



BLACK FOREST CHAPTER OF AARP #1100

“To serve, not to be served”

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

March 13, 2019

Luncheon at the Golden Corral - Palmer Park and Powers Blvd.– Starting at 11:30.

Abbreviated business meeting. No program.

Chapter 1100 in Black Forest is off and running in the new year

The January meeting featured the installation of Chapter Officers. Mr. Roberto Rey, AARP Associate Director – Multicultural Outreach in Denver, performed the ceremony. Officers installed were Ray Rozak, President; Patricia Dix, Vice-President; Lin Rozak, Secretary; Lavonne Hidy, Assistant Secretary; Shirley Karlstrum, Treasurer; Jim Belk, Don Dinwoodie & Max Stucky Board Members, 2019-2020, & Waldo Pendleton, Beverly Schaab, & Stan Beckner Board Members, 2019-2021.

A very interesting & informative program in January was provided by Cheryl Moyer detailing many of the aspects of the new income tax laws which were applicable to the membership. She also provided helpful insight to the many questions from the floor about the new tax laws.

The February meeting was preceded by a very well attended 2-hour instruction – the “Stop the Bleed – Save a Life” workshop. The first-aid techniques were provided by Lori Morgan, Trauma Outreach & Injury Prevention Specialist, & a team of paramedics from UHealth. After an overview presentation by Lori, the 22 workshop attendees were divided up into small groups where they received hands-on instruction using mannequins. They learned how to perform procedures designed to control traumatic accidental bleeding through the proper use of a tourniquet, & several direct pressure techniques – procedures that potentially could save lives until professional assistance is obtained. The techniques taught were developed by the American College of Surgeons after the Sandy Hook tragedy in which many of the victims bled to death. After the workshop, UHealth presented Chapter 1100 with two Stop the Bleed trauma kits. The Chapter presented one kit to Pastor Ken Hohag for the Black Forest Lutheran Church, & the other one will be included in the standard kit Chapter 1100 deploys at fairs, expo's, shredding, & other community service events.

Fire Chief Bryan Jack, Black Forest Fire & Rescue, provided the February meeting program. He reminded everyone of the key aspects of fire & individual safety in the home. The reminders applied to everyone in every home situation. He cautioned everyone to be mindful of hazards this time of year & answered general questions from the floor regarding fire migration & safety in & around the home. Chief Jack also stated that his personnel are available, upon request, to assess home hazards in the Black Forest Area.

The meeting pot-luck lunch was enjoyed by all. During the short business meeting which followed the membership was reminded of the details of a few upcoming community service volunteering & attendance opportunities this summer. These included the annual Shredding & SRC Senior Expo events in June as well as the monthly Senior Social gatherings at the Black Forest Lutheran Church which are open to members & non-members the fourth Wednesday of each month. There will also be an AARP Safe Driving Course given in the Meeting Hall of the Black Forest Lutheran Church on 21 March.



Cheryl Moyer, from H&R Block, responds to questions about the new 2019 tax laws. A good session. Thanks.



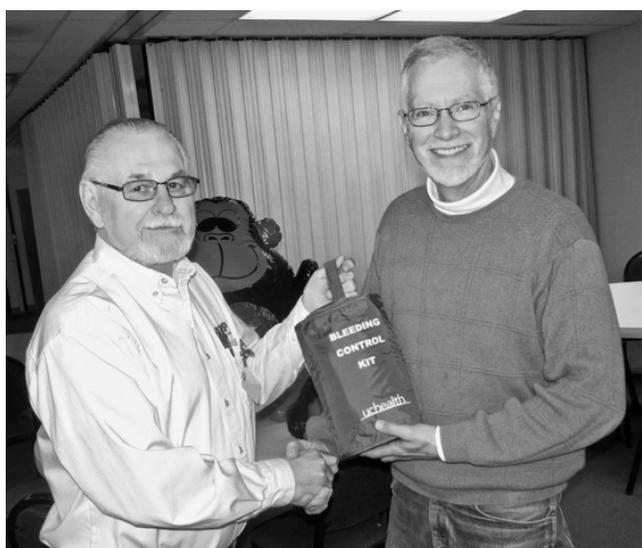
Lori Morgan, from UHealth, assisting Linda Siebe (L) in adjusting a tourniquet on the forearm of Lin Rozak.



Chapter members practice techniques for stopping traumatic bleeding under the instruction of paramedics Marlissa McLean & Elizabeth Spradlin.



Fire safety & continued awareness of the basic safe practices in the home was the topic by Black Forest Fire & Rescue Chief Brian Jack, supported by firemen from Black Forest Fire & Rescue.



Black Forest Chapter 1100 President, Ray Rozak, presents a UCHealth Bleeding Control Kit to Black Forest Lutheran Church Pastor, Ken Hohag, for inclusion in the Church's first aid cabinet.



***** The next **AARP Safe Driving class** in Black Forest will be held at 11:45 AM on March 21st at the Black Forest Lutheran Church Meeting Hall. Those interested in attending should contact Stephen at 597.5683.



1st day of Spring—March 20th. ENJOY!!!

