

Transitions for HAP

A Happy New Year to each of you! From HAP's formation in 1996, a succession of Board officers and members, *all volunteers*, have come together (*more or less*), stayed together and worked together (*most of the time!*). HAP has achieved successes both as an organization focused on our senior community and as an advocate and partner in improving the Tri-Lakes community. The past year has been an interesting, eventful and stressful period, but we believe we've weathered the difficulties and are headed forward toward a bright future in this new year.

We began 2015 with five board members, successfully added three new members, and held a half-day strategy session in July to plan our organizational future. That board strategy session led to a refocused mission on senior citizens, a decision to review and improve Thrift Store operations, hiring of our first part-time staff member, Sue Walker, and selection of a new organizational name, Silver Alliance.

Any organizational change, however well-intended and managed, creates stress; and the changes we've undertaken, have stressed us to the max. Each of the HAP/Silver Alliance family of volunteers has been affected, from our long-serving Board members to our skilled and dedicated volunteers at the Senior Center, Senior Meals and Thrift Store. These new but necessary changes are focused on strengthening our services and improving our capabilities to better serve area seniors.

And yes, these changes have resulted in significant organizational turbulence and turnover. The Board of Directors, in the last eight months, has sadly counted the departures of Leslie Mundy/Secretary and newly added members, Melanie Helton, Lynda VanDyke, and Penny LeNeuveu, Mark Seglem/Vice President also resigned due to business and family concerns. Our sincere thanks go to each of these dedicated volunteer members for their valuable contributions and dedicated service.

As a Board, we are especially saddened by the recent resignation of Colleen Garwood/Treasurer,

who has served ably and well for almost seven years. In addition to being treasurer, Colleen has chaired the Senior Working Group, managed the Thrift Store, organized annual health fairs, and handled insurance and tax matters flawlessly. Colleen has been a HAP stalwart. She will be sorely missed, and we wish the very best for her in the future. We also salute Linda Ousnamer who has served as bookkeeper for over six years, providing dependable, accurate and timely financial accounting. Finally, the Board is sincerely thankful and appreciative of a number of key Thrift Store volunteers who have provided dedicated and invaluable service for many years and have now decided to explore other service opportunities.

In our continuing organizational transition, the need for volunteers and Board members is a paramount concern. **We need individuals with a passion for seniors and for volunteer service!** Sue Walker will be reaching out to community groups and individuals, seeking volunteers for Silver Alliance, folks that can provide a few hours per week in the Thrift Store and Senior Center, or with Senior Meals. More than ever, community volunteers will be crucial in 2016. Volunteering is simple: just email admin@trilakeshap.org or call (719) 464-6873.

— Dave Betzler, HAP Board President

Meet Our Program Coordinator

I am Sue Walker, the new Program Coordinator for Tri-Lakes HAP. I was born and raised in Queens, NY and moved to the Tri-Lakes area in 1995. I'm married to a wonderful husband and have two awesome daughters, a freshman at St. Mary's College in California and a senior at Palmer Ridge High School.

My involvement in the community over the past 20 years has given me numerous opportunities to meet some fabulous people. I have contributed many hours at Palmer Lake Elementary, Lewis



see Walker, page 5

MONDAY MOVIE MATINEE

Senior Center, Every Monday 1 – 4 PM

*HAP provides FREE movies and snacks
so you can just sit back and relax!*

Feb 1: The Over The Hill Gang. A group of retirees who were once Texas Rangers get together to take down a crooked Nevada mayor and his cronies. When the quartet realize they aren't exactly the fastest guns in the West anymore, they're forced to use their brains rather than brawn. Stars Walter Brennan, Andy Devine, Jack Elam, Pat O'Brien 1969. Not Rated. Comedy, Western. 1 hr 15min

Feb 8: Moneyball. Oakland A's general manager Billy Bean challenges the system and defies conventional wisdom when he is forced to rebuild his small-market team on a limited budget. Despite opposition from the old guard, the media, fans, and their own field manager, Bean, with the help of a young Yale-educated economist, develops a roster of misfits that forever changes the way the game is played. Based on a true story. Stars Brad Pitt, Jonah Hill. 2011 PG-13. Comedy, Drama. 1 hr 44 min

