

## The Coming Storm *by Lori Mitchell, R.N.*

We are often focused on the news reports when a hurricane is bearing down on the eastern US. We feel sorry for the folks that are boarding up their houses. Then we watch with sadness as they frantically leave behind most of their belongings and seek a safer place inland. They wonder, as we do, if there will be anything to come back to when the storm is past. At the same time, perhaps with guilt, we appreciate the fact that we live far away from the danger, but do we? There is another storm approaching, and unlike the storm that only affects a portion of the US, this storm will touch everyone. Are you ready for this storm?

Subtle and not so subtle changes are happening all around us with reports of unsustainable debt, government programs in the red and baby boomers retiring at an increasing rate; a trend that is not expected to peak for another decade. A financial hurricane is quickly approaching and there are few answers. But just like the folks that board up their houses and seek safer pastures during a hurricane, there are some things we can do now. You do not need to be taken by surprise, but you do need to act before it is too late.

The Deficit Reduction Act was passed into law in 2006 and a portion of this law was adopted in at least 35 states after that, including Colorado. It is called "Partnership" because the government is now partnering with the private sector to address the problem of long term care. Here is "Partnership" in a nutshell. If you purchase a long term care insurance policy that is partnership see [Long Term Care](#), page 5

## 2011 Family Health Fair Wrap-Up

After nine months of planning, meetings, and anticipation of all things that might have been forgotten, the tenth annual Tri-Lakes Family Health Fair turned out to be another successful event for the Tri-Lakes community. This year even the weather cooperated, making the event especially pleasant.

Almost three hundred people benefited from the several no-cost and low-cost see [HEALTH FAIR](#), page 5

## Area Population Changes

It's no secret that the population of the Tri-Lakes area is growing. Not only have we heard about it many times over the past several years, those who have been here more than a few years have experienced it first hand. Perhaps not so obvious, however, is that with the changing size of the local population, the local population is also aging.

Using the recently released 2010 US Census data and comparing to the 2000 Census, some interesting trends emerge.

Census data are available by zip codes, so for the purposes of this article, the Tri-Lakes area is defined as including the zip codes for Palmer Lake (80133), Larkspur (80118), Monument (80132), Gleneagle (80921) and Black Forest (80908).

The overall population increased over the decade by 62 percent, from 36,860 to 59,813. A closer look, by age groups reveals what is probably the influence of the "Baby Boom generation." All age groups increase in size, but the population from 55 years and up outpace the younger population.

The chart on page 2 displays the change in the local population by age groups from 2000 to 2010. All age groups have increased in population, what is particularly striking is the dramatic increase in the population aged 55 and above. All of these older age groups have grown more in percentage than the age groups below 55.

For those 85+ years, the local population more than doubled! This huge and unequalled increase of the oldest age group is not an anomaly of calculating percentages of small numbers; in 2000 the 85+ group was 178 people; in 2010 it was 547. One can't help but wonder why such a large increase in this group, especially since the local area does not have an exceptional senior citizen infrastructure in place (e.g. senior housing, geriatric care, transportation, activities, etc.). Perhaps it reflects the effect of aging parents moving to the area to be closer to, or to live with, their adult children. Regardless of the reason, the census clearly shows a dramatic increase in the most senior of senior citizens. see [POPULATION](#), page 2

**POPULATION** *continued from page 1*

The graph shows in vivid terms the impact of the baby boom generation, in the two age groups 55 to 64 years and 65 to 74 years. Some interesting conclusions might be drawn from these numbers.

An aging population suggests an increasing demand for medical care, especially in the local area. Possibly the need for transportation assistance will also increase. Maybe—*hopefully!*—more retirees who will be interested in volunteering to assist various community services and activities.

Demand for senior services in general is likely to increase. Demand for housing to accommodate seniors may increase; this could include a range of possibilities, from independent living, to assisted living and skilled nursing facilities. Perhaps there will be a premium for homes that are more “senior-friendly”: smaller, less expensive, fewer stairs, handicap-accessible, less maintenance intensive, etc.

