

A New Year, A New Beginning

by David Betzler, HAP Board Vice President

As we begin a new year, the Tri-Lakes Health Advocacy Partnership (HAP) Board is investing time and energy to review our mission statement, the guiding statement of who we are, what we believe, and what we do. Simultaneously, we are working hard toward development of a longer term vision, and the necessary plans that will guide and inform our efforts in the coming years. We are reaching out to find more about our Tri-Lakes seniors: who they are; where they live; something about their major needs and interests—all of which will help HAP better plan for the future.

As we begin reviewing our mission, it's important to gain and maintain a "senior" perspective on our growing, and changing, Tri-Lakes community. The "Area Population Changes" article (see December *Senior Beat* newsletter) provided some initial and eye-opening insights about the Tri-Lakes area and our seniors.

- Our population grew 62% (37,000 to 59,000) in just ten years;
- Our seniors are now 12% of our total population;
- The 55+ age group is increasing faster than all other age groups;
- And, our 85+ population more than doubled to 547.

More senior data come from the newly completed Colorado Springs "Quality of Life" annual report. We're "maturing" as a nation, state, and community. In the U.S., over 8,000 individuals turn 60 each and every day—that's a total of nearly 2.9 million new 60 year olds each year! In El Paso County (population of 622,000), a similar "aging" trend emerged for the decade: those 60+ increased from 12% to 15% of the total population (60+ population in El Paso County is now over 93,000). We're living longer: life expectancy for the average 65 year old woman is now 87, and for the average 65 year old man it's now 84.

Even more detailed senior data come from a 2004 "Strengths and Needs Assessment of Older Adults", an extensive, state-wide survey see **HAP**, page 5

HAP-py Feet Coming Soon

by Barbara Gritzmaker, HAP Director

Tri-Lakes Health Advocacy Partnership (HAP) and the Visiting Nurse Association (VNA) are partnering to bring a monthly Foot Care Clinic to the Tri-Lakes Senior Citizens Center starting in March.

Many seniors have difficulty caring for their feet due to flexibility and mobility problems, or not being able to reach them or see them well. This medical foot clinic will meet some of these needs and will be staffed by a registered nurse from the VNA.

During a 30 minute appointment the nurse will take a blood pressure and a brief medical history. The service will include an evaluation of circulation, skin checks of both feet, callous and corn care, and toenail clipping and trimming. Additionally, checks will be made for sensation (any numbness). Foot care education will also be provided. The client will be advised when a condition is noted where a physician follow-up is recommended.

This medical Foot Clinic will be available from 1 to 4 PM by appointment on the second Wednesday monthly. The cost for the Foot Care Clinic is \$25 per appointment, but limited financial assistance may be available from HAP for those who cannot afford the full cost.

Seniors wanting to make a HAP-py Feet appointment can contact Bob or Debbie at the Visiting Nurse Association (719-577-4448) Monday through Thursday between 9 AM and 4 PM.

In case of inclement weather the clinic will follow the District #38 snow cancellation policy.



**VISITING NURSE
ASSOCIATION**

The art of caring. The heart of caring

Does Medicare Pay for Homecare? by Lori Mitchell, RN

Answer: Sometimes yes, but more often, no.

Medicare is a federal program that provides a home care benefit *if* it is a qualified event. There is the rub...it needs to be *qualified*. What does it mean to be qualified?

1. For Medicare to pay the bill there must be **medical necessity** which is proven by certain and specific goals being achieved in a specific amount of time. In other words, if the care were not provided then necessary outcomes would not be achieved.

Example: Physical therapy treats a person who recently had knee surgery with difficulties in walking and poor range of motion. Because of therapy, the person gets stronger, improves their range of motion and progresses from a walker to a cane. The care they received was beneficial and goals were achieved, which proves that the care they received was medically necessary. Medicare would pay for this benefit.

2. All care given must be **ordered by a physician** and now this physician or their PA must have recently seen the patient to order home care. An interesting twist to this requirement is a person who suddenly goes to the hospital (for example, with a heart attack) and is seen by the hospitalist who manages their care. The hospitalist discharges the patient with orders for home care but it is the person's internist who must sign the home care orders. In this case, the person must get in to see

their physician for the agency to send the bill to Medicare, and sometimes this is difficult.

