# Durango ~ La Plata Senior Center

**2424 Main Ave Durango, CO**

**Monday-Friday 8am to 5pm**

**970-382-6445**

**www.co.laplata.co.us**

# January 2017

**Come for lunch at the Senior Center on January 19th at 11:45am and enjoy live music from Linda Carter!**

## Volunteer Income Tax Assistance for Seniors (VITA)

Appointments for free tax preparation are available beginning in February 2017. (You must be 60 years or older and have an income of less than $54,000 to be eligible.)
A checklist of required documents is available online at www.co.laplata.co.us & at the Durango ~ La Plata Senior Center. Appointments are required. Please call 970-382-6445 after January 10th to make an appointment.

The Senior Center will be **CLOSED** on Monday, January 2nd for New Year's Day and on Monday, January 16th for Martin Luther King Day. Please call Carol at 970-382-6435 to obtain frozen meals prior to the closures.

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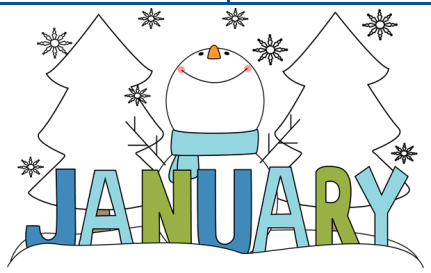
|---|---|
| Front Desk and Lunch Reservations | 970-382-6445 |
| Kitchen and Meals on Wheels | 970-382-6441 |
| Sheila Casey Director & Home Chore | 970-382-6442 |
| Carol Melcher Food Services Manager | 970-382-6435 |
| Deb Snead Admin. Assistant | 970-382-6429 |
| Greta Kirker Activities & Volunteers | 970-382-6428 |
| Liz Schmeiser Transportation | 970-759-6309 |
| Frank Clark Transportation | 970-769-2937 |
| Annie Satariano ADRC Specialist | 970-382-6444 |



# Lunch Menu

# January 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>**Closed for New Year's**<br> <br> | 3<br>**Baked Chicken Tenders**<br>Mashed Potatoes<br>Country gravy<br>Scandinavian veggies<br>Salad bar<br>Wheat roll<br>Sliced apples | 4<br>**Crunchy Baked Tilapia**<br>Coleslaw<br>Five-way blend<br>Salad bar<br>Wheat roll<br>Pineapple<br>Mandarin orange**s** | 5<br>**Sweet n' Sour Pork**<br>Steamed rice<br>Normandy veggies<br>Salad bar<br>Wheat roll<br>Oranges<br>Fortune cookie | 6<br>**Sloppy Joe**<br>Fries<br>Succotash<br>Salad bar<br>Wheat bun<br>Carrifruit salad |
| 9<br>**Shrimp Alfredo**<br>Fettucine<br>Salad bar<br>Garlic Bread<br>Apple Crisp | 10<br>**Hot Turkey Sandwich**<br>Whipped Potatoes<br>Brussel sprouts<br>Salad bar<br>Wheat bread<br>Cranberry-apple salad | 11<br>**Beef Stroganoff**<br>Buttered egg-noodles<br>Italian green beans<br>Salad bar<br>Wheat roll<br>Mixed fruit | 12<br>**Eggplant Parmesan**<br>Wheat pasta<br>Zucchini<br>Salad bar<br>Garlic wheat bread<br>Fruit salad<br>Birthday cake | 13<br>**Rosemary Pork Loin**<br>Sweet potatoes<br>Shoestring beets<br>Salad bar<br>Rye roll<br>Apples<br> |
| 16<br>**Closed for Martin Luther King's B-day**<br> <br> | 17<br>**Italian Sausage Bake**<br>Italian veggies<br>Salad bar<br>Bread sticks<br>Baked apples with cinnamon | 18<br>**Chicken Cordon Bleu**<br>Mustard gravy<br>Steamed rice<br>Broccoli<br>Salad bar<br>Wheat roll<br>Cantaloupe | 19<br>**Crunchy Baked Cod**<br>Dilled red potatoes<br>Oriental veggies<br>Salad bar<br>Cheesy biscuit<br>Mandarin Oranges<br>Oatmeal cookies | 20<br>**Beef Stuffed Peppers**<br>Rosemary potatoes<br>California veggies<br>Salad bar<br>Vanilla yogurt with strawberries |
| 23<br>**Chicken Romano**<br>Baked potato<br>Spinach<br>Salad bar<br>Wheat roll<br>Orange juice<br>Blonde brownie | 24<br>**Lemon Tilapia**<br>Wild rice<br>Mixed veggies<br>Salad Bar<br>Wheat roll<br>Fresh fruit | 25<br>**Swiss Steak**<br>Whipped potatoes<br>Broccoli<br>Salad bar<br>Wheat roll<br>Peaches | 26<br>**Pork Chops**<br>Apple stuffing<br>Snap peas<br>Salad bar<br>Pineapple orange cake<br>Orange wedges | 27<br>**Ginger Sesame Chicken**<br>Brussel sprouts<br>Buttered egg noodles<br>Salad bar<br>Wheat roll<br>Lemon buttermilk pie |
| 30<br>**BBQ Pork Ribs**<br>Potato salad<br>Island veggies<br>Salad bar<br>Wheat roll<br>Melon cup | 31<br>**Chicken Enchiladas**<br>Pinto beans<br>Tomato & Lettuce<br>Salad bar<br>Banana<br>Oranges | <br><br>**Reservations and Cancellations are Required!** Call the desk at 382-6445 by 9:30am on the day you plan to eat.<br>Salad Bar is open at 11am and lunch is served at 12pm. **Suggested Donation for Seniors 60+ $4.00 under 60- $7 fee** | | |

