

# CONNECTION

## LET'S MEET ONE OF OUR VOLUNTEERS



### Mary Bretthorst

Every day, we are grateful to see so many of you joining us for meals, classes, and conversation. Your presence brings joy and connection across our valley. A special thank you to our incredible volunteers — you set up rooms, serve meals, clean up, and welcome everyone with kindness. We also appreciate those who help with birthday cards and newsletters, keeping our community informed and celebrated.

Mary Bretthorst was born in August of 1946 in Nebraska City, Nebraska. She grew up on a farm near Burr, Nebraska and went to a one-room country school with two other kids in her class. All three had fathers who served in Europe during World War II.

Mary and Coy were married in March of 1969. They just celebrated their 56th anniversary. Mary received an elementary education teaching degree from the University of Nebraska. They lived in Aurora, Colorado, until they moved to Glenwood Springs in 1975. They have a daughter and a son, as well as a grandson and granddaughter.

Mary and Coy enjoy camping and traveling with their fifth wheel, fishing, and canning it. Locally, they enjoy camping at Meadow Lake, where starting back in the mid 1970s.



We are deeply grateful for Mary's warmth and loving spirit, which shine through in every interaction. Her kindness, steady presence, and genuine care for others embody the very heart of our community. Mary reminds us that connection is built not only through shared meals, but through the compassion and joy she so freely offers. Mary has been a volunteer at the New Castle meal site.

### Stand on one foot

- 1 Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold the position for 10 seconds.
- 3 Repeat 10-15 times.
4. Repeat 10-15 times with the other leg.



## SCAM PREVENTION

### We want to hear from you!

To be responsive to your needs, experiences, and ideas, Garfield County Older Adult Programs is implementing opportunities for you to share feedback. We will be reaching out by phone and email to a few participants each month to hear about your experience. You can also reach out to us:

- Email us at [mealsfeedback@garfieldcountyco.gov](mailto:mealsfeedback@garfieldcountyco.gov)
- Leave us a message at (970)625-5282 ext. 4045
- Drop us a note at :
- Older Adult Programs Feedback  
Attention: Jeff Lawson  
195 W 14th St, Building B  
Rifle, CO 81650
- If you would like a response, leave your name and how you would like to be contacted.



### Scam prevention presentations for January

Cami Taylor from the Bank of Colorado will give a brief talk on scam prevention, followed by a question and answer period before lunch.

**Presentations will begin at 11:30 a.m.**

Wednesday, January 7, 2026, at Silt Town Hall  
600 Home Avenue, Silt

Monday, January 12, 2026, New Castle at Castle Valley Senior Housing,  
201 Castle Valley Boulevard.

Wednesday, January 21, 2026, Parachute Valley Senior Center,  
540 N. Parachute Avenue.

Don't forget to reserve a meal.  
Rifle, New Castle, Parachute, and Silt  
(970) 665-0041.

Lunch will follow the presentations.



## SCAM PREVENTION

### Government impersonator scams

Here's how they work:

You get a call, email, or text message from someone who says they're from the Social Security Administration or Medicare. They say something alarming, like your Social Security number has been suspended. Or maybe you'll miss out on a government benefit. To fix it, they say you must pay, give them your personal information, or put your money on gift cards and read them PIN numbers.

The caller may know some of your Social Security number. And your caller ID might show a Washington, DC area code. But is it really the government calling?

No. The government doesn't call people out of the blue with threats or promises of money. Caller IDs can be faked, so if you're not sure, contact the agency at a phone number you know to be true (not the one they called you from).

Here's what to do:

**Stop. Don't send money to anyone who calls, emails, or texts and says they're with the government.** Don't send them cash or pay them with gift cards, wire transfers, or cryptocurrency. The government won't demand payment that way, and you won't get your money back. If you want to reach a government agency, find their contact information at USA.gov.

Pass this information on to a friend. You may not have gotten one of these calls, emails, or texts, but chances are, you know someone who has.

#### Please report scams

If you spot a scam, please report it to the Federal Trade Commission. Go online to ReportFraud.ftc.gov or call at (877) 382-4357.

#### How to avoid a scam:

**Remain calm.** Talk to someone you trust.

**Hang up or ignore** the message. DO NOT click on links or attachments.

**Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.

**Protect your personal information.** Be skeptical of a contact you didn't initiate.

## Bone health

Bone strength and overall health are lifelong priorities that can be supported through proper nutrition and regular physical activity.

According to the Bone Health & Osteoporosis Foundation, half of all women over the age of 50 will experience a bone fracture due to osteoporosis. Bone integrity is shaped by a combination of genetic factors, hormonal balance, dietary habits, and lifestyle choices.



### Adequate calories

Consuming enough calories is essential for maintaining and building bone tissue. In men, insufficient energy intake can disrupt the hypothalamic-pituitary-gonadal axis, leading to reduced testosterone levels and subsequent bone loss. In women, low-calorie intake can decrease estrogen levels. Since estrogen helps stop osteoclasts — the cells responsible for breaking down estrogen bone — its decline can accelerate bone degradation and reduce bone mass.

