Durango ~ La Plata Senior Center
2424 Main Ave. Durango, CO 81301
Monday-Friday 8am to 5pm
970-382-6445
www.co.laplata.co.us

Music in the Mountains

THE COMPOSER IS DEAD

The Composer Is Dead is a musical "whodunit" adventure that will keep you on the edge of your seat. Music by: Nathaniel Stookey; text by Lemony Snicket

Ride to the show with Senior Transportation on Monday, July 25th. Total cost is $12, which includes a sandwich, a root beer float, a ticket to the show and transportation. The bus will leave the Senior Center for Fort Lewis College at 5:45pm and return around 8pm. Sign up with Greta by **July 11th** at 970-382-6428.

Outdoor Picnics

11:45am-12:30pm on the Senior Center Lawn

Tuesday July 12th:
Entertainment by:
The Trumpet Geezers
and Thursday, July 28th

The Durango ~ La Plata Senior Center will be

CLOSED

on Monday, July 4th 2016

For frozen Meals to carry you through the holiday please contact Carol Melcher at 970-382-6435

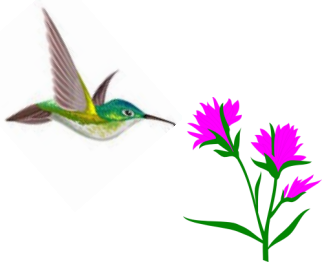
JULY 2016

Front Desk and Lunch Reservations	*970-382-6445*
Kitchen and Meals on Wheels Cancellations	*970-382-6441*
Sheila Casey Senior Services Director & Home Chore	*970-382-6442*
Carol Melcher Food Services Manager	*970-382-6435*
Nancy Heirtzler 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	*970-382-6442*

July 2016 Menu

Mon	Tue	Wed	Thu	Fri
Lunch reservations can be made by calling 382-6445 by 9:30am for that day. Salad bar is open at 11am and lunch is served at 12pm. Suggested donation for Seniors 60+ $4.00, Under 60 $7.00 fee				*1* **Brats 'n' Sauerkraut** Scalloped potatoes Green beans Salad bar Rye roll Apricots
4 ***CLOSED for 4th of July*** 	*5* **Roasted Pork Loin** Sweet potatoes Beets Salad bar Rye roll Spiced applesauce	*6* **Salisbury Steak** Mashed potatoes Mixed Veggies Salad bar Wheat roll Bread Pudding	*7* **Lemon Baked Fish** Oven brown potatoes Peas & Carrots Salad bar Wheat roll Ice cream Banana & strawberries	*8* **BBQ Sausage & Peppers** Oven browned potatoes Monaco blend veggies Salad bar Rye roll Tapioca pudding
11 **BBQ Chicken** Potato fries Tuscany veggies Wheat roll Salad bar Apple Blueberry crisp w/ ice cream	*12* **Picnic Outside** **Hamburger or Hot Dog** Baked beans Pasta-vegetable salad Salad Tropical fruit 	*13* **Shrimp Scampi** Angel hair pasta Zucchini Salad bar Garlic wheat bread Chocolate cake Orange juice	*14* **Birthdays** **Hot Roast Beef Sandwich** Gravy Whipped potatoes Spinach Salad bar Apple	*15* **Beef Stuffed Peppers** Rosemary potatoes California veggies Salad bar Vanilla yogurt w/ strawberries
18 **Lemon Chicken** Baked Potato Veggie Blend Salad bar Wheat roll Chocolate pudding	*19* **Tortilla Burger** Smothered with green chili Pinto beans Stewed tomatoes Salad bar Fruited jello	*20* **BBQ Brisket** Cheesy potatoes Broccoli-peanut salad Salad bar Wheat roll Cantaloupe	*21* **Fish Tacos** Corn tortilla Coleslaw Black beans Cilantro rice Salad bar Fruit Salad	**22** **Oven Fried Chicken** Country gravy Mashed potatoes Peas Salad bar Wheat roll Oranges Rice pudding
25 **Chicken Dijon** Steamed rice Orange beets Salad bar Wheat roll Blueberry cobbler	*26* **Crunchy Baked Fish** Coleslaw Five way veggie blend Salad bar Wheat roll Raspberry cake	*27* **Baked Ham** Garlic mashers French cut green beans Salad bar Rye roll Mandarin oranges	*28* **Picnic Outside** **Braised Pork Ribs** Peas & Pearl onions Salad Wheat roll Peaches Ice Cream	*29* **Combination Burrito** Smothered with green chili Cilantro brown rice Tomato & lettuce Salad Bar Grapes

