

FLOCK TOGETHER

FRIENDS FOR LIFE



National Senior Citizens Day is observed on **August 21** each year, a gentle reminder to appreciate our older adults, recognize their contributions, and make space for their voices at home and in our communities. Senior Citizens Day was established to raise awareness about issues affecting older adults and to recognize their valuable contributions to society.

Contact Us!

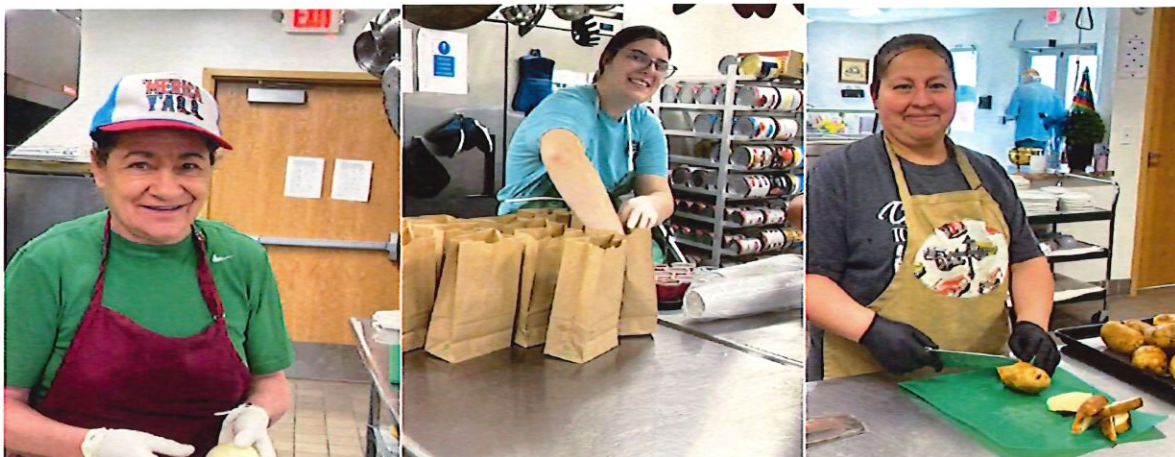
Business Phone – 775-752-3280

Email – seniorcenter@cityofwellsnv.com

Address – 765 Tobar Street

Business Hours – 8:00 am – 3:00 pm (Mon. – Thurs.)

8:00 am – 2:00 pm (Friday)



Diane Fuher, Head Cook Grace Otto, Summer Youth Carmen Cruz, Asst. Cook

SENIOR CONGREGATE LUNCH PROGRAM

Come and meet new friends at Silver Sage Senior Center Lunch Program. We serve hot nutritious lunches at our senior center. Seniors can enjoy their meals while dining with their friends. Our lunches are created to ensure they meet nutritional needs. Seniors (60 plus) can stop by the Senior Center to complete the congregate client registration form.

Monday through Thursday for Lunch (12:00 noon – till finish)

Friday Brunch (10:00 a.m.), Excluding Observed Holidays.



HOME DELIVERED MEALS PROGRAM

Meals are delivered to individuals who live within the City of Wells at home and who are homebound and aged 60 or above. The program provides one hot meal each weekday, two frozen meals delivered for the weekend upon request. A meal is provided for eligible individuals who qualify based on the Division for Aging Services specifications.

[Contact us by phone for more information or stop by the senior center.](#)

