

## MVEA Grants For Senior Meals

During the weekly Senior Meals luncheon which is sponsored by Tri-Lakes Health Advocacy Partnership, HAP Board president, Mark Ennis, announced the receipt of a \$5,000 Mountain View Electric Association Operation Round-Up grant. Ennis remarked, "The MVEA grant is provided to support these weekly meals and is hugely important for HAP because it ensures our ability to continue this weekly program of providing nutritious, low-cost meals to nearly 40 area seniors." Dave Betzler, the HAP Board director who wrote the MVEA grant application thanked MVEA's Operation Round-Up coordinator, Judith Kinsel "...for being such a positive



Front, left to right: Charlie and Betty Richards, representing senior citizens who attend the Wednesday Senior Meals lunch, display the MVEA Round-Up grant to support the Senior Meals. Judy and Ken Keller representing all volunteers of Tri-Lakes United Methodist Church who provide service support to the Senior Meals. Back row, left to right: Mark Ennis, Tri-Lakes Health Advocacy Partnership board president and Dave Betzler, HAP board director for grant proposals.

advocate of this community support grant program."

Ennis, who is also president of Access Construction, added that the MVEA grant comes to HAP after a surprising twist. He related the story of a "Good Samaritan" who intervened when the check suddenly disappeared. "In our recent office relocation, the \$5,000 MVEA check blew out of a vehicle in the Air Academy Credit Union parking lot. It took several days for me to realize I could not find the check. I called MVEA to explain what happened and sheepishly explained to Judith Kinsel that I had lost their much-needed check to HAP. Judith replied, "Oh good; it's not a problem." Mark continued, "I was very pleasantly dumb-struck and asked why it is 'good.' Judith explained that a Good Samaritan, Joe Dowdy of Monument, had found the check in the parking lot and mailed it back to her at MVEA and she had just received it." Mark concluded the story, "I immediately drove out to MVEA, got the check a second time—and yes, I immediately deposited it." As a postscript, the MVEA Board



Mark Ennis (left) with Joe Dowdy displays the "lost" MVEA check.

sent a gift certificate to Joe Dowdy, the "Good Samaritan."

The Health Advocacy Partnership's Senior Meals program is a partnership with Lewis-Palmer School District 38, and is supported by volunteers from the Tri-Lakes United Methodist Church. The weekly luncheon for senior citizens is offered every Wednesday at 11:30 AM in Monument at the School District 38 Administration building. It is one of several community health and wellness programs sponsored by HAP.

Mountain View Electric Association's Operation Round-Up was formed to assist non-profit organizations, communities with special needs and individuals who have suffered from personal disasters such as a fire, tornado or medical emergencies.

Tri-Lakes Health Advocacy Partnership was established in 1996 as a non-profit organization serving Monument, Palmer Lake, Woodmoor, Gleneagle, and unincorporated areas of north El Paso County. The mission of HAP is to improve the health and well-being of the Tri-Lakes community through community based services and support.

### Inside This Issue...

- ☞ **PLHS Potluck Dinner**
- ☞ **YMCA Events**
- ☞ **Unsung Heros of HAP**
- ☞ **Santa Visits Senior Luncheon**
- ☞ **Senior Center Schedule**

**...and more!**

## YMCA Events

by Lisa Gray

Now that the holiday season has passed it is time to move onto the new year resolutions that follow the holiday favorite “F” words; friends, family and of course food. The Tri Lakes YMCA holds 24 classes weekly that are specifically designed for our senior population. If you are not a YMCA member, but interested in becoming one you are welcome to visit any of our classes free of charge. Just go to our website at [www.ppymca.org](http://www.ppymca.org) and look under the Tri Lakes location or call Lisa Gray at 481-8728 ext 607.

The Nov. 23<sup>rd</sup> trip to see the Rockettes at the World Area was fabulous! Be sure to watch for more upcoming “field trips” in the new year as the plan is to see several plays and at least one symphony performance.

The **January coffee social** schedule will be from 9:30-11:30 on the 6<sup>th</sup>, 11<sup>th</sup>, 20<sup>th</sup> and 25<sup>th</sup>.

