



Flathead County
agency on aging

No one understands aging like we do!

Call 406-758-5730



We will be closed on July 4th for the holiday. No Meals on Wheels nor Social Dining on that day.
God Bless America!

What's Happening in July 2024

Enjoy your summer with healthy foods that boost your mood!



Summer is the ideal time to improve your health with the bounty of fresh fruits and vegetables that are in season. Blueberries for instance are a well-known super food that helps alleviate depression. Colorful vegetables like red cabbage, red and yellow peppers, and dark greens (arugula and romaine) are helpful for brain and mental health. When you have a chance to grill outside, try salmon and tuna for omega-3 fatty acids which help fight depression. Go another step further and season with saffron, turmeric or oregano which all have mood-enhancing properties. Good food choices help your overall health and what better time to improve your diet with fresh foods locally produced.

FIGHT FRAUD FRIDAY

July 12th, 11:30-1:00

Special Topic: Cyber Security



MANAGED IT
CYBERSECURITY
VOIP
CLOUD

Stop for lunch and join us in the AOA Dining Room on July 12th for helpful information about cybersecurity. A special guest from UNIVISION will be available to provide tips to detect and avoid becoming a victim of technology fraud. We will also have current scam info and prevention tips to protect Medicare beneficiaries. For more details call 758-2471.

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association **Walk to End Alzheimer's** is the world's largest fundraiser to fight the disease. The Flathead Valley 2024 Walk to End Alzheimer's is scheduled for Saturday, September 28th at Lawrence Park in Kalispell.

To register, go to

https://act.alz.org/site/SPageServer/?pagename=walk_homepage

DID YOU KNOW?

- The Flathead County Agency on Aging's Nutrition Program provides over 100,000 meals over the course of a year, 70% of which are for our Meals on Wheels service.
- Meals are served at and delivered from several locations throughout Flathead County, including the Kalispell AOA, Lakeside Chapel and Senior/Community Centers in Bigfork, Columbia Falls and Whitefish.
- Our meals exceed all national standards of nutritional balance and quality, despite rapidly rising food costs.
- Approximately 25% of our nutrition costs are **not** covered by current revenue sources.

ALL DONATIONS GO BACK TO THE PROGRAM HELPING YOUR FRIENDS AND NEIGHBORS – THANK YOU!

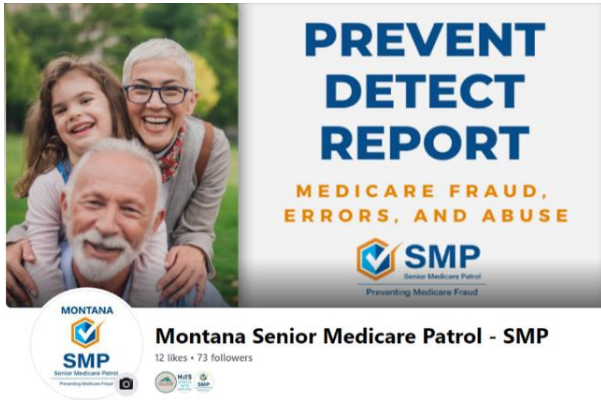
Caregiver Corner: What is Respite Care?



The ongoing demands placed on an unpaid family caregiver can bring about stress and burnout. It's important to get regular, short-term relief (respite) in order for you to recharge and be energized to continue to care for your loved one.

Asking others to step in so that you can take a break is good for your own mental and physical health and often people in your circle like friends and family would love to help.

For more information on respite care, and to schedule a visit to our Resource Room (R&R) call us at 758-5730. There you'll find a large variety of related publications and educational materials which are easy to read and free!



Montana SMP is excited to announce it has its very own Facebook page. It is dedicated to spreading messages about fraud prevention and keeping the people of Montana informed about how to stay ahead of scammers and how to report fraud.

Can you please follow the **Montana Senior Medicare Patrol - SMP Facebook page** and stay two steps ahead of Medicare fraud? SMP also shares general tips on all scams and related content.



Tips for a Good Night's Rest

Improving your sleep can go a long way to making a positive difference in your waking hours.



Lack of sleep can affect our overall health, ability to focus on daily tasks and can be linked to conditions like stroke, depression and obesity.

If you are suffering from sleep deprivation, there are some things you can do to help you improve your nightly rest. Natural remedies include:

1. Keep a steady sleep schedule. Go to bed and wake up at the same time each day.
2. Make sure that you have a good mattress.
3. Avoid eating right before bed.
4. Don't nap too much during the day. If you do take a nap, make it earlier in the day.
5. Create a calming bed routine like reading or listening to soft music.
6. Avoid the tv, computer, and tablets right before bed.

For the complete article, 6 Sensible Sleep Tips for Older Adults, go to: <https://www.ncoa.org/article/6-sensible-sleep-tips-for-older-adults>



Do you feel like making a difference in our community? Consider volunteering for the Meals on Wheels program as a driver or serve meals in our dining room. We can work with your availability. Delivery routes are available Monday through Friday, from 10:30 am -1:00 pm. If you have questions or want to sign up to help, please call 758-5711.