### July Site Council Meeting

**Tuesday, July 14th 10:00 -11:00 a.m. at the Golden Eagle. All are welcome and encouraged to attend!**

---

### JULY MENU

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuesday, Thursday</th>
<th>Thursday, Thursday</th>
<th>Tuesday, Thursday</th>
<th>Thursday, Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>July 2</strong></td>
<td>Salad, meatloaf,</td>
<td>Tomato cilantro</td>
<td>Coleslaw, hamburger,</td>
<td>Salad, spaghetti</td>
</tr>
<tr>
<td></td>
<td>mashed potatoes,</td>
<td>salad, chicken</td>
<td>steak fries, fruit</td>
<td>with Bolognese</td>
</tr>
<tr>
<td></td>
<td>broccoli, birthday</td>
<td>marsala, polenta,</td>
<td></td>
<td>sauce, ice cream</td>
</tr>
<tr>
<td></td>
<td>cake</td>
<td>mixed veggies,</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>July 7</strong></td>
<td>Salad, lasagna,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>flan with caramel</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>sauce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>July 14</strong></td>
<td>Coleslaw, hamburger,</td>
<td>Salad, spaghetti</td>
<td>Minestrone soup,</td>
<td>Caesar salad, fried</td>
</tr>
<tr>
<td></td>
<td>steak fries, fruit</td>
<td>with Bolognese sauce,</td>
<td>turkey wrap, salad,</td>
<td>chicken, mashed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ice cream</td>
<td>apple pie</td>
<td>sweet potatoes,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>blueberry bar crumble</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>with berries</td>
</tr>
<tr>
<td><strong>July 21</strong></td>
<td>Minestrone soup,</td>
<td>Green pea and</td>
<td></td>
<td>Salad, salmon, rice,</td>
</tr>
<tr>
<td></td>
<td>turkey wrap, salad,</td>
<td>broccoli salad,</td>
<td></td>
<td>mixed veggies,</td>
</tr>
<tr>
<td></td>
<td>apple pie</td>
<td>flank steak with</td>
<td></td>
<td>cheesecake</td>
</tr>
<tr>
<td></td>
<td></td>
<td>veggies over rice,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>raspberry Jello</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>with peaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>July 28</strong></td>
<td>Caesar salad, fried</td>
<td></td>
<td>Salad, salmon, rice,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>chicken, mashed</td>
<td></td>
<td>mixed veggies,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>sweet potatoes,</td>
<td></td>
<td>cheesecake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>blueberry bar crumble</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>with berries</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### Monday Shopping Trips:

- **Monday, July 6:** Shopping /errands trip to Wal-Mart & Avon. 10:00 a.m.
- **Monday, July 27:** Shopping /errands trip to Glenwood Springs. 10:00 a.m.

### Happy Birthday!

- Jacki Schempf: July 1
- Betty Carter: July 4
- Martha Jo Anderson: July 7
- Dorothy Esmail: July 10
- Emilia Gonzalez: July 13
- Andy Vesque: July 16
- Marge Chandler: July 25

---

### Dates to Remember this Month:

- **Saturday, July 4:** BBQ potluck at the Golden Eagle at 12:00 p.m. Please sign up at the Golden Eagle.
- **Monday, July 6:** Bravo! concert - Dallas Symphony Orchestra. Vans will leave the Golden Eagle at 4:30, concert starts at 6:00. Must be pre-registered.
- **Wednesday, July 15:** Aging Well Initiative Community Input Meeting. 5:30 - 8:30 p.m. at CMC in Edwards. Call 328-8896 for more information.
- **Monday, July 20:** Trip to Betty Ford Alpine Gardens. Van will leave at 9:45 a.m.
- **Tuesday, July 21:** Saxophone Quartet concert at the Golden Eagle 11:00-12:00. This is a free concert brought to us by Bravo!

*No 11:00 seated exercise class this day.*
### Reminder:

To provide you with the best dining experience possible, please be sure to sign up for lunch at least 24 hours prior to the lunch you wish to attend. Please call ahead if you need to cancel your reservation.

