GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

Volume 9, Issue 1

August,2016

CONNECTION

50 WAYS TO MAKE YOURSELF YOUNGER

BY Jeff Anderson

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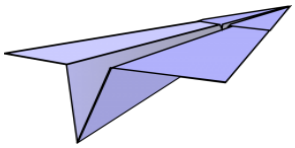
There's no way to reverse aging, but there's no need to allow it to take away the fun from life. This is a great time to revisit our lives and remind ourselves to have a little fun. In no particular order, here are 50 ideas of things that you can do to promote a youthful outlook. Many of these ideas we have listed could involve a grandchild or child and could be a potential inter-generational activities.

Throw a coin in a fountain and make a wish
Visit the nearest town you've never been to before
Go to a drive in movie
Draw or color for 30 minutes
Have a snowball fight
Tell a ghost story
Write your spouse a love letter
Make a tie dye shirt
Eat cookies and milk
Go to the library
Write the words to a new song
Make a paper airplane
Make a list of your 10 favorite animals
Watch a sunrise or sunset



EXERCISE OF THE MONTH

Upper Body Wrist Curls (strengthen your wrist with wrist curls)

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10 to 15 times.
5. Repeat with other hand 10 to 15 times.

Repeat 10 to 15 more times with each hand

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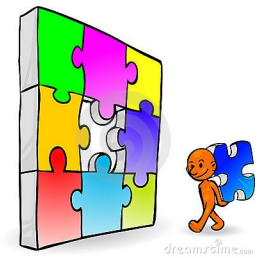
50 WAYS TO MAKE YOURSELF FEEL YOUNG AGAIN CONTINUED

Inhale helium and talk in a squeaky voice

Visit a zoo

Make up your own secret code

Drink a milkshake



Write a limerick or a haiku

Tell someone a joke

Wear a funny hat

Visit an art museum

Volunteer to participate in the Big Brother Big Sister mentoring program

Ride in a hot air ballon

Go on a boat ride

Play hide and seek

Learn a new language

Introduce yourself to a new person

Solve a puzzle

If you own a musical instrument, improvise for 30 minutes

Play a board game

Visit a performance of live music

Do somethings that scares you

Go to a baseball game

Propose to play rock, paper, scissors to resolve your next dispute

Go dancing

Pose in a photograph with a statue

Take a long bath

Volunteer at an elementary school

Hold your breath the next time you drive through a tunnel

Recall your earliest memory

Make an snow angel

Sing in the shower

Try an unusual food you've never had before

Make funny faces in the mirror

Read the comics next time you buy a newspaper

Speak in a faux English accent all day

Audit classes at a local university or college

Start a blog about something that interests you

Create a collage out of old magazines

NUTRITION EDUCATION

Summertime is a great time to enjoy fresh, local fruits and vegetables. Here are a few tips for the farmer's market:

Make sure you check out all of the booths before making your final purchases, but go early so that you can beat others for the best selections.

Keep your hot items separate from the cold items. The hot summer sun can cause your food items to spoil quicker. Make sure you get home as soon possible and stick your cold items in the refrigerator.

At home, make sure you keep those ethylene gas producing fruit separate from the other produce. Apples, tomatoes, and melons produce ethylene gas.

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Cucumber Watermelon Salad Recipe

"In summer, cucumbers and watermelon often ripen at the same time. This recipe combines both to produce an unexpected, extraordinary salad."- Kristine Napier, MPH

Ingredients:

2 tablespoons lime juice
2 tablespoons granulated sugar
½ teaspoon salt
¼ cup minced fresh parsley
2 medium unpeeled cucumbers, washed, ends removed, sliced lengthwise then sliced crosswise
3 cups watermelon, cut in 1-inch cubes (about 1 pound)

Serving size: 1½ cups

Directions:

1. Combine the lime juice, sugar and salt in a 2-quart bowl; whisk together. Stir in parsley.
2. Add cucumbers; toss with a rubber spatula, coating all cucumber pieces. Add watermelon; fold in gently.

Cover, set aside and allow juice from the watermelon to mix with the other juices. Stir gently and let stand at room temperature 1 hour before serving.

Nutrition Information-Calories: 90: Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 300mg; Total Carbohydrate: 20g; Dietary Fiber: 2g; Protein: 2g

Recipe Approved by Drew Schelling, RD, Recipe from: Napier, Kristine. Cucumber Watermelon Salad Recipe. Academy of Nutrition and Dietetics. Accessed from http://www.eatright.org/resource/food/planning-and-prep/recipes/cucumber-watermelon-salad-recipe. Accessed on July 7, 2016.

Senior BBQ PHOTOS

SENIOR BBQ PHOTOS

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 and assessment, please see Judy, Barbara or Debby for a form.

Thanks to everyone who turned in their 2015-2016 assessments.

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

WELL & WISE EXERCISES CLASSES

We will have classes starting in August for Tai Chi for Arthritis. One class for Tai Chi for Arthritis will be held in Glenwood at Sunnyside Club 60 Room on Monday's beginning August 8th from 10 am to 11 am.

The second class will be held at the Rifle Senior Center down-stairs beginning Monday August 8th from 10 am to 11am.

