



CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



Volume 16, Issue 8
August, 2026

LET'S MEET ONE OF OUR VOLUNTEERS

Bev Reed

Bev Reed was born in Midland, Texas, the youngest of five children. She met her "Sweetie," Jim Reed, while attending Stephen F. Austin State University in Nacogdoches, Texas. They spent 25 years in Kansas, where they raised two children, and Bev now has six grandchildren.

Bev and Jim have lived in Colorado for nearly 20 years. She considers herself a "Coloradan" because she believes people should identify

with the state or country where they live. Over the years, Bev has taught preschool, worked as a secretary, taught Sunday school, and served as a Girl Scout leader.

Bev has volunteered for years at the visitor center in Parachute and at the Valley Senior Center. She also served on the Valley Senior Center board for many years.

Bev often does the announcements. She is always looking for a great joke to tell.



She often leads discussions after meals. We are grateful to Bev for all she does for our community.



BALANCE WALK

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

Tip: As you progress, try looking from side to side as you walk, but skip this step if you have inner-ear problems.

SPICE IT UP

Article and recipe by Emily Stanton

Add depth to your dishes by adding herbs and spices to create more flavor.

Stock your spice rack:

Ground black pepper
Cayenne pepper
Oregano
Cumin
Garlic powder
Onion powder
Bay leaf
Curry powder
Thyme
Paprika
Nutmeg
Turmeric
Clove
Cinnamon
Chili powder
Basil
Parsley
Italian herb seasoning blend

Tips

- If you are unable to get a fresh herb, try substituting one-part dry herbs for three parts fresh. For example, if the recipe calls for 1 tablespoon of a fresh herb, use 1 teaspoon of the same herb in dried form.
- Add spices before you add salt. Your dish may be flavorful without the salt!
- Store dry spices in airtight containers away from heat, moisture, and direct sunlight.
- Replace dried spices when the color has faded or the smell is weak.
- Check out the ethnic food aisle for spices. They are often cheaper than the spices in the baking aisle.

Homemade spice mixes

Italian seasoning

1 Tbsp dried basil
1 Tbsp dried oregano
1 Tbsp dried rosemary
1 Tbsp dried thyme

Pumpkin spice

1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground allspice
¼ tsp ground nutmeg

Taco seasoning

1 Tbsp chili powder
1 Tbsp ground cumin
½ tsp garlic powder
½ tsp onion powder
¼ tsp dried oregano
¼ tsp salt

Information from eatright.org and Cooking Matters

BLACKENED CHICKEN

Recipe adapted from Small Town Woman

Ingredients

- ½ Tablespoon smoked paprika
- ¼ teaspoon cayenne pepper
- ½ teaspoon dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon salt
- 2 large boneless skinless chicken breasts sliced in half lengthwise
- 3 Tablespoons canola oil

Instructions

1. Combine the smoked paprika, cayenne pepper, dried thyme, garlic powder, onion powder, black pepper, oregano, and salt in a Ziploc bag. Shake to combine.
 2. Pat the chicken breasts dry with paper towels. Brush chicken breasts lightly on both sides with oil. Use your hands to spread the seasonings evenly over the chicken.
 3. Heat one tablespoon of canola oil in a nonstick skillet over medium-high heat. Cook chicken until it is golden brown (almost black) on both sides and cooked through (165°F), for approximately 5 minutes on each side.
 4. Remove from skillet. Let it rest for 10 minutes.
- Servings: 4

Nutrition facts

Calories: 228 kcal
Carbohydrates: 1g
Fiber: 1g
Sugar: 0.2g
Protein: 24g
Fat: 14g
Saturated Fat: 1g
Cholesterol: 72mg
Sodium: 278mg



HAPPY BIRTHDAY, COLORADO

Colorado celebrates its 150th birthday in 2026, marking a century and a half of resilience, innovation, and breathtaking natural beauty.

The Sesquicentennial invites communities to honor the state's rich history — from Indigenous homelands to mining towns, ranching traditions, and modern outdoor culture. Coloradans can celebrate with local festivals,

historical exhibits, volunteer clean ups, and storytelling events that highlight the state's diverse heritage.

