



THE TERRACE

AT RUBY VIEW

Senior and Active
Lifestyle Center

It is the end of the year, already! While there have been difficulties this year, and we have lost friends and family, I am happy that you have chosen to make the Elko Senior Center part of your life. It truly gives me pleasure for us to be able to serve you and, on behalf of the staff, we look forward to serving you even more in 2025!

We end the year with a funny sounding word that is a bit crass, *billingsgate*. In fact, *billingsgate* means “coarsely abusive language” and comes from what was once an actual gate in London. Billingsgate, the site, was the location of a fish market going back to the Romans holding London. The sailors and fishmongers who frequented the area had very coarse and abusive language, so *billingsgate* came to be equated with such colorful speech. As the snow starts to fly, perhaps you may be tempted to use *billingsgate*, though remember that Santa is watching! With that, we have reached the end of the fun and funny-sounding words. Is there a theme you would like for me to feature next year? Please let me know before December 15th.

Update! I misunderstood what Lynn Boyd had in mind when she told me her idea of giving in honor of someone’s birthday. Her intent was to honor someone with a small donation to the Center, particularly for someone who is still living and I thought she was referring only to those who have passed. Rather than purchasing an expensive greeting card, her thought was that money could be donated in honor of someone. So, if you would like to honor someone on either our *Birthday List*, or on the *In Memoriam Birthday List*, please feel to contact the Office. In the past month alone, we have received more than \$600 honoring our members.

You will see some changes to our “branding” throughout 2025 as we move away from “The Terrace at Ruby View” and emphasize “The Elko Senior Center” more. We value the history and tradition of our previous moniker, though this change reflects the reality of our legal name and reaching out for financial support through grants from outside of our area. In keeping with this, please write any checks to “ESAP” or the Elko Senior Center.

Also in 2025, your Elko Senior Center is looking to collaborate with Great Basin College (GBC) Continuing Education on classes specifically for our members. Be on the lookout for opportunities to learn new skills and crafts, both here at the Center and at the Elko GBC Campus. Along those lines, this month is, among other things, National Learn a Foreign Language Month. So, jump into the New Year by challenging yourself and doing some mental exercises while expanding your lingual skills. Did you know that December is also National Bingo Month? We would love to have you come out to join us in Elko on Thursday, December 12th or in Spring Creek on Wednesday, December 18th. Before you come out to Bingo, you could invite your grandchildren, family, or friends over to make some Gingerbread Houses in honor of Gingerbread House Day on December 12th or celebrate National Cupcake Day on December 15.

As I close out this month’s Newsletter, on behalf of our staff and Board, Merry Christmas, Happy Holidays, and Happy New Year!

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

DECEMBER 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.	Dec. 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					
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	Dec. 10	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	2nd Weds.	Dec. 11	11:30 a.m.-12:30 p.m.	Porte Cochere	Free
Alzheimer's Support Group	1st Weds.	Dec. 4	1:00-3:00 p.m.	Technology Room	Free
RPEN	Varies	TBD	12:30-2:00	Technology Room	Free
Access to Healthcare	2nd Friday	Dec. 13.	11:00 a.m.-1:00 p.m.	Dining Room	Free
Dementia Friendly Elko Nevada	3rd Weds.	Dec. 18	1:00-2:00 p.m.	Technology Room	Free
Legal Services (By Appt.)	Varies	Dec. 18	10:00 a.m.-12:30 p.m.	Technology Room	Free
Memoir Writing	4th 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



