



CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



Volume 16, Issue 10
October, 2026

LET'S MEET ONE OF OUR VOLUNTEERS

James Gisburne



James Gisburne volunteers at Sunnyside Retirement in Glenwood Springs. James comes from Chicago, Illinois

and strongly believes there's only one thing you should put on a hot dog: mustard. James served as a medic in Vietnam. James's passion has always been music. He played in a band for many years. He played country music in Vietnam. He also played bluegrass. He used to sing, play guitar, mandolin, and the banjo. He still likes to get together with his musician

friends and enjoys Music Under the Bridge in Glenwood Springs. He also hosted Open Mic Night for the Rivera in Glenwood Springs for 16 years. James is also a published cartoonist. His creativity, humor, and steady kindness continue to brighten the lives of those around him. We appreciate James's service to our county and our country. Welcome home.



BANDED BICEPS CURL

1. Sit tall with your feet hip-width apart on the floor. Place a resistance band under one or both feet and press your heels into the ground to keep it anchored.
2. Grip one end of the band in one hand, palm facing up, and let your arm hang down at your side. Keeping your elbow close to your side, curl your hand toward your shoulder.
3. Squeeze your biceps at the top before lowering your hand back down. Try to maintain constant tension in the band.
4. Repeat four reps before switching sides.

Doing seated biceps curls with a resistance band is a simple way to keep your arms strong for lifting everyday objects. It also helps maintain upper-body bone density.

Skip the fry, give healthy cooking a try!

Fried foods should be limited because frying adds unhealthy fats and extra calories. When oils are heated to very high temperatures, their chemical structure can change and create trans fats. Trans fats raise LDL (bad) cholesterol and lower HDL (good) cholesterol, which can increase the risk of heart disease. Many fried foods are also battered, adding even more calories on top of the oil. In addition, high-fat foods take longer to digest, which can lead to bloating, acid reflux, and indigestion.

Try these healthier cooking techniques instead of frying:

Bake: cook food in an oven with dry heat.

Blanch: briefly boil the food, then plunge into ice water to stop the cooking process. This method works well for broccoli and other vegetables you want to keep crisp.

Broil: cook directly under high heat. This is a great option for fish and tender cuts of meat.

Roast: cook by dry heat in an oven or crock pot. Many vegetables can be roasted like

squash, broccoli, cauliflower, potatoes, carrots, and asparagus.

Sauté: cook food quickly in a pan over high heat using a small amount of liquid, such as vegetable stock, broth, lemon juice, cooking wine, healthy oil, cooking spray, or water.

Steam: cook in a covered pot over boiling water.

Stir fry: cook food quickly in a large pan over very high heat using a small amount of liquid or oil.

CHICKEN PARMESAN MEATBALL SANDWICHES

Recipe Adapted from City Market



Ingredients

- 6 tablespoons breadcrumbs, divided
- 6 tablespoons grated parmesan cheese, divided
- 1 pound ground chicken
- 2 tablespoons milk
- 1 large egg, beaten
- 1 teaspoon dried Italian herb blend
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 whole wheat hot dog buns
- 1 cup marinara sauce
- 4 slices Mozzarella cheese

Directions

1. Heat oven to 425°F. Line baking sheet with parchment paper.
2. In shallow bowl, combine 2 tablespoons breadcrumbs and 2 tablespoons parmesan cheese.
3. In large bowl, combine chicken, remaining ¼ cup breadcrumbs, remaining ¼ cup parmesan, milk, egg, Italian herbs, garlic, salt and pepper. Divide mixture into 12 meatballs.
4. Roll meatballs in breadcrumb-parmesan mixture; arrange on prepared baking sheet.
5. Bake for 18 to 20 minutes, until internal temperature reaches 165°F.
6. In each bun, arrange 3 meatballs, ¼ cup marinara sauce and 1 slice of mozzarella cheese. Return to baking sheet.
7. Bake an additional 3 to 5 minutes, until cheese is melted.

Nutrition information

(servings: 4)

Calories 460
Sodium 1,250mg
Total fat 21g
Saturated Fat 8g
Protein 33g
Total carbohydrate 31g
Dietary fiber 1g,
Total sugars 7g

TO BE MORE MINDFUL

- Take deep breaths. Breathe in through your nose to a count of 4, hold for one second and then exhale through the mouth to a count of 5.
- Practice mindful eating. Be aware of the taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
- Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you.
- Be aware of your body. Mentally scan your body from head to toe. Bring attention to how each part feels.