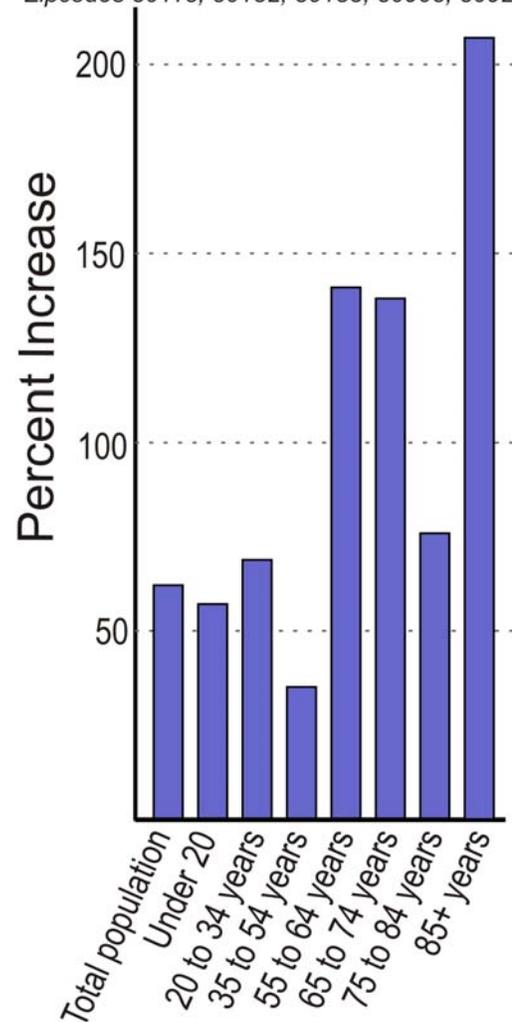
Tri-Lakes Health Advocacy Partnership (HAP) is proud to be an active contributor to the Tri-Lakes community in serving the health and wellness needs of the senior citizens, including hosting the area’s only senior center and sponsoring a variety of senior-focused events. The data suggest the challenges will increase in the years ahead. HAP is working to meet that challenge with its dedicated team of volunteers and donors who have enabled HAP to set the groundwork for its current portfolio of programs to support senior citizens. Learn more about HAP at [www.TriLakesHAP.org](http://www.TriLakesHAP.org)

If you’d be interested in joining the HAP team, a local non-profit 501(c)(3) organization, call Larry at (719) 488-9663, or email [admin@TriLakesHAP.org](mailto:admin@TriLakesHAP.org).

*Note—A special thanks to Chuck Roberts for inspiring this article.*

**Tri-Lakes Area\*  
Population Change  
by Age Group  
2000 to 2010**

*source: US Census  
\*Zipcodes 80118, 80132, 80133, 80908, 80921*



**There's Always A Reason To Celebrate!**

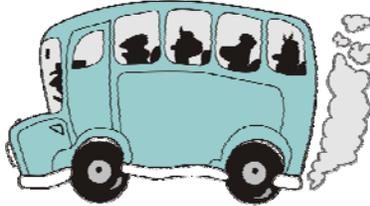
- Dec 1 is National Pie Day and Eat A Red Apple Day
- Dec 2 is National Fritters Day
- Dec 3 is National Roof-Over-Your-Head Day
- Dec 4 is Wear Brown Shoes Day
- Dec 5 is National Sacher Torte Day
- Dec 6 is National Gazpacho Day and Mitten Tree Day
- Dec 7 is National Cotton Candy Day
- Dec 8 is Take It In The Ear Day
- Dec 9 is National Pastry Day
- Dec 10 is Festival For The Souls Of Dead Whales
- Dec 11 is National Noodle Ring Day
- Dec 12 is National Ding-A-Ling Day
- Dec 13 is Ice Cream and Violins Day
- Dec 14 is National Bouillabaisse Day
- Dec 15 is National Lemon Cupcake Day

