



# SENIORS

## RESOURCES

This section includes a variety of resource opportunities for older Adults age 55+ and their caregivers.

### RESOURCE COORDINATOR

Our Adult Community Resource Coordinator can help you identify what you need and assist in meeting that need through information, assessment and referral for a variety of resources. Information and assistance is available to Lafayette residents. Our Resource Coordinator can also link Lafayette caregivers to out of state resources.

### RESOURCE COORDINATOR APPOINTMENTS

Resource Appointments are available for City of Lafayette Senior Residents and Caregivers.

The Resource Coordinator has weekly appointment times available by telephone, at Lafayette Senior Services or at your home. Call 303-661-1499 for an appointment.

## EQUIPMENT AVAILABLE FOR RENT FROM THE SENIOR CENTER

CRUTCHES, CANES, WALKERS, SHOWER CHAIRS, RAMPS, WHEELCHAIRS / ESCORTCHAIRS

EQUIPMENT RENTAL FEE: \$5/MONTH

WHEELCHAIR RAMP: \$10/MONTH\*

\*limited availability - call 303-661-1492 for information



### THE LOAN CLOSET

We offer a variety of basic medical equipment items for rent to City of Lafayette residents for short term use. Call us at 303-661-1492 for more information or to make a Loan Closet Reservation. Reserved equipment will be available for pick-up at Lafayette Senior Services, 103 S. Iowa Avenue.

Equipment is limited to the supply on hand and is available on a first come, first served basis. Equipment may be rented for up to three months per item and can be reserved up to 1 week in advance.

No refunds will be given on Loan Closet items.

## RESOURCE CLASSES

### HEALTHY MEAL PLANNING ON A BUDGET

Do you struggle with planning for your weekly meals, shopping and cooking for yourself? Does your fixed income make it challenging to make healthy meal choices? Join Natural Grocers Nutritional Health Coach, Helen Dohrman, CN to help you learn to plan, shop and cook healthy and delicious meals without breaking the bank.

Registration Required.

Location: Lafayette Senior Center, 103 S. Iowa Ave

CODE	COST	DAY	TIME	DATE
819800	FREE	Tue	2-3:30PM	1/30

### AARP ELDERWATCH: CURRENT TOP 5 SCAMS IN COLORADO



This presentation will review the top scams Coloradans are reporting and provides the important opportunity to have a conversation about fraud and how to protect yourself. Feel free to bring a sack lunch.

Registration Required.

Location: Lafayette Senior Center, 103 S. Iowa Ave

CODE	R/N	DAY	TIME	DATE
819801	FREE	Tue	12-1PM	2/13

### DEMENTIA: THE UNEXPECTED JOURNEY

Join instructor Kelly Squire from About Time Senior Solutions, LLC. as she helps you to break the stigma of living with dementia and focus on embracing your new world in a positive way. This four-week course is for those affected by dementia and their care partners. Cost is per person. Class will only run if 10 or more are registered.

Registration Required.

Register through Senior Services by February 6.

### EACH WEEK WILL FOCUS ON A NEW TOPIC:

- ▶ Dementia Isn't a Dirty Word (2/13)
- ▶ No Regrets, Adventure Before Dementia (2/20)
- ▶ You Can't Pour from an Empty Cup (2/27)
- ▶ Saying Goodbye to What Was & Living for What Is (3/6)

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATES
819804	\$25/\$35	Tue	2-3PM	2/13-3/6

# SENIORS



## KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease or dementia gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges they face every day.

**Registration required. Visit [www.alz.org/co](http://www.alz.org/co) for more information.**

**Location: Lafayette Public Library, 775 Baseline Rd.**

CODE	R/N	DAY	TIME	DATE
819805	FREE	Thr	10:30AM	2/15

## MEDICARE BASICS CLASS

Before you become eligible for Medicare, make sure you learn more about the benefits, costs and options. An expert in Medicare will go over the basics of the program and be able to answer questions for newly eligible Medicare recipients.

**Registration Required.**

**Location: Lafayette Senior Center, 103 S. Iowa Ave.**

CODE	R/N	DAY	TIME	DATE
819803-1	FREE	Fri	1:30-3:30PM	2/16

## CONVERSATION PROJECT

Talk life! How will you live until you die? We want to help you clarify your values and prepare to talk to your family about end of life wishes. Aside from this class, Conversation Project offers free, confidential coaching on end-of-life planning.

**Registration Required.**

**Location: Lafayette Senior Center, 103 S. Iowa Ave.**

CODE	R/N	DAY	TIME	DATE
819808	FREE	Tue	2-3:30PM	3/6

## AARP SMART DRIVER COURSE

Improve your skills, increase safety and become eligible for a premium discount on your insurance. Open to all individuals 50+. Certification is valid for 3 years.

**Registration Required.**

**Location: Lafayette Public Library, 775 Baseline Rd.**

CODE	R/N	DAY	TIME	DATE
819802	\$15/\$20*	Mon	12-4:30PM	3/12

► \*\$15 fee for AARP Members \$20 for Non-members.

