GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

Volume 9, Issue 7

February, 2017

CONNECTION

LOVE YOUR HEART WITH EXERCISE

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Did you know that exercising just 30 minutes a day can reduce your risk of heart disease? Some studies suggest that it may also increase your life expectancy. That should be motivation enough for anyone to start getting fit! Just look at the benefits of regular exercise. It can:

- Strengthen your bones, heart, and cardiovascular system.
- Improve your circulation and help your body use oxygen better.
- Increase energy levels so you can do more without becoming tired or short of breath.
- Increase endurance, lower blood pressure, improve muscle tone, strength, balance and joint flexibility.
- Help reduce body fat and reach a healthy weight.
- Help reduce stress, tension, anxiety, and depression.
- Boost self-image and self-esteem.
- Improve sleep, make you feel more healthy, fit, relaxed, and rested.

How to get started

Before starting an exercise program, get your doctor's approval, especially for activities like jogging, swimming or lifting weights. If you are on any medications, discuss this with your doctor as well. Before you go for your walk/swim/bike ride, do some simple stretches to prepare your muscles for activity and prevent injury or muscle strain.

EXERCISE OF THE MONTH (Chair Stand)

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.

Repeat 10 to 15 times.

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LOVE YOUR HEART EXERCISE, CONTINUED

Heart Smart Exercise
Aerobic exercise is any type of movement that requires the pumping of blood by the heart to deliver oxygen to the muscles of the body. It strengthens the heart and lungs, improves the body's ability to use oxygen, and has the most benefits for your heart.

How Often Should I Exercise?
In general, to achieve maximum benefits, you should gradually work up to an aerobic session that lasts 20 to 30 minutes, at least three to four times a week. Exercising every day is even better!

Provided by brgeneral.org

WELL AND WISE CLASSES

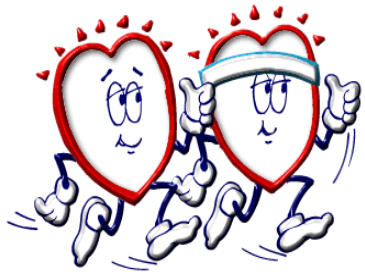
Matter of Balance: This class will reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. It is designed to benefit older adults who have sustained a fall, restrict activities because of concerns about falling. If you are interested in improving flexibility, balance, and strength this class is for you.

N' Balance: This class will lower risk of falls. It includes pre-testing of your balance capability, warm-up activities, seated, standing, and moving exercises and activities to increase your lower body strength, cool down activities and post testing before the last class.

Healthier Living Colorado: Do you have an ongoing health condition such as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, or cancer? Are you sick and tired of being sick and tired? Do you enjoy social interaction? This program helps you with the challenges of living with an ongoing health condition and helps participants cope with fatigue, frustration, pain and stress.

Tai Chi for Arthritis: Feel better, reduce pain and stiffness, stress and depression; improve circulation, heart and lung function, muscle strength and stamina, concentration and memory, posture; and increase body awareness.

Cooking Matters: Learn how to identify and prepare healthy food options on a budget, make nutritious snacks, and provide a balanced diet for your family. Receive a free bag of groceries at each class. Prepare and enjoy food as a class, and gather information on finding healthy food in the community.



If you would like to sign up for a class in your area, please call Debby at 945-9191 ext. 3084, and get your name on the list for future classes. Classes are offered once we have enough students signed up. The fee for most of the classes is $10, and if you complete five out of the eight classes you get your money back. Class fees at the Grand River Recreation Center in Parachute will be $39.

Berry Barley Blast Salad Recipe

Ingredients

- 2 cups cooked and cooled barley
- 1 tablespoon olive oil
- Juice and zest of 1 lime
- 4 cups fresh baby spinach
- ¼ cup finely chopped red onion
- 2 tablespoons chopped fresh basil
- 1 avocado, diced
- 2 cups fresh or defrosted berries
- Optional: Salt and pepper, to taste

Serving size: ½ cup
Serves 10

Directions

1. In a large bowl, gently mix together olive oil, lime juice and zest, spinach, red onion, fresh basil, salt and pepper.
2. Gently fold in avocado and berries.

