

THE SENIOR CONNECTION

November/December 2011 Issue



P.O. Box 309
Fairplay, CO 80440-0309

www.parkcoseniors.org

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NEXT COALITION MEETINGS

Different Date for November
November 17th at 9:30 a.m.
South Park Steakhouse,
Fairplay
December 8th 9:30 a.m.
Fairplay Town Hall

November is Alzheimer's Disease Month
National Family Caregivers Month
Diabetes Month
December is Mental Health Month
Healthy Skin Month

Make plans to attend Sertoma's 16th Annual Cowboy/Victorian Ball!

Where: Fairplay Valiton Hotel
When: December 10th
Time: 7:30pm to midnight
Why: For a good cause, proceeds benefit area nonprofit organizations and to have a good time!

Period costume required-rental available. For more info call
719-836-0533
970-409-9869

FALL BACK....
to Standard Time
November 6th
at 2am local time

November is Alzheimer's Disease Month

Here are some facts about Alzheimer's disease in Colorado:

Number of People Aged 65 and Older with Alzheimer's by Age

Year	65-74	75-84	85+	Total	% change from 2000
2000	3,100	26,000	21,000	49,000	
2010	3,700	34,000	35,000	72,000	47%
2020	5,400	40,000	44,000	90,000	84%
2025	6,300	50,000	48,000	110,000	124%

According to the Mayo Clinic's web site, there is no way to prevent Alzheimer's disease, but one way to lower the risk is to reduce the risk of heart disease. There are similar factors that increase the risk in both diseases. Those factors include excessive weight, diabetes, high blood pressure, and high cholesterol.

Keeping active physically, socially, and mentally may decrease the risks of Alzheimer's disease and make your life more enjoyable!

Although there is no known cause for Alzheimer's, nor a way to reverse the damage, keeping track of the symptoms and early treatment may benefit people with the disease and their families. Benefits can include early planning, lessening stress and anxiety, time to build a relationship with health care providers, and chances to participate in clinical trials.

Visit www.alz.org for more information on:

- Top Ten Signs of Alzheimer's
- Doctor's Appointment Checklist
- Principles for a Dignified Diagnosis
- Clinical Studies
- Interactive Tour of the Brain
- Dementia and Driving Resource
- Caregiver Support

Questions can also be directed to **877-IS-IT-ALZ**

Information obtained from www.mayoclinic.org and www.alz.org

FOR YOUR FUNNY BONE!!

*May your stuffing be tasty, may your turkey be plump;
May your potatoes and gravy never have a lump;
May your yams be delicious and your pies take the prize;
And may your Thanksgiving dinner stay off your thighs!*

South Park YoungLife Group is looking for seniors who need assistance with:
-wood delivery -yard clean-up
-handyman services
Please call PCSC at 719-836-4295 to be considered for this service

The Park County Senior Coalition is looking for a letter of support from you!

Letters of support will be used for grants, and budget cut issues. We are asking clients, relatives/friends of clients, or anyone who is familiar with our services.

For help writing a letter of support, please visit www.parkcoseniors.org

Thank you in advance for your help!

Uses for Vinegar

You can kill grass on walks and driveways by spraying with vinegar. You can kill weeds the same way.

Spray vinegar around doorways, appliances and other areas where ants like to roam.

Remove skunk odor from a dog by rubbing the fur with full strength vinegar, then rinse well.

Put a little vinegar in the drinking water of chickens, and they won't pick at each other.

Spray vinegar around areas where you don't want cats to walk, sleep, or scratch on.

Make vinegar ice cubes and run them down the garbage disposal monthly. After grinding up the cubes, follow with at least a gallon of cold water.

Put two tablespoons of vinegar in your bath water to relieve dry, itchy skin.

Use ½ cup of white vinegar in place of fabric softener in your washing machine. It takes out any soap residue-and NO, you will not smell like a pickle.

Taken from Midwest Farm and Livestock Directory, August 2011

December is Mental Health Month

Many consider sadness to go hand in hand with depression, but it's not always true.

