

# Newsletter

September 2011

Volume 2  
Issue 9

 Northwest Colorado  
Visiting Nurse Association

Wellness & Aging Services

*VNA strives to improve the quality of life for all residents of Northwest Colorado regardless of age or economic circumstance by providing comprehensive health services.*

## Senior Health Fair

Sept. 16

7 – 10 am

Yampa Valley Medical Center

Adults 60 and older will have the opportunity to tackle their health checklist at this year's Senior Health Fair at Yampa Valley Medical Center. The fair is held in partnership with the Northwest Colorado Visiting Nurse Association and the Routt County Council on Aging. Cash and checks only will be accepted at the event. Transportation is available: Call 879-0633.

The Community Health Fair, for all other ages, will be 7:30 – 11:30 a.m. Oct. 15 at YVMC. For information about the fair or early blood draws, visit [www.yvmc.org/healthfair](http://www.yvmc.org/healthfair).

### Blood draw

- Health Profile (includes cholesterol, glucose, TSH, liver function, kidney function, electrolytes, iron) \$35
- Complete Blood Count (CBC: includes red and white blood cell count – can determine infection) \$15
- Prostate Specific Antigen (PSA: men only) \$30
- Hemoglobin A1C (for managing diabetes) \$25

Pre-registration and online payment for blood draw:  
[www.yvmc.org/healthfair](http://www.yvmc.org/healthfair)

### Immunizations

- Flu (if no Medicaid/Medicare, \$22)
- Pneumonia (if no Medicaid/Medicare, \$14)
- Tetanus \$14

*Bring Medicaid/Medicare cards and vaccine records*

### Senior Wellness Checks

- Blood pressure
- Blood glucose check
- Medication review
- Nutrition/weight assessment

*No cost for adults 60 and older*

### Resource information

- Medicare counseling
- Independent Life Center
- Northwest Colorado Options for Longterm Care
- VNA Wellness and Aging Services
- Routt County Council on Aging
- Advance directives and living wills
- Over the Hill Gang
- Fraud prevention

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## Fall classes starting soon!

Aging Well presents the new Fall Calendar of wellness and fitness activities! All regular ongoing classes remain the same as scheduled previously. (See page 3) New fall classes are listed below. Discover something new and tell a friend about our programs and services!

### Tai Chi for Health **Emphasis: DIABETES**

**Craig – Location TBA**

**Tuesdays: 6- 7 pm**

**6 weeks: Sept. 20- Oct. 25**

**Instructor: Annette Zuber**

**\$3 donation per class**

This class provides a comfortable, non-intimidating setting for people who have diabetes or are at risk of developing the condition to learn gentle exercise that will help them better control their blood glucose and avoid diabetes-related complications such as heart disease and stroke.

- \* Class improves relaxation and helps reduce stress, a barrier to diabetes control.
- \* Movements improve strength, balance and mobility.
- \* Tai Chi is enjoyable, affordable and can become a life long health practice

### Healthier Living

**VNA conference room, Steamboat**

**Wednesdays: 5:30-7:30 pm**

**6 weeks: Oct. 5- Nov. 9**

**Instructors: Susan Shoemaker and Carol Baily**

**\$20 for books and materials**

This class was designed by Stanford University to help adults of all ages better manage their health to feel better. Students will learn effective strategies for setting and working toward goals and coping with health challenges. It is ideal for individuals who have persistent health problems or are at risk for developing a chronic illness. Partners and caregivers are welcome and encouraged to attend.

- \* Class helps individuals make better lifestyle choices and take pride in every success.
- \* Participants learn how to effectively cope with “bad days” and stay positive.
- \* Participants benefit from the camaraderie and support of others faced with similar health challenges.

### Introduction to Movement & Exercise

**Steamboat Community Center**

**Mondays & Thursdays: 10:45- 11:45 am**

**Starts Sept. 19**

**Instructor: Mary Dike**

**\$3 donation per class**

Enjoy gentle movement, stretching and basic conditioning exercises in a welcoming, non-intimidating environment. Most exercises performed while sitting.

- \* Instructors are trained by the Arthritis Foundation to provide a beginning fitness program to help participants feel better.
- \* This class is ideal for those with physical limitations.

### Arthritis Foundation Walk with Ease

**Steamboat Boys and Girls Club gym**

**Wednesdays: 9-10 am**

**6-weeks: Oct. 5-Nov. 9**

**Instructor: Susan Shoemaker**

**\$3 donation per class**

Walk your way to feeling better in a safe environment. This class is perfect for people who are recovering from injury, are uncomfortable walking outdoors on uneven surfaces, or just want to get back into exercise.

- \* Instructors are trained by the Arthritis Foundation.
- \* Participants learn safe warm up and cool down stretches, and how to track progress and log results with each session.

### Tai Chi for Health **Emphasis: OSTEOPOROSIS**

**Oak Creek Community Center**

**Fridays: 10:45- 11:45 am**

**6 weeks: Sept. 16- Oct. 21**

**Instructor: Molly McClure**

**\$3 donation per class**

This class emphasizes balance and weight bearing movements. Participants become stronger and more confident in their footing so they can recover from stumbles and avoid dangerous falls and fractures.

