFICE. I ALSO WANT TO CALL ATTENTION TO THE NOVEMBER BOARD MEETING BEING CHANGED TO MONDAY, NOVEMBER 26. FINALLY, DON'T FORGET THAT YOUR CLOCKS "FALL" BACK ONE HOUR ON SUNDAY, NOVEMBER 5 AS DAYLIGHT SAVINGS COMES TO AN END.

IN CLOSING, I HOPE THAT YOU ALL HAVE A WONDERFUL NOVEMBER, FULL OF THANKS!

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

NOVEMBER 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.	Nov. 13	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, T, 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	Wed. & Th.	Ongoing	9:00 a.m.-11:00 a.m.	Art Room	BYOS
Char's Craft Class	2 nd Tues.	Nov. 14	10:00-11:30 a.m.	Art Room	Varies
Quilting/Sewing Class	Weds.	Ongoing	9:00 a.m.-3:00 p.m.	Technology Room	BYOS
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
ECRSEA	Varies	Nov. 7	1:00-2:00 p.m.	Dining Room	Free
Nevada Care Connection	2 nd Friday	Nov. 10	11:00 a.m.-1:00 p.m.	Dining Room	Free
WAFD Bank Presentation	2 nd Friday	Nov. 10	11:30-12:00 noon	Dining Room	Free
Cancer Support Group	Varies	Nov. 17	11:00-12:00 noon	Craft Room	Free
Dementia Friendly Elko	3 rd Weds.	Nov. 15	1:00-2:00 p.m.	Technology Room	Free
Kristen Roe (Medicare Help)	Varies	By Appt.	Varies in November	Dining Room	Free
Memoir Writing	4 th Thurs.	Nov. 23	1:00-2:00 p.m.	Technology Room	Free
Garden Club	Varies	Nov. 3	12:00 noon	Technology Room	Free
Nevada Legal Services	Varies	Dec. 20	10:00 a.m.-12:30 p.m.	Office	Free
Dr. Patton's Podiatry	Varies	Dec. 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



MARLYN MUELLER
SEPTEMBER 16, 2023



CARL MOODY
SEPTEMBER 21, 2023



J. BILL MOSCHETTI
SEPTEMBER 7, 2023



ED GRANADOS
SEPTEMBER 12, 2023

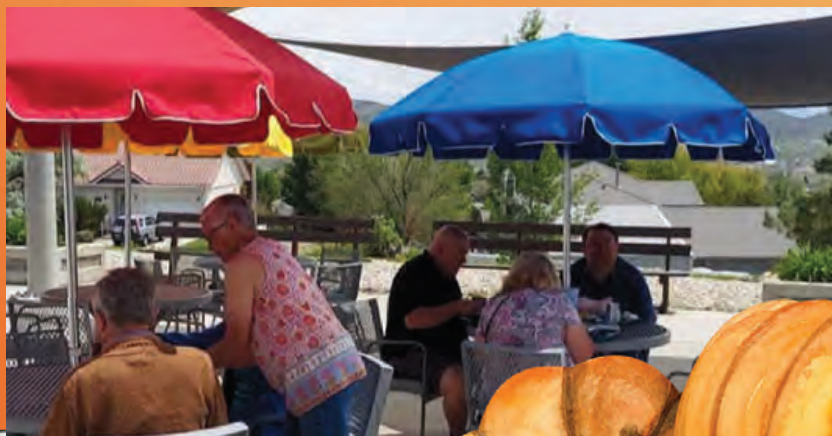


MONTY LOUGY
OCTOBER 6, 2023



LARRY HIRE
OCTOBER 5, 2023

Photo Fun!



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



The Terrace Cinema



Somewhere in Time (1980)

November 2nd & 3rd at 12:45 pm

PG | 1h 43m

A Chicago playwright uses self-hypnosis to travel back in time and meet the actress whose vintage portrait hangs in a grand hotel.

Barbie (2023)

November 9th & 10th at 12:45 pm

PG-13 | 1h 54m

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.



Planes, Trains, and Automobile (1987)

November 16th & 17th at 12:45 pm

R | 1h 33m

A Chicago advertising man must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower-curtain-ring salesman as his only companion.

Falling in Love (1984)

November 30th & 31st at 12:45 pm

PG-13 | 1h 46m

Although they live married lives, two strangers keep running into each other, starting a friendship that could blossom into so much more.



