

**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

Lori Yenser, Dietician **769-4054**

Dana Thompson, 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 W South St., Bayfield, CO 81122

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

Check out the PRSC on Facebook, too!

June 2015

Volume 7, 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

<i>Brenda Jones</i>	6/4
<i>Paul Dunaway</i>	6/7
<i>Jean Thompsen</i>	6/9
<i>Kathy Worley</i>	6/9
<i>Jim Veach</i>	6/15
<i>Ellen Frahm</i>	6/19



Happy Anniversary!

<i>Cookie & Gary Hoselton</i>	<i>June 11, 1963</i>
<i>Vicky & Joe Mozgai</i>	<i>June 17, 1961</i>



Senior Center News, Activities & Entertainment

Annual Summer BBQ - Please join us for our Annual Summer BBQ on Tuesday June 2– at the Senior Center and bring a pot luck dish. Hamburgers and Hot Dogs will be provided.

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, June 12 - 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 12 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 16 - 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, June 2 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, June 26 - 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, June 2 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, June 26 - 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



Three Cheese Hot Artichoke Dip

Paula Deen

1 (8 ounces) block cream cheese, softened
1 (14 ounces) can artichoke hearts, drained and chopped
1/2 cup grated Parmesan
Dash hot sauce
Salt and pepper

2 cups mayonnaise
2 green onions, sliced thin
1 cup shredded mozzarella
Dash Worcestershire sauce

Directions

Preheat oven to 350 degrees F. In a large mixing bowl, beat the cream cheese with a hand held electric mixer until smooth. Then beat in the mayonnaise until smooth. Add remaining ingredients and stir together until combined. Transfer the dip to a pie plate or shallow gratin dish. Bake in a preheated oven for 30 to 40 minutes until the top is golden brown and the dip is bubbling. Serve hot with crackers, tortilla chips, crostini or veggies.

Hearty Barley Soup

Jewell LePlatt

2 cups water	1/2 cup dry beans	8 cups stock or beef bouillon
1 carrot, sliced	1 onion, chopped	1 stalk celery, sliced
1/2 cup cooked lentils	1/2 cup barley	1 can (8 oz.) tomato soup (optional)
1/2 cup rolled oats, quick or regular		1/2 cup frozen green peas
Parsley, salt and pepper to taste		

Put water and beans in a saucepan. Bring to a boil, shut off heat and let cool for 1 hour. Drain. **Combine all ingredients in a stockpot and simmer for 2 hours.**

Uplifting Quote for the Month

Happiness - To be happy is to feel fulfilled, joyful, & content in your life. Happiness may not always feel within reach, but feeling happy is a worthy goal for each & every day.



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

The Most Important Thing of All -If I've done what I could, behaved as I ought and said what was needed, I have to let go of what happens after that. [Julia Attaway](#)



Laughing Moments "haha"



Sew Embarrassed

The New Usher showed up early at church on Sunday, anxious to get his instructions. He was told to greet each member by saying, "Good Morning, may I show you to a seat?" Eager to make a good impression, the nervous young usher spotted the first church member coming through the door. Composing himself & swallowing hard, he strode up to the man. "Good morning!" he said with a smile. "May I sew you to a sheet?"

6 Vital Nutrition Tips for Aging Adults

As people age, their diets may need to change, especially if their diets are not well-balanced. Generally, doctors will recommend a well-balanced diet for older adults, meaning that they should eat a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health. According to Ruth Frechman, registered dietitian and spokesperson for the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things a caregiver can incorporate into their their loved one's diet to boost his or her health.

Prepare meals rich in these nutrients: Omega 3 fatty acids—The acids have been proven to reduce inflammation, which can cause heart disease, cancer and [arthritis](#). They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. Your older relative should have foods rich in this nutrient twice per week. If this is impossible, check with their doctor to see if an Omega 3 supplement would be beneficial.

