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>TUESDAY, FEB 5</th>
<th>WEDNESDAY, FEB 6</th>
<th>THURSDAY, FEB 7</th>
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<tbody>
<tr>
<td>Beef &amp; Bean Chili</td>
<td>Healthy Aging</td>
<td>Grilled Pork Chop with</td>
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<td></td>
<td>Pot Luck</td>
<td>Mushroom Gravy</td>
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<tr>
<td></td>
<td>“Luau Tropical Lunch”</td>
<td>Mashed potatoes,</td>
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<td></td>
<td></td>
<td>Mixed green salad,</td>
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<td></td>
<td></td>
<td>Chocolate mousse</td>
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<td>TUESDAY, FEB 12</td>
<td>WEDNESDAY, FEB 13</td>
<td>THURSDAY, FEB 14</td>
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<tr>
<td>Chicken Alfredo Penne</td>
<td>Soup and Salad Lunch</td>
<td>Steak &amp; Cheesy Eggs</td>
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<tr>
<td>Pasta</td>
<td>Broccoli Cheddar</td>
<td>English muffin,</td>
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<td></td>
<td>Fruit salad</td>
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<td></td>
<td></td>
<td>Decorating Contest</td>
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<td>TUESDAY, FEB 19</td>
<td>WEDNESDAY, FEB 20</td>
<td>THURSDAY, FEB 21</td>
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<tr>
<td>Duck &amp; Mushroom</td>
<td>Food Bank of the Rockies</td>
<td>Chicken Cacciatore</td>
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<tr>
<td>Risotto</td>
<td>@ 11:30</td>
<td>Polenta,</td>
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<td></td>
<td></td>
<td>Roasted squash,</td>
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<td>Fruit cocktail</td>
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<td>TUESDAY, FEB 26</td>
<td>WEDNESDAY, FEB 27</td>
<td>THURSDAY, FEB 28</td>
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<tr>
<td>Beef Lasagna</td>
<td>Soup and Salad Lunch</td>
<td>Chicken &amp; Mushroom</td>
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<tr>
<td></td>
<td>Minestrone</td>
<td>Marsala Sauce</td>
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<td>Romaine &amp; bleu cheese</td>
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<td></td>
<td>salad, Mixed veggies,</td>
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<td></td>
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<td>Fruit cocktail</td>
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Create a hand made Valentine’s Day Cards!

Tuesday, February 12th from 1:15pm to 2:15pm

Sponsored by The ArtBase. All supplies will be provided.

$5 suggested donation.
February Events Calendar

Medicare Counseling  by appointment only
970-379-0020 to schedule appointment.
Reflexology:  1st Tuesday of the Month
            $10/15min
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>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>4</td>
<td>9:30 Stretch</td>
<td>6</td>
<td>7</td>
<td>8</td>
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<tr>
<td></td>
<td>10:30 Tai Chi</td>
<td>9:30 Poker</td>
<td>9:30 Stretch</td>
<td>1:00 Bridge</td>
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<td></td>
<td>10:30 Pilates</td>
<td>12-1 Pot Luck “Tropical Luau”</td>
<td>10:30 Stretch</td>
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<td></td>
<td>11:30 Library</td>
<td>1:00 Boost Your Brain Power</td>
<td>11:45 Site Council</td>
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<td>12:00 Lunch</td>
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<td>1:00 Bingo</td>
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<td>11</td>
<td>9:30 Stretch</td>
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<td>10:30 Tai Chi</td>
<td>9:30 Poker</td>
<td>9:30 Stretch</td>
<td>1:00 Bridge</td>
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<td></td>
<td>10:00 Reflexology</td>
<td>12-1 Soup and Salad Lunch</td>
<td>10:30 Exercise</td>
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<td></td>
<td>10:30 Pilates</td>
<td>“Broccoli Cheddar”</td>
<td>12:00 Lunch</td>
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<td>12:00 Lunch</td>
<td>1:00 Boost Your Brain Power</td>
<td>12:00 Lunch</td>
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<td>1:00 Bingo</td>
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<td>Closed for Presidents Day</td>
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<td>9:30 Stretch</td>
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<td>10:30 Pilates</td>
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<td>10:00 Chair Massage</td>
<td>11:30 Library</td>
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Riddle Me This?

1. The more you take, the more you leave behind. What am I?

2. What has a head, a tail, is brown, and has no legs?

3. What comes once in a minute, twice in a moment, but never in a thousand years?

Answers are upside down on the front page!
February is Heart Month: 5 Heart-Healthy Tips

Hoverround.com

Heart disease is the leading cause of death in the United States. Despite this statistic, there are plenty of things you can start doing RIGHT NOW to help reduce your risk of heart disease. Follow these 7 Heart-Healthy Tips for older adults:

1. **Eat colorful fruits and veggies.**
   You’ve heard it all before: You need to eat lots of fruits and veggies. But did you know you should get a lot of color in your diet with these fruits and veggies? Not only are fruits and vegetables low in calories and high in vitamins, but the colorful array of choices means you’re getting specific nutrients with each color designed to help you stay healthy in many ways.

