

# Summit County Seniors

MAY 2004 NEWSLETTER  
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## President's Column

First the disclaimer. The opinions expressed here are mine alone and do not necessarily reflect those of any other person in the whole wide world.

In every organization there is always one topic that causes consternation and is invariably updated, discussed and/or generally re-hashed at every meeting with never a resolution. In our Homeowners Association, it's the dumpster. Every year, every Board meeting, the dumpster topic is the hot button.

For your Council, the hot button topic is Monday Night Dinner. Every meeting we get the "numbers". Some months the "numbers" are OK but mostly not. **At 2004 costs and 2003 volumes we lost money in 9 of 12 months.** As you know, your Council voted to subsidize the dinners to the tune of \$6000.00 until a full years attendance in the new building could be evaluated. We have attempted to cut the dinner's fixed costs to the minimum. We have applied for grants (turned down). Surveys give no clear indication as to why attendance is sporadic.

Currently we are working with county personnel to revise budget allocations that would indirectly create a taxpayer subsidy. The County wonders.... is this appropriate use of County dollars? Our next step is to conduct a needs assessment to determine the purpose of the dinners, how they fit in our Mission Statement and how much and in what ways

our Senior community is willing to commit to the continuance. These are tough questions, the answers to which we may not like.

Can we prove to ourselves and to others that Monday Night Dinners are more than "a bunch of old people having dinner together" (non-member comment)? Are the dinners filling an otherwise unmet need or are we dealing with a sacred cow?

Stay tuned.

Jen Schrage

## Summit County Senior Citizens Council

**News** - The nominating committee presents the following slate of nominees for the 2004-2005 Executive Council:

President- John Taylor  
1<sup>st</sup> VP – Dennis Nemura  
2<sup>nd</sup> VP – John Karras  
Recording Sec'y – Mil Plant  
Corresponding Sec'y – Virginia Warner  
Treasurer – John Roberts  
Ass't Treasurer – Peg Bartko  
Past President – Jen Schrage  
Members at Large – Linda Ginsberg  
Aleene Nyquist  
Catherine Gant

Nominating Comm – Chair –Ed Mountford

Additional nominations may be made from the floor at the June 11 meeting (in conjunction with the June potluck). Consent of the nominee must be obtained in advance. Come June 11<sup>th</sup> and vote!

2003-4 Nominating Committee  
Pat Taylor, Chair

## Mark Your Calendar

**Senior Council** - will meet at 1pm on Tuesday, May 4<sup>th</sup> in the Ute Room.

**Potluck** - May's Potluck will be May 14. Please remember to bring your own table service and one of the following to serve 10 people: a salad, a side dish, an entrée or a dessert. Socializing will start at 5:30 with dinner at 6:00. Ed and Anne Crane will be your hosts.

**Bridge – Party Bridge** – Tuesdays- 1pm in the Hobby Room. Be there by 12:50.

**Duplicate Bridge** – Fridays at 12:15. Call Corley at 262-0417 for info and/or partners. Be sure to sign attendance sheet. \$1/person is collected as a donation. Thank you so much. Come and have fun with us.

Thank You to all who participated in the Winter Round Robin. We hope you all had a good time and thanks for making the dinner a fun success.

The winners were:

Harold and Catherine Gant, first in group one; Jim and Alice Noble second.

Mac and Jinny Ross, first in group two; Jean Reitan and Margery Nemura second.

Maggie Jones and Tammy McCammon, first in group three; Marie Kruse and Corley Freisen second.

Gerry and Jinny Weiss, first in group four; Al and Marion Lau second.

Hans and Sandy Kushnerus, first in group five; John and Marie Roberts second.

Special thanks to Gerry and Jinny Weiss who could not make the dinner party and

generously donated their winnings to Bristlecone Hospice.

We hope all will join us for the Spring/Summer games.

Sincerely,  
Jean and Margery

**Summer Round Robin Bridge** - will start in June. Call Margery Nemura at 262-3811 or Jean Reitan at 262-0381.

**Book Club** - The next meeting is May 18 at the home of Ed Mountford & Mary Johnston, 262-6155. The book is Tuesdays with Morrie by Mitch Albom. Presenter is Ed Mountford. Call the host to confirm your attendance (size of our homes limits participation to 16).