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



Happy Birthday



NOV 01

GEORGE SNOW
DEILA GAYTAN

NOV 02

LYNETTE DAVIS
WILLIAM
KEENEY
AIDA MATHEWS
MADA GRGIC

NOV 03

LAURIE SUDWEEKS
CLAYTON CRACRAFT
CORALEE GRISWOLD

NOV 04

JESUS LOPATEGUI
SONNY HOWARD
ALAN WINWOOD
LINDA GILBERT
LOIS SARGENT

NOV 06

JUSTIN PARKER

NOV 07

LEE CAMPSEY

NOV 08

PAUL CLARK
RON CHAPPELL
TERRI IZATT

NOV 10

LARRY WILLIS
MICHAEL
SYMMES

NOV 12

ELISABETH MOORE
CORY BRITTON

NOV 13

PATTY JUEDEN
WILBER GREER

NOV 14

GINGER REEDER
CYNTHIA HOLCOMB

NOV 15

KATHY KILLIP
JOSEFINA LOPEZ
JULIE CARL
PENNY MCINTOSH

NOV 16

BRETT WHITE
BRUNELLA REGAN
MARGARET TURNER

NOV 17

JULIANNA STEVENS

NOV 18

BETH WOODBURY
KATHY RUTH

NOV 19

VERONICA KEHN
THOMAS JENKINS

NOV 20

INA NUNES
WAYNE PRICE
REIKO GRISWOLD

NOV 21

MARY MCCARTY
CHARLYN VAN SLYKE
JOHNNY WRIGHT

NOV 24

WANDA JAYO
DENISE EDWARDS
JOSEPH ZUCHERO

NOV 26

SHIRLEY KINGWELL

NOV 27

BETTY POWER

NOV 28

MURIEL MCNEAL
EVALYN PLUMB
MARILYN WETMORE
SHARON NELSON

NOV 29

JOSE MACIAS



NEW MEMBERS

LYNDA MCBRIDE
DENNIS GIERE
MARCIA GIERE
JOSE MEDINA

KAREN BRYANT
BUFFY GEORGE
BRENDA BRACE
LAURENE BROWNE
SAMANTHA CASAS
KATHERINE DAVIS
DONNA KONCHER
NANCY LAWSON

ERIKA LYND
DONNA MANLEY
DAVE DRAKE
NORMA JEAN HESSE
RICH SANDOZ
ROBERT SANDOZ
MIKE SHELLNBARGER
KATHERINE SORENSON

DEAN LATHAM
JESSICA WILEY
AMY FOX
JODY RAND
VICKIE HIGGINS
JEFF KRANOVICH
SUSIE SANDOZ
MONICA SIDES



ITEMS TO MAKE NOTE OF



A SPECIAL THANK YOU TO
WILLIAM N. PENNINGTON
FOUNDATION
NEVADA GOLD MINES
HUNT & SONS
WESTERN STATES PROPANE
FAMILY DOLLAR ON MT. CITY
HIGHWAY
HEROES HAVE HEART
ANONYMOUS PANTRY DONORS



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



WATERCOLOR CLASSES
ARE NOW OFFERED ONLY
IN THE MORNING.



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



HAPPY Thanksgiving

IN SEPTEMBER 2023, WE SERVED 3,782 MEALS AT AN AVERAGE COST OF \$10.20. WE RECEIVED AN AVERAGE OF \$2.72 PER MEAL IN MEAL DONATIONS.

Board of Directors

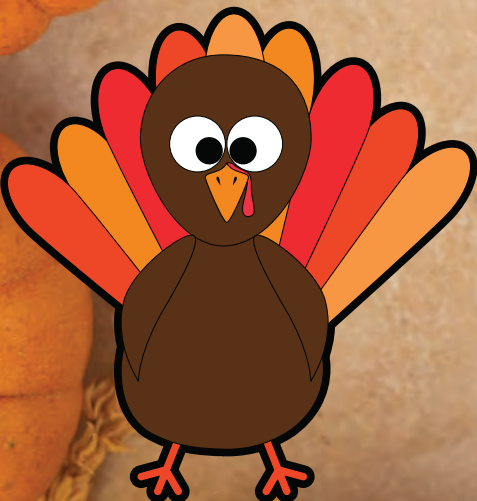
Jennifer Back/Chair - Cindy Hyslop/Vice Chair - Katrinka Russell - Treasurer
Monica Wright-Coscarat - Marsha Davis - Brian Riley- Billie Jean Crawford

Senior Center Staff

Matt McCarty/Executive Director
Carissa Cassadore/Member Program Mgr. & Janis Shurtliff/Administrative Asst.

Uriel Villano/Kitchen Manager
Josie O'Donnell/Asst Lead Cook
Candi Ashby, Sami Wrenfrow, Jessie Myer, Samantha Beardall, Stephanie Perry-Mohr/Kitchen Aides & Drivers
Open/Dishwasher

THE CANCER
SUPPORT
GROUP WILL MEET
THIS MONTH ON
NOVEMBER 17 AND
GENERALLY MEETS
EVERY 4 WEEKS



BOARD OF DIRECTORS BULLETIN

THE DATE OF THE NEXT BOARD MEETING IS NOVEMBER 27, 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.

