***HOW TO STAY ACTIVE WHILE CAREGIVING***

Exercise is a great way to take care of yourself while you are caring for other people. There are many emotional benefits of exercise, including reducing feelings of depression, increasing your energy level, and improving your sleep.

An easy way to incorporate physical activity into your day is by being active with the person you care for. Here are some things you can do together:

- Take a walk together each day.
- Follow exercise videos made for older people.
- Dance to the person’s favorite songs.

Learn more about how to take care of yourself while caregiving on our website www.nia.nih.gov/health/alzheimers-caregiving-caring.

***EXERCISE OF THE MONTH***

**Side leg raise exercise**

This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can modify the exercise to improve your balance.

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg. Repeat 10-15 more times with each leg.
Fruits & Vegetables
Studies consistently show that higher intake of fruits and vegetables are related to lower risks of stroke.

For every additional serving of fruit or vegetables the changes of stroke are lowered by 13-16%.

The fiber, vitamins and minerals in fruits and vegetables are what make them so special.

Fiber has been shown to decrease cholesterol, blood pressure and inflammation.

Vitamins and minerals such as magnesium, potassium and vitamin C have been linked to lower blood pressure.

They also improve immune function!

Meat
The evidence around red meat is linked to an increase in the risk of stroke continues to grow.

A 2017 study concluded that a larger intake of red and processed meat was linked to an 11-17% higher risk of stroke.

Red meat in particular has a higher carnitine content which can contribute to damage to the arteries and heart.

Processed meats contain more sodium which is linked to higher blood pressure levels and contain nitrite preservatives which can also contribute to damage to the arteries and heart.

Try eating more meatless meals with beans, lentils or tofu as the protein source!

Mediterranean & DASH diet
Often times we think of the Mediterranean diet as one that largely increased olive oil use. Though olive oil is used in the diet, the benefits really come from the diet being largely plant based, high in fruits, vegetables, fish and unrefined grains and cereals and low in full-fat dairy products and red/processed meats and sweets. The DASH diet has also been proven to decrease the risk of stroke. This diet concentrates on many of the same things: high in fruits, vegetables, fish, poultry and encourages low-fat dairy products, but it also includes more nuts. Walnuts in particular have been shown to have a protective factor for the heart.

- Information approved by Stephanie Nick RD
White bean basil chicken chili

Serving Size
Serves 6, 1 1/2 cups per serving

Ingredients
1 pound boneless chicken pieces
1 medium onion
2 cloves garlic
1 medium tomato
1 large lime
1/4 cup fresh cilantro leaves
1 Tablespoon fresh basil
2 (15 1/2-ounce) cans great northern beans, no salt added
2 Tablespoons canola oil
4 cups low-sodium chicken broth
1 1/2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Instructions

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 Rifle beginning November 7, from 1 to 2 p.m. at the Rifle Senior Center. We have an instructor for Tai Chi in Parachute who would like to teach at Valley Senior Center — if you are interested, please call and sign up for the class.

In 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. Call Barbara Peterson and reserve your spot. 970-945-9191, ext. 3005.
MEDICARE OPEN ENROLLMENT

The annual Medicare Open Enrollment period for 2020 prescription drug plans begins on October 15, and continues until December 7 (for a January 1 effective date). High Country RSVP (Retired Senior Volunteer Program) volunteers can help you navigate the Medicare Part D system to select the best plan to meet your individual needs.

RSVP can also help you if you are confused about your Medicare plan, or need help understanding your options, making informed choices, knowing your rights and saving money. Our highly trained volunteers offer one-on-one, personalized service for your unique situation and are trained in all parts of Medicare including supplemental plans and additional money saving programs. Call us today to schedule an appointment! (970) 384-8744.

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!

