

**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

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!

September 2015

Volume 7, Issue 9

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



September Birthdays

John Cline 9/2

Vernon Crawley 9/10

Carol McWilliams 9/16

Rob Robison 9/16

Glen Deason 9/29



Happy Anniversary!

Betty & Paul Dunaway September 13, 1957

Audrey & Rob Robison September 27, 1952



Bayfield Food Bank Donation - Friday, September 11 - 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, September 11 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, September 15 - 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.

Color Tour - Please be watching the message window for more information about color trip coming up in August or September.

Community Quilt Group - Tuesday, September 1 All quilters & people with home-made 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, September 25 - 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, September 1 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, September 25 - 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



Hungarian Meringue Nut Bars Vicky Mozgai

Bars:

1/2 cup soft shortening	1 cup confectioners sugar	1 cup all purpose flour
1/2 tsp. salt	2 egg yolks	1 tsp. vanilla
1/2 to 3/4 cup softened jam or marmalade		1/2 can coconut

Meringue:

2 egg whites	1/2 cup granulated sugar	1/2 tsp. cinnamon
1 cup chopped nuts		

Cream shortening and confectioners sugar and stir in flour, salt, egg yolks and vanilla. Press and pat in with hand to cover the bottom of ungreased 9" x 13" oblong pan. Bake 10 minutes at 350 degrees. Remove from oven and spread with softened jelly and coconut. Top with meringue made by beating egg whites until stiff and adding sugar gradually. Sprinkle cinnamon and chopped nuts over top. Return to oven and bake 25 minutes more or until topping is golden brown. Cool slightly, cut into bars. Can be made in advance and frozen.

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

Breakfast Soufflé Shirley Newberry

2 lbs. ground pork sausage	9 eggs, slightly beaten	3 cups milk
1/2 tsp. dry mustard	1 tsp. salt	3 slices white bread, torn into small cubes
1-1/4 cup grated medium cheddar cheese		

Brown sausage and drain on paper towel. Mix eggs, milk, dry mustard, salt, bread cubes and cheese. Stir in sausage and pour into greased 9" x 13" casserole dish and cover. Refrigerate over night. Bake the next morning uncovered at 350 degrees for 1 hour. Serve hot with salsa (if desired).

Uplifting Quote for the Month

We don't stop playing because we grow old; we grow old because we stop playing.
- George Bernard Shaw



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

The best way to cheer yourself up is to try to cheer somebody else up. ~Mark Twain



FLU SHOTS - will be available on **Wednesday, September 2, 2015** at the Senior Center from 12pm till 2:00 pm. Medicare covers the flu and pneumonia shots. For more information please call Rosa at Rite Aid at 247-5057.



Laughing Moments "haha"

Ulterior Motive?



Ron Dentinger, from Dodgeville, Wis., sent this copy of a letter printed in jest in his hometown paper: Dear Ted: Can you ever forgive me? I now realize that you are the only one I ever really loved. I never should have treated you the way I did. It's not that I wanted to avoid you, it's just taken me this long to get my life in order. Please call me soon. I would love to hear from you again. We have a lot going for us! Until then, I want you to know that I'll always love you. Lovingly, Linda P.S. Congratulations on winning the lottery.

Falls by senior citizens a growing problem in La Plata County

Falls by elderly NO. 1 injury cause in Southwest Colorado—Ann Butler Durango Herald Staff

