

## THE TERRACE AT RUBY VIEW Senior and Active Lifestyle Center

### 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.

Proud Partners  
With



### Come aROUND

By now, you may have seen or heard about our new dining room furniture. Thanks to an equipment grant from The Nevada Aging and Disability Services Division (ADSD), we were able to invest in long-awaited round tables! Although visitors' initial reactions to the change have been mixed, we have noticed a definite increase in friendly chatter among those who are seated together at each table. For example, I have a tendency to sit in the same place, next to the same friends and coworkers, day after day. Circular seating makes it easier for all of us to make eye contact and speak directly to folks who previously occupied a chair on the opposite side of the person sitting directly to the left or the right.



The same grant also funded 80, white-resin folding chairs, 4 table dollies, 4 chair dollies, the new ice dispenser in the dining room and 14 thermal food bags which we will use to transport frozen meals to homebound seniors outside of the Elko city limits. (A new and expanded service to homebound seniors in the surrounding community!) The new chairs will be used for events and meetings, while the chair and table dollies will help staff and volunteers more easily transport the furniture from room to room.

Flip through the pages of this newsletter to find the monthly menu and a complete schedule of exercise classes, games, craft classes, visiting speakers and a variety of FREE services to keep you healthy, safe and independent. If it has been a while since you've visited our center, please stop by for lunch or a tour. We are open from 8:00 am to 4:00pm, Monday through Friday, and we have much to offer in addition to the fantastic daily meal for which we are so well known!

Looking forward to seeing you around!

*Kerry*

*PS - Don't forget to bring someone special to lunch on February 13th for a nice Valentine's Day meal*

## ANNOUNCEMENTS

### February Birthdays

|                    |   |                   |    |                   |    |
|--------------------|---|-------------------|----|-------------------|----|
| Steward, Susan     | 1 | Gallegos, Frank   | 10 | Gamboa, Clarice   | 17 |
| Johnson, Lonna     | 2 | Lee, James        | 10 | Trontel, Linda    | 17 |
| Barton, Janice     | 3 | Sasgen, Allyson   | 10 | Canta, Bito       | 17 |
| Willard, Dolores   | 4 | Brache, Helen     | 11 | Sweetwater, Sarah | 18 |
| Sanders, Susie     | 4 | Hayes, Lynn       | 12 | Canning, Patrick  | 19 |
| Collazo, Leeann    | 4 | Leberski, Walter  | 14 | Glaser, Clarence  | 19 |
| McGill, Gary       | 5 | Thurman, Carol    | 14 | Herzog, Pinkey    | 21 |
| Botsford, Dixie    | 8 | Gustin, Lois      | 15 | Yroz, James       | 21 |
| Holodnick, Rozanne | 8 | Shaw, Darlene     | 15 | Moiola, Lawrence  | 24 |
| Neitz, Robert      | 8 | Wilkerson, Anieta | 15 | Collins, Juanita  | 24 |
| Neubeiser, Jackie  | 9 | Vega, Guy         | 16 | Lee, Erby         | 27 |

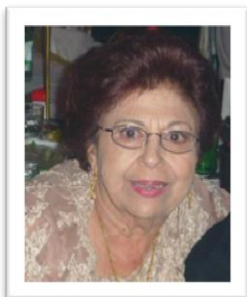
### Welcome New Members

Barkl, Alvin  
Barnes, Charles  
Barnes, Sharon  
Blair, Betty  
Blair, Harvey  
Brothers, Beverly

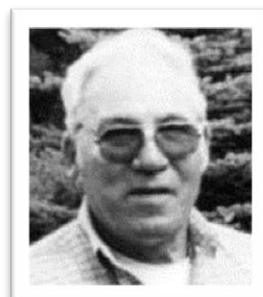
Brothers, Charles  
Lickly, Kay  
Lino, Dana  
Metcalf, Lymon  
Perry, Ginger  
Robison, Cynthia

Robison, Morgan  
Stake, Dwight  
Stake, Lynn  
Victor, David  
Victor, Rosie  
Wessling, Peggy

### In Loving Memory



Rose Badra  
January 2, 2015



Harold Gillette  
January 15, 2015

## An Amazing Legacy:

### Newmont Legacy Fund Donates to Senior Programs



#### An Amazing Legacy!

Through Newmont employees' designated payroll deductions and a 100% corporate match, a very impressive \$65,506 was pledged to The Elko Senior Activity Programs which will provide nutritious meals to senior adults aged 60 and older in 2015.

