

**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**

Lori Yenser, Dietician **769-4054**

Greta Kirker, Activities in  
Durango **382-6428**

Ship Counselors—Sheila, Darlene,  
Brenda

**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 W South St., Bayfield, CO 81122

<http://www.bayfieldgov.org/services/senior.asp>

Check out the PRSC on Facebook, too!

July 2015

Volume 7, Issue 7

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



## July Birthdays

*Bertha Fritz* 7/9

*Lavenia McCoy* 7/14

*Jim Frahm* 7/15

*June Haga* 7/17

*Hayden McClung* 7/20



## Happy Anniversary!

*Joyce & George Knoll*

*July 24, 1955*



*Senior Center News, Activities & Entertainment*

**Bayfield Food Bank Donation - Friday, July 10** - 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, July 10 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, July 21** - 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.

**CLOSURE - We will be closed Friday, July 3rd** for the independence celebration of July 4th. Please Join in the activities around Bayfield on **Saturday, July 4th; parade begins at 10:00 am.**

**Community Quilt Group - Tuesday, July 7** 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, July 31** - 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, July 7** - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

**Veterans' Services - Friday, July 31** - 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



### No-Bake Creamy Strawberry Pie

Strawberry Greek yogurt creates the dreamy filling in this six-ingredient no bake dessert.

#### Ingredients

#### Filling and Topping

1/3 cup water

1 1/2 teaspoons unflavored gelatin

4 oz (half of 8-oz package) 1/3-less-fat cream cheese (Neufchâtel), softened

3 containers (6 oz each) Greek Fat Free strawberry yogurt

1 1/2 cups frozen (thawed) reduced-fat whipped topping

1 1/2 cups sliced fresh strawberries

**Crust** – 1 graham cracker crumb crust (6 oz)

In 1-quart saucepan, place water; sprinkle with gelatin; let stand 1 minute. Heat over low heat, about 2 minutes, stirring constantly, until gelatin is dissolved. Cool slightly. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Add yogurt and gelatin mixture; beat on low speed until well blended. Fold in whipped topping. Spoon into crust. Refrigerate until set, about 2 hours. Before serving, garnish pie with additional whipped topping and sliced strawberries.

### Stuffed Peppers

Barb Luebchow

6 bell peppers, tops sliced off and seeds removed

1 lb. hamburger

1/2 cup onion, chopped

1 cup cooked rice

1 can (16 oz.) tomatoes, drained and diced

Dash of pepper

1 tbsp. brown sugar

1/4 cup catsup

1/8 tsp. garlic powder

1/2 tsp. salt

1 tbsp. Worcestershire sauce

Place bell peppers in round microwave dish with center “spindle”. Cook on high 4 minutes, rotating 1/4 turn after first 2 minutes. It is best to loosely cover with plastic wrap during cooking. Brown hamburger in skillet with onion. Add remaining ingredients and stir well. Fill peppers with hamburger mixture. Microwave peppers, covered with plastic wrap, on high 15 minutes rotating 1/4 turn every 3 minutes.

### Uplifting Quote for the Month

*Success seems to be connected with action. Successful people keep moving they make mistakes, but they don't quit.*

*Conrad Hilton*



***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***

**You never know how strong you are until being strong is the only choice you have**

**Cayla Mills**



**Laughing Moments "haha"**



**Oops! Careful There!**

A man was sitting in the barber chair, getting a shave and having his nails manicured by a very pretty young woman. He struck up a conversation with her and suggested that they meet after she got off work. "I couldn't do that," she said. "I'm married." "Well, your husband wouldn't have to know about it. Couldn't you tell him you had to work late?" "Why don't you ask him? He's shaving you."

## La Plata County Emergency Alert "Reverse 911"

### La Plata County's Emergency Alert System:

This is the primary alerting system in La Plata County. CenturyLink land lines are automatic. All other phone types NEED TO SIGN UP! If you live in or own a home in La Plata County Go to

Intrado's Target Notification registration page online or talk to Greta at the Senior Center



# IN CASE OF EMERGENCY!

**Please register your cell phone or VoIP phone to your address.**

Have you registered your cell or internet phone with 9-1-1?



**CODED RED Alerting System**

will be used by your local emergency response team in the event of

**Emergency Situations** or **Critical**

**Community Alerts.**

**CODED RED**

also has mobile alerts available via app on your smart phone.



To register, go to:

[www.co.laplata.co.us/emergency](http://www.co.laplata.co.us/emergency)

or

[www.durangogov.org/codered](http://www.durangogov.org/codered)



# Nutrition for Older Adults



Getting older means that you now have special nutritional needs and issues that can make it more difficult to eat the right balance of nutritious foods. For example, your body shape may have changed, you may be less physically active, or you may have less interest in food than before. These transformations can occur so gradually that you may not notice anything changing. The changes can result from illnesses or accidents, genetic patterns, or social, psychological, and economic factors.

Because of these changes, it may be necessary to adjust your eating patterns. If you do not take your new needs into consideration when you eat, you may begin to suffer from malnutrition (nutrient imbalance).

