

**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**

Laurel Bradford, Dining Room  
Coordinator **382-6435**

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**

# 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 2016

Volume 8, Issue 9

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 Hoefer 8/13*

*Jean Elliott 8/24*

*Audrey Robison 8/26*

*Ruth Pope 8/26*

*Juanita Jordan 8/27*



2015 Volunteer of the  
Year!

Anne Rudolph

& Meal on Wheels  
Drivers Jim & Ellen  
Frahm

Who will it be for  
2016?



## Happy Anniversary!



*Sylvia & Jim Veach August 28, 2009*

Where's **Mickey Mouse**? Look though the newsletter to find him just for fun he could be anywhere.

*Senior Center News, Activities & Entertainment*

**Arts & Crafts—Tuesday, August 2—** 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, August 12 -** 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 12 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 16 -** 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 or want to know more about caregiving. For more information please call Elaine Stampo 259-0122.

**Community Quilt Group - Tuesday, August 2 & 16 -** All quilters & people with homemade projects are invited to come join them on the **1st & 3rd 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, August 12—** 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 9:30 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!

**Pine River Public Library - Friday, August 26** - 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, August 2** - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

**Veterans' Services - Friday, August 26** - 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 - Canceled until further notice!** Hope to be back in September or October. Contact Brenda for more information 970-884-5415.



**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!

**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

### Mexican Chocolate Cake



#### Cake

½ C Milk	1 ½ t Vinegar (White)	½ C Margarine
½ C Vegetable Oil	2 Squares Unsweetened Chocolate	1 C Water
1 ½ C Sugar (Granulated)	2 Eggs	1 teas Vanilla
2 C Flour	1 teas Baking Soda	½ teas Salt
1 teas Cinnamon (Optional)		

Combine the milk and the vinegar and set aside. Over medium heat & mix together the margarine, vegetable oil and the unsweetened chocolate. When chocolate is melted at the water, sugar eggs, and vanilla and mix thoroughly. In a separate bowl, sift together the flour, baking soda, salt, and the cinnamon (optional). Add this mixture to the wet ingredients alternately with the milk mixture. Mix thoroughly with a wire whisk. Pour batter into a greased 9" x 13" pan. Bake at 350\* for 20 – 35 minutes or until a toothpick inserted in the center comes out clean. While cake is baking, prepare the icing.

#### Icing

½ C Margarine	2 Squares Unsweetened Chocolate	1lb Powdered Sugar	1 teas. Vanilla
6 T Milk			

Over low heat, mix together the margarine and the unsweetened chocolate. When the chocolate is melted add the powdered sugar, vanilla and the milk. With an electric mixer, beat this mixture thoroughly. Set aside. Once cake has cooled slightly, pour the icing over the cake and spread to cover (if necessary). Refrigerate overnight and serve at room temperature.

### Gourmet Potatoes

6 med. Potatoes, cooked in skins & peeled	2 C Shredded Cheddar Cheese
1/4 C Melted Butter or margarine	1/ 1/2 C Sour Cream
1/3 C Chopped Green Onions	Salt & Pepper to taste
Additional Butter & Paprika	

Grate potatoes into a large bowl, add rest of ingredients and mix thoroughly, (I use my hands) Put in buttered casserole. Dot with butter and sprinkle with paprika. Cook at 350 degrees till center is hot and bubbly 40 minutes? Can be put in frig the night before but when it's cold, takes a long time to bake.

### Uplifting Quote for the Month

*“Just don't give up trying to do what you really want to do. Where there is love and inspiration,*

*I don't think you can go wrong. ~ Ella Fitzgerald*

# Picking Fruits & Vegetables

## How do I know if it is ready to eat?

Here are few tips to make the most of your dollar and pick the tastest & ripest produce.



**Mangos**-The ripest one will have the strongest scent. Color does not mean a thing. Being able to gently squish them also means that they're ripe.



**Beets**-It's better to get the tops still attached because they're fresher and sweeter. Avoid the ones with lots of dents and blemishes.



**Potatoes**- Applying a small amount of pressure, you should be able to rub the skin off with your thumb. A little rub won't hurt anyone, but maybe try this after you've committed to buying it. Try to not to buy sprouting potatoes, however it is not the end if you do. Just peel it off or grow a potatoe plant.



