



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



Senior Solutions

Fall 2017, Volume 9 Issue 4

Agency Program Highlights

Weld County's Adult Protective Services

Adult Protective Services (APS) provides protection for at risk adults by investigating allegations of abuse, exploitation, caretaker neglect and self-neglect. When appropriate, APS can assist the at-risk adult to arrange for services. An at-risk adult is anyone age 18 or older who is unable to meet their own basic needs or arrange services to meet their basic needs without assistance due to a physical or mental condition.

Any concerned individual can make a report to Adult Protective Services by calling our Intake Screeners at (970) 346-7676. Each report will be evaluated to determine the appropriate response. Adult Protective Services also provides community education regarding abuse/neglect of at-risk adults and the services provided. Please contact (970) 346-6950 x 6294 to arrange a presentation.

APS Mandatory Reporters (MR) must call Law Enforcement Dispatch at (970)-350-9600 Option #4 to make an initial report of physical abuse, caretaker neglect, and/or financial exploitation. MRs must call reports in on adults age 70 years of age or older or adults 18 years of age or older with an intellectual or developmental disability.

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Important Dates

- 9/16 Walk with a Doc
at Sanborn Park 8:00 a.m.
- 9/19 Tai Chi at the Library
4:00-5:00 at the Riverside
Library & Culture Center
- 9/20 Fall Prevention through
Yoga 10:30—11:30 at the
Johnstown Senior Center
- 9/30 Walk to END Alzheimer's
9:30 at Bittersweet Park
- 10/6 Senior Law Day Greeley
- AAA Office closed:
9/4, 11/10, 11/23, 11/24

Volunteers Needed!

Meals on Wheels

is in need of volunteers in the Greeley, Platteville, and Gilcrest area. Please contact Mary Margaret or Jill for more information at 970-353-9738.

Senior Resource Services

is in need of volunteer drivers to provide free transportation for Weld County's aging population. Flexible dates and times, you choose each appointment. Start the simple process of becoming a volunteer by calling 970-352-9348, apply online at www.seniorresourceservices.info, or email staff@seniorresource.comcastbiz.net

Caregiver's Corner

By Jillian Broce, Family Caregiver Coordinator

At what cost?

Have you ever talked with a caregiver and been told, "I'm fine and I don't need any assistance" when you inquired about what you could do for them? It seems like they have it all under control. The truth is, stressors and demands, or caregiver stress, are likely to affect the caregiver at some point during their caregiver journey. If a caregiver chooses to ignore the caregiver stress signs, then both the caregiver and care receiver will feel the consequences. However, if a caregiver recognizes a shift in themselves as early as possible then this stressor is not likely to affect them long-term.

The Mayo Clinic points out a few ways to relieve caregiver stress: accept help; focus on positive aspects of caregiving; set realistic goals; get connected or join a support group; stay up-to-date with local resources; set personal health goals and see a physician regularly; find a respite provider; and find time for self-care, no matter how small. Remember, it's imperative for a caregiver to recognize caregiver stress as early as possible so that a change can be implemented.

If you would like more information on caregiver resources, please contact Jillian Broce, Weld County Area Agency on Aging, (970) 400-6130.

NORTH RANGE BEHAVIORAL HEALTH- PEER COUNSELING

Do you get lonely or feel alone, have trouble sleeping and have a poor appetite; are always tired, no energy, no motivation or ambition, and find no enjoyment or pleasure in anything? Do you wish you had someone to talk to about life, your feelings, thoughts and your situation? The Peer Counseling Program may be able to help.

The Peer Counseling Program was established in 1976 and has consistently provided outreach supportive counseling services to seniors 60 years and older in Weld County. Our peer counselors themselves are 55 years or older and are highly trained and skilled paraprofessionals who provide supportive counseling services to clients in the privacy of their home or apartment, assisted living facility or nursing home. Peer Counselors provide encouragement and support and help older adults learn how to cope with emotional stressors and life difficulties. They are supervised by a Licensed Professional Counselor who has experience in Gerontology.

Peer counselors and clients may have similar experiences related to the aging process and similar events during their lifetime. We have found this is one of the many factors making this such a successful program through the years and why our clients have consistently indicated this is one of the most beneficial aspects to seeing a peer counselor....we routinely hear the comment "she (or he) really understands me".

If you would like more information about the Peer Counseling Program, would like to make a referral, would like a peer counseling visit OR are interested in becoming a peer counselor please contact: Dee McClure, 970-347-2125.



Senior Law Day 2017

WELD COUNTY
SENIOR LAW DAY

A Public Service Program Offered to
All Weld County Older Adults

Friday, October 6, 2017

7:30 am to Noon

The Double Tree Hotel by Hilton
919 7th Street, Greeley, CO 80631

2017 Topics & Speakers:

8:30 am

- Qualifying for Medicaid for Long-Term Care/Social Security Disability Payments: SSI or SSDI - Charles Connell
- Legal Aspects of Raising Grandchildren - Amy Antommara
- Consumer Rights - Katherine E. Sheffield

9:30 am

- Nutrition for Health Aging - Jen Granlund
- Powers of Attorney and Living Wills - David S. Anderson
- Reverse Mortgages: The New HECM – What's In It For Me? - Peggy Sage

11:10 am

- Wills and Trusts - Susie Germany
- Medical Advance Directives:
What are they and why should I care? - Peter Cunningham
- Power Against Fraud: Scam Prevention and Remedies - Christy Hardwick

Register Today!

