GARFIELD COUNTY SENIOR PROGRAMS

Garfield County

Volume 9, Issue 3

October,2016

CONNECTION

Changes in the Nutrition Program: take your leftovers home if …

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Colorado's Division of Aging & Adult Services has changed its policy regarding leftovers. Diners at Senior Meals are now permitted to take home leftover food, as long as certain guidelines are followed.
The policy is stated as follows:

• *Consumers may take home their uneaten food, which becomes leftover, in take-out containers provided by the Nutrition Program. Each consumer that chooses to take their leftovers home shall be advised that they are taking the leftovers at their own risk.*

• *Intentional preparation of extra food for the purpose of leftovers or second meals is prohibited. Second helpings served to the same individual at the same meal service are not counted as second meals for reporting purposes.*

• *Senior Programs must provide containers. Clients cannot bring and use containers from home, as it is prohibited by the Colorado Retail Food Rules due to food safety.*

• *Each container must have a label on it with the following information: 1. date the meal was served; 2. a use-by date four days from the date of service; and, 3. the words "refrigerate immediately or consume within two hours."*

— Our Garfield County Health Inspectors added "reheat to an internal temperature of 165° F. If reheating in a microwave, let food stand covered for two minutes."

EXERCISE OF THE MONTH

Neck Stretch

Begin by placing your hands behind your back or down by your side. Look over your left shoulder and hold for 5 to 10 seconds, slowly turn your head to the middle, and then look right and hold for 5 to 10 seconds. Repeat three times.

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LEAP PROGRAM 2016-2017 IMPORTANT NOTICE

PLEASE READ FOR NEW APPLICATION PROCEDURES

The Garfield County Department of Human Services Low-Income Energy Assistance Program
is now administered by Discover Goodwill. This notice is to inform LEAP applicants of the
new procedures for submitting your LEAP application for the 2016 - 2017 season.

LEAP is a mail-in program only!

DO NOT bring your LEAP application to the Garfield County Department of Human Services
as this will delay the processing of your application.

How do I return my LEAP application?

Return your **completed** application in the addressed and stamped envelope provided;
or
Fax your application to **719-633-9098**
Mail to: **LEAP**
PO Box 39200
Colorado Springs, CO. 80949-9905
Email to: **LEAPHELP@discovermygoodwill.org**

What can I do to help with the prompt processing of my LEAP application?

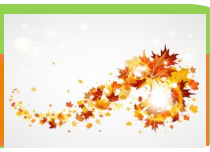
Please make sure that you **ANSWER ALL QUESTIONS** on the application accurately and provide **all requested documentation/verification** with your completed application. On page four of the application you will find a CONSENT TO DISCLOSE CUSTOMER DATA AND SIGNATURE AND CONSENT. Make sure that you read, complete, **SIGN** and **DATE** this page. Failure to provide a complete application and submit required verification will delay the processing timeframe.

Continue paying your heat bill, as LEAP assistance will not pay your entire bill!

Processing your LEAP application takes time, so you must keep your account current by making a payment toward your heat bill on time to avoid disruption of service. If you receive a shut-off notice, have had your heating service disconnected, or have questions about your application, please contact our call center at 1-888-775-LEAP (1-888-775-5327). Call center will open on Nov. 1, 2016.

For more information regarding LEAP, please call 1-866-HEAT HELP (1-866-432-8435) or visit the website at www.cdhs.state.co.us/leap

Pumpkin Bread Recipe



Enjoy the aroma of pumpkin pie all year long with this delightfully rich and hearty quick bread. Pour a glass of low-fat milk to enjoy with a slice at breakfast and you and your family are ready to start the day.

