

GARFIELD COUNTY SENIOR PROGRAMS

# CONNECTION



## Six heart-healthy tips for February American Heart Month

**Inside this issue:**

Healthy Tips	1 - 2
Feb. Birthdays	4
Upcoming events	5
Healthy heart	6
Recipe	7
Word search	8

February is American Heart Month. It provides a wonderful opportunity for us to focus on the organ that beats around 3 billion times, nonstop, in the average human lifetime. Your heart keeps you alive. It sends life-giving oxygen, nutrients, and natural medicine through your bloodstream to all parts of your body. That's what your heart does for you. What have you done for your heart lately?

Why not take this month to pay attention to your heart's health? Here are six ways to do it.

**Exercise to support, not strain your heart.**

We often believe that exercising more, and faster, is better. Not so. New research has found that lower-intensity exercise (staying just below your target heart rate) is healthier than exercise that's high stress and high intensity. The research found that athletes who overdo it can develop scarring of the heart over time.



continued on page 2



## EXERCISE OF THE MONTH



How to get up from the floor:

1. Roll onto your left side.
2. Place your right hand on the floor at about the level of your ribs and use it to push your shoulders off the floor. Use your left hand to help lift you up, as needed.

...continued on page 2



## Six heart-healthy tips for February

### **Take time to relax and rejuvenate in nature.**

Stress is bad for the heart. At least once a day, if you can, go outdoors and connect with nature. Breathe in fresh air and feel the sun on your skin. Doing anything outside, whether it's taking a hike or sitting in the park, significantly reduces stress hormones and lowers blood pressure, which benefits your heart.

### **Connect with friends and family.**

How is being in community with loved ones good for the heart? Connecting with others helps you keep a positive attitude even in the middle of stressful life challenges. The heart is the seat of your emotions; it's where love, bonding, connection, and intimacy originate. By spending time with others, you have the opportunity to give and receive love, and that's good for the heart too!

### **Eat more heart-healthy foods.**

There are certain foods that are heart protective because they contain omega 3 and other healthy fats, critical vitamins and minerals, and fiber and phytonutrients that help keep heart tissues healthy. Here's a partial list of foods you should eat more of: salmon, ground flaxseed, oatmeal, black or pinto beans, raw almonds and walnuts, and brown rice. Among the many heart-healthy fresh fruits and vegetables, these are especially beneficial: orange vegetables, spinach, broccoli, tomatoes, asparagus, orange fruits, and blueberries.

### **Get 6-8 hours of sleep at night.**

A recent study found that getting too little or too much sleep is bad for the heart, increasing one's risk for heart disease. However, there's another good reason to work on getting the right amount of sleep. Sleep washes away any negatives from the day before and helps you feel charged up and ready to go for the next day. It's really true that troubles always seem easier to deal with after a good night's sleep.

### **Laugh, smile, and play.**

To our sometimes cynical modern ears, it may seem silly to just laugh your problems away. But scientists have found ample evidence for the health benefits of lightheartedness and optimism for healing and fighting off illness. Seeking happiness-producing activities is a good way to relieve stress, enjoy others' company, and feel better. Give it a try this month. It will do your heart good.

By Len Saunders – Health, Fitness, Nutrition, And Wellness



## How to get up from the floor, continued.

3. You should now be sitting with your weight on your left hip.
4. Roll forward, onto your knees, leaning on your hands for support.
5. Reach up and lean your hands on the seat of a sturdy chair.
6. Lift one of your knees so that one leg is bent, foot flat on the floor.
7. Leaning your hands on the seat of the chair for support, rise from this position.

*(nhseniorhealth.gov)*

## Here's to a sweet sixteen



### **Now That The Calendar Has Turned To Twenty-Sixteen**

By Gary Barg, Editor-in-Chief

Now that the calendar has turned to twenty-sixteen,  
let's peer ahead to what can be seen.

Let's start with at least a smile a day,  
which is as good as an apple to keep you-know-who away.

We are just getting started and onto your knees,  
for sit-ups and exercises as soon as you please.

