

CONNECTION



NEW BEGINNINGS

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“Who gets to determine when the old ends and the new begins? It’s not on the calendar, it’s not a birthday, it’s not a new year.

It’s an event, big or small, something that changes us. Ideally that gives us hope, a new way of living and looking at the world, a way of letting go of old habits, old memories.

What’s important, is that we never stop believing we can have a new beginning, but it’s also important to remember that, amid all the bad, there are a few things worth holding onto.”

~ Meredith Grey

EXERCISE OF THE MONTH

Toe Stands

This exercise will strengthen the muscles in your calves and ankles. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly. Breathe out and slowly stand on tiptoes, as high as possible. Hold position for 1 – 3 seconds. Breathe in as you slowly lower heels to the floor. Repeat 10 times.





Shopping Healthy on a Budget by Drew Schelling, RD

Before you go to the store tips

- Before going to the store, plan healthy meals for the week and only go to the store one time within the week.
- Make a shopping list, this way you will just stick to the list and won't forget anything.
- Don't go to the store hungry. Eat a healthy snack first. If you go hungry, you may over buy, or buy more unhealthy items.
- Always shop the perimeter of the store. Around the perimeter you will find the healthier food choices.
- If buying in bulk, consider if you will use this product before it expires.
- Look for coupons!
- Even with an organized shopping list, there are still many choices to make. Make the most of your food dollars.
- Always compare unit prices.

Produce

- Look for, or ask the produce manager about seasonal produce.
- Start in the produce section. This is where you should spend most your time and buy most of your food.
- Compare the unit prices of different forms - fresh vs. frozen vs. canned.
- Buy the brightest colors; the brighter the color the more nutrients (deep oranges/dark greens)
- Look for the no added salt canned vegetables. If a vegetable is canned with salt you can always rinse it.
- Do not buy fruit that has been canned in syrup (heavy or light).
- Do not buy pre-cut items. The cost will be higher.

Dairy

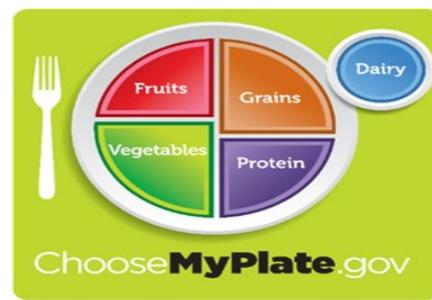
- Don't buy shredded cheese; shred your own cheese.
- Choose the lower sugar and lower fat options.
- Buy non-fat plain yogurt and sweeten it yourself with honey and fruit. This way you will know exactly what has been added.
- Non-fat plain yogurt can also be substituted for sour cream and used as a base for many sauces and dressings (see Healthy Ranch Dressing recipe on the next page).
- Choose skim or 1 percent milk (less saturated fat, less calories).

Protein

- Choose the leaner sources of protein beans, whole grains, fish, chicken, and 93/7 ground beef, and ground turkey.
- Always buy frozen fish over fresh in Colorado.

Grains

- Buy whole grain products. Dietary fiber should be two grams or greater, and the first ingredient should say *whole wheat* not *enriched*.
- Always consider how much sugar has been added to the product.



RECIPE

January topic- Shopping on a budget and Cooking Matters presentations (15 minutes). Meet with Drew, our dietitian, who will be available for questions and consults after lunch has been served at each meal site.

Menu features– seasonal meals

Parachute: Wednesday, 1/13, 11:45 am — 1:30 pm

Sunnyside: Monday, 1/4, 11:45 am — 1:30 pm

Chat & Chew: Friday, 01/15, 11:45 am — 1:30 pm

Rifle: Friday 1/22, 11:45 am — 1:30 pm

Silt: Wednesday 01/27, 11:45 am — 1:30 pm

New Castle: Monday 1/18, 11:45 am — 1:30 pm



Healthy Homemade Ranch Dressing recipe

Ingredients:

- 1 cup nonfat plain yogurt
- 1 teaspoon Dijon mustard
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 3 tablespoons mayonnaise (real is best)
- 1/3 cup low-fat buttermilk
- 1 1/2 teaspoons lemon juice (fresh is best)
- 1 tablespoon chives, chopped
- 1/4 teaspoon salt (or to taste)



Directions:

Whisk all ingredients until smooth and creamy. Refrigerate to bring the flavors together.

