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!

May 2015 | Volume 7, Issue 5

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

May Birthdays

Dallas Phillips 5/20
Cowboy Bruce Wongstrom 5/21
Marjorie Forsythe 5/23

Happy Anniversary!

Carol & Glen Deason *May 7, 1977*
Margaret & Vernon Crawley *May 6, 1992*

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?

Senior Center News, Activities & Entertainment

Adventures in Dining - Thursday, May 21 - Please join us for lots of fun at Red Lobster in **Farmington.** We will meet at the Senior Center and leave at 3:30 and eat at **5:00 pm.**

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, May 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, May 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, May 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!

Cinco de Mayo - Wednesday May 6 - Please join us for celebration of Cinco de Mayo.

Community Quilt Group - Tuesday, May 5 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

Memorial Day Celebration - Friday, May 22 Please join us in remembering our military men and women.

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, May 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 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, May 5 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, May 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!

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

Asian Carrot Slaw

Tracy Reuther

Ingredients:

3/4lb carrots, peeled and shaved with a vegetable peeler

2T rice vinegar

1T sesame seeds, toasted if desired

Coarse salt and ground pepper

4 scallions, thinly sliced

1T vegetable oil

1/2t lime zest, plus 1T fresh lime juice

Directions:

In a bowl, combine carrots, scallions, vinegar oil, sesame seeds, and lime zest and juice. Season with salt and pepper, and toss to combine.

Lighter Pulled Pork Sandwiches

Ingredients:

1 can (15oz) crushed tomatoes in puree

2 garlic cloves, finely chopped

Coarse salt and ground pepper

1/4c light mayonnaise

1/4t celery seed

4 whole-wheat rolls, split

1T brown sugar

1T spicy brown mustard

1 pork tenderloin (about 1lb), cut into 4 pieces

1Tablespoon plus 1teaspoon cider vinegar

¼ head small green cabbage shredded

Directions:

In medium saucepan, stir together tomatoes, sugar, garlic, mustard, and 1/2c water; season with salt and pepper. Bring to a boil; add pork, and simmer, covered, until tender, 18-20 minutes. Transfer pork to a plate to cool. Simmer sauce over medium, uncovered, until reduced by half, about 20 minutes. Meanwhile, make slaw: In a bowl, whisk together mayonnaise, 1T vinegar, celery seed, and 1T water; season with salt and pepper. Add cabbage, and toss to coat. Shred pork with two forks, and return to sauce; stir in 1t vinegar. Serve pork on rolls, topped with slaw.

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

Achievement—The roots of true achievement lie in the will to become the best that you can become.

Harold Taylor, College President, Education Philosopher & Social Activist

JOIN THE FIGHT AGAINST MEDICARE FRAUD

Medicare fraud affects everyone. You can team up with Medicare to help.
Our Senior Medicare Patrol volunteers are teaching people like you how to spot, report, and stop fraud, and protect themselves from identity theft.
Here are some things you can do:

- Guard your Medicare and Social Security Numbers. **Treat them like you would treat your credit cards**.
- Hang up the phone if someone calls and asks for your Medicare number, Social Security Number, or bank or credit card information. We will **NEVER** call and ask for this information, and we will **NEVER** call you or come to your home uninvited to sell Medicare products.
- Be suspicious of anyone who offers you free medical equipment or services and then requests your Medicare number. **It's illegal, and it's not worth it!**
- Do not let anyone borrow or pay you to use your Medicare ID card or your identity.
- Check your Medicare claims for errors. Look at your Medicare Summary Notice (MSN) or statements from your Medicare plan. You can also check MyMedicare.gov,or call 1-800-MEDICARE (1-800-633-4227) as soon as your claims have been processed. The sooner you see and report errors, the sooner we can stop fraud. TTY users should call 1-877-486-2048.
- Call 1-800-MEDICARE to report any suspected fraud.

Learn more about spotting and reporting fraud, and get tips on protecting yourself from identity theft.
Information from Medicare.gov website!

