GARFIELD COUNTY SENIOR PROGRAMS

CONNECTION

Garfield County

Volume 11, Issue 9

September, 2021





CHANGES TO SENIOR MEALS - congregate meals return

We are so excited to announce that we are back in buildings starting Sept. 1 in all meal sites but Carbondale (still working on this one). We can't wait to see your smiling faces. **Page 7** provides additional information about what type of meal each site is providing. We have a variety of options throughout the county at our seven meal sites. Senior Programs has three staff to serve the county and we contract for our meals. Due to those restraints, we can only serve one type of meal at each meal site so the options on congregate dine-in, or temporary grab n' go/home delivery is something we only provided during the pandemic.

Congregate meals are served at the meal sites in Parachute, Rifle, Silt and New Castle, so we are discontinuing the temporary grab 'n go and home delivery for these communities starting Sept. 1. Grand River Meals on Wheels program provides home-delivered meals. For more information call 625-6423.

Chat n' Chew and Sunnyside Retirement Center in Glenwood are continuing temporary grab n' go and home delivery with the option of eating inside their buildings.
Carbondale's meal site continues as temporary grab n' go only at the Orchard Church.

Inside this issue:

Nutrition ed.	2 - 3
Sept. birthdays	4
Social wellness	5
Caregiver conf.	6
Meal information	7 - 8
Word search	1 2





EXERCISE OF THE MONTH

Wall push-ups

Place your hands 24" apart in front of you on the wall at chin level.

Lower the body to the wall until the chest touches. Return to starting position and repeat 10 times.

The next time you do the wall push ups point your fingers to the inside and do 10 push ups. You can also turn your head to the side as your doing the push ups to achieve a greater range of motion.

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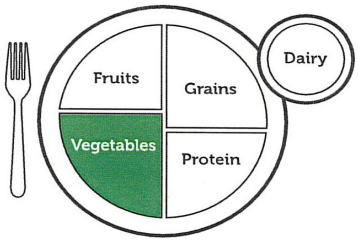
NUTRITION EDUCATION
Approved by Stephanie Nick, RD, and upcoming events



BELL PEPPER

WHAT IS IT?

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.



VARY YOUR VEGGIES

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goal!

2½ CUPS = 100% VEGGIE GROUP TARGET

1 LARGE BELL PEPPER (1 CUP) = 40% VEGGIE GROUP TARGET

To find your food group targets, go to **ChooseMyPlate.gov/Checklist**

FUN FACTS & TIPS

- Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.
- Peppers are high in Vitamin C—add them to omelets, stir fries, or chili for added flavor.
- Red bell peppers are simply ripened green bell peppers.
- For a crunchy and filling snack, try pairing pepper slices with hummus dip.

MyPlate MyWins

For more information go to **ChooseMyPlate.gov**
USDA is an equal opportunity provider, employer, and lender.

August 2017 USDA

UPCOMING EVENTS

Sept. 3 First Friday Family Block Party & Pride Parade in Carbondale, 4-8 p.m.

Sept. 10-11 Burning Mountain Festival in New Castle

Sept. 11-12 Western Slope Pickleball Tournament in Carbondale

Sept. 17 13th Annual Caregiver Conference Keystone Conference Center and live stream. Reservations are required. See page 6 for more details.

Sept. 19 Blockotoberfest 2021 6th street in Glenwood, 12 - 6 p.m.

Sept. 24 Family Fall Fest (Stoney Ridge Ball Field) in Silt, 6 p.m.

Oct. 2 Potato Days in Carbondale Parade on Main street and activities at Sopris Park.

Oct. 15 Senior Law Day at the El Jebel Community Center, 9 a.m. –1 p.m.

Service Saturday!
A LITTLE HELP

A Little Help is in Our Community to Help Our Older Adult Neighbors Thrive.

Request Services Today

Volunteers help with household tasks such as window washing, raking, and other yard chores.

Saturday, October 23, 2021
Roaring Fork Valley

Volunteers will be at your home between 9:00 a.m. and 11:00 a.m.



Call today to get on our Service Saturday list.
970-404-1923



For more information on how you can be a member of the A Little Help community go to our website or call us.

