

GARFIELD COUNTY SENIOR PROGRAMS

CONNECTION

A NEW TAKE ON OLD TUNES

Decipher these classic Christmas songs:



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1. Quadruped with crimson proboscis
2. 5 pm to 6 am without noise
3. Miniscule hamlet in the far east
4. Ancient benevolent despot
5. Adorn the vestibule
6. Exuberance directed to the planet
7. Listen, aerial spirits harmonizing
8. Monarchical trio
9. Yonder in the haystack
10. Assemble, everyone who believes
11. Hallowed post meridian
12. Fantasies of a colorless December 25th
13. Tin tinnabulums
14. A dozen 24 hour Yule periods
15. Befell during the transparent bewitching hour
16. Homosapien of crystallized vapor
17. I merely desire a pair of incisors
18. I spied my maternal parent osculating a fat man in red
19. Perambulating through a December solstice fantasy
20. A loft on the acme of the abode

Answers on page 5



EXERCISE OF THE MONTH

Upper body elbow extensions



1. You can do this exercise while standing or sitting in a sturdy, armless chair.
 2. Keep your feet flat on the floor, shoulder-width apart.
 3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
 4. Support this arm below elbow with other hand. Breathe in slowly.
 5. Slowly bend raised arm at elbow and bring weight toward shoulder.
- Hold position for one second. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow. Repeat 10-15 times.
- provided by NIH Senior Health

'Tis the holiday season once again! The weather is getting colder, and grocery stores are stocking their shelves with all the fixings for traditional holiday feasts. It seems very natural to us that certain foods and confections are associated with this season, but how did they become so entwined in holiday tradition? Only history can tell!

Fruitcake: Though the exact date of the creation of the first fruitcake is unknown, the tradition can be traced back thousands of years. There is evidence that families were giving and receiving this edible treat in Rome prior to the birth of Jesus. The fruit cake was a popular gift to give because the ingredients combined in such a way as to drastically reduce spoilage. This made the fruitcake an ideal food to carry while traveling, particular at a time when people did not have as great control over their food supply as we do today. The fruitcake of today evolved from British plum cake, a cake that could be made months in advance in case unexpected visitors should happen to drop in.



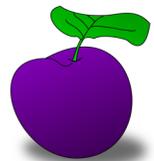
Wassail: This holiday drink hails from an English "house-visiting" tradition in which young women walked from house to house carrying a bowl of drink, singing, and toasting to good health. The name of the drink, wassail, comes from the Anglo-Saxon "waes haeil," which is directly translated as "be healthy." The drink could be anything, though was usually spiced rum, but today it is often spiced cider.



Eggnog: The invention of eggnog is thought to be an American twist on European milk and wine punches, using rum as the alcoholic ingredient instead of wine. In Colonial America, rum was referred to as "grog" and the milk-based punch contained eggs. Thus, the term "eggnog" may be a shortened version of the phrase "egg and grog". Of course, today we can easily find a non-alcoholic version of eggnog in any grocery store.



Sugar plums: there is no plum at the center of a sugar plum. Instead, there might be an aniseed or a caraway seed, coated in as many as 12 layers of sugar syrup to achieve the size and shape of an actual plum. Sugarplums were popular in the 17th, 18th, and 19th centuries, but only a few references to them remain today: for example, in 'Twas the Night Before Christmas, and the Sugarplum Fairy in the Nutcracker ballet.



Candy cane: It is believed that the shape of the candy canes stems from the shape of shepherds staffs, thus symbolizing the shepherds in attendance at the birth of Jesus. The candy canes were traditionally hung on the Christmas tree and given to children to encourage good behavior during church services. 'Tis the season for enjoying holiday treats, but remember that moderation is key!



– Provided by Volunteers of America, volume 5, issue 11-12 Nov/Dec 2009

GARFIELD COUNTY SENIOR PROGRAMS WISHES EVERYONE
A VERY MERRY CHRISTMAS, AND A HAPPY & HEALTHY NEW YEAR!



Give yourself the best gift and sign up for one of our exercise programs. Please call Debby at 945-9191, ext. 3084, to get your name on the list for upcoming exercise classes in your area: Tai Chi, Matter of Balance, N' Balance, Healthier Living Colorado, and Cooking Matters. Thank you to our Well & Wise instructors for all their hard work in teaching classes: Molly Kehoe, Laura Goodwin, Jennifer Holton, Jean Barnard Maye, and Sharon Pennington.



Food-Drug Interactions

Many people worry about food–drug interactions, but don’t understand the effect the food has on both prescription and over-the-counter drugs. Clarification may help convey a better understanding of food and drug reactions.



