

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

MAY, 2017

Volume 8, No. 5

The BENEFITS OF PET COMPANIONS



For nearly 25 years, research has shown that living with pets provides certain health benefits.

Pets help lower blood pressure and lessen anxiety. They boost our immunity. They can even help you get dates—in case you are looking.

Having a pet at home has been found to be significantly beneficial. Dog ownership is associated with less risk of heart attacks and an increased survival just 12 months after a heart attack. Seniors who own pets tend to walk farther when walking a dog, which contributes to fewer trips to the doctor.

But, it's not just about having a furry companion. Talking to a pet instead of a person has also been associated with a lower heart rate. Even in nursing homes, pet assisted therapy has been associated with a reduced need for medication, improved vital signs, and improved physical functioning – even for patients who have dementia.

Other benefits of pet therapy include:

- Reduction in loneliness
- Reduced depression
- Reduction in agitated behaviors
- An increase in engagement
- Better nutritional intake
- More social interactions
- Better well-being

According to research conducted by the University of Missouri-Columbia, hormonal changes that occur naturally when we interact with dogs can help us to cope with stress-related disorders and depression. Early results have shown that just a few minutes spent stroking a pet promotes a release of “feel good” hormones in humans, including oxytocin, prolactin, and serotonin. What's more, cortisol – the primary stress hormone – is reduced.

There truly are a multitude of benefits of pet therapy. Overall, having a pet can help improve our well-being and add meaning to our life.



MINDFULNESS: A Powerful Tool for Care Partners

Cyndy Noel will be offering a 5-week class entitled, “Mindfulness: A Powerful Tool for Care Partners”, at the Woodland Park Senior Center starting on Thursday, June 1st. The class is being held from 3:00 to 5:00 PM and the cost is \$55 for all 5 classes. Cyndy cared for her husband who had Alzheimer's for eight years and says that her mindfulness practice was invaluable during that time – helping her reduce stress, increase her flexibility and resilience, be less reactive and more at peace with their journey. She finds it very rewarding to share it with others in the community and is also involved with mindful aging.

Cyndy has an M.A. in Counseling and Human Services and obtained certification as a Mindfulness Facilitator, from the Semel Institute for Neuroscience and Human Behavior at UCLA. She retired after a career at Memorial Hospital to care for her husband who is now deceased.

More info to come. Call Pamela in the meantime if you are interested at 719-687-3877.

—May Newsletter—
Sponsored by



Prospect Home Care & Hospice
Your Partner. For Life.

Coming in May: 2 April Catered Meal & Medicaid, Don't spend down your savings.
9 POTLUCK & Ken Valles, Development of the Atomic Bomb
13 RESCHEDULED Art & Crafts Fair & Bake Sale 9-3
16 Rick Blessing sings Sinatra & Refreshments at Forest Ridge (sign up)
20 Pancake Breakfast
23 May Catered Meal with Keith Dearborn at the Piano
30 Presentation by Pikes Peak Regional Hospital, topic TBD

AARP® SMART DRIVER PROGRAM

Tuesday, June 20, 1:00—5:00 p.m. at Woodland Park Senior Center. \$15 for AARP members. \$20 for non-AARP members. Call 687-3877 to sign up.

MAY BABIES:

- Kathy Avery
- Wilma Burnham
- Ed Blakly*
- John Collins
- Jim Distal
- Don Franklin
- Sue Frindt
- Doug Gilliam
- Chuck Gardner
- Anna May Hoffman
- Gisela Howard*
- Joyce Johnson
- Bev Jones
- Arlie Kyzer
- Geoffrey Lear
- Margaret Ochsner
- Larolletta Petty
- Sharon Pruitt
- Mary Ratliff*
- John Schafer*
- Keith Sheldon*
- Alice Smith*
- Bianka Townsend
- Dora Wolfe*

MAY CATERED MEAL IS FREE FOR MAY BABIES!
(if you have paid your dues!)

