



# CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



Volume 16, Issue 5  
May, 2026

## LET'S MEET ONE OF OUR VOLUNTEERS

Coy Bretthorst



Coy Bretthorst is smiling in this photo because he was lucky enough to marry his high school sweetheart, Mary Bretthorst, over 50 years ago. Coy hails from Nebraska, and he married Mary in March of 1969. They moved to Glenwood Springs in 1975. They now live in New Castle on what Coy would say is a hobby farm with sheep, horses, and 46 fruit trees. The early freeze did affect their apricots, peaches, and cherry trees. They still have

their pear and apple trees. Last year they gave out banana squash over two feet long.

Coy stays young, hiking and biking. He was featured in the [Post Independent](#) for climbing Mount Sopris at 80 after triumphing over leukemia. Coy says the prayer at the New Castle luncheon. He is one of the friendliest people I've met - always has a smile on his face. He also has a great sense of humor. Thank you, Coy! We appreciate you.



## CHEST PULL EXERCISE

Stretch bands offer a safe and effective way to build strength, improve balance, and maintain independence by working muscles gently without stressing joints.

**Chest pull:** Hold the band at chest height with arms straight and parallel to the floor. Gently pull the band outward until you feel your shoulder blades squeeze together, then return with control.

**Why it helps:** Strengthens the upper back, shoulders, and chest, supports better posture, and makes lifting, opening doors, and maintaining balance easier and safer.

## VEGGIES FOR BREAKFAST

USDA guidelines recommend that adults eat 2-3 cups of vegetables a day. One cup can be a cup of raw, cooked, frozen, or canned vegetables. It can also be 2 cups of leafy greens or 1 cup of vegetable juice. Only about 10 percent of American adults meet the daily vegetable recommendations. One way to increase vegetable intake is to add them to your favorite breakfast dishes.

- **Scrambled eggs:** Add spinach, mushrooms, tomatoes, peppers, or onions to scrambled eggs or omelets.
- **Breakfast sandwich:** Top a whole wheat English muffin
- or whole wheat toast with hummus, sliced cucumbers, tomato, and fresh spinach.
- **Pancakes or muffins:** Add grated carrots or zucchini to pancakes, quick bread, or muffin batter.
- **Smoothies:** Add spinach, kale, cucumber, or carrots to your fruit smoothie. Try mixing carrots and fresh orange juice in a blender for a refreshing breakfast beverage.
- **Breakfast burrito:** wrap low-fat cheese, scrambled eggs, and diced bell peppers in a whole-wheat tortilla. You can also make a vegetable and cheese quesadilla.

- **Potato hash:** Grate the potatoes — they cook faster that way. Place the potatoes in a glass bowl and microwave for about three minutes or until hot; drain any juice. Heat a skillet or frying pan on the stove, then stir-fry the potatoes in a teaspoon of olive oil until crispy.
- **Oatmeal:** Fruit is commonly added to oatmeal, but you can switch it up by adding sauteed vegetables, such as mushrooms, green onions, and an egg to unsweetened oatmeal.

Information from the Academy of Nutrition and Dietetics

## EGG MUFFINS

Recipe adapted from [allrecipes.com](http://allrecipes.com)

### Ingredients

- Cooking spray
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 bunch green onions, chopped
- 8 large eggs
- 3 slices of turkey bacon, cooked and cut into pieces
- ¼ cup milk
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp ground black pepper
- 8-ounces shredded cheddar cheese

### Instructions

1. Preheat the oven to 350°F
2. Grease a 12-cup muffin tin with cooking spray.
3. In a large bowl, whisk eggs. Add in bell peppers, green onion, turkey bacon, milk, garlic powder, onion powder, salt, and pepper.
4. Sprinkle cheddar cheese into the bowl and whisk until all ingredients are incorporated.
5. Pour the mixture equally into the prepared muffin cups.
6. Bake in the oven until a toothpick inserted into the center of a muffin comes out clean, for about 30 minutes. Let cool slightly before serving.





HAPPY MOTHER'S DAY!

## CELEBRATE OLDER AMERICANS MONTH

This year's theme, "Champion Your Health," reminds us that caring for ourselves doesn't have to be complicated. It's about everyday choices that help us feel our best.

