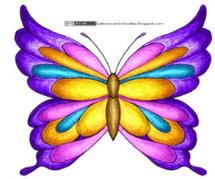


CONNECTION



HUNGER FREE COLORADO

Inside this issue:

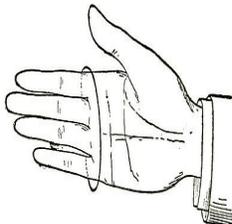
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- Hunger touches nearly 1 in 7 Coloradans** as they struggle to make ends meet due to job loss, health issues, minimum wage jobs or another financial challenge.
- About **1 in 7 seniors** in Colorado do not know when or where their next meal will come from.
- The face of hunger is changing, and it's an issue that affects everyone.** You may have family members, neighbors, coworkers and friends who don't always have enough money to buy food. A senior on a fixed income may wonder how he or she will pay for needed medication and food. Others may struggle due to a job loss, health issues, disability or an unexpected financial challenge.
- Coloradans, on average, only receive \$1.38 per meal, per person, in food stamp benefits (snaps).** This equates to \$4.14 per day or \$28.98 per week. No one should have to worry about when or where they will get their next meal, and food stamps help families and individuals purchase groceries, giving them access to the fuel needed for better, healthier lives and stronger communities.
- You can help end hunger in Colorado.** Help Coloradans access food and nutrition resources by sharing the statewide **Hunger Free Hotline (855-855-4626)**. **Make a financial contribution to a local nonprofit organization that is helping to fight hunger.** Visit ColoradoGives.org and type in "hunger" to find Colorado-based nonprofits or ask a Senior Programs staff Judy, Debby or Barbara .

Provided by hungerfreechildhood.org

Rifle Senior Center has a new phone number call Tami at 665-6540.

EXERCISE OF THE MONTH



Hand Exercise: Palms down, then turn your hands so your palms are facing up. Repeat 5 to 10 times turning palms up, then palms down, to help strengthen arms. You can also try holding soup cans or weights.

Senior Program Stats: July 1 - June 30, 2015

NUTRITION PROGRAM OUR MEAL COST IS \$6.00 AND WE ASK SENIORS FOR A \$2.50 DONATION.

Sites	Carbondale	Sunnyside	Chat'n Chew	New Castle	Silt	Rifle	Parachute	Overall
Serving days/week	W	M/Th	T/F	M	W	T/Th/F	W	M-F
# meals served/year	1395	2192	2596	898	2020	10491	2616	22208
Unduplicated participants	85	76	150	65	174	639	113	1083
Participant average/site	27	22	27	17	38	70	52	37
Total donations received/year	\$894	\$2,871	\$3,773	\$1,053	\$3,499	\$26,621	\$3,442	\$42,153
Average donation per meal	\$0.62	\$1.44	\$1.32	\$1.17	\$1.74	\$2.37	\$1.30	\$1.90

TRANSPORTATION PROGRAM OUR TRAVELER RIDE COSTS \$33.53 AND WE ASK FOR A DONATION

Sites	Total rides
Carbondale	246
Glenwood Springs	6,159
New Castle	1,116
Silt	456
Rifle	5,075
Parachute	147
Battlement Mesa	61
Rural Garfield County/Bmesa	2,359
TOTAL	15,536

Traveler Income	
Rider donations	\$ 19,455
Gifts/foundations	\$ 11,095
Total	\$ 30,550

Average Donations and Costs	
Average client donation	\$1.26
Average cost per ride	\$33.53
Average cost per mile	\$5.37
Average cost per service hour	\$69.39

New Rider Information	
# of application packets mailed	104
# of functional assessments completed	70

Are you able to contribute your fair share to sustain the programs? We receive funding from each the towns of Carbondale, New Castle, Silt, Parachute, cities of Glenwood Springs, and Rifle, Garfield County, RFTA grants and foundations, and *you* our program participants. Thank you.

Health Benefits of Rhubarb

Rhubarb Crisp “Yum - tastes like summer”

Adapted from “Williams-Sonoma Essentials of Baking. Makes 8 servings.

