PAGF 1







Welcome to June! It's hard to believe that 2025 is almost halfway over, though the longest day of the year is just a few weeks away. The unofficial start to summer was at the end of May and by the time you receive this, the final week of school for most kids will have already started. We hope that you have a safe and enjoyable summer.

This month, we will talk about the Nevada State Flag. Before we do, however, we'll briefly go into some American Flag history. June 14 is Flag Day. On that day in 1777, the First Flag Act was passed, officially designating what the United States Flag would look like. There have been two more Flag Acts, each changing the number of stripes on the U.S. Flag. Additionally, the design of the current Nevada State Flag was also codified in June, though it was in 1991. The legislation for the Nevada flag passed both the Assembly and Senate nearly unanimously, with only 2 Nay votes. Governor Miller signed it into law, creating the fourth official Nevada Flag. The change in the law was designed to keep the production of the Nevada flag consistent, officially designating specific colors for each component, including the blue of the flag itself. It also moved "Nevada" to the current position between the Silver Star and the Sagebrush Sprays.

This month poses somewhat of a challenge for me, as I need to address two serious issues, that may seem in opposition to each other. On one hand, is how we are preparing to handle a potential funding issue due to growth, while on the other hand is an update about how we are preparing to handle the current and future growth. The Nevada Aging and Disability Services Division (ADSD) provides our second largest income source through Nutrition Grants. Over the past seven years, they have reimbursed the Elko Senior Center an average of \$3.52 for 93% of all senior meals. This year however, Federal and State funding has been reduced, yet we have seen tremendous growth in our Home Delivered Meal Program (Meals on Wheels). Therefore, I am projecting that nearly 14,000 Home Delivered Meals will not be reimbursed, resulting in the Center absorbing nearly \$54,000. Because of this, we are implementing an immediate waitlist for anyone needing to start Home Delivered meals. Additionally, we will be pausing the Drive Through Meal Program from June 1 until October 1, or unless we receive sufficient funding.

As many of you know, at least once a week, our parking lot is full, forcing people to park on the street. We also have more often experienced lunches in which we have needed to open up the side rooms. These situations, along with others, have led me to advise the Board of Directors to consider options for the future. Last month the Board voted to enter an agreement to purchase some land.

When I have mentioned the possibility of purchasing land and beginning the process of building a new center, whether in person, through this newsletter, or in public, it has led to many questions, some of which I will try to answer on Page 7.

Also, please complete the survey on that page.

Our Mission remains, "To provide nutritious meals, socialization, health screening, and education" and our growth is a direct testament to the staff embracing our Mission. Your Elko Senior Center remains healthy and strong. We will get through this period of growing pains and be stronger on the other side. In the meantime, please know that I am available to answer any questions and address any concerns.

We hope that you all have a wonderful month!

