



SENIORSOLUTIONS

Official newsletter of the Weld County Area Agency on Aging

WINTER 2019

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Grandparents Holiday Celebration

The annual Grandparents Holiday Celebration will be held Monday, December 9, from 5:30 to 7:30 p.m. at the Island Grove 4-H building. Grandparents/Kin and the children they're raising are invited to attend. Come enjoy door prizes, music, crafts, food and a visit from Mr. and Mrs. Claus!

Please RSVP by Wednesday, December 4, to (970) 400-6133.

GRANDPARENTS RAISING GRANDCHILDREN AND KINSHIP GROUPS CORDIALLY INVITE YOU TO ATTEND OUR ANNUAL

Grandparents Holiday Celebration

****This event is for Grandparents/Kin and the children they are raising only. Thank you!**

DECEMBER 9TH, 2019
5:30-7:30 IN THE EVENING
ISLAND GROVE 4-H BUILDING
501 N. 14TH AVE, GREELEY, CO 80631

Food and beverages will be provided! The party will have door prizes, music, crafts, and a visit from Mr. and Mrs. Claus. Please bring your own camera for pictures with Santa and a dessert to share!

Back this year: if you would like to participate in a winter coat exchange, please bring a clean, gently worn jacket to exchange

SIGN UP SOON! PLEASE LET US KNOW IF YOU WISH TO ATTEND SO WE HAVE ENOUGH FOOD AND SUPPLIES FOR EVERYONE! CALL 970-400-6133 BY WEDNESDAY, DECEMBER 4TH TO RSVP!

What is a "Livable Community"?

When you think of what you love in your community, what comes to mind? When you think of challenges as you consider aging in your community, what do you think of?

These are the questions driving AARP at a national level through its efforts of growing Livable Communities. They "believe that communities should provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life" (AARP, 2019).



What does a livable community look like? There are so many possibilities!

- Enjoying a walk outside with safe sidewalks and crosswalks.
- Basking in the sunshine at a park.
- Volunteering or working in a fulfilling role.
- Living in a safe and comfortable home or apartment.
- Buying healthy food at your grocery store.
- Socializing with friends at craft fairs or sporting events.
- Going to see a movie or music performance at a local restaurant or park.
- Getting your hair cut or your eyes checked at a place you trust.
- Traveling around your community without needing a car.
- Having your community be your lifetime home.

Every community will look different, but the movement towards livability is exciting. Currently, one in three Americans is over the age of 50. AARP reports that by 2030, 20% of Americans will be over the age of 65. Now is the time to make our community a place people of all ages want to be.

In 2018, Colorado became the third state to join the network of Age-Friendly States and Communities. This means that Colorado has dedicated itself to becoming a great place to live for all ages, through streets, housing and social inclusion. According to Bob Murphy, AARP Colorado State Director, "85 percent of older Americans want to age in place – in their homes, close to family, friends, places of worship, as well as all the cultural, retail, recreational and health-care options their communities have to offer."

As you think of starting small and dreaming big, what does becoming age-friendly mean for you?

Curious how livable your community is? Check out your community's livability score here: <https://livindexhub.aarp.org/>

If you would like more information regarding AARP Livable Communities, you can go to their website: <https://www.aarp.org/livable-communities/about/>

You can find more information about Lifelong Colorado here: <https://states.aarp.org/colorado/governor-hickenlooper-announces-lifelong-colorado-designates-colorado-as-an-aarp-age-friendly-state>

Friendly Fork, Weld County Senior Nutrition Program



Weld County Area Agency on Aging

• Friendly Fork (Senior Nutrition) •

among 23 sites 5 days a week. All the meals meet 1/3 of the daily recommended dietary allowance and include flavorful items such as lasagna, chicken and dumplings, hamburgers, fajitas, tacos, chicken fried steak, fresh fruits and vegetables as well as an assortment of dinner rolls, muffins, cookies and fruit crisps.

Adequate nutrition is essential to staying active and maintaining a healthy lifestyle as we age. To enhance the dietary intake of Weld County seniors, the Friendly Fork provides tasty and nutritious lunches in a variety of warm and friendly group settings throughout the county. Currently, we offer 37 meals which are spread out

The Senior Nutrition Program additionally provides meal participants with the opportunity to socialize and interact with others while enjoying a well-balanced meal. This allows many seniors to avoid isolation and maintain their independence and to form new friendships.

Social and educational opportunities are also available before and after meals. Guest speakers, musicians and impersonators are quite popular among several sites. Educational classes cover a range of topics including nutrition, health, fraud and tax assistance. Lorrie Wellman, the Friendly Fork Registered Dietitian, is also available for nutrition counseling on a variety of nutrition topics to registered participants of the Friendly Fork at no cost to the participant. Lorrie knows that seniors can be challenged by the ability to metabolize and absorb nutrients as they age. Lorrie will continue to address several of the nutrients, vitamins and minerals that are essential for well-being in nutrition education handouts and presentations. Currently Lorrie is presenting on Diabetes, Fiber, and Vitamins B6 and B12. Please feel free to contact Lorrie at (970) 400-6118 or lwellman@weldgov.com if you are interested in nutrition education or nutrition counseling.

It is the true dedication, commitment and enthusiasm of our volunteers that keeps the Friendly Fork going strong. Each of our annually trained volunteers willingly donate their time and effort in helping to welcome others, serve meals, assist with paperwork, clean up and encourage social interaction among the tables of meal participants.

All in all, it is our mission to continue providing nutritional, social and educational services to the seniors of Weld County while additionally connecting them to supportive services that promote independence and self sufficiency.

A complete listing of the 23 Weld County Friendly Fork meals sites and the days of service can be found [here](#). For additional information, please contact Meredith Skoglund at (970) 400-6132 or miskoglund@weldgov.com.

Coming Soon! Weld Aging Well 2020 Program Guide

Connect to workshops and classes to improve your well-being! Each year, the Weld Aging Well program publishes a program guide that includes information on health education programs offered throughout Weld County to residents over the age of 60, free of charge. To get your own copy, including class details and registration information, call (970) 400-6117 or email wjanzen-pankratz@weldgov.com.



Classes offered include:

- A Matter of Balance
- Tai Chi: Moving for Better Balance
- Strong People
- Walk with Ease
- Aging Mastery Program
- Healthier Living
- Healthier Living Diabetes
- Tomando Control de su Salud
- Powerful Tools for Caregivers
- Stress-busting for Caregivers

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

Happy Holidays

FROM THE WELD COUNTY AREA AGENCY ON AGING

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



STAY CONNECTED:

