



# THE TERRACE

## AT RUBY VIEW

Senior and Active  
Lifestyle Center



September is the first of the remaining months of the year in which the months are named after numbers, rather than gods, goddesses, and emperors. Septem is seven in Latin, and as with the remaining months, it seems to be mis-numbered. In July, we talked about the Julian Calendar adding two months, which then pushed the second half of the year backwards. Therefore, September, previously the seventh month, became the ninth month. Of note, when Britain switched from the Julian to the Gregorian Calendar, the days of September 3 through September 13 were “eliminated”, causing riots. For those of you interested in astronomy, September’s full moon is either the Corn Moon or the Harvest Moon, depending on when it falls. As we know, September is the first month of fall in the Northern Hemisphere. This is because the autumnal equinox, where the “day” is just as long as the “night”, falls in September. If the full moon is early in the month, it is the Corn Moon because the Harvest Moon then falls in October. Check out the back page for some notable September days, including National Square Dance Month. If you are interested in joining the local Square Dance Club, we would be happy to get you in contact with the organizers.

As you may have heard by now, we will be remodeling the Kitchen, which will be closed for two weeks. Therefore, we will be serving Breakfast on Friday, September 1 and that will be the last hot meal we will serve until Monday, September 18. Even though the Kitchen will be closed, the rest of the Center will be open and frozen meals will be delivered to Meals on Wheels Members and Drive-Through Members.

While the Kitchen is closed, Meals on Wheels Meals will be delivered on Tuesdays and Fridays (September 5, September 8, September 12, and September 15). Drive Through will only be open on: Tuesday, September 5; Thursday, September 7; Monday, September 11; and Thursday September 14. Even though the Kitchen is closed, the rest of the Center is open the entire month, except for Labor Day, Monday, September 4. So, come in and exercise, play poker, turn the dominoes and mahjong tiles, attend Bible Study and Java Music Club, piece together a puzzle, or watch a movie.

There are a few events upcoming that I want to call to your attention. Firstly, there will not be a Produce on Wheels visit this month due to the Labor Day Holiday. However, not only will our Food Pantry continue, the VFW also has a Food Pantry (for veterans and their families). I also want to make sure that everyone knows that Vitality Unlimited will at the Center between 11:00 and 1:00 on Wednesday September 6 (there will be exciting news coming in October regarding Vitality’s visits). On Saturday, September 9, the first every Elko Walk to Defeat ALS will take place at Great Basin College at 12:00 noon. Registration is in advance and the Office can help you with that. Pat Diehl continues to provide Memoir Writing help on the 4th Thursday of each month. In September, you can join Pat on September 28 at 1:00.

Finally, the changing of the leaves also means that “flu season” is just around the corner. We are pleased to once again collaborate with Immunize Nevada to offer a Vaccine Clinic. On Thursday, September 14 from 10:00 a.m. until 2:00 p.m., Immunize Nevada and Nevada Health Centers will offer a COVID-19 Booster and a Flu Vaccine. Even though the kitchen will be closed at that time, please make sure to stop by to get your vaccine. As always, it may be best to talk to your doctor in advance to seek their advice and make sure to bring your insurance card.

Happy Fall!

Matt

#### MISSION STATEMENT:

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

The Terrace at Ruby View - 1795 Ruby View Dr. Elko  
775.738.3030 - [www.elkoseniors.org](http://www.elkoseniors.org)

