

THE SENIOR CONNECTION

January/February 2019 Issue

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NEXT COALITION MEETINGS

**January 15th
at 9:30am
Fairplay Town
Hall**

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**February 19th
at 9:30am
Fairplay Town
Hall**

Monthly Awareness:

January is
Glaucoma
awareness month
February is
American Heart
month

February 2nd
is



Will spring come
early?

What Is Glaucoma?

Glaucoma is a disease that damages your eye's **optic nerve**. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, Glaucoma is a leading cause of blindness for people over 60 years old. But blindness from glaucoma can often be prevented with early treatment.

Types of glaucoma

There are two major types of glaucoma.

- **Primary open-angle glaucoma**

This is the most common type of glaucoma. It happens gradually, where the eye does not drain fluid as well as it should (like a clogged drain). As a result, eye pressure builds and starts to damage the optic nerve. This type of glaucoma is painless and causes no vision changes at first.

Some people can have optic nerves that are sensitive to normal eye pressure. This means their risk of getting glaucoma is higher than normal. Regular eye exams are important to find early signs of damage to their optic nerve

- **Angle-closure glaucoma (also called “closed-angle glaucoma” or “narrow-angle glaucoma”)**

This type happens when someone's **iris** is very close to the **drainage angle** in their eye. The iris can end up blocking the drainage angle. You can think of it like a piece of paper sliding over a sink drain. When the drainage angle gets completely blocked, eye pressure rises very quickly. This is called an **acute attack**. It is a true eye emergency, and you should call your ophthalmologist right away or you might go blind.

Here are the signs of an acute angle-closure glaucoma attack:

Your vision is suddenly blurry

You have severe eye pain

You have a headache

You feel sick to your stomach (nausea)

You throw up (vomit)

You see rainbow-colored rings or halos around lights

Many people with angle-closure glaucoma develop it slowly. This is called chronic angle-closure glaucoma. There are no symptoms at first, so they don't know they have it until the damage is severe or they have an attack.

Angle-closure glaucoma can cause blindness if not treated right away.

American Academy of Ophthalmology

“Most importantly...If you believe in yourself, and strive to maintain that belief anything can happen.”
Jim Bishop Castle

Park County Senior Coalition
Holiday Closings:

January 1st- Happy New Year
January 21st- Martin Luther King
February 18th- Presidents Day

AMD/LOW VISION AWARENESS

Age-related Macular Degeneration (AMD) is a disorder that affects the macula, the center region of the retina. It can cause blurriness and wavy vision in the center of the eye. AMD affects close to 2 million Americans age 50 and over. For more information, the Prevent Blindness Organization at 800-331-2020 or go to www.preventblindness.org

Fabulous 3 Cherry Pie Recipe

Ingredients

1 can (14.5 oz.) pitted tart red [cherries](#), drained
1 can (15 oz.) pitted dark sweet [cherries](#), drained
1 bag (12 oz.) frozen dark sweet [cherries](#), well-thawed and drained
1 can (21oz) cherry pie filling
1 can (12 oz.) raspberry cake & pastry filling
1/2 tsp pure [almond extract](#)
2 pie crusts

Directions

Allow the frozen cherries to thaw, come to room temperature, then drain them
Preheat your oven to the right temperature for the type of crusts you're using
Drain the dark sweet, tart and frozen cherries very well - you don't want any unnecessary or extra liquid in this filling
Because we are adding 'loose' cherries to a premade filling, we need to thicken the filling. Using a flexible spatula, press the raspberry cake & pastry filling through a china ca You want to reduce the seed content to almost zero. Reserve the cleaned raspberry sauce and discard the seeds
Combine the cherries, cherry pie filling and raspberry sauce in a large bowl
Measure in the almond extract and combine
Fill your pie shell and place the top crust and bake
Eatcookshare.com: Amos Miller



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PARK COUNTY SCHEDULED TRIPS



January

Thursday 1/3 Silverthorne, Keystone Lodge & Spa, Frisco
Lunch in Silverthorne, Chocolate Village
This handcrafted holiday tradition features 7,000 pounds of chocolate carved into a miniature alpine village, complete with a working chocolate gondola, cascading chocolate waterfall, and 6-foot white chocolate Christmas tree (and of course, chocolate presents!). Followed by a stop at the Frisco Walmart. Free Admission.

Departure: 11:00 am Fairplay
Return: 5:00 pm Fairplay

Tuesday 1/22 Denver
National Western Stock Show, is the premier livestock, rodeo, and horse show in the nation, serving agricultural producers and consumers throughout the world. Meals available in the National Western Complex or you can bring your own. While here you can visit the animals, exhibits, watch auctions and shop the vendors. Tickets for the grounds admission are available from King Soopers or City Market or on line through the National Western website, nationalwestern.com. Dinner at Wendy's in Conifer on the way back.

