



CONNECTION

ADOPT THE SUPERPOWER OF ROUTINE

What if there was a way to simplify your day and boost your wellbeing at the same time? It's not always best to let our days dictate our habits, so a balance with directing our own routines can be very beneficial. Establishing a routine can act as your secret weapon by providing structure, promoting consistency, and helping embed healthy habits into your daily life. Regular routines help establish and reinforce healthy habits by providing a consistent framework for daily activities, whatever they might be. And over time, these habits become second nature, allowing you to reap the benefits you can expect from a routine.

- **Less stress = more focus:** A routine can cut down on the frenzied feeling of meeting day-to-day responsibilities. Routines create space for added brainpower by taking the guesswork out of daily tasks. You can focus on what matters, knowing your healthy habits are automatic.
- **Farewell procrastination, hello progress:** Putting things off can create more frustration. Routines create a predictable schedule, making it easier to stick with your goals like exercise or meal preparation.
- **Confidence builder:** Sticking to a routine feels empowering because you can celebrate your consistency. Consistency bolsters your confidence and motivation to stick to the routine. And here you have a perfectly motivating circle of behavior!

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Balance walk

Raise arms to your sides, shoulder height. Choose a spot ahead of you and focus on it to keep you steady as you walk. Walk in a straight line with one foot in front of the other. As you walk, lift your back leg, pause for 1 second before stepping forward. Repeat for 20 steps.



Sandra Nolan

Sandra Nolan was born in Anthony, Kansas. She grew up in Anthony and Wichita, Kansas, and Castle Rock, Colorado. As a child, she was a regular Kansas farm kid helping her father, along side her two brothers and stepsister, in the fields of wheat, barley, and oats.

They also raised chickens, rabbits, and had a couple of cows, along with quarter horses. Her father had the biggest thoroughbred farm in Kansas at the time.

Sandy married in 1963 shortly after graduating. She has two children, 16 grandchildren and five great-grandchildren. She was a private professional housekeeper for numerous elite clients, including Willie and Connie Nelson in Evergreen, Colorado, until she retired. Sandy got divorced in 1984.



Sandy has spent over 30 years in the 4-H program with her children and 10-plus years as a volunteer leader - 25 years of which here in Colorado. Sandy was a 4-H horse specialist in Jefferson County, Colorado, and developed the Colorado Horse Hippology Program. She was a 4-H horse judge, leveling judge, and also was an instructor for the Horse Bowl contest and Hippology.

She was a great team roper cowboy polo player.

Sandy's favorite activities include oil painting, quilting, crocheting, gardening, and taking classes at CMC. Sandy enjoys volunteering at the Parachute Visitor Center and the Parachute Senior Center meal site. She loves living in Battlement Mesa, where she's resided for the past 10 years.



**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**Is breakfast the most important meal of the day?**

Breakfast is often cited as the most important meal of the day; however, about 25 percent of people in the United States skip breakfast daily. This raises the question: is it important to eat breakfast? Does skipping breakfast impact overall health?

**Reasons people skip breakfast**

There are various reasons people might choose to forego breakfast. For many, it is inconvenient to make a meal in the morning. It takes time, effort, and energy to prepare a balanced breakfast. The mornings are often spent rushing to work, attending appointments, or getting the family ready. Some people may skip breakfast if they struggle to access affordable, nutritious options. Others do not feel like eating in the morning.

These people may benefit from eating a small breakfast in the morning. Some examples are a banana + peanut butter, a cup of berries + yogurt, half a bagel + hummus or nut butter, or a hardboiled egg + whole wheat toast. Breakfast does not have to be eaten first thing in the morning. Pay attention to hunger cues and take something on the go if you have a better appetite later in the morning.

Problems with skipping breakfast

Skipping breakfast has been shown to affect the digestive system. Higher fiber in the morning is associated with better bowel habits and more favorable gut bacteria.

Not eating breakfast may increase the risk of heart disease due to impaired insulin sensitivity, high blood pressure, high cholesterol, and higher levels of inflammation. One study found that people who skipped breakfast 4-5 days a week had a 55 percent increased risk for Type 2 diabetes.

Additionally, skipping any meal will increase hunger. This could lead to feeling hungrier and less energetic throughout the day. It may also explain why some people experience energy dips in the afternoon, low mood, brain fog, headaches, intense cravings, impaired sleep, and indigestion.

Pros to eating breakfast

The two words that make up the term breakfast are “break” and “fast.” Breakfast is the meal that breaks the fast that happens overnight. We eat breakfast to restore our body’s supply of glucose. In the morning, our bodies are more insulin-sensitive, meaning they can use blood glucose more effectively. Breakfast is a good time to choose fruits, vegetables, and whole grains to consume healthy carbohydrates with fiber.

