

# December 2016

## SUCAP'S "THE THOUGHTFUL YEARS" NEWSLETTER

Christmas Dinner will be Thursday December 15th. We would love for you and your families to join us.

The Senior Center will be closed on the **9th and 26th.**

### **MERRY CHRISTMAS FROM OUR FAMILIES TO YOURS**

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

#### Lunches

Please remember there is a \$4 Donation 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.

#### UPCOMING EVENTS

Arboles	12.1
Northern Edge	12.2
Academy Students	12.6
Birthday Social	12.8
<b>CENTER CLOSED FOR LEONARD C. BURCH DAY</b>	<b>12.9</b>
Shopping in Farmington	12.12
Christmas Dinner	12.15
Arboles	12.15
Light Ride in Farmington	12.16
Christmas Craft	12.21
<b>CENTER CLOSED</b>	<b>12.26</b>
Blood Pressure Checks	12.28
Dessert Social	12.29



Community Partner

#### CONTACT INFORMATION

Director- Deb Herrera  
Program Aides- Ernestine Maez & Mataya Rock  
Head Cook- Trish Jacket    Assistant Cook- Davette  
Martinez  
Handy Man- Ben Vasquez



ADDRESS: 15345 HWY 172, Ignacio, Colorado 81137



# December 2016



Mon	Tue	Wed	Thu	Fri
			1	2
			ARBOLES	Northern Edge Leaving at 10AM
5	6	7	8	9
	Academy Students for Lunch		Birthday Social	<u>CENTER CLOSED</u> <u>LEONARD BURCH</u> <u>DAY</u>
12	13	14	15	16
Shopping in Farmington Leave at 10AM			<u>Christmas Dinner</u>	Lights Ride in Farmington Leave at 3:30PM
			ARBOLES	
19	20	21	22	23
		Christmas Craft		
26	27	28	29	30
		Blood Pressure & Cholesterol Checks	Dessert Social	



## CHRISTMAS STARS



Dixie Narajo	12.9	Judy Baumgardner	12.26
Bernie Sautel	12.9	Barney Pinnecoose	12.27
Patricia Torres	12.21	Salma Lang	12.27
Wilma Brown	12.24	Miami Santisteven	12.27

# Nutrition

## Choosing Healthy Restaurant Meals



Going out to eat is enjoyable, but restaurants often serve large meals, which can be high in calories, fat, and salt. Don't be afraid to ask how items on the menu are prepared and request substitutions.

Here are a few tips from **Go4Life** to help make your meal both delicious and nutritious.

- Order a salad with lean meat, low-fat or fat-free cheese, and other healthy toppings. Choose low-fat or fat-free salad dressing, and ask for the dressing on the side so you can control how much you use.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled. Avoid fried food.
- Hold the "special sauces." Ask the kitchen not to top your dish with butter or whipped cream.
- Select foods with a tomato-based or red sauce instead of a cream-based or white sauce. Tomato-based sauces usually contain more vitamins, less fat, and fewer calories.

Use portion control: Skip the "large" or "super sized." Ask for "small," or share a portion.

- Ask for food to be prepared without added salt, and don't add salt at the table.

Drink water, fat-free or low-fat milk, or other drinks without added sugars.

- Instead of fries, try a small baked potato, side salad with low-fat or fat-free dressing, or fruit.
- Order an item from the menu instead of heading for the "all-you-can-eat" buffet.
- If you take home leftovers, get them into the refrigerator within 2 hours—sooner if the temperature outside is above 90°F.

This article is brought to you from the National Institute on Aging. <https://go4life.nia.nih.gov/>



## Avoid Scams on the Computer

Providing your credit card number online isn't much different from giving it to a server at a restaurant — except you can't "see" who you're giving it to. So take a few steps to make sure your personal information doesn't get into the wrong hands:

- **Watch for "phishers."** Con artists are experts at mimicking e-mails and Websites from reputable banks, shopping sites, and Internet service providers. This scam is called "phishing." **If you get an e-mail asking you to confirm personal or financial information, don't click the link.** You never know if the link goes to a legitimate site or a scammer.
- **Look for signs of security.** If you do enter personal or financial information online, make sure the site is secured — meaning the information you enter isn't accessible to anyone other than you and the Website owner. Common indicators are an "s" after the "http" on a Website address — as in **https://** **Error! Hyperlink reference not valid.** — or the image of a lock on the address line. But even those indicators are no guarantee of security, so look for additional protection. For instance, the Humana Medicare Website shows the Verisign logo — which is kind of like a "Good Housekeeping seal" for Internet security.
- **Build a wall around your computer.** Set up your e-mail filters and Internet browser to have the highest level of security. You may also want to invest in software that scans for viruses and "spyware" — programs that hide on your computer and allow others to see the information you enter.





