

# CONNECTION



## 8 SUMMER STEPS FOR HEALTHY LIVING

### Inside this issue:

Summer Steps	2
Photos/Winners	3
Alzheimer's	8
June Birthdays	9
Upcoming Events	10
Word Search	11

### 1. GIVE YOUR DIET A BERRY BOOST

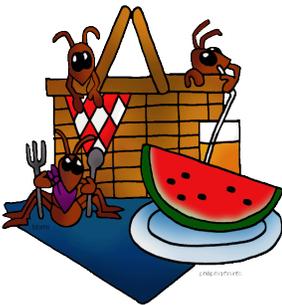
If you do one thing this summer to improve your diet, have a cup of mixed fresh blackberries, blueberries, or strawberries every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

### 2. GET DIRTY AND STRESS LESS

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

### 3. FLOSS DAILY

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV and the task will breeze by.



## EXERCISE OF THE MONTH

### Flexibility Exercise– Neck Stretch

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
4. Hold the position for 10 to 30 seconds.
5. Turn your head to the left and hold the position for 10 to 30 seconds. Repeat at least 3 to 5 times.



## IMPROVE YOUR HEALTH WITH STEPS SO SIMPLE YOU'LL BARELY NOTICE THE EFFORT.

### 8 Summer Steps for Healthy Living Continued from page 1

#### 4. GET OUTSIDE TO EXERCISE

Pick one outdoor activity like going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming to shed that cooped up feeling from gym workouts and remember, the family that plays together not only gets fit together it's also a great way to create bonding time.

#### 5. BE GOOD TO YOUR EYES

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type. Some are sport specific.

#### 6. VACATION TIME!

Improve your heart health. Take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

#### 7. ALCOHOL: GO LITE

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you should not drink for health or other reasons). A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation, defined as one to two drinks daily alcohol can protect against heart disease.

#### 8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep habits by keeping the same bedtime and wake up schedule and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they are good for you.

BY Kathleen Doheny WEBMD



# Garfield County Council on Aging 2016 Winners for Senior of the Year and Friend of the Seniors and Senior Programs Volunteer Banquet



**Senior of the Year  
Debra Newland**

**Friend of the Senior  
Socorro Flores**



# Gluten Free Diet

By: Drew (Simonson) Schelling, RD

## What is a Gluten-free diet?

A gluten-free diet eliminates the protein gluten. Gluten can be found in grains such as wheat, barley, rye, and triticale.

## Why would someone exclude gluten from their diet?

A gluten-free diet is primarily used to treat celiac disease. Gluten causes inflammation in the intestines of people with celiac disease. Eating a gluten-free diet helps people with celiac disease control the signs and symptoms of the disease. Some people who don't have celiac disease also may have symptoms when they eat gluten. This is known as non-celiac gluten sensitivity. People with non-celiac gluten sensitivity may benefit from a gluten-free diet. But people with celiac disease **MUST** be gluten-free to prevent symptoms and the disease-related issues.

## What can I eat if I have celiac disease?

It's a good idea to consult a Registered Dietitian who can answer your questions and offer advice about how to avoid gluten while still eating a healthy and balanced diet. Do not eliminate important food groups. After all, whole grains are very important!

## Greenlight Gluten (keep going)

Beans, seeds and nuts in their natural, unprocessed form	Soy
Fresh eggs	Tapioca
Fresh meats, fish and poultry (not breaded, batter-coated or marinated)	
Fruits and vegetables	
Most dairy products	
Amaranth	
Arrowroot	
Buckwheat	
Corn and cornmeal	
Flax	
Gluten-free flours (rice, soy, corn, potato, bean)	
Hominy (corn)	
Millet	
Quinoa	
Rice	
Sorghum	



# Gluten Free Diet

By: Drew (Simonson) Schelling, RD continued from page 4.

## Red-light Contains (gluten)

Barley (malt, malt flavoring and malt vinegar are usually made from barley)

Rye

Matzo

Triticale

Processed luncheon meats

Wheat, Durum flour, Farina, Graham flour, Kamut, Semolina, and Spelt

Beer

Salad dressings

Breads

Sauces, including soy sauce

Cakes and pies

Seasoned rice mixes

Candies

Vegetables in sauce

Cookies and crackers

Croutons

Gravies

Imitation meat or seafood

Medications and vitamins that use gluten as a binding agent

## Watch for cross-contamination

Cross-contamination occurs when gluten-free foods come into contact with foods that contain gluten. It can happen during the manufacturing process and simply in the home. Be very careful!

