



Assisting Teller County seniors in living full and active lives with dignity and independence

Senior Courier December 2016

2016 was another year of growth for the Teller Senior Coalition (TSC) as we expanded the reach of our services to meet the growing needs of the community. Our mission is to provide services to Teller County senior citizens to enable them to live full, active, and independent lives. We execute this mission with a primary emphasis on services to promote wellness, independent living and social interaction for both our senior and physically challenged populations.

As we enter the Holiday season, please remember your neighbors and the challenges they may be experiencing. In addition to transportation, TSC offers a range of case management, care giver support services, congregate meals and rural meal delivery. Please share that there are others who care and may be help to help ease some of their burdens.

Finally, I'd like to express my deepest thanks to all our supporters, staff, volunteers and clients for their collective efforts to enhance the quality of life for everyone in our community. May your Holidays be filled with peace!

Arnie Sparnins
President, TSC Board of Directors

Teller Senior Coalition (TSC) has been providing "Senior Services with Heart" in Teller County since 1996 and now also serves parts of eastern Park and western El Paso Counties. Our Mission is to provide services to Teller County senior citizens to enable them to live full, active, and independent lives.

Volunteer Spotlight

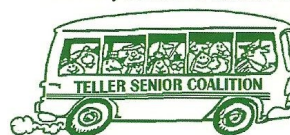
Ray Current, Driver

Ray has been volunteering with TSC for a year and a half. He enjoys meeting and talking with everyone, and says " Everyone has a story, and most everyone enjoys sharing when you engage with them." He loves riding on his Goldwing Touring bike, taking a couple long trips a year, and several day trips. On a Saturday, you can find him riding, when the weather is good, or fixing a good breakfast and working around the house, when the weather is not so great!

And the Winner is...

Thank you to everyone who purchased tickets for the Teller Senior Coalition Board Members raffle of an amazing Broncos Football basket filled with great goodies. The winner of the basket was Katherine Kinzley! Congratulations! The raffle raised over \$2500 and the money will be used for services provided by TSC.

Call us if you need a ride



687-0256

Call us at (719) 687-3330 for information on all of our services! We are here to help!



Did you know? Our office is open for walk-in visits
Monday— Friday 9am-1pm.
Donations are always accepted, and appreciated!

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Cruise About the Clouds

The Teller Senior Coalition would like to thank the Cruise above the Clouds for their generous donation of \$4200 for 2016. These funds will be used for our Rapid Response program, to provide emergency funds for Teller County residents.

Burger Night!

Transportations first Crystola Bar and Grill Burger Night was a great success! Food, fun, and friends! Call (719) 687-0256 to make a reservation for Monday night Burger Nights! (1st Monday of each month.)



L-R: Anne Cantrell, Ralph Arthur, Don Williams, Maggie Reed, Tod Wolfe, Karen Kinney, Waitress, Ralph Power, Joan Cantrell



Maggie Reed and Doug Swanson dance the night away.

Great Resources Available

Each month, the Teller Senior Coalition hosts a Legal Aid day in partnership with Colorado Legal Services. Meet with a qualified Attorney or Paralegal to assist you with your legal needs.

Linda Sorensen is a Dietician available to help seniors in our community . Have dietary Questions? Be in charge of your health! Contact us to set up an appointment for Legal and Health needs!

Medicare Open Enrollment Deadline

The December 7th deadline for Medicare Enrollment is coming quickly upon us. Make sure to review your plans and make any changes needed. Contact **1-800-MEDICARE** or go to **www.Medicare.gov** for more information. For additional information, tips, and assistance call/ or visit the Colorado Senior Health Insurance Assistance Program (SHIP) at **1-800-994-9422** or **www.ct.gov/agingservices/cwp/view.asp?a=2511&q=313032**.

New Fixed Bus Route

Be sure and check out the schedule for the new Wednesday and Friday public fixed bus route with stops to Green Mountain Falls, Cascade, Manitou Springs, and throughout Woodland Park. *Schedule Posted on www.tellerseniorcoalition.org



Need To Know Info!

(Clip and Save)

Prepare For Emergencies Now: Information For Older Americans.

With winter closing in, have a plan in place now.

#1. GET A KIT TOGETHER. Plan on having 3 days worth of supplies, and cater the kit to your own needs. You might not have access to a medical facility or pharmacy. Think about the basic survival needs—food, water, and any life-sustaining items you require. Consider having 2 kits. One to stay at home and one that travels with you. Recommended items:

WATER: 1 gallon per person per day

FOOD: Non-perishable food and a can opener

MEDICINE: At least 3 days worth

FLASHLIGHT: With extra batteries

FIRST AID KIT

GARBAGE NEEDS: Garbage bags, with twist ties, and moist towelettes

PET FOOD: Extra food and water for pets

FOR CAR KIT: Extra Blankets

#2. MAKE A PLAN. The reality of a disaster, or weather related situation, is you will most likely not have access to most conveniences. If you have people that assist you on a daily basis make a plan as to how you will contact them. Think about what other modes of communication and transportation you can utilize. If your family is not together when an emergency strikes, how will you communicate. Have emergency documents available, such as, family records, wills, power of attorney, social security information, etc.

#3. BE INFORMED. Know what type of emergency situations can arise in our community, anything from winter weather to wildfire. Be prepared to adapt the kit and plan to your needs. With these simple steps, you can be ready for the unexpected.

For more information and to get more tips, visit www.ready.gov, or www.fema.gov

