



THE TERRACE

AT RUBY VIEW

Senior and Active
Lifestyle Center

Happy New Year! I hope that you had a wonderful Christmas and Holiday Season. As I mentioned last month, the upcoming year will see a number of changes, including new “branding”, emphasizing “The Elko Senior Center”. Along those lines, please make sure that all checks are written out to “ESAP” or “Elko Senior Center”. Other exciting news is that we anticipate that our Meals on Wheels garage will be completed by summertime and our partnership with Great Basin College will be rolled out in 2025. Unfortunately, there are also some changes that will require some adjustments. The first is that we have not yet been able to solidify our external partnership regarding our food pantry. This means that we will not be able to resume Pantry service to all of our members and we will still be limiting participants to those with lower incomes. Finally, after more than six years of wonderfully generous service, Cindy Hyslop’s term on the Board is up and she has elected to not seek another term. Therefore, there will be a seat open on the Board. Please see me as soon as possible if you are interested in entering your name for nomination.

This year I decided to share trivia about Nevada. Throughout the year I will devote a portion of this front-page article to our home state and important state symbols. We’ll start out the year with a look at our State Motto and state nicknames. The Official Motto of Nevada is defined in Nevada Revised Statute (NRS) 235.010 as “All For Our Country”. However, many people think that the state motto is “Battle Born”, which is featured on our State Flag. Interestingly, both “All For Our Country” and “Battle Born” are mentioned in NRS, though only the former is listed as the official motto. This motto replaced the Territorial Motto of “Volens et Potens”, Latin for “Willing and Able” in 1866, at the second meeting of the State Legislature. According to former State Archivists, there is no official documentation as to why “All For Our Country” was selected, though during the first Constitutional Convention for Nevada in 1863, a common theme of “The Union Must and Shall Be Preserved” was recorded. This went back to the tumultuous Civil War period when the country was divided. This early mantra may have led to the “Battle Born” nickname. The new state’s precious metal, silver (and our official state metal), has been linked to the Electoral Votes believed to have been necessary to re-elect President Lincoln, which led to the “Silver State” nickname. Finally, our state flower, sagebrush, generates our third nickname, “Sagebrush State”. Next month, we’ll cover our State Fish.

For the past two months, we have included a picture of a recently donated Reading Machine. This machine is in the library and available for anyone needing reading assistance. The machine will magnify the print and will even read the words if needed. If you would like to learn more about the Reading Machine, please see us in the Front Office. As our library gets more usage, we have seen more offers for donations of books and other printed materials. At this time, we don’t have the room, though if you have something to donate, please hold on to it until at least June.

I want to close out this month with a brief recap of the 2024 Christmas Bazaar. We had 63 vendors across 84 booths (only 1 booth was vacant). While the 50/50 raffle raised less than last year, the silent auction more than made up for it. Additionally, the Senior Center table nearly doubled the income from last year, thanks in large part to all of the wonderful donated items throughout the year. As we move through 2025, we will discuss additional items that could be donated. Overall, the Bazaar was successful and I appreciate all of the extra help from our volunteers!

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

JANUARY 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	1st Mon.	Jan. 6	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	T & 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-Th	Ongoing	10:30-11:30 a.m.	Large Activity Room	Free
Square Dancing	Thursdays	Ongoing	6:00 p.m.-8:00 p.m.	Large Activity Room	Free
Arts & Crafts					
Watercolor Painting & Drawing	Wednesdays	Ongoing	9:00 a.m.-3:00 p.m.	Art Room	BYOS
Watercolor Painting & Drawing	Thursdays	Ongoing	9:00 a.m.-11:30 a.m.	Art Room	BYOS
Char's Craft Class	Varies	Jan. 14	10:00-11:30 a.m.	Art Room	Varies
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	1:00-3:30 p.m.	Art Room	Free
Cancer Support Group	Varies	TBD	11:00-12:00 noon	Craft Room	Free
Garden Club	Varies	Feb. 7	11:30	Large Activity Room	Free
Produce on Wheels	2 nd Weds.	Jan. 8	11:30 a.m.-12:30 p.m.	Porte Cochere	Free
Alzheimer's Support Group	1st Weds.	Feb. 5	1:00-3:00 p.m.	Technology Room	Free
RPEN	Varies	TBD	12:30-2:00	Technology Room	Free
Access to Healthcare	2 nd Friday	Jan. 10	11:00 a.m.-1:00 p.m.	Dining Room	Free
Dementia Friendly Elko	3 rd Weds.	Jan. 15	1:00-2:00 p.m.	Technology Room	Free
Nevada Legal Services (By Appt.)	Varies	Jan. 8	10:00 a.m.-12:30 p.m.	Technology Room	Free
Memoir Writing	4 th Thurs.	Jan. 23	1:00-2:00 p.m.	Technology 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
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free
Travel Club	F	Varies	1:00 p.m.	Large Activity Room	Varies

