



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

July 12, 2017

Chapter Meeting and Picnic at Black Forest Regional Park (Shoup & Milam), Pavilion #1
Start: 11:30 AM. Chapter Board hosting

A message from Stan Beckner:

I would like to thank all those who volunteered, particularly because the number of volunteers has dropped each year for the past three years and I want to encourage, as much as possible, future involvement. Ray Rozak deserves special recognition as he was the Shredding Project Leader and did an exceptional job.

At the June Chapter meeting Chuck announced the results of the Shredding Event held on June 10th: 15,800 lbs. of paper were shredded, 610 lbs. of non-perishable food & \$1123.00 in cash was donated to the Black Forest Cares food pantry. 371 cars from 18 different zip codes came to the event. 25 Chapter members & 10 non-members participated in the event.

We would like to recognize the following people for their participation in the 2017 Shredding Project:

| | |
|------------------------------------|------------------------------------|
| Apodaca, Diane | Julian, Jerry # |
| Beaty, Randy | Karlstrum, Chuck |
| Beckner, Electa | Karlstrum, Shirley |
| Beckner, Stanley | Ketels, Karen # |
| Belk, Jim | Lunacek, Ted |
| Belk, Lori | Pendleton, Waldo |
| Blucher, Stephen | Pithey, Durelle |
| Buck, Karen | Rozak, Lin |
| Burk, Gwen | Rozak, Ray |
| Cole, Dick | Schwarzman, Lou |
| Corrow, Mary# | Schwarzman, Ruth |
| Dinwoodie, Don | Silverton, Jan # |
| Eaton, Edna | Skinner, Anna |
| Fitzpatrick, Daniel # | Tilton, Theresa |
| Fitzpatrick, Rita | Tilton, Lexie # |
| Guild, Herb | Von Gunden, Helen |
| Guild, Pat | Williams, Debbie # |
| Hidy, Lavonne | Zelones, Lydia # |
| # Not a Chapter 1100 member | # Not a Chapter 1100 member |



Chapter participation at the Senior Resource Council's (SRC) "Successful Aging Expo":

A Chapter Thank you from Stan Beckner to the following Chapter members for volunteering to help at the Expo. Some worked long hours. We could not have done it without them: Patricia Dix, Rita Fitzpatrick, Linda Siebe, Ruth Schwarzman, Lou Schwarzman, Don Dinwoodie, Electa Beckner and Stan Beckner.

Chapter members Stephen Blucher & Bill Sanderman both worked the Driver Safety table. AARP was well represented with three tables in a row - AARP CO (us), ElderWatch and Driver Safety.

We gave away all the red AARP T-Shirts - a huge box full - and almost all of the literature and give-away goodies. Also gave away a lot of Chapter flyers and invited a lot of people to the picnic. *(Editor: Two women accepted the invite & plan to attend the picnic Per Pat Dix.)*



Pat Dix at the Chapter table



Bill Sanderman at the Driver Safety table



Rita Fitzpatrick at the Chapter table



Mark Fetterhoff at the ElderWatch table



Pat Dix and Electa Beckner at the Chapter table

⇒ **The "Black Forest AARP Volunteer Drivers"**, which serves the Black Forest & Colorado Springs area, have offered to assist our homebound members & their neighbors. Volunteer drivers Linda Siebe, Lori Belk & Don Dinwoodie would like to remind all Chapter members they can contact Linda for transportation at (719) 433-6205. Perhaps you're without a ride to chapter meetings or to a Doctor's appointment; can no longer drive; are having car problems or have an urgent need to go shopping. Give Linda a call and one of the three of them will take you where you need to go. *This is a free service in the experimental stage during 2017 and if no one participates it won't be available in 2018.*

UPCOMG EVENT ANNOUNCEMENT: The Pikes Peak Regional Airshow will take place September 23 & 24. It will be the biggest airshow in 2017 featuring the Thunderbirds, WW II aircraft, etc.

They are in need of volunteers for set up, to work the event & clean up the day after. (After cleanup there will be a BBQ for the volunteers.)

Information at Facebook <https://www.facebook.com/PPRAirshow/>

Or contact them at <http://pprairshow.org/> if you want to volunteer - see the Volunteer tab at the top of the home page for details.

