HOW TO PROTECT ELDERS FROM THE FRIGID WINTER WEATHER

Chilling temperatures and treacherous snow and ice can pose serious problems for seniors and their caregivers during the winter months. Consider using the following pointers to adapt your loved one’s care plan, minimize health risks and ensure you’re prepared for whatever Old Man Winter may bring your way:

**Hypothermia**

Each year, half of Americans who die from hypothermia are at least 65 years old. Older individuals are particularly susceptible to cold weather because they have less body fat, less efficient circulation and a slower metabolism. A senior can even become hypothermic while indoors, so the thermostat should never be set below 65 degrees for a person who is 75 or older. Make sure that your loved one is warmly dressed when inside the house as well as outside. If an aging loved one is struggling to pay their heating bills or needs financial assistance to weatherize their home this winter, consider helping them apply for the Low-Income Home Energy Assistance Program (LEAP).

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**EXERCISE OF THE MONTH**

**Chest stretch**

This exercise, which stretches the chest muscles, is also good for your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds. Repeat at least 3-5 times.

Provided by agingcare.com
Spice It Up!

Presented by: Elisha Harvey, CDM, CFPP, dietary student
APPROVED BY CHRISTINE SINGLETON DOLAN, R.D.

- Try Mrs. Dash!: There are 14 different blends.
- Dry herbs are three times stronger than fresh herbs, because the flavor is so concentrated. If a recipe calls for fresh, you can use 1/3 dry herb of what it calls for of the fresh herb.
- Basil, oregano and mint are great choices to put into pasta dishes to add extra flavor.
- Add your herbs and spices towards the end of cooking time. This allows you to taste your food and see if you need to add more or not.
- Try roasting your food in the oven. It will give it more flavor than boiling.
- Pepper (black or white) can be added to any savory dish.
- Ginger is an Asian spice that has a hot flavor to it, and can be used in baking or savory dishes.
- Cumin is a spicy addition to Indian or Mexican dishes
- Cinnamon has a pleasant smell and is mostly used in baking or hot tea, but can also be used in Indian dishes.
- Paprika comes from a type of sweet pepper, and is a great addition to chicken, cabbage and potato dishes.
RECIPE

APPROVED BY CHRISTINE SINGLETON DOLAN, R.D.

Baked Chicken Siciliano
Serves 4
Prep time: 5 minutes
Cook time: 4-6 minutes

3 Tablespoons Mrs. Dash tomato basil seasoning
4 (4-5 ounce) boneless, skinless chicken breast
4 ounce no-sodium tomato sauce
2 tablespoons shredded, low-fat parmesan cheese
Cooking spray

Directions:
1. Heat a large pan to medium heat. Spray pan with cooking spray and cook chicken breast on each side for 2-3 minutes.
2. Combine tomato sauce with 2 tablespoons of water and 2 tablespoons of Mrs. Dash tomato basil seasoning.
3. Add tomato mixture to chicken. Sprinkle evenly with remaining the Mrs. Dash tomato basil seasoning and parmesan. Turn heat to simmer and cover. Cook an additional 2-3 minutes.
   Plate, spooning pan juices over each breast.
5. Bake 8-11 minutes or until chicken reaches 165 degrees.
6. Serve with spaghetti, a vegetable and enjoy!

“Have it All” by Jason Mraz

“May you have auspiciousness and causes of success.
May you have the confidence to always do your best.
May it take no effort in your being generous.
Sharing what you can, nothing more nothing less.
May you know the meaning of the word happiness.
May you always lead from the beating in your chest.
May you be treated like an esteemed guest.
May you get to rest.
May you catch your breath.
May the best of your todays be the worst of your tomorrows.
May the road less paved be the road that you follow.”
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 2018 assessments.

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

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Looking for some fun and free, cognitive stimulation? Here you have a few quick brain teasers to exercise your attention and working memory (i.e. the ability to keep information in your mind while working on integrating and processing it). Give them a try … they are not as easy as they seem.

1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order.
3. Find the sum of your date of birth, mm/dd/yyyy. Want a tougher mind teaser? Do the same with your spouse’s or best friend’s date of birth (without looking it up.)
4. Name two objects for every letter in your first name. Work up to five objects, trying to use different items each time.
5. Look around wherever you are and, within two minutes, try to find five red things that will fit in your pockets, and five blue objects that are too large to fit.

