

CONNECTION



DECREASE YOUR RISK OF HEAT STROKE THIS FOURTH OF JULY

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The Upcoming Fourth of July holiday is usually grounds for lounging in the sun, hanging out with friends and family and enjoying a good barbecue. However, when the heat rises it's important to protect yourself from heat and sun related illnesses such as heat stroke.

Once the outside temperature rises above 94 degrees, it is difficult for the body to get rid of the heat made by the body processes. The risk goes up with exercise, " says William Roberts, M.D.

Heat stroke is dangerous and can lead to hospitalization and even death. Symptoms of heat stroke can sneak up on you so it is important to listen to what your body is telling you on extremely hot days. Symptoms include: Clumsiness, Stumbling, Headache, Nausea, Dizziness, Apathy, and Confusion.

Stop your activities if you feel ill, do not take on heavy exercise if you are not use to the heat, make sure to take rest breaks, and drink fluids when thirsty. Use sunscreen and wear a broad brimmed hat, and limit alcohol consumptions to two drinks per day. Move to an air conditioned room or shady spot if you get flushed red skin or you do not act normal. *Provided by Health Talk Aiki Vrohidis*



EXERCISE OF THE MONTH

Back Leg Raises

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times then repeat with other leg.



MEDICARE TO COVER ADVANCE CARE PLANNING

About three quarters of the 2.5 million people who die in the United States are age 65 and older, making Medicare the largest insurer of health care provided during the last year of life. In fact, roughly one-quarter of the traditional Medicare spending for health care is for services provided to Medicare beneficiaries in their last year of life.

Starting January 2016, Medicare began covering advance care planning discussions physicians have with their patients regarding end of life care. Advance directives are written instructions intended to reflect a patient's wishes for health care decisions in the event a patient is unable to speak for her/ himself. Advance directives typically take the form of a living will, which defines medical treatment patients prefer if incapacitated, and the designation of a medical power of attorney (MDPOA).

Studies have found that about four in 10 Americans age 65 and older do not have advance directives or have not written down their own wishes for end of life care. More than 90 percent of people think it's important to talk about end of life care, but fewer than 30 percent actually do, according to the Institute for Healthcare Improvement.

End of life care encompasses health care provided to someone in the days or years before death, whether the cause of death is sudden or a result of a terminal illness. For people age 65 and over, the most common causes of death include cancer, cardiovascular disease and chronic respiratory diseases. In some cases, patients who have already considered their options may need one advance planning conversation with their physician. However, patients may require a series of conversations with their physician or other health professional. It is important to review completed advance directives each decade, or if you have a decline in health, death of spouse, receive a diagnosis significant illness or have a decline in functioning. If you do not have your advance directive completed, discuss this with your physician. (uchealth.org)

Double Up Food Bucks Colorado (Double Up Colorado) helps increase access to fresh, Colorado-grown fruits and vegetables. When recipients of Supplemental Nutrition Assistance Program (SNAP) shop at participating farmers markets, they can now have their purchase matched with a voucher worth up to a \$20 per visit to put toward Colorado-grown fruits and vegetables.

The Downtown Glenwood Springs Market, Rifle Farmers Market and New Castle Community Market will be offering dollar for dollar matches up to \$20 per visit for those using their SNAP EBT cards at the markets:

Glenwood Springs Downtown Market
June 14-September 20
Tuesdays, 4-8pm
Centennial Park, 9th Street & Grand Ave.

Rifle Farmers Market
June 23-September 29
Thursday, 4-8pm
Community Lot, 2nd Street & Railroad Ave.

New Castle Community Market
July 7-September 8
Thursdays, 4:30-7:30pm

Picking Fruits & Vegetables

How do I know if it is ready to eat?

Here are few tips to make the most of your dollar and pick the tastest & ripest produce.



Mangos-The ripest one will have the strongest scent. Color does not mean a thing. Being able to gently squish them also means that they're ripe.



Potatoes- Applying a small amount of pressure, you should be able to rub the skin off with your thumb. A little rub won't hurt anyone, but maybe try this after you've committed to buying it. Try to not to buy sprouting potatoes, however it is not the end if you do. Just peel it off or grow a potatoe plant.



Avocados-Being able to gently squish them means they're ripe. Another way to tell if they're ready to eat is to discard the stem. There's a 99% chance you're going to get them after doing the first test, so you might as well double check. If it gives easily and it's light green underneath, then it's ready.