In Loving Memory



Margaret Sheen
November 22, 2024



Eddy Piffero
December 2, 2024



Mona Pete
December 1, 2024



Deborah Eudey
December 5, 2024



Scott Steninger
November 17, 2024



Patricia Pearce
November 18, 2024

In Memoriam Birthdays

JAN. 1
IMOGENE FARWELL
JOHN HACKNEY
MERRILL STEMBRIDGE
AUGUST (GUS) VITALE
JAN. 2
RICKY SMITH
JAN. 3
WESLEY KING
DALE VANDERVOORT
JAN. 4
LOUISE COLLETT
JOHN LAURITZEN
EDDY PIFFERO
JAN. 5
LEAH KILGORE
JAN. 6
JAY BROWN
LIZ MOIOLA
JAN. 8
AURORA MENDEZ
JAN. 9
ANTHONETTE HETRICK
JAN. 10
KENNETH BIRDZELL
CARL MOODY

JAN. 11
BEBE CROSS
LESLIE WRIGHT
JAN. 12
ED BARRINGTON
CARLA PRAY
JAN. 13
MARILYN JANKA
JAN. 14
FRANK BIONDI
MERLIN MCCOLM
AGNES ROCKWELL
JAN. 17
JACK DAMRON
JAN. 18
CARL PACINI
JAN. 19
BERT ELLIOTT
CAREN LEE PAUL
JAN. 20
GEORGE FARNSWORTH
CATHERINE HUSSEY-EARLY
MARY VANBLARCOM

JAN. 21
JUDITH HIRE
JAMES KLINE
JAN. 22
SOLEDAD ALBARRAN
JAN. 23
KENT MCADOO
ROBERT ROGERS
JAN. 26
JULIE SCHWEIN
JAN. 27
DANNY FIGIEL
JAN. 28
AGNES GONZALES
MAUREEN MORRISON
JAN. 29
ROXANNE TERVORT
JAN. 31
ROY ELSNER
DONALD JONES

PHOTO FUN!



Happy New Year!

ITEMS TO MAKE NOTE OF



THE NORTHERN NEVADA FOOD BANK PRODUCE ON WHEELS TRUCK (THE PRODUCE TRUCK) COMES TO THE SENIOR CENTER ON THE SECOND WEDNESDAY OF EVERY MONTH BETWEEN 11:30 AND 12:30. THE TRUCK WILL BE HERE ON WEDNESDAY, JANUARY 8.



