

HAP Adds Director

The Tri-Lakes Health Advocacy Partnership (HAP) has a new director: Monument resident Leslie Mundy. She was voted to the Board of Directors at the conclusion of HAP's July board meeting. Board vice president Ted Rinebarger welcomed her appointment saying, "She brings a strong volunteer ethic as well as a solid medical background to our team."

Leslie is a Licensed Practical Nurse with considerable experience in a variety of medical activities, plus she has experience in private business. As the spouse of a member of the armed forces, she has accumulated a rich resume in many community volunteer programs throughout the US, several of them in leadership roles. Her experiences include teaching, music, audio-visual, emergency services and medical support. This year she



HAP Director Leslie Mundy

repeats her role from last year as the Tri-Lakes Annual Health Fair medical co-coordinator.

Leslie and her family have lived in the Tri-Lakes area for the past eight years and her support for many of the local health and welfare initiatives underscore her personal commitment to the community. After announcing her appointment to the board, Rinebarger added, "Leslie's skills and experience are a perfect fit with HAP. We are fortunate to include her on the Board of Directors; the entire Tri-Lakes community will be the direct beneficiary of her work."

HAP is a non-profit serving the health and wellness needs of the uninsured and under insured in the Tri-Lakes community. HAP also provides a variety of support services to the area's senior citizens.

Beat the Heat...Safely

The recent heat wave across much of the US gives us another reason to appreciate living in the beautiful Tri-Lakes area. Palmer Lake and Monument used to be a place for refuge from the summer's heat for folks living in Denver, Colorado Springs, and Pueblo. Certainly by any measure, the temperatures and humidity we experience atop the Palmer Divide in mid-summer would be the envy of most of the country.

Nevertheless, explains Lieutenant Tracy Statley, emergency medical technician at Station 1 of the Tri-Lakes Monument Fire Protection District, heat exhaustion and heat stroke is a threat in this area, especially to seniors. Many residences are not cooled by air conditioning or swamp coolers. Temperatures in these buildings can get oppressively high without good ventilation. Many seniors are living on fixed income and choose to save money by not running air conditioning if they have it. Some seniors choose not to complain and just bear with the hottest days as they might have done when younger.

The heat of summer can stress seniors and the very young faster than a healthy adult. Lt Statley explains, "For the young, their body mechanisms are not fully developed, so they won't sweat as readily as an adult when they get hot. This is why it is particularly dangerous to leave a young child in a car on hot days, even for short periods—not to mention the other safety issues involved. Older adults—seniors—are often on medications that make them more susceptible to high temperatures; it is important that they properly hydrate, use sunscreen and be in the shade when outdoors." When asked how much liquid is needed to "properly hydrate", Lt Statley responded, "If you aren't having to urinate hourly, you aren't taking enough liquids." Lt Statley adds that caffeinated drinks and alcohol should be avoided because they are diuretics, meaning they'll flush liquids from your system that your body needs.

Signs of heat exhaustion include confusion, dark-colored urine (indicating

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dehydration), dizziness, fainting, fatigue, headache, muscle cramps, nausea, pale skin, profuse sweating, and rapid heartbeat. Although heat exhaustion isn't as serious as heat stroke, without proper intervention it can progress to heat stroke which can damage the brain or other vital organs, and even cause death. Persons with heat exhaustion need to get out of the heat immediately and rest, drink plenty of non-caffeinated and non-alcoholic beverages, remove tight or unnecessary clothing, and apply active cooling measures such as fans, sponge bath or ice towels. If relief is not realized within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

Heat stroke occurs when the body is unable to regulate its own temperature and the body temperature rises uncontrollably. This is a medical emergency; call 9-1-1. Signs of heat stroke may include throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red, hot and dry skin, muscle cramps, nausea and vomiting, rapid heartbeat (may be strong or weak), rapid and shallow breathing, seizures, unconsciousness, and behavioral changes (e.g. confusion, disorientation, staggering).

Summer is a great time to get out and enjoy our beautiful area. Just do it with some common sense and be aware of your personal limits.

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.

Join a great group of volunteers who are giving to the community by their service. We'll work with you if you want to work with us.

If interested, call Diane at (719) 488-0878.

Castle Rock Care Center Sponsors July Ladies Tea

The Ladies Tea welcomed a new sponsor in July: Castle Rock Care Center. The ladies were treated to a variety of culinary delights, ranging from snacks and sandwiches to sweets. Approximately 20 ladies were present to enjoy the event, and they greatly appreciated the support provided by the Castle Rock Care Center.



