

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

JUNE, 2016

Volume 7, No. 6



June 15, 2016, is **World Elder Abuse Awareness Day**.

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, frail, and vulnerable and depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or “trusted others.”

In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Legislatures in all 50 states have passed some form of elder abuse prevention laws. Laws and definitions of terms vary considerably from one state to another, but broadly defined, abuse may be:

- **Physical Abuse**—inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- **Sexual Abuse**—non-consensual sexual contact of any kind.
- **Neglect**—the failure by those re-

sponsible to provide food, shelter, health care, or protection for a vulnerable elder.

- **Exploitation**—the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else's benefit.
- **Emotional Abuse**—inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.
- **Abandonment**—desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- **Self-neglect**—characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

What are the warning signs of elder abuse? While one sign does not necessarily indicate abuse, some tell-tale signs that there *could* be a problem are:

- Bruises, pressure marks, broken bones, abrasions, and burns may indicate physical abuse.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may indicate emotional abuse.
- Bruises around the breasts or genital area can indicate sexual abuse.
- Sudden changes in financial situations may result from exploitation.

- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- Belittling, threats, and other abuses of power and control by spouses are indicators of verbal or emotional abuse.
- Strained or tense relationships, frequent arguments between the caregiver and elderly person are also signs.

Most importantly, be alert. The suffering is often in silence. If you notice changes in a senior's personality or behavior, you should start to question what is going on.

In celebration of WEAAD, at noon on June 15th, we will meet on the lawn between the Woodland Park Library and the Ute Pass Cultural Center for a balloon release. Immediately after, we will have a meet and greet reception in the cultural center so the community can learn what organizations serve seniors and what each has to offer. Refreshments will be served. Literature from each organization will be available along with purple “Prevent Elder Abuse” wrist bands. We hope you can join us.

—June Newsletter—
Sponsored by



Meg Elizabeth Goblet,
Attorney at Law

Coming in June: 9 Tea Hat Decorating at Aline's (Minimum of 4 participants needed.)
11 (Saturday) FREE Estate Planning by Meg Goblet, Attorney at Law
14 Potluck, Brief Membership Meeting, Presentation: Life in Russia
17 Teens join the art class today.
18 Pancake Breakfast
25 Annual Afternoon Tea Fundraiser
28 Catered Meal, Board Election, and program to be announced

16 Free Lunch

NEW MUSIC SERIES AT THE SENIOR CENTER

We have had a very generous offer from pianist, Barbara Riley-Cunningham, and the Ute Pass Chamber Players to provide a free concert at the Senior Center (using our NEW piano) once a month. Possible times are the 1st Tuesday at 1:30 or the 1st Thursday at 2:00 following Tai Chi. What would you prefer or what would work with your schedule? Please call Pamela at 339-0954 or the front desk at 687-3877 with your preference. We'll have refreshments and get to visit with the musicians. A real treat!



Tuesday, August 16, 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.

JUNE BABIES:

Wally Banzhaf
Tom Brazil
Billy Deis
Inge Gardner
Steve Jeroslow
Paul Petty
Roger Qualls
Barb Riley-Cunningham
John Zarpaylic

June Catered Meal is FREE for June 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.

REMEMBER CLUB BOARD ELECTIONS ON TUESDAY, JUNE 28TH



Rose Banzhaf
Vice President



Jeanette Zupancic
Secretary



Pat Danielson
Director at Large

In addition to the three Club members who have already opted to run this June, we will be accepting nominations from the floor during the Potluck on June 14th. You may nominate yourself or if you are too shy, ask a friend to nominate you. The more interest in Club involvement, the better.

Also remember we still want your input on places to go for Club trips. If you have an idea for an outing for which there is enough interest to fill the bus (only 14 needed), we want to hear about it. How about another trip to the River Walk in Pueblo? A picnic? Please let us know.

And, we still need someone to step up as Club Historian. We have volunteer, Geoffrey Lear, keeping on eye on the newspapers for clippings, but we still need someone to put them together in a binder. Check out all the binders already on file. They go back to 1973 when the Club was first organized. Some fun information to look through and we need to keep that going.

Thank You!!!

Prospect Home Care & Hospice, for sponsoring our May newsletter.

Deb Idleman, Pikes Peak Regional Hospital and Senior Circle for a fun day at the Denver Aquarium.

