



CONNECTION

Gut Health and Digestion



Gut health is essential for overall health and well-being. The gut is responsible for breaking down food and absorbing nutrients. Additionally, gut health is connected to immune system support, mental health, type 2 diabetes, cardiovascular disease, and sleep. Focus on diet and lifestyle to improve digestive health.

Fiber

The average American eats 16 grams of fiber a day. That is much less than the daily recommended intake. The Dietary Guidelines for Americans suggest that women 51 and older consume 22 grams of fiber per day and men 51 and older consumer 28 grams of fiber a day.

Fiber has many benefits in the gut:

- Fiber nourishes the good gut bacteria, which aids in digestion.

- Fiber adds bulk to stools, promotes regular bowel movements, and prevents constipation.

- A high fiber diet lowers the risk of colon cancer.

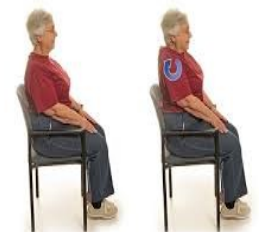
High fiber foods include whole wheat bread, oats, bran cereal, brown rice, quinoa, fruits, vegetables, beans, lentils, peas, flaxseed, and prune juice.

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Shoulder rolls

Try to do a set of shoulder rolls every morning to start your day off.

Roll your shoulders forward for the count of 10 then reverse and do a second set for the count of 10.



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Bobbie Sullivan

My name is Bobbie Sullivan and I was born in Laguna Beach, California. I was also raised there and spent a lot of time at the beach. I was married for 39 years and we had two girls.

We loved coming to Colorado and we decided to settle in Ouray, Colorado in 1975.

I collect shells, stamps and enjoy taking pictures. I have two grandchildren and three great-grandchildren.

I volunteer at the New Castle meal site for Older Adult Programs.



Jumping to .gov

Garfield County email has switched from www.garfield-county.com to www.garfieldcountycogov.gov.



**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

Nutrition Education by Emily Stanton MS, RD

Continued from page 1

Fluids

Water encourages the passage of waste through the digestive tract by softening the stool. Fiber acts like a sponge and absorbs water. Without enough fluid, the fiber can't do its job and will lead to constipation.

Stay hydrated by drinking water during meals. Keep a glass of water on the counter to remind yourself to drink throughout the day. Include water-rich fruits and vegetables like watermelon, cucumbers, oranges, and berries in your diet.

Limit unhealthy fats

A diet high in fat can slow down digestion and delay gastric emptying. Foods high in saturated fat (unhealthy fat) may alter good bacteria in the gut, potentially causing digestive issues like bloating, diarrhea, and inflammation. Limit fatty foods, such as chips, burgers, deep-fried food, processed meat, and high-fat dairy. Try to eat more lean meat, fish, avocado, and nuts.

Probiotics

Probiotic foods contain beneficial bacteria that can promote gut health. Probiotics may reduce inflammation and improve bowel movements by adding bulk and decreasing bad bacteria that causes diarrhea. Many of these foods are fermented, and the label should say "live, active cultures." Examples include yogurt, cottage cheese, buttermilk, kefir, sauerkraut, tempeh, and some cheeses.

Lifestyle

Regular exercise like walking and cycling can stimulate the muscles of the gut and aid in digestion. Additionally, exercise has been shown to positively affect the gut microbiome.

Stress can negatively impact gut health by triggering the release of hormones like cortisol and adrenaline. This can result in the overgrowth of harmful bacteria in the gut. Stress can also affect gut motility, leading to either constipation or diarrhea.



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 class at Sunnyside in Glenwood in May.

Geri-Fit classes in Parachute on Mondays and Thursdays, 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 a 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.

Chicken with Lemon-Caper Sauce

Recipe from All Recipes

Instructions

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Servings: 2

Ingredients

- ½ cup all-purpose flour
- 1 pinch salt
- 2 (6 ounce) skinless, boneless chicken breast halves
- 2 Tablespoons olive oil
- ¼ cup dry white wine
- ¼ cup lemon juice
- ¼ cup cold unsalted butter, cut into pieces
- 2 Tablespoons capers, drained
- 2 lemon wedges



Instructions

1. Mix together flour and salt in a medium dish or resealable plastic bag. Coat chicken in flour mixture; shake off excess.
2. Heat olive oil in a skillet over medium-high heat. Cook chicken in hot oil until golden brown and cooked through, 3-4 minutes per side or until thermometer reads at least 165 degrees F (74 degrees C). Transfer chicken to a plate; cover and keep warm.
3. Pour white wine into the skillet. Allow to boil while scraping the cooked bits from the bottom of the pan. Add lemon juice; boil until reduced by half, 2-3 minutes.
4. Sprinkle cubed butter into boiling sauce. Swirl and shake the pan vigorously until butter is completely incorporated, and sauce thickens. (Butter must never come to rest, or sauce will separate and become oily.) Remove from heat and stir in capers.
5. Pour lemon-caper sauce over chicken; serve with lemon wedges..

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 Springs, 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.

Homebound 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.garfieldcountyco.gov and choose Older Adult Programs.

