Most eye injuries can be prevented with protective eye-wear. These are some of the most common places that eye injuries happen and prevention tips for both indoor and outdoor activities:

In the house – When using household chemicals, read the instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness. For this reason, it is very important to use appropriate eye protection to prevent blinding consequences from chemical splashes.

In the garden – Put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines.

In the garage – Battery acid sparks and debris from damaged or improperly jump-started auto batteries can severely damage your eyes. Learn the proper way to jump-start an automobile, and keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.

Adults over age 65 should have an eye exam at least every one to two years. Ultimately, the key to preventing eye injuries is to take a proactive approach to sustaining healthy vision. — Source: http://www.eyephy.com

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July is Eye Injury Prevention Month

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Special points of interest:

- Phone numbers for Garfield County Senior Program staff and other agencies
- Our mission statement
- Menu for July
- Nutrition education

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EXERCISE OF THE MONTH

Exercise #2 - Neck
For this neck exercise, sit straight in your chair.
Keep hands relaxed on both sides and breathe normally.
Slowly, tilt your head towards the right.
Hold this position and count till 5.
Now tilt your head towards the left. Again count till 5.
Read more at Buzzle: http://www.buzzle.com/articles/chair-exercises.html

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Have you upgraded your snacks in the interest of more healthful eating? Perhaps you’ve traded in your afternoon candy bar for an energy bar, or have become a fan of baked potato chips or fat-free ice cream. Maybe you’re willing to pay a little extra when the label says “organic or natural.”

It’s a great idea to choose snacks wisely. But many foods that seem to be a great nutrition value aren’t. Bran muffins and cereal bars can be packed with unhealthy fats and added sugar. Fat-free foods often contain lots of added salt and sugar.

Here are 7 tips for smarter snacking:

1. **Go for the grain.** Whole-grain snacks, such as whole grain low-salt pretzels or tortilla chips and high-fiber, whole grain cereals, can give you some energy with staying power.

2. **Bring back breakfast.** Many breakfast foods can be repurposed as a nutritious snack later in the day. How about a slice of whole-grain toast topped with low-sugar jam? Low-sugar granola also makes a quick snack.

3. **Try a “hi-low combination.** Combine a small amount of something with healthy fat, like peanut butter, with a larger amount of something very light, like apple slices or celery sticks.

4. **Go nuts.** Unsalted nuts and seeds make a great snack. Almonds, walnuts, peanuts, roasted pumpkin seeds, cashews, hazelnuts, filberts, and others contain many beneficial nutrients and are likely to leave you feeling full (unlike chips or pretzels). Nuts have lots of calories, though, so keep your portion size small.

5. **The combo snack.** Try to eat more than one macronutrient (protein, fat, carbohydrate) at each snacking session. For example, have a few nuts (protein and fat) and some grapes (carbohydrates). Try some whole-grain crackers (carbohydrate) with some low-fat cheese (protein and fat). These balanced snacks tend to keep you feeling satisfied.

6. **Snack mindfully.** Don’t eat your snack while doing something else like surfing the internet, watching television or working at your desk. Instead, stop what you’re doing a few minutes and eat your snack like you would a small meal.

7. **You can take it with you.** Think ahead and carry a small bag of healthful snacks in your pocket or purse so you won’t turn in desperation to the cookies at the coffee counter or the candy bars in the office vending machine.

Provided by Healthbeat

Approved by Christine Singleton, R.D.
If you are interested in hosting a birthday party or special event during lunch at a meal site, contact: Judy Martin, 945-9191, ext. 3061, or Debby Sutherland, ext. 3084, for more information.

Please accept our apology if we missed your birthday, the names are based off the completed annual assessments. Please give us a call if you would like to fill out a current form and be included in our birthday list.

Thanks to everyone who turned in their 2013 assessments.

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

LAUGH FOR THE DAY

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“I’m going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake.”

