Bob Spuhler, RSVP volunteer, accepts the Colorado Outstanding Senior Corps Volunteer of the Year award in Denver September 4.

Letter From Our Director...

On Tuesday, September 4, 2018, RSVP volunteer, Bob Spuhler, was the recipient of the 2018 Governor’s Service Award for Outstanding Senior Corps Volunteer in Denver Colorado. This honor is presented to individuals and organizations that contribute outstanding service to communities throughout Colorado.

Bob was recognized because of the service and dedication he has demonstrated as a Senior Corps volunteer. As you know, RSVP (Retired Senior Volunteer Program) is a national Senior Corps organization under the Corporation for National and Community Service. We are proud of the contributions of all Senior Corps volunteers across the nation (and here in Garfield County!) and were delighted that one of High Country RSVP’s own volunteers received this award for the state of Colorado!

As stated by the Governor’s office, “Robert’s desire to see a better world and improve the quality of life for all people has made our state a better place to live.” And for those of you who know Bob know that in his roles as Medicare Counselor, Tax Preparer, and Ombudsman he treats every individual with patience, kindness, and respect. As an RSVP volunteer, Bob is a great example of someone who wants to give back to their community, expecting nothing in return. Please join me in congratulating him for this outstanding achievement!
Upcoming Classes

Oct. 13—AARP Driver Safety Class (GWS): We will be hosting another popular AARP Driver Safety Class at Colorado Mountain College on Saturday, October 13 from 9am—1pm. The Driver Safety Class is directed towards drivers age 50+. Most Colorado auto insurance companies offer discounts to those who complete the course. There is a $15 fee for AARP members and a $20 fee for non-members for the workbook and handouts payable during class. To register, call 970-945-7486.

Nov. 3—AARP Driver Safety Class (P/BM): We will be hosting another popular AARP Driver Safety Class in Parachute/Battlement Mesa Saturday, November 3 from 10am—3pm. Please call Ron to sign up! 970-985-1574. The Driver Safety Class is directed towards drivers age 50+. Most Colorado auto insurance companies offer discounts to those who complete the course. There is a $15 fee for AARP members and a $20 fee for non-members for the workbook and handouts.

November 14—Medicare & Social Security Class: Do you have questions about Medicare? How do I enroll; when can I sign up; what if I am still working; what does Medicare cost; do I need additional coverage; what is a Medicare Savings Program and do I qualify; when can I sign up for Medicare D (prescription drug coverage); what is the 2018 Standard Drug Benefit; what is the 2018 Gap Benefit; and how do I get Extra help (LIS). Do you have questions about Social Security? How to understand your social security statement; how to estimate your retirement, disability, and survivor’s benefits; how to create an online account; the fastest way to verify Social Security and Supplemental Security Income benefits; understanding your benefit verification letter; how to check your benefit and payment information and your earnings record; and more. Get the answers you need! This information will be presented by High Country RSVP volunteer Medicare counselors and will not be represented by any insurance brokers. This class is free, but there is a $5 requested donation for copied materials. To register, call 970-945-7486.

MEDICARE OPEN ENROLLMENT

Medicare open enrollment is here. From Oct. 15-Dec. 7, you can compare Medicare benefits for the next year and change your Prescription Drug Plan (Medicare D) or Medicare Advantage Plan (Medicare C). (Garfield County does not have any Advantage Plans).

People's health changes and their medications change. Likewise, prescription drug plans and health plans change coverage and prices every year, so it is very important to check your Medicare options during the open enrollment period.

You may be able to get better coverage and save money, so it is definitely worth the time to compare options, but you don't have to do it alone. High Country RSVP's SHIP (State Health Insurance Assistance Program) is available to help, and it is free and unbiased. We are not selling anything or representing any insurance companies. We just want seniors to get the best plan available for themselves — often with better coverage, higher quality and lower costs.

The Colorado State Health Insurance Assistance Program administered by the Colorado Division of Insurance is part of a national network funded by the Centers for Medicare & Medicaid Services. SHIP Medicare counselors are highly trained and certified and offer unbiased counseling and educational services to help beneficiaries make informed decisions about their health insurance.