Nutrition Education, continued from page 4

When we eat breakfast, we consume protein, healthy fats, fiber, and antioxidants. These are nutrients our body needs throughout the day. A morning meal provides energy for your body to perform at its best throughout the day.

Some healthy breakfast ideas include Greek yogurt with fruit, cottage cheese with fruit or vegetables, whole wheat toast with peanut butter, whole wheat toast with avocado, oatmeal with nuts and fruit, omelets, scrambled eggs, homemade breakfast burrito, breakfast quesadilla, or homemade smoothie.

Not all breakfast foods are beneficial to our health. Be mindful of breakfast foods that are high in sugar, starch, and fat. This includes sugary cereals, donuts, muffins, waffles, pancakes, bagels, and bacon.

Older Americans Month 2025 is celebrated in the month of May. This year theme is “Flip the Script on Aging,” which focuses on transforming how society perceives, talks about, and approaches aging. Take some time to show some honor and respect to those in the generation ahead by participating in Older Americans Month with some of these ideas:

SPEND TIME WITH AN OLDER AMERICAN

Friends, family members, neighbors and other community members of all ages are encouraged to get involved with this event by showing some appreciation for an aging person. While it's important to check in on older loved ones all throughout the year, Older Americans Month can be a helpful reminder. Visit a grandparent or other older person and ask them to tell some of their stories. Take an aging friend to an appointment or community event. Organize a game night, take them to a movie, out to dinner, or to a musical event. Provide transportation or other support as a volunteer for a nonprofit organization.

SCAMMERS IMPERSONATE THE GOVERNMENT

Scammers Impersonate the Government

You get a call, email, or text message...

- ▶ They say they're from the Social Security Administration and your benefits will end unless you pay.
- ▶ They say they're from the IRS and you owe taxes.
- ▶ They say you need to give your Medicare number to get a new card.



STOP!

These are all scams.

Government agencies won't call, email, or text you and ask for money or personal information.

Only a scammer will do that.



**Report the scam to the FTC at
[ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)**



**FEDERAL TRADE
COMMISSION**



WELL & WISE EXERCISE CLASSES

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. **New class starting Tuesday, May 13 in Glenwood at Sunnyside from 1– 2 pm. New Class starting in Carbondale Library Thursday, April 24, from 12:15 to 1:15 p.m.**

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 reduces stiffness, uplifts your spirit, improves muscle strength and joint flexibility.

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

If you are interested in becoming 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 at dnovak@parkinsonrockies.org or call 866-718-2996. You may also contact Tiffany with any questions 970-384-6314.

Therapy Aqua Fit. Every Tuesday. 10:30AM – 11:30AM at the Glenwood Springs Community Center. Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

Fall Prevention Class. Every Wednesday. 9:45 - 10:30 a.m. at the Glenwood Springs Community Center. Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

Orange Oatmeal Pancakes

Recipe from Cooking Matters

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tablespoons canola oil
- Non-stick cooking spray



Instructions

1. In a large bowl, combine all-purpose flour, whole wheat flour, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to the egg. Mix well.
4. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until the second side is slightly browned, about 2-3 minutes.

Nutrition facts

Serving Size: 2 pancakes

180 Calories, 7g total fat, 1g saturated fat, 0g trans-fat, 30mg cholesterol, 360mg sodium, 25g total carbohydrates, 4g sugar, 5g protein

**Contacts for High Country Volunteers, senior centers,
legal services, and the 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.

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.

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.

“The month of May is the gateway to summer.”

Jean Hersey



- Slumber fends off the blunders: Practicing good sleep hygiene through consistent sleep and wake times is key for good health. Sleep routines help regulate your body's natural sleep-wake cycle, leading to better-quality sleep, more energy throughout your day and fewer goof-ups.
- Better mental health and emotional wellbeing: Routines can reduce stress and anxiety by providing a sense of control and predictability in your day. Knowing what to expect can make daily life feel more manageable and less overwhelming. You don't need a cape for this superpower; just set aside a bit of planning time to outline what is important to you, what tasks and goals you want to achieve and when you're at your best to achieve them during the day. Give your routine a try for three weeks a key timeline for establishing a habit. If your routine doesn't work well for you, modify it. But ensure that you're dictating your day rather than your day dictating you.



