

# the wyoming sage

Medicare changes for 2012 | 5

Seniors aren't just numbers | 6

How to lend a helping hand | 8

State has money to spend | 11

Making your gray matter | 14

AN OCCASIONAL MAGAZINE FOR ACTIVE ADULTS NOVEMBER 2011



## Really wow 'em

Check out  
the pow-wow  
competition  
in Ethete | 3

COURTESY CHEYENNE FRONTIER DAYS

**Northern Arapahoe dancers perform during a pow-wow at Cheyenne Frontier Days each summer.**

## Editor's Letter

# Avoid the brain drain

### DEAR SAGE READERS

The holidays are usually an exciting, if not stressful, time of year. There are great meals to make and presents to wrap and all those family gatherings to attend.

**Take the opportunity to improve your mind. Play games with your family, like Scrabble or Pictionary or simply make a list of the things you are thankful for this year.**

This year, why not mix up your traditions a bit and take the opportunity to improve your mind? Play games with your family, like Scrabble or Pictionary, or simply make a list of the things you are thankful for this year. Take a walk after that holiday meal to get your body and mind in shape. And,

speaking of the meal, there are some great tips on page 14 for food to include in your holiday menu to help you and your family stave off dementia.

While you have loved ones gathered, consider helping an older relative make their Medicare selections for the year. Look on page 5 for more information about deadlines and resources available to select the best Medicare plans for 2012.

And, if you have a loved one or a neighbor who may be struggling to make ends meet, give the gift of your time this holiday season and help them make their home more energy efficient to lower their winter heat and electricity bills. There are lots of tips on what you can do for little to no cost on pages 12 and 13.

No matter how you celebrate the holidays, we hope you have a wonderful end to the year and wish you all the best in 2012. As always, please keep your comments and suggestions coming at [sage@aarp.org](mailto:sage@aarp.org). It helps us improve each issue of *The Wyoming Sage*.

Thank you and happy holidays to you and yours.

Sincerely,  
*Joanne (Bowlby) Mai*

## e-Subscription

# Don't miss an issue

Sign up for a free e-subscription to *The Wyoming Sage* by sending an email to [sage@aarp.org](mailto:sage@aarp.org) or by calling Bret Baugh toll-free at 1-866-663-3290. We'll make sure you get an electronic edition of each issue, and you can unsubscribe at any time. Sign up today so you don't miss a single issue.

## Sign up for a free e-subscription

Send an e-mail to [Sage@aarp.org](mailto:Sage@aarp.org) from the account you want *The Sage* delivered to and we'll activate your subscription right away. Best of all, it's FREE!



## Revved up and ready to go

Let AARP Wyoming keep you informed on the issues you care about. Change is possible if we stand together. Get national and state policy updates at [www.aarp.org/getinvolved](http://www.aarp.org/getinvolved).



## Time flying by?

Take a break and let us know what's on your mind. Call (866) 663-3290 or send an e-mail to [wy@aarp.org](mailto:wy@aarp.org) and let us know how we can help you meet your goals.

the wyoming  
**sage**

**Published by**  
AARP Wyoming  
2020 Carey Ave.  
(mezzanine)  
Cheyenne, WY  
82001

**Publisher**  
AARP Wyoming

**Editor**  
Joanne Mai

**Art Director**  
Eric Rohr

**Copy Editor**  
Ty Stockton

**Contributors**  
Bret Baugh  
Renee Gamino  
Tim Summers

**Questions or comments** about this magazine should be directed to Joanne Mai at (866) 663-3290 or at [Sage@aarp.org](mailto:Sage@aarp.org). This publication is funded by AARP Wyoming and does not accept paid advertisements.

**Copyright 2011**  
Please contact AARP Wyoming for permission to reproduce content contained herein.

**AARP**<sup>SM</sup>

# Dancing under the stars

Northern Arapahoe Tribe hosts a pow-wow this New Year's Eve

BY KELLY COOPER

All year long, the people of the Northern Arapaho Tribe in Ethete, Wyo., look forward to their end-of-year competition pow-wow.

"Everyone is welcome," said Rob Valdez, one of the pow-wow's organizers. "Don't be afraid to participate."

The pow-wow, held in Ethete's Blue Sky Hall from December 30-January 1, is free and open to the public. Visitors can expect to see a wide variety of dances from people of all ages and the beautiful regalia that accompany each dance.

Sandra Iron Cloud, pow-wow organizer, said the competition is broken down into different categories for each dance and different age groups ranging from children 7 and under to retired adults. There are varying amounts of prize money for each dance and age bracket as well.

"The judges will be looking for style, appropriate regalia, timing and personal knowledge of the dance," Iron Cloud said. "Are they dancing hard? Are they enjoying it?"

Valdez said the women's categories are typically jingle, fancy and traditional dance, while the men's categories are usually grass, fancy and traditional dance.

The jingle dance performed by the women features outfits with several rows of metal cones. Valdez said the cones are made from lids of chewing tobacco cans. Sometimes his family trades or barter for the cones for his wife and daughters' regalia.

The men's grass dance is distinguished by regalia with long flowing fringe. The designs may represent grass blowing.

The men's fancy dance is highly athletic with a lot of dramatic movement. Men typically wear



regalia with two bustles, while the women's version of the dance features intricate and colorful fringed shawls and elaborate steps.

The traditional dance for both men and women features steps from time-honored dances and regalia made of authentic designs and materials.

"A lot of care and a lot of time and a lot of money go into making the regalia," Iron Cloud said. "You take care of it, and it takes care of you."

Valdez, his wife Andi, and their four children all participate. Their

## If you go

The Northern Arapaho Tribe will be hosting a competition pow-wow from Dec. 30-Jan. 1 in Ethete, Wyo., at Blue Sky Hall, 506 Ethete Road. The event starts at 7 p.m. each day and is free.

family has attended pow-wows across the country and in Canada.

"We try to teach our kids to respect what they have on," he said. The outfits are important articles of their family and may include items that have been handed down or given during naming ceremonies.

But Native children don't take classes to learn these dances. They learn early on, Valdez said, adding that his wife danced at pow-wows

**"We try to teach our kids to respect what they have on."**

through all four pregnancies.

"My children all had the drumbeat in them when they were born," he said, adding that he sees that in many Native children.

Andi makes most of the pow-wow outfits the family wears, although sometimes they trade for beadwork or another component. Depending on the dance and the size, she can easily spend a week on one outfit.

With four children, all the different outfits for multiple dances can be quite expensive.

"You know how teenagers are – they want a different outfit for each day," Valdez said. "A pow-wow is three days."

## Nursing program gets national nod

BY SAGE STAFF

The Wyoming Center for Nursing and Health Care Partnerships has been selected as an Action Coalition by the Future of Nursing: Campaign for Action, coordinated through the Center to Champion Nursing in America, an initiative of AARP, the AARP Foundation and the Robert Wood Johnson Foundation.

