

**Pine River Senior  
Center Phone  
Numbers**

Front Desk, Lunch Reservations/  
Cancellations **884-5415**  
**Please call before 9:00 a.m.  
to reserve or cancel a meal**

Scott Key, Director of Parks and  
Rec **884-9544**[ext 108]

Becky Eisenbraun, Activities &  
Programs **884-9544**[ext 109]

Brenda Jones, Senior Center  
Coordinator **884-5415**

Darlene Backer, Site Coordinator  
**759-2471**

Carol Melcher, Meals on Wheels &  
Cancellations **382-6435**

Sheila Casey, Countywide Senior  
Services Director **382-6442**

Lauren Rardin, Home Chore  
**382-6429**

LaPlata County Transportation  
**759-6309**

Karen Maletich, Nurse Navigator  
**335-2086**

Lori Yenser, Dietician **769-4054**

Dana Thompson, Activities in  
Durango **382-6428**

**2014 Volunteer of the  
Year!**

**Charlene Johnson  
& Meal on Wheels  
Driver Kaye  
Luebchow**

**Who will it be for  
2015?**

# Pine River Senior Center Newsletter

PO Box 80, 111 W South St., Bayfield, CO 81122

<http://www.bayfieldgov.org/services/senior.asp>

Check out the PRSC on Facebook, too!

April 2015

Volume 7, Issue 4



Hours of Operation: Tuesday 9:00 a.m. - 3:00 p.m.

Wednesday & Friday 9:00 a.m. - 3:00 p.m.

Hot Lunch at 12:00 Noon



## April Birthdays

*Steve Thompsen*

*4/8*

*Jo Lyall*

*4/28*



## Happy Anniversary!

*Ellen & Jim Frahm*

*April 12, 1958*



**Adventures in Dining - Thursday, April 16** - Please join us for lots of fun at **Old Timers Cafe** in **Durango**. We will meet at the Restaurant. time **TBA**.

**Caregivers Group** - Meet the first Tuesday of each month at 10:00 am at the Senior Center. This group will provide support for those who are caregivers needing help. For more information please call Elaine Stampo 259-0122.

**Bayfield Food Bank Donation - Friday, April 10** - On Birthday Celebration Day, the Senior Center will be collecting non-perishable, unexpired, unopened packages of food for the Bayfield Food Bank. Monetary donations are also welcome and can be dropped off at Bayfield Town Hall or given to Brenda at the Senior Center.

**Bingo** - This month we will have bingo on **Friday, April 3 & April 17 at 1:30 p.m. - 2:45 p.m.** (Times are approximate). All are welcome and the cost to play is only \$0.25 per card.

**Birthday Celebration - Friday, April 10 at noon** - Please join us on the 2nd Friday of every month for our birthday celebration.

**Blue Star Moms** - Donations for our troops are being collected for the Blue Star Moms of Durango. There is a drop box at the Senior Center for donated items. Support our troops and this great organization!

**Box Tops & Labels for Education** - The Senior Center is collecting Box Tops & Labels for Education to benefit our local schools. Please drop them in the plastic container on the front counter.

**Brenda Marshall's Card Making Class & Pine River Public Library - Tuesday, April 21** - Brenda will be pairing up with the Pine River Public Library to host a "Stamping Up"! card making class each month from **10:00 a.m. - 11:00 a.m.** Cost is **FREE**. Can't beat that price for cards! Call 884-5415 with questions.

**Bridge Club - Tuesdays** at the Senior Center from **9:30 a.m. - 11:30 a.m.** Please call Joe Mozgai at 884-0928, or call 884-5415 for more information. New members are always welcome!

**Community Quilt Group - Tuesday, April 7** All quilters & people with homemade projects are invited to come join them on the **1st Tuesday** of each month. This group is open to all who are interested in sharing the joy of homemade items. Please contact Cindy at 970-903-7492 for further information.

