



THE TERRACE

AT RUBY VIEW

Senior and Active
Lifestyle Center

Happy November! Even though decorations for the December holidays seem to have been out for two months already, I look at November as the start of the Holiday Season. For as long as I can remember, this time of year is my favorite. I love the colder weather, including the snow, the good food, and most importantly, the time spent with friends and family. I hope that you feel the warm feelings that start for me in November as well!

As you may know, Daylight Savings Time ends this month, on Sunday, November 3rd. The daylight hours in the evening will last a little later as we turn our clocks backward, or counterclockwise. That leads to this month's Word of the Month, Widdershins. This funny-sounding adverb means to go counterclockwise, left-hand-wise, or in a contrary direction (particularly in relation to the sun or a clock). The word, which is chiefly Scottish and originated in the 1510s, seems to come from Middle Low German *weddersinnes* which literally translates as "against the way". This in turn came from *widersinnen*, combining Old High German elements of *wider* and *sinnen*, meaning, "against" and "to travel, go", respectively. Up until the mid-1700s, *widdershins* also was used to describe hair that was unruly, stood on end, or was falling the wrong way and simply unkempt, falling the wrong way. On the flip-side of the coin, clockwise has a few synonyms in English, including *deasil*, *sunwise*, and *sungates*.

As many of you know, the William N. Pennington Foundation has been very generous to the Elko Senior Center the past few years. One of the ways they have helped our community is through the Meal Supplement Grant. This Grant has allowed us to keep our suggested donations for senior meals to \$3.00 for Congregate Dining and \$3.50 for Home Delivered meals. We are tremendously appreciative of their support, though we also need to ensure that the Center can operate even in the absence of such generosity. As such, we are creating a Meal Supplement Endowment. The interest from this investment account, once the principal is large enough, will be able to provide a source of income that can be used to offset rising costs of food.

One way you can support the Meal Supplement Endowment is to participate in our In Memoriam Birthdays Program. This program comes from an idea former Elko Senior Center Executive Director Lynne Boyd had. Starting this month, in each respective month, we will publish the birthday of members who have passed. If you would like to honor anyone on the In Memoriam Birthdays list with a donation, we will dedicate that donation to the Meal Supplement Endowment, unless you direct otherwise. You are also welcome to restrict any legacy or estate gifts that you may have made plans for to this Endowment.

As much as it embarrasses me to say, we know that there are inaccuracies within our database.

Therefore, if you see that we have made an error or omission, please let the office know and we will correct it as soon as we can. You are also welcome to come to the office in advance to ensure that we have dates correct.

I hope that you have a wonderful November, sharing good food and good times with friends and loved ones, while keeping your hair under control, avoiding any widdershins. We always appreciate the generous support of our community and we welcome discussions about legacy and estate gifts, or any gifts at all. Happy Thanksgiving!

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

NOVEMBER 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	Varies	Nov. 5	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	Nov. 12	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	Nov. 1	11:30	Large Activity Room	Free
Produce on Wheels	2 nd Weds.	Nov. 13	11:30 a.m.-12:30 p.m.	Porte Cochere	Free
Alzheimer's Support Group	1st Weds.	Nov. 6	1:00-3:00 p.m.	Technology Room	Free
RPEN	Varies	TBD	12:30-2:00	Technology Room	Free
Access to Healthcare	2 nd Friday	Nov. 8	11:00 a.m.-1:00 p.m.	Dining Room	Free
Dementia Friendly Elko	3 rd Weds.	Nov. 20	1:00-2:00 p.m.	Technology Room	Free
Nevada Legal Services (By Appt.)	Varies	Dec. 18	10:00 a.m.-12:30 p.m.	Technology Room	Free
Memoir Writing	4 th Thurs.	Jan. 23	1:00-2:00 p.m.	Technology Room	Free
Kiwanis	M	Ongoing	12:00 noon	Technology Room	\$10.00
Rotary (Noon Club)	W	Ongoing	12:00 noon	Large Activity Room	\$10.00
Rotary (Desert Sunrise)	Th	Ongoing	6:30 a.m.	Dining Room	\$10.00
Sunrise Toastmasters	F	Ongoing	6:45 a.m.	Art Room	Free
Travel Club	F	Ongoing	1:00 p.m.	Large Activity Room	Varies

