

Dear Seniors,

Now that Autumn is in the air and the leaves are changing - our winter season will be arriving soon. I want to remind you about the variety of ways Teller Senior Coalition can assist you in maintaining an independent lifestyle! We know that you benefit from the many grants that TSC receives to keep providing the services that you need to remain in your homes. I want to encourage you to contact Pamela Argo - TSC's Executive Director, to learn more about the ways TSC provides customer services for our Senior Citizens. We are open Monday through Friday, from 9AM to 1PM. When you visit or call, a volunteer will greet you, a Case Manager will provide an assessment of your needs and register you for programs. The rest of TSC's excellent staff get things going! As we transition to our holiday season, please give thanks for all we have, and take just a moment to do something kind for someone else.

Sincerely,
 Cindy Morse
 TSC Board President

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HOLIDAY HOME TOUR REACHES OUT

Fall 2011



What has become an annual tradition, over the past 12 years, *Sounds of the Season Holiday Home Tour* is expanding. This December, tour number 13 will benefit three nonprofit organizations in our region; Pikes Peak Regional Medical Center Foundation, Teller County Regional Animal Shelter (TCRAS) and Teller Senior Coalition (TSC).

While each has its own well-defined purpose, these three non profit organizations share one common goal: to support the residents of Teller County—including the four legged ones—by providing a variety of services and facilities.

(Continued on page 2)

PERFECT COMPANIONS

A collaborative program between Teller County Regional Animal Shelter (TCRAS) and Teller Senior Coalition (TSC), *Perfect Companions*, already has its first success story.

A TSC client—we'll call her Sally—recently lost her 16-year old feline housemate. She was quite sad as most of us can imagine. Having just heard our presentation to the WP Senior Citizens Club on *Perfect Companions*, our TSC Driver and transportation coordinator, Kären Knabe, knew about this new program. While taking her to a medical appointment in Colorado Springs, Kären came to realize just

how distressed Sally was over the loss of her cat and proceeded to tell her about the new TSC/TCRAS program. Kären gave Sally contact information for the program, and Sally followed up immediately. TCRAS Volunteer and Program Coordinator, Barbara Bruce, took Sally to the shelter to look at the kitties. Sally fell in love with Kit who is 9 years old, very affectionate, and quite a talker. Kit waltzed into Sally's house, immediately began exploring and proceeded to claim her new home. Sally now has a new perfect companion and Kit has not only a new family but a new moniker, "Happy Kitty."



Happy Kitty

Here is how *Perfect Companions* works. A senior applies to adopt at TCRAS. A Coalition Volunteer visits the Senior at home to make an assessment and determine needs before taking the Senior to TCRAS to select an appropriate pet. If needed, the volunteer helps with the adoption fee and may also help obtain pet food from other agencies. The TSC volunteer will continue to visit both Senior and pet to make sure all is going well and if for any reason the match does not work, TCRAS will take the animal back in to look for a better fit.

If you, or someone you know, might benefit from this program, contact Barbara Bruce at 687-6053.

SITUATIONAL AWARENESS

Situational awareness is conditioned alertness anytime, anywhere. Authorities broadcast this term when encouraging people to be more alert to terrorism threats. Reawakening our senses to risks and threats now is much more prudent than suffering avoidable consequences later.

Why here? It's unlikely that we will see a terrorism threat locally, but we might see a safety risk or crime threat. Each of us can benefit by elevating our awareness of all the natural and human circumstances around us. Things change quickly.

Security. Criminal behavior has risen to new levels of brazen assaults on persons, property, and homes. We routinely feel safe at home. However, we need to recondition our senses when traveling to large population centers and less familiar places. Our "mindset-reset" provides us a power boost for increased security awareness making us less vulnerable. Reduce vulnerability to potential crime.

- *avoid wrong places and wrong times
- *watch out for strangers who are watching us
- *have our cell phone at the ready to call for help
- *make mental note of alternate escape routes from buildings or parking lots

Imagine how else we can reduce risks and threats by exercising **Situational Awareness**.