Call High Country RSVP at 970-384-8744 and an RSVP Medicare counselor will call you to schedule an appointment. You will be glad that you did!
Happy Fall Birthday RSVP Volunteers! 

October
Anita Bishop
Eileen Caryl
Emil Cima
Linda Devanney
Ted Doll
Mary Elder
Judy Elzinga
Joe Erickson
Barbara McGinnis
Tlesia Moon
Ann Nicholson
Joe O’Donnell
Sharon Pennington
Hope Perrine
Martha Rabe
Kathy Spink

November
Doug Britten
Cathy Carlson
Don Chance
Betty Clifford
Sheryl Doll
Linda Jean Ford
Cricket Goodsell
Renee Gore
Woodra Morgan
Jean Mullenax
Patricia Owen
Cheryl Pickett
Kay Robinson
Sandy Sekeres
Roseanna Shelton
Glenna West

December
Carol Abbott
Bobbie Barker
Gini Christensen
Jo Ann Duffy
Parvin Erlandsen
Eva Fitzwater
Ronald Jensen
Victoria Kesler
Mary Kopf
Betty Mosby
Judy Oakes
Aliecia Remmick
Marilyn Wiggins

Please welcome our newest volunteers!
Ken Carlson
Eileen Caryl
Connie Henke
Maria Elena Olivera
J.C. Owen
Patricia Owen
Rosemarie Romeo

Ukulele Beginner Class
Seniors Matters is hosting an eight-week course to help you learn how to play chords, melodies, sing-alongs and basic music theory. Maximum class size of 12. The cost for eight lessons is $65. The song book is an additional $37. You can purchase a tenor or concert size ukulele at the Glenwood Springs Music Children. For more information, contact Stephanie Askew at 214-405-8040 stephanie1askew@yahoo.com.

High Country RSVP is on Facebook!
We plan to keep our Facebook page updated with upcoming classes and volunteer opportunities! We’d also love to post pictures of our amazing volunteers! If you have a picture of you volunteering, send it to mpmoon@coloradomtn.edu. And don’t forget to like us! You can find us at:

https://www.facebook.com/highcountryrsvp
or RSVP’s website:
www.highcountryrsvp.org

8th Annual Community Coat Drive

Distribution Day - November 3rd
9:00 - 11:00 am
Garfield County Fairgrounds - North Hall, Rifle

Please stop by and pick up what your family needs.
Want to donate your coats? Collection boxes are located at New Castle City Market, Kathryn Senior Elementary, Riverside Middle School, Elk Creek Elementary, Cactus Valley Elementary, Coal Ridge High School, and Liberty Classical Academy.
Volunteer Opportunities in Garfield County

RSVP’s Helping Hands Handyman Program — We’re looking for volunteers to assist seniors and people with disabilities with simple home repairs enabling them to live more independently. Volunteers have helped with everything from installing grab bars, to changing light bulbs and smoke detector batteries, to building accessibility ramps and simple plumbing and appliance repairs.

American Red Cross — we are currently looking for a Community Volunteer Leader in the Roaring Fork Valley to help with volunteer recruitment. Interested volunteers will help us grow our organization here in Garfield County. Additionally, ARC is also looking for Response On Call volunteers (like our dispatch), Sheltering volunteers and Disaster Action Team members.

UpRoot Colorado — We will be doing an apple glean on Friday, October 5th from 9 am to noon up on Silt Mesa at Green Pastures Country Farm located at 129 Larkspur Court in Silt. Please sign up at www.uprootcolorado.org or email Helen at Helen@uprootcolorado.org so we know how many people to expect. Apples will be taken to Lift-Up and distributed to their six food pantries from Parachute to Aspen. Volunteers are welcome to take apples home in thanks for their time.

River Center — We have our winter coat distribution coming up on November 3rd and can use volunteers from 9 am to 11 am at the Rifle Fair Grounds - North Hall. We are also looking for mentors for our Prosper and Grow program to help female participants reach their employment goals. We’re looking for people who are good listeners who are able to commit 1-2 hours a week to mentoring a participant in the program.

