**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>Date</th>
<th>Lunch Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TUESDAY, JAN 1</strong></td>
<td>Closed for New Years Day</td>
</tr>
<tr>
<td><strong>WEDNESDAY, JAN 2</strong></td>
<td>Healthy Aging Pot Luck “Taco/Burrito Bar”</td>
</tr>
<tr>
<td><strong>THURSDAY, JAN 3</strong></td>
<td>Chicken Parmesan Penne pasta, Caesar salad, Garlic bread, Ice cream cup</td>
</tr>
<tr>
<td><strong>MONDAY, JAN 7</strong></td>
<td>Healthy Aging Soup and Salad Lunch</td>
</tr>
<tr>
<td><strong>TUESDAY, JAN 8</strong></td>
<td>Herb Roasted Chicken Leg, Mashed potatoes &amp; gravy, Green Salad, Pound cake &amp; whip cream</td>
</tr>
<tr>
<td><strong>THURSDAY, JAN 10</strong></td>
<td>Turkey Sandwich with tomato, lettuce, &amp; cheese, Cucumber salad, Potato chips, Lemon square</td>
</tr>
<tr>
<td><strong>TUESDAY, JAN 15</strong></td>
<td>Beef &amp; Vegetable Shepherd's Pie, Gravy &amp; Mashed potatoes, Corn, Tossed Salad, Chocolate chip cookie</td>
</tr>
<tr>
<td><strong>THURSDAY, JAN 17</strong></td>
<td>French Toast Bake Breakfast sausage, Spinach hash browns, Banana, Cinnamon Roll</td>
</tr>
<tr>
<td><strong>TUESDAY, JAN 22</strong></td>
<td>Shrimp Scampi Bread, Mixed veggies, Iceberg salad, German choc. cake</td>
</tr>
<tr>
<td><strong>WEDNESDAY, JAN 23</strong></td>
<td>Healthy Aging Pot Luck “Appetizers”</td>
</tr>
<tr>
<td><strong>THURSDAY, JAN 24</strong></td>
<td>BBQ Pulled Pork Coleslaw, Sweet Potatoes, Corn, Chocolate mousse &amp; whip cream</td>
</tr>
<tr>
<td><strong>MONDAY, JAN 28</strong></td>
<td>Healthy Aging Soup and Salad Lunch</td>
</tr>
<tr>
<td><strong>TUESDAY, JAN 29</strong></td>
<td>Chicken &amp; Dumplings Polenta, Grilled Squash, Fruit Cocktail and Cottage Cheese</td>
</tr>
<tr>
<td><strong>THURSDAY, JAN 31</strong></td>
<td>Beef Tacos, Rice, Corn and Beans, Cheesecake</td>
</tr>
</tbody>
</table>

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**Soup & Salad Mondays**

12-1pm January 7th and January 28th
Please place lunch reservation at least 24 hours prior. Stop in for a casual lunch!
Suggested donation of $3.00.

**Healthy Aging Pot Lucks**

Two Wednesdays a month try out a new recipe and enjoy with friends!
12-1pm January 2nd and January 23rd
RSVP your dish 24 hours prior.

