Palliative care: Helping improve care during serious illness

By Dr. John Lynn

Today, there are approximately 90 million Americans living with a serious and life-threatening illness, such as cancer, cardiac disease, kidney failure, Alzheimer’s and many more. Of those, it is believed at least 6 million Americans could benefit from palliative care.1

Palliative care provides an additional layer of specialized medical care for those facing serious illness. Rather than being based on your life expectancy or diagnosis, palliative care focuses on providing relief from the symptoms, pain and stress that often go untreated during serious illness.

Given the great need for palliative care, it is one of the fastest growing medical specialties.2 The majority of hospitals now offer in-patient palliative care services to those patients that qualify.

At Optum Palliative and Hospice Care, we see patients in coordination with their treating doctors and specialists. Many of the patients we see today are very ill and often home-bound. Our palliative provider goes to their home to help identify pain and symptom management needs associated with the serious or terminal illness, and then makes recommendations to the patients’ doctors. Optum providers then stay in touch with our palliative patients to ensure they get the care they need as their needs may change.

While palliative programs can vary, palliative care consults provided by Optum support patients facing serious and terminal illness in four ways:

1. Pain and symptom management: Your palliative provider will work with you and your doctors to address your pain and symptoms, including fatigue, nausea, stress, etc., that are associated with your serious or terminal illness.

2. Goals of care clarification: Your palliative provider is highly trained to help you understand your condition and sort through any complex medical decisions. Our providers talk with you to find out what is important in your

A Community Salute and Thank You to Ted Rinebarger by Dave Betzler

At its April Board meeting, HAP officially recognized and honored Ted Rinebarger for his five plus years of dedicated service as an active Board member, including the last two years as Board President.

Incoming HAP President Dave Betzler thanked Rinebarger on behalf of the entire Tri-Lakes community, as well as the HAP Board of Directors, and presented him with a crystal desk clock engraved with his years of service.

Rinebarger’s HAP ‘adventure’ and tenure began in early 2009 when Chuck Roberts, then a HAP Board member, recruited him to serve on the Board. As the leading advocate as well as activist for Tri-Lakes senior citizens, Chuck Roberts first recognized the great value and superb skill set represented by Ted’s long and distinguished Air Force career, a follow-on period as Executive Director of a metropolitan YMCA, and active service on numerous business and organizational boards.

Dave Betzler, left, thanks Ted Rinebarger for his service to HAP.
FREE TRANSPORTATION FOR SENIOR CITIZENS

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for Seniors (MCTS) program, funded by the Pikes Peak Area Agency on Aging. Donations are gratefully accepted.

- MCTS transports seniors to medical appointments in Colorado Springs Mondays through Thursdays.
- In the Tri-Lakes and surrounding areas transport is provided for any need, including YMCA, Senior Meals, Senior Center, groceries, appointments, etc.
- To schedule a ride: Call 488-0076. Please schedule a week in advance
- Village Inn for breakfast, then Walmart: Call Jody 481-4824 to schedule a pick-up. Passenger pickup at your home begins 9:30 AM.

For more information, visit our web site www.TriLakes-MCTS-SSHS.org

Volunteers Needed

Additional volunteer drivers are needed to meet the growing demands of our ever-increasing senior population. Volunteers receive an orientation after criminal and driving records have been screened. Mileage is reimbursed if volunteers use their own vehicle.

This is a very flexible program and volunteers can be involved as much as they prefer. MCTS operates Monday through Thursday.

If you are interested in helping support this worthwhile program and have questions, or are ready to volunteer some of your time, contact the MCTS dispatcher at 488-0076.

BINGO!

Saturdays, 7-9 PM; Palmer Lake
American Legion Post 9-11 hosts BINGO at the Depot Restaurant in Palmer Lake. For more information call 719 481-8668 or visit the post website: www.AmericanLegionTriLakesPost911.com

Helping parents manage money
by Camilla Wetzel, GCM

It seems that each season of life comes up before we know it. We always think we will do this or take care of that tomorrow, but then before we blink, tomorrow is already here. The same thoughts and feelings are all too common when it comes to our aging parents and being prepared to assist with management of their finances. Sometimes loved ones do not want to discuss their finances as they are too proud or independent, and think they can handle this responsibility themselves.

A 2007 study by the Center for Research at Boston College, revealed that 40% of retirees between 67 and 80 suffer a decline in income and assets, with the greatest factor being the loss of a spouse. However, the other weightiest factors were financially related: inflation, poor spending habits, inappropriate investments and failure to plan how to use assets are other reasons for a decline.

