Lunch Menu

Please place a lunch reservation at 970.379.0020 by noon the day prior. **Suggested Donation:** 60 & older $3
(Under 60 yrs. $8 fee)

*All donations are greatly appreciated. Thank You!*

### TUESDAY, 2
- Veggie Lasagna
- Romaine orange salad,
- Garlic bread, Banana
- Lemon Squares

### WEDNESDAY, 3
- Pot Luck Picnic
- Lunch @ Motion and Wellness Playground

### THURSDAY, 4
- Chicken Cacciatore
- Brown Rice,
- Green Salad, Banana,
- Fruit Salad & Cottage Cheese

### TUESDAY, 9
- Rigatoni Bolognese
- Mozzarella Bake
- Caesar salad, Broccoli,
- Garlic bread, Ice
- cream w/whip cream

### WEDNESDAY, 10
- Soup and Salad
- Broccoli Cheddar

### THURSDAY, 11
- Chili & Baked Potato Bar
- Cheese, scallions, sour cream, Roasted veggies, Vanilla cake

### TUESDAY, 16
- Ham
- Scallop potatoes,
- Mixed greens, Carrots,
- Green beans,
- Cheese cake

### WEDNESDAY, 17
- Food Bank of the Rockies @ 11:30

### THURSDAY, 18
- Taco Bar
- Tortilla, lettuce, corn, black beans, cheese, tomato,
- Coconut pudding

### TUESDAY, 23
- Cheese Raviolis w/ Mushrooms sauce
- Broccoli, Cucumber
tomato salad, Bread
Doughnut holes

### WEDNESDAY, 24
- Soup and Salad
- Butternut Squash

### THURSDAY, 25
- Chicken Fried Steak w/ Country Gravy
- Mashed potatoes, Baby carrots, Iceberg salad,
- Yogurt and Berries

### TUESDAY, 30
- Salmon Burré Blanc
- Rice pilaf, Bread
- Veggie melody,
- Brownies

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**Additional Lunch Days!**

**Soup & Salad Wednesdays**

12-1pm April 10th and 24th
Please place lunch reservation at least 24 hours prior. Stop in for a casual lunch!

**Suggested donation $3 for 60 & Older**
(Under 60 yrs. $8 fee)

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**Who’s Who Contest!**

Can you identify younger participants of the healthy aging program? Bring in your youthful photo to be displayed on the Who’s Who board by Thursday, April 18th.

Guess the name of the youthful photos on April 23rd or April 24th.
The one with the most correct guesses will win a nice surprise!

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**Sign Up Now for Senior Day at Gypsum Rec Center! FREE!**

Monday, May 13 9-1pm
Bus will leave El Jebel at 8am and return around 2:30.
Snack and Lunch included!
Call 970-379-0020 for more info!

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**Happy Birthday!**

- Marti Barbour 4/28
- Laurie Bathke 4/18
- Joana Green 4/10
- Cheryl Haynes 4/17
- Janet McEntire 4/4
- Nancy Wong 4/26
### April Events Calendar

**Medicare Counseling** by appointment only 970-379-0020 to schedule appointment.

**Reflexology:** 2nd 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!*

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Sudoku is a great activity to sharpen the mind. The object of Sudoku is to fill in the empty spaces of a 9x9 grid with numbers 1-9 in such a manner that every row, every column and every 3x3 box contains all numbers 1 through 9.

8-WEEK CLASS $95
WORKBOOK INCLUDED
There’s no such thing as a “BAD” memory!
The more strategies we use, the more likely we are to remember things!

Sign Up Now for the Memory Level Two Class

Wednesdays 3:30—4:45 May 8– June 26
Eagle County Community Center
El Jebel– Crown Mountain Park
Call 970-319-8829 or email info@boostyourbrainpower.org

Sudoku is a great activity to sharpen the mind. The object of Sudoku is to fill in the empty spaces of a 9x9 grid with numbers 1-9 in such a manner that every row, every column and every 3x3 box contains all numbers 1 through 9.
April Is Foot Health Month

www.hearthstoneseniorliving.com

For a variety of reasons, foot problems tend to arise as we age. Feet lose cushioning over time, and the nails and skin can grow brittle and dry. Many seniors experience reduced overall blood flow, and this can delay the healing of foot sores. The best thing you can do for your feet is wear comfortable shoes that fit properly. It is particularly important to avoid high-heeled or tight-fitting shoes that put unnecessary pressure on the foot.

