



CONNECTION



TEN FOURTH OF JULY ACTIVITIES FOR SENIORS

The Fourth of July is a time of celebration, bringing families and communities together to honor America's independence. For seniors, participating in festivities can be both enjoyable and beneficial, fostering a sense of community and engagement.

Here are ten activities that can make Independence Day special for seniors, ensuring they have a safe, fun, and memorable holiday.

1. Patriotic crafts

Engage seniors in creating patriotic crafts, such as decorating flags, making red, white, and blue wreaths, or designing personalized Independence Day cards.

2. Outdoor picnics

3. Storytelling and reminiscence

4. Fireworks viewing

5. Patriotic music and sing-alongs

6. Themed Bingo

7. Historical documentary screening

8. Gardening and yard decorations

9. Parades and community events

10. Cooking and baking



MAKING THE FOURTH OF JULY SPECIAL FOR SENIORS

The Fourth of July is a wonderful opportunity to engage seniors in various activities that celebrate the spirit of independence. By incorporating these fun and thoughtful activities, you can ensure that seniors have a joyous and memorable holiday. Remember, the key is to make them feel included, respected, and cherished during this special time.

- PROVIDED BY SENIORCARE COMPANIONS, INC

Safety Tip

Breathe regularly during strength exercise. Breathe out as you lift the weight, and breathe in as you relax. When doing leg lifts, breathe out as you lift the leg and breathe in as you lower it. Use smooth, steady movements when lifting weights. To prevent injury, don't jerk or thrust weights into position.

LET'S MEET ONE OF OUR VOLUNTEERS

Juli Anne “Julze” Butzen



A Colorado native born in Leadville, I am the oldest girl in the family of six siblings. This gives me a sense of leadership and nurturing care. I have raised two successful children, each with their own professional careers.

I have spent 30 wonderful years with my own medical career, specializing in radiology nursing and management. I am fortunate to have had a broad spectrum of experiences throughout my working years.

Now, finally retired and settled in Glenwood Springs, I fill my time with volunteer activities, including Garfield County Lunch Program and multiple volunteer activities at Valley View Hospital.

During my “me” time, I enjoy gardening, social events, games, and friends. It brings me joy to help my fellow Sunnyside residents with care and compassion. They are all a part of one family. I love cooking and sharing food.

Live and love life ... it's a gift!

“One flag, one land, one heart, one hand,
One nation, evermore!”



Oliver Wendall Holmes

**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

How menus are created

Hello, everyone! My name is Emily Stanton, I am the dietitian that makes the menus for the Parachute, Rifle, Silt, and New Castle meal sites.

I have been getting some questions recently about how the menus are created. I wanted to share my process with you to explain how the menus are planned and the factors that play into which food items appear on the menu.

Process

If you look at the menu for Glenwood Springs and Carbondale and compare it to the menu for Rifle, Silt, New Castle, and Parachute, you will notice that the menus are a little different. This is because there is a chef from Eagle County that supplies the meals for Glenwood Springs (Tuesday and Friday) and Carbondale (Wednesday). The food for the other meal sites is prepared by two wonderful cooks out of the Rifle Senior Center. I try to provide similar meals at the meal sites downvalley on those days. Sometimes the menus are different because we use different recipes, or we are unable to get certain foods from the supplier at a good price. After the menu is filled in for Tuesday, Wednesday, and Friday, I fill in the menu for Mondays and Thursdays based off requests, meals that we haven't had in a while, or a different protein variety.

Variety

For each meal site, I like to have a meal that contains chicken, beef, pork, and fish or a vegetarian option. Each meal includes a vegetable. This could be a salad, potato dish, beans, carrots, broccoli, mixed vegetables, etc. Most meals include a whole grain to increase fiber content. I also try to vary the desserts between pudding, cookies, brownies, cake, pie, ice cream, and fruit.

Requests

I love hearing what meals you all want to see on the menu. This helps me because I do not eat at the meal sites frequently, so I don't always know which meals are your favorites. If you see me at the meal site, please let me know if there is a meal you enjoy that you want on the upcoming menu. You can also call me at 970-625-5200, extension 2036, or email me at estanton@garfieldcountyco.gov to submit meal requests. If you contact me by email or phone, please include your name and the meal site(s) you eat at.

