

El Paso County Prescription Discount Card

Americans are paying more for prescription medication than ever before. Without prescription coverage, staying healthy can come at a high price. With the El Paso County Prescription Discount Card provided to you in a joint effort with the National Association of Counties (NACo), you can save money on many of your prescription purchases!

Any El Paso County resident without prescription coverage can use this program. Even if you have insurance for prescription medication, you may still benefit from the discount card since it may save you money on prescription medications your existing plan does not cover. Everyone is eligible!

- ✓ No income requirements.
- ✓ No age requirements.
- ✓ Unlimited use for the whole family.

The El Paso County Prescription Discount Card is:

Valuable. Save an average of 20% off the pharmacy's regular price on all commonly prescribed prescrip-



Free Prescription Discount Card

tions and an average savings of 50% on 90-day supplies of select generics through mail service. Savings are also available on high-tech and injectable medication through the specialty pharmacy.

Easy. There are no claim forms to fill out and no annual fee.

Convenient. More than 59,000 participating pharmacies nationwide, and almost 100 are right here in El Paso county!

For more information, call toll free 1-877-321-2652 or 719-520-MEDS (6337). Or visit http://www.elpasoco.com/prescription_card.asp

Daylight Savings Time Begins Sunday March 11

Tri-Lakes Monument Fire Protection District reminds everyone that this is also a great time to replace those batteries in



your smoke detectors.

Unfortunately, smoke detectors tend to be placed in areas that are very difficult for

seniors, or others who have mobility problems, to replace.

If changing the batteries is difficult for you, please call Jennifer at Tri-Lakes Monument Fire Protection District. Give her your name and address, and the number of smoke detectors at your home. She'll schedule the great folks at TLMFPD to stop by and change your batteries for you. And it's all *free!*

So, don't delay replacing those old batteries any longer. Call Jennifer at (719) 484-0911. It just might be a matter of life and death.





**VISITING NURSE
ASSOCIATION**

The art of caring. The heart of caring

Tri-Lakes HAP-py Feet
Foot Care Clinic

Second Wednesday of each month, 1 – 4:30 PM

\$25 per appointment (limited financial assistance available from Tri-Lakes HAP for qualifying applicants)

SERVICES INCLUDE

30 minutes with a registered nurse
Callous and corn buffing
Toenail clipping/triming/filing

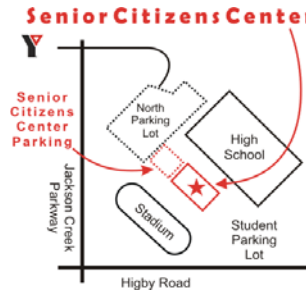
Circulation check
Monofilament test
Skin condition check

Pulse check, both feet
Blood pressure check
Foot care education

Foot Care Clinic is located in the Tri-Lakes HAP Senior Citizens Center



Sponsored by Monument Hill Kiwanis



To schedule an appointment,
call Bob or Debbie at
Visiting Nurse Association,
Tuesday - Thursday
9 AM - 4 PM
719 577-4448

March Reasons To Celebrate!

