

LAKE COUNTY SENIOR NEWS



November 2018

UPCOMING EVENTS >>>

Thursday, November 1st at Noon. Pizza Party! Suggested \$2 donation.

Monday, November 5th at 10:00. Senior Advisory Council.

Thursday, November 8th at 11:30. Lunch & Learn Series: St. Vincent Hospital Tour. Meet in the main hospital lobby. Lunch will be served at the hospital. Call 486-1774 for a lunch reservation. Suggested donation is \$2.

Tuesday, November 13th 6-8 p.m. City Council Meeting held at the Senior Center. Come share your concerns!

Thursday, November 15th 8-9 A.M. Breakfast at the Senior Center. Suggested \$2 donation. Call the day before for a reservation. 486-1774.

Monday, November 19th 7:30 A.M. Blackhawk. Call Clo at 719-486-1170 for more information. Full Day!

Monday, November 19th 9:00 A.M. Walmart and lunch. Call 486-1774 to reserve your spot on the bus.

November 22nd & 23rd : Senior Center is **closed** for the Thanksgiving holidays.

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



Join St. Vincent Hospital for Lunch and Learn on Nov. 8

Guest Column by: **Karen Onderdonk**
Director of Outreach & Development

St. Vincent Hospital is excited to welcome the Lunch and Learn Program to the hospital on November 8th from 11:30am-1pm. Lunch will be provided by the Senior Center and hospital staff will be on-hand to provide tours of an ambulance, the emergency room, hospital and clinic.

The team at St. Vincent Hospital is finding increased success everyday by living the hospital's mission of providing high-quality healthcare to our patients. Did you know that St. Vincent Hospital offers eight inpatient beds, Physical Therapy, Swing Bed and Respite Care services?

What is Swing Bed?

Think of a swing. This program "swings" according to the level of care you need. If you have had an inpatient stay of 3 days at any hospital, and you cannot go home right away, you qualify for the swing bed program. You "swing" from acute care services to skilled nursing services, and then back home when you are ready. Swing Bed service is typically utilized while a person rehabilitates from a surgery or injury. Swing Bed is accepted under Medicare Part A.

What is Respite Care?

The dictionary's respite care definition is "a short period of rest or relief from something difficult or unpleasant" or "an interval of rest or relief." St. Vincent Hospital will provide caring and attentive hospital care to a homebound person so that their primary care-giver can get a break, much-needed rest and become refreshed. Medicare, although it doesn't offer coverage for respite care, will offer coverage as hospice relief. If your loved one has both Alzheimer's disease and a financial need, Medicaid might pick up part of the cost of respite care.

The hospital case manager, Lora Flinn, can assist anyone with questions about Swing Bed and Respite Care. She can be reached at 719-486-7155. We look forward to welcoming the lunch and learn program to the hospital on the 8th!

Annie Livingston-Garrett



With her genuinely unique personality, Annie is a rare gem in our community & at the Senior Center. For 5 years, she has delivered meals to home-bound seniors & brightened their lives along the way. She is also a shining

light at the lunch gatherings, always sharing her font of information as to the goings on around town. She started her life of volunteering with her mother while still in grade school (and there's a lesson for us all!). Years later, following her sister Sue, she moved to Leadville. From this base, with her skills as a psychiatric social worker, she has served on many boards and committees, most notably the National Alliance on Mental Illness and the Scleroderma Foundation. We're grateful for her exuberant presence, & hope that she will continue as a pillar of Leadville & the Senior Center for years to come!

UAACOG NEWS >>>

Do you need help with chores around the house? Do you need assistance with repairs and maintenance in your home? Do you need to get your furnace serviced? For more information on how to access these free services, please call Janice at 719-539-3341.

OTHER NEWS YOU CAN USE >>>

If you have Medicaid, you can ride The Chaffee Shuttle which provides door to door service to your medical appointments in Salida or Buena Vista! If you do NOT have Medicaid but you still need a ride to Chaffee County, call the Shuttle anyway. Depending on availability, you might be able to get a ride to and from depending on availability. There are limitations with this service for non-Medicaid riders. Call the Chaffee Shuttle at 719-530-8980 to get all of the details.

5 TIPS TO KEEP YOUR BRAIN HEALTHY: What to do to charge those neurons & lower your risk for disease

By Emily Gurnon, AARP

You probably know that eating less fat is good for your heart and that exercise can help you lose weight. But how much do you know about keeping your brain healthy? We're not talking here about brain games, whose benefits are debatable. We're talking about participating in things that many people in a recent survey failed to rate among the top activities important for brain health.

AARP surveyed 1,200 Americans 34 & up on how they felt about the importance of brain health & whether they knew how to improve it. 93% said it was very important or extremely important. That may be due to widespread concern about dementia. "Clearly, they had some anxiety about that," said Lynn Mento, senior vice president of membership for AARP. But only 18% listed socializing with friends or family as among the top 3 ways to improve or maintain brain health. Research has shown it is vital. "The brain, like the rest of our body, has evolved to recognize that the more social you are, the more likely you are to survive," Mento says. "The other reason why it seems to be important is when you are socializing, you just have to be a little bit more tuned-up cognitively."

Here are 4 more ways to keep your brain on its toes:

1. **Keep fit.** Exercise is critically important. Midlife physical activity is associated with a decreased risk of dementia and Alzheimer's disease.
2. **Watch your stress.** Research has shown that chronic stress can increase the risk of Alzheimer's disease, for instance. "Even just five minutes of mediation helps, or hatha yoga," Mento says. Sleep is an important part of regulating stress.
3. **Eat right.** "What is good for your body is also good for your brain," Mento says. Many people don't make that connection. Among her top healthy-brain foods: salmon and walnuts, which are great sources of beneficial omega-3 acids.
4. **Exercise your brain.** Not necessarily by doing Sudoku or online games, but by stretching your brain in ways it's not accustomed to, Mento says. The biggest gains may come from an ambitious endeavor like trying to learn a language or play an instrument. But smaller goals are helpful, too. If you are right-handed, try writing with your left hand for an hour a week, Mento says. "What's not good for your brain is the rote, the routine. What's good for your brain is the new, the unexpected, the harder, the fresh." If you take walks, vary your route.