



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

March 14, 2018

Luncheon at the Country Buffet, 801 N. Academy

Meet at 11:30 to eat at 12:00

Did You Know?

that Silver Key will provide transportation to & from medical appointments for Black Forest area residents?

that Silver Key will provide Meals on Wheels to Black Forest area residents over age 60?

that Silver Key will provide case management guidance & other services to residents in the Black Forest area?

On 27 February nine Chapter 1100 members toured the Silver Key operation in Colorado Springs & had lunch there. The tour guide was Lorri Orwig, the Silver Key Chief Development Officer. Lorri gave the group a thorough tour of the new extensive Silver Key facility. This included their offices, meeting facilities, the case management area, food pantry, & thrift shop, & concluded with a delicious lunch in their dining area. She also answered a host of questions from the group about what Silver Key does & how they operate.

The Silver Key mission is to maintain the dignity of each needy client. Silver Key has helped more than 250,000 seniors since it was founded in 1971 with the goal of easing the pain of isolation of seniors in the Colorado Springs area. Since then it has always remained a safe & independent operation that provides Transportation, Nutrition & Case Management services. Their staffing currently is approaching 60 plus employees & more than 600 volunteers. Silver Key provides annual services to about 7,000 clients that include over 50,000 rides. The on-site kitchen prepares all food for the 59,000 Meals on Wheels & the almost 104,000 Golden Circle Meals provided annually. In addition, federal food pantry programs & emergency Food Program Boxes are provided to over 1,000 individuals monthly.

Silver Key coordinates services & collaborates with many different agencies in El Paso County on behalf of seniors. Silver Key also coordinates with a facility for teens with developmental disabilities by training them in food service skills - Chapter 1100 members were served a robust lunch by these teens when we visited.

The volunteer staffed Thrift Shop at 1605 S. Murray Blvd. is clean & well organized & includes merchandise ranging from clothing, jewelry, furniture, & everything in between, at bargain prices. Also included are durable health equipment, wheelchairs, walkers, shower chairs, bedside commodes, & chair lifts.

Those needing transportation assistance should call Silver Key at 719.884.2380 to make reservations. The Golden Circle number to call is 719.884.2304. (Call by 2:00 pm the day before if you need a meal.) Case Managers will come out to Black Forest to assess the needs of a senior who is unable to come in to the Silver Key Campus at 1605 S. Murray Blvd. in Colorado Springs, 80916. For more information about Silver Key & their services visit their web site at www.silverkey.org or call 719.884.2350.

How can you help? Silver Key is a 501(c)(3) charity. This means that any donation you make is tax deductible. They also welcome individuals who are willing to volunteer their time or provide donations to their Thrift Shop.

*******A special Thank You to Rita Fitzpatrick for arranging this Chapter tour. It was enjoyable, well done, & very educational.**



Tour guide Lorri Orwig greets AARP Chapter 1100 members to the Silver Key Facility.



AARP chapter members have lunch with Lorri Orwig (far end of the table) in the Silver Key Dining Room.

A NOTE FROM LAVONNE HIDY: My sincere "Thanks" to each of you who contributed to the Easter Basket Fund for the children in the San Luis Valley - La Puente Home. The \$65.00 collected will purchase the little manderin oranges.

Our Chapter members are so considerate and so helpful when called to serve. Thanks again. Lavonne

WELCOME TO TWO NEW CHAPTER ADVERTISING PARTNERS LOCATED IN THE BLACK FOREST: Black Tree Yoga Center and Mountain View Café. We hope our members stop in to these local businesses. Their addresses are on the 5th page of this newsletter.

A REMINDER ABOUT SIGNING UP FOR THE JUNE 2ND SHREDDING EVENT

Stan Beckner, our Public Relations Committee Chairman, would like to remind everyone of a very important upcoming community service event. The project leads, Ray Rozak & Stan, are urging members to sign up to help. The sign-up sheet will be at the March meeting, or you could contact Ray or Stan. Their phone numbers are in the Annual Handout, page 6.

"The Black Forest AARP Chapter, in conjunction with ElderWatch Colorado & the Black Forest Lutheran Church, will provide a FREE opportunity for citizens to safely destroy personal documents on Saturday, June 2nd 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."

