

A Summer Evening at



Wednesday
August 19, 2009
5:30 - 7 p.m.



Delicious Buffet
Entertainment
Silent Auction

Tickets on sale July 6th. \$20 each. To benefit
Broomfield Senior Services and Programs

SENIOR RESOURCES OF BROOMFIELD, INC.

Broomfield Community Center
280 Lamar Street
Broomfield, Colorado 80020
303-464-5526
303-464-5533 fax

Non-Profit
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Permit #58

Mission Statement:

In partnership with the City and County of Broomfield and the Broomfield Community, Senior Resources of Broomfield, Inc., an independent, non-profit organization, strives to improve the quality of life for all seniors and their families through fundraising, volunteerism, advocacy and representation of a diverse senior population to the Area Agency on Aging, and raising awareness about Broomfield's seniors' issues.

Current Resident or

SENIOR RESOURCES OF BROOMFIELD, INC.

BROOMFIELD SENIOR HIGHLIGHTS

VOLUME 7, ISSUE 4

JULY / AUGUST 2009

SUCCESSFUL BASKET AUCTION

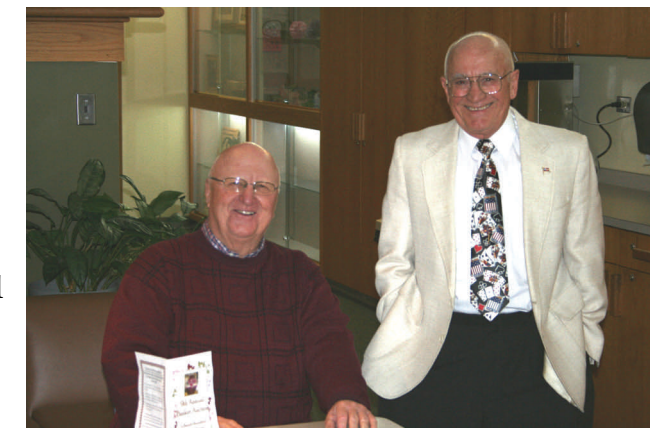


The 9th Annual Basket Auction was a raving success with over \$9000 raised from the community.

Businesses and individuals from all over the metro area donated baskets auctioned on May 1st. All proceeds benefit the Meals On Wheels program for Broomfield residents.

The auction included 150 baskets and beautiful hand-crafted wood works from the Senior Woodshop. The live auction featured auctioneers, Paul Derda and Joe Weibel.

150 baskets were donated and a record amount of money shows the support this community has for seniors.



Thank you to the community for a successful event!



SENIOR RESOURCES BOARD MEMBERS

2009

Joe Weibel
President
Bob Juszynski
Vice-President
Linda Fahrenbruch
Treasurer
Bob Davis
Linda Tate
DRCOG
Representatives
Walt Spader
City Council
Representative

Betty Calvin
Anne Crouse
Bernie DiFalco
Anna Drews
Sally Huffman
Leonard Muniz
Alex Reuter
Kay Ryan

Meetings are held the third Thursday every month at 8:30 am at the Broomfield Community Center. All meetings are open to the public.



SPECIAL EVENTS

HAWAIIAN LUAU

Lakeshore Café celebrates Hawaii with a delicious array of exotic foods. Get out that Hawaiian shirt and skirts and get ready to hula-hula. Call 303-464-5526 for reservations

Friday, Aug. 7
12 noon
\$6/\$7.50



A SUMMER EVENING AT MIMI'S

A fundraiser to benefit Senior Services and programs. Silent auction, entertainment, and delicious cuisine!

Tickets are on sale July 6th for \$20

Wednesday, Aug. 19
5:30 - 7:00 p.m.

Mimi's Café at Flatirons

BROOMFIELD DAYS GOLF TOURNAMENT

Beautiful morning at Eagle Golf Course for a Shotgun - four person scramble. All proceeds to benefit the Senior Programs.

Friday, Sept. 18th at 7:30 a.m.
Eagle Golf Course
\$80 single / \$300 team

Rockin' Seniors Cool Classic Car Show

Show off your hot rod while benefiting the Meals-On-Wheels program during Broomfield Days.

