



# CONNECTION



## GARFIELD COUNTY FAIR AND RODEO, AUGUST 2, 6-9

**F**un, excitement, and pride in our western heritage will be on bountiful display at the 2025 Garfield County Fair and Rodeo. This year's theme, "Celebrating the bounty of our county," focuses on the many things we have to be grateful for here in Garfield County. The 87th annual event takes place from August 6-9, at the Garfield County Fairgrounds in Rifle. The annual parade is on Saturday, August 2 at 10 a.m.

The Summer of Thunder Car Show follows the parade from 12-4 p.m. at the Garfield County Fairgrounds. The Family Rodeo is Aug. 5 at the fairgrounds.

Swing on over to the fairgrounds August 6 and 7, for the PRCA Pro Rodeo and Xtreme Bulls. The adrenaline in the arena will be palpable as some of the toughest cowboys ever to take the saddle load up and wrangle with broncs and bulls determined to ruin their day.

On Aug. 8, we welcome music lovers for our always fantastic Friday night concert. We're thrilled to host the legendary Nitty Gritty Dirt Band and supporting act David Nail. We guarantee it will be a night of fun and dancing you won't want to miss.

The fair closes out with a bang – or a crash – on Saturday, Aug. 9, with the always thrilling demolition derby. It's a blast watching these brave drivers compete till the last tire is spinning.

This is just the tip of the iceberg of fun to be had at the Garfield County Fair and Rodeo. Come on out and experience the bountiful reasons that Garfield County is the greatest place in the world to live and play. For more information go to [garfielddocuntyfair.com](http://garfielddocuntyfair.com).

### Hand grip

Hold a tennis ball in each hand, slowly squeeze the ball as hard as you can and hold it for 3-5 seconds. Relax the squeeze slowly. Repeat 10-15 times.

# Mildred Meeker

I was born and raised on a family farm in Cranesville, Pennsylvania. All of us kids were born in the house I lived in until I got married.

While I was growing up, I attending a two room school house. One of the rooms had no electricity or water. Classes first through eighth grade had one teacher. I graduated in 1957, and married Jim Meeker. We raised two great kids and now have 5 grandkids, and 6 great-grandkids. Jim and I both were twins.

I remember back in 1985, a huge tornado came through town and we lost everything except our lives.

Two years later, we moved to Colorado and I worked at a VA for 12 years. I retired and both Jim and I became ushers at Coors Field in Denver for the Colorado Rockies Baseball team for 10 years.



## Quotes from page participants who have taken Well & Wise exercise classes

"I am paying more attention to my posture"

"It makes me feel like taking on the day"

"Makes me exercise, push myself!"

"I do more at home, Thanks"



During the winter, we moved to Florida or Arizona. We did a lot of fishing, camping, and hunting. Jim passed away in 2018; we were married for 61 years.

I have been traveling and I have been to all 50 states and have been to all five Great Lakes. Jim and I volunteered at the VA nursing Home at Rifle Senior Center for years.

We enjoyed every minute knowing we were helping out many hard workers. I feel very good when I volunteer and I just hope I can continue.

**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

## The truth about carbohydrates

### What is a carbohydrate?

A carbohydrate (carb) is a sugar molecule that provides energy for the body. Carbohydrates include fiber, starches, and sugars that are essential food nutrients. Carbohydrates are broken down into glucose, which is the main source of energy for the body's cells. The amount of carbs you consume affects your blood sugar. Taking in a lot of carbs can raise blood sugar levels.

### Which foods contain carbohydrates?

Grains bread, biscuits, bagels, pancakes, dinner rolls, tortillas, crackers, rice, quinoa, pasta, oats, cereal, popcorn, polenta, graham crackers, chips, pretzels

Continued on page 10

**Grains:** Bread, biscuits, bagels, pancakes, dinner rolls, tortillas, crackers, rice, quinoa, pasta, oats, cereal, popcorn, polenta, graham crackers, chips, pretzels

**Fruits:** whole fruits, fruit juices

**Starchy vegetables:** peas, beans, lentils, corn, potatoes, winter squash

**Dairy:** milk and yogurt

**Sweets:** cookies, candy, cake, pie, pudding, doughnut, muffin, ice cream

**Drinks:** soda, fruit drinks, sport drinks, energy drinks, sweet tea, sweetened coffee

**Sauces and condiments:** BBQ sauce, jam/jelly, honey, syrup, ketchup, some salad dressings.



## 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 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](mailto:dnovak@parkinsonrockies.org) or call 866-718-2996. You may also contact Tiffany with any questions 970-384-6314.



