

Lewis-Palmer Elementary Hosts Senior Social

It was a May Day treat for adults this year, courtesy of Lewis-Palmer Elementary School. The students and faculty opened their doors and hosted a “Senior Social,” inviting area adults to visit for an hour to socialize with the children, watch their presentations, and enjoy refreshments and musical entertainment.

This was the first Senior Social by the school, so visitors were uncertain what to expect; but, as soon as the guests arrived at the school they realized this was a well planned event. They were greeted by enthusiastic students who introduced themselves and welcomed their visitors; each guest was escorted to the meeting room where the event was hosted. The young students showed impeccable social skills as they guided their visitors to the refreshments. Other students roamed among the guests, visiting with each adult, asking questions and sharing stories.



Director Cynthia Eversole conducts the Lewis-Palmer Elementary School Eagle Choir during the May Senior Social

After an appropriate time of socializing and being treated to an abundance of refreshments, Principal Lois Skaggs introduced the opening presentations as everyone settled into seats. Second graders led with presentations of an historic person that each student researched. They gave a short narrative accompanied by a visual presentation of the person. The students were dressed in period costumes of the person they researched. The audience enjoyed hearing about the lives of notables such as Henry Ford and Helen Keller.

The Senior Social was capped off by the very talented Lewis Palmer Elementary School Eagle Choir, directed by choir director Cynthia Eversole. The event was a great success, and everyone thoroughly enjoyed themselves. Many complements were expressed about the student’s talents, enthusiasm, maturity and politeness. It was a rewarding and inspirational afternoon. Hopefully this is the start of another local annual tradition!

Financial Scams Target Seniors

Colorado ranks tenth in the nation for identity theft complaints. Colorado ranks first in the nation for fraud and related complaints. Colorado Springs ranks third in the nation for fraud and related consumer complaints.

With that sober opening, Robert Mager, AARP Foundation Program Specialist, began his presentation to an audience of about 40 seniors at the May 2 Seniors Luncheon at Big Red, hosted by Tri-Lakes Health Advocacy Partnership. The hour-long presentation was focused on helping senior citizens protect themselves against unsavory characters and solicitors. He described how personal checks are altered, discussed the safest ways to pay bills, explained why “free” sweepstakes are beneficial to the companies that run them, and presented some of the see [ElderWatch](#), page 3

Fourth of July Festivities

The Tri-Lakes area will again offer an entire day of festivities on the 4th of July.

The fun begins at 9:30 AM with a Children’s parade followed by the main parade at 10 AM, sponsored by the Monument Hill Kiwanis Club; the event grows in popularity every year. This year local bands will be marching, animals from the local Renaissance Festival are expected and many local businesses and non-profit organizations will be walking and showing their pride for our country’s Independence Day!

Immediately following the parade, the Tri-Lakes Chamber of Commerce Annual see [4th of July](#), page 4





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)

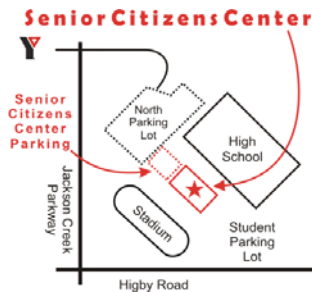
SERVICES INCLUDE:

- ✓ Thirty minutes with a registered nurse
- ✓ Callous and corn buffing
- ✓ Toenail clipping/trimming/filing
- ✓ Circulation check
- ✓ Monofilament test
- ✓ Skin condition check
- ✓ Pulse check in both feet
- ✓ Blood pressure check
- ✓ Foot care education

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

Foot Care Clinic is located in the Senior Citizens Center on Lewis-Palmer High School campus, across Jackson Creek Parkway from the YMCA.

Sponsored by Monument Hill Kiwanis



A CASE OF MAIL ORDER MURDER

Tri-Lakes Center for the Arts



304 Hwy 105, Palmer Lake
Saturday, June 16; 7 PM (Doors open at 6)
Private Dick Rick Luger finds himself paired up with an old pal from his past: visiting San Francisco PI Max Milo; they're hot on the trail of a mysterious Black Widow who kills her husbands for no apparent reason.

WYNOT Radio Theater is a theatrical spoof of the golden age of radio—a time when men were men, dames had moxy, and the sound of adventure filled the air waves! Your Grandpa's Old Time Radio Show this ain't! It is a mix of nostalgia with in-your-face comedy to create a funny, fast paced, and wildly entertaining evening of theatre.

WYNOT puts you "in the studio" with the cast as they present this 1940-something variety show that includes the *Rick Luger: Private Dick* series onstage in all its old-time-radio glory!

