

# CONNECTION



## HAPPY NATIONAL SNACK MONTH

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### Special points of interest:

- Phone numbers for Garfield County Senior Program staff and other agencies
- Our mission statement
- Menu for February

Did you know that February is National Snack Month? Right now I'll bet you're thinking about your favorite snacks, rich, crunchy, chewy, salty and /or sweet foods. And unfortunately, poor snacking habits lead to poor nutritional choices and weight gain. In the past few years, the majority of adults have been found to snack at least two times each day.

### How can you turn snacking into something healthy that provides more good nutrition, decreases appetite, and controls weight?

Make snacks work for you by choosing nutrient-rich foods, from food groups that may be lacking in your normal meals, especially fruits and vegetables. Well-chosen snacks can boost your energy between meals and supply essential vitamins and minerals like calcium, magnesium, potassium, and folic acid. This is especially important for older adults who need to include as much nutritional "punch" as possible, into what may be a decreased appetite or availability of food.

### There is a place for snacks in a healthy eating plan!

- Think of snacks as mini meals that can contribute nutrient rich foods, and not just some thing to eat. You can fit snack calories into your personal healthy eating plan, as long as your regular meals aren't on calorie overload.
- Snack only when you're hungry. Be aware of what your body is telling you. Maybe you're just bored, frustrated, or stressed.

## EXERCISE OF THE MONTH

### Write your name with your foot while sitting down in a chair.

Practice writing your name with each foot. This will help with flexibility and help strengthen your ankles.

## National Snack Food Month Continued

- Maybe you're just bored, frustrated, or stressed. If so, find something else to do like walking the dog or working in the garden. Be especially careful of mindless snacking while watching TV! And remember that drinking alcohol can trigger the munchies.
- Practice portion control. Have a single serve container of yogurt, or put a small serving of nuts in a bowl.
- Plan snacks ahead of time. Keep a variety of nutritious ready to eat supplies on hand, such as whole grain crackers and low fat cheese. Make a healthy snack list to help from getting bored with the same snacks.
- Small servings of lean, high protein snacks will provide more nutrients than just a single item snack. Try combining nuts, hard boiled eggs, eggs, low fat yogurt, cottage cheese, or milk with fruit, vegetables, or whole grains
- Don't add snacks, even healthy ones, if you are already getting enough calories. Only add snacks if you have a medical condition that necessitates more calories.

**Get creative with the following snack suggestions by swapping out different fruits, vegetables, and grains to keep your snacking exciting! Snacks with fewer than 200 calories are:**

- One tablespoon peanut butter spread on slices of medium apple
- One cup tomato soup with five whole grain crackers
- Three cups air popped popcorn sprinkles with three tablespoons grated parmesan cheese
- Tri color veggie snack: 6 baby carrot, 10 sugar snap pea or green pepper strips, 6 cherry tomatoes and 2 tablespoon reduced fat ranch dressing for dipping.
- Small baked potato topped with salsa and 1 ounce low fat cheese
- Toaster waffle topped with 1/2 cup blueberries and 2 tablespoons low-fat yogurt
- Six whole wheat crackers and one slice low fat colby cheese
- Fruit smoothie: Blend 1 cup fat free milk, 1/2 cup frozen strawberries and 1/2 banana
- On 6 inch flour tortilla with 1/4 cup black beans and 2 tablespoons fresh salsa
- Quick to fix salad: 2 cups mixed greens with 1/2 cup mandarin oranges, 1tablespoon sliced almonds and 2 tablespoons reduced fat dressing
- Mini sandwich: Whole grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard
- Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip
- Yogurt parfait: Layer 6 ounces fat free yogurt, 1/2 cup berries and 1/4 cup granola
- One 4 ounce fat free, ready to eat vanilla pudding with 1/2 cup fresh fruit and 4 vanilla wafers
- Veggie pizzas: 1/2 whole wheat English muffin topped with 1 tablespoon low fat cream cheese, 1/2 cup diced fresh veggies and 1 tablespoon low fat mozzarella cheese
- Banana split: 1/2 banana sliced length wise topped with 1/4 cup frozen yogurt and a table-spoon of chopped nuts

Prepared by Linda Sorenson R.D.