Malnutrition is more and more common in the older population. This is a serious problem, because malnutrition can be very detrimental to your health. It is linked to higher death rates, longer stays in the hospital, and more disability and complications. Also, malnutrition raises the risk of infection, anemia, skin problems, weakness, fatigue, and electrolyte imbalances in your blood. Unfortunately, malnutrition is often left unidentified. Even healthcare professionals may not notice that their patients are suffering from malnutrition.

## The Most Common Types of Malnutrition in Older People

Malnutrition refers both to “under-nutrition” and “over-nutrition.”

- **Under-nutrition occurs when you do not eat enough food. This may lead to unintended weight loss, and eventually many significant health problems. In severe illness, there may be extreme weight loss—sometimes known as “wasting” or cachexia. This is most likely to occur in older patients with serious diseases such as AIDS, rheumatoid arthritis, heart failure, cancer, or organ failure (end-stage liver, kidney, or lung disease).**
- **Over-nutrition can occur when you become less physically active with age but continue to eat as you did when you were younger. This can put you at risk for becoming overweight or obese (body mass index above 30 kg/m<sup>2</sup>). Carrying extra weight is a risk factor for many serious diseases, particularly cardiovascular disease, arthritis and diabetes. However, even in the case of over-nutrition, you may be missing adequate levels of important nutrients.**

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

# Senior Spotlight



## Juanita Jordan - Senior Center Member

Hi my name is Juanita Jordan, I was born in Taos, New Mexico, in August 1934. My folks Guy & Leola Shupe and two brothers Dan "Dobin" & Gary Shupe. I was very fortunate to have a very loving nice family, we were all very close. In 1943 we moved to Bayfield, Colorado. Dobbin & I rode horse back to the Columbus School that was located between Bayfield & the Vallecito for maybe two or three years. In 1944 the folks still had 72 head of horses in New Mexico, so we had to ride & drive them from Taos to Bayfield. I was 10 years old and rode all the way except 12 miles from Ignacio to a ways up 501. When I was 14 or 15, we moved on to the Wits End Ranch where we took horseback rides and pack trips that's where Dobbin introduced me to Gene Jordan in the tack room at Wits End Ranch. Then Gene went to the service and I married a guy in Taos and was there for 3 years, but I wanted to come back to Bayfield. My family was here and about the time I came back to Bayfield, Gene got out of the service and started dating and we got married in 1956. We moved on to a big ranch near Mancos and lived there for four years. Gene was welding for the gas company putting in the natural gas in Cortez and was rodeoing on the weekends riding bulls and bare back horses. He also judged rodeos in Colorado, New Mexico, and Utah, he also judged the junior championship rodeo 2 years in a row in El Paso, Texas and was invited back the third year so we traveled quite a bit. That's when we started buying and selling horses. In 1960, we moved near Durango for a short time. In 1962, Gene won a world championship with his Stallion Quannah's Warrior in performance at Sadila, Missouri. We moved to Bloomfield, New Mexico and Gene was welding on the spill way at the Navajo Dam and then went to the Luchian Islands welding up there; I was working at a restaurant in Bloomfield. We bought our place in Bayfield in 1968, but it was two years before we could move here to a very run down, dirty place with two strand barbwire fence out front. We moved here the spring of 1970 and started cleaning and have sure enjoyed the place, bought, sold & raised horses and other fun things. I went to most livestock sale barns each week in Durango, Cortez, and Aztec buying horses, also to Fort Morgan and bought a load of horses. The most capable horse I ever saw we bought at the Cortez sale barn, she came from Utah (What a Horse!). The 1970's and 1980's were the highlight of my life, I was real happy. Around 2000 – 2004 I worked for a very nice lady in Durango as a live in care giver (what a nice job!) I have spent several winters in Arizona, Wickenburg and Apache Junction 2008 – 2011. I stayed in a 55 plus park in Apache Junction and sure liked it, just there in the winters. They had a lot of entertainment for us; bands would come play and sing, pot luck dinners, a lot of games and other fun things. There were 7 casinos we could go to, I had never been on a big bus and the buses would take us to the casinos, some that were 50 miles away. A person could spend all day, eat lunch and then they took you back to Apache Junction. I enjoyed this very much. In Arizona I also enjoyed antique shops, yard sales, and ranch fresh produce markets; everything was so good and inexpensive. Sometimes we would go to Globe, Arizona; a very nice trip. It's real close to the flat dry desert & going on to Globe the mountains are very rugged, there are huge open surface copper mines up there, real interesting. I enjoy very much the nice Senior Center we have the privilege of coming to, all the nice friends we have made. I pray we will always have a place to come to, enjoy a nice lunch the cooks have worked to prepare for us, play games and enjoy one another. I would also like to take the opportunity at this time to thank all the nice ranchers and farmers at the Church of Christ for putting a hold on their work at home to come in and prepare a very elaborate breakfast for all the singles. Always fresh fruit, homemade biscuits & gravy, egg & green chili omelets that were out of this world and cinnamon rolls like no one else could make. Everything was always so good. Thanks to all of you very much. Your Friend *Juanita*