Inside this issue:

- Nutrition ed. 2-3
- August birthdays 4
- Upcoming events 5
- BBQ pictures 6-8
- Word search 9
- Meal site info. 12

RETIREES

Q. When is a retiree’s bedtime?
A. Three hours after he falls asleep on the couch

Q. How many retirees does it take to change a light bulb?
A. Only one, but it might take all day.

Q. What's the biggest gripe of retirees?
A. There is not enough time to get everything done.

Q. Why don’t retirees mind being called senior citizens?
A. The term comes with a 10 percent discount.

Q. Among retirees what is considered formal attire?
A. Tied shoes.

Q. Why do retirees count pennies?
A. They are the only ones who have time.

Q. What is the common term for someone who enjoys work and refuses to retire?
A. Nuts!

Q. What do retirees call a long lunch?
A. Normal - source unknown; continued on page 4

EXERCISE OF THE MONTH

Ankle stretch exercise

This exercise stretches your ankle muscles. You can stretch both ankles at once or one at a time.

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.
What is cholesterol?

- Cholesterol is a waxy substance found in many of the foods that we eat, and also in our body’s cells.
- Our bodies need some cholesterol to function normally and can make all the cholesterol they need. Cholesterol is used to make hormones and vitamin D. It also plays a role in digestion.

3 main types of cholesterol in the body:

1. **HDL**: often called the good cholesterol, HDL helps to remove excess cholesterol from your body.
2. **LDL**: the bad or “lousy” cholesterol. It can lead to a buildup of plaque in the arteries.
3. **VLDL**: VLDL also tends to promote plaque buildup.

The waxy buildup, called plaque, sticks to the insides of the arteries. As the arteries narrow and clog, it is difficult for the blood to flow through them. The blockage can lead to a blood clot, stroke or heart disease.

Limit Your intake of saturated fat

- Saturated fats are mostly found in animal-based foods such as meats and whole-fat dairy products. Higher intakes of saturated fat have been found to elevate LDL cholesterol.
- **To help reduce your intake of saturated fat:**
  - Cook with vegetable oils, such as olive, canola, sunflower and safflower instead of butter.
  - Eat foods rich in omega-3 fatty acids such as salmon, walnuts and ground flaxseed.
  - Choose low-fat or fat-free dairy products, such as 1% or skim milk and non-fat yogurt or low-fat cheeses, such as reduced-fat feta and part-skim mozzarella.

Savor soluble dietary fiber

- Fiber is found in fruits, vegetables, beans, lentils and whole grains.
- These nutrient-dense foods provide two types of fiber, soluble and insoluble. Both types are important for good health.
- Research has shown that soluble fiber, in particular, from fruits, vegetables, beans, lentils and whole grains, may help to lower LDL cholesterol.

Select lean proteins

- Lean proteins provide less calories from fat. To choose lean cuts: Check the package for the words loin, round or 90% lean.
- Strip the skin off your chicken and turkey.
- Bake, broil, roast, stew or stir-fry lean meats, fish and poultry.
- After you cook ground meat, carefully drain off any excess fat.
- Limit fatty, marbled meats, fried or deep-fried foods and other foods that are high in saturated fat, such as organ meats.

Source: eatright.org, by Barbara Gordon, RDN,LD. Pitkin County Senior Services, July 2019, The Voice of Experience
Black Bean Taco Stuffed Sweet Potatoes

Total Time 50 minutes
Serves 4 people
Calories 222 cal.
Author savorandsavvy.com

Ingredients
2 sweet potatoes
15 oz. can black beans, drained and rinsed
1/2 cup frozen corn
1 stalk green onion, chopped
1 tsp cumin
1 tsp garlic powder
2 limes
Salsa

Guacamole:
2 avocados
Juice of 1 lime
1/4 tsp. onion powder
1/4 tsp. garlic powder

Instructions
1. Wash all produce.
2. Poke 6 holes in each sweet potato, cook in the microwave using the “potato” button or for about 8 minutes on high.
3. Prepare the guacamole. Scoop avocado into a separate medium bowl. Mash well, then add onion powder, garlic powder and lime. Add salt and pepper, if wanted. Mix well, set aside.
4. In a separate microwave safe bowl, heat frozen corn in the microwave for about 2 minutes. Remove from microwave, then add in black beans, cumin, garlic powder and salsa. Mix well, set aside.
5. Slice potatoes in half, stopping about 1/2 way through so the bottom portion of the potato is still intact. Mash the center of each potato with a fork.
6. Stuff baked sweet potato with black bean mixture, followed by salsa, then guacamole. Top with green onions. Serve with a lime wedge on the side.

