

# ANNUAL HANDOUT FOR 2016

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### 2016 HOST AND HOSTESS AND GREETERS CALENDAR

- All meetings are the 2nd Wednesday of each month unless otherwise noted.
- Members bring a dish to share, a main dish, salad or dessert, anything you feel like preparing. Please bring enough for at least 6 people.
- The Chapter supplies disposable plates, cups and plastic ware. If you prefer glass please bring your own.
- Members are asked, each November/December, to sign up for the month of their choice for the coming year. If you haven't signed up yet you
- Are welcome to volunteer at any time. Contact the people working the month you would like to help with and/or contact the Luncheon Coordinator.
- Host and Hostess and Greeters duties listed on page 4.

January 13	Host & Hostess: Rita Fitzpatrick, Linda Siebe Greeter: Pat Dix
February 10	<b>Heart Attack &amp; Stroke class 9:30 to 11:30AM before our meeting</b> Host & Hostess: Lin and Ray Rozak Greeter: Helen and Don Von Gunden
March 9	<i>Luncheon at the Country Buffet, 801 N. Academy. NEW LOCATION. Meet at 11:30 to eat at 12:00.</i>
April 13	Host & Hostess: Pat and Herb Guild Greeter: Bev Schaab
May 11	Host & Hostess: Durrelle Pithey, Lori Belk, Ethel Santti, Anna Skinner Greeter: Same as above
June 8	Host & Hostess: Pat Dix, Lavonne Hidy, Roberta Hagmeier Greeter: Linda Siebe
July 13	Annual picnic at Black Forest Park, Shoup & Milam. Pavilion #1. Host & Hostess: Chapter Officers & Board of Directors
August	NO MEETING.
September 14	Host & Hostess: Joanne & Waldo Pendleton Greeter: Shirley Karlstrum
October 12	<i>Luncheon. Location to be determined. See the September newsletter. Meet at 11:30 AM to eat at 12:00.</i>
November 9	Host & Hostess: Electa and Stan Beckner Greeters: Lin and Ray Rozak
December 14	Kay Zvonkovich, Carol Billiard, Rosemary O'Connell Greeters: Helen and Don Von Gunden

**IMPORTANT:** If you can **NOT** make your assigned month, please make arrangements for someone to take your place, **and** notify the Luncheon Coordinator.

#### **Senior Social held at the Black Forest Lutheran Church from 1 to 4 PM:**

January 27th	June 22nd
February 24th	July 27th
March 23rd	August 24th
April 27th	September 28th
May 25th	October 26th

No Senior Social in November or December.

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**Cover Girls** meet the 1st and 3rd Tuesday at Wolford School usually starting the 3rd Tuesday in August through the 3rd Tuesday in May. Volunteers arrive between 9 and 9:30 AM and finish no later than 1:00 PM. If you need to leave earlier we understand. They do not meet in June and July. For information call Gwen at 495-2176.

**The local Driver Safety Program** is presented in one 4 hour class in March and October at the Black Forest Lutheran Church. (See our newsletter for dates.) Cost, for AARP members, is \$15.00 and \$20.00 for non-members. You must pre-register for the class. Membership in AARP is NOT required. Contact Stephen Blucher at 719-597-5683 for the **Black Forest class only**. To find a course in Colorado Springs call 1-877-390-8806 or via the Internet at [www.aarp.org/findacourse](http://www.aarp.org/findacourse)

**REMEMBER TO SUPPORT OUR COMMUNITY SERVICE PROJECTS**  
"Do what you can, With what you have, Where you are today." Ethel Percy Andrus

#### ***Projects we support and their needs are listed below:***

**Black Forest Cares:** The Chapter's first community service project. Members brought canned food to donate to the pantry. We now pass a donation can or you are welcome to bring non-perishable food items. They always need plastic/paper bags to put groceries in.

