



GARFIELD COUNTY SENIOR PROGRAMS

CONNECTION



APRIL IS STRESS AWARENESS MONTH

Inside this issue:

Stress continued	2
Recipe	3
April birthdays	4
Upcoming events	5
Nutrition Ed.	6
Word search	7

A little bit of stress is good for us, in that it provides energy and keeps us aware of everything going on in our lives. But even though stress is a daily occurrence for all of us, it's important to keep it in check. When left to its own devices, it can lead to or exacerbate a number of health problems, from heart disease, to acne, to obesity, to depression, and anxiety. It can even worsen ulcers, WomensHealth.gov reported.

Fortunately, there are a number of things backed up by research that you can do, right now, to lower your stress levels.

1. Bring your dog to work. It could help lower office stress and boost employee satisfaction.
2. Laugh it up. Mirthful laughter is linked with lower blood vessels of stress hormone cortisol.
3. Grab a shovel. You will feel relaxed in the garden.
4. Crack open a book. Reading was linked with a slower heart rate and muscle relaxation.
5. Call Mom.

Continued on page 2

Provided by the Huffington Post /Amanda Chan

EXERCISE OF THE MONTH

Balance exercise - walking heel to toe

Improve your balance by walking heel to toe.

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.

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



STRESS AWARENESS MONTH CONTINUED



6. Eat some dark chocolate to help relief stress.

7. Gossip. Gossip may not be viewed as socially good, but it might have benefits in relieving stress.

How to find your personal 'best stress zone'

April is Stress Awareness Month, but let's face it, you're probably already "aware" that stress is a daily part of your life. But consider this month a unique opportunity: 30 days dedicated to educating yourself and perhaps finding a way to elevate your level of awareness. Bring your full conscious attention to your experiences of what you currently call "stress" in your life. Maybe it's some aspect of parenting your kids, sleepless nights, your boss, annoying co-workers, in-laws, bills, your tax liabilities, trying to find a date, traffic, an upcoming performance review, the uncertainty of your job, neck pain or concern for loved ones in areas of unrest around the world. Stress is inevitable, but being stressed-out is not. You can learn to transform potentially harmful reactions into healthy responses.

I want you to consider that stress can be the difference between wellness and illness. That said, in certain ways and from time to time, you as an individual and we as a society can benefit from stress. In a classic article in *The New England Journal of Medicine*, Dr. Bruce McEwen, a chief scientist at the Rockefeller Institute, described the double-edged effects of stress. In the unexpected situation, the stress response is great and protective. The immune system boosts, and there is a shift in metabolism that fosters an overall positive response. However, long-term, ongoing, chronically stressful situations wreak havoc on many body processes, including the immune system, the cardiovascular system and the gastrointestinal system. The truth is that long-term, uncontrolled stress can kill.

So here is my approach. The important goal in identifying and managing stress is to find that optimal level within your 'best stress zone' that you need to work most effectively. With too much stress one can become overwhelmed, which puts a lot of strain and pressure on the body, but zero little stress might inadvertently have the opposite effect: it would produce complacency. There is indeed a fine balance that must be maintained to reach one's highest potential on a day-to-day basis.

In order to achieve what I call "optimal stress," you must realize that stress is a process, not an event. It does not just happen. It involves a trigger (cause) and a response (effect). Understanding your unique signals, triggers and responses is what learning about the stress process in you is all about. Creating a life of optimal stress in your personal "best stress zone" requires true awareness. That is mindful, careful and structured reflection regarding the stressors (triggers) in your life that are associated with what is important to you.

The Best Stress Zone Strategy involves finding the right types and amounts of stress given your unique life situation so that you can experience more calm, energy, higher levels of performance, joy and overall wellness.

Provided by the Huffington Post - Carl J. Scott M.D.



NATIONAL KIDNEY FOUNDATION RECIPE: PASTA WITH PESTO



Ingredients

- 1 lb. Linguine
- 1/4 cup Olive Oil
- 1/4 cup Parmesan Cheese, Grated
- 2 tbsp., leaves Basil - Dried
- 1/4 cup chopped Parsley - Fresh
- 1 clove Garlic

Need a CKD (Chronic Kidney Disease) friendly recipe?

Sign-up for My Food Coach:

“My Food Coach by the National Kidney Foundation is designed to help you understand and manage all of your nutritional requirements, especially if you have kidney disease or other dietary complications.” - NKF

This App is available in the iPhone and Google Play stores, works hand-in-hand with your account so you can take your personal My Food Coach by NKF with you when you work or eat out for easy access on your cell phone!

