

THE SENIOR CONNECTION

SEPT/OCT 2018 Issue



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www.parkcoseniors.org

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NEXT COALITION MEETINGS

**September 18th at 9:30
a.m. Fairplay Town Hall**

**October 16th 9:30 a.m.
Fairplay Town Hall**

**September is
National Preparedness
Month**

**September 13th is
National Grandparents
Day**

**October is National
Breast Cancer
Awareness month
Flu Awareness Month**

**Park County Public Health
will be scheduling all day
Senior Flu Clinics
(more to come)**

In observance of

Labor Day

the Park County Senior
Coalition office will be
closed September 3rd.
Have a safe and enjoyable
holiday. The office will
re-open Tuesday Sept 4th
at 8 a.m.

Study Shows Flu Vaccine Reduces Risk of Severe Illness

August 1, 2018 — A new CDC-supported study published in Vaccine conducted over multiple flu seasons shows that getting a flu shot lessened the risk of severe influenza (flu) among adults, including reducing the risk of hospitalization and admission to the intensive care unit (ICU), and also lessened the severity of illness. CDC recommends an annual flu vaccine for everyone 6 months and older. Annual flu vaccination varies in how well it works, but it is the best available way to prevent flu and its potentially serious consequences.

The study was conducted over four flu seasons from 2012 to 2015 and found that flu vaccination prevented severe disease:

- Flu vaccination among adults reduced the risk of being admitted to the hospital with flu and placed in a general ward bed by 32 percent.
- Flu vaccination was even more effective in preventing the most severe forms of flu and reduced the risk of being admitted to an ICU with flu by 82 percent.

Risk among vaccinated vs. unvaccinated

Because flu vaccine varies in how well it works and people who are vaccinated may still get sick, the study also looked at whether flu vaccination reduced the severity of illness among hospitalized people who were vaccinated compared to those who were unvaccinated and found that:

- Among adults who were admitted to the hospital with flu, vaccinated adults were 59 percent less likely to have very severe illness resulting in ICU admission than those who had not been vaccinated.
- Among adults in the ICU with flu, vaccinated patients on average spent 4 fewer days in the hospital than those who were not vaccinated previously.

The study was a collaborative project with CDC, conducted through the Southern Hemisphere Influenza and Vaccine Effectiveness Research and Surveillance project, which prospectively enrolled hospitalized adults 18 years and older from 2012 to 2015 in Auckland, New Zealand. Eligible hospitalized patients were those who had an overnight admission with acute respiratory illness. Once enrolled in the study, patients self-reported their flu vaccination status and were tested for flu infection by RT-PCR. Since 2005, CDC has conducted annual flu vaccine effectiveness studies to assess how well the vaccine works in preventing medically attended illness. Until recently, there were few studies that looked at how well the vaccine works in preventing serious outcomes like admission to ICU. This study adds to a growing body of evidence that supports the importance of vaccination in order to prevent more serious flu outcomes.

Centers for Disease Control and prevention

Crock Pot Ranch Pork Chops Recipe

Ingredients:

4-6 boneless pork chops
1 can of Cream of Chicken soup
1 packet dry Ranch dressing mix

Directions:

In crock-pot layer pork chops
add the cream of chicken soup
then sprinkle dry Ranch dressing all over.
Cover and cook on high for 4 hours OR Low for 6 hours

By Suzy Pero Cookeatshare.com

OLD FASHIONED PEACH COBBLER

Ingredients:

1/2 cup (1 stick) unsalted butter
1 cup all-purpose flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1 cup sugar
1 teaspoon pure vanilla extract
2 cups peeled and sliced peaches, juices removed
Ice Cream for serving
Bake for 45 minutes.

Directions:

Heat the oven to 350 degrees. Place the butter in a 9x13 inch oven proof serving dish or 8 inch cast iron skillet and transfer to the preheated oven to melt.

Meanwhile, combine the flour, baking powder, and salt in a bowl. Add the milk, sugar, and vanilla and stir to combine.

Remove the hot dish with the melted butter from oven. Pour the butter into the hot pan. Spoon the peaches and then the juices evenly over the butter. Return the pan to the oven and bake until brown and the batter has risen up and around the fruit, about 45 minutes. Remove to a rack to cool slightly. Serve with Ice Cream.

