

GARFIELD COUNTY SENIOR PROGRAMS

# CONNECTION



## HUG A CAREGIVER TODAY

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Caregivers are the unsung heroes of today. They support the people we love. Caregivers take on a variety of roles, as providing this care can come in many forms, from taking mom to the doctor's office, to managing medications, and the total care of a loved one. New research from the American Association of Retired Persons (AARP) suggests that the caregiver's personal health and overall well-being can be greatly affected by the physical and emotional strain of caregiving, but many are reluctant to ask for help. The Ad Council has released a series of new public service advertisements (PSAs) that explore the many roles caregivers take on, and provide resources to help them cope with their daily responsibilities.

Here are some resources to share to help recognize caregivers everywhere for the important work they do:

The new website, [ThanksProject.org](http://ThanksProject.org), allows you to share a message of thanks with a caregiver you know. It's posted publicly with other messages from people across the country to illustrate the number of caregivers nationwide. If you are a caregiver, or know someone who is, please be a part of this important campaign. Visit [aarp.org/caregiving](http://aarp.org/caregiving) for more tools and resources, and hug a caregiver today.

— Provided by AARP senior list



## EXERCISE OF THE MONTH

Improve your balance by walking heel to toe.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot. Repeat for 20 steps.

— Provided by NIH Senior Health



## Food Safety Over the Holidays

During this time of the year, it is important to enjoy traditional comfort foods, family recipes and make unforgettable memories with family and family friends. After all, good nutrition is about keeping balance, variety, and moderation in your diet. However, I would like to stress the importance of food safety over the holidays. Even if you are an experienced cook, food safety tips can go a long way to ensure a foodborne illness free holiday.

### Am I thawing my meat correctly?

Safely thawing frozen meat is one of the most important steps in preparing a holiday meal. Refrigerator thawing is preferred and the least labor-intensive but requires more time and preparation. The method involves leaving the turkey in the fridge at less than 40 degrees to thaw for about three days. Cold water (less than 40 degrees F) thawing takes less time but requires more attention. The method involves completely immersing the product in cold water until thawed. Remember replace water every 30 minutes to maintain the low temperature. Regardless of which method you choose, you should never thaw a turkey at room temperature.



### Is my meat done yet?

Prime Rib Cook Temp- 145 degrees F  
Ham Cook Temp- 145 degrees F  
Turkey Cook Temp-165 degrees F  
Fish Cook Temp- 145 degrees F



### Pukey Pot-Luck?

Most traditional holiday meals are potluck-style. Remember after two hours, harmful bacteria can multiply rapidly, putting you and your guests at risk of food poisoning. Leaving food set out all afternoon and evening is not the best idea. Help ensure the safety by promptly refrigerating foods below 40°F within two hours before heading off to other festivities. This will help avoid the pukey potluck scenario.



### Food Safe Stuffing

Here are a few tips for safe stuffing: #1 For recipes that include poultry, shellfish or meat, precook these raw ingredients before incorporating them into the stuffing. #2 Always transfer the stuffing from the cavity into a sealed container, and refrigerate it up to three or four days, or freeze it for longer storage. #3 Aim for a moist, not dry, stuffing mixture, and spoon it in loosely, not compactly, into the cavity to allow for proper cooking.



### Don't be that Guy/Gal

Don't be a "double dipper" at holiday parties! That means DON'T dip a chip or vegetable into a bowl of dip or salsa, bite off half, and then dip again.



### Prevent Laxative Leftovers

Always reheat leftover foods to an internal temperature of 165°F and make sure food is not left out of refrigeration for more than two hours. Pack perishable lunch foods in an insulated bag and throw in an ice pack to make sure foods stay properly chilled when you're sending leftovers home with guests. Also, for best precautions make sure you throw out these leftovers after 3-5 days.



