GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

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CONNECTION

Re-released hits for baby boomers

"You're so Varicose Vein" by Carly Simon
"How Can You Mend a Broken Hip?" by the Bee Gees
"The First time Ever I Forgot Your Face" by Roberta Flack
"I Can't See Clearly Now" by Johnny Nash
"Papa Goat a Kidney Stone" by the Temptations
"These Boots Give me Arthritis" by Nancy Sinatra
"You Make Me Feel Like Napping" by Leo Sayer
"Once, Twice, Three Trips to the Bathroom" by the commodores
"A Whiter Shade of Hair" by Procol Harum
"I Get By with a Little Help from Depends" by the Beatles
"Rikki, Don't Lose Your Car Keys" by Steely Dan
"Mrs. Brown, You've Got a Lovely Walker" by Herman's Hermits
"Talkin' 'Bout My Medication" by the Who
"Bald Thin" by the Troggs
"You Can't Always Pee When You Want" by the Rolling Stones
"I Heard It Through the Grape Nuts" by Marvin Gaye
And last, but definitely not least, "Bad Prune Rising" by Credence Clearwater Revival (our personal favorite)

~ Author unknown

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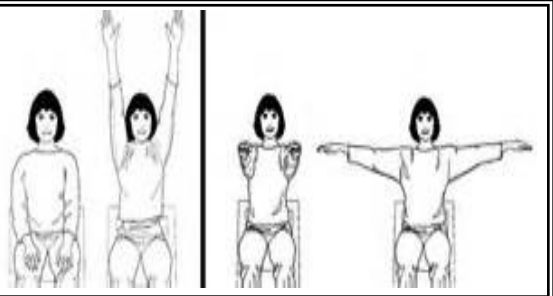
EXERCISE OF THE MONTH

Shoulder Touch and Reach
Sit or stand with hands on waist.
Reach arms out to sides, palms up.
Bend elbows and touch shoulders.
Reach arms straight above head.
Return to starting position in reverse order.



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OSTEOPOROSIS PREVENTION

Diet and exercise are important
Fortunately, in your older years, you can still take steps to protect your bones. You'll need a balanced diet rich in calcium and vitamin D, a regular exercise program, and in some cases, medication. These steps can help slow your bone loss. In addition, you'll want to learn how to fall-proof your home, and change your lifestyle to avoid fracturing fragile bones.

Getting enough calcium
Bone is made up of calcium, protein, and other minerals. Getting enough calcium helps protect bones by slowing bone loss. Women over age 50 should consume 1,200 milligrams of calcium a day. Men between ages 51 to 70 should consume 1,000 mg a day, and men over 70 should consume 1,200 mg per day.
To make sure you get enough calcium, and make foods that are high in calcium part of your diet. The most concentrated food sources of calcium include:

- Low–fat dairy products such as low fat milk, yogurt, and cheeses.
  Calcium fortified orange juice.

- Non–dairy foods that can be a good source of calcium include
  dark green, leafy vegetables (broccoli, collard greens),
  almonds, sardines, and canned salmon.

- Foods fortified with calcium, such as tofu, cereals, and orange juice.

Although foods rich in calcium are believed to be the best source of calcium, most American's diets do not contain enough calcium. Fortunately, you can chose to eat calcium fortified foods to ensure that you meet your daily calcium requirements. You can also take calcium supplements to help fill the gap. The most common calcium supplements are calcium carbonate and calcium citrate.

Getting enough vitamin D

Vitamin D helps your body absorb calcium. Exposure to sunlight causes your body to make vitamin D. Some people get all the vitamin D they need this way. However, many older people, especially those who are indoors most of the time and/ or live in northern areas, are not getting enough vitamin D. Many people also have trouble getting enough vitamin D during the winter months when sunlight is limited.

As you grow older, your need for vitamin D increases. People ages 51 to 70 should consume at least 600 units of vitamin D daily. People over age 70 should consume at least 800 units daily. According to current recommendations, certain kinds of fish herring, salmon, tuna and low fat milk fortified with vitamin D are good sources of vitamin D. A vitamin D supplement may also be necessary to meet the daily requirement.

Exercises for bone health Exercise can make bones and muscles stronger and help slow the rate of bone loss. It is also a way to stay active and mobile. Weight bearing exercises done tree to four times a week are recommended for bone health.