Salvation Army— It’s kettle time! Volunteer one hour during the 5 week fundraiser or one hour each week—whatever fits your schedule. All funds raised during the annual kettle drive support locals with rent, utilities, transportation, and prescriptions during a time of financial stress. Over 2,200 people are benefiting from the assistance each year. You can help at any Red kettle between Aspen and Rifle.

Mountain Valley Developmental Services — We are seeking volunteers that can play board games, read books, do art, play music, knit. Anyone is welcome to join our programs to do an activity with individuals with intellectual and developmental disabilities.

Mesa Vista Assisted Living — We are seeking a volunteer to conduct our art workshop – once a week or twice a month, it’s flexible and can include any kind of art including drawing, painting, etc.

WindWalkers — WindWalkers relies heavily on volunteers and we are currently looking for help with fundraising, office projects, therapeutic riding classes and light barn chores. We have staff here Monday - Saturday so any of those days are available for volunteers to donate their time. The majority of our volunteers are retired and you are never too old to volunteer as we have one volunteer who is 90!

If you are interested in one of these volunteer opportunities, or would like information on another partner station, please contact Mary Moon, RSVP Volunteer Manager at 970-947-8462 or mpmoon@coloradomtn.edu.
ATTENTION VALLEY SENIORS

SENIOR LAW DAY

PITKIN • EAGLE • GARFIELD

ALPINE LEGAL SERVICES • AREA AGENCIES ON AGING

Friday, October 19th
Basalt Middle School • 9AM-3:45PM (Doors open at 8AM)

Featuring Keynote Speaker Kim Mooney
Internationally recognized Thanatologist and founder of Practically Dying LLC.
“\textit{The Facts of Life And Death. Fact One: They’re not Separate (and that’s a good thing)}”

YOUR RSVP BY OCT. 4TH INCLUDES:
• Full day of concurrent sessions on wills & trusts, powers of attorney, living wills, probate, fraud, planning for long-term care, memory issues, and more.
• A copy of the 2018 Colorado Senior Law Handbook (while supplies last)
• FREE 1:1 attorney consultation (first-come, first-served)*
• Lunch & refreshments

COST: FREE

Sponsored by:

Alpine Bank

AARP

REGISTER AT:
rfseniorlawday.eventbrite.com • 970.920.5432

*SIGN-UP FOR 1:1 LAWYER CONSULTATION:
Space is limited • 970.945.8858
Do you think Garfield County, Colorado, is the healthiest place to live?

Okinawa, Japan, has less cancer, heart disease and dementia than the U.S. And Okinawan women live longer than any other women in the world.

Sardinia, Italy, has the highest concentration of male centenarians — 10 times more per capita than the U.S. Natives of Ikaria, Greece, are almost entirely free of dementia and the other chronic diseases that plague Americans.

Nicoya, Costa Rica, has lower rates of middle-age mortality. Loma Linda, California’s 7th Day Adventists lead the entire country in longest life expectancy.

According to brothers Dan and Tony Buettner, the lives of the people in these five disparate parts of the world hold the secrets to longevity and good health.

In 2004, researcher and explorer Dan Buettner teamed up with National Geographic and longevity experts to find the regions where people live longer than average. They discovered what they call ”Blue Zones,” the five geographical areas where people live longest. Buettner’s findings first appeared in National Geographic’s November 2005 issue, ”The Secrets of Living Longer.”

Buettner decided to put his findings to work. His Minnesota-based company, ”Blue Zones,” works to instill the world’s best practices in longevity and well-being into peoples’ lives.

Dan’s brother, Tony Buettner, the company’s national spokesperson and vice president, explains. "Blue Zones distills why these populations live so long," he said. "On average, they live 10 years longer."

According to the Buettners, research on genetic determinants shows that longevity is tied to genes only by 20 percent. Lifestyle is 80 percent. And around 68 percent of Americans are obese or diabetic.

‘Blue Zones’ research reveals keys to longevity

By: Anna Stewart
Post Independent—September 24, 2018
Buettner’s research led him to what he calls The Nine Commonalities. “We call them the Power Nine lessons of living a longer, happy life,” he says.

