

LAKE COUNTY SENIOR NEWS



AUGUST 2018

UPCOMING EVENTS >>>

- **Thursday, August 2 at 11:00**
Picnic at the Fish Hatchery.
- **Thursday, August 9 at Noon**
Lunch & Learn Series:
Medicare SHIP program. Lunch
at the Center. No cost.
- **Monday, August 13 at 7:30**
Blackhawk. Bus leaves from
the Center at 7:30 a.m. Call Clo
for info; 719-486-1170.
- **Monday, August 13 at 10:00**
Senior Advisory Board Meeting
at the Center.
- **Thursday, August 16 at Noon:**
Potluck at the Center. Bring a
side dish or a \$2 donation. Main
dish is provided by Center.
- **Thursday, August 23** Walmart
& McDonalds in Salida. The
van leaves at 9:00 from the
Center. Call for a ride. 719-
486-1774.
- **Monday, August 27 at 9:30**
Golfing lessons at Mt. Massive
Golf Course.
- **Tuesdays, Wednesdays,
Fridays: Noon.** Serving lunch
at the Center. Meals on Wheels
delivered. Call for reservations.
- **Every Wednesday, 1:00.** In-
town errands. Call for a ride.



Picnic at CMC on July 5, 2018

Coordinator's Corner: by Judy Mayne Senior Center Updates

It is a delight to begin writing this column for the first time in our third published newsletter. One of my first goals when I started this job in March was to create and publish a newsletter. The purpose of the newsletter is to get the word out about the Senior Center and its activities. In time, this newsletter will grow and evolve as the Center expands. Currently, we have 137 seniors on the mailing list, and it is my hope to expand this number as we connect with others in the community. The newsletter is also emailed to 37 community partners. If you know of someone who does not receive the newsletter, please give us a call at 486-1774 and we will ensure that the individual is placed on the mailing list.

Another top priority is to get to know our volunteers and to highlight the enormous amount of hours that are donated to making the Nutrition Program successful. To that end, I have asked Tim Diamond to donate his time and writing skills to focus on our volunteers one by one for the newsletter. The Senior Center is totally dependent on our volunteers to keep the Meals on Wheels Program functioning as well as other activities. I am truly grateful for their support of the Senior Center.

As you might have noticed by now, a Lunch & Learn Series once per month has been implemented. I will be asking community partners to share their knowledge with us on various topics of relevance and interest. Please take note of the topic on August 9th as it will be valuable information for your future planning. The County provides the delicious meal and it is free to the community regardless of age! Please RSVP so that we know how much food to provide. If you know of a topic or speaker you would like to hear from, please let me know. Thank you!

FEATURED EVENTS >>>

Picnic at the Fish Hatchery August 2nd 11:00

Please join us for another summer picnic. On Thursday, August 2nd at 11:00, we will have lunch at the Fish Hatchery. Ample parking is nearby, and if you need to drive right up to the Pavilion due to mobility limitations, you can do that! Join us any time after 11 and plan to visit for a while or walk the grounds. There are nature trails nearby and benches to sit on and take in the beautiful scenery. Meet at the Fish Hatchery or call us for a ride. RSVP 719-486-1774.

Medicare SHIP program presents at our next Lunch & Learn Series on August 9th at Noon

On Thursday, August 9th at noon, the Medicare SHIP program will be presented. The Pikes Peak Area Agency on Aging Senior Insurance Assistance Program (SHIP) provides Medicare beneficiaries with free and unbiased in-depth, one-on-one insurance counseling and assistance with Original Medicare, Medicare Advantage, Medicare Part D (prescription drug) and Medicare Supplemental (Medigap) insurances. They will answer any questions about Medicare. RSVP.

Golfing anyone? Monday, August 27th at 9:30

Have you ever wanted to improve your game? Have you ever wanted to swing a club for the first time? If so, please join Bob Vigil and a staff instructor for a couple of hours at the Mt. Massive Golf Course on August 27th at 9:30. This will include instruction on chipping, putting and how to have a good time on the greens. There might even be a putting contest! Beginners are welcome! There is no cost as Mt. Massive is providing this free service for seniors. Meet at the Clubhouse at 9:30. Call Bob for more info or for a ride: 719-293-5485.

Upper Arkansas Area Council of Government

UAACOG News >>>

- Did you know that our Area Agency on Aging provides a Caregiver Respite Program? The Program provides relief to caregivers when the client needs a full-time caregiver. The client can receive 52 hours of respite services per quarter. The paid rate is \$15.04 per hour to the provider. The provider can be an independent person or an agency. Janice can help you determine if you are eligible for this program. She will be at the Senior Center on August 21st at noon-1:30. You can also call Janice at 719-539-3341.

OTHER NEWS YOU CAN USE >>>

- **Arts & Crafts Day** will be held on **Wednesday, August 15th** at the Senior Center at 1:00. This is an informal gathering of seniors who work on crafts individually in a group setting. Occasionally, we will have instruction from another individual who would like to share his/her expertise and craft. Coffee/tea and cookies will be provided.
- **Friday BINGO** is back! Join us on **Friday, August 24th at 12:30** at the Senior Center. 50 cents per card. Get in on the action!
- **Train ride:** Monday, September 24, 2018. Full Day. Prices start at \$39. The Royal Gorge Route Railroad is a heritage railroad located in Canon City, Colorado. The railroad moves through the Royal Gorge on a 2-hour scenic and historic train ride. If you are interested, please call Debbie at 719-486-0452 for more info or to reserve your spot.

VOLUNTEER SPOTLIGHT >>>



Cora Eberle Byrne

by: Tim Diamond

Numbers never tell the whole story. But Cora Byrne's number of years serving seniors at the Center is breathtaking: 35 years!! Never mind that she's been taking care of other people since she was five ("my mother was an invalid"). Never mind that she (and husband John) went on to raise six children, and a few grandchildren. Never mind that she started as a volunteer ("I used to make wedding cakes at the Senior Center"). Cora then worked for pay at the Center as a cook, and then again in retirement as a volunteer, doing the same work. Never mind all that, because at 7:00 a.m. four days a week, it's time for her to help Loretta with the cooking, serving, and cleaning that it takes to feed our seniors. You can gaze into those bright blue eyes and see the infinitely generous spirit that has kept the Center (and the rest of us) going all of these years. Thank you, Cora!!