MAY IS OLDER AMERICANS MONTH

The theme for Older Americans Month is “Connect, Create, and Contribute." We encourage everyone to:

- **Connect with friends, family, and services that support participation.**
- **Create by engaging in activities that promote learning, health, and personal enrichment.**
- **Contribute time, talent, and life experience to benefit others.**

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate. We encourage you to connect, create and contribute for stronger and more diverse communities this May, and throughout the year.

- Provided by Administration for Community Living

### Elbow extension

This exercise will strengthen your upper arms. If your shoulders aren’t flexible enough to do this exercise, try the chair dip. You can do this exercise while standing or sitting in a sturdy, armless chair.

1. Keep your feet flat on the floor, shoulder-width apart.
2. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
3. Support this arm below elbow with other hand. Breathe in slowly.
4. Slowly bend raised arm at elbow and bring weight toward shoulder.
5. Hold position for 1 second.
6. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow. Repeat 10-15 times

- Provided by Go4Life
Wonderful Yogurt

Benefits of yogurt:

- Yogurt is packed with protein and calcium to keep our bones and muscles strong! Greek yogurt typically has the most protein per serving.

- Most yogurt has probiotics in it, these little guys help with immune function, digestion and even brain function! Probiotics are the bacteria in yogurt that is good for our gut. To ensure that your yogurt has probiotics look for the words “contains live cultures” on the container.

- Yogurt is easy to include in the diet: try adding it into a smoothie, eat it with fruit and granola or even on toast.

Substitutions:

- Yogurt is commonly used as a lower-fat substitution.

- Yogurt can be used as a substitute for sour cream for a lower fat option. Keep in mind, yogurt will only be a lower-fat substitution if you buy the non-fat or low-fat option.

- Yogurt can also be used to make a creamy low-fat sauces for pasta, or it can be used in place of mayonnaise.

- It can also be used in place of buttermilk or oil in baked goods for a delicious, healthy and moist final product!
Blueberry Greek Yogurt Muffins

Ingredients
1 cup + 1 tbsp. all-purpose flour divided
1 cup rolled oats
2 tsp baking powder
1/4 tsp salt
2 large eggs lightly beaten
1 cup plain Greek yogurt
1/3 cup honey
1/4 cup milk
2 tsp vanilla extract
1 cup blueberries frozen or fresh

Instructions
Preheat your oven to 350 degrees F, and either grease a muffin pan or line with 12 silicone liners.
Combine 1 cup flour, oats, baking powder and salt in a large bowl.
In a medium bowl, whisk together the eggs, yogurt, honey, milk, and vanilla until well combined.
Stir the wet ingredients into the dry ingredients until combined.
Toss the blueberries in the remaining flour and then carefully fold them into the batter.
Divide the batter evenly among the muffin cups, filling to the top.
Bake for 18-20 minutes, or until the tops are firm and just starting to turn golden. A toothpick should come out clean.
Allow the muffins to cool completely in pan before transferring them to a storage container or eating.

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.

Participants will learn: Exercises to increase strength and balance, to change their environment to reduce fall risk factors, to set realistic goals for increasing activity, to view falls and fear of falling as controllable.

Cooking Matters classes you will learn to identify healthy low cost food options. Make quick and easy nutritious snacks and plan menus and understand food nutrition labels.
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!

It’s wondrous what a hug can do
A hug can cheer you when you’re blue
A hug can say, “I love you so,”
Or “Gee, I hate to see you go.”
A hug is, “Welcome back again.”
And, “Great to see you! Where have you been?”
A hug can soothe a small child’s pain
And, bring a rainbow after rain.
The Hug! There’s just no doubt about it
We scarcely could survive without it!
A hug delights and warms and charms.
It must be why God gave us arms.
Hugs are great for fathers and mothers.
Sweet for sisters, swell for brothers.
And chances are your favorite aunts
Love them more than potted plants.
Kittens crave them. Puppies love them.
Heads of state are not above them.
A hug can break the language barrier
And make your travels so much merrier.
No need to fret about your store of ‘em.
The more you give the more there’s more of ‘em.
So stretch those arms without delay and give someone a hug today!!!!

