



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

May 13, 2015

Hostess and Host: Pat Dix, Lavonne Hidy, Linda Siebe
Greeter: Shirley Karlstrum
Program: Current 911 System and Future Upgrades and Plans, Daryl Branson of the CO 911 Resource Center

In a PSA (Public Service Announcement) on 4/15 Stan wrote the following: "The account below illustrates the level of community participation by members of the Black Forest AARP Chapter and the level of appreciation for it at the national level of AARP. The article also illustrates the type of programs provided to chapter members and a look forward to chapter activities this spring."

Community Service Recognition

Donald and Helen Von Gunden were honored at the April meeting of the Black Forest AARP Chapter. They were presented the national AARP Chapter and REA Unit Community Service Award and a commemorative pin for their exceptional hard work and dedication to community service. The prestigious award, co-signed by AARP President, Jeannine English and AARP CEO Jo Ann C. Jenkins, reads in part, "Your efforts have enriched the lives of friends and neighbors and made your community a better place to live."

During the past year Don and Helen both volunteered many hours working Chapter and AARP Colorado information tables and health fairs. Don also served as the Chapter 1100 web site developer and Administrator. The very informative web site includes a Home Page with numerous photographs, the Chapter event calendar, community service involvement activities, and much more including a page on how to contact and become involved in the chapter activities. Additionally Don spends many hours each spring as an AARP Foundation Tax Aide volunteer. Helen skillfully edits, publishes and distributes a professional monthly Chapter Newsletter to all Chapter members and selected members in the community. She is also the Chairperson of the Chapter Catering Committee that planned several very successful catered Chapter events during the past year.

After lunch, Kathy Woods and Larry Hanes from the Colorado Springs Public Utilities Division presented an interesting and informative program entitled "Gas Safety". The program explained why natural, and LP gas, is dangerous and must be respected and handled correctly. They also discussed what to do and how to report gas leaks that likely could have dangerous potential.



Black Forest AARP Chapter 1100 President Chuck Karlstrum (L) and Chapter Award Chairman Ted Lunacek (Far Right), present the 2015 AARP Chapter and REA Unit Community Service Award to Don and Helen Von Gunden.



Utilities Presentation: Kathy Wood, seated at head table, and Larry Hanes from the Colorado Springs Public Utilities Division coordinate the presentation of their program, "Gas Safety", at the April Black Forest AARP Chapter meeting.

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

April 1, 2015 Checking Account Balance:		\$2,858.41
		Year to Date
Income		
Dues		\$510.00
Gifts or Donations		\$90.00
Tours or Bus Trips		
Social Events:		
50/50 Drawing	\$26.00	\$90.00
Advertising Income	<u>\$25.00</u>	<u>\$115.00</u>
TOTAL INCOME	\$51.00	\$805.00
Expense		
Meeting Expense (Church rent, Park fee)		\$245.00
Gifts or Donations		\$90.00
Tours and Trips		
Social Events:		
Supplies		
Chapter Dinner		
Administrative Cost		\$39.05
Newsletter Cost		\$134.17
Other (Weebly website)		<u>\$18.54</u>
TOTAL EXPENDITURES	\$0.00	\$526.76
April 30, 2015 Checking Account Balance		\$2,909.41
CD Account Balance on 4/15 (Includes interest to date of \$.41)		\$1,039.95



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 8 local newspapers, two blogs and posted to our website: 4/8 kickoff announcement about shredding; 4/15 Chapter and REA Unit Community Service Award and 5/8 Fight Fraud-Shred Instead.

Sunshine: Electa sent a get well card to Roberta Hagmaier and sympathy cards to Carol Billiard, Linda Siebo and Pat Dix.

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.

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

Secretary's Report

The April 8th meeting was called to order at noon by President Charles Karlstrom who then led the Pledge of Allegiance. The Invocation was given by Youth Pastor Sedra. Host & Hostess were Helen & Don Von Gunden, Greeters were Lin & Ray Rozak. People celebrating birthdays were Stan Beckner & Ted Lunacek. No Anniversary celebrants. Guests: Anna Skinner & Rick Miller. It was very nice to see you here.

