

## Senior Center Renovation

by Dave Betzler

Exciting, wonderful news for Tri-Lakes senior citizens! During the lull between Thanksgiving and Christmas, the Tri-Lakes Senior Citizen Center underwent a major renovation that included extensive new carpeting and painting.

On Friday, December 6<sup>th</sup>, a very cold, blustery day which caused many school cancellations, four seventh grade students and one high school student (and four CSCS parents) eagerly grabbed paint brushes and rollers and spent most of the day painting classroom



CSCS student Samantha Alvarado contributes to the Senior Center renovation project.

walls and the long connecting hallway. HAP partnered with Colorado Springs Christian School (CSCS) and hosted this CSC Middle School service project. Four CSCS parents worked alongside the youthful painters in giving a splash of color to the classroom walls and a brightened coat of paint to the previously 'tired' looking hallway. see **Renovation**, page 2

## GCM: Five Things You Should Know!

by Camilla Wetzel, MA, Geriatric Care Manager

What have you noticed about your parents or loved ones over the holidays that may be telling you more than what they are saying? You may have experienced things such as the frig was less stocked or contained spoiled food, sticky note reminders on the cabinets, a ding in their car, your loved one not wearing the right piece of clothing, being accused of taking their things, or a neighbor who reminds you to come back soon because they notice aging issues. Or maybe you have an elderly neighbor who has no family nearby and is struggling to get by on their own.

see **GCM**, page 2

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## Preventing Falls

by Melinda Sukle

*This is the second of a two part series that presents how Tai Chi can improve balance and promote a healthy lifestyle for seniors. This information is not intended to take the place of medical advice from your health care professional or to diagnose health problems. Please consult your doctor before beginning a new exercise program.*

Last month's article covered the three primary factors that cause falls: mobility, environment and balance. This month we focus on how to improve balance to reduce falls, through a balance training program called Tai Chi.

*Tai Chi: Moving for Better Balance* is an evidence-based community fall prevention program for older adults. The class involves a set of eight simple Tai-Chi based movements which are practiced to promote functional balance. The program also includes "mini-therapeutic" movements to enhance the training of balance. Practice focuses on training the sensory systems through movements such as weight shifting, trunk rotation, multidirectional movements, eye-hand-head coordination and visual awareness. It is also beneficial for improving leg strength and overall stability. The course is a 12 week program and classes are 45-60 minutes in length.

The ability to maintain

see **Tai Chi**, page 3



## THE PALMER LAKE HISTORICAL SOCIETY

presents

# WHO KILLED OFFICER BURCHFIELD?

Thursday, January 16; 6:30 PM  
Palmer Lake Town Hall, 28 Valley Crescent; Palmer Lake

The Palmer Lake Historical Society invites the public to the annual pot luck dinner and membership meeting.

As a special treat, Dwight Haverkorn, a retired Colorado Springs Police Detective, will present the results of his research into the infamous unsolved murder of CSPD Officer Richard Burchfield on Thanksgiving Day, 1953.

Don't miss this opportunity to learn more about the Historical Society and the "cold case" involving the murder of Officer Burchfield.

This program is free to the public. We will provide the baked ham, coffee, and tea. Please bring a side dish or dessert to share.

[www.PalmerDivideHistory.org](http://www.PalmerDivideHistory.org)



Thursday, January 16,  
7 PM (Doors open at 6 PM)

Live in Concert

## Incomparable Grammy Winner Paula Cole

Grammy winner and 7-time Grammy nominee Paula Cole has released six solo albums spanning an eighteen-year career. She has sold approximately three million albums and has performed with icons in many genres of music from Peter Gabriel to Dolly Parton (and many more.) Cole's emotionally deep and thrilling performances are a trademark. Poetic and fiercely touching, intelligent writing makes Cole stand apart. Her compositions have been covered by Herbie Hancock, Annie Lennox, Katherine McPhee to name a few.

