

Tri-Lakes Annual Health Fair

Every year the Tri-Lakes Annual Health Fair grows and gets better, and this year's event, on Saturday, October 23 from 7 AM to noon at Palmer Ridge High School, is no exception. If you enjoyed and appreciated the first eight years when health vendors participated and flu shots were available, you'll find they're back this year along with a full slate of 9Health Fair low cost screening services.



Tri-Lakes
Annual Health Fair

9Health Fair screenings include a comprehensive blood chemistry (a \$175 value for only \$30; fast for 12 hours prior to the blood draw unless diabetic), PSA \$25, Blood Count Screening \$15 and Colon Cancer Screening (take home kit) \$20.

Flu shots will be available for \$25; flu mist \$35. Free screenings and exams include: Body Mass Index, blood pressure, hearing, oral, skin cancer, bone health, nutrition, lung function, breast exams, child and adult vision screening, and HeartSmartKids heart screening.

Also available will be free consultations with a health professional and pharmacist. Health professionals will help each participant decide on the

screenings that are most appropriate for them.

Numerous non-profits will be present to provide information, including: AARP, Catholic Charities, Lutheran Family Services, Pikes Peak Al-Anon, Pikes Peak Area Agency on Aging, Tobacco Education, Health Advocacy Partnership, Tri-Lakes Cares, Pikes Peak Library District, Child Health Care Network and CHP+.

A large variety of vendors will provide information about products and services which are available to the public. Some products and services will also be available for purchase.

Special thanks go to Lewis-Palmer School District 38 for making Palmer Ridge High School available to host this event.

The Fair is presented by Tri-Lakes Health Advocacy Partnership, the Tri-Lakes Chamber of Commerce and 9Health Fair.

Up to 600 residents have attended in the past.

Current sponsors of the event are Intermountain Rural Electric Association and Penrose-St. Francis Health Services.

Any organization or individual may volunteer, participate, or provide financial support by contacting the Tri-Lakes Chamber of Commerce at 481-3282, by visiting the web sites at www.trilakeschamber.org or www.9Healthfair.org.

For more information about the 2010 Tri-Lakes Annual Health Fair and on the services being offered, visit the Tri-Lakes Health Advocacy Partnership web site: www.TriLakesHAP.org

Meet With The HAP Board

Members of the Tri-Lakes Health Advocacy Partnership (HAP) Board of Directors will be at the Senior Citizens Center on Monday, Oct 4, from 1 to 2:30. Drop in and share your thoughts about the current senior programs.

Inside This Issue...

- ☞ **Letter from D-38 Superintendent**
- ☞ **Girl Scouts Enhance Senior Center**
- ☞ **Unsung Heros of HAP**
- ☞ **Phone Scam Targets Grandparents**
- ☞ **Senior Center Programs**

...and more!



LEWIS PALMER SCHOOL DISTRICT #38

146 Jefferson Street, P.O. Box 40
Monument, Colorado 80132-0040

Administration office:
Phone 719-488-4700
Fax 719-488-4704
www.lewispalmer.org

September 15, 2010

To our Senior Citizens of Lewis-Palmer School District 38:

Where would we be without our district senior citizen population, those patrons without school age children in our school district? You are incredibly valuable to our community and to the traditions of excellence that exist in this school district. You have supported our district's children through many different circumstances, and as superintendent of schools I would like to acknowledge the wealth of wisdom, talent, and quality of life you bring to our community.

It is with a great deal of excitement that I share with you the results of our latest student achievement tests. Our children have made wonderful gains at the elementary, middle, and high school levels. In fact, as a result of students' success at all levels, this school district was given the recognition of "Accredited with Distinction" by the State of Colorado. Only 10% of school districts in this state receive this recognition. Lewis-Palmer School District 38 continues to be one of the top three school districts in the state.

You can certainly be proud of your contributions to this success! Your financial support in the past, your willingness to mentor and volunteer time and talents, your interests in serving on district committees when asked, and your constant desire to improve property values, quality of life, and community amenities have encouraged us to pursue excellence throughout the school district.

This district has a wonderfully talented corps of teachers and staff, parents who value education, and students who come to school prepared to learn. When you combine that with supportive community members such as yourselves, the results can be outstanding.

I look forward to working with you in the future and engaging your support as we continue to provide the best learning opportunities for our children.

