

# CONNECTION



## MAY IS BETTER SLEEP MONTH

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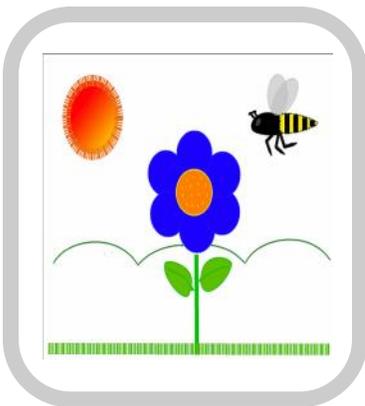
The aim of Better Sleep Month is to encourage people to establish better sleeping patterns.

Refreshing sleep is of huge importance when staying healthy. Better Sleep Month is supported by the Better Sleep Council (BSC), which aims to raise awareness about the benefits of better sleep and how poor sleep can disrupt our lives. As with diet and exercise, sleep is crucial to our physical, emotional and mental health.

Inadequate sleep can lead to an increase in blood pressure and stress hormone production; the body can become stressed when it does not get enough sleep.

The consequences of poor sleep include reduced concentration, mood swings, irritability, stress, and a weakened immune system. The release of stress hormones can also make it harder to sleep, perpetuating an unhealthy sleep cycle.

In severe cases, poor sleep may be linked to serious problems including narcolepsy, insomnia, restless leg syndrome, and sleep apnea. Better Sleep Month helps to make more people aware of these problems; advice from a suitable health professional should be sought if any of these consequence are experienced.



## EXERCISE OF THE MONTH



**Sit to Stand:** Cross your arms and sit towards the front of the chair. Stand up and sit down in chair 10 times extending your arms out. This will strengthen your abdomen and thighs.

## Better Sleep



### PSYCHOLOGICAL & PHYSICAL FACTORS AFFECT SLEEP

There are many physical and psychological factors which can cause poor sleep, stress is a common cause.

Worries such as elder care, childcare, family conflicts, problems with personal relationships, financial concerns, and other anxieties can all interrupt healthy sleep patterns. Physical factors which can affect sleep include pain, excess sweating, need to urinate, noise (including snoring by a bed partner), and light levels.

Stress can elevate blood pressure. A heart attack and stroke are documented risks of high blood pressure.

Gender can also play a role in sleep disturbance. Michael Breus, Ph.D. author of "Beauty Sleep: Look Younger, Lose Weight, and Feel Great Through Better Sleep," believes that women are generally more sleep deprived than man.

Further factors which disrupt sleep include excitement, depression, anxiety, and caffeine intake close to bed time. Environmental factors may include, room temperature, light levels, humidity, bedding, and noise.

### ACHIEVING BETTER SLEEP THROUGH LIFESTYLE CHANGES & STRESS REDUCTION

In many cases, better sleep can be achieved through changes to our lifestyle and the way we think about things.

Counseling can help address personal problems which are causing stress. Relaxation techniques may be taught and used to counteract the effects of stress.

There is recent evidence which suggests achieving better quality sleep may be more important than increasing the number of hours sleep. The National Sleep Council, which supports Better Sleep Month, have reported that people who sleep between six and seven hours a night actually live longer than those who sleep for eight hours.

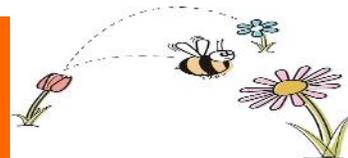
### SLEEP DEPRIVATION HAS A BIG IMPACT ON PRODUCTIVITY

During 2008 Better Sleep Month, the BSC conducted a survey on sleep and productivity in the work place. Their results showed that the main consequences of lack of sleep in the workplace include a huge decline in quality of work, judgment and concentration. It's estimated that poor sleep costs U.S. businesses about \$150 billion through absenteeism and lost productivity.

### HOW MUCH SLEEP IS NEEDED?

Many experts believe that between 7.5 and 8.5 hours of sleep a night is optimal. However, better sleep does not refer to just the length of time we sleep.

