



BLACK FOREST CHAPTER OF AARP #1100

“To serve, not to be served”

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

July 10, 2019

Chapter Meeting and Picnic at Black Forest Regional Park (Shoup & Milam), Pavilion #1
Start: 11:30 AM. Hosts: Chapter Officers & Board of Directors

Shredding Success

The rain held off until after lunch, so the free shredding event from 9 – noon on June 15, in Black Forest played out completely as planned! During the morning a total of 368 individuals, from 26 different Postal ZIP Codes, contributed to the shredding of approximately 14,850 pounds of personal paper documents that were no longer needed. Having these documents shredded & recycled by a professional shredding company safely prevented the chance that sensitive personal information could fall into the hands of a nefarious individual who might attempt to use them for identification theft or some scam.

This was the 11th year that Chapter 1100 of Black Forest has partnered with AARP ElderWatch in Denver to provide this community service. The chapter also provided free coffee, snacks, water & fruit to the participants. Free-will donations given to a local charity by the participants were also accepted.

AARP Chapter 1100 in Black Forest participates in several community service events each year. The Chapter motto is “To Serve Not to Be Served”.



The one-way, dual stream, shredding drop off line shown here was developed by Chapter 1100 to facilitate safety & increase efficiency. Cars dropping off documents for shredding are directed to either side of the line of shredding trucks & processed four at a time. The result is individuals can quickly have their documents offloaded by volunteers then be on their way.

Chapter members & volunteers in bright “Fight Fraud – Shred Instead” shirts & safety vests unload personal documents from individuals' cars & feed them into the commercial shredding trucks.





Part of the overall community service process was the availability of free refreshments & an opportunity for individuals to donate to a charity after they dropped off their items for shredding. Chapter volunteers also asked questions about the process which could result in an enhanced free shredding service in future years.



The Shredding refreshment stand with Karen Buck handing out water to folks as they passed by.



Almost at the stroke of noon a few sprinkles started to come down. Everyone quickly collected everything, folded the tent canopies, & cleaned up the shredding area. We usually eat the pizza outside and then clean & pack up. This time we cleaned up first. When the pizza was delivered everyone went inside. The above shows us enjoying the food & drink inside while it rained.

The people without yellow shirts are non-chapter volunteers. A few other people have already put on jackets as a result of the cool rain.

The Shredding Project Lead, Jim Belk, would like to thank all the Chapter members who volunteered to work this event. They are: Electa Beckner, Stan Beckner, Jim Belk, Lori Belk, Stephen Blucher, Karen Buck, Mary Corrow, Patricia Dix, Lavonne Hidy Shirley Karlstrum, Chuck Karlstrum, Durelle Pithey, Lin Rozak, Ray Rozak, Bev Schaab, Anna Skinner, Max Stucky, Raji Verma, Vijay Verma, Helen Von Gunden, Denny Wilson and Anita Wolfe.

We would also like to thank Walmart for their generous donation to our local Shredding Event. The shopping cards enabled us to purchase the items on the refreshment table which people could pick up as they left the drop off line. And thanks to Jim, Ray, Shirley and Stan for obtaining these shopping cards.

And a thank you to Lori, Ray and Stan for doing the above shopping, Thank you to Ray for the doughnuts - best breakfast I ever had! And a final but a most important thank you to Jim & others who should be commended for working all the myriad of details to make the shredding a success.

See you in 2020!!!!

Secretary's Report - June 12th meeting

President Ray Rozak called the meeting to order then led us in the Pledge of Allegiance. An invocation was offered by Jerame Ryan of the Black Forest Lutheran Church. Wished a Happy Birthday to Electa Beckner, Shirley Karlstrum, Helen VonGunden, Kenneth Fulton & Max Welton. Anniversary greetings to Ray & Lin Rozak, Sue & Henry Fletcher, Kenneth & Sharon Fulton and Jim & Lori Belk

After lunch our Guest Speaker was Marty Benson from CAPS, which is the **C**ommunity **A**dvan**C**e **P**ublic **S**afety & Prepar**E**dness, & the Office of Emergency Management for winter storms, flooding, fires & anything that presents itself as an emergency.

