

Kiwanis Supports Seniors

Local area senior citizens are again assured that HAP's popular Wednesday senior luncheon program will continue. Monument Hill Kiwanis recently donated \$900 to Tri-Lakes Health Advocacy Partnership (HAP) to help keep the program active in 2013. The donation was announced by the granting foundation of Kiwanis: Monument Hill Foundation.

The check was presented by Kiwanis member and Foundation Director for Granting and External Relations, Scott Ross, to HAP's president, Ted Rinebarger.

While presenting the check at the May HAP board meeting, Ross explained that the Foundation's goals are to support the community and children. He noted that HAP has several programs that provide direct support to the community seniors and the Foundation wanted to be part of that effort through this donation to HAP.

In accepting the check on behalf of HAP, Rinebarger emphasized that HAP is an organization much like Kiwanis in that both are comprised of all



HAP vice president, Dave Betzler (left), receives a grant from Monument Hill Foundation director, Scott Ross.

volunteers with no paid staff, and both are focused on making our community a better place in which to live.

HAP's weekly luncheons are open to all senior citizens in the Tri-Lakes area. The inexpensive luncheons are every Wednesday, beginning at noon, weather permitting. The luncheons are in the basement of the Lewis-Palmer School District 38 administrative building ("Big Red") located at 146 Jefferson Street in Monument. The nutritious meals are catered by

Pinecrest Catering with table service provided by volunteers. They provide a popular way for senior citizens to socialize, meet new members of the community, and learn of other activities and news of interest to seniors.

Monument Hill Foundation is the grant-making resource of the Monument Hill Kiwanis Club. Kiwanis Club meets every Saturday morning at the Inn At Palmer Divide. More information about Monument Hill Kiwanis is available on the web at www.MonumentHillKiwanis.org.

HAP Thrift Store Donations

Did you know the HAP Thrift Store supports the senior citizens of the Tri-Lakes region?

All Thrift Store income is used to support the many programs of Tri-Lakes Health Advocacy Partnership focused on senior citizens. These range from operating the Senior Citizens Center to providing weekly nutritious meals for local seniors.

While engaged in spring cleaning or wrapping up a garage sale, please keep in mind the HAP Thrift Store as a place to donate those unwanted but still usable non-clothing items around your household, especially furniture.

Call the Thrift Store (488-3495) to arrange for a pick-

up of your gently used furniture. Most reusable household items are needed for resale.

HAP is a 501(C)(3) organization so your donation may qualify as an income tax deduction. Receipts for donations are available.

HAP has no paid staff, so all income from donations directly supports HAP programs. Please help the community through your generous donations, and by shopping at the HAP Thrift Store located at 790 Highway 105, between Mounuent and Palmer Lake. Hours are Monday - Saturday, 10 AM - 4 PM.

Volunteers to work in the Thrift Store and to help pick up donations are also needed. For information about becoming a HAP volunteer, call 719 464-6873.

HAP's Commitment To Seniors

by Ted Rinebarger, HAP board president

Tri-Lakes Health Advocacy Partnership (HAP) has a strong record of supporting the senior citizens of our community by enhancing the physical and mental health of the seniors through a variety of activities, a community Senior Citizen Center, and weekly low-cost luncheons.

Despite the challenging financial donation environment that has persisted for the past few years, the HAP board of directors increased funding support for senior programs by almost 10 percent from the 2012 to the 2013 budget. This increase is a powerful statement to the community that HAP is fully committed to support Tri-Lakes area senior citizens.

When the directors developed the 2013 budget last fall, they reviewed each funding category for the various seniors programs. Their review revealed that senior luncheons and the Senior Citizens Center were the programs that appeared to be most popular with seniors as reflected in their overall participation level. Also very active was the Senior Beat newsletter publication which has enjoyed steady growth in subscriptions and distribution to local businesses over the past three years. The directors therefore targeted these three programs for financial increases, with the Senior Center receiving a very large 33 percent increase in its financial support.

