



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

April 12, 2017

Host: Durelle Pithey, Lori and Jim Beck

Greeter: Lavonne Hidy

Program: What to do to prevent falls & improve balance. Lori Morgan, Memorial Hosp. Injury Prevention Specialist

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- ⇒ **WELCOME to 2 new members:** Ray Harriman and Vijay Verma joined after the March meeting. (Mrs. Verma joined in February.) Welcome to all!
- ⇒ **Stan received the following information from Jeremiah Mora, Denver, that ties into today's Program. Hope you find it interesting:** This site, AARP Foundation, contains good info. Stan checked it out & told Jeremiah "interesting enough, our April chapter program is a talk on this exact subject." Here's the link for those with computers - and there's also a video which breaks down room by room what to look for. <http://blog.aarpfoundation.org/safe-house-tips-for-preventing-falls-at-home/> (For those without computers I've copied all the information from the AARP Foundation site for you and it's all on pg 5. Helen)
- ⇒ **UPCOMING AARP SPONSORED 2017 CHAPTER 1100 EVENTS:**
- Tuesday April 25th:** Board members voted to host the Movie "Hacksaw Ridge" at the Regal Interquest Stadium 14 & RPX, as part of AARP's "Movies for Grownups" series. 4-5 volunteers will be needed to staff a welcome/reservations table at the event.
- Saturday June 10th:** The annual chapter shredding event will be from 9 to noon at the Black Forest Lutheran Church, as in past years. Volunteers will need to come a little early & stay a little late to help clean up. This is a major event for our chapter, & Black Forest Cares, & we will need lots of volunteers to work. Please reserve this date & plan to help. A sign-up sheet will be forthcoming.
- Saturday June 24th** is the date of the annual Senior Resource Council "Senior Expo" at the Marriott Hotel in Rockrimmon. We will be asking for a few volunteers to work that project. More details will be forthcoming. Please think about volunteering for this community service project. All members are, of course, invited to attend the Expo.
- ⇒ **Joe Henjum Senior Accolades Event:** Colorado State AARP was one of the sponsors of this Event held at the Masonic Center on March 29th. Chapter members Pat Dix, Bev Schaab, Rita Fitzpatrick, Electa and Stan Beckner attended. The award winners were: Mendy Putman for Volunteer Award. (Mendy was the Manager of the Senior Center on Hancock before she retired. A tireless worker for seniors. Congratulations to Mendy.) The COS Senior Center won the Business/Organization Award and Kent Matthews won the Legacy Award. All were well deserved.
- ⇒ **ElderWatch Scam site:** Stan discovered a ElderWatch Scam site. It is <http://www.aarp.elderwatch.org>. We have many of these, but not all, on our web site.
- ⇒ **MEMBERS** - remember to report volunteer hours, including preparation for & attendance at board meeting, on the sign-up sheet at the entrance to chapter meetings.
- ⇒ **A repeat of information from the March newsletter:** Linda Siebe has agreed to include her phone number in this Newsletter so members without a ride to chapter meetings can contact her for transportation because they can no longer drive or are having car problems. Her number is (719) 433-6205. Thank you Linda. This is a caring action on your part.
- ⇒ **April 26th - Senior Social** at the Black Forest Lutheran Church



THE CHAPTER SHREDDING PROJECT/EVENT IS COMING!!!

Stan Beckner, our Public Relations Committee Chairman, sent the following article to the New Falcon Herald. This is a very important upcoming event and the project leads, Ray Rozak and Stan, are urging members to sign up to help. The sign-up sheet will be at the April meeting, or you could contact Ray or Stan. (Their phone numbers are in the Annual Handout, page 6.)

They both have shredding posters and will make them available at the April meeting for those who would help distribute them.

"The Black Forest AARP Chapter, in conjunction with ElderWatch Colorado and the Black Forest Lutheran Church, will provide a FREE opportunity for citizens to safely destroy personal documents on Saturday, June 10th from 9 AM to Noon in the parking lot of the Black Forest Lutheran Church, 12455 Black Forest Road. A professional shredding company will shred the documents **onsite**. All cardboard containers will be recycled.