Well & Wise exercise programs:

If you are interested in an exercise program, Matter of Balance, Tai Chi, N’ Balance, Geri-Fit or Cooking Matters, please call Debby at 970-945-9191, ext. 3084, to reserve your spot.

Tai Chi class in Silt beginning August 21, 1 to 2 p.m. at the library. Tai Chi class in Rifle beginning Sept 5, 1 to 2 p.m. at the Rifle Senior Center.

In Cooking Matters classes you will learn to identify healthy, low-cost food options. Make quick and easy nutritious snacks, plan menus and understand food nutrition labels. Call Barbara Peterson and reserve your spot. 970-945-9191, ext. 3005.
If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Debby Sutherland ext. 3084 or Barbara Peterson ext. 3005 for more information.

Our birthday list is compiled from completed consumer assessments.

Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Judy, Barbara or Debby for a form.

Thanks to everyone who turned in their 2019 assessments.

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

FARMERS MARKETS

Carbondale farmers market, Wednesdays, 10 a.m. - 3 p.m., now through Sept. 25, 4th Street Plaza.

Glenwood Springs farmers market, Tuesdays 4-8 p.m., at Centennial Park, 9th and Grand, now through Sept. 17. Saturday Market in Glenwood now through November in Walgreens parking lot across from the high school.

New Castle farmers market, Thursday, 4:30 - 7:30 p.m.; now through Sept. 12 at the Burning Mountain Park.

Rifle farmers market, Fridays 4-8 p.m., at Heinze Park, 612 Railroad Ave.; now through Sept. 6.

Silt farmers market, Mondays, Aug. 5 to October, 6-8:30 p.m. Silt Historical Park.

Retiree’s — continued from page one

Q. Why are retirees so slow to clean out the basement, attic or garage?
A. They know that as soon as they do, one of their adult kids will want to store stuff there.

Q. What is the best way to describe retirement?
A. The never-ending coffee break.

Q. What’s the biggest advantage of going back to school as a retiree?
A. If you cut classes, no one calls your parents.

Q. Why does a retiree often say he doesn’t miss work, but misses the people he used to work with?
A. He is too polite to tell the whole truth.

AUGUST BIRTHDAYS

Marcella Ach            Yvonne Henderson
Dave Arnold            Phyllis Henry
David Barlage          Maria Jackson
Emma Blanc             Will Johnson
Eva Bowman             Harley Jones
John Breckinridge       Mona Katze
Merle Brown            Nelda Kornasiewicz
Rusty Burtard          Louise Leonard
Brenda Caywood         Alice Letang
Anne Chapman           Juan Luna
Joanna Davis           Ann Lundin
Dave Devanney          Gertrudis Mena
Bert Dever             Mary Miracle
Maricia Eastlund        Joan Morse
Jean Edmonds           Barbara Peterson
Dennis Epperson        Jeremy Pfauth
Grace Gibson           Barbara Pina-Brainard
James Gisburne         Cora Pipkins
Catherine Gonzales     Edna Sample
Laura Goodwin          Cora Pipkins
Judy Gordon            Jack Simenc
Loren Gower            Maria Sorenson
Dallas Groves          Thomas Spellman
Babe Hanson            Dwight Spies
Zona Hays              Emily Spurgeon

Sharon Temple
Katherine Wykoop
UPCOMING EVENTS

July 29 – Aug. 4
- Garfield County Fair and Rodeo; take in all of the fair’s annual events. For tickets and more info., go to garfieldcountyfair.com.

