

A note from Shannon Rogers, Executive Director

Everyone has heard time and time again that we are in a recession, but, how is it impacting us, our jobs, our community, our seniors? Colorado Springs City Council has had some tough decisions to make lately. On April 7th we have another Election coming up. In addition to some City Council seats that are up for reelection we have some ballot issues. Please go to this link and read the issues. <http://www.springsgov.com/Page.asp?NavID=7496#1A>

No matter the outcome of this vote, it will affect all of us! Please vote.



Top 7 Reasons Why Businesses Succeed

by Janna Hoiberg of ActionCOACH

1. **A clear and concise vision and mission which is communicated to and understood by all stakeholders (owners, management, employees, customers and suppliers) in the company.** This answers the questions, “Why are we in business?”
2. **A culture which meets the needs of the owners, the employees, customers and suppliers of the company.** This definition of culture answers the questions, “How will we conduct ourselves as we do business?”
3. **A uniqueness that separates the company from its competition,** thereby answering the question, “Why should our customers buy from us?”
4. **Financial reserves such as ownership capital and outside lending resources, but most importantly, capital accumulated from a healthy stream of profits.** The healthy stream of profits will attract ever increasing amounts of ownership capital and lending resources to help the company grow.
5. **The ability to attract top performing people to accomplish the vision and mission.** The really successful businesses do not depend on the charisma of any single individual , including that of the founder.
6. **Dedication to the principle embodied by the Japanese word ‘kaizen’ (never ending improvement),** which means that even when things are going very well, successful companies strive almost obsessively to improve their product service.
7. **A focus on things the company does well** and the sense to recognize that doing *some things* well does not mean that the company does *everything* well.

SRC

Committees

Become involved! Be on an SRC committee. Not only are you able to network and grow your business, but you can give back to our senior community at the same time!

Call 260-0744 for more information.

SAFE

Conference

Senior Expo

Grandparents Raising Grandchildren

Holiday Dinner Dance

Membership

Senior

Housing Directory

A Veteran's

Salute

City Cemeteries Clean-Up March 1 - 15

By *Julie Smith*

The two City-operated cemeteries, Evergreen and Fairview, will conduct their tri-annual clean-up from March 1 - 15.

Prior to this two-week period, people are encouraged to remove any items from gravesites and headstones they wish to save. The March clean-up is the time when Christmas wreaths and other holiday items are removed from the cemetery, along with tarnished, unsightly, sun-bleached or damaged containers or flowers.

Prohibited items and unsightly décor will be removed from gravesites in compliance with published cemetery regulations to preserve the beauty of the grounds. Such items include baskets, boxes, shells, toys, crockery, glassware, wreaths, cans and potted plants. Artificial flowers in urns or plastic vases attached to headstones may remain as long as they do not hinder mowing or other cemetery maintenance. Occasionally, permissible items are inadvertently removed, so the maintenance staff reminds citizens to remove any items of value from gravesites.

For more information, call Evergreen Cemetery at 578-6646, or Fairview Cemetery at 578-6638. Additional information on the city-owned cemeteries can be found online at <http://www.springsgov.com/SectionIndex.asp?SectionID=12>.



Council Connections

Please join us March 18th from 8:00 to 10:00 am at

The Belcaro Senior Community

3475 American Drive Colorado Springs, CO 80917

Hosted by ComForcare

In addition to the wonderful networking opportunity that this quarterly event offers, we will also have a guest presentation by the PPAAA. They will give us an update on what is happening with their state funding and tell us more about what the PPAAA does for our community.



FREE TAX AIDE

AARP Tax-Aide is available to help low and moderate income taxpayers file their personal incomes tax returns. Special consideration will be given to those 60 and older. Volunteers are trained to assist in filing basic Federal and Colorado State tax returns using e-filing technology that is safer, quicker, and faster than traditional paper methods. Volunteers will be available to assist individuals on all of the weekdays shown below between February 1 and April 15, 2009. Taxpayers with complex tax returns are advised to seek paid tax assistance. Contact Don Von Gunden at 495-3651 if you have questions about this program.

