

**GARFIELD COUNTY SENIOR PROGRAMS**

# CONNECTION

## May is Older Americans Month - Blaze a trail to wellness -

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Blaze a trail to wellness, but start slowly. If you have not been exercising, choose something low impact that you can do a little at a time. Walk for 10 minutes in the morning and the afternoon. Sign up for a Tai Chi class, or learn some gentle stretches.

Exercising is less of a chore when you do it with people you enjoy. Involving others will also hold you accountable. Gather a group of friends or join a class that offers what you are looking for.

Activity is important, but nutrition is equally vital. Keep an honest record of what you eat to see how you are feeling. If you have a condition like diabetes, always consult your doctor before changing your diet. Nutritionists or dietitians are an excellent resource, whether you have special dietary needs or not.

Wellness is a matter of body and mind. Eating healthy foods and staying active may reduce risk to your brain's health. Do even more by learning new things and exercising your mind. Try reading, playing games, taking a class, or simply being social. Add life to your years! Stay motivated by picking goals that will bring you joy.

Provided by Administration for Community Living



## EXERCISE OF THE MONTH

**INCREASING YOUR BREATHING AND HEART RATE**  
Endurance exercises are activities that increase your breathing and heart rate for an extended period of time. Examples are walking, jogging, swimming, raking, sweeping, dancing, and playing tennis. Endurance exercises will make it easier for you to walk farther, faster, or uphill. They also should make everyday activities such as gardening, shopping, or playing a sport easier. Get outside and enjoy yourself while trying an endurance activity.



## Defeating Type 2 Diabetes

### What is Type 2 Diabetes?

When insulin is not able to move sugar out of your blood into your cells for proper energy. Sugar piles up in your blood stream making it thick and gummy resulting in complications. People with Type 2 Diabetes do not make enough insulin or their body does not respond properly to insulin.

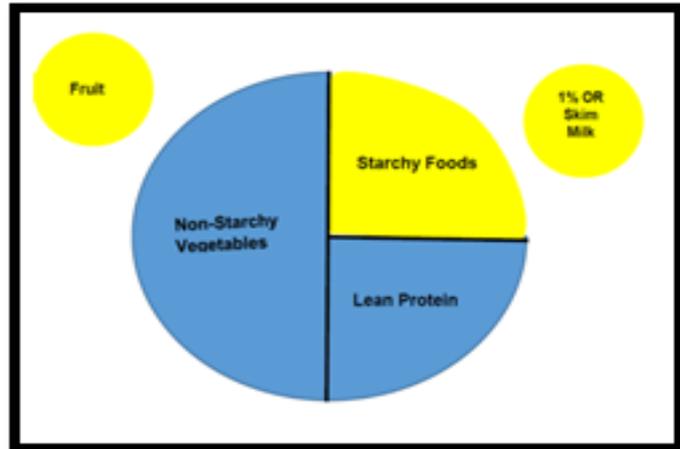
**Why do diabetics limit their carbohydrates?** Many foods we eat contain carbohydrates. Everybody needs carbs for direct energy, but foods dense in carbs will cause your blood sugar levels to rise more than other nutrients. Keep your blood sugar levels in a healthy range by limiting dense sources of carbohydrates. Balance and moderation is the key.

**What are some sources of starchy foods?** Potatoes, corn, peas, beans, winter squash, grains, bread, and cereals, etc.

**What are sources of dairy?** Cheese, yogurt, milk, etc. Avoid dairy products with added sugar like flavored milk and flavored yogurt. Choose low-fat options.

**What are some tips for eating fruit?** Pay close attention to portion sizes for all starchy vegetables. Half cup of fruit is a serving. Be careful with fruit juice. Your blood sugars may sky rocket!

### My plate revised



### Carbohydrate dense foods in yellow



### Prevent long-term problems associated with uncontrolled diabetes:

- Eye problems, blindness
- Serious infections leading to possible amputations
- Kidney Disease
- Bleeding Gums or tooth disease
- Blood Vessel Disease
- Nerve complications

by Drew (Simonson) Schelling, RD





## Garfield County Council on Aging 2016 Nominees for Senior of the Year

**Clarice Moore** is the secretary of the Sales & Cans Committee of the Rifle Senior Center Advisory Board. She assists at the Saturday Community Breakfasts in the senior center. She teaches computer skills to the seniors and is always cheerful, helps with activities, and says the blessing at the Rifle lunches. As a former teacher, it seems to be her lot in life to give to others. We are blessed to have her in Garfield County.

**Connie Hollenbeck** works the lunches at the Rifle Senior Center. She is the server with the great smile that puts new eaters at ease. She is always there to help with the clean-up after lunch and also works the Community Breakfasts on Saturday. She is kind and helpful to new people and the disabled. We are lucky to have her at the meals.

**Larry Borgard** is such a great guy that even when he is not feeling well he goes to the community room at Castle Valley Senior Housing to set up our weekly senior luncheon. He sets the tables, starts the coffee and is always funny and makes people laugh. It is nice to have him around. If you live in New Castle or have been in the valley for any amount of time you will have seen him volunteering with the Lions Club, at the farmer's market, helping at community meals, making bracelets to give to children at Christmas, and always working to improve the community.

