FREE DENTAL CARE COMING TO THE WESTERN SLOPE IN OCTOBER!

The Colorado Mission of Mercy will hold a free dental clinic, Friday and Saturday, October 4-5, at the Glenwood Springs High School. It is a no-questions-asked clinic, and adults and children of all ages are welcome.

With 125 portable dental chairs in operation and 200 dentists and hundreds of dental hygienists, assistants and other dental professionals participating, they will provide cleanings, fillings, root canal treatments and extractions. More than $1 million in donated oral health care services will be provided.

Individuals should arrive early, and can line up the night before. The doors will open at 6 a.m., and will remain open until the dental clinic is at capacity. No appointments are necessary, and no paperwork is required.

Patients are treated on a first-come, first-served basis.

EXERCISE OF THE MONTH

Side-leg raise exercise

This exercise strengthens the 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.
Benefits of green tea

Magical effects?
Green tea has a long-standing reputation of providing health benefits. It has been tooted for weight loss, cancer prevention and cardiovascular health. Though it has been proven to be a healthful addition to the diet, not all of these claims are proven by research.

What makes green tea special?
Green tea has one of the highest amounts of catechins.

Why are catechins a good thing in the diet? They have strong antioxidant activity. But what is so important about antioxidants? Think of antioxidants as the law enforcement of cells in our bodies; they keep cells that have “gone rogue” under control. This is so important because those rogue cells can lead to chronic diseases, such as cancer.

High amounts of catechins have been found in red wine, black grapes, apricots, strawberries, black, white and green tea. Green tea in particular has a higher concentration, because the leaves are dried and steamed instead of fermented.

Drinking tea has been linked to lower death rates from cardiovascular disease (CVD). A large study conducted in Japan found green tea consumption was related to decreased risk of CVD-related death. However, for these effects to be seen, seven cups of tea may need to be consumed each day.

In some studies, the consumption of green tea has also been shown to help with control of blood sugar levels and reduced blood pressure.

Bottom line
Green tea is one of many items that can be added to the diet that may aid in overall health. It is a healthful beverage that is better than some of the other options out there!

Information provided by Today’s Dietitian.

Presentations by our dietician are on October 1, at the Chat Chew meal site on food waste; and October 9, at the Parachute meal site. She can also provide one-on-one nutrition counseling at the site. Come join us.
MEXICAN QUINOA-STUFFED PEPPERS

**Prep Time: 25 minutes**

**INGREDIENTS**
- 4 large bell peppers
- 3/4 cup quinoa (dry, uncooked)
- 15 oz. can black beans
- 1 cup corn (canned or frozen)
- 2 green onions
- 2/3 cup salsa
- 1 1/2 tsp. cumin
- 1 tsp. smoked paprika
- 1 tsp. chili powder

**INSTRUCTIONS**
Cook quinoa according to package directions with 1 1/2 cups water/broth.

Meanwhile, halve bell peppers and remove stems, seeds and ribs.

Drain and rinse black beans, thaw corn, and slice green onions.

In a large mixing bowl, add cooked quinoa and all other ingredients, except bell peppers. Stir to combine, and adjust taste if necessary (salt, more seasonings).

Preheat oven to 350 degrees.

In a 9×13” baking dish, place pepper halves, and generously stuff them with the quinoa filling. Lightly press down to compact and fill all the crevices.

Cover with tin foil and bake for 35-40 minutes. Remove foil, and bake 10 more minutes.

Serve with any desired toppings, such as guacamole, cheddar cheese, salsa, sour cream or cilantro.

---

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, 1 to 2 p.m. at the Rifle Senior Center.

Cooking Matters, Thursday, October 3 — November 7, 1 to 3 p.m. at the Rocky Mountain Baptist Church in Rifle. Space is limited.

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 at 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!

