

Newsletter

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A program of the Northwest Colorado Visiting Nurse Association, Inc.

Welcome Angela!

Aging Well and the Northwest Colorado Visiting Nurse Association are pleased to welcome Angela Wooden, our new Aging Well Community Outreach Specialist.

Angela will be coordinating Wellness Wednesdays in Craig and facilitating partnerships, promotions and outreach primarily in Moffat County and Hayden.

A Moffat County native, Angela studied psychology at the University of Colorado Boulder and conducted clinical research in the Denver area. In 2006, she returned to Craig with her husband to begin a family.

After spending the last several years raising two young sons and helping with her husband's Website design business, she is looking forward to becoming more involved in her community and helping others through her work at the Aging Well program.



Angela Wooden

"It's really great to be part of a program benefitting so many people," she said.



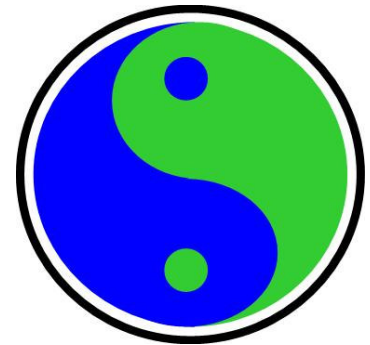
Dr. Pam Kircher

Dr. Pam Kircher Visit

Aging Well is pleased to sponsor a visit this month from Dr. Pam Kircher, a medical doctor specializing in integrative health and end of life issues. Kircher also is an avid Tai Chi practitioner and master trainer for Tai Chi for Arthritis and Tai Chi for Diabetes. For more information about Kircher, visit www.pamkircher.com.

Kircher's visit to Steamboat Springs will include a May 25 event at Library Hall, where she will talk about the benefits of Tai Chi in an integrative approach to health. The event also may include local health and tai chi experts.

During her visit, Kircher also will conduct a brief workshop and re-certification of Tai Chi II instructors. Contact Jeanne Upbin for more information: jupbin@nwcovna.org.



Pam Kircher Event
May 25
Library Hall
5:30-7:30 PM
FREE

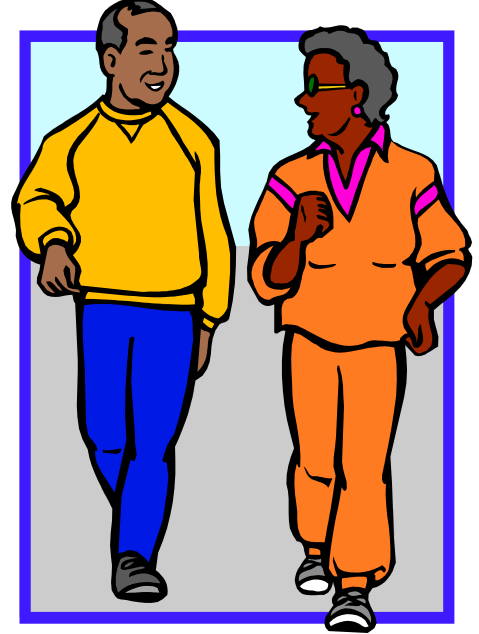
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New! Walk with Ease

Aging Well, in collaboration with the Arthritis Foundation, is welcoming the spring and summer months with a new evidence-based walking program designed to help participants establish and maintain a physically active lifestyle.

The first program begins in Craig this month. Additional Walk with Ease programs are slated to begin in Hayden and South Routt County in June. If you or anyone you know would like to undergo a brief training to become a walking leader in these areas, call 871-7676.



Walk with Ease

Starts May 10th!

Tuesdays and Thursdays

4:30 – 5:30 p.m.

**First class meets at
Ridgeview Elementary
School in Craig.**

Leader: Tammy Workman

**For information,
call Tammy: 620-1252**

Tips for “Walking with Ease”

- ◆ Wear comfortable shoes.
- ◆ Protect yourself with sunscreen.
- ◆ Dress for the weather.
- ◆ Warm up slowly.
- ◆ Stretch before and after walking.
- ◆ Take your steps from heel to toe.
- ◆ Swing your arms.
- ◆ Watch your posture.
- ◆ Breathe!
- ◆ Choose areas away from traffic.
- ◆ Monitor your progress.
- ◆ Have FUN!

