

Clark Joins HAP Board

For the second time in as many months, the Tri-Lakes Health Advocacy Partnership (HAP) Board of Directors added a new member to their team. Local senior citizens advocate Curt Clark was unanimously appointed to the board on August 17.

After the appointment, Curt thanked the board for their confidence and added, "There is definitely a need for support and services throughout the Tri-



HAP Director Curt Clark

Lakes area for our senior community, and HAP plays a key role in meeting those needs. I believe this appointment will provide an opportunity to give our seniors a voice that will help promote their cause. I'm looking forward to working with other members of the HAP Board to move our programs forward."

Curt has long been involved in many of the senior citizens programs as a participant and an organizer, including the weekly senior luncheons, senior center events, and senior day trips. For over a year he has been engaged with the HAP board in an unofficial capacity, reviewing HAP senior program priorities and providing recommendations to the HAP board to assist in resource allocations. His appointment brings the HAP board up to nine members.

Board vice president, Ted Rinebarger echoed the board's appreciation of Curt's acceptance of this responsibility saying, "Curt will provide the HAP board with a very important link to the community of senior citizens that has not been present on the board for a year and a half. Curt's role as a director will give the senior citizens a direct voice in the programs that support their interests. We have needed someone to fill this role and we couldn't

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Introduction to Senior Care Facilities and Services

Tri-Lakes Senior Center, Monday, Sept. 26, 1 PM

Presented by

Teresa Hill (*Solterra Senior Living*)

Independent Living. Transitional Care. Assisted Living. Memory Care. Respite Care. These and other terms describe a variety of senior living and care services that are typically available from residential senior care providers. But, what do they mean and what can one expect in each category?

Teresa Hill, from Solterra Senior Living, will provide insight into these questions and more during a special presentation at the Tri-Lakes Senior Center. The presentation will focus on the various levels of care and what is offered by each. Whether you're interested for yourself

Continued, page 2 Senior Care

Monthly Nature Walk

Hosted by Sally Green

9 AM Wednesday, September 28

The sixth and final walk of the season will be at Kiowa Creek Sanctuary in Black Forest. This is a new property of the Audubon Society and not yet open to the general public.

We will meet at the Senior Center on Jackson Creek Parkway by Lewis-Palmer High School at 9 AM. From there we will carpool/caravan to the sanctuary on Hodgen Road and begin our walk at the usual time: 9:30 AM.

Bring water, a light snack, and binoculars if you have them. *Please note that we meet at 9 AM at the Senior Center, but start our walk at 9:30.*

This is an activity of the Tri-Lakes HAP senior program, and open to the general public. For more information on this event, call Sally at 719-488-2462. A map to the Senior Center is available on page 7 of this newsletter. Any last minute updates will be posted at www.TriLakesSeniors.org, then click on Nature Walks.



UNSUNG HEROES OF HAP

An enjoyment for going to garage sales, a love for finding “treasures,” and a desire to give back to the community. That’s how Black Forest resident Dianne Williams describes her involvement with the Tri-Lakes Health Advocacy Partnership (HAP) Thrift Store.

Dianne began volunteering at the Thrift Store almost two years ago when it was just getting off the ground. “It was in a little place across the highway from our current store, but it was off the main road



Thrift Store Volunteer, Dianne Williams

so there wasn’t much visibility. Nevertheless, we received donations and people came to browse and shop. Then the store moved [to the present location] with exposure to Highway 105 traffic. The store is bigger so we could increase the

inventory, and sales and donations increased. Now we’ve got storage pods so we can rotate inventory which helps keep shoppers coming back in search of new items.”

Although not quite a native of the area, Dianne has lived in Colorado over 40 years, attending Inglewood High School in the Denver area. She then worked almost three decades in the restaurant business, preferring life in rural areas, such as Larkspur and Black Forest, to the city. She eventually retired to help her husband’s business and to enjoy more time with family, especially their many grandchildren. Now most of the grandchildren are grown, and her continuing interest in garage sales and wanting to help the community motivates her to spend every Wednesday at the HAP Thrift Store. “I enjoy visiting with the shoppers as they browse around the store. I also enjoy seeing the constantly changing inventory; there is a really wide variety of interesting items.”