Sara Adler
Joyce Baker
Kathie Barrie
Sharon Boone
Ruth Brittain
Doug Britten
Dianne Buckingham
Kay Calihan
Wally Cerise
Jeanie Child
Betty Clifford
Kay Colibank
Francis Coulter
Gene Diaz
Ginger Dunn
Zolia Fernandez
Albert Flores
Cricket Goodsell
Renee Gore
James Hanofee
Marilyn Harbottle
Noreen Hibl
Martha Hubbs
Viola Hunt
Anne Jordan
Karmen Kriz
Joyce Leeman
Carmen Litschewski
Jake Mall
Dieter Martin
Ken Mathenson
Bonnie Matthews
Jobie McClelland
Joan McDonald
Ken Melby
Kathleen Molitor
Woody Morgan
Paul Muloon
Noreen Nolan
Reyhana O’Leary
Mardi Padgett
Maria Paola
Shirley Peterson
Cheryl Pickett
Joyce Rinehart
Donna Rippy
Kay Robinson
Jeanette Rose
Virginia Scholla
Rose Ann Shelton
Luis Silva
Ann Soefker
George Soefker
Leta Terrell
Jackie Tice
Betty Tucker
Michelle Vogel
Carla Vega
Laurel Williams
Patrick Woodhouse

Thanksgiving Day
Thursday, November 28

Happy Veterans Day
Monday, November 11
Nov. 1
- First Friday, downtown Carbondale, 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.
- Ute Theater presents the Boys of Summer, the music from the Eagles. Tickets $20 for general admission standing, $25 or more for reserved seating. Call 665-6569 for tickets.

Nov. 2, 9
- Get out of debt class with financial coach Lindsey Gustad. Held at Glenwood Springs library 1 p.m., on Nov. 2, and New Castle Library at 1 p.m., on Nov. 9.

Nov. 6
Trip to Blackhawk with the Glenwood Springs Recreation Department 8 a.m. to 6 p.m. Costs $27 member, $36 non-member. Call 970-384-6301 to register.

Nov. 8
- 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.

Nov. 7
- Making Sense of Medicare Part 1, at 7 p.m. at the Third Street, Senior Matters Room in Carbondale.

Nov. 9
- Craft Fair at the Rifle Senior Center 8 a.m. to 3 p.m.
- Ute Theater in Rifle presents Tommy Castro & Tinsley Ellis at 8:30 p.m. Tickets $25 for standing and $30-$35 for reserved seating. Call 665-6569.
- New Castle Chamber of Commerce’s Spirit Walk at Highland Cemetery 7– 9 p.m. Call 984-3352 for more information.

Nov. 13
- Dinner in the Valley at Parachute, dinner on your own. Call Tami 665-6540 to sign up, $3 fee to ride the bus.
- Making Sense of Medicare Part 2, 7 p.m. at the Third Street Center in Carbondale in the Senior Matters Room.

Nov. 16
- Faith Lutheran Church in Carbondale (south of Main Street on Hwy. 133) hosts a free community meal from 11:30 a.m. to 1:30 p.m. For info, call (970) 510-5046.
- Jumping Jack Flash tribute to the Rolling Stones at the Ute Theater in Rifle at 8 p.m. Tickets $30 to $40. Call 970-665-6569.

Nov. 18
- Cooking Under Pressure — Mediterranean style. Learn how to use an electric multi-cooker to safely prepare healthy foods from the Mediterranean Diet. Call Carbondale Recreation to register 970-510-1290 the fee is $15.

Nov. 20
- Bessie and Friends will be playing at Silt meal site during lunch. Reservations are required, call 665-6640. by noon on Tuesday.

Nov. 23
- Parachute/ Battlement Mesa Craft Fair. Get a jump start on your holiday gift buying. We will stop for lunch and enjoy shopping. From 10 a.m. - 4 p.m. Call Carbondale Recreation 970-510-1290 to register.
- New Castle Chamber of Commerce Craft Show at the Community Center. Call 984-3352 for more information.
- Lions Club Free Thanksgiving Dinner at the New Castle Community Center call 984-3352 for more information.

