

# CONNECTION



## Get out the sunglasses: July is UV Safety Awareness Month

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During the summer, there is usually a lot of emphasis on protecting skin from Ultraviolet (UV) rays. But one must not forget about protecting the eyes. Exposure to bright sunlight increases the risk of developing cataracts, macular degeneration, and growths on the eye, including cancer.

July is UV safety awareness month. However, eyes are at risk to UV rays all year round. Sunlight is not the only culprit though, tanning beds offer a higher dose of UV rays than sunlight. This makes it important to protect the eyes from UV rays in all situations by wearing proper eye protection, either UV blocking sunglasses or appropriate tanning goggles.

Here are some tips from the American Academy of Ophthalmology:

- Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Check for 100 percent UV protection: Make sure your sunglasses block 100 percent of UVA rays and UVB rays.
- Choose wrap-around styles: ideally, your sunglasses should wrap all the way around to your temples so the sun's rays can't enter from the side.



## EXERCISE OF THE MONTH

**Calf Stretch:** Stand facing a wall, slightly farther than arms length from the wall and feet shoulder width apart. Put your palms against the wall and step forward with the right leg and bend right knee. Hold for 10 seconds and repeat with left leg.

## JULY IS UV SAFETY AWARENESS MONTH CONTINUED

- Wear a hat. In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- Don't rely on contact lenses. Even if you wear contact lenses with UV protection, remember your sunglasses too.
- Don't be fooled by clouds. The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.
- Protect your eyes during peak sun times. Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.

Provided by American Academy of Ophthalmology Dr. Dominique Walton Brooks



### How do I protect myself from UV rays?

#### READ THE LABELS

**Sun Protection Factor (SPF):** The SPF number is the level of protection the sunscreen provides against UVB rays, which are the main cause of sunburn. A higher SPF number means more UVB protection (although it says nothing about UVA protection). For example, when applying an SPF 30 sunscreen correctly, you get the equivalent of one minute of UVB rays for each 30 minutes you spend in the sun. So, one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected. People often do not apply enough sunscreen, so they get less actual protection.

Sunscreens labeled with SPFs as high as 100+ are available. Higher numbers do mean more protection, but many people don't understand the SPF scale. SPF 15 sunscreens filter out about 93 percent of UVB rays, while SPF 30 sunscreens filter out about 97 percent, SPF 50 sunscreens about 98 percent, and SPF 100 about 99 percent. The higher you go, the smaller the difference becomes. No sunscreen protects you completely.

**Water resistant sunscreen:** Sunscreens are no longer allowed to be labeled as "waterproof" or "sweat proof" because these terms can be misleading. Sunscreens can claim to be "water resistant," but they have to state whether they protect the skin for 40 or 80 minutes of swimming or sweating, based on testing.

**Expiration dates:** Check the expiration date on the sunscreen to be sure it's still effective. Most sunscreen products are good for at least two to three years, but you may need to shake the bottle to remix the sunscreen ingredients. Sunscreens that have been exposed to heat for long periods, such as if they were kept in a glove box or car trunk through the summer, may be less effective.

**A word about sun exposure and vitamin D:** Doctors are learning that vitamin D has many health benefits. It might even help lower the risk for some cancers. Your skin makes vitamin D naturally when you are in the sun. How much vitamin D you make depends on many things, including how old you are, how dark your skin is, and how strong the sunlight is where you live.

Provided by the American Cancer Society

## SENIOR NUTRITION PROGRAM



We have seven dining rooms in Garfield County. The recommended donation for meals is \$2.50 for those 60 and better. Those under 60 must pay the cost of the meal, currently \$6.00. All meals are served at noon and reservations are required. Anyone attending a meal site should make a reservation by noon at least 24 hours in advance of the meal by calling the phone numbers listed below:

**Carbondale “Roaring Fork & Spoon” at Crystal Meadows Senior Housing**

1250 Hendrick Drive, Carbondale in the Romminger Room on Wednesdays.  
For reservations please call 945-9117 by Tuesday at noon.

**Glenwood Springs “Chat n’ Chew” at Colorado Mountain College, Lucy Huntley Senior Center**

1402 Blake Avenue, Glenwood Springs on Tuesdays and Fridays.  
For reservations please call 945-9117 on Monday and Thursday by noon.

**Glenwood Springs “Sunnyside Senior Meal” at Sunnyside Retirement Center**

601 21<sup>st</sup> Street, Glenwood Springs on Mondays and Thursdays.  
For reservations please call 945-9234 by noon on Friday and Wednesday.

