

Operation Round Up Awards Grant to Tri-Lakes HAP

Sherrie Oram-Smith, vice president of Operation Round Up Board of Directors, presented a \$4000 grant to Tri-Lakes Health Advocacy Partnership (HAP) Board vice president, Dave Betzler at the Mountain View Electric Association office in Falcon last month.

In presenting the check, Oram-Smith explained that Operation Round Up strongly encourages community-oriented programs. She recognized HAP's program of providing a weekly nutritious lunch for senior citizens as being a model of citizen involvement to help its local community.

Betzler expressed the appreciation of the entire HAP Board of Directors, explaining that by partnering with Lewis-Palmer School District 38 and Pinecrest Catering in Palmer Lake, HAP provides about 2000 low-cost lunches a year to the Tri-Lakes area senior citizens.

He acknowledged that this generous grant will substantially help ensure the program continues through this year.

Operation Round Up was formed to assist non-profit organizations, communities with special needs, and individuals who have suffered from personal disasters such as a fire, tornado or medical emergencies. Contributions are made by members of Mountain View Electric Association as they round up their bill each month. The average contribution by MVEA member is \$6 per year.

Tri-Lakes Health Advocacy Partnership (HAP) was established in 1996 as a non-profit organization serving Monument, Palmer Lake, Woodmoor, Gleneagle, and unincorporated areas of north El Paso County. The mission of HAP is to improve the health and well being of

the Tri-Lakes community through community based services and support.



Sherrie Oram-Smith presents the Operation Round Up grant to Tri-Lake Health Advocacy Partnership's Dave Betzler.

One Day Estate Seminar

Returning to the Tri-Lakes area for an encore presentation, Jim Hustad will offer his One Day Estate seminar. This free seminar focuses on how to set up an estate so that potentially costly probate can be avoided. Hustad will explain how, with two, simple, one page Colorado legal forms, most Coloradans can

designate beneficiaries and transfer one's estate without going through probate.

This free seminar is open to the public. It will be at the School District 38 Administration Building ("Big Red"), 146 Jefferson St, Monument, starting at 12:30 PM on Wednesday, April 11, in the basement multipurpose room, immediately following the weekly luncheon for senior citizens.



**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)

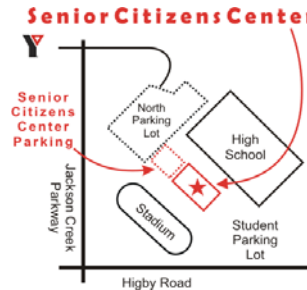
SERVICES INCLUDE

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



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



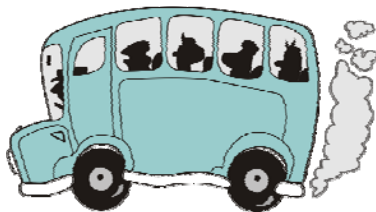
Sponsored by Monument Hill Kiwanis

April Reasons To Celebrate!

