

**April  
showers**

**April 2025**

# APRIL 2025

We meet the second Wednesday of each month (September through May) at 9:30 a.m. at the Broadmoor Community Church, 15 Lake Avenue.

## EXECUTIVE BOARD

### President

Cheryl Eaton 719.331.5554

### Vice President

LouAnn McKenzie 650.288.5784

### Treasurer

Lisa Lucke 719.306.3185

### Secretary

Jamie Rogers 505.507.6979

### Activities Director

Kathy Perkins 720.291.0330

### Programs Director

Barbara Zarish 719.960.6117

### Membership Director

Dale Spelman 925.999.0343

**Webpage:** [cmnccos.org](http://cmnccos.org)

### Webmaster

Linda Ewton  
[webmastercmnc@gmail.com](mailto:webmastercmnc@gmail.com)

### Newsletter

Elaine Claussen  
[elaine@creativefromscratch.com](mailto:elaine@creativefromscratch.com)

This club has a paid membership policy. Prospective members may attend two functions/meetings before paying their annual dues. Former members must rejoin before attending any activities or meetings.

✳ **Monthly meetings are not held when D-12 schools are delayed or cancelled.**

# What's Inside

3

**April activity calendar**

4

**2025 Spring Luncheon**

5

**April Program:  
Fraud Awareness**

6-7

**Meet the CMNC Board  
Nominees & vote on 4/9**

8-9

**The Art of Living  
with Arthritis**

10-11

**FBI tips on AI scams that  
target seniors**

12-15

**April CMNC Activities  
Directory**

16

**Creative Easter snacks**

17

**Member Birthdays**

## Psst... Dues R Due!

Don't forget! You may pay your 2025-26 membership dues of \$40 in cash or by check at the April meeting or May luncheon, or use Zelle ([CMNC2024@yahoo.com](mailto:CMNC2024@yahoo.com)). Checks can also be mailed to CMNC, PO Box 60001, Colorado Springs, CO 80960.



# April

## Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
		1	2	3	4 Pickleball 10 am	5 Walkie Talkies 10 am
6	7 UFOs 1 pm	8 Decorating Divas 1 pm	9 CMNC General Meeting/Voting 9:30 am Gleaners	10 Canasta Hand & Foot 11 am	11 Pickleball 10 am Mah Jongg 11 am	12 Walkie Talkies 10 am
13	14 Pokeno 1 pm	15	16 Ladies Gourmet 11:30 am	17	18 Pickleball 10 am Wine & Friends 6 pm	19 Walkie Talkies 10 am
20	21 Happy Hour Get-Together 3 pm	22	23 Birthday Belles 4:30 pm	24 Canasta Hand & Foot 11 am	25 Pickleball 10 am Mah Jongg 11 am	26 Walkie Talkies 10 am
27	28	29	30	31		

Please forgive any errors or typos in this publication. I hope you enjoy it!  
— Your newsletter editor, Elaine Claussen

# Spring forward

*with new beginnings*

## CMNC SPRING LUNCHEON

**DATE** May 15, 2025  
**TIME** 11 a.m. to 1:30 p.m.  
**PLACE** Cheyenne Mountain Country  
Club, 9 Lake Ave.

Join us for our 40th anniversary luncheon to celebrate a new decade for the club, a new executive board, and new members and friends.

**Program:** Darryl Thatcher will share some history about the Cheyenne Mountain County Club.

**Menu:** For lunch, we'll enjoy a small blue cheese wedge salad, soft rolls, grilled chicken, Gruyere au gratin potatoes, green beans and carrots, strawberry-rhubarb cobbler with vanilla ice cream, and coffee. There will also be an optional cash bar.

**Reservations:** The cost is \$45/member, payable by May 1 at the latest. Payment must be made when you sign up using one of these methods:

- **In person** at the April 9 general meeting (cash or check)
- **Mail a check** (payable to CMNC) to:  
PO Box 60001, Colorado Springs, CO 80960
- **Through Zelle** at CMNC2024@yahoo.com

Please note: Jeans and photos are not permitted inside of the club. Our theme will be pastels and flowers, so dress to match!