Evangeline Pate
September 12, 2024

In Memoriam Birthdays

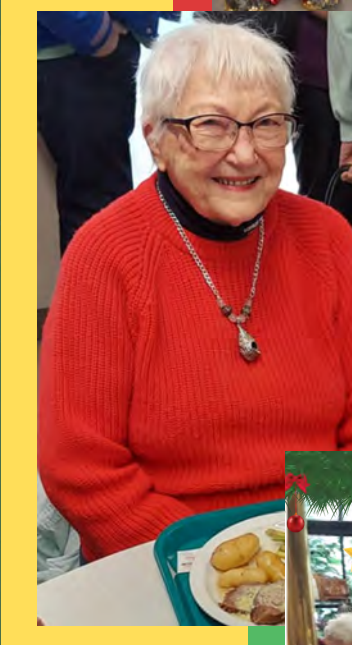
- | | | |
|---|--|---|
| DEC. 1
DON WHITE | DEC. 12
ROBERT ULMER
DANIEL MCNEIL
ROY ROBINSON
AURORA BRAVO | DEC. 25
CHRIS
FOTHERINGHAM |
| DEC. 2
DONALD SMALES | DEC. 14
JIM COLLINS | DEC. 26
PAUL WALTHER
DONNA WHITE |
| DEC. 3
RACHEL ROCKWOOD
HOWARD COFFMAN | DEC. 17
SHIRLEY HALL | DEC. 27
RICHARD WAITE
RICHARD BUERKLE |
| DEC. 4
GAY CARRILLO
MADGE DEL SARTO | DEC. 18
MICHAEL MARFISI
JOHN FOSMO | DEC. 28
ENID ZUNINO
JOHN CONRAD |
| DEC. 6
ISABEL GALLEGOS | DEC. 19
MAXINE GARCIA
NOELLA GARRARD | DEC. 29
EDITH ELMORE
MARLA GRISWOLD
LOLA JONES |
| DEC. 7
ELIZABETH ROSE | DEC. 20
TED DAHLING
PAMELA MANNING | DEC. 30
DELMO ANDREOZZI |
| DEC. 8
JENECE HOWARD
ROBERT BOGDON
WARD GUENIN | DEC. 22
AMY VEGA
MARILEE KUHL | DEC. 31
CHARLES CRESS
TAMMY GLANZMAN |
| DEC. 10
DAVID WARD
DON GILBERT | | |

Thank you so much to everyone who took the time to donate to our Christmas Bazaar this year! Your continued support helps to make this event a success!

Please join us at the Christmas Bazaar Saturday, December 7th from 9:00a.m.-5:00p.m. and Sunday December 8th from 9:00a.m.-3:00p.m.

Again thank you so much for supporting the Seniors in our community through The Senior Center!

PHOTO FUN!



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, DECEMBER 18.