Provided by NIH Senior Health

SENIOR SCAMS

Senior citizens are often a prime target for telemarketing scammers. Some of the key reasons why this mature population is regularly pursued by impostors are:

An impression that seniors have funds sitting in a savings account, ready for the taking

- Seniors are more likely to conduct business and purchases over the phone
- Most seniors are homeowners with higher credit scores and lines of credit
- A trusting, polite nature is a green light for scammers

The National Council on Aging (NCOA) reports the following examples of telemarketing fraud:

The Fake Accident Ploy – The con artist claims the senior's child or another relative is in the hospital and needs money, requiring the distraught party to wire or send money for immediate assistance.

Charity Scam – Typically after a natural disaster, scam artists pose as a fake charity to prey upon sympathy and an urgent need for disaster recovery relief efforts.

The Pigeon Drop – The scammer informs the individual that he/she has encountered a large sum of money and is willing to share it if the person will make a "good faith" payment by withdrawing funds from their bank account. Sometimes a second con artist is involved, posing as a banker or attorney, or another trustworthy stranger.

Funeral Scam – The FBI warns of a ploy where scammers read obituaries and/or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. The scammer calls the victim with a claim that the deceased had an outstanding debt with them.

Here are some valuable scam prevention and protection tips for seniors:

- Register your home telephone number on the National "Do Not Call" Registry at donotcall.gov
- Obtain the caller's name, business identity, telephone number, street address, mailing address, and business license number before considering a transaction
- Inform telephone solicitors you refuse to respond to an offer before seeing everything in writing
- Never give credit card, bank, or any other personal information over the phone
- Do not answer phone calls from unrecognizable numbers
- Be cautious of unsolicited offers and claims of "free gifts" or "prizes"

Resources:
National Council on Aging (ncoa.org)
Federal Bureau of Investigation (fbi.gov/scams-safety/fraud)
Home Instead Senior Care ® Protect Seniors from Fraud ®
(www.caregiverstress.com/senior-safety/senior-fraud)
National Committee for the Prevention of Elder Abuse
(preventelderabuse.org/elderabuse/fin_abuse.html)

~ Provided by Shield Health care

RELIEF FOR PEOPLE WITH MEDICARE

Seniors can breathe a sigh of relief today, as the final 2016 premiums and deductible for Medicare were announced. For about 70 percent of beneficiaries, premiums will not change staying at 2015's $104.90. And for the remaining beneficiaries, the standard premium will be $121.80, $37.50 less per month and $450 less for the year than the Medicare Trustees predicted over the summer.

The Part B deductible will be lower than the summer projections as well, at $166 total, or $57 less than predicted. Lastly, the States, which cover these costs for poor Medicare beneficiaries, are projected to save $1.8 billion according to the Medicare Actuaries.

This good news is all thanks to the agreement that President Obama and Congress came together to craft and pass a law, called the Bipartisan Budget Act of 2015 just last week. This new law, in addition to providing stability to our economy and common sense to our budget process, spreads out the cost of maintaining the Medicare Trust fund for doctors and outpatient services, or Part B. This change will prevent a sharp premium increase in 2016, as well as in 2017 if there is again no cost of living adjustment in Social Security.

Provided by White House Conference on Aging November 2015
For more information go to www.huffingtonpost.com

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 completed 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 assessments.

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

December Birthdays

Carol Abbott
Kristy Alvery Goure
Johanna Ator
Mimi Baldwin
Bobbie Barker
Paul Bernklau
Maria Blanco
Carol Boyd
Haven Castine
Roy Cerise
Gini Christensen
Dorothy Doyle
Jo Ann Duffy
Frances Fiedler
Beatrice Garrison
John Gracey
Georganna Griffith
Robert Harper
Gary Hopkins
Antoinette Jaworski
Cecilie LeBrun
Paulette Katona
Bob Kolanda
David Kosht
Nila Elena Marshall
Lucy McGregor
James Maier
Kristen Main
Mary Mateer
Alice McDaniel
Debra McDonald
Elder Morris
Timothy Murphy
Marilyn Neugebauer
Sharon Perrin
Dorothy Pons
Jean Proud
Eric Robinson
Fay Rockwell
Larry Rynearson
Rosie Shaw
Colleen Strepka
Donny Suazo
Barbara Tischler
Maebelle Tominson
Rob Trebesh
Deb Trujillo
Virginia Widell
Betty Wilson
Pat (Fanny) Wood

No meals served December 24, 25 or January 1, 2016

December 25

December 31
New Years Eve

UPCOMING EVENTS

December 1

- Last day to sign up for a ride to the Mountain Madrigal Concert December 6. Call 945-9191 ext. 3061.

