



THE TERRACE

AT RUBY VIEW

Senior and Active
Lifestyle Center



WELCOME TO OCTOBER, NEVADA'S STATEHOOD MONTH! AS I MENTIONED IN JULY, WE WILL BRIEFLY DELVE INTO THE HISTORY OF THE CALENDAR WE USE, THE GREGORIAN CALENDAR. THIS MONTH WILL BE A MORE IN-DEPTH LOOK AT THE CALENDAR. POPE GREGORY XIII INTRODUCED THE MODERN CALENDAR IN 1582, WITH AN EFFECTIVE DATE IN OCTOBER OF THAT YEAR. THERE WERE TWO MAIN CHANGES. THE FIRST WAS TO "CORRECT" THE CALENDAR TO ACCOUNT FOR "MISSED" LEAP DAYS. THIS MEANT THAT 10 DAYS NEEDED TO BE ADJUSTED FOR, MAKING OCTOBER 4, 1582 FOLLOWED BY OCTOBER 15, 1582. THE SECOND CHANGE WAS TO SPACE LEAP YEARS EVERY FOUR YEARS TO MORE CLOSELY MATCH THE "SOLAR" OR "TROPICAL" YEAR. OF NOTE, THE "RULE" FOR LEAP YEARS IS EVERY YEAR THAT IS EXACTLY DIVISIBLE BY FOUR IS A LEAP YEAR, EXCEPT THAT CENTURIAL YEARS (1700, 1800, 1900, 2000) MUST BE EVENLY DIVIDED BY 400 (SO ONLY 2000 IN THE PREVIOUS LIST WAS A LEAP YEAR). THE CHANGE IN CALENDARS ALSO MEANT A SLIGHT CHANGE IN WHEN EASTER WOULD BE CELEBRATED. NOW, EASTER IS CELEBRATED AS THE SUNDAY FOLLOWING THE FULL MOON ON OR AFTER MARCH 21, THE SPRING EQUINOX IN THE NORTHERN HEMISPHERE.

NOW THAT THE HISTORY LESSON HAS BEEN COMPLETED, LET'S EXPLORE SOME OTHER ASPECTS OF OCTOBER. OCTOBER IS SO NAMED BECAUSE IT WAS PREVIOUSLY THE 8TH MONTH. THE HUNTER'S MOON IS FEATURED IN OCTOBER, ALONG WITH THE HARVEST MOON IF IT DIDN'T FALL IN SEPTEMBER. NATIONAL SPORTS DAY FALLS IN OCTOBER, PROBABLY BECAUSE NEARLY EVERY MAJOR NATIONAL SPORTING ASSOCIATION HAS AN EVENT IN THE MONTH OF OCTOBER. FINALLY, OCTOBER AND NOVEMBER EACH HAVE BIRTHDAYS FOR SIX US PRESIDENTS, MORE THAN ANY OTHER MONTH.

I KNOW THAT MANY OF YOU WERE INTERESTED IN GETTING YOUR COVID-19 VACCINATION IN SEPTEMBER AND I WAS DISAPPOINTED WHEN I HEARD THAT OUR PROVIDER WAS NOT ABLE TO ADMINISTER IT. HOWEVER, I AM EXCITED TO ANNOUNCE THAT WE WILL HAVE ANOTHER VACCINATION CLINIC, TENTATIVELY SCHEDULED AROUND OCTOBER 18. IN ADDITION TO COVID-19, THERE WILL POTENTIALLY BE VACCINES FOR PNEUMONIA, INFLUENZA, RSV, SHINGLES, AND TETANUS. YOU MUST BRING AN INSURANCE CARD, AND IF USING MEDICARE, BRING THE STANDARD RED, WHITE, AND BLUE CARD, AS WELL AS AN ADVANTAGE MEDICARE CARD IF YOU HAVE ONE. THERE WILL MOST LIKELY BE A SIGN-UP LIST, SO PLEASE SEE OR CALL THE FRONT DESK IF YOU ARE INTERESTED.

