



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

# Senior Courier August 2017

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## **TSC Welcomes Two New Employees!**

We would like to extend a warm welcome to our new Receptionist and Administrative Assistant, Heidi Allen. Heidi comes to us from with a medical office background and is eager to greet and assist our clients with their needs!

Also joining our staff is Danielle Noyd! As a Dispatcher for our Transportation Division she will have the opportunity to meet and assist many of you face to face, and over the phone!

Please join us in welcoming our new team members, and giving a hardy hello if you get the chance to meet them!

## **SB017-11, An Open Invitation**

The City of Cripple Creek and the Teller Senior Coalition (TSC) have been chosen to participate in Senate Bill SB17-011, Study Transportation Access For People With Disabilities. Together, they will lead a discussion and fact finding forum to identify the barriers and challenges for transportation clients with disabilities. The bill creates a technical demonstration forum consisting of eight members to study and document how advanced technologies can improve transportation access for people with disabilities.

All community members are invited to attend an open forum on August 3<sup>rd</sup> at the Woodland Park Library, at 218 E Midland Ave, Woodland Park, CO, from 2:00pm-4:00pm to provide feedback to assist on the transportation challenges faced by our disabled citizens. Call TSC for more information.

## **Teller Senior Coalition is Host to Colorado Legal Services**

Are you in need of legal assistance, such as Will and Trust preparation, Power of Attorney, or other non-criminal related legal needs? On the second Thursday of each month, Colorado Legal Services has a legal representative on location here at our office, providing free legal assistance to seniors age 60 and over or low income qualified citizens, with appointments starting at 1:30. Space is limited, and you must have an advance reservation. Call us at 719.687.3330 to reserve your time.

## **Check Out Our New 4th Page!**

Beginning this month, check out the 4th page calendar! With Transportation information and rides, special events and legal schedules, this will be a page you will want to keep and refer to!

## **Donations Appreciated**

Help TSC to continue to provide our valuable services. Your donation helps to provide a ride to a necessary medical appointment, a needed home safety repair, a meal to a homebound senior, or caregiver support. Teller Senior Coalition is an IRS recognized 501 (c) (3) organization, and your donation is tax-deductible. Bring your donation to our office for a tour, or mail to:

PO Box 6956, Woodland Park, CO 80866.



Did you know? Our office is open for walk-in visits  
 Monday— Friday 9am-3pm.  
 Donations are always accepted, and appreciated!

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### Aspen Bowers Coming to Woodland Park

Aspen Bowers is an assist in LIVING Residence that will become part of the Woodland Park community in January 2018. They envision a bed and breakfast lifestyle that empowers independence and supports individuals to continue to seek their life's aspirations. They believe that by fostering a climate of engaged healthful living, they can create an environment that encourages self-determination and enables people to pursue their hopes and dreams. If you or someone you know may be interested in joining this community, you can contact them via their website at [www.aspenbowers.com](http://www.aspenbowers.com) or contact them directly at 719-440-1194.

### We need your help!

Teller Senior Coalition is looking for volunteer drivers for our Transportation Division. Do you love to meet new people, have some free time each week to assist with driving Woodland Park seniors to appointments and activities? Then we would love to hear from you! You would drive a Teller Senior Coalition vehicle and have the opportunity to help your community. We are also looking for drivers for our Home Delivered Meal program delivers. If you have free time on Mondays, and want to greatly help a senior, call us today!

### Woodland Park Senior Center

The Woodland Park Senior Center is located at 321 N. Pine St, Woodland Park. Open Monday-Friday and featuring a daily congregate lunch and special senior activities. Fitness classes, bridge, quilting, bingo and more are just a few of the things you can participate in. Special monthly seminars and events are also available. Call the Senior Center at 719.687.3877 or visit their website at [www.woodlandparkseniors.com](http://www.woodlandparkseniors.com) for a calendar of events.

### **Sudoku!**

				5	3
4				6	
6				3	
	3				4
	6				1
1	2				

### **Sudoku Solution!**

Visit our Facebook page at <https://www.facebook.com/tellerseniorcoalition.org/> for the solution to this months puzzle!



*Need To Know Info!*

*(Clip and Save)*

## **August is National Immunization Month!**

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

### **WHAT YOU NEED TO KNOW ABOUT SHINGLES:**

In the US, currently 1 million people get shingles every year, and 1 out of every 3 people will get shingles in their lifetime.

Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you have had chickenpox, you are at risk of getting shingles.

- 1 out of 3 people 60 years and older will get shingles.
- 1 out of 6 people 60 years and older who get shingles will have severe pain. The pain can last for years.
- Shingles can lead to serious complications involving the eyes. Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation, or death.

### **PROTECT YOURSELF AGAINST SHINGLES!**

Adults 60 and older should talk to their medical professional about getting a one-time dose of the shingles vaccine.

While getting your shingles vaccine, it is a perfect time to talk to your doctor about the yearly flu vaccine, Tdap vaccine (to protect against tetanus, diphtheria, and pertussis -whooping cough), and Pneumococcal vaccine.

Learn more at [cdc.gov/vaccines/adults](http://cdc.gov/vaccines/adults) or call 1-800-CDC-INFO (1-800-232-4636).

Visit [https://www.vaccines.gov/who\\_and\\_when/seniors/index.html](https://www.vaccines.gov/who_and_when/seniors/index.html) and use the [Adult Immunization Vaccine Finder](#) to receive personalized vaccine recommendations based on your age, health status, location and other factors. Talk to your doctor for advice, and information regarding your personal health history and vaccination safety.



# TSC August 2017

Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Fixed Bus Route	3 Out and About Day  SB017-11 @Library 2pm-4pm	4 Fixed Bus Route	5
7 Burger Night at Crystola Bar  RAMP Delivery	8 Grocery Shopping	9 Fixed Bus Route	10 Colorado Legal Services	11 Walmart  Fixed Bus Route	12
14 RAMP Delivery	15 Grocery Shopping	16 Fixed Bus Route	17 Out and About Day	18 Fixed Bus Route	19
21 Burger Night at Crystola Bar  RAMP Delivery	22 Grocery Shopping	23 Fixed Bus Route	24 Picnic Day, Memorial Park—WP	25 Walmart  Fixed Bus Route	26 Senior Expo @ Mt. View Methodist 9am-3pm
28 RAMP Delivery	29 Grocery Shopping	30 Fixed Bus Route	31 Cripple Creek Activity 8am-2pm		

Advanced reservations required for all Transportation events and activities, excluding Fixed Bus Route. Call 719.687.0256 to make a Transportation reservation.

Where do you want to go today? Our alternating Thursday Out and About day is a home pick up service starting at 8:00AM and takes the group of clients where they want to go together, in Woodland Park.

Call us if you need a ride .....



687-0256