July 2016 Activities

Mon	Tue	Wed	Thu	Fri
Important Dates in July: July 4th– Closed July 12th– Outside Picnic with the Trumpet Geezers July 14th- Lunch & Learn– Lifeline July 20th– Lunch & Learn– Tiffany Godwin, Nutrition July 28th– Outside Picnic with Tony Rivas & Family 				*1* 9am Quilting 9:30am Zumba 10am Int. Tai Chi 12:30pm Bridge 12:30pm Cribbage 1pm Bingo 6pm SJ Square Dancers
4 CLOSED *For 4th of July Celebration* 	*5* 9am Crafts/ Crochet 9am Glucose Checks 9:15am Begin Tai Chi 9:30am Table Tennis 9:30am Zumba 10am Dog Training 10:30am WYS 12:30pm Grand Dames 12:30pm Table Tennis 12:45pm Canasta 1:30pm Staff meeting 6pm Sanct.Dup.Bridge	*6* 9am TOPS 10:15am WYS 10:30am Caregiver Support Group 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30pm Queens Bridge 12:30pm Table Tennis 1pm Yoga	*7* 9:15am Begin Tai Chi 9:30am Table Tennis 10:30am WYS 10:45am Widowers 12pm 299er Bridge 12:30pm Table Tennis 12:45pm Canasta 1pm DAV 1:30pm Line Dancing 2:30pm Wellness Group	*8* 9am Quilting 9:30am Zumba 10am Int. Tai Chi 12:30pm Bridge 12:30pm Cribbage 1pm Bingo 1pm Medicare Counseling 1:15pm Writing Group 6pm SJ Square Dancers
11 10am VIP 10:15am WYS 12:30pm Rec. Bridge 1pm Movie Monday Brooklyn	*12* 9am Crafts/ Crochet 9:15am Begin Tai Chi 9:30am Table Tennis 9:30am Zumba 10am Dog Training 10:30am WYS 11:45am **Picnic** 1pm Table Tennis 12:45pm Canasta 6pmSanct.Dup.Bridge	*13* 9am TOPS 10:15am WYS 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30pm Misfits Bridge 12:30pm Table Tennis 1pm Yoga	*14* 9:15am Beg. Tai Chi 9:30am Table Tennis 10:30am WYS 12pm 299er Bridge 12pm Lunch & Learn 12:30 Carolyn's Bridge 12:30pm Table Tennis 12:45pm Canasta 1:30pm Line Dancing 4pm Adv. In Dining	*15* 9am Quilting Workshop 9:30am Zumba 10am Int. Tai Chi 12:30pm Bridge 12:30pm Cribbage 1pm Bingo 6pm SJ Square Dancers
18 10:15am WYS 12:30pm Rec. Bridge 12:45pm Scrapbooking 1pm Movie Monday The Letters	*19* 9am Computer Class 9am Crafts/ Crochet 9:15am Begin Tai Chi 9:30am Table Tennis 9:30am Zumba 10am Dog Training 10:30am WYS 12pm Grand Dames 12:30pmTable Tennis 12:45pm Canasta 6pm Sanct.Dup.Bridge	*20* 9am TOPS 10:15am WYS 10:30am Caregiver Support Group 10:30am Int. Tai Chi 12pm Lunch & Learn 12:30pm Mah Jongg 12:30pm Queens Bridge 12:30pm Table Tennis 1:15pm Yoga	*21*9am Computer Class 9:15am Begin Tai Chi 9:30am Table Tennis 10:30am WYS 10:45am Widowers 12pm 299er Bridge 12:30pm Crazy 8's 12:30pmTable Tennis 12:45pm Canasta 1:30pm Line Dancing	*22* 9am Quilting 9:30am Zumba 10am Int. Tai Chi 12:30pm Bridge 12:30pm Cribbage 1pm Bingo 1pm Medicare Counseling 1:15pm Writing Group 6pm SJ Square Dancers
25 9am Columbine Craft 10:15am WYS 12:30pm Rec.Bridge 1pm Movie Monday My All American 5:45pm **Music in the Mountains**	*26* 9am Crafts/ Crochet 9:15am Begin Tai Chi 9:30am Table Tennis 9:30am Zumba 10am Dog Training 10:30am WYS 12:30pmTable Tennis 12:45pm Canasta 6pm Sanct.Dup.Bridge	*27* 9am TOPS 10:15am WYS 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30pm Misfits Bridge 1:15pm CHAC 1pm Site Committee 1:15pm Yoga	*28* 9:15am Beg. Tai Chi 9:30 Table Tennis 10:30am WYS 11:45am Picnic 12pm 299er Bridge 12:30 Carolyn's Bridge 12:45pm Canasta 1pmTable Tennis 1:30pm Line Dancing	*29* 9am Quilting 9:30am Zumba 10am Int. Tai Chi 12:30pm Bridge 12:30pm Cribbage 1pm Bingo 6pm SJ Square Dancers

