



Assistance. Advocacy. Answers on Aging.

Weld County Area Agency on Aging

# Senior Solutions

Spring 2018, Volume 10, Issue 2

## Caregiver Corner: "NEW" Training course for family caregivers

By Jillian Broce

*Stress-Busting for Family Caregivers*, is an evidence-based program that provides support for family caregivers caring for an older adult, is now being offered in Weld County. The nine-week program consists of weekly, 90 minute sessions with a small group of caregivers. Caregivers learn and enhance many skills including information about disease process, problem-solving, and a variety of other content. It takes a holistic approach to address the emotional, physical, spiritual, and cognitive needs of caregivers. Participants will leave each class with new stress management techniques including relaxation breathing, guided imagery, meditation, art, journaling and music.

**What:** Stress-Busting for Family Caregivers

**When:** Wednesdays, April 25 through June 20, 9:30-11:00 a.m.

**Where:** Farr Library, 1939 61<sup>st</sup> Ave, Greeley, CO 80634

Stress-Busting for Family Caregivers has been proven to improve the quality of life for family caregivers and to help caregivers manage daily stress. Class size is limited. To make a reservation or if you have additional questions, please contact Jillian Broce at (970) 400-6130.

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### Important Dates

5/28 AAA Office Closed  
Memorial Day 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!



## 9th Annual Film Festival

Celebrating Older Americans Through Film

Weld County Area Agency on Aging and it's Advisory Board will host their annual film festival on May 22nd and 23rd at the Kress Theater. The film festival will show a collection of short films and there will be short, guided discussion periods during the event. Refreshments will be served at this FREE event. Reservations open May 1<sup>st</sup>, 2018 by calling 970-346-6950.

# OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

## Think locally and volunteer!

### SENIOR RESOURCE SERVICES

Wouldn't you hope that someone would be willing to help your aging family members and friends if it meant they were able to remain healthy and live independently? SRS is in need of additional volunteer drivers to provide free transportation to local appointments for Weld County's aging population. Flexible dates and times— you choose each appointment!

We are also looking for 60+ year old clients in need of transportation. Start either process by applying online at [www.srsweld.com](http://www.srsweld.com), emailing [staff@srsweld.com](mailto:staff@srsweld.com) or by calling 970-352-9348.



*Helping Hands for Seniors*

# Grandparents Raising Grandchildren

## Spring Workshop

The 2018 Grandparents Raising Grandchildren Spring Educational and Information Fair will be held at the [First United Methodist Church in Greeley](#) from 9:00 am-1:30 pm on April 12th. There will be three educational sessions and topics are still to be determined, but will include those most requested through our monthly support group meetings. We will also have an adult child that has been raised by her grandparents that will be present to talk about her experiences during our lunch hour. Many community agencies will be in attendance to provide grandparents with valuable information and assistance on the programs they offer. Morning refreshments and lunch will be provided as well as goodie bags and door prizes. The event is FREE, but **registration is required** due to limited seating. For more information about the Grandparents Raising Grandchildren program or to register for the workshop, contact Tom Gonzales at (970) 346-6952 or at [tgonzales@weldgov.com](mailto:tgonzales@weldgov.com)

### Combating Isolation and Loneliness

As we age, circumstances in our lives change. We retire from a job, friends move away, or health issues convince us to eliminate or restrict driving. When changes like these occur, we may not fully realize how they affect our ability to stay connected and engaged and how much they can impact our overall health and well-being. Here are some steps to consider taking to help stay ahead of the “connection curve”:

- Nurture and strengthen existing relationships: invite people over for coffee or call them to suggest a trip to a museum or to see a movie.
- Don't let being a non-driver stop you from staying active, find out about transportation options.
- Use social media like Facebook to stay in touch with long-distance friends or write an old-fashioned letter. Schedule a time each day to call a friend or visit someone.
- Stay physically active and include group exercise in the mix, like joining a walking club.
- Take a class to learn something new and, at the same time, expand your circle of friends.
- Revisit an old hobby you've set aside and connect with others who share your interests.
- Volunteer to deepen your sense of purpose and help others.
- Visit your local community wellness or senior center and become involved in a wide range of interesting programs.
- Check out faith-based organizations for spiritual engagement, as well as to participate in activities and events.
- Get involved in your community by taking on a cause, such as making your community more age-friendly. Also, meet your neighbors, young and old.

