GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

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CONNECTION

HEARING AID AWARNESS MONTH

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Just in case you missed this very important message before, we are repeating it here - untreated hearing loss will not only endanger your safety, but also isolate you from your friends and family. Quality of life is not only affected for you, but also for loved ones.

You think we are pulling your leg? Listen to this, if you can - you are crossing a busy street and can't hear the sound of a car honking at you to get out of the way. Or your smoke alarm goes off in the middle of the night, but you keep sleeping. The possibilities of serious bodily injury are numerous all because you can't hear.

Then there are social, emotional, and psychological aspects of impaired and untreated hearing loss. How does that happen? It's not exactly rocket science. When you can't hear, or respond to the sounds around you, when you don't understand the conversation directed at you or around you, when you can't participate in social activities and interactions, you can become a recluse.

Slowly, you will become frustrated with not being included in conversations, interactions, and activities, so it is only natural that feelings of loneliness and isolation will set in and take over your life. And that is a recipe for a full-blown depression.

EXERCISE OF THE MONTH

Chest stretch: You can do this stretch while standing or sitting in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart. Hold arms to your sides at shoulder height, with palms facing forward. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort. Hold the position for **10-30** seconds. Repeat at least **3 - 5** times.

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HEARING AID AWARNESS CONTINUED

Now that you know what could happen if you persist, for whatever reasons, in not getting hearing aids, let's look at the positive side (fortunately, there is one!)

The same studies that show how lack of hearing amplification can turn you into one unhappy camper, also demonstrate that once you get fitted with hearing aids, your overall quality of life will improve.

By hearing the sounds around you, you will be able to actively participate in conversations and other activities. Days when everyone around you had to shout at you and you had to strain to hear them, are now over.

And, there are additional perks to being able to hear. A survey conducted by Better Hearing Institute shows that people who ignore their hearing problems collectively lose a staggering $100 billion a year in earnings. But, research indicates, income loss can be cut in half by wearing hearing aids.

That is truly compelling evidence, isn't it? Then why are you still hesitating?

Hearing aid myth busters

You are thinking that hearing aids will make you look old and not "cool?" Let us debunk this misconception right here and now. Statistics prove that hearing loss affects people of all ages.

How could you not look cool wearing this? The Oticon *Dual* in high-tech silver.

True, hearing loss is the third most common condition affecting the elderly. However, only one-third of those with hearing loss are over 64.

Just look at these numbers:

- 3 in 10 people over age 60 have hearing loss
- 1 in 6 baby boomers (ages 41 - 59), or 14.6 percent, have a hearing problem
- 1 in 14 Generation Xers (ages 29 - 40), or 7.4 percent, already have hearing loss
- At least 1.4 million children (18 or younger) have hearing problems.

So your belief that only old folks need hearing aids is erroneous.

Still not convinced? Are you maybe thinking that hearing aids are clunky eyesores? Again, you are wrong. This cosmetic consideration might have been valid many years ago, but today's hearing aids range from compact to miniature in size, and come in a variety of styles and colors. The newest models are hardly visible, so that's another myth that bites the dust.

Provided by Healthy Hearing.com

HEARING AID AWARNESS CONTINUED

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State-of-art hearing aid technology

We are really lucky to be living in the 21st century, rather than in pre-historic times when the deaf and the hard-of-hearing used hollowed out animal horns to communicate.

Today's sleek, comfortable and discreet hearing aids have gone beyond just pure amplification. For example, they can reduce unwanted background noises, amplify only specific pitches, or reduce unwanted whistling, the kind your grandpa used to have. More advanced features such as Bluetooth or the ones that control wireless communications between the hearing aid and cell phone, audio system, TV, and computer, are also feasible.

But even if you don't need all these "bells and whistles," a basic model will be just as effective in helping your hearing ability.

And that, in a nutshell, is why the Hearing Aid Awareness Week should be celebrated loud and clear!

Discover how hearing aids can improve your quality of life by visiting a hearing professional or hearing aid clinic near you today!

Provided by Healthly Hearing.com

High Country RSVP offers free legal classes for older adults/seniors
High County Retired Senior Volunteer Program (RSVP) is partnering with Alpine Legal Services to offer a series of free classes relating to the legal issues that may concern older adults. Classes are offered at the CMC Glenwood Center located at 1402 Blake Avenue on Thursday evenings from 6 to 8 pm. The series started September 10 and will run through October. October 1st will address grandparent rights and October 8 will focus on conservatorship and guardianship. To sign up for the class and for more information or ideas for future classes, please contact High Country RSVP at 947-8462 or eworrell@coloradomtn.edu.

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 970-384-8744

IT'S NOT WHAT THE WORLD HOLDS FOR YOU, IT'S WHAT YOU BRING TO IT

By L.M. MONTGOMERY

IMMUNIZATION AWARNESS

Several preventable diseases cause significant illness and even death in unvaccinated seniors. An estimated 45,000 adults die annually from complications due to vaccine-preventable diseases.

