

Monument Homemakers' Club

by Irene Walters

Monument Homemakers are pleased to announce that they are starting their 105th year of community service in Monument. Monument Homemakers are Monument's oldest community service organization.

On February 5, 2015, Monument Homemakers will start their 105th year by starting their meeting with a luncheon followed by fun and games at the new Tri-Lakes Chamber of Commerce building at 166 Second Street, Monument. Contact Irene Walters (719-481-1188) for reservations.

Monument Homemakers history is interesting:

The Farmer's Agriculture Club formed a club in Monument in 1910 and was affiliated with the County in 1912. Both men and women belonged and usually met twice a month in all-day meetings.

The men gave livestock demonstrations on pigs, dairy cows, and beef cattle and tested seeds of oats, rye, wheat and corn, which they grew in those days. The women were interested in sewing, gardening, and canning. The County had bought a large pressure cooker and the extension agent met with the Club to teach them how to can meat and vegetables in it.

An autumn exhibition sponsored by County communities and the Chamber of Commerce was held in Colorado Springs. The Monument Club won many blue ribbons on potatoes, other vegetables and grains.

Around 1930, the men disbanded and the ladies carried on as the Monument Extension Homemakers Club until about 1975 when they decided to no longer be a County Extension Club and became the Monument Homemakers' Club.

The Club met in the Inez Johnson Lewis building for several years and later in the Presbyterian C. E. Building (which is now the Chamber of Commerce office.)

Over the years, the Club has had various projects. For many years, it sponsored prize-winning boys' and girls' 4-H Clubs of the Community, with several members acting as leaders. We sponsored a County Nurse who visited the school to give check-ups, bought Christmas treats for all the school children and helped the Seniors when they were short of money for their annual trip. We cleaned the cemetery, installed a heater in the C. E. Building and painted and planted trees and shrubs around it.

When the war came, we made donations and garments for the Red Cross, participated in salvage efforts, conservation, war bonds, victory gardens, the blood bank, and made Christmas presents for convalescing soldiers at Camp Carson, as it was called then.

To raise money to carry out our projects, we would hold Community dances and card parties, and serve lunch at public sales and horse shows.

In 1943, then Lt. Governor see **Homemakers**, page 3

Blood Pressure Checks Return to Wednesday Luncheon

Until her leaving last summer, Nurse Jackie Sward, the HAP-sponsored, Penrose/St Francis Neighborhood Nurse had provided seniors attending HAP's Wednesday luncheons the opportunity to have their blood pressure checked regularly. That six-month gap is now behind us, thanks to a new, innovative HAP partnership with the Palmer Lake Volunteer Fire Department (PLVFD).

At the first HAP senior luncheon of 2015, HAP President



Chuck Nelson takes advantage of a free blood pressure check by Palmer Lake EMT Cody Poreda during the January 7 senior luncheon.

Dave Betzler announced the resumption of twice-monthly BP checks that will be scheduled for the first and third Wednesdays each month. At the luncheon, PLVFD firefighters, Lieutenant Kelli Ehardt and EMT Cody Poreda, conducted BP checks for a large number of smiling senior attendees. Betzler noted that PLVFD's Chief Margo Humes was unable to attend this initial BP session but that she was looking forward to attending in the future.

The new partnership agreement between HAP and PLVFD is mutually beneficial, and was pre-coordinated with Chief Truty/Tri-Lakes District Fire Department. The agreement enables HAP to re-start a certified BP check program for seniors. Chief Humes' firefighters gain a valuable new venue to maintain their EMT/medical proficiency. And seniors in the Tri-Lakes community benefit from this much needed and regular health/wellness capability. As part of the agreement, HAP will make an annual financial donation to the Palmer Lake Volunteer Fire Department to support its critical operations. 📦

Can Too Much Information Be A Bad Thing?

by Michele Hanley, MedSavvy Health Advocates LLC
This is the third in a series of articles designed to empower you to make informed healthcare decisions.

I met my friend Kaye for lunch recently. She had just come from a doctor visit and seemed a little distracted, not her usual vivacious self. I didn't want to pry but was concerned so I asked in a very general way if everything was alright. She looked at me with wide eyes, not really focusing and said; "I am so confused! My new doctor just threw so much information at me in such a short visit that I don't know what to think. How can I decide which treatment to choose when there are so many things to consider?" That explained the deer-in-the-headlights look. She was in information overload mode and had the shell-shocked facial expression to prove it.

