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ELKS EASTER BRUNCH
TUESDAY, APRIL 4 • NOON
ASPEN ELKS LODGE
• Ham steak, sides & dessert
• 1 drink included
• RSVP requested
(970) 920-5432

MARK HUNT OPENING
MUNICIPAL SWIMMING POOL
“I give up on development,” Hunt says of old Bidwell Building space. “Let’s make it a community amenity.”
Dedication of The Red Onion Memorial Pool will be on Saturday, April 1.

ALZHEIMER’S ASSOCIATION EDUCATION SERIES
1:00 p.m.
At the Pitkin County Senior Center

APRIL 7: Understanding Alzheimer’s & Dementia
Learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, stages and risk factors, current research and treatments available for some symptoms, and the Alzheimer’s Association resources.

MAY 3: Effective Communication Strategies with Alzheimer’s
Learn how to decode verbal and behavioral communication from someone with Alzheimer’s and other dementias. Develop strategies for having meaningful connections with people in differing stages of dementia.

FOR MORE INFORMATION: (970) 920-5432
**Offerings from the Libraries**

Visit [pitcolib.org](http://pitcolib.org) for info and sign up details for events, programs & activities.

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**Library Cinema:** A Bigger Splash (USA 2015)
Saturday, April 1 | Doors Open 7:00 p.m. | Movie 7:30 p.m.
A famous rock star's vacation in Italy with her boyfriend is disrupted by the unexpected visit of an old friend and his daughter. Tickets are $10 and popcorn is free.

**Library Concert Series:** A Conversation in Jazz
Saturday, April 15 | 5:00 p.m.
Local jazz greats Frank Todaro (piano) & Dustin Lutomski (trumpet) will perform over 120 jazz standards from the 1920s – 1960s.

**Literature Out Loud**: Guy de Maupassant
Tuesday, April 18 | 5:30-6:30 p.m. | Dunaway Community Room
Ed Foran will be reading “In the Spring”, which points out to a would-be lover some weaknesses of women. Josh Adamson will bring us “A Country Excursion” in which a day trip leads to romantic attraction.

**Aspen Words Literary Prize Livestream Party**
Wednesday, April 19 | 4:00-6:00 p.m. | Dunaway Community Room
Join us for refreshments and snacks plus an opportunity to win the raffle – a free copy of the winning book!

**Thrift Kitchen Gifts**
Saturday, April 22 | 3:00-5:00 p.m. | Dunaway Community Room
This month we will be putting together DIY cookie mixes and DIY granola mixes to give to family and friends. Gluten free options available. There will be no peanuts. For all ages.

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**MEET THE NEW VSO FOR PITKIN COUNTY**
**Wednesday, April 19 • 12:30 PM**

Adam Lazaro is the new Veteran Service Officer of Pitkin County. He served in the US Marine Corps in Afghanistan and is a disabled veteran.

Adam says: *Although I do not work for the Department of Veteran Affairs, as a Veterans Service Officer (VSO), I offer a range of services and resources for veterans, service members, dependents, and survivors. I offer and guide honorably discharged veterans with pensions, disability compensation, military documentation search and retrieval, VA Home Loan guidance, VA VOC Rehab applications, and surviving spouse benefits.*

Contact information:
Adam Lazaro
Veterans Service Officer
Pitkin County Department of Human Services
Email: adam.lazaro@pitkincounty.com
Phone: (970) 319-5169

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**Alpine Legal Services**

**Monthly on the 2nd Monday at 2:00**

**Next Session:** April 10
Call to sign up for a free 15-minute consultation. (970) 920-5432.

**Massage with Joanne Johnson**

**Wednesday, April 12 • 12:45-2:00 PM**

15-minute Chair Massage
Sign up (970) 920-5432. No charge, donations accepted.

**Foot Care Days**

**April 3 & 28 • 12:45-3:00 PM**

Nurse Karen Kashnig will provide foot & toenail care. Sign up at (970) 920-5432. No charge, donations accepted.

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**Death Café**

Join Amy Maron in a thought provoking discussion to increase awareness of death with a view in helping people make the most of their (finite) lives.

A Death Café is a safe and relaxed space to gather with community members to discuss topics related to death and dying – the idea is to engage in interesting and insightful conversation. It is a discussion group rather than a grief support or counseling session.

**Monday, April 17**
1:00 p.m. • Pitkin County Senior Center
**Recreation & Fitness**

**RECREATION CENTERS:**

**CHECK WEBSITES FOR LATEST INFO**

**The ARC:** Please check aspenrecreation.com or call (970) 544-4100 for more information and for updates. For at-home workouts and activities, check out aspenrecreation.com/activities/home-based/adult

**The Snowmass Village Rec Center:**

Go to snowmassrecreation.com or call (970) 922-2240 for more information. The Senior Center has punch passes available for you to try out ARC or Snowmass Rec. Call (970) 920-5432 for more info.