# SEPTEMBER ACTIVITY SUMMARY

	Day(s)	Date(s)	Time	Location	Fee
BYOS = Bring Your Own Supplies					
<b>Ga.m.es &amp; Recreation</b>					
Bridge (Duplicate)	Weds.	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00
Bridge	Mon.-Thu.	Ongoing	1:00-4:00 p.m.	Varies	Free
Bunco	2 <sup>nd</sup> Mon.	Sep. 11	12:45 p.m.	Dining Room	BYOS
Beginning Bridge Class	Monday	Ongoing	9:30-11:30 a.m.	Dining Room	Free
Dominoes	Weds.	Ongoing	1:00-3:00 p.m.	Dining Room	Free
Penny Ante Poker	Mon. & Th.	Ongoing	9:00-11:00 a.m.	Dining Room	BYOS
Pinochle	Thursdays	Ongoing	9:00 a.m.	Dining Room	BYOS
<b>Exercise</b>					
Stretch & Strength	Thursdays	Ongoing	1:00-2:00 p.m.	Technology Room	Free
Stretch Program	M,W, F	Ongoing	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
<b>Arts &amp; Crafts</b>					
Watercolor Painting & Drawing	Wed. & Th.	Ongoing	9:00 a.m.-3:00 p.m.	Art Room	BYOS
Char's Craft Class	2 <sup>nd</sup> Tues.	Sep. 12	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
<b>Connecting &amp; Support</b>					
Bible Study	Tuesdays	Ongoing	1:00-3:00 p.m.	Tech. Room & Zoom	Free
TOPS (Taking off Pounds Sensibly)	Thursdays	Ongoing	9:00-10:30 a.m.	Technology Room	Varies
Friends Day Out - Java Music Club	Fridays	Ongoing	1:00-3:00 p.m.	Art Room	Free
ECRSEA	Varies	Sep. 5	1:00-2:00 p.m.	Dining Room	Free
Nevada Care Connection	2 <sup>nd</sup> Friday	Sep. 8	11:00 a.m.-1:00 p.m.	Dining Room	Free
WAFD Bank Presentation	2 <sup>nd</sup> Friday	Sep. 8	11:30-12:00 noon	Dining Room	Free
Cancer Support Group	Varies	Sep. 15	11:00-12:00 noon	Craft Room	Free
Dementia Friendly Elko	3 <sup>rd</sup> Weds.	Sep. 20	1:00-2:00 p.m.	Technology Room	Free
Kristen Roe (Medicare Help)	3 <sup>rd</sup> & 4 <sup>th</sup> F	Sep. 15 & 22	11:00 a.m.-1:00 p.m.	Dining Room	Free
Memoir Writing	4 <sup>th</sup> Thurs.	Sep. 28	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	Sep. 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



**JAMES LANSFORD**  
JULY 23, 2023



**CAROL KOELZER**  
JULY 15, 2023



**ROSE HOOVER**  
JULY 13, 2023



**RUSSELL STRITE**  
JULY 13, 2023



**MARGIELOU PRUNTY**  
JULY 15, 2023



**ROBERT AULT**  
JUNE 30, 2023



**STEVE WRIGHT**  
JULY 6, 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



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



## AKEELAH AND THE BEE (2006)

SEPT 7 TH & 8 TH AT 12:45 PM

PG | 1H 52M

A YOUNG GIRL FROM SOUTH LOS ANGELES TRIES TO MAKE IT TO THE NATIONAL SPELLING BEE.

## THE NUN'S STORY (1959)

SEPTEMBER 14 TH & 15 TH AT 12:45 PM

NR | 2H 5M

AFTER LEAVING A WEALTHY BELGIAN FAMILY TO BECOME A NUN, SISTER LUKE STRUGGLES WITH HER DEVOTION TO HER VOWS DURING CRISIS, DISAPPOINTMENT, AND WORLD WAR II.



## FRIENDLY PERSUASION (1956)

SEPTEMBER 21 ST & 22 ND AT 12:45 PM

NR | 2H 17M

THE PACIFIST ATTITUDE OF A QUAKER FAMILY IS TESTED AS A RESULT OF THE AMERICAN CIVIL WAR.

## GYPSY (1962)

SEPTEMBER 28 TH & 29 TH AT 12:45 PM

NR | 2H 33M

BASED ON THE BROADWAY HIT ABOUT THE LIFE AND TIMES OF BURLESQUE DANCER GYPSY ROSE LEE AND HER AGGRESSIVE STAGE MOTHER, MAMA ROSE.







