



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

November 13, 2019

Host/Hostess: Pat Guild, Patricia Dix
Greeter: Rosemary O'Connell
Program: Honor All Veterans and a presentation on Shield 616 by Jake Skifstad, Founder

Thank you to the following members who staffed the reservation table at the October 12th Swan Law Funeral Home "Caregiving for Caregivers" event: Chuck & Shirley Karlstrum, Ray & Lin Rozak, Patti Parsons & Electa & Stan Beckner. See Lin Rozak for the information collected at this event.

Gazette Senior Expo, October 19th at the Marriott Hotel. Stan's report follows:

Today was the Gazette Expo at the Hotel Elegante. It was probably the best expo that I can remember our chapter participating in. We literally used up all the literature with the exception of 6 items & all the giveaways except perhaps 10 or so. In addition we got a LOT of AARP membership cards scanned & 28 additional Count me In Forms.

It was a long Expo - 8AM to 4 PM. Set up time started at 7 AM. We had 9 volunteers work during the day. They logged a total of 70 volunteer hours during the event. Thank you to the following Chapter volunteers: Ray Rozak, Patricia Dix, Chuck & Shirley Karlstrum, Lori Belk, Ken & Karen Gagner & Stan & Electa Beckner.



AARP Biannual Volunteer Recognition Event

The biannual AARP State Awards Dinner was held at the Field House Restaurant in Denver on 15 October. Fifteen Black Forest AARP Chapter members attended. During the event & ceremonies Chapters & their members from throughout Colorado were recognized for their exceptional activities during 2018 & 2019.

For the 11th Consecutive year the Black Forest AARP Chapter 1100 was designated the Platinum AARP Chapter & awarded the Chapter Cup as the most outstanding AARP Chapter in Colorado for Community Service. The Chapter received the award for numerous community service projects such as the annual free shredding event, the blood drive, hosting the monthly Senior Social gatherings, participating in local public expositions, presence at the annual Black Forest Festival, & making significant donations to veteran & community charities. The award was accompanied by a \$300 grant to the Chapter.

In Addition to the Chapter Cup, three Black Forest AARP Chapter 1100 members were individually recognized for their exceptional service:

Jim & Lori Belk were presented the AARP Community Service Award for the sustained support they have given to Chapter 1100 & the subsequent positive effect they have had on the community in general. Specifically, Jim Belk excelled as the person in charge of the 2019 free shredding event that the Chapter undertook in partnership with Elder-Watch Colorado. Jim, a Chapter 1100 Board Member, supervised the project & ensured that every aspect of the planning was appropriately accomplished, resulting in event total success. Lori Belk is very active in Chapter activities. She has served, in a superior manner, on the Chapter Community Services Committee for three years. In addition, she has been the Chapter Luncheon & Catering Coordinator the past two years. This responsibility includes coordinating & ordering two annual catered meals for the Chapter & supervising the luncheon activities for each of the other Chapter meetings during the year. She was also very active in the planning & supervising other chapter activities.

The AARP Colorado Program/Strategic Award for 2019 was presented to Stephen Blucher. Stephen was recognized & congratulated for his 22 consecutive years of service as an instructor in the AARP Driver Safety program & his steady, consistent, volunteer service with AARP. Stephen is also a member of Chapter 1100 in Colorado Springs since 2014. During this time, he has been a steadfast & reliable member on numerous occasions. He was cited for his exceptional record of achievement, service, & commitment & providing the extraordinary example of the difference that volunteerism can make in the lives of individuals & in the well-being & vitality of a community in general. Stephen has recently been appointed one of the two AARP Western Region delegates to the Chapter Activities Team at AARP Headquarters in Washington, DC.

AARP Colorado took great pride in congratulating The New Falcon Herald Newspaper, & its editor Marylou Doherman Bride, for the publicity, support, & visibility given to AARP & the Black Forest Chapter 1100, through The New Falcon Herald. The New Falcon Herald has published over 20 press releases from AARP Chapter 1100 over the past two years. Items published include pre-event & public service announcements as well as post-event news releases consisting of reports, articles, & photos. The publicity, support, & visibility given Chapter 1100 by The New Falcon Herald has increased the interest in AARP & Chapter 1100 activities throughout the central Colorado community. The Business Award was accepted by The New Falcon Herald Publisher, Michelle Barrette.

Congratulations to all of you!



L-R, Jim & Lori Belk, Community Service Award; Chapter 1100 President Ray Rozak with Chapter Cup & Stephen Blucher, Program Strategic Award.



Michelle Barrette (L), The New Falcon Herald Publisher, accepts the AARP Business Award for Marylou Doherman Bride, The New Falcon Herald Editor,



Chapter 1100 attendees at the AARP Colorado 2019 Volunteer Awards event, with the Chapter Cup, **which was awarded to the Chapter for Community Service for the 11th consecutive year.**

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

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: Thinking Of You cards sent to: Max Stucky & Howard Pease. Get Well cards were sent to: Lin Rozak, Waldo Pendleton, Bill Sanderman, Helen Von Gunden, Lavonne Hidy & Stan Beckner. (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 not be held in November and December. See you in January 2020.
- **Welcome a new member:** Candace Lehmann, from Peyton, who joined our Chapter at the October meeting. Welcome Candace!