**Ride the Rockies** - is coming to Frisco and we seniors have the opportunity to help out. The date is Thursday, June 24th. We have been asked by the town of Frisco to act as volunteer hosts – we need good folks to be in the Information Booth at the Middle School, and also to be wandering info sources on Main Street. A 2 hour shift will be assigned. Call Polly or Scott at 668-3774 or sign up at the Center.

**55 Alive Driver Safety Program** - will be offered on Thursday, July 29<sup>th</sup> from 1pm-5pm and Friday, July 30<sup>th</sup> 8am – 12pm. You must attend both sessions. The sessions will be in the Ute Room at the Center. There is a \$10 fee. Call the office to register.

**Interested in First Aid Training, CPR and AED (Automated External Defibrillator) training?** Jen Schrage is offering a 6-hour class that will cover all this information on Monday, May 24<sup>th</sup> 9am – 4pm at the Center. Cost is \$20. Sign up at the Center by May 21st. There is a maximum of twelve participants so sign up early.

**Red Hat Society Luncheon** - May 19<sup>th</sup>. Ladies, it's time to get out of town for lunch. Meet at the Summit Place Shopping Center in Silverthorne at 11am to carpool to Beau Jo's in Idaho Springs. Departing no later than 11:15am. The address is 1517 Miner St.(they do not promise us individual checks so we may need to sweet talk the waitperson). Plan on an hour to visit the quaint shops in town before returning to Summit County. Call Sandy at 513-8468 with any questions. Don't forget your red hat! Do come join us, wear your red hat and maybe some purple.

**Swiss Ball** – will meet every Tuesday from 4pm –5pm at Avalanche Physical Therapy in Silverthorne (555 Adams Ave) but call first to verify at 262-6106. It's free with your own ball, or \$40 without, but the ball is yours after the class. Great for balance and core strength.

**Blood Pressure Check** - will be provided at the Center every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 11:30am. It's a convenient way to keep track of your blood pressure readings.

## **Programs**

**Summer Discussion Group** – A summer discussion group has been proposed. Two options have been suggested, one focusing on the American West and another structured by philosophical questions. The first would be a bi-weekly book review, with titles initiated by the participants. The second would consist of eight questions selected by those involved. If interested, come to a meeting on Monday, June 7<sup>th</sup> at 4pm in the Hobby Room. Time and place will be flexible but the Hobby Room has been reserved from 3pm - 5pm on June 14<sup>th</sup> & 28<sup>th</sup>, July 12<sup>th</sup> & 26<sup>th</sup> and August 9<sup>th</sup> & 23<sup>rd</sup>. For more information call Judith McGreevy at 970/468-1557.

**Yoga for Seniors** – People of all ages take up Yoga to get the “kinks” out of their bodies. Yoga makes you feel well – physically and mentally. It tones your muscles and makes you stronger, plus it's fun! Whatever your age or physical condition, Yoga increases self-confidence and flexibility, strengthens bones and muscles, improves balance, breathing, relaxation and overall health and vitality. Yoga for Seniors is a gentle yoga class for anyone 55 and over. We will meet Wednesday afternoons from 3:30pm to 4:30pm. A \$5 fee will be collected each class. Please bring a mat or blanket and dress comfortably.

**Low Impact Aerobics** - will be discontinued during May because so many folks are out of town. In June join us for the new Pilates/Low Impact Aerobics program.

**Pilates/Low Impact Aerobics** - starting in June, every Tuesday & Thursday, 10am to 11:15am. Pilates is a low impact exercise designed to help anyone return to good health and learn to move smoothly and confidently with strong, uniformly developed muscles. Pilates offers benefits both physically and mentally including improved circulation, deep healthy breathing, flexibility, healthy bones, and joints, improved posture, balance and coordination. A \$5 fee will be collected each class. Please bring a mat or blanket and dress comfortably.

**Tai Chi** - provides another excellent opportunity to work on balance and flexibility. This low impact discipline specifically increases strength and endurance as well as helping individuals to relax. Classes are offered on Mondays, Thursdays, and Saturdays 9am – 10:30am starting May 17<sup>th</sup>. A \$5 fee per class is charged.

**Ballet class** - will be back for summer starting Monday mornings, June 21<sup>st</sup>. This class will be for beginning to intermediate levels.

Increase your flexibility and balance, have fun and learn something new. Sign up at the Center. Carolyn Harner will be the instructor.

