

**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!

September 2016

Volume 8, 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



2015 Volunteer of the
Year!

Anne Rudolph

& Meal on Wheels
Drivers Jim & Ellen
Frahm

Who will it be for
2016?



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.

Arts & Crafts—Tuesday, September 13— 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, September 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, September 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, September 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 or want to know more about caregiving. For more information please call Elaine Stampo 259-0122.

Community Quilt Group - Tuesday, September 6 & 20 - 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.

Cowboy Poetry - Friday, September 30 - Please come join us in celebrating Cowboy Poetry, & music and our heritage of the southwest. The performers will start about 11:30 am.

Health Checks—Friday, September 9— 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

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!

Pine River Public Library - Friday, September 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 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, September 6 - Join us on the 1st Tuesday of each month to have pot luck. Please bring a dish to share.

Veterans' Services - Friday, September 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.

Volunteer Recognition—Wednesday September 14 - 12:00 pm. Please come join us in saying Thank You to our volunteers who help make things possible to stay open. There will be music, lunch, and Volunteer of the Year 2016 will be announced. Please RSVP in advance.

Fitness & Exercise Programs

Chair Yoga - Canceled until further notice! Hope to be back in September or October. 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 **Monday 6:00 p.m. at the Senior Center**. Please call Bayfield Parks & Recreation for more information.



Recipe Corner

Egg Rolls



1 lb Ground Pork.

1/2 Head Cabbage Chopped

1/2 lb. Bean Sprouts

2 Med Carrots Shredded

2 Green Onions, Chopped

1/2 Yellow onion, chopped

Salt

Black pepper

Garlic Salt

Black Mushroom or black fungus

Clear Noodles

2 Eggs

1 Pkg. Egg Roll Wrappers, frozen

Egg roll wrappers are only sold in the freezer section at Asian store. Black mushroom or black Fungus and clear noodles are sold at Asian store or Asian aisle of regular grocery store. Egg roll wrappers should be kept frozen until ready to use. Leave out at room temperature for 30 minutes before use. Combine all ingredients using only 1 egg and mix well in a large mixing bowl. The remaining will be used for rolling egg rolls. Follow the instructions on the back of the egg roll package to roll egg rolls. Will make 25 egg rolls.

No Bake Lemon Icebox Pie

Crust:

1 1/2 C Graham Cracker Crumbs 10 to 12 whole crackers

1/4 C Packed light or dark brown Sugar

6 T unsalted butter, melted

Filling:

8 oz Cream Cheese, softened

1 Can (14oz) Sweetened condensed milk

1/2 C freshly squeezed lemon juice

1 T grated lemon peel

In a medium bowl, mix crust ingredients. Press evenly into ungreased 9" pie plate. Refrigerate 1 Hour.

In a large bowl, beat filling ingredients until smooth. Spread evenly in crust. Refrigerate 4 hours but no longer than 8 hours. Serve with whipped cream if desired.

Uplifting Quote for the Month

Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong. ~ Ella Fitzgerald

Medicare



The Open Enrollment period for Medicare Prescription Drug Plan is right around the corner!

When? **October 15–December 7**

Each year, you have a chance to make changes to your Medicare prescription drug coverage for the following year. —What can I do? —**Join a Medicare Prescription Drug Plan.** —**Switch from one**

Medicare drug plan to another Medicare drug plan. —Drop your Medicare prescription drug coverage completely. —**It's important to check on your current prescription drug plan during open enrollment each year to ensure you are on a plan that is best for you. Medicare 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. Please call 970-382-6428 to schedule an appointment. Schedule your appointment now! Please call Greta 970-382-6428

Drug Diversion Fraud/Pharmacy Fraud

Medicaid fraud, from the Office of Inspector General (OIG), U.S. Department of Health & Human Services -

Prescription drug abuse causes many more problems and is much more common than the common “street” drugs such as heroin and cocaine. Prescription drug abuse causes many deaths every day through mixing various medications or using the drugs for recreation when they were not medically prescribed for the individual. Because of the high desire of illegal prescription drugs, this makes medications very attractive for criminals. Drug diversion is where a prescription drug is taken out of the normal chain of commerce and diverted for sale or use in some illegal activity. Often these diverted drugs are billed to Medicaid before they are stolen.—**How the Scam Works** —One area of concern is prescription shorting. This is where a fraudulent pharmacy routinely dispenses prescriptions a few pills short. In a large prescription the pharmacist hopes the beneficiary will not notice. If the pharmacist does this repeatedly, the pharmacy can steal a lot of money from Medicaid because Medicaid is billed for the full amount.- In a similar scheme, a fraudulent pharmacy may fill a partial month's drug supply and ask the beneficiary to come back for the rest. The pharmacist then bills Medicaid twice in one month for the full amount. —**How to Fight Back** —Although time-consuming, consider counting your pills when you first get the prescription filled to make sure you were not shorted on the amount.—Do not participate in prescription drug diversion fraud. It is highly illegal and criminal behavior and can get the participating beneficiary into severe legal trouble as well. —When getting prescriptions filled, watch out for pharmacies that fill prescriptions for less than the number of days or the number of pills than is listed on the doctor's prescription. For example, the prescription is for a 30-day supply, but the pharmacist only fills for 10 days and tells you that you must come back for the rest. Absent rare exceptions, you should always receive the number of pills your doctor prescribes for you.

In nursing homes, make sure that you receive your medication, especially pain medication, in the amount and strength you believe is proper.