OCTOBER BIRTHDAYS

Jean Buchan	Paul Rice
Harold Carnal	Lana Rings
Angelo Centofante	Marie Roth
Louise Dillow	Peter Rulison
Jerelyn Duran	Grace Schick
Joe Erickson	Sarah Schipper
Brenda Grange	Cinda Lou Schwindt
Richard James	Natasha Seedorf
Richard Jennings	Kathy Shaw
Virginia Loomis	Frank Shove
Linda Luke	Ralph Smith
Dianne Nelson	Mary Jo Spain
Tami McDaniel	Kathy Spink
Frances Meraz	Nancy Stover
Alice Kay Murra	Karen Stowe
Larry Nelson	Kappe Stutsman
Melissa Nelson	Debby Sutherland
Trish O'Grady	Joanne Teeple
Kathy Ortega	Helen Westrick
Martha Rabe	Walter Wiegner



BIRTHDAY LIST

Our birthday list is compiled from completed 2026 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: gcnewsletter.org/contact

SUBSCRIBE

Subscribe today to the Garfield County Older Adults Program Connection! If you don't already receive this newsletter regularly, subscribe for an email of the newsletter by calling 970-665-0041 or contact us at gcnewsletter.org/contact. There is no charge for subscription.



FALL-PREVENTION STRATEGIES

As we get older, our bodies change — and certain health conditions or medicines can make falls more likely. In fact, 1 in 4 adults over 65 reports a fall each year. But here's the good news: fear of falling doesn't have to run your life. A few simple habits can make a big difference.

Below are six easy fall-prevention strategies you can start today.



1. Talk with your healthcare team

Schedule a check in to look at your fall risk and talk about ways to stay safe. They may ask about:

- Your medicines. Bring a list of everything you take — prescriptions, over the counter items, and supplements.
- Any past falls. Write down when and where they happened, and what caused them. Even “almost falls” matter.
- Your health conditions. Eye or ear issues, dizziness, joint pain, numbness, or shortness of breath can affect balance. Your provider may check your strength, balance, and walking style.

2. Keep moving

Staying active helps your muscles stay strong and your balance stay sharp. Try gentle, enjoyable activities like:

- Walking
- Strength exercises
- Water workouts
- Tai Chi

Even small amounts of movement help.

3. Wear sensible shoes

Your footwear matters. Choose shoes that fit well, have good support, and won't slip. Changing your shoes can be a simple but powerful part of your fall-prevention plan.

4. Remove home hazards

Take a fresh look around your home and make small changes that keep you safe:

- Secure or remove loose rugs.
- Use nonslip mats in the tub or shower.
- Consider a bath seat so you can sit while bathing.
- Turn on lights before using stairs.

5. Light up your living space

Good lighting helps you spot obstacles before they become a problem.

- Use night lights in the bedroom, bathroom, and hallways.

- Keep a lamp within reach of your bed.
- Make sure the stairways and entryways are well lit.

6. Use helpful devices

Assistive tools can help you stay steady and independent:

- Canes or walkers
- Handrails on both sides of stairs
- Nonslip treads on wooden steps
- Raised toilet seats or seats with armrests
- Grab bars in the shower or tub
- A sturdy shower seat and hand-held shower nozzle

These devices are not signs of weakness — they're smart tools that help you stay active and confident.

SOCIAL CONNECTIONS HELP YOU STAY HEALTHY

Most people know that eating healthy foods and staying active are important for good health. But staying connected with other people is important too.

People who have strong social connections often live longer, feel happier, and have a lower risk of health problems.

Today, many people feel lonely. About 1 in 3 adults say they feel lonely, and many feel they do not have enough emotional support.

Feeling lonely or isolated can increase the risk of:

- Heart disease
- High blood pressure
- Depression and anxiety

- Memory problems and dementia
- Early death

Loneliness and social isolation are not the same. You can be around people and still feel lonely or enjoy being alone and not feel lonely. However, both can affect your health.

Older adults may be more at risk because of retirement, health issues, living alone, or losing loved ones. The good news is that even small social interactions can help.

Ways to stay connected

- Call or visit family and friends.
- Join activities at your senior center.

- Volunteer in your community.
- Take a class or learn a new hobby.
- Join a walking, exercise, or hobby group.
- Attend community or faith-based events.
- Check in on neighbors and offer help when needed.

Strong social connections can improve both your physical and emotional health. Even small moments of connection can make a big difference.