HUGS
Submitted by Mrs. Phyllis Roberts, GFWC international president

MAY BIRTHDAYS

Marlea Antes
Jane Ash
Edward Betancourt
Bettye Bingham
Liz Blake
Gregory Boggs
Nancy Boyet
Winford Boyet
Linda Brashear
Buddy Burns
Levy Burris
John Burwell
Franny Capwell
Ronald Cobb
Betty Collins
Gail Coombs
Timothy Cooper
Steven Cross
Joseph Cunningham
Bob Cutting
Rosalie Dombrowski
Judy Fester
Lois Freeman
Fred Garcia
Joan George
Tony Grifasi
Rodney Gorsett
Bill Hahn
Cyndy Halford
Debbie Hampton-Janeczek
Henry Harrison
Cheryl Harrison
Charolette Hicks
Jennifer Holton
Dorie Hunt
Jack Kagay
Marilyn Keating
Laura Ketterman
Sherry Khatib
Marion Levine
Derek Lofting
Everett McAlary
Kathy Milbrath
Shirley Morris
Leonard Pipkins
Linda Porter
Beverly Reed
Natalie Roberts
Charlene Romero
Velma Russo
Luanne Ryman
Myrtle Scarber
Carolyn Seiffert
Kori Sherburns
Jo Nell Stebleton
Hilda Sykes
Scarlette Townsley
Michael Tucker
Gay Lynn Watson

May 12,
Mother’s Day

May 27,
Memorial Day
No county services due to holiday.
May 3
- First Friday, Spring into Fun, 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.

May 3, 4, 10, 11, 17, 18, 24, 25, 26
- Spring Vaudeville Show, 6-9 p.m. in Glenwood. For reservations call 945-9699.

May 4
- Cinco De Mayo Block Party at 5th and Main in New Castle 2-6 p.m. Food, music and games.
- Annual Fishing Derby at Alder Park in New Castle, 10 a.m.– 2 p.m. Pre-registration required by calling 984-2311.
- Senior Programs Volunteer Banquet at the Rifle Senior Center, 11:30 a.m.

May 4, 5
- Ute Theater presents the 4th Annual Dance Spectacular at 6 p.m., May 4, and 2 p.m. on May 5. Tickets $8 for adults and $5 for kids. For more information and tickets call 970-665-6569.

May 5
- Glenwood Springs Concert series, $4 bus ride from the Rifle Senior Center. Call Tami at 970-665-6540 to sign up.

May 7
- Coffee with the Library Director at 9 a.m. at the Parachute Library. Come chat about our community, the libraries and how we can collaborate on a bright future. Free coffee and pastries.

May 8
- St. Mary’s Blood Drive at the Carbondale Library from 11 a.m. to 1 p.m.
- A Healthy Book Club at the Glenwood Springs Library, 6:30 p.m. This month’s book is, “The Neuroscientist Who Lost Her Mind: My Tale of Madness and Recovery” by Barbara K. Lipska.
- Dinner in the Valley at Silt. $2 bus ride and dinner on your own. Call Tami at 970-665-6540 to sign up.

May 8, 9
- Chautauqua at the Silt Historical Society May 8, 9:30 a.m., and May 9, 10:30 a.m.

May 9
- Fundamentals of Energy Healing presented by Laura Barton at the New Castle Library. Come learn more about Source Light Integrations and its role in seeking mental, emotional physical and spiritual balance. 6:30 p.m.

May 10
- Free Mother’s Day Tea at the Rifle Senior Center at 10 a.m.
- 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.

May 11
- Dandelion Days at Sopris Park in Carbondale, 9 a.m. to 5 p.m.

May 13
- Blackhawk Day Trip. $26 bus ride. Call Tami at 970-665-6540 to sign up.

May 15
- Bessie and Friends will be playing at Silt meal site during lunch. Reservations are required, call 665-6640.

May 17-23
- Bonedale Bike week in Carbondale. Call 970-510-1277 for more information.

May 18
- 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. For info., call 510-5046.

May 25
- Community Breakfast at the Rifle Senior Center 8 to 9:30 a.m., $4.

May 29
- Spring Lecture Series at the Glenwood Springs Library, 6:30 p.m.

May 31
- Patty Daniells retires from High Country RSVP. Thank her for all she has done for senior and our communities.
Can you find all of the flowers in the letters below?
Look up, down, sideways, backwards, and diagonally.

