

# SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

JULY, 2016

Volume 7, No. 7



## CARFIT IS HEADED YOUR WAY!

### What is CarFit?

- CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association.

### What are the Objectives of the CarFit program?

- The program is designed to help older drivers find out how well they currently fit their personal vehicle and to highlight actions they can take to improve their fit. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others.

### In What Ways Can CarFit Improve Road Safety?

- Three quick examples underscore the importance of road safety to the CarFit program, which reviews twelve key areas of the driver's fit to the personal vehicle.

1. **Example one:** Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
2. **Example two:** Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times.
3. **Example three:** Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel.

### Is CarFit effective?

CarFit was pilot tested in 10 cities in the spring of 2005 with more than 300 older driver participants. Based on findings from the CarFit checklists completed at the events and follow-up surveys of participants, the program appears to be highly effective on multiple fronts. Some of the results show:

1. ...over one-third (37%) had at least one critical safety issue that needed to be addressed.
2. ...one in ten (10%) were seated too close to the steering wheel.

3. ...approximately 20% did not have a line of sight at least 3" over the steering wheel.
4. In addition, the vast majority of those responding to the survey indicated that as a result of having gone through the CarFit event, they made a change to improve the fit of their vehicle and the use of safety features in their vehicle

### How is a CarFit check completed?

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

Take advantage of a local CarFit event right here at the Senior Center on **Monday, July 11, 2016, from 1:00 until 3:00 p.m.** Call Pamela at 687-3877 or 339-0954 to reserve a time slot.



—July Newsletter—  
Sponsored by



- Coming in July:
- 12 Potluck and presentation by UCCS Center on Aging: Dementia Verses Age-Related Memory Loss
  - 16 July Pancake Breakfast
  - 18 Trip to Bucksnot for lunch, sign up at front desk
  - 26 Catered Meal and Hospital presentation: Breathing at High Altitude
  - 30 Annual Summer Sale 8-1 donations being accepted now



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.



Coming Events

Next hike is on the 14<sup>th</sup> of July at Rainbow Gulch.

Sitz Yoga every Tuesday @ 1:30 at PPRH

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

**JULY BABIES:**

- Kathy Benson
- Lucia Boyer
- Pat Burnham
- Donna Clark
- Sally Clark
- Geri Holman
- Sue Holland
- Bill Kohrt
- Phyllis Richards
- Ginny Shippey
- Linda Somerville
- Ida Van Beek
- Ed Zupancic

July Catered Meal is FREE for July 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.

## Now Accepting Donations

We are collecting items to sell at the annual garage/parking lot sale on Saturday, July 30th. 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 tax-deductible.



## Line Dancing

Every Monday & Wednesday from 3:30 until 4:30 here at the Senior Center. No previous experience required. Instructor, Susan Stam, will walk you through all the dances we are learning. This is a great way to exercise without thinking about it!



THE GARAGE SALE HAD GONE EVEN BETTER THAN THEY HAD EXPECTED.

## Thank You!!!

Attorney, Meg Goblet, for sponsoring our June newsletter as well as for the informative workshop on estate planning.

Ute Pass Chamber Players for yet another beautiful concert at our annual Afternoon Tea. We look forward to your upcoming season of performances at High View Baptist Church here in Woodland Park.

Afternoon Tea sponsors, Newmont America (CC&V Gold Mine), and Park State Bank & Trust. If you get a chance to thank these generous supporters in person, please take the opportunity to do so.

Donna Clark and Merriam Gillespie for the delicious cookies at the Afternoon Tea.

Aline Goodchild, Earlyn Cowman and Judy (you know who you are) for all the help at the Tea. We couldn't have done it without you!

Natasha Thompson for the insight into life in Russia.

Gerry Coulter for the delicious chicken carbonara for our catered meal and Aline Goodchild for the yummy blackberry cobbler.



GAME POSTPONED

Until Thursday, September 1st. Cost is \$26 for the game and \$5 donation for transportation. Sign up at the front desk..

## COMMUNITY CAFÉ

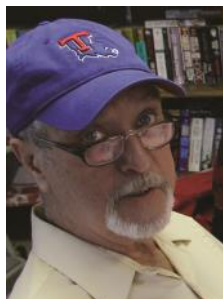
Community Café, provided by Teller Senior Coalition, has greatly improved our lunches and is well worth the increase in price. We can thank TSC for subsidizing the program and Chef, Gerry Coulter, for the delicious and varied menus.

We would like to ask for your help in one area. Planning a meal for 15 people is not the same as for 30 or 45. That is why it's important to make your reservation ahead of time. Help the Chef plan appropriately for these meals and avoid waste. In addition, your cancellation, should it be necessary, is greatly appreciated.

We want this program to continue to be a success and this is one way we can all help that happen.

## 2016/17 WOODLAND PARK SENIOR CITIZENS ORGANIZATION

### Board of Directors



Jerry Burnham  
President



Rose Banzhaf  
Vice President



Bill Avery  
Treasurer



Jeanette Zupancic  
Secretary



Pat Danielson  
Director at Large



Ron Frindt  
Director at Large



Pamela Argo  
Activities

Meetings of the Board of Directors are held on the second Wednesday of each month at 9:00 a.m. We discuss Club business including current financial information, Club activities and events, grant activity and other topics as they arise. Anyone is welcome to attend.