Secretary's Report - December 12th meeting

President Ray Rozak called the meeting to order then led us in the Pledge of Allegiance. An invocation was offered by Janet Gould of the Black Forest Lutheran Church. Anniversaries, only one, Bill & Harriet Sanderman. Birthdays: Carol Billiard, Pat Dix, Harriet Sanderman & Elaine Granger. Welcome to our new members: Mary Lou Anderson, Lynn Nolte & Barbara Lehman.

- ◆ On June 1st, at the Marriott Hotel, we will have a table at the Senior Expo. As always volunteers are needed. The Expo runs from 8am to 1pm, no one needs to be there all day but a few hours would be great. It'll give people time to get coffee & a snack, & time to get rid of the coffee. We have a good time, we talk to passerby's & each other & laugh a lot. Please help if you can.
- ◆ So far no one has come up with ideas to distribute the money from either the Shredding Event or the Black Forest Festival. Keep thinking of ways we can help organizations in need.
- ◆ Electa Beckner received information from the state legislature, but, they sent last year's information. Electa is hoping that in March they get it right.
- ◆ Jim Belk has taken over the duties of Project Manager for the Shredding event in June, and like all the years before, help is needed. We need members to pass out fliers in stores or where ever. A sign up sheet will be passed around at meetings & at the same time you can decide what it is that you want to help with. Just come on down, set around & look pretty, I know most of you can do that.
- ◆ August 10th is the Black Forest Festival & we still don't have anyone who wants to be in charge. We also need to make little do-dads, bake goodies & bring in plants. The plant sales do very well so if you have plants that you can take cutting from start them soon.
- ◆ August 17th will be the blood drive - spread the word to family and friends. Patricia Dix has information on that, & seeing as it's a few months away we have plenty of time to sign up to help or to donate blood.
- ◆ The AARP Driver Safety course is March 21st. You need to sign up with Stephen Blucher, he'll make sure to save a place for you. The cost is \$15 for members & \$20 for non-members. Remember that taking the class gets you a discount off your auto insurance.
- ◆ The Senior Social was February 27th & we had a nice turn out. March's social will be March 27th from 1 until 4.

Our guest speaker today was Brian Jack, the Fire Chief, along with firemen from Black Forest Fire & Rescue. They were here to advise us on safety outside and inside your home. Anyone can call the Fire Department to come to your home & do an evaluation on safety matters. They can only advise you of what ought to be done, not make you do it.

- ◇ First see what the layout of your house is. Is there more than one exit from your main floor? Are the exits easy to get to? Is there anything obstructing the way - tables, plants, anything that you would need to walk around or move? Find a new place for these items.
- ◇ Are your smoke detectors & CO detectors working? When did you last test them & do the batteries need to be replaced? (When Ray cooks bacon our detectors get a good test). If you can't test or replace batteries call the Fire Department & make an appointment for someone to come out & do this for you. A lot of CO detectors are built into the new smoke detector that are on or near the ceiling. They suggest you place a CO detector in the furnace room near the floor. These smoke detectors are hard wired & must have a battery backup, also, when one goes off they all go off. I can tell you it'll scare the bejeasus out of you. But that's ok, they work. The Housing Dept. has a new rule that you must have a CO detector before you sell your house. Why wait until then, put one in now, when it'll do you the most good.
- ◇ Do you have throw rugs that slip when stepped on? There are many items on the market to secure them down so you don't trip or slide. Do you really need them, or can you do without them?
- ◇ Railings on your stairs are not the only place where they help, how about the shower or bathtub, the few steps from your garage to the first floor, a tub rail would work nice there & might save you a fall.
- ◇ Outside your house there are many things to do. Do you have a fire place? Where do you stack the wood? Make sure it's far enough away so it's not fuel for a fire. Do you have an approved container for your ashes? NOT a cardboard or wooden box. Also place the container a good distance from your home. If the container falls over you don't want hot ashes on your porch or near it.
- ◇ You should have your address out by the street & make sure that it's visible driving from both directions. Your driveway should be wide enough for a fire truck to turn into.

- ◇ Trees too close - if they fall on your house you'll wish you had cut them down or trimmed them. Also, trees too close is like leaving fire wood to close, fuel for a fire. Have you mitigated? Do you have gravel by your house that goes a few feet out? It's a better idea than bushes & flowers.
- ◇ Do you have stairs leading up to your house? A railing might help someone who isn't steady on their feet. Are the steps level, or are they slanted or uneven? Be sure your steps are safe for everyone.
- ◇ If you think your home is safe, then call for someone to come out & take a look, it doesn't hurt to be sure. Oh, & thank them for helping you be safe.

Before the meeting there was a special program by Lori Morgan and a team from UCHealth on "Stop the Bleed – Save a Life" which was very, very informative. They taught you how to apply pressure to an open wound, how to pack it to stop the bleeding & the correct way to apply a tourniquet. Lori Morgan & staff brought in arms that they made bleed (plastic arms & colored water) that everyone could work on & instructed us on how to do it the right way. You never know when or where you could be when something like this happens - knowing what to do could save someone's life. Lori presented our chapter with 2 trauma kits, one we gave to the church & one is ours & will go with us to the Shredding, the picnic and any road trips we might take.

