## Lunch Menu

Please place a lunch reservation at 970.379.0020 by noon the day prior.

**Suggested Donation:** 60 & older $3 (Under 60 yrs. $11 fee)

*All donations are greatly appreciated. Thank You!*

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td><strong>Wednesday, August 1st</strong></td>
<td><strong>Navigating Dementia and Associated Behaviors</strong> Presented by Chad Federwitz, MA Gerontologist at 9 am and <strong>Alzheimer's Disease Trials</strong> Presented by Roaring Fork Neurology, P.C. Mountain Neurological Research Center at 11 am FREE</td>
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<td><strong>Thursday, August 2</strong></td>
<td><strong>August Birthday Lunch</strong> Fried chicken, Roasted potatoes, Mixed vegetables, Biscuits, Cupcake</td>
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<td><strong>Tuesday, August 7</strong></td>
<td><strong>Pork loin w/ mushroom sauce,</strong> Roasted veggies, Caesar salad, Yogurt and fruit</td>
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<td><strong>Tuesday, August 14</strong></td>
<td><strong>Penne Pasta Bolognese,</strong> Caesar salad, Garlic bread, Cantaloupe, Cheesecake</td>
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<td><strong>Thursday, August 9</strong></td>
<td><strong>Chicken cacciatore,</strong> Brown rice, Grilled squash, Apple, Chocolate pudding w/ Whip cream</td>
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<td><strong>Tuesday, August 21</strong></td>
<td><strong>Veggie Lasagna,</strong> Sweet rolls, Green salad, Tropical fruit, Brownies</td>
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<td><strong>Tuesday, August 28</strong></td>
<td><strong>Chicken Parmesan,</strong> Pasta, Vegetables, Green salad, Chocolate cake</td>
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<tr>
<td><strong>Thursday, August 30</strong></td>
<td><strong>Steak and Spinach Eggs,</strong> Biscuits, Fruit/Yogurt salad</td>
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<tr>
<td><strong>Linda Hamlin</strong></td>
<td>Aug 8</td>
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<tr>
<td><strong>Larry Willert</strong></td>
<td>Aug 16</td>
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<tr>
<td><strong>Roxanna Bank</strong></td>
<td>Aug 17</td>
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<tr>
<td><strong>Jeannie Lemos</strong></td>
<td>Aug 18</td>
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<tr>
<td><strong>Willie Zanko</strong></td>
<td>Aug 18</td>
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<tr>
<td><strong>Darwin Rather</strong></td>
<td>Aug 20</td>
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<tr>
<td><strong>Ida Burnaham</strong></td>
<td>Aug 30</td>
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# August Events Calendar

**Medicare Counseling** by appointment only: 970-379-0020 to schedule appointment.
**Reflexology:** 1st Tuesday of the Month $10/15 min
**Chair Massage:** 3rd Tuesday of the Month $9/15 min

**Additional Program Info:** 970-379-0020
**Transportation Info:** 970-309-8465 (suggested donation $2)
**Lunch Reservations (by noon on day prior):** 970-379-0020
**Lunch Suggested Donation:** 60 & older $3 (Under 60 $11 fee)

*All donations are greatly appreciated. Thank You!*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>6</td>
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<tr>
<td>9:30 Stretch 10:30 Tai Chi</td>
<td>9:30 Stretch 10:30 Pilates 10:30 Reflexology 11:30 Library 12:00 Lunch 1:00 Bingo</td>
<td>9:00 Motion and Wellness Playground 9:30 Poker</td>
<td>9:30 Stretch 10:30 Exercise 11:45 Site Council 12:00 Lunch 1:00 Bingo</td>
<td>1:00 Bridge</td>
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<tr>
<td>9:30 Stretch 10:30 Tai Chi</td>
<td>9:30 Stretch 10:30 Pilates 12:00 Lunch 1:00 The ArtBase 1:00 Bingo 4:00 Dr. Rosen at Pitkin Library</td>
<td>9:00 Motion and Wellness Playground 9:30 Poker</td>
<td>9:30 Stretch 10:30 Exercise 12:00 Lunch 1:00 Bingo</td>
<td>1:00 Bridge</td>
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This talk will examine the different types of dementias; look at associated behaviors & symptoms; and most importantly, discuss ways to support the person with memory loss and their loved ones.

