

# ROUND VALLEY COMMUNITY SERVICES OCTOBER 2020 NEWSLETTER

356 S Papago  
Springerville, AZ  
928-333-2516



happy  
halloween

## FROM THE DIRECTOR'S DESK—

*As of September 21, there have been no new cases of COVID-19 report in the County for 2 weeks. We have been considering opening the senior center to provide in-house meals, but the hiccup is that we are currently operating with less than half of our usual manpower.*

*Most of our staff works under an AARP Senior Community Services Employment Program, where senior citizens receive minimum wage to work 20 hours per week. Currently, AARP is requiring all trainees to stay home — otherwise they will not receive a pay check.*

*Some of you are anxious to visit with friends and participate at the senior center as soon as it is safe. However, we cannot reopen until we have enough staffing to function effectively and offer a safe environment for participants. Until then, all meals will continue to be delivered.*

*Just a reminder that we are still providing most services including daily transportation services. We are also driving participants to the Show Low area for shopping or other needs on the 3rd Friday of each month.*

*You can look forward to seeing the new flooring in the dining room. It is beautiful and looks like wood, so I think it adds a homey feel to the room.*

*Miss you lots! Stay happy & healthy!*

—Sharon Pinckard



"Sorry. Bigfoot or not, only one piece of candy per trick-or-treater."

**DID YOU KNOW** — In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall and was used for dining. The "head of the household" always sat in the chair while everyone else ate sitting on the floor. Occasionally, a guest who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called this person the 'chair man'. Today in business, we use the expression or title 'Chairman' or Chairman of the Board'.



## REPORTING ELDER ABUSE

If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you.

And, if you see an older adult being abused or neglected, don't hesitate to report the situation. Don't assume that someone else will take care of it or that the person being abused is capable of getting help if he or she really needs it.

Unfortunately, many seniors don't report the abuse they face even if they are able.

Some fear retaliation from the abuser, while others believe that if they turn in their abusers, no one else will take care of them. When the caregivers are their children, they may be ashamed that their children are behaving abusively or blame themselves: "If I'd been a better parent when they were younger, this wouldn't be happening." Or, they just may not want children they love to get into trouble with the law.

As difficult as reporting elder abuse can be, it's important for you to stand up for an older adult in need.

Report all suspicions of abuse, neglect or exploitations or vulnerable adults to Adult Protective Services.

**ADULT PROTECTIVE SERVICES**  
**1-877-SOS-ADULT**  
**1-877-767-2385**



## OCTOBER BIRTHDAYS!!

<i>Brian Carpenter</i>	<i>1st</i>
<i>Joani Burgess</i>	<i>3rd</i>
<i>Daniel Aragon</i>	<i>5th</i>
<i>Rose Gabaldon</i>	<i>8th</i>
<i>Barb Humbarger</i>	<i>14th</i>
<i>Deborah Wallace</i>	<i>18th</i>
<i>Laurie Preston</i>	<i>29th</i>
<i>Alan Crick</i>	<i>30th</i>



## Scams and Fraud Concerns

### What should I do if I get a call claiming there's a problem with my Social Security number or account?

If there is a problem, we will mail you a letter with your Social Security number. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number, account, or benefits. Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash. Our employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security may call you in some situations, but will never:

- Threaten you.
- Suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.

Don't be fooled! You should look out for:

- A caller saying there is a problem with your Social Security number or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

If you receive a questionable call, hang up, and report the call to our [Office of the Inspector General](#).

- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.

Learn more at [oig.ssa.gov/scam](https://oig.ssa.gov/scam).

- Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/antifraudfacts/>.



Securing today  
and tomorrow

## Nutrition News

### 5 Potential Health Benefits of BUTTERNUT SQUASH

May Prevent and Treat Cancer

Helps Keep Bones Healthy

May Reduce PMS Symptoms

May Help with Weight Loss

May Decrease Fatigue and Boost Physical Performance



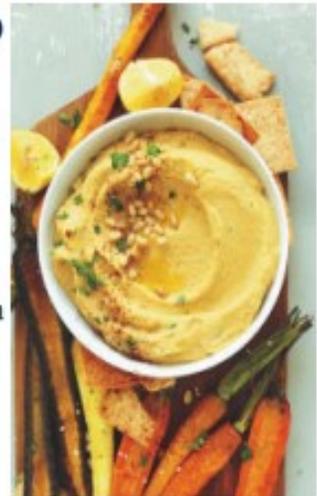
**Tonight, before you go to sleep, think of something that makes you smile. There is always something, no matter how bad your day may have been. you will sleep better, you will feel better once you wake and you will face your new day with a positive mind. Take charge of your happiness.**



