

Health Advocacy Partnership A 2010 Review

by Dave Betzler, HAP director

This started out as a December, end-of-year article, but as with so many efforts, time simply got away from me. The recent 2010 US Census highlighted rapid growth in the Tri-Lakes area (now over 25,000), and especially phenomenal growth in Monument, from roughly 2100 (2000) to nearly 6,000 in 2010 (a 180% increase!). The challenge for HAP as well as for other non-profit service-oriented organizations is to somehow step up our efforts to develop and deliver the services and support to meet the needs of the growing Tri-Lakes community. With that as the introduction, let's highlight 2010 Health Advocacy Partnership program accomplishments.

Our Senior Program activities remain a core element of our mission, and our strong partnership with District 38 greatly enhances the services we are able to provide. Last year the Senior Center provided a wide variety of daily and special event activities for seniors, tallying over 900 senior visits, a 15% increase over the previous year. Our center was operated by a cadre of 20+ volunteers who provide a total of roughly 2100 volunteer hours, a truly monumental labor of care and dedication. Using the State of Colorado value of \$20.50/volunteer hour, Senior Center volunteers last year provided an equivalent labor value of \$43,050 supporting Tri-Lakes seniors. Center activities and daily programs continued to diversify and included: Wii bowling, computer learning and

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New Sign at HAP Thrift Store

The Tri-Lakes Health Advocacy Partnership Thrift Store has a new and prominent sign to identify its location. Driving between Monument and Palmer Lake, you can't miss it.

Since moving to its current location along highway 105 a year ago, the Thrift Store has been identified by a fabric sign held by a couple of short steel poles. But, the weather took its toll on the sign and it eventually became unsightly and a detractor.

Mark Ennis, owner of Access Construction, stepped forward and donated a new, more attractive and definitely more permanent sign for the Thrift Store. Then, early on a snowy March morning Mark and volunteer Steve Larson installed it in front of the store where it is now easily seen from the highway.



Left to right: Mark Ennis and Steve Larson, with Thrift Store employee Suzie Staubs and Thrift Store manager Diane Wegley, admire the new Thrift Store sign.

This professional sign will attract more Thrift Store shoppers to discover the extensive range of merchandise available.

The HAP board of directors thank Mark for his generosity and thank both Mark and Steve for their labor on that cold morning. The sign substantially increases the visibility of the Thrift Store and HAP. This is just one of several projects Mark and Access Construction have donated to the community.

The HAP Thrift Store is open Monday through Saturday, 10 AM to 4 PM. It is staffed entirely by volunteers. All proceeds go toward support of HAP programs benefitting senior citizens in the Tri-Lakes area.

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Internet access, a monthly-themed Senior Tea for women, improvements to the Center's refreshment and serving capacity, and continuation of multiple games, as well as physical and balance activities. HAP's Senior Meals also involves a partnership with D-38 and use of Big Red serving facility. In 2010, HAP provided 1580 nutritious luncheon meals to Tri-Lakes senior citizens (e.g., singles, couples and disabled), ranging in age from early 60's to over 90. This major HAP senior service was supported by nearly 900 volunteer hours from a dedicated group of 22 Tri-Lakes United Methodist Church and HAP volunteers. Here too, HAP volunteers were indispensable, contributing an equivalent labor value of \$18,450 (i.e., \$20/volunteer hour). In 2010, HAP relocated our Thrift Store to a storefront on Highway 105, and realized a significant increase in sales volume. Sales of donated items generated just over \$25,000, all of which was applied to our senior program and health activities. A group of 19 dedicated Store volunteers donated over 5900 volunteer hours, an equivalent value of \$120,590. And lastly, HAP's Outreach/Publicity efforts were conducted by a very industrious volunteer who provided 260 hours (equivalent value of \$5330). HAP outreach efforts included a revamp of the Senior Beat Newsletter, expanded distribution (e.g., 340 subscribers: 300 via snail mail; 45 emails) and additional color copies for local business displays, and renovated website that recorded over 2100 unique visitors.

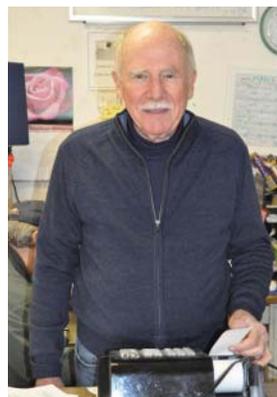
HAP's other major focus is Health and Wellness. Our strong partnerships with Penrose-St Francis Health Systems and Tri-Lakes Cares are major enablers for HAP's delivery of health services. HAP sponsors a Faith Community Nurse providing medical assistance from Tri-Lakes Cares facility. She provides and supports multiple services for adults and children, including: medical clinics, client/nurse interventions, blood drives and blood pressure screenings, prescription and vision assistance, and childhood immunizations and dental checks. In 2010, annual statistics document a broad, diverse and sizeable client population: 464 medical clinic appointments (average of 38/month); 250 prescription

assists; 252 immunizations (96 children; 156 adult). In addition, the HAP-sponsored nurse's health appointments and screenings resulted in an annual total of 348 emergency room (ER) aversions, equivalent to \$139,200 dollar value (e.g., average 29 ER aversions/month, each ER aversion estimated at \$400/visit). By providing these health services, we are directly meeting the needs of the growing number of underinsured and uninsured in our community, and are helping to maintain the health of area children, adults and seniors.

