

**Pine River Senior
Center Phone
Numbers**

Front Desk, Lunch Reservations/
Cancellations **884-5415**
**Please call before 9:00 a.m.
to reserve or cancel a meal**

Scott Key, Director of Parks and
Rec **884-9544**[ext 108]

Becky Eisenbraun, Activities &
Programs **884-9544**[ext 109]

Brenda Jones, Senior Center
Coordinator **884-5415**

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

Carol Melcher, Meals on Wheels &
Cancellations **382-6435**

Sheila Casey, Countywide Senior
Services Director **382-6442**

Nancy Heirtzler, Home Chore
382-6429

LaPlata County Transportation
759-6309

Lori Yenser, Dietician **769-4054**

Greta Kirker, Activities in
Durango **382-6428**

Pine River Senior Center Newsletter

PO Box 80, 111 W South St., Bayfield, CO 81122

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

Check out the PRSC on Facebook, too!

May 2016

Volume 8, 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

Anne Schrier 5/27



2015 Volunteer of the
Year!

Anne Rudolph

& Meal on Wheels
Drivers Jim & Ellen
Frahm

Who will it be for
2016?



Happy Anniversary!

Margaret & Vern Crawley May 6, 1992



Senior Center News, Activities & Entertainment

New Program! Arts & Crafts—Tuesday, May 10— 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, May 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.

Birthday Celebration - Friday, May 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, May 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!

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.

Cinco de Mayo - Please join us on **Wednesday, May 4** the celebrate Cinco de Mayo.

Community Quilt Group - Tuesday, May 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.

Domino Tournament - Tuesday, May 24 - Please join in the tournament of Mexican Train Dominos from **9:00 am till 3:00 pm**, there will be scorekeepers and door prizes.

Senior Center News, Activities & Entertainment

Health Checks—Friday, May 13— 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 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.

Memorial Day Celebration - Please join us in on **Friday, May 27** in celebrating Memorial Day. Wear red, white & Blue.

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, May 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 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, May 3 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Summer BBQ - Tuesday, May 17 - Please join us to kick off the summer right with our annual bbq. Meat will be provided please bring a side dish or dessert to share.

Veterans' Services - Friday, May 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

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



Mint Ice Cream Dessert Barb Elliott

2 cups crushed vanilla wafers
1/2 stick butter, melted
1/2 gal. peppermint bon-bon ice cream*

1/2 cup chopped nuts (optional)
16 oz. hot fudge topping

Mix wafers, nuts and butter. Pat in 9" x 13" pan. Cover with hot fudge topping. Soften ice cream. Carefully lay ice cream on top of fudge topping and spread together. Top with additional crushed vanilla wafers. Place in freezer until ice cream is hard. *Any flavor of ice cream can be used (strawberry, peppermint stick, coffee flavored, pecan praline, etc.)

Seafood In Cheese Sauce Jean Elliott

Seafood:	1 lb. cooked shrimp	1 lb. crab meat or imitation crab flakes
1/2 cup butter	1/2 cup flour	4 cups milk
1 tsp. salt	6 mushrooms or 1 can	1 tbsp. celery (approx.)
1-1/2 tsp. chopped green pepper		1/2 cup chopped green onions
1/2 cup chopped black olives		1-1/2 tsp. chopped pimentos
4 cups grated sharp cheddar cheese		
Rice:		
1-1/2 cup rice		3 cups water

Melt butter and stir in flour. Add milk and stir until smooth. Return to heat and cook until smooth and thickened. Add salt, vegetables and seasonings. Stir in seafood and 3 cups of cheese. Cook over very low heat to melt cheese. Put in shallow casserole dish and top with remaining cheese. Bake at 350 degrees for 25 – 30 minutes. Cook rice. Serve seafood mixture over rice. Serves 14.

Uplifting Quote for the Month

Dale Carnegie

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.



