March 2018 Newsletter and Calendar

Montezuma County Senior Services
107 N Chestnut St.
564-2772-564-2775

Next commodity distribution is set for Saturday March 3rd

CORTEZ SENIOR CENTER 564-2776 or 564-2772

Don’t forget to make your meal reservations by calling 564-2776 (if no answer leave a message) by 9:00am on the day you plan to come or sign the tablets on the desk in the Senior Center at least a day ahead. You can also call this number for information on home delivered meals.

The Cortez Senior Center is located at 107 North Chestnut and is open daily from 8:30-4:30. A library with a book exchange, puzzles, pool, dominoes, and cards are just a few of the activities available. Cards are played after meals daily. Canasta on Monday after lunch. Bingo on Tuesday from 3:00pm-4:30pm. Computer classes on Wed. from 10:00am-12:00pm. Duplicate Bridge on Wednesday afternoon after lunch and Bridge lessons on Thurs. from 1pm-3pm The Golden Age 55+Club Dance is on Thurs. from 6:30pm-9:00pm. Note: The new exercise schedule is as follows: Dolores: Monday 10:30a.m.-11:30a.m. & Wednesday-10:30am-11:15am with Stretch/low impact chair exercise. Cortez: Friday 10:30am-11:30am with Stretch/low impact chair and standing exercise.

Check out the Senior Services Calendar to find out about special events, meal times and other activities at the Cortez Senior Center!

Cortez Senior Services are certified Ship Counselor’s for Medicare and certified counselors for SMP-Medicare fraud. For an appointment call 564-2772 or 564-2775
On Friday March 23rd the Cortez Senior Center will celebrate all March Birthdays. If you have a birthday in March let Joyce know and plan to attend this celebration in your honor. To help you celebrate you will receive a gift certificate. Bring your friends and neighbors and come join us. Entertainment will be provided.

Remember that we are celebrating our monthly birthdays on the 4th Friday of the month now.

DOLORES SENIOR CENTER  882-7337

Senior meals are served on Mon. and Wed at noon at the Community Center located at 400 East Riverside. The center is open from 10:00am-2:00pm. Reservations are required the day before the meal. For more information on activities or for home delivered meals call 882-7337. Blood pressures are checked every Wed. of the month from 10:30am.-12:00pm.

MANCOS SENIOR CENTER  533-7721

The Senior Nutrition meals are served on Mon, Wed, and Fri in the basement of the Masonic Lodge at 141 East Montezuma. The center is open from 10:00-2:00. The meals are served at noon. Reservations are required the day before. For home delivered meals call the center. Bingo is played on Wed. from 10:00 A.M.-11:45 A.M.

Blood pressures are checked on every Monday of the month. Birthdays are celebrated on the 3rd Fri.

Note: Mancos will start doing their own distributions for commodities starting in January 2018 therefore they will no longer need to come to Cortez to register.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>5. Canasta after lunch on Mondays.</td>
<td>6. Free balance classes 8:00 am-9:30am Painting Club Tues. 10:00 am -12:00 pm Bingo 3pm-4:30pm Bring White Elephant for prize.</td>
<td>7. Computer Classes 10:00am-12:00pm Bridge and other card games played after lunch</td>
<td>1. NEW! Tai Chi classes with Donna Hicks at 1pm Donation appreciated *Balance Classes 8:00am-9:30am *Bridge Lessons 1:00pm *Golden Age 55+ Club Dance 6:30pm-9:00pm</td>
<td>2. Hospital staff here most Fridays 11:30am-12:00pm to check blood pressures. Exercise class 10:30 -11:30am Stretch/low impact chair &amp; standing</td>
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<td>12. Canasta after lunch on Mondays.</td>
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<td>21. Computer Classes 10:00am-12:00pm Bridge and other card games played after lunch</td>
<td>21. Computer Classes 10:00am-12:00pm Bridge and other card games played after lunch</td>
<td>16.&quot;Nail It Down&quot; Foot Care Clinic from 8:30am to 11:30am. See flyer in newsletter for more info. Exercise class 10:30 -11:30am Stretch/low impact chair &amp; standing. St Patrick's Day Party</td>
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<td>26. Canasta after lunch on Mondays.</td>
<td>27. Free balance classes 8:00 am-9:30am Painting Club Tues. 10:00 am -12:00 pm Bingo 3pm-4:30pm Bring White Elephant for prize.</td>
<td>28. Computer Classes 10:00am-12:00pm Bridge and other card games played after lunch</td>
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<td>23. March Birthday Party. Today we will celebrate with our Seniors that have a birthday in March with a gift certificate, live music and a good time.</td>
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<td>29. Line Dancing from 10:00-11.00 On 2nd, 4th, and 5th Thurs. *Balance Classes 8:00am-9:30am Tai Chi classes at 1pm. *Bridge Lessons 1:00pm *Golden Age 55+ Club Dance 6:30pm-9:00pm</td>
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Good Friday
There is a one card per household limit if you have more than one dwelling at your address you must bring in proof of two dwellings. Such as 2 light bills. You must BRING A COPY OF YOUR PROOF OF 2017 INCOME to be left at the office. We will not be making copies for you. You must also bring PROOF of Physical address, Social Security card and picture ID for the head of the household only. If you don’t bring the correct information you will NOT RECEIVE A CARD THAT DAY. You must have a Dolores card if you want to pick up your commodities in Dolores.