We look forward to serving you at our Senior Center



Wells Senior Citizens Center Menu



August 2026



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	FRIDAY 7 - BRUNCH
DELI SANDWICH on WW Hogie Bun Turkey, Ham, & Cheese Lettuce, Tomato, & Onion Macaroni Salad Strawberry Jell-O 2% MILK	CLASSIC CHEF SALAD Mix of greens topped w/ tomatoes, cucumbers, turkey, ham, & hard-boiled eggs. Finished w/ shredded shredded cheese, croutons Fruit Cup 2% MILK	SALISBURY STEAK Mashed Potatoes Steamed Fresh Spinach Tomatoes, Cucumber, Onion Salad w/ Italian Dressing Peach Cobbler 2% MILK	BEEF STROGANOFF w/ Egg Noodles Baked Acorn Squash Orange Spinach Salad Pudding 2% MILK	FRENCH TOAST Cheesy Scrambled Eggs Hashbrowns Blueberry Muffin Seasonal Fruit 2% MILK FOOD BANK 9-12
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14 - BRUNCH
BLT Bacon, Lettuce, & Tomato on WW Bread Bowtie Pasta Salad Orange Jell-O 2% MILK	TACO SALAD BOWL Mixed Greens, topped w/ ground beef, includes black beans, diced tomatoes garished w/ shredded cheese corn, and onions Apple Crisp 2% MILK	CHICKEN CACCIATORE Rice Pilaf Garden Salad Roll Peanut Butter Cookie 2% MILK	SHRIMP LINGUINE w/ Creamy Garlic Sauce Garlic Bread Garden Salad w/ Kidney Beans Fresh Fruit Parfait 2% MILK	SPANISH BAKED OMELET Oven Roasted Potatoes LS Bacon Tortilla Seasonal Fruit 2% MILK
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21 - BRUNCH
CHEF SALAD Mix of greens topped w/ tomatoes, cucumbers, turkey, ham, & hard-boiled eggs. Finished w/ shredded shredded cheese, croutons Chicken Noodle Soup 2% MILK	THIN CRUST PIZZA Broccoli Salad Garlic Bread Sticks Smores Parfait 2% MILK ELKO TRIP	HULI HULI CHICKEN Hawaiian Macaroni Salad Baked Beans Hawaiian Fruit Salad Hawaiian Rolls Pineapple Upside Down Cake 2% MILK LUAU LUNCHEON @ PARK	CLASSIC CLUBHOUSE SANDWICH on WW, LS Bacon, Turkey, Ham, Lettuce, Tomato Onion Rings Pudding 2% milk	WAFFLES Red Skin Potatoes Scrambled Eggs Seasonal Fruit 2% milk FOOD BANK 9-12
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28 - BRUNCH
CORN DOG Mac & Cheese Garden Salad Sliced Peaches 2% MILK	LEMON BAKED COD Broccoli Stuffed Potato Steamed Carrots Roll Honeydew Melon 2% MILK	LASAGNA Chopped Spinach Caesar Salad Garlic Bread Birthday Cake Ice-Cream 2% MILK HAPPY BIRTHDAY!	TAMALE PIE CASSEROLE Ground Beef w/ Beans Cheddar Cheese and Corn Bread Topping Garden Salad Jell-O 2% MILK	BISCUIT & COUNTRY SAUSAGE GRAVY Hashbrowns Scrambled Eggs Fresh Fruit Parfait 2% MILK
Monday 31	Tuesday Sept. 1	Wednesday 2	Thursday 3	Friday 4
SLOPPY JOES on WW Bun Coleslaw Steak Fries Strawberry Shortcake 2% MILK	BAKED PORK CHOP Topped with Pork Gravy mushrooms & Onions Stuffing, Green Beans Roll Apple Sauce 2% MILK	OVEN FRIED CHICKEN Mashed Potatoes Steamed Peas & Carrots Garden Salad Roll Fruit Cup 2% MILK	BEEF & CHEESE ENCHILIDAS w/ Red Sauce Spanish Rice Refried Beans Garden Salad Vanilla Pudding 2% MILK TWN FALLS TRIP	PANCAKES Denver Scrambled Eggs Blueberry Muffin Seasonal Fruit 2% MILK FOOD BANK 9-12

DINERS UNDER THE AGE OF 60, THE COST OF THE MEAL IS \$10.00

CANCELLATIONS - Please call or Leave a message by 7:30 AM for delivery (MON. - FRI.) - Home Delivered Clients only 775-752-3280

Program Director: Galla Montoya

LUNCH HRS: Immediately starts at 12:00 PM (MON. - THURS.)

Head Cook: Diane Fuher

BRUNCH HRS.: 10:00 - 11:00 AM (FRIDAY ONLY)

Assistant Cook/Transportation Driver: Carmen Cruz /Transportation cancellations and pickup must CALL the Senior Center by 8:00 AM

Please Note that Menu is subject to change without prior notice

The CSFP program is federally funded and works to improve the health of low-income seniors (ages 60+) by supplementing their diets with nutritious U.S. Department of Agriculture food. The NDA has changed the name of the program at the state level to the Senior Nutrition and Wellness program. The Senior Nutrition and Wellness program provides food packages for food-insecure seniors throughout Nevada. CSFP/SNWP food packages may include items such as rice, dry beans, canned vegetables, and ready-to-eat cereal. Packages are not intended to provide complete meals but do include foods that provide nutrients typically lacking in the diets of many seniors. Distribution is once a month at the Silver Sage Senior Center.

For more information about the CSFP/ Senior Nutrition & Wellness Program please call 775-752-3280 or stop by the Senior Center.



We encourage those clients to join us in a group setting, center offers a means of socialization, access to nutrition and creates a sense of purpose for all of seniors in our community.

For more information on the Transportation Program contact the Senior Center.



To Make Appointment Schedule Call

752-3280

Who can use this Service?

Registered Seniors 60 & older

Hours of Service Operation

1:00 p.m. - 2:30 p.m.

(Monday-Wednesday-Thursday.)

Fare Cost

Suggested donation of \$3.00

Cancellations

To cancel a trip, please leave a message as soon as you decide to cancel. You can leave a message after business hours.

Carmen Cruz, Transportation Driver

TRANSPORTATION SERVICES

SERVICE DEFINITION:

This service provides, or provides access to, safe transportation for access to services such as nutrition, medical services, social services, adult day care, shopping, and socialization.

The Senior Center provides transportation for eligible individuals who require help in going from one location to another.

The driver is busy and does their best to be on time, there may be times when we cannot give you a ride, or we may have to pick you up early for an appointment.

Keep in mind that we currently have one transportation vehicle, so the center will take priority. **Consider and be courteous of our drivers who are waiting in the vehicle, set your shopping time limit.**

Please call the senior center office and schedule a ride in advance 24 hours. We are now providing one – two out-of-town trips to Elko, limit of 6 - 8 people for this trip for eligible individuals, sign-up for trip is required.

G.E.T. My Ride

Elko's Public Transportation



Elko County, in partnership with Nevada Division of Veteran Services, now offers a transportation program from Wells to Elko. We would strongly encourage veterans to use this service rather than missing any needed medical services. The service is open to the public.

Inbound: Wells to Elko; Tuesday and Thursday
7:00 AM Pickup at the Wells Library (208 Baker Street)

Outbound: Elko to Wells; Tuesday and Thursday
Flexible to the needs of passengers, but no later than a 5:00 PM drop off in Wells.

Fare: \$6.00 per one way trip. Discounted rates for children and seniors. Please call dispatch for details.

Veterans need to register with dispatch and ride at no charge.

For appointments at the VA Medical Center in Salt Lake City, call dispatch for a connection to the VA Medical Center Connections Van



Veterans in Elko Transportation System

The Veterans in Elko Transportation System (VETS) is a program to assist veterans in Elko County with transportation to medical appointments at no cost to the veteran.

In the GET My Ride Service area, all veterans are welcome to ride at no charge.

For trips outside of the GET My Ride Service area (outside of City of Elko, Spring Creek) and hours of operation, we will assist in coordinating transportation at no charge.

775-777-1428

www.GetMyRideElko.com

Open to the public

Dispatch- 775.777.1428
GetMyRideElko.com

Please Note: My GetMyRide, Wells, Inbound/Outbound is Monday, Wednesday, and Friday.



Robert Selby - 1

Denise Larson - 3

Judy Wright - 3

Susan Krammer - 7

Sybil Hunt - 10

Deborah Miller - 10

Sally Huston - 11

Mona Michaels - 15

Lucy Peters - 16

Phyllis McFaddin - 19

Jim Stanton - 20

Allen Wilson - 22

Richard Fuher - 26

Dee Duval - 27

George Garcia - 27

Cindy Moschetti - 31

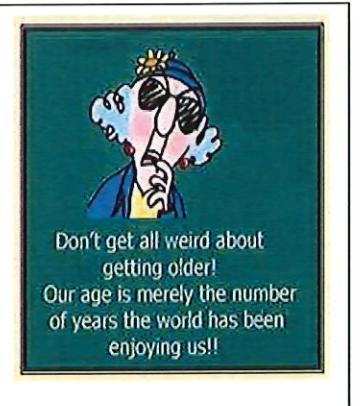
July Cake calories don't count today!



