

Welcome to Evans Senior Center

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Evans Senior Center

We are located in the Evans Community Complex

1100 37th Street
Evans, CO 80620

Phone970-475-1125

Lunch Reservations.....
970-475-1132

More Information!

Come check out our website for more activities and information about what is happening in the City of Evans.

www.evanscolorado.gov

October 2016



Foot Care Clinic

Did you know that the Colorado Visiting Nursing Association Foot Care Clinic is back at Evans? Routine medical foot care is the easiest, most efficient and inexpensive way to prevent wounds and amputation and ensure quality of life. Years of wear and tear are hard on feet. So is bad circulation, disease, poorly trimmed nails, and wearing shoes that don't fit. Foot problems can be the first sign of serious medical conditions such as heart disease, diabetes, nerve and circulatory disorders. Poor blood flow to the feet can cause scrapes and bruises that become infected more easily. Diminished feeling in the feet can cause falls and injuries.

\$35 per visit but if you have insurance through Kaiser, it may be free!

1 hour first appointment
30 minutes appointments after

Sign up at the Recreation Front Desk.

<http://vnacolorado.org/medical-foot-care-program/>

Flu Shots

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.

Actions to take this flu season:

1. Get your flu shot

Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu. Flu vaccines are often updated each season to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza.

2. Practice good health habits

Including covering coughs, washing your hands, and staying away from people who are sick.

3. Seek medical advice quickly if you develop flu-like symptoms

To see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older.

4. Get pneumococcal vaccines

People who 65 years and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

Pneumococcal pneumonia is an example of a serious flu-related complication that can cause death. You can get the pneumococcal vaccine your provider recommends when you get the flu vaccine.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Taken from the Centers for Disease Control and Prevention

<http://www.cdc.gov/flu/about/disease/65over.htm>

Meet the Staff

Kristen Debo

Recreation Coordinator

I was born and raised in Hawai'i and moved to Colorado in 2004. I graduated from the University of Northern Colorado in 2008 with a B.S. in Dietetics. I started with the City of Evans in a part time capacity working with the after school program in 2007 and then moved to the Recreation front desk in May of 2009.

I am married and have two beautiful girls– Maelle, 6 and Aeliana, 3 months. Maelle is a 1st grader at Windsor Charter Academy and is swimming and playing volleyball this fall season. My husband, Jon Wolf, sells oilfield supplies for WB Supply here in Evans. We also have two dogs– Moose, a 5 year old Mastiff and Bear, a 10 month old hound mix. Between running from practice to game and trying to clean up dog hair, we have a busy household.

I am very excited for this new opportunity to work with the Seniors. I know there is a lot of work to be done to get an increase in participation for our center, but it is a challenge that I am looking forward to. Together, I know that we can build and sustain this center for years to come.



Candy Corn Hot Chocolate

Taken from *The Magical Slow Cooker*

www.themagicalslowcooker.com/2015/10/05/candy-corn-hot-chocolate/



Prep time: 5 mins | Cook time: 2 hours | Total time: 2 hours 5 mins

INGREDIENTS

- 1/2 gallon whole milk
- 1, 11-oz bag white chocolate chip morsels
- 2 cups candy corn
- Whipped cream, marshmallows, or ghost “peeps” for serving

INSTRUCTIONS

1. In a 3-quart or larger slow cooker, add the milk, white chocolate chips, and candy corn. Cover and cook on HIGH for 2 hours, stirring every 30 minutes.
2. Serve topped with whipped cream, marshmallows, or ghost “peeps”.
3. Enjoy!

