



Celebrating 40 years
of service to Seniors

Senior Connection

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194-7432

800-293-9393

520-836-2758

www.pgcsc.org



Healthy Eating Tips for Ages 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1

Drink plenty of fluids.

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt.

2

Make eating a social event.

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3

Plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the [National Institute on Aging](http://NationalInstituteonAging.gov). Get advice on what to eat, how much to eat, and which foods to choose, all based on the [Dietary Guidelines for Americans](http://DietaryGuidelinesforAmericans.gov). Find [sensible, flexible ways to choose and prepare tasty meals](#) so you can eat foods you need.

4

Know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's [SuperTracker](#) shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5

Vary Your Vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

6

Eat for Your Teeth and Gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

Spaghetti Squash with Caramelized Onions, Feta, and Basil

What You Need:

- 1 Spaghetti Squash
- 2 Cloves Garlic
- 1 Yellow Onion, sliced
- 1 can Diced Tomatoes
- 1 tablespoon Olive Oil
- 9 Kalamata Olives, chopped
- 4 ounces Feta Cheese, crumbled
- 3 Tablespoons Basil, chiffonade (ribbons)



How to Fix:

Preheat oven to 375 degrees. Line a baking sheet with parchment paper. Slice spaghetti squash open lengthwise and scrape out seeds. Place cut side down on parchment lined baking sheet with cloves of garlic (unpeeled), bake 35-45 minutes. Squash is done when a sharp knife easily pierces the flesh.

While squash and garlic cook, heat a saucepan over medium low heat, add in onion and oil stirring occasionally until onions start to caramelize. When onions are caramelized add in tomatoes and simmer with lid on.

When squash and garlic are done, squeeze garlic out of peel, chop and scrape garlic into tomato sauce. Continue cooking the sauce while you prepare the squash.

In a large bowl when squash is cool enough to handle, scrape the flesh with a fork to produce strands of squash noodles. Pour sauce over noodles and toss with fresh basil. Serve with a garnish of feta and olives.

Serves 4. Approximately 225 Calories, 10 grams of Fat, 28 grams of Carbs, 6 grams of Fiber and 8 grams of Protein per serving.

Recipe borrowed with permission from Moggollon Health Alliance Newsletter

Keep Thinking Healthy

Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B₁₂, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B₁₂, such as fortified cereals.

Find more at: <https://www.choosemyplate.gov/older-adults>

7

Use Herbs and Spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8

Keep Foods Safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9

Read the Nutrition Facts Label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10

Ask Doctor on Vitamins & Supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.





PGCSC's HAND TO HAND COMMITTEE
Serving the Community



Blanket donations collected from generous community members and PGCSC staff, along with gifts from Walgreens, was presented to Eloy Santa Cruz Village Apartment residents at their annual New Year's breakfast event on December 30, 2016.

Arizona City Central Lutheran Church Quilters Donate Quilts for Seniors in Need



Kathy Richards and Jayne Schneyen (standing on the right) representing a group of quilters from Central Lutheran Church in Arizona City presented PGCSC with beautiful, beautiful quilts and lap robes for local seniors in need. Pictured on left are PGCSC staff -- case managers -- who will be taking the quilts and giving to home-bound seniors in need of a bit of warmth and a touch of kindness this year. From left to right: Yolanda Flores, Kathy Winch, Yolanda Leos, and Nadine Maldonado - not shown are Mayra Verduzco and Lisa Martinez. Enjoying the comfort of the quilts (but only for a moment) is CEO Olivia Guerrero. What an amazing effort, thank you so much Central Lutheran Church quilters for sharing your time and talent.



