



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

March 11, 2015

**Our March 11th meeting will take place at the Golden Corral, 5410 E. Woodman and Powers.
Meet at 11:30 to eat at noon.**

Stroke and Heart Attack Recognition and Response class, February 11th



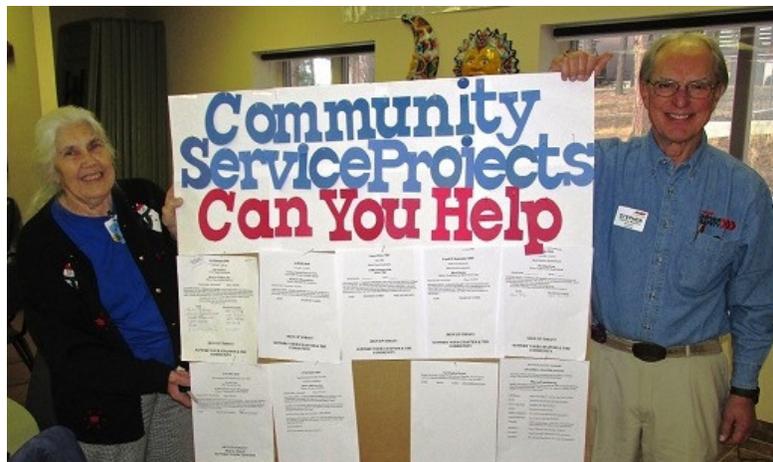
Assistant Black Forest Fire and Rescue Chief James Rebitski presented a free Stroke and Heart Attack Recognition and Response class to a well attended group (21 people) on February 11th at the Black Forest Lutheran Church. (Ten of the 21 people attended for the first time.) The program host was the Black Forest AARP Chapter. The presentation was easy to comprehend yet covered the key physiological and symptomatic aspects of these emergencies. The emphasis throughout was on the early recognizing of distress symptoms and taking immediate action. These two aspects were emphasized as critical to enhancing the recovery of the stricken person.

Chief Rebitski quoted recent statistics which identified heart disease as the #1 killer today of both men and women in the U.S. Surprisingly, heart disease kills more women than the various well-known cancers. Since symptoms vary between individuals, and are different in men and women, the advice was to be aware of the onset identifiers and not delay getting a person with suspected symptoms to a hospital. Using 911 and an ambulance service was recommended as being the fastest way to negotiate traffic and also the best environment for the stricken person because ambulance EMT personnel take initial lifesaving actions enroute to the hospital.

The February meeting of Black Forest AARP Chapter #1100 followed the Emergency Response Instruction. The program, after the traditional potluck lunch, featured Assistant Chief Rebitski again who talked on "Falls Awareness and Prevention" in the home. The emphasis here was on being aware of the inherent dangers in various rooms and understanding the steps necessary to making the home a safer environment. He highly recommended the use of "home alert systems" for older persons who live alone, or are at risk of falls, or are prone to other medical emergencies. An informative question and answer period followed both of the presentations made by Chief Rebitski.

COMMUNITY SERVICE PROJECTS

Gwen created a "project info/sign up board" containing information on all the projects/events the Chapter has committed to for 2015, to date, with the hope members will participate. Some of the events are: Boomer's & Beyond Expo 6/6; Shredding Event 6/13; Chapter float in the BF parade Aug. ?; Day of Service 9/8—21; AARP CO Awards Presentation/ Denver 10/2; Make a Difference Day 10/17. Check this board out, ask questions about the events and sign up if you can.



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

February 1, 2015 Checking Account Balance:		\$2,860.51
		Year to Date
Income		
Dues	\$110.00	\$440.00
Gifts or Donations	\$90.00	\$90.00
Tours or Bus Trips		
Social Events:		
50/50 Drawing	\$27.00	\$42.00
Advertising Income	<u>\$40.00</u>	<u>\$40.00</u>
TOTAL INCOME	\$267.00	\$612.00
Expense		
Meeting Expense (Church rent, P.O. box)		
Gifts or Donations		
Tours and Trips		
Social Events:		
Supplies		
Chapter Dinner		
Administrative Cost		
Newsletter Cost		
Other (Annual Incorporation fee)	_____	_____
TOTAL EXPENDITURES		
Feb. 28, 2015 Checking Account Balance		\$3,127.51
CD Account Balance on 1/15		\$1,039.54
(Includes interest to date of \$1.03)		

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 as follows & appeared in these newspapers: 2/11 Black Forest News—an article on the Stroke and Heart Attack Recognition and Response class. 2/13 Ranchland News and Black Forest News—an article about Lavonne's move into her new home.

Sunshine: Electa sent a Thinking of You card to Lola Geiger.

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.

ORIGIN OF THE "COVER GIRLS" WHO VOLUNTEER AT WOLFORD SCHOOL

The name, and the group, came about because Wolford School needed paperback books covered with clear contact paper. After 4000+ books we thought we were through but they asked if we could continue to help the staff with other projects.

