Denture care requires special considerations. Dentures are expensive and should be handled carefully. Dentures should be brushed daily with soft bristles. Gums should also be washed before and after wearing dentures. When adjusting to a new set of dentures or if your mouth is sore try a soft food diet.

**SOFT FOODS**

- Eggs
- Cottage Cheese
- Milkshakes
- Pudding
- Yogurt
- Ice cream
- Gelatin
- Applesauce
- Banana
- Soups
- Ground Chicken/Beef
- Tofu
- Cooked vegetables
- Pasta
- Pancakes
- Mashed Potatoes
- Jell-O
- Polenta
- Fish
- Smoothies
- Beans

Avoid: Hard candies, apples, hard breads and pretzels, large sandwiches, tough meats, carrots, celery stick, corn on the cob, potato chips, popcorn, and nuts.

**Have you noticed a loss in your appetite? A loss in your sense of taste or smell?** Some loss of taste and smell is natural with aging. Other factors can affect loss of taste and smell, including: nasal and sinus problems, certain medications, tooth decay, poor dental hygiene, tobacco, head injuries, radiation therapy. Alzheimer’s disease, and Parkinson’s disease. Your doctor should be notified if loss of taste or smell occurs. **Loss of taste and smell can cause a decrease in appetite, which can lead to malnutrition and weight loss. NOTIFY your doctor if you experience one of these.**

**OUR MISSION STATEMENT**

The mission of the Senior Program is to promote the independence, dignity, good health and nutritional well-being of seniors sixty and older in Garfield County along with linking seniors and the disabled with independent lifestyles through mobility.

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**Special points of interest:**

- Senior Matters
- **Rifle Senior Center & Valley Senior center**
- The Traveler & Encore CMC
- RSVP & Garfield County Libraries
- Garfield County Senior Programs
WHAT IS SNAP?

Although the name SNAP may be unfamiliar to many, most people will recognize it by its other name, the Food Stamp Program. The Food Stamp Program was implemented in 1939 and has been extending services to people across the United States since its beginning. The name of the federal program was changed to SNAP as of Oct 1, 2008. The SNAP program provides a way for low-income families and individuals to buy nourishing food that they would not otherwise be able to afford. The benefits that are given to participants change based on factors such as family size, income, and assets. Participants in the SNAP program may buy food and seeds to grow their own food by shopping at participating stores. Items that may not be bought include hot and prepared food, cigarettes, alcohol, personal care items, paper commodities, pet food, household supplies, and medication.

If you are interested in applying for Food Assistance you may pick up an application at 108 8th Street suite 300 in Glenwood Springs or 195 W 14th Street in Rifle at the Department of Human Services Offices. Interviews are conducted from 9:00 am to 3:00 pm Monday through Friday at both offices. You may also apply online at [www.colorado.gov/PEAK](http://www.colorado.gov/PEAK) and a technician will contact you for an interview.

How do I use SNAP or WIC benefits?

Instead of paper food stamps, all states at present employ Electronic Benefit Transfer (EBT). The EBT system permits participants to buy food using a card that functions like a debit card; EBT cards can be used in any state in the country at locations that are qualified to accept SNAP benefits. In order to be accepted into the program and receive an EBT card to buy food, it is necessary to first apply at your local state-run office that facilitates the SNAP program.

COMMODITIES FOR SENIORS

If you are having trouble not getting enough food each month you may apply to get commodities for seniors which are delivered monthly to the Senior Center. This is a separate program from SNAP and Lift-Up. You may apply for commodities at the Rifle Senior Center by filling out an application with Mickey and John Neil on the second Tuesday of each month. An eligibility determination will be made and sent to the main office in Grand Junction. You will not be able to pick up a box of food the same day you apply. You will have to wait until the following month to receive your box of food if you qualify to receive assistance. You may call Mickey at 625-3393 if you have questions about the program.

We hope everyone has enjoyed the produce you have been receiving from the Farmers Market and the Senior Garden. Thanks to the County Commissioners for making it possible to purchase produce from the Tuesday Night Farmers Market. A special thanks to Becki Ciani and Marilee Rippy for all their help at the Community Garden. Thank you to Osage Farms, Early Morning Orchard, Z’s Orchards, & Borden Farms for all the yummy produce we were able to share with the seniors.
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.