- Dec 16 is National Chocolate Covered Anything Day
- Dec 17 is National Maple Syrup Day
- Dec 18 is National Roast Suckling Pig Day
- Dec 19 is Oatmeal Muffin Day
- Dec 20 is Games Day
- Dec 21 is National Flashlight Day, and Hamburger Day
- Dec 22 is National Date-Nut Bread Day
- Dec 23 is Roots Day
- Dec 24 is National Eggnog Day
- Dec 25 is National Pumpkin Pie Day
- Dec 26 is National Whiners Day
- Dec 27 is National Fruitcake Day
- Dec 28 is National Chocolate Day
- Dec 29 is Pepper Pot Day
- Dec 30 is National Bicarbonate Of Soda Day
- Dec 31 is Unlucky Day © (*Happy New Year!*)

## 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 Walmart. 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.

## 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.

Pikes Peak



PIKES PEAK LIBRARY DISTRICT

## Library District Monument Branch Events

### Holiday Harps

Saturday, December 17, 2–3:30 PM

Bask in the pleasure of holiday harp music by teenage musicians during your Saturday visit to the library.

### Monumental Readers

Friday, December 16, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Worst Hard Time, by Timothy Egan.

### 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

1<sup>st</sup> and 3<sup>rd</sup> 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, December 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.

### Gadget Garage

Tuesday, December 13, 3–7 PM

The library offers a rare opportunity to handle and compare some of the new toys that have arrived on store shelves, such as the Amazon Kindle Fire, the Amazon Touch, the Nook Simple Touch and all kinds of tablets and pads. Find out about our Cybershelf and how the library can support your digital needs!

## December at the Y

17250 Jackson Creek Pkwy, Monument

### Senior Coffee Social

December 8, 13, 22, 27

9:30-11:30 AM Front Lobby

*A no cost event.*



**PALMER LAKE HISTORICAL SOCIETY PRESENTS  
ANNUAL POT LUCK DINNER  
AND MEMBERSHIP DRIVE**

Thursday, January 19; 6:30 – 8 PM  
Palmer Lake Town Hall  
(28 Valley Crescent; Palmer Lake)

Join the Palmer Lake Historical Society for its annual pot luck dinner and membership drive. We are an educational nonprofit organization that preserves and promotes history through programs and activities throughout the year that bring alive the historical events that took place in the Tri-Lakes area or affected local or Colorado history. Past activities have included the annual Return of the Rocky Mountain Chautauqua, Native American powwows, tours of Estemere mansion, and the annual Father’s Day Ice Cream Social at the Palmer Lake Town Hall.



The Annual Pot Luck Dinner and Membership Drive is an opportunity for existing members of the Historical Society and residents of the local community who want to be a part of this dynamic and community-oriented organization to join in an evening of fellowship and local history. Attendees are encouraged to bring an item related to local history to show and discuss.

This program is free to the public. A meat dish, coffee, and tea will be provided. Please bring a side dish or dessert to share.

To keep the organization vibrant and moving forward with fresh ideas, new volunteers are being actively sought for leadership and support roles with the Society. Don’t miss this opportunity to learn more about the Historical Society and the local history of this area.

Visit us at [www.palmerdividehistory.org](http://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](mailto:SeniorBeat@Comcast.net) or [SeniorBeat@TriLakesSeniors.org](mailto: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](http://www.TriLakesHAP.org), select Senior Programs, then Senior Beat Newsletter; or just send us an email requesting *Senior Beat* advertising information.

**Santa On Patrol**

Saturday December 17

Join Santa  
for the Annual  
Tri-Lakes Santa  
on Patrol Toy  
Drive. Please  
drop off new,  
unwrapped toys  
and or gift cards  
to any School



District 38 Elementary School, D38  
Big Red, Monument Police  
Department, Tri-Lakes Monument  
Fire Protection District, Palmer  
Lake Police Department, or Palmer  
Lake Volunteer Fire Department.  
Deadline to accept donations is  
December 16.

