



# CONNECTION



## April activities in season for elders

**T**ell Jokes and talk about pranks remembered from childhood

Find a local park, nature trail, lake, pond, or even your own neighborhood to take a walk, relax and enjoy the outdoors

Picnics or go fishing

Plant some cool weather seeds and plants in the garden

Take a nature walk or plant a tree in honor of Earth Day

Do some spring cleaning and make room for favorite activities

Visit a botanical garden or city garden to enjoy the spring flowers

Write a spring poem in honor of National Poetry Month

Search for a hat to wear in spring or summer

Check out some books or audio books at the library in honor of National Library Week

Make a spring bucket list of the things you want to do and places you want to go

Make an Easter care package for someone reminisce about past Easters



*by caregiveractivitysource.com*

### Stand on one foot exercise

Stand on one foot behind a sturdy chair, holding on for balance.

Hold the position for 10 seconds.

Repeat 10-15 times.

Repeat 10-15 times with the other leg.

## Healthy beverage choices for older adults

The main reason we drink is to hydrate. Our bodies are about 60 percent water. Being well-hydrated improves sleep quality, cognition, and mood. It can be difficult for older adults to stay hydrated because the sensation of thirst declines with age.

### **Water**

Drinking enough water is a great way to prevent dehydration and help with digestion. Water has many important functions in the body including bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature. Increase the appeal of plain water by adding citrus fruits or berries. You can also add in fresh herbs like mint or basil leaves.

### **Milk/milk alternatives**

Dairy foods provide many nutrients including calcium, vitamin D, and protein. Calcium is needed to maintain strength in the bones and teeth. Dairy products, including milk, are the main source of calcium in most American's diet. Vitamin D also helps maintain bones. Milk and fortified plant milks are good sources of vitamin D.

### **Juice**

If you drink juice, choose 100 percent juice to avoid extra added sugar. The Dietary Guidelines for Americans recommends no more than 1 serving (4 ounces) of 100 percent fruit juice as part of daily fruit intake. One-hundred percent fruit juice can provide vitamins and minerals, such as vitamin C and potassium. Juice is very concentrated and lacks fiber, so it is better to choose whole fruit. Too much juice can lead to the consumption of too many calories.

### **Soda and sports drinks**

A can of soda typically contains about 38 grams of sugar. This is equivalent to 9.5 teaspoons of sugar. Because of its high sugar content, soda can contribute to metabolic syndrome, diabetes, cardiovascular disease, dental cavities, liver disease, and obesity. Sports drinks have fewer calories than soft drinks, and offer electrolytes including sodium, chloride, and potassium. However, they aren't needed by casual athletes or daily walkers. The only people who really need sports drinks are endurance athletes who exercise for more than an hour at a stretch and who sweat a lot.

### **Coffee and tea**

When consumed plain, coffee and tea are a calorie-free beverage. Adding cream, sugar, syrups, or honey to these beverages can turn coffee or tea into a less healthy beverage option. The FDA recommends limiting caffeine to 400 mg. a day, which is equal to 5-6 cups of coffee.

### **It's easy to choose healthy drinks!**

- Carry a refillable cup or water bottle.
- Leave a cup of water on your counter and take a sip every time you walk by.
- Mix water with 100 percent juice. Over time, gradually increase the amount of water in the mixture.
- Flavor water with fresh fruit slices or fresh herbs like mint and basil.
- Make a fruit fizz with seltzer or sparkling water and a splash of 100 percent juice.

**RECIPE - APPROVED BY EMILY STANTON, RDN**

Recipes adapted from  
*Cooking Matters*

**Fruit Smoothie**

**Ingredients**

- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries
- ½ teaspoon ground cinnamon

**Directions**

*Before you begin: Wash your hands.*  
Peel banana. Place in blender.  
Add remaining ingredients to the blender.  
Cover and blend until smooth.