(Continued from page 1 Crystal Anniversary)

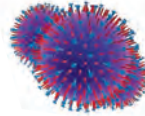
This seasonal event has served as a fundraiser for the Teller County community since 1999. Initially proceeds paid for enhancements to the Dickson Auditorium at Woodland Park High School. After completion of this project, the event was generously gifted to the Pikes Peak Regional Medical Center Foundation to help fund campus projects including landscaping and signage. In 2011 the Foundation offered to partner with TCRAS and Teller Senior Coalition to expand this delightful event and its benefits to the community.

If you would like to help with this fundraiser, please contact Pamela Argo at Teller Senior Coalition. There are opportunities to help with refreshments, The Marketplace and serving as home hosts.

This promises to be another great tour. We hope to see you there.

2001 INFLUENZA SEASON FLU VACCINE

It's that time of year when we are all preparing for the cooler months ahead. One way to prepare for the season is to insure that you receive your flu vaccine. The Centers for Disease Control and Prevention (CDC) recommend the flu vaccine for everyone 6 months of age and older. For seniors, receiving the flu vaccine is a sound health care practice and more protection against the disease is provided when their adult children and grandchildren are vaccinated as well.



One of the myths about the vaccine is that flu shots cause the flu. This is not possible, as most vaccines made from influenza viruses are inactivated (killed) in the process of being manufactured. What makes the vaccine effective against disease is the building of protective antibodies. In addition to receiving the flu shot, it is important to develop a healthy lifestyle. Staying active, eating nutritious foods, and getting adequate rest are all part of staying healthy through the seasons.

Flu vaccine is available in many physician offices and pharmacies. Your local health department is a wonderful resource for health information and for the administration of flu vaccines as well as children's and adult vaccines. Teller County Public Health is located in Divide and you can contact them at 687-6416 or view their website at www.tellercountypublichealth.org/ To learn more about influenza disease and the vaccine you can view the CDC website at www.cdc.gov/flu.

Jamie D'Amico, RN, MSN, CNS

CARE FOR THE CAREGIVER

Caring for a loved one is an important mission that can be very rewarding—it can also be very challenging.

The Family Caregiver Alliance estimates that 20% of family caregivers suffer from some form of depression and over 40% of caregivers for Alzheimer's patients suffer mild to moderate depression. Caregiving can strain a marriage, with 89% of caregivers reporting spending less time with spouses and 48% reporting drifting apart from their mates. 25% of these individuals reported that caregiving played a part in their divorce. Sometimes, there are several generations in the same household effected by the strains of caregiving.

Often, caregivers experience anger and frustration, and then suffer anxiety or guilt for having these feelings. It is important to receive support while dealing with these emotions. Sometimes, other family members or friends are able to provide that support. However, there are other resources available when a family member or friend is not the best option.

Teller Senior Coalition offers such a service. Deborah Ruiz, MS, Licensed Professional Counselor, is available to provide individual, couples and family therapy to caregivers through the TSC Respite Program. She also facilitates a group for caregivers (For Those Who Care) which meets the first Monday of the month from 6:00 p.m. until 7:30 p.m. and offers an opportunity to meet, share, and socialize with others who have undertaken this most important challenge. Deborah has been providing mental health services for over fifteen years and has been with the Coalition since 2008.

To participate in this program, please stop by or call the TSC office at 687-3330 to sign up for services.

Deb Ruiz, MS



Area Agencies on Aging are offices established through the Federal Older Americans Act (OAA) that serve to facilitate and support the development of programs to address the needs of older adults in defined geographic regions. In Colorado, AAAs are located within regional Councils of Government.

The mission of the Pikes Peak Area Council of Governments Area Agency on Aging (PPACG AAA) is to help older area residents remain in their own homes by removing barriers to independent living.

The PPACG AAA administers programs and services funded through the Older Americans Act and Colorado State funding. These services provide a continuum of care for older individuals. PPACG AAA assists with the coordination and development of a comprehensive system of

services for older persons in El Paso, Park, and Teller counties and provides leadership and advocacy for the needs and concerns of the elderly.

