

CONNECTION

March is nutrition month



SAVOR
THE FLAVOR
OF EATING
RIGHT

NATIONAL NUTRITION MONTH® 2016

eat
right Academy of Nutrition
and Dietetics
www.eatright.org

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16 Health tips for 2016

Dedicate yourself to a healthy lifestyle in 2016 with these food, nutrition, and physical activity tips.

- 1. Eat breakfast.** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.
- 2. Make half your plate fruits and vegetables.** Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.



continued on page 2



EXERCISE OF THE MONTH

Strengthen your shoulders with side arm raises.

You can do this exercise while standing or sitting in a sturdy, armless chair. Keep feet flat on the floor even, shoulder-width apart. Hold hand weights straight down at your sides with palms facing inward. Slowly breathe out as you raise both arms to the side, shoulder height. Hold the position for 1 second. Breathe in as you slowly lower arms to the sides. Repeat 10 to 15 times.

16 Health tips for 2016 (continued)



3. Watch portion sizes. Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables, and the other half for grains and lean protein foods. To complete the meal, add a serving of fat free or low-fat milk or yogurt.

4. Be active. Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

5. Fix healthy snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the My Plate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

6. Get to know food labels. Reading the nutrition facts panel can help you shop and eat or drink smarter.

7. Consult an RDN. Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists (RDN) can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow food safety guidelines. Reduce your chances of getting sick by practicing proper food safety. This includes: regular handwashing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at www.homefoodsafety.org.

9. Get cooking. Preparing foods at home can be healthy, rewarding, and cost-effective.

10. Dine out without ditching your goals. You can eat out and stick to your healthy eating plan.

11. Enact family meal time. Plan to eat as a family at least a few times each week.

12. Banish brown bag boredom. Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas.

13. Drink more water. Quench your thirst by drinking water instead of sugary drinks.

14. Explore new foods and flavors. Add more nutrition and eating pleasure by expanding your range of food choices

15. Eat seafood twice a week. Seafood fish and shellfish contains a range of nutrients including healthy omega-3 fats.

16. Cut back on added sugars. Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit www.choosemyplate.gov for more information.

Freedom is where you find it

A common comment we hear from new residents at Mesa Vista is, “I should have done this a long time ago.” So why didn’t they? People often have a clichéd view of what moving into an assisted living facility will be like. Many people think it will be a loss of independence, admitting a loss of vitality or a lowering of their quality of life. We’ve all seen old movies that portray some nursing homes as awful places. Much has changed. The care provided in modern skilled nursing facilities is often excellent.

It is important to remember that assisted living residences are not nursing homes. The goal of assisted living is to foster independence, encourage mental and physical activity, and enhance quality of life. Assistance is given when needed, but if there is a chance you can do something on your own, you will be encouraged to do so. It is not a place to come to, in order to sit back and be served.

Many seniors will hang on to living at home as long as possible. In some cases, the result can actually be a lessening of the quality of life over time. Living alone can lead to increasing social isolation and depression. Self-administration of multiple medications may become a challenge, as can eating regular well-rounded healthy meals. If you perceive the scope of your world shrinking, it may be time to consider a change.

In an assisted living residence you have the security of knowing there will be someone around at all times if you need help. All of your medications can be administered by staff who have completed a state-approved training course. No more cooking- all of your meals will be prepared for you. And a new world of stimulating social interaction and activities will be available.

Of course, variety and quality of services provided will vary with each assisted living residence. So it is important to take some time and look around at what is available in your area. Visit each facility. Stop and have a meal to make sure you will like the food. Check the activities schedule to see what’s going on. Meet some of the staff. It’s not always a matter of one place being ‘better’ than another. It’s often a matter of which residence best fits your needs and lifestyle. Assisted living residences in Colorado are licensed by the state. You can check www.colorado.gov for more information about selecting an assisted living.

Residing at an assisted living residence, one has many of life’s chores taken care of by staff. This allows you to pursue your interests and passions, whether it might be painting, photography, learning a musical instrument or writing that book you’ve always been thinking about. Now you have the time and the freedom to do it.