2. **Eat nuts and cold-water fish for Omega-3 fatty acids**
   Walnuts, salmon, trout, flaxseeds and anchovies are some of the foods that contain high levels of Omega-3 fatty acids. Why is that a good thing? Omega-3 fatty acids are shown to protect against heart disease (and they have other potential health benefits as well) by helping to raise your HDL cholesterol, otherwise known as the “good” cholesterol. And this good cholesterol helps to move through your body to remove some of the LDL or “bad,” artery-clogging cholesterol.

That being said...

3. **Cut out fried foods and limit animal products to lower cholesterol**
   Fried foods and baked goods like pizza dough and pastries are full of trans fat, or partially hydrogenated oils. *(cont. on page 2)*
Heart-Healthy Tips (cont.)

Animal products, butter and full-fat dairy products contain saturated fats. Choose skinless cuts of lean meat (like tenderloin or sirloin) when eating meat for the healthier option.

Both saturated and trans fats increase your blood cholesterol level, which in turn can lead to clogged arteries — meaning blood flow carrying oxygen to your heart can be difficult and can to heart disease — so limit these whenever possible.

The American Heart Association recommends that your saturated fat intake be no more than 5 to 6 percent of your total calories (which, for a person eating around 2,000 calories per day, means approximately 11 to 13 grams of saturated fat.

4. Cut sodium intake by limiting packaged foods
Read the labels on any boxed, canned, processed and packaged foods (and dressings) you buy — chances are the sodium level is very high, because sodium is used to preserve such foods so they last longer. Generally, foods that list sodium amounts as 140 mg or lower are considered low sodium.

The Center for Disease Control and Prevention recommends that adults ages 51 and older should have a daily sodium intake of 1,500 mg or less, but the American Heart Association states that the average American gets more than 3,400 mg of sodium each day — more than twice the recommended limit! Be careful when eating out, as well, because food from restaurants and fast-food places often has high amounts of sodium.

Why limit sodium? Because too much causes your body to retain water, making your heart work harder — which can lead to high blood pressure, making you more likely to suffer from a heart attack or stroke.

5. Exercise
It’s about getting your blood moving, so even if you have limited mobility because of health conditions such as arthritis, COPD, loss of balance — or if you are using a wheelchair or mobility device to walk around — you can still exercise safely. It doesn’t have to necessarily be running and doing jumping jacks, so don’t worry. The most important thing is that you move your muscles and make your heart start pumping!
Diet and Depression

bdauk.com

Good nutrition is important for our mental and physical health. This Food Fact Sheet will look at how following a healthy diet can protect your mental health.

**Eat regular meals:** you need to feed your brain regularly with the right mix of nutrients for it to work properly. Unlike other organs, your brain relies on a steady supply of glucose (ideally coming from starch carbohydrates) as its primary fuel. Aim to eat little and often to keep your mood at its best.

**Get the right balance of fats:** our brains are made of around 50% fat, and our cells need fats to maintain their structures, therefore an adequate supply of fats are needed to maintain health. You can read more on how to achieve a healthy balance of fats in your diet in BDA’s separate Food Fact Sheet on Fats, but in summary, try to keep a moderate intake of a good balance of fats in your diet, to ensure your brain is well nourished. Try to use olive oil or rapeseed oil to cook with. Add nuts and seeds, and use olive or nut oil dressings on salads. As well as increasing unsaturated fats, try to decrease trans fats as these seem to be harmful to brain structure and function (as well as heart health). Trans fats are found in processed and packaged foods such as processed meats, ready meals, pre-packed cakes and biscuits. Instead try to use fresh foods and ingredients whenever you can.