Calcium- The need for [calcium](#) increases as people age. This is primarily to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. The World Health Organization (WHO) recommends that adults over the age of 50 get at least 1200 milligrams per day of calcium – equal to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium. Many people find it challenging to consume this much calcium per day by eating and drinking, so check with your loved one's doctor to see if he or she should take a calcium supplement.

Limit sodium content—For those with hypertension ([high blood pressure](#)) one of the most important things caregivers can do to help reduce a loved one's hypertension is to prepare foods that are low in sodium. Most people are surprised to find out that added table salt accounts for only a small percent of sodium content in food. Frozen, processed and restaurant foods are typically extremely high in sodium, and should be avoided or only be a very small part of the diet. Fresh and frozen fruits and vegetables, dry beans, unsalted nuts and nut butters, and grains like brown rice and oats are all foods that are naturally low in sodium, so try and incorporate them as much as possible in their diet.

Hydrate—As people age, they do not get thirsty very often, even though their bodies still need the same amount of liquids. If you notice that your loved one is not drinking liquids very often, make sure that you provide them with it. If they do not feel thirsty, chances are they may not think about drinking a glass of water. If you are concerned that your loved one may not be properly hydrated, check his or her urine. Urine is the surest sign of hydration or lack of it. If their urine is clear and light, then they are most likely properly hydrated. If, however, their urine is dark and/or cloudy, they will need to start drinking more liquids. Making dietary changes can be difficult for anybody. It can be especially difficult for older adults, though, because people get stuck in habits. If your loved one needs to make dietary changes to increase their health and well-being, there are specific things that you, the caregiver, can do to help with the change. Frechman recommends three important areas in which caregivers can help.

Incorporate changes gradually—Older people are usually skeptical of change. They need to make small changes gradually. As the caregiver, you should reinforce this and make sure that your loved one is incorporating the new foods into their diet. For example, if your parent is [diabetic](#) and needs to adjust their carbohydrate intake consistency, incorporate oatmeal as breakfast once or twice per week. As they get used to it, oatmeal can be added to three to four times per week. If your parent normally eats white bread, give them a wheat bread sandwich a couple times per week, and gradually increase it so that white bread is completely cut out of their diet.

Set an example- When an older adult has to change their diet for health reasons, they can feel singled out. [Eating is a social activity](#) and it is important to eat meals with your loved one. It is equally important that when you eat with them, you eat the same foods as them. When sitting down for a family meal, don't make a special meal for your aging loved one and something different for everybody else. By eating with them and eating the same foods as them, the dietary changes being made won't seem so drastic.

Make smoothies- Sometimes older adults simply refuse to make necessary nutritional changes, even if they are doctor recommended. People with dementia, especially, may refuse to eat certain things. Be creative. If your loved one needs protein, try making them a smoothie with wheat germ. Wheat germ is not a supplement that may interact with prescription medications, but an actual food with very high amounts of protein. Sometimes, foods can be blended into a smoothie to ensure that your loved one consumes the necessary nutrients.

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

Pine River Senior Citizens Board Meeting Minutes

May 13, 2015

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton -Board Members: Bob Worley, Kathy Worley, Charlene Johnson—Town of Bayfield Attendees: Scott Key, Town Manager: Chris LaMay
Guests: Debbie Bauer

The Meeting was called to order at 12:58 p.m. by President Anne Rudolph—Cookie Hoselton read the minutes of the March 18, 2015 meeting. There being no additions or corrections, Charlene moved the minutes be accepted as read, Vicky seconded, motion carried.—Vicky Mozgai read the Treasurers Report. Cookie moved the Treasurers Report be accepted as read, Charlene seconded, motion carried.

Unfinished Business: Memory Board - Dan Dvojack (survey results).