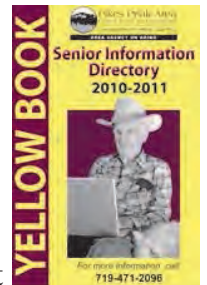
A person must be 60 years of age or older to be eligible for a service provided by the OAA. Some exceptions apply for specific cases. There is no fee charged for services and no one is denied services because of an inability to pay. Donations, however, are encouraged, and for most programs there is a recommended contribution rate. Income from donations provides an important source of ongoing funds to continue the services.

Despite the growing need and stagnant funding, PPACG continues to expand services. From increasing the coverage area for rural home-delivered meals to producing specialized publications for vision-impaired older adults, the agency is working toward its overarching goal of becoming a trusted source for information, assistance, and referral in the Pikes Peak region.

SOME OF THE SERVICES PROVIDED BY PPACG AREA AGENCY ON AGING

- ▶ FAMILY CAREGIVER SUPPORT
 - ▶ LONG-TERM CARE OMBUDSMEN
 - ▶ MOBILITY MANAGEMENT
 - ▶ SENIOR INFORMATION & ASSISTANCE
 - ▶ SENIOR INSURANCE ASSISTANCE*
- *A great resource during Medicare open enrollment coming up this October 15th—December 7th. Call (719) 635-4891.

PPACG/AAA also updates and publishes annually the Senior Information Directory. The 2011/2012 edition will be out soon, and you can pick up a copy at the Teller Senior Coalition office in Woodland Park.



Pikes Peak Area Council of Governments
 Area Agency on Aging
 15 South 7th Street
 Colorado Springs, CO 80905
 719-471-7080
www.ppacg.org/aaa/info

CITY MARKET CARES PROGRAM



VALUE CARD

You can donate regularly to the Teller Senior Coalition via your City Market Card. Call us with your City Market Card number and your phone number. City Market will make a direct donation to the Teller Senior Coalition based on the number of participants and dollars spent at our local City Market. It's easy, and it provides a modest but regular quarterly income stream to TSC.

Please call the office at 687-3330 for more details.

Your support goes a long way!

DONATION FORM—Enclosed is my gift for the Teller Senior Coalition:

- _____ \$25 will purchase a case of Ensure for a TSC Client who needs liquid nutritional supplementation but cannot afford it.
- _____ \$35 will purchase a case of Glucerna for a TSC Client with diabetes who cannot afford it.
- _____ \$100 will help pay for materials for a minor safety repair.
- _____ Other \$ _____
- _____ I'd prefer to give \$ _____ per month..

Name: _____

Address: _____

Street/P.O. _____ City _____ State _____ Zip _____

Please make your check payable to Teller Senior Coalition.
 Send to P.O. Box 6956, Woodland Park, CO 80866.

DAILY HOT LUNCH



Golden Circle Meals (HOT LUNCHES) are served at the Woodland Park Senior

Citizens' Center at 11:45 Monday through Friday for persons 60 and over. **Please call in your reservation (or cancellation) at 687-3877 by 11:30 the previous business day so we can place an accurate order.**

Meals are also available in Cripple Creek or Victor on weekdays. Please call 689-3584 for further information. Suggested donation for eligible diners is \$2.00 per meal.



RURAL AREA MEAL PROGRAM (RAMP) Home-Delivered

If you are unable to attend congregate meals at the WP Senior Citizens' Center or Aspen Mine Center in Cripple Creek, you may qualify for RAMP. Please call the TSC Office (687-3330) to determine if you meet eligibility criteria. Stop by the TSC office at 312 N Center Street in Woodland Park during customer service hours, or we can mail you an application and menu. Once registered, 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** \$14/Box
- Frozen sandwiches** \$2/Meal
- Shelf-stable meals** \$2/Meal

CUSTOMER SERVICE HOURS

9:00 a.m. until 1:00 p.m.
MONDAY through FRIDAY

CALL **687-3330** if we can help you with the following services:

- TRANSPORTATION**
- DAILY HOT LUNCH**
- HOME-DELIVERED MEALS**
- ENSURE / GLUCERNA**
- HANDYMAN**
- CAREGIVER RESPITE**
- CAREGIVER COUNSELING**
- MEDICAL EQUIPMENT LOAN**



NUTRITIONAL SUPPLEMENT PROGRAM



Has your physician recommended nutritional supplements?

