



Assistance. Advocacy. Answers on Aging.  
Weld County Area Agency on Aging



# Senior Solutions

Fall 2016, Volume 8 Issue 4

## How Healthy are Weld County's Seniors?

On July 19<sup>th</sup> the Colorado Health Institute, based in Denver, gave a presentation to senior care managers in Weld County that focused on the health of Weld County seniors compared to the rest of the state. This report and insight was used to inform, contribute to effective policy implementation and to support the state's efforts to improve overall health. The expected population growth for Weld county residents age 65 and older is approximately 30% from 2015 to 2020.

Weld County's seniors self-reported on their health and 22.6% said they were in fair or poor health compared to a 19.6% average across the State. Also, 7% of Weld's seniors reported 8 or more days from the previous month that their mental health was poor. Dental reports were a bit more interesting as 4.3% more of these seniors reported dental insurance coverage than the state average, but 1.4% more than the state self-reported fair to poor oral health.

Weld County's 60+ residents also stated they were uninsured at a new low of 8.5% and 11.8% said they were underinsured. Because of medical and dental costs 6.2% failed to fill a prescription, 4.8% didn't see a doctor and 6.5% didn't see a specialist they needed. Contrary to the number of seniors who reported having dental insurance coverage, 22.6% failed to see a dentist.

Some of the reported challenges for Weld County's seniors include: feeling your voice is not heard; feeling bored; and feeling depressed.

Half of older adults in Weld County say that they do not know what services are available to them and one in three have difficulty accessing adequate information to deal with public programs. We are here to help guide you through the labyrinth of finding services. Please call 907-346-6952, the Weld County Aging and Disability Resource Center (ADRC) for help.

by Tom Gonzales

### MEALS ON WHEELS

Help make someone's day! Meals on Wheels is looking for volunteers to deliver meals to our clients. One day a week for an hour of your time.



CALL MEALS ON WHEELS

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### Important Dates

- 9/15 Senior Law Day at the University Center UNC 7:30 to 12:00
- 9/20 Tai Chi in the Park 10:30 at Family Funplex
- 9/22 Grandparents Raising Grandchildren support group 8:30-10:00 First United Methodist Church
- 9/22 Fall Prevention Yoga 9:30 Greeley Senior Center
- 9/23 Community Walk 10:30 at the trailhead on 71st by the Big Red Barn
- 10/20 Grandparents Raising Grandchildren support group 8:30-10:00 First United Methodist Church
- 11/17 Grandparents Raising Grandchildren support group 8:30-10:00 First United Methodist Church

To register for classes or for more information contact Whitney Janzen-Pankratz at 970-346-6950 x6117

AAA Office closed:  
9/5, 11/11, 11/24, 11/25

## Caregiver's Corner by Jillian Broce

Whether you are a seasoned caregiver or just starting out in your new role, it's important to re-evaluate situation as things change. Part of this process is evaluating what you are doing for yourself. Self-care can be one of the most crucial parts of one's caregiving journey. The National Family Caregiver Association offers 10 tips for Family Caregivers.

- 1-Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
- 2-**Watch out** for signs of depression, and don't delay in getting professional help when you need it.
- 3-When people offer to help, **accept the offer** and suggest specific things they can do.
- 4-**Educate yourself** about your loved one's condition and how to communicate effectively with their doctor.
- 5- There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
- 6-**Trust your instincts.** Most of the time they'll lead you in the right direction.
- 7-Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
- 8-Grieve your losses, and then allow yourself to **dream new dreams.**



More than 5 million Americans are living with Alzheimer's disease. Because of the need for around-the-clock care that Alzheimer's causes, there are over 15 million unpaid family members and friends providing care to their loved ones. Nearly 60 percent of Alzheimer's caregivers rate the emotional stress of caregiving as high or very high and about 40 percent suffer from depression.

To make caregiving a little easier, the Alzheimer's Association offers free educational classes, care consultations, and support groups. Are you a current or former dementia caregiver? Consider joining us for support at one of three support groups in Weld County:

Greeley – Westview Church of Christ	Eaton Free Evangelical Church	Fort Lupton First United Methodist Church
4151 W. 20 <sup>th</sup> St.	1325 3 <sup>rd</sup> St.	306 Park Ave.
2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month	3 <sup>rd</sup> Tuesday of the month	2 <sup>nd</sup> Tuesday of the month
9:30 a.m.	10:00 a.m.	10:00 a.m.

For more information, please call us at 970-392-9202. By Kelly Osthoff



**WELD COUNTY**  
SENIOR LAW DAY

# Senior Law Day 2016

A Public Service Program Offered to  
All Weld County Older Adults

**Thursday, September 15, 2016**

7:30 am to Noon

University of Northern Colorado  
University Center - 2101 10th Avenue, Greeley  
*Free Parking!*

## 2016 Topics & Speakers:

**9:00 am**

- Protect Yourself From Predators - Christy Hardwick
- Passing Your Property To The Ones You Love - Tim Brynteson
- Colorado's Legal Services For Me - Katherine Sheffield

**10:05 am**

- How To Choose Your Medical Care When You Can't - Susie Germany
- Will Medicaid Work For Me? - Charles Connell

**11:10 am**

- Protect Yourself From Predators - Christy Hardwick
- Medicaid Traps For Unwary Caregivers - Jan Lord
- How To Avoid Court & Conflict - Matt Meuli
- How To Choose Your Medical Care When You Can't - Susie Germany

## Register Today!



For more information:

Please Call (970) 346-6950

[www.seniorlawday-weldcounty.com](http://www.seniorlawday-weldcounty.com)



## Ready, Steady, Balance: Prevent Falls

Questions? Contact Whitney 970.346.6950 ext. 6117



### **Tai Chi in the Park Tuesday, September 20, 2016**

Observe or participate in Tai Chi based on the eight forms used in the Tai Chi: Moving for Better Balance program offered by the Area Agency on Aging. 10:30 am at the Family Funplex Amphitheater.



### **Fall Prevention Through Yoga Thursday, September 22, 2016**

Explore yoga to improve your balance with a demonstration and discussion with instructor Tandra Kirkpatrick. 9:30am at the Greeley Senior Center



### **Every Step Counts Community Walk Friday, September 23 2016**

Join us for a community walk on the Poudre Trail! Receive a free gift (while supplies last) and information about resources available in your community. The Walk begins at 10:30 am at the Trailhead on 71st Ave by the big red barn. Walk as long or as little as you'd like.

makeTODAYcount!

