

LAKE COUNTY SENIOR NEWS



SENIOR
MASTER
PLAN

LIVING AND AGING WELL IN LAKE COUNTY

SEPTEMBER 2018

UPCOMING EVENTS >>>

- **Thursday, September 6th at 11:00:** Fall Picnic at Ice Palace Park. Please call for a reservation. 719-486-1774.
- **Friday, September 7th at 1:00.** Leadville Railroad's Scenic Train Trip. Tickets: \$10. Must reserve and pay in advance at the Senior Center.
- **Monday, September 10th at 10:00.** Senior Advisory Council at the Senior Center.
- **Tuesday, September 11th at 1:00.** Fishing at Hayden Meadows. Call 719-486-1774 for info.
- **Thursday, September 13th at Noon.** **Lunch & Learn Series:** Long Term Care Medicaid presented by Dept of Human Services. Call for a lunch reservation 719-486-1774.
- **Monday, September 17th** Blackhawk. Bus leaves at 7:30 a.m. Call Clo for more info: 719-486-1170.
- **Thursday, September 20th from 8:00-9:30 a.m.** Breakfast at the Senior Center. Call 719-486-1774 with your reservation.
- **Friday, September 28th at 12:30.** BINGO! at the Senior Center. 50 cents per card.

Coordinator's Corner: by Judy Mayne Breakfast Anyone?

Do you start your day with coffee or tea? Most likely, you drink one or the other to get your day going. How about joining others while sipping some coffee or tea? On **Thursday, September 20th from 8:00-9:30 a.m., the Senior Center will serve breakfast** on a once per month trial basis. Breakfast will be in place of the lunch potluck that we have had in the past on the third Thursday of each month. We are simply trying out something new to see if there might be greater interest in breakfast over the potluck lunch. Please let me know what you think after having breakfast on the 20th! The breakfast menu will change monthly, but on the 20th the Senior Center will serve eggs, hash browns, sausage, toast, fruit, coffee and tea. Come as you are and don't feel like you must be here right at 8:00. Breakfast will be available hot from 8:00-9:30 a.m. As always, we need your reservation so that we know how much food to provide. The doors will open by 7:45 a.m. for the coffee and tea drinkers.

Our next Lunch & Learn will be held on Thursday, September 13th at Noon. Long Term Care Medicaid is an important topic for you and your dependents. Planning for what "might happen" is difficult but necessary. Needing on-going help in the home or a nursing facility can bring about a true financial crisis for most seniors and their family members. Long Term Care Medicaid pays for help at home or at a nursing facility, but you must qualify in two ways: functionally and financially. Come to our Lunch & Learn to find out about the eligibility requirements for this type of Medicaid. In addition, the process of 'spending down' assets to qualify will be addressed. There will be plenty of time for discussion so come prepared with your questions. Please let us know if you will be attending so that we can prepare enough food.

Please take note of the Northwest Colorado COG program that is listed on the other side of this newsletter regarding a **free weatherization service**. There are many COG programs that can truly make a difference. On the third Tuesday of each month, Janice is present in Leadville (from the UAACOG in Salida) to help bring awareness of these beneficial services. Call Janice at 719-539-3341 to schedule your appointment or to seek more information.

FEATURED EVENTS >>>

Senior Picnic September 6th from 11-2

Please join us for our fall picnic on Thursday, September 6th, we will have lunch at the Ice Palace Park. Join us any time after 11 and plan to hang out and visit for a while. As you well know, the weather can be unpredictable so dress in layers for comfort. Should it be snowing or raining, we will have our picnic at the Senior Center. Please call 719-486-1774 and let us know if you will be joining us.

Lake County Department of Human Services presents at our next Lunch & Learn Series

Join us for lunch on Thursday, September 13th at noon for a presentation on Long Term Care Medicaid. You do not need to be a senior to join us for this valuable information session. Please call for a lunch reservation at 719-486-1774.

Leadville Railroad Scenic Train Ride for Seniors

Our very own Leadville Railroad is generously offering \$10 tickets for seniors on Friday, September 7th. This is a two-hour trip that takes people another 1,000 feet above the valley floor. The aspen trees might be changing which will be magnificent! The train ride starts at 1:00. Please be prepared to be at the Railroad Station by 12:30. We have 27 tickets available. It is a first come, first served basis. ***You must come by the Senior Center and pay before you are officially on the list for the train ride.*** Dress for warmth & rain as it will be chilly! If you pay and then cancel, there will not be any refunds from the Railroad or Senior Center unless you find someone to go in your place. We will likely have a waiting list. Call 719-486-1774 with questions.

Upper Arkansas Area Council of Government

UAACOG News >>>

Northwest Colorado Councils of Governments' (COG) Weatherization Assistance Program is a federally funded program that provides weatherization services to Lake County residents. If an applicant (homeowner or renter) qualifies, they can receive **FREE** home weatherization services which have been proven to decrease energy usage, thereby lowering customer's monthly utility bills by 10-30%. Some homes qualify for free furnace and refrigerator replacements. Applicants who receive financial assistance from any of the following programs, are automatically qualified for the free weatherization services: LEAP, SNAP, TANF, AND, OAP, SSDI, or SSI. Interested in qualifying or learning more? Call Emily Hoskins at 1-800-332-3669. She is based in Silverthorne.

OTHER NEWS YOU CAN USE >>>

- **Tuesdays, Wednesdays, Fridays: Noon.** Serving lunch at the Center. Meals on Wheels delivered. Call for reservations. 719-486-1774.
- **Every Wednesday: 1:00.** In-town errands. The Senior Center provides transportation to Safeway and all other stores in Leadville. If you need a ride, or have questions, call 719-486-1774.
- **Wednesday, September 19th at 1:00** at the Senior Center. Work on your individual art or craft project in a group setting. Coffee, tea & cookies provided.
- **Thursday, September 27th.** Walmart and lunch in Salida. Will leave the Senior Center at 9:00 a.m. Call for a ride at 719-486-1774.

VOLUNTEER SPOTLIGHT >>>



Sandy Allen

by: Tim Diamond

“We’ve got a load to get out!!” With that, Sandra Allen rolls up her sleeves starting at 8:30, 3 days a week, to assemble the home deliveries of Meals on Wheels. It sounds simple but it’s complex and crucial work. “It’s food!! That means these packages must be carefully sanitized...” it’s the most important thing we do.”

Sandy arrived in Leadville in 1976 with husband (Fred) who worked at Climax. “I joined the mine-rescue team.” (and does she have some stories to tell!!). Sandy is also a published poet and “is working on one now.” (Sandy, will you give us a public reading sometime?). A vital link in our chain of workers and volunteers, Sandy’s warmth and wisdom (and work) adds to the joy and friendliness of our Center. Thanks, so much Sandy!!