**Black Forest Lutheran Church:** used postage stamps for Mosaic, a group that works with persons with disabilities. Please leave 1/4" on all

sides of the stamp. Also containers with lids for the Marion House Soup Kitchen suitable to hold liquids but can be used for other food items also. (Sometimes the containers are used to send food home with families if they have some left at the end of the meal.) Recycle cell phones.

**Wolford School:** Boxtops for Education (worth 10 cents each) - they now have an expiration date on them. The school receives a donation to the PTO that in turn is used for items needed at school.

The Art Teacher can use paper egg cartons and the foam meat and bakery/cupcake trays for paint trays. Kindergarten teachers love to receive picture stamps we receive from organizations. They cannot use religious ones. Ink cartridges - give to Gwen.

**First Step Pre-School:** Campbell Labels for Education (need all inside dotted lines including the bar code). Also, styrofoam egg cartons (not allowed to use paper as no way to sanitize them). Plastic containers from baby food, individual cups from crystal light mixer, containers for single servings of salad dressing and TV dinner trays. Craft items, buttons, dress up clothes, hats, purses, wallets, jewelry, etc. Items to take apart to see how they work, like clocks, etc. (small items only)

**Ronald McDonald House:** The aluminum pull tabs from all drink, soup, cat food or other cans. If in doubt if aluminum check with a magnet. They are funded by weight.

**Share Table at monthly meetings:** Items members have that they do not need and are willing to share with others. If you can use the item please take it with you.

You may bring items to our meeting and Gwen will deliver to organizations.

**PAGE 3                      BLACK FOREST AARP CHAPTER 1100 2016 BUDGET**

	<b>Approved 2016 Budget</b>	<b>Actual 2015</b>
<b>INCOME</b>		
Dues	\$600.00	\$610.00
50/50 Drawing	\$210.00	\$228.50
Advertising	\$150.00	\$135.00
State Award	\$250.00	\$250.00
Donations		\$590.00
<b>TOTAL INCOME</b>	<b>\$1,210.00</b>	<b>\$1,813.50</b>
<b>EXPENSES</b>		
Administrative Expenses:		
Insurance	\$110.00	\$107.00
State Filing Fee	\$10.00	\$10.00
Postage (doesn't include newsletter)	\$100.00	\$49.00
Awards Committee	\$60.00	\$15.19
Church and Mail Slot rental	\$20.00	\$20.00
Web Page	\$60.00	\$47.88
Print new Annual Handouts & Handbooks	\$80.00	\$80.00
<i>Total Administrative Expenses</i>	<i>\$440.00</i>	<i>\$329.07</i>
Meeting Expenses:		
Church Rental	\$200.00	\$200.00
Black Forest Park Pavilion Rental	\$100.00	\$100.00
Gifts or Donations	\$60.00	\$145.00
Social Events:		
Holiday Dinners	\$1,000.00	\$611.70
Supplies	\$100.00	\$44.01
Newsletter Expenses	\$200.00	\$183.17
Newsletter Supplies (paper and toner)	\$290.00	\$268.90
<i>Total Non-Administrative Expenses</i>	<i>\$1,950.00</i>	<i>\$1,552.78</i>
		\$1,881.85
<b>TOTAL EXPENSES</b>	<b>\$2,390.00</b>	

**1. Report Volunteer Hours each month when you sign in at meetings:** Hours and number of people under each heading is needed for our two reports to AARP at the end of August and the end of December. Please help make this job easier for those recording the hours. Report needs total hours and number of people that participate, and headings can change from year to year. If you have questions please ask an officer for help.

**Or you may choose to record your hours on a separate sheet if you do a job each month and turn that in once a year i.e. publicity, secretary, newsletter, etc. rather than filling in the monthly sheet at the meeting.**

**2. Be a Host or Hostess or Greeter** at the meetings.

**3. Serve on a committee** or as an Officer or Chairperson.

**Host and Hostess duties** are to provide bread or rolls, butter, set up tables and chairs, provide table decorations, if they choose, make coffee and clean up after. Instructions for making coffee and supplies for tables are on the cart located in the Chapter storage closet in the church basement. Please report any supplies that need replacing to the Luncheon Co-ordinator.

