

2011 Family Health Fair

It's now time to mark your calendar for the 2011 version of the Tri-Lakes Family Health Fair. The event is scheduled for October 29th at Palmer Ridge High School, 7 AM to noon. Although the main focus is still on adult screenings, the fair will have more screenings and activities for pre-adults and kids.



Tri-Lakes
Family Health Fair

The Health Fair is a coordinated effort of Tri-Lakes Health Advocacy Partnership, 9Health, Lewis-Palmer School District 38 and the Tri-Lakes Chamber of Commerce. Without these partnerships the event could not take place.

In 2010 the fair drew around 600 individuals including participants, screeners, vendors, information providers and volunteers. This is a major community activity which provides a great deal of much needed low cost health care to the area residents.

A brief summary of the "pay for" screenings include: 28 panel blood draw \$30 (12 hour fasting required), PSA (for men) \$25, blood count \$15, vitamin D \$40, colon cancer screening kit \$20, and Hemoglobin A1C \$25. These are all great bargains. The Visiting Nurses Association will be providing Flu shots for \$25. Flu Mist is available for kids over 4 for \$30. Other vaccinations include Pneumonia \$65 and Tdap (Tetanus, diphtheria, and pertussis) \$65.

Many more free screenings will also be available. Included are blood pressure, vision, height/weight/body mass index, body fat, bone health, finger-stick glucose, ask a medical question, ask a pharmacist, and more.

Numerous non profit information providers will have tables for you to learn about available community services for people of all ages. In addition, many other vendors will be present for you

to learn about their products and services which are accessible in our area. The Tri-Lakes YMCA will provide a wellness activity center where they will be showcasing interactive, fun physical activities for all ages.

Several financial sponsors are already on board to include Synthes, Mountain View Electric Association, Centura Health and First Bank. We are still seeking additional financial sponsors and volunteers to include a Food Coordinator. If you know of anyone who see [Health Fair](#), page 5

Senior Care Seminar

Plan ahead! That was the prevailing theme from the presentation about senior care on September 26th at the HAP Senior Center.

Teresa Hill, Jaclyn Lusk and Gerry Lafont of Solterra Senior Living were joined by Jay Schmidt of Guardian Life and Lacy Cronkhite of Cronkhite Wealth Strategies in an hour-long seminar covering a broad range of topics centered on care for senior citizens.

First, a general overview of the main types of living facilities was presented. Each is focused at toward different needs, ranging from independent living, to assisted living, and finally full nursing care. Attendees were encouraged to visit various senior care providers; look at the facilities and find out the services offered. Spend the time doing the research *before* there is an immediate need for them.

The presentation then transitioned to the admission process and financial details. Jay Schmidt and Lacy Cronkhite gave examples of the financial requirements for various care see [Senior Care](#), page 2

Lewis Palmer School District 38
presents
Community Jazz Concert

7 PM, Tuesday, November 1,
 Tri-Lakes Center for the Arts in Palmer Lake
 \$5 per person or \$10 per family

Lewis-Palmer District 38 proudly presents a Community Jazz Concert at the Tri-Lakes Center for the Arts in Palmer Lake. The Lewis-Palmer High School Jazz Band and the Palmer Ridge High School “Jazz on the Ridge” will present a joint performance.

The Lewis-Palmer Jazz Band, under the direction of Kevin Whitelaw, is the premier jazz ensemble at Lewis-Palmer High School. LPJB has performed at the Colorado Music Educators Association conference in 1993, 1996, 2000, and 2003. This group was also selected to perform for the opening session of the national school board association conference in Orlando, Florida in the spring of 2000. In October 2003, LPJB performed with trumpeter Greg Gisbert at the Colorado Springs Fine Arts Center.

“Jazz on the Ridge,” from Palmer Ridge High School, is in its fourth year of existence and is under the direction of Raleigh “Butch” Eversole. In its brief history, JotR has received superior ratings at the Legends and UNC/Greeley Jazz Festivals. In 2009, JotR commissioned and premiered “Urso’s Bossa” by local composer Phil Allen.

