

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

OCTOBER, 2016

Volume 7, No. 10

FROM YOUR TREASURER

The Club has completed the first three quarters of the fiscal year. We continue to do better than last year. Our operating funds show a \$2735 loss for the year so far, BUT this time last year we had an \$1837 operating loss AND had sold \$4000 of securities to pay the expenses for a total loss of \$5837. Unfortunately, we may have to sell some securities in October to cover the bills. I will sell the minimum amount needed and I estimate no more than \$2000 in the worst case. We'll still be doing better than last year. With my support, your Board of Directors has voted to reverse last year's decision. We will NOT increase dues for next year. Go ahead, smile!

Bill Avery
Treasurer



Tuesday, November 15, 12:45—5:00 p.m. at Woodland Park Senior Center. \$15 for AARP members. \$20 for non-AARP members. Call 687-3877 to sign up.

Medicare 101

Are you new to Medicare?

Do you want to review your current plan?

You are invited to a FREE two-hour class.

When: Saturday, October 8, 10:00 a.m. - Noon

Where: Woodland Park Senior Center

312 North Center Street

Presented by Roma Costanza, Case Manager

Pikes Peak Area Agency on Aging

NOT AN INSURANCE AGENCY

Class content:

Medicare benefits (A,B & D)

Other insurance options:

Medigaps/Supplements, Medicare Advantage plans

Informational handouts

Questions and answers.

Call 687-3877 or 339-0954 to sign up!

Reservations appreciated.



**Pikes Peak Area
Council of Governments**
Communities Working Together

Coming in October:

- 8 Medicare 101 from 10a –Noon, Sr. Ins. Assistance Ctr, FREE
- 11 Potluck & Mike Trodden tickles the Ol' Ivories
- 15 Pancake Breakfast
- 18 Pikes Peak Jazz Ensemble at 1:00, FREE, open to public
- 20 Wild West BBQ & Silent Auction/ Prizes for best dressed Cowgirl & Cowboy
- 25 Catered Meal & Presentation by *Seniors Helping Seniors*

November 5 Holiday Bazaar & Craft Sale

—October Newsletter—

Sponsored by

DayBreak



An Adult Day Program

THE STRESS, THE ART, AND THE GIFT OF CAREGIVING

These days, everyone either knows a caregiver, is a caregiver, or will become a caregiver sometime in the future and you can usually hear a little (or a lot) stress in their voice. In addition to being stressful, caregiving can also be artful, and it can even be a gift if you put yourself in the right frame of mind.

The stress usually begins as soon as the caregiver role is designated and relationships quickly begin to change. This not only includes the relationship between the caregiver and their loved one but between the caregiver and their immediate family members; between the caregiver and possibly their workplace relationships; between the caregiver and friends; and finally between caregivers and themselves. The stresses of caregiving can be overwhelming, and often we find the caregiver putting their own needs aside because of the demanding duties of their 24/7 caregiving. To be a

resilient caregiver, you need to take care of yourself before you can take care of your loved one. It's just like the flight attendant who tells the parent to place the oxygen mask on themselves first before they try and help their children. Caregiving is no different.

If you learn to take things as they come, rather than trying to control the uncontrollable, you can turn caregiving into an artful experience. Letting go of the could-of, would-of, should-ofs and moving toward living in the NOW, can provide a freeing routine to the art of caregiving. Learning to find peace in the process or experience and not expecting a specific outcome can turn a stressful situation into an unruffled state of being you can share with your loved one. Losing expectations and focusing on the positives will help your loved one feel a sense of self-worth. Finding art in caregiving is to explore freedom of expression, accessing your license to create and re-create day after day—using taste, touch, hearing, smell, and visual cues. Caregivers remember, what works today may not work tomorrow; what worked this morning may not work this afternoon; and what worked this moment may not work in the next moment. See the beautiful in the simple things and enjoy each artful moment.

Finally, caregiving can be a gift of unconditional love for an unpredictable and oftentimes helpless/thankless job; a gift of realizing just how strong you really are even when you may doubt yourself; a gift of educating those around you about the disease your loved one lives with; a gift of sharing your experiences and knowledge—because someone out there may need to hear exactly what you have to say about this caregiving journey.

Paula Levy
 Founder & President
 DayBreak an Adult Day Program

Thank You!!!

Pikes Peak Regional Hospital and Surgery Center for sponsoring the August newsletter.

Cruisers Above the Clouds Car Club for inviting us to put on another pancake breakfast during their annual Car Show, and all the awesome volunteers who stepped up to make this breakfast VERY successful.

Circle H Smokehouse for providing us monthly with supplies for our pancake breakfasts.

Barb Riley-Cunningham, Elisa Wicks and Bob Dunn for the delightful Ute Pass Chamber Players' concert preview.

Susan Stam for a fun summer of line dancing. We promise to keep practicing.

