



CONNECTION

Happy retirement, Debby!

After 35 years of dedicated service to Garfield County, our beloved Well & Wise Coordinator, Debby Sutherland, is retiring on December 19, 2025.

Debby has been a cornerstone of our Older Adult Programs – writing and curating our monthly newsletter, coordinating exercise classes that keep our community active, and supporting the senior meal program with care and consistency. Debby has brought energy, compassion, and creativity to everything she touched. Her leadership has helped countless older adults stay active, informed, and connected. Her

deep commitment to healthy aging and her ability to make everyone feel welcome have left a lasting mark on our community.

We will miss her warm smile, her thoughtful planning, and her unwavering support – but we're excited for her next chapter and hope it's filled with joy, relaxation, and plenty of well-deserved adventures.

Please join us in wishing Debby all the best in retirement!



Joy Davis on the left, Debby Sutherland on the right.

Toe stand

- 1 Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
- 2 Slowly stand on tiptoes as high as possible.
- 3 Hold the position for 1 second
- 4 Slowly lower heels to the floor.
- 5 Repeat 10-15 times.

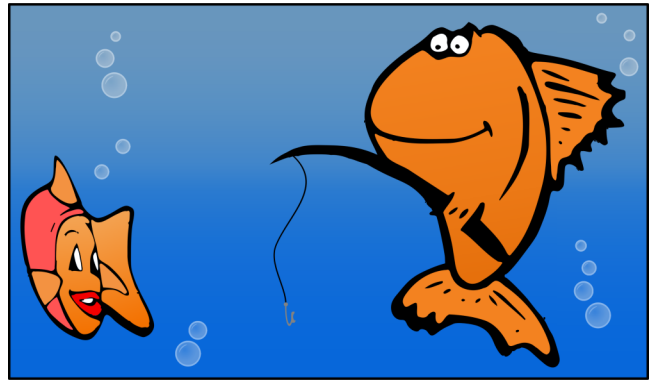


LET'S MEET ONE OF OUR VOLUNTEERS

Alice Kay Murra

Alice Kay Murra was born in Blue Earth, Minnesota. She lived and worked on a farm until 16 years old, then moved into the town of Blue Earth. She graduated from Blue Earth High School in 1977. She married twice and had one son. She moved to Iowa and eventually came to Colorado.

"I really like it here, I wish I'd been here years ago. I have a couple of crafts in the works. I color, wood burn, and read. I guess you could say I work hard at being retired. I volunteered at the tourist information place last summer and I volunteer at the Senior Center in Parachute for the Garfield County Older Adult Program lunch. I like camping, but sleeping on the ground in these later years is tough — getting up and fighting against gravity really brings a person down. Fishing is a two thumbs up. After all, my worst day fishing was better than my best day on any job. I think that sums me up."



If you would like to sign up to become a volunteer in Parachute, New Castle, or Silt, call us at (970) 665-0041 or email us at DHSolderadultprograms@garfieldcountyco.gov

To sign up to volunteer in Glenwood Springs or Carbondale:
Please call Mary Kenyon at (970) 404-1193

The county will be closed on the following days. There will be no meal service or Traveler service to the meal sites on these days:

Tuesday, December 23
Wednesday, December 24
Thursday, December 25
Friday, December 26
Thursday, January 1
Friday, January 2

No meal service at Chat & Chew
Christmas Eve
Christmas
County day off
New Years Day
County day off



If you want to attend lunch on December 23, please make reservations to attend lunch at the Sunnyside meal site by calling 970-404-1193.

Open Enrollment & December Birthdays

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 2026.



Enroll Oct. 15 - Dec. 7



Coverage
begins
Jan. 1

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
**DHSOlderAdult
programs@
garfieldcountyco.gov**

We wish each of you a
very Happy



DECEMBER BIRTHDAYS

Carmen Anderson
Earlene Babcock
Kathryn Brittain
Gini Christensen
Keith Clemons
Judy Cobb
Jimmy Colihan
Emma Danciger
Delia Gray
Darin Grimm
Stacey Grunwell
Patricia Leonetti
Bob Masias
Helen Mytty
Sher Nate
Alice Newcomb
Steve Nitz

Don Olsen
Rita Pappas
JoAnn Peaslee
Christine Samuelson
Susan Schnuerle
Carol Sexton
Anastasia Stowe
Richard Teague
Deb Trujillo
Tamara Trujillo
Michael Vander Pol
Urbano Vasquez
Mary Weaver
Andrew Weedham
Capri Whitcombe
Deborah Wright

**Thursday, December 25th
Merry Christmas!**



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!

Nutrition Education by Emily Stanton MS, RD

Nutrition and oral health

Nutrition plays a vital role in maintaining oral health. It influences the development and progression of conditions, such as cavities, gum disease, and enamel erosion. Research indicates that 96 percent of adults aged 65 and older have experienced at least one cavity, and 1 in 5 adults currently live with untreated tooth decay. Beyond the mouth, poor oral health has been linked to serious systemic conditions, including cardiovascular disease, stroke, endocarditis, and pneumonia.

