



NEVER TOO OLD TO PLAY

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

OUR MISSION STATEMENT

The mission of the Senior Program is to promote the independence, dignity, good health and nutritional well-being of seniors sixty and older in Garfield County along with linking seniors and the disabled with independent lifestyles through mobility.



Inside this issue:

Never to Old to Play Continued	2
G C O A Nominee’s	2
May Birthday’s	3
Recipe/ Matter of Balance	4
Outdoor Landscape Painting class	5
Up Coming Events	7
Word Search Puzzle	8

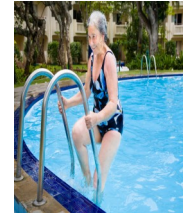
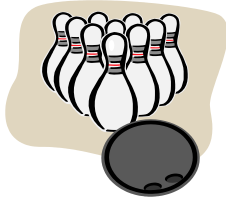
Special points of interest:

- *Senior Matters*
- *Rifle Senior Center*
- *The Traveler & Encore CMC*
- *RSVP*
- *Garfield County Senior Programs*

NEVER TO OLD TO PLAY CONTINUED

It is fun to make elderly relatives a part of family activities. Unfortunately the elderly sometimes miss out on family activities, or are excluded from fun events because of false beliefs and misconceptions about their age and abilities. The elderly are an important part of families and should be able to participate in family activities whenever it is possible.

Provided by CDHS Healthy LifeStyle



Pinochle Players needed on Wednesday in Glenwood call Jan Ward if interested in playing at 618-6255



Garfield Council On Aging Nominee's for Senior Citizen of the Year and Friend of Seniors Award

SENIOR CITIZEN OF THE YEAR NOMINEE'S

Miriam Slocum Has coordinated Saturday night Bingo for more than 10 years. She also organizes the Valley Senior Center barbeques and has volunteered at the senior lunches on Wednesday's in Parachute.

Hilda Sykes Has volunteered at the Rifle Senior Center during lunch, their monthly breakfast, and she has helped plan the Rifle Senior Wellness Programs for 14 years.

Mildred Alsdorf Has been an exemplary volunteer for numerous nonprofit organizations for many years.

FRIEND OF SENIORS NOMINEE'S

Michelle Vogel One of Michelle's gifts is that she will volunteer to help someone before that person can even ask for her help. (assistant manager for Glenwood Manor I)

Diane Johnson Serves on most of the committees in Senior Matters, and has represented the organization in many arenas. (Senior Matters)

Veteran Affairs Nursing Home They treat all their residents like a member of their own family.

The winners will be acknowledged at the Senior Programs Volunteer Appreciation luncheon held on May 5th and the Region X Senior Awards celebration May 16th in Frisco.

MAY BIRTHDAY'S

Ella Ausum
Helen Barber
Marie Barr
Barbara Bayliff
Mary Ellen Green-Bouchard
Linda Brashear
Dotty Brock
Morris Buckmaster
Margie Carroch
Sara Claussen
Betty Collins
Larra Cruz
Joseph Cunningham
Eva Diaz
Cecil Dickey
Barbara Ehrman
Catherine Engel
Fred Garcia
Joan George
Eleanore Gillman
Ruth Graves
Beverly Gray
Pat Haag
Shirley Hammond
Coralene Henderson
Betty Janicek
Shirley Kazlaskia
Laura Ketterman
Paula King

Dale Kivisto
Mae Liggett
Drew Light
Val Maisch
June Martin
William Mitchell
Orrin Moon
Lee Morgan
Shirley Morris
Rose Palati
Tessa Ice
Barbara Pickett
Allen Pickett
Margaret Rowan
Berta Russell
Betty Sanfoss
Myrtle Scarbar
Kyle Severson
Sandy Sillivan
Hilda Sykes
Doris Tallmadge
Harve Telinde
Robert Thrower
Janet Tillman
Jeannie Walker
Quineta Williams

*We wish each of you a
very happy birthday
and a great year ahead*



Please accept our apology if we missed your birthday, the names are based off the completed annual assessments.

Please give us a call, if you would like to fill out a current form and be included in our birthday list.

Thanks to everyone that turned in their 2012 assessments.

If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Judy Martin 945-9191 ext 3061 or Debby Sutherland ext. 3084 for more information.

Seeking order within means coming to grips with the craziness you've been too distracted to do anything about. When we establish order within, external order will become a visible reality in our daily round.

By Sarah Ban Breathnach



Strawberry Rhubarb Applesauce

5 large Golden Delicious Apples peel and chopped

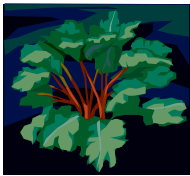
3 Rhubarb Stalks peeled and chopped

½ Pint Strawberries

¼ cup water

Combine all ingredients and simmer for 30 minutes. No sweetener needed but can add if desired. You can use this in place of applesauce or spread on bread instead of jam.

