

Parker Senior Center

Where Active Seniors "Normally" Meet



FEBRUARY 2021

10675 Longs Way
Parker, CO 80138
303-841-5370

Website: parkerseniorcenter.org

Governor Polis announced that starting December 30, people 70 years old and older are currently eligible for COVID-19 vaccine. The Governor also stated that "Any Coloradan 70 and up can now legally receive the vaccine...This will take about 4-5 weeks." While this news is very exciting, vaccinations are very dependent on vaccine availability. Some hospitals and other providers in the Tri-County Jurisdiction have begun phase 1B vaccinations, but not every provider has moved into phase 1B. Currently the State is receiving 70,000 doses per week. They are working to enroll hundreds of healthcare officials to be COVID-19 vaccination sites. Not all medical providers are eligible to receive and administer the vaccine. Colorado wants to vaccinate 70% of the 70+ population by February 28th.

For people 70 years old and older who are looking to get the vaccine, you may be contacted by your healthcare provider to schedule a time to get a vaccine. Additionally, pharmacy vaccinators at some grocery stores may reach out to you to schedule a time to get your vaccine. Please check our website frequently for updates. Your Primary Care Provider is a good resource to help you find a vaccination location.

The Colorado Department of Public Health and Environment is working to enroll hundreds of healthcare offices to be COVID-19 vaccination sites in the next few weeks to help meet demand. Not all medical providers are eligible to receive and administer COVID-19 vaccine during Phase 1. Only specific, enrolled healthcare sites like health departments, hospitals, pharmacies, and safety net clinics can receive vaccine at this time. It is important to remember that these places are getting limited quantities of the vaccine each time Colorado receives a vaccine shipment.

Tri-County Health Department (TCHD) encourages you to speak with your medical provider if you have questions about COVID-19 vaccine and your health, but they are likely unable to administer the vaccine at this time. In the future, your medical provider may be able to provide you with the vaccine.

FIND A VACCINE PROVIDER: Dial **211** or **303-389-1687**. Online at covid19.Colorado.gov/vaccine.

AGING RESOURCES
of Douglas County

VOLUNTEER SERVICES ■ RESOURCE NAVIGATION ■ EDUCATION & OUTREACH

AgingResourcesDougCo.org • 303-814-4300

*Do you need help getting groceries? Please call **Aging Resources of Douglas County**. They are standing by to support you with anything you need. Please don't hesitate to reach out to them **303-814-4300***



Happy Birthday

Melanie Adasiewicz 10
Eleanor Alt 26
James Austin 4
Katherine Bailey 4
Joan Billington 24
Brenda Bollwerk 12
Carole Bradley 16
JoAnn Brallier 25
Pauline Brown 24
Andy Buonsante 21
Barbara Buonsante 21
Christine Colosimo 15
Ralph Datema 11
Liz Dee 14

Darlene Despain 17
Charles Dohnalek 3
Ed Doorgeest 6
Pete Dunn 18
Karen Ehrbar 24
Marvin Emmons 28
Marilyn Ferrari 24
Richard Foerster 10
Denis Gauthier 10
Barbara Goldsmith 2
Ida Griffing 8
Norma Grigs 24

Dorothy Grosenheider 15
Chris Hausknecht 12
Laura Hefta 25
Leslie Hiatt 28
Diana Homola 28
Metta Inskeep 24
Lee Jensen 23
Marjorie Lewis 27
Aileen Linehan 15
Mary McMahan 25
LaRue Mitchell 11

Sumi Miyake 23
Carmen Morales 24
Irene Naukam 4
Mary Oberem 7
Marjorie Oliver-Stumpf 8
Dolores Page 25
Bernard Petri 5
John Pettitt 1
JoAnne Pflaeging 8
Arlene Pogar 2
Iko Prochal 10
Lux Rajan 25

Dottie Rasmussen 16
Pamela Ricketts 23
Nadine Riefenberg 5
Margaret Royston 28
Carla Scott 7
Ralph Sorrenti 2
Mary Grace Terry 11
Janet Thoma 14
Kathy Weinstein 7
Rose Whalen 15
Dianne White 26
Jill Whitlock 19
Susan Williams 28
Sally Winters 12

Happy Anniversary



Michael & Marie Barnell
Manuel & Maria Candelaria

Donald & Helen Hagerman
Bruce & Terrie Hamen

George & Elaine Hom
Jim & Norma Kaufmann

Carlton & Toni Laursen

FEBRUARY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Peachy Chicken with Raspberry Sauce</i>	2 <i>Shrimp Fettuccini</i>	3 <i>Fried Chicken Tenderloins with dipping sauce</i>	4 <i>Baked Ziti with Italian Sausage</i>	5 <i>Beef Burgunion</i>
8 <i>Chicken Marsala</i>	9 <i>Lemon Dill Baked Salmon</i>	10 <i>Quiche Lorraine</i>	11 <i>Meatloaf</i>	12 <i>Honey Lemon Chicken</i>
15  President's Day	16 <i>Memphis Rub Ribs</i>	17 <i>Parmesan Crusted Tilapia</i>	18 <i>Chicken Florentine</i>	19 <i>Beef Pot Roast</i>
22 <i>Fried Pork Chops</i>	23 <i>Asian Chicken Salad Platter</i>	24 <i>Chicken Fried Steak</i>	25 <i>Dessert by the Foersters! ♥</i> <i>Seafood Newburg over Pastry</i> <i>Birthday/Anniversary</i>	26 <i>Apple Cider Pork Chops with Pear Sauce</i>

