

**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

Lori Yenser, Dietician **769-4054**

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

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!

August 2015

Volume 7, Issue 8

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



August Birthdays

Margaret Crawley 8/4
Vicky Mozgai 8/9
Helen Hoefler 8/13
Jean Elliott 8/24
Audrey Robison 8/26
Juanita Jordan 8/27
Debbie Bauer 8/29



2014 Volunteer of the
Year!

Charlene Johnson
& Meal on Wheels
Driver Kaye
Luebchow

Who will it be for
2015?



Happy Anniversary!

Lee & Hayden McClung August 3, 1952
Sylvia & Jim Veach August 28, 2009



Adventures in Dining - Thursday, August 20 - Please join us for lots of fun at **Bar D Chuckwagon** in Durango. We will meet at the senior center and ride the county's bus. \$10.00 plus meal ticket beef or chicken meal \$26.00. Bus leaves at **5:30 pm**.

Bayfield Food Bank Donation - Friday, August 14 - 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, August 14 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, August 18 - 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.

Color Tour - Please be watching the message window for more information about color trip coming up in August or September.

Community Quilt Group - Tuesday, August 4 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

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, August 28 - 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, August 4 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, August 28 - 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 Senior Center on **Monday, Wednesday & Fridays 9:00 a.m. - 10:30 a.m. through the summer**. It's great exercise and lots of fun outside on the senior center deck!

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 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



Pizza Casserole

- | | | |
|--|--|--|
| 1 ½ pounds ground beef | 1 pound bulk pork sausage | 4 jars (14 oz. each) pizza sauce |
| 2 C (8 oz.) shredded mozzarella cheese | 2 C grated Parmesan cheese | |
| 2 cans (4 oz. each) mushroom stems and pieces, drained | | 2 packages (3 oz. each) sliced pepperoni |
| ½ C finely chopped onion | ½ C finely chopped green bell pepper | |
| 1 clove garlic, minced | 1 pound rotini pasta, cooked and drained | |

Brown beef and sausage in large nonstick skillet over medium-high heat, stirring to break up meat. Drain fat. Place meat in 5-quart slow cooker. Add pizza sauce, cheeses, mushrooms, pepperoni, onion, bell pepper and garlic; mix well. Cover; cook on low 3 ½ hours or on high 2 hours. Stir in pasta. Cover; cook 30 minutes or until pasta is hot.

Bar Harbor Cranberry Pie

Jo Lyall

- Pie:
- | | | |
|----------------------------|---------------------------|------------------------|
| 2 cups cranberries* | 1-1/2 cups sugar, divided | 1/2 cup chopped pecans |
| 2 eggs, beaten | 1 cup all purpose flour | 1/2 cup butter, melted |
| 1/4 cup shortening, melted | | |

Garnish:

Whipped cream and cinnamon (optional)

Lightly butter a 9" glass pie plate. Spread cranberries over bottom. Sprinkle evenly with 1/2 cup sugar and pecans and set aside. In a separate bowl, add eggs and remaining one cup sugar; mix well. Blend in flour, butter and shortening. Beat well after each addition. Pour over cranberries. Bake at 325 degrees for 55 to 60 minutes. Garnish each slice/serving with a dollop of whipped cream and a sprinkle of cinnamon, if desired. Serves 8.

*Frozen berries can also be used. No need to thaw.

Uplifting Quote for the Month

*A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." – **Christopher Reeve***



Bayfield Parks and Recreation

*For Activity/Program questions, please contact or call
884-5415 or email bjones@bayfieldgov.org*

*For Facility and Park Rental information call 884-9544
ext 109 or email beisenbraun@bayfieldgov.org*

or Visit us on the web at:

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

Motivations

You were given this life because you are strong enough to live it.” – Unknown



FLU SHOTS - will be available on **Wednesday, September 2, 2015** at the Senior Center from 12pm till 2:00 pm. Medicare covers the flu and pneumonia shots. For more information please call Rosa at Rite Aid at 247-5057.