- \* Participants become stronger and more flexible.
- \* Fluid movements facilitate mindfulness and help relieve stress.
- \* Once they learn movements, participants can easily practice at home.

## ROUTT COUNTY CLASSES

### ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP) *Ongoing classes, join anytime!*

#### STEAMBOAT

#### Donation per Class

Walking & Arthritis Foundation Exercise	<b>\$3</b>	Steamboat Community Center	Mon 10:00– 11:30 am
Arthritis Foundation Exercise & Tai Chi	<b>\$3</b>	Steamboat Selbe Apartments	Wed 2:00– 3:00 pm
Line Dancing & Arthritis Foundation Exercise	<b>\$3</b>	Steamboat Community Cente	Thur 10:00-11:30 am
Intro to Movement and Exercise	<b>\$3</b>	Steamboat Community Center	Mon & Thur 10:45—11:45 am (Begins Sept. 19)

#### OAK CREEK

Arthritis Foundation Exercise	<b>\$3</b>	Oak Creek Community Center	Mon 10:45– 11:45 am
Arthritis Foundation Exercise & Tai Chi	<b>\$3</b>	Oak Creek Community Center	Wed 10:45– 11:45 am

#### HAYDEN

Arthritis Foundation Exercise	<b>\$3</b>	Haven Community Center	Wed 11:00– Noon
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#### YAMPA

Arthritis Foundation Exercise	<b>\$3</b>	Yampa Town Hall	Wed 9:30– 10:30 am
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### TAI CHI FOR HEALTH CLASSES *Ongoing classes unless noted otherwise!*

#### STEAMBOAT

#### Donation per Class

Tai Chi for Health Level 1 (Learn the basics)	<b>\$3</b>	Steamboat Community Center	Tues 9:15– 10:15 am
Tai Chi for Health Level 2 (Continue your practice)	<b>\$3</b>	Steamboat Community Center	Tues 10:30– 11:30 am

#### HAYDEN

Tai Chi for Health Level 2 (Continue your practice)	<b>\$3</b>	Haven Community Center	Fri 9:00– 10:00 am (10 weeks: Sept 2– Nov 4)
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### SEASONAL AND SPECIALTY CLASSES

#### STEAMBOAT

#### Fee for Class Series

<b>Gentle Aquatic Exercise</b> Call Aging Well to register for this class: 871-7676	<b>\$40</b>	Old Town Hot Springs Pool	Tue & Thur 11:00 am– Noon (4 weeks: Oct 4– Oct 25)
<b>Advanced N'Balance</b> Call CMC to register for this class: 870-4444	<b>\$53</b>	CMC at Curve Plaza, Suite B	Mon 9:00– 10:00 am (10 weeks: Sept 12– Nov 14)
<b>Physical Conditioning for Seniors</b> Call CMC to register for this class: 870-4444	<b>\$40</b>	CMC at Curve Plaza Suite B	Wed 10:30– 11:30 am (10 weeks: Sept 14– Nov 16)

### NEW CLASSES

<b>Tai Chi for Health, Emphasis: OSTEOPOROSIS</b> Call Aging Well to register for this class: 871-7676	<b>\$3</b>	Oak Creek Community Center	Fri 10:45-11:45am (Sept 16- Oct 21)
<b>Arthritis Foundation “Walk with Ease”</b> Call Aging Well to register for this class: 871-7676		Steamboat Boys & Girls Club	Wed 9-10am (Oct 5- Nov 9)
<b>Healthier Living</b> Call Aging Well to register for this class: 871-7676	<b>\$20</b>	Stmbt VNA Conference Room	Wed 5:30-7:30pm (Oct 5- Nov 9)

## MOFFAT COUNTY CLASSES

### ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP) *Ongoing classes, join anytime!*

#### CRAIG

#### Donation per Class

Arthritis Foundation Exercise	<b>\$3</b> Sunset Meadows I	Mon 10:30– 11:30 am
Advanced Arthritis Foundation Exercise	<b>\$3</b> The Journey	Wed 10:30– 11:30 am
Intro to Movement and Exercise	<b>\$3</b> The Journey	Wed 10:30– 11:30 am
Arthritis Foundation Exercise & N’Balance	<b>\$3</b> Sunset Meadows II	Fri 2:00– 3:00 pm
Arthritis Foundation “Walk with Ease”	<b>\$3</b> Various Locations (Call Tammy Workman for location: 620-1252)	Tue & Thurs 4:30– 5:30 pm
Arthritis Foundation Aquatics	Hampton Inn & Suites <b>8 weeks starts Oct 3</b>	Mon & Fri 10:30– 11:30 am
	<b>\$32</b> for one class per week, <b>\$50</b> for two classes per week, <b>\$6</b> drop-in fee per class	
Tai Chi for Health, emphasis: DIABETES	<b>\$3</b> T.B.D.	Tue 6:00– 7:00 pm (6-weeks: Sept 20– Oct 25)



### **Aging Well part of Wellness Services at VNA**

The Northwest Colorado Visiting Nurse Association (VNA) has done some organizational restructuring. Aging Well is now part of the larger *Wellness and Aging Services* of the VNA.

