



Summit County Seniors

October 2016 Newsletter

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Visit us on the web:

www.SummitCountyCO.gov/seniors

SCSC News

Senior Board & Council Monthly Meeting
Tuesday, October 4th.

Newsletter Committee

The deadline for the November newsletter is
Friday, October 7.

In order to meet our print and mailing deadlines, the submission deadlines will always be the first Friday of the month prior unless otherwise noted. Thank you for your help with getting our newsletter out on time! Submissions for inclusion in upcoming newsletters can be sent to CandSC@SummitCountyCO.gov. If you have suggestions regarding the newsletter, please contact: bonniesaunders1@yahoo.com.

Credit Cards

You can pay for Summit County Senior Citizen membership, activities, etc., at the front desk with your credit card (except American Express). This is only for SCSC, not Summit County programs (e.g. lunch, dinner, etc.) payments.

Summit County Community & Senior Center

0083 Nancy's Place
PO Box 1845, Frisco, CO 80443
Phone (970) 668-2940

2016-2017 SCSC BOARD OFFICERS:

Sandy Bainbridge
Marc Schlesinger
Marty Sheets
Bonnie Guthrie
Bob Giordano
Becky Hopkins
Steve Ladin
Evie Lau
Art Kalbach



OFFICE STAFF:

Community and Senior Center Manager

- Lorie Williams (x2945)

Events Program Manager

- Julia Rothschild Gidney (x2956)

Senior Services Program Manager

- Rob Rumrill (x2941)

Principal Admin. Assistant

- Niki Vincze (x2942)

Cook and Kitchen Manager

- Sara Hopkins (x2950)

Office Hours: Mon - Fri, 9am to 5pm

Meals on Wheels Update

The Community and Senior Center is looking to recruit people who need home-delivered meals. If you or someone you know might benefit from the Meals on Wheels program, please call Rob Rumrill at (970) 668-2941 or email him at rob.rumrill@summitcountyco.gov

Senior Housing News

The visit to Castle Peak Assisted Living facility in Eagle has been postponed, again. The new grand opening date will be October 27th, from 4-7pm. The Summit Seniors are invited to attend. We will car pool to Castle Peak leaving the Senior Center at 3:00 pm on Oct. 27th arriving at Castle Peak at 4:00 pm. Please sign up in the Activities Book at the Senior Center. I will call everyone a week prior to the trip to confirm time and date.

Contact Person: Andy Searls, (970) 668-0625

Extremely Rare Bob Dylan Album Sold at Rummage Sale

In 1963 Bob Dylan released the album "The Freewheelin' Bob Dylan". Just prior to the album's release, four of the songs were replaced with four newly recorded tracks. Replacement masters featuring the new songs were made, the artwork was changed, and Columbia Records released the revised album. Except someone at one of the pressing plants didn't get the message, and a small number of copies were pressed.

In 2014, Mike Siesing donated over 300 albums to the Rummage Sale, one of which was Bob Dylan's "The Freewheelin' Bob Dylan". Siesing purchased the album when it was first released in 1963, and thought he was just purchasing a normal album, but only about a month ago did he find out just how wrong he was. Turns out, the record he bought was an extremely rare— perhaps one of the rarest and most valuable records in the world!

If you, or someone you know, ended up purchasing this record at the 2014 Rummage sale, it turns out you have a record that is worth over \$20,000! Siesing doesn't want the record back, he just wants you to know that you own a piece of Rock history.



Events

Flu Immunization Clinic

Summit County Public Health will hold a flu immunization clinic before Monday night dinner on October 3rd at 5PM and again before the senior lunch on Tuesday, October 4th at 11:30am.

A standard dose is \$20 out of pocket. A high dose (available for those 65 years and above) is \$40. We accept cash or check. We accept and can bill Medicare, BCBS, Rocky Mountain Health Plan and Medicaid (*Please have your insurance information available at the time of receiving your shot*). Please note that the flu mist is not offered this year.

Please call (970) 668-9161 and ask to speak to a nurse should you have questions about the clinics or this year's influenza season.

