

7th Annual New Year's Eve Gala

Thursday, December 31, 2009

7:00 p.m. to 10:30 p.m.

Dancing all evening
to the smooth sound of
SWING SHIFT



*At Lakeshore
Best party in town!*

\$25 for Resident / \$30 for Non-Resident

Buffet Dinner, Dancing, Champagne Toast at 10 pm

Wine Cash Bar also available.

Tickets on Sale November 2nd

Broomfield Senior Center

280 Lamar Street 303-464-5526

*We'll celebrate at 10
pm with New York
City!*

SENIOR RESOURCES OF BROOMFIELD, INC.

Mission Statement:

In partnership with the City and County of Broomfield and the Broomfield Community, Senior Resources of Broomfield, Inc., an independent, non-profit organization, strives to improve the quality of life for all seniors and their families through fund-raising, volunteerism, advocacy and representation of a diverse senior population to the Area Agency on Aging, and raising awareness about Broomfield's seniors' issues.

Broomfield Community Center
280 Lamar Street
Broomfield, Colorado 80020
303-464-5526
303-464-5533 fax

Current Resident or

Non-Profit
US Postage Paid
Broomfield, CO
Permit #58



SENIOR RESOURCES OF BROOMFIELD, INC.



BROOMFIELD SENIOR

OCTOBER - DECEMBER 2009

VOLUME 7, ISSUE 5

14th Annual Harvest Your Resources

Senior Resources Fair



Harvest Your Resources is an annual event held at the Broomfield Community Center and was established to bring the senior community a variety of local resources. Beginning in 1995 and growing more successful each year, this event has gone from a convenience to a necessity for so many. With growing needs for information on: who to call, where to go, how to get assistance in the home, legal guidance, housing options, Medicare/Medicaid information, and so much more, this event truly does provide answers and options, all in one place.



Please join us for the 14th annual fair, at no cost to you; it is sure to be a worthwhile and enjoyable day for all!

Thursday, November 5, 2009

9 am – 1:30 pm

Lunch is available by reservation for a nominal cost, please call: 303-464-5526.



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SENIOR RESOURCES BOARD MEMBERS

2009

Joe Weibel
President
Bob Juszynski
Vice-President
Linda Fahrenbruch
Treasurer
Bob Davis
Linda Tate
DRCOG
Representatives
Walt Spader
City Council
Representative

Betty Calvin
Anne Crouse
Bernie DiFalco
Anna Drews
Sally Huffman
Leonard Muniz
Alex Reuter
Kay Ryan

Meetings are held the third Thursday every month at 8:30 am at the Broomfield Community Center. All meetings are open to the public.



SPECIAL EVENTS

LAKESHORE CAFÉ - SPECIAL LUNCHESES

Must pre-register for all lunches before day of event. Space is limited. Call 33-464-5526.

Halloween Lunch

This lunch is always fun with lots of laughs and special entertainment. Don't forget to wear your costume as we have a contest. Wear your wacky best!

Friday, October 30



12 pm

\$4.50

Thanksgiving Dinner

Join us for the Thanksgiving Dinner with the Broomfield Senior Center Staff and volunteers from the community. Includes turkey, stuffing, and all the trimmings. Entertainment provided by the lovely Children's Dance Theatre.

Thursday, November 19

5-7 pm

\$5 / \$7

Holiday Lunch

Come celebrate the season with us! Good friends, traditional holiday food and some holly-jolly entertainment.

Friday, December 18

12 pm

\$4.50



FALL FASHION SHOW

Dillard's presents an elegant afternoon to showcase the latest styles, what wears comfortably and how to accessorize your wardrobe. A special catered event by Lakeshore Café.

Please call Nolan for more information at 303-464-5536.

Friday, October 23rd

2 - 4 p.m

\$10/\$12



VETERAN'S DAY CELEBRATION

Come honor past and present service men and women on Veteran's Day, November 11th at Broomfield Auditorium from 10 am - Noon. The event will feature the National Guard Brass Band, Broomfield Choir, a special guest to sing the National Anthem, and a special guest speaker. After this celebration, join the Broomfield Veteran's Museum for a Grand Opening of the re-modeled museum from Noon to 5 pm at 12 Garden Center.

