



CONNECTION

LET'S MEET ONE OF OUR VOLUNTEERS

Clarice Moore



Clarice Moore was born in Denver, Colorado and grew up in Brighton. During the summer, she stayed with relatives in Yuma, Colorado. She was married to Gary Kelly for 14 years. She later married Russell "Shorty" Moore for 24 years. Clarice has enjoyed traveling with friends and her daughter. She has been to the Caribbean, Europe, Hawaii, West Coast, and Alaska, to name a few.

She has two children: a son who lives in Silt with his wife and two children, and her daughter, who is a teacher in Alaska. Clarice was a teacher for 25 years. She loved working with kindergarten kids. Her faith is very important to her and on Sundays she likes to give the "Children's Chat." She is always willing to give the blessing at the Rifle Senior Center. On

Tuesdays, you will find her playing Cribbage and then knitting. Thank you, Clarice for being a volunteer! We appreciate you!

Wall push-up

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





Eat the rainbow

Why does the color of our produce change the nutrient content? It all comes down to phytochemicals, vitamins, and minerals. Phytochemicals are natural compounds that give plants their vibrant colors, distinctive flavors, and unique aromas — and they offer powerful health benefits. One of the most important roles of phytochemicals is helping to protect against chronic diseases, such as cancer and cardiovascular disease. The bottom line: the more you vary the colors of your fruits and vegetables, the wider the range of vitamins, minerals, and protective compounds you'll consume.

Red

Red fruits and vegetables are high in lycopene and packed with essential nutrients, such as vitamin C, vitamin A, and potassium. They are present in strawberries, cranberries, raspberries, tomatoes, cherries, watermelon, red grapes, red peppers, and red onions. Including these foods in your diet can help improve memory, support heart health, and lower the risk of certain cancers.

Orange/yellow

Orange and yellow fruits and vegetables provide beta-carotene and are loaded with vitamin C, vitamin A, and potassium. Common sources include carrots, sweet potatoes, yellow peppers, oranges, pineapple, tangerines, mango, pumpkin, apricots, butternut squash, peaches, and cantaloupe. These foods help sharpen vision, support heart health, improve the immune system, and lower the risk of certain cancers.

Green

Green fruits and vegetables provide indoles and isothiocyanates and are rich in vitamin K, potassium, fiber, and antioxidants. They can be found in spinach, avocados, asparagus, artichoke, broccoli, kale, cabbage, Brussels sprouts, and kiwi. Eating these foods strengthens bones and teeth, sharpens vision, and lowers the risk of certain cancers.

Vegetable soup

Recipe Adapted from All Recipes

Ingredients



- 1 (14.5 oz) can diced tomatoes
- 4 cups 100% tomato juice
- 2 carrots, sliced
- 2 stalks celery, diced
- 1 large potato, diced
- 1 cup green beans, canned or fresh
- 1 can corn
- 1 cup water
- Salt and pepper to taste

Nutrition Education, continued from page 2

February

The month where even the groundhog comes out of hiding.



Blue/purple

Blue and purple fruits and vegetables include blueberries, blackberries, Concord grapes, raisins, eggplant, plums, figs, prunes, and purple cabbage. They help improve memory, support healthy aging, lower the risk of certain cancers, reduce blood pressure, decrease the risk of stroke and heart disease, and boost urinary tract health.

White/brown

White and brown fruits and vegetables contain flavonoids and allacin. They are found in onions, cauliflower, garlic, leeks, parsnips, radishes, and mushrooms. These foods offer anti-tumor properties and help reduce cholesterol and blood pressure.

Information from: www.health.harvard.edu, www.mayoclinichealthsystem.org, and <https://www.rush.edu/news/eat-colorful-diet>

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 or Jenny for a form.

Contact us at DHSOlderAdultprograms@garfieldcountyco.gov



The county will be closed on the following day. There will be no meal service or Traveler service to the meal sites on this day:
Monday, February 16 — Presidents' Day

FEBRUARY BIRTHDAYS 

- | | | |
|-------------------|-------------------|------------------|
| Thomas Bang | Candy Holgate | Lilas Robinson |
| Phyllis Becker | Geraldine Jewell | Joan Rosvall |
| Pastor Dan Bosko | Ann Keller | Tina Sandoval |
| Mary Collen | Sandra Kirby | Diane Smith |
| Linda Crisler | Susan Langford | Phyllis Snider |
| Regina Cross | Peggy Leonard | Becky Sorenson |
| Sandra Gaddis | Felicita Martinez | Sharon Taylor |
| Sherrill Guichard | Vicki Nelson | Debbie Underwood |
| Judith Hayward | Paul Nygaard | Angela Urban |
| Brigitte Heller | John Pappas | Margaret Woodson |
| Lois Hempstead | | Garry Zabel |

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@garfieldcountyco.gov
There is no charge for subscription. Donations are welcome!