In an effort to get our records up-to-date and ship shape, we are only publishing birthdays for folks whose updated assessment forms we have on file. If you want to be included on our birthday list, please give us a call:(970)-945-9191 ext 3061 or (970) 456-2295
With health care coverage and Medi-scare issues blaring from headlines and airwaves more and more each day, scammers and con artists have found another angle with which to catch you off guard. Their technique of choice is “phishing.” The approach may be via the Internet, your email or telephone, but the goal is to lure you into revealing personal information – your bank, credit card or Social Security account numbers, for instance. The bait may be exciting, like a great price on an expensive item, or alarming, as in “your account has been jeopardized, contact us immediately!”

In recent months law enforcement and consumer groups report an increase in Medicare-related phishing scams. For example, scammers are:

• Posing as Medicare workers with a new “lifetime coverage” plan for low income seniors
• Offering free diabetes testing equipment, back braces or other health aids, or
• Claiming to represent a company that supplies medical discount cards for people who don't qualify for Medicare.

If you bite, the scammer looks to reel you in, to land enough personal information with which to raid your savings, open a credit card in your name, bilk the Medicare system, or steal your identity outright. As with any phishing scam, remember to protect your personal information at all times, and only provide that information to someone you know and trust.

Prevent Financial Elder Abuse!

1-800-222-4444
Denver Metro Area

MATTER OF BALANCE CLASSES

Do you have concerns about falling? Many Older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning program designed to manage falls and increase activity levels. The 8 week class is free and you will learn to:

• make changes to reduce fall risks at home
• exercise to increase strength balance
• view falls as controllable
• Set goals for increasing activity

For more information contact Debby Sutherland at 945-9191 ext 3084 or email dsutherland@garfield-county.com for class date and times in your area. Classes are held once a week for 8 weeks for 2 hours each.

Call and get your name on the list for our Fall/Winter sessions.
(Space is limited and registration is required)
The Traveler’s mission is linking seniors and disabled adults with independent lifestyles through mobility. The Traveler provides wheelchair accessible, door-to-door, demand responsive, driver-assisted transportation to Garfield County residents, sixty years or older or disabled, who have difficulty using public or private transportation because it is unavailable, inaccessible or unaffordable.

To schedule a ride on the Traveler, please remember to call at least 24 hours in advance.

Parachute to New Castle call 625-1366
Glenwood Springs to Carbondale call 945-9117

Suggested Client donation: $2.00 per ride in town, $3.00 between towns and $20.00 for a round trip to Grand Junction (2nd Thursday of the month).

Trips from Parachute and towns in between to Glenwood Springs every Thursday for doctor visits, shopping or visiting. Please call 625-1366 to schedule your ride 48 hours in advance. Donation $8.00 for the round trip.

Please schedule Dr. appointments between (10:00 am to 2:00 pm).

Classes are $40.00 per month or $7.00 for drop in class depending upon space availability. For information call Bill (970) 274-1010 or drop by the class.

CHAT ROOM is now open on Mondays at 10:15 a.m. Call for speaker information. If you have a subject you want to hear about please call Dee (970) 963-2653 or Mary (970) 963-6279 with your ideas.

Taichi/Qigong Classes: Continuing Tai Chi Classes on Mondays and Wednesdays, 9:00am to 10:00am with instructor John Norton.

This class is ongoing anyone can sign up.

Encore CMC Corner

Jack Roberts “Artist of the American West” Opening Reception – For fifty years, Jack Roberts (1910-2000) worked as an illustrator depicting the history and spirit of western life in his distinctive style. His studio was located one mile south of Redstone. CMC Rifle Campus and CMC Art Share present an exhibit of his work from November 30 through January 25.

Opening Reception – November 30, 2012 – 6PM to 8PM. Exhibition narrated by Jack’s son, Gary Miller. Sponsored by Judith Hayward.
Confused about Medicare? Let our Medicare counselors help you with your health insurance needs! RSVP Medicare counselors offer one-on-one personalized service for your unique situation, can explain all parts of Medicare, including supplement plans and drug coverage, and will meet with you over the phone or in person. This free service is offered throughout Garfield County. Call 970-384-8744 today!

Medicare D Prescription Drug Plan Open Enrollment October 15 – December 7, 2012

Every senior who has a Medicare D Prescription Drug Plan should have their current plan assessed because costs and coverage will have changed on all plans. This will allow you to make a wise choice that will best meet your individual needs and save you money!

Call RSVP’s free Medicare Counseling Program and leave your name (please spell), phone number and zip code and a volunteer will contact you. 970-384-8744.