It made me think back to my early adolescence when healthcare first caught my attention. Back then we had doctors who didn't bother us with details. They literally patted us on the back, told us not to worry, and moved forward with treatments that they never bothered to fully explain.

Consumers have gone from living in that medical knowledge vacuum to being deluged with facts, data, opinions and reports. Meanwhile, we have people telling us we need to take control of our own health, become empowered, take charge and demand what we need. Easier said than done.

There are three broad categories of physicians out there. I am not talking about generalists and specialists. I am referring to communications styles. We have doctors who are:

1.) Paternalistic - ye olde Marcus Welby era. Instead of a conversation with explanations, they emit grunts and other small noises. Then they either "dummy down" telling you what they are going to do or don't give you the full story, having decided you aren't capable of understanding medicine. They are the experts and don't have patience for any questioning or discussion; much like a parent not tolerating any backtalk. Paternalistic doctors are up on that pedestal and don't see any reason to come down to your level. Or invite you up to theirs.

2.) Informative - Kaye's doctor is one of these. Such doctors think overloading you with facts and data and medical terms gives us all the information you need. Then they expect you to make choices for yourself based on all that wonderful gobbledygibberish they just rained down on you. But they do not provide enough context or guidance for the patient to make a truly informed choice. And they don't ask the kind of probing questions that would give them a more complete view of your real needs and desires. They leave you feeling like my friend Kaye and saying to yourself; "How should I know what to decide? You tell me, doctor!"

3.) Interpretive - this is the type of physician most of us are looking for. It's also the type that doctors find the most difficult to be. Interpretive physicians get to know their patients and they provide information based not only on the physician's own technical expertise and scientific knowledge, but also on the patient's goals. They present the choices in a context that takes into account the patient's (and the patient's family) culture, background, values, and wishes. But instead of just rattling off the various options as the informative physician does, the

interpretive physician explains what the choices mean for this individual patient. They explain how each option will affect your life and that of your family and friends. Going one step further, an effective, interpretive doctor also recognizes when you might be making a shortsighted choice and push for you to consider choices that move you toward your longer range goals.

Interpretive doctors generally practice what is called "shared decision making" (SDM). In SDM, the physician brings her knowledge, the patient brings his knowledge, and together they form a working partnership to make the best decisions on how the patient will be treated.

Basic steps in the shared decision making process include:

- The doctor introduces all the treatment choices to the patient with an unbiased view of the various pros and cons. She also includes the "do nothing" approach.
- The doctor describes all the options to the patient along with expected and possible effects of each; good and bad, long term and short.
- The patient tells the doctor about any personal circumstances, values, issues, factors, preferences that might make one option more appealing than the others.
- Doctor and patient together discuss the options and make the decision about treatment based on what matters most to the *patient*.

Realizing that these are often difficult conversations for both physicians and patients, several organizations have developed shared decision making tools. The Mayo Clinic and the U.S. Agency for Healthcare Research and Quality offer SDM resources on their websites. Also, one of the most user-friendly websites for SDM help is www.med-decs.org.

There will continue to be physicians who insist patients don't want to be involved in decisions or that patients lack the ability to make healthcare decisions. And in some cases, they may be correct. But if you are the type of patient who wants to be empowered and take charge of your own health and what you need is some caring guidance, then talk to your current physician about shared decision making. And when you are shopping for a new healthcare provider, you might want to ask your prospective doctor for her opinion on SDM. Can too much information be a bad thing? Yes! But the constructive guidance that SDM provides can be just what you need to avoid information overload and make the best decisions for your health and well being. Want to know more about shared decision making? Visit...

<http://shareddecisions.mayoclinic.org/>

<http://www.ahrq.gov/shareddecisionmaking>

<http://www.med-decs.org> 

Author Michele Hanley is a professional healthcare advocate and a member of the Association of Professional Healthcare Advocates, and the National Association of Healthcare Advocacy Consultants. She owns MedSavvy Health Advocates LLC (<http://medsavvyhealthadvocates.com>). She has lived in Monument for over 21 years. If you have questions or wish to suggest a topic for a future article, feel free to contact the author directly by email at michele@medsavvyhealthadvocates.com or by phone at (719) 481-6440.

