SEPTEMBER IS FALL PREVENTION MONTH

Falls are serious at any age, but especially for older people who are more likely to break a bone if such an incident occurs. If you have a disease called osteoporosis, you are more likely to break a bone if you fall. Osteoporosis is called the “silent disease” because bones become weak with no symptoms. You may not know that you have it until a strain, bump, or fall causes a bone to break.

Falls are especially dangerous for people with osteoporosis. If you break a bone, you might need a long time to recover. Learning how to prevent falls can help you avoid broken bones and the problems they can cause.

Why do people fall?
Some of the reasons people fall are:
* Tripping or slipping due to loss of footing or traction
* Slow reflexes, which make it hard to keep your balance or move out of the way of a hazard
* Reduced muscle strength
* Drinking alcohol
* Taking medicines

EXERCISE OF THE MONTH

Improve your balance by standing on one foot.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10 to 15 times.
4. Repeat 10 to 15 times with other leg.
5. Repeat 10 to 15 more times with each leg.
Illness and some medicines can make you feel dizzy, confused, or slow. Medicines that may increase the risk of falls are:

- Blood pressure pills
- Heart medicines
- Diuretics (water pills)
- Muscle relaxants
- Sleeping pills

**Drinking alcohol can lead to a fall because it can:**

- Slow reflexes
- Cause you to feel dizzy or sleepy
- Alter your balance
- Cause you to take risks that can lead to falls

**How can I prevent falling?**

At any age, people can make changes to lessen their risk of falling. Some tips to help prevent falls outdoors are:

- Use a cane or walker
- Wear rubber-soled shoes so you don’t slip
- Walk on grass when sidewalks are slick
- Put salt or kitty litter on icy sidewalks

**Some ways to help prevent indoor falls are:**

- Keep rooms free of clutter, especially on floors
- Do not walk in stockings or slippers
- Be sure rugs have skid-proof backs or are tacked to the floor
- Be sure stairways are well lighted
- Use a non-skid bath mat in the shower or tub
- Keep a flashlight by your bed
- Buy a cordless phone so that you don’t rush to the phone when it rings and so you can call for help if you fall.

You can also do exercises to improve your balance while holding the back of a chair, sink, or counter. Call and sign up for a Matter of Balance, N’ Balance, or Tai Chi class. Call Debby at 945-9191 ext. 3084.

*Provided by the National Institute of Health*
THE FOUR PARTS OF MEDICARE

- Part A - Hospital insurance
- Part B - Medical insurance
- Part C - Medicare Advantage plans like HMOs (health maintenance organizations) and PPOs (preferred provider organizations)
- Part D - Medicare prescription drug coverage

**Medicare Part A** helps cover inpatient care in hospitals. Part A also helps cover skilled nursing facility care, hospice care, and home health care, under certain conditions.

**Medicare Part B** helps cover medical services such as doctor's services, outpatient care, and other medical services that Part A doesn’t cover. Part B also covers some preventive services, such as flu shots and diabetes screening, to help people maintain their health and to keep certain illnesses from getting worse.

**Medicare Advantage plans**, sometimes known as Medicare Part C, are health plans that people can join to get their Medicare benefits. These plans cover hospital costs (Part A), medical costs (Part B), and, in most cases, prescription drug costs (Part D). Medicare Advantage Plans may also offer extra coverage, such as vision, hearing, dental, and/or health and wellness programs. Medicare Advantage plans are managed by private insurance companies that are approved by Medicare.

**Medicare Part D** helps pay for medications that a doctor prescribes. This coverage may help lower prescription drug costs. These plans are run by insurance companies and other private companies approved by Medicare.

For more information about Medicare Parts A, B, C, and D, visit [www.medicare.gov](http://www.medicare.gov) and view or print a copy of "Your Medicare Benefits" or "Medicare & You." (Under "Search Tools," select "Find a Medicare Publication.")

**WHAT MEDICARE DOESN’T COVER**
Medicare doesn't cover everything. For example, Medicare doesn't cover cosmetic surgery, health care you get while traveling outside of the United States (except in limited cases), hearing aids, most hearing exams, long-term care (like in a nursing home), most eyeglasses, most dental care and dentures, and more. Some of these services may be covered by a Medicare Advantage plan.

**MEDICAID**
Some people think that Medicare and Medicaid are the same, but they are two different programs. Medicaid is a state-run program that provides hospital and medical coverage for people with low income and little or no resources. Each state has its own rules about who is eligible and what is covered under Medicaid. Some people qualify for both Medicare and Medicaid.

If you have questions about Medicaid, you can call your State Medical Assistance (Medicaid) office for more information, or visit [www.medicaid.gov](http://www.medicaid.gov) on the web. Call 1-800-Medicare (1-800-633-4227) to get the telephone number. TTY users should call 1-877-486-2048. Or, you can visit [www.medicare.gov](http://www.medicare.gov) on the web. Click on the "Forms, Help and Resources" tab and select "Get Help Paying Costs." Then, on the right side of the page, under "Find Someone to Talk To," select your state, and then click "Go." You may also call RSVP for Medicare counseling at 970-384-8744.