970-404-1923 | www.alittlehelp.org/RequestServices

RECIPE *APPROVED BY Stephanie Nick , R.D.*

Italian Stuffed Peppers



Serving Size

Serves 6, 1 stuffed pepper half per serving

Ingredients

- 3 large bell peppers plus
- 1/2 small bell pepper (any color)
- 8 ounces mushrooms
- 1 small onion
- 1 clove garlic
- 3 ounces part-skim mozzarella cheese
- 12 ounces 93% lean ground turkey
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 (8-ounce) can tomato sauce, no salt added
- 1/2 cup instant brown rice
- 1 teaspoon dried parsley leaves or thyme
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- ¼ cup water
- Nonstick cooking spray

Nutrition Facts

Serving Size 1 stuffed pepper half
Servings Per Recipe 6

Amount Per Serving	
Calories 230	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 250mg	**11%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 4g	**14%**
Sugars 8g	
Protein 17g	
Vitamin A 40% •	Vitamin C 210%
Calcium 10% •	Iron 10%

Instructions

1. Preheat oven to 350°F.
2. Rinse peppers and mushrooms. Cut large peppers in half lengthwise and remove seeds. Finely chop bell pepper half. Finely chop mushrooms.
3. Peel onion and garlic. Finely chop onion and mince garlic.
4. Grate cheese. Set aside.
5. In a large skillet over medium heat, cook turkey, finely chopped bell pepper, mushrooms, onion and garlic, crumbling turkey with a wooden spoon or spatula, until the turkey is browned, 10 to 15 minutes.
6. In a colander, drain off liquid and return to the pan. Stir in tomatoes, tomato sauce, rice, parsley or thyme, oregano, salt and pepper. Bring to a simmer, cover and cook, stirring occasionally, until rice is tender, about 15 minutes.
7. Put 1/4 cup water in a 9x13-inch baking dish. Place the pepper halves, cut side up, in the baking dish. Divide turkey mixture among the pepper halves. Sprinkle each pepper half with 2 tablespoons cheese.
8. Spray a sheet of foil with nonstick cooking spray and cover baking dish with the foil, sprayed side down. Bake until peppers are tender-crisp, about 30 minutes.

Subscribe today to the Garfield County Senior Programs Connection! If you don't already receive this newsletter regularly, subscribe for email or U.S. Mail delivery by calling 970-665-6541, or email Judy Martin at jumartin@garfield-county.com. There is no charge for subscription. Donations are welcome!

Please know that you are loved and we can't wait to see you at a congregate meal in the future.

The Garfield County Senior Community is strong and we can get through this together.

Well & Wise Exercise Programs:

We will be teaching a Tai Chi class In September in Glenwood, Parachute and Silt and by Zoom with Jennifer through the New Castle Rec Department. A Geri-Fit class in Glenwood. If you are already on the list, you will be called when we are teaching in your area.

If you would like to put your name on the list for future classes or for more information about the following classes: Tai Chi for Arthritis, Matter of Balance, N' Balance, Cooking Matters and Geri-Fit classes call Debby at 945-9191 ext. 3084 or dsutherland@garfield-county.com.

10-DIGIT DIALING FOR 988 IMPLEMENTATION (new area code)

Beginning Oct. 24, 2021, consumers must dial 10 digits (area code +telephone number) for all local calls. On and after this date, local calls dialed with only seven digits may not be completed.

Our birthday list is compiled from completed 2021 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.

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



SEPTEMBER BIRTHDAYS

Carol Biedscheid
Meter Blaul
Connie Castine
Kay Clark
Patricia Cline
Burton Close
George Crum
Joy Davis
Judy Deluca
Yvonne Diaz
Sunny Dunn-Linn
Bill Garlitz
Tracy Garrison
Julie Gettman
Bob Gordon
Sharon Harper
Robert Higgins
Leroy Hill
Sharon Kivisto
Rhonda Krell
James Legg
Robert Leonard
Mary Ann Ligon
Mark McCluer
Bill McClure
Mildred Meeker
Mary Jane Messer
Ginnie Miller
Eddie Monge
Marianne Nelson
Debra Newland
Erma Pharaoh
Kelsey Pointer
Lynda Prendergast
Dale Reed
Rosemarie Romeo
Gary Roush
Marilyn Shettell
Debra Schweizer
Connie Scott
Dee Scott
Rex Shuster
Darvin Smith
Verne Soucie
Tami Sours
Billy Spry
Darrell Stanley
Betty Steinen
Debbie Thomas
Ralph Vigil
Rita Wagner
John White
Gabe Wooley



Sept. 6

All meal sites, classes and Traveler are closed in celebration of the holiday.



