



## BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

April 11, 2018

**Host/Hostess:** Stan and Electa Beckner  
**Greeter:** Louis and Ruth Schwarzman  
**Pre-Meeting Program:** Atlas of Caregiving Interactive Workshop. Rita Fitzpatrick  
**Program:** Age Friendly Businesses in Colorado Springs. Angie Vehlewald, from the Better Business Bureau

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### EVENTS THE CHAPTER PARTICIPATED IN IN MARCH



**Silver Key Caregiver Series:** Electa & Stan Beckner & Bev Schaab set up our information table at the Silver Key event. There were only 5 non-vendor persons in the house. The presentation "Legal aspects of Caregiving" was interesting & informative. It included a good Q & A exchange.

#### Another successful AARP Smart Driver Course held on March 21st:

Stan commented he thought Stephen did an excellent job of conducting the course. Attendees always learn something new.



- **Senior Social** - The Senior Social will be held on April 25th 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.

**Mark your Calendar** – SATURDAY, JUNE 2. That is the date of the **FREE annual document shredding event sponsored by AARP Foundation ElderWatch & the Black Forest Chapter 1100 of AARP**. The shredding will be at the Black Forest Lutheran Church 12455 Black Forest Road. Please enter from Black Forest Road. The time is 9 am to 1 pm. Three boxes or paper bags of paper documents will be accepted per car. Please no plastic or 3-ring binders, as they cannot be recycled. You can **FIGHT HUNGER** at the same time with a nonperishable food item or a cash donation to the Black Forest Cares food pantry. Questions? Call Ray at 719.495.6767 or Stan at 719.596.6787.

## **And here's information on a El Paso County recycling event:**

Clean Sweep Household Hazardous Waste Disposal & Recycle Event  
**Saturday, April 14, 2018 from 9 am - 2 pm.**  
El Paso County Household Hazardous Waste Facility  
**FREE, No Appointment Needed**



El Paso County is hosting a Clean Sweep on Saturday April 14th from 9 am until 2 pm at the El Paso County Household Hazardous Waste Facility, 3255 Akers Drive, 80922. Enter by driving north on Akers Drive from Constitution. Exit by driving north on Akers to North Carefree. No registration required. Entrance to the event will close promptly at 2 pm.

Items accepted at the event include automotive products (motor oil limit is 10 gallons per vehicle), batteries, household chemicals, lawn & garden products, paint & paint products, & electronics including any size televisions & monitors (limit is three (3) total TVs & or monitors any size). Tires (limited to 9 per household). Mattresses & Box Springs (limit four (4) total pieces per household).

Items NOT accepted at the event include business waste, any container larger than 5 gallons, lighting of any kind, laboratory grade or industrial chemicals or products, mattresses, medications, motor oil (over ten gallons) tires, trash, recyclables, unlabeled or leaking containers. *(Editor: The NOT accepted seems to contradict the Items accepted. Suggest you call if you have a question about this.)*

**The event is free;** donations will be accepted for the Better Business Bureau of Southern Colorado Foundation which provides education & resources to deserving students from our community. Cash, check, & credit cards accepted. Call 719-520-7878 for more information.

### **All Waste Must be Labeled**

All waste must be in labeled, non-leaking containers that can be left at the site. Any unacceptable items may be rejected. **NO BUSINESS WASTE**

3/1/2018 Beginning Checking Account Balance: \$3,194.04

	MONTHLY	2018 YEAR TO DATE
<b>Income</b>		
Dues	\$10.00	\$500.00
Gifts or Donations		\$100.00
Social Events: 50/50 Drawing	\$18.00	\$67.00
Advertising Income	<u>\$25.00</u>	<u>\$200.00</u>
<b>TOTAL INCOME</b>	<b>\$53.00</b>	<b>\$867.00</b>
<b>Expense</b>		
Meeting Expense		\$220.00
Gifts or Donations		\$50.00
Social Events:		
Black Forest Pavilion		\$100.00
Supplies (sugar, cups, plates)		\$21.18
Administrative Cost (stamps, PC equipment)	\$129.57	\$160.24
Newsletter Cost		
Other		<u>\$69.62</u>
<b>TOTAL EXPENDITURES</b>	<u>\$129.57</u>	<u>\$621.04</u>
3/31/18 Checking Account Balance		\$3,342.51
CD Account Balance (Jan. to Mar. 31 interest \$3.37)		\$1,503.37



#### CHAPTER COMMITTEES

**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 6 local newspapers, the Gazette blog & posted to our website regarding our Chapter related activities and information to include the upcoming Shredding project.

