June Site Council Meeting
Tuesday, June 9th 10:00 -11:00 a.m. at the Golden Eagle. All are welcome and encouraged to attend!

JUNE MENU

<table>
<thead>
<tr>
<th>Tuesday, June 2</th>
<th>Thursday, June 4</th>
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<tbody>
<tr>
<td>Quiche, Italian</td>
<td>Teriyaki chicken, brown rice, mixed</td>
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<tr>
<td>vegetable salad</td>
<td>vegetables and fresh fruit</td>
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<tr>
<td>and Birthday cake</td>
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<table>
<thead>
<tr>
<th>Tuesday, June 9</th>
<th>Thursday, June 11</th>
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<tr>
<td>Chef salad and</td>
<td>BBQ pulled pork sandwich,</td>
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<tr>
<td>brownies</td>
<td>baked sweet potato, green</td>
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<td></td>
<td>beans and banana pudding</td>
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<thead>
<tr>
<th>Tuesday, June 16</th>
<th>Thursday, June 18</th>
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<tbody>
<tr>
<td>Potato bar with</td>
<td>Broccoli, rice and cheddar</td>
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<tr>
<td>chili and bread</td>
<td>casserole, corn, tossed salad and</td>
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<tr>
<td>pudding</td>
<td>chilled strawberry bar</td>
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<tr>
<th>Tuesday, June 23</th>
<th>Thursday, June 25</th>
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<tbody>
<tr>
<td>Salad, salmon,</td>
<td>Salad, minestrone soup, grilled ham</td>
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<tr>
<td>zucchini, scalloped</td>
<td>and cheese sandwich and fresh fruit</td>
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<td></td>
<td>with dip</td>
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<tr>
<th>Tuesday, June 30</th>
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<tr>
<td>Hamburger with</td>
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<tr>
<td>fixings, baked</td>
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<tr>
<td>beans, corn and</td>
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<tr>
<td>oatmeal cookie</td>
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Monday Shopping Trips:

- **Monday, June 1**: Shopping /errands trip to Wal-Mart & Avon. 10:00 a.m.
- **Monday, June 22**: Shopping /errands trip to Glenwood Springs. 10:00 a.m.

Happy Birthday!

- Barbara Fraser: June 2
- Mary Greenman: June 6
- Jill Cleghorn: June 9
- George Ocenasek: June 14
- Nancy Lyon: June 18
- Joyce Reiche: June 21
- Bill McMakin: June 21

4 Eagle Ranch Trip

Please see the article in the all county news for details about this trip. All 3 senior sites will be heading to 4 Eagle Ranch in Wolcott on **Monday, June 8th**. The Eagle vans will leave from the Golden Eagle at 10:30 a.m. $5.00 per person. Please reserve your spot.

New Opportunity

Now offering drop offs at the Glenwood Hot Springs Pool when our bus goes to Glenwood for shopping. Bus will drop off swimmers first thing and pick them up after the shoppers are finished. Must be self-sufficient at the pool and cover your own entry fee. Please call 328-8896 for more information or with any questions.
## Eagle - June 2015

