GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

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CONNECTION

TOP FIVE NEW YEAR'S RESOLUTIONS FOR SENIORS AND THEIR FAMILIES

Life is full of traditions. Many are handed down through the years, and some are newly created between family and friends. Either way, traditions are part of the colorful fabric that intertwines our lives and holds us together, transcending time and distance. One common tradition this time of year is making New Year's resolutions, which usually include ending bad habits or starting new good habits. This tradition is also a great way to stay connected and engaged with those special seniors in your life. By working together with your aging loved ones to put those resolutions into action, you can both maintain the momentum to keep those commitments throughout the year.

Start a letter journal*. Thanks to the Internet, handwritten letters are almost a thing of the past.*

Plan to age gracefully*. Growing old has advantages, as well as a few disadvantages, such as wrinkles, gray hair and changes to our bodies. Plan to exercise often, take a class, take walks, and eat nutritious foods.*

Get tech savvy*. If mom and dad do not already have a computer or cell phone, now is the time to expand their horizon.*

Share your favorite recipe*.*

Talk about the hard stuff. *While your senior is able, help set the standards of care he or she desires should they become incapacitated.*

Making New Year's resolutions together builds bonds with family and friends. Set your resolution, involve loved ones, and help each other reach these goals.

— Provided by Comfort Keepers

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EXERCISE OF THE MONTH

Toe Stands. This exercise will strengthen the muscles in your calves and ankles

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.

Repeat 10 to 15 times.

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Prebiotics and Probiotics: Creating a Healthier You

Reviewed by Taylor Wolfram, MS, RDN, LDN *Published October 10, 2016*

You've probably heard of prebiotics and probiotics, but do you know what they are? Nutrition research has pinpointed specific functional components of foods that may improve health, and prebiotics and probiotics are two such substances.

Although they are available as dietary supplements, it is not necessary to use special pills, potions, cleanses or other concoctions to incorporate prebiotics and probiotics into your diet. These "nutrition boosters" are natural ingredients in everyday food. In fact, Kristi King, MPH, RDN, LD, CNSC, spokesperson for the Academy of Nutrition and Dietetics, suggests focusing on the food sources first. "They are more readily available for absorption and digestion," she says.

While research continues in this area of nutrition, by investigating how effective and safe these substances are and how much we need to obtain health benefits, here's what we know now.

What Are Prebiotics and What Do They Do?

Prebiotics are natural, non-digestible food components that are linked to promoting the growth of helpful bacteria in your gut. Simply said, they're "good" bacteria promoters. That's right, not all bacteria are bad. Prebiotics may improve gastrointestinal health (GI) as well as potentially enhance calcium absorption.

Prebiotics in Your Diet

Prebiotics include fructooligosaccharides, such as insulin, and galactooligosaccharides. But rather than focusing on these lengthy words, include more prebiotics in your diet by eating these foods recommended by King: bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods.

What Are Probiotics and What Do They Do?

Probiotics are good bacteria or live cultures, just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. For instance, probiotics have been used for management of irritable bowel syndrome symptoms. Some strains of these live cultures may help prevent specific allergy symptoms, reduce symptoms of lactose intolerance and more. However, effects can vary from person to person.

Probiotics in Your Diet

To obtain more probiotics, King recommends enjoying fermented dairy foods, including yogurt, kefir products and aged cheeses, which contain live cultures (for example, bifidobacteria and lactobacilli). She also suggests some non-dairy foods, which also have beneficial cultures, including kimchi, sauerkraut, miso, tempeh, and cultured non-dairy yogurts.

What Makes Prebiotics and Probiotics the Dynamic Duo?

Ultimately, prebiotics, or good bacteria promoters, and probiotics, or good bacteria, work together synergistically. In other words, prebiotics are breakfast, lunch and dinner for probiotics, which restore and can improve GI health. Products that combine these together are called symbiotics. On the menu, that means enjoying bananas atop yogurt or stir-frying asparagus with tempeh is a win-win.

The bottom line: At a minimum, prebiotics and probiotics are keys for good gut health.

"I think we are at an exciting time in research," says King. "We're finding that the gut flora is responsible for more than just digestion."

