

# SENIOR SCROLL



## SENIOR RESOURCE SERVICES



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### Volume 1-Issue 3

#### October 2008

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##### **Senior Resource Services 2008-2009 Board Of Director Officers**

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##### **Mission Statement**

***We are a non-profit organization assisting the elderly and their families in addressing the issues of aging.***

### Angel Memorial Cloud

**We are proud to announce our Angel Memorial Cloud located in our office. For a \$100 contribution you are entitled to place the name of a loved one on a Memorial Angel that will sit on the clouds on the wall.**

### Caring for Yourself Fall Prevention

Falls for the elderly are a serious problem. It has been estimated that of those 65 and older who are living in their own homes, nearly one-third will fall each year. Of those who fall, one in forty will be hospitalized. Those who have had one fall are at increased risk for further falls.

An especially crucial component of any fall evaluation is an assessment of the senior's medications. The use of four or more prescribed medications has been found to be a risk factor for falls. Some medications that have been associated with an increased risk of causing falls are: psychotropic medications (including benzodiazepines, sedatives, antidepressants, and antipsychotics), antihypertensives, diuretics, narcotics, muscle relaxants, hypoglycemic, and antihistamines. In addition to reviewing the medication list, it is important to find out which of these are actually being taken and whether any over-the-counter or herbal preparations are being used. Seemingly benign medications such as diphenhydramine (Benadryl) can adversely affect the elderly because of their anti-cholinergic properties.

Seniors need to be prepared to call for assistance when needed. There are products available such as the Lifeline or PERS. When considering a system for purchase, lease or rent, remember to ask about a warranty, check on several different systems before making a final decision, Find out if the monitoring center is available 24 hours a day, 7 days a week, ask what the average response time is for the center, and what kind of training the staff has received at the response center. The system should be light-weight and easy to use

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### First Annual Fundraiser-Cycle for Seniors

An enjoyable way to spend Grandparents Day, Sept 7 was to attend Senior Resource Services fundraising event at the Poudre River Trail and Learning Center. The weather was beautiful and 74 individuals came out to ride, roller blade, or stroll. Prizes were given out for the oldest participant, youngest participant and the most spirited. Most of the Board was in attendance to make certain the event went smoothly and everyone was having a good time. The Trailridge Riders cooked the lunch consisting of hamburgers, hotdogs, chips and the cookies were donated by Garden Square. All participants received lunch, a t-shirt and a bag of goodies. One of the highlights of the event was our essay contest entered by 3 Greeley schools 3<sup>rd</sup> grade classes. They wrote about why their grandparents were special to them. The winner of a bicycle was Cassandra from Winograd Elementary (pictured above with her grandfather). After very little discussion the Board decided to duplicate this event next year. If you missed Cycle for Seniors this year be sure to mark it on your calendars for next year on Grandparents Day, September 13.

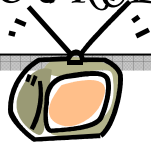


### Volunteer Spotlight Claudia Winter-June Carol Mantych-July

Each month we enter our volunteers into a drawing when they turn in their Activity Logs at the office by the 7<sup>th</sup> of the month. Our volunteer Claudia Winter received a complimentary meal at the Village Inn on 10<sup>th</sup> Street for help during the month of June. Claudia has been volunteering for SRS for a year. Carol Mantych received a basket of fresh homegrown produce for her volunteer hours in July. Carol has the distinction of helping our very first client who goes to the Senior Center for lunch and attends the bible study. Like these two our volunteers are the heartbeat of our organization and we can't say enough how we appreciate the time dedicated to providing services for our seniors.

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#### **Convertor Boxes Available**

Senior Resource Services received funding from New Frontier Bank to provide convertor boxes for our clients who need them. Remember in February, 2009, your rabbit ear television set will no longer work. Your choices will be to buy a new TV, purchase a convertor box or sign up for cable or dish services. If you are a registered client please call us and we will install one free of charge. We still have plenty of time to make this transition, but you do not need to make other arrangements unless you want to.

#### **Thank You**

All of our clients are so appreciative of the services our volunteers provide. We just can not say thank you often enough. Without our volunteers we would not be able to provide these wonderful services for our Seniors. We recently received a donation from the Northern Colorado Chapter of Gas and Oil. These funds are used to give a volunteer with the most hours during the month ( a minimum of 10 hours) a \$15 gift card from King Soopers. You can use the gift card for gasoline or groceries. So far Carol Mantych and Claudia Winter have been the recipients of these cards. With the high prices of gasoline we want to help offset the costs. Also, volunteers are able to deduct their miles on their income taxes. When you pick up a senior, track the miles from your home, to the Seniors home then to the appointment and back home again. If the volunteers have not been keeping track of the miles this year, please call our office and we can assist you.

As our client base increases so must we recruit additional volunteers. Our newest volunteers are Beth & Ed Gibbs, Freda and Herman Rady, Chelsea Manley, Judith Clarke. We now have 44 volunteers and 66 clients.

Senior Resource Services wants to thank the following businesses for donating to SRS so we can show our volunteers how much we appreciate them: Village Inn, Perkins, Quality Lube, Wash at Market Square, Lolly's Hallmark

#### **Grocery Shopping Assistance**

RSVP will assist with filling your grocery list by calling 351-2588. They will charge a \$5.00 fee for the service.



#### **Fall Clean Up**

Do you have leaves that need to be raked? If you have projects that a group of college students or Boy Scouts could help you with please give us a call. We would be happy to coordinate these projects.

## *SENIOR RESOURCE SERVICES* **Do You Need Help Paying for Prescription Medications?**

Novartis has announced a new program aimed at helping patients pay for the medications they need. Patient Assistance Now is a comprehensive resource for patients and caregivers that is designed to provide patients with easier access to the medicines and information they need to manage their health. The program provides information on how to access prescription assistance from Novartis as well as other companies. It also contains links to disease-and condition-specific information, clinical trials, and more. To learn more, go to [www.PatientAssistanceNow.com](http://www.PatientAssistanceNow.com) or call toll free 800-245-5356.

AstraZeneca has announced a modification to its patient assistance program Web site, AZandMe.com. The Web site now has a more direct link to the information that is important to consumers, including: an overview of the AZ&Me Prescription Savings programs; an eligibility screener that will identify which program is best for you; and an on-line application tool program aimed at those without insurance and those with Medicare Part D. to learn more, go to [www.AZandMe.com](http://www.AZandMe.com) or call 800-292-6363

### **Donation**

Senior Resource Services received a donation of a walker with wheels on the front, a bed rail, toilet riser and several boxes of Depends. Please contact us if you know of someone who needs them. If you have items that may be useful to others, please let us know and we will list the items in each newsletter.

### **Know Your Veterans Rights**

There is a local company, called Government Benefits Analysts, whose staff have been trained to seek out veterans and their widows who may be entitled to Department of Veterans Affairs benefits, particularly a little known improved pension benefit which could be as much as \$1,800 a month. To apply for this pension benefit, you must be a wartime veteran with an honorable discharge, and you must be 65 or older, or disabled. There is no cost associated with these services, not to veterans, widows of veterans, or their family members, nor to the assisted-living facilities they may reside in. No one will ever be denied their services. To learn more about this free service, contact Greg Anderson at 970-282-4322 or via e-mail at [Greg@vabenefitsguy.com](mailto:Greg@vabenefitsguy.com).



**Happy Holidays**