December 4

- First Friday in Rifle, 5 - 8 pm Friday evening, it's a time for people to gather and enjoy the arts and mingle with friends.
- 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 light up Carbondale, 3 - 8 pm at 4th Street Plaza. Free hot chocolate and cookies and bonfire and marshmallows.
- CMC West Garfield Campus presents their Annual Christmas Pottery Show and Sale. Student and instructor works of art for sale. Very reasonable prices. Enjoy refreshments while you browse. 753 Railroad Ave at Rifle Middle school auxiliary gym.

December 4, 5

- The Glenwood Mountain Lions Club Branch is teaming up with the Glenwood Springs Library to present a Comedy Film Festival. The fun begins on Friday evening at 7 pm with "Blazing Saddles" On Saturday, "Ghostbusters" will be shown at 1 pm, followed by "Airplane!" at 4 pm, and "Naked Gun: From the Files of Police Squad!" at 7 pm. Admission is free and popcorn will be available.

December 5

- New Castle Chamber of Commerce Craft show 10 am to 3 pm at the New Castle Community Center.
- Chili Cook-off from 3 to 6 pm at the Burning Mountain Park in New Castle.

December 6

- Mountain Madrigal Singers are presenting a matinee concert for seniors to get us in the holiday mood, 2:30 pm, United Methodist Church 9th and Cooper in Glenwood Springs.

December 8

- Monthly book club. Bring your lunch and enjoy lively discussion. 12 pm at the Rifle Library. Book selection is"The Orphan Train" by Christina Baker Kline.

December 11, 18, 1/1/2016

- Glenwood Caverns Adventure Park Friday Afternoon Club (FAC) on the Mountain. Featuring live music and food and drink specials from 5 – 8:30 pm Guests can ride the tram free after 4 pm when they mention FAC at the tram base.

December 11

- 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.

December 12, 13

- The Nutcracker, December 12 at 2 & 7:30 pm, December 13 at 1 & 5 pm. Embrace the holiday spirit and enjoy the magic of Aspen Santa Fe Ballet's The Nutcracker. Performances take place at the Aspen District Theater, 335 High School Road. Call 925-7175 for more information.

December 15, 16, 17, 18

- Join us as Jonathan Waterman shares his career as a journalist, filmmaker, and explorer while providing details of thrilling adventures, spectacular images, and bear-encounter-mosquito-attack video footage. The schedule and talk topics are as follows: Journey Down the Colorado River Silt Branch Library: Tuesday, December 15 at 6:30 pm Parachute Branch Library: Thursday, December 17 at 6 pm Life Lessons of an Adventurer in Conservation Carbondale Branch Library: Wednesday, December 16 at 6:30 pm. New Castle Branch Library: Friday, December 18 at 6 pm

No meal or Traveler service
Dec 24, 25 & Jan1

Types of Care Facilities, What is the Difference?
By Michael Farrell, Mesa Vista Assisted Living

Understanding the many types of existing care facilities can be a challenge. Additionally, each type is not consistent from state to state, making things confusing. Let's examine some of the differences, focusing on facilities within the State of Colorado.

Adult Day Programs provide a place where seniors, and those with disabilities, can go for the day. Older adults can sometimes find themselves homebound and spending time alone, especially if their caregiver has to work. The objective is to provide a safe and stimulating environment where participants can socialize and take part in activities. This program helps people continue to live in their home, while remaining active and making new friends. It also allows the caregiver time to go shopping, run errands, or have a break. Meals and snacks are usually provided, and medication administration provided if needed.

Respite Care is available for those needing a temporary place to stay. Often, this is for a person recently released from the hospital, who needs extra care for a limited time before returning home. Or if a caregiver is taking a business trip or vacation. Generally, respite care is for less than one month.

Adult Day programs and Respite Care may be paid for privately. Long-term care insurance or Medicaid may pay in some cases.

Senior apartments are rental apartments for seniors that generally do not provide any type of support services. Residents may receive services from home care agencies. Apartments may be subsidized to keep rent affordable for low-income elderly, and persons with disabilities. Assisted living facility is a full-time live-in residence for seniors who need some help with day to day living. The care provided is limited in scope. Generally, a resident must be able to get out of bed and move to a wheelchair or walker on their own. Three meals a day, 24-hour staffing, medication administration, social and physical activities, laundry and housekeeping, and some personal care services are provided. The specifics of each service offered varies with each facility. The idea is to facilitate as much independence as possible.

Assisted living situations will generally be less expensive than a nursing home. Some assisted living programs offer a greater custodial care for an additional cost. In some cases, this may allow a resident to avoid, or delay, moving to a nursing home. Some communities accept Medicaid, but many only accept private pay or long term care insurance.