The nursing partnership in Wyoming includes the Fay W. Whitney School of Nursing, the Wyoming Nurses Association, AARP Wyoming, the Wyoming Hospital Association and others.

“We have a very strong and diverse partnership focused on enhancing the health of those who live in Wyoming,” said Mary E. Burman, Dean of the Fay W. Whitney School of Nursing and co-lead for the Action Coalition.

Susan Reinhard, senior vice president of the AARP Public Policy Institute and CCNA chief strategist, said, “The Wyoming Center for Nursing and Health Care Partnerships has already made great strides in Wyoming, and their application reflected capable leadership, clear goals and strong action plans.”

Work in Wyoming will include:

- Strengthening nurse education and training;
- Expanding leadership ranks to ensure nurses have a voice on management teams, in boardrooms and during policy debates.

More information on the Wyoming Center for Nursing and Health Care Partnerships is available at [wynursing.org](http://wynursing.org).



Wyoming pharmacist Amy Stockton lends her advice to Sage readers in an occasional column

## Ask the pharmacist

The importance of getting a vaccination to prevent the shingles virus, along with guidance on the timing of when to get vaccinated

BY AMY STOCKTON, PHARMD.

If you had chickenpox when you were younger, the virus will lie dormant in your nervous system for up to several decades. It can then return as shingles, which is generally characterized as a rash that occurs on one side of the body or face. The rash can develop blisters, which then crust over. Another complication of shingles is post-herpetic neuralgia (a painful condition that affects the nerve fibers and skin). It can continue for quite some time after the initial rash resolves. Shingles can be very painful and can lead to more serious problems.

Zostavax (also referred to as the shingles vaccine) is recommended

for people 60 years old and older who have had chickenpox. It helps prevent shingles. Some people who receive the vaccine can still develop shingles, but the vaccination can decrease the risk for developing post-herpetic neuralgia, as well as decrease the severity of the rash.

You should not receive the vaccine if you are allergic to gelatin, neomycin, or another component of the vaccine. You also should not receive the vaccine if your immune system is weakened. You may get vaccinated if you have a minor illness, however, if you are sick, wait until you are well before getting the vaccination. The manufacturer recom-

mends not receiving Pneumovax (the pneumococcal vaccination) within four weeks of the Zostavax shot, which is important to note since many people want to get all their vaccines at once in the fall – to prevent flu, pneumonia and shingles.

Many Medicare Part D (prescription drug) plans cover Zostavax to varying degrees. The average cash price is about \$155. You can call the number on your Part D card to find out what your co-pay would be, or talk to your pharmacist. In Wyoming, pharmacists can generally give shingles vaccinations to their patients.

The vaccination is given under the skin, typically on the back of your upper arm. Reactions are rare. Some people may get a small rash and some soreness at the injection site. Be prepared to fill out some paperwork and wait at the pharmacy for a few minutes afterwards so the pharmacist can make sure you do not have a reaction to the vaccination. While there is generally a good supply of vaccination available, there also is a higher demand for the vaccination in the fall, so it may be a good idea to call ahead to your pharmacy to make sure it is in stock.

I hope this has encouraged you to have a conversation with your healthcare provider about whether you should consider getting a vaccination to prevent shingles.

*If you have questions you would like Amy to answer, please send them to [sage@aarpp.org](mailto:sage@aarpp.org) and your question with Amy's response may appear in the next issue of The Wyoming Sage. Advice and opinions expressed are solely those of Amy Stockton.*

### Now is the time to fight the flu – before you get it

The Wyoming Department of Health recommends that everyone, except a very few, get a flu shot this year. Talk to your doctor or local public health nursing office for more information.

# What's new with Medicare?

What Wyoming beneficiaries need to know

BY JESSICA LOWELL

This year, thanks to the Affordable Care Act, important changes are coming to Medicare that will affect residents across Wyoming and across the country. Mike Fierberg, a spokesman in the Denver regional office of the Centers for Medicare



Fierberg

and Medicaid Services, summed up the biggest changes for The Sage. If you have other questions, or you need more information, please call Medicare's information toll-free line at 1-800-MEDICARE or 1-800-633-4227. The number is staffed around the clock every day of the week with people trained by Medicare to answer questions. Information also is available through two websites – medicare.gov or healthcare.gov.

## Q: What's new with Medicare this year?

A: This year, the biggest change is to the enrollment period for Medicare Part D. In the past, it was from Nov. 15 to Dec. 31. This year, it's Oct. 15 to Dec. 7. It's a longer period, but it ends sooner.

It's a part of the Affordable Care Act, and it came at the request of many constituencies – including constituencies in Wyoming – for several reasons. First, the beneficiaries didn't like that it spanned the holiday season. Second, the volunteers and counselors were not crazy about working through the holidays. And third, we're allowing a three-week period between the enrollment deadline and the effective date. Before, if you made your elections on Dec. 29

and they went into effect on Jan. 1, there was not enough time to process that election and send out the information to pharmacies, so any changes were not recognized.

Now we have three weeks to have the elections processed, and that's good. The down side is that a lot of people are not aware of the change, and after Dec. 7, they may not be able to make changes to their plans.

## Q: What other Medicare Part D changes should people be aware of?

A: There are increased discounts in the doughnut hole (the point at which Medicare Part D stops covering prescriptions for a period of time) for generic medications. Before this year, when people reached the doughnut hole, brand-name prescription drugs were discounted by 50 percent, and generics were discounted by 7 percent.

Now, brand-name drugs will be still be discounted by 50 percent but generics will be discounted by 14 percent.

The latest report shows that as of the end of July, more than 1,800 people in Wyoming have reached the doughnut hole and saved around \$1 million on prescription drugs. As the year progresses, more people will reach the doughnut hole. Last year it was about 6,000, and this year it will probably be about the same. Because of these discounts, thousands more will be saving money between now and the end of the year.

Premiums on Part D are on average going down by a few cents a month, but individual plans may vary. We urge people to spend some time and compare

plans to see what's best for them. Details about the options were posted on medicare.gov on Oct. 1. We also have real, live people to help answer questions on the phone at 1-800-MEDICARE or 1-800-633-4227. They are all trained and they are all located in the United States.

There are plenty of resources if people are stumped. In Wyoming, the Senior Health Insurance Information Program can be reached at 1-800-856-4398. Wyoming Senior Citizens Inc. has the contract to provide the service. We have complete confidence in them, and they provide straightforward, unbiased information.

## Q: Are there other changes people should know about?

A: Sadly, a lot of people are not aware of the expansion of services for preventive medicine. Medicare has covered a lot of preventive screenings for cancer, diabetes and cholesterol, subject to a co-pay or a deductible. Now there is no co-pay or deductible. This is huge.

