

# December 2016

## Durango~LaPlata Senior Center

2424 MAIN AVE, DURANGO, CO 81301.

970-382-6445

MONDAY— FRIDAY 8AM TO 5PM

WWW.CO.LAPLATA.CO.US



### Christmas Holiday Luncheon

Thursday, December 15th

11:30am-12:30pm

Please sign up by calling  
970-382-6445

Entertainment will be  
provided by: *Jeff Solon!*



Front Desk and  
Lunch Reservations 970-382-6445

Kitchen and Meals  
on Wheels 970-382-6441  
Cancellations

Sheila Casey  
Senior Services  
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 970-382-6439

Annie Satariano 970-382-6444

The Senior Center will be

**CLOSED** on:

Dec. 23, Dec. 26,

Dec. 30 & Jan. 2

### 2016 Arts and Crafts Bazaar

Join us for a fun filled selection of  
hand crafted items and  
baked goods just in time for  
your Holiday shopping!

Saturday, December 3rd

9am to 2pm

Durango/La Plata Senior  
Center. Call Greta at 970-382-6428  
for information.



### New Year's Eve Party

Wednesday, December 28th

11:30am-12:45pm

Live music from

**Acoustic Picnic!**



# December 2016 Menu

Mon	Tues	Wed	Thurs	Fri
<p><b>Reservations are required.</b> Lunch reservations can be made by calling <b>382-6445</b> by <b>9:30am</b> for that day. Salad bar is open at 11am and lunch is served at 12pm. <b><u>Suggested donation for Seniors 60+ \$4.00, Under 60 \$7.00 fee</u></b></p>   			<p><b>1 Hamburger</b> French Fries Broccoli salad Salad bar Pineapple upside down cake</p>	<p><b>2 Chicken Cacciatore</b> Parsley noodles Spinach Salad bar Wheat roll Melon</p>
<p><b>5 Chicken Fried Steak</b> Whipped potatoes Country gravy Broccoli &amp; cheese Salad bar Wheat roll Oranges</p>	<p><b>6 Cabbage Roll</b> Mashed potatoes Veggie Medley Salad bar Wheat roll Saucy Fruit Salad Cookie</p>	<p><b>7 Teriyaki Shrimp</b> Brown Rice Roasted veggies Salad bar Wheat roll Honeydew Orange sherbet</p>	<p><b>8 Southwest Chicken with Artichokes</b> Salad bar Wheat roll Pears Birthday cake</p>	<p><b>9 BBQ Pulled Pork</b> Creamy coleslaw French fries Salad bar Wheat French roll Strawberry shortcake</p>
<p><b>12 Gingered Cod</b> Wild rice Spinach Sicilian Veggies Salad bar Oranges Carrot Cake</p>	<p><b>13 BBQ Sausage &amp; Peppers</b> Oven browned potatoes Coleslaw Salad bar Rye roll Tapioca pudding</p>	<p><b>14 Lasagna</b> Italian Veggies Salad bar Garlic bread Pineapple</p>	<p><b>15 Glazed Cornish Game Hen</b> Orzo Pilaf Asparagus Salad bar Wheat roll Winter holiday cake <b>Christmas Dinner</b></p>	<p><b>16 Harvest Beef Stew</b> Cornbread Salad bar Assorted pudding</p>
<p><b>19 Lemon Chicken</b> Baked Potato Monaco veggies Salad bar Wheat roll Chocolate pudding</p>	<p><b>20 Cajun Catfish</b> Oven roasted potatoes Corn Salad bar Apple Cranberry coleslaw</p>	<p><b>21 Combination Burrito</b> Smothered with green chili Tomato &amp; lettuce Cilantro brown rice Salad bar Grapes</p>	<p><b>22 Roasted Chicken</b> Vegetables Steamed rice Seasoned peas Salad bar Wheat roll Peach pie</p>	<p><b>23 Closed for Christmas</b></p> 
<p><b>26 Closed for Christmas</b></p> 	<p><b>27 Chicken 'n' Dumplings</b> Broccoli Salad bar Apricots Oatmeal Raisin Cookie</p>	<p><b>28 Baked Ham w/ Raisin sauce</b> Black eye peas California veggies Salad bar Rye roll Vanilla pudding Banana</p>	<p><b>29 Crab Cake</b> Oven browned potatoes Veggie medley Waldorf salad Salad bar Lemon pudding</p>	<p><b>30 Closed for New Year's</b></p> 

