



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

January 14, 2015

Hostess and Host: Lin and Ray Rozak
Greeters: Helen and Don Von Gunden
Program: 2015 Chapter Officers installed
Presentation: Don Von Gunden – Changes impacting your 2014 tax return

REMINDER—CHAPTER MEETING CANCELLATION POLICY. *If School District 20 cancels classes or is on late reporting Chapter meetings will not take place.*

Stroke & Heart Attack Awareness Class

The public is invited to a FREE Stroke and Heart Attack Awareness and Response Training Class that will be presented in the Fellowship Hall of the Black Forest Lutheran Church on 11 February from 9:30 – 11:30 AM. A Black Forest Fire and Rescue paramedic will present the class. The object of the class is to inform everyone how to recognize the signs a person having a stroke or heart attack may have and what must be done in response. The critical actions that the observer must quickly perform to minimize the damage and possibly save the persons life will be discussed.

If a person is stricken he/she may be at home, at the mall, in a store, or on the street. For that reason Stroke and Heart Attack awareness applies to everyone - young and old. Everyone should know how to use the Automated External Defibrillators (AED)s that are readily available in many stores and malls throughout the area. This class is an opportunity to learn what to do that might save a life in this kind of emergency.

The FREE presentation is sponsored by the Black Forest AARP Chapter 1100 and is open to the public. The usual Chapter meeting will follow at 12:00 AM. Class attendees are invited to stay for lunch and the chapter meeting. For more information call Gwen at 495-2176.

******* IMPORTANT CHAPTER REMINDER REGARDING 2015 DUES *******

2015 dues become delinquent the end of February. The reason for the change is so that the chapter roster can be updated to reflect the current membership by the end of February instead of end of April of each year.

Driver's Safety Class: March 9th at the Black Forest Lutheran Church from 12:45 to 5 p.m. Call Edna at 495-2443.

REMINDER FROM RAY

Ray needs items for the monthly door prize drawings. Remember this is 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 article is from the Colorado December 2014 Driver Safety Newsletter. Thanks to Bill Sanderman, CO State Coordinator for Driver Safety, for sending:

KEEPING SAFE IN AND OUT OF THE CAR

Here are some ways you can make your journey in a car more secure:

Before driving:

1. Make sure that your car is roadworthy before driving off. Check for leaks and pools of fluid under the car. (Water coming from the air conditioning is normal.) Visually check that the tires are properly inflated.
2. If entering the car from a public place or parking lot, check that there are no intruders inside. Keep an eye out for people loitering nearby. If it does not seem safe to approach your car, go back and ask for help from security.
3. Fill up your gas in the daytime, and in a familiar place, as much as possible.
4. Once you get into your car, do not dilly-dally. Lock your doors and drive away. Avoid checking your gadgets or applying makeup.
5. Know your route and alternatives if the original route is blocked. Let a family member or colleague know where you are heading and what time you should be expected back.

While driving:

1. Keep your doors locked and windows closed. Do not interact with people on the street.
2. Don't leave your gadgets or handbag visible on the seat or cargo area. This makes them a tempting target for thieves.
3. Be alert to possible threats. If another motorist motions that something is wrong with your car (such as a flat tire) and you must stop, do not stop immediately. Assess the situation. Drive to a safer place such as a gasoline station to ask for help.
4. If another car bumps you from behind, avoid getting out of the vehicle. This may be a ploy to make you get out of your car and have someone take over your vehicle, or abduct you. Take note of the car's make, model, and license plate if possible.
5. When stopping at a traffic light, leave enough space in front of you to quickly get away if necessary. Always scan adjacent lanes to find a space to maneuver to, in case someone blocks your car. This also helps you to avoid genuine accidents.

After driving:

1. When parking, keep valuables out of sight. Lock them in the trunk or in the glove box. Park in a secure area, preferably near the exit. Backing into a space makes it easier to drive out quickly.