6/1/2017 Beginning Checking Account Balance:

\$3,507.53

| | MONTHLY | 2017 YEAR TO DATE |
|--------------------------------------|----------------|------------------------------|
| Income | | |
| Dues received in 2017 * | \$30.00 | \$290.00 |
| Gifts or Donations | | \$100.00 |
| Social Events: 50/50 Drawing | \$21.00 | \$125.00 |
| Advertising Income | | |
| TOTAL INCOME | <u>\$51.00</u> | <u>\$515.00</u> |
| Expense | | |
| Meeting Expense | | \$145.00 |
| Gifts or Donations (BF Cares) | | \$25.00 |
| Social Events: | | |
| Picnic site rental fee | | \$100.00 |
| Supplies (sugar, cups, plates) | | \$27.66 |
| Chapter Holiday Dinners | | |
| Administrative Cost (award supplies) | \$7.77 | \$7.77 |
| Newsletter Cost | | |
| Other (insurance) | | <u>\$47.88</u> |
| TOTAL EXPENDITURES | <u>\$7.77</u> | <u>\$353.31</u> |
| 6/30/17 Checking Account Balance | | \$3,550.76 |
| CD Account Interest todate in 2017 | | \$1.04 |
| CD Account Balance | | \$1,041.51 |

* 2017 dues paid & reported in 2016: 26 (\$260)

CHAPTER COMMITTEES

Community Service updates from Gwen: \$52.22 was collected during the May meeting for Black Forest Cares.

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.

Notification: Thanks to Lavonne Hidy & Linda Siebe (filling in for Pat Guild) for their work on the monthly telephone member notifications & Helen & Don Von Gunden for notifying members via e-mail.

Public Relations: PSAs were sent to 9 local newspapers, the Gazette blog, posted to our website regarding the June Shredding Project and the SRC Successful Aging Expo.

Sunshine: A get well card to Judy Handran, a thinking of you card to Don Von Gunden & a sympathy card to Pat Guild on her brother's passing. (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 and upcoming events. Many people visit our website during the month and we believe our members will find it useful.

Secretary's Report

President Chuck Karlstrum called the June 10th meeting to order at 11:45 a.m. He led members in the Pledge of Allegiance. Pastor Jan Duncan, of Black Forest Lutheran Church, offered an invocation.

Members who celebrated birthdays this month are: Electa Beckner, Shirley Karlstrum & Helen Von Gunden. Anniversary celebrations & congratulations go to Ray and Lyn Rozak, Sue & Henry Fletcher & Louis & Ruth Schwarzman. We welcomed Ron Brown as a guest as well as Claire Anderson, our speaker for this meeting. New members are Anita Wolfe, Richard Cole & Ron Brown. Welcome to them!

Claire Anderson, executive director of Innovations in Aging, spoke to us about Colorado Springs' Age Friendly City Initiative & of the role of the Innovations organization in identifying & incubating new programs to address various aging issues. Because the over 65 & over 85 age groups will increase dramatically in the next several decades, it is important for city government to plan for the needs of seniors rather than be overwhelmed when this occurs. Eight areas for consideration were identified: Outdoor Spaces & Buildings, Transportation, Housing, Social Participation, Community Health & Support, Respect & Social Inclusion, Civic Participation & Employment & Communication & Information. Goals & plans for action have been established & recommendations will be made to City Council by a newly established Commission on Aging.

Chuck announced the results of the Shredding Event held on June 10th: 15,800 lbs. of paper were shredded, 610 lbs. of non-perishable food & \$1123.00 in cash was donated to the Black Forest Cares food pantry. 371 cars from 18 different zip codes came to the event. 25 Chapter members & 10 non-members participated in the event. Chuck asked for names & addresses of the non-members so we can provide them with certificates or letters of participation. Chuck also directed the secretary to send thank-you notes to the Walmart stores that gave us gift certificates for supplies for the event, & a note of thanks to the Black Forest Lutheran Church for allowing us to use the premises for the event.

Chuck announced upcoming events:

- June 24th - we will participate in the Senior Expo to be held at the Marriott Hotel on Tech Center Drive in Rockrimmon from 8:00 a.m. till 2:00 p.m. Volunteers need to be aware of the time slot they will serve so they are on time.
- July 12th - we will meet for the annual picnic at the Black Forest Regional Park. Members are asked to bring desserts and to call in a reservation so that the appropriate amount of food can be ordered. Chuck also announced that two additional games will be available for those who don't care to participate in Bingo. They are Washer Toss and Bean Bag Baseball.
- October 11th - The Awards Dinner & Presentation will be held at the Denver Botanic Gardens from 4:00 until 7:00 p.m. Carpools are encouraged & drivers who have 4 or more riders will be paid mileage. Reservations must be made ahead of time by calling the State AARP office at 866-554-5376.

Chuck reminded the membership that the Nominating Committee needs to start working on the 2018 slate of officers & board members. Volunteers are needed to serve on the committee, but no one volunteered to do so.

Ted Lunacek of the Awards Committee advised Chuck that he is ready to receive recommendations & will have certificates ready when the time comes.