If you would guess what is next, I'm sure that you'd see,  
I'd say toss out soda, but keep the iced tea.

What about my loved one? I know that's what you're thinking.  
Let's talk about them rather than what I'll be drinking.

As often repeated questions become quite distracting,  
take a deep breath and be thankful you're still interacting.

When your presence at their office is by doctor's command,  
make sure to have a small tape recorder in hand.

If befuddling comments you hear from the doc,  
ask questions, ask questions, and don't let them balk.

Only halfway there, but there is so much more to cover,  
no matter if you care for a husband, daughter, sister or mother

Remember you are not ever alone,  
so find fellow caregivers at events, on websites or even by phone.

I started this list thinking "what fun",  
till it hit me the last list was in twenty aught one.

To save on some time (and mix things around),  
allow me to introduce the quick rhyming round.

Caring for you – something you really must do.

Sharing the care – ask help from all, if you dare.

Let your loved one share responsibilities – only to the best of their abilities.

Taking time out for you – ensures you can keep doing all that you do.

My last and most important wish, whether you be senior, child or even a boomer,  
is somehow hold tight to your own sense of humor.

If regarding this list your thoughts are not keen,  
just wait a short while, soon it will be twenty-seventeen.

**Poems**

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.

**Seed poem**

I made a hundred valentines,  
 a hundred did I say?  
 I made a thousand valentines,  
 one cold and wintry day.  
 I did not put my name on,  
 them or any other words,  
 because the Valentines were,  
 seeds for February birds.

- author unknown



**Just because I love you**

Just because I love you,  
 that's the reason why.  
 My soul is full of color,  
 like the wings of a butterfly,  
 just because I love you,  
 that's the reason why.  
 My heart's a fluttering aspen leaf,  
 when you pass by.

- author unknown

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 assessments.

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



**FEBRUARY BIRTHDAYS**

Jeanne Baker  
 Irma Boyd  
 Oda Brownlee  
 Cyndi Burdick  
 Petty Castillo  
 Lauren Chapman  
 Joann Elderkin  
 Michelle Fite  
 Jean Foley  
 Jo Guill  
 Mary Gunther  
 Judy Hayward  
 Gary Hoza  
 Ruth Jennings  
 Geri Jewell  
 Julia Jewkes  
 Harriet Jones  
 Cliff Labombard  
 Carol Lamb  
 Joyce Landrum  
 Valentina Meyer  
 Gary Osier  
 Mary Osier

Roberta Paige  
 Judy Poche  
 Marcia Provost  
 Ed Pruncken  
 Martha Rakich  
 Maria Ramirez  
 Gene Rockwell  
 Helen Smith  
 Ron Steinbach  
 Sharon Taylor  
 Amelia Trentaz  
 Jill Ulrych  
 Katherine Wear  
 Evelyn Wells  
 Ralph Wilde  
 Ann Williams

**February 14  
 Valentine's  
 Day**



**February 15, 2016  
 President's Day**



*Happy Birthday*



## UPCOMING EVENTS

### February 5

- 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. 3rd Annual Mardi Gras parade begins at 4:30 pm.
- Enjoy a scenic tram ride to the top of Iron Mountain to check out the display of 500,000 lights and listen to live music. Bring money for drink and food specials! Frank Martin will be playing 4-8 pm. \$5 fee with van will pick/up drop off Seniors, at the following locations: Carbondale Recreation and Community Center, Crystal Meadows Commons IV, and Manor I in Glenwood Springs. Call Carbondale Rec.Dept. 510-5089 to register one week prior.

### February 5-6

- All new vaudeville review! For food, drinks & entertainment with show directly after 6:30 pm. Call 945-9699 for reservations.

### February 6

- Founder's Day celebration 11:00– 1:30 pm at the New Castle Community Center.

### February 6-7

- **Ski Spree** : fireworks, chili cook-off, need-4-speed competition, rail jams, live music and fun for the entire family at Ski Sunlight in Glenwood. Call 945-7491 for more information.