On the other hand, the directors noted that funding set aside in 2012 for three senior day trips had not been fully utilized. Consequently, the directors decided for 2013 to move the day trip funding to other senior programs to boost support where the seniors were more active. In taking this action, the directors acknowledged that if a day trip were to be proposed in 2013, the directors retained the option to shift funds from HAP General Operations to support the trip. This reflects the reality that a budget is a "best guess" of the future financial requirements and that adjustments can, and may, be made to accommodate changing situations and valid needs.

To support the increased funding for senior programs, the HAP board is working harder than ever to ensure continued support by our traditional community partners. The directors are also working to expand this essential base of support by meeting with new and previous partners. Directors are visiting

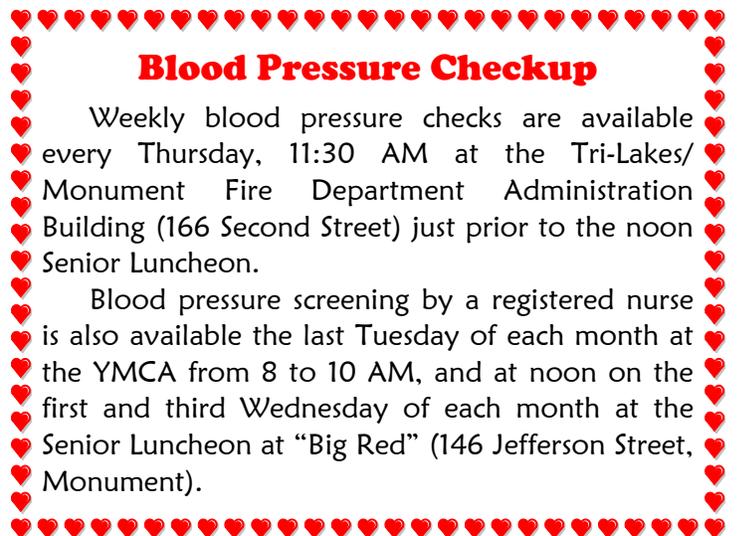
many local service groups to spread the HAP message, explaining how HAP enables our partners to directly contribute to the welfare of the community.

HAP has no paid employees. We rely entirely on the generosity of volunteers willing to contribute personal time and effort to support local senior citizens. Generous grants by our partners therefore get converted entirely to support to the community. Because HAP has no employees, volunteers willing to contribute just a very few hours a week make all the difference in the world to HAP's success.

The HAP Thrift Store is an example of how many volunteers can make a big difference. Store volunteers operate the store six days a week and the result of their efforts provide the financial backbone of HAP's senior programs because all income from the Thrift Store supports senior programs. Without the commitment of these volunteers, the HAP senior programs would be severely impacted.

If you would like to help HAP support local area senior citizens, you can do so in many ways. Consider donating lightly-used goods to the Thrift Store; shop the Thrift Store; volunteer to help at the Thrift Store; organize a class or activity for the Senior Center; or simply make a tax deductible donation to HAP.

You can learn more about HAP at our web site: www.TriLakesHAP.org. You can reach HAP at admin@TriLakesHAP.org or by calling 719 464-6873. Consider being a HAP partner. We partner to promote a healthier community!



Blood Pressure Checkup

 Weekly blood pressure checks are available every Thursday, 11:30 AM at the Tri-Lakes/Monument Fire Department Administration Building (166 Second Street) just prior to the noon Senior Luncheon.

 Blood pressure screening by a registered nurse is also available the last Tuesday of each month at the YMCA from 8 to 10 AM, and at noon on the first and third Wednesday of each month at the Senior Luncheon at "Big Red" (146 Jefferson Street, Monument).

Senior

MOBILE DENTAL



YOUR PREVENTIVE CARE PARTNER

Seniors Dental Clinic

Senior Mobile Dental is a non-profit providing dental services to qualified low income seniors. Qualifying seniors are at least 60 years old and either have a Medicaid card or are qualified under the Old Age Pension Dental Assistance Program. Other seniors who are at least 60 years old may receive treatment from Senior Mobile Dental at a greatly reduced fee schedule.

