

Fall 2022

# Silver Key News

## FROM OUR PRESIDENT & CEO JASON DEABUENO

Change is inevitable.

However, resilience can be developed and strengthened to effectively manage changes.

Change can be anything from entering retirement, the passing of a beloved animal, unforeseen medical conditions, or the death of a family member or friend. All these situations and many others are changes - change can occur quickly or can be planned for but in either case change surrounds us.

How we manage change is a function of our level of resilience, adaptability and making wise decisions that assist us to navigate change. Another impact is the amount and type of change. Your favorite diner closing may not be debilitating, but the loss of a pet along with retiring may be. Each of us

have internal gauges that help us know when we might need assistance in helping to process and understand the changes that are impacting us. Silver Key has introduced support groups to assist people if changes are causing you to feel the blues, need to grieve or your reactions to changes are troubling to you or others.

In my case, I was overwhelmed with the passing of a family member, friend, and taking my daughter to college all in the same week. While I believe I am resilient, it was when I was on the plane coming back home that the flight attendant said, "please put your oxygen on first before you assist your children." At that moment, I started to cry and realized that my resilience gauge was on overload, and I had to take a couple days off to focus on my emotional health and from that have grown in strength and hope!

Silver Key can be your oxygen if you need assistance with change. You are invited to learn more about our Managing the Blues, Write to Grieve or other support group that might help to tap into the resilience, adaptability, and wisdom so that you not only address the change but also stay healthy and well. Call us at 719.884.2300 or email [info@silverkey.org](mailto:info@silverkey.org) to learn more.

*Jason Deabueno*

## BOUNTIFUL BAGS

Every month, more than 1,300 seniors come to Silver Key Senior Assistance and utilize our food pantry, receiving an allotment of food to help their dollars go further. The Bountiful Bags food drive in October provides these seniors and their families with Thanksgiving meal fixings in November. Without the community's support, many of our clients would not have a Thanksgiving meal.

<https://www.silverkey.org/bountifulbags/>





## CONNECTIONS CAFE

Silver Key Connections Café provides hot, nutritious meals in a social setting to eligible diners, promoting good health and offering the opportunity to enjoy friendship with others. Connections Café meal sites are located throughout the community and reservations are required.

- Promote good health through proper nutrition.
- Offer the opportunity to socialize with others.
- Increase independence and enhance quality of life.



*\*Not Featured on Map: Woodland Park Senior Center and Silver Key at Tri-Lakes Senior Center.\**

### Eligibility:

Anyone 60 years of age or older. The spouse of an eligible diner is also eligible. Disabled persons under 60 years of age who reside in housing facilities occupied primarily by older adults and at which congregate nutrition services are provided are eligible.

### Cost:

A suggested donation for eligible diners is \$3.50, but no eligible person is denied a meal because of inability to give. The guest fee for a non-eligible diner is \$7.50. Reservations are required.

### Transportation:

For availability please call Silver Key at 719-884-2300.

***View our full site list, browse our menu, and make your lunch reservations today by visiting [www.silverkey.org/services/connections-cafe](http://www.silverkey.org/services/connections-cafe) or call (719) 884-2300.***

## SILVER KEY HEALTH AND WELLNESS CASE MANAGEMENT SERVICES

Silver Key Senior Services is now offering case management assistance to clients of Silver Key at Tri-Lakes Senior Center. Case managers work collaboratively to identify areas of need in addition to providing referrals, navigation assistance and effective methods to access resources. Working with a case manager provides a senior with knowledge of targeted community resources specific to their needs, including financial, medical, social, educational services and more. Please contact the Silver Line at 719-884-2300 to inquire about case management services for older adults.



## SEPTEMBER ACTIVITIES

All programs listed here are located at the Silver Key at Tri-Lakes Senior Center.  
(Grace Best Elementary School)

**66 Jefferson St,  
Monument, CO 80132**

*Questions? Call Silver Line: 719-884-2300*

**ARTS & CRAFTS** (THURSDAYS 11 AM): WE'LL CONTINUE TO WORK ON OUR DIAMOND PAINTINGS. NEW CRAFTS AVAILABLE! YOU CAN JOIN AT ANY TIME. PLEASE CONTACT SUE, 719-330-0241 FOR MORE INFO.