Both ensembles stress the importance of jazz improvisation and quality jazz literature. Their repertoire spans modern jazz styles from the Bebop era to Latin and Contemporary Jazz, including music from the great bands of Count Basie and Thad Jones.

Don’t miss this great opportunity to enjoy an evening of outstanding jazz.

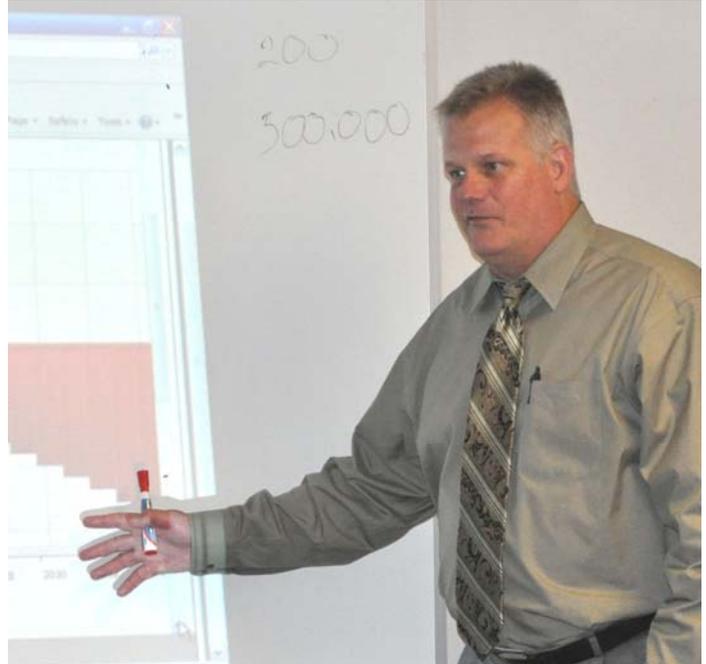
**Local Businesses
 Offering Senior Discounts**

- 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 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.

Senior Care *continued from page 1*

and services. They also touched on some financial entitlements such as Medicare, Medicaid, and VA



Jay Schmidt explains financial aspects of senior care.

benefits. Schmidt provided examples of how the cost of senior care can affect an estate, and how various insurance products can help protect accumulated wealth.

The seminar provided a great overview of a very complex subject. Obtaining proper and preferred senior care, appropriate for an individual, is an involved process. The presentation made clear that the best option is to *plan ahead!*

Senior Safety Services

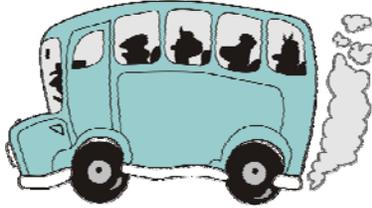


Senior Safety Services is a unique program funded by the Pikes Peak Area on Aging. It provides seniors over 60, in the Tri-Lakes area, an opportunity to have a small home repair job accomplished by volunteers. We have volunteers ready to get that job done. For more information, call Elsie Lynch at 488-2902.

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.

For Sale. Executive Desk. Solid wood, rich dark finish. Beautiful 5 foot by 3 foot inlaid desktop. Exceptional condition. Three drawer left pillar and a storage cabinet right pillar. This desk, by Ashley Furniture, would be a fabulous addition for any home office or business. Available now at the Tri-Lakes HAP Thrift Store, 790D Hwy 105, Palmer Lake.

Pikes Peak



Library District

Monument Branch Events

Monumental Readers

Friday, October 21, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Isabel's Daughter, by Judith Ryan Hendricks.

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.

History Buffs

Wednesday, October 26, 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 October 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.

