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Left to Right: Laura Goodwin - Teacher of the Year; Dennis Sykes - Friend of the Senior; Dick Smith - Senior of the Year; and, not pictured, Carl and Kathy Vogt - Couple of the Year.

EXERCISE OF THE MONTH

Chest exercise

This exercise stretches the chest muscles, and is also good for your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds. Repeat at least 3-5 times.
**What is Vegetarianism?**
Vegetarianism is an eating lifestyle in which individuals may omit dairy, poultry, eggs, or seafood for moral, religious, personal choice, performance, or health reasons.

**What are the Benefits?**
A vegetarian diet is usually high in grains, fruits, vegetables which provide enough carbohydrates, fiber, thiamin, folate, and vitamins B₆, C, A, K and E. Lower risk for cardiovascular disease, obesity/weight gain, and lower bad cholesterol levels can be benefits of a vegetarian lifestyle.

**What are the Shortfalls?**
Vegetarians may struggle to meet energy needs due to intake of more whole plant-based fibrous foods that make you feel full quickly and are lower in calories. Additionally, a poorly planned vegetarian diet could result in nutrient shortfalls.

**What Type of Vegetarian Are You?**

<table>
<thead>
<tr>
<th>Types of vegetarians and the protein groups they eat</th>
<th>Dairy</th>
<th>Poultry</th>
<th>Eggs</th>
<th>Seafood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lacto-vegetarian</td>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
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<tr>
<td>Lacto-ovo vegetarian</td>
<td>![Image]</td>
<td>![Image]</td>
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<tr>
<td>Ovo-vegetarian</td>
<td>![Image]</td>
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<tr>
<td>Pescatarian</td>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
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<tr>
<td>Vegan</td>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td>Flexitarian</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>

When a vegetarian diet is well planned it can meet your nutrient needs for overall health. Careful meal planning should take place in order to avoid nutrition-related outcomes, like suppressed immune function and deficiencies. On the following page are some helpful suggestions to make sure you are replacing important nutrients commonly found in animal foods and adding other foods with the same nutrients to your plate.
Vegetarians who eat eggs and low-fat dairy products can get enough protein and other important nutrients required for good health and practicing athletics. However, vegans need to consider the shortfalls when taking dairy out the diet. Shortfall nutrients may include: calcium, vitamin D, vitamin B₁₂ (malabsorption is common after 60), and protein. Calcium- and vitamin D-fortified beverage options in replacement of dairy could include: soy milk with 6 grams of protein per serving, almond milk with 1 gram of protein, orange juice with 0 grams of protein, fortified cereal, and/or other dairy alternative options.

Vegans are likely to meet protein needs if they meet their energy needs with nutritious whole foods, and make sure that their protein sources are varied. Protein options for vegans may include, but are not limited to, beans, peas, whole grains, lentils, seeds, nuts, nut butters, soy products (tofu, tempeh, textured vegetable protein), and veggie burgers. *Ovo-vegetarians also consume eggs as a great source for protein.

### Vitamins and minerals: Nutrients you need to consider

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Protein</th>
<th>Why is it important?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>Fortified cereals and whole grains</td>
<td>Dark, leafy green vegetables</td>
<td>Dried fruits like apricots, prunes, or raisins</td>
<td>Black-eyed peas, beans, lentils, and soy products</td>
<td>Helps carry oxygen through our blood.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>*Vegetarian diets usually very high in vitamin C, if consuming fruit servings</td>
<td>Broccoli and bell peppers</td>
<td>Citrus, berries, and pineapple</td>
<td></td>
<td>Helps plant sources of iron get absorbed and supports your immune system.</td>
</tr>
<tr>
<td>Zinc</td>
<td>Fortified cereals and whole grains</td>
<td></td>
<td></td>
<td>Beans, nuts, and seeds</td>
<td>Supports your immune system.</td>
</tr>
<tr>
<td>Calcium</td>
<td>Fortified cereals</td>
<td>Dark, leafy green vegetables</td>
<td>Fortified soy products (soy milk, soy, yogurt, soy cheese, or dairy for other types)</td>
<td>Plays a role in muscle contraction. Supports bone health and fluid balance.</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>Fortified cereals</td>
<td></td>
<td>Fortified soy products (soy milk, soy, yogurt, soy cheese) Or dairy/eggs for other types</td>
<td>Plays a role in making new cells and keeps nerve cells healthy.</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>*Another source of vitamin D is the sun</td>
<td>Fortified cereals</td>
<td>Fortified soy products (soy milk, soy, yogurt, soy cheese) Or dairy for other vegetarian types</td>
<td>Controls calcium and phosphorus levels in the body and helps keep bones healthy.</td>
<td></td>
</tr>
</tbody>
</table>

**What about Omega-3 Fatty Acids?** Omega-3 fatty acids are important because they are anti-inflammatory and they have been shown to help with heart health. Vegetarian meal plans usually provide enough sources of alpha-linolenic acid (ALA) omega-3s; sources include: flaxseed, soybeans, canola oil, and walnuts. Vegetarians that consume fish can get the eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from fatty fish. Vegetarians that consume eggs can get the DHA from fortified eggs. However, vegan diet tends to be short in the DHA and EPA sources. However, marine algae and its oils show a promise as a source of DHA for vegans.
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 2018 assessments.