Over the years, donations from Newmont have helped make available nearly 120,000 individual meals to visiting and homebound senior adults in our community. We are so very grateful for Newmont and to each employee's gift of confidence toward our programs.

- Kerry Aguirre

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.

## Where's the beef?

### Barrick and Elko Cattlewomen donate beef to Senior Programs

Thanks to Elko employees from Barrick of North America and members of the Elko Chapter of Nevada Cattlewomen, "the beef" is at the Terrace at Ruby View: Elko's Senior and Active Lifestyle Center!

Combined, these two supportive organizations generously donated enough certified, processed, beef to bake, broil or grill over 1,200 meals for senior adults who come to the Center for lunches, or who are part of our home-bound meal delivery program.

Three out of our top five favorite meals prepared at the center contain beef. We can provide those meals to visitors more often, due to gifts from Barrick employees and the Elko Cattlewomen.

-Kerry Aguirre



From left: Bill Weiner, Fran Schultz, Sara and Roger Ghrist, Hutch Hutchison, Judy and Frank Benvenuto



## YOUR RECIPES COULD MAKE YOU FAMOUS



### Attention all cooks

Win the privilege to feature your favorite entrée recipe on the Terrace at Ruby View's monthly lunch menu!

Beginning on February 2<sup>nd</sup>, and up until 3pm on Friday, February 20<sup>th</sup>, each person who registers for lunch is eligible to enter one recipe per day into the contest (15 days = chance to enter 15 different recipes).

Three winning recipes will be chosen and one of each will be featured on the March, April and May menu.

#### How do I enter?:

Pick up an entry card at the front office, then submit your card along with a copy of your recipe to Char.

#### Guidelines:

Remember, we do our best to keep individual meal costs reasonably low. Therefore, the winning recipe will feature affordable and standard (not exotic) ingredients.

Entries must be hand printed or typed for legibility

Entries must be NEW meal recipes (i.e. not a variation of something we already serve on the menu)

#### Winners will be chosen:

The kitchen staff will rank winning recipes, based on:

- Preparation time
- Cost and availability of ingredients
- Appearance (how does it look on the plate?)

#### Winners:

Will be announced in the March 2015 Newsletter

Each month when the winner's recipe is featured: The winner will be pictured with a little story about their recipe.

# MENU

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**FOR THE BEST LUNCH IN TOWN!**  
 Persons 60 and over suggested minimum donation of \$3.00, under 60 \$6.00.  
 Served anytime between 11:30 to 12:30 p.m.  
 Monday – Friday



