



# CONNECTION

## SEPTEMBER IS NATIONAL FALLS PREVENTION AWARENESS

**T**his month is dedicated to raising awareness about the impact of falls, particularly among older adults and individuals with disabilities, and promoting preventative measures. Falls are a significant public health concern, being a leading cause of injury and death in older adults, and can also lead to serious injuries and decreased independence for people with disabilities, according to the Administration for Community Living.

**Strengthening and balance exercises:** Regular exercise focusing in exercises that improve strength and balance.

**Home safety modifications:** Reducing tripping hazards, securing loose rugs, improving lighting, installing grab bars.

**Medication management:** Reviewing medications with healthcare provider to identify any potential side effects

**Vision and hearing:** Regular eye and ear exams can help identify and address vision and hearing impairments that contribute to falls.

**Footwear:** Wearing supportive, well-fitting shoes with non-slip soles can improve stability, and using assisted devices, like walkers or canes, that are properly fitted and maintained can also prevent falls.

## LET'S MEET ONE OF OUR VOLUNTEERS

## Laura Goodwin



Laura Goodwin was born and lived in South Dakota for 22 years. Laura graduated from high school in 1965 and graduated from nursing school in 1968. She passed state boards and became an R.N. in August 1968 when she was 21 years old. A high school friend and Laura moved to Alamosa, Colo. and worked and took some college classes. Adams State College did not offer nursing classes so she majored in psychology and minor in music.

Laura played piano and organ in many churches for about 50 years. She met her husband in college and they were married for 24 years however, it ended in a divorce. Laura has two daughters, 10 grandkids, and five great-grandkids. In the last 10 years, her eyesight has deteriorated so she hasn't been able to read music anymore. Laura retired from music in 2013 and from nursing in 2015. She enjoys spending time with her family, church activities, gardening, knitting, and watching DVD movies.

Laura also volunteers at the Silt meal site at the front desk and help serve meals. She recently got recertified to teach Tai Chi for Arthritis and is now certified to teach Tai Chi for Diabetes for Garfield County Older Adult Programs. Laura enjoys teaching Tai Chi to seniors in Silt.

Sign up for an exercise class to help you get stronger and prevent falls!

### 60 and over exercise classes

Garfield County Older Adult Programs is offering exercise classes to older adults 60 and over. The recommended voluntary contribution for Well & Wise exercise classes is \$20 per 8-week series per person. **A Geri-Fit exercise class is being held at Sunnyside Retirement Center in Glenwood Springs, from 11 a.m. to 12 p.m., starting Thursdays, Sept. 11. A Tai Chi for Health and Diabetes class begins Tuesdays, September 16, from 1:15 to 2:15 p.m. at Sunnyside Retirement Center in Glenwood Springs. A Tai Chi class for Health and Diabetes class begins on Wednesday's, Sept. 10 at the Silt Library, and runs from 1- 2 p.m.** We also offer classes in Matter of Balance, 'N Balance, and Tai Chi for Arthritis in Carbondale, Glenwood Springs, New Castle, Silt, Rifle, and Parachute. To register for one of these classes or a future class in your area, or for more information about the classes, please call Debby Sutherland at 970-625-5282, ext. 3084.

**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

## Foods that may improve memory

Blueberries contain anthocyanins, which are colored pigments that give fruits and vegetables a red, blue, or purple color. Anthocyanins are known for their antioxidant and anti-inflammatory properties. Antioxidants protect cells from damage.



Fish such as salmon, sardines, mackerel, trout, and tuna are high in omega-3 fatty acids. Omega-3 fatty acids support brain health and memory by helping with the growth and repair of brain cells. Additionally, omega-3 reduces triglycerides, lowers blood pressure, and reduces inflammation.

Nuts & Seeds provide omega-3 fatty acids, antioxidants such as vitamin E, and minerals like selenium and magnesium that support cognitive function by protecting the brain from oxidative stress and damage caused by free radicals.

Eggs contain choline, which has been shown to improve memory by helping the neurons (information messengers) in our brain communicate.

Whole grains provide B vitamins that have shown to affect mood and other brain functions. Vitamin B12 aids in the production of myelin, a protein that surrounds and insulates some nerve cells and leads to proper neuron transmission. Whole grains also provide fiber. Fiber can help reduce inflammation in the gut and potentially throughout the body. This is beneficial because chronic inflammation can negatively impact brain health.

Dark Green Vegetables are rich in folate and vitamin K. Folate plays a role in brain cell development, function, and repair. Folate also helps synthesize DNA, which is the building block of all cells, including brain cells. Vitamin K plays a role in brain cell development and protects against brain cell deterioration.