---

### Questions?

Please call LouAnn McKenzie, VP, at 650.288.5784 or email her directly at [t.mckenzie@comcast.net](mailto:t.mckenzie@comcast.net)

# Scams that target C🎯 seniors

This month's CMNC program features Mark Fetterhoff, program manager for AARP ElderWatch and an experienced educator and advocate for older adults. Having worked on fraud awareness and outreach for seniors for more than 15 years, Fetterhoff will share insights regarding the thousands of inquiries he and a crew of dedicated volunteers field each month regarding the latest fraud, scams, and financial exploitation aimed at Colorado seniors.

Through this interactive presentation, learn how to recognize, elude, and report them with the help of AARP's fraud helplines. The program will start after the election of new board members. Be sure to bring your questions!

— SEE RELATED ARTICLE ON PAGES 10-11 —





## 2025-26 CMNC Executive Board

# Meet the nominees



Here's an important reminder for CMNC members, especially those of you who may be new to the club or those who may not attend the monthly meetings on a regular basis:

On April 9, all members in good standing who attend the monthly meeting can vote for the following 2025-26 Executive Board nominees:

<b>PRESIDENT</b>	<b>Kim Kacewicz</b>
<b>VICE PRESIDENT</b>	<b>Rebecca Whittaker</b>
<b>MEMBERSHIP DIRECTOR</b>	<b>Marie Ryan</b>
<b>SECRETARY</b>	<b>Ingrid Hullman</b>
<b>PROGRAM DIRECTOR</b>	<b>Donna Sterns</b>
<b>ACTIVITIES DIRECTOR</b>	<b>Kathy Perkins</b>
<b>TREASURER</b>	– <b>Volunteer needed</b> –

According to our club bylaws, each member present at the April general meeting will be entitled to one vote. No proxy votes shall be accepted for those not in attendance.

Please note: For the remainder of this term (2024-25), which runs through May 31, Lisa Lucke will be filling in as interim treasurer.

### **PRESIDENT: Kimberly Kacewicz**

I am a retired senior financial analyst who spent over 30 years working for giant IT organizations such as Xerox, HP, and AMD. My primary function was to provide financial analysis, forecasting, and reporting to company executives. During my time in finance, I have had the opportunity to work on many special committees to enhance financial performance and business metrics. I'm from Texas, but after two years of commuting between Texas and Colorado, my husband, Marek, and I decided to call the Springs home. The Newcomers club gave me new opportunities for community engagement, where I can share my energy and passion with the group. I have co-chaired Ladies Gourmet, which I found very enjoyable. I look forward to serving you as the 2025-2026 president. Let's work together to make our time at CMNC positive and enjoyable!

### **VICE PRESIDENT: Rebecca Whittaker**

I joined CMNC in 2021. I was new to Colorado Springs, working as a nurse at Fort Carson Community Hospital during Covid lockdown. While at home, I noticed a profound sense of isolation, and read about CMNC in the newspaper. Conversation with other Newcomers seemed like a perfect fix. I am a Colorado native from the small farming community of Rocky Ford, and left my rural life to attend college in Southern California, where I met my husband and raised my son. I returned to Colorado to care for my mother. I moved to Colorado Springs when she passed away. I have now retired from my 38-year nursing career, which gives me time to participate with CMNC. I look forward to being vice president and having lots of fun along the way.

### **MEMBERSHIP DIRECTOR: Marie Ryan**

Hi, I'm Marie Ryan. I was born in Ipswich, England, raised in Colorado Springs, and attended UC Boulder. After graduating, I worked at a local TV station reporting and anchoring the weekend weather, moved on to marketing, and finally worked in high tech as a sales account executive. I have three daughters who live in LA, West Palm Beach, and Cincinnati. I am also a Mimi to my grandson, Andrew. I joined CMNC in 2018 and served as co-president in 2020-2021. My husband and I have two cats, two dogs, and birds that visit my feeder every day. I enjoy walks, working out, oil painting, visiting the girls, and travel. I'm looking forward to growing our membership and making new friends!