UPCOMING EVENTS



Feb. 1, The Lost Art of Random Conversations Carbondale Library, 6 to 7:30 p.m.

Feb. 2, 9, 23, In Stitches Knitting Club 1:30 – 3 p.m., at the Carbondale Library. Bring whatever project you are working on. All abilities welcome.

Feb. 2, Spice Up the Month with Craft Kits you can take home, call to reserve a kit, 970-625-3471.

Feb. 3, 17, Basic computer classes for adults, 9-10 a.m., at the Rifle Library.

Feb. 3, 17, Grief Support Group at Grand River Hospital 5:30 p.m., call 970-625-6549 for more info.

Feb. 2, 10, 17, 24, Smartphone classes at Glenwood Library, 12 p.m.

Feb. 4, 11, 18, 25, Tai Chi for Seniors at the Silt Library, 1-2 p.m.

Feb. 5, Documentary Screening: The Librarians at the Carbondale Library, 7-8 p.m.

Feb. 5, Circle of Friends at the New Castle Library, 10:30 a.m. -12 p.m. Enrichment activities for adults and caregivers.

Feb. 6, Your Story, Your Life at the Glenwood Library, 10 a.m. Are you interested in journaling, writing poetry? Join us in a welcoming setting to support your unique expression.

Feb. 6, Glenwood Genealogy Group at the Glenwood Library 12-1:30 p.m.

Feb. 7, Annual Community Valentine Card-Making Event, 11a.m. to 2 p.m., at the New Castle Library.

Feb. 7, New Castle Founders Day at the New Castle Community Center 10-11a.m., free pie, coffee and lemonade. Please contact Kelley if you would like to donate a homemade pie or two for our event kcox@newcastlecolorado.org or 970-984-3352

Feb. 7, 14, 21, 28, Zumba at the Carbondale Library, Library 9 to 10 a.m. Free.

Feb. 7, 14, 21, 28, Free Tai Chi at the Glenwood Library, 5:30-6:30 pm on Wednesdays and 9:30 - 10:30 a.m. on Saturdays.

UPCOMING EVENTS, CONTINUED



- Feb. 10**, Death Café, conversation about death as a way to gain deeper appreciation of life, 5-6 p.m., Parachute Library.
- Feb. 10,17,24**, Mah Jongg at Glenwood Library, 1:30-3:30 p.m.
- Feb. 11**, Friends of the Library Book Club at the Rifle Library 1-2 p.m.
- Feb. 12**, Nonfiction Book Club at Carbondale Library 2-3:30 p.m.
- Feb. 12**, Loteria with the Silt Library 4-6:30 p.m. This traditional Mexican game of chance is similar to bingo. Drinks, snacks and prizes are provided.
- Feb. 12, 19, 26**, Golden Years Ice Cream Social at the Silt Library, 1-2 p.m.
- Feb. 14**, Ninety Percent 90s —Valentines Day Prom at the Ute Theater in Rifle, 8-11 p.m. \$30 a couple, \$15 a couple with local dinner receipt.
- Feb. 17**, Grief Share Support Series at the Carbondale Library, 3:30-5 p.m.
- Feb. 20**, Mr. Crowley: The Ozzy Osbourne experience at the Ute Theater in Rifle, 8-11p.m., \$25-30.
- Feb. 21**, The Fretliners, a bluegrass band, are playing at the Ute Theater in Rifle, 8-10:30 p.m., \$25 - \$90.
- Feb. 22**, Snowshoe Shuffle at Sunlight Mountain Resort, Registration at 9 a.m., race at 10 a.m.
- Feb. 26**, Writing Workshops at The Glenwood Library, 5-7 p.m.
- Feb. 28**, Bad ART Night for Adults at the New Castle Community Center 6-8 p.m., \$25 each or \$45 per couple, includes two drink tickets, prizes awarded for “The Best of the Worst” and “Too Good to be Bad.” Everyone will have access to a ridiculous pile of craft and art materials. Register before Feb 26.



Upcoming Elder Law Presentations with Alpine Legal Services

Alpine Legal Services will be offering free Elder Law presentations across the region this February. **These sessions will take place at the meal sites at 11:30 a.m.**

- New Castle: February 9, 2026
- Silt: February 18, 2026
- Parachute: February 23, 2026

All community members are welcome to attend. This is a great opportunity to learn, ask questions, and connect with local legal resources. To sign up for lunch at noon, please call 970-665-0041.



HIGH COUNTRY
VOLUNTEERS



High Country Volunteers will prepare and e-file simple federal and state income taxes free of charge for individuals with incomes less than \$69,000 per year.

Appointments are required and are available February through April 15th in Rifle, Glenwood Springs, and Battlement Mesa.

Call 970-896-6210 to schedule your appointment.