Pikes Peak Library District Monument Branch



1706 Lake Woodmoor Drive; Monument (719) 488-2370

Mon-Thurs 9 AM–9 PM; Fri-Sat 10 AM–6 PM; Sun 1–5 PM

The Treasure of the Cripple Creek Mining District

Sunday, February 8, 2 PM

Local video producer Jim Sawatzki will show his one-hour Emmy-nominated film and answer questions. No registration required.

Stress-Busters!

Sunday, February 15, 2 – 3:30 PM

Learn some innovative super-strategies for taking care of yourself and reducing stress during this 90 minute workshop. No registration required.

Monumental Readers

Friday, January 16, 10 – 11:30 AM

This month's selection is, *Two Old Women: An Alaska Legend* by Velma Wallis.

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

An 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.

EXERCISE WITH KAY!

Every week in the Senior Citizens Center

Line Dancing

Enjoy the health benefits of dance exercise.
Every Tuesday, 1:15- 2:15 PM

Homemakers *continued from page 1*

Higby gave the Club a 50-year old building, which had been the Woodmen's Hall, and he was using to store hay. Now we really had to make money and labor hard to make the building usable. The Town Board gave \$200 with the stipulation it could hold meetings there (one member said she would marry them for that amount!)

For most of the 1940s, the Club was honored as a "master home demonstration club" in both County and State contests. Lucille Lavelett won \$25 for her story about the Club in the magazine *Country Gentlemen* and donated her prize to the Club. It was used to buy our large coffee maker. We had as many as 100 members and were recognized as the first El Paso County Home Demonstration Club to provide its members with Blue Cross.

Some of the varied programs in those days included: poultry culling, rearranging kitchens to save steps, knife sharpening, repairing of cushion springs, cleaning sewing machines and Bang's disease in cattle.

In 1965, the deed for the Monument Extension homemakers Club building was handed over to Mayor Bodinger with the understanding that we would always have free use of it. When the building was demolished in 1977, we moved back to the C. E. Building and met there until this new Town Hall was built in 1980. It was used by the Town of Monument until the new building was built in 2009. Then it was used as administration offices for the Tri-Lakes Fire Department until the end of 2014. The Tri-Lakes Chamber of Commerce recently moved their offices into the building.

Some of our past projects of Monument Homemakers have included: making crafts to send to an Alaska mission, sponsoring a girl at the Deaf & Blind School, donating to the ambulance emergency equipment fund, participating in the July 4th parades, furnishing the refrigerator for the kitchen in the Town Hall and making lap robes for former Monument residents in nursing homes. We have sold centennial notepaper and Monument T-shirts to raise money.

Some of our more recent projects have included: donations to the Tri-Lakes Cares programs, the Lewis Palmer High School choir program, The Trampled Rose organization that helps women and young girls in Ethiopia, Africa with schooling, career counseling and health related issues, and the South Dakota Indian Reservation with Christmas gifts for all the children and our "shoe box gift" program for the men and women.

This past year we have made donations to One Nation and Tri-Lakes Cares. This year again we treated the Tri-Lakes Fire Department to a Thanksgiving meal with turkey and all the trimmings as an appreciation to their service in our community.

A few members have belonged to the Homemakers Club for around 50 years. It is open to any woman who wishes to join and are growing a little each year. We hope to be of service to the Community for another 105 years.

The Homemakers Club meets the first Thursday of each month at 166 Second Street in Monument, beginning about 11:30 AM. For more information or to attend one our meetings call Irene Walters (719) 481-1188. 



Partnering for a healthier Senior Community!

What is "HAP"?

**HAP serves and supports seniors.
HAP is all-volunteer.
HAP is non-profit.**

HAP PROVIDES

Senior Center	Senior Meals
Ladies Tea	Senior Trips
Blood Pressure Checks	Bingo
Medical Food Clinic	Luncheons
HAP-py Thrift Store	

HAP NEEDS VOLUNTEERS!

Work with HAP-py co-volunteers, just three hours a week!

HAP NEEDS ACTIVE BOARD MEMBERS!

Merge your skills and talents with other passionate volunteers, just 8-10 hours a month!

THIS NEW YEAR IS CRITICAL—YOU ARE NEEDED, NOW, TO HELP US EXPAND NEEDED SERVICES AND SUPPORT FOR TRI-LAKES SENIORS.

Please contact HAP board president, Dave Betzler, at 719 205-7651 for more information.