Planting trees, supporting conservation projects, or exploring state parks are meaningful ways to participate. This milestone is a chance to reflect on Colorado's past while shaping its next 150 years.



AUGUST BIRTHDAYS

Beatriz Alvarado

Dorothy Ault

Jerry Barber

Eva Bowman

Coy Bretthorst

Mary Bretthorst

Rebecca Byars Sowder

Robert Cash

Elaine Ellis

James Gisburne

Laura Goodwin

Judy Gordon

Beverly Hardie

Mary James

Mo Lechuga

Sylvia Livsey

Ann Lundin

Gail Martin

Mary McGruder

Mary Miracle

Donna Natal

Barbara Peterson

Cora Pipkins

Janet Senne

Patricia Smith

Marilyn Smith

Tamara Trujillo

Paul Verhulst

Emmanuel Villaseñor

Margaret Wierenga



BIRTHDAY LIST

Our birthday list is compiled from completed 2026 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: gcnnewsletter.org/contact

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 gcnnewsletter.org/contact. There is no charge for subscription.



HYDRATION MYTHS SENIORS SHOULD IGNORE

Staying hydrated is one of the easiest ways older adults can protect their health, but long held myths can get in the way, especially during the hottest part of summer.

Myth #1: “If I’m not thirsty, I don’t need water.” Thirst signals weaken with age, meaning dehydration can happen before you feel thirsty. Sip water regularly, especially in warm weather or higher altitudes like in Garfield County.

Myth #2: “Coffee and tea don’t count.” Your morning coffee or tea does contribute to hydration. Caffeine’s effect is mild, and

water is still the best choice.

Myth #3: “Too much water is dangerous.” Unless a doctor gives limits, drinking more water is generally safer than drinking too little. Light colored urine and steady energy are good signs.

Myth #4: “Only plain water hydrates.” Fruits, vegetables, soups, flavored water, and herbal teas all help. Add lemon, mint, or a splash of juice if water feels boring.



Bottom line: Small, steady sips support mood, digestion, joint comfort, and overall wellness, especially in August heat.

FIRE SAFETY FOR PEOPLE WITH DISABILITIES



Millions of Americans live with physical and mental disabilities. It is important to know your risk and build your fire prevention plans around your abilities.

- Have smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Interconnect your alarms, so when one sounds, they all sound.
- If you are deaf or hard of hearing, use smoke alarms with

a vibrating pad, flashing light or strobe light. These accessories start when your alarm sounds.

- A pillow or bed shaker can wake you up so you can escape. These devices are triggered by the sound of smoke alarms.
- When people who are hard of hearing are asleep, a loud, mixed, low-pitched sound alert device may wake you.
- Test your alarms every month.

Hoarding and fire safety

Many fire departments are experiencing serious fires, injuries, and deaths as the result of compulsive hoarding behavior. The excessive accumulation

of materials in homes poses a significant threat to firefighters fighting fires and responding to other emergencies in these homes and to residents and neighbors. Often, the local fire department will be contacted to help deal with this serious issue. Since studies suggest that between three and five percent of the population are compulsive hoarders, fire departments must become familiar with this issue and how to effectively handle it.

- Blocked windows and doors make it difficult for firefighters to get into your home quickly.
- Piles of belongings make it difficult for firefighters to move through your home quickly.

GLASSES FOR MACULAR DEGENERATION AND OTHER FORMS OF LOW VISION

Macular degeneration is a common eye disease that affects many older adults. It damages the center part of your vision, making it hard to read, recognize faces, watch TV, or see small details. While there is no cure, smart glasses can help many people make better use of the vision they still have.

Smart glasses are wearable devices with a small camera built into the frame. The camera captures what you are looking at and shows it on tiny screens inside the glasses. The image can be made larger, brighter, or sharper. This helps many people with macular degeneration because it makes better use of the healthier parts of their vision around the damaged center.

Many smart glasses let you zoom in on words, pictures, or objects. You can also adjust

the brightness and contrast to make letters and details easier to see. Some models can read printed words out loud, making it easier to enjoy books, read mail, or follow recipes. Others can recognize faces or identify everyday objects, helping users feel more confident at home and in the community.