Eggplant-Should have a shimmer to it and when it is ripe you should be able to lightly press it and see an imprint. Smaller eggplants tend to be sweeter, and have thinner skin and fewer seeds.



Oranges-Should feel heavy for their size and give a little when you apply some pressure on them. When they're rigid, dry, and light, they might not be as juicy. Also, don't reject the green ones, perfectly good oranges left on the tree experience "re-greening" their appearance, but not the flavor.



Beets-It's better to get the tops still attached because they're fresher and sweeter. Avoid the ones with lots of dents and blemishes.



Carrots-Like beets, and other roots it's better to get the tops still attached because they're fresher and sweeter. Avoid the ones with lots of dents and blemishes.



Broccoli- Pick the heads that are darker and tightly compacted.



Pineapple-The riper it is the stronger the scent and ripe pineapple will be yellow not green. The Stem Pull Test- If you pull the middle stem and it easily comes out the pineapple is ready.



Onions- Buy onions that are firm (tossable) and have little to no scent..



Watermelon-For a ripe one, check to see if it has a yellow color spot and evaluate its weight, the heavier the watermelon for its size the riper it will be. Also, there is the "thump" test (a quick, crisp knock sound), but this method is difficult unless you thumped a lot of watermelons.



Cantaloupe-The riper it is the stronger the scent and pick one tinted gold underneath the netting.



Honeydew-The riper it is the stronger the scent and choose dull over shiny for a riper melon. They should also be pale yellow and not too green. The heavier the for its size the riper it will be.

By Drew (Simonson) Schelling, RD



Fresh Fruit Snow Cones Recipe

Treat yourself to a fruity snow cone without any artificial flavors or coloring. You can substitute other fruits to suit your taste buds.



Serving size: ¼ cup puree, 1 cup shaved ice

Serves 6

Directions:

1. In food processor or blender, blend strawberries with agave until smooth. Pour puree in plastic squeeze bottle.
2. Shave ice (use an inexpensive snow cone machine found at discount stores).
3. Serve strawberry puree on shaved ice.

Nutrition Information: Calories: 45; Total Fat: 0g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Total Carbohydrate: 11g; Dietary Fiber: 1g; Sugars: 9g; Protein: 1g; Vitamin C: 80%; Calcium: 2%; Iron: 2%. Recipe Approved By Drew (Simonson) Schelling, RD. Recipe from: Blatner, Dawn J. (RDN, CSSD). Academy of Nutrition and Dietetics. Accessed from <http://www.eatright.org/resource/food/planning-and-prep/recipes/fresh-fruit-snow-cones-recipe>. Accessed on June 8, 2016

BRAIN TRAIN COMING TO CARBONDALE

The mission of the Roaring Fork Brain Train is to provide a safe environment for people with Early Memory Loss to thrive and to provide respite time for their caregivers. The Brain Train is a program of Senior Matters. The Brain Train would like to recruit more volunteers: Our program opens Monday July 11th, operating Mondays and Wednesdays from 9:45 am-2:00 pm. Typically, volunteers work from 9:45-12:00 and 12:00 to 2:00pm assisting the session leaders with room setup, passing out materials, escorting participants to the restroom and returning them to the classroom.

The Brain Train Opens Monday July 11th

Meeting Mondays and Wednesdays from 10:00am to 2:00pm at the Third Street Center, Room 33

- 1st hour: Seated yoga/gentle therapeutic movement
- 2nd hour: Support group/sharing hour. Participants will discuss challenges and issues they are facing. This hour includes an “art directive” for clients to express their feelings in a non-verbal way
- 3rd hour: Bring your own lunch, socializing, cards, dominoes, reading, quiet time
- 4th hour: Senior singing group the “Zingers” (Mondays)
- Cognitive stimulation work focusing on strengthening memory recall (Wednesdays)

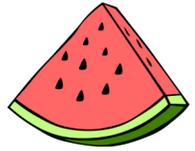
**For more information contact Diane Darling at (818) 800-1092 or rftb.sm@gmail.com
<http://www.seniormatter.org/braintrain.html>**

SENIOR BBQ PHOTOS



How can you tell when a melon is ripe?

Look for the weight and a deep hollow sound. The heavier ones will be more ripe and you can give it a thump and if you hear deep sound its ripe. An unripe melon will sound dull.



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.



JULY BIRTHDAYS

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 2015-2016 assessments.