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

DEC 1

GIL HERNANDEZ
DEAN KERKLING
MARLYN MUELLER

DEC 2

MICHAEL CISNEROS
DIANA MCMULLEN
DEE MEEK
DANIEL ROMANS
RAE SANCHEZ
XIAOKUAN XIE

DEC 3

MARLENE CORTEZ
JOY WRIGHT

DEC 4

BRETT CAMPBELL
JAMES HAYES
MARCIA PRATT
KAREN STACY
DON WISDOM

DEC 5

KERRY AGUIRRE
LYNNE BOYD
RONALD HENDRICKS
ARTHUR MONTROSE
DEBBIE SORENSON

DEC 6

CANDICE GREER
SANTIAGO LOPEZ
LYDIA MOOREHEAD
AMY VAUGHN

DEC 7

ELIZABETH BROWN
ADELAIDA GUZMAN
CHERYL HOOT
SUSAN JONES
NEAL PLASTER

MARIA RODRIGUEZ
AMY ZIEMBA

DEC 8

ROBERTA BARNES
NIA REYNOLDS
SUSAN WINES

DEC 9

JOE BRADT
ERASMO CERVANTES
RAELENE KING
TAMMY OPP
FLOYD RINGER
MELODY STEERS
DON WIGGINS

DEC 10

MIKE ELSBURY
MICHAEL FUGATE
MARTHA WATSON

DEC 11

FRANCES JOHNSON

DEC 12

GUADALUPE BEVAN
LARAE CALICO
BONNIE CHANDLER
JOE EDSON

DEC 13

WALT CLEVELAND
SHERRI ROSS
ALLEN SNOW

DEC 14

CAROLYN HINES
BARBARA NAMETH
VIOLA RIGGS

DEC 15

MARY ADAMS
ROBERT BUZZETTI
SHARON BYRAM
SHARON JONES
WILLIAM SAYKO
DIANE VANNORMAN
JERILYN WATSON

DEC 16

KATHRYN BALES
JOHN FLAMMANG
NANCY JAYNES
LINDA MORSE

DEC 17

PHYLLIS BOGDON
NANCY CONTILDES
JOHN LETT
SHIRLEY POIRIER
JONATHAN THOMPSON
EVA WEST

DEC 18

DANA DOLAN
JAMES REILLY
CHRISTY THERIAULT
TED VAUGHN
JOHN VIERGUTZ

DEC 19

JAMES MOORE
SHELLY TOMLJANOVICH

DEC 20

VERN DICK
IRMA JEAN GILLINS
DEBORAH MCMILLIN
NEAL MILLER
BECKY ROMANS
KONDA WAKLEY

DEC 21

KATHY ALGERIO
DEBBIE BLANTON
PATRICIA NEHRING
JUAN RODRIGUEZ

DEC 22

CHARLES BALL
LLOYD BINGER
DANA CAMPBELL
SOOJA RYU PETERSON
ANGELINE SCHWARTZKOPF

DEC 23

ISABLE BERGSTROM
DAVID GILLET
RANDY HADLOCK
PETER HEGRE
RENEE KEELAN

DEC 24

RICHARD BROCKMAN
KATHY REYES

DEC 25

LAURENCE CUNNINGHAM
KATHY HOLMES (BLANTON)
GARY JENSEN

DEC 26

ROSIE AVILA
GWEN FINLAYSON
VICTORIA GRAVELIN
BARBARA THOMSON

DEC 27

GISELA CATES
WILLIAM NISBET
STEPHEN YOCUM

DEC 28

JONATHAN BLONDEAU
ROLAND BROWN
RETHA VAVRICK

DEC 29

NANCY PEREZ
ROBERTA WEBB

DEC 30

FRANK AGUIRRE
AUDREY BARTORELLI
JAN MARTINEZ
DONNA MURPHY
STEPHEN OLIVER
DEBORAH REEVES
BRUCE STANTON
JAN TANKERSLEY
LAIRA WATSON

DEC 31

MARY BRENSEL
KELLY HOWARD
JOE JARVIS
JENNIFER ROBERSON
JAMES SPARROW
LINDA SPARROW

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
 BRIDGE PLAYERS
 BINGO RAFFLE DONORS
 UEC
 MT. CITY HWY FAMILY DOLLAR
 ANONYMOUS DONORS

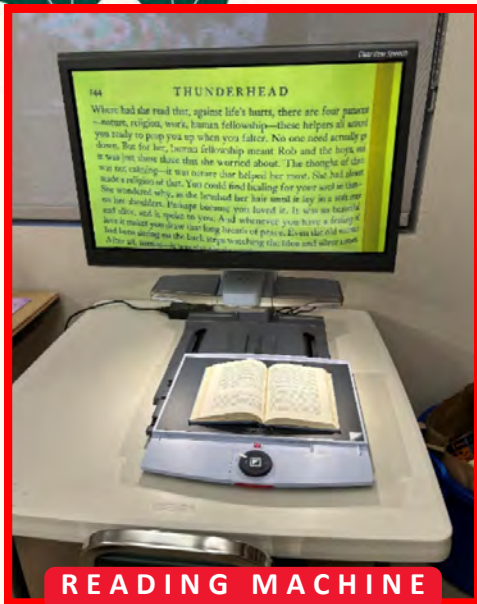
New Members

VERN KONCHER
 AURORA GARCIA
 BETTE WOODRUFF
 ELISIO CASTANEDA
 MARILYN CASTANEDA
 MICHAEL FUGATE
 IRMA JEAN GILLINS
 FRANCOISE GRAVEL
 ASHLEY HAGE
 RENEE KEELAN
 BRADLEY LYONS
 JACKIE MELTON
 NEVADA PEARCE
 AMANDA ROUNDTREE
 FLORENCE VONBRANDT
 CARLENE HENDERSON
 PATRICIA PRICE
 GLEN BADERTSCHER
 KIMY COOPER

RONALD WHEELER
 LYNN LEMMON
 MARVIN LEMMON
 JOSEPH MCCOLLOUGH II
 RENDY KEATEN
 DEAN CONN
 MIKE ELSBURY
 EMILIO CORREA
 EDWARD VONBRANDT
 FRANKIE CORREA
 CATHERINE HAWKINS
 LOIS WEAVER
 PAULA FERRALL
 LESLIE LYONS
 BARBARA ANN
 JEFFREY LEROY
 CUNNINGHAM
 MICHAEL SALAZ
 NORY GUITAR

