

Health Fair Benefits Hundreds

If you didn't make it to the Health Fair on October 23, at Palmer Ridge High School, you missed a great opportunity to take advantage of some really beneficial health services. 9Health provided 28 panel blood draws for only \$30 which is an absolute bargain. Most screenings of this nature run in excess of \$150. Other services included screenings for PSA for men, blood count and colon cancer. Many local medical personnel provided exams for skin, breast, vision, blood pressure, body mass index, hearing, vision, lung function and nutrition. Also available were flu shots, some vaccinations and consultation with a pharmacist and a physician. There were also numerous booths providing information on medical issues as well as quality of life services available in the community for all ages. Vouchers were available for those who could not afford the fees. As a result 252 blood draws were accomplished. Over 100 more participated in non-blood draw screenings, and medical services. It is estimated that substantially in excess of 500 individuals participated in the fair.

The organizations which sponsored the event included Health Advocacy Partnership, Tri-Lakes Chamber of Commerce and 9Health. The event couldn't have taken place without District 38 which

provided the facility to host the event at Palmer Ridge High School. Food and drink for the volunteers, who began arriving at 5:30 in the morning, were provided by Village Inn Restaurant, Serrano's, Walgreen's, Rosie's and King Sooper's. In excess of 100 volunteers provided services, organizational staff and event personnel. Medical personnel for blood draws and analysis were provided by Remington College and Quest Diagnostics in addition to other individual volunteers. Penrose/St. Francis provided technicians for many of the screenings. The Visiting Nurses Association provided flu shots. Student Key clubs from PRHS assisted in setup, teardown and participant traffic control. Financial support was provided Synthes, Premier Urgent Care, Shafer Group, Intermountain Rural Electric Association and Penrose/St. Francis

The foregoing does not begin to cover the list of volunteers which were required to make this a successful event. Volunteers were required to do everything from hanging posters, contacting and registering volunteers and service providers to setting up tables and controlling traffic the day of the event.

This is truly a Community event that provides medical services and information to many who have little other resource or access to simple, as well as, more complex and expensive medical services.

Due to the success of this year's event it is anticipated that the Tri-Lakes Health Fair will only continue to attract more participants in future years. 9Health has been organizing and supporting local health fairs for over 30 years. It is with their support that our community can offer services that would otherwise not be possible. We thank all our volunteers and supporters for their willing contribution to the Tri-Lakes Community.

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...and more!

UNSUNG HEROES OF HAP

“I get to play with a variety of electronic devices and contribute to the community at the same time!” That’s how Tom Thorpe describes his time as a volunteer with the Tri-Lakes Health Advocacy Partnership Thrift Store. “When a customer buys an electronic device from this store, they can be assured it has been checked out and is working well. Otherwise we won’t sell it.”

Tom explains he’s been tinkering in electronics since he was 12 years old. He extended that hobby into his professional life after earning a bachelors degree in electrical engineering at San Jose State University and his masters degree at CTU. He began his professional career as a communications specialist in the Air Force in 1971 and then worked for several major defense contractors as an electronics and communications engineer throughout his professional life as well as serving as an adjunct professor at a local university in the evenings.



When asked why he became a Thrift Store volunteer, Tom explained the Thrift Store provided an important transition for him. After retiring and losing his wife to cancer in 2007, he needed to refocus his life after the grieving period. The Thrift Store offered some of that opportunity and the store’s electronics inventory caught his interest. The Thrift Store also provided some valuable social interaction with great folks in the community, he added.

Asked if he plans to increase his time at the Thrift Store, Tom explained, “I’m, once again, teaching engineering classes in Aurora, so I’ve had to limit my time at the Thrift Store, but I get in there one day a week. I really enjoy the interaction with the people as well the opportunity to play with the electronic ‘toys.’”

Tom also rebuilds the donated computers. He gives

FREE TRANSPORTATION FOR SENIOR CITIZENS

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for the 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.
- **To schedule a ride:** call 488-0076. *Please schedule a week in advance*
- **Interested volunteer drivers:** Call 488-0076 (mileage reimbursement provided).

