

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.

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. 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.

No refunds will be given on Loan Closet items.

RESOURCE CLASSES

EVIDENCED-BASED HEALTHY AGING

Cardiovascular disease is the number one cause of death in the United States and the prevalence increases with age. There are many things that can be done to lower your risk for developing this disease. This class will present the most current scientific information about aging, cardiovascular health, and lifestyle interventions in an easy to understand format. You will get the information that you can easily incorporate into your life right away.

Registration Required.

Location: Lafayette Senior Center, 103 S. Iowa Ave

CODE	COST	DAY	TIME	DATE	DEADLINE
839804	FREE	Tue	2-4PM	4/10	4/5

REVERSE MORTGAGES SHOULD'N'T BE FRIGHTENING

Reverse mortgages have been around since the early 60's. Today they are a solid product for those in need of additional cash flow. Come to this FREE program to learn how reverse mortgages work and if it may be the right program for you. Bring a copy of your mortgage statement (or hopefully you don't have one any more!) and Bob Groening, Reverse Mortgage Educator for Goldwater Bank, will show you how you can access the equity in your home. **Registration Required.**

Location: Lafayette Senior Center, 103 S. Iowa Ave

CODE	R/N	DAY	TIME	DATE	DEADLINE
819801	FREE	Fri	11AM-12PM	4/27	4/26

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.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE	DEADLINE
839802	\$15/\$20*	Mon	12-4:30PM	5/14	5/11

► *\$15 fee for AARP Members \$20 for Non-members. Payments to AARP are made at class. Credit card payments can not be accepted.

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.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE	DEADLINE
839803	FREE	Fri	1:30-3:30	5/18	5/17

Do you have a special skill or hobby that you would like to teach to other adults?!

VOLUNTEERS & CONTRACTORS NEEDED!

Please contact us Monday-Thursday 8:30AM-4:30PM at 303-661-1492.

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DEMENTIA SUPPORT & EDUCATION PROGRAMS

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! www.alz.org/co
Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839806	FREE	Mon	3PM	4/9

DEMENTIA CAREGIVER SUPPORT GROUP

The Dementia Caregiver Support Group is a safe place to receive support for the difficult journey of caring for a loved one with Alzheimer's disease or another dementia, at any stage of the disease. The group is facilitated by trained volunteers on behalf of the Alzheimer's Association, and meets at the Lafayette Public Library on the 4th Tuesday of the month, from 6 - 7:30PM.

No registration is required. For more information, contact the Alzheimer's Association 800-272-3900.

Fourth Tuesday of each month

Dates: April 24, May 22, June 26, July 24 and August 28
Time: 6-7:30PM

Location: Lafayette Library, 775 W. Baseline Road Downstairs Conference Room

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This program is offered in partnership with the Alzheimer's Association. For more information, visit www.alz.org/co or call 800-272-3900.

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-1	FREE	Thr	2-3:30PM	5/10



EFFECTIVE COMMUNICATION STRATEGIES FOR DEMENTIA CAREGIVERS

Learn to decode the verbal and behavioral messages delivered by someone with dementia. Identify strategies to help you connect and communicate at each stage of the disease. This program is offered in partnership with the Alzheimer's Association. For more information, visit www.alz.org/co or call 800-272-3900.

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-2	FREE	Thr	6-7:30PM	6/14

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others. This program is offered in partnership with the Alzheimer's Association. For more information, visit www.alz.org/co or call 800-272-3900.

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-3	FREE	Tue	10:30AM-12PM	7/17

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively. This program is offered in partnership with the Alzheimer's Association. www.alz.org/co

Free - Registration Required through Senior Services 303.661-1492.

Location: Lafayette Library, 775 W. Baseline Road

CODE	R/N	DAY	TIME	DATE
839800-4	FREE	Wed	6-7:30PM	8/8

SENIORS



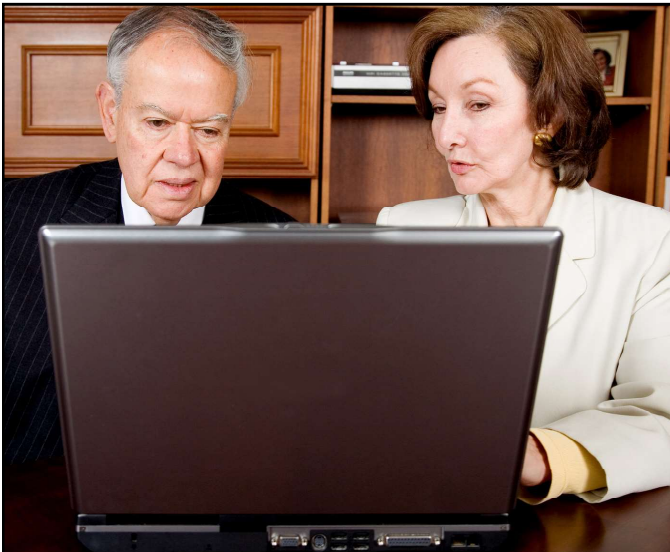
LIBRARY RESOURCE CLASSES

These weekly/monthly programs take place at the Lafayette Library, 775 W. Baseline Road

FREE LEGAL CLINIC:

A free legal clinic for parties who have no attorney will be featured each month at the Lafayette Public Library at 775 W. Baseline Road, in Lafayette. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation. Call 303-665-5200 or register online at www.cityoflafayette.com/library.

Dates/Time: 2nd FRI of each month, 3-4PM



CHARLAS Y CHATS

We alternate speaking English and Spanish to practice skills in both languages. Volunteers are available to play games with children nearby while adults enjoy a safe, supportive environment to practice listening and speaking. Sessions are drop in and no registration is required.

Hablamos en español y en inglés para que todos puedan practicar en la lengua que necesiten. Hay voluntarios muy cerca que juegan con sus niños mientras los adultos hablan y escuchan en un ambiente seguro y cómodo.

Dates/Time: WED 6:30-7:30PM

DEATH CAFÉ:

You are invited to come enjoy cake, coffee, community, and connections with conversation about death. More information can be found at <http://deathcafe.com/what/>. Sessions are drop in and no registration is required.

Dates/Time: 3rd THR each month, 6-7PM

LUNCH PROGRAM

COMMUNITY LUNCH PROGRAM
FOR OLDER ADULTS COAL CREEK
MEALS ON WHEELS

coal creek
Meals on Wheels

Location: Josephine Commons, 455 N. Burlington Ave.

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 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.