AARP Tax-Aide Sites

El Paso & Teller Counties

February 1 through April 15, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Tri-Lakes Cares 235 Jefferson St Monument 12:00 - 3:00 PM See Note 1	Sunnyside Christian Church 2025 N Murray Blvd Colorado Springs 09:30 - 3:00 PM (walk-in)	St Francis Health Center 825 E Pikes Peak Ave Colorado Springs 12:00 - 4:00 PM	Fountain Valley Community Center 5725 Southmoor Drive Fountain 08:30 AM - 3:30 PM	Holy Apostles Church 4925 N Carefree Circle Colorado Springs 11:00 AM - 4:00 PM
Silver Key Senior Services 2250 Bott Ave Colorado Springs 9:00 AM - 11:30 AM	Woodland Park Senior Center 1:00 - 5:00 PM By appointment only 719.686.1798		Colorado Springs Senior Center 1514 N Hancock Ave Colorado Springs 1:00 - 5:00 PM Appointment Only 385.5933	Colorado Springs Senior Center 1514 N Hancock Ave Colorado Springs 1:00 - 5:00 PM Appointment Only 385.5933
			Silver Key Senior Services 2250 Bott Ave Colorado Springs 9:00 AM - 11:30 AM	
			Tri-Lakes Cares 235 Jefferson St. Monument 12:00 - 3:00 PM See Note 1	

Note 1: Monday & Thursday PM by appointment. Call Jim Taylor @ 488-1317

PILLAR...learning just for the fun of it! Check our website at www.visitpillar.org for the PILLAR Preview that lists classes, trips and tours. Looking for a guest speaker? We are happy to help you. Give us a jingle at 633-4991. Ask for Bonnie jw Riley, Founder and Executive Director.

If you have an identity, you should be shredding! Federal Document Shredding is ready to assist you in protecting your customer and client data (paper, tapes, CD or floppy disks) from identity theft. Whether you drop data off at 2784 Steel Drive (I-25 & Fillmore), M-F 10:00-1:00 or need pick-up or on-site service, we are here to help. We offer affordable shredding & recycling service for the Pikes Peak community. Call 227-0877 with any questions. We look forward to serving you!

Companion Cottage, 2006 Meyers Avenue, Colorado Springs, Colorado 80909
The Cottage offers person-centered senior day care in the welcoming environment of the new "small home" concept. Arrangements available to our registered families for hourly evening and weekend special events. Marlene Martinez joins our volunteer companion team alongside Patty, Linda and Sue.
Our day visitors especially enjoy the arts and crafts room and bring along their special hobbies and interests to share. Spring will soon be here as we look forward again to our outside activities.
As a family life partner, we provide safety and companionship for loved ones and peace of mind for caregivers while they tend to their own personal time.
Watch for our announcement of our May Garden Party at the Cottage. Call Patricia Mennit for more information. (719)633-1921

"The Buzz at The Bridge"

Topic: Estate Planning

Guest Speaker: Ryan Morey, Attorney for Forbush Legal

Friday, March 20th

3pm - 4pm

The Buzz at The Bridge is a series of educational events we will be holding every month at The Bridge Assisted Living. There will be a different speaker every month discussing a specific topic.

Long Term Care Insurance – for you! Let me ask you two questions. *Are you getting older and Are you getting healthier?* LTC insurance premiums are mainly predicated on two factors, your age and your health. If you are in your 40's, 50's or 60's and you don't have LTC insurance, now may be the time to purchase LTC. Join me on March 12 at noon, lunch is on me and we'll talk about Long Term Care for you. I'm Ron Cornell a Financial Advisor; I'm located at Raymond James Financial Services, Inc, 228 N. Cascade #300 CSC 80903. RSVP at 719-471-2828, or email at ronald.cornell@raymondjames.com. Member FINRA & SIPC

Informational Breakfast

Where: Sterling Care Adult Day Services

2233 Academy Place #101

When: March 25th 7:30/8:00 am - 9:00 am

Topic: Types and benefits of Medicaid

Speaker Jo Bell, Department of Human Services RSVP by March 23 to hbrown@sterlingmedcorp.com, 761-4007 or 637-1568

GrandFriends is a School District 11 program that matches senior citizens and retirees with volunteer opportunities in our schools. If you know of any seniors that would enjoy working with students that really need some extra help. This is a very fun and rewarding volunteer experience that also is somewhat flexible. The volunteer decides the day, time, school and grade level and we work on the placement for them. If interested please call Mary Beth Williams, School District 11, Volunteer Services, 520-2311.