Serves 6. 5 grams of fiber, 30 grams carbohydrate, (no fat) per serving.



Approved by Christine Singleton RD

MATTER OF BALANCE CLASSES

Do you have concerns about falling? Many Older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning program designed to manage falls and increase activity levels. The 8 week class is free and you will learn to :

- make changes to reduce fall risks at home
- exercise to increase strength balance
- view falls as controllable
- Set goals for increasing activity



For more information contact Debby Sutherland at 945-9191 ext 3084 or email dsutherland@garfield-county.com for class date and times in your area. Classes are held once a week for 8 weeks for 2 hours each.

Call and get your name on the list for our Fall sessions.
(Space is limited and registration is required)

THE TRAVELER'S CORNER AND ENCORE CMC CORNER

The Traveler's mission is linking seniors and disabled adults with independent lifestyles through mobility. The Traveler provides wheelchair accessible, door-to-door, demand responsive, driver-assisted transportation to Garfield County residents, sixty years or older or disabled, who have difficulty using public or private transportation because it is unavailable, inaccessible or unaffordable. To schedule a ride on the Traveler, Please remember to call at least 24 hours in advance.



**Parachute to New Castle call 625-1366
Glenwood Springs to Carbondale call 945-9117**

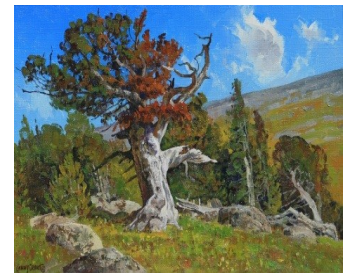
Suggested Client donation: \$2.00 per ride in town, \$3.00 between towns and \$20.00 for a round trip to Grand Junction (2nd Thursday of the month).

Trips from Parachute and towns in between to Glenwood Springs every Thursday for doctor visits, shopping or visiting. Please call 625-1366 to schedule your ride 48 hours in advance. Donation \$8.00 for the round trip. Please schedule Dr. appointments between (10:00 am to 2:00 pm)

Encore CMC Corner

Outdoor Landscape Painting

Capture the glory of springtime in the Rockies during this 4 day workshop in *beautiful outdoor locations!* Learn the fundamentals of observation, drawing design, values and color from a well known expert- Lanny Grant. Lanny will discuss and demonstrate techniques and work one-on-one with you to build your skills. Interpret the landscape and study light and perspective. Through this foundation you will continue to develop your own personal style. TWTHF May 15-18, 9am-5pm: \$100.00 Call Colorado Mountain College, Rifle for more information@ 970-625-1871



SENIOR MATTERS

The Senior Matters Board meets the 3rd Wednesday of every month at 8:30 am to 10:30 am at 520 South Third Street Room 33 at the Third Street Center in Carbondale. We welcome any guests that wish to attend or become a part of Senior Matters Board or Friend of Senior Matters. Contact information 963-2536 or email seniormatters2@sopris.net.

Senior Matters is announcing the advent of their spring fundraiser, "A Grand Rummage Sale of Collectibles and Rejectibles" to be held on Saturday, May 19th, 2012 at Third Street Center in Carbondale in the Calaway Room. Donations are being accepted call 963-2536 for more information.

VALLEY SENIOR CENTER

Come play bingo at Valley Senior Center on the first and third Saturday nights. Doors open at 6:30. pm.. Located at 540 N in Parachute. 285-1353

Come join the fun with Parachute Senior Wellness Program Tips & Talks on Tuesday's on May 15th at the Parachute Senior Center Located at 540 N in Parachute. We will be learning how to do Iris folding and making your own greeting cards for special occasions. Sandwiches will be provided bring a side dish to share if you like.

10:00 am to 12:00 pm. We will not be meeting in the months of June through August.

RIFLE SENIOR CENTER NEWS AND ENTERTAINMENT

Rifle Senior Center is open Monday through Friday 8-5 and located at 50 Ute Avenue in Rifle. You can play pool; shuffle board, work on a group puzzle or play cards any day of the week. The center also has a Wii and games available for use as well. Bingo is on Fridays at 1:00 p.m. **Please reserve your space with Marie at 625-1877.**

Happy Hookers meet at 1:00 pm on Tuesdays at the Rifle Senior Center. Bring your projects to work on. It can be knitting, needle point or crochet projects.