Adult/Senior Day Care Service



Sonja Search—Director

755 HWY. 105 Unit C
Palmer Lake, CO 80133

(3/4 mile west of Monument Safeway)

(719) 488-1415

LiftingSpirits@QwestOffice.net

Tri-Lakes HAP-py Feet

Foot Care Clinic

Second Wednesday and last Friday of each month

In the Tri-Lakes Senior Citizens Center

\$30 per appointment (by appointment only)

For appointments call Visiting Nurse Association at 719-577-4448 (new phone number)

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
- ✓ Foot care education

(financial assistance available from Tri-Lakes HAP for qualifying applicants)

Balance Builders

Improve Strength, Mobility, Reaction Time

Classes in the Senior Citizens Center Mon. 9:30-10:15 AM

(719) 649-3535

Space is limited so call today!

\$4/class, 1 month commitment ~ Licensed & Insured

Melinda Sukle, Certified Exercise Instructor, serving seniors since 1996

BINGO!

Saturdays, 7-9 PM; Palmer Lake

American Legion Post 9-11 hosts

BINGO at the Depot Restaurant in

Palmer Lake. For more information call

719 481-8668 or visit the post website:

www.AmericanLegionTriLakesPost911.com

Crystal Peak Fitness



Hi! My name is Carrie and I'm a Certified Personal Trainer*. Senior Fitness Specialist also Parkinson Wellness Recovery (PWR) AS we age we loose muscle mass, balance, and coordination. It's important to work on these things for accident prevention.*

I will come to you and we can work where you are most comfortable, Also I will get you on a good nutrition plan.

*Please call for a free consultation
719 499-0222

FREE TRANSPORTATION FOR SENIOR CITIZENS

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Senior Services (MCSS) program, funded by the Pikes Peak Area Agency on Aging. Donations are gratefully accepted.



- MCSS 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

Volunteers Needed

Additional volunteer drivers are 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 the MCTS dispatcher at 488-0076.

HAP Seniors Working Group

Second Monday of each month, 1 - 2 PM, Senior Center

This working group is a standing committee of the Tri-Lakes Health Advocacy Partnership Board of Directors. The Group oversees HAP programs for senior citizens and examines potential new programs. Anyone interested in supporting programs for senior citizens is encouraged to attend this open monthly meeting.

THE PALMER LAKE HISTORICAL SOCIETY

presents

THE BATTLE OF NEW MARKET

Thursday, February 19, 7 PM
Palmer Lake Town Hall
28 Valley Crescent, Palmer Lake

The public is invited to a free and fascinating presentation on the Civil War battle at New Market, Virginia.

Participants in the battle included cadets from

the nearby Virginia Military Institute (VMI).

A landmark from this battle is the "Field of Lost Shoes,"

which was named for the shoes lost by VMI cadets in the muddy field during the battle. The Confederate victory pushed the Union Army from the Shenandoah Valley and allowed the local crops to be harvested for Robert E. Lee's Army of Northern Virginia.



Pat McCarthy, a member of the Historical Society, will describe key aspects of the battle and its impact on General Grant's efforts to seize the Shenandoah Valley and ultimately the Confederate Capitol of Richmond. Pat will also relate the "strange" genealogy of one Southern soldier who participated in the battle.

Light refreshments will be served.

For more information, visit our website at www.PalmerDivideHistory.org or call 719-559-0837.

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

February Lunch Menu

Mondays and Thursdays

Noon at 166 Second Street, Monument

\$2 voluntary donation suggested

Monday, Feb 2 – Bratwurst, pinto beans, red cabbage, bread, applesauce.

Thursday, Feb 5 – **No meal on first Thursday**

Monday, Feb 9 – Stuffed peppers, mashed potatoes, carrots, orange, bread, cookie.

Thursday, Feb 12 – Roast beef, mashed potatoes with gravy, broccoli, roll, apple, cookie.

Bingo follows lunch.

Monday, Feb 16 – **Closed for Presidents Day holiday, no meal served.**

Thursday, Feb 19 – Baked ham, sweet potatoes, California blend vegetables, roll, yogurt, pear.

Monday, Feb 23 – Pasta, meat sauce, spinach, breadstick, orange, cookie.

Thursday Feb 26 – Pork chops, mashed potatoes with gravy, peas, low sodium V-8, roll, 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.