**Choose more wholegrains, fruit and vegetable foods:** wholegrain cereals, peas, beans, lentils, nuts, seeds, fruits and vegetables are rich in a range of vitamins and minerals that your body needs to function well. They are also digested slowly, helping to control the rate of glucose supply to your brain and body. These foods are also rich in B vitamins, (including folate) and zinc, and recent evidence suggests that these nutrients are important in managing depression. Try to eat at least five different fruits and vegetables daily to get all the vitamins and minerals you need. Include some protein at every meal Eating protein as part of a “little and often” eating plan also helps to keep us feeling full, which in turn, can prevent overeating. Tryptophan is one of the building blocks of protein, and research suggests that it may help with depression. A diet with enough protein should contain plenty of tryptophan – good sources include fish, poultry, eggs and game, but some green leafy vegetables (such as spinach) and seeds also provide a source. Fresh meat, fish, shellfish, eggs, milk, low fat cheese, nuts, seeds, lentils and beans are the best sources of protein. (cont. above)

**Drink enough fluid:** evidence shows that even slight dehydration may affect your mood. Since we know that a healthy brain contains up to 78% water, it makes sense to drink plenty. Aim for 6-8 glasses (about 1.5-2 liters) fluid per day. Caffeine may affect your mood and may lead to withdrawal headaches and to low or irritable mood when the effects wear off. Drinks such as coffee, cola, energy drinks, tea and chocolate all contain caffeine and should be limited. Drinking too much alcohol can cause dehydration and can lead to B vitamin deficiencies, which may make you more depressed or anxious. Limit your intake to no more than two to three drinks on no more than five days per week. Alcohol also has a dehydrating effect. Drinking too much alcohol can also lead to B vitamin deficiencies, and can make you more depressed or anxious. Try to limit intake to no more than two to three drinks on no more than five days per week.

Eat regularly throughout the day, including starch, protein and vegetables or salad at each meal to make sure your brain has a steady supply of energy. Choose wholegrains, pulses, fresh foods, and fruit and vegetables. Minimize processed/packaged foods to make sure you get enough micronutrients to help your brain to function properly. Ensure that you have a good balance of healthy fat intake to maintain the cell structure of your brain, including oily fish (omega 3 fatty acids) in your diet. Drink plenty of fluid (6 - 8 glasses non-caffeinated drinks) per day as even slight dehydration can affect your mood.
Why Volunteering is Good for the Soul

helpguide.org

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you reduce stress, find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. Learn more about the many benefits of helping others and find tips on getting started.

Why volunteer? Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it’s true that the more you volunteer, the more benefits you’ll experience, volunteering doesn’t have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering:
Volunteering connects you to others
Volunteering is good for your mind and body
Volunteering can advance your career
Volunteering brings fun and fulfillment to your life

Make new friends and contacts. One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities. (cont. above)
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 & every other Monday 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 & every other Wednesday 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-Vail: 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. Join us for exercise & lunch every Monday at Avon Rec. Center from 10:00-1:00. 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.

Coordination

EAGLE
Carly Rietmann
Healthy Aging Program Supervisor
970.328.8896
carly.riettmann@eaglecounty.us

EL JEBEL
Mandi Dicamillo
Healthy Aging Program Coordinator
970.379.0020
mandi.dicamillo@eaglecounty.us

MINTURN
Pat Nolan
Healthy Aging Program Coordinator
970.328.8831
pat.nolan@eaglecounty.us

Transportation

EL JEBEL BUS DRIVER
Marti Barbour
970.309.8465

EAGLE & MINTURN BUS DRIVER
Mikey Colley
970.343.9565

Culinary

EAGLE & MINTURN
Claudia Chacon
970.328.1483

EL JEBEL
Alan Kokish of Custom Catering in Basalt
Contact Mandi Dicamillo for info:
970.379.0020
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: Tina Strang, 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 | EVSLife@gmail.com

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: Molly Bruchez, MS RD | 970-531-4172

Mental Health & Wellness
Mind Springs Health:
Eagle: 970-328-6969
Vail: 970-476-0930
Aspen: 970-920-555
Glenwood Springs: 970-945-2583
Hope Center of Eagle Valley: 970-306-4673
Hope Center of Aspen (Roaring Fork): 970-925-5858

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
**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 Matt Andrews, property manager at 328-8897. If you are in need of assisted living or skilled nursing, contact Castle Peak Senior Life and Rehabilitation in Eagle. Call 970-989-2500.

**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

**Helping Hands**

Do you need help around the house with cleaning or other small jobs? Contact Eagle County Healthy Aging at 970-328-8896.
Spaghetti Squash Lasagna with Broccolini

eatingwell.com

**INGREDIENTS:**
- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 1 tablespoon extra-virgin olive oil
- 1 bunch broccolini, chopped
- 4 cloves garlic, minced
- ¼ teaspoon crushed red pepper (optional)
- 2 tablespoons water
- 1 cup shredded part-skim mozzarella cheese, divided
- ¼ cup shredded Parmesan cheese, divided
- ¾ teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon ground pepper

**DIRECTIONS:**

1. Position racks in upper and lower thirds of oven; preheat to 450°F.
2. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)
3. Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper (if using); cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.
4. Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella and 2 tablespoons Parmesan.
5. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.

* Easy cleanup: To save time and keep your baking