



## BLACK FOREST CHAPTER OF AARP #1100

“To serve, not to be served”

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

January 10, 2018

**Host/Hostess:** Pat Dix, Beverly Schaab and Linda Siebe

**Greeter:** Denny Wilson

**Program:** 2018 Officers installed - Jeremiah Mora, AARP CO Denver and  
Introduction to Atlas of Caregiving - Rita Fitzpatrick

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### A Yule to Remember

The December meeting of the Black Forest AARP Chapter 1100 was a Yule to Remember. There were Christmas decorations, food & music for all to enjoy, & surprise gifts for many. It was a special observance.

Christmas music provided by the Fermatas Recorder Group of Colorado Springs greeted attendees at the December 13th meeting. An extensive catered lunch of turkey, ham, dressing with all the trimmings plus a large array of salads & festive desserts, delighted the 60 plus members & guests who attended.

The highlight of the business meeting was the election of Chapter Officers for 2018. Mr. Jeremiah Mora, the AARP Colorado Associate State Director-Community Outreach is scheduled to install the newly elected Chapter Officers in a ceremony at the January 10 meeting.

In addition to the installation of officers, the program for the January Chapter meeting will introduce the topic of caregiving for family members and friends. Members were also reminded to consider attending the monthly Senior Social at the Black Forest Lutheran Church the afternoon of January 24th. The Senior Social is open to everyone regardless of whether they are members of the Black Forest AARP Chapter or not.

Several Chapter volunteers were recognized for their community service supporting the Colorado Springs Senior Resource Council annual Holliday Dinner Dance this past week at the Civic Auditorium in Colorado Springs. It was noted that Chapter members volunteering for events such as this contribute to the welfare of the community, reflect well on Chapter 1100, & support the Chapter's active role in the community.

Last, but certainly not least, a drawing was held for the numerous gaily wrapped Christmas presents which had been donated by Chapter members. Many pleasant surprises were unwrapped & taken home as happy reminders of the day.

Individuals interested in doing community service, while having some fun, social activities, & lots of great food, should consider joining Chapter 1100. The annual dues are only \$10 per person. All ages are welcome. For more information call Stan at 719.596.6787 or visit the Chapter web site at <https://aarpchapter1100blackforest.weebly.com>.



Santa & his sleigh bring

tribute to the AARP Chapter 1100 members & guests.

Christmas gifts to dis-



Chapter President Charles Karlstrum addresses the attendees at the December 13th Christmas party.

The Fermatas Recorder Group entertains the attendees with a program of Christmas music.



The Fermatas, L-R Jeannine Bramwell, Phil Goulding, Dick Wood, Electa Beckner, Marsha Brower, Mary Jane Ray, and Faye Padgett pose with Santa.

12/1/2017 Beginning Checking Account Balance \$3,507.26

	MONTHLY	2017 YEAR TO DATE
<b>Income</b>		
2017 Dues		\$320.00
2018 Dues received in 2017		\$10.00
Gifts or Donations		\$396.15
Social Events: 50/50 Drawing	\$35.00	\$232.00
Advertising Income		
<b>TOTAL INCOME</b>	\$35.00	\$958.15
<b>Expense</b>		
Meeting Expense		\$145.00
Gifts or Donations (Wounded Warrior, Holiday Dinner)	\$15.00	\$389.96
Social Events:		
Picnic site rental fee		\$100.00
Supplies (sugar, cups, plates)		\$27.66
Anniversary cake		\$32.23
Chapter Holiday Dinners	\$206.83	\$206.83
Administrative Cost		\$33.19
Newsletter Cost	\$78.72	\$132.19
Other		\$159.88
<b>TOTAL EXPENDITURES</b>	\$300.55	\$1,226.94
12/31/17 Checking Account Balance		\$3,256.71
CD Account Interest todate in 2017		\$1.04
CD Account Balance		\$1,041.51

#### CHAPTER COMMITTEES

**Community Service:** Donations to the Black Forest Cares food bank - December \$90.00. Thank you all.

**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.

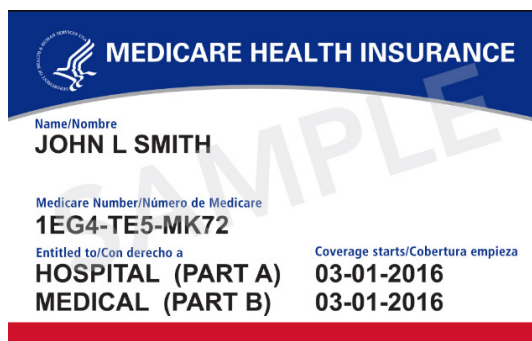
**Notification:** Thanks to Pat Guild & Anita Wolfe for their work on the monthly telephone member notifications & thank you President Karlstrum for notifying members via e-mail.