**Nutrition**

*Serving size 1 cup, 2 servings per recipe*  
Calories 170, total fat 2 g, saturated fat 1.5 g, sodium 90 mg, Fiber 2 g, protein 8 g

**Raspberry-Lime Fizz**

**Ingredients**

- 1 cup 100% cranberry-raspberry juice
- 4 cups seltzer water
- 1 lime

**Directions**

*Before you begin: Wash your hands.*  
In a large pitcher, mix cranberry-raspberry juice with seltzer water.  
Rinse lime and cut in half. Squeeze juice from each half into the pitcher discarding seeds.  
Mix well before serving.



**Nutrition**

*Serving size 1 cup, 5 servings per recipe*  
Calories 30, total fat 0 g, saturated fat 10 g, sodium 5 mg, Fiber 0 g, protein 0 g, sugar 7 g

**WELL & WISE EXERCISE CLASSES**

**Garfield County Older Adult Programs offers classes to older adults 60 and over.** For those 60 and older and their spouse, the recommended voluntary contribution for Well & Wise exercise classes is \$20 per series. Participants are encouraged to pay as they are able. Make checks payable to GCDHS and mail donation to: 195 W 14th street, Rifle, CO 81650. Attn: Debby Sutherland. You may also pay at one of our meal sites.

**Here are some of the classes that we offer:**

**Matter of Balance**, a class that teaches you awareness and exercises to prevent future falls. We will also be having another coach training for new Matter of Balance coaches in 2024. Please sign up if your interested in becoming a coach. It does take two instructors to teach the class.

**N' Balance**, a class that helps strengthen upper and lower body to prevent falls.

**Geri-Fit**, a class where you use weights and Thera bands to help you become stronger.

*- Continued on page 5*

## Contacts for High Country Volunteers and senior centers

**High Country Volunteers Director Mary Moon,**

970-896-6218

**Year round tax issues, general information and Medicare counseling**

970-896-6210

**www.highcountrysvp.org, Maria Langen, Volunteer Manager,**

970-896-6221

**Rifle Senior Center activities** Monday through Friday, Pinochle first and third Fridays, tournament at 6 p.m. Call Jan at 970-274-6884 if your interested in playing. For Bingo and Dinner in the Valley, call Tami for more information at 970-665-6540. [www.rifleco.org](http://www.rifleco.org)

**Valley Senior Center in Parachute** 970-285-7216 or Cheryl Picket 970-274-8338. Library is open on Monday and Wednesday 10:30 am to 1:30 pm. Meet and Greet, Thursday 10 a.m. to noon. Happy Hookers 1-3 p.m. To reserve the building call Don Olsen at 970-285- and medical equipment Sandy Nolan at 620-450-5777 (call Cheryl Picket if you need help with equipment in the months of April or May).

**KSUN101.1 FM Program** Healthy Mind and Body will air every Saturday at noon.

**KDNK 88.1 or 88.3 FM Program** Senior Matters with Diane Johnson second Wednesday of each month 4:30 - 5 p.m. Questions call Diane 970-230-2158.

Help us reduce use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online. Please visit [www.garfield-county.com](http://www.garfield-county.com) and choose Older Adult Programs.

**WELL & WISE EXERCISE CLASSES - CONTINUED FROM PAGE 3**

**May  
April be  
a time  
of relax-  
ation  
and  
renewal**

**Tai Chi For Health** reduce stiffness, uplifting of spirit, improve muscle strength and joint flexibility

If you would like to sign up for a class in your area please call Debby Sutherland at 970-945-625-5282, ext. 3084.



Fall Prevention at Glenwood Springs Community Center  
Every Wednesday  
9:45 - 10:30 a.m.  
Day Pass/Free for Members

Coffee and Donuts **every Thursday 10 a.m. to 12 p.m. at the Veterans Resource Center** located at 108 Pitkin Ave. in Glenwood. Every other Friday at CMC in Rifle from 10 a.m. to 12 p.m. Coffee will be served.

Our birthday list is compiled from completed 2024 consumer assessments.

Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Debby, or Jenny for a form.