### February 8, 15, 22, 29

- Dance instruction - \$15, 7:30 pm to 10:00 pm, live music & dancing - \$10 featuring the band, full menu & bar available. All ages & abilities welcome. No reservations required. Glenwood Springs Vaudeville Theater.

### February 9

- Attention quilters, needle crafters, and scrap bookers! Drop in with your project for a day of crafting, food, and friends. Bring your own lunch; refreshments provided at the Parachute Library 10:00 am.

### February 9

- This month's book club is sponsored by the Friends of the Rifle Branch Library. Bring your lunch and enjoy lively discussion. Held the second Tuesday of each month. "The Nightingale" by Kristin Hannah

- Need tech help? Drop in for a 15 to 30 minute session on Tuesdays from 2 to 4 pm at the Parachute Library.

### February 12

- 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.

### February 16

- We pick a cookbook, you pick and make the recipe. Call the Parachute library for this month's selection and sign-up information, 285-9870.

### February 18-20

- Aspen Laff Festival includes Second City standup, Heather McDonald, and Gilbert Gottfried. For more information and to buy tickets call 920-5770 or [www.WheelerOperaHouse.com](http://www.WheelerOperaHouse.com)

### February 19

- Friday Afternoon Club on top of Iron Mountain 4-8 pm with Chris Bank performing. Call 510-5089 by Feb12 to register if you would like a van pick up and drop off. See Feb 5 for location drop off and pick up locations. \$5 fee.

### February 25, 26, 27

- Thunder River Theatre Company presents Freud's Last Season, by Mark St. Germain. 7:30 pm in Carbondale. Call 963-8200 for more information.

### February 27

- Senior Matters Tech class is an hour long class that will introduce seniors who have basic computer skills to a number of different topics. Class will be held at the Carbondale Library, 10:30 a.m. Please join us for a follow up class the next Saturday (March 5) at 10:30 a.m. to review the skills you learned, and to receive one-on-one help with your questions.
- Senior Matters Tech class is an hour long class that will introduce seniors who have basic computer skills to a number of Carbondale Library 10:30 a.m. Please join us for a follow up class the next Saturday (March 5) at 10:30 a.m. to review the skills you learned, and to receive one-on-one help with your questions.



## A Heart Healthy Diet by Drew Schelling, RD

When you participate in a heart healthy lifestyle an important part of this lifestyle includes your diet. Being mindful of the types of fats you are eating and how much fiber and sodium you are consuming will help transform your health and reduce your risk for heart disease.

Types of Fat	Unsaturated Fat	Saturated Fat	Trans Fat
<b>Is this type good for me?</b>	Yes	No	No
<b>Foods that contain these fats</b>	Vegetables oils (olive, canola or sunflower) Avocados Fatty fish and foods that contain Omega-3s Nuts and Seeds	Animal sources including: lard, dairy, butter, beef, poultry, and etc. Coconut Oil Fried foods Baked products	Baked goods including: Pastries, Pie Crust, Cookies, Shortening, Stick Margarine, some biscuits and some crackers
<b>How much should I eat in a day?</b>	Most of the fat you eat every single day should be this type of fat.	LIMIT this fat	AVOID this fat

### How can I reduce my risk for Heart Disease?

#### Limit your consumption of unhealthy fats

- Limit Saturated fat
- Avoid Trans fat

#### Eat lean sources of protein

- Eating more lean sources of protein will help reduce your consumption of saturated fat.
- Chicken breast
- Fish
- Complementing Beans, Nuts and Whole Grains
- Skim or 1 percent milk, and all low-fat dairy is encouraged

#### Increase your fiber intake

Fiber is like a body sweep. After exiting the liver in bile, “bad” fat/cholesterol (LDL) binds with soluble fiber in the intestines and is excreted and the “bad” cholesterol (LDL) is unable to absorb into your bloodstream. That is why Cheerios® lower your cholesterol. They are rich in soluble fiber! Some examples of soluble fiber are listed below:

- Oatmeal
- Barley
- Some Fruits
- Beans
- Nuts

#### Indulge in superfoods that contain Omega 3s

Omega 3s have anti-inflammatory properties that may help fight heart disease.

