

TLWC Meeting Hosted at Senior Center

A dozen members of Tri-Lakes Women's Club (TLWC), a well-established local non-profit organization, happily took advantage of the redecorated Senior Center to hold a major committee meeting on February 13th. Susanna Peters and Barb Betzler, both TLWC Co-Presidents, organized and facilitated the meeting. TLWC committee members appreciated the Center's flexible seating capability, marker boards and the HAP-provided Serrano's Coffee.

HAP's Board President, Dave Betzler, provided a short overview of HAP programs and capabilities that focus on seniors and community health. In his words, "We are delighted TLWC is using this community facility and we are most appreciative of TLWC's financial support which enabled us to re-carpet virtually the entire Center."



Tri-Lakes Women's Club meeting at the Senior Center.

Susanna Peters thanked HAP by saying, "We really enjoyed using the Senior Center; it's such a warm and welcoming facility."

Barb Betzler added, "The Center provided an excellent venue for our committee work today, and we're especially looking forward to being able to use the Senior Center to prepare for our Bake Sale that supports our upcoming Pine Forest Show & Sale on May 2-3."

A reminder: the Senior Center is a Tri-Lakes community asset that HAP operates in partnership with School District 38, currently open Tuesday

Sheriff's Office Citizen's Academy

The El Paso County Sheriff's Office is now accepting applications for the first Citizens' Academy being held in 2015.

The Citizens' Academy will begin on Tuesday, April 14, 2015, and will be held on Tuesday evenings, 6 to 9 PM. The Academy will be conducted over a nine week period, ending Tuesday, June 9.

The Academy will offer participants a broad overview and unique insight into the various functions of the Sheriff's Office. Participants will have the opportunity to participate in a ride-along with deputies to observe first hand the variety of calls handled by the Sheriff's Office. A tour of the Criminal Justice Center will be conducted to demonstrate the challenges facing our detention staff. Topics of discussion will include the intricacies of a criminal investigation as detectives take them through the investigative process. Additionally, participants will learn about use of force, vice and narcotics operations, and emergency services, which includes our Wildland Fire and Search & Rescue teams.

The Citizens' Academy also serves as a pre-requisite for those who are interested in volunteering in the Sheriff's Citizen Patrol (SCP) volunteer program. Citizens' Academy attendees interested in this program would be required to complete the SCP Training Academy for an additional four weeks.

Those interested in attending the Citizens' Academy may contact the Volunteer Program Coordinator, Cathryn Richards, at 719-520-7216 to request an application, or download an application at www.EPCSheriffsOffice.com. Applications must be returned no later than 5 PM, Monday, March 23rd.

There is no charge to attend the Citizens' Academy, however seating will be limited to the first forty completed applications received. 📦

through Friday 1 to 4 PM. HAP encourages broad community use, so please check out the Senior Center for your club, group, or organization and contact the Senior Center host, Gerry McDuffee at the Senior Center during the operating hours with your plans. 📦

Enough Already

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

Does all the debating, finger pointing, and opinionating in the media about how to tame the out of control healthcare costs have your head spinning? Keep this one fact in mind. We have known since the Institute of Medicine published their report in 1998 that the culprit behind this problem is **overtreatment**.

Many of the over 250,000 heart bypasses, 569,000 hysterectomies, 542,000 hip replacements, and 500,000 ear tube surgeries performed each year in the U.S. are unnecessary. The same is true for the millions of diagnostic tests, screenings, x-rays, and procedures done each year.

Rather than casting blame, let's look at some basic human factors behind this overuse and overtreatment.

Uncertainty and fear. When a doctor is not sure what is wrong, he will throw everything available at the problem, regardless of how remote the benefit might be. Fear of failure, fear of overlooking something, fear of misdiagnosing, fear of a patient paying the ultimate price are all great motivators for doctors ordering a slew of test, images, and drugs. Peer pressure is another form of fear. A primary care physician referring her patient to a specialist puts an added burden on that specialist to deliver results. Out of fear of letting another physician down, the specialist may overtreat the referred patient.

Enthusiasm. People don't become doctors so they can sit back and watch. They are programmed to "do something." Most are sincerely interested in helping you. However, they may become misguided by their excitement and overzealous in using all the gadgets at their disposal. Every day we hear about some great new invention in the medical field. Of course physicians have trouble resisting the urge to try out those new toys – on you!

Competence and knowledge. Let's face it, some doctors are better diagnosticians than others. And the doctors who lack diagnostic skills are the ones who tend to order an overabundance of tests, images (x-rays and scans) to make up for their limited capacity. Each physician's knowledge is also limited by her experience. If she has never seen a condition like yours, she has no frame of reference.

