

## Lewis-Palmer Key Club Awards Grant to HAP

Lewis-Palmer Key Club awarded a \$1000 grant to Tri-Lakes Health Advocacy Partnership. The grant is to support the many programs of Tri-Lakes HAP which serve the health and welfare needs of the local community.

In accepting the grant from Key Club president Kristen Bednar, HAP director David Betzler expressed the gratitude of the entire HAP board of directors to the Lewis-Palmer Key Club for their recognition of HAP's valuable contributions to the Tri-Lakes community.

The grant was approved during the spring of 2010 by Key Club predecessor, the Lewis-Palmer HS Serteen Club under its program Lewis-Palmer Youth in Community Service. The Lewis-Palmer HS Serteen Club is sponsored by Monument Hill SERTOMA. In July 2010 Monument Hill SERTOMA transitioned to Monument Hill Kiwanis; concurrent with that transition, the Lewis-Palmer and Palmer Ridge Serteen Clubs became Kiwanis Key Clubs.

Lewis-Palmer Key Club is a

service organization of over 100 teenagers, under the sponsorship of Monument Hill Kiwanis. Key Club members are active in many community service activities throughout the year, including Summer Solstice, Concerts in the Park, the Monument Fourth of July Parade and activities, Empty Bowl, Tri-Lakes Annual Health Fair, Salvation Army Bell Ringing, and more.



Key Club president Kristen Bednar presents a check to HAP director David Betzler. while joined by, left to right, Key Club treasurer Parker Chambers, Kiwanis Advisor Max Williams, Key Club secretary Michelle Chan, Key Club activities director Rachel Hernandez, and Key Club publicity director Jamie Falvo.

### Inside This Issue...

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**...and more!**

### Excess Junk Mail:

#### Letter-Writing Effort Pays Off

(Part 2 of 2) By Susan Hindman

Last month, I wrote about a 90-year-old Tri-Lakes woman who had donated thousands of dollars to organizations that were known and unknown to her—which generated a tremendous amount of mailings soliciting more money.

It seemed everyone had “found” her—both political parties, campaigns for this-and-that, “friends of” groups, obscure

*Continued on page 3, Junk Mail*

## Vial of Life

Consider this typical situation: You're at home and suddenly you or another resident at the home experience a medical emergency. You quickly assess the situation and realize help is needed NOW! Call 9-1-1! It seems to take forever for the emergency responders to arrive, but they're there in just minutes. As first aid begins they ask questions about the patient. "Is this person on any medication?" "Does the patient have a history of...?" "Any medical allergies?"

These are standard questions that help direct the team toward providing the optimal care to cope with the emergency situation without aggravating other potential problems. Could you answer these quickly and accurately? Could your neighbor, who might have been the one who called 9-1-1? Unlikely.

This is the purpose of Vial of Life! And, it's free!

Vial of Life provides emergency responders with essential, initial information about the patient.

A Vial of Life consists of a paper form of basic medical and physical information about the patient. This form is placed in a plastic bag—the "vial"—and taped to the refrigerator where it can be quickly retrieved by emergency responders. A red Vial of Life decal is attached to the plastic bag so it can be easily identified when needed. And, an identical Vial of Life decal is applied to the front door of the residence; this lets first responders know upon arrival that a Vial of Life has been prepared and can be found attached to the refrigerator.

Depending on the individual, the Vial of Life might contain, besides the basic paper form, a photo of the individual, an EKG, Do Not Resuscitate instructions, Health Care Directive, Living Will, or any other information that could be of immediate value to first responders treating this patient.

The Tri-Lakes Monument Fire Protection District endorses the Vial of Life program and strongly encourages all senior citizens and people who might have an above average probability of needing emergency medical care, to create a Vial of Life.



### HAP Volunteer Spotlight

## UNSUNG HEROS OF HAP

Volunteers are the lifeblood of Health Advocacy Partnership. Without them HAP's programs wouldn't exist. Everything HAP does is accomplished by volunteers. *Everything!*

HAP operates a Thrift Store to generate some revenue for HAP's senior programs. Without the Thrift Store, programs such as the Senior Center and the functions that are enjoyed there could not exist. So, it is fitting to recognize as one of HAP's most valuable volunteers, Diane Wegley, who makes the Thrift Store a successful operation. Of course Diane insists that the Thrift Store can't succeed without the help of all the great volunteers that work there; and that's absolutely true! But Diane heads up the entire operation, ensuring all the operating hours have volunteers scheduled to work, that the merchandise is rotated regularly, that volunteers are being recruited, that advertisements are produced and published, and on and on.



