

Tri-Lakes HAP Supports Tri-Lakes Cares

Tri-Lakes Health Advocacy Partnership, joined forces with nine other “interactive educational groups” and eight restaurants to support Tri-Lakes Cares in their first annual “A Taste of Tri-Lakes Cares” event. It was an evening activity of fun, games, socializing and great food while supporting Tri-Lakes Cares.

The purpose of the event, explained Haley Chapin, Tri-Lakes Cares executive director, “...was to educate the community that Tri-Lakes Cares is more than just a food pantry. Some of our other activities include a medical clinic, we’re the northern satellite of the Pikes Peak Workforce Center, and we can offer financial assistance with utility payments.”

The evening event was structured to engage participants in games that helped them understand the scope of the services Tri-Lakes Cares offers to the community, and to encourage donations of items that

are badly needed but seldom received by Tri-Lakes Cares. These items include shampoos, toothbrushes, disposable diapers, feminine products, and toilet paper.

Eight area restaurants served samplings of delicious dishes created from products taken straight from the Tri-Lakes Cares food pantry. Participating restaurants included Folie A Deux, Texas Roadhouse, Oakleys Cafe and Bistro, Momma Tina’s Catering, Fusion World Cuisine, Bella Panini, R & R Coffee Cafe, and Aspen Pointe Cafe.

The evening was a great success. Almost 300 participants donated

over five hundred pounds of goods plus cash to Tri-Lakes Cares. And, everyone learned more about how Tri-Lakes Cares serves our community.

For more information about Tri-Lakes Cares, visit their website at www.Tri-LakesCares.org or contact Haley Chapin at 481-4864 ext 101.

MONTHLY NATURE WALKS

Join us for our second walk of the season at the Monument Fire Center, Wednesday May 25 at 9:30 AM. We’ll meet at the main parking lot on Mt. Herman Road and Nursery Road. Besides looking for birds and early spring flowers we’ll visit some historical ruins and Monument Rock. Call Sally at 719-488-2462 for more details.

Did you miss the April Walk in the Greenland Open Space? A spring snow forced its postponement so you have another chance to enjoy this one. Join us at the south trail head on County Line Road at Palmer Lake on Wednesday, May 11 at 9:30 AM.



Tour Glen Eyrie Castle

Friday, May 20, 1 to 2:30 PM.

The popular Day Tours for seniors returns in May! This month will be a tour of Glen Eyrie Castle next to Garden of the Gods in Colorado Springs.

A minimum of 15 people must sign up for this tour, and participants must sign up not later than Monday, May 9, and pay \$6 at the time they sign up.

Sign up at the Senior Luncheons (Mondays, Wednesdays, or Thursdays) or call Diane (488-0878).

Meet at 12:10 PM at Big Red for departure. Eat before the tour because it does not include lunch or tea as part of the tour.



UNSUNG HEROES OF HAP

“I wanted to help the community!” Without hesitation, that’s how Nancy Selders explains her decision to volunteer at the HAP Thrift Store two years ago. She handles sales, rotates merchandise, prepares displays, and does “...whatever is needed.”

Not long after Nancy started at the Thrift Store her husband, Frank, also became involved with the operation. From Nancy’s experiences, Frank learned of a need to transport goods from donors to the store. He had a pickup truck so “...it just seemed like a natural fit,” Frank explains. That was two years ago.

Soon thereafter, Frank and Nancy wondered if people having garage sales would be interested in donating quality goods to the Thrift Store that didn’t sell at their garage sale. So, they tested the water by visiting garage sales at the end of the day and quickly found people were quite receptive because they were able to easily get rid of things that they did not want; plus this offered the added benefit of a tax-deductible donation. Frank and Nancy were able to obtain much of the merchandise for the store this way.



Thrift Store manager, Diane Wegley says, “Nancy and Frank go above what is expected from a volunteer. They are always ready to help wherever needed. They’re always a pleasure to work with.”

Frank and Nancy are a very active retired couple. Their interests range from rebuilding their Palmer Lake “cabin” to sailing their own boat around the Caribbean, cycling the roads and paths of France,

Palmer Lake Historical Society Presents

WOMEN OF DOUGLAS COUNTY

Thursday, May 19, 7 PM, Palmer Lake Town Hall

Join the Palmer Lake Historical Society for an informative and entertaining evening as Shaun Boyd of the Douglas County Library presents stories and information about some fascinating women from the history of Douglas County.

Women back in the day were not just housewives keeping the home fires burning. Some played a major role in the settlement and growth of this area.

Free refreshments will be served. Visit our website at: www.palmerdividehistory.org.

Don’t forget to purchase your copy of the Historical Society’s pictorial history of the area, “Communities of the Palmer Divide.” The book is available at the Tri-Lakes Chamber of Commerce, the Rock House, the Lucretia Vaile Museum, Historical Society events, and select local retailers.