Nov. 28
- Huffin 4 Stuffin Carbondale Turkey Trot and Cyclo Cross Races. 5K walk/run. Bonfire, snacks and fun and call 970-510-1290 to register for Turkey Trot by Nov 27, and 963-2500 to register for the bike race. $25 for seniors, and $5 off with non-perishable food item for Lift-Up.

Nov. 30
- Community Breakfast at the Rifle Senior Center, 8 to 9:30 a.m., $4. Open to all.
There are lots of good reasons, and almost no bad ones, for writing about life. The pleasure of remembering days gone by, the chance to review your life, and the opportunity to contribute to history are some of the more important. But most of the time the clincher is the grandchildren. In fact, some elder/writers come to feel that it is almost a duty. What ever your reason, here are some thoughts for getting started:

Words can be either spoken or written. You may want to do both, plus some videotaping as well. But for now writing will be the main focus. Your tools may be a pencil and the table, typewriter, word processor or computer. If the tool isn’t comfortable for you, then it’s not for you. Try something else.

It’s probably best to write every day at the same time. Certainly schedule it, for if you wait until you have the time, you never will. And never wait for inspiration.

Start with this assignment:

- Get out old photos and stare at them randomly. Stroll down memory lane and enjoy yourself.
- Think about how you might divide your book into about ten parts no more than that.
- Pick a couple of photos that go with each division.
- Now, taking notes, go over the pictures one by one and jot down memories that come to you. Try to remember things that are not in the picture, especially the sensory details – sight, sound, smell and feel.
- Write a five-page (double-spaced) summary of your life. That is about 1,250 words. One way to do this is to put the year in the left column, then jot down major events that year in the right column. Just rely on your best recollection. Another approach is to go back to the photos. Pick one and develop it into a scene. - Provided by Caregiver.com

Guard your card

As Medicare Open Enrollment approaches, the Trump administration, through the Centers for Medicare & Medicaid Services (CMS), is protecting Medicare beneficiaries by reminding them to be vigilant and take precautions to avoid falling victim to healthcare fraud. Scammers are after medical insurance and financial account information and passwords for their monetary gain and may use the increased public outreach activities during open enrollment as an opportunity to strike.

To protect yourself from fraudsters, CMS offers the following security tips:

- Never accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare, remember that Medicare and Medicaid do not send representatives to your home.
- Never give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it.
- Remember, nothing is ever "free." Never accept offers of money or gifts for free medical care.
- Be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare," so Medicare will pay.
- Always check your medications before leaving the pharmacy to be sure you received the correct medication prescribed, including whether it's a brand or generic name. If you don't get your prescription filled correctly, report the problem to the pharmacist.

Report suspected instances of fraud by contacting the HHS OIG hotline or Medicare’s toll-free customer service operations at 1-800-MEDICARE (1-800-633-4227). You can also go online to find more information. - Provided by Caregiver.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, with 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 Town Center**
600 Home Ave. 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 Thursday to Monday at noon) for reservations.

Reservations and Cancellations: To provide you with the best dining experience, please call and place reservations by noon weekdays, at least 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.
FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:
pumpkin  harvest
yellow    apples
scarecrow hayride
autumn    red
leaves    Thanksgiving
sunflower football
acorns    orange
corn

Find more printables for children at scholastic.com/parents/activities-and-printables
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.

**OUR MISSION**

**Garfield County Senior Programs 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 seven 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

**Year Round Tax Issues**
970-384-8740

**Medicare Counseling**
970-384-8744

**Continuing Ed. Classes**
970-945-7486
www.highcountryrsvp.org

**Senior Matters**
Diane Johnson 970-230-2158
John Hoffman 970-963-1689
www.seniormatters2@sopris.net

Judy will be Diane’s guest on the November 13 Senior Matters Radio Show at 4:30 p.m. on KDNK.

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 the email list 970-945-9191, ext. 3061.