# Nutrition News and Spring Cleaning Tips:

By: Meredith Skogland, Senior Nutrition Supervisor

We have all heard of spring cleaning, but have you heard of nutrition spring cleaning? This is a great time to start cleaning up our winter eating habits, all that comfort food often misses important nutrients that are very important to our bodies. Let your spring cleaning include the kitchen; especially the fridge, pantry, and cupboards. Make sure there are plenty of good options handy. Here are four tips to guide you while you clean:

1. Stock up on spring super-fruits and vegetables: buying seasonal vegetables helps assure they are at their peak and full of nutrients. Your local farmer's market would be a great place to select your favorite produce.
2. Eat leaner meats: eating red meat is okay, but it is beneficial for our bodies to eat more fish and chicken. We also need to pay attention to our portion sizes, the goal is to have your protein the same size as a deck of cards.
3. Eliminate over processed breads: white bread, even enriched white bread, is only made with one of the three nutritious parts of the wheat berry, the endosperm. That means a lot of the nutrient heavyweights, like fiber, vitamin B6, vitamin E, zinc, chromium, folic acid and magnesium are stripped out. Look for bread that is 100% whole grain (not enriched wheat flour) and 3 grams of fiber or more per slice.
4. Get more healthy foods in your diet: always have snack bags of fruits and veggies handy so when you need a snack on the go they are easy to grab. Snack bags of dried apricots and sunflower seeds are also a great way to keep your energy up.

If you need additional nutrition tips, feel free to contact the Registered Dietitian for the Weld County Senior Nutrition Program, Lorrie Wellman. You can contact Lorrie at 970-400-6118 or e-mail her at [lwellman@weldgov.com](mailto:lwellman@weldgov.com).

Source: [healthandwellness.com](http://healthandwellness.com)

## MEALS ON WHEELS

**Help make someone's day! Meals on Wheels is looking for volunteers to deliver meals to clients. One day a week for an hour of your time.**

**CALL MEALS ON WHEELS AT**

**970-353-9738**



**AARP Foundation**  
**Elder Watch**

Helping older consumers recognize,  
refuse and report fraud in partnership  
with the Colorado Attorney General



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## ***Fight Fraud—Shred Instead!***

**Wednesday, April 18, 2018**

AARP Foundation ElderWatch and the Weld County Area Agency on Aging are proud to announce a **FREE** community shred event where you will be able to drop off your unneeded personal financial documents and records for shredding!

**When:**

Wednesday, April 18, 2018  
9:00 a.m.–12:00 p.m.

**Where:**

Island Grove Regional Park  
501 N. 14<sup>th</sup> Ave.  
Greeley, CO 80631



**Three boxes or one large trash bag will be accepted per car.**

**Nonperishable food donation for a local food pantry appreciated.**

*Questions? Call AARP Foundation ElderWatch, 1-800-222-4444, opt. 2.*

# Put a “Spring” in Your Step with Weld Aging Well Classes!

By Whitney Janzen-Pankratz



## **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 3/7/18 to 4/25/18 from 1:30-3:30 pm: Eaton Area Community Center, Eaton

Mondays 5/21/18 to 7/16/18 from 9:00-11:00 am: Centennial Area Health Education Center, Greeley  
(For people with Visual Impairments Only)

## **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 3/13/17 to 4/17/18 from 1:00-3:30 pm: Johnstown Senior Center, Johnstown

## **Healthier Living Workshop:**

Learn tools to become a better self manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Wednesdays 5/2/18 to 6/6/18 from 1:30 – 4:00 pm: North Colorado Medical Center, Greeley

## **For Registration, call (970) 400-6117**

Workshops are free for persons 60+ (a minimal fee for persons 59 and younger)  
Workshops are on-going, please call for additional dates and locations.