### **PROGRAMS DIRECTOR: Donna Sterns**

My husband, Darrell, and I lived and raised our two children in Sugar Land, Texas, for 24 years. In 2017, we decided it was time to move to a better climate. We bought a home in University Park and fell in love with the mountain views. I've been active in Decorating Divas, Ladies Gourmet, and Wine & Friends. My career started in exercise physiology and moved into the running sales industry with companies such as Nike, Thorlo and Brooks. I have been a competitive long-distance runner and marathoner for over 40 years and stay active with running, hiking, and skiing. I've enjoyed finding true forever friends in CMNC. I look forward to working on programs with this awesome group of special women.

### **ACTIVITIES DIRECTOR Kathy Perkins**

Hi, my name is Kathy Perkins. My husband, Lee, and I have lived in Colorado Springs for about 15 years. We are a blended family with seven children and 13 grandchildren. We also have three black labs, which means we're busy with kids or dogs or all of them at once. I've had numerous careers as a florist, interior designer, social worker, and most recently, a home remodeler. However, my passion is art and interior design. Our home is always in a state of redesign. I'm so happy to have discovered CMNC. It's hard to meet other women once your kids have grown, and this club has allowed me to develop new friendships and have some fun.

### **TREASURER: — Volunteer needed —**

This position is currently available. Responsibilities:

- Become an authorized signatory for all club bank accounts starting in June.
- Collect and distribute club funds as authorized by the Executive Board.
- Pay and maintain file of the insurance policies.
- Create the annual club budget.
- Ensure the Executive Board budget is followed.
- Prepare monthly summary of receipts and disbursements, monthly income analysis, budget balances, and annual report for the Executive Board.
- Have books reviewed at the end of the fiscal year by executive officers.

### **SECRETARY: Ingrid Hullman**

I moved to Colorado Springs in 1998, and since retiring from medical practice in 2008, my passion is working with animals. I am a volunteer dog groomer for the Humane Society of the Pikes Peak Region and the National Mill Dog Rescue in Peyton, grooming the most matted and neglected dogs. I also enjoy hiking, audio books, New York Times brain games, book club, spending time with my three rescued furr babies, and enjoying the many social activities in the CMNC. I've previously served on the CMNC board as vice president of membership and as secretary, and I have chaired several activity groups. I am so happy to be a part of the CMNC, and I look forward to being the secretary again.

Be sure to vote at our meeting  
on Wednesday, April 9!

# The Art of *Living* with Arthritis

**According to the Arthritis Foundation®**, *arthritis affects nearly 60 million adults and hundreds of thousands of children in America. In fact, it's the nation's No. 1 cause of disability. There are more than 100 types and related conditions that damage joints and often other organs. Here are 18 tips the foundation offers to help ease pain and feel your best every day.*



**1 Find an occupational therapist** who can help you discover easier, less painful ways of doing things, from getting dressed to finding a doorknob that's easier to turn.

**2 Time your tasks** to prevent pain. Prepare dinner midday if your hands tend to hurt in the evening. Or bathe the night before if morning stiffness makes it difficult.

**3 Sit to save joints.** When you're tired or in pain, pull up a chair or stool when washing dishes or doing similar "sit-able" chores.

**4 Reduce tripping hazards** by picking up clutter, taping down or removing throw rugs, adding a nonslip bathmat and grab bars in the bathroom, and keeping rooms well lit.

**5 Get a grip!** Wrap a rubber band around items you use often but can't always grip firmly, such as your toothbrush or your favorite kitchen utensils.

**6 Upgrade your shoes.** Invest in shoes with a low heel and good solid structure. Ill-fitting shoes can throw off your gait, which can lead to more joint or muscle pain.

These tips are excerpts from the Arthritis Foundation's "23 Secrets to Help You Transform Your Life" February 2025 mail insert and were edited for space. For additional Arthritis Foundation information and resources, please visit [arthritis.org](https://www.arthritis.org).

*Continued on next page... >*



**7 Tape trick.** Place a piece of clear tape along the horizontal side of each credit card (don't cover the chip or magnetic strip). Tuck them in your wallet tape-side out and grab the tape tab to pull them out.

