

Tri-Lakes HAP Directors Meet With Senior Citizens

by Andy Barton, Tri-Lakes HAP Board Secretary

A series of monthly meetings with area senior citizens is being hosted by the Board of Directors of Tri-Lakes Health Advocacy Partnership (HAP). The purpose is to identify the senior programs of greatest interest to seniors and to find ways to provide enhanced support for those programs.

The first monthly meeting was Monday, May 3, and was attended and hosted by HAP treasurer, Colleen Garwood, and HAP board secretary, Andy Barton. Eight seniors attended this first meeting.

The goal of the meeting was to strengthen the line of communication between the HAP Board and the various Senior Programs operating under the HAP umbrella.

One of the first priorities was to share key financial information with the individuals present at the meeting. In presenting financial information, the leaders at the Senior Center will be able to better plan and implement programs based on their understanding of what participants want and the resources available.

The financial information also helped clarify the important role played by the Thrift Store in underwriting senior activities. We were able to discuss and acknowledge how essential it is for all senior programs to work together toward a common good. Senior Center leadership discussed ways of helping the Thrift Store, both through donated materials as well as promotional support.

In conversations centered around expanding programs at the Senior Center, the increased difficulty in acquiring charitable contributions was broached. Senior Center representatives asked for the ability to help raise money and suggested a variety of different choices. Mary Quattlebaum agreed to work with other seniors to see if a group would like to organize fundraising events to benefit senior

programs. Anyone interested in helping Mary is asked to give her a call at 488-2360.

The monthly meetings will continue at least through September. Meeting dates are Monday, June 7; Tuesday, July 6; Monday, August 2, and Tuesday,

September, 7. The meetings are in the Senior Center lounge, and begin at 1 PM. All seniors are invited to attend and share their thoughts about senior programs with the board members. The meeting schedule is also posted in the hallway at the Senior Center.



Andy Barton, Tri-Lakes HAP board secretary, meets with a group of senior citizens at the Senior Citizens Center.

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- ★ D-38 Seeks Adult Advisors
- ★ Adult Immunization Clinic
- ★ Install, Inspect, Protect

... and more!

Father's Day Ice Cream Social

Sunday, June 20, 2 to 4, Palmer Lake Town Hall

Join the Palmer Lake Historical Society in its annual salute to fathers. Each year the Historical Society provides ice cream, fruit pie, and music to bring families together in a celebration of "Dads" on Father's Day.

Last year was a perfect storm: great weather, great music from the Jessum Buds, great ice cream from the Rock House, and plenty of great apple and cherry pie from the Village Inn and others. Almost 300 family members ate their way through gallons of ice cream and uncounted slices of pie while listening to bluegrass music and enjoying the beautiful weather in wild and wonderful Palmer Lake. And the best part - *it was all free!*

We had so much fun doing it last year, we're doing it again! This year, the High Prairie group will be entertaining us with gospel music with a bluegrass twist. So come join us for free ice cream, pie, and music. And don't forget to bring Dad!



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 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 students, more information is available on the Tri-Lakes HAP web site, www.TriLakesHAP.org, at the information table in the Senior Citizens Center, or, contact Chuck Roberts by phone at 661-3432.

Adult 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 immunization clinic at Tri-Lakes Cares on Monday, June 7 from 3-6 P.M. for adults—at least 19 years old—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.

Tri-Lakes HAP Health Programs

Community Blood Drive

Tues. July 20, 3-7 PM at Tri-Lakes Cares

Free Blood Pressure Screening

Wed June 2 & 16, and July 7 & 21 at Seniors Lunch

Macular Degeneration Support Group

No meetings in June & July. It will resume in August

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**

CALL FOR VOLUNTEERS!

All of the programs offered to senior citizens depend on volunteers, and **all of the programs are in need of volunteers.** In particular, a leader is sought for the Senior Day Trip program.

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.

It's easy to subscribe; just 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.

Install, Inspect, Protect *Smoke Detectors Save Lives*

A properly maintained smoke alarm will work forever, right? *Not so fast!*

Here's the facts: All hardwired or battery-operated smoke alarms installed before May 2000, **should be replaced now!**

A smoke alarm's lifespan is 10 years, which means any smoke alarm installed before May 2000 is too old and needs to be replaced. The smoke alarm is no longer reliable. Part of smoke alarm maintenance includes knowing when to replace the unit. The few minutes it takes to replace a smoke alarm can save the lives of roommates, family members, neighbors and firefighters.

