

Black Forest Chapter of AARP #1100
"To serve, not to be served"
Chapter Website:
<http://aarpchapter1100blackforest.weebly.com>
November 7th, 2024

NOVEMBER LUNCHEON

Host/Hostess: Felicia Stanton

Black Forest Lutheran Church
**Wednesday November 13th, 2024 @
11:30am - 1:30pm**

What to Bring: A thru K please bring a Dessert; L thru Z please bring a Side Dish or Salad. The Main Entree is being catered.



CALL TO MEMBERS!

The Board is trying to finalize the slate of Officers and Board Members for 2025. We must vote on this in December. It would be great to have some new members volunteer to join the Board of Directors, to bring new ideas for the Chapter.

The Board of Directors are elected for a two-year term. All others for one year. Current officers and members are:

President - Ray Rozak

Vice President - Stanley Beckner

Secretary - Lin Rozak

Treasurer - Jim Belk

Members of the Board of Directors- Candace Lehmann, Stephen Blucher, Electa Beckner, Michelle Hays, Beverly Schaab

Members of the Nominating Committee- Lori Belk, Candace Lehmann, Michelle Hay



November Events

Veterans Day
11th Nov Monday

Monthly Luncheon
13th Nov Wednesday
@ 11:30am-1:30pm
BF Lutheran Church.
Veterans be sure to come!

Thanksgiving
28th Nov Thursday

Upcoming Events

12/11/2024 - December Monthly Luncheon

12/25/2024 - Christmas

12/25/2024 - Hanukkah

12/31/2024 - New Years Eve

01/01/2025 - New Years Day

01/03/2025 - Board Meeting

01/08/2025 - January Monthly Luncheon

01/20/2025 - MLK Jr. Day

01/22/2025 - Senior Social

No Senior Socials in November or December

DECEMBER LUNCHEON PREVIEW

Host/Hostess: TBD
Greeter: TBD
Program: Officer Voting

Location: BF Lutheran
December 11th, 2024 @
11:30am - 1:30pm

Main Entree: Catered
A thru K Side/Salad
L thru Z Dessert

What's Happening This Month

We'll have Door Prizes this luncheon. Please consider donating a Door Prize! They are all provided by our members. They do not have to be expensive; something cute, something fun, something useful. Whatever you would like to bring. It's always fun to see what's in the package! The money from the Door Prizes and the 50/50 helps to pay for the catered Entree in November and December

We encourage all our veterans to attend this months luncheon. No details, but we would love for you to see you.

It's Medicare Open Enrollment time. See our enclosed Elderwatch Highlight.

Stephen reminded us he'll be doing a Drivers Safety Class on Wednesday February 19th. He will tell us more at the November meeting. He saves pull tabs on cans, so please keep that in mind and being them in.

We are gearing up for the holidays. Please be safe when traveling, and enjoy the time with your families!



Special thanks to Lori Morgan, Injury Prevention Specialist. She provided a very appropriate and interesting presentation called CarFit, a recently developed program for Helping Mature Drivers Find Their Safest Personal Fit when operating their family vehicles.

AARP ElderWatch Medicare Open Enrollment

a partnership with the Colorado Attorney General

Recognize, Refuse, Report!

Call us
Monday–Friday,
9 a.m.–4 p.m.

800-222-4444
Option 2



The Medicare open enrollment period is from October 15-December 7. During open enrollment, Medicare beneficiaries can re-evaluate their existing Medicare coverage and make changes for the upcoming year, if necessary. Scammers follow trends and timelines, so be aware of potential scams that might align with the open enrollment period.

- **Hang up or refuse contact:** Don't engage with any unsolicited requests for your Medicare number. It is often in tandem with an offer for a new Medicare card, medical device or DNA test.
- **Verify who is contacting you:** If you get a call from someone claiming to represent a healthcare company or government agency, hang up and call the number listed on an account statement, card or their verified website.
- **Protect your personal information:** Only provide your Medicare number to healthcare providers at the time you are actively seeking care.
- **Reconcile your Medicare statements:** Carefully monitor your Medicare statements for any claims for services or supplies billed to you which you did not receive.
- **Report fraud:** If you've been solicited by a potential Medicare scammer, report it by calling Medicare at: 800-633-4227 or visit www.medicare.gov. You can also contact the Colorado Senior Medicare Patrol at: 800-503-5190.