|   |   |  |   |   |
|---|---|--|---|---|
| <p><b>2</b><br/>                 CHICKEN FAJITA<br/>                 W/SOFT SHELL<br/>                 SOUR CREAM &amp;<br/>                 SALSA<br/>                 SPANISH RICE<br/>                 MEXI CORN<br/>                 FRUIT</p>  | <p><b>3</b><br/>                 PHILLY CHEESE<br/>                 SANDWICH<br/>                 GREEN PEPPERS<br/>                 &amp; ONIONS<br/>                 SOUP OF THE<br/>                 DAY<br/>                 GREEN SALAD<br/>                 FRUIT</p> | <p><b>4</b><br/>                 BAKED HAM<br/>                 W/HOT MUSTARD<br/>                 WHIPPED SWEET<br/>                 POTATOES<br/>                 CAPRI BLEND VEG.<br/>                 GREEN SALAD<br/>                 FRUIT</p> | <p><b>5</b><br/>                 CHICKEN<br/>                 CACCIATORE<br/>                 LINGUINE<br/>                 NOODLES<br/>                 BAKED ACORN<br/>                 SQUASH<br/>                 GREEN SALAD</p>   | <p><b>6</b><br/>                 HAMBURGER<br/>                 W/ALL THE<br/>                 FIXINGS<br/>                 BAKED BEANS<br/>                 FRUIT</p>  |
| <p><b>9</b><br/>                 SWEDISH<br/>                 MEATBALLS<br/>                 W/BUTTERED<br/>                 NOODLES<br/>                 CALIF. BLEND<br/>                 VEG.<br/>                 GREEN SALAD</p>   | <p><b>10</b><br/>                 COUNTRY FRIED<br/>                 STEAK<br/>                 MASHED<br/>                 POTATOES<br/>                 W/GRAVY<br/>                 MIXED VEG.<br/>                 GREEN SALAD</p>                                      | <p><b>11</b><br/>                 SLOPPY JOE<br/>                 BAKED BEANS<br/>                 BABY CARROTS<br/>                 GREEN SALAD<br/>                 FRUIT</p>  | <p><b>12</b><br/>                 BEEF STEW<br/>                 NOODLES ON THE<br/>                 SIDE<br/>                 BUTTERMILK<br/>                 BISCUIT<br/>                 CHANTILLY FRUIT<br/>                 CUP<br/>                 GREEN SALAD</p>             | <p><b>13</b> <u>VALENTINE'S DAY</u><br/>                 B.B.Q. PORK RIBS<br/>                 POTATOES DEVINE<br/>                 SAVORY GREEN<br/>                 BEANS<br/>                 GREEN SALAD<br/>                 FRUIT<br/>                 STRAWBERRY<br/>                 SHORT CAKE</p> |
| <p><b>16</b> <u>PRESIDENT'S DAY</u><br/>                 CRISPY OVEN<br/>                 CHICKEN<br/>                 MASHED<br/>                 POTATOES W/<br/>                 GRAVY<br/>                 MIXED VEG.<br/>                 CHERRY PIE<br/>                 ALA MODE</p> | <p><b>17</b> <u>MARDI GRAS</u><br/>                 MARDI GRAS<br/>                 GUMBO<br/>                 W/ RICE<br/>                 FRENCH BREAD<br/>                 GREEN SALAD<br/>                 FRUIT<br/>                 KING CAKE</p>                     | <p><b>18</b> <u>ASH WEDNESDAY</u><br/>                 SHRIMP BASKET<br/>                 PICCADILLY CHIPS<br/>                 COUNTRY COLE<br/>                 SLAW<br/>                 SALAD<br/>                 FRUIT</p>                     | <p><b>19</b> <u>BIRTHDAY</u><br/>                 ROAST TURKEY<br/>                 MASHED<br/>                 POTATOES W/<br/>                 GRAVY<br/>                 RIVERIA BLEND<br/>                 VEG<br/>                 CAKE &amp; ICE<br/>                 CREAM</p> | <p><b>20</b><br/>                 LEMON BAKED<br/>                 FISH<br/>                 PARSLEY<br/>                 BUTTERED<br/>                 POTATOES<br/>                 SEASONED<br/>                 ZUCCHINI<br/>                 GREEN SALAD<br/>                 FRUIT</p>                |
| <p><b>23</b><br/>                 SALISBURY STEAK<br/>                 MASHED<br/>                 POTATOES W/<br/>                 MUSHROOM<br/>                 GRAVY<br/>                 BUTTERED CORN<br/>                 GREEN SALAD<br/>                 FRUIT</p>                  | <p><b>24</b><br/>                 B.B.Q. CHICKEN<br/>                 WILD RICE<br/>                 STEAMED<br/>                 SPINACH<br/>                 CORN COB<br/>                 FRESH FRUIT<br/>                 GREEN SALAD</p>                               | <p><b>25</b><br/>                 BEEF STROGANOFF<br/>                 W/NOODLES<br/>                 BAKED ACORN<br/>                 SQUASH<br/>                 DINNER ROLLS<br/>                 ORANGE SPINACH<br/>                 SALAD</p>   | <p><b>26</b><br/>                 HOME STYLE<br/>                 MEATLOAF<br/>                 BAKED POTATO<br/>                 WINTER BLEND<br/>                 VEG.<br/> <b>SUNDAE BAR</b><br/> <i>SPONSORED BY<br/>                 EDWARD JONES</i></p>                        | <p><b>27</b><br/>                 HERB SEASONED<br/>                 FISH<br/>                 BROWN RICE<br/>                 PILAF<br/>                 BUTTERED PEAS<br/>                 GREEN SALAD<br/>                 FRUIT</p>   |

