

Leadville/Lake County Senior Citizen Newsletter

5/1/2017

Hats Off

It's hats off to **Amber McGee** and **Felicia Federico** at the **Lake County Recreation Department** for continuing the Summer Recreation Program for Senior Citizens. **Aqua Stretch** for Seniors will be Mondays 8:30 AM to 9:15 AM at the **Aquatic Center** in the **Intermediate School**. **Qigong** will be 8 AM to 9 AM, Fridays at **Ice Palace Park** or **Huck Finn Ice Rink Building**

(depending on weather). **Tai Chi**, for better balance will be on Wednesdays 9 AM to 9:45 AM at the **Huck Finn Building**. All the programs are FREE to anyone over 60 years old. There is a \$6 drop-in fee for those under 60. Programs will run from May to October. **Get Up and Get Moving!** Questions call Recreation Dept at 486-7486.

We Remember



This weekend we celebrate our military veterans who have passed. I remember the small flag with a large star in the middle that adorned the window of our home, a proud symbol that a member of our family was serving in the military. Fortunately, all but two of our family members returned home safe. So this Memorial Day lets us salute and remember the sacrifice that these **men and women** gave for this **United States**. They seldom talked about the war or their part in that war but the memories that they held often haunted them. **We pray today, God has given them peace.**

Senior Master Plan Update

As part of the Lake County Master Plan for Senior Services, ten senior community connectors have been working with staff from Lake County Build a Generation and the Lake County Public Health Agency to conduct interviews with local senior citizens. Together, the connectors have conducted over 100 interviews in our community. This data will be combined with statistical data to give us a comprehensive picture of senior needs in Lake County. This information will not only aid in forming a Senior Master Plan with clear priorities and

timelines, but will also provide key information to support the grant writing to help raise the funding to implement this plan. Curious about what the senior community connectors learned in their interviews? Then please join us **Tuesday, May 30 from 5:30 to 7:30 pm at the Lake County Senior Center** to hear the report from the senior community connectors and continue the conversation about senior needs in Lake County. A light dinner will be provided.

Your Senior Center Info



Tuesday, Wednesday, & Friday- there is a **Congregate Meal** at the Senior Center at 12 Noon and **Meals On Wheels** are delivered, please make **reservations by 9AM** the day of the meal by calling the Senior Center at **486-1774**. You need to make written applications for the Meals On Wheels program.

First and Second Thursday of the Month a potluck meal is held at the Senior Center. The entrée is furnished; you are asked to bring a covered dish to share.

Senior Center Board Meeting is held every second Monday at 10 AM at the Senior Center. **Get Involved.** Senior Board Members:

Shirley Hoffacker, Chair

Robert Vigil, Vice Chair

Debbie Lysne, Treasurer

Rev. Jeffery Williams, Secretary

Charlotte Tuxhorn, Member at Large

Ruth Purkat, Area Agency on Aging

Representative

Senior Master Plan Meeting #2

Come learn what the senior community connectors learned about senior needs in our community—and share your own thoughts!

Tuesday, May 30 from 5:30 to 7:30 pm, Lake County Senior Center. Light dinner provided.



EATING ALONE



In an article recently published on the website for A Place For Mom, an interesting article was posted. I would like to pass on some of the items written there. One story told of a lady who lived alone and because of her health, arthritis, and not being able to get around easily, she simply stopped eating. The granddaughter became alarmed at her weight loss and suggested that she move in with their family. This story is repeated again and again in this country. Not everyone has a concerned family member to help them make changes but here are a few suggestions that may help.

1. Have a comfortable place to eat (put a nice placemat, pretty napkin or flowers on the table)
2. Eat outside on a patio or porch.
3. Start a potluck club. Eat with another person or group.
4. If finances are not a problem, have someone prepare a week of meals.
5. Start a walking club and then go for breakfast.
6. Have a breakfast for dinner and vice versa.
7. When cooking, make extra meals and freeze for a later meal.
8. Eat at the local senior center.
9. Sign up for Meals On Wheels.
10. If having problems with chewing, add protein powder to pureed food.
11. Make meal time interesting by trying different food or recipes.
12. If you have an elderly family member, neighbor or just an acquaintance invite them to dine with your family.

Bona Appetite