Matt

JUNE ACTIVITY SUMMARY

JOHE HOTTVITT BOHIMMET									
	Day(s)	Date(s)	Time	Location	Fee				
BYOS = Bring Your Own Supplie									
Games & Recreation									
Hand & Foot Canasta	Mondays	Ongoing	9:00-11:00 a.m.	Dining Room	Free				
Mahjong	Tuesdays	Ongoing	9:00-11:00 a.m.	Dining Room	Free				
5 Crowns	Wednesdays	Ongoing	9:00-11:00 a.m.	Dining Room	Free				
Spinner Dominoes	Thursdays	Ongoing	9:00-11:00 a.m.	Dining Room	Free				
Quixx	Fridays	Ongoing	9:00-11:00 a.m.	Dining Room	Free				
Bridge (Duplicate)	Weds.	Ongoing	1:00-4:00 p.m.	Dining Room	\$2.00				
Bridge	MonThu.	Ongoing	1:00-4:00 p.m.	Varies	Free				
Bunco	1st Mon.	June 2	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	2	-					
Stretch & Strength	Thursdays	Ongoing	12:30-2:00 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.m8:00 p.m.	Large Activity Room	Free				
		Arts & Cra	ofts						
Watercolor Painting & Drawing	Wednesdays	Ongoing	9:30 a.m3:00 p.m.	Art Room	BYOS				
Char's Craft Class	Varies	June 10	10:00-11:30 a.m.	Art Room	Varies				
	Con	necting & S	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 Craft	Free				
Cancer Support Group	Varies	TBD	11:00-12:00 noon	Room Large Activity	Free				
Garden Club	Varies	Sept. 5	11:30	Room	Free				
Produce on Wheels	2nd Weds.	June 11	11:30 a.m12:30 p.m.	Porte Cochere	Free				
Alzheimer's Support Group	4th Weds.	June 25	1:00-3:00 p.m.	Technology Room	Free				
Access to Healthcare	2nd Friday	June 13	11:00 a.m1:00 p.m.	Dining Room	Free				
Open Sewing	3rd Mon.	June 16	9:00 a.m3:00 p.m.	Craft Room	Free				
Dementia Friendly Elko	3rd Weds.	June 18	1:00-2:00 p.m.	Technology Room	Free				
Nevada Legal Services (By Appt.)	Varies	July 9	9:00 a.m2:00 p.m.	Technology Room	Free				
Memoir Writing	4th Thurs.	June 26	1:00-2:00 p.m.	Technology Room	Free				
Kiwanis	М	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	3rd Friday	June	1:00 p.m.	Large Activity Room	Varies				
Elko County Democratic Party	3rd Tuesday	June 17	5:30 p.m.	Technology Room	Varies				

JUNE 1 SHIRLEY BECK EVELYN FLYNN PATRICIA HARRIS PATRICIA REMICK JUNE 3 JUNE CUMMINGS JUNE 4 GENE JENKINS JUNE 5 PAULA LESBO JUNE 7 GERALD CULLEY RIGO SALAZAR JOAN ZUNINO JUNE 8 CAROL SMITH

ARTHUR THOMPSON

JUNE 9 EULA SCHMIDT MARY SMEALL BETTIE TOGNINI JUNE 10 ADAROSE LARIOS JUNE 11 EARLYNN GASH JUNE 12 LYNN BARSTOW RICHARD DREW JACK TURNER JUNE 13 LYNN RUBEL PATRICIA STEMBRIDGE JUNE 15 EMMETT GOFORTH JACK TOGNINI

JUNE 16 CHARLES WRIGHT JUNE 17 DONNA BELLINGER ZELMA BROWN CLARA HADLOCK PERRY SARGEANT JUNE 18 LOIS GURR JUNE 19 TAMRE SANTISTEVAN JUNE 20 ELVA BRACKEN JUNE 21 GARY CARVER JUNE 22 DANIEL HERRERA

JUNE 23 RALPH GAMBOA ERIBERTO GRANADOS JUNE 24 JACK TAYLOR JUNE 25 ELMO BUNDY WESLEY KITE JUNE 27 LEORA BERNADOT MICHAEL MCMULLEN HUGH WILLIAMS JUNE 28 GENE DAVIDSON AILEEN HUTTON JUNE 30 NANCY MCCLURE

Birthdays



Wanda Jayo April 3, 2025



Wayne Tsosie Sr.



April 20, 2025



Marvin Churchfield April 6, 2025





Shirley Higley February 22, 2025





Jenaro Herrera April 4, 2025



PHOTO FUNI



PAGE 5 **JUNE 2025**

ITEMS TO MAKE NOTE OF



KATHERINE ROHDE KIM MONTOYA TIMOTHY CALLIS JEFF SAMORA RETA MEYERS DIANE OBORN JAMES BOWERS KENYA TRUXAL D'ANN LEDFORD JENNIFER FRANCOM KATHY TERRY ROBERT WHITE

CAROL HOCKETT CONNIE JOHANNESSEN RAYMOND SMARR ESTHER ROHRS ARSENIO GALLEGOS CHRISTY BOUGE **ELINOR DAVIS GENNIEVE GALLEGOS DOLORES BOUGE** MAIA WEBSTER HEIDI BUTTERFIELD CYNTHIA DELAMORA