## Foods that may impair memory

Sugary drinks (soda, sweat tea, fruit cocktails, sports drinks, flavored coffee) contain excess sugar that is absorbed quickly, which quickly increases blood sugar. The rapid increase in blood sugar can damage blood vessels, lead to increased risk of stroke, damage brain cells, and impair memory.

## Exercise

### Toe stand

Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.

Slowly stand on tiptoes as high as possible.

Hold the position for 1 second.

Slowly lower heels to the floor. Repeat 10-15 times

**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. **Class at Sunnyside beginning Sept. 11, from 11 a.m. - 12 p.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. **Class in Glenwood at Sunnyside beginning Sept. 16, 1:15 p.m. to 2:15 p.m. Class in Silt at the Library, 1 - 2 p.m. beginning Sept. 10.**

**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](mailto:dnovak@parkinsonrockies.org) or call 866-718-2996. You may also contact Tiffany with any questions 970-384-6314.

## Honey Garlic Salmon

### Ingredients

#### Sauce

- 4 Tbsp honey
- 2 Tbsp low sodium soy sauce
- 1 Tbsp white vinegar
- 1 garlic glove

#### Salmon

- 2 salmon fillets
- 1 Tbsp olive oil
- Salt and pepper to taste

#### *Toppings (optional)*

- Sesame seeds
- Sliced chives, shallots, or scallions

### Instructions

1. Pat salmon skin dry with a paper towel and sprinkle with salt and pepper.
2. In a small bowl, whisk together the sauce ingredients.
3. Drizzle olive oil in a non-stick fry pan and heat over medium heat. Place salmon in the pan and cook on one side for 3-4 minutes until golden brown. Turn, then cook the other side for 2-3 minutes until golden brown.
4. Pour sauce over salmon. Cook for about 1 minute, or until sauce starts to thicken. Cook until salmon reaches an internal temperature of 145°F. If sauce thickens too much before salmon is cooked, add 1 Tbsp of water.
5. Serve salmon drizzled with sauce. Sprinkle with sesame seeds and chives/shallots, if desired.





## 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](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 Don Olsen at 970-285-5639, and medical equipment Sandy Nolan at 620-450-5777.

**Alpine Legal Services** 110 8th Street, Glenwood Springs, 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

## FARMERS MARKET

### MAKE IT A SEPTEMBER TO REMEMBER



Glenwood Springs Farmers Market Tuesday's, September 2,  
4-8 p.m., on 7th Street between Colorado Avenue and Cooper Avenue.

Carbondale Farmers Market  
Wednesday's, September 3-September 24,  
10 a.m.-3 p.m., 4th and Main Street in Carbondale.

Rifle Farmers Market  
Friday, September 5,  
4-8 p.m., at Heinze Park 612 Railroad in Rifle.

No farmers market in Silt this year

New Castle Farmers Market has ended.

Parachute Farmers Market  
Monday's, September 1—September 15th,  
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**

We wish each of you a  
very Happy  
Birthday



### SEPTEMBER BIRTHDAYS

Michael Arnett  
Clar Bartels  
Meter Blaul  
Sabina Bodrogi  
Connie Boe  
Julz Butzen  
Ron Carr  
Connie Castine  
Laurie Chase  
Patricia Cline  
Joy Davis  
Judy Deluca  
Yvonne Diaz  
Dollie Downey  
Katrine Fabian  
Mary Ann Fauls  
Mary Ann Fazzi  
Florent Gallechio  
Marlene Hawkins

David Hiser  
Nancy Kahn  
Sharon Kivisto  
James Leonard  
Mildred Meeker  
Mary Jane Messer  
Ginnie Miller  
Ed Monge  
Debra Newland  
Barbara Ramirez  
Dale Reed  
Scott Robinson  
Marie Schroeder  
Randy Schroder  
Ed Schumacher  
Sharon Sharp  
Lindel Silvertooth  
Darvin Smith  
Verne Soucie

Tami Sours  
Darrell Stanley  
Debbie Thomas  
Perry Urban  
Paula Willhouse  
Mia Williams  
Bruce Wood  
James Wright

**Monday, September 1**  
**Labor Day**

**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

**Sept. 2, 16, 23,** Yoga at 7:30 a.m. at the Carbondale Library Community Room.

**Sept. 3, 6, 10, 13, 17, 20, 24, 27,** Free Tai Chi at the Glenwood Library, 5:30-6:30 p.m., on Wednesdays and 9:30- 10:30 a.m. on Saturdays.