From a small town in Massachusetts Paula Cole was raised in a musical family with whom she and her daughter remain close. Cole is a scholarship alumna from Berklee College of Music with a background in jazz, received her first record deal with a jazz label (which she declined), and has collaborated with many jazz artists. Paula teaches and gives clinics in a spirit of giving back to the circle of music.

For tickets call 719 481-0475  
TLCA Members: \$25; non-members: \$30

## Tai Chi *continued from page 1*

health, mobility and independence for as long as possible is a major concern for many older adults. The good news is there are steps you can take to reduce the chances of falling.

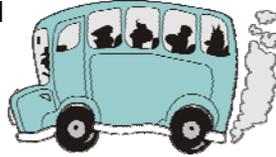
- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that the exercises get more challenging over time. Tai Chi programs are especially good.
- Ask your doctor or pharmacist to review medications—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Have your vision checked at least once a year and update your eyeglasses. Consider getting a pair with single vision distance lenses for some activities such as walking outside.
- Have your hearing checked for inner ear imbalances.
- Make your home safer by reducing tripping hazards, installing grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways, and improving the lighting in your home.
- Wear good fitting shoes with the appropriate amount of traction.
- Take only what can be safely carried when transporting items such as laundry, dishes or groceries.
- Keep things you use often in easy to reach locations.
- Take extra time when walking on uneven surfaces and avoid unsafe outdoor conditions.
- Complete daily tasks before getting too tired; get enough rest.

The Tri-Lakes Senior Center hosts an introductory course for *Tai Chi: Moving for Better Balance*. The first six-week program began in December and concludes in January. If you are interested in participating in this program please call Melinda Sukle for times and availability at (719) 649-3535. 📞

*Melinda Sukle is a Certified Exercise Instructor including Moving For Better Balance and a Senior Personal Trainer with a B.A. in Exercise Physiology. She is also an independent personal care provider.*

## 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*
- **Village Inn for breakfast, then Walmart:** Call Jody 481-4824 to schedule a pick-up. Passenger pickup at your home begins 9:30 AM.  
For more information, visit our web site [www.TriLakes-mcts-sshs.org](http://www.TriLakes-mcts-sshs.org)

## Message from MCTS Director

I wish all of you a Happy New year. Thank you for your generous donations to the vehicle fund of Mountain Community Transportation for Seniors (MCTS). Because of your donations we are in the process of purchasing a 13 passenger shuttle and will be able to keep the Honda Odyssey/van.

All of us on the board are grateful for your support. This has been a community project.

At the end of the month Jodi Liparulo will become the Director of MCTS. I will remain on the Board.

Working with other seniors and seeing the bonding that has taken place with this program has been a joyful experience for me. Thank you always for your cooperation, kindness, and joyful spirits.

– Faye Brenneman.

HAP is looking for a volunteer interested in producing this monthly *Senior Beat* newsletter. If you think you'd like to be part of the HAP team supporting local senior citizens, send an email to [SeniorBeat@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org). We'd like to hear from you!

## January Reasons To Celebrate!

January is: Bread Machine Baking Month; National Wheat Bread Month; National Oatmeal Month; National Hot Tea Month; National Soup Month

- 1 is National Bloody Mary Day
- 2 is National Cream Puff Day
- 3 is National Chocolate Covered Cherry Day
- 4 is National Spaghetti Day
- 5 is National Whipped Cream Day
- 6 is National Bean Day
- 7 is National Tempura Day
- 8 is National English Toffee Day
- 9 is National Apricot Day
- 10 is National Bittersweet Chocolate Day
- 11 is National Hot Toddy Day
- 12 is National Marzipan Day
- 13 is National Peach Melba Day
- 14 is National Hot Pastrami Sandwich Day
- 15 is National Strawberry Ice Cream Day



