

# Summit County Seniors

## November 2016 Newsletter

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Visit us on the web:

[www.SummitCountyCO.gov/seniors](http://www.SummitCountyCO.gov/seniors)

### 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

## SCSC News

Senior Board & Council Monthly Meeting Tuesday, November 1st

### Be a Part of Housing Works!

Property owners have a new opportunity to help solve Summit County's housing crisis. The Housing Works Initiative is a program between the Family & Intercultural Resource Center (FIRC), the Summit Combined Housing Authority (SCHA) and the Summit Foundation that is transforming condos and homes that have been used for short-term vacation rentals and putting them into the long-term rental pool for working Summit County families. This specialized program guarantees property owners their monthly rental payment and tenants who are approved by FIRC agree to monthly inspections by the SCHA. This unique program is only for property owners that have been renting in the short-term market who are willing to switch to long-term rentals for the benefit of our work force and community.

If you are interested in adding your property to the rental pool of the Housing Works Initiative or are interested in being a tenant in the project, please contact Misty at 970-331-8827 or email [property@summithousing.us](mailto:property@summithousing.us).

### December Newsletter Contribution Deadline November 4th

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 [rob.rumrill@summitcountyco.gov](mailto:rob.rumrill@summitcountyco.gov).

If you have suggestions regarding the newsletter, please email [bonniesaunders1@yahoo.com](mailto:bonniesaunders1@yahoo.com).

### Membership Directory Available

Stop by the front desk at the senior center to pick up your membership directory today! \$3.00

### 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.

## Important Information

### How to Avoid Identity and Medical Identity Theft

Identity (ID) theft is a crime where a thief steals your personal information, such as your full name or social security number, to commit fraud. The identity thief can use your information to fraudulently apply for credit, file taxes, or get medical services. These acts can damage your credit status, and cost you time and money to restore your good name. You may not know that you are the victim of ID theft until you experience a financial consequence (mystery bills, credit collections, denied loans) down the road from actions that the thief has taken with your stolen identity. Seniors are vulnerable to ID theft because they are in more frequent contact with medical professionals who get their medical insurance information, or caregivers and staff at long-term care facilities that have access to personal information or financial documents.

#### Here are some easy steps you can take to protect yourself from identity theft:

- Don't carry your social security card in your wallet or write your number on your checks. Only give out your social security number (SSN) when absolutely necessary.
- Don't respond to unsolicited requests for personal information (your name, birthdate, social security number, or bank account number) by phone, mail, or online.
- Shield the keypad when typing your passwords on computers and at ATMs.
- Collect mail promptly. Ask the post office to put your mail on hold when you are away from home.
- Pay attention to your billing cycles. If bills or financial statements are late, contact the sender.
- Review your receipts. Ask for carbon copies and incorrect charge slips as well. Promptly compare receipts with account statements. Watch for unauthorized transactions.
- Shred receipts, credit offers, account statements, and expired cards, to prevent "dumpster divers" from getting your personal information.
- Store personal information in a safe place at home and at work.
- Install firewalls and virus-detection software on your home computer.
- Create complex passwords that thieves cannot guess easily. Change your passwords if a company that you do business with has a breach of its databases
- Order your credit report once a year and review to be certain that it doesn't include accounts that you have not opened.
- Check it more frequently if you suspect someone has gained access to your account information.

Medical identity theft can occur when someone steals your personal identification number to obtain medical care, buy medication, or submit fake claims to your insurer or Medicare in your name.

#### Here are some easy steps you can take to protect yourself from medical identity theft:

- Guard your Social Security, Medicare, and health insurance identification numbers. Only give your number to your physician or other approved health care providers.
- Review your explanation of benefits or Medicare Summary Notice to make sure that the claims match the services you received. Report questionable charges to your health insurance provider or Medicare.
- Request and carefully review a copy of your medical records for inaccuracies and conditions that you don't have.