# ACTIVITIES SCHEDULE

# JANUARY 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>**Closed for New Year's Holiday**<br> <br> | 3<br>9am Crafts<br>9:15am Begin Tai Chi<br>9:15am CHAC<br>9:30am Zumba<br>10:30am WYS<br>12:30pm Grand Dames<br>12:45pm Canasta<br>6pm Sanct.Dup.Bridge | 4<br>8:45am TOPS<br>10:15am WYS<br>10:30am Caregiver Support Group<br>10:30am Int. Tai Chi<br>12:30pm Mah Jongg<br>12:30pm Queen's Bridge<br>12:30pm Table Tennis<br>1pm Creative Music<br>2:30pm Nia Dance | 5<br>9:15am Begin Tai Chi<br>9:30am Don's Deal<br>10:30am WYS<br>10:45 Widow's/Widower's<br>12pm 299er Bridge<br>12:45pm Canasta<br>1pm DAV<br>1:30pm Line Dancing | 6<br>9am Quilting<br>9:30am Zumba<br>10am Int. Tai Chi<br>12pm Sanct. Dup. Bridge<br>12:30pm Cribbage<br>12:45pm Thrift Store Staff Meeting<br>1pm Bingo<br>6pm SJ Square Dancers |
| 9<br>10am Int. Bridge Lesson<br>10am VIP<br>10:15am WYS<br>10:30am Neodelphian<br>12:pm Rec. Bridge<br>12:45pm Dominoes<br>**1pm Gentle Yoga**<br>1pm Movie Monday | 10<br>9am Crafts<br>9:15am Begin Tai Chi<br>9:30am Zumba<br>10:30am WYS<br>12:45pm Canasta<br>6pm Sanct.Dup.Bridge | 11<br>8:45am TOPS<br>10:15am WYS<br>10:30am Int. Tai Chi<br>12:30pm Mah Jongg<br>12:30pm Table Tennis<br>12:30pm Misfits Bridge<br>1pm Creative Music<br>2:30pm Nia Dance | 12<br>9:15am Begin Tai Chi<br>9:30am Don's Deal<br>10:30am WYS<br>12pm Lunch & Learn<br>12pm 299er Bridge<br>12:30pm Carolyn's Bridge<br>12:45pm Canasta<br>1:30pm Line Dancing<br>4pm Adventures in Dining | 13<br>9am Quilting<br>9:30am Zumba<br>10am Int. Tai Chi<br>12pm Sanct. Dup. Bridge<br>12:30pm Cribbage<br>1pm Bingo<br>1pm Medicare Counseling<br>6pm SJ Square Dancers |
| 16<br>**Closed for Martin Luther King Holiday**<br> <br> | 17<br>9am Crafts<br>9:15am Begin Tai Chi<br>9:30am Zumba<br>10am AARP meeting<br>10:30am WYS<br>12:30pm Grand Dames<br>12:45pm Canasta<br>6pm Sanct.Dup.Bridge | 18<br>8:45am TOPS<br>10:15am WYS<br>10:30am Caregiver Support Group<br>10:30am Int. Tai Chi<br>12:30pm Mah Jongg<br>12:30pm Queen's Bridge<br>12:30pm Table Tennis<br>1pm Creative Music<br>2:30pm Nia Dance | 19<br>9:15am Begin Tai Chi<br>9:30am Don's Deal<br>10:30am WYS<br>10:45 Widow's/Widower's<br>11:45am Live Music<br>12pm 299er Bridge<br>12:30pm Crazy 8's Bridge<br>12:45pm Canasta<br>1:30pm Line Dancing | 20<br>9am Quilt Workshop<br>9:30am Zumba<br>10am Int. Tai Chi<br>12pm Sanct. Dup. Bridge<br>12:30pm Cribbage<br>1pm Bingo<br>6pm SJ Square Dancers |
| 23<br>10am Int. Bridge Lesson<br>10:15am WYS<br>10:30am Neodelphian<br>12:pm Rec. Bridge<br>12:45pm Dominoes<br>1pm Gentle Yoga<br>1pm Movie Monday | 24<br>8:30am Glucose checks<br>9am Crafts<br>9:15am Begin Tai Chi<br>9:30am Zumba<br>10:30am WYS<br>12:45pm Canasta<br>6pm Sanct.Dup.Bridge | 25<br>8:45am TOPS<br>10:15am WYS<br>10:30am Int. Tai Chi<br>12:30pm Mah Jongg<br>12:30pm Misfits Bridge<br>12:30pm Table Tennis<br>1pm Creative Music<br>1pm Site Meeting<br>2:30pm Nia Dance | 26<br>9:15am Begin Tai Chi<br>9:30am Don's Deal<br>10:30am WYS<br>12pm 299er Bridge<br>12:30pm Carolyn's Bridge<br>12:45pm Canasta<br>1:30pm Line Dancing | 27<br>9am Quilting<br>9:30am Zumba<br>10am Int. Tai Chi<br>12pm Sanct. Dup. Bridge<br>12:30pm Cribbage<br>1pm Bingo<br>6pm SJ Square Dancers |
| 30<br>10am Int. Bridge Lesson<br>10:15am WYS<br>12:30pm Rec. Bridge<br>12:45pm Dominoes<br>1pm Gentle Yoga<br>1pm Movie Monday | 31<br>9am Crafts<br>9:15am Begin Tai Chi<br>9:30am Zumba<br>10:30am WYS<br>12:45pm Canasta<br>6pmSanct.Dup.Bridge | <br><br>**COA Senior Scholarship applications for classes are available in the lobby at the Durango La Plata Senior Center!**<br>**Eligibility is based on income.** | | |

