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!*  

**THURSDAY,  7**
Bacon Lettuce Tomato Sandwich
Onion rings, Green pea salad, Yogurt berry parfait

**TUESDAY,  5**
Chicken Parmesan
Penne pasta, Garlic bread, Caesar salad, Pound cake

**WEDNESDAY,  6**
Healthy Aging Pot Luck
“Tropical Luau”

**THURSDAY,  14**
Asian Chicken
Vegetable Stir–Fry
Brown rice, Seaweed salad, Cheese Cake

**TUESDAY,  12**
Lamb Pot Pie
Roasted vegetables, Green Salad, Ice Cream Sundae

**WEDNESDAY,  13**
Soup and Salad Lunch
“Butternut Squash”

**THURSDAY,  21**
Grilled Salmon
Lemon Buerre Blanc
Rice pilaf, Bread Cider Carrots, Brownies

**TUESDAY,  19**
Bolognese Pasta
Caesar salad, Garlic rolls, Oranges, Cream Puffs

**WEDNESDAY,  20**
Food Bank of the Rockies @ 11:30

**THURSDAY,  28**
Herb Roasted Chicken Leg
Mashed potatoes, Root veggies, Banana, Assortment of desserts

**TUESDAY,  26**
Veal Mushroom Marsala
Roasted potatoes, Mixed Veggies, Green salad, Pecan bread pudding

**WEDNESDAY,  27**
Soup and Salad Lunch
“French Onion”

**Trip to Glenwood Springs Vaudeville**
Saturday, March 23rd 6pm $10 (plus cost of food)
Sign up by Thursday, March 14th to reserve your spot. Healthy Aging Bus will leave El Jebel at 5:30pm.
# March 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!*

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**Riddle Me This**

A man buys a horse for $60. He sells the horse for $70. He then buys the horses back for $80. And he sells the horse again for $90. In the end, how much money did the man make or lose? Or did he break even?
Interested in weather, water, or science?

We need your help!

Wednesday, March 27th
1pm-3pm
Basalt Regional Library, Community Room

- Learn how we study weather and soil in your neighborhood
- See how soils compare from different parts of the valley
- Receive a free weather or soil kit
- Become an effective weather observer!

Coffee and a snack will be provided
RSVP to 970-328-7682

Need a ride? Call Mandi:
970-328-7682

Presented by:

With support from:
Science Update | At Risk for Dementia? Exercise & Diet May Help

What: Mild cognitive impairment (MCI) often can progress to dementia. However, research suggests that lifestyle modifications may slow or even reverse the course of cognitive decline in those showing symptoms of mild cognitive change. In a study published in the January 2019 issue of Neurology, scientists randomized 160 participants diagnosed with MCI and risk factors for cardiovascular disease to one of four treatment conditions: Aerobic exercise, the DASH diet, health education, and a combination of the DASH diet and aerobic exercise. After 6 months, researchers found that only the combined aerobic activity and diet treatment condition impacted cognition, with significant improvement in executive function (judgment, reasoning). There was no improvement across any of the treatment conditions in other areas of thinking, such as language and memory.

Why This Matters: The evidence for a lifestyle-based approach to reducing risk for cognitive decline continues to grow. This study, which looked specifically at the impact of exercise and diet modifications in those already demonstrating cognitive loss with additional risk factors for dementia, is a further demonstration that changes to our daily behaviors may significantly change our health course. While the study is small, it is well-designed and offers a contribution to our understanding of the role lifestyle choices may play in better managing risk for cognitive decline, especially in those at greater risk for dementia.

The Takeaway: Lifestyle matters. The choices we make each day regarding exercise, diet, and other behaviors play a significant role in our risk for neurological diseases, such as dementia and stroke. And there is growing evidence that such interventions may make a difference in the progression of memory loss for those at risk.


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.
Eating for Healthy Bones

March is National Nutrition Month

www.bda.uk.com

Osteoporosis is diagnosed by checking your bone mineral density on a DEXA scan. Bones are made of protein fibers filled in with calcium and other minerals to create a hard structure. Bones are always changing in response to our lifestyle. During childhood and early adulthood they develop their strength but from our mid-30s onwards our bones start to lose calcium slowly, causing bone thinning. It is very important to strengthen bones in our first 30 years to make sure we have enough calcium and other minerals for the rest of our life. This will help reduce the risk of osteoporosis. A bone-friendly diet and lifestyle is useful at any age to strengthen bone, or minimize age related bone loss.