Consider the chance when you get a call your parents are not doing so well or your spouse is having difficulty in completing daily living skills, including managing their money.

Palliative Care continued from page 1

life, such as curing the illness, being with friends and family, etc. From this discussion, we talk about how to best align your treatment with your care goals.

3. Advance care planning: We spend time talking about your future medical wishes and capturing those in an advance directive.

4. Care coordination: Palliative care providers also make sure that the care you receive from your doctors and specialists is coordinated and aligns with your care goals.

With palliative care, patients and their families have the opportunity to better understand their diagnosis and get the care they want based on their wishes.

To learn more about palliative care, I encourage you to talk to your doctor, call us at 719-265-1100 or visit OptumPalliative.com.


Dr. Lynn is the medical director at Optum™ Palliative and Hospice Care, formerly Evercare™ Hospice & Palliative Care. He oversees all patient care plans and helps ensure patients and their families receive the right care at the right time.
Flag Retirement Ceremony

The Tri-Lakes American Legion Post 9-11 in Palmer Lake is accepting worn US flags for proper disposal. Drop off your American flag at the Post Home in the Depot Restaurant at Palmer Lake, any day.

The Post will conduct a proper retirement and disposal ceremony for all collected flags on Flag Day.

This service to the community is proudly provided by the Post at no cost.

HAP is looking for volunteers interested in filling a variety of positions, including planning day trips for seniors, helping at the Thrift Store, writing articles for this monthly Senior Beat newsletter, help organize special events, and more.

If you think you’d like to be part of the HAP team supporting local senior citizens, email Admin@TriLakesHAP.org or call 719 464-6873. We’d like to hear from you!

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Balance Classes

**Improve Strength, Mobility, Reaction Time**

**Balance Builders**
Mondays 9:30–10:15 AM

**Tai Chi: Moving for Better Balance**
Fridays 2:30–3:15 PM

Classes in the Senior Citizens Center

(719) 649-3535

Space is limited so call today!

$4/class, 1 month commitment ~ Licensed & Insured

Melinda Sukle, Certified Exercise Instructor, serving seniors since 1996

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**EXERCISE WITH KAY!**

Every week in the Senior Citizens Center

**Zumba**
A fun workout with Latin and International music
Every Thursday, 1:15–2:15 PM

**Line Dancing**
Enjoy the health benefits of dance exercise.
Every Tuesday, 1:15–2:15 PM

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**Fall Care Clinic**

Second Wednesday and last Friday of each month
In the Tri-Lakes Senior Citizens Center

$30 per appointment (by appointment only)

For appointments call Visiting Nurse Association at 303 698-6496

Services include

✓ Thirty minutes with a registered nurse
✓ Callous and corn buffing
✓ Toenail clipping/trimming/filing
✓ Circulation check
✓ Monofilament test
✓ Skin condition check
✓ Pulse check in both feet
✓ Foot care education

(financial assistance available from Tri-Lakes HAP for qualifying applicants)

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HAP Seniors Working Group

Meet second Monday of each month, 1 - 2 PM, Senior Center

This working group is a standing committee of the Tri-Lakes Health Advocacy Partnership Board of Directors. The Group oversees HAP programs for senior citizens and examines potential new programs. Anyone interested in supporting programs for senior citizens is encouraged to attend this open monthly meeting.
May Reasons To Celebrate!

National Barbecue Month!

1 is National Chocolate Parfait Day
2 is National Truffles Day
3 is National Raspberry Tart Day
4 is National Homebrew Day
5 is National Hoagie Day
6 is National Beverage Day
7 is National Roast Leg of Lamb Day
8 is National Coconut Cream Pie Day
9 is National Butterscotch Brownie Day
10 is National Shrimp Day
11 is National Mocha Torte Day
12 is National Nutty Fudge Day
13 is National Apple Pie Day
14 is National Buttermilk Biscuit Day
15 is National Chocolate Chip Day
16 is National Coquilles St. Jacques Day
17 is National Cherry Cobbler Day
18 is National Cheese Souffle Day
19 is National Devil’s Food Cake Day
20 is National Pick Strawberries Day
21 is National Strawberries and Cream Day
22 is National Vanilla Pudding Day
23 is National Taffy Day
24 is National Escargot Day
25 is National Wine Day
26 is National Cherry Dessert Day
27 is National Grape Popsicle Day
28 is National Hamburger Day
29 is National Coq Au Vin Day
30 is National Mint Julep Day
31 is National Macaroon Day

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Due in large part to Ted’s leadership and sage advice, HAP has matured as a non-profit service organization, significantly increased its community impact, and expanded programs and services supporting seniors and community health. This partial list highlights just a few of the significant accomplishments attributed to Rinebarger’s leadership: HAP Thrift Store establishment, relocation and expansion; annual sponsorship of major community-wide events (Tri-Lakes Community Health Fair, free community Thanksgiving Dinner); Senior Citizen Center re-location, upgrade and expansion; and extended program services (bi-monthly medical foot clinic, senior mobile dental, senior balance classes).