**The Carbondale Rec Center:**

Go to carbondalerec.com or call (970) 510-1290 for more information.

**IN-PERSON CLASSES @ THE SENIOR CENTER**

**YOGA**—now 3 days per week:

**Monday, Wednesday & Friday • 10:15 am**

Hatha Yoga for any level, beginner to advanced. $5/class • Mary Anderson

**Balance Class:** **Tuesday • 10:00 am**

The exercises and activities offered have proven to prevent falls. Adaptable for any level. Free for all ages • Krista Fox

**Tone & Stretch Class:** **Friday • 10:00 am**

Strengthen your core which in turn helps your posture, balance and muscle tone. Christi Couch • Now at The ARC

**Qigong:** **Thursday • 10:00 am**

Helps reduce joint & arthritis pain; improve balance, breathing and grace. $5/class • Ross Douglass

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**Social Spotlight**

Programs take place at the Senior Center in Aspen. For details and more information, call (970) 920-5432.

**BRUSH UP YOUR BRIDGE**

**Fridays • 1:30-3:30 PM • Free**

**With Courtney Keller**

Lessons for all levels, beginner to expert.

**Knitters & Crafters**

**Sundays • 2:30—4:30 PM**

This group is open to yarn & thread crafters of many kinds.

**Senior Center Book Club**

**Wednesday, April 26 • 10:45 am**

Next Selection: *How Not to Drown in a Glass of Water* by Angie Cruz

**Seniors at Play—Live Play Readings**

**Monday, April 27 • 1:00 pm**

**He Said and She Said** by Alice Gerstenberg

Oh what a tangled web she weaves! A "helpful" gossip throws sand in the cogs of a happy relationship. Seniors at Play Want You! To join the fun and participate contact Barbara at bashaw1214@gmail.com or (970) 923-0041

**High Country Volunteers & A Little Help**

**Thursday, April 27 • 11:00-1:00**

Drop by to learn how to give or receive volunteer services in the valley from these two organizations.

**Guitar Music with Shaefer Welch**

**Wednesday, April 26 • 12:45 pm**

Shaefer Welch made his way to Colorado in 2011 after 4 years performing and writing music in Nashville, TN. Playing a blend of acoustic originals and folk covers, he focuses on harmony driven melodies and lyrics that tell a story.

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For more info: (970) 920-5432

*These classes are being offered on a trial basis. Please take advantage of them if it interests you so that we can keep it going. We welcome feedback and suggestions for additional ARC programs and other community-based programs.*
Most healthy people can eat up to seven eggs a week without increasing their risk of heart disease. Some studies have shown that this level of egg consumption might even help prevent certain types of stroke and a serious eye condition called macular degeneration that can lead to blindness. But if you have diabetes, some research suggests that eating seven eggs a week increases heart disease risk. However, other research failed to find the same connection. Still other research suggests that eating eggs might increase the risk of developing diabetes in the first place. More research is needed to figure out the link between eggs, diabetes and heart disease. Health experts now suggest eating as little dietary cholesterol as you can, aiming to keep intake under 300 milligrams (mg) a day. One large egg has about 186 mg of cholesterol — all of which is found in the yolk. If your diet contains little other cholesterol, according to some studies, eating up to an egg a day might be an OK choice. If you like eggs but don’t want the cholesterol, use only the egg whites. Egg whites contain no cholesterol but still contain protein. You can also use cholesterol-free egg substitutes, which are made with egg whites.

Source: mayoclinic.org by Francisco Lopez-Jimenez, MD

Learn More:

For more information on the health benefits of eggs, join Vintage registered dietitian Patti Murphy for a virtual “Fresh Conversation” on Wednesday, April 19. See page 8 for connection details.
## APRIL 2023 MENU

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<tr>
<td>3 Penne Pasta Bolognese, Peas and Carrots, House Salad, Peach Crisp</td>
<td>5 Mahi Mahi, Mango Salsa, Brown Rice, Broccoli Salad, House Salad</td>
<td>6 Cheese Ravioli, Tomato Basil Sauce, Mixed Vegetables, House Salad, Tiramisu</td>
<td>7 BBQ Beef Brisket, Baked Beans, Corn, House Salad, Blueberry Pie</td>
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Kitchen staff will be out for the last two weeks in April. The menu is to be determined. Thank you for your patience and understanding.

Reservations required • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • Whole grain bread and 2% milk are available at each meal • Please arrive by 12:20 p.m.