**Thank you!**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>1:00 Cards</td>
<td>9:00 Full body Exercise</td>
<td>11:00 Seated exercise</td>
<td>9:00 Full body exercise</td>
<td>11:00 Strong People</td>
<td>Book Lovers Coffee Klatch</td>
<td>10:30</td>
</tr>
<tr>
<td>10:00 Walmart</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td>12:00 BBQ</td>
</tr>
<tr>
<td>4:30 Bravo! Concert - must be pre-registered</td>
<td>1:00 Cards</td>
<td>1:00 Cards</td>
<td>1:00 Cards</td>
<td>1:00 Grocery store</td>
<td>1:00 Grocery store</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>1:00 Cards</td>
<td>9:00 Full body Exercise</td>
<td>10:00 Site Council Mtg.</td>
<td>9:00 Full body exercise</td>
<td>11:00 Strong People</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00 Seated exercise</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 Cards</td>
<td>1:00 Cards</td>
<td>1:00 Cards</td>
<td>1:00 Cards</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:00 Errands</td>
<td>2:00 Errands</td>
<td>2:00 Errands</td>
<td>1:00 Grocery store</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>1:00 Cards</td>
<td>9:00 Full body Exercise</td>
<td>9:00 Foot Care</td>
<td>9:00 Full body exercise</td>
<td>11:00 Strong People</td>
<td>Book Lovers Coffee Klatch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00 No Seated ex.</td>
<td>11:00 Saxophone Quartet concert</td>
<td>12:00 Lunch</td>
<td>12:00 Lunch</td>
<td>10:30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00 Lunch</td>
<td>1:00 Massage</td>
<td>1:00 Cards</td>
<td>1:00 Cards</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 Cards</td>
<td>2:00 Errands</td>
<td>1:00 Grocery store</td>
<td>1:00 Grocery store</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>1:00 Cards</td>
<td>9:00 Full body Exercise</td>
<td>11:00 Seated exercise</td>
<td>9:00 Full body exercise</td>
<td>11:00 Strong People</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 Glenwood shopping</td>
<td>11:00 Seated exercise</td>
<td>11:30 BP checks</td>
<td>11:00 Strong People</td>
<td>12:00 Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00 Lunch</td>
<td>1:00 Cards</td>
<td>12:00 Lunch</td>
<td>1:00 Cards</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 Cards</td>
<td>2:00 Errands</td>
<td>1:00 Cards</td>
<td>1:00 Grocery store</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**County offices closed for 4th of July holiday**

**4th**
Eating to break 100: Eating Tips from the Blue Zones

Want to live to be 100? It's tempting to think that with enough omega-3s, kale and blueberries, you could eat your way there.

But one of the key takeaways from a new book on how to eat and live like "the world's healthiest people" is that longevity is not just about food.

The people who live in the Blue Zones — five regions in Europe, Latin America, Asia and the U.S. researchers have identified as having the highest concentrations of centenarians in the world — move their bodies a lot. They have social circles that reinforce healthy behaviors. They take time to de-stress. They're part of communities, and they're committed to their families.

But what they put in their mouths, how much and when is worth a close look, too. And that's why Dan Buettner, a National Geographic explorer and author who struck out on a quest in 2000 to find the lifestyle secrets to longevity, has written a follow up to his original book on the subject. The new book, called The Blue Zones Solution, is aimed at Americans, and is mostly about eating.

Why should we pay attention to what the people in the relatively isolated Blue Zone communities eat? Because, as Buettner writes, their more traditional diets harken back to an era before we Americans were inundated with greasy fast food and sugar. And to qualify as a Blue Zone, these communities also have to be largely free of afflictions like heart disease, obesity, cancer and diabetes. So clearly they're doing something right.
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.

Coordination:
Karen Koenemann
Healthy Communities Manager
970.328.2610

Carly Rietmann
Healthy Aging Program Supervisor—Eagle
970.328.8896

Christy Doyon
Healthy Aging Program Coordinator—El Jebel
970.328.7682

Pat Nolan
Healthy Aging Program Coordinator—Minturn
970.328.8831

Transportation:
Bob Anderson
El Jebel Bus Driver
970.309.8465

Mikey Colley
Eagle/Minturn Bus Driver
970.343.9565

Culinary:
Claudia Chacon
Eagle Culinary Specialist
970.328.1483

Julie Bloomingdale
El Jebel Culinary Specialist
970.328.7680

Minturn Meals are provided by the Turntable Restaurant in Minturn

Additional Resources:
Leona Perkins
Property Manager
Golden Eagle Senior Apts.
Seniors On Broadway
970.328.8897

Melaine Hendershott,
Registered Dietitian
303.503.2622

*Free dietary advice

Jean Hammes
Director Alpine Area Agency on Aging
970.468.0295 ext. 107

APS/Case Management
Eagle River Valley
970.328.7720

APS/Case Management
Roaring Fork Valley
970.429.2047

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 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 (Gypsum to Edwards)

El Jebel: Please call 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 328-8831 or 328-2812. Lunches are served at 11:30 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 (Avon to Vail)

Eagle and El Jebel meals are funded by the Older Americans Act and Eagle County Govt.
Senior Citizens (anyone over 60): suggested anonymous donation of $3.00 All Guests under 60 must pay $8.00. Minturn lunches are provided by the Turntable Restaurant and have a required fee of $2.00 per meal.
Eating Tips from the Blue Zones Continued:

A year after that book was published, the team announced they'd narrowed it down to five places that met all their criteria. They gave them official Blue Zone status: Ikaria, Greece; Okinawa, Japan; Ogliastra Region, Sardinia; Loma Linda, Calif.; and Nicoya Peninsula, Costa Rica.

In the new book, Buettner distills the researchers’ findings on what all the Blue Zones share when it comes to their diet. Here's a taste:

- Stop eating when your stomach is 80 percent full to avoid weight gain.

- Eat the smallest meal of the day in the late afternoon or evening.

- Eat mostly plants, especially beans. And eat meat rarely, in small portions of 3 to 4 ounces. Blue Zoners eat portions this size just five times a month, on average.

- Drink alcohol moderately and regularly, i.e. 1-2 glasses a day.