Stan sent me the final statistics from the 2017 shredding event which we would like to share with you:

How did you hear about this event:

AARP Mailing:	21	15.79%
Newspaper/Newsletter	67	50.38%
Drive By	3	2.26%
Friend; sister; HOA; member meeting; Chapter	7	5.26%
Road Sign	4	3.01%
Flyer	5	3.76%
Church Bulletin	12	9.02%
Social Media; Internet; email	7	5.26%
Radio/TV:	2	1.50%
Miscellaneous (attended last yr; not sure; repeat)	3	2.26%
No Response:	2	1.50%
Total:	133	100.00%
TOTAL NUMBER OF RESPONSES:	133	

Some of the comments received on the postcards handed out at the Shredding:

- ⇒ Black Forest church people set up an easy & quick process, & the people were extremely friendly & helpful.
- ⇒ Every year they do a wonderful job & are appreciated.
- ⇒ My husband was very impressed with how well & smoothly everything moved.
- ⇒ Really appreciate the opportunity to safely discard (shred) sensitive paperwork that accumulates during the year.
- ⇒ Thank you for pushing me to get this done!

*******INFORMATION ON THE FREE STEPPING ON! PROGRAM:** Lavonne gave me information about this senior program of balance exercises to prevent falls. The only available class will begin May 4th (the April class was cancelled) at Penrose Main Pavilion. If interested, and to get more information, call either Angela at (719) 776-5924 or Heather at (719) 776-5098. The class is limited to 15 people and I don't know the current attendee #. Thanks Lavonne. Editor Helen

2/1/2018 Beginning Checking Account Balance: \$3,145.72

		2018
	MONTHLY	YEAR TO DATE
Income		
Dues	\$50.00	\$490.00
Gifts or Donations		\$100.00
Social Events: 50/50 Drawing	\$21.00	\$49.00
Advertising Income	<u>\$175.00</u>	<u>\$175.00</u>
TOTAL INCOME	\$246.00	\$814.00
Expense		
Meeting Expense		\$220.00
Gifts or Donations		\$50.00
Social Events:		
Black Forest Pavilion		\$100.00
Supplies (sugar, cups, plates)		\$21.18
Administrative Cost (checks)	\$22.64	\$30.67
Newsletter Cost		
Other		<u>\$69.62</u>
TOTAL EXPENDITURES	\$22.64	\$491.47
2/28/18 Checking Account Balance		\$3,429.08
CD Account Balance		\$1,500.00

CHAPTER COMMITTEES

Community Service: Donations to the Black Forest Cares food bank in March were \$67.06. 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 to Pat Dix 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 to include the Silver Key visit and the Shredding project.

Sunshine: Electa sent get well cards to Lavonne Hidy and Helen Von Gunden. (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 homebound 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.
- The next **AARP Smart Driving course** in Black Forest will be held on March 21st at the Black Forest Luther Church. Those interested in attending should contact Stephen at 597.5683.

Secretary's Report - February 14th meeting

President Ray Rozak called the meeting to order at 11:45 a.m. He led us in the Pledge of Allegiance. An invocation was offered by Pastor Ken of Black Forest Lutheran Church. Bill and Harriet Sanderman celebrated their anniversary this month. A pot luck lunch followed. There were no new guests this month.

After lunch, Assistant Fire Chief Jim Rebitski gave an informative talk on Fire Safety. Among many helpful tips, he noted that many local fires start in garages where flammable substances are stored. He advised everyone to obtain a fire extinguisher specifically designed for use in the kitchen so that fires starting there can be quickly extinguished.

President Rozak then spoke about a number of issues. He reminded us of the need to sign in & list hours of service to the community. This should be done each month. He noted that in 2017 our volunteers logged 12,098 hours, which, if translated into dollars, would be worth \$314,159.09 to the community! He reminded us of the upcoming AARP Smart Driver course which will be held on March 21st at Black Forest Lutheran Church from noon until 4 p.m. at a cost of \$15.00 for AARP members. Stephen Blucher, who will teach the class, reminded participants to bring their AARP card so he can transmit that information to the state/national office.