From MotionCars website. By Jason K. Ang

Finance:

Black Forest AARP Chapter 1100

Financial Report for 2014

| | | |
|---|-----------------|---------------------|
| December 1, 2014 Checking Account Balance: | | \$2,849.32 |
| | | Year to Date |
| Income | | |
| Dues (Total to date of 2015 dues: \$210) | \$160.00 | \$810.00 |
| Gifts or Donations | | |
| Tours or Bus Trips | | \$3,000.00 |
| Social Events: | | |
| 50/50 Drawing | \$18.50 | \$203.00 |
| Advertising Income | | <u>\$85.00</u> |
| TOTAL INCOME | \$178.50 | \$4,098.00 |
| Expense | | |
| Meeting Expense (rent, mail box) | | \$320.00 |
| Gifts or Donations | | \$60.00 |
| Tours and Trips | | \$1,500.00 |
| Social Events: | | |
| Supplies | \$46.26 | \$108.88 |
| Chapter Dinner | \$316.61 | \$701.56 |
| Administrative Cost | | \$237.73 |
| Newsletter Cost | \$14.44 | \$196.30 |
| Other (Annual Incorporation fee) | <u>\$10.00</u> | <u>\$57.88</u> |
| TOTAL EXPENDITURES | \$387.31 | \$3,182.35 |
| Dec. 31, 2014 Checking Account Balance | | \$2,914.95 |
| CD Account Balance on 12/31/14 (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 6 local newspapers, the Gazette & some were posted to the Gazette blog: 12/11 page 4 of the Gazette featured an article on our Christmas luncheon. Stan, as head of the P.R. Committee, and Electa attended an SRC General Membership meeting. They also attended an SRC Committee meeting to discuss the June "2015 Boomers & Beyond Expo" which the Chapter will participate in. Thanks for all your efforts on our behalf.

Sunshine: Electa sent Get Well cards to: Jean, Braun, Lavonne Hidy, Les Apodaca, Herb Guild and Ray Rozak. A Sympathy card was sent to Shirley Karlstrum. Thank you Electa.

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.

Newsletter: Any member not receiving their Chapter newsletter via e-mail who would like to be added to this list please give me your e-mail address and I'll add you in. Then you'll see the pictures in living color, not black and white! Also save the Chapter money on stamps, paper and toner. Thank you. Helen, Editor

SECRETARY'S REPORT

Black Forest Chapter 1100 AARP Regular Monthly Meeting December 10, 2014 at the Black Forest Lutheran Church.

The meeting was called to order by Vice-President Pendleton at 11:10 a.m. and ended at 2:00 p.m. The Pledge of Allegiance was led by Vice-President Pendleton followed by the Invocation given by Pastor Ken.

Birthdays: Royce Brown, Alberta Davis, Lavonne Hidy, Lexie Manfrin and Ray Rozak. Anniversaries: None
Guests: Marge Walters, Patricia Dix, Theresa Vialpando Knoll and Susan Bollwerk

The next board meeting is the first Friday in January, Jan. 2nd, 2015, It'll be at the I-Hop located at Powers & Stetson Hills at 11:30 a.m.

The officers and board members have been voted on and will be inducted at our January meeting.

The Heart Attack and Stroke class will be February 11, 2015. It is held before our regular meeting, from 9:30 to 11:30 a.m. It is open to the public so invite neighbors, friends and anyone else you think might benefit from this class. It is free and is held here at the Lutheran Church.

The Annual Handout needs to be updated for 2015. If you have new information, or something that you feel should be added, please let any member of the Board know.

As stated before, your dues are due, they are \$10 per person. Please see Lavonne Hidy today in Shirley's absence. She needs to have all your correct information, the correct spelling of your name, address, phone number and anything else that is pertinent. The end of February is the last day to pay.

We still need Host & Hostess plus Greeters for the new year. The sign-up sheet will be passed around during the January meeting.

The first 2015 Senior Social will be January 28th here at the church. If you have new games you'd like to play bring them. There are always cookies & snacks, laughter and good times.

At our last meeting we were missing Shirley & Chuck Karlstrum because they had 3 deaths in their family. Shirley & Chuck we missed you. Many prayers were sent your way. We are all so sorry for your losses.

I need to apologize to our members for my comment last month about the Salvation Army Stockings - we had 13 stocking returned to Edna. The stockings, over 1000 of them, were handed out on Dec. 22nd. Thanks to all of you for your help in making Christmas a little happier for children.

Kay Zvonkovich provided us with a wonderful Christmas program. The choir was great! The songs were the old Christmas songs we all grew up with & we were able to sing along with them. It helped put us in a cheerful mood. Diane Apodaca provided all the center pieces that were on the tables, wreaths on the walls and poinsettias everywhere. With the music & cheerful decorations no one should have left in a Bah Humbug mood,

Ray Rozak had 17 door prizes, 8 of them were Christmas center pieces (provided by Diane). Stan Beckner took over for Ray who is still recovering from surgery. Thanks Stan.