**Carl and Kathy Vogt** are amazing volunteers. They moved to the valley in 2012 from Minnesota and began to give back to the community immediately. Carl volunteers for RSVP's Medicare, Tax Preparation, and Handyman Programs. Kathy volunteered for many years at Defiance Thrift Store. She currently is the appointment scheduler for the RSVP Tax Program and also serves on the Sunnyside Retirement Board. Carl and Kathy epitomize the spirit of volunteerism. Garfield County is a better place to live, work and volunteer because of Kathy and Carl Vogt.

**Debra Newland** is one of those volunteers who flies beneath the radar because she gives quietly and selflessly of her time and resources to help frail seniors who cross her path. Debbie checks on shut-ins in her building, brings them a meal, and has even alerted emergency personnel when needed. She has blessed her elders by shoveling snow, removing ice, bringing them meals, and driving them to the market or pharmacy to get their food and medicines. Debbie is also a regular volunteer at the Senior Programs meal sites where her friendly and compassionate nature is appreciated by all.

## Friend of the Seniors nominees

KDNK Community Radio nominated Carbondale resident **Diane Johnson**. She has lived here since 2006. She currently is the director of programs for Senior Matters which is located in at the Third Street Center. She says working with seniors enriches her life. She has hosted the Senior Matters public affairs radio show once a month for many years. She ends her radio show by saying, “Remember: The more you work your mind, the greater is your cognitive reserve and the greater your ability to withstand the inevitable challenges of aging. Read, walk, talk, share life, live it up and dance. Life is good and filled with wonderful dreams of all things possible.” She is also a member of the KDNK Board of Directors. General Manager Steve Skinners says “Diane’s talent and senior perspective helps us fill our mission to provide public access radio that connects community members to one another and the world.”

**Socorro Flores** is a cook at the Rifle Senior Center. In her spare time she helps the Sales & Cans Committee with the monthly community breakfast and won’t leave until everything is cleaned and put away. She is recognized for her compassionate heart toward seniors, cleans their homes and is always supportive of whatever they need. Her cheerful personality never fails. She is a tireless worker who is always ready to help seniors.

**Sara Flores**, Code Enforcement Officer for the City of Rifle; Matt Sturgeon, Rifle City Manager; and Bobby Odell, Assistant City Manager were nominated for their group efforts to partner with RSVP in a clean-up project for an elderly gentleman who had a serious illness. Sara, Matt and Bobby with their crew of city workers, along with several RSVP volunteers, accomplished the task in a day, a project that would never have been completed by the homeowner in a timely enough period to avoid citations and fines. Sara also worked with RSVP to recruit volunteers to shovel snow from the walkways of seniors in Rifle.

Senior Matters stands apart in Carbondale as the local entity that promotes senior issues and offers classes for skill development or fellowship among the elders in the community. Senior Matters opens its doors to people and agencies that coordinate activities for this population, such as music and singing classes, exercise opportunities, and basic tech development classes for computers, smart phones and tablets. Senior Matters is best known for the refreshment stand at the Carbondale Rodeo, the proceeds from which support the organization’s activities.



## Who do I call if I suspect abuse?

**If someone is in immediate danger, call 911 or the local police for immediate help.**

If the danger is not immediate, but you suspect that abuse has occurred or is occurring, please tell someone. To report elder abuse, contact the Adult Protective Services (APS) agency in the state where the elder resides. You can find the APS reporting number for each state by visiting:

- The National Center on Elder Abuse website  
The [Eldercare Locator website](#) or calling 1-800-677-1116.
- Garfield County Adult Protection Services (970-945-9193)  
(from aoa.gov)

Whatever you do, being aware, partnering with those who care for your loved ones, and being diligent is the best medicine to prevent elder abuse from occurring on your watch.

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 2015-2016 assessments.

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

### MAY BIRTHDAYS

- |                     |                   |
|---------------------|-------------------|
| Jane Ash            | Carolyn Jemison   |
| Betty Bingham       | Jack Kagay        |
| Elizabeth Blake     | Shirley Kazlaskia |
| Nancy Boyet         | Laura Ketterman   |
| Winford Boyet       | Stewart LaRocque  |
| Dotty Brock         | Jane Leddy        |
| Margie Carroch      | Peggy McCune      |
| Betty Collins       | Carolyn Messer    |
| Gail Coombs         | Shirley Morris    |
| Joseph Cunningham   | Jack Nillson      |
| Bob Cutting         | Penelope Olson    |
| Eva Diaz            | Becky Penn        |
| Rich Dwyne          | Gerald Phinney    |
| Judy Fester         | Allen Pickett     |
| Lois Freeman        | Barbara Rey       |
| Fred Garcia         | Sally Rich        |
| Dorothy Garrett     | Charlene Romero   |
| Joan George         | Velma Russo       |
| Maxine Gray         | Luanne Ryman      |
| Linda Harrah        | Carolyn Seiffert  |
| Christine Harrelson | Hilda Sykes       |
| Cheryl Harrison     | Melinda Szymanski |
| Jennifer Holton     |                   |



Mother's Day  
May 8



Memorial Day, May 30

## UPCOMING EVENTS

### May 1

- Elegant Tea. Come join the Valley View Auxiliary for an afternoon of tea with friends and family. Located at Aspen Glen Club in Glenwood at 1 pm. Call 384-6653 for more information.

