

Vision for Assisted Living

Klint Reiber is a man with a vision. And a focus. And a goal. Senior citizens typically encounter Klint as one of the volunteer meal servers at the Wednesday lunch at Big Red. But he aspires to much beyond volunteering time to serve meals.

A 2009 graduate of Colorado State University, Klint has a single-minded determination to develop assisted living homes in the Tri-Lakes area. This is no casual dream. This goal is in his crosshairs and he aiming to see it through. Give him a few minutes to tell you his dream and it quickly becomes apparent that he has done his homework. He understands the challenges he faces, but he also understands what is needed to produce a winning service.

Much of Klint's undergraduate studies provide him with a solid foundation for [see Reiber, page 4](#)

Smoke Detector/Alarm Replacement

By Vern Kuykendall

Most of us know to test our smoke alarms and to replace the batteries on a regular basis. I did not know until recently that smoke alarms are not lifetime units, but are only good for 10 years then need to be replaced. Having just replaced mine, a few lessons learned are worth passing on.

Many homes have smoke alarms that are connected to your home electricity (120V hardwired) providing primary power for the smoke detector. Batteries are used for backup in the event of power outage. This results in longer battery life for those homes and alarms. Additionally, hardwired [see Smoke, page 3](#)

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- ☞ **Your Experience is American History**
- ☞ **Senior Center Schedule**

...and more!

Service to Seniors

They work the kitchen, do the dishes, serve the meals, and clean up the mess. They do it week after week, month after month, all year long, and it's all done by volunteers. They are the Prime Timers of the Tri-Lakes United Methodist Church, and without their commitment of time and energy, the Wednesday luncheon for Tri-Lakes senior citizens couldn't happen.

The Prime Timers are a senior-adult ministry that provides a variety of volunteer services to their church and local community. Their involvement in the Wednesday luncheons was the idea of Prime Timer Judy Hufford. After retiring from her law practice, she wanted to be involved in the community.



Judy Keller and Shirley Campbell prepare to serve a Wednesday lunch to seniors.

She volunteered as a driver for Senior Key in Colorado Springs, but she preferred to support the local community. About that time Chuck Roberts was forming the Senior Alliance in this area and he was looking for a way to provide a healthy weekly meal to local seniors. Judy was interested in the Senior Alliance program and Chuck asked Judy if she could help set up the luncheon program. Judy took on the task to provide volunteers for the meal service element of the luncheon. Her experience with the Prime Timers suggested that the luncheon might be an ideal fit for them. They quickly accepted the opportunity and have been serving the meals since the meal program began.

Judy is quick to deflect [see Prime Timers, page 3](#)

UNSUNG HEROES OF HAP

Community service is important to Mark Ennis. Through his company, Access Construction, he has contributed to the Tri-Lakes region by donating support to the Fourth of July program, to the Chamber of Commerce, helped with past health fairs, constructed the Monument skateboard park and the Senior Center parking lot, and much more. It is this commitment to community service that ultimately landed Mark in the leadership role as president of the Tri-Lakes Health Advocacy Partnership (HAP) board of directors.



Tri-Lakes HAP President, Mark Ennis

As he begins his second two-year term as HAP president, he was asked to reflect on HAP's contributions to the community.

"HAP sponsors the local Faith Community Nurse program in the Tri-Lakes Cares facility. This is an extremely valuable program for many local residents

because it gives them access to low or no cost health care that they otherwise couldn't afford. In turn, this program significantly reduced the number of emergency room visits that would have resulted if we didn't support this program."

He continues, "The Tri-Lakes Annual Health Fair is another HAP program in which we partner with the Chamber of Commerce and 9Health to bring a series of essential medical services and screenings to the local community each fall for a very affordable price. This is especially important to many people in these times of economic stress. It's not just for folks who don't have insurance; many people now limit their health insurance to cover the catastrophic event but they are unable to afford the preventative check-ups that would detect or treat emerging problems in the earliest stages when they are most treatable. We do an incredible job in disseminating medical information

to folks who need it, helping them get the kind of care they need. We also provide services through our medical clinic program."

Reflecting on the support HAP provides to senior citizens, Mark explains, "Many of the area's seniors rely on our senior programs. The weekly luncheon HAP sponsors and our Senior Center programs provide a stimulating social environment for seniors who might not otherwise be as engaged with their peers or the community."