- Before I start the minutes I would like to thank Helen Von Gunden for doing such a wonderful job on our monthly Newsletter. Helen, you not only make it informative & interesting, but also fun to read. Also, our Chapter Handbook was expertly done, there were many hands that helped put it together. Thanks to all of you.
- There is a new bulletin board, labeled Community Service Projects, for all to read & places to sign up for the projects that are going on in Black Forest.
- Did you remember to sign in? We need to know how many members attend & count your hours of service. These hours go toward community service projects.
- Shirley Karlstrom has been working on a quilt for the June 6th Expo. She does such a great job I'm sure everyone will want it. Thank you Shirley for your time & your talent.
- If you are volunteering for the shredding event on June 13th there are forms that need to be filled out. Stan has them. Make sure he has your shirt size if you need one.
- The awards luncheon in Denver is October 2nd & you need reservations if you plan to go. Call 1-877-926-8300 & tell them it's for the Biannual AARP Recognition Event celebrating the success of outstanding volunteers & community partners. Be sure to tell them the date.
- WOOHOO! Don & Helen received the REA community service award, & it's about time. Thanks for your good work. You make us look good.
- Marcie Miller does a lot of volunteer work at the National Mill Dog Rescue & she has asked us if we, all the members, could help in a time of emergency if they have to move the dogs out of the kennel. Ray & I are willing to give the dogs a place until they can go back, can anyone else? Please talk to Marcie.
- Today's program had a speaker from the Colorado Springs Public Utilities, Natural Gas Safety. Kathy Wood & Larry Hanes gave an informative speech. If you are digging you should call 811, they come out & locate all the buried lines - the gas, electric, water & phone lines. This is important so you don't cut or rupture a line. After the lines are marked there are 18" either side of the mark that you need to stay away from. They also wanted you to know that there is no charge for this service. Natural gas is a fossil fuel, formed from decaying remains of pre-historic plants & animals. There is no smell when it comes out of the ground, the odor is added at the factory. This is done first so there are no accidents or deaths if there is a leak. Natural gas is lighter than air & highly flammable. If you suspect a leak call & report it, there is no charge to have them come out & test. If you have a problem a plumber is needed to fix the leak.
- Carbon Monoxide is a colorless, odorless & tasteless gas, that's why it's called a silent killer. The first stages often are mistaken for the flu. You have a headache, feel dizzy, nauseated, breathless &, as it builds up, you can collapse & become unconscious & it will eventually kills you. If you get these symptoms leave the house & call for help. DO NOT turn off the lights, just leave. Building codes have changed in the past few years, if you are building a new house you must have smoke detectors that have a carbon monoxide detector built in.
- Propane is a natural gas that has to be compressed to a liquid form so it can be transported. Its main use is for heating & cooking, it also is odorless & has an odorant added to it. Propane burns 4½ times hotter than your oven. Propane is a heavy gas & will be close to the floor, you should have the lines & heaters or stoves inspected once a year. Again if you smell this leave your house & call for help.
- Shirley took over for Waldo last month on the health news. There is a Cancer Information Service available now. The number is 1-800-422-6237. She also said that Medicare will pay for cancer screening. This is an important message for all of us & our families. Pass the word.
- Lastly, Waldo lied about the amount of money in last month's 50/50. Here's the important part, he said it's O.K. to lie if you fess up to it. Now that's something we need to remember. Fess up!
- Here's something for all the family: Saturday June 27th at the Norris Penrose Event Center there will be a Western Family Gathering. Featuring the English Brothers from TX (<http://www.theenglishbrothers.com/>) & The Flying W Wranglers. There will be pony rides for the kids, wagon rides & cowboy cooking demonstrations. Cost is \$5.00 for ages 5-12, \$10 for ages 13 & up. Ray & I went to one about 2 years ago & had a great time. The music was fantastic, the show great. There's plenty of time so think about joining us for some fun. (Helen: I put the link to the English Brothers in case anyone was curious. This sounds like a good show! Thanks Lin for the heads up.)

Respectfully submitted,

Lin Rozak, Secretary



To all - even a few days late!

MISCELLANEOUS CHAPTER BUSINESS

- The **Senior Social** will be held on Wednesday, May 27, 2015.
- The July Board of Directors meeting will actually take place on Friday, June 26th, rather than the first Friday in July because of the July 4th holiday. Please update the 2015 Board of Directors Meeting Dates section of your Annual Handout, pg. 7.
- **UPCOMING CHAPTER ACTIVITIES:** (Check the Community Service Projects board for info & to sign up.)
 - June 6th Boomer & Beyond Expo
 - June 13th Fight Fraud - Shred Instead
 - August 14th Switchback soccer, information booth
 - August 15th Black Forest Festival float & Community Friendship Booth
 - October 2nd Biannual AARP Recognition Luncheon, Arvada

