



CONNECTION



Mirjam Meijer

SHOPPING TIPS

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Many people say a successful trip to the grocery store starts with a shopping list.

Even when you know which foods you should choose for your health, being able to pay for those foods might be hard, especially if you are on a fixed income.

Reading labels can help you make good food choices. Planning a day's worth of meals, using smart food choices, might seem overwhelming at first. Sample menus show you how easy it can be to prepare meals.

Eating Well AS You Get Older

Eating well is vital for everyone of all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel. Eating a well-planned balanced mix of foods every day has many health benefits.

Healthy Eating After 50

Have you ever said to yourself, "Food just doesn't taste the same anymore" or "I can't get out to go shopping" even "I'm just not that hungry," Sound familiar? These are a few common reasons some older people don't eat healthy meals. Choosing healthy foods is a smart thing to do no matter how old you are!

Provided by National Institute on Aging



EXERCISE OF THE MONTH

Toe stands: Stand behind your chair. Place your feet shoulder width apart and lift your heels, rising up on to your toes. Pause, then return your heels to the floor. Repeat five times.

WORLD ENVIRONMENT DAY JUNE 5, 2015



Many of the Earth's ecosystems are nearing critical tipping points of depletion or irreversible change, pushed by high population growth and economic development. By 2050, if current consumption and production patterns remain the same and with a rising population expected to reach 9.6 billion, we will need three planets to sustain our ways of living and consumption. Consuming with care means living within planetary boundaries to ensure a healthy future where our dreams can be realized. Human prosperity need not cost the earth. Living sustainably is about doing more and better with less. It is about knowing that rising rates of natural resource use and the environmental impacts that occur are not a necessary by-product of economic growth. - See more at: <http://www.unep.org/wed/wed2015/about.asp#sthash.N79yEZh.dpuf>

Here are a dozen more specific and effective ways you and your company can adopt environmentally friendly practices on and off the job:

- * Host an eco-event, e.g. an art exhibit, tree-planting, or sports match on Wednesday.
- * Consider ways to save electricity at home or work.
- * Improve the insulation of your home or office.
- * Offset your business or personal airline travel when booking your tickets.
- * Bring your own eco-bag or basket when you go food shopping to avoid using plastic.
- * Bike to your destination, whether it's to work or on personal time.
- * Opt for public transportation whenever possible. This will save you money as well as help cut down on fossil fuel burning, which is a major source of [carbon emissions](#).
- * Discover an alternative to using traditional wrapping paper for gifts – such as scarves, old newspapers, discarded maps, or magazines.
- * Plant a tree.
- * Reduce, reuse, and [recycle](#) whenever possible to limit waste dumped in landfills.
- * Switch to fluorescent lighting to save energy and money.
- * Monitor your water use. Check for leaky faucets, take shorter showers, and turn off the tap when brushing your teeth.



BEST SOURCE OF VITAMINS



Best source of vitamins? Your plate, not your medicine cabinet

Every food group provides some essential nutrients, and certain foods (cereals and milk, for example) are fortified with specific nutrients. Vitamin and mineral supplements from a bottle simply can't match all the biologically active compounds teeming in a well-stocked pantry.

By focusing on the big picture — eating a balanced diet that contains a variety of colorful fruits and vegetables, whole grains, beans, nuts, dairy products, seafood, lean meats, and poultry it's easy to get enough vitamins and minerals. Here are some tips.

Choose healthy fats. Fish, nuts, and vegetable oils contain healthy monounsaturated and polyunsaturated fats. Eat these foods regularly and in moderation. But do limit consumption of saturated fat and stay away from trans fats, found in partially hydrogenated vegetable oils (often used in spreads, baked goods, and fast foods).