### Protein

Getting enough protein is vital for preventing bone loss and maintaining skeletal strength. Protein supports muscle mass, which in turn helps protect bones. It also stimulates osteoblasts — the cells responsible for building new bone — and provides the structural components of the bone matrix that hold calcium and other minerals. Additionally, protein enhances calcium absorption in the intestines, which is essential for preserving bone density.

### Calcium & Vitamin D

Calcium is a key building block of bones, giving them structure and strength. You can get calcium from foods like milk, yogurt, cheese, dark leafy greens, fortified orange juice, and fortified cereals. Vitamin D helps your body absorb calcium. Without enough vitamin D, your body can't use calcium properly to keep bones healthy. Good sources of vitamin D include sunlight, salmon, tuna, eggs, and fortified dairy products.

**Tai Chi** improves bone health by reducing bone loss and enhancing mobility. It strengthens muscles and balance, which lowers the risk of falls and fractures. It's safe for osteoporosis: low-impact and non-jarring, making it ideal for fragile bones. It also boosts flexibility and coordination, which helps maintain independence and confidence.

**In an effort to reduce printing costs, we will be publishing pages 9, 10, 11, and 12 quarterly. If you would like to sign up to receive our newsletter by email, please email Jenny Roberson at [jroberson@garfieldcountyco.gov](mailto:jroberson@garfieldcountyco.gov) or call (970) 625-5282, ext. 3275.**

## Nutrition Education by Emily Stanton MS, RD

Noses are red  
Fingers are blue  
I'm tired of winter,  
How about you?



Our birthday list is compiled from completed 2025 consumer assessments.

Please accept our apology if we missed your birthday or you did not receive a birthday card. If you want to update your information, please see Kappe or Jenny for a form.

Contact us at DHSOlderAdult programs@garfieldcountyco.gov



### Healthy eating for strong bones

The Mediterranean diet may help protect bones and slow down osteoporosis. This diet includes foods like nuts, low-fat dairy, and fish, which are rich in calcium, magnesium, and vitamin D. Eating patterns that promote fruit and vegetable intake also support bone health because they help reduce inflammation. Inflammation can activate cells that break down bone, so keeping it low is important for maintaining bone strength. It is also beneficial to limit alcohol intake. Excessive alcohol consumption impairs vitamin D and calcium absorption, disrupts hormones, and suppresses bone-building.

### Exercise

People who are thin and have a small body frame may be at higher risk for osteoporosis because they naturally have less bone mass. Building lean muscle can help protect bones. Strength training helps bones grow stronger and keeps muscles healthy. Low-impact weight-bearing exercises like walking and Tai Chi are great choices for older adults to support bone health.

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

Thursday	January 1	New Years Day
Friday	January 2	County day off
Monday	January 19	Martin Luther King Jr. Day

### JANUARY BIRTHDAYS

Karen Andruzak	Ann Marie Prince
Carol Berry	Flo Rockwood
Ned Carter	Jennifer Schrock
Anita Elliott-Hodgen	Lois Scripter
Shirley Hidalgo	Carolyn Shelton
Michael Hurst	Patri Soles
Rose Kendtercose	Wanda Terry
Margaret Malik	Beverley Thompson
Deborah Martin	Chuck Trujillo
Elton Miller	Phyllis Walker
Michael Murrell	Mable Yeatts
Shirley Parks	Nancy Zelnick
Robert Pazik	

Happy Birthday!!!



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 [jroberson@garfieldcountyco.gov](mailto:jroberson@garfieldcountyco.gov). There is no charge for subscription. Donations are welcome!

## UPCOMING EVENTS

**Jan. 1**, Circle of Friends at the New Castle Library, 10:30 a.m.-12 p.m., Enrichment activities for adults and caregivers.

**Jan. 2** First Friday in Carbondale, 5-8 p.m., stroll Main Street. Games, activities, live music and a wide range of local arts.

**Jan. 2**, Glenwood Genealogy Group at Glenwood Alpine Bank Conference room 12-1:30 p.m.

**Jan. 2, 16**, 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.

**Jan. 3, 7, 10, 14, 17, 21, 24, 28, 31**, Free Tai Chi at the Glenwood Springs Library, 5:30-6:30 p.m., on Wednesdays and 9:30-10:30 a.m. on Saturdays.

**Jan. 3**, Alzheimer's Carbondale caregiver support group, 3-4 p.m. at Sopris Lodge.

**Jan. 5**, Create a Vision Board at the Rifle Library, 5-6 p.m.

**Jan. 5**, Spice up the month take home craft kits for adults at Rifle Library 10 a.m. - 8 p.m. Sign up in advance at the front desk or call (970) 625-3471.

**Jan. 5**, Community Drum Circle, first Monday of the month, 6 p.m. at Ritter Plaza on Main St. If it's cold they will move indoors to the New Castle Community Center. Bring a drum and a camp chair. Free.