AS MANY KNOW, NEVADA DAY IS OCTOBER 31 AND SHARING THAT DATE IS HALLOWEEN. IF YOU ARE CARVING A PUMPKIN THIS YEAR, KEEP IN MIND THAT PUMPKINS ARE 90% WATER! TO KEEP YOUR PUMPKIN LOOKING FRESHER, LONGER, CONSIDER CARVING ONLY THE SURFACE OF A PUMPKIN, RATHER THAN CARVING ALL THE WAY THROUGH YOUR JACK O'LANTERN. EITHER WAY, SPREADING VASELINE ON THE CARVED EDGES WILL HELP PRESERVE YOUR PUMPKIN LONGER. ANOTHER PRESERVATION TECHNIQUE IS TO INITIALLY WIPE DOWN THE ENTIRE SURFACE WITH A 1:1 SOLUTION OF VINEGAR AND WATER, WHILE SPRAYING IT ONCE A DAY THEREAFTER.

HERE AT THE CENTER, WE WILL HAVE PLENTY OF FALL AND HALLOWEEN DECORATIONS UP DURING OCTOBER. PLEASE NOTE THAT WE WILL BE CLOSED ON FRIDAY, OCTOBER 27, FOR NEVADA DAY, OBSERVED, THOUGH WE WILL FEATURE A "SPOOKY" HALLOWEEN LUNCH ON OCTOBER 31. IF YOU HAVE NOT YET COME BY TO SEE THE REMODELED KITCHEN, PLEASE TAKE SOME TIME TO JOIN US IN OCTOBER FOR A WARM MEAL WITH EVEN WARMER VISITS WITH FRIENDS.

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**

OCTOBER ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
Ga.m.es & 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.	Oct. 9	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	8:00-8:45 a.m.	Large Activity Room	Free
Strength Program	M,W, F	Ongoing	8:45-9:15 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.-3:00 p.m.	Art Room	BYOS
Char's Craft Class	2 nd Tues.	Oct. 10	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
Ruby Mt. Fiber (Knitting Group)	Weds.	Ongoing	11:30 a.m.-2:00p.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	1 st Tuesday	Oct. 3	1:00-2:00 p.m.	Dining Room	Free
Nevada Care Connection	2 nd Friday	Oct. 13	11:00 a.m.-1:00 p.m.	Dining Room	Free
WAFD Bank Presentation	2 nd Friday	Oct. 13	11:30-12:00 noon	Dining Room	Free
Cancer Support Group	Varies	Oct. 13	11:00-12:00 noon	Craft Room	Free
Dementia Friendly Elko	3 rd Weds.	Oct. 18	1:00-2:00 p.m.	Technology Room	Free
Kristen Roe (Medicare Help)	3 rd & 4 th F	Oct. 20 & 27	11:00 a.m.-1:00 p.m.	Dining Room	Free
Memoir Writing	4 th Thurs.	Oct. 26	1:00-2:00 p.m.	Technology Room	Free
Garden Club	Varies	Oct. 6	12:00 noon	Technology Room	Free
Nevada Legal Services	Varies	Oct. 11	10:00 a.m.-12:30 p.m.	Office	Free
Dr. Patton's Podiatry	Varies	Oct. 26	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



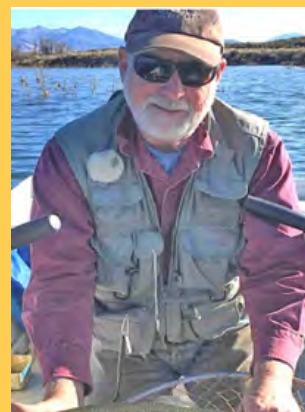
HARRY BOTSFORD
AUGUST 17, 2023



VIDA JEAN POWELL
SEPTEMBER 2, 2023



WARD GUENIN
AUGUST 20, 2023



DALE COLEMAN
AUGUST 12, 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



THE HILL (2023)

OCTOBER 5TH & 6TH AT 12:45 PM

PG | 2H 6M

THE REMARKABLE TRUE-LIFE STORY OF RICKEY HILL'S IMPROBABLE JOURNEY TO PLAY MAJOR LEAGUE BASEBALL.