When asked what sorts of goods tend to be most

popular, she explains that it actually is quite varied. “In the book department, westerns are definitely hot sellers. Furniture also seems to be in demand. Unfortunately we have very limited floor space so we can only display a few furniture items at a time. Furniture is a category that therefore changes frequently.”

Dianne also helps the Thrift Store operation when she is shopping at garage sales each week. She hands out flyers to the person hosting the garage sale to let them know they can donate their unsold non-clothing items to the Thrift Store and take a tax deduction for their contribution to HAP.

Thrift Store manager, Dianne Wegley, speaks very highly of Dianne’s service to the store. “Dianne is one of the most dedicated and reliable people we have helping at the store. She’s easy to work with, accommodating and reliable. She makes a customer’s trip to the Thrift Store an enjoyable visit, not just a shopping experience.”

If you’re searching for some hard to find accent item for a decorating plan, try stopping by the HAP Thrift Store on any Wednesday and talk to Dianne. If it’s in the inventory, she’s likely to know. If it isn’t, she could very possibly know where to find it.

Senior Care *continued from page 1*

or a loved one, this is an excellent opportunity to learn about senior living facilities and the range of available services.

The presentation starts at 1 PM in the Crafts Room of the Senior Center. A 45 minute prepared presentation will be followed by a question and answer session.

This event is open to the public and there is no registration or cost.

The Senior Center is located on the campus of Lewis-Palmer High School. A map to the Senior Center can be found on page 7 of this newsletter.

The Senior Center is a program of the Tri-Lakes Health Advocacy Partnership, a local non-profit that offers a variety of programs to senior citizens in the Tri-Lakes region. HAP supports the health and wellness needs of the area’s uninsured and under-insured.



Pikes Peak Library District Monument Branch Events



Monumental Readers

Friday, September 16, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Hunger Games, by Suzanne Collins.

Socrates Café

Tuesdays, 1 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 AM

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

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.

History Buffs

Wednesday, September 28, 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.

Senior Synergy

Wednesdays, 10 AM

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

AARP Mature Safe Driving Program

Saturday September 17, 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.

Grant Workshops for both Writers and Seekers

The Tri-Lakes Non-Profit Council is proud to partner with Pikes Peak Library District to present two workshops. Amy Rodda, Reference Librarian/Coordinator of El Pomar Nonprofit Resource Center at Pikes Peak Library District will present valuable information about the often confusing process of pursuing grants.

Reserve your place in these free workshops by calling the Tri-Lakes Chamber at 481-3282.

Grant Seeking

Thursday, Sept. 15; 9 – 11 AM Monument Library

Learn how to identify foundation and corporate giving programs using free online databases accessible through the Pikes Peak Library District. Successfully search the Foundation Directory Online, the Colorado Grants Guide, and other online databases.

Grant Proposal Writing Basics

Thursday, Sept. 22; 9 – 11 AM Monument Library

An introduction to the fundamentals of grant proposal writing for nonprofits. Participants will learn about the process of grant writing and elements of a proposal, with tips from foundations. This workshop is geared to novice grant writers.

PALMER LAKE HISTORICAL SOCIETY

Presents

TWO WHEELS AND A PATH: FROM DENVER TO PALMER LAKE AND BEYOND

Thursday, Sept. 15; 7 PM Palmer Lake Town Hall
(28 Valley Crescent; Palmer Lake)

Enjoy a fascinating and informative evening as Johanna Harden and Annette Gray, archivists in the Douglas County History Research Center, take you back in time with the story of the Denver to Palmer Lake Cycle Path. They use historic photographs and articles from local newspapers to detail this little-known chapter in Douglas County history.

