

Older Americans Month—May 2010

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and to support them as they enter the next stage in life.

This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling

the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly.

Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more.

Tri-Lakes Health Advocacy Partnership is proud to provide support for the Tri-Lakes area older Americans not just in May, but all year round!



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- ★ Chamber of Commerce 2010 Awards
- ★ Senior Center Upgrades & Repairs
- ★ Senior Living Facility Update

... and more!

PALMER LAKE HISTORICAL SOCIETY

Native American Festival

Saturday, June 5, Tri-Lakes Center for the Arts, Palmer Lake

Enjoy a free educational festival for the entire family and an opportunity to learn and ask questions about Native culture, history, dances and music.

From 10 AM to 6 PM, storytellers will provide a verbal history of their tribes. Native singers will explain the meaning and importance of Native songs. Native dancers will describe the regalia worn and demonstrate Native dances. Native artists and craftsmen will demonstrate their skills and exhibit their paintings, jewelry, beadwork.

A concert by Arvel Bird, a Paiute, and Me'tis, a Native fiddler and flutist, starting at 7:30 PM will close out the festival; concert admission is \$15.

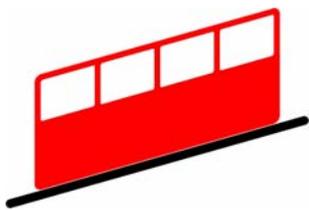
Bowling Fundraiser for Rocky Mtn Chautauqua Sunday, May 16, 2 to 6 PM

Join PINZ Bowling Center in a fundraiser to support a return of the popular Rocky Mountain Chautauqua to Palmer Lake for three days in August.

Enjoy two games of bowling and free shoe rental for only \$5.00. PINZ will donate to the Palmer Lake Historical Society \$2.50 of each purchase, as well as \$2.00 for each large pizza sold. Come to PINZ Bowling Center help support this worthy cause, while enjoying a fun Sunday afternoon of bowling with friends and family.

All Aboard For Pikes Peak – The Cog Railroad Thursday, May 20, 7 to 8 PM

Spend a fascinating evening and learn about the history of the world's highest cog railroad: Manitou and Pike's Peak Railway.



Author and photographer Claude Wiatrowski will explore the history of this fascinating nine mile wonder through his illustrated presentation, *All Aboard for Pikes Peak*.

Claude, a Colorado resident since 1975, has photographed thousands of historic places and artifacts, and authored historical books on railroads..

This free event is at the Palmer Lake Town Hall, 66 Lower Glenway Street, Palmer Lake.

Immunization Clinic

by Jackie Sward RN, BSN, FCN

Penrose – St. Francis Mission Outreach and
Tri-Lakes Health Advocacy Partnership Board of Directors

You're *never* too old to get immunized. Getting immunized is a lifelong, life-protecting job.

There will be an adult immunization clinic at Tri-Lakes Cares on June 7 from 3-6 P.M. for those whose insurance does not cover these vaccinations.



No appointment is necessary. You never know when you may be exposed to these diseases, so why not prevent them with vaccinations? *As always, consult your healthcare provider for questions.*

Influenza: You need a dose yearly if you want to avoid getting or spreading the flu. It is especially recommended once you reach the age of 50.

Pneumococcal: At age 65 you should be vaccinated against pneumonia. You may need to be vaccinated sooner and have a second dose if you have certain chronic medical conditions.

Tetanus, diphtheria, pertussis (Td, Tdap): All adults need Td booster doses every 10 years. If you are younger than age 65 and haven't had pertussis-containing vaccine as an adult, one of the doses that you receive should have pertussis (whooping cough) vaccine in it.

Hepatitis B: This vaccine is given as a 3-dose series to protect against this liver disease. If the disease becomes chronic, it can damage the liver. Those exposed to blood and bodily fluids that may be contaminated are especially recommended.

Hepatitis A: This 2-dose vaccine is administered to prevent a liver infection that can be contracted from contaminated food and water.

Varicella (Chickenpox): If you've never had chickenpox or you were vaccinated with only one dose, you should consider getting this vaccine.