### 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.



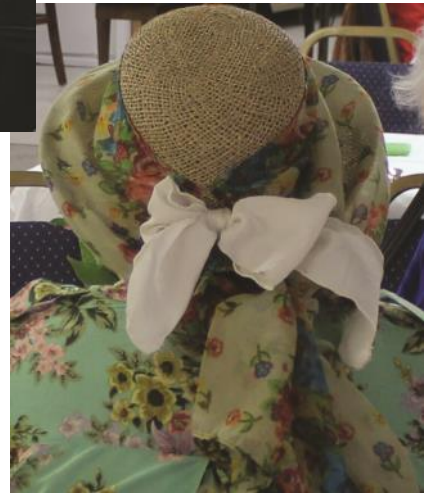


TEA ↑

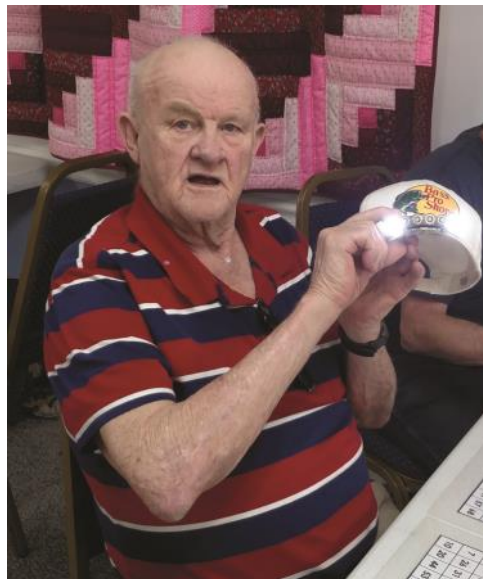
Balloon Release to Celebrate Elder Abuse Awareness Day →



Bill shows off new hat. ↘



Look who's back! ↓







# JUNE BINGO





Gourd presentation to DayBreak. Gourd bird houses and feeders made by WP Senior Citizens Club members. ↓





# July, 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 AF Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	2
3	4 CENTER CLOSED 8:00 – 11:00 a.m. 	5 <b>Lunchtime Entertainment Song Stylings of Bill Lareau</b>	6 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	7 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	8 10:30-11:30 AF Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	9
10	11 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	12 <b>POTLUCK</b> UCCS Presentation: Dementia Verses Age Related Memory Loss	13 9:00 Board Meeting 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	14 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	15 10:30-11:30 AF Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom Teens joining us today! \$5 Donation Appreciated	16 8:00 – 11:00 a.m. 
17 <b>Monday, July 18</b> → Lunch at the Bucksnot Leave Sr Center at 10 \$5 transportation + Lunch Money! Sign up at front desk..	18 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	19	20 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	21 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	22 10:30-11:30 AF Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	23
24	25 9:00-11:30 Quilting 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	26 <b>CATERED MEAL</b> PPRH: Breathing at High Altitude	27 10:30-11:30 AF Exercise 12:00-3:00 Bridge 3:30 Line Dancing \$5 Donation Appreciated	28 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	29 10:30-11:30 AF Exercise 1:00-3:00 Art/Writing Class With Angie Wisdom All levels! \$5 Donation Appreciated	30 ANNUAL SUMMER PARKING LOT GARAGE SALE 8:00 a.m. – 1:00 p.m.
31						

July 2016

Tuesday	Wednesday	Thursday	Friday
			1) Baked Cod Brown rice mixed vegetable. Rolls Cake
5) Baked Lemon Pepper Chicken. Mashed potato & Gravy Sweet Peas. Asst. dessert	6) Beef Pot Pie Extended Salad Bar Cherry Cobbler	7) Brats on a Hoagie. Steamed Cabbage German potato salad Fresh Fruit Compote	8) Seafood Salad Wrap Tomato Vegetable Soup Whole fresh fruit Cookies
12)  PotLuck	13) Chicken Ala King Wide egg noodles. Peas & Carrots. Biscuits Asst. Ice cream	14) Pork Chops Baked gold potatoes Hunter Sauce Veg. du jour. Pie	15) Shrimp Creole Steamed Rice Extended Salad Bar Carmel Pecan role cake
19) Pork Green Chile Tortilla Soup Cornbread caserole Tomato salad. Fresh fruit.  26)  Catered Lunch	20) Bar BQ Chicken Au Gratin Potatoes Corn. Brown Bread Asst dessert  27) French Dip with Au Jus Broccoli Cheddar Soup Salad Bar. Chips Jelly Role	21) Baked Penn Noodles with Meat Sauce. Extended Salad Bar. Garlic Bread. Muffins  28) Meat Loaf Mashed Potato and Gravy Veg. du jour. Biscuits. Cheese Cake	22) Grilled Tuna and cheese Sandwich. Black bean soup. Carrot cake  29) Chicken Teriyaki Stir fry. Steamed rice Salad Bar. Rolls Asst. Desert



**WOODLAND PARK  
SENIOR CITIZEN'S CLUB**

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

Volume 7, No. 7  
July, 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



# RUMMAGE SALE



**JULY 30th  
8A - 1P**

**\*Donations welcome.**

Call to arrange drop off  
or pick-up time.

**719.687.3877**



**WOODLAND PARK  
SENIOR CITIZEN'S CLUB**

Lake & Pine St  
Southeast Corner  
Behind City Hall