**Daily Meal Alternative**

**Chef Salad**

Crisp greens are topped with tender, slow-roasted turkey, savory ham, cheddar cheese, swiss cheese, a hard-boiled egg, tomatoes, carrots and celery. Served with your choice of dressing and garlic toast.

**Please call before 11:00 a.m. to order.**

## ACTIVITY

| MONDAY | Times            | Activities         | Dates      | Locations             |
|--------|------------------|--------------------|------------|-----------------------|
|        | 7:00 – 7:30 AM   | CrossFit for Life  | Ongoing    | Raul's Fitness Center |
|        | 7:30 – 8:00 AM   | CrossFit for Life  | Ongoing    | Raul's Fitness Center |
|        | 9:15 - 10:00 AM  | Stretch Program    | Ongoing    | Rec Room              |
|        | 10:00 – 10:30 AM | CrossFit for Life  | Bi-Weekly  | Raul's Fitness Center |
|        | 10:15 - 11:15 AM | Strength Program   | Ongoing    | Rec Room              |
|        | 10:30 - 11:30 AM | Tai Chi Techniques | Ongoing    | Bingo Room            |
|        | 2:00 – 4:00 PM   | ESAP Board Meeting | <b>2/9</b> | Bingo Room            |

| TUESDAY         | Times            | Activities              | Dates       | Locations  |
|-----------------|------------------|-------------------------|-------------|------------|
|                 | 10:30 – 11:30 AM | Tai Chi Techniques      | Ongoing     | TV Room    |
|                 | 10:30 – 11:00 AM | Kitchen Klatter Band    | Ongoing     | Bingo Room |
|                 | 11:00 – 12:00 PM | Therapeutic Massage     | Ongoing     | Bingo Room |
|                 | 12:30 – 1:30 PM  | Follow-up on Organizing | <b>2/10</b> | Bingo Room |
| 12:30 – 3:30 PM | Pinochle         | Ongoing                 | Craft Room  |            |

| WEDNESDAY | Times                        | Activities         | Dates      | Locations             |
|-----------|------------------------------|--------------------|------------|-----------------------|
|           | 7:00 – 7:30 AM               | CrossFit for Life  | Ongoing    | Raul's Fitness Center |
|           | 7:30 – 8:00 AM               | CrossFit for Life  | Ongoing    | Raul's Fitness Center |
|           | 9:15 - 10:00 AM              | Stretch Program    | Ongoing    | Rec Room              |
|           | 10:00 – 10:30 AM             | CrossFit for Life  | Bi-Weekly  | Raul's Fitness Center |
|           | 10:15 - 11:15 AM             | Strength Program   | Ongoing    | Rec Room              |
|           | 10:00 – 11:30 AM             | Cribbage           | Ongoing    | Craft Room            |
|           | 10:30 - 11:30 AM             | Tai Chi Techniques | Ongoing    | TV Room               |
| 12:30 PM  | See Class Schedule on pg. 10 | Ongoing            | Bingo Room |                       |

### Photo Policy:

We take photos and video at programs that are provided or partnered by us for promotional use. If you do not want your photo taken, please provide written notice to Char prior to start of the program.



