## Lunch Menu

### Friday, March 2
- Pork loin with cherry sauce, spinach & corn casserole, mixed veggies, banana Nutella cupcake

### Friday, March 9
- Mixed green salad, beef stuffed zucchini, mashed potatoes, roasted cauliflower, strawberry mousse parfait

### Friday, March 16
- Pea salad, corned beef, cabbage, potatoes, carrot, grasshopper pie

### Friday, March 23
- Caprese salad, cod with lemon caper sauce, roasted butter nut squash, kale over portobello mushroom, coconut pie

### Friday, March 30
- Greek salad, beef potato and carrot stew, ice cream with whipped cream

---

### Ask–A–Lawyer
No charge for this service. Call or sign up at Minturn lunch site. 328-2812. Wednesday, March 28 11:30-12:30

### Foot Care is Available
On the 2nd Wednesday and Friday of the month! Wednesday, March 7th and Friday March 9th 9:30-11:30, Provided by Tara Haymon Call or sign up at the Minturn lunch site. 970-328-2812

### Chair Massages
Available on the 3rd Friday of the month! Friday, March 16th, 9:30-12:00, $5 for 20 min massage. Provided by Carla Guarascio. 970-328-2812 for reservation.

### Happy Birthday To You!
- Barbara Nelson - March 3
- Helen Beckwith - March 20
- Sadie Mondragon - March 25
- Nancy Wright - March 26
- Virginia Lynch - March 30

---

Please place a lunch reservation at 970.328-2812 by noon the day prior.
### March 2018 Senior Events Calendar

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:30 ex class</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:45 Bookmobile</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:00-4:00 Senior Spot (Eagle River Presbyterian Church)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:00 Water Class (Avon Rec)</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:30 Foot care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:00Water Class (Avon Rec)</td>
<td>10:00 Snowshoeing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>11:00 Seated Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Daylight Saving Time begins</td>
<td>12</td>
<td>1:00-4:00 Senior Spot (Eagle River Presbyterian Church)</td>
<td>13</td>
<td>10:00 Water Class (Avon Rec)</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:00 Snowshoeing</td>
<td></td>
<td>10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:00 Seated Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:30 Site Council meeting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>17</td>
<td>Happy St. Patrick’s Day!</td>
<td></td>
<td>Breakfast at Bob’s 9:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00-4:00 Senior Spot (Eagle River Presbyterian Church)</td>
<td>20</td>
<td>10:00 Water Class (Avon Rec)</td>
<td>21</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td></td>
<td>10:00</td>
<td>11:00 Seated Yoga</td>
<td></td>
<td>10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Snowshoeing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td></td>
<td>10:30 ex class</td>
<td></td>
<td>23</td>
<td>11:15 BINGO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10:30 ex class</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Additional Program Info:** 970 328-8831  
**Transportation Info:** 970-688-0397  
**Lunch Reservations (by noon on day prior):** 970 328-2812  
**Lunch Suggested Donation:** 60 & older $3 (Under 60 $8 fee)  

*All donations are greatly appreciated. Thank You!*
March is National Nutrition Month

Eatrightpro.org

The Academy of Nutrition and Dietetics encourages everyone to "Go Further with Food" by storing food correctly to reduce waste and lower your grocery bill during National Nutrition Month® in March.

Registered dietitian nutritionists are uniquely qualified to help reduce food loss and waste by individuals, families, communities and businesses. About 31 percent of all edible food is wasted in the U.S., and American households throw away nearly 28 percent of fruits and vegetables.

"Far too often, good food goes bad before we get the chance to eat it," says registered dietitian nutritionist and Academy of Nutrition and Dietetics Spokesperson Melissa Majumdar. "Before going to the grocery store, check inside your refrigerator. Eat what you already have at home before buying more."

Majumdar suggests freezing extra food, such as fruits or meats to extend shelf life, and wrapping freezer items in heavy freezer paper, plastic wrap, freezer bags or foil.

"To reduce waste, also date all frozen items and use the oldest food first," Majumdar says.

(Continued on Page 2)
Nutrition Month (Cont.)

Knowing how to read a date label is also key to making sure good food isn't wasted. The "sell by" date lets the store know when it should stop selling a package to manage inventory; "best if used by" is the last date recommended for the customer's use of a product at its peak quality.

"Although it's important to try to use food you've bought, if you have any doubts about it being safe to eat, throw it away," Majumdar says.

As part of National Nutrition Month, the Academy's website includes articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds. Consumers can also follow National Nutrition Month on the Academy’s social media channels including Facebook and Twitter using #NationalNutritionMonth.

