

Dolores County Senior Services
8540 Road 7.2
PO Box 678
Dove Creek, CO 81324

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U.S. Postage Paid
Dove Creek, CO 81324
Permit NO. 002

REMINDER:

**WHEN MAKING OUT
CHECKS FOR DONATIONS
PLEASE MAKE CHECKS
PAYABLE TO**

**DOLORES COUNTY
SENIOR SERVICES
THANK YOU**



2020

*"Together We Can
Make A Difference"*

Pioneer Senior Center
8540 Road 7.2
PO Box 678
Dove Creek, CO 81324
Phone: 970-677-2787

Subscribe!

Receive our newsletter, in your mail box, every month! To subscribe call 970 677-2787

No charge for subscription

Donations are welcome!

SAN JUAN BASIN AREA AGENCY ON AGING
(970)264-0501 Administering state and federal
funding for senior services. Serving Region 9 -
Archuleta, Dolores, La Plata, Montezuma and San
Juan Counties.



The sun setting is no less beautiful than the sun rising

Dolores County Senior Services

Mission Statement: Providing a service to the elderly in Dolores County that improves their Quality of life and enables them to live independently, with dignity in their home for as long as possible.

Service Available:

- ⇒ Senior Nutrition Program
- ⇒ Senior and Public Transportation
- ⇒ Home Chore/Homemaker Services
- ⇒ Outreach Program
- ⇒ Health Promotion/Exercise Program
- ⇒ National Caregiver Program
- ⇒ Senior Health Insurance Assistance Program (SHIP)
- ⇒ Senior Commodities Program—CSFP
- ⇒ ADRC - Aging & Disability Resources for Colorado

For Information On The Senior
Programs Please Call 970-677-2787

HAPPY BIRTHDAY

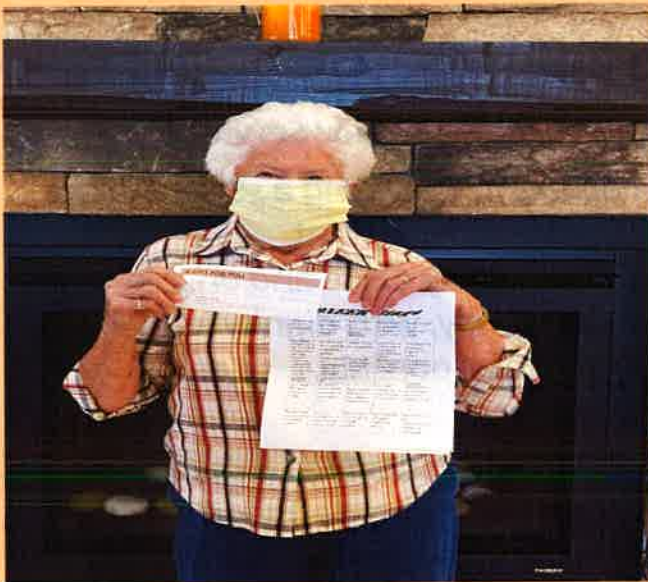
HAPPY OCTOBER BIRTHDAYS TO:

Jerry Berg, Norman Clever, Ella Crawford, Trenton Davis, Helen Ernst, Nadine Funk, Joe Gooch, Joan Gore, Dorothy Heffner, Jack Knuckles, Tim Krebs, Carolyn McCuskey, Edward Olguin, Bert Sanders, Loretta Sharman, Leslie Turner, Donetta Smith



WE WISH YOU A HAPPY BIRTHDAY AND MANY MORE.....

B I N G O



WE HAD 3 PEOPLE BINGO LAST MONTH!!

