

OLDER AMERICANS MONTH

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape

their values, goals, and life choices and gave them a sense of identity and roots.

While Tri-Lakes Health Advocacy Partnership (HAP) provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

HAP is joining in the national celebration of Older Americans Month 2012 with activities and events to promote intergenerational engagement and recreation. We invite you to join in the fun!

May 31 HAP joins with local naturalist and historian, Sally Green, in the inaugural event of her series of monthly Nature Walks. [See article “Nature Walk” on page 4 for more information.] Also, Pikes Peak Library District has its monthly Senior Synergy series. [See Pikes Peak Library District Monument Branch on page 3 for details.] And the Tri-Lakes YMCA invites seniors to “Get out and play!” by stopping in for coffee and socializing at their weekly coffee for seniors; YMCA membership is not required. [See YMCA events on page 5].

Kiwanis Support HAP Foot Clinic

At a recent weekly meeting of the Monument Hill Kiwanis Club, Kiwanis president Steve Stephenson presented a grant of \$750 to Tri-Lakes Health Advocacy Partnership (HAP) Board vice president, Dave Betzler. Stephenson explained that the annual grant was awarded in support of HAP’s new Foot Care Clinic serving the Tri-Lakes community.

Upon accepting the grant, Betzler explained that HAP had previously provided a foot care service for the community but had to end it due to lack of funding. Over the years, community seniors had asked for resumption of the clinic service. Now, through HAP’s partnership with the Visiting Nurse Association and funding from

see **Kiwanis**, page 5



**VISITING NURSE
ASSOCIATION**

The art of caring. The heart of caring

Tri-Lakes HAP-py Feet

Foot Care Clinic

Second Wednesday of each month (by appointment only)

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

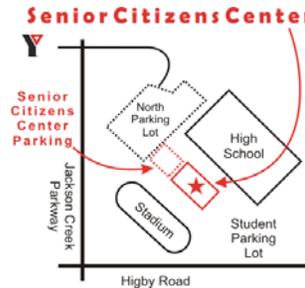
SERVICES INCLUDE

**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



**For appointments
call Bob or Debbie at
Visiting Nurse Association,
Tuesday - Thursday
9 AM - 4 PM
719 577-4448**



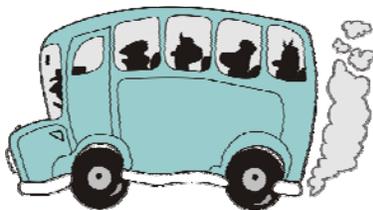
Sponsored by Monument Hill Kiwanis

May Reasons To Celebrate!

