GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

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CONNECTION

March is National Nutrition Month

Eat Right!

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Snacks can be a fun and valuable part of a person's healthful eating plan, but they can also add unneeded calories, sugar, sodium, and fat. During National Nutrition Month, the Academy of Nutrition and Dietetics offers smart snacking ideas that help everyone "bite into a healthy lifestyle."

"If you choose carefully, and plan ahead, sensible snacks can be part of any healthful eating plan," says registered dietitian nutritionist and academy spokesperson Isabel Maples. "Snacks can prevent overeating at mealtimes and throughout the day. For children and adults alike, snacks can supply foods and nutrients that we might miss in meals. Snacks especially offer a great way to eat more fruits, vegetables, whole grains and low-fat dairy."

Each March, the academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.

"For adults, a healthy snack can provide an energy boost, and satisfy your mid-day hunger. If you haven't eaten for three or more hours, a snack can help bring up your blood sugar level for optimal energy. For older adults with smaller appetites or limited energy, several small meals including snacks may be easier for their bodies to handle," Maples says.

EXERCISE OF THE MONTH

While sitting in a chair, cross your arms, and then extend your arms out in front of you. Cross your arms again, and then extend your arms out to the side. Repeat 10 times.

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NATIONAL NUTRITION MONTH CONTINUED

Maples offers ideas for biting into healthy snacks:

- **Plan your snacks.** Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby, for when you need a bite to take the edge off hunger. Then, you won't be so tempted by less-healthy options from vending machines, convenience stores or the contents of your own kitchen. Snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds, and fat-free yogurt.
- **Make snack calories count.** Snack on foods that fill the nutrient gaps in your day's eating plan. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains, and low-fat dairy; foods we often don't eat enough.
- **Go easy on high-calorie snacks such as chips, candy, and soft drinks.** They often contain solid fats, and added sugars. Make these occasional choices that fit your day's plan.
- **Snack when you're hungry – not because you're bored, stressed or frustrated.** Exercise can actually be a great way to feed those emotional urges.
- **Snack on sensible portions.** Choose single-serve containers, or put a small helping in a bowl rather than eating directly from the package.
- **Quench your thirst.** Water, low-fat or fat-free milk and 100-percent juice are just a few options. Flavored waters might be high in added sugars, so check the label.

Provided by Eat Right Academy of Nutrition and Dietetics .

Approved by Christine Dolan R.D.

National Red Cross Month

Every nine minutes, the American Red Cross brings help and hope to people in need, thanks to heroes like you. Whether you donate funds, donate blood, or volunteer, we depend on your support to make a difference in communities across the country.

Each year, the president of the United States proclaims March "Red Cross Month" to honor our mission. We use this month as a chance to honor the everyday heroes who help us fulfill that mission every day.

Provided by www.redcross.org

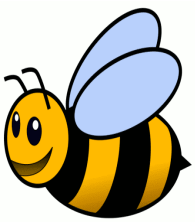
American Red Cross

Together, we can save a life

UPCOMING COMMUNITY HEALTH FAIRS

March 7 at Grand River Health Clinic	201 Sipprelle Drive, Battlement Mesa
April 11 at Carbondale High School	2270 Hwy 133, Carbondale
April 11 at Grand River Hospital in Rifle	501 Airport Road, Rifle
April 18 at Coal Ridge High School	35947 Hwy. 6, New Castle
May 2 at Glenwood Springs High School	1521 Grand Ave, Glenwood Springs

Battlement Mesa Health Fair begins at 7:30 am and goes until 10:30 am. All other health fairs start at 7:00 am and end at 11:00 am.



A Day on the Ranch.

It's just six weeks from being spring,
and I'm anxious for all I hope it will bring;
lush green grass, budding trees,
brand new flowers, and honey bees.
Cattle calving in the morning haze,
it's time for planting, and longer days.
Tractors humming in the noon day sun,
horses are fed; irrigating's done.
Mend some fence, work the spreader,
truck in some grain,
paying mind to the weather.
Repair some pipe, stack some hay,
and listen for coyotes,
at the end of the day.

By A. Bishop

DID YOU KNOW?

Tax Program at RSVP

If you are a senior, a person with a disability, or your household income is less than $49,000 per year RSVP can prepare and electronically file your federal and state income taxes FREE of charge!
High Country RSVP volunteers are certified by the IRS and can prepare simple returns with credits, such as the Earned Income Credit, Child Tax Credit, Child and Dependent Care Credit, and the Elderly and Disabled Credit. This free service is available from Aspen to Parachute, in Craig and Meeker, and in Eagle County. Call 970-384-8740 to schedule an appointment.

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, Debby Sutherland ext. 3084 or Barbara Peterson ext. 3005 for more information.

