

# BEYOND 60

## ACTIVE LIVING



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

FEBRUARY 2019

### Activities Calendar

feb 25

**Healthy Living for Your Brain and Body: Tips from the Latest Research presented by the Alzheimer's Association, at Greeley Active Adults Center, 1010 6th St., Greeley from 10-11:30 am. Free but RSVP by calling 800-272-3900.**

feb 27-28

**Pathways Volunteer Training in Greeley. Have a heart to provide companionship to hospice patients and their families? Join us for our a 2-day training to learn about us and your role as a volunteer. Can't make it? We'd still love to talk to you. Contact Elise at 970-612-6450 or elise.carver@pathways-care.org.**

feb 28

**Winter Rejuvenation. Join the Bridge Assisted Living, 4750 25th St., Greeley, for a time of pampering and relaxation from 1:30-3:00 pm. Call 970-339-0022 to RSVP.**

### NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 3/4

**Tahitian Chicken, Brown Rice Pilaf, Roasted Vegetables, Oatmeal Raisin Muffin, Butter, Apricots, Milk 1%**

tues 3/5

**BBQ Beef on a Wheat Bun, Creamy Potato Salad, Green Beans, Corn and Red Pepper Mix, Peaches, Milk 1%**

wed 3/6

**Roast Turkey, Gravy, Mashed Red Potatoes, Gravy, Glazed Carrots, Apples-Bananas-Oranges, Pumpkin Roll, Butter, Milk 1%**

thurs 3/7

**Chicken Kiev, Baked Potato, Butter, Sour Cream, Italian Vegetables, Pineapple, Butter, Nut Cup, Milk 1%**

fri 3/8

**Soft Beef and Bean Taco, Pico De Gallo, Sour Cream, Mexicorn, Tropical Fruit Salad, Cornbread Muffin, Butter, Honey, Milk 1%**

### Did you know

To produce a single pound of honey, a colony of bees must collect nectar from approximately 2 million flowers and fly over 55,000 miles. This amounts to a lifetime's worth of work for around 800 bees.



As Benjamin Franklin so famously said, "Nothing can be said to be certain except death and taxes." Today he might add, "and scammers." Every year at tax time you can count on scammers looking for opportunities to relieve you of your hard earned money. This can be accomplished through identity theft, where your personal information is used to file a phony tax return, or with fake IRS phone calls where you are threatened if you don't pay taxes immediately

## SCAMMERS TAKE ADVANTAGE OF TAX SEASON

AARP ElderWatch

over the phone using a credit card. Here are some safety tips to protect your identity and your money this tax season.

- Use a secure Internet connection if you file electronically, or mail your tax return directly from the post office.
- Shred copies of your tax return, drafts, or calculation sheets you no longer need.
- Know the IRS won't contact you by email, text, or social media. If the IRS needs information, it will contact you by mail.
- Don't give out your SSN unless

unnecessarily or to any person or organization you are unsure about.

- Research a tax preparer thoroughly before you hand over personal information.
- Check your credit report for free at [annualcreditreport.com](http://annualcreditreport.com) or by calling 1-877-322-8228 to make sure no other accounts have been opened in your name.
- Do not send money to anyone who calls you over the phone. Some scammers pose as IRS agents, spoof your caller ID and use phone threats to solicit your money.

If you believe your SSN has been compromised, or if you receive a call from someone claiming to be the IRS, contact the IRS Identity Protection Specialized Unit at 1-800-908-4490. You can also connect with an AARP Foundation ElderWatch specialist by calling 800-222-4444 and selecting option 2.

### SENIOR HEALTH & Fitness

#### Healthier Living Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Fridays, 3/1/19 to 4/5/19 from 9:00 - 11:30 am: Evans Community Complex, Evans

#### Stress Busting Workshop:

Learn new stress management techniques, relaxation, and coping skills. The evidence-based workshop is for family caregivers (only) who provide care to a loved one. Workshop meets once a week for nine weeks. FREE but registration is required by calling 970-400-6130.