## Senior Center News, Activities & Entertainment

**Easter Celebration** - Join us on **Wednesday April 1st**, for Easter Celebration.

**Mexican Train Dominoes** - Join us on **Tuesday Game Days, Wednesdays and Fridays** after lunch for a fun game of dominoes. Anyone can join and it's free. Can't beat free entertainment!

**Movie Tuesdays** - Join us each Tuesday for movies. There will be a different movie each week starting at 1:00 p.m. till 3:00 p.m. in the library. Please contact Brenda to check out the movie list or give her your suggestions.

**Pine River Public Library - Friday, April 24** - The library will be here the last Friday of each month with books, movies, & audio books available for check out. Please call Brooke at 884-2222 ext. 514 for more information or requests.

**Pine River Senior Board Meetings** - Held on the **2nd Wednesday of every other month**. The 2015 dates are January 14, March 11, May 13, July 8, September 9 and November 11. Everyone is welcome to join us at **1:00 p.m.** in the conference room.

**Pot Luck Tuesday's - Tuesday, April 7** - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

**Veterans' Services - Friday, April 24** - Richard Schleeter with the La Plata County Veterans Service's Office will be at the Senior Center at **10:00 a.m.** to visit with any veterans that may have questions about what benefits and services are available to them, please call 970-759-0117 for more information.

### Fitness & Exercise Programs



**Step Aerobics** - Join Fran Evans as she leads this class each week at the First Baptist

Church on **Tuesdays, Wednesday & Fridays 9:00 a.m. - 10:00 a.m. through the winter**. It's great exercise and lots of fun! Please call Fran for more information 884-2767.

**Watch Your Step** - WYS is a balance and coordination based exercise class that takes place every Wednesday & Friday from 10:15 a.m. - 11:15 a.m. The cost is \$15.00 for 12 weeks or \$1.00 for drop-ins. Reserve your spot today!

**XBOX 360** - We have an XBOX that anyone can use for fitness, such as Zumba, The Biggest Loser, Kinect Adventures, Ultimate Workout & Your Shape Fitness Evolved. This is something that can be done as a group or as an individual. The library will be closed off on **Tuesdays 10:30 a.m. - 12:30 p.m., Wednesdays & Fridays 1:00 p.m. - 3:00 p.m.** for anyone interested. Let Brenda know what program you would like to play.

**Yoga - Tuesday** at the **Pine River Library Community Room 8:00 am. & 10:00 am, Thursday 8:00 am at the Library**; Colleen Theobald will guide participants through Hatha Yoga Class. The focus will be on core strength, body toning, proper alignment and breathing techniques. This class is also held on **Thursday 6:00 p.m. at the Senior Center**. Please call Bayfield Parks & Recreation for more information.



## Recipe Corner

### Honey Whole Wheat Bread

Joyce Knoll



2 cups milk, scalded	5 tsp. salt	3/4 cup shortening
1/3 cup honey	2 tbsp. (2 pkg.) yeast	2 cups water (warm, not hot)
2 eggs	6 cups whole wheat flour	6 cups white flour

Combine scalded milk, salt, shortening and honey; let cool until just warm. Dissolve yeast in water. Whip in eggs. Combine with milk mixture. Stir in wheat flour and enough white flour until it is stiff enough to begin kneading. Add flour until dough is soft and elastic, but not sticky. Let rise 1 hour. Divide dough into 4 parts. Allow it to rise for 20 to 30 minutes. Shape into loaves and put into greased pan. Let rise 1 hour. Bake for about 35 minutes in 375 degree oven. Makes 4 loaves.

### Red Lobster's Copycat Cheese-Garlic Biscuits

(Joyce Knoll 563-4442)

2 cups baking mix (such as Original Bisquick)	1/2 cup lightly packed shredded cheddar cheese
2/3 cup whole, low-fat or skim milk	1/2 stick (1/4 cup) butter or margarine
1/2 tsp. garlic powder	

Spoon baking mix into cup to measure it. In large bowl with wooden spoon, toss together baking mix and cheese until well mixed. Add milk, stirring until soft dough forms. Beat vigorously with spoon 30 seconds. Drop dough by heaping table-spoonfuls onto ungreased baking sheet. Bake in preheated 450 degree oven for 8 to 10 minutes or until golden brown. Melt butter. Stir in garlic powder. Brush over warm biscuits before removing from baking sheet. Serve warm. Makes 10 to 12 biscuits.