### May 3, 10, 17, 24, 31

- The Anat Baniel Method of NeuroMovement is an evolution of Feldenkrais. It is movement designed to awaken the brain to form new ways of moving around limitation. NeuroMovement is moving meditation that it is slow, non-forced and mindful with plenty of variations and accessible to all. The cost is 5 classes for \$60 or \$15 to drop in. Call 946-8968 for more information. (Glenwood)

### May 6

- 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 & Lulubelle Fashion Show. Fashion Show starts at 7 pm, downtown Main Street.

### May 7

- 18th Annual Dandelion Day at Sopris Park Carbondale 9 am to 5 pm.

### May 10

- 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.

### May 11

- Local singer Ellen Stapenhorst will perform at Sunnyside at 2 pm. Light refreshments will be served at 1:30 in the Club 60 room. Come join a fun afternoon of great music.

### May 13

- 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.

### May 13 - 15

- 20th Annual Rifle Rendezvous Festival at the Rifle Fair grounds. A rendezvous is a place where people of all cultures can assemble and exchange their wares, goods, values, and ideas. Prices vary for events outdoors. The events inside the indoor arena are free to attend. Friday 4 - 11pm, Saturday and Sunday 9 am - 11 pm.

### May 14

- **Kick off to Summer!** Law Enforcement Torch Run. Officers from across Garfield County are gathering at the Stoney Ridge Pavilion (ball field) in Silt on Saturday from 3 to 7 pm to mix, mingle and socialize with the residents of Garfield County. Call 665-0207 for more information.
- MS Walk & 5K Run will be held at Glenwood Springs High School. Registration opens at 7 am, 5K Run begins at 8 am (5K has a \$25 registration fee), Walk MS begins at 9 am. There is not a registration fee, but donations are accepted. There will be music, a silent auction and a \$5 pancake breakfast at the event.
- Titan Trot at Coal Ridge High School 4 pm.

### May 16 - 20

- Bonedale Bike Week is a celebration of bikes and the people who ride them. For more information call Eric at 970-510-1277.

### May 21

- New Castle Chamber and Town of New Castle Garage Sale 7 am to 12 pm. For more information call 984-2346.

## RECIPE

### Nutrition Education



### Slow-cooker Hawaiian Pork Tacos from the American Diabetes Association®

#### Ingredients

3 3/4 lb. lean boneless pork shoulder/Boston butt roast  
 1/2 tsp ground black pepper  
 1/4 tsp ground ginger  
 1 tsp cumin  
 1 medium onion, sliced  
 2 cloves garlic, minced  
 8 oz. pineapple juice  
 1 cup white wine  
 11 corn tortillas, warmed  
 1 cup shredded lettuce

**Yield: 11 servings, serving size 1 taco**

**Prep Time: 10 minutes**

**Cook Time: 8 hours Instructions**

#### Directions:

Place 3.75 lb lean boneless pork shoulder/Boston butt roast in a slow-cooker. Sprinkle meat with pepper, ginger and cumin. Add onion and garlic on top of roast. Pour pineapple juice and wine over roast. Cover and cook on high for 7-8 hours. Drain liquid and shred pork with fork. Scoop about 1/2 cup pork into each tortilla. Top each taco with shredded lettuce and any additional toppings of your choice.

*Dietitian Tip: Try topping these tacos with salsa, avocado slices and/or reduced-fat shredded cheese for even more flavor!*

*Choices/Exchanges: 1 starch, 4 lean protein*

*Nutrition Facts Serving Size: 1 taco, Calories 270, Carbohydrate 17g, Protein 37g, Fat 6g, Saturated Fat 1.8g, Sugars 3g, Dietary Fiber 2g, Cholesterol 95mg, Sodium 90mg, Potassium 690mg.*

*Recipe accessed on April 7, 2016. MyFood Advisor: Recipes for Healthy Living. American Diabetes Association®*

<http://www.diabetes.org/mfa-recipes/recipes/2016-04-slow-cooker-hawaiian-pork-tacos.html#sthash.witslPpu.dpuf>

Recipe approved by Drew (Simonson) Shelling, RD



**The sun shines not on us,  
but in us.**

By John Muir



# Pixie Hollow Games Word Search

Created By Great-Kids-Birthday-Parties.Com

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

BELL  
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 FAIRIES  
 GLIMMER  
 QUEEN  
 SILVERMIST  
 VIDIA

BOBBLE  
 CLARION  
 FAWN  
 HOLLOW  
 ROSETTA  
 TERENCE

CHLOE  
 DISNEY  
 GAMES  
 PIXIE  
 RUMBLE  
 TINKER





## 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 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](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](mailto: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.**