Anne passed out the results of the survey concerning the Memory Board. The results showed the Seniors were in favor of a Memory Board for those who had passed away. Charlene moved that we purchase a Memory Board and it should recognize ones from the inception of the Senior Center, the individuals or relatives will help pay for the name to be on the board if they want it there and if it is a financial hardship, the Seniors will help pay the additional cost. The names should be of those who attended the Senior Center for one or more years. The Board will be hung in the Conference Room. Vicky seconded the motion, it carried.—Allison Ranchettes gave us cookies, and Southwest Ag gave us a check for \$3,000. A thank you note has been sent to Southwest Ag by Vicky, Cookie will send a thank you to Allison Ranchettes.—Thank you notes were received from Blue Star Mothers and LaPlata County Jail. Grants: BP - Kathy will check into the BP grant since Dave is no longer working there. Sky Ute - The COA applied for the Sky Ute grant, so Charlene moved, Kathy -seconded that we apply for the grant every other year. Passed. -LPEA - Kathy moved, Cookie seconded that we apply for the LPEA grant. Passed. Kathy will fill out the request.

New Business:

Pine River Seniors - Monies in Accounts (survey results). The majority of the Seniors want to have free transportation provided for trips for our Adventures in Dining. This survey was taken before we found out that we can no longer rent a van. Some had said to save the monies to purchase a van to take us for the Adventures in Dining and for use in other things. We will now ask the Seniors if they want to purchase a van with the monies and possible grants. We decided to table this until the July meeting and the results are in.—Summer BBQ - The BBQ will be held Tuesday, June 2nd. Carole made a motion, Charlene seconded that the Seniors purchase the meat, buns, & drinks. Motion carried. Charlene and Kathy will make sign up sheets for side dishes. There was also a survey on where everyone would like to go for Adventures in Dining. Since everyone will have to car pool, it was discussed that on the trips to Bar D and the Color Tour in the fall, that Scott would look into using LaPlata County Seniors van. Those and the rest of the trips will be posted so we can sign up for the trips.

Parks and Rec - Scott

Scott wanted to know how the computers were running since being worked on.
No one seemed to know so we will check with Maxine. We are assuming they are running well.

Town of Bayfield - Chris

Chris said there is to be a new water treatment center. Also, there will be construction on the bridges starting in the fall. In November they will have a sales tax on the ballot.—Charlene suggested that we replace Dory Durkan on the Board and that it be put on the July agenda. Dory is now in Four Corners.

With no further business to be brought before the board, Charlene moved the meeting be adjourned. Kathy seconded, motion carried. Meeting adjourned 2 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

Senior Spotlight

Senior Center Member Jo Lyall



Hello my name is Nettie Jo Lyall, but I go by Jo. I was born in Alabama and I lived in Billingsley, Alabama. During grades 1 through 4, I rode a bus 20 miles round trip to school, and in grades 5 through 12 I rode 2 miles round trip to the school where I graduated from high school. I have one sister who continues to live in Billingsley, Alabama. I traveled a lot with my sister and brother-in-law to Oregon, Wyoming, Texas, Tennessee, Nebraska & New Mexico. In my early life I picked cotton to earn money, and worked as a waitress in a truck stop as well as a

waitress in a café in Aztec, New Mexico. I met my first husband in Aztec and have two sons. We moved to Pagosa Springs, Colorado and then to California, where I worked in medical records at a hospital. We moved back to Bayfield and I went to work in Durango in medical records at Mercy Hospital. My first husband & I divorced in 1977. I met my second husband here and we married in 1981. One of my memories is that we rode a motorcycle to California on a trip. My husband worked as a heavy equipment mechanic and a boss for crushing gravel which let us to go to Albuquerque, Chama and Bloomfield, New Mexico then to Kanab, Utah. We lived in Henderson, Nevada, North Las Vegas Nevada, Farmington, New Mexico and to Bayfield. My husband eventually went back to work in Durango as a mechanic. Sadly, he died from pancreatic cancer in January 2000. I began attending the senior meals at the church and have continued to them ever since. One of the things that I enjoy most is trips to see different places.