The book also features "top longevity foods" from each Blue Zone, some of which we found pretty intriguing.

**Ikaria, Greece:** What sets it apart from other places in the region was its emphasis on potatoes, goat's milk, honey, legumes (especially garbanzo beans, black-eyed peas, and lentils), wild greens, some fruit and relatively small amounts of fish."

**Okinawa, Japan:** Among their "top longevity foods" are bitter melons, tofu, garlic, brown rice, green tea and shiitake mushrooms.

**Sardinia, Italy:** A moderate amount of carbs like flat bread, sourdough bread and barley. And to balance those two food groups out, Sardinian centenarians also eat plenty of fennel, fava beans, chickpeas, tomatoes, almonds, milk thistle tea and wine from Grenache grapes.

**Loma Linda, CA:** There’s a Blue Zone community in the U.S.? Its members are Seventh-day Adventists in Loma Linda. Their top foods include avocados, salmon, nuts, beans, oatmeal, whole wheat bread and soy milk.

**Nicoya Peninsula, Costa Rica:** Beans, corn and squash. Those three staples, plus papayas, yams, bananas and peach palms (a small Central American oval fruit high in vitamins A and C), are what fuel the region's elders over the century. (www.npr.org)
Smell and Taste: Spice of Life

Your Sense Of Smell:
Smell is an important sense. Certain smells can help you recall your dad's cologne or alert you to danger, like smoke from a fire. When you can't smell things you enjoy like morning coffee or flowers, part of life may seem very dull. As you get older, your sense of smell may fade. Your sense of smell is closely related to your sense of taste. So, when you can't smell, food may taste bland, and you may lose interest in eating.

What Causes Loss of Smell?
Some things can cause a long lasting loss of smell. A head injury, for example, can damage the nerves related to smell. Protect yourself by wearing a seat belt in the car and a helmet when biking.

Some problems with smell only last for a short time and may be due to:
A cold or flu that causes a stuffy nose that blocks your sense of smell. The ability to smell will come back when you're better.
Allergies that block your sense of smell. Try to avoid things you're allergic to, like pollen and pets. Talk to your doctor about how to manage your allergies.
A harmless growth (called a polyp) in the nose or sinuses that gives you a runny nose. Having the growth removed may help.
Some medications like antibiotics or blood pressure medicine may affect your sense of smell. Ask your doctor if there is another medicine you can take.
Radiation and chemotherapy treatments. Your sense of smell may return when treatment stops.
Sometimes, loss of the sense of smell may be a sign of a more serious disorder, such as Parkinson's disease or Alzheimer's disease. Be sure to tell your doctor about any change in your sense of smell.

Your Sense Of Taste:
There are tiny taste buds all over your mouth—on your tongue, in your throat, even on the roof of your mouth. What we call "flavor" is based on five basic tastes—sweet, salty, bitter, sour, and tangy. How food smells also makes up its flavor. When food tastes bland, many older people try to improve the flavor by adding more salt or sugar. This may not be healthy, especially if you have medical problems like high blood pressure or diabetes (high blood sugar). When food doesn't taste right, you may not eat the foods you need to keep you healthy. This can cause health problems such as:

Weight loss
Social isolation
Depression

Eating food that is good for you is important to your health. If you have a problem with how food tastes, be sure to discuss it with your doctor. (continued on page 5)
**Move of the Month: Chest Stretch**

You can do this flexibility stretch while standing or sitting in a sturdy, armless chair.

1. Keep your feet flat on the floor, shoulder-width apart.

2. Hold arms to your sides at shoulder height, with palms facing forward.

3. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.

4. Hold the position for 10 to 30 seconds.

5. Repeat at least 3 to 5 times.  

---

**Smell and Taste Continued from page 4**

**What Causes Your Sense Of Taste To Change?**

There are many things that can cause you to lose your sense of taste. Most of the time, you can do something to regain taste.

Some medications can change the way food tastes. These include some antibiotics and medicines to lower cholesterol and blood pressure. Other medications can make your mouth dry. Having a dry mouth can cause food to taste funny and make it hard to swallow. If you think a medicine is changing how your food tastes, talk to your doctor before you stop taking your medicine.

Gum disease, dentures, and some infections can leave a bad taste in your mouth that changes the way food tastes. You may prevent this problem by brushing your teeth, flossing, and using mouthwash. If you have a bad taste in your mouth that won’t go away, talk to your dentist.

Alcohol can alter the way food tastes. Cutting back or stopping drinking may help. Also, smoking can reduce your sense of taste. Quitting may help.  

---

(www.nia.nih.gov)
Cook’s Corner: Actually Delicious Turkey Burgers

**Ingredients:**

- 1.5 pounds ground turkey
- 2 Tablespoons seasoned bread crumbs
- 2 Tablespoons finely diced onion
- 1 egg white, lightly beaten
- 2 Tablespoons chopped fresh parsley
- 1/2 clove garlic, peeled and minced
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

**Directions:**

1. In a large bowl, mix ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper. Form into 12 patties.
2. Cook the patties in a medium skillet over medium heat, turning once, to an internal temperature of 180 degrees F (allrecipes.com)