*If you believe you have been a victim of medical identity theft, call the Federal Trade Commission at (877) 438-4338 and your insurance company's fraud department.*

*If you are a victim of identity theft, report immediately to the Federal Trade Commission and your local police department*

### Beware of Recent Scam

There is a new insidious IRS scam that you need to warn your employees, friends and family about, and inform your HR department.

Seasoned internet criminals are sending bogus emails with attachments, text messages and even snail mail claiming to be from the IRS and using a phony form, CP 2000.

This form is normally mailed by the IRS when income reported by employers does not match the income reported on the taxpayer's income tax return. To further confuse the potential victim, the letter accompanying the phony IRS form indicates that the form relates to the Affordable Care Act.

This scam is being investigated by the Treasury Inspector General for Tax Administration. The real CP 2000 form is a hefty six-pager with instructions about what steps to take whether you agree or disagree with the assessment. At the moment, the crooks are extorting straight cash out of victims, but this may just as well be used as a vehicle for instant malware infections.

## Upcoming Events

### 37th Annual 50+ Winter Games

#### Summit Seniors, We Want You!!!

On February 12-14, the 37th Annual 50+ Winter Games will be back! Come join in for three days of fun winter sports with your peers.

Here is the breakdown for the three days:

**Sunday February 12**– Opening Dinner and Silent Auction at the Community and Senior Center

**Monday February 13**- Speed Ice Skating, Figure Skating, and a Hockey Goal Shoot at Keystone Lake. Individual and Duel Slaloms, Rally and Obstacle Downhill Races on Dercum Mountain

**Tuesday February 14**- 1K, 1.5K, 5K classic, 5K Skate Nordic races, relay races, Biathlon, and Snowshoe races at the Adventure Park. Snowball Throwing Competition and Awards Ceremony

For only \$35 you can compete in all or any events. Dinner on Sunday night at the Community and Senior Center for an additional \$15.

*For more information and how to register, go to [www.summitcountyco.gov/wintergames](http://www.summitcountyco.gov/wintergames).*

### AARP Driver Safety Class

On Saturday, November 19 at 9am at the Senior Center in Frisco, AARP is teaching a driver safety class. Keep up with safety features and traffic changes by coming to the AARP class. This 4-hour class updates your insurance discounts and gives you confidence in your skills. The class involves lively discussions and activities for all! Register in the Activities Book or call (970) 668-2940. The cost is \$15 for AARP members or \$20 for non-members.

### Decorating SCSC for the Holidays

Come help decorate the Senior Center on Saturday, November 26th, at 10am. 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. For more information call Bonnie Guthrie at (970) 468-0405 or email [bonniesaunders1@yahoo.com](mailto:bonniesaunders1@yahoo.com).

### Holiday Dinner

The Holiday Dinner will be on Monday, December 5. Appetizers will be served at 5:30pm, followed by dinner at 6:00. Cost will be \$22/person. Choice of grilled flank steak with red wine mushroom demi-glace or roasted salmon with cranberry mustard sauce. Please sign up and pay at the senior center by Wednesday, November 23.

### Opening Dates for Ski Resorts

- **ABasin:** Late October
- **Beaver Creek:** Nov. 23
- **Breckenridge:** Nov.11
- **Copper:** Nov. 11
- **Keystone:** Nov. 4
- **Loveland:** Oct. 15
- **Ski Cooper:** Dec 10
- **Vail:** Nov. 18

### Highlight Your Photos and Art in the Newsletter

Rob would like to highlight your photos and artwork in the newsletter! If you would like to put your photos and art on display, please send an email with photos and descriptions to [rob.rumrill@summitcountyco.gov](mailto:rob.rumrill@summitcountyco.gov).

### Senior Trip

#### Colorado Mountain College (CMC) Culinary Adventure

Under the direction of chef Ian Buchanan we will prepare a Moroccan feast consisting of couscous, chicken tagine with almonds and apricots, grilled beef skewers with harissa, roasted beets with cumin and mint as well as fish kebobs with charmoula.