The constant pinching and rubbing from “fashionable” footwear are a leading cause of bunions, calluses, and corns. Feet may become wider as you age, so you should make a habit of having them measured before buying a new pair of shoes.

Another way to take care of your feet is to encourage good blood circulation. If you usually spend a considerable portion of the day in a chair, you can boost your circulation by exercising, stretching, and walking. Avoid sitting too long with your legs crossed or wearing tight socks. And here’s yet another reason to refrain from tobacco use: Smoking narrows the arteries and can hinder blood flow.

What Are The Foot Problems Seniors Commonly Face?

-Ingrown toenails. This occurs when a sharp piece of nail pierces the skin surrounding the nailbed. Rather than trying to pull it off, carefully trim the nail straight across so that it is even with the top of the toe. Trimming regularly will also help prevent future issues. If you have an ingrown toenail that appears red and/or infected, you should see a doctor – especially if you have diabetes.

(continued on page 2)
Foot Health (cont.)

-Heel spurs. Putting too much pressure on your feet – by wearing shoes that don’t give proper support, standing too long, or being overweight – can cause calcium deposits to form on your heel. These calcium deposits can lead to considerable pain and discomfort. You can give your feet a break with heel cups, heel pads, or other forms of support. If a heel spur continues to cause you pain and discomfort, make an appointment with your doctor.

When a toe doesn’t have adequate room to move, the knuckle can become inflamed and draw the toe back. Hammertoes are especially problematic for seniors because they can affect balance and raise the risk of falls. The remedy is simple: Wear shoes and socks that give your toes plenty of space.

Corns and calluses. As mentioned, wearing shoes that fit properly is the best way to prevent painful foot sores. If they do develop, you can pare them down by gently rubbing them with a callus file or pumice stone. You can protect them from further damage with moleskin or no-medicated pads. The medicated corn-removing treatments sold in drugstores may be tempting, but use extreme caution: They can damage healthy skin, which ends up causing even more pain. These products are especially dangerous for people with diabetes or other circulation problems. If you have one of these conditions, contact a doctor at the first sign of a callus or corn.

-Athlete’s foot. This condition is not exclusive to athletes. This fungus thrives in moist, dark, warm areas, which makes the foot a compelling target. If you notice peeling, blisters, redness, and itching (particularly between the toes), quickly apply an athlete’s foot powder or spray to the fungus. You can prevent athlete’s foot by keeping your feet dry and clean and, whenever possible, wearing open-toe sandals or going barefoot. Please note that going barefoot can be hazardous if you have diabetes or other circulation problems.

If you are in need of help with foot care, there are local podiatrists in both the Eagle River and Roaring Fork Valleys. Speak to your site coordinator for more information.
Processed Food - Is it all bad?

Nutrition gurus often urge us to spurn processed foods in favor of whole ones. But not all processed foods are necessarily bad. "Most food needs to go through some sort of processing for it to even be edible and digestible," says Stacey Nelson, a registered dietitian and manager of clinical nutrition at Harvard-affiliated Massachusetts General Hospital. "The minute you cook something, you are processing it."

Instead of writing off all processed foods, Nelson advises men to start reading food ingredients to assess the item's nutritional value. "Ignore the marketing claims on the front of the package, flip it over, and go right to the list of ingredients," she says.

What's a processed food?

Processing includes canning, cooking, freezing, dehydration, or milling. The main concern is with processing that reduces a food's nutritional wealth or adds things, like sodium and sugar that you may prefer to avoid or limit. In particular, watch for these:

Refined grains. Processed foods may contain refined grains, such as white flour and white rice. Milling whole grains removes the bran (which contains most of the fiber) and the germ (which contains protein, fat, vitamins, and minerals). Adding nutrients back after processing, called fortification, may not restore the original nutritional profile.