- 1 is May Day; Stepmothers Day; Mother Goose Day
- 2 is Nat'l Truffle Day; Robert's Rules of Order Day
- 3 is Lumpy Rug Day; Nat'l Day of Reason; Nat'l Day of Prayer
- 4 is Int'l Firefighters Day; Tuba Day; Respect for Chickens Day
- 5 is Cinco de Mayo; Cartoonists Day; Join Hands Day
- 6 is No Homework Day; Nurses Day; World Laughter Day
- 7 is Accountants Day; Nat'l Roast Leg of Lamb Day
- 8 is Nat'l Teacher Day; World Red Cross/Crescent Day; V. E. Day
- 9 is Receptionists Day; Nat'l School Nurse Day; Nat'l Butterscotch Brownie Day
- 10 is Clean Up Your Room Day; Lupus Day; Windmill Day
- 11 is Eat What You Want Day; Military Spouse Appreciation Day
- 12 is Nat'l Miniature Golf Day; Limerick Day; Odometer Day; Nat'l Nutty Fudge Day; Letter Carrier's Food Drive Day
- 13 is Mothers Day; Frog Jumping Day; Rural Life Sunday
- 14 is Nat'l Chocolate Chip Day; Stars and Stripes Forever Day
- 15 is Peace Officer Memorial Day; Straw Hat Day; Int'l Day of Families
- 16 is Biographer's Day; Turn Beauty Inside Out Day
- 17 is World Hypertension Day; Nat'l Cherry Cobbler Day
- 18 is Nat'l Bike to Work Day; Bat's Day; Nat'l Pizza Party Day; Visit Your Relatives Day; Int'l Museum Day
- 19 is Mike The Headless Chicken Day; Armed Forces Day; Boys Club Day; Artichoke Day; Nat'l Devils Food Cake Day
- 20 is Be a Millionaire Day; Neighbor Day; Eliza Doolittle Day
- 21 is Nat'l Endangered Species Day; Nat'l Wait Staff Day
- 22 is Nat'l Vanilla Pudding Day; Nat'l Maritime Day
- 23 is World Turtle Day; Nat'l Taffy Day
- 24 is Nat'l Escargot Day; Brother's Day; Int'l Tiara Day
- 25 is Nat'l Wig Out Day; Nat'l Missing Children's Day; Nat'l Tap Dance Day; Cookie Monster's Birthday; Towel Day
- 26 is Nat'l Blueberry Cheesecake Day
- 27 is Cellophane Tape Day; Indy 500
- 28 is Memorial Day; Slugs Return From Capistrano Day
- 29 is Int'l Jazz Day; Int'l Day of UN Peacekeepers
- 30 is Nat'l MS Day; Nat'l Senior Health & Fitness Day; Mint Julep Day
- 31 is Nat'l Macaroon Day; Hug Your Cat Day; World No-Tobacco 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



Monumental Readers

Friday, May 18, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Lacuna, by Barbara Kingsolver.

Senior Synergy

Wednesdays, 10 AM

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group. This is a featured Older Americans Month activity. Get out and share!

History Buffs

Wednesday, May 23, 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.

Socrates Café

Tuesdays, 1 PM

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

AARP Mature Safe Driving Program

Saturday, May 19, 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.

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, or call HAP at 719 464-6873. 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 call or send us an email requesting *Senior Beat* advertising information.

PALMER LAKE HISTORICAL SOCIETY PRESENTS
Brulé

Live in Concert
Friday, May 25; 7 PM
Palmer Ridge High School Auditorium
19255 Monument Hill Road

Award-winning Native American group, Brulé, is described as an experience in ‘sight, sound and soul.’ Don’t miss this two-hour concert featuring a unique blend of contemporary Native American sounds and rhythms in a powerfully stunning performance. Native dancers in full, colorful regalia will provide a visual interpretation of the music as they accompany Brulé.

The group has sold over a million CDs worldwide and was named Native American “Group of the Year” three times by the prestigious Native American Music Awards (NAMMYS).

This event is sponsored by the Palmer Lake Historical Society and One Nation Walking Together. Tickets are \$25 in advance or \$30 at the door. Purchase tickets by calling One Nation Walking Together in Colorado Springs at 719-329-0251, at the Tri-Lakes Chamber of Commerce in Monument at 719-481-3282, or online at www.onenationwt.org.

Monthly Nature Walks

Once again, local naturalist Sally Green will host monthly nature walks in and around north El Paso county during the summer season as a partnership with Tri-Lakes Health Advocacy Partnership (HAP). Sally identifies some of the flora along the trails and often gives some historical insight to features along the way.



The 2012 inaugural walk will be a scenic walk in the area of the Monument Fire Center to Monument Rock at the base of Mt. Herman. This is a relatively easy 30 minute stroll from the starting point on Mt. Herman Road to the base of Monument Rock. The group will then proceed to an adjacent pond to sit and enjoy the scenery, and perhaps catch sight of falcons that nest on the rock.

From Mitchell Avenue, go west on Mt. Herman Road 1.5 miles; there is a small parking area at this point on the right side of the road, just after the road changes from asphalt to dirt. Sally will be there early to greet you upon arrival. Arrive early enough so you are ready to start walking at 9 AM.