# Happy Birthday



AUG 31

LAURIE BILLINGTON  
GREG REEDER

SEP 01

STEFANIE ADAMS  
SANDRA BOGGS  
BARBARA JAMES  
SHIRLEY (BETTY) SAM

SEP 02

MICHAEL SMITH  
RONALD HOLVERSON

SEP 03

KRISTINA HART  
LOIS PORTS  
CATHY MCADOO

SEP 04

ERIKA YARNELL

SEP 05

ANSON DU  
CHERYL MEADOWS  
LEOPOLD POIRIER  
GEORGE BOUCHER

SEP 07

ARTHUR ROESLER  
BEVERLY CARPENTER  
BONITA EDWARDS  
JANET BARNGROVER

SEP 08

JONI GRANRUD  
RICHARD GREEN  
KATHLEEN TAYLOR  
RICHARD REDFERN  
SHARON MIZE

SEP 09

JOANN CISNEROS  
JOSEPH GONZALES  
PATRICIA WARDINSKY  
DIANA GLEED  
EDIE CIMO  
JUDY JOHNS

SEP 10

DOROTHY DAVIS  
DONNA TAYLOR  
DENISE MARILUCH  
MARY FRITZAM  
IRMA SALO  
JUDITH BENVENUTO

SEP 11

STEPHEN BLYTHE  
STEVEN MCMILLIN  
JEFFREY WOODEN  
LYNDON JENKINS  
BRENDA HORTON

SEP 12

RON BROWN  
CINDY HYSLOP  
KEITH FLINT

SEP 13

KIM WIMER  
JIM BURNS  
RICHARD HARRIS

SEP 14

GEORGE SKIVINGTON  
NICKY RODRIGUEZ  
RICHARD BOCHMAN

SEP 15

TONY ROSS  
DIANA JAMES  
MATT MCCARTY  
ROGER BUTTS  
CAROL MUSGROVE

SEP 16

CINDY WILLIAMS  
WAYNE IKE  
ARLON SCHUBERT  
BETH ELLETT  
DORRES COATS  
RUSSELL HARDISTY

SEP 17

GEORGE NIELSEN  
ROBB RICHTER  
SHARON MURRAY  
VIVIAN BON

SEP 18

CHARLES ANDRAE  
CONSTANCE BECKER  
ISABEL NEGRETE

SEP 19

ROWENE SMITH  
DONELLE BROWN

SEP 20

BONNIE RIGSBY  
BETTY GRIGGS  
CINDI BLISS

SEP 21

MARYANN YOUNG  
JOHN BARTON  
JOHN CLARK  
JAN CROWDER  
KATHY HUMPHREY

SEP 22

QUETINE LINN  
PATRICIA HUNT  
PATRICIA MOON

SEP 23

RAYMOND YOWELL  
JOANN GROWCOCK  
JOHN MOSCHETTI  
JOHN BARRY  
TRENT STIMPSON  
SYLVIA TRUJILLO  
SALLY RABENHORST  
JANET GENUNG

SEP 24

LORA MCCARTY  
SUSAN BRAINARD  
MARLENE STEWART

SEP 25

SHIRLEY CLARKE  
SUSAN NEAL  
BRENDA JACKSON  
DARLENE THOMAS  
DIANE REITMEIER

SEP 26

RAFAEL LOPEZ  
MICHELLE STUMPP  
JOE LLANEZ  
JOYCE COOLEY  
PHYLLIS BRESCHINI  
DIXIE DEMPSEY

SEP 27

GARDENIA IKE  
RALPH THIBODEAUX  
JANA DEMORE  
DON SMALES  
JAMES  
HOLLINGSHEAD  
KY KINKADE  
PAULINE SAMPER

SEP 28

JOHN SCHUCHARD  
JOHN SARGEANT  
KAREN BYERLEY  
MANUEL BASABE  
LARRY MILTON  
DAVID HERNANDEZ  
MAUREEN BROOK

SEP 29

JAMES HILL  
DOROTHY WIEN  
JOHN PRIER  
GIULIANA MURPHY  
KENT SAVARY

SEP 30

RHONDA CLEVERLEY  
LORIE MCAFFEE  
TOM MERANDA  
RICHARD CARR  
TIM LENIZ



# ITEMS TO MAKE NOTE OF

A SPECIAL THANK YOU TO

WILLIAM N. PENNINGTON  
FOUNDATION  
NEVADA GOLD MINES  
HUNT & SONS  
WESTERN STATES PROPANE

WAFED BANK WILL CONTINUE TO GIVE  
MONTHLY PRESENTATIONS ON  
FINANCIAL  
SECURITY, AVOIDING FRAUD, ESTATE  
PLANNING, AND OTHER BANKING  
TOPICS.