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

JUNE BIRTHDAYS

Missy Anderson
Marcia Antes
Gary Bachus
Josette Balardetta
Donald Baldwin
Ruth Barber
Marie Barr
Beth Bascom
Rosemary Bingham
Chuck Bottineau
William Bowers
Carol Bunn
Bessie Burr
Bob Campbell
Marty Campbell
Cher Cervantes
Joan Chapman
Anne Coniglio
Jenny Elmore
Tillie Fischer
Eliza Gallegos
Judith Gentilcore
Virgie Goad
Edna Goodrich
Venessa Grappi
Yanina Hahn
Mary Jane Hanks
Karen Hardrick
Evelyn Harter
Helen Hawkins
Edmond Hempstead
Carolyn Henry
Terry Horst
Joan Isenberg
Nick Isenberg
Charlene Jackson
Frieda Jackson
Marie Jowell
Vi Kilton
Rosemary Kious
Art Litschewski
John Mandragon
Judy Martin
Cher McAlary
Margaret McCann
Chris McCullough
Randall McMurray
Ronald McNeal
Clarice McQuillan
Norma Miller
Jim Ness
Penelope Olson
Ray Ostrom
June Pardee
Claudia Plather
Butch Pressler
Randall Reimer
Teri Richards
Christopher Steckler
Sheryl Steiner
Tommy Tomlinson
Jan Walker
Shirley Webster
Janet West
Steven West
Karla Wheeler
June Zacharias
Norma Ziegler

Fathers Day
June 17

Summer begins
June 21
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 1</td>
<td>First Friday, downtown Carbondale, 4th Street Plaza. Live music, 5 to 8 p.m.</td>
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<tr>
<td></td>
<td>First Friday, downtown Rifle at Midland Arts Company. Light snacks, 5 to 7 p.m.</td>
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<tr>
<td></td>
<td>Rifle Senior Center trip to Botanical Gardens in Grand Junction. Please call 665-6540 to sign up.</td>
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<tr>
<td>June 2</td>
<td>Roaring Fork River Float, 8 a.m. - 2:30 p.m., then join us at Coryell Ranch for a cookout, music.</td>
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<tr>
<td></td>
<td>Cost of float and BBQ $50, BBQ only $30. Call 945-6589 or register at Glenwood springscococ.wliinc20.com/events/Roaring-Fork-River-Float.</td>
</tr>
<tr>
<td>June 2, 9, 10, 15, 22, 29</td>
<td>Music on the Mountain, “Can for a Tram” after 4 p.m. for LIFT-UP. From 6-10 p.m. a band will be playing.</td>
</tr>
<tr>
<td>June 6, 14, 21</td>
<td>Bingo for the whole family 6 - 9:30 p.m., next to the Hanging Lake Inn. Call 945-2286 for more information.</td>
</tr>
<tr>
<td>June 7- Aug. 23</td>
<td>Wild West Rodeo Series at the Gus Darien Arena, 7:30 - 9:30 p.m. in Carbondale.</td>
</tr>
<tr>
<td>June 8</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Glen-A-Palooza every second Friday in downtown Glenwood, Grand and Cooper avenues, 4 p.m. For information call 928-3440.</td>
</tr>
<tr>
<td></td>
<td>Glenwood Vaudeville Theater, Phil Palisoul stand-up comedy. 7 p.m., tickets $25. Call 945-9699 for more information.</td>
</tr>
<tr>
<td>June 9</td>
<td>Glenwood Vaudeville Theater, Jim Hurst Concert 7:30 p.m. For tickets call 945-9699.</td>
</tr>
<tr>
<td>June 10</td>
<td>Concert Series at Sopris Park in Carbondale 4 - 7 p.m.</td>
</tr>
<tr>
<td>June 13</td>
<td>Rifle Senior Center Dinner in the Valley in Glenwood you pay for your own meal. Please call 665-6540 to sign up.</td>
</tr>
<tr>
<td>June 15, 16, 17</td>
<td>Strawberry Days, 1605 Grand Ave. in Glenwood. Music, food booths, arts and crafts. 6/16 parade 10 a.m.; 6/17 Kiwanis Ball Roll pancake breakfast.</td>
</tr>
<tr>
<td>June 15</td>
<td>Ute Theater in Rifle presents: The Jacob Jolliff Band at 8 p.m. Tickets $25; call 970-665-6569.</td>
</tr>
<tr>
<td></td>
<td>Rifle Senior Center; Grand Junction Rockies game call 665-6540 to sign up.</td>
</tr>
<tr>
<td>June 16</td>
<td>Ute Theatre and Brownsville presents: The Devon Allman Project with special guest Duane Betts. Tickets $37-42 call 970-665-6569, 8-10 p.m.</td>
</tr>
<tr>
<td></td>
<td>Faith Lutheran Church in Carbondale (south of Main Street on Hwy 133) hosts a free community meal from 11:30 a.m. - 1:30 p.m. For more info., call 510-5046.</td>
</tr>
<tr>
<td>June 23</td>
<td>Bicycle Tour of Colorado, 3 - 8 p.m. For more information: <a href="http://www.bicycletourcolorado.com">www.bicycletourcolorado.com</a>.</td>
</tr>
<tr>
<td>June 22</td>
<td>Grand Avenue Bridge completion celebration in Glenwood Springs.</td>
</tr>
<tr>
<td>June 25</td>
<td>Over the Hill Hiking Group, Senior Programs with the Carbondale Recreation Dept. The first hike will be Avalanche Creek Trail, 9 a.m. - 3 p.m. The fee is $20 which includes guided hiking and transportation. Please register by June 18, by calling 970-510-1290.</td>
</tr>
<tr>
<td>June 27</td>
<td>Summer of Music, 740 Devereux Road in Glenwood. Opener Jazz Aspen students; main attraction: Lipbone Redding</td>
</tr>
<tr>
<td>June 29</td>
<td>Leadville and Independence Pass Tour. Enjoy breath taking scenery and continue to Leadville for lunch, shopping and exploring. Bring money for lunch. $10 fee and please make reservations by June 22 by calling 970-510-1290.</td>
</tr>
</tbody>
</table>
VOLUNTEER BANQUET PICTURES
BASEBALL Word Search

ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB
DECK
DOUBLE HEADER
FIRST
FOUL
GROUND BALL
HELMET
HITS
LEAGUE
LINEUP
LOSE
MITT
NINE
NO-HITTER
OUT
PARK
RUN
SAVES
SCORE
STARTING PITCHER
STEAL
TAG
THROW
UNIFORM
WALK
Menus for all locations are provided monthly and are available at the nutrition meal sites or www.Garfield-County.com (Seniors). 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
11250 Hendrick Drive. Call 945-9117 for reservations.

Wednesday – Parachute Valley Senior Center
540 N Parachute Ave. Call 285-7216 (Monday’s only before noon) for reservations.

Reservations and Cancellations: To provide you with the best dining experience, please call and place reservations by noon, 24 hours in advance of attending the meal site or to cancel your reservation. Please call 970-665-0041 if you have questions about attending or where meal sites are located.

Meal service begins at noon and last until all those present by 12:15 pm are served.

No alcohol or dogs (unless it’s a service animal) permitted at the lunch site.
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.

**Garfield County Senior Program Staff**

**Judy Martin**, Senior Program Manager, cell (970) 456-2295 970-945-9191, extension 3061, jumartin@garfield-county.com

**Debby Sutherland**, Senior Program Coordinator 970-945-9191, extension 3084, dsutherland@garfield-county.com

**Barbara Peterson**, Senior Services Aide 945-9191 extension 3005, bpeterson@garfield-county.com

**Drew Schelling**, Registered Dietitian 970-625-5200, extension 2036, dschelling@garfield-county.com

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**OUR MISSION**

**Visit our monthly newsletter and our monthly menu or read them online, please visit www.garfield-county.com and choose For Senior. Call Judy to get added to email list 970-945-9191 ext. 3061.**

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2-1-1 is a free, confidential information referral service connecting people in need to local community resources via the phone, web or app.

**Other county emails:**

Eagle County  
www.eaglecounty.us/public health  

Pitkin County Senior  
Newsletter and lunch menu.

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**Traveler (970) 945-9117 or (970) 625-1366**  
**Nutrition Program (970) 665-0041**

**Well & Wise Exercise Programs:**
If you are interested in an exercise program, Matter of Balance, Tai Chi, N’ Balance, Healthier Living Colorado or Cooking Matters, please call Debby at 970-945-9191, ext. 3084, to reserve your spot.

If you are interested in becoming a volunteer at one of our 7 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.

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**High Country RSVP**

Patty Daniells, Director  
970-947-8461  
Mary Moon, Vol. Coordinator  
970-947-8462

**Helping Hands**
970-384-8746

**Tax Program**
970-9451596

**Medicare Counseling**
970-384-8744

**AARP Driver Safety Classes**
970-384-8747  
www.highcountryrsvp.org

**Senior Matters**
Diane Johnson 970-306-2587  
John Hoffman 970-963-1689

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**Senior Centers**

**Rifle Senior Center**

Tami Sours
970-665-6540
Bingo, Bunco, Pinochle, Dinner in the Valley, Concerts
Call to join us.

**Valley Senior Center in Parachute**

970-285-7216 or Cheryl 970-285-9755  
to play pinochle.