



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

## July 2013



*Be sure to check out the following website [www.gvrmetrodistrict.com/GetOffYourBuns](http://www.gvrmetrodistrict.com/GetOffYourBuns) for new day trips, up to date departure times, and other valuable 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.



# Senior Service Organizations

## 9News Senior Source

(303-871-1452)

Thanks to the Rose Community Foundation, Colorado Health Foundation, and Centers for Medicare and Medicaid Services, Senior Source has been designed in partnership with 9NEWS, the Colorado Department of Human Services and the DRCOG Area Agency on Aging to offer education and resources about issues of greatest interest to older adults. Senior Source provides information on various topics on 9NEWS.

## DRCOG Area Agency on Aging

1290 Broadway #700, Denver (303-455-1000)

Provides information and assistance to older adults, families and service providers with community resource specialists, Network of Care which is a comprehensive community-based web site, counseling to empower individuals to make informed choices about long term care in the home and institutional settings. The long-term care ombudsman program provides advocacy, complaint investigations and education for the nursing home and assisted living residents.

## Senior Solutions of Colorado

2000 S Colorado Blvd #200, Denver (720-295-6263)

Senior Solutions of Colorado is a free service for 50+ and their families to find people who understand and love to work with seniors and their families. SSC has teamed together a host of senior specialists to provide a one-stop shop to help you with information on every topic from dental needs to insurance; real estate to travel; legal work to nutrition; spring gardening to housing options to end of life options.

**Life made easier,  
everyday!**



### **Bowl as Garlic Peeler:**

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

**DID YOU KNOW?**

**Apples are more effective at waking you up in the morning than coffee.  
Have you had your apple today?**



# Computer Corner

## Basic Jargon

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

I'm asked all the time about the meaning of different terminology or jargon that is used out there when talking about computers. So for the first "Get Off Your Buns" computer article, I thought I would start with a few of the basics. I bet you will be surprised at some of the definitions. After you read them, you will probably say...."is that all that is?"

### Hardware –

any parts of the computer that you can touch (the hard parts), for example the monitor, keyboard, mouse, speakers, all the components on the inside, etc.

### Software –

are the programs or applications (the terms "software", "programs" and "applications" are used interchangeably) that will help you do something like write a letter (Microsoft Word), browse the Internet (Internet Explorer), edit a photo (Photoshop), create a spreadsheet (Excel), do a presentation (PowerPoint), or create a database (Access). The names of some of the software are in parenthesis.

Regarding your smart phone, when you hear folks ask..."is there an app for that", they are referring to software. When an "app" is installed on your phone, you are installing software. The term "app" is short for application.

### Operating System –

the software which helps the computer do something. It's the software that has to be on your computer, before any other software can be there. It's the "liaison" for the computer. It helps the hardware and software work together. For example, when you double click on an "**icon**" by using the mouse, or if you tap on an "**icon**" on a touch screen or monitor, the operating system knows that you used the mouse (hardware) to click or tapped on the icon (software) to open it. An *icon* is a graphic image, a small picture or object that represents a file, program, web page, or command.

Most popular operating systems for a **PC** are Windows XP, Windows Vista, or Windows 7 and 8 (Microsoft products), and for a **Mac** it's OS X (pronounced OS 10) and iOS (Apple products). The OS stands for "operating system". Bill Gates is the co-founder of Microsoft and the late Steve Job is co-founder of Apple, Inc.

**PC** stands for personal computer which is made by manufacturers such as Dell, Gateway, Acer, and Hewlett Packard (HP). **Mac** (short for Macintosh) is also a personal computer made by Apple. Apple is also the brain child behind all the popular "i" products such as ipod, ipad, iphone, and itunes.

### Download vs. Upload –

Download is anytime you transfer a **file** from the Internet or the Cloud (we'll talk about the Cloud next article) to the computer. Upload is the opposite. It's when you transfer a **file** from the computer to the Internet or the Cloud. A **file** is any bit of information or picture that you save to the computer.

You can learn more by taking the **Basic Computer Class** that is offered at the **Green Valley Ranch Metropolitan District**, along with other classes such as Windows 7, the Internet and Email, plus a few more. There are special rates for participants 55+. Visit the website [www.gvrmetrodistrict.com](http://www.gvrmetrodistrict.com) or contact La Vetta Murray at 303-307-3243 to register or questions.



## IN NEED OF SOME 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 303-307-3241.

### Victimizing Older Adults



Watch out for traveling criminals this time of year.