The common assumption when one sees an ambulance, lights and siren blazing, it that it's in route to a car accident, or maybe a heart attack or stroke victim. But they're just as likely to be on their way to assist the 1 in 3 seniors aged 65 and older who fall each year. When we talk about responding to trauma calls, people assume the majority are for car accidents or things like that, said Chief Bruce Evans of the Upper Pine Fire Protection District, "but 70 percent of our trauma calls are for elderly people who have sustained a broken hip or head injury." That doesn't even count the calls for lift-assists, people who have fallen and, while not injured can't get up without help. Evans said his district saw a 26 percent increase in those calls during the first quarter of 2015. The Centers for Disease Control and Prevention considers seniors falling a public health problem that is "largely preventable," it says in its Stopping Elderly Accidents, Deaths and injuries program. An injury from a senior's fall can have long-term effects, such as disability, dependence on others and reduced quality of life, the CDC said. There's good news for seniors. Research into the problem found consistent reasons why seniors fall, and a number of things they can do to significantly decreases the odds of hitting the floor. Losing muscle tone and balance, vision problems, medication interactions, bad lighting and hazards in the home top the list. Solutions include "four pillars," said Amy Allen executive director of the Southwest Regional Emergency and Trauma Advisory Council; Improving director of physical fitness, particularly with tai chi to improve balance; checking medications with your physician; getting annual vision checks with your ophthalmologist and keeping eyeglass prescriptions current; and removing hazards in the home while installing additional safety features. "And then there's the aspect of the fear of falling," she said. "Seniors worry so much about failing, they restrict themselves from moving, which makes it worse and stop them from doing daily things, like going for the mail." Less than half of seniors who fall are talking to their doctors about it, another major obstacle to making their lives safer, the CDC said. A use of resources "Those calls are something we do on a daily basis," said Scott Sholes, The Emergency Medical Services captain for the Durango Fire Protection District. "it can be very straightforward, maybe someone felt dizzy first or was having some unusual difficulty, or it might be someone we help over and over, then we get involved in exploring alternatives because they're intending to remain where they are." Getting a solid count of the number of calls the district gets regarding seniors who have fallen is difficult, he said. "If we do any kind of assessment, it ends up in different categories, he said, adding that the district uses Medicare rules for coding all calls, since that makes billing easier. "it could be categorized as non-motor-vehicle trauma, or any other medical complaint, like maybe they're on oxygen, and it could respiratory distress." None of the emergency medical services in La Plata County charges for a simple lift-assist unless the patient is transported, a medication is administered or a billable assessment conducted. "That may change over the next decade because these calls can take a lot of resources. When you consider how big our district is, a call from station 15 could take 15 minutes just to drive each way, so resources may be tied up for an hour or more," Sholes said. And when DFPD has the resources available, it sends two ambulances and two crews, he said, because they don't always know what they're going to find, and four people is a minimum standard. It's not unusual to find seniors who have fallen between the toilet and the bathtub, for example, an awkward position for lifting. "That's also for the safety of the staff," Sholes said, "because lifting someone off the floor is the physically most dangerous action for them. Nationwide, 1 out of 4 EMS workers suffers a career-ending injury in the first four years of their career. That's why we mandate they be fit because then they're less likely to be injured." It may cost resources, but EMS crews also get to know the seniors they help on a frequent basis. "These familiar faces have become part of the fabric of the fire district," Evans said. Calls for lift-assists and trauma falls come in around the clock, he said. Upper Pine's chaplain of 25 years, James Newman, is in his late 80s now and becoming more frail, Evans said. He knows their staffing situation so well, when he fell in the middle of the night, Newman would stay on the floor until the 8 a.m. shift arrived and call for help 10 or 15 minutes later. "Chappy was trying to be kind, but we told him not to do that anymore," Evans said, "that we wanted to come whenever he needed us." A growing challenge with La Plata County's senior population predicted to almost triple by 2040, the number of calls for fallen seniors will just keep increasing as baby boomers age. Seniors are hospitalized five times more for falls than for any other type of injury, according to the CDC and forget skiing or mountain biking, the Southwest Regional Emergency and Trauma Advisory Council, which includes first responders from around the region, has identified elderly falls as the number one injury cause in Southwest Colorado. The council is putting resources into preventative activities, including training instructors for tai chi for arthritis and fall prevention that graduated 11 instructors in 2014, Allen said. It also started a STEADI toolkit from the CDC's program, including prevention assessment tools to help area health-care providers better assess their patients. Another course for providers, A Matter of Balance, will be offered in September. In the end, EMS Service and health-care providers have the same objective—keep the golden years golden. We want to get them back in bed, off the toilet or whatever else they need," Evans said, "so they don't end up institutionalized and can live where they want to live.



Healthy Eating As We Age



As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults: **Nutrients** Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B₁₂, minerals, and fiber. Lose weight or maintain a healthy weight Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease. Meet individual calorie and nutrition needs. Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each **week**. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

- See more at: <http://www.choosemyplate.gov/older-adults#sthash.XcVPdCGu.dpuf>



MEDICARE

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.

Prescription Drug Fraud

Prescription drug fraud can be committed by any provider who prescribes or dispenses drugs or an employee of such a provider. It can also be committed by persons posing as Medicare providers, by Medicare beneficiaries, or by persons who steal from Medicare beneficiaries to sell drugs on the black market (particularly painkillers such as hydrocodone, oxycodone, and methadone).

Schemes to Falsely Bill Medicare

- Billing for drugs not prescribed
- Billing for amounts beyond the quantity prescribed
- Billing for brand name drugs but dispensing generic drugs instead
- Billing in excess of a physician's prescription
- Prescription forged by a provider or supplier
- Prescription written and signed by a physician who has not treated or seen the recipient



Remember: Protect yourself and report any Medicare Fraud!

What are some examples of Medicare fraud?