Aug. 2
- First Friday, Rally Palooza downtown Carbondale. This year we’ve have expanded our hot rod entrants to include classic cars, motorcycles, electric cars, and bikes. 4th Street Plaza. Live music, 5 to 8:30 p.m.
- First Friday, downtown Rifle at Midland Arts Company. Light snacks, 5-7 p.m.
- Live music Friday’s on 7th in Glenwood at the Bethel Plaza under Grand Ave Bridge, 4-6 p.m.

Aug. 3
- RiverFest at Two Rivers Park 9 a.m.-12 p.m. River clean-up along the Roaring Fork and Colorado rivers with teams or individually; 12-3 p.m. lunch and beer provided. For volunteers. Live music from Hardscrabble Band, educational booths.

Aug. 3, 10, 17, 18, 24
- Music on The Mountain, 6 p.m., Sunday concert begins at 4 p.m. 8/3, Whiskey Stomp 8/10, Fifty50 8/17, The Mixx, 8/18, Latin Night, 8/24, Johnny O Band.

Aug. 7
Kevin Putman, with Well-Age Senior Communities, will be updating us on Sopris Lodge at 11 a.m., in the Callaway Room at 3rd Street Center in Carbondale.

Aug. 9
- Free senior music jam at the First Baptist Church in Silt, 632 Grand Ave., 7 - 9 p.m. Refreshments provided and donations accepted. Call Charlie at 970-876-2493 for more information.

Aug. 9-11
- Compassion Fest in Carbondale. Film Festival, Fair and Symposium at the Third Street Center. Call 970-340-8151 for info.

Aug. 11
- Summer Park Concert Series at Sopris Park in Carbondale, 3:30-7:30 p.m.

Aug. 16
- KDNK Hoot is a free outdoor concert featuring afrobeat group Atomga at 8 p.m., Rock Flamenco Duo El Javi at 6 p.m., and a DJ set from Flash at 5 p.m.. 4th Street Plaza in Carbondale.

Aug. 16-17
- Grand Valley Days. You will see a rodeo, parade and car show, and be able to take part in countless activities. Call 285-7630 for more information.

Aug. 17
- Faith Lutheran Church in Carbondale (south of Main Street on Hwy 133) hosts a free community meal from 11:30 a.m. - 1:30 p.m. More info. call 510-5046.
- Jumping Jack Flash tribute to the Rolling Stones at the Ute Theater in Rifle 8 p.m. Tickets $40 to $30.Call 970-665-6569.

Aug. 18
- “Our Town – One Table” downtown community potluck in Carbondale, 5-9 p.m. Bring a dish for 6 to 8 people to share and let’s sit down at a long table and enjoy the company of friends. Call 970– 510-1214 for reservations.

Aug. 21
- Bessie and Friends will be playing at Silt meal site during lunch. Reservations are required, call 665-6640.

Aug. 23
- Palisade Fruit and Wine tour with the Carbondale Recreation Department. 9 a.m. to 5 p.m. $10 fee. Register by Aug. 16 by calling 970-510-1290. Bring your fruit and wine money.
- Cowboy Up BBQ in Carbondale, 5-10 p.m. 4th Street, Main and Euclid.
- Sports Garage Sale at the New Castle Recreation Community Center. 9 a.m.—3 p.m. Call 984-3352 for info.

Aug. 31
- Community breakfast at the Rifle Senior Center, 8 to 9:30 a.m., $4.
BBQ PICTURES
BBQ PICTURES
**NUTRITION PROGRAM**