Some smart glasses cost several thousand dollars, but lower-priced models under \$500 are becoming available. These affordable glasses may not include every advanced feature, but many still offer useful magnification, better contrast, and clearer images. For many people, these features are enough to make everyday tasks easier.

Smart glasses cannot

restore lost vision or stop macular degeneration from getting worse. However, they can help people stay active and independent by making daily activities like reading, shopping, and watching television less difficult. If you are interested in smart glasses, talk with a low vision specialist to find out which device is the best fit for your needs and lifestyle.



PARKINSON'S EXERCISE CLASSES

Carbondale Exercise Classes

Power Punch Boxing

Mondays • 9:30 – 10:30 a.m.

Defiance PT & Wellness

326 Hwy 133 Ste. 60

Carbondale, CO

Parkinson's exercise class

Wednesdays • 9:30 – 10:30 a.m.

Elite Performance Academy - EPA

62 County Highway 113

Carbondale, CO

Glenwood Springs Class

Power punch boxing

Fridays • 9:30 – 10:30 a.m.

Midland Fitness

100 Midland Ave.

Glenwood Springs, CO

Rifle exercise class

Power punch boxing

Thursdays • 9:30 – 10:30 a.m.

Anytime Fitness

800 Airport Rd.

Rifle, CO



**PARKINSON
ASSOCIATION
OF THE ROCKIES**



To register for these FREE classes, visit: www.ParkinsonRockies.org/exercise

For more information, contact Delisa at DNovak@ParkinsonRockies.org or call (303) 830-1839

UPCOMING EVENTS

AUGUST 1, Colorado's 150th Birthday.

AUGUST 1, South Austin Moonlighters play at the Ute Theater in Rifle at 8 p.m., \$25-80. Experience the ultimate night of roots, rock, and Americana as they bring their powerhouse musicianship, razor-sharp guitar riffs, and butter-melting vocal harmonies.

AUGUST 1 — 23, Annual RIVERFEST 2026: River Cleanup (Glenwood Springs). 9 a.m. – 12 p.m., walk the banks or bring your own boat, 740 Devereux Road, Pre-register to volunteer for a free lunch by July 24 via [Eventbrite Registration](#) or the [City of Glenwood Springs portal](#).

AUGUST 1-8, [Garfield County Fair](#)

AUGUST 1, Parade 10 a.m. , Hwy 82 Band 12 p.m., car show til 4 p.m.

AUGUST 4, Family & Kidz Rodeo at 6:30 p.m.

AUGUST 5, PRCA/WPRA ProRodeo 7 p.m. tickets, 9 p.m. Desert Heartstrings

AUGUST 6, PRCA Xtreme Bulls at 7 p.m. Veterans Night!

AUGUST 6, Tyler Rust Band at 9 p.m., free stage

AUGUST 7, Garfield County Fair concert: Sawyer Brown with special guest Casey Donahew, doors at 6 p.m., concert at 7 p.m.

AUGUST 7, High Desert Sky Band at 9 p.m., free stage

AUGUST 8, Demolition derby 7 p.m., A Band Called Alexis at 9 p.m., free stage

For more information: garfieldcountyfair.com/schedule

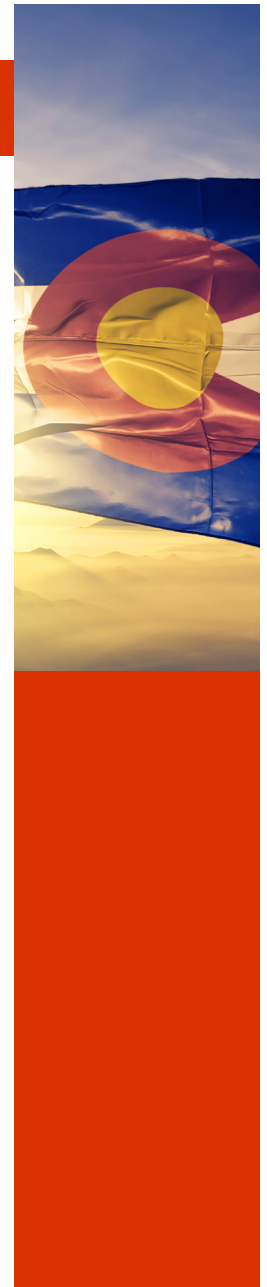
AUGUST 2, Hilltop Concert Series at Sunrise Art Park on 16th St. & Birch Ave. in Rifle – free concert Last Sunday of the Series from 6-8 p.m. Great music and ice cream!