**BINGO** (3RD WEDNESDAY): FUN AND PRIZES! PLEASE RSVP SUE, 719-330-0241.

**BOOK CLUB** (2ND FRIDAY 11 AM): PLEASE CONTACT SUE, 719-330-0241. COFFEE AND SNACKS WILL BE PROVIDED.

**BUILDING BETTER BONES AND BALANCE** (THURSDAY 1:30 PM) THIS IS A UNIQUE, PILATES-BASED WORKOUT THAT USES BONE STRENGTHENING TECHNIQUES WHILE FOCUSING ON ALIGNMENT AND BALANCE. THIS DYNAMIC CLASS IS ADAPTABLE FOR PEOPLE OF ALL LEVELS, AND IS ALSO SAFE FOR THOSE WITH OSTEOPOROSIS.

**BUNCO** (2ND FRIDAY 1-3 PM): A FUN, SOCIAL DICE GAME OF TEAMS OF TWO. MUST HAVE A DESIRE TO HAVE FUN! LOTS OF LUCK, AND NO SKILL IS REQUIRED. PLEASE BRING \$3 AND A SNACK TO SHARE.

**CHAIR YOGA** (WEDNESDAY 12 PM): COMBINED SEATED/STANDING YOGA POSES. IMPROVES CIRCULATION AND RANGE OF MOTION. PROMOTES STRESS REDUCTION AND MENTAL CLARITY. SUITABLE FOR ALL LEVELS.

**CHESS CLUB** (MONDAY NOON): BEGINNERS WELCOME.

**ESSENRICS** (TUESDAY 9 AM, THURSDAY NOON): STRENGTHEN YOUR CORE, LENGTHEN YOUR BODY, IMPROVE FLEXIBILITY, BALANCE, AND MOBILITY. REQUIRES THE ABILITY TO SIT ON THE FLOOR FOR AT LEAST 20 MINUTES.

**FREDDY'S FUNDRAISER** (FRIDAY, SEPTEMBER 2, ALL DAY): PURCHASE A MEAL AT FREDDY'S ON JACKSON CREEK PARKWAY AND THE SENIOR CENTER RECEIVES A PORTION OF THE PROCEEDS! BE SURE TO MENTION THE SENIOR CENTER.

**GENTLE YOGA** (TUESDAY 10:15 AM): A GENTLE, SLOWER-MOVING TRADITIONAL YOGA CLASS FOCUSING ON STRENGTH AND ALIGNMENT. SUITABLE FOR ALL LEVELS.

**LEAN AND FIT** (MONDAY 9:15 AM): GREAT BLOCKS OF STRENGTH AND CARDIO CONDITIONING. BURN SOME EXTRA CALORIES AND START YOUR WEEK OFF WITH A BANG.

**LINE DANCING** (TUESDAY 1:30 PM): BRUSH THE DUST OFF YOUR BOOTS AND GET DANCING! ALL LEVELS ARE WELCOME.

**MIND-ERGIZE** (TUESDAY NOON) EXERCISE YOUR BRAIN WITH COGNITIVE EXERCISES. SUITABLE FOR ALL LEVELS.

**MIND MATTERS** (WEDNESDAY 10 AM): RELAX AND REDUCE YOUR STRESS! ENJOY GENTLE STRETCHING, BREATHING TECHNIQUES, ENERGY EXERCISES, MUDRAS, MEDITATION AND VISUALIZATION WORK. THIS IS A 45 MINUTE CLASS.

**MIX IT UP!** (WEDNESDAY 8 AM): A FUN COMBINATION OF LOW IMPACT AEROBICS, SIMPLE WEIGHT TRAINING, AND STRETCHING. SUITABLE FOR ALL LEVELS.

**PILATES** (WEDNESDAY 9 AM, SUNDAY NOON): STRENGTHEN YOUR CORE, IMPROVE FLEXIBILITY, BALANCE, MOBILITY AND CREATE A STRONGER MIND-BODY CONNECTION. SUITABLE FOR ALL LEVELS.

**SILVER KEY SERVICES** (THURSDAYS 9-12) NEED FINANCIAL ASSISTANCE, COMPANIONSHIP, GUARDIANSHIP, MENTAL HEALTH, OR ONGOING CASE MANAGEMENT? SILVER KEY IS HERE TO ASSIST YOU THROUGH DIFFICULT TIMES. PLEASE EMAIL MOLLY STEPHENS, [MSTEPHENS@SILVERKEY.ORG](mailto:mstephens@silverkey.org) FOR MORE INFORMATION.