- Keep up with checkups and screenings so you can stay ahead of health concerns.
- Spend time with people who make you laugh, listen, and feel connected.
- Choose foods that help you feel energized and nourished.
- Add movement into your day — even small steps make a difference.
- Protect your mental well-being with habits that bring calm, joy, or purpose.

## 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](https://gcnewsletter.org/contact)



## May birthdays

Judy Beasley  
 Inez Bergerson  
 Dela Bingham  
 James Brownson  
 Wendy Brownson Rausin  
 Harold Carnal  
 Lisa Caskey  
 Thomas Caquelin  
 Bat Deluca  
 Michael East  
 Kathy Forbes  
 Joan George  
 Geri Gilberti  
 Randy Gorsett  
 V. Maxine Gray  
 Deb Grizzle  
 Jennifer Holton  
 Patricia Kirby

Earlene Mathias  
 Linda Porter  
 Beverly Reed  
 Myrtle Scarber  
 Carolyn Seiffert  
 Mike Styk  
 Bobbie Sullivan  
 Karen Tafejian  
 Mary Anne Taylor  
 Sharon Tomlinson  
 Scarlett Townsley  
 Brian Treadwell  
 Jobani Vasquez  
 Ronald Vincent  
 Cecil Waldron  
 Diane Webster  
 Mike Whitt

## 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 [gcnewsletter.org/contact](https://gcnewsletter.org/contact). There is no charge for subscription.



## MAY IS NATIONAL STROKE AWARENESS MONTH

Many health and heart organizations come together every May to raise awareness about the causes and effects of stroke. One of their biggest campaigns is BE FAST, teaching the world to know the symptoms of stroke and how to respond quickly to help save a life.

**Balance** – Loss of balance, headache, or dizziness

**Eyes** – Blurred vision

**Face** - By asking the person to smile, you can tell immediately if one side of the face droops.

**Arm** - Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.

**Speech** - Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.

**Time** - Call 911 fast. Time may be the difference between life and death or even partial and full recovery.

Stroke symptoms in women can be subtle or differ from the “classic” signs, often including sudden weakness/numbness, confusion, severe headache, dizziness, and vision problems.



Women are more likely to experience non-traditional symptoms like fatigue, nausea, or fainting.

Women also are more likely to have migraines, which can double their risk of clot-caused strokes. Migraines with aura are particularly associated with increased stroke risk and can include flashing lights or even a loss of vision.

Such symptoms of migraine with aura, along with numbness or weakness, can overlap with stroke, which “can make the diagnosis more challenging and lead to possible delays in

diagnosis.” Women need to know their blood pressure and, if it’s high, make sure they’re working with a doctor to manage it.

The best way to prevent a stroke is to follow Life’s Essential 8 – a checklist from the American Heart Association that encourages not smoking, maintaining a healthy weight, staying physically active, eating a healthy diet, getting enough sleep, and maintaining blood pressure, blood glucose, and cholesterol levels within the normal range.

## UPCOMING EVENTS

MAY 1-3, Silt on sale – advertised Garage sales on the Town of Silt website [Silt garage sales weekend](#).

MAY 1,2,3, Believing in Beauty concert tour, Join Mateo Sandate and the Heartstrings for music arrangements described as cosmic and ethereal. May 1 – [Rifle Library](#) 2 p.m., May 2 – [Silt Library](#) 2 p.m., Sunday May 3 – [Carbondale Library](#) 2 p.m. Free.

MAY 2, Susie's Annual Scrapbook Palooza, Come scrapbook with Susie and friends. No experience necessary. 10 a.m. – 8 p.m., Register at [New Castle Community Center](#) \$35.

MAY 3, [New Castle town-wide garage sale](#).

MAY 3, [Water Wells for Africa 5k Run/Walk](#) at Veterans Park, 500 Home Ave, Silt. Registration begins at 9 a.m., race starts at 10 a.m. \$35 individual. Hamburgers, hot dogs and snacks will be provided after the run as well as raffle prizes.

MAY 7, Introduction to estate planning by Haffman Law Office, LLC at [Rifle Library](#), 5-6 p.m.

MAY 7, 14, 21, 28, Golden Years Ice Cream Social 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.

MAY 4, 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.

MAY 5, 19, 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.

MAY 5, 19, 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.

