



CONNECTION

THANK YOU TO OUR VOLUNTEERS — PHOTOS FROM THE BANQUET



Challenge yourself to improve your balance

Start by holding on to a chair with both hands for support and hold up one leg for 10 seconds.

To challenge yourself further, try holding on with one hand while lifting one leg.

As you feel steady, use just one finger for balance, or try to exercise without holding on. When your steady on your feet, try doing the exercises with your eyes closed.

VOLUNTEER BANQUET PHOTOS



**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

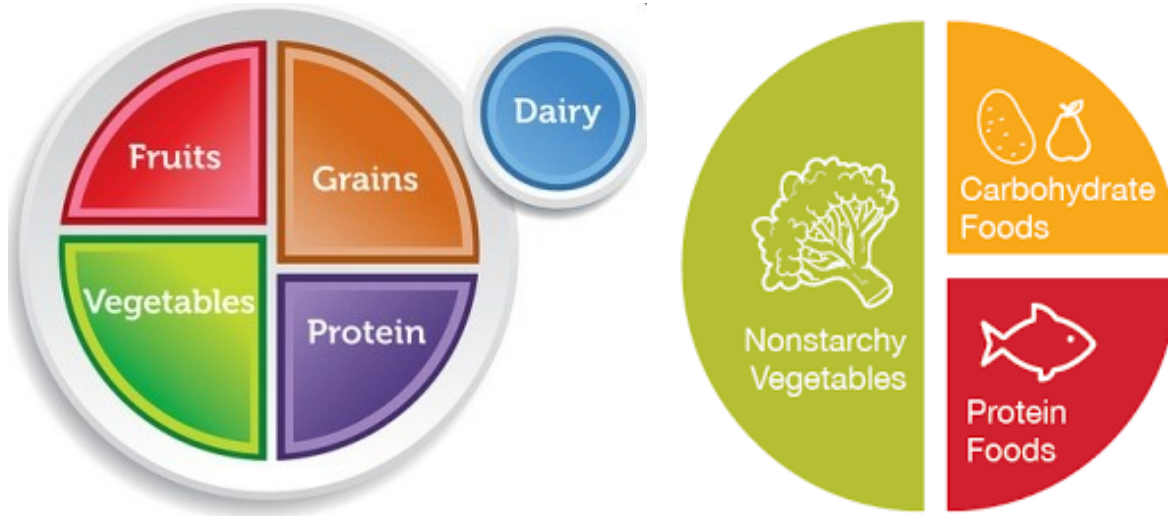
| | |
|--------------------------------|--------------|
| Chateau at Rifle | 970-625-4343 |
| Heritage Park in Carbondale | 970-963-1500 |
| Mesa Vista in Battlement Mesa | 970-285-1844 |
| Renew Roaring Fork in Glenwood | 877-205-3848 |
| Sopris Lodge in Carbondale | 970-340-4460 |

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 |

Nutrition Education by Emily Stanton MS, RD

Diabetes Plate Method vs MyPlate



| MyPlate | Diabetes Plate Method |
|---|--|
| A general dietary guide to promote healthy eating for all Americans. | A guide for managing blood sugar levels for people with diabetes or prediabetes. |
| Emphasizes a balanced diet with five food groups: fruits, vegetables, grains, protein, and dairy. | Emphasizes a balanced plate with non-starchy vegetables, protein, and quality carbohydrates. |
| Focuses on portion control. | Focuses on portion control and carbohydrate management. |

A deep dive into the Diabetes Plate Method

Fill half of your plate with non-starchy vegetables.

Non-starchy vegetables are very low in carbohydrates. This means that they do not raise blood sugar very much. Non-starchy vegetables provide other important nutrients, like fiber, vitamins, and minerals.

Examples of non-starchy vegetables include asparagus, broccoli, cauliflower, Brussel sprouts, cabbage, bok choy, carrots, cucumber, eggplant, jicama, kale, mustard greens, Swiss chard, mushrooms, okra, onions, leeks, green beans, snow peas, lettuce, spinach, arugula, peppers, zucchini, yellow squash, radish, tomato, and tomatillos.