**MEDICAID PRESENTATION
MAY 2ND**

Come learn about solutions to the financial distress caused by the high cost of Long Term Care. Bring your questions. We'll have some answers. We have some solutions that can protect that retirement account, your investments, your home, your cabin in the mountains or other hard earned assets that are at risk of spend down. The Colorado Health First Plan offers Solutions! Come learn!

**ART & CRAFTS FAIR
And BAKE SALE
RESCHEDULED FOR
SATURDAY, MAY 13TH
DUE TO WEATHER FORECAST.**



QUILT DRAWING

Current quilt is beautiful spring/summer colors. We will draw for the winner on July 4th following our special Pancake Breakfast in conjunction with the Old Fashioned 4th of July in the park. Tickets are \$1 or six for \$5. Need not be present to win. Stop by the Senior Center and see for yourself!

Thank You!!!

Pikes Peak Regional Hospital and Surgery Center for sponsoring our April newsletter.

American Legion Post 1980, for honoring WPSCO with a certificate of appreciation and a generous donation of \$100. We are happy to contribute to your programs for Veterans.



Woodland Park High School Key Club for a fantastic Spring Brunch. Someone in the kitchen knew how to make French toast and cook bacon! We thoroughly enjoyed it!

Norma Franklin for organizing our Spring Art & Crafts Fair, which has been postponed until May 13th because of this crazy spring weather. I'm looking out the window now and still don't see any snow!!!

Our tireless Pancake Breakfast Crew. Let's show our appreciation by going to the Pancake Breakfast. Great way to get a bang for your donation!

Newmont/Cripple Creek & Victor Gold Mining Co. for sponsoring all of our major events this year. You are a great example of a company giving back to their community.

Our wonderful, dependable, front desk crew who keep the place running smoothly and answer all those tough questions!


HAVE YOU PAID YOUR 2017 DUES?

Charitable Donation Form


I wish to help Woodland Park Senior Citizens Club provide social, educational and healthful activities for area Seniors.

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 donation is tax deductible to the full extent of the law. No goods or services were provided in return for this contribution.



Woodland Medical Center




PPRH
SURGICAL SERVICES




Woodland Park
Surgical Associates

For appointments call 719.686.2810
www.pprh.net




Woodland Park
Family Medicine

- Office Hours 7:00 am - 5:00 pm
- For appointments call 719.686.2801
- Specializing in a full range of care from Pediatric to Geriatric
- Offering Cool Sculpting - FREE Consults
- woodlandparkfamilymedicine.com



PPRH
SPECIALTY CLINIC


- Allergy
- Audiology
- Breast Surgeon
- Cardiology
- Dermatology
- ENT
- Facial Plastics
- Oncology
- Podiatry
- Urology
- Vascular Surgery
- www.pprh.net



PPRH
PHYSICAL THERAPY


- Hand Therapy
- Physical Therapy
- OCC Therapy
- Sports Medicine
- Speech Therapy

719.686.5860
www.pprh.net



Mountain View
MEDICAL GROUP, P.C.

- Jeff Snyder, MD - Family Practice
- Laura Boschert, MD - Pediatrics
- Jill Saylor, FNP-BC
- Most insurances accepted, same day and Saturday appointments available
- 719.687.6022



Prospect Home Care
& Hospice

Providing the highest quality home care and hospice services to the residents of the Ute Pass and neighboring area

719.687.0549 prospectch.org

Your Partner. For Life.

Colorado Eye Institute

Ophthalmology Practice Specializing in:

- Cataracts
- Cornea
- Eye Disease
- Glasses
- Oculofacial Plastic Surgery
- Contacts
- Glaucoma
- Retina
- Lasik
- Eye Exams

For Appointments Call: 719.258.1240
www.eyescolorado.com

PIKES PEAK REGIONAL MEDICAL CAMPUS Woodland Park

UTE PASS Chamber Players

MUSIC OF HAYDN, DUTILLEUX, BEETHOVEN and DEBUSSY
Sunday, May7, High View Baptist Church
Don't miss the season finale! \$15 at the door.



