

CONNECTION



EATING TO BREAK 100: EATING TIPS FROM THE BLUE ZONES

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Want to live to be 100? It's tempting to think that with enough Omega 3s, kale, and blueberries, you could eat your way there.

One of the key takeaways from a new book on how to eat and live like "the world's healthiest people," is that longevity is not just about food.

Researchers have identified people who live in the Blue Zones (five regions in Europe, Latin America, Asia, and the U.S.) as having the highest concentrations of centenarians in the world. These people move their bodies a lot have and social circles that reinforce healthy behaviors. They take time to de-stress.

But what they put in their mouths, how much, and when, is worth a close look too. And that's why Dan Buettner, a National Geographic explorer and author who struck out on a quest in 2000 to find the lifestyle secrets to longevity, has written a follow up to his original book on the subject. The new book, called the *Blue Zones Solution*, is aimed at Americans, and is mostly about eating.

Why should we pay attention to what the people in the relatively isolated Blue Zone communities eat? Because, as Buettner writes, their more traditional diets harken back to an era before we were inundated with greasy fast food and sugar. To qualify as a Blue Zone, these communities also have to be largely free of afflictions like heart disease, obesity, cancer and diabetes. Provided by Eagle County Healthy Aging



EXERCISE OF THE MONTH

Leg straightening exercises. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly. Breathe in as you slowly lower leg back down. Repeat 10-15 times. This exercise will strengthen your thighs.

IS THERE A KILLER LURKING IN YOUR HOUSE?



Are you at risk for falling? Take this simple quiz:

- | | | |
|--|-----|----|
| • Have you fallen in the last 12 months? | Yes | No |
| • Do you get dizzy or have trouble keeping your balance? | Yes | No |
| • Do you take four or more medications daily? | Yes | No |
| • Do you sometimes have difficulty seeing clearly? | Yes | No |
| • Do you have difficulty walking? | Yes | No |
| • Do you limit your activities because you are afraid that you might fall? | Yes | No |

If you answered “yes” to any of these questions, you might be at risk of falling.

If you feel a little wobbly from time to time, you’re not alone. Everyone’s balance tends to erode over time. But, it’s good to know that falling is not an inevitable result of aging.

A fall can significantly limit a person’s ability to remain healthy and self-sufficient, and older adults value their independence. Fortunately, despite being labeled “accidents,” many fall-related injuries and deaths are actually predictable and preventable.

Many slips and falls are due to hazards that are easy to overlook but also easy to fix. By making some simple changes, everyone can lower their chances of injury and help protect their independence.

- | | |
|--------|--|
| Step 1 | Participate in regular physical activity |
| Step 2 | Have your health care provider review your medications |
| Step 3 | Have your vision checked |
| Step 4 | Make your home safer |



Provided by FallPreventionNetwork.com

Sign up for classes today to help with fall prevention. Call Debby at 945-9191 ext.3084 to get registered and/or for more information about the Well & Wise Exercise classes in your area.

Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

N’ Balance is a class that teaches balance exercise, decreases your fear of falling, increase your confidence and helps you keep doing the activities you love to do.

Tai Chi for Arthritis will make you feel better, reduce pain and stiffness, improve muscle strength and stamina, improve concentration and memory, better posture and increase body awareness.

Healthier Living Colorado this program helps you with the challenges of living with an ongoing health condition. Relaxation techniques, tips for eating well, managing medications, working with your doctor, and starting an exercise program are several topics covered.

MESA VISTA ADULT DAYCARE by Michael Farrell



The Mesa Vista Adult Day program, located in Battlement Mesa, is one of the only programs of its type between Grand Junction and Carbondale. The program was founded to provide a safe and welcoming environment for seniors and others to spend the day, allowing caregivers free time to keep appointments, go shopping, run other errands, or just have some free time.

At Mesa Vista the professional and courteous staff prides itself on providing caring service. A snack station and beverage center are available at all times, along with a delicious hot lunch prepared fresh on premises by the dietary manager.