Meetings

- **TOPS Take Off The Pounds Sensibly-**Every Wednesday in the Window Room. Weigh-in starts at 8:30am, Meeting from 9am-10am. First meeting is free. Call Ellen at 970-749-2799 for more info.
- **VIP Visually Impaired Persons-** This support group meets the 2nd Monday of the month, July 11th, at 10am in the Sun Room.
- **Site Committee Meeting-** Share your new ideas to enhance the Senior Center. Next meeting time will be on July 27th at 1pm.
- **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, July 7th at 1:00pm.
- **AARP–** This group will not meet during the summer. Meetings will resume in September, 2016.
- **Widow/Widower's Support Group–** This group meets the 1st & 3rd Thursdays of the month from 10:45am to 11:45am in the Window Room.
- **Medicare Counseling**– Private consultation and advice for people who have questions about Medicare. This service is by appointment only, on the 2nd and 4th Friday of this month, July 8th and July 22nd, from 1pm-5pm.

Computer Classes

Instructor: Jon Cordalis, The Computer Tutor
Classes are from 9am-12:00pm and the cost is $15.00 per class.
Please register and pay with Greta at the Senior Center 382-6428.

Current Trends in Technology- Tuesday, July 19th**:** Today's technology includes mobile gadgets, wireless connectivity and digital devices. Nearly ninety percent of all adults go online! In this class we will look at some of these new trends in technology and see how they can enhance your daily lives and save you money.

Working With Digital Photos- Thursday, July 21st: This class will address the basics of working with digital images. Learn how to download images taken with your digital device, manage and organize photos, do some photo editing and manipulation, and see the many things you can do with these images.

Dog Training Classes

Each four week session costs ONLY $20 to La Plata County.
Sign up with Greta at 970-382-6428.

Manners 1: Tuesdays from 10am-11am, taught by instructor, Traci Moriarty
Whether you have a puppy or an older dog that needs "manners" this is your class! Learn leash skills, stay, Leave it, & Pass it.

Bonding with your Dog: Thursdays from 3:45pm-4:45pm (July 28, Aug 4, 11 & 18), taught by instructor Jenni Berkman. Learn ways to improve the relationship between you and your dog. Bonding can improve your dog's overall behavior, including basic commands like sit, stay, come, and heel. It can also greatly improve the way you feel about your dog and the pride and trust you have in your dog. When you and your dog are well bonded, everything becomes easier and more fun!! You'll feel more confident taking your dog places, knowing they'll behave, and confident leaving them at home, too!

Exercise Classes

Zumba

Dance your way to a healthier you! Zumba is a fun, energetic class involving dance and aerobic elements. It is a low-impact workout with world music and easy to follow instructions, providing a fun and social workout!
Four week session is $15 for 5 classes.
Meets at 9:30 Tuesdays and Fridays Call Greta at 970-382-6428 for more information**!**

Tai Chi

This ancient Chinese tradition is practiced today as a graceful form of exercise. Tai Chi promotes serenity through gentle, flowing movements. It can help improve balance and lessen health issues such as diabetes, osteoporosis and arthritis.
$20 for a one month session
Beginning Class Tues/Thurs
9:15 am-10:15am
Intermediate Class
Wed 10am-11am
Fri 10:30am-11:30am
Call 970-382-6428 for more info.

