



CONNECTION

WHAT ACTIVITIES CAN YOU DO IN MARCH WITH A SENIOR?

1. Is your senior a gardener? Consider starting your planting early. Also check out your favorite online garden company and request a catalog to look at. Most catalogs are free.
2. Lent has started for those Christians who observe the days leading up to Easter. For those Christians, assist a loved one with reading a daily Bible passage, recite a prayer, or other form of observation they wish to participate in.
3. March is National Craft Month. Create a fun project for St. Patrick's Day.
4. March 9, 1959, Barbie made her debut. Do you or your older family member or friend have a Barbie doll? If so, take Barbie out and look at her and reminisce about her. Many older persons have kept the doll over the years or still collect them to this day!
5. Spring is right around the corner. What does your older family member or friend remember about past spring times?

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Wall push-up

Face a wall, standing a little farther than arm's length away, feet shoulder width apart. Lean forward and put your palms flat against the wall at shoulder height and shoulder width apart. Slowly bend your elbows and lower your upper body toward the wall. Keep your feet flat on the floor. Hold position for one second. Slowly push yourself back until your arms are straight. Repeat 10-15 times.

Alan and Sharon Hayes

Alan was born in Holyoke, Colorado and grew up near Yuma, Colorado. Sharon was born and grew up in Yuma, Colorado. Alan and Sharon have been married for 47 years.

They have 4 children and 10 grandkids. One of their favorite vacations is Alaska cruises and they like to go as often as they can. Alan enjoys fishing on the Grand Mesa and Sharon likes to quilt and embroider tea towels, put puzzles together, scrapbook and make cards. Alan likes to make gifts with his scroll saw and tie fishing flies.

Some of Alan's favorite foods are cheeseburgers and pizza. Both Alan and Sharon volunteer at the Rifle meal site.



“May the road rise to meet you.

May the wind be always at your back.

May the sunshine warm upon your face, the rain fall soft upon your fields, and until we meet again, may God hold you in the palm of his hand.”

**SENIOR HOUSING, ASSISTED LIVING AND NURSING HOMES
IN GARFIELD COUNTY****Senior housing**

New Castle Senior Housing in New Castle	970-984-0779
Lakota Ridge Senior Apartments in New Castle	970-984-0779
Crystal Meadows Senior Housing in Carbondale	970-963-9326
Sopris Lodge in Carbondale	970-340-4460
Manor One Senior Apt in Glenwood	970-945-1355
Manor Two Senior Apt in Glenwood	970-945-1355
Sunnyside Senior Housing in Glenwood	970-945-9234, ext. 1
Rifle Senior Housing	970-625-3974
Maxfield Heights Senior Apartments	970-510-6979
Silt Senior Housing	970-625-3589, ext. 106
Valley Senior Housing	970-625-3589, ext. 106

Assisted livings

Chateau at Rifle	970-625-4343
Heritage Park in Carbondale	970-963-1500
Mesa Vista in Battlement Mesa	970-285-1844
Renew Roaring Fork in Glenwood	877-205-3848
Sopris Lodge in Carbondale	970-340-4460

Nursing homes

Colorado Veterans Community Living in Rifle	970-665-1031
Grand River Health Care Center	970-625-1514
Glenwood Springs Health Care	970-945-1400
Heritage Park Care Center	970-963-1500

Tips for eating out

Eating out can be a great way to socialize and connect with family and friends. Unfortunately, restaurant food can be high in calories, salt, butter, oil, and sugar. This can be a challenge for people trying to make healthy food choices. Fortunately, there are ways to eat out while sticking to your nutritional goals.



1. Some menus have a section of healthier choices. Consider ordering from the healthier choices.
2. Compare nutrition information if available. Ask your server or the chef about ingredients, preparation methods, or available substitutions.
3. Look for terms like baked, braised, broiled, grilled, poached, steamed, or roasted. Avoid higher fat foods that use terms like batter-fried, pan-fried, buttered, creamed, crispy, breaded.
4. Don't fill up on bread or chips before your meal arrives.
5. Choose a healthy appetizer that includes fruits or veggies. For example, ordering a salad first can ensure you get nutrients from vegetables first.
6. Make special requests like a baked potato instead of French fries or guacamole instead of queso.
7. Ask for dressings, sauces, and cheese to be served on the side to control how much you use.
8. Look at portion size. Share a large meal with a friend, take half home for another meal, or see if the restaurant does half order.
9. Swap out fries or chips with a side salad or fruit.
10. Don't drink your calories. Order water with lemon, unsweetened iced tea, or seltzer water instead of soda, sweat tea or sugary cocktails.
11. If you choose to order dessert, ask for a small portion or share it with everyone at the table.