Nutrition

Eat Right for Cancer

Prevention



Chances are your life has been touched by cancer — whether you, a parent, friend or even a child has been diagnosed. While cancer can leave us feeling helpless there are measures you can take to help reduce your risk. Your diet is one of the most important factors under your control. Last year, it was estimated that over half a million Americans would lose their lives to cancer, and more than 1.6 million men and women would be diagnosed with this devastating illness. Lifestyle changes, including eating healthier and being more active, could prevent hundreds of thousands of cancer cases each year in the U.S. Eating well can help you lower your risk and beat cancer in a variety of ways. And, if you have been diagnosed, eating well can positively support treatment and help you live well after treatment. Here are some general guidelines to help reduce your cancer risk through eating right. - **Maintaining a healthy weight** is key to reducing your risk of cancer and other diseases. Being overweight or obese is likely to raise your risk for developing more than 13 types of cancer. Obesity can negatively affect inflammation in the body, the immune system, the way in which body cells grow and levels of certain hormones.—**Eat fewer foods that are high in calories and fat and low in nutrients.** Foods with added sugars and fats can cause weight gain and leave little room for more healthful, cancer-protective foods. —**Eat plenty of fruits and vegetables** including beans, which are linked with a lower risk of certain cancers. Fill half your plate each meal with a variety of naturally nutrient-rich fruits and vegetables.—**Limit alcohol.** Evidence suggests all types of alcoholic drinks may increase your risk of a number of cancers, including mouth, throat (pharynx), voice box (larynx), esophagus, liver, breast, colon and rectum. It's unclear exactly how alcohol affects cancer risk. It is considered more harmful when combined with smoking. If you drink at all, limit alcoholic drinks to no more than one drink daily for women and two for men.

For more tips on reducing your risk or managing diseases through nutrition, consult a [registered dietitian nutritionist](#) in your area. Lori Yenser is the local registered dietitian nutritionist for La Plata County. Contact Greta at 970-382-6428 to get in touch with her.

(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***

***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

[Ralph Waldo Emerson](#)

If we shall take the good we find, asking no questions, we shall have heaping measures.



Thrilling Drill - A first grader came home all excited about the minor fire that had broken out at school. "I knew it was going to happen," he told his mother. "We've been practicing for it all year long."

A Roll of Tolls Struck by a photo of a covered bridge in a recent issue, Kenneth Searles of Milwaukee, Wisconsin sent in this list of tolls for a similar bridge in the good old days:

For one carriage or sleigh drawn by four horses .25c - if drawn by two horses - 15c
if drawn by one horse 10c - each cart or wagon 18c - for every score of cattle - 25c - for every
score of sheep 12— 1/2c - for every score of hogs - 12— 1/2 c - Each horse & rider 6c - A tied horse -
6c - Every person on foot 2c - Persons going to church - FREE





***"Remembering When
Fire and Fall Prevention Program"***

A BIG thank you to those who attended our *Fire and Fall Prevention Program* at the Bayfield Senior Center, sponsored by The Upper Pine River Fire Protection District, Evenings Porch Assisted Living & Comfort Keepers®.

To follow up, we are scheduling *FREE* home visits for April & May in the Bayfield/Ignacio area. At these visits we will check smoke detectors, install new ones, explain potential fall hazards and more! We are NOT selling anything, just providing a free valuable community service.

Please call to reserve your time for this important, no cost service to ensure your home is safe and prepared for our spring and summer months. Visits are approximately 1 hour.

Reserve Today! Please call 888-518-6500

***Upper Pine River Fire Protection District * Evenings Porch Assisted Living
Comfort Keepers®***

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



Professional and Affordable Health Screenings

For more information:
303-698-4455
or 1-800-332-3018
www.9HealthFair.org

SATURDAY

MAY 7, 2016

7:00 am – 11:30 am

BAYFIELD ELEMENTARY SCHOOL
511 E. Mustang Lane
Bayfield, CO 81122

For more information call
970-884-9192 or 970-759-3711

Own your health

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



Register Online! www.9HealthFair.org

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 and continue to take prescription medications • Must be 18 years or older to participate in blood screenings.



