Pine River Senior Center Newsletter

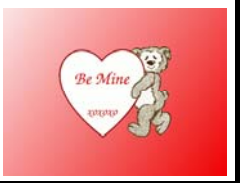
PO Box 80, 111 South West St., Bayfield, CO 81122
http://www.bayfieldgov.org/services/senior.asp
Check out the PRSC on Facebook, too!

February 2015 | Volume 7, 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

Kaye Luebchow	*2/18*
Gary Hoselton	*2/19*
Sandy Harvey	*2/24*
Carol Deason	*2/25*
Maxine Dvojack	*2/26*

Happy Anniversary!

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**

Karen Maletich, Nurse Navigator **335-2086**

Lori Yenser, Dietician **769-4054**

Dana Thompson, Activities in Durango **382-6428**

2014 Volunteer of the Year!

Charlene Johnson

& Meal on Wheels Driver Kaye Luebchow

Who will it be for 2015?

Senior Center News, Activities & Entertainment

Adventures in Dining - Thursday, February19 Please join us for lots of fun at **Hong's Garden** in **Bayfield** We will meet at the Restaurant. time **TBA.**

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.

Bayfield Food Bank Donation - Friday, February 13 - 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.

Bingo - This month we will have bingo on **Friday, February 6 & February 20 at 1:30 p.m. - 2:45 p.m.** (Times are approximate). All are welcome and the cost to play is only $0.25 per card.

Birthday Celebration - Friday, February 13 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 17 - 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!

Community Quilt Group - Tuesday, February 3 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.

Health Check -1st Friday of each month- Mercy Home Health & Guardian Angels will be taking turns stopping by to perform blood pressure, glucose checks and overall health visits every first Friday of the month at 10:45 a.m. Join us for your monthly visit.

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, February 27 - 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, February 3 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Valentine's Celebration - Friday, February 13 - Please join in the fun wearing red to help celebrate Valentine's Day!

Veterans' Services - Friday, February 27 - 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 First Baptist Church on **Tuesdays, Wednesday & Fridays 9:00 a.m. - 10:00 a.m. through the winter.** It's great exercise and lots of fun! Please call Fran for more information 884-2767.

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**

Recipe Corner

Chocolate Oven Pudding

Macel Hahn

2 tsp. baking powder	3/4 cup sugar	2 tbsp. oleo (Butter)
1 cup flour	1/2 cup milk	1/2 cup nuts (optional)
1 cup brown sugar	3 tbsp. cocoa (optional)	1-1/4 cups hot water

Mix baking powder, sugar, oleo, flour and milk together. Pour into 9" square cake pan. Sprinkle nuts, brown sugar and cocoa over batter. Pour hot water slowly over top. Bake at 350 degrees for 45 minutes.

Serves 6 – 8.

Crunchy Mix

Juanita Jordan

2 sticks margarine (not butter)

1 lb. brown sugar

1/2 cup Karo syrup

1 tsp. vanilla

1 tsp. rum flavor

2 boxes (12 oz.) Chex Mix or Crispex

1 can (16 oz.) mixed nuts

1 bag (10 oz.) pretzels

Cook margarine, sugar and syrup. Bring to a boil for 5 minutes only. Add flavorings after removing from heat. Add remaining ingredients and mix well. Place in pan and bake at 250 degrees for 1 hour, stirring every 15 minutes

Uplifting Quote for the Month

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

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 118 or email beisenbraun@bayfieldgov.org
or Visit us on the web at:
http://www.bayfieldgov.org/services/senior.asp

Motivations

Destiny - It's choice - not chance - that determines your destiny.

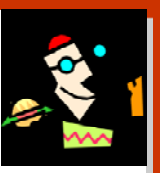
Jean Nidetch, Businesswoman & Enterpreaneur

Feeding Wildlife is bad for them - and us!

