JULY IS UV SAFETY MONTH

During July, UV Safety Month, the American Academy of Ophthalmology and Eye M.D.s around the country encourage everyone to protect their eyes from UV-related damage.

- The same UV-A and UV-B rays that can damage your skin can harm your eyes as well. When you protect yourself from the sun, don’t just think sunscreen think sunglasses and a wide brimmed hat.
- Excessive, prolonged UV exposure may be linked to the development of eye conditions such as cataracts and age-related macular degeneration.
- Extensive or intense exposure to UV rays can cause “sunburn” on the surface of your eye. Similar to a skin sunburn, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life so protect your eyes.

To Protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light.

- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.

Continued on page 2

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.
JULY IS UV SAFETY MONTH CONTINUED

- If you spend time on the water or in the snow consider purchasing goggles or sunglasses that wrap around your temples because they block the sun’s rays from entering on the sides, offering better protection.

- Remember sunglasses don’t have to be expensive to offer the right kind of UV protection. Even inexpensive glasses can protect your eyes if they offer 99 to 100 percent UV-A and UV-B.

- Don’t forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10:00 a.m. and 2:00 p.m. when the sun’s ultraviolet rays are the strongest.

It’s important to protect your eyes when UV lights is most intense.

- Generally, UV light is at the greatest level at midday (10:00 am to 2:00 pm), but you need to protect your eyes whenever you’re outside for a prolonged period, even when it’s gray and overcast.

- Reflected sunlight off water, snow and pavement can be the most dangerous type of UV light because it is intensified.

- Your eyes can be harmed by UV light sources other than the sun, such as welding lamps or tanning light. So remember to wear eye protection when using these sources of invisible, high energy UV rays.

What are the dangers of UV rays?

UV-A can hurt your central Vision. It can damage the macula, a part of the retina at the back of your eye.

UV-B, the front part of your eye (the cornea and the lens) absorbs most UV-B rays, but these rays may cause even more damage to your eyes than UV-A rays.

What eye problems can UV rays cause?

**Macular Degeneration** UV rays may lead to macular degeneration, a leading cause of vision loss for older Americans.

**Cataract** UV rays, especially UV-B rays, may also cause some kinds of cataracts. A cataract is a clouding of the eye’s natural lens, the part of the eye that focuses the light we see.

**Skin Cancer** Skin cancer around the eyelids is also linked to prolonged UV exposure.

To learn more about the steps that can be taken to enhance and protect vision, visit [www.healthysightforlife.org](http://www.healthysightforlife.org)

Provided by Aging and Adult Services  Healthy Lifestyle
To be happy is to be able to become aware of oneself without fright.

By Walter Benjamin (1892-1940)

WELLNESS WISDOM

Information for You from the Garfield County Human Resources Department

You are responsible for managing your health and wellness. Knowledge is power. The more you know about your health and wellness, the better able you are to manage it. Below is some wellness wisdom about Summer Health Tips.

While out enjoying the warm weather and sunshine remember to take adequate health and safety precautions.

Here are some helpful summer safety tips:

- **Rehydrate your body:** Drink plenty of water. While exercising in hot weather you can easily lose up to a quart of water an hour.

- **Avoid working out during peak hours:** Try exercising in the morning or evening to avoid the most intense midday summer heat.

- **Maintain your energy level:** Limit your intake of fat and sugar; instead focus on carbohydrates, fruits and vegetables. Protein-rich dishes will keep you full longer.

- **Limit high-sodium foods:** Foods like hotdogs and chips can cause water retention and affect your blood pressure.