Sincerely,

Dwight "Ted" Bauman
Interim Superintendent of Schools
Lewis-Palmer School District 38

HAP Volunteer Spotlight: Gerry McDuffee

UNSUNG HEROS OF HAP

Stop by the Tri-Lakes HAP Senior Center most any time, and you're very likely to be welcomed by the smiling face of Gerry McDuffee, the host of the Senior Center. McDuffee opens the Center and closes it up each day, and is the resident expert about the Center and other seniors programs. And he does all this as a volunteer!



Gerry has been looking after the Senior Center and its guests since shortly after it first opened in some extra space available at the new Palmer Ridge High School back in 2008. His involvement quickly transitioned to permanent host. He helped move

the Center to its present location at Lewis-Palmer High School last year. He comes in early or stays late to accommodate the variable schedule of the many events and activities at the Center.

Gerry's roots to the Tri-Lakes area date back to 1965 when he moved to Monument because he was assigned to the Air Force Academy. After competing a 30 year military career, he went to work for Honeywell Corporation. He fully retired in 1990, and has remained active in a variety of community projects. In addition to managing the Senior Center, he is active with the Palmer Lake Historical Society and helps them organize and produce their annual Chautauqua event.

When asked what message he would like to pass on to readers of the Senior Beat, he commented, "People should come by to see and enjoy this wonderful facility we have available. There's no charge to use the facility; no membership dues to pay, just enjoy! It's a great place to relax and socialize; it's a fantastic community resource. I'd like to see more events offered through the Center. Mondays are a really quiet time at the Center; it would be nice to get more in here on Mondays."

Gerry stressed that although the published hours for the Center are 1 to 4 PM Monday through Friday, he does accommodate events outside of those hours. For

PALMER LAKE HISTORICAL SOCIETY

Life of

Julia Archibald Holmes

A program presented by

Kathy Studevart

Thursday October 21, 2010, 7 PM; Palmer Lake Town Hall

Hear the story of the first woman to climb Pikes Peak. Doors open at 6:30 PM. This event is free. Refreshments will be served.

YMCA Fall Events

Fall is here and with it comes exciting changes in our senior programs. We added Belly Dancing on Thursdays 11:30–12:30 and Tai Chi on Mondays and Wednesdays 12:15–1. Registration for the next six week session will begin October 4; be sure to reserve your spot at the membership desk early as these are very popular programs and fill up quickly.

Our weekly Senior Coffee Social is back from 9:30–11:30 on alternating Tuesdays and Thursdays beginning October 5, and our next Senior Lunch is scheduled Friday, October 29 from 12:15–1 and will be catered by the Wisdom Tea House. Please reserve your spot at the membership desk so we have a general head count.

On Wednesday November 3 we will host our third annual "Ladies Celebration Day" which is a free community event designed to pamper the hardworking ladies with massages, manicure, eye brow waxing, acupuncture, great Christmas ideas, food, clothes jewelry and so much more.

If you have any questions regarding YMCA programs contact Lisa Gray at 481-8728 ext. 607.

example, Friday mornings he opens the Center for the 10:30 Tai Chi class.

Anyone interested in sponsoring an event at the Senior Center should drop by the Center and talk to Gerry. Chances are he can accommodate your plans... with that ever-present smile.

Girl Scout Troop Enhances Senior Citizens Center

Girl Scout Troop 542, from Palmer Ridge High School, added new enhancements to the Tri-Lakes Senior Citizens Center which is sponsored and supported by Tri-Lakes Health Advocacy Partnership, a non-profit serving the north El Paso County region. The projects are part of the community service requirements to achieve the Silver Award, the second highest award in Girl Scouting.

Girl Scouts Julia Tremaroli and Catie Supinski collaborated to improve the front entry of the Senior Center with some very much needed landscaping. The modular building was completely void of any plantings around it; even the ground around the building was hardly suitable to support landscaping before they started. The scouts researched the requirements to support landscape, selected low maintenance and drought tolerant vegetation, acquired



Libby Acker positions her sign above the Craft Room door



Julia Tremaroli and Catie Supinski evaluate their landscaping project at the Senior Center.

