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, September 4</th>
<th>Thursday, September 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef &amp; Cheese Burrito Rice, Corn, Refried Beans, (salsa, sour cream, cheese) Cupcake</td>
<td>Roasted Turkey Breast Rosemary Potatoes, Grilled Squash, Watermelon, German Chocolate Cake</td>
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<tr>
<td>Tuesday, September 11</td>
<td>Thursday, September 13</td>
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<tr>
<td>Mild Italian Sausage &amp; Cabbage/Onions Green Salad, Garlic Bread, Lemon Bar</td>
<td>Meatloaf Mashed Potatoes, Gravy, Broccoli, Tossed salad, Wheat bread, Brownie</td>
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<tr>
<td>Tuesday, September 18</td>
<td>Thursday, September 20</td>
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<tr>
<td>Flank Steak Corn, Black beans, Cilantro rice, Pico de gallo, Caesar salad, Bread, Strawberries and Cream</td>
<td>French Toast Bake Breakfast Sausage, Apple Sauce, Yogurt and Fresh Fruit</td>
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<tr>
<td>Tuesday, September 25</td>
<td>Thursday, September 27</td>
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<tr>
<td>Shrimp Scampi Orzo and Vegetables, Caesar salad, Banana, Chocolate Eclairs</td>
<td>Chicken Thigh with Onions &amp; Peppers, Baked polenta, Mixed veggies, Beet and Bleu Salad, Vanilla Pudding</td>
</tr>
</tbody>
</table>

Happy Birthday!

Luetta Whitson 15-Sep

Doris Faust 22-Sep

The Voices of Family Caregivers
Join us for a panel discussion of family caregivers sharing their experiences, insights, and challenges caring for a loved one or family member as their needs increase.

Pitkin County Library September 11th, 4:30 pm - 6 pm
Basalt Regional Library September 24th, 4:30 pm - 6 pm

DAY TRIPS THIS FALL! CALL MANDI FOR MORE INFO 970-379-0020

September 2018
El Jebel Healthy Aging
0020 Eagle County Dr. | 970.379.0020
## September 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!*

### September 2018

<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>3</td>
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<td><strong>Closed for Labor Day</strong></td>
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<tr>
<td>4</td>
<td>9:30 Stretch 10:30 Pilates 10:30 Reflexology 11:30 Library 12:00 Lunch 1:00 Bingo</td>
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<td>6</td>
<td>7</td>
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<tr>
<td>10</td>
<td>9:30 Stretch 10:30 Tai Chi</td>
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<td>13</td>
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<tr>
<td>17</td>
<td>9:30 Stretch 10:30 Tai Chi</td>
<td>18</td>
<td>19</td>
<td>21</td>
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<tr>
<td>24</td>
<td>9:30 Stretch 10:30 Tai Chi 4:30 – 6 pm Voices of Family Caregivers Basalt Regional Lib.</td>
<td>25</td>
<td>26</td>
<td>28</td>
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<tr>
<td></td>
<td>9:30 Stretch 10:30 Pilates 10:30 Chair Massage 11:30 Library 12:00 Lunch 1:00 Bingo</td>
<td>27</td>
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</tbody>
</table>

**Notes:**
- **4:30 – 6 pm Voices of Family Caregivers Pitkin County Library**
- **11:30 Food Bank**
Community Conversation
Join this unique opportunity to share your vision of aging in the county. Are you interested in the future of our aging community? Do you care what our community has to offer as you age? The Alpine Area Agency on Aging is inviting people of all interests to participate in a Community Conversation. These interactive conversations are an opportunity for you to share your vision of the future, and offer your opinions, concerns, and suggestions. Your input will inform the update of the Alpine Area Agency on Aging’s Four Year Plan. Can’t make it in person but still want to give your opinion?
Contact: Erin Fisher 970-468-0295 x107

Eagle County
September 5 Maloit Park Senior Wellness Center at Vail 10am-11am 1951 South Hwy 24, Minturn, CO 81645
September 6 El Jebel Senior Center 11am-12pm 0020 Eagle County Drive, El Jebel, CO 81623
September 11 Golden Eagle Senior Center 1pm-2pm 715 Broadway, Eagle, CO 81631

Grand County
September 10 Silver Spruce Senior Apartments 1pm-2pm 106 South 6th Street, Kremmling, CO 80459
September 18 Granby Community Center 12:30pm-1:30pm 129 3rd Street, Granby, CO 80446
September 18 Grand Lake Recreation & Event Center 5:30pm-6:30pm 301 Marina Dr, Grand Lake, CO 80447

Jackson County
September 13 JCCOA Senior Center 1pm-2pm 312 5th Street, Walden CO 80480

Pitkin County
September 6 Redstone Inn 5:30pm-6:30pm 82 Redstone Blvd, Redstone, CO 81623
September 7 Pitkin County Senior Services 1pm-2pm 275 Castle Creek Rd, Aspen, CO 81611

Summit County
September 10 Summit County Community & Senior Center 5pm-6pm 83 Nancy’s Place, Frisco, CO 80443

