

GARFIELD COUNTY SENIOR PROGRAMS

CONNECTION



FIVE FOODS THAT FIGHT HIGH CHOLESTEROL

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It's easy to eat your way to an alarmingly high cholesterol level. The reverse is also true. Changing what you eat can lower your cholesterol and improve the fats floating through your bloodstream. Fresh fruits and vegetables, whole grains, and good fats are all part of a heart-healthy diet. But some foods are better at helping bring down cholesterol.

Some cholesterol lowering foods deliver a good dose of soluble fiber, which binds cholesterol and its precursors in the digestive system, and drags them out of the body before they get into circulation. Others provide polyunsaturated fats, which directly lower LDL. And those with plant sterols and stanols keep body from absorbing cholesterol.

Here are 5 of those foods:

1. **Oats-** An easy way to start lowering cholesterol is to choose oatmeal or a cold oat-based cereal like cheerios for breakfast. It gives you one to two grams of soluble fiber. Add a banana or some strawberries for another half-gram.
2. **Beans-** Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full longer after a meal.
3. **Nuts-** A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is a good for the heart. Eating two ounces of nuts a day can slightly lower LDL, on the order of five percent. Nuts have additional nutrients that protect the heart in other ways.



Special points of interest:

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

EXERCISE OF THE MONTH

Deep breathing -Tai Chi . Open/close move

Take a deep breath with your hands by chest, palms facing each other, and bring your hands out to shoulder width. Exhale and bring your hands back to the center of your chest.

5 FOOD THAT FIGHT HIGH CHOLESTEROL CONTINUED



4. **Foods fortified with sterols and stanols**- Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate.
5. **Fatty Fish**- Eating fish two or three times a week can lower LDL in two days: by replacing meat, which has LDL boosting saturated fats, and by delivering LDL lowering omega 3 fats. Omega 3's reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.

As you consider eating more of the foods that can help dial down cholesterol, keep in mind that avoiding certain foods can also improve your results. To keep cholesterol levels where you want them to be, limit intake of: Saturated fats. The saturated fats found in red meat, milk, and other dairy foods, and coconut and palm oils directly boost LDL.

Trans Fats. Trans fats are a byproduct of the chemical reaction that turns liquid vegetable oil into solid margarine or shortening and that prevents liquids vegetable oils from turning rancid. Trans fat boost LDL as much as saturated fats do. They also lower protective HDL, rev up inflammation, and increase the tendency for blood clots to form inside blood vessels.

~ Provided by Healthbeat Approved by Christine Dolan, R.D.

LOWER YOUR RISK FOR CANCER

Experts think that cancer may often be linked to things we can control, especially use of tobacco and what we eat and drink. Having a lot of contact with some chemicals, metals, or pesticides (weed killers and insect killers) can also make your risk of cancer higher. You can lower your risk of cancer in several ways:

- **Do not use tobacco products.** Tobacco causes cancer. In fact smoking tobacco, using smokeless tobacco, and passive smoking (regularly breathing other people's tobacco smoke) cause a third of all cancer deaths in the United States each year.
- **Avoid sunburns.** Too much ultraviolet (UV) radiation from the sun and from other sources such as sunlamps and tanning booths can damage your skin and cause skin cancer.
- **Eat right.** Eat at least five servings of fruits and vegetables each day. Also cut down on fatty foods and eat plenty of fiber.
- **Keep your weight down.** People who are very overweight are more likely to get cancers of the prostate, pancreas, uterus, colon, and ovary. Older women who are overweight are more likely to develop breast cancer.
- **Stay active.** Studies show that exercise can help lower your chance of getting breast and colon cancer and perhaps other cancers, too. The National Institute on Aging's **Go4Life®** campaign (www.nia.nih.gov/Go4Life) has more information on exercise for people age 50 and older.

If you drink alcohol, do not have more than one or two drinks a day. Drinking large amounts of alcohol raises the risk of cancers of the mouth, throat, esophagus, and larynx. People who smoke cigarettes and drink alcohol have an especially high risk of getting these cancers.

- **Follow work and safety rules to avoid dangerous contact with materials that cause cancer.** Talk with your boss or building manager about any concerns you have about your work environment and if you think you come in contact with dangerous materials.

~ Provided by National Institute of Aging. Approved by Christine Dolan, R.D.

SENIOR PROGRAMS SERVICES AND ACTIVITIES



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.

NUTRITION PROGRAM—All meals served at noon and reservations are required. A \$2.50 donation is requested for those over the age of 60 and their spouse and a \$6.00 fee is required for those under 60. Meal Site Locations:

Monday - Thursday: Sunnyside Retirement Center

601 21st Street in Glenwood call 945-9234 by noon on Friday for Monday's meal.

Monday: New Castle at Castle Valley Senior Housing

201 Castle Valley Boulevard call 984-2334 by Thursday for reservations.

Tuesday and Friday: Chat & Chew at Glenwood Springs CMC

1402 Blake Ave call 945-9117

Tuesday, Thursday, & Friday: the Rifle Senior Center

50 Ute Ave call 625-1877

Wednesday: Silt at the Fire Station

611 Main Street call 625-1877

Wednesday: Carbondale at Crystal Meadows Senior Housing

1250 Hendrick Drive in the Rominger Room. Call 945-9117

Wednesday: Parachute at the Valley Senior Center

500 N Parachute Ave. Call 285-7216 (Mondays only before noon) for reservations.

TRANSPORTATION PROGRAM-TRAVELER

The Traveler provides accessible transportation to those over the age of sixty-five and for persons with a disability in designated areas of Garfield County. New riders will need to complete a physical functional assessment prior to riding the Traveler. Request for transportation services must be made 48 hours prior to the time of service. All appointments are made by calling the Traveler Dispatch between 8:00 am and 5:00 pm, Monday - Friday, 970-945-9117 or 970-625-1366. Please call on Friday for rides on Monday.