9:15–10:55 AM

**Chad Federwitz, MA Gerontologist**
- Navigating Dementia and Associated Behaviors

11:00 AM–Noon

**Dr. Brooke Allen of Roaring Fork Neurology**
- Normal changes vs. cognitive decline
- Participation in the Generation Program
WHAT TO DO FOR A HEALTHY BRAIN:
Tips and Insights on Defining & Promoting Healthy Aging

TUESDAY, AUGUST 28TH
4–6 PM • Pitkin County Library • FREE

Presented by Jules Rosen M.D., Chief Medical Officer of Mind Springs Health and

- Clinical Professor of Psychiatry at the University of Colorado School of Medicine
- Author of over 75 peer-reviewed articles in Geriatric Psychiatry
- “Educator of the Year” – American Association for Geriatric Psychiatry
- Honored with designation of “Top Doctor in U.S.” for the last 18 years & 2018 “Lifetime Fellow” – American Psychiatric Association

EXPLORING TOPICS OF:
Normal Cognitive Changes
Late-Life Depression
Dementia
Defining & Promoting Healthy Aging

SPACE IS LIMITED – PLEASE RSVP:
970.920.5432 • seniors@pitkincounty.com
August is National Immunization Awareness Month

The goal of National Immunization Awareness month, in August, is to provide education about the importance of vaccinations for people of all ages. Immunizations are not just for kids—adults also need to get vaccinated to stay protected against serious illnesses like shingles, influenza, pneumonia, tetanus, diphtheria and pertussis (whooping cough). Unfortunately, the risk of shingles increases as you grow older. Almost one out of every three people in the United States will develop shingles in their lifetime. The Centers for Disease Control and Prevention (CDC) recommends that healthy adults 50 years and older get two doses of Shingrix, a new shingles vaccine, two to six months apart. Next, it is important that all adults receive a seasonal influenza vaccine every year. Another recommended vaccine for adults is the pneumococcal vaccine. The CDC recommends the vaccine for all adults 65 years and older and for adults younger than 65 years who have certain chronic health conditions. Lastly, it is important that every adult receive the Tdap vaccine, if they did not receive it as an adolescent, to protect against whooping cough, and then a Td (tetanus, diphtheria) booster shot every 10 years. Getting vaccinated is an important part of healthy aging. Be sure to talk to your health care provider to see which vaccinations are right for you.
Balance Walk
nihseniorhealth.org

Improve your balance with the balance walk:

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.

Repeat for 20 steps, alternating legs.

Alpine Area Agency on Aging’s 4 Year Plan

Join this unique opportunity to share your vision of aging in Eagle county. Are you interested in the future of our aging community? Do you care what our community has to offer as you age? The Alpine Area Agency on Aging is inviting people of all interests to participate in a Community Conversation. These interactive conversations are an opportunity for you to share your vision of the future, and offer your opinions, concerns, and suggestions. Your input will inform the update of the Alpine Area Agency on Aging’s Four Year Plan.

If you have questions or would like more information, please contact Erin Fisher at aaa12@nwccog.org / 970-468-0295 x107. Save the dates!

**Minturn:** Wednesday, Sept. 5th: 10:00 - 11:00

**El Jebel:** Thursday, Sept. 6th 11:00 - 12:00

**Eagle:** Tuesday, Sept. 11th 1:00 - 2:00

Dangers of Distracted Driving

The latest statistics show that America’s traffic deaths are rising. There are many reasons, including the fact that we’re driving more miles. But some experts say that the marriage of automobiles and smartphones (with their growing menu of apps) is contributing to the danger, even for pedestrians and cyclists. Despite a decade of new laws and enforcement, and a flurry of public-safety campaigns, surveys have found that drivers still make the dangerous choice to text and drive or use their smartphones in other distracting ways.

(Continued on page 4)
Practical Guide to Downsizing for Seniors

www.seniorliving.org

Leaving a place you used to live in can be bittersweet, especially if all you could ever take with you are the memories you’ve made with the people you hold close to your heart and the moments you’ve garnered with them. Moving for retirement is both emotionally stressful and at the same time, can be elating.

