

STA-WELL NEWS

Colorado Gerontological Society



INSIDE THIS ISSUE

<i>Medicare Monday</i>	1
<i>LEAP Program</i>	2
<i>Vision, Dental and Hearing Grants Available</i>	2
<i>Sleep Quantity and Quality Counts</i>	2
<i>Holiday Basket Application</i>	3
<i>Property Tax Rebate Deadline</i>	4
<i>Advance Care Planning</i>	4

Senior Resource Guidebooks Available

The 2017-2018 edition of the Colorado Resource Guidebook is now available. You may pick up a copy at your local library or stop by the Colorado Gerontological Society office for a free copy.



Building Leadership in Aging

MEDICARE MONDAY ACROSS COLORADO

Enrolling in Medicare and keeping up with the changing policies and guidelines can seem overwhelming. To learn more and receive guidance through the process, join the Colorado Gerontological Society at an informative Medicare Monday Workshop to learn about changes to Medicare for 2018.

Medicare Monday is an annual workshop to help you stay better informed and make necessary changes. The program includes information on the changes, updates and requirements for Medicare Parts A, B, C and D. Learn how these changes may affect you and your health in the coming year.

Experts on Medicare will present on a variety of topics including:

- Prevention and Health Promotion Initiatives
- Changes in Medicare C and D Premiums, Deductibles and Co-Pays
- How to Apply for Extra Money to Help with the Costs of Medicare Part B and D through the Medicare Savings Program and Extra Help with Prescription Drugs
- How to Comparison Shop for Medicare Supplement or Medicare Advantage Plans
- New Medicare Cards are on the way in 2018 and 2019

If you or a loved one face any of these questions or simply want to find an experienced, free and impartial counselor to discuss your Medicare coverage with, then attend Medicare Monday. Sixteen sessions will be held across the state. Find a location and join us at one of the workshops listed below. Reservations are suggested to ensure the proper amount of materials and refreshments. Call 1-866-294-3971 for reservations.

Monday October 16, 2017 from 9:30 a.m. to 11:30 a.m. (Unless otherwise noted)

Northglenn Senior Center 11801 Community Center Dr. Northglenn 80233	Schlessman YMCA Denver (1:30 - 3:30 p.m.) 2625 S. Colorado Blvd. Denver 80222	
The Commons of Hilltop 625 27½ Rd. Grand Junction 81506	The Inn at Garden Plaza 2520 International Cr. Colorado Springs 80910	Windsor Gardens (Auditorium) 595 S. Clinton St. Denver 80247

Monday, October 23, 2017 from 9:30 a.m. to 11:30 a.m. (Unless otherwise noted)

Eaton Senior Communities 333 S. Eaton St. Lakewood 80226	Grace Pointe Continuing Care Senior Campus (1:30-3:30 p.m.) 1919 68th Ave. Greeley 80634
Keystone Place at Legacy Ridge 11180 Irving Dr. Westminster 80031	St. Andrew's Village 13801 E. Yale Ave. Aurora 80014

Monday October 30, 2017 from 9:30 a.m. to 11:30 a.m.

Foothills Park & Rec Center Peak Wellness Center 6612 S. Ward St. Littleton, CO 80127	Holly Creek 5500 E. Peakview Ave. Centennial 80121	RiverPointe of Littleton 5225 S. Prince St. Littleton 80123	The Bridge at Alamosa 3407 Carroll St. Alamosa, 81101
---	---	--	--

Tuesday October 31, 2017

Salida Community Center
305 F St. (9:30 - 11:30 a.m.)
Salida 81201

Monday November 6, 2017

Third Street Center
520 S. 3rd St. (9:30 - 11:30 a.m.)
Carbondale, CO 81623

Tuesday November 7, 2017

Bill Heddles Recreation Center
531 Palmer St. (9:30 - 11:30 a.m.)
Delta 81416

RESERVATIONS 1-866-294-3971

STA-Well News is a quarterly publication sponsored by the Colorado Gerontological Society, a non-profit agency. Incorporated in 1980, The Society seeks to help seniors solve problems facing themselves and their families in the later years. Ron Wright, President, Board of Directors • Eileen Doherty, Executive Director.

LEAP BENEFITS AVAILABLE NOVEMBER 1, 2017

The Low-Income Energy Assistance Program (LEAP) is designed to pay a portion of your heat bill during the winter season, November 1 - April 30. Households that qualify will receive an amount based on the cost of the heat bill, the number of people living in the home, and the household income. The program also provides emergency assistance when a family receives a shut-off notice or when heat has already been shut off.

To receive help from this program, you must:

1. Be a U.S. citizen or legal resident, or be part of a household with a legal resident;
2. Pay heating costs to an energy company or as part of your rent; **and**
3. Make less than \$1,658 monthly for an individual (\$2,233 for a couple)

You can get a LEAP application online or by mail. Your completed application can be returned in person or by mail.

