

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

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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 NOVEMBER BIRTHDAYS TO:

Jeanne Babin, Vicki Bailey, Newton Birge, Linda Breedlove, Barbara Breternitz, Janet Buffington, W.C. Butt, Faye Carhart, Joanne Coker, Larry Crawford, Marlin Daves, Shirley Gersch, Darrell Maxwell, Linda Mesich, Larry Schultz, Phillip Smith, Dan Warren, Katrina Acrey, Myra Egge, Rachel Geisinger, Overa Jackson, Andrea Murphy, Vickie Sandberg



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



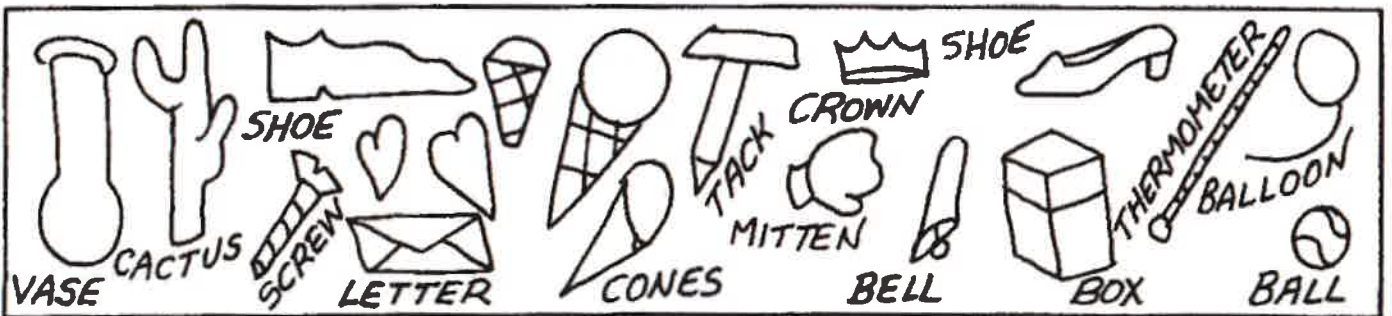
WE SURE MISS JOE,
HIS RETIREMENT PARTY WAS A SUCCESS!!
HIS GRANDAUGHTER SURE LOVED
CELEBRATING WITH HIM.

A NOTE OF THANKS

THE PIONEER CENTER WOULD LIKE TO GIVE A HUGE "THANK YOU" TO EVERYONE WHO SUPPORTS AND DONATES. ITS GREATLY APPRECIATED, SO WE CAN CONTINUE TO OFFER OUR SERVICES TO OUR SENIORS.

THANK YOU,
FROM ALL THE STAFF AT THE PIONEER CENTER





SENIOR MENU FOR DECEMBER 2020

Dove Creek Senior Center
@12:00pm

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@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 \$9.00