By Kate Burke—Living with Wildlife Advisory Board

The Four Corners is blessed with abundant, beautiful wildlife. We all love seeing deer, elk, turkeys & their furred & winged cousins. Especially in winter, it's tempting to put out food to encourage these visitors & in an effort to help them tough their tough season. P**LEASE DON'T DO IT!** Feeding wildlife in almost all instances bad for them bad for us and usually illegal. Feeding wildlife causes all kinds of problems. Animals grow dependent on the handouts and fail to migrate or otherwise take care of themselves. The food we offer may not be what's best for them, filling their bellies with poor quality or even harmful nutrients. Feeding congregates animals together in large groups greatly increasing the spread of disease. Large groups of prey animals (deer, birds, squirrels, ect.) bring the attention of large predators (coyotes, mountain lions, bears, etc.) which clearly is undesirable. Our well intentioned food offerings can backfire, causing unnecessary deaths from disease or euthanasia of "problem" predators. Beside, state, county & city laws prohibit feeding wildlife. For example, Colorado Parks & Wildlife reminds the public that feeding deer, bears, & elk is illegal under state law. La Plata County's ordinances seek to reduce conflicts between wildlife & people by regulating the handling of outdoor trash (a very attractive food source for wildlife). The bottom line is **"DON'T feed wild animals". DON'T** set out food you may think of as helpful, such as hay or corn. If you have a dense & luscious garden, fence it so it doesn't become a deer buffet. If you have a natural landscape of native plants, enjoy them but don't do anything additional to attract or congregate animals. This leads to a tricky question among wildlife experts: to hang those bird feeders or not? Feeding songbirds is not illegal. Agencies such as Colorado Parks & Wildlife mostly are silent on the question. A group of finches at your feeder is unlikely to create a mountain lion problem for you. However, that seed also is attractive to deer, squirrels & raccoons, leading to the kinds of problems mentioned above. Certainly, bears heading into or coming out of hibernation gladly will empty our seed feeders & hummingbird nectar, which only goes bad places for the bears & for us. Also songbirds probably are just as susceptible to problems of over dependence, disease & imbalanced nutrition as any other animals. Observe your particular wild neighbors, & be mindful of your immediate surroundings: Is your particular feeder likely to bring in throngs of deer & rodents? Educate and learn about your wild neighbors makes watching them that much more fun. Enjoy the animals & a well thought out bird feeder if you like, but be careful that you are not unintentionally harming your wild neighbors.

Happy National Snack Food Month



Did you know that February is National Snack Food Month? Right now I'll bet you're thinking about your favorite snacks, very possibly rich, crunchy, chewy, salty and/or sweet foods. And unfortunately, poor snacking habits to often lead to poor nutritional choices and weight gain. In the past few years, the majority of adults have been found to snack at least 2 times each day, and this snacking contributes almost 25% of their total daily calories. **How can you turn snacking into something healthy that provides more good nutrition, decreases appetite and controls weight?**

Make snacks work for you by choosing nutrient-rich foods from food groups that may be lacking in your normal meals, especially fruits and vegetables. Wisely chosen snacks can boost your energy between meals and supply essential vitamins and minerals like calcium, magnesium, potassium, and folic acid. This is especially important for older adults who need to include as much nutritional "punch" as possible into what may be a decreased appetite or availability of food. **There is a place for snacks in a healthy eating plan!** Think of snacks as mini-meals that can contribute nutrient-rich foods, and not just "some-thing to eat". You can fit snack calories into your personal healthy eating plan as long as your regular meals aren't on calorie overload*, but rather are themselves more like mini-meals.* Snack only when you're hungry. Be aware of what your body is telling you. Maybe you're just bored, frustrated or stressed. If so, find something else to do like walking the dog or working in the garden. Be especially careful of mindless snacking while watching TV! And remember that drinking alcohol can trigger the munchies (and then provide more unneeded calories).

Practice portion control. Have a single-serve container of yogurt or put a small serving of nuts in a bowl. Eating directly from a multiple-serving package can lead to overeating. Portion out your snacks and then put the container away before you leave the kitchen.

Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers and low-fat cheese. Make a healthy snack list to keep from getting bored with the same snacks.

Small servings of lean, high-protein snacks such as nuts, hard-boiled eggs, or low-fat/fat free yogurt, cottage cheese, or milk combined with fruit, vegetables, or grain will provide more nutrients than just a single-item snack.

Don't add snacks, even healthy ones, if you are already getting enough calories, UNLESS you have a medical condition that necessitates snacking.