Wellness screenings like mammograms and colonoscopies won't cost anything and may save your life. The more often people get preventive screenings, the more often something is caught earlier. It's easier and less expensive to treat, and individual outcomes are better. By spending more now on screenings, Medicare is saving tens of billions of dollars in costs for people who need care. It's better health and better living. It's a smart investment. This preventive care is available whether you have Medicare A or B or Medicare Advantage.

## Medicare open enrollment — and you

BY STAFF

Whether you have Original Medicare, Medicare Advantage or a Part D prescription drug plan, you have one opportunity each year to make any changes you want. This opportunity is Medicare's open enrollment period, also called the Medicare Annual Election Period.

During Medicare open enrollment, you can select or change your Medicare coverage options at Medicare.gov.

Medicare's open enrollment period starts earlier this year. It begins on October 15 and ends on December 7. Selections made during the open enrollment period will take effect on January 1, 2012.

Medicare plan benefits and your needs can change on an annual basis, so use the open enrollment period to compare your options and get the right fit.

During this past year, have you: Changed the medications you take? Been diagnosed with a new medical condition? Moved to a new location?

Any of these changes could mean your current Medicare plan no longer meets your needs.

Medicare plans also change.

The costs of your plan can go up or down, and prescription drugs can be added or dropped from the list of drugs (the formulary) included in your plan. Some Medicare plans change the benefits they offer or stop offering coverage in a particular location.

Because of such changes, you should check your current Medicare plan and, if necessary, switch to another one that fits you better.

You can compare the plans available in your area by visiting Medicare.gov. Or you can call Medicare directly at 800-MEDICARE (800-633-4227).

# We aren't budget numbers

BY CATHY GONZALES

Hundreds of AARP members traveled to Washington in October to send a clear message to the “supercommittee” and all Members of Congress: “Seniors aren't numbers. We aren't line items in a budget. And we're definitely not pushovers.”

This supercommittee is considering proposals behind closed doors that would shift health care costs onto seniors and cut their Social Security checks. Instead of focusing on cutting waste and tax loopholes, they're treating seniors like we're just another budget line-item.

That's why AARP members have been hitting Capitol Hill to tell the supercommittee and all members of Congress first-hand



Cathy Gonzales is AARP Wyoming president

that we're not pushovers. We've spent our lives working for our Medicare and Social Security benefits, and we're going to stand up and raise our voices until they stop threatening our Medicare and Social Security benefits.

Right now, too few people outside of Washington know that behind closed doors, the super-

committee is considering proposals that would shift health care costs onto seniors, threaten seniors' access to their doctors, or reduce the Social Security benefits they rely on. For example:

- Cutting Social Security by \$112 billion, which could cost seniors thousands of dollars over their lifetimes.
- Raising the Medicare eligibility age, which would cut benefits for younger retirees, as well as increase out-of-pocket spending for 65 and 66-year-olds by an average of \$2,000 per year – at a time when many people are already struggling to make ends meet.
- Increase premiums for people already in Medicare because it would leave older, more costly people in the system.
- Increase health care costs for businesses because workers would stay on employer plans longer.

If Congress really wants to look

at seniors and numbers, they should be looking at these: 88,514 people in Wyoming rely on Social Security and 79,492 Wyoming residents rely on Medicare. Those are the numbers of people who could be harmed if Congress makes these cuts.

**We've talked to our members and it doesn't matter if they're Republicans, Democrats or Independents, they think it's wrong for the supercommittee to cut the benefits they've worked for and depend on.**

And let's get real. It isn't as if the benefits of these programs are lavish. Even with these benefits, half of those aged 65 and older have an annual income of less than \$18,500 per year. Today's Medicare beneficiaries already must pay an average of \$3,000 each year out of their own pockets for their medical expenses – and their out-of-pocket share is rising every single year.

We've talked to our members and it doesn't matter if they're Republicans, Democrats or Independents, they think it's wrong for the supercommittee to cut the benefits they've worked for and depend on.

So this supercommittee has a choice; they can start focusing on cutting waste and tax loopholes, or harm those who have worked their entire lives to earn the Medicare and Social Security benefits and will hold them accountable for making harmful cuts.

## What Wyoming's saying

BY STAFF

The Congressional “supercommittee” charged with finding ways to reduce the national deficit is considering raising the minimum age to enter the Medicare program from 65 to 67. They also are considering proposed cuts to Social Security before they release their recommendations to the rest of Congress before the Thanksgiving holiday. Here are some voices from around Wyoming, in their own words, discussing how important these programs are to them in their retirement years.

“[Social Security] is the only source of income I have now. A cut would make it very difficult to pay all my monthly bills, groceries, etc.”

**Marvin Hance, Evanston**

“I'm a relatively healthy 77-year-old with no major health issues. However, I went to an ophthalmologist for a watering eye. Two trips were over \$500. My income has decreased in the last several years. My secondary insurance does not cover much, so these kinds of problems can be serious, and I would now make the decision NOT to have medical treatment. I would be in dire straits without Medicare. My Social Security is my main, but not the only, source of income for me, and I know I'm more fortunate than many, many people out there. I wonder where I'll be in another ten years should I live that long or longer. I understand our country is debt-ridden, but cutting these programs would have devastating effects on our people, and the cycle of debt would only increase. Fortunately I live in a wealthy state, so I do not have to pay state income tax; other taxes begin to squeeze!”

**Barbara Wise, Pinedale**

“I've searched every way I can to reduce my [cost of] living for the last SIX YEARS. I have reached the point where my living cost is starting to go back up and I have no way to cut any more of my living expenses. The last two years with NO cost of living increase has actually meant a cut in my income that I have to live on. I'm not asking for a handout, I'm asking for what is rightfully mine. I paid into Social Security like an INSURANCE policy, [and] I am entitled to expect Social Security to hold up their end of the contract.”

**Burton Crow, Casper**

*Editor's note: The stories were submitted by the authors online at [aarp.org/protectseniors](http://aarp.org/protectseniors), and their responses have been run verbatim here with only minor corrections to spelling or grammar for clarification.*



## Veterans, spouses eligible for free safe driving class

### BY STAFF

To salute Veterans and their spouses, AARP's Driver Safety Program will waive the normal course registration fee during the month of November. It is a great opportunity to reacquaint yourself with the rules of the road as AARP says thank you for your service to our country.

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills.

What will you learn by taking the course?

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time.

You will learn the following:

How to minimize the effects of dangerous blind spots

How to maintain the proper following

distance behind another car

The safest ways to change lanes and make turns at busy intersections

Proper use of safety belts, air bags, anti-lock brakes, and new technologies used in cars

Ways to monitor your own and others' driving skills and capabilities

The effects of medications on driving

The importance of eliminating distractions, such as eating, smoking, and cell-phone use

After completing the course, you will have a greater appreciation of driving challenges and of how you can avoid potential collisions and injuries to yourself and others.

Plus, in Wyoming, state law allows insurance companies to discount parts of your auto insurance 10 percent for two years after a person age 55 or older successfully completes the classroom course.