In the 1890s, bicyclists on their "wheels" were leaving the city to venture into the countryside where they could enjoy the scenery. It was not long before riders began competing to



see who could complete their "century" of one hundred miles in the shortest time. As word spread about the views and accommodations that might be found on a ride south from Denver, wheelmen and wheelwomen as well as local businesses began asking for a cycle path in Douglas County.

This program is free. Free refreshments will be served following the program. For more information, visit the Palmer Lake Historical Society at: www.palmerdividehistory.org.

The *Senior Beat* is a free monthly publication of Tri-Lakes Health Advocacy Partnership. Subscriptions are available at no cost by sending 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.

2011 Chili Cook off and Salsa Tasting

Saturday, September 17, 11 AM - 3 PM

Join the Historic Monument Merchants at Limbach Park for some great chili and salsa!

If you dish out a mean Chili or Salsa and would like to enter, contact Vicki Mynier at 719-460-4179.

Chili and salsa judges are also needed. If interested contact Karen Stensland in the Chamber office. 481-3282

September Senior Trip: Denver Zoo

Plan now to join the seniors on their September Day Trip to the Denver Zoo. The date, time and travel arrangements are still being worked out; they will be announced at the Senior Lunches and the Senior Center once finalized. Watch for updates on this exciting trip!



For Sale. **Twin bed**, headboard, frame and mattress. \$50.
Chihuahua puppy. Marley look-alike; standard size, born June 12, no papers, male, blond, \$125. Call 719 357-3820 or email hopethomas8@gmail.com.

Clark *continued from page 1*

have a better representative than Curt."

Curt is a native Coloradan. After retiring from a 30 year military career in 2001 he and his wife, Irene, settled in the Tri-Lakes region to be close to their Denver family yet still be outside of the metropolitan area.

Tri-Lakes Health Advocacy Partnership is a local non-profit operated entirely by community volunteers. HAP partners with Penrose St. Francis Medical Center to provide health services to the uninsured and underinsured members of the community. HAP sponsors and operates several programs for the senior citizens of the Tri-Lakes area.

TRI-LAKES-MONUMENT FIRE PROTECTION DISTRICT¹

SYMPTOMS OF HEART ATTACK AND STROKE

If you believe you are experiencing a heart attack or stroke, call 911 or contact your emergency response system immediately. If you are with someone who is experiencing these symptoms and cannot reach 911, drive them to the hospital immediately. If you are experiencing the symptoms yourself, have someone else drive you.

Signs of a Heart Attack *Common Symptoms:*

- Chest pain, usually radiating toward the left shoulder and arm. The arm may be tingling or numb.
- Nausea, vomiting
- Cold sweats, shortness of breath and lightheadedness
- Feeling of indigestion
- Dizziness, weakness and fainting
- Abdominal pain

Signs of a Stroke *Common Symptoms:*

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Heart Attack Symptoms in Women

Heart attack symptoms are different for men and women. Pass this along to someone you love. Very few pre-menopausal women have heart attacks, unless they smoke, have diabetes, or are on birth control pills for a long period of time. *Smoking* seems to be the biggest risk factor.

Heart attack warning signs for women.

- Nausea and vomiting that won't stop
- Breathlessness (but not sighing) with exertion or especially if it wakes you up at night
- Chest discomfort that starts behind the breast bone and radiates to either shoulder or arm, neck, or to the lower (but not upper) jaw
- Discomfort in the lower jaw especially if it occurs only with exertion or will not go away
- Discomfort in the upper back especially if it occurs only with exertion or will not go away
- Discomfort in the chest or back that occurs when doing usual chores after a large meal
- Sudden onset of weakness that won't go away
- Sudden racing heart sensation with a very fast pulse
- Sudden loss of consciousness
- Physical inability to perform usual household chores

Who is most at risk with these symptoms? The more of these factors that apply to you, the greater your risk:

- Menstruation has stopped
- Smoking
- Family history of arteriosclerotic heart disease before age 60
- High Blood pressure (even treated)
- Diabetes (even mild and even if treated)
- Obesity
- High cholesterol (even treated)