Date: Saturday, November 12, 2016 from 3pm-6pm

Where: CMC Breckenridge Culinary Kitchen

Limit: 14 persons

Trip Leader: Mickie Parsons (970) 468-1977

Cost: Senior discount of \$40 per person (non-refundable) payable to SCSC

Deadline to register: November 4, 2016

### Lake Dillon Theatre Play

Start the holiday with Dinner and Theatre. Lake Dillon Theatre Play is "Bad Jews." Don't let the title influence you. The play is about 3 cousins who get together in the wake of their grandfather's death to determine who ends up with the precious family heirloom. It is a hilarious brawl over family, faith and legacy. Dinner reservations at the Sauce on the Blue. Sign up and pay at the Senior Center. Indicate whether you are having dinner and if you are a season ticket holder.

Date: December 15, 2016

Cost: Discounted Theatre tickets are \$29. Dinner not included.

Reservations: 10 tickets are reserved which do not include season ticket holders.

Deadline: December 8, 2016

Leader: Corina, (970) 513-1285

[aragon.corina@gmail.com](mailto:aragon.corina@gmail.com)

## Happenings

### 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.

### 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.

### 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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### 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, November 12	10am-12pm With Patty	Senior Center
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### The Timberline Toppers Square Dancing

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!

**Saturday Nov. 5**  
**Saturday Nov. 19**

*Above dances are at the Senior Center in Frisco.*  
5:30pm-7pm: Plus  
7pm-7:30pm: Round  
7:30pm-9:00pm: Mainstream

*Always check our website to confirm details at [www.timberlinetoppers.org](http://www.timberlinetoppers.org).*

### 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 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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### Thai Chi for Health

Prevent falls and improve quality of life through Tai Chi. Research has shown that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In addition, it improves balance, immunity and reduces stress.

Who should participate? Anyone who wants to improve awareness, mobility, coordination and balance through a safe and gentle exercise program. Saturdays 8:30am. Contact Kim at 970-376-0545

### 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 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 anytime in the SCSC office.

At this writing, we know of only one (sad) change for the season. Arapaho Basin will not be hosting the usual Monday OTHGI guided skiing day. The other programs: Breckenridge on Tuesday, Thursday at Keystone, and Friday at Loveland will all begin on the first respective day in December.

By the time this is published, we should be able to ski and our annual Members Newsletter will be out. In that newsletter, we will detail the guided ski programs and special events for our Thursday parties. Our first party will be on Thursday, December 1. For more information, please email tim at torwick@gmail.com.

♠ ♣ ♥ ♦ **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!*

Nov. 2 Novice game—1 pm in Hobby Room  
 Nov. 9 Ladies Bridge at home of Brenda Alberico. Please be there at 9:45am. Sign up in Hobby room or with Carla at (970) 389-3192.

**Book Clubs**

Group	Day	Time	Info	Comments
Page Turners Book Club	Nov. 15	7pm	“River of Doubt” by Candace Miller	Please RSVP with Sharon Smith skismith@comcast.net or call (970) 485-2290
Happy Hour Book Club	Nov. 9	4:40	“The Achievable Epic: Thru Hiking the Colorado Trail” by Jim Rahtz	Please RSVP with Diane Williford. rdwilliford@outlook.com

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## 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)	November 3	4pm	Sandy Ruggaber (970) 513-8468	Flipside in Breckenridge

## Quilting

Group	Day	Time	Contact	Comments
Quilting Retreat	Nov. 12	9am-4pm	Norma Robinson (970) 262-1007	Please bring your own project and materials to work on at SCSC.
Quilt Sit & Sew	Nov. 14	7-9pm	Monique Brownson Monique.brownson@gmail.com	Please bring your own project and materials to work on at SCSC.
Regular Meeting	Nov. 28	7-9pm	Monique Brownson Monique.brownson@gmail.com	Show and tell after the meeting



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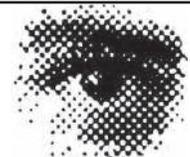
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## Senior Services & Programs

### 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 and 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, is interested in receiving home-delivered meals.