Halloween, October 31

Columbus Day, Oct 14

Jesse Aceves
Bruce Amato
Judy Bear
Constance Bell
Stevi Belle
Diane Berto
Betty Birdslill
Anita Bishop
Jean Buchan
Jeffrey Carlson
Eileen Caryl
Joe Cason
Barbara Cabula-McClune
Tom Cleary
Charlotte Crook
Linda Devanney
Sue DeWinter
Alfred Barry Disnard
Kathy Dykstra
Mary Elder
Judith Elizinga
Joe Erickson
Kyle Evans
Darrell Ferguson
Brenda Grange
Leila Griffith
Doris Haep
Carol Hauter
Marion Heckman
Judy Koons
Sara Hubretseg
Allison Kuhn
Jake Hummel
Toby Larson
Barbara Lightfoot
John Lovett
Linda Luke
Chris Lynch
Vivian Madden
Deanna Maier
Becky Mall
Kenda McCall–Borrego
Tami McDaniel
Barbara McGinnis
Barbara Montgomery
Tresia Moon
Susan Mountjoy
Davis Moya
Jose Munoz
Beverly Nash
Ann Nicholson
Agnes O’Hara
Tina Ortiz
Mike Paul
Sharon Pennington
Marjorie Perrine
Martha Rabe
Nedra Ransbury
Alan Rasic
Tom Richey
Stephanie Riverman
Deborah Robertson
Celina Rodriguez
Drew Schelling
Grace Schick
Sarah Schipper
Cinda Lou Schwindt
Frank Shove
Bonnie Smeltzer
Donald Solawetz
Jima Soukup
Don Souhlavec
Kathy Spink
Jaccilyn Sphuler
Eileen Stanley
Marilyn Strader
Nancy Stover
Debby Sutherland
Sandor Varallyay
Cheri Wallace
Eva Marie Wernli
Helen Westrick
Walter Wiegner
Karen Williams
Rick Zaske
Eleanor Zelmock
October 4
- First Friday, Homecoming & Harvest Fest 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.
- The Mysto Really Big Magic Show at the Ute Theater in Rifle. For more information and tickets, call 970-665-6569.

Oct. 5
- 110th Annual Potato Day Parade and BBQ at Sopris Park in Carbondale, 10:30 a.m. to 3 p.m.

Oct. 8
- Debra Bianchi, with the Alzheimer’s Association, will be presenting on the 10 Warnings Signs of Dementia at the Chat and Chew meal site at noon. Reservations required for lunch call 945-9117.

Oct. 9 - Nov. 6
- Center for Independence Low Vision Class at the Glenwood Springs Library 1-2:30 p.m.

Oct. 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.

Oct. 11, 12
- Celtic Fest-Oktoberfest in Carbondale, at 4th Street Park & Plaza, 5-9 p.m., on Friday; 12-9:30 p.m. on Saturday. For more information call 970-510-1214.

Oct. 12
- Coco Montoya at the Ute Theater in Rifle. Tickets are $25 online, $30-40 day of the concert. For tickets or more information, call 665-6569.
- Learn how to get out of debt from financial advisor Lindsey Gustad. Learn how to create a spending plan. 1 p.m. at the Rifle Library; and on 10/26, at the Silt Library, 2 p.m.

Oct. 12, 19
- Oktoberfest at Glenwood Caverns with Alpine Echo, 12 — 4 p.m.

Oct. 14
- Free Mental Health First Aid course at the Silt Library, 8:30 a.m. to 5 p.m. This class will learn risk factors and warning signs to help you assist someone experiencing a mental health or substance use crisis.

Oct. 16
- Bessie and Friends will be playing at Silt meal site during lunch. Reservations are required, call 665-6640.

Oct. 18, 19, 25, 26
- Historic Ghost Walk through Linwood Cemetery in Glenwood Springs. Tickets are $20 for adults, $18 for seniors. Call 945-4448, for more information, or email www.glenwoodhistory.com for tickets.

Oct. 19
- 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 more info., 510-5046.
- Jumping Jack Flash tribute to the Rolling Stones at the Ute Theater in Rifle, 8 p.m. Tickets $30 to $40.Call 970-665-6569.