Decorate the Senior Center for the Holidays

Save the date! On Saturday, November 26th, at 10am, come help decorate the Senior Center for the Holidays. Drinks will be provided, but bring your own bag lunch. Please sign up in the Activities Book at the Senior Center if you can help. Contacts: Bonnie Guthrie (970) 468-0405 and Andy Searls (970) 668-0625

37th Annual 50+ Winter Games



\$15 for the Opening Dinner

Sunday February 12

Opening Dinner
Silent Auction

Summit Seniors, We Want You!!!

Three days of fun winter sports with your peers!

37th Annual 50+ Winter Games

Save the dates!

February 12-14, 2017

Monday February 13

Skating Events
Alpine Events



\$35 lets you compete in any or all events

Tuesday February 14

Nordic Events
Awards Ceremony

Enjoy the camaraderie of competing with old and new friends!

See all the fun events and register at
www.summitcountyco.gov/wintergames.

Happenings

The Timberline Toppers Square Dancing

Saturday Oct. 1- Caller Lanny Weakland of Omaha, NE
Saturday Oct. 15- Caller Mike Olivieri of Northglenn, CO
Saturday Oct. 29- Halloween Dance with Caller Dan Hopper
Above dances are at the Senior Center in Frisco.
 >Plus 5:30pm to 7pm > Rounds 7pm-7:30pm; Elaine Cowger, Cuer. > Mainstream > 7:30pm-9:00pm

Mark your calendars for Tuesday, January 10, as the Toppers will host an ice cream social from 6pm -8:30pm at the Senior Center. Experience Modern Square Dance. Try out some dance moves and sign up for square dance lessons starting on Jan. 12. It's not your grandfather's square dance!

Always check our website to confirm details at www.timberlinetoppers.org.

Line Dancing

Enjoy line dancing with instructors Maggie Postlethwaite and Patty Penta. Please contact them with any questions at Luv2dancemaggie@comcast.net or info@pentaphotography.com.

Saturday, October 8	10am-12pm With Patty	Senior Center
Saturday, October 29	10am- 12pm With Maggie	Senior Center

Kundalini Yoga

Join Melinda for some great yoga classes!
 Questions? Contact Melinda at (970) 333-0504.

Mon., Wed., Fri.	10am	Senior Center
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FREE Fall Risk Screenings

These free screenings are a great, quick way to get a sense of your balance and risk for a fall. In addition, we will identify what you can do to help decrease your fall risk. Dates and times are available in the Activity Binder at the Senior Center office. If you have any questions, please contact Pat Aden at (970) 668-1812 or paden22156@aol.com.

Balance Assessment

This in-depth assessment is the first step to taking the N'Balance class and a great way to learn more about your fall risks. Dates and times are available in the Activity Binder at the Senior Center office. If you have questions, please contact Pat Aden at (970) 668-1812 or paden22156@aol.com.

N'Balance

This dynamic evidence-based class will help you improve your balance and decrease your risks for falls. We work on dynamic balance facilitation, CORE strengthening, gait skills and coordination. This class is taught by physical therapists Pat Aden and Gini Patterson who are certified N'Balance instructors. Optional class donations are accepted. Please contact Gini at (303) 810-6879 or Pat at (970) 668-1812.

Tues. & Thurs.	1:15 - 2:15pm	Senior Center
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The Summit Seniors Foundation

To make a gift contribution to the Summit Seniors Foundation by a provision in a will or revocable living trust, please mail to: Summit Seniors Foundation, PO Box 1845, Frisco, CO 80443.

Loosey Goosey

The Loosey Goosey Group is a "loosely" structured social group of fun and active folks 50 years old and over who enjoy alpine skiing and boarding, often skiing with organized guided senior ski programs at area resorts. The LG Group coordinates popular weekly après ski parties at the Senior Center on most Thursdays, December through March. The annual LG membership dues are \$20 per person (in addition to the Summit Senior Center membership of \$15) and can be paid any time in the SCSC office.

As of the date of this newsletter, we don't have definitive information on this season's guided ski days at the various resorts. When the resorts begin to open in mid-October, current Loosey Goosey members will receive the traditional Loosey Goosey Newsletter (via email) with seasonal party schedules, area resort senior ski programs information, senior discount summaries and any other relevant information we have at that time.