Voluntary donations in the form of non-perishable food or cash would be appreciated. All donations will go to benefit those who utilize the Black Forest Cares food pantry in Black Forest. In the past this community service event has yielded hundreds of pounds of food, and over a thousand dollars in donations."

INFORMATION FROM THE EL PASO COUNTY SHERIFF'S OFFICE March newsletter

Quick Tip:

The traffic hotline number has changed. Please dial 719-390-5555 and select option #5 for traffic concerns.



FOR EMERGENCIES: DIAL 9-1-1

El Paso County Sheriff's Office Dispatch
(non-emergency crime reporting): **390-5555**

EPSO Telephone Reporting System (for minor crimes without suspect information): **520-7111**

EPSO Traffic Hotline (for reporting problem areas or traffic violations): **390-5555 option 5**

EPSO Tip Line (for reporting suspicious activity or the location of wanted persons): **520-7777**

Always remember to report criminal activity or suspicious behavior promptly.

WHERE IS IT SAFEST TO DRIVE? from usatoday.com

Here is a look at the 10 most dangerous cities in the U.S. for drivers, based on analysis by NerdWallet.com. The analysis examined data for nearly 200 of the most populous U.S. cities & created a score based on five data points: auto accident risk, average years between accidents, rate of fatal crashes per 100,000 residents, auto theft risk & the risk of having your car broken into. Then the cities were ranked and average auto insurance quotes were compared across the list.

The ten most dangerous cities for U.S. Drivers are (1) Detroit, (2) Baton Rouge, (3) Baltimore, (4) Springfield, MA, (5) San Bernardino, CA, (6) New Orleans, (7) Atlanta, (8) New Haven, CT., (9) Dallas, and (10) Worcester, MA.

Conversely, the ten safest cities are (1) Cary, NC, (2) Boise, ID, (3) Fort Collins, CO, (4) Naperville, IL, (5) Santa Clarita, CA, (6) Overland Park, KS, (7) Gilbert, AZ, (8) Aurora, IL, (9) Madison, WI and (10) Olathe KS.

(Information taken from the CO AARP Driver Safety News, March 2017)

3/1/2017 Beginning Checking Account Balance: \$3,430.06

	2017	
	MONTHLY	YEAR TO DATE
Income		
Dues received in 2017 *	\$40.00	\$260.00
Gifts or Donations		
Social Events: 50/50 Drawing	\$14.00	\$60.00
Advertising Income		
TOTAL INCOME	\$54.00	\$320.00
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		
Newsletter Cost		
Other (Weebly, insurance)		\$47.88
TOTAL EXPENDITURES	\$0.00	\$345.54
3/31/17 Checking Account Balance		\$3,484.06
CD Account Interest todate in 2017		\$1.04
CD Account Balance		\$1,041.51

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



TAX DAY IS APRIL 17TH THIS YEAR

CHAPTER COMMITTEES

Community Service updates from Gwen: No update.

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 & 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 8 local newspapers, the Gazette blog & posted to our website regarding the June Shredding project.

Sunshine: Get Well cards were sent to Don Dinwoodie & Waldo Pendleton. Thanks Electa. (Electa is the Sunshine Committee & can be reached at 596-6787. Please call her directly so she doesn't hear about a member 2nd hand.)

- **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.

Secretary's Report

Acting President Patricia Dix called the meeting to order at noon & led members in the Pledge of Allegiance & then offered a prayer of blessing. Pat recognized members who celebrated birthdays this month: Jim Belk, Stephen Blucher, Karen Buck, Edna Eaton & Waldo Pendleton. Pat introduced a guest, Ray Harriman.

There was no program for this meeting. However there were a number of announcements.

A web assistant is still needed so a request was made for a tech-savvy person to volunteer for the job.

Committee work plans are still needed from some committees. Pat recognized the committees that have submitted plans: Community Service, Legislative, Luncheon, Catering, Program & Public Relations. Plans should be submitted to Pat.

Four volunteers are needed to attend & help with the Henjum Award Event on March 29. Contact Stan Beckner for details & to volunteer.

