



Assistance. Advocacy. Answers on Aging.  
Weld County Area Agency on Aging

# Senior Solutions

Winter 2015-16, Volume 8, Issue 1

## Friendly Fork, Senior Nutrition

Adequate nutrition is essential to staying active and maintaining a healthy lifestyle as we age. To enhance the dietary intake of Weld County seniors, the Friendly Fork provides tasty and nutritious noon-time meals in a variety of warm and friendly group settings throughout the County. Monday through Friday meals are spread among 22 meal sites throughout Weld County. All of our lunch meals meet 1/3 of the daily recommended dietary allowance and include flavorful items such as chicken soft tacos, Italian meatloaf, hamburgers, salmon, various fruits and vegetables as well as an assortment of muffins, cookies and brownies. Four of the meal sites (Carbon Valley, Greeley Senior Center, Johnstown, and Windsor) also have a fresh salad bar included with the lunch.

Amy Thygesen, the Registered Dietitian for the Friendly Fork, also provides nutrition counseling at no cost. Amy makes one on one appointments for all those interested in discussing any issues, concerns, or questions regarding their nutrition and health. Topics could range from diabetes, cardiovascular disease, osteoporosis, special diets, any dietary needs, cooking, optimizing your health, and making better food choices...just to name a few. Please contact Amy at 970-346-6950 ext 6118 if you are interested.

The Senior Nutrition Program additionally provides meal participants with the opportunity to socialize and interact with others while enjoying a well balanced meal. This allows many seniors to avoid isolation, maintain their independence, and form new friendships. Social and educational opportunities are also available before and after meals.

It is the true dedication, commitment and enthusiasm of our volunteers that keeps the Senior Nutrition Program going strong. Each of our annually trained volunteers willingly donate their time and effort in helping to welcome others, serve meals, assist with paperwork, clean up and encourage social interaction among the tables of meal participants.

For more information on the Friendly Fork, contact Meredith Skoglund at 970-346-6950 ext 6132 or [mskoglund@weldgov.com](mailto:mskoglund@weldgov.com).

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### Important Dates

AAA Office closed:  
12/24/15, 12/25/15, 1/1/16,  
2/15/16

## Caregiver Appreciation Event

Are you currently providing care for an aging loved one? Do you work tirelessly to make sure your aging loved one receives all the necessary quality care?

If you answered yes to the questions above, then the Weld County Area Agency on Aging in conjunction with the Greeley Senior Activity Center, Alzheimer's Association, Hospice and Palliative Care of Northern Colorado, Retired Senior Volunteer Program, Vitality Massage and Connected Chiropractic would like to invite you to a special day, just for you, in appreciation for all your hard work. On February 19, 2016 these agencies will host a Caregiver Appreciation Event. This year's event will be jammed packed with pampering and relaxation. The Caregiver Appreciation event will feature a continental breakfast and catered lunch, an energetic yet funny keynote speaker, a panel of caregivers who will share their caregiving journey and special pampering time. The pampering time will include chair massages, aromatherapy, hair, nail and foot care and more to be determined. So mark your calendars and plan on joining us for a fun filled day of laughter, relaxation and pampering. This event is FREE but registration is required. For more information or to register please contact, Jillian Broce, Weld County Area Agency on Aging, at (970) 346-6950 ext. 6130.



### Colorado Property Tax/Rent/ Heat Rebate Program

The Colorado Department of Revenue (DOR) has a rebate program for those who qualify. You may qualify if you are:

- A full year resident of Colorado
- 65 years old or a surviving spouse of at least 58 years old, or disabled.

AND

- Single with income below \$12,720 per year

OR

- Married with income below \$17,146 per year.

**Call the DOR at (303) 238-3778 – Press 3  
for more information**

### LEAP

#### Low Income Energy Assistance Program

The Colorado Low-Income Energy Assistance Program provides assistance with your winter heating costs; the LEAP eligibility period is from November 1, 2015– April 30, 2016. You may be eligible if you pay for heating costs, you are a US and Colorado resident and your family household income falls within guidelines for 2015-16. Call HEAT HELP at (866) 432-8435 for an application or for questions about the status of your application. You can download the application at <https://sites.google.com/a/state.co.us/cdhs-leap/>. LEAP is not intended to pay the entire cost of heating, if receiving assistance, you must continue to pay your home heating bill.



## Cauliflower as rice?

It's a wallflower no more. Cauliflower is hot.

The cruciferous vegetable that seemed to always take a backseat to broccoli is trending. One reason: the white veggie is a perfect stand-in for white rice, potatoes, and other carbs that many people overdo.

The trick is to chop (or grate) your head of cauliflower so finely that the pieces look almost as small as rice. Or just pick up a bag of **Green Giant Fresh Cauliflower Crumbles** from the supermarket's refrigerator case.

"These time-saving, washed and chopped nuggets are recipe-ready for roasting, baking, sautéing, mashing or steaming right in their package," says the Green Giant Fresh website. It doesn't get any easier.

The simplest way to prepare the crumbles: sauté in olive oil for a few minutes, until they start to brown slightly. Then season with a squeeze of fresh lemon and, if necessary, a pinch of salt.

Straight from the bag, each serving—about a half cup cooked—has just 20 calories, yet delivers 2 grams of fiber, 70 percent of a day's vitamin C, 15 percent of a day's vitamin K, 10 percent of a day's folate, and 7 percent of a day's potassium.

Odds are, you won't stop at a half cup. But hey! It's cauliflower, so you don't have to.

To find where **Green Giant Fresh Cauliflower Crumbles** are sold near you, visit the **Green Giant Fresh website at [www.greengiantfresh.com](http://www.greengiantfresh.com)** or call them at **800-998-9996**.

## GRANDPARENTS RAISING GRANDCHILDREN PAMPERING AND COMMUNITY RESOURCE FAIR

GREELEY SENIOR ACTIVITY CENTER

FEBRUARY 11, 2016

9:00AM-12:00PM

PAMPERING BOOTHS, COMMUNITY  
RESOURCES, SNACKS AND GOODIE BAGS.

FLIERS TO FOLLOW, FOR MORE INFORMATION  
CONTACT DANI PIERSON AT 970-346-6952



### VISUALLY IMPAIRED PROGRAM

Do you have a vision problem that cannot be corrected by glasses, medicine or surgery? If you do, we may be able to help. The Weld County Area Agency on Aging has a program that is specifically geared towards older adults residing in Weld County age 60 and better with visual impairments.

Impaired vision does not mean giving up the things you love to do, but it does mean finding new ways of doing them. The Visually Impaired Program assists in accessing and paying for assistive devices such as personal magnifiers, talking watches or clocks, and other devices to enhance quality of life. If you are interested in more information about this program, or an application contact Whitney Janzen-Pankratz at (970) 346-6950 ext 6117 or [wjanzen-pankratz@weldgov.com](mailto:wjanzen-pankratz@weldgov.com).

### SENIOR RESOURCE SERVICES

Wouldn't you hope that someone would be willing to help your aging family members and friends if it meant they were able to remain healthy and live independently? SRS is in need of additional volunteer drivers to provide free transportation to local appointments for Weld County's aging population. Flexible dates and times— you choose each appointment!

We are also looking for 60+ year old clients in need of transportation. Start either process by applying online at [www.SeniorResourceServices.info](http://www.SeniorResourceServices.info), emailing [staff@seniorresource.com](mailto:staff@seniorresource.com) or Calling 970-352-9348.