Bridge



Group	Day	Time	Info	Comments
ACBL Duplicate	Mondays & Fridays	12:50pm - 4:30pm	Mike Huiatt (210) 310-6656	For partners, contact Howard Brown at (970) 468-2313.
Party Bridge	Tuesdays	12:50pm	Drop in	Hobby Room

Note: Please remain fragrance free as some people are extremely allergic to scents!

Oct 5 Novice game—1 pm in Hobby Room

Oct 12 Ladies Bridge at the home of Susan Thompson. Be there at 9:45. Sign up with Carla at (970) 389-3192.

Games, Social

Activity	Days	Times	Contact	Location/Info
Dominoes	Tuesdays	6-9pm	Sandy Ruggaber (970) 513-8468	Senior Center
Mahjong	Tuesdays and Fridays	12:45pm	Sandy Ladin (856) 275-7187	Senior Center
Social Improv Games	Thursdays & Sundays	1:00-4:30pm	Helen Fitzgerald (970) 333-1143	Senior Center
GALS (Golden Adventurous Ladies of the Summit)	Oct. 6	4pm	Sandy Ruggaber (970) 513-8468	Sauce on the Blue (new restaurant near Red Buffalo Café in Silverthorne)



Book Clubs

Group	Day	Time	Details	Comments
Page Turners Book Club	Oct. 18	7pm	"Nightingale" by Kristin Hannah	Please RSVP to the Bainbridge's. sandy_bainbridge@yahoo.com or call (970) 584-0311
Happy Hour Book Club	Oct. 12	4:30pm	"Nightingale" by Kristin Hannah	Please RSVP with Diane Williford. rdwilliford@outlook.com

Quilting

Group	Day	Time	Contact	Comments
Quilting Retreat	Oct. 8	9am-4pm	Norma Robinson (970) 262-1007	Please bring your own project and materials to work on at SCSC
Quilt Sit & Sew	Oct. 10	7-9pm	Monique Brownson Monique.brownson@gmail.com	Please bring your own project and materials to work on at SCSC
Regular Meeting	Oct. 24	7-9pm	Monique Brownson Monique.brownson@gmail.com	Please bring your own project and materials to work on at SCSC

AARP Driver Safety

Keep up with safety features and traffic changes by coming to the AARP Driver Safety Class hosted by the Seniors. This 4-hour class updates your insurance discounts and gives you confidence in your skills. The class involves lively discussions and activities for all! The next class is November 19. Register in the Activities Book or call (970) 668-2940. The cost is \$15 for AARP members or \$20 for non-members.

Get MONEY BACK (up to \$792) for property taxes, rent, or heat you paid.

You can apply for the **COLORADO PROPERTY/ RENT / HEAT CREDIT ("PTC") REBATE** if you meet the following criteria:

You have two years to apply for the rebate AFTER the end of the calendar year. Deadline for 2014 are Dec.

- Resided in Colorado for the entire year
- Not claimed as a dependent on someone's tax return
- Lawfully present in the United States
- 65 years of age or older or are a surviving spouse and 58 years old by Dec 31st, or were disabled for the entire year
- have income equal to or less than the following:

2014
Single: \$12,720.00
Married: \$17,146

2015
Single: \$12,953
Married: \$17,460

31st, 2016. Deadline for 2015 are Dec. 31, 2017.

Acceptable forms of identification include a Colorado drivers license or ID card. Other forms of ID might be ok if you do not have one of these. The address on your PTC application MUST match the address on your driver's license or Colorado ID card. If the addresses do not match, your rebate will be delayed.

To update your address, take a "Change of Address" (DR 2285) form to any Colorado Motor Vehicle Division Driver's License Office

There is free help applying for the "PTC" Rebate:
Colorado Department of Revenue - (303) 238-7378
Volunteer Income Tax Assistance (VITA) - (800) 906-9887
Dial 2-1-1 (free call) to find a tax site near you.

For the application and more information, see www.TaxColorado.com 'Click' on File and PTC Rebate

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Senior Trips

October– Ojo Caliente Hot Springs (NM)

Date: October 19-21

Trip leader: Mary Parrott, canoeparrott@gmail.com, (727) 412-4588

Where: Ojo Caliente Hot Springs; 45 min. south of Taos, NM, 1 hr. north of Santa Fe, NM. The website of Ojo Caliente describes the hot springs and the various amenities offered there and in the surrounding area. These include soaking in the mineral springs, yoga, spa treatments, hiking and mountain biking.