**Sept. 3, 10, 17, 24,** Zumba exercise class for active aging at the Rifle Library, 7 p.m., Free and open to all who are ready to stay active.

**Sept. 4,** The Barlow with Dave Jordan at the Ute Theater in Rifle, 8-10 p.m. Tickets \$15-\$20 go to [utetheater.com](http://utetheater.com).

**Sept. 4,** Game night at the Silt Library 6-8 p.m. Bring your favorite board and card games. Meet new people, learn a new game or teach someone your favorite game.

**Sept. 4, 11, 18, 25,** Golden Years at the Silt Library 1 p.m. on the patio for our social gathering just for seniors. Enjoy ice cream and great company. Just drop by.

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

**Sept. 7,** Grandparents Day Photoshoot at New Castle Alpine Bank Community Room. Stop by for a cozy, low key photoshoot where kids and their grandparents can smile, pose and capture a memory together.

**Sept. 8, 15, 22,** In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale Library. Bring whatever project your working on. All abilities welcome.

**Sept. 11,** Food for Thought at the Parachute Library, 6:30-7:30 p.m. We pick the cookbook and you pick and make a recipe to share with group. Registration is required. Call 970-285-9870 and stop by for this month cookbook collection.

**Sept. 12, 13,** 53rd Annual Burning Mountain Festival in New Castle. Parade **9/13**

Down Main Street, 10 a.m., other activities at Burning Mountain Park. For more information go to [rfirth@newcastlecolorado.org](mailto:rfirth@newcastlecolorado.org) for more information.

## UPCOMING EVENTS, CONTINUED

### Nutrition Education by Emily Stanton, RDN

**Continued from page 4; information provided by Harvard Health Publishing**

**Alcohol** disrupts brain function and leads to memory loss by interfering with communication pathways and damaging nerve cells in the brain. The more alcohol consumed, the more difficult it may be to process new information or remember things.

**Fried foods** contain unhealthy fats can increase inflammation, damage brain tissues, and damage blood vessels that supply the brain with blood.

**Processed meats (bacon, sausage, hot dogs)** often contain nitrates for preservation, color enhancement, and to improve flavor. Nitrates in processed meats may damage brain cells and increase the risk of dementia. Processed meat also tends to be very high in sodium, which is a risk factor for high blood pressure and heart disease.

**Refined carbohydrates and desserts** can lead to rapid increases in blood sugar levels, which may impair brain function. High blood glucose levels can lead to the shrinking of the brain and small vessel disease, which restricts blood flow to the brain and causes cognitive difficulties.

**There is no single food that can ensure brain health as you age.** The most important strategy is to follow a healthy diet pattern that includes fruits, vegetables, legumes, and whole grains. Choose lean protein sources from plants and fish. Focus on healthy fats like avocados, olives, olive oil, and other liquid oils.

#### Upcoming events, continued from page 9

**Sept. 13,** Life after 70 at the Carbondale Library, 10:30 a.m.- 12 p.m. Join this group friendly open environment where you can explore all aspects of aging.

**Sept. 9, 23,** Basic computer classes for adults 9-10 a.m. at the Rifle Library.

**Sept. 10, 23,** Medicare enrollment everything you need wanted to know. At the Grand River Hospital in Rifle in the Colorado River Meeting Room. 9/10 12:30 to 1:30 p.m. and 9/23 4 to 5 p.m.

**Sept. 13,** The Lovin' Spoonful live at the Ute Theater in Rifle, 7:30-10 p.m.

Tickets \$47-\$53 go to [utetheater.com](http://utetheater.com).

**Sept. 19,** Friday Music Under the Bridge 4:30-7:30 p.m. in Bethel Plaza on 7th Street in Glenwood. Queen Bees 9/19 and Wild Flight on 9/26.

**Sept. 19,** TankeRays at the Ute Theater in Rifle, 8-11:30 p.m. Tickets \$20-\$25 go to [utetheater.com](http://utetheater.com).

## 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.garfieldcountycityco.gov](http://www.garfieldcountycityco.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 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) 665-0041. Call by noon on Tuesday.

**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 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) 665-0041 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 \$10.25 per meal.*

## 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  
Nutrition Program Coordinator  
970-625-5282, extension 3263

**Debby Sutherland,**  
Older Adult Well & Wise  
Program Coordinator  
970-625-5282, extension 3084

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

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

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

Email any Older Adult Program staff for information at:

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

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

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

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

DHSolderadultprograms@garfieldcountyco.gov

**Adult Protection services** call 1-844-264-5437 [www.garfield-county.gov](http://www.garfield-county.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)