UPCOMING EVENTS

OCTOBER 1, 8, 15, 22, 29 - Golden Years Ice Cream Social, Thursdays 1-2 p.m. at [Silt Library](#). Come chill with us outside on the patio for our social gathering just for seniors. Enjoy delicious ice cream and a fun variety of toppings. No registration needed, just drop by.

OCTOBER 2 - Carbondale First Friday/Harvest Party, 5-8 p.m., Local galleries, retail shops, live music, food trucks, community activities, extended gallery/shop hours.

OCTOBER 3, 4, 10, 11, 17 and 18, and 29 - Glenwood Springs annual Ghost Walk at Linwood Cemetery.

OCTOBER 3 - Carbondale Annual Potato Day, parade on Main Street and festival in Sopris Park that offers farmer's market, community meal, harvest bar, kid's activities, live entertainment, 8:30 a.m.-5:30 p.m.

OCTOBER 5 - Spice Up the Month with Craft Kits at [Rifle Library](#). Every month will feature a new craft, and the kits will be available to pick up starting on the first Monday of each month. Anyone 18 and older can participate in this free series, but you must sign up in advance to be on the list to get a kit. Sign up at the front desk or call 970-625-3471.

OCTOBER 6 - Clear the Clutter, Clear your Mind workshop, 5:30-6:30 p.m. at Glenwood Springs Community Center, \$10/person. Register by October 13. Call 970-384-6301.

OCTOBER 6, 13, 20, 27 - Mah Jongg drop-in games all levels of players welcome at the [Glenwood Library](#) 1:30-3:30 p.m.

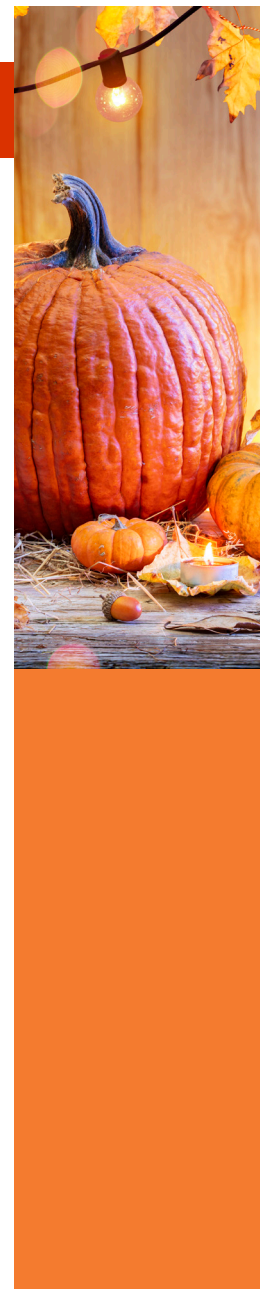
OCTOBER 6, 20 - Grief Support Group at [Grand River Health](#) in Rifle 5:30-6:30 p.m. Free, ongoing, in-person grief support for adults dealing with loss of a loved one.

OCTOBER - Mahjong every Friday from 1-4 p.m. at the [New Castle Community Center](#). No fee. No registration.

OCTOBER 9 - Nathan McEuen at the [Ute Theater](#), This performance is part of his album release tour celebrating his new record, "Time To Go Home," 7:30-10:30 p.m. \$25-50

OCTOBER 9, 23 - Fridays – FBC Community Table (food assistance program) 172 N. 7th Street in New Castle on the second and fourth Friday of every month from 1-3 p.m. Donations accepted for volunteers' gas.

OCTOBER 10 – Embervina, A Night of '70s, '80s, '90s Hits at the [Ute Theater](#) in Rifle, 7:30-11 p.m., \$25-65. From classic rock anthems to nostalgic throwback radio tracks, this is the ultimate Saturday night soundtrack.



UPCOMING EVENTS

OCTOBER 3,10 - Octoberfest on Saturdays at [Glenwood Caverns Adventure Park](#). Live music and German-inspired food. 10 a.m.-6 p.m.

OCTOBER 10-11 - Glenwood Springs Fine Arts & Crafts Event at Bethel Plaza/7th Street. This is a big one. Handmade and fine-art vendors.

OCTOBER 13 - Memory Care Support Group, 3-4 p.m., Sopris Lodge, 970-251-1635.

OCTOBER 14 - Spirit Walk at Highland Cemetery in New Castle, 6:30-9 p.m. Historic figures are portrayed by actors at their gravesites; there is a fire pit, local history storytelling, cider, and cookies, Adults \$10, \$5 children 5-15, under 5 free.

