

Former HAP Director Recognized

The Tri-Lakes Health Advocacy Partnership board of directors reluctantly bid farewell to board secretary, Andy Barton, during last month's board meeting. Larry Lawrence, the director who served as board vice president during much of Andy's tenure, thanked Andy for the many years he helped HAP provide for the health and wellness needs of the Tri-Lakes community. Andy's long service provided a stabilizing influence for the board during the past three years as it went through significant personnel changes.

Larry noted Andy's role as Tri-Lakes YMCA executive director helped build bonds between the Y and HAP which has benefitted the entire community through initiatives such as low cost or no cost programs geared toward seniors, and providing a venue for the annual Tri-Lakes Health Fair. Andy commented that the relation-

ship between the Y and HAP "...was mutually beneficial for both organizations which served the whole community very well." Andy also was a leader in en-

hancing communications between the senior citizen community and the HAP board of directors.

Andy reflected that "...I enjoyed the time working with HAP and the dedicated people who make the organization what it is. HAP is on the cutting edge of health care in small communities and it is one of the best kept secrets in the community, if not the state, in terms of what it provides for health care needs. I'm proud to have contributed to that effort."

Andy's departure from the HAP board coincides with his departure from the Tri-Lakes YMCA.

He moves on with his career to become the Director for Annual Giving at Penrose-St. Francis Health Foundation in Colorado Springs.



HAP secretary, Andy Barton, left, accepts memento from director Larry Lawrence

HAP Honors Its Volunteers

Thirty-six volunteers for Tri-Lakes Health Advocacy Partnership (HAP) were treated to a free barbecue brisket lunch with all the trimmings at Pinecrest in Palmer Lake last month. The occasion was the HAP Volunteer Appreciation Luncheon. Its purpose was to recognize and thank the people who have been generously volunteering their time to support the many HAP-sponsored programs.

The HAP board of directors, represented by Ted Rinebarger, Colleen Garwood, Barb Gritzmaker, and Dave Betzler, used the event to thank the volunteers for their many hours of service to the Tri-Lakes community through HAP programs such as Medical Outreach, Senior Lunch, the HAP Thrift Store, and the Senior Citizens Center. Without these volunteers the programs could not be

Continued page 3, Volunteers

Palmer Lake Historical Society Presents

Annual Father's Day Ice Cream Social

Sunday, June 19, 2-4 PM, Village Green at Palmer Lake Town Hall

Join the Palmer Lake Historical Society in its annual salute to fathers. Each year the Historical Society provides ice cream, fruit pie, and music to bring families together in a celebration of "Dads" on Father's Day. This year we look forward to great entertainment, scrumptious ice cream from the Rock House, and plenty of delicious apple and cherry pie from the Village Inn and others. So be sure to show up for free ice cream, pie, and music.

This year, the Jessum Bud Band will be performing gospel music with a bluegrass twist. So don't let Dad sit home and watch TV—bring him to the Father's Day Ice Cream Social!

UNSUNG HEROES OF HAP

“Mr. Fix-It.” That’s how Bill Hardin describes some of his contribution to the HAP Thrift Store. And that is the quality that store manager, Diane Wegley really appreciates about Bill’s service to the Thrift Store. She explains, “Bill takes things that are pretty worn out and works on them until they are in real good shape. His contributions have really increased our revenue!”

Bill and his wife Terry came to the Colorado Springs area compliments of the Air Force. He retired in 1978 and then worked for aerospace firms in Denver and Colorado Springs. The relative accessibility to both locations from the Tri-Lakes area was a powerful motivator to settle in Woodmoor.



In 1998 Bill fully retired, which means he now works as a volunteer. In addition to his contributions to the Thrift Store operation, he is a member of the VFW and is active with the local American Legion Post 9-11 based at Palmer Lake.

Bill started working at the Thrift Store in 2009 when it was in its original location. He explains that he “...enjoys the opportunity to meet with folks at the store, and it provides a satisfying way to give a little back to the community.”

Bill can also be found driving around the area in his '69 Ford pickup, helping folks transport bulky donations to the Thrift Store. His hobbies, which include carpentry and refinishing furniture, provide a natural fit for his Thrift Store role as Mr. Fix-It.

Tri-Lakes Cruisers Benefit Car Show

Sunday, June 12, 10:00am to 3:00pm

Over 200 cars line the streets for a spectacular event. Over thirty-nine trophies are given away at this show in historic downtown Monument.