# CHRISTMAS WORD SEARCH



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

BELLS  
CANDLES  
CANDYCANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS

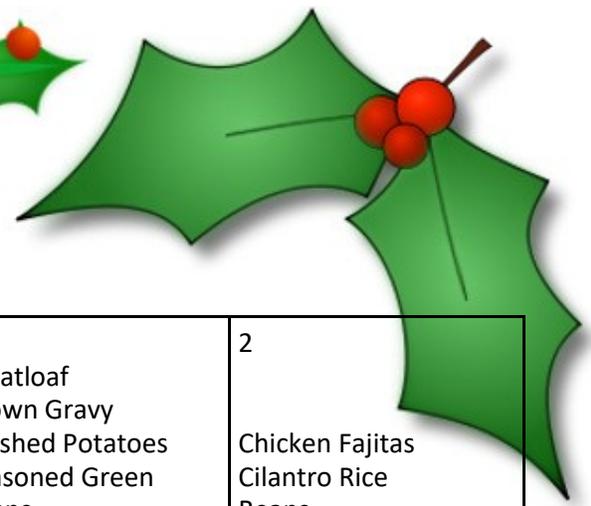
RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH

ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY

JOY  
MERRY  
MISTLETOE  
NOEL  
NORTHPOLE  
REINDEER



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Notes:			<p>1 Meatloaf Brown Gravy Mashed Potatoes Seasoned Green Beans Wheat Roll Peaches LPL Menu</p>	<p>2  Chicken Fajitas Cilantro Rice Beans Salsa Pineapple SCP Menu</p>
<p>5  French Dip Oven Browned Potatoes Mixed Veggies Mandarin Oranges LPL Menu</p>	<p>6  Crab Cakes Oven Browned Potatoes Scandinavian Blend Waldorf Salad Lemon Pudding LPL Menu</p>	<p>7  Chicken Fried Steak Whipped Potatoes Country Gravy Broccoli &amp; Cheese Wheat Roll Oranges VOA</p>	<p>8  Sweet n Sour Pork Brown Rice Normandy Blend Wheat Roll Oranges Fortune Cookies SAG</p>	<p>9  <b>CENTER CLOSED</b>  <b>LEONARD C. BURCH DAY</b></p>
<p>12  Chicken Alfredo Fettuccini Broccoli Garlic Bread Apple Crisp Bananas COA</p>	<p>13  Spaghetti &amp; Meatballs Marinara Sauce Pasta Green Beans Garlic Bread Sugar Cookies LPL Menu</p>	<p>14  Roast Beef w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Roll Plums LPL Menu</p>	<p>15  Ham, Scalloped Potatoes, Green Beans, Sweet Potatoes Strawberry Shortcake Whipped Topping Whole Wheat Roll SCP Menu</p>	<p>16  Mac &amp; Cheese/Ham Green Beans Salad Wheat Roll Tropical Fruit HLA Menu</p>
<p>19  Brats &amp; Sauerkraut Scalloped Potatoes Green Beans Salad Bar Rye Roll Apricots</p>	<p>20  Oven Fried Chicken Country Gravy Mashed Potatoes Peas Wheat Roll Oranges LPL Menu</p>	<p>21  Tortilla Burger W/Green Chili Pinto Beans Stewed Tomatoes Fruited Jell-O MTZ Menu</p>	<p>22  Salisbury Steak Mashed Potatoes Mixed Veggies Wheat Roll Pudding DOL</p>	<p>23  Ball Park Frank Whole Wheat Bun Potato Salad Coleslaw Tapioca Pudding Fruit Salad</p>
<p>26  <b>CENTER CLOSED</b>  <b>CHRISTMAS DAY *OBSERVED*</b></p>	<p>27  Hamburger Gravy Mashed Potatoes Spinach Whole Wheat Roll Pears</p>	<p>28  Beef Stew Over Rice Carrots Pineapple Corn Bread SCP Menu</p>	<p>29  Beef Tacos Salsa Salad Corn Confetti Tomato Cilantro Rice Plums</p>	<p>30  Pork Chops Stuffing Green Beans Whole Wheat Roll Fruit</p>