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



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



HAPPY BIRTHDAY

JAN 1

JANET HOUGHT
JOSE MALDONADO
LLOYD OVERHOLSER
ROBERT RAINE
PATRICIA ROGERS-SMITH

JAN 2

CHARLES BECKER
RONALD DAVIS
PATRICIA PARADIS
WAYNE SLUSHER

JAN 3

ASHLEY HAGE
MARIA L NATIVIDAD
BECKY STEVENS
JR STONE
FRANCES WILSON

JAN 4

EMILY CASSADORE
MARIE DADE
JOHN ELLIS
MICHAEL MCFARLANE
LINDA OLEN
GORDON SLOAN

JAN 5

LINA BLOHM
KATHY DALPIAZ
WALT GODDARD
DAVID KASTNER
AVIS WADSWORTH

JAN 6

VICKI EAVES
LYLE OLEN
WYATT PLACE

JAN 7

OFELIA CANTU
ALICE COOPER
SUSAN FERGUSON
WALT LOVELL
LIZ MECKLEY
KRISTINE RODGERS

JAN 8

DEBROAH BECKER
KATHY HOEM
BONNIE MUCKEL
TIM MURPHY

JAN 9

PAM ANDERSON
DAVID JARAMILLO
JOSEPH KOCH
JOHN LAGRANDE
LOIS PALMER
GENE SHIPP

JAN 10

SUZANNE BORGES
VICKI GOICOEHEA
FRANCOISE GRAVEL
VIC HERRERA
SUSIE ORTIZ

JAN 11

LINDA BERNARDA
TED BUCKLES
JILL FERICKS
GLORIA GIBSON
LILLY MARTINEZ
KAREN TINER
RICHARD YANCEY

JAN 12

LORETTA HOPKINS
ANDREW KNUDSEN
ELAINE LEE
VERONICA MENDIVE
JOAN WARF
SARA WINSLEY

JAN 13

KIM CAMBRA
ROY HANSEN
KAY JENKINS
JAMES JOHNSTON
RITA LUCERO
LYNDA MCBRIDE
KAREN SCHWARTZKOPF
CAROL TOLHURST
JAN 14
FRANKIE CORREA
BEN DAVIS
FRED JENNINGS
KRISTINE KALMER
DAVID MANLEY

JAN 15

RAMONA BERGUM
KATHLEEN FIELDS
MARY GILBERTSON
KAREN HAMMOND
MICHAEL MCCARTY
THOMAS MILLER
DIANE MUELLER
COLEEN SAVARY
BETH SNARE
CATHERINE WOODS
LINDA YGLESIAS

JAN 16

MARCIA CLARK
ALVIN STENINGER
JILL TILTON

JAN 17

MARGARET MARCUCCI
DARRELL MONTGOMERY
JOSEPHINE OVERHOLSER

JAN 18

NANCY BARROW
JEAN HART
KAREN HEDDEN
BECKY "GAIL" MONTROSE
KRISTIN MUNZING

JAN 19

THOMAS HUFF
MARY KELLY
FRANCES SCHAIN
JAN 20

KATHY ANTHONY
WILLIAM FRY
DIANE RICE
FRANK WHITE

JAN 21

JUDY CHIEZE
RICHARD CRAWFORD
MARILEE HARRISON
GARY HENDRICKSON
VIRGINIA MOWRY

JAN 22

CONNIE BOGDON
JAMES CADDEL
PAULA FERRALL
CHARLIE MCMUNN
JOANN SCHULDIES
RALPH SILER
DANA SYMMES
DANIEL THOMPSON

JAN 23

STEVE MANN

JAN 24

HUMBERTO CERVANTES
MARY SUE CRAIG
GLORIA FERRIERA
MARK KOPPE, SR
KIM PENNING
REBECCA SNYDER

JAN 25

DAVE DRAKE
DEBORAH EUDEY
PHILIP JACKA

JAN 26

STEVE GLASER
GERALD GULDAGER
KATHERINE JACKSON
FERNANDO LUNA
ANN NISBET
ALEX TOURREUIL
MONA WHITE
MIRALEEN WOODLEY

JAN 27

SUSAN HEXEM
HANS KRAHL
JAN 28

DAVID HOVEY
RUTH OLSON

LAURIENNE RILEY
PAULA WILLIAMS

JAN 29

MICHAEL BROWN
LINDA CHAMPAIGNE
GEORGE CHAPIN
DANNY DAWSON
RONALD MCLEEMEE
MARGE WARMBRODT

ITEMS TO MAKE NOTE OF



THANK YOU!

WILLIAM N. PENNINGTON FOUNDATION
NEVADA GOLD MINES
HUNT & SONS
EJC FOUNDATION
WESTERN STATES PROPANE
LAMOILLE WOMEN'S CLUB
CATHY MCADOO
NEVADA GOLD MINES EMPLOYEES FOR
THANKSGIVING BASKETS AND \$1,000
BRIDGE PLAYERS
BINGO RAFFLE DONORS
UEC MOVIE THEATERS
MICHAEL & SUSAN JONES
ANDREW & LYNN BOYD
ANONYMOUS DONORS
JUAN QUINTERO
ELKO COUNTY CATTLEWOMEN'S ASSOC.