Diane Wegley

Diane began volunteering at the Thrift store early in 2009 shortly after it opened. She stayed with it through the summer, helping to build the inventory and to get the word out about the store. Then, by late summer the HAP board of directors asked her to take over the responsibility for the store. She accepted the task and—as she would insist be included—"with the help of the many Thrift Store volunteers" the store has been a profitable operation for the senior program.

Our *many* thanks go to Diane Wegley for her tireless efforts to support the HAP senior programs!

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If you would like to participate in the Vial of Life program, free Vial of Life kits and decals are available from the Tri-Lakes Monument Fire Protection District Administration Complex at 166 Second Street in Monument, or call 719 484-0911 for more information about the Vial of Life program. You can learn more at [www.VialOfLife.com](http://www.VialOfLife.com).

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

religious and animal rescue groups, relief funds, veterans' groups, and countless health and educational groups. The worst (to me) were organizations purporting to lobby on behalf of seniors.

Her close friend and I developed a plan. Some of the fixes were easy:

- Register her phone number on the National Do Not Call Registry ([www.DoNotCall.gov](http://www.DoNotCall.gov)).
- Opt out of all mailings through the Direct Marketing Association's "DMAchoice" ([www.DMAchoice.org](http://www.DMAchoice.org)). You have to register, but it's free and simple to do—and we could specify which kinds of direct mail were okay to receive (meaning, we could have opted to receive magazine offers and nothing else).

But because the groups she had donated to were entitled to continue contacting her for a period of time, we decided letters would have to be written to each organization, requesting removal from their mailing list.

We created two types of letters—a polite one to worthy charities, and a curt one to predatory groups. Over the next five months, we mailed letters to some 200 different organizations. I checked each group's reputation through the Better Business Bureau's report on charities ([www.bbb.org/charity-reviews/national/](http://www.bbb.org/charity-reviews/national/)) and with Charity Navigator ([www.CharityNavigator.org](http://www.CharityNavigator.org)); though unnecessary, I wanted to be polite to those who were deserving. I ignored another 30 obvious scam letters—such as sweepstakes—with the understanding that the DMA preferences we set up would erase her name from those lists.

That was in August 2009. By February 2010, the mail had finally thinned out.

The lesson here is, don't let your good judgment be swayed by mail that tugs at your emotions or professes to have your best interests at heart. Choose a few charities you trust to donate to, and stick to those.

**For Sale:** Anniversary plates, pictures, 3 stuffed bears, boxes, furniture, clocks, hassock. Moved to the area with too much stuff; need to sell. Contact Wanda at 481-6565.

## PALMER LAKE HISTORICAL SOCIETY FLORISSANT COLORADO PIONEER CEMETERY

A program presented by

*Laura Moncrief*

Thursday September 16, 2010, 7:00 PM  
Palmer Lake Town Hall

Hear the *real* stories  
behind and underneath the  
tombstones! Doors open at  
6:30 PM. This event is free.  
Refreshments will be served.




### Tri-Lakes Annual Health Fair

Presented by:



Saturday, October 23  
7 am - 12 pm • FREE Admission  
Palmer Ridge High School

19255 Monument Hill Road; Monument, CO

Tri-Lakes Health Advocacy Partnership, 9Health and the Tri-Lakes Chamber of Commerce have teamed up to present the Tri-Lakes Community with a significantly expanded level of health services at the 2010 Tri-Lakes Annual Health Fair.

A partial list of the offerings at this year's fair includes: flu shots and adult immunizations for Tdap, hepatitis A & B, and pneumococcal; nutrition evaluation and height/weight body mass index; bone density screening; blood pressure, vision and hearing screenings; consultation with a health professional and a pharmacist; skin cancer screening, and more.

This year also offers a comprehensive blood chemistry analysis—"28 panel test"—offered for only \$30. The 28 panel test includes complete cholesterol panel, triglycerides, blood sugar, liver, thyroid, bone, muscle, kidney function and more. (For best blood chemistry results, 12 hour fasting is required.)