Angie Wisdom for her creative, fun and whimsical art classes. We hope you can come back soon!

Richard Devaul for accepting the position of Front Desk Coordinator.

All the donors who brought blankets for the drive. Wow! What a pile we collected. We hope your donation helps keep you warm this winter as well.

 Coming Events

Sitz Yoga every Tuesday @ 1:30 at PPRH

Dance @ Dana's Dance Studio 2nd and 4th Tuesdays @ 3pm. Call Deb Idleman at 686-5802 for reservations. or additional info.

OCTOBER BABIES:

- Mary Alaimo
- Marilyn Alexander
- Nancy Desilets
- Jean Glatt
- Aline Goodchild
- Carol Grossman
- Jim Groves
- Mildred Hurst
- Kathleen Lundman
- Gary Seifried
- Sandra Tucker

October Catered Meal is FREE for October Babies!

The Senior Correspondent is published monthly by Woodland Park Senior Citizens Club located at 312 North Center Street, POB 5813, Woodland Park, CO 80866, 719.687.3877.

OCTOBER
MUSIC SERIES
CONCERT



The monthly music series at Woodland Park Senior Center presents the Pikes Peak Community College Jazz Ensemble at 1:00 on Tuesday, October 18. This mini-concert is free and open to the public. Donations to support Senior Center operations and activities are always appreciated!

ANNUAL BAKE SALE

Our annual Farmers' Market bake sale will be held Saturday, November 12th. Rather than having all of our brownies wilt and our icing melt, we have elected to participate in a Winter Farmers' Market. Your home-baked goods will support activities at the Senior Center. Please bring them to the Senior Center on Friday, November 11 or early on Saturday the 12th to the Ute Pass Cultural Center.

SAVE THE DATE!



Community Health Fair

Saturday, October 15, 2016
8:30 a.m. – noon

Pikes Peak Regional Hospital
The Woodland Medical Center

Also sponsored by:




Teller County Public Health
Prospect Home Care & Hospice
Forest Ridge

For info, call Deb Idleman,
Pikes Peak Regional Hospital,
at 719-686-5802.

16420 West Highway 24 | Woodland Park, CO 80863



Charitable Donation Form

I wish to support Woodland Park Senior Citizens Club and its efforts to provide social, educational and healthful activities for area Seniors by making a tax-deductible donation.

Name: _____ Phone: _____

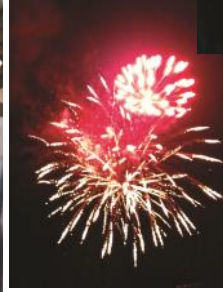
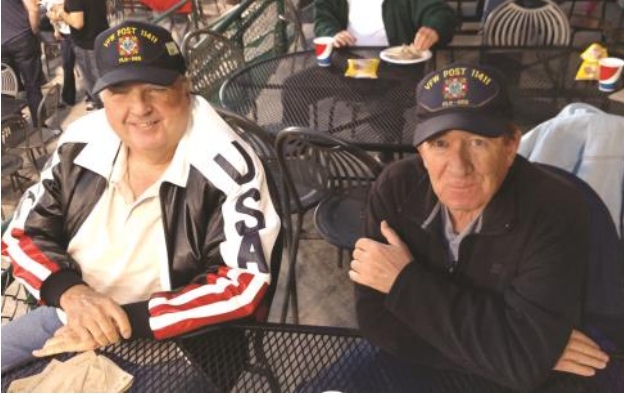
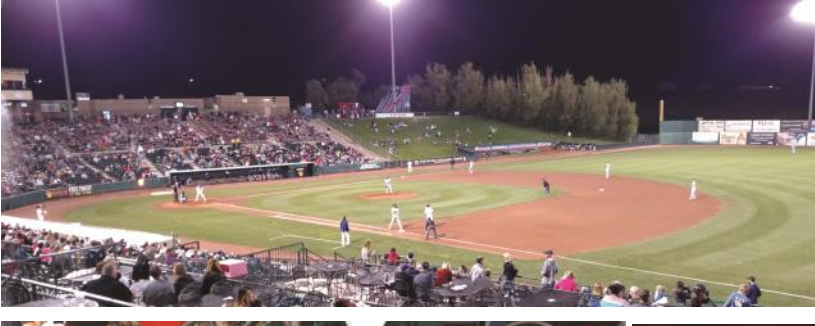
Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Amount of my donation: \$_____ Please make checks payable to WP Senior Citizens Club.

WPSCC ~ Post Office Box 5813 ~ Woodland Park ~ CO ~ 80866 ~ www.woodlandparkseniors.com ~ Tax ID: 84-0752514

Your contribution to Woodland Park Senior Citizens Club is greatly appreciated, thank you.



Great game, great company and great fireworks!!!



Until next summer, Erin & John!