Zoster (shingles): If you are 60 years or older, you should get this vaccine now. Shingles is a very painful disease with potentially dangerous side effects and it is preventable!

For more information, call Jackie Sward at Tri-Lakes Cares, 481-4864, extension 23.

Senior Center Upgrades and Repairs

Tri-Lakes HAP gratefully acknowledges the many recent donations to the Senior Center. Hopefully you have been by recently to enjoy the improvements.

Jesus Damian, proprietor of *TLC Computer Repair*, donated a considerable amount of his personal time recently, to restore Senior Center computers to full operation. These computers became infected with viruses which prevented their use. The contribution of time and technical expertise by Jesus is deeply appreciated by all seniors who regularly use the Senior Center computers.

The facility also got a recent upgrade, and if you haven't been to the Senior Center in the last 30 days, you're in for a treat. New furniture, new decorations and new colors make the Senior Center much more inviting. Paints and painting were contributed by **Lisa and Matthew Grubestic** and **John and Linda Ottino**. A large new sectional was a donation from the local business, *Decorating On A Dime*. John and Linda Ottino rearranged furniture in the lounge to make it more inviting, and Linda provided new window dressings throughout the Center.

Thanks to all contributors, volunteers, and donors!

Tri-Lakes HAP Health Programs

Community Blood Drive

Tues. May 18, 3-7 PM at Tri-Lakes Cares

Free Blood Pressure Screening

Wed, May 19, June 2, June 16 at Seniors Lunch

Macular Degeneration Support Group

Thursday, May 20, 1-2 PM at Tri-Lakes Cares

Adult Immunization Clinic

Mon, June 7, 3-6 PM at Tri-Lakes Cares

Tetanus, shingles, hepatitis, etc.

Volunteers also needed for admin support.

**For more information call Jackie
481-4864 ext 23**

All of the programs offered to senior citizens depend on volunteers, and **all of the programs are in need of volunteers.**

If you have a couple hours a week you could spare to help keep our valuable programs active, please send us an email (SeniorBeat @TriLakesSeniors.org)

telling how you'd like to help and how to contact you.



Receive this free monthly newsletter in full color by subscribing to the electronic version of the newsletter.

Send an email to SeniorBeat@TriLakesSeniors.org and tell us you want to start receiving the newsletter by email. Each month you'll receive an email with the newsletter attached in a format that will open in Adobe Reader (pdf format). You will be saving Tri-Lakes HAP the cost of printing and mailing newsletters, and those savings go right back into supporting other Seniors Programs.

Tri-Lakes Chamber of Commerce 2010 Award Winners

The Tri Lakes Chamber of Commerce held its Annual Dinner and Silent Auction on April 17. The winners of the Chamber of Commerce 2010 Awards were announced at the event.

The **Volunteer of the Year** award recognizes an individual who has made an outstanding personal contribution to the Tri-Lakes community, making it a better place to live. The winner is **Chuck Roberts** (former HAP Senior Alliance director) for his many years of work on behalf of all the seniors in the Tri-Lakes area.

The **Non-Profit of the Year** award recognizes a non-profit Chamber member that has made an outstanding contribution to the Tri-Lakes community making it a better place to live and work by achieving its goals and objectives. The winner is the *Tri-Lakes Center for the Arts*.

The **Spirit Of Tri-Lakes** award is given only when some Chamber member or members make an unsung, unrewarded act of public kindness helping to make life better in the Tri-Lakes region. The winner must have performed a single, selfless deed that was above and beyond on behalf of the area, making a difference to an individual or group. The winner is **AB Tellez**. At Thanksgiving, AB, owner of *Rosie's Diner*, provided free Thanksgiving dinners for any and all seniors who came to eat at Rosie's Diner that day.

Tri-Lakes Health Advocacy Partnership joins all Chamber members in congratulating the 2010 award winners and thanking them for their outstanding contributions toward making the Tri-Lakes region a wonderful place to live and work.

Senior Safety Program

Tri-Lakes Monument Fire Protection District, in conjunction with Tri-Lakes Health Advocacy Partnership, developed a senior safety program. The program is designed to assess, educate, and improve the safety and wellness of the senior population in the Tri-Lakes region.

