



CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



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LET'S MEET ONE OF OUR VOLUNTEERS

Randy Gorsett

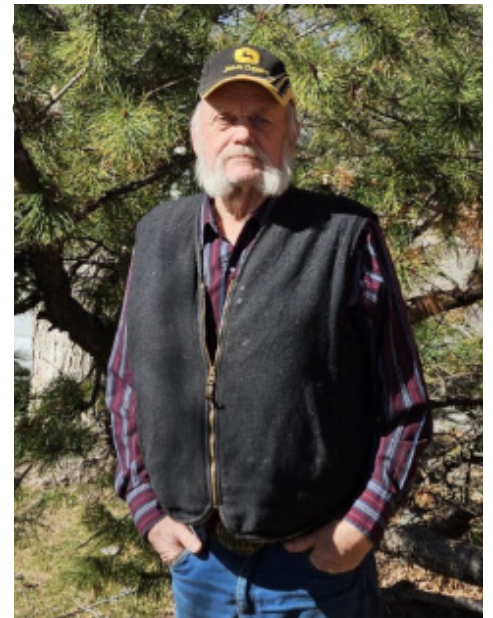
Randy Gorsett was born in Sheldon, Iowa. He moved to Denver when he was seven years old. He graduated from George Washington High School in Denver and got a job with the U.S. Forest Service in Aspen on a trail crew for three summers, giving him plenty of time to grab his horses and go exploring on his 4-day weekends. Ten days on, 4 days off.

He moved to Silt in 1980 and still lives in the same place. Randy has one daughter, Erin. She works at the Pauline S. Schneegas Wildlife Foundation, "which everyone should donate to if possible." He worked for Garfield County Road & Bridge for 33 years - a very good job because of the variety of work. He retired in 2018.

Randy started volunteering with the meal program by putting lunches together during COVID. He likes to eat lunch at our New Castle, Silt, and Rifle locations. Randy volunteers in Silt every Wednesday by helping set up and take down chairs and tables.

Randy likes making old vehicles run. He has several tractors and old trucks he has fixed up. You might even see one in the Silt parade. He currently has two 1942 Army trucks, which he hopes to take to car shows this summer.

Randy won't tell us where his favorite spots are for fishing, camping, or hiking ... smart man. He has hunted in a few secret spots, "which have been ruined by being found by



"Life goes by quick – don't waste it! Be spontaneous!" Randy says.

RATATOUILLE ROASTED VEGETABLES

Recipe from Cooking Matters

Ingredients

- 1 small red onion
- 2 medium cloves of garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 Tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



Instructions

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into ½-inch pieces. Slice zucchini and squash into ½-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt, and pepper. Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Turn halfway through. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.

Chef's notes

- Serve over polenta, spinach, brown rice, whole wheat pasta, or with hearty whole grain bread.
- For a faster version, cook veggies in a large skillet on top of the stove with 1 teaspoon oil instead of baking



TOE STAND

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
2. Slowly stand on tiptoes as high as possible.
3. Hold the position for one second.
4. Slowly lower heels to the floor.
5. Repeat 10-15 times.

Tip: As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on each leg.



If April showers should come your way, they bring the flowers that bloom in May.

FALL PREVENTION TIPS

Preventing falls starts with keeping floors free of everyday hazards. Begin by clearing pathways so nothing blocks your natural walking routes. Secure loose rugs with non-slip backing and coil or tape down electrical cords that cross the floor. Clean spills right away to avoid slick spots, and keep pet toys, shoes, and bags out of walkways. Good lighting — especially near stairs, hallways, and entryways—helps you spot obstacles before they become a risk. Small daily habits make every room easier and safer to move through.

BIRTHDAYS

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 or Jenny for a form.