- **Transport foods safely:** Keep meats refrigerated until ready to use. Store food at safe temperatures to avoid food-related gastrointestinal illnesses. Keep coolers out of direct sunlight and avoid opening them too often.
A property tax exemption is available to senior citizens, surviving spouses of senior citizens, and disabled veterans. For those who qualify, 50 percent of the first $200,000 in actual value of their primary residence is exempted. The state pays the exempted portion of the property tax. Once approved, the exemption remains in effect for future years, and the applicant should not reapply. NOTE: The General Assembly eliminated funding for the senior citizen exemption (but not the disabled veteran exemption) for tax years 2009 through 2011. Application requirements are as follows:

### Senior Citizen Exemption

The exemption is available to applicants who: a) are at least 65 years of age as of January 1 of the year of application, b) owned their home for at least 10 years as of January 1, and c) occupied it as their primary residence for at least 10 years as of January 1. Limited exceptions to the ownership and occupancy requirements are detailed in the qualifications section of the application. The senior exemption is also available to surviving spouses of senior citizens who met the requirements on any January 1 after 2001.

The application deadline is **July 15**. The application form is available from and must be submitted to the County Assessor at the following address:

Garfield County Assessor  
109 8th Street, Suite #207  
Glenwood Springs, CO 81601  
(970) 945-9134  
assessor@garfield-county.com

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**“CAN” AND “WILL”**

“Can” and “Will” are cousins  
Who never trust to luck;  
“Can” is the son of “Energy”  
And “Will” the sun of “pluck”.  
“Can’t” and “Won’t” are cousins too,  
Always out of work;  
“Can’t” is the son of “Never Try,”  
And “Won’t” the son of “Shirk”  
By Thomas Angus
Walking Tips for Older Adults
(Provided by Foundation for Health in Aging)

Walking is the most popular form of exercise among older adults and it’s a great choice. Walking can strengthen muscles; weight gain; lower risks of heart disease, stroke, diabetes, and osteoporosis; improve balance; and lower the likelihood of falling.

Before older adults plan their first walk, they should check with a health care provider.

Take these steps to walk safely:

Tell your health care provider if you have any pain or problems walking

If it’s been a long time since you exercised, he or she may recommend walking just one or two blocks at first, then building up slowly to 20 and 30 minutes daily. Remember, the most important thing is to just get started. You don’t have to worry about walking miles and miles. Slow and steady wins the race!

Wear the right shoes

Comfortable sneakers work well for most people, but discuss this with your doctor.

Get a walking buddy

Chances are you’ll stick with a walking program if you have someone to walk with.

Don’t let a cane or walker stop you

It’s Ok to use your cane if you already have one. These can improve your balance and help take the load off painful joints.

Aim for the right pace

Try to walk as fast as you can, but not to fast. You should be able to chat with a friend while walking.

WE ARE CELEBRATING OUR THIRD ANNIVERSARY AT SENIOR PROGRAMS. Thank you for all your support of the transportation and nutrition programs. You make us a success.
“For what” you are asking.

Time to start gathering your projects to show at the Garfield County Fair.

The dates are **August 1 to August 6, 2011**

The open classes give the citizens of Garfield County a chance to show the community your talent and also to get your competitive juices flowing. There are several classes to choose from. Crocheting, knitting, photography, art work, quilting, crafts, also food preservation, baked goods, garden produce and flowers.

Or, you do not have anything to exhibit? What about a plate of those brownies or chocolate chip cookies that your family always want you to make? What about that beautiful quilt you made for your granddaughter for graduation? I am sure that she would let you show it. It is okay if it has been used and washed, but best if completed in the last year. What about a jar of the strawberry jam you just finished? What about that geranium that is blooming in your window? Most everyone has a talent so show the world yours.

There is the Commissions Cookie Jar contest, this is something that anyone can take part in. the last few years there just has not been enough to make it fun so we need more. There is also Ginger Bread Creations this would be fun to help a grandchild to do.

You can go on line to see the Garfield County Fair Book ([www.garfieldcountyfair.com](http://www.garfieldcountyfair.com)) or as of June 1st you will be able to pick a book up at the libraries in the county or the Colorado State Extension office at the fair grounds.

The book tells in detail how and when to enter your exhibit. Or you can call the Colorado State Extension office 625-3969 or Mary Jane Hangs at 876-2271 for more information.