Getting older is a piece of cake!



Every birthday celebration is a gift we share.



In Remembrance

Things end, But memories last forever. We
have lost fellow members and friends; we have
dedicated a space in their Memory.

Cathey Quinn



UPDATE FROM THE PROGRAM DIRECTOR

Hello, Dear Friends.

Things are buzzing here at the Senior Center; we've been keeping busy and it's all thanks to YOU! As we turn the page to a new month, I'm reminded of the unique spirit that makes our senior center more than just a place-it's a community, a family source of joy for so many. Every day, I see the warmth in a shared smile, the laughter in conversations, and the friendships grown here. We have new faces who have joined our community. I hope you get a chance to meet our new members and welcome them to our beautiful community.

Do you remember the first time that you attended the senior center? People naturally gather with those they know, and long-term members often build strong friendships. But for a newcomer, seeing groups already formed can feel intimidating. Like there's no room at the table. Walking into the senior center for the first time takes courage. The first step through the door is often the hardest and the way our senior center responds at that moment can make or break someone's decision to return. Thinking back, you were excited at first but then gripped with that feeling of dread of not knowing anyone. But how nice when someone greets you with a smile and leave you thinking, "That wasn't so bad, it was fun I'm so glad I went". I have heard shared stories about who remembered that first person who made them feel welcome at the center. It's a small gesture of words of welcome or sitting at a table with someone who is alone.

Why Celebrating Seniors Matters, celebrating senior elders is essential as it acknowledges their contributions, experiences, and wisdom, fostering respect and community connection. This recognition not only honors their past but also enriches the present and future of society by promoting intergenerational relationships and understanding. Some of our seniors continue to work, volunteer, and contribute to their communities well into their later years. Recognizing these contributions helps combat negative stereotypes about aging and promotes a more positive view of growing older. ***As always,*** let's continue to look out for one another, share our stories, and create new memories. After all, the heart of our center is not the building-it's the people who fill it with kindness, laughter, and love.

Gaila Montoya

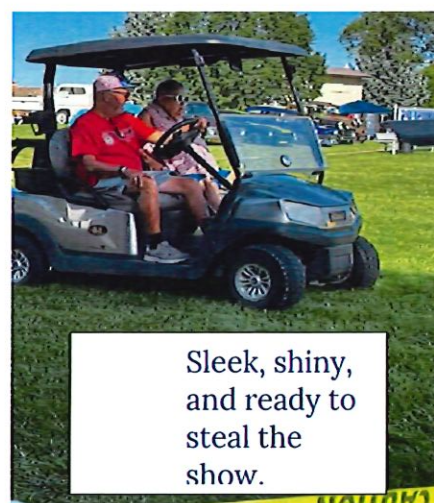


What an incredible car show weekend! From early morning set-up we couldn't have done it without our amazing volunteers – your hard work – smiles and dedication made this event shine. Thank you for your help!

Lupe, Patti, Terri, Heather, Sally, June, Karly, Adakai, and Jaedyn.



Senior Center returned for their annual Breakfast in the Park during the car show weekend.



Sleek, shiny, and ready to steal the show.

BETTER TOGETHER PHOTO'S GOOD TIMES

Here is to the crew that
shows up every Fourth
without being asked.



Feeling festive enough to
take another group photo.



I came dressed for
the camera roll.



We make the fourth
look good.



This look has a
strong case for
another photo.



We are only here for food
and photo evidence.

Some traditions are worth keeping. This is one of them.



This is what happens when the whole group chat says YES!



This squad shines better than sparklers.



This barbecue is a very serious commitment.



We are not overdoing it;
We are honoring the menu.



Cupcakes came dressed in Red, White, and Blue.

What's Happening at your Senior Center?