Check-in registration begins at 6:00 a.m. All cars must be on the grass lot by 8:00 a.m. and exit after 3:00 p.m.

Saturday, September 19

\$20 donation to enter. T-shirt and prizes given.



Freedom To Ride

Hands-on class to learn the public transportation system, gain independence and meet some new people! Broomfield senior residents only.

Call 303-464-5526 to register.

Tuesday, July 21—
Downtown Boulder

Thursday, August 13—
Denver, Light Rail

\$5



Talk to a Banker
Tuesday, July 14, 9 - 10 a.m.
Broomfield Community Center



No one has been immune from the devastating effects of the U.S. recession, especially not seniors who expected to spend their final years flush with money from our booming economy. What seemed commonplace last year at this time is gone, as are savings and other assets.

Join us for a free, informal educational program that gives you a chance to ask a banking professional all those nagging questions. Confused about annuities, certificates of deposit, interest rates? Are you worried about outliving your money? Can you preserve your capital?

Call 303-464-5526 to reserve your space. Coffee and pastries courtesy of Bank of the West, Broomfield.

LAKESHORE CAFÉ - LUNCH SERVED AT 12 NOON

RESERVATIONS ONLY BY 4:00 PM THE DAY BEFORE \$4.50

JULY		1 Healthy Hearts Italian Fish	2 Happy 4th of July BBQ Pork Sandwich	3 Closed for 4th of July
6 Roast Beef Sandwich w/Au Jus	7 Chicken Parmesan	8 Beef Stroganoff	9 Chicken Fried Steak	10 BIRTHDAY LUNCH Chef Salad w/Ham & Turkey
13 Spanish Style Scrambled Eggs	14 Salisbury Steak	15 Healthy Hearts Citrus Tuna Steak	16 Herb-Roasted Pork Loin	17 Mediterranean Salad w/ Chicken
20 Glazed Ham	21 Chicken Cordon Bleu	22 Pork Chops	23 Beef Fajitas	24 California Salmon Salad
27 Fried Catfish	28 Open Faced Meatloaf Sandwich	29 Simmered Roast Beef	30 Roasted Vegetable Pizza	31 Chicken Caesar Salad
AUGUST 3 Artichoke Parmesan Chicken	4 Pork Loin	5 HEALTHY HEARTS Balsamic Salmon	6 Chef Salad w/Turkey & Ham	7 Luau
10 Beef Lasagna	11 Zesty Mustard Chicken	12 Ham & Cheese Croissant Sandwich	13 Old Fashioned Meatloaf	14 BIRTHDAY LUNCH Asian Chicken Salad
17 Liver 'N Onions Or Stuffed Peppers	18 Chicken Enchilada Casserole	19 HEALTHY HEARTS Basil Marinated Cod	20 Pot Roast	21 Southwest Chicken Salad
24 Sweet & Sour Chicken	25 Swiss Steak	26 Oven Fried Chicken	27 Italian Sausage Sandwich	28 Caesar Salmon Salad
31 CLOSED FOR MAINTENANCE				

Birthday Lunch—If you are a resident of Broomfield over 60, no charge for lunch if your birthday is in that month!

Healthy Hearts—A lunch created for your ultimate heart health. Come enjoy a delicious and nutritious lunch and learn some facts and tips on how to keep your heart healthy! A drawing for a free Health Hearts lunch at is given away on this day. Sponsored by Compicare Foundation.

WHAT'S HAPPENING AT THE SENIOR CENTER

TRAVELING ART CART

The newly created "Traveling Art Cart" will be moving across the street to the City and County Municipal building in June and July. This beautiful, new Art Cart was created by the Senior Woodshop with help from Sally Huffman. Pictured is Dolores Horst and Joe Weibel working on the canopy. Stop by the City building to see the finished product and the latest creations from local artists.



EASY RIDE DRIVERS

Brian Hammons has been selected to fill the permanent position for Easy Ride Transportation. Easy Ride has three permanent drivers: Mike Wood, Fred Finley, and now, Brian Hammons.



SCHEDULED CLOSURE FOR MAINTENANCE

LAKESHORE CAFÉ:

The Lakeshore Café will close for annual maintenance beginning August 31—September 7. Re-opening September 8th, after Labor Day. Meals On Wheels will have frozen meals delivered for the week on Monday, August 31.