Filling: 6 medium stalks rhubarb cut into 1/2-inch pieces, 2 cups strawberries, hulled and halved lengthwise, 1/2 cup sugar

Topping: 1 cup all-purpose flour ,1/2 cup old-fashioned rolled oats ,1/3 cup sugar ,1/3 cup firmly packed golden brown sugar, 1/2 teaspoon ground cinnamon, 1/4 teaspoon salt 1/2 cup (1 stick) unsalted melted butter.

Directions: Position a rack in the middle of the oven, and preheat to 350 degrees F. Have ready a 2.5 quart ceramic or glass pie or baking dish.

For the filling: In a large bowl, stir together the rhubarb, strawberries and sugar until well mixed. Pour into the baking dish, and set aside.

For the topping: In a large bowl, stir together the flour, rolled oats, sugars, cinnamon and salt until well blended. Stir in the melted butter until evenly moistened crumbs form. Spoon the crumb mixture over the filling. Bake the crisp until the rhubarb is tender when tested with a toothpick, the juices are bubbling, and the topping is golden brown, 35-40 minutes. Transfer to a wire rack, and let cool for 10 minutes. Serve warm with a scoop of vanilla ice cream.



Some of the health benefits of rhubarb include its ability to aid weight loss, improve digestion, prevent Alzheimer’s disease, stimulate bone growth, avoid neuronal damage, increase skin health, prevent cancer, optimize metabolism, improve circulation, and protect against various cardiovascular conditions. One of the main reasons why people cultivate and eat rhubarb is actually for its astounding nutritional value. Now, let’s see how those components add up to the long list of health benefits that rhubarb can impart.

Provided by Routt County

HEALTH BENEFITS OF RHUBARB

Organic Facts
www.organicfacts.net

Aids in weight loss

Stimulates bone growth and repair

Helps prevent Alzheimer’s disease

Stimulates production of red blood cells

Reduces risk of cardiovascular diseases

Prevents cancer and macular degeneration

Strengthens digestive system and relieves constipation



Nutrients*

Dietary Fiber 7%
Carbohydrate 2%
Protein 2%
Calories 1%

Vitamins*

Vitamin K 37%
Vitamin C 13%
Vitamin A 2%
Folate 2%

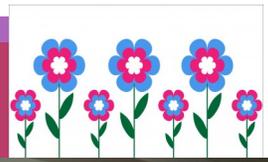
Minerals*

Manganese 10%
Calcium 9%
Potassium 8%
Magnesium 3%

Caution: Avoid usage if suffering from kidney disorders. Children and pet to avoid consumption of rhubarb.

*% Daily Value per 100g. For e.g. 100g of rhubarb provides 37% of daily requirement of vitamin K.

Caregivers Conference photos





CALORIE BURNERS FOR NON-ATHLETES

Excerpted from "The Fine Art of Recuperation" by Regina Sara

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.

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!!!

Activity.....Calories Burned

Beating around the bush	75
Jogging your memory	125
Jumping to conclusions	100
Climbing the walls	150
Passing the buck	25
Grasping at straws	75
Throwing your weight around (depends on your body weight)	50-300
Dragging your heels	100
Pushing your luck	250
Making mountains out of molehills	500
Spinning your wheels	150
Flying off the handle	225
Running around in circles	350
Chewing Nails	200
Eating Crow	225
Pouring salt on wound	25
Hitting bottom	600



See, you've probably been getting more exercise than you thought.