REGARDING HENRY (1991)

OCTOBER 12TH & 13TH AT 12:45 PM

PG-13 | 1H 48M

AFTER BEING SHOT, A LAWYER LOSES HIS MEMORY AND MUST RELEARN SPEECH AND MOBILITY, BUT HE HAS A LOVING FAMILY TO SUPPORT HIM.



A LEAGUE OF THEIR OWN (1992)

OCTOBER 19TH & 20TH AT 12:45 PM

PG | 2H 8M

TWO SISTERS JOIN THE FIRST FEMALE PROFESSIONAL BASEBALL LEAGUE AND STRUGGLE TO HELP IT SUCCEED AMID THEIR OWN GROWING RIVALRY.

WITNESS (1985)

OCTOBER 26TH & 27TH AT 12:45 PM

R(NUDITY, VIOLENCE & GORE) | 1H 52M

WHEN A YOUNG AMISH BOY IS SOLE WITNESS TO A MURDER WHILE VISITING PHILADELPHIA WITH HIS MOTHER, POLICE DETECTIVE JOHN BOOK TRIES TO PROTECT THE BOY UNTIL AN ATTEMPT ON BOOK'S LIFE FORCES HIM INTO HIDING IN AMISH COUNTRY.





Happy Birthday!



OCT 01
NANCY BURNS
DENNIS FERREIRA
KRIS YOUNG

OCT 02
MIGUEL RUIZ
JUDY ROBISON

OCT 03
KAREN PACINI
ERNESTO LOPEZ
JOAN CAMERON

OCT 04
TERRI WIGGINS

OCT 05
TAMARA CASE
LAURA GUNTER
ELEANOR MARTINEZ

OCT 06
DARLENE CASSADORE
JAMES NIDAY

OCT 07
PATRICIA BRIGGS OCT

OCT 09
BARBARA MEDINA
CAROLYN OWEN
MARILYN SORENSEN
BEN TAYLOR

OCT 10
NANCY JO FITZGERALD
DIXIE HUMBLER
BOB GOODSON

OCT 11
TIMOTHY DAVIDSON

OCT 13
JAMES FOSTER
JERRI JONES
PATTY DILLOW

OCT 14
VALERIE EVANS
JANNET JEFFERIES

OCT 15
NORMAN ROCKWELL
DONALD MILLER
DEBRA KALEY

OCT 16
GERALD WILLARD
NANCY HEGRE
BARBARA TOURREUIL

OCT 17
GREGORY REGAN
IRENE CIANFARANI

OCT 18
BILLIE PHILLIPS

OCT 19
JOHN URBAN
CAROLE BENNETT

OCT 20
PAMELA JACKSON

OCT 21
MILTON ALSDORF
JOSEPH LARAVIE
LINDA WINWOOD
JOE LARVIE
KIMBERLY ERRECART
STRATTON YORGESEN

OCT 22
ASH CASSADORE

OCT 23
ANNIE GOMEZ
MARK GUISTI
SCOTT FINLAYSON

OCT 24
BEULAH OSTRANDER
LINDA STAHL
CINDY
WAHRENBROCK
CAIHONG CERNICK
LARRY KNOPP

OCT 25
MARK GRANRUD

OCT 26
PATRICIA PEARCE
CASEY FISHERMAN
III
GRANT SARGEANT
MICHAEL SYMPSON

OCT 28
RALPH LAYNE
DIANA KEOGH
SHARON PETERS

OCT 29
ANGELINA USTARIZ
KENNETH MURPHY

OCT 31
MONA STENOVICH
JULIANA FISHERMAN
JOHN TURNER
DANA MURPHY



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



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

ITEMS TO MAKE NOTE OF



IN AUGUST 2023, WE SERVED 5,999 MEALS AT AN AVERAGE COST OF \$8.17. WE RECEIVED AN AVERAGE OF \$2.64 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!



DEMENTIA FRIENDLY ELKO COUNTY CONTINUES TO MEET HERE AT THE CENTER ON THE THIRD WEDNESDAY OF EVERY MONTH. THIS MONTH, THEY WILL MEET ON SEPTEMBER 20 TH FROM 1:00 UNTIL 2:30 IN THE TECHNOLOGY ROOM.