Our **end of the month lunch** will be held on January 28<sup>th</sup> from 12:15 – 1:30 and is sponsored by Adam Grayson of Edward Jones Financial; it is completely free. You are not required to be a member to participate in this event, but we ask that you call and reserve a spot so that we can ensure we have an accurate head count. The speakers for our lunch will be Rose Fortune of the Social Security Administration and Ryan Morey of Morey Law, P.C. (a Medicaid planning expert). We are expecting this event to be very popular so be sure to reserve your spot right away.

Our next **Matter of Balance** class will begin on Tuesday Feb. 1<sup>st</sup> from 11 AM –1 PM and will run every Tuesday and Thursday over a course of 4 weeks (class is a total of 8 sessions). This class is completely free to both YMCA members as well as non-members and space is extremely limited in order to keep group intimacy and privacy. If you are interested in more information or would like to reserve a spot please contact Lisa Gray at 481-8728 ext. 607 and she will be happy to help.

## 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.

## MVEA: A Big Part of Lunch

Mountain View Electric Association donated \$5000 toward the HAP-sponsored Wednesday senior meals for 2011 (see this month’s cover article). That’s great news for HAP and area seniors, but how much of the total meal cost does that cover, and where does the rest of the money come from?

In 2010 the total Wednesday luncheon program was about \$12,000. So, immediately we see that the MVEA donation covers about 5/12 of the total annual expense, or just over 40 percent.

Donations from lunch patrons bring in about \$4500 per year or about 38 percent. (Suggested donation for the lunch is \$3 per patron.) The remaining 22 percent, or around \$2500, is funded from the Tri-Lakes Health Advocacy Partnership general fund that supports all senior programs, much of which is generated by the HAP Thrift Store. Please support the HAP Thrift Store by donating and purchasing!

## UNSUNG HEROES OF HAP

“We’re a team! We do everything together.” That’s how Curt and Irene describe their joint volunteer activities for Tri-Lakes HAP senior programs. Curt and Irene organize and conduct the Wednesday Bingo game at the Senior Center. Curt’s the caller and Irene manages the various prizes and gifts. But, behind the scenes, they also spend time acquiring the gifts for each month’s Bingo and encouraging support from local businesses. Curt also keeps the Senior Center stocked with supplies that support many of the Senior Center activities.



Curt and Irene Clark

Irene started one of the first classes offered at the Senior Center: a crafts class. She kept that going until last year. She’s considering starting it up again

sometime in 2011 but

she is not ready to make a firm commitment at this time.

Curt and Irene are natives of Colorado. They met in 1976, early in Curt’s Air Force career when he was assigned to Lowry Air Force Base in Denver. They spent much of Curt’s 30 year military career in Alaska where they enjoyed the outdoors, fishing, hunting, and the beautiful scenery.

When the Air Force reassigned them to the “Lower 48” it was often to bases in northern states such as Idaho and South Dakota. Late in Curt’s Air Force career they spent a couple of years at Washington DC where Curt was responsible for electronic equipment support of the presidential air fleet at Andrews Air Force Base. In 2001 Curt retired as a chief master sergeant (the highest enlisted rank) while they were again stationed in Alaska.

They selected the Tri-Lakes area as home because it was close to family in Denver, yet outside of the metropolitan area. They were attracted to the natural beauty of the Palmer Divide because of its “...similarity to Alaska.”

Asked if they had a message for readers, Irene responded, “We’d like to see more of the area seniors take advantage of the opportunities available to them,

## Palmer Lake Historical Society ANNUAL MEMBERSHIP NIGHT and POTLUCK SUPPER

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

The Palmer Lake Historical Society will hold its annual membership night and potluck supper at the Palmer Lake Town Hall on Thursday, January 20, 2011, starting at 7:00pm.

Attendance is free. However, we would appreciate your bringing a side dish or dessert to share. A meat dish and beverages will be provided.

There will also be a “show and tell” to give people an opportunity to bring an old item related to the history of the Palmer Divide and to give a brief background of the item.

Finally, we will show a slide presentation and discuss the Arcadia book project recently completed by the Society. The book, titled “Communities on the Palmer Divide,” is expected to be published soon. The Historic Society continues to sponsor quality and informative history-related events in the area.