**Pinal Gila Council for Senior Citizens
Region V, Area Agency on Aging**

**Public Hearings
on the
Area Plan on Aging
2018 to 2021**

**Public Hearings will be held
at the following locations:**

**Tuesday, February 7, 2017
10:00 a.m.
Dorothy Nolan Senior Center
330 N. Pinal Street, Florence, AZ**

**Thursday, February 9, 2017
10:00 a.m.
Globe Active Adult Center
579 S. Broad Street, Globe, AZ**

**Thursday, February 16, 2017
11:00 a.m.
Payson Senior Center
514 W. Main Street, Payson, AZ**

**Wednesday, February 22, 2017
1:30 p.m.
Maricopa City Hall
39700 W. Civic Plaza, Maricopa, AZ**

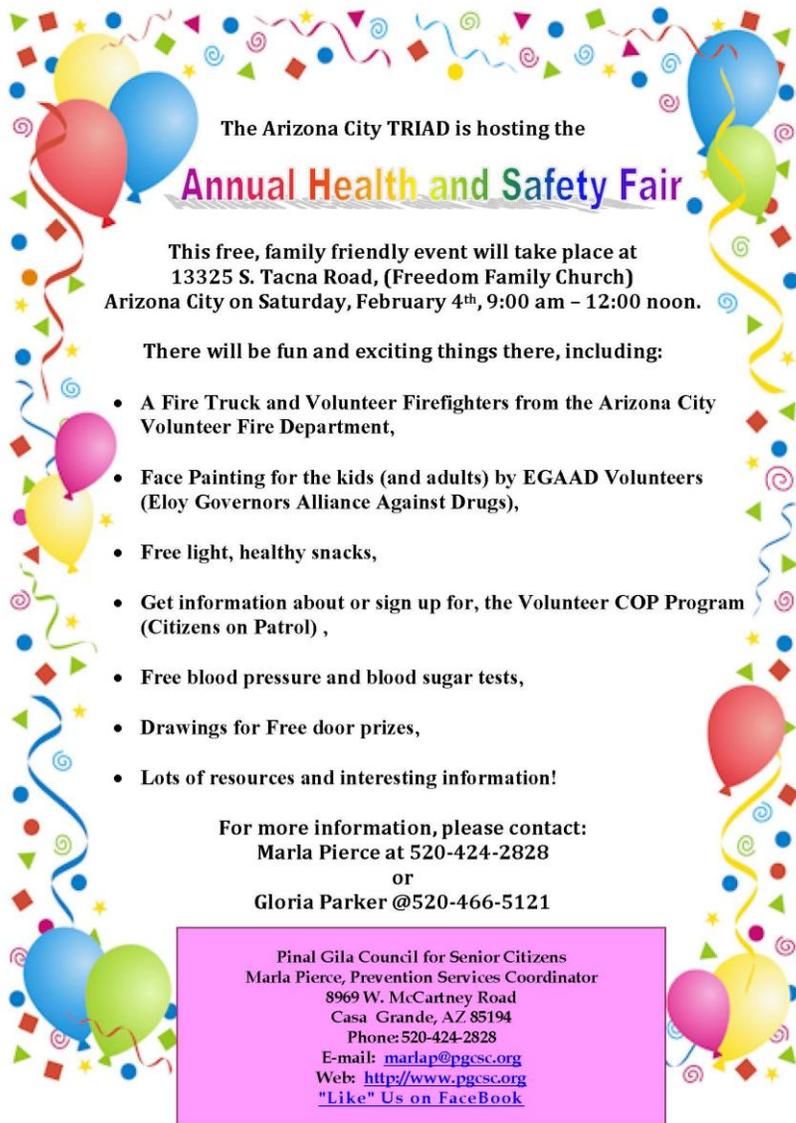
The Area Plan Goals and Objectives are available for public review and comment at their office or website: www.pgcsc.org beginning January 28, 2017. Comments may be sent to info@pgcsc.org.

Pinal-Gila Council for Senior Citizens will host public hearings to present the Area Agency on Aging, Region V, Area Plan for 2018-2021 for Pinal and Gila counties.

This is the planning document, funded under the Older Americans Act, which identifies priority needs programs, goals, objectives and activities that will be undertaken by the Area Agency on Aging in developing and implementing programs for fiscal years 2018 through 2021 for individuals age 60 years and older in Pinal and Gila counties.

The public hearings will provide an opportunity for the public to provide further input into the plan.

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Region V, Area Agency on Aging
8969 W. McCartney Road
Casa Grande, AZ 85194-7432
Phone: 520-836-2758
Toll Free 1-800-293-9393**



The Arizona City TRIAD is hosting the

Annual Health and Safety Fair

This free, family friendly event will take place at
13325 S. Tacna Road, (Freedom Family Church)
Arizona City on Saturday, February 4th, 9:00 am - 12:00 noon.

