

## Meet With The HAP Board

Continuing with a fourth in a continuing series of meetings, members of the Tri-Lakes Health Advocacy Partnership (HAP) Board of Directors will be at the Senior Citizens Center on Monday, August 5, from 1 to 2:30.

Share your thoughts about the current senior programs. Tell what you like, do not like, and what you want to see added or changed.

This is a continuation of a series of meetings that started in May. If you can't make the August meeting, mark your calendar for the September 7 meeting.

## Excess Junk Mail: A Symptom of Trouble

(Part 1 of 2) By Susan Hindman

It started with a glance at my friend's large desk, cluttered with stacks of mail. Resting at the top of the largest one was an opened letter. The large-type words read "\$1.4 million!" "Winner!" "Send \$19.99!" And then I saw what would trigger a series of "uh-ohs": a simple, handwritten checkmark at the top of the letter. *see Junk Mail, page 5*

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# Senior Safety Program

Tri-Lakes Monument Fire Protection District, in conjunction with Tri-Lakes Health Advocacy Partnership, developed a senior safety program. The program focus is to assess, educate, and improve the safety and wellness of the Tri-Lakes senior citizen population. To achieve this goal, the program consists of six primary elements:

**Senior Smoke Detector Program** provides for installation and maintenance of smoke detectors in the homes of senior citizens.

This portion of the program is made possible by grants from the Tri-Lakes Women's Club.

**Carbon Monoxide Detector Program** provides for visits by fire crews to the homes of senior citizens to check the carbon monoxide detectors and to provide training for seniors in their use. Detectors are provided for those seniors with limited incomes, complements of Black Hills Gas Company and Tri-Lakes Women's Club.

**Home Safety Assessments** are performed by fire crews to identify potential hazards in the home, to encourage awareness for safety and fall prevention.

**Fire Prevention Education** for senior citizens on the essential fire safety practices in the home environment, including fire escape plans and use and placement of fire extinguishers.

**Vials of Life** to provide emergency responders with quick access to essential health and family contact information. See the *Vials of Life* article elsewhere in this newsletter for more information on this very valuable program.

**Blood Pressure Checks** are available by appointment at no cost to help seniors keep abreast of their physical condition. Call (719) 484-0911 to schedule your blood pressure check.



# HAP AND SENIORS

*Ted Rinebarger, HAP Board Vice President*

**T**he Tri-Lakes Health Advocacy Partnership (HAP) is an all-volunteer, non-profit organization created to address community health and wellness needs of the residents of Northern El Paso County. The organization supports volunteer efforts in two primary areas: Health and Wellness Services and Senior Programs.

The Health and Wellness services are delivered through a partnership with the Penrose-St. Francis Faith Community Nurse program with our own Jackie Sward (RN) and a group of volunteers leading the way. The Senior Programs (and the focus of this column) are *totally volunteer driven* and exist to meet the expressed needs of the seniors who live in the Tri-Lakes area.

The vitality of the various Senior Programs depends on the program participants. Whether it is volunteering at the Thrift Store, organizing activities in the Senior Center, or simply acting as a host or hostess at the Senior Center “just to keep an eye on things”, your involvement and leadership is vital. Remember that these are *your programs*, and you know what best meets the needs of your fellow seniors.

The HAP Board continues to work hard in support of Senior Programs. Board member Dave Betzler recently submitted a request for a Lewis-Palmer Youth in Community Service grant. That resulted in a \$1000 grant awarded by LPYCS to support HAP’s Senior Programs.

Mark Ennis (our HAP Board President) secured a truck load of recycled asphalt from R Rock Yard to repair the Senior Center parking lot. Mark then brought over equipment from his company (Access Construction) to complete the repair job.

There are many more examples of HAP’s efforts to provide support for Senior Programs. Despite some financial issues primarily due to a decline in donations, HAP will continue to work on your behalf. That is our role...support. However, the programs are yours...yours to enjoy, and to lead. Find out how you can get involved in keeping Senior Programs healthy and vibrant by contacting us by email at SeniorBeat@TriLakesSeniors.org.