AUGUST 3, New Castle Community Drum Circle at 6 p.m. in Ritter Plaza, Main Street.

AUGUST 3, Spice Up the Month with Craft Kits at Rifle Library. Every month will feature a new craft, and the kits will be available to pick up starting on the first Monday of each month. Anyone 18 and older can participate in this free series, but you must sign up in advance to be on the list to get a kit. Sign up at the front desk or call 970-625-3471.

AUGUST 4,18, 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.

AUGUST 5, National Night Out BBQ in Battlement Mesa 4-7 p.m. Climb aboard a road grader, check out the armored SWAT vehicle (the Bearcat), meet your neighbors.



UPCOMING EVENTS

AUGUST 6, 13, 20, 27, Golden Years Ice Cream Social, Thursdays 1-2 p.m. at [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.

AUGUST 4, 11, 18, 25, Mah Jongg drop-in games all levels of players welcome at the [Glenwood Library](#) 1:30-3:30 p.m.

AUGUST, Mahjong every Friday from 1-4 p.m. at the [New Castle Community Center](#). No fee. No registration needed.

AUGUST 11, Death Café at [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.

AUGUST 20, 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 get creative, explore items from the past, and maybe learn something new.

AUGUST 21, [Third Thursday on Third](#): Founding Day in Rifle, live music, food trucks, and local vendors, 5-8 p.m.

AUGUST 21-22, Palisade Peach Festival, Friday 3–9 p.m.; Saturday 10 a.m. – 8 p.m. Due to construction on Elberta Ave., public parking at Riverbend Park is closed. All attendees must use the designated shuttle services. Parking: Only handicapped-accessible parking with a valid placard is permitted on-site. [More info at Palisade Peach Festival](#).

AUGUST 21-23, Eagle Mushroom and Wild Food Festival at Brush Creek Park & Pavilion in Eagle, CO. This three-day event brings foragers, chefs, and mushroom lovers together for guided forest forays, cooking demonstrations, and workshops.

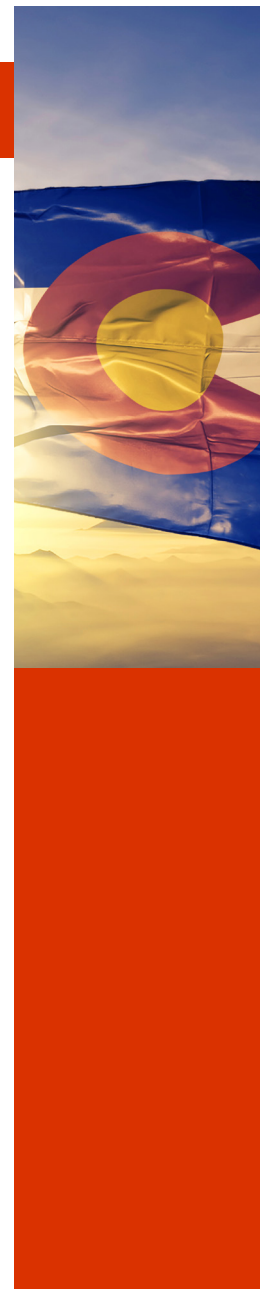
AUGUST 22-23, Terrapin Roadshow at Two Rivers Park in Glenwood Springs 5 p.m., \$45 for kids, \$81 adults, \$151 VIP per day. General admission. Get tickets at terrapiincrossroads.net.

AUGUST 22, Petty Nicks Experience (Glenwood Springs – Music on the Mountain) 5-9 p.m. at Glenwood Caverns Adventure Park, \$5 donation is collected to support a local nonprofit.

AUGUST 22, Silt Heyday from 7 a.m. to 9 p.m. at Veteran's Park. Silt Heyday has moved back to Veteran's Park in Old Town Silt. Vendors (food, arts and crafts, farmer's market). Come join us in this beautiful park surrounded by trees and filled with small town charm.