REGISTRATION PLACE AND TIME:

Cortez: Wednesday’s at 107 N Chestnut from 9:00 A.M - 11:00 P.M

Dolores: Wednesday’s at 400 East Riverside from 9:00 A.M-11:00 AM

GROSS MONTHLY INCOME:

1 in the family $1,800.00  
2 in the family $2,426.00  
3 in the family $3,051.00

4 in the family $3,677.00  
5 in the family $4,303.00  
6 in the family $4,929.00

(For additional family members add $626.00 per person)

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write

USDA DIRECTOR
Office of Civil Rights
Room 326-W Whitten Building
1400 Independence Avenue, SW
Washington, DC 20250-9410
Or Call (202)720-5964 (voice and TDD)

USDA is an equal opportunity provider and employer

Any one that would be interested in helping with the distribution please call the office at 564-2772

The Emergency Food Assistance Program (TEFAP) provides food assistance to people in need through the distribution of U.S. Department of Agriculture (USDA) commodities. The foods are distributed free of charge on a monthly basis to qualifying recipients.

Last year, Care and Share’s TEFAP program distributed over 4 million pounds of food. Care and Share administers the TEFAP program in all 31 southern Colorado counties, providing hunger relief to over 25,000 people.

This Institution is an equal opportunity provider.
The Commodity Supplemental Food Program (CSFP) is a USDA supplemental food program targeting low-income senior citizens age 60 and over. To qualify for CSFP benefits, applicants must provide proof of income and Colorado residency.

Eligible participants receive a monthly food package designed to improve the nutritional status of this vulnerable group. The package includes canned fruits and vegetables, canned meats, pasta or rice, dry beans or peanut butter, fruit juices, dry cereals, cheese, powdered milk, and cereal. Care and Share augments the nutritional value of these packages by adding items such as fresh produce and bread whenever possible.

Care and Share is able to provide CSFP benefits to 2,400 low-income seniors every month by partnering with 30 organizations throughout southern Colorado such as senior centers, churches, and food pantries.

Call Linda: 970 564-2772 for more information and to obtain applications.

**U.S.D.A Commodity Distribution Schedule**

January 6th  Feb 3rd  March 3rd  April 21st  May 5th June 16th

These are all Saturday distributions.

**YOU MUST BRING YOUR OWN BOX LARGE ENOUGH FOR YOUR COMMODITIES. WE CAN NOT SUPPLY ENOUGH BOXES FOR EVERYONE.**

Also your Commodity Cards. THANK YOU

**Cortez:** Fairgrounds 30100 Hwy 160 8:00A.M. –8:30A.M.
**Dolores:** Fire Hall 45 Railroad Ave 7:00 A.M- 8:00 A.M.

The Dolores Distributions will be given to clients in their cars this year. You will stay in your vehicle to sign in and then the commodities will be put in the vehicle.

**Questions:** Call 564-2772

Thank-you to all those volunteers who stand out in the cold and heat to help make these distributions possible.
“Nail it Down”
Senior Wellness
Foot Care Clinics

Foot Care Clinics include:

- Foot Inspection
- Toe Nail Trim
- Toe Nails Filed

Where: Montezuma County Senior Annex
Appt. Times: 8:30 a.m. – 11:30 a.m.

When: 2018 Schedule (3rd Friday of Month)

January 19th  February 16th
March 16th   April 20th
May 18th    June 15th
July 20th  August 17th
September 21st October 19th
November 16th December 21st

Cost: $10 fee per appointment

Note: Individuals with diabetes, neuropathy, peripheral vascular disease, etc. will be referred to a podiatrist, as these are services we are not qualified to provide.

A community service project brought in collaboration of the Montezuma County Health Department, Montezuma & Dolores County Senior Services and funding from the Senior Services Foundation and Dr. Lake of Four Corners Foot and Ankle
Medicare Fraud occurs when a person or company knowingly tricks Medicare. They do this intentionally to receive inappropriate payment from the program.

Medicare Abuse occurs when providers seek Medicare payment they don’t deserve but they have not knowingly or intentionally done so. Abuse can also involve billing for unsound medical practices.

What is the difference?
The main difference between fraud and abuse is intent – did they do it knowingly or not? Only the authorities may be able to answer that question. Whether it is fraud or abuse, it still wastes billions of dollars every year. It needs to be reported.