1. Thanks to EMS Battalion Chief Greg Lovato of the Tri-Lakes-Monument Fire Protection District for creating this page.

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

September 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, Sept 1 – **No seniors lunch served on the first Thursday of each month.**
- Monday, Sept 5 – **Labor Day Holiday. No meal.**
- Thursday, Sept 8 – Roast turkey, mashed potatoes with gravy, spinach, roll, banana, cookie. **Bingo follows lunch.**
- Monday, Sept 12 – Chicken pot pie, lima beans, biscuit, strawberries, yogurt.
- Thursday, Sept 15 – Roast beef, boiled potatoes, spinach, roll, orange, cookie.
- Monday, Sept 19 – Pepper steak, mashed potatoes, succotash, bread, apple, cookie.
- Thursday, Sept 22 – Baked ham, sweet potatoes, California blend vegetables, roll, apple, yogurt.
- Monday, Sept 26 – Chicken parmesan, pasta, broccoli, bread stick, apple.
- Thursday, Sept 29 – Baked chicken, mashed potatoes with gravy, winter blend vegetables, roll, banana, cookie.

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

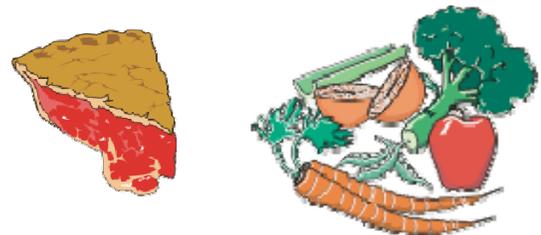
11:30 AM at 146 Jefferson Street, Monument
 School District 38 Admin Building, "Big Red"
\$3 voluntary donation suggested

- Sept 7 – **No meal served.**
- Sept 14 – Chicken dijon, garlic mashed potatoes, salad.
- Sept 21 – Swedish meatballs over noodles, salad.
- Sept 28 – Roast pork, roasted potatoes, applesauce.

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.

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

September Program Schedule

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

Monday, Sept 26, 1 PM Free Seminar: Senior Care Facilities and Services Presented by Castle Rock Care Center.

Tuesdays 10-11AM Bible Study hosted by Diane
(*The Senior Center will be opened Sept. 6 for this activity only.*)

Tuesdays Noon-4 Pinochle hosted by Gerry

Tuesdays 1:15-2:15 Line Dancing hosted by Kay
(Come in and enjoy the new floating dance floor!)

2nd Tuesday 1-3 Crafts hosted by Irene.
Introduction to Scrapbooking; continue a series.

3rd Tuesday 1-3 Ladies Tea
sponsored by Castle Rock Care Center..

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

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

Thursdays 1-4 Pinochle hosted by Gerry

Thursdays 1:15-2:15 Zumba hosted by Kay
A fun workout with Latin and International music.
(Try it on the new floating dance floor!)

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

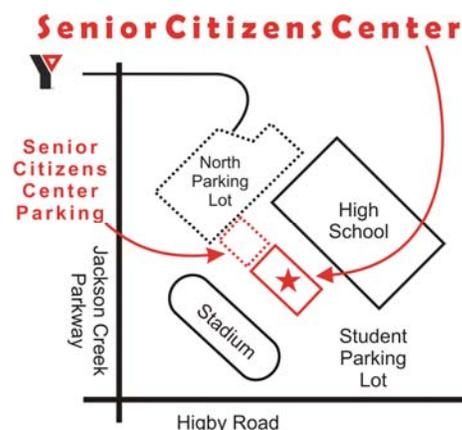
Fridays 1-4 Cribbage no host

Senior Center Phone Number

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



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.

September 2011 Tri-Lakes HAP Senior Beat
c/o Tri-Lakes Health Advocacy Partnership
P.O. Box 2931
Monument, CO 80132

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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 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.

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.

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 on cats
- 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.