Dental Services

☆ Exams	☆ Extractions
☆ Cleanings	☆ X-rays
☆ Fillings	☆ Partial Dentures
☆ Denture Repair	☆ Denture Needs

For more information
and to schedule an appointment,
call Senior Mobile Dental at 719 310-3315.
Located at Lewis-Palmer High School in the
Tri-Lakes Senior Citizens Center



**TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP**
Partnering for a healthier community!

17250 Jackson Creek Parkway, Monument



Senior Coffee Social
Tuesdays 9:30-11:30 AM. Free and open to everyone.

Active Older Adult Classes¹
Mondays & Wednesdays 1 PM; Fridays 11:15 AM.

Silver Sneaker Classes¹
Cardio Circuit: Tues/Thurs, 8 AM.
Muscle Strength & Range of Motion: Tues/Thurs 9 AM

Community BBQ at the Tri-Lakes Y
Friday, June 7, 6-8 PM. Open to the community! Bring lawn chairs to the turf field and join the Y for food and fun. Face painting, games, music, bounce house. RSVP 481-8728.

¹ *Silver Sneaker and YMCA members only.*

Senior Safety Handyman Services

Senior Safety Handyman Services is a unique program funded by the Pikes Peak Area Agency on Aging. It provides seniors age 60 and over, in the Tri-Lakes area, an opportunity to have safety related repair jobs accomplished by volunteers and paid contractors. To request our service, please call 488-0076 and leave a message for Cindy Rush. We check messages daily.



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.

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



iPad Basics Workshop

Saturday, June 8, 9:30–10:30 AM

Bring your iPad and learn basic functions including startup, apps, email, and using your iPad as an e-reader. Class taught by Les Molina from Victory Solutions. Register online or call 488-2370.

AARP Mature Safe Driving Program

Saturday, June 22, 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 agent for a discount. Class size is limited; registration required. Cost is \$12 for AARP members, \$14 for non-members. Call AARP to register: 203-4972.

Life Circles

First and third Mondays, 9:30–11 AM (new time)

This supportive 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 discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2870 for more information.

Senior Synergy

Wednesdays, 10–noon

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

History Buffs

Wednesday, June 26, 1–3 PM

Every month this group picks a period of history and participants read any book of their choice from that time period. Expect a lively discussion about the era! This group is open to anyone interested in history.

Monumental Readers

Friday, June 21, 10–noon

All patrons are welcome to attend this monthly book club. This month: *The Doomsday Book* by Connie Willis.

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 on Flag Day, June 14, for all collected flags. This service to the community is proudly provided by the Post at no cost.

Low Cost Dental for Seniors

Senior Mobile Dental is looking for patients who want care *now!*

Senior Mobile Dental is a non-profit organization that provides both low cost and free dental service to qualifying senior citizens. The program is partially operating from state funding to provide dental services to seniors who might not otherwise be able to afford basic dental services. Many of the dental providers are donating their time to the program, and some supplies are obtained by donation. All of this helps keep the cost to the patient extremely low. By providing routine and preventative dental care to the program's target group of low income adults over 60, more serious health issues that create emergency room visits or more serious health care problems are avoided.

Eligible seniors are at least 60 years old. Those who are on Medicaid (please note this is not the same as Medicare) or are on Colorado's Old Age Pension Dental Assistance Program, are able to receive *free preventive* dental care through Senior Mobile Dental. Other seniors can also receive treatment through Senior Mobile Dental, but there are fees for the services provided which are much less than is typically charged by dentists.

Senior Mobile Dental brings their service to the Tri-Lakes area by setting up their mobile dental clinic in the Senior Center at Lewis-Palmer High School, and scheduling patients for the day the clinic is in operation. However, a minimum number of scheduled patients are needed to warrant the transportation of all the equipment and people to operate the clinic, so advance scheduling and commitment from patients to attend is the essential for a successful clinic.

Because Senior Mobile Dental is substantially funded by the state, the funds provided for fiscal year must be used for dental services provided before July 1, 2013. Senior Mobile Dental has \$100,000 remaining to support dental services to seniors before July 1 and it wants to ensure as many eligible seniors benefit from this program as possible.