JULY BIRTHDAYS

Valarie Argueta
Lavelle Bottineau
Jill Boyle
Jim Broughard
Rosella Burchfield
Carol Burns
Rich Burns
Presley Castine
Dorothy Ceremuga
Bern Christenson
Gail Danielson
Joann Davis
Thelma DeVree
Barry Diskell
Lois Edwards
Linda Elliot
Bernita Elwell
Shirley Ervin
Virginia Erickson
Arlene Estes
Freddie Fazzie
Luis Flores
Agnes Grange
Joe Hanson
Connie Hollenbeck
Tami Holt
Jack Jones
Kathleen Keefe
Barbara Kozelka
Lorriane Lamoureux
Donald Larson
David Lawson
Linda Lee
Ann Lieber
Rosie McLearn
Mary Jane Mead
Jennie Metz
Tony Moreno
George Morris
Louise Osborn
Jeanette Osmon
Beverly Ostrom
Bonnie Patterson
Alyce Perry
Mike Poloski
Bruce Rogala
Barbara Stanford-Marcia Schultz
Duane Scott
Barbara Smith
Dorothy Sos
Dave Stark
Marilyn Thrasher
Kathy Trapp
Keith Wattier
C.B. Wells
Mildred Whitt
Shirley Wuesthoff
John Zacharias
July 1, 2, 3  Come celebrate Independence day with an Ice cream social at your local libraries.  
July 1, 11:30 at the Parachute Library, July 2, on the lawn of Gordon Cooper library in Carbondale  
10:30 am and at 1:30 at the Glenwood Springs Library. July 3, New Castle library at 10:30 am, Rifle  
Library 1:00 pm and Silt library at 1:30 pm.  
July 3, 10, 17, 24, 31  Free Summer of Music at Two Rivers Park 6:30 pm  
July 3  a special concert by Symphony in the Valley Centennial Park Rifle 5:00-8:00 pm  
July 4 - Aug 22  Wild West Rodeo at Gus Darien Arena in Carbondale, 7:30 pm every Thursday.  
July 4  
4th of July Parade in Rifle, 9:30 am, City Hall and Heinze Park.  
Boogie in Bonedale at 5 pm, Sopris Park in Carbondale, with local band Acoustic Mayhem and  
followed by Fish Tank Ensemble.  
4th of July Parade and Pool Party 10 am - 4 pm, Sopris Park in Carbondale.  
July 5  
First Friday in Rifle, 4 pm - 9 pm, downtown business and organizations open their doors to  
community. Live music.  
Super Seniors Program is held at the First Baptist Church in New Castle. The program begins at 10  
am, and concludes with a free lunch and information that will benefit seniors. Please call  
984-2306 for reservations.  
First Friday in Carbondale—experience gallery openings, business open houses, and other events,  
including live music and street performers at the Third Street Center, and throughout downtown.  
July 6-Aug 18  Centennial Concert Series at Rifle Centennial Park  
July 4, 5, 6  Thunder River Theatre presents Passionate Collaborators: Burns & Allen at 7:30 pm, with  
a 2 pm matinee on July 4. Tickets are $22. For more information, call 963-8200.  
July 7, 14, 21, 28  Centennial Park Concert series in Rifle 5:00-8:00 pm 300 W 5th Street.  
July 7  Yo Mama’s Big Fat Booty Band concert, 6 pm, at Sopris Park in Carbondale.  
July 8  “Over the Hill” Hiking Group registration deadline July 1 at the Carbondale Recreation  
Center. We will hike Hunter Creek Trail 9:00 am – 3:00 pm. We will learn about plant, weed and  
animal identification, and how to use a compass and topographical maps. Call 970-510-1292.  
July 12  Free Senior Music Jam at the Silt Fire Station 7 pm-9 pm. Refreshments are provided and  
donations are accepted. Call Bessie 625-4521 for more information.  
July 13  Hogback Hustle 5K race, 8:00 am in New Castle. For more information, please visit  
www.newcastlecolorado.org or call 984-2311. Cost is $22 until July 10, $27 after that date. Hosted  
by New Castle Lions Club.  
July 14  Old Town Pickers & the Hell Roaring String Band concert, 6 pm, Sopris Park in  
Carbondale.  
July 18  Genealogy Resources is a free introductory program which will be offered at the  
Glenwood Springs Branch Library on Thursday, July 18 at 7:00 pm. Learn about the library district’s  
free genealogy databases, and discover ideas for researching your family history.  
July 19  Guy Williams Project concert with opener the Missing Link Band at Stoney Ridge Pavilion in  
Silt. For more information, contact townofsilt.org.
July 20 Silt Historical Park, features Teddy Roosevelt life and times hunting in the Silt area at 7 pm. Bring your own lawn chair.


July 20-21 Horse show at Garfield County Fair grounds in Rifle 8:30 am.

July 21 All the Pretty Horses, Pato Banton & the Now Generation concert, 6 pm at Sopris Park in Carbondale.

July 22,23,24 The Honey Dewdrops will entertain crowds at the New Castle Library at 6:30 on July 22, Silt Library at 6:30 pm on July 23, and Glenwood library at 7:00 pm on July 24.

July 26-28 Mountain Fair in Carbondale Sopris Park.

July 29-30 Mutton Bustin’ registration (Family Rodeo) 5pm-8 pm Garfield County Fair Grounds Rifle

Try This Heart Healthy Version of a Hamburger – Christine Singleton, R.D.

Turkey – Cranberry Burgers
Makes 4 servings

Ingredients
½ cup shredded carrots
¼ cup thinly sliced green onions
2 Tablespoons Dry bread crumbs
2 Tablespoon Low fat milk
¼ teaspoon Italian seasoning crushed
1/8 teaspoon salt
1/8 teaspoon pepper
12 oz ground turkey
1 cup greens
4 whole wheat hamburger buns
½ cup cranberry sauce

Directions
Stir together carrot, green onions, bread crumbs, milk, Italian seasoning, salt and pepper. Add ground turkey milk well. Shape into 4 patties. Grill for about 7 minutes per side. Arrange burgers on buns and top with greens and cranberry sauce.