New quilt top to work on thanks to Aline Goodchild.



AUGUST



The Library Crew.



Our esteemed musicians.



Working Board.



Front desk greeters.




Fall leaves tour.



October, 2016

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards.</i>	3 9:00-11:30 Quilting 12:00-3:00 Bridge	4 10:00 Gold Hill Movie Support Your Local Sheriff, James Garner and Joan Hackett	5 10:30-11:30 AF Exercise 12:00-3:00 Bridge	6 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	7 10:30-11:30 AEA Exercise	8 10:00 – NOON Medicare 101 Sr Ins Assistance Ctr FREE
9	10 9:00-11:30 Quilting 12:00-3:00 Bridge	11 9:30 Chair Tai Chi Demo POTLUCK Mike Trodden tickles the ivories.	12 9:00 Board Meeting 10:30-11:30 AF Exercise 12:00-3:00 Bridge	13 10:30-11:30 BINGO	14 10:30-11:30 AEA Exercise	15 Pancake Breakfast 8:00 – 11:00 a.m. 
16	17 9:00-11:30 Quilting 12:00-3:00 Bridge	18 10:00 Classic Movie To Catch a Thief, Cary Grant and Grace Kelly 1:00 UPCC Concert Series PPCC Jazz Ensemble	19 10:30-11:30 AF Exercise 12:00-3:00 Bridge	20 10:30-11:30 BINGO WILD WEST BBQ & SILENT AUCTION +Prizes for Best Dressed Cowboy/Cowgirl	21 10:30-11:30 AEA Exercise	22
23	24 9:00-11:30 Quilting 12:00-3:00 Bridge	25 CATERED MEAL Seniors Helping Seniors	26 10:30-11:30 AF Exercise 12:00-3:00 Bridge	27 10:30-11:30 BINGO	28 10:30-11:30 AEA Exercise	29 Cripple Creep Show Leave Center at 10:30
30	31 9:00-11:30 Quilting 12:00-3:00 Bridge					NOVEMBER 5 TH HOLIDAY BAZAAR & CRAFT SALE

*AEA= Aquatic Exercise Association

October- 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3)	4) Grilled Beef & Cheddar French Onion soup extended salad bar Whole fresh fruit	5) Pulled Pork on a Hoagie Coleslaw Fresh fruit compote salad bar Cookies	6) Italian Meat Loaf Mashed Potatoes & Gravy mixed vegetables Fresh baked rolls Cake	7)Grilled Seasoned Salmon Wild Rice Sautéed squash Coconut custard pie
10)	11) POTLUCK	12)Grilled Chicken Sand Kaiser roll. Avocado & Tomato garnish Pasta salad Peach Cobbler	13)Beef Pot Pie Extended salad bar Ice cream cups	14)Hot Turkey Sand Open faced on grilled french bread. Peas Mashed potatoes & Gravy Cookies
17)	18) Griddle Fried Chicken Mashed Potatoes & Gravy Carrots. Rolls Tapioca pudding	19) Taco Bar Beef or Chicken Southwest Chile Soup Whole Fresh Fruit Asst. Yogurt	20) BBQ Chicken Potato Salad, Corn Fresh Biscuits, Apple Pie WESTERN AUCTION	21)Baked “Catch of the day” Scalloped Potato Veg du jour Rolls Cake
24)	25) CATERED	26)Cheese Ravioli Tuscan Sausage Marinara Green Beans grilled garlic bread Asst. desserts	27) Chicken with Fettuccini Alfredo mixed vegetable salad bar Pie	28) Chicken Salad Sand on a Croissant Extended salad bar Loaded Baked Potato Soup Cookies
31) Happy Halloween				



312 NORTH CENTER STREET
P.O. BOX 5813
WOODLAND PARK, CO, 80866

Volume 7, No. 10
October, 2016

RETURN SERVICE REQUESTED

BOARD OF DIRECTORS

Jerry Burnham, President
Rose Banzhaf, Vice President
Bill Avery, Treasurer
Jeanette Zupancic, Secretary
Ron Frindt, Director-at-Large
Pat Danielson, Director-at-Large
Pamela Argo, Activities

COMMITTEES

Historian NEEDED
Paul Loyd, Club Lunch Coordinator



10th ANNUAL

WILD WEST LUNCHEON & SILENT AUCTION
THURSDAY, OCTOBER 20TH

CHEF GERRY HAS GREAT BARBEQUED CHICKEN PLANNED.
REGULAR \$4 LUNCH FOR 60 AND OVER
JOIN US AT 11:30 RIGHT AFTER BINGO!

SOME OF THE ITEMS UP FOR BID:
SAND PAINTING, INDIAN RUGS, & LOTS OF DECOR.

PRIZES FOR BEST DRESSED COWGIRL & BOY.

HOPE YOU CAN JOIN US!