GEORGE SCHNEIDER MICHELLE FOSTER RONDA SCHNEIDER MITCH POSEY DANIEL SALAS LORAINE GEORGE JOHNNA SCOTT KAREN SOMERS ETHAN DAVIS ANNETTE LARRINAGA TONY LARRINAGA DIANE KEOGH

NEW MEMBERS

THANK YOU

WILLIAM N. PENNINGTON FOUNDATION **NEVADA GOLD MINES HUNT & SONS EJC FOUNDATION WESTERN STATES PROPANE** LAMOILLE PRESBYTERIAN CHURCH **BRIDGE PLAYERS** BINGO RAFFLE DONORS **UEC MOVIE THEATERS** NNRH FOR MOTHER'S DAY CELEBRATION JOHN LETT

EVALYN PLUMB

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



BETTE & FRIENDS" is a variety show with music, comedy and games that will be performed at the Elko Senior Center on Monday, June 23rd at 1:00 p.m. Entrance is FREE, and there will be DOOR PRIZES handed out throughout the show, along with refreshments provided. "BETTE & FRIENDS" is hosted by Elko's very own Bette Jean Longden, accompanied by talented friends from Hollywood and Oregon, and it's sure to leave you laughing at the jokes and singing along to some of your favorite old tunes!

JUNE 2025

PAGE 6

JUNE 1 STEFAN BECK ROBERT GAINES NORMAN HINES MICHAEL PANECALDO PATRICIA REILLY MICHAEL WHITE JUNE 2

GARRY-BETH ALSDORF JANARAE EDWARDS RUTH LEE MARLIN PRUITT LOUISE RUDY JOAN WYTCHERLEY JUNE 3

VICKI CARTER DONALD COSE ROBERT FERRO STEVEN MCNEIL JANIS RENAS

JUNE 4

LORINDA ADAMSON DEBRHA COMBS CAROL HOOVER JOYCE LUCERO CAROL MORGAN ROBERT SANDOZ ROBERT WHITE JUNE 5

LOIS ANDREWS ELIZABETH MOORE LELAND WRIGHT JUNE 6

MARY JOYCE COMBS SUZANNE ELLISON GRETCHEN GREINER VALREE HELLWINKEL DAWN ORMAZA MARLOU RADER LEE REIERSON JUNE 7

IDA ANDREOZZI CHERYL GRANGE GIL SARGENT

JUNE 8

DIANE CARROLL ESTHER CARROLL MARIA PATRICK

JUNE 9

MAXINE BOUBACK PAMELLA MYRICK EVELYN JUNE O'NEAL ELAINE SWANSON CLAIRE WILLIAMSON JUNE 10

SUSAN ABEL SHIRLEY ANDERSON CAROL EDWARDS ROBERTA GALLEGOS HENRY NYU GRETCHEN RAY VICKIE RUSHING JUNE 11 PAM GAINES

JAMES HARGER CJ MADDEN RONALD MOON LEONARD WARD PATRICIA WHITLOCK JUNE 12

BRENDA CLEVELAND LANCE ENGEL KIMMIE FONDA LAWRENCE HENMAN MICHAEL MADIGAN DAVID POTTER

JUNE 13

OLIVIA CHURCH LORI DOESCHER SUSAN HEBERT RUSSELL HINSER MARK MALLOY SHERRI MELTON JUNE 14

FELIPE CEJA LARRY HYSLOP JESUS OROS KATRINKA RUSSELL JUNE 15

LORI BURNS DEBRA SALAZAR MELANIE SMITH DEBORAH THIEL KAREN WILSON

HEIDI BUTTERFIELD GREG HEXEM DAWN MAY MIKE SHELLENBARGER BETTE WOODRUFF JUNE 17

JUNE 16

CHERYL BLYTHE KAREN BRYANT **BRENDA JAMES** SHARON KENNEDY SHARI TEMOKE SALVADOR ZATARAY **JUNE 18**

EDWARD BARRINGTON SIMONE TURNER **JUNE 19**

ANTOINETTE BAILEY JOSEPHINE CUSTER JENNY ENGEL KENNETH KNIGHT ANNETTE LARRINAGA

JUNE 20

CHRISTINA ALLEN FRED BOGDON VERLENE GOODRICH DAVID MARSHALL OTIS ROBINSON JUNE 21

PAT HENDERSON SHIRLEY KING DIANE PLUMB JUNE 22

JEFFREY ADAMS NORMA CORZO-ARIAS DANENA IKE SHERYL KNUDSEN TERRY MILLAGE BECKI MOTT

PATRICIA NOTESTINE KAREN SOMERS JUDITH STRAMEL

JUNE 23 VALARIE APPLEGATE TAMARA CRAWFORD KATHY GUISTI GEORGE RODGERS SHANE STAHL JERRY THOMPSON JUNE 24 JAMES CORGAN

AMY FLAMMANG CRITCHLOW MALOLO IDA MCBRIDE LAWRENCE NICOLAS TIMOTHY PETERSON JUNE 25