Watch Your Step

Try this engaging class that will use every muscle in the body! 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.

Mon/ Wed at
10:15am-11:15am
Beginning Wed. July 6th

Tues/Thurs at
10:30am-11:30am
Beginning Tues. July 5th

Call Greta at 970-382-6428 for more information**!**

Gentle Yoga

Learn balance and mind-body connection in this calming, welcoming environment. Class includes stretching and chair exercises meant to relieve stress and encourage strength and harmony in the body and mind.

$15 for 5 classes
Wednesdays at 1pm
Call Greta at 970-382-6428 for more information**!**

Scholarships to take any class are now available for low income Seniors from COA! To apply, fill out an application form located at the Durango Senior Center!

Line Dancing

Try the beginning line dancing class to learn the moves and integrate mind and body! Line dancing uses a repeated sequence of steps you are sure to love! For the more experienced line dancer, there is Traditional Line Dancing, as well! Our talented instructor has been teaching Line Dancing for 20+ years!
$20 for 8 week session
New Session begins on July 7th
Beginning Class
Thursdays
1:30pm-2:30pm
Traditional Class
Thursdays 2:30-3:30pm
Call 970-382-6428 for more information**.**

Medicare Get help paying costs

Medicaid

Learn more about Medicaid, a joint federal and state program that helps with medical costs like nursing home care and personal care services, for some people with limited income and resources. You may be eligible for extra help paying for Medicare prescription drug coverage (Part D), even if your income exceeds Medicaid income levels, under the spend down rules if you are medically needy.

Medicare Savings Programs

Learn about Medicare Savings Programs (MSP) - programs in your state that help pay your Medicare premiums, your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance, and copayments, and Medicare prescription drug coverage costs. You may qualify for the Qualified Medicare Beneficiary (QMB) Program, Specified Low-Income Medicare Beneficiary (SLMB) Program, Qualifying Individual (QI) Program, or Qualified Disabled and Working Individuals (QDWI) Program, even if your income and resources are higher than the state limits.

Save on drug costs

Learn how you may qualify for extra help from Medicare to pay the costs of Medicare prescription drug coverage if you meet certain income and resource limits. If you have Medicaid, get help paying your Part B premiums (Medicare Savings Program), or get Supplemental Security Income (SSI) benefits, you automatically qualify for extra help. Contact your Medicaid office for more information.

Find your level of Extra Help (Part D)

Find out the level of extra help you may get to cover costs of medication with Medicare prescription drug coverage (Part D) by providing a purple notice from Medicare saying you qualify for extra help, a yellow or green automatic enrollment notice from Medicare, an extra help Notice of Award from Social Security, an orange notice from Medicare about your copayment, or your Supplemental Security Income (SSI) award letter. You may also submit proof that you have Medicaid and live in an institution or get home- and community-based services, a copy of your Medicaid card, or a document from your state showing you have Medicaid.

Supplemental Security Income (SSI)

The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits.

Contact your local State Health Insurance Program (SHIP) counselors, Greta Kirker at 970-382-6428 or, Sheila Casey at 970-382-6442 to schedule a Medicare Counseling appointment.

Nutrition

Beans and Peas are Unique Foods

Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils. They are available in dry, canned, and frozen forms. These foods are excellent sources of plant protein, and also provide other nutrients such as iron and zinc. They are similar to meats, poultry, and fish in their contribution of these nutrients. Therefore, they are considered part of the Protein Foods Group. Many people consider beans and peas as vegetarian alternatives for meat. However, they are also considered part of the Vegetable Group because they are excellent sources of dietary fiber and nutrients such as folate and potassium. These nutrients, which are often low in the diet of many Americans, are also found in other vegetables.

