



CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



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LET'S MEET ONE OF OUR VOLUNTEERS

Steve Nitz

Steve Nitz was born in Detroit, Michigan. In 1967, Steve served in Vietnam. He graduated from Metro State and later spent many years as a supervisor for assisted living. He ran a group home for the developmentally disabled. In his spare time, Steve enjoys woodcrafts and leathercrafts and he likes to shoot pool at the Grand Valley Rec Center. You might also find him fishing at Cottonwood Lake.

He moved to the valley in 2015. Steve is a volunteer coordinator at Valley Senior Center. You can find him on Mondays and Wednesdays serving lunch for our meal program. Steve has been volunteering for the last 10 years. He also volunteers at the Parachute Visitor Center. Steve loves seeing smiles on people's faces and making sure they are happy. He loves helping people. So, when you see Steve, give him a big smile. He also loves cookies.



Thank you, Steve, for all you do for our community! We appreciate you!

THE TRAVELER

Eligible Traveler passengers who live in Battlement Mesa and would like to attend meals in Parachute on Mondays and Wednesdays may do so. To sign up for Traveler service, call (970) 384-4855 or visit www.rfta.com/paratransit/garfield-county-traveler/ to complete an application for eligibility. An application and assessment must be completed to determine eligibility for those under the age of 70. Those 70 or over must call to sign up for service before scheduling their first ride. Service capacity is limited, so it is encouraged to make reservations early. The Traveler does not currently serve residents of Parachute.



CHICKEN FAJITA RICE BAKE

Recipe adapted from EatingWell.com

Ingredients

- 2 Tablespoons vegetable oil or olive oil
- 1 pound chicken, cut into 1-inch pieces
- 1 teaspoon salt, divided
- 2 medium bell peppers, sliced
- 1 medium yellow onion, sliced
- 1 Tablespoon DASH Southwest Chipotle seasoning blend
- 2 cups of cooked brown rice
- 2 (10-ounce) cans diced tomatoes and green chiles, no salt added, undrained
- 1(15-ounce) can pinto beans, no salt added, rinsed
- 1 1/2 cups shredded sharp Cheddar-Jack cheese, divided
- 1/4 cup thinly sliced radishes (optional)
- 2 Tablespoons cilantro leaves (optional)
- Lime wedges, for serving (optional)

Instructions

1. Preheat oven to 425° F. Heat 1 tablespoon of oil in a large ovenproof skillet over medium-high heat.
2. Add chicken pieces in an even layer; cook 3 to 5 minutes. Sprinkle with 1/4 teaspoon salt; cook, stirring occasionally, until browned on most sides, about 3 minutes. Using a slotted spoon, transfer the chicken to a plate. Reserve the oil in the skillet.
3. Add the remaining tablespoon of oil to the skillet. Add sliced bell peppers, sliced onion, and 1/4 teaspoon salt. Cook over medium-high heat, stirring occasionally, until the vegetables are tender and the peppers are charred in spots, 10-12 minutes.
4. Stir in 1 tablespoon of DASH Southwest Chipotle seasoning blend, and return the chicken to the skillet.
5. Remove from heat. Add 2 cups of cooked rice, 2 cans of tomatoes (with the juices), rinsed beans, and the remaining 1/2 teaspoon of salt. Stir to break up the rice and combine evenly.
6. Stir in 3/4 cup of cheese. Sprinkle the remaining 2/3 cup cheese evenly over the top.
7. Bake until the cheese is melted and beginning to brown, about 15 minutes.
8. Add optional toppings of 1/2 cup sliced radishes and 2 Tablespoons cilantro. Serve with lime wedges, if desired.



INTUITIVE EATING

What is intuitive eating?

Intuitive eating is a non-diet approach that encourages you to listen to your body's natural hunger and fullness cues.

Instead of focusing on weight or labeling foods as “good” or “bad,” it promotes a healthier relationship with food, your body, and your mind.

We are all born with the ability to know when to eat and when to stop. Over time, influences from family, friends, media, and diet culture can disconnect us from these signals. Intuitive eating helps us return to those roots by listening to our bodies and giving them what they truly need.

Rather than fixating on the number on the scale, intuitive eating shifts the focus to positive behavior changes, such as improving eating habits, moving your body in enjoyable ways, and reducing stress.