PALMER LAKE HISTORICAL SOCIETY

Presents

DISCOVER COLORADO'S RAILROADS

Thursday, Oct. 20; 7 PM Palmer Lake Town Hall
(28 Valley Crescent; Palmer Lake)

Join us for a fascinating and informative evening as Claude Wiatrowski, noted author of books on railroads and railroading, takes us back in time with a discussion of Colorado railroads. Claude's books include *Railroads of Colorado*, *Historic Colorado*, *Railroads Across North America*, and *All Aboard for America's Mountain*.



Enjoy the history of trains that ran through thousands of miles of Colorado's scenic mountains. Mining, agriculture, tourism and most mountain towns would not have flourished without trains. Learn about spectacular, now-abandoned, mountain railroad passes as well as the many Colorado railroads you can still ride in this presentation illustrated with striking color slides taken by Claude.

This program is free, and 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.

Military Creative Expressions

November 12, 5 to 8 PM, Depot Restaurant, Palmer Lake.

American Legion Post 9-11 in Palmer Lake is hosting a charity dinner to raise funds in support of the Military Creative Expressions (MCE) program. The charity dinner is open to the public and all are welcome to attend and show their support for our wounded warriors.



The Military Creative Expression program is run by AspenPointe and the Bemis School of Art. This program provides returning veterans having post traumatic stress disorder (PTSD) or traumatic brain injury an outlet to cope with their trauma. The program is provided at no cost to the veteran.

Fifty percent of all dinner sales from this event go to the MCE program. During the dinner, a selection of the artwork created by veterans in the program will be on display throughout the restaurant and available for sale. All artwork sales go directly to the MCE program.

Holiday Greenery Sale

The Lewis-Palmer High School and Palmer Ridge High School Band programs, along with the PRHS Choir, are now holding their annual Holiday Greenery Sale through Oct 27th.

You can support these great community musical programs by purchasing beautiful, fresh, Fraser fir trees, wreaths and garland for your holiday decorating needs. Proceeds help fund band and choir program supplies, transportation, guest clinicians, competition entry fees and more! All orders will be ready for customer pick up Dec 3rd, 9 to noon, at Lewis-Palmer High School.

To support the LPHS Band, please call Jina at 481-5644. To support the PRHS Band and Choir, please call Patty at 488-3743.

Price List

- 20" Wreath - \$35
- 25' Garland Roping - \$40
- 6-7' Tree - \$55
- 8-9' Tree - \$85
- 10-11' Tree - \$95 (Balsam)
- Taller trees available by special order.

Movin' to the Music

with Kay

Join us at the Tri-Lakes Senior Center for Line-Dancing and Zumba.

Kay Bryan, owner of All About Dance in Colorado Springs, comes up on Tuesdays and Thursdays to lead the way.

Line-Dancing is at the Senior Center on Tuesdays at 1:15 PM. Line-Dancing is based on a very specific pattern of movement for each of the songs. The movements are less physical than in Zumba, but learning the steps provided a great mental exercise in addition to the physical exercise.

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, with contagious steps to form a “fitness-party” that is downright addictive.



Zumba is at the Senior Center Thursdays at 1:15 PM. The movements are directed by Kay as the music in each song changes. As a result, it is more physical than line-dancing, but less mental.

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

The cost for each class is \$3.00.

www.TriLakesSeniors.org

Tri-Lakes Center for the Arts
presents

the *Wisdom*
within these walls

November 10-13

Wisdom With These Walls is a collaborative project that gathers the wisdom that comes from oral histories of local area seniors and provides a forum to share the stories that capture the essence of our human condition.

This special version of *Wisdom Within These Walls* commemorates the veteran's experiences as we honor America's veterans during the Veterans Day period.

The program presents histories of seniors rendered through photographs, music and oral recitation. During this program, artwork from the Military Creative Expressions program will be displayed at the center

Tickets for *Wisdom Within These Walls* are available through the Tri-Lakes Center for the Arts.