Celebrate Social Wellness

Vintage RSVP

Social wellness is achieved through connections with people. When you give and receive social support you have given yourself the means to foster your own growth. Connecting with people can be a great healing mechanism. It broadens your experiences, and makes you more of an asset to yourself, your family and your friends. Most importantly, it enhances your quality of life and helps you to weather the adversities that are bound to come your way.



There are three main forms of social support; these include: **Emotional**. When you give and receive emotional support you feel cared for and this sort of engagement with another person or a group can give you balance and relieve stress when you need these things the most.

I**nstrumental**. This refers to physical support, such as money or housekeeping.

Informational. This entails supplying or receiving information that can help you.

Nurturing healthy, social relationships are critical to maintaining good health. People who are alone and isolated have health risks comparable to the risks associated with cigarette smoking, high blood pressure, and obesity.

Conversely, people who have a strong social support network tend to live longer, have better responses to stress, have healthier endocrine and cardiovascular systems and enhanced immune systems, vital to fighting off infectious diseases.

So what does it all come down to? Four words: Grow your social network.

Get out of the house, off the couch, away from the desk and put down the mop this month.

Work out. Joining a gym or an exercise group allows you to meet new people while exercising.

Take a walk with your pet. Starting a walking routine after dinner not only gives you another opportunity to be physically active, but it also creates more opportunities for you to meet your neighbors.

Volunteer. Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions. Find others who share a hobby, such as hiking, painting, scrapbooking, running, etc.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions. Plus, you'll achieve the vital premise of Social Wellness Month: nurturing and healing yourself.



FARMERS MARKETS

Farmers markets:
Carbondale Farmers Market, through Sept. 29, Wednesdays, 10 a.m. to 3 p.m. at 4th and Main Street. Live music on the second and the last Wednesday of the month. SNAP and Double-Up Bucks accepted.

New Castle Farmers Market every Thursday at Burning Mountain Park, 450 West Main through Sept. 16, 4:30 to 7 p.m. No market on Sept 9. Live music, craft food and produce vendors.

Silt Farmers Market, Wednesday through Sept. 1, 4:30 to 7 p.m. at 611 Main Street (Silt Fire station)

Glenwood Farmers Market: through Sept. 21 from 4 to 8 p.m., 7th Street, under the Bridge. SNAP and Double Up Bucks accepted.

Glenwood: Devries Farmers Market, through Oct. 31 from 8 a.m. to 3 p.m., located in the Glenwood Springs High School parking lot by the Administration Building.

13th annual Caregiver Conference



Best Practices in Dementia Care:

Building Hands-On Skills for Communication & Interactions

Teepa Snow, with A Positive Approach to Care, is a worldwide leading advocate and educator of dementia and other brain change. Join us for an interactive lecture and discussion for caregivers and professionals.

Sept 17, 2021
9am-4pm

For more info including location & how to register:
www.tinyurl.com/COCaregiver

Or call: 970-665-0041

Sponsored by:

Garfield County | VINTAGE Information | Resources | Advocacy | Northwest Colorado Options for Long Term Care

Local Garfield County viewing parties:
Space is limited and reservations are required.

High Country RSVP is live-streaming the event at the Glenwood Springs CMC campus. Reserve your spot today at 970-947-8461.

Senior Programs is also live-streaming at the Garfield County Department of Human Services office in Rifle. 195 West 14th St. Rifle Falls, Building B. Call 970-665-0041 to reserve your spot.