Oct. 21
- Coffee with the Library Director at the Carbondale Library, 9 a.m. featuring free coffee from Bonfire, and pastries from Sweet Coloradough. We will chat about our community and libraries.

Oct. 22
- Garfield Council on Aging meeting is at the Rifle Senior Center, 10 a.m. Program will include upcoming census information. All seniors welcome to attend.

Oct. 25
- Blood Drive at Rifle Library, 11 a.m. One donation can help as many as four people.

Oct. 26
- Community Breakfast at the Rifle Senior Center, 8 to 9:30 a.m., $4.

Oct 28
“T’ll learned it on the Internet!” Trustworthy Tools and Tips for Reliable Health Information. Explore reliable health resources that can help you make more informed health choices. 2 p.m. Glenwood Springs Branch Library, second floor class room (elevator accessible). 945-5958.
Upcoming changes/ Senior Law Day

Please join us at a new location in Silt for the month of October. We are very thankful to the Town of Silt and the Colorado River Fire Rescue for making this happen. Meals begin at the Silt Town Center on October 2.

**Same Time:** Lunch will be served at noon. We have the room from 10 a.m. – 2 p.m. on Wednesdays.

**Location:**
600 Home Avenue in Silt (the old library)

Reservations required by noon on Tuesday for the Wednesday meal by calling 665-6540.

We are trying something new at the Tuesday lunches at the Rifle Senior Center. You will have a choice between the menu or a soup/stew option that includes a roll, fruit and dessert. You will need to make your choice when you reserve the meal. Both menu items will be listed on our monthly menu.

Please join us for lunch in the near future and if you are interested in volunteering at one of our meal sites, please talk to Judy, Debby or Barbara. We would love to have you.

---

**Senior Law Day**

Also remember the FREE Senior Law Day event in October in Basalt and Rifle. A complementary lunch is being served, and seniors may ask experts questions on legal matters. Reserve your space now.

---

**SAVE THE DATE!**

**SENIOR LAW DAY**

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

**LIVE EVENT**

**Friday, October 25**

Basalt Middle School
9AM – 4PM

**VIDEO REPLAY EVENT**

**Tuesday, October 29**

Rifle CMC Auditorium
9AM – 4PM

**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 Town Center, 600 Home Avenue.** 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 pm.**

**No alcohol or dogs (unless service animal) permitted at the lunch site.**
WORD SEARCH PUZZLE

HALLOWEEN WORD SEARCH

Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House

©2017 Happiness is Homemade (www.happinessishomemade.com) FOR PERSONAL USE ONLY!
Senior Center flu clinic schedule
Please bring your Medicare cards!

Monday, Sept. 30 — New Castle senior lunch, 10 a.m. to noon

Tuesday, Oct. 1 — Glenwood Springs Blake Center CMC senior lunch 11 a.m. to 12:30 p.m.
Rifle senior lunch, 10 a.m. to noon

Wednesday, Oct. 2 — Carbondale senior housing, 9:30 to 11 a.m.

Wednesday, Oct. 9 — Silt senior lunch, 11 a.m. to noon
Parachute senior lunch, 10 a.m. to noon

Cost:
- No charge for those with Medicare Part B (we will bill Medicare)
- $60 for those 65 and older without Medicare Part B
- $25 for those under 65

Only cash or check are accepted.
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/publichealth

**Pitkin County Senior**
Newsletter and lunch menu
www.pitkinomens.com

**High Country RSVP**
Mary Moon, director
970-947-8461
**Tax Program**
970-945-1596
**Medicare counseling**
970-384-8744
**AARP Driver Safety Classes**
970-384-8747
www.highcountryrsvp.org

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

**Senior Centers**

**Rifle Senior Center**
Tami Sours
970-665-6540
Bingo, Bunco, Pinochle, Dinner in the Valley, concerts
Call to join us.

**Valley Senior Center in Parachute**
970-285-7216 or Cheryl
970-285-9755
to play pinochle.

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