


GARFIELD COUNTY OLDER ADULT PROGRAMS

CONNECTION

SAME PROGRAM, NEW NAME FOR 2024
Inside this issue:

Nutrition ed., recipe	2 - 3
Word search	4
Feb. birthdays	5
Upcoming events	6
Nutrition info	7
Meal site info.	9



Garfield County Senior Programs is changing its name from Senior Programs to Older Adults Programs. The new email is DHSOlderAdultprograms@garfield-county.com. You may also leave a message on the food line for all of us at (970) 665-0041.

We are so grateful for all of our volunteers who have helped Older Adult Programs over this last year at our Congregate meal sites and Well & Wise exercise programs. Many hours of time and energy help keep this program running properly. Volunteers continued support is what helps this programs success.

Thanks to the Garfield County Commissioners; AAA; Older Adult Programs and DHS staff; the chefs who prepare our meals; and the drivers who deliver our meals. We also want to thank our community partners who allow us to use their spaces for lunches, classes, and meetings. Each and every person involved has invested in the future of older adults in our community.

We hope you all have a great year ahead, and that it is filled with peace and good health.

Warm up

It's important to spend about 5 minutes at the beginning of your routine to warm up. Warming up gives your muscles a chance to get ready to work. Warm-up activities can help you prevent injury and reduce muscle soreness later.

Suggestions:

- Take a walk
- Ride a bike
- Dance around your living room or kitchen
- Walk up and down the stairs a few times



Nutrition Education by Emily Stanton, RDN

How to pick healthful oils

Nutrition misinformation surrounding fats and oils is present in news articles, magazines, and the Internet. Misleading information makes it difficult to decipher which nutrition information is correct. Eating foods that contain fat is part of a healthy diet. Healthier fat options include liquid, non-tropical plant oils, low-fat dairy, and lean meat or poultry.

Oils are fats that are liquid at room temperature. Oil is naturally present in nuts, olives, fish, and avocados. We use canola, corn, cottonseed, grapeseed, rice bran, sunflower, safflower, soy, and avocado oils in cooking.

Saturated fat: “Bad fat.” Found in animal foods like beef, pork, poultry, full-fat dairy products, and eggs. The exception is tropical oils like coconut oil and palm oil. Typically, solid at room temperature. These fats can increase bad cholesterol (LDL), which increases risk of heart disease.

Unsaturated fat: “Good fat.” Found in plant foods like canola, safflower, sunflower, avocado, and olives. Typically, liquid at room temperature. Can help reduce bad cholesterol levels in your blood. Oils rich in monounsaturated fats also provide vitamin E, an important antioxidant.

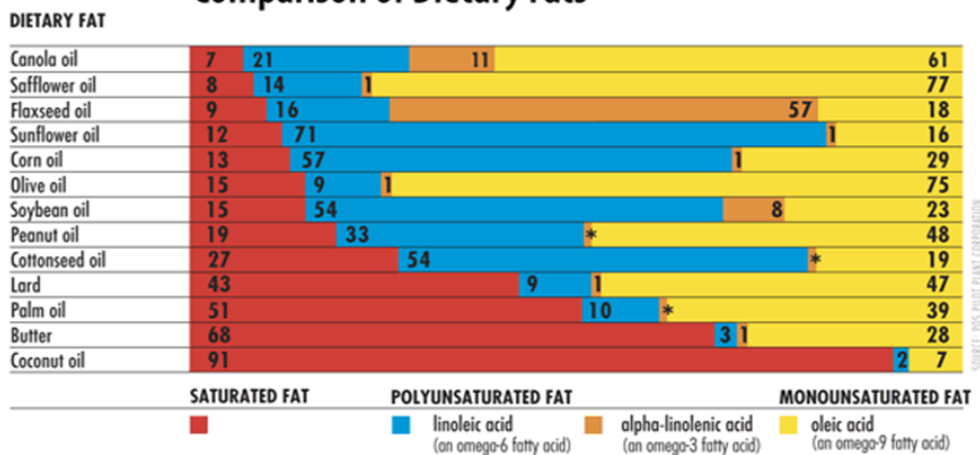
Omega-6 and **Omega-3** are 2 types of monounsaturated fats. Omega-3 is found in fish, flaxseeds, chia seeds, walnuts, and soybeans. Omega-6 is found in walnuts, almonds, sunflower seeds, peanuts, avocados, and eggs.