**Public Relations:** PSAs were sent to 9 local newspapers, the Gazette blog & posted to our website regarding our Chapter related activities and information.

**Sunshine:** Electa sent a sympathy card to Chuck & Shirley Karlstrum and a get well card to Waldo Pendleton. (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 our members find it useful.
- **The "Black Forest AARP Volunteer Drivers"**, which serves the Black Forest & Colorado Springs area, have offered to assist our home-bound members & their neighbors. Volunteer drivers Linda Siebe & Lori Belk 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 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.*
- The next **AARP Safe Driving class** in Black Forest will be held on March 21st at the Black Forest Lutheran Church. Those interested in attending should contact Stephen at 597.5683.
- **Thank you**, Chapter 1100 and it's members, for the \$15.00 gift to the Wounded Warriors in Don Von Gunden's name. Our family appreciates this gift to a worthy cause which Don supported monthly. Helen Von Gunden
- 2018 Board meetings will continue to be held at the IHOP on Stetson and Powers.

**New Medicare cards are coming** - Medicare will mail new Medicare cards between April 2018 & April 2019. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity. See an example of the new Medicare card below.



### Things to know about your new Medicare card:

- You don't need to take any action to get your new Medicare card.
- The new card won't change your Medicare coverage or benefits.
- Medicare will never ask you to give us personal or private information to get your new Medicare Number & card. Learn more about the limited situations in which Medicare can call you.
- There's no charge for your new card.

**Watch out for scams** - Scam artists may try to get your current Medicare Number & other personal information by contacting you about your new Medicare card. They often claim to be from Medicare & use various scams to get your Medicare Number including:

- Asking you to confirm your Medicare or Social Security Number so they can send you a new card.
- Telling you there's a charge for your new card & they need to verify your personal information.
- Threatening to cancel your health benefits if you don't share your Medicare Number or other personal information.

If someone calls you & asks for your Medicare Number or other personal information, hang up & call us at 1-800-MEDICARE (1-800-633-4227).

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ARTICLE FROM THE CO AARP DRIVER SAFETY NEWS, Fourth Quarter 2017. Editor: Bill Sanderman

### **RUNNING ON EMPTY: HOW FAR CAN YOU REALLY GO? By Neil Hoff**

It's happened to all of us. Maybe you're stuck in traffic on the freeway or perhaps you're running late for an appointment when your car's low fuel light appears. You can likely continue to drive after the fuel light comes on, but what does this signal really mean for you & the health of your vehicle?

**How far can you really go?** According to an infographic by Pick Analysis, some popular car models can travel for 30 to 50 miles after the gas light goes on. The average Chevrolet Silverado will continue for 33 miles beyond "empty". Volkswagen Jettas average more than 43 miles, & the Toyota Corolla tops the list at 47 miles. Knowing how far you can drive with low fuel may be reassuring, but the effects on your car can be damaging. When your car runs on empty, dirt & contaminants are more likely to become suspended in the fuel & block its filter. When gas is extremely low, the fuel pump is no longer suspended in liquid & can overheat. In some cases, low fuel can even affect power steering & brakes. While this damage is not likely to occur if you drive with the low gas light on once or twice, you shouldn't make it a habit.

**What about the distance until empty gauge?** Many modern cars come equipped with a distance until empty indication. This provides an estimate on how far you can go until you run out of gas. While it may be tempting to use this as the rule of thumb rather than relying on the low fuel light, you may want to rethink this approach. Your read-out is merely an estimate based on your average mileage & fuel efficiency at that particular time. However, if variables change, & you suddenly find yourself stuck in traffic or accelerating more frequently, you could be stranded. If your fuel is running low, it's best not to push your luck. A recommended best practice is to keep your tank no less than ¼ full. Stopping to fill up before your gas gauge hits "E" could save you stress, damage to your car & time spent on the side of the road.

Thanks for this information Bill.

## Secretary's Report - December 13th meeting

President Chuck Karlstrum called the meeting to order at 12 p.m. He then led us in the Pledge of Allegiance. An invocation was offered by Janet of Black Forest Lutheran Church. Members celebrating birthdays this month are Alberta Davis, Lavonne Hidy, Lexi Manfrin, Ray Rozak, & Denny Wilson. Don Dinwoodie & Elaine Gagne celebrate their anniversary in December. Dave Thurston & Rebecca Wollin were guests.

The Colorado Springs Recorder Group featuring our own Electa Beckner gave a delightful holiday concert before a catered lunch was served.

