

**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 or
970-382-6441**

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

Deborah Sneed, Administration
Assistant **382-6429**

LaPlata County Transportation
759-6309

Lori Yenser, Dietician **769-4054**

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

**2017 Volunteer of the
Year!**

Dan Dvojack

**& Meal on Wheels
Driver Laura Kirk**

**Who will it be for
2016?**

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 2016

Volume 8, 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

Cookie Hoselton 10/2

George Knoll 10/6

Tony Schrier 10/17

Donna Davis 10/25

Kay Phelps 10/25



Happy Anniversary!

Betty & Paul Dunaway September 13, 1957

Audrey & Rob Robison September 27, 1952



Where's **Mickey Mouse**? Look though the newsletter to find him just for fun he could be anywhere.

Senior Center News, Activities & Entertainment

Arts & Crafts—Tuesday, October 11— 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, October 14 - 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 14 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 18 - 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 or want to know more about caregiving. For more information please call Elaine Stampo 259-0122.

Community Quilt Group - Tuesday, October 4 & 18 - All quilters & people with homemade projects are invited to come join them on the **1st & 3rd 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 Checks—Friday, October 14— 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 9:30 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.

Senior Center News, Activities & Entertainment

Halloween Celebration - Please join us on **Friday, October 28** in dressing up in costume for Halloween. There will be a prize given to the best costume.

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, October 28 - 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, October 4 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, October 28 - 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 - Canceled until further notice! Hope to be back in November Contact Brenda for more information 970-884-5415.



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 **Tuesday 6:00 p.m. at the Senior Center**. Please call Bayfield Parks & Recreation for more information.



Recipe Corner



Fruit Dip

1 8oz pkg cream cheese, softened
1/4 c brown sugar

3/4 c sugar
1 tsp. vanilla

In Mixing bowl with mixer, combine cream cheese and sugars. Beat until creamy and smooth. Add vanilla and mix well. Serve with fresh fruit.

Baked Potato Soup

5 Large potatoes, baked
1 med onion, chopped
1 qt Half & Half
1 tsp salt
1/8 tsp ground white pepper
8 slices bacon, cooked & crumbled

1/2 stick butter
1/2 c flour
3 c milk
1 tsp salt
2 c shredded cheese

Melt butter in Dutch oven and saute onions.. Add flour and stir until smooth. In large mixing bowl, coarsely mash potatoes with fork. Add remaining ingredients, except cheese, and mix well. Pour mixture into Dutch oven and heat over medium heat, stirring regularly. When serving, sprinkle cheese on top.

Uplifting Quote for the Month

Storms make trees take deeper roots.

Dolly Parton

Tips to Prevent Medicare Fraud

Do's

- Do protect your Medicare number (on [your Medicare card](#)) and your Social Security Number (on your Social Security card). Treat your Medicare card like it's a credit card. —Do remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care. —Do ask questions. You have a right to know everything about your medical care including the costs billed to Medicare. —Do educate yourself about Medicare. Know your rights and know what a provider can and can't bill to Medicare. —Do use a calendar to record all of your doctor's appointments and what tests or X-rays you get. Then check your Medicare statements carefully to make sure you got each service listed and that all the details are correct. If you spend time in a hospital, make sure the admission date, discharge date, and diagnosis on your bill are correct. —Do be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay. —Do make sure you understand [how a plan works](#) before you join. —Do always check your pills before you leave the pharmacy to be sure you got the correct medication, including whether it's a brand or generic and the full amount. If you don't get your full prescription, report the problem to the pharmacist. —Do report suspected instances of fraud.

Don'ts

- Don't allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services. —Don't contact your doctor to request a service that you don't need. —Don't let anyone persuade you to see a doctor for care or services you don't need. —Don't accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare or Medicaid, remember that Medicare and Medicaid don't send representatives to your home to sell products or services. —Don't be influenced by certain media advertising about your health. Many television and radio ads don't have your best interest at heart. —Don't give your Medicare card, Medicare number, Social Security card, or Social Security Number to anyone except your doctor or other authorized Medicare provider.



For more information on protecting yourself from fraud, visit [STOP Medicare Fraud](#) online or contact your local SHIP counselors Sheila Casey (970) 382-6442 or Greta Kirker (970) 382-6428.