Our congregational 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

970-677-2787

1

BISCUITS & GRAVY
GREEN BEANS
CARROT RAISIN SALAD
MIXED FRUIT

CAL 820 CARB 119 FAT 27 PRO 30
CHO 55 SOD 830 FIBER 8

3

SPAGHETTI & MEATBALLS
SALAD/GREEN BEANS
JELL-O W/MIXED FRUIT

CAL 790 CARBS 87 FAT 23 PRO 53
CHO 150 SOD 1100 FIBER 8

7

CHICKEN NOODLE SOUP
SPINACH SALAD
BRAN MUFFIN/CRACKERS
APPLE COBBLER

CAL 1090 CARB 140 FAT 47 PRO 37
CHO 90 SOD 1080 FIBER 11

8

SENIOR CHOICE

BBQ PULLED PORK
BAKED BEANS
MACARONI SALAD
WATERMELON

CAL 860 CARB 132 FAT 21 PRO 42
CHO 60 SOD 1130 FIBER 3

10

HAM & BEANS
BROCCOLI & CARROTS
CORNBREAD
BANANA

CAL 670 CARB 109 FAT 14 PRO 29
CHO 70 SOD 1230 FIBER 17

14

CHICKEN BROCCOLI FETTUCCINE
ALFREDO
SALAD/GARLIC BREAD
APPLE CRISP/BANANA

CAL 920 CARB 120 FAT 32 PRO 43
CHO 125 SOD 660 FIBER 10

15

FISH SANDWICH
LETTUCE/TOMATO
PEAS/MELON MIX
LEMON BAR

CAL 985 CARB 139 FAT 176 PRO 22
CHO 134 SOD FIBER 9

17

B-DAY/CHRISTMAS

HAM DINNER/SWEET POTATO
GREEN BEAN CASSEROLE
SALAD/WHEAT ROLL
CRANBERRY CAKE/ICE CREAM

CAL 880 CARB 119 FAT 31 PRO 34
CHO 125 SOD 1170 FIBER 9

21

SWEET & SOUR CHICKEN
BROWN RICE
TOSSED SALAD
BRAN MUFFIN/APRICOTS

CAL 860 CARB 126 FAT 23 PRO 45
CHO 110 SOD 470 FIBER 12

22

MAC & CHEESE
BRUSSEL SPROUTS
WALDORF SALAD
CHOC PUDDING/BRAN MUFFIN

CAL 850 CARB 107 FAT 33 PRO 39
CHO 95 SOD 1180 FIBER 10



28

WHITE CHICKEN CHILI
VEGETABLE PASTA SALAD
WHEAT CRACKERS

CAL 680 CARB 112 FAT 16 PRO 25
CHO 20 SOD 780 FIBER 9

29

BEEF CHILI RELLENO
PARSLIED CARROTS
SALAD/WHEAT ROLL
ORANGES

CAL 670 CARB 71 FAT 24 PRO 44
CHO 170 SOD 550 FIBER 10

31

BEEF LASAGNA
GREEN BEANS
TOSSED SALAD
GARLIC BREAD

CAL 880 CARB 107 FAT 31 PRO 47
CHO 95 SOD 970 FIBER 10

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

All Meals Served With 2% Milk



Slow cookers are handy kitchen tools that use steam instead of oil or butter to cook food. This low-fat cooking method keeps calories in check.

You can also save money with a slow cooker. Use one to easily turn inexpensive cuts of tough meat into a delicious meal. Keep reading for tips on how to use a slow cooker

- **Understand the settings:** Cook tender cuts of meat on high. Tougher cuts of meat need to be cooked longer, so set the slow cooker to low.
- **Explore your slow cooker's features:** Check for options like warming and automatic shut-off, and learn how they work.
- **Fill it up:** For a successful meal, fill the slow cooker to half to three-quarters of its capacity.
- **Leave the lid on:** When food is cooking, do not lift the lid often. Steam is used for cooking. Lifting the lid allows the steam to escape, which slows the cooking process. Lifting the lid frequently also allows the cooking temperature to fall. That may allow harmful bacteria to grow.

For tasty slow-cooker meals, try recipes using these ingredients:

- Pork roast or loin
- Fish
- Chicken (whole or cut into pieces)
- Beef roast, brisket, or stew meat
- Lean ground beef
- Beans
- Vegetables that won't get mushy (like potatoes, onions, mushrooms, celery, carrots, and canned tomatoes)



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 - DECEMBER 15 & 17

QUILTING CLUB - DECEMBER 2 & 16

9:00 A.M. - 3:00 P.M.

ADVISORY BOARD - DECEMBER 10 @ 1:00 P.M.

Laurie with low vision will be here December 3rd @ 1:00. Call to let us know if you would like to visit with her

We will be closed December 24 & 25 for Christmas

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.**

Director's Corner

DIRECTOR'S CORNER

Welcome to December,

Here we are into the Holiday Season, a beautiful time of the year. The end of the year is just around the corner and, for me, it's a time of reflection and thanksgiving.

What a year this has been with COVID-19 and all of the changes in the way we deliver our services! Fortunately, our numbers remain low and we are not seeing the big surge in cases as other areas are. It's been a long 9 months and we are missing all of you! I'm optimistic that we will soon resume our normal activities and be able to enjoy each other's company.

All-in-all we have had a very busy and pretty good year at the Senior Center. Even with the Pandemic we have provided over 23,850 units of service through our programs that include home delivered meals, transportation trips, homemaker hours, home chore units, caregiver meals, monitors, Medicare counseling, resource referrals, Nail-it-Down, and senior commodity boxes. All of these have been provided by our sixteen AWESOME Senior Services Employees.

I am so thankful to everyone who enables our Senior Services to provide those services that help our elderly remain in their homes independently with dignity as long as possible.

I am looking forward to the New Year. There are so many exciting possibilities for the future of Senior Services and so many opportunities to serve the people in our community.

It's been an unusual year, but we will carry on and be thankful for all that has been provided to us!!

I hope you all Have a VERY Merry Christmas!!!

Julie



DOLORES COUNTY SENIOR SERVICES

970-677-2787



About the month of December

December is the twelfth and last month of the year in the Gregorian Calendar and one of seven Gregorian months with the length of 31 days.

December's flower is the narcissus or holly. December's birthstones are turquoise, lapis lazuli, zircon, topaz (blue), or tanzanite.

In Latin, decem means "ten". December was also the tenth month in the Roman calendar until a monthless winter period was divided between January and February.

December is the month with the shortest daylight hours of the year in the Northern Hemisphere and the longest daylight hours of the year in the Southern Hemisphere.

December in the Northern Hemisphere is the seasonal equivalent to June in the Southern Hemisphere and vice versa.

In the Northern Hemisphere, the beginning of the meteorological winter is 1 December. In the Southern Hemisphere, the beginning of the meteorological summer is 1 December.

December starts on the same day of the week as September every year. December ends on the same day of the week as April every year.

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It costs \$188,906,668.97 each year to feed Santa cookies and milk, and to feed his reindeer carrots. That's a staggering amount of money.