## Reinventing Thanksgiving



*“Nothing tastes better than turkey with all the trimmings! But what to do with leftovers? Reheating is one option. Refrigerated leftover turkey is only good for three or four days, and stuffing for one to two days. And, for safety's sake, reheat to 165°F internal temperature.”- Academy of Nutrition and Dietetics*

- **Make a hearty harvest stew.** Start with leftover gravy (skim fat away before making gravy) as the base. Make it hearty with leftover turkey and veggies. Thicken the stew with mashed potatoes or sweet potatoes. Cook to 165° F.
- **Stack a turkey-berry wrap.** Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole-wheat tortillas. Add toasted pecans if you have some.
- **Whirl cranberry smoothies.** Whirl cranberries with frozen yogurt and orange juice.
- **Freeze turkey stock in small amounts.** Later, cook couscous, pasta, rice, or soup with the stock instead of water.
- **Toss crunchy turkey salad.** Toss cubed turkey with celery, apples, and light mayo with shredded baby spinach.
- **Make stuffing frittata.** Mix stuffing with egg and cook through, pancake-style.

*Recipe approved by Drew Schelling, RD.*

*Recipe ideas directly from Academy of Nutrition and Dietetics website.*

*Call Drew Schelling — our dietician — with your dietary concerns or questions at 625-5200, ext. 2036.*

Senior Programs owes gratitude to our amazing volunteers who give their time and energy and care to our programs. Teaching, preparing mailings, running the front desk at meals, serving food, and doing the set up and tear down at sites. Thank you .



## PREPARE FOR THE HOLIDAY TRICKS AND TIPS



When the holiday season starts to overwhelm, rearing its stressful little head into an otherwise enjoyable December, I sometimes have visions of Santa sending me my own elf. An elf who is friendly and kind, and who might rub my feet and prep the kitchen for my upcoming baking apocalypse so that the baking is enjoyable, rather than chaotic.

I think we can all agree there will be no magic baking elves appearing in my kitchen or yours anytime soon, but I think I can help a little by giving you some suggestions and strategies to prepare yourself and your kitchen for the inevitable.

### Organize the kitchen

**Start with the cupboards, refrigerator, and freezer.** Categorize the food, and make sure all your baking goodies are in one spot for easy tracking. I actually have a baking cabinet – everything from flour and sugar to nuts (in airtight containers) to chocolate chips and sprinkles lives here. **As you organize, keep a list of inventory.**

*Nothing stinks more than spending a ton of money on Christmas sprinkles, only to realize you had 3 jars of them in the back of the cabinet at home.*

- Check expiration dates on packages and jars. If it's getting close to the use-by date and you don't see yourself using it, put it in a box to go to the food bank immediately.
- Take this chance to organize your canned goods by "genre" – soups, tomatoes, beans, etc.
- Remember that certain flours (like whole wheat) can go rancid if left in the cupboard too long. It won't hurt you if you bake with it, but it will give the baked goods an overly bitter taste. If you aren't sure, pitch it and buy a new bag. Store it in the freezer so it'll stay fresh for longer.

**Don't forget the spice rack:** While old spices won't hurt you, they lose their punch after about a year. If you don't remember when you purchased the spice? Probably time to pitch it and buy a new one.

*Think about purchasing them from a specialty spice store instead of the grocery store. They're fresher, much more pungent, and you can actually use less.*

- Reorganize the drawer or cabinet so that the spices you know you'll be using for the season are up front: cinnamon, ginger, allspice, pumpkin pie spice, apple pie spice, cloves, and nutmeg are all prominent this time of year. Keep them up front for easy grabbing.

**The dreaded Tupperware drawer is last.** I seem to have a Tupperware Monster, the Sock Monster's twin. No matter how many sets I buy, I seem to end up with containers with no lids, and lids with no containers. Donate what you can or find other uses, and then get some new ones (maybe disposable or seasonal for giving away?) with matching bottoms and tops.



## FREE FOOD FOR SENIORS

If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Debby Sutherland at ext. 3084 or Barbara Peterson at ext. 3005 for more information.