Accommodations and reservations: Ojo Caliente requires individuals to make their own lodging reservations using their own credit cards. The phone number to call for reservations is: (800) 222-9162, ext.1. There are various lodging options described on the website. I have reservations at one of the North Cottages for the nights of Oct.19 and 20. These Cottages have kitchenettes, showers, and full soaking pool privileges; they cost \$189 per night for a 2-queen bed cottage (but there is a 10% senior discount). We will be eating dinner in the dining room of the historic hotel, but can have breakfast, lunch, snacks, happy hour in the cottages. Food and extra amenity costs are not included in the lodging fee.

Sign-up: Reservations should be made ASAP, and sign-up at the senior center should be done by Friday, Sept. 30.

Transportation: Some carpooling may be possible, depending on the activity/side trip interests of participants.



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October Computer Classes & News



Once again there will be no seminars held in October but we'll hold three **"Help Sessions"** as usual on the first three Mondays of the month (see the details below).

There are two ways to sign up for an event: call the Senior Center at (970) 668-2940 or, if you're comfortable signing up yourself on the Internet, you can use the link below. If the link doesn't work when you click it, select and copy it then paste it into your browser:

https://docs.google.com/spreadsheets/d/13hrEWzwjfgqgqIV2H2qyxoz--ETNP5v_M4gaNnPe7dZ4/edit?pli=1#gid=1

Once you're there just find the activity you want to sign up for and add your name and other requested information to the list below that activity. Please remember: if you sign up but then decide not to attend, please let us know ahead of time if possible by calling the Senior Center to cancel.

Here's our upcoming lineup of activities:

Date	Time	Topic
Monday, October 3	4:00 to 5:30 PM	Help Session ¹
Monday, October 10	4:00 to 5:30 PM	Help Session ¹
Monday, October 17	4:00 to 5:30 PM	Help Session ¹

Note: all of our activities (seminars and help sessions) are held at the Summit County Senior Center and cost \$5.00 (for Senior Center members) or \$10.00 (for non-members) to attend.

- Help Sessions** - A volunteer will assist you on whatever topic or problem you want to discuss. Just tell us how to contact you and provide us with details on your needs for the session. Remember, you must sign up by 9:00 AM on the Friday before the Monday session. Also note that we must limit the number of attendees (or spouse pairs) to six, so please be sure to sign up in advance. Bring your devices with you so we can help you work with your own equipment.



**October
2016**

Chef Sara's Menu



Meal reservations are required by 8am the day of the meal.

Reservations may be made by calling the **Meals Hotline at (970) 668-2944** or by signing up in the Meals sign up book at the Senior Center. Please note that we do not call back to confirm your reservation. Dinners are \$12 per person, and lunches are \$4.00 to \$6.00 on a sliding scale based on income level. Checks should be made payable to SCG. Menus are subject to change. After-dinner presentations are subject to change.

DINNER - MONDAYS, 6PM

LUNCH - TUESDAYS, NOON

LUNCH - THURSDAYS, NOON

Please join us for "Happy Half Hour" from 5:30 to 6pm before each Monday dinner!

3 <i>Chicken & Eggplant Parmesan</i>	4 <i>Fish</i>	6 <i>Pot Pie</i>
10 <i>Enchiladas</i>	11 <i>Taco Bar</i>	13 <i>Stir Fry</i>
17 <i>Swedish Meatballs</i>	18 <i>Meatloaf</i>	20 <i>Soup and Salad Bar</i>
24 <i>Chicken Alfredo</i>	25 <i>Chipped Beef & Grilled Cheese</i>	27 <i>Spaghetti & Meatballs</i>
31 HALLOWEEN  <i>BBQ</i>		



**Community meals include fresh salad, garden vegetables, bread, dessert, coffee, water & iced tea.
Mountain Meals on Wheels include fresh salad, vegetables, juice and dessert.**

Please note: The Tuesday and Thursday lunch menu may be subject to change based on product availability and attendance.