1ST PLACE- MARIE SHAFARA

2ND PLACE- SHELLY BUCHANAN

3RD PLACE- DAN MESICH

** Congratulations! **



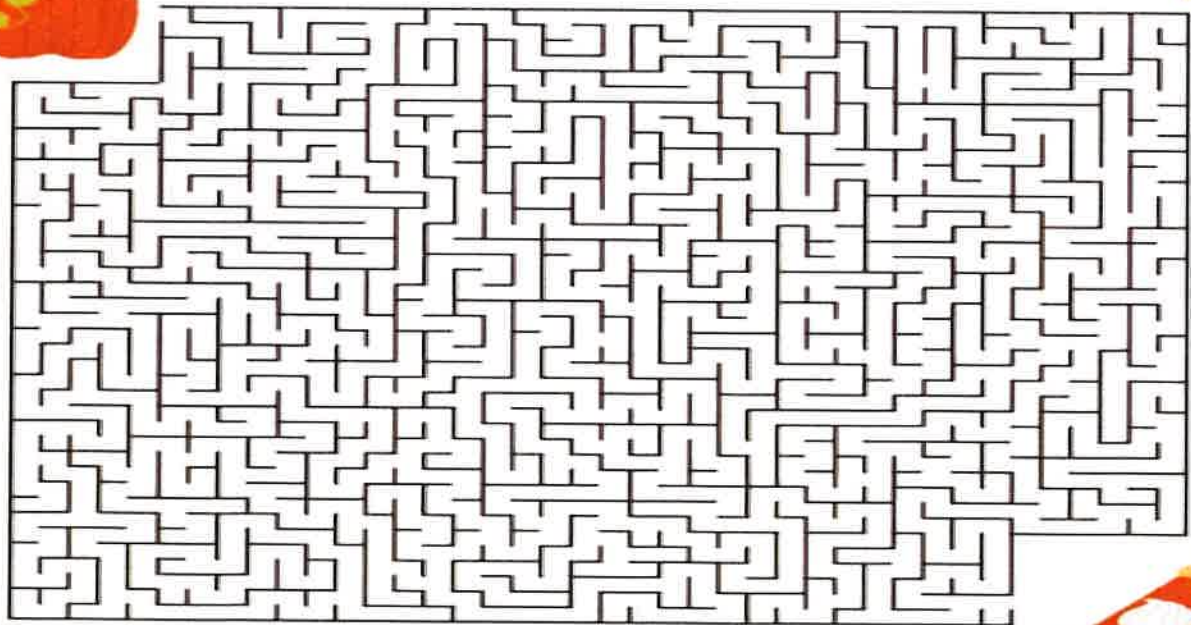
Thanksgiving Word Scramble



- 1. rcon _____
- 2. ukppmin _____
- 3. krueyt _____
- 4. omfaylwer _____
- 5. niwsebho _____
- 6. ciarrbesne _____
- 7. spmiligr _____
- 8. ricdukmts _____
- 9. dnenir _____
- 10. syam _____
- 11. solrl _____
- 12. eremnbov _____
- 13. gobabl _____
- 14. dessret _____
- 15. ngstufif _____
- 16. uyhtarsd _____
- 17. efats _____
- 18. rgavy _____
- 19. nnasidi _____
- 20. rbeda _____

Pumpkin Pie Maze

jinxykids.com



SENIOR MENU FOR NOVEMBER 2020

Dove Creek Senior Center
@12:00pm

Dove Creek Senior Center
@12:00pm

Dove Creek Senior Center
@12:00pm

The suggested donation for meal for age 60+ is \$3. Meal charge for those under age 60 is \$9.