Consuming too many refined grains has been linked to poorer health, but you don't need to ban refined grains from your diet entirely. Try to shift the balance in the other direction—by introducing more whole-grain products to meals.

Added sugar. Caloric sweeteners, like table sugar and high-fructose corn syrup, are refined carbohydrates. These are considered unhealthy if they take up too much of your diet. Many processed foods contain added sugar. (continued above)

Easy targets for change are desserts, sweets, and sugar-sweetened beverages. Enjoy these sparingly rather than banning them. "The point is not to demonize particular foods," Nelson says. "It's about the nutritional balance of your diet and making healthier choices."

Sodium. Processed foods from the supermarket often contain a lot of added sodium. At the top of the list are canned soups, breads, frozen foods, and processed meats. Consuming an excessive amount of sodium has been linked to high blood pressure, heart attack, and stroke, although it remains controversial what a healthy daily intake of sodium is.

Trans fats. Some processed foods contain trans fats, which in any amount are associated with higher risk for clogged arteries. These substances form when oils are chemically altered to make them stiffer at room temperature. You are most likely to find trans fats in crackers, cookies, frozen pizza, and baked goods like pastries, pies, and donuts. The "nutrition facts" label on packaged foods lists trans fat levels.

Eating whole foods

Healthy diets emphasize whole foods—those that still contain what nature gave them. They offer a wide variety of nutrients, although cooking with heat can alter the mix. "As much as possible, choose whole foods that have gone through a minimum amount of industrial processing," Nelson says.

But whole foods aren't the whole story. Some processed foods offer valuable nutrients as well as convenience. For example, it's easy to add canned beans or fish to a salad. "Foods that are convenient can actually increase the likelihood that someone will eat a healthier diet," Nelson says.
A List for Aging

unknown

1. Take no notice of what others say about you and even less notice of what they might be thinking. They’ll do it anyway, and you should have pride in yourself and what you’ve achieved. Let them talk and don’t worry. They have no idea about your history, your memories and the life you’ve lived so far. There’s still much to be written, so get busy writing and don’t waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be.

2. Stop worrying about the financial situation of your children and grandchildren, and don’t feel bad spending your money on yourself. You’ve taken care of them for many years, and you’ve taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It’s easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you’re feeling well. Stay informed.

4. Don’t stress over the little things. You’ve already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don’t let the past drag you down and don’t let the future frighten you. Feel good in the now. Small issues will soon be forgotten. (continued above)

7. Be proud, both inside and out. Don’t stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Always stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You’ll be surprised what old friends you’ll meet. Keeping in touch with what is going on and with the people you know is important at any age.

9. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday’s wisdom still applies today.

10. Don’t abandon your hobbies. If you don’t have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.
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.
**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

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**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

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**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

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**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)

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**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

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**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

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**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

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**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 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.

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.
**Garden Pasta Salad**

eatingwell.com

**INGREDIENTS:**
- 2 cups whole-wheat rotini, (6 ounces)
- ⅓ cup reduced-fat mayonnaise
- ⅓ cup low-fat plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar, or lemon juice
- 1 clove garlic, minced
- ⅛ teaspoon salt
- 1 cup cherry or grape tomatoes, halved
- Freshly ground pepper, to taste
- 1 cup diced yellow or red bell pepper, (1 small)
- 1 cup grated carrots, (2-4 carrots)
- ½ cup chopped pitted Kalamata olives
- ½ cup chopped scallions, (4 scallions)
- ⅛ cup slivered fresh basil

**DIRECTIONS:**

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.

2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

**This lightly dressed pasta salad gets lots of flavor from Kalamata olives and basil. A colorful mix of diced bell pepper, shredded carrot and tomatoes adds vitamins and minerals. Serve on a crisp bed of greens. Toss in canned chunk light tuna, cooked chicken or flavored baked tofu to add protein and make it more substantial. Perfect for spring!**