Many adults feel that they do not need vaccinations, or worry about side effects from the vaccine itself, but people age 65 and older are at higher risk of complications from the actual diseases.

It is important for older adults to keep vaccines current. They may not have been vaccinated as a child, new vaccinations may now be available, immunity may have faded, and most importantly, seniors are more susceptible to serious and possibly life-threating infections.

The most important vaccinations seniors should discuss with their physicians include the flu vaccine, pneumococcal vaccine to prevent pneumonia, shingles vaccine, and a tetanus-diphtheria-pertussis vaccine (Tdap).

Provided by Eagle County and National Immunization Awareness

Flu shots will be available at the Silt Meal site on October 7 from 11 am to 12 pm before the Senior lunch at the Colorado Rural Fire & Rescue station located at 611 Main Street.

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.

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

Thanks to everyone who turned in their 2015 assessments.

OCTOBER

Jess Aceves
Helen Barta
Sharon Bell Davis
Diane Berto
Anita Bishop
Beverly Blackmore
Irene Burgoon
Chris Carpenter
Tom Cleary
Charlotte Crook
Helen Dupire
Mary Elder
Judith Elzinga
Joe Erickson
Jeanne Furman
Glennadene Gish
Leila Griffith
Regina Harrison
Ronald Kellam
Charles Kelty
Kurt Larson
Toby Larson
Barbara Lightfoot
Robert MacDonald
Vivian Madden
Kenda McCall– Borrego
Barbara McGinnis
Patrick Menke
Barbara Montgomery
Tresia Moon
David Moya
Skip Murdock
Lorena Nadon
Beverly Nash
Peggy Oehler
Irma Park
Sharon Pennington
Lenny Petrakos
Martha Rabe
Thomas Richey
Pete Rulison
Grace Schick
Drew Simonson
Frank Shove
Bonnie Smelter
Jack Smith
Linda Smythe
Donald Solawetz
Jirna Soukup
Kathy Spink
Marilyn Strader
Debby Sutherland
Laurence O Sweeny
Sandor Varallyah
Hetty Van Kesteren
Richard Weaver
Eva Marie Wernli
Walter Wiegner
Thomas Williams

Columbus Day
October 12

Happy Halloween
October 31

UPCOMING EVENTS

October 2

- First Friday in Rifle 5 - 8 pm

  Friday evening, it's 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.
- McClure Pass Color Tour and Paonia Delicious Orchards, 9 am to 5 pm. Cost is $10, registration is required. Call 510-1278

October 2, 4, 8, 10

- Thunder River Theatre presents *The Mineola Twins* by Paula Vogel. To purchase tickets call 963-8200.

October 3

- Family Movie Night at the Ute Theater will feature "Ghostbusters"
- First Annual Forktoberfest in Carbondale at Roaring Fork Beer company. Free brats, doughnuts by Sweet Coloradough. Music, Painters Stage 3-5 pm. and Electric Lemon 6-8:30 p.m.

October 4

- Oktoberfest at Cottonwood Park in Parachute 2 pm, food, fun, fireworks

October 6

- Jim Conner, Nashville studio musician, singer, songwriter storyteller and author will be presenting at Sunnyside at 1:30 pm. Jim wrote John Denver's hit song " Grandma's Feather Bed"

October 9

- 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.

October 9, 10

- Sample authentic Austrian cuisine, soak up some Celtic tunes, and enjoy a jolly good autumn evening. Music and mugs available beginning at 5:00 pm in Carbondale at 4th and Main Street.

October 16, 17, 24, 25, 30, 31

- Historic Ghost Walk through Linwood Cemetery, $18 per person. Call 945-4448 for tickets.

October 18

- 15th annual Culinary Arts Wine and Brewfest in Glenwood , 5-8 pm, Hotel Colorado.

October 27

- Garfield Council on Aging Meeting 10:00 a.m. at U.S. Bank Conference Room by Safeway, Glenwood Springs

October 30

- Punkin' Chuckin' Contest, Stoney Ridge Pavilion Silt 4-7 pm. Hot chocolate, caramel corn and other food goodies.

LIFT UP HOLIDAY FOOD

(Thanksgiving and Christmas) Register Monday, October 19 through Friday, October 30, 2015

Carbondale - LIFT UP pantry at 3rd Street Center #520 South 3rd, 35, Tuesday and Thursday 5-7

Glenwood Springs – Glenwood Mennonite Church, 2306 Blake Mon 11-4, Wed 11-4, Fri 12:30—4

New Castle - LIFT-UP pantry, 126 N. 4th, Wed & Fri 9-12

Rifle and Silt - LIFT-UP Pantry, 800 Railroad Tuesday - Friday 9-3

Parachute - LIFT-UP Pantry, 201 East 1st, Monday, Wednesday, and Friday 10-2 or Saturday 10-2 at the Thrift Store.