Wednesday, November 11

10 am - Noon

Broomfield High

School Auditorium



SANTA'S CELLAR

The Annual Santa's Cellar Craft Fair features local crafters in Colorado. Also, Santa makes an appearance in the afternoon. Stop by for Christmas shopping, lunch and a visit with Santa.

Saturday, November 14

9 am - 3 pm

Broomfield Community Center



HOLIDAY BRIDGE TOURNAMENT

Get together with friends for an afternoon of Bridge and a delicious catered lunch. Sign up with a partner, or if you don't have one, we'll find one for you. Don't miss out! Maximum participants - 56. Deadline to register is November 13. Please call

303-464-5526.

November 20

12 - 4:30 pm

\$12/\$15



ON GOING SENIOR CENTER ACTIVITIES

Art Cart

The Art Cart features local artists creations including jewelry, paintings, crochet, woodworking and so much more. Shop the Art Cart for plenty of gift ideas for the holiday season. 40% of proceeds from the Art Cart benefit senior programs. Open Wednesday through Friday 10:30 am - 1:30 pm at the Broomfield Community Center.

Chore Program Volunteers NEEDED!

The Chore Program has helped countless senior Broomfield residents with maintaining safety within the home. The program is in need of volunteer s for this program in order to maintain services. If you are interested in volunteering for this program, please call Jessica at 303-464-5535 for more information or to sign up .



Community Services

Are you a Broomfield resident caring for someone 60 or older? If so, there may be an opportunity for you to receive respite care through Broomfield Senior Services. Please call Pat at 303-464-5529 for more information.

Easy Ride Transportation

Easy Ride Transportation serves Broomfield residents, 60 and older and Broomfield resident adults with disabilities. This unique and dedicated program runs Monday through Friday 8:30 a.m. to 2 p.m. To reserve a ride please call 303-464-5534 before 2 pm the day before. For any medical appointment trips, 3 days notice is required.



Lakeshore Café

The Lakeshore Café features hot, fresh meals cooked daily. Each meal includes a protein, vegetable, starch, and a salad. A well balanced meal to please your palate and your checkbook.

Lakeshore Café is open Monday through Friday at Noon. Please make reservations by 4 p.m. the day before. \$4.50.

Birthday lunch is for Broomfield residents 60 and older. If you're birthday falls in this month, there is no charge for your lunch!

Healthy Hearts lunches are the 1st and 3rd Wednesday of the month. Come enjoy a delicious, heart healthy lunch and learn some facts and tips on how to keep your heart healthy! Sponsored by Comprecare Foundation.

For a complete menu please refer to our website at www.broomfieldseniors.com

Support Groups

Better Breathers

Group meets on the 1st Wednesday of the month (10/7, 11/4, 12/2) from 1-2:30 p.m. Sponsored by Lincare.

Diabetic

Group meets on the 4th Monday of the month (10/26, 11/23, 12/28) from 1 to 2 p.m. Information and time to share with group members.

Grief Support Group

Group meets on the 1st and 3rd Wednesday of the month (10/7 & 21, 11/4 & 18, 12/2 & 16) from 10:30 - noon. Facilitated by Heartland Hospice. Call 303-926-1001 for more information.

Multiple Sclerosis

Group meets on the first Tuesday of the month (10/6, 11/3, 12/1) from 10-11:30 a.m. Call 720-887-0245 for more information. Sponsored by Home Not Alone.

Parkinson's

Group meets on the 1st Friday of the month (10/2, 11/6, 12/4) from 10:30 - noon. Focus of this group is education and socialization. Sponsored by Home Instead Senior Care. Please call 303-466-0843 for more information.

Stroke Support Group

Group meets on the 2nd Thursday (10/8, 11/12, 12/10) from 10:30 - noon. Contact the Rocky Mountain Stroke Association for more information at 303-730-8800. Sponsored by Broomfield Skilled Nursing & Rehab Center.

Visually Impaired (VIP)

Group meets on the 2nd & 4th Tuesday (10/13 & 27, 11/10 & 24, 12/8 & 22) from 10-11:30 a.m. Call Debra with CPWD at 303-442-8662 for more information. Sponsored by Capabilities

WHAT'S HAPPENING AT THE SENIOR CENTER

Senior Services Book Fair

Get your fall off to a great start with a new collection of books! But this fair isn't just books, it's gifts, games and other great finds for you to peruse. Come look in to find some great holiday gifts!