May Blood Drive

Tuesday,
May 17, 3-7 PM

Tri-Lakes Cares

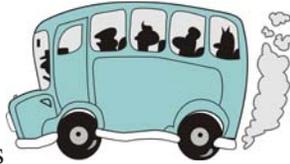


boating the canals of England, motoring around New Zealand, and a host of other adventures. “We love traveling!” says Nancy. Yet, with all that activity they still find time to “help the community!”

When not traveling, Nancy can be found at the Thrift Store most often on Friday afternoon and Saturday morning taking the shifts that are the most difficult to fill—doing “whatever is needed.”

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.

Recycle
Day



Tri-Lakes Chamber of Commerce and Visitor Center along with Blue Star Recyclers will be at Monument Academy on Saturday, May 21 from 10 to 2 pm. They will be collecting the following: E-waste, paint, tires, bulbs, batteries. They will also be offering document shredding. Each item recycled will be for a small fee. Monument Academy will collect cell phones, printer cartridges and aluminum cans. Premier Vision will be collecting old eye glasses. The Monument Academy jazz band will be performing and American National Bank will be barbecuing hot dogs for the community. Call Jesus Damian, TLC Computer Repair, to volunteer at 719-302-2937.

Sponsors for this event are Peoples National Bank, American National Bank and Premier Vision.

MONUMENT HOMEMAKERS' CLUB

The **May meeting** is Thursday, May 5th. The program is a travelogue. It is a May Day theme.

The **June meeting** is Thursday, June 2 with a Father's Day theme. It is also International Day; food on the buffet will represent our different heritages.

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. The Monument Homemakers' Club...

- 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 or 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.

FLAG DISPOSAL CEREMONY

The Tri-Lakes American Legion Post 9-11 will conduct a Flag Disposal Ceremony on Flag Day, 14 June, at 7 PM at the Post Home at the Depot Restaurant in Palmer Lake. This is an opportunity to properly dispose of old and tattered American Flags. It is not necessary to attend the ceremony, as flags may be dropped off at the Depot Restaurant any time before the event. This service is provided free to the public.



Saturday, June 4th

Rummage Sale

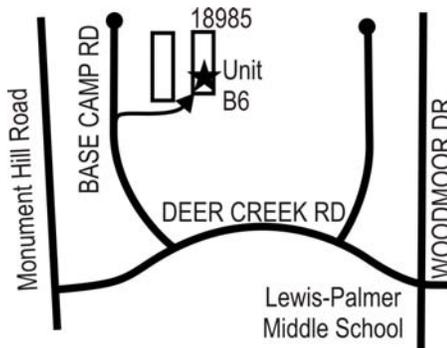
supporting
HAP Seniors Programs

It's Spring Cleaning time! Dig out those unused household good, tools, toys children's clothing, books, jewelry and furniture and donate them to the June 4th Rummage Sale. (Large appliances and mattresses are not accepted.) Donations go to Tri-Lakes HAP, a 501(3)(c) organization and are therefore eligible for tax deductible status.

To donate, please call Mary Frances at 719 488-2360 or Irene at 719 481-1188 to schedule a delivery time for your donations. Donations accepted until May 27.

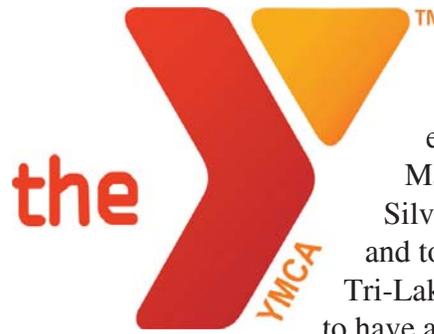
The Rummage Sale collection point and sales event location is 18985 Base Camp Road, Unit B6, just north of the Lewis-Palmer Middle School. (See map below.)

The Rummage Sale on June 4th starts at 10 AM, so come early for the best deals! All proceeds will go toward supporting the Tri-Lakes Health Advocacy Partnership senior citizen programs.



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.



May has arrived and with its arrival are some fun social events at the YMCA. May 18th is "National Silver Sneakers Day" and to help celebrate the Tri-Lakes YMCA is going to have an ice cream social

open to all of our senior population and friends (so be sure to bring the grandkids along with you). The cost for this event is just \$1 and you will get to enjoy as much ice cream and toppings as you desire.

Our weekly coffee socials will be Thursday May 5, Tuesday May 10, Thursday May 19, and Tuesday May 23. They run from 9:30 AM – noon and are always completely free and open to the entire community.

We also have another 7 week round of Tai Chi starting May 16th and running through June 29th. Cost for this program is \$32 for YMCA members and \$45 for non-members. Registration begins the end of April and will run until the second week of class.

The Tri-Lakes YMCA also offers more than 32 classes a week designed with seniors in mind so be sure to pick up one of our group fitness schedules when you are socializing at one of our coffees. Visit our web site www.pymca.org for more information, or call Lisa Gray directly at 481-0637 ext. 607 with any questions.



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.

Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, May 20, 10 – Noon

New members are welcome and no registration is required at this monthly book club. This month's selection is The Good Earth by Pearl S. Buck.

Senior Synergy

Wednesdays, 10 – Noon

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

Socrates Café

Tuesdays, 1 – 3 PM

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

History Buffs

Wednesday, May 25, 1 – 3 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, 10 – 11:30 AM

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

AARP Mature Safe Driving Program

Thursday, May 19, 1-5 PM

Driver refresher course designed specially 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.

MONEY SMART COLORADO

A Penny For Your Health

by Ty Keller, Tri-Lakes HAP director

An ounce of prevention is worth a pound of cure, especially when it comes to preventing identity theft and protecting your finances. Given the impact that financial issues can have on our personal health and well-being, Tri-Lakes Health Advocacy Partnership, sponsor of many programs for area senior citizens, found it fitting to give this topic some attention. HAP is pleased to have Brent Hedrick, the Operations Manager for First National Bank in Monument, as a guest speaker at the May 18th Senior Luncheon.

Brent Hedrick has been with First National Bank for over a year and has more than 12 years of banking experience. Brent will be speaking on topics such as fraudulent check scams, identity theft, and phishing schemes whereby criminals con consumers into divulging sensitive information.

This program is part of the Money Smart Colorado public awareness campaign designed to help consumers better manage their personal finances. This is achieved through the collaboration and coordinated effort of organizations across the state including businesses, financial institutions, schools, libraries, not-for-profits, government agencies and the media. These partners come together once a year to stress the importance of financial literacy, inform consumers where they can get help, and provide free educational seminars and activities. Programs cover all facets of personal finance from establishing a budget to first time home buying to estate planning. For more information about Money Smart Colorado, visit their website at <http://www.kansascityfed.org/dvmoneysmart/>

We hope you'll join us on Wednesday, May 18th at 11:30 AM at 146 Jefferson St. Monument ("Big Red") for what we expect to be a very informative discussion. And it won't even cost you a penny!

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

May 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, May 2 – Pepper steak, mashed potatoes, lima beans, bread, orange, cookie.

Thursday, May 5 – **No lunch served on the first Thursday of each month.**

Monday, May 9 – Beef chow mein, brown rice, broccoli, bread, pear, cookie.

Thursday, May 12 – Baked chicken, mashed potatoes with gravy, winter blend vegetables, roll, banana, cookie.

Monday, May 16 – Beef stew, navy beans, roll, orange, cookie.

Thursday, May 19 – Baked ham, sweet potatoes, broccoli, roll, apple, pudding.

Monday, May 23 – Chicken pot pie, lima beans, biscuit, pear, pudding.

Thursday, May 26 – Roast beef with gravy, boiled potatoes, spinach, roll, orange, 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

May 4 – **No lunch due to student academic testing.**

May 11 – **No lunch due to student academic testing.**

May 18 – Tuna salad with sliced avocados on a croissant with chips

Free blood pressure screening.
Luncheon followed by a presentation on Financial Issues for Seniors. For details, see "A Penny for Your Health" on page 5.

May 25 – Ham, scalloped potatoes and cole slaw

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

For Sale

Youth bed, mattress, with bedding, wooden, \$85. Call 488-8682.

8 Room Doll House complete with furniture etc. Retailers for \$500 - 600. Asking \$400. Call 719-488-5767.

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.

May 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, May 10 1 PM Crafts hosted by Irene and Dorie. Introduction to Scrapbooking

3rd Tuesday, May 17 1-3 Ladies Tea Hosted by Irene, Allene and Betty B. Sponsored by Castle Rock Care Center. "May Flowers" theme. Bring a dessert and a potted plant or flower to exchange.

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 Health hosted by Maureen (Watch for Tai Chi in the Park this summer!)

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.

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.

NOW AVAILABLE!
Cable TV on the big screen in the lounge!

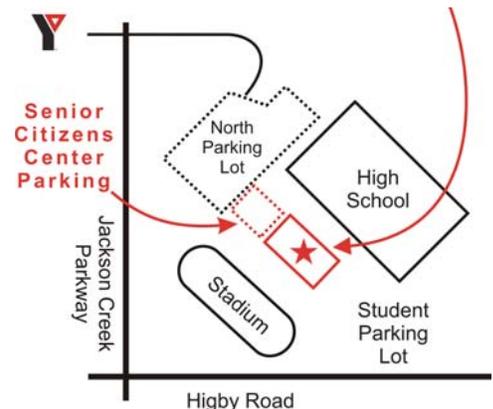


Also available

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



Senior Citizens Center



May 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.



HAP Thrift Store Donations

The Thrift Store operates and depends on merchandise donations from readers like you. Please keep the HAP Thrift Store in mind when you want to clear out some of those valuable that are still in good condition but you just don't need any longer. We accept most household items except large appliances and clothing. Call us (488-3495) to arrange for your tax-deductible donation.

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