

Wells Fargo Grants \$2000 to HAP

“Supporting organizations that have a big impact on their local community is very important to Wells Fargo. This is why we selected Tri-Lakes Health Advocacy Partnership to receive this grant.”

That is how Angie Hermanstorfer, Community Banking District Manager for the Southern Colorado Division of Wells Fargo Bank, summed up the

decision to provide a \$2000 grant to HAP. As she handed the check to HAP president, Mark Ennis during the HAP January 18 board meeting, she added, “Wells Fargo is committed to doing its part to keep Colorado and our local communities strong, vibrant places to live, work, play and do business.”

Upon receiving the check, Ennis noted that HAP



Tri-Lakes Health Advocacy Partnership Board of Directors accept a \$2000 grant from Wells Fargo Bank. Left to Right: Larry Lawrence (HAP director) Linda Dameron (HAP director), Nicholas Moser (Wells Fargo Store Manager, Jackson Creek Parkway), Barbara Gritzmaker (HAP director), Angie Hermanstorfer (Wells Fargo Community Banking District Manager), Ted Rinebarger (HAP vice president), Mark Ennis (HAP president), Dave Betzler (HAP secretary), Colleen Garwood (HAP treasurer)

is an all volunteer organization which has relatively low expenses, “...so this very generous donation from Wells Fargo will have a very direct and significant impact on the health and wellness programs HAP provides to the Tri-Lakes community.” He explained that HAP supports essential preventative medical care to

many local residents who would not otherwise be able to obtain these services.

In addition to serving the financial needs of individuals and businesses and helping them succeed financially, Wells Fargo helps to ensure a prosperous future for all by contributing to nonprofit organizations in the communities in which they do business. Last year in Colorado, Wells Fargo grants to nonprofits totaled approximately \$4 million.

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- ☞ **YMCA Events**

...and more!

UNSUNG HEROES OF HAP

by Susan Hindman

If you've been struck by the neatly organized, bright, and welcoming feel of the Thrift Store, you can thank Susie Staubs for her role in that. The Monument resident has been working at the store for more than 2½ years, and, as assistant manager, it's her job to keep it decorated and fresh looking.

"I take what's donated and arrange them to look attractive," she said. "If you just put something on a shelf and leave it there, it may not get noticed." But place it just so, in a way that looks appealing, with maybe a twist of fabric underneath it, and someone might just want it. Like items stay together, books are shelved by categories—many alphabetized—pictures get hung. And most things don't stay in one place for long. "We move things every few days, at least once a week," she said. "Things do turn over."

Staubs and her husband, who is retired from the Air Force, lived in Ohio, Georgia, and California before moving here 18 years ago with their son, now a sophomore at Boise State University. Over the years, she worked as a substitute teacher, for all age groups, and, while in Georgia, worked in a women's clothing store.

An offer to help at the Thrift Store after another volunteer didn't show up has turned into a three- to four-day-a-week commitment, which she loves. She's "partners in crime" with Diane Wegley, store manager, who calls Staubs her "number-one volunteer."

"We always have a good time," Staubs said. "It's like an extended family.... And every day is like Christmas Day. You never know what's going to come in."



Susie Staubs

Your Experience is American History

Seniors, here's your chance to contribute to documenting some of America's, and specifically the Tri-Lakes area history.

The Lewis-Palmer High School Honors American History students are working with the Palmer Lake Historical Society and the Lucretia Vaile Museum to create an exhibit about how people of the Tri-Lakes area were affected by social and political change in America during the 20th century.

The exhibit is scheduled to begin in May 2011.

Each student will interview a person who was in the Tri-Lakes Area, or grew up here during various times of the 20th Century. The time span is essentially 1920-2000 and will focus on people who were here, but especially as teenagers or young adults. They would like to interview people who remember the Depression and WWII who lived in this area, as well as people from this area who served in Vietnam. Anyone who attended high school here would be an ideal candidate to interview!

Interviews will begin in February. For historical purposes, the museum would like each interview recorded, so they will be video recorded as well. Each person interviewed will get a copy of the interview to keep and share with their family. To enhance the exhibit artifacts are requested for loan to the museum for the exhibit.

If you would like to contribute to documenting the American History Experience of the Tri-Lakes Region, please contact Tana Lucido at 867-8115 or by email at tlucido@lewispalmer.org to set up individual interview times.



The fun atmosphere is apparently contagious. "My favorite comment," she said, "came from a man who said, 'This is a joyful place!'" She agrees, and adds, "I think this is a very worthwhile program." Stop by and look around. Revenue from the store, located on Highway 105, helps fund HAP's senior programs.

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.

Palmer Lake Historical Society COMMUNITIES OF THE PALMER DIVIDE

Palmer Lake Town Hall, 66 Lower Glenway
Thursday, Feb. 17, 7–8 PM, doors open at 6:30.

Join the Palmer Lake Historical Society for a preview of its latest publication, “Communities of the Palmer Divide.”

The Historical Society spent almost a year selecting photographs from the archives of the Lucretia Vaile Museum, interviewing longtime residents, and conducting extensive research to prepare this extraordinary look at the beginnings and history of the places we call home—the communities that make up the unique area known as the Palmer Divide.