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. **Silt Library Tuesday and Fridays from 9-10 a.m. beginning June 3rd.**

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 an 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.

Nutrition Education by Emily Stanton, MS, RD continued from page 4

Fill one-quarter of your plate with lean protein foods

Foods that are high in protein include fish, shellfish, chicken, beef, pork, cheese, yogurt, beans, lentils, soy products, and some whole grains like quinoa.

Some proteins — usually those from animal products — contain saturated fat. Saturated fat increases risk for heart disease and can raise your LDL (bad) cholesterol. Lean proteins are lower in saturated fat, making them a better choice for heart health.

Lean animal proteins include skinless chicken, turkey, eggs, salmon, cod, tuna, tilapia, shrimp, scallops, lean beef cuts (chuck, round, sirloin, flank, tenderloin), lean pork cuts (loin chop, tenderloin), low-fat cheese, low-fat cottage cheese, and low-fat yogurt.

Plant-based proteins do not have saturated fat. Examples of plant-based proteins are beans, lentils, hummus, nuts, seeds, nut butters, edamame, tofu, and tempeh. Some plant-based proteins like beans and legumes contain carbohydrates. These carbohydrates will have to be accounted for in your meal. $\frac{1}{2}$ cup of cooked beans or lentils is 15 grams of carbohydrates.

Fill one-quarter of your plate with carbohydrate foods:

Limiting the portion of carbohydrate foods to one-quarter of your plate can help keep blood sugar from rising too high after meals.

Foods that contain carbohydrates are grains, fruit, starchy vegetables (peas, beans, corn, potatoes, sweet potatoes, acorn squash, and butternut squash), milk, yogurt, and dessert sweets.

Choose quality carbohydrates that provide fiber, vitamins, and minerals in moderate portion sizes.

This includes whole grain pasta, wheat tortillas), fruit, starchy vegetables, beans, and lentils. Limit low-quality carbohydrates like candy, cookies, cake, juice, soda, ice cream, syrup, chips, sugary cereals, and refined grains.

Nutrition Education by Emily Stanton MS, RD continued from page 6

Choose water or a low-calorie drink:

Water is essential to stay hydrated, is calorie-free, helps with digestion, and supports many bodily functions. Other options for low-calorie drinks are unsweetened tea, unsweetened coffee, and sparkling/carbonated water.



Mixed dishes

Not every meal is separated out like is shown on the plate. Most people consume mixed dishes like tacos, soup, casserole, sandwiches, pasta, pizza, etc. Follow the steps so your mixed dish follows the Diabetes Plate Method: Identify the food groups in the dish and think about where they would fit on the plate. Prepare the dish following the portions in the plate. You may have to reduce the foods that contain carbohydrates. For example use a thin or vegetable-based crust for pizza. Consider if the dish has enough non-starchy vegetables. For example, you may have to add extra vegetables to a soup recipe.

WHAT'S NEW AT THE GARFIELD COUNTY ASSESSOR'S OFFICE

The Notices of Values were sent out on May 1, 2025. You may appeal your value or classification. You may not appeal your taxes to the Assessor per Colorado Revised Statute 39-5-121 (1). For more information about appealing your property value, please go to [How to Appeal Your 2025 Property Value](#). All appeals must be received no later than June 9, 2025.

Italian Meatloaf

*Recipe from American Diabetes Association:
Diabetes Food Hub*

Prep time: 10 minutes

Cook time: 1 hour

Servings: 6



Ingredients

- nonstick cooking spray
- ½ cup ketchup
- 2 Tbsp balsamic vinegar
- 1 ¼ lbs. lean ground turkey
- ½ medium onion, diced
- 2 garlic cloves, minced
- 1 tsp dried oregano
- ¼ tsp black pepper
- ¼ cup grated Parmesan cheese
- 1 large egg
- ½ cup oatmeal

Instructions

- Preheat oven to 400°F.
- Coat a large loaf pan generously with cooking spray.
- In a small bowl, whisk together ketchup and balsamic vinegar.
- In a medium bowl, combine all ingredients and half of the ketchup-balsamic mixture. Set aside the other half. Mix the turkey meatloaf ingredients well.
- Spread the mixture evenly into the loaf pan. Top with the remaining ketchup-balsamic mixture.
- Bake for 60 minutes or until it reaches 165°F when checked with a thermometer.