VBM
PI LUT CW
WOS IR I H Q O
EL KNI WI RE PD
SE DA IS Y HY D P A A
TURE G Y X O S A U F I
RE ETS NNY NANC NF NY
MGR HDOD DENDRON Z
WATER LILY TE EDIT
PPR MIT OS HLT IZ
YOM I LA GUE ITLP
ZP RAN I CM O U H
EPC RR KUN B
FY A AL MM
CME

BUTTERCUP  IRIS  PRIMROSE
CARNATION  LILAC  RHODODENDRON
CHRYSANTHEMUM  LILY  ROSE
DAFFODIL  LOTUS  TULIP
DAISY  MARIGOLD  VIOLET
 DANDELION  PEONY  WATER LILY
GERANIUM  PERIWINKLE  ZINNIA
HONEYSUCKLE  POPPY
Robert “Bob” Campbell has served on the board of directors of Valley Senior Center for many years in the capacity of an officer and committee chairperson. He was instrumental in forming a streamlined medical equipment leasing program. He maintains a complete inventory of medical equipment, as well as monitoring its use for residents from Debeque to Vail and Carbondale for temporary use, and he also serves on the committee to oversee renting the facility to local residents. He is extremely active in the community serving in the Kiwanis, and Veterans of Foreign Wars; supervised many golf tournaments in the years past; and is a valued member of his church. Bob is dedicated to the improvement of the Valley Senior Center, and is an asset to the senior community. He always has a hug for everyone he sees.

Yanina and Bill Hahn have been volunteering for the last six years at the New Castle meal site, where both handle many tasks in a kind and caring manner. Yanina and her husband, Bill, are kind, good-natured, and funny. Although they work full-time jobs, they are consistent volunteers on Mondays. They are truly friends of the seniors in so many way, making us feel welcomed and a part of the community.

Nancy Heiliger is one of the Rifle Senior Center volunteers. She works the registration desk for lunches to make sure the books are balanced and that everyone feels welcomed. She knows almost every senior by name, and makes sure they have a place to sit. She and her sisters are always making sure holiday lunches are special by providing treats, cake, and table decorations to make our dining room special and their holiday hats are amazing. Nancy is a dedicated and very kind-hearted person. She takes care of the seniors and makes everyone feel happy.
Mildred Meeker is a consistent helper at the Rifle Senior Center, working at the lunches three days per week and always offering a hand to anyone who needs help. She is a caregiver to all, and makes holidays a festive occasion for everyone. She participates in the senior trips and makes everyone have a great time. Mildred helps out at the veterans home, and has been an integral part of starting the Tuesday night movie outing. She is a lovely person with a big welcoming smile and we appreciate everything she does.

Cheryl Pickett joined the Parachute Valley Senior Board in 2011, and became secretary in 2013. She also chairs the Ways and Means Committee, and had been responsible for securing grants to provide new insulation, ceiling tiles, handicapped toilets, flooring and replacement of the doors. She has provided so much support to the center while being an amazing caregiver to her husband Allen during his illness. A highlight of the year for many center participants was the renewal of their vows last year.

John and June Zacharias have been members of Valley Senior Center for umpteen years, and both served as crew chiefs for our Wednesday meals twice each year. John has been the vice president of the board for many years, and his direction and guidance has been immeasurable. His eye for detail helps the center stay well maintained and in safe working order. June volunteers at the lunch weekly and greets folks with welcoming smile and hug. They support the center in so many ways and generous, kind, and always willing to help in any situation.
11TH ANNUAL
Caregiver
CONFERENCE
11 JUNE 2019
save the date!
8:15AM - 4:00PM • Glenwood Springs High School
(1521 Grand Avenue, Glenwood Springs)

- Open to all, including family caregivers, spousal caregivers, children caring for their aging parents, volunteers, adult day program staff, non-medical caregivers, dementia caregivers, assisted living staff, counselors, support group members, RNs, LPNs, CNAs, MSWs & more

- Nationally acclaimed and award-winning speakers including:
  Angelo Fernandez, Megan Carnarius & Kim Mooney

Registration Now Open! RSVP by May 31
2019ColoradoCaregiverConference.eventbrite.com
or call 970.665.0041
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 no meals are served after 12:15 pm.

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.

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 or Barbara to let them know of their absence.