The monthly nature walks are structured to accommodate novices and senior walkers; the walk will last about 90 minutes. Wear comfortable walking shoes and bring water and a light snack. A camera or binoculars are recommended. A tentative list of the planned nature walks for 2012 is available on the HAP web site (www.TriLakesHAP.org), under Senior Programs... Nature Walks.

The May nature walk is a featured event of the May Older Americans Month celebration. This year's theme for Older Americans Month is “Get out and play!”

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.



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 by the Post at no cost.



Tri-Lakes Blood Drive

Tuesday
May 15
3 to 7 PM
at Tri-Lakes Cares
235 Jefferson St.
Monument. *No appointment necessary.*



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.

Thursday, May 3rd. Our program is presented by biologist Hilary Penner entitled "The Traveling Sea." As summer is approaching, you can learn about the ocean without getting wet! In this program "Fascinating Fish," you will learn about the complicated lives of fish: fish behavior, complex rules, hierarchies, and daily chores. Why is one fish shaped like a torpedo and another like a balloon? Also, we will discuss how the ocean impacts our lives and how we affect the health of the ocean, even in Colorado.

All are welcome; homeschoolers/children welcome to attend this special educational program. We are encouraging parents to bring their children. We will serve hot dogs and chips to the children or they can choose from the buffet. We will have ice cream and cookies as a special dessert for the children. There is a \$2.00 charge for all children/students and a \$5.00 charge per adult or a dish to pass. Please call Irene Walters (719) 481-1188 or Bev Wells (719) 488-3327 for reservations so we can get a head count for the size of the room. Seating is limited.

STOK Gas Grills Recalled Fire and Burn Hazards

The U.S. Consumer Product Safety Commission announced a voluntary recall of STOK Island and STOK Quattro gas grills. The regulator on the grill can leak propane gas, which can ignite, posing fire and burn hazard to consumers. To identify whether a specific Island or Quattro grill is included in this recall look at the grill's regulator; the recalled grills have regulators on them with the model number "AZF" on the front and a date code between 1046 and 1143 on the back of the regulator. Sold at Home Depot stores nationwide from March 2011 through February 2012 for between \$79 and \$350. More information is available at www.stokgrills.com.

VOLUNTEERS NEEDED

The Tri-Lakes Health Advocacy Partnership (HAP) Thrift Store has an urgent need for volunteers to transport large item donations to the HAP Thrift Store in Monument. The volunteer should also provide a pickup truck for transport; HAP will provide mileage reimbursement. Lifting bulky items is also involved.

Join a great group of volunteers who are giving to the community by their service. We'll work with you if you want to work with us. If interested, call Diane at (719) 488-0878.

Kiwanis *continued from page 1*

the Kiwanis foundation, the HAP Foot Care Clinic is again in monthly operation.

Betzler noted that proper foot care is directly related to the ability of seniors to maintain mobility and help avoid debilitating falls. HAP's Foot Care Clinic is a medical, not cosmetic, service, and a registered nurse performs the evaluation of foot and nerve sensitivity, skin condition, circulation, and more.

The generous Kiwanis grant to HAP was provided by the Monument Hill Foundation. The Foundation is a wholly owned, but separate entity established by the Club to assess the needs of charitable organizations, to solicit donations from within the community and beyond, and to distribute these funds, as well as those earned by the Monument Hill Kiwanis Club's many fundraising activities.

May at the



17250 Jackson Creek Parkway, Monument

Senior Coffee Social (Lobby, open to community)

An Older Americans Month activity.

Tuesdays May 1, 8, 15, 22, 29 9:30-11:30 AM

Silver Sneakers (for Y members only)

Mondays and Wednesdays 1 PM

Tuesday and Thursdays 8:30 and 9:30 AM

Tuesday and Thursday 9:30 AM

Local Businesses Offering Senior Discounts

Rosie's Diner—10% 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 call HAP at 464-6873 or send an email to SeniorBeat@TriLakesSeniors.org.