Bobby Evans, for the great tunes. You had 'em singing along.

Vickie Szeliga, for the very practical and useful advice on how to avoid being the victim of a crime.

Aline Goodchild, for the fun and productive gourd class. We made some great gourd bird houses and feeders for DayBreak Adult Day Program.

Jeff Lujan, for giving us an update on the new Aspen Bowers assisted living facility.

Angie Wisdom, for the hard work and planning to bring us the ongoing art classes.



In preparation for a late summer fundraiser for the Club, we are collecting items to sell. Please keep us in mind when you have items to donate, and tell friends and family. We accept household décor, craft supplies, puzzles, knick-knacks, small appliances and some clothing. If you are thinking about Spring cleaning, keep the Senior Club in mind! Remember, your donations are now tax-deductible.



**WE NEED
BASEBALL
FANS** to make

this happen. If you are thinking about joining us on Friday, July 1st, to watch the Sky Sox play New Orleans at Security Service Field, call Pamela immediately (339-0954) or we will end up canceling or postponing this trip. We will leave the Senior Center at 5:15. Game starts at 7:05 and includes dinner of fried chicken, bbq pork, hamburgers, hot-dogs, sodas and Christmas in July fireworks. Cost is \$26 for the game and \$5 donation for transportation. Sign up at the front desk. Please stay tuned in case of a postponement.

ONGOING ART CLASSES

Art Classes are now now from 1:00 to 3:00 Fridays. These classes are FUN, and you can come any time. There is a new project each week. You may be painting, sketching, collaging or writing, Angie's assignments are always a surprise. Think about joining us!!!

**VICTORIAN HATS
FOR OUR ANNUAL TEA**

Make your own. It's not that difficult and it's fun. Plus you can make it to match whatever you plan to wear...You too guys! Hats to decorate are available, but you are welcome to bring your own. Florals, ribbon, netting and more will be on hand. We need at least 4 people to hold the class, so if you are interested and have a friend or two who might like to join the hat-decorating party at Aline's, please invite them. Call the Senior Center to make your reservation now!



**COMING IN
JUNE**

ESTATE PLANNING

Our Free Annual Estate Planning Workshop will be held Saturday, June 11, from 10 until Noon. Attorney, Meg Goblet, who has special expertise in Elder Law, will cover topics including wills, trusts, and medical and financial powers of attorney. Question and answers to follow. The workshop is free. Reservations would be appreciated but walk-ins are welcome. Call the Senior Center to sign up at 687-3877.



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.



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.



A very nice service celebrating the life of Roberta Venola Bivans Winn, was held on Saturday, May 28th, at Mountain View United Methodist Church. We learned things about this amazing woman's life that many of us didn't know. Like her tour of Europe with her husband Vincent in a Volkswagon bus, or how she helped build a library in Tanzania. One of the attendees, Bill Kuenning, recorded about an hour of Roberta talking about her life. If anyone is interested in listening to this, please let me know as I have asked for a copy. 2 days shy of her 98th birthday—what a life to celebrate!



Some of the critters we saw, including the bunch above!





Beautiful quilt is nearly finished.




Great entertainment by Bobby Evans. You are definitely invited back!





June, 2016

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards.</i>			1 10:30-11:30 AEA Exercise 12:00-3:00 Bridge 3:30 Line Dancing	2 10:30-11:30 BINGO 12:30-1:15 Tai Chi w/Barb	3 10:30-11:30 AEA Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	4
5	6 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing	7	8 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge 3:30 Line Dancing	9 10:30-11:30 BINGO 12:30-1:15 Tai Chi w/Barb 1:00 – 3:00 Tea Hat Decorating at Aline's	10 10:30-11:30 AEA Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	11 Estate Planning 10:00 – Noon Meg Goblet FREE
12	13 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing	14 POTLUCK Presentation: Life in Russia	15 10:30-11:30 AEA Exercise 12:00-3:00 Bridge 3:30 Line Dancing	16 10:30-11:30 BINGO 12:30-1:15 Tai Chi w/Barb FREE LUNCH SEE MENU	17 10:30-11:30 AEA Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom Teens joining us today! \$5 Donation Appreciated	18 8:00 – 11:00 a.m.  Pancake Breakfast
19	20 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing	21	22 10:30-11:30 AEA Exercise 12:00-3:00 Bridge 3:30 Line Dancing	23 10:30-11:30 BINGO 12:30-1:15 Tai Chi w/Barb	24 10:30-11:30 AEA Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	25 <i>Afternoon Tea & Serenade</i> 2:00 – 3:30
26	27 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing	28 CATERED MEAL Program to be announced.	29 10:30-11:30 AEA Exercise 12:00-3:00 Bridge 3:30 Line Dancing	30 10:30-11:30 BINGO 12:30-1:15 Tai Chi w/Barb	1	

Exercise for Arthritis now sponsored by the Aquatic Exercise Association.