There will be fun and exciting things there, including:

- A Fire Truck and Volunteer Firefighters from the Arizona City Volunteer Fire Department,
- Face Painting for the kids (and adults) by EGAAD Volunteers (Eloy Governors Alliance Against Drugs),
- Free light, healthy snacks,
- Get information about or sign up for, the Volunteer COP Program (Citizens on Patrol) ,
- Free blood pressure and blood sugar tests,
- Drawings for Free door prizes,
- Lots of resources and interesting information!

For more information, please contact:
Marla Pierce at 520-424-2828
or
Gloria Parker @520-466-5121

Pinal Gila Council for Senior Citizens
Marla Pierce, Prevention Services Coordinator
8969 W. McCartney Road
Casa Grande, AZ 85194
Phone: 520-424-2828
E-mail: marlap@pgcsc.org
Web: <http://www.pgcsc.org>
"Like" Us on FaceBook

PGCSC collaborates with Pinal County TRIAD organizations, representatives from Pinal County Attorney's Office, Pinal County Sheriff's Office, and older adult volunteers, to honor and improve the quality of life for older adults. Joining with Pinal County TRIAD is a perfect match for recruiting volunteers, and forging community partnerships with stakeholders serving older adults.

Mission:

To promote a common mission of improving the quality of life for older adults in rural Pinal County.

Vision:

The TRIAD Coalitions are creating supportive communities where alcohol and prescription medications are not abused or misused.

Coalition Membership:

The TRIAD Coalitions are open to providers of primary, hospice, and in-home health care; faith-based groups; mental health and substance abuse providers; business groups; Fire Departments; law enforcement agencies; County Attorney's Office; case management services; civic and volunteer groups; grandparents; senior-serving agencies, media, and other interested community members. The number of active members is about 20 per Coalition, a total of 40 during the winter months. This increase was made possible through the Ambassador Program and the Community liaison from Pinal County Attorney's Office (TRIAD).

Senior Expos and Health Fairs

MONTH	DAY	DATE	SET-UP	TIME	PLACE	City/Town	ADDRESS
January							
	Thursday	1/12/2017	8:00	9-10:30	Las Colinas	Eloy	7136 Sunland Gin Rd. Eloy AZ 85131
	Tuesday	1/17/2017	8:00	9-12	Caliente	Florence	3502 N Pinal Pkwy, Florence, AZ 85132
	Thursday	1/19/2017	8:00	9-11	Val Vista	Casa Grande	16680 W Val Vista Blvd, Casa Grande, AZ 85122
	Friday	1/20/2017	8:00	9:15 - 10:30	Indian Skies	Coolidge	1050 S Arizona Blvd, Coolidge, AZ 85128
	Monday	1/23/2016	8:00	9-10:30	Quail Run	Arizona City	14010 S Amado Blvd, Arizona City, AZ 85123
	Thursday	1/26/2017	9:30	10:30-12:30	Casa Grande RV Resort	Casa Grande	195 West Rodeo Rd, Casa Grande, AZ 85122
	Friday	1/27/2017	8:00	9-11	Fiesta Grande	Casa Grande	1511 E Florence Blvd, Casa Grande AZ 85122
	Tuesday	1/31/2017	8:00	9-11	SunWest	Casa Grande	450 Sunwest Drive, Casa Grande, AZ 85122
February							
	Saturday	2/4/2017	8:00	9-12	Arizona City Health Fair	Arizona City	Freedom Family Church 13325 S. Tacna Road, Arizona City, AZ 85123
	Tuesday	2/7/2017	8:00	9-11	Foothills West	Casa Grande	10167 N Encore St, Casa Grande, AZ 85122
	Wednesday	2/8/2017	8:00	9-11	Fairways	Casa Grande	2054 N Thornton Rd, Casa Grande, AZ 85122
	Thursday	2/9/2017	9:00	10-12	Sunscape	Casa Grande	1083 E Sunscape Way, Casa Grande, AZ 85194
	Friday	2/10/2017	8:00	9-10:45	Sundance	Casa Grande	1703 N Thornton Rd, Casa Grande, AZ 85122
	Saturday	2/11/2017	9:30	11-1	Palm Creek	Casa Grande	1110 N Henness Rd. Casa Grande, AZ 85122. In the Ballroom.
	Tuesday	2/14/2017	8:00	9-10	Casita Verde	Casa Grande	2200 N Trekeil Rd, Casa Grande, AZ 85122
	Thursday	2/16/2017	8:00	9-10:30	SKP Rover's Roost	Casa Grande	3241 S Montgomery Rd, Casa Grande AZ 85193
	Thursday	2/23/2017	8:00	9-11	Robson Ranch	Eloy	5750 N Robson Blvd. Eloy, AZ 85131 in the Hermosa Ballroom.