Van Schedule

- **Second Tuesday of the month:** Breakfast and Wal-Mart. Call Nancy (634-8249) to schedule a pick-up.
- **Fourth Tuesday of the month:** Chapel Hills Mall. Call Faye (481-2527) to schedule a pick-up.
- **Passenger pickup begins 9:30 AM** at your home.

them a complete overhaul, wipes the hard disk of all data and then re-formats the hard drive to ensure no personal information and no potential software virus remains on the computer. Then a new operating system is installed with all the latest security upgrades. “When a customer buys a computer from the Thrift Store they are getting one that is better than the day it was sold because we don’t add all the junk software that is always included by the original manufacturer. Our computers are clean as a whistle, and often operate faster than the day they were originally purchased.”

Tom has successfully turned a childhood fascination with electronics into a professional career and transitioned that same talent and enjoyment into a contribution to the community. He’s definitely an Unsung Hero of HAP.

See and Hear Distant Loved Ones

Are you still calling your distant loved ones on the phone to stay in touch? The Internet has pushed aside the phone and provided a free and easy way to stay in touch, both by sound and by sight.

Skype is a simple computer program that lets you see and talk to others using computers instead of the phone.



Girl Scout Sabrina Macneir will provide an introduction and demonstration to Skype for senior citizens at the Senior Citizens Center. Using the Senior Center's computer, Sabrina will show how you can easily communicate with loved ones this same way, and explain how to use your own computer to enjoy seeing as well as hearing your distant family and friends.

Sabrina's free *Introduction to Skype* class is on Monday, December 6th at 1:15 PM in the Multi-Purpose Room. Sabrina will also provide a follow-up session on Saturday, December 11 in the Senior Citizens Center to anyone who wants additional information. In the event of a snow cancellation on December 6, the class will be held on Saturday, December 11.

Sabrina also provides one-on-one assistance to those who attend the class and want assistance in setting up and using Skype on their own computer.

Stop by and learn how easy it is to improve your communication experience with loved ones.

Caution When Shopping Online

How do you spot an online shopping scam? Here are a few warning signs:

- 🕒 A seller on an auction site with 100 percent positive ratings based on just a few ratings that were all posted around the same time.
- 🕒 A classified ad or auction site is selling gift cards. (*The only way you can make sure a gift card is legitimate is to buy it directly from a merchant.*)
- 🕒 You get an email purporting to be from an online payment vendor asking you to re-enter your payment information by following a link.

Remember the cardinal rule for all shopping: *If it looks too good to be true, it probably is.*

Palmer Lake Historical Society ANNUAL MEMBERSHIP NIGHT and POTLUCK SUPPER

Palmer Lake Town Hall, 7 PM, Thursday, January 20, 2011

Everyone is invited to the Palmer Lake Historical Society annual membership night and potluck supper.

Attendance is free but participants are asked to bring a side dish or dessert to share. A meat dish and beverages will be provided.

Do you have an old item related to the history of the Palmer Divide? Bring it to this event and participate in the "show and tell" by explaining the background of your item.

See a slide presentation and hear about the *Arcadia* book project recently completed by the Society. The book titled "Communities on the Palmer Divide" is expected to be published soon.

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6th Annual Tri-Lakes

Santa on Patrol Toy Drive

10 AM and 1 PM, December 18, 2010

Everyone is invited to the School District 38 Administration building ("Big Red") at 1 PM to see "Santa on Patrol". Santa will also parade through the Tri-Lakes area at 10 AM with emergency vehicles.

Last year over one thousand toys were delivered to needy children in our area. We need your help to help us reach that many gifts again this year.



If you would like to donate to Santa on Patrol, you can deliver unwrapped toys or gift cards to the Monument Police Department, Palmer Lake Police Department, Palmer Lake Volunteer Fire Department, Tri-Lakes Monument Fire Protection District (TLMFPD) Fire Stations 1, 2 and 3, the TLMFPD Administration building (166 2nd Street) or any D38 elementary school. Call 484-0911 for more information.