JAMES FORDHAM ANNA GETTE SHEILA SMITH JUNE 26

BETTY COXWELL SARA EIDEMILLER JUNE 27

LOUIS FREY BRIAN RILEY DOROTHY SJOL LEANDRA URQUHART

JUNE 28 AMY CASTANEDA LAURENT DEFOY MACKENZIE FISHER WOODROW SNYDER

JUNE 29

EUGENE BARTORELLI LAURENE BROWNE NORMAN HORTTOR LIDA LANI

JUNE 30

FRANKLIN MARTINEZ PATRICK ROONEY

ITEMS TO MAKE NOTE OF



Are we truly growing? – Yes. Over the five-year period ending September 2024, we have served an average of 21 more meals per day in the Dining Room, averaging 96 Congregate Meals per day. If we continue to grow at this rate, within the next five years, we will average 124 Congregate Meals per day, leaving only 2 open seats in the Dining Room as it is currently arranged.

What is wrong with the current building? – Nothing is wrong with the current building and it is in terrific shape for being nearly 25 years old! However, we are nearing capacity.

Can't we just expand? – We do have some expansion options. We can expand the Dining Room onto the patio and out towards the BBQ Grill. However, we will be unable to expand any further beyond those two areas. Additionally, the current building was not designed for expansion, so there may be significant issues with designing a new roof that will join properly with the existing roof and not cause leaks. However, even with these potential expansions, we do not have any additional space for parking, which is the bigger issue currently and will only be exacerbated with the growth in Membership.

What other options are there? – One option that we have discussed is creating a sign-in list for lunches and having two seatings. This could be a service from 11:00 until 12:00 and then another service from 12:30 until 1:30. We would need to clean the dining room and reset, so Members from the first seating would need to either leave the Center or go into one of the other rooms until after the second lunch. This would impact anyone currently participating in activities in the Dining Room following lunch.

How soon will this happen? – The timing depends on how successful our fundraising efforts are. We have been advised to expect two (2) years to raise the roughly \$1 million to buy the land and another ten (10) years to raise an approximate \$10 million building cost, with at least another year to build the building.

These answers, and the need to explore funding options, have led to us to begin a Feasibility Study, the first step of which is to seek answers from you, our Members. Please take the time to carefully answer the questions below and return the bottom portion to us either in person or via e-mail to terracedirector@elkoseniors.org. Please be sure to print your name, as only surveys with legible names will be counted. Thank you!

Yes	No
Are you willii	ng to donate to purchase land and/or build a new Senior Center?
Yes	No

Do you feel we need more space, either now or in the next five years?

\$100-\$999 \$1,000-\$9,999 \$10,000 or more

If so, what amount are you able to give?

If you are able to donate, what is the timing you anticipate being able to give?