Ingredients

- Vegetable oil or cooking spray
- 2 ⅔ cups sugar
- ⅓ cup canola oil
- ⅓ cups unsweetened applesauce
- 1 15-ounce can pumpkin
- 4 eggs
- ⅔ cup nonfat plain yogurt
- 2 ⅔ cups all-purpose flour
- ⅔ cup toasted wheat germ
- 1 ½ teaspoons salt
- 2 teaspoons baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 ½ cups raisins

Serving Size: 1/12 of one loaf or one muffin

Directions: Preheat oven to 350° F. Spray two 8 ½-by-4 ½-by 2 ½-inch loaf pans or 24 muffin tins with the cooking spray. Cream together the sugar, canola oil, applesauce, pumpkin, eggs and yogurt until smooth. Stir together the flour, wheat germ, salt, baking soda, baking powder, cloves, cinnamon and nutmeg. Combine the dry mixture with the wet one; stir until well combined. Fold in the raisins. Pour into the prepared pans (fill the muffin tins ⅔ full). Bake for 50 minutes (loaves) or 25 minutes (muffins). Instead of raisins, substitute sweetened dried cranberries, which lend a tangy taste. This freezes well, as muffins or bread, for up to three months. Thaw at room temperature, in the microwave (about 15 seconds per muffin or slice, or in the toaster (slices only).

Nutrition Information: Calories: 240; Total Fat: 4.5g; Saturated Fat: 0.5g; Cholesterol: 35mg; Sodium: 300mg; Total Carbohydrate: 46g; Dietary Fiber: 2g; Protein: 4g.

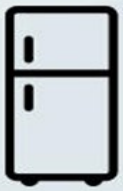
Recipe approved by Drew (Simonson) Schelling, RD; recipe by Corrina Riemann, RD, from Cooking Healthy across America, © American Dietetic Association, Accessed from Academy of Nutrition and Dietetics, http://www.eatright.org/resource/food/planning-and-prep/recipes/pumpkin-bread-recipe on September 2, 2016

Columbus Day
October 10

October 10 is World Mental Health Day

Halloween
October 31

Food Safety 101



"An ounce of prevention is worth a pound of cure."- Benjamin Franklin

Many of you have years of experience cooking and eating food. However, a lot has changed over your lifetime and we have learned more and more with advancing science--from the way food is grown, to the way it is prepared and eaten. As you age, your ability to fight-off dangerous bacteria that may attack your body through the food you eat changes. Stomach acid also decreases with age; this acid plays an important roll in reducing the number of bacteria in our digestive tracts. Furthermore, underlying illnesses such as diabetes, some cancer treatments, and kidney disease may increase a person's risk of foodborne illness. Preventing the growth of harmful microorganisms in your digestive tract is very important to your nutritional health.

Here are some helpful tips to ensure food safety in your home:

Clean-The #1 way to prevent illness from food is to thoroughly wash your hands with warm water and soap! Wash your cutting boards, dishes, utensils, and counter tops with hot water and soap after preparing each food item and before you go on to the next food. Kitchen sanitizers (including a solution of 1 tablespoon of unscented, liquid chlorine bleach to 1 gallon of water) can be used for added protection.

Cook- Always use a clean food thermometer to measure the internal temperature of cooked foods, to make sure meat, poultry, and other foods are safely cooked all the way through and to their recommended cook temps. If you are reheating food, leftovers should be heated to 165°F.

Chill-Did you know? At room temperature, bacteria in food can double every 20 minutes. Set your home refrigerator to 40°F or below and the freezer unit to 0°F or below. Check the temperature occasionally with an appliance thermometer. Refrigerate or freeze perishables, prepared food and leftovers within 2 hours.

Separate-Avoid cross-containminating, never mix raw meat with ready-to-eat foods. Prepare ready-to-eat foods/produce before handling raw meat. After, handling raw meat sanitize surfaces used and your utensils.

By: Drew Schelling, RD

https://piktochart.com/blog/;http://www.fda.gov/Food/FoodbornelllnessContaminants/PeopleAtRisk/ucm182679.htm

powered by Piktochart make information beautiful

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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 an assessment, please see Judy, Barbara or Debby for a form.

Thanks to everyone who turned in their 2016 assessments.

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

UPCOMING EVENTS AT MEAL SITES

There will be flu shots at Sunnyside Retirement Housing, 601 21st St., in Glenwood Springs from 10:30 a.m. to 12:30 p.m. on October 4. Flu shots at the Silt Meal Site on October 5, located at the Silt fire station, 611 Main St., from 11 a.m. to 12 p.m.