# January 2017 Nutritionals

| | | | | |
|---|---|---|---|---|
| January 2<br>**Closed for New Years**<br> <br> | 3<br>**Baked Chicken Tenders**<br>**Calories(kcal)793.87**<br>**Carbohydrates(g) 98.52**<br>**Fiber(g) 10.7**<br>**Fat(g) 29.11**<br>**Sodium(mg) 884.51**<br>**Protein(g) 36.37** | 4<br>**Crunchy Baked Tilapia**<br>**Calories(kcal) 684.23**<br>**Carbohydrates(g) 101.21**<br>**Fiber(g) 11.68**<br>**Fat(g) 15.73**<br>**Sodium(mg) 1178.76**<br>**Protein(g) 38.14** | 5<br>**Sweet n Sour Pork**<br>**Calories(kcal) 731.4**<br>**Carbohydrates(g) 116.89**<br>**Fiber(g) 11.43**<br>**Fat(g) 13.61**<br>**Sodium(mg) 1012.6**<br>**Protein(g) 35.98** | **6**<br>**Sloppy Joe**<br>**Calories(kcal)877.89**<br>**Carbohydrates(g) 115.63**<br>**Fiber(g) 13.83**<br>**Fat(g) 26.69**<br>**Sodium(mg) 690.9**<br>**Protein(g) 48.98** |
| 9<br>**Shrimp Alfredo**<br>**Calories(kcal) 744.83**<br>**Carbohydrates(g) 103.62**<br>**Fiber(g) 10.03**<br>**Fat(g) 20.54**<br>**Sodium(mg) 631.78**<br>**Protein(g)41.59** | 10<br>**Hot Turkey Sandwich**<br>**Calories(kcal) 734.39**<br>**Carbohydrates(g) 85.62**<br>**Fiber(g) 13.12**<br>**Fat(g) 23.44**<br>**Sodium(mg) 484.72**<br>**Protein(g) 49.88** | 11<br>**Beef Stroganoff**<br>**Calories(kcal) 889.61**<br>**Carbohydrates(g) 104.35**<br>**Fiber(g) 10.56**<br>**Fat(g) 30.15**<br>**Sodium(mg) 423.28**<br>**Protein(g) 52.81** | 12<br>**Eggplant Parmesan**<br>**Calories(kcal) 636.69**<br>**Carbohydrates(g) 87.16**<br>**Fiber(g) 12.05**<br>**Fat(g) 22.87**<br>**Sodium(mg) 878.64**<br>**Protein(g) 25.95** | 13<br>**Rosemary Pork Loin**<br>**Calories(kcal) 891.25**<br>**Carbohydrates(g) 116.88**<br>**Fiber(g) 12.38**<br>**Fat(g) 23.7**<br>**Sodium(mg) 775.68**<br>**Protein(g) 54.11** |