Incorporating health-promoting functional foods, such as those containing prebiotics and probiotics, into the diet aids in creating a healthier you.

For specific advice on obtaining prebiotics and probiotics for your own health needs, especially if you have GI issues or a weakened immune system, contact a registered dietitian nutritionist.

— Source: Eatright.org, reviewed September 2015

NUTRITION EDUCATION

A new year, and a New Year's resolution for 2017

Created by Drew Schelling, RD

Brussel Sprouts Salad

It is a constant struggle to change poor dietary habits. With all the focus on weight loss in our society, it isn't surprising that many Americans fall victim to fads, quick-fix diets, pills, and weight-loss products. Unfortunately, there is no magic problem-solving pill. In fact, too much of some supplements and herbal products can be very dangerous. Healthy eating is about variety and balance of everything in moderation, even herbs and spices that are beneficial to our health.

Rapid Weight Loss

Rapid weight loss can result in muscle loss, bone loss, a decreased metabolism, and water loss; instead, of wanted fat. It is important to steer clear of diets, pills, and products that promote rapid weight loss.

Healthy and sustainable weight loss is **slow, steady behavior change** and requires **more nutrients, less calories.**

The Key to Changing Behaviors

Start by making a SMART goal. Something **S-Specific**, **M- Measureable**, **A-Achievable**, **R- Relevant**, and **T-Timely**. Analyze your diet (two weekdays and one weekend), find your pitfalls or barriers, and create a SMART solution. Make one small change at a time. If your weight-loss goals are too big and cannot be achieved, you are setting yourself up for failure. So, start with one small SMART goal, give yourself time to make it a habit, and then move to the next positive change toward your overarching goal.

Getting More Nutrients and Less Calories

Eating right and staying fit are import no matter what your age. As we age, our bodies have different needs than before. Things stop working as well as they used to, and we have to eat those protective mechanisms. Certain nutrients are especially important for seniors. These include: calcium, vitamin D, B vitamins (esp. B-12), fiber, protein and potassium. Additionally, as adult's age, they need fewer total calories. All your food choices from each food group should be packed with nutrients. Individuals over the age 65 truly need to make every calorie count. Ask yourself, are you spending your calories wisely?

RECIPE

Minted green tea recipe

In Morocco, an offer of mint tea, which accompanies nearly every social interaction, symbolizes 24/7 hospitality and friendship. More than courtesy and flavor, mint tea may have potential health benefits (perhaps derived from its flavonoids), and may play a role in relaxation and better mental performance, too. This recipe starts with fresh mint leaves, perhaps spearmint from your garden when in season. If you grow unique mint varietals, try them, too.

Ingredients

2 cups fresh mint
2 tablespoons green tea leaves*
1-inch piece peeled ginger root, thinly-sliced
2 tablespoons honey, or to taste
6 cups boiling water
1 orange, sliced
6 mint sprigs, for garnish

Serves 6

Directions

- Bruise the mint between your fingers. Place the mint, tea, ginger root, and honey in a 6-cup heat-resistant pitcher or teapot. Pour the boiling water over the tea, stirring to mix the ingredients.
- Cover; let the tea brew, or steep, for 10 to 12 minutes, or to your taste.
- Strain the infused hot tea into another pitcher or teapot.

To serve, place an orange slice and mint sprig in each mug, then fill with tea.

Cooking Notes

- *2 tablespoons of green tea leaves equals about the amount in 3 green tea bags.
- Serve minted green tea over ice as a refreshing drink on a hot summer day.

Nutrition Information: Calories: 30; Calories from fat: 0; Total fat: 0g; Saturated fat: 0; Trans-fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Total carbohydrate: 8g; Dietary fiber: 1g; Sugars: 7g; Protein: 0g

Recipe approved by Drew Schelling, RD. Minted Green Tea Recipe by: Roberta Duyff, MS, RD, FAND. Retrieved from: http://www.eatright.org/resource/food/planning-and-prep/recipes/minted-green-tea. Accessed on November 29, 2016

WHAT SHOULD AN EMERGENCY ROADSIDE KIT INCLUDE?