**Jan. 6**, Grand River Health Weight Loss Support Group 5:30-6:30 p.m. First Tuesday of the month.

**Jan. 6**, Parkinson's support group at The Orchard Church in Carbondale 1-2 p.m.

**Jan. 5, 12, 19, 26**, In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale library. Bring whatever project you're working on. All abilities welcome.

**Jan. 6, 13, 20, 27**, Mah Jongg 1:30 - 3:30 p.m. at Glenwood Springs Library.

## UPCOMING EVENTS, CONTINUED

**Jan. 6, 20**, Grief Support Group at Grand River, entrance C, Meadow Lake Conference room, 5:30-6:30 p.m.

**Jan. 8**, Writing Workshop at Glenwood Springs Library, 5-7 p.m.

**Jan. 8, 26**, People with Parkinson's support group at the Good Shepherd Lutheran Church, 1630 Grand Avenue, Glenwood Springs, second Thursday of the month, 1-2 p.m.

**Jan. 13**, Death Café at Parachute Library, 6-7:30 p.m.

**Jan. 13, 27**, Basic computer classes for adults 9-10 a.m., at the Rifle Library.

**Jan. 14**, Friends of the Library Book Club at Rifle Library, 1-2 p.m.

**Jan. 15**, Memory Café, 10:30 a.m.-12 p.m. at New Castle Alpine Bank Community room

**Jan. 15**, Third Thursday Book Club at Carbondale Library, 2-3 p.m.

**Jan. 16**, The Blues Inferno Tour with Chris Duarte and Alastair Greene at The Ute Theatre in Rifle from 7-10 p.m., \$30 in advance. \$35 at the door.

**Jan. 17**, The Dirk Quinn Band, 7-10 p.m., at The Ute Theatre in Rifle

**Jan. 21**, Alzheimer's Glenwood Springs Caregiver Support group at Glenwood Springs Library 3-4 p.m.

**Jan. 24**, Graveyard Choir with special guests Bobby Hodown & Clayton Yeazle at the Ute Theatre in Rifle. Doors open at 6:30 p.m., show from 7:30-10:30 p.m. \$20 in advance. \$25 the day of.

**Jan. 25**, Escaping Reality Book Club at Parachute Library 11 a.m.-12 p.m.

**Jan. 26**, Glenwood Springs/New Castle Parkinson Support group 1-2 p.m., at First Baptist Church of New Castle, 172 N. 7th Street.

## Barley Jambalaya

Recipe from *Cooking Matters*

### Ingredients

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 1 medium onion
- 2 medium celery stalks
- 1 medium red, yellow, or orange bell pepper
- 2 medium cloves of garlic
- 1 Tablespoon canola oil
- 4 ounces ground turkey
- 2 (14½-ounce) cans of diced tomatoes, no salt added
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons dried oregano
- 1 teaspoon ground black pepper



### Instructions

#### *In advance*

In a colander, rinse barley under cold water.

In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20–30 minutes.

In a colander, drain barley. Set aside.

#### *Preparation*

Peel, rinse, and dice onion. Rinse and dice celery and pepper. Peel and mince garlic.

In a large pot over medium-high heat, heat oil.

Add onions, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.

Add ground turkey. Cook until turkey is cooked through, about 5 minutes more.

Add tomatoes and their juices. Bring to a simmer.

Add spices. Stir to combine.

Cover and reduce heat. Cook at a low simmer for 15 minutes.

Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed.

Cook over low heat to blend flavors, about 5–10 minutes more.

Remove bay leaves and serve.

## **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, Building B, 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. Begins January 5, at Sunnyside from 1-2 p.m. for 8 weeks.

**Geri-Fit at Crystal Meadows** in Carbondale 11 a.m.-12 p.m., January 6-February 24

**Geri-Fit classes in Parachute** on Mondays 10-11 am at the 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.

**Tai Chi for Health** at the Silt Library 1-2 p.m., Jan 7-Feb 25

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

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

### **Exercise for Parkinson's**

Every Monday. 1-2 p.m. at the Glenwood Springs Community Center. Designed for those with Parkinson's Disease, MS, or any other neuromuscular conditions. Day pass/Free for members. Contact Delisa Novak [dnovak@parkinsonrockies.org](mailto:dnovak@parkinsonrockies.org) or call 866-718-2996. You may also contact Tiffany with any questions 970-384-6314.

## 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.garfieldcountyco.gov](http://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

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

**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.

**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.

## 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 21<sup>st</sup> 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 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, extension 3033

**Jeff Lawson, Unit Manager**  
970-625-5282, extension 3196



**Kappe Stutsman, Older Adult Nutrition Program Coordinator**  
970-625-5282, extension 3263  
kstutsman@garfieldcountyco.gov

**Jenny Roberson, Older Adult Program Case Aide**  
970-625-5282, extension 3275  
jroberson@garfieldcountyco.gov

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

**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 (970)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)