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,

November 16th

Doors open at 5 pm – Game

starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday,

November 8th

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





The Elko Senior Center Presents

The 47th Christmas Bazaar

Saturday, December 2nd 9:00-5:00
Sunday, December 3rd 9:00-3:00

★ Handmade Items and Food ★

★ Pictures with Santa both Days ★

Elko Convention Center
700 Moren Way

Free Admission

www.elkoseniors.org

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 November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham and Bean Soup Corn Bread Garden Salad Spiced Applesauce Rice Crispy Treat	2 Fish and Chips Carrot & Celery sticks Potato Salad Orange Sections Pineapple Upside Down Cake	3 Beef Stroganoff Over Noodles Baked Acorn Squash Orange Spinach Salad Plums Assorted Dessert
	7 Roast Pork Tenderloin Simmered Beans Honey Dijon Vegetables Potato Salad Diced Apricots Marble Cake	8 Herb Seasoned Fish Brown Rice & Lentil Pilaf Creamy Cole Slaw Three Bean Salad Pears WW Bread Lemon Poke Cake	9 Country Fried Steak Mashed Potatoes Mixed Vegetables Garden Salad Butterscotch Pudding	10 Veterans day Center Closed
13 Chicken in Orange Sauce Brown Rice Pilaf Savory Style Beans Mixed Green Salad Cinnamon Apple Slices Snickerdoodle Cookie	14 Lemon Baked Fish Brown Rice & Lentil Pilaf Seasoned Green Peas Spinach Salad Pears Lemon Bar	15 BBQ Ribs Potatoes Divine Green Beans Caesar Salad Fresh Orange Ice Cream	16 Southwest BBQ Chicken Burger Baked Beans Carrot & Celery Stick Pineapple Chunks Sundae Bar Sponsored by Tim Hatch with Edward Jones	17 Thanksgiving Dinner Turkey Home-Style Dressing Mashed Potatoes Whole Kernel Corn Cranberry Sauce Pumpkin Pie with Whipped Cream
20 Breaded Shrimp Old English Chips Tomato Vinaigrette Creamy Coleslaw Peach Cobbler	21 Meatloaf Baked Potato Edamame Mix Caesar Salad Diced Peaches Rice Krispy Treat	22 Breakfast 9:30-10:45 Denver Scramble Vanilla Yogurt Cantaloupe Chunks Juice Oatmeal	23 Center Closed Thanksgiving day	24 Center Closed Family Day
27 Swiss Steak Broccoli Chopped Three Bean Salad Spring Salad Cantaloupe Pumpkin Chocolate Chip Cookie	28 Tuna Fish Casserole Dinner Roll Salad Mandarin Oranges Chocolate Cake	29 Chicken Alfredo Linguine Noodles Seasoned Peas Caesar Salad Orange Bread Stick Jell-O with Fruit	30 Birthday Sweet & Sour Pork Over Steamed Rice Oriental Blend Mixed Green Salad Cake & Ice Cream	31 Hot Dog Sun Chips Macaroni Salad Grapes Assorted Dessert

The Terrace at Ruby View | 775-738-3030

1795 Ruby View Dr. Elko

www.elkoseniors.org

***Menu is Tentative**

Drive Thru & Chef or
Chicken Apple Salad

Order before 9:00 am

IMPORTANT DATES:

NOV. – NATIONAL HOSPICE & PALLIATIVE CARE MONTH
 NOV. – NATIONAL NATIVE AMERICAN HERITAGE MONTH
 NOV. 1 – DIA DE LOS MUERTOS (DAY OF THE DEAD)
 NOV. 1 – ALL SAINTS DAY
 NOV. 2 – NATIONAL DEVILED EGG DAY
 NOV. 4 – NATIONAL CANDY DAY
 NOV. 5 – NATIONAL DONUT DAY
 NOV. 5 – DAYLIGHT SAVINGS ENDS (CHANGE CLOCKS)
 NOV. 10 – NATIONAL CIVIC PRIDE DAY
 NOV. 10 – U.S. MARINE CORPS BIRTHDAY
 NOV. 11 – NATIONAL SUNDAE DAY
 NOV. 11 – VETERANS DAY
 NOV. 14 – WORLD DIABETES DAY
 NOV. 14 – NATIONAL PICKLE DAY
 NOV. 15 – NATIONAL PHILANTHROPY DAY
 NOV. 16 – INTERNATIONAL CHECK YOUR WIPERS DAY
 NOV. 16 – NATIONAL RURAL HEALTH DAY
 NOV. 18 – MICKEY MOUSE BIRTHDAY
 NOV. 19 – START OF NATIONAL GAME & PUZZLE WEEK
 NOV. 25 – SMALL BUSINESS SATURDAY



**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!

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 U.S.C. 170.c. Please check with your accountant.

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



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

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**



**Dementia
Friendly
America™**
NEVADA
ELKO COUNTY

**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
Co-Facilitator Kristen Roe: 775-385-5045**

Additional FREE Resources:



Dementia Conversations

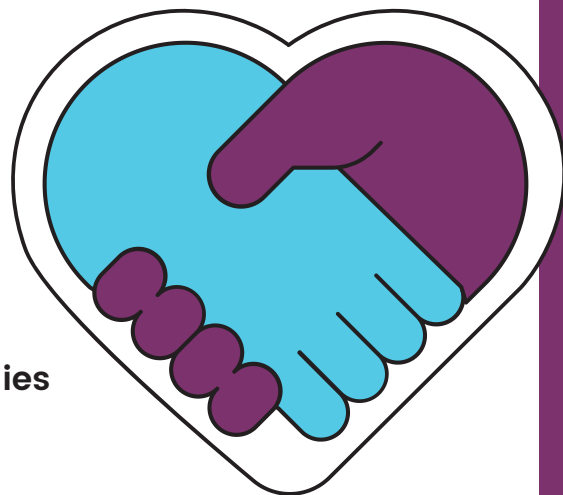
A twice-weekly, zoom-based public conversation forum for people living with dementia and care partners to discuss living well with dementia and explore practical approaches to get there!

DementiaFriendlyNevada.org/dementia-conversations

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



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

Dementia Friendly Elko County
(775) 385-5045

Dementia Friendly Nevada:
(775) 682-9444



**Dementia
Friendly
America™**
NEVADA
ELKO COUNTY

Golden Years Solutions is at the Elko Senior Center for Annual Enrollment Period!