Become a member of this dynamic organization and help us continue to make history more than a memory.

Large size walker with seat. Four wheels handle rough pavement, ergonomic hand brakes, easy to operate. Padded seat and backrest with storage basket. Handle. Never been used. Original price \$99.99 asking \$50 or best offer. Contact Faye 481-2527 or Millie 481-3229.

Seamstress service. Repair, alter or construct anything for you. 580 Portland Road, Monument. Call Dorie at (719) 434-2632.

### Unsung Heros (continued)

such as the senior luncheons and events at the Senior Center.” Curt added, “I frequently encounter seniors who do not know what’s available to them here in the Tri-Lakes. More publicity would help increase participation in these activities.”

Together they are creating opportunities for area seniors and helping spread the word about the programs. They are definitely a team that works together.

## Skype Class A Hit With Seniors

“This is a really neat way to stay in touch with family; and the sound is better than a phone, too.” That was how one of the dozen seniors who attended Girl Scout Sabrina Macneir’s *Introduction to Skype* class at the Senior Citizens Center reacted at the conclusion of the class.

Skype is a computer program that allows users to communicate over the Internet with other computer users by not only voice, but also by transmitting a video image of the person with whom you are communicating. In



Sabrina answers senior's questions during her Skype class.

essence it turns both computers into video phones!

During the one hour session, Sabrina demonstrated every step of the process to make a connection with a distant computer user, including starting the computer and shutting it down. For this class she contacted a friend in Florida so class members were able to see the power of Skype.

The Senior Citizens Center did not previously have Skype capability because the software was not on the computer and there was no video camera available... the two essential components needed on a computer. Sabrina downloaded the free software and installed it on the computer. She also acquired a new video camera for the Senior Center computer; the video camera was donated to the Senior Center by Marv Young, owner of the Monument Radio Shack.

As the class concluded, several attendees expressed a strong interest in acquiring the Skype capability on their own computers, and Sabrina offered to assist any of the class attendees who needed help getting Skype up and running.

## Fireplace Safety

The winter cold is here, it's time to think about you and your family's safety in using your fireplace. From 2004 through 2008 wood burning stoves and fireplaces caused an estimated 15,200 creosote fires, resulted in 4 civilian deaths, 17 civilian injuries and \$33 million in direct property damage in the US according to the National Fire Protection Association (NFPA).

Have your chimney cleaned and inspected at least once a year by a certified professional chimney sweep company. During a chimney sweep, creosote and obstructions are removed, such as leaves, branches or bird nests, and they also look for any other problems within the system such as cracks or gas leaks.

**Safety Tips:** Keep anything that burns at least three feet from the fireplace or wood burning stove. Enclose the opening of your fireplace with a sturdy screen to prevent sparks from flying into the room or logs from rolling out onto the floor. Make sure there is a chimney cap with screen to prevent debris or animals from entering and blocking the chimney. Never leave a fire unattended. Install smoke alarms in every bedroom, outside each sleeping area, and on every floor. Install carbon monoxide (CO) alarms on every floor. Change the batteries on your smoke alarms and CO alarms at least once a year, preferably twice a year. Never place hot ashes in a combustible container; always place ashes in a non-combustible container with a tightly fitting lid and place away from the home.

Additional information may be obtained from the NFPA website at [NFPA.ORG](http://NFPA.ORG) and from the Hearth, Patio & Barbecue Association at [HPBA.ORG](http://HPBA.ORG).



### 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](mailto:SeniorBeat@Comcast.net) 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.

## Pikes Peak Library District Monument Branch Events



### Valentine Workshop

Monday, January 17, 1 – 3 PM.

Adults and teens will love learning how to make meaningful and unique cards for special people in their lives. Local artist, Charlotte Miller, provides materials to teach each participant how to create a card during class. Students must be either adults or in high school. The class is free but registration is required. Call 488-2370 or register online.

### Monumental Readers

Friday, January 21, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is Galileo's Daughter by Dava Sobel.

### 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, January 26, 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.

## Santa Visits Senior Luncheon

Seniors were treated to a surprise visitor at their Thursday luncheon in Monument. Santa dropped in



Santa thanks Dortheal Stanley for decorating the tables.

on them and circulated the room, greeting each person and handing out candy canes to each. Pictures were taken, and some used the opportunity to get in their last minute requests!