Recipe accessed from: FOOD. Recipes. <http://www.food.com/recipe/healthy-homemade-ranch-dressing-251351>

Approved by Drew Schelling, R.D.



CAREGIVERS NEED CARE, TOO!

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 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 !

In our modern world, we are continually seeing breakthroughs in medical care. Many people are living longer. As our population ages, more of us will find ourselves in the role of being a caretaker at some point.

It may be for an elderly parent who has lost his or her spouse and is no longer able to live alone, or perhaps for a child or sibling with a disability or severe injury. It could be a husband or wife whose spouse has been diagnosed with dementia. Whatever the case, a huge responsibility is put upon the persons serving as caregivers. This may not be readily apparent at first. Over time, however, the stress of being in this position has been shown to affect many.

Signs of caregiver stress are many. It could be anxiety, irritability or a lack of focus. The caregiver may enter a state of denial or become angry or depressed about the situations they are facing. Eating and sleeping patterns may change. The caregiver may withdraw socially, avoiding friends and activities they once were quite interested in.

As a caregiver, it is important to take care of yourself first. Try to maintain healthy eating and exercise routines. Find a way to take periodic breaks from your caregiving role. Have some fun doing something occasionally that takes your mind completely away from it all. Keep up your other interests and stay current with your friends. Find someone you can talk to when you need it. Let go of the guilt, you have a right to live your life and be happy!

Provided by Michael Farrell
Activity Director, Adult Day Program Director, Mesa Vista Assisted Living

JANUARY BIRTHDAYS

- | | |
|-----------------------|-----------------|
| Beverly Allec | Barbara Levi |
| Mildred Alsdorf | Rick Moore |
| Jodie Bay | Wilma Morgan |
| Harry Bennett | Shirley Parks |
| Robin Berthiaume | Lily Patrick |
| Dorothy Bruno | Cyndie Penland |
| Mitzi Burkhart | Sammy Phillips |
| Debbie Callies | Phil Riley |
| Kristin Cannon | Frank Romero |
| Nicki Conrad | Lois Scriptor |
| Margaret Diaz | Don Shaw |
| Anita Elliot- Hogdgen | Andy Snead |
| Jessie Lee Estes | James Sober |
| Barbara Fenno | Nancy Soderman |
| Ernest Fernandez | Diane Spencer |
| Christine Freeman | Alice Stroud |
| Debby Hamby | Doug Toft |
| Joe Hawkins | Janice Ward |
| Linda Johnson | Judy Weinberger |
| Bruce Kallenberg | Joyce Wilde |
| A.C. King | Mary Williams |
| Jo King | Mabel Yeatts |

**January 18
Martin Luther
King Day**



**January 1, 2016
New Years Day**



UPCOMING EVENTS



January 1

- No meals or Traveler service due to the holiday.
- 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.
- 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.

January 8

- 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.
- Skier Appreciation Day at Ski Sunlight Tickets are \$20 and all proceeds go to United Way of Garfield County.

January 12

- This monthly book club is "Last One Home" by Debbie Macomber sponsored by the Friends of the Rifle Branch Library. Bring your lunch and enjoy lively discussion at the Rifle Library 12 pm.
- Attention quilters, needle crafters, and scrap bookers! Drop in with your project for a day of crafting, food, and friends. Tables, irons, ironing boards, and cutting mats are available. Bring your own lunch; refreshments provided. 10 am at the Parachute Library.

January 16

- The Carbondale library, in partnership with the Mt. Sopris Historical Society, will be showing episodes from the PBS series "New Perspectives on the West." January's episode is titled "The People." Popcorn will be served at 5 pm.

