

**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**

Nancy Heirtzler, Home Chore
382-6429

LaPlata County Transportation
759-6309

Lori Yenser, Dietician **769-4054**

Greta Kirker, 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!

November 2015

Volume 7, Issue 11

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



November Birthdays

JB Sneider 11/6

John Eleder 11/13

Charlene Johnson 11/18

Joyce Knoll 11/26



Happy Anniversary!

None



Bayfield Food Bank Donation - Friday, November 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, November 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, November 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.

Closures—Veteran's Day, Wednesday November 11 & Thanksgiving Friday, November 27. We will be closed for both Holidays!

Community Quilt Group - Tuesday, November 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.

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, November 20th - 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, November 3- Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, November 20th - 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.

Volunteer Recognition Party— Please join us on **Friday, November 6th** to help recognize all the volunteers who help keeps us running each day.

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.





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

Believe in yourself.

- Anonymous

A Bargain Hunter



A PANHANDLER stopped a passerby and asked: Buddy, can you spare a quarter for a cup of coffee? The man gave him the money, then began following him. "Hey, how come you're following me?" the panhandler asked. "I just want to see where you can get a cup of coffee for a quarter these days."

Hope She Can Swim

Mary Hoffman, from Portland, Oregon, spotted this newspaper account of a Fourth of July celebration in a small town:
"The crowning event will be the drowning of the queen."



Medicare Part D

Open Enrollment is October 15th to December 7th. SHIP counselors are available to help you review or sign up for a prescription plan by appointment only. Schedule your appointment now. You will need to bring a **list of your prescriptions** and your **Medicare Card** to your appointment. You can request a list of your prescriptions with the correct spelling, dosage, and quantity from your pharmacy. Schedule your appointment now! Please call Darlene or Brenda 884-5415.

Rx

SAVE THIS IMPORTANT DATE!

Saturday, November 14th, 2015



Pine River Senior Center's Seventh Annual Arts & Crafts Bazaar

9:00 a.m. - 2:00 p.m.

Very soon your Board of Directors will be requesting your assistance with this important fund-raising event. We will need:

- Volunteers to bake items to be sold in our bake sale (whole pies/cakes)
- Volunteers to bake goodies to be sold in the concession stand
- Volunteers to help set up the center on Friday before the event
- Volunteers to help clean up the center after the event
- Volunteers to help in the kitchen the day of the event
- Volunteers to work the front desk and greet shoppers
- Volunteers to oversee the Bargain Bin Room
- Volunteers to oversee the Bake Sale Table
- Volunteers to be floaters and help as needed during the event
- Donated items for our Bargain Bin/\$1.00 Room

Please step up to help us raise funds to keep our center thriving. You'll be glad you did!

Medicare

Diabetes screenings, supplies, and training- Medicare has you covered

Diabetes affects millions of people – are you one of them? November is American Diabetes Month and a perfect time to find out about the supplies and self-management training that Medicare covers to help you manage your diabetes. Many people with diabetes don't know that they have it – and Medicare covers screening tests so you can find out if you do. If you're at high risk for developing diabetes, Medicare covers up to two fasting blood glucose (blood sugar) tests each year. If your doctor accepts assignment, you pay nothing for these tests. You may be at high risk for diabetes if you're obese, have high blood pressure, high cholesterol, or a family history of diabetes. Talk to your doctor to find out when you should get your free screening test. If you have diabetes, Medicare covers many of your supplies, including test strips, monitors, and control solutions. In some cases, Medicare also covers therapeutic shoes if you have diabetic foot problems. You pay 20% of the Medicare approved amount for these supplies. Medicare also covers diabetes self-management training to help you learn how to better manage your diabetes. You can learn how to monitor your blood sugar, control your diet, exercise, and manage your prescriptions. Talk to your doctor about how this training can help you stay healthy and avoid serious complications. Take control of your health – talk to your doctor today about screening tests and what supplies and training you may need for your health.

Contact your local SHIP counselors Sheila Casey (970) 382-6442 or Greta Kirker (970) 382-6428 if you have questions about Medicare.