OCTOBER 15 - Older Adult Road Trip to Palisade. Wine tour. 9 a.m.-4 p.m., Thursday, \$20/person. Bring a sack lunch or money for buying food and other purchases. Register by October 13. [Glenwood Springs Community Center](#), Call 970-384-6301.

OCTOBER 15 - [Third Thursday on Third](#): Halloween in Rifle, live music, food trucks, and local vendors 5-8 p.m.

OCTOBER 17 - [Glitter in the Air](#): The Ultimate Pink Experience with Misery INC. at the Ute Theater in Rifle. 7-11:30 p.m., \$30-35.

OCTOBER 17 - Glenwood Springs Oktoberfest on 7th Street from 3-8 p.m., live music from Neue Polka and The Polkanauts, festive food, plenty of German-inspired fun.

OCTOBER 21 - Caregiver support group, 3-4 p.m. at Glenwood Springs Library.

OCTOBER 23 - [Graveyard Choir](#) w/special guest Ricky Bobby & the Hellcat Fury are playing at the Ute Theater in Rifle. 7-11 p.m., \$20-\$58.

OCTOBER 24 - [Halloween Costume Ball](#) at Hotel Colorado, 7-11 p.m., \$45 per person, Tickets & info (970) 928-3766.

OCTOBER 24 - Wild & Scenic Film Festival at [Ute Theater](#) and Events Center in Rifle, award-winning short films celebrating rivers, nature, and environmental stewardship. Door prizes, snacks, and beverages. 6-9:30 p.m., \$20.

OCTOBER 29 - Wild & Scenic Film Festival at [Glenwood Vaudeville Theater](#), short award-winning films about rivers, the natural world, and environmental stewardship. Live auction, door prizes, and food and beverage. 5:30-9 p.m., \$25.

OCTOBER 31 - 2nd [Annual Ghouls & Goblins Gala](#) Featuring Ninety Percent '90s at the Ute Theater in Rifle, 8-11:30 p.m., \$30-\$35.



WELL & WISE

Geri-Fit

Parachute Community Center – Parachute

Mondays and Wednesdays 10-11 a.m.

Grand Valley Rec Center – Battlement Mesa

Thursdays, 9-10 a.m.

Carbondale Library

Thursdays, 12:30-1:30 p.m. – September 17 – November 5

Tai Chi For Health

Sunnyside Retirement – Glenwood Springs

Mondays 1-2 p.m., September 21 - November 9

Rifle Senior Center – Rifle

Tuesdays 10:30-11:30 a.m., September 8 – October 27

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

Garfield County Older Adult Programs offers classes for adults 60 and older. The recommended voluntary contribution for each Well & Wise 8-week series class is \$20 per person. Participants are encouraged to pay as they are able.

How to contribute:

- Make checks payable to GCDHS
- Mail to: 195 W. 14th Street, Rifle, CO 81650. Attn: Jenny Roberson.
- You may also place your donation in the secure box at any of our meal sites.

Grief in Motion

Every Monday. 9 -10 a.m. at the [Glenwood Springs Community Center](#). For those who have lost a loved one. Find comfort and connection during our outside (weather permitting) walks. Facilitated by Cath Adams, a certified grief coach. Free. It is recommended to wait six weeks following the passing of your loved one before joining the group. 970-384-6314.

Fall-prevention class

Every Wednesday. 9:45-10:30 a.m. at the [Glenwood Springs Community Center](#). Day pass/free for members. Contact Tiff with any questions. 970-384-6314.

Aqua Fit

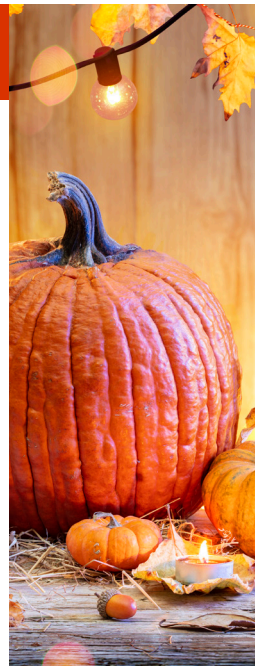
Every Wednesday. 9:45-10:30 a.m. at the [Glenwood Springs Community Center](#). Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

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. Contact Tiff if you are interested in participating. 970-384-6314.

NeuroPong

For those with neuromuscular challenges. This class is specifically designed to help individuals with Parkinson's disease, MS, or other neuromuscular conditions. This is at the [Glenwood Springs Community Center](#) on Thursdays from 2-3:30 p.m. 970-384-6314.