Kachina Residents Have Another Smash Hit Art and Drama Show



PGCSC Staff Support Tip Over the Shelves 5K Benefiting Eloy's Food Pantries



Chris Nielsen Completes Senior Community Service Employment Training @ Hayden Senior Center and Exits for Job at ASARCO



PGCSC Staff Keep the Tradition Santa Cruz Village Apartment Thanksgiving



PGCSC's Hand to Hand Committee presented Andy Salazar, Caring Hands of Pinal County with collected donations to sponsor a family Holiday meal.

CARING HANDS OF PINAL COUNTY

Founder Andy Salazar, started 5 years ago with small food boxes for the homeless and less fortunate. It has since grown into a community-wide organization: Resources include emergency food boxes, clothing, assistance finding housing and referrals to Social Service agencies and services that the person may not be aware of.

You can contact Caring Hands of Pinal County at 520-477-1866. 139 W. 1st Street, Casa Grande

Volunteer Income Tax Assistance (VITA) Pinal County



FILE YOUR TAXES FOR FREE

Volunteer Income Tax Assistance

Apache Junction Library, 1177 N Idaho Rd, Apache Junction Mon/Tue 10AM-3PM Opens Jan 30 th !	Central Arizona College 17945 Regent Dr, Maricopa Tue/Wed 8AM-2PM (Building A)*** Opens Jan 31 st !	Goodwill Job Connection Center 1325 E Florence Blvd, Casa Grande Tues/Wed 4:30PM-8:30PM Saturday 9AM-2PM Mon Jan 30 opens from 4:30-8:30!
Salt River Pima-Maricopa Indian Community 10275 E Osborn Rd, Scottsdale Date/Time TBD	Eloy Santa Cruz Public Library 1000 N Main St, Eloy Saturdays 9AM-12PM Opens Feb 4 th !	San Tan Valley Compassion Care Center, 5418 E Skyline Dr, San Tan Valley, Thursday Feb 9th/23rd 9:00AM to 1:00PM (CALL FOR APPOINTMENT)

*** CAC is closed on February 21st – (Development Day) and March 14th, 15th – (Spring Break)

Please call United Way of Pinal County, (520)836-0736 EXTENSION 11, for start dates and more information.

Who Qualifies for Free Tax Preparation? <ul style="list-style-type: none"> • Low to middle income families and individuals (Income under \$54,000) • A simple return (we can prepare a business without employees or depreciation) 	Why bother doing a tax return if I don't have to pay taxes? You may be eligible for the Child Tax Credit, Earned Income Tax Credit, Tax Withholdings, the AZ Property Tax Credit, and other Refundable Credits! Don't miss out!
Who DOES NOT qualify for Free Tax Preparation? <ul style="list-style-type: none"> • Married Filing Separately filing status • International Taxpayers (Foreign Pay) • Rental Properties • Complicated Cancellation of Debt situations • Depreciation or Actual Vehicle Expenses • Residential energy-efficient property credit (Form 5695, Part I) • Partnership Income and Business LOSS • Ministers or other members of the clergy (pub4491 p9-6) 	What do I need to file my taxes? <ul style="list-style-type: none"> • Photo ID for you (and your spouse) and BOTH must be present if married • Social Security Cards (or ITIN letter) for everyone on your return • Forms W2, 1099, 1098, 1095, and any additional required tax document

Visit MyFreeTaxes.com to file your taxes for free at home if you make under \$56,000!

