

## HAP LOSES BOARD CHAIRMAN OF 4 YEARS

“Sometimes external events, which you have no control over, force you to alter your direction in life.” With those words, Mark Ennis, Chairman of the Tri-Lakes Health Advocacy Partnership (HAP) Board of Directors, brought to an end his four years on the Board at the conclusion of the June Board meeting.

Vice Chairman Ted Rinebarger reluctantly accepted Mark’s resignation on behalf of the Board. He expressed the great appreciation of the entire Board for Mark’s many contributions in leading HAP to become a major contributor to the community in health programs and seniors programs. He noted that for almost the entire time Mark was on the board, Mark served as the Chairman of the Board. “When our community partners think of HAP, they immediately think, ‘Mark Ennis.’”

During Mark’s tenure as Board Chairman, HAP dramatically expanded every one of its programs. The Faith Community Nurse program expanded its medical offerings in the past four years. This program provides low and no-cost medical services, referral services, and medical equipment loans so people can avoid purchasing temporary medical support equipment such as wheelchairs and crutches. HAP provides the essential financial, administrative and management support to this program so that Penrose-St. Francis Health Services will maintain the Faith Community Nurse program in the Tri-Lakes region—one of only five in El Paso County.

The annual Tri-Lakes Health Fair has expanded dramatically over the past four years. It has grown from a relatively robust program supported by local businesses and medical professionals to a more mature annual event with an expanded range of

medical offerings, and the involvement of major non-profits such as 9Health Fair in Denver.

The HAP seniors program has seen tremendous gains over the past four years. HAP provided very little support for seniors when Mark first joined the Board. During his tenure, HAP established a successful Thrift Store to provide a revenue source for HAP. That has allowed HAP to support a luncheon for seniors each Wednesday, increasing the available senior luncheons in the area from two to three a week. “This is now our largest financial commitment to the community,” explained Mark. Opening a Senior Center in 2009 in partnership with Lewis-Palmer School District 38 was a major contribution to the community. It, in many ways, is the centerpiece of our

support to the area’s senior citizens. Mark’s construction company, Access Construction, was a major donor of labor and materials needed to make the Center a reality.

In closing his final comments, Mark expressed his confidence that HAP is in very capable hands with the current Board members. “I now, very reluctantly, must end my involvement with HAP and the Tri-Lakes area. But, HAP has a Board of determined and capable leaders who have allowed HAP to succeed over the past four years. One person doesn’t make it all happen—it takes the entire team. My thanks to every one of you for your contribution to this organization and to the community it supports. Also, I express my sincere appreciation and gratitude to all the volunteers who support HAP in the field, such as the health fairs, the medical services, and the many senior programs; without their contributions, HAP could not succeed.”



**Ted Rinebarger thanks Mark Ennis for his leadership to HAP as Board Chairman.**

# Monthly Nature Walks

Sally Green, local naturalist, led the second in her series of Nature Walks this season. The June event walked through The Glen at Palmer Lake.

Accompanied by seven adventurers, Sally led this easy stroll on mostly level ground, for about 90 minutes along a shaded trail. Sally frequently stopped to identify a number of native plant species, including a wild hazelnut, chokecherry, Douglas fir, wild geranium and more. She keeps it interesting by mixing in some historical details about the area.

The Nature Walks are free and are specifically geared to be low intensity so they can be enjoyed by seniors, although everyone is welcome to participate.

The next Nature Walk will be Wednesday, July 27 at the Fox Run Regional Park. Enter the Park using the southernmost park entry from Roller Coaster Road.

Meet at 9:30 AM at the lake gazebo. (A map to the park and gazebo can be downloaded and printed from [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org), then click "Nature Walks.") Bring along a water bottle and snack. A camera and binoculars are also recommended.

Join the fun and prepare to learn about some of the plants, and maybe see some interesting wildlife along the way. It's a great way to spend a summer morning.

For questions, please call Sally at (719) 488-2462.



Sally Green (left with binoculars) helps Marcy Lehn identify a tree species.

## VOLUNTEERS NEEDED

The Tri-Lakes Health Advocacy Partnership (HAP) Thrift Store has an urgent need for volunteers to transport large item donations to the HAP Thrift Store in Monument. The volunteer should also provide a pickup truck for transport; HAP will provide mileage reimbursement. Lifting bulky items is also involved.