THESE PRESENTATIONS OCCUR ON THE  
SECOND MONDAY OF EACH MONTH .

NEW MEMBERS

PATRICIA NOTESTINE  
JUDY WALKER  
LAURENT DEFOY  
ANA HELMS  
BONNIE HYSLOP  
LANCE NICHOLS  
CURT GAGE  
JERILYN WATSON  
CHERYL THOMPSON  
SHARON PETERS

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



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!



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



# FALL VIBES



IN JULY 2023, WE SERVED  
5,060 MEALS AT AN  
AVERAGE COST OF \$8.19. WE  
RECEIVED AN  
AVERAGE OF \$2.58 PER MEAL  
IN MEAL DONATIONS.

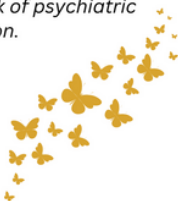


## Self-Care Corner

Most Americans spend about 10 hours on average per day staring at a computer, a television, or their phones. This increasing reliance on technology, may keep people from spending less time outdoors. However, we can improve our mental health by simply being outside in nature.

Exposure to nature has been linked to a plethora of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even an increase in empathy and cooperation.

**Beginning in October:** Visit with the RN from Vitality Integrated Programs for stress relief and medical tips from 1 p.m. to 3 p.m. the first Wednesday of every month at The Terrace at Ruby View Elko Senior Center.  
**To schedule an appointment call 775-777-8477.**



**DEMENTIA FRIENDLY  
ELKO COUNTY  
CONTINUES TO MEET  
HERE AT THE CENTER  
ON THE THIRD  
WEDNESDAY OF  
EVERY MONTH. THIS  
MONTH, THEY WILL  
MEET ON AUGUST 16  
TH FROM 1:00  
UNTIL 2:30 IN THE  
TECHNOLOGY ROOM.**



### 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/Receptionist**

**Uriel Villano/Kitchen Manager - Josie  
O'Donnell/Assistant Lead Cook  
Candi Ashby, Sami Wrenfrow, Jessie  
Myer, Open/Kitchen Aide & Drivers,  
Donna Bochman/Dishwasher**