In Chuck’s words, *Ted was instrumental in taking the senior citizens program from a fragile start-up to a robust, highly respected, community service organization. He understands the power of teamwork, and wisely applied the concept.* And in a postscript, Chuck added a personal note: *Ted, you will be missed.*

Ted has been instrumental in building HAP’s community outreach program to include making HAP presentations to numerous organizations, clubs and boards. Finally, Rinebarger has been the driving force in the significant growth and continuing expansion of HAP publicity and promotional materials including Senior Beat Newsletter, organizational and program/service brochures and cards.

In countless Board and committee meetings, in untold numbers of discussions, and in many many hours and days (and nights) over many years, Ted Rinebarger developed an outstanding legacy of the very best in community service.

*On behalf of all HAP Board members and volunteers, both past and present, and truly for the entire Tri-Lakes community, please accept our most sincere and heartfelt “thanks” to you, Ted and your lovely wife Judy. We wish you happiness and continued success in all your future endeavors.* 🍽️
**Tri-Lakes HAP Senior Beat**

**Tri-Lakes HAP Blood Drive**

**Parents continued from page 2**

This scenario happened to a baby-boomer named Shelley who lives in Virginia, but her parents live states away in Kansas. Her mother has gotten a cold and since her personal care was lacking, she ends up in the hospital with pneumonia. When Shelley arrives, there is a stack of unread mail, unpaid bills, magazine subscriptions paid-up for the next 5 years and money given to unknown organizations.

If you can relate to Shelly's situation, you may be feeling overwhelmed and in a quandary of what to do and where to begin. You know you can’t tackle everything all at once. Below are a few places to start to help organize finances and bring a new sense of peace to the situation.

First, find out who is designated as power of attorney, POA. Once this is done you can proceed by taking over the management of your loved one's money and helping make a plan to reduce stress and becoming current and organized.

If they do not have a POA, you will have to go to court and get guardianship of your parent in order to access accounts on their behalf.

Second, in becoming organized and familiar with your parents' or loved one's finances, you will want to find out where the financial records are kept. Are they at home, in a safety deposit box or under the mattress?

Third, make it easy for all parties. Make a list of important financial details for reference in the future. Where are the keys or codes/passwords? Who are the financial institutions? List out their assets, amounts and locations. Set up automatic bill-pay online for regular bills.

Fourth, make a budget. Designing an accurate budget must include values of their annual income, social security benefits or other pensions.

If wanting assistance starting from square one, or if anywhere along the way you need additional help or guidance, talk to your local Professional Geriatric Care Manager, GCM, to assist in overseeing this complex task. The GCM can guide you in determining available resources and options that will fit into your loved one's budget and care plan.

This financial management will help in determining the next path of care and reduce everyone’s stress knowing your loved one's needs are being met. Even though they may not express a thank you, be assured they appreciate you doing the very best and giving a gift of responsible financial stewardship to them. 

*Author Camilla Wetzel is a Monument resident, a professional geriatric care manager, and a member of the National Association of Professional Geriatric Care Managers. She owns The Geriatric Navigator (www.TheGeriatricNavigator.com) and can be reached by phone at (719) 459-7676 or by email at camilla@thegeriatricnavigator.com.*

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*Author Camilla Wetzel is a Monument resident, a professional geriatric care manager, and a member of the National Association of Professional Geriatric Care Managers. She owns The Geriatric Navigator (www.TheGeriatricNavigator.com) and can be reached by phone at (719) 459-7676 or by email at camilla@thegeriatricnavigator.com.*
Lunches are not served on D-38 snow days, snow-delay days, and legal holidays.

