**May Site Council Meeting**
Wednesday, May 15th 1:00 pm at Maloit Park Senior Wellness Center. All are welcome and encouraged to attend!

**Monday Transportation Trips**
- **Monday, May 13**: Bus to Gypsum Rec Center
- **Monday, May 20**: Avon Rec Center

**Save the Dates!**
- **May 7**: Older Americans Month resolution - Board of County Comm.
- **May 13**: Senior Day at Gypsum Rec.
- **May 22**: Senior Awards Ceremony in Frisco. Sign up at site to attend. Regular senior lunch in Maloit Park Senior Wellness Center will be canceled.
- "Loneliness Epidemic" talk at CMC Edwards, 5:00-7:30 p.m.

**Lunch Menu**

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<th>Date</th>
<th>Menu</th>
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<tr>
<td><strong>WEDNESDAY, MAY 1</strong></td>
<td>Salad, cod with butter sauce, mashed potatoes, green beans, caramel bread pudding</td>
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<td><strong>FRIDAY, MAY 3</strong></td>
<td>Taco salad bar, beef, rice, corn, black beans, flour tortillas, churros</td>
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<td><strong>WEDNESDAY, MAY 8</strong></td>
<td>Fish sandwich w/ tartar sauce, lettuce, tomato, coleslaw, baby carrots and cucumber, peach cobbler with vanilla ice cream</td>
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<td><strong>FRIDAY, MAY 10</strong></td>
<td>Green pea salad, Quiche Lorraine, roasted potatoes, bread, strawberry roll</td>
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<td><strong>WEDNESDAY, MAY 15</strong></td>
<td>Caesar salad, chicken parmesan over spaghetti, garlic bread, fruit pizza</td>
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<td><strong>FRIDAY, MAY 17</strong></td>
<td>Cucumber tomato &amp; dill salad, Brats in bun w/onions and peppers, baked beans, potato chips, peanut butter cake</td>
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<tr>
<td><strong>WEDNESDAY, MAY 22</strong></td>
<td>Senior Awards Ceremony in Frisco</td>
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<td><strong>FRIDAY, MAY 24</strong></td>
<td>Tossed salad, philly cheese steak sandwich, potato wedges, banana split</td>
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<td><strong>WEDNESDAY, MAY 29</strong></td>
<td>Mixed green salad, shrimp and sautéed veggies over angel hair pasta, millionaire pie</td>
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<td><strong>FRIDAY, MAY 31</strong></td>
<td>Chicken chef salad, lettuce romaine, hard boiled egg, cheese, tomato, cucumber, bread, chocolate peanut butter delight</td>
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**Happy Birthday To You!**

- Maria Erb      May 1
- Vicky Stone    May 5
- "Mother" Teresa Tellez  May 17

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Additional Program Info: 970-328-8831
Transportation Info: 970-688-0397
Lunch Reservations (by noon on day prior): 970-328-2837
Lunch Suggested Donation: 60 & older, $3 (Under 60, $11 fee)
All donations are greatly appreciated!
Upcoming events

Wednesday May 1: Fabulous Foot Day 1 by Tara, sign up list at the lunch site; 9:30

Friday May 3: Fabulous Foot Day 2 by Tara, sign up list at the lunch site; 9:30

Monday May 6: Avon Rec Center exercise/socialization followed by “Butch Cassidy and the Sundance Kid” and lunch at the Avon Library.

May 7-11: Some of our senior group will be enjoying time in the Big Easy - New Orleans! We wish everyone going safe travels and a fabulous time!

Friday May 10: Carrie Mae from the Avon Library brings a selection of large print books and audio books to our Minturn lunch site, 10:45

Mother’s Day Celebration at Lunch today.

May 13: Senior Day at Gypsum Rec. Center. 9:00-12:30. Come choose from a variety of FREE classes and activities such as water aerobics, Zumba, Tai Chi and more followed by a healthy catered lunch at 11:30.

Monday May 20: Avon Rec Center programming: pool, strengthening equipment, Silver Sneakers exercise class FREE followed by a light lunch with a suggested donation of $3.00

Wednesday May 22: Lunch at Frisco Senior Community Center for the Annual Senior Awards Ceremony, 10:30-1:30
Celebrating **Older American’s Month** at the Gypsum Rec Center

**Monday, May 13: 9:00-12:30**

A variety of exercise classes, including water and balance classes will be offered followed by a catered lunch.

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**Senior Awards Ceremony:**

**Wednesday, May 22** at the Frisco Community/Senior Center from 10:30-1:30 p.m. Mikey will be driving.

Please help us honor our

**Seniors of the Year: Dick and Marcia Surette**

**Friend of the Seniors: Tara Haymond**

---

Lunch and a movie is offered monthly at the Avon Library

---

Mayor John Widerman celebrates with our group.

