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Jewish Family Service offers virtual counseling for all

Jewish Family Service (JFS) of Colorado's virtual counseling services are available to anyone throughout the state who is feeling overwhelmed or in crisis at this time. JFS supports everyone, not just those of the Jewish faith. With stay-at-home orders and the number of coronavirus cases continuing to rise, it is expected that the number of people struggling with mental health issues will increase as well. According to JFS therapists, the biggest concerns for clients are heightened anxiety and fear, intensified trauma symptoms triggered by current fear regarding COVID-19, confusion about the coronavirus situation due to language barriers, isolation, and daily anxiety about how to pay rent and other bills. Mental health services are available to adults and youths, including students who normally receive mental health counseling at school through JFS's KidSuccess program. JFS also provides mental health services for underserved refugees and is the region's only agency that provides mental health care for the Russian-speaking immigrant population in their native language. JFS accepts private insurance, self-pay, Medicare, Medicaid, and Children's Health Insurance Program (CHIP) and offers a sliding-fee schedule for those with limited financial resources and will not turn away anyone in crisis. To find out more about virtual counseling and the various services JFS offers, phone 303-597-5000 or visit the website, www.jewishfamilyservice.org.

Help protect firefighters and yourselves

Hundreds of firefighters across the country have COVID-19. Even with personal protective equipment and strong infection control procedures, hundreds of firefighters are sick. Some have died. Here are some steps you can take to make it safer for firefighters and others

on the front lines of the COVID-19 battle, such as police officers, nurses, and doctors. (1) Stay home and practice social distancing. (2) Call 911 for emergencies only. If you need assistance, firefighters, paramedics and EMTs will be there. (3) If you do need to call 911, alert the call-taker if anyone in your household has been diagnosed with COVID-19 or has experienced any symptoms such as cough or fever so that firefighters can take the precautions needed to ensure they can keep doing their job throughout this pandemic. The 911 call-taker will likely ask additional questions. (4) Make a list of all medications being taken by each member of your household, along with a medical history. Do it now and keep it handy, just in case. New rules in many communities will prevent relatives and friends from riding in the ambulance or even entering the hospital. (5) Collect a few things a loved one might need if they must go to the hospital. A phone charger, eyeglasses, wallet, ID, and insurance card(s) are great things to include. Follow your local fire department and emergency management agency on social media. They'll have additional COVID-19 safety tips and keep you updated on changing procedures and policies.

Can you volunteer today?

Links to local organizations with an immediate need for volunteers are listed on the county's website, www.elpasocountyhealth.org/community-resources-0, for groups like Care and Share, Crossfire Ministries, Citizen's Project (email joy@citizensproject.org for virtual opportunities to help with Census 2020), blood donations, Early Connections (volunteer from home opportunity), foster an animal, Medical Reserve Corps of El Paso County, Salvation Army, Silver Key, and United Way (ongoing opportunities).

Tri-Lakes Cares needs us more than ever

Even though Tri-Lakes Cares is still closed to the public

for onsite client services through June 30 and will continue using remote and no-contact service options to provide grocery services, financial assistance services, and medical assistance services, it is the only food pantry and human services organization located in and serving northern El Paso County through emergency, self-sufficiency, and relief programs. The volunteer-supported center is a critical resource for our neighbors in need. For more information about Tri-Lakes Cares and how you can help, contact Brendan Rhoades, TLC's Community Engagement Manager: 719-481-4864, ext. 111; communityengagementmanager@tri-lakecares.org; or visit www.tri-lakecares.org.

Trees 4 Tomorrow, ends soon

Trees 4 Tomorrow Program (T4T Program) is an innovative, green approach to transplanting healthy trees from unmitigated properties to burn scar properties needing reforestation. Black Forest Together is now accepting requests for our 2020 Trees for Tomorrow program. This will be the last year that we are able to offer this program on this scale. Transplant days will be limited this year so the program will be on a first-come, first-serve basis. Once demand drops or inventory runs out, this program will shut down for the year. To sign up, phone 719-368-0500 or visit the website, www.blackforesttogether.org.