Ray reminded us of the shredding event to be held on June 2nd. At least 30 volunteers are needed, especially from this local chapter! Last year out of more than thirty volunteers, only 24 were chapter members. He also noted that donations are needed so that water & other supplies can be purchased for the event. Donation forms are available to be given to merchants who help this effort. All members can participate by asking merchants they patronize to help us.

If you need a chapter shirt, you can purchase it from Ray. Blue short sleeve shirts are \$10. Long sleeve shirts are \$15.

Chapter handbooks & fliers are being printed & will be distributed when available. It is important to pay annual chapter dues of \$10.00 per person by February 28th so you are not dropped from membership rolls. Members were reminded of the Senior Social on February 28th from 1-4 p.m.

The next board meeting is at 11:30 on March 2nd at the IHOP at Stetson Hills & Powers Blvd. All members are welcome.

Stan Beckner announced that several talks are scheduled at the Silver Key facility on Murray Blvd. Topics include: "Blessings of Boundaries" on 2/15 and "Legal Aspects of Caregiving" on 3/27

Home Instead, a service provider, will have a talk in April. Additional dates will be offered in May & June. Stan indicated that we were asked to staff information tables at these SRC events & asked for 3-4 volunteers to help.

LaVonne Hidy reminded us that donations for the Easter Baskets for La Puente in Alamosa are now being received. She reminded us that last year the AARP board voted to donate \$50.00 for the baskets. Stan Beckner obtained a donation of 200 canvas bags last year to serve as "baskets."

Waldo Pendleton reminded members to be aware of scammers who are visiting homes ostensibly to offer them a chance to lower utility bills. Actually, they are looking to obtain your personal information for nefarious purposes.

Rita Fitzpatrick noted that there will be a sign-up sheet circulated at the March meeting for the workshop, "Atlas of Caregiving" to be presented on April 11 at 9:30 in the Fellowship Hall prior to the general meeting. She advised members that state legislative advocates are following several bills to advance the cause of affordable housing, especially for seniors. She spoke about an advanced care directive for dementia to be used to state the type & amount of care we would like to receive in case we develop dementia later in life. Copies will be available for members who attend the caregiving workshop. She announced that a tour of the new Silver Key facility has been arranged for members who wish to attend. It will be on Tuesday, February 27th at 11:00, given by Lorri Orwig, CDO of Silver Key. All who attend are encouraged to stay for lunch at a suggested donation of \$2.25. We are also encouraged to bring any new or lightly used item we may not want, for their thrift shop. Proceeds from the shop help to support their many programs for senior citizens.

Ray reminded us of the need to join a committee & to participate in our activities.

Raffles were held for the 50/50 drawing and also for the doorprizes.

Respectfully submitted, Rita Fitzpatrick

Avoid Medicare Card Scams

This April, Medicare will begin to issue new Medicare cards to all beneficiaries. To help protect your identity, these new cards will no longer contain your Social Security number. Instead, Medicare will assign you a unique number that will be used for doctor visits & medical claims. As new cards start to get sent out, scammers might try to take advantage of this transition. The following is some information to help you from getting caught up in a Medicare card scam:

- Your new card will be sent directly to your mailing address. If you need to update your address, call Social Security at 800-722-1213 or visit www.ssa.gov/myaccount.
- If you receive a phone call, email or text offering to help with this transition, ignore the offer. Don't provide or verify any personal information to an unsolicited caller or written request.
- New cards will be mailed in waves. Cards for Colorado residents are not scheduled to be mailed until after June 2018. It is likely that Colorado beneficiaries will not receive their new cards until late 2018 or early 2019.
- Once you receive your new card, shred and/or thoroughly destroy your old card.
- Only provide your new number to doctors, your insurers, pharmacists, health care providers or others who you trust to work with Medicare on your behalf.