CHAIR YOGA IS BACK! EVERY MONDAY AT 10:30!



A SPECIAL THANK YOU TO
 WILLIAM N. PENNINGTON FOUNDATION
 NEVADA GOLD MINES
 HUNT & SONS
 WESTERN STATES PROPANE
 THE BRIGGS FAMILY
 SOUTHWEST GAS FOUNDATION
 THE WILSON FAMILY IN MEMORY
 OF GARY HOSKINS
 JANNA WEILER



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

ITEMS TO MAKE NOTE OF

BOARD OF DIRECTORS BULLETIN

THE DATE OF THE NEXT BOARD MEETING IS OCTOBER 16, 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.

NEW MEMBERS!

Judy Jones, Mike Shellenbarger, Dana Yorgensen, Bethany Abel, Andria Crouch, Rodney Crouch, Steven Gleisner, Carolyn Patterson, Frank Malquist, Brian Norton, Richard Yanley, Tara Carter, Thomas Hofheins, Dea Mitton, Ronald Marshall, Julio Arostegui, Irene Clanfarani, Russell Hinser, Cynthia Stanton, Paul Anderson, Betty Coxwell, Gennifer Green, Denise Weems, Joseph Zuchero, Eleanor Martinez, Irena McCloud, Ronnie Norton, Bill Banks, Bonnie Banks, Ofella Cantu, Raymond Cantu, Nancy Perez, Julia Price, Kathy Sork, Cheryl Blythe, Stephen Blythe, Bonnie Chandler, Allison Meyer, Michal Meyer, Melissa Walsh, Joan Cameron, Timothy Kingwell

Board of Directors

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

Senior Center Staff

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

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,

October 26th

Doors open at 5 pm – Game

starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday,

October 11th

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



Get your Flu Shots and Boosters

including COVID-19, Pneumonia,
RSV, Shingles, & Tetanus

Elko Senior Center
Wednesday October 18, 2023
10am-1pm

***Must have ID and Insurance Card
Medicare Part B and D, Medicaid,
Private insurances accepted.***

for questions call
Catholic Charities Registered Nurse
Tammy : 775-386-7049

***All Clinics subject to cancelation due to weather
All Vaccines available while supplies last.**

In partnership with:



For the Best Lunch in Town!

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

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

The Terrace October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Carrot & Celery Sticks Italian Pasta Salad Fruit Cup Cookie	3 Chili Cornbread Mixed Greens Salad Mixed Fruit Citrus Delight	4 Baked Ham Mac and Cheese Peas and Carrots Garden Salad Peaches Cantonese Dessert	5 Chicken Alfredo Fettuccine Noodles Cascade Vegetables Green Salad Pears Sherbet	6 Salisbury Steak Mashed Potato with Gravy Green bean Casserole Fruit Cocktail Assorted Dessert
9 Orange Chicken Steamed Brown Rice Oriental Veggie Mix Garden Salad Pineapple Chunks Oatmeal Cookie	10 Baked Pork Chop Mashed Sweet Potatoes Green Beans Green Salad Banana Butterscotch Pudding	11 Salmon Angel Hair Pasta Asparagus Garden Salad Fruit Cocktail Marble Cake	12 All Beef Hot Dogs Chili Sauerkraut Potato Salad Diced Peaches Root Beer Floats	13 Honey Lemon Chicken Garlic and Red Pepper Penne Brussels Sprout Garden Salad Fruit Assorted Dessert
16 Spaghetti Garlic Breadstick Zucchini Caesar Salad Diced Pears Cookie	17 Lemon Baked Fish Brown Rice with Lentils Green Peas Tossed Salad Grapes WW Bread Lemon Bar	18 Swedish Meatballs over Noodles Key West Vegetables Carrot Raisin Salad Fruit Cocktail Ambrosia	19 Chicken Cordon Bleu Casserole Winter Blend Vegetables Garden Salad w/ Kidney Beans Fresh Orange Sundae Bar Sponsored by Tim Hatch w/Edward Jones	20 Pineapple Pork Stir Fry Vegetables Jasmine Rice Cucumbers in Sour Cream Fruit Cocktail Assorted Dessert
23 Lasagna 3 Bean Salad Spinach Salad Fresh Orange Garlic Bread Eclair Dessert	24 Meat Loaf Baked Potato Savory Green Beans Caesar Salad Mixed Fruit Strawberry Shortcake	25 Cranberry Glazed Chicken Aztec Grain Salad Green Beans Caesar Salad Mandarin Oranges Pretzel Salad Dessert	26 BIRTHDAY Smothered Burrito Spanish Rice Pinto Beans Tex-Mex Salad Pineapple Cake & Ice Cream	27 Center Closed Nevada Day
30 Pork Chop w/ Mushroom Gravy Mashed Potatoes California Blend Vegetables Garden Salad Applesauce Dinner Roll Chocolate Chip Cookie	31 Halloween Stew "Wiggly Worm" Noodles Garden "of Evil" Salad Mixed Berry "Brain" Cup Caramel Apple Cake			