**New Castle “The Gathering” at the Castle Valley Senior Housing**

201 Castle Valley Blvd in New Castle on Mondays.  
For reservations please call 984-2334 by Friday noon.

**Silt “Meet ‘n Eat” at Colorado River Fire Rescue Fire Station**

611 Main Street, Silt on Wednesdays.  
For reservations please call 625-1877 by Monday noon.

**Parachute at the Valley Senior Center,**

500 N. Parachute, Parachute on Wednesdays.  
Please call on Mondays for reservations from 9:00 am to noon 285-7216

**Rifle “Senior Delight” at the Rifle Senior Center**

50 Ute Avenue, Rifle on Tuesdays, Thursdays, and Fridays.  
For reservations call 665-6540 by noon on Monday, Wednesday, and Thursday.

Menus for all locations are available at the nutrition sites, from Senior Programs and available at the county website. [www.garfield-county.com](http://www.garfield-county.com)

### THE TRAVELER

Operated by the Roaring Fork Transportation Authority (RFTA), the Traveler provides service to Garfield County residents, who are 18 years of age or older with an assessed disability or inability to drive who request service within the established service area parameters. New Castle to Parachute/Battlement Mesa call 625-1366, Glenwood Springs to Carbondale call 945-9117 to request service. An application will be mailed to you. Once a completed application is received, we will establish the date, time and place of an in-person functional ability assessment.

**To schedule a ride on any week day on the Traveler, please remember to call at least 48 hours in advance** and our hours of operation are Monday through Friday from 8 am to 5 pm.

**Suggested client contribution:** \$2 each time you get on the bus in-town; \$3 between towns and \$20 for round trip to Grand Junction on the 2nd Thursday of the month.

Driver's cannot make change but can sell tickets for your ride. Traveler tickets (20 rides for \$40.00) are available at RFTA, the Rifle Senior Center, and Chat n’ Chew Senior Meal Site.



## ORANGE PEPPER, SPINACH AND SUNDRIED TOMATO FRITTATA

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 or Barbara Peterson ext. 3005 for more information.

Please accept our apology if we missed your birthday. Our information is from 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 2015 assessments.

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

### Ingredients:

3 eggs  
 1 Tbsp. milk (1% or skim)  
 1/2 cup diced orange peppers  
 1/4 cup sun dried tomatoes  
 1/4 cup frozen spinach (chopped)  
 1 Tbsp. olive oil  
 1 Tbsp. parsley  
 Salt and pepper



### Preparation:

1. whisk together eggs, milk, parsley, salt and pepper and set aside.
2. Sauté pepper and sundried tomatoes in 1 tablespoon olive oil for 1 minute over medium– high heat in a non-stick pan.
3. Add frozen spinach and continue cooking until spinach has thawed and cooked.
4. Reduce heat to low and add egg mixture, ensuring that vegetables and eggs are evenly distributed.
5. Cook on low heat until top of frittata begins to cook, approximately 5 minutes. Make sure the bottom does not burn. Flip frittata by placing a plate over top of pan, flip the pan and slide frittata back into pan. Cook on low for another 1-2 minutes
6. Remove from heat and let sit for 10 minutes.

Provided by Eagle County Public Health

## JULY BIRTHDAY'S

Hank Ash	Lawerence Forman	Todd Saunders
John Barbee	III	Marcia Schultz
Carla Bernklau	Agnes Grange	Duane Scott
Lavelle Bottineau	Joe Hansen	Barbara Smith
Cindy Bowers	Dee Hardin	Lois Solawetz
Darla Bruland	Lauri Hayes	Olga Venn
Terra Budau	Connie Hollenbeck	Tom Weir
Rosella Burchfield	Tami Holt	C.B. Wells
Carol Burns	Jack Jones	Mildred Whitt
Janice Burns	Kathleen Keefe	John Zacharias
Rich Burns	Emilo Martinez	
Presley Castine	Heidi Matthews	
Dorothy Ceremuga	Dorothy McLearn	
Regina Cross	Rosie McLearn	
Sonya Doyal	Jennie Metz	
Barry Driskell	Clarice Moore	
Bernita Elwell	Mary Caroline Odell	
Marti Enewold	Jeanette Osmon	
Nils Epevold	Beverly Ostrom	
Shirley Ervin	Janice Robinson	
Virginia Erickson	Bev Rowe	
Freddie Fazzi	Patricia Rowe	



## UPCOMING EVENTS



### July 2-4

- Thunder River Theatre Company in Carbondale presents Red Herring at 7:30 pm. For tickets or more information please call 963-8200

### July 3

- Super Seniors Program at the First Baptist Church in New Castle. The program begins at 10 am and concludes with a free lunch. Reservations call 970-984-2306.
- First Friday in Carbondale. Business open houses and other events, including live music and street performers at the Third Street Center and throughout downtown.
- Rifle Centennial Park free concert at 8:30 pm with fireworks featuring Fifty50 band.