## Good Things To Eat

### Squash Dip

This is a creamy butternut squash dip made with goat cheese and roasted garlic then topped with a sprinkling of pine nuts. A beautifully colored dip for fall entertaining. Serve with chips or slices of french bread. (If you don't want to try goat cheese you can use cream cheese instead.)



#### Ingredients

- 1 medium butternut squash, halved and seeded
- 3 tablespoons olive oil
- 1 whole head garlic
- 1 (11 ounce) log goat cheese
- 1 lemon, juiced
- ¼ cup toasted pine nuts

#### Directions

##### Step 1

Preheat the oven to 350 degrees F (175 degrees C). Brush the cut side of the squash halves with some of the olive oil, and place them oiled side down on a baking sheet. Cut the top off of the head of garlic, and drizzle the remaining olive oil over it. Wrap in aluminum foil, and place on the baking sheet with the squash.

##### Step 2

Bake for about 40 minutes, or until the squash can easily be pierced with a fork. Scoop the squash out of its skin, and place in a serving bowl. Squeeze the cloves of garlic out of their skins, and into the bowl with the squash. Mash until smooth. Stir in the goat cheese and lemon juice until well blended. Sprinkle walnuts over the top. Serve warm or at room temperature.

# Health and Wellness

Use this checklist to find and fix hazards in your home.

## STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

## FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

## KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

## BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

## BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



We encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

# MENU – OCTOBER, 2020

Lunch Served at 11:30 a.m.

Recommended Donation - \$5 per meal. Please donate what you can afford.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti Italian Blend Veggies WG Garlic Bread Pineapple	2 Beef Stew Potatoes, Carrots, Tomatoes Apple Slaw Cornbread <i>Pears</i>
5 Pepperoni Pizza Green Salad w/ Tomatoes 3-Bean Salad w/ Garbanzo, Green Beans & Corn Pineapple	6 Chicken Enchiladas Spinach Diced Cabbage & Tomatoes Tortillas Mixed Berries	7 Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail	8 Beef Lasagna Seasoned Carrots Cucumbers & Tomatoes Garlic Bread Bananas	9 Southwest Chicken Salad Black Beans & Corn Mixed Greens Tortilla Peaches
12 Egg Salad Sandwiches Cole Slaw w/ Cabbage & Peppers Minestrone Soup WG Bread Strawberries	13 Meat Loaf Mashed Potatoes & Gravy Sliced Tomatoes Seasoned Carrots WW Bread Tropical Fruit	14 Herb Baked Chicken Green Beans Romaine Salad Cornbread Fresh Orange	15 Hamburger Lettuce, Tomatoes & Pickles Baked Beans Pears	16 BBQ Pork Ribs Sweet Potatoes Tossed Green Salad WG Roll Fruit Cup
19 Turkey & Cheese Sandwich Glazed Beets Broccoli WW Bread Orange	20 Salisbury Steak HM Yellow Squash Steamed Carrots WG Biscuit Peaches	21 Chicken Taquitos Pinto Beans Lettuce & Tomatoes Tortillas <u>Fruit Cocktail</u>	22 Pork Roast Mashed Potatoes & Gravy Spinach WG Bread Applesauce	23 Turkey Burger Baked Beans Lettuce & Tomatoes Summer Squash WG Bun Fruit Cup
26 Beef Taco Salad Lettuce, Tomato & Salsa Beets Taco Chips Pears	27 Oven Fried Chicken Spinach Carrot Raisin Salad WG Roll Pineapple	28 Hearty Beef Chili w/Pinto Beans Mexicali Corn Broccoli Cornbread Apricots	29 Mac & Cheese w/ Ham Green Beans Lettuce & Tomato Garlic Bread Mandarin Oranges	30 Chicken Fettuccine Squash Medley Tossed Green Salad Garlic Bread Nectarines

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities.

Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.