If you have projects to exhibit and can not get them to the Fair Grounds please call ahead to either number above and arrangements will be made to pick them up for you.
## Busy Bees

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**Antennae**

**Beekeeper**

**Bumblebee**

**Busy**

**Buzzing**

**Drones**

**Hive**

**Honey**

**Insect**

**Killerbee**

**Larvae**

**Nectar**

**Pollen**

**Queen**

**Six Legs**

**Stinger**

**Sweet**

**Wax**

**Wings**

**Yellow and Black**

To find the answer to the trivia fact, look for a word or phrase that is hidden in the puzzle, but not in the word list.

**Trivia:** Honey bees must tap the nectar of this many flowers to make one pound of honey.

**Answer:** _______________________________
SENIOR MATTERS

The Senior Matters Board meets the 3rd Wednesday each month, 8:30 am to 10:30 am, at Seniors Matter Room 33, at the Third Street Center, 520 South 3rd Street in Carbondale. Community members are invited to attend the open meetings, become a part of Senior Matters Board or a Friend of Senior Matters. Contact information 963-2536 or email seniormatters2@sopris.net. For information on programs and activities please view their website at www.seniormatter.org.

Senior Matters Radio show is on the 3rd Wednesday of the month at 4:30 pm on KDNK (88.1, or 88.3).

Volunteers are needed for Senior Matters snow cone concession fundraiser at the Carbondale Wild West Rodeo. 12 weeks of fun and fundraising started Thursday, June 2nd, contact: Dee Blue 963-2653

Senior Matters is collaborating with CCAH, Creative Sparks Studio and Transformation Yoga for new and exciting classes for seniors. Senior Matter Yoga “Hatha” yoga with chairs and props to support yoga postures & instructors specially trained in “Yoga for Seniors”. Tuesdays & Thursdays 10:45am– 11:45 am Transformation Yoga Studio 449 Main St. Carbondale. Call 970-309-6911.

Bridge Club meets every Wednesday; Book Club Meets every third Tuesday from 11:00 to 1:30 pm at Senior Matters and Zingers, Betsy Schenk leads this fun singing group Thursday’s 2:00 pm to 3:00 pm at Senior Matters. Join in and share the songs and fun as they rehearse and perform at different locations.

RIFLE SENIOR CENTER NEWS

Rifle Senior Center Entertainment

Ula Kirkman will be playing the accordion from 11:30 to 12:30 during meals on Tuesday, July 19th, Aug 9th & 30th and Friday, July 29th and at Dances on Saturday July 30th and Aug 27th, 7:00 –9:00

Bob Thon will be playing the piano from 11:30 to 12:30 during meals on the following days: Thursday, July 7th, and Thursday, August 7th,
THE TRAVELER’S CORNER

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: $4.00 round trip in town, $6.00 between towns roundtrip and $20.00 for a round trip to Grand Junction (2nd Thursday of the month). New Service 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 10:00am to 2:00pm)

HIGH COUNTRY RETIRED SENIOR VOLUNTEER PROGRAM

News Flash!

RSVP has received notice that our federal funding will be cut significantly starting in July. One important way you can help RSVP to continue to offer our important programs is to designate High Country RSVP for purchases made on your City Market Value Card. City Market Cares Program donates a portion of their profits to a non-profit of your choice. This potentially can generate hundreds of dollars each year with no effort on your part! All you would need to do is call Barbara and give her your City Market Value Card number and we will take care of the rest. Then every time you shop at City Market and swipe you Value Card – voila – a portion of the amount you paid is given to RSVP. So please call 970-947-8462 today!

If you are not volunteering please consider enrolling with High Country RSVP!

Our mission is to enrich the lives of men and women, age 55 and older, through meaningful volunteer opportunities that use their skills, abilities and life experiences in service to their communities. The benefits to joining RSVP are: no cost volunteer excess liability insurance, appreciation banquets, newsletters about volunteer opportunities, help finding just the right volunteer opportunity for you and placement with that agency, and training and classes when applicable. Whether you have lived in our community for a while or are new here, join us in making a difference and making new friends! Contact Barbara Peterson, RSVP Volunteer Coordinator, at 970-947-8462 or bmpeterson@coloradomtn.edu.