SERVINGS: 8
PREP TIME: 20 mins
COOK TIME: 15 mins

Directions:

- 1) Combine all ingredients, except for the uncooked pasta, in a blender or food processor;
- 2) Blend or process until smooth;
- 3) Cook pasta in unsalted boiling water according to package directions;
- 4) Toss sauce with drained pasta. Serve hot.

Nutrition Facts per Serving: 164.9 Calories , 8 grams of Fat, 55 mg of Potassium, 181 mg of Sodium, 4.67 grams of Protein, 18 grams of Carbohydrates and 133 mg of Phosphorus.

Recipe By: The National Kidney Foundation

Approved by Drew (Simonson) Schelling, RD

Recipe accessed from: The National Kidney Foundation Website: <https://myfoodcoach.kidney.org/static/recipe7>. Accessed on March 9, 2016.



SOMETIMES GOOD THINGS FALL APART, SO BETTER THINGS CAN FALL TOGETHER.



Upcoming Well & Wise classes

N' Balance classes in Parachute and Rifle area coming in April or May. Please call Debby 945-9191 ext. 3084 to sign up for the class. You may also put your name on the list for future classes in your area.



FREE TAX PREPARATION AND ELECTRONIC FILING

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.

If you are a senior, have a disability, or your household income is less than \$49,000 per year, RSVP volunteers can prepare and electronically file your Federal and State Income Taxes free of charge! RSVP volunteers are certified by the IRS and can prepare returns that include: Form 1040; Schedules A, B, EIC (Earned Income Credit) and R; Child and Dependent Care Credits; and Education Credits. If you are a small business owner we can file Schedule C-EZ. *(We cannot file Schedule C Profit or Loss from Business; Schedule E for rental properties; complicated and advanced Schedule D for capital gains and losses.)* **Call 384-8740 to have a volunteer schedule your appointment.**

Medicare 101 Group Education Session

Tuesday, April 5, 2016

9am – 12pm

CMC Glenwood Center, 1402 Blake Ave. Glenwood Springs

Students can register by phone 970-945-7486, in person, or online at WebAdvisor.Coloradomtn.edu. Click on the yellow bar, Continuing Education, and register by using the gold syn #96583. Or for more information call 970-384-8744. From High County RSVP.

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 completed 2015 and 2016 assessments.

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



APRIL BIRTHDAYS

Ken Bachus
Pat Beutner
Donna Burkes
Margie Davis
Carolyn Day
Larry Dombrowski
Lynn Duchscher
Molly Dude
Garry Evenson
Carol Freeman
Betty Goode
Nancy Heiliger
Diane Hill
Tami Holt
Norman Johnson
Alice Jones
Bonnie Marshall
Georgiann McDaniel
Fred Meyer
Shirley Obermeyer
Benita Prohl
Frances Reed
June Renfro

Brian Sanchez
John Scalzo
Brenda Schramm
John Shivley
Barbara Smith
Kathryn Snyder
Vivian Stark
Twila Stephens
Grace Taylor
Nancy Wall
Mary Rose Ward



**April Fool's Day
April 1st**

UPCOMING EVENTS



April 1

- 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.

April 2

- Grand River Gallop 5K Run & 2K Family Fun Run/Walk. Come dressed as your favorite hero! To register online: <https://grandrivergallop2016.eventbrite.com> 9 am at Grand River Health in Rifle. Call Dee 625-6215 for more info.

April 3

- Sunlight Mountain Resort presents the first annual Yard Sale Spring Concert Series. Sunlight is bringing the season-end sale to the slopes with massive discounts on ski and snowboard apparel. Sunlight's Yard Sale Spring Concert Series continues with live music by local artists. Watch for more information via Sunlight's Facebook Page or call 970-945-7491.

April 8

- Free Senior Music Jam at the Silt Fire Station 7 - 9 pm. Refreshments provided and donations accepted. Call Bessie 970-309-2764 for more information.
- Join the Carbondale Recreation Dept. for a day at the Grand Junction Mall. You can have lunch, do some shopping or enjoy a stroll. 9 am to 5 pm, reservations required. Call 970-510-1279.

April 12

- Attention quilters, needle crafters, and scrap bookers! Drop in with your project for a day of crafting, food, and friends. Tables, irons, ironing boards, and cutting mats are available. Bring your own lunch; refreshments provided. Parachute Library at 10 am.