Community Café June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday Soup & Sandwich Provided by: Woodland Park Senior Citizens Club</p>		<p>1) Quiche "Cafe" Monterey Cheese Sauce Fresh Fruit Compote Fresh Baked Muffin</p>	<p>2) Chicken Pot Pie Extended Salad Bar Assorted Ice Cream & Fruit Bars</p>	<p>3) Tuna Melt Sandwich Eggplant Cream Vegetable Soup Salad Bar Turtle Brownies</p>
<p>6) Soup & Sandwich *CASH ONLY <i>Punch Cards Will Not Be Accepted</i></p>	<p>7) Pepper Beef with Peppers, Onions, Carrots, etc. Steamed Rice Cream Cheese Biscuits Whole Fresh Fruit</p>	<p>8) Burrito "Santa Fe" Smothered in Cumin Sauce Zesty Rice Salad Spice Cake</p>	<p>9) BBQ Pork Ribs Corn on the Cob Baked Beans Peach Cobbler</p>	<p>10) Baked Sea Bass Grilled O'Brian Potatoes Peas Rolls Custard Pie</p>
<p>13) Soup & Sandwich *CASH ONLY <i>Punch Cards Will Not Be Accepted</i></p>	<p>14) POT LUCK</p>	<p>15) Slow Roasted Beef Mashed Potato, Gravy Seasoned Green Beans Fresh Baked Biscuits Assorted Dessert</p>	<p>16) FREE LUNCH Pork Loin Chops Grilled & Smothered, Roasted Golden Potatoes. Sautéed Veg. Salad, Pecan Pie</p>	<p>17) Shaved Turkey Wrap Smooth Pumpkin Soup Cut Fresh Fruit Salad Bar</p>
<p>20) Soup & Sandwich *CASH ONLY <i>Punch Cards Will Not Be Accepted</i></p>	<p>21) Taco Bar Beef or Chicken Chipotle Potato Soup Blueberry Muffins</p>	<p>22) Pork Roast & Gravy Seasoned Boiled Potatoes Mixed Vegetable PBJ Cake</p>	<p>23) Beef Stroganoff Wide Egg Noodles Carrots Rolls Assorted Dessert</p>	<p>24) Grilled Mahi-mahi Coconut Pepper Sauce Steamed Rice Pilaf Asian Vegetable Mix Mixed Tropical Fruit</p>
<p>27) Soup & Sandwich *CASH ONLY <i>Punch Cards Will Not Be Accepted</i></p>	<p>28) CATERED</p>	<p>29) Griddle Fried Chicken Mashed Potato & Gravy Sweet Peas Rolls Rice Pudding</p>	<p>30) Chicken Salad Sandwich on Croissant Lentil Soup Ice Cream</p>	 <p>TELLER SENIOR COALITION SENIOR SERVICES WITH  ...SINCE 1996</p>

60 & Over \$4.00

Reservations Required 24 Hours in Advance (719) 687-3877

Under 60 \$7.00

Reservations Accepted From 9 A.M. – Noon the day before (and earlier)



WOODLAND PARK
SENIOR CITIZEN'S CLUB

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

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RETURN SERVICE REQUESTED

BOARD OF DIRECTORS

Jerry Burnham, President
Tom Holmes, Vice President
Bill Avery, Treasurer
Jeanette Zupancic, Secretary
Ron Frindt, Director-at-Large
Paul Loyd, Director-at-Large
Pamela Argo, Activities

COMMITTEES

Neva McMullin, Afternoon Tea
Donna Clark, Historian
Paul Loyd, Club Lunch Coordinator



You are invited.

Saturday, June 25th at 2:00 in the afternoon

7th Annual

High Tea & Serenade

Woodland Park Senior Center

\$15 per person, reservations at 687-3877

Sponsored by: 

Supporting activities of the Woodland Park Senior Center.