In Loving Memory



Mike Harphant

September 25, 2024



Bill Budd

September 18, 2024

In Memoriam

- | | | |
|---|---|---|
| NOV 1
BARBARA BEAUREGARD
ROSS HAMBLIN | NOV 9
MARY ANN CORNER
NOV 10
MARY CISZEWSKI
LINDA MURPHY | NOV 22
CAROL KOELZER
NOV 23
ROBERT DEIHL
NOV 24
LYLE MUMFORD |
| NOV 2
ROSE BADRA
NOV 4
BARA BUFFALOHIDE
LOIS SARGENT | NOV 11
RUSSELL STRITE
NOV 13
LAURA SKAGGS
RULON COOK | NOV 25
SHARON PIERCE CAPP
WILLIAM MALONEY
NOV 26
MABLE KITE
GLADYS JOHNNIE |
| NOV 5
GEORGE VALTIERRA
JOHN ANDERSON
NOV 6
BERNARD SETHALER
MARICE TANIRA
HARVEY HEALEY | NOV 14
ANDREA DAVIS
NOV 15
LEA CARSON
NOV 19
DOROTHY YRIBAR
MICHAEL MILLER | NOV 27
DONALD HAMMOND
WALTER QUENELL
STEPHEN WRIGHT
SALOMON MORFIN
D. RAY GARDNER |
| NOV 7
GRACE ORR
MARIANNE GLASER
NOV 8
THOMAS COYLE
MYRA HOOPES | NOV 20
SANDRA STONIER
INA NUNES
NOV 21
DONNA DOMINGO
MARTIN DANTES | NOV 28
BERYL JENKINS
NOV 29
JOHN COLLETT |

PHOTO FUN!



ITEMS TO MAKE NOTE OF



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!



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, NOVEMBER 13.



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

NOV 1

BOB FERGUSON
DEILA GAYTAN
DANDEE HALLADAY
DENNIS HANCOCK
CHARLENE LOGSDEN
FRANK RAIA
BENNY ROBERTS
DALE ROBERTS
GEORGE SNOW
JILL SNOW
JOE WALTHER

NOV 2

BERTHA BRANNEN
LARRY CLEGHORN
LYNETTE DAVIS
MADA GRGIC
DONNA HIGHLAND
WILLIAM KEENEY
RONALD MARSHALL
AIDA MATHEWS
SUSAN NOLAN

NOV 3

CLAYTON CRACRAFT
CORALEE GRISWOLD
LAURIE SUDWEEKS

NOV 4

LINDA GILBERT
EVERETT HOPKINS
SONNY HOWARD
JESUS LOPATEGUI
ALAN WINWOOD

NOV 5

LENNY KNAST
DIANE FLOROS
FRANK MALQUIST
JUSTIN PARKER
WENDY VASQUEZ

NOV 7

CHRISTINE BURROWS
LEE CAMPSEY
GILBERT FLORES

NOV 8

PAUL CLARK
JIM FORCE
MILLIE FREDERICK
TERRI IZATT
RAMON MACIAS
GAYNOR MILLER

NOV 9

SHERRI MCCARTY
NOV 10
LOYD FONDA
MICHAEL SYMMES

NOV 12

JOLEIN WHITE
LARRY WILLIS
NOV 12
MARY BAKER
CORY BRITTON
HEATHER HILL
ELISABETH MOORE

NOV 13

PEGGY DEXTER
BARBARA GILSON
WILBER GREER
PATTY JUEDEN
SAMUEL TAYLOR

NOV 14

CYNTHIA HOLCOMB
SHARLENE LEAHY
GINGER REEDER

NOV 15

JULIE CARL
JEANICE JENSEN
KATHY KILLIP
JOSEFINA LOPEZ
PENNY MCINTOSH

NOV 16

CANDI ASHBY
GARY BACK
BARBARA BITTON
SANDRA BUTTS
MERLENE IKE
LINDA KING
BRUNELLA REGAN
MARGARET TURNER
BRETT WHITE
ANN WRIGHT
NOV 17
JOSETTE AUGUISTO
ANDY BOYER
ALFRED JACKSON
JULIANNA STEVENS
DARLENE URIES
NOV 18
COLEEN ADAIR
KARLEEN BUNDY
SHARON OLINGER
KATHY RUTH
LORALEE SCHROEDER
ELIZABETH WOODBURY

NOV 19

NADIENE BROCKMAN
RICHARD COUTURIER
TRENT GARCIA
THOMAS JENKINS
VERONICA KEHN
ROXANNE PAXTON

NOV 20

LEE DYESS
CINDY FUGATE
REIKO GRISWOLD
WAYNE PRICE

NOV 21

KATHLEEN HIMELSPACH
KATHLEEN KNUDSEN
MARY MCCARTY
CHARLYN VAN SLYKE
JOHNNY WRIGHT

NOV 22

STANLEY COUCHUM
NOLA MANGUM

NOV 23

WILLIAM KRISKEY
NOV 24

MARIE LOUISE BOYCE
DON BROWNE

DENISE EDWARDS
WANDA JAYO

TERRY ROSS

JOSEPH ZUCHERO
NOV 26

AARON BECK
LURENA CORNELLA
STEVEN GLEISNER
SHIRLEY KINGWELL

SHERI WILDERMUTH
NOV 27

LOIS AMBROSE
MARIANNE LIGGETT
BETTY POWER

NOV 28

TERI JARVIS
MURIEL MCNEAL
SHARON NELSON
EVALYN PLUMB

MARILYN WETMORE
NOV 29

DAVID GREGERSEN
JOSE MACIAS

COLE PERRY

NOV 30

DANIEL DINSDALE
MARLENE GODDARD
VOLGA SKIVINGTON

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
 DONATIONS RECEIVED IN
 MEMORY OF BILL BUDD