Everyone should have an emergency kit for their car because living here you never know when a snow storm or fire will occur. So, what do we need in our kit: first it should have a top that shuts tightly, then we need things to put in it - extra clothing like socks, gloves & hats, then a warm blanket. Food is always a good thing, so think of cans that have a pull top (or make sure you have a can opener) like tuna, chicken, individual fruit cups, etc. Then cheese or peanut butter crackers which will probably make you thirsty so have lots of water. Snack bars are great, but remember to change them at least once a year so they don't pick up the taste of the plastic wrapper. Place a candle in a large tin can - this will give light & heat. Make sure you have a cell phone charger, one that plugs in or a solar powered one. A flash light with extra batteries or look for crank flashlights & emergency radios. You can go to a camping store & find shovels that fold. Maybe cat litter to use if you're stuck in the snow, it'll give you traction. Have medical information for every member of your family. Let's not forget toilet paper & baby wipes. A lot of us have pets so we need pet food & bowls. If you think of other things you will need pack it in there too. Last month we added information on things in your house in case of an emergency so I don't think we need to cover that again. We always think things like this will never happen to us, but our last 2 storms proved us wrong, so it's better to be prepared.

The shredding sign was put up about 2 weeks before the shredding event. Jim tells us we are ready to go. We have shade tents & chairs, fruit, snack bars & plenty of water and ice. LET'S DO THIS!

Stan informed us of an Expo on October 12th, the theme is Care Givers. They'll have a lot of useful information & how to care for someone & where the giver can go for help. It's not easy to be a giver & to try & take time for yourself. If you're not healthy, or just mentally exhausted, you can't take care of anyone properly. Your first concern should be for yourself. This Expo will help find ways for you to cope. There's plenty of time until then & Stan will keep us informed.

Senior Resource Center (SRC) could use more volunteers - this would be bi-monthly meetings & help out where needed. If you're interested please let Stan Beckner know & he can tell you about this need.

There is an opening on the CAT (Chapter Activities Team) - one person is needed. They meet twice a year for 3 days & everything is paid for. Stan did this last year & will fill you in on exactly what is needed & what you do.

AARP recognizes individuals in its chapters with a variety of awards. Here's a list: AARP Volunteer of the Year Awards; Lifetime Achievement Award; Community Service Award; Program/Strategic Issue Award; Legislative Volunteer Award, Business Award & Community Partner Award. If interested in nominating someone in our Chapter for an award Ray has copies of the criteria. See him after the meeting & he'll give you a copy. (Full info follows on page 4.)

Everyone likes to donate to charities, it makes you feel good, like you're helping out. I found a list of charities that tells you who is the head of these charities, what they make & where the money goes. To say I was shocked is putting it mildly. I'm sure you'll be as shocked as I was, & still am. (*Editor: I'm out of room in this newsletter so will have to put Lin's article in the September newsletter. There won't be a meeting in August and there won't be a newsletter.*)

Respectfully submitted,
Lin Rozak, Secretary

ALL MEMBERS - Our September Chapter meeting will be held at the Golden Corral, 1970 Waynoka Road, just southeast of Palmer Park and Powers.

Remember to ask for the Senior Discount.

YOU MAKE A DIFFERENCE! Thank you for growing with AARP & volunteering your time with pride & a sense of duty to your community. By answering the call to volunteer, you make a significant impact in so many lives. For that, we can't thank you enough!

We are celebrating you, the volunteer, on **October 15, 2019** at the Field House in Denver, 1600 Federal Blvd, Denver, CO 80204. **We encourage you to nominate your fellow volunteers for outstanding achievements in volunteerism this year in the following categories.** Please note the **deadline for all nominations** (except Chapter Cup) **will be July 15, 2019.**
Jeremiah Mora, Associate State Director-Community Outreach

Here are the categories - These are to be submitted online.

◇ AARP Volunteer of the Year Award

◇ AARP Community Service Award

◇ AARP Program/Strategic Issue Award

ALL EXPLAINED BELOW

◇ AARP Lifetime Achievement Award

◇ AARP Community Partner Award

◇ AARP Business Award

◇ AARP Legislative Volunteer Award

Please submit a 100-250 word essay as to why the nominee should receive the award. (Recommendation is to copy & paste from Word). *You may write on the back of this form or submit on additional paper.*

Send nominations to the AARP State Office, 303 E. 17th Ave, Suite 510, Denver, CO no later than July 15, 2019.

Internal Awards:

AARP Volunteer of the Year Award: This award goes to a volunteer or volunteer team who has helped the Association achieve its strategic goals in Colorado. Strategic goals include: Health, Economic Security, (which includes staying healthy, caregiving, home and community based services, etc.), Community Service. This individual or team has made a major difference in AARP in Colorado as illustrated through tangible and measurable results which clearly has gone above and beyond the call of duty in his/her volunteer position.

AARP Lifetime Achievement Award: This award is given to an individual who has given freely of his/her personal time over a period of many years to one or more AARP campaigns, activities, or volunteer positions. This is an individual who is a recognized leader among AARP volunteers and is a true role model of successful community service. Creativity and ability to motivate and mobilize others are two criteria to consider. This award does not have to be given annually, but rather when there is a consensus that one of our volunteers has reached this level of achievement.

