WHAT TO DO FOR A HEALTHY BRAIN:
Tips and Insights on Defining & Promoting Healthy Aging

TUESDAY, AUGUST 28TH
4–6 PM • Pitkin County Library • FREE

Presented by Jules Rosen M.D., Chief Medical Officer of Mind Springs Health and

• Clinical Professor of Psychiatry at the University of Colorado School of Medicine
• Author of over 75 peer-reviewed articles in Geriatric Psychiatry
• “Educator of the Year” – American Association for Geriatric Psychiatry
• Honored with designation of “Top Doctor in U.S.” for the last 18 years & 2018 “Lifetime Fellow” – American Psychiatric Association

SPACE IS LIMITED – PLEASE RSVP:
970.920.5432 • seniors@pitkincounty.com

TWIN LAKES INTERLAKEN BOAT TOUR
TUESDAY, AUGUST 14 • DEPART 8:00 AM • RETURN 2:30 PM

The tour includes both the upper and lower glacially formed lakes and a tour of the historic Interlaken resort, established in the late 1800’s as a getaway for wealthy mining tycoons. Magnificent scenery, information about the geology of the area, wildlife, history, and folklore await! Tour is at 10:00 followed by a lunch stop. Bring a meal or purchase there.

Tour is approximately 2 hours. Cost: $18 (age 65+)
Visit www.twinlakesinterlakenboattours.com for more details about this tour. Sign up (970) 920-5432
This will be a carpool trip—drivers will be reimbursed for mileage. If you are interested in driving and feel comfortable on Independence Pass, please indicate so when you call.

OUR MISSION
To facilitate quality of life and independence for individuals over 60.

ALPINE LEGAL SERVICE
@ Pitkin County Senior Services
TUESDAY, AUG 7 • 2:00
Free 15-minute legal consultations – call to schedule your appointment slot.

QUESTIONS OR SCHEDULING: 970-920-5432

PITKIN COUNTY LIBRARY BOOK BIKE
Visits to the Senior Center are on the 2nd Monday during the warmer months.

NEXT VISIT—AUGUST 13
12:45 PM

MASSAGE
THURSDAY, AUGUST 16
12:45-2:00 PM
15-minute Chair Massage with Joanne Johnson
Sign up 920-5432.
No charge, donations accepted.
EDUCATION & ENTERTAINMENT

ICELAND: NATION WHERE CONTINENTS MEET
FRIDAY, AUGUST 3 • 1:00 • DR. MARK COFFEY, COLORADO SCHOOL OF MINES

The island nation of Iceland has a long and rich political history. Its geography contains not just various volcanoes but some of the largest and most beautiful waterfalls on earth. It is a highly unusual place where the tectonic plates of North America and Europe meet on land. On Iceland one may literally bridge two continents! This presentation covers some of the history, culture, and scenic diversity of this country in the north Atlantic Ocean.

Dr. Mark W. Coffey is a physics professor at the Colorado School of Mines who performs research in both mathematics and physics, including quantum computing. He has given numerous talks to a variety of audiences on engineering, science, and mathematical subjects. He holds two doctorates, one in mathematics from New York University, and the other in theoretical physics from Iowa State University. He has also been a Fulbright Specialist scholar who has given multiple presentations abroad.

ASPN INSTITUTE NOSTALGIC WALK
THURSDAY, AUGUST 23 • 10:45-12:00
Experience a historical retrospective walk through the Aspen Institute and Meadows, Boettcher building and along the grounds designed by Herbert Bayer.

Join King Woodward and Dona Stuart as they share some fun stories and historical facts about how it all started. “Woody” was the business manager and director of conferences of the Aspen Institute; Dona was the groundskeeper for years.

The group will be dropped off at the Music Tent and later picked up at the Marble Garden at Aspen Meadows to return to the Senior Center for lunch. This walk includes some uneven surfaces. RSVP to (979) 920-5432.

MUSIC FESTIVAL BRASS TRIO
MONDAY, AUGUST 6 • 1:00
A student trio from the music school will entertain with an after-lunch performance.