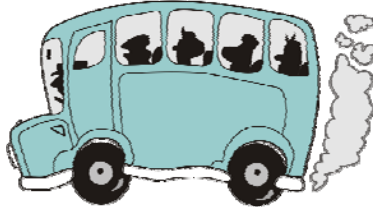
- 1 is Pig Day; World Compliment Day; National Horse Protection Day
- 2 is Dr. Seuss Day; Employee Appreciation Day; Dress in Blue Day
- 3 is What if Cats and Dogs Had Opposable Thumbs? Day; National Anthem Day; I Want You To Be Happy Day
- 4 is National Grammar Day; Iditarod; Int'l Scrapbooking Industry Day
- 5 is Fun Facts About Names Day
- 6 is Unique Names Day; US Snowshoe Day; Peace Corp Birthday
- 7 is Cereal Day; Learn What Your Name Means Day
- 8 is Nametag Day; International Women's Day; National Proof Reading Day; World Kidney Day
- 9 is Middle Name Pride Day; Panic Day
- 10 is Salvation Army Day; International Fanny Pack Day
- 11 is Daylight Savings Time Day; World Plumbing Day; Check Your Batteries Day; Johnny Appleseed Day; World Kidney Day
- 12 is Napping Day; Girl Scout Day
- 13 is National Open An Umbrella Indoors Day; Earmuffs Day; Donald Duck Day; K-9 Veterans Day; Good Samaritan Involvement Day
- 14. Potato Chip Day; Pi (3.14159...) Day; Registered Dietitian Day
- 15. Brutus Day; Ides of March; True Confessions Day
- 16. Lips Appreciation Day; Well-Elderly Day
- 17 is Campfire Girls Day; Corn Dog Day; National Quilting Day
- 18 is Awkward Moments Day; Forgive Mom and Dad Day
- 19 is National Chocolate Caramel Day
- 20 is Kiss Your Fiancée Day; Proposal Day
- 21 is Memory Day; National Common Courtesy Day; Kick Butts Day
- 22 is Int'l Goof-off Day; Int'l Day of the Seal; World Water Day
- 23 is Near Miss Day; OK Day; National Puppy Day
- 24 is National Chocolate Covered Raisins Day
- 25 is Pecan Day; Waffle Day
- 26 is Legal Assistants Day; Make Up Your Holiday Day
- 27 is Education and Sharing Day
- 28 is Weed Appreciation Day
- 29 is Mule Day; Nat'l Mom and Pop Business Owner's Day
- 30 is Pencil Day; Doctors Day; Grass Is Always Browner On The Other Side Of The Fence Day
- 31 is Bunsen Burner Day; Nat'l Love Our Children Day; Earth Hour

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.

Volunteers Needed

Additional volunteer drivers are urgently needed to meet the growing demands of our ever-increasing senior population. Volunteers receive an orientation after criminal and driving records have been screened. *Mileage is reimbursed* if volunteers use their own vehicle.

This is a very flexible program and volunteers can be involved as much as they prefer. MCTS operates Monday through Thursday.

If you are interested in helping support this worthwhile program and have questions, or are ready to volunteer some of your time, contact Faye Brennerman at 481-2527 or the MCTS dispatcher at 488-0076.

Pikes Peak Library District



Monument Branch Events

AARP Mature Safe Driving Program

Thursday, March 15, 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, March 16, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is The Eyre Affair, by Jasper Fforde.

Socrates Café

Tuesdays, 1 PM

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

Senior Synergy

Wednesdays, 10 AM

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

History Buffs

Wednesday, February 22, 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.

Life Circles

First and third Mondays 10 AM

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

Monument Homemakers

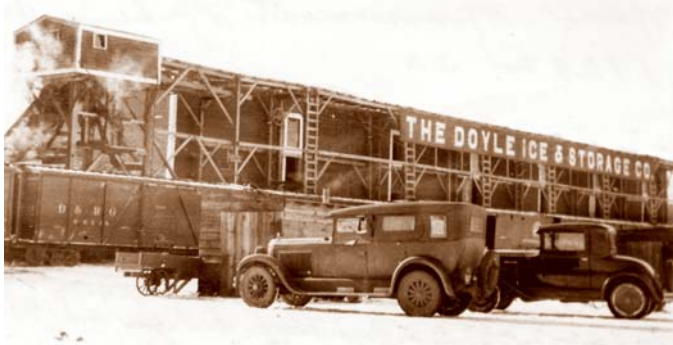
Meets the first Thursday of each month at Tri-Lakes Fire Dept Administration building, 166 Second St., Monument. Arrive by 11:30; meals served at noon. Bring a food dish to pass and your own dinner service and flatware. A short business meeting and program follow lunch.

At the April 5th meeting, Jim Sawatzki will present a film about the history of the Monument Presbyterian Church. Call Irene Walters, Treasurer/Membership Chairman (719) 481-1188, or Bev Wells, President (719) 488-3327 for reservations.