For a complete list of services offered contact the Tri-Lakes Chamber of Commerce at 481-3282.

## Phone Scam Targets Seniors

A telephone scam targeting elderly residents in the El Paso County area caught the attention of the El Paso County Sheriff's Office, which issued the following alert in early August:

"It has been brought to the attention of the Sheriff's



Office that persons are fraudulently calling elderly residents in the community and pretending to be with The Publisher's Clearing House. The caller is advising the resident they have won a prize and need to send \$100.00 to an address via

Western Union to claim their prize. In this instance, the resident declined the offer and told the caller they would not cooperate. The recipient then received a second call from a person who identified themselves as a police officer who attempted to talk the resident into sending money to claim their prize."

Law enforcement agencies will never call and ask you to send money to anyone. Be aware that there are telephone scams out there. Never give out personal information such as bank account numbers or other identifying information to anyone over the phone.

If you feel you have been a victim of this type of crime, contact the El Paso County Sheriff's Office at 390-5555.

## Meet With The HAP Board

Continuing with a fifth in a series of meetings, members of the Tri-Lakes Health Advocacy Partnership (HAP) Board of Directors will be at the Senior Citizens Center on Tuesday, September 6, from 1 to 2:30.

Share our 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 September meeting, mark your calendar for the October 4 meeting.

## 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.

## 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@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org).*

# Pikes Peak Library District



## Monument Branch Events

### History Buffs

Wednesday, September 22, 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.

### Tri-Lakes Knitters and Crafters

First, third, and fifth Fridays from 3:30 – 6 PM

Everyone is invited to bring their own project and enjoy company and conversation while working on it.

### Monumental Readers

Friday, September 17, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is Lightning In His Hand, by Inez Hunt.

### Come and Relax

First Friday of every month, 1 PM

Got stress? Knowing how to relax is a learned skill. Dr. LeAnna DeAngelo, a Licensed Psychologist will teach you about the mind/body connection and simple relaxation techniques you can do at home. Those under 18 must be accompanied by an adult.

### AARP Mature Safe Driving Course

Thursday Sept. 23 and Friday Sept. 24, 1 - 5 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.; class size is limited and registration is required. Charge for the eight-hour course is \$12 for AARP members, \$14 for non-members.

### Responsible Dog Ownership

Saturday, September 25, 1:30 PM

This trio of experts—Peggy Swager (dog book author and behavioral consultant), Tia Reinschmidt (dog trainer), and Linda Bollinger (dog book author and professional groomer)—present this AKC sponsored program giving dog owners useful tips and unique ideas for producing well-mannered, happy pets. Come prepared to take notes because your dog can't attend.

Lewis-Palmer School District 38

## Points of Pride

As usual, the Tri-Lakes Community has much to be proud of in the students and staff of Lewis-Palmer School District 38.



The latest scores on the Colorado Student Assessment Program (CSAP) are *among the highest ever achieved in our schools!* Compared to all school districts in the state, LPSD ranked...

- 👉 1<sup>st</sup> place in six categories
- 👉 2<sup>nd</sup> place in six categories
- 👉 3<sup>rd</sup> place in six categories
- 👉 4<sup>th</sup> place in six categories
- 👉 Our lowest ranking was 5<sup>th</sup> in the state! \*

\* Results here include scores of all school districts with more than 100 students per grade level tested.

### **Bragging Rights: Did You Know?**

🏆 On the ACT (college entrance exam for high school juniors), Lewis-Palmer and Palmer Ridge High School students ranked in the top 10% of Colorado in all subject areas.

🏆 D-38 students taking college-level courses in high school beat the nation, too. More than 78% of them scored high enough on their exams to receive college credit—above the national average of 58%.

🏆 For the second year, the Lewis-Palmer School District and all of its schools received the highest accreditation awarded by the State of Colorado: Accredited with Distinction. This status is awarded to only the top ten percent of districts in the state.

