

THE TERRACE AT RUBY VIEW Senior and Active Lifestyle Center

MISSION STATEMENT

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

Proud Partners
With



I enjoy my work as your Senior Activity Programs director for many reasons and one of the very best is the valuable lessons I learn from watching you confidently navigate the challenges of everyday life. In my experience, and probably in your own, the things that matter most to me - family, health and finances – often do not turn out as I hoped they would. However, I have discovered that the happiest and oftentimes the healthiest people don't seem to get discouraged or resistant when changes occur. I have learned, that trying to control a loved one, anticipate changing financial markets or continuing to do things the same way I always have, is frustrating and often exhausting. I cling to the old because it is familiar and fear the new because it is uncomfortable. In retrospect, I recognize that most of the truly hard times in my life were even more difficult because I stubbornly held on to my idea of 'a good life' and refused to open my heart and eyes to the fact that I still had so many more good things and times, to look forward to.

Thanks to you, my positive mentors, I have learned: Don't dwell on what I can't do Look instead for what I can. Don't isolate myself from friends and family. They love me and miss me when I withdraw. Look diligently for the positive in every situation and talk openly about it! Happiness and confidence lifts the spirit.

Thank you for lifting mine!

Kerry

*Challenges are what
make life interesting
and overcoming them
is what makes life
meaningful.*

Joshua J. Marine

ANNOUNCEMENTS

October Birthdays

Weidemann, Dean	1	Barnes, Charles	8	Alsdorf, Milton	21
Burns, Nancy	1	Ayers, Lloyd	9	Ostrander, Marie	24
Shipton, Vern	1	Medina, Barbara	9	Polise, Charlotte	24
Kingwell, Victor	3	Ashby, Steve	9	Wiseman, Susan	24
Brady, Elna	4	Carpenter, John	13	Stahl, Linda	24
Williams, Ronnie	4	De La Cruz, Genevieve	14	Kelsey, Ted	25
Albrecht, Stephen	4	Jones, Carolyn	15	Pearce, Patricia	26
Willis, Gloria	5	Rockwell, Norman	15	Bondo, Lynn	26
Milheim, Barbara	5	Thomas, Sharon	15	Victor, David	26
Lewke, Lorraine	6	Willard, Gerald	16	Fobes, Betty	26
Cassadore, Darlene	6	Strang, Gloria	16	Aiello, V	27
Iribarne, Shirley	6	Arney, Debra	16	Wagner, Judy	27
Ahlin, Gladys	6	Pedrone, Norvia	18	Blain, Robin	27
Hogarth, Brenda	6	Samper, Albert	18	Bowman, Ila	28
Deming, Dale	7	McQueen, Janice	19	Jones, JR	28
Bennett, Hazel	7	Jones, Mike	19	Taufer, Karen	28
Sasgen, Joe	7	Larsen, Ronald	20	Dempsey, Susan	28
Polise, Michael	7	West, Dianne	20	Bair, Craig	30
Bruning, Delores	8	Jackson-Miller, Pamela	20	Beller, Linda	31
Raine, Peggy	8	Byers, Eileen	21	Loveland, Jan	31

Welcome New Members

Agnes Rockwell
Norman Rockwell
James Cummins
Carolyn Nahnacassia
Charles Fong
Alan Gee
Beth Cummins

Barbara Ruth Campbell
Robert Croteau
Ray Westcott
Margaret Quigley
Virginia Hicks
Eugene Dean
Donna Dean

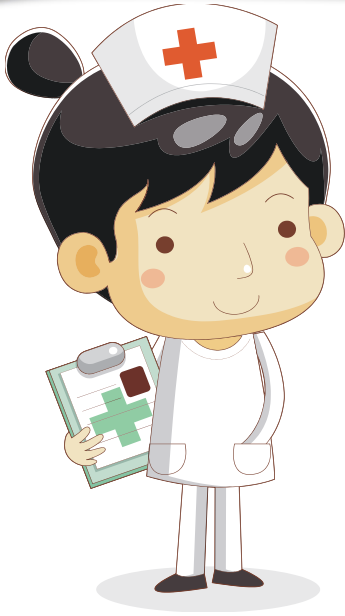
John L.S. Groff
Sonny Howard
Edith E. Kenney
William R. Kenney
Pam Osmonson
Judy Wright
Beth Woodbury
Ralph Layne

In Loving Memory

Sue Martino
August 23, 2015

Ethel VanDerDussen
August 31, 2015

Gerald Culley
September 1, 2015



Flu Shots for Seniors

October 22, 2015

11:00 a.m.-1:00 p.m.