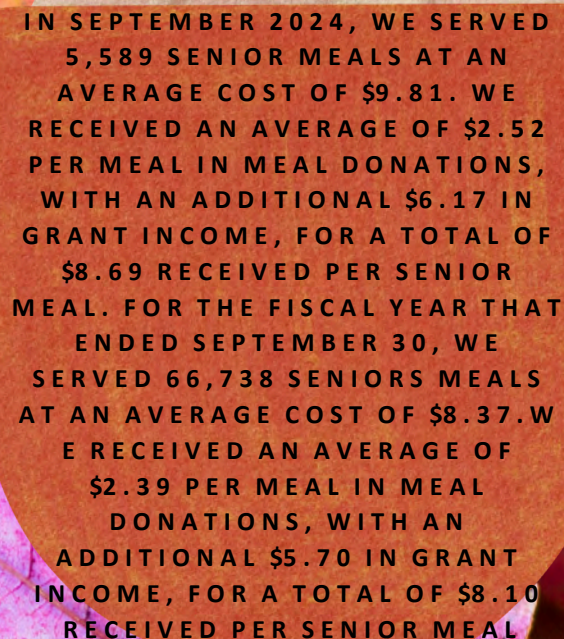
New Members

- | | | | |
|----------------------|--------------------|-------------------|-------------------|
| DALLAS ANDERSON | DIANE CARROLL | KATHERINE FRIES | VINCENT PIERCE |
| CHRIS ANSON | ESTHER CARROLL | CINDY FUGATE | CADEN PLACE |
| KIMBERLY BAHE | AGUSTINA CERVANTES | JOANN GIBBS | WYATT PLACE |
| CHARLES BALL | HUMBERTO CERVANTES | JOHN GILDEA | LINDA PRAY |
| JAMIE BALL | JUDY CHIEZE | RICK GRISWOLD | ROCKY PRAY |
| ELIZABETH BLANCHETTE | BRENDA CLEVELAND | ADELAIDA GUZMAN | LORI QUIJADA |
| JAMES BRACHT | DAVID COTHRUN | RONALD GUZMAN | MARLENE BAUMAN- |
| WENDY BRACHT | LINDA COTHRUN | CAROL HOOVER | RAMIREZ |
| MELODEE BREITRICKMI | MARY LOU CURTI | WILLIAM HOOVER | JERRY RAY |
| CHELLE BROYLES | TOM DAVIDSON | NORMA JONES | JIM RAY |
| STEPHEN BURKHARD | MICHAEL DEXTER | SHERY JUSTUS | JUANITA RAY |
| MARCO CAMARENA | PEGGY DEXTER | DEAN KERKLING | TRISTA RICHARDSON |
| MARIANNE LIGGETT | DEBORAH EUDEY | SABINE KLEIS | FLOYD RINGER |
| GILBERT MARTINEZ | GLORIA FERRIERA | PRISCILLA KRAINTZ | VICKIE ROBERTSON |
| JAN MARTINEZ | SHAUNA MENICUCCI | CHAD OAKES | FERNANDO VARGAS |
| SYLVIA MARTINEZ | BRUCE MILLER | LISE OAKES | LAIRA WATSON |
| KAREN-ANN MAUCK | JOSEPH NELSON | SHARON OLINGER | PAULA WILLIAMS |
| | SARITA NELSON | LOIS PALMER | CHRIS WILSON |
| | LAURA NIELSON | | FRANCES WILSON |

ITEMS TO MAKE NOTE OF



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



IN SEPTEMBER 2024, WE SERVED 5,589 SENIOR MEALS AT AN AVERAGE COST OF \$9.81. WE RECEIVED AN AVERAGE OF \$2.52 PER MEAL IN MEAL DONATIONS, WITH AN ADDITIONAL \$6.17 IN GRANT INCOME, FOR A TOTAL OF \$8.69 RECEIVED PER SENIOR MEAL. FOR THE FISCAL YEAR THAT ENDED SEPTEMBER 30, WE SERVED 66,738 SENIORS MEALS AT AN AVERAGE COST OF \$8.37. WE RECEIVED AN AVERAGE OF \$2.39 PER MEAL IN MEAL DONATIONS, WITH AN ADDITIONAL \$5.70 IN GRANT INCOME, FOR A TOTAL OF \$8.10 RECEIVED PER SENIOR MEAL



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!

