



Contact us today at:  
Case Management/Handyman (719) 687-3330  
Transportation (719) 687-0256  
[www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)

## Senior Courier April 2017

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Hello!

### Heart Healthy

It was a true honor to win the 2016 Colorado Association of Transit Agencies (CASTA) Small Transit System award which was one of 2016's outstanding accomplishments.

In 2016 there was a 33% increase in transportation services as well as an increase in all other service areas - case management, respite care, handyman services and the meal program. Our continued growth to further the welfare of Teller County seniors was made possible because of the support and donations of the community, staff, volunteers and Board of Directors. A heartfelt thank you to all!

We look forward to enhancing our community commitment in 2017.

Gail Gerig  
President  
Board of Directors

February was American Heart Month. But, every month you should take care to make your heart as healthy as possible. Small changes can make a big difference:

- Schedule a visit with your doctor to talk about heart health.** It's important to schedule regular check-ups even if you think you are not sick.
- Add exercise to your daily routine.** Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- Increase healthy eating.** Cook heart-healthy meals at home at least 3 times each week and make lower sodium recipes.
- Take steps to quit smoking.** If you currently smoke, quitting can cut your risk for heart disease and stroke.
- Take medication as prescribed.** Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.



Did you know? Our office is open for walk-in visits  
 Monday— Friday 9am-1pm.  
 Donations are always accepted, and appreciated!

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### Low Cost Dental Care for Seniors and Senior Veterans!

Senior Mobile Dental is a non-profit organization focused on bringing dental hygiene services to the elderly population. They are dedicated to promoting the importance of oral health in preventing many of the diseases that result from years and years of poor oral hygiene and the lack of support and care the elderly face. They current have a grant for Senior Veterans for filings, extractions, dentures, exams and cleaning! Work must be completed by June 30, 2017, call (719) 310-3315 to reserve your appointment today!

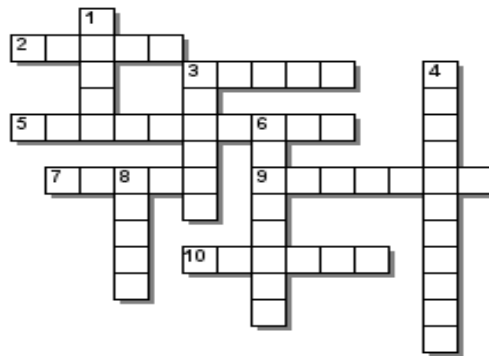
#### Fast facts:

- Poor dental health impacts overall health

and increases the risk for diabetes and heart disease.

- There were over 830,000 visits to emergency departments across the country for preventable dental conditions in 2009 – up 16 percent since 2006.
- About 75 percent of people ages 60+ have only some of their natural teeth.
- Nearly 23 percent of adults ages 65-74 have severe gum disease.
- Dry mouth (reduction in saliva production), often caused by prescription and over-the-counter medications, is a problem for 30 percent of older adults. It contributes to significant tooth decay and gum disease.

### It's Springtime! Crossword Puzzle



#### Across

- 2 - flower; Dutch flower from a bulb
- 3 - Sow these in the ground and they grow
- 5 - A day for moms; holiday
- 7 - Sign of spring; bird
- 9 - April showers bring May \_\_\_\_\_.
- 10 - A small pool of water

#### Down

- 1 - Farmers \_\_\_\_\_ crops
- 3 - Season after Winter
- 4 - Bug that turns into a butterfly
- 6 - flower; yellow or white
- 8 - Spring \_\_\_\_\_; vacation

#### Possible Answers:

Mothers Day, Spring, break, caterpillar, daffodil, flowers, plant, puddle, robin, seeds, tulip

## Dietary Information For Older Adults



### **VEGETABLES: Vary your veggies**

- Eat more dark-green veggies, like broccoli, salad greens, and cooked greens.
- Eat more orange vegetables, such as carrots and sweet potatoes.
- Eat more dried beans and peas, like pinto, black, or kidney beans, and lentils.
- Eat 2 1/2 cups every day\*

### **FRUITS: Focus on fruits**

- Eat a variety of fruits, like bananas, berries, grapes, and oranges.
- Choose fresh, frozen, canned, or dried fruit.
- Eat fruit rather than drinking juice for most of your fruit choices.
- Eat 1 1/2 cups every day\*

### **GRAINS: Make half your grains whole**

- Eat at least 3 oz. of whole-grain cereals, breads, rice, crackers, or pasta every day.
- 1 oz. is about 1 slice of bread, 1 cup of cold breakfast cereal, or 1/2 cup of cooked cereal, rice, or pasta.
- Eat cereals fortified with vitamin B12.

- Eat 6 oz. every day\*

### **PROTEIN FOODS: Go lean with protein**

- Choose low-fat or lean meats and poultry.
- Bake, broil, or grill.
- Vary your protein sources. Include eggs, dried beans, tofu, fish, nuts, and seeds.
- Eat 5 ounces every day\*

### **DAIRY: Get your calcium-rich foods**

- Choose low-fat or fat-free milk, yogurt, and other milk products.
- If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages.
- Eat/Drink 3 cups every day\*

\*Based on an 1800 calorie diet.

**Quick Tips:**  
**Eat Right**  
**Be Active**  
**Enjoy Life!**