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<th>Sun</th>
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<td>9:00 Full body Exercise</td>
<td>11:00 Seated exercise class 12:00 Lunch 1:00 Cards 2:00 Errands</td>
<td>9:00 Full body exercise 1:00 Poker</td>
<td>9:00 Full body exercise 12:30 Dine Around lunch @ Sweetwater Resort</td>
<td>9:00 Strong People 12:00 Lunch 1:00 Crochet 1:00 Cards 1:00 Grocery store</td>
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<td>10:00 Walmart shopping</td>
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<tr>
<td>9:00 Full body Exercise</td>
<td>10:00 Site Cncl. 11:00 Seated ex. 12:00 Lunch 12:15 Computer Security talk 1:00 Haircuts 1:00 Cards 2:00 Errands</td>
<td>9:00 Full body exercise 12:30 Dine Around lunch @ Sweetwater Resort</td>
<td>9:00 Strong People 12:00 Lunch 1:00 Crochet 1:00 Cards 1:00 Grocery store</td>
<td>Book Lovers Coffee Klatch 10:30</td>
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<tr>
<td>10:30 4 Eagle Ranch</td>
<td>11:00 Foot Care 11:00 Seated ex. 11:30 BP checks 12:00 Lunch 1:00 Massage 1:00 Cards 2:00 Errands</td>
<td>9:00 Full body exercise 10:00 Golden Tee golf @ Gypsum G.C. 1:00 Poker</td>
<td>11:00 Strong People 12:00 Lunch 1:00 Crochet 1:00 Cards 1:00 Grocery store</td>
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### 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!
June is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. But there are many things people can do to stay safe and prevent injuries. For older adults specifically, slips, trips, and falls contribute to 1 in 3 older adult falls each year. Many falls lead to broken bones and other long term health problems. It is important to make sure you and your loved one are aware of the potential dangers in one’s home and prepare accordingly. Please use the following home safety tips to help stay safe in and around your home:

- Consider a medical alert or a buddy system.
- Keep a fire extinguisher and smoke detector on every floor.
- Use extreme caution when smoking. Never smoke when alone or in bed.
- Always get up slowly after sitting or lying down. Take your time, and make sure you have your balance.
- Wear proper fitting shoes with low heels.
- Use a correctly measured walking aid.
- Remove or tack down all scatter rugs.
- Remove electrical or telephone cords from traffic areas.
- Avoid using slippery wax on floors.
- Wipe up spills promptly.
- Avoid standing on ladders or chairs.
- Have sturdy rails for all stairs inside and outside the house.
- Use only non-glare 100 watt or greater incandescent bulbs (or the fluorescent equivalents).
- Make sure that all stair cases have good lighting with switches at top and bottom.
- Staircase steps should have a non-slip surface. (Continued on page 3)
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.
National Safety Month: Continued from Page 1

Safety in the Bathroom:
- Leave a light on in your bathroom at night.
- Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet.
- Skid-proof the tub and make sure the bath mat has a non-slip bottom.
- To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.
- Mark cold and hot faucets clearly.
- Use door locks that can be opened from both sides.

Drug Safety:
- Review your medicines frequently with your doctor or pharmacist and when you take new medication.
- Make sure medicines are clearly labeled.
- Read medicine labels in good light to ensure you have the right medicine and always take the correct dose.
- Dispose of any old or used medicines.
- Never borrow prescription drugs from others.
- Check with your doctor or pharmacist before you mix alcohol and your drugs.
- Have medication dispensed in a bubble pack or convenient dispenser.
- Check with your doctor or pharmacist before mixing non-prescription drugs and prescription drugs. (www.rightathome.net)

DID YOU KNOW? Eagle County has a great program called Well and Wise that offers 3 fun, interactive evidence-based classes to help older adults improve balance and overall strength. Watch for the summer class sessions starting in your area. Classes are also held in Garfield and Pitkin counties. For more information about this program please call 328-8896. We can also add you to our inquiry lists which help us determine where there might be the greatest interest for a specific class.

4 Eagle Ranch Trip

Seniors from all over Eagle County are invited to attend a fun trip to 4 Eagle Ranch in Wolcott on Monday, June 8th from 11:00 - 2:00. We will enjoy a delicious BBQ lunch, wagon rides, and take in the beautiful views that the ranch has to offer. This is a fun annual trip not to be missed. Cost is $5.00 per person, please sign up at your local senior site - El Jebel, Eagle or Minturn. Yee- Haw!!!
Seeing Clearly: Age-Related Macular Degeneration and Diet

Age-related macular degeneration (AMD) is a disease that gradually destroys the center area of vision, and usually disturbs facial recognition and reading. AMD affects the macula, which is the part of the eye that allows for seeing fine details. The macula is a small area in the center of the retina, which is the light-sensitive tissue at the back of the eye. Approximately 1.8 million Americans, 40 years of age and older are affected by AMD. An additional 7.3 million Americans are thought to be at risk of developing this disease. AMD is the most common cause of sight problems and irreversible blindness among older Americans.