Any family in need or with  
questions please call Jennifer,  
TLMFPD, at 719-484-0911.

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

**Long Term Care** *continued from page 1*

qualified, your assets are safe to the same level of insurance that you have. This means, if you purchase a policy worth \$100,000, then \$100,000 if your own personal money will be safe from any Medicaid “spend down” should you or a family member need long term care. Once the insurance company spends their money, Medicaid will take over your care leaving your assets untouched and available to your family. But if you do not have long term care protection, you will spend all of your assets save \$2000 before help arrives.



If you would like to read more about Partnership, search the Internet with the words, “Colorado LTC Partnership” and particularly note the sites from the state of Colorado, “Frequently Asked Questions.”

*This is the first in a planned series to address home care, long term care, and Medicare/Medicaid regulations that affect long term care plans. Lori Mitchell is an RN who now specializes in long term care. You may contact her at 720-532-7400.*

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**FLAG RETIREMENT CEREMONY**  
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The Tri-Lakes American Legion Post 9-11 in Palmer Lake is accepting worn US flags for proper disposal. Drop off your American flag at the Post Home in the Depot Restaurant at Palmer Lake, any day.

The Post will conduct a proper retirement and disposal ceremony for all collected flags on Flag Day, 2012.

This service to the community is proudly provided at no cost.



**FOR SALE: King bedspread, shams and pillow cases.** Beige, satin with flowers. New from Spain. Must see.  
**Nice folding table with two chairs.**  
**Student desk** - very good condition.  
 Telephone: 741-2448.



**TRI-LAKES**  
 CHAMBER OF COMMERCE  
 AND VISITOR CENTER

**Volunteers Needed**  
 The Tri-Lakes Chamber of Commerce and Visitor Center is looking for volunteers Monday thru Friday from 3 pm – 5 pm. Duties would include answering phone calls; taking messages and providing a friendly helpful face to visitors stopping in to pick up “things to do” brochures as well as providing information about our area. Feel free to bring in a good book or catch up on the local newspapers. If you are interested, stop in the Chamber to learn more or call Terri at 719-481-3282.

**HEALTH FAIR** *continued from page 1*

screenings provided by scores of health care providers. This was the second year the event was held in the Palmer Ridge High School and the very efficient registration process, the short lines, and the low waiting times underscored the value of careful planning and of having the event in the same location each year.



The event couldn't have been nearly the success everyone enjoyed if not for the many businesses, organizations and volunteers who helped this year.

A special thanks to our biggest financial sponsor, Synthes, and three other financial sponsors, Centura Health, 1st Bank, and Mountain View Electric Association.



Among our In-Kind support sponsors, Tri-Lakes Printing and Sno-White Linen were major contributors.

Finally, many thanks to the several businesses who also provided support to make this annual event another great success. Among the contributors are Serranos, Walgreens, Vitamin Cottage, Bella Panini, Domino's, McDonalds, Monument Hill CC, Village Inn, Papa John's, Walmart, King Soopers, and Coffee On the Go.



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

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

**Monday, Dec 5 –** Beef stroganoff, mashed potatoes, succotash, bread, pears, cookie.

**Thursday, Dec 8 –** Roast beef, mashed potatoes w/gravy, creamed spinach, roll, apple, cookie. **Bingo follows lunch.**

**Monday, Dec 12 –** Beef chow mein, brown rice, asparagus, bread, pear, cookie.

**Thursday, Dec 15 –** Roast pork w/gravy, black eyed peas, beets, roll, orange, cookie.

**Monday, Dec 19 –** Hungarian Goulash, brown rice, broccoli, bread, pear.

**Thursday, Dec 15 –** Roast pork w/gravy, black eyed peas, beets, roll, orange, cookie.

**Thursday, Dec 22 – Christmas Meal!** Honey glazed ham, sweet potatoes, California blend vegetables, roll, fruited Jell-o, cherry cheese cake.