All seniors are encouraged each year to receive a flu shot to help protect their health. Elko Clinic will be here at The Terrace to provide flu shots to seniors (60 years and older). This Clinic is free for those on Medicare (you must have your Medicare card with you). There is a fee of \$30.00 per person for those not on Medicare. (Cash/check only). If you have any questions please call The Terrace at 738-3030.

Early Detection is the Best Protection

Wednesday,
October 21st
1:00 p.m. – 4:00 p.m.

The Terrace at Ruby View
1795 Ruby View Drive

October is “Breast Cancer Awareness” month. As a service to you, Starla Ricks, DNP, APN, Board Certified Family Nurse Practitioner will be here at The Terrace at Ruby View, to administer your **FREE** (private) breast examination and then write your referral order for an annual screening mammogram.

**For details or to make an appointment,
contact Char at 738-3030.**



**NORTHEASTERN NEVADA
FAMILY MEDICINE**

What immunizations are recommended for adults 50 and older?

Here is a list of immunizations adults 50 and older should consider.

- Get a flu shot every year. Over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.
- Get a shot for tetanus, diphtheria, and whooping cough. Get a tetanus booster if it has been more than 10 years since your last shot.
- If you are 60 or older, get a shot to prevent shingles. Even if you have had shingles, you can still get the shingles vaccine to help prevent future occurrences of the disease. Learn more about shingles prevention.
- People 65 years or older need a series of two different vaccines for pneumococcal disease. Talk with your health care team about how to schedule them. Be sure to let the team know if you have ever had a pneumococcal vaccine before. Learn more at Vaccines.gov.

Talk with your health care team about whether you need other vaccinations. You can also find which ones you need by going to Vaccines and Immunizations. (Centers for Disease Control and Prevention)

For more information:

<http://nihseniorhealth.gov/healthscreeningsandimmunizations/faq/faq18.html>

alzheimer's association®

Navigating Through the Different Forms of Dementia: The Basics, Effective Communication Strategies, and Available Resources



Registration is REQUESTED.

Pre-registration is strongly encouraged. Please call: 800.272.3900 or e-mail: lforristall@alz.org for more information and to register for the event.

Please join the Alzheimer's Association for an engaging workshop. The workshop will address the following topics:

- The 10 Warning Signs for Alzheimer's disease or a related form of dementia
- The Basics of Alzheimer's Disease
- Effective Communication Strategies
- Available Resources and Respite Opportunities

Date: Wednesday, October 28, 2015

Time: 1 – 3 pm

Location:

**The Terrace at Ruby View
1795 Ruby View Dr.
Elko, NV 89801**

WWW.ALZ.ORG | 800.272.3900



MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Look for this symbol and the meal on this day is already designed to be diabetic friendly!</p> 	<p>FOR THE BEST LUNCH IN TOWN! Persons 60 and over suggested minimum donation of \$3.00, under 60 \$6.00. Served anytime between 11:30 to 12:30 p.m. Monday – Friday</p> <p>Everyone Welcome</p> <p>MENU & ACTIVITIES ARE SUBJECT TO CHANGE</p>		<p>1 BAKED CHICKEN W/LEMON SAUCE BROWN RICE PILAF CAPRI VEG GREEN SALAD FRUIT</p>	<p>2 VARIETY SAUSAGES STEAMED CABBAGE CREAMED PEAS RED POTATOES SAUERKRAUT</p>
<p>5 B.B.Q. CHICKEN BAKED ACORN SQUASH CUCUMBERS IN SOUR CREAM BISCUIT W/HONEY</p> 	<p>6 SWISS STEAK BAKED POTATO HERB VEG MEDLEY GREEN SALAD FRESH APPLE</p> 	<p>7 CHUCK WAGON BEANS CORN BREAD W/ HONEY BUTTER ORANGE WEDGES GREEN SALAD</p>	<p>8 HERB SEASONED FISH BROWN RICE PILAF BUTTERED PEAS</p>	<p>9 LOW-CARB BEEF STROGANOFF BAKED ACORN SQUASH SPINACH SALAD</p> 
<p>← SEE PAGE 12 FOR MORE INFO ABOUT THIS SYMBOL</p>				
<p>12 SWEDISH MEATBALLS W/BUTTERED NOODLES WINTER BLEND VEG.</p>	<p>13 LEMON BAKED FISH RICE PILAF SEASONED ZUCCHINI</p> 	<p>14 CHICKEN CORDON BLEU BUTTERED NOODLES RIVIERA BLEND VEG</p>	<p>15 <u>BIRTHDAY</u> HOME STYLE MEATLOAF BAKED POTATO GREEN BEANS</p>	<p>16 HONEY APRICOT CHICKEN WILD & LONG GRAIN RICE CALIF. BLEND VEG.</p> 
<p>19 BREADED CHICKEN PATTY MASHED POTATOES W/GRAVY MIXED VEGETABLES</p>	<p>20 PEPPER STEAK BROWN RICE PILAF RIVIERA BLEND VEGETABLES</p> 	<p>21 BAKED HAM W/HOT MUSTARD WHIPPED SWEET POTATOES CAPRI VEGETABLES</p>	<p>22 SALISBURY STEAK MASHED POTATOES & GRAVY GLAZED CARROTS SUNDAE BAR SPONSORED BY EDWARD JONES</p>	<p>23 BEEF STEW NOODLES BUTTERMILK BISCUIT FRUIT CUP</p> 
<p>26 SPAGHETTI W/MEAT SAUCE BAKE ACORN SQUASH GARLIC BREAD</p> 	<p>27 CHICKEN POT PIE W/ PEAS & CARROTS ORANGE WEDGES GREEN SALAD FRUIT</p>	<p>28 HAMBURGER W/ALL THE FIXINGS BAKED BEANS FRUIT</p> 	<p>29 POLYNESIAN CHICKEN BROWN RICE PILAF ZUCCHINI</p> 	<p>30 MONSTER CHILI ALIEN CORN BREAD WEREWOLF HOT DOGS</p>

Daily Meal Alternative

Chef Salad

Crisp greens are topped with tender, slow-roasted turkey, savory ham, cheddar cheese, swiss cheese, a hard-boiled egg, tomatoes, carrots and celery. Served with your choice of dressing and garlic toast.

Please call before 11:00 a.m. to order for the Center or 9:30 a.m. for Meals on Wheels

ACTIVITY

MONDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:15 - 10:00 AM	Stretch Program	Ongoing	Small Activity
	10:00 – 10:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	10:15 - 11:15 AM	Strength Program	Ongoing	Small Activity
	10:30 - 11:30 AM	Tai Chi Techniques	Ongoing	Medium Activity
	2:00 – 4:00 PM	ESAP Board Meeting	10/12	Medium Activity
12:15 – 1:15 PM	Bingo Mania	10/19	Medium Activity	

TUESDAY	Times	Activities	Dates	Locations
	10:30 – 11:30 AM	Tai Chi Techniques	Ongoing	Large Activity
	10:30 – 11:30 AM	Yahtzee	Ongoing	Medium Activity
	10:00 – 3:30 PM	Pinochle	Ongoing	Small Activity
12:30 PM	Classes (see pg. 9)	Ongoing	Medium Activity	

WEDNESDAY	Times	Activities	Dates	Locations
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	9:15 - 10:00 AM	Stretch Program	Ongoing	Small Activity
	10:00 – 10:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	10:15 - 11:15 AM	Strength Program	Ongoing	Small Activity
	10:30 - 11:30 AM	Tai Chi Techniques	Ongoing	Large Activity
12:30 PM	Lunch & Learn (see pg. 11)	Ongoing	Medium Activity	

It's That Time of Year Again!