Rhubarb Strawberry Crunch

Ingredients:

- 1 cup white sugar
- 3 tablespoons all-purpose flour
- 3 cups sliced fresh strawberries
- 3 cups diced rhubarb
- 1 1/2 cup all-purpose flour
- 1 cup packed brown sugar
- 1 stick melted butter
- 1 cup rolled oats



Preparation:

- Preheat oven to 375 degrees F.
- In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb.
- Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. Crumble on top of the rhubarb and strawberry mixture.
- Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

"This recipe can be adapted and used for any fruit cobbler or crunch. Enjoy!" Chef Sara

Event Calendar

October

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 5:30pm Square Dancing
2	3 4pm Computer Support 12:30pm Flu Shot Clinic	4 11:30am Flu Shot Clinic 1pm Caregiver Support 3pm SCSC Board Meeting	5 1pm Novice Bridge 5pm Flu Shot Clinic	6 9am HOTS Hiking 4pm GALS	7 Newsletter Deadline	8 9am Quilting Retreat 10am Line Dancing
9	10 4pm Computer Support 4:30pm Ask a Certified Planner® 7pm Quilt Sit & Sew	11	12 9:45am Ladies Bridge 4:30pm HH Book Club	13 9am HOTS Hiking	14	15 5:30pm Square Dancing
16	17 4pm Computer Support	18 7pm Page Turners	19 1pm Medicare 3pm XC Ski Planning Senior Trip	20 9am HOTS Hiking	21 9am Medicare 10am Parkinson's Support	22
23	24 9am Medicare 7pm Quilt Meeting	25	26 1pm Medicare	27 3pm Castle Peak Visit	28	29 10am Line Dancing 5:30pm Square Dancing
30	31 					

Recurring Weekly Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
1pm Social Improv Games	10am Yoga 12:50pm ACBL Bridge 5:30pm Happy Half Hour 6pm SCSC Dinner	12pm Lunch 12:45pm Mahjong 12:50pm Party Bridge 1:15pm N'Balance 6pm Dominoes	9am Canine Companions Hiking 10am Yoga	12pm Lunch 1pm Social Improv Games 1:15 N'Balance	10am Yoga 12:45pm Mahjong 12:50pm ACBL Bridge	

Classified Ads

Ad Guidelines

- Ad deadline is the **first Friday of the month** for publication in the *following* month's newsletter.
 - Please note the rates for ads:
 - 30 words or less: \$10 for SCSC members, \$20 for non-members
 - 31 - 50 words: \$20 for SCSC members, \$50 for non-members
 - No ads over 50 words accepted. (The editor reserves the right to change wording as needed.)
 - Please email advertisements to CandSC@SummitCountyCO.gov with the subject header on the email: "Ad – Your Last Name."
 - Ad payment is due by the first Friday of the month prior. Checks payable to "SCG"
- If you have any questions about placing a classified ad, please contact the front desk at (970) 668-2940.



Services

Piano and Organ Instruction Available for adults in Silverthorne! New York Keyboard Instructor, Accompanist and Church Organist since 1967. Beginners/advanced students are welcome!! Call Jeanie Dedrick Kramer at (970) 468-6566.

Real Estate Services Contact Bill Rider, licensed Realtor, with Keller Williams in Frisco. I am an SCSC member and guide in the 50+ Ski Group. I can assist you in real estate transactions of all kinds, listing your home, buying a new home or upgrading to a larger residence. For more information, please call (970) 423-6347.

Handyman Plus - Home repair and remodeling. Flooring, tile, drywall, painting, decks, windows, doors. Honest and reliable. Free estimates and references. Recommended in service provider list for Summit Seniors. Sam Maine (719) 264-9492

Summit Legal Call Nicola (Niki) for all legal services including wills and trusts. Seniors: free consultation and discounted rates. Please (970) 393-3123 or summitlegalhelp.com

Aide needed in February for 5 day trip to Puerto Vallarta, Mexico- Help needed getting wheelchair bound man ready in the mornings and nights. He will only be needed sporadically during the day. Includes airfare and all inclusive hotel stay. You will need a passport. If interested please contact Traci at (970) 409-0039.

For Sale

House for Sale– Grand Junction. Isn't it time for a second home in a warmer place? Wonderful views of valley and Monument. 3,100 sq ft, 3BD/3BA, \$475k. Email jeanwaid98@gmail.com for more information.