KATHLEEN LEDBETTER
 ROSE PEREZ
 JAMES HARGER
 ROBERT LORANGER
 EDWARD MORGAN
 SARIT BARNET
 SUSAN LAWRENCE
 ANNETTE SAVOY
 MELISSA DAVIS
 EDWARD GILLINS
 THOMAS LOFLIN
 KIM UPTON
 LORI NELSON
 SUSAN FRANCIS
 SUSAN PENGELLY
 DAVID RUSSELL
 BRENDA CAMPBELL
 NANCY STREETS

ITEMS TO MAKE NOTE OF



READING MACHINE

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

- JOHN COLLET
- MARILYN GLASER
- LOIS SARGENT
- SANDRA STONIER
- WALT QUENELL
- BILL GALVIN



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,

December 12th

Doors open at 5 pm –

Game starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday,

December 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

BOARD OF DIRECTORS BULLETIN

THE DATE OF THE NEXT BOARD MEETING IS SCHEDULED FOR DECEMBER 16, 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; CINDY HYSLOP – 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

Drive Thru & Chef or Chicken Apple Salad order before 9:00 am

For the Best Lunch in Town!

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

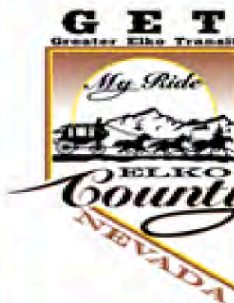
Diners over the age of 60 - suggested \$3.00 donation. For diners under the age of 60, the cost of the meal is \$10.00.

The Terrace December Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Cordon Bleu Butter Noodles Key West Blend Vegetables Tomato & Cucumber Salad Mandarin Oranges Pumpkin Cookies	3 Chicken Fried Steak Mashed Potato with Gravy Mixed Green Salad Apricots Blueberry Cobbler	4 Lemon Baked Fish Brown Rice & Lentil Pilaf Seasoned Peas Spinach Salad Pears Bread Lemon Bars	5 Swiss Steak with Tomato Sauce Roasted Red Potato Glazed Carrots Spring Salad Peaches Jell-O with Fruit	6 Sweet Italian Sausage With Red Peppers & Onion Elbow Macaroni Steamed Broccoli Green Salad Banana Assorted Dessert	
9 Hamburger Baked Beans Tomato & Lettuce Sliced Onion Cantaloupe Chunks Mixed Vegetables Ambrosia	10 BBQ Pork Ribs Scallop Potato Sunshine Carrots Bread Spiced Applesauce Turtle Parfait	11 Fish Tacos Cilantro Lime Rice Black Beans Lime Coleslaw Peaches Apple Crisp	12 Meatloaf Mashed Potato Green Beans Garden Salad Chantilly Fruit Cup No Bake Cookies	13 Chicken Enchiladas Hominy Casserole Beans Churro Shredded Lettuce and Tomato 5 Way Fruit Salad Southern Peach Cake	
16 Pulled Pork Tacos Spanish Rice Refried Beans Green Salad Pears Chery Fluff	17 Crab Salad Croissant Macaroni Salad Lettuce Tomato Set-up Three Bean Salad Yogurt with Fruit Oatmeal Raisin Cookie	18 Thin Crust Pizza Chef Salad Broccoli Berry Cup Peach Cobbler	19 Christmas Lunch Beef Steak with Béarnaise Sauce Potatoes with Garlic Asparagus Mixed Green Salad Fruit Dinner Roll Tiramisu \$15.00 Guest Cost	20 Chicken Gumbo Red Beans and Rice Colorful Salad Chantilly Fruit Dinner Roll Sundae Bar Sponsored by Tim Hatch with Edward Jones	
23 Spaghetti with Meatballs Vegetable Medley Garden Salad Breadstick Melon Cup Peach Cake	24 Belgian Waffle with Berry Compote & Whipped Cream Scrambled Eggs Country Sausage Fresh Fruit Apple Cinnamon Oatmeal Hot Apple Cider	25 <p style="text-align: center;">Center Closed Christmas Day</p>	26 BIRTHDAY Cranberry Glazed Chicken Breast Aztec Grain Salad Spring Salad Green Beans Mandarin Oranges Cake And Ice Cream	27 Beef Stew Buttered Noodles Garden Salad Mixed Berry Cup Dinner Roll Pineapple Upside Down Cake	
30 Swedish Meatballs Over Noodles Mixed Vegetables Broccoli Salad Fruit Cocktail Dinner Roll Spice Cake	31 BBQ Pulled Pork Sandwich Tater Tots Carrot Raisin Salad Baked Beans Peaches Apple Empanadas				