MAY 5, 12, 19, 26, Mah Jongg drop-in games all levels of players welcome at the [Glenwood Springs Library](#) 1:30-3:30 p.m.

MAY 2, 6, 9, 13, 20, 23, 27, 30, Tai Chi at the [Glenwood Springs Library](#) Wednesdays at 5:30 p.m. and Saturdays at 9:30 a.m.

MAY 4, 11, 18, 25, 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.



## UPCOMING EVENTS

MAY 9, Hogback Hustle 5k – Saturday at 9 a.m. Cost: \$30/person, \$35 after May 1. For questions contact [New Castle Recreation Department](#) at 970-984-3352.

MAY 12, 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.

MAY 14, 28, Quick Connections – Meet & Mingle for Adults – An event designed to make new friends, at the [New Castle Library](#), 5-6 p.m.

MAY 14-17, [Rifle Rendezvous](#) - carnival, archery, vendors, car show.

MAY 15, Disco Revue is a seven-piece live band bringing the sound, style, and energy of Studio 54 back to life. 8-11 p.m. at the [Ute Theater and Events Center](#) in Rifle. \$30-35 tickets.

MAY 16, The Petty Nicks Experience. This tribute band brings the magic of Tom Petty and Stevie Nicks to life at [Ute Theater and Events Center](#) in Rifle 8-11 p.m. \$30-35 tickets.

MAY 16, Barks, Brews, & BBQ at Deerfield Park in Rifle – music, family games, craft beer and voting for your favorite pulled pork! 1-4 p.m.

MAY 18, Take & make craft kits for adults. Kits are handed out during normal library hours to those present/while supplies last! [New Castle Library](#).

MAY 21, 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 and get creative, explore items from the past, and maybe learn something new.

MAY 21, Older adult interactive game day: 1-3 p.m. \$10/person at [Glenwood Springs Community Center](#). Register by May 19 by calling 970-384-6301.

MAY 23, The Aries Approach, a rock duo with setlists that include covers of bands like Pink Floyd and Led Zeppelin. 3-6 p.m. at the [Glenwood Caverns Adventure Park](#).

MAY 24, Memorial Day Weekend music – Feeding Giants 3-6 p.m. at [Glenwood Caverns Adventure Park](#) in Glenwood Springs.

MAY 26, Let's chat mental health: Subject is veteran and military members. Join us for a conversation about mental health at the [Glenwood Springs Library](#), 5-6 p.m., can be streamed through [Zoom](#).

MAY 30, Noise Pollution: An AC/DC Experience – an unforgettable rock experience at The [Ute Theater](#) in Rifle, 8-11 p.m. \$30-35.



## 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.

### Ger-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, April 30, May 7, 14, 21, 28, June 4, 18, 25: 12:30-1:30 p.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, 1-2 p.m. - May 18 to July 6

#### **Silt Library – Silt**

Tuesdays & Fridays, 9 –10 a.m. - June 2 to July 24

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.

### 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.

### 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](mailto: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 Parachute Community Center**

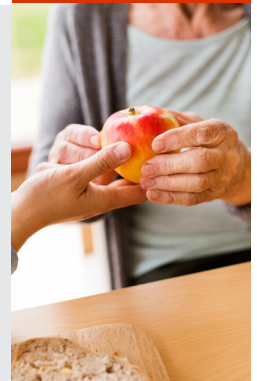
540 N. Parachute Ave., Parachute on Mondays and Wednesdays.  
For reservations call (970) 665-0041 by noon on Friday and Tuesday.

## 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](mailto: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



# CAREGIVER CONFERENCE

June 3, 2026 10 a.m. - 3 p.m.

Hot Breakfast @ 9:30 a.m.

El Jebel Community Center  
0020 Eagle County Dr. El Jebel, CO

FREE

We created a free caregiver conference for YOU with local resources, aging experts and caregiver presentations. Includes hot breakfast and lunch, giveaways, keynote speakers, practical tools and new connections.



Kay Adams  
LCSW

Stacey James  
MSPT, CMC

Renita Henson  
RN, BSN

Local resource  
experts

REGISTER BY MAY 27

For additional details, to register & agenda scan the qr code or visit:

[2026CareConference.eventbrite.com](https://2026CareConference.eventbrite.com)



## 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](https://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](https://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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