The new grant year has arrived which means that it is time to re-register. We hope you will take the time to complete the Client Registration Form, as well as, the Nutrition Program Performance Indicators form for our records. In exchange for completing these forms we are able to offer those of you who are 60 and over a discounted congregate meal at the Center or home delivered meals for those who qualify. The information collected is required and used to monitor the effectiveness of our programs being used at the center and grant information for Aging & Disability Services Division (ADSD). We will not share this information without your permission.

PLANNER

THURSDAY	Times	Activities	Dates	Locations
	By Appointment	Podiatry Clinic	10/22	Office
	9:00 – 11:00 AM	Penny Ante Poker	Ongoing	Small Activity
	10:30 – 11:30 AM	Tai Chi Techniques	Ongoing	Large Activity
	10:30 – 11:30 AM	Rummikub	Ongoing	Medium Activity
	12:30 PM	Terrace Cinema Movie (see pg. 8)	Ongoing	Large Activity

FRIDAY	Times	Activities	Dates	Locations
	7:00 – 11:15 AM	Pickleball	10/2 & 10/16	Dining Room
	7:00 – 7:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	7:30 – 8:00 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	8:00 – 12:00 AM	Pinochle	Ongoing	Large Activity
	9:15 – 10:00 AM	Stretch Program	Ongoing	Small Activity
	10:00 – 10:30 AM	CrossFit for Life	Ongoing	Raul's Fitness Center
	10:15 – 11:15 AM	Strength Program	Ongoing	Small Activity
	12:30 PM	Terrace Cinema Movie (see pg. 8)	Ongoing	Large Activity
12:30 – 3:00 PM	Bridge	Ongoing	Small Activity	

EVERYDAY	Times	Activities	Dates	Locations
	7:00 – 3:00 PM	Coffee Bar	Ongoing	Lobby
	7:00 – 3:00 PM	Book Exchange	Ongoing	Small Activity
	7:00 – 3:00 PM	Wii Games	Ongoing	Small Activity
	7:00 – 3:00 PM	Public Computers	Ongoing	Small Activity
	7:00 – 3:00 PM	Daily Crossword Puzzle	Ongoing	Lobby
	7:00 – 3:00 PM	Chess/Checkers	Ongoing	Lobby
	7:00 – 3:00 PM	Puzzle/Table Games	Ongoing	Small Activity
7:00 – 3:00 PM	Horseshoes	Ongoing	Horseshoe Pits	

Offsite Location:

Raul's Strength & Fitness Center
 1031 Railroad Street Suite 104
 Elko, NV. 89801



Photo Policy:

We take photos and video at programs that are provided or partnered by us for promotional use. If you do not want your photo taken, please provide written notice to Char prior to start of the program.



Every Thursday & Friday afternoon at 12:30 pm (unless otherwise noted) we will create a movie theatre atmosphere, where you can enjoy free movies on our BIG screen.

The Age of Adaline– October 1-2

PG-13 Running Time – 1:52

Starring: Blake Lively, Harrison Ford, Michiel Huisman, Ellen Burstyn, Kathy Baker

After miraculously remaining 29-years-old for almost eight decades, Adaline Bowman has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic philanthropist Ellis Jones reignites her passion for life and romance. When a weekend with his parents threatens to uncover the truth, Adaline makes a decision that will change her life forever.

Fast & Furious 7 – October 8-9

PG-13 Running Time – 2:18

Starring: Vin Diesel, Paul Walker, Dwayne Johnson, Michelle Rodriguez, Tyrese Gibson

Danger has come in the form a cold-blooded British black ops assassin with a score to settle. Beginning his reign of terror with the brutal murder of Han in Tokyo and the attempted assassination of Hobbs in L.A., Deckard Shaw is systematically hunting down those who took out Owen, his little brother, during their last mission. When Shaw blows up the Toretto house, Dom must turn to a high-level government operative for assistance. Their only hope is to get behind the wheel again and secure an ingenious prototype tracking device for the U.S. government. In return, they'll use it to locate the ghost that is Shaw before he can kill again.