Tuesday, Oct 6 | 9 - 1 pm | Broomfield Community Center

Freedom to Ride

Senior Transportation Education

Travel with a group on public transportation and learn how to be independent and safe. We will be traveling to DIA. For Broomfield resident seniors ONLY. Bring bus fare and lunch money.

Tuesday, Oct 20 | 9 am - 2 pm | \$5



Pictured are Joe Weibel, Sally Huffman, and Wayne Huffman at the 2008 Spirits N Spooks Fundraiser.

Spirits 'N Spooks Fundraiser by Senior Resources of Broomfield, Inc.

Join us for the annual Spirits 'N Spooks fundraiser for hors d'oeuvres, samples of micro-brews and wine, prizes, including prizes for best costume, and live music from The Soho Band. Sponsored by High Five Liquors. Proceeds benefit the Senior Fund. Must be 21 to attend. Tickets on sale October 1.

Friday, October 30 | 6:30 to 9 pm | Broomfield Community Center - Lakeshore Room | \$20 per ticket

New Year's Eve Gala

We celebrate with New York City's New Year and a champagne toast at 10 pm. Wine and beer available.. Dinner will be catered by Lisa and the Lakeshore Café. Live music from the Swing Shift band. Tickets on sale November 2.

Thursday, December 31 | 7 - 10:30 pm | Broomfield Community Center | \$25/\$30 per ticket

SPOTLIGHT ON VOLUNTEERS

VOLUNTEERS OF THE QUARTER FOR OCTOBER TO DECEMBER

ERMA SAUER and MARY ANN BAXTER



Erma Sauer and Mary Ann Baxter have been volunteering in the Lakeshore Café kitchen for 19 years. They work together setting up, serving, and cleaning the dining room for our dining room patrons. Always jovial, reliable, and consistent, Erma and Mary Ann have been a constant staple in our Lakeshore Café and throughout the Senior Center's tenure. Thank you for all of your work and dedication, Mary Ann and Erma!

FEATURE ARTICLES

How to protect yourself from

“Slamming” and “Cramming” from the phone company

“Slamming” is when a phone company illegally switches your phone service without your permission. Protect yourself from “slamming” by:

- Contact the company that slammed you and ask to be switched back to your original carrier;
- Tell them you are exercising your right to refuse to pay charges;
- Report the problem to your original carrier and ask to be enrolled in your previous calling plan.

“Cramming” is when companies add charges to your phone bill without your permission. Examples of these charges may be voice-mail, ring tones, or club memberships.

Read your bill carefully. These charges are usually between \$5 and \$30 dollars and typically look like your normal phone charges.

Protect yourself from “cramming”:

- Ask your telephone provider to block changes to your phone service;
- Read the fine print;
- Watch out for imposters;
- Beware of being switched or signed up for optional services unless you say “NO”; and
- Examine your bill.

If you are unable to resolve the complaint, contact the FCC at 1-888-225-5322

Information provided by the ElderWatch newsletter. A program with the Colorado Attorney General and the AARP Foundation.

DISPOSING OF YOUR OLD CELL PHONE

Permanently Removing Personal and Sensitive Information

Once you upgrade your cell phone, the Federal Trade Commission, the nation's consumer protection agency, wants you to know how to dispose of it properly.

Be sure that all personal and sensitive information is deleted, including: all history of calls made and received, phone book (or contacts), pictures, email, text messages and Web history searches. Refer to your owners manual or your wireless provider will help you through the process.

Once your phone is “clean” of all information, here are some options on how to dispose of your old cell phone:

Recycling - Some cell phone manufacturers and service providers have programs where you can send your phone to be refurbished.

Donating - Some organizations have venues to give your phone to donate to another.

Reselling - Try looking online to see if an organization in the area may buy old mobile devices.

Disposing - Keep the environment in mind when disposing of mobile devices. Cell phones contain batteries that can be harmful in a landfill and contaminate the Earth. Check with your local health and sanitation agencies for the proper way to dispose of electronics safely.

Information provided by the ElderWatch newsletter. A program with the Colorado Attorney General and the AARP Foundation.

RECREATION ACTIVITIES

Day Trips

Anheuser-Busch Brewery Tour

Tour the brewery, considerable amount of walking both indoor and outdoor.

Monday, Oct 5

12:30 - 5 pm

\$15/\$17

Denver Museum of Nature and Science - IMAX

IMAX is showing Wild Oceans or Sea Monsters.