10 principles of intuitive eating

Reject diet culture: Say goodbye to diet books, rigid meal plans, and food restrictions. Diets often impose strict rules that disconnect you from your body's natural signals. Intuitive eating encourages you to trust and follow your body's own cues instead.

Honor your hunger: Pay attention to your body's biological hunger cues and respond by giving it the nourishment it needs. Eating when you're truly hungry helps fuel your body with

adequate energy and prevents the cycle of restriction and overeating.

Make peace with food: Give yourself unconditional permission to eat and enjoy all foods. When you tell yourself certain foods are off-limits, it often leads to intense cravings and, eventually, overeating or bingeing. Removing the “forbidden” label helps reduce guilt and fosters a balanced, stress-free relationship with food.

Discover satisfaction: Find joy in eating by choosing foods you truly want and creating an inviting environment. When eating feels pleasurable and satisfying, you're more likely to feel content and stop when you've had enough.

Feel your fullness: Tune in to your body's signals that indicate you're no longer hungry. Slow down while eating, take pauses, and check in with yourself — how does the food taste, and what is your current level of fullness? This mindful approach helps prevent overeating and supports a balanced relationship with food.

Challenge the food police: Silence the harsh rules and judgments that dieting has created. Push away guilt-provoking thoughts and restrictive beliefs.

Cope with your emotions with kindness: Find ways to comfort, nurture, and resolve your emotions without turning to food. This might include listening

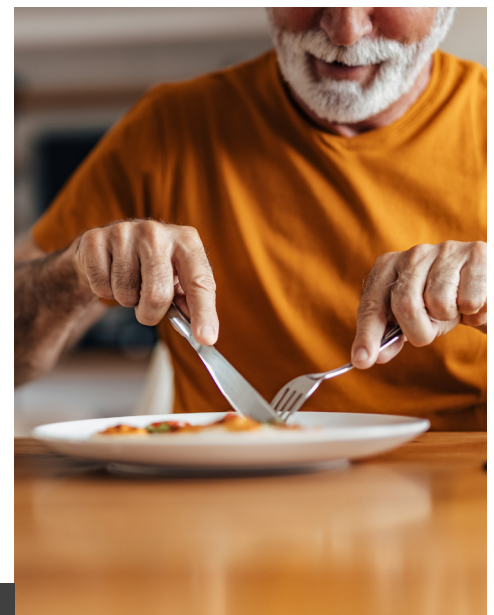
to music, calling a friend or family member, or going for a walk.

Focus on addressing the source of emotion rather than using food as a coping mechanism.

Respect your body: Respect your body so you can feel better about who you are. Avoid unrealistic expectations or harsh criticism of your body's shape or size. Embracing body respect is key to building a positive relationship with yourself.

Movement: Find movement you enjoy. Remove the focus from calorie-burning or exercise as punishment. Move because it makes you feel good — physically and mentally — and supports overall well-being.

Honor your health: Make food choices that honor your health, taste buds, and culture. Stay attuned to how your body feels. You don't have to eat perfectly to be healthy. Consistency over time is what matters.



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 gcnewsletter.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.



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: gcnewsletter.org/contact

March birthdays

Sherry Babcock	James Jones
Ellen Berkley	Shirley Lawson
John Britt	Linda Loy
Gary Broetzman	Joseph Montrony
Gayle Buckley	Sandy Nolan
Sandy Bunts	Robert Rausin
Lisa Caskey	Diana Rivera
Annona Charboneau	Lynn Rodden
Patricia Cleis	Tina Sandoval
Jeanette Cline	Royce Schipper
Carol Crum	Maggie Shaw
Paula Derevensky	Dee Stiers
Renee Forrest	Beverly Straughan
Lois Gray	Patricia Troxel
Lanny Haldeman	Fran Thrower
Garth Hammond	Roel Vallejo
Cyndy Hansen	Dolores Walter
Barbara Jacobs	Thelma Zabel



SUBSCRIBE

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 contact us at gcnewsletter.org/contact. There is no charge for subscription. Donations are welcome!



UPCOMING EVENTS

March 1 - The Lost Art of Random Conversations at the Carbondale Library from 6-7 p.m.

March 2 - Seed Library at New Castle Library, 9 a.m.-6 p.m. Use your library card to take up to five seed packets from the seed library per month for free! You may also help others by donating seeds to the library.

