

**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**

Nancy Heirtzler, Home Chore  
**382-6429**

LaPlata County Transportation  
**759-6309**

Lori Yenser, Dietician **769-4054**

Greta Kirker, Activities in  
Durango **382-6428**

**2015 Volunteer of the  
Year!**

**Anne Rudolph  
& Meal on Wheels  
Drivers Jim & Ellen  
Frahm**

**Who will it be for  
2016?**

# 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 2016

Volume 8, 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*



**New Program! Arts & Crafts—Tuesday, April 12—** Please join us the 2nd Tuesday of each month to make different arts and crafts projects for **FREE** by hand. Please sign up at the Pine River Senior Center front desk or contact Brenda Jones at 884-5415 so we know how many will be attending.

**Bayfield Food Bank Donation - Friday, April 8 -** 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.

**Birthday Celebration - Friday, April 8 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 19 -** 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!

**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.

**Community Quilt Group - Tuesday, April 5 -** 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

**Health Checks—Friday, April 8—** San Juan Basin Health will be here on the 2nd Friday of each month to take blood pressures and check blood sugar for free. For more information please call Christian at 970-335-2076. He will be here at 9 am for the need for fasting blood glucoses. He also performs lipid tests (cholesterol and triglycerides). Any senior who wants testing should fast after 9 pm the night before--no cream or sugar in their morning coffee or tea, no breakfast, etc.

**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 29** - 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 2016 dates are January 13, March 9, May 11, July 13, September 14 and November 9. Everyone is welcome to join us at **1:00 p.m.** in the conference room.

**Pot Luck Tuesday's - Tuesday, April 5** - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

**Veterans' Services - Friday, April 29** - 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

**Chair Yoga** - Kat Katsos instructs this breathing & stretching yoga exercise class every Wednesday at 9:15 am till 10:00 am. Call Brenda for more information 884-5415.



**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 9:00 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 **Monday 6:00 p.m. at the Senior Center**. Please call Bayfield Parks & Recreation for more information.





## Recipe Corner



### Currant Scones

#### Ingredients:

2c all-purpose flour (spooned and leveled), plus more for work surface

2t baking powder                      1/4t baking soda                      1/4t salt

3T sugar                                      1/2c (1 stick) cold, unsalted butter, cut into small pieces

3/4c dried currants                      1/2c low-fat buttermilk

1 large egg, lightly beaten              1T milk

#### Directions:

Preheat oven to 425 degrees. Line a baking sheet with parchment paper. In a bowl, stir together flour, baking powder, baking soda, salt, and 2T sugar. With a pastry blender or two knives, cut in butter until mixture resembles coarse meal. Stir in currants. Make a well in center; add buttermilk and egg, and stir just until combined (do not overmix). Transfer dough to a lightly floured work surface; knead 5 or 6 times. Pat into an 8-inch disk. With a floured 2 1/4-inch biscuit cutter, cut out rounds. Reroll and cut scraps once. Transfer to baking sheet, about 1 1/2 inches apart. Brush rounds with milk; sprinkle with 1T sugar. Bake until scones are golden brown, 12-15 minutes. Let cool on a wire rack. Serve warm or at room temperature

### Beef Taco Joes

Maxine Dvojack

1 lb. hamburger, cooked                      1 can tomato soup                      1 cup salsa of choice

Cheddar cheese                                      Toast or hamburger buns

Add tomato soup and salsa to cooked hamburger. Simmer until hot. Pour over toast or hamburger buns. Sprinkle cheese on top of mixture.



### Uplifting Quote for the Month

Walt Disney

It's kind of fun to do the impossible.



# Medicare

## How Medicare works with other insurance

If you have [Medicare](#) and other health insurance or coverage, each type of coverage is called a "payer." When there's more than one payer, "[coordination of benefits](#)" rules decide which one pays first. The "primary payer" pays what it owes on your bills first, and then sends the rest to the "secondary payer" to pay. In some cases, there may also be a third payer. [What it means to pay primary/secondary](#) -The insurance that pays first (primary payer) pays up to the limits of its coverage.—The one that pays second (secondary payer) only pays if there are costs the primary insurer didn't cover.

- The secondary payer (which may be Medicare) may not pay all the uncovered costs.—If your employer insurance is the secondary payer, you may need to enroll in Medicare [Part B](#) before your Insurance will pay. - Paying "first" means paying the whole bill **up to** the limits of the coverage. It doesn't always mean the primary payer pays first in time. If the insurance company doesn't pay the [claim](#) promptly (usually within 120 days), your doctor or other provider may bill Medicare. Medicare may make a conditional payment to pay the bill, and then later recover any payments the primary payer should've made. - [Find out which insurance pays first.](#)- If you have questions about who pays first, or if your insurance changes, call the Benefits Coordination & Recovery Center (BCRC) at 1-855-798-2627. TTY users should call 1-855-797-2627.