2025-2026 2027-2029 2030-2035 Beyond 2035 As part of my estate plan

Name:	Phone Number



\$ 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, June 12th Doors open at 5 pm – Game starts at 5:30 pm The Elko Senior Center 1795 Ruby View Dr. -

Spring Creek Wednesday,

May 18th
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

THE DATE OF THE NEXT BOARD MEETING IS SCHEDULED FOR JUNE 23, 2025. WE WILL MEET INPERSON 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 BOARD. 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

BOARD OF DIRECTORS

JENNIFER ROBERSON — CHAIR; MONICA WRIGHT-COSCARAT—TREASURER; MARSHA DAVIS, BILLIE JEAN CRAWFORD, ANNE CURTIS, CATHY MCADOO, AND LYNN TERRAS

SENIOR CENTER STAFF

MATT MCCARTY - EXECUTIVE DIRECTOR; CARISSA CASSADORE - ASSISTANT DIRECTOR; JANIS SHURTLIFF - 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; CHRISTOPHER PIFFERO - DISHWASHER; JAIME LOEPPKY - SUB. KITCHEN AIDE/DRIVER; STEPHANIE FRENCH - SUB. KITCHEN AIDE/DRIVER; STORMY BARRETT - SUB. KITCHEN AIDE/DRIVER; STORMY BARRETT - SUB. KITCHEN AIDE/DRIVER; KINDRA WARREN - EVENT FACILITATOR; KINDRA WARREN - EVENT FACILITATOR; KINDRA

Please make all checks payable to ESAP. ESAP stands for Elko Senior Activities

Program. Thank you!

1

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.

Diners over the age of 60 -	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 Senior Center June Menu						
Monday	Tuesday	Wednesday	Thursday	Friday		
Ravioli Sunshine Carrots Caesar Salad Fruit Cocktail Garlic Bread Rice Krispy Treat	3 Oven Fried Chicken Mashed Potatoes and Gravy Peas and Carrots Garden Salad Mandarin Oranges Bread Lemon Bars	Crab Salad Croissant Assorted Soup Lettuce & Tomato Mixed Fruit Chocolate Cake	S Roast Pork Tenderloin Potato Salad Honey Dijon Veggies Pineapple Cottage Cheese Spring Salad Banana Cake	6 Shepherd's Pie Spinach Salad Roll Melon Assorted Dessert		
9 Boneless Pork Rib Sandwich Hoagie Bun Potato Salad Broccoli Salad Peaches Magic Bars	Hamburger Fries Baked Beans Lettuce and Tomato Whole Orange Tapioca Pudding	11 Beef Stroganoff Over Noodles Steamed Broccoli Orange Spinach Salad Plums Ice Cream	Chicken Fajita Spanish Rice Refried Bean Fruit Cup Tres Leches Cake	Father's Day Lunch Roast Beef Red Potato Mixed Vegetables Garden Salad Orange Carrot Cake		
Pulled Pork Sandwich Potato Wedges Green Beans Creamy Coleslaw Pears Oatmeal Raisin Cookie	Meatloaf Mashed Potatoes Corn Colorful Salad Chantilly Fruit Cup Roll Southern Peach Cake	Beef Hot Dog Fries Sauerkraut Chili with Beans Pears Root Beer Float	Center Closed Juneteenth	French Dip Sandwich Macaroni Salad Broccoli Salad Fruit Cup Lemon Pudding		
Shrimp Basket English Chips Green Beans Coleslaw Strawberries Roll Chocolate Chip Cookie	Country Fried Steak Mashed Potatoes Corn Garden Salad Yogurt with Blueberries Hot Water Cake	Lasagna Chopped Spinach Salad Garlic Bread Whole Orange Cherry Fluff	26 Birthday BBQ Pork Ribs Scallop Potato Green Beans Bread Spiced Applesauce Birthday Cake Sundae Bar Sponsored by Tim Hatch Edward Jones	Chicken and Dumplings Sunshine Carrots Green Salad Tropical Fruit Cheesecake Parfait		
Swedish Meatballs Over Noodles Steamed Broccoli Tossed Salad Diced Pears Dinner Roll Sugar Cookie						