**STRONG FOR LIFE** (MONDAY 1:30 PM): BUILD STRENGTH AND IMPROVE BALANCE AND STABILITY TO MAKE THE BODY MORE RESILIENT TO FALLS AND MOVE EFFICIENTLY. CLASS IS TAUGHT IN A CIRCUIT STYLE FORMAT AND IS SUITABLE FOR ALL FITNESS LEVELS.

**TAI CHI FUSION** (MONDAY NOON): REDUCE STRESS AND PROMOTE SERENITY THROUGH GENTLE, FLOWING MOVEMENTS AND DEEP BREATHING. OFTEN DESCRIBED AS MEDITATION IN MOTION. SUITABLE FOR ALL LEVELS.

**TAI CHI GONG** (WEDNESDAY 11 AM, THURSDAY 11 AM): A UNIQUE MIXTURE OF TAI CHI, MEDITATION, AND BREATHING TECHNIQUES.

**TOTAL BODY STRENGTH** (FRIDAY 9 AM): MUSCLE CONDITIONING CLASS USING A VARIETY OF EQUIPMENT TO BUILD STRENGTH AND ENDURANCE. SUITABLE FOR ALL LEVELS.

**VISITING NURSES ASSOCIATION (VNA)** (2ND AND 4TH TUESDAY 9-3PM) FOOT CARE CLINIC THAT OFFERS A VARIETY FOOT CARE SERVICES. CALL 719-577-4448 TO MAKE AN APPOINTMENT.

**YOGA** (MONDAY & FRIDAY 10:15 AM AND MONDAY-WEDNESDAY 6 PM) VINYASA FLOWING STYLE COMBINES A POWERFUL, ENERGETIC FORM OF YOGA DESIGNED TO MOVE FROM ONE POSE TO THE NEXT WHILE CONNECTING YOUR BREATHING TO YOUR MOVEMENTS. SUITABLE FOR ALL LEVELS.

**ZUMBA** (THURSDAY 5:30 PM; SATURDAY 9 AM): COMBINES MOTIVATING, HIGH-ENERGY LATIN BASED MUSIC WITH UNIQUE DANCE MOVEMENTS AND COMBINATIONS. SUITABLE FOR ALL LEVELS.

**ZUMBA GOLD** (THURSDAY 9 AM): COMBINES MOTIVATING, HIGH-ENERGY LATIN BASED MUSIC WITH UNIQUE DANCE MOVEMENTS AND COMBINATIONS. SUITABLE FOR ALL LEVELS.

# SEPTEMBER PROGRAM SCHEDULE

All programs listed here are located at the Silver Key at Tri-Lakes Senior Center.  
(Grace Best Elementary School)

**66 Jefferson St,  
Monument, CO 80132**

Download Events Calendar at:  
[silverkey.org/tri-lakes-events/](http://silverkey.org/tri-lakes-events/)

## TRI-LAKES SENIOR CENTER

Open Monday - Friday 8 AM - 4 PM

Saturday 8:45 AM - 10 AM

Sunday 11:45 AM - 2:15 PM

No entry fee.