Laughing Moments “haha”

Ordinances Are All Washed Up



Here are a few laws that time had passed by, Patricia Hahn of Birmingham, Michigan wrote to say that these bathing laws are still on the books—but fortunately not enforced around the country: In Boston, it’s against the law to take a bath on Sunday. You must have a doctor’s prescription to take one on any other day. In Pennsylvania, it’s against the law to sell a bathtub, but quite legal to buy one. It is however, against the law to sign while bathing. In Clinton, Indiana, it’s against the law to bathe during winter. In Florida and Portland, Oregon, you must wear a bathing suit or some other clothing while taking a bath. In Virginia, it’s against the law to bathe in your home—tubs must be kept in the yard. In Philadelphia, an ordinance was passed in 1843 that prohibited bathing between November 1 and March 15.

Pine River Senior Citizens Board Meeting Minutes

July 8, 2015

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton—Board Members: Charlene Johnson, Phyllis Ludwig, Rob Robison - Town of Bayfield Attendees: Scott Key, Brenda Jones—Town Manager: Chris LaMay—Bayfield Town Board Member: Ed Morlan -Guests: Juanita Jordan, Kay Phelps

The Meeting was called to order at 1 p.m. by President Anne Rudolph. Cookie Hoselton read the Minutes of the May 13, 2015 meeting. There being no additions or corrections, Charlene moved the minutes be accepted as read, Phyllis seconded. Motion carried. Vicky Mozgai read the Treasurers Report. Cookie moved the Treasurers Report be accepted as read, Charlene seconded, motion carried.

Unfinished/Ongoing business

Memory Board - Dan Dvojack (status of order) - Dan was not present, so Kay Phelps who has graciously volunteered to get names of ones for the Memory Board said that the board is on order, but it may take a while to get it done. Kay has a list of 65 seniors so far, has contacted 18 relatives and got permission and \$10 each to put their names on the Board. Also the McIntyre's gave us \$90 to be used however needed. It was discussed to let the Senior Board pay for all the names to be on the Memory Board since we have quite a bit of money in our bank account. Rob made a motion that we return the money that Kay has collected for the Memory Board, pay for those names, and that all the names in the future would be paid for by the Senior Board. Charlene seconded. Motion passed. Also it was discussed whether to get the add on board for the names that will be added later. Cookie made a motion to order more board as we see we are running out of room for the names. Charlene seconded, motion carried.

New Business - Replacement for Dory Durkan as Senior Board Member—Rob Robison has agreed to be that Board Member. Thank you Rob!!!

Results of Survey on monies in accounts—Cookie reported that she had brought this up at 3 lunches and asked people to be the Board Meeting today for input.

Issues with Council on Aging

Anne had spoken to Faye Gooden, President of COA about us using their 5013C number for fund raisers and grants. Faye wanted to know how many times we had used it. Anne told her not many and that we were not going to go back, that from this point on, if we needed to use it, we would contact them first for permission. It was agreed that we can get donations directly to us with no problems or without needing the 5013C, we just cannot seek grants, etc without going to COA first.

November Bazaar—After much discussion, Phyllis made a motion, Vicky seconded that we would hold our Bazaar as usual with the Vendors, Dollar Room, Bake Sale, and Concessions. There would be no Silent Auction. Motion carried.

Parks and Rec - Scott—Scott had nothing he needed to be brought before the Board.

Town of Bayfield - Chris

There had been hail damage to the roof of the Center, an insurance claim had been turned in, and hopefully there would be replacement of some shingles within the next couple of months.

Senior Coordinator - Brenda - Brenda did not have anything to be brought before the Board.

Ed Morlan asked to speak for the Town of Bayfield Board concerning the Sales Tax they will be asking for in the fall. He passed out some information and asked if he could speak at a lunch in October. He will get with Brenda and schedule that. Charlene asked Chris if the people who come to spray for insects could possibly do it at a time other than lunch. He sprayed at lunch the other day, and even though Brenda went and asked him to wait, he sprayed anyway. Chris will take care of it.