Special thanks to School District 38, Tri-Lakes Monument Fire Protection District, Monument Police Department, Palmer Lake Police Department, Palmer Lake Volunteer Fire Department, Tri-Lakes Women Club, Tri-Lakes Chamber, Monument Merchants and all area residents!



Keep Your Winter Heating Fire-Safe

Heating is a leading cause of winter home fires.

Often residents will supplement their main heating system with additional heat source such as fireplaces, wood stoves, or portable fuel or electric heaters.

Over 25 percent of these fires were caused by improperly maintained equipment.

Here are a few simple safety steps that can make your winter safer:

- ☞ Have chimneys professionally inspected and cleaned each year.
- ☞ Ensure wood stoves are properly installed.
- ☞ Make sure space heaters are kept at least three feet away from flammables and have an emergency tip-over shut-off control.
- ☞ Use a glass or metal screen in front of the fireplace to prevent sparks from igniting drapes, furniture, and carpets.
- ☞ Never use a range or oven to heat your home.

Following these safety tips can make all the difference between comfort and tragedy when heating your home this winter.



Holiday Music Lovers!

December is the height of the high school musical holiday performance season. Enjoy the following great concerts, *open and free to the public.*

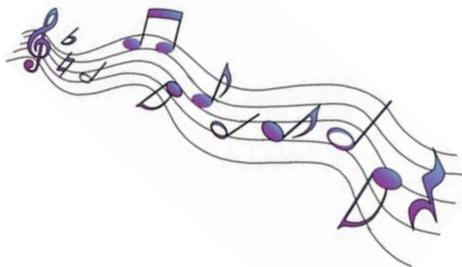
All concerts begin at 7 PM.

Lewis-Palmer High School

Choir holiday concert December 7th
Band holiday concert December 9th

Palmer Ridge High School

Band holiday concert December 6th
Choir holiday concert December 8th



Pikes Peak Library District



Monument Branch Events

PPLD Gadget Garage

Saturday, December 4, 10 AM – 2 PM.

Visit the library and play with all the latest electronic gadgets and gizmos, including e-readers and pads, even computerized pens – just in time for the holidays!

Holiday Harps With Colossal Cookies!

Saturday, December 18, 1 – 3 PM.

Bask in the pleasure of holiday music by teenage musicians during your Saturday visit to the library. Stay to decorate a cookie or two! Nothing goes together better than music, cookies, icing, and sprinkles. Made possible by the Tri-Lakes Friends of the Library.

Monumental Readers

Friday, November 12, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is The Alchemist by Paulo Coelho.

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.

Senior Synergy

Wednesdays, 10 AM

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

Socrates Café

Tuesdays, 1 PM

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

History Buffs

Wednesday, December 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.

Life Circles

First and third Mondays at 10:30 AM

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

Palmer Lake Historical Society and
Tri-Lakes Chamber of Commerce

present

A Concert for the Children

Palmer Ridge High School Auditorium,
7:30 PM, Friday, December 10 (Doors open 6:30)

Enjoy a spectacular visual and auditory experience of Native American song, dance, culture and "World" music. A Concert for the Children features music by Moses Brings Plenty and the Brings Plenty Band, accompanied by Native dancers in full regalia and special guest Eric "Many Winds" Herrera.

Moses and his new band, Brings Plenty, blend traditional Native song and dance with today's contemporary sound to raise the musical experience to a new and higher level of excitement.

Native dancers in full regalia provide a stunning, visual interpretation of the music. Special guest Eric "Many Winds" Herrera brings additional magic to the evening with his performances on the Native flute.

For information on the band and to hear its music visit www.mobringssplenty.com.

This event benefits the Native children living on the Pine Ridge Indian Reservation, one of the poorest in the country, by providing funds for food, clothing, and educational supplies. The event will also focus attention on the everyday hardships of living on the reservation.