Teresa Hill and Jaclyn Lusk answer questions during Ladies Tea.

During the event Teresa Hill, Admissions and Marketing Director at Castle Rock Care Center, was joined by Jaclyn Lusk, Director of Business Development at Garden of the Gods Care Center, and Lacy Cronkhite of Cronkhite Wealth Strategies, to provide an overview of the levels of service offered at care centers in general. There was great interest in these topics as indicated by the many questions asked throughout the presentation.

Castle Rock Care Center and Garden of the Gods Care Center are two of several senior care communities owned by Solterra Senior Living in Colorado and Arizona.



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.

MONUMENT HOMEMAKERS' CLUB

Thursday, August 4, 11:30 AM

First Thursday each month, Tri-Lakes Fire Department Admin Building;
166 Second Street, Monument

August is a quilt theme with good food, music, fun, games, and prizes. The program is a display of homemade quilts and a discussion about them. This is salad month so everyone will be bringing a delicious salad and their own dinner service and flatware. The meal is served at noon and a program and short business meeting usually follow.

The September meeting is Thursday, September 1st. It is a special meeting that you will not want to miss.

For reservations, call Irene Walters (719) 481-1188 or Jean Sanger (719) 592-9311. "First-time" guests get a special gift for coming; please call Irene if you are a "first-time" guest so she can make you one of her handmade gifts. Anyone needing a ride to the meeting, contact Faye Brenneman at 488-0076.

Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, August 19, 10 AM

New members are welcome and no registration is required at this monthly book club. This month's selection is Sarah's Key, by Tatiana de Rosnay.

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

1st and 3rd 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, August 24, 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.

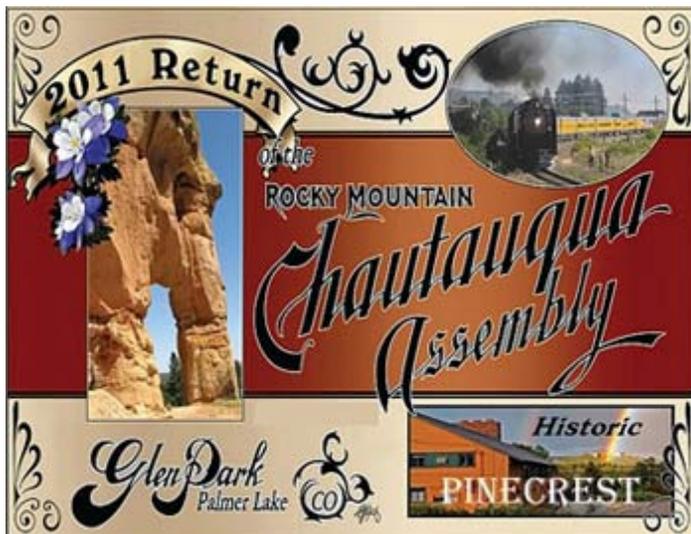
AARP Mature Safe Driving Program

Saturday August 20, 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.

The *Senior Beat* is a free monthly publication of Tri-Lakes Health Advocacy Partnership. Subscriptions are available at no cost; send a request by email to SeniorBeat@Comcast.net or SeniorBeat@TriLakesSeniors.org. The *Senior Beat* is also distributed in limited quantities to various local businesses. Paid advertisements are accepted for publication in the *Senior Beat*; please refer to the advertising guidelines and pricing available as a pdf file from www.TriLakesHAP.org, select Senior Programs, then Senior Beat Newsletter; or just send us an email requesting *Senior Beat* advertising information.

PALMER LAKE HISTORICAL SOCIETY PRESENTS
RETURN OF
ROCKY MOUNTAIN
CHAUTAUQUA
AUGUST 5~7
PALMER LAKE



Experience life as it was in the late 1800's. Participate in an old-fashioned square dance and support the home team in a vintage baseball game. Chautauqua will be a fun-filled learning experience for the whole family and the activities are free. The events start at 6 PM Friday at the historic Pinecrest.

Saturday morning two different walks/hikes commence at 9 AM at the Palmer Lake Town Square. At 11 AM enjoy the vintage baseball game at the Palmer Lake ball field. A variety of crafts and skill demonstrations will occur through the early afternoon. Don't miss the Ice Cream Social and the America the Beautiful Chorus, from 1:30 to 3 PM.

