

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Organization

April, 2020

Volume 11, No. 4



Board of Directors Update

Spring has arrived bringing warmer days and much confusion to our lives. Finding ourselves confined by "social distancing" the mission of the Senior Center to provide a place where we can leave our homes together for fun, information and meals, has been challenged.

When our doors were closed we scrambled to at least be able to provide regular lunch for those who regularly eat at the center. That quickly changed to take out lunch then followed to the Silver Key frozen meals (5 for the week) now being distributed on Mondays.

Additionally, we have had many calls asking what help seniors need. People willing to run errands, shop, make calls or anything that would be helpful. The amount of goodwill the situation has brought forth has been amazing!

Next was how to keep in contact to find out what help folks need and to just to keep in contact. Phone lists were made and callers were added to the regular catered meal callers in order to reach out to as many folks as we could locate.

When we will be able to reopen is a big unknown. Making plans for the future is difficult. We have a list of trip ideas, art and craft projects started and needing to be finished, speakers and entertainment waiting to come. Getting these things scheduled once we can reopen will take a little time. Of course exercise classes and Bingo will be available as soon as we get the word that we can reopen.

There will be a couple days needed to have a service come to deep clean the center before regular activities can resume. We will keep you updated through the folks making phone calls, with announcements on the website and through emails.

Please be very cautious to protect your health. Keep in contact with friends and family. And, if possible, get outside for a walk in the sunshine.

Woodland Park Senior Organization (aka Club) was formed July 12, 1973, to bring together seniors *age 50 and over*, in Teller and adjoining counties, to promote the well-being of senior citizens and adults with disabilities by providing social interaction, mental stimulation and healthful activities. When we reopen, stop by any weekday between 9am and 1pm to check out activities we currently provide that might interest you and to suggest additional activities for our community!



Silver Key is doing a remarkable job providing meals for seniors in Teller and El Paso counties. These folks are working long hours cooking, portioning and freezing these meals for hundreds of folks. With out their dedication to the Seniors in our counties, many seniors would be without daily hot meals. Many Thanks to these folks.

Teller Senior Coalition has been our lifeline to these meals. Their dedication to making the drive down the pass to pickup our orders has made this all possible.

Thanks to Aline Goodchild for the fun gourd birdhouse class. We are looking forward to finishing them soon!

Thanks to all the folks making the outreach calls to our seniors. Keeping in touch during these trying times is essential to fighting isolation. Thanks to each of you!

[Church in the Wildwood](#)

[719-684-9427](tel:719-684-9427)

The Food pantry in Green Mountain Falls is open and we want to make sure that anyone in need knows that we are here to help with food and toiletries. At this time we are open on the 2nd - 4th - 5th Tuesday each month from 6 - 7:30 pm. We are using a drive in system at this time due to Coronavirus and ask that everyone stay in their cars-someone will come help them.

Coming when we Reopen

Irish Dancers (maybe)
AF Museum Planetarium
Pro Rodeo Museum
Willow Stone Flea Market



Charlie	Estes	4 - 2
Joanne	Carnahan	4 - 2
Maude	Williams	4 - 3
Laura	Ross	4 - 4
Joyce E.	Shiner	4 - 4
Muriel	Jenn	4 - 4
Barbara	Biersmith	4 - 8
Don	Pasqua	4 - 9
Larry	Griffy	4 - 10
Darlene	Obrien	4 - 11
Sharon	Loewen	4 - 15
Griz	Stadtlander	4 - 16
Brenda	Alberts	4 - 19
Jim	O'Neal	4 - 19
Rosemarie	Elding	4 - 21
Ron	Frindt	4 - 22
Torrie	Smith	4 - 22
Debbie	Atwell	4 - 25
Carol	Gould	4 - 25
Helen	Collins	4 - 27
LoRetta	Riddiough	4 - 28

Happy Birthday to all our April Birthday Babies!

Census 2020 Update

Our Census Lunch events have been postponed until we can reopen. Below is a message from the Census Bureau and the phone number to call for those who may be wondering what to do.

It has never been easier to respond on your own, whether [online](#), over the [phone](#), or by [mail](#) - all without having to meet a census taker.