Examples of Fraud and Abuse

✓ Billing for services, supplies, or equipment that were not provided
✓ Calling Medicare beneficiaries and asking for their Medicare number, saying it is needed to get a new Medicare card or keep their Medicare benefits
✓ Trying to get a Medicare number in exchange for “free” services
✓ Billing for services different than what was provided (to get a higher payment)
✓ Billing for medically unnecessary services or supplies
✓ Billing for excessive medical services or supplies

Medicare Fraud and Abuse Affects Everyone
Medicare loses billions of dollars to improper claims every year. This affects everyone by wasting billions of taxpayer dollars. This also affects YOU. False information can end up on your medical records, leading to improper medical care later. You may even be denied services you need and deserve.
Help Stop Medicare Fraud

DO:

- Ask questions. You have the right to know everything about your care, including how much it costs.
- Keep a record of the dates of Medicare services received. Using your Personal Health Care Journal (available from your local SMP) is an ideal way to do so.
- Report suspected instances of fraud, such as to your local SMP.
- Review your Medicare Summary Notices (MSNs) and Explanations of Benefits (EOBs):
  - Did you receive the service or the product?
  - Did your doctor order this service or product?
  - Were you billed for a service or product more times than you received it?
  - Were the services on your statement related to your condition?

DON’T:

- Don’t give out your Medicare number to anyone who asks. Only your doctor or your other Medicare providers should need it.
- Don’t give your Medicare number to telephone callers or door-to-door solicitors.
- Don’t accept “free” medical services in exchange for your Medicare or Social Security number.

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare error, fraud, and abuse; DETECT potential error, fraud, and abuse; and REPORT your concerns. SMPs use trained senior volunteers to help educate and empower seniors in the fight against health care fraud. Your SMP can help you with questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

To contact the Colorado Senior Medicare Patrol,
email DORA_SeniorMedicarePatrol@state.co.us
or call 1-800-503-5190.

Funded by the U.S. Administration for Community Living (ACL), Administration on Aging (AoA), Grant Number 90NP0001
President’s Budget Targets Critical Programs for People with Medicare

This week, President Trump submitted his annual budget request to Congress. The administration’s plan includes legislative proposals and detailed funding recommendations for Fiscal Year 2019 (FY19) which runs from October 1, 2018 through September 30, 2019.

While the President’s budget request is not binding on Congress and does not directly lead to any program or funding changes, it does outline the administration’s priorities and serves as a roadmap for future rulemaking and legislative action. It is, at its core, a statement of values. It’s incredibly troubling, then, that this year’s budget blueprint again prioritizes deep cuts to programs critical to the health and economic security of older adults and people with disabilities—including Medicare, Medicaid, and the Affordable Care Act.

The President’s FY19 budget recommends more than $490 billion in Medicare cuts over 10 years. If these changes were implemented, people with Medicare would face additional, significant barriers to accessing care. Not only would the budget request curtail beneficiary appeal rights and cause some to progress through the prescription drug "donut hole" more slowly, it would also expand prior authorization in traditional Medicare and incentivize health care providers to stint on care for those with ongoing, chronic conditions. Through these and other changes, the administration’s proposal largely fails people with Medicare and their families.
While the budget does seem to acknowledge the problems of Medicare beneficiaries with the highest prescription drug costs, it does nothing to address the underlying problem of exorbitant drug prices, and would actually worsen affordability for many Medicare beneficiaries, half of whom live on less than $26,000 a year.

In addition, the budget would eliminate the Medicare State Health Insurance Assistance Programs (SHIPs). SHIPs provide one-on-one, unbiased, personalized counseling to Medicare beneficiaries, helping them understand their rights and navigate their coverage options. With over 3,000 state and local offices, SHIP programs are critical to meeting the ever-growing demand for counseling and assistance at the community level. Gutting the program would leave millions of older adults, people with disabilities, and their families with nowhere to turn for personalized help.

The budget's recommended changes would be particularly devastating for the 11 million people with Medicare who also rely on Medicaid for their health and long-term care needs. The budget would end Medicaid as we know it by slashing more than $1.4 trillion over the next decade and transforming the program into a block grant or per capita cap system. And the budget renews the administration's efforts to repeal the Affordable Care Act, ending health coverage for millions and threatening access for millions more.

In short, this budget is full of damaging policies that would make it harder for people with Medicare to meet their basic needs. We urge Congress and the administration to reject this flawed budget, and to instead pursue bipartisan solutions that prioritize the health and well-being of all Americans.

Read our statement with the Center for Medicare Advocacy and Justice in Aging.

The Medicare Rights Center is in the process of analyzing the impact of the President's budget request on people with Medicare and their families. Stay tuned for updates!

