



Contact us today at:  
Case Management/Handyman (719) 687-3330  
Transportation (719) 687-0256  
[www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)

# Senior Courier March 2017

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Hello!

It was a true honor to win the 2016 Colorado Association of Transit Agencies (CASTA) Small Transit System award which was one of 2016's outstanding accomplishments.

In 2016 there was a 33% increase in transportation services as well as an increase in all other service areas - case management, respite care, handyman services and the meal program. Our continued growth to further the welfare of Teller County seniors was made possible because of the support and donations of the community, staff, volunteers and Board of Directors. A heartfelt thank you to all!

We look forward to enhancing our community commitment in 2017.

Gail Gerig  
President  
Board of Directors

## Heart Healthy

February was American Heart Month. But, every month you should take care to make your heart as healthy as possible. Small changes can make a big difference:

•**Schedule a visit with your doctor to talk about heart health.** It's important to schedule regular check-ups.

•**Add exercise to your daily routine.** Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.

•**Increase healthy eating.** Cook heart-healthy meals at home at least 3 times each week .

•**Take steps to quit smoking.** If you currently smoke, quitting can cut your risk for heart disease and stroke.

•**Take medication as prescribed.** Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.

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### Medicare Preventive Screenings

Did you know? Medicare has Preventive screening services. Covered screenings include:

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screening
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma tests
- Hepatitis C screening test

HIV screening

Lung cancer screening

Mammograms (screening)

Nutrition therapy services

Obesity screenings & counseling

One-time “Welcome to Medicare” visit

Prostate cancer screenings

Sexually transmitted infections screening & counseling

Yearly “Wellness Visit”

Shots:

- Flu shots
- Pneumococcal shots
- Hepatitis B shots

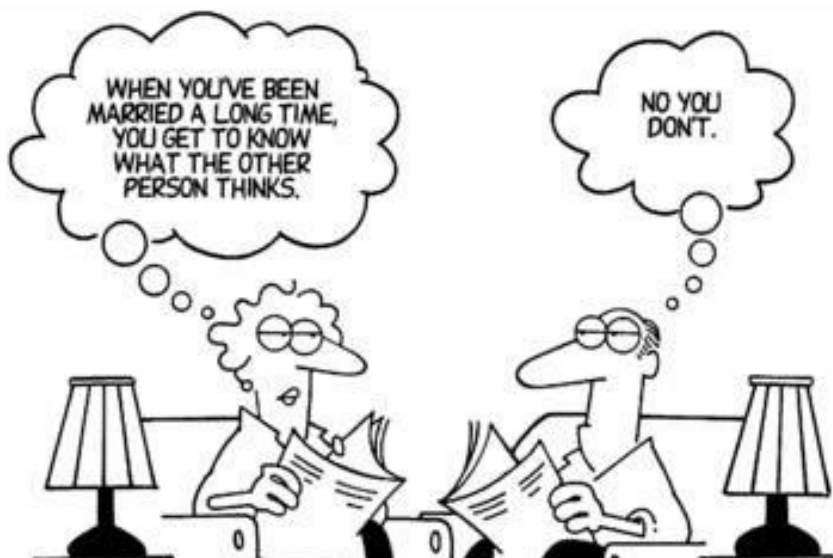
Talk to your doctor to schedule these important screenings.

<https://www.medicare.gov/coverage/preventive-and-screening-services.html>

### Changes to Community Café

Effective 4/3/17, Silver Key of Colorado Springs will be providing hot lunches Monday-Friday at the Senior Center. Suggested donation of \$2.25 per person for those 60 and over.

Existing Teller Senior Coalition 6 or 12 meal tickets will not be sold after 3/21/17. Any meals remaining on existing meal tickets will be honored, but no refunds will be given.





*Need To Know Info!*

*(Clip and Save)*

## **Fixed Bus Route**

Catch a ride on our Public Fixed Bus Route, every Wednesday and Friday!

Open to everyone\*. Schedule runs as follows:

9:30AM TO 2:30PM

Depart Senior Center: 9:30AM

- Pike Peak Regional Hospital:  
9:35 10:35 11:35 12:35
  - City Market  
9:42 10:42 11:42 12:42
  - Safeway  
9:49 10:49 11:49 12:42
  - Walmart  
9:55 10:55 11:55 12:55
- Green Mountain Falls Road (Bus Stop)  
10:02 11:02 12:02 1:02
- Paradise Cr./Goodwill (Bus Stop)  
10:12 11:12 12:12 1:12
- Woodland Park Library  
10:19 11:19 12:19 1:19
- Senior Center  
10:25 11:25 12:25 1:25

\*Priority give to seniors (60+) and disabled citizens. Additional drop offs to DMV, Social Services, etc. can be requested, time permitting.

Visit our new website for more news and events [www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)