# Brown rice and orange salad

60 Minutes

10 Ingredients

8 Servings

## Ingredients

- 1 cup brown rice
- 4 small clementines, or 1 cup mandarin oranges, canned in juice
- 3 green onions
- 1 large lemon
- 1 cup almonds
- 1 cup frozen shelled edamame beans
- 1 cup dried cranberries
- 1 Tablespoon honey
- 1/8 teaspoon ground black pepper
- ¼ cup canola oil
- ½ cup feta cheese (optional)



## Instructions

1. Cook rice following package instructions. Remove from heat. Let stand covered for 10 minutes. Scoop out into a large bowl to cool. While rice is cooking, prepare rest of salad.
2. Preheat oven to 350°F.
3. Peel clementines and tear into segments. Or, if using canned oranges, rinse and drain.
4. Rinse and chop green onions.
5. Rinse lemon and cut in half. In a small bowl, squeeze juice from both halves. Discard
6. Slice almonds. On a baking sheet, spread slivered almonds. Bake until golden brown, about 8–10 minutes. Watch closely so they do not burn.
7. Fill a small pot with about 2 inches of water. Bring to a boil. Add edamame. Cook for 3 minutes, or until tender. Drain and set aside.
8. Add clementines or mandarin oranges, edamame, green onions, almonds, and dried cranberries to bowl with rice. Mix together.
9. In a second small bowl, use a fork to whisk together lemon juice, honey, and ground black pepper. While still whisking, slowly drizzle in the oil until a dressing forms.
10. Pour the dressing over the salad. Mix well. Let salad rest at room temperature for 10 minutes so the flavors can combine.
11. If using, top with crumbled feta cheese.

## 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](http://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](http://www.gcpld.org).

Mountain Family Health Center – Medical, Dental and Behavioral health, 970-945-2840

## FARMERS MARKET

**Hello August !**

**You're the  
perfect excuse  
for more ice  
cream and less  
responsibility.**

**Unknown**



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**

**We wish each of you a  
very Happy  
Birthday**

**Glenwood Springs Farmers Market** Tuesdays, August 5 - September 2, 4-8 p.m., on 7th Street between Colorado Avenue and Cooper Avenue.

**Carbondale Farmers Market**  
Wednesday's, August 6 — September 24,  
10 a.m. – 3 p.m., 4th and Main Street in Carbondale.

**Rifle Farmers Market**  
Friday's, August 1 –September 5,  
4-8 p.m., at Heinze Park, 612 Railroad Ave. in Rifle.

No farmers market in **Silt** this year

**New Castle Farmers Market**  
Thursdays, August 7 - August 28,  
4:30-7 p.m., at Burning Mountain Park.

**Parachute Farmers Market**  
Mondays, August 4 — September 15,  
4 –7 p.m. at Beasley Park on 1st Street.



## AUGUST BIRTHDAYS

Dorothy Ault  
Jerry Barber  
Eva Bowman  
Cory Bretthorst  
Mary Bretthorst  
Rebecca Byars  
Kathy Davidson  
Larry Forbes  
Jay Fowler  
Brian Gaddis  
James Gisburne  
Laura Goodwin  
Linda Graviett  
Diane Johnson  
Mo Lechuga  
Judy Lindsay  
Sylvia Livsey  
Ann Lundin

Mary Miracle  
Donna Natal  
Nancy Pazik  
Barbara Peterson  
Cora Pipkins  
Tommy Sands  
Judy Sirotek  
Shirley Smith  
Marilyn Smith  
Jane Spaulding  
David Stahl  
Ramona Stark  
Tamara Trujillo  
Paul Verhulst  
Phyllis Willhite



**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

**August 1**, First Friday in Carbondale, 5-8 p.m., stroll Main Street. Games, activities, live music, and a wide range of local arts.