January 19

- Join us for a daytime book club at the Rifle Library at 2 pm. Refreshments will be served. Call the library for this month's selection.
- Food for Thought Cooking Club, 6 pm at the Parachute Library. If you love browsing through cookbooks and trying new techniques, then hang on to your spatula! We pick a cookbook, you pick and make the recipe! Call the library for this month's selection and sign-up by calling 285-9870.
- Need tech help? Drop in for a 15 to 30 minute session on Tuesdays from 2 to 4 pm at the Parachute Library.

January 21

- Drop in to color with Kelley Cox, creator of the WhimZingles books, who will be signing her books. She will be available to chat about the new coloring craze for adults. Each participant will be given a page and coloring tools will be provided. Light refreshments provided. 6 pm at the Silt Library.

January 23

- Advocate Safehouse Project presents the 2016 LUNAFEST at the Historic Hotel Colorado. There are two showings this year with the first showing at 5 pm and the second showing at 7:30 pm. Proceeds benefit Advocate Safehouse Project and the Breast Cancer Fund.

January 30

- Senior Matters Tech Class is a free, hour-long class that will introduce seniors who have basic computer skills to a number of different topics at 10:30 am at the Carbondale Library.

WELL & WISE UPCOMING CLASSES



N' Balance classes in Battlement Mesa begins January 19 at the Grand Valley Recreation Center with Jennifer Holton. Only 2 spots left! One class will be at 10:45 am and the other class will be at 1:30 pm. The fee for the class is \$40 and pre-assessments will take place on January 11 and you will be given a time for assessment when you register for the class. Please call 285-9480 to get signed up.

Tai Chi 2 begins Monday, January 18 at 6 pm Grand Valley Recreation Center. \$39 for 8 lessons.

Tai Chi 1 begins Friday, January 15 at 10:45 am at Grand Valley Recreation Center. \$39 for 8 lessons.

Tai Chi ongoing (for those who have taken 1 & 2) begins Friday, January 15 at 9 am. \$30/10 weeks or \$5/drop-in at All Saints Episcopal Church.

Matter of Balance class at the New Castle Community Center. Begins Monday, January 25 at 9 am. The fee is \$10 and if you complete 5 of the 8 classes you will get your money back!

Tai Chi 2 with Debby Sutherland begins Wednesday January 20 at 9:30 am for 8 weeks at Crystal Meadows Senior Housing Carbondale. \$10 fee and if you complete 5 of the 8 classes you get your money back.

Cooking Matters with Drew Schelling, R.D. class coming in February to Rifle.

Classes that we offer:

N' Balance

Tai Chi for Arthritis

Cooking Matters

Matter of Balance

Healthier Living Colorado

Cooking Matters at the Store

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 for the class.



WHAT TO DO AFTER A HIT AND RUN



As with any collision, you must carefully document hit and run accidents for your insurance company and the police. However, that can be a little tricky since one driver has taken off! Here are some dos and don'ts for handling the situation.

DO get as much information about the driver, car, and accident as possible, including: license plate number, the other vehicle's make, model and color description of damage to the other vehicle, which direction the other vehicle was headed, photos of the damage to your vehicle, location, time and cause of the accident.

DON'T follow the fleeing driver. Leaving the scene of the accident could put you in a compromising position. You'll miss getting eyewitness accounts and police could question who's really at fault.

DO ask witnesses if they can supply additional information about the accident. If they give you or the police a statement, be sure to get their names and contact information. Witness information can be especially helpful if the hit and run occurred when you were not with your vehicle. Get more information about how to handle parking lot accidents.

DON'T wait to call the police or your insurance company to file a police report or an accident claim. The official accident report will help police look for the missing driver and will be useful when you file your accident claim.



7 Ways to Prepare for a Winter Storm

When you aren't used to dealing with snow and ice, a winter storm may cause a little panic. Keep these seven tips in mind to help you prepare for any unexpected weather:

Learn winter weather terms. Know what each winter weather advisory, watch or warning means and how you should respond.

Service your furnace: Have your furnace checked yearly, especially if you rarely use it. You'll want it to be in tip-top shape if you do need it.

Invest in a generator: Consider buying a generator in case you lose power. Generators are also handy for other weather emergencies, such as hurricanes and high-wind events. Remember, generators should never be used indoors.

