

Early Signs of Dementia that May Surprise You

You're worried about your elderly loved one. She always had a great memory for details now she doesn't remember where her keys are, or when her favorite show comes on.

Is this just a normal part of aging, or signs that something more serious is going on?

It's important to catch symptoms of dementia right away. Sometimes, these symptoms can be caused by underlying medical conditions, which are treatable. Early treatment can slow the progression of even certain untreatable types of dementia, like Alzheimer's.

Foot Care

This is the first of a two part series on foot care, extracted from the National Institutes of Health website (<http://www.nia.nih.gov/health/publication/foot-care>). This month presents practices for good foot care. Part two will present common foot problems.

Be kind to your feet. Years of wear and tear can be hard on them. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders.

Step in the Right Direction

Practice good foot care. Take a look at your feet often; use a mirror to look at the bottoms of your feet. Look for cuts, blisters, and ingrown toenails. Ask a member of your family for help if you need it. If you have diabetes, be sure to check your feet every day.

Remember to put your feet up when you are sitting down. This helps the circulation in your feet. So can stretching, walking, or having a gentle foot massage. A warm foot bath is also helpful. Make sure your feet are dry before you put on your shoes. Wear shoes when you're outside. If you are sitting for a long time, stand up and move around every now and then. If you cross your legs, reverse or uncross them often. Don't smoke.

If you have a problem with your feet, your family doctor can help, or you can see [Foot Care](#), page 2

Common symptoms of dementia include things you might expect, like memory loss, difficulty planning, difficulty communicating, and behavior changes. But there are other common signs of dementia that might surprise you. If your loved one is



exhibiting any of these, get in touch with his or her doctor right away:

1. **Problems with walking and balance.** A 2006 study made the surprising finding that the earliest signs of dementia may be physical, rather than mental. Watch out for problems walking and balancing, as well as a weak handgrip.
2. **Slips and falls.** The symptoms outlined above can lead to frequent stumbling and falling. In one 2011 study of 125 older adults, people who fell most often during an eight-month period were found to also show other early signs of Alzheimer's.
3. **Inability to detect sarcasm or lies.** If you have noticed that your loved one has become unusually gullible lately, she may be exhibiting the early signs of dementia. A 2011 study found that patients with certain degenerative brain diseases couldn't tell when someone was using sarcasm or speaking untruthfully.
4. **Staring.** When we converse, we naturally move our eyes around. But someone with dementia might not—instead, you might notice them staring frequently. You might also notice this eye movement problem if your loved one skips lines when reading aloud.

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Foot Care *continued from page 1*

a doctor who treats feet, called a podiatrist.

Make Sure The Shoes Fit

Wearing comfortable shoes that fit well can prevent many foot problems. Here are some tips for making sure your shoes fit:

- Shoe size may change as you age, so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
- Most of us have one foot that is larger than the other. Make sure your shoes fit your larger foot.
- Don't buy shoes without trying them on first. Shoe sizes can vary depending on the kind, make, and style. For example, the size you wear for sneakers may not be the same size you need for dress shoes.
- Walk in the shoes to make sure they feel right. The heel of the shoe should not slide up and down when you walk.
- Choose a shoe that is shaped like your foot. Styles with high heels or pointed toes can hurt your feet.
- Stand up when trying on shoes to make sure there is about 1/2 inch between your toe and the end of the shoe.
- Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- Don't buy shoes that feel too tight and hope they will stretch.
- The upper part of the shoes should be made of a soft, flexible material.
- Soles should give solid footing and not slip. Thick soles cushion your feet when walking on hard surfaces.
- Low-heeled shoes are more comfortable, safer, and less damaging than high-heeled shoes.

Tri-Lakes HAP offers a low cost foot clinic each month at the HAP Senior Center. This clinic is operated by the Denver office of the Visiting Nurse Association; call the VNA at 303 698--6496 to schedule an appointment.

Tri-Lakes HAP Blood Drive

**Tuesday July 16
3 to 7 PM**

at Tri-Lakes Cares
235 Jefferson St.
Monument

No appointment necessary. A driver's license is required.



Barbeque Safety Tips

Every year barbeque grills cause fires which result in property damage. Most of the barbeque fires are from gas-fueled fires. Please use the following tips this summer when grilling with your friends and/or family.



- 🔑 Always keep children and pets away from outdoor cooking devices.
- 🔑 Never use an outdoor barbeque inside, because the odorless gas is toxic and needs to be properly vented outside.
- 🔑 Do not store a gas grill tank inside, because leaking gas could cause fire.
- 🔑 Always dispose of charcoal ashes in metal container.
- 🔑 Store propane tanks upright.
- 🔑 Check hoses of gas grills regularly to assure securely fastened to avoid leaks.
- 🔑 Place barbeque away from house, anything flammable/combustible material.
- 🔑 Clean grill regularly to avoid fat and grease build up.
- 🔑 Never add charcoal fuel to a fire.
- 🔑 Read owner's manual.
- 🔑 Never leave a grill unattended!

