

9Health Fair Returning to Tri-Lakes

Mark your calendar for the morning of Saturday, October 23. That's when Tri-Lakes Health Advocacy Partnership brings back the successful 9Health Fair to the Tri-Lakes area.

From 7 AM to noon at Palmer Ridge High School a variety of free and low-cost health screenings, professional and educational health services will be available. Some of valuable services to be offered include,

- \$30 Blood Chemistry Screening. This gives you information on your cholesterol, triglycerides, blood glucose levels, calcium levels as well as information on your thyroid, liver, kidney, bone, muscle function and much more. This screening may show warning signs of diabetes, heart disease and other concerns.
- \$25 Prostate Specific Antigen (PSA) screening for men. Checks for prostate gland issues and cancer.
- \$15 Blood Count screening. Checks the health of your blood
- \$20 Colon Cancer Screening Take Home Kit. Checks your risk for colon cancer.
- Free "Talk With A Health Professional" services.
- Free health education from local organizations.

Seasonal flu shots will also be available for the entire family, and through a grant process Penrose-St. Francis is offering free Tetanus, Diphtheria, Pertussis (Tdap), Hepatitis A and B and Pneumococcal vaccinations for adults 19 and older who don't have health insurance.

Everyone interested in the low-cost 9Health Fair blood screenings should fast for 12 hours before the test for the most accurate results (except if you are diabetic); also, drink plenty of water and continue taking prescribed medications.

No social security number or personal identification is required, and all blood work results, including information on how to read your results, are mailed directly to your home within four weeks for you to share with your doctor.

If any critical health condition is discovered, calls from volunteer doctors and nurses are provided within 72 hours to participants

For more information on the

Tri-Lakes 9Health Fair at Palmer Ridge High School, please call the Tri Lakes Chamber of Commerce at 719-481-3282, visit the 9Health Fair web site at www.9healthfair.org or call them at 1-800-332-3078.



Meet With The HAP Board

Members of the Tri-Lakes Health Advocacy Partnership (HAP) Board of Directors, which support the many senior programs you rely on, want to hear your thoughts about the current senior programs. Tell what you like, do not like, and what you want to see added or changed.

On Tuesday, July 6 at the Senior Citizens Center from 1 to 2:30, there will be a meeting with some of the board members.

This is a continuation of a series of meetings that started in May. Future meeting dates are, Monday, Aug. 2 and Tuesday, Sept. 7.

Please make a point of sharing your thoughts with the people who oversee the programs of the senior citizens. And please share the information about these meetings with your friends who also use the senior programs in the Tri-Lakes area.

Tri-Lakes Health Advocacy Partnership

by David Betzler, HAP Board of Directors

Why a Senior Beat article focused on HAP financials? We want to educate the community especially those we serve, and increase individual and community participation and support. HAP functions solely to provide health and wellness programs and senior citizen support and services for the Tri-Lakes community.

We have strong health partnerships with Penrose-St. Francis Health System and Tri-Lakes Cares. The HAP – Penrose partnership supports the Faith Community Nurse operating from Tri-Lakes Cares. She supervises multiple services for adults and children, including: medical clinics, client/nurse interventions, blood drives and blood pressure screenings, prescription and vision assistance, and childhood immunizations and dental checks. Services are provided at no or minimal cost, however donations are gratefully accepted.

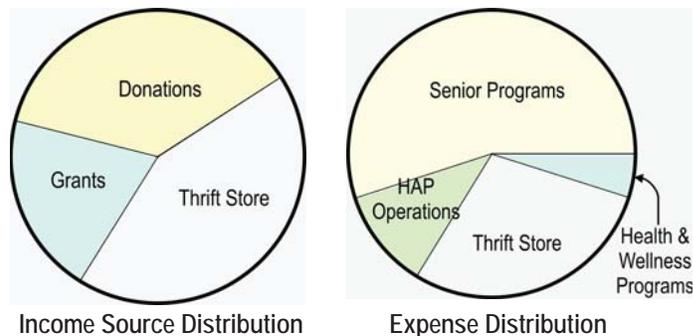
HAP senior programs involve a partnership with School District 38. These services are also provided at no or low cost, and donations are accepted. The Senior Center hosts social, recreational and learning activities, and intergenerational events. The new Senior Teas activity involves monthly themed events for senior/elderly women. HAP provides a weekly lunch for seniors, and the expanded Thrift Store generates sales that finance senior activities. The senior community is kept well-informed via this free monthly newsletter, *Senior Beat*, (available in both print and electronic versions); our annual reference resource for seniors, *Tri-Lakes Silver Book*; and by the HAP web site (accessible as www.TriLakesHAP.org), and as www.TriLakesSeniors.org).