# Medicare Fraud

## Home Health Care Fraud

### From the Office of Inspector General (OIG), U.S. Department of Health & Human Services

For Medicare beneficiaries to be eligible for home health care services, they must be under the care of a physician. The physician must certify that the beneficiary needs one or more of the following: physical therapy, occupational therapy, speech language therapy, or intermittent skilled nursing care. Additionally, beneficiaries must be "home bound," which means that due to their condition, leaving them home is not recommended and requires special transportation, or can only be done with a taxing effort.—[How the Scam Works](#)—In the common home health care fraud scheme, no actual home health therapy is provided. The beneficiary is asked to sign forms that verify a nurse or therapist showed up at her home and provided services. - To justify charging for a nurse, a fraudulent physician who is not the beneficiary's primary doctor may falsely certify that the beneficiary is an insulin-dependent diabetic and cannot inject himself. Unscrupulous physicians may also fraudulently certify that a beneficiary is home bound. In exchange, the beneficiary will be offered cash on a monthly basis or provided a home health aide that only prepares meals or cleans.- [How to Fight Back](#)—Billing Medicare for services not provided is highly illegal and you should report this immediately if you are approached for this scam.—Be cautious when you are offered money or "free" services in exchange for your Medicare card number. - Reject the services of unscrupulous Medicare providers that use these fraudulent tactics to obtain your Medicare number and personal information. They intend to use it for fraudulent billing.—[Report Suspected Fraud](#)

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



### ***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***

***H. Jackson Brown, Jr.***

***Think big thoughts but relish small pleasures.***

### **Delicious Domiciles**



Apparently, some famished city fathers named their town just before suppertime. How else can you explain the names of these “tasty towns”. As submitted by Muriel Case of Kirbyville, Texas: Hominy, Oklahoma; Cocoa Beach, Florida; Sugar Grove, Ohio; Coldwater, Kansas; Rabbit Hash, Kentucky; Bacon, Coffee, and Peach all in Georgia.

### **Nothing to Wear**

When high school kids wear rags today, They call it self-expression. When I was young and dressed that way, we called it the Depression.



## Beware of IRS Imposters!

### **Recognize, Refuse, Report!**

**Call us  
Monday–Friday,  
9 a.m.–4 p.m.**

**800-222-4444**  
Option 2



**Colorado Attorney  
General  
Cynthia Coffman**

It's tax season again and scam artists posing to work for the IRS or Treasury Department are continuing their deceptive ways. First and foremost, it is important to remember the IRS will first contact you through the mail. If you receive a phone call or suspicious email/text from the IRS, chances are it's an imposter. Still unsure? Here are some red flags that the call or email/text you have received is an imposter:

If the call was...

- Aggressive, threatening or offensive
- Requiring immediate payment via wire transfer, credit card or prepaid debit card
- Threatening to involve local police or judges to have you arrested

If the email/text was...

- Asking you to update important information via a hyperlink (don't click it!)
- Asking for information related to refunds, filing status, confirming personal information, ordering transcripts and/or verifying PIN information

If you receive a scam call, hang up immediately and report the call to the IRS at 800-366-4484. If you receive an email, forward it to the IRS at [phishing@irs.gov](mailto:phishing@irs.gov), and then delete it. If you have any questions or concerns don't hesitate to call an ElderWatch volunteer to help you verify that the call or email/text you received was indeed a scam.

**800-222-4444**

Denver Metro Area

303-222-4444

[www.aarpelderwatch.org](http://www.aarpelderwatch.org)

March 2016

# Nutrition

## ADDED SUGARS



To build a healthy eating style and stay within your calorie needs, choose foods and beverages with less added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include natural sugars found in milk and fruits. Most of us eat and drink too many added sugars from the following foods: - beverages, such as regular soft drinks, energy or sports drinks, fruit drinks, sweetened coffee and tea—candy, cakes, cookies and brownies, pies and cobblers, sweet rolls, pastries, and donuts, ice cream and dairy desserts, sugars, jams, syrups, and sweet toppings. Reading the ingredient label on packaged foods can help to identify added sugars. You can limit your intake of added sugars by drinking water, unsweetened tea or coffee, or other calorie-free beverages instead of sodas or other sweetened beverages. Choose beverages, such as low-fat or fat-free milk and 100% fruit juice, that will boost Dairy Group and Fruit Group intake. Choose fruit as a naturally sweet dessert or snack instead of foods with added sugars. Limit sweet desserts and snacks, such as cookies, cakes, pies, and ice cream a once-in-a-while treat. Choose a small portion when you enjoy them. Choose packaged foods that have less or no added sugars such as plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup - See more at: <http://www.choosemyplate.gov/added-sugars/#sthash.HYCbYyHk.dpuf>

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



## Senior Spotlight

### John Cline - Senior Center Member

I was born in Glendale, California in 1947. I was a Boy Scout and I graduated Glendale High School in 1963. On graduation night, we all got on a bus and went to Disneyland. The Association was there and we all got to shake their hands and they sang us a song. What a thrill that was! The weather was nice until we got on the bus and then it started raining. I'll never forget it. Everything was free and we all had a blast. I have a sister that lives in Durango, and a niece & nephew that

live in Mesa, Arizona. My mother and I moved to Bayfield in 1981, and been here ever since. I got a job bucking bales of hay, then a job washing dishes at Eight Corners Café. I have also worked as a dishwasher at the Homestead, Steamworks, Brenda's, AJ'S, 501 Café, La Casita, Babo's Restaurant and The B Diner. I have been cleaning dishes for 28 years total. I used to play the piano & organ and I love music. I like to listen to 50's, 60's, Jazz, Country, and Ragtime music and I love the Blues. I always wanted to be a country & western singer when I grew up. I like to watch family movies without violence. I love to go fishing, walking, camping, horseback riding, hiking and to watch sporting events like football, baseball and swimming. I also like to read mystery & western books, and I like to make latch hook rugs and I used to sell them. I like playing Bingo and gambling, but I don't do it anymore. I do not miss California, but I do miss the beach. I'm here to stay! I love working at the Senior Center, but still miss the B Diner. Everyone at the Senior Center makes my day.