



Contact us today at:
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www.tellerseniorcoalition.org

Senior Courier July 2017

Teller County Seniors Need Your Help!

Teller Senior Coalition needs your donations! We are looking for shampoo, conditioner, body soap, deoderant and toothbrushes to 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. *No large items like depends.

Woodland Park Farmers Market

Woodland Park's Award Winning Outdoor Summer Market for 2017 season will be held on Henrietta Ave located one block North of Highway 24 in Woodland Park, Fridays 8am-1pm.

The Farmers Market features vegetables, breads, pies, pastries, jams, honey & pickles, salsas, pastas, birdseeds, birdhouses & toys, pet treats & miscellaneous items, natural meats, eggs, cheeses, flowers and plants, a variety of hot foods & drinks and seasonal specials. Visit the Teller Senior Coalition at our Farmers Market booth on Friday, July 28th! Stop by, meet a staff member, and learn more about our services, or how you can help the Teller County senior community! We hope to see you there!

2017 TSC Survey Results Are In!

Thank you to our clients for taking the time to complete and send back the 2017 Teller Senior Coalition survey. We asked our clients for their feedback on our services, customer service, and programs.

91% of clients felt Teller Senior Coalition provided assistance in a timely fashion.

88% of clients "agree" or "strongly agree" that we were able to address a majority of needs either directly or via referral.

95% of clients felt TSC Staff was helpful and Courteous.

96% of clients would recommend our organization to other seniors.

We strive to increase those percentages with each client interaction, and welcome any suggestions for improvement you can provide!

Don't Go To Bed Hungry

Are you getting all the nutrition your body needs? Are you 60 or above, homebound temporarily, or permanently? Or maybe it is inconvenient to get to Woodland Park Senior Center for lunch,

The Home Delivered Meal Program (HDM) can help. TSC delivers frozen 7 day meal packages as well as shelf staples to your door, throughout Teller County. If you are in need, do not hesitate to call Teller Senior Coalition. We may also be able to transport you to the grocery store or a local food bank.

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Pet Companionship for Seniors

For elderly pet owners, who often live alone or in group facilities, pets can help reduce stress, lower blood pressure, increase social interaction and physical activity and help them learn.

"A new pet can stimulate someone to read up on an animal or breed, which can be very mentally stimulating and important at that age," says Dr. Katharine Hillestad, a veterinarian with the office of Doctors Foster and Smith in Rhinelander, Wis., which provides online advice and retails pet supplies and pharmaceuticals.

Pets provide other intangibles. "Dogs and other pets live very much in the here and now. They don't worry about tomorrow.

July Word Search

B	N	R	Y	H	T	R	U	O	F
F	I	R	E	W	O	R	K	S	O
F	Y	D	F	R	E	E	D	O	M
W	S	T	A	M	E	R	I	C	A
M	F	Y	M	B	E	F	N	M	E
S	T	R	I	P	E	S	L	U	E
P	S	C	L	U	G	L	U	A	S
R	T	R	Y	S	T	A	R	S	G

And tomorrow can be very scary for an older person. By having an animal with that sense of now, it tends to rub off on people," says Dr. Jay P. Granat, a New Jersey psychotherapist.

Pets can reduce depression and lessen loneliness. The power of pet therapy is thought to be stronger than any medication, not only for people going through tough times or in poor health, but also for the elderly as well. Proven to increase mental alertness, build self-esteem, and decrease loneliness, pets can provide a warm and fulfilling relationship that older people—or indeed all of us—desire.

The right pet can provide all of us with a sense of purpose, nonjudgmental acceptance, and companionship that both animals and humans need to stay happy and comfortable.

Teller County Regional Animal Shelter (TCRAS) has many animals waiting to be loved. Check them out today!



Word Search Words

America	Flag	Stars
Family	Fourth	Stripes
Fireworks	Freedom	Sun



Need To Know Info!

(Clip and Save)

July is UV Safety Month!

We've all heard that protecting skin from the sun will help prevent it from aging. But if you're already older, is there any point to worrying about sun damage?

People in their 60s may not be as concerned about keeping their skin looking young as are people in their 20s and 30s. But that doesn't mean that older adults should stop wearing sunscreen and worrying about sun damage. In fact, a 2009 study showed that older skin is less able to protect itself from skin cancer. The study showed that in older adults, the skin had a diminished ability to attract a certain type of immune cells called T cells to damaged areas where repairs were needed. This means the skin didn't heal as well, leaving the person more vulnerable to infections and also skin cancer.

Since the skin becomes more delicate and vulnerable as we age, that means that it's more important than ever for older adults to protect their skin from damage caused by the sun. Older adults need to take special precautions to limit their sun exposure as much as possible. Here are our top tips for keeping your skin safe:

- Don't get a tan. A tan is your skin's signal that damage has been done (a sunburn, even more so). Older adults have already sustained decades of sun damage. Tans and sunburn increase your risk of skin cancer. So if you've already been burned a few times in your life—or worse, used to tan regularly when you were younger, take special care to stay out of the sun.
- Seek out shade. Protecting yourself from the sun doesn't mean you can never go

outside. Use a sun shade or umbrella, and stick to shady porches if you're enjoying an afternoon outside at home.

- Know when to stay inside. According to the American Academy of Dermatology, the sun's rays are strongest in North America between 10AM and 4PM. Take special care to stay inside or in a shaded area during these hours.
- Make sunscreen a part of your daily routine. Even a short walk to and from the car, or passing by sunny windows while indoors can expose your skin to dangerous UV rays.
- Wear protective clothing. Loose, light-weight long pants and long sleeved shirts are ideal sun protection garb for older adults because they don't have to be reapplied like sunscreen, and can offer better protection. Top off with a wide-brimmed hat.
- Use moisturizer. As skin ages, it becomes more prone to dryness, which can be made worse by sun damage. Keep skin moist with a lotion or cream to help protect it.

Though some people assume that older adults don't need to worry about sun damage, it is extremely important for older adults to protect their delicate skin.

Check skin and moles often to look for changing sizes, colors or abnormal shapes to be on the look out for skin cancers. Skin cancer often develops on skin exposed to the sun, but skin cancer cells can also occur on areas of the skin not ordinarily exposed to sunlight.