So on the 1st and 3rd Tuesday from August till May we trim laminated items, fold and staple books for classrooms, cut out items for the Art Teacher, or other Teachers, and still cover books with clear contact paper. We never know what projects will be there until we arrive.

Thanks Gwen

Secretary's Report

The February 11th meeting was called to order at noon by President Charles Karlstrum who then led the Pledge of Allegiance. The invocation was given by Youth Pastor Sedra.

Host and Hostess were Herb and Pat Guild and Shirley Karlstrum. The Greeter was Beverly Schaab. People celebrating birthdays were Carol Billiard, Sheila Bishop, Don Von Gunden, Kay Zvonkovich and Patricia Dix. No Anniversary celebrants.

Gwen has suggested putting up a bulletin board and posting projects for a day of service. Also check the donation table for items that Wolford School needs, they get 10 cents for box tops. They also collect used stamps from our envelopes and packages and the aluminum, only, pull tabs from soda cans. Please keep them in mind.

Jim Rebitski from the Black Forest Fire Department gave a very informative lecture on safety around the home. Jim has been a member of the Fire Department for 25 years and has been to too many home accidents that could have been avoided. He reported that every 17 seconds someone will be treated for a fall. Every 3 minutes someone dies from a fall, from hip injuries that cause other medical problems and from head trauma. Most injuries are bad enough that an emergency room trip is required, the Fire Department is called and the ambulance is dispatched. From personal experience I can tell you they are they're very fast. This is where I have to say, "Put your address by the road in very large numbers that are easy to read." The EMT's are just wonderful, some ask questions while others access the injury and start care for the injured. You should have a list of medications and any health problem you have prepared and easily accessible. Then poof, they're gone, lights flashing and maybe sirens wailing. These people are wonderful. They take care of the hurt and the family who are confused as to what to do. At the hospital YOU have the right to your Doctor of choice, not to just whoever is on call, or who the hospital uses.

As you age you're bones start to get brittle, small cracks can form in your bones which can cause a fall and fatal injuries. When younger more men fall than women, but this reverses when we age. This may be that women stay more active than men. A woman's muscles and bones stay stronger and our balance is better, which works out good because women take care of men who fall.

What we need to do is exercise to increase our leg muscles, practice our balance and strengthen our back muscles. Do what you need to do to keep yourself healthy. Ray and I found out that our insurance covers the Y.M.C.A. and some gyms for free, check into this and start an exercise program that fits your needs.

Here are some hints on what to do in your home to make it safer: To reduce tripping hazards remove items in hallways. There are many ways to hold throw rugs securely to the floor, and they are in all the stores. Remove the rugs if you are weary of tripping on them. Install grab bars by the shower and tub, put a non-slip mat in the shower and tub, and secure the rug outside the tub so you don't slip on wet tile. Stairs should have railings on both sides, I think it's code now, but they are needed in all homes, old or new. Socks are slippery, wear shoes or non-slip slippers in the home. Lights should be bright enough to see into dark corners. Install night lights on stairs, keep things off the stairs. (I'm bad about putting stuff on them to take up, but then I forget to do it, and have stubbed my toes more times than I want to admit.) So keep the stairs clear of stuff. Put lights by the bed - to see where the dog is laying. If you live alone or are alone for long periods of time it might be wise to get an alarm device to call for help if you need it. Also keep phones on low tables where you can reach them from the floor - if you fall. Do what you need to keep you safe in your home. Thanks Jim for all your words of wisdom.

If you don't see your friends here maybe they didn't pay their dues. Call and ask - maybe they forgot.

Linda Siebe drives seniors in Monument to where they have to go - to Doctor's appointment for example. She asked if anyone would be interested in joining her or starting the service in Black Forest. Currently Silver Key does not come here and the area they serve is small. You are reimbursed 50 cents per mile. If interested talk to her at a meeting.

Stan Beckner & Beau Balinger (from Denver AARP) have been discussing the shredding event and have decided on June 13th as the date. Stan has more information on this. Ray Rozak will again be in charge of this event.

Diane and I are running out of ideas for the center pieces. Give us some ideas or make some yourself. It won't hurt our feelings.

Come join the Keeper of the Keys (Ray and Lin Rozak) at the Black Forest Community Club for a free dance from 7 - 9 PM on March 14th. Everyone is invited and it's a fine time.

Respectfully submitted,

Lin Rozak, Secretary

MISCELLANEOUS CHAPTER BUSINESS

- The **Senior Social** will be held on Wednesday, March 25, 2015



Helping A Neighbor

Good News! After loosing her home and all she had in the devastating Black Forest fire almost two years ago, Lavonne Hidy has moved into a new home at the same location. Twenty-Four friends, including 16 members of the Black Forest AARP Chapter, recently helped her get settled by volunteering to unpack boxes and items that she had acquired since the fire. The volunteers unpacked and washed dishes and put them away in cupboards and drawers. They also logically arranged the food pantry, hung pictures, put clothes and other items where they belonged, and stored non-seasonal items in storage areas in the house and garage.