The month of July brings lots of fun activities to the center. Something happen here every month so we'll start out with those.

- August 18th Elko Trip – **Sign-up is required, call Senior Center**
- August 19th – Noon – Annual LUAU Luncheon at the City Park under the Pavillion.
- August 21st - National Senior Citizens Day





- Please make checks for all Senior Meals, Checks payable to **"City of Wells"**. The Bank will not accept checks made out to the Senior Center.
- If you are going to be gone, please notify by 8:00 a.m. (Monday – Friday) on the scheduled delivery day or before.
- **Cancellations**
To cancel a Home Delivered Meal, you can leave a message after business hours. Please leave a message as soon as you decide to cancel.
- **Under no circumstances will meals be left in or outside your home when the recipient is not present to receive them.**
- **FOOD FOR SENIORS – Commodity Supplemental Food Program** is a monthly food program that provides free food to senior citizens age 60 years and older. Applications can be picked up at the Senior Center; you can drop off your application at the Senior Center or put in the drop box outside of the Senior Center after business hours. Registered Clients pick up no later than 18th each month.
- **ALWAYS** keep your address/phone updated – every time you move or change number with the Wells Senior Center (Request Change of Address Form).
- Please direct any questions to the Senior Center.

Please use the mail drop-box located on the east of the Senior Center under the covered drive-through for your convenience can be dropped after business hours.





Silver Sage Senior Center Facebook

and the City of Wells website

cityofwellsnv.com

to stay updated on all the news, activities, and community events.



Volunteers are needed throughout the year to help assist with fundraisers, special events, outreach programs, and more. Hours and days vary and at times will include weekend hours.

If you are interested, please call the Senior center.

Donations can be dropped off anytime at the Wells Senior Center between 7am – 2pm. If you cannot donate during business hours, please call to schedule a drop off.

DONATIONS

The Senior Center accepts a wide variety of household items from community residents of houseware items, home décor, holiday decorations, and more.

We welcome donations of your clean household items. Please note that we cannot accept any broken or dirty items.

WHAT WE ACCEPT

ARTS & CRAFTS

Craft supplies, canvas boards, art paper, easels, oil pastels, paint (acrylic, tempera, watercolors), assorted paint brushes, cutting mat, yarn/ribbon, hot glue guns & sticks, etc.

OTHER

Board games, puzzles, Individual dry erase boards, outdoor games, etc.

*We appreciate
your support!*

WELCOME NEW MEMBERS!

See a New Face? Welcome them! and show them around our Senior Center and get them involved with all the Center has to offer! Who knows if you might just make a new friend?

Deborah Rule-Clement

Bruce Peterson

Kathy Peterson

"Because every voice matters, and yours matters most."



The suggestion box gives our seniors a direct way to share thoughts, share ideas, concerns, and feedback. The box is visible, located at the front door entrance and accessible. We value your input and staff will respond to suggestions. This will assist Staff that can identify recurring issues, implement changes, plan improvements that better meets our senior client's needs. This can be especially valuable for those who may feel hesitant



Food Bank Schedule 2026

Time 9:00 AM - 12:00 PM

Friday July 10
Friday July 24
Friday August 7
Friday August 21
Friday September 4
Friday September 18

Friday October 9
Friday October 23
Friday November 6
Friday November 20
Friday December 4
Friday December 18

Volunteers always needed!
Please reach out if you are interested in volunteering!



(775) 752-2345

261 1st St. Building B Wells NV, 89835

wellsfrcadvocate@gmail.com

or wellsfrc@gmail.com

Updated 04/2026

Healthy LIVING while aging!



August 2026

Newsletter provided by University of Nevada, Reno Extension

Volume 7, Issue 8

Medication Safety Check-In: What to Ask Your Pharmacist

by Natalie Mazzullo, M.Ed.

August is a great time for a mid-year medication check-in. If you're like many older adults, you may take multiple prescriptions, over-the-counter medications or supplements. Taking a few minutes to review them — especially during the summer months — can help you stay safe, avoid unwanted side effects and get the most benefit from your medications.