<table>
<thead>
<tr>
<th>Sites</th>
<th>Serving Days/Wk</th>
<th># Meals/Year</th>
<th>Unduplicated Clients*</th>
<th>Avg. # meals</th>
<th>Donations Rec'd.</th>
<th>Avg. $/Per Meal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbondale</td>
<td>W</td>
<td>1342</td>
<td>103</td>
<td>26</td>
<td>$1,369.75</td>
<td>$1.14</td>
</tr>
<tr>
<td>Sunnyside</td>
<td>M/TH</td>
<td>1723</td>
<td>84</td>
<td>24</td>
<td>$4,069.18</td>
<td>$2.05</td>
</tr>
<tr>
<td>Chat 'n Chew</td>
<td>T/F</td>
<td>2388</td>
<td>152</td>
<td>18</td>
<td>$988.55</td>
<td>$0.88</td>
</tr>
<tr>
<td>New Castle</td>
<td>M</td>
<td>719</td>
<td>72</td>
<td>14</td>
<td>$564.30</td>
<td>$1.02</td>
</tr>
<tr>
<td>Silt</td>
<td>W</td>
<td>2418</td>
<td>167</td>
<td>45</td>
<td>$4,333.14</td>
<td>$1.90</td>
</tr>
<tr>
<td>Rifle</td>
<td>T/TH/F</td>
<td>7152</td>
<td>439</td>
<td>48</td>
<td>$22,673.63</td>
<td>$3.73</td>
</tr>
<tr>
<td>Parachute</td>
<td>W</td>
<td>3075</td>
<td>198</td>
<td>59</td>
<td>$3,800.38</td>
<td>$1.45</td>
</tr>
<tr>
<td>Volunteer Banquet</td>
<td>once</td>
<td>115</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall</td>
<td>M-F</td>
<td>18932</td>
<td>1215</td>
<td>33</td>
<td>$41,396.03</td>
<td>$1.74</td>
</tr>
</tbody>
</table>

*Unduplicated clients at each meal site, many eat at more than one location

** Average donation per meal

Rifle donations include undedicated donations received by the program

942 persons ate at our Nutrition Program in 2019; we had 1,032 in 2018

**TRANSPORTATION PROGRAM**

<table>
<thead>
<tr>
<th>Municipality</th>
<th># rides</th>
<th>Traveler Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbondale</td>
<td>732</td>
<td>Rider donations</td>
<td>$12,837.72</td>
</tr>
<tr>
<td>Garfield County rural *</td>
<td>3,419</td>
<td>Outside</td>
<td>$2,530.55</td>
</tr>
<tr>
<td>Glenwood Springs</td>
<td>3,822</td>
<td>Mt. Valley Develop.</td>
<td>$17,975.00</td>
</tr>
<tr>
<td>Mt. Valley Developmental</td>
<td>4364</td>
<td>Total donations</td>
<td>$33,343.27</td>
</tr>
<tr>
<td>New Castle</td>
<td>519</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rifle</td>
<td>4,302</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silt</td>
<td>145</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>17,303</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Battlement Mesa included in rural Garfield County

344 persons rode Traveler/Paratransit during the year
**WELL & WISE PROGRAM**

<table>
<thead>
<tr>
<th></th>
<th>Cooking Matters</th>
<th>N’ Balance</th>
<th>Matter of Balance</th>
<th>Tai Chi 1</th>
<th>Tai Chi 2</th>
<th>Ongoing Tai</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td># of classes</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>9</td>
<td>4</td>
<td>27</td>
</tr>
<tr>
<td>Participants</td>
<td>36</td>
<td>34</td>
<td>34</td>
<td>47</td>
<td>99</td>
<td>51</td>
<td>301</td>
</tr>
<tr>
<td>Class graduates</td>
<td>29</td>
<td>22</td>
<td>22</td>
<td>19</td>
<td>68</td>
<td>21</td>
<td>181</td>
</tr>
<tr>
<td># of instructors</td>
<td>2</td>
<td>3</td>
<td>6</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>8</td>
</tr>
</tbody>
</table>

We have one Tai Chi I class that doesn’t end until July.

149 individuals took classes during this year.

---

**SAVE THE DATE!**

**SENIOR LAW DAY**

**ALPINE LEGAL SERVICES • AREA AGENCIES ON AGING**

**LIVE EVENT**

**Friday, October 25**

Basalt Middle School
9 AM – 4 PM

**VIDEO REPLAY EVENT**

**Tuesday, October 29**

Rifle CMC Auditorium
9 AM – 4 PM

Complimentary Lunch Served (RSVP Required)

FREE copy of the 2019 Colorado Senior Law Handbook for all attendees — while supplies last

Probate • Powers of Attorneys • Living Wills • Estates • Trusts

Guardianships • Conservatorships • Common Scams • Fraud

One-On-One Consultations • Planning for Long Term Care • & More!