3. The care provided must be "**skilled**." Medicare will not pay for anything chronic, no matter how needful this care might be. For example, an 85 year old man has a stroke and needs ongoing care at home. His wife is able to provide much of the care but is limited by her age since she herself is 83. She cannot shower him because he needs skilled transfer and is a fall risk. Here is the problem. If he no longer needs a therapist or a nurse because he has reached all attainable goals, then he cannot have a CNA, no matter how needful this care is. There is no help for either the man or his wife unless they are very poor. If they were very poor then the state would help them through the Medicaid program. If they are not very poor, then they have to spend almost all of their money until they qualify as poor. Exception: if they have long term care insurance which is becoming more and more popular because of this type of dilemma.

Long term care insurance is now offered by over 100 companies with many perks and benefits that vary from company to company and can be confusing. However, sifting through all the in's and out's can prevent tremendous headaches if you or your loved one ever needs care for a long term.

This is the third in a series addressing home care, long term care, and Medicare/Medicaid regulations that affect long term care plans. Lori Mitchell is an RN who now specializes in long term care. You may contact her at 720-532-7400.

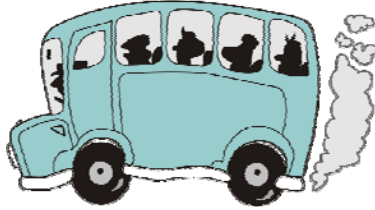
February Reasons To Celebrate!

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| 1 is Serpent Day; G. I. Joe Day; Car Insurance Day | 16 is Do A Grouch A Favor Day; Innovation Day |
| 2 is Purification Day; Groundhog Day; Sled Dog Day | 17 is Champion Crab Races Day; National PTA Founders Day |
| 3 is Cordova Ice Worm Day; Four Chaplains Memorial Day | 18 is National Battery Day; Pluto Day |
| 4 is Create A Vacuum Day; USO Day; World Cancer Day | 19 is National Chocolate Mint Day |
| 5 is Disaster Day; Weatherman's Day | 20 is Hoodie Hoo Day; Love Your Pet Day |
| 6 is Lame Duck Day | 21 is Card Reading Day; International Mother Language Day |
| 7 is Charles Dickens Day; African American Coaches Day | 22 is Be Humble Day |
| 8 is Kite Flying Day; Boy Scout Anniversary Day; Opera Day | 23 is Dog Biscuit Appreciation Day; National Chili Day |
| 9 is Toothache Day; National Stop Bullying Day | 24 is National Tortilla Chip Day |
| 10 is Umbrella Day | 25 is Pistol Patent Day; International Sword Swallowers Day |
| 11 is White Tee-Shirt Day; Don't Cry Over Spilled Milk Day | 26 is National Pistachio Day; For Pete's Sake Day |
| 12 is National Plum Pudding Day | 27 is International Polar Bear Day |
| 13 is Get A Different Name Day; Clean Out Your Computer Day | 28 is Public Sleeping Day; Floral Design Day; Tooth Fairy Day |
| 14 is Ferris Wheel Day; Valentine's Day; National Heart to Heart Day | 29 is National Surf and Turf Day; Bachelors Day; Leap Year Day |
| 15 is National Gum Drop Day; Susan B. Anthony Day | |

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*
- **Interested volunteer drivers:** Call 488-0076 (mileage reimbursement provided).

Van Schedule

- **Second Tuesday of the month:** Breakfast and Walmart. Call Nancy (634-8249) to schedule a pick-up.
- **Fourth Tuesday of the month:** Chapel Hills Mall. Call Faye (481-2527) to schedule a pick-up.
- **Passenger pickup begins 9:30 AM** at your home.

Senior Safety Services



Senior Safety Services is a unique program funded by the Pikes Peak Area on Aging. It provides seniors over 60, in the Tri-Lakes area, an opportunity to have a small home repair job accomplished by volunteers. We have volunteers ready to get that job done. For more information, call Elsie Lynch at 488-2902.

Pikes Peak



Library District

Monument Branch Events

AARP Mature Safe Driving Program

Saturday, February 18, 1 – 5 PM

A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. Charge for the four-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required.

Monumental Readers

Friday, February 17, 10 AM

All patrons are welcome and no registration is required at this monthly book club. This month's selection is Crooked Letter, Crooked Letter, by Tom Franklin.

