



Assistance. Advocacy. Answers on Aging.

Weld County Area Agency on Aging

# Senior Solutions

Fall 2018, Volume 10, Issue 4

## Caregiver Corner: What is Respite Care?

By Jillian Broce

Family caregivers provide millions of dollars of unpaid care to loved ones each year. Many caregivers do this willingly without a break or any outside assistance. Some even feel sandwiched between multiple obligations including work or raising a family, all while fulfilling care giving duties to an older adult. Stress is likely to increase during these moments and the caregiver’s health might suffer if adequate respite services are not used. Chances are you are currently in this situation or know someone who is.

The good news is there is help! The Weld County Area Agency on Aging has a program to assist family caregivers in obtaining respite services, the Family Caregiver Support Program. Respite care is defined as a break for family caregivers in which temporary care is provided for loved ones. This care can be provided in the home or out of the home. In-home care includes informal family support, private companionship and paid skilled care. Out-of-home care includes adult day programs and short residential stays at nursing facilities.

For more information about the Family Caregiver Support Program, please contact Jillian Broce (970) 400-6130.

## Colorado Legal Services

No cost legal services for Weld County residents age 60 and over to assist with public assistance benefits, preparation of living wills and powers of attorney, landlord or rent issues, senior housing and other personal rights issues. For more information, contact Colorado Legal Services at (970) 353-7554 x 101

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### Important Dates

9/3 AAA Office Closed  
Labor Day Holiday

11/12 AAA Office Closed  
Veterans Day Holiday

11/22 & 23 AAA Office Closed  
Thanksgiving Holiday

## Did you Know?

You can review all of the Area Agency on Aging programs on our website at [www.weldaaa.org](http://www.weldaaa.org).

This is a great source of information and even has updated meal calendars, Helpsource booklets and more.

Check it out!

# alzheimer's association™

## Colorado Chapter

[www.alz.org/co](http://www.alz.org/co)

800-272-3900 **HELPLINE**

Regional Director, Northeast Colorado: Kelly Osthoff

918 13th St. Ste. 1  
Greeley, CO 80631

970-392-9202 **phone**  
970-346-9025 **facsimile**

## Caregivers Support Groups (open to current/former caregivers)

### Adult Children Support Group

Alzheimer's Association  
918 13th St. Ste. 1  
Greeley, CO 80631

3rd Tuesday – 6:00-7:00 p.m.

#### Greeley

Westview Church of Christ  
4151 W.20th St.  
Greeley, CO 80634

2nd & 4th Tuesday – 9:30-10:30 a.m.

### Greeley– Woman's Caregiver Coffee

Alzheimer's Association  
918 13th St. Ste. 1  
Greeley, CO 80631

3rd Thursday – 11:00-noon

#### Sterling

UC Health Primary Care  
620 Iris Dr.  
Sterling, CO 80751

2nd Wednesday – 2:00-3:00 p.m.

### Younger Caregiver Support Group

Family Fun Plex-Senior Meeting Room  
1501 65th Ave.  
Greeley, CO 80634

2nd Wednesday – 6:00-7:00 p.m.

#### Eaton

Free Evangelical Church  
1325 3rd St.  
Eaton, CO 80615

3rd Tuesday – 10:00-11:00 a.m.

#### Brush

Eben Ezer Lutheran Care Center  
122 Hospital Rd.  
Brush, CO 80723

2nd Monday – 11:30 a.m.-1:00 p.m.

#### Yuma

Yuma District Hospital  
1000 W. 8th Ave.  
Yuma, CO 80759

3rd Tuesday – 2:00-3:00 p.m.



# Senior Law Day 2018

**WELD COUNTY**  
SENIOR LAW DAY

A Public Service Program Offered to  
All Weld County Older Adults

**Friday, October 5, 2018**

7:30 am to 12:00 pm

Island Grove Event Center Conference Rooms  
425 N. 15th Ave. • Greeley, CO 80631

## 2018 Topics & Speakers:

**7:30 am - 8:30 am - Check In & Visit Vendors**

**8:30 am - 9:20 am - Choose One**

- Helping Consumers/Scams/Consumer Rights - John Skoglund
- Wills & Trusts - Matt Meuli
- Medicaid Eligibility - Charles Connell

**9:30 am - 10:20 am - Choose One**

- Dementia and the Law - Panel: Keith Thompson, MD, Kay Neckel and Matt Meuli
- Welcome to the VA Please Let Me Help You - Samuel House
- Medicaid Eligibility - Charles Connell

**10:30 am - 11:00 am - Visit Vendors**

**11:10 am - Noon - Choose One**

- Seniors & Taxes - Samantha Zishka
- Wills & Trusts - Matt Meuli
- The Conversation Every Family Should Have (Long-Term Care Insurance)  
- Elizabeth Olsen

## Register Today!

**\$5**  
Suggested  
Donation

For more information:

Please Call (970) 346-6950

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

## **CHUNKY CINNAMON APPLESAUCE**

### **Ingredients:**

8 medium tart apples, peeled and quartered

1 cup water

1 cup sugar

1/4 cup red-hot candies

### **Directions:**

1. Place apples and water in a 5 qt. saucepan. Cover and cook over medium-low heat for 15-20 minutes or until tender.
2. Mash until sauce is desired consistency. Add sugar and candies. Cook, uncovered, until sugar and candies are dissolved; stirring frequently. Remove from the heat; cool.