## Better Sleep & Denture Care



### BETTER SLEEP IS QUALITY SLEEP

Six hours of deep refreshing sleep is more beneficial than eight hours of light interrupted sleep.

### TIPS TO GET BETTER SLEEP:

- Establish a consistent sleep schedule by sleeping at the same time each day of the week (including weekends).
- Relax before sleeping. Prior to sleep, limit any stimulating activities such as exercise and work. Perform activities that you may find relaxing such as reading.
- Create an optimal sleeping environment. Your place of sleep should be dark, ventilated and of an appropriate temperature. Blackout blinds can help seal out light in area. If possible, remove any distractions such as computers and TVs from the room. Ensure your bedding is of adequate quality and there is enough space in the bed if you share the bed with a partner (or a pet!).
- A healthy lifestyle consisting of exercise and a healthy diet can contribute towards better sleep. Avoid alcohol, nicotine, and caffeine close to bed time. Whilst alcohol may help some people to relax, it can disrupt sleep throughout the night.

For more information on Better Sleep Month, visit the [Better Sleep Council Website](#).  
 Provided by What Health Healthy Living for Everybody

## Denture Care and Your Appetite

Denture care requires special considerations. Dentures are expensive and should be handled carefully. Dentures should be brushed daily with soft bristles. Gums should also be washed before and after wearing dentures. When adjusting to a new set of dentures or if your mouth is sore, try a soft foods diet.

### SOFT FOODS:

- |                     |                       |              |
|---------------------|-----------------------|--------------|
| - Eggs              | - Cottage Cheese      | - Milkshakes |
| - Pudding           | - Yogurt              | - Ice Cream  |
| - Gelatin           | - Applesauce          | - Banana     |
| - Soups             | - Ground Chicken/Beef | - Tofu       |
| - Cooked Vegetables | - Pasta               | - Pancakes   |
| - Mashed Potatoes   | - Jello               | - Polenta    |
| - Fish              | - Smoothies           | - Beans      |

**AVOID:** Hard candies, apples, hard breads and pretzels, large sandwiches, tough meats, carrots, celery sticks, corn on the cob, potato chips, popcorn, and nuts.



