



# CONNECTION



## Older Americans Month in May — Powered by Connection

**O**lder Americans Month is a month-long observance in the U.S. devoted to celebrating older Americans and their contributions and raising awareness about issues related to age and aging. The term older Americans generally refers to Americans aged 65 and over. The theme for 2024 is “Powered by Connection,” which recognizes the profound impact that meaningful relationship and social connections have on your health and well-being.

Activities to celebrate Older Americans Month:

1. Birthday party
2. Scrapbooking party
3. Story circles
4. Interview a family member
5. Intergenerational activities
6. Entertainment: go to a movie or concert
7. Bingo
8. Attend a senior lunch and meet some new friends

### Heel to toe walk

If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.

1. Place the heel of one foot just in front of the toes of the other foot so that they touch or almost touch. Raise arms to your sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of your other foot.
4. Repeat for 20 steps.

## Understanding the nutrition facts label

Following a healthy eating pattern can help you feel your best. For those with chronic disease, eating healthy can help manage conditions and prevent complications. The Nutrition Facts Label is a tool that can help you make healthy food choices.

**Servings per container** is the total number of servings in the entire package or container. It is common for a food package to have more than one serving.

**Serving size** is based on the amount food that is usually eaten at one time. It is not the recommendation for how much to eat. All the nutrition information on the label is based on one serving of the food or beverage.

**Calories** refers to the amount of energy a food provides. 2,000 calories a day is used as the general guide. Everyone's calorie needs differ based on age, sex, height, weight, and physical activity level.

**% Daily Value** tells how much of a nutrient in a serving of the food contributes to a 2,000-calorie diet. Use the %DV to determine if a food is high or low in a nutrient. 5% DV or less is considered low. 20% DV or more is considered high.

### Get more of these nutrients

**Dietary fiber** helps with regular bowel movement. Fiber can also reduce the risk of cardiovascular disease and contribute to blood sugar control and weight management.

**Calcium** is critical for bone health, muscle and nerve function, and blood clotting. Adequate calcium intake can reduce the risk of osteoporosis.

**Vitamin D** helps the body absorb calcium. It is vital for bone health, blood pressure, hormone production, a healthy immune system, and nervous system function.

**Potassium** helps with fluid balance and heart, muscle, and nervous system function.

## Nutrition Facts

8 servings per container  
**Serving size** 2/3 cup (55g)

Amount per serving  
**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Cranberry walnut coleslaw

### Ingredients

- 1 (1-pound) head cabbage
- 3 medium carrots
- 1 cup walnuts
- 1/3 cup cider vinegar
- 1/4 cup canola oil
- 1 Tablespoon sugar
- 1 teaspoon celery seed
- 1/4 teaspoon salt
- 1 cup dried cranberries



### Directions

*Before you begin: Wash your hands.*

Rinse cabbage and carrots. Thinly slice cabbage.

Peel and grate carrots.

Chop walnuts.

In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed, and salt. Add cabbage, carrots, walnuts, and cranberries. Toss to mix well.

### Nutrition

*Serving size 3/4 cup, 10 servings per recipe*

Calories 200, total fat 14 g, saturated fat 1 g, sodium 80 mg, Fiber 3 g, protein 3 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 per person. 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 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.

**Tai Chi For Health** reduce stiffness, uplifts your 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.

Geri-Fit at the Rifle Library, 5 p.m., every Thursday through May 30.

Upcoming Tai Chi class in Silt to begin in June.

Fall Prevention at Glenwood Springs Community Center

Every Wednesday

9:45 - 10:30 a.m.

Day pass/free for members



## 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.highcountryrsvp.org Maria Langen, Volunteer Manager,**

970-896-6221

**Rifle Senior Center activities** Monday through Friday, Pinochle 1st and 3rd Fridays, tournament at 6 p.m. Call Jan at 970-274-6884 if your interested in playing. 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 at 970-274-8338. Library is open on Monday and Wednesday 10:30 a.m. to 1:30 p.m. Meet and Greet, Thursday, 10 a.m. to noon. Happy Hookers knitting group, 1-3 p.m. To reserve the building, call Don Olsen at 970-285-5639 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.

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

“Believe you can and you’re halfway there”

- Theodore Roosevelt

Eat less of These Nutrients

Saturated fat is found in animal products like fatty meats, high fat dairy, butter, baked goods, and fried foods. Replace saturated fat with unsaturated fat (plant-based oils, nuts, seeds, and seafood) to reduce the risk of cardiovascular disease.

Sodium is a component of table salt. Many commercially processed, packaged foods are high in sodium. The body needs a little sodium for fluid balance and muscle and nervous system function. Too much sodium can lead to high blood pressure, which raises risk of heart attack and stroke.

Added sugar is sugar added during processing. Some examples include table sugar, brown sugar, syrups, honey, sucrose, and dextrose. Foods high in added sugar are often high in calorie. Eating high sugar foods can make it challenging to stay within calorie limits.