Carolyn is also starting a **Senior Tap Line Dance** group. Classes will be on Thursdays from 1pm – 2pm starting June 24<sup>th</sup>. Eventually tap shoes will be needed to make noise but you can start with hard-soled flat shoes. We would like to have both men and women so sign up at the Center.

**Bike Care Clinic** - On June 8<sup>th</sup> at 6pm Bob Guthrie will offer a bike maintenance clinic. This 2 hour session will handle common maintenance problems like lubrication & cleaning, fixing flat tires, pedal adjustments and bike fitting. No major repairs or overhauls will be discussed. Bring your bike, tube for your tire and tire lever and learn to care for your own bike problems. Limit of 25 people so sign up early.

Plan ahead for our popular summer **Flower Hikes** – July 5<sup>th</sup> at Loveland Pass West; July 19<sup>th</sup> at Hoosier Pass; and, August 2<sup>nd</sup> at Wilder Gulch.

### **Computers Made Easy!**

**Beginners Classes** continue at the Center. Sign up on the sheet or call the Center. We teach 3 people at a time on the Center's computers.

**Help** with specific computer problems is being offered by John Roberts, 668-8961. Or, if you have questions/need help with your Mac, Gordon Lilly has offered to help. He can be reached at 262-1770 or [iothgl@vail.net](mailto:iothgl@vail.net).

The Center's computers are available for anyone to use Mondays through Thursdays, 9am to 12pm. They all have Word, Access, Excel and the Internet, and share a b/w printer. Call the office to sign up.

**Senior “Ask A Lawyer” Day** - Due to the success of our first “Ask A Lawyer” Day, this program will be offered on the 3<sup>rd</sup> Tuesday every other month. The next date is May 18<sup>th</sup>. Bring your legal questions for private consultation with a lawyer.

**Senior “Ask A Money Manager” Day** - A new program to be offered the 2<sup>nd</sup> Tuesday of each month. Local money managers will give a short presentation and then be available for a private question session.

**Summit Historical Society Senior Chapter – Tour of the Washington Mine** – We've been waiting for this treat! Rick Hague will lead our tour of the Washington Mine. Rich is President of the Summit Historical Society and is also a mining engineer. Meet at the Senior Center at 2pm, Wednesday, May 19<sup>th</sup>, or at the Rotary Plow Parking Lot in Breckenridge (as you turn onto Boreas Pass Rd). Please note the time is an hour earlier than normal. In case of questionable weather or for info call Aleene Nyquist at 668-8585.

**Annual Senior Rummage Sale** - on August 12<sup>th</sup> –13<sup>th</sup> –14<sup>th</sup>. Save all your goodies to be donated. Let's make it bigger and better than ever!!! Questions?? Call Jean Reitan at 262-0381 or Margery Nemura at 262-3811.

**The Outreach Committee** - We all need help sometimes and your senior friends are ready to provide it if you inform us of the need. If you know someone who needs some kind of help, please call the Center. We are providing rides for doctors' appointments, helping with shopping and cleaning, doing hospital visits, and other services. The Committee Chairs are Karen Fox and Joan DeGraaff at [jdj@colorado.net](mailto:jdj@colorado.net) or call the office.

**Watercolor Sessions** – due to small attendance, classes have been suspended until

summer. Come and join us then. Until then, keep painting!

**City Market CARES** - By linking your City Market Discount Card to Seniors the seniors will receive credit, but your discounts will not be affected. A win-win. Please bring your City Market card by the office and sign up for this program.

**Camera Club** – Mud season announcement! Hardly anyone will be around in May, so we will not have a meeting! June 9<sup>th</sup> will be the next meeting.

**Five Wishes** - Copies are available in the Center for \$1 each. Complete this convenient form which lets your family know your final wishes. It's easy! It includes a living will and is accepted as a legal document nationally.

**File of Life** - Take advantage of this quieter month of the year to complete or update your File of Life. Set a specific date and time, maybe with a friend, and have this valuable information available. If you do not have a **File of Life** packet, please stop by the office for one.

## Seniors on the Go

**River Float trips** - This year we are offering two opportunities to enjoy the Colorado rivers. On **June 10<sup>th</sup>** there will be a float trip down the Arkansas/Brown Canyon. This is rated as a Class 3+ rapids. Trip includes lunch for a group price of \$55. Please pay by June 1<sup>st</sup>

On **July 13<sup>th</sup>** a float trip is planned down the Colorado River starting at State Bridge. This is a “quieter” trip than the Arkansas. Group price is \$55 and includes lunch. Sign up for either or both of these trips at the Center.

