

**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!

March 2015

Volume 7, Issue 3



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



March Birthdays

<i>Alice Clagett</i>	<i>3/11</i>
<i>Phyllis Ludwig</i>	<i>3/11</i>
<i>Margie Krueger</i>	<i>3/21</i>
<i>Candy Gerber</i>	<i>3/21</i>
<i>Sylvia Veach</i>	<i>3/28</i>



Happy Anniversary!

Kathy & Bob Worley March 18, 1978



Senior Center News, Activities & Entertainment

Adventures in Dining - Thursday, March 19 Please join us for lots of fun at **Options** 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, March 13 - 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, March 6 & March 20 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, March 13 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, March 17 - 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, March 3 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, March 27 - 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, March 3 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

St. Patrick Day - Please join us in having fun with the luck of the Irish on **Wednesday, March 18** & please wear your green.

Veterans' Services - Friday, March 27 - 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



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



Taco Soup

Scott Key

- | | | |
|---|------------------------|--|
| 1 lb. ground beef | Chopped onion to taste | 3 cups water |
| 2 cans (16 oz. each) stewed tomatoes, cut up, undrained | | 1 can (16 oz.) kidney beans, undrained |
| 1 can (16 oz.) pinto beans, undrained | | 2 cans (8 oz.) tomato sauce |
| 1 pkg. taco seasoning mix | | |

Brown meat and onions, drain off grease. Add water, tomatoes, kidney and pinto beans, tomato sauce, and seasoning mix. Simmer covered 20 minutes or cook in a crock pot all day. Serve with Fritos, sour cream, avocado and fresh cilantro.

Applesauce Cookies

Grandma Fender/Scott Key

- | | | |
|--------------------------------------|--------------------|------------------|
| 1 cup unsweetened applesauce, warmed | 1 tsp. baking soda | 1 cup sugar |
| 3/4 cup shortening | 1 tsp. salt | 1 tsp. cloves |
| 1 tsp. cinnamon | 1 tsp. allspice | 2-1/2 cups flour |
| 1/2 cup raisins | 1 cup peanuts | |

Stir soda, sugar and shortening into warmed applesauce. Sift together spices and flour. Add raisins and peanuts, then add flour mixture into applesauce mixture. Drop by teaspoon onto greased cookie sheet. Bake at 350 degrees for 10 minutes.

Uplifting Quote for the Month

“The most important thing is to enjoy your life—to be happy—it's all that matters.”

— [Audrey Hepburn](#)



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

Energy - is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.

Oprah Winfrey, Entertainer, Philanthropist, Producer & Publisher

Reporting fraud - Information Provided by La Plata County

If you think a charge is incorrect and you know the provider, you may want to call their office to ask about it. The person you speak to may help you better understand the services or supplies you got. Or, your provider may realize a billing error was made. If you've contacted the provider and you suspect that Medicare is being charged for a service or supply you didn't get, or you don't know the provider on the claim, call 1-800-MEDICARE. 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. These include the "[Medicare Summary Notice](#)" (MSN) if you have Original Medicare, or similar statements that list the services you got or prescriptions you filled. **Have this information before you report fraud:** The provider's name and any identifying number you may have The service or item you're questioning The date the service or item was supposedly given or delivered The payment amount approved and paid by Medicare The date on your MSN Your name and Medicare number The reason you think Medicare shouldn't have paid Any other information you have showing why Medicare shouldn't have paid for a service or item.

Fighting fraud can pay up to \$1,000 You may be eligible for a reward of up to \$1,000 if all of these 5 conditions are met: You report your suspected Medicare fraud. The allegation must be specific, not general. The suspected Medicare fraud you report must be confirmed as potential fraud by the Program Safeguard Contractor, the Zone Program Integrity Contractor, or the Medicare Drug Integrity Contractor (the Medicare contractors responsible for investigating potential fraud and abuse) and formally referred as part of a case by one of the contractors to the Office of Inspector General for further investigation. You aren't an "excluded individual." **Example** - For example, you didn't participate in the fraud offense being reported. Or, there isn't another reward that you qualify for under another government program. The person or organization you're reporting isn't already under investigation by law enforcement. Your report leads directly to the recovery of at least \$100 of Medicare money. The incentive reward can't exceed 10% of the overpayments recovered in the case or \$1,000, whichever is less. If multiple individuals qualify for a reward, the reward is shared among them. If you want to know more about the Incentive Reward Program, call 1-800-MEDICARE.

