



# TELLER SENIOR COURIER



... INDEPENDENCE AND DIGNITY

- August 2022 -



## A Note from the Executive Director Kathy Lowry

The Teller Senior Coalition (TSC) has settled into our new office space in Divide. TSC moved in January 2022 from Woodland Park. We are now closer to many of our clients and have more space to better serve seniors. We are behind McGinty's in Divide, Colorado.

TSC has a Lending Library and puzzles for seniors to enjoy. A computer is also available for seniors to use. We host Social Activities at the Pikes Peak Community Club in Divide.

We continue to assist older adults with rides to medical appointments or for other essential errands. We provide Senior Food Boxes, Home Delivered Meals, and deliver groceries to make sure no senior is without food. We maintain a Food Pantry for immediate nutrition needs. For seniors who need help cleaning their homes, we are a resource. For those caring for loved ones, we can provide a break. TSC also wants seniors to be safe in their homes and has volunteers who can install grab bars. TSC can also assist with heating needs in the colder months.

Our team of dedicated Case Managers would love to meet with you. They will recommend solutions, through TSC or other agencies, to assist with your needs. This team also makes periodic calls to check in with clients.

Last year TSC assisted 1,133 residents. We work hard to be an invaluable resource to help seniors in the community. Our team is dedicated to doing everything we can to assist older adults in the Pikes Peak region.



## Health Corner

TSC has a supply of at-home COVID tests in the office. Call Lisa at 719 687 3330, ext. 6 to request yours today!

Many have put their routine health care needs on the back burner during COVID, and it's time to get up-to-date on your vaccinations! **Teller County Public Health & Environment (TCPHE)** offers routine vaccinations for all ages—including childhood vaccinations and those over 50



seeking the Shingles vaccine — weekly in our Divide Clinic. We can bill most insurances and do have funding sources for those who are uninsured/underinsured—making most vaccines free or low cost. We also still offer COVID vaccines and boosters.

**Divide Clinic** Immunizations Mondays, by appointment.

**Cripple Creek Clinic** Immunizations are on the 2nd and 4th Wednesdays.

## CASOA Survey

Seniors in Teller County may receive a  
Community Assessment Survey for Older Adults.

Please Respond!

This survey provides information on Senior needs over the next four years.

### Medicaid Information Update

Take action today to make sure that Health First Colorado (CO Medicaid) has your current phone number, email, and mailing address. It is important that you can get notifications about your coverage.

Call Katelynn Brown at the Aspen Mine Center to update your information.

719-452-1986 or  
Katelynn@AspenMineCenter.org

### Volunteers

We are so grateful for the wonderful volunteers who partner with TSC! They are vital in helping us achieve our goal of helping seniors achieve and maintain Dignity and Independence. We are always looking for future volunteers, especially drivers, and in our Neighbors Helping Seniors and Handyman programs. Please call the office to find out how you can improve the lives of our Teller County seniors!





## #988—National Suicide Prevention Lifeline & Veteran’s Crisis Line

Colorado has a new number to call, text, or chat. Trained counselors will listen, understand, provide support, and connect you to appropriate resources, if necessary.

**988** is easy to remember and provides help for any crisis, including emotional distress, substance abuse support, suicidal thoughts, and more. People who are worried about loved ones can also call 988.

## Tips to Avoid Scams

Never give out personal information by phone.

Never respond to an offer you don’t understand.

Ask for invoices in writing and pay only when you have received a performed service.

### Common Scam Areas:

- Healthcare & Health Insurance Fraud
- Investment & Reverse Mortgage Scams
- Funeral & Cemetery Fraud
- Telemarketing Fraud
- Charity Scams

## Grief Support Information

**Forget-Me-Nots:** Coffee, conversation, and companionship. 10 am on the 2nd Saturday of the month. Aspen Mine Center Café (1st floor). 166 E. Bennett Ave, Cripple Creek. Call Krysis Arrick for more info: 719-661-3539.

**Grief Support Group.** Wednesday afternoons. 1:00-3:00, Woodland Park Public Library. RSVP to Kathy Sparnins: 719-659-0447, [kathy.sparnins@voicesofgrief.org](mailto:kathy.sparnins@voicesofgrief.org).

**GriefShare:** Woodland Bible Chapel, 39601 Hwy 24, Lake George. Thursdays from 10:00 a.m.—12:00 noon. Call Karen Geiger 719-689-2603 or Pastor Bill Jones 719-686-8960.

## Bingo

Are you feeling the effects of being isolated in your home the last few years? Do you need to get out, but don’t know where to go, or what to do? Well, we have the perfect opportunity for you!

### Come to BINGO!

(There is usually a Scrabble game going as well.)



We meet every other Friday from 10:00—11:30 at the Pikes Peak Community Club, 11122 US 24, Divide, CO 80814. Our schedule for the upcoming month is 8/5 and 8/19. Check the calendar on the next page for Bingo through the rest of the year.

We ask that you RSVP at 719-687-3330, ext. 6, so we have enough coffee and snacks, not to mention wonderful and fun prizes!



## New Transportation Grant Funds

TSC Transit has received additional grant funds to provide transportation. On July 1<sup>st</sup> we received notice that we were awarded the Multimodal Transportation and Mitigation Options Fund grant (MMOF).

The program goals are to benefit seniors by making aging in place more feasible, benefit residents of rural and disproportionately impacted communities by providing them with more accessible and flexible public transportation services, provide enhanced mobility for persons with disabilities, and reduce emissions of air pollutants and greenhouse gases.

We will be providing additional transportation to Teller County, Eastern Park County, and Western El Paso County.



We provide transportation to anyone 18 years of age and older. If you need transportation, call us at 719-687-0256.

We have another vehicle on the road transporting clients. Our new hybrid Chrysler Pacifica is pictured with our drivers, Wilmer and Mac.

### TSC Staff

**Director Client Services**  
**Sharron Hahn, ext. 2**

**Director Transportation Services**  
**Dianna VanAuken, ext. 4**

**Executive Director**  
**Kathy Lowry, ext. 5**

**To schedule a ride with Transportation, call 719-687-0256**

### Upcoming Events

**Bingo:** 8/5, 8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/9. RSVP.

**Lunch @ The Pantry:** August 9, 10:30 (Plan on spending \$20 for your meal, beverage, and tip). Call for more info and to RSVP by August 5.

**Visitor Center & Picnic @ Mueller State Park:** 9/20. 10:00 am . Bring a sack lunch for after the Visitor's Center. Limited seating. Call for more info and to RSVP by Sept. 6.

Call Lisa at TSC for more info and to RSVP.