

WEBPAGE
Cmnccos.org

Executive Board

Co-Presidents

Janis Cross 930-4445

Marie Ryan 310-7810

Vice Presidents

Linda Ewton 659-2342

Dr. Susan Rae Jensen 659-8713

Treasurer

Barbara Monn 576-9173

Secretary

Position Open

Communication Director

Position Open

Webmaster

Linda Ewton 659 - 2342

Newsletter

Mary Kervick 649 - 3658

Policies:

Prospective/Former members shall be required to pay membership dues after attending two club functions.

CMNC general meetings will be cancelled if D-12 schools have a delay or cancellation.

March 2021



Free Meetings 2nd
Wednesday of Month,
9:30AM, Broadmoor
Community Church,
315 Lake Avenue

March 10, 2021 meeting will be in person at Broadmoor Community Church for 50 people. No RSVP required.

Presidents' Letter

Dear Lovely Ladies,

Our relatively mild winter came to a screeching halt with our recent minus subzero temperatures. We hope that you have all managed to stay safe and warm in this frigid weather.

We enjoyed seeing everyone on our February Zoom call. We had 20 plus people on the call. It was great to see all your smiling faces. Thank you for all the good questions and interest on the skin care and dermatology topic.

We have some exciting news for everyone! We just confirmed with Broadmoor Community Church that we are now in yellow status. This means that we can hold our next March meeting, in person, at the church. The board still needs to work out the logistics, but we will send out an email blast with all the details as we get closer to March 10. The last time we were able to meet at the church was in October 2020. It will be fun to catch up with everyone while observing Covid guidelines. Our program will feature our own Dr. Susan Rae Jensen. She will have a short Heart Healthy presentation, followed by a Q&A. Please mark your calendars for what is going to be a very special meeting.

We are also pleased to announce board officer position nominations:

- Co-Presidents – IsaBelle Rowsey and Karen Thomas
- Co-vice President – Gail Laubach (Membership)
- Treasurer – Barbara Monn (going into her second year)

We are also looking to fill the following positions:

- Co-vice President (Activities)
- Secretary

If you are interested in helping to coordinate the Spring Luncheon, please let us know. We will be using the Gold Hills Mesa Community Center for this event in May. We should be able to accommodate at least 60 people and have a Summer Olympics theme in mind for the luncheon. We thought it might be fun to feature a different sport for each table and even have everyone wear sports related clothing.

We can't wait to see everyone again in March! In the meantime, enjoy the rest of February, stay healthy and we will all be together again before we know it ☺

March



Vaccine - Here is contact information for covid vaccine appointments.

UCHEALTH – 720-462-2255 – uhealth.org/covidvaccine

CENTURA– 866-414-1562 – Centura.org/vaccine

MATTHEWS-VU MEDICAL GROUP – 719-474-7380

PEAK VISTA HEALTH CENTERS – 719-344-6500

WALMARTS ON PLATTE/ACADEMY AND PALMER PARK/POWERS

CHECK WITH YOUR LOCAL SAFEWAY AND KING SOOPERS

Program, March 10th - In Celebration of Heart Healthy Month in February

Discussion of Cardiovascular Risks/Management/Prevention

--interactive discussion with Dr. Susan Rae Jensen, FACC, FACP.FCCP, FSCAI

Look for detailed information sheet being sent by email Monday, March 8th

Topics to be covered include: Risk factors and Risk factor management. smoking, blood pressure, diabetes, physical activity/obesity, cholesterol, hormonal changes. Cardiovascular diseases targeted for prevention. coronary artery disease, stroke, peripheral vascular disease, cerebral bleeds, heart attack plus treatment options. Timely Questions pertaining to Covid

Dr. Jensen has had a career as a board certified interventional cardiologist in Colorado Springs, as a senior partner with the Heart Center of Colorado which then merged with UC Health South. Since retirement from UC Health, she has had a specialty clinic at Mission Medical Clinic serving the uninsured and underinsured. She has been a featured speaker for the American Heart Association with advocacy for Women and Heart Disease and Cardiovascular Risk management and has been named a Top Doc in Colorado Springs.

Gleaners for March 2021: SPRINGS RESCUE MISSION

Chair: Barbara Coons 375-3231 ***the trunk of my car will be open for drop-off at the meeting.***

VISION: To see lives transformed and filled with hope as our community works together to fight homelessness, poverty and addiction.

Springs Rescue Mission began in 1996, when founders began providing sandwiches to homeless people in Colorado Springs in parks and under bridges. Soon after, they opened a food pantry in one room of a small building. These humble beginnings rapidly grew into a wide range of programs intended to serve the 27,000 households living below the poverty line in the Pikes Peak region. Currently, they serve over 700 men & women a day through nutritious meals, sheltering, case management & work programs.

At this time, their top requests are the following: bottled water, gently used & new, warm sweatshirts/pants size LG & up, water-added packaged meals/ carton soups, and laundry pods (they do 30,000 loads per year). THANK YOU for thinking of the most vulnerable men & women in our community!! Donating goods to Springs Rescue Mission has a significant & direct impact on those who are served.



Women of Wealth - 4th Tuesday, 9:30 to 10:30 AM

Chair: Janis Cross 577 - 2501 Janis.cross@raymondjames.com

Zoom Call (zoom.com) Meeting ID: 649 554 6971

Password is required: This will be included in the Zoom invitation.

Time to review your investments and be re-positioned for 2021! Why not do something new and join our group? 7 out of 10 women will outlive their husbands (source: www.marketwatch.com) and be forced to take over managing their assets. Even if you hire a money manager, you will need to be able to read a financial statement and understand your performance. BE PROACTIVE and join us in a nonthreatening environment for a course in managing your money. We'll cover stock selection, mutual fund analysis, long term care insurance, hiring a money manager, asset allocation, bond analysis, and other timely subjects. PLEASE CONFIRM ATTENDANCE BY SENDING ME AN EMAIL. Thanks, Janis

Because We Care

Chair: Lynda DeAngelis 576-5070

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the SMALLEST ACT OF CARING, all which have the potential to turn a life around."

Leo Buscaglia

Ladies, please remember to contact me when you know or hear about one of our members experiencing a health problem, surgery, hospitalization, death in the family or any other life changing situation. I will then send out the appropriate card on behalf of all of our members. In some cases, I will follow up with a phone call to see how things are going and if any help is needed.

Thank you for your support....It is because of all of you and many previous members that we are such a kind and caring group to include this committee in our organization!

Reader's Choice - 3rd Thursday, 10:00 AM

Chair: Daria McClung 339-4860

This will be a Zoom Meeting

Book: The Authenticity Project by Clare Pooley

Novel Women - 1st Wednesday, 10:00 AM

Chair: Sarah Healy 344-9363

This will be a Zoom Meeting

Book: Genghis Khan and the Making of the Modern World by Jack Weatherford

All other activities continue to remain on hold until it is safe to meet again.