

Santa Visits Senior Lunch

T'was the Monday before Christmas, and just before lunch, every creature was talking; they were a very loud bunch. The dishes were loaded with yummys to share, yet nobody expected St. Nicholas to be there.

Apologies to Clement Clarke Moore for stealing and altering the opening of his classic poem. Yet, it was a surprise for seniors attending the weekly Monday luncheon to have Santa drop in and wish everyone a Merry Christmas. Santa took time to visit with each person, hand out candy canes, and have photos taken with all. It was great fun for everyone.

Perhaps we are seeing a new tradition take hold. This is the second year that Santa has visited the seniors lunch at the Tri-Lakes-Monument Fire Protection District Complex.



Thanks go to the Tri-Lakes Women's Club for providing Santa with the candy canes, and a special heartfelt thank you to Palmer Lake's Police Chief Keith Moreland for again portraying Santa.

HAP Assesses Progress and Goals

by Ted Rinebarger, HAP Board Vice President

2011 was an exciting, yet challenging year for The Tri-Lakes Health Advocacy Partnership (HAP) in its' unique role as an all-volunteer, non-profit organization dedicated to addressing the health and wellness needs of our community. So, how did we do? Here is a brief report to our program participants and partners.

The HAP Board of Directors experienced some membership changes in 2011. Our long time President, Mark Ennis resigned and moved from the area. However, we added three highly qualified new members: Tyler Keller from First Bank, Curt Clark, a long time Senior Program participant, and Danette Lilja, an attorney and Palmer Lake resident.

In the Health arena, HAP once again partnered with Denver's 9Health and the Tri-Lakes Chamber of Commerce to present a Family Health Fair at Palmer Ridge High School on Oct 29. This annual event offered a wide variety of health services to members of our community. In addition, HAP continued its' partnership with Penrose-St. Francis to sponsor the Neighborhood Nurse Center located at Tri-Lakes Cares.

We are currently planning some exciting changes to our Health related programs to include a Foot Clinic to be presented in partnership with the Visiting Nurses Association. This effort is slated to start in February 2012 and will meet a long standing community health need. In addition, we are planning to expand our efforts to help meet many other health care challenges facing seniors and others in our community. You will hear more about these programs in the coming months.

Our Senior Programs continued to grow over the past year as a number of seniors took active roles in planning and organizing a variety of programs and events at the Senior Center to include soliciting sponsors and in-kind donations to enrich the experience of our program participants. We are very grateful to Gerry McDuffee for keeping things going at the Senior Center. Can we do more with Senior Programs? The answer to that question is yes with increased financial support and more seniors taking an active leadership role.

The Thrift Store is located in Palmer Lake and has enjoyed a banner year, both in donated goods and sales. Under the leadership of Diane Wegley, this all-volunteer operation provides vital financial support for all of our Senior Programs. I strongly encourage you to visit your Thrift Store and consider joining a great team of dedicated volunteers.

see HAP REPORT, page 5

The One Who Pays, Makes The Rules by Lori Mitchell, RN

Until we need it, we usually do not give a second thought to home care. But when we need it, we often feel like we are taking a drink of water from a fire hose. There is so much to learn about this type of service, especially what government or insurances will pay for and what they will not. Get ready...I'm about to turn that fire hose on.

Medicare is a government program that pays the health care bill for those who are over the age of 65 and also the disabled. Medicaid is the program for people who have less than \$2000 to their name, that is, you must be poor to qualify for Medicaid. That's it. There is no other government program which pays for home care. Health insurance will also pay for home care but their willingness to pay must be prequalified before any care is provided. Since each health insurance has different rules to follow, it would be best to call them for your home care questions. So in this article, I will just concentrate on Medicare's coverage for home care.