HAP Board Members are committed to strengthening our programs to meet growing community needs. Especially in today's still difficult economic situation, we earnestly need and solicit your support: as a participant in our programs or as a volunteer; as a project leader or program advocate; or in donating to and patronizing the Thrift Store. With your help, HAP will continue its vital programs and services for the Tri-Lakes community.

UNSUNG HEROES OF HAP

"Volunteering at the Thrift Store is not only a community service, it's a great opportunity to meet folks." That's how Don Swift, one of many volunteers at the Tri-Lakes HAP Thrift Store, explains the attraction of giving a day each week to operate the Thrift Store.



Don Swift rings up another Thrift Store sale.

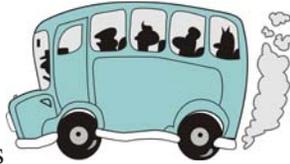
Don brings to the store a very friendly and welcoming atmosphere. It's hard to not spend a little extra in the store when Don is working because it is so easy to engage in a conversation with him. And this often means additional browsing and possibly more purchases.

Don, and his wife Carmen, are long-time residents of the Tri-Lakes area. They moved to the Tri-Lakes area in 1979 from New Jersey when Don was a pilot for United Air Lines, flying out of Denver. Don started his flying career with six years in the

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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.

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Canadian Air Force then five years in the Royal Air Force (UK),

After 27 years with United Air Lines, Don retired in 1992. This has given Don and Carmen more time to enjoy their kids and grandchildren in Colorado Springs, Castle Rock, and Canada. They also enjoy travels about twice a year to a variety of places around the globe. Don also has a passion for fishing, and is seldom far from his fishing gear.

Don is often at the Thrift Store on Thursdays. Drop in for a visit and share a story with him while you browse around. You might find that unique “something” for your home, and you’ll probably make a friend while there.

MONUMENT HOME MAKERS' CLUB

The next meeting is Thursday, April 7th. It is a Spring/Easter theme with good food, music, fun, games, and prizes. Bring a special apron to talk about.

Bring a guest and your “first-time” guest gets a special gift for coming. Please call Irene if you are bringing a “first-time” guest so she can make one of her handmade gifts for your guest to welcome them.

- It is a special meeting that you will not want to miss. Meets the First Thursday of Each Month
- Tri-Lakes Fire Department Administrative Building
- 166 Second Street, Monument (Second Street at Jefferson Street)
- Arrive approximately at 11:30 am. Meals served at noon
- Bring a food dish to pass and your own dinner service and flatware
- A program and short business meeting usually follow lunch.
- Call Irene Walters, Co-President (719) 481-1188 for reservations.
- Or call Jean Sanger, Co-President (719) 592-9311 for reservations.

Anyone needing a ride to the meeting, please contact Faye Brenneman at 488-0076. Those scheduled to do the calling, please let people know of the meeting.



The date is set; the venue is set! The 2011 Tri-Lakes Annual Health Fair will be Saturday, October 29 at Lewis-Palmer High School. Like last year this will be a joint effort of Tri-Lakes Health Advocacy Partnership and the Tri-Lakes Chamber of Commerce, in collaboration with 9Health Fair.

The planning now begins in earnest. Any businesses interested in being a sponsor of the event should contact the Tri-Lakes Chamber of Commerce.

**Coming Soon!
Rummage Sale
to support
HAP Seniors Programs**

A Rummage Sale, tentatively scheduled for the first Saturday in June (June 4) is being planned. The sale is to raise funds to support various programs for senior citizens in the Tri-Lakes area. Donations to support the Rummage Sale are being sought.

Flyers providing all the details will soon be appearing at various local businesses, the seniors luncheons, and at the Senior Center. More details will be provided in the May Senior Beat newsletter. Start planning your donations *now!*

MONTHLY NATURE WALKS

Join us for monthly nature walks in the Tri-Lakes area. These 1½ to 2 hour walks are at a leisurely pace as we pause to observe plants, birds, and anything else of interest along the trail.



For our first walk of the season (weather permitting) we'll meet on Wednesday, April 27 at the Greenland Open Space trailhead on County Line Road at 9:30 AM. Call Sally at 719-488-2462 for more details.

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.

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 through April 18, 2011, 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.

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.

Palmer Lake Historical Society Presents

**AN HISTORICAL TOUR OF
THE BLACK FOREST**

Thursday, April 21, 7 PM, Palmer Lake Town Hall

Join the Palmer Lake Historical Society for an evening of local history as Terry Sokka guides us on a historical tour of the Black Forest.