EASY RIDE:

Easy Ride will be running on a reduced schedule from August 31—September 7 due to the scheduled maintenance. Schedule will be posted in lobby and on busses. Please call 303-464-5534 for more information.



SPOTLIGHT ON VOLUNTEERS

VOLUNTEER OF THE QUARTER

VANCE RASMUSSEN

Vance has been volunteering in the Lakeshore Café for over two years. He works very hard to provide great service to the Lakeshore Café patrons. Vance is proactive in making sure all the details are covered and that customer needs are met. He is a great leader and gives excellent customer service to all who eat lunch. Thank you, Vance, for all of your hard work!

EASY RIDE CHANGES EFFECTIVE JULY 6, 2009

Easy Ride has experienced a 54% growth in passengers and trips in 2009. Because of limited resources and increases in services, we have had to make the following changes to take effect on Monday, July 6, 2009.

All medical appointments, **in-town and out-of-town**, must be scheduled at **least 3 (three) business days** in advance.

If you need transportation (any) that requires a vehicle with a **lift**, you must schedule **3 (three) business days in advance**.

Trips will be scheduled as prioritized below.

PRIORITY TRIPS	SECONDARY TRIPS	SPACE AVAILABLE
Medical trips / Doctor appointments	Support Groups	Hair & Nail Appointments
Grocery Trips	Fitness Classes	Personal Trips (banking, library, etc.)
Lakeshore Lunch		

Shopping trips will be the **first** and **third Friday** of the month **only**. First Friday will be Wal-Mart at Flatirons. Third Friday will be in-town (Target, K-Mart, etc.) More info? 303-464-5531

Too Hot for Your Health

Wendy Forbes—North Metro Fire Rescue

Is it hot? Colorado summers can be taxing on our health. It is important to understand the heat-related syndromes, which range in severity from mild heat cramps, to heat exhaustion to potentially life-threatening heatstroke. By recognizing and addressing one of the earlier levels, seniors can avoid the serious escalation to heatstroke.

Be extra careful if you take medications that narrow your blood vessels (vasoconstrictors), regulate your blood pressure by blocking adrenaline (beta blockers), rid your body of sodium and water (diuretics) or reduce psychiatric symptoms like delusions (neuroleptics). These forms of medications place you at a higher risk of heatstroke because they affect your body's ability to stay hydrated and respond to heat.

Learn to recognize a heat-related problem! Heat exhaustion can begin suddenly and move very quickly into heatstroke—stop it from progressing. Some signs and symptoms which signal heat exhaustion are:

- Feeling faint or dizzy
- Nausea or vomiting
- Heavy sweating
- Rapid, weak heartbeat
- Cool, moist, pale skin
- Muscle cramps
- Headache
- Dark-colored urine

If you suspect heat exhaustion, immediately get out of the sun and into shady or air-conditioned space. If possible, drink cool water and lay down, elevating your legs. You may want to loosen clothing or sponge down with cool water.

SENIOR TRIPS

Cheyenne Frontier Days
 "Daddy of 'em all!" Enjoy the Wyoming adventure with a Carnival, Chuckwagon Cookoff and Rodeo at the end of the day. Fee includes rodeo entrance and transportation.
 Wednesday, July 22
 8:30 a.m. - 7 p.m.
 \$36/\$38

BBQ Breakfast at Union Reservoir
 Walk around and enjoy the views at the Union Reservoir in Longmont while staff prepares a delicious breakfast. Fee includes park entrance, transportation, and breakfast.
 Friday, Aug 28
 7:30 - 11 a.m.
 \$15/\$17

Beaver Brook Trail Hiking Adventure
 Beautiful views up and down Clear Creek Canyon and west of the Continental Divide. Enjoy nature at its finest! Bring sack lunch, fee includes transportation and park fee.
 Friday, Jul 31
 8:30 a.m. - 3:30 p.m.



Silver Sneakers New Member Meeting

Come meet your Silver Sneakers Advisor and learn all about the many benefits of the Silver Sneakers. Available to certain Kaiser Permanente, Secure Horizons/PacifiCare or Humana members.
 Please call 303-464-5526 to register.