Locate a classroom course online at [aarp.org/driversafety](http://aarp.org/driversafety). Course times, dates and locations will be listed along with a phone number to call to register for the course. Or call toll-free 1-888-AARP-NOW (1-888-227-7669).

# Lend a hand this tax season

Good with numbers? Want to help people? Then this is the job for you

### BY STAFF

Looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide – the nation's largest free tax preparation and assistance service – is seeking volunteers for the 2012 tax season. You don't have to be an AARP member to volunteer, and you don't have to have any experience doing taxes. You just have to have a desire to help others.

Many kinds of volunteer opportunities are available – from tax volunteers to greeters, as well as communications, technology, and administrative coordinators.

Review the volunteer descriptions below to determine which position might be right for you. Then complete an application at [aarp.org/taxaide](http://aarp.org/taxaide) before December 1.

Tax volunteers receive free tax training (in English) in December and January. Once trained, they work a few hours a week from late January through mid-April, interacting with clients by filling out tax returns. Even if you don't have accounting or tax preparation experience, becoming a tax volunteer may be right for you if you have a knack for working with numbers.

Greeters make sure

the clients have all the necessary paperwork before meeting with a tax volunteer, and they manage the flow of clients being served.

**Opportunities include tax volunteers, greeters, communications, technology, and administrative coordinators.**

Technology coordinators manage computer equipment, work to ensure taxpayer data security, and provide technical assistance to volunteers at multiple sites on technology issues.

Communications coordinators promote AARP Foundation Tax-Aide to potential clients from February to April and recruit volunteers in the fall for the following tax season.

Leadership and administrative positions at the local and district levels manage volunteers, make sure program operations run smoothly, track volunteer assignments and site activities, as well as ensure adherence to the program's processes.

Get the joy and satisfaction of helping others by applying to join the AARP Foundation Tax-Aide volunteer team today.

# Selfless dedication to the lives of others

From preparing taxes to organizing a spelling bee, these people are ready to lend a hand

## STORY AND PHOTOS BY MARY ANGELL (UNLESS OTHERWISE NOTED)

Each year, AARP Wyoming recognizes members whose volunteer efforts make a difference in their communities. This year's award winners teach, distribute information, help prepare tax returns, or raise money to help those who need assistance. They do it out of a desire to return kindnesses once paid to them or a sense of citizenship toward their communities. They don't expect acknowledgement or accolades; in fact, sometimes they have to be convinced their efforts are even worthy of recognition.

However, their selfless dedication enriches the lives of others and therefore merits AARP's commendation and thanks.



COURTESY

**Barbara Watson receives AARP's highest award for volunteers.**

## Barbara Watson

### AARP Wyoming Andrus Award for Community Service

The Andrus Award, named for AARP founder Dr. Ethel Percy Andrus, is the highest honor AARP can bestow upon a volunteer. This year it was presented to Barbara Watson of Guernsey.

A retired teacher, Barbara also has taught more than 1,000 students over 23 years as an instructor for the AARP Driver Safety Program. But she's done much more than volunteer for AARP Wyoming.

In 1968, she took the initiative to fill a need in her community by establishing a thrift store where needy families could find clothing for little or no money.

"I had no idea what I was taking on," Barbara said. She did it just the same, and for 43 years, she's helped keep the thrift store alive by recruiting volunteers to operate it.

Barbara said she persuades people to volunteer by telling them, "Wouldn't you like to help me do this now? Let's look at it together." Often the key is to convince them they can do what is required, she said.

"I've had very good luck getting people to say, 'I will try it,'" said Barbara.

Over the years, Barbara also has organized a prayer chain in her church and helped with the local school spelling bees.

"My mother was always volunteering for something," she said. "I guess I followed that way of doing. I've always volunteered. There are so many things you can do."

While others may recognize there is much to do, Barbara steps up and does them. Her extraordinary volunteerism inspired

half a dozen people to nominate her for the AARP Wyoming Andrus Award for Community Service.

## Helen Anelli

### Outstanding AARP Chapter Leader



Helen Anelli

Helen has been with the Kemmerer AARP chapter for about 10 years, and president of it for the last four years. She has benefitted the whole community through her work with AARP by seeing that the chapter provides financial and other assistance to whatever local organization needs help the most.

The AARP chapter has contributed to the women's shelter, Emergency Medical Services, nursing homes, volunteer firefighters and "whatever project we feel needs help," Helen said.

"We feel the local public needs money to help in these different things, so we try to help with them," Helen said. "In a small town, everybody knows everybody, so it's easy to spread it out and do things that help with different things. My chapter is very giving. They have no problem jumping in and helping."

Helen arranges for guest

speakers to give presentations and answer seniors' questions about political issues, and knowing the importance of social opportunities to seniors, she's also worked on Christmas parties and other events at the local senior center.

## Joe Borghi

### Outstanding Driver Safety Program Instructor

Joe Borghi's 25 years of military service gave him a variety of rewarding experiences, but he said he's never gotten more satisfaction from anything than teaching AARP's Driver Safety class.

In addition to teaching the class, Joe has overseen all the other volunteer instructors in Cheyenne, making sure they are trained and have the material they need. He wrote a list of guidelines especially for driving in the Cowboy State called "Driving in Wyoming – Pointers and Tips," which was distributed not only to all Wyoming AARP Driver Safety Program students, but to all AARP members in Wyoming.



Joe Borghi

Recruited by a friend to teach the class, Joe has enjoyed meeting new people and seeing old friends who have come through the class. He goes the extra mile for his students, calling each one before the class begins to tell them where it will take place and where they can park.

In addition to serving as an

AARP driver safety instructor, Joe has been a Meals on Wheels volunteer.

## Dixie Bremer

### Outstanding Retired Educator

Dixie Bremer is one of those people who quietly go about their work, never seeking recognition, Wyoming Retired Education Personnel Executive Director Norm Bock said. But that's not the case when it comes to others.

Bremer organized more than a half-dozen people from a variety of communities to nominate Barbara Watson for this year's AARP Wyoming Andrus Award for Community Service. Bremer spearheaded the nomination, completing the lengthy form and gathering comments from the various groups that Watson has served over the years.

The nomination committee for the Outstanding Retired Educator didn't know of Bremer's effort to nominate Watson, and coincidentally chose her as this year's award recipient.

Bremer asked not to speak or be photographed in recognition of this award, saying that there are many others who deserve it as much if not more than she does. It's exactly that humble spirit that the nominating committee cited when choosing her for this award.

## Andrea Coelho

### Outstanding AARP National Spelling Bee Volunteer

After retiring about six years ago, Andi volunteered for the AARP Tax Aide program. Though she believes in the program and found volunteering for it quite rewarding, the travel and training required did not fit in well with her schedule. So she began volunteering with the AARP National Spelling Bee in Cheyenne. Now the chairwoman of the board, Andi said she is a good organizer but credits the whole



Andrea Coelho

board and AARP staff for the bee's success.