Walk your way toward better health

By Jeanne Upbin,
Aging Well fitness coordinator

**START WHERE YOU ARE
USE WHAT YOU HAVE
DO WHAT YOU CAN**

Experts recommend older adults get 30 minutes of moderate exercise five days per week. Walking is one of the easiest and least expensive ways to do that.

In addition to the practical benefits, walking provides many FUN perks. It's a wonderful opportunity to spend healthy time with friends and family, enjoy pets and keep them healthy and take advantage of fleeting warm weather in this beautiful valley.

A regular walking routine can:

- ◆ Help reduce blood pressure and risk of heart disease
- ◆ Reduce anxiety, depression and stress
- ◆ Improve sleep
- ◆ Build lower body strength and improve balance
- ◆ Increase metabolism
- ◆ Help control joint swelling and arthritis pain
- ◆ Keep bones strong

Aging Well walking programs will be led by trained instructors who will guide participants through proper warm up exercises and closing stretches and show them how to pace their walks and monitor their heart rates. Walking groups likely will meet twice per



Jeanne Upbin

week and walk for about an hour. Participants will be encouraged to walk independently on off days.

If you are interested in joining an Aging Well walking group call 871-7676.

WELLNESS DAYS

Aging Well “Wellness Days” are offered every week in the following locations. Fees may apply to some activities. Everyone is welcome! Call Aging Well for more information: 871-7676.

OAK CREEK Wellness Day

Mondays at the South Routt Community Center

- | | |
|--------------------|--|
| 8:30 a.m. – 2 p.m. | Foot Care*
<i>2nd Mon. of each month</i> |
| 10:30 a.m. | Senior Wellness
<i>2nd & 4th Mon.</i> |
| 10:45 a.m. | Arthritis Foundation Exercise |
| Noon | Lunch* <i>provided by Routt County Council on Aging</i> |
| 12:30 p.m. | Guest presentation
<i>As scheduled</i> |



PRESENTATION SCHEDULE

- Mon. May 2:** Lauri Aigner, The importance of drinking water.
- Mon. May 9:** Joan Dalrymple, Senior Wellness.
- Mon. May 16:** Corbett Hart, Experience in the FBI.
- Mon. May 23:** Paul Bonnefield, History of South Routt.
- Mon. May 30:** Memorial Day! No presentation today.

HAYDEN Wellness Day

Wednesdays at The Haven Community Center

- | | |
|-----------|--|
| 9 a.m. | Senior Wellness |
| 9:30 a.m. | Tai Chi II for Health |
| 11 a.m. | Arthritis Foundation Exercise |
| Noon | Lunch*
<i>Haven dining room every week</i> |
| 12:30 | Guest presentation <i>As scheduled</i> |
| 2 p.m. | Foot Care* |

PRESENTATION SCHEDULE

- Wed. May 4:** John and Beth Sundberg present a slide show of Alaska.
- Wed May 18:** Join a special guest from Yampitika.

CRAIG Wellness Wednesday

Wednesdays at the American Legion

- | | |
|--------------------|---|
| 8:30 – 9:30 a.m. | CNCC class* |
| 8 a.m. – 1 p.m. | Foot Care* |
| 9:30 a.m. – noon | Senior Wellness |
| 10:30 – 11:30 a.m. | Arthritis Foundation Exercise
<i>Beginning and advanced classes</i> |
| 11:30 – 1 p.m. | Lunch* and guest presentation |
| 1 – 3 p.m. | Play pinochle! |
| 1:15 – 3:15 p.m. | CNCC art class* |

PRESENTATION SCHEDULE

- Wed. May 4:** John Forgay, Craig Police Dept: “The Invisible Crime”.
- Wed. May 11:** Alisa Comstock, 4-H Extension Agent & Director: “Duct Tape Creations”.
- Wed. May 18:** Deb Coniff, OIB Program, Independent Life Center: “Independence thru Technology”.
- Wed. May 25:** Francis Jenkins, Family Practice Physician’s assistant: “Volunteering for Children of Peace International in Vietnam”.

***Lunch fee: \$3.00. Fees may apply to CNCC Classes and Foot Care for people younger than age 60. Appointments necessary for Foot Care. Call Aging Well for more information 871-7676**