There being no further business to be brought before the Board, Cookie made a motion to adjourn. Phyllis seconded. Motion passed. Meeting was adjourned at 1:43 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

Marketing Guidelines for Medicare Parts C and D

Prohibited Contacts by Plans with Medicare Beneficiaries

Medicare plans cannot: - Conduct unsolicited phone calls to beneficiaries with whom they have no prior relationship

- * Send unsolicited emails to beneficiaries who have not agreed to receive emails—Mail or call a beneficiary who has requested to opt out of receiving such communications—Represent themselves as though they come from or were sent by Medicare, Social Security, or Medicaid—Make an unsolicited home visit – i.e. “door-to-door cold call” sales—Leave information such as leaflets, flyers, door hangers, etc. on someone’s car or at their residence (unless the beneficiary is a “no show” for a prescheduled appointment) - Initiate a discussion about other insurance products, such as life insurance annuities, during a visit or meeting about a Part C or Part D Medicare product—Return uninvited to a beneficiary’s residence after an earlier “no show” - *Contact your local SHIP counselors Sheila Casey (970) 382-6442, Lauren Rardin (970) 382-6429 or Greta Kirker (970) 382-6428 if you have questions or concerns about Medicare*

Medicare 2015 Costs at a Glance

Listed below are basic costs for people with Medicare. If you want to see and compare costs for specific health care plans, visit the Medicare Plan Finder.

If you want specific cost information (like whether you've met your deductible, how much you'll pay for an item or service you got, or the status of a claim), visit MyMedicare.gov.

2015 Costs at a Glance

Part B premium	Most people pay \$104.90 each month.
Part B deductible	\$147 per year.
Part A premium	Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A"). If you buy Part A, you'll pay up to \$407 each month. You pay: -\$1,260 deductible for each benefit period Days 1-60: \$0 coinsurance for each benefit period
Part A hospital inpatient deductible	Days 61-90: \$315 coinsurance per day of each benefit period Days 91 and beyond: \$630 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime) Beyond lifetime reserve days: all costs
Part C premium	The Part C monthly premium varies by plan.
Part D premium	The Part D monthly premium varies by plan (higher-income consumers may pay more).

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 anthocyanin 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.

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

Senior Spotlight



LaVenia McCoy - Senior Center Member

Lavenia Morgan arrived in Bayfield on Sunday, January 1, 1939; she was 19 and had just completed a bachelor's degree at Colorado Normal School in Greeley. Her chosen field of study was civil engineering; the traditionalist dean suggested education. She started teaching the next day at Bayfield High School, where some of the senior students were older than she. That daunted her not at all. On Tuesday she started volunteering at Bayfield's library, what was then a shelf of shared books in Beech's

store. Eventually she helped move the collection to the building that had been Farmers and Miners Bank on the northeast corner of Mill and Pearl Streets, where she and Mrs. MacMillan started the process of cataloging books by the Dewey Decimal System. Lavenia was a part of the library's next move, she volunteered there diligently over decades, and was present during the building of the current library in Bayfield Center. She believes a library is essential to a thriving community. Her daughters, Ann McCoy Harold and Donnalee Baxstrom, are grateful to the library board that chose to honor her service by placing her name on that building. Lavenia and Dee McCoy, who lived in the house across the fence to the north of the home where Lavenia boarded and was sponsored as a single teacher, told the same story about how they met until they got to the part about who threw the first snowball. Lavenia still lives in that house where they began their married life in August, 1940. She worked in the school office, taught and was school librarian in Bayfield until the mid 60's when she went to Ignacio High School. She retired there in 1972. She often says, "It's a real pleasure that people who were once my students have become my friends." Being a good citizen is a value Lavenia holds dear. She served on elections boards, helped the effort to build Bayfield's first gym at the corner of South and East Streets, laughed and kept baking cookies and buying them back for bake sales when Dee said, "It'd be easier to just send the money." She was honorary grandmother to Pine River 4-H Club for years. Her latest volunteer work is at Pine River Valley Heritage Center Museum. Most of all she loves her family -- daughters Ann and Donnalee, grandchildren Lavenia Taylor and Ashley Baxstrom, and great-grandsons TJ Taylor and Jagger Boone Baxstrom.