

# SENIOR Correspondent

A publication of the Woodland Park Senior Organization

**April 2018**

Volume 9. No. 4



## Director's Corner

Last month's Chili Cook Off was a great success! We had a lot of fun trying the different types of chili and enjoyed honoring and sharing some time with our First Responders from Woodland Park and Teller County. Thank you to our judges: Woodland Park Police Department – Mike McDaniel, Teller County Sheriff's Department – Greg Couch, NE Teller County Fire Department – Greg Bodine and Ute Pass Regional Ambulance District – James (Tiny) McLaughlin for lending us your taste buds. We were all surprised when Table Number 1 won 1<sup>st</sup> Place, Table Number 2 won 2<sup>nd</sup> Place and Table Number 3 won 3<sup>rd</sup> Place.

## Upcoming Club Happenings....

April – Free Meal for Referrals

May – Spring Craft Show, Saturday Soup & Sandwich Lunch

June - Afternoon High Tea

July - Picnic in the Park

August - Summer Yard Sale

*Dates and Times to be Announced*

## REFER A NEW MEMBER IN APRIL AND EARN FREE MEAL!!!

Any current member referring a new member who joins in April will get a certificate good for one FREE MEAL for each member referral. Choose between the Catered Lunch or the Pancake Breakfast. The certificate is good until December 31, 2018. Make sure your name is listed on the Membership Information Form when your referral joins.



Joanne	Carnahan	4-2
Barbara	Biersmith	4-8
Larry	Griffy	4-10
Jim	O'Neal	4-19
Ron	Frindt	4-22
Helen	Collins	4-27
Marilyn	Cummins	4-28



**April Catered Meal is Free for All April Birthday Babies!**



**Coming in May**

- 5 Soup & Sandwich Lunch
- 5 Spring Craft Show
- 8 Potluck Lunch
- 19 Pancake Breakfast
- 22 Catered Lunch

**SPRING CRAFT SHOW IS COMING!!!**

**Mark Your Calendars for May 5, 2018 from 9 – 3 pm. If you would like to sell your art, tables are 20.00. Sign up at the Front Desk or call 719-67-3877 today!**

# Member Spotlight

By Eva Mattedi

Each month we will feature a different member so that we can get to know each other better. See how much you have in common and say "Hi!" next time you see them!



## Dorothy Palmer

was the Member Spotlight in the February Newsletter  
Here is the correct photo.



## Doris Gowen

*Favorite Color:* Blue because it matches my eyes.

*Favorite Animal:* Used to have a dog in childhood and played with him, he was a good companion. Unfortunately, he got sick and died soon after the family got him.

*Favorite Pet:* Don't have pets now. Afraid I would trip over him.

*Favorite Occupation:* Raising three children. Counselor at the South East Kansas area Vocational Tech school.

*Favorite Treat:* Anything chocolate!

*Favorite Activities:* Getting married to her husband who joined the marines. Her life became most dramatic when he had to leave her behind and on her own. She now enjoys reading books (John Grisham, William Johnston) and Knitting dishcloths.

Doris moved from Columbus, Kansas to Divide three years ago. She found out about the Woodland Park Senior Center soon after she settled in the area. She likes visiting with friends and playing bingo.

March 9<sup>th</sup> was Doris's 90<sup>th</sup> birthday.



## WOODLAND PARK SENIOR CLUB TOP 10 MEMBERSHIP BENEFITS

1. SOCIAL ACTIVITY
2. CLUB HOUSE
3. INCREASE KNOWLEDGE
4. **REGULAR ACTIVITY**
5. FITNESS & WELLNESS
6. SPECIAL DISCOUNTS
7. SPECIAL EVENTS
8. NETWORKING
9. VOLUNTEERING
10. FUN, FUN, FUN



“To be old and wise you must first be young and stupid.”

### REGULAR ACTIVITY

We all know that a good diet and regular physical exercise can improve the potential for healthy aging. You might not realize, however, that by being active and participating in social, creative, and recreational activities can also play an important role in staying healthy. Science has increasingly shown that an active senior lifestyle, combined with healthy choices and exercise, can literally add five or more years to one's life. Maintaining friendships, engaging in social encounters, learning new skills, and participating in recreational activities can help older adults stay mentally sharp, reduce stress, and enhance their overall level of well-being.

For many older adults who live on their own, remaining active can be a challenge. Social ties are harder to maintain, and it may not always be easy to get out of the house, even to just do one's usual chores. An important benefit of a Club Membership is the many activities offered daily at the Senior Center along with the Special Events offered each month. Whether crafts, food, relaxation, games, mind activities, party ideas, or classes, there's bound to be an activity here for you while allowing a wide degree of freedom in choosing your varied daily activities.