**PALMER LAKE HISTORICAL SOCIETY PRESENTS
COLORADO RAILROAD
ICE HOUSES**

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

Bill Reich relates the results of his research into the railroad ice houses of Colorado, including the local Doyle ice house.



There was a strong tie between ice houses and the railroads. This led to the establishment of many ice storage houses and businesses devoted to harvesting, storing, and shipping ice, some on the Palmer Divide.

Reich's presentation will include photographs from a century ago showing various aspects of the ice industry, such as the cutting of ice on lakes and the loading of large ice blocks into railroad box cars. Commercial ice harvests were a major business in this area a century ago.

The program is free and free refreshments will be served after the program. Visit us 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.

Free Income Tax Assistance

Free Income Tax Filing Assistance and e-filing is offered by the American Association of Retired Persons (AARP) Tax-Aide program.

Trained AARP volunteers will be available every Monday and Thursday between February 2 and April 16, 2012, (except February 20, President's Day) from noon until 7 PM at Tri-Lakes Cares, 235 Jefferson Street in Monument to answer questions and to assist filers in completing their federal and state income tax returns. Please note that on Thursday, February 16 and March 15 Tax Assistance will be available only from 11 AM until 2 PM.



Volunteers will assist taxpayers in preparing their Forms 1040, 1040A or 1040EZ; and will assist in claiming any Earned Income Credit, Child Tax Credit, and/or Education Credits to which the taxpayer might be entitled.

Filers are asked to bring proof of Social Security Numbers for themselves and for any dependents they are claiming. Filers should also bring their W-2s, 1099-INT, 1099-DIV, etc. to complete their 2011 return, plus a copy of last year's (2010) tax return.

For more information, or to make an appointment (highly recommended), please call Marian or Jim Taylor at 488-1317.

For Sale: Full size mattress, box spring, and heavy duty frame. Made by Denver Mattress Company. Almost new condition. Call Kris at 571-235-1548.

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.





Tri-Lakes Center For The Arts Presents

All events at Tri-Lakes Center For the Arts; 304 Highway 105, Palmer Lake

Jerry Barlow In Concert

Saturday, March 17, 7 PM (St. Patrick's Day)

Acclaimed Celtic fingerstyle guitarist Jerry Barlow is a warm accessible performer and storyteller. His

repertoire is a synthesis of his own Celtic inspired compositions and the traditional music of the British Isles. His music has the power to transport the listener across time and space on an imaginary journey to a rustic Irish fishing

village, the misty Scottish Highlands, or an ancient English forest. In concert, Jerry brings traditional Celtic tunes alive by sharing the history, humor and legends behind the music.

Tickets in advance: Members \$8; Non-Members \$10. Day of show: \$10 and \$12. Purchase Tickets at 719-481-0475 or www.trilakesarts.org.

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 local business that should be added or removed from this list please send an email to SeniorBeat@TriLakesSeniors.org.

WYNOT Radio Performing

Rick Luger: Private Dick

THE SMOKING GUN AFFAIR

March 24, 7 PM

The hard-nosed Rick Luger goes after a series of shady characters all in search of a mystical golden bird that promises fame, fortune, and a secret recipe thought to be lost to antiquity! But no danger is too "dangery" for our hero! It's adventure with a capital "3"!

This comedy troupe is hilarious as they re-enact live 1940's radio shows, complete with props, sound effects, and off-the-wall commercials.

Tickets in advance: Members \$10; Non-Members \$12. Day of show \$12 and \$14. Tickets are available at 719-481-0475 or www.trilakesarts.org.



Stephane Bettman In Concert

Saturday, March 31, 7 PM

Stephane is one of the top bluegrass fiddle players in the country. Accompanied by Luke Halpin, a renowned multi-instrumentalist; a master of the guitar and the mandolin, impressive on fiddle and banjo. Bettman & Halpin are fast earning a reputation for hypnotizing performances filled with irresistible lyrics, transcendent harmonies and roof-raising instrumentals. Their music creates a fully acoustic, delightfully eclectic sound far greater than the sum of its parts: taking the listener from up-tempo down home fiddlin', to soulful sorrowful ballads, to super hooky folk/pop with catchy melodies and lyrics that will stick with you long after the concert is over.