## **APPLESAUCE (for canning)**

### **Ingredients:**

12 pounds, peeled, quartered and cored

Water

3 cups sugar (optional)

4 Tablespoons lemon juice (not optional)

1/4 cup red-hot candies

### **Directions:**

1. In a large stainless steel saucepan, combine apples with just enough water to prevent sticking. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, for 5-20 minutes, until apples are tender (time will depend upon the variety of apple and their maturity). Remove from heat and let cool slightly, about 5 minutes.
2. Work in batches, transfer apples to a food mill or food processor, puree until smooth.
3. Return apple puree to saucepan. Add sugar, if using, and lemon juice; Bring to a boil over medium-high heat, stirring frequently to prevent sticking. Maintain a gentle boil over low heat while filling sanitized jars.
4. Ladle hot applesauce into hot jars, leaving 1/2" headspace. Remove air bubbles and adjust headspace, if necessary.
5. Use new lids that have been heated and screw on band before canning.
6. Follow canning instructions for altitude in your area.

Adapted from *Canning Fruits*, Colorado State University Extension Office

Please contact Friendly Fork Dietitian, Lorrie Wellman, RDN for more information or any other nutrition concerns. 970-400-6118, [lwellman@weldgov.com](mailto:lwellman@weldgov.com)

# Fall Prevention Information

By Whitney Janzen-Pankratz



## You Have the Power to Prevent a Fall

By Whitney Janzen-Pankratz

Did you know that 1 in 4 Americans aged 65+ fall every year? Falls are the leading cause of fatal and non-fatal injuries for older adults. Across the country, falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths. Falls are costly—in dollars and in quality of life. Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among older adults can be reduced substantially.

Join the Area Agency on Aging and our community partners for our Annual Fall Prevention Awareness Week September 15<sup>th</sup> through 21<sup>st</sup>. Throughout the week we will showcase drop in demonstrations of local programs to keep you active, and education on ways to prevent falls on a day to day basis.

Source: [www.ncoa.org](http://www.ncoa.org)

### North Range Behavioral Health-Peer Counseling

These services help older adults cope with the emotional stresses related to aging and are can be provided in the senior's home by trained counselors who are also seniors. For additional information, please contact [North Range Behavioral Health at \(970\) 347-2120](tel:9703472120).

### Catholic Charities of Weld County

#### Case Management:

Case Management services to at-risk seniors age 60+ to help them remain safe and independent. Services may include advocacy, assistance with applications and forms, home visits, information and referral and more. For more information, please contact [Catholic Charities at \(970\) 353-6433](tel:9703536433).

#### Hispanic Elderly Outreach:

Bilingual workers assist Hispanic seniors in connecting them to community resources. For more information, contact Catholic Charities Hispanic Elderly Outreach in [Fort Lupton at \(303\) 857-0521](tel:3038570521).



# ***Standing Together to Prevent Falls***

Questions? Contact Whitney 970-400-6117

## **Walk with a Doc**

**Saturday, September 15, 2018 - 8:00 - 9:00 am**

Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. Walk at your own pace, and ask questions of local physicians.  
Sanborn Park South West Parking Lot (2031 28th Ave, Greeley)

## **Tai Chi Chih**

**Monday, September 17, 2018 - 10:00 am**

Tai Chi Chih is a gentle moving meditation that brings balance, peace and joy to life. The movements are easy to learn and can be done by anyone regardless of age or physical condition.  
North Colorado Medical Center Auditorium (use East Entrance 6).

## **Tai Chi in the Park**

**Tuesday, September 18, 2018 - 10:45 - 11:45 am**

Observe or participate in Tai Chi based on the Tai Chi: Moving for Better Balance program offered by the Area Agency on Aging. Bittersweet Park South (35th Ave & 16th Street, Greeley)

## **Caregiver Luncheon: Conversation on Fall Prevention**

**Wednesday, September 19, 2018 - Noon**

Are you a caregiver for a loved one at risk for falls? Come join us for lunch and a seminar reviewing the Fall Prevention Conversation Guide for Caregivers developed by the National Council on Aging. Registration is required by calling (970)400-6117.  
Riverside Library. (3700 Golden Street, Evans)

## **Carbon Valley Parks and Recreation District SilverSneakers**

**Friday, September 21, 2018 - 1:00 - 2:00 pm**

Come experience what it is like to participate in the SilverSneakers program with this interactive demo. Carbon Valley Parks and Recreation District (701 5th Street, Frederick)



**Editor: Tom Gonzales** (970) 346-6952 or [tgonzales@weldgov.com](mailto:tgonzales@weldgov.com)