There are two different kinds of home care that are provided by home care agencies, namely "skilled" and "unskilled." Skilled care is the kind of care that requires the skills of a nurse or therapist. One example is a complicated wound care that can only be performed by a nurse who meticulously documents the specific steps they did to manage the wound and, usually once a week, measures precisely

the size of the wound to ensure that the wound is healing. No one would ever expect this type of care to be done by a person who is not highly trained in wound care. Simpler wound care can be taught to the patient or their family and in this case, it is the teaching of the wound care that requires the skills of a nurse. Once the wound care is taught, the skill would be the assessment of the wound healing that justifies the nurse to make their visits and send the bill to Medicare for payment.

The next important condition that must be met for Medicare to pay the bill is "medical necessity." Is the care being provided medically necessary? Back to the wound example...if the wound shows no evidence of healing for several weeks, it is now considered to be a "non-healing" wound and Medicare will no longer pay for this care. It does not matter if the person lives alone, has tremors and cannot perform the wound care themselves. In this case, they will need to hire someone to manage the wound. Unfair? Perhaps, but this is a very strict condition that must be met for Medicare to provide a payment for services.

Next month, three more Medicare rules that must be met before Medicare pays the bill for home care. *This is the second in a 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.*

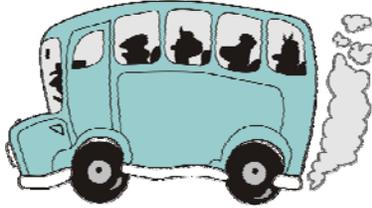
January Reasons To Celebrate!

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| <ul style="list-style-type: none"> 1 New Year's Day; First Foot Day; Z Day 2 Run Up the Flagpole and See If Anyone Salutes It Day; National Cream Puff Day 3 Festival of Sleep Day; Fruitcake Toss Day; National Chocolate Covered Cherry Day 4 Trivia Day; National Spaghetti Day 5 National Bird Day; National Whipped Cream Day 6 Bean Day; Cuddle Up Day; National Tempura Day 7 Old Rock Day 8 Bubble Bath Day; Male Watcher's Day 9 National Apricot Day 10 Houseplant Appreciation Day; Bittersweet Chocolate Day; Peculiar People Day 11 Step in a Puddle and Splash Your Friends Day; Milk Day 12 Feast of Fabulous Wild Men Day; National Pharmacist Day 13 Blame Someone Else Day; International Skeptics Day; National Rubber Ducky Day 14 National Dress Up Your Pet Day; Hot Pastrami Sandwich Day 15 National Hat Day; National Strawberry Ice Cream Day | <ul style="list-style-type: none"> 16 Martin Luther King Jr. Birthday; National Fig Newton Day 17 Ditch New Years Resolutions Day; Hot Buttered Rum Day; 18 Thesaurus Day; Winnie the Pooh Day; Peking Duck Day 19 National Popcorn Day 20 National Buttercrunch Day; Penguin Awareness Day; National Cheese Lover's Day 21 National Hugging Day; Squirrel Appreciation Day; New England Clam Chowder Day 22 Blonde Brownie Day; Answer Your Cat's Questions Day 23 National Pie Day; Handwriting Day; Measure Your Feet Day 24 Beer Can Appreciation Day; Peanut Butter Day; National Compliment Day; Belly Laugh Day 25 Opposite Day; National Irish Coffee Day 26 Spouse's Day; National Peanut Brittle Day 27 Chocolate Cake Day; Thomas Crapper Day 28 National Kazoo Day; National Blueberry Pancake Day 29 National Puzzle Day; National Cornchip Day; Freethinkers Day 30 National Croissant Day; Escape Day 31 National Popcorn Day; Backward Day; |
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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



Library District

Monument Branch Events

AARP Mature Safe Driving Program

Saturday, January 21, 1 – 5 PM

A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. Charge for the four-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required.

Monumental Readers

Friday, January 20, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is No Place Like Home, by Barbara Samuel.

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, January 25, 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.

Bread Making 101

Sunday, January 8, 2–3 PM

Start off the New Year with fresh baked bread! Baking bread from scratch is easier than people think. Learn how to make two different kinds of yeast breads: Honey Oatmeal and a No-Knead Bread using ingredients you have in your kitchen. Beginners are welcome. Finished breads to taste, too!