Brush up on winter driving tips: If you are uncomfortable driving in snow and ice, avoid it whenever possible. Be sure to study these winter driving tips for when you do have to brave the winter weather.

Keep the pantry stocked: It's smart to keep your house stocked with groceries all winter long. Should the power go out, you'll want to have plenty of extra water and nonperishable food that you can prepare without cooking. Also remember to keep a three day supply of food on hand.

Prepare emergency kits: Keep one emergency kit in your home and one in each family member's vehicle. Use the Federal Emergency Management Agency's (FEMA) Emergency Supply list to help create your kit.

Keep warm clothes on hand: Keep layers in your car, and make sure you have a large, water-resistant coat that can fit over several layers of clothing. You'll also want a pair of waterproof boots that will fit over several pairs of socks.



WORD SEARCH

Winter Word Search



 L U

 S N O W

 W I N T E R

 C O A T P D

 E E G S

 D H

 D F Q T

 J E Y S N O W B O A R D I N G L O V E S

 N R P S L E D D I N G O N B

 Y N Z I C W C C X S L

 E C U A U E T D I

 E G F Z F H

 M S N I

 J E D L S E

 X S J W X Z H T F C

 Q L D F D M V I I T X S

 T O B O G G A N N A G U K Q

 T G O Z D I X Y G P H H I B

 S N O W B A L L F I G H T I O E

 T S N O W F L A K E H A T N O H

 Q H P F I F R E E Z I N G V S Q

 S U E F S N O W M A N L J T

 A V S O M I T T E N S G Q B

 I C E S K A T I N G P O

 T X D K D E G W V R

 S C A R F A









Boots
 Coat
 Freezing
 Gloves
 Hat
 Ice
 Ice Fishing

Ice Skating
 Mittens
 Scarf
 Skiing
 Sledding
 Snow
 Snow Ball

Snow Ball Fight
 Snow Flake
 Snowboarding
 Snowman
 Toboggan
 Winter

SENIOR PROGRAM STATISTICS

July 1, 2015 through November 30, 2015

5 months

NUTRITION PROGRAM

Sites	Carbon-dale	Sunnyside	Chat'n Chew	New Castle	Silt	Rifle	Para-chute	Overall
Serving Days/Week	W	M/Th	T/F	M	W	T/Th/F	W	M-F
# Meals Served/Year	587	886	1136	355	858	4205	1043	9070
Unduplicated Participants	51	52	101	36	89	300	118	1083
Participant Average/Site	26	22	28	17	38	71	40	37
Total Donations Rec'd 5 months	\$ 435.04	\$ 2,016.00	\$ 1,808.23	\$559.30	\$ 1,649.91	\$ 8,118.10	\$1,575.65	\$16,162.23
Average Donation/Per Meal	\$ 0.74	\$ 1.60	\$ 2.44	\$ 1.57	\$ 1.97	\$ 2.50	\$ 2.37	\$1.90

We have not increased our donations in the seven years Garfield County Senior Programs has been in existence and our food costs have gone up. Effective February 1, 2016 we would suggest a \$3.00 donation for senior meals. Please see Judy with any concerns.

TRANSPORTATION PROGRAM

Sites	Total # Rides
Carbondale	201
Glenwood Springs	2,462
New Castle	436
Silt	274
Rifle	2,005
Parachute	73
Battlement Mesa	116
Rural Garfield County/Battlement Mesa	1,235
TOTAL	6,686

Traveler Income	
Rider Donations	\$7,739.71
Gifts/Foundation	\$1,302.00
Total	\$9,041.71

Average Donations and Costs	
Average Client Donation	\$1.43
Average Cost per Ride	\$31.67
Average Cost per Mile	\$5.06
Average Cost per Service Hour	\$63.60

WELL & WISE PROGRAM	Tai Chi	N' Balance	MOB	HLC	Cooking Matters	Totals
# of Classes	16	6	1	1	1	25
Class Participants	150	68	11	11	12	252
Class Graduates	99	60	11	11	10	191
# of Instructors	8	2	2	2	1	15



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
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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

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.