Rise early Sunday and join the History Tramp through Glen Park starting at 8:30, followed at 10:30 by the Sunday Service at Pinecrest Chapel. At mid-day there will be animal exhibits, a cavalry encampment, Native American Teaching Lodge and more. The Fort Carson Mounted Honor Guard perform their Cavalry Demonstration at 2 PM.

These are just some of the many exciting activities at the 2011 Return of the Rocky Mountain Chautauqua in Palmer Lake.

Visit <http://chautauqua.palmerdividehistory.org> for more details.

**“THE WALLS TALK:
 HISTORIC HOUSE
 MUSEUMS OF
 COLORADO”**

THURSDAY, AUGUST 18, 7 PM
PALMER LAKE TOWN HALL
28 VALLEY CRESCENT
PALMER LAKE

Enjoy a fascinating and informative evening as Doris Baker discusses highlights of Patricia Werner's travel guide to thirty-seven of Colorado's historic house museums. Learn of well known locations like the Molly Brown House in Denver, and out-of-the-way places like Jack Dempsey's Cabin in Manassa, or the Hedlund House in Hugo. Hear about famous Coloradans like Baby Doe and Horace Tabor, and make the acquaintance of lesser known figures such as the mysterious priest who built a mansion for his mother and then disappeared for twenty years, or the



Cripple Creek madam whose sister told the undertaker, "This harlot is no sister of mine."

Each museum in Werner's book was an actual dwelling place and is now open to the public. Each represents the life of the people who lived there. The book describes the architecture and history of each house and brings to life the inhabitants through their stories. Books will be offered for sale after the program.

Tri-Lakes Center for the Arts Presents

Stick Horses in Pants™

Saturday, August 27, 7 PM

Fraiser Building, 304 Highway 105, Palmer Lake
\$10 TLCA members, \$12 non-members

Stick Horses in Pants is an improvisational comedy troupe that presents family-friendly comedy. They draw their humor from everyday situations, turning the mundane into hilarity. With a dash of audience participation and a splash of zaniness the Horses entertain audiences of all ages. Enjoy laughing with the *entire* family.



The Stick Horses have been entertaining audiences along Colorado's Front Range and beyond since 2004, attracting a strong local fan base.

As Colorado Springs' longest-running improv group, Stick Horses in Pants is committed to your laughing experience. Shows are always clean, family-friendly, and energized so you can enjoy laughing with your entire family.

For information and tickets, call Tri-Lakes Center for The Arts at (719) 481-0475, or visit <http://trilakesarts.org>.

**Ronny Cox
in Concert**

Thursday, September 1, 7 PM

Fraiser Building, 304 Hwy 105, Palmer Lake
\$15 TLCA members, \$20 non-members

A lifelong singer, songwriter and storyteller, Ronny Cox is better known as an acclaimed actor with featured roles in such films and TV productions as Beverly Hills Cop, Total Recall, Robocop, Star Trek: The Next Generation, and Deliverance in which he was the guitarist in the dueling banjos scene.

Cox is an artist who wears a variety of hats — from actor to musician to family man — but if there is one common thread that pulls it all together it's the "real" person that wears each hat and the warmth his craft brings to anyone exposed to his many talents. Scott Alarik of the Boston Globe describes him as "... a study in easygoing amiability and unforced charisma. He charms crowds with self-teasing humor, tart progressive insight, and a lulling Southwestern folk sound...."

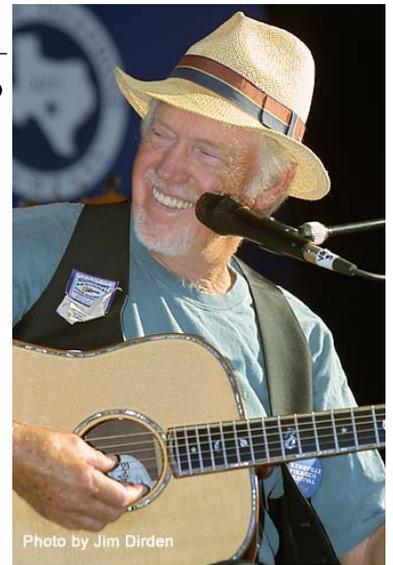


Photo by Jim Dirden

For tickets and information, call the Tri-Lakes Center For The Arts at (719) 481-0475, or visit <http://trilakesarts.org>.