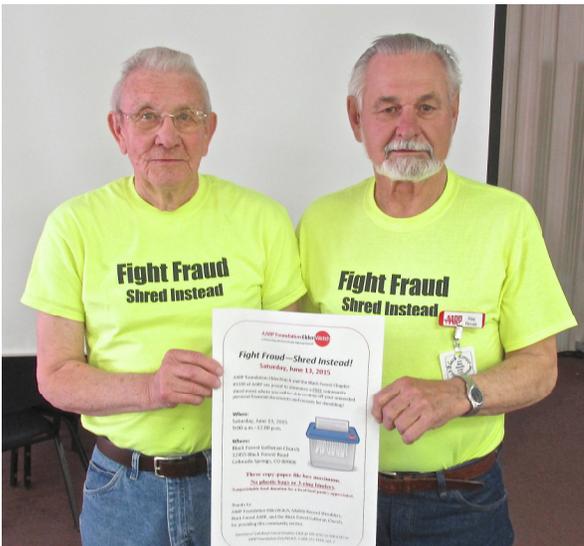
5/8 PSA: FIGHT FRAUD – SHRED INSTEAD

Start collecting your outdated financial documents and bring them to the FREE SHREDDING Event and food drive on Saturday, June 13 at the Black Forest Lutheran Church parking lot at 12455 Black Forest Road in Black Forest. This Identity Theft prevention event is provided from 9 AM to Noon as a community service.

All documents will be professionally **shredded on site**. All paper will be recycled. Please limit what you bring to the equivalent of three copy- paper size boxes per person. No plastic bags or 3-ring binders will be accepted, as they cannot be shredded.

Your donation of cash or non-perishable food items will go to Black Forest Cares in support of their ongoing effort to combat hunger in the local community.

For more information please call Ray at 719.495.6767 or Stan at 719.596.6787 or visit the FREE SHREDDING Page of the Black Forest AARP Chapter web site at <http://aarpchapter1100blackforest@weebly.com>



Black Forest AARP Chapter 1100 President, Chuck Karlstrum (L) and Black Forest Shredding Project Leader, Ray Rozak (R), both wearing their Fight Fraud – Shred Instead shirts, display one of the 13 June Shredding Event posters that are being distributed throughout the area.



23rd Annual Senior Resource Council Boomer & Beyond Expo

June 6, 2015 from 8:00 AM to 1:00 PM at the Freedom Financial Services Expo Center 3650 N. Nevada Avenue

Theme: "Honoring the Generations". Calling all Baby Boomers, Seniors, Adult Children, Caregivers, Grandchildren and Exhibitors! Join us for the 23rd Annual Boomer & Beyond Expo! This year's Expo falls on D-Day, and we will be honoring all generations of heroes in our lives and communities! Over 100 exhibitors, arts & crafts vendors, fitness demonstrations and more!!! FREE and open to the public!!! AND FREE PARKING. Don't miss this opportunity to experience all the resources for aging well in the Pikes Peak Region! (This information is from the Senior Resource Council event web site.)

Electa and Stan have been attending the weekly planning meetings and have shared these updates: The Life After 50 newspaper will feature a 8 page section in the May issue & 8 organizations will provide services on-site, e.g. Rocky Mt. Sertoma (Hearing Screenings); Professional Pharmacy (Medication Disposal); Pikes Peak Library District (Mobile book van tours); American Medical Response (Blood Pressure Checks & Ambulance Tours), etc. Sounds like it's going to be another good event. Hope we see many members there!