Contact us at **DHSOlderAdultprograms@garfield-county.com**

We wish each of you a very Happy Birthday



**APRIL BIRTHDAYS**

Barbara Allen	Brian Fratzke	Barbara Koran	Barbara Smith
Rhonda Ardis	Roza Gallicchio	Kevin Krebill	Gloria Strouse
Kim Augustine	Luana Gildea	Jeanette Lacey	Tracy Townsley
Ken Bachus	Betty Goode	Scott Marcon	Betty Waldron
Bonnie Bates	Ed Grange	Mary Moon	Mary Rose Ward
Elizabeth Bingham	Angela Gryzic	Augie Natal	
Dee Blue	Danny Hall	Pamela Nelson	
Dick Buchan	Ed Hansen	Adam Nicholas	<b>April 1st</b>
George Byers	Nola Haynes	Diane Nitz	<b>April Fool's Day</b>
Sue Carlton	Jeanie Hendrickson	Fred Padgett	
Iris Chacon	Marilyn Hike	Jennifer Prosser	
Judy Coverly	Diane Hill	Tony Ramirez	
Richard Daniel	Nancy Hilton	Joh Reichert	
Darla Dean	Shirley Hostettler	Sondie Reiff	
Ellen Dole	Rita Howdle	June Renfro	
John Doose	Ken Janecek	Anne Sale	
Mary Fedora	Gwendolyn Kansas	Stephanie Schilling	
Richard Fletcher	Carol Klocker	Jenna Seets	

**Subscribe today to the Garfield County Older Adults Program Connection! If you don't already receive this newsletter regularly, subscribe for email by calling 970-665-0041 or email via at DHSOlderAdultprograms@garfield-county.com. There is no charge for subscription. Donations are welcome!**

## UPCOMING EVENTS

**April 6**, Health Fair at Grand River Hospital 8-11 a.m.

**April 8**, Solar Eclipse watch party at all the Garfield County Libraries, 11 a.m. Our libraries will provide goggles to use during the watch party while supplies last.

**April 11**, The New Castle Chamber host a fun night of BINGO the second Thursday of every month. Doors to the Community Center open at 6 p.m., and games begin at 6:30 p.m. Two game packs for \$10, and daubers are \$1. There is a 3 for \$5 a special double action black out round.

**April 11**, Community 10 cent Bingo at the Glenwood Springs Community Center. Bring your own dinner and dimes, we will provide desserts, refreshments and a few prizes. \$10/person, 6 –7:30 p.m. Register at [glenwoodrec.com](http://glenwoodrec.com) or call 970-384-6301.

**April 13**, Spring Crafternoons at the Parachute Library 10 a.m. Stone bead and wire bracelets is the craft project. All supplies are provided at no cost. Space is limited please make reservations by calling 970-285-9870.

**April 13**, Seed Starting Workshop with growing Empowerment at the **Parachute Library 2 pm.**, and **Rifle Library 10 a.m.** Join Kim Doyle Wille to learn about starting and transplanting seeds. Excess supplies will be donated to Lift-UP Food Bank.

**April 13**, Palisade Winery Tour. Join Carbondale Parks and Rec for a beautiful Saturday in Palisade. We will begin with a winery or two, then visit downtown Palisade for lunch, and cap off the day with a couple more winery visits. Bring money for wine tastings, lunch, and shopping. 9 a.m. – 5 p.m. If you live downvalley and would like to arrange a pick up/drop off at a neutral location, please call the CRCC at 970-510-1290. Cost is \$20 and registration is required.

**April 18**, Rambo presents: Ritual Mountain Bike Tour, 7 p.m. Tickets \$15-\$20, call 970-665-6569.

**April 19**, The Love of the Letter at the Carbondale Library. Join Mateo Sandate in writing letters to loved ones. Explore techniques for letting appreciation flow and say what you need to say to loved ones. Cards and stamps provided.

## UPCOMING EVENTS CONTINUED & MAYBE: SOURCE UNKNOWN

**April 19**, Parker Millsap & the Bones of J.R. Jones at the Ute Theater, 7:30 p.m. Tickets \$25-\$35, call 970-665-6569.