**Carrots**-Like beets, and other roots it's better to get the tops still attached because they're fresher and sweeter. Avoid the ones with lots of dents and blemishes.



**Broccoli**- Pick the heads that are darker and tightly compacted.



**Pineapple**-The riper it is the stronger the scent and ripe pineapple will be yellow not green. The Stem Pull Test- If you pull the middle stem and it easily comes out the pineapple is ready.



**Onions**- Buy onions that are firm (tossable) and have little to no scent..



**Watermelon**-For a ripe one, check to see if it has a yellow color spot and evaluate its weight, the heavier the watermelon for its size the riper it will be. Also, there is the "thump" test (a quick, crisp knock sound), but this method is difficult unless you thumped a lot of watermelons.



**Cantaloupe**-The riper it is the stronger the scent and pick one tinted gold underneath the netting.



**Honeydew**-The riper it is the stronger the scent and choose dull over shiny for a riper melon. They should also be pale yellow and not too green. The heavier the for its size the riper it will be.



**Avocados**-Being able to gently squish them means they're ripe. Another way to tell if they're ready to eat is to discard the stem. There's a 99% chance you're going to get them after doing the first test, so you might as well double check. If it gives easily and it's light green underneath, then it's ready.



**Eggplant**-Should have a shimmer to it and when it is ripe you should be able to lightly press it and see an imprint. Smaller eggplants tend to be sweeter, and have thinner skin and fewer seeds.



**Oranges**-Should feel heavy for their size and give a little when you apply some pressure on them. When they're rigid, dry, and light, they might not be as juicy. Also, don't reject the green ones, perfectly good oranges left on the tree experience "re-greening" their appearance, but not the flavor.

## Medicare

Is your test, item, or service covered by Medicare?

You can find out at <https://www.medicare.gov/>. If your test, item or service isn't listed, talk to your doctor or other health care provider about why you need certain tests, items or services, and ask if Medicare will cover them. You can also contact one of your local Senior Health Insurance Program (SHIP) Greta Kirker at 970-382-6428 or, Sheila Casey at 970-382-6442 to schedule a Medicare Counseling appointment

(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***

***It is amazing what you can accomplish if you do not care who gets the credit. ~ Harry Truman***



#### **What'd He Say??**

The policeman pulled over an elderly driver and said, "My gosh, man, didn't you realize your wife fell out of the car 3 miles back?" "Thanks be to God," exclaimed the old gent, "I thought I'd gone deaf!"

#### **Only in Los Angeles**

"I just got back from Los Angeles," said the Midwesterner. "I can't believe how crazy they drive on those freeways there!" "Lots of heavy traffic?" asked his friend. "Heavy traffic! I was running low on gas and finally edged myself to the right lane and got off. After the station attendant quickly filled my tank, he said, 'Get back in there—you're still in third place!'"