It's an evening of side splitting comedy. Advance tickets: members \$10; non-members \$12. At the door: \$12/\$14. For tickets and information call 719 481-0475

This two act play contains adult material in the form of suggestive double entendre. Consider it PG-13.

June Reasons To Celebrate!

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| <p>1 is Donut Day; Leave the Office Early Day; Milk Day
2 is Nat'l Running Day; Nat'l Trails Day; Nat'l Cancer Survivors Day
3 is Children's Awareness Memorial Day; Chimborazo Day
4 is Nat'l Barefoot Day; Do-Dah Day; Int'l Day of Innocent Children Victims of Aggression
5 is Hot Air Balloon Day; World Environment Day
6 is Drive-In Movie Day; National Tailors Day; D-Day
7 is VCR Day; Daniel Boone Day
8 is World Ocean Day; Banana Split Day
9 is Wicket World of Croquet Day; Donald Duck Day
10 is Abused Women and Children's Awareness Day; Iced Tea Day; Ride The Wind Day; Ball Point Pen Day; Children's Sunday
11 is Corn on the Cob Day
12 is Crowded Nest Awareness Day; Loving Day
13 is Queen's Official Birthday
14 is Army's Birthday; Flag Day; Career Nurse Assistants Day; World Blood Donor Day; Family History Day
15 is World Elder Abuse Awareness Day; Nat'l Flip Flop Day; Nature Photography Day; Magna Carta Day</p> | <p>16 is Fudge Day; World Juggling Day
17 is Husband Caregiver Day; Family Awareness Day; Father's Day; World Day to Combat Desertification and Drought
18 is Ride To Work Day (motorcycles); Int'l Sushi Day
19 is Juneteenth; World Sickle Cell Day; Garfield the Cat Day; World Sauntering Day
20 is World Refugee Day; American Eagle Day; National Daylight Appreciation Day
21 is World Handshake Day; Recess At Work Day
22 is Ugliest Dog Day; Take Your Dog to Work Day
23 is Baby Boomer's Recognition Day; Public Service Day; Great American Backyard Campout; Let It Go Day
24 is Log Cabin Day; Int'l Fairy Day; Descendants Day; Color TV Day
25 is Please Take My Children To Work Day
26 is Nat'l Columnists Day
27 is Decide to Be Married Day; Industrial Workers of the World Day
28 is Nat'l Handshake Day; Dump the Pump Day
30 is Leap Second Time Adjustment Day; National Organization for Women (NOW) Day</p> |
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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*
- **Fourth Tuesday of the Month:** Village Inn for breakfast, then Walmart. Call Clara (488-0076) to schedule a pick-up. Passenger pickup begins 9:30 AM at your home.

Interested volunteer drivers: Call 488-0076 (mileage reimbursement provided).

ElderWatch *continued from page 1*

latest tactics used by scam artists.

With 20 million US adults falling victim to identity theft each year according to Mager, protecting against identity theft was a major part of the overall presentation. He covered the importance of reviewing credit reports annually, and steps each person should be following routinely to ensure their personal information is not compromised.

The presentation was sponsored by ElderWatch, which is a program with the Colorado Attorney General and the AARP, intended to stop financial elder abuse in Colorado. More about ElderWatch is available on the Internet at AARPElderWatch.org, or call toll free 1 800 222-4444.

www.TriLakesSeniors.org



Robert Mager speaks at seniors luncheon.

Pikes Peak



Library District

Monument Branch Events

Monumental Readers

Friday, June 15, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Night Villa, by Carol Goodman.

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, June 27, 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 – 3 PM

This adult group of about 15 – 30 participants discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

AARP Mature Safe Driving Program

Wednesday, June 20, 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.

Disasters of the Pikes Peak Region

Saturday, June 9, 9 AM – 4 PM

Interested in attending the 2012 Pikes Peak Regional History Symposium without driving into Colorado Springs? The Monument Library will host overflow and alternate location Internet-streaming of the Symposium, "Disasters of the Pikes Peak Region."

SPEAK English!

Mondays 7 PM

Join this informal conversation circle for adults who want to improve their skills and increase their comfort levels when speaking English. No registration required.

PALMER LAKE HISTORICAL SOCIETY

PRESENTS

**Father's Day
Ice Cream
Social**

**Sunday, June 17, 2 PM
Village Green, Palmer Lake Town Hall
28 Valley Crescent; Palmer Lake**

Bring the family and celebrate Father's Day in Palmer Lake at the annual Father's Day Ice Cream Social.