Questions or comments? Contact Patty Daniells, RSVP Director, at 970-947-8461 or pdaniells@coloradomtn.edu.

For help with small home repairs call our Helping Hands for Seniors Program at 970-384-8746.

For assistance with your Medicare needs call 970-384-8744.

Food Drive

High Country RSVP ad Colorado Mountain College are pitching in to help Food Banks of the Rockies. On July 25th from 10:00 a.m. to 2:00 P.M. Please bring your donations to 1402 Blake Ave in Glenwood. Food Bank of the Rockies gladly accepts all non-perishable food.
JULY BIRTHDAYS

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

Please accept our apology if we missed your birthday, the birthday names are based off the annual completed assessment. Thanks to everyone who has turned in their completed assessment.

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

Call to sign up for a Matter of Balance Class

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:

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

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

**July  to October 5th** Every Wednesday from 10:00 am- 3:00 pm in Carbondale the Farmers Market located at the Downtown plaza

**July through September 27th** Every Tuesday night Glenwood’s Downtown Farmers Market 4:00 pm—8:00 pm at Centennial Park.

**July through September 30th** Rifle downtown Farmers Market located on East Avenue directly behind the newly constructed Rifle Branch Library. Fridays 4pm –8 pm

**July 5th, 12th, 19th and 26th** Ute Trail in Aspen. Volunteers will reinforce and rebuild the trail surface in several locations, as well as improve drainage and trimming back encroaching vegetation. Work begins at 4 p.m. but volunteers can join throughout the evening.

**July 3rd** Centennial Park Summer Concert in Rifle starting at 6 pm. Lindsey O’Brien Band followed by fireworks Garfield County Fairgrounds.

**July 4th**, Summer concert Performances in Sopris Park in Carbondale “Shannon McNally and Hot Sauce”

**July 6th** Free Glenwood Springs Summer of Music at Two Rivers Park beginning at 6:30. “Opie Gone Bad”

**July 8th** Movies under the stars on the Battlement Mesa Activity Center Lawn “Despicable Me” 8:45 pm

**July 8th** Free Garfield County Regional Airport Air Show. 4-6 afternoon Air Show 6-8 dinner break and 8:30-10:00 main Air Show.

**July 9th** Free Garfield County Air Show 1:00-2:00 Main Air Show , 2:30 to 5:00 Main event Concert Red, White & Loud concert starring Aaron Tippin and the Commemorative Air Force B-24.

**July 10th** Summer concert Performances in Sopris Park in Carbondale “Big Sam’s Funky Nation”

**July 13th** Free Glenwood Springs Summer of Music at Two Rivers Park beginning at 6:30. “Ryan Shupe & the Rubber-Band”

**July 15th** Alzheimer’s support group at Colorado State Veterans Home at 5:00 p.m. in Rifle

**July 17th** Summer concert performances in Sopris Park in Carbondale “The New Familiars”

**July 19th– 23rd** Mesa County Fair for more information www.westerncolorado.com

**July 19th** - Hearing Test at Rifle Senior Center with appt. call Marie 625-1877

**July 19th-20th** Christmas in July at Grand River Hospital District. Most Items are $6.00 and the sale runs 9:00 a.m. to 7:00 p.m. 7:00 a.m. to 1:00 p.m. on July 20th.

**July 20th** Free Glenwood Springs Summer of Music at Two Rivers Park beginning at 6:30. “Erin Bode” :

**July 22nd** Movies under the Stars Battlement Mesa “ET” 8:45
UPCOMING EVENTS CONTINUED

July 24th  Summer concert Performances in Sopris Park in Carbondale “The Trishas”

July 25th  Alzheimer’s support group at 10:00 at the old parsonage house, 132 N. Parachute Ave in Parachute Jana 987-3184.


