

**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**

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!

December 2015

Volume 7, Issue 12

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



December Birthdays

Dan Dvojack 12/8

Wayne Siner 12/18

Joe Mozgai 12/24



2015 Volunteer of the
Year!

Anne Rudolph
& Meal on Wheels
Drivers Jim & Ellen
Frahm

Who will it be for
2016?



Happy Anniversary!

Jean & Steve Thompsen 12/27/1970

Dan & Maxine Dvojack 12/30/1966



Bayfield Food Bank Donation - Friday, December 11 - 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, December 11 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, December 15 - 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.

Closures—We will be closed **Friday, December 25th, Tuesday, 29th, Wednesday 30th & Friday, January 1st**, for Christmas and New Year's Holidays!

Community Quilt Group - Tuesday, December 1 All quilters & people with home-made 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, December 18 - 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, December 1 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, December 18 - 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 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



Creamy Broccoli Casserole

Marge Forsythe

2 eggs

1 cup mayo

3/4 cup pecans, chopped (optional)

1 cup shredded cheese

1 tbsp. oleo

1 can. Cream of Mushroom Soup

1 small onion, chopped

2 pkgs. (10 oz.) frozen broccoli, cooked and drained

1/3 cup bread crumbs

Mix eggs, soup, mayo, onion, pecans broccoli and cheese. Pour into a 2 quart casserole. Mix bread crumbs with oleo and sprinkle them over the top of the broccoli mixture. Bake at 350 degrees for 30 minutes.

Caramelized Green Beans with Pine Nuts

Tracy Ruether

Ingredients:

1T butter

1T olive oil

1 1/2lbs green beans, stem ends removed

2T pine nuts

Coarse salt and ground pepper

Directions:

In a large skillet, heat butter and oil over medium-low. Add green beans; partially cover, and cook, tossing occasionally, until green beans are tender and browned in spots, 30 minutes. Add pine nuts; cook until nuts are toasted, 5 minutes. Season with salt and pepper.

Uplifting Quote for the Month

No one can make you feel inferior without your consent. ~Eleanor Roosevelt



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 can do anything, but not everything. ~Anonymous



Helpful Ideas for the Holiday Season

1. **Make Dinner Plans**— Block off an hour a week to plan healthy meals and it can help create your grocery list and prevent extra trips to the grocery store and save time in the long run. If you're often stumped on what to serve, here's another fun tip: Give each night a theme. For example, maybe that's meatless Mondays, Italian Wednesdays and breakfast – for-dinner Fridays.
2. **Call off the Search**—When you lose things, you lose time too. Think about it: What items do you tend to misplace around your home? Perhaps it's your keys, cellphone or glasses. Declare a single location for each of these gone– missing type objects—and make it a habit to hit the spot..
3. **Relax**— Call a mental time-out. Take several deep breaths—and let the tension go. Don't act until you feel more in control of your feelings. You may even want to remove yourself from the situation to cool down.
4. **Stress**—Stress may be inevitable, but how you deal with it is largely up to you, you may create your own stress defense. **Use your support system**—you may feel better sharing your stress with family members. It can help to know that you are not the only one, spouse, with problems with parenting or other worries. **Talk it over with yourself**—We often have no control over things in our lives, but we can change what we say to ourselves about how we are greatly affected by what we say to ourselves. Avoid telling yourself “negative things” instead try saying “I am Loved and Safe” practice talking nice. **Don't demand perfection**—Ease up on yourself and those has both strengths & shortcomings. **Just say no**—sometimes, we take on too much, You can avoid these things by setting realistic goals and priorities. Remember, it's ok to say no beyond your limits. **Take One Thing at a Time**— Instead of thinking of other things, take the task at hand and do it well. You'll enjoy the sense of accomplishment & control. **Be active**— Walk your dog, go dancing or join a gym. If you get exercise at least 2.5 hours a week a moderate—intensity aerobic activity aerobic activity with some muscle—strengthening activity at a moderate intensity. Please check with your doctor before significantly increasing your level of activity. **Eat Healthfully**— Reduce consumption of caffeine and avoid junk food when under stress.

Medicare

Open Enrollment for

Medicare Parts A and B



Between January 1–March 31 each year

If you didn't sign up for Part A and/or Part B (for which you must pay premiums) when you were first eligible, you can sign up during the General Enrollment Period between January 1–March 31 each year. Your coverage will start July 1. You may have to pay a higher premium for late enrollment. To sign up for Part B, complete an "Application for Enrollment in Part B (CMS-40B)," located online at <https://www.medicare.gov/sign-up-change-plans/get-parts-a-and-b/when-how-to-sign-up-for-part-a-and-part-b.html> or go to your local Social Security office. If you don't have Medicare or you want to sign up for Part A (some people have to pay a premium for Part A), contact Social Security. Special circumstances (Special Enrollment Periods) Once your Initial Enrollment Period ends, you may have the chance to sign up for Medicare during a Special Enrollment Period. If you're covered under a group health plan based on current employment, you have a Special Enrollment Period to sign up for Part A and/or Part B any time as long as you or your spouse (or family member if you're disabled) is working, and you're covered by a group health plan through the employer or union based on that work. You also have an 8-month Special Enrollment Period to sign up for Part A and/or Part B that starts the month after the employment ends or the group health plan insurance based on current employment ends, whichever happens first. Usually, you don't pay a late enrollment penalty if you sign up during a Special Enrollment Period. COBRA and retiree health plans aren't considered coverage based on current employment. You're not eligible for a Special Enrollment Period when that coverage ends. This Special Enrollment Period also doesn't apply to people with End-Stage Renal Disease (ESRD).