WELL & WISE EXERCISE CLASSES:

If you are interested in taking one of our evidence based exercise classes Tai Chi for Arthritis, Matter of Balance, N' Balance, and Healthier Living Colorado please give us a call and get your name on the list for future classes in your area. Please let us know if you are interested in becoming an instructor or any of the class as well. Call Debby at 945-9191 ext. 3084 if you have any questions, or to reserve your spot.

NUTRITION COUNSLING

Registered Dietician Christine Singleton Dolan provides this service for our meal participants. One on one or group consultation on diet. For appointment please call 970-945-6614 ext. 2020 or email to cdolan@garfield-county.com



WELCOME TO NEW STAFF

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



Welcome to Tami Sours as the new Director of the Rifle Senior Center. She replaced Marie George who retired in November, 2014.

We are thrilled to announce that we have hired Barbara Peterson as the Senior Services Aide. Currently Barbara is the part-time Volunteer Coordinator at High County RSVP. We look forward to having Barbara on staff as of January 5, 2015.



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!!!

JANUARY BIRTHDAY'S

Beverly Allec
Mildred Alsdorf
Jodie Bay
Dorothy Bruno
Flora Budd
Mitzi Burkhart
Francis Cameron
Patsy Conant
Margaret Diaz
Pearl Duncanson
Ernest Fernandez
Ruth Habermann
Deborah Hamby
Richard Hathaway
Bobbie Hennings
Mildred Johnston
A.C. King
Jo King
Lorraine Lowe
Rosallie Martin
Louise Mooney

Jennifer Moore
Wilma Morgan
Lucy Oakes
Mady Oakes
Shirley Parks
Phil Riley
Flo Rockwood
Lois Scriptor
Nancy Soderman
Alice Stroud
Mary Sudbeck
Wanda Terry
Mary Ward
Mary Weaver
Joyce Wilde
Orville Williams



Martin Luther King, Jr. Day
January 19



UPCOMING EVENTS



January 1,2,3,4

- Glenwood Vaudeville all new holiday show! Doors open Thursday, Friday & Saturday at 6:30 pm. Call 945-9699 for more information.

January 2

- 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—experience gallery openings, business open houses and other events, including live music and street performers at the Third Street Center and throughout downtown.

January 7

- Computer Crash Course at the New Castle Library at noon. Not sure where to start with your new computer? They will get you going with a quick tutorial and set you up with further help. Please bring your own devices, if not a laptop will be provided.

January 8

- Author visit & book signing: "Touching God" at 6:00 pm in the Silt Library. Brad Tyndall will take you on a journey to far-reaching corners of the world, where he drinks tea with loving Sudanese Muslims, prays in ancient Coptic churches, and whirls with Sufi dervishes in the desert.

January 9

- 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.

January 10

- Author visit & book signing: "Touching God" at the Carbondale Library 3:00 pm
- Health & Fitness 101 at the Parachute Library 9:00 am. Learn how to make 2015 your healthiest year yet at the 3rd Annual Health & Fitness 101! call 970-285-9870.

January 15

- I Just Got This Tech Toy for Christmas, Now What? Stop by to receive assistance from our tech experts in setting up and using your new device, as well as downloading eBooks or magazines. Sessions last for 30 minutes and are available on a first come, first served basis 5:30 pm. Pre-registration is suggested, but not required. Call the Parachute Branch Library at 970-285-9870 to reserve your spot.

January 17

- I Just Got This Tech Toy for Christmas, Now What? At the Carbondale Library. 12:00 - 3:00 pm. (Same class as Jan 15th above).

January 19

- Get Financially Fit - A local Alpine Bank representative will be present to discuss the different steps you can take to get your finances in order. 6:00 pm at the New Castle Library.

January 22-25

- Winter X Games in Aspen go to xgames.go.com for a schedule of events and to purchase tickets.

January 29

- Author visit & book signing: "Touching God" at the Glenwood Library 6:30 pm

WORD SEARCH PUZZLE



FLORIDA WORD SEARCH PUZZLE

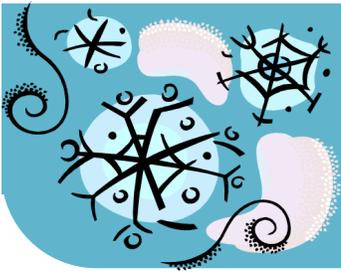


ALLIGATORS
BUCCANEERS
BUSCH GARDENS
DAYTONA BEACH
DISNEY WORLD

EPCOT CENTER
EVERGLADES
FT LAUDERDALE
GOLF COURSES
JACKSONVILLE

KEY WEST
MIAMI BEACH
ORANGE TREES
ORLANDO
PALM TREES

PENSACOLA
ST PETERSBURG
SUNSHINE STATE
TALLAHASSEE
TAMPA BAY



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

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

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.

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

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