Advance tickets are \$20, or \$25 at the door; children 18 and under are half price. Tickets are available on-line at www.trilakeschamber.com or at the Covered Treasures Book Store in Monument, or from the Tri-Lakes Chamber of Commerce. For information call the Chamber of Commerce at 719-481-3282.

Senior Citizens Center Holiday Schedule

Dec 20-24 CLOSED

Dec 27-31 Open

Jan 3, 2011 CLOSED

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

December 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, December 2 – *No lunch served on the first Thursday of each month.*

Monday, December 6 – Hungarian goulash, brown rice, broccoli, bread, tomato juice.

Thursday, December 9 – Roast beef with gravy, mashed potatoes, spinach, roll, fruit cocktail, cookie. ***Bingo follows lunch.***

Monday, December 13 – Stuffed pepper, brown rice, carrots, bread, orange juice, cookie.

Thursday, December 16 – Baked chicken, mashed potatoes with gravy, broccoli, roll, banana.

Monday, December 20 – Chicken taco salad in edi-bowl (chicken, lettuce, cheese, tomatoes), pinto beans, Spanish rice, orange.

Thursday, December 23 – Chicken pot pie, lima beans, biscuit, pear, pudding.

Monday, December 27 – Pepper steak, mashed potatoes, succotash, bread, orange, cookie.

Thursday, December 30 – Chicken cordon bleu, mashed potatoes with gravy, spinach, roll, apple, 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

December 1 – Spaghetti with meat sauce, garlic bread and Caesar salad.
Free blood pressure screening.

December 8 – Pulled barbeque chicken sandwich with coleslaw and chips.

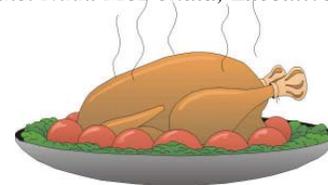
December 15 – Beef brisket with garlic mashed potatoes and tossed salad.
Free blood pressure screening.

December 22 & 29 – *No lunch served; closed for the holidays.*

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



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@Comcast.net 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.



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 December 20-24 and January 3, 2011



December Program Schedule

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

Monday, Dec. 6 1:15 PM Skype Class hosted by Sabrina

Tuesday Noon – 4 PM Pinochle hosted by Gerry

3rd Tuesday 1 – 3 PM Tea Time Bring salad or dessert to pass, or voluntary donations accepted. Call Mary Frances (488-2360) or Irene (481-1188) for more information.

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

Thursdays 1 – 4 PM Pinochle hosted by Gerry

Fridays 11:30 – 12:15 PM Tai Chi for Arthritis (beginner level) hosted by Maureen

Fridays 1 – 4 PM National Mahjong hosted by Jo Ann

Friday 1 – 4 PM No Cash/No Host Poker

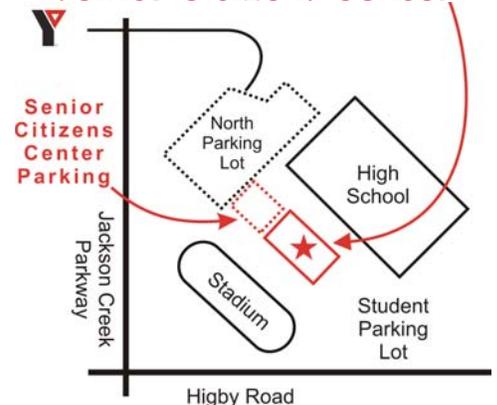


Also available

- 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.

December 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@Comcast.net**



TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP

Thrift Store

Open Monday-Saturday, 10-4

Books
Antiques
Vintage Items

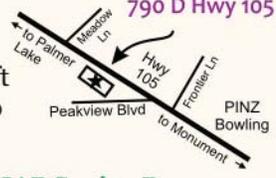
*A wide variety of
non-clothing items.*

**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