Socrates Café

Tuesdays, 1 PM

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

History Buffs

Wednesday, February 22, 1 PM

Every month this group picks a period of history and members read any book of their choice from that time period. Expect a lively discussion about the era.

E-Reader Class—Explore the PPLD Cybershelf

Wednesday, February 8, 4–5:30 PM

Tuesday, February 14, 8:30–10 AM

Did you get a new eReader, tablet, or smartphone as a holiday gift? You can download library materials for free from PPLD's Cybershelf. If you need help learning how to put eBooks and eAudiobooks onto your new device, sign up for one of our upcoming classes. This class will include a download demonstration for an eBook and eAudiobook as well as instruction on how to transfer to device. This is a demonstration only; downloading from the CyberShelf must be done outside the library. Call 488-2370 to register.

**PALMER LAKE HISTORICAL SOCIETY PRESENTS
THE FRANK LEWIS-
DALE JONES GANG**

Thursday, February 16; 6:30 – 7 PM
Palmer Lake Town Hall
(28 Valley Crescent; Palmer Lake)

Join us for a fascinating and informative evening as Dwight Haverkorn, retired Colorado Springs Police Investigator, takes us back to the early 1900s when the Frank Lewis-Dale Jones Gang terrorized the Colorado Springs area. Between 1913 and 1918, the Gang killed nine police officers and were involved in a deadly shootout in Colorado Springs in September 1918.



Several years ago, Dwight kept us spellbound as he recounted the 1911 ax murders in Colorado Springs. Now he returns to tell us about the Gang that perfected the use of the getaway car to flee bank robberies. Dale Jones and Marge Dean, the Gang's getaway car drivers, died in a hail of police bullets in November 1918, just like Bonnie and Clyde were to meet their end many years later.

The program is free and free refreshments will be served after the program. Visit us at www.palmerdividehistory.org.

**Local Businesses
Offering Senior Discounts**

- Rosie's Diner—15% 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

If you know of any business that should be added or removed from this list please send an email to SeniorBeat@TriLakesSeniors.org.

Do you have a medical condition or mobility problem? If so, do you have a plan for how you would evacuate your residence in the event of an emergency?

Tri-Lakes area residents with medical conditions or impaired mobility are asked to contact the Tri-Lakes Monument Fire Protection District to register as needing assistance in the event an emergency evacuation order is issued.



Please call Jennifer at 719 484-0911, Monday through Friday, to register for this invaluable service.

Free Income Tax Assistance

Free Income Tax Filing Assistance and e-filing is offered by the American Association of Retired Persons (AARP) Tax-Aide program.

Trained AARP volunteers will be available every Monday and Thursday between February 2 and April 16, 2012, (except February 20, President's Day) from noon until 7 PM at Tri-Lakes Cares, 235 Jefferson Street in Monument to answer questions and to assist filers in completing their federal and state income tax returns. Please note that on Thursday, February 16 and March 15 Tax Assistance will be available only from 11 AM until 2 PM.



Volunteers will assist taxpayers in preparing their Forms 1040, 1040A or 1040EZ; and will assist in claiming any Earned Income Credit, Child Tax Credit, and/or Education Credits to which the taxpayer might be entitled.

Filers are asked to bring proof of Social Security Numbers for themselves and for any dependents they are claiming. Filers should also bring their W-2s, 1099-INT, 1099-DIV, etc. to complete their 2011 return, plus a copy of last year's (2010) tax return.

For more information, or to make an appointment (highly recommended), please call Marian or Jim Taylor at 488-1317.

HAP *continued from page 1*

by Colorado Department of Human Services. The study forecast that the older adult share of the total population will increase from 13% in 2000 to 16% in 2012; and the Pikes Peak Region, the largest in the state, is expected to grow more rapidly (32%) than the state as a whole. Survey respondents in this 2004 study of older adults highlighted challenges that mirror those in the Tri-Lakes area. Physical health was the most common challenge (45% of respondents), followed by affording necessary medications (28%), financial problems (24%) and depression/loneliness (22%). Respondents also cited a need for prescription medicines (8%) and eyeglasses (7%); while 6% of respondents reported needing “some” or “a lot” of help getting enough food or the right kinds of food.