Risk Factors for Age-Related Macular Degeneration include:

- Adults age 50 and older are at an increased risk, and this risk continues to increase with age
- Obesity AMD may progress more quickly in those with higher bodyweights
- Caucasian/white race, is more likely to get AMD than other races, but no race is without risk
- Gender: it appears women are at greater risk than men
- Family history: people with a genetic history of AMD are thought to have a higher risk of developing AMD
- Hypertension, high blood cholesterol, and cardiovascular disease may increase the risk
- Those who smoke may be twice as likely as nonsmokers to develop AMD

Include these foods more often in your daily eating for a healthier eye! The following are recommended sources:

**Lutein and Zeaxanthin** are present in most fruits and vegetables, but especially in dark, leafy greens such as spinach, kale and collard greens. Broccoli and brussel sprouts also contain some of these antioxidants. They are also found in some yellow and orange fruits and vegetables, such as corn, nectarines, oranges, papaya, sweet potatoes, pumpkin, and squash. Other good dietary sources of lutein and zeaxanthin are maize and egg yolks. (continued on page 5)
**Move of the Month: Back Leg Raises**

Strengthen your buttocks and lower back with back leg raises

Stand behind a sturdy chair, holding on for balance. Breathe in slowly.

Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.

Hold position for 1 second.

Breathe in as you slowly lower your leg.

Repeat 10 to 15 times.

Repeat 10 to 15 times with other leg.

Repeat 10 to 15 more times with each leg.

(nihseniorhealth.gov)

**Seeing Clearly: continued from page 4**

**Omega-3 Fatty Acids** are found in cold water fish such as salmon, herring, sardines, tuna and cod liver oil. Plant sources of Omega-3s are flaxseeds, walnuts, and dark, leafy vegetables.

**Zinc** is found in red meat, seafood, poultry, pork, oysters, eggs, nuts, tofu, baked beans, dairy products, whole grains, and wheat germ.

**Vitamin C** is found in citrus fruits (lemons, oranges, limes, and grapefruit), red peppers, tomatoes, and spinach.

**Vitamin E** is found in nuts (such as almonds and peanuts), seeds vegetable oils, whole grains, wheat germ, fortified cereals, eggs, and sweet potatoes.

(adapted from Garfield County Connection Newsletter, April 2015)
Cook’s Corner: Orange Pepper, Spinach and Sundried Tomato Frittata

Ingredients:
3 eggs (preferably omega-3 fortified)
1 Tbsp milk (1% or skim)
1/2 cup diced orange peppers
1/4 cup sundried tomatoes
1/4 cup frozen spinach (chopped)
1 Tbsp olive oil
1 Tbsp parsley
salt and pepper

* This recipe includes many of the nutrients mentioned in the Macular Degeneration article. Try it out and enjoy a recipe that’s not only delicious, but good for your eyes too! (www.allaboutvision.com)

Preparation:

1. Whisk together eggs, milk, parsley, salt and pepper and set aside.
2. Sauté pepper and sundried tomatoes in 1 tablespoon olive oil for 1 minute over medium-high heat in a non-stick pan.
3. Add frozen spinach and continue cooking until spinach has thawed and cooked.
4. Reduce heat to low and add egg mixture, ensuring that vegetables and eggs are evenly distributed in the pan.
5. Cook on low heat until top of frittata begins to cook, approximately 5 minutes. Make sure the bottom does not burn. Flip frittata by placing a plate over top of pan, flip the pan and slide frittata back into pan. Cook on low for another 1-2 minutes. Alternatively, place ovenproof pan in oven and broil on low for 3 minutes or until top of frittata is cooked.
6. Remove from heat and let sit for 10 minutes.