



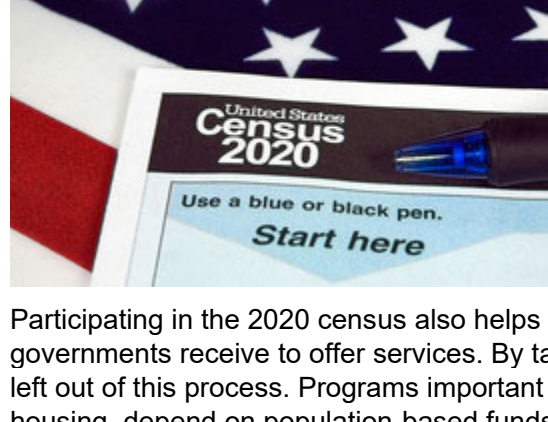
SENIORSOLUTIONS

Weld County Area Agency on Aging Official newsletter of the Weld County Area Agency on Aging

SPRING 2020

In this Issue: *The Importance of the Census to Older Americans • Caregivers: A Day for You • Grandparents Raising Grandchildren Spring Event • Friendly Fork Summer Evening Meals • Weld Aging Well Spring Classes*

The Importance of the Census to Older Americans



It is mandated in our Constitution that everyone be counted every 10 years. Our population, based on the census, determines how much funding we receive for things like school lunches, construction and child abuse prevention; transportation, construction and highway maintenance; support for firefighters; housing for older adults; and how many House of Representatives we can have, to name a few. Therefore, getting a complete and accurate census count is critically important.

Participating in the 2020 census also helps determine how much funding states and local governments receive to offer services. By taking part in this 2020 census, your age group is not left out of this process. Programs important to older adults, such as transportation, nutrition and housing, depend on population-based funds to provide their services to you and your community.

The 2020 census will work differently this year from previous years. From March 12th-20th, every household will receive a postcard with information about how to respond online. It is important to remember that you do not have to file online. After the postcards are sent out, a paper census will be mailed to households that did not complete the census online. If a household still has not completed the census, either online or by paper, a census taker will come to your house and complete the census with you.

Among the different age groups, older Americans are the most likely to return their census forms. Let's keep up that reputation, funding for services and representation!

Mark your calendar!

- March 12, 2020: Mailers will be sent out; online portal opens <https://www.census.gov/>
- April 1, 2020: Official Census Day! (This can be your day to remind yourself to complete your census, if you haven't already submitted it)
- April-July 2020: Census takers will go door-to-door and visit homes that have not submitted their census response

Fun facts:

- Available in 13 languages online and over the phone.
- Available in English and Spanish by mail.
- The census form goes to every household.
- The American Community Survey (ACS) goes out to 1 in 38 households and is longer than the census.
- If a household gets the ACS, they will ALSO need to fill out the 2020 census.
- You can look up census workers going house-to-house in the Census Bureau [staff directory](#) or you can call the Denver Regional Office at 1-800-852-6159.

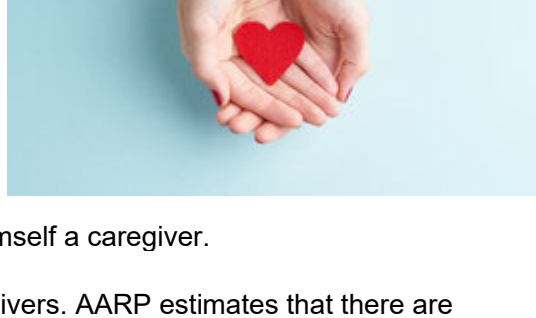
Great resources:

- <https://www.togetherwecount.org/>
- <https://www.census.gov/>
- <https://censuscounts.org/>

If you have any questions, you are always welcome to contact our Information and Assistance line at (970) 400-6952.

Caregivers: A Day for You

Cindy brings meals to her parents five days a week. Most days, she helps mom take a shower and makes sure her medication is ready. She also helps her dad with the cleaning and a few loads of laundry at least once a week. Cindy doesn't consider herself a caregiver.



Bob helps his wife get out of bed in the morning, making sure her walker is always close by. Bob schedules her therapy appointments and makes sure she gets there safely. Bob does not consider himself a caregiver.