Garfield County Senior Programs provide free nutrition counseling for all registered diners. If you would like more ideas on how to include snacking without gaining weight or if you have difficulty including enough calories and nutrients in your diet due to illness or lack of appetite, please call Christine Singleton Dolan (970) 945-6614 ext. 2020.

Approved by Christine Singleton Dolan R.D .

## Well & Wise Classes

The Well & Wise Programs is a project of Eagle County Public Health and is a collaboration between Eagle, Garfield, and Pitkin Counties, and the Consortium for Older Adult Wellness (COWA). The program is supported through a grant from the Colorado Health Foundation.

Through our partnership with COWA, 20 instructors have been trained to bring community based chronic disease, self-management, and fall prevention classes to adults 55 and older, in our three county region (Eagle, Pitkin, and Garfield counties).

Well & Wise classes include:

- Matter of Balance
- N' Balance
- Tai Chi for Health
- Healthier Living Colorado– CDSMP

Another exciting component to this program is our partnership with local physicians to create a referral process for these classes. The CDSMP helps patients become advocates of their health by working with their physicians on their journey to optimal health and self-management.

### Upcoming Classes:

**Tai Chi for Arthritis:** February 18 - April 8, in Silt at the Fire station, 1:00 pm, taught by Laura Goodwin and Debra Robertson

**Tai Chi for Arthritis:** Heritage Park Assisted Living class is full, taught by Molly Kehoe

**Healthier Living Colorado:** February 5 - March 12, in Rifle at the Rifle Senior Center, 9:30 am, taught by Judy Martin and Laura Goodwin

**N' Balance:** January 30 in Rifle is full, get your name on the list for the next class! Taught by Debby Sutherland and Jennifer Holton

If you are interest in getting trained to become an instructor to teach Matter of Balance we will be having an all-day, free training, in Rifle on February 17th. Call Debby for more information at 945-9191 ext. 3084.

For information about the classes throughout Garfield County, or to get your name on the waitlist, contact Debby Sutherland at 945-9191 ext. 3084.

Reservations are needed. Cost is \$10.00 for each class, scholarships available. Full refund for student who complete five classes.





## Did you know?

Mesa Vista Assisted Living in Battlement Mesa has opened their new Adult Day Care Program, open Tuesday and Thursdays from 9 am to 4 pm. The program offers seniors a safe supportive environment with friendly social interaction, planned activities, snacks, and a hot lunch, giving spouses or other caregivers a break. For information call 970-285-1844.

Valley View Hospital is in need of knitted or crocheted baby hats. Cheryl Picket has agreed to pick them up and deliver them to the hospital. Call Cheryl at 285-9755 for more information or senior programs 945-9191 ext. 3061 to pick up baby hats.

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 for more

### 10 warning signs of hearing loss

1. People mumble when they speak.
2. You hear, but do not always understand.
3. You ask people to repeat themselves.
4. Telephone conversations are sometimes difficult.
5. Your family complains that you play the TV or radio too loudly.
6. You don't hear environmental sounds, like the dripping of a faucet or the turn signal in a car.
7. You have trouble hearing when your back is turned to the speaker.
8. You avoid social situations.
9. You experience ringing in your ears.
10. You have difficulty understanding speech in a noisy background.

Please accept our apology if we missed your birthday, the names are based off 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 2014 assessments.

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

Jeanne Baker  
Gerald Bretz  
Erma Campbell  
Kathy Carpenter  
Lauren Chapman  
Edith Chido  
Bobbie Dungan  
Joann Elderkin  
Lola Felland  
Tanner Jadwin  
Ruth Jennings  
Geri Jewell  
Melva Marney  
Olive Myers  
Gary Osier  
Mary Osier  
Jon Phillips  
Marcia Provost  
Gene Rockwell  
Helen Smith  
Sharon Taylor

Amelia Trentaz  
Jill Ulrych  
Katherine Wear  
Evelyn Wells  
Ralph Wilde  
Ann Williams



**Ground Hog Day**  
February 2



**Valentines Day**  
February 14



**Presidents' Day**  
February 16  
No meal service



**Flag Day**  
February 24

## FEBRUARY BIRTHDAY'S



## Upcoming Events

### February 3,17

- Enjoying Poetry: A four part series for beginners, 6:00 pm at the Glenwood Library

### February 6

- First Friday in Rifle 5:00 - 7:00 pm  
Friday evening, it's a time for people to gather and enjoy the arts and mingle with friends. The night when everyone goes out downtown.
- Super Seniors program at the First Baptist Church in New Castle. The program begins at 10:00 am and concludes with a free lunch. Reservations call 970-984-2306.
- First Friday in Carbondale Mardi Gras experience, gallery openings, business open houses, and other events, including live music and street performers at the Third Street Center and throughout downtown.