A list of where supplies are found will be attached to the serving cart in the storage closet.

Please leave the kitchen and meeting room as you found them.

**HELP:** Host and Hostess can use extra help at both the beginning and with clean up at the end as we need to take out trash, run the vacuum, and put tables back as we found them. Also return supplies to the storage area.

**Greeters Duties:** Greet newcomers & guests when they arrive. Help them with name tags, have them sign the sign-in sheet, introduce them to members, help them find a table with members to enjoy our meeting and give their name to the President.

For Chapter Members remind them of their name tag, to sign in, direct to information or share tables or other help they might need. As we leave remind members to return name tags, thank guest for attending and invite them back.

**IMPORTANT:** If you **cannot** make your assigned month, please make arrangements for someone to take your place, **and** notify the Luncheon Coordinator.

**Name tags reminder** - Check information table for name tags for guests.

**Name Tag Board in ABC order by member last name.** Replacement name tags are \$2.00. Contact Stan Beckner about name tags.

**AARP activities and Services in the Colorado Springs area:**

Tax-Aide	Harry Feikert	531-5381
Senior Employment	Receptionist	635-3579
AARP District Coordinator	Phil Nuffer	495-5022

for general AARP information

**Other services in our area:**

Grief and Loss Program	Ruth Baer	594-0276
Pikes Peak Area Agency on Aging-Information or Assistance 471-7080		

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**To locate help in our area from organizations.** Call 211 and the operator will direct your call to the group that provides the services you want or need information about.

**Need a place to donate items you no longer need:**

**1) One Nation Walking Together** helps Native Americans in several areas. They are in need of beds, hygiene, refrigerators and washers, furniture, appliances, linens and house wares, building materials, including nails, screws etc., to repair homes, Medical supplies, used equipment for education, office supplies and monetary donations . If you need more information contact them at 719-329-0251 or 3150 N. Nevada Ave., 80907 or talk to Edna. They are closed on Monday so please call and check before making a special trip to their location.

[www.onenationwt.org](http://www.onenationwt.org)

**2) Springs Rescue Mission:** Located at 5 W. Las Vegas, 80903. They need hygiene items, baby items, and even a vehicle to help a family in need. You can contact them at [www.springsrescuemission.org](http://www.springsrescuemission.org) or call 719-632-1822.

**3) VFW Post 101:** Donations to help Wounded Warriors Transition Unit at Fort Carson and children of Fallen Soldiers go to summer camp. They can use personal toiletry items, phone cards, newspapers and magazines plus monetary donations. Their address is 702 S. Tejon, 80903. Phone 719-632-2776. E-mail: [commander@vfwpost101.org](mailto:commander@vfwpost101.org)

**Colorado AARP office** - 303 E. 17th Avenue, Suite 510, Denver, Colorado 80203. Phone (Toll free) 1-866-554-5376; Fax 1-303-764-5999. [www.aarp.org/CO](http://www.aarp.org/CO)

Just a little information about what **AARP Foundation** provides for the community: They offer WorkSearch through its Senior Community Service Employment Program; Women’s Scholarship Program; Benefits QuickLINK and AARP Tax-Aide. The Money Management Program; information on Reverse Mortgage program; Care for older Relatives; AARP Foundation Grand parenting Program. If you need more information contact AARP at the toll free number above or by e-mail.

ElderWatch is also an AARP Foundation initiative which is partnering with the CO Attorney General Office to educate CO seniors on SCAMS, ID theft and other criminal activities aimed at Seniors. Contact ElderWatch if you are approached in any way by an individual or organization that you feel uncomfortable with.

**AARP ElderWatch office** - 303 E. 17 Ave., Suite 210, Denver, Colorado 80203. Phone-1-800-222-4444 option 2. Email: [www.aarpelderwatch.org](http://www.aarpelderwatch.org) (ElderWatch can always use local volunteers in their programs. For more information call the above number.)