Don't delay your decision to contact Senior Mobile Dental to inquire about your eligibility for care and to get scheduled for a June appointment. Call them today! Call 719 310-3315 There is no assurance funds will be available after June 30, 2012. Don't delay!



**Tri-Lakes HAP-py Feet
Foot Care Clinic**

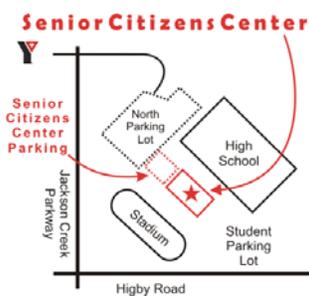
Second Wednesday of each month (by appointment only)
 \$30 per appointment (limited financial assistance available from Tri-Lakes HAP for qualifying applicants)

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

**For appointments call
Visiting Nurse Association
at
303 698-6496**

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



Supported by Monument Hill Kiwanis

THE PALMER LAKE HISTORICAL SOCIETY

**Annual Father's Day
Ice Cream Social**

Sunday, June 16, 2-4 PM on the Village Green at the Palmer Lake Town Hall, 28 Valley Crescent

Join the Palmer Lake Historical Society for our annual salute to fathers. Each year the Historical Society provides ice cream, fruit pie, and music to bring families together in a celebration of "Dads" on Father's Day. 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. And the best part - **IT WAS ALL FREE!!**

We had so much fun doing it last year we're doing it again! So come join us for free ice cream, pie, and bluegrass music by "Out of Nowhere." And don't forget to bring Dad!

**Chief Manitou and
His Contributions to the
Pikes Peak Region**

Thursday, June 20, 7 PM
Palmer Lake Town Hall, 28 Valley Crescent

Robert Cronk presents an informative evening about Pedro Cajete. Pedro was a Tewa Indian from the Santa Clara Pueblo in New Mexico, who became known locally as "Chief Manitou."

Robert became interested in the history of "Chief Manitou" while exploring Pedro's Cave near the Cave of the Winds, which was named for Pedro Cajete.

Robert's research uncovered information about "Chief Manitou," his travels, and his impact on the tourist industry of this region in the early part of the Twentieth Century. He also found "Chief Manitou" was well liked wherever he went, and why, back in his Pueblo, Pedro became known as "The Great Storyteller."

This event is free and refreshments will be served after the presentation.

www.PalmerDivideHistory.org

**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
- Three Margaritas—10% discount

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 3** – Chicken pot pie, lima beans yogurt, biscuit, strawberries.
- Thursday, June 6** – ***No meal served on the first Thursday of each month.***
- Monday, June 10** – Swedish meatballs, brown rice, Brussels sprouts, bread, canned pears.
- Thursday, June 13** – Roast beef, mashed potatoes with gravy, asparagus, roll, fresh pear, cookie. ***Bingo follows lunch.***
- Monday, June 17** – Beef chow mein, brown rice, winter blend vegetables, bread, orange, cookie.
- Thursday, June 20** – Baked ham, sweet potatoes, broccoli, roll, fresh pear, cookie.
- Monday, June 24** – Beef stroganoff, brown rice, succotash, bread, apple sauce, trail mix.
- Thursday, June 27** – Baked chicken with gravy, baby bakers, broccoli, roll, apple, trail mix.

Low-fat 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!

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 send an email to SeniorBeat@TriLakesSeniors.org requesting advertising information, or call 719 464-6873.

Wednesdays

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

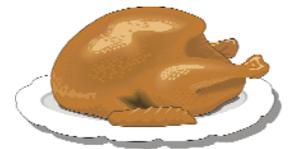
\$3 voluntary donation suggested

- June 5** – Roast pork, applesauce, roasted potatoes.
Free blood pressure screening.
- June 12** – BBQ pork sandwich, potato salad, pickle.
- June 19** – Chicken Caesar salad, garlic bread.
Free blood pressure screening.
- June 26** – Brisket, garlic mashed potatoes, salad.

Note: No lunch will be served on July 3.

