

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

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

When witches
go riding, &
black 
are seen, the moon
laughs & whispers,
'tis near
HALLOWEEN



*"Together We Can
Make A Difference"*

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

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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 SEPTEMBER BIRTHDAYS TO:

Carol Smith, Virginia Bucher, Debra Buehrer, James Crawford, Janet Crawford, Shirley Davis, Patsy Funk, Joan Harvey, Nita Purkat, Wilma Randolph, Dennis Rossiter, Ellen Warren, Charles Watt, Bessie White, Beth Carvell, Dale Bezzant

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



SERVICE AWARDS!
Joe Purkat
17 years
Sue Springmeyer
6 years
Julie Bingham
2 years



HALLOWEEN WORD SEARCH

T S W F I E Z A E J A Y S A E G C H
 O R E D I P S G F K A Q Q R T N K E
 G D V I M A R K T H U D J G P A A E
 G S T R L K O M R I B A T W O W C K
 A H B L S W F O S O P A X N O O P A
 M R I L L L A H Y B R L O R C F H N
 Y J C Q I K Y R G M V O M K Y N T S
 G Q E U T Y A E C M C Y R N S X O S
 F J B G H B T T J O P O U E T A M I
 E Q F Q E J F T C M A N O E Y R D H
 B U W V R L N I Q C R Q C W E Q Y C
 E T I B Z J P K H V Q O X O K M Z Y
 S P O O K Y Z S P X T Z W L I P R V
 O C R E E P Y I T T H D J L C C R G
 G Z F Q Q L Q H S V Y Y S A A L X T
 U R I H V C M G R T D L L H H E A V
 V E X B E T H C Y T Z N M F K R M W
 P A N V J P W Q J T O M B Y V E Y V



- CREEPY
- CRAWLIES
- SPIDER
- MOTH
- SNAKE
- FLY
- COCKROACH
- RAT
- MAGGOT
- MEALWORM
- BAT
- COCOON
- SPOOKY
- SQUISHY
- SLIMY
- WORMY
- CLAW
- SLITHER
- BITE
- HISS
- SKITTER
- GNAW
- HALLOWEEN

Chicken Scratch NY

SENIOR MENU FOR OCTOBER 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>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><u>970-677-2787</u></p>		<p>1</p> <p>CHICKEN ENCHILADAS POSOLE/PINTO BEANS LETTUCE/TOMATO BANANA/JUICE</p> <p>CAL 790 CARBS 98 FAT 20 PRO 57 CHO 125 SOD 1060 FIBER 14</p>
<p>5</p> <p>TACO SALAD MEXICAN SALSA/TORTILLA CHIPS TOMATOES/CHEESE/LETTUCE PEARS</p> <p>CAL 1040 CARB 102 FAT 52 PRO 48 CHO 140 SOD 1090 FIBER 12</p>	<p>6 SENIOR CHOICE</p> <p>SPAGHETTI GREEN BEANS/VEGGIE SALAD ITALIAN GARLIC BREAD PEACHES</p> <p>CAL 830 CARB 104 FAT 30 PRO 39 CHO 85 SOD 390 FIBER 11</p>	<p>8</p> <p>STUFFED CHICKEN BREAST SCALLOP POTATOES SPINACH PEACH COBLER</p> <p>CAL 308 CARB 125 FAT 20 PRO 62 CHO 45 SOD 860 FIBER 11</p>
<p>12</p> <p>PORK PENNE PASTA ITALIAN VEGGIES/BREAD STICKS SUMMER SQUASH SALAD PEACHES</p> <p>CAL 760 CARB 104 FAT 25 PRO 35 CHO 50 SOD 890 FIBER 11</p>	<p>13</p> <p>BEEF STEW SPINACH SALAD BISCUITS FRUIT SALAD</p> <p>CAL 770 CARB 107 FAT 18 PRO 47 CHO 90 SOD 690 FIBER 7</p>	<p>14</p> <p>CRUNCHY BAKED FISH BROWN RICE PILAF MIXED VEGGIES/BANANA CREAMY COLESLAW</p> <p>CAL 530 CARB 77 FAT 10 PRO 36 CHO 70 SOD 500 FIBER 9</p>
<p>19</p> <p>HONEY BBQ CHICKEN MASHED POTATOES CALI VEGGIES/SALAD ORANGE WEDGES CHOCOLATE CAKE/ICE CREAM</p> <p>CAL 1000 CARB 164 FAT 29 PRO 24 CHO 100 SOD 660 FIBER 7</p>	<p>20</p> <p>HOT TURKEY SANDWICH MASHED POTATOES/GRAVY TOSSED SALAD/PEAS PEACH COBLER</p> <p>CAL 940 CARB 106 FAT 39 PRO 44 CHO 95 SOD 780 FIBER 9</p>	<p>22 BIRTHDAY DINNER</p> <p>MEATLOAF MASHED POTATOES/ GRAVY PEAS/WHEAT ROLL FRESH MIXED FRUIT</p> <p>CAL 1170 CARB 146 FAT 41 PRO 57 CHO 245 SOD 540 FIBER 12</p>
<p>26</p> <p>CHICKEN CACCIATORE TOSSED SALAD WHOLE WHEAT ROLL APPLE</p> <p>CAL 1020 CARB 120 FAT 37 PRO 53 CHO 185 SOD 760 FIBER 9</p>	<p>27</p> <p>HAM SCALLOP POTATO CASSEROLE SPINACH/WHEAT ROLL PEACHES</p> <p>CAL 640 CARB 88 FAT 20 PRO 33 CHO 45 SOD 860 FIBER 11</p>	<p>29</p> <p>BEEF CHUCKWAGON STEAK MASHED POTATOES/GRAVY SALAD/GARBANZO BEANS RAISIN CUP/PINEAPPLE ORANGE CAKE/ICE CREAM</p> <p>CAL 1230 CARB 126 FAT 62 PRO 47 CHO 120 SOD 1380 FIBER 9</p>

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

All Meals Served With 2% Milk



Top 10 Healthy and Budget-Friendly Foods

You may think healthy foods are costly. But there are many healthy foods that can fit into your budget. The ten foods listed in this handout will keep your wallet and waistline in check.

