GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

Volume 7, Issue 11

November, 2015

# CONNECTION

## VETERANS DAY NOVEMBER 11, 2015

Where would we be without the service of our soldiers?

Throughout history, brave men and women have given themselves in service to their country so that we may all feel safer.

Now It is time for us to remember their service, to thank them for their sacrifice, and to memorialize those no longer with us.

To all servicemen past and present, we are humbled by your courage and by your strength.

Tell them how much you appreciate all they did and continue to do so with some special words to honor the men and women who serve.

Inside this issue:

| | |
|---|---|
| Poem | 2 |
| Cooking Matters | 3 |
| Nov. birthdays | 4 |
| Upcoming events | 5 |
| Exercise/article | 6 - 7 |
| Word search | 8 |

## EXERCISE OF THE MONTH

**Wall push up**

Stand with your feet shoulder width apart, and your feet a foot from the wall. Place your hands on the wall, and lean forward until your elbows bend. Then push off the wall, doing a push up. Repeat five times.

*Senior Program Connection* is a publication of Garfield County, Colorado, and is an open record for purposes of the Colorado Open Records Act., § 24-72-201 C.R.S., et seq. All content is expressly for communications, and is for informational purposes only. Garfield County assumes no responsibility of any kind or type for errors contained herein. *Connection* is not to be construed at any time as the official statement of Garfield County, Colorado, with respect to the resolutions, motions, policies, or decisions of the Garfield County Board of County Commissioners. © 2015, all rights reserved. This newsletter may not be redistributed or reprinted, in whole or in part, without the express, prior, and written permission of Garfield County, Colorado. For permission, please contact the Garfield County Communications Department at 970.945.1377, ext.1453.

## POEM

Happiness is,
Always getting out of bed each morning,
Putting thoughts in order for the day,
Praising God in a sometimes hurried fashion,
Youthful faces going off to play.

Thinking mostly of each others problems,
Hoping you can maybe help a bit,
Adding up your blessings,
Not your troubles,
Knowing when you've said enough to quit,
Singing joyfully along with others,
Going places, seeing things worthwhile,
Ignoring faults, yet conscious of their being,
Valiant thou this word's nearly out of style,
Independent, yet depending on each other,
Needing help and giving thanks without chagrin,
Graciously acknowledging God's existence,
without which life could not begin.

Written by Rita Rhein

## NUTRITION EDUCATION

SHARE OUR STRENGTH'S COOKING MATTERS NO KID HUNGRY

# Eating Tips for a Healthy Holiday Season Brought to you by Cooking Matters

### Before the Party...

- **Eat a light snack**. Don't go hungry.
- **Reduce the fat in holiday recipes**. Magazines are full of recipes.
- **Use seasonal produce.** Squashes, pumpkins, apples, pears, sweet potatoes, cabbage, broccoli, cauliflower and fresh greens.
- **Focus on weight maintenance vs. weight loss during the holidays**. Don't set yourself up for failure.
- **Plan on NOT dieting after the New Year**. Anticipation of food restriction sets you up for binge-type eating over the holidays.

### During the Party...

- **Enjoy good friends and family**. Food doesn't have to be the focus.
- **Be assertive.** If you are not hungry, then simply say so.
- **Leave what you don't want.** When you feel full, stop eating. Simple.
- **Drink plenty of water**. Choose your beverages wisely. Liquors, wines and mixed drinks contain 150-450 calories per glass.
- **Watch your portion**. Go for small portions. This way you can sample all the different foods.
- **Veggies are your friend**. Fill your plate with some "good" foods first.
- **Don't hang out near the food**. Socialize a distance away to prevent unconscious nibbling.
- **Cut cakes, desserts and savory tarts and quiches** into portions before placing on a buffet table.

### After the Party...

- **Maintain perspective**: Overeating one day won't make or break your eating plan. It's just a couple of days:
- **Be physically active every day**. Exercise helps relieve stress, regulate appetite, and burn up extra calories from holiday eating

## Holiday Healthy Substitutions

Substitute avocado, applesauce, or vegetable oil for butter
Substitute one Egg for ¼ cup of applesauce, ½ banana or 1 Tablespoon of distilled vinegar
Substitute sour cream for plain Greek yogurt
Substitute evaporated milk for cream

## Love to talk about food?
## Love to cook?
## Love to help others?

We need volunteers and participants for classes. Classes meet for 2 hours once a week for 6 weeks Cooking Matters provides curriculum, kitchen, supplies, staff support, and free weekly groceries. For more information about the classes contact Drew Schelling at 945-6614 ext. 2036 and to participate in the classes call Debby Sutherland at 945-9191 ext. 3084.

Approved by Drew Schelling R.D.

# TWICE BAKED SWEET POTATOES

6 sweet potatoes
2 tablespoons salad oil
1 (8 ounce) package cream cheese, softened
1/3 cup brown sugar
2 tablespoons butter
1 tablespoon Vanilla
walnuts or pecans, 24 pieces

Preheat oven to 350 degrees, rub sweet potatoes skins with salad oil. Wrap potatoes in aluminum foil and bake in preheated oven for 1 hour or until soft.

