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!

February 2016 | Volume 8, Issue 2

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

February Birthdays

Francy Sneider 2/3

Kaye Luebchow 2/18

Gary Hoselton 2/19

Sandy Harvey 2/24

Maxine Dvojack 2/26

Happy Anniversary!

Francy & JB Sneider 2/13/1965

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?

Bayfield Food Bank Donation - Friday, February 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, February 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, February 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. For more information please call Elaine Stampo 259-0122.

Community Quilt Group - Tuesday, February 2 - 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, February 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 Christen at 970-335-2076.

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, February 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, February 2 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, February 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 - 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 **Monday 6:00 p.m. at the Senior Center.** Please call Bayfield Parks & Recreation for more information.

Recipe Corner

Five Layered Dessert

Anne Schrier

2 cups graham cracker crumbs (I buy the box ready)
1 stick butter/margarine, melted
16 oz. Cool Whip, divided
1 large pkg. instant vanilla pudding
1 small pkg. instant chocolate pudding
Chocolate bar for topping, shaved
1/2 cup pecan nuts, chopped
8 oz. cream cheese
1/2 cup powdered sugar
2-3/4 cups milk for vanilla pudding
1-1/2 cups milk for chocolate pudding

Combine graham cracker crumbs, pecans and melted butter/margarine and press into a 9" x 13" glass dish. In bowl, soften cream cheese, add 1/2 of the Cool Whip along with powdered sugar. Spread mixture onto cracker base with a very cold metal spoon. (I dip the spoon often into iced water – keeps from pulling up base). In another bowl, mix vanilla pudding with 2-3/4 cups milk to thicken. Spread onto cream cheese layer. Mix chocolate pudding with 1-1/2 cups milk and when thickened, pour over vanilla base. Top with remaining 1/2 of the Cool Whip and sprinkle shaved chocolate on top. Let set in refrigerator before serving.

Shrimp Dip

Dorothy Strobel

1 ea. (12 oz.) sour cream
1 can (4 oz.) shrimp or salad shrimp
1 tbsp. wine vinegar
1/2 tsp. salt
1/2 cup grated American cheese
2/3 cup mayonnaise
1 tbsp. dry parsley
1 tsp. lemon juice
1/8 tsp. pepper

Mix all ingredients EXCEPT sour cream which is added last.

Uplifting <u>Quote for the Month</u>

Dream as if you'll live forever, live as if you'll die today.

James Dean

Important - 2016 Updates on Your Medicare Costs

Part A Premium:	$0 if you've worked 10 years or more **$226** per month if you've worked between 7.5 to 10 years **$411** per month if you've worked fewer than 7.5 years
Part A Hospital Deductible:	**$1,288** each benefit period
Part A Hospital Coinsurance:	**$0** for the first 60 days of inpatient care each benefit period **$322** per day for days 61 - 90 each benefit period **$644** per **lifetime reserve day** after day 90 in a benefit period (You have 60 lifetime reserve days that can only be used once. They're not renewable.)
Skilled Nursing Facility Coinsurance:	**$0** for the first 20 days of inpatient care each benefit period, after a minimum 3-day inpatient hospital stay **$161**/day for days 21-100 each benefit per
Part B Premium:	**$104.90** for most people, just like in 2015, due to "hold harmless protection" (see terms on next page) **$121.80** for people who are new to Medicare with an annual income below $85,000 for singles and $170,000 for couples
Part B Deductible:	**$166 per year**
Part B Coinsurance:	20 percent or most services Part B covers
Part D Premiums:	Average is **$34.10** per month (varies by plan)
Deductible Maximum:	Up to **$360** per year (varies by plan)
Part D Coverage Gap Threshold:	**$,3,310** (When you and your plan together have spent this much on covered drugs since the start of the year.)
Part D Catastrophic Coverage Limit:	**$4,850** (You enter the catastrophic coverage stage when you have spent this much out-of-pocket since the start of the year. This doesn't include what the plan has paid toward your drugs.)