**Sunshine:** Electa sent a get well card to Bev Schaab. (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.

## Secretary's Report - March 14th meeting

The March meeting was called to order at 11:30 AM. President Rozak led the Pledge of Allegiance & Howard Pease offered the prayer. Birthdays celebrated were: Jim Belk, Stephen Blucher, Karen Buck, Edna Eaton, Waldo Pendleton & Vijay Verma.

President Rozak reminded everyone to sign in with their volunteer hours.

The AARP Smart Driver Course is March 17<sup>th</sup> at the Black Forest Lutheran Church Meeting Hall.

The shredding event sign-up sheet was passed around. We need 30 volunteers, we have 18. President Rozak wants more chapter members to help. You can work 1 hour, 2 hours, as many as you wish. Starts at 7:00 AM with set-up. Some jobs are sit down, some not, some lifting, most not. All members who have shredding shirts, safety chartreuse, wear to the April 11<sup>th</sup> meeting for a photo. If you need a free shirt tell Stan Beckner. He will order.

Stan gave statistics from last year – most people attending were from the 80908 zip code & most hear about this event in the newspaper. (We miss the Black Forest News!) Stan will notify local papers – we also have posters. Most people thanked us & really appreciated the event, said "Great Idea!" We collected 800 pounds of food & \$1,000 cash for Black Forest Cares. Gwen Burk suggested we contact Karen at Black Forest Cares to get teens to help. Ray is looking for stores to donate water & refreshments to offer people.

- Chapter Blue shirts are available. \$10 short sleeve/\$15 long sleeve. See Stan
- Chapter Handbooks are being printed, for FREE, by Shirley Karlstrum's son. We gave him a \$50.00 gift card in appreciation.
- We are doing a Veteran Outreach Program in November. Members are asked to make lap robes again. Any other Ideas? Gwen Burk said the best, most appreciated gift is to spend time visiting with veterans. Someone new to talk to.

**Note to all members!** When called or e-mailed about July picnic & November/December catered events PLEASE return calls or e-mails so we can order food for you. We don't want to run out or leave someone hungry just because you did not RSVP. Rebecca Wollin suggested we raffle something special at these events to encourage RSVPs.

Senior Social March 28<sup>th</sup> from 1 to 4 at Church. March 27<sup>th</sup> Silver Key event. Contact Stan at 596-6787.

The Senior Resource Council's (SRC) **Golden Guidance Series 2018** will be held on 4 Saturdays in June from 9 AM to 1 PM on the following dates at Kaiser Permanente, 4105 Briargate Parkway – across from Memorial North:

June 9 <sup>th</sup>	Topic: Living Well
June 16 <sup>th</sup>	Topic: Senior Housing
June 23 <sup>rd</sup>	Topic: Legal and Financial
June 30	Topic: Home Care Options

This would be a great chance to talk to attendees & get new chapter members. We need new members. If everyone brings 1 person > 120 members. Members who bring the most new members will win a dressy white shirt with AARP logo. Looks great!

- Lori Belk said Lavonne Hidy is doing well after back surgery.
- Denny Wilson & Stan Beckner have updated the web site. Looks great! We get many hits every month. Our chapter calendar is updated there also. Thanks Stan & Denny.
- Rita Fitzpatrick's class "The Atlas of Caregiving" is April 11<sup>th</sup> from 9:30 to 11:30. Call Rita at 573-6895 for reservations. This class will help us plan for the future for us & our families.
- The Black Forest Festival is August 11<sup>th</sup>. Volunteers will be needed at our booth. If you can give an hour or two that's great, no one is expected to work all day. All members that are crafty, please make something inexpensive to sell at the booth. Baked goods were also very popular last year. All proceeds go to Black Forest Cares.

**NEW EVENT:** Our chapter has arranged to have a blood drive one week after the Festival on August 18<sup>th</sup> at the Black Forest Fire & Rescue on Teachout Road. We will serve cookies & juice. Penrose St. Francis will draw blood & supply refreshments. Need 40 volunteers – sign up at the April meeting.

Black Forest Fire & Rescue along with Acme Fire Extinguisher is having a demonstration of the proper use of fire extinguishers on April 7<sup>th</sup> at the Teachout Road fire house from 11:00 to 12:30. Class only holds 20 people so sign up.

Respectfully submitted,

Linda Siebe

**NIGHT DRIVING TIPS** by Gene Jackson, Zone 4 Trainer

(Thanks for the newsletter Bill.)

Several years ago in one of my classes we were talking about driving at night. After we discussed some of the vision tips in the workbook, I asked the class if anyone had an additional tip that they used to help them see while driving at night. One of the students said that he used glasses with yellow lenses. He pointed out that yellow is what skiers use when skiing on a cloudy day with poor visibility. After class I dropped by a local drugstore & saw some of the glasses on a rack for sale. They came in a box labeled HD Night Vision glasses with descriptions as follows: "Fits Over Prescription Glasses!", "Reduces Night Driving Glare & Eye Strain!", & "Anti-Glare Lenses.". I don't remember the exact price, but they were easily under \$10.

