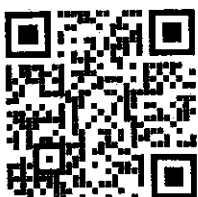


**FREE! TAKE ONE!**

**BOULDER COUNTY**

**50+ ADULTS**

# 50+ TAKE ONE!



Smart Phone  
Access

CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

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## Volunteer Tour Guides Needed

Do you love history? Do you enjoy talking to people? Then Boulder County Parks and Open Space needs your help! We are now accepting applications for volunteer tour guides at the Agricultural Heritage Center at the Lohr/McIntosh Farm in Longmont. The Agricultural Heritage Center is a 265-acre site that includes both a museum and a working farm lease.

Volunteers teach visitors about life on a Front Range farm between 1900 and 1925, a period of transition from the Victorian to the Modern Era. Tours at the center introduce

# How to Choose an Assisted Living Residence

By Debbie Setlock, Cinnamon Park Assisted Living Residence, Longmont, CO.

Situations and signs may indicate it's time to consider alternative living arrangements. A loved one might be struggling to carry on important activities of daily living without adequate safety and support. This article is designed to help the consumer choose the most appropriate setting to meet your or your loved ones needs. It will be one of the most important decisions you will ever have to make. Be prepared to ask questions!

**Where to Find a List of Assisted Living Residences.** Contact the Colorado Long Term Care Ombudsman Program for this region at 303-441-3570 or the State Ombudsman Office at 1-800-288-1376. An ombudsman is an advocate for assisted living residents and a resource for consumers. This person can provide free information on assisted living residences in their region.

**What to Look for at Facility Tour.** The community should be willing to show you around any time. Consider the location of the residence and involvement in the residence provide a more meaningful and quality experience for you and your family members and staff.

- Provider Agreement, Policies, License, Certification: You can view inspection results, Check on the health department's web site, below.
- Space/Atmosphere
- Safety/Personal Services
- Care Plans/Staff
- It should be a resident-centered.
- Friendly Staff/Meals
- Socialization/Privacy
- Cost: Strike a delicate balance between affordability, price and value.

- Consider the location of the residence and involvement in the residence provide a more meaningful and quality experience for you and your family members.
- Talk to residents and staff.
- Ask to take home copies of the admission packet and house rules.
- Take the time to review the materials and ask lots of questions. Making the decision to place a loved one in a facility can be difficult. These are a few things to consider when evaluating a community. For a complete checklist visit the State Website below.

**Keep these tips in mind:**

- Trust your initial feelings and reactions.
- Try not to make a hasty decision. There are many homes from which

around the complex including granaries, a silo, a milk house, an outhouse, a smokehouse, a garage, a chicken house, corral, pig and sheep pens, a working blacksmith shop, and a 1909 farmhouse. There are also two large barns on site; one is filled with interactive exhibits designed for elementary-aged children.

The site also includes a 4-acre fenced field where horse and tractor-drawn farming is

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Source: <http://www.cdphe.state.co.us/bf/brochure/howtoselectALL.htm>