| 16<br>**Closed for Martin Luther King's B-day**<br> <br> | 17<br>**Italian Sausage Bake**<br>**Calories(kcal) 740.72**<br>**Carbohydrates(g) 123.37**<br>**Fiber(g) 13.7**<br>**Fat(g) 15.84**<br>**Sodium(mg) 1041.54**<br>**Protein(g) 32.67** | 18<br>**Chicken Cordon Bleu**<br>**Calories(kcal) 625.44**<br>**Carbohydrates(g) 70**<br>**Fiber(g) 9.56**<br>**Fat(g) 17.41**<br>**Sodium(mg) 664.2**<br>**Protein(g) 50.71** | 19<br>**Crunchy Baked Cod**<br>**Calories(kcal) 716.64**<br>**Carbohydrates(g) 116.96**<br>**Fiber(g) 10.14**<br>**Fat(g) 13.16**<br>**Sodium(mg) 633.94**<br>**Protein( g) 38.41** | 20<br>**Beef Stuffed Peppers**<br>**Calories(kcal) 714.49**<br>**Carbohydrates(g) 82.98**<br>**Fiber(g) 12.4**<br>**Fat(g) 28.34**<br>**Sodium(mg) 526.21**<br>**Protein(g) 36.87** |
| 23<br>**Chicken Romano**<br>**Calories(kcal) 843.8**<br>**Carbohydrates(g) 122.04**<br>**Fiber(g) 12.16**<br>**Fat(g) 18.08**<br>**Sodium(mg) 637.01**<br>**Protein(g) 52.05** | 24<br>**Lemon Tilapia**<br>**Calories(kcal) 713.21**<br>**Carbohydrates(g) 96.4**<br>**Fiber(g) 10.55**<br>**Fat(g) 17.72**<br>**Sodium(mg) 326.08**<br>**Protein(g) 44.45** | 25<br>**Swiss Steak**<br>**Calories(kcal) 867.35**<br>**Carbohydrates(g) 94.69**<br>**Fiber(g) 14.68**<br>**Fat(g) 20.06**<br>**Sodium(mg) 965.38**<br>**Protein(g)80.37** | 26<br>**Pork Chops**<br>**Calories(kcal) 942.**<br>**Carbohydrates(g) 118.57**<br>**Fiber(g) 10.25**<br>**Fat(g) 29.6**<br>**Sodium(mg) 896.93**<br>**Protein(g) 51.34** | 27<br>**Ginger Sesame Chicken**<br>**Calories(kcal) 760.91**<br>**Carbohydrates(g) 94.71**<br>**Fiber(g) 10.03**<br>**Fat(g) 24.03**<br>**Sodium(mg) 1017.09**<br>**Protein(g) 43.85** |
| 30<br>**BBQ Pork Ribs**<br>**Calories(kcal) 852.02**<br>**Carbohydrates(g) 106.2**<br>**Fiber(g) 9.94**<br>**Fat(g) 22.74**<br>**Sodium(mg) 1077.85**<br>**Protein(g)58.02** | 31<br>**Chicken Enchiladas**<br>**Calories(kcal) 795.46**<br>**Carbohydrates(g) 98.77**<br>**Fiber(g) 22.35**<br>**Fat(g) 19.71**<br>**Sodium(mg) 441.05**<br>**Protein(g) 59.02** | My New Year's resolutions are:<br><br>1. Stop making lists.<br>B. Be more consistent.<br>7. Learn to count. | <br> | |