Kim Braun will briefly describe the effort by the Historical Society to bring this story to life. She will follow with a slide presentation highlighting vintage photographs from each of the book’s chapters accompanied by a brief narrative describing the hardships, frustrations, and triumphs of the early settlers and those that followed. We owe these hardy souls our admiration and gratitude for building the communities where we live today.

This program is free to the public and free refreshments will be provided. Visit our website at www.palmerdividehistory.org.

HELP WANTED

Mountain Community Transport for Seniors (MCTS) is looking for a Program Director. The Program Director manages this volunteer program to transport senior citizens living in the Tri-Lakes and surrounding areas to medical appointments, senior activities, etc. We are looking for someone who has a passion for working with seniors and relating to the Tri-Lakes community. Other skills needed include: organizational skills, team player, creative problem solver, self-directed and motivated. Experience working with grants is a plus.

Started in 2002, MCTS is a well-established program which serves approximately 125 clients and works with 30 volunteer drivers. Funding for this program is provided through a grant from the Pikes Peak Area Council of Governments (PPACG).

www.TriLakesSeniors.org

MCTS is governed by a board of community members which meets quarterly.

If you enjoy working from home and have a special interest in the seniors of our community you will find this position rewarding. An honorarium of \$ 200 is given monthly to the Program Director.

For more information or if you’re interested please contact: Faye Brenneman at 719-481-2527 or cell 719-237-9913 or Elsie Lynch at 719-488-2902

VEHICLE DONATIONS REQUESTED

Mountain Community Transport for Seniors (MCTS) will replace a vehicle in the near future. We will need to do our own fund raising. If you have a vehicle to donate please call Faye at 719-481-2527 or Warren Lynch at 719-488-2902.

YMCA Events

by Lisa Gray

February is the month of romance and love and having been inspired by those thoughts we created a calendar with that in mind.

On Sunday February 13th from 2-4 PM we have our “**Valentines Zumba Marathon.**” For only a \$3 donation toward our community support program you can dance the afternoon away in this fun class that combines Latin, classic and hip hop dance moves. This class will be taught by four different instructors who will each take a ½ hour rotation. You do not need to be a YMCA member to attend so come and bring your friends.

Also on February 13th we will be taking a group of seniors to the Colorado Springs Philharmonic performance of “Hollywood Love Story.” If you are interested call Lisa Gray at 481-8728 ext. 607.

Our first **Matter of Balance** class of the year begins February 1st and run through the first week of March. We plan to start the second class of the year the first week of April on Tuesdays and Thursdays from 11 AM–1 PM. For more information or to reserve a spot contact Lisa Gray at 481-8727 ext 607.

Our **Senior Coffee Socials** are from 9:30 AM–noon. Come eat snacks and share coffee and fellowship with our local senior population. The Socials are on February 3, 8, 17, 22, and March 3, 8, 17, 22, 31.

The **Tri-Lakes YMCA Senior Lunch** will be Friday February 25th 12:15–1:30 PM. Lisa Macneir from LTC Financial Partners will be speaking on the “Importance of Planning for Long Term Care.” This lunch will be catered by the Wisdom Tea House. Cost is \$8 for both YMCA members and non-members. Reserve your spot by calling the YMCA at 481-8728.

The Tri-Lakes YMCA offers more than 23 classes each week specifically for seniors of all fitness levels. We have individual or group personal training sessions and offer the opportunity to work with a registered dietician to discuss any dietary concerns. We want to be the place you come to for friendship and overall wellness. Contact Lisa Gray with any questions or interest you may have.

Free Income Tax Assistance by AARP

Free Income Tax Filing Assistance and e-filing is offered by the American Association of Retired Persons (AARP) Tax-Aide program. Trained AARP volunteers will be available every Monday and Thursday between February 3 and April 18, 2011, (except February 21, President’s Day) from noon until 7 PM at Tri-Lakes Cares, 235 Jefferson St., Monument, to answer questions and to assist filers in completing their federal and state income tax returns.

Please note that on Thursday, February 17th and March 17th Tax Assistance will be available only from 11 AM until 2 PM.



Volunteers will assist taxpayers in preparing their Forms 1040, 1040A or 1040EZ, and will assist in claiming any Earned Income Credit, Child Tax Credit, and/or Education Credits to which the taxpayer might be entitled.

Filers are asked to bring proof of Social Security Numbers for themselves and for any dependents they are claiming. Filers should also bring their W-2s, 1099-INT, 1099-DIV, etc. to complete their 2010 return, plus a copy of last year’s (2009) tax return.

For more information, or to make an appointment (recommended), please call Jim Taylor at 488-1317.

All of the programs offered by HAP

to senior citizens depend on volunteers, and all of the programs are in need of volunteers.

If you have a couple of hours a week you could spare to help keep our valuable programs active, please send us an email (SeniorBeat@comcast.net) tell how you’d like to help and how to contact you.



Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, February 18, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is The Girl With the Dragon Tattoo by Stieg Larsson.