- 16 is National Fig Newton Day
- 17 is National Hot Buttered Rum Day
- 18 is National Peking Duck Day
- 19 is National Popcorn Day
- 20 is National Buttercrunch Day
- 21 is National Granola Bar Day
- 22 is National Blonde Brownie Day
- 23 is National Rhubarb Pie Day
- 24 is National Peanut Butter Day
- 25 is National Irish Coffee Day
- 26 is National Peanut Brittle Day
- 27 is National Chocolate Cake Day
- 28 is National Blueberry Pancake Day
- 29 is National Corn Chip Day
- 30 is National Croissant Day
- 31 is National Brandy Alexander Day





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

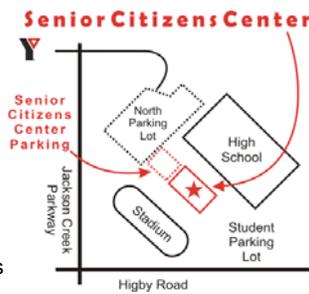
**Second Wednesday of each month** (by appointment only)  
 \$30 per appointment (limited financial assistance available from Tri-Lakes HAP for qualifying applicants)

**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 the Lewis-Palmer High School campus, across Jackson Creek Parkway from the YMCA.



Supported by Monument Hill Kiwanis

## Pikes Peak Library District Monument Branch

### Selling Your Home for Top Dollar

Sunday, January 12, 2 PM

Get the most up to date information from a panel of experts on selling your home in our community. An experienced realtor, an inspector, and a staging expert will help give you tips so that you can get good money for your home.

### Life Circles

First and third Mondays, 9:30–11 AM

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 488-2370 for more information.

### Senior Synergy

Wednesdays, 10 AM–noon

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group. Call 488-2370 for more information.

### Monumental Readers

Friday, January 17, 10 AM–noon

All patrons are welcome to attend this monthly book club. This month: *Night Circus* by Erin Morgenstern.

### The Library Cybershelf: Learn to Use Your E-Reader

Monday, January 27, 9 AM

Learn how to check out digital books using your new device! The library Cybershelf offers a wealth of materials that are available for check-out on Kindles, iPads, and smart phones. Become comfortable searching, downloading, and using these devices. It's easier than you think.

## Tri-Lakes HAP Blood Drive

**Tuesday Jan 21  
3 to 7 PM**

at Tri-Lakes Cares  
235 Jefferson St.  
Monument



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

## 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.**

# January Lunch Menu

## Mondays and Thursdays

**Noon at 166 Second Street, Monument**

Tri-Lakes Monument Fire Protection District  
Administration Complex

*\$2 voluntary donation suggested*

**Thursday, Jan 2 – No meal on first Thursday.**

**Monday, Jan 6** – Grilled chicken, macaroni and cheese, green beans, bread, canned mandarin oranges, trail mix.

**Thursday, Jan 9** – Roast beef with gravy, baby bakers, winter blend vegetables, roll, fresh apple, trail mix. **Bingo follows lunch.**

**Monday, Jan 13** – Baked tilapia, rice pilaf, asparagus with almonds, bread, fresh orange.

**Thursday, Jan 16**– Baked chicken, mashed potatoes with gravy, Brussels sprouts, roll, banana, cookie.

**Monday, Jan 20 – MLK Day. No meal served.**

**Thursday, Jan 23** – Pork chops, mashed potatoes with gravy, Brussels sprouts, roll, fresh apple, cookie.

**Monday, Jan 27** – Swedish meatballs, mashed potatoes, lima beans, bread, canned pineapple chunks.

**Thursday, Jan 30** – Cube steak with mushroom gravy, mashed potatoes, spinach, roll, fresh apple, cookie.

*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@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*

**Jan 1 – No meal. Have a happy new year!**

**Jan 8** – Ham, scalloped potatoes and salad.

**Jan 15** – Raspberry chipotle chicken, roasted potatoes and salad.

**Free blood pressure screening.**

**Jan 22** – Barbeque pork sandwich, pasta salad and pickle

**Jan 29** – Meatloaf, potato casserole and 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 SENIOR LUNCHEAS  
ARE ANOTHER PROUD ACTIVITY OF**



## 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.

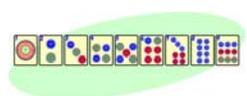
To request our service, please call 488-0076 and leave a message for Cindy Rush. We check messages daily. More information is on our web site: [TriLakes-mcts-sshs.org](http://TriLakes-mcts-sshs.org).



