



THE SENIOR CONNECTION



January/February 2018 Issue

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NEXT COALITION MEETINGS

January 11th at 9:30am
Fairplay Town Hall

February 8th at 9:30am
Fairplay Town Hall

If you would like to attend please RSVP so we can notify you of any changes. Please call 719 836-4295

January is



National Blood Donor Month

Glaucoma Awareness Month

National Thank You Month

February is

American Heart Month



Feb 02 National Wear Red Day

Feb 11-17 Random Acts of Kindness Week

Feb 19 Presidents Day – Washington’s Birthday

“PLANNED OVER FOODS”

Making extra food to serve another day is a great time-saver IF food is handled SAFELY — and in a way to assure the BEST TASTE. Follow these tips to transform languishing leftovers into promising planned-overs.

- Separate and refrigerate the portion to be served for your next meal BEFORE you put the food on the table. This keeps food quality higher by preventing “planned-overs” from becoming “picked-overs.” It also helps keep food safe.
- Refrigerate planned-overs in shallow containers so they cool faster in the refrigerator. It’s not necessary for a food to be completely cool before it’s refrigerated. To help food cool slightly before refrigeration, place a shallow container of food on a cooling rack to allow air to circulate all around the pan for about 20 to 30 minutes.
- Limit depth of food to 2 inches. LOOSELY cover food upon refrigeration. This allows heat to escape and protects from accidental contamination from other foods during cooling.
- Avoid letting perishable cooked foods, such as meat, poultry, seafood, eggs, dairy products, cooked rice, pasta and vegetables sit at room temperature longer than TWO hours TOTAL — the TOTAL is the total of the first and second use. **Keep Your Cool** Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at 40°F or lower (refrigerator) and 0°F or lower (freezer). Buy a thermometer at a discount, hardware, grocery store or other store that sells kitchen cooking tools. Periodically, place an instant-read thermometer in your refrigerator and in your freezer to check the accuracy of your appliance thermometer. Replace an inaccurate appliance thermometer if it cannot be calibrated. A refrigerator temperature of 40°F or lower will slow bacterial growth. Keep your freezer at 0°F or lower. Freezing will stop most bacterial growth so frozen foods keep longer than those at refrigerator temperature. Freezing DOES NOT kill bacteria — it is still important to handle food safely. **As a general rule, use the refrigerated planned-overs within four days for best safety and quality. Freeze for longer storage. Cool foods in the refrigerator before put-ting them in your freezer.**

Consumer Food Safety Checklist For “Planned-over” Foods Alice Henneman, MS, RDN, UNL Extension in Lancaster County Joyce Jensen, REHS,CP-FS, Lincoln-Lancaster County Health Department

THE Park County Senior Coalition

Serving Seniors in Park County
Since 1977



OUR MISSION:

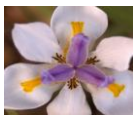
Park County Senior Coalition is a non-profit organization dedicated to serving senior citizens of Park County.

Our Mission is to help seniors maintain the highest quality of life by remaining in their homes as long as possible.

Revised 12/17/2017

ELIGIBILITY

Park County Senior Coalition programs and services are available at no cost to Park County residents age 60 and over.



CAREGIVER RESPITE

relax.

A family caregiver can receive a break, up to 4 hours a week to complete errands, rest or

TRANSPORTATION



Volunteers use their personal vehicles to transport clients. We arrange transportation for individual clients to go to the VA and other hospitals, to doctor offices, food banks, and more. Appointments are arranged throughout the area routinely and on a special needs basis.

HOMEMAKERS

Vouchers are provided to assist clients in paying for household work including cleaning, laundry, light cooking, and more.



RURAL AREA MEALS



The Park County Senior Coalition has RAMP, a Rural Area Meals Program that

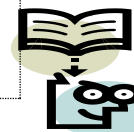
delivers shelf stable and frozen meals to seniors.

CHORE/ HANDYMAN



Seasonal assistance with snow removal, chimney sweeping, fire mitigation, and similar tasks.

Repairs may be needed for safety reasons or for modifications to make tasks in the home easier for the client. The client selects a local contractor; Park County Senior Coalition assists in paying for materials.



INFORMATION AND REFERRAL SERVICE

We publish a bi-monthly newsletter which is distributed to over 600 residents. When funded, we publish a Resource Book.

We provide referrals to other organizations for services we don't directly provide.

February is American Heart Month

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

As you make daily food choices, base your eating pattern on these recommendations:

- Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.

Choose fiber-rich whole grains for most grain servings.

- Choose poultry and fish without skin and prepare them in healthy ways without added saturated and Trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.

- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).

- Select fat-free (skim) and low-fat (1%) dairy products.

- Avoid foods containing partially hydrogenated vegetable oils to reduce trans-fat in your diet.

- Limit saturated fat and Trans fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.

- Cut back on beverages and foods with added sugars.

- Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 mg per day can benefit blood pressure.

- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

- Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

Also, don't smoke tobacco — and avoid secondhand smoke.

-Adapted from the American Heart Association



Volunteer Drivers Needed

Volunteering once a month can help expand the service in your area.

Volunteer help is needed for:

Meal Delivery Help
Newsletter addressing and mailing
Website development
Fundraisers
Short articles for the Newsletter or website
Call for details
719 836-4295



PCSC Board Members Needed

Would you, or someone you know who is a Park County resident and 18 or older, like to be a part of the PCSC Board? Board Members attend one meeting per month to assist our organization in achieving and maintaining our mission to help seniors remain in their homes as long as possible

**January and February
Calendar and Events**

**Jan 1st HAPPY NEW
YEAR!!!**

**Jan 6th Eleven Mile State Park
Grand Slam Ice Fishing Event**

**Jan 13th Mystery Dinner
Theater at Alma Town Hall
6pm "Murder in Manhattan"**

**January 13th 9:00am to 5:00pm
Colorado Springs Gun Show
Colorado Springs Event Center**

**Stage Door Theatre- starting Jan
26th through Feb 11th, 25797
Conifer Road, Conifer Fridays &
Saturdays**

**Jan 27th 5PM
Wild West Chili Cook-off
Jefferson community Civic
Association**

Feb 2nd Groundhog Day

Feb 2nd National Wear Red Day

Feb 12th Lincoln's birthday

Feb 14th Valentine's Day

Feb 16th Chinese New Year

Feb 19th President's Day

ON-GOING EVENTS

**1st Mondays Hartsel Library
Board meets 10am - always
looking for new members**

**ALL WEDNESDAYS
Senior Center in Fairplay
offering lunch**

**2nd THURSDAYS
Alma Bingo (Not your
grandma's bingo!) 7pm
Alma Town Hall**

**3rd SUNDAYS
All you can eat Breakfast
At the American Legion
Hall, 601 Clark Street in
Fairplay**

"Whether you think that you can, or that you can't, you are usually right."

- Henry Ford (1863-1947)

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