This same statewide assessment described a “model for aging well” that consists of 12 strengths, grouped into three thematic categories: Physical Health, Outlook on Life, and One’s Own Connection to Others and the Community. **For HAP, and also for the Tri-Lakes community, these 2004 study recommendations point the way forward:** Physical Health #1: continue health promotion, education and awareness campaigns geared to Baby Boomers as

they prepare for older adulthood; #9 improve educational outreach programs regarding health care. Outlook on Life #1: educate communities on the mental health needs of older adults; #2 provide opportunities for social interaction to alleviate or reduce loneliness and depression. Connection to Others #1 expand caregiver support programs; #6 establish community based systems of support and service hubs.

Let’s draw this to a conclusion. We recognize that no one organization can meet the needs of our seniors. As an all-volunteer organization, HAP remains fully engaged and committed to working and collaborating with other groups and agencies in the Tri-Lakes community in meeting the senior needs and providing opportunities. This quote from Daniel Boorstin, American historian and former Librarian of Congress is an apt concluding commentary: “Our American strength, we have been told, has been our youth. Ours is, or until recently, was a young nation. . . . As our nation has matured—some would say only aged—our ingenuity in meeting the needs and opportunities and demands of youth *has not been matched by any similar ingenuity in engaging our older population*” (emphasis added).

FOR SALE: King bedspread, shams and pillow cases. Beige, satin with flowers. New from Spain. Must see.
Nice folding table with two chairs.
Student desk - very good condition.
Telephone: 719 481-2448.

February at the 
17250 Jackson Creek Parkway, Monument
Senior Coffee Social, (Lobby, open to community)
February 2, 7, 16 and 21 9:30-11:30 AM
Silver Sneakers (for Y members only)
Mondays and Wednesdays 1 PM
Tuesday and Thursdays 8:30 and 9:30 AM
Tuesday and Thursday 9:30 AM

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 for all collected flags on Flag Day, 2012.
This service to the community is proudly provided at no cost.



The *Senior Beat* is a free monthly publication of Tri-Lakes Health Advocacy Partnership. Subscriptions are available at no cost by sending a request by email to SeniorBeat@Comcast.net or SeniorBeat@TriLakesSeniors.org. 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 just send us an email requesting *Senior Beat* advertising information.

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

February Lunch Menu

Mondays and Thursdays

11:30 AM at 166 Second Street, Monument
 Tri-Lakes Monument Fire Protection District
 Administration Complex

\$2 voluntary donation suggested

Thursday, Feb 2 – *No seniors lunch served on the first Thursday of each month.*

Monday, Feb 6 – Hungarian goulash, mashed potatoes, broccoli, bread, pear

Thursday, Feb 9 – Roast turkey, mashed potatoes with gravy, California blend vegetables, roll, banana cookie

Bingo follows lunch.

Monday, Feb 13 – Beef chow mein, brown rice, winter blend vegetables, bread, orange, cookie

Thursday, Feb 16 – Roast beef, mashed potatoes with gravy, creamed spinach, roll, apple, cookie.

Monday, Feb 20 – *Presidents Day Holiday*
No seniors lunch served.

Thursday, Feb 23 – Baked chicken, mashed potatoes with gravy, broccoli, roll, apple

Monday, Feb 27 – Swedish meatballs, mashed potatoes, Brussels sprouts, bread, pear

Skim 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.

Many thanks to all these fine folks!



Wednesdays

11:30 AM at 146 Jefferson Street, Monument
 School District 38 Admin Building, "Big Red"

\$3 voluntary donation suggested

Feb 1 – Roast pork, apple sauce and roasted potatoes.

Feb 8 – Brats, sauerkraut and beans

Feb 15 – Meatloaf, mashed potatoes and salad

Feb 22 – Pulled barbeque chicken sandwich, coleslaw, and beans

Feb 29 – Beef brisket, mashed potatoes, 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 lunches are an activity of Tri-Lakes Health Advocacy Partnership.





855 Highway 105 • Palmer Lake • CO 80132
719-487-7469
Weekly Seniors Bowling Mixer
Every Tuesday at Noon
 (No Weekly Commitment—Come when you can!)
\$1.50/game, 1 to 3 games/person
Get our daily lunch special for \$4.50/person

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 or earlier to accommodate a scheduled activity.