Imagine not being able to recognize your best friend.

Today millions of people with Alzheimer's can no longer remember the ones they love. That number is expected to increase dramatically in the next 20 years. And it's one more reason MetLife Foundation continues to support research to find a cure. This year the Foundation honors the outstanding work of Takashi Iwatsubo, MD, University of Tokyo, Japan, and Michael S. Wolfe, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, with the MetLife Foundation Award for Medical Research.

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Peak Vista Community Senior Health Centers are here to assist seniors with comprehensive healthcare – including medical, dental and behavioral health services. Behavioral health consultants are integrated into our Senior Health Centers and work with patients to address common conditions affecting senior health such as depression, anxiety screening and treatment, chronic illness support, and memory assessment at no additional cost. Peak Vista welcomes new patients with Medicare, Medicaid, Medicare supplements and many private insurances. For more information, call our Senior Health Center at Union & Vickers at 719-329-7100, Senior Health Center South at 719-329-7169 or visit www.peakvista.org.

The Seniors Blue Book is very excited to announce the upcoming next generation of senior websites at www.SeniorsBlueBook.com. It will launch in March and will be both the most user-friendly site for seniors to find information about all of you... and it also will provide a complete support system for the senior professionals and businesses in our area and around the state/nation. All of your existing information will migrate to the new site. You are going to love it, and so will the seniors we all serve! More information is coming. In the interim, please update my information to Mark@SeniorsBlueBook.com

The Schwartz Kids Singers are back and available Saturday afternoons to come and perform one of their very popular and free gigs for their seniors. Call Mark or Emily at 531-6460 to book the next available date -- now and/or any Saturday in 2009.

SolAmor Hospice is pleased to announce the addition of Dr. Jonathan Weston as Medical Director in Colorado Springs. Dr. Weston brings both passion and 10 years experience as a hospice & palliative care physician. Combining a unique ability to understand pain and symptom management at the end of life with the comfort he brings to families and patients, Dr. Weston will be an invaluable asset to SolAmor's team.

"We are thrilled to have Dr. Weston as part of our team. His experience, knowledge and compassion align with our continued focus of exemplary service as a premier provider of hospice services to the Front Range" stated SolAmor Hospice's administrator, Dee Geray.

IMAGO HOME TRANSITIONS

ATTENDS PROFESSIONAL CONFERENCE FOR SENIOR MOVE MANAGERS

As senior move management continues to emerge as a valuable service for older adults and their families, attendees at the National Association of Senior Move Manager's (NASMM) 2009 Annual Conference discovered innovative solutions to meet the needs of their clients while growing their business in a challenging business environment. More than 240 senior move managers from around the country attended the annual event.

NASMM's 2009 Annual Conference featured over 20 educational sessions during three days. Attendees had the opportunity to attend educational sessions on topics ranging from generational marketing, senior move management operational issues and older adult service issues to ethics and technology, all facilitated by industry experts and nationally acclaimed speakers.



Calendar of Events for 2009

March

Council Connections ~ March 18th

Sponsored by ComForcare
8:00 am to 10:00 am at The Belcaro

April

General Membership Meeting ~ April 15th

7:45 am to 9:30 am
Village at Skyline

May

Safe Conference ~ May 14th

Dine and Develop ~ May 20th

11:30-1:30
Location and Topic - TBD

June

Senior Expo ~ June 5th

Council Connections ~ June 17th

Location and time - TBD

July

General Membership Meeting ~ July 15th

7:45 am to 9:30 am
Village at Skyline

August

Dine and Develop ~ August 19th

11:30-1:30
Location and Topic - TBD

September

Council Connections ~ September 16th

Location and time - TBD

October

General Membership Meeting ~ October 21st

7:45 am to 9:30 am
Village at Skyline

November

Veteran's Day Salute ~ November 7th

Dine and Develop ~ November 18th

11:30-1:30
Location and Topic - TBD

Holiday Dinner Dance ~ November 21st

December

Council Connections ~ December 16th

Location and Topic - TBD