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



MAY BIRTHDAYS

Judy Beasley
Inez Bergerson
Dela Bingham
Lisa Caskey
Thomas Caquelin
Sara Classen
Joseph Cunningham
Bat Deluca
Jox Evans
Cecilia Fabela
Kathy Forbes
Joan George
Randy Gorsett
Maxine Gray
Debra Grizzle
Jennifer Holton
Patricia Kirby
Earlene Mathias
Everett McAlary

Rusty Moulton
Linda Porter
Beverly Reed
Larry Robinson
Myrtle Scarber
Carolyn Seiffert
Daniel Self
Michael Styx
Bobbie Sullivan
Karen Tafejian
Maty Anne Taylor
Scarlette Townsley
Jobani Vasquez
Ronald Vincent
Cecil Waldron
Diane Webster



Sunday, May 11

Memorial Day
Monday, May 26

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

May 1, The City of Glenwood is launching an on demand ride-sharing service called Ride Glenwood On-Demand starting May 1. Request a point to point ride anywhere within Glenwood city limits for a \$1. Once the program begins in may you can request using the ride by calling 970-404-4007.

May 1, N.U.T.S. presents Thursday Night Patio Music Seats at the Ute theater in Rifle, 6-9 p.m., Music Series Queen Bees.

May 2, 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

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

May 3, Cash'd Out the next best thing to Jonny Cash at the Ute Theater in Rifle 8-10 p.m. Tickets \$30-\$40. Go to www.utetheater.com.

May 3, TACAW The Arts Campus at Willits presents Jill Sobule, at 8 p.m. For tickets go to tacaw.org

May 4, 18, Crochet Corner at the Rifle Library 11 a.m.- 12 p.m. Whether your looking to refine your skills or start from scratch, you will find inspiration and encouragement.

May 5, 12, 19 In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale Library. Bring whatever project your working on. All abilities welcome.

May 6, 20, Basic computer classes for adults 9-10 a.m. at the Rifle Library.

May 6, 13, 20, 27, Enjoy drop in games of American Mah Jongg at the Glenwood Springs Library 1:30-3:30 pm.

May 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.

May 8, N.U.T.S. presents Thursday Night Patio at the Ute Theater 6-9 pm. Music Series The Jazzmonauts.

UPCOMING EVENTS, CONTINUED

May 10, Mountaintop Brunch at Glenwood Caverns from 11a.m. to 3 p.m. Price is \$22.95 adults \$12.95 for kids. Call 970-945-4228 seating is on first-come, first-served basis.

May 10,11, The Symphony in the Valley Mothers Day concert will be at 7:30 pm on Saturday at Waldorf School in Carbondale and 2:30 on Sunday at Glenwood Springs High School. Tickets are \$10 adults, \$8 senior, \$5 youth.

May 13, First Draft: A Dialogue On Writing 6:30 p.m. at TACAW. Free with RSVP. Go to tacaw.org

May 14, Wonderful Wednesday at the Glenwood Springs Library. Join us once a month for a new activity 10:30 - 11:30 a.m.

May 14, An Evening with Zoe Keating 8 p.m. \$30 member, \$35 advance, \$40 day of. Tickets go to tacaw.org

May 15, N.U.T.S. presents Thursday Night Patio at the Ute Theater 6-9 p.m. Music Series Noodle Soup.

May 16, Natalie Spears with string Quintet: Hym of Wild Things, 8 pm at TACAW. Tickets \$30 member, \$35 in advance, and \$40 day of. Go to tacaw.org

May 22, N.U.T.S. presents Thursday Night Patio at the Ute Theater, 6-9 pm, Music Series Sweet Jessup & The Dirty Buckets.

May 29, An evening with Marty Stuart and his Fabulous Superlatives, 8 p.m. at TACAW. \$71 member, \$76 in advance, and \$86 day of. Tickets go to tacaw.org.

May 29, N.U.T.S. presents Thursday Night Patio at the Ute Theater, 6-9 p.m., Music Series Feeding Giants.

Grief in Motion: Every Monday. 9-10 a.m. at the Glenwood Springs Community Center. For those who have lost a loved one. Find comfort and connection during our outside (weather permitting) walks. Facilitated by Cath Adams, a certified grief coach. Free. 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

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.

Effective March 1, 2025: To maximize impact and ensure long-term resilience, LIFT-UP is adjusting its food distribution programs while maintaining accessibility for all community members. Key changes include:

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

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

Nutrition program (970) 665-0041 for questions and make reservations and cancellations.

Volunteers who will not be able to volunteer at the meal site should call the food line (970) 665-0041 or if your interested in volunteering for a meal site contact staff at
DHSolderadultprograms@garfieldcountyco.gov

Adult Protection services call 1-844-264-5437 www.garfieldcountyco.gov

Other county emails:

Eagle County www.eaglecounty.us/publichealth

Pitkin County Senior Newsletter and lunch menu www.pitkinseniors.com