*Provided by NIH Senior Health*
Make your groceries last as long as possible...

1. Wrap in cheese paper or wax paper (NOT plastic wrap) and then place in a plastic baggie. Keep in the warmest part of the fridge (vegetable or cheese drawer).

2. Secure plastic wrap around the bunch to slow the ripening process.

3. Store onions away from your potatoes. They’ll spoil faster. In a cool dry place with good air circulation, onions will last 2-3 months.

4. Refrigerating tomatoes damages the membranes inside the fruit walls, causing the tomato to lose flavor and develop the mealy texture. The best place is on the counter top at room temperature. They actually continue to develop flavor until maturation peaks a few days after picking.

5. Store delicate herbs like mint, cilantro, basil, and parsley with plastic secured with a rubberband and refrigerated. Treat oily herbs differently. Store tied loosely together with string and hung in the open air.

Can one bad apple really spoil the bunch?

As a matter of fact, yes, and the same may be said for a number of other fruits and vegetables. It’s all due to a plant hormone called ethylene. You can use this knowledge to extend the life of your produce by keeping certain items separate in the fruit bowl or refrigerator drawer.

Ethylene may also be used when you want to accelerate ripening. This is the principle behind placing unripe fruit inside a paper bag or other closed container, which concentrates the ethylene. Adding another high ethylene fruit, such as a ripe apple or banana, may also speed up the process.

Here’s a list you might want to keep handy:

**Ethylene producing foods-**
- apples, apricots, avocados, bananas (ripe),
- blueberries, cantaloupe, cherimoyas,
- cranberries, figs, green onions, guavas,
- grapes, honeydew, kiwifruit, mangoes,
- nectarines, papayas, passion fruit, peaches,
- pears, persimmons, plums, potatoes, prunes,
- quince, and tomatoes.

**Ethylene sensitive foods-**
- asparagus, bananas (unripe), blackberries,
- broccoli, brussels sprouts, cabbage, carrots,
- cauliflower, chard, cucumbers, eggplant,
- endive, garlic, green beans, kale, leafy greens,
- leeks, lettuce, okra, onions, parsley, peas,
- peppers, raspberries, spinach, squash,
- strawberries, sweet potatoes, watercress, and watermelon.

Here’s a Tip

To preserve fresh herbs after the growing season freeze in ice cube trays with olive oil.
WELL & WISE EXERCISE CLASSES

If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Debby Sutherland at 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 2015-2016 assessments.

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

SEPTEMBER BIRTHDAYS

Virginia lee Allen  Virginia Dreissner
Christa Andreasson  Bud Bachus
Ray Barr  Claralee Bartels
Edith Bernal  Carol Biedscheid
Arthur Blaul  Connie Castine
Evelyn Chandler Kuhn  Dean Crabb
Gary Crites  Alice Davenport
Vera Diemoz  Sunny Dunn-Linn
Daniel Edwards  Bert Frink
Bill Garlitz  Robert Gordon
Donna Guccini  Louise Hailey
Robert Higgins  Leroy Hill
Emily Hubbard  Julia Kearns
Julia Lang  James Legg
Louis Logan  Mark McCluer
Mildred Meeker  Janet Messer
Janet Miller  Jay Miller
Jill Miller  Marianne Nelson
Debra Newland  Sharon Orr
Dean Osterloh  Charles Pattison
Betty Redmond  Joan Remsbecher
Ethel Richards  Doug Robertson
Rosemarie Romeo  Gary Roush
Betty Schreiner  Mary Jane Schultz
Debra Schweizer  Connie Scott
Julia Shoemaker  Norman Sisco
Veronia Smith  Tami Sours
Bill Spry  Betty Steinen
Fern Stone  Debbie Thomas
Margie Trebesh  Chuck Vermeyen
Mary Wager  John White
Lois Wolf  Kathy Woodyard
Keiko Woodyard  Kikuko Woodyard
Gabe Wooley  Gayle Zelenka

N' Balance begins Sept. 13 at the Grand Valley Activity Center in Battlement Mesa at 1:30 p.m. Fee is $40 and runs for eight sessions. Call Jennifer Holton at 970-589-2884 for information.

(Pictured above, Rusty Burtard is ready for her Cooking Matters class).

For more information on Matter of Balance, N’ Balance, or Tai Chi, as well as Healthier Living Colorado classes, call Debby at 945-9191 ext. 3084 to get on the list for the next class.

Labor Day is Sept. 5
September 1
- Aspen 440; Hilltop Music Series in Rifle from 6:30 - 8:30 p.m. at the Bookcliff Arts Center, located at 1100 E. 16th St.

September 2
- First Friday in Rifle, 5 - 8 p.m. It's a time for people to gather and enjoy the arts and mingle with friends. 1100 E. 16th Street.
- Super Seniors Program at the First Baptist Church in New Castle. The program begins at 10 a.m. and concludes with a free lunch. For reservations call 970-984-2306.
- First Friday in Carbondale. Business open houses and other events, including live music and street performers. Downtown block party.