*Palmer Lake Historical Society Presents ...*

## 2010 Return of the Rocky Mountain

### CHAUTAUQUA ASSEMBLY

August 6-8; Town of Palmer Lake

Three days of history-related events including a vintage baseball game, Civil War Re-enactors, a Chuck Pyle Concert, ice cream social, the Fort Carson Mounted Honor Guard, mini-donkeys, alpacas, and much more. Most activities are free. For a complete schedule and more information, visit [www.palmerlakechautauqua.org](http://www.palmerlakechautauqua.org).

### Historic Theatres of Colorado Springs

August 19, 7:00 PM; Palmer Lake Town Hall

Join us for this free program as author and historian Beth Barrett takes us on a rousing journey through the history of local theatres and their contributions to the cultural growth of the area. Doors open at 6:30 PM and refreshments will be served. For more information visit [www.palmerdividehistory.org](http://www.palmerdividehistory.org)

### “Big Jim” Adams in Concert

August 21, 7:30 PM; Tri-Lakes Center for the Arts

“Big Jim” is a master “Bluesman” who will treat the audience to a rollicking night of fantastic blues. The doors open at 6:30 PM. There will be a cash bar, as well as complimentary appetizers and desserts. Advance sales by PayPal or at the Tri-Lakes Center for the Arts, 304 Highway 105, Palmer Lake, CO 80133. For more information visit [www.trilakesarts.org](http://www.trilakesarts.org) or call 719-481-0475.

### August and September Health Program Events

#### Blood Pressure Screening

Wednesday August 18 during Seniors Lunch at Big Red.

#### Macular Degeneration Support Group

Thursday, August 19, 1 – 2 PM at Tri-Lakes Cares

#### Blood Drive

Tuesday, September 21, 3 – 7 PM at Tri-Lakes Cares

# Tri-Lakes Center for the Arts

## PATHWAYS AND PARALLELS



Claudette Bedinfeld



Irmgard Knoth

Two friends sharing their passion and their perspectives through painting and sculpture.  
Exhibition Runs August 3 – 28



## 3 POINTS OF VIEW

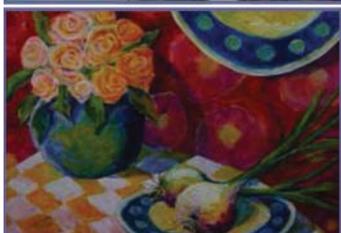
*A Walk With Color*  
August 1 – 29



Acrylic



Mixed Media



Watercolor



## Summer for Seniors at the Y

by Lisa Gray, Group Fitness and Senior Coordinator

Summer is in full swing and so are our programs for the senior population at the Tri-Lakes YMCA!

Interested in making new friends or cultivating the friendships you already have?

Come and join our **Senior Social Time** on alternate Tuesdays and

Thursdays from 9:30 – 11:30 AM in the lobby of the Tri-Lakes YMCA. As this is a new event and we want to offer the opportunity to all of our local seniors to experience our facility we are going to run a kick-off promotion during August that will open our social time to members as well as non-YMCA members. *After August our Senior Social time will be open only to YMCA members, so be sure to stop by for a visit!* Free coffee and donuts will be served.

The Tri-Lakes YMCA will be hosting a **Senior Pot Luck** on Friday August 27th beginning at 10 AM. The speaker this month will be John Bowman from Secure Horizons Insurance. He will be discussing the changes occurring with insurance that will affect our senior population including changes with Medicare and Medicaid. This is not a “sales pitch” meeting. To reserve your spot please call the membership desk at (719) 481-8728.

As always the Tri-Lakes YMCA offers 77 group fitness classes each week as well as specialized programs such as “WOW” (Women On Weights) and personal training.