\*High altitude version

### Uplifting Quote for the Month

**“When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.” ~Alexander Graham Bell -**



### ***Bayfield Parks and Recreation***

***For Activity/Program questions, please contact or call  
884-5415 or email [bjones@bayfieldgov.org](mailto:bjones@bayfieldgov.org)***

***For Facility and Park Rental information call 884-9544  
ext 109 or email [beisenbraun@bayfieldgov.org](mailto:beisenbraun@bayfieldgov.org)***

***or Visit us on the web at:***

***<http://www.bayfieldgov.org/services/senior.asp>***

### ***Motivations***

***Excellence—We should not judge people by their peak of excellence; but by the distance they have traveled  
from the point where they started. Henry Ward Beecher, Author, Clergyman & Reformer***

## **Common Scams and Identity Theft**

**Common scams -Be suspicious of doctors, health care providers, or suppliers who:**

Ask for your Medicare number: In exchange for free equipment or services - For "record keeping purposes" - Tell you that tests become cheaper as more of them are provided -Advertise "free" consultations to people with Medicare- Call or visit you and say they represent Medicare or the federal government -Use telephone or door-to-door selling techniques -Use pressure or scare tactics to sell you expensive medical services or diagnostic tests - Bill Medicare for services you never received or a diagnosis you do not have - Offer non-medical transportation or housekeeping as Medicare-approved services - Bill home health services for patients who are not confined to their home, or for patients who still drive a car— Bill Medicare for medical equipment for people in nursing homes - Bill Medicare for tests you received as a hospital inpatient or within 72 hours of admission or discharge— Bill Medicare for a power wheelchair or scooter when you don't meet Medicare's qualifications.

**Identity theft** — Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes your name, Social Security, Medicare, or credit card numbers. The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card, or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make—or until you're contacted by a debt collector.

Identity theft is serious. While some identity theft victims can resolve their problems quickly, others spend hundreds of dollars and many days repairing damage to their good name and credit record. Protect yourself. Keep your personal information safe. Don't give your information out over the Internet, or to anyone who comes to your home (or calls you) uninvited. Give personal information only to doctors or other Medicare approved providers. To see if a provider is Medicare approved, call: 800-MEDICARE (800-633-4227) 877-486-2048 (TTY users)

**Information Provided by La Plata County**

# Memory Boosting Foods

By Marisa Moore, MBA, RDN, LD

Published January 08, 2015



If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain - much like what you'd eat to nourish and protect your heart. A recent study found that the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean Diet with better cognitive function, memory and alertness.

## Strengthen Recall by Adding These Foods to the Rotation

**Eat your veggies.** You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a raw kale salad or substitute collard greens for the tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

**Be sweet on berries and cherries.** Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

**Get adequate omega-3 fatty acids.** Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. "DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently," says Andrea Giancoli, RD, registered dietitian and Academy of Nutrition and Dietetics spokesperson.

Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

**Work in walnuts.** Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain; they also sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

*Reviewed December 2014* Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

(Information received via email from La Plata County Senior Center)

## Prevention - General Information

CMS is committed to promoting the appropriate use of Medicare preventive benefits. Medicare now covers a broad range of services to prevent disease, detect disease early when it is most treatable and curable, and manage disease so that complications can be avoided. Unfortunately, older adults are not receiving all recommended preventive services, even with frequent visits to physician offices. Reasons for this vary, but highlight the opportunity to improve preventive care for older adults. CMS recognizes the crucial role that health care providers play in providing and educating Medicare beneficiaries about potentially life-saving preventive services and screenings. While Medicare now pays for more preventive benefits, many Medicare beneficiaries do not fully realize that using preventive services and screenings can help them live longer, healthier lives. As a health care professional, you can help your Medicare patients understand the importance of disease prevention, early detection, and lifestyle modifications that support a healthier life.