The Senior Safety Program is offered at no cost to seniors. Included in the program is smoke detector evaluations, home safety assessment, fire prevention, and vial of life which is information made available to emergency responders about the senior citizen.

For more information, or to schedule a free home evaluation, please contact the Tri-Lakes Monument Fire Protection District at 719 484-0911.

Senior Living Facility Update

Many Tri-Lakes area senior citizens have been looking forward to development of a senior living facility in the Tri-Lakes region. For the immediate future, it appears they'll have to keep looking; the developer of the proposed Arbor Mountain senior living complex has more challenges to overcome before ground is broken.

Tentative information available to *Senior Beat* suggests the project may not be built in the originally planned location, and as a consequence there likely will be further delays. Some of those changes might put in jeopardy the plan to include some low-income apartments for seniors. More work must be done before any firm announcements can be made on this initiative. As *Senior Beat* obtains additional, information on this and other senior living faculty projects, we will provide updates for our readers.

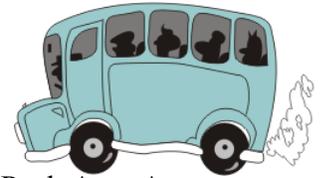
Collaboration of Photographers

Are you interested in expanding your photographic skills? The Collaboration of Photographers is a newly formed group that meets twice monthly at the Tri-Lakes Center for the Arts in Palmer Lake.

CoP seeks to promote digital photography within the arts community, and provide training and education to new, as well as experienced, photographers. They meet the second and fourth Monday of each month from 7 to 9 PM. Stop by and meet the friendly members, share your photography experiences, and enjoy expanding your interest in photography.

Free Transportation for Senior Citizens

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for Seniors (MCTS) program, funded by the Pikes Peak Area Agency on Aging. Donations are gratefully accepted.



- MCTS transports seniors to medical appointments in Colorado Springs Mondays through Thursdays.
- In the Tri-Lakes and surrounding areas transport is provided for any need, including YMCA, Senior Meals, Senior Citizens Center, groceries, banks, appointments, etc.
- **Seniors requesting rides - call 488-0076**
Please schedule at least two days in advance.
- **Interested volunteer drivers - call 488-0076**
(mileage reimbursement provided).

Van Schedule

- **First Tuesday of every month** the van transports to Chapel Hills and King Soopers.
- **Third Tuesday of the month** transport is to Village Inn and Wal-Mart.
- **Passenger pickup** begins at 9:30 a.m. at your home. Call 488-0076.

Local Businesses Offering Senior Discounts

- Rosie's Diner—15% discount
- Chili's—10% discount
- Village Inn—Senior Menu
- Arby's—10% discount
- Big O Tires
- Bright Meadow Dog Grooming
- REPS Personal Training and Fitness—10% discount
- Carnival Cat & Canine Care—15% discount

If you know of other local businesses offering senior discounts, please help us get the word out by sending an email to SeniorBeat@TriLakesSeniors.org

**Pikes Peak
Library District
Monument Branch Events**



AARP Mature Safe Driving Program

Saturday May 15, 9:30 AM - 5 PM, Monument Branch
A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. The eight-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required.

History Buffs

Wednesday, May 26, 1 PM, Monument Branch
Every month this group picks a period of history and members read any book of their choice from that time period. Expect a lively discussion about the era.

Socrates Café

Tuesdays 1 PM, Monument Branch
This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

Life Circles

First & third Mondays, 10:30 AM, Monument Branch
This supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history.

Monumental Readers

Friday, May 21, 10 AM, Monument Branch
New members are welcome and no registration is required at this monthly book club. This month's selection is The Accidental Tourist by Anne Tyler.

Senior Synergy

Wednesdays, 10 AM, Monument Branch
All seniors are welcome to share conversation and a cup of coffee in this casual discussion group.