Information Provided by La Plata County

MEDICARE HELPS YOU WITH BETTER NUTRITION

The saying may go "an apple a day keeps the doctor away," but that's not the whole truth. While apples are healthy and delicious, there are many other important factors in having a nutritious diet.

69% of U.S. adults are considered overweight or obese. An unhealthy body weight puts you at a greater risk for many diseases like type 2 diabetes, heart disease, and some types of cancer. However, a healthy diet and exercise can help you lower these risks and better your overall health. Not sure how to get started? Medicare can help.

Medicare covers 15-minute face-to-face individual behavioral therapy sessions and 30-minute face-to-face group behavioral counseling sessions to help you lose weight if you have a body mass index (BMI) of 30 or more. Find out if you qualify for this service.

The Million Hearts® Healthy Eating & Lifestyle Resource Center can be a good resource in getting or maintaining a healthy diet. Million Hearts is a national initiative to prevent 1 million heart attacks and strokes by 2017. The resource center was developed in partnership with *EatingWell* magazine and features calorie-controlled, heart-healthy recipes for you and your family.

Planning and understanding your diet can help you stay on track. The SuperTracker onChooseMyPlate.gov can help you plan, analyze, and track your diet and physical activity. Start off National Nutrition Month right by having a nutritious diet and becoming a healthier you. Information from Medicare.gov website

5 WAYS TO BECOME AN INFORMED MEDICARE CONSUMER

Each day, you make important choices about your finances, health, privacy, and more. This month, non-profit organizations and government agencies focus on helping you take advantage of your rights and make better-informed choices. Medicare has 5 things you can do to help you become an informed Medicare consumer:

1. Know your rights. As a person with Medicare, you have certain rights and protections designed to help protect you and make sure you get the health care services the law says you can get. 2. Protect your identity. Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Keep the following personal information safe:

   Your name Your Social Security Number (SSN)
   Your Medicare number (or your membership card if you're in a Medicare Advantage or other Medicare health plan)
   Your credit card and bank account numbers

Get more information on how to protect yourself from identity theft.

3. Help fight Medicare fraud. Medicare fraud takes money from the Medicare program each year, which means higher health care costs for you. Learn how to report fraud.

4. Get involved with other seniors with the Senior Medicare Patrol (SMP). The SMP educates and empowers people with Medicare to take an active role in detecting and preventing health care fraud and abuse.

5. Make informed Medicare choices. Each year during the fall Open Enrollment Period (October 15–December 7), review your plan to make sure it's going to meet your needs for the following year. If you're not satisfied with your current plan, you can switch during the Open Enrollment Period.

Visit NCPW to learn more about the campaign, see which agencies and organizations are able to help you, and to find out if there are any NCPW activities happening in your area.

Also, check out our videos for tips on preventing Medicare fraud and see how seniors are learning tostop, spot, and report fraud.

Information from Medicare.gov website

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

Special Nutrient Needs of Older Adults

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D. **Vitamin B12**—Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a **registered dietitian nutritionist** if you need a vitamin B12 supplement. **Fiber**—Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide fiber. **Potassium**—Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt. **Know Your Fats**—Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Reviewed February 2015 —Kidney Disease: High- and Low-Potassium Foods

Just like sodium, potassium must stay balanced in your body. If your kidneys are not working well, potassium levels in your blood can rise. High potassium levels affect your heart rhythm, so your diet for managing kidney disease may include a potassium limit. Your doctor or registered dietitian nutritionist will let you know if you need to avoid foods high in potassium, and your RDN can explain how to stay within your limit. Potassium is found in many fruits and vegetables, beans, nuts and dairy foods.

