Take control of your health: Six steps to prevent a fall
(September 23 is Fall Prevention Day)

Every 13 seconds, an older adult is seen in an emergency room for a fall-related injury. Many falls are preventable. Stay safe with these tips:

1. Find a good balance and exercise program. Look to build balance, strength and flexibility (see page 3).
2. Talk to your health care provider and ask for an assessment of your risk of falling.
3. Regularly review your medications with your doctor or pharmacist to make sure side effects aren’t increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, install grab bars in key areas.
6. Talk to your family members. Enlist their support in taking simple steps to stay safe.

- Provided by NCOA.org

Back exercise: If you’ve had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit up toward the front of a sturdy chair with armrests. Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist farther, if possible.
3. Hold the position for 10-30 seconds.
4. Slowly return to face forward.
5. Repeat on the right side. Repeat at least 3-5 more times.
Nutrition & Eye Disease

As eye disease rates increase in Americans, especially in adults 65 years of age or older, there has been much interest in dietary effects. As it turns out, nutrition plays a huge role in preventing the onset of eye disease. Though age is the most significant risk factor, nutrition can help! The effect of dietary habits on eye disease has been studied specifically in:

- **Age-related macular degeneration (AMD):** is the leading cause of irreversible visual impairment in developed countries, responsible for more than 50 percent of blindness. Those at greatest risk are white Americans over the age of 80.
- **Glaucoma:** is irreversible and associated with neuropathy (numbness or weakness of the nerves). Risk factors of this include: age, ethnicity, family history and inflammation.
- **Cataracts:** Development begins at age 40 for most Americans, and risk increases with each decade. Risk varies across different races: 70 percent of white Americans, 61 percent of Hispanic Americans and 83 percent of black Americans. Women are at an even greater risk of developing eye disease.

Eating a healthful diet can decrease the risk of eye disease. A healthful diet in this case consists of: 3.5 servings of fruits and vegetables, 2.3 servings of dairy, 2.7 oz. of protein from meat or vegetarian sources, and 3.5 servings of grains each day.

**Antioxidants**

Antioxidants such as: Vitamin A, C and E, have also been found to reduce the risk of eye disease. Foods that contain these antioxidants include: oranges, spinach, kale, broccoli, celery, cucumbers, pumpkin, squash, corn, green olives, oranges, carrots, apricots, and red peppers.

**Omega-3s**

Omega-3 fatty acids aid visual development and retinal function, blood flow and blood pressure regulation. Food sources include: salmon, sardines, halibut, chia seeds, flax seeds and walnuts.

Information from Today’s Dietitian.
Salmon Pasta Bake

**Serving Size**

Serves nine

**Ingredients**

- 2 cups whole wheat penne pasta
- 2 medium green onions
- 1 (14½-ounce) can pink salmon in water
- 1 cup frozen peas
- 1 cup nonfat or low-fat plain yogurt
- 2 teaspoons dried dill or dried parsley
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup Parmesan cheese, grated

**INSTRUCTIONS**

1. Preheat oven to 400°F.
2. Boil the pasta according to package directions. Drain in a colander. Run under water until cool to the touch, to keep noodles from sticking together.
3. Rinse and finely chop green onions.
4. Drain canned salmon. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9-inch square baking dish.

Recipe by: Cooking Matters

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**Well & Wise Exercise Programs:**

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

**Free classes:**
- Tai Chi class in Silt beginning August 20 & 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.
- Tai Chi class beginning October 7, 1 to 2 p.m. at Sunnyside Retirement Center in Glenwood.
- Tai Chi Seated class at Mesa Vista beginning Sept 5, 11 a.m. – noon.

**Paid classes**
- Tai Chi class at Valley Senior Center in Parachute begins Monday, Sept. 16, 1:15 - 2:15 p.m. Fee is $5 per class. Scholarships available.
- Tai Chi 2 classes in New Castle beginning Sept. 12, 9 - 10 a.m. and 6 - 7 p.m.
- Tai Chi I class Sept. 12, 10 - 11 a.m., fee $40.
- N’ Balance class in Battlement Mesa beginning Tuesday, Sept. 10. Call GRVC to register at 285-9480, fee $45. Tai Chi for Health classes in Battlement Mesa, Wednesday, Sept. 11, from 1:30 – 2:30 p.m., and 6 - 7 p.m.

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.
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!