Pumpkin Seeds

Taken from *Home Cooking Memories*

www.homecookingmemories.com/perfect-pumpkin-seeds/



INGREDIENTS

- Seeds from 2 large pumpkins
- 1/2 teaspoon Lawry’s Seasoned Salt
- 1/2 tablespoon olive oil
- Dash of salt

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Scrap out and remove seeds from the two pumpkins. Wash and clean the seeds.
3. Soak the clean seeds in a bowl full of water for 30 minutes on the kitchen counter or overnight in the refrigerator. Drain the seeds.
4. Fill a pot with water and a dash of salt. Bring the water to a boil and place seeds into the boiling water. Boil gently for 10 minutes.
5. Drain the seeds and place in an empty bowl. Toss with olive oil.
6. Lay seeds on a cookie sheet and sprinkle with Lawry’s Seasoned Salt. Place in oven and turn over every 10 minutes making sure they don’t burn. Seeds are done after about 40 minutes or when they become firm. Make sure there are no dark spots on the seeds.
7. Cool and enjoy!

PERFECT PUMPKIN SEEDS

HomeCookingMemories.com

The Top 10 Financial Scams Targeting Seniors

Taken from The National Council on Aging

<https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/>



Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Fraud Alert Cont.

1. Medicare/health insurance scams

In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

2. Counterfeit prescription drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s.

3. Funeral and cemetery scams

In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts.

Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

4. Fraudulent anti-aging products

Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business.

5. Telemarketing/phone scams

With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

6. Internet fraud

While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers.

7. Investment schemes

From pyramid schemes like Bernie Madoff's (which counted a number of senior citizens among its victims) to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don't even understand, investment schemes have long been a successful way to take advantage of older people.

8. Homeowner/reverse mortgage scams

As opposed to official refinancing schemes, however, unsecured reverse mortgages can lead property owners to lose their homes when the perpetrators offer money or a free house somewhere else in exchange for the title to the property.

9. Sweepstakes and lottery scams

Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

10. The grandparent scam

Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

If you suspect you've been the victim of a scam...

Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and [Adult Protective Services](#). To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: www.eldercare.gov.

October Menu

- 3 Hamburger on a bun, lettuce, tomato, onion, mustard, ketchup, creamy red potato salad, melon mix, dried fruit and nut cup
- 4 Beef tips over whole wheat pasta, peas and pearl onions, apple and orange wedges, crunchy fruit snack mix
- 5 Krautburger, roasted red potatoes, carrots, broccoli and red pepper medley, cinnamon applesauce
- 6 Tomato bisque soup, whole wheat crackers, tuna salad sandwich on wheat bread, lettuce and tomato, bean salad, lemon coconut bar
- 7 Roast turkey with gravy, apple cranberry dressing, mashed potatoes with gravy, pineapple tidbits and blueberries
- 10 Roast beef with gravy, baked potato and sour cream, orange-almond spinach salad, sugar-free cherry gelatin with mixed fruit, sunny lemon-raspberry muffin
- 11 Cold roast beef sandwich on dark rye with lettuce, tomato, mustard, and mayonnaise, southwestern coleslaw, melon salad, sunny lemon-raspberry muffin
- 12 Baked chicken and noodles, spinach and garbanzo bean salad with raspberry vinaigrette, apple, orange, and grapes, and Sandy's cookie
- 13 Barbecue pork on a wheat bun, oven browned potatoes, asparagus, corn and roasted red pepper blend, pears with raspberries
- 14 Beef and bean soft taco with pico de gallo, lettuce and tomato, light sour cream, mexicorn, melon medley, crispy rice treat with peanuts and cranberries
- 17 Crunchy over baked chicken, lima bean salad, melon with pineapple, morning glory muffin
- 18 Salmon in dill sauce, roasted red potatoes, lima bean salad, fruit mix with red grapes, chocolate zucchini muffin
- 19 White chicken chili, autumn apple coleslaw, fiesta cornbread, kiwi
- 20 Salisbury steak, roasted red potatoes, peas with pearl onions, wheat pumpkin roll, orange slices
- 21 Chicken with apples, brown rice pilaf, Harvard beets, orange, apricot, banana mix, oatmeal cookie
- 24 Chicken breast on a wheat bun with lettuce, tomato, and mayonnaise, snow peas with red peppers, cucumber-tomato mint salad, Sandy's cookie
- 25 Vegetable soup, whole wheat crackers, egg salad on multigrain bread, lettuce and tomato, peaches and strawberries
- 26 Greek-style meatballs, parsley buttered egg noodles, outasight salad, orange wedges, banana muffin
- 27 Lemon baked cod, tartar sauce with lemon, quinoa pilaf, vegetable medley, autumn apple coleslaw, banana muffin
- 28 Shepherd's pie, brussels sprouts and malt vinegar, pineapple tidbits with red grapes, wheat roll
- 31 Beef stew, pear-cranberry-cabbage coleslaw, cinnamon roll, mandarin oranges and pineapple, Halloween cookie