Celebrating National Pet Month.

Bolo Goodchild



Molly Palmer



Joey Brazill



Catch Me Clark



The Argo Triplets



Dasani Burnham



May Lundman



Sammi Goodchild



Nadya Goodchild

Barb Riley Cunningham's Guard Dogs, Indy & Gizmo.



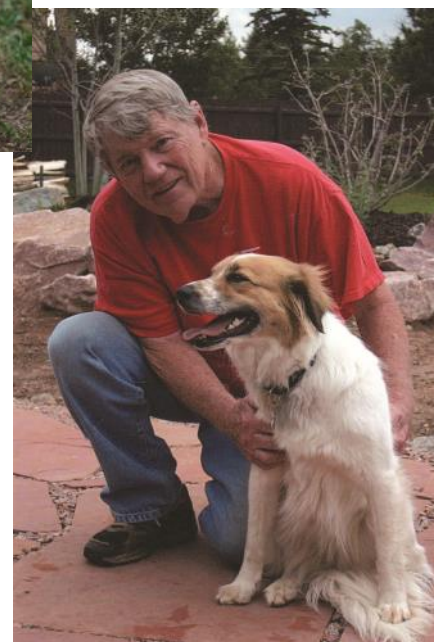
Peter Mattedi



Tigger Goodchild



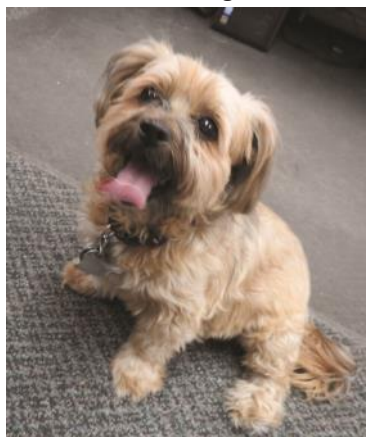
Doug Gilliam & Aili.



Chloe Benson



Rascal Billingere



Grizzly Qualls





April

BINGO







Lots of happy campers. Great Brunch Key Club!!!