Ensuring Financial Health

“In the United States, a personal identity is stolen every second.” And, with that sobering statistic began a presentation on Financial Health to about 40 senior citizens.

Quentin Leighty, senior vice president of the Monument branch of The First National Bank, was joined by Brent Hedrick, the bank operations



Quentin Leighty (left) and Brent Hedrick (right)

manager, as they used the weekly Wednesday seniors luncheon at Big Red to outline the most common types of financial fraud that seniors might encounter. They explained the consequences of falling victim to such fraud and provided pointers for seniors on how to protect themselves from financial schemes and how to reduce chances of becoming a victim of identity theft.

Real-world examples of typical fraud schemes were reviewed. Members of the audience shared their own experiences which helped underscore the seriousness of the problem and the need for everyone to be continually vigilant regarding their accounts and other personal information.

The presentation, developed by The First National Bank, is part of the Money Smart Colorado public awareness campaign, designed to help consumers better manage their personal finances. Presentations are geared toward a variety of audiences, from school children to the elderly. Through a collaboration of various financial institutions, schools, libraries, non-profits, government agencies and the media, these partners join together once a year to provide free educational seminars and to stress the importance of financial literacy.

Tri-Lakes Health Advocacy Partnership is proud to be a part of this annual effort with The First National Bank in Monument to bring this educational program to the senior citizens of the Tri-Lakes area.

For more information about Money Smart Colorado, visit <http://www.kansascityfed.org/dvmoneysmart/>.

Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, June 17, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is Three Junes by Julia Glass.

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, June 22, 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.

Cheap Talk

Saturday, June 4, 1:30 PM

The price of gas is keeping many of us close to home. Linda DuVal, formerly from the Gazette, has tons of information about inexpensive, fun, and unusual places to go in the Pikes Peak region for your next staycation. You are guaranteed to leave brimming with great ideas!



AARP Mature Safe Driving Program

Thursday, June 18, 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.

Volunteers, *continued from page 1*

Tri-Lakes Health Advocacy Partnership is a non-profit organization that depends entirely on volunteer services, financial donations and grants. Volunteers are critical to HAP's ability to provide a range of low cost and free medical services to those who are otherwise unable to obtain essential medical care.

For information about services and programs offered by HAP, visit their website at www.TriLakesHAP.org.

www.TriLakesSeniors.org

CONCERT IN THE PARK

Wednesdays in June and July
7-9 PM, Limbach Park, Monument

This very popular and free annual summer music event opens the 2011 season on June 8 with the Monument Hill Brass Quintet featuring Craig Ketels and Tim Libbyon trumpet, Ted Bauman-tuba, Mike Mazingo-trombone and Lisa Smith-French horn. Enjoy their repertoire of pop, jazz and rock

Then, June 15 John Adams presents Tribute to John Denver, followed on June 22 by Jazz Fusion Artists Hammerstadt, June 29 by John Adams with the String Dudes playing acoustic/folk, July 6 with the Rocky Mountain Steel Drum Band Tropical Style, July 13 Bettman & Halpin folk and country blend, July 20 Chuck Pyle with Gordon Burt, and July 27 Wild Blue Country Air Force Country Western Band.

Bring your chairs and enjoy music, food and fun for the whole family! Limbach Park is on the corner of Second Street and Front Street. The Concert in the Park series is made possible by the Monument Merchants Association.

Finally Summer Soulstice

Saturday, June 18, 10 AM – 2 M

The second annual Summer Soulstice Event will be on Saturday, June 18 this year! It is a day-long community celebration featuring special merchant events, hayrides, kids art activities, live music, food and a paint-out done by local professional artists painting in the traditional plein air style.

A **Chalk Walk** for kids, teens, amateur and professional artists is a highlight of this event. Participants are encouraged to create everything from temporary chalk "masterpieces" to some colorful games of tic-tac-toe! Chalk is supplied, participation is free. For more information about the chalk walk, please call (719) 460-4179.

All activities take place in the "downtown" Historic Monument. Some of the other events include face-painting, balloon art, potting plants and other crafts. Bands and musicians are spread throughout the town for attendees' enjoyment. The "Soul Train" (hayride) provides transportation from the different venues.