With the evidence mounting that longevity and activity are intimately tied together, today's older Americans are fortunate to have a community setting in which they are able to enjoy a sense of renewed purpose in their later years. The Woodland Park Senior Organization is that setting. An active senior lifestyle is easily within reach for those willing to seek it out. Stop by the Senior Center and see what we have to offer you.

## CarFit Coming to Woodland Park

CarFit was designed by AAA, AARP and the American Occupational Therapy Association favorite (AOTA) to assist the senior driver to drive more safely longer, and CarFit is coming to the Woodland Park Senior Center to offer our senior drivers a **Free** opportunity to check how their cars “fit” them.

Maile Gray and Karen Teel, local CarFit Technicians will explain the benefits of CarFit to help our own local citizens at lunch on April 12<sup>th</sup>, and you can be the first to sign up to have a safety check at the Senior Expo on June 15<sup>th</sup> at Memorial Park.

CarFit’s trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars “fit” better for comfort and safety. Personal mobility is critical for healthy aging, but as our bodies change as we age, ill-fitting vehicles can make it uncomfortable and unsafe to drive. Additionally, due to fragility, older drivers have the highest crash death rate per mile of everyone except teenagers. CarFit is a tool that can work to help keep seniors safer behind the wheel.

## Care & Compassion

By Chaplin Kevin Manning

Long time Woodland Park resident and Senior Center member, Michelle Marie (Scardon) Sutton passed away in the comfort of her home on February 17, 2018. Michelle was a retired Department of the Army Civilian Multimedia Specialist. She is survived by her husband Christopher H. Sutton who continues to live here in Woodland Park. The Sutton sons Eric and Matthew and daughter Jenny and their children are close by in Colorado Springs. Our sympathy and love go out to the entire Sutton family!



## **FITNESS AFTER 50 Continued**

By Pat Pine

Welcome to *"Fitness After 50."* Each month we will discuss some information about the challenges and rewards of being physically fit after 50.

This month we will discuss Aerobic Exercise, one of the three main components of an exercise program. Aerobic means with oxygen and involves exercise that improves or is intended to improve the efficiency of the body's cardiovascular system.

The cardiovascular system has two main functions, the absorbing and transporting of nutrients, oxygen, and hormones to cells throughout the body and removal of metabolic wastes (carbon dioxide, nitrogenous wastes -urea). This is done through the heart, blood vessels, and blood.

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From a Zumba class at the local gym, pushing a lawn mower, taking a salsa dance class, to a walk around the neighborhood – all types of activities count. As long as you're doing them at a moderate to vigorous intensity for at least 10 minutes at a time you will stimulate and strengthen the heart and lungs, thereby improving the body's utilization of oxygen

Besides strengthening your heart and lungs, aerobic exercise can help lower your cholesterol, reduce your risk of type 2 diabetes, improve your immune function, and lower your blood pressure. Aerobic exercise also burns up calories, which can in turn help you shed excess weight.

For general health and fitness benefits, such as reducing your risk of heart disease and improving your stamina, it is recommended that you do some form of moderate intensity aerobic exercise on most, and preferably all, days of the week, for a minimum of 30 minutes a day. This could be one session of 30 minutes, two sessions of 15 minutes, or three sessions of 10 minutes. The most important thing is to "Just do it" and get moving.

Next month we will be discussing the Strength component of exercise – stay tuned!

# Snapshots from March Happenings

## March 13 Potluck Meal



## March 16 Mountain Eire Dancers



## With the PPCC Jazz Band





**March 22 Bingo winners with their stuffed animal prizes!**



**March 22 Catered Meal talk on Happiness**



**March 24 Chili Cook Off Judges**



**March 24 Chili Cook Off Eater**





The Senior Correspondent is published monthly by Woodland Park Senior Organization located at 321 North Pine Street, PO Box 5813, Woodland Park, CO 80866. To contribute, leave a comment or if you have a question, call 719.687.3877.

## **BOARD OF DIRECTORS**

Jerry Burnham, President  
Rose Banzhaf, Vice President  
Bre Gielissen, Treasurer  
Jeanette Zupancic, Secretary  
Ron Frindt, Director-at-Large  
Pat Pine, Director-at-Large  
Jim Grover, Director-at-Large  
Dee DeJong, Director

## **COMMITTEES**

Sue Frindt, Historian  
Paul Loyd, Lunch Coordinator  
Bev Jones, Trips  
Pat Pine, Marketing

### ***CHANGE OF DATE!***

The Catered Meal will be on April 17th due to the Senior Brunch at the Middle School on the morning of April 24th.