September 9
- Free senior music jam at the Silt Historical Society Station 7 - 9 p.m. Refreshments provided and donations accepted. Call Bessie at 970-309-2764 for more information.

September 9, 10
- Burning Mountain Festival in New Castle. “Celebration of our Heroes … Who’s Yours?” Call 984-2311 for more info.
- Pickleball tournament in Carbondale. Call 970-510-1290 to get registered by Sept. 5.

September 10
- Pyro’s memorial dedication ceremony at noon in New Castle’s Grand River Park.

September 10, 11, 17, 24
- Music in the Mountain at Glenwood Adventure Park. Music will be a tribute to Bob Dylan & his Band on 9/10, 6-10 p.m.; Christian music on 9/11, 4-8 p.m.; Fifty 50 on 9/17, 6 –10 p.m.; Missing Link Band 9/24, 6-10 p.m.

September 11
- Summer Park Concert Series at Sopris Park in Carbondale from 4 to 7 p.m.

September 13 to 18
- National Sheepdog Finals 5 p.m. Strang Ranch in Carbondale. For more information, contact Bridget Strang at 970-510-1277.

September 15
- Free legal help clinic. Set up a time to meet online with an attorney at the Parachute library. Thirty-minute appointments available from 10 a.m. to noon. Call 970-945-8858 for info.
- 5Point Outside films at Bonnie Fisher Park behind the Third Street Center in Carbondale 6:30 to 10 p.m.

September 16
- Ute Theatre in Rifle presents the Bird Dogs; a tribute to the Everly Brothers. 7:30 to 11 p.m. Call 970-665-6560 for more information.

September 20
- Food for Thought, a cookbook club. We pick the cookbook, you pick and make the recipe. Starts at 6 p.m. at the Parachute Library. Call to sign up 970-285-9870.
- A free, hour-long class will introduce seniors who have basic computer skills to a number of different topics at 10:30 a.m. Please call the Carbondale library for information at 970-963-2889.

September 24
- Rally the Valley fun run at Sayre Park in Glenwood Springs at 9 a.m. For more information call 945-6535.
- Benefit for Veterans at the Stoney Ridge Pavilion, from 1 to 8 p.m., in Silt.
Peach Chutney with Chinese Five Spice Recipe

“Chutney's linguistic origins — from the Sanskrit word ‘catni,’ meaning ‘to lick’ — shows off this spicy condiment's flavorful background. Made of fruits and vegetables, vinegar, sugar and spices, chutneys are traditionally served with curried dishes. Fruit chutney also makes a great complement for grilled pork chops, broiled chicken breasts and baked ham; a flavorful spread on sandwiches; a sweet-tangy condiment with cheese; and even a unique ingredient on flatbread.” Roberta Duyff, MS, RD, FAND

Directions:
1. Heat oil in a medium saucepan over medium heat. Add shallot, ginger root and garlic. Cook and stir for about 3 minutes, or until the shallot is softened but not browned.
2. Reduce heat to low. Stir in peaches and cherries or currants. Cook and stir until peaches soften but still keep their shape, about 5 minutes. Remove from heat.
5. Serve warm or chilled as a condiment, sauce or spread. The chutney can be frozen for later use. Makes about 2 cups.

Nutrition Information: Calories: 100; Calories from fat: 40; Total fat: 4g; Saturated fat: 0; Trans-fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Total carbohydrate: 15g; Dietary fiber: 2g; Sugars: 11g; Protein: 2g

Ingredients:
- 2 teaspoons canola oil
- 1 large shallot, minced (2 to 3 tablespoons)
- 2 teaspoons grated peeled ginger root
- 1 clove garlic, minced
- 2 large fresh ripe peaches, chopped in 1-inch pieces
- ½ cup dried tart red cherries or currants
- 2 tablespoons balsamic vinegar
- 1 tablespoon packed brown sugar
- 1 teaspoon Chinese five spice powder
- ⅓ cup slivered almonds

Football Terms
Word Search

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

BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH
FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION
INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN
RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER

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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.

Please help us save paper and get on our email list for our newsletter and menu.

For more information about other senior activities call:

Senior Centers
Rifle Senior Center
Tami Sours 970-665-6540
Bingo, bunco, pinochle, dinner in the valley, concerts, and many other trips this winter. Call to join us.

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

High Country RSVP
Patty Daniells 970-947-8461
Elisabeth Worrell 970-947-8462
Helping Hands 970-384-8746
Tax Program 970-384-8740
Medicare Counseling 970-384-8744
AARP Driver Safety Classes 970-384-8747
www.highcountryrsvp.org

Exercise Programs:
If you are interested in signing up for the Matter of Balance, Tai Chi, or N’ Balance exercise programs, or Healthier Living Colorado and Cooking Matters, please call Debby at 970-945-9191 ext. 3084

Senior Matters
Dee Blue 970-963-2653
Mildred Alsdorf 970-945-7094
www.seniormatters2@sopris.net

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.

Reminder
To provide you with the best dining experience, please be sure to make a reservation for lunch and call ahead if you need to cancel.
All meals begin at Noon.