A full schedule of activities are scheduled each day, encouraging social interaction and fun. Diverse crafts, low impact chair exercises, bingo, special guests, lectures and performances, ice cream socials, music making, and dozens of board and card games and puzzles are some of the residents' current favorites.

A multi-purpose activities room provides a flexible space containing portable chairs and tables, a kitchen area, a TV monitor with Wii electronic games, and small library. A new front patio area has just been opened as part of the activities room. A paved walkway encircling the building offers opportunities for fresh air walks and taking in the mountain views. The floor plan also encourages indoor walks in inclement weather. Exercise bikes and a weight machine are also available.

The facility is scrupulously maintained to project a positive and cheerful ambiance. The fireplace room is the most active of four great rooms contributing to an overall sense of openness and sociality. These spaces offer a diverse selection for reading, including popular novels, select classic literature, magazines, and books with large print. Cable TV, DVD and VCR, with a wide selection of movies are available. Complimentary Wi-Fi for laptops or hand-held devices, along with 2 computers, are also provided. A piano, two organs, an electronic keyboard, and a handbell set are on hand for the musically inclined.

Hours for the Mesa Vista Adult Day Program are currently from 9 am to 4pm, Tuesdays and Thursdays. Plans are in the works for expanding the available days and for Medicaid certification. Other financial aid is available. The entire staff at Mesa Vista are Qualified Medication Administration Person (QMAP) certified and currently taking specialized training in dementia care. Local transportation to and from Mesa Vista is offered, including a large van which is equipped with a lift for wheelchairs, or for anyone who has a difficult time with stairs. Other services available include an in-house beauty salon, hydrotherapy tub, and massage.

Asparagus Quiche recipe

- One nine-inch pie shell.
- 3 medium eggs.
- 1 green onion, chopped.
- 3 ounces (1 can) of french-fried onion rings.
- 1 cup of shredded Swiss cheese.
- 1 cup of shredded cheddar cheese.
- 1 cup of asparagus, cooked, chopped.
- ½ cup of milk.
- ½ cup of cream.

Instructions for Asparagus Quiche:

Mix together all of the ingredients as above and pour into the pie shell.



Bake at 375 °F (190 °C) for 45 minutes, or until a toothpick inserted near the middle comes out clean. Allow to stand for 5-10 minutes before serving. *From: www.asparagusrecipes.net*



GRATITUDE AND EVENTS PHOTO

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.

Thank you so much to all our amazing volunteers to staff our meal sites every-day. We could not do the nutrition program without you. We have also been able to purchase fresh produce from Early Morning Orchards through funding by the board of county commissioners. Skip, thank you for the discount. Lastly, Growing Food Forward has taken over the care and harvesting of the senior garden beds in Glenwood, and we have distributed produce at our meal sites from the garden.

Seniors from the Rifle Senior Center rode the Rifle Recreation van in the Garfield County Fair Parade.



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!!!

SEPTEMBER BIRTHDAY'S

Christa Andreasson
 Walter Buchus
 ClarAlee Bartels
 Carol Biedscheid
 Dee Blackard
 Meter Blaul
 Kathy Carpenter
 Nancy Carr
 Connie Castine
 Dean Crabb
 Alice Davenport
 Vera Diemoz
 Donnie Downing
 Sunny Dunn-Linn
 Daniel Edwards
 Lois Evans
 Bert Frink
 Bill Garlitz
 Donna Guccini
 Louise Hailey
 Sharon Harper
 Margaret Harris

Robert Higgins
 Leroy Hill
 Julia Kearns
 Julia Lang
 James Legg
 Louis Logan
 Renee Maggert
 Steve Mathews
 Mary Louise McKay
 Paul McLaughlin
 Mildred Meeker
 Janet Miller
 Jay Miller
 Marianne Nelson
 Jeannie Oliver
 Betty Redmond
 Ethel Richards
 Ted Rine
 Rosemarie Romero
 Gary Roush
 Betty Schreiner
 Fern Stone

Debbie Thomas
 Margie Trebesh
 Chuck Vermeyen
 Mary Wager
 Ida Wimmer
 Mary Ellen Woertz
 Lois Wolf
 Kathy Woodyard
 Keiko Woodyard
 Kikuko Woodyard
 Gabe Wooley



Monday, September 7,
 No lunches served at meal sites.