August Birthday's

Marcella Ach	Maxine Harris	Edna Sample
Anna Alovalasit	Elvira Hillary	Jan Senne
Candy Allbee	Susan Hawkins	Elder Edwin Serrano
Richard Dewyne	Zona Hays	Wanda Mae Shearer
Emma Blanc	David Hostettler	Jack Simenc
Sandy Burns	Judith Hughes	Lila Simillion
Ed Burkland	Robert Kath	Wanda Speck
Rusty Burtard	Nelda Kornasiewicz	Dwight Spies
Chuck Cook	Jerry Le Hew	Emily Spurgeon
Charlie Cossins	Alice Letang	Stephen Sullivan
Bert Dever	Ann Lundin	Peggy Thomas
Jeri Doran	James McClelland	Awilda Tyner
Gary Escary	Jim Meeker	Shirley Van Gaasbeck
Sam Evans	Mary Miracle	Paula Verhulst
Charles Freeman	Joan Morse	John Wheeler
Grace Gibson	Dorothy Moynihan	Richard Wheeler
John Ginn	Elder Dallon Osborn	Beverly Williamson
James Gisburne	Anne Ostrove	
Laura Goodwin	Barbara Peterson	
Dallas Groves	Jeremy Pfauth	
William Guccini	Peggy Power	
Norman Hansen	Bob Quick	



Upcoming Events



August 1

- Tommy Brandt in concert at Burning Mountain Park in New Castle 6 pm

August 1-2

- Silt Hey Days celebration at Silt Stoney Ridge Pavilion, pancake breakfast, parade, quit show, vintage baseball, and music in the park.

August 3-8

- Garfield County Fair & Rodeo at Rifle fairgrounds, garfieldcountyfair.com

August 6

- Lucas Nelson & Promise of the Real at the Ute Theatre in Rifle. Fee

August 7

- Super Seniors Program at the First Baptist Church in New Castle. The program begins at 10 am and concludes with a free lunch. Reservations call 970-984-2306.
- First Friday in Carbondale. Business open houses and other events, including live music and street performers at the Third Street Center and throughout downtown.
- Appleseed Collective at the Ute Theatre in Rifle

August 9

- Taarka at the Ute Theatre in Rifle. Fee

August 13

- Hilltop Summer Concert 5 to 8 pm
1100 16th Street, Rifle

August 14

- 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.

August 15

- Silt Historical Park Concert– Claddagh (Irish band)
- Music on the Mountain in GWS with the band Fifty50 4 - 10 pm. Free tram ride if you donate a can of food for LIFT-UP.

August 19

- Dustbowl Revival at the Ute Theatre in Rifle. Fee

August 22

- Silt BBQ cook off at Stoney Ridge Pavilion 5 - 10 pm. Fee
- Music on the Mountain in Glenwood with the Goodman Band 4-10 pm. Free tram ride if you donate a can food for LIFT-UP
- Carbondale "Our town" –one table dinner on Main Street at 5:30 pm.

August 25

- Garfield County Council on Aging meeting will be held at the Rifle Senior Center at 10 am.

August 28

- Cowboy Up at 4th Street Plaza in Carbondale 6 - 10 pm.

August 29

- Music on the Mountain in Glenwood with band Victius Maximus 4 - 10 pm. Free tram ride if you donate a can food for LIFT-UP

Farmers Markets:

Carbondale 4th Street Plaza on Wednesdays beginning June 10 through September 30, 10 am - 3 pm

Glenwood 1412 Grand Ave Saturday late June through early November, 8 am - 3 pm

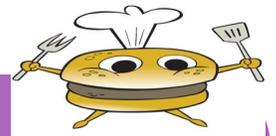
Glenwood Downtown Market 9th & Grand on Tuesdays 4 - 8 pm, June 9 through September 5

Rifle 2nd St and 1718 Railroad Ave, Thursdays June 18 through September 24, 4 pm - 8 pm.

New Castle Burning Mountain Park, Thursdays beginning July 9 through September 24, 4:30 pm - 7 pm

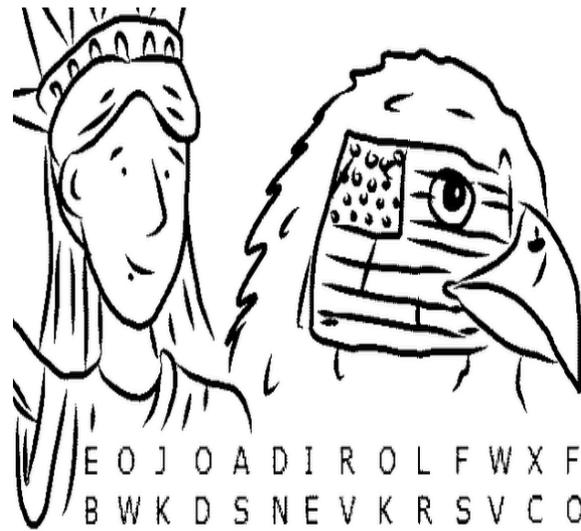
Rifle Senior Center has a new phone number call Tami at 665-6540.