The 2020-2025 Dietary Guidelines for Americans recommend choosing unsaturated fat in place of saturated fat to reduce the risk of heart disease and improve “good” (HDL) cholesterol levels. The ratio of polyunsaturated and monounsaturated fat varies among oils. Most liquid oils are high in monounsaturated fat or polyunsaturated fat (healthy fats), and low in saturated fats (unhealthy fats).

It is healthful to incorporate liquid oils moderately into the diet. Do not over-do it because oils still have a high caloric density. All fats provide 9- calories per gram. Some good ways to use oils are to toss lightly in a salad as an oil-based dressing, season oven-roasted vegetables, or sauté vegetables, tofu, or chicken.

Enemies of cooking oil are heat, light, oxygen, and time. Store oils in a cool, dark cabinet. Screw caps back on tightly once opened. If an oil smells or tastes rancid (off), toss it out. Some oils can handle high cooking temperatures better than others. The “smoke point” is the temperature oil starts to break down. Vegetable, peanut, and sesame oils have high smoke points and are favorable for high-heat cooking. Oils with low smoke points, including flaxseed or walnut, work well in salad dressings and dips.

Comparison of Dietary Fats



RECIPE APPROVED BY EMILY STANTON, RDN

Recipe adapted from *Nourish Colorado*

Lettuce wraps

Ingredients

- Fresh lettuce leaves
- 1 lb. ground chicken
- ¼ cup jarred salsa
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 tsp salt
- Pepper to taste
- Shredded cheese (topping)
- Sour cream (topping)

Additional salsa (topping)

Equipment

- Medium skillet
- Cooking spoon
- Towels
- Measuring spoons
- Measuring cup

Directions

Before you begin: Wash your hands.

Rinse lettuce leaves under cold water to remove any dirt on the leaves. Dry lettuce with a kitchen towel or paper towel.

In a medium skillet, cook chicken on medium heat until browned and cooked through to 165°. Drain excess fat if necessary.

Add salsa, chili powder, ground cumin, salt, and pepper to the meat. Stir well. Continue to cook for 2-3 minutes until the seasonings are incorporated.

Double-layer lettuce leaves to create a strong base and fill with taco meat.

Top with shredded cheese, sour cream, and salsa.



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. 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 2 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

WORD SEARCH PUZZLE

A Valentine's Day

Wordsearch



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

CANDY

HEART

PINK

CARD

HUGS

RED

CUPID

KISSES

ROSES

FLOWERS

LOVE

XOXO

WELL & WISE EXERCISE CLASSES, CONTINUED FROM PAGE 3

**“ALL YOU
NEED IS
LOVE. BUT A
LITTLE
CHOCOLATE
NOW AND
THEN
DOESN'T
HURT.”**

Charles M.



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, Leanne or Jenny for a form.

**Contact us at
DHSOlderAdult
programs@garfield-
county.com**

**We wish each of you a
very Happy
Birthday**



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

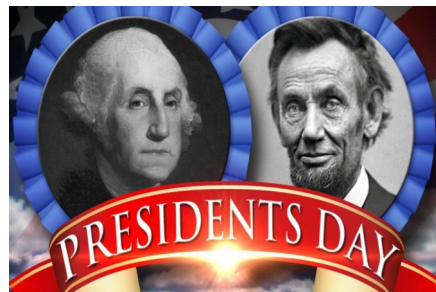
Coffee and Donuts **every Thursday 10 a.m. to 12 p.m. at the Veterans Resource Center**, located at 108 Pitkin Ave. in Glenwood. Every other Friday at CMC in Rifle from 10 a.m. to 12 p.m. Coffee will be served.

FEBRUARY BIRTHDAYS

Catherine Ainsworth
Thomas Bang
Tony Barrie
John Bellico
Jay Buchanan
Lynn Byars
Mary Collen
Regina Cross
Bobbie Dungan
Jeffery Friedman
Sandra Gaddis
Tom Grange
Sherrill Guichard
Juanita Harrison
Brigitte Heller
Lois Hempstead
Nancy Hill
Ruth Jennings

Geraldine Jewell
Ann Keller
Sandra Kirby
Susan Langford
Paul Nygaard
Cheryl O'Connor
Gary Parks
Marcia Provost
Mike Regan
Millie Roberts
Lilas Robinson
Linda Rosetta
Tina Sandoval
Phyllis Snider
Becky Sorenson
Janet Souza
Sharon Taylor
Angela Urban

Debbie Underwood
Ginny West
Mark Winter



**Presidents Day,
February 19**

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

Feb. 1, 8, 15, 22, 29 Geri-Fit exercise class at the Rifle Library, 4 p.m. Call 970-625-3471 for more information.