Andi supports the spelling bee because it's grown from a local competition to an event that draws people to Cheyenne from around the country and studying for it helps seniors keep their minds sharp.

In addition to her work with the AARP Spelling Bee, Andi has volunteered for the Congressional Awards program for about 20 years and continues to counsel young people on how to earn the award. She's also part of a band called Saddle Pals, which performs twice at week at assisted living facilities and the Veterans Administration Hospital in Cheyenne.

"Even though the other band members are more experienced and musically inclined than I am, it makes me feel really wonderful to see audience members tapping their toes, clapping and singing along," she said.

## Nancy Drummond

### Outstanding Community Contact

AARP Wyoming is recognizing Nancy for her efforts to inform seniors and encourage them to be politically active.

The service coordinator for Sheridan's Heritage Towers, a HUD subsidized apartment complex, Nancy has established a

network of seniors she keeps up to date on issues pertinent to them. Whenever she receives news on an issue such as Medicare, Medicaid or Social Security assistance, she passes it on through Facebook or the senior center.

Because she believes people should be well informed when formulating and expressing their opinions, Nancy tries to make sure she distributes information that is accurate and as non-partisan as possible.

Then she encourages people to share their opinions on the issue with their state or federal representatives.



COURTESY

Nancy Drummond

"When one or two people write a letter, there may not be any impact, but when 20 people do, there's more chance they will be heard," she said.

## Mabel Frederick

### Outstanding Tax-Aide Volunteer

A retired 6th grade teacher, Mabel started helping seniors with their taxes through AARP's Tax-Aide program about eight years ago. Currently the district coordinator for the program, she completes more than 100 tax returns every year.

Mabel became a Tax-Aide volunteer because a good friend of hers, under whom she completed her student teaching, started

**This year's award winners teach, distribute information, help prepare tax returns, or raise money to help those who need assistance. They do it out of a desire to return kindnesses once paid to them or a sense of citizenship toward their communities.**

volunteering with Tax-Aide after she retired. Mabel said at the time that when she retired, she would follow her friend's example.



COURTESY

**Mabel Frederick**

"I like helping seniors, and most of my life I have worked with young people," she said. "I enjoy working with people in the senior center, working with members."

Mabel, who also keeps the books for her son's pharmacy, credited AARP for making her volunteer work easy. "The training and support we get from AARP and the IRS is excellent," she said.

## **Loretta Humphrey**

### **Outstanding Advocate**

For more than seven years, Loretta has been lobbying the Wyoming Legislature to pass bills that advance seniors' interests. One of the first bills she lobbied for was the grandparenting bill, which gave

grandparents the legal right to gain access to and information about their grandchildren at schools, doctors' offices and hospitals. She also has worked on other bills involving health care, senior services funding and consumer protections.

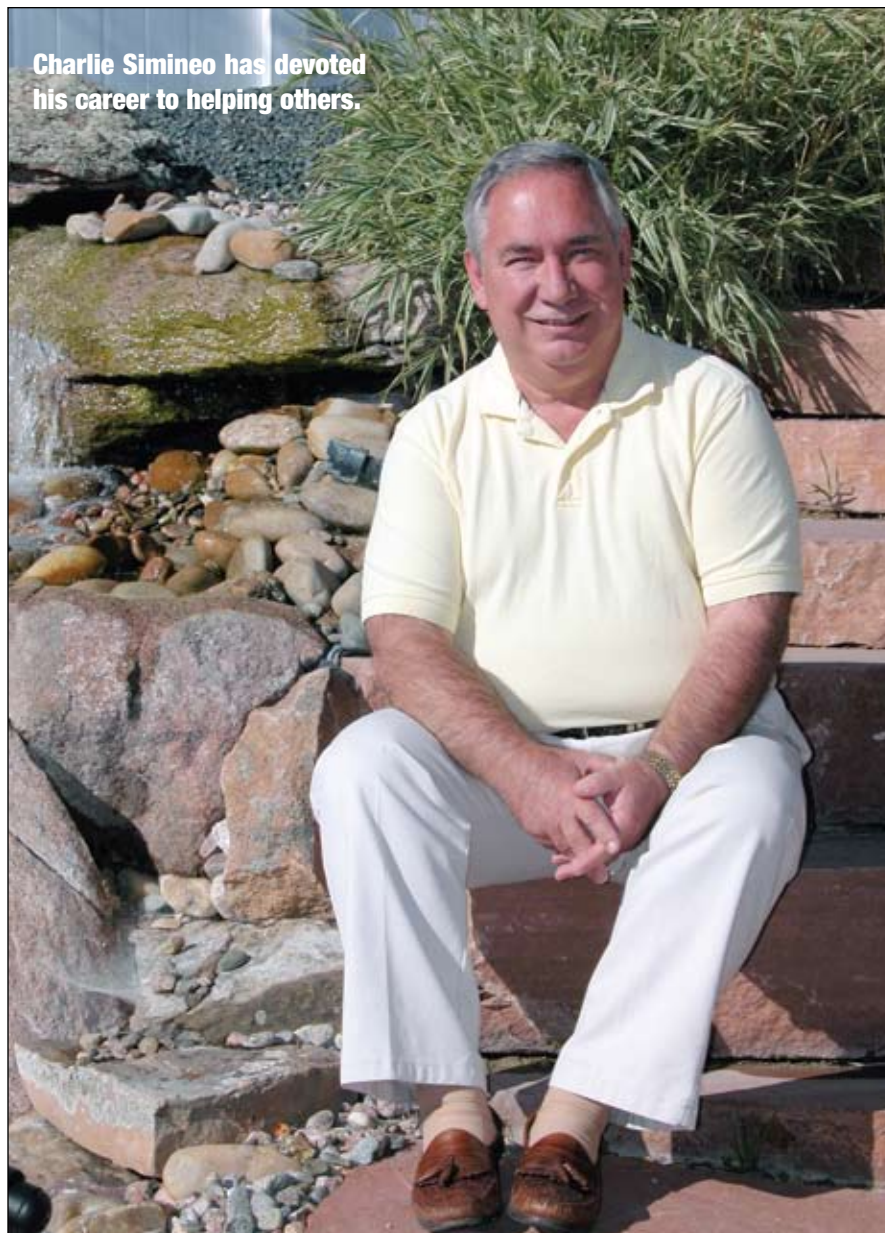
Loretta also cheerfully volunteers for a variety of AARP projects. As the AARP Wyoming community contact for Cheyenne, she keeps the lines of communication open between local AARP members and the state office. And the AARP staff can depend on her anytime they need someone for just about anything. Recently, she helped with AARP's winterization project, where more than 200 volunteers improved the energy efficiency of 12 homes in historic Cheyenne.



**Loretta Humphrey**

A self-proclaimed "people person," Loretta also has volunteered over the years at her church and at the Cheyenne Regional Medical Center, and she is the past president of its volunteer association.