**SEPTEMBER BIRTHDAYS**

Leonard Allen  
Virginia lee Allen  
Harvey Armstrong  
Carol Biedscheid  
Meter Blaul  
Judy Brewer  
Connie Castine  
Patricia Cline  
Burton Close  
Amber Creek  
George Crum  
Alice Davenport  
Yvonne Diaz  
Helen Dotson  
Sunny Dunn-Linn  
Doris Ely  
Bill Garlitz  
Tracy Garrison  
Bob Gordon  
Pat Graddis  
Louise Hailey  
Leroy Hill  
Rebecca Kanaly  
Julia Kearn  
Sharon Kivisto  
Laura Kolecki  
Laurel Konging  
Julie Lang  
James Legg  
Robert Leonard  
Mary Ann Ligon  
Mark McCluer  
Bill McClure  
Linda McFarland  
Mildred Meeker  
Eddie Monge  
Marianne Nelson  
Debra Newland  
Erma Pharaoh  
Kelsey Pointer  
Jerry Rankin  
Betty Redmond  
Ethel Richards  
Rosemarie Romeo  
Rachel Rippy  
Gary Roush  
Betty Schreiner  
Debra Schweizer  
Connie Scott  
Dee Scott  
Susanne Self  
Julia Shoemaker  
Darwin Smith  
Verne Soucie  
Tami Sours  
Bill Spry  
Darrell Stanley  
Betty Steinen  
Debbie Thomas  
Carol Thulson  
Chuck Vermeyen  
Ralph Vigil  
Rita Wagner  
John White  
Kathy Woodyard  
Keiko Woodyard  
Gabe Wooley

**Carbondale Farmers Market**, Wednesdays, 10 a.m. - 3 p.m., through Sept. 25, 4th Street Plaza.

**Glenwood Springs Farmers Market**, Tuesdays 4 - 8 p.m., at Centennial Park, 9th and Grand, through Sept. 17. Saturday Market in Glenwood through November in Glenwood Springs High School parking lot by Jimmy Johns.

**New Castle Farmers Market**, Thursday, 4:30 - 7:30 p.m., through Sept. 12 at 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, through October, 6 - 8:30 p.m., Silt Historical Park.

**Heat threatens older adults**

During the hottest months of the year, it’s especially important to remember that dehydration is one of the 10 most frequent diagnoses leading to hospitalization. Make sure to encourage older adults to pack nutritious food, such as fruit, hummus, and veggies and a chocolate almond snack, and to drink plenty of water, especially before they go on a trip. Such preparation pays dividends in the form of more energy, higher endurance, and protection against common diseases.

- Provided by the NCOA.org’s Illyse Veron
Sept. 6
- First Friday, 4th Street Plaza. Live music, featuring Rainbow Fairy, fun for the whole family and the Running of the Balls, 5 to 8:30 pm.
- First Friday, downtown Rifle at Midland Arts Company. Light snacks, 5-7 pm.

Sept. 3, 10, 17, 24
- Senior Matters at the Third Street Center will be sponsoring a Table Tennis Club for adults, 4 to 6 pm. Call Marcel at 963-5901 for more information. Snacks to share appreciated.
- Drop in Chess at the Rifle Library 4:30 pm. The library provides the chess sets, all you need to do is show up.

Sept. 6, 7
Burning Mountain Festival. Enjoy parade, pancake breakfast, music, craft, food in Burning Mountain Park. Call 984-2311 for more information.

Sept. 7
- Holistic Health Book Swap at Carbondale Library, 1 to 3 pm. Bring a book or other media to exchange.

Sept. 7, 8
9th Annual Roaring Fork Ranch Roping at Gus Darien Arena, 8:45 a.m. in Carbondale.

Sept. 7, 8, 14, 21
- Music on the Mountain at Glenwood Caverns, 6-10 pm. Free gondola ride with a canned good donation. 9/7 Echo Monday, 9/8 Christian Music Night with the Kings Loyal 9/14 Painters Stage, 9/21 The Missing Link Band

Sept. 8
- Summer Park Concert Series at Sopris Park, 6 p.m. in Carbondale.

Sept. 10 - 15
Sheep Dog Finals includes Food and Craft Fair as well as 225 pre-qualified dog and handler teams. Strang Ranch 393 CR 102 in Carbondale

Sept. 11, 12
- Free 15-minute consultation with an attorney 5 to 7 p.m., 9/11, at the Glenwood, New Castle libraries. 9/12, 5-7 p.m., at Parachute and Silt libraries. Call 945-8858.

Sept. 13
- 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.

Sept. 17
- Food for Thought Cookbook Club at the Parachute Library, 6 p.m. We pick a cookbook and you pick and make the recipe. Call to sign up 285-9870.

Sept. 18
- Bessie and Friends will be playing at Silt meal site during lunch. Reservations are required, call 665-6640 by noon on 9/17.

Sept. 19
- 12th Annual Grand Wine Affair at the Grand River Health Conference Center, 5:30-8 p.m. Wine and Beer tasting and a silent auction. Tickets $25 each or $45 for a couple. You can purchase tickets at Silt Discount Liquor or Grand River Health Café.

Sept. 20, 28
- McClure Pass colors and Paonia vinyards tour with the Carbondale Recreation. Bring money for lunch; cost is $10, and you must register a week prior to the trips. Call 970-510-1290 to sign up.

Sept. 21
- 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., call 510-5046.
- Best Self Women’s Group chat with other local women about self-care, friendships, relationships, goal setting, or other areas what you would like support, 1:30 p.m., at the New Castle Library.
- Throwdown Hoedown in Carbondale at the Clay Center. Chili Cook-off with local chefs. For tickets, please call 963-2529.

Sept. 26, 27, 28
- A Walk in the Woods at the Thunder River Theater in Carbondale, 7:30 p.m. Call 963-8200 for ticket information.