Classes: \$49 for unlimited attendance

\$60 for 10 class punch card

\$7 for drop-in

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 10:15: GENTLE YOGA 12-1: ESSENTRICS 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>2</b> 9:15-10:15: TOTAL BODY STRENGTH 10:15-11: GENTLE YOGA 1-4: NATIONAL MAH JONG  FREDDY'S FUNDRAISER (ALL DAY)
<b>5</b> 9:15-10:15: LEAN AND FIT 10:15-11: YOGA 12-1: TAI CHI FUSION 12:00: CHESS CLUB 1:30: STRONG FOR LIFE 6-7 YOGA	<b>6</b> 9-10 ESSENTRICS 10:15: GENTLE YOGA 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>7</b> 8-9 MIX IT UP! 11-12 TAI CHI GONG 12-1: CHAIR YOGA 1-4: HAND & FOOT 6-7 YOGA	<b>8</b> 10:15: GENTLE YOGA 12-1: ESSENTRICS 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>9</b> 9:15-10:15: TOTAL BODY STRENGTH 10:15-11: GENTLE YOGA 1-4: NATIONAL MAH JONG
<b>12</b> 9:15-10:15: LEAN AND FIT 10:15-11: YOGA 12-1: TAI CHI FUSION 12:00: CHESS CLUB 1:30: STRONG FOR LIFE 6-7 YOGA	<b>13</b> 9-10 ESSENTRICS 10:15: GENTLE YOGA 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>14</b> 8-9 MIX IT UP! 11-12 TAI CHI GONG 12-1: CHAIR YOGA 1-4: HAND & FOOT 6-7 YOGA	<b>15</b> 10:15: GENTLE YOGA 12-1: ESSENTRICS 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>16</b> 9:15-10:15: TOTAL BODY STRENGTH 10:15-11: GENTLE YOGA 1-4: NATIONAL MAH JONG
<b>19</b> 9:15-10:15: LEAN AND FIT 10:15-11: YOGA 12-1: TAI CHI FUSION 12:00: CHESS CLUB 1:30: STRONG FOR LIFE 6-7 YOGA	<b>20</b> 9-10 ESSENTRICS 10:15: GENTLE YOGA 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>21</b> 8-9 MIX IT UP! 11-12 TAI CHI GONG 12-1: CHAIR YOGA 1-2: BINGO <b>RSVP</b> 1-4: HAND & FOOT 6-7 YOGA	<b>22</b> 10:15: GENTLE YOGA 12-1: ESSENTRICS 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>23</b> 9:15-10:15: TOTAL BODY STRENGTH 10:15-11: GENTLE YOGA 1-4: NATIONAL MAH JONG
<b>26</b> 9:15-10:15: LEAN AND FIT 10:15-11: YOGA 12-1: TAI CHI FUSION 12:00: CHESS CLUB 1:30: STRONG FOR LIFE 6-7 YOGA	<b>27</b> 9-10 ESSENTRICS 10:15: GENTLE YOGA 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>28</b> 8-9 MIX IT UP! 11-12 TAI CHI GONG 12-1: CHAIR YOGA 1-4: HAND & FOOT 6-7 YOGA	<b>29</b> 10:15: GENTLE YOGA 12-1: ESSENTRICS 12-4: PINOCHLE 12-1: MIND-EROIZE 1-4: HAND & FOOT 1:30: LINE DANCING	<b>30</b> 9:15-10:15: TOTAL BODY STRENGTH 10:15-11: GENTLE YOGA 1-4: NATIONAL MAH JONG

Thank you Bethesda for your support of Silver Key at Tri-Lakes Senior Center.



**BETHESDA GARDENS MONUMENT**  
a Bethesda Senior Living Community



GOOD NUTRITION LINKED TO HAPPINESS IN OLDER ADULTS

BY ELIZABETH GIRLING

HAPPINESS IN OLDER ADULTS IS IMPACTED BY THE QUALITY OF THEIR DIET. ON THE OTHER HAND, POOR NUTRITION HAS BEEN LINKED TO IRRITABILITY, MOOD SWINGS AND EVEN DEPRESSION, ACCORDING TO THE NATIONAL INSTITUTE OF HEALTH. IN CONTRAST, THOSE WHO CONSUME A VARIED DIET THAT INCLUDES NUTRIENT-DENSE FOODS LIKE VEGETABLES, FRUIT, LEAN PROTEIN AND WHOLE GRAINS REPORT FEELING HAPPIER AND MORE CONTENT WITH THEIR LIFE.

THE CHALLENGE OF MAINTAINING A HEALTHY DIET

FOR OLDER ADULTS, THOUGH, EATING HEALTHY BALANCED MEALS CAN BE CHALLENGING. MEAL PLANNING, SHOPPING AND PREPARATION CAN SEEM LIKE DAUNTING TASKS FOR SENIORS, ESPECIALLY THOSE LIVING ALONE. THIS OFTEN LEADS TO POOR FOOD CHOICES OR SKIPPING MEALS ALTOGETHER. WHILE SENIORS NEED FEWER OVERALL CALORIES DUE TO A NATURAL DECLINE IN MUSCLE MASS AND LESS ACTIVITY, THEY NEED TO MAINTAIN THEIR INTAKE OF VITAL NUTRIENTS THAT CAN AFFECT BRAIN CHEMISTRY AND MOOD. REGULARLY CONSUMING HEALTHY, WELL-ROUNDED MEALS HELPS OLDER ADULTS GET ALL THE NUTRIENTS THEY NEED TO BOOST THEIR MENTAL HEALTH FOR A BETTER QUALITY OF LIFE.