Food	Interaction
<p>1) Grapefruit juice</p> <p>Reacts with cholesterol lowering drugs (statins), allergy medicine (antihistamine), blood pressure drugs, thyroid replacement drugs, birth control, stomach acid drugs, and cough suppressant dextromethorphan.</p>	<p>Grapefruit juice contains furanocoumarins which act in the body and alter characteristics of the drugs. For example, it can cause the body to metabolize drugs abnormally, meaning, lower or higher levels of that in drug in your system.</p>
<p>2) Salt substitutes</p> <p>Reacts with Digoxin (will decrease effect) and ACE inhibitors (increases blood potassium levels).</p>	<p>Be careful with salt substitutes. Just because it doesn't have salt does not mean it should be over used. Substitutes usually replace sodium with potassium. We need a happy balance of both in our bodies. Use Mrs. Dash® and natural herbs to replace salt and flavor your foods, not</p>
<p>4) Green leafy vegetables</p> <p>React with blood thinners such as Coumadin® (warfarin) because their high content of Vitamin K. Eating too much leafy greens at once can decrease the ability of the drug to prevent clotting.</p>	<p>Who says you can't have kale or collard greens? You can have kale and other leafy greens. Problems only arise when you significantly & suddenly increase or decrease your intake. Eat your kale/leafy greens consistently. After all, leafy greens are very important for good health and nutrition!</p>

SNOWBALL TRUFFLE RECIPE



These dairy-free truffles taste great without added fat and sugar. Give as a holiday gift to family, friends or coworkers.



INGREDIENTS

- 12 medjool dates, pitted
- 2 tablespoons water
- 4 tablespoons unsweetened cocoa powder
- ½ cup puffed brown rice
- ½ cup shredded unsweetened dried coconut

Serving size: 1 truffle, Serves 14

DIRECTIONS

1. In food processor or blender, puree dates and water until a sticky paste/ball forms. Pulse in cocoa powder until solid dough forms. Stir in puffed brown rice.
 2. With small scoop, form mixture into 14 tablespoon-sized balls.
 3. Roll each ball into coconut to lightly coat.
- Refrigerate for 30 to 60 minutes to set.

You can store refrigerated balls in an airtight container for up to two weeks.

Nutrition Information: Calories: 70; Total Fat: 2.5g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 0mg; Total Carbohydrate: 13g; Dietary Fiber: 2g; Sugars: 10g; Protein: 1g; Vitamin A: 0%; Vitamin C: 0%; Calcium: 2%; Iron: 2%

Recipe approved by Drew Schelling, RD. Snowball truffles recipe by: Dawn Jackson Blatner, RDN, CSSD. Retrieved from: <http://www.eatright.org/resource/health/lifestyle/seasonal/helpful-tips-for-healthy-holiday-parties>. Accessed on October 28, 2016





ANSWERS TO CLASSIC CHRISTMAS SONGS

If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Debby Sutherland, 945-1377, ext. 3084 or Barbara Peterson, ext. 3005, for more information.

1. Rudolph, the Red Nosed Reindeer
2. Silent Night
3. O Little Town of Bethlehem
4. Good King Wenceslas (Jolly Old Saint Nick)
5. Deck the Halls
6. Joy to the World
7. Hark the Herald Angels Sing
8. We Three Kings
9. Away in the Manger
10. Come All Ye Faithful
11. O Holy Night
12. I'm Dreaming of a White Christmas
13. Silver Bells
14. The Twelve Days of Christmas
15. It Came Upon a Midnight Clear
16. Frosty the Snowman
17. All I Want for Christmas is My Two Front Teeth
18. I Saw Mama Kissing Santa Claus
19. Walking Through a Winter Wonderland
20. Up on the Rooftop



Sounds of the Season

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 2016 assessments.

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



DECEMBER BIRTHDAYS

Carol Abbott
 Kristy Alvery Goure
 Bobbie Barker
 Paul Bernklau
 Maria Blanco
 Mert Bottroff
 Cynthia Brubacher
 Haven Castine
 Lavana Cerise
 Roy Cerise
 Gini Christensen
 Terry Decker
 Jo Ann Duffy
 Frances Fielder
 John Gracey
 Delia Gray
 Georganna Griffith
 Bob Harper
 Antoinette Jaworski
 Mindy Johnson

Paulette Katona
 Stefani Kindall
 Setsuko Langstaff
 Cecilia Lebrun
 Susan Lewis
 Louisa Lovett
 James Maier
 Kristen Main
 Nila Elena Marshall
 Alice McDaniel
 Jean Proud
 Mary Louise Mateer
 Alice McDaniel
 Debra McDonald
 Tim Murphy
 Marilyn Neugebauer
 Sharon Perrin
 Christina Powell-Landgren
 Eric Robinson
 Fay Rockwell

Mary Salvadore
 Doris Shettel
 Colleen Strepka
 Donny Suazo
 Lucy Smith
 Donny Suazo
 Barbara Tischler
 Maebelle Tomlinson
 Rob Trebesh
 Deb Trujillo
 Nick Vandenhurk
 Mary Lou Weimer
 Pat (Fanny) Wood

Christmas Day

December 25

New Years Eve

December 31

New Year's Day

January 1

UPCOMING EVENTS

December 2

- **First Friday in Rifle, 5 - 8 pm.** It's a time for people to gather and enjoy the arts and mingle. 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 events, including live music and street performers. Oktoberfest theme, 5-9 pm.
- **Vaudeville Review.** Call Tami at the Rifle Senior Center for more information 665-6540. Cost is \$26.
- **A visit with author Erik Storey** "Nothing Short of Dying" book debut at the Rifle Library 6 pm.