Health Fair *continued from page 1*

would be interested please have them call the Tri-Lakes Chamber of Commerce at 481-3282, or Larry Lawrence at (719) 491-5605 or email lhlawrence@msn.com.

This is truly a community event where over 100 volunteers donate their valuable time to make it a huge success. The event is expected to grow annually as the word spreads about the exceptional health benefits and the information available at this event.

9Health has been presenting health fairs around Colorado since 1980. In 2009 there were 170 sites serving 91,000 individuals and engaging over 19,000 volunteers. For more detailed information and answers to frequently asked questions go to the 9Health website, www.9Health.org, and click on “latest news” and then any of the drop downs. This is a great resource to answer your questions or you can make contact with 9Health directly. The Tri-Lakes Chamber of Commerce is also a good resource for event information; call them at 481-3282.

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

October 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, Oct 3 – Cabbage casserole, mashed potatoes, apple sauce, nut cup, bread.

Thursday, Oct 6 – **No seniors lunch served on the first Thursday of each month.**

Monday, Oct 10 – Sweet and sour pork, brown rice, winter blend vegetables, egg roll, apricots.

Thursday, Oct 13 – Roast beef, mashed potatoes with gravy, creamed spinach, apple, roll, cookie. **Bingo follows lunch.**

Monday, Oct 17 – Stuffed cabbage roll, brown rice, carrots, orange juice, bread.

Thursday, Oct 20 – Baked chicken, mashed potatoes with gravy, broccoli, banana, roll, cookie.

Monday, Oct 24 – Beef stew, navy beans, orange, roll, cookie.

Thursday, Oct 27 – Roast pork, baked potato with gravy, Harvard beets, orange, roll, cookie.

Monday, Oct 31 – Beef burgundy, mashed potatoes, lima beans, pear, bread, 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

Oct 5 – Tuna salad and sliced avocados on a croissant with chips.

Oct 12 – Meat loaf, mashed potatoes and tossed salad.

Oct 19 – Pulled barbeque chicken sandwich, coleslaw and pickles.

Oct 26 – Roast turkey, stuffing, cranberries and corn.

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.



PINZ

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.

October Program Schedule

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

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; a continuing series.

3rd Tuesday 1-3 Ladies Tea
 Mexican theme. Bring a Mexican dish or dessert to share.

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

Thursdays 1-4 Pinochle hosted by Gerry

Thursdays 1 PM Bible Study hosted by Diane

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!)

2nd & 4th Thursday 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

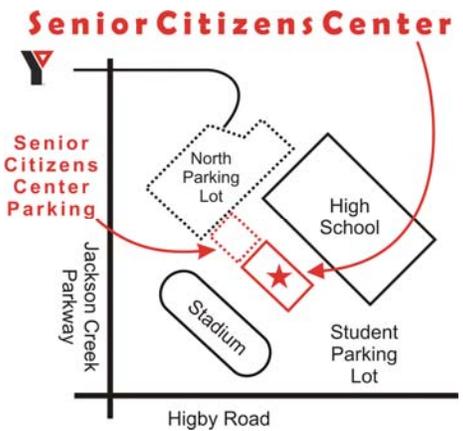


**Senior Center
Phone Number**

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

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.



October 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.



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.

Halloween Decorations

The Thrift-Store is now selling its stock of Halloween decorations accumulated over the past year. If you're looking for an economical way to decorate for this fun holiday, be sure to stop by the Thrift Store soon, before the supplies run low.

**THRIFT STORE
SENIOR DISCOUNT
WEDNESDAY**

EVERY WEDNESDAY IN OCTOBER IS SENIOR DISCOUNT DAY IN THE HAP THRIFT STORE. **EVERYTHING IN THE STORE IS 20% OFF TO EVERYONE 62 YEARS OF AGE AND OLDER.** SO, START PLANNING YOUR PURCHASES, BUT DON'T DELAY BECAUSE YOU MIGHT MISS SOME REAL BARGAINS!