Nutrition requirements

The menu must meet nutrition requirements specified by the Colorado Older

Continued on page 6

WELL & WISE EXERCISE CLASSES**WELL & WISE**

Garfield County Older Adult Programs offers classes to older adults **60 and over**. For those 60 and older, the recommended voluntary contribution for Well & Wise exercise classes is \$20 per 8-week series per person. Participants are encouraged to pay as they are able. Make checks payable to GCDHS and mail donation to: 195 W. 14th Street, Rifle CO. Attn: Debby Sutherland. You may also pay at one of our meal sites.

Here are some of the classes that we offer:

Matter of Balance, a class that teaches you awareness and exercises to prevent future falls.

N' Balance, a class that helps strengthen upper and lower body to prevent falls.

Geri-Fit, a class where you use weights and Thera bands to help you become stronger.

Geri-Fit class in Glenwood Springs at Sunnyside Retirement Housing Begins July 10 through August 28, 10–11 a.m.

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. **Tai Chi class in Carbondale at Sopris Lodge beginning July 3 through August 21, 9 - 10 a.m., on outside lawn.**

Tai Chi class in Silt Tuesday and Fridays, July 1 through July 29, at the Silt Library 9-10 a.m.

If you would like to sign up for one of the above classes or a future class in your area please call Debby Sutherland at 970-625-5282, ext. 3084.

If you are interested in becoming a instructor to teach seniors Tai Chi, Matter of Balance or Geri-Fit call Debby Sutherland 970-625-5282, ext. 3084, for more information.

Exercise for Parkinson's

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

Broccoli Salad

Recipe from The Food Charlatan

For the salad

- 1 lb. bacon strips, cooked
- 2 heads of broccoli, about 5-6 cups
- 1 cup dried cranberries
- 1/3 cup sunflower seeds
- 1 cup cheddar cheese, shredded
- 1/3 cup chopped red onion

For the dressing

- 1 1/4 cups mayonnaise
- 1 tablespoon lemon juice
- 2 tablespoons white wine vinegar
- 1/4 cup sugar
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon dry mustard
- 1/8 teaspoon cayenne pepper (optional)

Instructions

1. Start by making the bacon. I recommend baking it in the oven. Set aside on paper towels to cool. Once cool, chop into bite size pieces.

2. While the bacon cooks, mix the ingredients for the dressing. In a large bowl, mix the mayonnaise, lemon juice, white wine vinegar, sugar, salt, pepper, dry mustard, and cayenne pepper. Whisk all the dressing ingredients together.

3. In another large bowl, prepare the salad. Start by chopping into small florets, so you don't get any bites of giant broccoli. Add all the broccoli to the large bowl. Add 1 cup dried cranberries, 1/3 cup sunflower seeds, 1 cup cheddar cheese, and 1/3 cup chopped red onion. Stir, chill for 20 minutes, and serve.



How menus are created

continued from page 4

Americans Act Nutrition Standards. The meals must meet the nutrition.

Nutrient menu requirements

Vitamin C: more than 30 milligrams

Fiber: more than 8.5 grams

Sodium: less than 1,200 milligrams

Calcium: more than 400 milligrams

Vitamin B6: more than 0.56 milligrams

Vitamin B12: more than 0.8 milligrams

Protein: more than 30 grams

Contacts for High Country Volunteers, Senior Centers, Legal Services and Center for Independence

High Country Volunteers Director Mary Moon

970-896-6218

Year-round tax issues, general information and Medicare counseling

970-896-6210

Rifle Senior Center activities Monday through Friday, Pinochle first and third Fridays, tournament at 6 p.m. Call Jan at 970-274-6864 if your interested in playing. Bingo and Dinner in the Valley, call Tami for more information at 970-665-6540. www.rifleco.org/596/Rifle-Senior-Events-Center

Valley Senior Center in Parachute 970-285-7216 Library is open on Monday and Wednesday, 10:30 a.m. to 1:30 p.m. Pinochle is on Wednesdays 12:30 to 4 p.m. Meet and Greet, Thursday 10:30 a.m. to noon. Happy Hookers knitting group 1-3 p.m. To reserve the building call Don Olsen at 970-285-5639, and medical equipment Sandy Nolan at 620-450-5777.

Alpine Legal Services in Glenwood Springs, 110 8th Street, 970-945-8858

Center of Independence 823 Blake Ave., Ste. 102, in Glenwood Springs, 970-718-5155. Disability services and support organization.

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.