AARP Community Service Award: This award goes to volunteers who have made extraordinary contributions to their local community, or to the state at large, in reaching AARP's goal of community service, have positively affected the lives of many people in their community or the state, and have made their community or the state a better place to live. Consideration may be given to both AARP and external volunteer contributions. If the community service project was accomplished by a team of volunteers, or volunteers and staff, or volunteers and staff and external partners, this award may be delivered as a "team" award.

AARP Program/Strategic Priority Awards: These awards may be given at the discretion of the program coordinator or leader for one of the Association's strategic priorities, with the consensus of the Awards Committee, for outstanding volunteer performance in surpassing expectation, goals, or milestones set for the activity. These awards are intended to recognize volunteers who have truly given "above and beyond" and who have had a major impact on, or contribution to, our members and/or the public.

AARP Legislative of the Year award: This award is given to the Advocacy Volunteer who has worked with AARP to pass both state and federal legislation important to the 50 plus population. Bills of interest include the Divided We Fail issues of retirement security and healthcare reform as well as increased funding for services that help keep seniors at home and independent, TABOR reform and affordable utilities. This individual has shown leadership which is illustrated through measurable results and has clearly gone beyond the call of his or her position.

External Awards

Business Awards: These awards are reserved for businesses, large and small, which have made significant contributions toward an AARP-led effort or activity; or who have made their own important contribution to AARP members or mid-life and older Coloradans. More than one award may be given annually.

Community Partner Awards: These awards recognize valuable contributions or partnerships that have made a positive impact of the community or the state. Community Partners are generally other nonprofit groups. However, other types of community organizations and state agencies which have been good partners with AARP also in this category fall.

******* PLEASE CONTACT STAN BECKNER IF YOU WANT THE ONLINE FORM. *******

Note that two years ago our Chapter received 7 awards.

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 May meeting totaled \$46.00. 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 8 local newspapers, the Gazette blog & posted to our website regarding Chapter related recent activities. Thank you Stan.

Sunshine: Electa sent get well card to Linda Siebe. (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 July 24th 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.

The following is information Gwen would like to share with our Chapter members

Black Forest Festival Booth, August 10th - We are asking those that donate items for sale to please price them before you bring them to the Festival. If you want the item returned to you, if it does not sell, we will give you a number to place on the item & have you sign our return sheet. Please package cookies in plastic sandwich bags - people in the past have bought just 3 or 6 to eat as they enjoy the festival. We will have a sign that says the plants are "looking for a new, loving home & are free". But we will accept donations for the plants & will provide a can for any other donations. Booths are open from 8 AM to 3 PM. Our booth is on the south side of the Community Hall in the parking lot—space #302.

COMMUNITY SERVICE

Starting in October, which is the next time we meet at the BF Lutheran Church, we are asking members for their help with the items that are usually being donated.

Many members bring items that we then give to the Church - but they collect some of the same ones we do!

So along the south wall, under the bulletin board, (where the doors open to the ramp) there is a basket for non-perishable food items for BF Cares; a drawer for aluminum pull tabs for Ronald McDonald House; a large cart for containers for the Mari-on House Soup Kitchen; and a place to put the card fronts for St. Jude.

All of the above will save us setting up, & taking down, one table during our monthly meetings.

Items for Wolford School should still be given to Gwen & she will take them over.

The donation can that we pass at meeting for BF Cares we will set on the sign-in table & during the meeting it will be passed around as usual.

Also remember we only keep items on the Share Table for 2 meetings & then we find an organization that can use them. If you bring something for the Share Table & no one chooses to take it you are welcome to take it back.

Regarding the **Share Table:** Gwen thinks we may need a better place for the Share Table since not everyone even knows where it is! or checks it out. If anyone has any suggestions please let Gwen know if it's worth keeping it. Thanks.

2 cents from Helen: Most of the above is mentioned in page 2 of our Annual Handout. The above directions will not change the need for these items but does re-direct where they are collected. A change reflecting the new locations will be made when I edit the Annual Handout for 2020.

HIRING A CONTRACTOR

In 2018, complaints about home improvements & repairs were the second most common type of call to the AARP ElderWatch help-line. 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, and the cost of the project is significant, hire a lawyer.

If you have questions about hiring a contractor, call an AARP ElderWatch volunteer. Hiring a Contractor Recognize, Refuse, Report!
 Call us Monday–Friday, 9 a.m.–4 p.m. 800-222-4444 Option 2 Denver Metro Area 303-222-4444 www.aarpelderwatch.org

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