Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

September 2013

IN NEED OF HOME HEALTH CARE EQUIPMENT?

Are you or a loved one in need of a wheelchair, a walker or some other home health care equipment? You're in luck, the Metro District will loan you a piece of home health care equipment for free! Just stop by the office and fill out a short form, or for more information, please call the office at 303-307-3240.

HOLIDAY CLOSURE

The Metro District and HOA offices will be closed on September 2nd in observance of Labor Day

Get Off Your Buns
18650 East 45th Avenue
Denver, CO 80249

ACTIVE ADULT TRIP: SENIOR LAW DAY

By Fenna Tanner, GVR resident

Our trip the end of July, took us to the very informative *Senior Law Day*. This was a great opportunity to learn more about the updated laws on all kinds of subjects concerning the elderly and aging. When we registered, we received a bag with the 2013 Senior Law Book edition and a schedule with the seminars one could choose to attend. In the bag were also several handouts. There were many booths set up from the Colorado DA on fraud, AARP, VA, medical supplies, too many to mention. All of them had handouts and were more than willing to answer any questions you might have had. In addition, they were even willing to make appointments to follow up on issues you would like to address on a more personal basis.

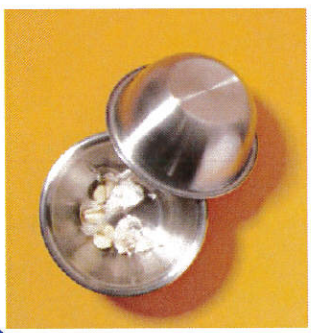
Before the seminars started, we could enjoy a cup of coffee or tea and some muffins, doughnuts etc. This gave us time to go over the schedule and pick out the seminars we would like to attend. It was difficult to have to make a choice to attend which seminar because there were so many informative sessions. The seminars I attended were excellent. Most seminars were given by lawyers specializing in the subject they were presenting. There was the possibility to ask questions and after the presentation, you could ask questions in person. The morning flew by and before you knew it, it was time to for the nine of us, including our driver, La Vetta, to get on the bus and head back to Green Valley Ranch.

If you missed this great opportunity to learn more about new laws for the elderly, estate planning, Medicare/Medicaid etc. I have the 2013 Senior Law Book, so feel free to contact me and I shall do my best to get an answer. Just contact me via the Metro District and I am sure I shall receive your questions.

Thank you, GVR Metro District for another great instructive opportunity to learn more about subjects we all need to know very much about.

You can also request a hard copy of the Senior Law Handbook from 9News via email. Please be sure to include your name and mailing address. Send your email to **John Allen** *at* john.allen@9news.com

Life made easier, everyday!



Bowl as Garlic Peeler

Peel garlic. Place cloves in a bowl, cover with another bowl to form a sphere, and shake. The peels will flake off.

DID YOU KNOW?

Women's hearts tend to beat faster than men's. A woman's averages 78 beats per minute while a man's averages 70 beats per minute.

SkyDrive - Cloud Computing – say what????

By Wanda Woods, Computer Instructor, Green Valley Ranch Metropolitan District

We all know how computer technology is ever changing. As a computer instructor, it's important that I stay on top of the changes, and sometimes that can be a job in itself. Possibly by now you have heard the term "cloud" computing. It is the latest and greatest buzz these days. If you haven't heard of it yet, you will. Notice it in commercials. Look out for it when you see the next Century Link commercial, although its business Cloud, it's still the same concept.

So if you're not sure what it is, let me give a little explanation. When you store data on, or run programs from the hard drive, that's called local storage and computing. In simple terms, Cloud storage and computing means that you are storing and accessing data and programs over the Internet instead of your computer's hard drive. The Cloud is just a figure of speech for the Internet.

There are advantages and disadvantages to most everything, but the biggest advantage of Cloud computing is you are able to backup your files to the Cloud, and access it from anywhere as long you have an internet connection. You wouldn't need to find a thumb drive to save your files to it in order to access it later from somewhere else. One disadvantage to the Cloud is you ***need*** an internet connection in order to access your files. If you are on a remote sandy beach in Mexico, and you need access to a file on the Cloud, you may not have internet to access it. However, for the most part, the Cloud is a very useful tool.

SkyDrive is the "cloud" online backup and data storage software by Microsoft. The SkyDrive app can be installed on mobile devices including your phone or ipad. Although, you don't need the app to use Skydrive, you can access it directly from the Internet anywhere in the world. All you need is a Microsoft account. If you don't have one, you can set one up at skydrive.com. If you have a Windows 8 computer, The SkyDrive app is already installed.