Volunteer Income Tax Assistance (VITA) Gila County

CAP Globe VITA Site
 5515 S Apache Ave
 Suite 200
 Globe, AZ 85501
 928-425-7631

03 JAN 2017 to-
 17 APR 2017

CAP Payson VITA Site
 107 W Frontier St
 Bldg C
 Payson, AZ 85541
 928-474-7192

03 JAN 2017 -
 17 APR 2017

Hayden Senior Center
(BY APPOINTMENT ONLY)
 520 Velasco Avenue
 Hayden, AZ 85135

THURSDAYS ONLY
 Start February 9
 End: April 13

AARP Foundation Tax Aide Gila County

PAYSON ELK'S LODGE
 1205 N BEELINE HWY,
 PAYSON, AZ 85541-3717

Dates Open
 2/6/2017 - 4/11/2017
 MO: 9:00 AM - 02:00 PM
 TU: 9:00 AM - 04:00 PM



AARP Foundation Tax Aide Pinal County

Apache Junction Public Library
 1177 N IDAHO RD,
 APACHE JUNCTION, AZ 85119-2822
 480 474-8555
 Dates Open
 2/8/2017 - 4/15/2017
Appointment Only
 WE: 9:00 AM - 2:00 PM
 TH: 9:00 AM - 2:00 PM
 FR: 9:00 AM - 2:00 PM
 SA: 9:00 AM - 2:00 PM

ORACLE LIBRARY
 565 AMERICAN AVE,
 ORACLE, AZ 85623-0000
 Dates Open
 2/1/2017 - 4/18/2017
 TU: 1:00 PM - 4:00 PM
 WE: 9:30 AM - 12:30 PM

FLORENCE GARDENS CLUB HOUSE
 3830 N FLORENCE BLVD,
 FLORENCE, AZ 85132-8346
 (763) 486-5730
 Dates Open
 2/7/2017 - 4/11/2017
 TU: 8:30 AM - 12:00 PM
Not open Tuesday 2/14

COOLIDGE SENIOR CENTER
 250 S 3RD ST,
 COOLIDGE, AZ 85128-4823
 (763) 486-5730
 Dates Open
 2/1/2017 - 4/12/2017
 WE: 8:30 AM - 12:00 PM

DESERT SKY BAPTIST CH
 891 W KORTSEN RD,
 CASA GRANDE, AZ 85122-5909
 (520) 483-2896
 Dates Open
 2/2/2017 - 4/14/2017
 TH: 08:30 AM - 03:00 PM
 FR: 08:30 AM - 03:00 PM





For Answers on Aging

Pinal-Gila Council for Senior Citizens

Stop by and see us at
Desert Rays
8969 W. McCartney Rd.
Casa Grande, Arizona 85194

Don't forget to like us on Facebook
And visit our website: www.pgcsc.org
(In the process of re-construction)

Interested in receiving this newsletter by email?
Email joanm@pgcsc.org or info@pgcsc.org



Are you interested in helping local veterans?
Have you got a few hours a week to volunteer
to do just that? The new Veteran's Center in
Casa Grande could sure use some help to
assure it can be open every day for our Vets.

To volunteer or
to find out more
call Udo Cook.

520-431-5663

Leave a message
if no answer. Tell
them Joan sent
you.



Another Amazing and Fun Pinal County Caregiver Celebration December 06 2016 Sponsored by PGCSC



Content in the Senior Connections Newsletter is provided for informational purposes only and should not be solely relied upon or used in place of expert advice or assessment. Pinal-Gila Council for Senior Citizens cannot guarantee accuracy of all content published. Always consult a physician before making any major lifestyle changes in matters of your personal health and wellbeing.

Funding for this newsletter is provided by Older Americans Act, AZ DES Division of Aging and Adult Services and Pinal-Gila Council for Senior Citizens (PGCSC). PGCSC is a United Way of Pinal County Member Agency. "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, Pinal-Gila Council for Senior Citizens prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Pinal-Gila Council for Senior Citizens 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. For example, this means that if necessary, Pinal-Gila Council for Senior Citizens must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Pinal-Gila Council for Senior Citizens will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy please contact: Olivia Guerrero at 520-836-2758 or 1-800-293-9393. Para obtener este documento en otro formato u obtener información adicional sobre esta política. Olivia Guerrero at 520-836-2758 or 1-800-293-9393."