Sept. 28
- Community Breakfast at the Rifle Senior Center, 8 to 9:30 a.m., $4.
WORD SEARCH PUZZLE

FALL

NEFWOLLAILAHTACVSP
EKARPBEEESGWQTQF
WEUXXXBEAVWHWUY
IEUXOQVIXVAZCAX
JDJHYRLHYNEZRSE
AVELAJVCKLVSFHE
TWIHGGKSSHWWKZH
RQCHZGHRSEPVAAG
JUCMUILXGNNGLQH
YREAVVAUEIFLDDLWH
INOPTCIEKXFCRH
MNUCSWBRPBGGHS
DGFTYYRCMZAFL
MLAWXJZAAUTUMNE
MGTHRFJHPWVMUC

AUTUMN
Harvest
Pumpkins
Thanksgiving
Leaves
Squash
Fall
Haystack
Rake

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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 noon Monday for Wednesday reservations. Hopefully, Monday meal services will start soon.

**Reservations and Cancellations:** To provide you with the best dining experience, please call and place reservations or cancel your existing reservation by noon, 24 hours in advance of attending the meal site. 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.**
We received additional Area Agency on Aging funds to add a meal day in Parachute at Valley Senior Center on Mondays, and to add a second meal option to Tuesday at the Rifle Senior Center.

In October, you will be able to choose either the entrée on the menu or a winter soup/stew meal in Rifle. There will be one option offered, either beef stew, chili or chicken noodle soup. The meal will come with a bowl of the soup/stew, a roll or cornbread, seasonal fruit and the dessert listed on the entrée menu. You will need to make reservations in advance indicating which meal you would like for the Tuesday. Call (970) 665-6540 for reservations by Monday at noon for Tuesday.

Parachute will start its second meal day on Monday shortly, and will accept reservations at the meal site, as well as via phone. The cut-off time for reservations for Monday’s meal is Wednesday at noon, and Monday at noon Wednesday’s meal. Reservations can be made by calling (970) 285-7216.

### Senior housing

<table>
<thead>
<tr>
<th>Senior Housing</th>
<th>City</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Castle Valley Ranch Senior Housing</td>
<td>New Castle</td>
<td>984-0779</td>
</tr>
<tr>
<td>Crystal Meadow Senior Housing</td>
<td>Carbondale</td>
<td>963-9326</td>
</tr>
<tr>
<td>Lakota Ridge Senior Apartments</td>
<td>New Castle</td>
<td>984-0779</td>
</tr>
<tr>
<td>Manor One Senior Citizens Apts.</td>
<td>Glenwood</td>
<td>945-9326</td>
</tr>
<tr>
<td>Manor Two Senior Citizens Apts.</td>
<td>Glenwood</td>
<td>945-8322</td>
</tr>
<tr>
<td>Rifle Senior Housing</td>
<td>Rifle</td>
<td>625-3974</td>
</tr>
<tr>
<td>Silt Senior Housing</td>
<td>Silt</td>
<td>625-3589</td>
</tr>
<tr>
<td>Sunnyside Senior Housing</td>
<td>Glenwood</td>
<td>945-9234</td>
</tr>
<tr>
<td>Valley Senior Housing</td>
<td>Parachute</td>
<td>285-9690 / 625-3589</td>
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### Assisted living facilities

<table>
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<tr>
<th>Assisted Living Facilities</th>
<th>City</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Chateau at Rifle</td>
<td>Rifle</td>
<td>625-4343</td>
</tr>
<tr>
<td>Creekside Assisted Living</td>
<td>Glenwood</td>
<td>945-5155</td>
</tr>
<tr>
<td>Heritage Park Assisted Living</td>
<td>Carbondale</td>
<td>963-1500</td>
</tr>
<tr>
<td>Mesa Vista Assisted Living</td>
<td>Parachute</td>
<td>285-1844</td>
</tr>
<tr>
<td>Renew Roaring Fork, (Peregrine Landing)</td>
<td>Glenwood</td>
<td>945-1121</td>
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### Under construction:

Sopris Lodge in Carbondale; a 78-unit independent living (30 units), assisted living (24), and memory care (24) facility. 720-531-5280

### Nursing homes

<table>
<thead>
<tr>
<th>Nursing Home</th>
<th>City</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Colorado Veterans Community Living</td>
<td>Rifle</td>
<td>625-0842</td>
</tr>
<tr>
<td>E. Dene Moore Care Center</td>
<td>Rifle</td>
<td>625-1514</td>
</tr>
<tr>
<td>Glenwood Springs Health Care</td>
<td>Glenwood</td>
<td>945-1400</td>
</tr>
<tr>
<td>Heritage Park Care Center</td>
<td>Carbondale</td>
<td>963-1500</td>
</tr>
</tbody>
</table>

Reservations are done by application, and you must fill out an application for each facility that you are interested in. There is a waitlist currently for senior housing.
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.

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 at 945-9191, ext. 3084, or Barbara at 945-9191, ext. 3005, to let them know of their absence.

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.