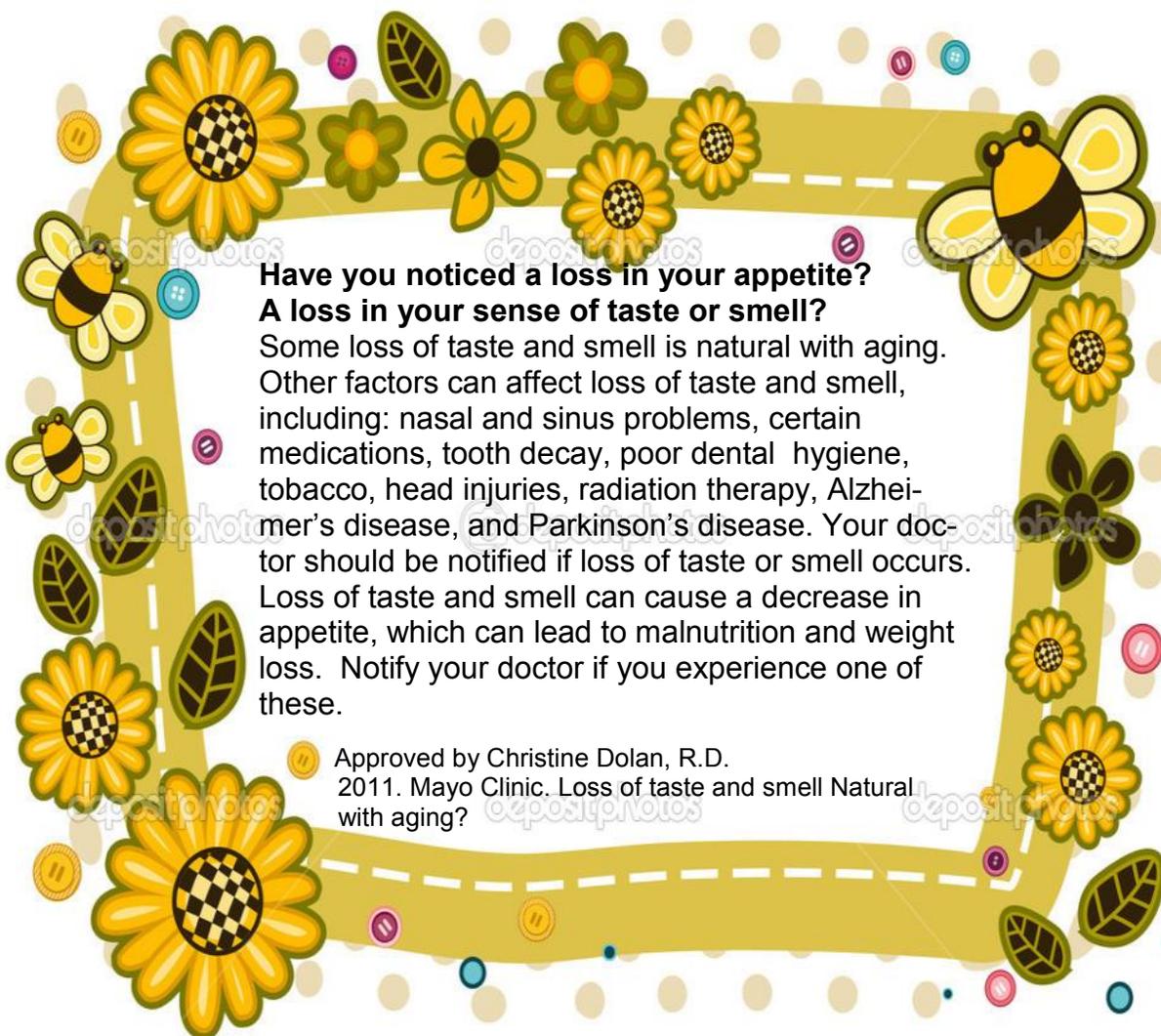
## Your Appetite & Birthdays

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.

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!!!*



### Have you noticed a loss in your appetite? A loss in your sense of taste or smell?

Some loss of taste and smell is natural with aging. Other factors can affect loss of taste and smell, including: nasal and sinus problems, certain medications, tooth decay, poor dental hygiene, tobacco, head injuries, radiation therapy, Alzheimer's disease, and Parkinson's disease. Your doctor should be notified if loss of taste or smell occurs. Loss of taste and smell can cause a decrease in appetite, which can lead to malnutrition and weight loss. Notify your doctor if you experience one of these.

Approved by Christine Dolan, R.D.  
2011. Mayo Clinic. Loss of taste and smell Natural with aging?

Ella Ausum  
Barbara Bayliff  
Elizabeth Blake  
Mary Ellen Green-Bouchard  
Shirley Boulton  
Dotty Brock  
Margie Carroch  
Sherry Classen  
Betty Collins  
Laura Cruz  
Joseph Cunningham  
Eva Diaz  
Cecil Dickey  
Judy Fester  
Lois Freeman  
Fred Garcia  
Joan George  
Maxine Gray  
Tyler Hall

Linda Harrah  
Jennifer Holton  
Corrine Hughes  
Joan Kavanaugh  
Shirley Kazlaskia  
Laura Ketterman  
Karlin Lana  
Mae Celia Liggett  
Valerie Maish  
June Martin  
Lee Martin  
Shirley Morris  
Ed Odell  
Herminia Olivera  
Julie Peters  
Allen Pickett  
Barbara Rey  
Sally Rich  
Velma Russo

Luanne Ryman  
Myrtle Scarber  
Carol Seiffert  
Matt Sturgeon  
Alice Sundeen  
Hilda Sykes  
Stephen Vasilaskis  
Shelby Van'thoff  
Larry Velasquez