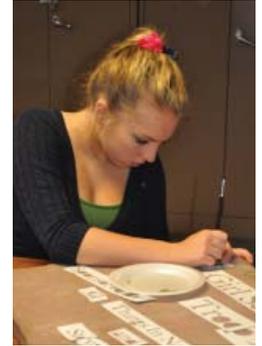
donated resources, and recruited and organized a team of volunteers to accomplish the project.

Early Saturday morning, September 25, their team of volunteers with the donated resources started work and continued throughout the day. Their project transformed the formerly stark and lifeless exterior into an inviting and attractive community facility.

As work progressed outside the Senior Center, Girl Scout Libby Acker was busy inside hanging

imaginative and colorful signs she created to identify the various rooms of the facility. The design elements of each sign reflect the purpose of the room, ranging from the kitchen to the game room. Each sign is as much a piece of art worthy of its own attention as it is informative to Center visitors.

Meanwhile, Girl Scout Lindsey Schwarz applied her art skills to creating and decorating a large flagstone marker to be placed in the new garden at the front of the Senior Center. It identifies the work done by Girl Scout Troop 542 and it acknowledges the major donors who made the project possible. Lindsey also is developing instructions for the Center's Wii that will soon be posted in the Game Room so seniors can enjoy more of the benefits of the Wii.



Lindsey Schwarz paints a sign for the new garden.

Girl Scout Troop Leaders Tamara Schwarz and Liz Supinski expressed the troop's appreciation to Master Gardner Kathy Green, proprietor of All Things In Nature, for her generosity with contributions of many of the plants and materials, as well as for sharing her professional knowledge with the troop on how to design and accomplish the transforming project. They also were very appreciative of local businessman Steve Marks who donated and delivered all of the topsoil need to make the project a reality, and of Tree Masters who mulched slash used to finish the landscape project.

At the end of the long day the Senior Citizens Center had a much more inviting appearance, both inside and out. When both Julia and Catie were asked what they learned from the project, they both agreed it was "hard work!" Perhaps landscaping is not now on their short list of career goals.

6th Grade Choir to Sing at Senior Luncheon

Don't miss the Senior Luncheon on Wednesday, October 13! A combined choir of 6th graders from Prairie Winds Elementary School and Palmer Lake Elementary School will perform a variety of songs.

Pikes Peak Library District



Monument Branch Events

Crushing Writer's Block

Saturday, October 2, 9:30 – noon

If you have been staring at the blank page far too long, challenge yourself to come to this fun-filled writing seminar! Your excuses will be eliminated and you will be inspired to get organized and write. Geared toward the novice memoir-writer, anyone could use this program to jump-start their personal writing project. Register online or call 488-2370.

Tri-Lakes Knitters and Crafters

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

Everyone is invited to bring and work on their own project while enjoying company and conversation.

Monumental Readers

Friday, October 15, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is [The Constant Princess](#) by Philippa Gregory.

The Importance of Being Earnest

Sunday October 24, 2 – 4 PM

Tin Roof Productions brings this "trivial comedy for serious people" to life in an informal rendition of Oscar Wilde's Victorian-era play. Replete with witty dialogue and satires, it is sure to delight the audience.

AARP Mature Safe Driving Course

Saturday, October 16, 9:30 – 5:30 (Bring your lunch).

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.

Richard Marold as Nikola Tesla

Saturday, October 2, 2 – 4 PM

Enjoy the opportunity to learn from and ask questions of this amazing scientist! Nikola Tesla invented, developed or imagined the technology that brought us electricity, remote control, neon, radios and more.

Phone Call Can Scam Grandparents

by Susan Hindman

This phone scam has been around for several years, but I just heard of someone getting a call like this last month, so (sadly) it's still alive and well. Thieves have been fooling elderly victims by pretending to be a grandchild in trouble. Here's how it goes:

Your phone rings. "Grandma, is that you?" asks the caller (who could be male or female, but for this example, we'll say male). "David?" you reply. "Yes, Grandma, it's me, David." And therein lies your first mistake: filling in the blanks for the caller, who likely had no idea your grandson's name was David.

The call continues, with his distressing tale of being stranded in Canada (the hotbed for these scams) and robbed of credit cards, passport, money, and cell phone. He desperately needs money to get home, with reimbursement promised upon his return. Oh, and by the way, you're to keep the call confidential, to avoid embarrassment to the "grandson."