December 2016



# Nutritionals

			<p>1 Hamburger Calories(kcal) 758.67 Carbohydrates(g) 79.45 Fiber(g) 10.67 Fat(g) 28.96 Sodium(mg) 1140.84 Protein(g) 49.52</p>	<p>2 Chicken Cacciatore Calories(kcal)1099.37 Carbohydrates(g) 101.15 Fiber(g)14.39 Fat(g) 30.94 Sodium(mg) 1071.99 Protein(g) 104.57</p>
<p>5 Lemon Chicken Calories(kcal) 865.82 Carbohydrates(g) 115.86 Fiber(g) 10.08 Fat(g) 16.71 Sodium(mg) 659.09 Protein(g) 61.03</p>	<p>6 Cabbage Roll Calories(kcal) 759.84 Carbohydrates(g) 98.5 Fiber(g) 11.52 Fat(g) 27.23 Sodium(mg) 782 Protein(g) 35.2</p>	<p>7 Teriyaki Shrimp Calories(kcal) 789.4 Carbohydrates(g) 124.35 Fiber(g) 12.52 Fat(g) 14.18 Sodium(mg) 944.83 Protein(g) 44.38</p>	<p>8 Southwest Chicken w/ artichokes Calories(kcal) 630.02 Carbohydrates(g) 102.6 Fiber(g) 10.13 Fat(g) 13.42 Sodium(mg) 782.54 Protein(g) 29.02</p>	<p>9 BBQ Pulled Pork Calories(kcal) 773.37 Carbohydrates(g) 109.85 Fiber(g) 10.93 Fat(g) 25.26 Sodium(mg) 563.07 Protein(g)32.6</p>
<p>12 Gingered Cod Calories(kcal)848.57 Carbohydrates(g) 126.68 Fiber(g) 15.73 Fat(g) 26.18 Sodium(mg) 1139.79 Protein(g) 36.56</p>	<p>13 BBQ Sausage &amp; Peppers Calories(kcal) 944.04 Carbohydrates(g) 117.67 Fiber(g)14.33 Fat(g) 32.37 Sodium(mg) 884.42 Protein(g) 42.33</p>	<p>14 Lasagna Calories(kcal) 796.9 Carbohydrates(g) 99.54 Fiber(g) 14.51 Fat(g) 23.47 Sodium(mg) 618.15 Protein(g)53.46</p>	<p>15 Glazed Cornish Game Hen Happy Holidays </p>	<p>16 Harvest Beef Stew Calories(kcal) 673.95 Carbohydrates(g) 74.93 Fiber(g) 8.03 Fat(g) 25.66 Sodium(mg) 956.46 Protein(g) 35.02</p>
<p>19 Chicken Fried Steak Calories(kcal) 978.15 Carbohydrates(g) 130.45 Fiber(g) 15.54 Fat(g) 35.01 Sodium(mg) 818.27 Protein(g) 41.02</p>	<p>20 Cajun Catfish Calories(kcal) 820.27 Carbohydrates(g) 111.82 Fiber(g) 12.78 Fat(g) 25.86 Sodium(mg) 460.65 Protein(g) 36.48</p>	<p>21 Combination Burrito Calories(kcal) 1132.8 Carbohydrates(g) 137.27 Fiber(g) 11.55 Fat(g) 46.72 Sodium(mg) 1468.83 Protein(g)45.8</p>	<p>22 Roasted Chicken Calories(kcal) 856.47 Carbohydrates(g) 108.6 Fiber(g) 11.92 Fat(g) 23.52 Sodium(mg) 566.09 Protein(g) 54.11</p>	<p>23 <b>Closed For Christmas</b> </p>
<p>27 <b>Closed For Christmas</b> </p>	<p>28 Chicken n' Dumplings Calories(kcal) 676.54 Carbohydrates(g) 104.78 Fiber(g) 13.15 Fat(g) 11.99 Sodium(mg) 625.19 Protein(g)43.46</p>	<p>29 Baked Ham w/ Raisin Sauce Calories(kcal) 643.88 Carbohydrates(g) 87.3 Fiber(g) 13.92 Fat(g) 13.38 Sodium(mg) 1203.99 Protein(g) 44.84</p>	<p>30 Crab Cake Calories(kcal) 753.7 Carbohydrates(g) 125.87 Fiber(g) 8.84 Fat(g) 15.51 Sodium(mg) 1053.25 Protein(g) 30.6</p>	<p>31 <b>Closed for New Year's Day</b> </p>