Beans

- Beans provide fiber, protein, iron, zinc, and calcium. Dry beans are cheaper than canned. Remember to soak and cook dry beans before using them. Canned beans are a good option when you do not have time to soak dry beans. To cut back on salt, rinse and drain canned beans before using them. Canned beans can last up to a year in the pantry. Save more money by purchasing beans in bulk.

- **Cost:** Canned beans are about 13 cents per $\frac{1}{4}$ cup serving. Dried beans cost around 9 cents per ounce.

Bananas

- Bananas provide vitamin B-6, fiber, potassium, and vitamin C. They make an easy grab-and-go snack or quick topping for yogurt and cereal.

- **Cost:** About 36 cents each.

Peanut Butter

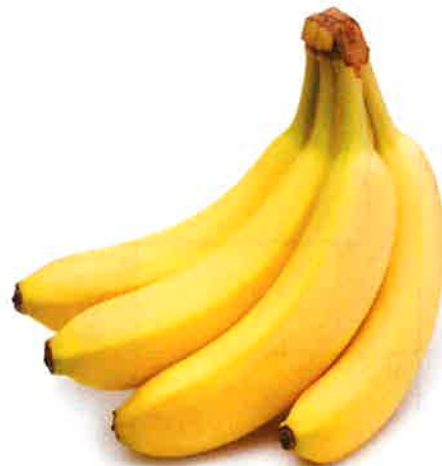
- One tablespoon of crunchy or smooth peanut butter has around 95 calories, 4 grams of protein, and 8 grams of heart-healthy unsaturated fat. Choose natural peanut butter, if possible. It does not have added sugars or fats.

- **Cost:** Two tablespoons of peanut butter costs about 27 cents.

Yogurt

- Plain low-fat or nonfat yogurt is a source of calcium and protein. It can make a good substitute for sour cream or mayonnaise when you want to cut fat in recipes. To save money, buy yogurt in large tubs instead of single serving containers.

- **Cost:** Six ounces of yogurt costs about 60 cents.



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 - OCTOBER 15
QUILTING CLUB - OCTOBER 14 & 28
9:00 A.M. - 3:00 P.M.
ADVISORY BOARD - OCTOBER 10TH @ 1:00 P.M.

**THE WALKING PATH IS OPEN
WE WILL PICK UP THOSE NEEDING TRANSPORTATION ON
MONDAY, WEDNESDAY AND FRIDAY IF REQUESTED.**
970-677-2787
**DOLORES COUNTY SENIOR SERVICES IS OPEN MONDAY
THROUGH FRIDAY 8:30 A.M. - 4:30 P.M.**

**DOLORES COUNTY SENIOR SERVICES HAS DENTAL AND
VISION VOUCHERS AVAILABLE - CALL AUDREY
970-677-2787 FOR MORE INFORMATION**

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

6	7					12
13	14					19
20	21					26
27	28	Lunch 12 PM				



Director's Corner

Happy October, I hope this newsletter finds everyone happy and healthy.

I am currently working with Dolores County Public Health to address the re-opening of our Center to congregate meals and other activities. In doing so we are contacting several epidemiologist and other Senior Centers throughout Colorado to ensure that when we are open everyone remains safe and healthy.

What is a coronavirus? Coronaviruses are a large family of viruses that usually cause mild respiratory illnesses such as the common cold. Some coronaviruses have caused more severe illness, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). SARS-CoV-2 is a new coronavirus that was not identified in humans before December 2019.

What are common symptoms of COVID-19 illness? Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. It takes 2 to 14 days after a person gets the virus in their body to become ill. Novel coronavirus is new, and we are learning more each day about symptoms it causes and how long it takes for people to become sick.

How does the virus spread? Most often, it is spread from person-to-person via respiratory droplets produced when an infected person coughs or sneezes, similar to how flu and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It's currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Often, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest) but there is some indication of spread by individuals who are not exhibiting typical symptoms.

Who should seek medical evaluation for COVID-19?

- Ill with a fever, cough, or difficulty breathing AND have traveled from an affected area in the last 14 days
- Ill with fever, cough, or difficulty breathing AND have been identified by Public Health as a recent close contact of a confirmed COVID-19 case or had recent close contact with someone who is being evaluated for COVID-19 infection.



DOLORES COUNTY SENIOR SERVICES

970-677-2787



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Cinnamon Apple Tea

This is a fantastic apple based tea. You won't need tea bags for this recipe as the apple is the core of the tea.

Ingredients:

- ½ teaspoon honey
- ½ teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- Pinch of nutmeg
- 1 cup water (boiling)



Directions:

Dice the apples and mash lightly with a fork in the bottom of a mug. Add the rest of the dry ingredients on top. Pour the 1 cup of boiling water over the apples and spices and stir. Allow to simmer in the boiling water for about 5 minutes then top with whipped cream and enjoy.

**MEDICARE PART D
 PRESCRIPTION
 DRUG ENROLLENT BEGINS
 OCTOBER 15TH, ENDS
 DECEMBER 31ST
 CALL 970-677-2787
 TO SET UP AN APPT.**



**YARD SALE OCT 3, 2020
 8:00AM-2:00PM
 LOCATED AT THE PIONEER
 CENTER
 WE DO NOT ACCEPT APPLI-
 ANCES AND CLOTHES**