**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.

PALMER LAKE HISTORICAL SOCIETY 2012 EVENTS

- January 19, 6:30 PM: Annual Potluck Dinner and Membership Meeting. Bring a side dish or dessert to share.
- February 16, 7 PM: "Frank Lewis-Dale Jones Gang." Dwight Haverkorn tells of the gang that killed nine police officers between 1913 and 1918 and had a deadly shootout in Colorado Springs in September 1918.
- March 15, 7 PM: "Colorado Railroad Ice Houses." Bill Reich relates the results of his research into the railroad ice houses in Colorado, including the local Doyle ice house.
- April 19, 7 PM: "Trails to Interstate: Transportation Systems Across the Palmer Divide." Lee Whiteley will use historic maps and illustrations, as well as modern photographs, to trace transportation routes across the Palmer Divide from the early trails to Interstate 25.
- May 17, 7 PM: "Early Life on the Palmer Divide." Don Ellis gives a glimpse of life, logging, farming and ranching along the Palmer Divide, from the use of stone tools to steam engines.
- June 17, 2 – 4 PM Sunday: "Father's Day Ice Cream Social." Bring the family to Palmer Lake Town Hall for free ice cream, pie, and live music as we honor Dads!
- July 19, 7 PM: "Eating Houses on the Midland Railroad." Tom Van Wormer tells how trainloads of passengers were fed during the brief train stops.
- August 16, 7 PM: "Restoration Projects in Douglas County." Jerry Wlodarek and Johnny Mulligan return to describe the restoration of the historic Prairie Canyon Ranch blacksmith forge and other restoration projects in Douglas County.
- September 20, 7 PM: "Ponderosa Giants - How Old Is That Tree?" Terry Stokka demonstrates that you can't judge a tree's age by its size and describes efforts to determine the age of local area "giant" pines.
- October 18, 7 PM: "Railroads of the Pikes Peak Region." Mel McFarland provides a fascinating look at the different railroads that served this area - from Palmer Lake to Kelker.
- November 15, 7 PM: "Pioneer Weapons." Jerry Wlodarek and Johnny Mulligan display and discuss some of the weapons used by early inhabitants and settlers for hunting and protection.

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: 719 481-2448.

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.

Thin Air Jazz Concert

Saturday, January 14, 7 PM
\$12 and \$15

Thin Air Jazz is a 12 piece big band that has its origins in the San Francisco-based Collective West Jazz Orchestra which was loosely based on the Maynard Ferguson Big Band of the late 50's, early 60's as well as the Gerry Mulligan Concert Jazz Band of the same time period. Buy tickets by 4 PM January 12 and for each ticket, receive a coupon for a free soft drink or bottled water.



WYNOT Radio, Saturday

Saturday, January 21, 7 PM
\$10 and \$15

It's radio theatre comedy – *live!* Audiences love the wacky blend of nostalgia and comedy; this is entertainment for a broad range of audience members, from teenagers to octogenarians. There's something for everyone!! Buy tickets by 4 PM January 19 and receive a coupon for free soft drink or bottled water with each ticket.

Positively Pikes Peak Concert...

The Pikes Peak Region Sings Bob Dylan

Saturday, January 28, 7 PM
\$12 and \$15

Performances by Lindsay Weidmann; Ted Shinn; Rick Stahl; Jeff Moats & Anne Wildman; Heidi & Deanna Cooper; Randy Ruebsamen; Jeremy "Doc" Hodges; Barry Beard; Bill W. (featuring Misti Walker); Andrew de Naray; Chuck & Katie Haas; & Jason Bennett. Ticket prices include fabulous CD, accepted by Grammy's for consideration as Best Folk Album. It is strongly recommended that tickets be purchased in advance. This concert *will* sell out!

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 lean more or call Terri at 719-481-3282.