WELL & WISE EXERCISE CLASSES

WELL & WISE

Garfield County Older Adult Programs offers classes to older adults 60 and over. *For those 60 and older, the recommended voluntary contribution for Well & Wise exercise classes is \$20 per 8-week series per person. Participants are encouraged to pay as they are able. Make checks payable to GCDHS and mail donation to: 195 W. 14th Street, Rifle CO. Attn: Debby Sutherland. You may also pay at one of our meal sites.*

Here are some of the classes that we offer:

Matter of Balance, a class that teaches you awareness and exercises to prevent future falls.

N' Balance, a class that helps strengthen upper and lower body to prevent falls.

Geri-Fit, a class where you use weights and Thera bands to help you become stronger.

Geri-Fit classes in Parachute on Mondays at Valley Senior Center and Thursdays at the Battlement Mesa Rec Department, 9-10 a.m.

Tai Chi For Health reduce stiffness, uplifts your spirit, improve muscle strength and joint flexibility.

If you would like to sign up for one of the above classes or a future class in your area please call Debby Sutherland at 970-625-5282, ext. 3084.

If you are interested in becoming an instructor to teach seniors Tai Chi, Matter of Balance or Geri-Fit call Debby Sutherland 970-625-5282, ext. 3084, for more information.

Exercise for Parkinson's

Every Monday. 1-2 p.m. at the Glenwood Springs Community Center. Designed for those with Parkinson's Disease, MS, or any other neuromuscular conditions. Day pass/Free for members. Contact Delisa Novak dnovak@parkinsonrockies.org or call 866-718-2996. You may also contact Tiffany with any questions 970-384-6314.

White Bean Basil Chicken Chili

Recipe from *Cooking Matters*

Ingredients

- 1-pound boneless chicken pieces
 - 1 medium onion
 - 2 cloves garlic
 - 1 medium tomato or 1 (14½ oz) can diced tomatoes
 - 1 large lime
 - ¼ cup fresh cilantro leaves
 - 1 Tablespoon fresh basil
 - 2 (15½-ounce) cans great northern beans, no salt added
 - 2 Tablespoons canola oil
 - 4 cups low-sodium chicken broth
 - 1½ teaspoons chili powder
 - 1½ teaspoons ground cumin
 - ½ teaspoon dried oregano
 - ¼ teaspoon salt
- ¼ teaspoon ground black pepper



Instructions

Boil chicken until the center reaches 165° F. Shred or dice chicken into ½ inch cubes.

Rinse, peel, and finely chop onion. Peel and mince garlic.

Rinse tomato. Remove the core and seeds. Chop.

Rinse lime. Cut in half. In a small bowl, squeeze juice from one half.

Rinse and chop cilantro and basil.

In a colander, drain and rinse beans.

In a large pot over medium heat, heat oil. Add onion and garlic. Cook until onion is tender, about 5 minutes. If onion or garlic start to brown, lower heat.

Add chicken, beans, broth, spices, tomato, lime juice, basil, and cilantro. Stir. Bring to a boil. Reduce heat and cover. Simmer for 1 hour, stirring occasionally.

Contacts for High Country Volunteers, Senior Centers, Legal Services and Center for Independence

High Country Volunteers Director Mary Moon

970-896-6218

Year-round tax issues, general information and Medicare counseling

970-896-6210

Rifle Senior Center activities Monday through Friday, Pinochle first and third Fridays, tournament at 6 p.m. Call Jan at 970-274-6864 if your interested in playing. Bingo and Dinner in the Valley, call Tami for more information at 970-665-6540. www.rifleco.org/596/Rifle-Senior-Events-Center

Valley Senior Center in Parachute 970-285-7216 Library is open on Monday and Wednesday, 10:30 a.m. to 1:30 p.m. Pinochle is on Wednesdays 12:30 to 4 p.m. Meet and Greet, Thursday 10:30 a.m. to noon. Happy Hookers knitting group 1-3 p.m. To reserve the building call Don Olsen at 970-285-5639, and medical equipment Sandy Nolan at 620-450-5777.