- 1 is April Fool's Day; St. Stupid Day; US Air Force Academy Day; Library Snap Shot Day; Int'l Tongue Twister Day
- 2 is Tater Day; World Autism Day; Int'l Children's Book Day
- 3 is Pony Express Day; World Party Day
- 4 is Vitamin C Day; World Rat Day; Paraprofessional Appreciation Day
- 5 is One Day Without Shoes Day; Nat'l Deep Dish Pizza Day
- 6 is Passover; Good Friday; Army Day; Teflon Day; New Beers Eve
- 7 is Int'l Pillow Fight Day; Metric System Day; Nat'l Beer Day
- 8 is Easter; Buddha Day
- 9 is Winston Churchill Day; Appomattox Day; Nat'l Former Prisoner of War Recognition Day; Nat'l Cherish an Antique Day
- 10 is Equal Pay Day; Nat'l Be Kind to Lawyers Day; Nat'l Library Day; Safety Pin Day; Nat'l Sibling Day; Nat'l Farm Animals Day
- 11 is National Pet Day; Int'l Louie Louie Day; Barbershop Quartet Day
- 12 is Licorice Day; Day of Silence; Tax Freedom Day
- 13 is Thomas Jefferson Day; Scrabble Day
- 14 is Pan American Day; Dictionary Day; Poem in Your Pocket Day
- 15 is DNA Day; Take a Wild Guess Day
- 16 is Income Taxes Due Day; National Health Care Decisions Day
- 17 is Bait Appreciation Day; Ford Mustang Day; Bat Appreciation Day
- 18 is Adult Autism Day; Nat'l Wear Your Pajamas to Work Day
- 19 is High Five Day; Get to Know Your Customers Day; National Hanging Out Day
- 20 is Husband Appreciation Day; National Day of Silence
- 21 is Bulldogs are Beautiful Day; Kindergarten Day
- 22 is In God We Trust Day; Nat'l Jelly Bean Day; Earth Day
- 23 is Talk Like Shakespeare Day; Int'l Marconi Day
- 24 is National Teach Your Children to Save Day
- 25 is Administrative Professionals Day; Hairstylists Appreciation Day
- 26 is Audubon Day; Take Daughters & Sons to Work Day
- 27 is Morse Code Day; National Hairball Awareness Day; Arbor Day
- 28 is Sense of Smell Day; Penguin Day; Save the Frogs Day
- 29 is Pinhole Photography Day; National Pet Parent's Day; Zipper Day; National Dance Day
- 30 is Bugs Bunny Day; National Take Back Prescription Drugs Day; National Honesty Day

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).

REVISED Van Schedule

- **Fourth Tuesday of the Month:** Village Inn for breakfast, then Walmart. Call Nancy (634-8249) to schedule a pick-up. Passenger pickup begins 9:30 AM at your home.
- **Note:** no van service to Chapel Hills Mall.

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



Nat'l Library Week: Meet & Greet PPLD

Tuesday, April 10, 3–5 PM

Join us for a reception with the library's Leadership Team in honor of National Library Week! They are interested in your thoughts, ideas, and feedback about the library.

AARP Mature Safe Driving Program

Saturday, April 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, April 20, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Cutting for Stone, by Abraham Verghese.

Letters From the Civil War

Sunday, April 29, 2 PM

"Victory! Victory! Victory!" So begins an actual letter from exactly 150 years ago, dated April 29, 1862, written by Charley H. Morrison, a Marine stationed on board the USS Brooklyn during the Civil War. Share Charley's experiences during the Battle of New Orleans through several of his carefully preserved letters read by Sally (Morrison) Green. Copies of all the letters will be available to attendees.

Breadmaking 101

Sunday, April 15, 2 PM

Back by popular demand! Learn how to make freshly baked bread for your family. Baking bread from scratch is easier than people think, and is far healthier and more tasty than the store-bought variety. Learn how to make two different kinds of simple yeast breads: honey oatmeal and white dinner rolls or pizza crust using ingredients in your kitchen. Beginners are welcome. Finished breads to taste, too!

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, April 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.

Life Circles

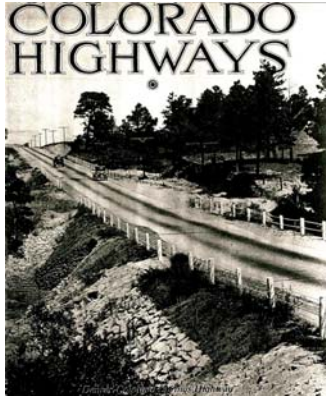
First and third Mondays 10 AM

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

PALMER LAKE HISTORICAL SOCIETY PRESENTS TRAILS TO INTERSTATE TRANSPORTATION SYSTEMS ACROSS THE PALMER DIVIDE

Thursday, April 19; 7 PM
Palmer Lake Town Hall
(28 Valley Crescent; Palmer Lake)

Lee Whiteley presents an illustrated program on the early trails and roads that crossed the Palmer Divide.