IRS Free File: This program offers free access to brand-name tax preparation software for taxpayers whose Adjusted Gross Income (AGI) is below a certain threshold (e.g., \$84,000 or less for the 2024 tax year). It supports common forms for seniors, including Form 1040-SR.

- **How it works online:** You must access the software through the [IRS.gov/freefile](https://www.irs.gov/freefile) page to get the free service.

MyFreeTaxes:

United Way's MyFreeTaxes initiative allows individuals or households earning a specific income (around \$67,000 or less) to file both federal and state returns online for free.

[MyFreeTaxes](https://www.myfreetaxes.org)

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



Medicare

What's New in Medicare

WHAT'S NEW IN 2026?



Part A: Hospital Insurance

Part A Premium

Free if you've worked 10 years or more
 \$311 per month if you've worked 7.5 to 10 years
 \$565 per month if you've worked fewer than 7.5 years



Part A Hospital Deductible

\$1,736 each benefit period

Part A Hospital Coinsurance

\$0 for the first 60 days of inpatient care each benefit period
 \$434 per day for days 61-90 each benefit period
 \$868 per lifetime reserve day* after day 90 in a benefit period

*You have 60 lifetime reserve days that can only be used once. They're not renewable.



Skilled Nursing Facility Coinsurance

\$0 for the first 20 days of inpatient care each benefit period
 \$217 per day for days 21-100 each benefit period

Part B: Medical Insurance

Part B Premium*

*For individuals with incomes below \$109,000 or couples with incomes below \$218,000

\$202.90 is the standard premium

Part B Deductible

\$283 per year

Part B Coinsurance

20% for most services Part B covers

Part D: Prescription Drug Coverage

Part D Premium

\$38.99 per month

Part D Maximum Deductible

\$615 per year

Catastrophic Coverage*

*You will owe \$0 on covered drugs after reaching this cap.

\$2,100



SHIP

State Health Insurance Assistance Program

Your SHIP is available for any Medicare-related questions or concerns. SHIP counselors

offer trusted, unbiased counseling at no cost to you.

Visit www.shiphelp.org for more information!

This graphic is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,000,000 with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS or the U.S. government.

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: Jenny Roberson. You may also pay at one of our meal sites.

Here are some of the classes that we offer:

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.

Geri-Fit class at Sunnyside Retirement in Glenwood Springs Mondays, 1-2 p.m. go through February 23.

Geri-Fit at Crystal Meadows in Carbondale through February 24, 11 a.m.-12 p.m.

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

Tai Chi at the Silt Library 1-2 p.m. Every Wednesday through April 22.

If you would like to sign up for one of the above classes or a future class in your area please call Jenny Roberson at 970-625-5282, ext. 3275, or email jroberson@garfieldcountycogov

If you are interested in becoming an instructor to teach seniors Tai Chi, Matter of Balance or Geri-Fit call Jenny Roberson 970-625-5282, ext. 3275, 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.

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 24 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) 404-1193. 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)404-1193 by noon on Monday and Thursday.

Glenwood Springs “Sunnyside Senior Meal” at Sunnyside Retirement Center, 601 21st Street, Glenwood Springs on Tuesdays and Fridays. For reservations call (970) 404-1193 by noon on Monday and Thursday.

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 Tuesday.

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 Tuesday.

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. No obligation to pay the donation.*

Guest fees for those under 60 is \$12.00 per meal.

Questions: please call 970-665-0041 or email at DHSolderadultprograms@garfieldcountyco.gov

Garfield County Older Adult Program Staff

Meal feedback

Your experience matters. If you have feedback about our meals, we would be grateful to hear from you.

Leave a message at 970-625-5282, ext. 4045.

Email us at mealsfeedback@garfieldcountyco.gov

Mail us a note at:

Older Adult Programs Feedback

Attention Jeff Lawson

195 W. 14th St., Building B

Rifle, CO 81650

Garfield County Older Adult Program 970-665-0041 for questions, reservations, cancellations or to volunteer for Rifle, Parachute, New Castle and Silt.

DHSolderadultprograms@garfieldcountyco.gov

For meals reservations, cancellations and volunteer opportunities in **Glenwood Springs or Carbondale**, please call Valley Meals & More at 970-404-1193.

Linda Byers, Program Manager 970-945-9191, extension 3033

Jeff Lawson, Older Adult Program Supervisor 970-625-5282, extension 3196

Kappe Stutsman, Nutrition Program Coordinator

970-625-5282, extension 3263 kstutsman@garfieldcountyco.gov

Jenny Roberson, Case Aide and Well & Wise Contact

970-625-5282, extension 3275 jroberson@garfieldcountyco.gov

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

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

Call (970) 384-4855

Adult Protection services call 1-844-264-5437 garfieldcountyco.gov

Pitkin County Senior Newsletter and lunch menu pitkinseniors.com

Other county emails: Eagle County www.eaglecounty.us/publichealth