Many older adults decide to sell their current house and move to another place for economic reasons. However, most usually find the idea stressful. From sorting out your years of belongings, packing, deciding when you are going to make the move, and setting up your new home; downsizing for seniors can be exasperating.

The process of moving to a smaller place can be nerve wracking as it forces you to bring only the “essentials”. Due to such time-consuming planning, sometimes, you might end up having second thoughts on leaving. But in spite of the never-ending process, older adults are usually in for downsizing after retirement, with two main goals in mind; reducing the amount of maintenance at home and utility costs for the following years.

There are so many benefits of downsizing for seniors who are in the retirement stage. For instance, you may have gotten tired of mowing your wide lawn every Sunday afternoon, tired of cleaning such a spacious house daily, and you may have noticed how so much stuff in your home attracts dust and contributes to clutter.

5 tips for downsizing to a smaller home:

1. **Timing is Everything!** Some may feel that downsizing as early as possible is a good idea, however, there are many factors to consider before doing so. Think about things like the current real estate market, interest taxes, relocation costs, lifestyle goals, health, etc.

2. **What are your goals?** You are getting excited about moving to a new place, meeting new people, and living a new life, but are these the only things you need to establish for downsizing? How about your financial state? Have you reassessed how much money moving to another place could cost you? Why are you moving to a certain place? Would this move get you closer to your family and friends? Is it the weather and the routine of the people there you are running after? *(Continued on page 4)*

What is Magnesium?

Jill Kohn, MS, RDN, LDN

Magnesium is an important part of the more than 300 enzymes found in your body. These enzymes are involved in processes that help to regulate many bodily functions, including the production of energy, body protein and muscle contractions. Magnesium also plays a role in maintaining healthy bones and a healthy heart. Magnesium is a major mineral, meaning higher amounts are needed compared to trace minerals, like zinc or iron. The amount of magnesium required daily depends on a person's age and gender. For example, females who are 19 years and older (and not pregnant) need 310 to 320 milligrams (mg) daily; whereas males of the same age should strive for 400 to 420 mg per day. It's best to get nutrients, like magnesium, from food sources whenever possible, since they provide other health benefits, too.

Many of the foods that are good sources of magnesium are under consumed by most Americans. Foods rich in magnesium include green leafy vegetables, whole grains, beans and nuts. Milk and yogurt also provide magnesium, as do fortified foods, such as some breakfast cereals.

Because magnesium supplements can interact with some medications, it's important to discuss the need for a dietary supplement with a health care provider before taking one. *(Continued on page 4)*
3. **Don’t Overvalue Your Present Home’s Worth.** You may be amazed by what friends have sold their homes for. Keep in mind things like how their house differs from yours in features prospective buyers are looking for, location, year built, etc. You can call agents in your local real estate community to help you estimate your home’s current value.

4. **Pick the Best, Yet Affordable Place for Your New Home.** Choosing a new place to downsize can be a hard decision! You may have so many places and home types in mind that it can get overwhelming. Do you want to stay in your current town, State, or Country? Do you want a smaller single family home, patio home, condo, apartment, tiny home or something else? Be sure to get recommendations from friends and relatives, and if you’re thinking of relocating out of your current town, be sure to ask those you know living to that town/city you are bearing in mind.

5. **But What About my STUFF?** After years of living in the same home, we all acquire a collection of stuff. Sometimes just the thought of weeding through our belongings can be enough to forget about downsizing all together. Stay calm, grab a friend or family member and start small. Start in one room and move on from there. Have you used or even seen a specific item in the last year? If the answer is no, there’s a good chance it could be better used by someone else.

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**Magnesium (Cont.)**

People with certain health conditions, like celiac disease or type 2 diabetes, may have lower levels of magnesium in their diets. Working with a registered dietitian nutritionist (RDN) can help with the management of those conditions. Plus, an RDN can develop a personalized eating plan that meets your nutrient needs.

