The Healthy Aging Program will be closed on the following holidays:
Monday, January 20th for Martin Luther King Jr. Day

If Roaring Fork School District close due to inclement weather all Healthy Aging Programs will be canceled.

Parking spots are limited that are closer to the building. Please be sure to park in ONE designated parking spot! Be Kind!

If you need assistance please ask!

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Entrée Salads are available January 2020!
Please specify a Salad Entrée or the Main Entrée when making your reservation.
Please mark S for Salad Entree and X for Main Meal

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Volunteers Are Needed
We could use more volunteers to help with washing dishes, delivering meals, and medical transportation.
If you are interested in volunteering please call Mandi 970-379-0020

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SeniorSafe: Psychology of Financial Wins and Fraudulent Fails

Sadly, we know that senior investors are often targets of financial fraud, scams, and exploitation; in part, because they own tangible assets including homes and pension streams that are attractive to scam artists.

Attend this FREE presentation on Tuesday, January 14th at Eagle County Community Center Pinion room from 10:45am to noon.

- Learn the vulnerability factors that make senior clients targets for financial fraud and exploitation.
- Recognize red flags and respond to situations of possible exploitation.
- Become equipped with knowledge of where to report exploitation.

Presentation by Jason Gross, CFP Securities Examiner, with the Colorado Department of Regulatory Agencies.

Join us for lunch on Thursday, January 9th with Molly Bruchez, Registered Dietician with Alpine Area Agency on Aging.
She will provide information on tips to reduce the amount of processed foods and incorporate more healthier convenient prepared foods.
**Main Entrée Option**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>TUESDAY, 1/7</th>
<th>THURSDAY, 1/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chef Salad with Turkey, Bacon, Tomato, Avocado, Egg</td>
<td>Pasta and Meat sauce, Garlic bread, Caesar salad, Brownies Bites</td>
<td>Baked Fried Chicken, Mashed potatoes, Corn, Green salad, Fruit cocktail</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 2</th>
<th>TUESDAY, 1/14</th>
<th>THURSDAY, 1/9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains, greens, and beans, with dried fruits and nuts, and grilled mushrooms</td>
<td>Orange chicken, Rice pilaf, vegetable egg rolls, Cucumber salad, Petite cheese cake bites</td>
<td>Cornflake French Toast, Breakfast sausage, Breakfast potatoes, Peppers and onions, Cinnamon Rolls</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>TUESDAY, 1/21</th>
<th>THURSDAY, 1/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Salad with Grapes, Greens, and homemade bread</td>
<td>Lasagna, Mixed vegetables, Caesar salad, French bread, Vanilla pudding</td>
<td>Meatloaf, Mashed potatoes, Green pea salad, Chocolate chip cookie</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 4</th>
<th>TUESDAY, 1/28</th>
<th>THURSDAY, 1/23</th>
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</thead>
<tbody>
<tr>
<td>Salad with Asian vegetables, Rice noodles, Grilled shrimp</td>
<td>Chicken Cacciatore, Brown rice, Roasted carrots onions celery, Mixed greens, Sherbet</td>
<td>Carnitas Tacos, Rice and Beans, Salsa, Green Salad</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 5</th>
<th>TUESDAY, 1/30</th>
<th>THURSDAY, 1/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chef Salad and Chicken Noodle Soup</td>
<td>Spinach Ricotta Stuffed Shells &amp; Roasted Chicken, Mixed vegetables, Cream puffs</td>
<td></td>
</tr>
</tbody>
</table>

*Place lunch reservations **24hrs in advance**

Please call 970-379-0020 for reservations.

**Suggested Donation:** 60 & older $3 (Under 60 yrs. $14 fee)

*All donations are greatly appreciated. Thank You!*

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Lunch Menu El Jebel Healthy January 2020

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**Lunch Menu El Jebel Healthy January 2020**

**Place lunch reservations **24hrs in advance**

Please call 970-379-0020 for reservations.