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

March 9, 2016

Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton—Board Members: Dan Dvojack, Maxine Dvojack, Rob Robison, Phyllis Ludwig—Alternate Board Members: Audrey Robison—Town of Bayfield Attendees: Scott Key, Brenda Jones—Town Manager: Chris LaMay—Bayfield Town Board Member: Ed Morlan—Meeting was called to order by President Anne Rudolph at 12:58 p.m. Cookie Hoselton read the minutes of the January 13, 2016 meeting. There being no additions or corrections, Dan motioned minutes be approved as read. Vicky seconded, motion carried. Vicky read the Treasurer's Report. The balance is \$36,389.97. We had received \$2,500 from SW AG, and \$66 from sale of donuts. Neither is showing on the current report. Cookie made a motion to approve the Treasurer's Report as read. Dan seconded, motion passed. **Unfinished/Ongoing Business** - Financial Update - Vicky— Vicky has spent a great deal of time trying to find out about getting a tax ID#. A CPA gave her a form and Vicky filled it out, went online, but was not able to get thru the process, so she sent it by mail. When we do get the number, we will have to close out the current CD and get another with our number. Vicky will check the banks again to see where we can get the best rate. **Bylaws Committee Report** - Kay- Kay was unable to be here, but Vicky reported on the changes the committee came up with. The committee was Kay, Vicky, & Rob. The committee recommended the following: **Under Article II** - Purpose, Section 1. Changed from, 'Senior Program Advisory Council' to, 'Council on Aging' (COA) **Article IV** - Board Members, Section 2. Changed from, 'Length of terms shall be two (2) years limited to two (2) consecutive terms' to, 'Length of terms shall be for two (2) years'. **Article VII** - Election of Officers & Board Members. Changed from 'Replacement of Board Members for the remainder of the term will be by appointment of the majority of the Board present for the vote. The replacement member may be re-elected for a subsequent term'. Changed to: 'Replacement of Board Members for the remainder of the term will be by appointment of the majority of the Board present for the vote.' **Article VIII** - Duties of Officers, C. Secretary: Added was, 'A copy of the minutes from the previous meeting shall be given to the Board Members on arrival.' Not in the recommendations from the committee, but changed by the Board were: **Article III - Membership. From**, 'The membership of the organization will consist of all elderly people 55+ to: 'The membership of the organization will consist of all people 60+'. Also added: 'The Board will also be known as "The Site Committee".' Revision dates will be added also. Maxine moved that we accept the changes to the Bylaws as rewritten and as added onto. **Carole** seconded, motion carried. - **Emergency Telephone Calling List** - Brenda/Anne— The new phone list is ready. - Colorado Secretary of State - Periodic Report - Anne— Anne filed report—**Transportation Issue** - Evenings' Porch - Brenda/Anne—Brenda met with Erin Youngblood. Erin said their attorney advised they do not offer the rides for the Seniors. Dan suggested we have people who need a ride to put their name on a list, and those willing to go pick someone up list their name as willing to give rides. Brenda could call and see if rides are needed and then let someone know so they could pick them up and bring them to the Center. Dan made the motion to make the lists, Rob seconded, motion carried. - **Zumba Gold - Update** - Brenda—Nothing has changed there. **Arts and Crafts Bazaar (2016)** - There was discussion on whether to have it. All agreed to go ahead with it. Phyllis will be the Coordinator. Dan suggested there be 3 fewer vendors thereby freeing up some space for the area where lunch will be served. Phyllis moved we have the Bazaar and have 22 spaces instead of the 25. Maxine seconded, motion passed. -**New Business** - Calendar of Events - Brenda - She has it all done. However, we discussed the annual barbeque that is usually in June. Dan was asked to do the grilling, but will be out of town, so it was suggested we change it to May. Cookie made a motion to hold it May 17th, Vicky seconded, motion passed. Brenda will make that change to the calendar and finalize. **Arts and Crafts Program** - Brenda/Scott—At the 1st Arts and Crafts event on Tuesday, Brenda said there were 13 people there. She asked if the Board may be willing to help financially with the cost of supplies for this. Phyllis moved we give the Town \$700, Rob seconded, motion carried. It was suggested that we set out a jar so people who are doing the class could also contribute funds if they desired. - **Town of Bayfield - Chris** - On the elections for Town Board, Chris said that there are just enough people who were running for the Board as the amount needed to fill the vacancies, so they will just appoint them onto the Board. Chris also said that the Town is in the process of annexing a couple pieces of property. **Parks and Rec - Scott** Our front door has been replaced and upgraded. The new door is a commercial door, much better than the old one. They are working on getting all the spring projects done, such as more mulch to give the outside a fresher look, cleaning inside and out, replacing a few ceiling tiles, new heat tape, etc. Scott also said that the Bayfield Spring Fling will be March 26th. - **Senior Center Coordinator - Brenda**—Everything already covered.— Ed Morlan asked about the hot water in the bathrooms. Scott said he checked into the cost of the units that give quicker hot water, but forgot them at his office. - Ed also said that his term on the Town Board is up and was asking if someone else will represent the Town Board to the Senior Center. Chris thought that someone would probably do that. We thanked Ed for coming to so many of our meetings. With there being no further business to be brought before the Board, Dan moved we adjourn, Maxine seconded, motion carried. Meeting adjourned at 1:48 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary

Senior Spotlight



Ruth & Gary Pope -
Senior Center Members

Gary was raised in the Sargent/Monte Vista area and Ruth was raised in central Nebraska. They met in Monte Vista, Colorado through mutual friends. They celebrated their 50th wedding anniversary on December 15, 2014.

Gary worked 40 years for Public Service/Xcel Energy and retired in October 2007. Ruth was employed by both the Monte Vista and Bayfield School Districts, working in the food service departments. They resided in Monte Vista for many years and moved to Bayfield in 1992. They have three daughters, Kyla Beaman, Mindy Blazer and Ashli Smith and six grandchildren that they enjoy spending time with. They enjoy camping, fishing, boating and hunting as well as playing games and attending Bayfield High School sports activities. Ruth also enjoys arts and crafts and making cards. They are longtime members of the First Baptist Church of Bayfield.