Other volunteer opportunities include the Shredding Event on June 10th & the Senior Expo on June 24th. Sign-up sheets will be available on the sign-in table at the April meeting.

Pat gave a reminder that the Awards committee, headed by Ted Lunacek, needs to work on nominees for the 2017 AARP awards dinner to be held on October 4th in Denver. The names need to be submitted by the September 4th deadline.

The Chapter will participate in the Black Forest Festival again this year. It will be held in August. We will sell craft items & plants again. Gwen Burk asked that all items be priced at \$10.00 or less.

Our Chapter Picnic will be held on July 12th at Pavilion #1 at Black Forest Regional Park on Shoup Road.

Chuck & Shirley Karlstrum have bought & will close on a house, so will be returning to active participation in our chapter.

Legislative chair, Rita Fitzpatrick handed out two information sheets. One listed national & state representatives with contact information, & the second was a sheet comparing current Medicare benefits with benefits that will be in effect if the bill in Congress is enacted to replace the Affordable Care Act. She advised members that the state advocates supported & lobbied in favor of a bill that will allow for more flexible financing in the state under the Tabor Amendment.

The next Senior Social is on March 22 from 1-4 p.m. Those who don't play dominoes are welcome to participate in cleaning out the AARP closet in the basement.

The April Chapter meeting program will be presented by Lori Morgan, Memorial Hospital Injury Prevention Specialist. 5 minute reports will be given by Lin Rozak on the Mill Dog Rescue Program & also Rich Crawford on park expansion in Black Forest.

Lavonne Hidy put in a request for large cloth shopping bags for the Easter basket program. These are needed by March 30th & can be dropped off at the Senior Social.

Please contact Stephen Blucher about taking the AARP Smart Driving course on March 17th from 12:45 till 5 PM at Black Forest Lutheran Church.

Raffles were held to benefit our catering fund.

Respectfully submitted, Rita Fitzpatrick

TIRE PRESSURE

What are you really measuring when you measure your tire pressure? If the gauge reads 29 pounds, what is the real pressure inside the tire? The gauge measures gauge pressure, which is the internal pressure compared to the outside air pressure. The real pressure depends on the outside ambient pressure which will vary as a function of your altitude. If you are in Colorado Springs on a standard day, the ambient pressure will be about 11.8 pounds per square inch, so the absolute pressure inside the tire will be $29 + 11.8 = 40.8$ pounds per square inch (psi).

As long as there is no gain or loss within the tire, if the outside air pressure changes, so does the gauge tire pressure. If you drive to the top of Pikes Peak, the internal pressure stays at 40.8 psi, but, since the outside air pressure is now about 8.3 psi, the tire gauge will read $40.8 - 8.3 = 32.5$ psi. Conversely, if you drive to sea level, where the normal pressure is 14.7 psi, the tire gauge will read $40.8 - 14.7 = 26.1$ psi.

This means your tire is overinflated on Pikes Peak and underinflated at sea level. If you take a prolonged trip to a different altitude, you may want to adjust your tire pressures to avoid handling or wear problems.

Bill Sanderman, CO Driver Safety State Coordinator - and Chapter member.

For those without computers here is the information referred to on page 1 of this newsletter. Good info for all of us. Helen

Tips for Preventing Falls at Home—AARP Foundation

Every year, one in four people age 65 & older experiences a fall. Many of those falls lead to serious injury - & most of them happen in the home.

AARP research consistently finds that the vast majority of people age 50 & older want to remain in their homes & communities for as long as possible. Yet we also know that many homes lack features that can help older adults age in place safely.

AARP Foundation is committed to making sure older adults have access to housing that is affordable, livable & healthy. With these simple changes to your home & lifestyle, you can help prevent falls & avoid injury no matter where you live.

Entrances and Exits

- Check outdoor walkways for loose bricks or pavers, & keep the paths clear of debris, including slippery wet leaves, moss or mold.
- Install or replace exterior lighting for all entrances.
- Change standard doorknobs to lever-style handles, which are easier to use than doorknobs.
- Modify at least one entryway to make it step-free.