For more information:

Please Call (970) 346-6950

www.seniorlawday-weldcounty.com





Standing Together to Prevent Falls

Questions? Contact Whitney 970.400.6117

1

Walk with a Doc Saturday, September 16, 2017

Join us for walk with a Doctor at Sanborn Park! Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians. Walk starts at 8:00am at Sanborn Park (2031 28th Ave, Greeley)

2

Tai Chi at the Library Tuesday, September 19, 2017

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. 4:00-5:00 pm at Riverside Library and Cultural Center (3700 Golden St, Evans)

3

Fall Prevention Through Yoga Wednesday, September 20, 2017

Explore yoga to improve your balance with a demonstration and discussion with instructor Kim Smarr. 10:30-11:30 am at the Johnstown Senior Center (101 Charlotte St, Johnstown)

Nutrition News: Recipe By Lorrie Wellman, RD

If you are looking for healthy jams, consider canning your own. Unsweetened white grape juice is used in this recipe in place of sugar syrup. Use only the Hot Pack method when canning fruit without sugar. Several other recipes can be found at www.freshpreserving.com

Soft Spread Peach Jam, Without Sugar Yield: about 6 half pints

5 cups, finely chopped, peeled, pitted peaches
1 cup unsweetened white grape juice
2 Tablespoons lemon juice
1 package no sugar needed powdered pectin

Combine peaches, white grape juice, lemon juice and no sugar needed powdered pectin in a large saucepot, stirring to dissolve pectin. Bring to a boil, stirring constantly. Add sweetener per pectin package guidelines. Boil 1 minute, stirring constantly. If gel starts to foam before 1 minute, boil is complete, remove from heat. Ladle hot jam into hot jars, leaving 1/3-inch headspace. Remove air bubbles. Adjust two-piece caps. Process 10 minute in a boiling water canner.

(Recipe from Ball Blue Book: Guide to Preserving)

Nutrition Tip:

Did you know that granola purchased in the store can be loaded with sugar and fat? Instead try this recipe for muesli. You can at least control the amount of sugar, in this case honey, that you add and plain yogurt (0%, 2%, or full fat, you make the call).

Swiss Muesli—Grate 1 apple or pear. Mix with ¼ cup of dry rolled oats and ½ cup of 0% Greek plain yogurt. Allow to stand for 15 minutes or refrigerate overnight. Top with 2 Tbs. of chopped pecans or walnuts. Drizzle with 1 tsp. of honey.

Free Home Smoke Detectors



**American
Red Cross**

The American Red Cross is hosting a "[Sound the Alarm](#)" campaign from Sept. 23 – Oct. 15 to offer free home smoke detectors. Anyone is welcome to request one.

To do so, call 303.607.4753, send an email to hfpdenver@redcross.org or complete [online](#) here or at <https://coloradoredcross1.wufoo.com/forms/fire-safety-appointment-request/>

Please share this information with your clients and counties, especially those who work with senior and/or low-income populations.



ALZHEIMER'S DISEASE IS RELENTLESS. SO ARE WE.

GREELEY

Saturday, September 30
 Registration: 8am
 Walk: 9:30am
 Bittersweet Park

REGISTER OR DONATE:
ALZ.ORG/WALK

More information:
asflores@alz.org | 970.392.9202 | alz.org/co

NATIONAL PRESENTING SPONSOR

Edward Jones



The Dementia Caregiver Support Groups meet on an ongoing monthly basis and are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer's Association. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. **Please call ahead before your first visit to confirm the time and location: 970.392.9202**

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:

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

Greeley – Westview Church of Christ	Eaton Free Evangelical Church	Greeley – Alzheimer's Association Office
4151 W. 20 th St.	1325 3 rd St.	918 13th St. Suite #1
2 nd and 4 th Tuesday of the month	3 rd Tuesday of the month	3 rd Thursday of the month
9:30 a.m.—10:30 a.m.	10:00 a.m.—11:00 a.m.	2:00 p.m.—3:00 p.m.

2017 Golden Gallery 50+



AND **NOUS D'OEUVRES** *reception*

THIS EVENT IS PROMOTING THE ART OF WELD COUNTY'S 50+ RESIDENTS.
The exhibit and opening reception is **FREE** and open to the public!

SHOW DATES

SEPT 28 - OCT 4

Art will remain hung for the following week

OPENING RECEPTION

SEPT 28

from 4-6 p.m.
at the Union Colony Civic Center
Two Rivers Lounge



1010 6th St, Greeley, CO 80631

 970-350-9437

 Sheri.Lobmeyer@GreeleyGov.com



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