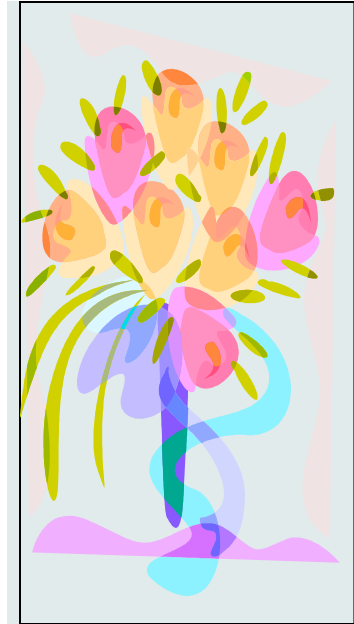
Ula Kirkman will be playing the accordion from 11:30 to 12:30 during meals on **Friday 5/4, Tuesday 5/15, and Thursday 5/24.**

Bob Thon will be playing the piano from 11:30 to 12:30 during meals on Thursday **5/10.**

Rifle Senior Wellness will meet on Monday May 14th at the Rifle Senior Center The topic will be How to find a nursing home and get good care with Jana Aeschliman Garfield County Ombudsman. Refreshments will be provided. we will have blood pressure checks from 12:30 to 1:00 and the program will begin at 1:00 pm.

Come Join the Fun!

Breakfast will be on Saturday **May 26th from 8:00-9:30 am.**



BINGO

You can also play bingo at Chat & Chew at CMC 1402 Blake in Glenwood at 10:30 am on Fridays

The Rifle Senior Center plays bingo at 1:00 pm on Friday's located at 50 Ute Ave.

Crystal Meadows Senior Housing in Carbondale plays bingo on Wednesdays at 1:00 pm located at 1250 Hendrick Drive in the Rominger Room.



HIGH COUNTRY RETIRED SENIOR VOLUNTEER PROGRAM

Confused about Medicare? Let our Medicare counselors help you with your health insurance needs! RSVP Medicare counselors offer one-on-one personalized service for you unique situation, can explain all parts of Medicare, including supplement plans and drug coverage, and will meet with you over the phone or in person. This free service is offered throughout Garfield County. Call 970-384-8744 today!

***RSVP HELPING HANDS
FOR SENIORS***



Need help with small home repairs and maintenance? RSVP Helping Hands for Seniors volunteers can help with installation of grab bars, replacing light bulbs and fire alarm batteries, simple plumbing issues such as a leaky faucet, home weatherization and minor carpentry. Call 970-384-8746.

UPCOMING EVENTS FOR MAY

May is Older Americans Month – This year’s theme is “Never Too Old to Play” will encourage older individuals to remain active in their own lives as well as in their communities

May 4th Super Seniors meets the first Friday of each month at the First Baptist Church 172 N 7th Street New Castle From 10:00-12:00 for information call 984-2306 or visit info@newcastlefirstbaptist.com

May 5th Pens and Needles Craft Fair at New Castle Senior Housing 9:00 am to 4:00 pm

May 5th Clips for the Cure at the Methodist Church in Rifle 200 N 4th. \$10.00 haircuts, \$5.00 for lunch, \$10.00 for chair massage. Funding raiser for American Cancer Society.

May 5th Encana Energy Expo 9:00 am to 3:00 pm Garfield County Fairgrounds indoor Arena Free

May 5th Senior Program’s Volunteer Appreciation Luncheon at the Rifle Senior Center 11:30 to 1:30

May 12th Dandelion and Arbor Day at Sopris Park in Carbondale 10:00 a.m. to 5:00 p.m. for info 963-2043

May 12th Symphony in the Valley Mother’s Day Concert 7:30 pm Rifle High School Auditorium the concert will be preformed Sunday **May 13th** at the Glenwood Springs High School \$10.00 fee for seniors

May 14th Rifle Senior Wellness -Jana Aeschlinan, Ombudsman for Garfield County will present How to Look For and Get Good Care in a Nursing Home 12:30-2:00 refreshments provided.

May 13th Mothers Day Mile 1-4 p.m. Call Advocate Safe house for info 945-2632

May 13-15 Rifle Rendezvous Festival

May 15th Parachute Tips and Talks on Tuesday We will learn how to make Iris foldings and make your own greeting cards. 10:00-12:00 at the Valley Senior Center in Parachute

May 17th Western Slope Celiac Sprue Association support Group meeting, Glenwood Medical Associates Break Room in Glenwood 6:30—8:00 guest speaker Dr. Jason Collins, Gastroenterologist

May 18th, CMC Rifle Campus at 7 p.m. free movie “Strong” and discussion

May 19th 2012 Ride for the Pass – registration at www.independencepass.org and cost is \$50.00

May 19th Senior Matters Rummage Sale at the Third Street Center in Carbondale

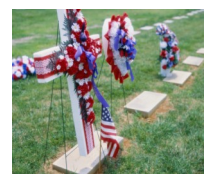
May 22 Garfield County Council on Aging from 9:30 –11:00 at US Bank in Glenwood by Safeway all seniors welcome to attend

May 26th Colorado Wildflower Hike at Colorado State Parks - Rifle Falls State Park 10:00 am-11:00am Join special guest, Judy Killion, Rifle Falls campground host from Plano, Texas and the park naturalist on a short hike to spot Colorado Wildflower's growing in the park. The difficulty rating for the trail is mostly easy with some steep sections. Wear your sunscreen, good walking shoes and bring some water!