**May Lunch Menu**

**Mondays and Thursdays**

_Noon at 166 Second Street, Monument_
Tri-Lakes Monument Fire Protection District
Administration Complex
$2 voluntary donation suggested

**Thursday, May 1** – **No meal on first Thursday**

**Monday, May 5** – Beef burgundy, mashed potatoes, lima beans, bread, apricots.

**Thursday, May 8** – Roast beef, mashed potatoes with gravy, winter blend vegetables, roll, apple, cookie.

**Monday, May 12** – Grilled chicken breast, macaroni and cheese, green beans, bread, orange, trail mix.

**Thursday, May 15** – Swiss steak, boiled potatoes with gravy, peas, roll, orange, cookie. _Bingo follows lunch._

**Monday, May 19** – Stuffed peppers, mashed potatoes, bread, pear.

**Thursday, May 22** – Chicken cordon bleu, mashed potatoes with gravy, spinach, roll, pear, cookie.

**Monday, May 26** – **Memorial Day; no meal served.**

**Thursday, May 29**– Roast pork, mashed potatoes with gravy, broccoli, roll, banana, cookie.

_Low-fat milk is served with every meal._

_The Monday and Thursday luncheons are provided by the good folks at Golden Circle Nutrition Program as part of the Colorado Springs Housing Program. Meals are transported to Monument by volunteers of the Kiwanis Club of Monument Hill and are served by volunteers of various local groups and individuals._

**Wednesdays**

_Noon at 146 Jefferson Street, Monument_
School District 38 Admin Building, “Big Red”
$3 voluntary donation suggested

**May 7** – Raspberry chipotle chicken, roasted potatoes and salad.

**May 14** – Italian sausage sandwich with peppers and onions, chips and coleslaw.

**May 21** – Roast pork with apple cream sauce, roasted potatoes and salad.

**May 28** – Chicken Caesar salad, garlic bread.

_Rolls and butter served with each meal except sandwiches. Dessert included._

_Meals at Big Red are prepared by Pinecrest Catering of Palmer Lake. Nikki McDonald, Executive Chef. 481-3307_

**Wednesday senior lunches are another proud activity of**

**TRI-LAKES HEALTH ADVOCACY PARTNERSHIP**

**Senior Safety Handyman Services**

Senior Safety Handyman Services is a unique program funded by the Pikes Peak Area Agency on Aging. It provides seniors age 60 and over, in the Tri-Lakes area, an opportunity to have safety related repair jobs accomplished by volunteers and paid contractors.

To request our service, please call 488-0076 and leave a message for Cindy Rush. We check messages daily. More information is on our web site: TriLakes-mcts-sshs.org.
Senior Citizens Center

Located in the Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Parkway
Open Tuesday through Friday, 1 – 4 PM, and other times to accommodate a scheduled activity. No membership fees.

May Program Schedule

Please check our web site, www.TriLakesSeniors.org, for schedule updates.

Mondays 9:30–10:15 Balance Builders hosted by Melinda
2nd Monday 1-2 PM Seniors Working Group hosted by HAP.
Tuesdays Noon–4 PM Pinochle hosted by Gerry
Tuesdays 1:15–2:15 PM Line Dancing hosted by Kay
3rd Tuesday 1–3 PM Ladies Tea Theme: “A Mother’s Day Celebration.” Please bring a live plant or flower to exchange, and a salad, side or dessert to share.

2nd Wednesday Foot Care Clinic by appointment only.
3rd Wednesday 1–3 PM Bingo hosted by Curt
Thursdays 1–4 PM Pinochle hosted by Gerry
Thursdays 1:15–2:15 PM Zumba hosted by Kay
A fun workout with Latin and International music.
2d & 4th Thursdays 1–4 PM Bridge no host
Fridays 1–4 PM National Mah jong hosted by Jo Ann
Fridays 1–4 Cribbage no host
Fridays 2:30 PM Tai Chi: Moving for Better Balance
Hosted by Melinda; call 649-3535 for space availability.

The Senior Center facility is made available to the community by the generosity of Lewis Palmer School District 38.

Senior Center Phone Number
You can reach the Center at (719) 757-1423. However there is no paid staff at the Senior Center. Calls, when answered, are answered by volunteers; please be patient.

www.TriLakesSeniors.org
Senior Beat is a free monthly newsletter provided by the Tri-Lakes Health Advocacy Partnership (HAP). To subscribe call HAP at 464-6873 or send your name and mailing address by email to SeniorBeat@TriLakesSeniors.org.

Thrift Store
790 Hwy 105, Suite D; Palmer Lake
Open Monday-Saturday, 10 AM - 4 PM
May Special
20% off all Garden Items

Every Wednesday, seniors get a 20% discount!
Have some free time and want to make new friends? Become a Thrift Store volunteer. Join a great team helping the community. Call 488-3495 today!

Proceeds support Tri-Lakes HAP Senior Programs.