If you have never been to our facility we would love to show you around and let you see how we can add quality of living to your life. For information on our current class schedules visit our web site [www.ppymca.org](http://www.ppymca.org) or call Lisa Gray, the Group Fitness and Senior Coordinator at (719) 481-8728 extension 607.



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

They say the economy is bouncing back.  
So are my checks.



I just received my California state pension paycheck. It was labeled, "Do not fold, staple, spindle, mutilate, or Cash."

## 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
- ◆ Tri-Lakes Disposal

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

## High School Musical

August 26, 7 PM and  
August 28, 2 PM & 7 PM

At Tri-Lakes Center for the Arts

A thoroughly modern adaptation of *Romeo & Juliet*.

*High School Musical* is a story about two high school juniors from rival cliques. Troy Bolton is captain of the basketball team, and Gabriella Montez is a beautiful and shy transfer student who excels in math and science. Together, they try out for the lead parts in their high school musical, and as a result, divide the school. Despite other students' attempts to thwart their dreams, Troy and Gabriella resist peer pressure and rivalry, inspiring others along the way not to "stick to the status quo."

# Pikes Peak Library District



## Monument Branch Events

### Old Fashioned Ice Cream Social and Barbershop Chorus

Saturday, August 7, 1:30 AM – 3 PM  
at the Village Green in Palmer Lake

In honor of our senior patrons, families are encouraged to bring their elders to enjoy free Rock House ice cream and great music sung by the America the Beautiful Chorus. Made possible by the Tri-Lakes Friends of the Library.

### History Buffs

Wednesday, August 25, 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, August 20, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is Painted Drum, by Louise Erdrich.

### AARP Mature Safe Driving Course

Saturday, August 21, 9:30 AM – 5:30 PM

The nation's first and largest classroom driver refresher course specially designed for motorists ages 50 and older. Upon successfully completing the course, graduates may present their course completion certificate to their insurance agents for a discount. A minimum of 10 students is required for the class to be held. Charge is \$12 for AARP members, \$14 for non-members. Class size is limited and registration is required. Bring a lunch.

### Talk English!

Mondays, 7 PM

Join this informal conversation circle for adults who want to improve their skills and increase their comfort levels when speaking English. No registration is required.

## 9Health Fair Coming to Tri-Lakes

Saturday, October 23, Palmer Ridge High School 7 AM - Noon

Mark your calendar to take advantage of this great opportunity for free and low-cost health screening services such as:

- Blood chemistry screening
- Prostate Specific Antigen (PSA)
- Colon Cancer Screening Kit
- Free "Talk With A Health Professional"
- Representation by many local organizations



### Junk Mail *(continued from page 1)*

My 90-year-old friend thought the "official looking" letter presented a windfall and had responded; I knew it was a scam, and panicked. Sending a check—a seemingly small sum to wager for a high return—was a momentary lapse of judgment, and that's just what scammers are banking on. They would receive lots of useful personal information from that single check.

Junk mail had been arriving in droves for quite some time—some came from the same group several times a year. Whether obvious scams (highlighted by misspellings, illogical sentences, and no clear company address), not-so-obvious scams (fake charities bearing names similar to legitimate charities), or respectable non-profits, the amount of mail she received daily was mind-boggling. Phone solicitors were calling constantly as well. A later count revealed that at least 200 organizations had her address. Why was this happening?

Her closest friend went through her checkbook and credit card statements, and discovered the reason: For months, she had been donating to groups she hadn't even heard of. Many of them weren't asking for much; some asked for as little as \$7. But thousands of dollars had been sent out.

Worse was the discovery that short-term memory loss had played a role in this. She was confused and ashamed over what had happened.

Next month, I'll say more about how we managed to get her off the mailing lists. It took nearly six months before we saw a difference. Meanwhile, if someone you know is getting more mail than normal, offer to help get to the bottom of it—and stay tuned.