Happy Mothers Day
May 13th

Memorial Day
May 28th



TWO FOR ONE WORD SEARCH PUZZLE

TWO FOR ONE

67 & 68

Only one word list for two diagrams! You must discover in which diagram each word is hidden.
Solution on page 120

WORD SEEK 67

B N T G I B N E T F O I
U U Y N N U S L D I G S
C A D X N U A B E Y M T
U L F G K Y V M P T L O
B W A T E X I I O A R N
K S P S E T O N T O O F
C R X D P R R C D Z W G
U R N S E Y H V R W W N
U I N B R W I Z A R D R
M A X I M U M V H O W L

WORD SEEK 68

U B D A N C E V L A V I
Y N I I G X X K E B N F
A P A D T P A A D S X L
M A I R D T A R T N L L
B U F F A L O A O C G O
T S I Y O T N O C H Y R
R E N D X T H K G N T N
E D N U O P X E H L T U
D O D G E P A F R H I E
G U L U F W K H R V W Y

- AFTER
- BUDGE
- BUFFALO
- CLASP
- DANCE
- DODGE
- EXPOUND
- FOOTNOTE
- GONDOLA
- HARDTOP
- INDEX
- INNKEEPER
- INSTANT
- KARAOKE
- LATCH
- MAXIMUM
- NIMBLE
- OFTEN
- PAUSE
- PODIUM
- RATHER
- SAVIOR
- SUNNY
- THORAX
- UNROLL
- VALVE
- WITTY
- WIZARD

GARFIELD COUNTY SENIOR PROGRAMS STAFF

Judy Martin
Senior Program Manager
945-9191 Ext 3061
jumartin@garfield-county.com

Debby Sutherland
Senior Program Coordinator
945-9191 Ext 3084
dsutherland@garfield-county.com

Newsletter via email or Mail
the newsletter is now available via mail or email. Please call 945-9191 ext 3061 to be added to our distribution list

Visit [www. Garfield County .com](http://www.GarfieldCounty.com) and check out information on Senior Programs

Thank you to the Garfield County Senior Programs supporters:

We'd like to thank our amazing volunteers and individual donors to the program. Our funders: Garfield County Department of Human Services on behalf of the Garfield County Board of County Commissioners, the City of Rifle, Valley View Hospital, Northwest Colorado Area Agency on Aging, Town of New Castle, Town of Carbondale, City of Glenwood Springs, Colorado Mountain College, Town of Silt, Town of Parachute, the Roaring Fork Transportation Authority, a Garfield County Human Services Commission Grant, a Community Services Block Grant through the Department of Local Affairs, and the Kathryn E Williams Advised Fund at Aspen Community Foundation.

To each of you who donate your time, effort and talents and funds to Senior Programs -
THANK YOU

WE'RE ON THE WEB

[www. Garfield County .com](http://www.GarfieldCounty.com)

SENIOR NUTRITION PROGRAM

NUTRITION PROGRAM

Congregate meals are held at 7 locations throughout Garfield County at noon.

Reservations are very important to our program to obtain accurate food count for meal preparation. New participants are welcome. Anyone attending a meal site must make a reservation at least 24 hours in advance of the meal by calling the phone numbers listed:

Carbondale Senior Housing
Wednesday 945-9117

Glenwood Springs 2 locations

Chat n' Chew at CMC
Tuesday and Friday 945-9117

Sunnyside Retirement Center
Monday and Thursday 945-9234
by 2:00 the day before

New Castle Senior Housing
Monday 984-2334

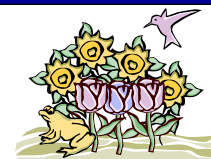
Silt Fire Department
Wednesday 625-1877

Parachute Valley Senior Center
Wednesday call on Monday for reservation from 9:00 am to 12:00 pm 285-7216

Rifle Senior Center
Tuesday, Thursday and Friday 625-1877

Those 60 years of age and up we request a donation of \$2.50.

Guest under the age of 60 the fee is \$6.00.



Senior Program provides Nutrition Counseling for seniors. To schedule a phone consultation with our Registered Dietician, Christine Singleton, RD Please call 945-6614 extension 2020 or email: csingleton@garfield-county.com