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).

Dementia *continued from page 1*

5. **Strange eating habits.** Research is finding that different dementias often cause people to exhibit odd eating habits, such as a sudden strong taste for sweet foods, cramming food into their mouths, or even eating spoiled food or things that aren't food.

6. **Being hurtful.** Your usually sweet, kind mother is saying insulting or inappropriate things, and seeming to show no concern for how they might be hurting or embarrassing others. This behavior is not a usual part of aging—it's a common early sign of dementia.

7. **Compulsive behavior.** Many people like things done a certain way. But people in the early stages of dementia may exhibit strange obsessive-compulsive behaviors, such as locking doors over and over, or buying a can of corn every time they visit the store, even though they have a cupboard-full at home.

From "Caring Times"; reprinted with permission from Griswold Home Care.

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.

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

Circuit: Tues/Thurs, 8 AM; Classic: Tues/Thurs 9 AM

¹*Silver Sneaker and YMCA members only.*

When Seconds Count

Reverse 911 is a system to notify residents of critical events in their area. While residents are automatically notified by landline, you may also choose to be notified on your mobile device.

The Cell Phone Emergency Notification System allows the El-Paso Teller E-911 Authority to contact you directly in the event of an emergency in your area, wherever you are. The registration process is simple and free of charge.



For more information and to register to receive Reverse 911 notifications, visit www.Tri-LakesFire.com and click on the Reverse 911 link near the bottom of the page.

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.

Pikes Peak Library District Monument Branch

Library Outdoors! Historic Walking Tour of Old Town Monument

Thursday, July 18, 5:30–7 PM

Local historian/filmmaker Jim Sawatzki makes the “days gone by” in Monument come alive with his colorful stories and facts about Monument’s early history. Participants will receive a detailed brochure of the sites he discusses on the 1 mile stroll, many of which are existing buildings dating from the late 1800’s. Register your contact information at the library in case of inclement weather or call 488-2370. Meet at Limbach Park (Front St and Second St).

Henna Tattoo Workshop for Adults

Saturday, August 10, 9:30–11:30 AM

Learn about the ancient art of henna and the celebrations associated with this temporary body décor. Get your own lovely henna tattoo to enjoy. Register at the desk or call 488-2370.

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.

Monumental Readers

Friday, July 19, 10–noon

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



Tri-Lakes Center For The Arts presents a live concert with **Acoustic Eidolon**

Saturday, July 13, 7 PM

304 Hwy 105, Palmer Lake; Ph: 719 481-0475

Acoustic Eidolon, featuring **Joe Scott** on double neck guitar and **Hannah Alkire** on cello are from Colorado and have graced stages throughout the US, Europe, Australia and Canada. With nine CDs and a DVD to their credit, these masterful artists continue to captivate audiences throughout the world with their signature “new acoustic” sound and boundless

possibilities in blending Celtic, Folk, World & Latin music influences, something that Dirty Linen Magazine praises as “**a sumptuous musical feast.**” They are described by the Swallow Hill Music Association as “**an evening of brilliant instrumentality,**” and Georgia’s Good Life Magazine enthuses, “Acoustic Eidolon offers concert-goers a chance to absorb some of the most powerful and intriguing music on the scene today.”



Advance tickets, members \$12, non-members \$15. Tickets at the door, members \$15, non-members \$18. Door open at 6 PM.

www.TriLakesArts.org

Emergency Evacuation

Attention Tri-Lakes Residents!

If you have a medical condition or a physical disability and might need assistance in an emergency evacuation situation, please call Jennifer at 719 484-0911 now to register for fire department emergency assistance.






**VISITING NURSE
ASSOCIATION**
The art of caring. The heart of caring

Tri-Lakes HAP-py Feet Foot Care Clinic

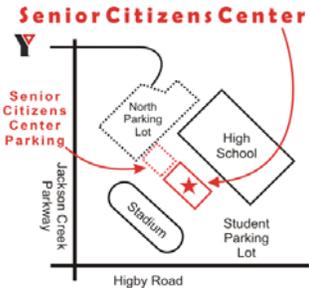
Second Wednesday of each month *(by appointment only)*
\$30 per appointment *(limited financial assistance available from Tri-Lakes HAP for qualifying applicants)*

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
- ✓ Blood pressure check
- ✓ Foot care education

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.