**8 Easy reach.** Massage and ease hard-to-reach muscles with a tennis ball. Place the ball against a wall and roll your back on it, or put it on the floor to roll it under a foot.

**9 Stay fit & sharp.** Research has found that people with rheumatoid arthritis who exercise regularly are more likely to stay sharp mentally. This is important because 30-71% of people with RA experience impaired thinking.

**10 Step it up.** A study found that women who averaged 4,400 steps a day had a 41% lower mortality rate than non-active women. So when meeting with friends, go for a pleasant walk instead of a sit-down coffee chat or movie.

**11 Watch your weight.** Every pound of excess weight puts four pounds of extra pressure on your joints. Plus, fat cells generate body-wide inflammation.

**12 Fight with fiber.** Fiber not only helps you feel full and eat less, but it can help your body regulate inflammation.

**13 Switch cows.** If arthritis symptoms kick up when you drink dairy milk (aka A1), try A2 milk which has A2 beta casein protein. Milk with A1 beta casein protein has been linked to greater inflammation.

**14 Stay social.** Don't let pain force you to withdraw from social activities. That can lead to depression, which increases the risk of heart disease and other problems. It's OK to be private about your arthritis while letting people know that you have limits due to pain. Most will understand and appreciate you sharing.



**16 Laugh more and often.**

Not only does a good belly laugh distract you from pain, it also reduces levels of inflammation in your body, triggering the release of feel-good chemicals. So cue up your favorite comedy show and laugh it up.

**17 Time your meds.** If you're taking all of your medications first thing in the morning or before going to bed, stop and reread the directions. Drugs that cause drowsiness or nausea are better tolerated in the evening as your day winds down. Likewise, other drugs may be more effective after breakfast. Not sure about which ones to take when? Ask your doctor or pharmacist.

**18 Do good, feel good.** Roll your neighbor's trash bin to the curb when they're struggling and you're not. Let a stranger go ahead of you in line at the store if they're in a hurry. Or simply share your smile with everyone you encounter. Your body will naturally reward your kindness by reducing your pain, anxiety, stress, and depression.



**15 Don't be shy.** When you need help, ask for it! Don't assume others automatically know when you need it. And be specific so you get the right kind of help. Otherwise, both you and your helpers could become frustrated over a simple request.



# AI: Helping scammers steal smarter, faster, scarier

*NOTE: The FBI recently issued a public service announcement warning the public that criminals are using artificial intelligence (AI) to facilitate financial fraud. Here are some of the trending tactics you can expect from AI-powered scams these days, plus valuable information on what to watch out for to protect yourself.*

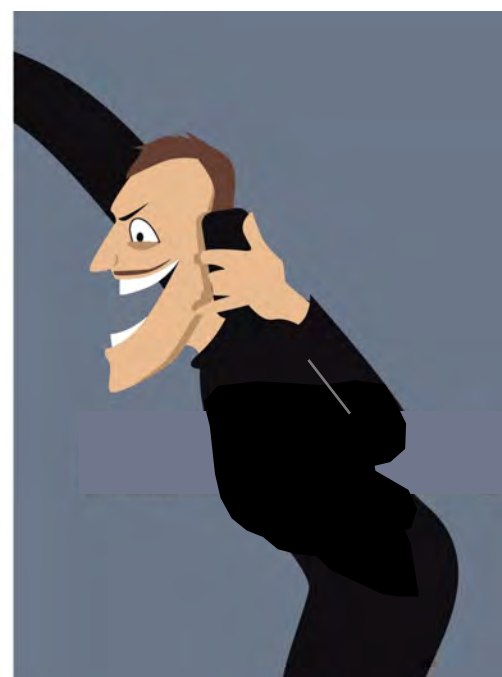
## Surprisingly detailed.

Information that used to take a team of criminals weeks to uncover can now be collected in minutes, thanks to AI. Details about your hobbies, family members and friends, political beliefs, and even favorite stomping grounds can be easily accessed to create a highly personalized scam using your own information. Keep this in mind when you're tempted to post casual updates on social media sites.