**MENU & ACTIVITIES ARE SUBJECT TO CHANGE**

# PLANNER

| THURSDAY | Times            | Activities           | Dates       | Locations  |
|----------|------------------|----------------------|-------------|------------|
|          | By Appointment   | Podiatry Clinic      | <b>2/19</b> | Office     |
|          | 9:00 – 11:00 AM  | Penny Ante Poker     | Ongoing     | Rec Room   |
|          | 10:30 – 11:30 AM | Tai Chi Techniques   | Ongoing     | TV Room    |
|          | 10:30 – 11:00 AM | Kitchen Klatter Band | Ongoing     | Bingo Room |
|          | 11:00 – 12:00 PM | Therapeutic Massage  | Ongoing     | Bingo Room |
|          | 12:30 PM         | Terrace Cinema Movie | Ongoing     | TV Room    |
|          | 12:15 – 1:15 PM  | Quarter Bingo        | Ongoing     | Bingo Room |

| FRIDAY          | Times            | Activities           | Dates       | Locations             |
|-----------------|------------------|----------------------|-------------|-----------------------|
|                 | 7:00 – 10:30 AM  | Pickleball           | <b>2/27</b> | Dining Room           |
|                 | 7:00 – 7:30 AM   | CrossFit for Life    | Ongoing     | Raul's Fitness Center |
|                 | 7:30 – 8:00 AM   | CrossFit for Life    | Ongoing     | Raul's Fitness Center |
|                 | 9:00 – 10:00 AM  | Pinochle             | Ongoing     | Craft Room            |
|                 | 9:15 – 10:00 AM  | Stretch Program      | Ongoing     | Rec Room              |
|                 | 10:00 – 10:30 AM | CrossFit for Life    | Bi-Weekly   | Raul's Fitness Center |
|                 | 10:15 – 11:15 AM | Strength Program     | Ongoing     | Rec Room              |
|                 | 10:30 – 11:15 AM | Health Nuts Meeting  | Ongoing     | TV Room               |
|                 | 12:30 PM         | Terrace Cinema Movie | Ongoing     | TV Room               |
| 12:30 – 3:00 PM | Bridge           | Ongoing              | Rec Room    |                       |

| EVERYDAY       | Times          | Activities         | Dates          | Locations     |
|----------------|----------------|--------------------|----------------|---------------|
|                | 7:00 – 3:00 PM | Coffee Bar         | Ongoing        | Lobby         |
|                | 7:00 – 3:00 PM | Book Store         | Ongoing        | Rec Room      |
|                | 7:00 – 3:00 PM | Wii Games          | Ongoing        | TV/Bingo Room |
|                | 7:00 – 3:00 PM | Public Computers   | Ongoing        | Rec Room      |
|                | 7:00 – 3:00 PM | Chess/Checkers     | Ongoing        | Lobby         |
|                | 7:00 – 3:00 PM | Puzzle/Table Games | Ongoing        | Rec Room      |
| 7:00 – 3:00 PM | Horseshoes     | Ongoing            | Horseshoe Pits |               |

**Offsite Location:** Raul's Strength & Fitness Center  
 1031 Railroad Street Suite 104  
 Elko, NV. 89801



Every Thursday & Friday afternoon at 12:30 pm (unless otherwise noted) we will create a movie theatre atmosphere, where you can enjoy free movies on our BIG screen.

## If I Stay – Feb. 5-6

PG - 13      Running Time – 1:47  
Starring: Chlöe Grace Moretz, Mireille Enos

A young woman survives a car accident and must make life-altering choices about everything and everyone in her life.

## Fury – Feb. 12-13

R      Running Time – 2:14  
Starring: Brad Pitt, Shia LaBeouf, Logan Lerman, Michael Peña, Jon Bernthal

April, 1945. As the Allies make their final push in the European Theatre, a battle-hardened army sergeant named Wardaddy commands a Sherman tank and her five-man crew on a deadly mission behind enemy lines. Outnumbered and outgunned, and with a rookie soldier thrust into their platoon, Wardaddy and his men face overwhelming odds in their heroic attempts to strike at the heart of Nazi Germany.

## Get On Up – Feb. 19-20

PG-13      Running Time – 2:19  
Starring: Chadwick A Boseman, Nelsan Ellis,

Based on the incredible life story of the Godfather of Soul, the film gives a fearless look inside the music, moves and moods of James Brown, on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century

## The Judge – Feb. 26-27

R      Running Time – 2:21  
Starring: Robert Downey, Robert Duvall, Vincent D'Onofrio, Vera Farmiga, Dax Shepard

Big city lawyer Hank Palmer returns to his childhood home where his estranged father, the town's judge, is suspected of the murder of his wife, Hank's mother. Hank sets out to discover the truth and along the way reconnects with the family he walked away from years before.