The First United Methodist Church is partnering with the Food Bank of the Rockies to distribute Commodity Supplemental Food Program boxes. To qualify you must reside in Colorado, be at least 60 years of age, and have a gross income below listed guidelines (one person household - \$1,287/month; two people - \$1,736; three - \$2,184). The Food Bank of The Rockies distributions will take place at the Methodist Church in Glenwood on the third Thursday of each month from 11 a.m. to 1 p.m. Please bring photo ID and a piece of mail from the last 30 days to sign up for free food program. For more information call 945-6232.

**WHAT YOU DO TODAY  
CAN IMPROVE  
ALL YOUR TOMORROWS**

BY RALPH MARSTON



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 2016 assessments.

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



### NOVEMBER BIRTHDAYS

Katherine Andretta  
Sue Bacon  
Helen Barta  
Sharon Boone  
Ruth Brittain  
Michael Bunn  
Dale Carson  
Betty Clifford  
Lynn Collings  
Francis Coulter  
Imogene Cunningham  
James Dekam  
Gene Diaz  
Marti Duprey  
Zoila Fernandez  
Betty Fitzgibbons  
Linda Jean Ford  
Joan George  
Mary Gibson  
Cricket Goodsell  
Floyd Gore  
Rene Gore

Gerald Harert  
Trudy Heiman  
Martha Hubbs  
Anne Jordan  
Carmen Litschewski  
Terrill Maranville  
Gina Matheson  
Ken Matheson  
Joan McClelland  
Joan Mc Donald  
Judith Mendoza  
Neva Ostberg  
Emil Petruska  
Cheryl Picket  
Donna Rippy  
Kay Robinson  
Jon Rosengren  
Sandy Sekers  
Rose Ann Shelton  
Roberta Sisneros  
Jackie Tice  
Michelle Vogel

Judy Wadyko  
Robyn Weintraub  
Glenna West



Thursday,  
November 24

## UPCOMING EVENTS



### November 3, 10, 17

- Senior Time at the Glenwood Springs Library, 2-3 p.m. First Thursday Game Day; 2nd Thursday Book Club; 3rd Thursday Coloring and Crafts. Join in on the fun.

### November 4

- First Friday in Rifle, 5 - 8 p.m. It's a time for people to gather and enjoy the arts and mingle with friends. 1100 E. 16th Street.
- Super Seniors Program at the First Baptist Church in New Castle. The program begins at 10 a.m. and concludes with a free lunch. For reservations call 970-984-2306.
- First Friday in Carbondale. Business open houses and other events, including live music and street performers.
- Chili Cook Off Town Plaza in Silt, 5-8 p.m.

### November 5

- Free Veterans Breakfast honoring all who have served or currently serving and their family. 7 to 10 a.m. at the Lovell Building 218 E. 4th Street in Rifle. Sponsored by New Creation Church.

### November 8

- Tackle it Tuesday at the Parachute Library. Drop in with your project, bring your lunch, refreshments provided. 10 a.m. - 4 p.m.

### November 11

- Free Senior Music Jam at the First Baptist Church, 632 Grand Ave in Silt, 7 - 9 p.m. Refreshments provided and donations accepted. Call Bessie at 970-309-2764 for more information.
- Second Friday in Glenwood Springs, 5 –7:30 p.m. at the Center of Arts; Cooper Corner Gallery 5-8 p.m.; and Artist Mercantile, 6-8 p.m. A fun, free social evening to kick off the Christmas gift buying season.
- Second Fridays in Basalt 5 to 7 p.m. There are eight participating galleries. Seven on Midland Ave, and Toklat Gallery is just off Midland in Riverside Plaza on Two Rivers Road.
- Veterans Day celebration at the Elks Lodge in Glenwood. This is a celebration for all our Veterans. We will have food and live music from 6 to 10 p.m.