Kristen Roe and Reisa Nolte are both licensed insurance agents from Spring Creek, NV ready and willing to help you navigate the confusing world of Medicare for rural Nevadans, and make sure you are in the best position heading into 2024.

- **Call in to the Senior Center to make an appointment between October 15th – December 7th!**
- **775-738-3030**

***Supplements/Medigap,
Prescription Drug Plans,
Medical Savings
Account/Medicare Advantage,
Dental/Vision, Under 65
insurance***

Local: serving Spring Creek, Elko and surrounding rural counties

Unbiased: we are licensed with 15 insurance carriers that offer plans in our area. Our focus is getting you the best coverage at the lowest cost – in other words, we work for you!

Rural focused: we specialize in what's available to *rural* residents

kristenroeinsurance@gmail.com 775-385-5045

Healthy LIVING while aging!



November 2023

| Newsletter provided by University of Nevada, Reno Extension

| Volume 4, Issue 11

Managing Grief During the Holidays

By Brenda Freeman, Ph.D.

Fall is in the air and with it comes the anticipation of delicious holiday food and pleasurable family gatherings. But not for all. For some, the holiday season triggers grief and sadness as we remember lost loved ones and the joyful holiday celebrations of the past. Grief over the death of a loved one leaves a measurable impact on the well-being of the griever. One poet noted that grief 'tears a big hole in our hearts.'

What is grief, anyway? Grief is a response to a loss that often includes psychological, social, physical or behavioral reactions. It is not a mental health problem unless the griever is suffering from complicated bereavement (defined as a failure to work through the processes of grief appropriately) in which case they should see their physician or a licensed therapist for assistance.

In the way of background, humans tend to form emotional bonds known as attachments. We attach to spouses, pets, places and friends. But while attachment is a natural part of living a rich and full life, a byproduct of attachment is loss. In other words, once we become emotionally attached, we will inevitably experience the pain of loss when the person or pet dies, a relationship ends or a move is made.

For many individuals aging brings with it a pile-up of losses when a new loss (such as the death of a friend) occurs while we are still suffering grief from a former loss (such as the death of a spouse). For older people, the grief pile-up happens because friends, partners and spouses are often from the same age group. Other factors

Brenda Freeman is a professor and state specialist at the University of Nevada, Reno, Extension. She specializes in grief and loss and is a licensed clinical counselor, author and consultant.



are loss of physical capabilities and a death anxiety about our own death triggered by the deaths of others.

While grief may be unavoidable, it can be managed so that it does not ambush daily living. Suggestions on managing grief:

- Be aware that grief is a normal process that is unique to each individual. Nobody can tell us how to grieve.
- Don't be alarmed by emotional outbursts, disorganized thinking, forgetfulness, and changes in eating and sleeping patterns in the aftermath of a loss. Emotions such as anger, guilt, restlessness, depression, anxiety or visions of the presence of the deceased can be common reactions to loss.
- Decide if your grief is making it difficult to get up in the morning and go through your daily routine. If it is, see your physician, join a support group or seek mental health counseling.
- Build on what has worked for you in the past. How have you coped with grief in earlier life stages?
- Pay attention to healthy lifestyle issues - such as nutrition, sleep, exercise and avoiding abuse of alcohol.
- Ritualizing the grief through art, writing or creating a memorial.
- Lean on your support system and talk to empathetic friends, family or religious leaders.
- Engage in cultural death traditions, such as Day of the Dead, American Indian drum circles and religious ceremonies.
- Take care of a pet.

Finally, it is important to recognize that loss can have a silver lining. Loss can help us sharpen our capacity to define our life activities and friendships that are most important to us. Understand that grieving the past can make your "new" holidays and your future meaningful.

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.

Thanksgiving dinner looks different for every family and the traditional turkey and stuffing might not be everyone's first pick. It's a perfect time, with football in the air, to learn some simple swaps and substitutions that may "up" your game-day or holiday meals.

Simple Swaps

Try making small swaps to help your family get more of the good stuff.

Sub It In

Tempted to skip over a recipe because of one ingredient? Just use something else! If your recipe calls for a food that is too pricey, too hard to find, or that you simply do not care for, try subbing in another. Substitutions may be different depending on if the food is raw or cooked. Figure out how the food is being used, then try the tips in the charts below.

Foods within the same category can be used in place of each other. For instance, a dark leafy green such as kale can be replaced with any other dark leafy green like chard or collards, whether raw or cooked.

Fruit

<i>Instead of...</i>	<i>If using raw, sub in...</i>	<i>If using cooked, sub in...</i>
Berries (blueberries, blackberries, strawberries, raspberries)	Cherries, bananas, grapes, stone fruit	Cherries, grapes, stone fruit
Grapes	Cherries, berries, bananas	Cherries, berries
Stone fruit (peaches, plums, nectarines, apricots)	Bananas, berries	Grapes, apples, pears

Vegetables

<i>Instead of...</i>	<i>If using raw, sub in...</i>	<i>If using cooked, sub in...</i>
Broccoli	Cauliflower	Cauliflower, spinach, dark leafy greens
Carrots	Beets, celery root, summer squash, celery	Root vegetables, summer squash, celery
Dark leafy greens (kale, chard, turnip, beet and mustard greens)	Spinach, lettuce, cabbage	Spinach, broccoli, cabbage
Eggplant	---	Zucchini, yellow squash, sweet peppers
Mushrooms	Summer Squash	Snow peas, sugar snap peas, summer squash
Potatoes	---	Sweet potato, root vegetables, carrots
Root vegetables (turnips, beets, rutabaga, celery root)	Sweet potatoes, carrots	Sweet potatoes, winter squash, carrots, parsnips
Spinach	Lettuce	Dark leafy greens, broccoli, cabbage
Summer squash (zucchini, yellow squash)	Sweet peppers, carrots	Eggplant, sweet peppers
Sweet Potatoes	Cabbage, root vegetables, carrots	Root vegetables, carrots, winter squash, parsnips

For more tips to feed you and your family well please visit <https://cookingmatters.org/tips/#simple-swaps>.