**Distracted Driving (Cont.)**

Indeed, a nationally representative survey by Consumer Reports in October 2017 found that 41 percent of drivers with smartphones said they had used their hands to text while driving, and 8 percent admitted to watching a video on their phone while driving. In 2016, 3,450 people were killed because of distracted driving, a 2.2 percent decline from 2015. Still, the number of distraction-related fatalities reported in 2016 was higher than in 2011. According to NHTSA, fatal distracted-driving crashes specifically involving cell-phone use increased to 14 percent in 2015 from 12 percent in 2011. And the percentage of distracted-driving-related crashes resulting in injuries that were linked to cell phones increased to 8 percent in 2015 from 6 percent in 2011. Even these numbers don’t fully reflect the potential scope of danger, safety advocates and the police say, because of the limits of law enforcement and the lack of adequate evidence proving that smartphone use or other distractions were the root cause of some crashes. New laws, stepped-up enforcement, safety campaigns, and special apps might be making a gradual difference. But many safety advocates, including David Friedman of Consumers Union, the policy and mobilization division of Consumer Reports, think that progress has been mixed.
Our Mission

Healthy Aging is dedicated to serving the over 60 population of Eagle County with nutrition, transportation, social activities, and programs that help to maintain the independence of older adults.

Meal Reservation Information

Reservations are requested for lunch by 12:00 pm the day BEFORE the meal is served (24 hour advance notice is requested please).

Eagle: Please call 970-328-8896. Lunches are served at noon on Tuesday and Thursday at the Golden Eagle Senior Center, 715 Broadway in Eagle. We deliver meals to homebound seniors in the mid and lower Eagle Valley (Eagle, Gypsum).

El Jebel: Please call 970-379-0020. Lunches are served at noon on Tuesday and Thursday at the Eagle County Annex Building, 0020 Eagle County Dr. in El Jebel (just off Hwy 82 at Crown Mountain Park). We deliver meals to homebound seniors in the Roaring Fork Mid-Valley.

Minturn: Please call 970-328-2812. Lunches are served at noon on Wednesday and Friday at Maloit Park Senior Center inside Vail Ski and Snowboard Academy in Minturn, 1951 Hwy. 24 in Minturn. We deliver meals to homebound seniors in the upper Eagle Valley (Edwards to Vail).

All meals are funded by the Older Americans Act and Eagle County Govt. Anyone over 60 or regular volunteers under 60: suggested anonymous donation of $3.00 All Guests under 60 must pay $11.
HEALTHY AGING RESOURCES
IN EAGLE COUNTY

Volunteer Opportunities
Alpine Area Retired and Senior Volunteer Program (RSVP) is a volunteering program specifically for people 55 or better. Contact them today to learn about fun and exciting volunteer opportunities in Eagle County.
CONTACT: CJ Grove, Alpine Area RSVP Coordinator
970-468-0295 ext.122 | volunteers@nwccog.org

Alpine Area Agency on Aging
The Alpine Area Agency on Aging is a program of NWCCOG and the designated regional planning and service agency for senior services in Eagle, Grand, Jackson, Pitkin and Summit Counties.
CONTACT: Erin Fisher, AAAA Director
970.468.0295 x107 | aaa12@nwccog.org

Eagle Valley Senior Life
Eagle Valley Senior Life: Partners in Elder Caregiving. Improving the quality of life for older adults with cognitive, physical or social limitations and their caregivers.
CONTACT: 970-977-0188

In Home Caregiving Assistance
Caring 4 You Homecare: 970-390-2889 (medical & non-medical)
HomeCare & Hospice of the Valley: 970-569-7455 (medical & non-medical)
Visiting Angels: 970-328-5526 (non-medical only)
People Care Health Services: 970-874-0136 (non-medical only)

Home Delivered Meals
Home delivered meals are offered to home-bound older adults two days per week through the Healthy Aging meal program.
El Jebel/Basalt: 970-328-7682
Gypsum/Eagle/Wolcott: 970-328-8896
Edwards/Avon/Minturn/Vail: 970-328-8831

Dietary Guidance & Consultation
Free dietary guidance and consultation is a service provided through our meal program in Eagle County. Contact them today for information, answers or to set up a consultation.
CONTACT: Melanie Hendershot, RD | 303-503-2622

Mental Health & Wellness
Provided by Mind Springs Health.
Eagle: 970-328-6969
Vail: 970-476-0930
Aspen: 970-920-555
Glenwood Springs: 970-945-2583