Because of their high nutrient content, consuming beans and peas is recommended for everyone, including people who also eat meat, poultry, and fish regularly. The USDA Food Patterns classify beans and peas as a subgroup of the Vegetable Group. The USDA Food Patterns also indicate that beans and peas may be counted as part of the Protein Foods Group. Individuals can count beans and peas as either a vegetable or a protein food.

Green peas, green lima beans, and green (string) beans are not considered to be part of the beans and peas subgroup. Green peas and green lima beans are similar to other starchy vegetables and are grouped with them. Green beans are grouped with other vegetables such as onions, lettuce, celery, and cabbage because their nutrient content is similar to those foods.

Help Fight Medicare Fraud

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. Examples of Medicare fraud include:

- A healthcare provider billing Medicare for services you never got
- A supplier billing Medicare for equipment you never got
- Someone using your Medicare card to get medical care, supplies, or equipment
- A company using false information to mislead you into joining a Medicare plan

You're the first line of defense against Medicare fraud. You can help by guarding your Medicare number --- treat it like a credit card.

How to spot fraud

When you get health care services, record the dates on a calendar and save the receipts and statements you get from providers to check for mistakes. Compare this information with the claims Medicare processed to make sure you or Medicare weren't billed for services or items you didn't get.

3 easy things you can do to fight fraud

Review your Medicare claims to make sure they're accurate. Check them early—the sooner you see and report errors, the sooner we can stop fraud. To view your claims, login to MyMedicare.gov, or call 1-800-MEDICARE.

Learn how to protect your personal information.

Be on the lookout for suspicious activity.

adventures in dining

The Lake House

Vallecito Lake, CO
Thursday, July 14th
Depart the Senior Center at 4pm.
$8 for transportation (plus cost of food).
Need 10 passengers to register, can accommodate 13. Please call Greta to register at 970-382-6428.

Find great deals at the

COA Thrift Store

Monday-Friday from 9:30am-12:30pm!
Now accepting donations from 10-11am only.

Lunch & Learn:

These 2 talks will take place at lunchtime (12pm).

July 14th- Lifeline will talk about Personal Emergency Response Systems

July 20th- Tiffany Godwin, Certified Master Nutrition Therapist from Natural Grocers will speak about nutrition for bone health.

Free Cholesterol Testing!

San Juan Basin Health Promotors will be here to administer free Lipid profile plus glucose tests on

Tuesday, July 5th at 9am

You will be required to fast for 9-12 hours prior to testing. Light snacks will be available for those who have missed breakfast due to fasting. You will be screened for: Total Cholesterol, LDL, HDL, Triglycerides, Glucose and Risk Ratio (TC/HDL). High Blood Cholesterol is a major risk factor for coronary heart disease and stroke. The Health Promotors are available to provide personalized health coaching to help you make choices for healthier living. Other free non-fasting tests available on July 5th will include: Blood Pressure, Body Mass Index and Tobacco Use.

Council on Aging News

Tight budget, no problem! You can still attend classes at the Senior Center, just check out the Scholarship Program. To apply, pick up your application located near the newsletters at the Durango La Plata Senior Center. Call Paula West at 970-903-1575 for more information.
Now you can easily donate to the COA from your own home! Check out the "Donate" button online at laplatacoa.com

Free Crocheting Class

Jane Benham will be teaching a FREE crochet class!
Tuesdays 9am-11am
Learn the basics on crocheting and learn how to read a pattern from our local expert! Just bring a skein of worsted weight/medium weight yarn and a size 5.00mm or 8/H crochet hook with you.

Columbine Flower Craft Class

July 25th, 9am-12pm
Faye Gooden will be leading this **FREE** craft workshop on how to make three-dimensional fabric flowers that serve as refrigerator magnets. A $5 donation for materials is suggested but not required. Supplies are provided, just bring your sharp scissors! Please sign up at the front desk at the Senior Center or call Greta for more information at 970-382-6428.

Free Quilting Workshop

Learn to do machine quilting in this FREE class. Practice on premade quilt tops and donate them to Project Linus when they are completed. Friday, July 15th from 9am-3pm.
Please bring your own sewing machine, thread and scissors, if you have them, to the class. For more information, call Greta at 970-382-6428.