Alpine Legal Services in Glenwood 110 8th Street, 970-945-8858

Center of Independence 823 Blake Ave., Ste. 102, in Glenwood Springs, 970-718-5155. Disability services and support organization.

Home bound services for the Garfield County Libraries. Garfield County Libraries can deliver books, movies, audiobooks and music, board games and more to those who are unable to visit the library due to health or mobility issues. You must live within Garfield County, have a library card in good standing with the library, be unable to visit the library on your own because you can't drive or walk to the Library, or you are temporarily homebound while recovering from surgery. Call your local libraries: Carbondale 970-963-2889, Glenwood Springs 970-945-5958, New Castle 970-984-2346, Silt 970-876-5500, Rifle 970-625-3471, Parachute 970-285-9870, or visit www.gcpld.org.

Help us reduce use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online. Please visit www.garfield-county.com and choose Older Adult Programs.

MEDICARE OPEN ENROLLMENT

“Welcome March where spring begins with sunshine and rain and blooming, after the darkness of winter, spring back the joy of creation.”



HIGH COUNTRY VOLUNTEERS

FREE TAX ASSISTANCE PROGRAM

High Country Volunteers will prepare and e-file simple federal and state income taxes free of charge for individuals with incomes less than \$67,000 per year.

Appointments are required and are available February through April 11th in Rifle, Glenwood Springs, and Battlement Mesa.

Call 970-896-6210 to schedule your appointment.

This program is made possible through the generosity of the following sponsors.



Our birthday list is compiled from completed 2025 consumer assessments.

Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Kappe, Debby, or Jenny for a form.

Contact us at DHSOlderAdultprograms@garfield-county.com



MARCH BIRTHDAYS

Henry Adams
Jerry Becker
Phyllis Becker
Jim Bell
Dan Bosko
Mary Collen
Linda Crisler
Regina Cross
Sandra Gaddis
Tom Grange
Sherrill Guichard
Brigette Heller
Lois Hempstead
Geraldine Jewell
Larry Kay
Ann Keller
Sandra Kirby
Susan Langford
Vicki Nelson

Paul Nygaard
Gary Parks
Peggy Postlewaite
Marcia Provost
Mike Regan
Lilas Robinson
Leah Samuelson
Tina Sandoval
Phyllis Snider
Becky Sorenson
Sharon Taylor
Debbie Underwood
Angela Urban
Garry Zabel



March 17

Remember to set your clock ahead on March 9 for Daylight Savings.

Subscribe today to the Garfield County Older Adults Program Connection! If you don't already receive this newsletter regularly, subscribe for email by calling 970-665-0041 or email via at DHSOlderAdultprograms@garfield-county.com. There is no charge for subscription. Donations are welcome!

UPCOMING EVENTS

March 3, 10, 17, 24, 31, In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale library. Bring whatever project your working on. All abilities welcome.

March 3, Basic computer classes for adults 9-10 a.m. at the Rifle Library.

March 7, First Friday in Carbondale, 5-8 p.m., stroll Main Street. Games, activities, live music and a wide range of local arts.

March 7, The Emerald City Silver Prom; this event is not to miss at the Glenwood Springs Community Center. Enjoy an elegant evening of a fine dinner and dance. 6-8:30 p.m. Preregistration is required by **February 28**. call 970-384-6301.

March 7, 21, Your Story, Your Life at the Glenwood Springs Library 10 a.m. Are you interested in journaling, writing poetry? Join us in a welcoming setting to support your unique expression.

March 8, 15, 22, 29, Free Tai Chi at the Glenwood Library, 5:30-6:30 p.m., on Wednesdays and 9:30 - 10:30 a.m. on Saturdays.

March 8, Join us for an unforgettable evening at the Emerald City Family Ball, where your family will enjoy an over the top event with dinner, dancing, dessert and lasting memories. Call 970-384-6301.

March 8, Aspen Art Museum – Join Carbondale Park and Rec for a day of art appreciation. We will start at the Aspen Art Museum , break for lunch, and then finish with the Powers Art Center outside of Carbondale. Cost is \$6. Please call 970-510-1290 to make reservations.

March 9, 23, Crochet Corner at the Rifle Library 11 a.m.- 12 p.m. Whether your looking to refine your skills or start from scratch, you will find inspiration and encouragement.

March 9, Time change Sunday, March 9, spring your clocks forward one hour at 2 a.m.

March 12, Wonderful Wednesday at the Glenwood Springs Library. Join us once a month for a new activity 10:30 - 11:30 a.m.