# Meetings

- **TOPS Take Off The Pounds Sensibly**: Every Wednesday in the Window Room. Weigh-in starts at 8:15am, Meeting from 9am-10am. First meeting is free. Call Ellen at 970-749-2799 for more information.
- **VIP Visually Impaired Persons:** This support group meets the 2nd Monday of the month, January 9th, at 10am in the Sun Room.
- **Site Committee Meeting:** Share your new ideas to enhance the Senior Center. Next meeting time will be on Wednesday, January 25th at 1pm in the Window Room.
- **Family Caregiver Support Group:** 1st and 3rd Wednesdays of the month at 10:30am in the Sun Room or Window Room.
- **DAV Disabled American Veterans:** This support group meets the first Thursday of the month, January 5th at 1:00pm.
- **AARP–** meeting on the 3rd Tuesday, January 17th at 10am in the Window Room
- **Widow/Widower's Support Group–** This group meets the 1st & 3rd Thursdays of the month from 10:45am to 12pm in the Window Room.
- **Medicare Counseling–** offered by appointment only on 2nd Friday of the month. Call Greta at 970-382-6428 or greta.kirker@co.laplata.co.us to schedule.

# Computer Classes

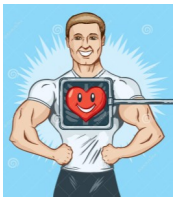
Jon Cordalis, The Computer Tutor, will be teaching 2 workshops at the Senior Center. Classes are from 9am –12pm and the cost is $15.00 per class. Please register & pay with Greta 970-382-6428 or greta.kirker@co.laplata.co.us

**Introduction to the IPad and iPhone–** Tuesday February 7th, In this class we will start from the basics and work up. You will learn iPad/iPhone navigation skills, how Settings can make things more "friendly," making sure you are not wasting power or data, and other information that will help you understand and enjoy your device. This is an Apple iPad and iPhone class, other phones and tablets will not be covered. Be sure you have an Apple ID.

**Getting the Most from Your iPad and iPhone: Part 2-** Thursday, February 9th**,** A continuation of the iPhone/iPad Basics class, we will explore the Apple apps included on your device and many useful free apps. In the process we will review basic iPad skills and features of the IOS operating system. This is an Apple iPad and iPhone class, other devices will not be covered. Prerequisites: Understand basic operations. Bring your device to class and know your Apple ID and password. iPad & iPhone specific (no other tablets, please)

New Schedule!