Secretary's Report - October 9th meeting

President Ray Rozak called the meeting to order then led us in the Pledge of Allegiance. An invocation was offered by Jennifer of the Black Forest Lutheran Church. Wished a Happy Birthday to Lori Belk, Herb Guild & Bill Sanderman. Anniversary greetings to Stan & Electa Beckner & Richard & Penny Cole. Guests were Ken & Karen Gagnor from Rhode Island. (They will be our guests for the next few months,) & Lin's daughter Patricia Parson.

After lunch our Guest Speaker was Kent Mathews talking on Dementia and Caregiving:

In Dementia changes in our brain begin years before any signs show up. Some people call it Brain Failure because it changes your brain and it fails you. There are many, many types of dementia, memory is the most common, this includes short term or long term memories. Sometimes you lose your short term memory while your long term (things that happened to you years ago), or the long term memory is lost while short term is right on. Behavior Dementia, means that you forget all of the social skills, it strips away all the skills we have learned to cope with all of lives leaving you defenseless for what's going on around you now. Medications are different for each type of dementia, so it's important to get a diagnosis for your proper treatment. UCCS does a Neuropsych evaluation, they give you a report of their findings. It is important that you keep this report for further use. They also have an Aging Center for family and/or caregivers. It's a wonderful place to start learning what and how to cope with dementia. The more you learn the better you will be at coping with it. If you have a computer available look up Alz.org, the symptoms they list are the same for dementia.

Dealing with a person who has dementia is exhausting, both mentally and physically. You have to learn a different way of thinking - logical thinking will not work because the patient has lost the ability to think logically. Try to think the way they are thinking. Try off the wall ideas. Peripheral vision slowly diminishes until they see only what is in front of them, so as you walk up to them start talking so you don't scare them. Body language is 95% to 98% communication how you stand, the expression on your face etc. Talking is almost non-existent as the short term memory is gone. If family is giving the care, please get all the information you can. Courses are available do the research, the more you learn the better you can take care of your loved one. Most important of all, Take Care of Yourself, be selfish, give yourself a break, care giving is exhausting. Our speaker, Kent Mathews is at Pikes Peak Area Agency on Aging, 719-471-2096 ext.115 or kmathews@ppacg.org. He'll be so glad you called.

AARP in Denver has asked us to get rid of our chapter flag. We are not going to do it. Shirley Karlstrum has put dates on the flag to recognize our history. We will continue to display it during our meetings. This chapter was started in 1972 and we are proud of all we have accomplished - we will keep our flag.

Ray made an executive decision regarding the nominating committee - Stan Beckner, Bev Schaab & Waldo Pendleton will get together to handle these duties. We lost 2 members recently & had to replace them.

- ◆ Oct 9 was do Kindness for Someone Day, if you did please report your hours
- ◆ Nov. 15 help stuff bags for the holiday dinner dance
- ◆ Nov. 16 in the morning help set up the hall and in the evening is the dinner and dance

Our speaker for the November meeting will be Jake Skifstad, founder of Shield 616. We have collected approximately \$1400.00 to buy an outfit for a Police or Fire department employee. It was suggested that the \$100.00 we are short be taken from the Chapter treasury. It takes \$1500.00 to buy a complete outfit which consist of a protective vest, helmet, etc. We voted on this and it was passed.

Before the meeting Stephen Blucher was ill, send a few prayers for him, & Helen Von Gunden had fallen & hurt her wrist & hand. Despite her injuries she stopped by to give us the monthly newsletter before she went to her doctor. What were you thinking Helen? Your hand was more important than the report. Thank you for being so thoughtful.

Respectfully submitted.
Lin Rozak

Holiday-Related Scams

Scammers & criminals don't take a break during the holidays, in fact they might ramp up their efforts. A 2018 ElderWatch survey of Coloradans 50+ found a lack of knowledge about some holiday-related scams. Be vigilant this holiday season & take extra precautions to ensure your hard-earned money does not end up in the hands of scammers:

- When purchasing a gift card, be sure to inspect it thoroughly for tampering. Ensure the PIN number on the back of the card is not visible. Consider purchasing it online directly from the retailer for an extra layer of security. Be sure to give the receipt for the gift card to the recipient.
- Outsmart door-to-door thieves! If you are shipping a package, it is a good idea to require a signature upon delivery or provide specific instructions for the delivery company to ensure the package is not stolen.
- Avoid shopping online when you are connected to free public Wi-Fi. Networks that are not secure can expose your personal & financial information to criminals connected to the same network.
- Charitable solicitations are abundant this time of year. Do your research before giving through www.checkthecharity.com or www.charitynavigator.org. Avoid donating to an unsolicited caller.
- When shopping on Craigslist, eBay or other marketplace sites, never wire money to pay for goods or services. If you are asked to wire funds or pay using pre-paid gift cards, consider it a scam.

If you have a question about a potential holiday fraud or scam and want to talk it through with a trained AARP ElderWatch volunteer, please call 800-222-4444 and select option 2. Have a happy and safe holiday season!

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

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