### July 4

- 4th of July parade 10:00 am 2nd Street & Main in Carbondale followed by a celebration at Sopris Park.
- Freedom Celebration at Apple Tree in New Castle

### July 6

- Town of Carbondale Recreation Dept. offers senior hands-on informational hikes where you'll learn about flora and fauna identification, how to use a compass and topographical maps. The second hike of the summer will be to the Aspen area *Hunter Creek Trail* on Monday, July 6, from 9 am to 3 pm. Cost is \$20 which includes transportation to the trailhead and a supervised trail guide. Signup deadline is June 29. Call Carbondale Recreation Dept. at 510-1290 to sign up. The third hike of the summer is scheduled for August 3 to the Aspen area *Weller Lake, Grottos & Ice Caves*. Registration deadline is July 27.

### July 10

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

### July 11

- Hogback Hustle 5K Run/Walk 8 am. Fee is \$25.00 call 984-3352 for more information.

### July 12

- Music series returns to Sopris Park in Carbondale from 4:00 to 7:00 pm. Let Them Roar opens the show followed by Halden Woffard and the Hi-Beams.

### July 14

- 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. Held the second Tuesday of each month at the Parachute library at 10:00 am.

### July 20

- Local belly dancing instructor Kathy Goodman will show you how to enjoy this ancient art while toning your belly. Rifle library 6:00 pm.

### July 24

Spaghetti Dinner fund raiser for the River Center in New Castle. Call 984-3352 for more information.

### July 24-26

- Carbondale Mountain Fair, Sopris Park  
For more information call 963-1680.

### Farmers Markets:

**Carbondale** 4th Street Plaza on Wednesdays beginning June 10 through September 30, 10 am - 3 pm.

**Glenwood** 1412 Grand Ave Saturday late June through early November 8 am - 3 pm.

**Glenwood** Downtown Market 9th & Grand on Tuesdays 4 - 8 pm. June 9 through September 5.

**Rifle** 2nd St and 1718 Railroad Ave, Thursdays June 18 through September 24, 4 pm - 8 pm.

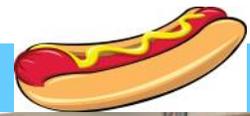
**New Castle** Burning Mountain Park, Thursdays beginning July 9 through September 24, 4:30 pm - 7 pm.

# SENIOR BBQ PHOTOS





# SENIOR BBQ PHOTOS





## WORD SEARCH PUZZLE

## Squigly's Word Search



Water Fun

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

AIR MATTRESS  
BATHING SUIT  
BEACH  
DIVE  
FLOAT  
GARDEN HOSE  
JUMP

LAKE  
LIFE JACKET  
PADDLE BOAT  
POOL  
RIVER  
SAILBOAT  
SPLASH

SPRINKLER  
SWIMMING  
TUBE  
WADING POOL  
WATER GUN  
WATER SKIING  
WATER WINGS

## HEAT STROKE

**Heat stroke** - Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

**Signs and symptoms of heat stroke** - Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

**Heat Exhaustion** - Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

**Signs and Symptoms of Heat Exhaustion** - Warning signs may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow



### What You Can Do to Protect Yourself

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Take a cool shower, bath, or sponge bath.
- Rest.
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.
- If possible, seek an air conditioned environment. If you don't have air conditioning, consider visiting an air conditioned shopping mall.

## HEAT STROKE CONTINUED

### What You Can Do for Someone With Heat Stress - Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. Monitor body temperature and continue cooling efforts until the body temperature drops to 101°– 102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

Provided by Christine Dolan R.D.

### Upcoming Well & Wise Exercise Classes

Tai Chi for Arthritis class in Carbondale at the Crystal Meadows Senior Housing on Wednesday's 9:30 a.m.-10:30 a.m. in the Rominger Room Beginning July 8 through September 2.

N' Balance class at Sunnyside Retirement Center Beginning August 3 to September 28 at 1:30 p.m. to 2:30 p.m.

Classes that you can sign up for :

- \* Healthier Living Colorado
- \* Matter of Balance level 1 class
- \* N' Balance level 2 class
- \* Tai Chi for Arthritis

Fee: \$10.00 for the session and you will receive your money back if you complete 5 or more classes.

To register for a class in your area please call Debby Sutherland 945-9191 ext. 3084





### 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, csdolan@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.



### 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.

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 and Wise exercise classes and Traveler.

### 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, Grand Junction Rockies Games, and many other trips this summer. 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—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)

#### Wild West Rodeo

Thursday nights at the Gus Darien Riding Arena in Carbondale beginning June 4 through August 20, 7:30 - 9:30 pm  
Volunteers needed for the concession stand. Call Diane 970-306-2587