Happy  May 10th  
*Mother's*  
Day

Memorial Day  
May 25th



## UPCOMING EVENTS



### May 1

- 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. For reservations call 970-984-2306.
- First Friday downtown block party in Carbondale. Business open houses and other events, including live music and street performers at the Third Street Center and throughout downtown.
- Senior Law Day conference 7:30 am to 4:00 pm, Two Rivers Convention Center. 159 Main Street in Grand Junction. Registration fee is \$5.00 includes lunch, presentation & materials. Call 970-244-8400 or dial 211 to register.

### May 2

- 7:00 am - 12:00 pm town-wide garage sale in New Castle. 12:00 - 2:00 pm lunch in Burning Mountain Park.

### May 3

- Did you know all black, green, and white teas come from the same plant, *Camellia sinensis*? In this class we will explore the glorious world of tea. We will discuss the differences between black, green, white, caffeine content, fermentation and history. Be sure to call (970)-928-3440 to reserve a spot. Cost: \$10, at 11:00 am to 12:00 pm in Glenwood.

### May 6

- An informative presentation on what essential oils are and how they can help ease everyday health concerns. Become empowered with how and why these natural solutions can assist in healing your body. New Castle Library 6:00 pm

- You might be surprised to learn that you can grow herbal medicines in your own backyard. We will discuss soil types, medicinal use of each plant and some wild crafting techniques. Call (970)-928-3440 to reserve a spot. \$15, 6 - 7:30 pm 713 Cooper Ave Suite 100 in Glenwood.

### May 8

- 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.

### May 9

- In honor of Mother's Day, the Silt Branch Library will host a Victorian-style tea time. Food and drinks will be provided at no cost. 11:00 am
- 10:00 am to noon seedling tree giveaway at the Community Center in New Castle
- Dandelion Day festival in Carbondale. Call 970-510-1280 for more information.

### May 11-15

- Carbondale Bike week in Carbondale a celebration of bikes and people who ride them. Call 970-510-1280 for more information.

### May 16

- MS Walk /Run 7:00 am - 1:00 pm I-70 at No Name rest stop (exit 119). For more information call 970-263-4393
- Garfield County Law Enforcement Torch Run for Special Olympics in New Castle. Call 984-3352 for more information.

### May 19

- The Town of Silt is having a free Ice Cream Social to celebrate their 100th birthday from 5:00 - 8:00 pm at Town hall/Library Plaza entertainment by Spare Parts (barbershop quartet).

### May 30

- Community breakfast at the Rifle Senior Center, 8:00 - 9:30 am. Cost is \$4

## The 2015 Garfield County Council On Aging Senior Award Nominations

**Senior Citizen of the Year** – They have contributed to and made a positive impact on the older adult community in Garfield County and have facilitated change in making our valley aging-friendly and a better place to live. Each has made our community a better place for seniors. We thank each of you for your exemplary service.

**Friend of the Seniors** is an individual or couple whose relationship and specific contributions/services have positively impacted the older adult community, have facilitated positive change in making the community aging-friendly, and have made this a better place to live.

This year all the nominees are eligible for both categories:

1. **Bobbie Dungan** has spent many years seeing that the seniors have had hearty nutritious meals out of the Rifle Senior Center. She goes above and beyond the requirements of her job as cook for New Castle, Silt, Rifle and Parachute and manages to add the homey touches that make our meals special. In addition, she takes seniors to the movies on Sundays, attends Dinner in the Valley, makes bread from scratch for the meals, and offers breads for those gluten free and desserts for diabetics. She has established a garden at the senior center to grow veggies and herbs for the seniors.
2. **Robert Spuhler** has been an RSVP volunteer since 2008. He is a Medicare counselor, and manages the RSVP Medicare Program and travels to Eagle and Craig to meet their needs. He is also an AARP tax-aide volunteer and helps file federal and state taxes. Bob is passionate about helping seniors.
3. **Mary Jane Hangs** does a lot of volunteering and has been the chair of the Garfield County Council on Aging. She is a member of the Garfield County Senior Programs Advisory Board, Garfield County Housing Authority, and the Garfield County Fair Board and runs a Geriatric Hotline. Mary Jane is a caring and giving person who cares about senior issues and helps many seniors.
4. **Emmy Lerma** provides home care and hospice to so many in the community. She is so helpful. Always smiling and fantastic lady. She is so helpful and friend to so many people at Sunnyside Retirement Center.
5. **Cathy Johnston** has worked for the Center for Independence for many years helping those who have physical challenges in Mesa and Garfield County. She is a person who enjoyed her work, and always found a way to help. Cathy lives the mission of the center “ Empowering people with disabilities to become independent.”
6. **Marie George** was the directory of the Rifle Senior Center for several decades. Her dedication to both the senior center and the seniors is beyond reproach. Marie was always available when families in the community needed a place to hold an event (i.e. birthdays, memorials etc.) She was an advocate for all the seniors who came into the center.
7. **Alice Jones** helps at the senior lunches in Silt, She helps at the Silt Historical Park, the Senior Refreshment table, and at the Senior Music Jams at the Fire Station. She is always happy and has a good word for everyone. She is a pleasure to spend time with.

The Garfield County Council on Aging will be awarding the Friend of the Seniors and the Senior Citizen of the Year at the Volunteer Banquet on May 16. Our community is well-served by these, and all the volunteers, who give countless hours and care to others throughout Garfield County.

## Garfield County Humanitarian Service Awards

On Tuesday, April 7, at Grand River Health, the Human Service Commission and the Garfield County Commissioners announced the winners for the 26th annual Humanitarian Service Awards. JoAnn Duffy won the "Young at Heart Award" while Phil Long received the "Shirt Off His Back Award" and Dustin Marantino as recognized with the "Above & Beyond Award." Congratulations and thank you for all that you do!



