



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

Chapter Web Site: <http://aarpchapter1100blackforest.weebly.com>

June 8, 2022



It is with extreme sadness that we announce the passing of Gwenda Mae Burk on Monday, May 24th.

She leaves behind her son Tim Burk and daughter Sue Burk Klocker and grandchildren.

Gwen had been a AARP Chapter 1100 Black Forest member since 1994. During those 28 years she had served our Chapter as a 1st Vice President, the Treasurer, the Community Services Chairperson then Committee Member, Newsletter Editor/Handout & Handbook creator, Finance Chairperson and Public Relation Committee member.

Her enthusiasm and dedication to our Chapter was always appreciated. She will be sorely missed. She always had some great ideas to share.

On Saturday, June 25th a Rosary Services will be held at 10:30 AM at Our Lady of the Pines Catholic Church, 11020 Teachout Road, Black Forest 80908 followed by a Funeral Mass at 11:00 AM.

The Funeral Reception will be held from 12:00 to 2:00 PM at the Parish Hall.

Rest in peace Gwen.

Host and Hostess: Electa and Stan Beckner

Greeter: Sharon and Ken Fulton

Program: Mountain View Electric will explain about downed wires, what to do & what not to do

◆ The Senior Social will be held on Wednesday, June 22nd from 1 to 4 PM.

◆ MENU SCHEDULE: A thru D bring Side dish/Salad; E thru O bring Dessert; P thru W bring Main Entree

Prayers & Pledges!! Pastor Jeff led us in prayers & we all say the Pledge of Allegiance with great pride & feeling that the United States is still the best country. May Birthday's Lin Rozak & Cheryl Moyer, we get to go first at lunch! Lunch was served & then the meeting began. Our guest always have lunch with us. I hope they enjoyed it!

3 years ago they were here & the information they gave us could save a life, let's hope we never need to use it, but we know how if we do. It's time for a refresher course to keep our minds sharp.

"Stop the Bleed" is part of UCHHealth to help educate all of us in saving lives. The reason it was started is years ago at Sandy Hook 4 children bled to death, no one knew what to do to help them. These methods can be used on ALL ages, no matter where you are. 1.2 million people have joined this elite group - now we can count ourselves in that number.

It is the #1 cause of death after an accident, now we can help them before the paramedics arrive. A simple kit is all we need, they have them on line from \$49. to \$209. You need to be safe, out of the way of danger, if you get hurt trying to save a life now there are 2 emergencys. Find the bleeding, cut or rip the clothing, if you have a kit pack the cut with as much gauze as you can, pack it tightly, & apply pressure directly on it. Most of us will not have a kit with all the clean sterile gauze, rip a sleeve off your clothing, or strips of cloth from your own or the victim's clothing - use whatever you can to pack the cut. Does it matter if its dirty? No. If needed apply a tourniquet, and pray help arrives soon. If your arms are getting shaky use your knee.

We can make a kit ourselves:

#1 a tourniquet whatever you have handy, a belt, a sock, cut up a towel. Then find something to twist it with (a knife, not a sharp one, wooden spoon, a stick) & add it to your kit. It should be applied 2-3 inches above the wound. Never remove it, let the paramedics do that.

#2 permanent marker to write the time you put the tourniquet on.

#3 latex free gloves, you can get a disease from blood.

#4 gauze rolls, 2-3, and clean pads. A friend of mine, a State Trooper, said they carried large Kotex pads, they're sterile, & absorbent and that's what's important.

#5 if you have a blanket put it on them.

#6 scissors, heavy duty, buy a pair, use what you have, even a very sharp knife to cut clothing so you can get at the cut or puncture.

I think hand sanitizer would be a good idea.

Whatever we do to help will hurt, if they complain tell them to bad, I'm trying to save your life!

This is called the ABC's of help. A - keep Alert, call 911 then start to help, B - Bleeding, we need to stop it, C - Compression.

FYI - 911 gets 1 ring for every 4 we hear, so please don't hang up. You can text 911 & they will text you back. If you call or text it helps to know where your location - street name, landmarks anything to give them an idea where you are.