**Census Help Phone number:
844-330-2020**

Additional help is available from Kathy Lowry at Teller Senior Coalition - 719-687-3330.

Coronavirus (Covid-19)

Information & Tips for protecting yourself

Whenever you have been around anything or anyone from outside your home, clean your hands! If you can wash your hands do that first. Try not to use hand sanitizer if you can. Washing kills 100% hand sanitizer still lets in the 1%.

Here is some interesting information to help avoid becoming sick with Coronavirus:

- You have to wash your hands before and after touching the mucous membrane, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- You must HUMIDIFY DRY HANDS, for example wash them a lot, because molecules can hide in micro wrinkles or cuts. The denser the moisturizer, the better.
- Also keep your SHORT NAILS so that the virus doesn't hide there.
- The virus is not a living organism, but is encased in protein molecules covered by a protective layer of lipids (fats) and when absorbed by the cells of the ocular, nasal or mouth mucosa, their genetic code changes (mutation) and converts them into multiplier and attacker cells.
- Since the virus is not a living organism but a protein covered molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and the type of material in which it is found.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That's why any soap or detergent is the best remedy, because the foam BREAKS THE GREASE (that's why you have to rub so much: for at least 20 seconds or more, and make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- HEAT melts the fat; so use water above 80 degrees to wash your hands, clothes and everything else. In addition, hot water produces more foam which makes it even more useful.
- Alcohol or any mixture with alcohol greater than 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- Any mixture with 1 part of bleach and 5 parts of water directly dissolves the protein, breaks it down from the inside.
- Hydrogen peroxide helps a lot after soap, alcohol and chlorine, because peroxide dissolves the proteins of the virus, but you have to use it pure and it hurts the skin.
- NEVER shake used or unused clothing, sheets or clothing. While it is glued on a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all moisture and does not let it detach and disintegrates), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a duster, the virus molecules float in the air for up to 3 hours and can settle in your nose.
- UV LIGHT on any object that may contain it breaks the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is a protein) in the skin, eventually causing wrinkles and skin cancer.
- The virus CANNOT go through healthy skin.
- Vinegar is NOT useful because it does not break the protective layer of fat.

BINGO

March 11 Gourd Birdhouse Class with Aline



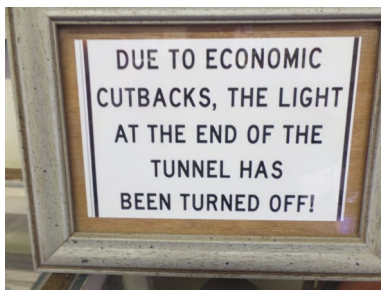
March 5



March 12



March 12 Trolley Museum Trip





JOIN THE
FUN

**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



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All members are encouraged to join a committee where their interest lie. Please contact any of the board members with any concerns or suggestions.

2020 SUPPORTING MEMBERS

Any individual, business, or organization helping to support the Senior Club with a cash donation or a gift in kind.

SPONSOR - \$1,000 & UP

- The City of Woodland Park
- Tweeds Holiday Home Tour
- El Pomar Foundation
- Paul Lloyd
- Joanie's Deli
- VFW POST 11411

BENEFACTOR - \$350 to \$999

- Newmont Mining
- Cruise Above the Clouds
- Circle H Smoke House
- Woodland Park Convention & Visitors Bureau
- Jim Grover
- Mountain View United Methodist Church
- GoDaddy
- City Market

PATRON - \$200 to \$349

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- Teller Country Chiropractic
- Wild Hair Salon
- Fred/Karen Gilliam
- Rapid Lube
- AJ's Pizzeria
- RDK Small Engines
- Home Town Garage
- Malone Insurance
- Tony Hakar - Joe Kraudeit
- AL Post 1980
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- DONOR - \$1 to \$49**
- Blue's Natural Pet Salon
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- Donna Club - Rebecca Brown

ASSOCIATE MEMBERS WANTED

An Associate Member is a business/organization who supports the Club and would like to offer a Special Discount or Service for Club Members. If you know a business/organization that is interested in supporting the club this way, please contact Pat Pine at the office for details.

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 leave a comment or if you have a question, call 719.687.3877.

Like to contribute to the Senior Correspondent?

Submissions for the Newsletter are due by the 25th of each month