## Cloned voices.

One particularly sinister personalized tactic, impersonation, is on the rise. The FBI warns, "Criminals can use AI-generated audio to

*(Continued on next page >)*



It may sound like your grandson calling for help to get his car repaired. But artificial intelligence (AI) is being used to clone voices from social media and convince us to transfer money or credit card information to an impersonated loved one. The scariest part? AI can carry on a phone conversation with you just like a real person.

impersonate well-known public figures or personal relations to elicit payments." That's scary because it means you might receive what you *think* is a call from a loved one—in their voice calling from their number—when, in reality, it is a scammer using AI to clone their voice.

This tactic can also help criminals gain access to bank accounts over the phone. To protect yourself, limit online access to videos that include your voice by changing your social media accounts to the most private settings.

**The FBI also recommends** creating a secret word or phrase to use with loved ones to verify their identity on phone calls when there's an inkling of doubt. Create and share these in person or by phone, not in a text or email.

That way, when you get a call to transfer money for an urgent need such as a car repair or return airfare, ask for the secret word or phrase for confirmation.

The bottom line: Stop. Think. And don't be afraid to hang up. Your loved ones will applaud your caution.

---

### IDENTITY THEFT RESOURCE CENTER

Victims@idtheftcenter.org  
1.888.400.5530

### 24-HOUR ID THEFT & FRAUD HOTLINE

**Colorado Bureau of Investigation**  
1.855.443.3489

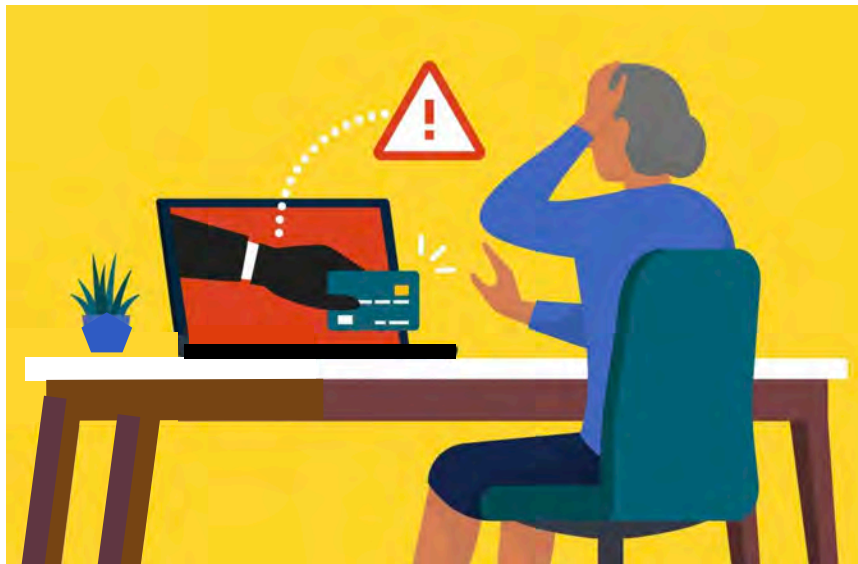
Email Hazel Heckers, Victim Advocate:  
hazel.heckers@state.co.us

### FBI LOCAL FIELD OFFICE

[www.fbi.gov/contact-us](http://www.fbi.gov/contact-us)

### MAJOR CREDIT BUREAUS

Equifax • 1.800.685.1111  
Experian • 1.888.397.3742  
TransUnion • 1.800.916.8800



## PROTECT YOURSELF

### Tips from the F.B.I.

- Resist any pressure to act quickly. Scammers try to create a sense of urgency to produce fear and lure victims into action with little time to think.
- Call the police immediately if you feel there is any danger to yourself or a loved one.
- Be cautious of unsolicited phone calls, mailings, and door-to-door service offers.
- Never give or send any personally identifiable information, money, gold or other precious metals, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
- Be careful what you download. Never open an email attachment from someone you don't know, including those forwarded to you.
- Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.



# April Activities

## Wine & Friends

Third Friday  
of the month  
6 p.m.