More than 3,000 people die in home fires each year, and the majority of them have no working smoke alarms. To prevent these deaths, the

United States Fire

Administration (USFA) is sponsoring the nationwide. *Install, Inspect, Protect* campaign, to emphasize that "Smoke Alarms Save Lives."

The USFA offers these helpful tips on smoke alarms:

- Every residence, and place where people sleep, should be equipped with both ionization *and* photoelectric smoke alarms **or** dual sensor smoke alarms, which contain *both* ionization and photoelectric smoke sensors.
- Place properly installed and maintained smoke alarms *both inside and outside* of sleeping areas and on every level of your home.
- Interconnected smoke alarms are best, because if one sounds, they all sound.
- Test smoke alarms monthly and change alkaline batteries at least once every year, or as instructed by the manufacturer.
- Write the smoke detector installation date on the inside cover of the smoke alarm for future reference.

Homeowners, landlords and renters should check to verify exactly when each smoke alarm in the home was installed. If any smoke alarm was installed before May 2000, *now is the time to have it replaced.*

For more smoke alarm information, visit the US Fire Administration web site at www.usfa.dhs.gov/campaigns/smokealarms.

"...any smoke alarm installed before May 2000... is no longer reliable."

Senior Living Facility Update

by Chuck Roberts

The town of Monument has confirmed that the proposed Arbor Mountain senior living project planned for the east side of I-25 has been terminated by the developer and the land has been returned to the town.

Responding to the demise of the Arbor Mountain project and the long time period expected for any other developer-initiated project, a group of community leaders gathered at the Senior Citizens Center on May 14 to assess the situation and start exploring a way for the Tri-Lakes community to take the initiative.

The meeting, initiated and chaired by me, was attended by Palmer Lake Trustee Gary Coleman, Monument Mayor Travis Easton, Monument Town Manager Cathy Green, Chamber of Commerce Executive Director Dave Van Ness, and Senior Center Host, Gerry McDuffy.

All agreed that there remains a definite and unfulfilled need for a local senior living facility. However, the current dismal economy has made financing a project extremely difficult. Also, availability of land and the associated water rights to support the project were also recognized as major challenges to development. Another challenge is financial institutions consider Monument as part of the larger Colorado Springs area, and statistics indicate excess senior living facility capacity within that broadly-defined area.

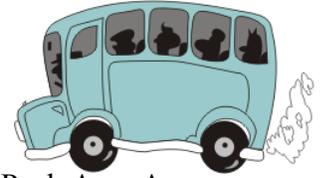
Meeting participants discussed a variety of possible locations for a facility in the Tri-Lakes area and the possible minimum facility capacity, as well as other desirable features and funding ideas. A number of attendees accepted action items to explore site and funding possibilities further.

I plan to approach the Monument Board of Trustees, the Tri-Lakes Chamber of Commerce, and the Tri-View Metropolitan District, to explain the latest situation and to ensure support by these organizations for the continued pursuit to acquire a senior living facility for the Tri-Lakes area.

Anyone who might be interested in helping to move this concept forward toward reality, call me directly, at 719 661-3432.

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 a week in advance.
- **Interested volunteer drivers - call 488-0076**
(mileage reimbursement provided).

Van Schedule

- **First Tuesday of every month** the van transports to Chapel Hills mall and King Soopers.
- **Fourth Tuesday of the month** the van transports 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—10% discount
- 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

Books: Their Stories and Values

Wed. June 23 & Wed. June 30, 6:30-8:30

In the first of a 2-part presentation (June 23), Chuck Robinove, local book collector and dealer in rare books, will show rare and unusual books and explain four criteria to determine the values of books. The second session (June 30) will allow attendees to bring their own books and to share with all the knowledge and variety of books. Registration is limited to 20 attendees. Please call 488-2370 for reservations.

History Buffs

Wednesday, June 23, 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, June 18, 10 AM, Monument Branch

New members are welcome and no registration is required at this monthly book club. This month's selection is Child of a Rainless Year by Jane Lindskold.

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

Tri-Lakes Native American Inter-Tribal Festival and Concert Saturday, June 5, 2010

Enjoy a one-day Native American Festival, lakeside at Palmer Lake. The Festival features Native history and culture. Storytellers will share "old stories" and Native drums, singers, and dancers will perform. Native artisans will be on hand; browse through the offerings of Native vendors, and enjoy Native food. The Festival activities are all free.

Following the Festival, attend a concert by Native American Music award-winning musician Arvel Bird, who will be accompanied by Native dancers.

Admission to the concert is \$15.00. Tickets are available at www.arvelbird.com, at the Festival, or at the door.