*This article made possible by generous support from the Retirement Research Foundation.*
Pioneer Jubilee
at
4 States Ag Expo
Honoring our Pioneer Families

Thursday, March 15, 2018
11:00 am - 1:00 pm
Main Fairgrounds Building

Featuring Favorite Local Musicians, Fun & Fellowship
Southwest Cowbelles Cake Walk
Gathering Seniors from Montezuma & Dolores Counties for a Great Show!
Your MC ~ Linda Carter

Sponsored By
The Valley Inn ~ Vista Grande Inn ~ Cottonwood Inn Rehab
"Where Quality in Life is Most Important"
EATING WELL FOR ONE SERIES: BBQ CHICKEN SANDWICH
APPROVED BY DREW SCHELLING, RDN

Toss leftover cooked chicken with barbecue sauce and crunchy carrots, for a quick and healthy lunch.

- ½ cup shredded cooked chicken
- ¼ cup shredded carrots
- 2 tablespoons barbecue sauce
- 2 teaspoons light ranch dressing
- 1 small whole-wheat sandwich bun
- 1 leaf romaine lettuce

Directions: Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.

Nutrition Facts: 334 calories; 7 g fat (2 g sat); 5 g fiber; 41 g carbohydrates; 26 g protein; 42 mcg folate; 63 mg cholesterol; 17 g sugars; 5.524 IU vitamin A; 5 mg vitamin C; 80 mg calcium; 2 mg iron; 793 mg sodium; 501 mg potassium, exchanges: 2½ starch, 3 lean meat, 1½ fruit


13 Ways to add fruits and vegetables to your diet

1. Know your needs. Most guidelines recommend a minimum of 2 cups of vegetables a day. More is better. To calculate your fruit and vegetable needs go to www.fruitsandveggiesmatter.gov.

2. Set a goal. Start by eating one extra fruit or vegetable a day.

3. Be sneaky. Adding finely grated carrots or zucchini to pasta sauce, meatloaf, chili or stew is one way to get extra servings of vegetables.

4. Try something new. It’s easy to get tired of bananas, apples, and grapes. Try Kiwi, mango, and pineapple.

5. Blend in. A fruit smoothie is a delicious way to start the day or tide you over until dinner.

6. Be a big dipper. Try dipping vegetables into hummus or another bean spread, some spiced yogurt, or a bit of ranch.

7. Spread it on. Try mashed avocado as a dip with diced tomatoes and onions. Pureed cooked spinach is a delicious dip.

8. Start off right. Ditch your morning donut for an omelet with peppers, mushrooms, onions.

9. Drink up. Having a 6-ounce glass of low-sodium vegetable juice, instead of soda, gives you a full serving of vegetables.

10. Give them the heat treatment. Cut up onions, carrots, zucchini, asparagus, turnips. Coat with oil, add a dash of balsamic vinegar and roast at 350 degrees until done.

11. Let someone else do the work. Food companies offer ready-made salads.

12. Improve on nature. Jazz up vegetables with spices, nuts, balsamic vinegar, olive oil. Even a dash of parmesan cheese can liven up green beans.


- Provided by Healthbeat
THE MANY ROADS OF LIFE AND A FEW WORDS OF WISDOM.

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:
1) No matter how hard you try, you can't baptize cats.
2) When your Mom is mad at your Dad, don't let her brush your hair.
3) If your sister hits you, don't hit her back. They always Catch the second person.
4) Never ask your 3-year old brother to hold a tomato.
5) You can't trust dogs to watch your food.
6) Don't sneeze when someone is cutting your hair.
7) Never hold a Dust-Buster and a cat at the same time.
8) You can't hide a piece of broccoli in a glass of milk.
9) Don't wear polka-dot underwear under white shorts.
10) The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:
1) Raising teenagers is like nailing Jell-O to a tree.
2) Wrinkles don't hurt.
3) Families are like fudge...mostly sweet, with a few nuts.
4) Today's mighty oak is just yesterday's nut that held its ground.
5) Laughing is good exercise. It's like jogging on the inside.
6) Middle age is when you choose your cereal for the fiber, not the toy.
## St. Patrick’s Day Word Search

- Shamrock
- Blarney
- Leprechaun
- Rainbow
- Mischief
- Celebrate
- Clover
- Coins
- Green
- March
- Irish
- Legend
- Gold
- Tradition
- Luck

Created by superfriesandteacups.com / Graphics from mycutegraphics.com
WORD SEARCH PUZZLE

Spring Flower Word Search

Try to find all of the hidden spring flower related words in the puzzle below. Remember, words can be diagonal, vertical, horizontal, forward or backwards.

Bluebells  Buttercup  Crocus  Daffodil
Freesia  Hyacinth  Iris  Lady’s Slipper

Lilac  Lily  Narcissus  Orchid
Poppy  Snowdrops  Tulips  Violets