Tomorrowland October 15-16

PG Running Time – 2:00

Starring: George Clooney, Hugh Laurie, Britt Robertson, Raffey Cassidy, Tim McGraw

Bound by a shared destiny, former boy-genius Frank, jaded by disillusionment, and Casey, a bright, optimistic teen bursting with scientific curiosity, embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space known only as "Tomorrowland."

Avengers:Age of Ultron – October 22-23

PG-13 Running Time – 2:21

Starring: Robert Downey, Chris Hemsworth, Mark Ruffalo, Chris Evans, Scarlett Johansson

When Tony Stark tries to jumpstart a dormant peacekeeping program, things go awry and Earth's Mightiest Heroes, including Iron Man, Captain America, Thor, The Incredible Hulk, Black Widow and Hawkeye, are put to the ultimate test as the fate of the planet hangs in the balance. As the villainous Ultron emerges, it is up to the Avengers to stop him from enacting his terrible plans, and soon uneasy alliances and unexpected action pave the way for an epic and unique global adventure.

The Second Best Exotic Marigold Hotel – October 29-30

PG Running Time – 2:02

Starring: Judi Dench, Maggie Smith, Bill Nighy, Dev Patel, Celia Imrie

Soon to be married, Sonny has his eye on a promising property now that his first venture, The Best Exotic Marigold Hotel for the Elderly and Beautiful, has only a single remaining vacancy, posing a rooming predicament for fresh arrivals Guy and Lavinia.

CLASSES

The Skeptic's Guide to American History – DVD Series

Every Tuesday until December 15 @ 10:30

The cost of this video course is a fee of \$2 per class topic. A list of topics is available at the front office.

Halloween Make-Up Class

TBA

We are so excited to host our first ever Halloween make up class! Diana Moreno will be here to share with you the best tips and tricks on how to apply your Halloween make up. Please sign up with Char at The Terrace at Ruby View if you are interested in this class.

Word 2010 – Intermediate

Tuesday, October 27th, 12:30 p.m.

What you will learn:

- Using Indents and Tabs
- Line Paragraph Spacing
- Working with Lists
- Adding Breaks
- Working with Columns
- Working with Hyperlinks
- Working with Shapes
- Text Boxes and WordArt
- Inserting Clip Art and Pictures
- Formatting Pictures

Please sign up with Char by October 25th for this class at The Terrace at Ruby View. The cost of this class is \$5.00. Space is limited.



University of Nevada
School of Medicine

Nevada Geriatric Education Center

Aging and Disability Services Division FREE Caregiver Series
Dementia, Alzheimer's Disease and Memory Loss:
A comprehensive guide for family caregivers

The Terrace at Ruby View

1795 Ruby View Drive

Elko, Nevada

Tuesday, October 20, 2015

8:30 am to 11:45 am

Sign-In: 8:15 am to 8:30 am

Family Caregivers: Respite may be available so you may attend this program. Contact Cecilia Smith with Nevada Rural RSVP Program at (775) 934-5292 or (775) 687-4680 x117.

CEU Credit

This program has been submitted to the Board for Social Workers and the Board for Long Term Care Administrators and has been approved by the University of Nevada School of Medicine for Nurses for 3.0 continuing education units (CEUs).

Please submit your registration by Tuesday, October 13, 2015.

Fax to (775) 784-4544 or email to dmward@unr.edu

For questions about this program, please call Dolores Ward at (775) 682-8470.

Note: Light refreshments will be provided.

Objectives

- Identify key factors of Alzheimer's disease and other forms of dementia
- Discuss best practices and positive approaches in understanding and accessing disruptive behaviors
- Demonstrate techniques for personal care and hygiene
- Apply strategies for keeping the person with the disease actively engaged
- Describe various intervention approaches to improving caregiver burden, depression and quality of life

Presenter

Dolores Ward, M.S.,
Certified Gerontologist,
Education Coordinator, NGECC

Meals on Wheels Program

The Terrace at Ruby View's Meals on Wheels program helps to promote and maintain your independence and health by providing you with a delicious and nutritious daily meal. And, since we're delivering directly to you in your home, we are checking on your safety as well.