An EEO/AA institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.





FRAUD WATCH ALERTS: September

MEDICARE DATA BREACH

Last month Medicare announced that one of their contractors had been hacked and the personal information of 612,000 Medicare beneficiaries were stolen. The security breach put Social Security numbers, birth dates, driver's license numbers, health insurance claims, medical history notes, prescription information and other personally identifiable information at risk.

Anyone whose information was compromised in the breach will be notified by Medicare and offered two years of free credit monitoring. However, even if your data weren't stolen, this incident reminds us all of one stark reality – we have little control over much of our personal data.

So many companies and government entities have our personal data and so many have been hacked in the past that the most practical thing for people to do is assume that your information is out there and take the necessary precautions. Two things you can do to protect against ID fraud are to [check your credit reports](#) regularly for suspicious activity (www.annualcreditreport.com), and be sure that you are using strong and unique passwords for all websites and storing them securely.

TECH SUPPORT SCAMS TRENDING

Some of the top scams are the ones that have been around the longest. One might think that a crime like the tech support scam, which has been around for 15 years, might fade away but it is more common than ever. According to the FBI's Internet Crime Complaint Center, the tech support scam was reported by nearly 18,000 victims who had a combined \$588 million stolen from them last year.

These scams start with an unsolicited phone call or a pop-up alert on your device, claiming to be from Microsoft, Norton, or another related company warning of grave problems. The goal is to persuade you to allow them to remotely connect with your device where they can convince you they find something terrible. They are actually seeking to install malware to harvest personal information and logins, creating ways to get back into your device or convincing you to pay for expensive repair and protection – all of which is fake.

Bottom line, the urgent phone call or popup message is a sham. Don't answer (or hang up immediately if you do), and to rid your screen of the message, exit out of your browser, power down your device or do a hard shut down. Keeping your operating systems and security software up to date is an important way to keep real viruses and malware out.

EMPLOYMENT SCAMS

When it comes to the labor market, the supply of jobs is outpacing demand but that doesn't mean that employment scams have gone away. Just because there are more job openings than job seekers doesn't mean that criminals have closed up shop. With many Americans looking for a side hustle to help make ends meet or an opportunity to make more money or work remotely, there are still enough potential victims to fuel these schemes.

Here's what you need to know to avoid employment scams. Beware of any job that offers a large income with little to no training or experience. Business offers that are guaranteed to "pay off quickly" or "double your investment" are also highly suspicious. Lastly, avoid any job offer which requires you to pay in advance for certification, training or materials.

Many of these employment scams are advertised as "work from home" which is particularly dangerous with so many people looking for these opportunities. Before accepting any work from home position, do your homework and ensure that the company you are agreeing to work for is indeed a legitimate one.

CELEBRITY IMPOSTER SCAMS

This October is National Cyber Security month and AARP is focused on shining a light on the most prevalent online scams including celebrity impostors. Stars like Bruce Springsteen, Trace Adkins and Oprah Winfrey are among thousands of celebrities whose personas have been used by scammers online to solicit money from fans.

These days, celebrities share career news, personal views, even travel videos on social media and interact with fans in comment threads. Criminal scammers take advantage of that by trying to convince fans that they have special direct access to that celebrity online. The way it works is a fan will get a direct message out of the blue from a favorite musician, actor or athlete. They will send out tens of thousands of these messages knowing that while most people will be skeptical – it only takes one person who is excited to make money.

While the ask might vary between money for charity or an investment opportunity or limited access event and even love, it is always a scam. Remember, never share your personal information with or send money to someone you don't know and have only communicated with online, no matter how supposedly famous they are.



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.



FRAUD WATCH ALERTS: October

CYBER SECURITY AWARENESS MONTH

The month of October was declared by Congress in 2004 to be Cybersecurity Awareness Month. During each October, the public and private sectors and tribal communities work together to raise awareness about the importance of cybersecurity. Here are four important steps to staying safe online.

First, enable two-factor authentication for logins on all websites that offer it. When you sign into the website where this is enabled, you are provided a one-time passcode by text, email or phone, to complete your sign in. Second, make sure your protective software and operating systems – on all your internet connected devices – remain updated (you can set updates to happen automatically as they become available). Next, understand the risk of clicking on links – any links. Many cyber-attacks start with a phishing email or text containing a malicious link. Lastly, use strong and unique passwords for each website you access and store them securely.

THE RISE OF “SMISHING”

If you have a cell phone, you’ve probably noticed an increase in text messages from people you don’t know.