For questions call 970-379-0020
January 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>
</tr>
</thead>
</table>
| Rent Snow Shoes!  
Take a hike around Crown Mountain Park!  
Please contact Mandi for more info  
970-379-0020  | 1 Closed for New Years Day  | 2  
9:30 Poker  
12-1 Pot Luck  
“Taco/Burrito Bar”  
1:00 Boost Your Brain Power  | 3  
9:30 Stretch  
10:30 Exercise  
11:45 Site Council  
12:00 Lunch  
1:00 Bingo  | 4  
1:00 Bridge  |
| 7  
9:30 Stretch  
10:30 Tai Chi  
12-1  
Soup & Salad Lunch  | 8  
9:30 Stretch  
10:00 Reflexology  
10:30 Pilates  
11:30 Library  
12:00 Lunch  
1:00 Bingo  | 9  
9:30 Poker  | 10  
9:30 Stretch  
10:30 Exercise  
12:00 Lunch  
1:00 Bingo  | 11  
1:00 Bridge  |
| 14  
9:30 Stretch  
10:30 Tai Chi  | 15  
9:30 Stretch  
10:30 Pilates  
12:00 Lunch  
1:00 Bingo  | 16  
9:30 Poker  
11:30 Food Bank  | 17  
9:30 Stretch  
10:30 Exercise  
12:00 Lunch  
1:00 Bingo  | 18  
1:00 Bridge  |
| 21  
Closed for Martin Luther King Jr Day  | 22  
9:30 Stretch  
10:30 Pilates  
10:00 Chair Massage  
12:00 Lunch  
1:00 Bingo  | 23  
9:30 Poker  
12-1 Pot Luck  
“Appetizers”  
1:00 Boost Your Brain Power  | 24  
9:30 Stretch  
10:30 Exercise  
12:00 Lunch  
1:00 Bingo  | 25  
1:00 Bridge  |
| 28  
9:30 Stretch  
10:30 Tai Chi  
12-1pm  
Soup & Salad Lunch  | 29  
9:30 Stretch  
10:30 Pilates  
12:00 Lunch  
1:00 Bingo  | 30  
9:30 Poker  
1:00 Boost Your Brain Power Level 1  | 31  
9:30 Stretch  
10:30 Exercise  
12:00 Lunch  
1:00 Bingo  |
SIGN UP NOW...

BEFORE JAN 16, 2019

8-WK MEMORY PROGRAM

★ JAN 30 – MAR 20

WEDNESDAYS 1-2 PM

Eagle County Community Ctr
El Jebel – Crown Mountain Park

Total Brain Health – Memory Program Level 1
CLASSES ARE HELD EACH WEDNESDAY BEGINNING ON JANUARY 30. FOR MORE INFO, PLEASE CALL OR EMAIL.
Connection is Protection

Mental Health Connections/Health District of Northern Larimer County

As you age, it is vitally important for your mental health that you stay connected to friends, family, hobbies and stay physically active. Involvement in your community promotes positive mental wellbeing, protecting you from feelings of loneliness, despair and hopelessness. Mind-body activities such as yoga, tai chi and mindfulness, as well as social activities like connecting over coffee, volunteering and attending cultural events, all bolster your mental health and feelings of connection.

In addition to caring for your mental health, it is also important to be a connection for the people you love. Observe the people in your life and learn to recognize the signs and symptoms of depression. When people are depressed, they often experience sadness, despair and low energy. Yet depression does not always express as sadness—changes in habits such as sleep, appetite, lack of motivation or loss of desire to socialize can also be warning signs. One of the risks of serious depression is suicide.

Your ability to identify the signs and ask hard questions can save your or your loved one’s life. By developing meaningful connections to others, you are keeping your mental health as strong as possible. At the same time, as you connect in the community, you may be just the person another needs in their time of struggle. The power of connection cannot be underestimated. If you or someone you know is having a mental health or substance abuse crisis, talk to your doctor or call:

The Hope Center of Eagle River Valley 24/7 HOPELINE:
970-925-5858

Colorado Crisis Support line at 844.493.8255 or text TALK to 38255.
**Move of the Month**

**Touch the Sky Tai Chi Move**

- Sit up straight in a comfortable chair.

- Place your hands in your lap with your palms turned upward and your fingertips pointing toward one another.

- As you inhale slowly and deeply, raise your hands to chest level in front of you, turn your palms outward and lift your hands above your head.

- Do not reach too far with your arms; keep your elbows relaxed and slightly bent.

- As you exhale slowly and deeply, relax your arms further and gently lower them to your sides.

- At the end of the breath, return your hands to the starting position with your palms turned upward.

- Repeat ten times.

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**Nutrition Tips for Winter**

As the temperature continues to drop in many areas of the country, people become increasingly challenged to maintain a healthy diet. On a chilly day, it’s tempting to curl up on the couch with a bowl of canned (salty!) soup or a pile of leftover holiday treats. That’s why it’s so important for RDs to help their clients who struggle with healthy eating in the colder months. Keeping the body well nourished during the winter can be difficult, but it’s crucial to prevent weight gain and ward off those pesky germs.