**April 20**, Crazy Train the Ultimate Tribute to Ozzy Osbourne at the Ute Theater 7:30 p.m. Tickets \$25-\$34, call 970-665-6569.

**April 23**, Road Trip to Palisade Wineries and Lavender Garden with the Glenwood Springs Community Center. \$20.00 a person, 9 a.m. – 4 p.m. Bring spending money and a sack lunch or purchase a lunch. **Preregistration by April 19 required by calling 970-384-6301.**

**April 24**, Tinsley Ellis “Naked Truth” Solo Acoustic at the Ute Theater ,7:30 p.m. Tickets \$15-\$35. Call 970-665-6569.

### Maybe

We are suppose to meet the wrong person before meeting the right one so that, when we finally meet the right person, we will know how to be grateful for that gift.

#### Maybe

When the door to happiness closes, another opens; but, often times, we look so long at the closed door that we don't even see the new one which has been opened for us.

#### Maybe

It is true that we don't know what we have until we lose it, but it is also true that we don't know what we have been missing until it arrives.

#### Maybe

You should dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you dream of, and want to do.

#### Maybe

The best kind of friend is the kind you sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

## FOOD RESOURCES & LIFT UP FOOD PANTRIES

### **Carbondale**

Monday, Carbondale 10:30 a.m. - 12:30 p.m..

Third Street Center

520 S. 3rd St.

Carbondale

Wednesday, Carbondale 4-5 p.m.

Town Hall Parking Lot

511 Carbondale Ave

### **Parachute**

Monday, Parachute 3 – 6 p.m.

Tuesday, Parachute 4 - 5 p.m.

Lift-Up Warehouse

201 E. 1st street

### **New Castle**

Wednesday, New Castle 9 a.m. - 1 p.m.

River Center

126 N. 4th Street

New Castle

Thursday, New Castle 4 - 5 p.m.

City Market Parking Lot

880 Castle Valley Blvd.

Friday, New Castle 9 a.m. - 1 p.m.

River Center

126 N. 4th Street

New Castle

### **Glenwood**

Thursday, Glenwood, 10:30 a.m. – 12:30 p.m.

Catholic Charities

1004 Grand Ave.

Every second and fourth Thursday 4 - 5 p.m.

Two Rivers Community School

195 Center Dr.

### **Rifle**

Friday, Rifle 1 - 4 p.m.

800 Railroad Ave.

### **Silt**

Friday, Silt 4 - 5 p.m.

Silt Baseball Fields

648 N. 7th St.

**Valley Meals and More** for Glenwood Springs and Carbondale area home delivered meals. 970-404-1193  
[www.valleymealsandmore.com](http://www.valleymealsandmore.com)

**Meals on Wheels**— For homebound residents that live in New Castle, Silt, Rifle, Battlement Mesa and Parachute. The food is prepared by kitchen staff at the Grand River hospital District. For more information call (970) 625-6215.

### **Extended Table-Soup Kitchen**

Lift-Up Extended Table is to help feed the people who can't afford to buy food. for more information [www.LiftUp.org](http://www.LiftUp.org)

When: Monday-Friday 5-6 p.m. First United Methodist Church 824 Cooper Ave., Glenwood Springs

Rifle Tuesday & Thursday 5-6 p.m. United Methodist Presbyterian Church Lovell Building, 200 E. 4th St.

**River Center Network Luncheon** noon Wednesdays at 126 N. Fourth Street in New Castle \$3 donation suggested. RSVP by Tuesday, 3 p.m., 984-2334 or 987-3565

**SNAP (Supplemental Nutrition Assistance Program)** Apply for food assistance at Garfield County in Rifle at 195 W. 14th Street or Glenwood 108 8th Street. There are some basic rules for SNAP program and a list of verifications you may need to provide to determine your eligibility.