The meal was provided by the Golden Corral and tasted fantastic! There was turkey, ham, dressing, mashed potatoes & gravy. Thanks go out to all of you who brought side dishes and desserts. If you went away hungry it's your own fault.

The January meeting will have Don Von Gunden talking to us about our taxes, yep it's that time of the year, and help us understand the tax laws. Don has been doing taxes for AARP TaxAide for quite a while and knows his stuff.

Ray Rozak still has long sleeve shirts for sale if you're interested. If he doesn't have the right size he can order it.

Lin Rozak, Secretary

MISCELLANEOUS CHAPTER BUSINESS

- The **Senior Social** will be held on Wednesday, January 28th, from 1 to 4 p.m. at the Black Forest Lutheran Church. Activities include visiting, various board games, card games along with simple refreshments. Come join the fun!

- **CHAPTER WEBSITE** <http://aarpchapter1100blackforest.weebly.com> ~319 hits from 12/8 /14 to 1/12/15

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.

A Holiday Celebration

The December meeting featured the annual Yuletide celebration of good food, fellowship, fun, and helping those who might be less fortunate.

A catered dinner included turkey, ham, potatoes and gravy, and a large variety of delicious side dishes and desserts were enjoyed by members and guests. A sing along program of Christmas Carols led by The Spirit of Grace, a choir associated with Our Lady of the Pines Catholic Church in Black Forest, provided a festive interlude. Holiday table decorations designed and made by Diane Apodaca and Lin Rozak adorned the tables. The table decorations, and many more seasonal items, were given away in a drawing after the business meeting that followed the dinner and entertainment.

The business meeting featured the election of Chapter Officers for 2015. Installation of the elected officers will be at the January 14, 2015 meeting beginning at noon.



Sing A Long. Chapter members join in the singing of carols led by the Spirit of Grace Singers



Chapter members, L-R, Edna, Electa, Lin, Les and Diane show off some of the Christmas Stockings filled by chapter members for the Salvation Army who will distribute them to area youth who might not otherwise receive much during the Holidays.

The following table shows the amounts of soup labels, box tops, pop tops and cash donated in 2014. Thank you to all who donate. Thank you 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.

| 2014 | NOV | DEC | TOTAL FOR 2014 | TOTAL FOR 2013 |
|------------------------------|---------|--------|----------------|-----------------|
| Campbell's Labels | 19 | 59 | 270 | 327 |
| Postage Stamps | 960 | 750 | 6561 | 9045 |
| Pop Tops | | | 19 oz. | 28 oz. |
| Boxtops for Education | 24 | 69 | 522 | 538 |
| BF Cares Donations | 49 | 117.17 | 552.87 | 618.74 |
| Food Donations | 51 lbs. | 4 lbs. | 55 lbs. | 66 lbs. 1.5 oz. |
| Crosses for Losses donations | | | 167.45 | 0 |

Black Forest AARP Chapter # 1100
Shredding Summary 2008 – 2014 (See Note: 1)

| Item/Shredding Date | Sept. 27, 2014 | June 9, 2012 | June 11, 2011 |
|--|-----------------------------|------------------------------|-----------------------------|
| Individuals Served | 327 | 522 | 347 |
| Approx. Paper Shredded* | 7,000 Lbs. | 23,000 Lbs. | 8,500 Lbs. |
| Nr. Of ZIPs Represented | 22 | 28 | 28 |
| Top 3 ZIP Respondents | 80908, 80831, 80132 | 80908, 80132, 80831 | 80908, 80831, 80921 |
| Nr. of Cha. Volunteers | 32 | 35 | 29 |
| Nr. of Non-Cha. Vol. ** | 8 | 4 | 2 |
| Food Donated | 685 Lbs. | 1,087 Lbs. | 593 Lbs. |
| Cash Donated | \$585 | \$396 | \$238 |
| Other Donations | See Note 2 | See Note 2 | See Note 2 |
| Signed to Do Not Call List | N/A | 17 | NA |
| Volunteer Hrs. Worked | 326 | 602 hr. 10 min. | 319 hrs. |
| Value of Volunteer Hrs. Worked (See Note 3) | \$8,182.60 @ \$25.10/hr. | \$13,330.49 @ \$22.14/hr. | \$6,941.44 @ \$21.79/hr. |

NA. Not Applicable – This was not an option on this year.