# Reduce Your Risk of Becoming a Victim of Financial Abuse & Identity Theft



## KEEP THESE TIPS IN MIND

### 1. Keep an Inventory of All Jewelry

Jewelry is the number one item stolen from homes. When caregivers, cleaning people or contractors are in your home, make sure your jewelry is in a locked drawer. Photograph your rare or sentimental items. In the event of a theft, the photos may be useful in tracking these things at a pawn shop. **2. Shred** Are you sure you want dumpster divers to know your name and address? Every piece of mail containing your name, address and other identifying information should be shredded. Never throw away old checkbooks or pre-authorized credit card application forms without first shredding. **3. Choose Caregivers With Caution** Whether you hire a caregiver through an agency, or private arrangements, make sure a background check is completed. Also, don't assume that the friend of a friend referred to you has been fully vetted. Lock your jewelry and medications, as opportunity and desperation tempt many. **4. Protect your Incoming and Outgoing Mail** Don't leave mail in an unsecured mailbox where the public has access. Mail theft is everywhere. Putting checks in your mailbox with a red flag raised is an invitation for thieves! **5. Get a Free Credit Report on Yourself Twice a Year** Twice a year, request a free copy of your credit report from all three credit agencies through [www.annualcreditreport.com](http://www.annualcreditreport.com). Review the report carefully and call with any discrepancies. I've mentioned in previous newsletters that ID theft happens to children under 18 whose social security numbers have been stolen. Unless your three-year-old has purchased a car on credit, she shouldn't have any credit history. If she does, her identity has been compromised. **6. Caller ID** Caller ID can be a useful service. However, con-artists can now make any number appear on caller id. If you don't recognize the phone number, don't answer! If it's someone who wants to speak with you, they will leave a message and you can call them back. **7. You will Never Never Win the Canadian Lottery** If a smooth talking fella calls to let you know you are a winner of the lottery... well, he may have a lovely voice, but he's a liar. Didn't buy a ticket? You can't win. **8. Consider Directing the Bank to Send Monthly Statements to a Trusted Family Member or Professional Adviser** Unfortunately, many financial elder abuse cases are discovered only after initial losses have occurred. Often, the one person that an elder has relied on to assist with their finances is the person with the stickiest fingers and the opportunity to steal. An independent eye can look over bank statements and possibly catch any suspicious activities before money is lost. **9. Don't Assume the Friendly Handyman is Licensed** Before committing to any work on your home, always obtain at least three estimates in writing. Check with both the Better Business Bureau and the State License Contractor's board. Just because an estimate has a contractor license number on it, does not mean the person is qualified. And never pay more than 10% before the work is completed. **10. Have a Second Line of Defense at Your Front Door** Have either a locked screen, security door or chain guard on your front door. Crooks will attempt to gain entry to your home by using excuses like a fake emergency, or impersonating a utility company. The second line of defense allows you to speak to the person without allowing them inside your home. If the person says there is an issue with your home, call the company they say they are with to verify the information. Look the number up yourself independent of any number the person at the door provides. Will these tips keep you 100% safe? No, of course not. But putting these into practice will certainly minimize your exposure to fraud.

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

**Pine River Senior Citizens Board Meeting July 13, 2016**

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton—Board Members: Kay Phelps, Rob Robison, Charlene Johnson, June Haga, Phyllis Ludwig, Dan Dvojack—Alternate Board Members: Audrey Robison, Maxine Dvojack—Town of Bayfield Attendees: Brenda Jones, Becky Eisenbraun—Bayfield Town Board Trustee: Kristin Dallison—Town Manager: Chris LaMay—Guests: Laurel Bradford

Meeting was called to order by President Anne Rudolph at 1:00 p.m.—Reading of the minutes of the May 11, 2016 meeting by Cookie Hoselton. There being no additions or corrections, Charlene moved the minutes be approved as read, Dan seconded, motion carried. Vicky read the Treasurer's Report There is \$17,883.27 in the checking account and \$20,000 in the CD. Vicky reported that everything is now all at one place, the First National Bank. Thank you Vicky for doing such an impeccable job! We so appreciate you!! **Unfinished Business** Report on May 17<sup>th</sup> BBQ. – Dan – It went well, large attendance and the cost to the Board was \$88.10. —Van to transport Seniors – Brenda -Laura brought flyers out and posted them in Bayfield. Five people showed interest. It is still in the process of completion. —Update on Bazaar – November 12, 2016 —Brenda will do flyers, Carole will take care of getting all the advertising out, Phyllis will send out applications to the vendors at least by the middle of August or first of Sept., with 2 more reminders. We will not have a bake sale this year, only items offered to vendors by our concession stand. We will offer a dollar room again. The concession stand will offer breakfast burritos to go with the sweet treats. —Magazine Rack — Last month it was moved to purchase a magazine rack for all the magazines brought into the Center. After discussion, it was decided that we would not purchase the rack and that Brenda would leave the magazines for a few days and if they were not picked up, we would either discard them or donate them. Phyllis moved we not buy a magazine rack, Kay seconded, motion carried.

**New Business** —Fire Fighters/Law Enforcement – Charlene —Charlene brought up that in light of all the animosity that has been in the news lately against our law enforcement, it would be nice to do something for them to show our support. Kay said that we should keep it just law enforcement and maybe do something for the Firefighters later on. Charlene suggested that we bake pies for the officers to be able to take home. There are 9 police officers in the Town of Bayfield. Cookie volunteered to bake the pies. Dan moved we let Cookie bake the pies and furnish the monies for her to purchase the supplies for them. Rob seconded, motion carried. Charlene moved we also give them a card to go along with the pies. Carole will make a card and bring it to the Center for all to sign. Maxine moved we make the card, Carole seconded, motion carried. Kay, Charlene, and Cookie will deliver the pies. —