**ALL MEALS ARE
"CURBSIDE"
PICK UP ONLY**

To order a meal call 303-841-5370

Meals are pre-paid with your credit card. Select the dates you want a meal then call and leave a message with those dates. Louise will call you back.

We plan to provide lunches during inclement weather. If you can't make it to pick up your meal, we will save it for the next day for pick up.

In the rare event Joe or Louise can't make it to the Center, we will put a notice on 9News that the Center is CLOSED (which means NO meals).



Faux Card Making Class



Cookie Exchange!

Linda Martin and her Faux Card Making Class met in our parking lot on December 10 to pick up their cards and celebrate Christmas with a COVID safe Cookie Exchange. They had a lot of fun and everyone went home with a dozen delicious cookies! If you are interested in joining Linda's card making group, please contact her directly.

Linda Martin
(707) 980-3992 or email at
purplesebring@aol.com

*Our drive-thru Santa event was held on December 19th. It was lots of fun for the kids who received goodie bags and yummy treats. Not to mention they got to see Santa! **Thank you to Santa and Mrs. Kamie Claus** (Rich Foerster & Kam Breitenbach). Also, to our volunteers **Lou Braden, Donna Foerster & Terri Garcia** for helping us put on this event. We received 270 in donations!*



Sadly, five of our beloved members passed away in December and January.



Ken & Martha Benton

Thank You Ruth!



Member, **Ruth Miller**, has made **435** COVID masks for the Parker Senior Center. She has also made masks for many other organizations. These masks are colorful and fit good. If you need one, please let us know.

MEMBERSHIP RENEWALS

I am overwhelmed. So many of you have renewed your membership despite the challenges of this pandemic. Your membership means the Center will be ready to open as soon as we can. Thank you!

Due to current circumstances, I am going to keep the 2020 membership in my email and newsletter distribution. I want to keep the lines of community open to everyone during this time.

If you wish to renew for 2021, but did not receive a renewal form, please let me know and I send one out to you. If you wish to wait until we open, I understand.



Mary Maddox



Dottie Templin



Pierce Parker

From Rose . . .

Happy Valentines Day!!

I am sorry to inform you that our scheduled cruise in April has been **CANCELLED!** Holland American Cruise Lines has cancelled all sailing thru the end of April going to Canada.

All seniors who had signed up have been notified and are getting a refund. If you have not heard from Holland American please call them ASAP.

We have added 2 more land trips with AFC, a Mystery trip in June and a trip to see the Fall foliage in the Poconos in October. Information below:

AFC Vacations: We a summer “Mystery Trip” in June 2021. Join our group from the PSC on this fun trip, June 21-25, 2021. Cost is \$1899 Dbl. \$2319 single. Fly from DIA to some not so far away destination located somewhere in the USA. No Passport needed. Unpack once or twice. At least 2 meals a day included. We will dine at some famous restaurants. All must sight seeing, hotel, and baggage transfers included. Come join the fun!!

Looking further ahead we are planning a trip on October 2-8, 2021 to **Brandywine and the Poconos**. Flying into Philly, viewing Fall colors and visiting DuPont Mansions, touring Hershey Chocolate World and the Amish country. Visiting Philadelphia, Independence Hall, and the Liberty Bell just to name a few. \$2449.00 pp double includes round trip air, pickup at PSC, 11 meals, hotels, transfers and baggage. We have 10 seniors already signed up. Call Rose for more information.

Please call Rose for more information. To make reservations call Claudia at AFC (800) 369-3693 or (858) 481-8188. AFC is offering a \$99 deposit on any of their trips.

Rose 303-618-5528

From Sherri . . .

 If you have your Christmas decorations down, it's time to hang your Valentines! I would like to thank the committee members of **Simply Meals** for their wonderful support of our new program. We have had three PSC members request help and have prepared and delivered 34 meals! If you would like to volunteer for this committee, we could use your help. Just let me know. If you or another PSC member you know could use a few meals to help out while recuperating, again, just give me a call. Looking forward to vaccinations and getting back to “somewhat” normal. Meanwhile, there are tents and bubbles throughout Parker where we can at least meet for a bite. Hope that you are all doing OK and looking forward to seeing you soon.