**Men and women are encouraged to wear red as a symbol of their support of women's heart health.**

### February 6,7 8

- Ski Spree weekend in Glenwood. Highlights include ski and snowboarding contests, a competitive chili cook-off at 5 pm and fireworks show at 8:00 pm at the Hotel Colorado on Feb. 7. Purchase a \$10.00 wrist band to get into the activities. For more information contact Jennie at 945-7491 ext. 220

### February 8,9,& 10

- Summit County Winter Games register now [www.summitwintergames.com](http://www.summitwintergames.com). Silent auction, pasta dinner, skating events, and nordic events.

### February 10

- Vilar Performing Arts in Beaver creek presents the MOMIX Modern Dance Performance. The van will depart at 4:30 pm from Carbondale, cost is \$35.00. For more information go to [www.vvf.org/arts/vilar-performing-arts-center](http://www.vvf.org/arts/vilar-performing-arts-center). Call 970-510-1278 to make reservations.

### February 12

- Meet the Author: Mixing Myth, Romance & New Media with ST Bende 3 pm  
Colorado Mountain College in Rifle

### February 13

- Free Senior Music Jam at the Silt Fire Station 7:00 - 9:00 pm. Refreshments provided and donations accepted. Call Bessie 970-309-2764 for more information.

### February 20

- Love Your Pet Day is a day to pamper your pet. Sometimes we get busy and our pets get lonely when we are busy doing other things in our lives.
- **Swing Je T'aime** a swing band will preform a free concert at Colorado Mountain College in Rifle 7 pm

### February 21

- 1st Annual Founders Day Celebration-join in on the festivities. State Rep. Bob Rankin dedication of the Jolley Trail, old fashion pot luck ,Coal Ridge High School Choir 11:00 am to 1:30 pm at the New Castle Community Center.

### February 27,28

- Thunder River Theatre Company will be performing Hamlet .Call 963-8200 for tickets or go to [www.thunderrivertheatre.com](http://www.thunderrivertheatre.com)