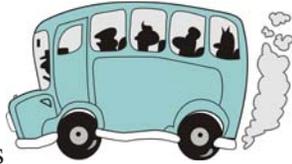
Asked what challenges HAP faces, Mark responds, "Two things are equally important. One is to increase HAP's recognition within the community so people will know who we are and what we do. The second is getting more volunteers involved in our programs. We have many opportunities for people who would like to give something to their community; we have working director positions on the board, we have leadership opportunities—someone to serve as a program director would be wonderful! Our Thrift Store is staffed by seniors so we need somebody relatively young who could stop by for an hour a week to help move some of the heavier items in the store."

"HAP is a cog in the health care system to help people who would not otherwise be able to afford access to the health care system," Ennis explains. "We are proud that HAP has been a major player in significantly reducing the number of unnecessary emergency room visits. It is astounding to me how much medical support we've been able to provide through the Faith Community Nurse program for the level of funding we were able to afford. We would really like to increase this initiative because the returns for every dollar invested are tremendous. Hopefully, this year we will receive some grants to allow our programs to expand. HAP has no paid staff, so all donations to HAP go back to the community in one form or another. Building the base of volunteers is essential, because those are the people who make things happen."

Mark has a clear vision of where he wants to take HAP over the next two years. His strong sense of community service, and his leadership of Tri-Lakes Health Advocacy Partnership, helps make the Tri-Lakes area an outstanding community in which to live and raise families.

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.

Prime Timers *continued from page 1*

credit for the program and insist that recognition go to the many volunteers who do the work at Big Red each week. Then she starts naming them, “Barb Handley, Jane Duncan, Jim and Barbara Ambuehl, Loren and Ruth Swenson, Ken and Judy Keller, Jan Von Berg, Shirley Campbell.... Oh there’s more that I can think of at the moment!” she laments while being interviewed as she busily scrubs dishes and utensils after one of the Wednesday meals.

Judy is absolutely correct; support for the weekly seniors luncheon is a team effort of the Prime Timers and no single person makes it happen. So, Tri-Lakes Health Advocacy Partnership thanks all the folks who turn out to make its weekly luncheon a success; but a special “salute” goes to Judy Hufford for her initiative and leadership for taking the initial challenge to get the program rolling, and for keeping it going, week after week, month after month, all year long.

Smoke *continued from page 1*

alarms are generally interconnected so if one alarm goes off, others are triggered in the home for safety. The alarms in my home were designed so that multiple alarms would go off, but only the unit detecting the smoke would flash a red light, helping detect the alarm source. I was advised by the fire department that some new alarms might not be compatible with some older alarms if interconnected. I assume replacement of all detectors at the same time would avoid this problem, but be aware.

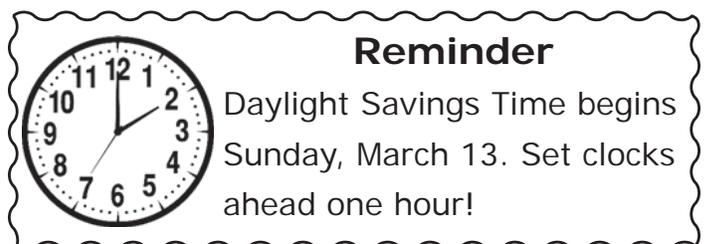
When replacing smoke alarms, take one of your existing alarms to the store with you to compare to new units. If they are hardwired, replacement might be more complicated. My existing alarms were wired with a special electrical plug to ease replacement. However, I found that new alarm units used a different electrical plug than our old alarms. I was able to find one alarm model at Lowe’s (Kidde Hardwire Replacement Model i12060) that came with adaptors for some existing installations. Store comparison avoided repeated trips and exchange.



I also found at Lowe’s a 10 year rated battery for the smoke alarm. I purchased one of these for a detector located where it is difficult to replace the battery. With this, I will just replace the whole detector and battery in 10 years.

The Tri-Lakes Monument Fire department will help senior citizens with replacement of batteries and detectors. You must provide the batteries and alarms. Note: if rewiring is required, you will need an electrician. Call 719-484-0911 to coordinate fire department help.

While shopping for new alarms, be sure to check the various carbon monoxide detectors for home use.



Reiber *continued from page 1*

realizing his dream. In addition to having a degree in Business Administration with an emphasis on Management, Entrepreneurship, and Gerontology, his research has been in the area of assisted senior living facilities and care. He has spent considerable time at various types of senior living facilities to learn what works well, and what doesn't. He is keenly aware of the importance of having high quality and well trained staff, and he recognizes how facility design and configuration can encourage, or discourage, interaction among residents and staff.