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 DHSOlderAdult programs@garfield-county.com

We wish each of you a very Happy Birthday



MAY BIRTHDAYS

- |                   |                        |                   |
|-------------------|------------------------|-------------------|
| Jack Austin       | Fred Garcia            | Bob Peters        |
| Judy Beasley      | Joan George            | Leonard Pipkins   |
| Gretchen Buckler  | Ethan Goodman          | Linda Porter      |
| Inez Bergerson    | Randy Gorsett          | Bev Reed          |
| Terry Bleed       | Maxine Gray            | Larry Robinson    |
| Daniel Brady      | Debbie Grizzle         | Sis Rowan         |
| John Caroline     | Debbie Hampton-Janecek | Karol Sacca       |
| Lisa Caskey       | Tere Hare              | Myrtle Scarber    |
| Lucy Cerise       | Sherrie Hauck          | Karla Scholz      |
| Sara Classen      | Rose Hoffman           | Carolyn Seiffert  |
| Timothy Cooper    | Jennifer Holton        | Daniel Self       |
| Joseph Cunningham | Marilyn Keating        | Jo Nell Stebleton |
| Bat Deluca        | Jude Kess              | Mike Styk         |
| Michael East      | Marion Levine          | Bobbie Sullivan   |
| Cecilia Fabela    | Earlene Mathias        | Karen Tafejian    |
| Pamela Findley    | Evert McAlary          | Mary Anne Taylor  |
| LaVonne Fitts     | Ashley Miller          | Scarlett Townsley |
| Kathy Forbes      | Judy Miline            |                   |
| Jules Gallagher   | Debbie Nance           |                   |

No Traveler or Meal site service on Monday, May 27 for Memorial Day

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

**May 3**, Fairy Garden Workshop at the Glenwood Springs Community Center. Tinkering and craft time for all ages. Create enchanted fairy gardens for your home and garden. Use your imagination to re-purpose household trinkets. 4– 6 p.m. \$35/\$28 for members.

**May 3**, The Petty Nicks Experience at the Ute Theater, 7:30 p.m. Tickets \$30-\$50, call 665-6569.

**May 5**, Sam Bush at the Ute Theater, 4 p.m. Tickets \$40-\$75, call 970-665-6569.

**May 6, 7, 8, 9, 11** Music of the West African Kora with Sean Gaskell. Sean Gaskell will share with us an unique concert featuring songs of Kora.

**5/6** Carbondale Library, 6 p.m.

**5/7** Silt Library, 2 p.m., and 6 p.m. Glenwood Library.

**5/8** New Castle Library, 6 p.m.

**5/9** Rifle Library 6 p.m.

**5/11** Parachute Library, 2 p.m.

**May 9**, The New Castle Chamber host a fun night of BINGO the second Thursday of every month. Doors to the Community Center open at 6 pm, 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.

**May 11**, Hog Back Hustle 5K in New Castle. \$30 a person register online at [www.newcastlerec.com](http://www.newcastlerec.com).

**May 11**, Symphony Swing – Roaring 20's Gala Fundraiser at the Ute Theater, 6:30 p.m. \$85 tickets, call 970-665-6569.

**May 11, 18, 25** A day in Tahiti with Aspen Polynesia. Join us at your Garfield County Libraries as we celebrate Asian American and Pacific Island heritage month.

**5/11** Silt Library, 10 a.m.

**5/18** Carbondale, Library 2 p.m., Glenwood Springs Library, 6 p.m.

**5/25** Rifle Library, 2 p.m., Parachute Library, 6 p.m.

**May 11**, Spring Crafternoons at the Parachute Library 10 am. Air Plant Terrariums project. All supplies are provided at no cost. Space is limited - make reservations by calling 970-285-9870.

**UPCOMING EVENTS CONTINUED &  
FACTS OF THE DAY ABOUT CUCUMBERS: SOURCE UNKNOWN**

**May 17**, The Love of the Letter at the Carbondale Library 4 p.m. 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.

**May 17**, The Jerseys band at the Ute Theater, 7:30 p.m. Tickets \$20-\$40 call 970-665-6569.

**May 18**, The Tito Puente Jr. Ensemble at the Ute Theater, 7:30 p.m. Tickets \$35-\$60 call 970-665-6569.

**May 18**, Get ready to get planting. Join the Carbondale Rec department for a beautiful Saturday of nurse visits. Bring money for plant purchase and lunch. 9 a.m. – 4 p.m. Cost \$15, call 970-510-1290 to register.

**May 21**, Road Trip to Colorado National Monument (Fruita) & Enstrom's Candy Shoppe (Grand Junction) with the Glenwood Springs Community Center. Enjoy the ride and pack a picnic lunch to eat while were at the monument. Bring extra money for when we stop at Enstrom's Candy Shoppe in Grand Junction for sugary treats, drinks and/or ice cream on our way back. 9 a.m. – 4 p.m. \$20/person. Registration required by **May 17**. Glenwoodrec.com or 970-384-6301.

**Facts of the day — source unknown**

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, and B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of Vitamin B and carbohydrates that can provide that quick pick me up that last for hours.

Tired of the bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa like fragrance.

Out of WD-40 and need a to fix a squeaky hinge? Take a cucumber slice rub it along the problematic hinge and voila , the squeak is gone!



## FOOD RESOURCE & LIFT UP FOOD PANTRIES

### **Carbondale**

Monday, Carbondale, 10:30 a.m. – 12:30 p.m.  
Third Street Center  
520 S. 3rd St.

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

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).

**Glenwood**, Monday-Friday, 5 – 6 p.m.  
First United Methodist Church  
824 Cooper Ave.

**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. \$3.00 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 serving 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 per person. 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

**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 if your interested in volunteering for a meal site 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.**

**Adult Protection services** call 1-844-264-5437 [www.garfield-county.com](http://www.garfield-county.com)

**Other county emails:**

**Eagle County** — [www.eaglecounty.us/publichealth](http://www.eaglecounty.us/publichealth)

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