**Watch Your Step Exercise Program** —The leader of the program, Jean Elliott may be moving to Alamogordo, so will no longer be able to lead the group. It was asked of Chris and Becky if we can get a volunteer to lead the group or if it has to be a certified instructor? Also it was asked how to pay for the class as Jean received money to conduct the class. It was brought up that there may be a grant, but Becky said that had already run out. Brenda said that there were two instructors in Durango, but their days and times were almost the same as out here so they could not come out to conduct a class. There seems to be a strong interest in continuing the class, so Chris will look into this and get back with us. **Town of Bayfield – Chris LaMay** —There will be another Block Party July 21<sup>st</sup>. The last one was a huge success. Charlene brought up the fact that is the same night as Adventures in Dining so a lot of Seniors could not be here. It was decided that at the next one August 25<sup>th</sup>, we will try to change the day of Adventures in Dining so that we could attend the Bayfield Block Party. Chris also reminded everyone of Heritage Days in September. Entry forms for that event are on line. Chris showed everyone the new logo being adopted by the Town. The logo states “Where the Stars Shine Bright”. Chris was asked about the Farmers Market and if it was staying at Roadside Park. He said for now it would be there, but could change next year. Dan asked about the bridges being replaced. Hopefully that will start in the fall. —**Parks and Rec – Scott** —Scott could not be here, but Becky reported the 4<sup>th</sup> of July celebration was a huge success. August starts the beginning of youth activities. **Senior Coordinator – Brenda** Arts and Crafts are going well. She spent \$260 so far. Some are donating item and money also. Thank you Brenda for the program and all your hard work, it is so appreciated. —At a recent wedding held at our Senior Center, Durango Mountain Resort donated 30-50 dinner plates. We can use these for any number of events. Charlene told Chris how amazing our grounds look now. We appreciate all the hard work the Town has put into getting them looking so nice. Thank you. Phyllis mentioned that the County donated some lunch tickets and Phyllis will take them to Vallecito to give out and maybe generate more interest in people from up there coming down to our lunches. Laurel asked if we thought we could use beverage coolers. It was discussed and we thought that maybe in the future we could use them, but not right now. With no further business to be brought before the board, Rob moved we adjourn, Dan seconded, motion carried.

Meeting was adjourned at 1:52 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

## *Heart Attacks and Water*

*A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night? Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting.....*

***Doctors were asked:** why do people need to urinate so much at night time? **Doctors answered:** Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.*

*You need your minimum water to help flush the toxins out of your body. Correct time to drink water... Very Important. From A Cardiac Specialist: Drinking water at a certain time maximizes its effectiveness on the body: - 2 glasses of water after waking up - helps activate internal organs - 1 glass of water 30 minutes before a meal - helps digestion - 1 glass of water before taking a bath - helps lower blood pressure - 1 glass of water before going to bed - avoids stroke or heart attack Physicians say that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse. Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.*

*Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.*

- 1. If you take an aspirin or a baby aspirin once a day, take it at night. The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.*
- 2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar).*

*Please read on: --Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. --Why keep Aspirin by your bedside? It's about Heart Attacks - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.*

*Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. - Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door and wait for their arrival and **DO NOT LIE DOWN!***

*A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved!*

*I have already shared this information. What about you? Do forward this message. It may save lives!*

*"Life is a onetime gift" (Let's forward and hope this will help save some!!!)*

## *Senior Spotlight*

### John Elder - Senior Center Member



My name is John Elder & I am 80 years young. My parents emigrated from Ireland to the USA and were processed thru Ellis Island which is located just minutes off the southern tip of Manhattan Island, New York, in the early 1920's and settled in Chicago, Illinois. I am the second youngest of 2 sisters and 4 brothers. We all went through 12 years of Parochial Schooling. I tried some college and decided I was not cut out for anymore schooling. I took a job in the painting

industry and soon after I was drafted into the U. S. Army for a two year service. After being discharged I stayed in the painting industry for the remainder of my employment. I then started a journey with a 4 year apprenticeship with a large printing company in Chicago. During my years of employment with 5 different companies I served as a journeyman, a foreman, a plant superintendent and the vice president of manufacturing. I retired in 1999 and moved to Forest Lakes in 2000. I am a widower and have 4 children, 7 grandkids and 4 great grandkids. My parents and school teachers impressed upon me the highest value of loyalty to myself, my family, my faith, my country and that this is the American way. I have been blessed.