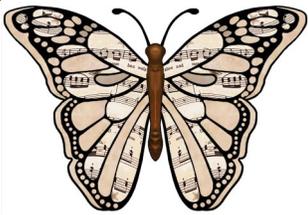
# Activities December 2016

MON	TUE	WED	THU	FRI
<p><b>Special dates in December:</b></p> <p><b>Dec 3- Craft Bazaar</b></p> <p><b>Dec 6, 8, 14 &amp; 19- Lunch &amp; Learn</b></p> <p><b>Dec 13th- St Columba performance</b></p> <p><b>Dec 15- Christmas Celebration</b></p> <p><b>Dec 22- Line Dance Performance</b></p>			<p><b>1</b></p> <p>9:15am Beg. Tai Chi 10:30am WYS 10:45am Widower's 12pm 299er Bridge 12:45pm Canasta 1pm DAV meeting 1:30pm Line Dancing</p>	<p><b>2</b> 9am Quilting 9am-5pm Medicare 9:30am Zumba 10am Int. Tai Chi 12pm Bridge 12:30pm Cribbage 12:45pm Thrift Store Staff Meeting 1pm Bingo 5pm Sq. Dance set up</p>
<p><b>5</b></p> <p>9am-1pm Medicare 10am Bridge Lesson 10:15am WYS 12:30pm Rec. Bridge 12:45pm Dominoes 1pm Movie Monday <u>A Hologram for the King</u></p>	<p><b>6</b> 8:30am Glucose &amp; Blood Pressure Checks 9am Computer Class 9am-1pm Medicare 9am Crafts 9:15am Begin Tai Chi 10:30am WYS 12pm Lunch &amp; Learn 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p><b>7</b> 9am Medicare 9am TOPS 10:15am WYS 10:30 Caregiver Support Group 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30 Queens Bridge 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>	<p><b>8</b></p> <p>9am Computer Class 9:15am Begin Tai Chi 10:30am WYS 12pm 299er Bridge 12pm Lunch &amp; Learn 12:30pm Carolyn's 12:45pm Canasta 1:30pm Line Dancing 4pm Adv. In Dining</p>	<p><b>9</b> 9am Quilting 9:30am Zumba 10am Int. Tai Chi 12pm Bridge 12:30pm Cribbage 1pm Bingo 6pm SJ Square Dancers</p>
<p><b>12</b></p> <p>9am COA Board mtg. 10am Bridge Lesson 10am VIP 10:15am WYS 12:45pm Dominoes 12:30pm Rec. Bridge</p>	<p><b>13</b> 9am Crafts 9:15am Begin Tai Chi 10:30am WYS 12pm St. Columba Performance 12:45pm Canasta 1:30pm Staff Meeting 6pm Sanct.Dup.Bridge</p>	<p><b>14</b> 9am TOPS 10:15am WYS 10:30am Int. Tai Chi 12pm Lunch &amp; Learn 12:30pm Mah Jongg 12:30pm Misfits 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>	<p><b>15</b></p> <p>9:15am Begin Tai Chi 10:30am WYS 11:30 Widowers 11:45am Holiday Celebration (Music) 12pm 299er Bridge 12:30pm Carolyn's 12:45pm Canasta</p>	<p><b>16</b> 9am Quilt workshop 9:30am Zumba 10am Int. Tai Chi 12:30pm Bridge 12:30pm Cribbage 1pm Bingo 6pm SJ Square Dance</p>
<p><b>19</b></p> <p>10am Bridge Lesson 10:15am WYS 12pm Lunch &amp; Learn 12:30pm Rec. Bridge 12:45pm Dominoes 1pm Movie Monday <u>Funny Face (1957)</u></p>	<p><b>20</b> 9am Crafts 9:15am Begin Tai Chi 10:30am WYS 12:30pm Grand Dames 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p><b>21</b> 9am TOPS 10:15am WYS 10:30 Caregiver Support Group 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30 Queens Bridge 1pm Creative Music 1pm Gentle Yoga</p>	<p><b>22</b></p> <p>9:15am Begin Tai Chi 10:30am WYS 12pm 299er Bridge 12:15pm Line Dance Performance 12:30pm Carolyn's 12:45pm Canasta 1:30pm Line Dancing</p>	<p><b>23 Closed for Christmas</b></p> 
<p><b>26 Closed for Christmas</b></p> 	<p><b>27</b> 9am Crafts 9:15am Begin Tai Chi 10:30am WYS 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p><b>28</b> 9am TOPS 10:15am WYS 10:30am Int. Tai Chi 10:30am Talking Book 11:30am Live Music 12:30pm Mah Jongg 12:30pm Misfits 1pm Gentle Yoga</p>	<p><b>29</b></p> <p>9:15am Begin Tai Chi 10:30am WYS 12pm 299er Bridge 12:45pm Canasta 1:30pm Line Dancing</p>	<p><b>30 Closed for New Year's</b></p> 