This month, Nancy Long and her husband, Mark, will host our group in their home from 6–8:30 p.m. on Friday, April 18. If you're on our email list, you'll receive an invitation around the first of the month with the address and specifics. **RSVPs are required.** Couples should bring a bottle of wine and an appetizer to share; singles, please bring your choice of either. As a courtesy to our gracious hosts, please don't "drop in" if you did not RSVP and were not confirmed.

### Coordinators

Karen Cacy

503.246.4286

Marie Poyzer

719.659.3075



## Birthday Belles

4th Wednesday  
of the month  
4:30 p.m.

**NEW!** Join us as we celebrate members' birthdays each month at Elevations Lounge in the Cheyenne Mountain Resort. On Wednesday, April 23, we'll honor all of our April birthday belles starting at 4:30 p.m. (see page 17 for a list). Happy hour runs until 6 p.m., plus you can order appetizers or dinner while honoring our lovely gals. Birthday crowns, cards, and a special Elevations surprise for our b-day besties are just the beginning as we gather around the long table at the front of the lounge. Be sure to **RSVP to [IsaBelleRowsey@gmail.com](mailto:IsaBelleRowsey@gmail.com)** no later than one week before each month's event.

### Coordinator

IsaBelle Rowsey

503.246.4286

## Mah Jongg

2nd and 4th  
Fridays  
11 a.m.

Join us at The Country Club of Colorado in the Pete Dye room just outside the Gates Grille bar for this exciting and challenging game played with Chinese tiles. We'll break for lunch, then resume play. Monthly email reminders are sent to those who've signed up at the CMNC monthly meetings. No need to RSVP. We'll have tables for both the Chinese and American versions.

### Coordinators:

Maria Polelli

719.649.4896

Lu McCoy (to RSVP)

719.540.8681 or 719.201.6348

## UFOs

First Monday  
of each month  
1 p.m.

A low-key group of members who like to chat while working on unfinished projects. Sign up to get an email with this month's location.

### Coordinator:

Barbara Nisar

719.394.5499

# April Activities, cont'd

## Pokeno

2nd Monday  
of the month

1 p.m.

Pokeno is an easy card game like poker. We play at members' homes and each month's hostess determines the number of players she can comfortably accommodate. Participants should bring a gift valued at \$8 or more concealed within a paper bag, plus \$2 in cash for the blackout round.

### Coordinators:

Tami Dickinson  
Sharon Wallace

623.670.8298  
719.482.6298

## Pickleball

Every Friday  
10 a.m.

Pickleball is the fastest-growing sport in America! Join us to see what all the fuss is about...and to have a ton of fun! We play indoors (out of the hot sun, cold air, and wind) on the new courts at Springs Pickleball, 780 Vondelpark Drive. Try it once and you'll be hooked for sure! A paddle, a whiffle-ball thingamajig, and a pair of good, sturdy court shoes, and you're on your way.

### Coordinator:

Kathy Houck

505.239.4723

## Ladies Gourmet

3rd Wednesday  
of each month  
11:30 a.m.

*Buongiorno!* Our last gourmet trip around the world will be to Italy on April 16 at Kim Kacewicz's home. As in the past, you can sign up at the April meeting. Select a category and research an interesting recipe to prepare for the group. We have had a great time coordinating Ladies Gourmet this year. However, it's time to hand over our spatulas. We are stepping down, so please consider taking over next year; this is a really fun activity that we want to keep going.

### Coordinators:

Kim Kacewicz  
Mary Kervick

281.687.2012  
719.649.3658

## Because We Care

Member care  
when needed

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

### Coordinator

Lynda DeAngelis

710.440.4643

# April Activities, cont'd

## Happy Hour Get-Togethers

**3rd Monday  
of the month**  
**3 p.m.**

Join friends at different breweries and pubs for some fun each month! No advance sign-up needed; simply show up for a drink and some great conversation with your community of CMNC women. (Individuals are responsible for their own tabs.)