Contact us at: gnewsletter.org/contact



April birthdays

- | | |
|-----------------|---------------------|
| Sandra Austin | Jeanette Lacey |
| Ken Bachus | Cynda Larson |
| Dick Buchan | Mary Moon |
| Brian Fratzke | Augie Natal |
| Roza Gallicchio | Diane Nitz |
| Luana Gildea | Martha O'Neal |
| Evelyn Godar | Tony Ramirez |
| Betty Goode | John Reichert |
| Ed Grange | Sondie Reiff |
| Ed Hansen | Judy Sappington |
| Nola Haynes | Judy Sluga |
| Marilyn Hile | Gloria Strouse |
| Janie Kidd | Christiane Sullivan |
| Barbara Koran | Jerry Sullivan |
| Kevin Krebill | Betty Waldron |

SUBSCRIBE

Subscribe today to the Garfield County Older Adults Program Connection! If you don't already receive this newsletter regularly, subscribe for an email of the newsletter by calling 970-665-0041 or contact us at gnewsletter.org/contact. There is no charge for subscription.



UNDERSTANDING RIDESHARING: A SIMPLE GUIDE FOR OLDER ADULTS

Ridesharing is a way to get from place to place. You request a ride through a service such as Uber or Lyft. A nearby driver is then sent to pick you up and take you where you need to go — whether that's the grocery store, a doctor's appointment, or a visit with friends and family.

Most ridesharing services use a smartphone app, but many now offer options that make things easier for older adults, including phone-based booking and simplified screens.

Why many older adults use Ridesharing

Ridesharing can be a helpful option if you no longer drive, prefer not to drive in winter weather, or simply want a convenient way to get around. Benefits include:

- Upfront fare estimates so you know the cost before you ride
- Live tracking that shows when your driver will arrive
- Automatic payment through the app — no cash or tipping required
- Larger text and simpler navigation in newer senior-friendly features
- Phone booking options for those who prefer not to use an app

Learning to use ridesharing

If you'd like to learn at your own pace, Senior Planet from AARP occasionally offers online classes on ride-hailing apps.

Uber's new senior accounts

Uber now offers senior accounts, designed to make ridesharing easier and more comfortable for older adults. These accounts can be set up through a family member's family profile, allowing loved ones to help with rides when needed.

Key features include:

- Simple mode with larger text, bigger buttons, and fewer steps
- Saved places for easy access to your favorite destinations
- Family support, allowing a trusted person to book and pay for rides

- Health benefit card payments for eligible medical or wellness trips

What if I don't have a smartphone?

You can still request an Uber ride by calling 1-833-USE-UBER (1-833-873-8237) between 4 a.m. and 10 p.m. Eastern Time. Phone agents can help you schedule a ride anywhere Uber operates in the U.S.

Can I use my health benefit card?

Many Medicare Advantage plans allow certain trips to be paid for with a health benefit card. You can add this card in the wallet section of the Uber app or share it with your family organizer.

Ridesharing can be a helpful tool for staying independent, connected, and active in the community.



AIRA ASSISTANCE FOR PEOPLE WITH DISABILITIES

Aira is a new accessibility tool available to Deaf, hard-of-hearing, blind, and low-vision Coloradans. Through the Aira app, users can connect with highly trained visual interpreters who provide real-time descriptions, help with forms, explain complex instructions, and guide users through online services.

The State of Colorado is also partnering with Aira ASL to

expand equitable access to government services. Aira ASL offers remote, on-demand American Sign Language (ASL) interpreting through a mobile app, connecting users instantly with a professional interpreter for free 30-minute sessions.

This pilot program is currently available at the State Capitol complex, all History Colorado museums and historic sites, and the Colorado Department

of Labor and Employment's Vocational Rehabilitation locations and Workforce Centers. Calls are secure, require no advance reservations, Available on the Apple (opens in new window) and Google Play (opens in new window) stores.

Get started by:

1. Download the app from your mobile device via the Apple App Store or Google Play Store.
2. Open the app and register your phone number.
3. Click the link in the text message Aira sends, which will log you into the app.
4. Make a free call to learn how it works.
5. The next time you're navigating a state-operated location, state web application or state website, make a call of up to 30 minutes through the Aira app.



NEW ONLINE CONNECTION NEWSLETTER

To improve access to the Garfield County Older Adult Program's Connection monthly newsletter, Garfield County has created a new online version. Read it on a computer, tablet, or mobile phone at gcnnewsletter.org. The software used for the distributed print copies of the Connect newsletter has been discontinued. If you wish to print the newsletter yourself, a PDF option will still be available on the Garfield County website.



