November 2016

SUCAP's "The Thoughtful Years" Newsletter

Senior News

We will be having our annual Thanksgiving Dinner Thursday the 17th. Come and join us along with students from the Academy for lunch.

The Center will be closed on the 11th for Veterans Day.

The Center will be closed the 24th and 25th for Turkey Day.

We are no longer having our usual shopping transports to Bayfield on Thursdays. Sorry for any inconveniences this may cause you.

Eldersize:
M-W-F @10am
Mondays– Trips to Durango

Lunches

Please remember there is a $4 donation request for 55 & Over and a $5 Charge for 54 & under.

Transports

We are asking for a $4 Donation for transports to Durango. Services will not be refused if you are unable to donate.

CONTACT INFORMATION

Director– Deb Herrera
Program Aides– Ernestine Maez & Mataya Rock
Head Cook– Trish Jacket
Handy Man– Ben Vasquez

ADDRESS: 15345 HWY 172, Ignacio, Colorado 81137
PHONE: (970) 563-4561 FAX: (970) 563-3166

UPCOMING EVENTS

Halloween Trick-or-treating	10.31
Birthday Social	11.3
ARBOLES	11.3
Lunch at Rose Café	11.4
Northern Edge Casino	11.7
CENTER CLOSED	**11.11**
Movies in Durango	11.15
Academy Kids	11.17
ARBOLES	11.17
Thanksgiving Dinner	11.17
Thanksgiving Craft	11.22
HAPPY THANKSGIVING	**11.24**
CENTER CLOSED	**11.25**
Dessert Social	11.29
Shopping in Farmington	12.2

November 2016

Mon	Tue	Wed	Thu	Fri
31 Halloween Trick-or-treating	1	2	3 Birthday Social ARBOLES	4 Lunch at The Rose Café Leaving @11:30
7 Northern Edge Leaving @10	8	9	10	11 **CENTER CLOSED**
14	15 Movies in Durango Jack Reacher: Never Go Back (1/2pm showing)	16	17 Academy Kids ARBOLES **<u>THANKSGIVING DINNER</u>**	18
21	22 Thanksgiving Craft	23	24	25
28	29 Dessert Social	30	1	2 Shopping in Farmington Leave @10

Birthday Turkeys

Jo Carole	11/7	Elberta Velasquez	11/21
Dell Soloman	11/10	Nida Vargas	11/23
Jarry Hoad	11/16	Clara Lucero	11/24
Frank Lemoine	11/19	Emma Shock	11/28
Corleen Rael	11/20	Stafford Washington	11/28

Medicare

Open Enrollment Period for Prescription Drug Plans

Prescription drug plans can make changes each year—things like cost, coverage, and which providers and pharmacies are in their networks.

Mark your calendar with these Important dates! This may be the only chance you have each year to make a change to your Medicare health and prescription drug coverage. Contact your local Medicare Counselors for an appointment if you need assistance with Medicare; Greta Kirker 970-382-6428 or Sheila Casey at 970-382-6442.

October 1, 2016	**Start comparing your coverage with other options.** You may be able to save money.
October 15– December 7, 2016	**Change your Medicare health or prescription drug coverage for 2017, if you decide to.**
January 1, 2017	**New coverage begins if you made a change.** New costs and benefit changes also begin if you keep your existing Medicare health or prescription drug coverage and your plan makes changes.

Prevent Medicare Fraud

Protect yourself from errors, fraud, and abuse

Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse. Medicare and Medicaid lose billions of dollars each year to scam artists. You can make a difference.

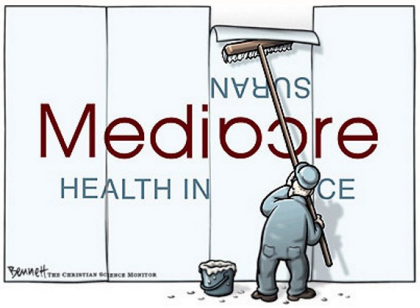
- Don't give your Medicare, Medicaid, or Social Security numbers to strangers.
- Remember that Medicare does not call or visit to sell you anything.
- Keep records of your doctor visits, tests, and procedures in your personal health care journal or calendar.
- Save your Medicare Summary Notices and Part D Explanation of Benefits.
- Learn to protect yourself against identity theft.
- Read Medicare's lists of Do's and Don'ts to prevent fraud.

Detect potential errors, fraud, and abuse

Even if you do everything right, there is a chance you could be a target of health care fraud. Keep a close eye on your medical records to quickly detect issues.

Review your Medicare Summary Notices and Part D Explanation of Benefits for mistakes. You can access your Medicare account 24 hours a day at www.MyMedicare.gov. Compare your Medicare Summary Notices and Part D Explanation of Benefits to your personal health care journal and prescription drug receipts to make sure they are correct.
Learn more about examples of Medicare fraud schemes from the Office of the Inspector General.

If you suspect errors, fraud, or abuse—report it. Visit https://www.stopmedicarefraud.gov/preventfraud/index.html for more information.



Nutrition Food Safety Tips For Healthy Holidays

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill. The good news is that practicing four basic food safety measures can help prevent foodborne illness.

1. Clean:

- Wash hands with warm water and soap for 20 seconds before and after handling any food.
- Wash food-contact surfaces with hot, soapy water after preparing each food item
- Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.

2. Separate:

- Keep raw eggs, meat, poultry, seafood, away from foods that won't be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.
- Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood—and from kitchen utensils used for those products.