Senior Beat is a free monthly publication of Tri-Lakes Health Advocacy Partnership. Total circulation is approximately 600: about 350 by mail, 140 emailed, and 110 distributed to local businesses. Local businesses may request to be added to the monthly distribution of the newsletter. Free subscriptions are available; request by email at SeniorBeat@TriLakesSeniors.org or call HAP at 719 464-6873. Free, one-time personal ads for local residents are accepted on a space-available basis. Paid advertisements are accepted for publication in the *Senior Beat*. Guidelines and pricing are at www.TriLakesHAP.org, select Senior Programs, then Senior Beat Newsletter; or send an email to SeniorBeat@TriLakesSeniors.org or call us at 719 464-6873 to request advertising pricing information and guidelines.

Wednesdays

Noon at 146 Jefferson Street, Monument

School District 38 Admin Building, "Big Red"

\$3 voluntary donation suggested

Feb 4 – Italian sausage sandwich, coleslaw and chips. **Free blood pressure screening**

Feb 11 – Ham, scalloped potatoes and salad.

Feb 18 – Raspberry chipotle chicken, roasted potatoes and salad.

Free blood pressure screening

Jan 28 – Lasagna, Caesar salad, garlic bread

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 LUNCHES
ARE ANOTHER PROUD ACTIVITY OF**



SENIOR SAFETY HANDYMAN SERVICES

Senior Safety Handyman Services 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.

This program is funded by the Pikes Peak Area Agency on Aging and offered to the Tri-Lakes region by Mountain Community Senior Services (MCSS).

Call MCSS at 488-0076 and leave a message for Cindy Rush. More information is on our web site: 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.

February Program Schedule

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

Mondays 9:30-10:15 Balance Builders hosted by Melinda. Please call 649-3535 for space availability.

2nd Monday 1-2 PM 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

3rd Tuesday 1-3 PM Ladies Tea. February theme: Tea Time Hats--wear your finest hat to show off to everyone! Summit Glen Gracious Retirement Living is the February tea sponsor. please contact Irene at 484-0517. Come and enjoy the fun, socialize and meet new friends! Please bring a side, salad or dessert to share with the group. Everyone is welcome!

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

2nd & 4th Thursdays 1-4 PM Bridge hosted by Syble. Reservations are preferred; please call Roger and Syble at 488-2669. Walk-ins are welcomed.

Fridays 1-4 PM National Mah Jong hosted by Lee Burton

Fridays 2:30 PM Tai Chi: Moving for Better Balance

Hosted by Melinda. Please call 649-3535 for space availability.

Last Friday of the Month Foot Care Clinic by appointment only.



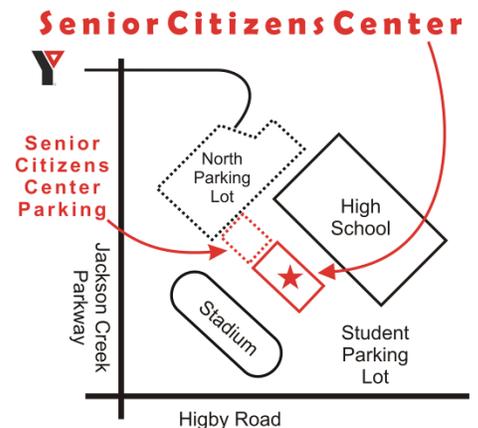
Senior Center Phone Number
 You can reach the Center at (719) 757-1423. However there is no paid staff at the Senior Center. Calls, when answered, are answered by volunteers; please be patient.

Also available

- * Cable programs on big screen HDTV
- * 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 HOST, EVEN IF OUTSIDE THE ADVERTISED OPERATING HOURS OF THE SENIOR CITIZENS CENTER, PLEASE CONTACT GERRY BY EMAIL (PAPADUFFY28@HOTMAIL.COM) FOR SCHEDULING INFORMATION.

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



February 2015 **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!

Proceeds support Tri-Lakes HAP Senior Programs.

Thrift Store

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

February Specials

CUSTOMER APPRECIATION WEEK
MON. FEB 2 THRU SAT. FEB 7

20% OFF EVERYTHING!

THEN, MON. FEB 9 THRU SAT. FEB 28

20% off all Kitchenware

Every Wednesday Senior Discount:
20% off everything
for those 62 and older!

Please note: discounts may not be combined.

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.



VOLUNTEERS 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. Thrift Store proceeds support programs and a Senior Center for senior citizens in the Tri-Lakes area.