UPCOMING EVENTS



September 3

- Kylee Schuler, B.S., Nutritionist from Vitamin Cottage will talk about healthy chocolate at Sunnyside Retirement Center in Club 60 at 2 pm.

September 4

- 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.
- Silt Pasta/ Marinara Contest 6 - 9 pm at Town Plaza

September 8

- Grand Junction Evening Rockies Game Rifle Recreation call Tami for info at 665-6540 (fee)

September 9-12

- Meeker Sheep Dog Trials in Meeker trails 7:00 am to 5:00 pm. Rifle Recreation call Tami for info at 665-6540 (fee)

September 11

- 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.

September 11-12

- Burning Mountain Festival in New Castle for more information call 984-3352.

September 12-13

- Roaring Fork Ranch Roping at Gus Darien Riding Arena in Carbondale 10 am on the 12th and 7 pm on the 13th.

September 12

- Music on the Mountain in GWS with band Derringer 8 - 10 pm. Free tram ride if you donate a can of food for Lift -Up.

September 13

- Music on the Mountain in GWS with band Kings Loyal Band & The Orchard 4 - 10 pm. Free tram ride is you donate a can of food for Lift -Up.

September 16

- Rifle Gap Picnic Rifle Recreation, call Tami for info at 665-6540 (fee)
- Cooking Matters class begins at Sunnyside Retirement Center. Call Judy for reservation at 945-9191 ext. 3061.

September 18

- VA Nursing Home is bringing in "Re-Creation Party Rock USA" to perform at the Rifle Senior Center at 2:00 pm (American Ambassadors to Hospitalized Veterans). They would like to open this up to the public and it is free.

September 23

- Fall Color Trip, with Rifle Recreation, call Tami for info at 665-6540 (fee).

September 26

- Music on the Mountain in GWS with band The Missing Link Bank 8 - 10 pm. Free tram ride is you donate a can of food for Lift -Up.

Farmers Markets:

Carbondale 4th Street Plaza on Wednesdays, 10 am to 3 pm through September 30

Glenwood 1412 Grand Ave Saturday 8 am to 3 pm through early November

Glenwood Downtown Market 9th & Grand on Tuesdays, 4 - 8 pm through September 5

Rifle 2nd St and 1718 Railroad Ave Thursdays, 4 pm - 8 pm through September 24 .

New Castle Burning Mountain Park Thursdays 4:30 pm - 7:30 pm through September 24

WORD SEARCH PUZZLE

The Circus

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



- AUDIENCE
- BIG TOP
- CANNON
- CIRCUS
- CLOWNS
- COSTUMES
- DARING
- DRUM ROLL
- ELEPHANTS
- GREAT
- HIGH WIRE
- HORSES
- INTERMISSION
- LIONS
- MAKEUP
- MUSIC
- PARADE
- POODLES
- POPCORN
- RINGMASTER
- RINGS
- SAW DUST
- SEQUINS
- SHOW
- SPOTLIGHT
- TENT
- TIGERS
- TIGHTROPE
- TRAVEL

Vitamin K: What You Need To Know

What is it?

Vitamin K is a fat-soluble vitamin, meaning that when we consume it, our bodies store it in our tissues and some organs. The “K” stands for the Danish word “koagulation”, or “coagulation” in English.



Why do our bodies need it?

Blood clotting: As its name implies, vitamin K is necessary for the blood to clot.
Bone formation: vitamin K also stimulates bone formation and regrowth.

What foods contain vitamin K?

The best food sources of vitamin K include leafy greens such as kale, spinach, collard greens, and green leaf lettuce, as well as other green vegetables such as broccoli, Brussels sprouts, and turnips.

How do vitamin K and Coumadin interact?