# Free Health Screening



**Provided by San Juan Basin Health Promotors on the 4thTuesday of the month, January 24th, 8:30am – 11:30am**

**Cholesterol, glucose, blood pressure screening**

**It is recommended that you fast for 9-12 hours before testing.**

**Walk-Ins welcome, but please call to schedule your time slot ahead of time in order to better serve you!**

**970-335-2076**

# Quilt Group

The Quilt Group meets on Fridays from 9am-12pm on most weeks. On the 3rd Friday of the month, January 20th, they meet from 9am-3pm in a larger room that is set up with long tables for pinning the layers of quilts together. Please drop in if you are interested in joining them or if you would like to learn more about quilting. This group is open to new members.

# Line Dancing

Line Dancing will help you to find the beat while improving your balance. You will learn basic foot-work while building confidence. Our instructor, Jean, has 20+ years experience teaching line dancing. Be good to yourself this new year and join the Line Dancing Class! Each 8 week session cost only $20! We encourage students to commit to coming to each class for the full 8 weeks to learn a variety of Line Dancing moves. New session begins on Thursday, January 5th.

**Beginning Line Dancing** Thursdays 1:30pm to 2:30pm

***Traditional Line Dancing*** Thursdays 2:30pm-3:30pm

## Gentle Yoga

Schedule change

Treat yourself to a Gentle Yoga Class. This class is perfect for active older adults looking for a low impact workout that promotes stress relief, and increases balance and flexibility. The class is held on **Mondays at 1pm** at the Durango Senior Center. The cost is $15 for 5 classes.

## WATCH YOUR STEP SENIOR FITNESS

"Watch Your Step" is a fun class that promotes whole-body fitness through cardio, strength training and balance. All levels are welcome. A new session begins in January.
Monday and Wednesday session at 10:15am (starting Wednesday January 4th)
Tuesday and Thursday session at 10:30am (starting Tuesday, January 3rd)
The cost is $20.00 for an 8 week session. Register & pay with the instructor.

**For more information about activities, contact Greta at 970-382-6428 or greta.kirker@co.laplata.co.us**

NEW

## Nia Dance

**Check out this fun new class at the Senior Center! Nia is a holistic fitness practice that combines dance, martial arts and mindfulness. Each workout leaves you feeling energized, mentally clear, and emotionally balanced. Nia is low-impact, and adaptable to individual needs and abilities. The instructor, Ashley Hill has a black belt certification in Nia Dance. She has helped to bring Nia Dance to Durango and she is passionate about her work. The first class will begin on January 4th, 2017. Classes will be held regularly on Wednesdays 2:30pm-3:30pm**

# COA NEWS

The 2016 Council on Aging Board of Directors consists of 10 Members: Faye Gooden, Susan Dahl, Jane Benham, Paula West, Anita Hermosillo, Ben Benham, Joe Mozgai, Pat Beard, and Linda Chapin. The Board elected Faye Gooden as President, Susan Dahl as Vice President, Jane Benham as Treasurer and Paula West as Secretary.

The COA is looking for volunteers for help with the following: various tasks at the Thrift Store; managing an information table at various community events; grant writing; creating a New Member Orientation and New Member Packets; Fund Raising; reviewing the Bylaws; assisting the Secretary; managing the website; reaching out to Seniors in the more rural areas of La Plata County; creating a "wish list" for each Senior Center; brainstorming on issues and solutions for Senior needs. If you would like to help with any of the above, contact Secretary, Paula West at 970-551-0582 or President, Faye Gooden at 970-946-8082.

The COA is seeking seniors who want to participate in activities at the Senior Center and need financial assistance to do so. If you or someone you know could use financial help to take a class, please consider submitting a Senior Activities Scholarship application. Applications are available in the lobby at the Durango Senior Center or online at laplatacoa.com.

# Creative Music Class

Instructor: Caprice Fox

Wednesdays 1pm-2pm

Tap into your creative side and stimulate your brain while learning the basics about music. This class will include singing lessons. Sing all of your favorite old songs! No prior musical experience is necessary. This class will be held on Jan 4, 11, 18 & 25 and the cost is $12. Sign up & pay with the instructor.

The Monday movie will be scheduled **every Monday at 1pm.**

But it will be moving to the Sun Room.

Please feel free to mention your movie requests to Greta. All movies must be tasteful & less than 2 hours long.