Some food labels include a "may contain" statement if cross-contamination is likely. But be aware that this type of statement is voluntary.

Foods may also be labeled as "gluten-free." The Food and Drug Administration requires that the product contain less than 20 ppm. Just keep in mind that products labeled "wheat-free" may still contain gluten.

Gluten Free Diet. Mayo Clinic. Accessed from <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530>. Accessed on May 10, 2016.

# Gluten Free Recipe: Chickpea Bajane

## Directions:

1. Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add 1 minced garlic clove to pan; sauté 1 minute. Add 1 cup broth, 1 cup water, quinoa, 1 1/2 teaspoons thyme, and 1/4 teaspoon salt. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; fluff with a fork.

2. Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek and 4 chopped garlic cloves to pan; sauté 5 minutes or until tender. Add remaining 1 teaspoon oil, fennel bulb, carrot, and fennel seeds; sauté 10 minutes or until vegetables are golden. Add wine; cook 3 minutes or until liquid almost evaporates. Stir in remaining 1 cup broth, 2 teaspoons thyme, and chickpeas; cook 1 minute or until thoroughly heated. Remove from heat; stir in juice, remaining 1/4 teaspoon salt, pepper, and spinach.

3. Place about 2/3 cup quinoa in each of 4 bowls; top each serving with about 1 1/2 cups chickpea mixture. Sprinkle each serving with 1/2 teaspoon thyme.



Recipe from: Jeanne Kelley, *Cooking Light Gluten-Free Cookbook*, Oxmoor House, August 2011. Accessed from: <http://www.myrecipes.com/recipe/chickpea-bajane>.

Accessed on May 10, 2016.

Recipe Approved By Drew (Simonson) Schelling, RD

## Ingredients:

- 4 teaspoons extra-virgin olive oil, divided
- 1 garlic clove, minced
- 2 cups organic vegetable broth, divided {Check for Gluten}
- 1 cup water
- 1 cup uncooked quinoa
- 5 1/2 teaspoons chopped fresh thyme, divided
- 1/2 teaspoon salt, divided
- 2 cups thinly sliced leek (about 1 large)
- 4 garlic cloves, chopped
- 2 1/2 cups sliced fennel bulb (about 1 large)
- 1 3/4 cups (1/4-inch-thick) slices carrot (about 3/4 pound)
- 1/2 teaspoon fennel seeds
- 1/2 cup white wine
- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1 (6-ounce) package fresh baby spinach

June 1 Drew (Simonson) Schilling our registered Dietician will be at the Carbondale meal site for counseling and menu questions.

### Senior BBQ schedule:

June 1	Parachute
June 10	Chat & Chew Glenwood at CMC
June 15	Carbondale
June 20	New Castle
June 21	Rifle
June 22	Silt





Question

Answer

Stony Car	Rocky Ford
More Mild	Meeker
One-time Governor	Thornton
Dancing City	Walsenberg
Indian Dwelling	Pueblo
Kings of the Jungle	Lyons
Green Table	Mesa
Not sellers	Byers
Long-handled Pasture Brush	Broomfield
Diamond Valley	Carbondale
Lazy Valley	Idledale
Disabled River	Cripple Creek
Always Emerald	Evergreen
Penny Uplift	Cooper Mountain
Precious Ore and Weight	Silverton
A lighted weight	Brighton
Wee City	Tiny Town
Heavy Town	Leadville
One Director Pastor	Westminster
Red Fountains	Colorado Springs
Large Rock	Boulder
A Pond in the Forest	Lakewood
Add "ly" to Stove	Rangely
Religious Tree	Holy Oak
Fine Silver	Sterling
Has Had Dinner	Eaton
A Prison Flower	Penrose
Path with Fawn	Deer Trail
Say you didn't walk	Telluride
A Rifle's Male Child	Gunnison
Portable Firearm	Rifle
Less than 2,240 Pounds	Littleton
Paddle Wheeler	Steamboat
Bridal Headpiece	Vail
Sweetheart Ground	Loveland
Large Raptor	Eagle
Where all the Bars are	Canon City
Magnificent Intersection	Grand Junction
Dirty Bird	Black Hawk
Borealis	Aurora
Macdonalds Arches	Golden

