

Subject: DC Seniors' Council First Friday Update - July 2022



First Friday Update July 2022

July 7th Seniors' Council Meeting

This month finds us in the unusual situation when the First Friday Update goes out before our monthly meeting. Therefore, this is a gentle reminder that our July meeting is scheduled for next **Thursday, July 7th from 10 to 11:30 a.m.** at the **Oakwood Senior Apartments, 559 Oakwood Dr. in Castle Rock.** Our presentation entitled **Get to Know the Colorado Talking Book Library and the Audio Information Network** will help us learn how people who are visually challenged can receive recorded books, the news, newsletters and much more from these two valuable local resources.

Grant Assistance for Veterans

Great news for our veterans and their families! The Douglas County Veterans Service Office recently received a \$10,000 grant to replenish its Veterans Emergency Assistance Program for 2022. Beginning today, July 1, veterans may apply to receive assistance with housing, food, transportation, employment, mental health care or other urgent concerns. To apply for grant funds, please visit <https://www.douglas.co.us/veterans-service-office/emergency-assistance-funds/learn> or call 303-663-6200 or email Veterans_Services@douglas.co.us.

Seniors' Council Seeks a Secretary

The Seniors' Council is looking to fill our Secretary position as soon as possible. This person would be responsible to attend our meetings and take concise notes in order to create our meeting minutes, which are posted on the website. Additionally, the Secretary plays an important role as part of our leadership team and is required to attend our two-hour monthly virtual Executive Committee meeting which is held the 3rd Thursday of each month from 1 to 3 p.m. If you would like to join our team, contact Gretchen at gkl4829@aol.com.

We invite you to share this update with others who might be interested!

Stay healthy, stay connected

Gretchen Lopez, Chair

Stay Happier and Healthier by Volunteering

Volunteering is a great way to meet new friends and fulfill a sense of purpose as you support an organization or cause you feel is important in your community. Studies have shown that those who volunteer tend to be healthier and happier than their peers who do not share their time and talents. We will hear from a panel of speakers representing several local organizations that offer rewarding volunteer opportunities for older adults. Join us on **Thursday, August 4th from 10 to 11:30 a.m.** in the **West Douglas County Fire Station (Sedalia Fire Station) Training Room, 4037 Platte Ave. in Sedalia** to learn more. (Parking is limited so come early!)

Strive to Thrive Event

July 26th from 4 to 6 p.m. at Southeast Christian Church (SECOR), 9650 Jordan Rd. in Parker

Strive to Thrive is a bi-annual event hosted by the Community of Care Network to offer a one-stop-shop resource and service fair for those in need in Douglas County. Older adults, families who are struggling, including grandparents who are raising grandchildren, can pick up back-to-school items, receive haircuts, learn about food and nutrition assistance programs and more. Free transportation is available by contacting Manna Resource Center at 720-515-8814 by July 25 at 5 p.m. If you have questions regarding this event, please contact Luke Thornton at 303-660-7460.

WeCareAdvisor Research Study

The WeCareAdvisor research study is funded by the National Institute on Aging and is a survey for caregivers who work with clients who have dementia. The purpose of the study is to evaluate whether use of an online tool, the WeCareAdvisor, reduces caregivers' stress and strengthens their confidence in managing dementia-related behavioral and psychological symptoms. Participants will be interviewed several times over the course of six months to determine the effectiveness of the WeCareAdvisor tool. Upon completion of each interview, caregivers will receive a \$15 Amazon gift card, up to \$60. There is no cost to the participant who will benefit from learning helpful techniques as caregivers. In addition, information and data contributes to meaningful research aimed at improving the lives of those living with dementia and their caregivers. For more information or to enroll in the study visit <https://wecareadvisorstudy.com> or call 267-359-1111.

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