Departure: 9:30 am Fairplay
10:15 am Shawnee
Return: 6:00 pm Fairplay

**CALL NOW TO
RESERVE
YOUR SEAT
719-836-4295**

February

Thursday 2/14 Denver
Colorado Garden & Home Show, discover the Rocky Mountain region's oldest, largest and most prestigious garden and home show – where you can find inspiration from the latest ideas and trends in landscaping, gardening and home improvement. Enjoy the multitude of fragrances as you stroll through more than an acre of professionally landscaped gardens – 11 in all. \$12 Adults, \$10 Seniors, it's 2 for 1 admission this day. Followed by dinner at Village Inn.

Departure: Noon Fairplay
12:45 pm Shawnee
Return: 7:00 pm Fairplay

Thursday 2/28 Colorado Springs
Penrose Heritage Museum, the Penrose Heritage Museum's extensive collection contains 31 horse-drawn carriages and 13 motorized vehicles, including three Pikes Peak Auto Hill Climb race cars (circa 1920s), Mrs. Penrose's 1928 Cadillac limousine, and a 1906 Renault. The Penrose Heritage Museum introduces The Pikes Peak Hill Climb Museum featuring 4,000 sq. ft. of artifacts and memorabilia from the history of The Broadmoor's Pikes Peak International Hill Climb. Admission is free. Followed by dinner at the Mason Jar Restaurant in Old Colorado City.

Departure: 12:30 pm Fairplay
1:00 pm Hartsel
1:30 pm Lake George
Return: 7:30 pm Fairplay

Non-senior guest 18 or over are welcome for a fee. RT fee is \$20.40 with \$27.00 without RSVP.

Suggested Donations for seniors 60+ is \$5.00 per one-way trip.

Programs are made possible through Federal and state funded grants, donations and fundraisers. Special thanks to Pikes Pike Area Agency on Aging (PPAAA) for governing our Older American, Older Coloradoan, and Title IIIB grants. This program allows continuity in our programs and services.

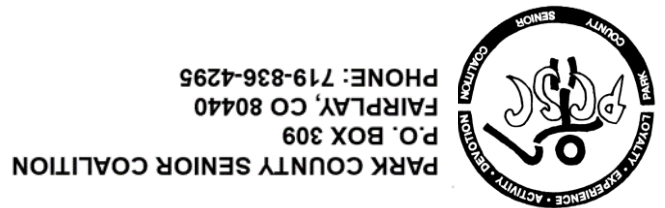
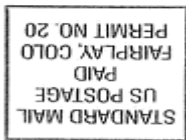
Thanks also to those who donate their time, funds, and services to help the Park County Senior Coalition remain a strong presence in our communities.

Your additional contributions can help us expand these services. We received our non-profit 501c3 status in 1984.

**PLEASE NOTE: ALL TIMES ARE APPROXIMATE
Trips are subject to cancellation due to weather and driver availability**

**CONTACT THE COALITION OFFICE FOR TIMES
AND PICK-UP LOCATIONS!**
CALL 719-836-4295

SERVING PARK COUNTY SENIORS SINCE 1977



“Never ask anyone over 70 how they feel. They’ll tell you.” George H. W. Bush

JANUARY CALENDAR

- 1st ~ New Year
- 5th ~ Intro to Ice Fishing Pine Valley Ranch Park 9:00 am to 1:00 pm, 30400 Crystal Lake Rd Pine 80470
- 19th ~ National Popcorn Day
- 21st ~ Martin Luther King Day
- 21st – 30th ~ Breckenridge International Snow Sculpture Championships, River Walk Center



FEBRUARY CALENDAR

- 9th ~ National Pizza Day
- 14th ~ Valentine’s Day
- 18th ~ President’s Day
- 20th ~ National Cherry Pie Day
- 23rd ~ 285 Winterfest in Conifer, 10:00am -4:00 pm



ONGOING EVENTS

- 1st Sunday of the month** ~ VFW Breakfast in Shawnee Community Center, 57 CR 64, Shawnee, 7:00-11:30 AM, \$9, \$5 for children under 12.
- 2nd & 4th Thursday of the month** ~ Alma Foundation Bingo 7pm. Pre- bingo potluck dinner 6pm 59 Buckskin St, Alma. 836-2712
- 2nd Friday of the month** ~ Silverset Lunch, Noon, Shawnee Community Center, 57 CR 64, Shawnee, \$7/member, \$8/non-member
- Third Saturday of the month** ~ Como Bingo 7pm Dinner 6pm \$5, Como Civic Center 303-807-4273
- 3rd Sunday of the month** ~ All you can eat breakfast, American Legion Hall, 601 Clark Street, in Fairplay, 8am – Noon \$12, \$6 under 12/Free under 5. 719-836-2720