The Festival runs from 10 AM to 6 PM. The concert, at Tri-Lakes Center for the Arts, starts at 7:30 PM. For information call 719-559-0525.

Finders and Youngberg Concert Saturday, June 12, 2010, at 7:30 pm

Finders and Youngberg return to Palmer Lake and the Tri-Lakes Center for the Arts for an encore performance following last year's highly successful concert that had the audience standing, cheering and begging for more. This threesome stretches the genre to include honky-tonk, old-time blues, folk and bluegrass.



Aaron and Erin Youngberg, and Mike Finders

Tickets are \$12.00 for TLCA members and \$15.00 for non-members (\$15 and \$18 at the door). For more information call 719-481-0475.

Tri-Lakes Center for the Arts is located at 304 Highway 105, Palmer Lake.

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

June 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

Thursday, June 3 – No lunch on first Thursday of each month.

Monday, June 7 – Swedish meatballs, pasta, brussels sprouts, apricots, bread.

Thursday, June 10 – Roast beef with gravy, mashed potatoes, spinach, pear, roll, cookie.
Bingo follows lunch.

Monday, June 14 – Pepper steak, mashed potatoes, lima beans, tomato juice, bread, cookie.

Thursday, June 17 – Baked chicken, mashed potatoes with gravy, broccoli, banana, roll.

Monday, June 21 – Hungarian goulash, brown rice, broccoli, apricots, bread.

Thursday, June 24 – Baked ham, sweet potatoes, spinach, banana, roll, cookie.

Monday, June 28 – Chicken taco salad in edibowl, cheese, lettuce and tomato, black beans, brown spanish rice, mandarin oranges.

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

The June lunch menu for Wednesday meals was not available at press time. The printed menu will be available for pick up on at the first Wednesday lunch in June. It will also be available to download as a pdf file from our web site, www.TriLakesHAP.org, under “Senior Programs.” **Below are the dates of the Wednesday lunches in June.**

- June 2** – *Free blood pressure screening today.*
- June 9**
- June 16** – *Free blood pressure screening today.*
- June 23**
- June 30**

*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

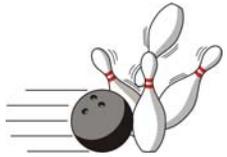
Ads are free in the *Senior Beat* for Tri-Lakes senior citizens. If you have something to sell or want to buy, are looking for a job, or anything else you would like to advertise, just send the text of your ad by email to SeniorBeat@TriLakesSeniors.org by the 16th of the month and your ad will be in 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'em
 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, July 5 in observance of Independence Day

June 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*
 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.*



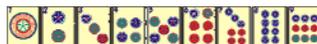
Thursdays 1 – 4 PM Pinochle *hosted by Gerry*

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

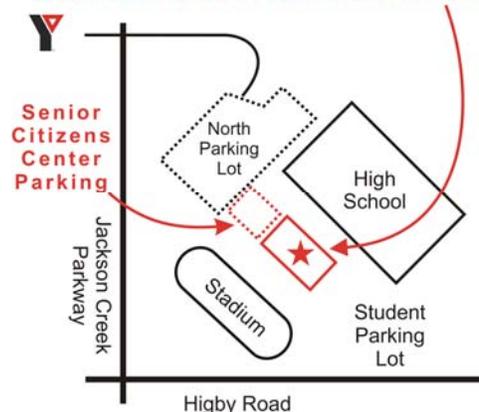


Also available:

- ❖ 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.

June 2010 Tri-Lakes Senior Beat
c/o Tri-Lakes Health Advocacy Partnership
PO Box 2931
Monument, CO 80132

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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

Volunteers and Donations Needed!
Call 488-3495 to volunteer and to donate.

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

Support the HAP Thrift Store

Tri-Lakes Health Advocacy Partnership operates its Thrift Store to provide affordable, gently-used, non-clothing items to local area residents, and to generate revenue that goes entirely to programs supporting local area senior citizens.

The success of the Thrift Store depends heavily on receiving quality donations and on the generous contribution of labor by all the volunteers who operate the Thrift Store.

If you have non-clothing articles in good condition that you no longer use and are just taking up space, please consider donating them to the Thrift Store. All accepted donations are tax deductible. Call 488-3495 to schedule your donation.

Volunteers for the Thrift Store are also needed. Hours are very flexible and the people you'll be working with are a great team. If you have a pickup your help is requested for periodically transporting goods between the local storage facility and the store.

Consider joining the Thrift Store team. You'll make new friends and have a good time while helping your community! Call 488-3495 for information.