### LET’S TALK RELIGION: EASTERN TRADITIONS

**Friday, April 21 • 1:00 PM • with Chad Federwitz**

In this series on Eastern Traditions, the religious traditions of Buddhism, Daoism and Hinduism will be explored and discussed. Exploring and investigating religion and spirituality is a part of what makes us human, as we seek understanding, knowledge, wisdom and connection. What are the core beliefs of these traditions? What foundational knowledge about each tradition would be helpful for us all to understand? Are there meaningful similarities and differences between traditions? What questions do YOU have?

### SOUND HEALING MEDITATION

**Thursday, April 27 • 2:00 PM**

Sound healer Megan DiSabatino offers a guided journey into the practice of using vibrations in the form of crystal singing bowls, chimes and gongs to relax physical and emotional well being. The vibrations and tones of the singing bowls slow down breathing, brain waves and heart rates, producing a deep sense of calm and well-being. Sound healing can relieve anxiety, insomnia and supports mental clarity.

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The Redstone programs are open to all!

**RSVP: (970) 920-5432**

12:00 PM—LUNCH

(RSVP by noon the Friday prior, $10)

Plated lunch served. There will be a gluten-free option

12:45—PROGRAM

**April 11—Foot Care with Karen Kashnig**

- Four appointment slots are available. Call (970) 920-5432 to sign up.
- **Play Games!** Chad Federwitz will bring a few to play after lunch.

**April 25—Chris Klug Foundation**

Organ & tissue donation information provided by Jessi Rochel, Executive Director of the Chris Klug Foundation

WANT TO BE KEPT IN THE LOOP?

Send us your email address: seniors@pitkincounty.com
Pitkin County Senior Services will soon be accepting applications for the local low and middle-income senior tax relief programs. Applications will be mailed to previous qualifiers in January.

The application deadline is:
TUESDAY, APRIL 18, 2023

Up to five separate subsidies are available to seniors, depending upon residency in the City of Aspen, Aspen School District and Pitkin County.

- City of Aspen programs include a property tax rebate and a utility discount.
- Aspen School District has a property tax rebate.
- Pitkin County offers a heating fuel tax rebate and a property tax rebate.

Property owner must be a permanent resident, at least age 60, with gross income from all sources of less than $54,360 for a single or $73,240 for a couple. Additional requirements apply. Renters are also eligible to apply.

City of Aspen residents may qualify for a property tax rebate and a utility rate adjustment.

APPLY ONLINE AT: bit.ly/2022pitkintax
OR FOR MORE INFORMATION CALL: (970) 920-5432
(Accommodations available for homebound seniors.)

OTHER OPTIONS FOR TAX RELIEF IN COLORADO

COLORADO SENIOR PROPERTY TAX EXEMPTION:
Based on your 2022 taxes, which are billed and paid in 2023. The deadline was July 15, 2022 to get your exemption on this year’s bill. You only have to qualify one time, not every year – your name will remain on the list while you own your present home. You must be 65 and lived in your primary residence for 10 years. If you are eligible and have never signed up, apply by July 15, 2023 for your 2023 property taxes. The form is available at the County Assessor’s office in the county building. Call (970) 920-5160 or email assessormail@pitkincounty.com to arrange to get a form.

PROPERTY TAX DEFERRAL FOR SENIORS:
At age 65, Colorado seniors can opt to their defer property taxes against the value of their home. Call the Treasurer (970) 920-5170 for details and forms.

CO PROPERTY TAX/RENT/HEAT REBATE (104 PTC):
Rebate for a portion of property tax and heating expenses paid. Must be 65 years of age or be a surviving spouse at least 58 years or disabled entire year. Single income in 2021 under $15,831 or a couple income below $21,381 annually. (2022 income limits not yet published). Contact CO Dept. of Revenue (303) 228-7378.

LOW INCOME ENERGY ASSISTANCE PROGRAM

LAST MONTH FOR LEAP:
APPLICATIONS ACCEPTED THROUGH APRIL 30

LEAP assistance will pay a portion of home heating costs in a one-time payment directly to the energy provider. The qualifying income for LEAP is now up to 60% of the state median income. For a 1-person household, the gross income limit is $2880. For a 2-person household it is $3766. Benefit amounts range from $250 to $1,000.

To request an application by mail or for more information on LEAP and other available resources, call Discover Goodwill at 1-888-775-5327 or Heat Help at 1-866-432-8435.

Download an application at: https://cdhs.colorado.gov/leap
You may also apply at https://coloradopeak.secure.force.com/
Pick up an application at the Senior Center or HHS building.

- Arrearage Program to help with past due bills
- Water Program—expands benefits to assist with water bills in certain circumstances
- Crisis Intervention Program for repairing or replacing broken furnaces.