Nutrients that promote oral health

- **Calcium-rich** foods, such as low-fat or fat-free milk, yogurt, cheese, fortified soy milk, dark leafy greens, and almonds promote strong teeth and bones.
- **Phosphorus** is a mineral essential for strong teeth and bones and is found in eggs, fish, lean meat, dairy, nuts, and beans.
- **Vitamin C** promotes gum health and is found in citrus fruits, tomatoes, peppers, broccoli, potatoes, and spinach.
- **Vitamin A** is a key nutrient in building tooth enamel. It can be found in orange-colored fruits and vegetables, dark leafy greens, eggs, dairy products, and fish.
- **Water**, especially fluoridated water, helps keep the mouth clean and prevents dry mouth.
- Visit the dentist regularly, at least every 6 months.



Nutrition Education, continued from page 4

Foods and habits that negatively impact oral health

- **Frequent snacking** can lead to the build-up of plaque bacteria in the mouth. These bacteria feed on sugars from food, producing acid that attacks tooth enamel. Each “acid attack” can last up to 20 minutes after eating, so continuous snacking throughout the day increases the risk of tooth decay.
- Try to minimize snacking on **sugary, sticky, and refined carbohydrate-rich foods**. Items like candy, chocolate, cookies, cakes, white bread, dried fruit, and ice cream can contribute to tooth decay. Instead, choose healthier snacks such as fresh vegetables, fruits, low-fat or fat-free yogurt, unsalted nuts, or whole-grain crackers to support better oral health.
- Watch your intake of **sugary drinks**. The sugar and acid feed harmful bacteria in the mouth that erode tooth enamel.
- Limit **alcohol** consumption, as many alcoholic beverages are highly acidic and can erode tooth enamel over time. Additionally, drinks with high alcohol content may contribute to dry mouth, which can increase the risk of oral health issues.

Other important tips

- Maintain good oral hygiene. Brush teeth thoroughly twice a day with fluoride toothpaste and floss once a day to remove plaque.
- Brush your tongue. Your tongue also holds bacteria.
- If you wear dentures, clean them daily and remove them at night to prevent fungal infections and other issues.
- Visit the dentist regularly, at least every 6 months.



“A smile can brighten the darkest day.”



For Information on dental grants, go to Senioranswers.org
Colorado Gerontological Society



Individuals who receive Health First Colorado (Medicaid) or have private dental insurance are not eligible for the program. You can call 1-855-225-1729 for more information about Medicaid dental benefits.

Those not on Health First Colorado may call 303-333-3482

Chickpea Salad

Ingredients

Salad

- 6 cups of Romaine lettuce
- 1 large avocado, diced
- 2 cups cherry tomatoes, halved
- 2 Tbsp olive oil
- 1 medium red onion, sliced thinly
- $\frac{1}{3}$ cup pitted Kalamata olives
- $\frac{1}{3}$ cup Feta cheese
- 4 hard-boiled eggs, peeled and chopped
- 2 (15oz.) cans chickpeas, drained, rinsed, and dried
- 2 tsp chili powder
- 2 tsp paprika
- $\frac{1}{2}$ tsp ground cumin
- 1 tsp garlic salt
- $\frac{1}{4}$ tsp pepper

Dressing

- 1 large lemon juiced
- 3 Tbsp olive oil
- 1 tsp dried oregano
- 2 cloves fresh garlic, minced
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp pepper

Directions

Preheat oven to 400°F

Line a baking sheet with parchment paper.

Add the dried chickpeas to the tray and sprinkle with chili powder, paprika, cumin, garlic salt, and pepper.

Drizzle with olive oil and toss until evenly coated.

Arrange the chickpeas in a single layer and roast for 25-30 minutes, until dark golden brown and crisp. Turn once or twice during roasting time.

In a small jar, add all dressing ingredients and shake, or whisk dressing ingredients together in a small bowl. Set aside.

Place Romaine lettuce in a large bowl and top with crispy chickpeas, cherry tomatoes, onions, avocado, olives, feta cheese, and hard-boiled eggs.

Drizzle with the homemade dressing, then gently toss your salad. Enjoy!



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: Jenny Roberson. 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.

Geri-Fit, a class where you use weights and Thera bands to help you become stronger. **Class beginning on January 6 at Crystal Meadows in Carbondale 10 -11 a.m. In Glenwood Springs beginning January 5 through February 23, 1-2 p.m. at Sunnyside.**

Geri-Fit classes in Parachute on Mondays at Valley Senior Center 10-11 a.m. 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. **Tai Chi class at the Silt Library beginning January 7 from 1-2 p.m.**

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

If you are interested in becoming a instructor to teach seniors Tai Chi 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.

UPCOMING EVENTS

Dec. 1, 8, 15, 22, 29, In Stitches Knitting Club, 1:30–3 p.m., at the Carbondale Library. Bring whatever project you're working on. All abilities welcome.

Dec. 2, 16, 30, Basic computer classes for adults, 9-10 a.m., at the Rifle Library.

Dec. 2, People with Parkinson's Support Group at The Orchard Church, 1-2 p.m.