From these lessons Klint, partnering with his father Troy Reiber, has developed a business plan and facility concepts that he hopes to turn into reality in the not-too-distant future. The concepts range from conversions of relatively large homes into multi-resident homes, to construction of new facilities from the ground up.

"The need is there, and it will only get greater," he explains. "Costs have been identified, potential land and facilities for reconfiguration are available; but the immediate challenge is to line up investors to get this off the ground."



Klint Reiber helps serve meals to senior citizens at Wednesday lunch.

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, 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.

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.

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, March 18, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is The Help by Kathryn Stockett.

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, March 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.

Computer Class

Wednesdays, 8:30 to 10 AM

Adult/senior classes are taught from the beginner's level in Monument. Register in advance by calling 488-2370.

AARP Mature Safe Driving Program

Thursday, March 17, Noon to 4 PM

Designed for motorists age 50 and older. \$12 for AARP members, \$14 for non-members. Class size is limited and registration is required. Graduates may present their course completion certificate to their insurance agent for a discount.

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!

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.



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.

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

Monday, March 7 – Pepper steak, mashed potatoes, lima beans, bread, orange, cookie.

Thursday, March 10 – Chicken cordon bleu, mashed potatoes with gravy, spinach, roll, pear.

Monday, March 14 – Beef stew, navy beans, roll, orange, cookie.

Thursday, March 17 – Corned beef, boiled potatoes, cabbage and carrots, rye bread, orange juice, cake.



Monday, March 21 – Chicken pot pie, lima beans, biscuit, orange juice, pudding.

Thursday, March 24 – Baked ham, sweet potatoes, creamed spinach, roll, tropical fruit, cookie.

Monday, March 28 – French dip on kaiser roll, au jus, pinto beans, asparagus, mandarin oranges, cookie.

Thursday, March 31 – Roast turkey, baked potato with gravy, green beans, roll, banana, 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

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

March 9 – Brats, sauerkraut and potato salad.

March 16 – Turkey, stuffing, cranberries and corn
Free blood pressure screening.

March 23 – Beef brisket, garlic mashed potatoes and tossed salad.

March 30 – Chicken Dijon, rice and 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.

March Program Schedule

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

Tuesday Noon - 4 PM Pinochle hosted by Gerry

Tuesdays 11 AM - 1 PM Matter of Balance
hosted by Lisa

Tuesdays 1:15 - 2:15 PM Line Dancing hosted by Kay

2nd Tuesday 1 PM Crafts hosted by Irene 

Attention: No Senior Ladies Tea in March. The next Tea will be Tuesday, April 20, 1 - 3 PM.

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

Thursdays 11 AM - 1 PM Matter of Balance
hosted by Lisa

Thursdays 1 - 4 PM Pinochle hosted by Gerry

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

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 Cribbage No host

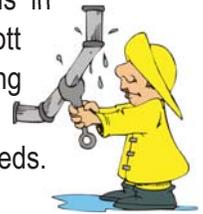


The Senior Citizens Program is a collaboration of the Tri-Lakes HAP, Tri-Lakes YMCA, Lewis-Palmer School District 38, the towns of Monument and Palmer Lake, Tri-Lakes Cares, and local businesses.

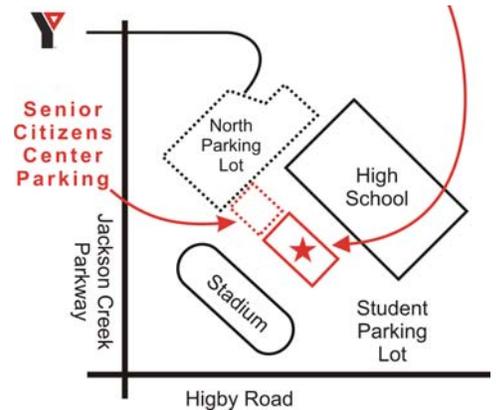
SAVED FROM THE FREEZE!

Recent temperature drops to minus twenty degrees resulted in frozen water lines and numerous water line bursts at the Senior Center. Fortunately Lewis Palmer Maintenance personnel had turned off the water avoiding major water damage to the facility.

Our thanks to Gary Atkins for initiating a complete water line replacement that will preclude further interruptions in our water supply and to Scott Long for diligence in effecting the outstanding workmanship to furnish our water needs.



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.

March 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, flat screen monitor, mouse, keyboard): \$85. Limited quantities. Shop early!

Tiffany-style suspended lamp. Like new, inverted conical shape, pearlite colors, A \$200 value, only \$100.

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