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, February 23, 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 AM

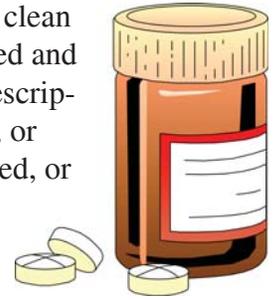
This supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history.

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.

Medication Management

The new year is a good time to clean out the medicine cabinet of unused and expired medications, whether prescriptions, over-the-counter, vitamins, or herbals. Hanging on to old, expired, or unused medications can increase the chances of taking the wrong one. Plus, they can lose their potency and either reduce or provide no value to the condition you're trying to treat. (Call your pharmacist to ask about this, if you're not sure.)



You can protect the environment as you're doing this, too, by taking a few simple steps to properly store and dispose of medications.

First look for medicines that you have not used in the past 12 months; that have passed their expiration dates; that are no longer in their original containers or can't be identified; or that have changed color, odor, or taste.

Don't flush unused or expired medications, and don't pour them down a sink or drain. They should be disposed of properly in the household trash.

Before doing so, follow these steps:

- Pour the medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.
- Add kitty litter, sawdust, coffee grounds, or any material that mixes with the medication and makes it less appealing for pets and children to eat.
- Seal the bag and put it in the trash.
- Remove and destroy all personal information (such as the prescription label) from all containers before recycling or throwing them away.

For more information and for a list of medications that should be flushed, visit www.SMARxTDisposal.net.

Ides of March Blood Drive

Tuesday,

March 15, 3-7 PM

Tri-Lakes Cares



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

February 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, February 3 – *No lunch served on the first Thursday of each month.*

Monday, February 7 – Beef burgundy, mashed potatoes, navy beans, bread, orange, cookie.

Thursday, February 10 – Baked chicken, mashed potatoes with gravy, broccoli with cheese sauce, roll, banana.

Monday, February 14 – Sweet & sour pork, brown rice, cauliflower, egg roll, prunes.

Thursday, February 17 – Roast beef, mashed potatoes with gravy, spinach, roll, fruit cocktail, cookie.

Monday, February 21 – Presidents Day; legal holiday. No meal served.

Thursday, February 24 – Swiss steak, mashed potatoes with gravy, peas, biscuit, banana, cookie.

Monday, February 28 – Chicken pot pie, lima beans, biscuit, pear, 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

February 2 – Swedish meatballs over buttered noodles and tossed salad.
Free blood pressure screening.

February 9 – Spaghetti with Italian sausage sauce and Caesar salad.

February 16 – Chicken with tomatoes and cranberry sauce, mashed potatoes and tossed salad
Free blood pressure screening.

February 23 – Pork loin with applesauce, roasted potatoes, and corn

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 closed Monday, February 21 (President's Day)

February Program Schedule

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

Tuesday Noon – 4 PM Pinochle hosted by Gerry

Tuesdays 1 – 2 PM Line Dancing hosted by Kay

3rd Tuesday 1 – 3 PM Senior Ladies Tea

February Theme: Hearts. Bring a gift with hearts on it to pass. Come early to socialize. This month's tea will be hosted by Liberty Heights.

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

Thursdays 1 – 4 PM Pinochle hosted by Gerry

2nd & 4th Thursday 1 – 4 PM Bridge hosted by Joy

Fridays 1 – 2:15 PM Tai Chi for Arthritis
hosted by Maureen

Fridays 1 – 4 PM National Mahjong
hosted by Jo Ann

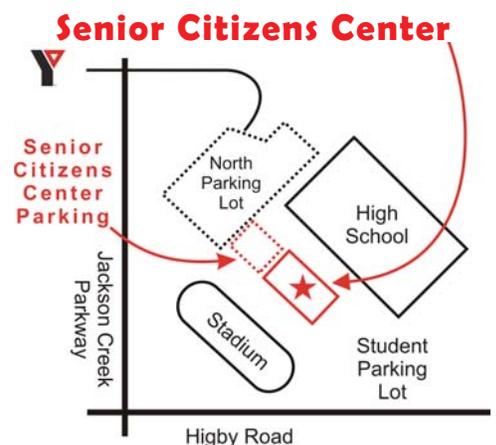
Friday 1 – 4 PM Cribbage No host



Thank You!

A sincere "thank you" goes to Mary Quattlebaum for donating a refrigerator to the Senior Center to replace our old one. And, equal thanks also goes to the team of volunteers who provided the muscle, equipment, and vehicles to transport these refrigerators. They are: Curt Clark, Jerry Pellar, Earl Cox, Paul Durbin of Lewis-Palmer truck, and Gerry McDuffee. Thanks to you all!

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.



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.

February 2011 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 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

Thrift Store Specials

Desktop Computers. Newly rebuilt Windows XP. Most have 1 Gig of RAM, 2.5 Gig processors, 35 to 70 Gig of hard drive. All have internet capability. Computer only: \$50.00; complete system (computer, monitor, mouse, keyboard): \$75. Limited quantities. Shop early!

GE Elite series smooth top glass electric cook-top. New, never used, four burner, 30 inch model. A great kitchen upgrade. Retail: \$850, Thrift Store price: \$150.00.

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