GARFIELD COUNTY CONGREGATE TAKE OUT PROGRAM INFORMATION





GARFIELD COUNTY SENIOR NUTRITION PROGRAM

Reservations are necessary and very important to our program to obtain accurate RSVPs for meal preparation. New participants are welcome. Per our kitchens' request, anyone attending a meal site should make a reservation by noon at least 48 hours in advance of the meal by calling the phone numbers listed below. Meals are served at noon.

Welcome back, we are offering a congregate dine-in option only in New Castle, Silt, Rifle and Parachute starting Sept. 1. We are discontinuing our temporary grab n' go and home deliveries in the western portion of the county.

New Castle "The Gathering" at the Castle Valley Senior Housing, 201 Castle Valley Blvd. in New Castle on Mondays. For reservations please call (970) 665-0041 by Thursday at noon.

Silt "Meet 'n Eat" at Silt Town Center, 600 Home Street on Wednesdays. For reservations, please call 665-6540 by Monday at noon.

Parachute at the Valley Senior Center, 540 N. Parachute, Parachute on Wednesdays. For reservations, please call (970) 665-6540 on Mondays at noon. Additional meal days starts in October on Mondays.

Rifle "Senior Delight" at the Rifle Senior Center, 50 Ute Avenue, Rifle on Tuesdays, Thursdays, and Fridays. For reservations please call (970) 665-6540.

We are continuing our temporary grab n' go and home delivery in Glenwood and Carbondale sites with options to share a meal inside at Chat n' Chew and Sunnyside Retirement Center beginning Sept. 1. We hope to open all sites to congregate dine in options as soon as possible. Reservations are required. Meal pick-up is from 12:00 p.m. to 12:30 p.m.

GRAB 'N Go option only Carbondale "Roaring Fork & Spoon" at the Orchard, the Gathering Center, 110 Snowmass Drive, Carbondale (next to Crystal River Elementary school) on Wednesdays by the front door. For reservations please call (970) 665-0041 by noon on Monday.

Glenwood Springs "Chat n' Chew" at Colorado Mountain College, 1402 Blake Avenue Glenwood Springs on Monday and Friday. For reservations please call (970) 665-0041 by noon on Thursday for Monday and noon on Wednesday for Friday.

Sunnyside Retirement Center. 601 21st Street in Glenwood Springs on Monday and Friday. For reservations, please call (970) 665-6540 by noon on Thursday for Monday and noon on Wednesday for Friday.

For those 60 and older, the recommended voluntary contribution for each meal is $3. Participants are encouraged to pay as they are able. You may also purchase a punch pass for $30 for 10 meals.

Any questions or concerns please call Judy Martin, Senior Program Manager can be reached at 945-9191, extension 3061, or by email at jumartin@garfield-county.com

7 TIPS TO AVOID GETTING SICK FROM YOUR BACKYARD GRILL
Provided by AARP

Americans love to grill. Nearly two-thirds of U.S. adults own a grill or smoker, and 75 percent of them use their grill even during the winter, according to a 2020 report from the Hearth, Patio & Barbecue Association (HPBA).

However, as popular as grilling may be, the grill likely isn't the most commonly used cooking appliance you own. So it's understandable that cooking mistakes can be made, even by the most proficient home chefs, that can put health at risk, especially the health of older adults.

> ***"Food safety is important for everyone, but it's extremely important for people who may be more vulnerable to severe food poisoning,"*** **says Brian Katzowitz, health communications specialist for the Centers for Disease Control and Prevention (CDC).** ***"Adults older than 65, because of weakened immune systems, may be more likely to get sick with a foodborne illness."***

1. CHOOSE PROPANE OVER CHARCOAL

Propane gas grills are a healthier option, according to Goldberg, because they create less smoke than charcoal grills. While charcoal itself isn't carcinogenic, smoke is. Gas grills also carry a smaller carbon footprint, Goldberg adds, making them better for the environment than charcoal. Propane is the most popular fuel used by U.S. grill owners (61 percent), followed by charcoal (49 percent), according to the HPBA.