If you have any questions about the Medicare card transition, don't hesitate to contact an AARP Foundation ElderWatch volunteer at 800-222-4444 or visit www.go.medicare.gov/newcard. **(Editor: Similar information appeared in our January Chapter newsletter.)**

This newsletter was published and distributed with the assistance of the following merchants:

Black Forest Jeweler , Quality Repair – Custom Design. Watch Batteries. Free Jewelry Inspection & Cleaning. Candles – Pottery	(719) 495-8816 11425 Black Forest Rd., 80908
Firehouse Famous Texas BBQ on the Run www.firehouseontherun.com	(719) 495-8453 12480 Black Forest Rd., 80908
R & R Coffee Café www.rnrcoffeecafe.com	(719) 494-8300 11424 Black Forest Rd., 80908
Rockin B Feed and Supply . Feed, hay, pet foods, health supplies, saddles, tack. www.rockinbfeed.com	(719) 495-3463 12440 Black Forest Rd., 80908
The Original Black Forest Pies & Grinders , Pizza, subs, wings & more. Dine in – Take out – Delivery https://blackforestpiesandgrinders.com/	(719) 495-8555 11470 Black Forest Rd., 80908
Chiropractic of Black Forest . Dr. Russell T. Swain. Walk-ins always welcome	(719) 494-0900 11590 Black Forest Rd.#20, 80908
Black Tree Yoga Center https://www.blacktreeyoga.com/	(719) 494-8101 12490 Black Forest Rd. 80908
Mountain View Café www.mountainviewcafe1.com	(719) 465-1555 11425 Black Forest Rd., 80908

"Acceptance of advertising or other assistance in this newsletter does not constitute

endorsement or approval of this chapter of AARP of any service, product or advertiser."

- **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 Senior Social will be held on March 28th 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.



New Tax Scam Popping Up

With tax season upon us, it pays to be aware of new ways that criminals are targeting your tax refund.

The Washington Post reported last week that the criminals who make official-sounding telephone calls & claim that you'll be arrested if you don't pay up on an old tax debt that you don't actually owe. However, "because many more people have become aware of the telephone tax-payment trick & learned to ignore the threats, the schemers had to evolve."

Now the IRS is warning taxpayers about a scam in which a fraudulently obtained tax refund is deposited into a victim's actual bank account - & then they try to trick you into sending it to them.

Here's the scam: cybercriminals steal people's data from tax professionals, including routing & bank account numbers. They file fraudulent tax returns. Fake refunds are then direct deposited into taxpayers' real bank accounts - that's the only place the IRS will send the money.

In one version of this scam, the criminals then contact victims claiming to be from a debt-collection agency, & they say the refunds were deposited in error & that they are now trying to get the refund back for the IRS.

In another version of this racket, a taxpayer gets a menacing recorded telephone message about the deposited refund. Someone claiming to be from the IRS threatens the person with arrest, criminal fraud charges & a warning that his or her Social Security number will be "blacklisted." People are given a case number & then a telephone number to call to arrange the return of the refund, the IRS said.

Do not call back any number left by anyone claiming to work for the IRS or on the agency's behalf. **The IRS NEVER makes calls** - they only send letters in the mail.

The important point to remember here is that you need to return the money that was deposited in your bank account without your consent, but you need to give it to the IRS, not the scammers. If the scammers get the money YOU will be on the hook to the IRS.

In addition to having to figure out how to properly give back the refund to the IRS, you need to close your bank account & contact your tax preparer.

As for returning the fraudulent refund, you should go to irs.gov & search for "Topic Number: 161 - Returning an Erroneous Refund - Paper Check or Direct Deposit." Then follow the steps.

If the fraudulent refund was direct deposited into your bank account, contact the "Automated Clearing House" (ACH) department of your financial institution. See if you can have the deposit returned directly to the IRS. You'll also need to call the agency to explain why the refund is being returned. Individuals should call 800-829-1040. If you're a business, call 800-829-4933.

If the erroneous refund came as a paper check, write "void" on the back where you would normally endorse it. You'll have to send the check to the IRS location based on the city listed on the refund check. You should include a note explaining why you are returning the refund. Copying the check & returning it via certified mail is a good idea as well.

Return the money as soon as you can. By law, interest may have accrued on the fraudulent refund.

This is another reason why you shouldn't procrastinate in filing your return. But if you do find that you've fallen for a tax scam, read the IRS' "Taxpayer Guide to Identity Theft" at irs.gov.

Signing up for an IRS online account is one way to monitor your tax records. Here's the link to set up an account: <https://www.irs.gov/individuals/online-services-account-activation>.

You may not be able to immediately set up an account because of security measures. If you have a credit freeze on your Experian credit file, you'll have to temporarily lift it. Once your account is set up, you can see what return has been filed and get a payment history.