Online: Download the application at www.denvergov.org from November 1 to April 30

Mail: You can receive an application by calling 866-HEATHELP (866-432-8435) or Colorado Gerontological Society at 303-333-3482 between Nov. 1 and April 30.

If you apply for LEAP and receive a shutoff notice before you know the outcome of your application, or you have your heating service disconnected, notify LEAP immediately by calling 1-866-HEAT-HELP (432-8435)

You may also qualify for free **weatherization services** such as a new furnace, refrigerator, windows, insulation or light bulb replacements that will improve your home through the Weatherization Program. Weatherization will reduce your home energy usage, help you save money and keep your home safer and more comfortable year round. Although there are income restrictions, the Weatherization Program is available to home owners as well as renters who apply with their landlord's approval on the application. For more information about the weatherization program and income qualifications, call the weatherization helpline at 1-866-432-8435, or the Care Program at 303-226-5061.

CGS MAKES GRANTS FOR VISION, HEARING AND DENTAL NEEDS

The Society is accepting grant applications for dental, vision, and hearing services for persons age 60 and over who live in one of the following counties; Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin, or Jefferson. The grants are limited and pay for selected services.

Grants for assistance are prioritized based on social and economic need. Interested older adults are encouraged to fill out the required application form. Seniors who are on the wait list at this time do not need to submit another form. To apply for any or all of these grants, call 303-333-3482 for an application and return it to the Colorado Gerontological Society at 1330 Leyden St., Ste. 148, Denver, CO 80220.

SLEEP QUALITY AND QUANTITY AFFECT HEALTH



Benjamin Franklin once said "early to bed, early to rise, makes a man healthy wealthy and wise." There is a lot of common sense in that old adage. Current research suggests that adults over age 60 should get 7-9 hours of sleep per night. According to the Centers for Disease Control and Prevention (CDC), the amount of sleep we get each day is important, but other aspects of our sleep also contribute to our health and well-being. Good sleep quality is also essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as snoring or gasping for air). The CDC suggests that improving sleep quality may be helped by better sleep habits or being diagnosed and treated for any sleep disorder we may have.

Good sleep habits (sometimes referred to as "sleep hygiene") can help a person get a good night's sleep. Some habits that can improve sleep health include:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Turn off or remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help one fall asleep more easily at night.

It's important to practice good sleep hygiene, but if sleep problems persist or if they interfere with how you feel or function during the day, you may want to seek evaluation and treatment by a physician, preferably one familiar with assessing and treating sleep disorders. Before visiting a physician, it's a good idea to keep a diary of your sleep habits for about ten days to discuss at the visit.

With a sleep diary, you will track information such as when you go to bed, when you go to sleep and when you wake up and get out of bed. Other information includes taking naps, exercise, consuming alcohol or caffeinated beverages.

For a free, printable 2-week sleep diary go to www.sleepdiary.pdf. For more information from the CDC concerning sleep and sleep disorders, visit the CDC website at www.cdc.gov/sleep.

2017 HOLIDAY BASKET APPLICATION

Volunteers from the Colorado Gerontological Society will be delivering baskets to low income seniors who are in need and will be alone for the holidays. Deliveries will take place in the Denver Metro Area on Saturday, December 16, 2017 from 10:00 am to noon. Individuals must be home to receive the basket, otherwise it will not be delivered. Food for preparing a holiday meal will be delivered to individuals who are living alone, who do not have any relatives or friends with whom they will be spending any time during the holidays, and who are low income. If you meet this criteria, please return the Holiday Basket application. **Applying does not guarantee that you will be selected to receive a basket.**

