



News and Views

Spring 2010

Dear Seniors,

Spring is such a beautiful season, a time for new beginnings. New thinking is an important part of beginning anew, and this may be a good time to ask ourselves what changes might make our lives more meaningful. Some of the services TSC offers can help free up precious hours that are now spent on worry: how will I get to the places I need to go, how can I stay in my own home if it needs repairs, what if I can't cook for myself any more, how can I afford a piece of medical equipment that I need to be safe? There are lots of ways TSC can help! Not sure where to start or what to ask for? Just visit with our caring staff members for some new thinking. Happy Spring!

Sincerely,

Cindy Morse
TSC Board President



JOIN THE FUN AT OUR ANNUAL

SPRING FLING

SATURDAY, MAY 15, 2010

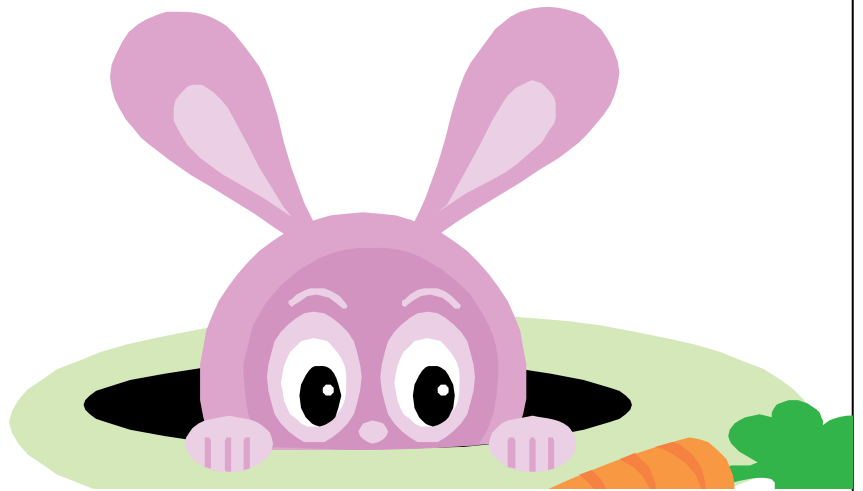
7:00 AM – 2:00 PM

Woodland Park Senior Center

312 N. Center Street

Breakfast, lunch, flea market, bake sale

Vendor spaces available: price reduced to \$12! Call us at 687-3330 to reserve now.



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IS IT HARD TO MAINTAIN A HEALTHY WEIGHT? Are there times when you just don't feel like eating? If so, these nutritional supplements may help:

Ensure Plus Chocolate
Vanilla
Strawberries & Cream
Butter Pecan

Glucerna Vanilla **AND NOW IN CHOCOLATE TOO!**

We can provide free trial packs (4 cans) or deliver a 24-can case of Ensure for \$25.00, \$35 per case for Glucerna. We deliver on Mondays.

CUSTOMER SERVICE HOURS:

9:00 A.M. to 1:00 P.M.

MONDAY thru FRIDAY

Call 687-3330 if we can help you with these services:

- Handyman
- Transportation
- Hot Meals
- Home-delivered meals
- Ensure Plus/Glucerna
- Caregiver support
- Medical Equipment loan

Want to get your newsletter by email? Please let us know at tsc@qwestoffice.net.



And please check out our website at tellerseniorcoalition.org

RURAL AREA (Home-Delivered) MEAL PROGRAM (RAMP)

RAMP Participants must be 60 or older, residents of Teller County, and unable to attend congregate meal sites (in Woodland Park or Cripple Creek). You will need to complete an application in order to place a food order. Please visit the office, or we can mail you an application and menus. Once you are signed up, you can call the TSC office at 687-3330 by Friday for delivery the following Monday of these available meals:

- Box of 7 frozen entrees**
- Box of 7 frozen sandwiches**
- Box of 7 shelf-stable meals**

Suggested donations: \$14.00 per box of 7 (or \$2.00 each.)



AARP MATURE DRIVING CLASS 4th quarter class dates are **June 17th and 18th** from 1:00 to 5:00 PM. You must attend both sessions to receive credit. Since space is limited, please reserve your space by calling us at 687-3330. Cost has recently increased:

\$12.00 AARP MEMBERS, \$14.00 NONMEMBERS.

CAREGIVER SUPPORT

TSC offers individuals who are caring for senior family members or friends a chance to speak with our wonderful **Licensed Professional Counselor, Deborah Ruiz**, at no charge. Call us at 687-3330 to sign up, and also to learn about local support and resources.

Funds are available to help pay a Respite Provider of your choice to stay with your loved one (age 60+) while you have a break. This program is made possible by the generosity of Pikes Peak Area Agency on Aging and local donors. Call us for details!



Local **HANDYMAN "Material Aid" PROGRAM** volunteers help make Senior homes safer and healthier by performing simple repairs for homeowners 60 and over. In order to qualify, you must fill out an application and be registered with us. PLEASE DON'T CALL OUR VOLUNTEERS DIRECTLY! This is not an emergency service, so thanks for your patience if there's a waiting period.