FARMERS MARKET

**“Freedom
is nothing
but a
chance to
be better.”**

**Albert
Camus**



Glenwood Springs Farmers Market

Tuesdays, July 1 - September 2, 4-8 p.m., on 7th Street between Colorado Avenue and Cooper Avenue.

Carbondale Farmers Market

Wednesdays, July 2 — September 24,
10 a.m. – 3 p.m., 4th and Main Street in Carbondale.

Rifle Farmers Market

Fridays, July 4 –September 5,
4-8 p.m., at Heinze Park, 612 Railroad in Rifle.

No farmers market in Silt this year

New Castle Farmers Market

Thursdays , July 10-August 28,
4:30-7 p.m., at Burning Mountain Park.

Parachute Farmers Market

Mondays, July 14 - September 15,
4–7 p.m. at Beasley Park on 1st Street.



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**



JULY BIRTHDAYS

Mariano Alvarez
Priscilla Baldwin
Terry Barnard Carter
Michael Bodrogi
Lavelle Bottineau
Kathy Boyd
Rosella Burchfield
Jan Burns
Sherry Burton
Lyn Byars
Treva Dick
Milli Dunham
Courtney Eagleton
Ed Ellison
Bernita Elwell
Ruth Fletcher
Rob Guichard
Dan Harrison
Sharon Hayes

Deanna Janckila
Karen Jewell
Stephanie Johnson
Christine Juhnke
Kenneth Larson
David Lawson
Laurie Loeb
Lisa Meyer
Paul Meyer
Vicki Monge
Clarice Moore
Anita Moulton
Sherry Mulquin
Robert Nelson
Paul Probst
Maria Ramirez
Lane Richardson
Janice Robinson
Terry Stark

Jan Tennis
Nancy Thorpe
Debbie Valios
Betty Waldron
Mona Walker

**Independence Day
Friday, July 4**



**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

July 1, 15, 29 Basic computer classes for adults 9-10 a.m. at the Rifle Library.

July 3, Family activities, live music, and fireworks in Centennial Park in Rifle

July 3, 10, 17, 24 Golden Years Social 1-2 p.m. at the Silt Library. Come enjoy delicious ice cream and have some fun. Catch up with friends and meet new ones.

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

July 4, Redstone Old Fashion Fourth of July, 10 a.m. - 2 p.m.

July 4, Parade and pool party at Carbondale Sopris Park.

July 4, 5, Holiday Music at Glenwood Caverns Adventure Park 2-6 p.m. Music by Cody Jeffereys on **7/4**, music by Rodrigo — professional musician from Mexico **7/5**.

July 4, The Glenwood Springs celebration will begin at 4:30 p.m. with live music, bounce houses, games, food and beverage vendors. Lazer show at 9 p.m. at Two Rivers Park. For additional information call 970-384-6311.

July 4, Parade and fireworks at the Acme Brick facility on Prairie Hawk Drive in New Castle starting at sundown around 9:30 p.m.

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

July 7, 14, 21, 28 In Stitches Knitting Club 1:30 - 3 p.m. at the Carbondale library. Bring whatever project your working on. All abilities welcome.

July 11, 25, Summer movie in the park series (dusk at Veterans Park) in Silt. For more information call 970-876-2353, ext. 110

July 12, Life After 70 at the Carbondale Library, from 10:30 a.m. to 12 p.m. Join this group for a friendly, open environment where you can explore all aspects of aging. Whether you're sharing life experiences, tackling challenges, or simply seeking support, your voice drives our conversation. There's no set curriculum - only topics you care about and the option to invite speakers who can bring fresh insights. Come connect, learn, and grow with others who truly understand the journey. All are welcome!

UPCOMING EVENTS, CONTINUED

July 12, The Young Dubliners return to the Ute theater in Rifle, 8-10 p.m. Tickets \$30-\$50.

Go to utetheater.com to purchase tickets.

July 17, Third Thursday Book Club at the Carbondale Library, 2-3:30 p.m. Join us to explore a mix of fiction and no fiction, covering a broad range of genres and topics.

July 18, Party at the Pavillion: Those Crazy Nights (Journey Tribute) for more information call 970-876-2353, ext. 110. From 5:45-7:45 p.m.

July 25, Ute Theater in Rifle presents Zolopht with Special Guest Ruby Dice 8 pm.

Tickets \$25-\$30. Go to Utetheater.com to purchase.

July 26, Ute Theater in Rifle Linger: A tribute to the Cranberries 7-10 p.m. Tickets from \$25.

