



GARFIELD COUNTY SENIOR PROGRAMS

CONNECTION



LAUGHTER: MEDICINE FOR THE HEART

Inside this issue:

Seeing Clearly	2
Macular & diet	3
April birthdays	4
Health Fairs	4
Upcoming events	5
Word search	6

Laughter is like a breath of fresh air that we desperately need. This seemingly simple act affects most of your body systems. Laughter strengthens the immune system by stimulating your body to increase production of immunoglobulin. It improves your heart rate and circulation by boosting the oxygen supply to your brain.

Laughter controls pain by decreasing muscle tension, distracting attention, and increasing the production of endorphins, which are natural pain killers. Laughter is like giving yourself an internal massage, as it stimulates and soothes. It truly is medicine for the heart.

Sometimes when we feel inept, like a duck out of the water, in our efforts to care for our loved one, the healthiest way to respond is to laugh at our own imperfections. We are human and at times say the wrong thing, spill soup down the front of the patient's shirt, or mess up at the most inopportune moment. But if we can't laugh, all we do is cry.

Try keeping a journal of humorous things you see, hear, or read. Place cartoons on your refrigerator or bulletin board. Turn on TV and watch some of your old favorites, or turn on the radio and listen to music you grew up with. Avoid negative people. Don't put yourself down. Call someone today and arrange to meet for a few hours to renew your spirit. It truly will be medicine for your heart.

Provided by Caregiver.com Jane E. Maxwell



EXERCISE OF THE MONTH

Toe bend and lift
 While seated with walking shoes on, lift toes up, and hold 3 seconds. Curl toes down, hold 3 seconds, and repeat.

Seeing Clearly: Age-Related Macular Degeneration and Diet



Age-related macular degeneration (AMD) is a disease that gradually destroys the center area of vision, and usually disturbs facial recognition and reading. AMD affects the macula, which is the part of the eye that allows for seeing fine details. The macula is a small area in the center of the retina, which is the light-sensitive tissue at the back of the eye.

Approximately 1.8 million Americans, 40 years of age and older are affected by AMD. An additional 7.3 million Americans are thought to be at risk of developing this disease. AMD is the most common cause of sight problems and irreversible blindness among older Americans.

Risk Factors for Age-Related Macular Degeneration include:

- Adults age 50 and older are at an increased risk, and this risk continues to increase with age
- Obesity AMD may progress more quickly in those with higher bodyweights
- Caucasian/white race, is more likely to get AMD than other races, but no race is without risk
- Gender it appears women are at greater risk than men
- Family history people with a genetic history of AMD are thought to have a higher risk of developing AMD
- Hypertension, high blood cholesterol, and cardiovascular disease may increase the risk
- Those who smoke may be twice as likely as nonsmokers to develop AMD



The Age-Related Eye Disease Study 2 (AREDS2) ended in 2013. It showed a benefit of certain dietary supplements to delay or prevent the worsening of macular degeneration in people who already had intermediate or advanced stages of the disease. There's no evidence that the supplements help the vision of healthy adults or people with earlier stages of AMD. This study showed benefits from supplements that contained vitamins E and C, lutein and zeaxanthin, (two carotenoids that are natural plant colors) and certain minerals, including zinc. Individuals who do not eat enough lutein and zeaxanthin benefited the most from these supplements; they showed a 26 percent AMD risk reduction. Talk to your eye doctor about the benefit of a supplement for you.

Omega-3 fatty acids (Omega-3s) did not seem to decrease the risk of AMD progression. Beta-carotenoid (another plant color) did not offer AMD benefits, but was a health risk for smokers.



Seeing Clearly: Age-Related Macular Degeneration



Nutrition does, however, play a role in **prevention** of age-related macular degeneration. Studies of eye health have again focused on lutein and zeaxanthin, the two carotenoids that are found in largest amounts in the eye lens and macular region of the retina. These are powerful antioxidants that filter out harmful blue light rays. Additionally, Omega-3s may help decrease the risk of developing AMD, especially in those with a family history of AMD. All individuals are encouraged to eat a healthy diet that is high in antioxidant vitamins (vitamins C and E), zinc, lutein and zeaxanthin. Food is always the first and best option to provide these nutrients. **Include these foods more often in your daily eating for a healthier eye!** The following are recommended sources:

Lutein and Zeaxanthin are present in most fruits and vegetables, but especially in dark, leafy greens such as spinach, kale and collard greens. Broccoli and brussels sprouts also contain some of these antioxidants. They are also found in some yellow and orange fruits and vegetables, such as corn, nectarines, oranges, papaya, sweet potatoes, pumpkin, and squash. Other good dietary sources of lutein and zeaxanthin are maize and egg yolks.