(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

Say what you want to say when you have the feeling and the chance. My greatest regrets are the things I did not do, the opportunities missed and the things unsaid. ~ Jim Keller -[Change](#)



The Joys of Age

Some nice things about being a great-grandmother: You can play with your great-grandchildren and not worry about getting them ready for school or seeing that they've done their homework. They love to hear stories of "when you were a little girl" and this gives you a chance to share and enjoy old memories. They don't mind your wrinkles, and they don't advise you what to do. They love you unconditionally, just as you them. When you walk with them, they will adjust their steps to yours—even the little ones. I always thought being a grandmother was great, but being a great—grandmother is even better!

Wrong Diagnosis

An older man was shuffling along, bent over at the waist as his wife helped him into the doctor's waiting room. A woman in the office viewed the scene with sympathy, "Arthritis with complications?" she asked. The wife shook her head. "Do it yourself," she explained, "with concrete blocks."



Nutrition

Top 10 Meal Planning & Shopping Tips

Quick. Easy. Always Prepared.—1. **Dried Fruits.** Take advantage of the vast assortment of dried fruits available and dress up your cereal or salads ... or simply enjoy as a snack. —2. **Leftovers.** Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta. —3. **Convenience.** Pick up some frozen or canned fruits and vegetables for later in the week or for busy nights. —4. **Experiment.** Try a new fruit or vegetable or prepare a familiar one in a different way. —5. **Seasoning Combinations.** Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice, or garlic to keep out the fat and salt. —6. **100% Juice.** Look for fruit and vegetable juices that say 100% juice! —7. **Smoothies for Breakfast.** Frozen fruit makes great smoothies for a breakfast on the run. —8. **Easy to Grab & Go.** Fill up that fruit bowl so you and your family can grab and go. —9. **Meatless Meals.** Plan one or more meatless meals for the week – there are endless possibilities for using dried or canned beans. They're cheap too! Check out the variety in your store. —10. **Make More.** Plan for leftovers so you have a ready-meal.



What drug plans cover

Each Medicare Prescription Drug Plan has its own list of covered drugs (called a formulary). Many Medicare drug plans place drugs into different "tiers" on their formularies. Drugs in each tier have a different cost. —A drug in a lower tier will generally cost you less than a drug in a higher tier. In some cases, if your drug is on a higher tier and your prescriber thinks you need that drug instead of a similar drug on a lower tier, you or your prescriber can ask your plan for an exception to get a lower copayment. —A Medicare drug plan can make some changes to its formulary during the year within guidelines set by Medicare. If the change involves a drug you're currently taking, your plan must do one of these: —Provide written notice to you at least 60 days prior to the date the change becomes effective. —At the time you request a refill, provide written notice of the change and a 60-day supply of the drug under the same plan rules as before the change.

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.*

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

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



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

*Saturday, November 12, 2016
9 am—2 pm
Located at: Bayfield Senior Center
111 West South Street*

~Dollar Room Items ~

~Concessions: Food & Drinks ~

All Proceeds benefit the Pine River Senior Center



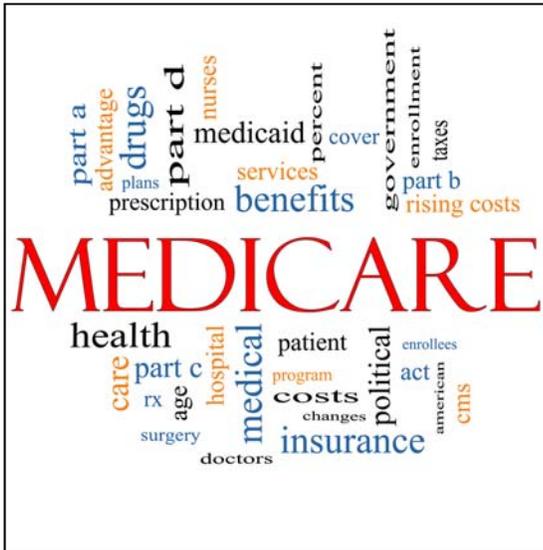
Questions? Please Call:

Phyllis @ 749-4024

Dan @ 884-0914



Medicare Part D Open Enrollment



October 15th
through
December 7th
2016

Individuals can review and change their Part D plan at this time which will become effective January 1, 2017.

Medicare SHIP Counselors are available to help individuals review their plans on Mondays and Fridays through Open Enrollment.