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

- | | | |
|--------------------------|--------------------|----------------------|
| Hank Ash | Larry Forman III | Winnifred Richardson |
| Dolly Ashley | Dee Frink | Duane Scott |
| John Barbee | Mary Gardner | Dorothy Sharpe |
| Carla Bernklau | Agnes Grange | Thomas Sisneros |
| Lavelle Bottineau | Dee Hardin | Barbara Smith |
| Cindy Bowers | Lauri Hayes | Daniel Soria |
| Darla Bruland | Connie Hollenbeck | Lois Solawetz |
| Terra Budau | Tami Holt | Donald Ukele |
| Annie Rosella Burchfield | Elaine Imperato | Olga Venn |
| Janice Burns | Jack Jones | |
| Rich Burns | Sharon Joyner | |
| Presley Castine | Kathleen Keefe | |
| Dorothy Ceremuga | Bert Leonard | |
| Cherrell Cole | Margaret Macintosh | |
| Mona Davis | Emilo Martinez | |
| Shirley Deussen | Joanie McGuern | |
| Sonya Doyal | Dorothy McLaren | |
| Barry Driskell | Rosie McLearn | |
| Linda Elliott | Chris Moore | |
| Bernita Elwell | Clarice Moore | |
| Marti Enewold | Anthony Moreno | |
| Shirley Ervin | Angela Munoz | |
| Virginia Erickson | Jeanette Osmon | |
| Freddie Fazzi | Patti Pope | |



Independence Day

UPCOMING EVENTS



July 1

- 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. Downtown block party.

July 3

- Concert and Fireworks at Centennial Park in Rifle begins at 7:30 pm.

July 4

- A community celebration featuring a Symphony in the Valley, games, food, fireworks and music in the park at Two Rivers park in Glenwood 4 to 10 pm.
- 10:30 am-38th Annual Kids' Parade down Main Street, 11:00 am at Sopris Park Pool Celebration \$5.00 entry for everyone. Free watermelon and ice cream sandwiches, chalk art, games, food, live music.

July 1,8,15,22,29

- Friday afternoon Club on the Mountain in Glenwood 5 to 8:30 pm. Free Tram ride with a coupon that appears in the Post Independent on Fridays.

July 6,13,20,27,29

- Summer of Music at Two Rivers Park in Glenwood 6:30 pm.

July 7, 14, 21

- Hilltop Music Series in Rifle at the Bookcliff Arts Center located at 1100 East 16th Street Jeremy Isenheart on 7/7 Swanson & Craig Snow on 7/14 and Dry Hollow 7/21.

July 8

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

July 9

- Hogback Hustle 5k 8 am in New Castle

July 11

- Healthily Eating on a Budget Reanna Moore, Clinical Dietician at Grand River Health, will share her knowledge of healthy eating and use her mobile kitchen to teach us how to eat healthy without breaking the bank at this free program. Location will be at the Rifle Library Please RSVP by July 5 625-3471.

July 14

- Camping Cookery at the Silt Library 6:00 pm. Come learn about food preparation for your summer camping trips. We will cover backpacking recipes, trail mix, food dehydration and more.

July 16

- Gypsum days get more information at Gypsum days .com

July 17

- Car and Truck show in New Castle from 5 to 8 pm.

July 22

- Wine, cheese tasting and Books to sample at Sopris Liquor and Wine 1026 Co 133 In Carbondale.

July 29-31

- Carbondale Mountain Fair at Sopris Park music, arts, and crafts

July 29

- River Center Spaghetti Dinner in New Castle 5 to 8 pm.
- Fireworks and concert in Silt at Stoney Ridge Pavilion 6 pm.

July 30

- Classical Concert Series 5:45 pm at the Carbondale Library. Aspen Music Festival students will feature different music and instruments. Refreshments provided.
- Silt Hay Days at Stoney Ridge Pavilion from 7 am breakfast and activities until 10 pm.
- Community Breakfast at the Rifle Senior Center 8:00—9:30 a.m. \$4.00

SENIOR BBQ'S & CAREGIVER CONFERENCE



Cars Word Search Puzzle

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

ACCORD

ALTIMA

CAMARO

CIVIC

CORVETTE

DAYTONA

ELDORADO

FERRARI

FIERO

FIREBIRD

INTEGRA

LAMBORGHINI

LEGEND

LEXUS

MERCEDES

PORCHE

PRELUDE

PROBE

PULSAR

SATURN

SENTRA

STEALTH

TAURUS

VIPER



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



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

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

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.highcountrysvp.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.