National Day Calendar Days

- Dec. – National Necktie Month
- Dec. 1-7 – Nat'l. Older Driver Safety Awareness Wk.
- Dec. 4 – National Cookie Day
- Dec. 4 – National Dice Day
- Dec. 7 – National Pearl Harbor Remembrance Day
- Dec. 8 – National Crossword Solvers Day
- Dec. 8 – National Brownie Day
- Dec. 12 –Gingerbread House Day
- Dec. 13 – National Guard Birthday
- Dec. 14 – Wreaths Across America Day
- Dec. 15 – Bill of Rights Day
- Dec. 16 – National Chocolate-Covered Anything Day
- Dec. 20 – Go Caroling Day
- Dec. 20 – National Ugly Christmas Sweater Day
- Dec. 21 – Winter Solstice
- Dec. 21 – Phileas Fogg Win A Wager Day
- Dec. 23 – National Roots Day
- Dec. 25 – Christmas Day
- Dec. 25 – Start of Chanukah
- Dec. 28 – Pledge of Allegiance Day
- Dec. 30 – National Bacon 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.



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

Healthy LIVING while aging!



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources



December 2024

Newsletter provided by University of Nevada, Reno Extension

Volume 5, Issue 12

Food Customs and the Holidays

By Natalie Mazzullo, M.Ed.

Natalie Mazzullo is the healthy aging coordinator for University of Nevada, Reno Extension, which is part of the College of Agriculture, Biotechnology & Natural Resources.



The holidays are often a time to remember childhood memories and traditions. It may be putting up decorations, visiting with family or preparing a favorite holiday dish. All the holidays have certain things in common, including unity, celebration and sharing. They are celebrated with a feast and family members and loved ones are invited to join the festivities. The major differences include how each holiday is celebrated and the reason it is celebrated. While Christmas includes exchanging presents, Hanukkah and Kwanzaa are not traditionally associated with gift giving. The Winter Solstice is celebrated with a gathering and seasonal harvest. Below you will find the food customs typically prepared and eaten for each holiday.

Christmas

A traditional Christmas dinner main dish often consists of prime rib, baked ham or roast turkey. This main dish is served with a side dish of scalloped potatoes, green bean casserole and/or cranberry sauce. Celebrations can begin on Christmas Eve or after the arrival of Santa on Christmas morning. Stockings often are filled with oranges, nuts and a few pieces of chocolate or coal if you were naughty.



Hanukkah

Latkes are a traditional favorite during Hanukkah. A latke is a potato pancake, usually fried in oil. The latke is extremely versatile, and it can take on different flavors, textures and seasonings. It is typically served with applesauce and sour cream. Another Hanukkah favorite is jelly donuts known as sufganiyah and chocolate coins or gelt are given out to children.



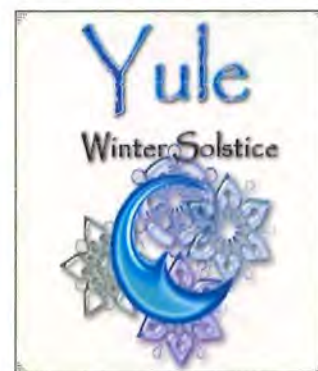
Kwanzaa

The two most significant foods served during Kwanzaa are black-eyed peas and collard greens. They symbolize good luck and good fortune. Kwanzaa is known for its integration of African creole and jerk seasonings in its holiday recipes. You will likely find main dishes like catfish or jerk chicken on the table. Side dishes include cole slaw, grits, beans, okra and rice.



Winter Solstice

From Ancient Romans to Indigenous Americans, cultures around the world have long held feasts and celebrated holidays around the winter solstice. In the United States, informal winter solstice gatherings often include a feast. Although there is no particular menu for winter solstice, the focus is often on fall harvest foods such as berries, nuts, squash, potatoes and wild game.