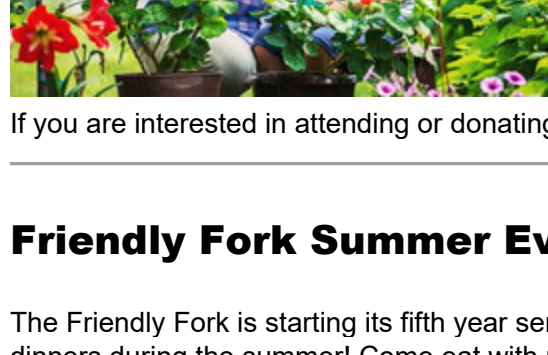
The truth is that Cindy and Bob are both family caregivers. AARP estimates that there are 584,000 family caregivers in Colorado alone. According to the National Family Caregiver Alliance, caregivers spend, on average, 24.4 hours per week providing care, but as many as one in four caregivers spend 40+ hours each week caring for a loved one. Often, caregiving is an unnoticed role.

Join us for a day to celebrate you! We are happy to announce that this year's Caregiver Appreciation Day will be on Friday, April 24 from 9:00 a.m. to 12:00 p.m. We have a NEW location this year! It will be at Platte River Fort Resort, 22999 US-34, Greeley, CO 80631; it is located just a few miles east of Greeley. The location offers a unique and luxurious environment for you to relax, unwind and walk away feeling refreshed. There will be a FREE brunch, FREE massages and pampering, a guest caregiver panel and information booths. **Please RSVP by April 17** to the Greeley Active Adult Center at **(970) 350-9440**. If respite care is needed in order for you to attend, please mention it at the time of reservation.

Grab a friend and join us for a special day to honor you!

Learn more about AAA internal services [here](#).

Grandparents Raising Grandchildren Spring Event



Are you raising your grandchildren and are over the age of 55? Please join us for a fun morning of bingo, brunch and education! We will be hosting our annual Spring Event on Thursday, April 16 from 8:30 a.m.–12:00 p.m. at the First United Methodist Church in Greeley. There will be speakers and community resources providing information and support for grandparents raising their grandchildren. There will also be prizes for our bingo winners!

If you are interested in attending or donating, please contact Eva Jeffers at (970) 400-6133.

Friendly Fork Summer Evening Meals

The Friendly Fork is starting its fifth year serving dinners during the summer! Come eat with us for a suggested donation of \$4.00.



Evening meals will be offered at two meal sites:

Greeley Active Adult Center
1010 6th St., Greeley
(970) 350-9440

Platteville Senior Center
508 Reynolds, Platteville
(970) 785-2245 x1101

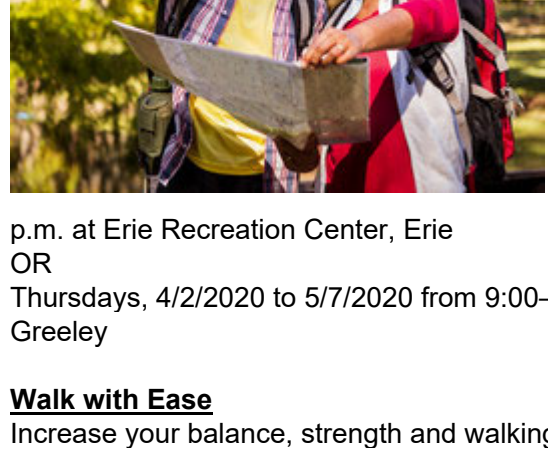
Both sites will serve dinner every Tuesday evening from May 19 to August 11. Join us in **Greeley at 5:00 p.m.** or **Platteville at 5:30 p.m.** Reservations are required and must be made by 11:00 a.m. on Monday to the Greeley or Platteville number above or by calling the Friendly Fork hotline at (970) 400-6955.

For more information about the Friendly Fork Senior Nutrition Meals, contact Vanessa Flores at floresv@weldgov.com or (970) 400-6120.