For the entire Music Festival lineup, visit www.aspenmusicfestival.com/events/calendar/

SCRIBBLE WITH LIZ
FRIDAY, AUGUST 17 • 1:00-2:00
Join artist Liz Frazier for another informal drawing class. She has been a CMC instructor for many years and will be bringing her talent to the Senior Center. All levels of artists are invited to partake in charcoal, pastels and watercolor. Materials provided. Sign up at 920-5432.

FRIDAY FLICK: LUCKY
FRIDAY, AUGUST 31 • 1:00
A 90-year-old atheist has outlived and out-smoked his contemporaries, and as he comes to terms with his own mortality, he searches for ever-elusive enlightenment. Starring Harry Dean Stanton.

CPR & AED: KNOW THE BASICS
FRIDAY, AUGUST 10 • 1:00
Get that heart pumping! The class will include a short video, then break in to a few groups to go over CPR and the AED. You think you’ll never need to know, but when the time comes you’ll be glad you do. This session, led by the Aspen Ambulance District, will take less than an hour.

FREE COMPUTER CLASS FOR THE PRE-TECH GENERATION
SATURDAYS 3:00 TO 5:00 PM at CMC Aspen 255 Sage Way in the ABC
• Class includes basic computer, tablet and phone skills
• Microsoft Office, Gmail & Google Drive
• Photo management & presentations
• Social Media — Facebook, Twitter and Instagram
• Instruction on additional topics available upon request

Free—call Gina at (970) 424-9767 to reserve a space.

THE 2017-2018 SUPREME COURT SESSION WITH LIZ SIEGEL
THURSDAY, AUGUST 30 • 1:00 P.M.
A wrap-up of the first full session with Justice Gorsuch on the bench. Liz Siegel is a long-time attorney and educator in American Government with experience ranging from non-profits to NASA. She will share her insights about the recent session of the Supreme Court.
Community Conversations in Pitkin County
Alpine Area Agency on Aging
Four Year Plan
Join this unique opportunity to share your vision of aging in the county.

Are you interested in the future of our aging community? Do you care what our community has to offer as you age? The Alpine Area Agency on Aging is inviting people of all interests to participate in a Community Conversation. These interactive conversations are an opportunity for you to share your vision of the future, and offer your opinions, concerns, and suggestions. Your input will inform the update of the Alpine Area Agency on Aging’s Four Year Plan. If you have questions or would like more information, please contact Erin Fisher at aaaa12@nwccog.org 970-468-0295 x107.

REDSTONE
Thursday, September 6, 5:30-6:30 p.m.
Redstone Inn

ASPEN
Friday, September 7 1:00-2:00 p.m.
Pitkin County Senior Services

ICE CREAM SOCIAL
SATURDAY AUGUST 4 • 2:00 – 4:00 PM
Wheeler/Stallard Museum
Free event admission / $3 ice cream bowls / $5 spiked “Aspen Crud” milkshakes.
The event features live music, a presentation of “A Briefly Complete History of Aspen” (a 45-minute crash course in Aspen history featuring song, dance, and character presentations), Since the mining era in Aspen, ice cream socials have been a popular summer gathering in the community.

VETERANS COFFEE & DONUTS
4TH TUESDAY OF THE MONTH
NOON – 2:00 PM
NEXT MEETING: AUGUST 28
@ Pitkin County Library, Mezzanine Meeting Room
Sponsored by Alpine Bank, Aspen
Open to all veterans. Meet, share stories, and receive information on resources and benefits available to veterans. Organizations who provide support for veterans will be invited to attend the events to share information about their programs.

MORE INFO:
Janine Barth, Pitkin County Veterans Service Officer
Officer 970-429-6115 • janine.barth@pitkincounty.com
Understanding Osteoporosis

Osteoporosis is a disease that consists of weakened bones and increased fracture risk. It's sometimes called a "silent disease" with few, if any, noticeable changes to your health to indicate you have it. In fact, the first indication of osteoporosis often is when a bone breaks. Although it can strike at any age, osteoporosis mostly occurs in people over 50. According to the National Osteoporosis Foundation, half of women and one in four men over the age of 50 will break a bone due to osteoporosis.

Taking steps to build bone health while you are young can literally make or break what will happen to your bones as you age. However, at every age, a healthful diet and regular weight-bearing exercise are important, helping to ensure bone tissue continues to build.