# Meetings

- **TOPS Take Off The Pounds Sensibly:** Every Wednesday in the Window Room. Weigh-in from 8am-8:45am, Meeting from 9am-10am. First meeting is free. Call Ellen at 970-749-2799 for more information.
- **VIP Visually Impaired Persons:** Meets the 2nd Monday of the month, December 12th, at 10am in the Sun Room.
- **Medicare Counseling:** By appointment only on Mondays, Wednesdays and Fridays, now through December 7th, please call Greta 970-382-6428 to schedule an appointment (no drop-ins, please).
- **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:** Thursday, December 1st at 1pm in the Sun Room.
- **AARP:** AARP is having it's Holiday Luncheon! They are meeting at 11am Dec. 17th at the Doubletree Hotel. RSVP to Julie at 259-0835 or [volunteer@bresnan.net](mailto:volunteer@bresnan.net)
- **Widow/Widower's Support Group:** Meets the 1st and 3rd Thursdays (December 1st & 15th) at 10:45am in the Window Room.



## 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 3 session class will be held on Dec 14, 21 & 28 and the cost is \$9. Sign up with Greta 970-382-6428.

## Free Health Screening

Provided by San Juan Basin Health Promotors on the 1st Tuesday of the

month, December 6th,  
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**



## Computer Classes



Instructor: Jon Cordalis,  
The Computer Tutor  
Classes are from 9am-12:00pm  
and the cost is **\$15.00 per class**.  
You may register for classes at

382-6428 or [greta.kirker@co.laplata.co.us](mailto:greta.kirker@co.laplata.co.us)  
Payment ensures your place in the class!

### **Introduction to the iPad and iPhone–**

Tuesday December 6th, In this class you 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.

### **Working with Photos on your iPad/iPhone–**

Thursday, Dec 8th, In this new class you will explore the Photo features and capabilities of the iPad including the Camera, Photos, photo editing and photo sharing. You will also look at some apps that add even more options to working with your digital images. This is an Apple iPad/iPhone class, other devices will not be covered. Be sure you have an Apple ID and have basic iPad skills.

# Exercise Classes

For inquiries about the exercise classes, contact Greta at 970-382-6428 or [greta.kirker@co.laplata.co.us](mailto:greta.kirker@co.laplata.co.us).



## Line Dancing

**Come Check out the Line Dancing Lunch Performance on Thurs, Dec. 22nd at 12:15pm!**

Have fun dancing while challenging your brain and learning some fancy footwork! Fun and familiar songs are choreographed for you to provide a rewarding cardio workout. Our instructor Jean Standifer, has 20+ years of experience teaching.

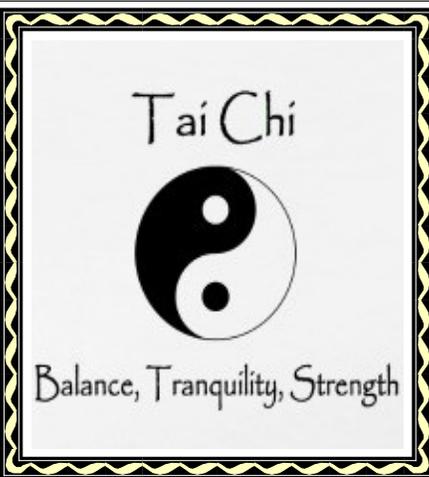
Cost is \$20 for 4 weeks

**Beginning Line Dancing:**

Thursdays 1:30pm-2:30pm

**Traditional Line Dancing**

Thursdays at 2:30pm



## Tai Chi

Learn how to improve your flexibility, balance, aerobic capacity, and reduce falls. Our instructors are certified in Tai Chi

for Arthritis for Fall Prevention.

**Beginning Tai Chi** meets on Tuesdays and Thursdays at 9:15am

**Intermediate Tai Chi** meets on Wednesdays and Fridays at 10:30am

*Suggested donation is \$20 for one month session.*

Coming Soon!

## 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 3rd, 2017**.

Classes will be held regularly on Tuesdays 9:15am-10am

The cost is \$4 for a drop in or \$15 for 5 classes.