My wife, Julie, had always complained about how difficult it was driving at night with the glare & brightness of oncoming vehicles. With her in mind, I purchased a pair of the glasses. Shortly afterwards, she tried them at night & said that they helped. However, she was not totally sold on using them on a regular basis. Recently, Julie & I saw pairs of these types of glasses advertised on the internet. She was convinced after seeing these advertised that they would be better than the ones we had bought locally. I ordered & received them. Several different brands are being advertised on line & they are offered for sale at about three times what I paid here at home. When going to the website, deals pop up offering discounted priced & eventually you can purchase them under \$20, To me, the internet purchased night vision glasses looked very similar & gave the same results as those I bought locally, but to Julie, the pair purchased on-line seemed superior. One thing is clear, both models fit over prescription glasses & reduce night driving glare & eye strain.

In all my classes, I hear complaints about the people who have cars with LED headlights. They are extremely bright & blinding for those who must meet up with them on the highway. When you think that an oncoming car has its bright lights on, & you flash your lights so that they will dim theirs, if that car has LED headlights & flashes back an even brighter light to you, it can be very disturbing. The night vision glasses can diminish the intensity of those lights along with all other lights & allow you to continue driving at ease.

**UPDATED CHAPTER CALENDAR FROM OUR WEBSITE:**

**MAY**

<u>Date</u>	<u>Location</u>	<u>Remarks</u>
May 4	IHOP Stetson Hills	Board Meeting 11:30 - Chapter Members may attend.
May 9	Black Forest Lutheran Church	Chapter Meeting 12:00 Start Pot Luck Lunch Program: Navajo Code Talkers, Part 2. Russ Miller.
May 23	BF Lutheran Church	Senior Social 1- 4 PM

**JUNE**

<u>Date</u>	<u>Location</u>	<u>Remarks</u>
June 2	Black Forest Lutheran Church	Volunteer Opportunity. FREE Fight Fraud, Shredding Event 9am to Noon – <u>The public is encouraged to participate.</u> See SHREDDING PAGE, this website for details.
June 9	Kaiser Permanente 4105 Briargate Parkway, 80920	SRC Golden Guidance Series. 9 am to 1 pm. Subject: LIVING WELL. FREE & open to public. Call Stan @ 719.596.6787 for event details. Chapter volunteers needed to staff information table.
June 13	Black Forest Lutheran Church	Chapter Meeting 12:00 Start. Pot Luck Lunch. Program: Captioned Telephones, Leah Lepillez.
June 16	Kaiser Permanente 4105 Briargate Parkway, 80920	SRC Golden Guidance Series. 9 am to 1 pm. Subject: SENIOR HOUSING. FREE & open to public. Call Stan @ 719.596.6787 for event details. Chapter volunteers needed to staff information table.
June 23	Kaiser Permanente 4105 Briargate Parkway, 80920	SRC Golden Guidance Series. 9 am to 1 pm. Subject: LEGAL & FINANCIAL. FREE & open to public. Call Stan @ 719.596.6787 for event details. Chapter volunteers needed to staff information table.
27 June	BF Lutheran Church	Senior Social 1- 4 PM
30 June	Kaiser Permanente 4105 Briargate Parkway, 80920	SRC Golden Guidance Series. 9 am to 1 pm. Subject: HOME CARE OPTIONS. FREE & open to public. Call Stan @ 719.596.6787 for event details. Chapter volunteers needed to staff information table.

## Tips for Hiring a Contractor

In 2017, the AARP Foundation ElderWatch helpline took more complaints about home repairs than any other call. The following are some tips for hiring a contractor:

- Ask for & speak with the contractor's references.
- Check independent review & referral websites, like the Better Business Bureau. Read positive & negative reviews & understand that some might be biased.
- Understand when payment is due. If the contractor asks for an advance to buy materials, they might not be financially sound.
- Avoid contractors without a physical address. If the contractor will only provide you with an email address or phone number, consider that a red flag.
- Inquire about the materials that will be used for the project. Ensure materials will be brought in the manufacturers packaging. Only use materials that you both agree on.
- If your city or state requires contractors to be licensed and/or bonded, be sure that the license is current & the bond in force.
- If your city or state requires a permit for work, get one. Do not work with a contractor who encourages you to save money by not obtaining a permit. Your best guarantee of a job well done is by inspection.
- Obtain a written contract for any work that is done. If you are not knowledgeable about contracts, ask a friend or relative who is to review it. If you cannot find someone to review it for free, & the cost of the project is significant, hire a lawyer.

If you have questions about hiring a contractor, call an AARP Foundation ElderWatch volunteer. 800-222-4444

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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.