Medicare Information & Counseling
Northwest Colorado Councils of Government (NWCCOG) offers a State Health Insurance Assistance Program (SHIP) for Medicare beneficiaries.
CONTACT: TJ Dufresne
970-468-0295 x120 | tjdufresne@nwccog.org
HEALTHY AGING RESOURCES
IN EAGLE COUNTY

Medical Transportation Services
If you are in need of a ride to a medical appointment, there’s help!
**Mountain Ride:** 1-844-686-7433 | mtnride.org
(medical rides for Medicaid beneficiaries)
**Eagle County Healthy Aging:**
Eagle River Valley – 970-328-8896
Basalt/Roaring Fork – 970-328-7682
(Medical rides for all in need no matter of age)

Public Transit Opportunities
**Eagle River Valley:** Eco Transit – 970-328-3250,
Paratransit is also a service offered by Eco Transit for those who are medically unable to drive. Must be accepted into the program via an application and doctor’s signature.
**Roaring Fork Valley:** Roaring Fork Transportation Authority (RFTA) – 970-925-8484

Veteran’s Services
Veteran Services Officers can assist Veterans and their family file for benefits including Health Care, Pensions, Training and Education, Home Loans, Life Insurance, Burial and Memorial Benefits, Transportation, Transition Assistance, Appeals of VA Claims Decisions, and more.
**CONTACT:** Pat Hammon, Veteran’s Services Officer
970-328-9674 | pat.hammon@eaglecounty.us

Senior Specific Housing
**Eagle River Valley:** Eagle County’s Housing Department operates two senior-specific independent living complexes in Eagle -- Golden Eagle Apartments and Seniors on Broadway. Contact Karen Thomas, property manager at 328-8897.
If you are in need of assisted living or skilled nursing, Castle Peak Senior Life and Rehabilitation in Eagle is now open. Contact Monica McCarroll at (970) 432-1150 or mkmccarroll@augustanacare.org.
**Roaring Fork Valley:** The Carbondale Housing Authority operates Crystal Meadows Senior Housing in the Roaring Fork Valley. Contact them at 970-963-9326.

Libraries
Did you know if you call your local library with a question about information and resources in your area that they either have the answer or will help you find it? All of our local libraries offer a wealth of information.
**Avon Library:** 970-949-6797
**Basalt Library:** 970-927-4311
**Eagle Library:** 970-328-8800
**Gypsum Library:** 970-524-5080
**Vail Library:** 970-479-2184

Adult Protection Services
Are you concerned about the safety or wellbeing of an older adult? Adult Protection concerns can be made by calling the Statewide Hotline at 1-844-264-5437.

Helping Hands
Helping Hands is a project of Alpine RSVP and can provide you with a volunteer to help with household chores or minor home repair. Learn more at (970) 468-0295 ext. 122 or volunteers@nwccog.org
COOKS CORNER

Peach-Blueberry-Coconut Trifle

ingredients:

1¾ cups white whole-wheat flour
½ cup sugar plus 1 tablespoon, divided
1½ teaspoons baking powder
½ teaspoon salt
1 cup low-fat milk
2 large eggs
⅓ cup melted coconut oil
1 teaspoon coconut extract
4 cups sliced peaches (about 1½ pounds)
1 cup heavy cream
3 cups low-fat vanilla Greek yogurt
2 cups fresh blueberries
½ cup toasted coconut chips
¼ cup toasted walnuts

DIRECTIONS:

Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.

Whisk flour, ½ cup sugar, baking powder and salt in a large bowl. Make a well in the center and add milk, eggs, oil and coconut extract; mix until just combined. Spread the batter evenly in the prepared pan. Bake until a toothpick inserted in the center comes out clean, about 20 minutes. Cool in the pan on a wire rack for 10 minutes. Gently run a knife around the cake and turn out onto the rack. Let cool completely.

Meanwhile, toss peaches with the remaining 1 tablespoon sugar.

Whip cream in a medium bowl until soft peaks form. Fold in yogurt. Stir blueberries into the peach mixture. Cut the cake into 1-inch cubes. Alternate layers of cake, fruit and whipped cream in a trifle bowl or other large glass bowl. Sprinkle with coconut and nuts. Cover and refrigerate for 3 hours or overnight.