Golden Circle Meals (**HOT LUNCHES**) are served in Woodland Park at 11:45 Monday through Friday for persons 60 and over. Please call in your reservation/cancellation at 687-3877 **by 11:30 the previous business day.** Meals are also available in Cripple Creek or Victor on weekdays: please call Veldean at 689-3584 for further information. Suggested donation for eligible diners is \$2.00 per meal.



ISSUES!

TSC's Disaster Preparedness Working Group wants Teller County Seniors to have the best probability of survival in a disaster situation. One of the group's objectives is to develop the capability of the Woodland Park Senior Center as an effective temporary emergency shelter. A recent meeting with the Red Cross, Teller County Sheriff's Office, and other interested parties is the basis for future, more detailed planning. The Center could, for example, provide first aid and limited nutrition, while working transition to an overnight shelter. We'll keep you posted on our progress!

BLACKOUT BASICS

A blackout is a disruption of all electrical service to your home.

How big is a blackout? Maybe just a house or two, an entire neighborhood, or a widespread region.

Where does a blackout start? It could be a household service malfunction, a neighborhood transformer failure, a regional substation failure, one or more broken service lines, or a much larger disruption of an interstate delivery system or "grid."

What causes a blackout? An electrical failure may be a consequence of some other event: a large ice storm pulling down trees or limbs, a tornado destroying power lines, some other natural or accidental event causing damage. A blackout might even be caused intentionally to disrupt our lifestyle.

What is the intent of this **Blackout Basics** article?

Just concentrate on how the loss of electrical service affects your own home.

Disregard the origin or cause.

Dismiss how widespread it might be.

Eliminate consideration of any other damage or disruptions.

Conduct your individual household Blackout Basics survey. Start right outside the front of your home in broad daylight. Take a look at everything you see that depends on electricity (doorbell, porch light, garage door opener, motion detection security lights, or a home security alarm). Walk completely around your house looking for electrical devices, none of which will function during a blackout. Now, step inside your front entrance and stop. Survey every wall switch and wall outlet in sight. No electricity; no function. Move from room to room for further discovery. Did you remember that major appliances (furnace, refrigerator, and maybe your range/oven) are hooked to your household electrical service? Garage door openers are electric motors. Do you know how to disengage your garage door opener in pitch darkness? If so, can you manually lift the door? You may need your vehicle during a blackout.

What can I do until functional service is restored?

Alternative lighting: Memorize where your flashlights and fresh batteries are; have plenty of both. Hand-cranked flashlights are handy since no batteries are needed. Fueled lanterns and candles are fire hazards, adding risk during stressful emergencies.

Communications: Portable telephones that work from a base station plugged into an outlet will not function during a blackout. Older style phones that plug into a phone jack normally remain in service. A charged cell phone may function, but cell service gets overloaded during an emergency and you may not be able to make a call. Every citizen must learn cell phone discipline during emergencies. If routine calls are avoided, critical emergency calls will have a better chance of getting routed. Cell phones can be recharged in automobiles or from some models of hand-cranked flashlights if the proper charger cords are available. A battery or crank-powered emergency radio is essential. A laptop computer will function from a vehicle's power with a proper converter.

Special health or mobility devices: Consult your provider now about powered wheel chairs, oxygen generators, lift beds and chairs, alert transmitters, etc. Battery back-ups may deplete before electrical service is restored. Think about substitute manual devices (wheelchairs, walkers, extra bottles of oxygen), pre-planned methods for emergency resupply, or swift evacuation.

Heating: Furnaces and pellet stoves require electricity to operate. Wood stoves are reliable heat sources, but blackout conditions mandate extreme caution. There are scarce few alternatives for household heat because they all produce deadly carbon monoxide. Interior use of fuel fired portable heaters, charcoal grills, etc. is life threatening. Don't do it. Automobile heat is a last resort to keep warm, but the vehicle must be outside of the garage to prevent fatal carbon monoxide poisoning.

Blackout Basics, continued

Food preparation: Gas ranges may function during a blackout, but use them only to warm food and beverages, not as a source of heat. Always keep a supply of nourishing, non-perishable, ready-to-use foods and beverages.

Preserve what's on hand: Avoid opening your refrigerator/freezer, which will hold cold for a long time and may prevent spoilage until the power is back on. Think about rationing and consuming perishables in a prolonged emergency. Don't forget to unplug electrical appliances/devices during a blackout. When electricity is restored, it often comes with surges which may damage circuitry in household devices.

Generators: Consult a licensed electrician now before you blunder later. Generators only provide *limited* auxiliary power; not whole-house service. Homeowners with private water wells should consult a well pump technician to determine appropriate back-up power. Otherwise, a blackout deprives you of fresh water. Store several days of fresh drinking water just in case.



NEED A **NOTARY?**
KAREN CLOUD
(719) 651-7302

Provides free assistance for Seniors. Thanks, Karen, for your service on the TSC Board!