This is particularly concerning, given how effective *smishing* is as a scam tactic. The Federal Trade Commission reported \$330 million in losses last year to fraudulent texts. We know this is just a fraction of losses, given vast underreporting by fraud victims. With smishing scams on the rise, here’s what you need to know.

Do not engage with texts from unknown people. Rather than clicking on text links, type the web address you know to be legitimate into your browser. Alternatively, call the alleged sender at a number you know to be legitimate. Also, you can filter out junk texts by updating your phone’s messaging app settings, using call-blocking services through your wireless carrier, or installing call-blocking apps.

OPEN ENROLLMENT = MEDICARE SCAMS

It’s open enrollment season, which also means it’s Medicare fraud season. Eligible beneficiaries have until December 7th to shop for the best deal for their health care dollar. Unfortunately, some of the deals offered won’t be deals at all.

Just like in other years, Medicare scams spike during open enrollment season with criminals posing as insurance providers calling and emailing about free gifts or limited time offers. These plays are designed to capture information criminals can use to bill Medicare for bogus services and treatment.

Be suspicious of anyone who calls, emails or visits you promoting a Medicare plan. Legitimate health plans can only contact you if you’ve requested information or if you have an existing relationship with them. Lastly, always review your Medicare or explanation of benefits statement to ensure fraudulent charges aren’t included.

MAKE YOUR HOME CYBER SAFE

When we think about cybersecurity we may think about computers and smart phones. But the reality is everything from our TVs to thermostats to appliances are potentially vulnerable to hackers. In this new normal, online safety is a must so remember – smart devices need smart security.

When setting up a new web-enabled device, be sure to review the privacy and security settings to minimize who you are sharing your data with. If your new device is Wi-Fi and Bluetooth enabled, but they don’t need to be, turn off those settings. Finally, make sure you change the password on your internet router when you first set it up, and regularly thereafter, using a strong and unique password each time.

REMEMBER: If you can SPOT a scam, you can STOP a scam!

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.





Renewing Medicaid is Easy



Fear of losing health insurance can be stressful. Don't risk a gap in your health insurance. Follow these simple steps every year to stay insured.

1 FIND your renewal date

Renewals usually happen one year from when you were approved for Medicaid. However, your renewal date may be different. The best option is to find the date in the portal at AccessNevada.DWSS.nv.gov. To create an account, you need your PIN. If you do not have it, contact your local Welfare office: DWSS.nv.gov/Contact/Welfare/. You can also ask your doctor or pharmacist for your renewal date. Around your renewal date, you will either be automatically renewed or you will get a renewal packet in the mail.

Family Medical Programs		
Application Received Date June 25, 2019		
Status	Medicaid Billing#	(See

3233
STATE OF NEVADA
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF WELFARE AND SUPPORTIVE SERVICES
P.O. Box 15400
Las Vegas, Nevada 89114-5400

Your Name

Update
Your
Address.

3 COMPLETE and return the packet

If you get a packet in the mail, complete it and return it. Even if you don't qualify for Medicaid, any children you have might qualify. You can submit it using any of the contact methods available here: DWSS.nv.gov/Contact/Welfare/. You can also take photos of your completed packet with your phone and email them to: RenewMyMedicaid@DWSS.nv.gov.

STATE OF NEVADA
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF WELFARE AND SUPPORTIVE SERVICES

Date: March 20, 2015
Case Name: _____
Case ID: _____

**IMPORTANT NOTICE: REDETERMINATION OF MEDICAL ELIGIBILITY
IT IS TIME TO RENEW YOUR MEDICAL COVERAGE**

In order to renew your medical coverage you must complete and mail this form to:
Division of Welfare and Supportive Services
Document Imaging Center
P.O. Box 15400
Las Vegas, NV 89114

If your household is receiving medical assistance this form must be returned by or your benefits will be terminated effective: _____

HOW TO COMPLETE THE FORM
1. Answer all the questions on the form and please remember to sign the application.
2. Read the information about you and each member of your household. Add any missing information. If any information has changed, write in the information.

Do I still have Medicaid? What if I lose Medicaid?

Ask your doctor or pharmacist if you still have Medicaid insurance. They can look up your status. If you lost Medicaid because you did not return a completed renewal packet on time, you have 90 days to submit the completed packet to the Division of Welfare and Supportive Services (DWSS) for a re-evaluation. If you do not have your renewal packet, you can call DWSS or simply reapply at AccessNevada.DWSS.nv.gov. If you no longer qualify for Medicaid, you can shop for low-cost insurance at NevadaHealthLink.com.

Questions: Welfare@DWSS.nv.gov or call North: 775-684-7200; South: 702-486-1646



Renovar Medicaid es Fácil

El miedo a perder el seguro médico puede ser estresante. Siga estos pasos sencillos todos los años para mantenerse asegurado.



1 **ENCUENTRE** su fecha de renovación

Las renovaciones generalmente ocurren un año después de la fecha que usted fue aprobado para Medicaid. Sin embargo, su fecha de renovación puede ser diferente. La mejor opción es buscar la fecha en AccessNevada.DWSS.nv.gov. Para crear una cuenta necesitará su número de identificación personal ó PIN, si no lo tiene, por favor contacte su oficina local de Welfare: DWSS.nv.gov/Contact/Welfare/ También puede preguntarle a su médico o farmacéutico su fecha de renovación. Alrededor de la fecha de renovación, se le renovará automáticamente o recibirá un paquete de renovación por correo.