Bone Health and Diet

Bones may seem dry and dull, but they are far from it. They are constantly under construction; certain cells break down bone tissue and other cells use the calcium and nutrients from foods you eat to build new bone. If you are not physically active or getting the nutrition you need, bones will suffer — becoming less dense, weaker and more likely to fracture.

Bone-Building Nutrients

Calcium, the major nutrient needed to form new bone cells, is vital for bone health. Bones store more than 99 percent of the calcium in your body. Some calcium-rich foods include milk, yogurt and cheese, and calcium-fortified soy milk, cereal and fruit juice. Other good sources include soybeans, dark green leafy vegetables and calcium-fortified tofu. Calcium needs change at different stages of life:

- Children ages 4 to 8 need at least 1,000 milligrams of calcium a day.
- Children ages 9 to 18 need at least 1,300 milligrams of calcium a day.
- Adults ages 19 to 50 need at least 1,000 milligrams of calcium a day.
- Women over age 50 and men over age 70 need at least 1,200 milligrams of calcium a day.

Important note: Most kids are not meeting their calcium needs.

Calcium cannot build bones alone. It works with other nutrients including vitamin D, vitamin K, potassium, fluoride and magnesium to increase bone density and strength.

Foods vs. Supplements

Supplements can't duplicate what foods offer naturally. If you are not able to drink milk due to lactose intolerance, try lactose-free milk and calcium-fortified food. Consult with your doctor about taking a calcium supplement with vitamin D, especially if you are a woman in menopause or post-menopause.

A registered dietitian nutritionist can help you choose the best supplement for your bones, and talk with your health care provider to determine if you may be at risk for osteoporosis.

Reviewed April 2018

NUTRITION RESOURCES

LIFT-UP

Food distribution once per month. Please call your local office for more information and what to bring for your first visit.

ASPERN PANTRY: Tuesday, Wednesday & Thursday* 11 a.m. – 1 p.m. • Also Wednesday 4-6 p.m. 456 N. Mill St. #12 • 970-544-2009

BASALT PANTRY: Wednesday & Thursday 11 a.m. – 1 p.m. • 167 Holland Hills Rd. • 970-279-1492

ADDITIONAL LOCATIONS: Carbondale, Glenwood Springs, New Castle, Rifle & Parachute.

* COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP): CSFP (for Seniors 60 & Over) and TEFAP provides a FREE additional monthly box of food to eligible individuals. Commodity food distribution will take place at LIFT-UP’s Aspen Pantry on the 3rd Thursday of every month. Call 970-544-2009 for more info.

REQUEST TRANSPORTATION: 970-920-5432

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. USDA is an equal opportunity provider and employer.

HOME DELIVERED MEALS are available on lunch days to qualified seniors who are unable to come to the Senior Center, due to a temporary or long-term illness or disability. The menu is the same as the meal served at the Senior Center each day and is delivered by a volunteer by 1:00 p.m. Delivery area is limited; additional resources exist for those outside the geographic area. For more information on qualifications or to sign up, call the Senior Center at 970-920-5432.

MOBILE PANTRY FOOD ASSISTANCE

Thursday, August 9 • 11:00 a.m. – 1:00 p.m.
Note Location: CMC Aspen Campus at ABC 255 Sage Way

No qualifications, forms, or fees. Please bring bags or a box. First come first served. The USDA is an equal opportunity provider and employer.
**AUGUST MENU**