TSC TRANSIT

OUR TRANSPORTATION DIRECTOR IS
CHERYL GRANT-THOMAS

YOUR DRIVERS ARE
GERRY COULTER AND SUSAN HOLLIS

If you need transportation to maintain independent living, please complete an application at the TSC Office. Then you may call Cheryl at **687-0256** for transit reservations. She is on duty from 9:00 AM to 3:00 PM weekdays. If you call at other times you will reach our answering machine; Cheryl will return your call the next business day. Please try to schedule your medical appointments for Wednesdays or Thursdays, and for appointment times 9:00 AM to 2:00 PM. **Please give Cheryl as much notice as possible for trips, and cancellations, so that we can accommodate as many requests as possible.** We'll be taking Woodland Park shoppers to Walmart every other Friday, with a monthly trip for Cripple Creek shoppers. Call Cheryl for more info!

Mike Bartol

Teller County Veterans Service Officer

Mondays: Aspen Mine Senior Center (Cripple Creek), 8:00 AM – 1:00 PM, 689-3584

Tuesday – Thursday: Department of Social Services (740 E. Highway 24), 8:00 AM – 5:00 PM, 686-5526

Fridays: Woodland Park Senior Center, 9:00 AM – 1:00 PM, 687-3330

Or contact Mike at michael.bartol@state.co.us with questions about your Veterans benefits!

AT YOUR SERVICE!

WE'D LIKE YOU TO MEET OUR NEW BOARD TREASURER!

Hello,

My name is **Oren Olson**. I live in Divide and have been there the past 12 years. I have always loved the location and for the most part the weather in the area. I have 2 children, Conrad is 11 and Grace is 7. They both attend elementary in Woodland Park and Grace does soccer while Conrad does football with the local City park and recreation league every fall. I typically volunteer as a soccer coach the past 5 or 6 years and highly enjoy that. We have three dogs, two of which are Golden Retrievers and the other is a Burnese Mountain Dog. I take them hiking in the nearby National Forest several times a week. They get to go off leash since we rarely see others and they love the exercise.

I work down in Colorado Springs for a non-profit organization called Rocky Mountain Health Services. One of our programs for El Paso County is called PACE which stands for Programs of the All Inclusive Care of the Elderly. This is a national program and works with local seniors providing transportation, social work, medical and mental health services, physical and occupational therapy, and recreational therapy. It is a wonderful program and we began providing PACE services just over one year ago and it is going great.

I look forward to being a board member with Teller Senior Services and hopefully will get to meet many of the folks working with the organization.



The Alzheimer's Association has a 24 hour Helpline that can provide information, referrals and assistance for families dealing with Alzheimer's disease, other dementia or memory loss. Call the Alzheimer's Association at 1-800-272-3900 for assistance.



NEWS AND VIEWS

PROSPECT HOME CARE & HOSPICE *Your Partner. For Life.*



**** Johnny Jump Up Plant Sale****
Starts April 13th – April 30th

- *At locations throughout Teller County!
- *Plants will be ready for pick up on May 4th at purchase location.
- *Call Janet at 687.0549 for locations or to place an order starting April.

Your donation will help support some of Teller County's best home and hospice care. Prospect has been providing quality home care and hospice services to our community since 1982.

We Need You!
Support Prospect's Annual Bake Sale.
June 18th at the T.C. Farmers Market.
To donate baked goods, contact
Janet at 687.0549.

FIFTY OR OLDER?

That's good news! You are invited to come join the Woodland Park Senior (& Baby Boomers) Citizens Club! Only \$15 per year. Check out just some of the fun we get into...

Coffee & Rolls at 9am, Monday –Friday

Hot Noon Meals: Monday-Friday, \$2.00 (Golden Circle) Need reservations

Monday: 9-11:30 a.m. Quilting, Jewelry/Crafts
Noon-3 p.m. Bridge

Tuesday: 9-11:30 a.m. Pool
11:45 a.m. -1 p.m. Potluck & Program (2nd Tues. of each month)

1pm -2pm Free Bingo follows potluck (2nd Tues.)

11:45 a.m. -1 p.m. Catered club luncheon with Program (4th Tues. of each month) Need R.S.V.P

1-3 p.m. Monthly Movie follows Program (4th Tues. of each Month)

April Flick- "The Gods must be Crazy!"

May Flick- "Pocket Full of Miracles"

Wednesday: 10:30-11:30a.m. Exercise Class

Noon-3 p.m. Bridge

Thursday: 9:30 a.m. – 10:30 a.m. Tai Chi for Arthritis

11a.m. -12:30 p.m. Free Blood Pressure checks/Teller County Nurse (2nd Thurs of each Month)

1:30 p.m. – 3:30 pm Free Legal Assistance, must call for appt. (2nd & 4th Thurs. of each Month)

Friday: 10:30-11:30 a.m. Exercise Class

12:30 – 2 p.m. Decorative Paint Class -must register

Saturday: 9-11:30 a.m. Quilting

PANCAKE Breakfast -every 3rd Saturday, 7:30 a.m. -10:30 a.m., **\$5, ALL YOU CAN EAT!**

For more information please call Karen Earley at 687-3877.

ASPEN MINE CENTER (Cripple Creek)

Senior Club members meet upstairs every 3rd Wednesday of the month at 10:30 AM. Commodities are distributed the last Friday of each month. Call 689-3584 for information about services and activities.