October

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---------------------------------|--|--|----------|
| | | | | | | 1 |
| 2 | 3 Make lunch reservation by 9am Medicare Seminar 11am-12pm and 2-5pm | 4 SilverSneakers 8:30-9:30am Librarians in 9:45-11am Lunch 11am Tai Chi 2:30-3:30pm | 5 Cards in Game Room 12-4pm | 6 Make lunch reservation by 9am SilverSneakers 8:30-9:30am Tai Chi 2:30-3:30pm | 7 Lunch 10:30am BINGO after lunch | 8 |
| 9 | 10 Make lunch reservation by 9am | 11 SilverSneakers 8:30-9:30am Flu Shot Clinic 9-11am Foot Care Clinic 9am-12pm Librarians in 9:45-11am Lunch 11am Tai Chi 2:30-3:30pm | 12 Cards in Game Room 12-4pm | 13 Make lunch reservation by 9am SilverSneakers 8:30-9:30am Tai Chi 2:30-3:30pm | 14 Lunch 10:30am | 15 |
| 16 | 17 Make lunch reservation by 9am | 18 SilverSneakers 8:30-9:30am Librarians in 9:45-11am Lunch 11am Tai Chi 2:30-3:30pm | 19 Cards in Game Room 12-4pm | 20 Make lunch reservation by 9am SilverSneakers 8:30-9:30am Tai Chi 2:30-3:30pm | 21 Lunch 10:30am BINGO after lunch | 22 |
| 23 | 24 Make lunch reservation by 9am | 25 SilverSneakers 8:30-9:30am Librarians in 9:45-11am Lunch 11am Tai Chi 2:30-3:30pm | 26 Cards in Game Room 12-4pm | 27 Make lunch reservation by 9am SilverSneakers 8:30-9:30am Tai Chi 2:30-3:30pm | 28 Lunch 10:30am | 29 |
| 30 | 31 HALLOWEEN Make lunch reservation by 9am | | | | | |



Colorado Talking Book Library

The Colorado Talking Book Library is a free service for all Colorado residents who are unable to read standard print. The Colorado Talking Book Library has over 35,000 audio books, 7,000 braille, and 22,000 large print books with new titles added each month. There are also downloadable options and magazines available.

This service is not just for blind people but for anyone who has difficulty reading a standard book, those who cannot hold a book or turn the pages, those with a learning disability, etc. Typical conditions which meet the eligibility requirement include, but are not limited to, blindness, macular degeneration, MS, Parkinson's, arthritis, stroke, dyslexia, and much more. The Colorado Talking Book Library serves patrons of all ages and has books for a variety of tastes and interest levels.

The Colorado Talking Book Library operates primarily via the postal system. Much like Netflix, you create a request list and the library will mail you the next book on your list when one is returned via the mail. Worried about a book getting lost in the mail? Don't be. There is no penalty for lost items, just let the library know. The checkout period is 4 weeks with no late fees.

Even if the Colorado Talking Book Library isn't right for you, it is an important resource to keep in mind for the future or for a friend or loved one. All states have a similar resource. For an application, contact your local library or download the application at www.cde.state.co.us/ctbl/tbapplications.htm. For more information, check out the Colorado Talking Book Library website at www.myctbl.org or call 303-727-9277 or 1-800-685-2136.

Prescription Drug Take Back and Shred Event



The City of Evans will be hosting its annual Prescription Drug Take Back and Shred Event on Saturday, October 22, 2016. The event will run from 10am-2pm in the parking lot at Sam’s Club on 23rd Avenue.

