

**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**

**2015 Volunteer of the  
Year!**

**Anne Rudolph**

**& Meal on Wheels  
Drivers Jim & Ellen  
Frahm**

**Who will it be for  
2016?**

# 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!

June 2016

Volume 8, Issue 6

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



## June Birthdays

*Brenda Jones 6/4*

*Paul Dunaway 6/7*

*Kathy Worley 6/9*

*Jim Veach 6/15*

*Ellen Frahm 6/19*



## Happy Anniversary!

*Cookie & Gary Hoselton June 11, 1963*

*Vicky & Joe Mozgai June 17, 1961*



*Senior Center News, Activities & Entertainment*

**Arts & Crafts—Tuesday, June 14—** 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, June 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, June 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, June 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 or want to know more about caregiving. For more information please call Elaine Stampo 259-0122.

**Community Quilt Group - Tuesday, June 7 & 21 -** 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.

**Health Checks—Friday, June 10—** 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.

## Senior Center News, Activities & Entertainment

**Luau Celebration** - Please join us on **Wednesday, June 22** for a fun day. Dress in your Hawaiian attire.

**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, June 24** - 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.

**Pool Tournament**—Calling all Pool Sharks! Join us on **Tuesday, June 14** - We will have a pool tournament with prizes given to the 1st, 2nd, & 3rd place winners. Lunch will be provided for those playing.

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

**Veterans' Services - Friday, June 24** - 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



### Cold Burritos

1 (8oz) pkg. Cream Cheese Softened  
1 (8oz) Container Sour Cream  
1 Small Jar Pimentos Chopped  
1 Small Can Ripe Olives, Chopped

1 small can of Green Chilies Chopped  
1 T. Minced Onion  
1 tsp. Garlic Salt  
Flour Tortillas

Mix ingredients together and spread on flour tortillas. Roll, chill and slice. Serve

### Coco — Carrot Salad

1/2 C Raisins  
1 (8oz) can Crushed Pineapple  
1 C Miniature Marshmallows  
1/2 C Mayonnaise  
2 tsp. Vanilla  
2 T. Cream of Coconut

3 Carrots, Grated  
1/2 C Coconut  
1/2 C Pecans, Chopped  
2 T. Sugar  
1/4 C Half & Half or evaporated Milk

Place raisins in hot water to soften. Set aside. Combine carrots, pineapple, coconut and marshmallows. Fold in pecans and raisins. In a separate bowl, combine mayonnaise, sugar, vanilla, milk and cream of coconut. Pour over carrot mixture and toss to combine. Makes 4 to 6 servings.

### Uplifting Quote for the Month

"Never give up, for that is just the place and time that the tide will turn."

Harriet Beecher Stowe



## What are "Oils"?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns. Some **commonly eaten oils** include: canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil. Some oils are used mainly as **flavorings**, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like nuts, olives, some fish, and avocados. **Foods that are mainly oil** include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no trans fats. Check the Nutrition Facts label to find margarines with 0 grams of trans fat. Amounts of trans fat are required to be listed on labels. Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no plant foods contain cholesterol. A few plant oils, however, including coconut oil, palm oil, and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats. Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common fats are: butter, milk fat, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, shortening, and partially hydrogenated oil. How much is my allowance for oils? Some Americans consume enough oil in the foods they eat, such as: nuts—fish—cooking oil—salad dressings — Others could easily consume the recommended allowance by substituting oils for some solid fats they eat. - A person's allowance for oils depends on age, sex, and level of physical activity. Daily allowances for oils are shown in the table below.