Feb. 3 NUTS Casino Night Annual Fundraiser, 7 p.m., at the Ute Theater in Rifle. Email tjarkaiser@gmail.com for more information.

Feb. 3 Ski Spree at Sunlight Mountain Resort. A day of fun an evening to remember.

Feb. 4 An Evening of songs and stories with John Oates, featuring John Michel at the Ute Theater, 4-6 p.m. Tickets \$55-\$70. Call 970-665-6569 for more information.

Feb. 4 The Lost Art of Random Conversations at the Carbondale Library, 6 p.m. Join us for a community building event filled with meaningful conversations among strangers.

Feb. 5, 12, 19, 22 Adults are invited to learn how to play guitar in an eight-part series. Students must bring their own instrument. No experience necessary. Registration is required by calling 970-625-3471.

Feb. 5, 12, 19, 26 Free Move from your Center ballet and Pilates mat class series. All fitness levels welcomed. 4 p.m. at the Carbondale Library. Call 970-963-2889 for more information.

Feb. 8 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 blackout round.

Feb. 8 Puzzle & Pizza Night! Get a team of up to four people for our first 500-piece puzzle competition and pizza at the Glenwood Springs Community Center. 5:30-7:30 p.m. \$50/\$40 member per team. Pre-registration required. Call 970-384-6301.

Feb. 9, 10, 16, 17, 18, 23, 24 Vaudeville Spring Show. The Glenwood Vaudeville Revue is a two-hour family fun dinner theater show 6-9:30 p.m. on **Feb 18, 5-8:30 p.m.** Tickets are \$28 for adults, \$25 for seniors, \$16 for kids. Call 970-945-9699.

Feb. 13 Mardi Gras Celebration at the Silt Library, 1 p.m. Music with Johnny and the Mongrels, food from Burning Mountain Pizza, subs and shamrocks food, and lots of fun.

Feb. 13 Free adult painting class at the Parachute Library, 5:30 p.m. Sign up by calling 970-285-9870.

Feb. 13 Join Carbondale Park and Rec for a dinner and a movie 5-9:30 p.m. We will head to Willits where you choose from several restaurants for dinner. Then we will head over to Movieland for a movie. Bring your money for dinner. Your registration includes your movie ticket. Cost is \$15 Register by calling 970-510-1290.

Feb. 15 I love Bingo at the Glenwood Community Venter. Wear your favorite love colors and enjoy some treats, light refreshments and small prizes. 1-3 pm \$5.00 person. Preregistration is required. Call 970-384-6301.

Feb. 27 Garfield Council on Aging meeting, 10 a.m., in Rifle at the Rifle Senior Center.

March 1 A red Carpet Evening Silver Prom. This is the event to not miss at the Glenwood Springs Community Center. Enjoy an elegant evening of a fine dinner and dance. 6-8:30 p.m. Preregistration required. Call 970-384-6301.

WHAT IS A REGISTERED DIETITIAN NUTRITIONIST?

Dietician Emily Stanton is offering Nutrition Education at the following meal sites:

Parachute on February 7 and Rifle on February 22. We encourage you to sign up for one-on-one counseling with Emily if you would like personally tailored advice.

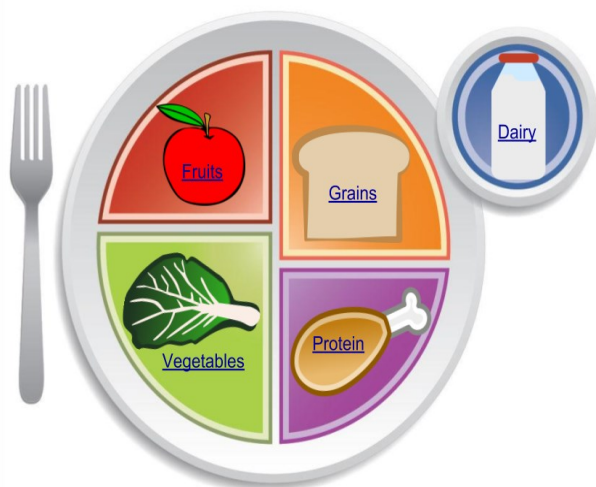
What is a Registered Dietitian Nutritionist? A registered dietitian can provide easy to follow, evidence-based nutrition advice.