<p>2</p> <p>TACO CASSEROLE MEXICORN/SALSA CARROT/PINEAPPLE/ORANGE SALAD CHERRY COBBLER</p> <p>CAL 810 CARBS 105 FAT 28 PRO 40 CHO 90 SOD 810 FIBER 9</p>	<p>3</p> <p>STUFFED BELL PEPPERS BAKED POTATOES FRIED ONIONS BRAN MUFFIN/FRUIT COCKTAIL</p> <p>CAL 820 CARB 95 FAT 37 PRO 32 CHO 105 SOD 530 FIBER 9</p>	<p>5</p> <p>LIVER AND ONIONS MASHED TATERS/GRAVY BROCCOLI/TOSSED SALAD BREAD PUDDING</p> <p>CAL 1230 CARBS 165 FAT 37 PRO 58 CHO 380 SOD 620 FIBER 11</p>
<p>9</p> <p>SALMON PATTIES STEAMED BROWN RICE MIXED VEGGIES TANGERINES</p> <p>CAL 730 CARB 108 FAT 17 PRO 40 CHO 70 SOD 660 FIBER 8</p>	<p>10 SENIOR CHOICE</p> <p>PORK CHOPS SWEET POTATOES MUSHROOM GRAVY BRAN MUFFIN/RAISIN CUP</p> <p>CAL 900 CARB 99 FAT 34 PRO 55 CHO 135 SOD 690 FIBER 10</p>	<p>12</p> <p>CHEESEBURGER FRENCH FRIES LETTUCE/TOMATO/PICKLE CHOCOLATE CHIP COOKIE</p> <p>CAL 960 CARB 116 FAT 35 PRO 48 CHO 70 SOD 660 FIBER 8</p>
<p>16</p> <p>BRATWURST BAKED BEANS COLESLAW WATERMELON</p> <p>CAL 800 CARB 130 FAT 19 PRO 33 CHO 45 SOD 820 FIBER 6</p>	<p>17</p> <p>CHICKEN CORDON BLEU STEAMED BROWN RICE SALAD/BROCCOLI WHEAT ROLL/CANTALOUPE</p> <p>CAL 680 CARB 74 FAT 21 PRO 51 CHO 120 SOD 670 FIBER 4</p>	<p>19 B-DAY/THANKSGIVING</p> <p>ROAST TURKEY CORNBREAD STUFFING/GRAVY GREEN BEANS/WHEAT ROLL PUMPKIN PIE/FRUIT</p> <p>CAL 840 CARB 126 FAT 20 PRO 42 CHO 140 SOD 610 FIBER 11</p>
<p>23</p> <p>GRILLED HAM & CHEESE CHUNKY VEGETABLE SOUP WHEAT CRACKER BANANA</p> <p>CAL 820 CARB 112 FAT 28 PRO 36 CHO 75 SOD 1050 FIBER 5</p>	<p>24</p> <p>CHICKEN POT PIE BROCCOLI APRICOT/PINEAPPLE COMPOTE</p> <p>CAL 720 CARB 105 FAT 19 PRO 37 CHO 65 SOD 800 FIBER 11</p>	<p>26</p> 
<p>30</p> <p>TURKEY CHEF SALAD TOMATO SOUP MIXED FRUIT JELLO WHEAT CRACKER</p> <p>CAL 680 CARB 71 FAT 30 PRO 37 CHO 220 SOD 1150 FIBER 5</p>		<p>Our congregate meals at the center have been cancelled until further notice, however, if you would like to reserve a meal for pickup at the Center or to have a meal delivered please call the Center by 9:00 am at</p> <p>970-677-2787</p>

NUTRITION ANALYSIS KEY: CAL = CALORIES PRO = PROTEIN FAT = FAT CARB = CARBOHYDRATES
CHO = CHOLESTEROL SOD = SODIUM

All Meals Served With 2% Milk

Vitamin K

What Does Vitamin K Do? Vitamin K helps your blood clot. Vitamin K also plays a role in bone health and the growth of cells throughout your body. How Do You Get Vitamin K? The healthy bacteria in your colon make a small amount of vitamin K. Most vitamin K comes from food. How Much Vitamin K Do You Need? Healthy men need 120 micrograms (mcg) of vitamin K each day. Healthy women need 90 mcg each day. How Much Vitamin K Is Too Much? A Tolerable Upper Intake Level (UL) has not been set for vitamin K. This means there is no known, specific limit on the amount of vitamin K that healthy people can safely have. If You Take Blood-Thinning Medicine Vitamin K can affect the thinness of your blood. Therefore, if you are taking blood-thinning medicine—such as warfarin (brand name Coumadin)—you need to monitor how much vitamin K you get from food:

- You do not need to stop eating all foods with vitamin K.
- You do need to eat about the same amount of vitamin K each day. This way your doctor can adjust your dose of warfarin to keep your blood at the right thinness.