**Suggested Donation:** 60 & older $3 (Under 60 yrs. $14 fee)

*All donations are greatly appreciated. Thank You!*
# January 2020 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

### Transportation Info:
- Transportation Info: 970-309-8465 (suggested donation $2)
- Main Entrée Reservations due 24hrs in advance 970-379-0020
- Lunch Suggested Donation: 60 & older $3 (Under 60 $14 fee)
- *All donations are greatly appreciated. Thank You!*

### Main Entrée Reservations
Reservations due 24hrs in advance 970-379-0020

### Lunch Suggested Donation
- 60 & older $3 (Under 60 $14 fee)

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## January 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>Happy New Year 2020!</strong></td>
<td>2 9:30 Stretch</td>
<td>3</td>
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<tr>
<td></td>
<td></td>
<td><strong>County Closed</strong></td>
<td>10:30 Exercise</td>
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<tr>
<td></td>
<td></td>
<td>2 12:00 Lunch</td>
<td>1:00 Bingo</td>
<td>1:00 Bridge</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Reduce Intake of Processed Foods</td>
<td>1:00 Bridge</td>
</tr>
<tr>
<td><strong>Happy Birthday!</strong></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
</tr>
<tr>
<td><strong>Telio Cerise</strong></td>
<td>1/3</td>
<td></td>
<td>1:00 Lunch</td>
<td>1:00 Bridge</td>
</tr>
<tr>
<td><strong>Betsy Dunbar</strong></td>
<td>1/1</td>
<td></td>
<td>1:00 Bingo</td>
<td></td>
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<tr>
<td><strong>Evie Kellogg</strong></td>
<td>1/22</td>
<td></td>
<td>12:00 Lunch</td>
<td>1:00 Bridge</td>
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<tr>
<td><strong>Janice Duroux</strong></td>
<td>1/9</td>
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<td></td>
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<tr>
<td><strong>9:30 Stretch</strong></td>
<td>10:30 Tai Chi</td>
<td>9:30 Stretch 10:00 Reflexology</td>
<td>9:30 Stretch 10:30 Pilates</td>
<td>10</td>
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<tr>
<td></td>
<td></td>
<td>11:30 Library</td>
<td>10:30 Exercise</td>
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<td></td>
<td></td>
<td>12:00 Lunch</td>
<td>1:00 Bingo</td>
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<tr>
<td></td>
<td><strong>9:30 Motion &amp; Wellness Playground</strong></td>
<td><strong>10:45 Cyber Crime &amp; Financial Fraud</strong></td>
<td>12:00 Lunch</td>
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<tr>
<td></td>
<td><strong>9:30 Stretch</strong></td>
<td><strong>10:00 Pilates</strong></td>
<td><strong>11:30 Food Bank</strong></td>
<td>16</td>
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<tr>
<td></td>
<td><strong>10:30 Tai Chi</strong></td>
<td><strong>10:30 Chair Massage</strong></td>
<td><strong>10:30 Exercise</strong></td>
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<td></td>
<td></td>
<td><strong>10:30 Pilates</strong></td>
<td><strong>12:00 Lunch</strong></td>
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<td></td>
<td><strong>12:00 Lunch</strong></td>
<td><strong>1:00 Bingo</strong></td>
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<tr>
<td></td>
<td><strong>9:30 Stretch</strong></td>
<td><strong>10:00 Chair Massage</strong></td>
<td><strong>10:30 Exercise</strong></td>
<td>29</td>
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<tr>
<td></td>
<td><strong>10:30 Pilates</strong></td>
<td><strong>10:30 Pilates</strong></td>
<td><strong>12:00 Lunch</strong></td>
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<td></td>
<td><strong>12:00 Lunch</strong></td>
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<td><strong>9:30 Stretch</strong></td>
<td><strong>10:30 Tai Chi</strong></td>
<td><strong>9:30 Stretch 10:30 Pilates</strong></td>
<td><strong>9:30 Stretch</strong></td>
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<td><strong>12:00 Lunch</strong></td>
<td><strong>10:30 Exercise</strong></td>
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<td><strong>1:00 Bingo</strong></td>
<td><strong>12:00 Lunch</strong></td>
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<td></td>
<td><strong>1:00 Bridge</strong></td>
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</tbody>
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- **Telio Cerise** 1/3
- **Betsy Dunbar** 1/1
- **Evie Kellogg** 1/22
- **Janice Duroux** 1/9
- **Denise Sparkman** 1/1
- **Kitty Bearden** 1/26
- **Chip Terry** 1/1
A classic **sudoku puzzle** is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called **boxes**. There are 9 **rows**, 9 **columns** and 9 **boxes** in every puzzle.