Meanwhile, in a large bowl combine cream cheese, brown sugar, butter, vanilla, salt and pepper.

Cut potatoes in half and scoop flesh into the bowl with the other ingredients. Mix well and fold in walnuts or pecans.
Spoon mixture into potatoes skins and bake for 5 minutes

By Allrecipes.com

Recipe approved by Drew Schelling R.D.

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!!!*

## November

Sue Bacon
Barbara Ball
Helen Barta
Ruth Brittain
Michael Bunn
Dale Carson
Cecilia Cervantes
Howard Childers
Betty Clifford
Lynn Collings
Francis Coulter
Craig Crump
Imogene Cunningham
Chuck Dennis
Gene Diaz
Marti Duprey
Zolia Fernandez
Betty Fitzgibbons
Linda Jean Ford
Larry Forman Jr.
Joan George
Mary Gibson
Cricket Goodsell
Floyd Gore
Rene Gore
Trudy Heiman
Noreen Hibl
Martha Hubbs
Viola Hunt
Janice Kelly
Dick Kosht
Sue Larson
Carmen Litschewski
Joan McClelland
Judith Medoza
Dorothy Parks
Cheryl Pickett
Donna Rippy
Kay Robinson
Jeanette Rose
Rose Ann Shelton
Dorothy Snearly
Gary Snider
George Soefker
Betty Squires
Thomas Stroop
Jackie Tice
Judy Wadyko
Robyn Wein-traub
Glenna West
David Wodash

Thursday,
November 26

# UPCOMING EVENTS

**November 6**

- First Friday in Rifle 5 - 8 pm. A time for people to gather and enjoy the arts and mingle with friends.
- Super Seniors program at the First Baptist Church in New Castle. The program begins at 10 am and concludes with a free lunch. Reservations call 970-984-2306.
- First Friday in Carbondale. Business open houses and other events, including live music and street performers at the Third Street Center and throughout downtown.
- 3rd Annual Harvest Festival & Chili Cook off at Silt City Hall 5 - 8 pm

**November 7**

- In honor of Veterans Day, the Carbondale Library is partnering with Grass Roots Community Network and its Roaring Fork Veterans History Project to show several interviews with former soldiers from different conflicts. Join us from 12 - 4 pm. Light refreshments served.
- Craft fair and Santa's Kitchen at the Rifle Senior Center 9 am – 2 pm

**November 9**

- The holidays are approaching and they can be a difficult and sad time for those who are grieving. Join Karen Smith, a Grief Recovery Method Specialist, as she talks about understanding grief and introduces the "Grief Recovery Method" as one system to use when navigating the grief process. Rifle Library 7 - 9 pm

**November 13**

- 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.

**November 14**

- Unique Boutique Local Craft and Artisans Fair, 8 am - 4pm, 9th and Cooper in Glenwood Springs at the First United Methodist Church.
- 39th Annual Carbondale Christmas Boutique at the Carbondale Firehouse on 133 South from Hwy 82, 8 am - 3 pm

**November 21**

- Lions Club Thanksgiving Meal at the New Castle Community Center at 5 pm, no charge for meal.

**December 5**

- Pins and Needles Craft Fair at New Castle Senior housing, 9 am - 4pm

**December 11**

- Join Carbondale Recreation Dept. for a day at the Grand Junction Mall where you can do some shopping, have lunch or just enjoy getting out of town for a stroll. 9 am - 5 pm. Van picks up at Crystal Meadows Senior Housing in front of Commons IV. Cost is $10. Call 510-1290 to reserve your spot by **December 4** space is limited

## Medicare open enrollment
## October 15 – December 7

It's time to compare plans to make sure you have the right health and prescription drug coverage, stay with your current plan if you're happy with it, or look for a new one with better coverage, higher quality, and lower cost. Every senior who has a Medicare D Prescription Drug Plan should have their current plan assessed because costs and coverage have changed on all plans. This will allow you to make a wise choice that will best meet your individual needs. Call High Country RSVP to schedule an appointment with one of our highly trained counselors. This free service can help seniors and their families navigate the Medicare D system to select a Prescription Drug Plan for 2016. Call 384-8744 **Medicare Monday, Nov. 2 9:30-11:30 am, Third Street Center 520 S. 3rd Street, Carbondale**

## WELL & WISE CLASSES

We are offering a Health Living Colorado class in Silt, starting Wednesday, November 18 for 6 weeks. Also, there are Tai Chi and 'N Balance classes in Parachute/Battlement Mesa. Please contact Debby (970) 945-9191 ext. 3084 or dsutherland@garfield-county.com to register for Tai Chi for Arthritis, Matter of Balance, 'N Balance, Cooking Matters, Shopping Matters or Health Living Colorado classes in your community.

# EXERCISE IS MORE IMPORTANT THAN EVER

Not too long ago, society generally expected seniors to spend much of their time sitting in rocking chairs and wearing shawls. This image of a sedentary lifestyle for seniors is becoming more and more outmoded as we learn that the old adage 'if you don't use it you lose it' is 'right as rain'.