**June 27<sup>th</sup>** is a trip to Boulder Dinner Theater for the Sunday Matinee Performance of “Cabaret.” The price is \$43 which includes a group discount, gratuity, tax, coffee or tea. Alcohol drinks and dessert are extra. A menu will be attached to the sign-up sheet to review. Twenty-six tickets have been reserved; if more are needed we may be able to get more. Your money must be in by May 18<sup>th</sup> or your ticket will go to a person on the waiting list.

**Central City Opera** – We will be attending “The Student Prince” on August 7<sup>th</sup>, Saturday at 2:30pm. The cost is \$54 to be paid before July 5<sup>th</sup>. This is limited to 25 people so come by or call the office to sign up. Dinner (on your own) to be decided. Contact Peg Pascal at 262-6503 or the Center at 668-2940 with questions.

If you have questions about any trips, call Peg Pascal at 262-6503, Donna Gregg at 468-8771 or the Center at 669-2940. You will always be called a few days before trip dates to remind you and give you further information.

## Fine Cuisine and Entertainment

Come and enjoy delicious meals and delightful companionship at our three meals per week. Reservations are a must for all meals. Call 24 hours in advance for the Tuesday and Thursday luncheons. Reservations for Monday dinners must be made by the Wednesday prior to the meal. A maximum of 110 reservations can be accepted; we will put names on a waiting list.

**May 4<sup>th</sup>** – Springtime music from the Upper Blue Elementary Choir under the direction of Ann George.

**May 11<sup>th</sup>** – Our ever-popular Money Manager program joins us for lunch. What is the market doing and going to do??

**May 17<sup>th</sup>** – Enjoy the beautiful piano music from the students of Adrienne Sielaff.

**May 18<sup>th</sup>** – Our popular “Ask A Lawyer” day – come with your questions and have a one-on-one time after lunch with a local lawyer.

## RSVP

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Some pretty impressive numbers for the last 12 months....168 senior volunteers were at 30 sites in the county for a total of 9,394 hours – an increase of nearly 2,000 over last year. At the present value put on volunteer time, \$161,497 was donated to the community by all of you. A great big thanks to each and everyone of you – you are appreciated!!

**Summit Historical Society** - is currently looking for summer tour guide volunteers at sites in Breckenridge, Dillon and Silverthorne. What a fun way to become an integral part of summer in Summit County. Training sessions begin in May and early June, with the tours

beginning June 18<sup>th</sup>. Call Carol at 668-2942 if you'd be interested in this fun opportunity.

Like to organize?? **The Dillon Ranger District** needs help organizing and maintaining its warehouse. They have a large amount of supplies, materials and tools in the warehouse that have become disorganized over the years. They are looking for someone with good organization, cleaning and repair skills to volunteer about one day a week.

The Dillon Ranger District is also looking for senior representation on a **Friends of the Dillon Ranger District** group. This individual would be interested in management of the District and be willing to volunteer their personal time. The Friends group will lead volunteer projects, apply for grants and educate forest visitors. Call Carol if either of these sound like something you'd enjoy.

**Ride the Rockies Info Volunteers** – see note under Mark Your Calendars.

**Information Center Volunteers** – see Don Pascal's info in the Information Center section

Summit County Senior Newsletter is published monthly by Summit County Senior Citizens.

## LETS RECREATE

### MOUNTAIN GOATS

Thanks to all who turned out for a great scheduling meeting. Leaders/coordinators are expected to research hike and explain details at both the meeting place and the trailhead as applicable. Let's have a safe and fun 2004. Bonnie

- These hikes are strenuous
- When the hike leader indicates to turn around due to weather or time, you will turn around
- Trip coordinator will designate times for destination, lunch return, etc.
- Those who invite guests are asked to hike with their guests on their initial outing

- No one is to hike alone
- A day pack, water, lunch and snacks are required
- Extra clothes for weather change and rain protection is a must
- A personal map of the destination, a compass and the ability to use it is recommended
- Personal radios are encouraged to aid in communication (Motorolas are recommended which have compatible sub frequencies)
- Water filter to replenish water en route is encouraged
- Level of difficulty: **1** = easier; **2** = not a walk in the park – moderate; **3** = demanding – must be in condition.