Important Dates:

October 1 starts National Active Aging Week
 October 1 – National Homemade Cookies Day
 October 4 – National Vodka Day
 October 4 – National Golf Lover's Day
 October 5 – National Do Something Nice Day
 October 6 – World Smile Day
 October 9 – Columbus Day
 October 9 – Native American Day
 October 10 – National Walk to a Park Day
 October 11 – National Take Your Parents to Lunch Day
 October 13 – National Train Your Brain Day
 October 13 – Navy Day
 October 14 – Be Bald and Be Free Day
 October 15 – National Grouch Day
 October 16 – Global Cat Day
 October 20 – International Chefs Day
 October 27 – National Civics Day
 October 30 – Speak up for Service Day
 October 31 – Nevada Day



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



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

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



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

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

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



Great Basin Basics Community Workshop



**Saturday October 7th
8am-2pm**

Lamoille Powerhouse
Picnic Area

Pack a lunch & water!
S'mores provided!

Call to register (775)777-0814

Join NOS and guest presenters for an informative
workshop of all things Nevada and the Great
Basin!

FREE!

Topics include:
Local Wildlife
Local History
Native Plants & Trees
And So Much More!

SCAN ME!



FREE & UNBIASED MEDICARE COUNSELING

The Medicare Assistance Program (MAP) has certified counselors visiting your area to assist you with your Medicare questions.



We will be in your area:

Where: The Terrace at Ruby View

1795 Ruby View Dr, Elko NV

**Date: October 26th, November 9th,
November 22nd and December 1st**

Time: 10:30am-1:30pm

For more information, CALL:

775-753-4085

Walk-ins welcome

If the beneficiary chooses to change their plan during Open Enrollment, the MAP Counselor will need following information to enroll a beneficiary into a new plan:

- **Medicare Card**
- **Current Part D Card**
- **List of Medications**

**Certified Medicare
Counselors**

**Cost Saving
Options**

**Part D Plans
Enrollments
&
Medicare
Advantage Plans
Enrollments**

**Learn how to protect
yourself from
Medicare fraud,
errors, and abuse**

Medicare Assistance Program

**4001 S. Virginia St. Suite F
Reno, NV 89502**

**603 Pine Street
Elko NV, 89801**

775-753-4085



Healthy LIVING while aging!



October 2023

| Newsletter provided by University of Nevada, Reno Extension

| Volume 4, Issue 10

Charity Scams

With the holidays around the corner, 'tis the season for gift giving; however, is it really a gift you want to give?

By Natalie Mazzullo, M.Ed.

Charity fraud schemes seek donations for some organizations that do little or no work—instead, the money goes to the fake charity's creator. While these scams can happen at any time, they are especially prevalent around the holidays. Criminals often use the holidays to play on our emotions and empty our pocketbooks.