## G.E.T. My Ride

Tickets are available at The Terrace at Ruby View for members. Members can purchase a book of 12 tickets for a suggested donation of \$5.00. No one will be turned away for the inability to pay. Please make checks payable to Elko County.

To arrange for transportation to go to the grocery store, doctor's office or other appointments, please call....

**777-1428**

New Riders need to register 24 hours in advance.

## Meals on Wheels Program

The Terrace at Ruby View's Meals on Wheels program helps to promote and maintain your independence and health by providing you with a delicious and nutritious daily meal. And, since we're delivering directly to you in your home, we are checking on your safety as well.

If you are 60 or older and demonstrate a need such as the inability to shop for, or prepare your own meals or are homebound, you may be eligible for the program. For more information call The Terrace at Ruby View at 738-3030.





# DINE & PLAY BINGO!

The Terrace at Ruby View  
Invites you to our  
**DINE & PLAY BINGO**  
Starting February 2<sup>nd</sup>

### HOW IT WORKS

Bingo flyers, each with their own unique call numbers, are available at the sign-in desk at The Terrace. To collect the Bingo numbers enjoy a meal at the Terrace or receive a meal from Meals on Wheels. The Bingo numbers will be posted daily at the sign in desk for lunch or found on the top of the Meals on Wheels containers. Players then mark the corresponding numbers on their Bingo sheets. Make sure the number remains readable or your card will be disqualified.

### RULES

In order to play and win, participants must be 60 or older and sign in daily at The Terrace at Ruby View or receive a meal from Meals on Wheels. Limit 1 Bingo Card per player.

Coverall Bingo requires that all 24 numbers on a player's card be marked in order to win. If a Coverall Bingo is not accomplished by the end of lunch on Friday, February 27<sup>th</sup>, we will proceed to call bingo numbers until a Coverall Bingo is accomplished.

The first person to cover all numbers and bring their Bingo Flyer to The Terrace is the winner.

Beginning February 2<sup>nd</sup>, two Bingo numbers will be called daily M-F at The Terrace Senior Center. If that number appears on your card, use a dauber, crayon or pencil to color in that number. Make sure the number remains readable or your card will be disqualified. The first person to completely cover their entire Bingo card is the winner of a \$25.00 gift card.



## CLASSES

### Winter-to-Spring Makeovers

With Mary Kay and Ginger Reeder

**Wednesday, February 11, 2015**

The Terrace at Ruby View

12:30 p.m. After Lunch

*Bring a friend!*

Sign up with Char to reserve your chair!

*Before AND After*



*beautiful at ANY AGE*

### Follow-up on Organizing

February 10<sup>th</sup> at 12:30 p.m.

If you took the "Get Organized in 30 Days" class, now is the time to share your stories and pictures. Please email or bring your pictures to Char before February 10<sup>th</sup>.

### Paper Wreath Workshop - \$20

February 18<sup>th</sup> at 12:30 p.m.

Participants will create their own one of a kind paper wreath from the pages of an upcycled book. This class is limited to 12 participants. Please sign up with Char in the front office. All supplies included in cost.

### Paracord Key Chain Class - \$10

February 25<sup>th</sup> at 12:30 p.m.

This is an introduction to paracord, and how to make a simple keychain. Learn this simple technique and you will be able to make Survival bracelets, watchbands, a dog collar and much more. This class is limited to 8 participants. Please sign up with Char in the front office. All supplies included in cost.

**AARP**

**DRIVER SAFETY** 

**Wednesday, March 25, 2015**

**9:00 a.m. to 2:30 p.m.**

**The Terrace at Ruby View**

Participants who successfully complete the course will be provided with a certificate for their auto insurance agency. Most agencies will allow for a discount on auto insurance premiums for up to three years.

