

# THE SENIOR CONNECTION

May/June 2019 Issue



P.O. Box 309  
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## NEXT COALITION MEETINGS

**May 21st  
at 9:30am  
Fairplay Town  
Hall**

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**June 18th  
at 9:30am  
Fairplay Town  
Hall**

**May is  
High Blood  
Pressure  
Education and  
Older Americans  
Month  
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**June is  
Alzheimer's and  
Brain Awareness  
Month**

We wish you a  
wonderful  
Memorial Day  
Weekend Holiday



Office closed Monday  
May 27<sup>th</sup>

## Tips for Picking Healthy Food as You Get Older

Here are 6 tips to help you find the best foods for your body and your budget.

### 1. Know what a healthy plate looks like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

### 2. Look for important nutrients

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

Lean protein (lean meats, seafood, eggs, beans)

Fruits and vegetables (think orange, red, green, and purple)

Whole grains (brown rice, whole wheat pasta)

Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

### 3. Read the Nutrition Facts label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

### 4. Use recommended servings

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

### 5. Stay hydrated

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

### 6. Stretch your food budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP) to see if the program can help you.

<https://www.ncoa.org/national-institute-of-senior-centers>

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.”  
» George Burns

## Park County Senior Coalition Board Members Needed

Would you, or someone you know who is a Park County resident and 18 or older, like to be a part of the PCSC Board? Board Members attend one meeting per month to assist our organization in achieving and maintaining our mission to help seniors remain in their homes as long as possible. To make a difference in your community, please call **719 836-4295**.

### Three bean hot dish Recipe

#### Ingredients

½ lb. bacon diced  
1 onion chopped  
1lb hamburger  
1 can pork and beans  
1 can butter or Lima beans (do not drain the beans)  
1 can kidney beans  
1 c catchup or ½ cup and ½ c tomato sauce  
½ c brown sugar  
1 T vinegar  
¼ tsp prepared mustard  
pinch of ginger

#### Directions

brown the bacon onion and hamburger. Mix all ingredients together. Bake for 1 hour at 350  
Recipes by: [www. Cookeatshare.com](http://www.Cookeatshare.com)

### Strawberry Shortcake Recipe

#### Ingredients

For shortcake:  
2 cups flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
2 1/2 tablespoons granulated sugar  
3/4 cup oil  
2/3 cup milk  
1 quart of fresh strawberries hulled, cored, and sliced.  
Sprinkle 2 tablespoons of sugar over the strawberries to sweeten.

Optional: half and half cream

#### Directions

Stir the dry ingredients together until blended.  
Mix the oil and mil and add to the dry mixture, stirring well until blended  
Divide into 4 cakes  
Preheat the oven to 450 degrees and bake the cakes on ungreased cookie sheet for 10-12 minutes.  
Top the cakes with the sliced sweetened strawberries. If desired, serve half and half cream  
Recipes by: [www. Cookeatshare.com](http://www.Cookeatshare.com)

## KNOW THE FACTS ABOUT High Blood Pressure

What blood pressure levels are healthy?

To determine whether your blood pressure is normal, your doctor examines your systolic and diastolic pressures, which the gauge measures in millimeters of mercury (abbreviated as mmHg).

#### Blood Pressure Levels

Normal systolic: less than 120 mmHg diastolic: less than 80 mmHg

At risk (prehypertension)

systolic: 120–139 mmHg diastolic: 80–89 mmHg

High systolic: 140 mmHg or higher diastolic: 90 mmHg or higher

Can high blood pressure be prevented?

You can take several steps to maintain normal blood pressure levels:

Get your blood pressure checked regularly.

Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC’s Division of Nutrition, Physical Activity, and Obesity. <http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>

Maintain a healthy weight. CDC’s Healthy Weight Web site includes information and tools to help you lose weight. <http://www.cdc.gov/healthyweight/index.html>

Be physically active. Visit CDC’s Physical Activity Web site for more information on being active. <http://www.cdc.gov/physicalactivity/index.html>

Limit alcohol use. See CDC’s Alcohol and Public Health Web site for more information. <http://www.cdc.gov/alcohol>

Don’t smoke. CDC’s Office on Smoking and Health Web site has information on quitting smoking. <http://www.cdc.gov/tobacco>

Prevent or manage diabetes. Visit CDC’s Diabetes Public Health Resource for more information. <http://www.cdc.gov/diabetes>

For More Information

Learn more about high blood pressure at the following Web sites:

Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention:

<http://www.cdc.gov/dhdsp/index.htm>

American Heart Association: <http://www.americanheart.org>

National Heart, Lung, and Blood Institute:

<http://www.nhlbi.nih.gov>

[www.cdc.gov](http://www.cdc.gov)



# PARK COUNTY SCHEDULED TRIPS



## May

**Thursday May 16** Cripple Creek  
Bronco Billy's Casino  
A True Colorado Style Casino! Bronco  
Billy's has been Voted "BEST CASINO"  
4 years in a row!