283 calories, 2 grams fat, 377 mg sodium, 3 grams fiber
Farmers Markets

**July 2 – thru Sept 28** Farmers Market in Glenwood Springs, Tuesdays, 9th and Grand Centennial Park, 4 pm until dusk.

**July 6 – thru Oct 26** Farmers Market in Glenwood Springs, Rite Aid parking lot, Saturdays, 7:30 am to 3 pm.

**July 3 – thru Oct 2** Farmers Market in Carbondale, Wednesdays, 1 pm to 3 pm at 4th Street Plaza.

**July 4 – thru Sept 12** Farmers Market in New Castle on Thursdays at Burning Mountain Park, 4:30-7 pm.

**July 6 – thru Aug 18** Farmers Market in Rifle, Sundays, at Centennial Park, 5 pm to 8 pm.

Farmers Market in Parachute date TBA will be at West 1st Street. Call 285-7630 for more information.

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NUMBER SEARCH PUZZLE

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8 0 3 2 5 3 7 4 5 2 7 8 5 1 3
1 3 8 3 8 0 2 8 1 5 3 6 4 2 5
7 8 0 0 6 5 9 6 2 7 2 7 2 3 0
0 3 9 5 2 6 4 5 2 1 7 9 5 9 4
1 2 3 7 2 8 8 5 9 1 9 8 0 0 5
8 8 8 8 4 7 3 4 9 1 1 1 0 8 5
5 5 5 6 3 7 8 9 2 6 6 6 4 3 0
6 2 9 8 2 1 0 8 9 7 9 6 0 6 4
4 5 2 6 1 6 6 4 6 2 6 4 5 9 4
6 9 1 4 1 4 8 8 3 4 0 1 6 6 3
6 7 5 7 9 3 6 0 8 2 1 3 5 1 7
3 6 6 1 4 2 8 3 9 7 8 4 5 1 8
2 7 0 9 0 8 6 9 5 9 0 2 8 0 3
5 8 7 5 5 7 7 5 0 5 6 0 1 8 6
0 0 2 5 5 6 0 3 9 2 7 3 1 4 9
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https://sites.google.com/site/rajeshgadgetdata/images/OnlinePuzzle_NumberWordSearchPuzzle_APZ.PNG
Thank you to all the local fire departments for making the BBQs a success at each of our meal sites! We appreciate your time and energy you gave us, Colorado River Fire and Rescue, Grand Valley Fire Protection District, City of Glenwood Springs Fire, and Carbondale & Rural Fire Protection District.

Hilda Sykes and Sunny Dunn-Linn
Region 12 Volunteers of the Year
Parafin Wax Queens Sunny Dunn-Linn & Hilda Sykes and Cinda Erickson, Wallace Roles and Danny Gross doing chair massages for caregivers.
SENIOR BARBECUE AT PARACHUTE MEAL SITE
SENIOR BARBECUE AT SUNNYSIDE MEAL SITE
SENIOR BARBECUE AT SAYRE PARK FOR CHAT & CHEW
The mission of the Senior Program is to promote the independence, dignity, good health and nutritional well-being of seniors 60 years and older in Garfield County, along with linking seniors and the disabled with independent lifestyles through mobility.

Contributions welcome
Federal, state and local funding sources help make this newsletter possible. Your voluntary contributions for this service are also appreciated, and may be mailed to Garfield County Senior Services at 195 W 14th Street, Rifle, CO, 81650.

Garfield County Senior Program staff

Judy Martin, Senior Program Manager, (970) 945-9191, ext 3061 jumartin@garfield-county.com

Debby Sutherland, Senior Program Coordinator, (970) 945-9191, ext. 3084 dsutherland@garfield-county.com

Christine Singleton, Registered Dietician, (970) 945-6614, ext. 2020 csingleton@garfield-county.com

Garfield County Senior Programs, 195 West 14th Street, Rifle, 81650

We have information posted on our website about the Garfield County Senior Nutrition Program, monthly menu, Matter of Balance classes, and The Traveler.

For more information about other senior activities, you may call:

Senior Centers:
Rifle Senior Center
Marie George 625-1877
Bingo, card games, pinochle tournaments

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

High Country RSVP
Patty Daniels 947-8461
Barbara Peterson 947-8462
Helping Hands 384-8746
Tax Program 384-8740
Medicare counseling 384-8744
AARP Driver Safety Classes 384-8747
www.highcountryrsvp.org

Senior Matters
Dee Blue, 963-2653
Mildred Alsdorf, 945-7094
www.seniormatters2@sopris.net
Come help at the Thursday rodeos

Glenwood Community Garden
If interested in helping in the garden, please call Judy at 945-9191, ext. 3061.