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Show your "Village People" cooperative spirit with new high-quality garments!

Social Isolation: The Silent Epidemic

With autumn upon us, we look forward to the change of seasons and the holidays ahead. However, one thing that often gets overlooked at this time of year is the prevalence of social isolation in seniors. According to the U.S. Census Bureau, 11 million or 28% of people aged 65 and older lived alone at the time of the census. While living alone doesn't inevitably lead to social isolation, it is definitely a predisposing factor. Another key consideration is how often seniors engage in social activities.

It's important to also understand that being lonely and being socially isolated are not the same thing, yet both can contribute to mental and physical health problems. Beyond pessimism and depression, studies show a cognitive decline and increased risk of dementia in isolated seniors if the situation is ignored. In addition, people who become socially isolated often require more long-term care as they get older than their counterparts. So, how do we make sure this doesn't happen to us?

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Did You Know...

Of the 10 most deadly accidents around the house, falling off a ladder comes in #2, just behind electrical shocks. Used for everything from changing high-mounted light bulbs to cleaning out gutters, ladders are always an unstable platform. Getting involved in your work, you may forget where you are which can cause you to slip off the ladder. And a fall from even a few feet can result in sprains, broken bones, and even head injuries. Moving to the Village Cooperative means you can get rid of that nasty ladder!

Member Events

Member Meeting

Tuesday, October 24th

10:00am

The Meeting Place

(adjacent to Residence Inn)

1450 Dry Creek Drive

Longmont, CO 80503

[Get the latest updates on our community](#)

Member Meeting

Tuesday, November 14th

2:00pm

St. Stephens Church

1303 S. Bross Lane

Longmont, CO 80501

Member Meeting

Tuesday, December 5th

10:00am

St. Stephens Church

1303 S. Bross Lane

Longmont, CO 80501



Social Isolation

(continued from page 1)

For nearly two decades, Village Cooperatives have offered seniors and retirees a housing alternative that fosters a strong commitment to community, involvement, control and a “voice” without all the maintenance and upkeep that often drives isolation or feelings of loneliness. What we’ve noticed as the greatest difference between life in cooperatives versus other housing options for seniors is the attitude of the members. The attitudes of our members reflect a sense of belonging that is reminiscent of the neighborhood where they lived and raised their families. And when people care enough to watch out for their neighbors, nobody feels isolated. Research has shown this leads to a longer and happier life. To find out more about the social opportunities living at the Village Cooperative brings, **contact Pam at (720) 600-6900.**

Wear Your Village Cooperative Spirit In Style!

We have updated our Lands’ End website storefront with new Village Cooperative merchandise and apparel for Fall and Winter.

You can shop and order by clicking:

<https://business.landsend.com/store/reedev/>

or calling toll-free **1-800-920-1471**



ORDER TODAY AT

business.landsend.com/store/reedev

or call 800-920-1471.



Why Reserve NOW at the Village Cooperative?

I've had a few members ask when talking to friends, why should they encourage their friends to sign up now? **Here is just one of many good reasons:**

Members who reserve early have the opportunity to choose their finishes and customize their homes to their own preferences. That includes cabinets, carpet, flooring, countertops and even things like additional outlet/cable placement and light fixtures.



What's your personal style?

Member Social Events

LECTURE—Wednesday, Oct. 4th at 1:00pm
Unsung Heroes in History; Harriet Beecher Stove, Thomas Edison, Dwight Morrow & Eleanor Roosevelt
Longmont Senior Center
910 Longs Peak Ave., Longmont, CO 80501
Cost: \$2 Residents / \$3 Non-Residents
Registration Required: RSVP Pam by October 1st

PLAY—Friday, Oct. 6th from 1:30 to 2:30pm
Buffalo Bill Experience (Similar to Hal Holbrook's one-man play of Mark Twain)
Longmont Senior Center
910 Longs Peak Ave., Longmont, CO 80501
Cost: FREE but Registration Required
RSVP with Pam by September 25th

LECTURE—Thursday, Oct. 12th
from 1:00 to 2:30pm
Katherine Johnson: Fame after 98 Years
(NASA Mathematician—"Hidden Figures" Movie)
Longmont Senior Center
910 Longs Peak Ave., Longmont, CO 80501
Cost: \$2 Residents / \$3 Non-Residents,
Registration Required: RSVP Pam by October 6th

CONCERT—Friday, October 20th
Felonius Smith Trio Concert:
The Roots of American Blues
Longmont Museum
400 Quail Rd, Longmont, CO 80501
Start Times:
1:30pm for Art Exhibit
2:30pm for Concert
Cost: \$10 / Purchase online or remit payment to Pam by October 10th



Birthdays This Month

Angela B. – Oct. 2nd

Donna W. – Oct. 17th



Anniversaries This Month

Bob & Connie F.– Oct. 7th

Gene & Marth L. – Oct. 18th

Featured Floor Plan of the Month



Quote of the Month

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

~ Jimmy Dean

“J” Home

1 Bedroom, 1 Bath + Den – 1,200 sq. ft.

This unique plan offers an open and spacious layout with a kitchen/living room/dining room combo that opens to a large deck. This home also includes a reserved space in the heated underground parking garage as well as your own private laundry room with side by side washer and dryer, plus lots of storage! **You can't find a better maintenance-free value in this Longmont location!**

Pam Ogden

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Like us on
Facebook

www.facebook.com/villagecooperative

Village Cooperative is a community of active adults, so stay active with us—online! We'll keep you informed about upcoming events as well as share photos from past ones!