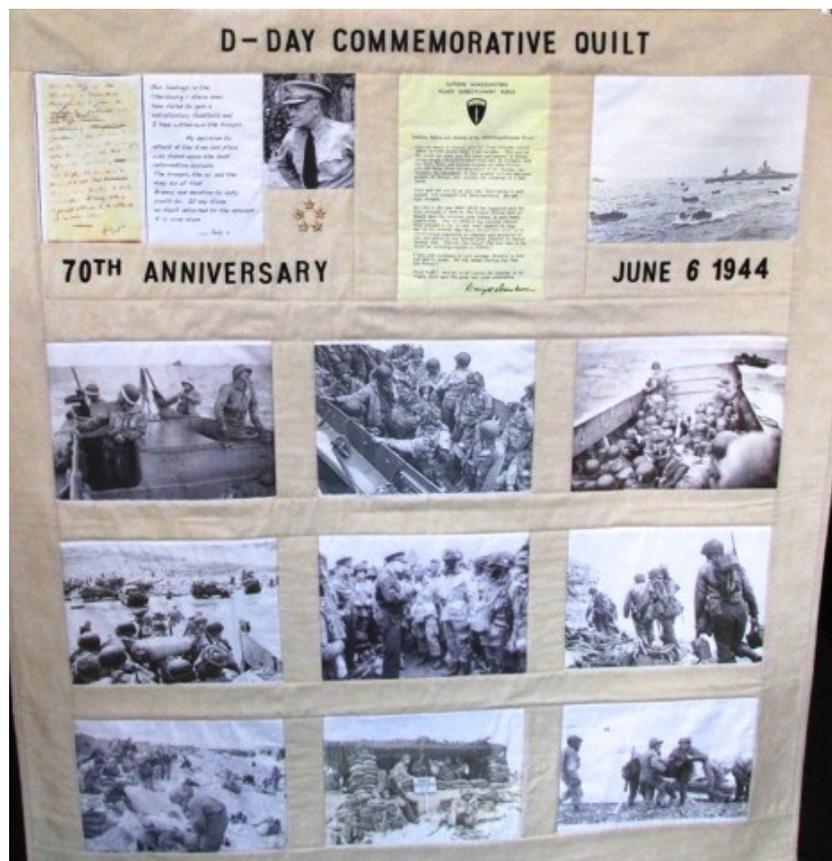
D-Day Commemorative Quilt

Chapter member Shirley Karlstrum has made an excellent wall hanging quilt specifically for our booth at the Boomers and Beyond Expo - which is on the 70th Anniversary of the Invasion of Europe during WW II. She has decided to sell drawing chances on this quilt, commemorating this historical event, at the Expo and to open the chances to our AARP Chapter members and perhaps organizations elsewhere. The project will be a fund-raiser for our Chapter.

Shirley will bring the quilt to our May meeting and President Karlstrum will give the members an update on this project.

Description of the Quilt: The letter at the top center of the quilt is General Eisenhower's letter to the Allied Forces prior to the invasion. The handwritten notes, top left, reflect the General's concern and his prepared statement in case the invasion failed. The 10 pictures covering the quilt are historical scenes from the invasion. It is 42" wide x 48" long.

The chances will be sold at \$1 per ticket or 6 tickets for \$5. To enter a chance of winning this quilt PRINT your Name and Telephone Number on the back of each ticket you purchase. You may buy as many tickets as you want. You do not have to be present to win. The winner will be announced at the September 9th meeting. (Since we have the picnic in July and no meeting in August the drawing will be conducted in September.)



AWESOME JOB SHIRLEY!!!!

Protect Yourself from Funeral Fraud

The last thing you want to think about when grieving the loss of a loved one or making end-of-life preparations is falling victim to fraud. However, scam artists will take advantage of our emotional vulnerabilities when it comes to funeral planning if we're not careful. Here are some ways to avoid funeral fraud:

- **Know your rights when contacting a funeral home.** The Federal Trade Commission's Funeral Rule requires that, upon initial contact, funeral homes provide you with three pricing lists: one for all goods and services offered, another for caskets and a third for "outer burial containers". The Funeral Rule provides additional consumer protections, such as receiving a written statement before you pay and buying funeral products from sources outside the funeral home.
- **Use caution when prepaying for funeral arrangements.** Anytime you pay for services in advance, you run the risk of not receiving what you've paid for. A funeral home may go out of business, may run off with the money or may not honor the arrangement for any number of reasons.
- **Beware of fake funeral notifications.** You may receive an email with the stolen name and logo of a legitimate funeral home claiming that a loved one has passed away. The email will ask you to click a link or download an attachment to receive the full details of the service, but instead is a phishing ploy designed to steal your identity or to install malware on your computer. Remember that legitimate funeral notifications will include the name of the deceased.

If you have questions or concerns about these types of scams, don't hesitate to contact an AARP Foundation 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

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) 495-881 6 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 a approval of this chapter of AARP of any service, product or advertiser."

- **CHAPTER WEBSITE** <http://aarpchapter1100blackforest.weebly.com> ~487 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.

UPDATE: People are finding our website. "On 5/8 Stan noticed that there have been quite a few "hits" on the site specifically looking up the free shredding event. I guess that our advertising is paying off some. I have also received a couple of phone calls about the shredding." That's good news Stan, thanks for sharing. Helen