To schedule your one-on-one appointment with a SHIP counselor please call Greta Kirker at 970-382-6428.

Pine River Senior Citizens Board Meeting

September 14, 2016 —Attending Officers: Anne Rudolph, Carole McWilliams, Vicky Mozgai, Cookie Hoselton —Board Members: Dan Dvojack, Maxine Dvojack, Kay Phelps, Rob Robison, Phyllis Ludwig —Alternate Board Members: Audrey Robison —Town of Bayfield Attendees: Brenda Jones, Scott Key —Bayfield Town Board Trustee: Kristin Dallison —Town Manager: Chris LaMay

The meeting was called to order by President Anne Rudolph at 1:15 p.m. —Cookie Hoselton read the minutes of the July 13, 2016 meeting. There being no additions or corrections, Dan moved the minutes be approved as read, Vicky seconded, motion carried. Vicky Mozgai read the Treasurer's report. There is a balance of \$17, 843.98 in the checking account and \$20,000 in the CD for a total of \$37, 843.98. Cookie moved the Treasurer's Report be approved, Dan seconded, motion passed. —

Unfinished Business Watch Your Step Exercise Program – Scott —Anne asked if the advertisement for a leader for the program had been put into the paper yet. As of now it has not. Kristin said she would follow up on it as Scott was not present at that time. Brenda said there may be a person that will do it. After Scott arrived he stated that if an instructor were hired, it may not be cost effective to pay them. The insurance was also discussed. They will check and see if someone is interested, if not they will put an ad in the paper. —**Update on Bazaar 11/12/2016** Phyllis said she is sending out letters soon to the vendors on the list from 2015 she has received. So far there are 4 vendors. Dan is working with Phyllis on this. Carole will put an application for the vendors in the paper. Anne asked Cookie how plans were coming for the concession. Cookie will get with Ruth and check on amounts, then meet with Anne to check on supplies needed. We will start putting posters up all over soon. —**Update on Memory Board – Dan** —Dan said he is just waiting to hear when he can pick it up. We need to add someone to the list to be put on the board, and Dan will check to see if it is too late for this time. —Veterans Memorial – Survey results —Anne read the results of the survey. After discussion, Rob moved we donate \$2,000 to the fund. Kay seconded, motion carried. **New Business —Fall Barbeque?** Anne asked if we wanted to do a fall barbeque. It was discussed, and decided that since we are working on the Bazaar, we would not have one. —**October “Events”**—Western Day and Cowboy Poetry on September 30th. Two lunch tickets will be given away to the best western attire. Brenda will announce this upcoming event.—Halloween Party – October 28- two lunch tickets will be given then also for the best costume. It was brought up that we do not have many more tickets. Cookie moved that we buy 20 more lunch tickets to have for these events. Dan seconded, motion carried. It was suggested that we give a lunch ticket to someone who brings a guest. The guest already gets a free lunch the first time. Carole made a motion, Phyllis seconded to give the free lunch. Motion passed. —**Election of New Officers for 2017** – Anne: per our By-Laws, ...”during the last two weeks in October, a nomination form will be placed on the side counter at the Center...” Election of Officers and Board Members by the Senior Citizens, will be the first Friday in November (11/4/16). Anne will have the form out. —**Town of Bayfield – Chris** —1.The bridges may not be started until winter. 2.The Town is working on next year's budget. 3. The sales tax was down this year, 6% from the previous year. 4. Evidently some want the 3 mile prohibition of marijuana sales to be lowered to 2 miles, so upcoming there will be some discussion on that. 5. The water treatment plant is up and operating. 6. There is discussion about open space, parks, (bike path) etc. There will be public forums on this. 7. Also they are working on the signage plan. —**Parks and Rec – Scott** The landscaping is better, and the kitchen sink has been fixed. Scott said he would like to have a meeting with a few to discuss ways to increase interest in the Center. Anne said she would meet with him. —**Senior Center Coordinator - Brenda** Everyone is so glad to have Brenda back. Someone had asked Brenda about a photography class, but there does not appear to be enough interest.

Other Business – Congratulations to Dan for being volunteer of the year. Great job Dan!

There being no further business to be brought before the Board, Dan moved we adjourn, Kay seconded, motion carried. Meeting was adjourned 2:10 p.m.

Respectfully submitted: Cookie Hoselton, Recording Secretary