UPCOMING EVENTS

APRIL 2, 9, 16, 23, 30: Geri-Fit: Strength Training for Older Adults at the Carbondale Library. Thursdays 12:45 – 1:30 p.m. Most of the body building exercises are performed seated in chairs with a set of light dumbbell weights. There's no aerobics, dancing, or choreography, and you never have to get on the floor.

APRIL 2, 9, 16, 23, 30: Golden Years Ice Cream Social 1-2 p.m. at the Silt Library. Come chill with us outside on the patio for our social gathering just for seniors. Enjoy delicious ice cream and a fun variety of toppings. No registration needed – just drop by.

APRIL 6: Spice Up the Month with Craft Kits at the Rifle Library. Sign up in advance to be on the list to get a kit. 970-625-3471

APRIL 7, 21: Basic Computer Class for Adults at Rifle Library 9-10 a.m. This bilingual class is designed for beginners or those who need a refresher in computer basics. Laptops will be provided. Free. Register or get more information by calling 970-625-3471.

APRIL 2, 16: Grief Support Group at Grand River Health in Rifle 5:30-6:30 p.m. Free, ongoing, in-person grief support for adults dealing with loss of a loved one.

APRIL 7, 14, 21, 28: Mah Jongg drop-in games all levels of players welcome at the Glenwood Library 1:30-3:30 p.m.

APRIL 4, 11, 18, 25: Tai Chi at the Glenwood Springs Library Wednesdays at 5:30 p.m. and Saturdays at 9:30 a.m.

APRIL 1, 8, 15, 22, 29: Tai Chi for Seniors at Silt Library from 1-2 p.m. Tai Chi helps with various mobility and health issues including reducing pain, stiffness, stress and expression as well as improving blood circulation, muscle strength, and stamina. Join Laura Goodwin for a weekly low impact class at the library. Call Jenny 970-625-5282, ext. 3275 to sign up.

APRIL 5, 19, 26: Bingo at BPOE Elks #2286 6-8:30 p.m., Open to the public. Concession 5:30 p.m., early bird bingo 6:30 p.m., regular bingo 7 p.m. Karleen Clark 970-945-2286 or info@gwselks.com

APRIL 6, 13, 20, 27: Mah Jongg every Friday from 1-4 p.m. at the New Castle Community Center. No fee. No registration.

APRIL 7, 14, 21, 28: Smartphone classes every Tuesday at 12 p.m. at the Glenwood Library. All carriers are welcome and there will be a Spanish translator



UPCOMING EVENTS

APRIL 8: Tim Meadows is an actor, writer, and comedian who was one of the longest-running cast members on Saturday Night Live, where he appeared for 10 seasons. He is performing at The Ute Theater and Events Center in Rifle from 7-10 p.m. Tickets are \$50-120.

APRIL 14: Death Café at the Parachute Library 5-6 p.m. You're invited to join a relaxed, judgment-free conversation about death as a way to gain a deeper appreciation of life.

APRIL 16: Memory Café at New Castle Library 10:30 a.m. - 12 p.m. This gathering is for those with mild to moderate symptoms of memory loss and their caregivers. Come, be creative, explore items from the past, and maybe learn something new.

APRIL 16: The Young Original Band is a vibrant and dynamic musical act featuring a striking combination of piano, guitar, mandolin, dobro, accordion and cello. Their unique fusion of jazz, classical, folk and pop breathes fresh life into every concert. They are playing at Mountain View Church in Glenwood Springs from 7-9 p.m. Price is \$30-\$60. Pay \$60 for 2026-27 season ticket plus this concert.

APRIL 25: Mother's Day spring market craft fair, food trucks and more at Graham Mesa Elementary, 1575 Farmstead Parkway, Rifle from 9 a.m.-3 p.m.

APRIL 25: Grand River Health Fair in Rifle between 8-11 a.m.

APRIL PRESENTATIONS AT MEAL SITE LOCATIONS:

Stacy Duchscher from the Garfield County Library is presenting at:

APRIL 6: New Castle Senior Housing meal site, 12:40 – 1 p.m.

APRIL 7: CMC in Glenwood Springs, 12:40 – 1 p.m.

APRIL 15: Silt Town Hall, 12:40 – 1 p.m.