If you have questions about a potential Medicare scam, contact AARP ElderWatch at 800-222-4444, option 2.

800-222-4444

Denver Metro Area

303-222-4444

www.aarpelderwatch.org

Monthly Meeting Of Chapter 1100 AARP Today is October 9th 2024

I love starting our meetings by saying the pledge, Ray started it off and we all joined in.

Our Prayer today was led by Andrew. Too bad they took the pledge and prayers out of our schools.

Lori Belk had a birthday, and we got to celebrate with her. Stan and Electa celebrated their anniversary, they might have said how long, but I missed it. I'll just say many many years. Congratulations!

Our speaker today is Lori Morgan, she's been here a few times and always gives us good information. She is from U C Health and is in many programs they promote, like, she's a paramedic, does outreach and injury prevention, Live well is how to prevent falls and safety in your home. She's been here with her "Stop the Bleed" program (great program). Today she's going to tell us about a program to make sure you know about seat belts, how to adjust your seat correctly, adjusting your mirrors and more.

The correct way to wear your seat belt, distance between you and the airbag to reduce risk of injury from your airbag. Every individual has different needs when driving their car. Ray and I do, he's taller than me when I get in the car my feet don't touch the peddles, I'm too low in the seat, it takes me a few minutes to adjust the seat and mirrors for me. Likewise, when he gets in after me, he goes through the same stuff. A program called "Fitness to Drive.org" is very useful. They do the CarFit at 2420 Pikes Peak Ave. If interested call 719-231-6657 set up an appointment, you'll be glad you did.

Jim Belk reminds us that our yearly dues are due (I like saying that dues are due) by February of 2025, its \$10 for the whole year, if someone joins after July it'll be \$5.

Jim also informed us that a long time member, Sue Fletcher, passed away. I for one will miss her, she was so feisty.

Lori Belk is looking for members to step up and be on the nominating committee She also asks us NOT to bring utensils as there are a whole lot in the kitchen we can use. Stephen reminded us he'll be doing a Drivers Safety Class on February 19th. He will tell us more at the next meeting. He saves pull tabs on cans, so please keep that in mind and being them in.




Last month I won the 50/50, it was \$29. and I received \$5 for my costume, I gave all of it to Ray to help pay for holiday dinner, and whatever is needed.

Stan Beckner is at the Legend Assisted Living at 2368 Research Pkwy Colorado Springs Co. 80920, unit 614, or call him at 719-216-3120. Electa is staying at their house and will join him soon. She said now she hopes to have time to read all her books.

One last thing, I was browsing on the internet and saw a Harpy Eagle. I never heard of one before so looked it up, WOW it is a crazy looking bird from South America. It was shown standing beside a man who was setting, its head was above the mans head! Be amazed, look it up.

Halloween Contest Winners!

Here are the three winners of the costume contest at October 9th Chapter 1100 meeting. Congratulations to all!

-  1st Prize = Lori Belk
-  2nd Prize = Felicia Stanton
-  3rd Prize = Lin Rozak



Felicia Stanton



"The Mob" dressed in their best for the occasion

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<p>Honey Tea & Me 12490 Black Forest Road, 80908 (719) 493-5882 coloradohoneylady@gmail.com</p>	<p>Black Forest Liquor 11450 Black Forest Road, 80908 (719) 495-4106 blackforestliquorusa@gmail.com</p>
<p>The Chicken Coop <i>Darts, Pool, Live Music</i> <i>It's a clucking good time</i> 11627 Black Forest Road, 80908 (719) 495-3189</p>	<p>Rail Stop Fitness Prime Strength & Conditioning 50+ Class 10620 Maltese Point, Falcon 80831 (719) 396-2013</p>

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