If so, these supplements may help.

- EnsurePlus Chocolate
 Vanilla
 Strawberries & Cream
- Glucerna Vanilla
 Chocolate

We can provide free trial packs or deliver a 24-can case of Ensure for \$25, or Glucerna for \$35 per case. You are also welcome to pick up product at the TSC office.

We deliver on Mondays.

TRANSPORTATION



TSC provides transportation to seniors 60 and over and disabled citizens who need travel assistance

with medical appointments or other essential errands. To enroll for transportation service, call TSC at 687-3330. Once registered with TSC, call our Transit Line at 687-0256 between the hours of 9:00 am and 3:00 pm to make transportation reservations. Outside of those hours, you may leave a message at the same number. Reservations **MUST** be made in advance, as this is not an on-call taxi service. Teller Senior Coalition drivers are Gerry Coulter and Kären Knabe.



CAREGIVER SUPPORT

Caring for senior family members or friends is a tremendous and sometimes stressful responsibility.



Our Licensed Professional Counselor, Deborah Ruiz, is a specialist in caregiver support. She can assist with issues that may arise or just lend an ear.

Funds are also available to help pay a Respite Provider of your choice to stay with your loved one (age 60+) while you take a break to recharge. This program is made possible by the generosity of Pikes Peak Area Agency on Aging and individual donors.

Call 687-3330 to learn more about caregiver services.

VOLUNTEERS WANTED

TSC can use your time and talent for the following:

- AFTERNOON RECEPTIONIST**
- HOLIDAY HOME TOUR, Dec 3 & 4**
- GOLDEN CIRCLE MEAL PROGRAM, Mon-Fri**
- HANDYMAN PROGRAM, Ongoing**
- DRIVERS, Ongoing**
- MONTHLY PANCAKE BREAKFAST**
- Call 687-3330 or stop by the TSC office.

CARE FOR THE CAREGIVER

Deborah K. Ruiz, MS
 Licensed Professional Counselor
 (719) 210-7181

Confidential, Supportive Group for Caregivers
 1st Monday of the Month
 6:30 - 8:00 pm
 321 W. Henrietta, Suite D #6

DURABLE MEDICAL EQUIPMENT LOAN

Teller Senior Coalition loans basic durable medical equipment to anyone needing temporary assistance with mobility. Selection varies but generally includes crutches, canes, walkers, wheelchairs, shower seats, bedside commodes, and a number of other items. It is appreciated if these items are cleaned and returned when no longer needed so that they may be put back into inventory. If you have equipment to donate, pass it along to the TSC durable medical equipment loan program so that someone else in your own community can use it. A donation receipt will be provided.



**TELLER COUNTY VETERANS SERVICE OFFICER
 MIKE BARTOL**

- Monday: Aspen Mine Senior Center in Cripple Creek
 9:00 a.m. - 1:00 p.m. ~ 689-3584
- Tue-Wed: Department of Social Services, 740 E Highway 24
 8:00 a.m. - 2:30 p.m. ~ 686-5526
- Friday: Woodland Park Senior Center/Coalition Office
 9:00 a.m. - 1:00 p.m. ~ 687-3330

Contact Mike online at rmichael.bartol@state.co.us
 with questions about your Veterans benefits.
 Voicemail can be left at 686-5526.

HANDYMAN SERVICES

TSC's local Handyman "Material Aid" Program volunteers help keep Seniors safe and healthy by performing simple maintenance or repairs from changing furnace filters to installing appliances such as bathtub grab-bars or handrails for residents 60 years-of-age and up. In order to qualify, *you must complete an application and be registered with TSC.* Please call TSC to arrange these services; do not call our volunteers directly. This is not an emergency service; we appreciate your patience if there is a waiting period.