May, 2017

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	1 9:00-11:30 Quilting 12:00-3:00 Bridge	2 April Catered Meal Medicaid Presentation Protect Your Savings	3 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 -5:30 A Matter of Balance, Rebecca Janacek	4 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	5 10:30-11:30 AEA Exercise 12:30 Watercolor Group	6 Senior Center Reserved
14	8 9:00-11:30 Quilting 12:00-3:00 Bridge	9 POTLUCK Ken Valles Development of the Atomic Bomb	10 9:00 Board Meeting 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 -5:30 A Matter of Balance, Rebecca Janacek	11 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	12 10:30-11:30 AEA Exercise 12:30 Watercolor Group	13 <i>Art & Crafts Fair And Bake Sale</i> <i>9am - 3pm</i> <i>WSP Senior Center</i>
21	15 9:00-11:30 Quilting 12:00-3:00 Bridge	16 Entertainment at Forest Ridge at 1:00 Rick Blessings/Sinatra Shuttle from Senior Center at 12:45 MUST Sign Up	17 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 -5:30 A Matter of Balance, Rebecca Janacek	18 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	19 10:30-11:30 AEA Exercise 12:30 Watercolor Group	20 8:00 – 11:00 a.m.  Pancake Breakfast
28	22 9:00-11:30 Quilting 12:00-3:00 Bridge	23 Catered Meal Keith Dearborn At the Piano	24 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 -5:30 A Matter of Balance, Rebecca Janacek	25 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	26 10:30-11:30 AEA Exercise 12:30 Watercolor Group	27
31	29 MEMORIAL DAY SENIOR CENTER CLOSED	30 NOON PRESENTATION By Pikes Peak Regional Hospital Topic TBD	31 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 -5:30 A Matter of Balance, Rebecca Janacek			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED CITRUS TILAPIA 1 RICE PILAF BROCCOLI STRAWBERRIES RAISIN NUT CUP MILK	2 CATERED LUNCH Spaghetti, salad, garlic bread & dessert.	MEATBALLS 3 W/ MARINARA SAUCE PASTA GREEN BEANS ALMONDINE STRAWBERRIES BREAD STICK LOW SODIUM TOMATO JUICE MILK	CHICKEN PICCATA W/ PASTA AND SAUCE 4 CREAMED SPINACH LIMA BEANS MANDARIN ORANGES MILK	SANDY'S CHICKEN CHILI 5 BROCCOLI W/ CHEESE TORTILLA CARROT RAISIN SALAD APPLESAUCE MILK
SWEET AND SOUR PORK 8 BROWN RICE ORIENTAL VEG W/ ALMONDS EGG ROLL ASPARAGUS SOUP BANANA MILK	9 POTLUCK	BEEF BOURGUIGNON 10 MASHED POTATOES SQUASH MEDLEY BROCCOLI PEANUT SALAD APPLE FRUIT CUP MILK	PORK LOIN 11 W/ MUSHROOM SAUCE BLACK BEAN & LENTIL SOUP ROASTED SWEET POTATOES ROASTED BRUSSELS SPROUTS PINEAPPLE MILK	SLOPPY JOE 12 CARROTS COLESLAW APPLE YOGURT MILK
BLT SANDWICH 15 ITALIAN VEGETABLE SALAD TOMATO BASIL BISQUE COCONUT CRUNCH FRUIT SALAD MILK	CHICKEN POT PIE 16 LIMA BEANS STRAWBERRIES YOGURT MILK	CHICKEN MARSALA 17 ITALIAN VEGETABLES MINISTRONE SOUP ROASTED RED POTATOES ORANGE MILK	YANKEE BEEF POT ROAST 18 POTATO MEDLEY W/ GRAVY MAPLE GLAZE CARROTS MANDARIN ORANGES W/ YOGURT RAISIN NUT CUP MILK	PEPPER STEAK 19 BROWN RICE SUCCOTASH ROLL STRAWBERRIES YOGURT MILK
CHICKEN SANDWICH 22 W/ AVOCADO, LETTUCE & TOMATO COLE SLAW APPLE FRUIT CUP MILK	23 CATERED LUNCH Menu TBD	PORK RIBS 24 BAKED BEANS CALIFORNIA VEGETABLES POTATO SALAD MELON CUP MILK	CHICKEN ALFREDO 25 PASTA SQUASH MEDLEY GARBANZO TOMATO SALAD STRAWBERRIES MILK	BEEF CHILI W/ CHEESE 26 BAKED POTATO SOUR CREAM TOSSED SALAD W/ DRESSING GRAPE CUP MILK
 MAY 2017	BBQ CHICKEN 30 POTATO SALAD GARBANZO TOMATO SALAD CREAM OF MUSHROOM SOUP MANDARIN ORANGES MILK	HAMBURGER 31 W/ LETTUCE, TOMATO, ONION PINTO BEANS COLESLAW SPICED PEACHES MILK	 MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	 Serving LUNCHESES to the Elderly LEARN MORE ABOUT GCNP AT WWW.SILVERKEY.ORG UNDER "PROGRAMS" LMS 4/16/17

MAKE A RESERVATION BY CALLING 687-3877 BY 1:00 OR 884-2304 BY 2:00 P.M. THE DAY BEFORE YOU WANT A MEAL. PLEASE MAKE SURE TO INCLUDE WOODLAND PARK SENIOR CENTER AS THE SITE WHERE YOU WOULD LIKE TO DINE AND THE NUMBER OF MEALS YOU WOULD LIKE TO RESERVE. ☺

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that may cause a temporary suspension of service.



321 NORTH PINE STREET
P.O. BOX 5813
WOODLAND PARK, CO, 80866

Volume 8 No. 5
May, 2017

RETURN SERVICE REQUESTED

BOARD OF DIRECTORS

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

COMMITTEES

Sue Frindt, Historian
Paul Loyd, Lunch Coordinator
Bev Jones, Trips