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

## August 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*

**Monday, Aug 2** – Stuffed pepper, brown rice, carrots, bread, orange, cookie.

**Thursday, Aug 5** – **No lunch served on first Thursday each month**

**Monday, Aug 9** – Pepper steak, mashed potatoes, lima beans, bread, orange cookie.

**Thursday, Aug 12** – Roast beef with gravy, mashed potatoes, spinach, roll, pear, cookie.  
**Bingo follows lunch.**

**Monday, Aug 16** – Swedish meat balls, pasta, brussels sprouts, bread, tomato juice.

**Thursday, Aug 19** – Baked chicken, mashed potatoes with gravy, broccoli, roll, banana, pudding.

**Monday, Aug 23** – Baked cod, brown rice florentine, brussels sprouts, biscuit, apricots.

**Thursday, Aug 26** – **No lunch served**

**Monday, Aug 30** – Chicken taco salad in edibowl, chicken, cheese, lettuce & tomato, pinto beans, 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 suggested*

**Aug 4** – Tuna salad with sliced avocados on a croissant with fruit.

**Aug 11** – Ham, scalloped potatoes and million dollar salad.

**Aug 18** – Beef Brisket with Garlic Mashed potatoes and tossed salad.

**Aug 25** – Beef Brisket with Garlic Mashed potatoes and tossed salad.

*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 16<sup>th</sup> 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, September 6<sup>th</sup> in observance of Labor Day**

### Month Program Schedule

Please check our web site [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org) for schedule updates.



**Tuesday Noon – 4 PM Pinochle** hosted by Gerry

**3<sup>rd</sup> Tuesday 1 – 3 PM Tea Time** hosted by Irene

Bring a dessert to share. Tea sandwiches and/or salads, cups and tea all provided. For more information, call Irene C. (484-0517), Irene W. (481-1188) or Mary Frances (481-2360).

**Wednesday 1 – 2 PM Line Dancing** hosted by Kay

**3<sup>rd</sup> Wednesday 12:30 – 3 PM Bingo** hosted by Curt, with prizes galore!



**4<sup>th</sup> Wednesday 12:30 – 3 PM**

**Name That Tune and Sing Along** hosted by Mary  
(suspended for the summer; resumes in September)

**2<sup>nd</sup> & 4<sup>th</sup> Thursday 1 – 4 PM Bridge** hosted by Joy  
(no bridge in August; resumes in September)

**Thursday 1 – 4 PM Pinochle** hosted by Gerry

**Friday 10:30 – 11:15 AM Tai Chi for Arthritis** hosted by Maureen

**Friday 1 – 4 PM National Mahjong** hosted by Jo Ann



**Friday 1 – 4 PM No Cash/No Host Poker**

**Mon, August 2; Tues, September 7**

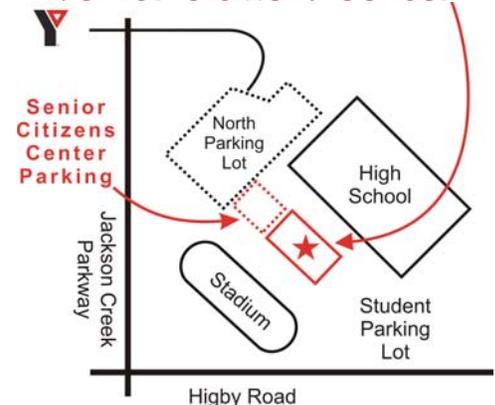
**1 – 2:30 PM Discussion on Seniors Programs** hosted by Tri-Lakes HAP Board of Directors

### 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](mailto:papaduffy@msn.com)) for scheduling information.**

**August 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](mailto: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

*This month we open with a very sincere, "Thank you!" to HAP President Mark Ennis who has been a very special friend to the Thrift Store. Mark provided critical assistance over the past year to ensure the Thrift Store's success; this success has translated to financial support to many of the HAP seniors programs. Thank you for your many hours of dedication and support, Mark!*

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 garage sale leftovers. Because we're a 501(c)(3) organization 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!