

(Front Page:)

The Golden Generation Gazette

Everything You Wanted to Know About Senior Programs in Garfield County and More...

The seniors in Garfield County have been long-time community advocates and policy makers. A group in 1973 saw the need for an organized group of volunteers and started the High Country Retired and Senior Volunteer Program. This program was operated from a small office in the basement of the Historic Hotel Colorado.

With the initial growth of RSVP, their first project was the development of the Garfield County Council on Aging in 1974. The Council in turn focused their efforts on the creation of the Senior Transportation Program which initially was comprised of one small van and one driver to serve the whole of Garfield County. The council raised their own funds to support program operations, a program director and driver. For four years they remained in this capacity and struggled to provide needed assistance for the seniors in their respective communities.

As the program grew, and the needs were realized, the Garfield County Council on Aging membership approached Colorado Mountain College, a local district Junior College, to advocate for their support as a community service for the senior citizens and taxpayers of Garfield County. Support was granted by the Colorado Mountain College board of Trustees in late 1978. Also, to remain in place was a local advisory board set up to support the RSVP program. This relationship remains strong even today.

Along with this, the Senior Nutrition Program was started as a pilot project in Glenwood Springs, in the basement of the Methodist Church in 1978. The program was maintained through outreach offered twice a week. The nutrition project also became part of the CMC Senior Programs offerings in late 1978 and gained new sponsorship from Northwest Colorado Area Agency on Aging.

Senior Programs remained housed with the Colorado Mountain College Continuing Education Office at the Hotel Colorado, until 1981 when a new college building was dedicated to serve the community of Glenwood Springs. Within this new building were the Offices of Senior Programs, the nutrition center and kitchen with storage facilities. Program expansion was also taking place in the western end of Garfield County with the addition of services offered through the Rifle Senior Center and Parachute Senior Center.

Over the next few years, Senior Programs experienced increasing need and growth. The Transportation Program was expanded to serve both the elderly and disabled of all ages. The RSVP program fielded new requests for assistance and experienced continuing growth in the participation of volunteers in local communities. The Senior Nutrition Program was also expanding, increasing to nine congregate meals sites throughout the towns and municipalities of Garfield County by 1999.

Senior Programs now encompasses and serves the communities of Carbondale, Glenwood Springs, New Castle, Silt, Rifle and Parachute/Battlement Mesa. There are seven meal sites supported by the Traveler Transportation and the RSVP Program. The Traveler provides rides in the Glenwood Springs area, as well as to Carbondale and to Grand Junction for special trips. The Rifle Transportation Office provides transportation within Rifle and also to the communities of New Castle, Silt and Parachute.

The High Country Retired and Senior Volunteer Program celebrated 33 years of full-time active service to the community this past spring. The Traveler will mark its 32nd anniversary this fall. And the Senior Nutrition Program will complete its 27th year of service in 2006.

We continue to strive in our combined mission of providing opportunities for independence, activity, good nutritional health, mobility support options, social interaction, educational opportunities and volunteer opportunities to the seniors of Garfield County in support of each other and the community in general.

-Senior Programs Staff

The Traveler Page – inside left page

The Traveler....Travelin' Down the Road Photo of the Traveler with driver and client

Many of you have seen the clean white Traveler Vans zipping around and between the six communities we serve. You may have wondered who the van serves and how we operate. Here's the scoop...

*The Traveler is a private, non-profit entity which receives advisory support through Colorado Mountain College and the Garfield County Council on Aging, and has served the residents of Garfield County since 1974, providing 22,000 plus one-way rides per year.

* The Traveler provides wheelchair accessible, door-to-door, demand responsive, driver-assisted transportation to Garfield County residents who cannot use public or private transportation because it is unavailable, inaccessible, or unaffordable. This program primarily serves the elderly and people with disabilities, who are low-income, frail, or rural residents of Garfield County.

* In support of our mission we serve as a resource to other community transportation needs. To accomplish our mission, we emphasize safety, responsiveness, efficiency, accountability and teamwork.

* The goals of our organization are to be a catalyst in the process of health promotion, social interaction and independent living for the elderly and people with disabilities by providing mobility access. This access includes trips to medical appointments and rehabilitation, visits to senior meal sites, grocery shopping, social opportunities with friends and family, paid and volunteer employment opportunities, visits to the library, courthouse and other needs.

*To schedule your ride call on any week day - 24 hours in advance before your appointment. Call 945-9117 in the Glenwood Springs and Carbondale area, and 625-1366 in the area west of New Castle to include Silt, Rifle and Parachute, Battlement Mesa.

Other ideas if copy is needed:

Meet our Fabulous Drivers: Photos of each

Greg Jeung: Greg always has a smile and a solution to your transportation woes. He is the lead driver in Glenwood and Greg has worked...