Tri-Lakes Center for the Arts

Crimes of the Heart

A play by Beth Henley; directed by Michael Parker
May 20 - 23. For tickets and information: (719) 481-0475

The scene is Hazlehurst, Mississippi, where the three Magrath sisters have gathered to await news of the family patriarch, their grandfather, who is living out his last hours in the local hospital.

Lenny, the oldest sister, is unmarried and facing diminishing marital prospects. Meg, the middle sister, who quickly outgrew Hazlehurst, is back after a failed singing career on the West Coast; while Babe, the youngest, is out on bail after having shot her husband in the stomach.

Their troubles, grave and yet, somehow, hilarious, are highlighted by their priggish cousin, Chick, and by the awkward young lawyer who tries to keep Babe out of jail while helpless not to fall in love with her.

In the end the play is the story of how its young characters escape the past to seize the future—but the telling is so true and touching and consistently hilarious that it will linger in the mind long after the curtain has descended. Winner of the 1981 Pulitzer Prize and the New York Drama Critics Circle Award.



Jerry Burgan Songs & Stories

Legendary folk singer Jerry Burgan, from the popular classic rock band We Five, and Tholow Chan, will be performing his show, *Songs & Stories*. We Five was on the leading edge of a musical revolution, helping to launch the San Francisco sound.
Saturday, May 8, 7:30 PM



Tickets are just \$10 at the door. Tri-Lakes Center for the Arts in Palmer Lake.

Lunches are not served on D-38 snow days, snow-delay days, or legal holidays.

May Lunch Menu

Mondays and Thursdays

11:30 AM at 166 Second Street, Monument
Tri-Lakes Monument Fire Protection District
Administration Complex (former town hall)
\$2 voluntary donation

Monday, May 3 – Sweet and sour pork, brown rice, cauliflower, egg roll, pear, cookie.

Thursday, May 6 – **No lunch on first Thursday of each month.**

Monday, May 10 – Cabbage casserole, mashed potatoes, lima beans, applesauce, bread.

Thursday, May 13 – Roast turkey, mashed potatoes w/gravy, spinach, pear, roll, cookie.
Bingo follows lunch.

Monday, May 17 – Beef burgundy, mashed potatoes, lima beans w/tomatoes, orange, bread.

Thursday, May 20 – Chicken cordon bleu, mashed potatoes w/gravy, spinach, pear, roll.

Monday, May 24 – Beef stew, lima beans, orange juice, cookie, roll.

Thursday, May 27 – Orange glazed chicken breast, brown rice pilaf, spinach, banana, roll.

Monday, May 31 – **No lunch: Memorial Day.**

Skim milk is served with every meal

Wednesdays

11:30 AM at 146 Jefferson St, Monument
School District 38 Admin Building—"Big Red"
\$3 voluntary donation

May 5 – **No lunch; facility is not available.**

May 12 – **No lunch; facility is not available.**

May 19 – Beef brisket with garlic mashed potatoes and tossed salad.
Free blood pressure screening today.

May 26 – Chicken with cranberry tomato sauce mashed potatoes and tossed salad.

*Rolls and butter served with each meal except sandwiches.
Dessert also included.*

Gluten free portions available for each entree. Ask your server.

*Meals at Big Red are provided by Pinecrest Catering, Palmer Lake.
Nikki McDonald, Executive Chef
481-3307*



Free Ads for Seniors

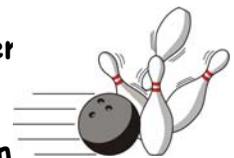
Ads are *free* in the *Senior Beat* for Tri-Lakes senior citizens. If you have something to sell or want to buy, are looking for a job, or anything else you would like to advertise, just send the text of your ad by email to SeniorBeat@TriLakesSeniors.org by the 16th of the month and your ad will be in the next issue of the *Senior Beat*. The *Senior Beat* goes to over 300 households. If you want your ad in multiple issues, send an email with your ad in advance of each month it is to run.

PINZ Bowling Alley

Tuesday Senior Luncheon Special:
\$4.50 soup and sandwich with open bowling for \$1.50/line.

Tuesdays Texas Hold'er
7 PM and 10 PM. *Free!*

Sundays Texas Hold'em
3 PM and 6 PM. *Free!*



The Center is closed all D-38 snow days, snow-delay days, and legal holidays.