A huge thank you to Lori Morgan, Cindy Larson & Hanna Weydert for being here & showing us how to help.

Our **July picnic (7/13)** is always a great time, we sit around & talk to members about stuff, laugh, eat & play Bingo, I look forward to it every year. The main dish is Chicken, provided by the Chapter. We will need side dishes, & desserts, let's try to figure out who's bringing what so we don't end up with 20 tubs of potato salad.

Now that we can save lives let's celebrate ours. On **Wednesday, August 10th**, we will have a meeting (we usually don't have a meeting in August) to celebrate all of the octogenarians in our group. (Thank heavens for spellcheck). It will be a time of remembrance. Mrs. Lavonne Hidy has pictures & stories of our past members. It is also our chapters 50th anniversary. We'll try to get all the past presidents here & celebrate them.

Black Forest Festival time!! Saturday, August the 13th, is not as far away as you think. Now is the time to start making things, not cookies, but other stuff. Let's get our crafty selves in gear, make some amazing & beautiful things. We have decided that working all day is just too much, 3 people working 2 hour shifts will be good. If you want to stay longer great but if you've had enough take a break, sit, relax, drink some water. Oh, drink a lot of water, don't dehydrate. They say by the time your thirsty you're already dehydrated. What we need to do is make plans, where are we meeting, who will help set up & tear down. Ideas anyone? We'll talk about this at the next two meetings.

At our last meeting we had 17 people, we realize some have moved, some have health problems, but what about the rest of our members? Give them a call & ask, maybe they need a ride or help getting around, we can help them out.

Respectfully submitted,

Lin Rozak

Peer to Peer Financial Counseling

AARP ElderWatch is here to help you organize your finances whether you're a caregiver, have recently lost a loved one, or if you are looking to learn more about making and sticking to a budget. Meet with one of AARP ElderWatch's trained peer-to-peer financial counselors in-person or over the phone for assistance. Call 800-222-4444 #2 to schedule your session today, free of cost. In the meantime, consider these quick financial tips to safeguard your hard-earned money:

- ◇ Checking your credit report can be a great way to safeguard against identity theft. You can check your free credit report today by going to www.freeannualcreditreport.com or calling 1-877-322-8228.
- ◇ New peer-to-peer payment apps & cryptocurrencies have been popping up everywhere. If you are not familiar with these payment methods, be sure to avoid them. You may be at risk of a scam.
- ◇ If you have recently started caregiving, give AARP's Financial Workbook for Caregivers a look or call 1-877-333-5885 for resources on caregiving. The workbook has resources for managing finances in every care situation.
- ◇ Do you have a will? Most people do not but they are necessary, no matter how many assets you have. Be sure to establish your will, advance directives, & Powers of Attorney. Keep emergency documents in a safe place where someone you trust can find them. **800-222-4444** www.aarpelderwatch.org

CHAPTER COMMITTEES

Health Care: Wash your hands. Waldo has a list of members willing to loan walkers, etc. so if you need one, or have one to loan, please contact him. If you have questions check with Waldo.

Sunshine: Electa sent a Get Well card to Roberta Hagmaier. A sympathy card to Tim Burke and Sue Klocker - Gwen's children. (Electa is the Sunshine Committee & can be reached at 596-6787. Please call her directly so she doesn't hear about a member second hand.)

Visit the Chapter website at <http://aarpchapter1100blackforest.weebly.com/> so you too can see the latest Chapter information & upcoming events. **THIS IS ESPECIALLY USEFUL NOW.**

Found a cute name game on the computer, it's not as easy as you think. Every answer must start with the last letter of the previous answer.

Last name: Rozak

Animal: kangaroo

Girl's name: Olivia

Color: Amber

Movie: Rambo

Something you wear: overcoat

Drink: tea

Food: apple

Item in your bathroom: Efferdent

Place: Toledo

Reason to be late: overslept

Think you can do it? Give it a try.

FROM LIN ROZAK

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