

**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

Mandi Dicamillo, Activities in
Durango **382-6428**

**2014 Volunteer of the
Year!**

**Charlene Johnson
& Meal on Wheels
Driver Kaye
Luebchow**

**Who will it be for
2015?**

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!

January 2015

Volume 7, 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



Happy Anniversary!

June & Melvin Haga	January 14, 1953
Anne & Al Rudolph	January 28, 1962



Senior Center News, Activities & Entertainment

Adventures in Dining - Thursday, January 15 Please join us for lots of fun at **Brenda's 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, January 9 - 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, January 2 & January 16 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, January 9 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 20 - 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, January 6 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, January 30- 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 2014 dates are January 15, March 12, May 14, July 9, September 10 and November 12. Everyone is welcome to join us at **1:00 p.m.** in the conference room.

Pot Luck Tuesday's - Tuesday, January 6 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, January 30 - Richard Schleeter with the LaPlata 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 Senior Center**. Please call Bayfield Parks & Recreation for more information.





Recipe Corner



Hot Chocolate Mix

Ellen Frahm

1 jar (6 oz.) Coffemate
6 oz. powdered milk

1/2 cup powdered sugar

1 can (16 oz.) Nestle Quik Instant Chocolate Mix

Mix dry ingredients and store in a gallon container. Use 1/4 cup mix and add boiling water for 6 oz. serving.

Orange Julius

Ellen Frahm

1 can (6 oz.) frozen orange juice
1 tsp. vanilla

1 cup milk
1/4 cup sugar

1 cup water
10-12 ice cubes

Blend together in blender. Makes 2-3 servings.

Chicken Salad

June Haga

Salad: 1 chicken, cooked, shredded or ground
1 large apple, diced 1/2 cup celery, chopped
1/4 cup onion, chopped 1/2 cup pecans, chopped

Salt Pepper
1/2 cup sweet pickles, diced

Dressing:
3/4 cup Miracle Whip 1/2 cup cream cheese 1/4 cup sour cream
1/4 cup sugar

Combine salad ingredients together. Combine all dressing ingredients together. Moisten salad with dressing and whip all together.

Uplifting Quote for the Month

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

— Mahatma Gandhi



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

Inspiration *Enthusiasm excitement with inspiration, motivation, and a pinch of creativity.*

Bo Bennett, Author, Business Executive & Motivational Speaker

"Drop Off" Items (not including food) Although we appreciate the thought of sharing items with fellow seniors, we have become inundated with books, magazines, puzzles, etc.. In order to keep our Senior Center looking presentable, before dropping off any items, please check with **Brenda**. She will be in charge of what and what not to keep. Thanks for your cooperation. Sincerely Senior Board.

January is National Financial Wellness Month—carefully planned, I'm sure; to follow the spending binge that is December. I've no doubt that we could all use a little financial detox. But for many, there is the matter of New Year's resolutions to give us an extra push. (Some 54 percent of Americans plan to shake up their money habits for the better in 2014, according to Fidelity's recent New Year Financial Resolutions Study). Read more <http://talkingcents.consumercredit.com/2014/01/08/national-financial-wellness-month/>.

Memory Boosting Foods

By Marisa Moore, MB, RDN, LD

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. A recent study found that the **Mediterranean Diet** helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean Diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones like broccoli, cabbage and dark leafy greens, may help improve memory. Try a raw kale salad or substitute collard greens for the tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones like blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. "DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently," says Andrea Giancoli, RD, registered dietitian and Academy of Nutrition and Dietetics spokesperson.

Seafood, algae and fatty fish — like salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain; they also sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Marisa Moore, MBA, RDN, LD, is a registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

E k t r o n J S , E k t r o n W

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



Your Medicare Coverage

Home health services

How often is it covered?

Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) covers eligible home health services like intermittent skilled nursing care, physical therapy, speech-language pathology services, continued occupational services, and more. Usually, a home health care agency coordinates the services your doctor orders for you.

Medicare doesn't pay for:

24-hour-a-day care at home

Meals delivered to your home

Homemaker services

Personal care

Who's eligible?

All people with Medicare who meet all of these conditions are covered:

You must be under the care of a doctor, and you must be getting services under a plan of care established and reviewed regularly by a doctor. You must need, and a doctor must certify that you need, one or more of these:

Intermittent skilled nursing care (other than just drawing blood)

Physical therapy, speech-language pathology, or continued occupational therapy services. These services are covered only when the services are specific, safe and an effective treatment for your condition. The amount, frequency and time period of the services needs to be reasonable, and they need to be complex or only qualified therapists can do them safely and effectively. To be eligible, either: 1) your condition must be expected to improve in a reasonable and generally-predictable period of time, or 2) you need a skilled therapist to safely and effectively make a maintenance program for your condition, or 3) you need a skilled therapist to safely and effectively do maintenance therapy for your condition.

The home health agency caring for you must be Medicare-certified.

You must be homebound, and a doctor must certify that you're homebound.

You're not eligible for the home health benefit if you need more than part-time or "intermittent" skilled nursing care.

You may leave home for medical treatment or short, infrequent absences for non-medical reasons, like attending religious services. You can still get home health care if you attend adult day care.

Note: Home health services may also include medical social services, part-time or intermittent home health aide services, medical supplies for use at home, durable medical equipment, or injectable osteoporosis drugs.

Your costs in Original Medicare

\$0 for home health care services.

20% of the Medicare-approved amount for durable medical equipment.

Before you start getting your home health care, the home health agency should tell you how much Medicare will pay. The agency should also tell you if any items or services they give you aren't covered by Medicare, and how much you'll have to pay for them.

This should be explained by both talking with you and in writing. The home health agency should give you a notice called the "Home Health Advance Beneficiary Notice" (HHABN) before giving you services and supplies that Medicare doesn't cover

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

Senior Spotlight



Senior Center Member Bobbye Jean Elliott

I was born in Ponca City, Oklahoma on August 24th 1930 as Bobbye Jean Shmidl. We lived in Ponca City until I was 10 years old. During that time (from 5 until 10 years old) I was taught tap, ballet, and jazz dancing at Dorothy Woodens School of dance. My family moved to a farm 7 miles north of Ponca City when I was a fifth grader. I rode horse back to a one room school which had grades 1 through 8, I rode a school bus to Ponca City High School and graduated in 1948. The next year I attended Northern Oklahoma Jr. College in

Tonkawa, Oklahoma it was at that point I met my husband Myron Elliott and we were married 50 years before his death. After we were married we lived in Ponca City until 1955. We then moved to Alamogordo, New Mexico until 1971 and then to Gallup New Mexico we bought land in Forest Lakes in 1975 after his retirement, in 1985 we moved to Forest Lakes where I still live today. I have 2 children, 5 grandchildren and 6 great grandchildren.

- ♦ **COA -(Council on Aging)** is looking for volunteers to be on their board, they meet every quarter 2nd Monday of the Month the next meeting is in December. Each month the meeting place changes between Bayfield, Durango & Ignacio. Please let Brenda know if you are interested.