There will be presentations about the SNAPS food stamp program and how to apply at each of the meal sites. Presentations will be begin shortly at noon in the month of October:

Sunnyside, Oct. 3
Chat & Chew, Oct. 4
Parachute, Oct. 5 (begin at 11:30 a.m.)
Rifle, Oct. 6
Carbondale, Oct. 12
Silt, Oct. 26

We will also have presentations by Ron Kokish on Proposition 106, End-of-Life Options, and Medicare D open enrollment also during the month of October.

OCTOBER BIRTHDAYS

Jess Aceves
Helen Barta
Judy Bear
Betty Birdsill
Diane Berto
Anita Bishop
Beverly Blackmore
Cheri Brock
Wendy Brown
Jean Buchan
Irene Burgoon
Joe Cason
Jane Clancy
Tom Cleary
Charlotte Crook
Linda Devanney
Mary Elder
Judith Elzinga
Joe Erickson
Margorie Ewall
Leila Griffith
Doris Halpp
Roy Hennings
Jeanette Hurst
Judy Koons
Toby Larson
Barbara Lightfoot
Vivian Madden
Deana Maier
Kenda McCall-Borrego
Barbara McGinnis
Barbara Montgomery
Tresia Moon
David Moya
Mary Murphree Touchet
Lorena Nadon
Beverly Nash
Peggy Oehler
Denise Pattison
Sharon Pennington
Lenny Petrakos
Maratha Rabe
Tom Richey
Deborah Robertson
Celina Rodriquez
Shannon Rogoyski
Maxine Romero
Pete Rulison
Dick Ryman
Grace Schick
Drew Schelling
Cinda Lou Schwendt
Frank Shove
Bonnie Smelter
Linda Smythe
Donald Solawetz
Jirna Soukup
Kathy Spink
Eileen Myrtle Stanley
Marilyn Strader
Debby Sutherland
Sandor Varallyah
Hetty Van Kesteren
Larry Velasquez
Cheri Wallace
Eva Marie Wernli
Walter Wiegner

UPCOMING EVENTS

October 1

- Potato Day Parade, Main Street in Carbondale, and BBQ with activities at Sopris Park from 10:30 a.m. to 3 p.m.

October 3

- More iPad and iPhone fun as attendees explore more apps, manage settings, and get to know Siri better. A $5 donation will be accepted. For more information call 947-8461 (CMC Glenwood).

October 4

- Meet County Veteran Service Officers & representatives from RSVP, VA, and CMC at Colorado Mountain College, 1402 Blake Avenue in Glenwood from 6:30 to 8:30 p.m. Learn about a new transportation program, and the Choice Program and home care. For more information call 947-8461. Free

October 6, 13, 20, and 27

- Senior Time at the Glenwood Springs Library, 2-3 p.m. Weekly get-together on various topics and exercises. Join in on the fun

October 7

- First Friday in Rifle, 5 - 8 p.m. 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 a.m. 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. Oktoberfest 5 to 9 p.m.

October 8

- Saturday Flea Market at Elks Lodge in Glenwood located at 51939 Hwy 6 & 24 from 8 a.m. to 1 pm.
- Oktoberfest in Carbondale 11 a.m. to 9 p.m. Celtic dancing, music, food and spirits. 4th Street Plaza.
- Parachute Library, 2 p.m., discussion of "What I Remember Most" by Cathy Lamb.

October 9

- Aloha Shaka Cross Series 7 a.m. to 3 p.m. at The Roaring Fork High School

October 11

- Daytime book club at the Parachute Library at 2 p.m. Discussion on "What I Remember Most" by Cathy Lamb

October 14

- Free Senior Music Jam at the First Baptist Church, 632 Grand Ave., Silt. 7 - 9 p.m. Refreshments provided and donations accepted. Call Bessie at 970-309-2764 for more info.
- Second Friday in Glenwood Springs 5 to 7:30 p.m. at the Center of Arts, Cooper Corner Gallery 5 to 8 p.m., and Artist Mercantile. 6 to 8 p.m. A fun, free social evening to kicks off the Christmas gift-buying season.
- Second Fridays in Basalt 5 to 7 p.m. There are eight participating galleries. Seven on Midland Ave., and Toklat Gallery is just off Midland in Riverside Plaza on Two Rivers Road.