Go to utetheater.com to purchase.

SENIOR PROPERTY TAX EXEMPTION

Colorado voters passed a Property Tax Exemption for Seniors in the November 2000 election (also known as Referendum A). The law provides that 50 percent of the first \$200,000 of actual value for a qualifying senior citizen's primary residence shall be exempt from property taxation. The State of Colorado pays the property taxes on the exempted value.

To qualify for the exemption, the senior must:

1. have reached age 65 as of January 1, 2025.
2. have occupied the property for 10 years prior to January 1, 2025
3. have filed an application for the exemption.

In 2016, voters extended the exemption to include disabled veterans with a 100 percent permanent and total disability rating as the result of a service-connected disability. The deadline for a timely disabled veteran's exemption application has passed, though they may file a late application with the Colorado Division of Veterans Affairs if they can show good cause as to why the filing is past the **July 1 deadline**. The veteran may be of any age, and must be honorably discharged from military service.

Senior exemption applications are available at the Garfield County Assessor's Office, 109 8th Street, suite 207, in Glenwood Springs. **The application must be submitted to the Garfield County Assessor's Office by July 15.** Seniors may file a late application up until Aug. 15, though these filings have no rights to an appeal.

If you would like more information regarding this program, please call the Garfield County Assessor's Office at 970-945-9134.

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.

GARFIELD COUNTY OLDER ADULT NUTRITION PROGRAM



Congregate meals are held at seven locations throughout Garfield County. **All meals are served at 12 p.m. and serving ends at 12:15 p.m.** Reservations are very important to our program to obtain accurate food count for meal preparation. New participants are welcome. Anyone attending a meal site should make a reservation by noon at least 48 hours (weekdays) advance of the meal by calling the phone numbers listed below, *if possible cancel as soon as possible.*

Carbondale “Roaring Fork & Spoon” at The Orchard, The Gathering Center, 110 Snowmass Drive on Wednesdays. For reservations call (970) 665-0041. Call by noon on Monday.

Glenwood Springs “Chat n’ Chew” at Colorado Mountain College, Lucy Huntley Senior Center, 1402 Blake Avenue, Glenwood Springs on Tuesdays and Fridays. For reservations please call (970) 665-0041 by noon on Friday and Wednesday.

Glenwood Springs “Sunnyside Senior Meal” at Sunnyside Retirement Center, 601 21st Street, Glenwood Springs on Tuesdays and Fridays. For reservations call (970) 665-0041.

New Castle “The Gathering” at the Castle Valley Senior Housing, 201 Castle Valley Blvd. in New Castle on Mondays. For reservations call (970) 665-0041 before noon on Friday.

Silt “Meet ‘n Eat” at Silt Town Center, 600 Home Avenue, Silt on Wednesdays. For reservations call (970) 665-0041. Call by noon on Monday.

Rifle “Senior Delight” at the Rifle Senior Center, 50 Ute Avenue, Rifle on Tuesdays, Thursdays and Fridays. For reservations please call (970) 665-6540.

Parachute at the Valley Senior Center, 540 N. Parachute Ave., Parachute on Mondays and Wednesdays. For reservations call (970) 665-0041 by noon on Friday and Monday.

Menus for all locations are provided monthly and are available at the nutrition sites from Older Adult Programs, in our Connection Newsletter and available on the Garfield County website. Come see what you have been missing and have lunch with friends. *For those 60 and older and their spouse, the recommended voluntary contribution for each meal is \$3 per person. Participants are encouraged to pay as they are able. No obligation to pay. Guest fees for those under 60 is \$10.25 per meal.*

Questions: please call 970-665-0041 or email at DHSolderadultprograms@garfieldcountyco.gov

Garfield County Older Adult Program Staff

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

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

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



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

Debby Sutherland, Older Adult
Program Coordinator
970-625-5282, extension 3084

Jenny Roberson, Older Adult
Program Case Aide
970-625-5282, extension 3275

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

Our mission The mission of the Older Adult Program is to enable independence, dignity, health and nutritional well-being of seniors and people with disabilities living in Garfield County.

Email any Older Adult Program staff for information at:

DHSolderadultprograms@garfieldcountyco.gov or leave message on the food line for all of us at (970) 665-0041.

Traveler - Applications available on RFTA.com for Traveler and Paratransit services. Call 384-4855

RFTA - Those 65 and older can ride RFTA at no cost. rfta.com/fares/fares-passes/seniors/

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