Need help with small home repairs and maintenance? RSVP Helping Hands for Seniors volunteers can help with installation of grab bars, replacing light bulbs and fire alarm batteries, simple plumbing issues such as a leaky faucet, home weatherization and minor carpentry. Call 970-384-8746.
UPCOMING EVENTS FOR OCTOBER

October 1-7th 33rd Aspen Filmfest 2012 In Aspen & Carbondale
October 5th First Friday at the Baptist Church on 7th Street in New Castle 10:00 am until noon. A free lunch is provided with guest speakers who provide information that will benefit seniors.
October 5,6,7,11,12,13 Thunder River Theatre Company presents Ghost– Writer by Michael Hollinger. Visit www.thunderrivertheatre.com or call 963-8200 for ticket information
October 5-6 Celtic Fest and Oktoberfest in Carbondale at 4th Street Plaza 704-4190
October 6th Oktoberfest at Cottonwood Park in Parachute. Fireworks, food, entertainment and fun for the whole family. Call 285-0388 for more information.
October 6th The new Silt Brach Library opens at 10:00 a.m. on Saturday. 625-4270
October 6th Glenwood Canyon Shuffle Half Marathon & 5K 945-5282
October 8th Rifle Senior Wellness 12:30-2:00 Tanny McGinnis will be doing a presentation on Senior Safety and sign you up for the reverse 911 emergency notification system at the Rifle Senior Center. 945-9191 ext 3084
October 10th Demon 5K at 5:30 pm cross country style course on dirt and gravel at the field west of Glenwood Springs High School. Call 384-5595 for more information
October 12-13, 19-20, 26-27, Annual Historic Ghost Walk, Linwood Cemetery 945-4448
October 13th Annual Culinary Arts, Wine & Brew Fest, Hotel Colorado 945-2414
October 13th Rally in the Valley Bike or Walk hosted by Valley View Hospital to register www.rallythevalley.org
October 13th The Colorado State Veterans Home at Rifle 25th Anniversary and Open House 10:00 –10:45 Program with speaker Scott McInnis, BBQ 11:45-1:30 Tours Noon to 2:00 p.m. Live Entertainment 10:45 a.m. to 2:00 p.m. 851 East 5th Street in Rifle 625-0842
October 16th Parachute Tips and Talks on Tuesday 10:00am to 11:30 will have a presentation by Dr Garry Millard DDS on Senior Dental Care “Why Don’t My Dentures Fit” at the Parachute Senior Center. 945-9191 ext 3084
October 23rd Silt Public Library special guest speaker Marilyn Gleason at 7:00 pm
October 23rd Garfield Council on Aging Meeting 9:30 to 11:00 108 8th Street in Glenwood in the room where the commissioners meet.
October 26th Senior Programs Advisory Board Meeting 9:00 a.m. to 11:00 a.m. at the New Castle Recreation Department. 945-9191 ext 3061.
October 27th $4.00 breakfast at the Rifle Senior Center, 50 Ute Avenue in Rifle. 8 a.m. to 9:30 a.m. 625-1877.

October 31st Columbus Day
October 8th
**Hummus—Good and Good for you**

Store bought hummus is pretty easy to find these days, but hummus is also easy to make at home. An added benefit the homemade version is free of added preservatives or thickeners-fresh! And the beans in hummus are a rich source of fiber and protein that make a flavorful, healthy dip for veggies or to replace mayonnaise as a sandwich spread. Try the easy hummus recipe below, and eat it with your favorite vegetables for a healthy snack or light lunch.

**INGREDIENTS**

- 1-15 oz can Garbanzo Beans
- 1-15 oz Can White Beans (E.G. Canelli or Great Northern)
- 1 lemon, halved and juiced
- 1 clove garlic, diced
- 1 Tbsp. fresh parsley leaves (or 1 tsp. dried)
- 1/4 tsp. salt
- Freshly ground pepper
- 1/4 tsp. hot pepper sauce (e.g. Tabasco), optional
- 1/4 cup extra virgin oil

**Directions**

Drain garbanzo beans and white beans in a colander and rinse. Place beans in the bowl of a food processor fitted with a metal blade, Add lemon juice, garlic, parsley, salt pepper and hot pepper sauce, if desired. Pulse power button a few times to combine bean mixture. With motor running, add olive oil in a steady stream through the food processor feed tube. Process until mixture is smooth. Water or broth may be added to achieve desired consistency.

A blender may be used in place of a food processor. Another option is a potato masher to mash the beans and hand held mixer to combine ingredients. This will yield a chunkier but still flavorful consistency.