SAVE THE DATE: The next ***Free*** Computer Class Seminar will be held on ***Saturday, October 12*** from ***9:00a-11:30a*** at the **Green Valley Ranch Metropolitan District**. We will be discussing how to use SkyDrive. Bring your laptop if you have one, and we will go through the steps of setting up SkyDrive on your computer. You don't need Windows 8 on your machine; it will work with Windows 7 also. Registration for the seminar will begin on **October 1, 2013**. Contact LaVetta Murray, 303-307-3243 to register. Classes will fill quickly, so don't miss out!

COMING SOON

- **September 7th: Disc Golf Tournament at 42nd & Lisbon Park. Come out and watch some of the best disc golf players in the state! Bring along your relatives and neighbors! Learn how to play disc golf.**
- **We are always looking to develop opportunities that people want in GVR - please tell us what you want to participate in… 303-307-3243.**

Can I Get Help?

Article provided by BenefitsCheckUp

It's easy to find out if you can get help with BenefitsCheckUp. Answer some questions online to find benefit programs that can help you pay for medications, health care, food, utilities and more.

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may be able to get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with: Medications, Food, Utilities, Legal, Health care, Housing, In-home services, Taxes, Transportation, Employment Training.

Please go to www.BenefitsCheckUp.org for this free service.

More about the National Council on Aging

NCOA's mission is to improve the lives of millions of older adults, especially those who are vulnerable and disadvantaged. NCOA is a national voice for older Americans and the community organizations that serve them. The organization brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. For more information, please go to their website at www.ncoa.org.

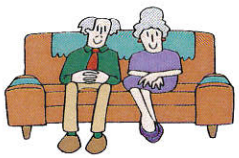
*Resources

General Contractors:
Handyman Matters, 303-722-7846
HPS- Home & Property Services, 303-698-9999
Incepector Handyman, 303-750-1234
Willow Creek Contractors, 303-216-2868

Painters:
CJ Painting, 303-903-0111
Shaker Painting, 303-981-0061
Stellar Painting, 720-981-7827

Roofing Contractors:
Alpha Roofing, 303-396-7287
Alpine Roofing, 303-295-7769
Leak Arresters, 303 800-0736
Western Roofing, 303-279-4141

***Resource list from GVR HOA website!**



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	*2 The District & HOA offices will be CLOSED for Labor Day*	*3* Large item pickup week. Please go to www.denvergov.org/TrashandRecycling/PickupSchedules/YourPickupSchedule/tabid/440897/ Default.aspx for your collection day.	*4*			**7 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)** GVR Disc Golf Tournament - 10am @42nd & Lisbon Park HOA Annual Mtg. -11:30am @ GVR Rec Ctr (4891 Argonne)
8 ***Lunch Bunch for Seniors/ Active Adults- brunch at Mt. Vernon Country Club departs 10:00 am @ Ad Bldg***	*9*	*10*	*11*	*12*	*13*	*14* Community Garden End of the Year BBQ & Potluck - 11:oo am @ Community Garden
15	*16* Computer Class: Word- Level 1-Part 1- 6 pm-8 pm @ Ad Bldg	*17* Computer Class: Word- Level 1-Part 2- 6 pm-8 pm @ Ad Bldg	*18*	*19* Computer Class: Word- Level 1-Part 3- 6 pm-8 pm @ Ad Bldg	*20*	*21* Computer Class: Basic Computer Concepts-9 am-1 pm @ Ad Bldg
22	*23* Computer Class: Excel Level 1– Part 1-6 pm-8 pm @ Ad Bldg	*24* Computer Class: Excel Level 1– Part 2-6 pm-8 pm @ Ad Bldg	*25*	*26* Computer Class: Excel Level 1– Part 3-6 pm-8 pm @ Ad Bldg	*27*	28 Computer Class: Windows 7– Part 1-9 am-1 pm @ Ad Bldg
29	*30*					

Keep an eye on this website
www.gvrmetrodistrict.com/GetOffYourBuns

**Ad Building is located at 18650 E. 45th Avenue*

Disclaimer: Trip dates & times subject to change. Please call the office (303-307-3240) to confirm.

Lunch Bunch

September 8:

Brunch at
"Mt. Vernon Country Club "

Departs at 10:00 am from the GVR Metro District office (18650 E. 45th Ave.)

$26.00 per person

Day Trips

Oct. 19th

Shelby American Museum

(Boulder)

Departing at 10am

$8.00 per person

Departs from the GVR Metro District office. Times vary depending on the trip. Please call La Vetta Murray at 303-307-3243 or 720-641-4801 for more information.

Need help with Basic Computer Concepts, Word, PowerPoint or Outlook? These are just a few of the computer classes that are now offered through the GVR Metro District. Call 303-307-3243 ***Senior pricing starting at $35.00.***