A **Nursing Home** or **Skilled Nursing Facility** is oriented for seniors in need of ongoing nursing care or rehabilitation following an acute care stay in a hospital. A greater degree of custodial care is also offered, including feeding, bathing and transferring someone who is immobile from their bed to a wheelchair or into a shower. Nurses will usually be on site 24-hours a day and other medical professionals, including physical and occupational therapists, will often be on staff. This is the highest level of care available for seniors outside of a hospital.

Nursing home stays may be covered by private funds, long term care insurance, Medicaid or Medicare in some circumstances.

Some communities offer more than one type of care. Mesa Vista began as an assisted living facility, but now includes Adult Day program, Respite Care, and Subsidized Senior apartments. The Adult Day program members mingle freely with the residents in activities, trips and meals and take advantage of the amenities. Likewise, Senior Apartment residents may join in the social life and activities if they wish, or have the option to keep to themselves. They also can sign up for a meal plan so they don't have to cook or buy groceries. All residents may keep a vehicle onsite if they are still driving.

THE GREATNESS OF THE GRAIN
by Drew (Simonson) Schelling, R.D.

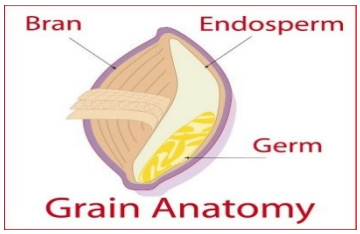
What is a whole grain?
A whole grain is a food that has a bran, germ, and an endosperm. It is has not been heavily processed.

What is the Bran?
The outer layer of the whole grain that is taken out in processed foods like white bread, white rice, or enriched flours. The bran very is important because it has lots of fiber and B vitamins in it. This is one reason it is better to eat whole grain foods.

What is the Endosperm?
The middle layer of the whole grain that is in both processed and whole grain foods. This is the starch/energy part of the grain.

What is the Germ?
The inside layer of the whole grain that is also taken out in processed foods like white bread, white rice, or enriched flours. The germ is important because it has lots of fiber, Vitamin E, and healthy fats. This is another reason it is better to eat whole grain foods.

Why do we need whole grains?
Whole grains provide our bodies with fiber, B vitamins, Vitamin E, and essential healthy fats. Fiber is like a body sweep that helps lower our cholesterol and keeps a healthy digestive system. It also helps control our blood sugars and keeps us full.



Ways to whole grain-up the holiday

On the label of the food (bread, cereal, or granola) look for 2 grams or greater in dietary fiber.

- The first ingredient should be "*whole wheat*" not "*Enriched.*"
- Eat more oatmeal for breakfast (remember ½ cup is the correct portion).
- Add flax seed to popular dishes or smoothies.
- Switch to whole wheat pasta and brown rice
- Make whole grain holiday treats (see recipe on next page)

RECIPE & WORD SEARCH

4-Ingredient Banana Oat Bars

Yield- 9 squares
2 large, very ripe bananas
2 cups rolled oats
1/4 cup pitted, chopped dried dates
1/4 cup chopped nuts — such as walnuts, hazelnuts, or pecans

Directions: Heat the oven to 350°F and lightly grease a 9x9 inch square baking dish with olive oil or butter. Peel the bananas and mash their flesh in a medium mixing bowl. Mash very thoroughly until no large chunks remain; the bananas should be essentially liquid (you will have between 1 cup and 1 1/4 cup). Stir in the vanilla, if using. Add the oats and stir them in. Stir in the dates and nuts. Pat the thick mixture evenly into the baking pan. Bake for 30 minutes or until the edges just begin to crisp up. Place the baking pan on a rack to cool.

One serving (1 bar) contains 136 calories and 3.4 grams of fiber

Recipe from: The Kitchen. September 2011. Accessed on November 3, 2015. Accessed from http://www.thekitchn.com/recipe-4-ingredient-banana-oat-bars-snack-recipes-from-the-kitchn-156571

Approved by Drew Schelling R.D.

Holiday Tunes

Away in a Manger
Choir of the Bells
Dominick the Donkey
Frosty the Snowman
Holly Jolly Christmas
Jingle Bell Rock
Jingle Bells
Let it Snow
Little Drummer Boy
Little St Nick
O Holy Night
Rudolph
Santa Baby
Silent Nigh
Silver Bells
The Christmas Song
The First Noel
Winter Wonderland

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

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

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.

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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.