AUGUST 28, Party at the Pavillion Silt – Music, Bring chairs, drinks & food.

AUGUST 28, New Castle Community Market, 4-7 p.m. at Burning Mountain Park.



WELL & WISE

Geri-Fit

Parachute Community Center – Parachute

Mondays and Fridays, 10-11 a.m.

Grand Valley Rec Center – Battlement Mesa

Thursdays, 9-10 a.m.

Carbondale Library

Thursdays, 12:30-1:30 p.m. – July 16 – September 10

- No class September 3

Tai Chi For Health

Sunnyside Retirement – Glenwood Springs

Mondays 1-2 p.m., July 13 – August 31

Mondays 1-2 p.m., September 14 - November 2

Glenwood Springs Library – Glenwood Springs

Wednesdays at 5:30 p.m. and Saturdays at 9:30 a.m.

August 5, 8, 12, 15, 19, 22, 26, 29

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.

Garfield County Older Adult Programs offers classes for adults 60 and older. The recommended voluntary contribution for each Well & Wise 8-week series class is \$20 per person. Participants are encouraged to pay as they are able.

How to contribute:

- Make checks payable to GCDHS
- Mail to: 195 W. 14th Street, Rifle, CO 81650. Attn: Jenny Roberson.
- You may also place your donation in the secure box at any of our meal sites.

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. It is recommended to wait six weeks following the passing of your loved one before joining the group. 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.

Aqua Fit

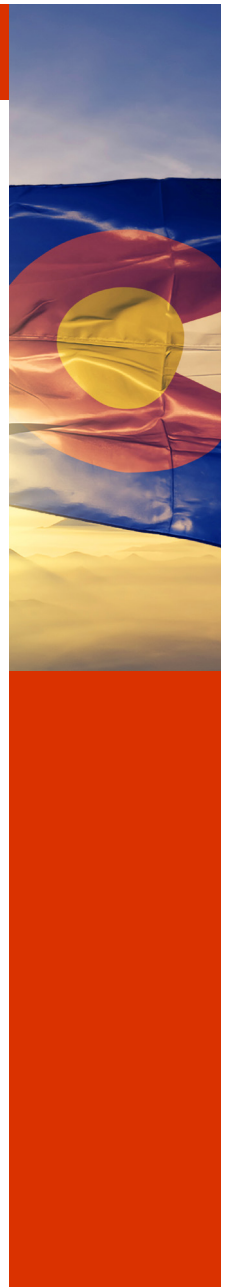
Every Monday, Wednesday and Friday, 10 - 11 a.m. at the [Glenwood Springs Community Center](#). Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

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.

NeuroPong

For those with neuromuscular challenges. This class is specifically designed to help individuals with Parkinson's disease, MS, or other neuromuscular conditions. This is at the [Glenwood Springs Community Center](#) on Thursdays from 2-3:30 p.m. 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 24 business hours in advance for Parachute, Rifle, Silt, and New Castle. Reservations for Glenwood Springs and Carbondale must be 48 business hours in advance. Please 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-plus 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](#).

Congregate meal sites

Carbondale “Roaring Fork & Spoon”

The Orchard, 110 Snowmass Drive on Wednesdays.

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

Glenwood Springs “Chat n’ Chew”

Colorado Mountain College, 1402 Blake Avenue, on Tuesdays and Fridays.

For reservations please call (970) 665-0041 by noon on Friday for Tuesday reservations and call by Wednesday at noon for Friday reservations.

Glenwood Springs “Sunnyside Senior Meal”

Sunnyside Retirement Center, 601 21st Street, Tuesdays and Fridays. For reservations, call (970) 665-0041 by noon on Friday for Tuesday reservations and call by Wednesday at noon for Friday reservations.

New Castle “The Gathering”

New Castle Valley Senior Housing, 201 Castle Valley Blvd. on Mondays. For reservations call (970) 665-0041 before noon on Friday.

Silt “Meet ‘n Eat”

Silt at Silt Town Center, 600 Home Avenue, 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, 24 hours in advance.

Parachute at the Valley Senior Center

540 N. Parachute Ave., 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.

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