To avoid becoming a victim of holiday charity scams the Federal Communications Commission recommends the following:

- Donate to trusted, well-known charities. Beware of scammers who create fake charities. Always verify a charity's legitimacy through its official website. If you have doubts, you can check with the Better Business Bureau's Wise Giving Alliance, or Google Charity Navigator, Charity Watch, or GuideStar.
- Check with the National Association of State Charity Officials on whether charities must be registered in your state and, if so, whether the charities contacting you are registered.
- Verify all phone numbers for charities. If you need to contact a charity by phone or using text to donate, check the charity's official website to see if the number you have is legitimate.
- Do not open suspicious emails. If you receive a suspicious email requesting donations or other assistance, do **not** click on any links or open any attachments. Scammers regularly use email for **phishing**¹ attacks and spreading malware.

Natalie Mazzullo is the healthy aging initiative coordinator at the University of Nevada, Reno Extension and sits on the Governor's Commission on Aging.



- Verify information in online solicitations. Double-check any social media solicitation for charitable donations before you give. Crowd-funding websites often host individual requests for help, but they are not always reviewed by the site or other sources to ensure legitimacy.

One more reminder: Scammers often **spoof**² phone numbers that appear in your caller ID display and try to trick you into answering the phone or responding to a text. They might try spoofing a legitimate charity's number or use a local number, so you'll think the caller or texter is someone you know. Don't answer calls or respond to texts from unknown numbers. And if you answer such a call, hang up immediately.

If you suspect a scam, call the AARP Fraud Watch Network™ at 877-908-3360. This is a toll-free service that is available Monday through Friday, 8 a.m. to 8 p.m. Eastern Standard Time.

¹**Phishing** is the fraudulent practice of sending emails or other messages claiming to be from reputable companies to convince individuals to reveal personal information, such as passwords and credit card numbers.

²**Spoofing** is the act of disguising a communication from an unknown source as being from a known, trusted source. Spoofing can apply to emails, phone calls, and websites, or can be more technical, such as a computer spoofing an IP address.

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.

Packaged Food Hacks

Make ready-made meals more filling with these quick tips.



Boxed, Canned or Frozen Dinners

Bulk up ramen, rice or pasta with vegetables and lean meat for a more satisfying meal.



Frozen Pizza

Make a regular cheese pizza more filling by topping it with your favorite cooked vegetables and lean protein, like turkey sausage.



Frozen Breaded Chicken or Fish

Look for versions with less sodium and saturated fat. Enjoy with a salad and sweet potato fries for a balanced meal.

<https://cookingmatters.org/tips/#simple-swaps>



The Freezer is Your Friend

Try buying frozen fruit when your favorites aren't in season. Blend into smoothies.

Save money by buying the refrigerated or frozen family-size bag of chicken.



<https://cookingmatters.org/tips/>

Tips for Shopping Trips

Shop Smarter. Follow these tips to save time and money on your next journey to the grocery store.



All Forms Count

Fresh, frozen, and canned fruits and veggies are all great options. See if you can find low or no sodium options.



Shop in season

Choose fresh fruits and vegetables that are in season to save money.



Compare Unit Prices

Items are packaged in different sizes and amounts, so examining cost per unit is the best way to compare prices.

<https://cookingmatters.org/tips/>

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



THE ELKO VETERAN CORPS
PRESENTS

2023
VETERANS
Ball



November 11, 2023

COMMUNITY EVENT - ALL INVITED!

ELKO CONFERENCE CENTER
724 MOREN WAY | ELKO, NV

COCKTAIL RECEPTION 5:00PM | DOORS OPEN 6:00PM

**DINNER DANCING MUSIC PHOTOS
RAFFLES AUCTIONS**

~ EARLY BIRD TICKETS \$50 BY OCTOBER 13~
\$75 PER TICKET OCTOBER 14 - 27

ELKOVETERAN.TICKETLEAP.COM/VETBALL23

~PURCHASE DEADLINE OCTOBER 27~
TICKETS WILL NOT BE SOLD AT THE DOOR

FOR MORE INFORMATION:
WWW.ELKOVETERANCORPS.COM
ELKO VETERAN CORPS FACEBOOK PAGE
OR ELKOVETERANCORPS@YAHOO.COM

FORMAL ATTIRE ENCOURAGED