For Rent

Costa Rica 3BD/3BA- Luxury condo on Pacific Coast Highway. Onsite hot tub and swimming pools. Enjoy nearby Bejuco Beach, restaurants, horseback riding. Breathtaking ocean views. (SCSC Member Discounts) Lillian Bickel (970) 455-0199.

Snowbird Rental- Tucson Foothills, 2 br/2ba, split floor plan, garden level condo at Canyon View in Ventana Canyon. Heated pools and spas, clubhouse, business center, fitness center, tennis court and access to Ventana Canyon Trailhead. Near dining and shopping. Golf next door at Loews Resort. Pictures: JoAnna (720) 333-2910 or hasherco@yahoo.com

Keystone 1BD/1BA– Facing Keystone Lake in the Lenewee Building. Beautiful view, walking distance to Keystone Resort. Sublease through October 31st, \$1500/month utilities included. November 1st \$1600/month utilities included. Available for short or long term. Parking Included. No smoking, no pets. Please contact Sara at (913) 433-4048 for more info.

Chalet in Breck– 2 mature people max. Dog ok. Deposit required+\$1700 a month through ski season. Call 501-984-3608 or email jimnickol73@gmail.com for more info.

Dillon Bay 2BD/2BA– Corinthian Hill Condo, 1142 sq. ft., fully furnished, king sized beds, w/d, 1 car garage plus parking spot. NS/NP. 30 day minimum. Great views of Buffalo, Peak One, Lake Dillon. Available Oct. 1, \$2200/mo in summer and \$2500/mo in winter. Call (352) 601-4900 or email rtaylo8@yahoo.com for more information.

Isla Mujeres, Mexico 2BD/1BA– Unique townhome on quiet South Point. 20 minute ferry from Cancun, walk to beach, restaurants, and stables. View Sea Turtles and Whale Sharks from the island! Available for 1 week to 6 month rental starting January 2017. For pricing or more information, call Barb at (970) 389-8300.

Classified Ads (Continued)

Wanted to Rent

1br/1ba that accepts service dog; needed by November 1st, Leadville and/or Summit County Area. Please call 719-486-7301 or 970-668-2952.

Senior couple looking to rent 1-2BD condo for 4 weeks in Feb or Mar in Summit. Nonsmoker, no kids, no pets. References available. Please call 973-809-6325 or email rickrick465@gmail.com.

Dream Tenants- Professional couple available to rent, caretake, or show your home to prospective buyers. Clean, responsible, quiet, no kids/pets. Husband is retired contractor; wife is business owner. Local references galore. Please call 970-227-7297

DISCLAIMER: Advertisements listed in this newsletter are not an endorsement by Summit County Government (SCG) or Summit County Senior Citizens, Inc. (SCSC). Ads listed herein are paid for by individuals and agencies who wish to promote their services and/or products and are not sanctioned by SCG or SCSC.



Senior Programs

Group	Day	Time	Contact	Comments
Caregiver Support Group	Oct. 4	1pm	Krysta Kolbe For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Ask a Certified Financial Planner®	Oct. 10	4:30pm	Aleda Kresge, CFP®	(970) 668-8448
Medicare Counseling By SHIP Certified Counselors	Oct. 19 Oct. 26	1:00-5:00pm	Front Desk at the SCSC	Dyann Gray (970) 668-2940
	Oct. 21 Oct. 24	9:00am- 12:00pm	Front Desk at the SCSC	Ed Ozark (970) 668-2940
Parkinson's Support Group	Oct. 21	10:00am	Anne Watson	For info and meeting place, please call (970) 390-9690.



Volunteer Opportunities

See more opportunities in the Volunteer Happenings e-blast or on our website. Contact us at (970) 668-2940 or candsc@co.summit.co.us for more information.

Domus Pacis

Domus Pacis' monthly *Food for Families Friday* gathering at the Summit Community & Senior Center. Come and cook up a storm on the **second Friday of every month**, 11am-2pm, as we gather to have fun. No RSVP needed, though if you are sure that you will attend, let Theresa know by calling (970) 547-4745. This is a great way to meet new people and help nourish **a family on a cancer journey**. If you have an apron please bring it as well as something to tie back or cover your hair and certainly wear closed-toe non-slip shoes.