**Charlie Simineo has devoted his career to helping others.**



## **Charlie Simineo**

### **Outstanding Community Partner**

Charlie has dedicated his life to seeing to seniors' health care; for more than 40 years, his work in both professional and volunteer capacities has improved the quality of care for Wyoming seniors.

With a bachelor's degree in gerontology and executive masters degree of business administration, he's served as both a nursing home administrator and health facility surveyor. While employed by the State of Wyoming Department of Health, Charlie pushed for the licensing of assisted living facilities, home health care and hospice services. He also worked for the

Alzheimer's Association, first as a volunteer, then as an employee.

Charlie has conducted training on how to investigate allegations of abuse in home health care agencies and nursing homes, and he worked to update Wyoming's adult protective services statute. He served as the regional long-term care ombudsman and executive director for Wyoming Senior Citizens, Inc.

Even now, in his retirement, Charlie will continue helping seniors as the sole proprietor of his new company, Care Management for Seniors, which will provide home checks, care plan assistance and help applying for financial assistance to those who need help making major health related decisions.

# Lawmakers have some money to spend

But disagreements will exist on how best to spend it

BY JESSICA LOWELL

The budget session of the Wyoming State Legislature is still a few months away. Lawmakers know the revenue picture will be brighter than it has been in recent years when cuts to state spending were put in place. They also know it will be nowhere near the billion-dollar surpluses Wyoming has enjoyed in the past decade.

“Revenues are increasing, and it’s going to be far better than we’ve dealt with in the last two years,” Sen. Marty Martin, D-Rock Springs, said. “Sales tax is increasing, severance tax is increasing, and federal mineral royalties are probably also increasing,” he said, naming three major sources of income for the State of Wyoming.

Some lawmakers are taking a more cautious tack.

“It’s really premature to talk about it,” Sen. Phil Nicholas, R-Laramie said. Nicholas is the Senate chairman of the legislature’s Joint Appropriations Committee, whose job it is to review the state budget. If a surplus happens, it won’t be large, and it’s likely to be consumed by funding for cities, towns and counties, inflation and expanding fuel costs. “We have expanded the size of state government grossly in the past decade,” he said. “We have to halt that growth.”

The Wyoming legislature operates on a two-year budget cycle. The upcoming budget session, which starts in February, will set the budget for the coming biennium that starts July 1, 2012.

The legislature’s Joint Appropriations Interim Committee holds a series of budget review hearings before the session gets under way. During the course of the session, bills with spending

## Follow the action

**December 1:** Governor Matt Mead submits his proposed budget to the Wyoming Legislature

**December 5-9:** The Wyoming Legislature’s Joint Appropriations Committee meets at the State Capitol to review the governor’s budget proposal and begins holding public hearings on items for potential funding

**February 13:** The Wyoming Legislative Budget Session begins in Cheyenne and runs for about 20 weekdays

## Get involved

If you can’t make it to the Capitol, watch committee hearings and the session live online via video streaming at <http://legisweb.state.wy> or call 307-777-8683 for updates.

You also can find out who represents you at the state Capitol on that website, complete with their contact information, and information on how to take part in the legislative process.

not included in the governor’s proposed spending plan also will be considered and factored into the state budget.

The budget bill is considered in each of the chambers in turn, with three rounds of debate each during which amendments may be made. Once the House of Representatives and Senate have reached their own consensus on what the state budget should look like, those versions are reconciled through the work of a conference committee. When agreement is reached, the bill is sent to the governor for his signature. The governor has the ability to veto the budget, but he cannot threaten a veto.

The success of funding requests for a number of programs rests with something over which the legislature has no control, Nicholas said – mineral revenues. Because excess mineral capacity exists and consumption is lower, prices

are lower and so is the resulting revenue from severance tax, he said. The global market, which is a driver of the state’s economy in the form of energy sales to China, is also contracting.

While revenues are dropping, some state costs are expanding. “Our state retirement is underfunded,” he said. “We won’t see it funded at 100 percent for 15 to 20 years. We’re looking at trends and trying to anticipate what we can afford. If you can’t sustain increases, you have to cut.”

On the chopping block is cost of living increases for state retirees. “We are eliminating those. The plan was never designed to support them,” Nicholas said. The state will in the next two-year budget cycle launch a program to teach state employees to save for retirement.

Even with the tension between the need to save and the need to spend, Martin said he’s worked to

get funding for Wyoming’s Aging and Disability Resource Center in the state budget. While the program is now federally funded with one-time supplemental funds from the state, it’s clear future funding is intended to shift to the states. The ADRC is a single-stop service that provides a free and unbiased service to help residents find answers on where to get help for aging and disabled people in Wyoming.

“It’s done exactly what we said it would do,” Martin said – provide help and save money. He said he hopes to address one stumbling block to success this year. He’s spoken with the governor and Tom Forslund, director of the Wyoming Department of Health, for one-time funding to eliminate the waiting list for community-based in-home services. “It’s problematic because if in many areas we want to refer someone to the program, we aren’t able to provide that service,” and ADRC can’t function properly, so the savings won’t be achieved.

Martin noted that lawmakers, particularly those on the appropriations committee, are skeptical about increasing the state’s dependence on Medicaid. While home-based in-home service is a Medicaid waiver program, the community-based version is not and is open to anyone in Wyoming, regardless of income, to pay for in-home services on a sliding fee scale. “It’s so much cheaper than nursing home care.”

And while financial conditions have improved somewhat, Martin still urges caution.

“There will still be a concern with volatility in the stock market and what’s going to take place with the economy. We’re still on a rollercoaster. We say we’re not out of the woods yet,” he said.

# Worried about home heating bills?

Experts offer advice to save you money this winter

BY JESSICA LOWELL

The weather across Wyoming has been warm into the start of fall, Brenda Ilg says, but everyone knows a cold spell is coming.

That's why Ilg and her colleague, Ellen Sevall, both program analysts at the Wyoming Department of Family Services, are urging those who might need help with heating bills this winter to fill out applications for the Low Income Energy Assistance Program.

That program is one of several resources available for Wyoming residents who need help heating their homes or just a few ideas on how to button up their houses against the cold weather this winter. Others come from non-profits, and some come from the utilities themselves.

Alan Stoinski, an energy services specialist at Cheyenne Light, Fuel and Power, says that every year about this time, his company gets requests from church and community groups to give presentations on how monthly heating bills can be lowered. "There are a lot of low-cost and no-cost things people can do," he says. Among them are keeping curtains and shades open during the day so the sun can heat the house, and closing them at sun-



down to keep the warm air in and the cold air out. (See sidebar.)

For those who can do a little more, many home-improvement retail outlets offer blankets to wrap water heaters, energy efficient windows and insulation to block hot or cold air from entering homes.

A lower-cost option with

increased benefits also is available. ReStore, operated by Habitat for Humanity, offers home improvement materials generally at a lower cost to the public, and the proceeds from sales benefit Habitat for Humanity, which builds affordable housing.