New Members

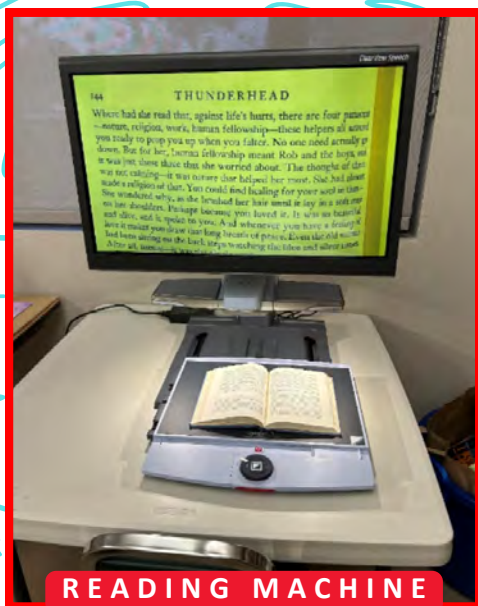
JANEL BECK
MARY BEITEL
RONALD BEITEL
SUZANNE BORGES
JACQUELINE CALHOUN
LYNN COZBY
DAWN EASTES
MICHAEL EASTES
TODD EDWARDS
JILL FERICKS
ROBIN FREEZE
JUSTIE GINES
DAVID HAMILTON
JILL HERZOG
KEVIN JOHNSON
KRISTINE KALMER
JOANNE LAMOUREUX

LOWELL LUI
YOLANDA MCREYNOLDS
DAVID MONTROSE
DEBRA MORRIS
KIM MORRIS
CHERRIE MORT
RUTH OLSON
JESUS OROS
MARY RADER
PEGGY REMICK
JAMES SIMMONS
DAVID STOTT
LINDA STOTT
BECKY TULLY
LANA WEAVER
ELAINE WEGNER



PLEASE MAKE ALL
CHECKS PAYABLE TO
ESAP. ESAP STANDS
FOR ELKO SENIOR
ACTIVITIES PROGRAM.
THANK YOU!

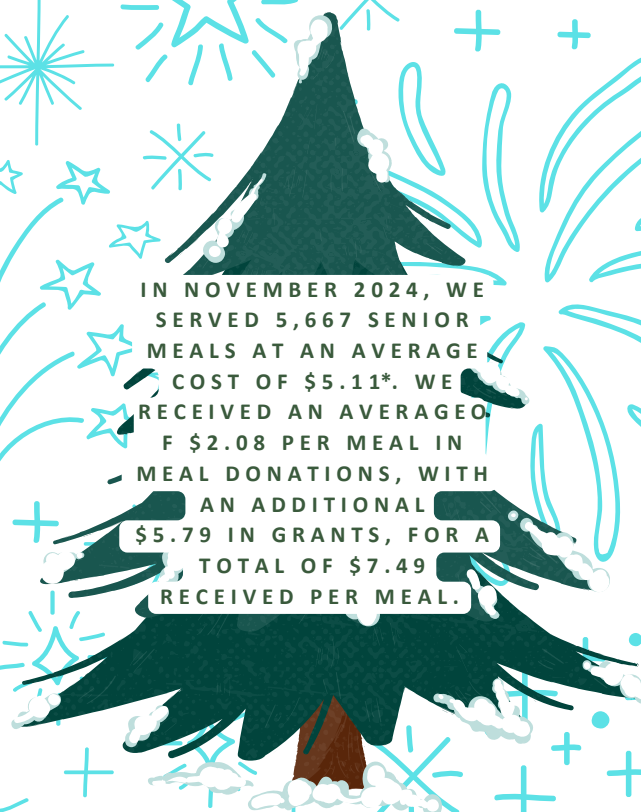
ITEMS TO MAKE NOTE OF



READING MACHINE

ENDOWMENT DONATIONS
RECEIVED IN HONOR OF MEMBERS
OR IN MEMORY OF
MEMBERS

BOB BOGDEN
PAUL WALTHER
DONNA WHITE
DELMO ANDREOZZI, SR.



IN NOVEMBER 2024, WE
SERVED 5,667 SENIOR
MEALS AT AN AVERAGE
COST OF \$5.11*. WE
RECEIVED AN AVERAGE
OF \$2.08 PER MEAL IN
MEAL DONATIONS, WITH
AN ADDITIONAL
\$5.79 IN GRANTS, FOR A
TOTAL OF \$7.49
RECEIVED PER MEAL.

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,

January 9th

Doors open at 5 pm –

Game starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday,

January 15th

Doors open at 5:30 pm –

Game starts at 6 pm

SCA Boardroom

401 Fairway Blvd. – S.C.

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



BOARD OF DIRECTORS BULLETIN**BOARD OF DIRECTORS BULLETIN**

THE DATE OF THE NEXT BOARD MEETING IS SCHEDULED FOR JANUARY 13, 2024 (SUBJECT TO CHANGE; ALWAYS CHECK FOR THE AGENDA). WE WILL MEET IN-PERSON AND, PER REQUEST, PROVIDE ZOOM ACCESS. PLEASE SUBMIT THE REQUEST ONE WEEK PRIOR TO THE MEETING.

