

HAUSHOLD WORD

Elderhaus Adult Day Programs, Inc. 605 South Shields Street Fort Collins, CO (970) 221-0406
Elderhaus Recreation Center 4825 South Lemay Avenue Fort Collins, CO (970)223-6083

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Retraction

Elderhaus would like to correct an error made in the September Household Word. Local artist, *Gloria Wilson*, is the designer of the glass wind-chime which received the highest bid at the Elderhaus Hoedown. We apologize for the misprint and any confusion it may have caused. Thank you, Gloria.

Mark Your Calendars!

Elderhaus Christmas Party

Wednesday, Dec. 21st 1:30 - 5:30pm at the Recreation Center, open to all Elderhaus families! Special program will begin at 3:30pm.

Senior Citizen Prom

Friday, Jan. 20, 2006 5 -8pm at the Poudre High School Commons Room

Elderhaus Will Be Closed

Friday & Monday, December 23 & 26 for Christmas

For a monthly Activity Calendar,
Contact Elderhaus (221-0406) or the
Recreation Center (223-6083)



Going Full-Time

Effective November 7, 2005, the Elderhaus Recreation Center is open 5 days a week! High-energy adults with special needs are now able to enjoy the socialization and meaningful activities found at the center Monday through Friday, from 9am to 5pm.

Activities and outings at the Recreation Center continue to encourage socialization, physical fitness, and education in a safe environment. New activities include: visits to the Canine Learning Center, tours of machine and mechanical shops, and guest speakers on Colorado history and wildlife. In addition, the group at the Recreation Center is scheduled to meet with a personal trainer at Miramont Sports Center three times a month to workout and stay physically fit.

The Recreation Center is a great place for high-energy adults facing challenges to find support and encouragement, while maintaining their independence. It's an exciting way to get involved in the community, see and do new things, and to get more out of life. If you have questions or would like to know more, call the Recreation Center at (970) 223-6083.



Senior Citizen Prom

Friday, January 20, 2005

5 – 8 pm

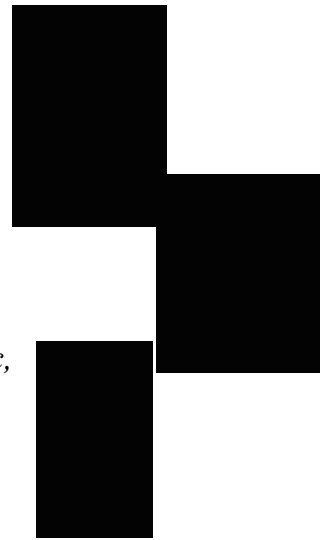
Poudre High School Commons Room

Featuring: The Glen Shull Big Band

*Join us for our 7th Annual Senior Citizen Prom.
An unforgettable evening filled with friends and family, music,
dance, and refreshments. This free event is open to the
community. Donations are welcome.*

Call 221-0406 for more info.

*Sponsored by Elderhaus & Poudre High School
Special Thanks to Fort Fund!*



Elderhaus Adult Day Programs, Inc.
605 South Shields Street
Ft. Collins, CO 80521

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Member Agency

Elderhaus Christmas Party & Program



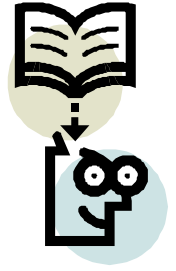
Wednesday, December 21, 2005 1:30 to 5:30 pm

At the Elderhaus Recreation Center

Come enjoy refreshments, music, good friends, and fun!

The Elderhaus rendition of the Christmas Story will begin at 3:30pm.

Wish List



- Toilet Paper
- Napkins
- Ensure (any flavor)
- Juice (100% juice)
- Canned fruit
- Cookie sheets
- Electric Skillet
- Paring Knives
- Aprons
- Paper Shredder
- File Cabinet (2 drawers, with lock)
- Craft Paints (bottle non-toxic)
- Paint Brushes
- Jeopardy or Wheel of Fortune Games

We greatly appreciate any items donated from the Wish List. Thanks for your support!

Holiday Survival Tips

For some, the holiday season is a time of joy filled with family and friends. For others, the season brings stress and depression due to financial constraints, feelings of loneliness, unrealistic expectations, physical or emotional distance from family, and memories of better times. To help you through the holidays, here are some tips to keep in mind:

- **Set realistic expectations** about what you can and cannot do and what you can and cannot afford.
- **Choose to live and enjoy the present.** Do not get caught up in memories of better times. Make the most of today.
- **Volunteer to help others**, if you are lonely, or to keep in mind the spirit of the season.
- **Try something new**; celebrate the holiday in a new way.
- **Remember that excessive drinking** will only increase feelings of depression.
- **Spend time with supportive and caring people.**
- **Maintain your sense of humor through the holidays.**

Sometimes just laughing is the best way to diffuse a stressful situation, giving you a realistic perspective of the event. Laughter also releases pent up frustration, connects us with others, and provides us with increased energy. Additionally, it improves brain functioning, boosts the immune system, and reduces blood pressure! How can you increase the humor in your life? Spend time with witty and optimistic people. Visualize humorous situations when you are dealing with a stressful one. Avoid news or conversation that causes you to feel unhappy or distressed and instead watch a sitcom or read a funny book.