Feb 15: How Do You Know. When everything she's ever known is taken away from her, Lisa begins a fling with a major league baseball player and self-centered ladies' man. Before their relationship takes off, Lisa meets a straight-arrow businessman facing his own serious issues. Just when everything seems to be falling apart, it doesn't. Stars Jack Nicholson, Reese Witherspoon, Owen Wilson 2015. PG-13. Comedy, Romance. 2 hr 1 min

Feb 22: The Great Debaters. A brilliant but political radical debate team coach uses the power of words to transform a group of underdog African American college students into an historical powerhouse that took on the Harvard elite. Based on the true story of Melvin B. Tolson, a professor at Wiley College, Texas. Stars Denzel Washington, Forest Whitaker, Kimberly Elise 2007 PG-13. Biography, Drama. 2 hr 4 min

Feb 29: Marty. Bronx butcher Marty Piletti remains as shy and uncomfortable around women as the day he was born. He meets Clara, a lonely schoolteacher who's just as smitten with him as he is with her. He's on top of the world, but when his friends and family find fault with Clara, Marty begins to question his newfound love until he discovers the strength and courage to follow his heart. Winner of four academy awards including Best Picture and Best Actor. Stars Earnest Borgnine, Betsy Blair, Esther Minciotti 1955. Not Rated. B&W Drama, Romance. 1 hr 30 min

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

Meet Local Author Robert Liparulo

Sunday, February 14, 2 – 3:30 PM

Join this author of teen and adult thrillers for an informal discussion on the writing life, pursuing your passion, and other writing topics. No registration necessary.

The True Story of the Palmer Divide

Sunday, February 21, 2 – 3:30 PM

Local video producer Jim Swatzki will show two of his historical videos: "Milestones: A History of Monument, Colorado," and "Divide Country: A History of Palmer Divide Ranching Families." No registration necessary.

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.

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.



HEALTH ADVOCATES

Healthcare Got You Puzzled?

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(719) 481-6440 michele@medsavvyhealthadvocates.com

Medical Travel—It's Not Just For Celebrities

by Michele Hanley, BS, MPA, Independent Patient Advocate

Did you hear? One of your friends just got back from having a little nip and tuck done overseas. She looks great and she saved a bundle! Another friend had extensive dental work done in South America and said he was glad he made the trip.

People have been traveling to seek medical treatment for centuries; from gurus and shamans to mud baths and hot sulfur springs. We've certainly witnessed this in the US where patients have been willing to leave home to have their heart conditions treated at Johns Hopkins, their cancer cared for at MD Anderson, and orthopedic issues set at Mayo Clinic. Our own UCCS campus began life as a destination tuberculosis sanitarium where the high, dry air didn't cure tuberculosis but it helped ease the pain and extended many patients' lives.

In the past, such travel was usually confined to the wealthy or those whose medical circumstances were so dire that it was a last-ditch effort for a cure. And most Americans tended to stay within the confines of the US where we believed we had the best healthcare in the world.

While many patients continue coming into the US from abroad to seek treatment at our best facilities, the number of US citizens traveling out to foreign countries for care has significantly increased over the past 10 years. There are several reasons for this.

First, it's true, the cost savings can be startling. Dental care in Mexico can be 50% cheaper than in the US. Cosmetic surgery in Costa Rica, 60% less. Cardiac care in India or Singapore, 40-90% savings.

Also, the quality of health care in other countries has improved dramatically. In many instances, medical care in other countries has reached or surpassed the quality available closer to home with shorter wait times and friendlier staff.

Medical travelers can also find specialty treatments abroad they can't get in the US or that are excluded from their insurance coverage.

A possible bonus - if they plan wisely and **realistically**, patients and their travel companions might be able to combine the trip with a vacation.

Of course, safety and quality of the care should be the most important concerns for medical travelers. Here in the US we have the Joint Commission on the Accreditation of Hospitals, the American Medical Association, and other groups who are charged with

safeguarding patients. There are similar international organizations performing these duties for hospitals and other care providers around the world. Also, the International Society for Quality in Health Care (ISQua) has been busy since 1984 overseeing these international accreditation agencies.

Before taking the plunge into international medical travel, ask yourself:

- Would the treatment cost \$6000 or more in the US? Then you can find it cheaper abroad.
- Do I have someone to travel with me? Can language be a barrier where I am going?
- Will my insurance cover any of the cost? Is financing available?
- How receptive is my primary care provider to coordinating treatment with a physician in another country?
- Should I use a medical travel facilitator or global patient advocate?