Omega-3 Fatty Acids are found in cold water fish such as salmon, herring, sardines, tuna and cod liver oil. Plant sources of Omega-3s are flaxseeds, walnuts, and dark, leafy vegetables.

Zinc is found in red meat, seafood, poultry, pork, oysters, eggs, nuts, tofu, baked beans, dairy products, whole grains, and wheat germ.



Vitamin C is found in citrus fruits (lemons, oranges, limes, and grapefruit), red peppers, tomatoes, and spinach.

Vitamin E is found in nuts (such as almonds and peanuts), seeds vegetable oils, whole grains, wheat germ, fortified cereals, eggs, and sweet potatoes.

Prepared by Linda Sorensen, RAMP Dietitian

Approved by Christine Singleton Dolan

Areds2.org
Nutrition411.com; vision and diet, ARMD and diet

Today'sdietitian.com
Usatoday.com 10/13
Weillcornelleye





UPCOMING COMMUNITY HEALTH FAIRS

- April 11** at Carbondale High School
2270 Hwy 133, Carbondale
- April 11** at Grand River Hospital in Rifle
501 Airport Road, Rifle
- April 18** at Coal Ridge High School
35947 Hwy 6, New Castle
- May 2** at Glenwood Springs High School
1521 Grand Ave, Glenwood Springs



If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Judy Martin 970-945-9191 ext. 3061 or Debby Sutherland ext. 3084 or Barbara Peterson ext. 3005 for more information.

Health Fairs begin at 7:00 a.m. and end at 11:00 a.m.

The Senior OAP Dental program for Mountain Family runs out June 30th, 2015. Seniors who are on OAP could qualify for Adult Medicaid, and there is no copay for covered procedures, like, exams, X-rays, cleanings, fillings, extractions, partials and dentures. New dentist Dr. Van Gordon was hired at Mountain Family Health. You can call 945-2840 and ask for a complete evaluation. For those who haven't yet qualified for Medicaid, you can apply at any of Mountain Family locations with proper paper work.

Please accept our apology if we missed your birthday. Our information is from the completed annual assessments. Please give us a call, if you would like to fill out a current form and be included on our birthday list.

Thanks to everyone who turned in their 2015 assessments.

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

APRIL BIRTHDAY'S

- Kayla Borza
- Amelia Britvar
- Donna Burkes
- Molly Dude
- Garry Evenson
- Harold Fender
- Jennifer Gascoigne
- Nancy Heilinger
- Paula Holeman
- Tami Holt
- Norma Johnson
- Alice Jones
- Pam Nelson
- Kevin Parmeter
- Bernice Pickens
- June Renfro
- Jacque Saunders
- John Scalzo
- John Shivley
- Edna Shove
- Barbara Smith

- Kathryn Snyder
- Twila Stephens
- Fred Stover
- Reta Struges
- Grace Taylor
- Rudy Vasquez
- Nancy Wall
- Mary Rose Ward
- Janice Williams
- Lucille Wolff



April 1 -
April Fools Day



April 5 - Easter

UPCOMING EVENTS



April 3

- First Friday in Rifle 5:00 -7:00 pm
Friday evening, it's a time for people to gather and enjoy the arts and mingle with friends. The night when everyone goes out downtown.
- Super Seniors Program at the First Baptist Church in New Castle. The program begins at 10:00 am and concludes with a free lunch. Reservations call 970-984-2306.
- First Friday in Carbondale
Experience gallery openings, business open houses, and other events, including live music and street performers at the Third Street Center and throughout downtown.

April 6

- Ken Burns "The Dust Bowl" Part I at the Rifle Library 6 pm, popcorn will be served.
- Optifast Medically Supervised Weight Loss Program gives you the support and tools you need to make a real change for a healthier life. It's safe and medically monitored, with years of proven results. Optifast Program meets Mondays from 5:30 to 6:30 pm at the Changing Lifestyles Department at Grand River Health.

April 8

- Ken Burns the Dust Bowl part II at 6 pm at the Rifle Library
- Walt Smith and Steve Cole will be playing at Sunnyside Club 60 Room. Light refreshments at 1:00 pm music starts at 1:30 pm

April 10

- Free Senior Music Jam at the Silt Fire Station 7:00 - 9:00 pm. Refreshments provided and donations accepted. Call Bessie 970-309-2764 for more information.
- Carbondale Recreation Department will be taking seniors to the mall in Grand Junction. Enjoy shopping and lunch. Registration is required by April 3. The

fee is \$10.00 and the time is 9:00 am to 5:00 pm. The bus will pick and drop off at Crystal Meadows in front of Commons IV.