Holidays = Scams

Scams can happen to anyone — don't be ashamed if you or someone you know has been a victim. Scammers are savvy and persuasive, and their scams are designed to catch people off guard. Some common scams aimed at older adults include:

- * Government impersonator scams, such as someone posing as a Medicare representative asking for account info
- * Fake prize, sweepstakes, and lottery scams, when you are asked to pay money or provide account info to claim a prize
- * Computer tech support scams, someone says your computer has a problem and asks you to pay to fix it over the phone
- * The grandparent scam in which the caller pretends to be a grandchild or other relative in distress

Scammers tend to target older adults since they are less likely to report suspected fraud. Learn about steps you can take to protect yourself and your loved ones from scams. For more information on scams, visit the nia.nih.gov website.

Many of the items below can be purchased with **SNAP benefits** allowing you to share the **gift of healthy nutrition!**

Festive Fruit Bark

An easy-to-make & healthy gift!

Ingredients:

- 1, 32-ounce container vanilla Greek yogurt
- 2 cups each frozen blackberries, whole and strawberries, sliced
- 4 tablespoons each strawberry and blackberry jelly

Directions: Line a 10 by 15 by 1-inch cookie sheet with parchment paper. Spread the yogurt on top of the paper. Place strawberries and blackberries on the yogurt. 3) Drizzle with the strawberry and blackberry jellies. Tap on the counter slightly to help the fruit settle in the yogurt. Freeze for four hours. Take the bark out and cut or break into pieces. 4) Store in a zip-close bag in the freezer until ready to eat or gift. Consider thawing 5-10 minutes before eating.

<https://food.unl.edu/recipe/festive-fruit-bark>.

Mixed Berry Chia Jam

A quick jam to help you sweeten up gift-giving!

Ingredients:

- 2 cups berries, fresh or frozen, roughly chopped
- 2 tablespoons chia seeds
- 1 tablespoon honey

Directions: 1) Place all fruit in a small saucepan over medium heat. Stir occasionally until the fruit begins to soften and boil. 2) With a fork or potato masher, crush the fruit to your desired consistency. 3) Stir in the chia seeds and honey until well combined. 4) Remove from heat and let it cool. 5) Serve and enjoy or store in a tightly sealed jar or container.

<https://eatfresh.org/recipe/snacks/mixed-berry-chia-jam>

Herb or Fruit Vinegars – Easy to make and fun to give!

To make herb-vinegar, you need fresh or dried herbs (mint, basil, dill, oregano, chives, tarragon), sterilized glass jars/lids, vinegar, decorative labels, and small jars to put the vinegar in when done. Flavorings such as berries, lemon peel or garlic may also be added. To make fruit-flavored vinegars, it is best to use frozen fruit (raspberries, blueberries or cranberries).

Steps to making herb-flavored vinegars:

- Sterilize large (quart to gallon) glass containers to prevent microorganisms from clouding the vinegars.
- Insert the herbs into sterilized glass jar. Fill with vinegar (white vinegar has a milder flavor and apple cider vinegar is better with dark-colored herbs). Use one pint of vinegar per three to four sprigs of fresh herbs or three tablespoons of dried herbs.
- Loosely cap the jar (plastic lids or corks make the best seals, metal jar tops will rust).
- Store in a cool, dark place for a couple of weeks to blend.
- Filter with a cheesecloth or paper coffee filter and put into smaller containers for gifts.

Steps to making fruit-flavored vinegars:

- Put frozen fruit in a non-metal bowl and pour vinegar over the fruit.
- Cover and let it set in a cool, dark place for a couple of weeks to blend.
- Filter with a cheesecloth or paper coffee filter and put into smaller containers for gifts.

[https:// bit.ly/Herb-or-FruitVinegars](https://bit.ly/Herb-or-FruitVinegars).



How to Spot, Stop, & Report Government Imposter Scams

Consumers reported more than 498,000 imposter scams to the Federal Trade Commission in 2020.

- Nearly 1 in 5 people reported losing money
- Overall, reported losses were nearly \$1.2 billion
- The median loss was \$850
- Almost one-third of the imposter scams reported involved someone posing as a government representative



How to Spot the Scam

Scammers will call, email, text, or direct message you on social media.