THE POWER NINE

1) **Move:** These Blue Zone populations move naturally — their lifestyles and environments nudge them into physical motion. These people do not need to belong to gyms.

2) **Reduce stress:** Take a walk. Have dinner with family. Meditate.

3) **Have a sense of purpose** (a life mission statement): Research shows that people that have a sense of purpose live seven years longer than those that don't.

4) **Drink in moderation:** Sardinians drink only a couple of glasses of wine a day. A glass of goat's milk wouldn't hurt either.

5) **Eat less red meat:** Look at the Mediterranean diet — fruits, vegetables, beans and olive oil. What 95 percent of these populations consume is a plant-based whole grain diet.

6) **Eat less:** Okinawans tend to stop eating when their stomachs are about 80 percent full. The Blue Zoners rule: Eat breakfast like a king, lunch like a prince and dinner like a pauper.

7) **Families:** Long-lived populations have a simple rule — put family first.

8) **Faith:** People attending a faith-based community four times a month live four to 14 years longer than those who don't.

9) **Be social:** Have a laugh with friends. That laugh will reduce stress levels.

PUTTING IT INTO PRACTICE

The Buettners have taken their findings to American cities and towns. “We work with organizations and communities to create community health initiative that get people doing more of what the longest lived populations do,” says Tony Buettner. "We help people learn how to eat better; teach them what these populations eat."

In 2009, the "Blue Zones" made its debut in Albert Lea, Minnesota, a town of 18,000 people. Around one-quarter of the adults, half the workplaces and nearly all kids grades 3-8 participated.

"The community showed an 80 percent increase in walking and biking, 49 percent decrease in city workers' healthcare claims, and a 4 percent reduction in smoking," says Tony.

In 2010, the Blue Zones team visited three Southern California communities — Redondo Beach, Hermosa Beach and Manhattan Beach.

"Our work helped to lower their Body Mass Index by 14 percent, and their smoking by 30 percent," says Tony. "In these beach cities, we helped those communities reduce childhood obesity by over 50 percent. "There's no silver bullet here, but our project drives awareness," he said.
Station Spotlight: Senior Gardens

This issue we’d like to spotlight the Senior Gardens where Aleicia Remmick, one of our RSVP volunteers, serves twice a week.

Aleicia serves alongside Karen Garrison who manages the garden that last year produced approximately 4,000 pounds of food that served 1,138 people through the Senior Nutrition Program.

Volunteers can help plant and harvest fruits and vegetables and can also help with dirt and construction projects. Several of the beds are also raised to reduce time spent bending over for seniors. The program would benefit from financial donations to use to purchase seeds, plants and new garden materials.

High Country RSVP is looking for new volunteers to partner with us!

- AARP Safe Driving
- Alpine Legal Services
- American Red Cross
- Catholic Charities
- Children's Mini College
- Colorado Animal Rescue
- CO Parks & Wildlife
- CO State VA Nursing Home
- E Dene Moore Care Center
- Frontier Museum
- GARCO Council on Aging
- GARCO Library
- Grace Bible Church
- GWS Community Concert Assoc.
- Grand River Health District
- Grand River Historical Society
- Grand Valley United Methodist Church
- Helping Hands for Seniors
- High Country RSVP Advisory Council
- Hospice of the Valley
- Junior Achievement
- Kiwanis of Grand Valley
- Lift-Up
- Literacy Outreach
- Medicare/SHIP Assistance Program
- Mesa Vista Assisted Living
- Mountain Valley Developmental Services
- Parachute/BM Chamber of Commerce Cabin
- Rifle Creek Museum
- Rifle Senior Center
- Rifle Thrift Shop
- Roaring Fork Brain Train
- Roaring Fork Outdoor Volunteers
- Salvation Army
- Senior Matters
- Senior Nutrition Program
- Senior matters
- Silt Historical Society
- Tax Assistance Program
- The River Center
- UpRoot Colorado
- Valley Senior Center
- Valley View Hospital
- WindWalkers
- Youth for Christ
- YouthZone