The object of the game is to fill all squares in the grid with the correct number. The rules are:

- Every row, column and box must contain all the digits 1 to 9.
- Each number can only appear once in every row, column or box.

Every puzzle has only one correct solution!
New Year—Fresh Start!
sunriseseniorliving.com

As you embark on this new year of 2020 (wow!), set a goal that focuses on bettering your overall health, both physically and mentally. It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something you're truly passionate about changing. Here are a few New Year's resolutions to consider:

**Exercise for 10 minutes every day**
Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness. If you're just getting started, Harvard Health Publications recommended committing 10 minutes of your day to exercise, with a gradual increase as it becomes a habit. Eventually, you should be able to dedicate the recommended amount of 150 minutes of aerobic activity per week.

**Explore new volunteer opportunities**
Volunteering is a great way to give back to the community, but it also benefits your own health. According to Helpguide, it provides a sense of accomplishment, increases self confidence and brings fulfillment to life. It also connects you with like-minded individuals, which is great for your mental well-being. This year, find an organization to get involved with to help your neighborhood and reap the health benefits.

**Revive an old friendship**
It's not always easy remaining close to friends who don't live right down the street. But there are dozens of resources you can use to rekindle old friendships. Make a telephone call, send an email or reach out to one of your childhood buddies via Facebook or another social media platform. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

*(continued on page 2)*
Chair Squats

Squats are a great exercise that target glutes & hip flexors and quadriceps and also involves abs and calves and hamstrings. All of which are important for keeping you strong and upright. Start easy by using a chair for assistance:

1. Stand in front of a chair with your feet hip-width apart. Keep your knees over your feet.

2. Slowly lower your buns toward the chair without actually sitting down.

3. Keep your knees over your ankles and place your weight in your heels throughout the full range of motion.

4. Straighten your body upright and repeat.

New Year (Cont.)

Make healthier dessert decisions
It's easy to reach for that sugary treat after dinner. But consuming those not-so-healthy choices every night may eventually lead to weight gain, high blood pressure and other chronic issues, according to Blood Pressure UK. Make 2017 your year to fall off the path that leads to unhealthy desserts and jump on one that drives you to make smarter choices. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

Revisit an old pastime
When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

Challenge your brain regularly
Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss. This year, make time to play games that'll force your mind to work in overdrive. If you are accustomed to doing crossword puzzles to keep your brain active, be sure to increase the level of difficulty to challenge your brain to work even harder, which will promote plasticity. Or, consider learning a new language, as that is a great way to improve brain plasticity.

Be conscious about your overall health
Your body is always changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be proactive about your overall well-being. And take the advice and guidance he or she gives during your visit. Those tips will help you have a happy and healthy year.
Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet. Explore it today and discover the wealth of information it contains!

Servings Per Container
Servings per container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

Serving Size
Serving size is based on the amount of food that is customarily eaten at one time. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories
Calories refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at [http://www.choosemyplate.gov](http://www.choosemyplate.gov).

Percent Daily Value
The percent Daily Value (%DV) shows how much a nutrient in one serving of the food contributes to a total daily diet. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (check to make sure the serving size is the same).

Nutrients
The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of: saturated fat, trans fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. Get less than 100% DV of these each day. (Note: trans fat has no %DV, so use the amount of grams as a guide)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Get 100% DV of these on most days.
Medication Overload

The United States is in the grips of an unseen epidemic of harm from the excessive prescribing of medications. If nothing is done to change current practices, medication overload will contribute to the premature deaths of 150,000 older Americans over the next decade and reduce the quality of life for millions more. Focusing on reducing inappropriate or unnecessary medications could save as much as $62 billion over the next decade in unnecessary hospitalization for older adults alone.

Scope of Medication Overload:
Every day, 750 older people living in the United States (age 65 and older) are hospitalized due to serious side effects from one or more medications.