YOU CAN NEVER GET A CUP OF TEA  
LARGE ENOUGH,



OR A BOOK LONG ENOUGH,

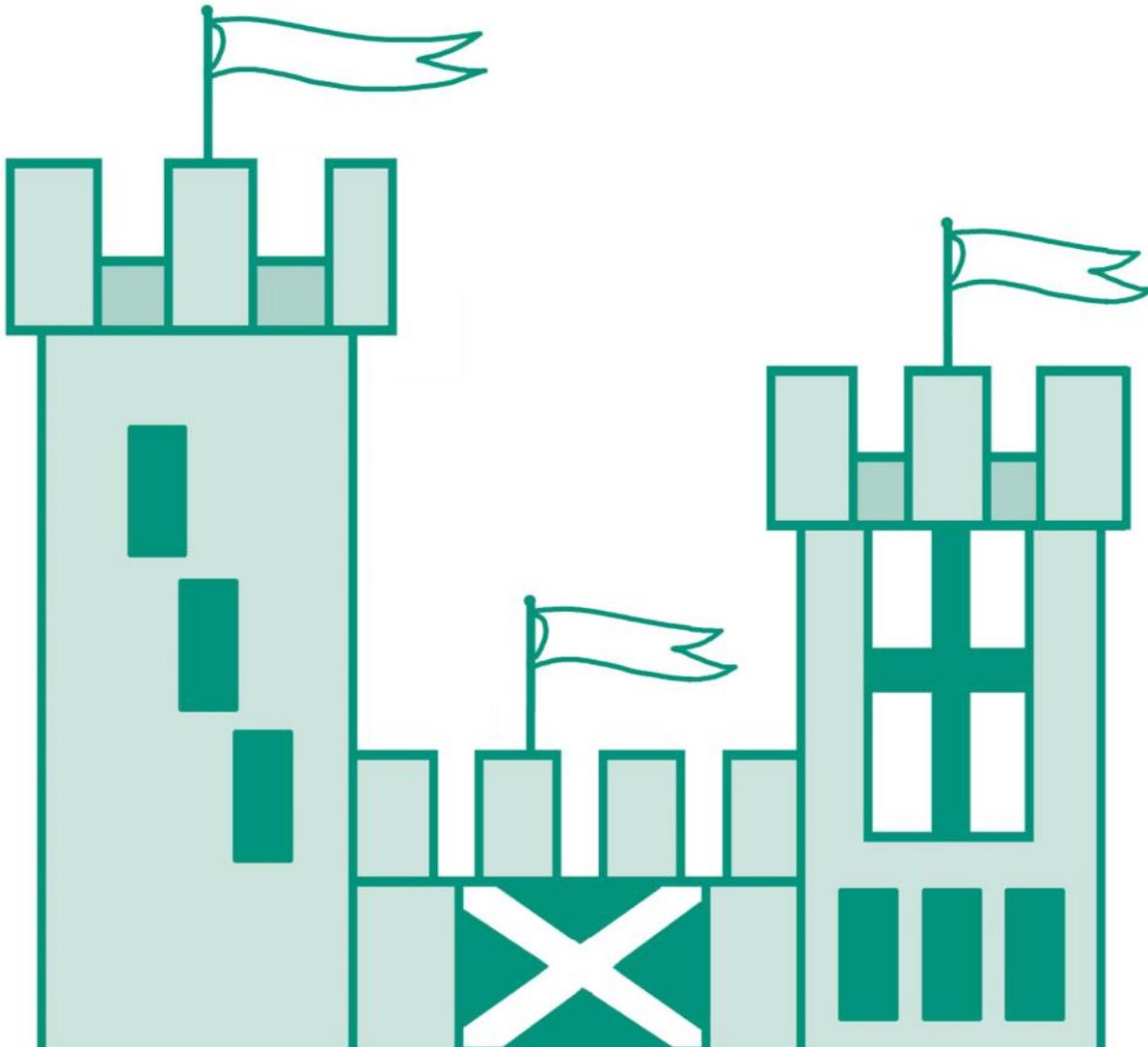


TO SUIT ME.

~ C.S.LEWIS

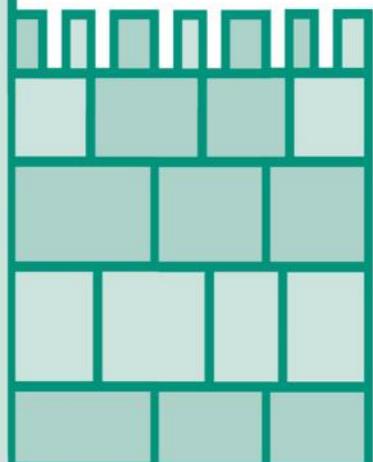


# WORD SEARCH PUZZLE



- BATTLEMENT
- CHAMBER
- CHAPEL
- DRAWBRIDGE
- DUNGEON
- GATE
- GATEHOUSE
- GREAT HALL
- KEEP
- MOAT
- RAMPART
- TOWER
- TURRET
- WALLS
- WELL

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





## 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**  
**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

We're on the web at [www.garfield-county.com](http://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:**

<p><b>Senior Centers</b> <b>Rifle Senior Center</b> Tami Sours 970-625-1877 Bingo, pinochle , Dinner in the Valley, Concerts, Rockies Games, and many other trips this summer. Call to join us.</p>	<p><b>Exercise Programs:</b> 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</p>
<p><b>Valley Senior Center in Parachute</b> 970-285-7216 or Cheryl to play pinochle 970-285-9755</p>	<p><b>Senior Matters</b> Dee Blue 970-963-2653 Mildred Alsdorf 970-945-7094 <a href="http://www.seniormatters2@sopris.net">www.seniormatters2@sopris.net</a></p>
<p><b>High Country RSVP</b> 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 <a href="http://www.highcountryrsvp.org">www.highcountryrsvp.org</a></p>	