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,

November 14th

Doors open at 5 pm –

Game starts at 5:30 pm

The Terrace at Ruby View

1795 Ruby View Dr. -

Spring Creek

Wednesday,

November 20th

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 NOVEMBER 18, 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, AND BILLIE JEAN CRAWFORD

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; STORMY STEVENS – KITCHEN AIDE/DRIVER;
LORI MATSON – KITCHEN AIDE/DRIVER; CHRISTOPHER
PIFFERO – DISHWASHER; JAIME LOEPPKY – SUB. KITCHEN
AIDE/DRIVER; STEPHANIE FRENCH – SUB. KITCHEN
AIDE/DRIVER; CHRISTINE DRAKE – SUB. KITCHEN
AIDE/DRIVER; DANI DICE – SUB. KITCHEN AIDE/DRIVER;

For the Best Lunch in Town!

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

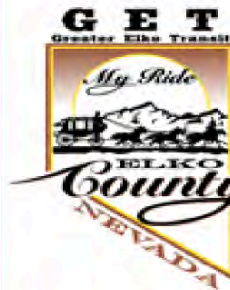
Diners over the age of 60 - suggested \$3.00 donation. For diners under the age of 60, the cost of the meal is \$10.00/meal.

The Terrace November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Drive Thru & Chef or Chicken Apple Salad order before 9:00 am *Menu is Tentative</p>	<p>1 BBQ Chicken Baked Acorn Squash Cucumbers in Sour Cream Biscuit Tropical Fruit Cup Cherry Cake</p>
<p>4 Hamburger Lettuce/Tomato/Onions Baked Beans Fruit Cup Ambrosia</p>	<p>5 Roast Pork Tenderloin Au Gratin Potato California Blend Vegetable Diced Apricots Marble Cake</p>	<p>6 Lemon Baked Fish Peas Bread Rice Pilaf Grapes Tossed Salad Lemon Poke Cake</p>	<p>7 Country Fried Steak Mashed Potatoes Mixed Vegetables Garden Salad Butterscotch Pudding</p>	<p>8 Chicken Cacciatore Sunshine Carrots Spinach Salad Garlic Bread Pear Halves Assorted Dessert</p>
<p>11 Center Closed Veterans Day </p>	<p>12 BBQ Ribs Scallop Potatoes Green Beans Bread Apple Sauce Berry Cake</p>	<p>13 Crispy Chicken Sandwich Lettuce/Tomato Cheese Fries Carrot & Celery Sticks Pineapple Chunks Snickerdoodles</p>	<p>14 Meatloaf Mashed Potatoes Broccoli Garden Salad Chantilly Fruit Cup Sundae Bar Sponsored by Tim Hatch with Edward Jones</p>	<p>15 Pork Tamales Hominy Casserole Pinto Beans Frito Corn Salad Fruit Cup Apple Churro</p>
<p>18 Breaded Shrimp Old English Chips Creamy Coleslaw Mandarin Orange Peach Cobbler</p>	<p>19 Chili Cheese Baked Potato Steamed Carrots Blueberry Yogurt Ginger Snap Cookie</p>	<p>20 Shepherd's Pie Spinach Salad Green Beans Banana Banana Muffin</p>	<p>21 BIRTHDAY Lasagna Italian Blend Vegetables Caesar Salad Mandarin Oranges Garlic Bread Birthday Cake and Ice Cream</p>	<p>22 Turkey Pot Pie Mixed Green Salad Roll Orange Mango Cup Assorted Dessert</p>
<p>25 Swiss Steak with Tomato Sauce Broccoli Spring Salad Pears Roll Pumpkin Chocolate Chip Cookie</p>	<p>26 Thanksgiving Roast Turkey Mashed Potatoes with Gravy Bread Stuffing Whole Kernel Corn Cranberry Sauce Green Salad Pie \$15.00 Guest Cost</p>	<p>27 Egg & Sausage Bake Oatmeal Apricots Vegetable Juice Mini Cinnamon Roll</p>	<p>28 Center Closed Thanksgiving </p>	<p>29 Center Closed Family Day</p>

National Day Calendar Days

- Nov. – National Life Writing & Family Stories Month
- Nov. 1 – National Fountain Pen Day
- Nov. 1 – National Vinegar Day
- Nov. 3 – Daylight Savings Ends (change clocks back)
- Nov. 6 – National Nachos Day
- Nov. 7 – National Men Make Dinner Day
- Nov. 10 – National Civic Pride Day
- Nov. 10 – U.S. Marine Corps Birthday
- Nov. 11 – National Sundae Day
- Nov. 11 – Veterans Day
- Nov. 14 – World Diabetes Day
- Nov. 14 – National Clean Out Your Refrigerator Day
- Nov. 15 – National Philanthropy Day
- Nov. 16 – International Check Your Wipers Day
- Nov. 21 – National Rural Health Day
- Nov. 18 – Mickey Mouse Birthday
- Nov. 19 – National Play Monopoly Day
- Nov. 23 – National Cashew Day
- Nov. 24 – Start of National Game & Puzzle Week
- Nov. 28 – Thanksgiving Day
- Nov. 30 – Small Business Saturday



**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

Elko Senior Activity Programs, Inc.
1795 Ruby View Drive
Elko, Nevada 89801

AT RUBY VIEW
Center for Active Living

THE TERRACE

Healthy LIVING while Aging!