Serve salad immediately or chill and serve within two hours.

Nutrition Information: *Calories: 106; Total fat: 5g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 14mg; Carbohydrates: 16g; Fiber: 4g; Sugars: 4g; Protein: 2g; Potassium: 243mg; Phosphorus: 40mg*

Recipe approved by Drew Schelling, RD. Berry Barley Blast Salad. Recipe by: Tessa Nguyen, RD, LDN, is a North Carolina chef, registered dietitian and author of the blog, TNutritionista.blogspot.com, Retrieved from:http://www.eatright.org/resource/food/planning-and-prep/recipes/berry-barley-blast-salad-recipe. Accessed on January 3, 2017.

ASSISTANCE AVAILABLE:
High Country RSVP Tax Program: Call 384-8744 if you need help preparing your taxes.

Registered Dietitian Drew Schilling will be presenting at the following meal sites, and is available for one-on-one counseling, questions, and concerns from 11:45 a.m. to 1:30 p.m.

Rifle - Friday, February 3
Parachute - Wednesday, February 8
Sunnyside - Monday, February 13
Chat & Chew Glenwood - Friday, February 17
Carbondale - Wednesday, March 1
Silt - Wednesday, February 22
New Castle - Monday, February 27

WANT TO BE SAFE ON ICE? WALK LIKE A PENGUIN!

Freezing-cold temperatures, heavy blizzards and, worst of all, icy roads and sidewalks are threatening millions of Americans. With the slippery streets come awkward and often dangerous falls that can lead to bruised knees, sprained wrists, dislocated shoulders, sore backs, and even head injuries.

- Here are some tips for walking safely in the winter weather:
- Give yourself plenty of time to get to your destination to avoid carelessness.
- Wear shoes and boots with good traction.
- Walk at a slower pace.
- Stay on designated walkways.
- Look before you step and use handrails when using outdoor stairs and entering and exiting buildings.
- If you have to walk on ice, take short steps, bend slightly, and walk flat-footed.

There's another way to avoid a dangerous splat on the ice: walk like a penguin. The waddle keeps your center of gravity over your front leg and will help keep you upright.

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 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!

MESA VISTA'S NEW ADULT DAY PROGRAM IN BATTLEMENT MESA

Are you looking for a safe and stimulating environment for your loved one?

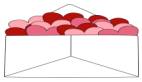
- Mesa Vista offers a full schedule of activities
- Guests can enjoy everything from low-impact exercise to ice cream socials, bingo, and card games.
- Outings, special guest lectures, and performances.
- Delicious hot lunch prepared fresh along with a snack center and beverage station open at all times.
- Professional, caring and courteous staff.
- Gives you time to run errands, keep appointments or just RELAX.

Call Michael at 970-285-1844 to schedule a visit or a free try-out day. Now accepting long-term Medicaid.

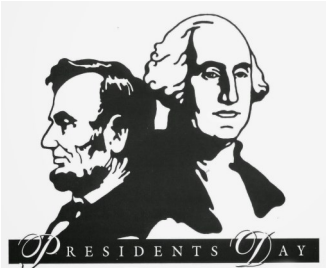
FEBRUARY BIRTHDAYS

Carolyn Arnold
Al Baker
Zorka Derby
Oda Brownlee
Cyndi Burdick
Fred Burdick
Jesus Campos
Petty Castillo
Lauren Chapman
Mary Collen
Joann Elderkin
Michelle Fite
John Glass
Bernita Groves
Ruth Jennings
Geri Jewell
Julia Jewkes
Harriet Jones
Susan Knuth
Cliff LaBombard
Barbara Lindt
Valentina Meyer
Roberta Paige
Judy Poche
Marcia Provost
Martha Rakich
Maria Ramirez
Rodney Richards
Gene Rockwell
Helen Smith
Ron Steinbach
Sharon Taylor
Deb Trujillo
Roger Wade
Mary Warren
Katherine Wear

Valentines Day
February 14



President's Day
February 20



UPCOMING EVENTS

February 3

- 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 and parade.

February 4,5

- Ski Spree at Sunlight Mountain Resort: fireworks, mountain treasure hunt, live music, and fun for the entire family.