Wednesdays 3/20/19 to 5/15/19 from 9:00- 10:30 am: Cornerstone Church (Greeley)

#### A Matter of Balance Workshop:

Learn ways to reduce the fear of falling and break the fear of falling cycle. A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Wednesdays 4/3/19 to 5/22/19 from 1:15-3:15 pm: Eaton Area Community Center, Eaton

Beyond 60, Active Living is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or [hdarby@weldgov.com](mailto:hdarby@weldgov.com). All content is subject to editing and/or approval by Weld County.

## Back to Basics – What is an Area Agency on Aging



Weld County Area Agency on Aging

Assistance • Advocacy • Answers on Aging

This Sunday, we would like to remind our readers what an Area Agency on Aging is and how we help older adults and their caregivers.

In 1965, President Johnson passed the Older Americans Act with the goal of supporting older Americans to live at home and in the community with dignity and independence for as long as possible. The Older Americans Act is actually 2 weeks older than Medicare and Medicaid! Area Agencies on Aging (AAAs) were added to the Act in 1973 to be the "on-the-ground" organizations charged with carrying out the core mission of the OAA to plan and deliver home and community-based services and supports for vulnerable older adults.

Today, there are over 620 AAAs that

make up the national Aging Network that serves millions of older adults and caregivers in every community in the country. In Colorado, there are 16 AAAs. Each is responsible for a geographic area that is either a single county or a multi-county district. The Weld County Area Agency on Aging is part of Weld County Government, resides under the Department of Human Services, and only serves residents living in Weld County.

The Weld County Area Agency on Aging is a little unique compared to our fellow Colorado AAAs. Not only does our office manage and coordinate the Older Americans Act programs, but we also administer the

Options for Long-Term Care Medicaid programs, as well as, Adult Protective Services.

So, what are the programs we coordinate? There are five core services under the OAA: Nutrition, Caregiver Support, Information and Referral, Health and Wellness, Supportive Services, and Elder Rights. Some of the programs we offer are administered internally with staff, and some are contracted with community partners. For a trusted source of information on the full range of long-term services and support options, please call (970) 346-6952 for more information.

## TO SPAY OR NOT TO SPAY: THAT IS THE QUESTION

By Dick Williamson

So Aunt Millie's beautiful pet had a litter- and suddenly she had several pets. You were kind to offer to adopt one of them, and "Muffy" is now a part of your household. Now comes the question: Should I have her spayed or not?

Veterinarians and animal rights groups offer several reasons why spaying or neutering is not only important, it is the right thing to do. Some of the reasons given are:

1. Population management. An uncontrolled population is cruel both to animals and humans. Every year, millions of cats and dogs of all ages are euthanized or suffer as strays.
2. It reduces the incidence of mammary cancer, eliminates uterine and ovarian cancer risk, and prevents pyometra,

a potentially life-threatening infection of the uterus.

3. Neutering male animals protects them from prostatic hypertrophy and infections, as well as testicular cancer and certain types of hernias.
4. Many aggressive animal behaviors may be reduced by spaying or neutering, including roaming and territorial aggression.

So, OK, you are ready to have Muffy "fixed" until you discover that it can cost up to \$200, depending on the vet and the facility. With a little research, however, you learn that there are low-cost spay/neuter programs to help.

In Weld County, we have a non-profit group called "Soul Dog." It is part of a national volunteer organization providing spay/neuter and pet

adoption services. Located in Fort Lupton, Soul Dog is proactive in animal welfare, advancing the need for spaying and neutering our pets to reduce overpopulation. Soul Dog works with volunteer veterinarians to provide spaying and neutering service at little or no cost to the public.

Call Soul Dog manager Ellie Ramos at (303) 857-6789 to schedule a Tuesday or Saturday appointment for spay/neuter services, for adoption options, or just to visit. They are located at 1245 Factory Dr., Fort Lupton, CO 80621.

Donations are accepted to defray the costs associated with medications, supplies, and the operating cost for clinic.