AARP MATURE DRIVING CLASS

Fall class date December 9th from 1 to 5 p.m. at the Woodland Park Senior Center. Also November 29th class FREE for Veterans & Spouses. Reserve space by calling Teller Senior Coalition at 687-3330.

\$12.00 AARP MEMBERS
 \$14.00 NONMEMBERS


FREE LEGAL AID SERVICES

Free legal aid services are provided at the Woodland Park Senior Citizens Center BY PRIOR APPOINTMENT ONLY every 2nd Thursday from 1:30 until 4:30 p.m. Our pro-bono attorneys have busy schedules, and keeping the appointments moving on time is important.

Please call if you are going to be late, or need to cancel, or reschedule.

If you miss your allotted time-slot, you will not only cost our volunteer attorneys valuable time, but you may cost someone else their appointment as well. You will have to wait until the next available opening or reschedule.

**Call 687-3330, in advance,
 to schedule an appointment.**




When it comes to your health, to your life – make the right choice.

Choose Pikes Peak Regional Hospital.

24-Hour Emergency Care
 911 or 719-686-5759

General Information
 719-687-9999



PIKES PEAK REGIONAL HOSPITAL AND SURGERY CENTER
 Advanced Capabilities. Exceptional Care.

16420 West Highway 24
 Woodland Park, CO

ASPEN MINE CENTER
 Cripple Creek



In addition to daily lunches, Senior Club members meet upstairs every 3rd Wednesday of the month at 1:00 p.m.

Commodities are distributed the last Friday of the month. Call 689-3584 for info about services and activities.

**TELLER COUNTY
 ADULT PROTECTION UNIT**

...serves all at-risk adults. An at-risk adult is anyone aged 60 or older regardless of physical or mental condition or any adult aged 18 or older with a disabling condition. These adults are susceptible to being physically abused, neglected by their caregivers, sexually abused, financially or otherwise exploited, or may neglect their own needs. Colorado strongly encourages its citizens to report abuse or neglect of an at-risk adult, so if you suspect someone is being abused or neglected, please call 686-5550 and make a report. All reports are confidential and the name of the reporting party is never divulged to the adult.

alzheimer's association

**FAMILY SUPPORT GROUPS
 IN WOODLAND PARK & FLORISSANT**

1st Tuesday of the month at 4:30
 Woodland Park Public Library - Board Room

3rd Thursday of the month at 2:00 p.m.
 Florissant Public Library

For more information call: (719) 331-3640.

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

Just For Fun



"Wake up. The cat's got your teeth."

**SAVE THIS DATE FOR
 PROSPECT HOME CARE & HOSPICE**
Your Partner. For Life

Annual "Lights of Love"

A Celebration of Love and Remembrance at Ute Pass Cultural Center
 Thursday December 1st – 6:00 pm

Our
 2011
 Handcrafted
 Ornament



Ornament created by Anna Carrillo
 MountainDesign.ETSY.com

To honor/remember someone at the celebration \$15
 Ornament for \$20
 Call Janet at Prospect 687.0549

FREE Planned Giving Workshop
Tuesday, November 8, 2:00 p.m.
Meg Goblet, Atty, Elder Law & Estate Planning
Lee Taylor, Edward Jones
Woodland Park Senior Citizens Center
CALL 687-3330 FOR MORE INFORMATION


SENIOR CITIZEN TAX OFFSET PROGRAM

If you are sixty years of age or older, a homeowner living in the home within the Woodland Park School District, you may be able to offset a portion of your property taxes working for RE-2. Jobs may be available in classrooms, offices, libraries, and playgrounds. Pay is \$7.79 per hour and you may work up to a maximum of 13 hours for a total offset of \$100.75. Jobs will be offered on qualifications, availability, location, transportation, physical limitation and previous volunteer services to Woodland Park School District.

Apply in person: Superintendent's Office
 155 Panther Way
 Woodland Park

Apply by mail: Superintendent's Office
 P.O. Box 99
 Woodland Park, CO 80866

For additional information, please call (719) 686-2004.



NEED A NOTARY?
 Free assistance for Seniors.
Call KAREN CLOUD at 719-651-7302.