Volunteers are asked to commit to a regular pickup schedule, however the schedule may be as frequent as four hours on one day of each week, or four hours one day of each month. We'll work with you if you want to work with us.

Planning for the October 29 Tri-Lakes Annual Health Fair at Palmer Ridge High School is well underway.



The Health Fair is a collaboration of Tri-Lakes Health Advocacy Partnership, the Tri-Lakes Chamber of Commerce, and 9Health Fair out of Denver.

Sponsors are a vital part of the overall success of the event; we are therefore pleased to announce and recognize the first sponsor to join the



team. Synthes in Monument has joined with us as a Gold Sponsor for the event. Synthes is a manufacturer of medical implants. We're proud to have them in a key support position for the Tri-Lakes Health Fair.

Sponsorship information for the Health Fair is available from the Tri-Lakes Chamber of Commerce.

## Businesses Support Bingo

Bingo continues to be among the most popular activities for many seniors. It provides both an entertainment adventure and a social experience to help keep senior citizens active.

Tri-Lakes Health Advocacy Partnership (HAP) is proud to sponsor monthly bingo games each month for the area's senior citizens. These are held on the second Thursday and the third Wednesday of each month.

One aspect of bingo that makes it fun is the opportunity to win prizes. Several local businesses have stepped forward and provide regular donations to HAP to make this possible.

HAP thanks Walmart, The Home Depot, Oakley's Cafe &



Bistro, Texas Roadhouse, King Soopers and Mozaic Restaurant & Lounge for their frequent support to the HAP bingo program. Their

donations enable HAP to continue providing this popular activity to our senior citizens. We encourage you to thank these local businesses with your support to them.



## UNSUNG HEROES OF HAP

When Linda Ottino sees a problem, she doesn't think, "Someone should do something about that." She acts! This is exactly what got her active in the Senior Center.

The Senior Center, located at Lewis-Palmer High School, opened its doors in September 2009. The building was an excess School District 38 asset; by partnering with Tri-Lakes Health Advocacy Partnership (HAP), D-38 made it available to the community as a Senior Center operated by HAP.

When it first opened, it still had much of the "flavor" of a classroom: bare walls, whiteboards for presentations, neutral colors. Limited furnishings provided some lounging, but for the most part it was card tables and institutional chairs.



Linda Ottino arranging publications in her creative display tray.

Linda saw this and immediately went to work. She sought donations of furnishings and decorative elements from a number of sources, including businesses and private individuals in the area. She contributed many items from her own home and bought things for the Senior Center using her own funds.

The result of her hard work over the past year and a half has transformed the Senior Center into a warm and welcoming community center. Seniors now enjoy spending an afternoon there, visiting with friends, making new friends, and participating in some of the many activities that are hosted there. Many others have also contributed to enhancing various parts of the interior, but Linda's efforts have transformed every area of the entire Center. These efforts include acquiring new furnishings, creating

attractive window coverings, obtaining most of the many wall decorations and accents, and enriching the colors by painting accent walls.

Characteristic of her creativity was her solution for accommodating the many flyers and tri-folds that were collecting on the hallway tables. Traditional acrylic holders were too expensive for the number of flyers that were accumulating. While shopping in Home Depot she stumbled upon the solution, and then persuaded Home Depot to donate the product to the Senior Center. Now, along one wall of the central hallway is an attractive, long tray that provides ample space to display all the materials, in what is actually a roof rain gutter!

Perhaps more than any other individual, Linda has transformed the former four-classroom building into an inviting place to relax and socialize. If you haven't been there recently, stop in and enjoy it for awhile. Just about everywhere you look you'll see some of Linda's handiwork. She is a real Hero of HAP.

### Senior Gathering!

The Gift of Years – Growing Old Gracefully

July 11-15, 2011

9 a.m. - noon

with optional afternoon activities 2-4 p.m.

### The Church at Woodmoor

18125 Furrow Road

**Cost for materials: \$25**

Learn to embrace older age as a part of life that is active and contemplative, productive and reflective, and deeply rewarding!

Cherish the lessons of aging!