You'll also want to consult organizations such as the Joint Commission International and the International Society of Travel Medicine to research potential service providers. And I recommend reading Josef Woodman's book, *Patients Beyond Borders*.

Author Michele Hanley has lived in Monument for over 21 years. She 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 (www.medsavvyhealthadvocates.com). Michele can be reached by email at michele@medsavvyhealthadvocates.com or by phone at (719) 481-6440.

**Interested in playing chess?
Want to share your interest?**

Any age. Any skill.
No cost. No obligation
Bring a board and pieces
if you have them.

Chess Nuts



5 to 9 PM, Feb 10 & 24
Tri-Lakes Senior Center
(On Lewis-Palmer HS
campus next to
the stadium.)

See www.TriLakesHAP.org/chess for more information.

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.

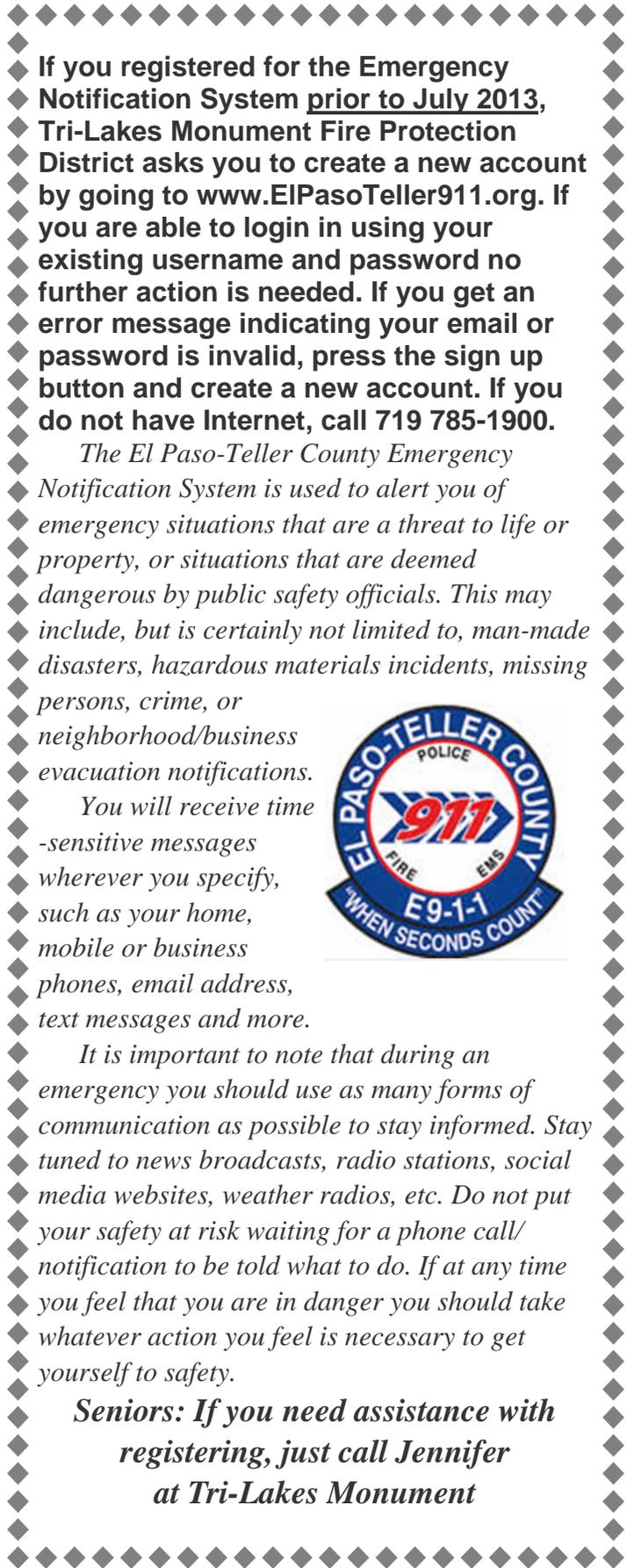
For more information, visit our web site www.TriLakes-MCTS-SSHS.org

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. MCSS 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 MCSS dispatcher at 488-0076.