Report Suspected Fraud

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)

BAYFIELD PARKS AND REC



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



Long & Short

A City Fellow stopped his car near a farmstead and asked the farmer how far it was to Poughkeepsie. "Well," said the farmer, taking off his hat and scratching his head, "if you continue the way you're headed, I'd say its about 25,000 miles. But if you turn around and head the other way, it's about 7 miles.

Practice Makes Perfect

Grandmother was trying to teach little Tommy some table manners. After a few lessons, he said: "Grandmother, you said I should always eat my pie with a fork when I am invited out to dinner." "Yes, that's right," his grandmother replied. "Well," Tommy said "would you happen to have a piece of pie that I could practice on?"



Exercise: One of the Healthiest Things You Can Do

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age. **-Be as Active as Possible** Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible. **-Being Inactive Can Be Risky**—Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or that physical activity will harm them. Others might think they have to join a gym or have special equipment. Yet, studies show that "taking it easy" is risky. For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses. **- Prevent or Delay Disease**—Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.—To learn about exercise and diabetes, see

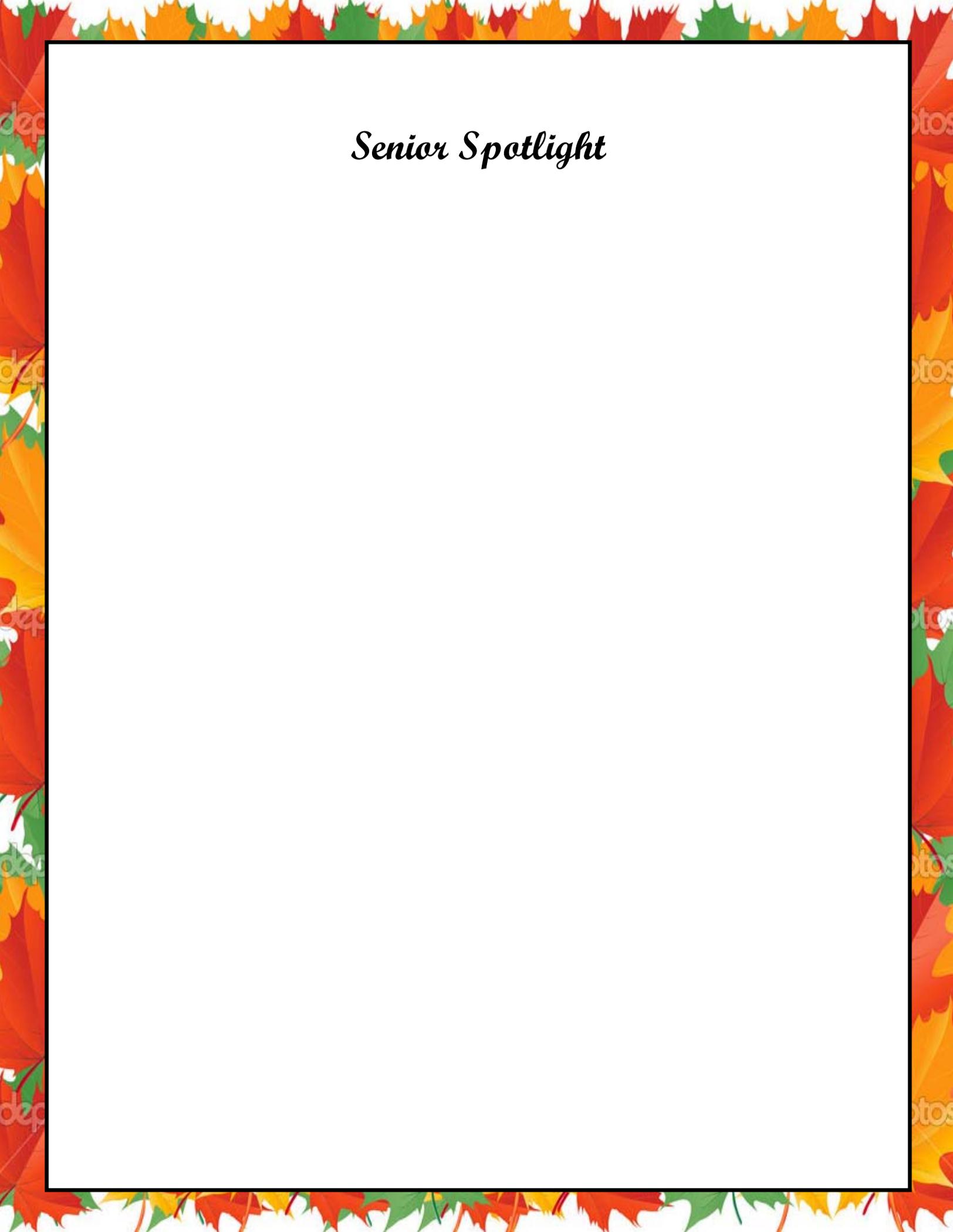
["Exercise and Type 2 Diabetes"](#) from [Go4Life®](#), the exercise and physical activity campaign from the National Institute on Aging.

Manage Stress, Improve Mood—Regular, moderate physical activity can help manage stress and improve your mood. And, being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

For more on cognitive function and exercise, see ["Do Exercise and Physical Activity Protect the Brain?"](#) from [Go4Life®](#), the exercise and physical activity campaign from the National Institute on Aging.

Some people may wonder what the difference is between physical activity and exercise. Physical activities are activities that get your body moving such as gardening, walking the dog and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class. Including both in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.

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



Senior Spotlight