## Senior Programs

Group	Day	Time	Contact	Comments
Caregiver Support Group	Nov. 1	1pm	Krysta Kolbe For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Ask a Certified Financial Planner®	Nov. 14	4:30pm	Aleda Kresge, CFP®	(970) 668-8448
Medicare Counseling By SHIP Certified Counselors	Nov. 2 Nov. 16 Nov. 30	1:00-5:00pm	Front Desk at the SCSC	Dyann Gray (970) 668-2940
	TBD	9:00am-12:00pm	Call Front Desk to Get November Dates	Ed Ozark (970) 668-2940
Parkinson's Support Group	Nov. 18	10:00am	Anne Watson	For info and meeting place, please call (970) 390-9690.
Ask a Lawyer Day Free 15-min. appt. With an Attorney	Nov. 15	Arrive at noon to sign up	Dave Helmer	Appointments cannot be made in advance.

## AmazonSmile

AmazonSmile is a part of Amazon.com which donates 0.5% of the price of your eligible AmazonSmile purchases to an organization of your choice. Did you know that Summit County Senior Citizens, Inc. has a unique AmazonSmile link that makes it easier for people to find and support our organization?

Here is SCSC's unique link:

[smile.amazon.com/ch/84-0989154](https://smile.amazon.com/ch/84-0989154)

When customers click on this link, they skip the process of searching different charities and instead are automatically asked if they want to support Summit County Senior Citizens, Inc. This is a great way to raise money for the organization when making purchases on Amazon.com!

**November  
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!***

	1 <i>Mac &amp; Cheese</i>	3 <i>Beef Stew</i>
7 <i>Baked Chicken</i>	8 <i>Lasagna</i>	10 <i>Grilled Fish</i>
14 <i>Flank Steak</i>	15 <i>Shepherd's Pie</i>	17 <i>Breakfast for Lunch</i>
21 <i>Shrimp and Grits</i>	22 <i>Thanksgiving Lunch</i>	24 <b><i>Thanksgiving Day Office Closed</i></b>
28 <i>Pork Loin</i>	29 <i>Enchiladas</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.**

## Zucchini Boats

**Ingredients:**

- 4-5 zucchini
- 1 cup fresh spinach
- 1/2 cup tomato sauce/marinara
- 1/2 cup minced onion
- 1 can (14.5 oz) fire roasted tomatoes drained and finely chopped
- 1 cup shredded Swiss cheese
- 1 egg
- 1/4 cup bread crumbs
- 1/2 cup grated parmesan
- 1 clove minced garlic
- Salt and pepper to taste

**Preparation:**

Cut ends off zucchini and steam for 5 minutes. Remove and cool slightly. Cut in half lengthwise and scoop out seeds/pulp. Set seeds/pulp aside. In medium mixing bowl, beat the egg and add spinach, bread crumbs, marinara, parmesan cheese, onion, garlic, salt, pepper, and pulp. Mix thoroughly and spoon into zucchini shells. Place shells into 13x9 baking dish and bake uncovered at 350 degrees for 15-20 minutes. Remove and top with tomatoes and Swiss cheese. Return to oven and bake 5-10 minutes or until cheese is melted. Enjoy!