The Terrace at Ruby View | 775-738-3030 1795 Ruby View Dr. Elko | www.elkoseniors.org

National Day Calendar Days

June 1 - Start of National CPR & AED Awareness Wk

June 1 - National Pen Pal Day

June 1 - National Cancer Survivor's Day

June 1 - National Say Something Nice Day

June 1 - National Barefoot Day

June 4 – National Cheese Day

June 6 - D-Day

June 7 - National Trails Day

June 8 - National Best Friends Day

June 9 - National Donald Duck Day

June 13 - National Wear Blue Day

June 13 – National Sewing Machine Day

June 14 – Army Birthday

June 14 - Flag Day

June 15 – Father's Day

June 18 – National Go Fishing Day

June 20 - Summer Begins - Longest Day of the Year

June 22 - National Kissing Day

June 22 – National Chocolate Éclair Day

June 26 - National Bomb Pop Day

June 30 – National Meteor Watch 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-and Fridays.

DERMIL NO. 34

O'S. POSTAGE PAID

NONPROFIT ORG

Elko Senior Center 1795 Ruby View Dr. Elko | 775-738-3030

| www.elkoseniors.org



June 2025

Nutrition and Food Security Programs Updates, Reminders, & Tips



June is Elder Abuse Awareness Month

World Elder Abuse Awareness Day is June 15.

Sadly, abuse, including neglect and exploitation, is experienced by about 1 in 10 older adults who live at home. The National Center on Elder Abuse (NCEA) was established by the U.S. Administration on Aging (AoA) in 1988 and granted a permanent home at AoA in the 1992 amendments made to Title II of the Older Americans Act. The NCEA is one of 27 AoA-funded Resource Centers. The AoA recognizes that as a government, as a society and as individuals, we must increase our efforts to ensure that all older adults age with dignity and honor. NCEA | Home

Protecting older and vulnerable adults is extremely important. The Aging and Disability Services Division requires all staff, contractors, and volunteers who provide adults with direct services to complete Adult Abuse Awareness Training annually. The ADSD-approved, online awareness training can be found here: Adult Protective Services Training -**Nevada Care Connection**

There are many types of abuse. Know what to look for and how to report it.

NCEA | Home

World Elder Abuse Awareness Day Resources and Upcoming EJCC Meeting | ACL Administration for Community Living













Fun with Fresh Fruit (and Vegetables)!

June is Fresh Fruit and Vegetables Month. June 22nd is also National Chocolate Éclair day but I guess that doesn't really count as "nutritious" food.

Frozen produce can be just as nutritious as fresh. Cooking fresh foods for yourself or your meal program allows you to control what's added; plus it tastes better. Did you know canned foods can have added sugar, salt, fats, stabilizers, preservatives, and imitation flavor or color? Yikes! When following USDA MyPlate recommendations of half the plate containing fruits and vegetables, it doesn't have to be boring. The DRI recipes on The ADSD Nutrition Resources web page has lots of ideas for using fresh foods. Check out Baked Apples, Roasted Vegetables, or Zucchini Salad.

Nevada ADSD III-C Nutrition Regulations and Resources MyPlate.gov | U.S. Department of Agriculture



June 15th To all the dads!



Fruit & Vegetables Word Scramble

Unscramble the letters to solve the puzzle!

I. PESA	
2. BAESN	
B. SPRSUTO	
4. GIGREN	
5. LEKA	
6. ELLISNT	
7. CBBAAGE	
B. MPIPNKU	
P. ROBCOLCI	
10. GLNPATGE	
11. OTTOPA	
12. RLAICG	
13. CEEYLR	
14. TEOHIRACK	
15. ULEECTT	
16. NOINO	
17. IHSCNAP	
18. NCIUCZHI	
19. SGRAPUAAS	
20. SIRADH	

See the Front Office for the solution

Healthy LIVING while aging!