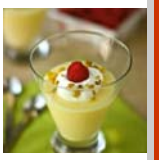
Get creative with the following snack suggestions by swapping out different fruits, vegetables, and grains to keep your snacking exciting! Snacks with 200 calories or less (Remember to watch those Portion Sizes!):

One tablespoon peanut butter spread on slices of a medium apple -One cup tomato soup with five whole-grain crackers

Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese —Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping

Small baked potato topped with salsa and 1 ounce low-fat cheese — Toaster waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt—Six whole-wheat crackers and one slice low-fat Colby cheese —Fruit smoothie: Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana —One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa

Quick-to-fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing —Mini-sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard



Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip—Yogurt parfait: Layer 6 ounces fat-free yogurt, ½ cup berries and ¼ cup granola —One 4-ounce fat-free, ready-to-eat vanilla pudding with ½ cup fresh fruit and 4 vanilla wafers

Veggie pizzas: ½ whole wheat English muffin topped with 1 tablespoon low-fat cream cheese, ½ cup diced fresh veggies and 1 tablespoon low-fat mozzarella cheese—Banana split: ½ banana sliced length-wise topped with ¼ cup frozen yogurt and a tablespoon of chopped nuts

The RAMP Frozen Meals Program provides free nutrition counseling for all registered diners. If you'd like more ideas on how to include snacking without gaining weight or if you have difficulty including enough calories and nutrients in your diet due to illness or lack of appetite, please call our Registered Dietitian. She would be happy to set up an appointment to talk with you.

Contact: Lori Yenser Dietitian 970-769-4054

www.eatright.org; www.todaysdietitian.com February 2015

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

Protect Yourself and Your Love Ones from Medicare Fraud

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. SMPs are here to answer your questions. Advice is free, confidential and objective.

Medicare is complicated. What may seem like an error to the beneficiary may simply be the result of a misunderstanding about benefits.

It may also be abuse, which involves billing Medicare for services that are not covered or are not correctly coded.

The Colorado Senior Medicare Patrol is here to help, so call or email with your questions.

Frequently Asked Questions:

I was billed for a service I didn't receive. What do I do?

Contact the Colorado Senior Medicare Patrol

I believe there is an error on my Medicare Bill.

Contact the health care provider or the company that paid the bill. If they don't resolve the issue, contact the Colorado Senior Medicare Patrol

What if I suspect Medicare fraud?

Report it! Contact the Colorado Senior Medicare Patrol

Somebody is trying to sell me a Medicare plan and I don't know if they're legitimate.

Ask to caller for his or her name, company name, and callback number. You can call back later to verify the legitimacy of the source and the offer.
Are they asking for credit card information?
Are they asking for banking information?
Are they asking for personal information like your Medicare or Social Security number?
Do they say the offer is only good today? A real company will give you time to think and verify.
Do they know something about you but ask to verify that the information is correct?

If any of these are happening, HANG UP!

For these or other questions, contact your SHIP Counselors Sheila, Lauren, or Greta

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). The Colorado Senior Medicare Patrol is administered by the Colorado Division of Insurance.

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

Senior Spotlight

Senior Center Member Debbie Bauer

I was born Deborah Leigh Johnson. I was born to my mom & dad Rita & Leo Johnson on August 29, 1950, I weighed 5 lbs 13oz.. In 1951 my brother David Johnson was born and in 1956 they had my little sister Diane Johnson. We were all born in Glendale California and went to elementary school it was called Brett Hart. I went to Brett Hart through the 6th grade and then I went to John Moir Junior High and graduated from 9th grade in 1967. I started High School , 10th thru 12t, and graduated with a diploma in 1969. In 1970 I moved to Oregon and met my first husband and got married in 1971. In 1972 we had our son Gregory Scott Davidson in Bend, Oregon. Later in 1980, the marriage ended in divorce and Gregory and I went to live with my dad in Palmdale, California. I also enjoy horseback riding, knitting, crocheting, going to the beach, & animals like cat and dogs; I have one dog named Peanut.

Senior Center Member Mary Suzie Curtis

The year I was born, 1944, WW II was raging. When my Mom was about to deliver me she went back to her mom and dad in Omaha, Nebraska. I was born November 3rd and three months later Mom moved back to northern California where Dad was stationed. Northern California was a wonderful place to grow up in the '50s. I learned to play the accordion and piano as well as horse-back ride both English and Western styles. It was there that I met and married the love of my life, Richard. We eventually moved to La Plata County where we bought and lived on our little bit of paradise. We grew and sold organic produce and enjoyed the outstanding wildlife. Richard passed away in 2013 and I still live on our 23 acres. Now, I work part time at the Best Small Library in America, and I help in the kitchen at the Senior Center.