November 2024 |

Newsletter provided by University of Nevada, Reno Extension |

Volume 5, Issue 11

How Small Business Ownership Fuels Healthy Aging

Michael Bindrup, M.B.A.

Michael Bindrup is an economic data research associate at the University of Nevada, Reno Extension in the College of Agriculture, Biotechnology & Natural Resources.



Good news – owning a small business is a healthy way to age. Contrary to some beliefs, being a business owner is not just for the young and daring. It is for individuals who want to keep their minds active and improve their lives. Let's look at some of the trends and how owning a small business affects aging Americans.

The rise of older entrepreneurs – As our society's make-up changes and life expectancies climb, we see a rise in older business owners. In the U.S., businesses created by individuals aged 50 and above are rapidly growing. Here are a few interesting facts on this trend:

The power of the 50+: According to the U.S. Small Business Administration (SBA), individuals aged 50 and older make up a large portion of new businesses, in areas of technology to retail. The SBA reports that about 23% of all business owners in the U.S. are 55 to 64 years old and about 15% are aged 65 and above.

Continued contribution: Starting a business allows older adults options beyond the normal retirement age. Business ownership is their way to financial security, personal success and healthier aging. Reports show that the group aged 55 to 64 are currently the largest group of new business owners, adding to the spirit and innovation driving our nation's economy.

The Edge: How Small Business Ownership Fosters Healthy Aging – Let's explore the advantages of owning a small business for those that are older, supporting their mental strength and overall well-being:

Mental exercises: Running a small business provides a mental workout. It requires creativity, problem-solving and adaptability. When creating new policies or following the ups and downs of the stock market, business owners must challenge their mental abilities, promoting new brain connections and developing their ability to adapt.

Social relationship: Small businesses provide places for social interaction. Owners make social connections with customers and suppliers. They work with their employees. These are all important contacts for healthy aging. Studies show links between socializing and brain health, as building relationships helps strengthen our mental ability as we age.

Sense of purpose: Small business ownership creates a sense of purpose and independence — challenging the feelings of retirement. Owners find a new energy and a purpose in their lives, offering a sense of purpose that goes beyond the limits of our ages.

Adaptability and resilience: Businesses need to be able to adapt, which becomes even more valuable over time. Business owners must also be strong, which is so important in handling life's challenges and setbacks.

Financial security: Small business ownership can offer a path to financial security and independence. Successful businesses offer added income and assets, which often allows owners a way to reduce the financial risks found with aging, healthcare costs and savings.

It's all about embracing the journey – Owning a small business isn't just a new career; it's a new lifestyle. Each of us is given the gift of time—a chance to try something different and leave a mark on the world. Embrace the journey, discover the power of owning your own business and enjoy a path toward healthy aging and a fulfilling life. After all, age is just a number—the best measure of age lies in the human spirit.

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.

NOVEMBER IS NATIONAL PEANUT BUTTER LOVER'S MONTH



Peanut butter is one of America's favorite foods and is considered by many to be a staple like bread and milk. A St. Louis physician devised it in 1890 for older and frail patients with bad teeth who couldn't chew. It was an easily swallowed, easily digested, high-protein food. Peanut butter is also high in B vitamins, phosphorus, magnesium and iron. About 75% or more of its high-calorie count comes from fat and can be high in sodium.

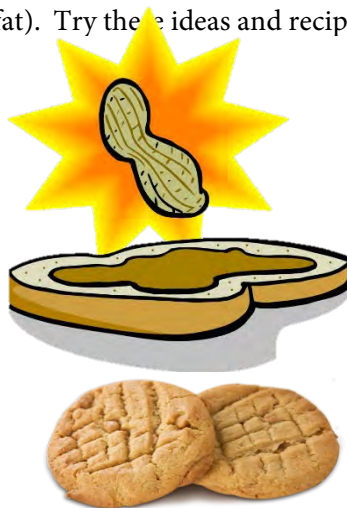


Stick to small servings of peanut butter. Two tablespoons is plenty for a sandwich, providing 188 calories with 16 grams of fat. When added to two slices of whole wheat bread and two tablespoons of jelly, the calorie count rises to 428, with 38% of the calories coming from fat. Reducing the peanut butter to one tablespoon and substituting half a medium banana for the jelly will produce a sandwich with 284 calories and 10 grams of fat (or 32% of the calories from fat). Try these ideas and recipes for using peanut butter.