Car Keys

I lost my stupid car keys,
I've been searching high and low.
I looked in all the places,
where I would normally go.
They called me from the health food store,
I had left them on the bar.
But I won't need them anyway
Unless I find my car!
By Wayne Edwards

If you are interested in taking a Well and Wise class, Tai Chi, N' Balance, Matter of Balance, or Healthier Living Colorado. Call Debby to sign up at 945-9191 ext. 3084. Matter of Balance class will be starting March 23 at Sunnyside 1:30 pm-3:00 pm for 8 weeks.

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!

MARCH BIRTHDAYS

Joan Back
Larry Borgard
Kara Brouhard
Sandy Bunts
Erma Campbell
Alvaro Capra
Phyllis Conrad
Shirley Cooley
Betty Davis
Jan Detwiler
Jony Dominguez
Richard Doran
James Ervin
Eloise Fender
Lou Gabriel
Bert Garlitz
Marie George
Lois Gray
Irene Hartman
Tanner Hawkins
Andrew Hays
Margaret Hicks
Margarie Holton
Ginger Jackett
Diane Johnson
Char Larson
Ted Lough
Axel Morales
Pattie Robinson
George Rowe
Carol Schreiner
Dawn Shirey
Robert Shively
Carmen Simon
Audrey Squires
Ruthie Swanson
Marge Taylor
Heather Williams
Hazel Yelton

March 8 Daylight Saving Time begins

March 17 Saint Patrick Day

March 20 Spring begins

UPCOMING EVENTS

March 5 & 12

- Need help creating your own website? Websites are a great way to get your business, club, or organization more publicity. No matter what you want to publish, this class will get you on your way. 6 pm Glenwood Springs Library

March 6

- First Friday in Rifle 5:00 -7:00 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 10:00 am and concludes with a free lunch. Reservations call 970-984-2306.
- First Friday in Carbondale experience gallery openings, business open houses and other events, including live music and street performers at the Third Street Center and throughout downtown.
- Grand Junction shopping trip. Call the Carbondale Recreation Department 704-4190 9:00 am to 5:00 pm the fee is $10 and you must pre register. Pick up will be at Crystal Meadows Senior Housing.

March 6-8 & March 12-14

- Thunder River Theatre Company will be performing Hamlet at 7:00 pm. Call 963-8200 for tickets or www.thunderrivertheatre.com

March 7

- Battlement Mesa Health Fair 7:30 - 10:30 am at the Grand River Health Clinic.

March 9

- Walter Gallacher recalls what life was like in the times of the Dust Bowl. This event is being held in conjunction with the exhibit, "Dust, Drought, and Dreams Gone Dry" that resides at the branch from March 6 until April 17. 6 pm at the Rifle Library.

March 12

- Free Senior Music Jam at the Silt Fire Station 7:00 - 9:00 pm. Refreshments provided and donations accepted. Call Bessie 970-309-2764 for more information.
- Join an informative presentation on what essential oils are and how they can help ease everyday health concerns. 6 pm at the Silt Library

March 14

- Roaring String Band will perform bluegrass fun for the whole family! Dancing will be encouraged and refreshments served. 3 pm at the Carbondale Library.

March 16

- Join Research Integration Specialist, Jeff Lukas of Western Water Assessment at the University of Colorado-Boulder for a discussion on the evolution of the drought that caused the Dust Bowl. 7 pm at the Rifle Library.

March 17

- Cookbook Club at the Parachute Library. We pick a cookbook, you pick and make the recipe! Call the library for this month's selection and sign up information.
- Tuesday @2 Book Club, join us for a daytime book club at 2:00 pm! Call the Parachute Library for this month's selection

March 21

- Learn to crochet a rag rug from start to finish in a workshop with Marilyn Cozza. Participants should have a basic knowledge of crochet and be able to crochet a chain and a single crochet. Materials will be provided, but please bring a pair of scissors. Space is limited call. Silt Library, 10:00 am to noon.

March 23,

* New Castle Meal celebrates reminiscing with items and talk from 1940-1960

March 28

- Rifle Senior Center Community Breakfast 8:00 am to 9:30 am cost is $4.

WORD SEARCH PUZZLE

Spring Word Find

Welcome Spring!

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

Tulips	Robin	Renew	Raindrops
Daffodils	Sprout	Maypole	Flowers
May Flowers	Daisies	Bloom	Gardening
April Showers	Melting	Seeds	Umbrella
Butterflies	Rainbow	May	Growth
Sunshine	March	Spring	New

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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.

Garfield County Senior Program Staff

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Christine Dolan, Registered Dietician
970-945-6614, extension 2020, cdolan@garfield-county.com

Mailing Address, 195 West 14th Street, Rifle, 81650

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, card games, pinochle tournaments and recreation trips. Including Dinner in the Valley.

Valley Senior Center in Parachute
970-285-7216 or Cheryl to play pinochle 970-285-9755

High Country RSVP
Patty Daniells 970-947-8461
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