MARCH BIRTHDAYS

**MARCH
WINDS AND
APRIL
SHOWERS
BRING
FORTH
MAY
FLOWERS**



Henry Adams
Sherry Babcock
Terry Bleed
Anna Boulanger
John Britt
Gary Broetzman
Sandy Bunts
Lisa Caskey
Annona Charboneau
Patricia Clies
Jeanette Cline
Carol Crum
Paula Derevensky
Lois Gray
Lanny Haldeman
Garth Hammond
Cyndy Hansen
James Jones
Shirley Lawson
Linda Liddell
Linda Loy
Joseph Montrony

Sandy Nolan
Lynn Rodden
Tina Sandoval
Royce Schipper
Maggie Shaw
Diane Stein
Beverly Straughan
Patricia Troxel
Fran Thrower
Dolores Walter
Thelma Zabel



**Please accept our
apology for not getting
the March Birthdays in
the newsletter last
month.
We hope you all had
an awesome day filled
with lots of love and
laughter!**



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
DHSOlderAdult
programs@
garfieldcountyco.gov**



APRIL BIRTHDAYS

Rhonda Ardia
Sandra Austin
Ken Bachus
Bonnie Bates
Dick Buchan
Ellen Dole
Marianne Erickson
Staffan Erickson
Brian Fratzke
Roza Gallicchio
Luana Gildea
Betty Goode
Ed Grange
Ed Hansen
Nola Haynes
Marilyn Hile
Janie Kidd
Barbara Koran

Kevin Krebill
Jeanette Lacey
Stanley Martinez
Mary Moon
Augie Natal
David Nelson
Adam Nicholas
Diane Nitz
Maratha O'Neal
Tony Ramirez
John Reichert
Sondie Reiff
June Renfro
Judy Sluga
James Springer
Gloria Strouse
Christine Sullivan
Jerry Sullivan

Tracy Townsley
Betty Waldron

Happy Easter

April 20



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

April 2, 5, 9, 12, 16, 19, 23, 26, 30, Free Tai Chi at the Glenwood Library, 5:30-6:30 p.m., on Wednesdays and 9:30- 10:30 a.m. on Saturdays.

April 4, 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.

April 4, First Friday in Carbondale, 5-8 p.m., stroll Main Street. Games, activities, live music and a wide range of local arts.

April 5, Mysteries Zikr Dance Ensemble, 7:30 p.m. at the Ute Theater. Call 665-6569 or go to utetheater.com for tickets.

April 6, 20, 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.

April 7, 14, 21, In Stitches Knitting Club 1:30- 3 p.m. at the Carbondale library. Bring whatever project your working on. All abilities welcome.

April 8, 22, Basic computer classes for adults 9-10 a.m. at the Rifle Library.

April 9, Wonderful Wednesday at the Glenwood Springs Library 10:30 a.m.

April 10, Food for Thought a Cookbook Club at the Parachute Library 6:30-7:30 pm. You pick and make a recipe to share with the group. Registration is required. Call 970-285-9870.

April 10, 24, Circle of Friends at the New Castle Library, 10:00 a.m. - 11:30 a.m. Enrichment activities for adults and caregivers.

April 10, Rambo Presents: Ritual Mountain Bike Film Tour 7-10 p.m. at the Ute Theater. Tickets \$27-\$32. go to utetheater.com for more information or tickets.

April 11, Cory Bauer Memorial Amateur Film Contest 5-9 pm at the Ute theater.

UPCOMING EVENTS, CONTINUED

April 12, Bee Gees Gold: the Tribute, 7:30-10 p.m., at the Ute Theater. Tickets \$25-\$25 go to utetheater.com.

April 13, Daruma, at the Ute Theater, 2-4 p.m., at the Ute Theater. Tickets \$20-\$30 go to utetheater.com.

April 17, Thursday Night Local Music Series: Whiskey Stomp at the Ute Theater in Rifle. Go to www.utetheater.com for tickets.

April 17, 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.

April 26, Damage Inc. tribute to Metallica at the Ute Theater 8-10 pm. Call 970-665-6569 for more information or go to utetheater.com.

The Property Tax, Rent, and Heat (PTC) Rebate is available for Colorado residents with low income who are older or have disabilities in order to help with their property tax, rent, and/or heat expenses this winter and beyond. The rebate amount can be up to \$1,154 a year and if you apply by October 15, 2025, you could receive up to a \$354 TABOR refund (\$177 for single filers).

Annually, this program could provide more than \$7 million in relief to Coloradans ensuring seniors and Coloradans with disabilities can heat and remain in their homes.

You may qualify for the PTC Rebate if you are a full-year Colorado resident who is 65 years of age or older, a surviving spouse 58 years of age or older, **or** disabled, regardless of age. The rebate amount is based on

You may be able to claim the 2024 PTC rebate if:

- You lived in Colorado from January 1 - December 31, 2024.
 - Your total income from all sources was less than \$18,704 for single filers and \$25,261 for married filing jointly.
- As of December 31, 2024, you meet one of the criteria below:
- Age 65 or older
 - A surviving spouse, age 58 or older. If you were divorced before your spouse died, you are not considered a surviving spouse
 - A disabled person of any age who was unable to engage in any substantial gainful activity for medical reasons. You also must have qualified for full benefits from January 1 - December 31, 2023 from a bona fide public or private plan or source, based solely on your disability.
 - You paid property tax, rent or heating bills during this PTC period.
 - You were not claimed as a dependent on someone else's federal income tax return.

Any Colorado resident who meets the requirements listed below for the rebate should [submit the rebate application DR 0104PTC\(opens in new window\)](#). Go to tax.colorado.gov/DR0104PTC Once you complete the application you can bring the application to a [Colorado Department of Revenue Taxpayer Service Center\(opens in new window\)](#) or send it in by mail to:

Colorado Department of Revenue

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@garfieldcountyco.gov

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@garfieldcountyco.gov 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@garfieldcountyco.gov

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

Other county emails:

Eagle County www.eaglecounty.us/publichealth

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