- Scammers say you did not appear for jury duty and must pay a fine or you will be arrested.
- Scammers say you will be fined, arrested, or deported if you do not pay taxes or some other debt right away.
- Scammers say your Social Security or Medicare benefits have been suspended because of COVID-19-related office closures.
- Scammers say you can get a free COVID-19 test kit from Medicare in exchange for giving personal or financial information.
- Scammers say you owe back taxes, there is a problem with your return, or please verify your information.

STOP.
These are all scams!



How to Stop & Report the Scam

- 1. Don't give information or money to anyone who calls, texts, emails, or direct messages you on social media.** Keep your Social Security, bank account, debit and credit card numbers to yourself.
- 2. Never make a payment to someone you don't know,** especially by gift card, mobile payment apps, money transfer, or cryptocurrency. Only scammers will demand you pay that way. They know these payments are hard to reverse.
- 3. When in doubt, check it out.** If you're concerned about the request, contact the agency directly. Look up the government agency's real number on the agency's site and call to get the story.
- 4. Report the scam to the FTC at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).** Tell your bank, and be sure to share these tips with your friends and family.

Learn more at [ftc.gov/imposters](https://www.ftc.gov/imposters) and [aba.com/consumers](https://www.aba.com/consumers)



FEDERAL TRADE
COMMISSION

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WORKING TOGETHER
FOR CHANGE!

Dementia Friendly Nevada

Statewide Meeting

<https://bit.ly/dfnv-meeting>

Or, call in: (346) 248-7799, Meeting ID: 873 3975 3387

Monday, Dec. 9, 2024, 1:00 – 2:30 PM Pacific

Featuring a presentation on
“Dementia Beyond Segregation” by:



Dr. Al Power

**Schlegel – University of Waterloo
Research Institute on Aging**

G. Allen Power, MD is a board-certified internist, geriatrician, and Schlegel Chair in Aging and Dementia Innovation at the Schlegel-U. Waterloo Research Institute for Aging in Ontario, Canada. He is also clinical associate professor of medicine at the University of Rochester, New York, a Fellow of the American College of Physicians / American Society for Internal Medicine, and an international educator on transformational models of care for older adults, particularly people living with changing cognitive abilities. Dr. Power is also an award-winning author of two books: “Dementia Beyond Drugs: Changing the Culture of Care” and “Dementia Beyond Disease: Enhancing Well-Being.” Dr. Power was named one of 2013’s “Five Leaders of Tomorrow” by Long-Term Living Magazine.

Free and open to the public.

All Nevadans are encouraged to participate!



Questions? Want a calendar invitation?

Email: Info@DFNV.org or call **(775) 682-9444**

FWN GOES TO THE CAPITAL

Fraud is an escalating crisis, with losses far exceeding what is reported. While \$9 billion in fraud losses were reported in 2022, The Federal Trade Commission (FTC) estimates the true financial impact at \$137 billion due to underreporting. The AARP Fraud Watch Network testified before Capitol Hill lawmakers in September to this effect, urging stronger consumer protections and support for victims of these crimes.

Kathy Stokes, director of Fraud Prevention for AARP, emphasized the rapid rise in fraud, calling it “meteoric”, and urged a coordinated effort from government, industry, and advocates to tackle the growing threat. Amy Nofziger, director of Victim Support for AARP, warned lawmakers that technology is making it easier for criminals to prey on older adults. “[Scams] operate 24/7 in our homes and through these devices that we carry in our pockets,” she explained.

The AARP Fraud Watch Network is dedicated to protecting consumers through support, education, and advocacy, and will continue to fight for stronger laws and protections at the local, state, and federal levels.

THE LATEST ON VETERAN SCAMS

Fraud cost veterans, service members, and their families \$477 million in 2023, according to the latest Federal Trade Commission (FTC) data, and this only includes fraud that was reported. With over 85% of veterans having encountered service-related scams in the last 12 months, now is a great time to review some of the most prevalent scams targeting current and former service members.

Scammers employ vet-focused twists on impersonation scams, investment fraud, and more. Criminals frequently impersonate the VA, often threatening to cut off benefits if you don’t provide sensitive personal information or pay bogus fees. They may also contact you about investment opportunities, with low fees or special offers just for veterans. They may also claim to be [a veteran](#) themselves.