Questions: Call (970) 625-4496

Nutrition Education

How to keep your kitchen from making you sick
The smell of coffee in the morning. The aroma of dinner cooking in the evening. The kitchen is a central location in most households but it also has a dark side. Of all the rooms in your house, the kitchen is likely to be the germiest, more so than even the bathroom!

Here is how to keep you and your family safe at home:

Sponges are usually the dirtiest thing in the kitchen and difficult to keep clean. Sponges come in contact with food residues that can build up in them and provide nutrients for bacteria to grow. Sponges are often left wet or in damp areas – ideal conditions for germs to multiply. A safe kitchen is a dry kitchen where there are no wet sponges and no wet towels for bacterial to grow overnight. Just rinsing off sponges under running water is not an effective way to kill germs.

Microwaving a wet sponge for one minute at full power is the most effective way of killing the bacteria in sponges. The second best method is running them through the dishwasher. Soaking sponges in bleach and water solution is not an effective method of killing the bacteria on sponges. If you don't want to go through all that, keep a supply of clean dish clothes handy and start each day with a clean one.

Cleaning counters and other food contact surfaces such as sinks and cutting boards: Countertops are often contaminated with bacteria as a result of touching them with unclean hands or a dirty sponge. Cleaning your kitchen surfaces with soap and water is enough for most normal healthy people. Soap and water removes dirt, bacteria and viruses from surfaces and rinses them away. If you have people in your household who have a greater chance of getting sick such as immune-compromised, the very elderly or perhaps small children, it is best to use a disinfectant on the countertops and the sink. Always clean the surface first with soap and water. If the surface is dirty or greasy, the disinfectant won't work. The best disinfectant is easily made with one tablespoon of unscented bleach to a gallon of water. Flood the surface with the bleach and water and allow to sit for a few minutes, then pat dry with paper towels or allow to air dry. Since bleach and water solution breaks down into water and salt, no rinsing is required. Disinfectants such as Pine-Sol, Lysol or Clorox wipes don't kill viruses or even all disease-causing bacteria and to be effective these products need to be left on the surface up to 10 minutes. In addition, the surface must be rinsed after using these products as they have not been approved as safe in food. Cutting boards should be cleaned by the same method or run through the dishwasher. Small wooden boards can be disinfected in the microwave though care must be taken to prevent overheating.
Reference: Nutrition Action Health Letter, November 2011. Approved by Drew Schelling R.D.

FLU SHOTS AT SENIOR LUNCHES IN CONJUNCTION WITH GARFIELD COUNTY PUBLIC HEALTH DEPT.

Sept 28: New Castle 11-12 and Sunnyside Retirement Center 9-10:30 (GWS)
September 29: Chat n' Chew 11-12:30 (GWS) and Rifle Senior Center 10-12
September 30: Valley Senior Center 10-12 in Parachute, Carbondale Senior Housing 9:30-11
October 1: Silt at the Fire Station 11-12
Shot is free for those with Medicare Part B - must bring your card or $20.00

Pumpkin Soup Recipe

Ingredients

- 1/2 cup finely chopped onion
- 2 tablespoons butter
- 1 tablespoon all-purpose flour
- 2 cans (14-1/2 ounces *each*) chicken broth
- 1 can (15 ounces) solid-pack pumpkin
- 1 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 cup heavy whipping cream

(For fewer calories and less fat try Half and half cream)

Directions

In a large saucepan, sauté onion in butter until tender. Remove from the heat; stir in flour until smooth. Gradually stir in the broth, pumpkin, brown sugar, salt, pepper and nutmeg; bring to a boil. Reduce heat and simmer for 5 minutes. Add cream; cook for 2 minutes or until heated through. Yield: 6 servings.

Provided by Taste of Homes

Originally published as Pumpkin Soup in Quick Cooking September/October 1998, p11

Approved by Drew Schelling R.D

HALLOWEEN WORD SEARCH

Find 20 hidden words related to Halloween. Words in this puzzle maybe found from top to bottom, bottom to top, left to right and right to left.

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

1. amusement
2. apples
3. autumn
4. boo
5. candy
6. cat
7. costumes
8. dracula
9. frankenstein
10. frighten
11. games
12. ghosts
13. monster
14. october
15. orange
16. prank
17. pumpkins
18. safe
19. spooky
20. treat

HAVE A HAPPY, WONDERFUL AND SAFE HALLOWEEN!

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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

Judy Martin, Senior Program Manager (970) 456-2295 (cell)
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 Dietician
970-945-9191, extension 2036, dschelling@garfield-county.com.
Program participants eligible for one-on-one nutrition counseling.

Mailing Address, 195 West 14th Street, Rifle, 81650
Staff office is located at 108 8th Street in Glenwood Springs.

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 through the Rifle Recreation Department
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.