Senior BBQ Photos





WORD SEARCH PUZZLE



AMERICAN STATES



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

- | | |
|---------------|---------------|
| ALABAMA | NEVADA |
| ARKANSAS | NEWHAMPSHIRE |
| CALIFORNIA | NEWJERSEY |
| COLORADO | NEWMEXICO |
| CONNECTICUT | NEWYORK |
| DELAWARE | NORTHCAROLINA |
| FLORIDA | NORTHDAKOTA |
| GEORGIA | OHIO |
| HAWAII | OKLAHOMA |
| IDAHO | OREGON |
| ILLINOIS | PENNSYLVANIA |
| INDIANA | RHODEISLAND |
| IOWA | SOUTHCAROLINA |
| KANSAS | SOUTHDAKOTA |
| KENTUCKY | TENNESSEE |
| LOUISIANA | TEXAS |
| MAINE | UTAH |
| MARYLAND | VERMONT |
| MASSACHUSETTS | VIRGINIA |
| MICHIGAN | WASHINGTON |
| MINNESOTA | WESTVIRGINIA |
| MISSISSIPPI | WISCONSIN |
| MISSOURI | WYOMING |
| MONTANA | |
| NEBRASKA | |



Free Audio Resources



Having a healthier independent life by staying connected to your community. Listen to your favorite newspaper and books right from your home 24 hours a day, 7 days a week. Our free nonprofit services promote thriving independent living by keeping you connected to your community.

The Audio Information Network of Colorado provides **free** audio services that help blind, visually impaired and print disabled individuals maintain independence and stay connected to their community. Listeners have access to nearly 100 Colorado newspapers, grocery/discount ads, magazines, and other local publications in English and Spanish. Listening options include pre-tuned digital receivers, telephone, or internet. Call toll free 1-872-443-2201 or go to www.aincolorado.org for more information.

The Colorado Talking Book Library provides **free** library service to Colorado residents who can't read standard print. Audio, braille, and large print books are available and go through the mail postage paid. Books are sent automatically based on reading interests. iOS app also available for downloading books to a personal device.

www2.cde.state.co.us/ctbl/ or Metro Denver (303) 727-9277 or toll free in-state (800) 685-213

Become an AINC listener

AINC services also help blind, visually impaired, and print disabled individuals maintain independence and stay connected to their community. Listeners access Colorado newspaper; grocery/discount ads; magazines; and other local publications via:

- Telephone
- Digital receiver - regional broadcasts
- Internet radio - regional broadcasts
- Internet

Listeners are not charged for services.

Applications may be completed by phone or on line. Staff members are also happy to answer your questions.

Well & Wise exercise classes offered to Garfield County Seniors:

Matter of Balance
 Tai Chi for Arthritis
 N' Balance
 Healthier Living Colorado



Please call Debby at 945-9191 ext. 3084 for more information about the classes and get your name on the list for the next class in your area.

Fee for classes are usually \$10.00 for the 6 to 8 week session and if you attend 5 or more classes you get your money back. Classes are offered in Carbondale, Glenwood, New Castle, Silt, Rifle, Battlement Mesa, and Parachute.





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 970-665-6540
Bingo, bunco, pinochle , Dinner in the Valley, Concerts, Grand Junction Rockies Games, and many other trips this summer. 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—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

Wild West Rodeo Thursday nights at the Gus Darien Riding Arena in Carbondale beginning June 4 through August 20 7:30 to 9:30 p.m. Volunteers needed for the - concession stand call Diane 970-306-2587

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.