After lunch Stan Beckner announced members who had contributed time & effort to the Senior Resource Council Annual Christmas Dinner Dance & gave a description of the event. Twelve Chapter members were in attendance.

Chuck then distributed ballots to elect a Chapter President for 2018. Ray Rozak edged out Pat Dix for the Presidency. The remaining officers & board members were elected by acclamation & will be sworn in at the January general meeting by Jeremiah Mora from the AARP State Office in Denver.

The sign-up sheet for host, hostess & greeters for 2018 was passed around; everyone was encouraged to take a minute to sign it so that we have full coverage for the coming year.

Chuck announced that annual dues of \$10.00 are now payable to Shirley Karlstrum. Payment should be made by the February meeting to keep your membership up to date. He also announced that the audit committee consisting of Herb Guild, Helen Von Gunden & Lin Rozak will meet at 10:30 a.m. on January 10<sup>th</sup> before the general meeting starts at the Black Forest Lutheran Church.

He reminded the members of the Finance Committee (Jim Belk, Shirley Karlstrum & Ted Lunacek) to have the 2018 budget ready for the January 5<sup>th</sup> Board Meeting. Also, all members need to submit a final service hour total to Shirley Karlstrum for the final report for 2017, due no later than December 31.

Rita Fitzpatrick reminded Veterans that scams are targeted at them this year. She also asked that members interested in a tour of the new Silver Key facility let her know. Date to be determined.

Installation of officers will be held prior to the general meeting on January 10<sup>th</sup>. It will be called to order at 11:40 a.m. We are asked to be here early to accommodate Jeremiah Mora from the State AARP office in Denver.

The January Board Meeting will be held on January 5<sup>th</sup> at 11:30a.m. at the IHOP at Stetson Hills & Powers Boulevard. The next Senior Social will be held at the church on January 24<sup>th</sup>.

A volunteer is needed to take over the annual Shredding Event which Ray has ably managed for years.

Respectfully submitted,

Rita Fitzpatrick, Secretary

***Hello all, I'm putting information on the February meeting below because I won't distribute the Annual Handouts till the February meeting. Helen, newsletter editor:***

February 14th pre-meeting: BFFR Heart Attack & Stroke Education 9:30 to 11:30 AM Chief Rebitski

Meeting:	Host & Hostess:	Ray and Lin Rozak
	Greeter:	Anna Skinner
	Meeting Program:	Heart Health. Hilary Valdez, Penrose Hospital

SENIOR SOCIAL February 28th

**DUES DEADLINE—FEBRUARY 28th. After February 28th unpaid memberships become inactive.**

## Avoid Travel Scams

Are you looking to escape the cold & hit the beach this winter? On a snowy day, soaking up some sun in a tropical location sounds pretty nice! When planning a winter getaway, it is important to remember that scam artists are out there looking to take advantage of deal-seeking travelers. Watch out for these red flags that may indicate a travel scam:

- Be leery of “free vacation” offers, there is often a catch, such as taxes & fees, mandatory timeshare presentations or “add-ons.” Understand all costs involved in advance.
- Unsolicited calls, texts or emails are not a good way to start the planning process. Research any businesses before committing money to a trip.
- Beware of companies that are unwilling to give exact details about the trip. Ask for specifics & get them in writing. Make sure you have an address & are able to check independent reviews about where you are staying.
- Watch out for rental scams! Never wire money for a deposit, rental cost or application fee. When renting a vacation property work through a reputable third-party vendor to secure the property & pay.

Remember, there is no such thing as a “free vacation” so if you have any doubts that a deal you have been offered is “too good to be true,” then it likely is! Be sure & do your research about the travel company before doing business. If you have any questions about spotting a travel scam contact an AARP Foundation ElderWatch volunteer, who will gladly help you out. 800-222-4444 Denver Metro Area 303-222-4444 [www.aarpelderwatch.org](http://www.aarpelderwatch.org)

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<b>Chiropractic of Black Forest.</b> Dr. Russell T. Swain Walk-ins always welcome	(719) 494-0900 11590 Black Forest Rd.#20, 80908

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- **REMINDER ABOUT THE MONTHLY DOOR PRIZE DRAWINGS** - The new person in charge (?) of this activity will need items for the monthly door prize drawings, a Chapter fund-raising activity. Those who attended the July Picnic enjoyed food purchased with money collected through these drawings rather than from the Treasury.
- **Senior Social** - The first of the 2018 Senior Socials will be held on January 24th in the Meeting Hall of the Black Forest Lutheran Church. Join other seniors for various games, or just visit.
- **REMINDER OF CHAPTER MEETING CANCELLATION POLICY:**  
If School District 20 cancels classes, or is on late reporting, Chapter meetings will not take place.