Senior Beat newsletter—subscribe for free

Each monthly *Senior Beat* newsletter is full of information for local seniors, including the daily menu of the senior lunches offered Monday through Friday at the Mountain Community Mennonite Church, 643 Highway 105, Palmer Lake. It also contains the schedule of the classes and events for the month at the Senior Citizens Center and senior-friendly library programs. To subscribe, send an email with your name and mailing address to SeniorBeat@TriLakesSeniors.org. *Senior Beat* can also be viewed online at www.TriLakesSeniors.org. ■

Our Community Calendar

By Judy Barnes,
Community Calendar Editor

Although we strive for accuracy in these listings, dates or times are often changed after publication. Please double-check the time and place of any event you wish to attend by calling the info number for that event.

The unpredictability of the COVID-19 situation presents scheduling challenges to area governance entities and other organizations. Because OCN is a monthly publication, readers should assume that information published in this issue is subject to change and event information should be confirmed a day or two before the event by calling the information number or checking the organization's website.

Many entries show dates even though the event has been canceled or suspended. The date indicates when the event was planned to be held or when it would normally have been held.

GOVERNMENTAL BODIES

- **Woodmoor Water & Sanitation District Board Meeting, teleconference, check website,** Mon., **Jun. 8,** 1 p.m., 1845 Woodmoor Dr., Monument. Meets 2nd Mon. each month. Info: 719-488-2525, www.woodmoorwater.com.
- **El Paso Board of County Commissioners Meeting, live-streamed at www.elpasoco.com/news-information-channel,** Tue., **Jun. 9** & **Thu., Jun. 11,** 9 a.m. Centennial Hall, 200 South Cascade Ave., Suite 150, Colo. Springs. Meets every Tue. and Thu. Info: 719-520-6430, www.agendasuite.org/iip/elpaso/meeting/list.
- **Tri-Lakes Wastewater Facility Joint Use Committee Meeting,** Tue., **Jun. 9,** 10 a.m., 16510 Mitchell Ave. Meets 2nd Tue. each month. Info: Bill Burks, 719-481-4053.
- **Palmer Lake Sanitation District Board Meeting, call in only, check the website;** Wed., **Jun. 10,** 9 a.m., 120 Middle Glenway. Meets 2nd Wed. each month. Info: 719-481-2732. www.plsd.org.
- **El Paso County Park Advisory Board Meeting, check the website,** Wed., **Jun. 10,** 1:30 p.m., Centennial Hall, 200 S. Cascade. Info: 719-520-7529, www.agendasuite.org/iip/elpaso/meeting/list.
- **Monument Planning Commission Meeting, the public can watch town meetings on www.youtube.com/channel/UCdFL08UcqZjFdkio5jT6GDA/featured,** Wed., **Jun. 10,** 6:30 p.m. Town Hall Board Room, 645 Beacon Lite Rd., Monument. Meets 2nd Wed. each month. Info: 719-884-8017, www.townofmonument.org.
- **Monument Academy School Board Meeting, Zoom meeting; email Board@monumentacademy.net and someone will respond with a meeting invitation. The**

audio will also be recorded and posted. Thu., **Jun. 11,** 6 p.m., Lab 312, 1150 Village Ridge Point, Monument. Meets 2nd Thu. each month. Info: 719-481-1950, www.monumentacademy.net/school-board.