Even a well-maintained vehicle can break down. Put together an emergency roadside kit to carry with you. A cell phone is especially important. Here are suggested emergency roadside kit contents.

- cell phone
- first aid kit
- flashlight
- flares and a white flag
- jumper cables
- jack (and ground mat) for changing a tire
- work gloves and a change of clothes
- basic repair tools and some duct tape (for temporarily repairing a hose leak)
- a jug of water and paper towels for cleaning up
- nonperishable food, drinking water, and medicines
- extra windshield washer fluid
- maps

— Provided by NIH Senior Health

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.

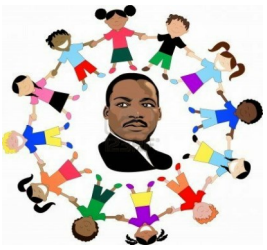
Our birthday list is compiled from completed consumer assessments. Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Judy, Barbara or Debby for a form.

Thanks to everyone who turned in their 2016 assessments.

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

JANUARY BIRTHDAYS

Mildred Alsdorf
Jodie Bay
Harry Bennett
Dorothy Bruno
Flora Budd
Mitzi Burkhart
Debbie Callies
Nicki Conrad
Margaret Diaz
Anita Elliott– Hodgden
Jesse Lee Estes
Barbara Fenno
Sonny Fernandez
Christine Freeman
Nickie Gomez
Cesar Gonzalez
Mary Hackler
Debby Hamby
Joe Hawkins
Bobbie Hennings
Fredick Jackson
Linda Johnson
Paulette Johnston
Les Kilpatrick
A.C. King
John Lemke
Gordon Loy
Scott MacQueen
Crystal McCartney
Sasha McCredie
Gary Mercer
Jennifer Moore
Wilma Morgan
Shirley Parks
Lily Patrick
Cyndie Penland
Marcia Polk
Phil Riley
Frank Romero
Lois Scripter
Don Shaw
Elaine Shepherd
Andy Snead
Chip Snow
James Sobers
Nancy Soderman
Charlene Stephens
Alice Stroud
Nancy Wanda Terry
Doug Toft
Janice Ward
Judy Weinberger
Barbara White
Joyce Wilde
Mary Williams
Mabel Yeatts



Martin Luther King Day
Monday, January 16

UPCOMING EVENTS

January 6

- First Friday in Rifle, 5 - 8 pm. 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 am 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. Enjoy a fire pit, roast hot dogs and marshmallows, and drink hot chocolate. Ice rink will be open and ice skate rentals will be available at the rec center until 9 pm.
- Sunlight Mountain Skier Appreciation Day Tickets $20.

January 13

- Free Senior Music Jam at the First Baptist Church 632 Grand Ave in Silt, from 7 - 9 pm. Refreshments are provided and donations accepted. Call Bessie at 970- 309-2764 for more information.
- Second Friday in Glenwood Springs: Glen-a-Palooza from 4 to 10 pm. Along Grand Avenue and side streets, enjoy events, bargains, activities, and food and fun for all.
- Second Fridays in Basalt 5 to 7 pm. There are eight participating galleries. Seven on Midland Ave, and Toklat Gallery is just off Midland in Riverside Plaza on Two Rivers Road.

January 14

- "Eyes on the Prize: America's Civil Rights Years 1954-1965." Free. Popcorn Served. 4 pm at the Carbondale Library. Episodes 5 and 6: "Mississippi: Is This America?" and "Bridge to Freedom," will be shown.

January 17

- We pick a cookbook, you pick and make the recipe. Call the library 285-9870 for this month's selection and sign-up. Takes place at 6 pm at the Parachute Library.

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January 20

- Thunder River Theatre presents "*The Last Romance"* by Joe DiPietro at 7:30 pm at the Snowmass Chapel in Snowmass Village. For questions or tickets, call 963– 8200.

January 21

- Free community meal at Faith Lutheran Church in Carbondale from 11:30 am to 1:30 pm.

January 24

- Garfield Council on Aging meeting at the Rifle Senior Center at 10 am. All seniors are invited to attend.