HAP REPORT *continued from page 1*

The Wednesday Senior Lunch continues to be an important HAP event. Nikki McDonald caters a delicious and nutritious meal and Judy Hufford leads a great group of servers to make this a very enjoyable time for all. While participants are asked to share the costs of the meal, those donations never quite cover the expense. However, we have been able to recoup some of the cost through generous grants from community organizations such as the Tri-Lakes Women's Club and Mountain View Electric.

So there you have it. Last year was a very good year for HAP. While we will again face some financial challenges in 2012, your HAP Board will continue to work hard on behalf of the Tri-Lakes community.

FLAG RETIREMENT CEREMONY

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.

January at the YMCA

17250 Jackson Creek Parkway, Monument

Senior Coffee Social,
January 3, 12, 17, 26, 31
9:30-11:30 AM,
Lobby, open to community:

Silver Sneakers Cardio
Tuesday and Thursdays 8:30 AM
Wednesdays 1 PM

**Silver Sneakers
Muscle, Strength, and Range of Motion**
Tuesday and Thursday 9:30 AM

Active Older Adults
Fridays 11:15 AM

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

January 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, Jan 2 – *New Years Day Holiday.*
No seniors lunch served.

Thursday, Jan 5 – *No seniors lunch served*
on the first Thursday of each month.

Monday, Jan 9 – Pepper steak, mashed potatoes, carrots, bread, apple, raisin nut cup.

Thursday, Jan 12 – Roast beef, mashed potatoes with gravy, winter blend vegetables, roll, apple, cookie.

Bingo follows lunch.

Monday, Jan 16 – *Martin Luther King Day.*
No seniors lunch served.

Thursday, Jan 19 – Baked chicken, mashed potatoes with gravy, broccoli salad, roll, banana.

Monday, Jan 23 – Beef burgundy, mashed potatoes, lima beans, bread, pear, cookie.

Thursday, Jan 26 – Roast pork, baked potatoes with gravy, asparagus, roll, banana, cookie.

Monday, Jan 30 – Cabbage casserole, mashed potatoes, bread, applesauce, 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

Jan 4 – *No seniors lunch served.*

Jan 11 – Pulled barbeque pork sandwich, cole slaw, chips.

Jan 18 – Ham, scalloped potatoes, salad, rolls.

Jan 25 – Meat balls over noodles, salad, rolls.

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.

January Program Schedule

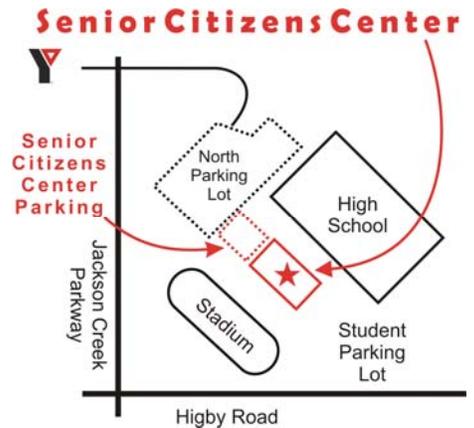
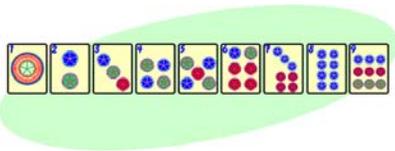
Please check our web site, www.TriLakesSeniors.org, for schedule updates.

- 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!)
- 3rd Tuesday 1-3 Ladies Tea** Hosted by Castle Rock Care Center. Please bring a dessert to share.
- 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.
- 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



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.



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.

January 2012 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-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

790 D Hwy 105



All proceeds support Tri-Lakes HAP Senior Programs.

HAP Thrift Store Donations

The Thrift Store operates and depends on merchandise donations from readers like you. Please keep the HAP Thrift Store in mind when you want to clear out some of those valuables that are still in good condition but you just don't need any longer. We accept most household items except large appliances and clothing. Call us (488-3495) to arrange for your tax-deductible donation.

THRIFT STORE SENIOR DISCOUNT WEDNESDAY

EVERY WEDNESDAY 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!