**Monday, Dec 26 – No meal served.**

**Thursday, Dec 29 –** Baked chicken, mashed potatoes w/gravy, broccoli, 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*

**Dec 7 –** Brats, coleslaw and chips

**Dec 14 –** Turkey, stuffing, cranberries and salad

**Dec 21 –** Raspberry chipotle chicken breast, roasted potatoes and salad.

**Dec 28 – No meal served.** Have a happy new year!

*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 lunches 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.

## December Program Schedule

*Please check our web site, [www.TriLakesSeniors.org](http://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!)

**3<sup>rd</sup> Tuesday 1-3 Ladies Tea** A no-host Christmas celebration.  
 Contact Irene (484-0517) to find out what to bring, and please bring a wrapped Christmas ornament to exchange..

**3<sup>rd</sup> Wednesday 12:30-3 Bingo** hosted by Curt



**Thursdays 1-4 Pinochle** hosted by Gerry

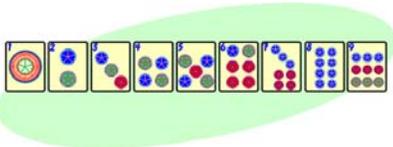
**Thursdays 1:15-2:15 Zumba** hosted by Kay  
 A fun workout with Latin and International music.

**2<sup>nd</sup> & 4<sup>th</sup> Thursday 1-4 Bridge** hosted by Joy

**Fridays 1-1:45 Tai Chi for Health** hosted by Maureen

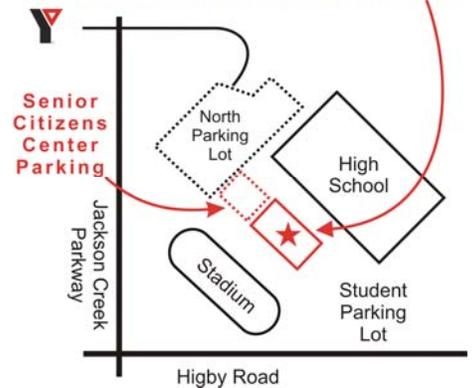
**Fridays 1-4 National Mahjong** hosted by Jo Ann

**Fridays 1-4 Cribbage** no host



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

### Senior Citizens Center



*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.*



**Senior Center will be closed from Saturday, December 24 through Monday, January 2 for the holidays.**

**December 2011 Tri-Lakes HAP Senior Beat**

c/o Tri-Lakes Health Advocacy Partnership  
P.O. Box 2931  
Monument, CO 80132

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**RETURN SERVICE REQUESTED**

**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**

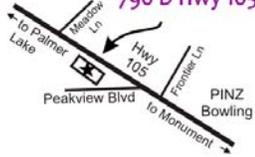
Books    Small Kitchen Appliances  
*Antiques*    Dinnerware  
Vintage Items    **Tools**

*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.**

## Thrift Store December Features

The Thrift Store has a wide selection of holiday decorations on display throughout December. Come in early to get the greatest selection. Figurines, tree ornaments, wrapping paper, lights, and more, all at super savings prices! Remember, every Wednesday is Senior Discount Day—20% off *everything* if you are 62 or older.

## A Thrift Store Thank You

At this holiday season, Tri-Lakes HAP thanks everyone who supported the Thrift Store throughout the year.

We must first recognize and thank the dedicated individuals who give their time to work in the store—all who are volunteers—to make this store a success. Thanks also to the many people who donated the quality goods we sell through the store; without your generosity and support the store could not be a success. And finally, a big thank you to all the patrons of the HAP Thrift Store; your continued patronage of the store provides the funds that allow HAP to support programs for the senior citizens in the Tri-Lakes area.