Community outreach and prevention programs are at the forefront of the wellness effort at the VNA. It is a natural fit to include Aging Well with these other important programs:

- \* Diabetes Education & Outreach Program
- \* Tobacco Education & Outreach Program
- \* LiveWell Colorado
- \* Aging Well

The combination of wellness programs will help with coordination of outreach activities, program integration and social marketing for the VNA. Look for the VNA wellness logo for all Aging Well programs!

  
**Northwest Colorado  
Visiting Nurse Association**  
 Wellness & Aging Services



## Goodbye Angela

Angela Wooden recently resigned her position as Aging Well's Community Outreach Coordinator for Moffat County. Angela enjoyed her work with older adults but decided she needed to focus more on her family and two young sons at this time. Her last day will be Sept. 13. In her short time with the program, Angela was responsible for the smooth, yet exciting move of Wellness Wednesdays to the program's new and more accommodating venue, The Journey at First Baptist. She also connected with Aging Well participants and partners and helped keep fitness and wellness classes on track in Craig. We will miss her enthusiasm but wish her the best.

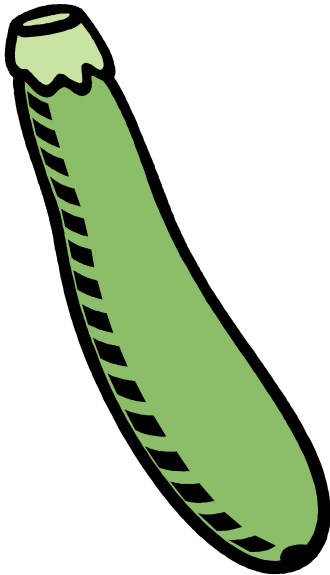
## Partnership Dinner

Join the Routt County Council on Aging and Aging Well for a dinner celebrating healthy eating and wellness programs helping older adults in our communities. Learn about programs, meet and visit with Council on Aging and VNA staff and help celebrate the 100+ Club (participants who have taken 100 or more Aging Well fitness classes)!

**6 pm, September 14**  
**Steamboat Springs Community Center**  
**\$3 per person**

RSVP to Laura Schmidt by Sept. 7: 879-0633 Transportation is available from Hayden and South Routt

## Recipe of the month: Zucchini Cakes



Provided by *Tamera Manzanares*

This is a great way to use up zucchinis from your garden. This recipe was published in *Relish*, a monthly newspaper insert. I've found the recipes there are almost always good.  
-- *Tamera*

3 cups coarsely grated zucchini  
½ tsp. salt  
1 cup fresh breadcrumbs  
(panko works fine too)  
1 egg  
2 green onions, thinly sliced  
¼ cup diced red, orange or  
yellow bell pepper  
1 tsp. Dijon mustard  
1 Tbsp. mayonnaise  
1/8 tsp. red pepper flakes  
2 Tbsp. vegetable oil, for frying  
1 tsp. butter

1. Place grated zucchini in a colander; sprinkle lightly with salt and let stand 30 minutes. Press with paper towels to remove as much liquid as possible. Zucchini should be fairly dry, and you should have about 2 cups. Place zucchini and remaining ingredients (except oil and butter) in a bowl. Mix well. Form into 8 patties the size of crab cakes. Chill.
2. Heat oil and butter in skillet. Add patties to skillet and cook on both sides until browned. Drain on paper towels. Serves 4.

## 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\***  
*2nd Mon. of each month*

10:30 a.m.              **Senior Wellness**  
*2nd & 4th Mon.*

10:45 a.m.              **Arthritis Foundation Exercise**

Noon                      **Lunch\*** *provided by Routt  
County Council on Aging*

12:30 p.m.              **Guest presentation**  
*As scheduled*



### PRESENTATION SCHEDULE

**Mon. Sept 5:** Labor Day.

**Mon. Sept 12:** Join Louise Iacovetto as she reads from “The View from the Folding Chairs”, a WWII memoir by local author Michala Miller.

**Mon. Sept 19:** Reading from “The View from the Folding Chairs”

**Mon. Sept 26:** Reading from “The View from the Folding Chairs”

### 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\***  
*Haven dining room every week*

12:30                      **Guest presentation** *As scheduled*

2 p.m.                      **Foot Care\***

### PRESENTATION SCHEDULE

**Wed. Sept 7:** T.B.D.

**Wed. Sept 21:** T.B.D.

### 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**  
*Beginning and advanced classes*

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. Sept 7:** Teresa Black, Region Director for Alzheimer’s Assoc.

**Wed. Sept 14:** Annette Zuber and Kandace Lukow present Tai Chi for Health, Emphasis DIABETES.

**Wed. Sept 21:** Don Jones, Craig City Council Member.

**Wed. Sept 28:** Eveline Bacon, Jean Jones, Karla Larsen and Roberta Gill present Community Health and Weight Loss Challenge Results.

**\*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**