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What is Information and Assistance?

By Eva Jeffers

When I was hired for the position of Information and Assistance Coordinator with the Weld County Area Agency on Aging, I was told that my job was to know everything about everything. I have come to appreciate the truth of this statement, as Information and Assistance is knowing how to help people find the next step towards the answers they need. Sometimes the answer is found in our HelpSource, through collaboration with other colleagues, or through the world wide web. Whatever and wherever the solution might be, Information and Assistance works to help get people started in the right direction.



One component of Information and Assistance is working as an Aging and Disability Resources for Colorado (ADRC) specialist. ADRC is Colorado's program to help older adults and people with disabilities access long-term services and supports. One component of that includes Long-Term Care Medicaid for Home and Community Based Services, the state's program to help individuals remain safely in their homes or assisted living facilities by providing them with non-skilled services. These services can include bathing, meal preparation and light housekeeping. Should someone need support to maintain their independence but does not qualify for Long-Term Care Medicaid, the Weld County Area Agency on Aging offers a variety of programs and classes designed just for that gap.

If an individual can remain safely in their home with a little extra support, then the Area Agency on Aging's goal of helping maintain an individual's independence and dignity in their home and community will be met.

Other components of Information and Assistance are working in the community, giving presentations and meeting with organizations. Whether I go to church groups, professional networking events or meet with service providers, I get to see what incredible resources our community has for older adults and their caregivers. The more time I spend in the community, the more I am encouraged by all we are doing for one another.

Spending the last few months learning about all Weld County has to offer its older adult community has led me to believe that there are always ways we can continue to grow and improve. I look forward to helping you or your loved one connect to the many people and agencies investing their time and programs into our growing older adult community.

Learn more about Information and Assistance, ADRC and other AAA internal services by clicking [here](#).

How to Choose and Enjoy Summer Fruit



By Lorrie Wellman, RDN

Peaches originated in China, where they first grew wild. Choose peaches that have a yellow/golden blush on the stem end. A little give on the top tells that it is beginning to ripen. Continue ripening peaches by putting them in a brown paper bag. Do not fold the top over, but squeeze the center of the bag closed, leaving a slight opening (this lets out some of the ethylene gas and ripens the peach with flavor). Keep peaches out of the refrigerator until ripe, then refrigerate.

Plums originated in Japan. Ripen in a bowl and store at room temperature for a few days to bring out the full flavor. Refrigerate when ripe.

Raspberries are from the same family as the rose. Pick raspberries early in the morning, as the berry will separate from the core. Do not wash raspberries until you are ready to eat them. Rinse a few in a bowl of cold water and gently enjoy them.

Strawberries were cultivated by the Native Americans when the Massachusetts settlers arrived. Strawberries are the only berries that keep their caps on when picked, which helps them retain their vitamin C content. Do not wash strawberries until ready for use. Leave on the caps for washing so the berry will not get soft.

Cantaloupe belongs to the pumpkin family. The stem end should be clean and have an indentation, which usually means it was ripe when picked. If it has an outside stem end, it was picked green and will ripen, but may not have as much flavor. If the cantaloupe is cut and only half is used, leave the seeds in the uneaten half and cover in plastic wrap before refrigeration so other items will not take on the cantaloupe smell.

Watermelon is a native of Africa and is 92% water. Listen for a good, solid sound when you are testing watermelon. To remove seeds from a watermelon, wash the watermelon, cut the watermelon in half, then in quarters; cut through the flesh of the melon along the top of the seed line with a paring knife, lift the piece and cut from the remaining third, using a fork to scrape the seeds from each third.

Kiwi grows on a vine like grapes. Ripen kiwi in a brown paper bag with a banana peel or an apple, as both of these give off ethylene gas to ripen fruit. Kiwi is ripe if it is soft to the touch. Prepare kiwi by cutting off the top and bottom and peel the covering down the sides, or cut in half and eat with a spoon.

Learn more about Senior Nutrition (Friendly Fork), including meal site locations and menus, by clicking [here](#).

Caregiver Corner: Improving Sleep While Caregiving

The National Alliance of Caregiving reported that 82% of family caregivers say that their sleep is negatively affected by their role as a caregiver. What can be done? A healthier night's sleep may be found by making a few small changes.



Create a nighttime environment for sleeping, not caregiving. Unless it is essential that you sleep in the same room as the care receiver, try to sleep in another room. Keep the room free from anxiety-provoking stimuli. Consider a baby monitor to listen for your loved one.

Worry intentionally during a specific "anxious hour." Rather than worrying at night, you can purposely worry at more convenient times during the day. Set an hour during the early evening to write down a to-do list as well as concerns that are troubling you. Then put the writing away in a drawer until the next morning.

Prompt sleep with good habits. Just like kids, adults need routines before going to bed. Gentle stretching, reading or listening to music will help one attain a more restful frame of mind and promote more restorative sleep. Keep a sleep cycle regular by getting into and out of bed at the same time each day.

Use your breath. Yoga and meditation are based on the power of deep breathing. Sleep can be, as well. Take deep, slow, regular breaths. This will slow one's heart rate and relax muscles, both physiological changes necessary for falling asleep.

AARP Meditations for Caregivers (Da Capo, 2016).

Learn more about Family Caregiver Support and other AAA internal services by clicking [here](#).

Weld Aging Well Summer Workshops



Make your wellness a priority and join us for one of these evidence-based workshops!

Healthier Living with Diabetes

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. This workshop meets once a week for six weeks. It is FREE for

people 60 and older, but registration is required by calling (970) 400-6117.

Tuesdays, 7/9/19 through 8/13/19, 1:30–4:00 p.m. • Greeley Medical Clinic, Greeley

Powerful Tools for Caregivers

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

Tuesdays, 7/30/19 through 9/3/19, 1:00–2:30 p.m. • North Colorado Medical Center, Greeley

Healthier Living

Learn tools to become a better self-manager of your chronic condition(s) such as heart disease, diabetes, arthritis and COPD. Learn to apply the knowledge you already know, such as proper nutrition, developing an exercise program, problem-solving and setting achievable goals. This workshop meets once a week for six weeks. It is FREE for people 60 years and older, but registration is required by calling (970) 400-6117.

Fridays, 8/16/19 through 9/20/19, 1:30–4:00 p.m. • Riverside Library, Evans

Learn more about Weld Aging Well workshops and classes by clicking [here](#).

To learn more, visit our [website](#).



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