



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

April 8, 2015

Hostess and Host: Helen & Don Von Gunden
Greeters: Lin & Ray Rozak
Program: Presentation by an employee of Colorado Springs Utilities. Subject: "Gas Safety"

Our March 8th Chapter meeting, held at the Golden Corral Restaurant, was a highly attended meeting with 41 people. Quite a crowd! Lucy Crandall, with the Seniors Blue Book, joined us and gave a very informative presentation which was well received by all. (Lucy has given the Chapter several \$25 gift cards over the last couple of years, including 2 last December.)

The Seniors Blue Book provides seniors a comprehensive source of services, senior housing options, resources and information that enrich the lives of our elder population. The link to their website is www.SeniorsBlueBook.com where you can sign up for their newsletter.

We were also joined by the new owners of the Black Forest News, Cindy and Ron Richardson. Many of our members already know them and some of us got to meet them for the first time. Hope you'll join us for another meeting.

Here are some pictures of the meeting room:



Lucy Crandall during her presentation to the Chapter



President Karlstrum

EARLY SIGN UP NEEDED FOR SHREDDING PROJECT—June 13th

Chapter members wanting to volunteer should call Ray (495-6767) or Stan (596-6787) in order to qualify for a special T-Shirt. We are **really** pushing for early participation because (1) we need your help on this project and (2) Denver needs to get the shirt order in early to make delivery. So please think positively about joining us on June 13th at the Black Forest Lutheran Church parking lot.

Also any persons with a T-Shirt from last year should plan on wearing it again. Thank you all in advance.

FROM THE EDITOR: Copies of the 2015 Chapter Annual Handout were distributed at the last meeting - both paper and via email. See me if you don't have your copy yet. I'll have them with me at each meeting. Helen

Community Service: First Step pre-school is in need of foam egg cartons. See page 2 of the 2015 Annual Handout for other needs in our community.

Finance:

Black Forest AARP Chapter 1100 Financial Report for 2015

March 1, 2015 Checking Account Balance:		\$3,127.51
		Year to Date
Income		
Dues	\$70.00	\$510.00
Gifts or Donations		\$90.00
Tours or Bus Trips		
Social Events:		
50/50 Drawing	\$22.00	\$64.00
Advertising Income	<u>\$50.00</u>	<u>\$90.00</u>
TOTAL INCOME	\$142.00	\$754.00
Expense		
Meeting Expense (Church rent, Park fee)	\$245.00	\$245.00
Gifts or Donations	\$90.00	\$90.00
Tours and Trips		
Social Events:		
Supplies		
Chapter Dinner		
Administrative Cost	\$39.05	\$39.05
Newsletter Cost	\$134.17	\$134.17
Other (Weebly website)	<u>\$18.54</u>	<u>\$18.54</u>
TOTAL EXPENDITURES	\$526.76	\$526.76
March 31, 2015 Checking Account Balance		\$2,850.41
CD Account Balance on 1/15 (Includes interest to date of \$1.03)		\$1,039.54

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.

Luncheon Coordinator: Help needed at each meeting. Our Host & Hostess can always use some extra help at the beginning of & especially at the end of our meeting when we have to put everything back as we found it, run the vacuum cleaner, take out the trash & clean the kitchen. If you can give a few minutes please give them a helping hand. Thank you for your help.

Public Relations: PSAs were sent to the five local newspapers and the Gazette blog: On 4/2 there was an article on the Senior Social. And on 3/26 the New Falcon Herald printed an article on the upcoming shredding event. Thanks Stan.

Sunshine: Electa sent a sympathy card to lola Geiger on the death of her brother.

Notification: Thanks to Lavonne Hidy & Pat Guild for their work on the monthly telephone member notifications & to Don Von Gunden for notifying members via e-mail.

Secretary's Report

There is no Secretary's Report this month.

MISCELLANEOUS CHAPTER BUSINESS

- The **Senior Social** will be held on Wednesday, April 22, 2015.
- Following is a Public Service Announcement (PSA) Stan sent to our local newspapers with good information on the Senior Social:

The past year well over a hundred "seniors" have enjoyed participating in a monthly get together to socialize, play dominoes, or do crafts. There is no obligation to participate in the games. Individuals bring their own crafts to work on, others use the opportunity to just sit and talk. Light snacks are provided. The group is informal and no membership or dues are assessed.

Are you missing out? The group meets in the Fellowship Hall of the Black Forest Lutheran Church at 12455 Black Forest Road from 1– 4 PM the fourth Wednesday of each month, except November and December. All ages are welcome. If you have question contact Lavonne at 494-1276.