Don't forget fiber. Good sources include fruits, vegetables, whole grains, nuts, and dark chocolate. Fiber from grains helps lower the risk of heart disease. Your daily fiber goal depends on your age and sex:

Men ages 50 or younger: 38 grams

Men over 50: 30 grams

Women ages 50 or younger: 25 grams

Women over 50: 21 grams

Balance energy intake and output. The energy you take in should equal the energy you use. That means, for example, that if you are sedentary and 5 feet 4 inches tall, you need far fewer calories to remain at your current weight than an active person who is 6 feet tall.

Set a goal. Start by eating one extra fruit or vegetable a day. When you're used to that, add another and keep going. For example, add fruit to your breakfast cereal every morning. Then try eating a piece of fruit for an after-lunch snack. Next, add at least one vegetable to your dinner plate.

Be creative. Adding finely grated carrots or zucchini to pasta sauce, meat loaf, chili, or a stew is one way to get an extra serving of vegetables. Dip vegetables into hummus or another bean spread, some spiced yogurt, or even a bit of ranch dressing. Slather peanut butter on a banana or slices of apple. Try mashed avocado as a dip with diced tomatoes and onions, or as a sandwich spread, topped with spinach leaves, tomatoes, and a slice of cheese.

Submitted and Approved by Christine Dolan, R.D.





GREEK VEGGIE KABOBS

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.

It's a salad on a stick! Marinate fresh veggies with feta, dill, and garlic no grilling required.

- | | |
|---|--|
| 1/3 cup olive oil | 8 ounces feta cheese, cubed |
| 1 clove garlic, crushed | |
| 3 tablespoons white balsamic vinegar | 12 each Kalamata olives pitted |
| 1/2 teaspoon dill weed | |
| 1/4 teaspoon sea salt | 1/2 English cucumber, cut into 1/2" rounds |
| Freshly ground black pepper | Wooden skewers |
| 16 Cherry tomatoes (try red and yellow) | |

Directions -

Step one: In a bowl, mix together olive oil, garlic, vinegar, dill, salt and pepper. Add tomatoes, olives and cucumbers; toss well. Add feta and mix gently, so cubes hold their shape.

Step two: Marinate for 15 minutes

Step three: Thread onto a skewers evenly



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!!!

JUNE BIRTHDAY'S

- | | | |
|-------------------|-------------------------|---------------------|
| Millie Ayers | Luella Johnson | Loy Smith |
| Gary Buchus | Marie Jowell | Patricia Smith |
| Donald Baldwin | Virginia Kessrling | Richard Smith |
| Ruth Barber | Viloa Kilton | Marianne Stroop |
| Marie Barr | Ruth Lawson | Tommy Tomlinson |
| Rosemary Bingham | Arthur Litschewski | Jan Walker |
| Charles Bottineau | Judy Martin | Richard Watkins |
| Carol Burn | Chris McCullough | Arthur Weaver |
| Bessie Burr | Dan McGuire | Janet West |
| Bob Campbell | Eugene McMurray | Karla Wheeler |
| Patricia Cook | Clarice McQuillin | June Zacharias |
| Dennis Cooley | Norma Miller | Susan Zahara-Miller |
| Millie Dague | Carol Morton | Norma Ziegler |
| Terry DeGall | Ray Ostrom | |
| Joe Dice | Karen O'Toole | |
| Jenny Haar | June Pardee | |
| Yanina Hahn | Butch Pressler | |
| Mary Jane Hangs | Ricardo Ramirez | |
| Karen Hardick | Flo Rinker | |
| Terry Horst | Myrna Rose | |
| Cory Ice | Elder Rosequist | |
| Frieda Jackson | Frances "Mike" Salensky | |

Happy Birthday!



Flag Day
June 14th



Father's Day
June 21st

UPCOMING EVENTS



June 5

- First Friday in Rifle 5 - 7 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 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.
- Dr. Kevin Fitzgerald stand up comedy at the Glenwood Vaudeville Theatre at 8 pm call 945-9699 for reservations and fee.

