

**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**

Laurel Bradford, Dining Room
Coordinator **382-6435**

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!

July 2016

Volume 8, 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

Jim Frahm 7/14

June Haga 7/15



2015 Volunteer of the
Year!

Anne Rudolph

& Meal on Wheels
Drivers Jim & Ellen
Frahm

Who will it be for
2016?



Happy Anniversary!

Cookie & Gary Hoselton June 11, 1963

Vicky & Joe Mozgai June 17, 1961



Arts & Crafts—Tuesday, July 12— Please join us the 2nd Tuesday of each month to make different arts and crafts projects for **FREE** by hand. Please sign up at the Pine River Senior Center front desk or contact Brenda Jones at 884-5415 so we know how many will be attending.

Bayfield Food Bank Donation - Friday, July 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, July 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, July 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 or want to know more about caregiving. For more information please call Elaine Stampo 259-0122.

Community Quilt Group - Tuesday, July 5 & 19 - All quilters & people with homemade projects are invited to come join them on the **1st & 3rd 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.

4th of July Celebration - Please come join us in celebration the nations freedom on **Friday, July 1,** by wearing your red, white & blue. Town of Bayfield will be celebrating the 4th on Monday with parade, food vendors music & fireworks at dusk in Joe Stephenson Park.

Senior Center News, Activities & Entertainment

Health Checks—Friday, July 8— 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 Christian at 970-335-2076. He will be here at 9:30 am for the need for fasting blood glucoses. He also performs lipid tests (cholesterol and triglycerides). Any senior who wants testing should fast after 9 pm the night before—no cream or sugar in their morning coffee or tea, no breakfast, etc.

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!

Pine River Public Library - Friday, July 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, July 5 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, July 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!

Yoga - **Tuesday** at the **Pine River Library Community Room 9:00 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



Key Lime Poke Cake

1 - 15.25 oz box yellow cake mix
1 Cup water
4 large eggs
5 drops green food coloring

1 - 2.4 oz pkg instant lemon pudding
1 Cup canola oil
2 Tbsp key lime or regular lime juice

Heat oven to 350 F degrees. Lightly coat a 9 X 13 in glass pan with cooking spray. In a large bowl, combine the cake mix, pudding, water, oil and eggs. Mix in the lime juice and food color until fully incorporated. Transfer batter to the prepared pan. Bake until set and a wooden pick inserted into the cake comes out clean, 40 to 45 minutes, then use a fork to carefully poke several holes into the cake. **Glaze**— In a bowl, combine 1 cup confectioners' sugar and 2 Tbsp fresh lime juice. Slowly pour over the cake so that it seeps into the holes; let cool completely. **Frosting**—Using an electric mixer, beat 8 oz cream cheese and 1/4 cup (1/2 stick) unsalted butter (at room temperature) with 2 cups confectioners' sugar until smooth. Beat in a 1 tsp each lime zest and juice. Frost the cooled cake, then sprinkle with 3/4 cup vanilla wafers (lightly crushed) Makes 12 servings

Cherry Cheese Angel Food

1 Pkg Duncan Hines Deluxe Angel Food Cake Mix
1/2 C Cherry Preserves
1 Envelope Whipped Topping Mix yield 2 -2k1/2 Cups

1 Pkg (8oz) Cream Cheese softened

Mix, bake and cool cake as directed on the cake mix package. In a small mixing bowl, mix preserves into softened cream cheese; beat at medium speed with electric mixer until smooth and creamy, about 1 minute. Slice cake into 3 layers. Spread the preserves—cream cheese mixture between the layers. Prepare whipped topping according to package directions. Spread on sides and top of cake. Refrigerate at least 3 hours before serving. Makes 12—16 servings.