No-Bake Peanut Butter Cookies

- 8 whole-wheat graham cracker squares, finely ground
- ¼ cup raisins
- ¼ cup smooth natural peanut butter
- 2 tablespoons plus 2 teaspoons honey
- 4 teaspoons unsweetened coconut

Combine ground whole-wheat graham crackers, raisins, peanut butter and honey in a small bowl. Pat into 8 cookies and press lightly in coconut. Makes 4 servings, 2 cookies each.



TRY NEW COMBINATIONS with Peanut Butter on Bread

-  Jelly
-  Sliced bananas
-  Honey
-  Thinly sliced apples
-  Granola
-  Sliced dill pickles
-  Thin, diagonally sliced carrots

November is also American Diabetes Month

Peanut butter can be part of a healthy diet for people with diabetes, but it should be eaten in moderation because it's high in calories. The American Diabetes Association, Dietary Guidelines for Americans, and American Heart Association all recommend peanuts and peanut butter as good choices for people with diabetes.

Natural peanut butter is considered safe for people with diabetes. It's best to avoid the "low-fat" varieties of peanut butter. They sound healthy — but most brands add more sugar to make up for less fat. This can spike blood sugar levels and lead to more daily carbohydrates.

Peanuts are a good source of magnesium. Many people with Type 2 diabetes have low magnesium levels. A diet high in magnesium may also offer protective benefits against diabetes. Everyone can benefit from eating foods that are rich in nutrients. Peanut butter provides protein and a range of vitamins and minerals.

Two tablespoons - 32 grams (g)- of chunk-style peanut butter with salt contains the following:
calories 188 | protein 7.7 g | carbohydrates: 6.9 g including sugar (2.6 g) and fiber (2.7 g) | saturated fat: 2.4 g
unsaturated fat 7.4 g | monosaturated fat 4.5 g | calcium: 14 milligrams (mg) | iron: 0.6 mg
magnesium 51 mg | phosphorus 102 mg | potassium 238 mg | sodium 156 mg | zinc 0.9 mg.

It also contains B vitamins, especially niacin, folate and vitamins E and K.

World Kindness Day 2024 is a global observance dedicated to promoting and celebrating acts of kindness. It encourages people to do random acts of kindness and fosters a culture of compassion and generosity. Each year, it falls on Nov. 13. This year, it falls on a Wednesday, allowing people to share acts of kindness and goodwill all week.

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.



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

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

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

Classes are currently being held on

🕒 Monday 7:30 am

🕒 Wednesday 6:00 pm

🕒 Friday 7:30am

📍 620 S 12th St #110, Elko, NV 89801

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

CYBER SECURITY AWARENESS MONTH

October is National Cybersecurity Awareness Month – a great time to remind ourselves just how much of our lives take place online and the potential threats that exist in the digital world. Any device that stores information or connects to the internet could become a target for cybercriminals seeking to steal your data. Here are four important ways to help stay safe online:

1. Strong passwords – Have a unique and strong password for each online account.
2. Multi-factor authentication – Turn on this extra security step when available. Multi-factor authentication is a second way beyond your username and password to verify it's you [accessing](#) your account or device.
3. Software updates – Consider turning on automatic software updates to keep your devices up-to-date and secure.
4. Don't click on links - Avoid clicking on links from emails, texts, and online ads. Type web addresses into your browser to ensure you aren't sent to a fraudulent copycat site, and only visit sites you know and trust.

AARP SCAM-TRACKING MAP UPDATE

When it comes to fraud, knowledge is power. But how can we spread that knowledge so more people are empowered to protect themselves?

One great way to report what you've experienced is through the AARP Scam-Tracking Map (www.aarp.org/scammap). The map shows scams that people experience every day, and it also includes warnings from law enforcement. You can submit scams you've encountered and explore what's being reported in your area.

Staying informed has never been easier; the AARP Scam-Tracking Map is freshly updated, with improved searchability features, a more user-friendly interface, and best of all, it is now accessible from any mobile device!

MEDICARE OPEN ENROLLMENT SCAMS

It's open enrollment season, which also means it's Medicare fraud season. Eligible beneficiaries have from October 15–December 7 to shop around and make changes to their Medicare health and Part D prescription drug plans. Unfortunately, some of the deals offered won't be deals at all.

Just like in other years, Medicare scams spike during open enrollment season with criminals posing as insurance providers calling and emailing about free gifts or [limited-time](#) offers. These scams are all designed to steal your money, Medicare information, or your identity.

Be suspicious and don't share sensitive personal information with anyone who calls, emails, or visits you out of the blue promoting a Medicare plan. Legitimate Medicare plans can only contact you if you've requested information or if you have an existing relationship with them. Beneficiaries can safely compare legitimate plans and change enrollment by going to medicare.gov or by calling 800-633-4227.

