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New wheels, same meals

Meals on Wheels receives \$250k check, new sponsor

By JACE DICOLA
Jace.Dicola@gsentinel.com

It's official: Meals on Wheels Mesa County has a new sponsoring organization, with Volunteers of America Colorado and Intermountain Health convening Monday to mark the occasion.

The event at Meals on Wheels Mesa County's headquarters, inside the Western Slope Food Bank of the Rockies building at 698 Long Acre Dr., included a parting gift from now-former sponsor Intermountain St. Mary's Regional Hospital.

The healthcare system committed \$250,000 to Meals on Wheels Mesa County, which Intermountain St. Mary's Vice President of Mission Integration Gretchen Gore said will be paid out over the next five years to augment its impact and ensure long-term sustainability.

"We want them to flourish. We want them to be able to feed even more and more people. So that donation represents our commitment to the program," Gore said. "We worked really hard over the past year and a half to ensure that (this transition) was seamless, that the people receiving meals would not feel even the slightest blip."

Gore added that the transition was bitter-sweet, since it concluded a roughly 36-year partnership that started when the local chapter faced closure.

"Certainly, we stepped



Photos by AARON ACKER

One of the custom-designed delivery cars for Meals on Wheels Mesa County, which officially began serving under Colorado Volunteers of America on April 20, after 36 years of its sponsor being St. Mary's Hospital.

in at a time of need," Gore said. "As things have evolved and the needs of the program have evolved, we realized that VOA Colorado was uniquely qualified to take it to the next level. They've been great partners; they felt like the right fit."

Meals on Wheels boasts over 5,000 local programs nationwide, serving older adults with food insecurity, primarily through funding under the Older Americans Act and the Older Coloradans Act.

Despite the government funding, many local chapters require a sponsor organization to cover administrative costs, provide financial oversight and offer fund-raising support.

Aside from the sizeable donation, Colorado VOA Aging and Nutrition Services Senior Director Jered Ratschkowsky said the local Meals on Wheels chapter will benefit from the move because the Colorado VOA is more

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Woman who supplied Narcan with fentanyl sentenced in overdose death

By SAM KLOMHAUS
Sam.Klomhaus@gsentinel.com

A woman who supplied a man she was dealing drugs to with Narcan, an opioid overdose reversal drug, along with fentanyl powder



RAYLYNN FOREMAN

was sentenced to five years in community corrections for her role in the man's death.

Raylynn Foreman, 22, pleaded guilty to one count of distribution of fentanyl resulting in death, a class one drug felony, in relation to the overdose death of Allen Acosta in June 2025.

According to the arrest affidavit, family members were not surprised at Acosta's overdose, as he had overdosed a week prior.

The Mesa County Coroner's Office ruled Acosta's death to be from fentanyl intoxication.

Through surveillance footage and Acosta's cell phone records law enforcement determined Foreman had been the one who sold Acosta fentanyl.

Foreman was arrested in September 2025.

At a sentencing hearing Monday, Foreman's attorney noted she had supplied Acosta Narcan along with the fentanyl, which points to her concern for Acosta's safety, but also her knowledge of the dangers of fentanyl.

Foreman's attorney said Foreman turned to substances as a way to cope with trauma and had been hanging out with the wrong people.

"She is a young woman who was placed in an extremely tragic situation over things that she had no control over," Foreman's attorney said.

Prosecutor Tearsa Olson asked for a community corrections sentence, saying the information found during discovery had both mitigating and aggravating factors.

Olson said the community corrections deal will allow Foreman to be under supervision for a longer period of time, although Olson said Acosta's family was not happy with the deal.

At the hearing, Acosta's sister Megan Acosta said even if the fentanyl hadn't killed her brother she would still be asking for the most time possible for Foreman.

"This death could have been prevented had the defendant not sold the fentanyl to the victim," Megan Acosta said.

Fentanyl is a synthetic opioid more powerful than heroin that is primarily used as an anesthetic.

In 2024, 15 people died of opioid overdoses in Mesa County, compared

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The past, present and future of Meals on Wheels Mesa County pose alongside a check for \$250,000, which Intermountain Health will pay over the course of five years as a 'parting gift' to the program it supported for 36 years, which will now be operated under Colorado Volunteers of America. Pictured, from left to right, VOA Colorado Vice President and Chief Advancement Officer Faustine Curry, VOA Colorado Chief Programs Officer Angel Hurtado, Meals on Wheels Mesa County Executive Director Amanda de Bock, Colorado VOA Aging and Nutrition Services Senior Director Jered Ratschkowsky, Intermountain Health Vice President of Mission Integration Gretchen Gore and Intermountain Health St. Mary's Regional Hospital Communications Manager Megan Fiedler



Meals on Wheels Mesa County Executive Director Amanda de Bock shows a map of the program's delivery routes spanning Loma to Palisade, with individual packets for each route that contains step-by-step directions, tips and notes from prior volunteers, ensuring a smooth route no matter who is delivering.



AARON ACKER

Insulated bags adorned with the Meals on Wheels Mesa County logo are stacked in a pile, soon to be filled with hot and cold foods that volunteers will deliver across the Grand Valley to older adults facing food insecurity.

Xcel: power shutoff 'possible' Wednesday amid wildfire risk

By SENTINEL STAFF

An energy provider for 1.6 million Coloradans announced Monday afternoon it was "planning for a possible" emergency shutoff of power to West Slope customers on April 22 in an effort to prevent wildfires.

The tentative shutoff on Wednesday would begin "around 9 a.m." for an unknown number of customers in Mesa, Garfield and Pitkin counties with another coming around 11 a.m. in Alamosa, Cone-

jos, Costilla, Rio Grande and Saguache counties. If it happens, crews are expected to start restoring power around 7 p.m. the same day, once weather conditions approve, according to an update from the power company Monday afternoon.

"After the severe weather subsides, it may take several hours to a few days to restore power to all customers because crews must patrol each line to repair damage and make sure it's safe to re-energize," a press

release about the possible outage said. "Rural, remote, mountainous and other difficult to reach areas could experience extended outages."

The announcement said another update on the situation would be available Monday night but did not offer a specific time. Xcel's press release said the company "expects to be able to reduce the area and number of customers impacted" as weather conditions shift

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SENTINEL FILE PHOTO

Xcel Energy crew members work on a power line in Grand Junction in this 2021 file photo.