Uplifting Quote for the Month

“That which doesn’t kill us makes us stronger.” – Friedrich Nietzsche

Nutrition

Beans and Peas are Unique Foods



Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils. They are available in dry, canned, and frozen forms. These foods are excellent sources of plant protein, and also provide other nutrients such as iron and zinc. They are similar to meats, poultry, and fish in their contribution of these nutrients. Therefore, they are considered part of the Protein Foods Group. Many people consider beans and peas as vegetarian alternatives for meat. However, they are also considered part of the Vegetable Group because they are excellent sources of dietary fiber and nutrients such as folate and potassium. These nutrients, which are often low in the diet of many Americans, are also found in other vegetables. Because of their high nutrient content, consuming beans and peas is recommended for everyone, including people who also eat meat, poultry, and fish regularly. The USDA Food Patterns classify beans and peas as a subgroup of the Vegetable Group. The USDA Food Patterns also indicate that beans and peas may be counted as part of the Protein Foods Group. Individuals can count beans and peas as either a vegetable or a protein food. Green peas, green lima beans, and green (string) beans are not considered to be part of the beans and peas subgroup. Green peas and green lima beans are similar to other starchy vegetables and are grouped with them. Green beans are grouped with other vegetables such as onions, lettuce, celery, and cabbage because their nutrient content is similar to those foods.

Help fight Medicare fraud

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. Examples of Medicare fraud include: ★ A healthcare provider billing Medicare for services you never got ★ A supplier billing Medicare for equipment you never got ★ Someone using your Medicare card to get medical care, supplies, or equipment ★ A company using false information to mislead you into joining a Medicare plan ★ You're the first line of defense against Medicare fraud. You can help by guarding your Medicare number --- treat it like a credit card.



How to spot 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 this information with the claims Medicare processed to make sure you or Medicare weren't billed for services or items you didn't get.

3 easy things you can do to fight fraud

Review your Medicare claims to make sure they're accurate. Check them early—the sooner you see and report errors, the sooner we can stop fraud. To view your claims, [login to MyMedicare.gov](https://www.medicare.gov), or call 1-800-MEDICARE.

Learn how to [protect your personal information](#).

[Be on the lookout](#) for suspicious activity.

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

BAYFIELD PARKS AND REC



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

*You can have anything you want if you are willing to give up
the belief that you can't have it. ~ Robert Anthony*

He Got the Bird



At an auction, a man finally bought a parrot after some spirited bidding. "Can he talk?" he asked the auctioneer as he picked up the bird. "Talk! Who do you think was bidding against you all this time?"

A Different Approach

Years ago, my mother-in-law lived near some railroad tracks on the outskirts of Cheyenne, Wyoming, said Leo Kremer. One day, a hobo came to her door and asked her for something to eat. My mother-in-law asked the man what his name was. "Come Eat a Bite," he answered. "Come Eat a Bite?" she asked. "Don't mind if I do," replied the man. And he walked right in. That hobo had a clever way of inviting himself in for a meal.



Get help paying costs

Medicaid

Learn more about Medicaid, a joint federal and state program that helps with medical costs like nursing home care and personal care services, for some people with limited income and resources. You may be eligible for extra help paying for Medicare prescription drug coverage (Part D), even if your income exceeds Medicaid income levels, under the spend down rules if you are medically needy.

Medicare Savings Programs

Learn about Medicare Savings Programs (MSP) - programs in your state that help pay your Medicare premiums, your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance, and copayments, and Medicare prescription drug coverage costs. You may qualify for the Qualified Medicare Beneficiary (QMB) Program, Specified Low-Income Medicare Beneficiary (SLMB) Program, Qualifying Individual (QI) Program, or Qualified Disabled and Working Individuals (QDWI) Program, even if your income and resources are higher than the state limits.

Save on drug costs

Learn how you may qualify for extra help from Medicare to pay the costs of Medicare prescription drug coverage if you meet certain income and resource limits. If you have Medicaid, get help paying your Part B premiums (Medicare Savings Program), or get Supplemental Security Income (SSI) benefits, you automatically qualify for extra help. Contact your Medicaid office for more information.