### BOARD OF DIRECTORS BULLETIN

THE DATE OF THE NEXT BOARD MEETING IS SEPTEMBER 18, 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**

**Spring Creek**

**Thursday,**

**Wednesday,**

**September 28<sup>th</sup>**

**September 13<sup>th</sup>**

**Doors open at 5 pm – Game**

**Doors open at 5:30 pm –**

**starts at 5:30 pm**

**Game starts at 6 pm**

**The Terrace at Ruby View**

**SCA Boardroom**

**1795 Ruby View Dr. -**

**401 Fairway Blvd. – S.C.**

For more information  
please call us at  
775-738-3030





# Welcome



**Deila Gaytan**

**Michael Bailey**

**Nova Beevers**

**Cynthia Holcomb**

**Timothy Hurlbut**

**Arthur Roeseler**

**Ann Jacobo**

**Mildred Charlesworth**

**Janet Hussey**

**Grace Milburn**

**Shawn Smith**

**Joann Cisneros**

**Michael Cisneros**

**Stephen Oliver**

**Denise Ramirez Oliver**

**Suzette Heintz**

**Gene Shipp**

**James Jefferies**

**Jannet Jefferies**

**Debrha Combs**

**Larry Shaffer**

**Julianna Stevens**

**Clyde Phillips**

**Luana Constable**

**Vicki Eaves**

**Catherine Phillips**

**Kirsten Wyman**

**Robert Raine**

**Tony Ross**

**Susan Wines**

**David Cates**

**Gisela Cates**

**Emma Yorgesen**

**Stratton Yorgesen**

**Sherri Ross**

**Claire Williamson**

**Lora McCarty**

**Barbara Thomson**

**Bill Byington**

**Nancy Byington**

**Rafael Lopez**

**Shelly Tomljanovich**

**Chun Haling**

**Dane Haling**

**Joseph Marshall**

**Colin Calico**

**LaRae Calico**

**Carlos Guerrero**

**Rosemary Osterhaut**

**Dennis Parker**

**Karolayn Swedberg**

**Leigh Peters**

**John Lyons**





## For the Best Lunch in Town!

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

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

# The Terrace September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Drive Thru &amp; Chef or Chicken Apple Salad</b> order before 9:00 am <b>*Menu is Tentative</b>	<b>1 BREAKFAST</b> 9:30-10:45 am BBQ Ribs Potato Salad Green Beans Garden Salad Fresh Fruit Assorted Dessert
<b>4</b>  <b>LABOR DAY</b> <b>CENTER CLOSED</b>	<b>5</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>6</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>7</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>8</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>
<b>11</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>12</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>13</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>14</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>	<b>15</b>  <b>CONSTRUCTION</b> <b>NO LUNCHES</b>  <b>CENTER IS OPEN</b>
<b>18</b>  BBQ Grilled Hamburger Baked Beans Carrot & Celery Sticks Cantaloupe Apple Dump Cake	<b>19</b>  Salisbury Steak Mashed Potatoes Green bean Casserole Chantilly Fruit Cup	<b>20</b>  Chicken & Dumplings Peas Carrot Raisin Salad Crackers Eclair dessert	<b>21 BIRTHDAY</b> Hot Dogs Buns Chili Garden Salad Diced Peaches Cake & Ice Cream	<b>22</b>  Shrimp Basket Oven baked fries Creamy Coleslaw Assorted Desserts
<b>25</b>  Spaghetti with Meat Sauce Zucchini Tossed Salad w/ Garbanzo Diced Pears WW Bread Peanut Butter Fudge Cookie	<b>26</b>  Chicken Noodle Soup Turkey Salad Sandwich Cucumber Tomato Salad Fresh Orange Ice Cream	<b>27</b>  BBQ Pork Ribs Au Gratin Potatoes Northwest Blend Vegetables Spiced Apples	<b>28</b>  Salmon Angel Hair Pasta Asparagus Garden Salad Fruit cocktail Marble Cake	<b>29</b>  Stuffed Pepper Spinach Spaghetti Garden Salad Apricots Assorted Desserts

**IMPORTANT DATES:**

SEPTEMBER IS SELF CARE AWARENESS MONTH  
 SEPTEMBER 1 – NATIONAL FORGIVENESS DAY  
 SEPTEMBER 1 – NATIONAL FOOD BANK DAY  
 SEPTEMBER 2 – NATIONAL HUMMINGBIRD DAY  
 SEPTEMBER 5 – NATIONAL CHEESE PIZZA DAY  
 SEPTEMBER 7 – NATIONAL BEER LOVER'S DAY  
 SEPTEMBER 8 – STAR TREK DAY  
 SEPTEMBER 10 – START OF NATIONAL TRUCK DRIVER APPRECIATION WEEK  
 SEPTEMBER 10 – NATIONAL TV DINNER DAY  
 SEPTEMBER 10 – NATIONAL GRANDPARENTS DAY  
 SEPTEMBER 11 – PATRIOT DAY  
 SEPTEMBER 12 – NATIONAL HUG & HIGH 5 DAY  
 SEPTEMBER 13 – NTNL. BALD IS BEAUTIFUL DAY  
 SEPTEMBER 18 – AIR FORCE BIRTHDAY  
 SEPTEMBER 19 – TALK LIKE A PIRATE DAY (AARGH!)  
 SEPTEMBER 20 – PEPPERONI PIZZA DAY  
 SEPTEMBER 22 – NATIONAL CENTENARIAN'S DAY  
 SEPTEMBER 27 – NATIONAL CHOCOLATE MILK DAY  
 SEPTEMBER 29 – NATIONAL VFW 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





# The Terrance at Ruby View Wellness and Immunization Clinic

## **The Terrance at Ruby View**

1975 Ruby View Drive,  
Elko, NV 89801

**Thursday, September 14<sup>th</sup>**

From 10:00am-2:00pm

### **WALK-IN CLINIC FOR SENIORS**

Immunize Nevada will provide Flu and COVID-19 boosters,  
as well as Shingles and Pneumonia vaccines in partnership  
with Nevada Health Centers.

Please have your insurance cards available.