Monthly Nature Walks

9:30 AM Wednesday, August 31 Black Forest Regional Park

Join local naturalist Sally Green on this fifth in her series of nature walks to explore the nature and trails of the Tri-Lakes region. "The Black Forest Regional Park trails are mostly shaded and we'll be looking for some late season wild-flowers and some interesting birds," says Sally.

To get to Black Forest Regional Park, from highway 83 turn east onto Shoup Road and



drive east 2.5 miles to Milam Road. Black Forest Regional Park is at this intersection on the north side of Shoup Road. Turn left (north) onto Milam Road and enter Black Forest Regional Park at the northern entry (the second right). Meet at Pavilion #2. Bring water, a snack or light lunch, and binoculars if you have them.

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



August 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, Aug 1 – Beef stroganoff, pasta, succotash, bread, orange, cookie.

Thursday, Aug 4 – *No seniors lunch served on the first Thursday of each month.*

Monday, Aug 8 – Beef stew, navy beans, roll, orange, cookie.

Thursday, Aug 11 – Baked chicken, mashed potatoes with gravy, broccoli, roll, banana, cookie. *Bingo follows lunch.*

Monday, Aug 15 – Sweet & sour pork, brown rice, winter blend vegetables, eggroll, apricots.

Thursday, Aug 18 – Roast beef, mashed potatoes with gravy, creamed spinach, roll, apple, cookie.

Monday, Aug 22 – Beef burgundy, mashed potatoes, lima beans & tomatoes, bread, pears, cookie.

Thursday, Aug 25 – Roast pork, black eyed peas, Harvard beets, roll, orange, cookie.

Monday, Aug 29 – Cabbage casserole, mashed potatoes, applesauce, bread, raisin nut cup.

Skim milk is served with every meal.

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

Aug 3 – Lemon chicken, mashed potatoes, salad. **Free blood pressure screening.**

Aug 10 – Tuna salad with sliced avocados on a croissant, fruit.

Aug 17 – Ham, scalloped potatoes, million dollar salad. **Free blood pressure screening.**

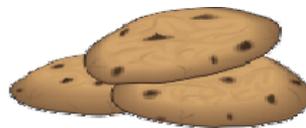
Aug 24 – Brats, pasta salad and pickle.

Aug 31 – Beef brisket with garlic mashed potatoes, tossed salad.

Rolls and butter served with each meal except sandwiches. Dessert included.

Meals at Big Red are prepared by Pinecrest Catering of Palmer Lake. Nikki McDonald, Executive Chef. 481-3307

Wednesday luncheons are an activity of Tri-Lakes Health Advocacy Partnership.





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.

August Program Schedule

Please check our web site, 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

2nd Tuesday 1-3 Crafts hosted by Irene.

Introduction to Scrapbooking; continue a series.

3rd Tuesday 1-3 Tea Time hosted by Irene.

Bring a dessert to share and an flower or plant to exchange.

3rd 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.

Thursday, Sept 22 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



Senior Center Phone Number

The Senior Center now has an active phone. You can reach the Center at (719) 757-1423. However there is no paid staff at the Senior Center. Calls, when answered, are answered by volunteers.

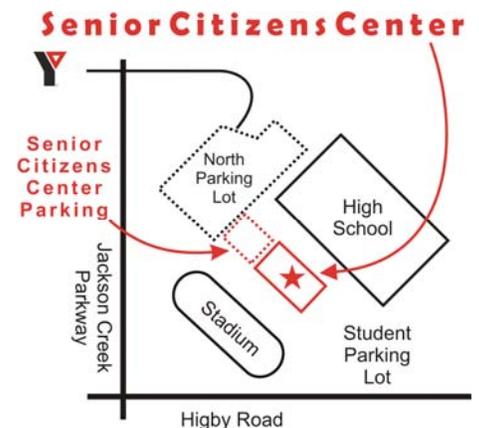
Also available

- * 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) for scheduling information.



August 2011 Tri-Lakes HAP Senior Beat
c/o Tri-Lakes Health Advocacy Partnership
P.O. 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.**

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
Christian Brothers Automotive

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.



TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP

Thrift Store

Open Monday-Saturday, 10-4

Books Small Kitchen Appliances

Antiques Dinnerware

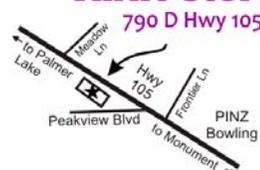
Vintage Items **Tools**

A wide variety of non-clothing items.

Call 488-3495 to donate your garage sale leftovers. Donations are tax-deductible.

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.