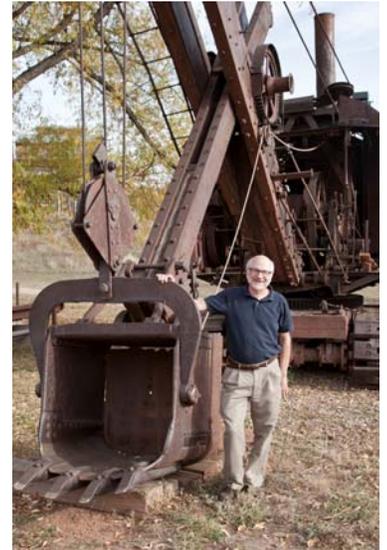
Supported by Monument Hill Kiwanis

THE PALMER LAKE HISTORICAL SOCIETY Western Museum of Mining and Industry: Past, Present and Future

Thursday, July 18, 7 PM
Palmer Lake Town Hall, 28 Valley Crescent

Richard Sauers executive director of the Western Museum of Mining and Industry, provides a journey from the beginnings of the museum to the present, and discusses upcoming plans and programs.

The Western Museum of Mining and Industry offers over 27 acres to see how turn-of-the-century miners timbered, drilled, blasted, mucked, and hauled ore from the mine to the stamp mill, where



ore was crushed and processed. On display are operable steam engines, including a 37-ton Corliss Steam Engine. The Museum is a place to learn about the rocks you eat, experiment with gold panning, play with hands-on exhibits, dress up like a miner, visit burros, and see how families lived in the 1890s.

Rick joined the museum in the fall of 2012 and has been employed in the public history field since the mid 1980's. He has written about 30 books and many more articles. He describes WMMI as "...a great museum with unlimited potential to become one of the best mining museums in the country."

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.

July Lunch Menu

Mondays and Thursdays

Noon at 166 Second Street, Monument
 Tri-Lakes Monument Fire Protection District
 Administration Complex
\$2 voluntary donation suggested

- Monday, July 1** – Pepper steak, brown rice, carrots, bread, orange juice, trail mix.
- Thursday, July 4** – ***No meal served; Independence day holiday.***
- Monday, July 8** – Beef burgundy, mashed potatoes, lima beans, bread, apricots.
- Thursday, July 11** – Pork chops, mashed potatoes with gravy, peas, roll, reduced sodium V-8, cookie. ***Bingo follows lunch.***
- Monday, July 15** – Beef stew, lima beans, biscuit, reduced sodium V-8, mandarin oranges, cookie.
- Thursday, July 18** – Baked chicken, mashed potatoes with gravy, winter blend vegetables, roll, fresh pear, cookie.
- Monday, July 22** – Cabbage casserole, mashed potatoes, bread, apple sauce, trail mix.
- Thursday, July 25** – Swiss steak, mashed potatoes with gravy, peas, roll, tropical fruit, cookie.
- Monday, July 29** – Stuffed peppers, mashed potatoes, carrots, bread, mandarin oranges.

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.

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

- July 3** – ***No lunch. Have a safe and enjoyable Independence Day!***
- July 10** – Raspberry chipotle chicken, roasted potatoes, salad.
- July 17** – Spaghetti and meat balls, garlic bread and Caesar salad.
Free blood pressure screening.
- July 24** – Chicken Dijon, garlic mashed potatoes, salad.
- July 31** – Italian sausage sandwich, tater tots and Cole slaw.

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, July 30, 9 – 11 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.

July 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: "Red White and Blue Celebration!" Sponsored by Castle Rock Care Center. Bring a side, salad or dessert to fill in an "indoor picnic." Wear something red, white, or blue.

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

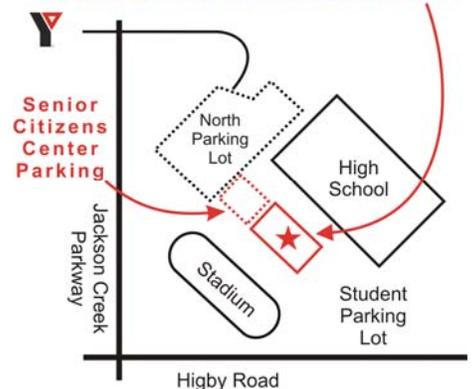
Fridays 1-4 PM Cribbage no host

**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.



Senior Citizens Center



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

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.



July 2013 **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@TriLakesSeniors.org.



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

Thrift Store

Open Monday-Saturday, 10 AM - 4 PM

All books half price! All July!

Attention Black Forest fire victims.

All of our kitchenware items are available to you at half price. Our hearts go out to you for the terrible losses you've endured.

Every Wednesday, seniors get a 20% discount

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.

VOLUNTEERS NEEDED

The Tri-Lakes Health Advocacy Partnership (HAP) Thrift Store has an urgent need for volunteers to fill a 3 hour shift at the Thrift Store.

Also volunteers with a truck are needed for transporting donations to the Thrift Store; HAP will provide mileage reimbursement.

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 (719) 464-6873.

DONATIONS NEEDED

When your garage sale is finished and you're wondering what to do with the non-clothing items that didn't sell, why not consider donating them to the Tri-Lakes HAP Thrift Store? HAP is a non-profit organization and sales from the Thrift Store go toward supporting local programs for senior citizens. Plus, your donations may be tax-deductible; donation receipts are provided. Store hours are 10 to 4, Monday through Saturday.