*We welcome the first 40 seniors age 60+*

**Please register by calling 719.488.3200.**



**Wanted** An independent senior Christian woman to rent a room in a 4 bedroom house in Palmer Lake. A housemate is needed for the senior female Palmer Lake homeowner. \$300/month; furnished room, utilities, cable TV, kitchen and laundry facilities included. Please inquire/apply to Jean at 488-2705.

## 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, 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.

### Special Message to the Community

*The Board and staff of Mountain Community Transportation for Seniors wishes to thank each of you for your generous financial support of this organization. It has renewed our spirits and our hope for the future that we can continue with the current programs. The fundraiser at Chili's Restaurant was a great success and we are grateful for your support with that as well.*

MCTS Board Members

## Pikes Peak Library District Monument Branch Events



### Monumental Readers

Friday, July 15, 10–Noon

New members are welcome and no registration is required at this monthly book club. This month's selection is Heart is a Lonely Hunter, by Carson McCullers.

### 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.

### Life Circles

1<sup>st</sup> and 3<sup>rd</sup> Mondays, 10–11:30 AM

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

### History Buffs

Wednesday, July 27, 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.

### Senior Synergy

Wednesdays, 10–Noon

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

### AARP Mature Safe Driving Program

Thursday, July 21, 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.

## PALMER LAKE HISTORICAL SOCIETY PRESENTS

**Native American Intertribal Festival and Traditional Powwow.** Saturday, July 16, 10 AM to 5 PM, Centennial Park (Lakeside in Palmer Lake). Enjoy a day of Native American culture, tradition, and history. There will be Native dancers, drums, singers, arts and crafts, and food. Don't miss the Grand Entry at 11 AM. Admission is free.

**The Last of the Best—The Mule Pack at Fort Carson.** Thursday, July 21, 7 PM, Palmer Lake Town Hall. Bob Keiss relates the history of the last designated U.S. Army units to use mules to support military operations. Bob was the last Battery Commander of an animal unit in the U.S. Army. His presentation is based upon his experiences during the last two years of the Mule Pack Artillery and Quartermaster Pack Units based at Fort Carson. These units were deactivated in December 1956. Admission is free. Refreshments will be served.

**Rocky Mountain Chautauqua Returns to Palmer Lake.** August 5–7. Experience life as it was in the late 1800's. Participate in an old-fashioned square dance, support the home team in a vintage baseball game, see demonstrations of old-time homemaking skills, take nature and history walks, enjoy portrayals of historical figures, learn about Native history, experience a cavalry encampment from the 1890s, listen to 1890s music, and much more. The activities are free and will be a learning and fun-filled experience for the whole family. Visit [www.palmerdividehistory.org](http://www.palmerdividehistory.org) for details.



## Free Educational Forum

*Presented by Monument Resident Stan Grant*

*Tuesday, July 26<sup>th</sup> 8am – 9am*

*or*

*Tuesday, August 16<sup>th</sup> 8am – 9am*

### Learn How To:

- Save Money on your Medigap Insurance
- Improve Your Benefits
- Secure Your Future
- Know Your Options
- Feel Good About Your Choices

SAFETY

SAVINGS

SERVICE

FREE

FREE

#### **Serrano's Coffee House**

625 Hwy 105  
Monument, CO 80132

coffee and light breakfast will be served

seating is limited

Please contact Sue 719-684-5258 or email [sueholmes\\_83@msn.com](mailto:sueholmes_83@msn.com) for your reservation

*This is an educational presentation*

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



# July 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, July 1 – *No seniors lunch served on the first Thursday of each month.*

*Skim milk is served with every meal.*

*Bingo will follow lunch on Thursday, July 8.*

*The menu for the July Monday and Thursday lunches was not available before the Senior Beat publication deadline.*

*When it is received, it will be posted on our web site:*

***www.TriLakesSeniors.org and click Senior Meals.***

*The Monday and Thursday luncheons are provided by the good folks at Golden Circle Nutrition Program as part of the Colorado Springs Housing Program.*

*Meals are transported to Monument by volunteers of the Kiwanis Club of Monument Hill and are served by volunteers of various local groups and individuals.*

*Many thanks to all these fine folks!*

## Wednesdays

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

*\$3 voluntary donation suggested*

July 6 – Ham, scalloped potatoes and million dollar salad.