1. Do you live
 alone with spouse with family with friends or a roommate
2. Who lives in your home?
 Self Self & Spouse Self & Children Self & Grandchildren Self, Children, & Grandchildren Self & Friend(s)
3. Do you live in
 apartment private home boarding home or an assisted living facility townhouse/condo trailer
4. What is the total monthly income for all persons in the household?
 less than \$773 between \$774/mo and \$1,010/mo between \$1,011/mo and \$1,345/mo
 between \$1,346/mo and \$1,634/mo more than \$1,634/mo
5. What is your race/ethnicity? Please check all that apply:
 Black/African-American Asian/Pacific Islander Native American/Alaskan White Hispanic/Latino Other
6. Have you traditionally celebrated the holidays with a special meal?
 Yes Not recently No, just another day
7. Will you be having a holiday dinner
 alone with spouse with family with friends/roommate
8. Will you receive visitors during the holidays? *(Check all that apply)*
 No, I'll be alone Yes, I will be with my spouse Yes, I will be with family Yes, with friends/roommate
9. Do you live in an apartment building?
 Yes, I live in an apartment building No, I do not live in an apartment building
 8a. If yes, will you be having a holiday dinner with residents who live in your building?
 Yes, I will be having dinner with other residents. No, I will not be having dinner with other residents.
10. Do you usually
 cook dinner for yourself go out to eat dinner have your spouse or family cook dinner for you
 have a caregiver cook dinner for you eat in the dining room in your building
11. Can you cook a holiday dinner, or have a caregiver cook for you? Yes No
12. Do you have children or other family living in the Denver area? Yes No
13. Will you have family or friends visiting over the holidays? Yes No
14. Do you usually receive
 - A Basket of Joy from Volunteers of America Yes No
 - A prepared holiday meal from family or friends Yes No
 - A holiday meal from another agency Yes No
15. Do you have (please check all that apply)
 a phone voice mail call waiting call forwarding cell phone cell phone and house phone
16. Did you apply for a LEAP payment to help pay for utilities Yes No Not eligible
17. Of the list below, indicate which of the following **three** problems are the most difficult for you?
 Increasing rent Increasing taxes Food costs Low cost housing
 Fear of assault Safety on the streets Racism Theft from seniors
 Fraud More food stamps Paying bills High cost of gas and electricity
 Graffiti and trash Prescription drugs Cost of health care Cost of health insurance
 More transportation More RTD stops More Access-a-Ride transportation
 Better response from police More entertainment for seniors
 Other _____

NAME _____
 ADDRESS _____ APT # _____
 CITY/STATE _____ ZIP _____
 PHONE or MESSAGE PHONE _____ Date of Birth _____ Age _____
 Emergency Contact _____ Emergency Phone _____

Please Return this form by 12/1/2017 to:

COLORADO GERONTOLOGICAL SOCIETY

1330 LEYDEN ST., STE. 148, DENVER CO 80220 · 303-333-3482 or 303-333-9112 (fax)



Colorado Gerontological Society
1330 Leyden St., Ste. 148
Denver, CO 80220
303-333-3482 • 303-333-9112 (Fax)
www.senioranswers.org

Non-profit Organization
US Postage Paid
Permit No 1820
Denver CO

Visit us at
www.senioranswers.org

SENIOR 2015 PROPERTY TAX/RENT/HEAT REBATE DEADLINE DECEMBER 31

If you have not filed your 2015 Property Tax/Rent/Heat Rebate, there is still time to file. If you rent or own your own home, you may be able to apply for a Rent, Heat and/or Property tax rebate from either the State of Colorado or the Department of Human Services.

The 2015 State of Colorado Property Tax/Rent/Heat Rebate is available to Colorado residents with an income of less than \$12,953 per year (\$17,460 for couples) who are age 65+, totally disabled, or a surviving spouse at least 58 years old. Applications for the Colorado PTC rebate for calendar year 2015 must be filed by December 31, 2017. Applications for the 2016 rebate must be filed by December 31, 2018.

The 2016 Denver Elderly & Disabled Refund Program from Denver Human Services provides a partial refund for the 2016 property tax or rent you have paid for Denver residents only. To be eligible for this program you must have turned 65 during 2016 or have been disabled for the entire year. In addition, you must be the owner of property that you lived in throughout 2016 within the City and County of Denver and have paid your 2016 property taxes or have paid rent at properties that you lived in throughout 2016 within the City and County of Denver, and have total 2016 income of \$15,900 or less (\$23,100 for couples). This application must be submitted no later than December 31, 2017. For application forms or for assistance submitting the forms call 303-333-3482.

ADVANCE CARE PLANNING

Although topics surrounding advance care planning and end of life concerns are sensitive and challenging, there is great peace of mind to be gained from making our loved ones aware of our future health care decisions, wishes and preferences. Some of the most important documents that we can complete include the Financial and Medical Durable Powers of Attorney and the Living Will. In the event that you become incapacitated, these documents assign authority to someone of your choosing to make important financial, health and end of life medical care decisions on your behalf.

In Colorado, a spouse, children, family members or friends cannot make medical or financial decisions for you if you are unable to speak for yourself without these written directives. If you have been admitted to the hospital in recent years, the hospital admissions department has probably asked for a copy of your advance directives. If the need arises, having this paperwork puts your wishes into place with little or no question. Without advance directives, the hospital and your loved ones may be conflicted with making health care decisions for you.

Working with an elder law attorney who specializes in advance care planning is a good way to ensure all issues are addressed. However, properly executed and witnessed documents may serve your immediate needs. That's where the Colorado Gerontological Society can help.

The Society has a packet of Advance Care Planning documents as well as counseling services, at no charge, to help you understand the meaning and significance of each document. Taking time to understand these documents in a private setting could be well worth the time. People are encouraged to review the paperwork with family or designated friend(s). Taking the first step is the only way to get started. Having a conversation about your legacy and our wishes ensures you a better quality of life in your later years.

For more information or to request an appointment call the Colorado Gerontological Society at 1-855-880-4777.