How does HAP generate funds to support its programs? Like most community non-profits, we generate income via donations, sales revenue, and grants. In 2009, HAP received a total of \$37,500 (rounded): 37% in donations, 43% in HAP Thrift Store sales, and 20% in grants. (See accompanying figure “Income Source Distribution”) Importantly, HAP programs are generously supported by community volunteers (over 5,700 hours in 2009), and significant in-kind donations from businesses.

How does HAP use the funds it receives? For 2009, HAP program and operating expenses were

\$47,130 (rounded): 5% for health and wellness program, 57% for senior programs, 29% for HAP Thrift Store, and 9% for HAP operations. (See figure, “Expense Distribution”)

To overcome the 2009 gap of \$9630 between revenue and expenditures, HAP drew on our limited reserve funds. The gap was due to two main factors.



First, Thrift Store annual revenues from the ‘old’ location were less than expected. Now, with the 2010 relocation to an expanded facility that provides better visibility from Highway 105, we are beginning to realize our projected revenue increase. The second factor was the continuing downturn in the local economy. Like all non-profits, HAP suffered from reduced donations from business and individuals, and our grant income was less than projected due to increased competition for shrinking grant opportunities as well as from smaller grant awards.

The revitalized HAP Board remains focused on optimizing expenditures for program delivery, solidifying our financial base, and on increasing accountability and transparency.

To sum up, HAP is a maturing organization that is working hard to sustain and improve our programs and services for the Tri-Lakes community. In these trying economic times, we’re operating on a thin financial margin. We earnestly need and solicit your continued and hopefully expanding support: as participants, volunteers, or program advocates; in increasing donations of household items and patronizing the Thrift Store; and as financial supporters.

With your help, HAP will sustain and grow its vital programs.

Tri-Lakes Center

for the Arts

and the

Front Range Theatre Company

present

The Wisdom

Within These Walls

Friday, Saturday, Sunday, July 16, 17 and 18

"The most beautiful dress my mom made for me was out of a flour sack. It had a beautiful flower print on it. I don't know where she got them, but the buttons were made out of walnut shells. They were shiny and absolutely beautiful."

Listen to wisdom from oral histories of local seniors that capture the essence of our human condition. Based on interviews by the Front Range Theatre Company, these stories have been beautifully rendered into a reader's theatre production and accompanied by live, old-time bluegrass music.

This very special production honors our elders and provides moving, inspiring, sometimes funny and always touching stories that illustrate what one learns from 70, 80 and 90+ years of living.

Tickets are \$12 for students or seniors, \$15 for adults. For more information, to purchase tickets or for show times, visit either www.TriLakesArts.org or www.TheWisdomWithinTheseWalls.com. Or call The Front Range Theatre Company at 303.814.7740 or Tri-Lakes Center for the Arts at 719.481.0475.

Wisdom Within These Walls benefits Silver Key Senior services and The Castle Rock Senior Center. *We ask that all attendees bring a non-perishable food item for the Silver Key food pantry.*



CALL FOR VOLUNTEERS

Tri-Lakes Health Advocacy Partnership (HAP) is a local non-profit organization that provides a variety of beneficial health and wellness, and senior citizen programs to the Tri-Lakes community.

Being a non-profit, HAP is very dependent on volunteers who provide direct support for its programs. In fact, everything is done by volunteers; *HAP has no paid employees.*

Volunteers are needed for all of HAP's activities.

Opportunities abound; help in our Thrift Store, organize a day trip for senior citizens, write an article for this newsletter, provide support to the board of directors, or a variety of other tasks.

If you have a couple of hours occasionally available to contribute to the community, HAP would like to make you part of the team. Send us an email addressed to SeniorBeat@TriLakesSeniors.org and let us know how to contact you.



Community Blood Drive
 Tuesday, July 20, 3-7 PM at Tri-Lakes Care.
 For more information,
 call Jackie, at 481-4864 ext 23.

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

It's easy to subscribe; just send us an email at SeniorBeat@TriLakesSeniors.org 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.