# Event Calendar

November  
2016

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 1pm Caregiver Support 3pm SCSC Board Meeting	2 1pm Medicare 1pm Novice Bridge	3 4pm GALS	4 <b>Newsletter Deadline</b>	5 5:30pm Square Dancing
6	7 4pm Computer Support	8	9 9:45am Ladies Bridge 4:40pm HH Book Club	10	11 <b>Veteren's Day Office Closed</b>	12 9am Quilting Retreat 10am Line Dancing 3pm Senior Trip
13	14 4pm Computer Support 4:30pm Ask a Certified Planner® 7pm Quilt Sit & Sew	15 12pm Ask a Lawer 7pm Page Turners	16 1pm Medicare 9:45am Ladies Bridge	17	18 10am Parkinson's Support	19 9am Driver Safety Class 5:30pm Square Dancing
20	21 4pm Computer Support	22	23	24 <b>Thanksgiving Day Office Closed</b>	25 <b>Office Closed</b>	26 10am Decorate SCSC
27	28 9am Medicare 7pm Quilt Meeting	29	30 1pm Medicare			

## 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	10am Yoga	12pm Lunch 1pm Social Improv Games 1:15 N'Balance	10am Yoga 12:45pm Mahjong 12:50pm ACBL Bridge	8:30am Thai Chi

# 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](mailto: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.

For Sale	For Rent	Services	Wanted to Rent
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**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](mailto:jeanwaid98@gmail.com) for more information.

**1973 Mercedes 450 SEL**— Sedan, 73k miles, gun-metal gray, leather interior, never driven in winter conditions, interior and exterior very good condition. Great find. Call 641-585-2329

## 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.

**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](mailto:rtaylo8@yahoo.com) for more information.

**Dillon 1BR/1BA**— Upper unit with sunny deck across from tennis courts. View of Lake Dillon, bus stop 2 blocks away. Furnished with wood stove. NS/NP. \$1000 plus utilities. Contact Marsha at 404-640-4502.

**Frisco 2BD/2BA**— Steps from Main Street, sleeps 6. \$150 a night/summer, \$250 a night/winter. Available short or long term. Cal Alysha at (817) 891-3599 or email [337streamside@gmail.com](mailto:337streamside@gmail.com)

**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.

**RV Rental**— Looking to swap Class C RV (32ft) rental for condo/home rental in Summit for winter months. Call Mary Pat at 303-901-4913 or email [mpe1281@gmail.com](mailto:mpe1281@gmail.com) for more information.

**Silverthorne 4BD/3.5BA**— Eagles nest, 3400sq ft log duplex with attached double garage, fireplace, radiant heating, jacuzzi tub, great views. Available any time in November or December. NS/NP. Call 641-585-2329.

**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 [hashercs@yahoo.com](mailto:hashercs@yahoo.com).

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

**Handyman Dan**— Home repair and remodeling Flooring, tile, drywall, painting, minor plumbing and electrical, doors. Call for a free estimate, 970-409-7506 or email [dan@handy-danny.com](mailto:dan@handy-danny.com).

**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** Bill Rider, licensed Realtor with Keller Williams in Frisco. SCSC member and guide in the 50+ Ski group. Can assist in real estate transactions of all kinds, listing your home, buying a new home or upgrading to larger residence. For more information call (970) 423-6347.

**Summit Legal**— Call Niki for all legal services including wills and trusts. Seniors: free consultation and discounted rates. (970) 393-3123 or [summitlegalhelp.com](http://summitlegalhelp.com).

**Senior couple looking to rent 1-2BD condo**— 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](mailto: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

**Looking for Condo**— Needed from June-September 2017 2BD/2BA condo, or condo with 1BD/2BA plus garage), or house sitting position for same dates. Retired professional couple, 3rd year Keystone summer golf employees, Seniors Center members. No pets, No smoking. Lots of references. Call us at 480-215-6966 or email [Foremangm@aol.com](mailto:Foremangm@aol.com).

