

B E Y O N D 6 0

A C T I V E L I V I N G

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

SEPTEMBER 2019

Activities Calendar

sep 10

WCSPERA Luncheon. Representative from PERA will speak. For any Weld County resident receiving PERA Benefits. Cost is \$15 for lunch. Trinity Episcopal Church, 3800 20th St., at 11:45 am. Call 970-506-9838 a week in advance.

sep 11-nov 20

Write Your Life. Write memories of your childhood to adult life and maybe publish your story. Wednesdays from 1:30-3:30 pm at the Active Adult Center, 1010 6th St., Greeley. Call 970-350-9440 for pricing.

sep 18-nov 6

Family History Research. Explore the lives of ancestors in this 8 week class. Must have access to email, able to navigate the internet and attend all 8 sessions. Wednesdays from 9:30-11:30 am at the Active Adult Center, 1010 6th St., Greeley. Call 970-350-9440 for pricing.

sep 19

Hearing Screenings. Dr. Jackie Reider, audiologist from the Hearing Rehab Center, is available for baseline hearing screenings and to answer your questions about hearing health. 11 am-1 pm, 2018 35th Ave., Unit A. Must pre-register by calling Aspen Club at 970-652-2796.

Greeley City Council and Mayor Candidate Forum. Sponsored by League of Women Voters at the Greeley City Council Municipal Chambers, 1001 11th Ave., Greeley, from 6:30-8:00 pm.

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. All content is subject to editing and/or approval by Weld County.

WELD SENIOR SYMPOSIUM

Navigating Legal Issues and Area Resources

by Holly Darby

For the past five years a planning committee comprised of various agencies and businesses that serve Weld County's older adult population and their caregivers has offered a senior law day. Well, this year is no different, but to mark this special milestone we have expanded the event, topics, and changed the name! The planning committee is so excited to present the Weld Senior Symposium: Navigating Legal Issues & Area Resources!

Not only do you get all the same great resources as in years past, but we have added an extra session and lunch! The event will again be held at the Island Grove Event Center Conference Rooms located at 425 N 15th Avenue in Greeley from 8:30 am to 2:30 pm on Thursday, October 3, 2019.

We have a lineup of new topics and the same great sponsor fair. The event agenda is:

8:30-9:30:

Registration Check-In and Sponsor Booths

9:30-10:20:

Session 1 (choose one)

- Stay Out of the Hospital by Staying Safe at Home - Krista Covell-Pierson
- Clutter Solutions for Seniors - Patti Meuwissem
- Future Planning & Qualifying for Medicaid Long Term Care - Charles Connell, Attorney

10:30-11:20:

Session 2 (choose one)

- What to Say and How to Help Someone Grieving - Dr. Debby Baker
- GET on Board-How to Navigate Greeley on Public Transit - Leiton Powell
- Medicare 2020 Updates - Shelley Steele

11:30-12:20:

Box Lunch and Sponsor Booths

12:30-1:20:

Session 3 (choose one)

- How to Leave a Legacy - Ron Ross
- Managing Caregiver Stress - Marissa Watson-Bane
- Nutrition as We Age - Lorrie Wellman

1:30-2:20:

Session 4 (choose one)

- Plan for Incapacity Before Decision Making and Judgment is Impaired - Matt Meuli, Attorney
- Medicare 2020 Updates - Shelley Steele
- Dementia Friendly Communities - Cyndy Luzinski

Some of this year's topics will cover staying safe at home, de-cluttering, Medicaid, and let's not forget Medicare changes. Is driving becoming a burden in the Greeley/Evans area? Then attend the presentation by GET and learn how to navigate the bus system. We will also feature topics such as caregiver stress, nutrition and dementia friendly communities.

Read all about the speakers and workshops at www.weldseniorsymposium.org. You can select your workshops and register online or call (970) 400-6950 and we can register you over the phone. A suggested donation of \$10 will help cover the cost of lunch and event expenses. The planning committee would like to give our

sincere thank you to our event sponsors; we could not do this event without you.

The planning committee for this great event is amazing. We thank them for the many hours they dedicate to help make this event successful for our community. We also greatly appreciate the sponsors who know the value and importance of sharing this information with older adults and their caregivers. Without either of them, Weld Senior Symposium would not be possible. See you October 3, 2019!

www.weldseniorsymposium.org
Island Grove Conference Rooms
425 N 15th Ave., Greeley, CO
(970) 400-6950



Weld Senior
SYMPOSIUM

Navigating Legal Issues & Area Resources

NEXT WEEK'S SENIOR
NUTRITION LUNCH MENU:

mon 9/9

Beef Shepherd's Pie, Spinach Mandarin Orange Salad, Pineapple Tidbits with Red Grapes, Wheat Roll, Butter, Nut Cup, Milk 1%

tues 9/10

Meat Marinara Sauce over Wheat Pasta, Roasted Turnips-Parsnips, Marinated Vegetable Salad, Cantaloupe, Wheat Roll, Butter, Milk 1%

wed 9/11

Beef Turnover Casserole, Roasted Red Potatoes, Garlic Green Beans with Almonds, Orange Wedges, Fig Bar, Milk 1%

thurs 9/12

Roast Turkey with Gravy, Bread Dressing with Gravy, California Blend, Pumpkin Roll, Butter, Pineapple-Oranges, Milk 1%

fri 9/13

Vegetable Soup, Wheat Crackers, Chicken Dill Salad, Mixed Melon, Nut Cup, Apple Crisp, Milk 1%

Did you know?

The herb dill has been used for digestion problems and urinary tract disorders?

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.

Tuesdays 9/10/19 to 10/15/19
from 1:00 - 3:30 pm: Windsor
Recreation Center, Windsor

Powerful Tools for Caregivers Workshop:

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Tuesdays 9/17/19 to 10/22/19:
1:30 - 4:00 pm: Windsor
Recreation Center, Windsor

Cancer: Thriving and Surviving Workshop:

Are you a cancer survivor? In this 6 week workshop, learn new steps to improve your health, skills to regain a sense of empowerment and live a quality of life; including how to cope with fear of reoccurrence, depression, fatigue and a sense of isolation. FREE, but please register by calling 970-313-2796. Event is sponsored by UC Health.

Wednesdays 9/25/19 to
10/30/19 from 1:00 - 3:30 pm:
UCHealth Midtown, 1900 16th St