How can I safeguard my bones?

- Daily weight-bearing exercise can strengthen lower bones. Walking and running, or just shifting weight from one foot to another while standing for a bus are examples of weight bearing exercise.
- Inactive or bed bound people struggle to weight bear and will find it difficult to strengthen bones, even if their diet is calcium rich.
- Consuming enough calcium and vitamin D.
- Eating a healthy balanced diet including at least 5-a-day fruit and vegetables to make sure you get all of the vitamins and minerals including phosphorus, vitamin K and zinc that are needed for bone health.
- Eat enough protein-containing foods in your diet - aim for meat, fish, dairy or vegetarian alternatives (like tofu or pulses) twice a day.

(continued on page 2)
Healthy Bones (cont.)

How much calcium do I need?
An ideal calcium intake for adults is between 700mg to 1000mg a day. If you find it hard to make up this amount from diet alone, you should take a daily calcium supplement providing 400-600mg of calcium, preferably one that also contains 5-10μg of vitamin D. Take supplements with food to help aid calcium uptake into your body. If you have been diagnosed with osteoporosis your doctor will advise you on which supplement you should take.

How much vitamin D do I need?
Vitamin D helps calcium get from our food and into our body where it helps strengthen bones. Most of our vitamin D should be made in our bodies from exposure to sunlight. You are at risk of vitamin D deficiency if you always cover up outside, avoid the sun, or have darker colored skin, or if you are housebound as vitamin D cannot be absorbed through glass. Wearing sunscreen also reduces vitamin D production in the skin. Vitamin D from sunlight can be stored in the body for use throughout the year. Obese people are also more likely to have low levels of vitamin D. We should all try to expose our bare arms and face to the sun for 15 minutes two to three times a week between the hours of 10am and 3pm, during summer months (April to September) to make enough vitamin D for the year. Remember to minimize your risk of burning by keeping within the time guidelines above, and applying sunscreen if exposure exceeds this.

Osteoporosis is a condition where the bones become thinner due to calcium loss. It can affect both men and women. It is most common in older people, particularly women who have been through the menopause. There are steps that you can take to reduce your risk of getting osteoporosis like having a healthy balanced diet with plenty of calcium, vitamin D and other vitamins and minerals. It is important to get some weight-bearing exercise every day, not to smoke and keep your alcohol intake within guidelines.

Also.....Don’t forget about weight bearing exercises for bone health!
Brain Health As We Age

wa-health.kaiserpermanente.org

Experts used to think brain development peaked in late adolescence and it was all downhill from there. They believed if a person lost brain cells due to problems like a head injury, stroke, or substance abuse, nothing could be done to restore memory and brain function. Now, thanks to discoveries in neuroscience, we know that the brain can grow new cells and form new neural connections. Like our muscles and other body parts, the brain can rebuild itself through repeated use and exercise.

This is great news for people who intend to live a long time. It means we can prevent memory loss by focusing on mental, physical, and social activities that promote healthy brain development. Even people with Alzheimer’s disease and other dementias can benefit from a healthy lifestyle.

It may help to think about your brain as a reservoir, gathering rainfall for use over time. The process starts before birth as the brain begins to develop, collecting “reserves” to spend later on. The exchange continues throughout life, as your brain responds to your experiences and environment.

Here are some tips for filling—and not draining—your reservoir of brain power:

1. Exercise regularly.

Daily physical exercise has been shown to prevent or postpone your risk for Alzheimer’s disease and other dementias. As little as 15 to 30 minutes a day can make a difference.

2. If you smoke, quit.

Tobacco use can harm all your organs, including your brain. But stopping now improves your chances for healthier brain function in the future, even if you’ve smoked for many years.

3. Take care of your heart.

A healthy brain requires a good cardiovascular system. If you have high blood pressure, high cholesterol, diabetes, or atrial fibrillation, follow your doctor’s advice. (continued above)

4. Avoid a high-sugar diet.

High blood sugar can increase your risk for dementia, even without diabetes. So avoid highly sweetened foods like sodas and candy.