**To participate, you must:**

- Be an older adult 55+
- AARP members pay \$15.00
- Non-AARP members pay \$20.00

**Sign-up in the front office or call  
738-3030 to register.**



To learn more, please visit

# CAREGIVER

Nevada Geriatric Education Center  
Aging and Disability Service Division FREE Caregiver Series

## Healthy Brain, Healthy Body

Lou Ruvo Center for Brain Health Lunch and Learn  
At Morning Star Health Center  
247 Bluffs Ave., Ste. 102, Elko NV  
**12 Noon – 1:00 PM**

Join us for our Lunch and Learn programs, designed for family and professional caregivers, via videoconference. Topics are of interest to caregivers and families, with special focus on those caring for individuals with Alzheimer's, Parkinson's, dementia, multiple sclerosis and other neurocognitive diseases. All sessions are open to the community and free of charge. You are encouraged to bring your own sack lunch. You can also view Cleveland Clinic presentations anytime, free of charge on [www.Keepmemoryalive.org](http://www.Keepmemoryalive.org)

### February 2015 Schedule

February 11<sup>th</sup>

#### **The Relationship between Exercise and Brain Health**

Meleah Murphy, PT, DPT, Cleveland Clinic

Exercise has numerous health benefits. Come and learn why exercise is so important for everyone, especially for individuals with neurodegenerative disorders. Learn tools to take steps toward a healthier lifestyle and brain health.

February 18<sup>th</sup>

#### **Urology for the Golden Years**

Jayram Krishnan, DO MBA Cleveland Clinic

Many people think that Urology is a specialty that applies primarily to men, but in fact we treat men and women with equal distribution. In this session, we will discuss the urologic challenges that are faced in the golden years of life, from slow urinating, to urinating too much and even the occasional leakage. Join us to understand why this happens and to learn how the brain is related to the function of the kidneys and the bladder.

February 25<sup>th</sup>

#### **Anxiety: Why it Occurs and Techniques to Diffuse It**

Natasha Swan, PhD, Neuropsychology Postdoctoral Fellow,  
Cleveland Clinic

Why worry? Come and learn about anxiety and how it affects your brain and body. We will also explore simple ways to cope with anxiety, worry, and stress.

## Secrets of Success Healthy Eating

Raise your hand if you wish a nutritionist would tell you exactly what to eat and when to look and feel great all day long. Yeah, we thought so—that's why we tapped three experts who counsel real women on the simple secrets of smarter meal planning.

Here's what they told us:

1. Have a meal or small snack every 3 to 4 hours. This fuels your metabolism and helps prevent binges and blood sugar crashes.
2. Combine protein (meat, fish, beans, nuts, eggs, dairy) and fiber (whole grains, fruits, vegetables) at every meal. When eaten together, these foods take longer to digest than simpler carbohydrates, so you stay fuller, longer.
3. Get up, move around, and drink water often. This daily meal plan has a wide range of calories (from about 1,550 to 2,100); if you're active you can go toward the higher end of the range.

Finally, remember that even the "perfect day" isn't perfect if you eat the same thing over and over again. Use the principles outlined here to mix and match your own delicious, healthy meals.

For more information please visit <http://www.prevention.com/weight-loss/weight-loss-tips/perfect-day-eating>



# The Terrace at Ruby View



## Volunteer Income Tax Assistance

Get your tax return  
Prepared for FREE!

### Are you eligible?

If your household income is below \$53,000 per year, you may be eligible to have your taxes done for **FREE** and qualify for an Earned Income Tax Credit of up to \$5,800 even if you don't owe any taxes!

### Hours of operation:

The Terrace at  
Ruby View  
Starting  
February 11<sup>th</sup>  
Please see Char  
to schedule an  
appointment or call  
738-3030

### What do you bring?

- Valid identification
- Social Security (SSN) or individual Tax payer identification number (ITIN) cards for you, your spouse, and dependents.
- All W-2 and 1099 forms you received.
- Daycare payments records.
- Optional: Voided check for direct deposit
- Both spouses must be present if filing jointly



## Elko Senior Activity Programs, Inc

1795 Ruby View Dr.  
Elko, NV. 89801

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

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.