Bring expired or unused prescription medications for proper disposal. Old and unused medications contribute to misuse, get them out of harm's way for the safety of everyone.

At this event, we will also be accepting documents for shredding. Disposing of old documents that contain financial or personal information needs to happen in a safe manner to stop fraud and identity theft.

There is no charge for this service.

Fall Clean Up

When: October 8, 9, 15 and 16
8am-4pm

Where: 3323 1st Avenue, Evans

Who: Residents of Evans who DO pay for their trash service through their water bill. These residents will receive two (2) free vouchers in their Oct. water bill to use for cleanup. Each voucher can be used for 1 (one) pick up load. Large truck or trailer loads will require 2 (two) vouchers. Eligible customers may also pay \$5 per load on site the day of the event.

Additional vouchers may be purchased at:

The Evans Community Complex 1100 37th Street

8 am – 5 pm Monday through Friday for \$5 per voucher

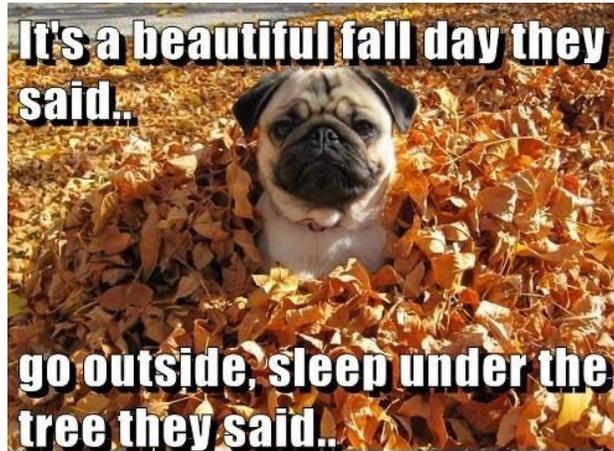
Proof of residency required: utility bill or driver’s license

Residents of Evans who do NOT pay for their trash service through their water bill may purchase vouchers at the Evans Community Complex 1100 37th Street.

For more information- contact us at info@evanscolorado.gov or call 970.475.1170.



JORGE CHAM ©THE STANFORD DAILY



www.UShumor.com



10-31

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www.familycircus.com

JEFF AND BILL KEANE

"You shouldn't eat pumpkin pie near a jack-o'-lantern!"



CHRIS MADDEN

161105

Sudoku

Level A, Puzzle #4: Piece of Cake

Try to fill in all of the empty boxes so that:

Each row contains the numbers 1 through 9.
 Each column contains the numbers 1 through 9.
 Each square 3 by 3 box contains the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | 6 | 5 | | 3 | 7 |
| 3 | | | | 2 | 9 | 1 | 6 | |
| | 6 | 4 | | | | | | |
| | 2 | 8 | | | 4 | | | 3 |
| | | | 1 | | 7 | | | |
| 5 | | | 2 | | | 6 | 9 | |
| 4 | | | | | | 5 | 2 | |
| | 5 | 6 | 9 | 4 | | | | 8 |
| 9 | 1 | | 5 | 8 | | | | |

Autumn Sudoku

Every row, column and mini-grid must contain the letters A C O R N S.
 Don't guess - use logic



| | | | | | |
|---|---|---|---|---|---|
| S | | | | | O |
| | | O | N | | |
| | S | A | O | R | |
| | O | R | S | N | |
| | | N | C | | |
| R | | | | | N |



Spotlight On...

What is your passion? What do you like to do? Do you have a special talent that your friends may not know about? Is there something you've always wanted to learn how to do? Let me know!

Don't hesitate to let me, or any of the Recreation staff, know what you want to see in this newsletter. It's the Senior Newsie. Made for you and your enjoyment. Do you want more puzzles? Less comics? Articles on a different topic? Would you like to get to know your fellow Senior Center members better? It's completely up to you.

Email me at kdebo@evanscolorado.gov

Call me at 970-475-1129

Or stop by my office. If I'm not available, one of our wonderful Front Desk Staff will be more than willing to listen to your ideas as well.