March 13, 27, Circle of Friends at the New Castle Library, 10:30 a.m. - 12 p.m. Enrichment activities for adults and caregivers.

UPCOMING EVENTS, CONTINUED

March 14, Mountain Groove Productions presents Micky and the Motorcars 8-10 p.m. Tickets \$28-\$52. For tickets go to utetheater.com

March 20, Mitt Spicy & The Blues Bandits, 7-10 p.m. at the Ute Theater. Tickets \$20. Go to utetheater.com for tickets.

March 20, Book Club at the Silt Library 6:30-7:30 p.m., each month we'll explore a book, discuss key takeaways, and brainstorm how to apply new insights to your work or personal life.

March 20, Spring begins.

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6. St. Patrick's Day is March 17. Celebrate with corned beef and cabbage or stir up something green in the kitchen. Try a green smoothie (add spinach to your favorite fruits), make green frosting to frost cupcakes, make green cookies (drop green food coloring into sugar cookie dough), or make mint ice cream in your ice cream freezer.

7. March 20 is World Storytelling Day. Exchange stories with your older family member.

8. Does your family have heirloom quilts? In honor of National Quilting Day on March 21, consider digging up an old quilt and talk about its history. Most quilts tell a story in their fabric, pattern, stitches, and how well it has been used. Write down the story of your family heirloom.

9. Make a play date with a young member of the family and have a tea party together.

In celebration of Poetry Day on the March 21, write a limerick together with your loved one. Limericks are short, nonsense rhymes that have a certain format. The first, second, and fifth lines rhyme and usually have a beat of eight or nine. The third and fourth lines rhyme and usually have a beat of five or six.

FOOD RESOURCE & LIFT-UP FOOD PANTRIES IN GARFIELD COUNTY

Carbondale

Monday, 10:30 a.m. - 1:30 p.m.
 Wednesday, 2 - 6 p.m.
 Third Street Center
 520 S. 3rd St.

Parachute

Monday, 3 – 6 p.m.
 Thursday, 11 a.m. - 2 p.m.
 Lift-Up Warehouse
 201 E. 1st Street

New Castle

Wednesday, 9 a.m. - 1 p.m.
 Friday, 9 a.m. - 1 p.m.
 River Center
 126 N. 4th Street

Glenwood Springs

Tuesday, 1 – 4 p.m.
 Thursday, 10:30 a.m. – 12:30 p.m.
 Catholic Charities
 1004 Grand Ave.

Rifle

Tuesday, 11 a.m. - 2 p.m.
 Friday, 1-4 p.m.
 800 Railroad Ave.

Silt

Friday, 2-6 p.m.
 Silt Baseball Fields
 648 N. 7th St.

Valley Meals and More for Glenwood Springs and Carbondale area home-delivered meals. 970-404-1193 www.valleymealsandmore.com

Meals on Wheels - For homebound residents that live in New Castle, Silt, Rifle, Battlement Mesa and Parachute. The food is prepared by kitchen staff at the Grand River Hospital District. For more information call (970) 625-6215.

Extended Table-Soup Kitchen

Lift-Up Extended Table is to help feed the people who can't afford to buy food. For more information www.LiftUp.org

Rifle Tuesday & Thursday, 5-6 p.m.
 United Methodist Presbyterian Church, Lovell Building, 200 E. 4th St.

Glenwood, Monday-Friday 5-6 p.m. First United Methodist Church, 824 Cooper Ave.

River Center Network Luncheon noon Wednesdays at 126 N. Fourth Street in New Castle, \$3 donation suggested. RSVP by Tuesday 3 p.m. 984-2334 or 987-3565

SNAP - Apply for food assistance at Garfield County in Rifle at 195 W. 14th Street or Glenwood 108 8th Street. There are some basic rules for SNAP program and a list of verifications you may need to provide to determine your eligibility.

Coffee and Donuts **every Thursday 10 a.m. to 12 p.m. at the Veterans Resource Center** located at 108 Pitkin Ave. in Glenwood. Every other Friday at CMC in Rifle from 10 a.m. to 12 p.m. Coffee will be served.

Effective March 1, 2025: To maximize impact and ensure long-term resilience, LIFT-UP is adjusting its food distribution programs while maintaining accessibility for all community members. Key changes include:

- **Drive-thru food distributions:** Discontinued. Food will now be available at all LIFT-UP pantry locations, allowing visitors to select items based on their needs. Food Bank of the Rockies will continue mobile distribution.