Beet greens, cooked ½

Collard greens, cooked ½

Kale, cooked ½ cup

Mustard greens, cooked ½

Spinach, cooked ½ cup

Swiss chard, cooked ½ cup

Turnip greens, cooked ½ cup



Tips for People Taking Warfarin

- Review the list of vitamin K foods at the end of this handout. Pay special attention to the foods listed in **bold**. They are the highest in vitamin K.
- Write down everything you eat for 3 or 4 days. Then compare your record to the list of vitamin K foods to see how much vitamin K you usually eat each day.
- Eat about the same amount of vitamin K each day. Avoid eating a lot of vitamin K one day, and then none the next.
- Each morning, think about the vitamin K foods you will eat that day. Then stick to that plan.
- Some people find it helpful to avoid the foods containing more than 200 mcg vitamin K (foods that are very high in vitamin K). This helps them get about same amount of vitamin K each day the next.
- Aim for the recommended amount of vitamin K each day. That's 120 mcg per day for men and 90 mcg per day for women.

This information provided by: Jennifer Harrison RDN LD

San Juan Basin Area Agency on Aging

bakitaje@aol.com 970-759-6065

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5

**ALL ACTIVITIES
CANCELLED UNTIL
FURTHER NOTICE WITH THE EXCEPTION OF**

**NAIL IT DOWN - NOVEMBER 17 & 19
QUILTING CLUB - NOVEMBER 4 & 18
9:00 A.M. - 3:00 P.M.**

ADVISORY BOARD - NOVEMBER 12 @ 1:00 P.M.

**WE WILL BE CLOSED NOVEMBER 11TH TO OBSERVE
VETERANS DAY**

**WE WILL ALSO BE CLOSED NOVEMBER 26TH AND 27TH
FOR THANKSGIVING**

THE WALKING PATH IS OPEN

**WE WILL PICK UP THOSE NEEDING TRANSPORTATION ON
MONDAY, WEDNESDAY AND FRIDAY IF REQUESTED.**

**Medicare Part D Prescription Drug Open Enrollment
Begins October 15th and ends December 7th**

Call 970-677-2787 to set up an Appt.

**DOLORES COUNTY SENIOR SERVICES IS OPEN MONDAY
THROUGH FRIDAY 8:30 A.M. - 4:30 P.M.**

WE MISS ALL OF YOU. CALL US IF YOU NEED US.

Director's Corner

Happy November!

I hope everyone is well and enjoying this beautiful fall weather. So, this month I have another farewell from a long-time employee of the Center. Joe Purkat has decided to retire from our transportation program. Joe has served us for over 17 years. That's a long time. I'm sure everyone has many memories of Joe and all the rides and trips he has provided to all of us. It will certainly be different without our Joe. What I'll miss most is his smile and always positive, can-do attitude. I wish Joe the best and I hope his retirement is all he hopes it to be.

Retired
Young at heart.
Slightly older
in other places.

YARD SALE - We had a great yard sale again this year! At first, I was a little worried that with the pandemic and the postponement of our annual yard sale it might just be a terrible loss. Well, as it turned out it was a success! It was also a lot of fun for everyone. Our grand total at the end of the day was \$1,354.56!



November's birth flower is the bright and cheery chrysanthemum. Often simply referred to as mums, you can find this bloom in a wide range of sizes and colors, including the most common pink, white, yellow and red varieties. Chrysanthemums most commonly symbolize loyalty and honesty, though meanings can vary depending on the flower's color.

DOLORES COUNTY SENIOR SERVICES

970-677-2787



Fun Facts About Thanksgiving

Here are fun facts about Thanksgiving to share around the dinner table.

- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
 - Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
 - Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
 - The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.
- There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
 - Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
 - The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.
 - More than 54 million Americans are expected to travel during the Thanksgiving holiday this year. That's up 4.8% from last year.

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