In advance, \$12 Members and \$14 Non-Members. Day of show \$14 and \$16. Tickets at 719-481-0475 or www.trilakesarts.org.



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

March Lunch Menu

Mondays and Thursdays

Noon at 166 Second Street, Monument
 Tri-Lakes Monument Fire Protection District
 Administration Complex

\$2 voluntary donation suggested

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

Monday, Mar 5 – Pepper steak, rice, carrots, bread, raisin nut cup, orange juice.

Thursday, Mar 8 – Roast beef, mashed potatoes with gravy, winter blend vegetables, roll, apple cookie.

Bingo follows lunch.

Monday, Mar 12 – Beef stew, navy beans, bread, orange, cookie.

Thursday, Mar 15 – Corned beef, boiled potatoes, cabbage and carrots, rye bread, pear, cake.

Monday, Mar 19 – Cabbage casserole, mashed potatoes, bread, applesauce, nut cup.

Thursday, Mar 22 – Baked chicken, mashed potatoes with gravy, creamed spinach, roll, apple.

Monday, Mar 26 – Polish sausage, pinto beans, cabbage, rye bread, apple, cookie.

Thursday, Mar 29 – Roast pork, baked potato with gravy, asparagus, 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

Noon at 146 Jefferson Street, Monument
 School District 38 Admin Building, "Big Red"

\$3 voluntary donation suggested

Mar 7 – Meatballs over noodles, and salad.

Feb 14 – Chicken Marsala, garlic mashed potatoes and salad.

Feb 21 – Tuna on a croissant, avocado and chips.

Feb 28 – Raspberry chipotle chicken, roasted potatoes and salad.

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

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



Wednesday 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.

March Program Schedule

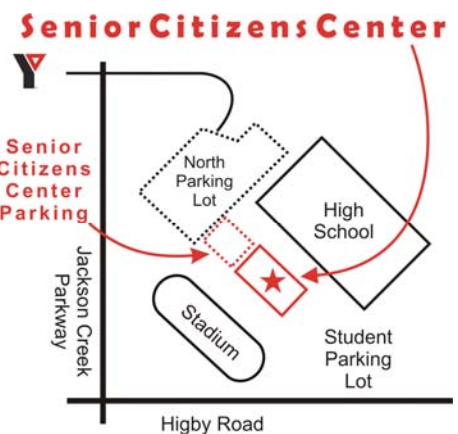
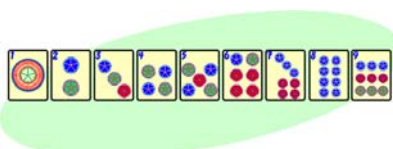
Please check our web site, www.TriLakesSeniors.org, for schedule updates.

- Tuesdays Noon-4 Pinochle** hosted by Gerry
- Tuesdays 1:15-2:15 Line Dancing** hosted by Kay on the floating dance floor!
- 3rd Tuesday 1-3 Ladies Tea** Sponsored by Castle Rock Care Center. Please bring snacks or dessert to share.
- 2nd Wednesday 1-4:30 Foot Care Clinic** by appointment only.
- 3rd Wednesday 1-3 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
 - ★ Relaxation



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.

March 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

790 Hwy 105, Suite D; Palmer Lake
Open Monday-Saturday, 10-4

Books Small Kitchen Appliances
Vintage Items Dinnerware
Collectables Antiques 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 who help the community. Call 488-3495 today!

Proceeds support Tri-Lakes HAP Senior Programs.



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!

Thrift Store Specials March

March 5-17: Discounts on all Picture Frames

March 19-31 Discounts on all Vases

April

April 2-14 Discounts on all Wicker Baskets