In This Issue:
General News........ pp 1-2
Trips & Tours........ pp 3-4

About the Front Porch
The Front Porch area of the Golden Community Center offers a special place for Active Adults. Located on the upper floor of the Center, just off 8th Street, the Front Porch is a perfect place to meet new people, gather with friends, enjoy a cup of coffee, read a magazine, relax and just enjoy “being.” Make a point to stop in, and socialize a bit.

Hours of Operation
8 a.m. to 2 p.m.
Monday - Friday

Staff
Kristi Marosy, Guest Services/ Front Porch Supervisor
Brian Braunagel, Guest Services
Diane Sauter, Guest Services

Golden Book Club
This group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m. The book list has been announced as follows:

July:  The Bell Jar by Sylvia Platt
Aug.: Before We Were Young by Lisa Wingate
Sept.: The Sympathizer by Viet Nguyen

If you are interested in joining, please email Jan Bradbury, bobjanbradbury@comcast.net.

Celebrate Health!
This is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. The first Friday of each month we offer healthy refreshments and appointments for chair massages, hand and foot reflexology for nominal fees. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

Celebrate Health! Dates - Summer 2018
Fridays: July 6, Aug. 3, Sept. 7
Chair Massages & Reflexology Sessions........ $13 for 15 mins.
Call 303-384-8130 to make your appointment.
by Compassionate Care - Home Health Services

Summer is a time for enjoying the great outdoors! Unfortunately, the summer sunshine, UV rays and heat also can bring a few dangers. Especially for seniors, these include sunburn eye damage, dehydration, heat exhaustion and more.

With some precautionary steps and healthy senior personal care, everyone can enjoy the blue skies and warm weather. Below is a list of eight things seniors can do to improve their safety during the hot summer months.

1. Drink plenty of fluids: Aim to drink six to eight glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated beverages may taste good, but they will only further your dehydration.

2. Pick the right outfit with accessories: When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

3. Turn on your air conditioning: Air conditioning is important when it is hot and humid outside. During a heat wave, if you don’t have central air or a room air conditioning, spend part or most of each day at locations with air condition, including a friend’s house, shopping mall, senior center, or movie theater.

4. Be an early bird or night owl: The sun is strongest between 10 a.m. to 4 p.m. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

5. Watch for heat stroke: It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.

6. Check on friends and family: Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning. Plan outings together in places that have air conditioning.

7. Review your medications: Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.

8. Wear sunscreen: Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you’re enjoying water activities, be sure to reapply your sunscreen frequently. It only takes about 15 minutes for the sun to damage unprotected skin. You may not notice it immediately, but the damage is there. If you do get sunburned, your skin may become warm, red, and blistered (in extreme cases). The area may be painful and feel itchy at times. If the pain is too much, the CDC recommends aspirin, acetaminophen, or ibuprofen. A cool shower or bath may also relieve the pain. Aloe cream can soothe and moisturize the skin after the bath. Since sunburns can dehydrate your body, increase your fluid intake for the next two to three days.
Trips for July

Day Trip to Frisco & Breckenridge #353000-01

Monday, July 9 - $20
8:30 a.m. - 4:30 p.m. Exertion Level 3.
Transportation included. Bring money for lunch and souvenirs
Escape the summer heat for a day trip to the towns of Breckenridge and Frisco. Walk around the historic towns to shop, eat and relax in the beauty of the mountains.

Colorado Renaissance Festival #353100-01

Saturday, July 14 - $35
9 a.m. - 4 p.m. Exertion Level 4.
Transportation and admission included.
Bring money for food and souvenirs.
The Colorado Renaissance Festival is in its 42nd season! Come and enjoy the merriment of costumed performers, original works by artisans and the wondrous smells of turkey legs and fresh baked goods.

Trips for August

Florissant Fossil Beds National Monument #353200-01

Thursday, Aug. 16 - $30
8 a.m. - 5 p.m. **weather dependent**
Exertion Level 4. Transportation included. Bring money for lunch.
Beneath a grassy mountain valley in central Colorado lies one of the richest and most diverse fossil deposits in the world. Petrified redwood stumps up to 14 feet wide and thousands of detailed fossils of insects and plants reveal the story of a very different, prehistoric Colorado. We will take an unguided tour of the park. Please dress appropriately for hiking and walking in the park.
Meet and greet giraffes at Cheyenne Mountain Zoo on Sept. 6.

### Trips for September

**Cheyenne Mountain Zoo #353300-01**  
*Thursday, Sept. 6 - $37.50*  
8 a.m. - 4 p.m. Exertion Level 4. 
Transportation and admission included.  
*Bring money for lunch.*

The Cheyenne Mountain Zoo is about sharing the wonders of the natural world with kids of all ages and providing memories for a lifetime. You will get to explore newly renovated and award-winning exhibits and discover more than 30 species of endangered animals.

**Mt. Evans Scenic Byway & Echo Lake #353400-01**  
*Tuesday, Sept. 25 - $15*  
9 a.m. - 3 p.m. *weather dependent*  
Exertion Level 4. Transportation included. *Bring money for lunch.*

This is prime time for aspen tree viewing! Mount Evans Scenic Byway climbs over 7,000 ft. in 28 miles to rest at 14,120 ft. and is the highest paved road in North America. Along the way, we will stop off at Echo Lake for a short hike. Maybe we will see mountain goats and bighorn sheep at the top!

---

**Exertion Levels: Day Trips & Tours**

**Level 1** = Walking short distances of only one or two steps (in and out of restaurant and program location).

**Level 2** = Requires some additional walking; minimal steps encountered. (Short tour or to get into program).

**Level 3** = Longer periods of walking, mostly on even surfaces. Stairs may be encountered.

**Level 4** = Requires extensive walking and/or walking on uneven surfaces. Be prepared to walk up stairs and/or be on your feet for most of the outing. May apply to high altitude situations.

**Level 5** = Requires good physical condition and the ability to walk with moderate to strenuous elevation gain. High altitude situations likely.

Please be aware of the noted exertion level and match this with your own ability level to ensure an enjoyable experience.