February 10

- Free Senior Music Jam at the First Baptist Church, 632 Grand Ave in Silt, 7 - 9 pm. Refreshments are provided and donations accepted. Call Bessie at 970- 309-2764 for more information.
- Second Friday in Glenwood Springs, Glen-a-Palooza, 4 pm to 10 pm., on Grand Avenue and side streets, has events, bargains, activities, food, and fun for all.
- Second Fridays in Basalt 5 to 7 pm. There are eight participating galleries. Seven on Midland Ave, and Toklat Gallery is just off Midland in Riverside Plaza on Two Rivers Road.
- Meet the author of the community wide reading selection, "How Not to Die." Presentation and Q & A with Dr. Michael Greger, MD., at 7 pm at the Gathering Center in Carbondale 110 Snowmass Dr. For more information call 384-6951.

February 11

- Sweet 16 Pickleball Tournament, 9 am to 1 pm $20 a person. For more information call Jason at 970-510-1279.

February 12-April 2

- Winter Adult Pickleball League 5-8 pm $35 per person for the entire league. Call Jason for more information 970-510-1279.

February 15

Carbondale Arts and the Carbondale Library present, CU Carbondale, a series of lectures by CU Boulder professors at 6 pm. This month's speaker will be Pulitzer Prize-winning author Professor Elizabeth Fenn.

February 18

- Free Community Meal at Faith Lutheran Church in Carbondale, 11:30 am to 1:30 pm.

February 20

- No meal service for New Castle or Sunnyside, or Traveler services. County closed for President's Day.

February 23

- Find out what supplies you'll need, compare species, and learn proper care to start a healthy flock of back yard chickens. This is a Community Education Network class presented by Brock Hedberg. Register for this event by calling 876-5500. Starts at 6 pm at the Silt Library.

February 25

- Community Breakfast at the Rifle Senior Center, 8 to 9:30 am, $4.
- Founders Day at the Community Center in New Castle,11 am to 1 pm.

February 27

- Canning Pie Fillings, $15 a person at the Carbondale Recreation depart ment. For more information call Margaret at 970-510-1280

February 28

- Garfield Council on Aging meeting, 10 am at Colorado Mountain College, 1402 Blake Ave. behind City Market in Glenwood. Shannon Sheppard with Kepro will be talking about Medicare Rights. All seniors invited to attend.

March 4

- Health Fair at Battlement Mesa from 7 to 10 am at Grand River Hospital.

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NUTRITION EDUCATION

Nutrition: Love Your Heart, Love Your Mind-Indulge in Healthy Food

Written By: Drew Schelling, RD

When was the last time you ate a big colorful serving of fruits and/or vegetables? When was the last time you consumed your recommended fiber for the day? When was the last time you ate fish? If you can't remember the answer to any of these questions, it may be more than just the passing of time that is at fault here. Evidence-based studies report that eating fruits and vegetables and more fiber can significantly improve your arterial health. Studies also show that improved memory and brain performance is related to fish consumption. Your mind and your arterial health are more closely related than you may think. Recent studies show keeping your cardiovascular health in tip-top shape overall benefits your brain's function.

Attitude is everything

In old age, your body is less able to release protective mechanisms that prevent disease. Instead of thinking about what is causing disease, think about what you can eat that is protective and encourages good health and longevity. Looking at the glass half-full is the way to go. Challenging yourself every day to increase your activities gradually, can improve your overall health. Getting your two cups of fruits and three cups of vegetables each day is a great start. Switching to whole grain products and eating fish twice a week can make a difference.

Heart-healthy, mind-healthy tips:

Choose more dark-colored fruits and vegetables

Phytochemicals are compounds that are produced by plants that add pigment and may contribute other protective benefits to the plant. They are found in fruits and vegetables. The darker the color the more benefits the fruit or vegetable may contain. They protect your cells from damage that could lead to disease. Studies show that red, white, orange/yellow are great for your heart and blue, red, and purple improve your memory.

