

National Assisted Living Week

This year, National Assisted Living Week, September 7 – 13, celebrates the theme Filling Life with Love. This focus reflects the daily involvement of caregivers, family members, and volunteers who together build a high quality of care and quality of life for residents in assisted living.

National Assisted Living Week is a good time to remind ourselves of what can be done to find this level of care in a facility that accepts low income residents. In this situation, the search for a nursing home can be tough. Waitlists are long and spots at in-demand facilities go quickly.

But there are things to do to make it easier. If you begin your search as early as possible – earlier than you think you'll be needing help – you have more time to do research, ask questions and identify

locations that suit your needs. And don't be afraid of waitlists. If you get on them early you have more time to wait for an open spot in a residence you like the most.

Not only is it possible to find an assisted living facility that accepts low income residents, in the future it is likely to become more necessary. Recent increases in the cost of living and the current housing crisis are hitting seniors hard and making it more difficult than ever to save for retirement.

This year's celebration provides a good opportunity to remember that every individual deserves the opportunity to receive high quality assisted living care regardless of income. And that though this search is tough – it is possible. If you need help please call Senior Housing Options Community Relations at 303-5095-4464 x 14.

ARE YOU FRUSTRATED WITH YOUR COMPUTER?

- IS YOUR COMPUTER RUNNING SLOW AND THINGS JUST DON'T SEEM RIGHT?
- DO YOU HAVE PROGRAMS YOU WOULD LIKE TO LEARN?
- DO YOU NEED BASIC SKILLS ON EMAIL, INTERNET SURFING AND MAINTANANCE?
- WOULD YOU LIKE TO LEARN MORE ABOUT ALL YOUR COMPUTER CAN DO FOR YOU?

DON'T CALL A NERD AND GET OVERCHARGED... CALL ME
I CAN TEACH YOU ON YOUR OWN COMPUTER AT YOUR CONVENIENCE.
Call Joan at 303-548-8977, No hidden fees, \$15.00 trip charge, \$25.00 an hr.

Castle Rock Senior Center

Potluck & Baby Bingo

Sept 2, 2 pm. \$.05/card. Al Martin brings his "schtick" from New York.

Baby Shower

Sept 3, 2 pm, Bring baby items. To support Denver Health.

Magical Mystery Trip

Sept 5, 10 am \$10/\$13 non-members. Moved to the 1st Fri. in Sept.

Casino Trip

Cripple Creek. Sept 9, 8am \$15/\$19 non-members. The fall color trip, includes gambling at Wildwood Casino.

Hiking Group

Manitou Springs. Sept 10, 7:30 am \$10/\$13 non-members. This hike should be spectacular with fall colors. Lunch after (*cost not included*).

Polish Poker

Sept 10, 1 pm, \$1/\$2 non-members. Bring pennies & your funny bone.

Out to Dinner

Olive Garden, Littleton. Sept 10, 4:30 pm. \$6/\$8 non-member.

Colorado Rockies Baseball

Sept 12, 3 pm. \$24 without/\$30 with transportation. Tailgate party at the Center before an evening game.

& dessert.

Potluck

Sept 22, Noon \$3+Dish/\$8 without a dish. Bring a side dish to serve si
Main dish provided.

Out to Dinner

Claim Jumper, Englewood. Sept 25 pm \$6/\$8 non-members.

Lunch & Learn

Sept 24, 11:30am \$6/\$8 non-members. Fighting Colds & Flu Natural

Chuckwagon at Four Mile Park

Denver. Sept 27, 10am \$16/\$1 non-members. The park surrounds the oldest house in Denver. A camp fire lunch, lots of walking.

Line Dancing

Sept 3, 10, 17, & 24 1:30 pm \$2/\$ non-member. Raquel teaches th popular line dances.

Ball Room Dance Lessons

Sept 3, 10, 17 & 24 2:30 pm \$5/\$ non-member. \$5/class."\$20/\$24 4 weeks.

VOA Lunches

A nice meal on Tues & Thur, for suggested donation of \$2.50! Than Arlene and her crew of fine volun