Overuse is not only costly, it can also be bad for your health. As a savvy health care consumer, there are question you can ask your doctor to help protect yourself.

1. Is there a less invasive, less harmful way to get the information? (Every x-ray, scan, procedure exposes you to possible harm.)
2. Have you seen or treated this condition before in other patients?
3. Why are you recommending this course of treatment or medication?
4. How do you know if it works? (Is it evidence-based? Prove it!)
5. What makes you believe it is the correct route for *me*? And a question that may cause your doctor to raise her eyebrows...
6. Would you be ordering this test or this treatment if I did not have Medicare?

Asking these questions may not reverse spiraling healthcare costs. But it can protect you from the risks of overtreatment. We have to be willing to put our foot down and say, "Enough already!" 📦

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 contact the author directly by phone at (719) 481-6440 or by email at michele@medsavvyhealthadvocates.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

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

Charles Fox Gardiner, Colorado Medical Pioneer

Saturday, March 7, 1:30 – 3:30 PM

As portrayed by storyteller and writer John Stansfield, Dr. Gardiner's long life (1857-1947) captures the essence and adventure of practicing medicine in late-nineteenth and early-twentieth century Colorado. No reservation necessary.

Voices of Cripple Creek

Sunday, March 15, 2 – 3:30 PM

Local video producer Jim Sawatzi will show his 1-hour "Voices of Cripple Creek" movie (sequel to "Treasure of Cripple Creek"). Discussion to follow. No registration necessary.

Fire Mitigation

Saturday, March 28 10 – 11:30 AM

Local firefighters will talk about fire mitigation and how to keep you and your property safe. No registration necessary.

Monumental Readers

Friday, March 20, 10 AM – noon

This month's selection is, *The Rosie Project*, by Graeme Simsion, an international bestselling romantic comedy. Everyone is welcome to attend this monthly discussion.

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.

Survey Results: Seniors Luncheon

Lunch Survey sheets were distributed in January to seniors who attended a Wednesday seniors luncheon. The Wednesday luncheon is hosted by Tri-Lakes Health Advocacy Partnership (HAP) and prepared by Pinecrest Catering in Palmer Lake.

Twenty-eight surveys were completed and returned and the results have been tabulated and reviewed.

The survey had 14 questions: the first two asking about the respondent's participation in the luncheon; the next five let respondents rate, on a scale from 1 to 9, various characteristics of the luncheon; and the last seven offered respondents an opportunity to express opinions by short reply.

Ninety percent of surveys were completed by people who attended the luncheon at least 10 times a year, and most attended over 20 times a year.

The second question asked when the respondent started attending the luncheon. About 60% have been attending for more than two years; only six started attending in 2014.

Questions 3 through 7 gave a 1 to 9 scale on which to reply to the question. Question 3 asked about meal variety; a 1 being poor, 5 being acceptable, and 9 excellent. Thirty percent rated variety above acceptable, half rated it acceptable, and 20 percent rated variety below acceptable.

Question 4 rated overall impression of the meals. One quarter of respondents had a slightly below average impression, 40% rated around average, and the remaining 35% rated impression above average.

Question 5 rated the amount of food. A majority of 65% were satisfied with the quantity, 10% wanted more, and 25% felt servings were too large.

Asked about the the time the meal is served (noon) 25 of 28 respondents were satisfied, one rated it slightly too early and two rated it a bit late.

The amount of time allowed for the meal was "about right" for 25 respondents; two felt it slightly too short, and one rated it as a too much time.

The remaining questions gave an opportunity to write responses. Not many of the returned surveys had responses to these questions.

Question 8 provided the most replies. It asked what was enjoyed most about the luncheon. A solid majority replied it was the social experience. Two cited the meal and two replies included compliments to the volunteers who serve the meal.

Question 9 asked what was least liked about the meal. Not many responses see [Survey](#), page 4



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.

Survey *continued from page 3*

were received, but those received included lack of variety, lack of milk, and amount of noise in the room.

Questions 10 and 11 asked what food should be eliminated and what should be added. Brats were identified by 6 people as a suggested deletion. Also identified as undesirable was spicy food. Soups were repeatedly listed as a preferred addition to the menu. Some other preferred additions were fish, vegetables, stews, and roast turkey.

Question 12 and 13 asked for feedback about presentations during the lunch. Fourteen liked presentations (one added that they should not be solicitations); two didn't like them. Fire safety was offered as a suggested future presentation.

The last question asked for suggestions on how to improve the luncheon. Replies included more variety and improved nutrition.