“Bubble Meals Downtown Parker”

*Sherri Anderson
410-533-8539*



Due to COVID, Tax-Aide will NOT be offered at the Parker Library in 2021.

Tax-Aide will be offered at

Life Center of Littleton, 5804 S. Datura Street, Littleton 80120

This is a **2-visit Remote Service**. At your first visit, we obtain consent, verify identity & scan documents. Certified Volunteers then prepare your return at a remote location. You will return later to complete and sign your return.

Scope is limited to 2020 & 2019 returns; we are **NOT** able to prepare time-consuming returns. No more than a dozen pages; documents must be paper copy. **NO** self-employed, itemized deductions, education credits, complex/lengthy Brokerage statements, K-1s, Married Filing Separate or complex Head of Household status.

Appointments open on January 11, 2021, online at cotaxaide.org/appt/ or the Life Center at 303-953-7180. TEXT to 720-257-9771 for unique situations.

If you are confident using the computer and scanning your documents, and your income is less than \$66K, you may qualify for free VITA service at getyourrefund.org. They can help with the complex situations above.

Form 14446, Virtual VITA/TCE Taxpayer Consent & Form 13614-C, Intake/Interview & Quality Review Sheet must be completed before your tax preparation service can begin. These forms are available for pickup at the Littleton Life Center reception desk.

Click for locations of Free Tax Sites

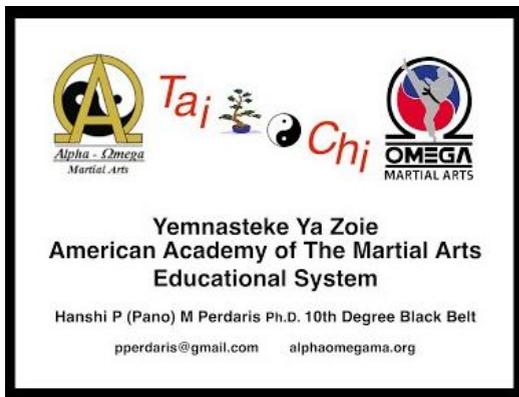
[VITA Free Tax Preparation](#)

[AARP Tax-Aide](#)

Facebook [@VolunteerTaxHelpSDenver](#)



Message from Pano . . .



Hello everyone, I hope everyone including all your families are doing well, continuing to follow all safety guidelines and staying safe.

Here is my first video on **introduction to better breathing**. It is only approximately 20 minutes long. If you would like to view it, you can make a small donation of five dollars or more to the Parker Senior Center and receive the link to access the video through YouTube. This video will be available to you the rest of the month of January and all of February to watch as many times as you may like. A percentage of all donations made will go directly to the Parker Senior Center. If you have any questions or need some direction after viewing the video contact me through my email.

For those who have participated in past classes, I encourage you to continue your practice on a daily basis until we can once again continue together. I am looking forward to being back at the Parker Senior Center when it is allowed to re-open and we can resume conducting classes in person once again.

God Bless - Be Careful - Stay Healthy & Be Safe.

Dr. P. (Pano) M. Perdaris Ph.D.
pperdaris@gmail.com

Click on this link for a preview of my TaiChi class.

Contact Jan if you want the link to the class.

Thank you.

<https://youtu.be/LeQdbi6W3cw>

2020 ANNUAL REPORT

INCOME \$352,895

• Town of Parker	\$76,000
• Grants (\$40K for bus)	55,000
• Donation	21,650
• Fundraising	17,132
• Membership Dues	28,611
• Meals	49,532
• Programs & Fees	18,057
• Interest Income	1,477
• COVID Relief Funds	28,566
• Transfer from Savings	56,869

EXPENSES \$354,712

• Equipment & Furniture	\$ 3,317
• Building & Grounds	18,844
• Company Vehicles	16,258
• Meals	28,543
• Member Benefits	5,252
• Fundraising	5,271
• Programs & Fees	12,999
• Professional Fees	1,100
• Insurance	14,087
• Communications	4,499
• Utilities	16,560
• General Operating	2,251
• Payroll (salaries, taxes, insurance, fees)	133,473
• Purchasing (new bus)	65,418
• COVID Expenses	26,840

PROGRAMS & SERVICES

Due to the pandemic, the Center closed on March 16, 2020 and all inside activities were suspended. Three staff personnel were retained. The meals program continued as curbside pickup. 10,172 meals were provided. Socially distanced activities and fundraisers were planned and held outside in our parking lot and offsite locations.

As of this date and until clearance from Tri-County Health, the Center will remain closed to inside activities. Curbside meals and outside activities and fundraisers will continue. Three staff personnel will be retained in 2021.

Parker Senior Center

Where active seniors meet

10675 Longs Way
Parker, CO 80138
(303) 841-5370

Website: parkerseniorcenter.org

Email: jan@parkerseniorcenter.org

Non-Profit Rate

US Postage

PAID

Permit #136

Parker, CO

80138

Come Grow With Us! 2021 Sponsors