**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.

# 2017 Medicare Annual Open Enrollment

## Be Prepared

### October 15 to December 7, 2016

**WANT TO SEE IF YOU CAN SAVE MONEY?  
COMPARE YOUR PLANS EVERY YEAR!**

**Advantage and Prescription Drug plans change every year!**

**Make your comparisons during the Annual Enrollment Period.**

#### Your Enrollment Options

- Switch to a different Part D prescription drug plan
- Enroll in a Part D prescription drug plan if you don't have one this year
- Switch your Advantage Plan to another carrier
- Switch from and Advantage Plan to Original Medicare only
  
- Newly enroll in an Advantage Plan, but, you must .....
  - ◊ Be enrolled in Original Medicare (Part A and Part B)
  - ◊ Live in the plan's service area
  - ◊ Cannot have End-Stage Renal Disease (ESRD)

**Medicare Assistance by Appointment: 970-468-0295**



# 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](mailto: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.

## 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](mailto:rob.rumrill@summitcountyco.gov).

## Senior Center Front Desk Support

The Senior Center could use help with front desk on Mondays in the morning for three hours. If interested, please call Niki at the front desk at (970) 668-2940.

## 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](mailto: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](mailto:smessinger@jacolorado.org) for more information.

## Other News

### A-Basin and Summit Seniors

Summit County seniors and visitors have been enjoying a guided ski program at Arapahoe Basin every Monday, under the sponsorship of Over the Hill Gang, International, for over 15 years. Our senior volunteer leadership of the program has determined that the affiliation with OHGI is no longer desirable. To preserve the program, A-Basin was approached in February about adopting the program, much as was done by Vail Resorts at its Keystone, Breckenridge and Vail mountains under the "50+ Ski-with-Us" programs. To date, A-Basin management has declined to incorporate a senior guided ski program into its offering. Accordingly, the program is destined to be discontinued with no replacement probable.

## Other News (Continued)

### SC Alert Update

SCAlert is receiving a facelift and switching to CodeRed for our notifications. Visit [www.SummitCountyCO.gov](http://www.SummitCountyCO.gov) and read the information below for further instructions.

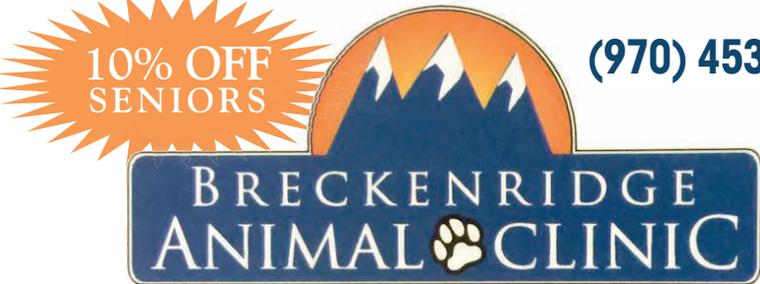
We have licensed the CodeRED Community Notification System to help disseminate important and critical information. In the past, you registered to receive specific selected alerts about items such as schools and traffic.

If you would like to continue to get these notifications, follow these steps to create a managed account where you will then select the alerts you would like to receive:

1. Go to the website  
<https://public.coderedweb.com/cne/en-US/BF280A5EDDF0>.
2. Complete form including all forms of contact that you would like to receive notifications on, please make sure to include an email address.
3. Review the Terms and Conditions and check box stating you have read the Terms and Conditions.

4. Click "Verify Information".
5. Select YES, I would like to create a managed account.
6. Enter a Username and Password. Click "Continue".
7. Verify placement on the map. If you need to change the location, click and hold down the left mouse key on the blue balloon and drag the marker to the correct location.
8. Scroll down to the additional notifications section and select the check boxes for the alerts you would like to receive.
9. Click "Verify Information" Verify the information is correct then hit continue. You should then receive the "Congratulations" page that specifies you have successfully registered for Summit County Alerts.
10. Please take note of the phone numbers as these will be the numbers displayed on your phone when an alert is sent

If you have any questions or concerns, email to [sca-alert.help@SummitCountyCO.gov](mailto:sca-alert.help@SummitCountyCO.gov)