---

Sadie and Lola involved in competitive card game. Happens every Wednesday and Friday between 10 and 11:30.

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Monthly Community Paramedic visit
May is Older American’s Month!

acl.gov

Older Americans Month 2019: Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around our communities. As volunteers, employees, employers, educators, mentors, advocates, and more, you offer insight and experience that benefit the entire community. That’s why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year’s OAM theme, Connect, Create, Contribute, encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

Eagle County will celebrate OAM with various events such as a resolution reading at the Board of County Commissioners meeting, Senior Day at the Rec Center, the Alpine Area Agency on Aging’s annual Senior Awards banquet and more!

Communities that support and recognize older adults are stronger! Join us in strengthening our community – this May and throughout the year.
MOVE OF THE MONTH

Seated Back Rotations

www.mayoclinic.org

Sit on an armless chair or a stool. Cross your right leg over your left leg. Bracing your left elbow against the outside of your right knee, twist and stretch to the side (A). Hold for 10 seconds. Repeat on the opposite side (B). Repeat this stretch three to five times on each side twice a day.

*If you have history of lower back problems, check with your physician before attempting this exercise.

Why Relationships are the Key to Healthy Aging

www.greatergood.berkley.edu

Plenty of exercise. Healthy food. Positive attitude. Plain old good luck. There’s lots of advice out there about how to keep body and brain in optimal shape as the years roll by.

But Louis Cozolino, professor of psychology at Pepperdine University, is deeply engaged with another idea. In Timeless: Nature’s Formula for Health and Longevity, he emphasizes the positive impact of human relationships.

“Of all the experiences we need to survive and thrive, it is the experience of relating to others that is the most meaningful and important,” he writes.

His thinking grows out of the relatively new field of interpersonal neurobiology, based on the recognition that humans are best understood not in isolation, but in the context of their connections with others. Our brains, Cozolino writes, are social organs, and that means that we are wired to connect with each other and to interact in groups. A life that maximizes social interaction and human-to-human contact is good for the brain at every stage, particularly for the aging brain.

Since the publication of Cozolino’s earlier book, The Neuroscience of Human Relationships, the field of social neuroscience has expanded tremendously. We now know that people who have more social support tend to have better mental health, cardiovascular health, immunological functioning, and cognitive performance. The well-known, long-running Harvard Medical School Nurses’ Health Study was one of the early studies to reveal how being socially integrated can lead to greater health, life satisfaction, and longevity over time.

Researchers who conducted another study, one involving nearly 7,000 people over a nine-year period, found that those with more social ties tended to live longer regardless of their socioeconomic status, smoking, drinking, exercise, or obesity. The mortality rate of men with the fewest ties was 2.3 times that of men with the most ties, the researchers found, while the mortality rate of women with the fewest ties was 2.8 times that of women with the most ties.

(Continued on page 3)
Eating Better on a Budget

USDA

There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1. **Plan, plan, plan!** Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2. **Get the best price** - Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3. **Compare and contrast** - Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4. **Buy in bulk** - It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5. **Buy in season** - Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

(continued on page 4)

Relationships (cont.)

One explanation is that social relationships help calm our stress-response system. While chronically high levels of the stress hormone cortisol wreak havoc on our physical and emotional health, experiencing safe and supportive social relationships has the opposite effect, keeping our stress-response system in check. In a study of elderly Hong Kong residents, researchers found that those who spent more time cultivating social relationships had a significant drop in cortisol levels during the day, which could explain why positive relationships help us learn better, stay healthier, and live longer.

In his observations about successful agers, Cozolino is particularly interested in the qualities of wisdom and compassion that tend to emerge as the human brain changes over time. Although he doesn’t pinpoint studies for every assertion, and admits that wisdom can be a hard quality to pin down, he concludes that “much of wisdom is expressed in how people interact with and treat one another.” He offers his own personal experiences with wise elders along the way, making the case for the positive influence that affectionate, supportive older people can have on younger people.

When it comes to practical advice, Cozolino points out ways that older people can maintain those important connections. Those who are grandparents have a clear opportunity to nurture their grandchildren, help that is sorely needed in this day and age. For others, volunteering in various capacities can foster healthy relationships. Not only are such connections good for aging people themselves, Cozolino says, they are beneficial for society as a whole.

He writes, “Instead of putting our elders out to pasture, we might learn to harness the experience, affection, and time they have to offer.”
Eating on a Budget (cont.)

6. **Convenience costs... go back to the basics** - Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7. **Easy on your wallet** - Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.