1. Humor and Laughter: Health Benefits and Online Sources. (n.d.). Retrieved November 23, 2005 from http://www.helpguide.org/life/humor_laughter_health.htm.
2. Depression Self-Help: Living with Depression in Yourself and Others. (n.d.). Retrieved November 23, 2005 from http://www.helpguide.org/mental/depression_tips.htm.

Have you completed and returned the 2005 Elderhaus Annual Survey?

If not, please take a few minutes to do so as your responses, both good and bad, will aid Elderhaus in providing effective, quality programs to Larimer County. If you did not receive a survey and would like one, please call Elderhaus at 221-0406.

Thank you!

Life Transitions Group



Meet weekly with other caregivers to receive support and encouragement from each other.

Join us Wednesdays at 1:00 p.m.

For more information,
Call Joanne at 221-0406

Mobile Health

Offering free blood pressure checks to Larimer County neighborhoods and communities.

Call Rose Luna @ 221-0406



You know you're from Colorado when. . .

- You have absolutely no recognizable accent.
- When giving directions, you never say, "Turn left, then right," but instead say, "Go West, then South."
- You carry your \$3,000 mountain bike on top of your \$500 car.
- You are 82 years old and take up snowboarding.
- If it rains more than 2 days straight, you compare the weather to being in Seattle.
- You are the third person to run a red light after it has changed.
- "Timberline" is a place you have actually been - several times.
- You know the correct pronunciation of Buena Vista.
- Your golf bag contains a 9-iron, a 3-wood, and a lightning rod.
- You've been tear gassed in a riot to celebrate your local sports team's victory.
- You know the elevation of a town, but not its population.
- You never pack away your coat and sweaters.
- When you talk of a pass, it has nothing to do with football or women.
- The entire top of your head is bald, but you still have a pony tail.
- You know the meaning of: Chinook, Rocky mountain oyster, and fourteener.
- You get a certain feeling of satisfaction from knowing that California and Texas are both downstream.

Fraud Alert

Enrollment for the new Medicare drug plan, Medicare Part D, began November 15. The plan provides prescription drug coverage to those with Medicare. The plan, which allows consumers to choose which plan that will best suit their needs, will go into effect January 1, 2006. Already, con-artists are trying to take advantage of the situation by offering phony Medicare Drug Plans in order to steal personal information or money. Consumers are warned to be extremely careful about giving out their social security and bank account numbers.

Tips to avoid falling for a scam include:

- Check the list of Medicare-approved prescription drug plans. If a plan is not included on that list, it's a scam.
- If someone tells you that you'll lose your Medicare benefits unless you join, it's a scam.
- Guard your personal information from thieves posing as someone from the government or a legitimate company. Legitimate plans may ask for your social security number, but only when you're actually enrolling. Bank account or credit card info will only be asked for if you are arranging to make automatic payments for your drug coverage from that account.
- If there is a question, call the Social Security Administration directly at (800) 772-1213.

For more information on the Medicare Rx Plan and how to avoid telemarketing scams, visit:
www.fraud.org/toolbox/tips/english/medicare.htm

Staying Well

Cold and flu season is here. The germs spread when people touch their eyes, nose, or mouth after touching a contaminated surface. Viruses also spread by breathing in mucus that has been coughed or sneezed into the air. Some practical prevention measures are to avoid touching your face, wash your hands frequently, and utilize disinfectant for wiping down surfaces in your home, car, and workplace. If you happen to catch a cold, be sure to get plenty of rest. Consider missing work to avoid spreading the germs and to give your body the rest that it needs. A survey conducted by Office Team, an administrative staffing company, showed that 49% of those polled responded that they go to work while feeling sick "very frequently". However, the Centers for Disease Control and Prevention recommend staying at home if you have flu-like symptoms such as fever, headache, extreme tiredness, sore throat, cough, runny or stuffy nose, and muscle aches. Colds usually run their course in seven to fourteen days. During that time, drink fluids such as water, 100% juice, and broth. Gargle with warm salt water for sore throats, and use humidifiers and saline solutions to maintain the moisture in your nose. (Those with heart failure should use salt water and saline solutions cautiously.) Take over-the-counter medication for specific cold symptoms to ease the symptoms.

1. Terry, D. (2005). Some employers urging workers to stay home when sick. Retrieved November 23, 2005 from http://www.nwanews.com/story_print.php?paper=nwat&News=section&storyid=34585.
2. United Health Care Services. (2005). Keep colds at arm's length. *Making sense of your health*, 3.