The room was decorated for the occasion by Dortheal Stanley who provided Christmas decorations for each table.

The meals are prepared by the Golden Circle

Nutrition Program in Colorado Springs. Monument Hill Kiwanis Club volunteers transport the meals to Monument, and the meals are served to the seniors by local volunteers.

The lunches are available each Monday and Thursday—except the first Thursday of the month—at 11:30 in the auditorium of the Tri-Lakes Monument Fire Protection District Administration complex. A \$2 donation is suggested for the meal.

Santa was portrayed by Palmer Lake Police Chief Keith Moreland—be assured that Santa *knows* “if you’ve been naughty or nice!”

## January Blood Drive

Tuesday, January 18, 3 - 7 PM; Tri-Lakes Cares



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

## January 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, January 3** – Stuffed pepper, brown rice, carrots, bread orange, cookie.

**Thursday, January 6** – *No lunch served on the first Thursday of each month.*

**Monday, January 10** – Pepper steak, mashed potatoes, lima beans, bread, orange, cookie.

**Thursday, January 13** – Roast beef with gravy, mashed potatoes, spinach, roll, pear, cookie.

**Monday, January 17** – MLK day; legal holiday. No meal served.

**Thursday, January 20** – Baked chicken, mashed potatoes with gravy, broccoli, roll, banana, vanilla pudding.

**Monday, January 24** – Baked cod, brown rice florentine, brussels sprouts, biscuit, apricots.

**Thursday, January 27** – Baked ham, sweet potatoes, spinach, roll, tropical fruit, cookie.

**Monday, January 31** – Barbeque beef on bun, pinto beans, coleslaw, apricots, pudding.

*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*

**January 5** – Meat loaf with twice baked potato and tossed salad.

*Free blood pressure screening.*

**January 12** – Ham, scalloped potatoes and million dollar salad.

**January 19** – Beef brisket with garlic mashed potatoes and tossed salad

*Free blood pressure screening.*

**January 26** – Pulled barbeque chicken sandwich with coleslaw

*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.

**Center will be open Monday, January 17, 2010**

### December 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 Senior Ladies Tea**

January: Winter Wonderland Theme. Bring salad or dessert to pass, or voluntary donations accepted. Soup, tea and tea cups will be provided. Come early to socialize. Call Mary Frances (488-2360) or Irene (481-1188) for more information.

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

**3<sup>rd</sup> Wednesday 12:30 – 3 PM Bingo** hosted by Curt

**2<sup>nd</sup> & 4<sup>th</sup> Thursday 1 – 4 PM Bridge** hosted by Joy

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

**Fridays 1 – 1:45 PM Tai Chi for Arthritis**  
hosted by Maureen

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

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

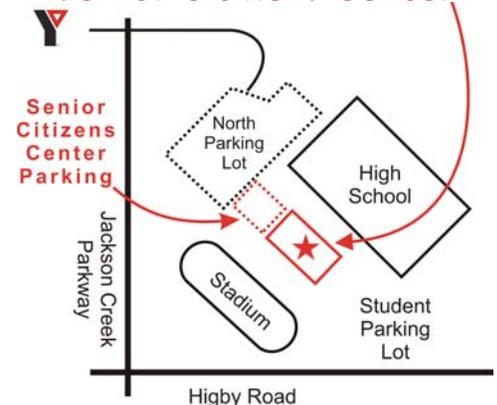


#### Also available

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

January 2011 Tri-Lakes HAP Senior Beat  
c/o Tri-Lakes Health Advocacy Partnership  
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Monument, CO 80132

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To subscribe, send your name and mailing address by email to [SeniorBeat@Comcast.net](mailto: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 35% 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!

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

**Thrift Store**  
790 D Hwy 105



## Be a Thrift Store Volunteer

The Thrift Store needs volunteers; just 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. If you want to contribute a little time to help a lot, 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
- ◆ Tri-Lakes Fitness Center
- ◆ Carnival Cat & Canine Care—15% discount
- ◆ Bright Meadow Dog Grooming
- ◆ Big O Tires
- ◆ Tri-Lakes Disposal