



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

Senior Courier June 2017

Teller Senior Coalition works collaboratively with partner agencies in Teller and El Paso Counties to be able to provide more opportunities to assist our clients in receiving what are often critical services. We work with Teller County, the City of Cripple Creek, Silver Key in Colorado Springs and several other health and human services organizations. Our collaborative efforts range from case management/referral services to coordinated transportation.

Recently, TSC has partnered with a new group in Woodland Park, The Village Above the Clouds (VAC). Village Above the Clouds is an organized group of fellow citizens who value staying in the community as long as possible who have chosen to become members of the Village in order to mutually assist one another for the purposes of reducing isolation, promoting independence, and enhancing our lives. We are working with VAC to develop mutually beneficial services and referral programs as our missions are similar, but we are separate and different organizations.

I wanted to thank those of you have filled out the VAC survey. You can get further information on the Village Above the Clouds by accessing their website <http://www.villageabovetheclouds.org/>.

Ralph Power, Executive Director

Transportation Services

Transportation is provided for clients 60 and over who are Teller County residents. Transportation may be provided for clients under 60 who are Teller County residents, if they are on Social Security Disability, depending on their income. Call us for ride! Our On-Demand Service picks you up for medical appointments, and other essential needs: grocery shopping, bank, post office, pharmacy, social activities and etc. to sustain an independent lifestyle. Tuesday is shopping and errand day. Every other Friday is Wal-Mart shopping. Monday through Friday transportation is available for medical appointments.

We are also a Certified NEMT Provider.

Non-Emergency Medical Transportation (NEMT) is transportation to and from covered non-emergency medical appointments, for qualified Medicaid clients. (TSC will transport clients 18 and over.)

Donations Appreciated

Help TSC to continue to provide our valuable services. Your donation helps to provide a ride to a necessary medical appointment, a needed home safety repair, a meal to a homebound senior, or caregiver support. Teller Senior Coalition is an IRS recognized 501 (c) (3) organization, and your donation is tax-deductible. Bring your donation to our office for a tour, or mail to PO Box 6956, Woodland Park, CO 80866.



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

Senior Courier June 2017, Page 2

Cyber Security for Older Adults

Older adults need to protect their identity and sensitive personal information. Consider these tips from the National Cyber Security Alliance, The Stop Think and Connect campaign's online safety tips for older adults, Public Safety Canada and the Home Instead Senior Care® network.

1. Password-protect and secure devices and accounts. Make passwords strong and keep them in a safe, secure place away from your computer.
2. Think before acting. Ignore emails and communication that create a sense of urgency such as a problem with you bank account or taxes. This type of message is likely a scam.

June Word Scramble

- AGNICMP _____
- MUSRME _____
- PITR _____
- CAONITVA _____
- HRAFET _____
- RTFEOS _____
- GLFA _____
- SCSLTIOE _____
- KAEL _____
- SUKDESINS _____

For answers, see page 3!

3. Share with care. Appropriately adjust your privacy settings to limit who can see your information and avoid sharing your location.

4. Use security software. Install security software from a reliable source and keep it updated. Be wary of pop-up ads or emails. They may actually be malware that could infect computers.

5. Log out of apps and websites when you are done using them. Leaving them open on your computer screen could make you vulnerable to security and privacy risks.

6. Consider support. If you live alone or spend a lot of time by yourself, consider a trusted source to serve as a second set of eyes and ears.

Take the quiz at:

<http://www.protectseniorsonline.com/quiz/> to assess your level of cyber security knowledge.

Education is the best form of protection. For more information about how to protect yourself from fraud, visit

ProtectSeniorsOnline.com. For more about cybersecurity, go to the National Cyber Security Alliance at www.staysafeonline.org.





Need To Know Info!

(Clip and Save)

Taking Time To Take Care Of YOU!

Teller County Seniors Need Your Help!

Teller Senior Coalition needs your donations!

We are looking for shampoo, conditioner, body soap, toilet paper and toothbrushes help a senior who doesn't have the ability to purchase them. THANK YOU for helping our community! Donations accepted at our office at 750 E. Highway, Suite 100, Woodland Park.

Nonenal

What is "nonenal" and how to help it.

Nonenal is a smell given off by the body as we age. Nonenal production is a natural by-product of the aging process. Caused by the deterioration of the skin's antioxidant defenses, nonenal production usually begins around age 40 in both men and women, and may be exacerbated by hormonal changes such as menopause. It is often misunderstood as bad hygiene and bathing habits, though not taking time to wash and have good personal hygiene can also contribute, it is not the only factor. As the skin grows weaker, its natural oils become oxidized more quickly. Fatty acids, which are secreted by the sebaceous glands, react to the oxygen in the air to form nonenal.

Reducing nonenal odor can be accomplished by following a healthy lifestyle: exercising regularly, avoiding stress, abstaining from smoking, drinking alcohol only in moderation, eating a clean diet, drinking plenty of water, getting enough rest, and yes, thoroughly cleaning your body and hair, and using

deodorant.

Personal Hygiene Care

Having a discussion about cleaning and grooming your bodies can be embarrassing, but one personal benefit of good hygiene is having better health. Keeping your body clean helps prevent illness and infection from bacteria or viruses. As we age our immune system is not as robust as it once was and that means germs and viruses are more of an enemy than ever. Hand-washing before handling food and after visiting the facilities, if not already a habit, should become one. Many medications common in the senior group cause skin to become fragile making it easier for germs to invade. Be on alert for situations where germs may be abundant such as hospitals or public transit and use sanitizer or antibacterial soap. It may become harder to keep up good hygiene as you age however with careful attention it is very possible to be successful. If you find yourself becoming forgetful post reminder signs at every sink. Safety chairs and grab bars in the tub or shower make bathing easier and safer. Most salons offer hair washing for very reasonable rates, if possible keeping a weekly hair and nail appointment will not only support good hygiene but help maintain your confidence too. High quality soap and lotion use is a good idea to maintain healthy skin and in turn healthy skin is a great defense against infection.

Word Scramble Answers: Camping, Father, Flag, Forest, Lake, Solstice, Summer, Sun-Kissed, Trip, Vacation