Provided by,
Michael Farrell

Activity Director
Adult Day Program Director
Mesa Vista



RSVP TAX PROGRAM

If you are a senior, have a disability, or your household income is less than \$49,000 per year, RSVP volunteers can prepare and electronically file your Federal and State Income Taxes for FREE! RSVP volunteers are certified by the IRS and can prepare returns that include: Form 1040; Schedules A, B, EIC (Earned Income Credit) and R; Child and Dependent Care Credits; and Education Credits. If you are a small business owner, we can file Schedule C-EZ (we cannot file Schedule C Profit or Loss from Business). We cannot file Schedule E (rental properties) or complicated and advanced Schedule D for capital gains and losses. Call 384-8740 to have a volunteer schedule your appointment.

National nutrition month- savor the flavor of broccoli salad

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.

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 and 2016 assessments.

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

Ingredients:

2½ cups chopped raw broccoli
 ¼ cup non-fat Greek yogurt
 ¼ cup light mayonnaise
 1 tablespoon rice vinegar
 1 to 2 teaspoons sugar
 2 tablespoons raisins, currants or cranberries
 2 tablespoons chopped nuts (cashews, pecans, almonds)



Directions:

1. Wash and chop the broccoli and set aside.
2. In a medium bowl, combine yogurt, mayonnaise, vinegar, sugar, raisins and nuts.
3. Throw in the broccoli, mix well until evenly covered with the dressing.
4. Chill and serve.

Nutrition Information: Serving size: ½ cup, Serves 5, Calories: 90; Total Fat: 6g; Saturated Fat: 1g; Sodium: 170mg; Total Carbohydrate: 8g; Dietary Fiber: 2g; Sugars: 5g; Protein: 2g; Vitamin A: 1088IU, Vitamin C: 33mg; Calcium: 29mg.
<http://www.eatright.org/resource/food/planning-and-prep/recipes/broccoli-salad-recipe>

By Marie Feldman, RD.

Approved by Drew Schelling R.D.

MARCH BIRTHDAYS



Agnes Aanson
 Mayra Arqueta
 Joan Back
 Judy Bartels
 Jean Bernard Maye
 Joann Begin
 Joan Bennett
 Jim Booth
 Maddison Booth
 Larry Borgard
 Dennis Brady
 Kara Brouhard
 Connie Bunch
 Sandy Bunts
 Erma Campbell
 Cal Collins
 Shirley Cooley
 Christina Cooper
 Betty Davis
 Helen Delapaz
 Jan Detwiler
 Richard Doran
 Dawn Filip

Karen Frost
 Lou Gabriel
 Bert Garlitz
 Marie George
 Ricardo Gibb
 Dwyane Goad
 Pat Goodstein
 Rodney Gorsett
 Lois Gray
 Garth Hammond
 Irene Hartman
 Margaret Hicks
 Diane Johnson
 Ted Lough
 Sherri McCoy
 Helen Nester
 Gary Newcomb
 Janice Phillipson
 Pattie Robinson
 George Rowe
 Dawn Shuey
 Bob Shivley

Carmen Simon
 Deb Stevens
 Jim Stokes
 Marge Taylor
 Mary Waddell
 Jeanne Walker
 Maudie Weller

March 13
Daylight Savings



March 17
Saint Patrick's Day



March 25
Good Friday

March 27
Easter



Upcoming events

March 1, 8

- Drop-in Tech Time at the Parachute Library
Need tech help? Drop in for a 15 - 30 minute session on Tuesdays, from 2 - 4pm.

March 2

- Empty Bowls at Grand River Hospital
11:30am –1:30pm in the Grand River Health conference room. \$30 donation for the bowl and unlimited soup. All proceeds will benefit the Grand River Meals on Wheels Program.

March 4, 5, 6, 10, 11, 12

- Thunder River Theatre Company presents *Freud's Last Session*. For tickets go to www.thunderrivetheatre.com or call 963-8200.

March 4

- 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.
- Shopping day in Grand Junction 9:00 am - 5:00 pm. Call the Carbondale Recreation Department at 510-1279 by February 26 to register. Cost is \$10.

March 5

- Battlement Mesa Health Fair at the Grand River Clinic 7 to 10 am.
- Adventures in Aging at the 3rd Street Center 9:45 am –3:15 pm. Free event, however reservations are required .

March 8

- Attention quilters, needle crafters, and scrap bookers! Drop-in with your project for a day of crafting, food, and friends. Tables, irons, ironing boards, and cutting mats are available. Bring your own lunch; refreshments provided. Parachute Library at 10 am.

March 9

- Chris Banks in concert at Sunnyside refreshments at 1:30 pm and music at 2:00 pm in the Club 60 room.

March 11

- 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.

March 13

- Daylight Savings, set your clock forward.