**Help with transportation for Seniors (you must contact & make arrangements). This is to help people get to their Doctor’s Appointments:**

*Monument area,* Call 488-0076 and leave a message with the Senior Transportation -Tri-Lakes HAP (Health Advocacy Partnership).

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**2016 OFFICERS**

President		Charles Karlstrum	749-9227
Vice -President		Don Von Gunden	495-3651
Secretary		Lin Rozak	495-6767
Helper		Linda Siebe	433-6205
Treasurer		Shirley Karlstrum	749-9227
Board of Directors	2016- 2018	Lavonne Hidy	494-1276
	2016 -2018	Howard Pease	598-2854
	2016- 2018	Don Dinwoodie	495-6151
	2016- 2017	Stan Beckner	596-6787
	2016- 2017	Alberta Davis	351-3782
	2016- 2017	Linda Siebe	433-6205
	2016-2017	Rita Fitzpatrick	573-6895

**2016 Standing Committees**

Awards Committee Chairperson		Ted Lunachek	593-7338
Committee Member		Pat Guild	260-0557
Audit Committee Chairperson		Lin Rozak	495-6767
Committee Member		James Belk	330-5293
Committee Member		Howard Pease	598-2854

Community Service Committee Chairperson	Gwenda Burk	495-2176
Committee Member	Iola Geiger	303-688-9149
Committee Member	Beverly Schaab	596-0762
Committee Member	Pat Guild	260-0557
Committee Member	Lori Belk	330-5293
Finance Committee: Chairperson	Shirley Karlstrum	749-9227
Committee Member	Bill Sanderman	638-1618
Committee Member	Electa Beckner	596-6787
Health Care Committee Chairperson	Waldo Pendleton	598-2504
Legislative Committee Chairperson	Rita Fitzpatrick	573-6895
Luncheon Co-ordinators	Edna Eaton	495-2443
	Diane Apodaca	495-3365
Catering Co-ordinator	Helen Von Gunden	495-3651
Membership Committee Chairperson	Lavonne Hidy	494-1276
Committee Member	Don Dinwoodie	495-6151

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Nominating Committee

Committee Member	Patricia Dix	418-5347
Committee Member	Bill Sanderman	638-1618
Committee Member	Beverly Schaab	596-0762

Notification Committee

Committee Member	Lavonne Hidy	494-1276
Committee Member	Pat Guild	260-0557
E-mail notification	Don Von Gunden	495-3651

or e-mail [SMAJVG@msn.com](mailto:SMAJVG@msn.com)

Programs Committee Chairperson

Committee Member	Kay Zvonkovich	481-4429
	Edna Eaton	495-2443

Public Relations Committee Chairperson

Newsletter, Annual Handout,	Stan Beckner	596-6787
Chapter Handbook & Roster	Helen Von Gunden	495-3651
Chapter web site	Don Von Gunden	495-3651

*(News Releases – Stan Beckner collects articles about our Chapter that are published in newspapers or other publications. If you see one, please cut it out and give it to him. This is an on going project to help with the end of year reports.)*

Sunshine Committee Chairperson	Electa Beckner	596-6787
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**Notify your telephone or e-mail person** if you will be **out of town for the next meeting or will be flying south for the winter**. Names and Phone numbers of the Notification Committee members are above.

**2016 BOARD OF DIRECTORS MEETING DATES:**

The Board will meet at 11:30 at the IHOP on Stetson Hills and Powers on the first Friday of January, March, May, July, September and November. All members are invited to attend.

**WHEN DO WE CANCEL A MEETING:**

The handbook states that **if District #20 closes or delays school because of weather there will be no AARP meeting**. The reason for this is District #20 has the elementary school in Black Forest. We have members from at least five different school districts. It was hard with our special Colorado weather to ask someone to make the decision on what the weather was like. If weather is bad in your area please do not put yourself in danger to come out to a meeting. If you have questions because of weather call any of the officers. School closing are announced and scrolled across the TV of a morning.