**COA Senior Scholarship applications are available for classes in the lobby at the Durango Senior Center!**

## Gentle Yoga

*Relieve your stress, and improve your flexibility and balance with yoga. Practicing yoga regularly increases body-awareness and improves your confidence. This class is taught by Certified Yoga Instructor, Jill*

*Tierney on Wednesdays 1pm-2pm at the Senior Center. The cost is \$15 for 5 weeks.*





The local AARP Chapter will not be meeting at the Senior Center in December. They are going to have a Holiday Luncheon/ Meeting at the Double Tree Hotel on Saturday, December 17th. They are asking members and their guests to be there by 11:00 AM. They also need to RSVP to Julie at 970- 259-0835 (leave a message.) or email: [volunteer@bresnan.net](mailto:volunteer@bresnan.net)

## Therapeutic Massage

Did you know that you can receive massage in the comfort of your own home? You can sit in your recliner, on the couch, or lie in bed fully clothed to receive massage and still receive the full health benefits. Massage promotes increased blood circulation, lymph circulation to boost your immune system, releases endorphins and adrenalin in the body, relieves pain, and decreases muscular stiffness and inflammation. Massage allows you to enter a deep state of relaxation and rest at home where you can go to sleep after receiving a massage without having to transfer off a table, dress, or use transportation. Hand and foot, neck, shoulder, and back massages promote pain relief throughout the entire body's nervous and circulatory systems. For more information call Jennie Nuriya at [\(970\) 903-0907](tel:9709030907)



The Durango Senior Center is seeking a volunteer for watering the houseplants once per week. You can get a free lunch on your volunteer day! Please contact Greta at 970-382-6428 or [greta.kirker@co.laplata.co.us](mailto:greta.kirker@co.laplata.co.us) if you are interested. Thank you!



**The Writing group postponed indefinitely. It will be added back to the Activities Calendar when it resumes.**

## Watch Your Step

Try this full body workout, that is mostly done in a chair! Our wonderful and talented instructors use hand weights, resistance bands, playground balls and balancing techniques to keep students fit and having fun! Two sessions offered: Each 8 week session costs \$20, or \$10 adjusted cost for 1/2 session.

**Mon/ Wed** at 10:15am-11:15am

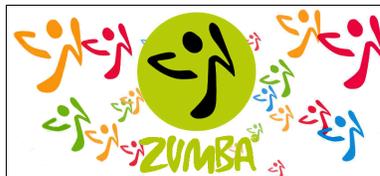
Session began Wednesday, Nov 2nd



**Tues/Thurs** at 10:30am-11:30am

Session began Tuesday, Nov 1st

## Zumba Gold



This class is a Latin-inspired dance workout for active older adults who are

looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The cost is \$15 for 5 classes or \$4 for a drop-in. We have a new instructor, Lynn Beck who will be teaching Fridays 9:30am-10:15am. Lynn is new to town from the Seattle area and she has 14 years of experience teaching Zumba classes to students of all ages. She is also a certified Personal Trainer.

# 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/>

## The Despicable Act of Medicare Fraud

One of the fastest growing crimes in the United States is Medicare fraud. The act of defrauding the Medicare system is generally described as any attempt by an individual or corporation health care reimbursement based upon services that were not actually rendered. Medicare has become an easy target for criminals because few safeguards are in place to protect against fraudulent claims. The original system was developed to pay bills quickly and smoothly, not to sift through all the claims for false claims. Medicare fraud costs the government an estimated \$74 billion a year. Medicare can also take many different forms and include both the patient and the doctor depending on the type of scam.



### The three most basic forms of Medicare fraud include:

- Phantom Billing
- Patient Billing
- Up-coding and unbundling

These three forms of Medicare fraud were the first plans to be developed and are among the most often used today. Phantom billing occurs when a medical provider sends a bill to Medicare for procedures, services, and/or equipment that were either unnecessary or never actually performed. Patient billing occurs when the patient is involved in the scam in exchange for monetary kickbacks. A patient provides their medical provider with their Medicare number and the provider bills Medicare for any number of services to which the patient must admit receiving and/or needing. Up-coding refers to a practice by doctors of billing Medicare for expensive procedures they do not need.

In recent years, newer forms of Medicare fraud have come along. One of the growing scams includes fraud related to Durable Medical Equipment. One example of fraud related to DME's includes billing Medicare repeatedly for the same piece of equipment without actually delivering the equipment to a recipient. Report Medicare fraud by calling the Office of the Inspector General at 1-800-HHS-TIPS (1-800-447-8477).