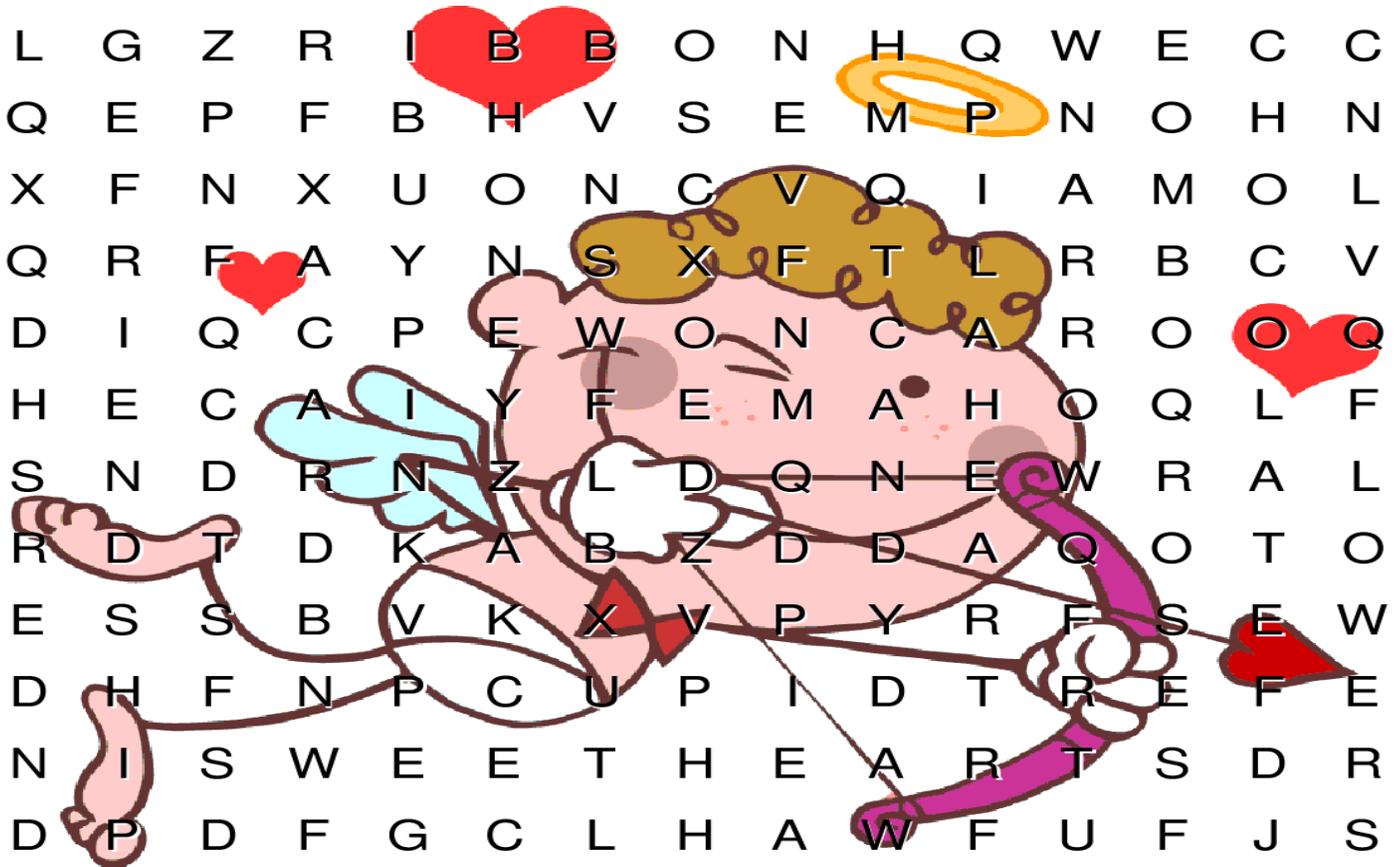
### February 28

- Vilar Performing Arts in Beaver Creek presents Estonian Philharmonic Chamber Choir at 6:30 pm. The van will depart at 4:30 from Carbondale. Call 970-510-1278 to make reservations.

## Word search puzzle

### Valentine's Day Word Search

www.KidsCanHaveFun.com



- |            |            |       |           |           |
|------------|------------|-------|-----------|-----------|
| ARROW      | HEART      | CANDY | CUPID     | FLOWERS   |
| SWEETHEART | ROSES      | RED   | PINK      | VALENTINE |
| CARD       | FRIENDSHIP | HONEY | CHOCOLATE | RIBBON    |

### Tax Program at RSVP

If you are a senior, a person with a disability, or your household income is less than \$49,000 per year RSVP can prepare and electronically file your Federal and State Income taxes FREE of charge! High Country RSVP volunteers are certified by the IRS and can prepare simple returns with credits, such as the Earned Income Credit, Child Tax Credit, Child and Dependent Care Credit, and the Elderly and Disabled Credit.

Call 384-8740 to set up an appointment.

**This free service is available from Aspen to Parachute, in Craig and Meeker, and in Eagle County. Call 970-384-8740 to schedule an appointment.**



### 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, cdolan@garfield-county.com

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

### 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.

We're on the web at [www.garfield-county.com](http://www.garfield-county.com)

We have information posted on our website about the Garfield County Senior Nutrition Program, monthly menu, Well & Wise exercise Classes, and The Traveler.

For more information about other senior activities call:

#### Senior Centers

##### Rifle Senior

Tami Sours 970-625-1877  
Bingo, card games, pinochle tournaments and recreation trips

##### Valley Senior Center in Parachute

970-285-7216 or Cheryl to play pinochle 970-285-9755

##### High Country RSVP

Patty Daniells 970-947-8461  
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](http://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](mailto:www.seniormatters2@sopris.net)

### 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.