3. Cook:

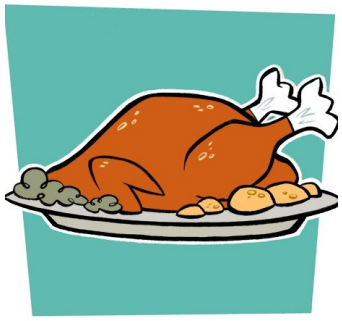
- Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165ºF. If the turkey is stuffed, the temperature of the stuffing should be 165ºF.
- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
- Don't eat uncooked cookie dough, which may contain raw eggs.

4. Chill:

- Refrigerate leftovers and takeout foods—and *any* type of food that should be refrigerated—within two hours. That includes pumpkin pie!
- Set your refrigerator at or below 40ºF and the freezer at 0ºF. Check both periodically with an appliance thermometer.
- Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.
- Don't taste food that looks or smells questionable. “When in doubt, throw it out." Leftovers should be used within three to four days.

Use care with stuffing

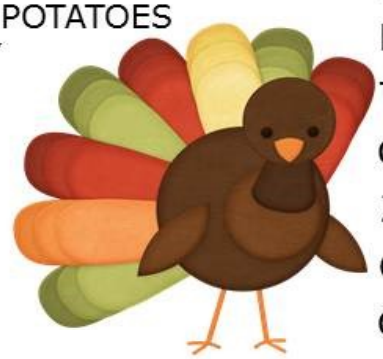
- Whether it is cooked inside or outside the bird, all stuffing and dressing must be cooked to a minimum temperature of 165ºF. For optimum safety, cooking your stuffing in a casserole dish is recommended.
- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven.
- Mix wet and dry ingredients for the stuffing separately and combine just before using.
- The turkey should be stuffed loosely, about 3/4 cup stuffing per pound of turkey.
- Any extra stuffing should be baked in a greased casserole dish.



This article appears on FDA's Consumer Updates page, which features the latest on all FDA-regulated products.

Happy Thanksgiving!

APPLE PIE
BEANS
BREAD
CORN
CRANBERRY SAUCE
GRAVY
HAM
MASHED POTATOES
MILK
PUMPKIN PIE
ROLLS
SQUASH
STUFFING
SWEET POTATOES
TURKEY



N	S	T	U	F	F	I	N	G	I	R	L	U	N	Y
F	G	K	D	A	E	R	B	V	G	C	A	D	Q	E
A	B	E	A	N	S	I	L	S	O	R	Q	G	S	K
O	G	K	E	I	P	E	L	P	P	A	P	A	E	R
N	R	O	C	M	L	W	U	Q	D	N	G	O	O	U
U	E	J	L	X	E	S	M	S	Y	B	Z	O	T	T
Z	P	U	M	P	K	I	N	P	I	E	V	N	A	Z
H	B	O	J	I	L	C	F	A	G	R	Y	F	T	V
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Z	D	L	U	C	W	F	Z	L	M	U	K	S	E	K
C	A	K	C	G	T	H	T	T	I	C	R	N	W	B
G	J	X	S	G	R	A	V	Y	I	E	Q	I	S	T

Word Scramble

Unscramble each group of letters to form a Thanksgiving word.

1. INEDNR _____
2. GIIPLRSM _____
3. SLSIBESGN _____
4. ALOMYEFRW _____
5. ADEHMS PTOEOATS _____
6. EYKUTR _____
7. NVBREOEM _____
8. FMYLAI _____
9. UNIPPMK IEP _____
10. RTFGAEUL _____

NOVEMBER 2016

31 BOO! Chicken Cordon Bleu Rice pilaf Asparagus Wheat roll Apricot LPL Menu	1 BBQ Pork Sandwiches Baked Beans Coleslaw Corn SC menu	2 Chicken Fried Rice Stir fry veggies Mini egg roll Salad bar Wheat roll Pears & apricots Fortune cookie LPL Menu	3 Chicken Cacciatore Parsley noodles Spinach Wheat roll Apricots LPL menu BIRTHDAY CAKE	4 Mac & Cheese w/Ham Corn Bread Bananas
7 Sloppy Joe / W.W Bun Oven Browned Potatoes Peas/Carrots Spiced Applesauce LPL menu	8 Beef Stroganoff Wheat Roll Mixed Veggies Sour Cream Mandarin Oranges GAR menu	9 Swiss Steak Whipped potatoes Seasoned broccoli Wheat roll Peaches LPL menu Jan	10 Polish Sausage Boiled Potatoes Corn Banana Pudding W.W Roll SCP menu	11 **CENTER CLOSED**
14 Tuna Casserole Beets Peaches W.W Roll SCP menu	51 American Goulash Mixed Veggies Wheat roll Pears SCP menu	16 BBQ Pork Ribs Corn Coleslaw Hard Roll Peaches LPL MENU	17 **THANKSGIVING DINNER** Turkey Stuffing Mashed Potatoes, Gravy, Yams, and Cranberry Sauce Pumpkin Pie Whole Wheat Roll	18 Crunch Baked Fish Red bliss potatoes + 1 tsp fiber Oriental Veggies Wheat Roll Mandarin Oranges LPL menu
21 Beef & Legume Taco Salad Corn Banana HLA Menu	22 Bean Burritos Topped with Green Chili Lettuce Tomatoes, Cheese Corn Peaches SCP menu	23 Fried Chicken Gravy Wild Rice Wheat roll Cauliflower & Broccoli Peaches HLA menu	24 CENTER CLOSED 	25
28 Chicken Cordon Bleu Rice pilaf Asparagus Wheat roll Apricot LPL Menu	29 Chicken Pot Pie Carrots Green peas Corn Fruit cup GLC	30 Ham & Beans Cut Broccoli Scandinavian Veggies Corn Bread Mandarin Oranges Library Menu	MILK SERVED DAILY Salad Bar: Tuesday Wednesday & Thursdays	