As a founding member of Further with Food Center for Food Loss and Waste Solutions, the Academy of Nutrition and Dietetics is committed to cutting food loss and waste in the United States in half by 2030. Visit furtherwithfood.org/resources/ for great tools and resources.
Taking an Active Role in Your Health Care

Online.arbor.edu

To arm yourself with the knowledge you need to lead a healthy lifestyle, you have to ensure any education materials you reference are from a trusted, reliable source. Inaccurate health information can be just as dangerous as choosing to live uninformed. The Internet makes it easy to find health information; all one needs are an Internet-connected device and a search engine. At the same time, the seemingly endless amount of information published online can be overwhelming and not all of it is credible, accurate, or current.

Evaluating Online Medical Content:

If you feel overwhelmed by the sheer volume of medical content that is searchable online, don’t let the quantity of information out there stop you from identifying quality resources that can help you educate yourself on how to maintain a healthy lifestyle. When searching for online medical information, ask yourself the questions below to help vet resources and identify reliable sources.

What Is It Selling? – One of the fastest ways to determine that a resource is not neutral is to identify if its content has been published by a for-profit medical equipment, supply, or product provider. For example, if you’re looking for advice on how to lower your cholesterol, you’ll want to consider a wide variety of recommendations. If, however, you find yourself reading information provided by a pharmaceutical company that sells a brand of statin (a cholesterol-lowering prescription medication), the article’s advice may be skewed toward recommending its product over other alternatives. A non-neutral source does not make it necessarily unreliable, but being aware of potential biases will help you better process.

Are All Facts Sourced? – Any reliable health information provider should either provide facts and statistics from its own research or provide a reliable source for its data. Even if an article does appear to be sourcing facts through the use of hyperlinks, click on those links to make sure the facts it has offered come from a trusted source. For example, any educational online health content that makes a recommendation on vaccinations, should be sourcing content from the Centers for Disease Control and Prevention (CDC) and nowhere else. Bottom Line: If an article is not sourced correctly, and you can’t verify where facts and recommendations are coming from, it’s not information you can trust.

When Was It Published? – We don’t often think about recommendations in medicine changing, but in reality, the scientific medical community is continually uncovering new information to help fight diseases, lower the risk of health complications, and maintain general wellbeing. For this reason, credible information about health conditions, medications, and even wellness guidelines should be updated regularly. Bottom Line: Look for medical content that was published no more than two years ago. Any reliable online healthcare resource should publish a date with all content and should regularly update any materials. (Continued on Page 4)
Taking an Active Role (Cont.)

Types of Websites You Should Visit to Start Your Research for Credible Medical Information

MedlinePlus – This resource is produced by the National Library of Medicine, the world’s most extensive medical library.

Healthfinder.gov – This resource is sponsored by the Office of Disease Prevention and Health Promotion, a service provided by the U.S. Department of Health and Human Services (HHS).

WebMD – An online health resource with content created and curated by board-certified physicians, award-winning journalists, and trained community moderators.

The Centers for Disease Control and Prevention (CDC) – The CDC website offers healthy lifestyle recommendations, tips for mitigating the risks of common contagious diseases, and comprehensive overviews of a wide range of medical conditions. The CDC is the major operating components of HHS.

The World Health Organization (WHO) – Operating across 150 countries, the WHO works with governments and other partners to ensure the highest attainable level of health for all people.

Reminder: Always Seek the Counsel of a Doctor or Nurse

Remember, the benefit of seeking out online medical information is to provide you with a baseline understanding of healthy choices, risk factors, and possible health complications. If you feel, however, that you may be at risk of a health issue, or may have developed a concerning health care condition, make an appointment to see your doctor or nurse. Only a healthcare professional can provide you with a diagnosis and a corresponding treatment plan.

Medicare Card Reminder

TJ Dufresne, SHIP Medicare Program

Do you have Medicare? Starting in April 2018, watch your mailbox! Medicare is mailing new cards with new Medicare numbers to every person with Medicare. You don’t need to do anything to get your new card except make sure your mailing address is correct.

Once you get your new Medicare card use it at a medical provider then, destroy your old card. You can start using your new Medicare card right away at your pharmacy and with your doctor or other healthcare providers.

STARTING IN APRIL 2018

People with Medicare are getting new Medicare cards with safer, unique numbers. #NewCardNewNumber

LEARN MORE
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 $8.
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

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)

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: Melaine Hendershott, RD

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

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**

**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

**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

**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

**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
COOKS CORNER

Shamrock Shake Smoothie

INGREDIENTS:
• 1 frozen large banana, sliced
• 1 cup spinach or kale
• ½ cup low-fat vanilla yogurt
• ½ cup low-fat milk
• ⅛ 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.