**Meeting Place:** Breckenridge = City Market Parking Lot; Frisco = Safeway Parking Lot; Silverthorne = Parking Lot behind Domino’s Pizza.

| Date | Trail                               | Level | Elev gain/dist | Meeting Place     | Leader   |
|------|-------------------------------------|-------|----------------|-------------------|--|
| 5/5  | Bergen Peak (Jeffco)                | 2     | 10 mi, 2,188’  | 8am Silverthorne  | Bonnie Guthrie 468-0405                            |
| 5/12 | Walker Ranch                        | 2     | 5.7 mi, 1,000’ | 8am Silverthorne  | Sterling Barclay 453-2397                          |
| 5/19 | Chataqua-Mesa Trail (Boulder)       | 2     | 6 mi, 300’     | 8 am Silverthorne | Sharon Siler 668-2225                              |
| 5/26 | Centennial Cone (some bushwhacking) | 2     | 4 mi, 2,000’   | 8am Silverthorne  | Don & Margery Langmuir<br>262-0655 or 303/271-0528 |
| 6/2  | School Marm                         | 2     | 5 mi,1,732’    | 8am Breck         | Al Lau 513-0975                                    |

## **GOLFERS**

**Golfers!** We now have our 80 people to play golf this summer! All of the area golf courses have been contacted and proposals made. They are all in various stages of answering these proposals. Our first priority is to attempt to get a senior rate for the Summit County Seniors, even if it is on selected days and or times. Our second priority, we are asking for one day a month at each course for a group outing at a reasonable rate. Based on the questionnaire we sent out, most are in favor of that format.

Also from the questionnaire came thoughts for group lessons, ladies’ and men’s play and group outings with lunch. We will try to weave these into the schedule once we have firm commitments from the courses. The plan is to publish an overall schedule by the next Newsletter.

Late breaking news! Our first golf outing will be June 7<sup>th</sup> at Breckenridge \$62/person including cart starting at 12:20pm. Interested golfers should call Dennis Nemura at 262-3811 for more information.

## **WALKIE TALKIES**

Our organizational meeting will be Wednesday, May 12<sup>th</sup> at 11:30am at Ruby Tuesdays in Dillon. We need leaders. Please email Dortha before May 12 at [ddgerman2@comcast.net](mailto:ddgerman2@comcast.net) if you are unable to attend but would like to lead a hike. If you aren't positive of your dates in Summit County, just send her a tentative date and hike.

We can always change things later. If you would like to hike Tenderfoot Mt. before the meeting, please call Dortha German (970) 262-3525.

## INFORMATION CENTER

The list of volunteers for the Information Center is decreasing due to attrition. If you know of any additional sociable senior(s), including yourself, whom you think would be suitable for this work, please send their name(s) and phone number(s) to me or to Carol at the Center.

Volunteers work ½ day on a Sunday at either the Frisco or Silverthorne Visitor Center. One Sunday, or less, per month is the usual frequency of assignment. The work involves answering questions of visitors to Summit County. Most questions are fairly basic and simple, e.g., where is the post office, how do you get to Breckenridge, where is the rest room, etc. New volunteers would receive a brief training/orientation session and can “break in” by working with a seasoned volunteer.

The work of the volunteers is important and is compensated for by the Summit County Chamber of Commerce. These funds provide a very significant source of income for the Seniors. Any potential volunteers you can suggest will be most appreciated.