INA. Information not available – or at least I can't find it.

* Does not include cardboard boxes that were recycled separately.

** Does not include shredding company operators and supervisors who operated equipment and otherwise helped.

Note 1: There was no Black Forest AARP shredding event in 2013.

Note 2: Other donations accepted and donated to charities – e.g. Box Tops for Education, Soda Pull Tabs (McDonald House), Campbell Soup Labels, Used Postage Stamps (a church handicapped relief project).

Note 3: Time Worked by volunteers in Colorado in 2014 = \$25.10/hr. Years previous to 2014 had a slightly lower per hour value of volunteer hours worked. The value of volunteer time is based on the hourly earnings (approximated from yearly values) of all production and non-supervisory workers on private non-farm payrolls average based on yearly earnings provided by the Bureau of Labor Statistics. Independent Sector National Value of Volunteer Time indexes this figure to determine state values and increases it by 12 percent to estimate for fringe benefits. For details, see <https://www.independentsector.org>

EDITOR: I did not include the figures from 2008, 2009 and 2010 because it wasn't as complete as the years listed above. If someone would like to see this information please contact the author of this report, Stan Beckner.

Double-Check Before You Dial!

Upon making a phone call to an organization you know and trust, have you ever been greeted by an automatic recording that congratulated you for being the lucky caller selected to win a free prize or to take a survey? We know to be suspicious of unwanted calls from scammers who claim we've won something, but what about when we made the call ourselves?

Unfortunately, scammers have been purchasing series of phone numbers that closely resemble the phone numbers of legitimate businesses. Scammers use these numbers to fool people into thinking they've reached the organization they were intending to, when in fact they've reached a scammer.

Here are some red flags that the phone number you dialed may be a scam:

1. You are greeted by an automated recording that congratulates you on being selected for a survey or tells you you've qualified to win a prize or product.
2. The automated greeting is general and does not reference the name of the organization you were intending to reach.
3. The greeting eventually offers to connect you with a live representative.
4. The live representative claims that he or she will transfer you to the organization you were originally trying to reach, but first wants your credit card number to pay a fee to claim your prize.

If you encounter any of these red flags, hang up the phone, check the number you intended to dial, and try dialing again. Always double-check the area code and full phone number before you dial, as one slip of the finger can result in a costly experience. Never provide your financial information to someone who claims you've qualified for a "free" product, service or prize. And alert your financial institution immediately if you do accidentally give out your payment information. Need help? Call an ElderWatch volunteer specialist at 1-800-222-4444, telephone option 2.

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. 1-800-222-4444, option

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

| | |
|---|--|
| Black Forest Jeweler. Quality Repair – Custom Design – Watch Batteries. Free Jewelry inspection and Cleaning. Candles—Pottery | (719) 495-8816 11425 Black Forest Rd. |
| Firehouse Famous Texas BBQ on the Run www.firehouseontherun.com | (719) 495-8453 12480 Black Forest Rd. |
| R & R Coffee Café www.rnrcoffeecafe.com | (719) 494-8300 11424 Black Forest Rd. |
| Rockin B Feed and Supply. Feed, hay, pet foods, health supplies, saddles, tack. www.rockinbfeed.co | (719) 495-3463 12440 Black Forest Rd. |

"Acceptance of advertising or other assistance in this newsletter does not constitute endorsement or approval of this chapter of AARP of any service, product or advertiser."

2015 mini schedule—till the Annual Handouts are updated and distributed:

February 11

9:30—11:30 Stroke & Heart Attack Awareness Training. FREE. Public Invited
12:00 start. Chapter Meeting. Program: Fire Safety – Black Forest Fire & Rescue
Hostess & Host: Pat & Herb Guild & Shirley Karlstrum. Greeter: Beverly Schaab

March 6

11:30 Chapter Board Meeting at the IHOP on Stetson and Powers.

March 11

11:30 Chapter meeting at the Golden Corral (W. Woodman & Powers) Abbreviated business meeting.
No formal program. No Hostess/Host or Greeter.