Call your local State Health Insurance Assistance Program (SHIP) at the Durango ~ La Plata Senior Center to get the most up-to-date information and have your questions answered.

Your local SHIP counselors are Sheila Casey, at 970-382-6442, and Greta Kirker, at 970-382-6428.

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



Nutrition

Food Safety:

It's Especially Important for You

As we age, it is normal for our bodies not to work as well as they did when we were younger. Changes in our organs and body systems are expected as we grow older. These changes often make us more susceptible to contracting a foodborne illness or food poisoning. For example, our stomach and intestinal tract may hold on to foods for a longer period of time; our liver and kidneys may not readily rid our bodies of toxins; and our sense of taste or smell may be altered. By the age of 65, many of us have been diagnosed with one or more chronic conditions, such as diabetes, arthritis, cancer, or cardiovascular disease, and are taking at least one medication. The side effects of some medications or the chronic disease process may weaken the immune system, causing older adults to be more susceptible to contracting a foodborne illness. After the age of 75 years and older, many adults often have a weakened immune system and are at an increased risk for contracting a foodborne illness. Essentially, as we age, our immune system and other organs in our bodies have become a bit sluggish in recognizing and ridding the body of harmful bacteria and other pathogens that cause infections, such as foodborne illness. Should older adults contract a foodborne illness, you are more likely to have a lengthier illness, undergo hospitalization, or even die. To avoid contracting a foodborne illness, older adults must be especially vigilant when handling, preparing, and consuming foods. *Make safe food handling a lifelong commitment to minimize your risk of foodborne illness. Be aware that as you age, your immunity to infection naturally is weakened.*

Phone Scam!

LA PLATA COUNTY SHERIFF'S OFFICE

742 Turner Drive Durango, CO 81303 970-247-1157



NEWS RELEASE

Subject: Phone Scam Targeting Residents in La Plata County

Date/Time: Friday, November 6, 2015, 4:00PM MST

There have been numerous reports today of La Plata County residents receiving a phone call from a person fraudulently claiming to be a representative of the La Plata County Sheriff's Office. The fake deputy tells the person that they failed to report for jury duty and are subject to arrest or fine. Directions are given on how to pay the fine over the phone using pre-paid gift cards or internet payment (Pay-pal). The La Plata County Sheriff's Office does not collect fines for failure to report for jury duty, especially not over the phone or Internet. "This is a dangerous theft scam," cautions Lt. Sam Eggleston with the La Plata County Sheriff's Office. "If you receive a call like this, hang up and call the La Plata County Communication Center (Central Dispatch) at (970) 385-2900 to make a report through the appropriate law enforcement agency. Do not send any money."