December 2,3

- **Tree lighting** will be on 12/2, Craft Fair and Chili Cook Off 3-6 pm at Burning Mountain Park in New Castle. Call 984-2716 for more information.

December 3

- **Elks Lodge Holiday Craft Fair**
51939 Hwy 6 & 24 Glenwood 9 am to 3 pm.

December 4

- **Mountain Madrigals free concert**
2:30-4 pm at the First Methodist Church
824 Cooper Ave in Glenwood.

December 7

- **Grand Junction Shopping Trip**
Call Tami at the Rifle Senior Center 665-6540 for more information. Cost is \$6.00.

December 9

- **Free Senior Music Jam** at the First Baptist Church 632 Grand Ave in Silt, 7 - 9 pm. Refreshments provided and donations accepted. Call Bessie at 970-309-2764 for more information.
- **Second Friday in Glenwood Springs**
5-7:30 pm at the Center of Arts; Cooper Corner Gallery 5-8 pm, and Artist Mercantile 6-8 pm. A fun free social evening to kick off the Christmas gift buying season.

- **Second Friday in Basalt**
5-7 pm. Eight galleries are participating, seven on Midland Ave, and Toklat Gallery is just off Midland in Riverside Plaza on Two Rivers Road.

**December 10**

- **Winter Celebration Festival of Trees**
at 707 Orchard in Silt from 2-6 pm. Come and bid on the trees, check out the bake sale and vintage items for sale. Hayrides provide fun while various choirs from the local schools carol. Proceeds from the sale will go to support the Silt Historical Park and The Ride program. Call Bill Smith for more info, 618-4182.

December 10,17

- **Holiday Concert with Amanda Gessler**
at the Carbondale Library, 3 pm. Refreshments served.

December 13

- **Monthly book club**
at the Rifle Library 12 pm. Bring your lunch and enjoy lively discussion about the book "Tourist Season" by Carl Hiaasen.

December 14

- **Dinner in the Valley-** Call Tami at the Rifle Senior Center for info and to make a reservation, 665-6540. Cost is \$1.00 for bus, pay for your own dinner.

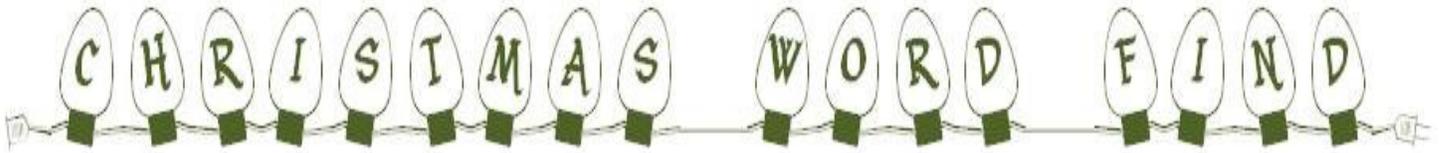
December 15

- **Crafters Café** at the Silt library, 6 pm. Learn how to make ornaments from book pages. We will provide the materials. Come sip hot cider and leave with something special for your tree. To register, call 876-5500.

December 17

- **Free Community Meal** at
Faith Lutheran Church in Carbondale
11:30 am to 1:30 pm.
- **50th Birthday Bash** at
Sunlight Mountain Resort 9 am.

WORD SEARCH PUZZLE



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

- CHRISTMAS
- HOLLY
- ORNAMENT
- MISTLETOE
- GREEN
- RED
- SILVER
- BELLS
- JINGLE
- HOOHO
- STAR
- SANTA
- HOLIDAY
- STOCKING
- JOY
- MERRY
- CARD
- PRESENT
- BOW
- SNOWFLAKE
- TREE
- GINGERBREAD
- WREATH
- SNOWMAN
- CANDLE





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.



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
970-945-9191, ext. 3061, jumartin@garfield-county.com
cell (970) 456-2295

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

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

Drew Schelling, Registered Dietitian
970-625-5200, ext. 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, by visiting our website at www.garfield-county.com. Choose "seniors" in the top menu.

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 Daniels 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, such as Matter of Balance, Tai Chi, for Arthritis, N' Balance, Healthier Living Colorado, and Cooking Matters, please call Debby at 970-945-9191 ext. 3084.

Senior Matters

Diane Johnson 970-306-2587
John Hoffman 970-963-1689
www.seniormatters2@sopris.net

Volunteers who are not able to volunteer at a meal site because they are sick or on vacation should call Debby at 945-9191 ext. 3084, or Barbara at 945-9191 ext. 3005, to let them know of the 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.