(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
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

Mahatma Gandhi
You must be the change you want to see in the world.

"No, Ida, it wasn't a chemical peel.
I went under the knife."

Staying Away from Fad Diets

Published January 04, 2016

Zakharova_Natalia/iStock/Thinkstock

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is. There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people. Steer clear of any diet plans, pills and products that make the following claims: ***Rapid Weight Loss—***Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than ½ pound to 1 pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards. ***Quantities and Limitations—***Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients. ***Specific Food Combinations—*** There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim. ***Rigid Menus—*** Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you. ***No Need to Exercise—***Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more. For a personalized plan tailored to your lifestyle and food preferences, consult a registered dietitian nutritionist with expertise in weight management. An RDN can help you find a realistic, flexible eating style that helps you feel and be your best.

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

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

Be Prepared

The talk around town is about El Niño and this winter being one with record snowfall. Please think about our aging population and ask if you and/or your loved ones will be prepared. In the event of massive snowstorms, will you have the resources needed to sustain at home for long periods of time? Often, the elderly are more confined in the winter, more isolated. There are greater risks for falls on the ice, and power outages are more probable, which could eliminate heat, cooking sources and also oxygen use. Finally, outside help from family, friends or public services may be reduced if snow impacts travel communitywide. Be prepared in your home by making sure there is stored water to drink, that portable oxygen tanks are available, that you have enough medication, that there is food on hand that's easy to prepare without modern conveniences, extra food for animals, candles/ flashlights, etc., as well as available alternative cooking and heat sources. To learn about additional resources and other options in long-term care, call Erin at Evenings Porch Assisted Living, (970) 884-0101. You can also check their website for information on being prepared at evening-sporch.com Erin Youngblood, MSW, Administrator Evenings Porch, Assisted Living.

Senior Spotlight

Kay Phelps— Senior Center Member

I was born in Leadville, Colorado over 60 years ago. My father had worked in a mine in Leadville, but finally decided that he wanted to do something different, so they moved to Denver. Daddy was drafted into the Army and mom and I stayed for 3 years until Dad came home from the army and we moved to Colorado Springs. I started school there but was soon on the road again because my father became a pipeline layer, which took him clear across the country. I attended thirty-four different schools during those years, I was always behind the students in her class at each school because of moving. I lived with mom, daddy and our pet parakeet in a small thirty-five foot long trailer. The parakeet was my only pet because it was easy to move with us from place to place. Our moving finally came to a temporary stop when I was a freshman in high school. My parents promised me they would stay somewhere for four years so I could graduate from one high school. That is when they moved back to Colorado Springs where daddy worked on the Air Force Academy and I graduated from Harrison High School. I have been living in Bayfield since 1961, for a full 55 years. I married in 1963; my husband & I had five children that started and completed schools in Bayfield. My husband was born and died in Bayfield. We lived most of our married life in Gem Village. I was on the school board for seventeen years and knew so many children and teachers through the school district. Once retired from the board, I missed getting to know the many Bayfield families on a day to day basis. I love being a part of the community and fighting for the children's rights in school. I have twelve grandchildren and one great grandchild, in which five of them are in Bayfield schools. Six of the twelve have already graduated from Bayfield. When I first moved to Bayfield, I thought it was very different than Colorado Springs, especially since being a recent graduate of a larger high school. I said it seemed there wasn't anything to do, but I met a lot of high school seniors. That was how I met my husband, because he was in a small band and always attended dances all around the local area. Two years later we were married. We had five children all together. There was a movie house in Durango that the kids & I would always go to. We also enjoyed camping, hunting and fishing. My boys started playing Bayfield sports as they grew older and I traveled all the time to ball games and continues to go watch my grandkids play. My children has a large age span, so I felt it was like raising two families, but I enjoyed it a lot. I Love the Senior Center and all the great people that attend.