January 26

- Join the Carbondale Recreation Department for an exciting evening in Redstone. We'll visit the Redstone general store, have dinner at the Redstone Inn, and then enjoy some bingo to cap off the evening. Bring money for dinner and Bingo. Cost $5 4:30 to 8:30 pm. Call by January 19 to reserve a spot, 970-510-1278

January 28

- Community Breakfast at the Rifle Senior Center, 8 to 9:30 am, for $4.

Membership Appreciation Sale: buy a three-month pass and receive a fourth month for free. Must be purchased after January 1 at the Carbondale Recreation Center. The Carbondale Recreation Department partners with both Silver Sneakers and Silver & Fit, which provide free and low cost memberships depending on a person's health insurance. Call Jessi at 970-510.1278, or email at jrochel@carbondaleco.net for more information about eligibility.

Silver Sneakers: Monday and Wednesday from Fri 9:15-10:30 am
Chair Yoga: Tues. and Thurs. from 10-11 am
Tai Chi: Friday from 11 am -noon
Classes at the Carbondale Rec Department.

WINTER SAFETY TIPS

Winter storms and cold temperatures can be hazardous. Stay safe and healthy by planning ahead. There are many things to think about and be aware of as the winter months take hold. Here is a list of things to consider for staying safe this winter:

1. **Carbon monoxide detectors:**
Regular maintenance and inspection of gas-burning equipment in the home can minimize the possibility of CO gas exposure.
• Know the signs of CO exposure: from mild headache, fatigue, nausea, and dizziness.
• Install a CO detector
• Replace the battery for your home's CO detector every spring and fall.
• Do not heat your home with a gas range or oven.
• Never run a car or truck inside an attached garage.

2. **Cleaning chimneys:**
• Chimneys should be inspected and cleaned at least once a year for soundness and freedom from deposits, typically during spring, summer, or early fall.
• Should you clean a gas-heated chimney? Yes, although gas is generally a clean burning fuel, the chimney can become non-functional from bird nests or other debris blocking the flue.
3. **Use fireplaces and wood stoves safely:**
• Get your fireplace or wood stove cleaned. Burn only well-seasoned wood in your fireplace or stove. Other materials such as newspapers, waxed cardboard, or non-wood materials can create harmful off-gases and burn in unpredictable ways.
• Don't leave a fire unattended. If you start a fire in your fireplace, make sure to put it out and close the screen door before going to bed or leaving the house.
• If heating your home with a wood stove, make sure the door is closed and latched and the damper isn't letting too much air into the stove, which could reignite calming embers.
4. **Prevents slips and falls:**
• Shovel walkways early and often during snowfall. Walking on snow compacts the snow and makes ice, which is harder to shovel and can be slippery, especially if covered by new snowfall.
5. • Scatter salt, sand, or snow melt on frequently traveled paths, if you have pets, be sure to use pet-friendly snow melt in case it is accidentally ingested.
• Clear handrails. Easy access to dry handrails can prevent a loss of footing from becoming a painful fall.
5. **Be a good neighbor:**
• Be aware of your surroundings, especially in rural communities. If you see, hear, or feel something out of the norm, report it immediately. Inclement winter weather can cause all sorts of complications, the sooner your report them, the sooner you'll be able to rest easy knowing your neighborhood is safe.
• Know the fastest way to get help. Call 911 at the first sign of trouble. In emergency situations, minutes can mean the difference between life and death.
6. **Don't forget about outbuildings such as garages, shops, sheds, or barns**
• Store flammable materials such as oily rags and gasoline in a metal box or cabinet, away from heat.
• Make sure heat lamps and space heaters are on a sturdy surface, a safe distance away from anything flammable. Turn then off when they're not in use.
• Check wiring and electrical equipment for damage. Make sure dust and cobwebs are cleared away from electrical outlets and light fixtures.

— Provided by Carbondale & Rural Fire Protection District

WINTER WORD SEARCH

Created by
Sue Lindlauf
Grand Forks Herald
2010

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. Snow
2. Snowman
3. Winter
4. Weather
5. Shovel
6. Cold
7. Freezing
8. Snowflake
9. Slippery
10. Slide
11. Sledding
12. Skating
13. Scarf
14. Hat
15. Earmuffs
16. Mittens

DO YOU KNOW ABOUT SENIOR MATTERS IN CARBONDALE?