EATING WITH OTHERS INCREASES FEELINGS OF HAPPINESS

IN COMMUNITIES LIKE JACKSON CREEK SENIOR LIVING, DINING WITH FELLOW RESIDENTS EACH DAY IS SUCH AN IMPORTANT COMPONENT OF DAILY LIFE. SENIORS WHO REGULARLY SHARE MEALS WITH FAMILY AND FRIENDS TEND TO MAKE BETTER FOOD CHOICES. THE MENTAL HEALTH BOOST OF EATING WITH OTHERS IS LINKED TO HAPPINESS LEVELS BECAUSE SOCIALIZING OVER MEALS GIVES PEOPLE A SENSE OF BELONGING TO A COMMUNITY. WHEN PRESENTED WITH HEALTHY FOOD CHOICES, OLDER ADULTS ARE MORE LIKELY TO CONSUME NUTRIENT-RICH FOODS, ESPECIALLY WHEN THOSE AROUND THEM ARE EATING THE SAME THING.

EATING A HEALTHY DIET NOT ONLY INCREASES FEELINGS OF HAPPINESS BUT ENERGY LEVELS TOO, MAKING SENIORS MORE LIKELY TO EXERCISE AND BE MORE ACTIVE IN GENERAL. TIME AFTER TIME, WE'VE HEARD FROM FAMILIES THAT THEIR LOVED ONES HAVE MORE ENERGY LIVING IN OUR COMMUNITY, AND OFTEN IT IS RELATED TO BETTER NUTRITION.

HAPPINESS IS ALWAYS ON THE MENU  
AT JACKSON CREEK, CHEF-PREPARED HEALTHY AND DELICIOUS MEALS ARE SERVED IN THE COMMUNITY DINING ROOM ENCOURAGING GOOD NUTRITION AND ENJOYING TIME WITH FRIENDS FOR A HAPPIER STATE OF MIND AND BETTER OVERALL HEALTH. WE MAKE DINING PART OF THE COMMUNITY CULTURE AND HOST LUNCH AND LEARN SESSIONS FOR GUESTS TO MEET OUR TEAM AND LEARN ABOUT A TOPIC OF INTEREST. AND FOR FUN, OUR CHEF "DEMOS" ARE ENGAGING PRESENTATIONS FOR RESIDENTS TO ATTEND – AND GET A HEALTHY SNACK!



SCHEDULE A TOUR

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719-722-3532

16601 Jackson Creek Parkway

Monument, CO 80132

JacksonCreekSeniorLiving.com

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NTSOC  
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The way to grow your business.



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Humana



KAISER PERMANENTE®

## TRI-LAKES HAPPENINGS

### Join us for Bingo

The 3rd Wednesday of every month.  
Fun and prizes!

Silver Key at Tri-Lakes Senior Center  
(Grace Best Elementary School)  
66 Jefferson St,  
Monument, CO 80132  
Please RSVP to Sue at 719-330-0241.



### Try Your Luck!

Join us for Bunco! Must have a desire to have fun! Lots of luck and no skill is required. Please bring \$3 and a snack to share. Call for details 719-330-0241.



Join your friends and family at Freddy's

15778 Jackson Creek Pkwy

Monument, CO. 80132

Friday, September 2nd

All Day Event

Be sure to tell  
the cashier  
you're part of  
this group!

**Tri-Lakes Senior Center**

will receive a percentage of the sales from this event!



## Have you visited the Tri-Lakes Thrift Store?

Monday - Saturday  
10am-4pm.

755 Highway 105, Suite N  
Palmer Lake  
719-488-3495



### Donate. Shop. Repeat.

WHEN YOU SHOP AND DONATE AT THE  
SILVER KEY FRIENDS THRIFT STORE YOU  
ARE SUPPORTING OUR MISSION.

1605 S. Murray Blvd.  
Colorado Springs, CO 80916  
Monday - Friday, 9 am - 4 pm  
719-884-2366



Shop = Support for Seniors