CHECK THE WEBSITE UNDER BOARD TO GET THE AGENDA INFORMATION. THE MINUTES FROM THE LAST FEW MEETINGS WILL ALSO BE POSTED. THEY ARE IN PDF FORMAT SO YOU WILL NEED ADOBE READER (OR ANOTHER TYPE OF PDF PROGRAM, IN ORDER TO BE ABLE TO READ IT). IF YOU NEED A HARD COPY, YOU CAN ALWAYS CALL THE CENTER AT 775-738-3030 TO REQUEST A COPY. ALL OF THE DIRECTORS OF THE BOARD HAVE CONTACT INFORMATION PROVIDED ON THE WEBSITE UNDER BOARDS. PLEASE FEEL FREE TO REACH OUT TO ANY OF THEM IF YOU HAVE QUESTIONS OR CONCERNS, OR EVEN SUGGESTIONS! THANK YOU FOR YOUR SUPPORT AS WE WORK TO PROVIDE THE BEST SERVICE POSSIBLE.

BOARD OF DIRECTORS

JENNIFER ROBERSON – CHAIR; VACANT – VICE CHAIR; MONICA WRIGHT-COSCARAT – TREASURER; MARSHA DAVIS, BRIAN RILEY, BILLIE JEAN CRAWFORD, AND ANNE CURTIS

SENIOR CENTER STAFF

MATT MCCARTY – EXECUTIVE DIRECTOR; CARISSA CASSADORE – ASSISTANT DIRECTOR; JANIS SHURLIFF – ADMINISTRATIVE ASSISTANT; LIZ WEAVER – LEAD COOK; JOSIE O'DONNELL – ASSISTANT COOK; CANDI ASHBY – KITCHEN AIDE/DRIVER TRAINER; SAMANTHA WRENFROW – KITCHEN AIDE/DRIVER; STEFANIE MOHR-PERRY – KITCHEN AIDE/DRIVER; LORI MATSON – KITCHEN AIDE/DRIVER; KELLY STEWART – KITCHEN AIDE/DRIVER; CHRISTOPHER PIFFERO

– DISHWASHER; JAIME LOEPPKY – SUB. KITCHEN AIDE/DRIVER; STEPHANIE FRENCH – SUB. KITCHEN AIDE/DRIVER; DANI DICE – SUB. KITCHEN AIDE/DRIVER;

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 January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Center Closed New Year's Day	2 Hot Dogs Chili Sauerkraut Macaroni Salad Peaches Tapioca Pudding	3 Taco Salad Lettuce and Tomato Refried Beans Salsa & Sour Cream Pears Assorted Dessert
6 Chicken Fajita Spanish Rice Ranch Style Beans Shredded lettuce & Chopped Tomatoes Pineapple Chunks Chocolate Chip Cookie	7 Baked Pork Chop Whipped Sweet Potato Green Beans Mixed Green Salad Roll Apple Crisp	8 Baked Haddock Creole Baked Potato Sour Cream/Chives Garden Salad Bread Jell-O With fruit	9 Meat Loaf Mashed Potato Green Beans Spinach Salad Diced Peaches Carrot Cake	10 Creamy Garlic Chicken Over Penne Pasta Seasoned Zucchini Caesar Salad Peaches Slice of Bread Assorted Dessert
13 Baked Ham Mac & Cheese Peas & Carrots Spring Mix Salad Mandarin Oranges Oatmeal Raisin Cookie	14 Minestrone Soup Chicken Salad Sandwich Baby Carrots Celery Stick Banana Peach Cobbler	15 Deviled Pork Chop Baked Potato Steamed Brussel Sprouts Colorful Salad Fresh Strawberries Rice Krispy Treat	16 Oven Fried Chicken Mashed Potatoes with Gravy Broccoli Garden Salad Pears Biscuit Sundae Bar Sponsored by Tim Hatch with Edward Jones	17 Sloppy Joe Baked Beans Baby Carrots Fruit Cocktail Assorted Dessert
20 Center Closed Martin Luther King Day	21 Pepper Steak Baked Potato Green Beans & Mushrooms Garbanzo Salad Oatmeal Muffin Jell-O with Fruit	22 Lasagna Italian Blend Vegetables Caesar Salad Diced Peaches Garlic Bread Tapioca Pudding	23 Birthday BBQ Pork Rib Sand Baked Beans Italian Pasta Salad Cantaloupe Chunks Cake & Ice Cream	24 Herb Baked Chicken Whipped Sweet Potatoes Herbed Vegetable Medley Spinach salad Spiced Applesauce Dinner Roll Assorted Dessert
27 Taco Casserole Spanish Rice Seasoned Zucchini Shredded lettuce and Chopped Tomato Cantaloupe Ice Cream	28 Chicken N' Dumplings Peas Mixed Green Salad Orange Cheesecake Parfait	29 BBQ Pork Ribs Au Gratin Potatoes Northwest Blend Vegetables Creamy Coleslaw Diced Pears WW Dinner Roll Éclair Dessert	30 Chicken Fried Steak Mashed Potato & Gravy Corn Mixed Green Salad Banana Rice Pudding	31 Burger Stew Rice Steamed Broccoli Cornbread Tropical Fruit Lemon Cake