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Low Income Assistance Programs

for Help with Medicare Costs

Medicare is a federal insurance program for older adults and people with disabilities; enroll through Social Security. Help with Medicare-related costs is available through the following programs: —1. Extra Help /Low Income Subsidy – Help with Part D prescription drug —plan premiums, deductibles, and copays; if eligible for Medicaid, Extra —Help will be automatic. Otherwise, apply through Social Security at —www.ssa.gov; SHIPs also offer application assistance

(1). Income Assets -Single \$1,459 \$13,440—Married \$1,966 \$26,860 —2. Manufacturer’s Assistance with Medication Costs – Information on manufacturer’s cost breaks on some prescriptions, depending on income and insurance. Medicare’s website offers program information organized

by drug name(2). —3. Medicaid – State-administered program for certain lower income individuals; enroll through county human services . Application help available through Application Assistance Sites, ARCH programs , and online in some counties through PEAK . May provide Medicare premium assistance and/or help with Medicare copays and deductibles. Note: Assets don’t include home or car.

a. Medicare Saving Programs Income

Assets

QI Individual \$1,333 \$8,660	Pays Part B premium Couple \$1,790 \$13,750
SLMB Individual \$1,187 \$8,660	Pays Part B premium Couple \$1,593 \$13,750
QMB Pays Part B premium, Individual \$993 \$8,660	copays, deductibles Couple \$1,331 \$13,750

b. Full Medicaid

May pay for some items that Medicare won’t cover; income may be higher if employment-based. Note: Assets don’t include home or car.

Income	Assets
Individual \$ 721	\$2,000
Couple \$1,082	\$3,000

c. Long Term Care Medicaid - Pays for home-based care (HCBS) or nursing facility care; must need assistance with daily functioning; income limit much higher than Full Medicaid; special income/asset protections for spouses. “Single Entry Point” agencies and “Community Centered Boards” help assess levels of care needed.(6)

4. Additional assistance – Benefits Check Up is an online screening tool that can check eligibility for assistance with food, utility bills, and other needs.(7)

Footnote Detail

(1) SHIP – Call 1-888-7213 for nearest SHIP site to assist with Extra Help, Medicare issues (including Part D), and general information about Medicaid. Also see www.dora.colorado.gov/insurance - click on Medicare/Senior Health. (2) Drug manufacturer assistance programs www.medicare.gov/pharmaceutical-assistance-program/Index.aspx www.RxAssist.org www.needymeds.org (3) County Human Services sites and local agency Application Assistance sites -

www.colorado.gov/apps/maps/hcpf.map (4) Adult Resources for Care and Help (ARCH) programs for application assistance and long term care services and supports -<http://www.colorado.gov/cs/Satellite/CDHS-VetDis/CBON/1251649143986> (5) PEAK online application site for Medicaid and SNAP – www.colorado.gov/PEAK (6) Single Entry Point agencies <http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1251644523709> and Community Centered Boards— <http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1251644523729> (7) Comprehensive On-line Benefits Screening Tool – www.benefitscheckup.org or call Centura Health at 720-321-8850 (Toll Free 1-866-550-2752). **Call toll-free 1-888-696-7213** to talk to a local SHIP counselor who can direct you to your

source for guidance with Medicaid and other benefits. The Colorado State Health Insurance Assistance Program (SHIP) publishes this document as a service to Colorado consumers and professionals. The Colorado Division of Insurance SHIP is funded through a grant from the Centers for Medicare and Medicaid Services and offers free, confidential counseling, and assistance to people with Medicare

Pine River Senior Citizens Board Meeting Minutes

January 14, 2015

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton **Board members:** Phyllis Ludwig, Naomi (Dory) Durkan
Town of Bayfield Attendees: Scott Key, Brenda Jones **Town Manager:** Chris LA May **Guests:** Kay Phelps, Dan Dvojack Sheila Casey
(La Plata County Senior Services), Lezlie Mayer (Director of Human Services)

The Meeting was called to order at 11:02 a.m. by President Anne Rudolph

County Budget: Guests Sheila Casey and Lezlie Mayer discussed the County Budget and asked for questions. There was some discussion.