# Medicare

## Open Enrollment for Medicare Parts A and B



Between January 1–March 31 each year

If you didn't sign up for Part A and/or Part B (for which you must pay premiums) when you were first eligible, you can sign up during the General Enrollment Period between January 1–March 31 each year. Your coverage will start July 1. You may have to pay a higher premium for late enrollment. To sign up for Part B, complete an "Application for Enrollment in Part B (CMS-40B)," located online at <https://www.medicare.gov/sign-up-change-plans/get-parts-a-and-b/when-how-to-sign-up-for-part-a-and-part-b.html> or go to your local Social Security office. If you don't have Medicare or you want to sign up for Part A (some people have to pay a premium for Part A), contact Social Security.

### Special circumstances (Special Enrollment Periods)

Once your Initial Enrollment Period ends, you may have the chance to sign up for Medicare during a Special Enrollment Period. If you're covered under a group health plan based on current employment, you have a Special Enrollment Period to sign up for Part A and/or Part B any time as long as you or your spouse (or family member if you're disabled) is working, and you're covered by a group health plan through the employer or union based on that work. You also have an 8-month Special Enrollment Period to sign up for Part A and/or Part B that starts the month after the employment ends or the group health plan insurance based on current employment ends, whichever happens first. Usually, you don't pay a late enrollment penalty if you sign up during a Special Enrollment Period. COBRA and retiree health plans aren't considered coverage based on current employment. You're not eligible for a Special Enrollment Period when that coverage ends. This Special Enrollment Period also doesn't apply to people with End-Stage Renal Disease (ESRD). Call your local State Health Insurance Assistance Program (SHIP) at the Durango ~ La Plata Senior Center to get the most up-to-date information and have your questions answered. Your local SHIP counselors are Sheila Casey, at 970-382-6442, and Greta Kirker, at 970-382-6428.



## 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.

# Adventures in Dining



Dine locally at  
**The Palace Restaurant**  
December 8th.

This month's dining experience will be followed by a tour of Christmas lights around Durango!

The bus departs from the Durango Senior Center at 4:30pm

The cost for transportation is \$8 (this does not include the cost of dinner)

Please register with Greta,  
970-382-6428

# Council on Aging

COA is holding its Annual Meeting and Election on Monday, December 12th at the Durango/La Plata County Senior Center at 10 am. They are seeking new members to serve on the Board. If you or anyone you know would like to serve please contact Paula West at 970-903-1575. They are also seeking ideas for projects for each of the Senior Centers. If there is a project that you would like COA to support, please let Paula know.



## Come check out the **COA Thrift Store,**

located inside the Durango-La Plata Senior Center. Open Mon-Fri 9:30am-12:30pm  
Accepting Donations Mon-Fri 10am-11am

The COA Thrift Store will have a booth at the Craft Bazaar on December 3rd from 9am-2pm.



## December Lunch & Learn

**Tuesday, 12/6/16**— Donna Arment will talk about library e-books  
**Thursday, 12/8/16**— Laura Latimer from SCCC will talk about continuing education classes.

**Wednesday, 12/14/16**— Nuriya Akers will talk about the benefits of massage and she will offer free 5 min massages.

**Monday, 12/19/16**— Ashley Hill will speak about Nia Dance.

Partial funding by:  
**SAN JUAN BASIN AREA AGENCY ON AGING**



The sun setting is no less beautiful than the sun rising

## Christmas Secret Shape

2009

Find all the listed words in this grid - they can run in any direction, even backwards or diagonally, but always in a straight line. Then colour in the left-over letter squares to discover a hidden shape!

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

- AWE
- BAUBLE
- BELLS
- BETHLEHEM
- CANDY CANE
- CARD
- CRIB
- DECEMBER
- DOVES
- DRUM
- ELVES
- EVE
- FAIR
- FIR
- FUN
- GRINCH
- HARK
- HOLIDAY
- ICE
- JINGLE
- LIST
- MANGER
- MERCY
- NIGHT
- NOBLE
- ORNAMENTS
- PAPER HAT
- PEAR
- POST
- PRESENT
- RITE
- ROBE
- SANTA
- SHEEP
- SILVER
- SING
- SLED
- STARS
- SUN
- TOP
- TOYS
- TRAYS
- TREE
- WISH
- WRAP
- XMAS
- YULE

© Denise Sutherland

Special performance by  
**St. Columba School**  
on Dec 13th at 12pm.  
80 preschool & 4th grade students will ring bells and sing 5 songs