

**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!

October 2015

Volume 7, Issue 10

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



## October Birthdays

*Betty Dunaway 10/1*

*Cookie Hoselton 10/2*

*George Knoll 10/6*

*Donna Davis 10/25*

*Kay Phelps 10/25*



## Happy Anniversary!

*None*



**Bayfield Food Bank Donation - Friday, October 9** - 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, October 9 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, October 20** - 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.

**Community Quilt Group - Tuesday, October 6** 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.

**Cowboy Poetry - Friday, October 2** - Please join in the fun and celebrate **Cowboy Poetry** and entertainers.

## Senior Center News, Activities & Entertainment

**Halloween Celebration - Friday, October 30** - Please join us in dressing in costume for Halloween and enjoy music from Joyful Noise.

**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, October 30** - 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, October 6** - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

**Veterans' Services - Friday, October 30** - 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



### Apricot/Dijon Glazed Chicken

- 8 chicken thighs
- Salt and pepper
- 1 (12 oz.) jar apricot jam
- 2 Tbs. honey
- 2 Tbs. Dijon mustard

Preheat oven to 425. Rinse chicken thighs; pat dry, and transfer to a baking dish. Season well with salt and pepper; set aside. Bring jam, honey, and mustard to a boil in a small saucepan over medium heat. Reduce heat to medium-low; simmer until thickened and reduced by half, about 15 minutes. Spoon apricot mixture over chicken thighs, spreading with back of spoon to coat evenly. Bake chicken, basting with sauce from bottom of dish every 10 minutes, until juices run clear when chicken is pricked with a fork, about 30 minutes.

\*Frozen berries can also be used. No need to thaw.

### Bleu Cheese Filets

- 4 6-oz. beef filets at least 1" thick
- 1 pkg. bleu cheese
- Garlic powder
- Fresh ground pepper

Rub filets with garlic powder and ground pepper. Butterfly for bleu cheese (do not grill butterflied). Place on hot grill to sear – approximately 5-6 minutes (depends on thickness) per side. After turning, fill cavity with crumbled bleu cheese. Finish cooking. Serve and enjoy!

### Uplifting Quote for the Month

*You are never too old to set another goal or to dream a new dream.*

*- C. S. Lewis*



***Bayfield Parks and Recreation***

***For Activity/Program questions, please contact or call  
884-5415 or email [bjones@bayfieldgov.org](mailto:bjones@bayfieldgov.org)***

***For Facility and Park Rental information call 884-9544  
ext 109 or email [beisenbraun@bayfieldgov.org](mailto:beisenbraun@bayfieldgov.org)***

***or Visit us on the web at:***

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

***Motivations***

***All our dreams can come true, if we have the courage to pursue them.***

***Walt Disney***

**Laughing Moments "haha"**

***Works Every Time***



A Couple of men were sitting on a street corner, fishing into a bucket and looking very forlorn. They were dressed in tattered clothes and worn shoes. A kindhearted woman walked by, observed them, then went back and gave them a dollar. Noting their fishing efforts, she asked, "How many have you caught today?" "You're the seventh," they told her.



# 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 14<sup>th</sup>, 2015*



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

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

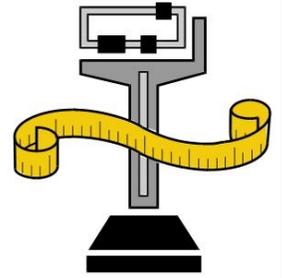
Very soon your Board of Directors will be requesting your assistance with this important fund-raising event. We will need:

- 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!

# Nutrition

## Why is weight management important?



In addition to helping you feel and look better, reaching a healthier body weight is good for your overall health and well being. If you are overweight or obese, you have a greater risk of developing many diseases including type 2 diabetes, heart disease, and some types of cancer. The secret to success is making changes and to stick with them. **First:** Find out what you eat and drink. This a key step in managing your weight. **Next:** Find out what to eat and drink. Get a personalized Daily Food Plan — just for you — to help guide your food choices. **Then:** Make better choices. Everyone is different. Compare what you eat and drink to what you should eat and drink. The ideas and tips in this section can help you make better choices, which can have a lasting impact on your body weight over time. Did you know that: ~The #1 source of calories in the American diet is desserts — like cakes and cookies? Americans get more calories from sugary drinks than any other beverage choice? Identifying what you are eating and drinking now will help you see where you can make better choices in the *future*. If you want to make changes to improve the way you eat and your body weight, the first step is to identify what you do now. This includes becoming more aware of: What and how much you eat and drink ~How physically active you are ~Your body weight ~**People who are most successful at losing weight and keeping it off track their intake ~regularly.** Tracking physical activity and body weight can also help you reach your weight goals.

