



COLORADO SENIOR TIMES

1st Quarter 2010

Winter/Spring

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Spring is Coming

Not so fast. Remember the saying "March comes in like a lion"? March is the snowiest month in Denver, often with the biggest and most unexpected blizzards breaking our tree branches and freezing those little flower buds who have been tricked into a false hope of early sunshine and high temperatures! Since Colorado is a high desert and typically sees less moisture as a result, you'll find some winter skin tips on page 3 to remind you that indoor heat combined with our low humidity makes for very dry skin.

Also with winter comes extra home maintenance including shoveling

driveways and sidewalks. We do not recommend that this be done by yourself. Let us do the shoveling—we will even put down the ice melt on the sidewalks and the entry ways.

Colleen says, "Being Irish, March is my favorite month. It is the month of my mom's birthday as well as mine! I hope you dressed for 'wearing o' the green' on Wednesday March 17th. For those long days of winter, rent one of my movie suggestions and bring Spring indoors with a small bouquet of flowers. Place them on a table where you can enjoy them every day!"

Enjoy this newsletter. May you find the tips useful and the stories entertaining. Don't forget the second half of the old saying "...and goes out like a lamb".

"Women and cats will do as they please, men and dogs should relax and get used to the idea" Anonymous



There's no place like home

Where is the best place to live? In our own homes, of course.

Here are some important questions for you and your loved ones to ponder:

*Can the current home be maintained?

*Can pets be cared for properly?

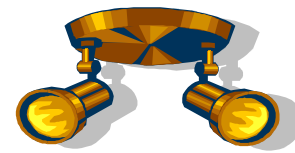
*Is it time to consider getting some help with grocery shopping, errands, meal preparation and medication reminders?

*Is the home suitable for some of the limitations that may come with growing older?

We all value the ability to live independently. Without a plan for aging in place, it can be hard to stay in control of your life and the ability to remain at home.

Please call Colleen at 303.475.2859 if you have any questions or would like to discuss a plan of care.

SENIOR SPOTLIGHT



Our cat, Moses is about 18 years old.

Convert that to human years and it would make him approximately 70 years old. That certainly earns him the right to be called a senior! He likes sleeping all day, bedtime snacks and his heating pad (for his aches and pains).

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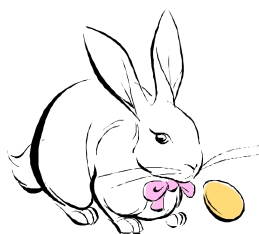
Stories
from our
Seniors

“I washed my hair once a week and when my friend called to ask me out, I told him I was washing my hair. He didn’t care, so I had pin curls with wet hair and a scarf around my head (we didn’t have hair dryers back then). He came to pick me up and I fell asleep during the movie. We’ve been married over 60 years!

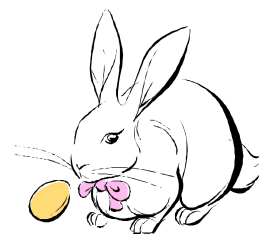
IRISH PROVERB

“It’s a bad thing not to have a story on the tip of your tongue.”

Can you find all the words that are hidden?



WORD SEARCH



Basket																				
Bunny																				
Candy	B	R	Z	E	A	S	T	E	R	F	B	D								
Chocolate	A	I	U	N	B	C	A	V	O	D	S	Y								
Color	S	G	Y	C	H	O	C	O	L	A	T	E								
Dye																				
Easter	K	E	R	A	N	L	A	G	L	S	R	B								
Egg	E	G	G	M	X	O	N	F	B	K	O	U								
Fun																				
Hunt	T	H	U	N	T	R	D	I	Y	D	B	E								
Roll	O	L	B	U	N	N	Y	T	F	U	N	A								

Aging in Place

According to Wikipedia (the free encyclopedia), aging in place is “the ability to live in one’s own home for as long as confidently and comfortably possible”. Our homes contain a lifetime of memories and those cherished objects that support our identity and delight our senses. It is also community, neighbors and daily rituals that promote our security.

Here are some suggestions to help you modify your home and support your “aging in place”:

- ◆ Maintain bright lighting in all areas
- ◆ Have non-slip flooring at main entry
- ◆ Have handrails beside all steps/stairs
- ◆ Have properly installed grab bars near bath, shower and toilet
- ◆ Have a telephone available in the bathroom

- ◆ Have a bathtub or shower seat
- ◆ Ensure that smoke detectors are installed and working properly—ask someone to replace the batteries twice a year (a good reminder is to check them when the time changes)
- ◆ Lever handles on doors are easier to operate than round handles
- ◆ Area rugs are a tripping hazard—do not use them
- ◆ Have a front loading washer & dryer

A Senior Companion can help with some home maintenance items such as:

Replacing heater filters, cleaning and filling humidifiers, checking and replacing batteries in smoke detectors and carbon monoxide detectors and sealing drafty doors and windows.