Volunteer available to read to seniors.
 Contact Annie Anderson at 494-4591.

Aspen Pointe TeleCare
 Support in Managing Depression for Adult Medicaid
 Members and Uninsured Adults
 Elizabeth "Liz" Hansen, LPC, CACIII
 719-572-6133

ANNUAL HOLIDAY BAZAAR & PANCAKE BREAKFAST
Woodland Park Senior Center
Saturday, October 15th
7:30 a.m.— 2:00 p.m.
Shop early for the holidays
Donations of baked goods appreciated!

SENIOR CLUB ACTIVITIES

Upcoming Special Presentations

- Oct 11: PP Regional Hospital-New Pulmonary Dept.
- Oct 15: Sat, Pancake Breakfast & Holiday Bazaar!! 7:30-2pm
- Oct 25: Fire Protection Updates!
- Oct 28: Halloween Party 12-2, Prizes! Open to Non-members.
- Oct 29: Trip to Guffey Wolves
- Nov 8: Wild West Dinner & Silent Auction 11:30-1:30pm
 \$5 open to all Teller County Seniors
- Nov 22: Bob Stewart, Former Astronaut
- Dec 16: Annual Christmas Dinner
 Sponsored by the LaLane's & CC&V Gold Mine

Monday through Friday:

- 9:00am Coffee & Rolls
- 11:45am Golden Circle Hot Lunch \$2
- 24-Hour Advance Reservation Required!**

Mondays:

- 9-11:30am Quilting
- Noon-3pm Bridge

Tuesdays:

- 9-11:30am Billiards
- 2nd Tuesday** of Each Month
 11:45am-1:00pm Potluck & Program
- 4th Tuesday** of Each Month
 11:45am-1:00pm Catered club luncheon with Program \$5
- Please RSVP for planning purposes.**

Wednesdays:

- 10:30-11:30am Exercise Class for Arthritis
- Noon-3:00pm Bridge

Thursdays:

- 9:30am-10:30am Tai Chi for Arthritis
- 10:30-11:30 Walking Club: easy (call if bad weather)
- 10:30-11:30 Bingo, free (2x month-call for dates)
- 12:30-1:30pm Advanced Tai Chi (register at 687-3330)
- 12:30-3:00 Hearts (come and learn!)
- 2nd Thursday** of Each Month
 1:30pm-4:30pm Free Legal Assistance
By appointment! Call 687-3877 to schedule.
- 4th Thursday** of Each Month
 11:00am-12:30pm Free blood pressure checks

Fridays:

- 10:30-11:30am Exercise Class for Arthritis
- 12:30-2:00pm Decorative Paint Class with Leni
 (2x month-call for dates) **Call 687-3877 to sign up.**
- 12:30-2:30pm Crafts/Jewelry Making/Christmas Decor
 (call ahead)

3rd Saturday of Every Month 7:30—10:30am

- All-You-Can-Eat PANCAKE Breakfast for only \$5
- Kids 6 & under eat free! Bring the whole family!

Join the Woodland Park Senior Citizens Club!
50 Years & older, only \$15/year.
Call Karen Earley, Coordinator,
at 687-3877 for more info.

Volume 2, Number 4

TELLER SENIOR COALITION
P.O. BOX 6956
WOODLAND PARK, CO 80866-6956

PHONE: 719-687-3330
WWW.TELLERSENIORCOALITION.ORG

ADDRESS SERVICE REQUESTED

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Cheryl Shoemaker

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Earlyn Cowman
Wil Panilo

TRANSPORTATION
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Vivian Giesler
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Roberta Winn



Sounds of the Season

Save the Date!!!

**Peak Internet
Holiday Home Tour
& The Marketplace**

December 3rd from 10am - 4pm & December 4th from Noon - 4pm

Tickets:
Advance: \$15, 2/\$25
At Door: \$17
Students K-12: \$5
www.pprmc.org
or 689-4211

visit www.pprmc.org today
or call 689-4211 after October 1
for more info

Benefitting:
Teller Senior Coalition
Teller County Regional Animal Shelter
Pikes Peak Regional Medical Center Foundation