Chuck reminded everyone of the Senior Social on Wednesday, June 28th from 1:00-4:00 p.m. in the Fellowship Hall at Black Forest Lutheran Church.

Rita Fitzpatrick advised members to be aware that new more secure Medicare cards with embedded information will be sent out starting in April of 2018, but that scammers are already targeting senior citizens, asking them to pay for the cards & to divulge personal information. The cards are free & will automatically come to all who are enrolled in Medicare.

Gwen Burk reminded members who do crafts that items prepared for sale at the August Black Forest Festival will need to cost less than \$10.00 per item. People tend to purchase less expensive items.

The next Board Meeting will be held on July 7th at the IHOP on Powers & Stetson Hills Drive beginning at 11:30 a.m.

The 50/50 & door prize drawings were held to benefit our catering fund.

Respectfully submitted,

Rita Fitzpatrick, Secretary

SUMMER DRIVING SAFETY From the NHTSA web site.

June AARP Driver Safety Newsletter compliments of Chapter member Bill Sanderman, CO State Coordinator

Of the many great things about summertime, few match the fun of a family road trip. Before you hook up that new boat or camper, or hit the road with your family or friends in your car, SUV, pickup, or RV, take the time to review these summer travel safety tips. Prevention & planning may take a little time up front, but will spare you from dealing with the consequences of a breakdown - or worse yet, a highway crash - later.

Before You Go Get Your Car Serviced. Regular maintenance such as tune-ups, oil changes, battery checks & tire rotations go a long way toward preventing breakdowns. If your vehicle has been serviced according to the manufacturer's recommendations, it should be in good condition to travel.

Check for Recalls: Owners may not always know that their vehicle has been recalled & needs to be repaired. NHTSA's VIN look-up tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if a specific vehicle has not been repaired as part of a safety recall in the last 15 years.

Go Over Your Vehicle Safety Checklist Regardless of how well you take care of your ride, it's important to perform the following basic safety checks before you go on a road trip:

Tires Air pressure, tread wear, spare: Check your vehicle's tire inflation pressure at least once a month & when your tires are cold (when the car hasn't been driven for 3 hours or more) - & don't forget to check your spare, if your vehicle is equipped with one. The correct pressure for your tires is listed on a label on the driver's door pillar or doorframe or in the vehicle owner's manual - the correct tire pressure for your vehicle is NOT the number listed on the tire itself. Under inflation is the leading cause of tire failure.

Also, take 5 minutes to inspect your tires for signs of excessive or uneven wear. If the tread is worn down to 2/32 of an inch, it's time to replace your tires. Look for the built-in wear bar indicators on your tires or use the "penny test" to determine when it's time to replace your tires. Place a penny in the tread with Lincoln's head upside down. If you can see the top of Lincoln's head, your vehicle needs new tires. If you find uneven wear across the tires' tread, it means your tires need rotation and/or your wheels need to be aligned before you travel.

Lights Headlights, brake lights, turn signals, emergency flashers, interior lights, & trailer lights: See & be seen! Make sure all the lights on your vehicle are in working order. Check your headlights, brake lights, turn signals, emergency flashers, & interior lights.

Cooling System - Coolant level & servicing: The radiator in your vehicle needs water & antifreeze (coolant) to keep your engine functioning properly. When your car hasn't been running & the engine is completely cool, carefully check your coolant level to make sure the reservoir is full. In addition, if your coolant is clear, looks rusty, or has particles floating in it, it is time to have your cooling system flushed & refilled.

Fluid Levels Oil, brake, transmission, power steering, & windshield washer fluids: Check your vehicle's oil level periodically. As with coolant, if it's time or even nearly time to have the oil changed, now would be a good time to do it. In addition, check the following fluid levels: brake, automatic transmission or clutch, power steering, & windshield washer. Make sure each reservoir is full; if you see any signs of fluid leakage, take your vehicle in to be serviced.

Belts & Hoses Condition & fittings: Look under the hood & inspect all belts & hoses to make sure there are no signs of bulges, blisters, cracks, or cuts in the rubber. High summer temperatures accelerate the rate at which rubber belts & hoses degrade, so it's best to replace them now if they show signs of obvious wear. While you're at it, check all hose connections to make sure they're secure.

Wiper Blades Wear & tear on both sides: After the heavy toll imposed by winter storms & spring rains, windshield wiper blades may need to be replaced. Like rubber belts & hoses, wiper blades are vulnerable to the summer heat. Examine your blades for signs of wear & tear on both sides. The blades can also deform & fail to work properly in both directions. If they aren't in top condition, invest in new ones before you go.

Air Conditioning A/C check: Check A/C performance before traveling. Lack of air conditioning on a hot summer day affects people who are in poor health or are sensitive to heat, such as children & older adults.