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 SENIOR LUNCHEONS
 ARE ANOTHER PROUD ACTIVITY OF**





HAP Blood Pressure Clinic

Tues, June 25, 8 – 10 AM
 Tri-Lakes YMCA

A free blood pressure screening for adults by a nurse who will read, interpret and record your blood pressure.

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, and other times to accommodate a scheduled activity.

June Program Schedule

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

Open Tuesday through Friday 1- 4 PM

Senior Center will be closed Independence Day July 4th

- Tuesdays Noon-4 PM Pinochle** hosted by Gerry
- Tuesdays 1:15-2:15 PM Line Dancing** hosted by Kay
- 3rd Tuesday 1-3 PM Ladies Tea: "Conversation Tea"**.
Bring a dish or dessert and favorite thoughts to share.
- 3rd Tuesday 3:30 PM HAP Board meeting** Game Room
- 2nd Wednesday Foot Care Clinic** by appointment only.
- 3rd Wednesday 1-3 PM Bingo** hosted by Curt
- Thursdays 1-4 PM Pinochle** hosted by Gerry
- Thursdays 1:15-2:15 PM Zumba** hosted by Kay
A fun workout with Latin and International music.
- 2^d & 4th Thursdays 1-4 PM Bridge** no host
- Fridays 1-4 PM National Mahjong** hosted by Jo Ann
- Fridays 1-4 Cribbage** no host

Also available

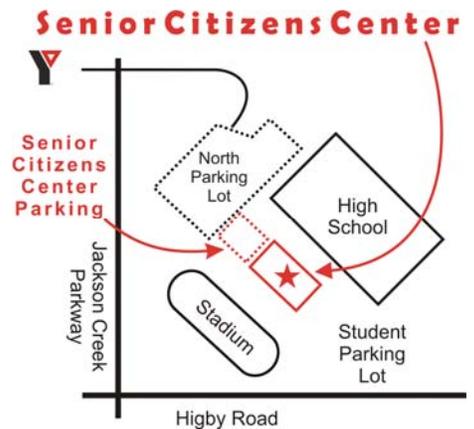
- * Cable programs on big screen TV
- * Board games
- * Lending library
- * PC w/Internet
- * Refreshments
- * Information table
- * Treadmill
- * Ping pong
- * Relax and socialize



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.



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



June 2013 **Senior Beat**
c/o Tri-Lakes Health Advocacy Partnership
P.O. Box 2931
Monument, CO 80132

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RETURN SERVICE REQUESTED

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@TriLakesSeniors.org.

Fire Safety Advice

Did you change that smoke detector battery in the last 12 months? How about the battery in your carbon monoxide detector? If not, you're at risk!

The helpful folks at the Monument Tri-Lakes Fire Department will help you change those smoke detector batteries, *at no cost!* It's a bargain too valuable to pass up. Call Jennifer at 484-0911 to schedule your battery replacement. Please have the replacement batteries available.

Did you know that smoke detectors and carbon monoxide detectors have a limited useful life? Most smoke detectors are good for about 10 years; carbon monoxide detectors are effective for about five or six. Don't put yourself, family and visitors at risk. Replace old detectors today. Need help? Call Jennifer at 484-0911.

What? You don't have a carbon monoxide detector? According to the Center of Disease Control and Prevention, about 400 Americans die from carbon monoxide poisoning each year. Get one, *now!* They're extremely easy to install and some can just be plugged into a wall outlet...job done!

Need more information? Just call our fire department and talk to Jennifer at 484-0911.



HAP
Partnering for a healthier community!
790 Hwy 105, Suite D; Palmer Lake

Thrift Store

Open Monday-Saturday, 10-4

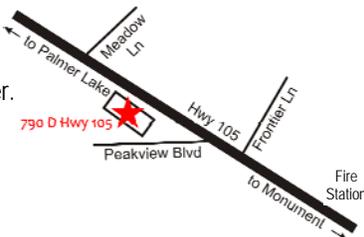
All Books, All June: HALF PRICE!

Many other bargains. Shop and Save!

Every Wednesday, seniors get a 20% discount

Volunteers are needed to work in the store and help transport donations. Call 488-3495 if you can help.

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.