Wednesday, Nov

9:30 - 3 pm

\$13/\$15

BullWhackers Casino - New Year's at Noon

Trip includes Champagne toast at noon with party favors, food and transportation.

Thursday, Dec 31

9-3 pm

\$6/\$8

Casino Trips

Sit back and relax as you are taken up to Black Hawk for a day of gambling fun.

Tuesday, Oct 20

Tuesday, Nov 17

Tuesday, Dec 15

Busses leave from Senior Center. Call 303-464-5526 to register.

\$6/\$8

Healthy Hearts Walking The Walk Across America Continues....

Join us as we walk along the track at Paul Derda Recreation Center to add up miles and chart our way across America. Anyone is welcome, no registration required. SilverSneakers members or Annual Pass holders, not cost. All other participants pay \$1 per visit. For more questions, please call Nolan at 303-464-5536



Tuesday and Thursday

9-10 a.m.

Sept 8 - Nov 12



New member meetings

Learn about the many benefits of your SilverSneakers membership and fitness classes offered. Available to certain Kaiser Permanente, Secure Horizons/PacifiCare, AARP or Humana members. Call Nolan at 303-464-5536 for more information.

All meetings held at the Broomfield Community Center.

Wednesday, Oct 14 from 1-2 pm

Wednesday, Nov 18 from 1-2 pm

Wednesday, Dec 9 from 1-2 pm



Nolan Thill
Senior Recreation Specialist
303-464-5536
nthill@broomfield.org

First Friday Night Dances at the Lakeshore

All are welcome. Doors open at 6:30 pm and dance is from 7-10 pm. Call 303-464-5526 for more information.

October 2 - Tom Yook

November 6 - Tom Allen Grengs

December 4 - Albert Galli

Show Time

Show Time features current movies showing at the Senior Center. Join us for fresh popcorn and treats along with these great selections:

October 9 - Bride Wars

November 13 - New in Town

December 11 - Angels & Demons

No registration required. Movie will begin about 1 pm.

Will Making Seminar

In a single session, you will complete a will, living will medical power of attorney, financial power of attorney, with the help of a licensed attorney. Cost is per person and payable by CHECK ONLY. Must register before seminar date.

November 14

10 am-1 pm

\$99/\$105



COMMUNITY RESOURCES



Senior Resource Fair

Join Senior Services for the 14th Annual Resource fair for Seniors. This fair is a great venue to gather knowledge and understanding about what is available in and around the community. After the fair, join us at the Lakeshore Café for lunch. Must pre-register for lunch.

Thursday, Nov 5

9:30 am - 1 pm



Pat Chatterton
Community Resources Coordinator
303-464-5529
pchatterton@broomfield.org

MEDICARE CHANGES FOR 2010: INFORMATION WORKSHOPS

Kelmeg General Medicare Changes for 2010

Friday, Nov 13

10:30 - 11:30 am

Please register by calling 303-464-5526.

Kaiser Medicare Changes for 2010

Thursday, Nov 12

2 - 4 pm

Please register by calling 303-464-5526.

HONORING VETERANS AT THE END OF LIFE

As an ongoing partnership with The Stratford at Flatirons and HospiceCare of Boulder and Broomfield Counties, the company will be holding a special, informative session on benefits available to veterans and their families as it relates to end-of-life care. The session is specifically designed for veterans, their families, caregivers, and medical professionals. No reservations are required. Call Lorrie at 303-604-5258 for more information.



Thursday, October 22

2-3:30 pm

The Stratford at Flatirons

400 Summit Blvd., Broomfield

Project Relo Series - Three Part Series

An Educational Workshop Series on Retirement Living

Thursdays, October 15, 22, and 29

3:30 - 4:30 pm

Broomfield Community Center

Part I - Thursday, October 15:

Rightsizing your life. How to do it quickly, easily and feel great about it!

Part II - Thursday, October 22:

Senior housing options and can I afford it?

Part III - Thursday, October 29:

Helpful tips on selling your home quicker and for more money in today's real estate marketplace.

Please make reservations for one or all three workshops at 303-464-5526



Annual Flu Shot Clinic

Monday, October 5

Doors open at 8 am, shots begin at 9 am. First come, first served. If you plan to attend, please call 303-464-5526. Shots administered by Visiting Nurses Association (VAN).