FRIENDLY FORK SUMMER EVENING MEALS 2020							
Date	Meal (* items contain nuts)	Nutritionals					
		Calories	Carbs	Fiber	Protein	Fat	Sodium
May 19th	Baked Chicken with Basil-Peppers, Hash Brown Casserole, Green Beans Almandine*, Orange Wedges, Peach Cobbler, Milk 1%	887.00	101.35	10.10	43.51	36.31	1154.00
May 26th	Beef Stroganoff over Noodles, Roasted Vegetables, Tossed Salad with Garbanzo Beans, Tropical Fruit Salad with Bananas and Coconut, Milk 1%	864.00	89.11	10.20	33.98	41.67	980.00
June 2nd	Baked White Fish with Citrus Tomatillo Salsa, Red Beans and Rice, Spinach-Mandarin Orange Salad with Balsamic Vinegar Dressing, Corn Bread Muffin, Butter, Honey, Watermelon, Milk 1%	702.00	82.99	13.90	32.40	29.71	770.00
June 9th	Beef Pot Roast with Roasted Peppers, Whipped Sweet Potatoes, Caesar Salad, Melon-Grapes-Bananas, Milk 1%	710.00	92.64	12.60	32.55	24.40	835.00
June 16th	Chicken Parmesan, Spaghetti Noodles, Basil Marinara Sauce, Mediterranean Salad, Pineapple-Strawberries, Crunchy Fruit Snack, Milk 1%	813.00	112.38	10.90	48.82	22.50	1042.00
June 23rd	Southwest Beef Pot Roast, Mashed Potatoes, Gravy, Pepi Corn, Wheat Roll, Butter, Orange-Apple-Banana Fruit Salad, Milk 1%	864.00	99.26	10.70	48.73	32.26	795.00
June 30th	BBQ Pork Spare Ribs, Creamy Potato Salad, Baked Beans, Watermelon, Milk 1%	1067.00	79.74	11.50	57.83	58.78	1156.00
July 7th	Baked Chicken Breast with Honey Pineapple Sauce* over Citrus Rice, Hawaiian Glazed Vegetable Medley, Spinach-Mandarin Orange Salad, Lemon Coconut Pudding, Milk 1%	972.00	139.61	11.30	52.17	25.06	841.00
July 14th	Beef Enchilada Casserole, Refried Beans, Fiesta Cornbread, Butter, Honey, Melon Salad, Milk 1%	881.00	94.49	12.20	42.67	42.51	954.00
July 21st	Fried Chicken Wheat, Potato Salad, Coleslaw, Steamed Broccoli, Butter, Melon-Strawberries-Pineapple, Nut Cup*, Milk 1%	1092.00	96.49	10.20	49.75	57.36	1118.00
July 28th	Beef Brisket, Roasted Red Potatoes, Mixed Vegetables, Orange Wedges, Brownie, Milk 1%	704.00	82.43	10.20	35.35	26.28	702.00
August 4th	Austrian Pork over Mashed Potatoes with Tarragon, Steamed Broccoli, Wheat Roll, Butter, Blueberry Dessert, Milk 1%	1024.00	105.53	11.10	56.29	41.64	703.00
August 11th	Taco Casserole, Spicy Black Beans, Coleslaw, Vanilla Pudding, Strawberries, Milk 1%	795.00	89.76	17.70	41.92	32.97	1049.00

Learn more about the Friendly Fork [here](#).

Weld Aging Well Spring Classes



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. Meets once a week for six weeks. FREE for people 60 and older, but registration is required by calling (970) 400-6117.

Tuesdays, 3/17/2020 to 4/21/2020 from 1:00–3:30

p.m. at Erie Recreation Center, Erie

OR
Thursdays, 4/2/2020 to 5/7/2020 from 9:00–11:30 a.m. at Family Physicians of Greeley West, Greeley

Walk with Ease

Increase your balance, strength and walking pace while building confidence in your ability to be physically active. This program is proven to reduce the pain and discomfort of walking. FREE for people 60 and older, but registration is required by calling (970) 400-6117.

M,W,F, 4/6/2020 to 5/15/2020 from 9:00–10:00 a.m. at Kersey Recreation Center, Kersey

OR
Tu,W,F, 5/19/2020 to 6/26/2020 from 11:00–Noon at Eaton Community Recreation Center, Eaton

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 is required by calling (970) 400-6117.

Mondays, 5/4/2020 to 6/29/2020 (No class on May 25) from 9:00–11:00 a.m. at North Colorado Medical Center, Greeley

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; develop new relaxation techniques; set goals; and hone problem-solving strategies (family caregivers only). Workshop meets once a week for six weeks. FREE, but registration is required by calling (970) 400-6130.

Thursdays, 5/21/2020 to 6/25/2020 from 10:00–11:30 a.m. at Family Physicians of Greeley West, Greeley

Aging Mastery Program

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together. FREE for people 60 and older, but registration is required by calling (970) 400-6117.

Thursdays, 5/7/2020 to 6/11/2020 from 1:30–4:00 p.m. at Centennial Park Library, Greeley

Learn more about Weld Aging Well [here](#).

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

STAY CONNECTED:

