

**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!

January 2016

Volume 8, Issue 1

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



## January Birthdays

*Anne Rudolph 1/8*

*Al Rudolph 1/9*

*Dory Durkan 1/15*

*Darlene Backer 1/19*

*Elva Black 1/25*

*Bob Worley 1/31*



2015 Volunteer of the  
Year!

Anne Rudolph  
& Meal on Wheels  
Drivers Jim & Ellen  
Frahm

Who will it be for  
2016?



## Happy Anniversary!

*Anne & Al Rudolph January 28, 1962*



**Bayfield Food Bank Donation - Friday, January 8** - 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, January 8 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, January 19** - 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, January 5** - 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, January 29** - 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, January 5** - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

**Veterans' Services - Friday, January 29** - 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



### Pork Chop And Potato Bake

John Rubner

6 pork chops	Flour	1 can cream of celery soup
Pepper	Salt	1/2 cup milk
1/2 cup sour cream	1 pkg. frozen hash browns, thawed	
1 cup cheddar cheese, shredded	1 can Durkee French onion rings	

Sprinkle pork chops with flour. Brown in oil. Mix soup, pepper, salt, milk, sour cream, hash browns, 1/2 cup cheese and 1/2 can onion rings. Put potato mixture in a 9" x 13" pan. Put pork chops on top of potatoes and push down into potatoes until even. Bake at 350 degrees for 1 hour. Top with remaining cheese and onion rings.

### Angel Food Cake

Martha Sauer

1-1/4 cups flour, sifted, divided	1-1/2 cups sugar, sifted, divided
2 cups egg whites (at room temperature)	1/4 tsp. salt
2 tsp. cream of tartar	1 tsp. vanilla
1/4 tsp. almond extract	

In bowl, sift flour and 1/2 cup sugar 4 times. In large bowl, combine egg whites, salt, cream of tartar, vanilla and almond extract. Beat until whites stand in soft peaks. Add remaining cup of sugar in four additions, sprinkling over egg whites, beating 25 turns each time. Sift 1/4 of flour over egg whites. Fold in with 15 strokes. Add other 3/4 flour the same way, beat 25 extra strokes at the end. Pour into angel food cake pan. Hit pan on the counter four times hard before putting in the oven - this settles batter. Bake at 375 degrees for 30 minutes. When done, turn pan upside down and let cool.

### Uplifting Quote for the Month

Walt Disney

*All our dreams can come true - if we have the courage to pursue them.*



***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***

***David Perkins***

***Do not follow where the path leads, rather go where there is no path, and leave a trail.***

**Store Santa**



While I was working as a store Santa, a boy asked me for an electric train set. “If you get your train,” I told him, “your dad is going to want to play with it too. Is that all right?”

The boy became very quiet. So, moving the conversation along, I asked, “What else would you like Santa to bring you?” He promptly replied, “Another train.”

**Scrooge Junior Grade**

Four-year-old to her two-year-old sister: “Let’s play Christmas. I’ll be Santa Claus and you can be a present and I’ll give you away.”

—Contributed by Mrs. Kenneth Labaugh



# Medicare

## Wellness Visits

Medicare covers two types of visits - one when you're new to Medicare and one each year after that. These visits are a great way to get up-to-date on important screenings and shots, and to talk with your doctor about your family history and how to stay healthy. The "Welcome to Medicare" visit covers new beneficiaries within their first year and helps you and your doctor develop a personalized plan to prevent disease, improve your health, and help you stay well. A few things you should know: - This service is provided at no cost. There's no copayment or deductible for the service.—When you make your appointment, let your doctor's office know you would like to schedule your Welcome to Medicare visit.—You can get this service during the first 12 months you have Medicare.—This service includes a review of your medical history; preventive tests and screenings; and planning for a healthy future.—Under the new healthcare law, the exam is now free to those with Original Medicare, and to most people with Medicare Advantage Plans, along with a number of preventive screenings and services. - **What is Medicare's Annual "Wellness" Visit?** If you've had Part B for longer than 12 months, you can come in for an Annual Wellness Visit to develop or update a personalized prevention plan based on your current health and risk factors.—A few things you should know: - This visit is provided at no cost and the Part B deductible doesn't apply.—Your first Annual Wellness Visit can't take place until 12 months after your "Welcome to Medicare" visit. However, you don't need to have had a "Welcome to Medicare" visit to be covered for annual Wellness visits after you've had Part B for 12 months. - When you make your appointment, let your doctor's office know you would like to schedule your Medicare Annual Wellness visit. - This service is covered once every 12 months.—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.