### 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.

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

# September 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, September 2 – No lunch served on first Thursday each month**

**Monday, September 6 – Labor Day holiday; no meal served.**

**Thursday, September 9** – Baked chicken, mashed potatoes with gravy, broccoli with cheese sauce, roll, banana. **Bingo follows lunch.**

**Monday, September 13** – Beef stroganoff, pasta, lima beans, bread, orange.

**Thursday, September 16** – Roast beef, mashed potatoes with gravy, spinach, roll, fruit cocktail, cookie.

**Monday, September 20** – Sweet and sour pork, brown rice, cauliflower, eggroll, melon, cookie.

**Thursday, September 23** – Swiss steak, mashed potatoes with gravy, peas, biscuit, banana, cookie.

**Monday, September 27** – Stuffed cabbage rolls, brown rice, carrots, bread, orange, cookie.

**Thursday, September 30** – Roast pork with gravy, baked potato, Harvard beets, biscuit, orange, cookie.

*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

**September 1** – Italian sausage on a bun with peppers, tomatoes and onions, and chips.  
*Free blood pressure screening.*

**September 8** – Tuna salad on a croissant with sliced avocados and fruit.

**September 15** – Chicken with cranberry tomato sauce, roasted potatoes and tossed salad.  
*Free blood pressure screening.*

**September 22** – Meat loaf with twice baked potato and tossed salad.

**September 29** – Pork tenderloin with applesauce and roasted potatoes.

*Rolls and butter served with each meal except sandwiches.*

*Dessert included.*

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

## September Blood Drive

Tuesday,  
Sept. 21, 3 - 7 PM  
Tri-Lakes Cares



## PINZ Bowling Alley

### Tuesday Senior Luncheon Special

\$4.50 lunch special with open bowling for \$1.50/line.

Monday Casino night  
Black Jack & Craps  
Come learn to play!  
7 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*

### September Program Schedule

Please check our web site [www.TriLakesSeniors.org](http://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

**3<sup>rd</sup> Tuesday 1 – 3 PM Tea Time** hosted by Irene  
September theme: School Days! 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).

**1<sup>st</sup> & 2<sup>nd</sup> 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

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

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

**2<sup>nd</sup> & 4<sup>th</sup> Friday 1 – 4 PM National Mahjong**  
hosted by Jo Ann

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

**Tuesday, September 7 and Monday, October 4**  
**1 – 2:30 PM Discussion on Seniors Programs**  
hosted by Tri-Lakes HAP Board of Directors



#### Also available

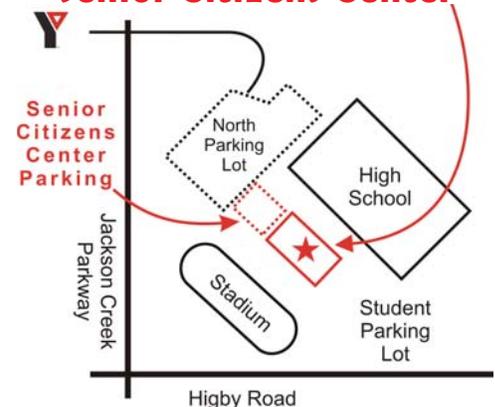
- Ping pong
- Wii video games
- Board games
- Refreshments
- PC w/Internet connection
- Lending library
- Information table
- TV w/cable service



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.**

September 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).**



TRI-LAKES  
HEALTH ADVOCACY PARTNERSHIP

# Thrift Store

Open Monday-Saturday, 10-4

Books  
Antiques  
Vintage Items

*A wide variety of non-clothing items.*

**Specials each week  
25 to 50% off!**

Call 488-3495 to donate your garage sale leftovers. Donations are tax-deductable.

Have some free time and want to make new friends? Become a Thrift Store volunteer. Join a great group of folks. Call 488-3495 today!

**Thrift Store**  
790 D Hwy 105



*All proceeds support Tri-Lakes HAP Senior Programs.*

## Thrift Store Treasures

Have you been by the Thrift Store recently? If not, perhaps it's time to make the trip. The hard working volunteers at the HAP Thrift Store are continuously rotating their stock of merchandise. The store won't hold all of the available product, so each week some merchandise is moved to the storeroom and new items are put on display.

Take time to look around the store...carefully. The store has some rather unique items which can make great conversation pieces in a game room. For example, when was the last time you saw an antique wax cylinder for the original audio players. The Thrift store has a couple for sale.

Are you a collector of rare military insignia? The Thrift store has an International Military Tribunal patch from the Nuremberg War Trials following WWII (right).

So, stop by and take a self-guided tour. You might be surprised what you find!