April 13

- Join Dr. David Ruffley, Professor of History at Colorado Mountain College's Rifle Campus to discuss Ken Burns' documentary, "The Dust Bowl", and the ramifications to our society and culture. Soup and bread will be served. Discussion begins at 6:30 p.m. This program is part of the Dust Bowl Series.
- How Property Passes at Death is a free clinic on the interplay between various ways assets pass at death and how that can affect your planning. 9:00 am to 11:30 am 250 North 5th Street City Hall Auditorium in Grand Junction. Call 970-424-5748 to register.

April 18

- Salute to Seniors. Viva Las Vegas Elvis Tribute Concert Live! Free admission. Bingo, 100 vendors music entertainment door prizes & raffles. For more information call 303-333-3482 Doors open 9 am to 4 pm Colorado Convention Center Four Seasons Ballroom 707 Welton, Denver.
- Movie at the Carbondale Library at 2 pm "The Last of the Cowboys in the Roaring Fork Valley." Popcorn and cookies will be served.

April 25

- Community Breakfast at the Rifle Senior Center, 8:00 am to 9:30 am cost is \$4.00
- April 25 - Strut Your Mutt 5K Run/Walk in New Castle. Call 984-3352 for more info.

April 28

- Garfield Council on Aging meeting in Glenwood Springs at 1002 Grand Ave . All seniors welcome 10:00 - 11:30 am.

May 1

- Senior Law Day Conference 7:30 am to 4:00 pm Two Rivers Convention Center. 159 Main Street in Grand Junction Registration fee is \$5.00, includes lunch, presentation & materials. Call 970-244-8400 or dial 211 to register.

In Spanish, salsa means "sauce" — a combination of chopped vegetables, fruits and herbs. Ranging from sweet to tangy to extra spicy, salsa is a healthy and delicious way to add the right amount of spiciness or sweetness to your dish.

Today, there are tons of variations and types of salsas. Here are some ideas, but feel free to get creative and add your favorite chopped fruits or vegetables.



- *Tomato salsa:* Combine chopped plum tomatoes, onions, canned green chiles, cilantro and lime juice. Add red pepper flakes or hot sauce for more kick.

- *Pineapple or mango salsa:* Combine chopped, fresh or canned pineapple or mango with cilantro, lime juice and minced garlic.

- *Black bean salsa:* Combine canned, drained and rinsed black beans with chopped tomato and onion, cilantro, jalapeño and red wine vinegar.

Provided by Eatright.org Academy of Nutrition & Dietetics



If you have a menu suggestion or would like to submit a recipe to us, you can either email Senior Programs staff (email addresses on page eight of newsletter) or give to us at a meal site. Submitted items could be used in our menu or our newsletter.

Well & Wise Advanced Tai Chi for Arthritis Class

Parachute will be starting a new class on April 10th. The class will meet for 8 weeks and go through May 29th. The class will meet at the Valley Senior Center on Fridays at 9:00 am to sign up for the class call Debby Sutherland at 945-9191 ext. 3084.





WORD SEARCH PUZZLE



Small Animal Pets Find these small animal pets

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

Short Tailed Opossum

Ground Squirrel

Flying Squirrel

Sugar Glider

Pot Bellied Pig

Prairie Dog

Guinea Pig

Hermit Crab

Coatimundi

Chinchilla

Hedgehog

Duprasi

Gerbil

Ferret

Hamster

Fennec Fox

Kinkajou

Rabbit

Mouse

Degu

Rat

Skunk



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.

Contributions

Welcome

Federal, state and local funding sources help make this newsletter possible. Your voluntary contributions for this service are also appreciated and may be mailed to Garfield County Senior Services at 195 W 14th Street Rifle, CO 81650.

Garfield County Senior Program Staff

Judy Martin, Senior Program Manager
970-945-9191, extension 3061, jumartin@garfield-county.com

Debby Sutherland, Senior Program Coordinator
970-945-9191, extension 3084, dsutherland@garfield-county.com

Barbara Peterson, Senior Services Aide
945-9191 extension 3005, bpeterson@garfield-county.com

Christine Dolan, Registered Dietician
970-945-6614, extension 2020, csdolan@garfield-county.com

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

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

We have information posted on our website about the Garfield County Senior Nutrition Program, monthly menu, Well and Wise exercise classes and Traveler.

For more information about other senior activities call:

Senior Centers

Rifle Senior Center
Tami Sours 970-625-1877
Bingo, card games, pinochle tournaments, activities and recreation trips

Valley Senior Center in Parachute

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

High Country RSVP

Patty Daniells 970-947-8461
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, N' Balance, and Healthier Living Colorado—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