See more at: <http://www.choosemyplate.gov/oils#sthash.d784F4g5.dpuf>

### Daily Allowance

<b>Children</b>	2-3 years old	3 teaspoons
	4-8 years old	4 teaspoons
<b>Girls</b>	9-13 years old	5 teaspoons
	14-18 years old	5 teaspoons
<b>Boys</b>	9-30 years old	5 teaspoons
	14-18 years old	6 teaspoons
	19-30 years old	6 teaspoons
<b>Women</b>	31-50 years old	5 teaspoons
	51+ years old	5 teaspoons
<b>Men</b>	19-30 years old	7 teaspoons
	31-50 years old	6 teaspoons
	51+ years old	6 teaspoons



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



### *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*

*Dream big and dare to fail.  
Norman Vaughan*

**Too Soon to Tell** - A Ball Game was going on in a small town, and a visiting salesman walking along the outfield fence asked a fielder what the score was. "Twenty to nothing, their favor," the outfielder said. "A little one-sided, isn't it?" the salesman queried. "Don't know," the outfielder grunted. "We ain't batted yet."



**You're Getting Up In Age If You** - You know you're getting up in age when you recall phrases like: Cheaper than second hand dirt ♡ All mixed up like a bucket of paint. ♡ Grinning like a skunk eating berries. ♡ Longer than a bell rope on a freight train. ♡ Eating like a starved dog. ♡ Darker than the inside of a horse.

**Real Family Man** - First Man: "Yup, I moved to the country and raised four kids. Second Man: "Nannies or Billies?"



# Medicare

## What Part A covers

Medicare covers services (like lab tests, surgeries, and doctor visits) and supplies (like wheelchairs and walkers) considered medically necessary to treat a disease or condition. If you're in a Medicare Advantage Plan or other Medicare plan, you may have different rules, but your plan must give you at least the same coverage as Original Medicare. Some services may only be covered in certain settings or for patients with certain conditions. **In general, Part A covers:** Hospital care — Skilled nursing facility care — Nursing home care (as long as custodial care isn't the only care you need) — Hospice

### **Home health services** — **Two ways to find out if Medicare covers what you need**

Talk to your doctor or other health care provider about why you need certain services or supplies, and ask if Medicare will cover them. If you need something that's usually covered and your provider thinks that Medicare won't cover it in your situation, you'll have to read and sign a notice saying that you may have to pay for the item, service, or supply. or, go to <https://www.medicare.gov/coverage/your-medicare-coverage.html>

Medicare coverage is based on 3 main factors —Federal and state laws.—1. National coverage 2. decisions made by Medicare about whether something is covered. 3. Local coverage decisions made by companies in each state that process claims for Medicare. These companies decide whether something is medically necessary and should be covered in their area. 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

# Medicare Fraud

## **From the Office of Inspector General (OIG), U.S. Department of Health & Human Services**

Pain management clinics specialize in several methods of treating chronic pain patients. This may involve therapy, injections, implantable devices, or oral pain medications. Most legitimate pain clinics have a clinician who is trained or certified in the treatment of chronic pain. However, now multiple fraudulent pain management clinics have sprung up all across the country and in some areas have become a tremendous problem. **How the Scam Works** —Pain management clinics will recruit Medicare beneficiaries in a nearby neighborhood and provide van transportation to clinics to treat their “pain.” Once there, the beneficiary will typically receive the following unwarranted and unnecessary services: a consultation by a chiropractor, physical therapy, back adjustments by a chiropractor, injections by a physician or physician assistant, and oftentimes x-rays. —**Sometimes these fraudulent pain clinics will bill for a traction device called a Vax-D, which is not paid for under Medicare rules. In addition, Medicare beneficiaries will receive trigger point injections in their backs, but Medicare will get billed for a much more expensive procedure called a facet injection. After all this fraudulent therapy, the “patient” is taken by van again, treated to lunch, and driven home. The whole process begins again in a few days, and the fraudulent billing continues.** —**How to Fight Back** — Be careful in accepting medical services that are proactively offered by a health care professional you do not know. —If someone comes to your door and says he is from Medicare or some other health care company, simply shut the door. —Be suspicious if you are told that Medicare wants you to have this item or service and claim that, “We know how to get Medicare to pay for it.”