#### **MENU**

Chicken Fried Steak  
Mashed Potatoes  
Lima Beans  
Texas Toast  
Cake



## **VOLUNTEERS NEEDED**

Catered Meals – May through November, please let Dee know if you can help.



*Woodland Park School District*  
*'Elevate Your Education'*

## Senior Citizen Brunch

*Woodland Park School District Re-2 cordially invites  
 you to attend the annual Senior Citizen Brunch  
 for food and entertainment  
 provided by our talented students.*

**Date:** *Tuesday, April 24, 2018*

**Time:** *9:00 a.m. - 10:30 a.m.*

**Place:** *Middle School Commons*

*Transportation will be provided from the Woodland Park  
 Senior Organization to the Middle School and back.*

*(Bus leaves WP Senior Organization at 8:50 a.m.)*

Please **RSVP** by **April 13** to the  
**Woodland Park Senior Organization 687-3877**

(Monday-Friday, 9 am-1 pm)

or

Candace @ 686-2000 [cblake@wpsdk12.org](mailto:cblake@wpsdk12.org)



## Woodland Park Senior Center Quilters



Did you know the quilting group at the Senior Center hand-quilts every Monday morning for anyone who has a quilt top that needs to be quilted? Maybe you have either the entire top or just quilt squares that need to be put together to make a top.

Perhaps you have these things from your mother or grandmother packed away in a box, chest or drawer somewhere just waiting for you to do something with them. Bring them to the Senior Center and get them finished.

Call or stop by and show us what you have - 687-3877

Come by the center to see the latest creation ready to be raffled off on May 10!

86" x 95" Double bed size

Raffle tickets sold at the front desk - \$1.00 per ticket or \$5.00 for 6 tickets.



Are you looking for:

- Job
- Internship
- Volunteer position
- Knowledge of our local nonprofits?

Find it here!

# nonprofit expo

Saturday, April 14  
2:00 - 4:00 pm  
Ute Pass Cultural Center

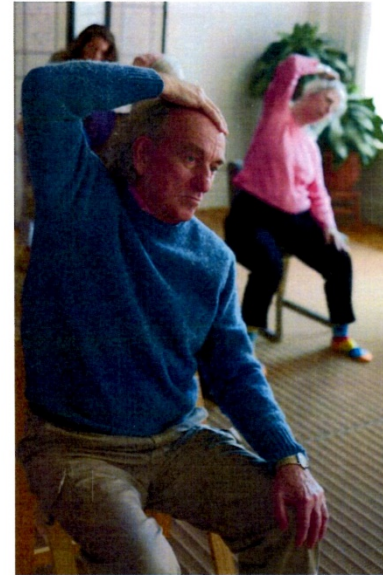
**FREE** TO ALL NONPROFIT EXHIBITORS AND  
**FREE** TO ALL ATTENDEES  
TO **EXHIBIT** EMAIL:  
INFO@WPMAINSTREET.ORG

Need more info?  
Contact: Darlene Jensen  
info@wpmainstreet.org  
wpmainstreet.org



Woodland Park Main Street is sponsoring a **FREE Nonprofit Expo on Saturday, April 14<sup>th</sup> from 2 pm to 4 pm** at the Ute Pass Cultural Center, 210 East Midland Avenue, Woodland Park, Colorado. The Expo is **FREE** to the public. The Expo will provide the public with information on volunteer, intern and job opportunities through the 35 area nonprofits that will be exhibiting at the Nonprofit Expo.

## Improve your balance with an Awareness Through Movement® lesson



I'm a Guild Certified Feldenkrais Practitioner<sup>CM</sup> teaching group and individual lessons in Woodland Park. Lessons involve easy, gentle movements in lying, sitting or standing. It's about learning to move easily, comfortably, confidently the way you learned when you were young.

The lesson will last 45 minutes, followed by 15 minutes for questions. I can give a little bit of one on one suggestions as well afterwards.

Jim Baker Movement Lessons  
719-571-0449  
[jimbakermovement.com](http://jimbakermovement.com)  
[jimbakermovement@gmail.com](mailto:jimbakermovement@gmail.com)