June 2025

Newsletter provided by University of Nevada, Reno Extension

Volume 6, Issue 6

Men's Health Month: Eat Well, Move More, Live Longer!

By: Hans Weding, R.D.

June is Men's Health Month, a time to focus on staying strong and healthy. A balanced diet and regular exercise are two of the best ways to prevent disease and boost energy. Small changes today can lead to a longer, healthier life!

Fuel Your Body with the Right Foods

Eating the right foods helps maintain a healthy weight, supports heart health and reduces the risk of diseases like diabetes and high blood pressure.

Load Up on Nutrient-Rich Foods:

- · Lean Proteins (chicken, fish, beans) build muscle and keep you full.
- · Whole Grains (brown rice, quinoa, whole wheat bread) provide lasting energy.
- · Fruits & Vegetables give you essential vitamins and minerals. · Healthy Fats (avocados, nuts, olive oil) support heart and brain health.

Limit These Foods:

- · Processed & Fast Foods High in unhealthy fats and sodium
- · Sugary Drinks & Snacks Can lead to weight gain and diabetes
- \cdot $\it Excess\,Alcohol$ Increases the risk of heart disease and liver damage.

Drink More Water! Aim for 8+ glasses a day to stay hydrated and keep your body functioning well.

Get Moving: Exercise for a Stronger Body Physical activity keeps your heart healthy, boosts mood and strengthens muscles.

How Much Exercise Do Men Need?

- \cdot 150 minutes of moderate exercise per week (brisk walking, biking) or
- · 75 minutes of intense exercise per week (running, swimming)
- · Strength Training (lifting weights, bodyweight exercises) two times per week to build muscle and prevent injury.

Hans Weding is a Registered Dietitian and chef for the University of Nevada, Reno Extension, in the College of Agriculture, Biotechnology & Natural Resources.



Easy Ways to Stay Active:

- · Take the stairs instead of the elevator.
- · Walk or bike instead of driving short distances.
- · Stretch and move during work breaks. · Join a local sports league or gym.

Kev Health Concerns for Men

- · Heart Disease The #1 cause of death in men. High blood pressure, high cholesterol and smoking increase the risk. Exercise, a balanced diet and regular checkups help. · Prostate Health Prostate cancer is the second most common cancer in men. Talk to your doctor about screening if you're 50+ (or 40+ with a family history).
- · *Mental Health* Depression and stress often go unnoticed. Don't ignore feelings of sadness or anxiety—reach out for help.
- · *Diabetes* Many men have diabetes but don't know it. Symptoms include fatigue, frequent urination and extreme thirst. A simple blood test can check for diabetes.

Healthy Habits for a Stronger You

- · *Get Regular Checkups* Even if you feel fine, screenings can catch problems early.
- · Stay Active Aim for 30 minutes of exercise most days of the week.
- Eat Right Cut back on processed foods and sugar. Eat more fruits, vegetables and lean protein.
- \cdot Manage Stress Try deep breathing, hobbies or talking to a friend.
- · *Limit Alcohol & Quit Smoking* Both increase health risks. Seek support if needed.

Take Action This June!

Make Men's Health Month a time to start healthy habits. Encourage friends, family and coworkers to do the same!



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.

June is National Internet Safety Month!

Article By James Quiazon, Extension Southern Area, Information Technology Technician II

Scammers send fake text messages to trick you into giving them your personal information — things like your password, account number or Social Security number. If they get that information, they could gain access to your email, bank or other accounts. Or they could sell your information to other scammers.