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

National Day Calendar Days

Jan. – National Hobby Month
 Jan. 1 – New Year's Day
 Jan. 2 – National Cream Puff Day
 Jan. 4 – National Trivia Day
 Jan. 5 – National Bird Day
 Jan. 8 – National Winter Skin Relief Day
 Jan. 8 – National Bubble Bath Day
 Jan. 9 – National Law Enforcement Appreciation Day
 Jan. 12 – Beginning of National Pizza Week
 Jan. 14 – Ratification Day
 Jan. 15 – National Hat Day
 Jan. 20 – National Cheese Lover's Day
 Jan. 20 – Martin Luther King, Jr. Day
 Jan. 21 – Start of Kiwanis Week
 Jan. 22 – National Polka Dot Day
 Jan. 26 – National Spouses Day
 Jan. 27 – Holocaust Remembrance Day
 Jan. 27 – National Chocolate Cake Day
 Jan. 27 – Start of National Cowboy Poetry Week
 Jan. 29 – National Puzzle Day
 Jan. 31 – National Hot Chocolate Day



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



Healthy LIVING while aging!



January 2025 |

Newsletter provided by University of Nevada, Reno Extension |

Volume 6, Issue 1

Setting Your 2025 Aspirations

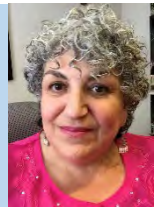
By: Ellen Grossman

Aspirations, bucket lists, goals and resolutions — Are these all on your mind for the New Year? Understanding the importance of having goals, writing them down, and discovering strategies that align with your personal goals and benefit those around you and the community can have a positive effect on your health. Where to start?

If you wish, you can have multiple lists. Goals should be something YOU want to do. Goals can be related to health and well-being, social activities, hobbies, relationships, work, education or whatever you want to work on. Start with simple, small, achievable goals. There is no goal too small. Write down your goal and be specific. WHAT are you going to do? WHEN will you do it (day and time)? HOW OFTEN (one time or ongoing)? Are you confident you can complete this task? (You should feel a confident #seven out of 10). If not, re-evaluate and break it down into smaller steps. An example is: I am going to clean out my closet for one hour, for one time, this Tuesday, between one and two p.m. I am a confident #eight. If you were a #two confident- set the goal for less time or change the goal to finding someone to assist you with this goal, as an example. Track your progress.

Do your aspirations align with your personal beliefs and goals? Is it an expression of your life's journey? What is it's cost financially, in time or resource wise?

Ellen Grossman is a Healthy Aging Initiative Instructor for University of Nevada, Reno Extension in the College of Agriculture, Biotechnology and Natural Resources.



Perhaps it connects to the season or a holiday or a family project.

Think outside of yourself and imagine the impact your goal can have on you, your friends, family, your community, or the world. Check out Alexslemonade.org. Alex was diagnosed with cancer at age four. She decided to have a lemonade stand to raise money for childhood cancer. When she passed away at age eight, her little stand project had raised over one million dollars. And in the past 20 years, the organization has raised over 300 million dollars and has funded over 1,500 research grants to fight childhood cancer. Never underestimate the success of that first "baby step."