April 19

- If you love browsing through cookbooks and trying new techniques, then hang on to your spatula! We pick a cookbook, you pick and make the recipe 6 pm. Call the Parachute library for this month's selection and sign-up 285-9870.
- Join us for a daytime book club at the Parachute Library at 2 pm. Refreshments will be served. Call the library for this month's selection.

April 23

- Community Breakfast at the Rifle Senior Center 8 - 9:30 am. Pancakes, eggs, and sausage \$4 per person.

April 28

- Free legal civil services are available to qualified Garfield County residents. Set up a time to meet online with an attorney at the Silt Branch Library. 30 minute appointments are available from 10 am until 12 pm For more information, call 970-945-8858.

April 30

- Senior Matters Tech Class is a free hour-long class that will introduce seniors who have basic computer skills to a number of different topics. 10:30 am at the Carbondale Library.

Health Fairs

- April 2, Carbondale, 7 -11 am
Roaring Fork High School
- April 9, Rifle, 7 - 11 am
Grand River Hospital
- April 16, New Castle, 7 - 11 am
Coal Ridge High School
- April 23, Glenwood Springs, 7 - 11 am
Glenwood Springs High School



Save the date

8th Annual Caregiver Conference will be held on June 14 at the Glenwood Springs Community Center 9 am to 3:30 pm.

NUTRITION & CHRONIC KIDNEY DISEASE

What can I eat in the beginning stages of kidney disease?

Patients in the early stages of kidney disease should limit the amount of sodium in their diet. Some patients may be told to limit protein in their diet as well. The DASH diet is helpful for patients with early stage kidney disease.

What is the DASH diet?

The DASH diet is full of fruits, vegetables, low-fat dairy products, whole grains, fish, lean poultry, beans, seeds, and nuts. It is low in salt and sodium, added sugars, and saturated fats.

What foods are high in sodium?

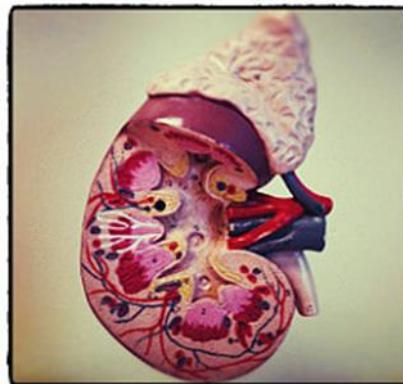
Canned foods, some frozen foods, cottage cheese, cheeses (processed), and packaged foods, most gravy, broths, sauces and dressings.

How can I recognize a high sodium product?

Read the nutrition label. Low sodium foods have ≤ 140 mg of sodium per serving, and very low sodium products have ≤ 35 milligrams sodium per serving.

How do I reduce sodium in my diet?

Cook with natural herbs and spices. Use Mrs. Dash seasonings. Cook with aromatic vegetables like onions, peppers or garlic. Naturally flavor with fruit zest.



What can I eat in the end-stages of kidney disease?

If your kidney disease gets worse, you may also need to limit potassium and/or phosphorus in your diet. You will need to talk with your healthcare providers about your specific nutrition needs related to your kidney disease.

What about protein?

We all need protein in our diet every single day. Protein is used to build muscle and fight infections. It is an essential nutrient. When someone has declining kidney function, the by products (nitrogen) of protein breakdown in the body can build up in the blood. Current research suggests that limiting the amount of protein in the diet may slow kidney failure. It is important that a kidney doctor and a renal dietitian plan the amount and type of protein sources to be provided in your diet.

For more resources on Chronic Kidney Disease (CKD), please visit:

National Kidney Foundation
<https://www.kidney.org/>

by: Drew (Simonson) Schelling, RD



CAREERS WORD SEARCH PUZZLE



- | | | | |
|----------------|-------------|----------------|--------------|
| ACCOUNTANT | ENGINEER | PHARMACIST | PROGRAMMER |
| CARPENTER | FIREFIGHTER | PHYSICIAN | REPORTER |
| COURT REPORTER | LIBRARIAN | POLICE OFFICER | SURVEYOR |
| DISC JOCKEY | MECHANIC | POLITICIAN | VETERINARIAN |
| ELECTRICIAN | MUSICIAN | PROFESSOR | WEB DESIGNER |



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.

Please help us save paper and get on our email list for our newsletter and menu

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 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

Barbara Peterson, Senior Services Aide
970-945-9191 extension 3005, bpeterson@garfield-county.com

Drew Simonson Schelling, Registered Dietitian
970-945-6614, extension 2036, dsimonson@garfield-county.com

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

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

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, 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

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.