TECH SUPPORT SCAMS

Tech support is calling – but should you answer? One might think that a crime like the tech support scam, which has been around for over 15 years, might fade away, but it is more common than ever.

These scams start with an unsolicited phone call or a pop-up alert on your device, claiming to be from Microsoft, Norton, or another related company warning of grave problems. The goal is to persuade you to grant remote access to your device, after which they'll claim to find something terrible. [In reality, these](#) criminals are likely trying to install malware, which enables them to steal personal information and account logins. They may also pressure you into paying for expensive (and fake) repairs or protection services.

If you receive an urgent phone call or a sudden, alarming pop-up, it's almost certainly a scam. Don't engage, and to rid your screen of the message, exit out of your browser or restart your device. Keeping your operating systems and security software up to date is an important way to keep real viruses and malware out.



Tips for Talking With a Health Care Provider About Your Mental Health

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Don't wait for a health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on talking to a health care provider about your mental health and getting the most out of your visit.

1. Talk to a primary care provider.



If you don't know where to start for help, you may want to consider bringing up your mental health concerns during your appointment with a **primary care provider (PCP)**. A PCP is a health care practitioner people see for common medical problems, and this person is often a doctor. However, a PCP may be a physician assistant or a nurse practitioner.

Mental health is an integral part of health, and people with mental disorders can often be **at risk for other medical conditions**, such as heart disease or diabetes. In many primary care settings, you may be asked if you're feeling anxious or depressed, or if you have had thoughts of suicide. Even if your PCP doesn't ask you first, take this opportunity to talk to your PCP, who can help refer you to a mental health professional. You also can visit the **NIMH Find Help for Mental Illnesses** webpage for help finding a health care provider or treatment.

2. Prepare ahead of your visit.



Health care providers have a limited time for each appointment, so it may be helpful to think of your questions or concerns beforehand.

- **Prepare your questions.** Make a list of what you want to discuss and any questions or concerns you might have. This **worksheet** may help you prepare your questions or concerns.
- **Prepare a list of your medications.** It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements. This **worksheet** can help you track your medications.
- **Review your family history.** Certain mental illnesses tend to run in families and having a relative with a mental disorder could mean you're at higher risk. Knowing your **family mental health history** can help determine your risk for certain disorders. It can also help your health care provider recommend actions for reducing your risk and enable you and your provider to look for early warning signs.

3. Consider bringing a friend or relative.



It can be difficult to absorb all the information your health care provider shares, especially if you are not feeling well. Sometimes it's helpful to bring a close friend or relative to your appointment. A companion can be there for support, help you take notes, and remember what you and the provider discussed. They also might be able to offer input to your provider about how they think you are doing. Some people like having a friend or family member there throughout an appointment, while others prefer to first meet alone with a health care provider and then have a trusted friend or relative join them when recommendations for treatments are discussed.

4. Be honest.



Your health care provider can help you get better only if you have open and honest communication. It is important to remember that discussions between you and a health care provider are private and cannot be shared with anyone without your expressed permission. Describe all your symptoms to your provider and be specific about when they started, how severe they are, and how often they occur. You should also share any major stressors or recent life changes that could be triggering or exacerbating your symptoms.

Symptoms of mental illnesses may include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite or weight changes (or both)
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

5. Ask questions.



If you have questions or concerns, ask the health care provider for more information about the mental health diagnosis or treatment. If a provider suggests a treatment option that you're not comfortable or familiar with, express your concerns and ask if there are other options. You may decide to try a combination of treatment approaches and want to consider getting another opinion from a different health care provider. It's important to remember that there is no “one-size-fits-all” treatment. To find one that works best for you, you may need to talk to a few other health care providers to find someone you are comfortable with and try several different treatments or a combination of treatments.





Understanding Type 1 Diabetes

You can develop type 1 diabetes at any age.



SYMPTOMS OF TYPE 1 DIABETES



Urinating often



Feeling very thirsty



Feeling very hungry—even though you are eating



Extreme fatigue



Blurry vision



Cuts/bruises that are slow to heal



Weight loss—even though you are eating more

Talk with your clinician about your risk for type 1 diabetes and if you should be tested.

Learning you have type 1 diabetes early lets you take steps early to stay healthy.

YOUR TYPE 1 DIABETES RISK

If you have a family history of type 1 diabetes your clinician can screen for type 1 diabetes through:

- Antibody testing
- Blood glucose monitoring

POSITIVE

If you test for antibodies

NEGATIVE

If you test antibody positive, you should expect to receive education about:

- Your risk of developing diabetes
- Diabetes symptoms
- Preventing diabetic ketoacidosis (DKA), a serious complication of high blood glucose that can be life-threatening.

Additional testing may be done to determine the course of treatment based on the stage of your diabetes.

Talk with your clinician about getting tested again in the future.

A positive antibody test does not mean immediate diagnosis. New treatments and clinical trials can possibly delay the onset of type 1 diabetes.