Wednesday, July 15
 Wednesday, Aug 12
 Broomfield Community Center

Dancing at the Lakeshore

Join us for our Senior Dance on the first Friday of the month!
 \$4.50/person

Doors open at 6:30 p.m. and dance is from 7 - 10 p.m. Male hosts dance for free!

July 3—Albert Galli

August 7—Jim Ehrlich



Casino Trips

Bullwhackers - Black Hawk
Must register one week prior to the trip
 9 - 3 p.m.

July 21

August 18

\$6/\$8



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Wednesday, July 15
 Wednesday, Aug 12
 Broomfield Community Center

SHOWTIME

Enjoy these movies and freshly popped popcorn!

July 10 - Bedtime Stories
 Aug 14 - Seven Pounds

1 p.m., Senior Center

Will Making Seminar

Must pre-register and cost is per person, payable by check only to Rebecca L Bennetti.

Licensed attorney and staff.

Saturday, July 18
 10 a.m. - 1 p.m.

Broomfield Community Center
 \$99/\$105

COMMUNITY RESOURCES

EDUCATIONAL EVENTS

Savvy Caregiver Program

Senior Services has partnered with the Alzheimer's Association to bring you the much-raved about "Savvy Caregiver Program". This is a series of six programs, offered over six consecutive weeks. It provides an in-depth look at dementia from a loved one's perspective, increasing your knowledge about dementia and your skills related to caregiving.

Caregiving for someone with Alzheimer's disease is a specialty requiring specific skills. This 12-hour, 6 week course trains caregivers how to assess the abilities of a person with dementia, and feel more confident with skills in caregiving.

"Savvy Caregiver Program" begins **Tuesday, July 28, 9:30 to 11:30 a.m.** and runs each Tuesday through September 1, 2009. The class size is limited to 8 - 12, so register early before it fills up.

Registrations for this program are taken at 303-813-1669, or www.alz.org/co

If you are a caregiver, you may be eligible for respite service while you attend this series; call Pat Chatterton at 303-464-5529.

Health Care Resources & Consumer Protection

By Interim Healthcare
Tuesday, July 21 10a.m.

Learn how to safely choose a home care agency or nursing home. Find out about grants that may be available to assist with payments for those services and other community resources & organizations available to you.

Predatory Lending—Homeowners

By Colorado Legal Services
Monday, August 10 10 a.m.

Homeowners can be vulnerable to unscrupulous lenders, investors, and mortgage brokers. Learn prevention techniques related to predatory lending, your rights regarding foreclosure, pros and cons to reverse mortgages, and more.

Please call Joanne at 303-464-5529 to reserve your seat.

Support Groups

Better Breathers

Group meets on the 1st Wednesday of the month (7/1, 8/5) from 1-2:30 p.m. Sponsored by Lincare.

Diabetic

This group meets on the 4th Monday of the month (7/27, 8/24) from 1 to 2 p.m. Information and time to share with group members.

Grief Support Group

Support group meets on the 1st and 3rd Wednesday of the month (7/1, 7/15 & 8/5, 8/19) from 10:30 - noon. Facilitated by Heartland Hospice. Call 303-926-1001 for more information.

Multiple Sclerosis

Meetings are the first Tuesday of the month (7/7, 8/4) from 10-11:30 a.m. Call 720-887-0245 for more information. Sponsored by Home Not Alone.

Parkinson's

Meetings are on the first Friday of the month (7/10 exception, Potluck, 8/7) from 10:30 - noon. Focus of this group is education and socialization. Sponsored by Home Instead Senior Care. Please call 303-466-0843 for more information.

Stroke Support Group

Meets on the 2nd Thursday (7/9, 8/13) from 10:30 - noon. Contact the Rocky Mountain Stroke Association for more information at 303-730-8800. Sponsored by Broomfield Skilled Nursing & Rehab Center.

Visually Impaired (VIP)

Meet on the 2nd & 4th Tuesday (7/14, 7/28 & 8/11, 8/25) from 10-11:30 a.m. Call Debra at 303-442-8662 for more information. Sponsored by Capabilities, Inc.