- Flax seeds
- Salmon
- Walnuts
- Chia seeds

#### Limit intake of sodium

Limiting salt may help lower your blood pressure which impacts cardiovascular health. Salt is a preservative. Stray away from many packaged foods and look for 10 percent or less in sodium on the nutrition label. Items that may be high in sodium are listed below:

- Canned goods
- Packaged foods
- Cheese
- Cottage cheese
- Frozen foods
- Dressings, sauces, broths, and gravies



## Anna's salmon cakes recipe



### Ingredients:

- 1 7.5-ounce can salmon, skin removed
- ¼ cup plain, dry bread crumbs
- ½ cup finely chopped red onion
- 2 tablespoons chopped fresh dill, or 1 teaspoon dried
- 1 egg, lightly beaten
- 1 tablespoon reduced-fat mayonnaise
- 2 teaspoons horseradish
- Vegetable oil cooking spray

### Directions:

1. Mix all the ingredients except the cooking spray in a medium-size bowl.
2. Form into 4 equal-size patties.
3. Coat a medium nonstick pan with the cooking spray; heat over medium heat.
4. Cook the salmon cakes on both sides until golden brown.

Chili sauce may be used instead of horseradish.

*Nutrition Information, Serving size: 2 patties, Serves 2, Calories: 280; Total fat: 11g; Saturated fat: 2.5g; Cholesterol: 155mg; Sodium: 300mg; Total Carbohydrate: 16g; Dietary Fiber: 1g; Protein: 27g. Accessed from: The Academy of Nutrition and Dietetics <http://www.eatright.org/resource/food/planning-and-prep/recipes/annas-salmon-cakes-recipe>*

*By Robin Thomas, MS, RD. Approved by Drew Schilling R.D.*



## WELL & WISE CLASSES

A 6-week Cooking Matters class starts in February at the Rifle Senior Center.

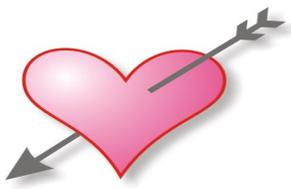
Matter of Balance started on Monday, January 25 at the New Castle Recreation Center 1:30 - 3:30 pm, only a few spots left.

Tai Chi class in Carbondale began on Wednesday, January 20 from, 9:30 am to 10:30 am, only two spots left at the Crystal Meadows Senior Housing.

N' Balance class is full in Parachute, however, we will have an upcoming N' Balance class in the spring.



Call to reserve your spot for upcoming classes in your area by calling Debby 945-9191 ext. 3084



# Happy Valentine's Day!

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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



## Signs of low vision

There are many signs that can signal vision loss. For example, even with your regular glasses, do you have difficulty

- recognizing faces of friends and relatives?
- doing things that require you to see well up close, such as reading, cooking, sewing, fixing things around the house, or picking out and matching the color of your clothes?
- doing things at work or home because lights seem dimmer than they used to?
- reading street and bus signs or the names of stores?



### **Early diagnosis is important**

Vision changes like these could be early warning signs of eye disease. People over age 60 should have an eye exam through dilated pupils at least once a year. Usually, the earlier your problem is diagnosed, the better your chances of undergoing successful treatment and keeping your remaining vision.

Regular dilated eye exams should be part of your routine health care. However, if you think your vision has recently changed, you should see your eye care professional as soon as possible.

### **Eye diseases and health conditions**

Most people develop low vision because of eye diseases and health conditions like macular degeneration, cataracts, glaucoma, and diabetes.

Your eye care professional can tell the difference between normal changes in the aging eye and those caused by eye diseases.

### **Injuries and birth defects**

A few people develop vision loss after eye injuries or from birth defects. Although vision that is lost usually cannot be restored, many people can make the most of the vision they have.

Provided by NIH Senior Health



## 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**

### 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 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](http://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](http://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](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 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](http://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.**