High-Potassium Foods

Apricots	Artichokes	Avocados	Bananas	Beets
Brussels SproutsChard	Dates	Greens (beet, collard)		Cantaloupe
Nectarines	Okra	Oranges/orange juice		Parsnips
Potatoes	Prunes/prune juice	Pumpkin		Sweet Potatoes
Spinach	Tomatoes/tomato juice	Vegetable Juice		

Low-Potassium Foods

Apples/Apple Juice	Applesauce	Blackberries	Blueberries	Cabbage
Carrots (1/2 Cup)	Cauliflower	Corn	Cranberries/cranberry juice	
Cocktail	Cucumber	Eggplant	Fruit Cocktail	Grapes/grape juice
Green beans	Lemon	Lettuce (1 cup)	Lime	Mushrooms (fresh/white)
Onions (fresh)	Peaches(canned)	Pear (canned)	Pineapple	Plums
Radishes	Raspberries	Strawberries	Tangerines	Water chestnuts
Watermelon (1 cup)				

(Information provided by La Plata County Senior Services)

Pine River Senior Citizens Board Meeting Minutes

March 18, 2015

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton -**Board Members:** Phyllis Ludwig, Naomi (Dory) Durkan -**Town of Bayfield Attendees:** Scott Key, Becky Eisenbraun, Brenda Jones -**Town Manager:** Chris LaMay -**Town Board Member:** Ed Morlan -**Guests:** Maxine Dvojack, Dan Dvojack, Faye Gooden

The Meeting was called to order at 12:59 p.m. by President Anne Rudolph

Faye Gooden, President of Council On Aging spoke about a scholarship program they had started. There is $1,000 designated for this program and it would help seniors who could not afford some of the things offered by the Senior Centers. (Exercise class, computer class, etc.) It was suggested that we at our Center discuss if there may be a need and where that need would be. We would then let Faye know and could proceed with plans to use the scholarship monies. Faye also said to let the Council On Aging know if there is anything we seniors might need, that they may be able to help us purchase the item.

Reading and Approval of January 14, 2015 minutes

Cookie Hoselton read the minutes. There being no corrections or additions, Phyllis Ludwig moved, Vicky Mozgai seconded that the minutes be approved. Motion carried.

Treasurer's Report

Vicky Mozgai gave the Treasurer's Report. It was moved by Cookie Hoselton, seconded by Phyllis Ludwig to accept the Treasurer's Report as read. Motion carried. Vicky also said that Southwest Ag had donated a check to us in the amount of $3,000. That donation was not included in the report. Vicky sent a thank you to them for the money.

Unfinished /Ongoing Business

Memory Board (cost, availability, etc.) - Dan Dvojack

Dan reported that a Memory Board can be purchased for $180. Then it is $10 per name to be added onto the board. There is room for 24 names with the ability to purchase more board that hangs onto the original one and then there would be room to add more names. Anne said she has had some negative comments and some questions. After discussion, it was moved by Carole, seconded by Cookie to survey the seniors and get their input. Motion passed.

New Business

Discussion on Enclosing Porch/Expanding Building

Senior Center Monies in Town Budget

Chris said that he had discussed it with some others and the Town just felt like there is not a need at this time to add onto our building. If at some future time we outgrow our facility, it would be possible to add on. Many felt we need another pool table, but there is no place to put it without adding onto the building. It was asked if we needed to replace the felt on the table. Scott said there is money already in the budget to do that, but it probably will not need to be done until at least fall.

Parks and Rec - Scott — The 'Spring Fling' will be held April 4th.

Town of Bayfield - Chris

Downtown Assessment - Chris said the consultants were here to figure concepts and ideas on the Bayfield business climate. They then presented their suggestions. Anne attended on behalf of the Seniors and said there had been some good ideas that came from their assessment. Chris said some ideas may be able to be implemented soon, but some would be long term goals.

Senior Center Coordinator - Brenda

Brenda asked if we want to keep the 'Walking to New Heights' program this summer. Last summer there was only 1 person to take advantage of it and it just wasn't worth it if there were no more participants. Scott suggested that we survey the Seniors and ask what they would like to see as far as programs for the Center. — Dory said that there was very little participation in the Bingo on Fridays anymore. —Whether we keep the Bingo will be decided after we offer the survey.