Mountain Mentors

Summit County Mountain Mentors is looking for great new mentors!

Mountain Mentors is a one-to-one mentoring program based in Summit County. Our program was created in 1987 and we are proud to have been providing quality mentoring for nearly 30 years. We have experienced growth in our programming, and we currently have 60 students waiting for a mentor. We are looking for Summit County community members who have 8 hours available per month to spend quality time with a young person. Our matches do everything from baking to homework to walking dogs together. If you or someone you know is interested in being a mentor, please have them call Shawna at (970) 668-9182.

SOS Outreach

SOS Outreach delivers long-term life skills development to youth through progressive outdoor programs like skiing and snowboarding. There are many volunteer opportunities on and off the mountain with SOS. We have opportunities for volunteers in outdoor youth programs, special events, as well as volunteer positions in youth mentoring and administrative support. If you are interested, please send an email with your name, location and program of interest to volunteer@sosoutreach.org

Senior Center Front Desk Support

The Senior Center could use help entering credit card transactions at the end of the month into a spreadsheet. Time commitment is about 1-1.5 hours per month. If interested, please call Niki at the front desk at (970) 668-2940.

Volunteer Placement Coordinator

Rob, the Senior Services Program Manager, is looking for one or more interested volunteers to help with planning the future of how the Senior Center utilizes volunteers so that they get the most out of their volunteer time. If you, or someone you know, might be interested in this opportunity, please email Rob at rob.rumrill@summitcountyco.gov.

Medical Transportation

The Senior Center is currently recruiting more volunteer drivers for the Medical Transportation program which provides transportation for seniors to medical appointments to Front Range, Eagle County, and Summit County. If interested, please email Rob at rob.rumrill@summitcountyco.gov.

Entertainment Coordinator for Monday Night Dinners

Looking for a volunteer that would find and coordinate Monday night entertainment during the Monday night dinners at the Community and Senior Center with a goal of at least once a month. If interested, please call Sandy Bainbridge at (970) 584-0311.

Junior Achievement

Volunteer with Junior Achievement in local schools! Junior Achievement (JA) is committed to inspiring and preparing young people to succeed in a global economy. JA makes volunteering easy by providing fun, engaging curriculum about entrepreneurship, financial literacy and work readiness skills. Time commitment is just one visit a week for five weeks and all activity materials and training are provided.

Contact Sally Messinger at smessinger@jacolorado.org for more information.



Volunteer Opportunities (Continued)

Court Navigator

This is an unpaid volunteer/intern position.

General Statement Of Duties:

Under the supervision of the Self-Represented Litigant Coordinator, the Court Navigator will assist self-represented litigants navigate their way through the court process within legal limitations. Ensure that court cases are handled properly and expeditiously to improve court experiences for self-represented litigants.

Essential Functions Of the Position:

Assists self-represented litigants navigate court processes by providing information regarding state statutes, rules, policies and procedures that do not require offering legal advice. Assists self-represented litigants in effectively processing court cases through in person, by telephone or electronically. This includes explaining and assisting with completion of forms and education on courtroom policies and procedures. Explain and facilitate court processes of scheduling hearings and mediation, status checks and court limitations. Provide information regarding other court or community services. Follow-up with self-represented litigant, collaborative agencies, courtroom personnel and internal offices to facilitate case progression. Assist self-represented litigants collect and organize documents related to their cases. Accompany self-represented litigants to scheduled court proceedings to provide support. Ensures compliance with Colorado state laws, rules, regulations and standards. Attends meetings and training as required. Performs related duties as required. Court Navigators *may not* offer legal advice or perform any service that constitutes the practice of law, interpret proceedings or otherwise address or comment on judicial officer orders except as required to offer assistance with identification of procedural steps.