# Tai Chi Classes

Relieve your stress, improve your flexibility, and become more mindful with Tai Chi.

**Beginning Tai Chi** meets Tuesdays & Thursdays from 9:15am-10:15am

**Intermediate Tai Chi** meets Wednesdays 10:30am-11:30am & Fridays 10am-11am

There is a suggested donation of $20 for each one month session. Register and pay with the instructor at the Senior Center.

# Zumba

Our new instructor, Lynn, will get you moving and grooving to energetic world music to gain strength, increase flexibility, and most of all have fun to start off 2017! The class meets at **9:30am on Tuesdays & Fridays**. The cost is $15 for 5 classes or $4 for a drop in.

Please register and pay with Lynn. Call Greta at 970-382-6428 for more information.

# Widow's/Widower's Support Group

Hospice of Mercy is facilitating a community widow's and widower's support group for individuals who have experienced the loss of a spouse or partner. This group will meet the first and third Thursday of each month 10:45am-12pm at the Durango-La Plata Senior Center. To register or for more information: Contact Kati Bachman at 970-382-2032

# Medicare

## Medicare 2016/2017 costs at a glance

| | |
|---|---|
| Part A premium | Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A"). If you buy Part A, you'll pay up to $411 each month ($413 in 2017). |
| Part A hospital inpatient deductible and coinsurance | You pay:<br>• $1,288 deductible for each benefit period ($1,316 in 2017)<br>• Days 1-60: $0 coinsurance for each benefit period ($0 in 2017)<br>• Days 61-90: $322 coinsurance per day of each benefit period ($329 in 2017)<br>• Days 91 and beyond: $644 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime) ($658 in 2017)<br>• Beyond lifetime reserve days: all costs |
| Part B premium | Most people pay $104.90 each month in 2016. The standard Part B premium amount in 2017 will be $134 (or higher depending on your income). However, most people who get Social Security benefits will pay less than this amount ($109 on average). |
| Part B deductible and coinsurance | $166 per year ($183 in 2017). After your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy, and durable medical equipment. |
| Part C premium | The Part C monthly premium varies by plan. Compare costs for specific Part C plans. |
| Part D premium | The Part D monthly premium varies by plan (higher-income consumers may pay more). |

# Medicare "Changes" Scam

ship NATIONAL NETWORK Colorado state health insurance assistance program

Because the Medicare program does change over time, scam artists recycle old strategies to fit the changing health care environment. In this scam, individuals call or visit to explain Medicare "changes," then proceed to request personal identifying information. It can occur in conjunction with the Medicare card or Obamacare scam. Like the Medicare card and Obamacare scams, this scam uses a trusted and valued program – Medicare – to gain unauthorized access to beneficiary information.

It is important to know that beneficiaries may be **legitimately** contacted by the Centers for Medicare & Medicaid Services (CMS) or CMS representatives as part of occasional "Medicare Current Beneficiary Surveys." CMS may also call or otherwise contact beneficiaries to resolve beneficiary complaints or investigate suspected fraud.

Report suspected fraud by calling 1-800-Medicare, online at: https://forms.oig.hhs.gov/hotlineoperations, or by contacting your local Medicare Counselors, Greta Kirker, 970-382-6428 or Sheila Casey at 970-382-6442.

# Nutrition Choosing Healthy Meals as You Get Older

**Making healthy food choices is a smart thing to do — no matter your age!**
Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

**1. Drink plenty of liquids.**
With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt.

**2. Make eating a social event.**
Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others.

**3. Plan healthy meals.**
Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

**4. Know how much to eat.**
Learn to recognize how much to eat so you can control portion size. My Plate's Super Tracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