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<td>6</td>
<td>Chicken Parmesan Spaghetti, Tossed Salad, Garlic Bread Mixed Fruit Vanilla Ice Cream</td>
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<td>Baked Chicken, Baked Potato, Broccoli &amp; Cauliflower, Cucumber &amp; Tomato Salad, Cheese Cake &amp; Strawberry Sauce</td>
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<td>13</td>
<td>Roast Beef Sandwich WW Bun Garlic Mashed Potatoes Cali Blend Vegetables Cole Slaw Pineapple Chunks</td>
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<td>Macaroni and Cheese Broccoli and Carrots Spinach and Orange Salad Chocolate Cake</td>
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<td>20</td>
<td>Spinach Stuffed Chicken Breast, Brown Rice Asparagus, Mixed Green Salad, Mixed Fruit Tiramisu</td>
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<td>Shrimp Salad on Spinach, Tomato Basil Soup, Sweet Corn Mocha Brownie Clementine</td>
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<td>27</td>
<td>Chicken Breast Creole Dirty Rice Green Peas Cornbread Apple Pie</td>
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<td>Beef Stew Potatoes, Tomatoes &amp; Vegetables Vanilla Ice Cream Sugar Cookie</td>
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<td>Cod Florentine Spinach &amp; Mushrooms Brown Rice Plaf Mixed Vegetables Key Lime Pie</td>
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Whole grain bread and 2% milk are available at each meal unless otherwise indicated. Reservations are required. Call (970) 429-6161, 24-hours in advance. Please arrive by 12:20 p.m.

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**FITNESS CLASSES AT THE SENIOR CENTER**

**TAI CHI/QIGONG:** Helps reduce joint & arthritis pain; improve balance, breathing and grace. **Ross Douglass.**

**Mondays • 9:00 a.m. (free/donations) & 10:00 ($5/class)**

**ADVENTURES IN MOVEMENT (AIM):** Gentle stretching, coordination, balance, and heart pumping actions; can be tailored to any level. $5/class; FREE for 60+

**Mondays • 11:00 – Noon • Sana Rappaport**

**Wednesdays • 11:00 – Noon • Christi Couch**

**YOGA:** Wonderful Hatha Yoga for any level, beginner to advanced. $5/class; $30/month

**Tuesdays • 8:45 – 9:45 a.m. • Mary Anderson/Colleen Collins**

**Thursday • 8:45 – 9:45 a.m. • Betty Hoops**

**BALANCE CLASS:** The exercises and activities offered have proven to prevent falls. Taught by Krista Fox and other Occupational Therapists from AVH. Activities adaptable for any level. Free for all ages.

**Tuesdays & Thursdays • 10:00 – 11:00 a.m.**

**PILATES CORE & BALANCE:** A core strength and balance class using the fundamentals of Pilates. $5/class, $30/month.

**Wednesdays & Fridays • 9:30 – 10:30 a.m. • Christi Couch**
NEW MEDICARE CARDS

New Medicare cards are being mailed to everyone with Medicare. Keep using your current card until your new one arrives. Find out when your new card is in the mail. Go to MyMedicare.gov. Want to learn more? Visit https://www.medicare.gov/forms-help-and-resources/your-medicare-card.html

HELP WITH MEDICARE

MONDAY, AUGUST 20 • 10:00 AM – 4:00 PM
@ PITKIN COUNTY SENIOR SERVICES, ASPEN
With TJ Dufresne, SHIP/SMP coordinator for Pitkin County. Call 970.920-5432 to schedule your appointment.

MEDICARE QUESTIONS AND ENROLLMENT ASSISTANCE:
- Patty Kravitz • Pitkin County Senior Center (970) 920-5432
- El Jebel, Eagle County Building (970) 328-7862
- High Country RSVP in Glenwood Springs (970) 947-8462
- Or contact TJ Dufresne directly (970) 468-0295 x120

SMILES FOR SENIORS

MOBILE DENTAL CLINIC

FRIDAY, AUGUST 17 • 9:00 AM – 4:00 PM
Health and Human Services
405 Castle Creek Rd, Aspen

QUESTIONS OR SCHEDULING:
Kelly, 970-309-2064

ALZHEIMER’S SUPPORT GROUP

FIRST WEDNESDAY OF THE MONTH • 7:00 – 8:00
NEXT GROUP AUGUST 1
PITKIN COUNTY SENIOR CENTER

This group is to support the caregivers of people living with Alzheimer’s and dementia. Facilitated by Rita Cohen 970-923-2560.

24/7 ALZHEIMER’S ASSOCIATION HELPLINE:
800-272-3900

FOOT CARE W/ KRISTEN LEVEY, RN

WEDNESDAY, AUGUST 1 • 1:00-4:00 PM
Call for waitlist spots (970) 920-5432.
Kristen Levey has been in the medical field for 15 years. She is working toward a Masters in Nursing with a focus on gerontology.