February Program Schedule

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

Tuesdays Noon-4 Pinochle hosted by Gerry

Tuesdays 1:15-2:15 Line Dancing hosted by Kay
 (Come in and enjoy the new floating dance floor!)

3rd Tuesday 1-3 Ladies Tea Soup and salad social. Please bring a salad or desert to share, and a wrapped candy bar to exchange.

3rd Wednesday 12:30-3 Bingo hosted by Curt

Thursdays 1-4 Pinochle hosted by Gerry

Thursdays 1:15-2:15 Zumba hosted by Kay
 A fun workout with Latin and International music.

2nd & 4th Thursday 1-4 Bridge hosted by Joy

Fridays 1-1:45 Tai Chi for Health hosted by Maureen

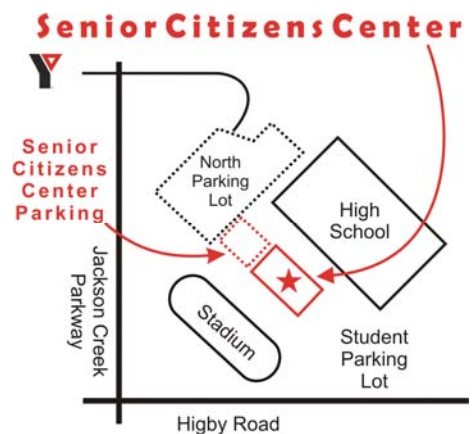
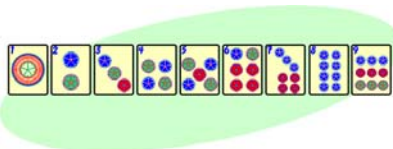
Fridays 1-4 National Mahjong hosted by Jo Ann

Fridays 1-4 Cribbage no host

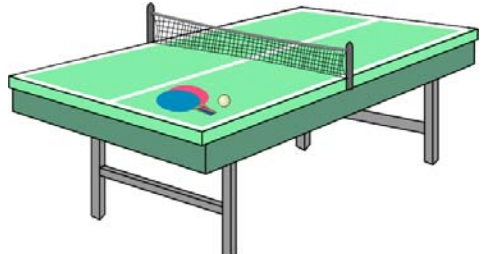
**Senior Center
Phone Number**

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.

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



If you have an event you would like to schedule, even if outside the advertised operating hours of the Senior Citizens Center, please contact Gerry by email (papaduffy@msn.com) for scheduling information.



The Senior Citizens Program is a collaboration of the Tri-Lakes Health Advocacy Partnership, Tri-Lakes YMCA, Lewis-Palmer School District 38, the towns of Monument and Palmer Lake, Tri-lakes Cares, and local businesses.

February 2012 Tri-Lakes HAP 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. To subscribe, send your name and mailing address by email to SeniorBeat@Comcast.net.



TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP

Thrift Store

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

Books Small Kitchen Appliances
Vintage Items **Dinnerware**
Collectables *Antiques* **Tools**

A wide variety of non-clothing items.

Call 488-3495 to donate your garage sale leftovers. Donations are tax-deductable.

Have some free time and want to make new friends? Become a Thrift Store volunteer. Join a great group of folks who help the community. Call 488-3495 today!

Proceeds support Tri-Lakes HAP Senior Programs.



VOLUNTEERS NEEDED

The Tri-Lakes Health Advocacy Partnership (HAP) Thrift Store has an urgent need for volunteers to transport large item donations to the HAP Thrift Store in Monument. The volunteer should also provide a pickup truck for transport; HAP will provide mileage reimbursement. Lifting bulky items is also involved.

Join a great group of volunteers who are giving to the community by their service. We'll work with you if you want to work with us.

If interested, call Diane at (719) 488-0878.

**THRIFT STORE
SENIOR DISCOUNT
WEDNESDAY**

EVERY WEDNESDAY IS SENIOR DISCOUNT DAY IN THE HAP THRIFT STORE. **EVERYTHING IN THE STORE IS 20% OFF TO EVERYONE 62 YEARS OF AGE AND OLDER.** SO, START PLANNING YOUR PURCHASES, BUT DON'T DELAY BECAUSE YOU MIGHT MISS SOME REAL BARGAINS!