- **72-hour food bags, senior boxes, and Wee Cycle diaper program:** Available exclusively for pickup by community partners at LIFT-UP's Pantry of Choice locations. liftup.org/calendar/

- **Pantry visits:** Visits to LIFT-UP food pantries will be limited to one visit per family per week. [Does not include Food Bank of the Rockies Mobile Distributions.] These changes will enable LIFT-UP to extend the pantry hours and improve accessibility. The new Pantry of Choice schedule offers 39 total hours of food access per week, with each location open at least six hours weekly.

GARFIELD COUNTY OLDER ADULT NUTRITION PROGRAM



Congregate meals are held at seven locations throughout Garfield County. **All meals are served at 12 p.m. and serving ends at 12:15 p.m.** Reservations are very important to our program to obtain accurate food count for meal preparation. New participants are welcome. Anyone attending a meal site should make a [reservation by noon at least 48 hours \(weekdays\) advance of the meal](#) by calling the phone numbers listed below, *if possible cancel as soon as possible.*

Carbondale “Roaring Fork & Spoon” at The Orchard, The Gathering Center, 110 Snowmass Drive on Wednesdays. For reservations call (970) 665-0041. Call by noon on Monday.

Glenwood Springs “Chat n’ Chew” at Colorado Mountain College, Lucy Huntley Senior Center, 1402 Blake Avenue, Glenwood Springs on Tuesdays and Fridays. For reservations please call (970) 665-0041 by noon on Friday and Wednesday.

Glenwood Springs “Sunnyside Senior Meal” at Sunnyside Retirement Center, 601 21st Street, Glenwood Springs on Tuesdays and Fridays. For reservations call (970) 665-0041.

New Castle “The Gathering” at the Castle Valley Senior Housing, 201 Castle Valley Blvd. in New Castle on Mondays. For reservations call (970) 665-0041 before noon on Friday.

Silt “Meet ‘n Eat” at Silt Town Center, 600 Home Avenue, Silt on Wednesdays. For reservations call (970) 665-0041. Call by noon on Monday.

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

Parachute at the Valley Senior Center, 540 N. Parachute Ave., Parachute on Mondays and Wednesdays. For reservations call (970) 665-0041 by noon on Friday and Monday.

Menus for all locations are provided monthly and are available at the nutrition sites from Older Adult Programs, in our Connection Newsletter and available on the Garfield County website. Come see what you have been missing and have lunch with friends. *For those 60 and older and their spouse, the recommended voluntary contribution for each meal is \$3 per person. Participants are encouraged to pay as they are able. No obligation to pay. Guest fees for those under 60 is \$10.25 per meal.*

Questions: please call 970-665-0041 or email at DHSolderadultprograms@garfield-county.com

Garfield County Older Adult Program Staff

Sheila Strouse, Division Manager,
970-625-5282, extension 3117

Linda Byers, Program Manager
970-945-9191, ext.3033

Jeff Lawson, Unit Manager
970-625-5282, extension 3196



**Kappe Stutsman, Older Adult
Program Coordinator**
970-625-5282, extension 3263

**Debby Sutherland, Older Adult
Program Coordinator**
970-625-5282, extension 3084

**Jenny Roberson, Older Adult
Program Case Aide**
970-625-5282, extension 3275

Emily Stanton, RDN, Registered Dietician, (970) 625-5200, extension 2036, to schedule nutrition counseling or to discuss your dietary concerns.

Our mission The mission of the Older Adult Program is to enable independence, dignity, health and nutritional well-being of seniors and people with disabilities living in Garfield County.

Email any Older Adult Program staff for information at: **DHSolderadultprograms@garfield-county.com** or leave message on the food line for all of us at **(970) 665-0041**.

Traveler - Applications available on RFTA.com for Traveler and Paratransit services. Call 384-4855

Nutrition program (970) 665-0041 for questions and make reservations and cancellations.

Volunteers who will not be able to volunteer at the meal site should call the food line (970) 665-0041 or if your interested in volunteering for a meal site contact staff at DHSolderadultprograms@garfield-county.com.

Adult Protection services call 1-844-264-5437 www.garfield-county.com

Other county emails:

Eagle County www.eaglecounty.us/publichealth

Pitkin County Senior Newsletter and lunch menu www.pitkinseniors.com