Fact or fiction? Flu Alert!

In 1919 when the flu killed 40 million people, there was a doctor who visited a very healthy farmer and his family. The doctor asked what the farmer was doing that was different. The farmer's wife replied that she had placed an unpeeled onion in a dish in the rooms of the home (probably only two rooms back then!). The doctor couldn't believe it and asked if he could have one of the onions to place it under his microscope. When he did this, he did not find the flu virus in the onion. It apparently had absorbed the bacteria, thereby keeping the family healthy!

The moral of the story is buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office or under your desk. An old wives' tale? Try it and see what happens. What have you got to lose?

Exercise Corner

A Senior Companion, LLC can personalize a home exercise program that is designed to fit your lifestyle. We will assist you or your loved one with this program or with another program that has been advised by a doctor.

How you start your day can set the tone for how the rest of it goes. Get moving first thing in the morning!

Sit on the edge of your bed with your feet flat on the floor. Inhale as you turn your head and slowly touch your right ear to your right shoulder—only go as far as it is comfortable to do so. Hold this position for a few seconds and exhale as you return your head to the center. You may not be able to touch your shoulder, but you should feel a wonderful, gentle stretch on the left side of your neck. Repeat this exercise for the opposite side.

While still seated, stretch your arms out in front of you, fingers up. Bend your hands up and toward you while keeping your arms still (almost like waving). Do this a few times, stretching your fingers further each time. While your arms are still stretched out in front of you, make and release a fist with both hands. Do this several times with both hands then again with each hand separately.

Stand up slowly and face toward the sun, take five deep breaths and exhale through your nose. Now greet your day with an open heart!

What's new at A Senior Companion?

Nobody wants to be in the hospital. We know it can be a very difficult time—for both the patient and the family. Did you know we offer hospital visits in our portfolio of services? As much as the family members would prefer to not leave their loved ones alone, sometimes

there are other things that simply must be attended to. Big things and small—taking time away from work, catching up on phone calls, keeping in touch with family members or simply stepping out to the cafeteria for a bite to eat. Please let us know if you or a loved one are ever in need of a service like this.

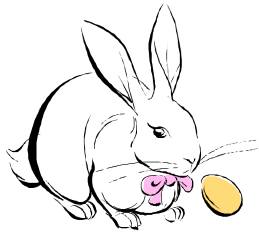
Skin Care Tips

Our cold weather and low humidity combine to make the indoor air in our homes very dry. This increases the risk for sinus problems, dry skin and the general feeling of being uncomfortable. Having a humidifier running is an inexpensive way to keep moisture in the air. Remember to fill it daily. Keep the humidifier in the room where you spend most of your time—and in your bedroom for overnight relief. Use a rich moisturizing cream on your hands and feet to prevent painful and potentially dangerous cracks in the skin.

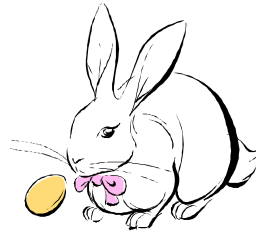
“You can't turn back the clock, but you can wind it up again”

Bonnie Prudden

WORD SEARCH SOLVED
How well did you do?



WORD SEARCH



B R Z E A S T E R F B D
A I U N B C A V O D S Y
S G Y C H O C O L A T E
K E R A N L A G L S R B
E G G M X O N F B K O U
T H U N T R D I Y D B E
O L B U N N Y T F U N A

Did you know that puzzles of any sort, are a fabulous way to keep the mind active? If you like numbers, try Sudoku. If you like words, crossword puzzles and word searches are great. Or open the dictionary every day and pick a new word to learn. For the hands and the mind, try puzzles that require either assembly or arrangement!

Colleen's Movie Picks

As people age, they become more isolated and that can lead to problems. It's important to find ways to keep them involved.

A good movie, popcorn and a beverage is one of the best ways to be entertained and forget about the stress of everyday life.

I have two recommendations on movies—*Murphy's Romance* and *Quiet Man*.

Murphy's Romance (1985)

stars James Garner and Sally Field. It is a wonderful old-fashioned romance movie that makes you happy.

Quiet Man (1952) stars John Wayne and Maureen O'Hara. This movie was shot on location in Ireland—need I say more?

Our companions are happy to bring these movies to you where they can be enjoyed in the comfort of home or they can accompany you to the theater to enjoy the latest feature movie of your choice.

Please call Colleen at 303.475.2859 to find out more about our personally designed "social packages"



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