"We're like the Goodwill version of Lowe's or Home Depot," Habitat for Humanity Director of Development Josh Nicholas says, naming two of ReStore's community partners. Half of the store's stock comes from community partners such as Lowe's and Home Depot, and half comes from donations from contractors who have materials left over or those who are remodeling homes and are replacing still serviceable items with newer versions.

Habitat for Humanity ReStores are open in Casper, Cheyenne, Jackson, Laramie, Mills, Powell, Riverton and Sheridan. Visit [habitat.org](http://habitat.org)

and click on "shop" to get their addresses and phone numbers.

LIEAP (pronounced lee-ap), administered through the Wyoming Department of Family Services and funded with both state and federal money, pays winter heating bills for Wyoming residents who qualify and provides access to weatherization help.

Ilg says the Department of Family Services plans to help between 16,000 and 18,000 residents each year, but the actual number varies. For the 2010-2011 heating season, more than 15,000 applications were received, and benefits were granted to 13,400. "The majority of applicants receive some sort of benefit," she says.

For those who qualify, payments are made directly to the provider of heating, whether it comes from a regulated utility or propane, heating oil or wood provider. For those who find themselves in a crisis

## Need help paying the heat bill?

Wyoming's Low-income Energy Assistance Program (LIEAP) helps low and fixed income families pay their utility bills during the winter months. Priority is given to households with a person age 60 or older, those with disabilities or children under the age of 6. For those who qualify, the program pays the utility directly, and can also help people who find themselves in a crisis situation. Couples earning less than \$2,584 a month or a person making \$1,976 or less each month are eligible for help. Information on additional income guidelines and an application is available at <http://dfsweb.state.wy.us> or by calling 1-800-246-4221.

# Tips to lower your home heating bill this winter

BY CHEYENNE LIGHT,  
FUEL AND POWER

## No-Cost Ways to Save

### Turn down your thermostat to 68 degrees during winter season

- Every 1-degree setback = 3 percent savings on heating bill
- Wear warm clothing to stay comfortable
- Set the thermostat back to 55 degrees when away or sleeping (save 5-20 percent)

### Reduce hot water temperature to 120 degrees

- Save 7-11 percent of water heating costs

### Don't waste hot water

- Adjust load size on washer to fit actual load

### Use cold water when washing clothes

- 16 percent of home energy cost is for water heating
- Keep clothes dryer free of lint
- Keep dryer vent free of obstructions

### Remove window air conditioning units for the winter

- Remove to prevent heat from escaping through and around the unit
- If it cannot be moved, buy a cover to prevent drafts

### Take a 5-minute shower instead of a bath

### Let the sun in

Open drapes and shades on the sunny side during the day. Close at night.

### Close your fireplace flue

- Keep closed except when not in use
- Also shut fireplace doors if installed

### Use your ceiling fan

- Run blades counter-clockwise in winter to push warm air down into the room
- Run clockwise in the summer
- When purchasing new ceiling fans, consider an ENERGY STAR model

### Put your computer to sleep

- Activate "sleep" when not in use for a while
- Turn off equipment during longer periods of non-use

### Flip the switch

- Turn off appliances when not in use: lights, TVs, VCRs or DVDs, computers, other electronics

### Keep vent space clean and clear

- Make sure draperies, furniture or rugs aren't blocking air intakes and vents

- Clean regularly with a vacuum or a broom

### Clean Refrigerator Coils

- Condenser coils are located in the back of older refrigerators and at the bottom of most new ones. They should be periodically cleaned with a vacuum or brush. Be sure to unplug the refrigerator when cleaning the coils.

## Low-Cost Ways to Save

### Caulk is cheap

- Seal around windows, doors, and exterior walls near the floor, electrical outlets and plumbing penetrations (Save 18-30 percent on heating.)
- Caulk works best on small gaps
- Caulk basement air leaks
- Use low-expansion foam product to seal larger openings

### Replace or clean furnace filters once a month

- Dirty filters restrict airflow and increase energy use
- Now is also the time for a furnace tune-up. Keeping your furnace clean, lubricated and properly adjusted will reduce energy use, saving up to 5 percent of heating costs.

### Seal around pipes in exterior walls

### Check the yellow energy label on your water heater

- A low-efficiency water heater could use an insulation blanket
- Insulate your water pipes

### Seal and insulate ducts

- Seal leaks with mastic or aluminum tape

### Go low-flow. Install low-flow showerheads and sink aerators.

### Repair leaky faucets promptly – save water, money, and energy.

### No storm windows? Use plastic window kits (plastic film or rigid) to insulate.

### Install an ENERGY STAR programmable thermostat

- Temperature automatically sets back when asleep or away
- Consider ENERGY STAR labeled appliances - use less energy, save money, and help the environment

### Change a Light

- Replace incandescent light bulbs with comparable compact fluorescent lamps. They use up to 75 percent less energy

situation – a shutoff during winter months or a furnace that breaks down – help also is available through the LIEAP Crisis Program.

Ilg said enrollment starts in the fall and application deadlines stretch into the spring, but she urges anyone who thinks they

qualify to apply as early as possible.

That also applies to the Weatherization Assistance Program, which runs a bit differently. "People can qualify, but that doesn't mean they necessarily receive benefits in that year," she says. That's because

weatherization projects are tackled on a priority point system. Those who are 60 and older or have children younger than 6 or household members with disabling conditions are given priority.

Applications are available at local DFS offices, senior centers

and utility companies across the state, along with income guidelines and more detailed information about the programs. Information about income eligibility is available at DFS offices and on the agency's website, <http://dfsweb.state.wy.us>, or by calling 1-800-246-4221.

# Gray Matters

Everything you need to know about the surprising life of the grown-up brain

## STORY AND PHOTOS BY KELLY COOPER

While the topics at a recent workshop in Casper included nutrition, fitness and social activities, the one organ that was on everyone's mind was the brain.

About 200 people attended the latest of a series of workshops sponsored by AARP Wyoming called, "Gray Matters: Training the Grownup Brain." The topics may



**Burron**

Fairs wellness specialist Alice Burron. "Each system is affected by another."

This is the third Gray Matters workshop. The first workshop, held in conjunction with the AARP



**Grace**

National Spelling Bee last year in Cheyenne, was the impetus behind a 30-minute film called "Gray Matters: Exploring the Mature Mind," which was shown in Casper and has aired on Wyoming Public Television.

"We had long been concerned that there's a lot of information out there about memory loss and dementia, but there is very little about active, healthy aging," said Deb Fleming, director of the University of Wyoming's Geriatric Education Center. "We wanted to put a positive spin on that."

Fleming and former UW graduate student Pat Engler-Parish

were curious about the adults who participate in the highly competitive AARP Spelling Bee each year. Engler-Parish used data and focus group discussions collected from the spelling bee contestants as the basis for her master's thesis. She presented some of her findings in Casper.