Pine River Senior Citizens Board Meeting

November 4, 2015

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton -Board Members: Charlene Johnson, Rob Robison, Kay Phelps, Dan Dvojack. Alternate Board Members: Audrey Robison, Maxine Dvojack.- Town of Bayfield Attendees: Scott Key, Brenda Jones—Town Manager: Chris LaMay—Guests: Susanne Meyers, Misty Morris—The Meeting was called to order by President Anne Rudolph at 1:03 p.m.—Cookie Hoselton read the Minutes of the September 9, 2015 meeting. There were 3 corrections. 1. On the Memory Board, the check donated by Fran Evans was \$50.00, not \$40.00. 2. On the work on the Memory Board, Anne Rudolph's name needs to be added. 3. Under New Business, our CD comes up for renewal on November 14, not November 1st. Charlene moved the minutes be accepted as corrected. Dan seconded. Motion carried. - Vicky Mozgai read the Treasurer's Report. What to do with the CD was discussed. Since the CD will not automatically renew with the new bank, it was decided that Vicky would look at the other banks to see what kind of rate we could get. Further discussion was had on how much to put into the CD. We have quite a bit in the general fund and do not foresee any major expenses. Rob made a motion to put a total of \$20,000 into a CD for 2 years. Charlene seconded. Motion carried. — Unfinished/Ongoing Business—Arts and Crafts Bazaar - November 14, 2015 Charlene reported all the vendor spaces are full and there are some on the waiting list. It was also brought up that we have a few small Christmas Trees in storage that are not being used, so it was decided to put those on the \$5 table to sell. Anne went over the list of things we need to do to get ready. Everything is ready except for the last minute setting up. We all want to thank Carole for her publicity work.—Consolidation of Accounts - Vicky—This was discussed during the Treasurer's Report. Scholarship (COA) - Anne The person who needed a scholarship is no longer here. After discussion about what the scholarships were to be used for, Charlene made a motion that they only be used for things that benefit health, education and well being. Dan seconded, motion passed.—New Business—Program Additions - Belly Dancing - Brenda Zumba Suzanne Meyers and Misty Morris spoke about wanting to start a Zumba class for Seniors here at the Center. It is called Zumba Gold. They explained what it is about and it was decided they would come at a Friday lunch and show us what it is like. they are tentatively scheduled for December 4.— Replace Scale in Mens' Bathroom - Brenda It was decided that unless someone complains about not having a scale in there, we would forego getting one now.— Election results for the Senior Board: President-Anne Rudolph (term expires December 2016) Vice President-Carole McWilliams (term expires December 2016) Secretary-Cookie Hoselton (term expires December 2016) Treasurer-Vicky Mozgai (term expires December 2016) Voting members: Dan Dvojack (term expires December 2017) Maxine Dvojack (term expires December 2017) June Haga (term expires December 2017) Charlene Johnson (term expires December 2016) Phyllis Ludwig (term expires December 2016) Kay Phelps (term expires December 2017) Rob Robison (term expires December 2017) Alternate: Audrey Robison (term expires December 2017) — Town of Bayfield - Chris The new sales tax passed in yesterday's vote. They are now preparing the budget for next year. — Parks and Rec - Scott—Becky had a baby girl on Oct. 20th. Both doing fine. The Town are working on the landscaping and it looks better. Scott said they are really short handed right now. Dan asked if we could get the pool table recovered pretty soon as it is needing it. Scott said the money is available to do it, just let them know. There will be a guy to balance and tighten pockets, etc in the spring. Scott brought up the idea that the Center be closed the week between Christmas and New Years. We would already be closed Thursday the 31st and Friday, the 1st. It would be closing Tuesday, the 29th and Wednesday, the 30th. There are some that want to go on vacation, but the Town does not want to inconvenience the Seniors either. Also, we have to check with La Plata County to see if possible to miss the Wednesday lunch. Scott also said that one Tuesday in January the Center will be closed because they have to do deep cleaning, painting, etc. They will let us know later when that date is. — Senior Center Coordinator - Brenda Nothing Vicky mentioned that there was a need for more Bridge Cards & Mexican Train Dominoes to be used on Tuesday. Charlene moved we buy those, Cookie seconded, and motion carried. Anne asked if we wanted to make Christmas cards for the troops again. Dan made a motion, Cookie seconded that we do make the cards. Motion passed. We will do that the Wednesday after the Bazaar, which is November 18th. With there being no further business to be brought before the Board, Dan made a motion we adjourn & Vicky seconded. Motion carried. Meeting was adjourned at 2:32 p.m.

Senior Spotlight

Gary Hoselton— Senior Center Member



My name is Gary Hoselton. I was born in Denver while my dad was serving in World War II. My mom lived with my grandparents and her sister whose husband was also serving in the war. We moved to Durango when I was 3. I am the oldest of 12, one being deceased. I attended the old Animas School, then we moved to the Florida Mesa where I attended Cottonwood, (a 2 room school). Later I rode the bus to Smiley Jr. High, then Durango High School. I graduated in 1961 and enlisted in the Air Force. After basic training and technical school, I was stationed at Ellsworth Air

Force Base in Rapid City, South Dakota. I did have one TDY to Spain and England. The rest of my time in the Air Force was spent at Ellsworth AFB as a Jet Engine Mechanic working on B52 bombers and KC135 refuelers. In June 1963 I married Cookie, my High School sweetheart. Our daughter was born in December 1964 at the base. In 1965 my enlistment was up and we moved back to Durango. I got a job as a mechanic at Burnett Construction, then went to work for El Paso Natural Gas Company. After a few years, I got a job as a mechanic at Carroll Motors in Durango. Shortly after, I became the Service Manager there. It later became Pat Murphy Motors and I was there for 32 years until my retirement on Dec. 30, 2005. We bought a farm on the Florida Mesa and we raised sheep, cattle, hay, and our children. Our son Rick was born July 4th, 1967 and our son Ron was born Friday the 13th of August, 1971. After retirement, we sold the farm and built our home in Bayfield as at that time, all our children were in Bayfield raising their families. We have 6 grand children, 2 girls and 4 boys ranging in age from 31 down to 10. 2 are married, 2 are in college, 1 is in Bayfield High School and 1 is in elementary school at Columbine Christian School. We also have 2 great grandsons, 1 great grand daughter and 1 great grandson on the way. I enjoy hiking, camping, and hunting with my sons and grands. I am very involved in my church and have a wonderful church family. Until this year most of our traveling was to ball games or swim meets our grandkids were in. We also travel to Amarillo where 1 grand and her family are living. I started going to the Senior Center shortly after moving here and have really enjoyed renewing old acquaintances and making new friends and especially I enjoy playing pool with the guys there. Cookie and I have been married 52 years and feel God has truly blessed us with such an incredibly wonderful life.