WHAT MATTERS TO YOU?
ATTENTION VALLEY SENIORS

PITKIN • EAGLE • GARFIELD

SENIOR LAW DAY

ALPINE LEGAL SERVICES • AREA AGENCIES ON AGING

Friday, October 19th
Basalt Middle School • 9AM-3:45PM (Doors open at 8AM)

Featuring Keynote Speaker Kim Mooney
Internationally recognized Thanatologist and founder of Practically Dying LLC.
“The Facts of Life And Death. Fact One: They’re not Separate (and that’s a good thing)”

YOUR RSVP BY OCT. 4TH INCLUDES:
• Full day of concurrent sessions on wills & trusts, powers of attorney, living wills, probate, fraud, planning for long-term care, memory issues, and more.
• A copy of the 2018 Colorado Senior Law Handbook (while supplies last)
• FREE 1:1 attorney consultation (first-come, first-served)*
• Lunch & refreshments

COST: FREE

REGISTER AT:
rfseniorlawday.eventbrite.com • 970.920.5432

*SIGN-UP FOR 1:1 LAWYER CONSULTATION:
Space is limited • 970.945.8858
September is Falls Prevention Awareness Month

www.ncoa.org

Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they’re not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.
Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S. (continued on page 2)
MOVE OF THE MONTH

Rock the Boat

.lifecycle.ca

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions. Use the back of a chair for extra stability if needed.

Falls Prevention (Cont.)

Myth 2: Falling is something normal that happens as you get older.
Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall.
Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.
Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can’t be regained.
Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.
Ischemic vs. Hemorrhagic Stroke - What’s the Difference?

A stroke, no matter the type or severity, can be devastating. Left untreated, it can cause permanent damage or death. “If there is a lack of blood flow to the brain, the brain is going to starve,” says Cemal B. Sozener, M.D., M. Eng., co-director of the Comprehensive Stroke Program at Michigan Medicine. That’s why stroke patients have little time to spare when symptoms arise. And it’s why they should rely on paramedics to provide fast transport and coordinated handoff to an emergency department. “Whether you’re having an ischemic or hemorrhagic stroke, minutes count,” says Sozener. “Call 911 and get to the hospital immediately.” Doctors will issue a CT scan of the brain, among other tests, to determine what kind of stroke may have occurred. Diagnosis is key to starting quick — and appropriate — treatment to curb blockage or bleeding. Sozener explained the differences between the two stroke types, as well as a transient ischemic attack (TIA, or “mini-stroke”), plus related symptoms and treatment methods for each one.

What is Ischemic Stroke?

Ischemic strokes occur when blood flow to the brain is blocked by a blood clot. There are two major types of ischemic stroke:
- Thrombotic strokes are caused when a blood clot forms in an artery leading to the brain.
- Embolic strokes begin with a clot forming elsewhere in the body — such as the heart or neck — that breaks loose and travels to the brain.

Taken together, they’re the most common type of stroke (comprising about 87 percent of all cases, according to the Centers for Disease Control and Prevention). Patients may experience a combination of symptoms that include numbness or weakness on one side of the body or face, trouble speaking and difficulty with vision or balance.

What is Hemorrhagic Stroke?

A hemorrhagic stroke happens when a weak blood vessel bursts and bleeds into the brain.

People who experience this type of stroke, in addition to other stroke symptoms, will likely experience a sudden onset headache or head pain — a warning sign that might not occur during ischemic stroke. (Continued on page 4)

5 Nutrition Tips for Wound Healing

Lynn Grieger, RDN, CDE, CPT, CHWC

We’ve all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds on healthy people heal quickly when kept clean and free of infection, while other types of wounds are more serious and often require medical intervention. These can include decubitus ulcers, also known as pressure sores or bed sores, which develop where bones are close to the skin — such as ankles, back, elbows, heels and hips — in people who are bedridden, use a wheelchair or are unable to change their position. People with diabetes also have a higher risk of developing foot ulcers that can take weeks or months to heal. Food choices and nutritional status influence wound healing since serious wounds increase the energy, vitamin, mineral and protein requirements necessary to promote healing. Also, nutrients are lost in the fluid that weeps from wounds. The Nutrition Tips The first priority is to eat sufficient calories from a balanced diet of nutritious foods. Plan healthy, balanced meals and snacks that include plenty of foods from all the MyPlate food groups — protein, fruits, vegetables, dairy and grains.
Stroke (Cont.)

Hemorrhagic strokes are less common, making up about 15 percent of stroke cases, but they are often deadlier, Sozener says.

Patients may experience one of the following types:

- Intracerebral hemorrhage, a weak blood vessel breaking inside the brain
- A subarachnoid hemorrhage, a weak blood vessel breaking on the surface of the brain

A number of treatments are available, but their application varies.

What is a ‘Mini-Stroke’?

A transient ischemic attack (or TIA) marks a temporary interruption of blood flow to the brain. It is also known as a “mini-stroke” or a “warning stroke.”

“It’s the same mechanism as a stroke,” Sozener says. “In the acute phase, they look exactly the same.