It's a very real condition, depression without sadness. Other symptoms of depression often get dismissed as growing older. They include:

- Personality changes
- Isolation and loss of motivation
- Loss of appetite and weight
- Fatigue
- Rumination
- Deterioration in self-care and home
- Forgetfulness
- Poor concentration
- Changes in sleep patterns
- Agitation and combativeness

Geriatric Depression Scale is used to assist in diagnosing depression in the elderly. Some of the scale inquiries include:

- Energy levels
- Memory difficulties
- Fear of something bad will happen
- Desire to stay at home rather than going out
- A drop in interests and activities

Depression is treatable, and may improve symptoms of other existing conditions

If you feel you are suffering from depression or someone you know may be, please contact your local mental health provider or Park County Human Services at (719) 836-4139 or (303) 838-5939.

Tips for Coping with Holiday Burnout

- ☀ Take time for yourself. Take a nap, take a walk, or soak in a bath tub for an hour.
- ☀ Listen to music other than holiday music.
- ☀ Ask for help from friends and family with decorations, baking, cooking, and gift wrapping.
- ☀ Use aromatherapy to reduce stress and to get in the holiday spirit

CONTACT THE OFFICE 719-836-4295

FOR PICK UP LOCATIONS, TIMES, AND TO SIGN UP FOR A TRIP!

Guffey

November

9th Woodland Park, Colorado Springs, Medical, Shopping

23rd Colorado Springs, Woodland Park, Medical, Shopping

December

14th Woodland Park, Colorado Springs, Medical, Shopping

28th Colorado Springs, Woodland Park, Medical, Shopping

TRIP SCHEDULES

Programs are made possible through Federal and state funded grants, donations and fundraisers. Special thanks to Pikes Pike Area Agency on Aging (PPAAA) for governing our Older American, Older Coloradoan, and Title IIIB grants, and to Local Affairs for distributing an annual Community Service Block Grant (CSBG). This program allows continuity in our programs and services. Thanks also to those who donate their time, funds, and services to help the Park County Senior Coalition remain a strong presence in our communities. We received our non-profit 501c3 status in 1984.

Lake George

November

3rd Colorado Springs, Medical Shopping, Lunch

8th Woodland Walmart, medical, shopping*

17th Buena Vista, Lunch and Shopping

22nd Woodland Walmart, medical, shopping*

29th Canon City Walmart, Safeway, Home Depot, Lunch*

December

6th Miramont Castle in Manitou, Safeway, City Market, Walmart*

15th Divide Shopping and Lunch

20th Woodland Walmart, medical, shopping*

27th Cripple Creek, Shopping, Lunch*

*Trip originates in Fairplay

While the federal and state funding described above assures transportation services to continue, your additional contributions can help us expand these services. Your driver on the trip will gladly accept any donations. Remember donations are fully tax-deductible. Recommended donations are \$2 one-way for shopping and medical trips, and \$5 one-way for social trips



South Park

November

1st Cottonwood Hot Springs, Buena Vista, City Market, Alco

8th Woodland Walmart, medical, shopping**

15th Bass Pro Shop, Lunch, Shopping

22nd Woodland Walmart, medical, shopping**

29th Canon City Walmart, Safeway, Home Depot, Lunch**

December

6th Miramont Castle open 10-4, Safeway, City Market, Walmart**

13th Summit County, Lunch, Shopping

20th Woodland Walmart, medical, shopping**

27th Cripple Creek, Shopping, Lunch**

**Trip stops in Lake George for pick up

Trips that do not have at least 3 participants will be cancelled.



Platte Canyon

November

3rd Littleton Walmart, Country Buffet

11th Silverset Luncheon, Conifer Shopping

15th Bass Pro Shop, Lunch, Shopping

*Alzheimer's Disease Month
National Family Caregiver's Month*

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Back to Standard Time

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anksgiving

CEMBER CALENDER

Health Month

y Skin Month

Nov.11th Silverset L
by Nov 1st. 303-838

Nov. 24th Free Than
Fairplay, 719-836-2

Dec. 3rd 26th Annual
Schools, 719-836-08

Dec.3rd Real Christm
Dec. 9th Wine & Ch
conjunction with Co

Dec. 9th Silverset L
by Dec. 1st.

Dec. 10th Candy Ho
Library, 11am, RSV

16th Annual Sertom

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." -John Fitzgerald Kennedy

**Happy Holidays from the
Park County Senior
Coalition!**
We wish you and yours a
healthy, joyous holiday
season.
We are grateful to have you in
our lives!
*From the Park County Senior
Coalition Board, employees,
and volunteers*

**Contact the
PCSC office to
sign up for a trip!
719-836-4295**

Park County Senior Coalition
P.O. Box 309
Fairplay, CO 80440-0309
Phone 719-836-4295

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