As the weather gets warmer criminals travel around to victimize older adults. These criminals specialize in financial exploitation scams against senior citizens.

Some traveling scams and how to avoid them:

**Utility Impostor Scams:** People knock on your door and say they are from the water, electric, or cable company. They then try to convince you to accompany them to your basement or backyard. They may say it is against company policy for them to enter your basement unaccompanied. Once in your basement or backyard they may turn knobs and switches with the sole purpose of keeping you occupied. Meanwhile, an unseen accomplice searches your home for valuables.

**How to avoid being a victim:** Legitimate company employees will wear a uniform and badge but don't be fooled because the person is wearing a badge. Many impostors make the badges themselves. Ask to examine the ID. Don't let them in your house and don't let them lure you out of yours. You can ask them to wait outside your locked front door while you call the company to verify who they are. Impostors usually won't hang around while you research them. Especially verify if you do not have a standing appointment with the company.

**Driveway sealing or home repair scams:** One of two people in a vehicle offer to seal your driveway, fix your roof or do other repairs at an unusually low price. Typically, they offer an even cheaper price if you pay with cash. The job is poorly done if anything at all is done. After the "work" is completed they asked for more money than originally set. If the victim refused to pay the higher price they get loud and intimidating. If you pay them cash they now know you have cash in the house and probably watched where in the house you went to get it. Sometimes they make a return visit with young children or family along. The children will ask for a drink or to use the bathroom. Many children have been taught how to search your home for cash, jewelry or valuables or to keep you occupied while someone else in the group does this.

**How to avoid being a victim:** Never keep large amounts of cash in your house. If someone is offering a deal that is too good to be true it probably is. Don't employ or accept services from anyone who knocks on your door or comes around soliciting you. Rely on local workers with a reputation in the community. Check with a friend or neighbor who you trust before doing the work. Things to consider: Do they have references? Are they in the phone book? Do they have a local address that you can verify? Are they registered with the city and paying taxes?

## \*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!



# Get Off Your Buns

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Large item pickup week. Please go to <a href="http://www.denvergov.org/TrashandRecycling/PickupSchedules/YourPickupSchedule/tabid/440897/Default.aspx">www.denvergov.org/TrashandRecycling/PickupSchedules/YourPickupSchedule/tabid/440897/Default.aspx</a> for your collection day.	2	3	4 <i>The District &amp; HOA offices will be <b>CLOSED</b> for Independence Day</i> Concert Series: Chase N The Dreams - GVR Amphitheater from 8-9:30 pm	5	6 <b>FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)</b>
7	8	9	10 <b>Lunch Bunch departs 11:30 a.m. @ Ad Bldg</b> Concert Series: Steve Thomas Band - GVR Amphitheater from 7-8:30 pm	11	12	13
14	15	16 <i>CAB Quarterly Community mtg - Evie Dennis Campus @ 6 pm-8 pm</i>	17 Concert Series: Face - GVR Amphitheater from 7-8:30 pm	18	19	20 Computer Class: Basic Computer Concepts-9 am-1 pm @ Ad Bldg
21	22	23	24 Concert Series: Tunisia - GVR Amphitheater from 7-8:30 pm	25	26	27 <i>Get Off You Buns day Trip: Senior Law Day - departs @ 7 am</i> Computer Class: Windows 7- Part 1- 9 am-1 pm @ Ad Bldg
28	29	30	31 Concert Series: Brad Lee Schroeder - GVR Amphitheater from 7-8:30 pm	<p><b>Keep an eye on this website</b>  <a href="http://www.gvrmetrodistrict.com/GetOffYourBuns">www.gvrmetrodistrict.com/GetOffYourBuns</a></p>		

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

# Lunch Bunch

New restaurant every month

Departing every second  
Wednesday of the month at  
11:30 am from the GVR Metro  
District office  
(18650 E. 45th Ave.)

**July 10th: "Sweet Tomatoes"**

# Day Trips

## Senior Law Day

July 27, 2013

*Departs Admin Bldg @ 7 am*

*Returning @ 1 pm*

## Lady Luck Casino

Coming in August 2013

## Mt. Vernon Country Club

Coming in September 2013

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.

## Oakwood Homes Concert Series at the GVR Amphitheater (4890 Argonne Way)

July 4th: Chase N The Dream with fireworks 8-9:30 pm

*Wednesday Nights: 7-8:30 pm*

*July 10th: Steve Thomas Band*

*July 24th: TUNISIA*

*July 17th: FACE*

*July 31st: Brad Lee Schroder*