Don Pascal (262-6503) Senior Volunteer Coordinator

## May VOLUNTEER SCHEDULE

| <b>Date</b>   | <b>Time</b> | <b>Silverthorne (9-1, 1-5)</b> | <b>Frisco (10-1, 1-4)</b> |
|---------------|-------------|--------------------------------|---------------------------|
| <b>May 2</b>  | <b>AM</b>   | Judith McGreevy                | John Roberts              |
|               | <b>PM</b>   | Gail Roberts                   | Bob & Judy Anderson       |
| <b>May 9</b>  | <b>AM</b>   | Dennis Zimmerman               | Mil & Jim Plant           |
|               | <b>PM</b>   | Dennis Zimmerman               | Don & Cleo Hoegemeyer     |
| <b>May 16</b> | <b>AM</b>   | Al Lau                         | Lew & Mary Hinkley        |
|               | <b>PM</b>   | Anne Crane                     | Peg Bartko & Pat Hutson   |
| <b>May 23</b> | <b>AM</b>   | Corina Aragon                  | <b>Volunteer needed</b>   |
|               | <b>PM</b>   | Anne Crane                     | Don & Cleo Hoegemeyer     |
| <b>May 30</b> | <b>AM</b>   | Jean & Fred Reitan             | <b>Volunteer needed</b>   |
|               | <b>PM</b>   | Pete & Susana Novembre         | <b>Volunteer needed</b>   |
| <b>June 6</b> | <b>AM</b>   | Pat Taylor                     | John Roberts              |
|               | <b>PM</b>   | Al Lau                         | Peg Bartko & Pat Hutson   |

### **May is Older Americans Month**

The Older Americans Month theme is “ Aging Well, Living Well”. The theme has been selected to celebrate and recognize older Americans who are living longer, healthier and lives that are more productive. Older people are not only adding years to their lives, they are also improving the quality of their lives.

May is also National Arthritis Month and researchers have looked at the roles diet may play in certain forms of arthritis; young and old can benefit from activities and eating a well balanced diet. Exercise can still be apart of your life with arthritis.

Doctors recommended that their arthritic patients engage in flexibility training to help improve their range of motion and reduce some of the stiffness in their afflicted joints. In recent years, many doctors have begun to realize the benefits of cardiovascular exercise and strength training as well. Not only does a well-rounded exercise program reduce the risk of heart disease and increase mobility, it helps to reduce the psychological and emotional pain that often accompanies the development of any disease or disorder. Depending on the severity of your arthritis, your physician or physical therapist may suggest either isometric or isotonic exercises. Isometric exercise, such as pushing one palm against the other, involves contracting the muscle without moving the joint. Isotonic exercise, such as a bicep curl, involves contracting the muscle while moving one or more joints. These exercises can easily be done using weights, elastic tubing or exercise bands. Remember every exercise session should begin and end with flexibility and range of motion exercises for the whole body. Take your time with these exercises and never stretch to the point of pain or discomfort.

While flexibility exercises should be done on a daily basis, strength training should be done 2-3 times per week, to allow your muscles time to recover and repair. Cardiovascular or aerobic exercise that does not involve a lot of impact on the joints, such as walking, swimming or bicycling, is recommended 3-5 times a week. Before beginning an exercise program, talk it over with your doctor, especially if you have been rather sedentary for the past year. As with all exercises, it is important to approach strength training, flexibility exercises and aerobic exercise slowly and progress gradually.