For more information, please visit www.courts.state.co.us/careers/internship.cfm, or email Mary Perry at mary.perry@judicial.state.co.us

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Outdoor Activities

Hiking Groups Meeting Places: **C&SC-** Community & Senior Center, **SOM-** Silverthorne Office Max, **SP-** Silverthorne Pavilion, **F-** Frisco Safeway (lot by hwy), **FMS -** Frisco Main Street, **FSS-** Frisco Summit Stage lot, **GH-** Gold Hill TH lot on Hwy 9 across from Tiger Run (Breck), **B-** Breckenridge Gondola, **RT-** Round Trip; **T-** Target **TH-** Trailhead. *Bring wind/rain gear, water and lunch. Wear hiking boots (no sneakers). No cotton, including jeans. Except for first –time visitors and guests, SCSC membership is required.*

The Herd of Turtles (HOTS)- Hikes are from 2 to 5 miles long. Water, hiking sticks, flower books and money for the optional lunch after the hike are good to bring. Hikers DEPART from the meeting place at 9:00 AM. Please wear name tag.

Date	Hike	Meet	Leader/Organizer
10/6	Booth Lake	Call	Jan (970) 389-0448
10/13	Windy Ridge	Call	Becky (970) 668-9494
10/20	End of year party at Jan and Dave's House	Call	Jan (970) 389-0448 or Dave 970-390-1604

Canine Companions- Wednesdays 9:00am . Non-dog owners welcome. If weather is questionable, contact leader to confirm.

Date	Trail	Meet	Leader	Notes
10/5	Porcupine Gulch	SOM	Howard, (970) 468-2313, brown.howard2@gmail.com	Moderate, bring lunch
10/12	Blue Lakes	B	Joan, (303) 903-0964, jxtilden@gmail.com	Moderate, pack lunch
10/19	Corral Creek	F	Connie, (402) 301-6806, ceberhart1@cox.net	Moderate, bring lunch
10/26	Dredge Trail	GH	Becky, (970) 668-9494, beckyhopkins_43@live.com	Moderate



Cross Country Skiing Planning Meeting

Wednesday, October 19, 3pm, join us in the Ute Room at the senior center to plan our XC-skiing schedule for 2017. Besides leaders, we'll also need hosts for our apres-ski parties (If you have a hosting date in mind, we'll plan an outing near you.). If you want to volunteer beforehand to lead an outing (date and location) please email Bonnie Guthrie at bonnie-saunders1@yahoo.com.

Opening Dates for Resorts Announced

- **ABasin:** No announcement, but usually open in late October
- **Beaver Creek:** November 23, 2016
- **Breckenridge:** November 11, 2016
- **Copper:** November 11, 2016
- **Keystone:** November 4, 2016
- **Loveland:** projected opening October 27, 2016
- **Ski Cooper:** December 10, 2016
- **Vail:** November 18, 2016

2016 Golf Program Recap

Thank you to everyone who participated in the Golf Program this year to make it successful. If you have any suggestions for next year, or if you would like to help plan and run the program, contact Tim Lytle at tclittle@yahoo.com.

Senior Services

Phone Tree

We have a phone tree set up for seniors who live alone who would like check-in calls. If interested in receiving or making calls, please contact Sandy Ruggaber at (970) 513-8468.

Care Navigation

Kirstie Taylor, MSW, LCSW and Liz Crandall, MA NCC provide free care navigation services for low-income seniors age 55+. They assist individuals and families with accessing community resources and determining eligibility for public benefits. Schedule to meet with Kirstie at (970) 389-5368 and Liz at (970) 485-1863.

Medical Transportation

Volunteer drivers provide transportation for seniors to medical appointments to Front Range Summit County. Two weeks' notice please. If you or someone you know is in need of a medical transport, or if you would like to volunteer to be a driver (vehicle is provided), please contact Rob Rumrill at (970) 668-2941.

Outreach Committee

If you know of someone who is ill or could use some cheering up, please contact Andy Searls at (970) 668-0625. She will send them a card.

Medicare Counseling

Did you know that you can have your Medicare questions answered in a private 1-hour session at the Senior Center? Services include: Understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug Plan, comparing employer retirement plan to Medicare. Call the Senior Center for an appointment.

Mountain Meals on Wheels

Home-delivered meals are available for homebound residents of Summit County. Meals are delivered on Mondays, Tuesdays and Thursdays. Call Rob Rumrill at (970) 668-2941 if you or someone you know, are interested in receiving home-delivered meals.



TIMBERLINE ADULT DAY SERVICES

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Photos submitted by Niki Vincze.

If you have any photos to submit for the newsletter please email
candsc@summitcountyco.gov! We would love to feature you!!