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 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.

Homebound 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

**“A Fathers love
is a gift that
keeps on
giving.”**

**Happy Fathers
Day
June 15**



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**



Glenwood Springs Farmers Market

Tuesdays, June 17 - September 2, 4-8 p.m., on 7th Street between Colorado Avenue and Cooper Avenue.

Carbondale Farmers Market

Wednesdays, June 4 - September 24,
10 a.m. – 3 p.m., 4th and Main Street in Carbondale.

Rifle Farmers Market

Fridays, June 20 – 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.



JUNE BIRTHDAYS

Dee Ahlstrom
Steven Anderson
Debbie Armstrong
Allie Bailey-Gates
Donald Baldwin
Ruth Barber
Marlene Batzel
Shelia Brown
Bessie Burr
Sherry Cates
Beth Dwyer
Joe Ehlert
Emily Finch
Donna Fix
Annie Flynn
Glahn Llewellyn
Mary Jane Hangs
Linda Harrison

Alan Hayes
Marilyn Hendrickson
Angela Herrington
Ronald Hodgden
Loretta Lewis
Art Litchewski
Anne Long
Monica Manning
Bertha Marquez
Judy Martin
Tommy Martinez
Eugene McMurray
Randall McMurray
Patsy Medina
Ruben Mytty
James Reed
Gerald Richardson
Donna Rodgers

Steven Schumacher
Vern Scott
Steve Shaw
Jon Sheppard
Ted Smythe
Sheryl Steiner
Charles Sudick
Joey Trujillo
Jan Walker
Janet West
Steven West
Phyllis Wittet

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

June 2, 9, 16, 23, In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale Library. Bring whatever project your working on. All abilities welcome.

June 3, Basic computer classes for adults 9-10 a.m. at the Rifle Library.

June 3, 6, 10, 13, 17, 20, 24, 27, Free Tai Chi class at the Silt Library 9-10 a.m.

June 6, Join Carbondale Park and Recreation for a casual day in Marble. We will check out the Marble Hub, The Marble Gallery, and go to Slow Groovin' BBQ for lunch. 10 a.m. –3 p.m. cost is \$10. For more information or to get registered call 970-510-1290.

June 6, First Friday in Carbondale, 5-8 p.m., stroll Main Street. Games, activities, live music and a wide range of local arts.

June 6, Summer Movie in The Park series - dusk at the Veterans Park, Silt.

June 6, 20, 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.

June 7, 14, Music on the Mountain 6-9 p.m. at the Glenwood Adventure Park. The Funky Hippeez Show, 6/7 and Roka Hueka, 6/17.

June 7, 14, 21, 28, Free Tai Chi at the Glenwood Library, 5:30-6:30 p.m., on Wednesdays and 9:30 - 10:30 a.m. on Saturdays.

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

June 13, The Boys of Summer at the Ute Theater 7:30– 10 p.m. Tickets \$25-40, go to utetheater.com for tickets.

June 19, The Tankerays 8:30-11:30 p.m. at the Ute theater in Rifle. Tickets \$20-\$25 go to utetheater.com.

VOLUNTEER BANQUET PHOTOS | UPCOMING EVENTS, CONTINUED FROM PAGE 11



June 20, 21, 22, Strawberry days festival in Glenwood Springs. Go to Glenwood Chamber for more information about events.

June 27, Party at the Pavillion in Silt. Free, 6-10 p.m.

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.

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

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

MORE PHOTOS FROM THE VOLUNTEER BANQUET



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