Remaining active can add years to your life, and allow those years to be much more fruitful. Exercise is key to maintaining an active lifestyle. This holds true for seniors, perhaps even more so than the rest of the population.

Where to start? Get moving! Doing any exercise is better than not doing anything at all. A simple way to get started, if you are mobile, is by walking regularly. Set a modest objective, like walking once around the block. See how you feel. If you're out of breath, huffing and puffing, ease up and don't overdo it. If, on the other hand, you feel a moderate increase in your respiration, you're right on track.

Over time, expand your walk to two blocks, then three blocks, pretty soon you'll be up to a mile. And enjoying it! How about walking to the mailbox, the store, the library, or to your friend's house? Your successes will likely inspire you to try other exercises.

But what if you can't walk safely? Try chair exercises. At Mesa Vista we do low-impact chair exercises regularly, stretching our necks, and working out our arms and legs. We use 1 or 2 pound free weights, and if that is too heavy just hold a book in each hand, or simply do the movements without any weight at all. We also play a bouncing ball game that is a lot of fun, and always results in laughter. All done while sitting down!

Another option for those who have a difficult time walking or with balance issues, is using a stationary bike or other exercise machine. We have a few of these along with a Nautilus weight machine. If you don't have access to this kind of equipment, you might consider joining the Grand Valley Recreation Center in Battlement Mesa, which has a great membership deal for Parachute residents, or some other facility closer to your location. Sometimes you can find these at garage sales available for pennies on the dollar.

As a senior, considering trying any new exercise regimen, particularly if you have a heart ailment or other serious condition, it is important to make sure you are healthy enough for exercise. Ask your doctor about it before starting.

*Michael Farrell is Adult Day Program and Activities Director at Mesa Vista Assisted Living Residence*
*72 Sipprelle Drive, Parachute, CO 81635.*
*(970) 285-1844*

## WOW! WHAT A SUPER SENIOR, WAY TO GO NICK!

Nick Isenberg, a Glenwood Springs reporter and documentary producer, who for the past four years has climbed the five miles and 1,352 vertical foot trek up Transfer Trail, to the top of the Glenwood Caverns Adventure Park gondola. Nick completed the journey 70 times by his 70th birthday, has now made the climb 300 times by his 73rd birthday. On September 24 when he reached this goal of 350 climbs and 75 climbs for the year.

"I wasn't trying to set any kind of record," said Isenberg, "I was just trying to find a way to get some exercise in the summer when I can't ski. "I don't play golf and I don't play tennis, so I was looking for something else I could do."

He said that since Glenwood Springs has a gondola that operates year round, he thought about riding the lift up and walking down Transfer Trail, which really is a very steep dirt road that goes by the park. But he decided that would be too hard on his knees. So late in the fall of 2008, he hiked up once and saw that it was "do-able." So the next year he claimed up 19 times, and 29 times the following year. But he had a setback in 2011.

Isenberg, who was the second most premature baby to survive when he was born in 1942* (He was 90 days premature and weighed two-pounds 11 3/4 ounces). He has been totally blind in his right eye, almost since birth, as a result of being in an incubator for 10 weeks with too much oxygen pressure. In March of 2011, he became legally blind in his left eye as a result of complications from surgery on his good eye. But that wasn't all. Within four months, he also had a heart attack and had surgery for crushed cartilage in his neck.

"It was kind of a pits summer," said Isenberg, and he was unable to climb at all that summer.

Isenberg has had two cornea transplants in his left eye, one in 2011 and one in June of 2014. The second one helped for a while, but he has been rejecting the new transplant since June, and his vision, at least temporarily, has been much worse. At the moment he is rejecting the transplant less and improved vision looks encouraging. So, he has to use a white cane when he walks and hikes.

Isenberg said after climbing again, and while having coffee with a friend in 2012, he realized that if he hiked up 15 more times by June 10th, he would have climbed 70 times by his 70th birthday. But he wasn’t sure if he could do it, because up to then, he had never made the climb two days in a row. He not only reached that goal, he climbed up the mountain 70 times that summer, 81 the next year, and 75 times last year and this summer. He reached 300 ascents on May 31, after 25 hikes up the mountain. Isenberg has claimed a total of 187.5 miles and more than 473,210 vertical feet this summer.

He's even climbed twice in one day a number of times, and three times in one day four times. He did say, “it really is much easier than climbing Mount Everest from sea level 16 times.”

* - Isenberg said he found out about his almost record breaking premature birth when he had to go to the emergency room at Ellis Hospital in Schenectady, NY where he was born and the nurse told him, "You're pretty famous around here. You were the second most premature baby to live."

# Thanksgiving Day

Find all of the Thanksgiving related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS

© puzzles-to-print.com

## 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
970-945-9191 extension 3005, bpeterson@garfield-county.com

**Drew Schelling**, Registered Dietitian
970-945-6614, extension 2036, dschelling@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 970-665-6540
Bingo, bunco, pinochle, Dinner in the Valley, Concerts, and many other trips this summer.
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—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.**