- Provided by Eagle County

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JANUARY BIRTHDAYS

Mildred Alsdorf
Karen Andruzak
Jodie Bay
Kitty Bearden
Harry Bennett
Kim Breslin
Nancy Brown
Flora Budd
Richard Buchan
Mitzi Burkhart
Debra Callies
Joe Carpenter
Nancy Castellian
Marcell Church
Catherine Daniels
Patty Daniels
Margaret Diaz
Anita Elliott-Hodgen
Edward Ellison
Sonny Fernandez
Georgianne Haines
Richard Hathaway
Joe Hawkins

Arlene Heckman
Fredick Jackson
Linda Johnson
Paulette Johnston
Cheri Ketchum
Les Kirpatrick
Scott MacQueen
Deborah Martin
Sasha McCredie
Jennifer Moore
Lillian Moore
Wilma Morgan
Carol Opeka
Shirley Parks
Marcia Polk
Phil Riley
Florence Rockwood
Lois Scripter
Don Shaw
Beckey Sirus
John Slothouber
Tracy Smith
Andy Snead

Chip Snow
James Sobers
Nancy Soderman
Charlene Stephens
Wanda Terry
Carol Tritschler
Thomas Valdez
Phyllis Walker
Judy Weinberger
Barbara White
Walt Wieger
Mary Williams
Mabel Yeatts

New Years Day
January 1
County Holiday
No meal service or Traveler service

Martin Luther King Jr. day
January 21
January 2, 9, 15
- The Garfield County Housing Authority has teamed up with the county libraries to help bring answers to your questions regarding housing. Stop in for a free one-on-one session to help you on the path to home ownership. **Jan 2, 11 a.m.** -**2 p.m. at the Parachute Library; Jan 9, 11 a.m. -**2 p.m. at the New Castle Library; Jan 15, 11a.m.-2 p.m. at the Carbondale Library.

January 2, 9, 16, 23, 30
- Join us as Mary Durham leads a ukulele strum and sing-along on Wednesday nights. Open to everyone age 12 and above. No need to read music - all levels are welcome. Enjoy this chance to play, learn, and have fun. New Castle Library, 6 p.m.

January 3
- Health by Chocolate class at Silt Library 6-7 p.m. Taste the quality and learn how to use chocolate to enhance your food, and your health.
- Thunder River Theater presents Consensual Improv, 8 p.m. Enjoy improv games featuring spontaneous hilarity, audience interaction and lightning fast wit. For more information call 970-963-8200. Tickets $15.

January 3, 4
- Vaudeville Holiday Show 6 p.m. Call 945-9699 for reservations. Tickets are $22 for seniors.

January 4
- First Friday, downtown Carbondale, 4th Street Plaza. Live music, 5 to 8 p.m.
- First Friday, downtown Rifle at Midland Arts Company. Light snacks, 5-7 p.m.

January 8
- First Tuesday Book Club at the Carbondale Library 4 p.m. Call the Library 970-963-2889 for the month’s selection. Copies of the book will be available for check out. Refreshments will be provided.
- Friends of Rifle Branch Library Book Club Bring your lunch and enjoy the lively discussion. Held the second Tuesday of each month. **January:** Behold the Dreamers by Imbolo Mbue 12 p.m.

January 9
- The Paleo diet can give you the ancestral tools you need to help you reach your goals. Purely Paleo class, 6-7 p.m. at the Rifle Library.
- A Healthy Book Club at the Glenwood Springs Library, 6:30 p.m. This month’s book is “Gulp” by Mary Roach.

January 11
- 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.

January 14
- Canning 101 will teach you the basic methods of food preservation; canning, freezing, and dehydration. 6-9 p.m. at the Carbondale Recreation Community Center Activity Room. Fee for the class is $10. Register by January 11 by calling 970-510-1290.

January 15
- Food for thought: A Cookbook Club at the Parachute Library, 6 p.m. Call the library for this month’s selection and sign-up, 970-285 9870.

January 16
- Bessie and Friends will be playing at Silt meal site during lunch.