**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. No membership fees.

## January Program Schedule

Please check our web site, [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org), for schedule updates.

**Open Tuesday through Friday 1- 4 PM**

**January 1 Senior Center will be closed for the holiday. Happy New Year!**

**2<sup>nd</sup> Monday 1-2 Seniors Working Group** hosted by HAP.

**Tuesdays Noon-4 PM Pinochle** hosted by Gerry

**Tuesdays 1:15-2:15 PM Line Dancing** hosted by Kay



**3<sup>rd</sup> Tuesday 1-3 PM Ladies Tea:** January will be a field trip to the new Bonaventure Senior Living facility in Colorado Springs, sponsored by Bonaventure of Colorado Springs. More information on the trip will be available at the Wednesday lunches.

**2<sup>nd</sup> Wednesday Foot Care Clinic** by appointment only.

**3<sup>rd</sup> Wednesday 1-3 PM Bingo** hosted by Curt

**Wednesdays 2:15 Tai Chi: Moving for Better Balance**

Four weeks in January. Hosted by Melinda.

**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.

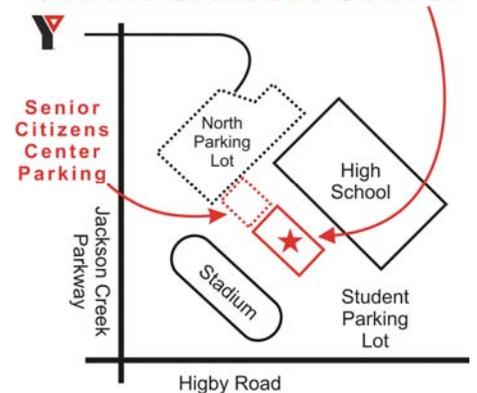
**2<sup>d</sup> & 4<sup>th</sup> Thursdays 1-4 PM Bridge** no host

**Fridays 1-4 PM National Mah jong** 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.

### Senior Citizens Center



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



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 (PAPADUFFY28@HOTMAIL.COM) FOR SCHEDULING INFORMATION.

### Also available

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

January 2014 **Senior Beat**  
c/o Tri-Lakes Health Advocacy Partnership  
P.O. Box 2931  
Monument, CO 80132

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**HAP**  
*Partnering for a healthier community!*

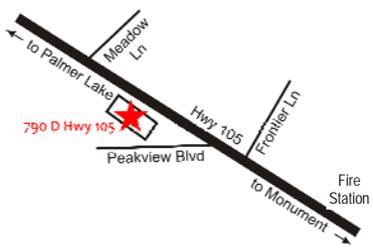
# Thrift Store

**790 Hwy 105, Suite D; Palmer Lake**  
**Open Monday-Saturday, 10 AM - 4 PM**

**January Specials**  
*20% off all  
kitchen items*

**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 team  
helping the community.  
Call 488-3495 today!



**Proceeds support Tri-Lakes HAP Senior Programs.**

## DONATIONS NEEDED

When you're cleaning up from the holidays and you're wondering what to do with the non-clothing items that you don't need, why not consider donating them to the Tri-Lakes HAP Thrift Store?

HAP is a 501(c)(3) 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.

## VOLUNTEERS NEEDED

The Tri-Lakes HAP Thrift Store is in dire need of volunteers to help operate the store and for other tasks. Volunteers work a 3 hour shift once a week, fill in occasionally during the absence of a volunteer at the store, or just help move items from storage into the store on an occasional basis. Volunteers with trucks for transporting donated items are also needed.

If you would like to help, please call 488-3495 today. It takes so little time and does so much good for the community. The Thrift store proceeds support programs and a Senior Center for senior citizens in this area.