## MAY BIRTHDAYS

|           |            |       |            |            |       |
|-----------|------------|-------|------------|------------|-------|
| Joan      | Abbatacola | 05/01 | Bill       | Gore       | 05/13 |
| Leonore   | Kreutzer   | 05/01 | Barbara    | Headlee    | 05/14 |
| Patricia  | Tormey     | 05/01 | Mary       | Johnson    | 05/14 |
| Barbara   | Stiltner   | 05/01 | John       | Costello   | 05/15 |
| Mac       | Ross       | 05/03 | Jim        | Miller     | 05/15 |
| Priscilla | Schwartz   | 05/03 | Lee        | Wuenn      | 05/15 |
| Bernie    | Ybarguen   | 05/03 | Rosemarie  | Tronnier   | 05/16 |
| Gary      | Lindstrom  | 05/03 | Mary       | Young      | 05/16 |
| Ann       | Rask       | Cohen | Harvey     | Cohen      | 05/16 |
| Sara      | Fry        | 05/04 | Stu        | Richardson | 05/16 |
| Carol     | Bartoletti | 05/05 | Joe        | Grimaldi   | 05/17 |
| Wendall   | Lasher     | 05/06 | Laurel     | Gardey     | 05/17 |
| Sally     | Lewis      | 05/06 | Mary       | Johnston   | 05/18 |
| Joe       | Kreel      | 05/07 | Jim        | Lidgey     | 05/19 |
| Roger     | Thweatt    | 05/07 | Jack       | Nyquist    | 05/19 |
| Julie     | Bollinger  | 05/07 | Bill       | Hankins    | 05/20 |
| Joann     | Clark      | 05/07 | Roselle    | Brown      | 05/22 |
| Gordon    | Petersen   | 05/08 | Keith      | Bond       | 05/22 |
| Alan      | Bednarz    | 05/08 | Ann        | Grill      | 05/22 |
| Palph     | McCarrol   | 05/08 | Deborah    | Kullby     | 05/22 |
| Vlasta    | Bovee      | 05/08 | Ron        | Myers      | 05/23 |
| Harry     | Geyer      | 05/10 | Joann      | Sleadd     | 05/23 |
| Phyllis   | Armstrong  | 05/10 | Eileen     | Davies     | 05/23 |
| Gwen      | Salmon     | 05/10 | Laura Mae  | Ellison    | 05/24 |
| Karen     | Fritsch    | 05/10 | Jan        | Lloyd      | 05/24 |
| Fred      | Harris     | 05/10 | Anneclaire | Wade       | 05/24 |
| Marty     | Richardson | 05/10 | Patti      | Pine       | 05/25 |
| Richard   | Matheson   | 05/11 | Joe        | Wickart    | 05/25 |
| Dixie     | Agnew      | 05/11 | Stan       | Rosko      | 05/27 |
| Richard   | Taylor     | 05/11 | Ann        | Karras     | 05/27 |
| Caroline  | Lewis      | 05/12 | Brian      | Duling     | 05/27 |
| Catherine | Gant       | 05/12 | Timothy    | Bourke     | 05/29 |
| Dennis    | Micheletti | 05/12 | Harriet    | Ellis      | 05/29 |
| Robert    | Williams   | 05/13 | Patricia   | Booth      | 05/30 |
| Sally     | Kinzey     | 05/13 | Martine    | Matzke     | 05/31 |
| Gisela    | Petersen   | 05/13 |            |            |       |

## Other Information

It is with great sadness that I announce the death of Cody Miller. Cody has been a member of Summit County Seniors for many years. He and his wife Nedra shared time between their Summit County and Ohio homes and traveled extensively. Cody will always be remembered for his smile, quick wit, love of the out-of-doors, and willingness to share this love with others by volunteering with the BOEC and the Colorado Trails Program. Our sincere condolences are extended to Nedra.

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**There's change in the air...**Everyone deserves a healthy environment. On June 1, 2004 smoking will no longer be permitted in indoor public places and workplaces in Summit County, including restaurants and bars. The purpose of the new smoke-free law is to protect the health and environment of the county's residents, employees and visitors. The ordinance will significantly improve indoor air quality in public places by reducing secondhand smoke exposure – the smoke released into the air from burning cigarettes plus that inhaled by smokers.

In May, business owners, including restaurants and bars, will receive ordinance education packets outlining the new laws and responses to frequently asked questions they may have. Anyone interested in finding out more about the new laws in Dillon, Silverthorne, Frisco, Breckenridge or unincorporated Summit County, may call their respective town hall and ask about picking up a copy of the ordinance. Smoke-free Summit County. .it's about health.

**Rocky Mtn Senior Summer Games** - will be held in Greeley, June 23<sup>rd</sup> - 27<sup>th</sup>. Events include archery, cycling, swimming, track, etc. Special events include a triathlon on June 20<sup>th</sup> and tennis tournaments, May 19<sup>th</sup> -23<sup>rd</sup>.

The Wyoming Senior Games will be held in Cody, July 29<sup>th</sup> – 31<sup>st</sup>  
The Huntsman World Games are held in St. George, Utah in October  
Senior Winter Games will be held February 6<sup>th</sup> -8<sup>th</sup>, 2005  
For information and applications call the office at 970-668-2940.

**Senior Cycling** - The Silverthorne Recreation Center is again offering this indoor cycling program designed for the maturing adult. It is a good way to get ready for the upcoming outdoor cycling season, and it is fun! The course is limited to the first thirteen cyclists who sign up at the Silverthorne Rec Center, Course 14352A, offered May 18<sup>th</sup> through June 8<sup>th</sup>, Tuesdays and Thursdays, 10:15am to 11:00am. (NOTE: These dates are different than what is advertised in the brochure.) Seven sessions. Cost: Passholders \$44, non-passholders \$50. Instructor Bob Guthrie.