HAP thanks all who completed these surveys. They were very informative and will offer excellent guidance for future improvements. 📦

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

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

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

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 for all collected flags. This free service to the community is proudly provided by the Post.

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.

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 | ✓ Monofilament test |
| ✓ Callous and corn buffing | ✓ Skin condition check |
| ✓ Toenail clipping/trimming/filing | ✓ Pulse check in both feet |
| ✓ Circulation check | ✓ Foot care education |

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

THE PALMER LAKE HISTORICAL SOCIETY

presents

KID CURRY'S LAST RIDE

Thursday, March 19, 7 PM

Palmer Lake Town Hall

28 Valley Crescent, Palmer Lake

The public is invited to a free and fascinating presentation on the last ride of Harvey Logan, aka Kid Curry, one of the worst of the infamous "Wild Bunch."

Curry, an old west gunman and outlaw, rode with Butch Cassidy and the Sundance Kid, and was known to "eat lawmen for breakfast." His outlaw days were ended by a rancher from Parachute, Colorado, who joined the posse to retrieve a stolen horse.



Standing (L-R): Will Carver, Harvey "Kid Curry" Logan
Seated: Harry "Sundance Kid" Longabaugh, Ben "The Tall Texan" Kilpatrick, Robert Leroy "Butch Cassidy" Parker. (1901)

Ann Williams, whose great grandfather was the Colorado rancher who ended Kid Curry's crime spree, is a noted author and speaker from Pueblo West. She weaves an enlightening tale of Curry's exploits through firsthand accounts of the outlaw's life as recounted by his "soiled dove" girlfriend.

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.

March Lunch Menu

Mondays and Thursdays

Noon at 166 Second Street, Monument

\$2 voluntary donation suggested

Wednesdays

Noon at 146 Jefferson Street, Monument

School District 38 Admin Building, "Big Red"

\$3 voluntary donation suggested

Notice

Unfortunately the March lunch menu was not received before the Senior Beat went to press. The lunch menu will be available at the Monday and Thursday luncheon as a separate handout once received. Thank you for your interest in the Senior Luncheons!

Mar 4 – Lasagna, garlic bread and Caesar salad.

Free blood pressure screening

Mar 11 – Tuna on a croissant, avocado, chips.

Mar 18 – Chicken with artichokes, rice and salad.

Free blood pressure screening

Mar 25 – Chicken Caesar salad and 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. 481-33

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.



WEDNESDAY SENIOR LUNCHEONS 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.



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.

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.

March Program Schedule

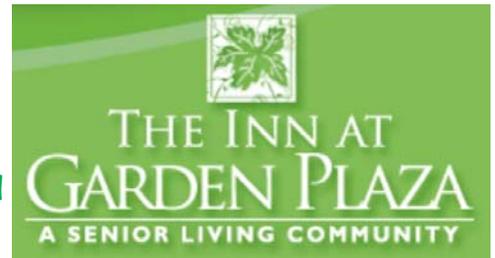
Please check our web site, www.TriLakesSeniors.org, for schedule updates.

2nd Monday 1-2 PM Seniors Working Group hosted by HAP. Come and learn how you can make a difference in community programs for seniors as a HAP volunteer.

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. March theme: *Let's Go Green!*--We encourage everyone to wear something green in celebration of St. Patrick's Day. This event is sponsored by The Inn at Garden Plaza. Please bring a side, salad or dessert to share with the group. Everyone is welcome! Questions? Contact Irene at 484-0517. Come and enjoy the fun, socialize and meet new friends!



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. 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.

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

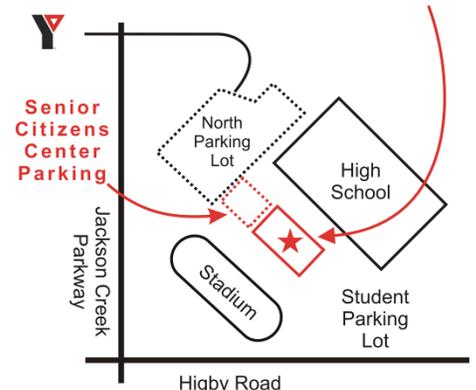
- * Cable programs on big screen HDTV
- * Board games
- * Lending library
- * PC w/Internet
- * Refreshments
- * Information table
- * Treadmill
- * Ping pong
- * Relax and socialize

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.



Senior Citizens Center



March 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

March Specials
20% off for ALL
Pictures
and
Frames!

Every Wednesday Senior Discount
20% off everything
for everyone 62 years 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.