Dec. 3, Death Café, join us for a relaxed, judgement-free conversation about death as a way to gain a deeper appreciation of life, at Sopris Lodge at Carbondale, 3:30-5 p.m.

Dec. 4, 11, 18, Golden Years Ice Cream Social at Silt Library, 1-2 p.m.

Dec. 4, Circle of Friends, enrichment activities for adults with caregivers, At New Castle Library, 10:30-11:30 a.m.

Dec. 4, Adult Only Winterfaire Shopping Evening, 4-8 p.m., at Waldorf School on the Roaring Fork In Carbondale

Dec. 4-7, Hometown Holiday in Rifle: **6th** – Craft Fair at Highland Elementary, 9 a.m.- 3 p.m., Polar Express movie at Brenden Theater at 10 a.m.; tree lighting at 5 p.m. at Heinze Park; 5:30-5:50 p.m. Fireworks; Parade of Lights at 5:45 p.m.; bonfire & s'mores following parade at Brenden Theater; Symphony of the Valley at Ute Theatre **6th** 7 p.m.; **7th** 2 p.m., 4:30 p.m.

Dec. 5, Holiday Tree Lighting & Chili Cook-Off, 5-8:30 p.m., at Burning Mountain Park in New Castle.

Dec. 5, Sketch ... Paint ... Play, 1-3 p.m., at the Carbondale Branch Library Bring materials and projects of your choice. Free and open to adults of all skill levels.

Dec. 5, First Friday in Carbondale, 5-8 p.m., stroll Main Street. Light Up Carbondale, games, activities, live music, and a wide range of local arts.

UPCOMING EVENTS, CONTINUED

Dec. 5, 12, 19, Deck the Walls Holiday Market Carbondale Arts Gallery, 10 a.m.-2 p.m.

Dec. 5, 12, 19, Mahjong at New Castle Community Center, 1-4 p.m.

Dec. 5, 19, 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.

Dec. 6, Holiday Bazaar at Glenwood Springs Community Center, 9 a.m.- 4 p.m.

Dec. 3, 6, 10, 13, 17, 20, 27, Free Tai Chi at the Glenwood Library, 5:30-6:30 p.m., on Wednesdays and 9:30-10:30 a.m. on Saturdays.

Dec. 6, 12, Mountain Madrigal Singers concert from 7 – 8:30 p.m. at Glenwood Church of Christ

Dec. 6, 34th Annual Winterfaire, 11 a.m.- 3 p.m., at the Waldorf School on the Roaring Fork in Carbondale \$25-30. Community festival with family crafts, music, stories, lunch and treats.

Dec. 7, 13, Mountain Madrigal Singers free concert from 2-3:30 p.m. held at Glenwood Church of Christ, Glenwood Springs. Laura Porterfield 970-379-5441

Dec. 9, Carbondale Alzheimer's and Dementia Caregiver Support Group, 3-4 p.m., at Sopris Lodge In Carbondale

Dec. 9, Death Café, join us for a relaxed, judgment-free conversation about death as a way to gain a deeper appreciation of life from 6-7:30 p.m. in the Parachute Library.

Dec. 12, Friday Afternoon Club, 4:30-7:30 p.m., at Glenwood Caverns Adventure Park featuring the Jason Abbot Band — a Western Colorado band known for country-rock music.

UPCOMING EVENTS, CONTINUED

Dec. 13, Free-for-All Book Fair at Glenwood Springs Community Center, 12-5 p.m.

Dec. 13, Bee Merry Holiday Show Featuring The Queen Bees, 7-10 p.m., at the Ute Theater in Rifle. \$25.

Dec. 15, The Messiah concert, St. Stephens Church in Glenwood Springs 7 p.m., advanced reservations full, first come first serve.



Dec. 16, Grief Share Support Series 3:30-4:30 p.m. at Carbondale Branch Library

Dec. 17, Glenwood Springs Caregiver Support group 3-4 p.m. at Glenwood Springs Library

Dec. 18, 20, Memory Café, 10:30 a.m.-12 p.m., New Castle Library. This social gathering is for those with mild to moderate symptoms of memory loss and their caregivers. Every third Thursday of the month.

Dec. 18, 25, Bingo 6-8 p.m., at the BPOE Elks #2286 in Glenwood Springs. Concession, 5:30 p.m. Serving burgers, hotdogs, fries and more at 5:30 p.m. Early Bird Bingo at 6:30 p.m. Regular Bingo at 7 p.m.

Dec. 20, The Ute Theater Presents Comedy Night, Rifle, 7-10 p.m. \$30-35

Dec. 26, 27, Winter on the Mountain at Glenwood Caverns Adventure Park, 5-8 p.m. Wild Flight band will play the 26th, Jes & Tom will play the 27th.

Dec. 28, Escaping Reality Book Club 11 a.m.-12 p.m. Parachute Library



Dec. 31, Family Celebration, 12-3 p.m., at Glenwood Springs Community Center

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 Bev Reed at 970-309-5985, and medical equipment Alice Murra at 970-665-8569.

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.

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

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.

• **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.

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.

**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

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

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

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

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



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

Debby Sutherland, Older Adult Well &
Wise 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