Think about random, simple acts of kindness as a small weekly goal. Some examples are make someone laugh, mail a note to someone, call a friend or family member who may be lonely, hold open a door for someone, make cup of coffee or tea for a neighbor, walk with someone who wants to get more exercise, or letting someone merge in traffic. Research shows that older adults who give support to others live longer than those who don't. Setting our aspirations, bucket lists, goals and resolutions is a great way to start the New Year. Begin thinking about the changes you want to make and try them throughout the year.

Ready to start? Try it, adjust it and get ready for success! Good Luck and wish you all the best in 2025!

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.

Celebrate National Radon Action Month with Extension's Radon Education Program

Radon is a gas that happens naturally in the ground. You can't see it, smell it, or taste it. This gas can move from the ground into the air. It is harmless in the outdoors, but if it gets into buildings, it can get trapped inside. Too much radon in a building can lead to lung cancer. University of Nevada, Reno Extension's goal is to educate Nevadans about the health risks of having too much radon in their homes. The program offers literature, maps, educational presentations, and low-cost radon test kits. We recommend only hiring certified radon professionals. Hiring non-certified radon professionals is risky to your home, health, and pocketbook. Call (775) 336-0254 for assistance in locating the nearest Extension office or visit extension.unr.edu/rad.

Extension's Healthy Aging Team is starting off 2025 by offering programs for Nevada's Elders.

Join us as we start the New Year having fun, laughing, staying fit and eating healthy.

Aging Mastery Program is a fun and engaging way to motivate behavior change for aging well. AMP participants not only learn but also create their own late-life flexible playbook. They set actionable goals for practical behaviors, engage socially, and cultivate gratitude, all of which contribute to a healthier and more fulfilling life.

Our *Bingocize* class will be sure to get you moving while winning. Bingocize is a 10-week class bringing bingo to life — moving, shaking, and learning about nutrition education and how to reduce falls through easy-to-do exercises while playing an exciting game of bingo.

Cooking Matters is a program offering cooking resources throughout the lifespan, food skills education and learn about cooking, meal prep, grocery shopping, food budgeting and nutrition.

For more information and to get registered for our classes, please contact us at healthyaginginfo@unr.edu.

Quick and Healthy Black-Eyed Pea and Corn Salad

Black-eye peas are a traditional New Year's dish for some people and a healthy way to start the year.

Makes 10 servings.

Ingredients:

- 1 medium bell pepper
- 1 small red onion
- 2 (15½ ounce) cans black-eyed peas
- 1 (15¼ ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup fresh cilantro leaves (optional)

Directions:

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.
4. Mix all ingredients in large bowl.
5. Serve chilled or at room temperature.



For Chef's notes and Nutrition Facts, please visit Cooking Matters at:
<https://cookingmatters.org/recipes/southwestern-black-eyed-pea-and-corn-salad/>



Join the movement at Rock Steady Boxing in Elko and punch out Parkinson's! Our program combines the rigor of professional boxing training with exercises tailored for Parkinson's patients. Whether it's running, balancing, or boxing, our supportive trainers are here to help you enhance your agility and endurance.

We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility, and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier and happier life.

Full Range Physical Therapy has been an Affiliate with Rock Steady Boxing for over 2 years and our Physical Therapist, Jeff Eckert has taken multiple trainings and was able to train at the Rock Steady Boxing gym in Indianapolis to be the head coach of our program.

Classes are currently being held on

🕒 Monday 7:30 am

🕒 Wednesday 6:00 pm

🕒 Friday 7:30am

📍 620 S 12th St #110, Elko, NV 89801

🥊💥 Fight back against Parkinson's with Rock Steady Boxing at Full Range Physical Therapy! Our specialized boxing program combines fitness, coordination, and camaraderie to empower individuals in their battle against Parkinson's disease. Step into the ring and unleash your inner fighter! 🌟🥊

HOLIDAY SCAM SURVEY

As online holiday shopping ramps up, so do scam attempts. A new AARP survey shows that over 80% of adults have faced some form of holiday-related fraud, yet many of us are unaware of scammers' tactics – especially online.

The AARP holiday scams survey identified three specific threat areas: online shopping scams, gift cards with zero balance scams, and shipping scams. Here are tips to keep yourself safe from these deceptive tactics this winter.

When shopping online, visit sites you know and trust, and avoid clicking on offers or advertisements for deep discounts on hot items. The safest way to give a gift card is by purchasing it online through the retailer's website. Check the balance when you receive a card and use it sooner than later. Lastly, if you receive a text claiming 'problems' with a shipment, don't engage with it; if you are concerned about the status of a package, contact the shipper directly.