June 6 & 13

- Music on the Mountain - free tram ride with a canned good donation for Lift Up. Tram rides begin at 4 pm and the band plays from 6 to 10 pm. June 6 the band will be Poser, June 13 Already Gone will be playing.

June 12

- 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.

June 12-14

- 63rd Annual Rally in Glenwood at the Two Rivers Park. On Friday, a Time-Speed-Distance (TSD) rally from Lakewood, CO to Glenwood Springs. On Saturday, a driving tour beginning and ending in Glenwood Springs. On Sunday, morning a car show at Two Rivers Park. 8:00 am.

June 14

- Second Sunday Performance in the Park at Sopris Park in Carbondale 5 - 8 pm

June 19-21

Strawberry Days Festival features a Family Fest area with interactive, entertaining, and creative experiences for the kids; an arts and crafts fair and food court; an old-fashioned carnival; a parade down main street and a full entertainment line-up. For more information call Glenwood Springs Chamber at (970) 945-6589.

June 23

- 7th Annual Caregiver Conference at the Glenwood Springs High School registration required by June 5th 945-9191 ext. 3061

June 24

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

June 24-26

- Mountain Rural Philanthropy in Rifle. Strengthen your community and get involved with nonprofits across the region through professional development and networking opportunities. Call 319-3939 for more information.

June 26-27

- 14th Annual Music Fest in Carbondale at 4th street Plaza 5 - 10 pm.

June 27

- Community Breakfast at the Rifle Senior Center, 8 am - 9:30 am. Cost is \$4.00

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.

VOLUNTEER BANQUET



Bobbie Dungan,
Friend of Senior award winner



Nominees for Senior Awards: Mary Jane Hangs, Marie George, Bob Spuhler, Bobbie Dungan, Cathy Johnston, and Alice Jones



Mary Jane Hangs,
Senior of the Year award winner



Bob Spuhler, Senior
Leader of the Year award winner



Thank you to the Rifle kitchen crew
for the delicious meal you prepared
for the volunteer banquet



Thank you to Tami Sours and the Rifle Senior Center
for helping us host an successful event.



VOLUNTEER BANQUET







With one call to Western Colorado 2-1-1, you can receive information and referrals to programs, resources, and services in the community such as:

Food, clothing and basic needs

Employment resources

Health & dental care

Housing & Shelter

Utility & Rental Assistance

Legal Services

AND MUCH MORE!



It's never too late to ask for help. [CALL US NOW!](#)

Speak to an Information and Referral Specialist to find the answers you need.

Dial 2-1-1

Download the 211 app!



Visit us @ www.wc211.org

COMMUNITY NOTICE!



After 20 years of helping take care of our seniors through our Foot/Toenail clinics, Columbine will no longer be able to provide our Clinics starting July of this year. We will provide the May and June, 2015 Clinics as planned.

We truly hope that someone else will carry on that vital need for our seniors and discussions have begun toward encouraging someone else to fill this community need.

Columbine Home Health will continue to provide all of our other Home Health services to the seniors in our community.

Sincerely,

Your Columbine Family

WORD SEARCH PUZZLE



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



AMAZY DAYZEE
 COPY FLOWER
 FIRE FLOWER
 KING CROACUS
 PETUNIA

BLOOMSDAY
 DIZZY DANDY
 FLORO SAPIEN
 PANSER
 TOLIELIP

BUBULB
 EGGO DIL
 KA BLOOM
 PETEY PIRANHA
 TURBO TULIP



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.

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 Traveler.

For more information about other senior activities call:

Senior Centers

Rifle Senior Center

Tami Sours 970-625-1877
Bingo, bunco, pinochle , Dinner in the Valley, Concerts, 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

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

Wild West Rodeo Thursday nights at the Gus Darien Riding Arena in Carbondale beginning June 4 through August 20 7:30 to 9:30 p.m. Volunteers needed for the - concession stand call Diane 970-306-2587

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.