Kitchen

- Replace knobs on cabinets & drawers with easier-to-grip D-shaped handles.
- Create a surface where you can work while seated. Options include using a table, installing a pullout work surface, or removing lower cabinet doors & shelves.
- Install bright task lighting for the sink, stove & other work areas.
- Make your cabinetry easy to access with pullout drawers or shelves beneath counters & Lazy Susans in corner cabinets.

Steps and Stairways

- Install safe & secure handrails on **both** sides of stairs. Make sure they're placed at a user-appropriate height & firmly secured to the walls.
- Mount switches for stairway lights at both the top & bottom of the stairs.
- If the exterior & interior stair treads have weak or missing steps, loose bricks, raised nail heads, open backs, etc., repair or replace them.
- Apply nonslip adhesive strips to uncarpeted stair treads.
- Plug automatic nightlights into outlets near steps & staircases.
- Keep all stairs clear of clutter.
- Check the carpeting on stairs to be sure it's firmly attached. If possible, install a tightly placed, woven low-pile carpet with thin padding.

Living Room and Bedroom(s)

- Remove all area rugs, or use double-sided tape or nonslip mats to secure them to the floor.
- Arrange furniture to allow clear, wide passageways.
- Place electrical & phone cords along the wall, where they won't be a tripping hazard.
- Install lever-style door handles, which are easier to use than doorknobs.

Bathroom(s)

- Replace standard toilets with a higher, comfort-height model, or add a toilet seat riser.
- Mount grab bars next to the toilet & bathtub & in the shower.
- For standalone showers, modify the entry so you don't have to step up to get into the shower.
- Install a handheld, adjustable-height showerhead for easier bathing.
- Place rubber-suction bathmats or anti-slip floor strips or decals on the tub or shower floor.
- Add permanent or removable seating to the shower so you can bathe while seated.
- Replace sink, bathtub & shower faucets with easy-to-use lever handles rather than knobs or turn handles.
- Install nightlights in the bathroom & in the hallways that are used after dark.

Elsewhere and Throughout the Home

- Check the wattage ratings on your lamps and light fixtures, and install the brightest bulbs allowed.
- Modify the laundry area with an easier-to-use front loading washer, and add raised platforms under the washer and dryer.
- Put telephones near multiple rooms and make sure they're easily accessible.
- Place nightlights in bathrooms and hallways and near steps.

Personal Health

- Consider balance or strength exercises to keep yourself agile.
- Get your eyes & hearing checked regularly.
- Talk to your doctor about steps you can take to prevent a fall.

Protection from Investment Fraud

Many of us have heard stories about people who have lost money to investment schemes. To reduce your chances of being a victim consider who you are doing business with & how the investment works. Review the following tips to help make informed choices to reduce the likelihood of becoming a victim:

Arm yourself with information. If you are being asked to invest your hard-earned money, you should know the background & credentials of the person and/or firm offering it. Questions you should be able to answer before investing include:

- What is the background of the salesperson & the company they work for? Are they licensed appropriately for the product they are selling?
- How does the salesperson make money? Commissions? Bonuses for signing up new customers? Salary only? What incentive do they have to sell this product?
- What regulatory agency oversees the business?

Evaluate & verify what you are told. Resources available to assist with checking the background of a salesperson and/or an investment firm include: 1) FINRA's BrokerCheck (brokercheck.finra.org); 2) CO Div. of Securities www.colorado.gov/dora/division-securities 3) CO Div. of Insurance (www.colorado.gov/pacific/dora/division-insurance)

Follow your money

- Send funds directly to the organization for investing rather than giving funds directly to the salesperson.
- Review statements for accuracy & discuss discrepancies directly with the operational area (not the salesperson).
- Understand the process and/or penalty for withdrawing your funds.

Denver Metro Area 303-222-4444

www.aarpelderwatch.org

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- **CHAPTER WEBSITE** <http://aarpchapter1100blackforest.weebly.com> ~316 hits from 3/6 to 4/11/2017
We hope our members will find it useful & it will also serve as a membership recruiting activity. Please pass on to Don & Stan your ideas & recommendations on how we can improve this community outreach vehicle.