Lee will take you along Native American foot-paths and early U.S. military trails that generally followed the waterways at the base of the Front Range. Learn about the wagon roads, rail-ways, and bicycle paths developed in the late 19th century. Travel Highway 85, the so-called "Ribbon of Death," which linked Colorado Springs and Denver before the construction of Interstate 25.

A fourth-generation Coloradan, Lee and his wife co-authored books on early transportation systems of the West. They are associate producers of the PBS documentary, "Paving the Way: The National Park to Park Highway."

Everyone is invited to this free, one-hour program. Refreshments will be served.

Play It Safe

Wed. May 2; 12:30 PM
"Big Red" lowest floor, multi-purpose room
146 Jefferson Street, Monument

Do you know the safest way to pay your bills? What are the 3 R's of Fraud Protection? How to avoid telemarketing scams? Join Bob Mager from AARP Foundation's ElderWatch for an energetic, interactive presentation to answer these questions and test your consumer fraud knowledge. It doesn't matter if you are 55 or 95; this is an opportunity to learn about the latest scams affecting the 50+ population. Learn how to keep you and your loved ones' hard earned money safe! *This is a free presentation by Bob Mager Program Specialist, AARP Foundation / Colorado ElderWatch.*

Please join us on **May 1, 2012** from **2:00 - 3:00 pm** at **Lewis Palmer Elementary School** for our

Spring Social

"A neighborhood get together for the young and the young at heart!"

Students will present **music performances**, and introduce you to some **Famous Americans!**

You'll receive a student made art project to take home

Refreshment and dessert provided

Door Prizes

We can't wait to meet you, and to have you meet your neighborhood children at **Lewis Palmer Elementary School**

No RSVP necessary. Just come!
Lewis Palmer Elementary School
1315 Lake Woodmoor Drive
Monument, CO 80132
Questions: 488-4750

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.

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.

HAP-py Feet Foot Clinic Steps Forward

For 30 minutes, sit back and relax as a registered nurse examines your feet, checks skin condition, provides proper toenail trimming, and tests for pulse, nerve sensations and blood circulation in both feet. This is the Tri-Lakes HAP-py Feet Foot Clinic.

The inaugural day was Wednesday, March 14, and all available appointments were filled well in advance.

Tri-Lakes Health Advocacy Partnership (HAP) and the Visiting Nurse Association have partnered to return this needed service to the Tri-Lakes area after several years of absence. The program is supplemented by a generous grant from the Monument Hill Kiwanis Foundation.

The Foot Clinic is offered on the second Wednesday of each month at the Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. Thirty minute appointments cost \$25; limited financial assistance is available for qualifying applicants. The available times fill quickly, and appointments for April, May and June are filling up now. To schedule an appointment, call Bob or Debbie at the Visiting Nurse Association between 9 AM and 4 PM any Tuesday, Wednesday, or Thursday, at 719 577-4448.



Registered nurse Irene Babcock examines a client's foot.



Annual Dinner & Silent Auction *Saturday Night Fever*

Saturday April 14

Historic Pinecrest at Palmer Lake: 5:30 - 11 PM

Join the Tri-Lakes Chamber of Commerce for a blast from the past; 70's fashions highly encouraged. Grab your love beads, your old forty-fives, dust off your bell bottoms, and squeeze into that leisure suit for a party that jives.

Cost is \$50 per person and that includes a full buffet, wine and beer, entertainment and dancing with laser light show and disco ball. Make reservations by April 9th by calling the Chamber at 719 481-3282.

Want your business showcased at the Silent Auction or care to donate? Call Karin White with Sir-Fix-ALot to schedule a pickup: (719) 325-9512.