**REGISTER NOW AT:**
RoaringForkSeniorLawDay2019.eventbrite.com • 970-945-8858

**TO VOLUNTEER OR SPONSOR:** 970-945-8858
Menus for all locations are provided monthly and are available at the nutrition meal sites or www.garfield-county.com (Senior Programs). Come see what you have been missing and have lunch with friends.

For those age 60 and older, the recommended voluntary contribution for each meal is $3. Participants are encouraged to pay as they are able. Guest fees are $9.50 for those under the age of 60. Meal tickets are available -10 meals for $30.

Program benefits:
Good nutrition, balanced diet, remaining in your home, restoring and maintaining good health, contact with friends.

Monday and Thursday – Sunnyside Retirement Center in Glenwood Springs, 601 21st Street (limited seating) in lunch room. Call 665-0041 for reservations

Monday – New Castle Senior Housing, Community Room
201 Castle Valley Boulevard. Call 665-0041 by Thursday for reservations. (limited seating)

Tuesday and Friday – Glenwood Springs CMC in the Lucy Huntley Room
1402 Blake Ave. Call 945-9117 for reservations.

Tuesday, Thursday and Friday – Rifle Senior Center
50 Ute Ave. Call 665-6540 for reservations.

Wednesday – Silt Colorado Fire and Rescue (Silt Fire Station)
611 Main Street. Call 665-6540 for reservations.

Wednesday – Carbondale Senior Housing in the Rominger Room
1250 Hendrick Drive. Call 945-9117 for reservations.

Wednesday – Parachute Valley Senior Center
540 N Parachute Ave. Call 285-7216 (call before Monday at noon) for reservations.

Reservations and Cancellations: To provide you with the best dining experience, please call and place reservations by noon 24 hours in advance of attending the meal site or to cancel your reservation. Please call 970-665-0041 if you have questions about attending or where meal sites are located.

Meal service begins at noon and no meals are served after 12:15 p.m.

No alcohol or dogs (unless service animal) permitted at the lunch site.
We're on the web at www.garfield-county.com

The mission of Senior Programs is to enable independence, dignity, health and nutritional well-being of seniors and people with disabilities living in Garfield County.

Garfield County Senior Program Staff

Judy Martin, Senior Program Manager, cell (970) 456-2295
970-945-9191, extension 3061, jumartin@garfield-county.com

Debby Sutherland, Senior Program Coordinator
970-945-9191, extension 3084, dsutherland@garfield-county.com

Barbara Peterson, Senior Program Coordinator
945-9191 extension 3005, bpeterson@garfield-county.com

Stephanie Nick, Registered Dietician
970-625-5200, extension 2036, snick@garfield-county.com

Free dietary guidance and consultation is a service provided through our meal program in Garfield County. Contact Stephanie at 970-625-5200, ext.2036, for information, answers or to set up a consultation.

Traveler (970) 945-9117 or (970) 625-1366
Nutrition Program (970) 665-0041

If you are interested in becoming a volunteer at one of our 7 meal sites, just give us a call: Debby at 945-9191, ext. 3084, or Barbara, ext. 3005. Volunteers who will not be able to volunteer at the meal site because they are sick or on vacation, should call Debby 945-9191, ext. 3084, or Barbara 945-9191, ext.3005, to let them know of their absence.

2-1-1 is a free, confidential information referral service connecting people in need to local community resources via the phone, web or app.

Other county emails:

Eagle County
www.eaglecounty.us/public health

Pitkin County Senior Newsletter and lunch menu
www.pitkinseniors.com

High Country RSVP
Mary Moon, Director
970-947-8461

Helping Hands
970-384-8746

Tax Program
970-945-1596

Medicare Counseling
970-384-8744

AARP Driver Safety Classes
970-384-8747
www.highcountryrsvp.org

Senior Matters
Diane Johnson 970-306-2587
John Hoffman 970-963-1689
www.seniormatters2@sopris.net

Help us reduce our use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online, please visit www.garfield-county.com and choose Seniors. Call Judy to get added to email list - 970-945-9191, ext. 3061.