Family Medical Programs		
Application Received Date: June 25, 2019		
Status	Medicaid Billing#	(See

3233
STATE OF NEVADA
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF WELFARE AND SUPPORTIVE SERVICES
P.O. Box 15400
Las Vegas, Nevada 89114-5400

SU NOMBRE

2 **BUSQUE** esta carta en el correo

Recibirá una carta por correo cerca de su fecha de renovación. Podría ser una carta notificándole que su Medicaid ha sido renovado o podría ser un paquete solicitando información adicional. Por lo tanto, mantenga su dirección actualizada: DHCFP.nv.gov/UpdateMyAddress/. Antes de su fecha de vencimiento, comuníquese con la División de Bienestar y Servicios de Apoyo en Welfare@dwss.nv.gov y pregunte sobre su estado. Incluya su número de identificación de Medicaid.

Actualiza
su
dirección.

3 **COMPLETE** y devuelva el paquete

Si recibe un paquete por correo, complételo y devuélvalo. Incluso si no califica para Medicaid, cualquier hijo que tenga podría calificar. Puede enviarlo utilizando métodos de contacto: DWSS.nv.gov/Contact/Welfare/. También puede tomar fotografías de su paquete completo con su teléfono y enviarlas por correo electrónico a: RenewMyMedicaid@DWSS.nv.gov.

STATE OF NEVADA
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF WELFARE AND SUPPORTIVE SERVICES

Date: March 20, 2015
Case Name: _____
Case ID: _____

IMPORTANT NOTICE: REDETERMINATION OF MEDICAL ELIGIBILITY
IT IS TIME TO RENEW YOUR MEDICAL COVERAGE.

In order to renew your medical coverage you must complete and mail this form to:
Division of Welfare and Supportive Services
Document Imaging Center
P.O. Box 15400
Las Vegas, NV 89114

If your household is receiving medical assistance this form must be returned by: or your benefits will be terminated effective: _____

HOW TO COMPLETE THE FORM
1. Answer all the questions on the form and please remember to sign the application.
2. Read the information about you and each member of your household. Add any missing information. If any information has changed, write in the information.

¿Todavía tengo Medicaid? ¿Qué pasa si pierdo mi Medicaid?

Pregúntele a su médico o farmacéutico si todavía tiene seguro de Medicaid. Ellos pueden verificar su estado. Si perdió Medicaid porque no devolvió a tiempo un paquete de renovación completo, tiene 90 días para enviar el paquete completo al Division of Welfare and Supportive Services (DWSS) para una reevaluación. Si no tiene su paquete de renovación, puede llamar al DWSS o simplemente volver a presentar la solicitud en AccessNevada.DWSS.nv.gov. Si ya no califica para Medicaid, puede comprar un seguro de bajo costo en NevadaHealthLink.com.

Preguntas: Welfare@DWSS.nv.gov o llame al Norte: 775-684-7200; Sur: 702-486-1646



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources



Shared Responsibility in Marginalized Older Adult Populations: Promoting & Achieving Health Equity & Well-Being

**University of Nevada, Reno Extension
8050 Paradise Road, Classroom A
Las Vegas, NV 89123**

Join us for an informative and engaging event discussing the health disparities and equity issues marginalized older adult populations face. Our expert speakers will examine Alzheimer's and related dementia, gender responsiveness and care partner violence and explore potential solutions to promote health equity for all. This event is an opportunity to gain experience from experts in the field and connect with others who are enthusiastic about promoting health equity for older adults. **Register now** to secure your spot!

Registration is \$45. Space is limited.

<https://disparitysummit23.eventbrite.com>

Continuing education has been approved for **6.0 hours of ethics for long-term care administrators, 6.0 of cultural competency for social workers, and 6.0 of Category I for certified health education specialists.** UNR Sanford Center for Aging approves for **6.0 hour for marriage and family therapists.** UNR Extension approves for **6.0 hours for nurses.**

***Wednesday, Nov. 15, 2023
8:30 a.m. to 4:30 p.m. PST***

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

SPEAKERS

Keith E. Whitfield | UNLV | Keynote Speaker

Anne R. Lindsay | UNR Extension

Jason D. Flatt | UNLV

Justin B. Miller | Cleveland Clinic Nevada

Samantha E. John | UNLV

Hope for Family Resilience Team | UNR Extension

REGISTRATION & CONTINENTAL BREAKFAST

8 to 8:30 a.m.

MORE INFORMATION

nmazzullo@unr.edu



Breakfast provided by:



Lunch provided by:



Shared Responsibility in Marginalized Older Adult Populations: Promoting & Achieving Health Equity & Well-Being

Wednesday, Nov. 15, 2023

Agenda Time	Sessions Title
8 to 8:30 a.m.	Registration & Continental Breakfast, Sponsored by Cleveland Clinic Nevada
8:30 to 8:45 a.m.	Welcome & Keynote Speaker Introduction Jacob DeDecker, Associate Dean & Director, UNR Extension
8:45 to 9:45 a.m.	<i>Biobehavioral Aspects of Cognitive Aging in African Americans</i> Keith E. Whitfield, Ph.D., President, UNLV
9:45 to 9:55 a.m.	Thank you, Housekeeping & Introduction Natalie Mazzullo, Coordinator, Healthy Aging Initiative, UNR Extension
9:55 to 10:55 a.m.	<i>Age and Gender-Responsiveness: A Path to Improved Health and Recovery Outcomes for Older Women</i> Annie R. Lindsay, Ph.D., Professor & State Specialist, UNR Extension
10:55 to 11:10 a.m.	Break – Sponsored by Cleveland Clinic Nevada
11:10 to 11:15 a.m.	Housekeeping & Introduction Natalie Mazzullo, Coordinator, Healthy Aging Initiative, UNR Extension
11:15 a.m. to 12:15 p.m.	<i>Risk for Alzheimer's Disease and Related Dementias Among LGBTQIA+ Populations</i> Jason D. Flatt, Ph.D., Assistant Professor, UNLV
12:15 to 12:45 p.m.	Lunch, Sponsored by AARP Nevada
12:45 to 12:50 p.m.	Housekeeping & Introduction Natalie Mazzullo, Coordinator, Healthy Aging Initiative, UNR Extension
12:50 to 1:50 p.m.	<i>Where You Live Matters: Geographic Disparities in Alzheimer's Disease Outcomes</i> Justin B. Miller, Ph.D., Director of Research, Cleveland Clinic Lou Ruvo Center for Brain Health
1:50 to 1:55 p.m.	Thank you, Housekeeping & Introduction Natalie Mazzullo, Coordinator, Healthy Aging Initiative, UNR Extension
1:55 to 2:55 p.m.	<i>Aging and Alzheimer's Disease Among Hispanics: Methods to Improve Access and Accuracy</i> Samantha E. John, Ph.D., Assistant Professor, UNLV
2:55 to 3:10 p.m.	Break – Sponsored by AARP Nevada
3:10 to 3:15 p.m.	Housekeeping & Introduction Natalie Mazzullo, Coordinator, Healthy Aging Initiative, UNR Extension
3:15 to 4:15 p.m.	<i>Breaking the Silence: Examining Domestic, Intimate Partner, and Caretaker Violence in the Senior Population</i> Hope for Family Resilience Team, UNR Extension
4:15 to 4:30 p.m.	Thank you & Close Eric Killian, Southern Area Director, UNR Extension



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources

UNLV



WREATHS — across — AMERICA

FINANCIAL INFORMATION:

FISCAL YEAR 2022

(July 1, 2021 – June 30, 2022)

TOTAL REVENUE PER 990

\$30,867,081

TOTAL EXPENSES PER 990

\$31,275,595

More than \$20million redistributed to non-profit and civic organizations since 2007.

EMPLOYEE INFORMATION:

TOTAL STAFF: 41

CONTACT INFORMATION:

4 Point Street
Columbia Falls, ME 04623

Mailing Address:

Po Box 249
Columbia Falls, ME 04623

(877) 385-9504

info@wreathsassamerica.org

WreathsAcrossAmerica.org

facebook.com/WAAHQ

Twitter @WreathsAcross

Instagram @wreathsass



Morrill Worcester
Founder



Wayne Hanson
Chairman of the
Board of Directors



Karen Worcester
Executive Director



OUR MISSION:

Remember, Honor, Teach.

Remember the fallen. Honor those who serve. Teach the next generation the value of freedom.

“SERVE AND SUCCEED”

National Wreaths Across America Day

Saturday, Dec. 16, 2023

Volunteers can get involved at any of the 3,700+ participating locations in all 50 states, Puerto Rico, and on foreign soil.



Join us and over 2 million volunteers nationwide in placing wreaths on veterans' headstones. Invite your family and friends to an experience you will never forget, as we take a break from the hustle and bustle of the holiday season to honor our service men and women and their families.

For a complete list of participating locations, visit
WreathsAcrossAmerica.org

2022 RECAP

- 2.7 million veterans' wreaths were placed in total across the country at 3,702 participating locations. More than two million volunteers helped place wreaths, a third of whom were children.
- At Arlington National Cemetery specifically, the Wreaths Across America program saw 68 tractor trailers deliver over 275,000 veterans' wreaths that were placed by nearly 28,000 volunteers.
- Over 644 truckloads of wreaths were delivered across the country by hundreds of volunteer professional truck drivers driving donated equipment and fuel from approximately 296 transportation partners.

WAYS TO GET INVOLVED

1. Sponsor a Wreath

Honor veterans in your local community by sponsoring a wreath that will be placed on a veteran's grave. You choose the location. Groups can get involved as a fundraising project.

2. Add a New Location

Coordinate a wreath-laying ceremony at a cemetery or veteran's memorial in your town. Determine if this location is already participating by checking our website. We have resources to help you plan your ceremony.

3. Start a Sponsorship Group

Your civic, nonprofit, school or other group can help raise wreath sponsorships for Arlington or your local cemetery. A portion of the funds can be returned to help your group. We offer resources and assistance to ensure your success.

4. Volunteer

Volunteer to place wreaths on a veteran's grave at any of our more than 3,700 participating locations. Involve your friends and family to honor our service men, women and families.

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Patrick Simmons

Debbie Ruane Sparks

Sarah Worcester

GIVING OPPORTUNITIES

Every \$17 places a wreath to honor our veterans.

- Donation of trucking and transportation of wreaths
- Give your employees time to participate on National Wreaths Across America Day.

“We are not here to ‘decorate graves.’ We are here to remember not their deaths, but their lives.” — Karen Worcester