If you registered for the Emergency Notification System prior to July 2013, Tri-Lakes Monument Fire Protection District asks you to create a new account by going to www.ElPasoTeller911.org. If you are able to login in using your existing username and password no further action is needed. If you get an error message indicating your email or password is invalid, press the sign up button and create a new account. If you do not have Internet, call 719 785-1900.

The El Paso-Teller County Emergency Notification System is used to alert you of emergency situations that are a threat to life or property, or situations that are deemed dangerous by public safety officials. This may include, but is certainly not limited to, man-made disasters, hazardous materials incidents, missing persons, crime, or neighborhood/business evacuation notifications.

You will receive time-sensitive messages wherever you specify, such as your home, mobile or business phones, email address, text messages and more.



It is important to note that during an emergency you should use as many forms of communication as possible to stay informed. Stay tuned to news broadcasts, radio stations, social media websites, weather radios, etc. Do not put your safety at risk waiting for a phone call/ notification to be told what to do. If at any time you feel that you are in danger you should take whatever action you feel is necessary to get yourself to safety.

Seniors: If you need assistance with registering, just call Jennifer at Tri-Lakes Monument



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



TRI-LAKES HEALTH ADVOCACY PARTNERSHIP

Foot Care Clinic

Second Wednesday and last Friday of each month.
In the Tri-Lakes Senior Center

Services include...

30 minutes with a registered nurse	Circulation check
Toenail clipping/trimming/filing	Monofilament test
Callous and corn buffing	Foot care education
Pulse check in both feet	Skin condition check

\$30 per appointment (no walk-ins please)
For appointments call the VNA at 1 (719) 577-4448 (NEW)

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

Walker *continued from page 1*

Palmer Middle School, and at Palmer Ridge High School hosting a variety of events such as book fairs, senior luncheons, dances, fun runs, and many other activities. I teach Silver Sneakers at the Tri-Lakes Y and senior classes at Tri-Lakes Fitness. I've been in the fitness industry for over 30 years.

My most recent position was working for the Landsharks Running Club, which is a non-profit organization for elementary school children that embraced over 60 schools. During my 11 years with Landsharks, I was the assistant to the Executive Director and was responsible for building and maintaining their running programs, hosting events, and establishing a relationship with the local communities.

Some of my duties as the new Program Coordinator will include assisting the HAP Thrift Store in Palmer Lake. I'll be helping with the items that are donated, scheduling pick-ups of goods for the store, and assisting the volunteers. I'll also be organizing fun activities at the senior center, including day trips, workshops, and fitness classes. I would also like to expand our meals program in the Monument/Palmer Lake area. This will involve grant writing, which in return will help fund our senior center.

I'm very excited to be able to be involved with the senior community and look forward to meeting you!

SENIORS *Blue Book*

The 2016 edition of the Seniors Blue Book is now available at the Seniors Center. This free publication is a handy reference to the extensive variety of resources supporting senior citizens throughout the Pikes Peak region. Stop by the Tri-Lakes Seniors Center to pick up your copy.




New Day Cottages
Assisted Living Homes

Administrator Steve Feldman • newdaycottages@q.com
 10975 Howells Road • Black Forest • CO 80908
 Office: 719-266-1100 • Fax: 719-264-7761
www.newdaycottages.com

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 \$10 advance on-line
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 Students free
www.rmमाणline.org

Final Performance of the Season
 February 6, 7 PM, Tri-Lakes United Methodist Church
 20256 Hunting Downs Way, Monument
Baroque Ensemble
 Featuring harpsichord and strings

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.



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

- Mon. Feb 1** – Bratwurst, mashed potatoes, carrots, bread, apple.
- Thr. Feb 4** – No meal on first Thursday.
- Mon. Feb 8** – Beef stew, lima beans, bread, orange, cookie.
- Thr. Feb 11** – Baked ham, sweet potatoes, California blend vegetables, roll, yogurt, pear.
Bingo follows lunch.
- Mon. Feb 15** – **No meal served in observance of Presidents Day.**
- Thr. Feb 18** – Roast beef, mashed potatoes with gravy, broccoli, roll, apple, cookie.
- Mon. Feb 22** – Beef burgundy, mashed potatoes, lima beans, bread, apricots.
- Thr. Feb 25** – Chicken cordon blue, mashed potatoes with gravy, spinach, raisin nut cup, roll, strawberries.
- Mon. Feb 29** – Leap year meatball subs with sauce; carrot raisin salad, cookie and orange.