Other Issues: President Anne said there had been some questions about what part of the building we are allowed to use. In question was the kitchen, the dry storage, and the area immediately outside the dry storage including the ice machine. Lezlie did not know what area we were referring to as far as the dry storage area and the area outside the dry storage, so Phyllis took her to look at it. After they returned Lezlie said that there is no interference on our part as far as the dry storage, the ice machine, and the metal shelves that the Town uses for supplies. We can continue to keep some items of ours (the Seniors) in the dry storage room. Should the County ever need more room for their items, we would have to give up that room. Also, both Sheila and Lezlie stated that we are NEVER to use the kitchen for any reason. This is due to Federal and State guidelines for food preparation. We asked about our annual fund raiser Bazaar, but was told we could not use any part of the kitchen. We will discuss what we will do about the Bazaar at our next meeting.

Anne thanked them for coming.

Approval of Minutes (November 12, 2014)

Cookie read the minutes. Phyllis moved the minutes be approved as read, Carole seconded, motion carried. **Treasurer's Report** Vicky read the treasurer's report. Cookie made a motion to approve the report, Phyllis seconded, motion passed.

Unfinished/Ongoing Business

"Memory Board" - Dan Dvojack said he would like to see the board to honor those who had attended the Senior Center and who had passed on. There was some discussion and Anne asked Dan if he would get a cost for the board to be hung, and also the nameplates. He will report back at the March meeting. "Pavers" - Cookie reported she had checked into the cost of this and even small ones start at about \$40.00. These would be placed outside. There was more discussion and it was decided to table all of this until the March meeting when Dan has his figures.

New Business

Anne said that Dave Smith from BP had sent a grant form to fill out and send back. Anne will do that.

Parks and Rec - Scott—Nothing to bring up.

Kay Phelps asked Scott if there was any way the overflow parking lot could be plowed better. It is a real mess today and dangerous. Scott said that what they use to plow the snow is small and also there is a problem of tearing up the asphalt if they try to plow too close to the ground.

Town of Bayfield - Chris

Chris said there will be a 'Downtown Assessment' in March and our Board was invited to attend. He will inform us of the date. Phyllis asked Chris if he would check into all the issues involving adding onto our building. He will check into it.

Senior Center Coordinator - Brenda

Nothing to report. She was asked if people are checking with her before putting items on the counter. She said it was much better, but there were still some who didn't ask.

With no further business to be brought before the Board, Phyllis moved the meeting be adjourned, Vicky seconded. Motion carried.

Meeting adjourned at 12:14 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

Senior Spotlight



Senior Center Member Vern & Margret Crawley

I'm **Vernon Crawley** I arrived in this world very early in the morning, around 5:00 a.m. on September 10, 1928. I was born in the upstairs apartment of a house my mothers' uncle & aunt owned on the corner of 9th Street and 4th Avenue in Durango. This was the depression era and when my Dad lost his job at the lumber yard we moved to a farm in the Three Springs area in 1932. We lived in a log house due West of the hospital & I roamed around by myself in the foothills there. Don't think kids nowadays do such things! I found all kinds of things in a little cabin back in the hills. I don't know what my mom did with them.