I have a book called Hey Idiot! I would like to share a few of the chronicles of stupidity with you:

A man in Canada woke up to find his cousin in mortal agony from a self-inflicted gunshot. Instead of calling 911 he thought the humane thing to do was to finish him off. He was charged with first degree murder.

I can't help it officer, someone hypnotized me to park illegally.

I'm hoping he got 2 tickets, one for parking illegally and for stupidity.

Respectfully submitted, Lin Rozak

FINANCE Black Forest AARP Chapter 1100 Financial Report

As of the January 4, 2019 Board of Directors meeting we will no longer include the Chapter Financial Report in our monthly newsletter. Instead the Treasurer will update the membership as to the current account balances, income & expenses during the monthly meeting.

CHAPTER COMMITTEES

Community Service Committee: Donations to the Black Forest Care food bank from the February meeting totaled \$70.26. Thank you to all who made this possible.

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.

*** *Max Stucky has 3 walkers if anybody needs to use one. Please talk to him.*

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

Public Relations: PSAs were sent to 9 local newspapers, the Gazette blog & posted to our website regarding Chapter related recent activities Thank you Stan.

Sunshine: Electa sent a sympathy card to Lexie Manfrin's family and get well cards to Howard Pease & Art Garcia.. (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 & upcoming events. Many people visit our website during the month & our members find it useful.
- **REMINDER OF CHAPTER MEETING CANCELLATION POLICY:**
If School District 20 cancels classes, or is on late reporting, Chapter meetings will not take place.
- **Senior Social** - The Senior Social will be held on March 27th in the Meeting Hall of the Black Forest Lutheran Church. Join other seniors for various games, or just visit.
- **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.



Manfrin
LEXIE MANFRIN
 December 3, 1930
 February 11, 2019
 Lexie Manfrin, 88 of Black Forest, Colorado passed away on February 11, 2019. Lexie was born in Topeka, Kansas on Dec 3, 1930.

"A long time friend of Lexie, back in school days and with..."
 - Norma Lavelett

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We bid farewell to one of the oldest members of Chapter 1100. Lexie had been a member since 1989—among the first 5 to join.

I don't think her smile had changed now that I see her as a young woman.

According to her obituary in the Gazette a celebration of Lexie's life will be held in the spring.

Helen , Editor

APRIL

<u>Date</u>	<u>Location</u>	<u>Remarks</u>
April 10	Black Forest Lutheran Church	Chapter Meeting 12:00 Start Pot Luck Lunch Program: Top 5 Scams in Colorado. Mark Fetterhoff, ElderWatch Colorado.
April 24	BF Lutheran Church	Senior Social 1- 4 PM

MAY

<u>Date</u>	<u>Location</u>	<u>Remarks</u>
May 3	IHOP Stetson Hills	Board Meeting 11:30 - Chapter Members may attend.
May 8	Black Forest Lutheran Church	Chapter Meeting 12:00 Start Pot Luck Lunch Program: Sarah Schaefer, Mt. View Electric. Saving energy in the home.
May 22	BF Lutheran Church	Senior Social 1- 4 PM

JUNE

<u>Date</u>	<u>Location</u>	<u>Remarks</u>
June 1	Marriott Hotel 5580 Tech Center Dr. (Rockrimmon)	SRC Senior Expo. 8:30 – 2 PM. Chapter will have table. Volunteer Opportunity. Contact Stan at 719.596.6787 to volunteer.
June 12	Black Forest Lutheran Church	Chapter Meeting 12:00 Start. Pot Luck Lunch. Octogenarian Month. Program: Byron Spinney, Hope Restored. Fire Mitigation.
June 15	Black Forest Lutheran Church	Volunteer Opportunity. FREE Fight Fraud, Shredding Event 9AM to Noon – <u>The public is encouraged to participate</u>
26 June	BF Lutheran Church	Senior Social 1- 4 PM

Tax Season Scams

Scammers know that tax season comes every year & they take full advantage of the opportunity to steal identities & to trick people into sending money. Tax identity theft can happen when someone files a phony tax return using your personal information to get a refund or uses your Social Security number to get a job. Here's what you can do to protect yourself:

- * Use a secure Internet connection if you file electronically, or mail your tax return directly from the post office.
- * Shred copies of your tax return, drafts or calculation sheets you no longer need.
- * Know the IRS won't contact you by email, text or social media. If the IRS needs information, it will contact you by mail.
- * Don't give out your Social Security number unless necessary.
- * Research a tax preparer thoroughly before you hand over personal information.
- * Check your credit report for free at www.annualcreditreport.com or by calling 1-877-322-8228 to make sure no other accounts have been opened in your name.
- * Do not send money to anyone who calls you over the phone. Some scammers pose as IRS agents, spoof your caller ID & use phone threats to solicit your money.

If you believe your Social Security number has been compromised, contact the IRS Identity Protection Specialized Unit at 1-800-908-4490. You can also connect with an AARP ElderWatch volunteer by calling 800-222-4444 and selecting option 2.

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