FIVE WISHES VIDEO & DISCUSSION

FRIDAY, AUGUST 24 • 1:00
Learn how to preserve your voice regarding later life care. Writing your Five Wishes will help you articulate for yourself and specify for your loved ones what you do and don’t want, even when you can no longer fully express yourself. Often called the “living will with a heart and soul,” this advance directives document is easy to use and understand. Through this process, you can learn to share your wishes and beliefs with those who matter most to you. Led by Mary Barbour.

NAVIGATING DEMENTIA

Wednesday, August 1st
9AM-Noon • Basalt Regional Library • FREE

9:15–10:55AM
Chad Federwitz, MA Gerontologist
 • Navigating Dementia and Associated Behaviors

11:00AM–Noon
Dr. Brooke Allen of Roaring Fork Neurology
 • Normal changes vs. cognitive decline
 • Participation in the Generation Program

RSVP: 970.379.0020
seniors@eaglecounty.us

ECONOMIC ASSISTANCE & VSO

3RD THURSDAY VISITS

AUGUST 16 • 10:30-12:30 • SENIOR CENTER

Ligia Bonilla and Sandi Centofante offer information and help applying for: Public Assistance, SNAP/Food Assistance, Medicaid and more.

Veterans Service Officer Janine Barth helps untangle VA bureaucracy and connects veterans with resources.
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<td>1:00 Five Wishes video &amp; discussion</td>
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<td><strong>WEEKLY GROCERY SHOPPING</strong></td>
<td><strong>MONDAYS AT 1:15</strong></td>
<td><strong>CUGAR</strong></td>
<td><strong>CALL (970) 925-4249</strong></td>
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**Note:** For more info, call (970) 920-5432.
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THE VOICE OF EXPERIENCE
PITKIN COUNTY SENIOR NEWSLETTER

SENIOR CENTER GROUPS & CLUBS

KNITTING GROUP:
Sundays • 3:00 – 5:00 p.m.
Kathryn, 970-925-4249

BOOK CLUB:
Last Wednesday of the month • 10:45 a.m. (August 29)
August selection: Garden of Evening Mists by Tan Twan Eng

MAHJONG:
Wednesdays & Fridays • 1:00 p.m.
All levels welcome • Peg, 970-925-1960

CANASTA: Mondays • 1:00 p.m.
New and learning players welcome!

OTHER GAMES AVAILABLE: Aspenopoly, Bridge, Chess, Backgammon, Trivial Pursuit, Rummy Double, Puzzles, etc.
New! Corn Hole / Bean Bag Toss

TECHNICAL ASSISTANCE

Monday, August 13 • 1:00
Summer Tech Help is provided by Aspen Science Center interns.
Sessions will be on the 2nd Monday at 1:00

AUGUST AT A GLANCE:

Aug 1—9:00-12:00 Navigating Dementia @ Basalt Library
Aug 3— 1:00 Iceland: Nation Where Continents Meet
Aug 6—1:00 Music Festival Brass Trio
Aug 7—2:00 Alpine Legal consultations—920-5432
Aug 10 —1:00 CPR & AED program
Aug 14—8:00-2:30 p.m. Twin Lakes/Interlaken outing
Aug 15—1:00-3:00 Senior Services Council
Aug 16—10:30-12:30 Economic Assistance & VSO
Aug 17—9:00-4:00 Smiles for Seniors at HHS. Appts: 309-2064
Aug 17—1:00 Scribble with Liz Frazier
Aug 20—9-4:00 Medicare 1:1 w/TJ Dufresne. Sign up 920-5432
Aug 23—10:45-12:00 Aspen Institute Nostalgic Walk
Aug 24—1:00 Five Wishes Video and Discussion
Aug 28—4:00-6:00 What To Do For a Healthy Brain (Library)
Aug 30—1:00 Supreme Court Decisions w/Liz Siegel
Aug 31—1:00-3:00 Friday Flick: Lucky

GUIDED MEDITATION & DEEKSHA

First Thursday of the Month • 5:00 p.m. (Aug 2)
@ Pitkin County Senior Services
No cost. All are welcome; this is an all-ages activity.
MORE INFO: (970) 920-5432