## GARFIELD COUNTY OLDER ADULT NUTRITION PROGRAM



Congregate meals are held at seven locations throughout Garfield County. **All meals are served at 12 p.m. and meal service ends at 12:15 p.m.** Reservations are very important to our program to obtain accurate food count for meal preparation. New participants are welcome. Anyone attending a meal site should make a [reservation by noon at least 48 hours \(weekdays\) advance of the meal](#) by calling the phone numbers listed below, *if possible cancel as soon as possible.*

**Carbondale “Roaring Fork & Spoon” at The Orchard, The Gathering Center, 110 Snowmass Drive on Wednesdays.** For reservations call (970) 665-0041. Call by noon on Monday.

**Glenwood Springs “Chat n’ Chew” at Colorado Mountain College, Lucy Huntley Senior Center, 1402 Blake Avenue, Glenwood Springs on Tuesdays and Fridays.** For reservations please call (970) 665-0041 by noon on Friday and Wednesday.

**Glenwood Springs “Sunnyside Senior Meal” at Sunnyside Retirement Center, 601 21<sup>st</sup> Street, Glenwood Springs on Tuesdays and Fridays.** For reservations call (970) 665-0041.

**New Castle “The Gathering” at the Castle Valley Senior Housing, 201 Castle Valley Blvd. in New Castle on Mondays.** For reservations call (970) 665-0041 before noon on Friday.

**Silt “Meet ‘n Eat” at Silt Town Center, 600 Home Avenue, Silt on Wednesdays.** For reservations call (970) 665-0041. Call by noon on Monday.

**Rifle “Senior Delight” at the Rifle Senior Center, 50 Ute Avenue, Rifle on Tuesdays, Thursdays and Fridays.** For reservations please call (970) 665-6540.

**Parachute at the Valley Senior Center, 540 N. Parachute Ave., Parachute on Mondays and Wednesdays.** For reservations call (970) 665-0041 by noon on Friday and Monday.

Menus for all locations are provided monthly and are available at the nutrition sites from Older Adult Programs, in our Connection Newsletter and available on the Garfield County website. Come see what you have been missing and have lunch with friends. *For those 60 and older and their spouse, the recommended voluntary contribution for each meal is \$3. Participants are encouraged to pay as they are able.*

***Guest fees for those under 60 is \$10.25 per meal.***

Questions: please call 970-665-0041 or email at [DHSolderadultprograms@garfield-county.com](mailto:DHSolderadultprograms@garfield-county.com)

# Garfield County Older Adult Program Staff

**Sheila Strouse, Division Manager**, 970-625-5282, extension 3117

**Jeff Lawson, Unit Manager**, 970-625-5282, extension 3196

**Debby Sutherland**, Older Adult Program Coordinator, 970-625-5282, extension 3084



**Jenny Roberson**, Older Adult Program Case Aide, 970-625-5282, extension 3275

**Kappe Stutsman**, Older Adult Program Coordinator, 970-625-5282, extension 3005

**Emily Stanton, RDN**, Registered Dietician, 970-625-5200, extension 2036, to schedule nutrition counseling or to discuss your dietary concerns.

**Our Mission** The mission of the Older Adult Program is to enable independence, dignity, health, and nutritional well-being of seniors and people with disabilities living in Garfield County.

Email any Older Adult program staff for information at: **DHSolderadultprograms@garfield-county.com** or leave message on the food line for all of us at **970-665-0041**.

**Traveler** 970-945-9117 or 970-625-1366. Applications available on RFTA.com for Traveler and Paratransit services in Glenwood Springs, and Carbondale. Call 384-4855.

**Nutrition Program** 970-665-0041 for questions and make reservations and cancellations.

Volunteers who will not be able to volunteer at the meal site should call the food line 970-665-0041 or contact staff at DHSolderadultprograms@garfield-county.com



**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 Healthy Aging](http://www.eaglecounty.us/publichealth)** - [www.eaglecounty.us/publichealth](http://www.eaglecounty.us/publichealth)

**[Pitkin County Seniors](http://www.pitkinseniors.com)** - Newsletter and lunch menu - [www.pitkinseniors.com](http://www.pitkinseniors.com)