October 15

- Free community meal at Faith Lutheran Church in Carbondale 11:30 a.m. to 1:30 p.m.

October 16, 23, 30

- Glenwood Springs Ghost Tour for three weekends. Costumed tour guide leads guests on a haunted tour of the historic Glenwood Springs cemetery. Cost is $15. Call 970-945-4448 for more information.

October 21

- Pumpkin Chunkin' from 4 to 7 p.m. in Silt at the Stoney Ridge Pavilion.

October 25

- Garfield Council on Aging meeting at U.S .Bank Glenwood. All seniors invited to attend. Ron Kokish will be presenting on Proposition 106.

PROTECT YOURSELF AGAINST AUTO-REPAIR SCAM

Some of us may not know very much about what goes on under the hoods of our vehicles. That's why relying on an experienced, trustworthy mechanic is key for regular upkeep and maintenance. Make sure you know when a mechanic is taking good care of your vehicle, not just taking your money.

Common Auto Repair Scams

If you hear one of these from a mechanic, pay close attention:

- **"Your air filter is dirty."** If your mechanic shows you a filthy air filter during your next visit, make sure that filter actually belongs to your vehicle. Know what yours looks like in its current condition and its usual replacement schedule, typically every 30,000 miles or three years, or according to your owner's manual.

- **"Your vehicle needs synthetic oil."** While synthetic oil may last longer than its conventional counterpart, it's typically double the cost, and you may not notice much difference in how your vehicle performs. Before scheduling regular vehicle maintenance, read your owner's manual to know what kind of oil is required.

- **"You need additional repairs."** If you take your vehicle in for one low-cost service, such as an oil change, your shop may try to persuade you to get additional, unnecessary repairs. Avoid this by keeping a record in your glove box that tells you what work has recently been done, or what your owner's manual recommends for regularly scheduled maintenance.

Protect Against Auto Repair Scams

Take the following steps to protect against auto-repair scams:

- Check local review sites to see what other customers have said about a shop.
- Ask for a written estimate before authorizing vehicle repairs.
- Consider a second opinion from a different mechanic.

— Provided by State Farm

TRAVELER NOW GOES TO GRAND JUNCTION TWICE A MONTH

GEM stands for Garfield, Eagle, and Mesa Counties. This joint effort will provide transportation one additional time to Grand Junction, in conjunction with Eco-Transit, on the fourth Thursday of every month. Traveler goes on the second Thursday of every month. The rider qualifications would be anyone who currently is a Traveler rider. Riders from Eagle County, they must be assessed and approved by Eco-Transit.

Reservations need to be made 48 hours in advance and two wheelchair spots are available. We ask that riders schedule their doctor appointments between 10:30 -2 p.m., so we can return to Garfield County by 5 p.m. Eco Transit would use their van on the fourth Thursday and Traveler will take passengers in our van on the second Thursday of the month. This is on a donation basis.

Garfield County Riders—Reservations are made by calling Traveler (970) 945-9117. If you are not a current Traveler rider, we will need you to complete an application and complete a functional assessment prior to riding. For Eagle County riders, please call ECO Transit at (970) 328-8526 to schedule your ride.

WORD SEARCH PUZZLE

AUTUMN WORD SEARCH

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

SCARECROW
OUTSIDE
FUN
WINDY
KITES
LEAVES
RAKE
AUTUMN
ORANGE
MAY
MARCH
APRIL
YELLOW
BROWN
TREES

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.

2-1-1 is a free, confidential information referral service connecting people in need to local community resources via the phone, web or app.

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

Help us reduce our use of paper. Subscribe to our monthly newsletter and monthly menu, or to read them online, please visit www.garfield-county.com and choose Seniors.

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 for Cheryl to play pinochle at 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, for Arthritis, 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

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.