Call 855-469-4328 to learn more.

Once completed, LEAP applications can be emailed to: leaphelp@goodwillcolorado.org
Or mail to:
Discover Goodwill
P.O. Box 39200
Colorado Springs, CO 80949

For application assistance, contact Ligia Bonilla at (970) 319-4211.

FREE TAX RETURN PREPARATION FOR BASIC RETURNS

- Appointment required
- This service is provided by volunteer retired business and income tax professionals
- Available to low- and mid-income persons of all ages
- Appointments will be held at the Pitkin County Library, or remotely
- Call Don Davidson at (970) 925-3118 for an appointment

Also available: Tax Return assistance through the High Country Volunteers (formerly RSVP) in Glenwood Springs. An AARP Tax-aide program serving clients from Aspen to Craig. Call 970-385-8740 before April 7, 2023, for details and appointments.

ASPEN FOOD TAX REFUND

You may apply at: aspen.gov/382/Food-Sales-Tax-Refunds
or visit the “Finance” window on the 2nd floor of City Hall, 427 Rio Grande Place.
The application deadline is Tuesday, April 18.
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| 2:30-4:30 Knitters & Yarn Crafters
Knitters & Yarn Crafters
He Said And She Said | 10:00 Yoga
10:15 Yoga
10:15 Yoga
10:00 Yoga/12:00 Lunch
10:15 Yoga/12:00 Lunch
10:15 Yoga
10:00 Ongong
10:15 Yoga | 11:00-1:00 High Country Volunteers & A Little Help
10:00 Tone & Stretch @ ARC | 12:00 Lunch
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He Said And She Said | 10:00 Seniors At Play
10:15 Yoga Care Center
10:00 Balance Class
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12:30 Guitar Music Shaefer Welch
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| 10:30-12:30 Economic Assistance
Redstone Senior Day: Foot Care & More
10:00 Tone & Stretch @ ARC | 10:15 Yoga
10:15 Yoga
12:30 Guitar Music Shaefer
12:00 Lunch
12:00 Lunch | 2:30-4:30 Knitters & Yarn Crafters
Knitters & Yarn Crafters
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10:15 Yoga | 10:00 Tone & Stretch @ ARC
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130 Brush Up Your Bridge
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10:00 Tone & Stretch @ ARC
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10:00 Tone & Stretch @ ARC | 10:00 Ongong
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PITKIN COUNTY SENIOR SERVICES
0275 Castle Creek Road
Aspen, CO 81611
RETURN SERVICE REQUESTED

Pitkin County is an Age-Friendly Community
pitkizensiors.com • 970-920-5432
Open Monday - Friday • 8:30 a.m. - 4:30 p.m.

THE VOICE OF EXPERIENCE
PITKIN COUNTY SENIOR SERVICES

Subscribe today!
If you don’t already receive this newsletter regularly, subscribe for email or U.S. Mail delivery by calling 970-920-5432 or email seniors@pitkincounty.com
There is no charge for subscription.
Donations are welcome!

OUR MISSION:
To facilitate quality of life and independence for individuals over age 60.
Programs take place at the Pitkin County Senior Center unless otherwise indicated.

Nutrition Education Online Series
Join Registered Dietitian Patti Murphy and learn:

Spring 2023
April 19: 1pm - 2pm
Eggs are Good for You - Breaking Down the Research
May 17: 1pm - 2pm
How Much is Too Much? A Discussion on Alcohol
June 21: 1pm - 2pm
Macular Degeneration - A Discussion on Supplements & Food that May Help

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

Register for one or all topics in the series through Zoom @ https://tinyurl.com/Spring23Fresh
Or email Patti pattimurphyrd@gmail.com for more information/assistance

SPONSORED BY:

TATVAMASI MEDITATION CHAMBER
By Inner Freedom Academy
Co-led by: John Hatanaka & Niki Kapoor (via Zoom from Bali)

Every Wednesday • 6:00 p.m.
Open Zoom and click: “Join a Meeting”
Enter Meeting ID: 8308 3380 107 • Passcode: love

Wednesdays, April 5, 12 & 19 • 6:00 p.m.
D’Angelico Guitars • 240 S. Mill St. • Aspen

Wednesday, April 26 • 6:00 p.m.
At the Pitkin County Library • Dunaway Room

RSVP & More Information: (970) 920-5432

Alzheimer’s & Dementia Caregiver Support Group
led by Dr. Clair Rummel, PhD

Date: 3rd Thursday of each month
Time: 10:30am – 12:00pm
Location: Basalt Public Library
Cost: Free
For Info or Questions: Dr. Clair Rummel - 970.236.6394