- **Palmer Lake Town Board of Trustees Meeting, Zoom Meeting, https://zoom.us/j/517849869,** Thu., **Jun. 11,** 6 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Meets 2nd Thu. each month. Info: 719-481-2953, www.townofpalmerlake.com.
- **Monument Board of Trustees Meeting, to connect to the virtual meetings by telephone, call 1-844-992-4726 (access code: 628 114 196). To connect digitally use https://tinyurl.com/y8lkjhj65.** Mon., **Jun. 15,** 6:30 p.m., Town Hall Board Room, 645 Beacon Lite Rd., Monument. Meets 1st and 3rd Mon. each month. The public can watch past town meetings on www.youtube.com/channel/UCdFL08UcqZjFdkio5jT6GDA/featured. Info: 719-884-8017, www.townofmonument.org.
- **El Paso County Planning Commission Meeting, live-streamed at www.elpasoco.com/news-information-channel,** Tue., **Jun. 16,** 1 p.m., 200 South Cascade Ave., Suite 150, Colo. Springs. Meets 1st & 3rd Tue. (if required) each month. Info: 719-520-6300, elpasoco.com/public-meetings/.
- **Wescott Fire Protection District Board Meeting, virtual meeting, check the website,** Tue., **Jun. 16,** 4 p.m., Station 1, 15415 Gleneagle Dr. Meets 3rd Tue. each month. Info: 719-488-8680, www.wescottfire.org.
- **Monument Sanitation District Board Meeting, check the website,** Wed., **Jun. 17,** 9 a.m., 130 2nd St. Meets 3rd Wed. each month. Info: 719-481-4886, www.colorado.gov/msd.
- **Triview Metropolitan District Board Meeting, check the website,** Wed., **Jun. 17,** 5:30 p.m., 16055 Old Forest Point, Suite 300, Monument. Meets 3rd Wed. each month. Info: 719-488-6868, www.triviewmetro.com.
- **Academy Water and Sanitation District Board Meeting, the public can join the Skype meeting: https://join.skype.com/invite/vfQNKZ9xcoXG. Check the website for more details: www.colorado.gov/pacific/awsd/notices-alerts,** Wed., **Jun. 17,** 6 p.m., Wescott Fire Station 1, 15415 Gleneagle Dr. Meets 3rd Wed. each month. Info: 719-481-0711.
- **Black Forest Fire/Rescue Protection District Board Meeting, Zoom meeting or dial in access, check the website;** Wed., **Jun. 17,** 7 p.m., Station 1, 11445 Teachout Road, Colorado Springs. Meets 3rd Wed. each month. Info: 719-495-4300, www.bffire.org.
- **Donala Water & Sanitation District Board Meeting, check the website for the access code for the electronic meeting,** Thu., **Jun. 18,** 1:30 p.m., 15850 Holbein Dr. Meets 3rd Thu. each month. Info: 719-488-3603, www.donalawater.org.
- **Lewis-Palmer School District 38 Board Meeting, check the website,** Mon., **Jun. 22,** 6 p.m., Learning Center, 146 Jefferson St., Monument. Normally meets 3rd Mon. each month. Info: 719-867-8690, knameika@lewispalmer.org, www.lewispalmer.org.
- **Tri-Lakes Monument Fire Protection District Board Meeting, check the website,** Wed., **Jun. 24,** 6:30 p.m., TLMFPD Station 1, 18650 Hwy 105. Meets 4th Wed.

each month. Info: Jennifer Martin, 719-484-0911, www.tlmfire.org.

- **Woodmoor Improvement Association Board Meeting, SUSPENDED,** Wed., **Jun. 24,** 7 p.m., Woodmoor Barn, 1691 Woodmoor Dr. Meets 4th Wed. each month. Info: 719-488-2693, www.woodmoor.org.

LOCAL LIBRARY EVENTS

For information on library events, see the library events column on page 23 and visit www.ppld.org.

- **The Palmer Lake Library CLOSED.** 66 Lower Glenway. Info: 481-2587, www.ppld.org.
- **The Monument Branch Library CLOSED.** 1706 Lake Woodmoor Dr. Info: 488-2370, www.ppld.org.

WEEKLY & MONTHLY EVENTS


- **Monument Hill Farmers Market, every Sat.,** 8 a.m.-2 p.m., in front of the D-38 Administration Building at 2nd and Jefferson St., Monument. Park behind the administration building or in the Catholic Church parking lot. Playground for the kids. Please wear your mask and observe social distancing. Info: 592-9420. See ad on page 5.
- **Black Forest Backyard Farmers Market, every Sat.** through Oct. 10 (except 7/4 and 8/15), 9 a.m.-1 p.m., Black Forest Community Center backyard, 12530 Black Forest Rd. The market's managers have lined up great vendors and allotted space for social distancing. All vendors, volunteers, and market staff will wear masks and gloves. Hand sanitizer will be available. A food truck will offer brunch options. The Black Forest Arts and Crafts Guild will have 6-8 booths with a variety of crafts and culinary items. New vendors welcome! Info: https://bfbackyardfarmersmarket.com.
- **Monument Hill Kiwanis Club Breakfast Meeting,**

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