Maxine asked if the computers needed upgraded or cleaned. They run terribly slow.

Scott will look at the computers.

Chris said that the Airport Director was coming to a meeting at Town Hall tonight at 6:00 p.m. if any one was interested in attending.

Phyllis said that one of the County Commissioners comes to the Bayfield Library every 1st Thursday of the month at 10:00 a.m. to listen to the concerns of the citizens. She suggested if you have a concern, then is the time to voice it.

With no further business to be brought before the Board, Phyllis moved the meeting adjourn, Dory seconded, motion carried. Meeting was adjourned at 1:50 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

9HealthFair

OWN YOUR HEALTH

Endorsed by the Colorado Medical Society, the Colorado Nurses Association, and the Colorado Hospital Association.

Saturday

05/02/15

7:00AM-11:30AM

Bayfield Elementary School
511 E. Mustang Drive
Bayfield, CO 81122

For more information, call 970-759-3711

Based on the most current research findings, the 9Health Fair Medical Advisory Committee has determined that fasting is not required (optional) for blood screenings.

People with diabetes should not fast • Check with your medical provider for specific recommendations
Drink plenty of water & continue to take prescription medications • Must be 18 years or older to participate

Quest Diagnostics

For more information:
303-698-4455 or 1-800-332-3078
www.9HealthFair.org

KING Soopers

Please bring your used eyeglasses to share the gift of sight.

Senior Spotlight

Senior Center Member Joyce & George Knoll

I, Joyce was born in November 26, 1933 in an ice storm in Osborn, Kansas. My mother was living with her parents at the time and shortly afterwards married a man named Dale who became my stepfather. Dale was a mean man and would beat me and my siblings. My uncle Charley gave him a good beating when I was 18 months old, for breaking a little bowl from a box of oatmeal. The abuse continued until I reached the age of 13 years old. My Aunt Luella's sister Maxine came to visit during Christmas break and she asked if I could go home with her for a few days. My mother said yes but Dale said no. I told him he wasn't my dad and my mother said I could go. In return, Dale started to beat me with a tree limb until Maxine called the police. He didn't get arrested but he went to court. Dale told the judge that I pushed him off the 4" high porch but the judge was a smart man and called Dale a liar. After that, I was sent to a foster home and cared for by Papa and Mom Ingram, who were great parents. Papa was a farmer and mom ran a nursing home and foster home. There was 6 children total in the foster home including George and his sisters. This is where George and I first meet. George was born on October 6, 1932. His mother died when George was 3 years old leaving 9 children. His father worked hard trying to make a living and take care of the family but was unable to do so, so George and his sisters ended up in the Ingram foster home. George lived with several different families but was never adopted. He graduated 8th grade 2nd highest in academics in his school. After he graduated from 8th grade he was living with a family that made a living off of farming. They refused for George to continue his education by going to high school but Mom Ingram didn't agree with this family and insisted that George would go to high school so he return to the Ingram foster home. George graduated from high school in 1950 and I graduated in 1952. George worked for a neighbor on his farm to save money for college. He attended Fort Hays State University and got his master degree in 1955 of Botany. I joined the Navy and became a core nurse and worked at the Great Lakes Navel Base in the nursery. George and I got married July 24, 1955. George worked for the Soil Conservation Service (SCS) and then in 1957 he began work with the Bureau of Indian Affairs. Later he worked on the Pine Ridge Indian Reservation in South Dakota for 2 years. Then in 1959 we moved to Durango and lived on the Florida Mesa, where George worked on the Ute Reservation. We lived here for 8 years, then moved to Albuquerque, New Mexico for 9 years before George was transferred to Phoenix, Arizona in 1976 for 8 years. George retired in June 1984 and we moved about 4 miles east of Ignacio. We were blessed with 8 children - 4 boys and 4 girls. We lost our 4 boys but girls are all healthy and doing well. Karen, Ann, and Kristen live in Phoenix, Arizona and Susan lives in Ignacio. We have a total of 21 grandkids and great grandkids.