5. Keep your mind stimulated.

Games and puzzles are great. But also consider volunteer and social activities that keep you independent and engaged with friends and family. For example, learn new computer skills; participate on a board, in a book club, or dance group; or try gardening, crafts, or cooking.

6. Avoid certain drugs.

Talk to your doctor about your medication—both prescription and nonprescription. For brain health, you want to avoid dangerous interactions or being over-medicated.


Hormones secreted when you’re under stress have a stronger effect on older brains, challenging your ability to recover from emotional upset. So take change slowly and learn ways to cope with anxiety or tension.

8. Sleep well.

Inadequate sleep is linked to slower thinking and risk of dementia. Seven to nine hours a night is best. But be wary of sleep medications that can make cognitive problems worse. Instead, talk to your doctor about “sleep hygiene”—that is, habits to help your body settle down at bedtime.
Legal Considerations for Older Adults

As we age, our attention turns to getting our legal affairs in order. It's critical for seniors to have their end-of-life and estate planning documents in place, as well as those documents that can assist them with ensuring their desires for their senior years are protected. Here are some critical legal considerations that today's seniors must make in order to protect their rights and desires.

First, seniors need to ensure their desires for health care and end-of-life concerns are met. Two of the most important documents to help in this regard are:

- **Advance Medical Directive** - An advance medical directive, which may be called medical powers of attorney or a living will, dictates the individual who will make medical decisions on behalf of the senior when the senior is unable to do so.

- **Do Not Resuscitate Orders** - These orders will indicate the individual's desire for resuscitation, and on what terms the medical team should resuscitate, in the event of a serious medical event.

Next, seniors should take into consideration the need for estate planning. Some helpful documents include:

- **A Will** - the bare minimum you need to ensure you restate is divided according to your desires.

- **A Trust** - The right type of trust can help keep your will out of the probate courts, which would leave beneficiaries scrambling.

- **Durable Powers of Attorney** - Powers of attorney documents allow a senior to designate a person to make legal and financial decisions on their behalf. This is different than a medical power of attorney. While the individual may be the same, you need both documents. *(continued above)*

**Real Estate Titling** - If a senior plans to gift real estate to a beneficiary, it may be beneficial to change the title or make the sale before the end of life to avoid problems with probate court. This is sometimes needed in order to qualify for Medicaid benefits in the future.

Sometimes seniors need someone to take over for their affairs because they have become incapacitated. A durable power of attorney can do this, but in the event that the senior is not willing or able to sign a power of attorney document, but is clearly unable to think clearly or care for daily life tasks, the loved ones of that senior may have to take action. Here's what can help.

- **Guardianship** - Guardianship, or conservatorship, is a legal designation that gives someone the ability to make decisions on behalf of the person who is incapacitated in some way, but who is not able or willing to sign a power of attorney document. To get guardianship, you must be able to prove to the courts that the person is incompetent, at which time the courts will give you the right of guardianship. Typically your loved one's doctor can help with this process, and an attorney can also assist.

- **Court-Appointed Guardian** - In rare instances the courts will appoint a guardian for a senior, rather than having someone come to the courts to petition for guardianship. The role is still the same.

If you are in need of legal assistance, please talk to the coordinator at your Healthy Aging site or contact Northwest Colorado Legal Services at 970-668-9612. This group helps older adults access low cost legal services.
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.
# 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:** 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

## 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 ext.120 | tjdufresne@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)
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.
COOKS CORNER

Shamrock Shake Smoothie
eatingwell.com

INGREDIENTS:

- 1 frozen large banana, sliced
- 1 cup spinach
- ½ cup low-fat vanilla yogurt
- ½ cup low-fat milk, almond milk, or coconut milk
- ½ cup packed fresh mint leaves, plus more for garnish
- 4 ice cubes
- Kiwi slices for garnish

DIRECTIONS:

- Combine banana, spinach, yogurt, milk, mint and ice in a blender. Blend until smooth.
- If you like, cut kiwi slices into shamrock shapes and thread onto a skewer.
- Serve the smoothie garnished with the kiwi and mint, if desired.

Eagle County Public Health
Healthy Aging
PO Box 660
Eagle, CO 81631