The White House along with the VA unveiled new fraud prevention resources for veterans. Visit [Vsafe.gov](#) online or reach out to the new call center at 833-38V-SAFE (833-388-7233).

SOLAR SALE SCAMS

The sun might be shining on solar energy, but buyers beware – costly solar panel scams could leave you in the dark with massive loans and higher bills. Here’s what you need to know to stay in the light against this scam.

The sales pitch often starts with a solar salesperson knocking on the front door, calling on the phone, or connecting on social media, offering promises of lower energy bills, reduced emissions, and increased resale value. They’ll likely [push](#) a special deal – but only if you sign right away.

Be suspicious and don’t share sensitive personal information with anyone who calls, emails, or visits you out of the blue promoting a solar panel deal, and always read the fine print before signing any document. Know that the government does not have any program that installs solar panels on the houses of Americans for free. If you are interested in solar, research providers, get multiple estimates, and check for complaints and issues with installation companies by visiting the Better Business Bureau national business directory at [bbb.org/search](#).

BLACK FRIDAY/CYBER MONDAY SCAMS

The holiday deals have already begun, but not all those great deals you see online are legit. The start of the online holiday shopping season means that online scams intensify with it. Here are the two simple steps you can take to stay a step ahead of the online Grinch this holiday shopping season.

Type – don’t click. The safest place to shop online is with retailers you trust by using their app or typing their web address into your browser rather than clicking on a link from a text, email, or online ad. Also, know that any unbelievable deal a social media friend messages you about is truly not to be believed. Fraud criminals are experts at hacking social media accounts and one of the first things they do is send out fake offers to a victim’s friends and family.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you’ve fallen victim.

STRUGGLING WITH SLEEP?

If you are...

Over 60 years old

Having sleep problems

You may be eligible for...



FREE ONLINE SLEEP COACHING STUDY

receive \$90 for participating in three 60-minute sessions

we welcome those who have difficulty with memory

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sleepandmemoryteamUCB@gmail.com



Lead Investigator: Allison Harvey, Ph.D.



Berkeley
UNIVERSITY OF CALIFORNIA

Food Resource Management 1

Stretch your grocery budget!



Using coupons, choosing generic and using a shopping list can save money at the grocery store:

- Make a shopping list to only buy items that are needed
- Use coupons and check out the in-store sales flyer
- Shop at more than one store if there are items on sale that you enjoy
- Choose generic brands over name brands, some may be cheaper than the name brand item even when using coupons
- Plan meals around fruits and vegetables that are in season
- Cut fruits and vegetables yourself instead of buying precut, if able to do so
- Include low-cost protein options like eggs and beans instead of meat
- Stock up on meat when on sale, and freeze in recipe-sized portions
- Buy dry goods in bulk (e.g., brown rice, oatmeal, cereal, pasta, lentils, beans)



Dry foods have a longer shelf life and can be stored in the pantry longer without going bad.



Did you know?

Milk packagers use the same milk to fill bottles for both the name brand and the store brand.

Shopping Online

Want to get a great product at a great price when you shop online? Some extra research can really pay off.

PLAN

Set a Budget

How much do you want to spend? Include delivery costs.



Decide What Matters

What are your “must-have” features vs. those that are nice to have?



COMPARE PRODUCTS

Use Search Engines

To find out more about a brand, product, or site, type the name into a search engine with words like “review,” “complaint,” or “scam.”

Search



Read Reviews Online



Reviews from other people, experts, and columnists can give you an idea of how a product performs. Don't put all your trust in any one review.

Consider Reputation



Does the brand or site have a reputation for quality and good customer service?

COMPARE COSTS

Check Shopping Comparison Sites



Some sites show the price of a product at several online stores. Keep shipping costs in mind when computing the best deal.

Consider Coupons



Coupon codes can impact your final costs. Do a search for the store with terms like “discount,” “coupon,” or “free shipping.”

Read Return Policies



Not all stores have the same rules for returns. Some charge fees for return shipping or restocking.

CHECK OUT

Decide How To Pay

When you shop online, credit cards can offer extra protections.



Look for a Secure Checkout

Does the website address start with **https** (the “s” stands for secure) when you're checking out?



Learn more at consumer.ftc.gov/articles/0020-shopping-online