APRIL 21: Sunnyside Retirement home, 12:40 – 1 p.m.



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: Jenny Roberson. You may also pay at one of our meal sites.

Geri-Fit

Carbondale Library

Thursdays, March 5 – April 23: 12:45-1:45 p.m.

Valley Senior Center – Parachute

Mondays, 10-11 a.m.

Grand Valley Rec Center – Battlement Mesa

Thursdays, 9-10 a.m.

To sign up for a class Call Jenny at 970-625-5282, ext. 3275

Tai Chi For Health

Tai Chi For Health reduce stiffness, uplifts your spirit, improve muscle strength and joint flexibility.

Sunnyside Retirement – Glenwood Springs

Mondays, March 5 – April 23: 1-2 p.m.

Silt Library – Silt

Wednesdays, March 4 – April 22: 1-2 p.m.

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

Exercise for Parkinson's

Every Monday. 1-1:45 p.m. at the Glenwood Springs Community Center. Designed for those with Parkinson's Disease, MS, or any other neuromuscular conditions. Contact Tiff if you are interested in participating. 970-384-6314.

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.

Aqua Fit

Every Monday, Wednesday and Friday, 9-10 a.m. 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.



OLDER ADULT NUTRITION PROGRAM

Congregate meals are offered at seven locations across Garfield County. Lunch is served at 12 p.m. and ends at 12:15 p.m. Reservations help us plan accurate meal counts. New participants are welcome. Please call the site number by noon at least one weekday in advance and cancel as early as possible if your plans change.

Monthly menus are available at all meal sites, in the Connection newsletter, and on the Garfield County website. Enjoy a meal with friends — adults 60+ and their spouses may give a voluntary \$3 contribution (no obligation). Guests under 60 pay \$12 per meal.

Questions? Call 970-665-0041 or email DHSolderadultprograms@garfieldcountyco.gov.

Congregate meal sites

Carbondale “Roaring Fork & Spoon”

The Orchard, The Gathering Center, 110 Snowmass Drive on Wednesdays.

For reservations call (970) 404-1193. Call by noon on Monday.

Glenwood Springs “Chat n’ Chew”

Colorado Mountain College, Lucy Huntley Senior Center,
1402 Blake Avenue, Glenwood Springs on Tuesdays and Fridays.

For reservations please call (970) 404-1193 by noon on Monday and Thursday.

Glenwood Springs “Sunnyside Senior Meal”

Sunnyside Retirement Center, 601 21st Street, Glenwood Springs on Tuesdays and Fridays. For reservations call (970) 404-1193 by noon on Monday and Thursday.

New Castle “The Gathering”

New Castle 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”

Silt Town Center, 600 Home Avenue, Silt on Wednesdays.

For reservations call (970) 665-0041. Call by noon on Tuesday.

Rifle “Senior Delight”

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.

Meals Feedback

Your experience matters. If you have feedback about our meals, we would be grateful to hear from you. Leave a message at 970-625-5282, ext. 4045.

Email us at garfieldcountyco.gov/human-services/meals-feedback

Mail us a note at: Older Adult Programs Feedback

Attention Jeff Lawson

195 W. 14th St., Building B

Rifle, CO 81650



GARFIELD COUNTY OLDER ADULT PROGRAMS

Older Adult Programs
Nutrition staff
970-625-5282, ext. 3263

Older Adult Programs
Well and Wise staff
970-625-5282, ext. 3275

Nutritionist
970-625-5200, ext. 2036

Online Newsletter
gcnewsletter.org

Garfield County Older Adult Program

970-665-0041 for questions, reservations, cancellations or to volunteer for Rifle, Parachute, New Castle and Silt.

gcnewsletter.org/contact

For meals reservations, cancellations and volunteer opportunities in Glenwood Springs or Carbondale, please call Valley Meals & More at 970-404-1193.

HIGH COUNTRY VOLUNTEERS TAX ASSISTANCE PROGRAM

High Country Volunteers will prepare and e-file simple federal and state income taxes for individuals with incomes less than \$69,000 per year.

Appointments are required and are available through April 15 in Rifle, Glenwood Springs, and Battlement Mesa.

Call 970-896-6210 to schedule your appointment.



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