2010 Concerts in the Park

Summer Music Series

Jimbach Park Bandshell

For the 9th Year

Historic Monument Merchants Association (HMMA)

Brings free live music to downtown Monument.

Last years' series won a Colorado Governor's Award for Best Promotional Event!

All concerts are 7:00 to 9:00 pm.

Bring your own chair or blanket and enjoy food, fun, Mt. Herman sunsets and great music for the whole family!

Artist CDs, food, refreshments and treats available for purchase.

Donations appreciated



2010 CONCERT SERIES SCHEDULE

Wednesday, July 7

Blues artist **Big Jim Adam**

Wednesday, July 14

Jazz Fusion Artist **Hammerstadt**

Wednesday, July 21

Len Cowboy **Chuck Pyle**
with **Gordon Burt**

Wednesday, July 28

Highland Bagpipers and Rocky Mountain Steel Band

Wednesday, August 4

Palmer Divide

Bluegrass

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 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 Wall-Mart.
- **Passenger pickup begins 9:30 AM** at your home. Call 488-0076 for pickup.

Local Businesses Offering Senior Discounts

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

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 Course

Saturday, July 17, 9:30 AM to 5:30 PM

The nation's first and largest classroom driver refresher course specially designed for motorists aged 50 and older. Upon successful completion of the course, graduates may present their course completion certificate to their insurance agent for a discount. A minimum of ten students is required for the class to be held. Charge for the eight-hour course is \$12 for AARP members, \$14 for non-members. Class size is limited and registration is required. Bring a lunch.

History Buffs

Wednesday, July 28, 1 PM

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

Every Tuesday 1 PM

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

This supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history.

Monumental Readers

Friday, July 16, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is To Kill A Mockingbird, by Harper Lee.

Senior Synergy

Wednesdays, 10 AM

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group.

TALK English!

Mondays at 7 p.m.

Join this informal conversation circle for adults who want to improve their skills and increase their comfort levels when speaking English.

Palmer Lake Historical Society presents

RANCHING THE PALMER DIVIDE

Thursday, July 15, 7 PM Palmer Lake Town Hall,

Enjoy an evening with Dave Wismer, owner of Shamrock Ranch, as he presents an evening on ranching on the Palmer Divide.

Doors open at 6:30 PM and there will be plenty of great refreshments. The Town Hall is located at 66 Lower Glenway Street in Palmer Lake.

Tour

Estemere Mansion

Saturday, July 24, 10 AM-4 PM

Enjoy an informative tour of this elegant Queen Anne Victorian Mansion in Palmer Lake. The tour, a fundraiser sponsored by Palmer Lake Historical Society, is hosted by guides in period clothing and Dr. Dan Edwards will speak on local history.

The Mansion is located at 380 Glenway Street. Tickets are available at the door and are \$5 for Society members, \$8 for non-members, and half-price for children 13-17 years old.

This is a one day event from 10 AM to 4 PM. Don't miss this rare opportunity to tour this architectural marvel and piece of local history.

RECYCLE ELECTRONICS

Saturday, July 17th 10-2

Join the Lewis Palmer High School Boys Basketball team for their second annual recycling event. Blue Star Recyclers will be **at Lewis Palmer High School** to accept your electronic recyclables. There is a small per item fee, but net proceeds from recycling fees and all cash donations will go directly to support the LPHS Boys Basketball team. For more information contact Jason Grooms at 481-3104.

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

July 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 suggested

Thursday, July 1 – *No lunch served on first Thursday each month*

Monday, July 5 – *Independence Day holiday. No lunch served*

Thursday, July 8 – Chicken cordon bleu, mashed potatoes w/gravy, spinach, pear, roll.
Bingo follows lunch.

Monday, July 12 – Beef burgundy, mashed potatoes, lima beans w/tomatoes, orange, bread.

Thursday, July 15 – Baked chicken, mashed potatoes w/gravy, broccoli, pudding, banana, roll.

Monday, July 19 – Cabbage casserole, mashed potatoes, lima beans, applesauce, bread.

Thursday, July 22 – Roast pork w/gravy, baked potato, harvard beets, orange, cookie, biscuit.

Monday, July 26 – Beef stroganoff, pasta, lima beans, orange, bread.

Thursday, July 29 – Roast beef, boiled potatoes w/gravy, spinach, orange, cookie, roll.