Photography by Resalee O'Connor



www.rosealioconnor.com

WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR



**April 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00-11:30 Quilting  12:00-3:00 Bridge	3 9:00 Fitness Class  10:30-11:30 Awareness through Movement Class	4	5 9:00 Fitness Class  10:30-11:30 BINGO  1:00-1:30 Tai Chi w/Barb	6 10:30-11:30 AEA Exercise  1:00-3:00 Watercolor	7
8	9 9:00-11:30 Quilting  12:00-3:00 Bridge	10 9:00 Fitness Class  11:45 – 1:00 <b>POTLUCK</b> Speaker: <b>The Grandest Movie Ever Made: Ben Hur 1959</b>	11 10:30-11:30 AEA Exercise  12:00-3:00 Bridge	12 9:00 Fitness Class  10:30-11:30 BINGO  1:00-1:30 Tai Chi w/Barb	13 10:30-11:30 AEA Exercise  1:00-3:00 Watercolor	14
15	16 9:00-11:30 Quilting  12:00-3:00 Bridge	17 9:00 Fitness Class 10:30-11:30 ATM  <b>CATERED LUNCH \$7.50</b>	18 9:00 Board Meeting  10:30-11:30 AEA Exercise  12:00-3:00 Bridge	19 9:00 Fitness Class  10:30-11:30 BINGO  1:00-1:30 Tai Chi w/Barb	20 10:30-11:30 AEA Exercise  1:00-3:00 Watercolor	21 <b>8:00 – 11:00 a.m.</b> 
22	23 9:00-11:30 Quilting  12:00-3:00 Bridge	24 9:00 Fitness Class 10:30-11:30 ATM	25 10:30-11:30 AEA Exercise  12:00-3:00 Bridge	26 9:00 Fitness Class  10:30-11:30 BINGO  1:00-1:30 Tai Chi w/Barb	27 10:30-11:30 AEA Exercise  1:00-3:00 Watercolor	28
29	30 9:00-11:30 Quilting  12:00-3:00 Bridge				<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards</i>	

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Cordon Bleu Wild Brown Rice Green Bean Almandine Peanut Butter Cookie Orange Raisin Nut Cup 2% Milk	3 Taco Salad w/Lettuce, Tomato, Salsa, Sour Cream & Avocado Tortilla Bowl Corn Chowder Apple 2% Milk	4 Sweet & Sour Pork Jasmine Rice Asian Vegetables Mandarin Spinach Salad Grape Cup Fortune Cookie 2% Milk	5 Yankee Pot Roast w /Gravy Baked Potato Medley Maple Glazed Carrots Mandarin Oranges w/Yogurt Raisin Nut Cup 2% Milk	6 Lemon Pepper Cod Brown Rice Broccoli Roll Pear Yogurt Oatmeal Raisin Cookie 2% Milk	
9 Chicken Chimichanga Spanish Rice Black Bean Lentil Soup Corn Carrot Raisin Salad Apple 2% Milk	10  <b>Pot Luck</b>	11 Smothered Pork Chop w/ Onions and Peppers Brussels Sprouts Baby Baker Potato Pineapple High Fiber Cookie 2% Milk	12 Roast Turkey w/Gravy Mashed Potatoes California Vegetables Sunflower Broccoli Salad Apple Sugar Cookie 2% Milk	13 Savory Baked Sole Rice Pilaf w/ Peas & Carrot Steamed Cauliflower Green Bean Salad Orange Oatmeal Raisin Cookie 2% Milk	
16 Sirloin Tips in Gravy Egg Noodles Peas Tossed Salad Strawberries Sugar Cookie 2% Milk	17  <b>Catered Meal \$7.50</b>	18 Chicken Teriyaki Brown Rice Asian Vegetables Tropical Fruit Mix High Fiber Cookie 2% Milk	19 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange 2% Milk	20 Salmon in Sesame Ginger Sauce Wild Brown Rice Mix Steamed Fresh Broccoli Pear Oatmeal Raisin Cookie 2% Milk	
23 Chicken Enchiladas Spanish Rice Mexican Corn Tossed Salad Applesauce 2% Milk	24 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Peaches Sugar Cookie 2% Milk	25 Chicken Salad Sandwich on Croissant Loaded Baked Potato Soup Raisin Carrot Salad w/ Pineapple High Fiber Cookie Orange 2% Milk	26 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Tropical Fruit Oatmeal Raisin Cookie 2% Milk	27 Garlic Herb Tilapia Baby Bakers California Vegetables Waldorf Salad Peanut Butter Cookie Orange Raisin Nut Cup 2% Milk	
30 Bratwurst Rotini Tomato Spinach Salad Orange Glazed Carrots Strawberries Whole Wheat Bread Raisin Nut Cup 2% Milk	  <b>MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING</b>				 <b>April 2018</b> <b>Golden Circle Nutrition Menu</b>

**MAKE A RESERVATION BY CALL 687-3877 BY 1:00 P.M. THE DAY BEFORE YOU WANT A MEAL.**

Menu substitutions may occur without notice, Diners are advised to keep a 3-day supply of non-perishable foods and bottled water in case of inclement weather or an emergency causes a temporary suspension of services.