Both classes will run for 8 weeks through October 3. The fee for the class will be $10.00 and you will get your money back if you complete 5 of the 8 classes.

There will also be a N' Balance class in Parachute and a Matter of Balance class starting in September Location to be determined. To get registered for the classes call Debby at 945-9191 ext 3084.

AUGUST BIRTHDAY'S

Candy Allbee
Emma Blanc
Merle Brown
Sandy Burns
Ed Burkland
Rusty Burtard
Brenda Caywood
Chuck Cook
Charlie Cossins
Ellen Dekam
Bert Dever
Richard Dewyne
Jeri Doran
Gary Escary
Chuck Freeman
Grace Gibson
John Ginn
Jan Girardot
James Gisburne
Laura Goodwin
Judy Gordon
Dallas Groves
Bill Guccini
Maxine Harris
Zona Hays
David Hostettler
Mary Hoza
Judith Hughes
Will Johnson
Harley Jones
Terrance Kelly
Nelda Kornasiewicz
Arlene Krohe
Elizabeth Larson
Alice Letang
Bevery Lozano
Ann Lundin
Cynthia MacMillian Brim
Jim McClleland
Jim Meeker
Mary Miracle
Joan Morse
Dorothy Moynihan
Emma Nadel
Julie Nesbit
Anne Ostrove
Babara Peterson
Jeremy Pfauth
Alvin Pound
Deborah Reed
Edna Sample
Jan Senne
John Shettel
Jack Simenc
Dwight Spies
Emily Spurgeon
Peggy Thomas
John Troka
Shirley Van Gaasbeek
Margaret Wierenga
Bev Williamson
Hans Woldrich
Sarah Zenk Bloosm

UPCOMING EVENTS

August 1-7

- Garfield County Fair in Rifle go to www.garfieldcountyFAIR.com for more information on all events.

August 2

- Our Great Outdoors at the Rifle Library 1:00 pm. Help us think about all the ways we can get outside and enjoy nature more in our community. Fun activities and crafts.

August 5

- 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. Downtown block party.
- Our Great Outdoors at the New Castle Library 1:00 pm.

August 5,12,,20,27

- Friday afternoon Club on the Mountain in Glenwood 5 to 8:30 pm. Free tram ride with a coupon that appears in the Post Independent on Fridays. Music will be Painters on **8/5**, The Logan Brothers on **8/12**, Fifty 50 on **8/20**, Gerry Goodman Band on the **8/27**.

August 3

- Summer of Music at Two Rivers Park in Glenwood 6:30 pm.

August 7

- The Shindig at Thompson House and Heritage Park in Carbondale from 5:00 pm to 8:00 pm. For more information call Beth at 781-632-4605.

August 4, 11,18,25

- Hilltop Music Series in Rifle at the Bookcliff Arts Center, located at 1100 East 16th Street. Exit 42 on **8/4,** Porch Pickers **8/11,** Bicycle Annie feat.Gonzales **8/18,** and Let Them Roar **8/25.**

August 8

- Hike 3 - Weller Lake, Grottos & Ice Caves Time: 9 am-3 pm. Cost: $20 / hike includes supervised hiking & transportation. Min/Max: 6/13 call 510-1279 to register by Aug 1st.

August 11

- Our Great Outdoors at the Silt Library 1:00 pm.

August 12

- Free Senior Music Jam at the Silt Historical Society Station 7 - 9 pm. Refreshments provided and donations accepted. Call Bessie at 970-309-2764 for more information.

August 13

- KDNK Blues & BBQ 4th Street Plaza & Park in Carbondale 3:00 pm to 10:00 pm.

August 14

- Summer Park Concert Series at Sopris Park in Carbondale 4:00 pm to 7:00 pm.

August 6,13

- Classical Concert Series, 5:45 pm at the Carbondale Library. Aspen Music Festival students will feature different music and instruments. Refreshments provided.

August 18

- Free Legal Help Clinic services are available to qualified Garfield County Residents. Set up a time to meet online with an attorney at the Parachute library. For more information call 945-8858.

August 21

- Our Town One Table Downtown Community Potluck in Carbondale ,4th Street Main to Euclid, 5:00 pm to 9:00 pm.

August 23

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

August 26

- Cowboy UP at 4th Street in Carbondale 5:00 pm to 10:00 pm .
- Carbondale Recreation Department's Palisade Fruit and Wine Tour 9 am to 5 pm cost is $10.00 Registration available at our website www. Carbondalerec.com

August 27

- Community Breakfast at the Rifle Senior Center 8:00—9:30 a.m. $4.00

WORD SEARCH PUZZLE

Dog Breed Word Search

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

AIREDALE
AKITA
BASSET HOUND
BEAGLE
BOXER
BULLDOG
CHIHUAHUA
CHOW CHOW
COLLIE
DACHSHUND
DALMATIAN
GERMAN SHEPHERD
GREAT DANE
LHASA APSO
MALAMUTE
MALTESE
MASTIFF
PEKINGESE
POMERANIAN
POODLE
PUG
ROTTWEILER
SAINT BERNARD
SAMOYED
SCHIPPERKE
SHAR-PEI
SHIH-TZU
WEIMARANER

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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

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

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

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 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.