



Contact us today at:
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www.tellerseniorcoalition.org

Senior Courier December 2017

Happy Holidays TSC Clients and Supporters!

As we close another year of providing services for Teller County senior residents, I wanted to take the opportunity to thank each of you for your support and use of our services. TSC provides services to more than 600 members (about ¼ of all Teller County Seniors) of Teller County.

TSC exists to help people stay independent and our dedicated staff works hard ensure that we meet your expectations for service quality, safety, and care. Additionally, we have a number of volunteers who help us to help the community.

We love to hear about your experiences and stories, and it is your unique qualities, situations, and willingness to work with us that makes our efforts worthwhile. We really do appreciate you. Again, thank you for your support and enjoy the holidays.

Ralph Power—Executive Director

November was American Diabetes Month.

As people get older, their risk for type 2 diabetes increases. In the US, one in four people over the age of 60 have diabetes. When you have type 2 diabetes, your body does not make enough insulin, or use it well. This means your cells can't use the glucose (broken down sugar) in your blood. Having high blood glucose can cause eye, kidney, and nerve issues, and foot disorders.

Balancing the food you eat with exercise and medication (if prescribed) will help control your weight and keep your blood glucose in a healthy range. People with diabetes are also at higher risk for high blood pressure, heart disease, and stroke. It is important to take control of your health. Talk to your doctor today about your risk of diabetes, or for ways to help control it.

Teller Senior Coalition to Host Dinner and Auction Fundraiser

The Teller Senior Coalition is sponsoring an Auction Fundraiser at the Shining Mountain Golf Course on December 8th from 6pm-8pm. An Italian dinner and cash bar will be featured. There will be a live auction starting at 6:30pm, with a silent auction throughout the evening. Sponsors of the event are SYS Auction and Shining Mountain Golf Course.

Just a few of the items for auction are: cord of wood delivered; handcrafted wood table; wooden memo board; two-night stay at a cabin in Keystone or Steamboat Springs; glass art class; and various gift cards from local businesses. Auction items can be paid in cash, check or card.

Tickets are available by cash or check. Advanced tickets are available at TSC on Mon-Fri 9a-1p at 750 E Hwy 24, suite 100 in Woodland Park; \$20 (13+), \$15 (60+) and \$10 (12 and under). At the door tickets are \$25 (13+), \$20 (60+) and \$15 (12 and under).

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Home Fire Safety for Seniors

Fire safety is a crucial issue for seniors who choose to live in their own home. Those caring for aging loved ones who wish to remain at home need to understand the fire risks and how to deal with them. Older adults face fire risk factors which do not affect the young. Weaker physical (and sometimes mental) capabilities make it harder to identify and respond to a fire, and create a higher risk that a fire will start. Age-related changes affect the senses and reduce mobility. Cognitive changes, from memory loss to dementia, can be more hazardous than the physical changes: individuals may not realize they are in danger and may even engage in risky behavior. Alcohol consumption or the side effects of prescribed medication can add to the risks. Take these steps to help protect against injury in the event of a fire:

1. Smoke Alarm: Install a smoke alarm on each level of the home and outside all sleeping areas.
2. Escape Plan: Update these plans with current capabilities in mind, and practice them.
3. Smoking: If you or your loved ones smoke, stress that they must never smoke in bed.
4. Cooking: Cooking fires are the number one cause of fire injuries among older adults. You must never leave cooking food unattended.
5. Heating: Have the furnace and chimney inspected by a professional prior to the start of winter.
6. Candles: The best policy for those with age-related changes is simply not to have candles in the home.



Christmas Word Search

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

Dasher	Cupid	Snow	Presents
Dancer	Donner	Fly	Chimney
Prancer	Blitzen	Magic	Stocking
Vixen	Rudolph	Sleigh	
Comet	Santa	Christmas	

Merry Christmas and Happy Holidays!

We want to take this moment to thank all of our donors from 2017. With your loving generosity and contributions, we have been able to provide the excellent services TSC is known for. Thank you. We hope you and your family have a wonderful holiday season.



Need To Know Info!

(Clip and Save)

Family History Matters

“We are all an accumulation of not only our life experience, but those who were our ancestors.”

This holiday season, as you are gathered around enjoying family togetherness, take the time to talk, and learn, about family history. Making the effort to explore your ancestry can bring family members closer together, provide important health information and help facilitate discussions about how parents envision spending the rest of their lives. Younger generations should ask questions about personal, medical, and family history of the elder generations. Questions regarding:

Family history (e.g., genealogy, origins of the family)

Personal history (e.g., childhood memories, dating history)

Medical history (e.g. health issues common with family members, life-threatening disease diagnosis)

Life advice (e.g., view on aging, words of wisdom to share with children and grandchildren)

Career highlights (e.g., significant work achievements, favorite job).

Also consider asking:

What have you enjoyed the most about your life?

What would you like to do or accomplish in the next five years?

What financial and legal documents should I know about?

How can I help you continue to maintain the best quality of life?

Not only will this give lasting memories, and a better picture of your loved ones life, this conversation can help families bridge the discussion to the more complex topic of senior care. Starting the conversation about senior care is usually not easy. But reminding your parents that you are there to provide support and to help ensure a good quality of life during their senior years can help them feel in control.

Why sharing your family information is important:

1. **Knowing your family tree helps your family** better understand your origins, which could have important practical uses for the future. For instance, you may have a child who wants to go to university abroad or wants to apply for a unique scholarship. Their application could be facilitated by information held in your family tree.
2. **Identifying the people in old family pictures is important** for your family records. Consider taking the time to digitize these records to protect them from fire, floods and other potential damage.
3. **Studies show that children who have more knowledge of their family history show greater emotional resilience** and are able to face stress and challenges more effectively.
4. **These same studies revealed that children who have the most self-confidence have a strong “intergenerational self,”** which means they know they belong to something bigger than themselves.
5. **Telling stories about your family is a great way to spend quality time** together.
6. The New York Times reports that **families with a strong sense of family history are happier.**

Take the time this holiday season to talk, learn, and bond over family history!

TSC December 2017

Mon	Tue	Wed	Thu	Fri	Sat
				1 Fixed Bus Route	2
4 RAMP Delivery	5 Grocery Shopping	6 Fixed Bus Route	7 Out and About Day	8 Fixed Bus Route	9
11 Home Delivered Meals	12 Grocery Shopping	13 Fixed Bus Route	14 Colorado Legal Services	15 Walmart Fixed Bus Route	16
18 RAMP Delivery	19 Grocery Shopping	20 Fixed Bus Route	21	22 TSC CLOSED	23
25 TSC CLOSED	26 Grocery Shopping	27 Fixed Bus Route	28	29 TSC CLOSED	30

Advanced reservations required for all Transportation events and activities, excluding Fixed Bus Route. Call 719.687.0256 to make a Transportation reservation.

Where do you want to go today? Our alternating Thursday Out and About day is a home pick up service starting at 8:00AM and takes the group of clients where they want to go together, in Woodland Park.