Guard Your Medicare Number

Fight health care fraud: guard your Medicare number! The next Medicare Open Enrollment season is here, which means fraudsters and identity thieves will increase their efforts to get and abuse Medicare numbers from people like you. Fortunately, there are many measures you can take to fight health care fraud:

- **Guard your Medicare number.** Protect it the same way you do for your credit card numbers. Medicare will **never** contact you for your Medicare number or other personal information. Don't share your Medicare number or other personal information with anyone who contacts you by phone, email or by approaching you in person, unless you've given them permission in advance.
- Don't ever let anyone borrow or pay to use your Medicare number.
- If you're looking to enroll in a Medicare plan, be suspicious of anyone who pressures you to act now for the best deal. There are no "early bird discounts" or "limited time offers". Any offer that sounds too good to be true probably is.
- Be skeptical of free gifts and free medical services. A common ploy of identity thieves is to say they can send you your free gift right away they just need your Medicare number to confirm. Decline politely but firmly. Remember, it's not rude to be shrewd!
- Do your part to protect your friends and neighbors: remind them to guard their Medicare numbers, too. Check your Medicare Summary Notice (MSN) to make sure you and Medicare are only being charged for services you actually had. Instead of waiting for the MSN, which comes in the mail every 3 months, you can access your Original Medicare claims at MyMedicare.gov. You'll usually be able to see a claim within 24 hours after Medicare processes it.

You can report suspected fraud by calling 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. To learn more about how to protect yourself from health care fraud, visit Medicare.gov or contact your local Senior Medicare Patrol (SMP). To find the SMP in your state, go to the SMP Locator at Smpresource.org.



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

Nutrition



Make Healthier Holiday Choices

10 tips for a healthier holiday—**The holidays are often filled with time-honored traditions that include some of our favorite meals and foods.** As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days. **Go to www.ChooseMyPlate.gov for more information.**

Create MyPlate makeovers

Makeover your favorite holiday dishes.

Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>.

Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal. [Make sure your protein is lean](#)

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

Cheers to good health

Quench your thirst with low-calorie options.

Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt. [Tweak the sweet](#) For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie.

Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt. [Be the life of the party](#)

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others. [Make exercise a part of the fun](#) Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles. [Enjoy leftovers](#) Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless! [Give to others](#) Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

Senior Spotlight



-Jean Elliott— Senior Center Member

I was born and raised in Oklahoma. We lived in Ponca City and I attended 1st thru 5th grade at McKinley Elementary School. The last of the 5th grade, my father moved us to a farm in Kildare, Oklahoma. Kildare is 7 miles north of Ponca City. At this time I rode horseback to a one room school. All eight grades were in one room at Liberty # 49. The next 4 years I rode a school bus into Ponca and attended mid-school and high school. I graduated from Ponca High in 1948. My father was drafted at the age of 38 and served in World War II. We (my mother, brother and I) lived on the farm to kept things running. When I was in high school, I met Myron Elliott (who I later married) his mother, Gladys Elliott, became the teacher at this country school. I played the piano for the county school programs and when I was finished with each program Gladys would ask her son, Myron to take me home. After graduating from high school I attended Northern Oklahoma Junior College in Tonkawa, Oklahoma. I stayed in the dormitory there and was only there one year before we married. We moved from there to southern New Mexico. Myron was a tech in generator maintenance and they were opening up White Sands Paving Grounds. We lived in that area for several years, then moved to Gallup, New Mexico. Myron was the auto mechanics teacher in the high school. Unfortunately, one summer he suffered a heart attack and the school was unable to find a substitute before school started, so I became the auto mechanics teacher for the 1st nine weeks. By reading and working with him, I learned how to check and change tires, check oil, drain it, replace oil filters, and put in new oil. It was while we were living in Gallup that we came to Vallecito on vacation. We liked it so much that we bought acreage in Forest Lakes, had the outside shell of a home built, and we finished the construction and moved in. Currently, one mature grandson lives with me and the rest of my immediate family lives in New Mexico. I am blessed with 2 children, 5 grandchildren, 6 great grandchildren and one miniature schnauzer named Hildy.