**April 21** @ Colorado Mountain Brewery, 600 S. 21st St.

**May 19** @ Goat Patch Brewing Company, 2727 N. Cascade, Ave.

**June 16** @ Ivywild, Bristol Brewing Company, 1604 S. Cascade Ave.

**July 21** @ Red Leg Brewing Company, 2323 Garden of the Gods Rd.

### Coordinator:

Peggy Dolinich

719.964.8778

## Decorating Divas

**2nd Tuesday of  
each month**  
**1 p.m.**

Join us on **Tuesday, April 8**, at the home of CMNC member Kathy Perkins, who will share how she started in the design business and how she transformed her own home. We'll see the "before" photos and learn why she made the choices she did for each room—and what she may do differently in the future. We'll also learn about form and function, and how color can be important to enhance and create the mood you're looking for. Light refreshments will be available at this fun event. Be sure to [email MB](#) to be included.

### Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612

## Walkie Talkies

**Saturdays**  
**10 a.m.**

**Join us at 10 a.m. each Saturday** for a moderate walk/adventure at the Bear Creek Regional Park East. Walks range from about 40 minutes up to an hour. Sign up at the CMNC monthly meetings to get on our email list in case of cancellations.

### Coordinator:

Cheryl Eaton

719.331.5554

## Lunch Bunch

**Following our  
monthly  
meetings**

Due to low attendance recently, Lunch Bunch will not be held in April. If you'd like to see this activity resume, please reach out to the coordinator, Gini Dugan. Please note: Lunch Bunch will not be held in May either, due to CMNC's annual Spring Luncheon held offsite at the Cheyenne Mountain Country Club.

### Coordinator:

Gini Dugan

507.319.1700



# April Activities, cont'd

## Canasta Hand & Foot

2nd and 4th  
Thursdays

11 am

Enjoy this lively, strategic game twice a month at The Country Club of Colorado, 125 E. Clubhouse Drive. We play downstairs in the back room just behind the Gates Grille, and order lunch about halfway through our play. Players are responsible for their own lunch tabs, and also contribute \$2 each to tip the coffee and tea servers who stock our card room. No RSVP is needed to participate; however, if you're new to this Hand & Foot version or need a refresher, please call Karen Vlasak to arrange a lesson prior to the next group date.

### Coordinators:

Karen Vlasak

719.635.2852

Lu McCoy

719.540.8681

## Gleaners

Outside before  
our monthly  
CMNC meeting

This month, we're helping Silver Key, whose vision is to see that the value, worth, and needs of all seniors are identified and honored. Since 1970, Silver Key has served thousands of seniors in the Pikes Peak region. They offer a variety of resources to help those in need maintain their independence, safety, and quality of life, and are a well-known source for the area's older citizens. Notably, Silver Key provides transportation, nutrition, and senior assistance programs, along with an emergency food pantry and diet-specific food boxes for those with medical needs. Silver Key uses donated food to add to their commodity boxes so they can provide clients with a more nutritious and varied diet, which helps to stretch their food budgets even further. They also stock dog and cat food, both dry and canned, for pet companions of their clients.

**CURRENT NEEDS:** Shelf-stable protein sources such as tuna, peanut butter, canned ham, and salmon; canned fruit; soups and stews; jarred spaghetti sauce; rice, and jelly. Please check freshness dates before donating. Donations may be put in the open trunk of Barb Coons' car, which will be parked next to our entrance at the Broadmoor Community Church during monthly meetings.

### Coordinator:

Barb Coons

719.375.3231 or 219.973.9555

## Adopt A Family

Your help makes  
a difference

Check back with us in September when we ramp up again for the winter holidays.

### Coordinators:

Lynda DeAngelis

719.440.4643

Valerie Smith

719.213.8685

# Easter Nibbles

There's more to holidays than just candy. Tempt your guests with healthy munchies before, during, and after dinner. These dishes are surprisingly simple when you look at the ingredients. Fill your shopping cart with colorful fruits and veggies, crackers and cheeses, lunch meats, deviled eggs, and tasty dips, then turn your creative side loose to make your own masterpiece!





# April Birthdays

Kathy Houck 4/1

Lauren Brush 4/3

Melody Agruso 4/4

DeLynne Dean 4/5

Cynthia Frank 4/7

Ximena Chacon Leeper 4/10

Ella Ragan 4/10

Margaret Brettschneider 4/23

Jackie Whipple 4/29



May your wishes come true