Eating healthy throughout the winter months can be challenging for many reasons, and the holidays are an obvious one. Food is a large part of most winter celebrations. While munching on a few cookies or pieces of candy here and there is expected, consuming too many unhealthy options can be problematic.

“Winter holidays can be deadly in terms of the increased focus on food and especially those once-a-year desserts,” says Andrea Dillaway-Huber, PhD, RD, LDN, who practices in Wyomissing, Pa. “A rule that I recommend to clients is to survey all the options available at a family event or party and to pick whatever they can’t live without, having just a bite. Not a slice of pie, but a bite of pie. I advise them to fill up on lower calorie fruits, vegetables, low-fat dips, reduced-fat chips, and snacks first. Then, when they are approaching that comfortably full feeling, enjoy that bite of pie and really savor it.”

The problem with winter eating is that it can not only lead to weight gain but also wreak havoc on the immune system.

Another lesser known reason that healthy eating can be so difficult in the winter is the lack of sunlight. As it gets darker earlier, we get less exposure to the sun, which can lead to a drop in serotonin. That drop can cause depression and food cravings. Spend a little time outdoors each day. You can also load up on their vitamin D, adds Gloria Tsang, RD, founder of HealthCastle.com, an online nutrition community. “Sunshine is the best natural source of vitamin D, so during a dark winter, you may want to consider supplements of this vitamin, which has also been shown to reduce the risk of colon, breast, and ovarian cancers by as much as 50%,” she says.  

(continued on page 3)
Winter Nutrition (Cont.)

You can also boost serotonin with healthy carbs. “Whole grains and high-quality carbs such as sweet potatoes, yams, pumpkins, and squash help boost serotonin levels,” Tsang says.

Healthy eating can also be somewhat of a luxury in the wintertime. “It’s so much easier to focus on making something quick and easy after a hard day, especially when it’s already dark outside when you get home from work,” says Tsang. Preparing a healthy meal often takes a lot of time, a luxury that many people don’t have, especially during the busy winter months. It’s much simpler to pop something in the microwave. On top of that, fresh produce is not readily available or can be expensive during the winter season.

Despite these obstacles, you can arm yourself with plenty of information to make healthy eating easier. For instance, when fresh produce prices skyrocket, direct your clients to the frozen foods section. Frozen vegetables tend to be more nutritious than canned varieties, which may lose nutritional value during the preservation process and can be loaded with salt. And you can embrace winter fruits and vegetables that are plentiful in the stores, such as pomegranates, cranberries, citrus fruits, grapes, and root vegetables. “They add a healthy dose of vitamins and nutrients to your winter plate and are available fresh all season,” Tsang explains.

While nothing can completely stop a cold in its tracks, a healthy immune system can help ward off the germs that cause colds and the flu. A healthy immune system can even minimize a cold’s duration. One way to boost the immune system is to maintain a vitamin C regimen. “Studies have shown that 1,000 milligrams of vitamin C supplements may make colds milder and even shorten them by half a day,” says Tsang. Foods rich in the antioxidants vitamin C and beta-carotene, such as citrus fruit, cabbage, broccoli, pumpkin, sweet potato, and spinach, have immune-boosting power. To fight off infections, you should increase your intake of zinc, which is found in fish, oysters, poultry, eggs, milk, unprocessed grains, and cereals.”

More than during other times of the year, it’s important to remember to also maintain an exercise regimen, something that becomes more challenging when the cold weather keeps us indoors. Be sure to check out your local gym recreation or senior center for ways to stay active this season.

Don’t Let a Fall Be Your Last Trip

www.harvard.health.edu

Did you know that one in four Americans aged 65+ fall every year? According to the Centers for Disease Control and Prevention, every 11 seconds, an older adult is treated in the emergency room due to a fall, and every 19 minutes, an older adult dies from a fall. Falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs and community partnerships, the number of falls can be reduced substantially. Here are six easy ways to prevent a fall:

1. Find a good balance and exercise program.
2. Talk to your health care provider. More than 90% of older adults have at least one chronic condition like diabetes, heart disease or arthritis. Talking to your doctor about the impact these conditions have on falls is important.
3. Regularly review your medications with your doctor or pharmacist. Some prescription and over-the-counter medications can cause dizziness, sleepiness, dehydration or interactions with other medications that can lead to a fall.
4. Get your vision and hearing checked annually and update your eyeglasses prescription.
5. Keep your home safe. Most falls happen at home.
6. Talk about fall prevention with family and friends, and make an action plan that decreases your fall risk, so you can stay healthy and independent as long as possible.
A Quick Word on Eating Greens

Eat another helping of greens. In a recent observational study from Rush University, researchers asked close to 1,000 older adults how many leafy greens (such as spinach, kale and Swiss chard) they ate in the past five years. What did they find? People who ate 1.3 servings (about one and one-third cup) per day had the cognitive ability of someone 11 years younger than their age. This type of study did not measure what other factors may have contributed to their increase in memory, but if eating more greens is what it takes, then greens, here I come.

Avoiding the Medicare Part D Donut Hole

Did you fall into the Medicare Part D “donut hole” this year? The donut hole, or Part D coverage gap, occurs when a person reaches a certain spending limit for their medications ($3,820 in 2018), and must pay more of the costs after crossing that threshold. Here’s how you can try to avoid the donut hole altogether and get financial assistance if you do fall into the coverage gap. The Annual Enrollment Period for Medicare Advantage and Part D plans runs October 15 – December 7. During this time, people with Medicare can join, switch, or leave plans. The Part D plan checklist, developed for the National Council on Aging by the Medicare Rights Center, provides a list of questions to ask before selecting prescription drug coverage. Aside from looking at costs, you also want to make sure that you choose a plan that covers all/most of your medications and makes it convenient for you to obtain them.

Using the Medicare Plan Finder, you can enter your prescription information and compare plans to determine what your costs may be in the coming year, including when/if you would expect to fall into the donut hole. Some plans may offer additional coverage during the coverage gap, like for generic drugs; however, they may charge a higher monthly premium.

Isn’t the donut hole closing in 2019?
You may have heard that the Affordable Care Act set in motion plans to close the Part D coverage gap by 2020, which was advanced a year in recent Medicare legislation. But “closing” does not mean that people reaching the donut hole do not pay anything for their drugs—it means that plans and pharmaceutical companies pick up more of the tab. Beginning in 2019, Medicare beneficiaries enrolled in Part D prescription drug plans reaching the donut hole will still pay 37% of the costs of their generic medications, and 25% of the brand-name medications. If you cannot avoid the donut hole, you’ll want to explore these options to help pay for your prescriptions:

State Pharmaceutical Assistance Program (SPAP): Some, but not all, states have a SPAP to help people pay for their medications.

Patient Assistance Programs: Brand-name drug manufacturers often have these programs to provide discounts or no-cost medications to those who qualify.

Generics: Talk to your doctor about whether any generics may be a good substitute for expensive brand-name drugs.

“Best” Price: Another strategy is to ask your pharmacist for the “best” price for the prescription. Sometimes costs for drugs may be less if you do not use your insurance.
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 Monday 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.
HEALTHY AGING RESOURCES IN EAGLE COUNTRY

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

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

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

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

Housing in the Roaring Fork Valley. Contact them at 970-963-9326.

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.
Cooks Corner

Greens with Cannellini Beans and Pancetta
allrecipes.com

Ingredients:
- 2 slices pancetta or bacon, chopped
- 1 1/2 tablespoons olive oil
- 1 small red onion, chopped
- 3 cloves garlic, crushed
- 1 bunch kale, roughly chopped
- 1 bunch beet greens, roughly chopped
- salt to taste
- 1 (15 ounce) can cannellini beans, drained

Directions:
- Microwave the chopped pancetta or bacon on high for 3 minutes. Drain the drippings, and set the crispy pancetta aside.

- In a large frying pan, heat the olive oil over medium heat. Cook onion in oil until soft. Add the crushed garlic cloves, and cook a minute more.

- Stir in chopped greens, and season with salt to taste (be conservative at this point - you can always add more!). Partially cover the pan, and cook until the greens begin to wilt. Stir in crispy pancetta and cannellini beans.

- Cook partially covered for 5 more minutes, until the flavors have combined and the greens are tender.