

Have you ever experienced a Senior Moment?

Senior moments, such as misplacing your keys or walking into a room then forgetting the reason for entering can lead many people to worry. But a new study suggests that noticing memory lapses is actually a good thing.

Our fast-paced society increases the chances of having senior moments. Multitasking makes it harder to retain facts, because we are not giving one piece of information our undivided attention. Also, the fatigue and stress that many of us experience because we are overworked, reduces our ability to concentrate and pay attention to details. Take a moment and ponder some tips to reduce those senior moments:

- ♥ Do one thing at a time.
- ♥ Notice how things look, smell, taste, and feel, as well as what is happening, in order to remember something in multiple ways.
- ♥ Replay memories in your mind to reinforce them.
- ♥ Get enough sleep.
- ♥ Learn stress management techniques.
- ♥ Reduce mental clutter by using calendars, lists and gadgets such as personal digital assistants (PDAs) or the notes application on your phone.
- ♥ Try using memory tricks (mnemonics)

Now Recruiting Volunteers!

Participant Orientation
Thursday, June 15, 2017 5:30-8 PM
Specialized Training
Saturday, June 17, 2017 9AM-1 PM

Participant Orientation
Tuesday, September 5, 2017 1 PM-4 PM
Specialized Training
Wednesday, September 6, 2017 1 PM-4 PM

Light meals will be served.
512 N. Broadway, Cortez, CO 81321
970-565-4400

WHY VOLUNTEER?

- *Give back to the community.
- *To become more comfortable with the circle of life.
- *Help make informed personal care choices.
- *Develop new skills and refine old ones.



Value of Reminiscing!

♥Now I am in my eighties, and I have known the joys and sorrows of a full life. Age, however, has its privileges. One is to reminisce, and another is to reminisce selectively. ~Rose Kennedy

♥Perhaps the echoes of people we once loved still linger in the places we frequented with them and that is why we go back... Not so much to remember them as to feel them... ~Ranata Suzuki

City Market Community Rewards makes fund-raising easy...all you have to do is shop at City Market and swipe your Value Card!

Update your City Market Value Card annually and your favorite nonprofit will receive donations at no cost to the consumer. To update your card log into: www.citymarketcommunityrewards.com

When you shop at AmazonSmile, Amazon donates 0.5% of the purchase price to Hospice of Montezuma Inc. Bookmark the link: <http://smile.amazon.com/ch/84-1132186> and support us every time you shop.



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Established in 1989, Hospice of Montezuma, Inc., is certified by Medicare and Medicaid and is a member of the Colorado Center for Hospice & Palliative Care Organization. Hospice of Montezuma, Inc. is a 501 (c)(3) nonprofit corporation. Donations are tax deductible to the extent provided by law. Services are rendered without regard to ancestry, religion, gender, age, physical or mental disabilities or sexual orientation.

Hospice of Montezuma, Inc.
512 N. Broadway
PO Drawer 740
Cortez, CO 81321
Phone: 970-565-4400
Fax: 970-565-9543

office@hospiceofmontezuma.org
www.hospiceofmontezuma.org

18 Hole Scramble
5 Person Teams (must have 1 lady)
Green Fees & Cart Extra
Registration 11:00 AM
Lunch 12:00 Noon
Shotgun Start 1:00 PM
16th Annual Golf Tournament
Saturday * May 13, 2017
Conquistador Golf Course
Cortez, CO
Call 970-565-9208 to reserve your spot

Caregiver Lunch & Learn Events
♥ May 16, 2017 11:30-1:30 PM
o Physical Aspects of Caregiving
♥ August 15, 2017 11:30-1:30 PM
Caregiver Forum
♥ November 7, 2017
RSVP to the
Montezuma County Senior Services - 970-564-2772 or
Dolores County Senior Services-970-562-4626

March 25-Cortez Health Fair 7-11:30 AM
Cortez Recreational Center
425 Roger Smith Avenue, Cortez
April 1- Dove Creek Health Fair 7-11 AM
Dove Creek High School
525 Main Street, Dove Creek
April 8- Mancos Health Fair-7-11:30 AM
Mancos Valley Junior High
395 Grand Avenue, Mancos



Child Passenger Safety Technician (CPST) Certification Training

This 4-day certification course consists of 3 days of classroom instruction, indoor and outdoor hands-on activities, written quizzes, and skills assessments with car seats and vehicles. Day 4 consists of participation in an actual car seat check-up event in the community.

Class Information
April 26-29, 2017
8 AM – 5 PM
at
Hospice of Montezuma
512 N. Broadway
Cortez, CO 81321

More information on becoming a CPST can be found at cert.safekids.org

There is an \$85 certification fee payable to Safe Kids upon registering for this course. However, scholarships are available.

Contact
Angel Giffin
Child Passenger Safety Training Coordinator
Colorado State Patrol
303-239-4468 (office)
720-376-1391 (cell)

Carseatcolorado.com