## Alzheimer's Disease

Alzheimer's is the most common form of dementia, a blanket term used to describe various conditions that damage brain cells. Alzheimer's is associated with progressive memory loss, problems with reasoning and changing behavior. Statistics indicate that one in eight people aged 65 and over have Alzheimer's, and half of those 85 or older have it. While anyone can contract this disease, women have a higher risk than men.

There are many misconceptions about Alzheimer's, what it is and what it means. Alzheimer's disease is not a normal part of aging. It is not contagious. It does not only happen to older people. Depression does not cause Alzheimer's. Currently available medications, or 'working harder at it' will not halt or reverse Alzheimer's. Current studies tell us that Aspartame, flu shots or cooking with aluminum pots does not cause the disease. Research is ongoing. It may be that a combination of genes, environment and lifestyle are all involved.

Many of us will have trouble remembering some things as we get older. Forgetting where you left your glasses is not a symptom of Alzheimer's. Losing something, and then remembering where you put it later, is not a symptom. Memory loss that starts to effect one's daily life, difficulty in competing familiar tasks and confusion as to time or place are more likely symptoms.

Alzheimer's is not the end of the world. While no medications are currently available that can cure or arrest the progress of the disease, there are several medications in use that can help alleviate the symptoms. Symptoms can be managed, and with proper care and a good support system, someone with Alzheimer's can live a full, active life.

More research is being done than ever before to treat the disease. The National Institutes of Health (NIH) estimates a leap in spending on Alzheimer's research this year, going from \$589 million in 2015 to \$910 million for 2016, with more being spent on Alzheimer's Disease Related Dementias (ADRD). Yet more is needed. Several organizations have pointed out that billions are being spent on other diseases such as cancer, heart disease and AIDs.

There are things you can do that are associated with lowering the risk of developing this disease. Regular physical exercise, eating a healthy diet, watching your weight, remaining socially active and exercising your mind by learning new things are all very good ideas. Some recent studies show that drinking coffee can also help.

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



2-1-1 INFORMATION

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.

2-1-1 Colorado connects families and individuals to social and community resources best suited to meet their needs. It is a free, confidential, multilingual service.

**Referrals you can access by dialing 2-1-1:**

- Rental/ Utility Bills assistance
- Housing/ Emergency shelter
- Food/ clothing banks
- Mental Health Assistance
- Dealing with and Preventing Abuse
- Suicide Intervention and Prevention
- Medical Clinics
- RX assistance
- Senior Services
- Youth Programs
- Support Groups
- Legal Assistance



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 !



Summer begins  
June 20

JUNE BIRTHDAYS BIRTHDAY'S

- Gary Bachus
- Donald Baldwin
- Ruth Barber
- Rosemary Bingham
- Chuck Bottineau
- Carol Bunn
- Bessie Burr
- Bob Campbell
- Pat Cook
- Dennis Cooley
- Millie Dague
- Joe Dice
- Jenny Elmore
- Judith Gentilcore
- Lorraine Gilmore
- Virgie Goad
- Edna Goodrich
- Yanina Hahn
- Mary Jane Hangs
- Karen Hardick
- Agnes Holak
- Terry Horst

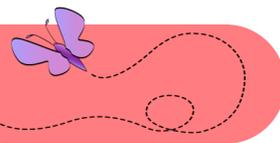
- Cory Ice
- Joan Isenberg
- Nick Isenberg
- Charlene Jackson
- Frieda Jackson
- Keri Jensen
- Joyce Jones
- Marie Jowell
- Marilyn Kelly
- Vi Kilton
- Art Litschewski
- Judy Martin
- Sharon McLin
- Chris McCullough
- Dan McGuire
- Clarice McQuillin
- Norma Miller
- Mary Lee Mohrlang
- Ray Ostrove
- Karen O'Toole
- June Pardee
- Butch Pressler
- Ricardo Ramirez

- Randall Reimer
- Flo Rinker
- Mike Salensky
- Loy Smith
- Pat Smith
- Dick Smith
- Marianne Stroop
- Tommy Tomlinson
- Dick Watkins
- Janet West
- June Zacharias
- Susan Zahara-Miller
- Norma Ziegler



Fathers Day  
June 19

## UPCOMING EVENTS



### June 3

- 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.