The Palmer Lake Historical Society provides all the ice cream, fruit pie and music. All you have to do to enjoy it is to be there—*it's all free!*

Last year, almost 250 family members ate their way through gallons of ice cream and uncounted slices of pie while listening to bluegrass music and enjoying the beautiful weather in wild and wonderful Palmer Lake.

So come join us for free ice cream, pie, and bluegrass music by the Jessum Buds.

And don't forget to bring Dad!

www.PalmerDivideHistory.org

Monthly Nature Walks

Join Sally Green on Thursday, June 28 for a Walk in the Glen on the Creekside Trail. June is a great time to enjoy the Creekside Trail because the wildflowers should be at their peak. This is the second Nature Walk of the season.



Meet at the Palmer Lake Library parking lot at 9 AM. From there we'll caravan about a half mile to the trail head in The Glen, about a half mile away.

Wear comfortable walking shoes and bring water and a light snack. A camera or binoculars are recommended.

The guided monthly nature walks are an activity of the Tri-Lakes HAP Senior Center, and are open to the general public of all ages. They are structured to accommodate novices and senior walkers; the walk lasts about 90 minutes. Questions? Call Sally Green at 719 488-2462.



Serranos
COFFEE COMPANY
Roasters of Fine Specialty Coffees

THE TRI-LAKES HEALTH ADVOCACY PARTNERSHIP (HAP) BOARD OF DIRECTORS IS GRATEFUL TO MONUMENT SERRANOS COFFEE FOR THEIR GENEROUS AND CONTINUING SUPPORT TO HAP OVER THE PAST YEAR. THANK YOU!

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.



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.

4th of July *continued from page 1*

Street Fair gets underway with over 100 vendor booths lining Second and Washington Streets. Vendors from Kettle Corn, to funnel cakes, arts & crafts and non-profit vendors are expected.

New this year, Limbach Park will feature fun and games in the all new kid friendly area. Although pets are not encouraged to be brought to the events because of the heat from the asphalt streets, there will be a pet cooling station and pet First-Aid provided in Limbach Park by Angle Service Dogs.

In the late afternoon, travel just a few miles north on Hwy 105 to Palmer Lake for their festivities, and then sit back and enjoy at dusk their "Best Small Town" Fireworks display over the Lake at dusk.

Activities are presented by the Tri-Lakes Chamber of Commerce, the Monument Hill Kiwanis Club, and the Palmer Lake Fireworks Committee.

Golf To Support The Troops

Legacy Sertoma hosts its First Annual Monument "Homes for our Troops" golf tournament on Wednesday, July 11, at Monument Hill Country Club. This is a 4 player scramble. All proceeds go to Homes for Our Troops, a charity that builds specially adapted homes for severely injured veterans.

Advanced registration by July 3rd is encouraged. Registration forms are available in many of the local merchants, coffee houses, banks, etc. Or request a form by email from legacysertoma@comcast.net. Registration on the day of the tournament is at 6:30. Tournament fees are \$90 for individual registration or \$320 for a registered 4-some (\$80 per person). Payment by check is requested at time of registration. *Limited to the first 144 entries.*

Homes for Our Troops raises donations of money, building materials, professional labor and coordinates the process of building a home specifically designed for the needs of a disabled Veteran and his/her family. Homes provided by Homes for Our Troops are given at no cost to the Veteran served. To learn more about Homes for Our Troops, visit www.HomesForOurTroops.org.



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, June 7 is a business meeting with good food, music, fun, games and prizes.

Thursday, July 5 is a picnic in the pavilion at Dirty Woman Creek Park (304 Mitchell Avenue). If raining, go to 166 Second Street.

17250 Jackson
Creek Parkway,
Monument



Senior Coffee Social

Every Tuesday 9:30-11:30 AM

Cardio Circuit

Monday and Wednesday 1 PM
Tuesday and Thursdays 8:30 AM

Muscle, Strength, and Range of Motion

Tuesday and Thursday 9:30 AM

Trinity Lutheran Church Helps HAP

“Our grant to the Tri-Lakes Health Advocacy Partnership reflects one of the many ways Trinity Lutheran Church feels called to support the needs of our local community. We take our mission statement seriously, ‘Touched by the Hand of God to Touch the Lives of Others.’” With those words Pastor Tyg Taylor informed Tri-Lakes HAP board president, Ted Rinebarger, that HAP had been selected to receive a \$1000 grant for its general fund.