Programs like the Sanford Center for Aging Medication Therapy Management program emphasize that medication safety isn't just about what you take. It's about how, when and why you take it, as well as possible interactions. Important for all patients to know what medications they are taking and why they are taking them.

Start with a simple medication review

Bring a complete list of everything you take to your pharmacist or healthcare provider. Include prescriptions, vitamins and herbal supplements.

Ask:

- Do I still need all of these medications?
- Are there duplicates or unnecessary combinations?
- Are there safer or simpler options?

Watch for interactions

Medications can interact with each other — or even with certain foods. These interactions can cause side effects like dizziness, confusion or increased fall risk.

Ask your pharmacist:

- Which of my medications interact?
- Should I avoid certain foods or alcohol?
- What side effects should I watch for?

Natalie Mazzullo is the Healthy Aging Initiative Coordinator for Extension under the College of Agriculture, Biotechnology & Natural Resources.



Be heat-aware

Summer heat can change how your body responds to medications. Some drugs increase sensitivity to heat, reduce sweating or raise the risk of dehydration. Common culprits include diuretics, heart medications and some antidepressants.

Ask:

- Do any of my medications affect how I handle heat?
- Should I adjust fluid intake or activity levels?

Store medications properly

High temperatures can reduce medication effectiveness. Avoid storing medications in hot places like cars, garages or near windows.

Instead:

- Keep medications in a cool, dry place
- Check labels for storage instructions
- Use a pill organizer to stay on track

Keep a routine

Taking medications at the same time each day helps prevent missed or double doses. Set reminders or pair medications with daily habits like meals or brushing your teeth.

Quick Tip

If something doesn't feel right — new symptoms, unusual fatigue, or confusion — don't ignore it. It could be medication related.

Bottom Line

A quick medication check-in today can prevent serious problems tomorrow. Partner with your pharmacist, ask questions, and stay informed so you can continue living healthy, safely and independently.

Visit med.unr.edu/sanford/health-services/medication-review for more information.

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.

Eight Tips to Avoid Catching Colds as We Move into the Fall Months

1. Stay up to date on vaccines

August is National Immunization Awareness month. Vaccines are the best protection against severe illness, especially for older adults and those with chronic conditions. They may not prevent every infection, but they can reduce complications and support a quicker recovery.

2. Wash hands often

Frequent handwashing is one of the simplest ways to prevent illness.

- Wash hands with soap and water for at least 20 seconds.
- Wash particularly after being in public, using the restroom or before eating.
- Keep hand sanitizer (60% alcohol or more) nearby.

3. Improve airflow

- Good ventilation reduces germs in the air.
- Open windows, use fans or consider a HEPA air purifier.
- When possible, spend time outdoors.

4. Practice good hygiene

Cough or sneeze into your elbow — not your hands. This helps prevent germs from spreading.

5. Limit close contact when illness is around

- Skip kisses and avoid sharing food or drinks if someone is sick. You can still enjoy time together with games, reading or conversation.
- Avoid crowded indoor spaces during peak cold season or wear a mask when in close contact with others in crowded areas.

6. Clean high-touch surfaces

Regularly clean high-touch surfaces in your home, including doorknobs, light switches, faucet handles, remotes and phones. Use standard cleaners or a simple bleach solution (1/3 cup of bleach per gallon of water).

7. Avoid face touching

Keep hands away from your eyes, nose and mouth, as they are primary entry points for viruses.

8. Take care of yourself

- Ensure you get good, uninterrupted sleep.
- Eat a balanced diet rich in protein, vegetables and fruits.
- Stay hydrated.
- Manage your stress to help keep your immune system strong.

Stay Connected—Safely

- Plan visits when you are healthy
- Choose outdoor activities when possible
- Use video calls if illness is circulating
- Keep visits shorter during peak cold and flu season

When to Call Your Doctor?

Seek medical care if you have:

- Fever over 101°F
 - Trouble breathing or chest pain
 - Severe fatigue or confusion
 - Symptoms that worsen or don't improve
-

Bottom Line – Remember, someone else's cold can be mild for them but more serious for you, especially as an older adult. With a few simple steps, you can protect your health and continue enjoying your time with others.

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.