March 19

- The Rifle Senior will be having a Spring Craft Fair and Pie challenge. If you would like a booth or entry to our First Annual Pie Challenge, please call Tami at 665-6540. There is a \$10 booth fee.
- Mt Sopris Historical Society will be showing *New Perspectives on the West* movie at the Carbondale Library 5 pm popcorn will be served.

March 26

- Senior Matters Tech Class is a free hour-long class that will introduce seniors who have basic computer skills to a number of different topics. 10:30 am at the Carbondale Library.

Upcoming Health Fairs

April 2: Carbondale

Roaring Fork High School, 7 - 11 am

April 9: Rifle

Grand River Hospital, 7 - 11 am

April 16: New Castle

Coal Ridge High School, 7 - 11 am

April 23: Glenwood Springs

Glenwood Springs High School, 7 - 11 am



Upcoming Well & Wise classes

N' Balance classes in Parachute and Rifle area coming in April. Please call Debby 945-9191 ext.3084 to sign up for the class. You may also put your name on the list for future classes in your area.



Nutrition education

What are dietary guidelines for Americans?

The dietary guidelines for Americans are updated every five years by the United States Department of Agriculture and provide recommendations on beneficial dietary habits that can promote health and reduce your risk for chronic disease.



What is My Plate?

A teaching tool to help individuals follow the key recommendations in the dietary guidelines for Americans.

What are the key recommendations for 2015-2020?

A healthy eating pattern includes:

- A variety of colorful vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables
 - Fruits, especially whole fruit
 - Grains, at least half should be whole grains
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds.
- Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.
 - Less than 10 percent of your daily calories should come from saturated fats. Foods high in saturated fat include: butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil.
 - Increase your physical activity!

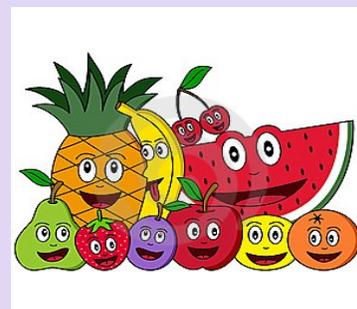
2015 - 2020 Emphasis on sodium and added sugar:

Limit added sugars. Less than 10 percent of your daily calories should come from added sugars. This does not include naturally occurring sugars such as those consumed as part of milk and fruits. Limit sodium. Adults and children ages 14 years and over should limit sodium to less than 2,300 mg per day.

Article written by: Drew (Simonson) Schelling, RD

Drew Schelling our registered dietitian will be available for consultations at each of the meal sites on the following dates below. She will be doing a brief presentation on National Nutrition Month.

Sunnyside	Monday	3/07/16	11:45 am-1:30 pm
Silt	Wednesday	3/09/16	11:45am- 1:30 pm
Rifle	Friday	3/11/16	11:45 am-1:30pm
New Castle	Monday	3/14/16	11:45 am-1:30 pm
GWS	Friday	3/18/16	11:45 am-1:30 pm
Parachute	Wednesday	3/23/16	11:45 am-1:30 pm
Carbondale	Wednesday	3/30/16	11:45 am-1:30 pm

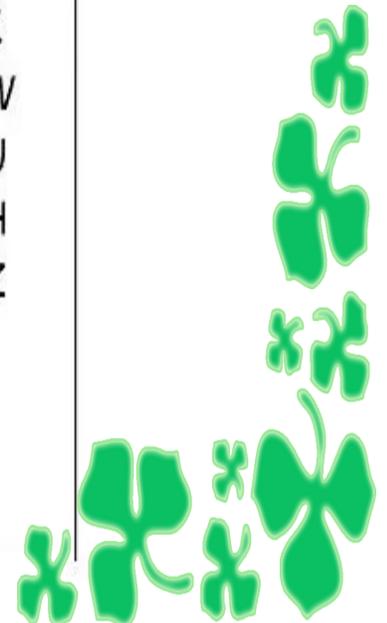


Word search puzzle

CLOVER

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

- FLOWERS
- FOUR
- IRISH
- LEAF
- LEPRECHAUNS
- LUCK
- MEADOWS
- NECTAR
- PASTURES
- PATCH
- PEA
- PICK
- PLANT
- SHAMROCK
- SMALL



Spring is on its way!!!



You can already see
the deer on the meadow.

March 20th Spring begins

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

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Barbara Peterson, Senior Services Aide
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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.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

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.