What can they do for you? A dietitian will work with you one on one. They can tailor advice to help you reach your goals.

Here are just a few benefits of working with a registered dietitian:

- Plan and cook healthy meals at home.
- Read food labels and choose healthy foods at the grocery store.
- Make better choices when dining out.
- Manage a chronic disease through food choices.
- Weight Management.
- Guidance navigating food allergies, sensitivities and tolerances.
- Healthy eating overall.

If you have high blood pressure, high cholesterol, heart disease, kidney disease, diabetes, or cancer it can be hard to know what to eat. A dietitian can review your lab results with you, help you understand your condition, and provide education.



Choose **MyPlate.gov**



FREE TAX ASSISTANCE PROGRAM

High Country Volunteers will prepare and e-file simple federal and state income taxes free of charge for individuals with incomes less than \$60,000 per year.

Appointments are required and are available February through April 12th in Rifle, Glenwood Springs, and Battlement Mesa.

Call 970-896-6210 to schedule your appointment.

This program is made possible through the generosity of the following sponsors.



February

Activities in Season for Elders

CAREGIVERSACTIVITYSOURCE.COM

Reminisce about Love and Valentine's Day

Plant seeds indoors that you can plant outdoors in the spring

Send a Valentine's Day card or care package to the Grandkids

Make a list of board games to play and play them

Dip strawberries, pretzels, or cookies in melted chocolate

Make a Valentine's Day garland out of paper hearts-Write notes
of love on each of them

Reminisce about U.S. Presidents for President's Day

Fill outdoor bird feeders during the long winter months

Watch football, Dog shows, and Award shows this month on TV

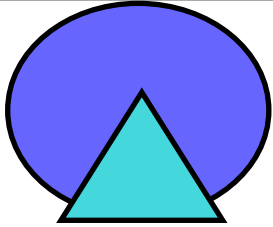
Send Valentine's Day cards to long time friends or new friends

Find a podcast that you enjoy and subscribe to it

Read about the history of Ground Hog's Day and Chinese New Year

Find a new cook book, poetry book, or other favorite book topic at the
library and check it out

GARFIELD COUNTY CONGREGATE PROGRAM INFORMATION PLEASE JOIN US!



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 21st 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



OUR MISSION

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

We're on the web at www.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

www.eaglecounty.us/healthyaging

Pitkin County Senior

Newsletter and lunch menu

www.pitkinseniors.com

Help us reduce our use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online, please visit www.garfield-county.com and choose Senior Programs.

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

Leanne Barnett, Older Adult Program Coordinator

970-625-5282, extension 3005

Jenny Roberson, Older Adult Program Case Aide

970-625-5282, extension 3275

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

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 Application available on RFTA.com for Traveler and Paratransit services in Glenwood Springs, and Carbondale. Call 970-384-4855.

Nutrition Program (970) 665-0041 for questions and to make reservations. & 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**

Well & Wise Classes Debby (970) 945-9191, ext. 3084

High Country Volunteers

Mary Moon, Director

970-896-6218

Year Round Tax Issues, General information & Medicare Counseling

970-896-6210

www.highcountrysvp.org

Volunteer Manager

Maria Langen

970-896-6221

KSUN 101.1 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.

Rifle Senior Center

activities M-F. Pinochle

1st & 3rd Friday tournament 6 p.m. Call Jan at

970-274-6864 if you're

interested in playing.

Bingo and Dinner in the Valley. Call Tami for more

information at

970-665-6540

www.rifleco.org

Valley Senior Center in Parachute

970-285-7216

or Cheryl 970-274-8338

Library is open on

Monday and Wednesday

10:30 a.m. to 1 p.m.,

Meet & Greet, Thursday,

10 a.m. to noon & Happy

Hookers 1-3 p.m.

Age Friendly Carbondale

Ron Kokish 970-366-6460

Agefriendlycarbondale.org