Since vitamin K works in our bodies to help our blood clot, this action works against that of Coumadin, which works to decrease the formation of blood clots. Coumadin basically inactivates vitamin K, making this nutrient unable to clot blood.

Consistency is the key:

A common misconception among people taking Coumadin is that they must completely avoid foods that contain vitamin K. However, this is not the case. (Remember, vitamin K is important for bone health!) What is important for someone taking Coumadin is not that they stop eating foods with vitamin K, but rather that they eat the same amount of vitamin K on a daily basis.

For example, if people are used to eating foods that contain high amounts of vitamin K before they are prescribed Coumadin, they do not necessarily have to decrease the amount of vitamin K they are consuming now that they are on a blood thinner.

Lack of consistency in vitamin K intake is what can lead to problems for people on Coumadin.

If a person keeps changing the amount of vitamin K they are eating daily, this alters this person’s blood clotting time. Changes in clotting time affect how well the prescribed Coumadin dose works, since the beginning Coumadin dosage amount was determined based on a certain blood clotting time (INR).

Guideline for keeping Your vitamin K intake consistent:

For those people taking Coumadin, knowing how to keep their vitamin K intake consistent from day-to-day can seem difficult. Below are lists of foods that contain high and moderate amounts of vitamin K. As a general rule, limit your intake of “high” vitamin K foods to one serving per day, and limit your intake of “moderate” vitamin K foods to no more than 3 servings per day.

continued on next page...

Consume no more than *1 serving* of these HIGH vitamin K foods daily:

HIGH Vitamin K Food	Serving Size
Kale	½ cup
Spinach, boiled	½ cup
Turnip Greens	½ cup
Collard Greens	½ cup
Swiss Chard	½ cup
Parsley	¼ cup
Mustard Greens	½ cup

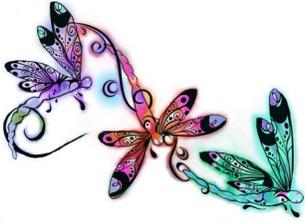
Consume no more than *3 servings* of these MODERATE vitamin K foods daily:

MODERATE Vitamin K Food	Serving Size
Spinach, raw	1 cup
Turnip Greens, raw	1 cup
Broccoli	½ cup
Brussels Sprouts	½ cup
Green Cabbage	½ cup
Romaine Lettuce, raw	1 cup

The important thing is that you consume vitamin K foods in a way that is consistent with your normal intake. If your vitamin K intake is normally high, then you may be able to use the “one high vitamin K plus three moderate vitamin K foods” as a daily guideline. But if you normally consume one “moderate” vitamin K food daily, then aim to consume that amount every day. Even one “moderate” vitamin K food daily gives you an adequate amount of vitamin K. If you have been avoiding “high” or “moderate” vitamin K foods while on Coumadin and decide that you want to add some back into your daily eating, be aware that your medication needs may change. Be sure to talk to your doctor or INR health professional before making any major changes in your diet.

RAMP provides [free](#) nutrition counseling for all registered diners. Perhaps you’ve been instructed by your doctor to follow a specific diet or have some questions about your daily eating. Our registered dietitian would be happy to talk with you and discuss your concerns. To set up a phone appointment or for more information on any nutrition topic, contact: Christine Singleton Dolan, RD at Csdolan@garfield-county.com or (970) 945-6614 x 2020.

<http://ods.od.nih.gov/pubs/factsheets/coumadin1.pdf>
<http://www.firstthehealth.org/Patients%20%20Visitors/Patient%20Education/Ortho/warfarin%204-12.pdf>
<http://www.stoptheclot.org/news/article141.htm>
<http://www.clotcare.com/vitaminkandwarfarin.aspx>
 Gropper, S. Sareen and Smith, Jack L. *Advanced Nutrition and Human Metabolism*, 6th ed. Wadsworth, Cengage Learning, 2013: 409-410, 412.



Garfield County Senior Program Staff

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Mailing Address, 195 West 14th Street, Rifle, 81650

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.

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.

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.

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, Grand Junction Rockies Games, 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.