**Departure:** 7:30 AM Fairplay  
8:00 AM Hartsel  
8:45 AM Lake  
George  
**Return:** 3:00 PM Fairplay

**Thursday May 23** Golden  
Coors Brewery Tour  
See and taste traditional brewing at the  
foot of the Rocky Mountains in the largest  
single-site brewery in the world!  
Lunch at Bowles Café and shopping at  
Walmart.

**Departure:** 8:00 AM Fairplay  
8:50 AM Shawnee  
**Return:** 4:15 PM Fairplay

**CALL NOW TO  
RESERVE  
YOUR SEAT  
719-836-4295**

## June

**Saturday June 8** Thornton  
Senior Law Day  
Information and education to age  
gracefully and intentionally. Classes for  
seniors, family members, caregivers and  
service providers.

Topics include:  
Estate planning  
Understanding Medicare  
Advanced Directives  
Powers of Attorney  
ID Theft and scams  
End of Life Options

Complimentary Breakfast and Lunch  
FREE copy of the 2019 Senior Law  
Handbook  
Suggested \$10 Donation

**Departure:** 5:30 AM Fairplay  
6:20 AM Shawnee  
**Return:** 3:45 PM Fairplay

**TBD** – A second is  
anticipated for this  
month but has not been  
set.

**Non-senior guest 18 or over  
are welcome for a fee. RT fee  
is \$20.40 with \$27.00 without  
RSVP.**

**Suggested Donations for  
seniors 60+ is \$5.00 per one-  
way trip.**

Programs are made possible through  
Federal and state funded grants,  
donations and fundraisers. Special  
thanks to Pikes Pike Area Agency on  
Aging (PPAAA) for governing our  
Older American, Older Coloradoan,  
and Title IIIB grants. This program  
allows continuity in our programs and  
services.

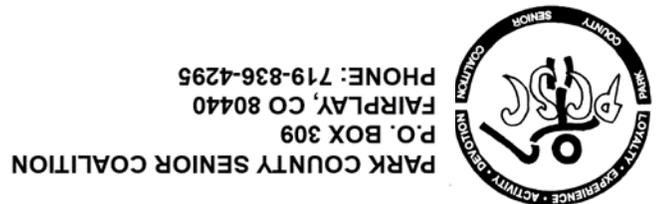
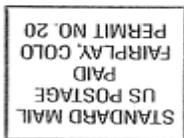
Thanks also to those who donate their  
time, funds, and services to help the  
Park County Senior Coalition remain  
a strong presence in our communities.

Your additional contributions can  
help us expand these services. We  
received our non-profit 501c3 status  
in 1984.

**PLEASE NOTE: ALL TIMES ARE  
APPROXIMATE  
Trips are subject to cancellation  
due to weather and driver  
availability**

**CONTACT THE COALITION OFFICE FOR TIMES  
AND PICK-UP LOCATIONS!**  
**CALL 719-836-4295**

SERVING PARK COUNTY SENIORS SINCE 1977



“How old would you be if you didn’t know how old you was?” » Satchel Paige

### MAY CALENDAR

**May 11<sup>th</sup>** World Migratory Bird Day  
Eleven Mile State Park 10:00 –11:00  
am  
4229 CR 92 Lake George 80827

**May 12<sup>th</sup>** Mother’s Day

**May 15<sup>th</sup>** South Park Museum  
Opens 100 4<sup>th</sup> St Fairplay 80440

**May 27<sup>th</sup>** Memorial Day



### JUNE CALENDAR

**June 6<sup>th</sup> – 9<sup>th</sup>** Fairplay Rock, Gem  
and Jewelry Show 9:00 am – 5:00 pm  
River Park Event Site

**June 9<sup>th</sup>** Rhubarb Festival, Pine CO  
North Fork Fire Station 2 16675 CR  
126 Pine 80470

**June 14<sup>th</sup>** Flag day

**June 16<sup>th</sup>** Father’s Day

**June 22<sup>nd</sup>** Bailey Day  
Main St, Bailey



### ONGOING EVENTS

**1st Sunday of the month** ~ VFW  
Breakfast in Shawnee Community Center,  
57 CR 64, Shawnee, 7:00-11:30 AM, \$9,  
\$5 for children under 12.

**2nd & 4th Thursday of the month** ~  
Alma Foundation Bingo 7pm.  
Pre- bingo potluck dinner 6pm  
59 Buckskin St, Alma. 719-836-2712

**2nd Friday of the month** ~Silverset  
Lunch, Noon, Shawnee Community  
Center, 57 CR 64, Shawnee, \$7/member,  
\$8/non-member

**3rd Saturday of the month** ~ Como  
Bingo 7pm Dinner 6pm \$5, Como Civic  
Center 303-807-4273

**3rd Sunday of the month** ~ All you can  
eat breakfast, American Legion Hall, 601  
Clark Street, in Fairplay, 8am – Noon \$12,  
\$6 under 12/Free under 5. 719-836-2720