Black Forest played a significant role in the growth of local railroads, the timber industry, and settlement of the Palmer Divide.

The program is free to the public. Complimentary refreshments will be served.

Visit our website at www.palmerdividehistory.org for information on upcoming programs.

Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, April 15, 11 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is Before You Know Kindness by Chris Bohjalian.

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, April 27, 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.

E-Reader Cybershelf Training

Friday, April 15, 10 AM

PPLD staff teaches a free "cybershelf" class to anyone who has a portable device and wants to learn how to download audio-books and e-books from the library's collection.

AARP Mature Safe Driving Program

Thursday, April 23, 1-5 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.

HAP Welcomes Newest Director

The Tri-Lakes Health Advocacy Partnership Board of Directors welcomed their newest director, Ty Keller, during the March HAP board meeting. Speaking for all board members, Board President, Mark Ennis, expressed deep appreciation to Ty for his interest in becoming an active contributor to the HAP mission.



Originally from Denver, Keller is a native Coloradan. He is a graduate of the University of Colorado, Colorado Springs and is a loan officer at the Monument Branch of FirstBank on Baptist Road. His background is in commercial and residential lending.

Keller looks forward to enhancing HAP's partnership with other community organizations and helping to raise awareness of the community about HAP. His education and business skills in organizational management and marketing will be a valuable asset for HAP in its expanding support for the health and wellness needs of the Tri-Lakes area.

For Sale

Krups electric 1 quart capacity ice cream maker, no salt or ice needed, like new, with manual & recipes \$25. 481-2488.

West Bend breadmaker 1 - 1 1/2 lb. loaves, like new, with manual and cookbook \$40. 481-2488

Want To Buy

Smooth top glass electric cook top. Call 481-2448.

May Blood Drive

Tuesday,

May 17, 3-7 PM

Tri-Lakes Cares



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

April Lunch Menu

Mondays and Thursdays

11:30 AM at 166 Second Street, Monument
 Tri-Lakes Monument Fire Protection District
 Administration Complex
\$2 voluntary donation suggested

Monday, April 4 – Beef stroganoff, pasta, succotash, bread, cookie, orange.

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

Monday, April 11 – Cabbage casserole, mashed potatoes, lima beans, bread, applesauce.

Thursday, April 14 – Baked chicken, mashed potatoes with gravy, broccoli with cheese sauce, roll, banana.

Monday, April 18 – Sweet & sour pork, brown rice, cauliflower, egg roll, prunes.

Thursday, April 21 – Roast beef, mashed potatoes with gravy, spinach, roll, apple, cookie.

Monday, April 25 – Stuffed cabbage rolls, mashed potatoes, asparagus, bread, apple, cookie.

Thursday, April 28 – Swiss steak, mashed potatoes with gravy, peas, biscuit, 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

April 6 – Meat loaf with mashed potatoes and tossed salad.

Free blood pressure screening.

April 13 – Pulled barbeque chicken sandwich with coleslaw and chips.

April 20 – Meatballs over noodles with tossed salad. *Free blood pressure screening.*

April 27 – Tuna salad with sliced avocados on a croissant with chips.

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



Attention: May Luncheon Schedule Change

The Wednesday senior luncheon in May will only be offered on the **third Wednesday, May 18.**

This restriction only applies to the Wednesday luncheons in May 2011 and is required by District 38 for academic purposes. D-38 will allow the luncheons to resume their regular schedule in June.

The Monday and Thursday luncheons in May are not affected.



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.

April Program Schedule

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

Tuesday Noon-4 Pinochle hosted by Gerry

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

2nd Tuesday, April 12 1 PM Crafts hosted by Irene

3rd Tuesday, April 19 1-3 Ladies Tea Hosted by Irene
April theme: funny hats; create your own!

Tuesdays 1-2 Line Dancing hosted by Kay

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

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

Thursdays 1-4 Pinochle hosted by Gerry

Thursdays 1:15-2:15 Zumba hosted by Kay

2nd & 4th Thursday 1-4 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



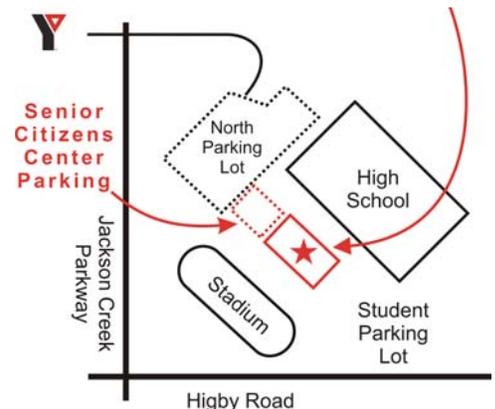
Also available

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



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.

April 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.*

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 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!

Sale on picture frames, and vases!

Think summer and beat the heat! Above-ground pool, pump, cover, etc.

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