8. **Cook once...eat all week!** Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

9. **Get creative with leftovers** - Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10. **Eating out** - Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

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Coming Soon....Entree Salads at lunch!

We are excited to announce for the first time in the history of Eagle County Healthy Aging and previously, Eagle County Senior Services, that we will begin offering choices during our twice a week noontime lunches. Traditionally, our chefs have set delicious menus with one meal option for each meal day. **Beginning in June in El Jebel and July in Eagle and Minturn** (Claudia is out of town most of June), we will be offering a salad entrée option in addition to the main meal option each day. What exactly will this look like? Each meal day will include the standard entrée that you are used to - things like pork chops, fish dishes, pasta dishes, etc. **OR** the choice of a entrée salad. An entrée salad will be a meal sized salad that includes a balanced nutrient profile (i.e. including some type of protein). Starting the first meal day in June (EJ) and July (E & M), you will have the option to sign up for the standard entrée option or the salad option. Our goal in giving more choice at our lunches is to appeal to those folks who may prefer a lighter lunch option and to those might like to come socialize and eat, but due to their schedule or dietary restrictions, they aren’t able to enjoy the typical meal we’ve served. We hope this will serve as an exciting new update to our program and we look forward to seeing how it goes! Learn more about this at one of your upcoming lunches or by speaking to your site coordinator.
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 $11.

CONTACT INFORMATION

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

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

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

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

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

CONTACT: 970-977-0188 | EVSLife@gmail.com

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

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

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

Medicare Information & Counseling
Northwest Colorado Councils of Government (NWCCOG) offers a State Health Insurance Assistance Program (SHIP) for Medicare beneficiaries.

CONTACT: TJ Dufresne
970-468-0295 x120 | tjdufresne@nwccog.org
HEALTHY AGING RESOURCES IN EAGLE COUNTY

Medical Transportation Services
If you are in need of a ride to a medical appointment, there’s help!

**Mountain Ride:** 1-844-686-7433 | mtnride.org
(medical rides for Medicaid beneficiaries)

**Eagle County Healthy Aging:**
Eagle River Valley – 970-328-8896
Basalt/Roaring Fork – 970-328-7682
(Medical rides for all in need no matter of age)

Public Transit Opportunities
**Eagle River Valley:** Eco Transit – 970-328-3250,
Paratransit is also a service offered by Eco Transit for those who are medically unable to drive. Must be accepted into the program via an application and doctor’s signature.

**Roaring Fork Valley:** Roaring Fork Transportation Authority (RFTA) – 970-925-8484

Veteran’s Services
Veteran Services Officers can assist Veterans and their family file for benefits including Health Care, Pensions, Training and Education, Home Loans, Life Insurance, Burial and Memorial Benefits, Transportation, Transition Assistance, Appeals of VA Claims Decisions, and more.

**CONTACT:** Pat Hammon, Veteran’s Services Officer
970-328-9674 | pat.hammon@eaglecounty.us

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

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.

Helping Hands
Do you need help around the house with cleaning or other small jobs? Contact Eagle County Healthy Aging.

**Eagle River Valley:** 970-328-8896, Roaring Fork Valley: 970-328-7682.
INGREDIENTS:

Poaching liquid
- 2 quarts water
- ¼ cup kosher salt

Ceviche
- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- Juice of 2 lemons
- Juice of 2 limes
- Juice of 2 oranges
- 1 cup diced seeded peeled cucumber (¼-inch dice)
- ½ cup finely chopped red onion
- 2 serrano chiles, seeded and finely chopped
- 1 cup diced seeded tomato
- 1 avocado, chopped into ½-inch pieces
- 1 tablespoon roughly chopped cilantro leaves, plus more leaves for garnish
- ¼ cup extra-virgin olive oil

DIRECTIONS:

1. Combine water and ¼ cup salt in a large saucepan; bring to a boil over high heat. Add shrimp and immediately turn off the heat. Let the shrimp sit until just cooked through, about 3 minutes. Transfer to a cutting board until cool enough to handle, about 10 minutes.

2. Chop the shrimp into ½-inch pieces and place in a medium nonreactive bowl (see Tip). Add lemon, lime and orange juice. Stir in cucumber, onion and chiles. Refrigerate for 1 hour.

3. Stir tomato, avocado, chopped cilantro, oil and ¼ teaspoon salt into the shrimp mixture. Let stand at room temperature for 30 minutes before serving. Garnish with cilantro leaves, if desired.

Make Ahead Tip: Prepare through Step 2 and refrigerate for up to 4 hours.

Kitchen Tip: A nonreactive bowl or pan—stainless-steel, enamel-coated or glass—is necessary when cooking with acidic foods, such as lemon, to prevent the food from reacting with the pan.