March 2 - Spice up the month with craft kits. Sign up in advance to be on the list to get a kit. Call 970-625-3471

March 3, 17 - Basic computer class for adults at Rifle Library, 9-10 a.m.

March 3 - Grief support group at Grand River Health in Rifle 5:30-6:30 p.m.

March 3, 10, 17, 24, 31 - Mah Jongg drop-in games all levels of players welcome at the Glenwood Library 1:30-3:30 p.m.

March 5 - Spanish Conversation Club at Carbondale Library.

March 5 - Circle of Friends, join to enjoy enrichment activities for adults with caregivers, New Castle Library 10:30-11:30 a.m.

March 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 at 970-945-2286 or info@gwselks.com

March 5, 12, 19, 26 - Golden Years Social at Silt Library, Thursdays 1-2 p.m.

March 6 - Glenwood Genealogy Group at the Glenwood Library, 12-1:30 p.m.

March 6 - Senior Stroll at Powers Art Center, Guided tour around museum with guided art making activity to follow. 11:30 a.m.

March 7 - New Leaf Book Crafting - learn painted book edges. Crafting materials provided. Bring any personal books you would like to craft with. A limited supply of books will be provided. Parachute Library, 12-2 p.m.



HAND GRIP

1. Hold a tennis ball in each hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10-15 times.

UPCOMING EVENTS

March 7 - Tinsley Ellis, Legendary blues guitarist, singer, songwriter at Ute Theater and Events Center 7:30-9:30 p.m. \$30-35.

March 7, 11, 14, 18, 25, 28 - Tai Chi at the Glenwood Library, Wednesdays from 5:30-6:30 p.m., Saturdays 9:30-10:30 a.m.

March 12 - Nonfiction Book Club at Carbondale Library, 2-3:30 p.m.

March 19 – Yesterday — Beatles tribute at Ute Theater and Events Center, 7:30-9:30 p.m. \$25-35.

March 19 - 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.

March 19 - Shamrock Social! 1-3 p.m. at the Glenwood Springs Community Center. Wear green, play some favorite games, laugh, and munch on light snacks. \$10/person. Please register by March 17. Call 970-384-6314. Guaranteed to be a shamrockin' good time!

March 21 - The Young Dubliners at Ute Theater and Events Center, 7-11 p.m., \$30-50.

March 28 - Rifle Senior Center Craft Fair, 9 a.m. to 2 p.m.

UPCOMING PRESENTATIONS

Free virtual Senior Law Series - Spring 2026

Individuals are invited to participate in the free virtual Senior Law Series this spring. This virtual series is designed to help older adults, caregivers and family members better understand common legal issues that can arise later in life.

All sessions are free to attend and will be held online from 10 to 11 a.m. starting February 27 and continuing through May 8, 2026. Session topics include:

Feb 27: Wills and trusts

March 6: Long-term care planning: Medicaid basics

March 13: SSI & SSDI

March 27: Medical debt

April 10: What you need to know when someone dies

April 17: Bankruptcy

April 24: Is Social Security secure? Collection-proof basics

May 1: Important issues in Colorado foreclosure law

May 8: Garnishment basics

Registration is free. To sign up, please visit the registration page: tinyurl.com/Spring-Virtual-Senior-Law. For technical issues with registration, please call 970-450-7458.

Note: These sessions will not be recorded. A free senior law book will be available for attendees.



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

Crystal Meadows – Carbondale

Tuesdays, Jan 6 – March 3: 11 a.m. – 12 p.m.

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 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.

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.

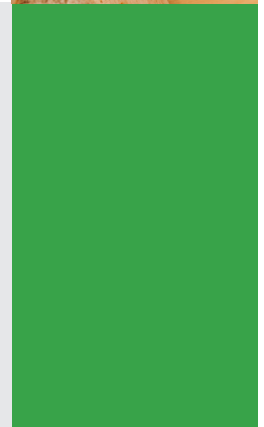
Parachute at the Valley Senior Center

540 N. Parachute Ave., Parachute on Mondays and Wednesdays.
For reservations call (970) 665-0041 by noon on Friday and Tuesday.

Meal information

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 \$12.00 per meal.

Questions: please call 970-665-0041 or email at gcnnewsletter.org/contact



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.

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

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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