**Costs for Medicare drug coverage** ~You'll make these payments throughout the year in a Medicare drug plan: ~ Premium ~Yearly deductible~Copayments or coinsurance ~Costs in the coverage gap ~Costs if you get Extra Help ~Costs if you pay a late enrollment penalty ~**Your actual drug plan costs will vary** depending on: ~The drugs you use ~The plan you choose ~Whether you go to a pharmacy in your plan's network ~Whether the drugs you use are on your plan's formulary ~Whether you get Extra Help paying your Medicare Part D costs ~ Look for specific Medicare drug plan costs, and then call the plans you're interested in to get more details.

If you have limited income and resources, your state may help you pay for Part A and/or Part B. You may also qualify for Extra Help to pay for your Medicare prescription drug coverage. *Contact your local SHIP counselors Sheila Casey (970) 382-6442 or Greta Kirker (970) 382-6428 if you have questions about Medicare.*

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY <b>JANE DOE</b>			
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>	SEX <b>FEMALE</b>		
IS ENTITLED TO <b>HOSPITAL MEDICAL</b>	(PART A) (PART B)	EFFECTIVE DATE <b>07-01-1986 07-01-1986</b>	
SIGN HERE → <u>Jane Doe</u>			

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

# IRS Impostor Scams are on the Rise.

The Internal Revenue Service is the government agency that collects federal taxes. Scammers pretend to be IRS officials to get you to send them money. Don't fall for it!

## HOW THE SCAM WORKS



## WARNING SIGNS

How will the IRS first contact you?	
phone call 	<b>NO</b>
email 	<b>NO</b>
mail 	<b>YES</b>

## GOT A CALL?

-  **Don't give the caller information**  
such as your financial or other personal information.
-  **Write down details**  
such as the number and name of the caller.
-  **Hang up**
-  **Contact the IRS directly**  
If you're worried the call is real, contact the IRS directly at **800-829-1040** or go to [irs.gov](https://www.irs.gov).
-  **Report the call**  
File a complaint with:
  - the Treasury Inspector General for Tax Administration (TIGTA) at [tigta.gov](https://www.tigta.gov) or **800-366-4484**.
  - the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint) or **877-FTC-HELP**.
-  **Warn friends and family**  
Tell people you know that these calls are scams.

## How will the IRS ask you to pay?

with a prepaid debit card 	<b>NO</b>
with a money transfer 	<b>NO</b>
won't require a specific type of payment	<b>YES</b>

(Information provided by La Plata County Senior Services)

# Senior Spotlight

## -Joe Mozgai— Senior Center Member



It all began for me on December 24, 1940 in New Brunswick, New Jersey at St. Peters Hospital. When I was 5 my parents moved to Edison, New Jersey that was in 1945. I grew up going to schools in the area, delivering news papers, and clerking at a local super market. I attended high school at New Brunswick High School and graduated in 1959. Now I'm getting a little ahead of myself! While at a friends party (remember those) I met a girl for the first time when I saw her I thought to myself, this is the girl I'll marry, of course it was Vicky! After graduating from high school I kicked around trying to decide what to do when I grew up. I worked at a grocery store in Newark, New Jersey to help further my education. I also decided to enlist in the Air Force, so in September of 1960 I said good by to Vicky and family and flew to Lackland Air Force base in San Antonio for basic training. After completing 10 weeks of basic training, I was selected for computer school at IBM in Kingston, New York (120 miles from my home in New Jersey). I would come home on weekends when not on duty to get together with Vicky as well as work part time at a local grocery store. I married Vicky in New Jersey on June 17, 1961. After the ceremony we set up home in Kingston, New York while I was attending school at IBM. After completion of school I was stationed at Stewart Air Force Base in Newburg, New York (even closer to home) for the next 3 years. During this time our first child (Tom) was born in 1963 at West Point Hospital (we had no hospital at our base) 30 miles from our base. After completing my enlistment in 1964, I applied to IBM who had several facilities in the Newburg, NY area and was hired on at the East Fishkill components facility as a technician & during which time our first daughter Dawn was born in 1965. We lived in a little town in our first house in Walden NY. In 1968, I was transferred to the IBM facility in Gaithersburg, Maryland where I started working on military projects for the next 38 years. Our second daughter was born in 1967 (Wendy) while I was working in Gaithersburg, MD. In 1973, I was transferred to the Manassas, Virginia IBM facility and worked on projects entailing submarines and I had worked up to engineering level with the company by this time. An opportunity came up to transfer to the IBM Boulder facility in 1988, and we moved to Longmont, Colorado where I worked on projects for the Air Force at various bases in CO. While at Boulder our Division of IBM was sold off to Lockheed Martin and I was fortunate enough to be able to retire from IBM with 30 years of service after working for Lockheed Martin in Boulder for 12 years (working at several Air Force Facilities in Colorado) I was able to retire at the end of 2006. Vicky and I decided to stay in Colorado and moved to Bayfield to be near our daughter Wendy and her family in 2007. Since settling in the area we have been active in the community and of course our involvement at the Bayfield Senior Center.