By **brian b.** Cookeatshare.com

National Cholesterol Education Month

Cholesterol is a fatty chemical which is an important part of the outer lining (membrane) of cells in the body. Cholesterol is found mainly in foods that come from animals. LDL lipoprotein is the major carrier of cholesterol in the blood. LDL cholesterol is called "bad" cholesterol, because elevated LDL cholesterol is associated with an increased risk of coronary heart disease. LDL lipoprotein deposits cholesterol on the artery walls, causing the formation of a hard, thick substance called cholesterol plaque. Over time, cholesterol plaque causes thickening of the artery walls and narrowing of the arteries, a process called atherosclerosis.

Atherosclerotic disease of coronary arteries is called coronary heart disease. Coronary heart disease is the most common cause of death in the United States, accounting for about 600,000 deaths annually. Atherosclerosis can also lead to brain damage from stroke. In addition to smoking and blood pressure, blood cholesterol is a major controllable risk factor for coronary heart disease.

Your blood cholesterol level is affected not only by what you eat but also by how quickly your body makes LDL ("bad") cholesterol and disposes of it. In fact, your body makes all the cholesterol it needs, and it is not necessary to take in any additional cholesterol from the foods you eat.

Many factors help determine whether your LDL-cholesterol level is high or low. The following factors are the most important:

Heredity. Your genes influence how high your LDL ("bad") cholesterol is by affecting how fast LDL is made and removed from the blood. One specific form of inherited high cholesterol that affects 1 in 500 people is familial hypercholesterolemia, which often leads to early heart disease. But even if you do not have a specific genetic form of high cholesterol, genes play a role in influencing your LDL-cholesterol level.

What you eat. Two main nutrients in the foods you eat make your LDL ("bad") cholesterol level go up: saturated fat, a type of fat found mostly in foods that come from animals; and cholesterol, which comes only from animal products. Saturated fat raises your LDL-cholesterol level more than anything else in the diet. Eating too much saturated fat and cholesterol is the main reason for high levels of cholesterol and a high rate of heart attacks in the United States.

(continued on next page)

Community Conversations

Area Agency on Aging Public Input Meetings

Please join Pikes Peak Area Council of Governments, Area Agency on Aging and Park County Senior Coalition, Bailey Senior Coalition, and South Park Seniors for community discussions of current needs of seniors in the Park County area, review of prior discussions, and forecasting future needs and strengths.

Community conversations are planned in Shawnee and Fairplay on September 19th, and are tentatively planned to occur at:

Shawnee Community Center 9am

South Park Senior Center 1pm

RSVP to 719-836-4295

National Cholesterol Education Month-continued

Reducing the amount of saturated fat and cholesterol you eat is a very important step in reducing your blood cholesterol levels.

Weight. Excess weight tends to increase your LDL ("bad") cholesterol level. If you are overweight and have a high LDL-cholesterol level, losing weight may help you lower it. Weight loss also helps to lower triglycerides and raise HDL ("good") cholesterol levels.

Physical activity/exercise. Regular physical activity may lower LDL ("bad") cholesterol and raise HDL ("good") cholesterol levels.

Age and sex. Before the age of menopause, women usually have total cholesterol levels that are lower than those of men the same age. As women and men get older, their blood cholesterol levels rise until about 60 to 65 years of age.

Alcohol. Alcohol intake increases HDL ("good") cholesterol but does not lower LDL ("bad") cholesterol. Doctors don't know for certain whether alcohol also reduces the risk of heart disease. Drinking too much alcohol can damage the liver and heart muscle, lead to high blood pressure, and raise triglycerides.

Stress. Stress over the long term has been shown in several studies to raise blood cholesterol levels. One way that stress may do this is by affecting your habits. For example, when some people are under stress, they console themselves by eating fatty foods. The saturated fat and cholesterol in these foods contribute to higher levels of blood cholesterol.

The above information has been provided with the kind permission of the National Institutes of Health (www.nih.gov)

SEPTEMBER CALENDAR

September 1st- 5th Annual People's Choice Car/Truck/MC Show, at Rolling Thunder Cloud Café – 611 2nd St, Guffey

September 15th- Oktoberfest Celebration at South Park Brewing noon-9PM, Fairplay

September 20th- Alma Pre-Bingo Potluck at 6pm- Bingo 7pm

September 22nd- First day of Autumn- watch the leaves change

OCTOBER CALENDAR

October 1st – International Coffee Day

October 8th – Columbus Day

October 13 – 15th – Guide stone's Annual Pumpkin Patch & Harvest Festival at the Hutchinson Ranch
Friday – Sunday 10am – 5pm