*Free blood pressure screening.*

July 13 – Pulled barbeque chicken sandwich, potato salad.

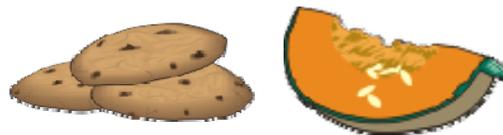
July 20 – Chicken Dijon, garlic mashed potatoes, tossed salad.

*Free blood pressure screening.*

July 27 – Beef brisket with garlic mashed potatoes, tossed 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*



## Senior Lunch at the

The Tri Lakes YMCA has fun things scheduled for your summer enjoyment.

Sign up for our Senior Lunch on July 29<sup>th</sup> at 12:15 to 1:30 PM. The speaker will be Todd Knisley of "Step Down Tubs." If you ever considered putting in one of these fabulous bath tubs you will want to attend this meeting because special discounts will be offered to those in attendance.

As always, we offer more than 20 classes each week geared toward senior citizens of all fitness abilities. We want to encourage anyone who has never tried one of our classes or who has not been in lately to come in and try a couple of classes for free.

Please call Lisa Gray for information on classes or any questions regarding any of our great programs, at (719) 481-8728.



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.

## July Program Schedule

Please check our web site, [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org), for schedule updates.

- Tuesday Noon-4 Pinochle** hosted by Gerry
- Tuesdays 11 AM-1 Matter of Balance** hosted by Lisa
- Tuesdays 1:15-2:15 Line Dancing** hosted by Kay
- 2<sup>nd</sup> Tuesday 1-3 Crafts** hosted by Irene.  
Introduction to Scrapbooking. First in a series.
- 3<sup>rd</sup> Tuesday 1-3 Tea Time** hosted by Irene.  
July tea is sponsored by Castle Rock Care Center.
- 3<sup>rd</sup> Wednesday 12:30-3 Bingo** hosted by Curt
- Thursdays 11 AM -1 Matter of Balance** hosted by Lisa
- Thursdays 1-4 Pinochle** hosted by Gerry
- Thursdays 1:15-2:15 Zumba** hosted by Kay  
A fun and effective workout with Latin and International music.
- 2<sup>nd</sup> & 4<sup>th</sup> 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

**July Senior Day Trip  
July 22**

**Cheyenne Mountain Zoo**

Put this one on your calendar as a trip not to miss! Details will be available at the senior lunches and the Senior Center. Or call Diane at 488-0878.

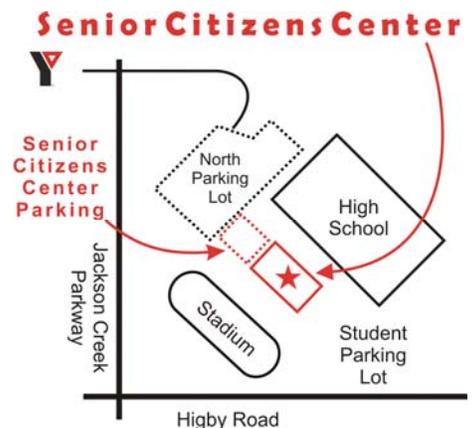
### Also available

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



**Notice: The Senior Center will be CLOSED August 29 through September 9.**

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](mailto:papaduffy@msn.com)) for scheduling information.**

July 2011 Tri-Lakes HAP Senior Beat  
c/o Tri-Lakes Health Advocacy Partnership  
P.O. Box 2913  
Monument, CO 80132

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To subscribe, send your name and mailing address by email to [SeniorBeat@Comcast.net](mailto:SeniorBeat@Comcast.net).**



TRI-LAKES  
HEALTH ADVOCACY PARTNERSHIP

# Thrift Store

**Open Monday-Saturday, 10-4**

Books Small Kitchen Appliances

*Antiques* Dinnerware

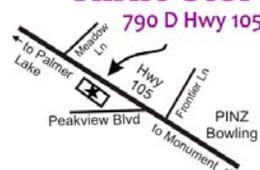
Vintage Items **Tools**

*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



**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  
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  
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](mailto:SeniorBeat@TriLakesSeniors.org).