2. KEEP YOUR GRILL CLEAN

Since a grill is kept outside, you may feel you don't need to keep it clean like you would the stove in your kitchen. But foodborne germs can spread just as easily outdoors as indoors. Although the CDC doesn't have explicit guidelines for cleaning grills, Katzowitz suggests washing grates and prep surfaces with hot, soapy water before cooking. Don't forget to clean tongs, spatulas and other grilling utensils while you're at it.

3. INSPECT YOUR GRILL BRUSH

A grill brush is a great tool for removing charred residue from grates, but if you use a wire brush, be aware that bristles may fall off and later get stuck in your food. After cleaning your grill with a brush, use a wet cloth or paper towel to wipe off any loose bristles. One way to avoid the risk of bristles altogether is to instead use a balled-up piece of aluminum foil to scrub the grates. If the grill is cool, grasp the foil ball with your hand and scrub; if it's hot, use a pair of tongs as a makeshift handle.

Tips for Grilling, continued

4. SEPARATE RAW AND COOKED FOODS

Cross contamination is the enemy, so don't use the same utensils and plates that came into contact with raw meats to serve the meal. Don't let fruits, vegetables and other foods you plan to eat uncooked come into contact with raw meats, meat juices or meat marinades. Wash your hands with soap and water before cooking and again after handling raw meats. Raw meats, including poultry and seafood, can be contaminated with salmonella, E. coli and other potentially harmful bacteria.

5. REFRIGERATE FOODS PROPERLY

Raw meat, poultry and seafood needs to be kept refrigerated below 40 degrees Fahrenheit until just before you're ready to throw them on the grill. Germs can start to multiply once the internal temperature rises above 40 degrees. In general, leftovers should be refrigerated or frozen within two hours of cooking. However, if you are grilling on a hot day and it's above 90 degrees outside, food should be refrigerated or frozen within one hour of cooking.

6. AVOID SMOKED, CHARRED OR WELL-DONE MEATS

Consuming muscle meat including beef, pork, poultry and fish that has been prepared using high heat or smoke can increase cancer risks, according to the National Cancer Institute. Potentially harmful chemicals are formed when substances inside the meat react to the high heat, flames and smoke. To reduce risks, avoid prolonged cooking at high heat, use a microwave to precook meat prior to grilling, continuously turn meat when it's being cooked over a high-heat source, and removed charred portions before consuming, advises the National Cancer Institute.

7. BEWARE UNDERCOOKED MEATS

In general, make sure that meat, poultry and seafood are cooked to their recommended safe internal temperatures by using a food thermometer. Otherwise, the heat may not be sufficient to kill any potentially harmful germs that may be present. Since fruits and vegetables may cook more quickly than meats, if you are cooking them together on a skewer as with kebabs make sure the meat is fully cooked to a safe internal temperature. Cooking meats and produce on separate skewers can make it easier to prepare each to the desired level of doneness.

Safe minimum cooking temperatures

Ground beef, pork, veal, lamb:160 degrees
Ground chicken, turkey:165 degrees
Steaks, roasts, chops:145 degrees
Poultry:165 degrees
Fresh pork, ham:145 degrees
Precooked ham:165 degrees
Fish with fins:145 degrees

Source: Foodsafety.gov



Immunocompromised individuals can get extra vaccine dose at Public Health

Immunocompromised individuals can now get an extra dose of COVID-19 vaccine at any scheduled Garfield County Public Health COVID-19 clinic.

Boosters for the public are not recommended at this time. This recommendation pertains to immunocompromised persons who received the MRNA two-dose vaccine series.

COVID-19 clinics are listed on the Garfield County COVID and public health vaccine page

Weekly clinics:
Rifle Public Health
195 W. 14th St. Rifle
Tuesdays and Thursdays
9 a.m. – 3:30 p.m.

Glenwood Springs Public Health
2014 Blake Ave.
Mondays and Wednesdays
9 a.m. – 3:30 p.m.

Garfield County Public Health follows all Colorado Department of Public Health and Environment (CDPHE) guidance for extra doses. The additional dose of mRNA COVID-19 vaccine should be administered at least 28 days after completion of the primary mRNA COVID-19 vaccine series. Advisory Council on Immunization Practices (ACIP) recommends the additional dose should be the same as the primary mRNA vaccine series a person received, but an alternate mRNA dose can be used if that vaccine is not available. CDC endorsement of the (ACIP) recommendation

Who needs an additional COVID-19 vaccine

- Moderately to severely immunocompromised
- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome or Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

People should talk to their healthcare provider about their medical condition, and whether getting an additional dose is appropriate for them.