It's called the "grandparent scam" and thrives on urgency and sympathy. The same type of scam is also spreading by e-mail and social networking sites, according to the Internet Crime Complaint Center (IC3), which has been logging those type of complaints. Hackers break into a computer and use the victim's account to send notices to their email list, again pretending to be stranded and in need of money.

Don't be caught off-guard. Protect yourself from this type of scam:

- Ask lots of questions, especially ones that have answers only your family should know. And if you're asked, "Grandpa, do you know who this is?" say no!
- Confirm the whereabouts of your "grandson" before believing his story. Hang up and call his home, school, or work to verify what you've just been told. Most likely, your grandson will answer the phone!
- Don't wire anyone money, and don't give the caller your bank account number.

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

October 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, October 4 – Pepper steak, mashed potatoes, succotash, bread, orange, cookie.

Thursday, October 7 – **No lunch served on the first Thursday of each month.**

Monday, October 11 – Hungarian goulash, brown rice, broccoli, bread, apricots, pudding.

Thursday, October 14 – Roast beef with gravy, boiled potatoes, spinach, roll, orange, cookie.
Bingo follows lunch.

Monday, October 18 – Chicken pot pie, lima beans, biscuit, pear, cookie.

Thursday, October 21 – Baked ham, sweet potatoes, spinach, roll, tropical fruit, cookie.

Monday, October 25 – Beef burgundy, mashed potatoes, lima beans with tomatoes, bread, orange juice.

Thursday, October 28 – Roast turkey, mashed potatoes with gravy, spinach, roll, banana, cookie.

Skim milk is served with every meal

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.

Wednesdays

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

October 6 – Pork tenderloin with applesauce and roasted potatoes. **Free blood pressure screening.**

October 13 – Roast turkey breast with gravy, cranberries and mixed vegetables. **Performance by Palmer Lake and Prairie Winds Elementary School 6th grade combined choir!**

October 20 – Beef brisket with garlic mashed potatoes and tossed salad.
Free blood pressure screening.

October 27 – Ham, scalloped potatoes and million dollar salad.

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



855 Hwy. 105 • Palmer Lake • CO 80133
719-487-7469

Weekly Seniors Bowling Mixer!

Every Tuesday at Noon
(No Weekly Commitment—Come When You Can)

\$1.50/game, 1 to 3 games/person

Get our daily lunch special for \$4.50/person

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, October 11

October Program Schedule

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

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



Tuesday Noon – 4 PM Pinochle hosted by Gerry

3rd Tuesday 1 – 3 PM Tea Time **Cancelled for October;**
Resumes in November with Thanksgiving dinner.

Wednesdays 1 – 2 PM Line Dancing hosted by Kay

3rd Wednesday 12:30 – 3 PM Bingo hosted by Curt

2nd & 4th 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



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

Friday 1 – 4 PM No Cash/No Host Poker

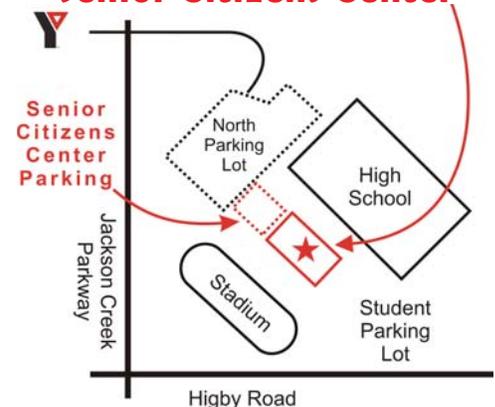


Also available

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

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

PRESORTED
STANDARD
U.S. POSTAGE
PAID
MONUMENT, CO
80132
PERMIT NO. 57

RETURN SERVICE REQUESTED

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.



TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP

Thrift Store

Open Monday-Saturday, 10-4

Books
Antiques
Vintage Items

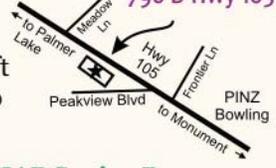
A wide variety of non-clothing items.

**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.

Be a Thrift Store Volunteer

The Thrift Store needs volunteers to succeed. Only an hour a week would be a tremendous help. Currently the Thrift Store needs a couple of people who are capable of lifting and moving bulky items, to keep the inventory circulating. Just one hour a week will get the job done. If you want to contribute a little time to help alot, call 488-3495.

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