- A supplier bills Medicare for equipment you never got.
- Someone uses your Medicare card to get medical care, supplies, or equipment.

Your local SHIP counselors are Sheila Casey (970) 382-6442 or Greta Kirker at 970-382-6428 if you have questions or concerns about Medicare.

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

Senior Spotlight



Jim & Sylvia Veach - Senior Center Member

Sylvia – I am the third born child out of four. A little off center but a middle child just the same. Born in the spring of 1954 in Pasadena, California to Ephram and Sara Garcia. I was raised in the little town of Monrovia. I attended Catholic schools for elementary and high school. Following high school (1972), I married and lived in Bellevue, Nebraska just short of two years. My son, Michael, was born (1974) there while his father was in the Air Force. Our small family returned to Pasadena, California & civilian life in October 1974. For two years we saved and purchased a house in Rosemead, CA. My daughter, Rachel, was born (1976) just months after moving into the house. We lived as an intact family until I divorced in 1988. I was a

young single mom raising my kids doing the best I could. I often told my kids I was growing up with them. I have had many jobs in my working years. I was a teacher's aid in special ed. The hours were great and the kids and I were home together in the afternoons. When they were older I moved on to a dental office manager position. I stayed in that kind of work for about 13 years working for another general dentist and an oral surgeon. While at my first dental office, Jim aka Mr. Wonderful walked in and has been in my life, heart and family since 1994. I got a second chance at love with Jim. The last job I worked, before getting married and moving to Bayfield, was with See's Candies. You could say it was a sweet job; I do. I have 9 grandchildren, soon to be 10 in November this year. My son and his wife, Sarah, have two boys and one on its way. My daughter and her husband, Jason, have three girls and a son. My count includes Jim's grandkids too! These are a few of my favorite things – crunchy chicken tacos with a margarita, chips and dip, ice cream year round, crafts, exercise, watching movies over and over again, LAW & ORDER reruns, last but not least MEXICAN TRAIN! **Jim** – I was born in 1943 in Hollywood, CA and lived there with my parents, two older brothers and my younger sister through kindergarten. When I was 6, we moved about 15 miles north to Flintridge at the foot of the San Gabriel Mountains. My dad semi-retired from being a doctor when I was 13., occasioning our move to Laguna Beach where my siblings and I became creatures of the beach. (I sprouted a dorsal fin, but it's gone now.) After about 2 years there, we moved to Carlsbad, a small town in N. San Diego, CA. My mom taught high school English there. My folks got divorced. We had a little acreage with an avocado grove, all of which I ended up taking care of when my brothers left for college. When I wasn't otherwise engaged, I could be found on a surfboard. In the summer of 1960, I rented a room in La Jolla and worked at the Scripps Institution of Oceanography. In 1961-62, I attended UC Santa Barbara and took a US History summer class at the U. of Hawaii (Oahu) and beach-bummed for a while. I finished college at Claremont Men's College where I was a literature major, with a concentration in Spanish, and took business-related classes as well. I spent the spring semester of my junior year in Spain at the University of Madrid and backpacked my way around Western Europe (and Tangiers) during the following summer. I graduated in 1965, and backpacked from one end of Mexico to the other and back up during the summer and returned to So. Calif. to work as a management trainee and department manager for Sears for about two years, then became an agent for the Connecticut Mutual Life Insurance Company for a year+, and lastly was a construction laborer/brick tender for a while as I waited for acceptance to law school. I attended the University of San Diego Law School from 1969-72 and got married in 1970 to Pat, my college girl friend. We lived in Del Mar while I was a law student and began practicing law. During school, I was a law clerk in a small firm and spent my summers as a brick tender and a foreman for a commercial nursery while my wife worked on her PhD in Spanish Lit at UC San Diego and worked as a legal secretary. Our first child, Justin, was born in 1973. I practiced law in a small firm and on my own in San Diego, CA for about 2 years and then worked as in-house counsel with three different large life insurance companies in LA over the next 35 years. We had two more children, Christopher and Marianne, in 1978 and 1979 respectively. We lived most of our years in LA in South Pasadena. Pat developed Lou Gehrig's disease in 1985 and we lost her in 1990. All our kids went to Pasadena City College, transferred to 4-year colleges/universities and went on to earn master's degrees in various disciplines. Justin lives in Boulder CO and Marianne in South Pasadena. Christopher is married and has 3 kids. They live in Halifax, Nova Scotia. Sylvia and I met when I used to take my kids to the dentist for whom she worked. Our torrid love affair began in 1994. All in 2009, we were married on August 28, I retired on September 4 and we moved to Forest Lakes on September 26!