Karen Williams has a quick wit

Lynn McConnel, Chuck Cook, Karla Wheeler, Tom Stroop

Quotes about the Traveler

Article about Glen Huber giving to the Traveler.

The Fall Colors Trip

History of a person from Virginia Edgar

Information on Heart of the Rockies

“Happiness is confidence that no matter what happens, your life’s potential is constantly unfolding.” Kathleen Hall

Senior Nutrition Page: Inside Right Page

Directors' Notes
Voices of Wisdom

Their voices excitedly ring throughout the room... if you listen closely you'll hear stories about fascinating lives, children, grandchildren and just everyday experiences. These are the voices that carry wisdom and insight to younger generations. These are the voices of people who were born and raised in this Valley- who have seen the changes- good and bad. Their voices are filled with laughter – and with sadness as they relate the loss of another good friend. If you listen closely, you'll hear the voices filled with hope for a better day, even if today is not so good. These are the voices I hear at each of the seven congregate meal-sites served by Senior Programs of Garfield County.

The favorite part of my job as the Colorado Mountain College Director of Senior Programs is to listen and learn from the folks gathered at each of these sites. I am honored to work in an organization where I'm surrounded by the most incredible generation. I love to hear the stories about these special peoples' lives. . .of what they have endured, learned, and loved. They have a refreshing respect for life, for others, and for our country. Because many of them have lived through the Great Depression and World War II, they take little for granted-especially prosperity and freedom.

My hope is that this newsletter will be a reflection of these great voices and that we bring honor and value to the people who have built our communities and who have fought for the privileges we all enjoy.

Gwen Stephenson

Please Join Us!

If you are 60 years or older, you are invited to join us for delicious and nutritious meals. Many people actually travel to various meal sites thanks to the Traveler Van. Please make reservations in advance. We would love to see you!

Congregate Meals sites include:

**Monday – at noon-New Castle –
Castle Valley Ranch Senior Housing**

Call 984-9565 for information and reservations

**Tuesday and Friday – at noon-Glenwood Springs
Colorado Mountain College**

Call 945-9117 for information and reservations.

**Tuesday, Thursday, Friday – at noon- Rifle
Rifle Senior Center**

Call 625-1877 or 625-1366
for information and reservations.

**Wednesday – noon-Parachute
Valley Senior Center**

Call 285-7216 (Monday's only before noon) for
information and reservations.

**Wednesday – noon-Silt
Burning Mountain Fire Station**

Call 625-1179 or 625-1366 for information
and reservations.

**Wednesday – noon-Carbondale
Crystal Meadows Senior Housing**

Call 945-9117 for information and reservations.

**Wednesday Evening 6 p.m. – New Castle
New Castle Cafe**

Call 984-2301 or 945-9117 for Information
and Reservations

This program is provided through the cooperative efforts of Colorado

Mountain College, The City of Rifle—Rifle Senior Center, Valley View Hospital, and the New Castle Café and supported with senior volunteers from the High Country Retired Senior Volunteer Program.

Each meal provides at least one-third of the adult daily recommended dietary intake and includes meat, starch (potato, rice, noodles, etc.) vegetable and/or salad, bread/butter, 2% milk or buttermilk, and dessert or fruit. A second meal may be ordered at the time of your reservation to assist over the weekend or on a non meal day.

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This program is supported in part by: Area Agency on Aging of Northwest Colorado, Colorado Mountain College, Garfield County, Community Donations, U.S.D.A., and Client contributions.

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For Information contact:
Colorado Mountain College,
Office of Senior Programs,
1402 Blake Avenue,
Glenwood Springs, Colorado 81601.
(970) 945-9117 Fax: (970) 947-8488

Samples of Menus: several

Thank you AD: on the Traveler Page

Thank you Colorado Mountain College for your support during the past

33 years!

**Senior Programs of Garfield County:
High Country Retired and Senior Volunteer Program
Senior Nutrition/Congregate Meals
The Traveler**

CMC Logo

Donation Form: on the Senior Nutrition Page

Senior Programs of Garfield County is a non-profit organization. If you'd like to help support our efforts we greatly appreciate the assistance. All donations are tax-deductible.

Giving goes a long way; for example:

A donation of \$12.50 helps provide five hot meals for a low-income senior or eight rides on the Traveler. Your donations to the volunteer program help offset costs so that critical services may be provided to seniors in need.

Yes, I support Senior Programs of Garfield County! Please find my donation of _____ enclosed.

**Yes, I would like more information about:
The High Country Retired and Senior Volunteer Program
The Senior Nutrition/Congregate Meals Program
The Traveler**

Please contact me at: _____