**August 1**, 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.

**August 1**, Comedy Night at the Ute Theater in Rifle, 8-11 p.m. Tickets are \$20-\$30 go to [utetheater.com](http://utetheater.com).

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

**August 7, 14, 21, 28**, The Golden Years at the Silt Library. Come enjoy ice cream and great company 1-2 p.m.

**August 11, 18**, In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale library. Bring whatever project your working on. All abilities welcome.

**August 13**, Wonderful Wednesday at the Glenwood Springs Library. Join us once a month for a new activity 10:30 - 11:30 a.m.

**August 14**, Grand Valley days in Parachute. Pancake breakfast 7-10 a.m. Methodist Church, Parade 10 a.m. begins on 2nd Street. For more information go to [gvdays.com](http://gvdays.com).

**August 16, 23**, Music on the Mountain at the Glenwood Caverns. Gondola are \$5 after 4 p.m. The Premier Madonna Tribute playing on 8/16, 6-9 p.m. Church of Cash playing on 8/23 6-9 p.m.

**August 21**, Dance Aspen at the Ute theater in Rifle, 7-9 p.m. Tickets are \$15-\$30 go to [utetheater.com](http://utetheater.com).

**August 23**, Silt Hey Days Pancake breakfast 7-9:30 a.m., Parade at 10 a.m. For more information go to [siltheydays.com](http://siltheydays.com)

**August 30**, Music Under the Bridge in Glenwood at the Bethel Plaza 4:30-7:30 p.m.

## Not all carbohydrates are equal

Choose carbohydrates that provide fiber. Eating food with soluble fiber helps to lower your unhealthy cholesterol and keep your blood glucose in range. Some examples include asparagus, Brussels sprouts, sweet potatoes, turnips, apricots, mangoes, oranges, legumes, barley, oats, and oat bran.

Starches provide complex carbohydrates that contain vitamins and minerals. It takes your body longer to break down complex carbohydrates, so blood sugar levels remain stable. Starchy carbohydrates can be found in beans, legumes, apples, berries, melons, brown rice, oatmeal, whole wheat bread, corn, peas, and potatoes.



Limit refined carbohydrates. Refined carbohydrates are foods with high amounts of simple sugars. Some examples of refined carbohydrate foods are table sugar, sweets, and beverages sweetened with added sugar. These foods can raise triglyceride levels and raise blood sugar quickly.

### How many carbohydrates should I be eating?

There is no one-size-fits-all amount of carbohydrates that people should eat. The amount that is right for you will depend on your age, sex, height, weight, physical activity level, and medical conditions. Most people should aim to get 45 to 65% of their calories from carbohydrates. Another good rule of thumb is to fill half the plate with fruits and vegetables, one-quarter with whole grains, and one-quarter with protein.

People with diabetes or prediabetes may have to count carbohydrates to manage their blood sugar. Talk with your doctor or dietitian to determine how many carbohydrates are right for you.

#### **To lose weight**

**Women** 30-45 grams

**Men** 45-60 grams

#### **To maintain weight**

45-60 grams

60-75 grams

## 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](http://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](http://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.

- **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/](http://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.

Help us reduce use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online. Please visit [www.garfieldcountycyco.gov](http://www.garfieldcountycyco.gov) and choose Older Adult Programs.

## 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) in 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 Tuesday.

**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 Monday and Thursday.

**Glenwood Springs “Sunnyside Senior Meal”** at Sunnyside Retirement Center, 601 21<sup>st</sup> 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 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 make a donation.*

***Guest fees for those under 60 is \$10.25 per meal.***

Questions: please call 970-665-0041 or email at [DHSolderadultprograms@garfieldcountyco.gov](mailto: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@garfield-county.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](http://www.garfieldcountyco.gov)

### **Other county emails:**

Eagle County [www.eaglecounty.us/publichealth](http://www.eaglecounty.us/publichealth)

Pitkin County Senior Newsletter and lunch menu [www.pitkinseniors.com](http://www.pitkinseniors.com)