"How we age has a lot to do with how we live our whole life," she said. "We may have made advances in prolonging life, but if our brains don't go along with our bodies, it won't be fun."



**Engler-Parish**

Dr. David Wheeler is a neurologist in Casper. He explained that there are several forms of dementia, with Alzheimer's being the most common form. Dementia is the impairment of memory and some other cognitive sphere. Impaired memory alone does not mean a person has dementia. Loss of motor skills, failure to recognize objects, feeling lost in familiar places, loss of reasoning skills or difficulty handling complex tasks could all be other cognitive losses that when combined with memory loss might indicate dementia.

Wheeler said it's an insidious and subtle disease that's typically only recognized 1-2 years after taking hold.

"Recognizing the symptoms early is a critical problem, because most people assume that it's normal to lose your memory as you get older – it's not," he said.

Wheeler said tremendous advances are being made in the form of treatment and early diagnosis of the disease.

"The real trick is to figure out

## Watch it, then ask the experts

Tune into Wyoming PBS at 7 p.m. Nov. 10 to watch "Gray Matters: Exploring the Mature Mind."

Have questions? Ask the experts during Wyoming Perspectives: The Surprising Life of the Grown-up Brain, where Dr. David Wheeler, Alice Burron and Dr. Deb Fleming will answer your questions during a live call-in show. Visit [aarp.org/wy](http://aarp.org/wy) for more information, or [wyomingpbs.org](http://wyomingpbs.org) to find station information for your area.



**Look for a postcard reminder in the mail.**

## Attend a workshop

Interest in the recent Gray Matters: Training the Grownup Brain workshop was so great that more than 100 people had to be placed on a waiting list to attend. In response, AARP Wyoming has scheduled another workshop for March 30 in Casper. People on the waiting list will be given first priority, but additional seating will be open to the public. The free workshop provides a "mind-full" meal, but reservations are required. Reserve your seat at [wy@aarp.org](mailto:wy@aarp.org) or by calling 1-866-663-3290.

who is going to get Alzheimer's," he said. "The evidence shows that the earlier we start treatment, the better."

Casper resident Dan Grace said he benefited a great deal from Wheeler's presentation.

"It gave me hope," Grace said. "There is progress."



**Wheeler**

Grace said his sister-in-law suffers from Alzheimer's disease, and it has been devastating for their family.

Wheeler said there are steps people can take to prevent or reduce the chances of developing dementia. "At this point, 80 to 90 percent of the cases of Alzheimer's are not genetic," he said. "Environmental influences play a bigger role than genetics."

Registered dietician Jamie Wilder believes the old adage that we are what we eat.



**Fleming**

She recommended eating a diet high in antioxidants, found in foods such as blueberries, red and black beans and avocados. Eat antioxidants in their natural state, rather than in supplement form, she said.

"We don't know yet how or why (antioxidants) work in the body, but I strongly believe in getting your nutrients from food," she said.

Wilder also recommends a diet high in fiber, low in sodium and to minimize sugars, particularly those added to many processed foods.

In addition to being mindful of what we eat, panelists recommended being mindful about what we do and what we enjoy doing.

## How to decrease your risk of developing dementia

Casper neurologist Dr. David Wheeler believes that lifestyle changes can be made to prevent or lower your risk for developing Alzheimer's disease or other forms of dementia.

- Maintain intellectual activities that you enjoy, such as those related to a career or hobbies. If you step away from these activities and then try to return to them later, it will be more difficult.
- Keep socially engaged.
- Get regular physical activity. Wheeler recommends any activity that gets your heart rate above 100 beats per minute three times a week.
- Eat a balanced diet.
- Do not overuse alcohol.
- Control your blood pressure, glucose and cholesterol.
- Do not smoke. If you smoke, Wheeler said, quit today. Even if you are doing all the other recommended activities, but still smoke, your risk will remain high.

Engler-Parish said the spelling bee contestants she studied have enjoyed spelling their whole lives, and keeping up with that hobby happens to be good for their cognitive health.

"The point for us is to pick something you enjoy doing – find a cognitive activity that you like," she said. "If you don't like cross-words, you don't have to do them."



**Della Works of Casper began running marathons at 49. Here she tries some steps of Zumba Gold.**

She said any kind of reading or enjoying word or number puzzles can be good for your brain.

Burron said not only do we need to exercise our minds, but our bodies as well. She said she's more and more convinced that exercise is the "magic potion," another kind of medicine for our bodies. While 60 percent of the population is not active, Burron said everyone has to find the internal motivation to get moving. Not only is it important for the body, but also for the brain.

"It's no longer a 'maybe' that exercise is good for the brain," she said. "The research out there is abundant."

Simply walking regularly for an hour can protect you from developing dementia, she said.

"Sometimes we push aging along, and we shouldn't," she said. "One of those ways is not using what you've got – the body you are in. It's never, ever too late to start exercising."

Her recommendation is to get as much exercise as possible, practice balancing and also look for ways to "make your life difficult." She told the audience to take the stairs, park their cars far away from an entrance, and carry a basket for groceries instead of pushing a cart.

"Exercise is a habit; at first it isn't a very comfortable one," she said. "Start slowly."

Casper resident Della Works, 76, definitely has the exercise element down, though it hasn't been a lifelong habit.

## Foods high in antioxidants

Registered dietician Jamie Wilder said that a diet high in natural antioxidants may prevent the onset of dementia.

- Berries such as blueberries, acai berries, strawberries, raspberries and blackberries
- Green, leafy vegetables such as kale, cabbage and spinach
- Red beans, black beans and pinto beans
- Nuts and seeds
- Oranges, cherries and mangoes
- Avocados, asparagus, broccoli and artichokes
- Garlic
- Spices such as cinnamon, ginger, basil, turmeric, cumin and oregano

Works started running when she was 49 and ran her first marathon when she was 59. She's now run 22 marathons and climbed 22 moun-



**Wilder**

tains in Colorado that are 14,000 feet or higher. An accident in 1999 forced her to temporarily slow down when she had 15 screws put into her left ankle.

"That just made me want to run even more," she said. Works also participates in the Senior Olympics and the Senior World Games, competing in track and field events.

She said she came to the Gray Matters workshop to learn anything new she could about improving her health.

"What they've said is all so true," she said.



## The important things in life don't need to be so complicated.

### Four free tools from AARP Wyoming simplify tasks like ...

- Creating an advanced health care directive. Our forms may help with important health care decisions.
- Enrolling your grandchild in school while they are temporarily in your custody. Our guide helps grandparents who are unexpectedly parenting grandchildren.
- Protecting yourself from identity theft. This tool helps you block unauthorized people from establishing a line of credit in your name.
- Making home safer for yourselves or loved ones. This checklist includes tips on where to improve lighting or install handrails for a safer home.

To obtain these free guides visit [www.aarp.org/wy](http://www.aarp.org/wy) or call AARP Wyoming at 1-866-663-3290.