July 27th  Alpine Hospital Alzheimer’s Support Group at 5:00 p.m. 1517 Blake Avenue Suite 100B.

July 29th-30th  Grand Valley Days rodeos, parade and a street dance.

July 29th –31st  Carbondale Mountain Fair arts and crafts and entertainment

Aug 3rd  Free Glenwood Springs Summer of Music at Two Rivers Park beginning at 6:30 p.m. “Hazel Miller”

Aug 3rd-6th  Garfield County Fair for more information www.garfieldcountyfair.com Kids Rodeo & Barn Dance with Katie Armiger.

Aug 4th  Garfield County Fair Backstage Music Sharla Jackson Evergreen, CO and the Branders, Littleton, CO.

Aug 5th  Garfield County Fair Backstage Music James & the Devil, Denver, CO

Aug 5th  Mark Twain Life story live at the Parachute Library 7:00 pm. This is a ticket event an tickets are free. Call 285-9870 for more information.

Aug 5th  Movies under the stars on the Battlement Mesa Activity Center Lawn 8:45 “Toy Story 3”

Aug 6th  Garfield County Fair Meeker Sheepdog Demonstration and Santa Maria Dancers, Rifle, CO

Aug 6th  Olathe Sweet Corn Festival

Aug 6th  Garfield County Fair Summer of Thunder Car Show and Annual Demo Derby

Aug 6th  Silt Hey Days at Vetera ns Park. Pancake breakfast, parade, crafts and booths. For more information www.siltchamber.org

Aug 13th  Silt Pig Roast by Burning Mountain Fire District

Aug 16th  - Hearing Test at Rifle Senior Center with appt. call Marie 625-1877

Aug 18th –21st  Palisade Peach Festival for more information go to www.westerncolorado.com

Aug 20th  KDNK Blues & BBQ at 4th Street Plaza in Carbondale.

Aug 28th  Festival Las Americas at Sopris Park in Carbondale.

Aug17th  Alzheimer’s support Group will meet every 3rd Wednesday at 5:00 pm at the Colorado State Veteran’s Home in Rifle.

Aug 29th  Alzheimer’s support group will meet the last Monday of every month at 10:00 a.m. at Grand Valley Methodist Church located 132 N Parachute Ave. For more information call Jana at 987-3184.

Aug 31st  Alpine Hospice will start a new Alzheimer’s Support group every 3rd Wednesday at 5:00 p.m. They will meet at 1517 Blake Ave Ste 100B in Glenwood.
**RECIPE**

**Grated Raw Beet Salad**

½ Pound fresh beets

3 Tablespoons fresh orange juice

1 Tablespoon fresh lemon juice

1 Tablespoon olive oil

2 Tablespoons minced chives or mint or parsley or a combination of all 3

Salt to taste

8 leaves of Romaine lettuce

**Preparation:** Peel the beets and grate them with a grater or food processor.

Combine orange juice, lemon juice and olive oil. Toss with beets and herbs


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**CHEF’S CORNER**

Sept 1st
Living Wills presentation at Parachute Library.
Reserve by calling Karol 285-9870

We want to thank the Mead and Frank Families for their donations to the Nutrition and Traveler Program. You are helping us meet our expenses which allows us to not increase our fees. Thank You!

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Provided by Christine Singleton Registered Dietician
Thank you to the Garfield County Senior Programs supporters:

We’d like to thank our amazing volunteers (who work the meal sites as well as dispatch for the Traveler) 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.

Please submit any upcoming events and articles to Judy or Debby

Newsletter via email
the newsletter is now available via email. Please call 945-9191 ext 3061 to be added to our email distribution list, or email jumartin@garfield-county.com

SENIOR 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 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
- 984-0779

**Silt Fire Department**
- Wednesday
- 625-1366

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

**Rifle Senior Center**
- Tuesday, Thursday and Friday
- 625-1366