Senior Citizens Center

Lewis Palmer High School modular building across from the YMCA
Open Monday through Friday 1 to 4 PM, or earlier to accommodate a scheduled activity

Closed Monday, May 31 in observance of Memorial Day

May Program Schedule

Please check our web site www.TriLakesSeniors.org for schedule updates.

Mondays 1:30 – 2:30 PM

Tai Chi for Arthritis hosted by Maureen



Tuesday Noon – 4 PM Pinochle hosted by Gerry

3rd Tuesday 1 – 3 PM Tea Time hosted by Irene
Celebrate Cinco De Mayo on May 18! Bring a dessert to share. Tea sandwiches and/or salads, cups and tea all provided. Call Irene C. (484-0517), Irene W. (481-1188) or Mary Frances (481-2360) for more info.



1st & 2nd Wednesday 1– 2 PM

Line Dancing hosted by Kay



3rd Wednesday 12:30 – 3 PM

Bingo hosted by Curt. Prizes galore!

4th Wednesday 12:30 – 3 PM

Name That Tune and Sing Along hosted by Mary



2nd & 4th Thursdays 1 – 4 PM

Bridge hosted by Joy.

Thursdays 1 – 4 PM Pinochle hosted by Gerry

Fridays 10:30 – 11:30 AM

Tai Chi for Arthritis hosted by Maureen

2nd & 4th Fridays 1– 4 PM

National Mahjong hosted by Jo Ann



Fridays 1– 4 PM No Cash/No Host Poker



Also available:

- ❖ Ping pong
- ❖ Wii video games
- ❖ Board games
- ❖ Refreshments
- ❖ PC w/ Internet connection
- ❖ Lending library
- ❖ Information table
- ❖ TV with cable service

The Tri-Lakes Senior Citizens Program is a collaboration of the Tri-Lakes HAP, Tri-Lakes YMCA, Lewis-Palmer School District 38, the towns of Monument and Palmer Lake, Tri-Lakes Cares, and local businesses.

Senior Citizens Center



If you have an event you would like to schedule, even if outside the advertised operating hours of the Senior Citizens Center, please contact Gerry by email (papaduffy@msn.com) for scheduling information.

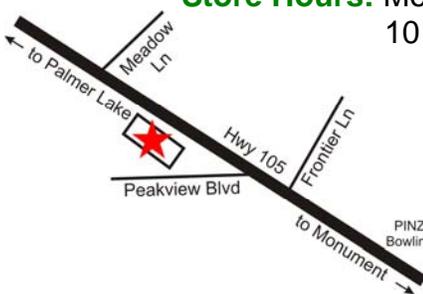
May 2010 Tri-Lakes Senior Beat

c/o Tri-Lakes Health Advocacy Partnership
PO Box 2931
Monument, CO 80132

Senior Beat is a free monthly newsletter provided by the Tri-Lakes Health Advocacy Partnership. To subscribe, send your name and mailing address by email to SeniorBeat@TriLakesSeniors.org.

Thrift Store

790 D Highway 105
Store Hours: Mon – Sat
10 AM – 4 PM



All Thrift Store proceeds are used to support programs for senior citizens in the Tri-Lakes area.

Volunteers Needed!
Call 488-3495 to volunteer at the store.

Donations Needed.
Call 488-3495 to donate goods.

D-38 Seeks Adult Course Advisors

The Lewis-Palmer High School Gifted Education Program is looking for adults to mentor high school students who are working on a semester-long advanced Independent Study project.

Students design their coursework around a field of interest. Each student must have a course advisor/mentor with knowledge in the content area. The advisor consults with the student on a bi-weekly basis to review work and provide guidance.

Typical Independent Study topics include all fields of engineering, computer programming, history, arts of all kinds, writing, business, finance, health and medicine, and more.

If you are interested in supporting these advanced learners, more information is available on the Tri-Lakes HAP web site, www.TriLakesHAP.org, and at the information table in the Senior Citizens Center. **Responses are requested by May 21**, so please do not delay.