Senior Matters Programs, Past & Present
www.seniorsmatter.org

Rodeo Sno Cone experience—weekly through summer free
Medicare Supplemental & Recertification Service free
CO Dept of Health Food Services Workshop free
Eyesight Improvement Clinic—yearly free
Host Jewish Congregation—weekly fee
Advance Directives Workshop free
Alzheimer Support—Monthly free
Visual Story Telling—yearly free
Fraud Awareness—yearly free
Tai Chi, Qigong—weekly fee
Sing'n Zingers—weekly free
Bridge club—weekly fee
Tax Clinic—yearly free
Painting—monthly fee
Book Club--monthly free
Senior Link—quarterly free
Yoga for Seniors—monthly fee
Computer Capable—twice monthly free
Roaring Fork Brain Train 4 hrs2dys wk free
Smart Phone Capable — monthly free
KDNK Radio interviews—weekly free
Host Subud services--weekly fee
Flower Arranging—yearly fee
Nutrition Class—yearly free
Basket Making—yearly fee
Rummage Event--as needed
Medicare Monday- free
Medicare one on one- free

Thank you to our supporters and volunteers

We are so grateful to our supporters, which keep Senior Programs available to seniors throughout Garfield County. Our programs are provided through cooperative efforts of the Garfield County Department of Human Services, Valley View Hospital, The Northwest Colorado Area Agency on Aging, town of New Castle, the city of Rifle, town of Parachute, town of Silt, town of Carbondale, city of Glenwood Springs, town of Carbondale, Roaring Fork Transportation Authority, Colorado Mountain College, Department of Local Affairs (DOLA) Community Services block grant, Peach Valley Ladies Caring Heart, Helping Hands Good Shepherd Lutheran Church, Preceptor Beta Kappa, Western Colorado Community Foundation, Sales and Can Committee at the Rifle Senior Center, Aspen Community Foundation, Al and Jackie George, Frieda Jackson, Wilma Morgan, and client donations.

We have the most amazing volunteers that prepare our newsletter mailings; distribute birthday cards; set up, serve and clean up after each meal at our seven meal sites; and teach our Well & Wise Classes. We would not be able to do our programs without you. Thank you.

NUMBERS TO CALL

TRAVELER **(970) 945-9117 or (970) 625-1466. An application and functional assessment must be completed prior to riding.**

NUTRITION PROGRAM **Meal Sites reservations are required, and our cut-off time is noon.**
Carbondale: 945-9117 , 1250 Hendrick Drive on Wednesdays
Silt: 665-6540, Colorado River Fire Rescue Fire Station on Wednesdays
Glenwood Springs: Chat n' Chew: 945-9117, 1402 Blake Avenue, on Tuesday and Friday
New Castle: 984-2334 by Thursday, 201 Castle Valley Blvd. on Mondays
Parachute: 285-7216 cut off Monday at noon, Valley Senior Center, 500 N. Parachute Ave.
Rifle: 665-6540 , Rifle Senior Center, 50 Ute Avenue, Tuesday, Thursdays, and Fridays
***Sunnyside: 945-9234, Call Friday for Monday meal by noon, 601 21st Street at Sunnyside Retirement Center.**
***limited seating**

WELL & WISE CLASSES **Please contact Debby Sutherland at (970) 945-9191, extension 3084; or dsutherland@garfield-county.com to sign up for Tai Chi for Arthritis, Matter of Balance, 'N Balance, Healthier Living Colorado, or Cooking Matters in a city/town near you.**

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.

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
970-945-9191, extension 3084, dsutherland@garfield-county.com

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Drew Schelling, Registered Dietitian
970-945-9191, extension 2036, dschelling@garfield-county.com

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

We're on the web at www.garfield-county.com

Help reduce our use of paper. Subscribe to our monthly newsletter and our monthly menu via email or read them online. Please visit www.garfield-county.com and choose the "Seniors" tab.

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

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

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