Helping this neighbor was not all work. At noon everyone took a break to enjoy pizza, snacks, and finger food brought by the volunteers and took a little time socializing. By mid-afternoon the bulk of the work was done and Lavonne was ready to fully reside again in Black Forest. She thanked all who volunteered to help and all those who have made her journey through this challenge in her life a little bit easier.



Lavonne Hidy (L) unpacks a box full of ceramic figurines with the help of Diane Apodaca, Roberta Hagmaier and Lin Rozak.



L-R Diana Apodaca, Linda Siebe, and Catherine Arnold work at unpacking and arranging food items in the pantry.

A THANK YOU MESSAGE FROM LAVONNE.

My sincere Thanks to all of you who helped me unpack, organize and clean on Friday, Feb. 13. It was a memorable day for me to realize how many good friends I have and am privileged to know each of you. The fellowship was marvelous!! All the food you brought to share was outstanding and I enjoyed what you generously left for me for several days. Again Thank You so much. You are all special to me. Lavonne Hidy

Donations made to local organizations

Last month the Chapter donated \$45.00 to each of the following - Tri-Lakes Cares and the Friends of the Colorado Springs Senior Center - to aid in their work. The money came from the last two drawings for door prizes.



WELCOME TO OUR NEW MEMBERS

Patricia Dix is a retired High School Librarian. Before moving here she lived in Grand Isle, VT. "Had 8 acres on an island in the middle of Lake Champlain."

She enjoys reading, walking and Tai Chi and volunteers at her Church, the East Library and McAllister House as a docent.

She has two children, a son and a daughter and 3 grandchildren.

Information to share with members: After I retired, I decided I needed to be nearer to family. My daughter's husband is a golf pro and moves around more than my Air Force son (now retired). So he won the honors of Mom moving close to him.

Rita Fitzpatrick is a retired former Teacher and Receptionist. She is originally from Pennsylvania. She moved around a bit – from Texas to Golden, CO to Baltimore, MD, etc. - but is living in Colorado Springs now.

Rita enjoys cooking, sewing and theatre and volunteers as a Lector at Church.

She has 4 children and 2+ grandchildren.

WELCOME TO BOTH OF YOU. WE HOPE YOU WILL ENJOY YOUR MEMBERSHIP AND INTERACTION WITH OUR CHAPTER MEMBERS.



CHAPTER WEBSITE

<http://aarpchapter1100blackforest.weebly.com>

~251 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.

Lavonne told us of the need for candy for Easter baskets since the Black Forest Lutheran Church supports Bob La Puente in the San Luis Valley and sends about 150 baskets there for the children in that area. They also make up and give 25 baskets to the Marion House and 25 to Black Forest Cares for our local children.

Jelly beans and wrapped candy would be appreciated and should be brought to the Church office within the next week.

Any particular questions on this request should be directed to Lavonne. Thank you.

IRS Imposters Still Going Strong

In the midst of tax season, slick scam artists are finding ways to target innocent Coloradans through one of the largest scams of its time: the IRS imposter scam.

This scam occurs when citizens receive aggressive phone calls claiming to be from the IRS. Con artists use fake names and false IRS identification badge numbers in order to appear legitimate. Victims are told that they owe money to the IRS and it must be immediately paid through a prepaid debit card or wire transfer.

If the innocent party refuses to cooperate, the scam artist becomes hostile and threatens to arrest or deport the victim within 30 minutes or issue a suspension of their driver's license. In other cases, victims are told that they are eligible for a refund and are tricked into sharing private information. If the victim does not answer the phone, the con artists often leave a threatening "urgent" callback request.

According to the IRS, the agency will not contact citizens and demand immediate payment without a written notice. The contacted party is given the opportunity to dispute the outstanding tax claim and will never be asked to pay the amount owed through a specific means of payment over the phone. The IRS further claims that it will never threaten to bring in law enforcement authorities to have citizens arrested for not complying with an IRS agent.

Remember, it is best not to answer phone calls if you don't recognize the number calling you. And always remember to verify the identity of someone calling you by contacting that agency directly or by checking with an objective, third-party organization

If an IRS imposter reaches out to you, it is best to report it to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or www.tigta.gov. And don't ever hesitate to call an ElderWatch volunteer specialist at 1-800-222-4444, telephone option 2, to report any concern.

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

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.
The Original Black Forest Pies & Grinders Pizza, subs, wings & more. Dine in – Take out – Delivery	(719) 495-8555 11470 Black Forest Rd.
Chiropractic of Black Forest. Dr. Russell T. Swain Walk-ins always welcome	(719) 494-0900 11590 Black Forest Rd. Suite 20

"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."

Welcome to our two new advertisers: **The Original Black Forest Pies & Grinders** and **Dr. Swain of the Chiropractic of Black Forest.**