Floor Mats - Proper size & correct installation: Improperly installed floor mats in your vehicle may interfere with the operation of the accelerator or brake pedal, increasing the risk of a crash.

Safety First: Protect Yourself & Your Loved Ones . Buckle Up - Every Trip, Every Time. All passengers must agree to wear their seat belts every time they are riding in your vehicle. Set the example by always wearing your seat belt.

Protect the Children: When traveling with children, take every precaution to keep them safe. All children under 13 should ride in the back seat. Make sure car seats & booster seats are properly installed & that any children riding with you are in the correct car seat, booster seat, or seat belt that is appropriate for their size. All passengers in your vehicle should be buckled up on every trip, every time. Never leave your child unattended in or around your vehicle. Always remember to lock your vehicle when exiting so children do not play or get trapped inside.

On the Road Stay Alert: Remember that long trips can be tough on children - &, in turn, tough on you. Plan enough time to stop along the way to take a group stretch, get something to eat & drink, return any calls or text messages, & change drivers if you're feeling tired or drowsy. Consider staying overnight at a hotel or family resort. It can make the trip easier & less tiring for everyone - & more of an adventure, too. Bring along a few favorite books, videos, or soft toys to keep little ones content & occupied. The trip will seem to go faster for them, & keep you from being distracted every time they ask, "Are we there yet?" Long-distance driving can be tedious, & it's tempting to look for something to distract you to make the time pass faster. But when you're the driver, your only responsibility is to keep your eyes on the road, hands on the wheel, & concentration on the task of driving.

Share the Road: Warmer weather attracts many types of roadway users, including motorcyclists, bicyclists, & pedestrians. While they have the same rights, privileges & responsibilities as every motorist, these road users are more vulnerable because they do not have the protection of a car or truck. Leave more distance between you & a motorcycle - 3 or 4 seconds' worth. Motorcycles are much lighter than other vehicles & can stop in much shorter distances. Always signal your intentions before changing lanes or merging with traffic. This allows other road users to anticipate your movement & find a safe lane position. Be mindful of pedestrians. Things to remember as a driver. You can encounter pedestrians anytime & anywhere. Distracted walking is becoming part of the distracted traffic epidemic. Keep your eyes open for distracted pedestrians. Pedestrians can be very hard to see - especially in bad weather or at night. Stop for pedestrians who are in a crosswalk, even if it's not marked. This will help drivers in the other lanes see the pedestrians in time to stop. Cars stopped in the street may be stopped to allow pedestrians to cross. Do not pass if there is any doubt. Do not assume that pedestrians can see you or that they will act predictably. They may be distracted, or physically or mentally impaired. When you are turning & waiting for a "gap" in traffic, watch for pedestrians who may have moved into your intended path. Be especially attentive around schools & in neighborhoods where children are active. Drive the way you want people to drive in front of your own home.

Avoid Risky Driving Behaviors: Distracted Driving.. The focus of every driver, at all times, should be driving. Distracted driving is anything that takes your attention away from driving. **The most obvious forms of distraction are cell phone use, texting while driving, eating, drinking, talking with passengers, & using in-vehicle technologies & portable electronic devices.**

Door to door scams

Warm summer months often lead to more door-to-door solicitations. Regardless of if you believe the person at your door is a legitimate solicitor or not, it is important to remain skeptical & cautious about the stranger, especially if they are trying to sell you something. Scammers often try & solicit donations for charity, offer a home repair service or pose as a utility worker.

NEVER:

- Do business right on the spot! You can & should always get a second opinion.
- Give out sensitive personal or financial information to someone who shows up at your door unannounced.
- Pay for services in cash. Be wary of paying up-front for a product or service that will be delivered at a later date.
- Let someone into your home that you did not invite.

BE AWARE OF:

- Scare tactics, like the solicitor telling you he smells a gas leak coming from your home.
- Deals that offer steeply discounted prices that seem too good to be true.
- Remember that a receipt is worth nothing unless the business is valid and reputable.
- Before signing anything, be sure you read and understand exactly what you are signing.
- Don't be afraid to offend someone by not doing business.

Remember: it is easy to fake credibility! Do your research. Check with an objective 3rd party to verify someone's identity. Don't hesitate to contact AARP Foundation ElderWatch to speak with a Volunteer Specialist if you have any questions about a door-to-door solicitation or any other potential scams.

303-222-4444 www.aarpelderwatch.org

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- **REMINDER FROM RAY** - He needs items for the monthly door prize drawings. Remember this is a Chapter fund-raising activity. Those who attended the July Picnic & the Thanksgiving meal enjoyed food purchased with money collected through these drawings rather than from the Treasury.
- **The Senior Social** will be held on July 26th at the Black Forest Lutheran Church.