**5. Vary your vegetables.**
Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

**6. Eat for your teeth and gums.**
Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

**7. Use herbs and spices.**
Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

**8. Keep food safe**
Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

**9. Read the Nutrition Facts label.**
Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

**10. Ask your doctor about vitamins or supplements.**
Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

*This article is published at: https://www.choosemyplate.gov*

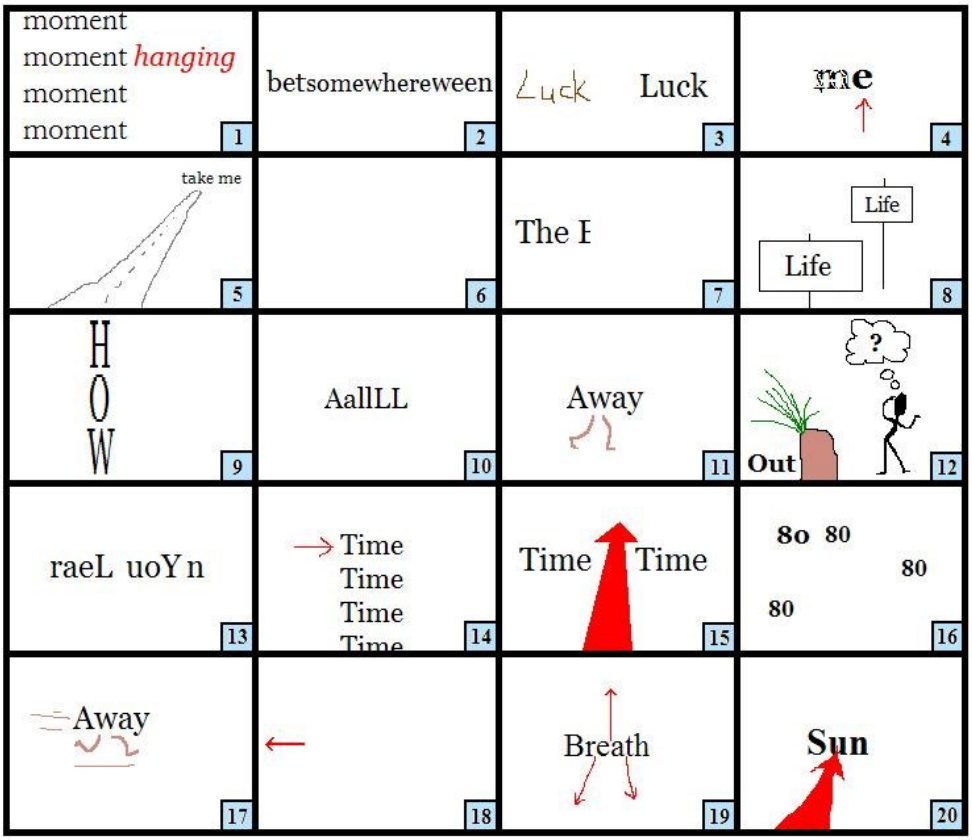
# Beware of the Grandparent Scam

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

**Lifehouse Remus Puzzles** by Sylvia




**Answers:**

1 Hanging by a Moment
2 Somewhere in Between
3 Better Luck Next Time
4 The Better Part of Me
5 Take Me Away
6 Empty Space
7 The End Has Only Begun
8 Signs of Life
9 How Long
10 All in All
11 Walking Away
12 Am I Ever Gonna Find Out
13 Learn You Inside Out
14 First Time
15 Through These Times
16 Eighties
17 Running Away
18 The Edge
19 Out of Breath
20 Into the Sun

# Adventures in Dining

Travel to a nearby town for a fun dinner out with friends! In January we will be going to:

**The Village Inn**

in Farmington, NM. They are known for their fabulous pies!

The bus will be leaving from the Durango-La Plata Senior Center at **4pm on January 12th**. The cost for Transportation is $8 per person (cost of meal is not included) We need a minimum of 8 passengers. Please sign up with Greta at 970-382-6428.

# COA Thrift Shop

**located inside the Durango-La Plata Senior Center.**

**Open Mon-Fri**
**9:30am 12:30pm**
**Accepting Donations**
**Mon-Fri 10am-11am**

**A big THANK YOU!! To everyone who has supported the Thrift Store this past year. The COA strives to keep it's prices low to cater to customers on a fixed income. Some of the proceeds fund the Scholarship Program so that low-income seniors can attend classes at the Senior Center.**

# Lunch & Learn

James Jones will speak at 12pm on January 12th about the importance of staying active.