Talk with your clinician to determine if you are high risk for Type 1 diabetes.

Prevent Type 2 Diabetes

Talking to your patients about lifestyle change

Threat of Prediabetes



98 million American adults—more than 1 in 3—have prediabetes



More than **8 in 10** adults with prediabetes don't know they have it

Prediabetes increases the risk of:



Type 2 Diabetes



Heart Disease



Stroke

If your patients have prediabetes, losing weight by...



Eating healthy



Being more active

Can cut their risk of getting type 2 diabetes in half

Lifestyle Change Program

The lifestyle change program that is part of the CDC-led National Diabetes Prevention Program is proven to help prevent or delay type 2 diabetes. It is based on research that showed:

58%

58% lower incidence of type 2 diabetes after weight loss of 5 to 7% body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week

71%

71% reduced incidence of type 2 diabetes for people 60 and older

27%

27% lower incidence of type 2 diabetes in lifestyle change program participants after 15 years

The lifestyle change program provides:



A trained lifestyle coach



CDC-approved curriculum



Group support over the course of a year



A full year of in-person or online meetings

Your patients will learn to make achievable and realistic life changes



Eat healthy



Manage stress



Incorporate physical activity into their daily routine



Solve problems that get in the way of healthy changes

Patient Eligibility

18+

18 years or older

and



Overweight

and



Diagnosed with prediabetes

or



Previously diagnosed with gestational diabetes

How you can help your patients



Test your at-risk patients for prediabetes



Refer your patients with prediabetes to a CDC-approved lifestyle change program

Learn more from CDC and find an approved lifestyle change program at

www.cdc.gov/diabetes-prevention/

Proteins

Go lean with proteins!

Protein provides essential nutrients called amino acids that help build and repair muscles, heal wounds, and fight infections. Your body can't make all the amino acids you need, so these essential amino acids must come from your food.



Protein sources in the diet come from meats and plant-based sources.

- Meats are considered complete proteins that provide all the essential amino acids our bodies need
- Choose lean meat proteins
- Less marbling in the meat indicates it is leaner
- Cut off excess fat around the edges
- Remove the skin on chicken and turkey
- Drain off extra fat when cooking meat



You don't have to eat meat to get enough protein. There are plant-based proteins, too. Most plant-based proteins aren't considered complete protein because they don't provide all the essential amino acids we need.

Eat a variety!

Pairing different plant-based proteins can provide all the essential amino acids in a meal (e.g., beans and rice, corn and beans, tofu and nuts).

Did you know?



Quinoa and tofu are two of the few plant-based proteins that are considered complete proteins and provide all the essential amino acids we need.



**United States Department of Labor
Office of Workers' Compensation Programs
Division of Energy Employees Occupational Illness Compensation**

The **Energy Employees Occupational Illness Compensation Program Act (EEOICPA)** began on July 31, 2001 with the U.S. Department of Labor's (DOL) implementation of Part B. Part E implementation began on October 28, 2004.

Part B of the EEOICPA provides lump-sum compensation of \$150,000 and medical benefits to current and former workers who have been diagnosed with cancers, beryllium disease, or chronic silicosis and whose illnesses were caused by exposure to radiation, beryllium, or silica while working directly for the U.S. Department of Energy (DOE), its contractors or subcontractors, a designated Atomic Weapons Employer, or a beryllium vendor. Under Part B, compensation of \$50,000 and payment of medical expenses from the date a claim is filed is available to uranium workers (or their survivors) previously awarded benefits by the Department of Justice under Section 5 of the Radiation Exposure Compensation Act (RECA).

Part E of the EEOICPA provides federal compensation and medical benefits to DOE contractor and subcontractor employees who worked at covered facilities and developed an illness as a result of exposure to toxic substances. Under Part E, monetary compensation of up to \$250,000 per employee may be available for the employee's whole-body impairment and/or wage loss due to an accepted condition.

Under the EEOICPA, if the employee is no longer living, survivors of qualified workers may also be entitled to benefits.

Contact a DEEOIC Resource Center

DOL established 11 Resource Centers nationwide to assist workers and their families apply for benefits under the EEOICPA. The Resource Center staff provides valuable information about the claims process to claimants and assists claimants in completing the necessary forms to file an EEOICPA claim. The Resource Center staff can provide assistance either in-person or over the telephone, and thus is able to assist individuals who are outside the immediate geographical area. You can find the complete list of Resource Centers, including regional jurisdictions, contact information, and toll-free numbers at <https://www.dol.gov/agencies/owcp/energy> or call toll-free at (866) 888-3322. The DEEOIC Resource Center to contact in your area is:

**Las Vegas Resource Center
Flamingo Grand Plaza Suite W-156 Las Vegas, NV 89119
Las Vegas, NV 89119
Phone: 702-697-0841; Toll-free: 866-697-0841**