January 19
- Faith Lutheran Church in Carbondale (south of Main Street on Hwy 133) hosts a free community meal from 11:30 am - 1:30 p.m. For more info, 510-5046.

January 22
- Garfield Council on Aging meeting at the Rifle Senior Center. All seniors welcome to attend, 10 a.m.

January 24
- Free legal civil services are available to qualified Garfield County residents. Call 970-945-8858 to set up a time to meet online with an attorney at the library. Thirty-minute appointments are available from 2 to 4 p.m. at the Silt Library.

January 25
- Brownsville presents Sam Bush live at the Ute Theater in Rifle 8 p.m. Tickets are $40. For more info, call 970-665-6569.
Hawaiian Islands

DIRECTIONS: Find and circle all of the CAPITALIZED words. They may be horizontally, vertically, or diagonally placed.

Rivers
WAILUKU (Hawaii)
ANAHLULU (Oahu)

Highest Point
MAUNA KEA (Hawaii)

State Nickname
ALOHA STATE

State Bird
NENE (Hawaiian Goose)

State Mammal
MONK SEAL

State Marine Mammal
HUMPBACK WHALE

State Flower
HIBISCUS

State Gem
BLACK CORAL

State Dance
HULA

State Sport
SURFING

Location
PACIFIC OCEAN

State Capital
HONOLULU

Agriculture
BANANAS
MACADAMIA NUTS
PINEAPPLES
SUGARCANE
TARO

Main Islands
HAWAII
KAHOOLawe
KAUAI
LANAI
MAUI
MOLOKAI
NIIHAU
OAHU
2. **Dehydration** Seniors are especially prone to dehydration, because they tend to eat and drink less than younger people, thus they consume less water. In general, people also feel less thirsty during the winter, and are more prone to not drinking as much as they should. Make sure your elderly loved one is drinking consistently. Monitoring their water intake can be an easy way to guarantee they are getting enough fluids.

3. **Ice and snow** Sidewalks slick with ice and snow pose a serious falling hazard for an elderly person. Make sure that your loved one’s porch, driveway, sidewalk, etc. have been thoroughly salted and shoveled. If they are at all unsteady on their feet, it’s best to have someone else handle these tasks, like a neighbor or an outside service. To maximize a senior’s stability, be sure that they have well-fitting shoes with non-slip soles and new treads on any mobility aids that they use.

4. **Disaster kits** Winter storms can be fierce enough to knock down power lines and confine seniors to their homes. It is essential to make sure your loved ones are equipped with a disaster kit to help them get through these times. Each kit should include enough nonperishable food and water for several days (at least 3 gallons of water per person per day), a can opener, a few days' worth of any necessary medication, a flashlight, a battery-powered radio, extra batteries, and first-aid kits.

5. **Space heaters** While these devices can provide much-needed warmth during the cold months, precautions must be taken so space heaters don’t become health hazards. If the senior uses a gas-powered heater or generator, make sure there is a functional carbon monoxide detector in their home. If they use electric heaters, inspect all power cords for fraying and get rid of any damaged devices. Keep all heaters away from flammable materials, such as cloth and paper, and make sure to regularly test and place new batteries in all smoke detectors and carbon monoxide detectors.

6. **Clothing** Mittens, scarves, sweaters, hats and coats are a few must-have articles of clothing for seniors living in colder climates. Even when an elderly person is indoors, they should be dressed in warm, comfortable layers, so they can take items off if they are too hot or put more on if they are too cold.

7. **Electric blankets** Electric blankets can keep seniors toasty, but they must be used very carefully to avoid burns, electric shocks and even fires. If a senior owns an electric blanket or mattress pad that is more than a few years old, it may be time to replace it. The coils inside the blanket as well as the power cords and controls can get damaged over time, increasing the risk of accident or injury. Look for a model that has an automatic shutoff feature, and be sure to use and store electric blankets responsibly.

- Provided by Anne-Marie Botek, www.agingwell.com
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 (Mondays only before 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 last until all those present by 12:15 p.m. are served.

No alcohol or dogs (unless service animal) permitted at the lunch site.
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

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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 Senior Programs. Call Judy to get added to email list 970-945-9191, ext. 3061.