By Cindy Berner, MS, RD, LD

**Nutritional Value of Dry Beans** by Susan Raatz, PhD, MPH, RD

Through history, dry beans have been used as a staple of the diet, and the health benefits derived from them have been well recognized. Documentation of their use goes back far into the past, long before biblical times. Evidence of dry bean use in Southeast Asia, the Middle East, Africa, The Middle East, the Americas, India and China is available from archeological evidence. Most Americans are not eating enough beans, although people in the southern and western regions of the United States consume more than those in the Midwest and Northeast, even though half of the beans grown in the country are from North Dakota and Michigan. Americans consume, on average, about 6.5 pounds of dry beans yearly which is equal 56g/week or a little more than 1/4 of the 2005 dietary Guy Dietary Guidelines for Americans recommendation of 3 cups of beans per week (dry weight 200g). Dry beans are nutrient-dense in that the amount of nutrients provided per calorie is particularly high. Increased intake will provide nutritional benefits of the diet, and may help reduce disease risk and enhance longevity.
If you haven't been to a library in your area you should go check out the beautiful new libraries that have been built. With a library card you have access to over 165,500 books and materials in the Garfield County Libraries. If you cannot find an item, please let a staff member know. They can help you find & request books from other libraries. You can check out and return materials at any of the six branch libraries. Your library card also provides you access to the public computers at every library branch.

Anita Witt, author of "I Remember One Horse" and "They Came from Missouri" and executive producer of the documentary "The Last of the Cowboys in the Roaring Fork Valley" will be coming to the New Castle Branch Library on Wednesday, October 3rd at 6:30 p.m.

On October 17th at 6:30 pm at the New Castle Library there will be a presentation with Craig Snow on preparing for and living in retirement.

On October 2nd if you love words, games, and having fun, this club is for you! Our adult Scrabble Club meets from 5:30-8 p.m. on the first Tuesday of every month at the Glenwood Springs Branch Library. Beginners and experts alike are encouraged to join, and the club is free and open to the public.

Find a great read at a bargain price at the upcoming used book sale, sponsored by the Friends of the Glenwood Springs Branch Library. The sale will be held from Saturday October 6th through Saturday, October 13th.

Pat McCarty, a certified master gardener from the CSU extension office, will discuss tips on how to best care for your garden and lawn this fall. The program will be held at the Silt Branch Library on Tuesday, October 16th from 6:00 to 7:30 p.m.

Join us at the Silt Branch Library on Tuesday, October 23 at 7 p.m. to see Laurie Dameron in concert. Dameron, a Billboard Magazine award recipient, has been playing the guitar for over 40 years and singing even longer. Come to the library to hear music from her three CDs: “Utah Dream,” “Looking Through the Blue,” and “I Can't Wait to See You Again.”

Calling all quilters, stampers, needle crafters and scrap bookers! Want to have a day of fun and accomplishment? Come to the Parachute Branch Library on Tuesday, October 9th at 10:00 am for Tackle it Tuesday!
Circle the first 3 words you see and that will describe you. Continue to find other words you see in the word search for fun.
Thank you to the Garfield County Senior Programs supporters:

We’d like to thank our amazing volunteers and individual donors to the program. Our funders: Garfield County Department of Human Services on behalf of the Garfield County Board of County Commissioners, the City of Rifle, Valley View Hospital, Northwest Colorado Area Agency on Aging, Town of New Castle, Town of Carbondale, City of Glenwood Springs, Colorado Mountain College, Town of Silt, Town of Parachute, the Roaring Fork Transportation Authority, a Garfield County Human Services Commission Grant, a Community Services Block Grant through the Department of Local Affairs, and the Kathryn E Williams Advised Fund at Aspen Community Foundation.

To each of you who donate your time, effort and talents and funds to Senior Programs - THANK YOU

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NUTRITION PROGRAM

Congregate meals are held at 7 locations throughout Garfield County at noon.

Reservations are very important to our program to obtain accurate food count for meal preparation. New participants are welcome. Anyone attending a meal site must make a reservation by Noon at least 24 hours in advance of the meal by calling the phone numbers listed:

**Carbondale Senior Housing**
Wednesday 945-9117

**Glenwood Springs** 2 locations

**Chat n’ Chew at CMC**
Tuesday and Friday 945-9117

**Sunnyside Retirement Center**
Monday and Thursday 945-9234

**New Castle Senior Housing**
Monday 984-2334

**Silt Fire Department**
Wednesday 625-1877

**Parachute Valley Senior Center**
Wednesday call on Monday for reservation from 9:00 am to 12:00 pm 285-7216

**Rifle Senior Center**
Tuesday, Thursday and Friday 625-1877

Those 60 years of age and up we request a donation of $2.50.

Guest under the age of 60 the fee is $6.00.

Senior Program provides Free Nutrition Counseling for seniors.

To schedule a phone consultation with our Registered Dietician, Christine Singleton, RD
Please call (970) 945-6614 extension 2020 or email: csingleton@garfield-county.com