**Parkinson's Support Group** - May 19<sup>th</sup>, 10am in the Ute Room.

**Senior Name Tags** – can be ordered at the Center Office for \$5.50/nametag.

**Wellness Testing** is being offered to Seniors by the Summit Medical Center. They are offering many lab tests such as complete blood count, chemistry panel, lipid panel, PSA and thyroid screen. These services are offered at a significant savings in dollars and are available on a year-round basis, weekdays, 8-4:30. There are requisition forms available on the table in the office. You just need to take one of these forms when you go for tests.

(\$5 charge per ad)

**Part time (as needed) position** ..that will be Friday, Saturday and Sundays depending on your availability. We are looking for someone who is reliable to do in-store demonstrations. The job will be handing out free samples of food, health, grocery and other items. The majority of the demos are at the Frisco Walmart. Please contact: Shannon Mekosch, 515-270-9190 Pay rate is \$8.00-\$8.50 per hour. Each demo is 4-6 hours long. Needed-card table and tablecloth.

**For Rent:** Tiger Run Chalet for rent. Summer fun place. 1 BR, 1BA + loft. N/P, N/S \$875/ mo. Hot tub, pool, tennis, clubhouse, many activities. Retired only. 305-271-5235.

**For Sale:** by Maria Martinez, "the Potter of San Ildefonso" (1887-1980) a black on black bowl, feather design. Signed "Maria + Santana". Bowl is approximately 3 ½ inches tall, approximately 4 inches deep, approximately 12 ½ inches in circumference. Bought it from Popovi Da, her son, in the 1960's at San Ildefonso Pueblo, New Mexico. Perfect condition. Price **\$3000** (three thousand dollars). Contact 970-468-2924.

**Help needed** - anyone with knowledge about how to set up a goldfish pond. Currently have a 50 gal tank with pump system that needs to be set up and cleaned completely in preparation to prepare goldfish for outside pond. Please call Erna vanFalkenstein at 468-0427 if you can help.

**For rent:** 2 BR, 2 1/2 BA Frisco condo. Fully furnished, inc. washer & dryer. N/S, N/P. Check it out at [http://summit\\_skier.tripod.com](http://summit_skier.tripod.com) Call Woody at 970/453-9652 or email [WoodyBowers@cs.com](mailto:WoodyBowers@cs.com)

**House to share** with one woman. Own bedroom & bath. On private lake – boating, fishing, swimming; lots of books, sunlight, views. \$550 plus ½ utilities. Call Joan 970/468-6660 before May 15 or [jdg@colorado.net](mailto:jdg@colorado.net)

**For Rent:** very comfortable, nicely furnished 2 BR, 2.5 BA Townhome in Frisco. Everything you need for the holidays. Clubhouse with pool, hot tubs and racquetball. Available Nov-Dec 2004; March-April 2005. Contact: Roberta; [adventurebertie@juno.com](mailto:adventurebertie@juno.com) or 970/668/0776.

**Help wanted:** Experienced Floral designer; Flower delivery driver; Part time to start. 970/668-4466 Mon – Sat 9:30-5:30 or 970/668-3026 Eves and Sun.

**Free Lodging** in our home in exchange for pet sitting (dog & cat). July 30<sup>th</sup> to August 10<sup>th</sup>, October 9<sup>th</sup> to October 21<sup>st</sup>, July – Aug 2005. Will require security deposit and references. Non-smoker and non-drinker. 970-262-0768 or [DoeShively@webTV.net](mailto:DoeShively@webTV.net)

**Pet sitting** - Will provide free lodging in our home in exchange for pet sitting (a dog & cat), July 30 through August 10, 2004; October 9 through 21, 2004; and July and August of 2005. Will require a security deposit and references. Non-smoker & non drinker. 970-262-0768 or [DoeShively@webtv.net](mailto:DoeShively@webtv.net)

**Home for Rent** – Know of anyone wanting to spend the summer in Colorado? Furnished home for rent on Peak 7 near Breckenridge. Three bedrooms, 3 baths. Nice open living area. Skylights. Separate guest and recreation area above garage with big screen TV, pool table. Hot tub on deck. 2400 sq ft. Rent \$1200/mo (only slightly above mortgage payment) plus utilities. Approx May 15 to Oct 15 and possibly beyond. Possible option to buy. Couples or families only. Call Tom at 453-2182.

**For rent:** Mountainside condo. 2BR/2Ba. Low, low price. May and June. Call 864-706-9701 or [kandjjeter@juno.com](mailto:kandjjeter@juno.com)