The CMS Prevention section provides access to information, resources, and tools to help support the delivery and awareness of preventive services and screenings covered by Medicare, and provide health care providers and suppliers with the information needed to effectively file claims for services provided to Medicare beneficiaries.

### Preventive Services and Screenings Covered by Medicare

Abdominal Aortic Aneurysm Screening —Alcohol Misuse Screening and Behavioral counseling Intervention in Primary Care

Annual Wellness Visit (Including Personalized Prevention Plan Services) —Bone Mass Measurements

Cancer Screenings —Breast Cancer (mammograms and clinical breast exam)

Cervical and Vaginal Cancer (pap test and pelvic exam [includes the clinical breast exam])

Colorectal Cancer —Fecal Occult Blood Test —Flexible Sigmoidoscopy

Colonoscopy —Barium Enema —Prostate (PSA blood test and Digital Rectal Exam)

Cardiovascular Disease Screening —Depression Screening in Adults —Diabetes Screening

Diabetes Self-Management Training —Glaucoma Screening —Hepatitis C Screening

Human Immunodeficiency Virus (HIV) Screening —Immunizations (Seasonal Influenza, Pneumococcal, and Hepatitis B)

Initial Preventive Physical Examination (IPPE) (also commonly referred to as the “Welcome to Medicare” Preventive Visit)

Intensive Behavioral Therapy for Cardiovascular Disease —Intensive Behavioral Therapy for Obesity

Medical Nutrition Therapy (for beneficiaries with diabetes or renal disease)

Sexually Transmitted Infections (STIs) Screening and High-Intensity Behavioral Counseling (HIBC) to prevent STIs

Tobacco-Use Cessation Counseling

As a result of the Affordable Care Act, Medicare now covers many of these services without cost to patients, including the Annual Wellness Visit that was created under the Affordable Care Act. (Refer to the Downloads section below and the navigation tabs on the left for information on coverage, coding, billing and more.)

## Think

The Home Chore Program can help you with those Spring Tasks .....



Yard—Clean-up (Sorry, no acreage)

Spring House Cleaning

Repairing steps, installing handrails and grab bars, fixing leaking  
sinks or toilets, ect.

Suggested Donation is \$8.00 - \$15.00 per hour for labor. A Current Assessment  
(within 6 months) is required.

Call Lauren for more details: 970-382-6429

## *Senior Spotlight*

### Senior Center Member Dotty Beaudin



I am Dotty Beaudin. I was born in Connecticut and grew up in Miami, Florida. My passion as a kid was horses and I competed in many horse shows. I worked at Florida International University as secretary to the Comptroller. I also was a secretary at Cornell University in Plant Pathology. In 1974 Colorado fever set in and I moved to Silverton where I lived for 11 years. I worked in a law office and in many restaurants, both as cook and server. I then moved to Durango near Baker's Bridge where my then husband and I lived for 26 years. I worked at the Red Lion Inn (now Doubletree), Red Barn Lumber (now Pro-Build) and Rosewaters Deli. I also did the bookkeeping for my husband's business, Beaudin Builders. Volunteering at the Durango Senior Center lead to a paid position in the kitchen and then to Dining Room Coordinator, which I loved very much. Now I live here in Bayfield and am retired. I enjoy the more relaxed lifestyle here and I am close to my family. My son, Scott, his wife, and my two grandchildren Erin and Connor who live in Bayfield. My son, Adam who lives in Denver and was recently married. I enjoy camping, fishing, bowling, gardening and stained glass art. I have a small housekeeping job and have done after care for recovering surgery patients. I think people need to respect each other more and practice random acts of kindness. Liberty and justice for ALL.