Over the last decade, older people sought medical treatment more than 35 million times for adverse drug events, and there were more than 2 million hospital admissions. The prescribing of multiple medications to individual patients (called “polypharmacy” in the scientific literature) has reached epidemic proportions. More than four in ten older adults take five or more prescription medications a day, tripling over the past two decades. Nearly 20 percent take ten drugs or more.

Drivers of Medication Overload:
A broad array of forces is at work, with three overarching aspects of our health care system contributing to the epidemic:

Culture of Prescribing – Advertisements linking prescription medications to happiness and health, the increased medicalization of normal human aging, the hurried pace of medical care, and the desire of both health care professionals and patients to “do something” have fostered a shared expectation that there is a “pill for every ill.”

Information & Knowledge Gaps – Clinicians and patients lack critical information and skills they need to appraise the evidence and make informed decisions regarding medications.

Fragmentation of Care – There is a pervasive lack of communication between a patient’s various providers. Often, more prescriptions are written to treat what appears to be a new condition, when in reality prescribers are treating a side effect of another drug. This “prescribing cascade” can lead to a cycle of debilitation and even death. (continued above)

Reducing inappropriate or unnecessary medications could save as much as $62 billion over the next decade in unnecessary hospitalizations for older adults alone. As a nation, we would also save billions more on the cost of unnecessary drugs and visits to the emergency room and outpatient clinics. More importantly, successfully tackling medication overload holds the promise of lessening disability, cognitive decline, and hospitalizations for patients. And that translates into better lives for millions of people. Speak with your doctor today about the medications you are taking—are they helping you? What are the possible side effects? What are possible interactions with other drugs you are taking? You just might save yourself some money and possibly your life.

Looking for Volunteers!

In just one hour, you can help a senior neighbor with their transportation needs.

Be the difference - Help a friend

Contact us today to join our team of volunteers who are helping others.

Carly Rietmann (Eagle River Valley): 970-328-8896
Mandi Dicamillo (Roaring Fork Valley): 970-379-0020
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 970-328-2837. 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 $14.

Coordination

EAGLE
Carly Rietmann
Healthy Aging Program Supervisor
970.328.8896
carly.rietmann@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
Coming soon - We will miss Mikey & wish her the best of luck with her new adventures in Kansas. We thank her for her years of service to Healthy Aging. 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

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

Caregiver Connections:
Resources in Senior Care
To connect family caregivers of older adults to resources and respite that will empower them to be the best caregivers they can be.
CONTACT: 970-977-0188
support@getcaregiverconnections.org.

In Home Caregiving Assistance
Caring 4 You Homecare: 970-390-2889
(medical & non-medical)
HomeCare & Hospice of the Valley: 970-930-6008
(medical & non-medical)
Visiting Angels: 970-328-5526 (non-medical only)
People Care Health Services: 970-874-0136
(non-medical only)

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: SHIP Medicare Assistance Program
970-468-0295 x120 | SHIPMedicareCounseling@gmail.com
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)

年内

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.

Whitcomb Terrace in Aspen: If you are in need of assisted living in the Roaring Fork Valley contact 970-544-1530.

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

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.

URLConnection
Cinnamon-Ginger Spiced Pear Muffins
eatingwell.com

**INGREDIENTS:**
- Nonstick cooking spray
- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 1 ½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- 1 egg, lightly beaten
- 1 cup buttermilk
- ¾ cup packed brown sugar (see Tips)
- ½ cup canola oil
- 2 teaspoons vanilla
- 2 medium pears
- 2 teaspoons lemon juice
- 1 teaspoon of powdered sugar

**DIRECTIONS:**
- Preheat oven to 400°F. Coat eighteen 2½-inch muffin cups with cooking spray. In a medium bowl combine the next eight ingredients (through nutmeg). Make a well in center of mixture.
- In a small bowl combine the next five ingredients (through vanilla). Add to flour mixture; stir just until moistened.
- Peel pears. Cut 18 thin pear slices and brush with lemon juice. Chop all of the remaining pear and fold into batter. Spoon batter into prepared muffin cups. Top with pear slices.
- Bake on separate oven racks 18 to 20 minutes or until a toothpick comes out clean, switching positions of pans halfway through baking. Immediately remove from cups; cool on wire racks. Dust with powdered sugar.