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Congregate meal sites

The Orchard, 110 Snowmass Drive on Wednesdays.

For reservations, call (970) 665-0041. Call by noon on Monday.

Colorado Mountain College, 1402 Blake Avenue, on Tuesdays and Fridays.

For reservations please call (970) 665-0041 by noon on Friday for Tuesday reservations and call by Wednesday at noon for Friday reservations.

Sunnyside Retirement Center, 601 21st Street, Tuesdays and Fridays. For reservations, call (970) 665-0041 by noon on Friday for Tuesday reservations and call by Wednesday at noon for Friday reservations.

New Castle Valley Senior Housing, 201 Castle Valley Blvd. on Mondays. For reservations call (970) 665-0041 before noon on Friday.

Silt at Silt Town Center, 600 Home Avenue, Wednesdays. For reservations, call (970) 665-0041. Call by noon on Tuesday.

Rifle Senior Center, 50 Ute Avenue, Rifle on Tuesdays, Thursdays and Fridays. For reservations please call (970) 665-6540, 24 hours in advance.

540 N. Parachute Ave., Mondays and Wednesdays. For reservations call (970) 665-0041 by noon on Friday and Tuesday.

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 garfieldcountyco.gov/human-services/meals-feedback

Mail us a note at: Older Adult Programs feedback
Attention Jeff Lawson
195 W. 14th St., Building B
Rifle, CO 81650

HIGH COUNTRY VOLUNTEERS

It's time for Medicare open enrollment!

Call High Country Volunteers at 970-896-6210 for a free appointment with a certified Medicare counselor to review your prescription drug plan and make sure you've got the best coverage for 2027.

Enroll October 15 through December 7

Coverage begins January 1



Enroll Oct. 15 - Dec. 7



Coverage
begins
Jan. 1

THE TRAVELER

Who is the Traveler for?

The Garfield County Traveler is for people who cannot drive or take public transportation because of permanent or temporary disability. For those who are 70 years of age and older, a disability is not required.

Service covers a 2-mile radius of Highway 82 and I-70 between the communities of Battlement Mesa, Rifle, Silt, New Castle, Glenwood Springs, and Carbondale.

Operating Monday – Friday, 8 a.m. – 5 p.m.

Contact us

Find out if you are eligible to take the bus and how to apply for service.

(970) 384-4855

email: paratransit@rfta.com

Traveler reservations must be made by 3 p.m. on the business day prior to your trip. Space is limited but reservations can be made up to two weeks in advance.





Case Management Agency
Provider Fair

CARE FAIR

OCTOBER 12

12 - 6 p.m.

Glenwood Springs Branch Library
815 Cooper Ave., Glenwood Springs, CO
Friends Community Room

OCTOBER 13

8 a.m. - 1 p.m.

Colorado Mountain College
150 Miller Ranch Road, Edwards, CO
Lecture hall, room 118

MEET WITH LOCAL AND NATIONAL PROVIDERS OF SERVICES INCLUDING:

Respite providers
Residential services
Host homes
Family caregivers
Group homes
Behavioral services
Day programs
Therapies

Home delivered meals
Home care services
(homemaker, personal care,
health maintenance)
Non-medical transportation
Medical transportation
Medication reminders
Remote support

Personal emergency response
Skilled nursing



REGISTER TODAY

Glenwood Springs, October 12: garfieldcountycoproviderfair.eventbrite.com

Edwards, October 13: garfieldcountyproviderfair.eventbrite.com

PROTECTING YOUR FAMILY'S FUTURE

Estate planning seminar

Presented by

Hoffman Law Office LLC

Thursday, October 15 | 1 p.m.

Rifle Senior Center

50 Ute Avenue, Rifle, CO 81650

Join us for an informative seminar on estate planning led by local expert, Alexander "Z" Hoffman. Learn valuable insights, ask questions, and connect with fellow community members.

Complimentary snacks and refreshments will be provided.

Learn about actionable steps towards:

- Protecting your home and assets
- Planning for your children and families
- Tax planning
- Avoid probate



GARFIELD COUNTY OLDER ADULT PROGRAMS

Older Adult Programs

Nutrition staff

970-625-5282, ext. 3263

Older Adult Programs

Well and Wise staff

970-625-5282, ext. 3275

Nutritionist

970-625-5200, ext. 2036

Online newsletter

gcnewsletter.org

Garfield County Older Adult Program

970-665-0041 for questions, reservations, cancellations or to volunteer for Rifle, Parachute, New Castle and Silt.

gcnewsletter.org/contact

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

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