Scammers often try to get you to click on links in text messages by promising you something. Scammers might

- promise free prizes, gift cards or coupons, but they're not real
- offer you a low or no interest credit card, but there's no deal and probably no card
- promise to help you pay off your student loans, but they won't

Scammers also send fake messages that say they have information about your account or a transaction. Scammers might

- say they've noticed some suspicious activity on your account, but they haven't
- claim there's a problem with your payment information, but there isn't
- send you a fake invoice and tell you to contact them if you didn't authorize the purchase, but it's a scam send you a package delivery notification, but it's fake

The messages might ask you to give some personal information, like how much money you make, how much you owe or your bank account, credit card, or Social Security number, to claim your gift or pursue the offer. Or they might tell you to click on a link to learn more about the issue. Some links might take you to a spoofed website that looks real but isn't. If you log in, the scammers might then steal your username and password.

Other messages might install harmful malware on your phone or computer, stealing your personal or financial information without you realizing it.





What to Do Ahout Snam Text Messages

If vou get a text message vou weren't expecting and it asks vou to give some personal or financial information. don't click on any links. Legitimate companies won't ask for information about vour account by text. If vou think the message might be real, contact the company using a phone number or website vou know is real - NOT the information in the text message.



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FRAUD WATCH ALERTS: MAY

SWEEPSTAKES SCAMS

Who wouldn't want to win thousands or even millions of dollars, or the chance to go on a luxury vacation? There are many legitimate sweepstakes and contests out there, and the idea of winning some fabulous prize can be mighty alluring. Criminals get that, and they exploit our excitement to score that big check or dream trip.

When a sweepstakes or a contest is fraudulent, there is often a big red flag: you must first pay upfront fees or taxes to get your prize. No legitimate sweepstakes or contest requires upfront payment. Another clue is if you are asked to share sensitive information to receive your prize, such as your Social Security number or bank account information. Again, this is something perpetrators do, not legitimate entities.

If you find yourself reacting to an out-of-the -blue communication with a heightened emotion, and it comes to you with great urgency, let that be an indicator or a fraud attempt. Take an "active pause" – consider what you are being confronted with, what you might know about it, and then react with intention. That moment of deliberation could be what keeps you safe.

Look Out for Fake Checks

Checks might seem like something from the past, but scammers often use fake checks in their crimes so they can exploit the time it takes for them to bounce. During that waiting period, scammers will ask you to act on those funds. But once the check bounces, any amount you acted on is gone. This tactic shows up in several scam types from fake job and work-from-home scams (the fake check is to purchase equipment from the "employer" or for you to wire or otherwise send funds to "vendors"), to a seemingly innocent overpayment you received where you're asked to send part of the money back.

It's important to know that, just because the check looks like it cleared, it doesn't mean it has – it can take time for a bank to validate a check, but the federal rules are to make the amount available, usually within 24-48 hours. Use caution when accepting a check: ensure it is validated by your bank and reject seeming overpayments where you're asked to pay back the overage to the sender.

TO MAKE YOURSELF A HARDER TARGET

Criminals are always looking for ways to get your personal information to use in criminal activities. The good news is that there are many steps you can take to help protect your data and minimize its value to criminals. Here are three:

Create stronger passwords: Better protect yourself by using strong and unique passwords or passphrases or consider using a password manager to store and generate strong passwords securely.

Use multi-factor authentication: A second layer of defense to your accounts makes it harder for cybercriminals to gain access. Check account settings for two-factor authentication, two-step verification, or multi-factor authentication, and follow the setup instructions.

Keep your operating system updated: Sometimes those updates are to patch a known vulnerability; set yours – and your antivirus protection - to update automatically.

SPOTTING FAKE QR CODES

QR codes are everywhere – from restaurant menus to package tracking. But where there is innovation, there are criminals exploiting them for fraud. QR codes are now being used by scammers to lead you to phishing websites, where they may steal sensitive details like banking info, login credentials and more.

Before acting on a QR code in the real world, check for signs of manipulation (a sticker over the original QR, for example). And you don't have to use a QR code – if you're at a restaurant, ask for the printed menu. Also, look at emailed or texted QR codes with suspicion; the point of them is to link you to a website when you're not otherwise online.

Just like when clicking links, it is important to use caution when scanning QR codes to ensure the source is trustworthy.