Promoting Health & Preventing Disease



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



**We invite you to connect with:**

# **Dementia Friendly Elko County!**

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

## **Community Group Meetings:**

**Third Wednesday of every month  
1:00 PM – 2:30 PM  
Terrace at Ruby View  
1795 Ruby View Dr., Elko**



**Help support your whole community in becoming more respectful, educated, supportive, and inclusive of people living with dementia and their care partners.**



**For more information, contact  
Co-Facilitator Kristen Roe: 775-385-5045**



# Additional FREE Resources:



## Dementia Conversations

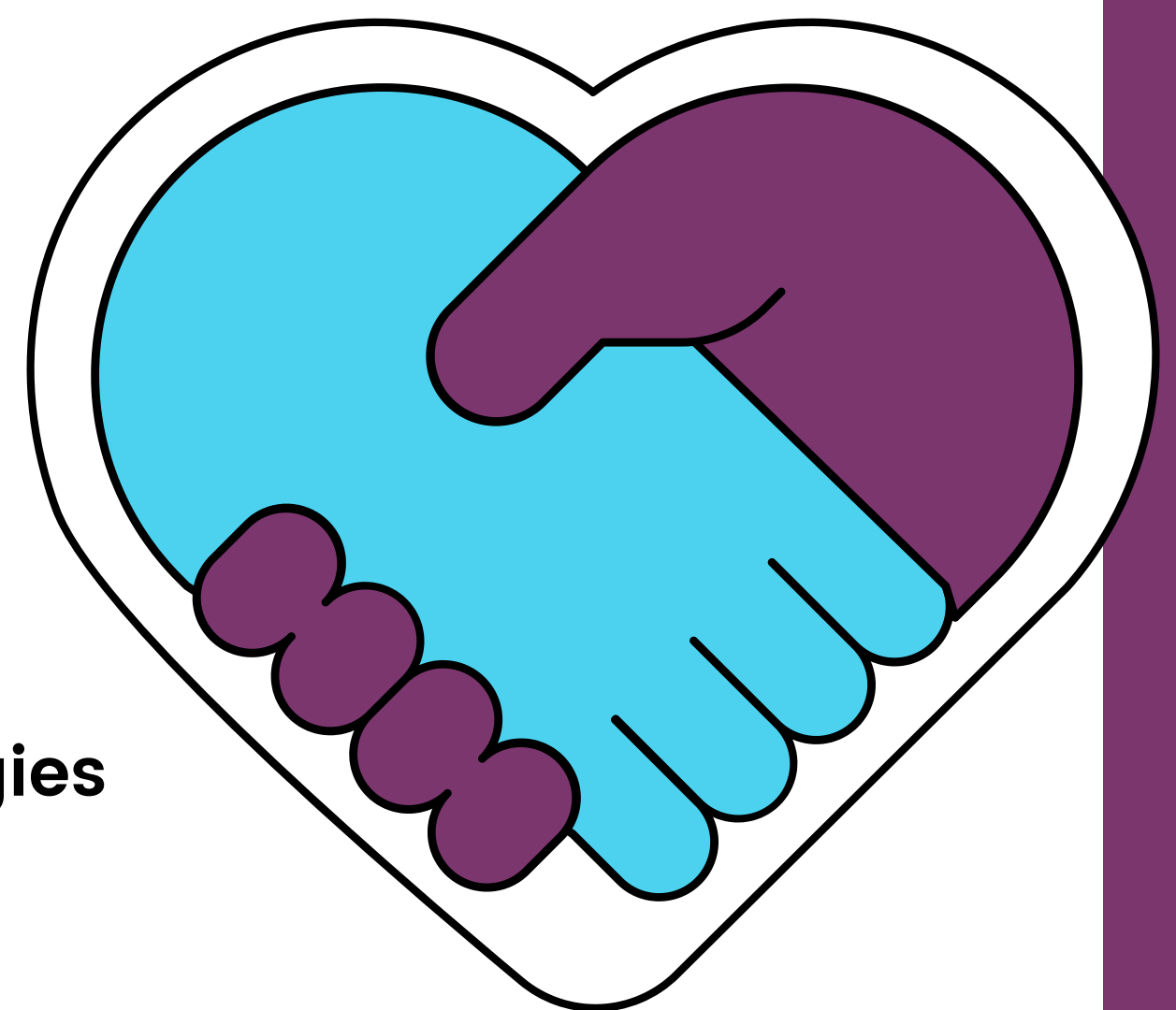
A twice-weekly, zoom-based public conversation forum for people living with dementia and care partners to discuss living well with dementia and explore practical approaches to get there!