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### Report Medicare Fraud

When you get health care services, record the dates on a calendar and save the receipts and statements you get from providers to check for mistakes. Compare the dates and services on your calendar with the statements you get from Medicare to make sure you got each service listed and that all the details are correct. These include the "Medicare Summary Notice" (MSN) if you have Original Medicare, or similar statements that list the services you got or prescriptions you filled. If you find items listed in your claims that you don't have a record of, it's possible that you or Medicare may have been billed for services or items you didn't get. If you think a charge is incorrect and you know the provider, you may want to call their office to ask about it. The person you speak to may help you better understand the services or supplies you got. Or, your provider may realize a billing error was made. If you've contacted the provider and you suspect that Medicare is being charged for a service or supply you didn't get, or you don't know the provider on the claim, you can: ☒ Call 1-800 MEDICARE. ☒ Report it online to the Office of the Inspector General. Call the Office of the Inspector General at ☒ 1-800-HHS-TIPS. TTY users should call 1-800-377-4950. **(Information received via email from La Plata County Senior Center)**

# Squeezed by Rising Food Prices?



Small changes in your shopping habits can mean saving money at the grocery store. What can YOU do to save? Check the tips on this page that can work for you and your family. **Remember** Changing habits is hard! Try one or two each week. Soon you'll see some relief in your grocery bills! Before you go to the store... —Make a list. Why? You'll spend less time in the store. For every minute in a supermarket, you spend \$2.17, according to the Food Marketing Institute. Also, if you have a list you will make less trips to the store and save gas. — Plan your meals. Look for specials and seasonal foods. — Where you shop may cost you money. Bulk food stores may not always be a good choice. You may be tempted to buy foods you don't need and can't store properly. Large food packages make it too easy to eat larger portions. —Use coupons for foods you need. Sometimes coupons tempt you to buy things you don't need. —Convenience foods can drain your food dollar. You pay for convenience such as a ready-to-cook chicken breast. If you prepare it yourself, YOU have control over what goes in the food — less fat and salt. —Looking for the best value? Foods high in fat and sugar, like cookies, chips, doughnuts and soft drinks, have fewer nutrients than nutritious fruits, vegetables, whole grains, low-fat milk and lean meats. Remember, the fiber in fruits and vegetables fills you up and keeps hunger away. — Buy non-food items like pet food, cleaning supplies and personal care items from discount stores. You pay more for these at the grocery store. — At the store... —Shop alone. Shopping without kids can help you avoid the nag effect. —Shop on a full stomach so you are less tempted to buy more. — Consider store brands. Many taste the same as name brands and are from the same companies as name brands. If you are making a dish where appearance doesn't matter, like using frozen vegetables in a mixed dish, buy a store brand and save money. — Bigger is not always cheaper especially if you buy a large size food package and throw food away. Bring a calculator to compare unit prices. Sales tags often do not re-compute unit prices. —Shop the outer aisles where you find nutritious fruits, vegetables, dairy products and meats. The inside aisles are where you find higher priced processed foods and snacks.

- Look high, look low. Bargains are usually on the top or bottom shelves — NOT at eye level.

**Track your store's loss-leader items. What are loss-leader items? They are low-priced items to get you to the store so you buy other higher priced items. Different sections of the store are featured each week. Stock up on each week's loss-leader items, especially things like cereals and juice.**

**When you get home...**



- Store food properly. Food that gets thrown out is money lost. According to a University of Arizona study, households throw away about \$600 a year — or ten \$60 fill-ups with gas!

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

## Senior Spotlight



### Marjorie Forsythe— Senior Center Member

Born in Kansas City, Kansas May 23, 1921 to Margaret and Mathew Slater. When I was 5 years old we moved to a large farm between Ottawa and Emporia, Kansas. Where I did a lot of horseback riding & caring for my uncles horses which I liked. Graduated from Waverly High School in 1938. I worked in a restaurant where I met my future husband Art Forsythe. He was a fun loving, happy guy; married in Ottawa in 1940. We lived in many states as Art was employed by a pipeline laying company and even in Southern America. In 1945 we settled in Hugoton, Kansas where Art worked for a drilling company. The Company sent him to Farmington, New Mexico in 1952. That's how we ended up in Bayfield. Our four boys all graduated from Here. What fun it was to go to ball games; especially to state. They all participated in sports. I worked at the school cafeteria and took care of a small motel named Green Acres. We still stay in touch with some of the people who stayed with us. We started helping at the Senior Center when it was at the Lions Hall we enjoyed it. What a blessing Children and grandchildren Jake and Jason have. I enjoy my great grandchildren and glad to have most of them around here. Friends are a real blessing too. I feel fortunate to have them!



### Bertha Mae (McKinnis) Fritz — Senior Center Member

I was born in Silt, Colorado July 9, 1933. My family came to Bayfield in July 1943. We lived in Bayfield one year, and then moved to Ignacio. I graduated from Ignacio High School and then went to the Old Fort Lewis College for two years. I then moved to Durango. I worked as a waitress for a short time. I went to work for J.C. Penney's in 1954 to 1992. Walter and I was married December 20, 1954. We had one son Roger Lee. When I lived in Durango I taught Sunday school, was a room mother, Cub Scouts leader and worked for Hospice in Durango and Bayfield. We moved to Bayfield in February of 1984. In 1992 I was a teacher's helper in the 3<sup>rd</sup> and 4<sup>th</sup> grades. Helping with arithmetic and reading to special students in Bayfield. I also started volunteering at the senior center in 1992; I helped set up, clean up and bookwork. At that time we were doing the food commodities at the Presbyterian Church. We then went to the Old Middle School, I worked the front desk; was vice president, served on the senior board and was the treasurer and other things. I Love the Senior Center! It is a wonderful place to eat and to see friends, visit with each other, & just to have fun.