AIRLINE CALL CENTER SCAM

With the holiday travel season fast approaching, scammers are ready to cash in on travelers eager for help with last-minute flight changes and cancellations. Don't let a fake customer service agent derail your trip – or drain your wallet. Here's what you need to know to stay ahead of airline call center scams.

Just because an airline customer service helpline number appears at the top of internet search results doesn't mean it's legitimate. Search results can be filled with fraudulent phone numbers, and scammers are constantly finding new ways to get their numbers to show up at the top of results.

Beware of any number tied to a result labeled as "Sponsored" or "Ad." In addition, don't call numbers that appear in wacky fonts or next to odd emojis; this is a common tactic scammers use to make their numbers both visually pop and appear towards the top. Lastly, remember to slow down. For instance, if your flight is canceled, you typically don't need to pay to be rebooked. Any "agent" requesting a credit card to do so likely only has their own wallet at heart.

CHECK TWICE BEFORE DONATING

It's the season of giving, and for those in the spirit, telling the difference between a real charity and a fake one can be a challenge. Legitimate charities make a big push at year-end for last-minute annual donations. Scammers know this and make their own end-of-year push to line their pockets.

If a charity solicits you for a donation, even if your first instinct is to contribute, take a pause. Many fake charities have legitimate-looking websites and names, making them hard to identify as fraudulent. Others are registered nonprofits but devote little of the money they raise to the programs they promote.

Research the charity on sites such as [give.org](https://www.give.org), [CharityNavigator.org](https://www.charitynavigator.org), or [CharityWatch.org](https://www.charitywatch.org) to make sure that it's legitimate and to find out what percentage of their donations are actually used to serve their stated mission versus paying for overhead and fundraising.

PET SCAMS

With families searching for new furry friends this holiday season, criminals are using adorable photos and heart-tugging tales (pun intended) to lure in unsuspecting pet seekers. Here are three ways you can stay ahead of pet scams this year:

Do your research and understand how much a certain breed [costs](#). Avoid websites that offer deep discounts on the going rate.

Use the photo of the pet you are offered to conduct a reverse image search online (search "how to do a reverse image search" in your favorite browser). Scammers often copy pet photos from other websites.

If possible, shop locally. Meeting the breeder in person or touring the shelter facility lets you know it is legitimate. A seller that invents reasons why you can't pick the pet up in person or demands an upfront payment shouldn't be trusted.

Talk to your family about considering adopting a rescue as an option to going with a breeder.



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Aging Mastery Program®

Aspirations & Bucket Lists.....

**For more information or to
schedule a program at your
location, email:**

**ellengrossman@unr.edu
(702) 948-5956**

***Program & educational
materials provided at no
charge.**

**Join us for a lively, interactive,
one-hour class developed by the
National Council on Aging and
facilitated by University of Nevada,
Reno, Extension. All educational
materials included. Learn strategies
to accomplish your goals and live**

YOUR BEST LIFE.



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.



Aging Mastery Program®

National Council on Aging



Renters Rights

Nevada Radon Education Program

WHAT IS RADON?

Radon is a colorless, odorless, and tasteless gas that is a potential health hazard. It is produced naturally when uranium in rocks and soil decays. Radon can enter buildings through cracks in foundations, walls, floors, and other openings. When high levels of radon are present indoors, it can increase the risk of lung cancer.

If you are a renter, you have certain rights when it comes to radon testing. **Here are some important things you should know:**

- **LANDLORD RESPONSIBILITIES**

Landlords are required to provide a safe and healthy living environment for their tenants. This includes testing for radon levels and taking any necessary measures to reduce levels if they are found to be high. As of June 30th, 2023, any multifamily dwelling with government funding is required to test 25% of the ground floor units.

- **DISCLOSURE**

Landlords are required to disclose to tenants any knowledge of elevated radon levels in the building. If radon testing has not been done, tenants have the right to request testing

- **TESTING**

Tenants have the right to request radon testing in their unit. If the landlord refuses to perform the test, the tenant can contact their local health department for assistance.

- **COST**

The cost of radon testing and mitigation is typically the responsibility of the landlord. However, landlords may pass on the cost to tenants through rent increases. Radon test kits are free during the months of January and February at your local Extension office. The test kits are also available for purchase for \$11 throughout the year at your local Extension office.



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For more information visit
extension.unr.edu/radon

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