

# LAKE COUNTY SENIOR NEWS



March 2019

## UPCOMING EVENTS >>>

- **Wednesdays in March at 12:45**  
Cribbage with Cheri Hahn. For info, call Cheri at 486-3355.
- **Thursday, March 7<sup>th</sup> 10:30-11:30. Brunch:** eggs, sausage, hash browns, waffles. \$2 donation. Please RSVP.
- **Thursday, March 7<sup>th</sup> 1:00**  
Music Jam Session at the Senior Center: for ages 50 and over. For more info, call Jean Elliot at 486-0729.
- **Monday, March 11<sup>th</sup>** Walmart & lunch. Van leaves at 9:00. Call for a ride.
- **Thursday, March 14<sup>th</sup> Noon.**  
**Lunch & Learn Series:** Managing Challenges. Jeri Lee, LCSW from Solvista Health. Please RSVP. \$2 donation.
- **Monday, March 18<sup>th</sup>.**  
Blackhawk. Van departs at 7:30. Call Clo to sign up; 486-1170.

## 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. 6<sup>th</sup> St., Leadville, CO 80461

## Newly Elected Senior Advisory Council Members

Coordinator's Corner: by Judy Mayne



Left to right:  
Janet Petty, Agnes Fabian, Christine Londos

I am pleased to announce the election of **three new members** to our **Senior Advisory Council**. Agnes Fabian, Christine Londos and Janet Petty were voted in as members at our most recent Council meeting on February 11<sup>th</sup>. The three new members will be introduced at our next Senior Advisory Council on May 13<sup>th</sup>.

Currently, Shirley Hoffacker is our chair and Ruth Purkat is the vice-chair (& Region 13 Area Agency on Aging Representative). We thank out-going member Jeff Williams for his work as secretary on the Senior Board since November 2016. As you might know, the Senior Board transitioned from a governing board to an Advisory Council in 2018 when the Senior Center was placed under the Lake County Public Health Agency by the Board of County Commissioners. The Senior Advisory Council meets quarterly and provides feedback and guidance to the Aging Well Coordinator and other staff. Anyone may attend the Council meetings and offer comment or call me directly with any concerns at 486-1774.

On another note, the Senior Center **Jam Session** has been initiated. We have a pianist, organist, guitarist and bassist. We need more instrumentalists and vocalists. Creating music and sharing it together is fun and up-lifting. We will be preparing for public performances such as the 4<sup>th</sup> of July parade and the Boom Days Talent Show. This is open to anyone in the community, ages 50 and up. If you (or someone you know) has an interest, please contact Jean Elliot at 486-0729 for more information. We will be meeting regularly to practice.

Our **Volunteer Spotlight** will resume next month being authored by Agnes Fabian. We bid farewell to Tim Diamond who has relocated to Denver for a teaching position at DU. Thank you, Tim, for your strong work with the Volunteer Spotlight. We will miss you and your unique commentaries on the lives of our volunteers.

## FEATURED EVENT >>>

**Lunch & Learn Series:** March 12 at Noon



Rising Above at 10,200':  
Managing the  
Challenges of Daily Life  
and Beyond!

*With Jeri Lee, LCSW*

Join us on **Thursday, March 14<sup>th</sup> at noon** for the presentation “Rising Above at 10,200’: Managing the Challenges of Daily Life and Beyond” and learn an effective tool for coping with the setbacks and stresses of daily life.

Jeri Lee, LCSW, is a clinician (Licensed Clinical Social Worker) at Solvista Health, which is Lake County’s behavioral health center. She has years of experience helping adults live to their fullest potential.

Setbacks or stress is such a part of modern life. It’s easy to become discouraged and to feel that others have it easier in life. We can easily become engaged in thinking that we have no control over our stressful lives. In reality, we do have control over how we respond to the difficult realities of life.

Please join us for a good lunch and an up-lifting presentation. You will walk away knowing that you have at least one tool to help you during the journey.

## OTHER NEWS YOU CAN USE >>>

**Leadville chosen for Wintermission:  
Your input is needed!**

Wintermission is an international movement to reduce social isolation and support outdoor physical activity and community connection during the winter, particularly among the most vulnerable residents. Basically, it’s about identifying challenges and opportunities with our snowy & coldest months and establishing a strategic plan that helps us be healthier and more connected during the season when it can be hardest to do so.

Leadville/Lake County has been invited to participate as a leading city for this effort.

The Wintermission program begins with a County-wide conversation about winter life in Leadville/Lake County. **You can be a part of the conversation!** Join the stakeholders for a facilitated conversation to identify existing challenges and opportunities to increase public life in winter. The facilitators will be here at **noon on Tuesday, March 5<sup>th</sup>** to receive your input over lunch.

### Rides to the Senior Center available

Need a ride to the Senior Center for lunch or a meal delivered to your home while recovering from surgery? We can provide Meals on Wheels to your home or a ride to our lunches. Please give us a call and let us know your needs. 486-1774.

### Join us for the next monthly brunch!

25 folks came to enjoy brunch at our new time of 10:30. We adjusted the time to accommodate more people.

Please join us monthly for this special gathering! Our next brunch is Thursday, March 7<sup>th</sup> at 10:30.