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

## Dementia Friends

A 90-minute information session, offered in English and Spanish, that covers the basics of dementia, reviews strategies to reduce the risk of developing dementia, engages participants in activities to better understand the experiences of people living with dementia, and provides strategies for effective communication.

[DementiaFriendlyNevada.org/dementia-friends](https://DementiaFriendlyNevada.org/dementia-friends)



## Dementia Friendly Nevada Statewide Meetings

The entire Dementia Friendly Nevada network gathers quarterly on Zoom to learn together, reflect on successes and new opportunities, strategize for the future, and share exciting news from across our state!

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

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

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



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

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

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



***We will be at:***

**Where: Elko Senior Center**

**Address: 1795 Ruby View Dr**

**Date: 2<sup>nd</sup> & 4<sup>th</sup> Friday**

**Time: 11:00pm – 1:00pm**

**No appointment needed, walk-ins welcome.**

**For more information call 775-753-4085**

**Certified Medicare  
Counselors help with:**

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

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

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



MAP your way through Medicare!



Nevada Medicare Assistance Program





# Healthy LIVING while aging!



September 2023

| Newsletter provided by University of Nevada, Reno Extension

| Volume 4, Issue 9

## Healthy Aging

*September is Healthy Aging Month which encourages us to stay healthy and age gracefully.*

By Natalie Mazzullo, M.Ed.

Each person's "healthiest self" is different per the National Institute of Health (NIH). We have different bodies, minds, living situations and people influencing our lives. Each of these and other areas can impact your overall health. This means we each have a unique set of health needs and are aging differently.

Our wellness has eight dimensions (see diagram). If any of these dimensions are off, we may be upsetting the balance of our healthy situation (intellectual). When we worry about money (financial), we sometimes experience anxiety (emotional). This can lead to medical problems and imbalance at home (occupational), perhaps losing opportunities we have to interact with others (social). When this happens, we may even question our own sense of meaning and purpose (spiritual). We may not be able to afford the healthy food or medical care we need to stay well (physical). We may even need to move to a place that feels less safe and secure (environmental). All of these areas affect our wellness.

Many of the articles provided in our Healthy Aging newsletters are intended to assist our readers in focusing on different dimensions of wellness. Having one or two dimensions going well can often help you get other dimensions of wellness in check or make them seem more manageable.

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



Living healthy and achieving healthy aging is a balance and often a give and take. Have grace with yourself when one or more dimensions do not seem to be "healthy" and reach out to a trusted friend, health professional, financial counselor, colleague or spiritual advisor to help get these areas back in line. Remember, no one is perfect and our lives aren't perfect either. Life's changes are not always planned and not always for the best. What is important is to keep thinking positively, one foot forward at a time, trying to keep yourself happy, healthy and enjoying life.







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

# Highlighting September as National Food Safety Education Month

## In Keeping Food Safe

Help your food last even longer with these safe storage and prep tips.

			
<b>Choose Well-Packed Foods</b>  Pick tightly wrapped packages with no leaks or damage. Put cold foods in your cart last.	<b>Keep Perishables Cold</b>  Put cold items away promptly. Store frozen foods in airtight containers at 0 degrees F or less. Keep your fridge between 35-40 degrees F.	<b>Clean Properly</b>  Wash your hands often. Use different cutting boards, separating meats from other foods. Clean cooking utensils with hot soapy water, then bleach.	<b>Cook Meat Correctly</b>  Place food thermometers in the thickest part of the meat, away from bones. Cook to the proper internal temperature for that meat.

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

### September is Better Breakfast Month

In 1919, an issue of "Good Health Magazine" first made the bold statement that "breakfast is the most important meal of the day."

Instant oatmeal can be a great source of whole grain oats, especially for those that are short on time. Look for lower sugar or plain versions of instant oatmeal. Pair it with a quick protein, like a boiled egg, or add some fresh strawberries and you have a well-balanced breakfast! You can make it with milk to add a dairy serving to your day.

