

LAKE COUNTY SENIOR NEWS



UPCOMING EVENTS >>>

Thursday, August 1st 11:00-1:00. Picnic at the Fish Hatchery. Please RSVP. Suggested donation \$2.

Monday, August 5th at 9:30. Volunteer Appreciation Breakfast. Please join us if you are one of our volunteers. RSVP.

Thursday, August 8th 11:00. Potluck at Huck Finn Park. Easy parking at the Senior Center. Bring a side dish or \$2 donation.

Monday, August 12th 10:00. Senior Advisory Council. All are welcome.

Tuesday, August 13th at 9:00. Free golf lessons at Mt. Massive Golf Course. Call for a ride or meet us there. Call Bob for more information at 719-293-5485.

Thursday, August 15th at 10:30. Brunch at the Senior Center. \$2 recommended donation. Please RSVP.

Monday, August 19th. Blackhawk. Call Clo at 719-486-1170 for more information. Full Day! \$5 excursion fee, plus lunch & fun money.

Thursday, August 22nd. Walmart and lunch. Van departs at 9:00. No excursion fee.

Thursday, August 29th. Frisco Historic Park & Main Street Shopping. Excursion Fee: \$2 plus lunch.

CONTACT US >>>

For more information or to RSVP for any of our programs or events, contact the Lake County Senior Center:

719-486-1774

421 W. 6th St., Leadville, CO 80461

August 2019



Food, friends, and Frisco: August events you don't want to miss!

Picnic at the Fish Hatchery

Join us on Thursday, August 1 from 11-1 for our annual picnic at the beautiful Fish Hatchery. We will be eating under the covered pavilion so there is no need to worry about the rain. Bring a light jacket just in case there is a cool breeze. There is ample parking at the pavilion. If you need a ride, please let us know. RSVP. Recommended donation \$2.

Brunch on Thursday, August 15 at 10:30

Once a month, we enjoy breakfast/brunch at the Senior Center. You can rest assured that you will have plenty to eat! Recommended donation \$2.

Frisco Historic Park Museum and Main Street

Join us Thursday, August 29 for a day of exploring the Frisco Historic Park & Museum. Take a self-guided tour of the Historic Park's 13 original structures, dating from 1860-1943. Learn about Frisco's early days as a trapper camp, mining and railroad boom town. There is no admission charge. The heart of Frisco is East Main Street, a pedestrian-friendly area that houses all the small-mountain-town favorites, from gift shops and boutiques, to art galleries and jewelry stores, to more than 50 dining spots. If there is interest after lunch, we will drive over to the Frisco Bay Marina where there are boating tours and nearby walking paths. It's a great place to take in the beautiful scenery of Lake Dillon. We will depart from the Senior Center at 10:00. Excursion Fee \$2 plus lunch on your own. Bring at least \$10-15 for lunch/snacks and a rain jacket.

OTHER NEWS YOU CAN USE >>>

Research Backs These Methods for Reducing Depression and Anxiety



From nextavenue.org, published July 2, 2019

By Patricia Corrigan

Patricia Corrigan is a professional journalist, with decades of experience as a reporter and columnist at a metropolitan daily newspaper, and a book author. She now enjoys a lively freelance career, writing for numerous print and on-line publications.

Looking for relief from garden-variety stressors? Feeling mired in one of life's larger challenges? Weary of sweating the small stuff? The recently published results of a five-year study show that people who learn stress-intervention skills — and then practice them daily — develop more positive approaches to life.

“The skills, known as a positive emotion regulation intervention, are not specific to any particular kind of stress,” says Judith Moskowitz. “We’ve seen that individuals in all kinds of challenging life circumstances with high levels of depression and stress have the ability to experience positive emotions, and doing that helps them cope better. The same skills also help with daily hassles.”

A medical social science professor at Northwestern University's Feinberg School of Medicine, Moskowitz developed the intervention program taught in the study. Based in Chicago, she also is the director of research for Northwestern's Osher Center for Integrative Medicine and president-elect for the International Positive Psychology Association.

As reported in a recent issue of the journal *Health Psychology*, 170 participants in Moskowitz's six-week, randomized controlled trial showed a decrease in depression by 16% and in anxiety by 14%.

Choose from a ‘Buffet of Options’

Because different solutions work for different people, Moskowitz offers what she calls “a buffet of options” — eight ways to help cultivate more positive emotions. “Individuals may want to give each option a try,” she says, “and then pick one or two to stick with as a habit.” Here are the eight proven skills:

1. **Identify one positive event each day.**
2. **Talk with someone about the positive event or share it on social media.**
3. **Write in a gratitude journal every day.**
4. **Reflect on a personal strength and how you've used it recently.**
5. **Set a small daily goal and note your progress.**
6. **Develop a “positive reappraisal” habit to reframe a troubling daily activity in a more positive light.**
7. **Perform an act of kindness every day.**
8. **Concentrate on the present moment.**

To learn more or read the full article, visit nextavenue.org.

VOLUNTEER SPOTLIGHT >>> **Monica Glavinich** by: **Agnes Fabian**



Monica Glavinich has been volunteering at the Senior Center for about two years. She is a Leadville native and a graduate of Lake County High School. Her work experience has been all in Leadville at several businesses, mainly the banking industry. Monica is looking forward to her new position for the Census Bureau, beginning soon for training and continuing throughout the census.

Biking is a continued enjoyment for Monica. She has put more miles on her bike than anyone in town! Monica has traveled in the U.S. as well as internationally and has enjoyed the experiences.

Thank you Monica for all that you do for the Senior Center!