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

# Medicare Preventative Services



## Colorectal cancer screenings

Medicare Part B (Medical Insurance) covers several types of colorectal cancer screening tests to help find precancerous growths or find cancer early, when treatment is most effective. **Screening colonoscopy:** Medicare covers this test once every 24 months if you're at high risk for colorectal cancer. If you aren't at high risk for colorectal cancer, Medicare covers this test once every 120 months, or 48 months after a previous flexible sigmoidoscopy. **Who's eligible?** All people age 50 or older with Part B are covered. People of any age are eligible for a colonoscopy. **Your costs in Original Medicare** If a screening colonoscopy results in the biopsy or removal of a lesion or growth during the same visit, the procedure is considered diagnostic and you may have to pay coinsurance and/or a copayment, but the Part B deductible doesn't apply. **To find out how much your specific test, item, or service will cost, talk to your doctor or other health care provider. The specific amount you'll owe may depend on several things, like other insurance you may have, how much your doctor charges, whether your doctor accepts assignment, the type of facility, and the location where you get your test, item, or service. Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. It's important to ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them. For more information about Medicare visit <https://www.medicare.gov/> or 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.**

## 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.

For more ways to protect yourself, your loved ones, and Medicare from fraud: visit <https://www.medicare.gov/forms-help-and-resources/report-fraud-and-abuse/fraud-and-abuse.html>

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



# Pine River Senior Citizens Board Meeting

**May 11, 2016**

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton, Board Members: Dan Dvojack, Charlene Johnson, Phyllis Ludwig, Kay Phelps, Board member Rob Robison and alternate Board member Audrey Robison, excused, Town of Bayfield Attendees: Brenda Jones, Bayfield Town Board Trustee: Kristin Dallison, President Anne Rudolph introduced Kristin Dallison, new Town Board Trustee, The meeting was called to order by President Anne Rudolph at 1:03 p.m,

**Cookie read the minutes of the March 9, 2016 meeting.** There being no additions or corrections, Charlene moved the minutes be approved as read. Phyllis seconded, motion carried. Vicky read the Treasurer's Report. There is \$18,179.40 in the checking account and \$20,000 in the CD for a total of \$38, 179.40. Vicky heard from the IRS. We already have a tax ID number, which no one knew, so Vicky got that number and she and Anne went to Community Bank to get the CD put under our number. The Bank said they could not change over and did not cooperate, so we closed that CD out and they went to First National Bank and got a CD there. We had earned \$84.30 and had a penalty for closing it, so it cost us \$14.25. Everyone agreed after the hassle they had to go through, it was worth the \$14.25 to get it to First National. We also opened a new checking account at First National. Cookie made a motion to approve the Treasurer's Report, Dan seconded it. Motion passed. **Unfinished Business—BBQ-** May 17<sup>th</sup>- Dan will grill and everyone will bring a side or dessert.—**Updated Bylaws** – Copies were distributed to Board Members, and Brenda will keep the original on her computer. - **New Business—**Questions/comments from Seniors – A senior had asked & commented to Anne the following: - Should couples be allowed to serve as Board Members? In the past, it has been difficult at times to get anyone to serve on the Board. It is voluntary and everyone on the Board felt this is not a problem. Whoever volunteers to serve is very much appreciated. Board members should actively attend activities such as Adventures in Dining, lunches, etc. - We all agreed that some Board Members are very visible at any given time. There is always a Board Member at lunches, Adventures in Dining, and all activities. The Board Members are the ones who do most of the work for the Center. Not everyone can be at everything, but the Board is always represented. - JJ suggested we have a drawing at some lunches for a free lunch. This might help bring in new people to eat lunch. After much discussion, Charlene moved that on the 1<sup>st</sup> Wednesday of every month and on the 2<sup>nd</sup> Friday, we have a drawing for a free lunch for those present at lunch that day. The Board would pay for those lunches. Dan seconded, it passed. - The Allison Ranchettes brought cookies to the Center for everyone to enjoy. Brenda sent a thank you. — Duke from the Manor donated some money to us. —A big thank you to Kay for providing flowers to all our lovely ladies over 90 on Mother's Day. — Phyllis asked if we could purchase a magazine rack to put the magazines into instead of having them lay all over the counter. Cookie moved we purchase one and place it in the library. Charlene seconded. Motion carried. Dan will look into different kinds and report back so we can purchase one. Kay said we owe Vicky and Anne a huge thank you for the countless hours they spent on our tax ID# and in getting the bank accounts in order. She moved we purchase each of them a \$100 Visa card so they can go to dinner. Phyllis seconded and motion carried. Thank you both so much!! — **Town of Bayfield – Chris—**He was excused, not present. — **Parks and Rec – Scott—**He was excused, not present. — **Senior Center Coordinator – Brenda** — Arts & Crafts had 18 people yesterday and 9 last month. Thank you Brenda. —Also, in the beginning planning stages, Sheila and Carol from LaPlata County Senior Services are working on using the van that brings lunch out to pick up Seniors that do not have a ride to the Center. They will let us know how that is coming along. —Bayfield Town Board Trustee Kristin said that there is an event at the Bayfield Library tonight at 7. The new Town Mayor will be there. Also, the Farmer's Market is trying to relocate to downtown Bayfield. They are not sure where that will be just yet, but it will happen soon. With no further business to be brought before the Board, Dan moved we adjourn. Charlene seconded. Motion passed. Meeting was adjourned at 1:45 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