If you are 60 or older and demonstrate a need such as the inability to shop for, or prepare your own meals or are homebound, you October be eligible for the program. For more information call The Terrace at Ruby View at 738-3030.



G.E.T. My Ride

Tickets are available at The Terrace at Ruby View for members. Members can purchase a book of 12 tickets for a suggested donation of \$5.00. No one will be turned away for the inability to pay. Please make checks payable to Elko County.

To arrange for transportation to go to the grocery store, doctor's office or other appointments, please call....

777-1428

New Riders need to register 24 hours in advance.

Podiatry Clinic

Thursday, October 22, 2015

Offered by Dr. Patton for those age 60 or over, includes evaluation and nail clipping. To schedule an appointment call The Terrace at Ruby View at 738.3030.



Diabetic Comfort Footwear

Diabetes increases the risk of foot complications including poor circulation and neuropathy. Every year Medicare covers 1 pair of Diabetic shoes and 3 pairs of soft cushion inserts. For more information please call Anacabe's-Elko General Merchandise at 775-738-3295.

Project Home Repair

Project Home Repair is a group of Newmont Mining Engineers looking to volunteer their time and give back to the community.

Typical Projects:

- Yard Work – raking leaves, trimming trees, general clean up.
- Other Simple Handyman Repairs around the house.

If you are in need of a repair please see Char in the front office of the Terrace at Ruby View or call 738-3030

Mobility Equipment Rentals

Gently-used medical equipment – that usually comes in from donations – is available at the Terrace at Ruby View. Examples of available equipment include: canes, walkers, wheelchairs, and more. For more information, call 738-3030.

A+ Urgent Care will be sponsoring a Free
BLOOD PRESSURE CHECK
along with
PULSE RATE AND OXYGEN SATURATION

at The Terrace at Ruby View on

Thursday, October 8th

10:30 – 12:30 a.m.

Drop-ins are welcome.

CAREGIVER

Lunch & Learn Video Presentations

Presented by Cleveland Clinic

At the Terrace at Ruby View

11:30 AM – 1:00 PM, program begins at 12 Noon

Join us for our Lunch and Learn programs, designed for family and professional caregivers, via video streaming. Topics are of interest to caregivers and families, with special focus on those caring for individuals with Alzheimer's, Parkinson's, dementia, multiple sclerosis and other neurocognitive diseases. All sessions are open to the community. We welcome you to enjoy lunch served by the Terrace during these sessions. If you are under the age of 60, lunch is \$6.00. If you are over the age of 60 and choose to register at the Terrace, lunch is a suggested donation of \$3.00. Please see the menu for lunch options on page 5.

October 2015 Schedule

October 7th

Fun Activities to Have With Your Loved One

Donna Munic-Miller, PhD,

October 14rd

How to Access Community Resources

Robert McVey, MSW, LSW, Cleveland Clinic

Community resources available to Nevada residents are not always easy to locate or to obtain once found. Just knowing what services are available and how to access them may help to improve an individual's quality of life. Various resources and services will be discussed in the event that someone you know might benefit.

October 21st

Fall Prevention Awareness: Tips & Tricks to Be Safe

Jennifer Nash, PT, DPT, NCS, CEEAA, Manager Rehabilitation Services
and Trevor Mahoney, PT, DPT, Cleveland Clinic

What if you could learn some simple tricks so the fear of falling doesn't need to rule your life? Join us for our yearly fall prevention discussion.

Can't make it to Lunch & Learn? You can also view presentation on
www.keepmemoryalive.org.

Holiday Craft Festival



We are currently accepting vendors for Saturday, November 21st Holiday Craft Festival. The Craft Festival will begin at 9:00 am at The Terrace at Ruby View and end at 3:00 p.m. We ask that spaces be reserved

and paid for in advance due to limited numbers available. 6ft table spaces are available for \$75 or 2, 6 ft. spaces \$100. Applications are available in the front office or online at www.elkoseniors.org/Events.html

**WE CARE
About Your Health!**

Look for this symbol



on your monthly menu and we can help you choose a diabetic friendly / lower carbohydrate option by making a few small changes.



Elko Senior Activity Programs, Inc

1795 Ruby View Dr.

Elko, NV. 89801

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