Milk is served with each meal. The Monday and Thursday luncheons are provided by the good folks at Golden Circle Nutrition Program as part of the Colorado Springs Silver Key Program, delivered to Monument by volunteers of the Kiwanis Club of Monument Hill .

Wednesdays

Noon at 146 Jefferson Street, Monument

School District 38 Admin Building, “Big Red”

\$3 voluntary donation suggested

- Feb 3** – Spaghetti and meatballs, Caesar salad, garlic bread. **Free blood pressure screening**
- Feb 10** – Raspberry chipotle pork, roasted potatoes and vegetable medley.
- Feb 17** – Chicken Caesar salad with garlic bread.
Free blood pressure screening
- Feb 24** – Bratwurst with sauerkraut, coleslaw and chips.

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.

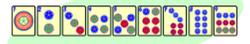


Senior Beat is a free monthly publication of Tri-Lakes Health Advocacy Partnership. Total circulation is approximately 750: about 360 by mail, 140 emailed, and 150 distributed to local businesses. Local businesses may request to be added to the monthly distribution of the newsletter. Free subscriptions 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 Monday through Friday, 1 – 4 PM, and other times to accommodate a scheduled activity. No membership fees.

February Program Schedule

Open Presidents Day, Feb 15! Please check our web site, www.TriLakesSeniors.org, for schedule updates.

Mondays 1-4 Monday Movie Matinee A free activity hosted by HAP.

(See movie schedule on page 2)

Tuesdays Noon-4 PM Pinochle

Tuesdays 1:15-2:15 PM Line Dancing Hosted by Kay

3rd Tuesday 1-3 PM Ladies Tea. February's theme is "A Valentine Celebration" and is sponsored by The Bridge at Colorado Springs. Come and enjoy the fun, socialize and meet new friends! Please bring a side, salad, or dessert to share, and bring some Valentine candy to trade. See you there! Questions? Contact Irene at 484-0517.

2nd Wednesday Foot Care Clinic by appointment only.

3rd Wednesday 1-3 PM Bingo Hosted by Curt

2nd & 4th Wednesdays 5-9 PM Chess Nuts Chess lovers unite! Come by for a game of chess, or to just talk chess. Please arrive not later than 6 PM. Doors will be locked up after the last game is finished.

Thursdays 1-4 PM Pinochle

2nd & 4th Thursdays 1-4 PM Bridge Hosted by Syble. Reservations are preferred but walk-ins are welcomed. Please call Roger and Syble at 488-2669.

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

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



Thank you to the following businesses that have provided gifts for our Bingo drawings: Rosie's Diner, Coffee Cup Cafe, Dominoes Pizza-Monument, The Roost-Monument, In The Moo, Starbucks-Hwy 105, King Soopers, Texas Roadhouse, and Walmart. Please patronize these businesses and thank them for their support to HAP.

Also available

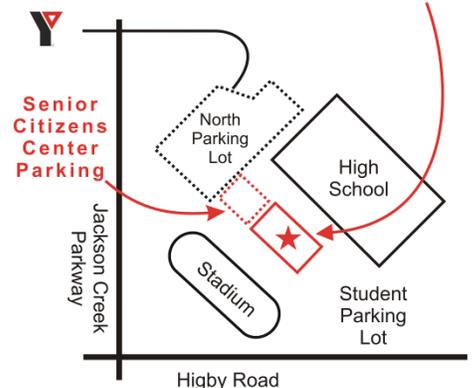
- * Cable programs and movies on 60" HDTV
- * Board games
- * Lending library
- * PC w/Internet
- * Refreshments
- * Information table
- * Treadmill

IF YOU HAVE AN EVENT YOU WOULD LIKE TO HOST, EVEN IF OUTSIDE THE ADVERTISED OPERATING HOURS OF THE SENIOR CITIZENS CENTER, PLEASE SEND AN EMAIL TO ADMIN@TRILAKESHAP.ORG.

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



Senior Citizens Center



February 2016 **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.



HEALTH ADVOCACY PARTNERSHIP

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 Special
20% Off All
Pictures and Frames

Bring in this ad and get
25% Off Any One Item!

Saturdays: Select items half price.
Every Wednesday Senior Discount
20% off everything for
everyone 62 years and older!

Donate your furniture to the Thrift Store and we will come pick up your items! Call 719 488-3495.

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.