Payments are made to instructor. Cash or check only.

## LIVING WITH ALZHEIMER'S FOR PEOPLE WITH ALZHEIMER'S

The diagnosis of Alzheimer's disease or another dementia is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life. This program is designed for individuals in the early stages of Alzheimer's or dementia.

**Registration required. Visit [www.alz.org/co](http://www.alz.org/co) for more information.**

**Location: Lafayette Senior Center, 103 S. Iowa Ave.**

CODE	R/N	DAY	TIME	DATES
819807	FREE	Tue	1PM	3/13, 3/20, 3/27

## THE BASICS: MEMORY LOSS, DEMENTIA & ALZHEIMER'S

Alzheimer's is not a normal part of aging. If you know someone affected by Alzheimer's or Dementia, it's time to learn the facts. This program provides information on the detection, causes and risk factors, stages of disease, treatment, and more!

**Registration required. Visit [www.alz.org/co](http://www.alz.org/co) for more information.**

**Location: Lafayette Public Library, 775 Baseline Rd.**

CODE	R/N	DAY	TIME	DATE
819806	FREE	Mon	3PM	4/9

## LUNCH PROGRAM



## COMMUNITY LUNCH PROGRAM FOR OLDER ADULTS COAL CREEK MEALS ON WHEELS

**Location: Josephine Commons, 455 N. Burlington Ave. Register through Senior Services by March 9.**

Enjoy a delicious and nutritious meal with the camaraderie of old and new friends! Be sure to check the menu at [www.coalcreekmow.org/menu.html](http://www.coalcreekmow.org/menu.html) to see what's cooking for the day and remember a vegetarian meal or chef salad is also available by request.

The Senior lunch program provides a nutritious meal in a fun and social environment. Call 303-661-1494 the day before to reserve your space for lunch.

**To order a meal for a homebound resident call Coal Creek Meals on Wheels at 303-665-0566.**



# SENIORS

## TRANSPORTATION

Lafayette Senior Services provides group transportation around central Lafayette on Wednesday mornings when 5 - 10 Riders register by Friday the week before.

### WEDNESDAY MORNING TRANSPORTATION LOOP

We will customize the route to the beginning and destination locations of those registered on the Friday before and the schedule will be confirmed with riders on the Monday before the Wednesday trip.

Riders will have approximately one hour at their chosen destination before the bus returns them to any of the starting locations.

#### BEGINNING AND RETURN LOCATIONS INCLUDE:

- LAFAYETTE SENIOR CENTER
- BOULDER RIDGE COMMUNITY BUILDING
- ARBORDALE ACRES CENTRAL LOCATION
- JOSEPHINE COMMONS
- W. SIMPSON ST. APARTMENTS
- VILLA WEST
- AFFINITY

#### DESTINATIONS INCLUDE:

- WALMART
- KING SOOPER'S
- LAFAYETTE PUBLIC LIBRARY
- BOB BURGER RECREATION CENTER
- SPROUTS
- NATURAL GROCER'S VITAMIN COTTAGE



OPTIONS	FEE
Prepaid Punch	\$2

OPTIONS	FEE
Single Trip	\$3

► Call 303-661-1492 to register by the preceding Friday

### NEED MORE TRANSPORTATION?

VIA Mobility For Life is a door through door transportation service that helps riders to travel to shopping and other destinations in and around Boulder County. To start receiving rides and services, call the VIA Mobility Specialist at 303-447-2878. If you are already a rider, call 303-447-9636.

Coffee Connect is moving to the last Wednesday of each month 8:45-9:30AM. Talk with Senior Services staff about your interests and suggestions for trips, classes, and Senior Center activities while enjoying coffee or tea and Panera Bread Treats.

## HELPFUL RESOURCES PHONE NUMBERS

### LOCAL:

City Hall Lafayette	303-665-5588
Lafayette Senior Services	303-661-1492
Coal Creek Meals on Wheels	303-665-0566
Boulder Community Health	720-854-7000
Exempla Good Samaritan Medical Center	303-689-4000
Sister Carmen Center	303-665-4342
Rocky Mountain Legal Services	720-242-8642

### COUNTY:

Boulder County Aging and Disabilities Resource Center <a href="http://www.bouldercountyhelp.org">www.bouldercountyhelp.org</a>	303-441-1617
Boulder County Housing and Human Services	303-441-1000
Boulder County Adult Protection	303-441-1309
Boulder County Housing Information	303-441-3929
Longs Peak Energy Conservation & Weatherization	720-864-6401
Boulder County District Attorney Consumer Affairs/Fraud	303-441-3700
Mental Health Crisis Line	303-447-1665
Veterans Service Center	303-441-3890

### STATE AND OTHER:

Alzheimer's Association	1-800-272-3900
Social Security	1-800-217-5808

**WEDNESDAY MORNING LOOP**

**NEW CUSTOMIZED LOOPS FOR PAID, REGISTERED RIDERS**

call 303-661-1492 for more information