Monthly Nature Walks

The May Nature Walk was held on Wednesday, May 25. Sally Clark led a small group of senior adventurers on a two hour leisurely stroll along the many trails through the forest around the Monument Fire Center. Along the way, Sally identified a variety of plants and blooming flowers, and they explored some of the former sites of the Conservation Corps that occupied the area in the Depression years.

Join Sally on the third walk of the season, weather permitting, along Creekside Trail and part of the trail to the Reservoir. Meet on **Wednesday June 22, 9:30 AM at Palmer Lake Library**. The group will caravan down to the Glen, where wildflowers should be at their peak along Monument Creek. Bring water, a light lunch, and don't forget the binoculars.

June Senior Day Tour



Friday, June 24

Denver Botanic Gardens present a wide range of gardens and collections that illustrate an ever-widening diversity of plants from all corners of the world. Distinctive gardens define and celebrate our Western identity and unique high altitude climate and geography.

Many of the innovative gardens are models of drought-tolerance and showcase native and adapted plants that thrive in Western gardens. Throughout Denver Botanic Gardens, the time honored traditions of European horticulture merge with a dynamic diversity of plants and design that represent the best in horticultural achievement. For more information about the Denver Botanic Gardens, visit their web site at www.botanicgardens.org

Bus transportation departs from Big Red at 10:30 and returns about 2:45. Cost is \$8 for seniors in a group of 10 or more. Payment will be collected at time of departure. Take your lunch or you can purchase a meal at the Gardens. **Sign up not later than Friday, June 17** at the Monday, Wednesday, or Thursday Senior Lunches, at the HAP Thrift Store, or call Diane (488-0078).

FLAG RETIREMENT 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.



The 2011 Tri-Lakes Annual Health Fair will be Saturday, October 29 at **Palmer Ridge 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 and Lewis-Palmer School District 38.

Any businesses interested in being a sponsor of the event should contact the Tri-Lakes Chamber of Commerce.

Rummage Sale Canceled

The Rummage Sale, scheduled for Saturday, June 4, has been canceled due to a lack of donations. To those generous donors who provided merchandise for this event, we thank you; the products have been moved to the Tri-Lakes Health Advocacy Partnership Thrift Store for sale through that outlet. The HAP Thrift Store, like the planned Rummage Sale, uses its proceeds to support the senior programs of Tri-Lakes HAP, including senior lunches and the Senior Center events and activities. Therefore, all donations continue to remain tax-deductible under IRS code 501(c)(3).

Monument Homemakers

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.

MCTS NEEDS YOUR HELP!

Mountain Community Transportation for Seniors depends on Federal money channeled to us through the Pikes Peak Area Council of Government. This year there is a shortage of funds. MCTS needs to raise \$1,500 by June 30. The budget is used primarily for maintenance of our two vehicles and to reimburse drivers for mileage of their own vehicles. If you would like to donate please send donations to:

MCTS Treasurer c/o MCMC

P.O. Box 502; Palmer Lake, Colorado 80133

Any questions call Faye Brenneman, Program Director at 481-2527, cell 719-237-9913. MCTS is a 501(c)(3) so your donation may be tax deductible.

Help Wanted: Female live-in companion needed for elderly lady. Free room and board in exchange for services; light housekeeping and meal preparations. Background check required. Send contact information, references and resume to PO Box 631, Monument, CO 80132.

FREE TRANSPORTATION FOR SENIOR CITIZENS

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for 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.

CHILI'S SUPPORTS MCTS

What better deal is there than this? Dine at the Monument Chili's restaurant Thursday, June 9, present a special MCTS coupon, and Chili's will donate 10 percent of the sales from your receipt to the **Mountain Community Transportation for Seniors (MCTS)**. You get a great meal and you help MCTS at the same time! Don't forget, Chili's also offers senior citizens discounts!



Be sure to take the special MCTS coupon and present it to your server. Coupons are available at various locations around Monument, including the senior lunches (see page 6 of this newsletter), the Senior Citizens Center (page 7), or you can download the coupon from www.TriLakesSeniors.org as a PDF file. Or, send an email to SeniorBeat@TriLakesSeniors.org and request a coupon; we'll send it to you as a PDF attachment in a reply email.

MCTS provides a great service to those who are no longer able to drive, by providing *free* transport to local businesses and to medical appointments. Please support MCTS so their contributions to the community can be sustained.

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

June 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

Thursday, June 2 – *No lunch served on the first Thursday of each month.*

Monday, June 6 – Beef stew, lima beans, roll, orange, cookie.