Indulge in omega-3 fatty acids

DHA (docosahexaenoic acid), is an essential omega-3 fatty acid that is present in the brain. Essential means that we need it and our bodies cannot get it anywhere else, but through diet. Low levels of DHA long-term have been associated with greater risk of Alzheimer's disease in later years. Some sources of omega-3s include oily fish (oily fish is the preferred source, because our bodies only convert about 5 percent of plant-based omega-3s to DHA), walnuts, algae, chia seeds, and flaxseed. If you choose oily fish as your source of omega-3, it is important to consider mercury content. Suggestions for low-mercury, oily fish include: sardines, wild Alaskan salmon, and farmed trout (as opposed to lake-caught fish, which can be high in mercury).

SENIOR PROGRAM STATISTICS
January 1, 2016 - December 31, 2016

NUTRITION PROGRAM

Sites	Serving Days/Wk	# Served/Year	Undup Clients*	Avg # meals	Donations Rec'd.	Avg $/Per Meal**
Carbondale	W	1,180	82	24	$ 1,341.44	$ 1.26
Sunnyside	M/TH	1,722	74	25	$ 3,304.80	$ 1.97
Chat 'n Chew	T/F	2,271	135	19	$ 5,382.86	$ 2.29
New Castle	M	731	57	16	$ 2,625.50	$ 3.60
Silt	W	1,902	139	37	$ 3,692.35	$ 1.92
Rifle	T/TH/F	8,697	473	59	$ 22,028.04	$ 2.59
Parachute	W	2,574	185	53	$ 3,600.66	$ 1.41
Overall	M-F	19,077	1,145	Avg. 33	$ 40,634.21	Avg. $2.30

***Unduplicated clients**

** Average donation per meal

914 people utilized our nutrition program in 2016.

TRANSPORTATION PROGRAM

Municipality	# Rides
Carbondale	247
Glenwood Springs	4,523
New Castle	578
Silt	411
Rifle	3,874
Parachute	101
Battlement Mesa	3
Rural Garfield Cnty/Bmesa	2,765
Mt. Valley Developmental	3,152
TOTAL	**15,654**

Traveler Income	Amount
Rider Donations	$ 14,862.51
Outside Donations	$ 2,260.00
Mt. Valley Devlop.	$12,080.00
Total Donations	$ 29,202.51

Outside Donations From: Wilma Morgan, Sales & Cans at the Rifle Senior Center, Good Shepherd Lutheran Church Helping Hands, Preceptor Beta Kappa, George Sharer, Linda Wanner, and Remembrance for David Kosht

239 people rode on the Traveler in 2016

2016 Program Statistics continued

WELL & WISE PROGRAM

	Tai Chi	N' Balance	MOB*	CM*	Totals
# of Classes	20	5	1	4	**30**
Class Participants	1,789	43	6	51	**1,889**
Class Graduates	110	31	5	45	**191**
# of Instructors	7	3	3	1	**8 instructors**

*MOB = Matter of Balance

*CM = Cooking Matters

187 people took classes in 2016

Seniors Worth A Fortune

Remember, old folks are worth a fortune with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs. I have become a little older since I saw you last and a few changes have come into my life. Frankly, I have become a frivolous old gal.

I am seeing five gentlemen everyday. As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Next, Charlie Horse comes along and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day. I'm really tired and glad to go to bed with Ben Gay. What a life.

Author unknown

P.S. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. I told him, "Oh I do, all the time. No matter where I am, in the parlor, upstairs, in the kitchen or down in the basement. I ask myself now, what am I here after?"

WORD SEARCH PUZZLE

Valentine's Day Word Search

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

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART
TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG

Find These Words

JinxyKids.com

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.

Western Colorado 2-1-1

2-1-1 is a free, confidential information referral service connecting people in need to local community resources via the phone, web or app.

Other county emails:

www.eaglecounty.us/publichealth

Pitkin County Senior newsletter and lunch menu www.pitkinseniors.com

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
970-625-5200, extension 2036; dschelling@garfield-county.com
Available for one-on-one nutrition counseling.

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

We're on the web at www.garfield-county.com

Help reduce our use of paper. Subscribe to our monthly newsletter and our monthly menu via email or read them online. Please visit www.garfield-county.com and choose "Seniors."

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 at 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

Well & Wise Exercise Programs:
If you are interested in signing up for an exercise program: 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 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.