Skim milk is served with every meal

Wednesdays

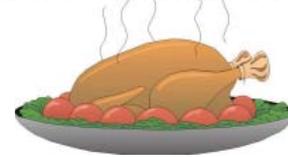
11:30 AM at 146 Jefferson St. Monument
 School District 38 Admin Building, "Big Red"
\$3 voluntary donation suggested

July 7 – Ham, scalloped potatoes and million dollar salad. **Free blood pressure screening today.**

July 14 – Stuffed pork chop with green beans and applesauce

July 21 – Beef brisket with garlic mashed potatoes and tossed salad. **Free blood pressure screening today.**

July 28 – Roast turkey breast with gravy, cranberries and mixed vegetables



Rolls and butter served with each meal except sandwiches.

Dessert also included.

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 more than 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.

**Tuesday Texas Hold'em
 7 PM and 10 PM. Free!**

**Sunday 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

Located in the Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Pkwy.

Open Monday through Friday, 1 – 4 PM, or earlier to accommodate a scheduled activity.

Closed Monday, July 5th in observance of Independence Day

Month 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
July is Picnic in the Park. Meet at Dirty Woman Park on Mitchell Ave in Monument, or if inclement weather, the Senior Center. Bring a dessert or salad to pass. Picnic meats and ice tea provided. Voluntary donations are gratefully accepted. For more information, call Irene C. (484-0517), Irene W. (481-1188) or Mary Frances (481-2360).

1st & 2nd Wednesday 1 – 2 PM Line Dancing
hosted by Kay

3rd Wednesday 12:30 – 3 PM Bingo
hosted by Curt, with prizes galore!



4th Wednesday 12:30 – 3 PM
Name That Tune and Sing Along hosted by Mary
(suspended for the summer; resumes in September)

2nd & 4th Thursday 1 – 4 PM Bridge hosted by Joy

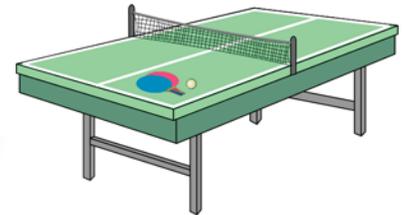
Thursday 1 – 4 PM Pinochle hosted by Gerry

Friday 10:30 – 11:30 AM Tai Chi for Arthritis
hosted by Maureen

2nd & 4th Friday 1 – 4 PM National Mahjong
hosted by Jo Ann

Friday 1 – 4 PM No Cash/No Host Poker

Tues, July 6; Mon, August 2; Tues, September 7
1 – 2:30 PM Discussion on Seniors Programs
hosted by Tri-Lakes HAP Board of Directors

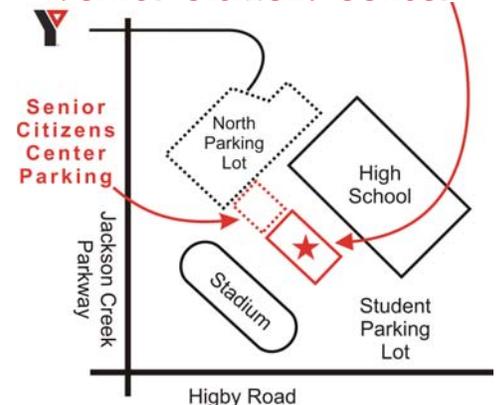


Also available

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

The 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.

July 2010 Tri-Lakes HAP 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 or donate.*

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

SUPPORT THE HAP THRIFT STORE

Every week the Thrift Store has new specials, from 25 to 50 percent off for that week only. So, drop by often to see what's on sale and to take advantage of these savings.

The Thrift Store also helps connect buyers with sellers. Have a small dresser? We have someone looking for one. Are you looking for a dishwasher? Let us know.

The Thrift Store inventory includes a wide variety of non-clothing goods, including antiques, and vintage items, tools, books, kitchen appliances, and more.

Volunteers and donations are needed for the Thrift Store. Donate your garage sale leftovers. Because we're a 501(c)(3) organization your donations are tax deductible. Call 488-3495.

If you have some free time to contribute, consider being a Thrift Store volunteer. We need people who are willing to help in the store or who can help transport donations from homes to the store. And, you'll quickly make friends with a great group of volunteers. Call 488-3495 today!