Find your level of Extra Help (Part D)

Find out the level of extra help you may get to cover costs of medication with Medicare prescription drug coverage (Part D) by providing a purple notice from Medicare saying you qualify for extra help, a yellow or green automatic enrollment notice from Medicare, an extra help Notice of Award from Social Security, an orange notice from Medicare about your copayment, or your Supplemental Security Income (SSI) award letter. You may also submit proof that you have Medicaid and live in an institution or get home- and community-based services, a copy of your Medicaid card, or a document from your state showing you have Medicaid.

Supplemental Security Income (SSI)

The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits.

Contact your local State Health Insurance Program counselors (SHIP), Greta Kirker at 970-382-6428 or, Sheila Casey at 970-382-6442 to schedule a Medicare Counseling appointment.



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



Town of Bayfield

4th of July Celebration

Salute to Freedom

Monday, July 4th, 2016

Mill St. and Joe Stephenson Park

Event Schedule:

- 7:00am-10:00am Bayfield Lion's Club Pancake Breakfast
- 8:00am Calvary Presbyterian Church Pie and Craft Sale
- 8:00am Firecracker 5K and Family Walk sponsored by La Plata Family Centers Coalition
- 9:45am Pet Parade on Mill St. sponsored by Mill St. Drug
- 10:00am The Bayfield 4th of July Parade
- 11:00am Festivities in Joe Stephenson Park (Kids' Carnival and Activities, Water Games, Pedal Carts, Delicious Food, Merchandise and Informational Vendors)
- 12:00pm The Serrano's Annual Horseshoe Tournament at Eagle Park
- 12:00pm Anthem Coed 4v4 Volleyball Tournament sponsored by Bayfield High School Girls Volleyball
- 1:00pm Corn Hole Tournament in the Pine River Valley Rotary Beer Tent
- 2:00pm Duck Race sponsored by Bayfield High School FOR Club
- Dusk: First National Bank of Durango Firework Show

Live Music in the Park

Wild Country (11:00am-3:00pm & 7pm-9pm)



Join us at Joe Stephenson Park for a **FIREWORKS** display at dusk sponsored by **First National Bank of Durango**

Parking available from the following designated
 Parking lots before and after the parade:
 Bayfield Elementary School - Bayfield Church of Christ - LDS Church

For more information, contact Bayfield Parks & Rec at 884-9544 or visit our website at www.bayfieldgov.org

Senior Spotlight

Laurel Bradford - Senior Center Dining Room Coordinator



Born in San Luis Obispo, CA on December 1st, 1992, my parents said I came out talking to the nurses. 23 years later and I don't think I have stopped. In my spare time I love to express my inward geek and play video games for hours or I might have a sudden spark to write another chapter on one of three novels I am currently writing. When asked if I am right or left brained, I question if I even have a left part. I am terrible at spelling and math but - if I may toot my own horn...toot toot - I have found I have a passion and talent in art in my right brain. I won a couple of first place ribbons in photography in high school as well as a few second places. I also have a sketch book I drew a few things in for a class in college that surprised even me in my abilities. I have a great love for food and baking and even thought I was going to be a cake decorator for a while. Though that was not the first strange job I thought I wanted. Mom says when I was young I told her I wanted to be a ballerina, a fireman, a vet, and a Wal-Mart door greeter. All at once. You could say I had high expectations in myself and my abilities. I have worked in a few different jobs in my time though including cashier, waitress, newspaper deliverer, pizza delivery driver, and call center representative. I even got to do at least one out of four dream jobs according to my child self - a Wal-Mart door greeter. Currently I live with my mom, Gina, and my dad, Paul as well as my deaf brother, Josh. We have four dogs - Missy, Belle, Lyric, and Gustav (Gus) - and all of them are just like family. I am passionate about animal rights and will talk your ear off about animals all day if you let me. I practice in the natural healing process of healing stones and aromatherapy as well as musical therapy and though I am not licensed, I'd love to be one day. My friends will say they hardly ever see me without a smile, but I have learned how to enjoy the simple things in life these days and to go with the flow and that makes me smile most. When stress doesn't control your life, you see things in a positive light and that's what I live by.