We didn't have a well so we had to haul our water from a spring down by Highway 160. We had an old horse and mom would saddle him and hang a five gallon milk can from the saddle horn and that's how we got our water. We didn't take many baths in those days. We later moved to another farm over on what is now County Road 228, & that's where I began my schooling, in a school called Hood or Pinon Grove. The school was one big room with all eight grades and one teacher, sometimes we had 10 or 12 students. I attended high school in Durango, and thought I was in a madhouse, all those kids running around. In 1947 I joined the National Guard unit in Durango, we traveled to Fort Carson every June for two weeks. We fired all kinds of weapons, fifty caliber machine guns, 4.2 inch mortars and of course rifles & pistols and drove tanks. I will jump ahead to my career, I started working for Frontier Airlines on December 23, 1950 working six days a week and I could hardly wait for my day off to end so I could go back to work. I made a whopping big \$175.00 a month. In 1958, I traded places with another Durango native & transferred to Phoenix. Most of my 35 year career was spent in Phoenix, but I have also worked in Farmington, Dickinson, and North Dakota. Spent one winter there, the 37 degree below zero was too cold for me. (I also worked in Lemon S. Oak) Probably the best six years of my career was when I worked in Phoenix in the winter & West Yellowstone for four months in the summer. I have four children 3, girls and 1 son. The oldest girl was born in Dickinson & now lives in Scottsdale, the 2nd was born in Scottsdale & lives in Pennsylvania. My son was born in Scottsdale, at 25 he enlisted in the Air Force, retired at 45 and is now working as a civilian at the same base. My youngest girl works for a jewelry making place, by the way a little grandma down the street & I delivered her quite the experience.! My son's three boys are in the Air Force, I guess airlines runs in the family. The oldest graduated with straight A's from college, has soloed and is flying a 5 million dollar jet. Don't know as of yet on what the other two will be doing. As to traveling, I have done quite a lot. Working for an airline gives quite a lot of benefits. I have been in every state in the Western U.S. except for Kansas; have also been in Missouri and Georgia. Margaret & I have been to Hawaii, Alaska, Victoria Canada, also on a 17 day tour to the British Isles. We had dinner one night in a castle, went through a cathedral that had a stained glass window bigger than a tennis court; saw Sherwood Forest, Big Ben, Westminster Abbey and I celebrated my 68th Birthday in Dublin Ireland. I have flown from Los Angeles over the North Pole, landed in Greenland & then to Copenhagen, Denmark. I have also deep sea fished in the sea of Cortez. I'm also a chartered lifetime member of 56 years of the Scottsdale, Arizona Elks Lodge. I also have six other grandchildren my oldest daughter has one daughter that is a Physical Therapy Teacher. My middle daughter has none, and my youngest daughter has five, one boy and 4 girls so far they don't have careers. Don't know for sure what they do, one works at a grocery store. I have a total of nine grandchildren.

Margaret Crawley

I'm Margaret Crawley, I was born August 4, 1944 in St Louis, Missouri. I was the first of twin girls, my sister Elizabeth came along 5 minutes later. We have an older brother Jim, younger sisters Mary Jean, Cathy and youngest brother John. We went to Catholic grade school through the 6th grade when we moved to Gilbert, Arizona in 1956, then moved to Scottsdale in 1959 and graduated from Scottsdale High in 1962. I attended ASU in 62-63, Phoenix College 63 – 64 and back to ASU 64 – 65. My major was Education with a minor in English. I married Richard Odell in 1965 and never graduated from college. While in high school we worked as soda jerks at Brown's Drug Store. In college I worked summers at a title company and during winter break gift wrapping at J.C. Penney's to pay for tuition and books. I was employed at Motorola Semiconductor in Phoenix when I married and worked for 1 year before taking a leave to have my 3 sons. Richard Thomas was born in September 1966, Daniel Lawrence in September 1967, and Randall Patrick in September 1969. Rich married Maryann in 1987 and has 3 children Lorenzo, Ethan and Amberly. Daniel has remained single and Randy married Mary & has 2 children Cassandra and Damien. Ethan & his wife Melissa have given me my only great granddaughter Phoebe Ann. After Randy was 2 years old I returned to Motorola for 6 years. I then quit to be a stay at home mom and babysat and was on the board of Little League Baseball and managed their snacks shack for 3 years. I then took a part time job at the swap meet Park N Swap and began a house cleaning business which I continued for 5 years before moving to Durango in January of 1986. Vern & I began our relationship in September of 1984 in Phoenix. When his dad died in 1985 he retired and moved back to the family ranch. I followed 3 months later and we were married in 1992. We have enjoyed pigeon racing, bowling, travel, volunteering, doing crossword and jigsaw puzzles, gardening and dominoes. Since moving to Durango I've worked in housekeeping at the Strater Hotel for 8 years; 4 as executive housekeeper and the B.W. Rio Grande 7 1/2 years as assistant housekeeper. After a brief retirement I took a part time job at King Center Laundry for 5 years and plan to stay retired at this time.