Learn more about the Bingocize® Nutrition, Lesson 2, by contacting Elizabeth Mapula at [mapulae@unr.edu](mailto:mapulae@unr.edu).

## Baked Flaked Chicken

Chicken is everywhere! Whether broiled, baked or even shredded in soup or salads, Americans cannot seem to get enough chicken. In fact, Smithsonian Magazine recently called chicken "the universal food of our era, crossing multiple cultural boundaries with ease." We often don't stop to appreciate this healthy protein source so here is a simple yet delicious recipe using chicken. Enjoy.

### Ingredients

- 2 pounds boneless chicken pieces
- 3 cups cornflakes cereal
- ½ cup whole wheat flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

### Instructions

1. Preheat oven to 375 degrees.
2. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.
3. In a medium bowl, crush cornflakes.
4. In a second bowl, mix flour, salt and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each chicken piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with non-stick cooking spray. Place chicken pieces on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake for 20-25 minutes, or until internal temperature reaches 165 degrees.



For Chef's Notes and Nutrition Facts, visit <https://cookingmatters.org/recipes/baked-flaked-chicken/>

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







**VFW POST 2350**

**VETERAN FOOD PANTRY**

(shop across the street from post)

OPEN :

MONDAY 0800-1000 (VETERANS ONLY)

OR BY APPOINTMENT FOR PUBLIC

CALL MARLENE MERCK

208-591-0292



# Vitality Mobile Therapy Van September Locations



If you are facing stress, grief, addiction, relationship problems, depression, anxiety, or other concerns, you may be struggling with your behavioral health.

## Services Provided

- Intakes
- Targeted Case Management
- Peer Support
- Telehealth Appointments
- Crisis Interventions
- Vitals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2-4 p.m. Humanitarian Camp	2
3	4	5	6 11 a.m.-1 p.m. Elko Senior Center	7	8 2-4 p.m. FISH	9
10	11	12	13 11 a.m.-1 p.m. Elko Broadcasting	14	15 2-4 p.m. FISH	16
17	18	19	20 10 a.m.-Noon Humanitarian Camp	21	22 2-4 p.m. Elko Mybrary	23
24	25	26	27 10 a.m.-Noon PACE	28	29 2-4 p.m. Elko Train Park	30







# Self-Care Corner

*Most Americans spend about 10 hours on average per day staring at a computer, a television, or their phones. This increasing reliance on technology, may keep people from spending less time outdoors. However, we can improve our mental health by simply being outside in nature.*

*Exposure to nature has been linked to a plethora of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even an increase in empathy and cooperation.*

**Beginning in October:** Visit with the RN from Vitality Integrated Programs for stress relief and medical tips from 1 p.m. to 3 p.m. the first Wednesday of every month at The Terrace at Ruby View Elko Senior Center.

**To schedule an appointment call 775-777-8477.**





# **FIRST EVER ELKO Walk To Defeat ALS Saturday, Sept. 9th 2023**

- **Location: Great Basin College**  
Chilton Circle
- **Time:** Registration starts - 10:30am and Walk starts - 12pm

## **REGISTRATION IS OPEN REGISTER YOUR TEAM TODAY**

**<http://secure.alsanv.org/elkowalk>**



**Join the fight by donating, joining or  
creating a TEAM,  
so we can continue to provide the  
necessary services to  
people living with ALS & their families in Nevada**

For more information:  
Walk Day info, or to create or joining a Team  
**CONTACT YOUR WALK SUPPORT TEAM AT  
WALK@ALSANV.ORG**  
or Jen Larsen at 208-380-0947





# TOWN HALL MEETINGS

The State of Nevada, Bureau of Vocational Rehabilitation will be conducting town hall meetings to get input from the disability and partner community to inform VR strategic planning for 2024.

Please come and share your ideas, comments or concerns.

**NOVEMBER 6, 2023 at 10:30am**  
**NOVEMBER 15, 2023 at 5:30pm**

**In Person:**  
1325 Corporate Blvd. in Reno  
3016 West Charleston Ste 200 in Las Vegas

**Zoom:**  
November 6th  
Meeting ID: 828 3768 5697  
Passcode: 023832

November 15th  
Meeting ID: 845 3768 3590  
Passcode: 532362