8912 W Hwy 50

Sailda 81201

719-239-0955

Guidestonecolorado.org

October 28th – National Chocolate Day

October 31st – Halloween Spooktacular at the Fairplay Community Center

ONGOING EVENTS

First Sunday of the month: VFW Breakfast in Shawnee, Community Center in Shawnee 7:00-11:30 AM

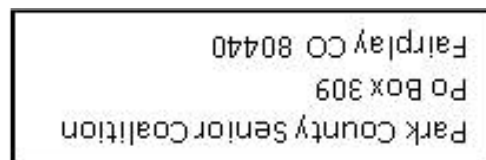
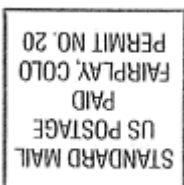
Third Sunday of the month: All you can eat breakfast in Fairplay, American Legion Hall 8am – Noon

Second and Fourth Thursday of the month: Alma Foundation Bingo 7pm
Pre potluck bingo dinner 6pm
59 Buckskin St Alma

Second Friday of the month: Silverset Lunch, Shawnee Community Center
Noon

Third Saturday of the month: Como Bingo 7pm Dinner 6pm
Como Civic Center

No wiseman ever wished to be younger. [Jonathan Swift](#)



**ARE YOU ELIGIBLE
FOR A \$.53/MILE
TRANSPORTATION
REIMBURSEMENT?**

You may be eligible for transportation assistance for Grocery or Medical trips.

**To find out more, please call the
Park County Senior Coalition**

719 836-4295



Need a Ride?

If you or someone you know needs a ride in Park County, some **free or affordable** options are available.

Medicaid Transportation

Medicaid provides health coverage to millions of Americans. Medical transportation is available for many Medicaid recipients as part of your Medicaid benefit.

General Program Requirements

In general for this Park County program, you must be a Medicaid recipient with the transportation benefit. You must also be a resident of Park County, Colorado.

***minimum 5- days advance notice is requested for best results.

Your Next Steps

Application Process

You may find out if you qualify by contacting Mountain Ride toll-free at 1-844-686-7433.

Forms are available online at www.mtnride.org/medicaid or call Mountain Ride to have them mailed.

Program Contact Information

Mountain Ride
Toll-free: 1-844-686-7433
www.mtnride.org

Senior Transportation

Park County Senior Coalition obtains grants to provide transportation for medical, meals, shopping, and recreational sites.

Scheduled group trips are offered for shopping, meals, and recreation.

Private vehicle trips are available for medical appointments.

General Program Requirements

For this program, you must be a resident of Park County, Colorado.

Trips are provided for residents 60 years of age and older. Other residents over the age of 18 may participate, for a fee.

***minimum 24 hour advance notice is requested for best results.

Your Next Steps

Application Process

Find out if you qualify by contacting Park County Senior Coalition at 719-836-4295.

Registration can be done by phone and takes less than 30 minutes to complete.

***Registration for this program may qualify for additional program eligibility.

Program Contact Information

Park County Senior Coalition
719-836-4295
www.parkcoseniors.org

Veteran Transportation

Grants have been received by Park County Senior Coalition and local Veteran's organizations to provide Veterans transportation assistance for medical appointments.

Some transportation to appointments at the VA hospital are also available to Park County Veterans through the Chaffee Veteran Shuttle.

General Program Requirements

For this program, you must be a veteran or spouse of a veteran.

***minimum 48 hour advance notice is requested for best results.

Your Next Steps

Application Process

Find out if you qualify by contacting the providing agencies, listed below.

Program Contact Information

Park County Senior Coalition
719-836-4295
www.parkcoseniors.org

Chaffee Veteran Shuttle
719-539-3803

VFW Post 8661 (Shawnee/Bailey)
Mike Dungan 303-988-3677

General Transportation

Black Hills Stageline- 719-836-9300

Leaves from Fairplay's D & S Convenience Store, 640 Hwy 285, Fairplay, CO 80421
Tickets sold on-site

M-Su: 9:05 am leave
4:00 pm return

Black Hills Stageline- 1- 877-779-2999
(No Sales on site, must have cash or purchase online) Road Stop at 76 Mt. Evans Blvd, Pine Jct., CO 80470

M-Su: 10:05 am leave
2:30 pm return

Transportation Resources

If you are aware of other transportation services or communities serving Park County, please call Park County Senior Coalition at 719-836-4295 to add the information to a future brochure.

THIS IS A PARTIAL LIST, AND IS PROVIDED FOR CONVENIENCE. ADDITIONAL PROVIDERS MAY BE FOUND ONLINE, BY WORD OF MOUTH, OR THROUGH THE PHONE BOOK.

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