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

May Lunch Menu

Mondays and Thursdays

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

\$2 voluntary donation suggested

Thursday, May 3– No seniors lunch served on the first Thursday of each month.

Monday, May 7 – Cabbage casserole, mashed potatoes, bread, applesauce, nut cup.

Thursday, May 10 – Baked chicken, mashed potatoes with gravy, broccoli, roll, banana, cookie. **Bingo follows lunch.**

Monday, May 14 – Beef burgundy, mashed potatoes, lima beans, bread, apricots.

Thursday, May 17 – Pork roast, mashed potatoes, peas, roll, orange, cookie.

Monday, May 21 – Pepper steak, brown rice, carrots, bread, raisin nut cup, orange juice.

Thursday, May 24 – Chicken cordon bleu, mashed potatoes with gravy, spinach, roll, pear.

Monday, May 28 – Memorial Day; no seniors lunch served.

Thursday, May 31 – Pork chop, mashed potatoes with gravy, peas, roll, V-8 juice.

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

May 2 – Barbeque pork sandwich, potato salad, pickle. **Free blood pressure screening.**

May 9 – Tuna on a croissant, potato chips, and avocado.

May 16 – Pork roast, roasted potatoes and million dollar salad. **Free blood pressure screening.**

May 23 – Beef brisket, garlic mashed potatoes and salad.

May 30 – Penne pasta w/spaghetti sauce and Caesar 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 Tuesday through Friday, 1 – 4 PM or earlier to accommodate a scheduled activity.

May Program Schedule

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

NEW Mondays Senior Center Closed

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 Cinco de Mayo theme. Please wear a pin or brooch and bring a Mexican dish to share.

2nd Wednesday Foot Care Clinic by appointment only.

3rd Wednesday 1-3 Bingo hosted by Curt

Thursdays 1-4 Pinochle hosted by Gerry

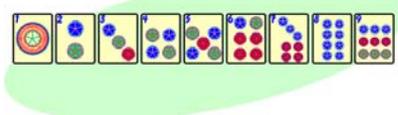
Thursdays 1:15-2:15 Zumba hosted by Kay
 A fun workout with Latin and International music.

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.

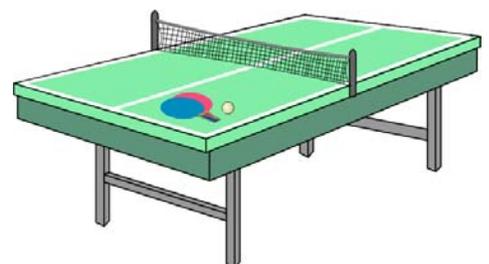
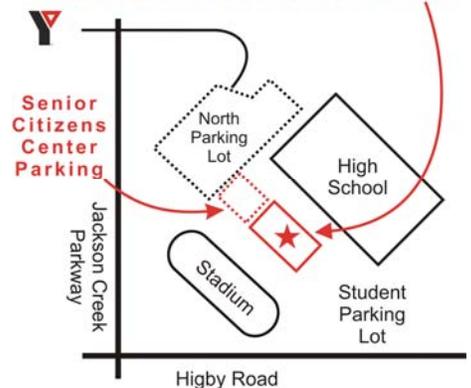
Senior Center Phone Number

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

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.

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

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To subscribe, call HAP at 464-6873 or send your name and mailing address by email to SeniorBeat@Comcast.net.



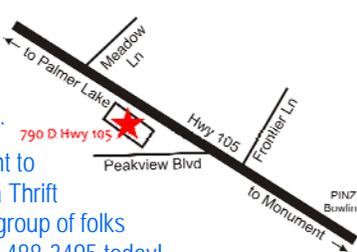
TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP

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 May \$pecial\$

Glassware, cups, dishes
25% off!

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! Happy Older Americans Month. Get out and shop!