- **MARCH DRIVER TRAINING CLASS:** There were 19 students in the class which was held at the Black Forest Lutheran Church Fellowship Hall. Good job Edna and Steven.

- **"Free medical alert device" scam - what you can do to discourage similar calls**

Stan received a complaint from a non-AARP member about a specific robocall that she has been receiving. The complaint was first, repeatedly getting a robocall, and second, that it appeared to be sanctioned by AARP. Stan contacted ElderWatch in Denver and received the following explanation which he then passed on to the person who originally contacted him with the complaint. Unfortunately the response does not provide an instant solution to the problem but outlines what the person (and all of us who get similar calls) should do to discourage getting them:

As for the "free medical alert device" scam, unfortunately it's one we've been dealing with for a couple of years. It is NOT affiliated with AARP, but the robocall tells people that it's paid for by AARP, that they've been referred by their medical provider and that they can also get \$3,000 in grocery coupons if they respond. AARP has put out a number of alerts on this scam (the most recent can be viewed online at <http://blog.aarp.org/2014/06/19/two-new-twists-in-returning-medical-scam/>). The best thing for her to do is to NOT answer any calls whose number she does not recognize, and if she does answer the phone, to NOT press any buttons. These robocalls are already violating the No Call laws, so there is no reason to believe that the scammers will remove them from their list. Rather, pressing a button or engaging with an agent only tells the scammers that there's a live person on the other end of the line and the calls will increase. While they are invasive and annoying, we've heard from many callers that if they successfully ignore them, the calls do stop. She should also make sure to report the numbers that call her to the Federal Trade Commission at 1-888-382-1222. The FTC and Florida Attorney General did shut down some of those companies a while back (though the scam persists): <https://www.ftc.gov/news-events/press-releases/2014/11/settlement-ftc-florida-attorney-general-stops-operations-used>. If she needs additional assistance, I would suggest she call the ElderWatch hotline to speak with a volunteer: 1-800-222-4444, option 2.

- **The following table shows the amounts of soup labels, box tops, pop tops and cash donated todate.** Thank you to all who donate and to Gwen, and members of her committee, who count all these items. If you write a check, please make it out to the organization you wish to receive it, e.g. Black Forest Cares, rather than to the Chapter.

	2015	JAN	FEB	MAR	TOTAL TO DATE
Campbell's Labels		36	12	41	89
Postage Stamps		670	586	42	1298
Pop Tops					
Boxtops for Education		89	20	30	139
BF Cares Donations		\$53.00	\$57.08		\$110.08
Food Donations			2 lbs.		2 lbs

Who's Knocking at My Door?

Door-to-door solicitations are one of the most popular methods for scam artists to reach older adults. Based on neighborhoods and home values, scammers can easily target people they believe to have money.

Door-to-door solicitations seem to bloom in spring, as the nice weather allows for easier travel and more opportunity by scammers. Residents should be wary when strangers come knocking unsolicited, especially if the visitor is trying to talk you into parting with your hard-earned money. Here are some tips for avoiding door-to-door scams:

- Don't do business right on the spot. You can and should always get a second opinion.
- Remember that a receipt is worth nothing unless the business is valid and reputable.
- Never pay for services in cash and be wary of paying upfront for a product or service that will be delivered at a later date.
- Watch out for deals that offer steeply discounted prices that seem too good to be true.
- Listen for scare tactics, like the solicitor telling you he smells a gas leak coming from your home.
- Be sure you read and understand any agreements or contracts you sign.
- Keep an eye out for out-of-state license plates, as they may be a sign that the scammer is just passing through.
- Don't be afraid to offend someone by not doing business with them.
- Never let someone into your home that you did not invite.

Remember that it is easy to fake credibility, so always ask and check with an objective third party to verify someone's identity. Never give out sensitive personal or financial information to someone who shows up at your door unannounced. If you have concerns about door-to-door scams, don't hesitate to call AARP Foundation ElderWatch to speak with a volunteer specialist.

Prevent Financial Elder Abuse!

Call us Mon.-Fri., 9 a.m.-4 p.m. MT Our trained volunteer specialists are here to listen and provide assistance.
Recognize, Refuse, Report

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Chiropractic of Black Forest. Dr. Russell T. Swain Walk-ins always welcome	(719) 494-0900 11590 Black Forest Rd. Suite 20

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- **CHAPTER WEBSITE** <http://aarpchapter1100blackforest.weebly.com> ~328 hits in the last 30 days

We hope our members will find it useful and it will also serve as a membership recruiting activity. Please pass on to Don and Stan your ideas and recommendations on how we can improve this community outreach vehicle.