SENIOR LAW·DAY

PITKIN · EAGLE · GARFIELD

ALPINE LEGAL SERVICES · AREA AGENCIES ON AGING

LIVE EVENT

FRIDAY, OCTOBER 15

El Jebel Community Center • 9 a.m. – 1 p.m.

(Video Replay Event Details TBD)



Your RSVP by Wednesday, October 13th includes:

- Complimentary lunch served
- Free copy of the 2021 Colorado Senior Law Handbook for the first 200 attendees
- The opportunity to sign up for 1:1 legal consultations with attorneys
- Presentations:
  - **JARETT HUGHES** *State of Colorado, Senior Policy Advisor on Aging*
  - **KRISTI NICHOLLS** *Designs for Wellness Counseling, Licensed Professional Counselor*
  - **MARIA MADRID** *Colorado Gerontological Society, Director of Latino Services*
  - **HEATHER JONES & ERIN FISHER** *Area Agencies on Aging*
  - **LOCAL RESOURCES FOR OLDER ADULTS** *Pitkin County Senior Services, Eagle County Healthy Aging, Garfield County Senior Services, and Alpine Legal Services*

PRESENTATION SUBJECTS INCLUDE: Planning for Long Term Care • Powers of Attorney • Trusts Living Wills • Local Resources for Older Adults Living in the Roaring Fork Valley • & More!

REGISTRATION OPENS SEPT 1: https://tinyurl.com/au6uhn8c

WORD SEARCH PUZZLE



Autumn Word Search

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

See how many of these autumn related words you can find in the puzzle.
The words can be forward, backward or diagonal.

1. Autumn
2. Fall
3. Leaves
4. Colors
5. Raking
6. Harvest
7. Pumpkins
8. Apples
9. Gourds
10. Football
11. Season
12. Scarecrow
13. Corn
14. Maize
15. Yellow
16. Orange



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.

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 Program Coordinator
945-9191, extension 3005, bpeterson@garfield-county.com

Stephanie Nick, Registered Dietician
970-625-5200 extension 2036, snick@garfield-county.com

Free dietary guidance and consultation is a service provided through our meal program in Garfield County. Contact Stephanie Nick at 970-625-5200, ext. 2036, for information, answers or to set up a consultation.

Traveler (970) 945-9117 or (970) 625-1366

Nutrition Program (970) 665-0041 for questions and to make reservations. 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.
Well & Wise Program Debby (970) 945-9191, extension 3084

Cooking Matters classes Barbara Peterson (970) 945-9191, ext. 3005

We're on the web at www.garfield-county.com

2-1-1

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

Other county emails:

Eagle County
www.eaglecounty.us/ public health

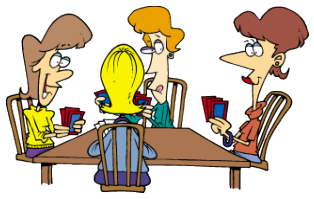
Pitkin County Senior
Newsletter and lunch menu

High Country RSVP
Mary Moon, Director
970-947-8462
Year Round Tax Issues
970-384-8740
Medicare Counseling
970-384-8744
Continuing Ed. Classes
970-947-8462
www.highcountryrsvp.org
Volunteer Coordinator
Susie Schmitz
970-947-8461

Senior Matters
Ron Kokish 970-704-6149
www.valleyseniormatters.org

Rifle Senior Center activities M-F. Pinnacol, and Bingo. Call Tami for more information at 970-665-6540

Valley Senior Center in Parachute is now open. 970-285-7216 or Cheryl 970-285-9755
Library is open on Wednesday from 10:30 a.m. to 1 p.m.



Help us reduce our use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online, please visit www.garfield-county.com and choose Senior Programs. Call Judy to get added to email list 970-945-9191, ext. 3061.