<p><b>AVAILABLE FOR A LIMITED TIME</b></p> <p><b>ADVERTISE YOUR BUSINESS HERE</b></p> <p>Contact Anita Aguilar to place an ad today! <a href="mailto:aaguilar@4LPi.com">aaguilar@4LPi.com</a> or (800) 950-9952 x2677</p>	<p><b>10% OFF SENIORS</b></p>  <p><b>(970) 453-0821</b></p>
	<p><b>PARADISE REALTY</b> <b>Dave Bittner</b> Real Estate Broker/Realtor® Cell: 970-390-1604 PROFESSIONAL ASSISTANCE BUYING OR SELLING REAL ESTATE IN SUMMIT COUNTY <a href="http://www.Colorado-Summit.com">www.Colorado-Summit.com</a></p> <p><b>WILLIS &amp; CONNELLY, P.C.</b> ATTORNEYS AT LAW Estate Planning Wills &amp; Trusts Probate Real Estate Transfers Beneficiary Deeds Kent B. Willis Michael P. Connelly 322A N. Main Street P. O. Box 1639 Breckenridge, CO 80424 970 453-0950 <a href="http://www.willis-connelly.com">www.willis-connelly.com</a></p> <p> Post-hospitalization and outpatient rehabilitation <b>303-674-4500   <a href="http://LCCA.com">LCCA.com</a></b> 2987 Bergen Peak Dr.   Evergreen, CO 80439 Joint Commission accredited</p> <p>44954</p>

## Other News (Continued)

### Salute to Veterans

The Summit Concert Band & Summit Community Orchestra will be combining forces to present a special "Salute to Veterans" concert, Monday, November 7, 7pm, at the Summit Middle School Auditorium in Frisco. Joining the groups will be a highly-acclaimed tenor vocalist, SFC Mario Garcia, from the US Army Soldiers Chorus in Washington, D.C.

### Save the Date for Winter Open House in January

Mark your calendars for our winter open house, Monday January 9, 4:30-6. Representatives for all activities and services at the Senior Center and through Summit County Seniors, Inc. will be available to answer your questions.

This is especially informative for new members, those considering joining and those looking for new adventures. It is a good night to try Monday night dinner, as well. Advance reservations for the dinner are \$12 per person.

For more information, please email Sandy at [sandy\\_bainbridge@yahoo.com](mailto:sandy_bainbridge@yahoo.com).

### Looking to Start a New Ski Group

We are looking to see if there is any interest in starting a new ski group, called Over 70 at Loveland Ski Area. You will need to be able to ski at Loveland Resort. If interested, please email Jan at [janskifast@yahoo.com](mailto:janskifast@yahoo.com).

## November Computer Classes



Once again there will be no seminars held in November 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/13hrEWzwifqgqIV2H2qyxoz--ETNP5v\\_M4gaNnPe7dZ4/edit?pli=1#gid=1](https://docs.google.com/spreadsheets/d/13hrEWzwifqgqIV2H2qyxoz--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, November 7	4:00 to 5:30 PM	Help Session <sup>1</sup>
Monday, November 14	4:00 to 5:30 PM	Help Session <sup>1</sup>
Monday, November 21	4:00 to 5:30 PM	Help Session <sup>1</sup>

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.



Photo courtesy of Steve Bainbridge.

If you would like to showcase your photos or artwork in the newspaper, please email them to [rob.rumrill@summitcountycolorado.gov](mailto:rob.rumrill@summitcountycolorado.gov) with a caption.



**TIMBERLINE**  
ADULT DAY SERVICES

*Where Friends Gather*

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Community & Senior Center

83 Nancy's Place  
PO Box 1357  
Frisco, CO 80443

[timberlineadulday@gmail.com](mailto:timberlineadulday@gmail.com)

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**November 2016**



A group of Summit County Seniors hiking around the Maroon Bells

Photo submitted by Sandy Bainbridge.

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