## *Senior Spotlight*



### Charlie Bennett - Senior Center Member

My Name is Charles Bennett. I was born in St. Joseph, Missouri, in November 1935. My mom was a nurse and my dad ran a gravel business in partnership with his brother and father. When I was three, grandpa died and Dad and my uncle split up the business. We moved to Atchison, Kansas and Dad reopened his half of the business there. It prospered until December 8, 1941 when all of the contracts were cancelled because of the start of WWII. We sold the house and all the business equipment, bought a 21 ft. house trailer and '41 Chevy, and went around the country looking for war

related work. I went to school in Knoxville, Tennessee; Locust Grove, Broken Arrow, & Oklahoma City, Oklahoma; Hanford, Washington; and Hayden Lake, ID, where we bought a farm and waited out the war. At the end of the war, we sold out and moved to Manteca, California where we bought another 20 acre farm. We lived there until I graduated high school, Mom bought a house in Tracy, California and I attended Junior College at Modesto, California. In 1955, I started working for a fiberglass company as a lab tech. I then married my first wife. December 1957 we had our first son, Mark. In 1959, I went to work for Sandia Corporation in Livermore, California as a technical staff assistant for 5 years. I did Research & Development on atomic weapons. March, 1960 we had our second son, Wayne. In 1965, I left Sandia and went to work for Mohawk Rubber Company in Stockton, California as Quality Control Technician. I was divorced during this period. In 1966 I moved to North Hollywood, CA and went to work for Electrofilm Corporation in Quality Control. I married my second wife, Peggy, in 1969, & I quit my job and went back to college and earned a BS in Geology. We moved to Indio, CA and I went to work for Riverside County as an air pollution Inspector, Peggy got a job with a hospital chain. She was promoted, and in 1977 we had to move to the San Francisco Bay area, where I found a job with US Geological Survey. In 1979, Peggy was again promoted and assigned to an office in Honolulu, Hawaii; it was a 3 year assignment. I had to quit my job and move. After 2 years, Peggy's employer changed the 3 year rule to make the assignment permanent. After 6 years of odd jobs in Hawaii, I decided to move back to California. Peggy did not want to come, so I returned and she stayed. I moved to Fresno, California and earned a teaching credential in 1988 and substitute taught in Tracy, California until I retired. In 1997 I was visiting my brother in Falls Creek near Durango when we drove over to Forest Lakes to look around, & we saw my lot. I decided that this was where I wanted to be, and I have been here 18 years.