Lions Come to Tri-Lakes

Lions Clubs International is the world's largest service club organization and now in Tri-Lakes! We would like to hear from the Monument, Tri-Lakes community, organizations, and individuals recommending projects for Lions support, financial grants, and volunteer opportunities. Please come help and join in to determine Northern El Paso County and Southern Douglas County area projects for volunteer Lions support and sharing in our good fortunes. Lions meet at the Monument Fairfield Inn on the second and fourth Thursdays of the month. The next gathering is April 5th at 7 PM. Also, join Lions at the MOZAIC in Palmer Lake on May 12th 2012 for the Tri-Lakes Lions Club Charter Night Dinner. For more information, contact David Prejean, Leading Lion, Tri-Lakes Lions Club, 434-7031.



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.

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

April Lunch Menu

Mondays and Thursdays

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

\$2 voluntary donation suggested

Monday, Apr 2 – Beef stroganoff with pasta, succotash, bread, orange.

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

Monday, Apr 9 – Bratwurst, pinto beans, cabbage, apple sauce, bread, cookie.

Thursday, Apr 12 – Roast beef, mashed potatoes with gravy, creamed spinach, roll, apple cookie. **Bingo follows lunch.**

Monday, April 16 – Beef chow mein, brown rice, winter blend vegetables, bread, orange, cookie.

Thursday, Apr 19 – Roast pork, mashed potatoes with gravy, broccoli, roll, pear.

Monday, Apr 23 – Hungarian goulash, mashed potatoes, broccoli, bread, apple.

Thursday, Apr 26 – Chicken cordon bleu, mashed potatoes with gravy, spinach, roll, pear, cookie.

Monday, Apr 30 – Swedish meatballs, brown rice, brussels sprouts, bread, pears.

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

Apr 4 – Turkey breast, stuffing and cranberries.
Free blood pressure screening.

Apr 11 – Ham, scalloped potatoes and million dollar salad. AARP ElderWatch presentation follows lunch, at 12:30.

Apr 18 – Mandarin chicken (pineapple, mandarin oranges, peppers) and rice.
Free blood pressure screening.

Apr 25 – Pulled BBQ pork sandwich, pickle and potato 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.

April 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 Easter theme. Please wear an "Easter" hat and bring a finger food, snack 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

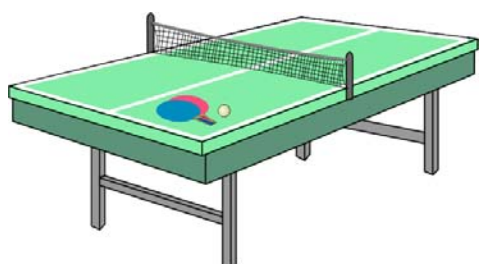
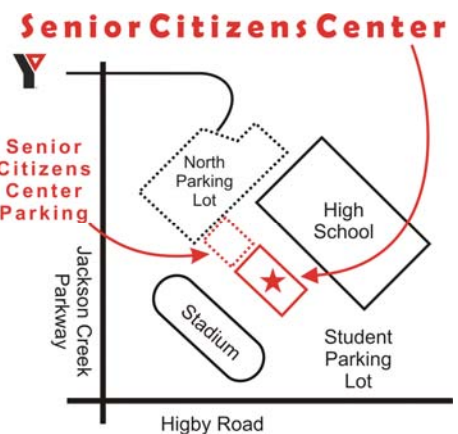


If you have an event you would like to schedule, even if outside the advertised operating hours of the Senior Citizens Center, please contact Gerry by email (papaduffy@msn.com) for scheduling information.

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; please be patient.

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



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.

April 2012 **Senior Beat**
c/o Tri-Lakes Health Advocacy Partnership
P.O. Box 2931
Monument, CO 80132

PRESORTED
STANDARD
U.S. POSTAGE
PAID
MONUMENT, CO
80132
PERMIT NO. 57

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

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!



Thrift Store April Special\$

April 2-14
All Wicker Baskets discounted

April 16 - 28
All Hardback Books discounted

Every Wednesday is Senior Discount Day in the HAP Thrift Store. **Everything in the store is 20% off to everyone 62 and older.** So, start planning your purchases, but don't delay because you might miss some real bargains!