Stroke symptoms that include body or facial paralysis, slurred speech and vision loss may occur.

Doctors will treat suspected TIA cases like strokes “until proven otherwise,” Sozener says. They may recommend the clot-busting medication tPA, he adds, if a patient with stroke symptoms present to the emergency department before the treatment window of 4½ hours closes.

And while TIAs resolve on their own, usually with no permanent damage, it’s critical to seek immediate medical care when one strikes.

That being said, assessing stroke risk factors, making lifestyle modifications and possibly starting medication to address issues such as high blood pressure, diabetes, or undiagnosed rhythm disturbances of the heart are important steps to take to protect yourself from stroke.

Senior Law Day - Fri. Oct. 19 in Basalt

Save the date for the 2nd annual Senior Law Day event on Friday, October 19th from 9:00-4:00 at Basalt High School.
To register visit: roaringforkseniorlawday2018.eventbrite.com or call 970-429-6161.

Nutrition for Wound Healing (Cont.)

Include optimum amounts of protein. Aim for 20 to 30 grams of protein at each meal and 10 to 15 grams of protein with each snack. A piece of cooked chicken, lean meat or fish the size of a deck of cards (about 3 ounces) contains 20 to 25 grams of protein. One egg, 1 tablespoon of peanut butter and 1 ounce of cheese each contain 6 to 7 grams of protein. One cup of low-fat milk or yogurt contains 8 grams of protein. Stay well-hydrated with water and other unsweetened beverages such as tea, coffee, 100-percent fruit juice and milk, which also contains protein. Some wounds may require a higher intake of certain vitamins and minerals. Talk with a registered dietitian nutritionist for an individualized eating plan with optimum amounts of calories, protein, fluids, vitamins and minerals for your specific needs. For people with diabetes, controlling blood sugar levels is one of the best ways to prevent and treat a wound. Work with your physician and registered dietitian nutritionist to develop a personalized blood sugar management plan.

Feeling Fit Exercise Program

We are excited to share a new exercise program that you can do in the comfort of your own home! Feeling Fit is a one hour exercise program specifically for older adults produced by San Diego County, CA. Feeling Fit episodes will run Monday-Friday at 9:00 a.m. on Eco TV channel 18 or 1018 on HD or at www.ecgtv.com for livestreaming. At this time, it will only be available via live stream in the Roaring Fork Valley. This is something new, so please let us know what you think!
Our Mission

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

Meal Reservation Information

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

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

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

Minturn-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. 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.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
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
HEALTHY AGING RESOURCES IN EAGLE COUNTY

Volunteer Opportunities
Alpine Area Retired and Senior Volunteer Program (RSVP) is a volunteering program specifically for people 55 or better. Contact them today to learn about fun and exciting volunteer opportunities in Eagle County.

CONTACT: CJ Grove, Alpine Area RSVP Coordinator
970-468-0295 ext.122 | volunteers@nwccog.org

Alpine Area Agency on Aging
The Alpine Area Agency on Aging is a program of NWCCOG and the designated regional planning and service agency for senior services in Eagle, Grand, Jackson, Pitkin and Summit Counties.

CONTACT: Erin Fisher, AAAA Director
970.468.0295 x107 | aaa12@nwccog.org

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

CONTACT: 970-977-0188

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

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

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

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: Melaine Hendershot, RD | 303-503-2622

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 | tdufresne@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 Karen Thomas, property manager at 328-8897.
If you are in need of assisted living or skilled nursing, Castle Peak Senior Life and Rehabilitation in Eagle is now open. Contact Monica McCarroll at (970) 432-1150 or mkmccarroll@augustanacare.org.
**Roaring Fork Valley:** The Carbondale Housing Authority operates Crystal Meadows Senior Housing in the Roaring Fork Valley. Contact them at 970-963-9326.

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

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

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.
**INSTRUCTIONS:**

Bake the sweet potato in the oven at 375°F for about one hour or until it is tender. Alternatively, you can microwave it until it is tender. Set aside. Cut the apples into 1 cm pieces. Set aside.

Preheat the oven to 450°F. Put the rolled oats in a food processor or blender and process until the oats resemble flour (about 1 minute). Put the flour in a large mixing bowl. Put chia seeds in a small bowl and add 3 tablespoons water and stir (it will form a gel). Set aside. Remove the skin of the baked sweet potato and add the flesh to the food processor or blender (no need to clean it out from the flour). Add up to 1/4 cup water and process until smooth. Set aside.

Add the baking powder, baking soda, salt and cinnamon to the bowl of oat flour and mix well. In a separate bowl, mix the melted coconut oil, coconut sugar and chia seed gel and mix very well. Then, mix in 1 cup of sweet potato puree. Add the wet ingredients to the dry ingredients and stir to combine. Fold in the apple chunks. Divide the batter evenly among prepared muffin cups. Sprinkle with oats and a bit of coconut sugar, if you like.

Bake for 10 minutes, turn the heat down to 400°F, and bake for an additional 5 to 10 minutes. Enjoy them fresh out of the oven or store them in an air-tight container at room temperature for up to 3 days.