Thursday, June 9 – Roast beef, mashed potatoes with gravy, creamed spinach, roll, apple, cookie.

Monday, June 13 – Bratwurst, pinto beans, red cabbage, rye bread, apricots.

Thursday, June 16 – Baked chicken, mashed potatoes with gravy, broccoli with cheese sauce, roll, banana.

Monday, June 20 – Beef burgundy, mashed potatoes, succotash, bread, orange, cookie.

Thursday, June 23 – Pork chop, mashed potatoes with gravy, peas, roll, tomato juice, cookie.

Monday, June 27 – Cabbage casserole, mashed potatoes, lima beans and tomatoes, bread, applesauce.

Thursday, June 30 – Swiss steak, mashed potatoes with gravy, peas, biscuit, banana, cookie.

Skim milk is served with every meal.

YMCA Summer Events

Senior Coffee Socials on June 9, 14, 23 and 28 from 9:30-11:30 AM.

Friday June 24, 12:15 – 1:30, at our Senior Lunch learn about **Absolute Health Care** from our guest speaker, Andrea Larkin. The lunch will be pot luck so be sure to sign up at the membership desk and let us know what dish you would like to bring. It is not necessary to be a YMCA member to be part of our monthly lunches so bring your friends and come enjoy some wonderful fellowship.

Wednesdays

11:30 AM at 146 Jefferson Street, Monument
 School District 38 Admin Building, "Big Red"

\$3 voluntary donation suggested

June 1 – Chicken Dijon, garlic mashed potatoes, salad, rolls.

Free blood pressure screening.

June 8 – Bratwurst & sauerkraut, potato salad

June 15 – Pork Loin, roasted potatoes, salad, rolls
Free blood pressure screening.

June 22 – Swedish meatballs over noodles, salad, rolls

June 29 – Beef Brisket, garlic mashed potatoes, tossed salad, rolls

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 Highway 105 • Palmer Lake • CO 80132
 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 Parkway
Open Monday through Friday, 1 – 4 PM or earlier to accommodate a scheduled activity.

June 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
- Tuesdays 1:15-2:15 Line Dancing** hosted by Kay
- 3rd Tuesday 1-3 Tea Time** hosted by Irene. June's tea is sponsored by Liberty Heights.
- 3rd Tuesday 12:30-3 Bingo** hosted by Curt
- Thursdays 11-1 Matter of Balance** hosted by Lisa
- Thursdays 1-4 Pinochle** hosted by Gerry
- Thursdays 1:15-2:15 Zumba** hosted by Kay. Combine Latin and International music with a fun and effective workout.
- 2nd & 4th Thursdays 1-4 Bridge** hosted by Joy
- Fridays 1-1:45 Tai Chi for Health** hosted by Maureen
- Fridays 1-4 National Mahjong** hosted by Jo Ann
- Fridays 1-4 Cribbage** no host



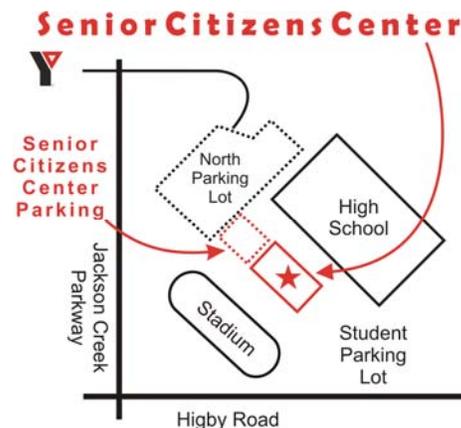
Also available

- * Cable programming on big screen TV
- * Board games
- * Lending library
- * PC w/Internet
- * Refreshments
- * Information table



Note: No Crafts in June.

The Senior Citizens Program is a collaboration of the Tri-Lakes Health Advocacy Partnership, 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.

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c/o Tri-Lakes Health Advocacy Partnership
P.O. Box 2913
Monument, CO 80132

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**TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP**

Thrift Store

Open Monday-Saturday, 10-4

Books Small Kitchen Appliances

Antiques Dinnerware

Vintage Items **Tools**

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!

Thrift Store

790 D Hwy 105



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 valuables 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
- Chilli'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
- Tri-Lakes Disposal

If you know of any business that should be added or removed from this list please send the correction by email to SeniorBeat@TriLakesSeniors.org.