- Winter on the Mountain begins with lights at the Glenwood Adventure Park in Glenwood. Ride the tram and enjoy the Christmas lights.

### November 12

- Holiday Craft Fair and Holiday Cookie Contest at the Rifle Senior Center, 9 a.m. to 1 p.m. Call to reserve your table for \$10, 665-6540.
- Carbondale Holiday Boutique at the Carbondale Firehouse. Free admission, 8 a.m. to 3 p.m.

### November 17

- U.S. Capitol Christmas Tree will pass through Glenwood Springs on its way from Idaho to the U. S. Capital in D.C. It will be parked next to the U.S. Forest Service building, located at 900 Grand Ave., at noon.

### November 19

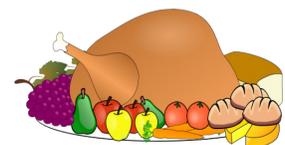
- Free Community Meal at Faith Lutheran Church in Carbondale. 11:30 a.m. to 1:30 p.m.
- Free Thanksgiving Dinner provided by New Castle Lions Club at 5 p.m. at the Community Center.

### December 4

- Mountain Madrigals Holiday Concert at the Methodist Church from 2:30 to 4 p.m.

### December 9

- A day at Grand Junction Mall. You can do shopping, have lunch or enjoy a stroll through the mall from 9 a.m. – 5 p.m. Cost is \$10 and must register by Dec. 2 by calling 970-510-1290.
- Drop-in Pickleball at the Carbondale Recreation and Community Center on Tuesdays and Thursdays from 1:30 - 3:30 p.m., and on Saturdays, 8 - 11 a.m. weekly. The cost is \$5.



## WORD SEARCH PUZZLE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Thanksgiving Word Search**

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

PILGRIM	MAYFLOWER	THANKSGIVING
TURKEY	FEAST	NATIVE AMERICAN
PIE	CRANBERRIES	CORN
THANKFUL	FAMILY	GRAVY
HARVEST	GRATEFUL	YAMS
GOBBLE	TRADITION	CELEBRATE





## OUR MISSION

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.

**Western Colorado** ★  
**2-1-1**

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

### 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  
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**Barbara Peterson**, Senior Services Aide  
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**Drew Schelling**, Registered Dietitian  
970-625-5200, extension 2036, dsimonson@garfield-county.com

Mailing Address, 195 West 14th Street, Rifle, 81650



We're on the web at [www.garfield-county.com](http://www.garfield-county.com)

Help us reduce our use of paper. To 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 "Seniors."

For more information about other senior activities call:

#### Senior Centers

##### Rifle Senior Center

Tami Sours 970-665-6540  
Bingo, bunco, pinochle, Dinner in the Valley, Concerts, and many other trips this winter.  
Call to join us.

##### Valley Senior Center in Parachute

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

##### High Country RSVP

Patty Daniells 970-947-8461  
Elisabeth Worrell 970-947-8462  
Helping Hands 970-384-8746  
Tax Program 970-384-8740  
Medicare Counseling 970-384-8744  
AARP Driver Safety Classes 970-384-8747  
[www.highcountryrsvp.org](http://www.highcountryrsvp.org)

#### Exercise Programs:

If you are interested in signing up for an exercise program Matter of Balance, Tai Chi, for Arthritis, N' Balance, and Healthier Living Colorado and Cooking Matters, please call Debby at 970-945-9191 ext. 3084

#### Senior Matters

Dee Blue 970-963-2653  
Mildred Alsdorf 970-945-7094  
[www.seniormatters2@sopris.net](http://www.seniormatters2@sopris.net)

**Volunteers who will not be able to volunteer at the meal site because they are sick or on vacation should call Debby 945-9191 ext. 3084 or Barbara 945-9191 ext.3005 to let them know of their absence.**

#### Reminder

To provide you with the best dining experience, please be sure to make a reservation for lunch and call ahead if you need to cancel.

**All meals begin at Noon.**