### June 3,4,5

- Rallye Glenwood Springs. The Annual MG Car Club is 3 days of great car fun. Register at [www.mgcc.org](http://www.mgcc.org) or call 303-748-9773 for more information.

### June 2,9,16,23,30

- Hilltop Music Series will take place Thursday nights at 6:30 pm at the Bookcliff Art Center located at 1100 East 16th Street in Rifle. Les Tension 6/2, Bone Tree 6/9, The Elliot Curry Trio 6/16, Jill Cohn 6/23, Logan Brothers 6/30.

### June 4,11

- Music on the Mountain at Glenwood Caverns, Adventures 6pm –10pm. Call 945-4228 for more information.
- Summer Park Concert Series 2:00 pm-8:00 pm 4th St. Plaza in Carbondale.

### June 10

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

### June 11

- Mountain to Valley Half Marathon and Fast 4-mile run/walk. 7:30 am, 1500 Mt. Sopris Drive Glenwood. Call 945-2306 for more information.

### June 13, 5,16, 30

Free Mindfulness Workshops. Join us for a chance to learn more and come away with ideas on incorporating this concept into all areas of your life. **June 13** at the Rifle Library at 7 pm, **June 15** at the New Castle Library at 6:30 pm. **June 16** at the GWS Library at 6:30 pm.

**June 30** at the Carbondale Library 5:30 pm.

### June 16

- Free legal services are available to qualified residents. Sign up to meet with an attorney at the Parachute Library. 30 minute appointments 10 am to 12 pm. For more information call 945-8858.

### June 17 –19

- 119th Annual Strawberry Days Festival at Sayre Park in Glenwood. Live music and arts and Crafts, food court. Free strawberries and ice cream after the parade on Saturday. The parade begins at 10:00 am on Saturday. Call 945-6589 for more information.

### June 18-19

- Dog Agility Regional Trails at the Bridges High School in Carbondale. Call 602-549-2519 for more information.

### June 17,18,19,24,25,26

- Spring Show at Glenwood Vaudeville Revue. Doors open at 5:30 pm with food, drinks, entertainment with the show directly after. For reservations call 945-9699.

### June 17,18,24-26,30

- Thunder River Theatre in Carbondale presents Rashomon at 7:30 pm and Sunday matinees at 2:00 pm. Call 963-8200 for tickets and more information.



### June 2– August 18

- Wild West Rodeo 7:30 –9:30 pm at the Gus Darien Riding Arena in Carbondale.

### June 25

- Community Breakfast at the Rifle Senior Center 8:00-9:30 am. Biscuits & Gravy \$4.

### Farmers Markets

**Rifle** -Thursday's beginning June 23-Sept 29 4-8 pm. Live music from 5-8 pm, located on 2nd St. and Railroad Ave.

**New Castle** Thursday's beginning July 7– Sept 8 at the Burning Mountain Park. Live music 4:30 to 7:30 pm.

**Carbondale**—Wednesday 10:00 am to 3:00 pm 4th and Main St. June– September and on Wednesday July 6– Oct 1 4-8 pm 567 Co Ave

**Glenwood**—Tuesday beginning June– Sept 4:00– 8:00 pm at Centennial Park.



# FATHER'S DAY

Word Search

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

ADORE  
 CHILD  
 COMFORT  
 FATHER  
 FUNNY  
 GAMES  
 GENEROUS  
 GUIDE  
 HANDSOME  
 HARDWORKING  
 HUGS  
 HUSBAND  
 JOKES  
 KIND  
 KISSES

LEARN  
 LIFE  
 LOVE  
 MEMORIES  
 MENTOR  
 PLAY  
 PROTECT  
 SILLY  
 SPECIAL  
 STRONG  
 SUPPORT  
 SWEET  
 TEACH  
 THANKS  
 TOGETHER





## 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  
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](http://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](http://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.  
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  
Or call to volunteer [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 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](http://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**