Representing the congregation in presenting the check to HAP were Dana Van Breemen, Church Business Manager, and Laura Williamson, Service Ministry Coordinator. Ted Rinebarger and HAP board member Barbara Gritzmaker accepted the check on behalf of the HAP board. Rinebarger expressed the gratitude of the entire HAP board and explained that the funds would provide much needed basic health services for those who are unable to afford them.

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.

June Lunch Menu

Mondays and Thursdays

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

\$2 voluntary donation suggested

Monday, June 4 – Chicken pot pie, lima beans, yogurt, biscuit, pear.

Thursday, June 7– **No seniors lunch served on the first Thursday of each month.**

Monday, June 11 – Beef stroganoff, pasta, succotash, bread, orange, cookie.

Thursday, June 14 – Baked chicken, mashed potatoes with gravy, creamed spinach, roll, trail mix, apple. **Bingo follows lunch.**

Monday, June 18 – Beef chow mein, brown rice, cauliflower, bread, orange, cookie.

Thursday, June 21 – Roast pork, mashed potatoes with gravy, California blend vegetables, roll, apple, cookie.

Bingo follows lunch.

Monday, June 25 – Hungarian goulash, mashed potatoes, broccoli, bread, apple.

Thursday, June 28 – Roast beef, mashed potatoes with gravy, spinach, roll, pear, 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!

Blood Pressure Checkup

Weekly blood pressure checks are available every Thursday, 11:30 AM at the Tri-Lakes/Monument Fire Department Administration Building, just prior to the Senior Luncheon.



Wednesdays

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

\$3 voluntary donation suggested

June 6 – Ham, scalloped potatoes and salad.
Free blood pressure screening.

June 13 – Pulled barbeque pork sandwich, potato salad, pickle.

June 20 – Meat loaf, baked potato casserole and salad.

Free blood pressure screening.

June 27 – Brats, coleslaw and potato chips.

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 LUNCHEONS 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.

June Program Schedule

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

NEW Senior Center Closed Mondays

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 Baked potato bar. Call Irene at 484-0517 to sign up for a topping or dessert. Potatoes provided.

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

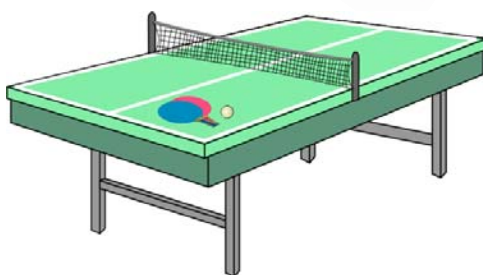
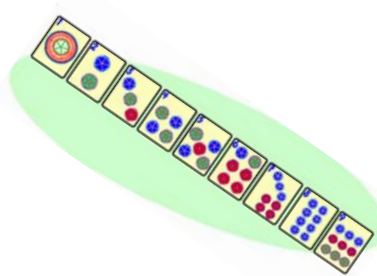
Fridays 1-4 National Mahjong hosted by Jo Ann

Fridays 1-4 Cribbage no host

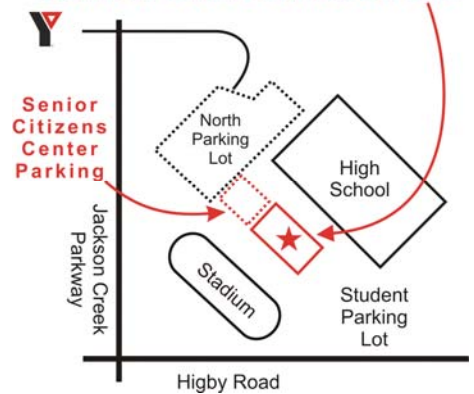
Senior Center Phone Number

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



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 Center facility is made available to the community by the generosity of Lewis Palmer School District 38.



June 2012 **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 (HAP).
To subscribe, call HAP at 464-6873 or send your name and mailing address by email to SeniorBeat@Comcast.net.



HAP
Thrift Store

790 Hwy 105, Suite D; Palmer Lake
Open Monday-Saturday, 10-4
Check out the new inventory of
FINE FURNITURE
plus
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

Every Wednesday is Senior Discount Day in the HAP Thrift Store. **Everything in the store is 20% off to everyone 62 and older.**

We've just received a generous donation of very fine wood furniture, including a wonderful platform bed set, dressers, a very comfortable blue and white upholstered sofa, and more!

Life After 50 Newspapers

Due to budget constraints, the Life After 50 newspaper will no longer be available at the Monument/Tri-Lakes Fire Department administration building on Second Street in Monument. The newspaper is still available in the Tri-Lakes area at Safeway, Walmart, and King Soopers, Wells Fargo Banks, the YMCA or read it online at www.LifeAfter50online.com.