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SENIOR NEWS

QUARTERLY LIFESTYLE MAGAZINE

SPRING 2020



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**St. Patrick's Day
- Irish Myths
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Spring 2020

Contents

- 5. *South Korean Seniors*
- 6. *10 Things about Rocky Mountain PACE*
- 8. *National Parks' Historic Lodges*
- 10. *Pat Priest's Munster Memories*
- 12. *Discovery Space Museum*
- 14. *Canine Heroes*
- 16. *Legends Of Ancient Faeries*
- 18. *The Legends Surrounding St. Patrick*
- 20. *Crossword*
- 22. *Do You Need a Home Modification?*
- 24. *Former Local News Anchor Takes
On New Rewarding Career*
- 26. *Silver Key Celebrates 50 Years*
- 28. *How to Become a Paid Caregiver*
- 30. *Services For Homeless Veterans*
- 33. *A Plan for Your House*
- 34. *Becoming Aware About
Brain Injuries*
- 37. *Faith Through Older Eyes*
- 39. *Faith & Values: Clarity*
- 41. *Continuing Education For Seniors*
- 43. *Recipes*

PIKES PEAK

SENIOR NEWS

Quarterly Lifestyle Magazine

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pg 8



pg 10



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South Korean Seniors Know How To Have Fun

By Rick Sheridan



The writers here at the *Pikes Peak Senior News* are continually looking for ways that the Colorado Springs area seniors can enjoy their lives more. Sometimes these innovations come from overseas.

According to an *ABC News* report from November 2019, seniors in South Korea stay young with active participation in dance parties, fashion shows and other cultural activities. Twice a week, seniors in Seoul, South Korea gather to dance their afternoons away at local discos. Many of the senior's dress in creative outfits with unusual sunglasses and battery powered lights flickering from their heads. Some dress in 1970s bell-bottoms and other retro fashions. This disco party is specifically reserved for people over 60, and often attracts several dozen participants. The weekly senior disco party has also given participants a chance to socialize with others from similar or different socioeconomic backgrounds, and to build lasting friendships.

This disco is one example of the local government and private sector's efforts to keep South Korea's elderly population healthy and socially engaged. As of 2018, senior citizens accounted for nearly 15% of South Korean population. A record-low birth rate and increased life expectancy have contributed to a fast-growing aging population. *Statistics Korea*

forecasts that by 2067, almost half of the country's population could consist of people over 65.

Another popular activity for seniors is known as noraebang, or Korean-style karaoke. These private singing rooms are an essential part of Korean life. Noraebang can be found on just about every block in the bigger cities. Often these karaoke rooms are themed and offer a selection of costumes that visitors can use.

While noraebang can differ greatly in décor, they all have one thing in common: a song list. This list features the titles of available songs and their numerical codes. Background melodies are usually very simple, but feature a countdown indicating where you should begin singing and letters that change color as you sing. The noraebang for Korean seniors adapt the pace for their participants. These participants range from highly talented to just plain awful. The others seem to love it when the awful singers sing off-key. Noraebang offers the perfect opportunity for seniors to have a great time with friends without worrying about embarrassing themselves in public.

Yet another idea that is popular



in South Korea is to get seniors involved in fashion shows. *The Show Project*, a modeling academy and agency, offers special training programs for seniors wanting to walk the runway. Their lessons on runway-walking and posing techniques are specifically designed to accommodate students who are mainly in their 50s and 60s. They often have different levels of stamina, muscular strength, cognitive abilities, and expressiveness from the traditionally younger models. "It's not really about achieving fame. It's about being truly happy, stylish, and graceful," said one of the participants.

Programs for South Korea's senior citizens include both private and governmental efforts. Korea Health Industry Development Institute estimated that the market targeting the senior population, dubbed the "silver economy," will grow to be a nearly 73 trillion KRW (\$62.1 billion) industry by 2020 in eight sectors, notably in leisure and entertainment.

10 Things You Should Know about Rocky Mountain PACE

By Mary Shibilski

Rocky Mountain PACE is a nonprofit that serves select zip codes in El Paso county. We provide coordinated health care to adults 55 & older to keep them healthy, happy and independent. Here are 10 things we want people to know about Rocky Mountain PACE:

1. PACE is a nationwide program! There are approximately 129 PACE programs in 31 states.
2. 95% of seniors enrolled in PACE programs live independently in their communities.
3. PACE saves taxpayer dollars! Each state pays its PACE program 13% less on average than the cost of caring for a comparable population through other Medicaid services, including nursing homes and home/community-based waiver programs.
4. PACE provides high quality outcomes for its participants.

On average PACE enrollees experience reduced hospital admissions, decreased re-hospitalizations and reduced ER visits. This is because PACE provides seniors better preventative care.

5. Despite being at a nursing home level of care, PACE participants have a much lower risk of being admitted to nursing homes. Instead, most seniors stay independent in their homes longer.
6. 97.5% of family member caregivers would recommend PACE to someone in a similar situation. More than 58% of those caregivers experienced less burden after their family member enrolled in PACE.
7. PACE integrates and coordinates care for participants across all medical settings including their medications, transportation and meals.



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8. Each PACE participant has an Interdisciplinary Team coordinating their health plan to ensure they get the best individualized care possible.
9. Rocky Mountain PACE provides transportation for participants to and from medical appointments, or so they can have a meal and socialize in our day center.
10. Participants are the most important members of their PACE team!

If you have a family member or friend that you think could benefit from Rocky Mountain PACE, please reach out to us at 719-314-2327 or visit our website: www.RMHCare.org





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Vacation at the National Parks' Historic Lodges

By Rick Sheridan

LeConte Lodge, Great Smoky Mountains National Park

One of the most amazing travel experiences is to stay at one of the national park hotels or lodges. Many of these lodges have great views, comfortable accommodations, along with individual charm. The prices for the accommodation ranges by location. It is generally less expensive after the peak tourist season. If the price is still out of your budget, you can hang out in the spacious living room area and enjoy a cup of coffee. Several of these historic park lodges are even older than the National Park Service, which was created in 1916. Many of these lodges have elaborate Christmas decorations along with special programs for visitors around the holidays. Here are several national park lodges to consider visiting.



Volcano House Hotel at Hawaii Volcanoes National Park, Hawaii

This hotel is on the Kilauea caldera rim. Visitors can watch the lava flow up close; and have access to Native Hawaiians' fossilized footprints and other attractions. The hotel itself is on the Big Island and is

one of the oldest in Hawaii. It began as a grass hut in 1846. Now it offers rooms overlooking Halema'uma'u Crater, as well as less expensive rustic one-room cabins and campsites. One thing I remember from my trip was the large number of letters and testimonials from various celebrities posted on the wall who had visited the lodge. Please be aware that the various volcanic eruptions can affect the availability of this lodge.

El Tovar. Located in Grand Canyon National Park in Arizona

El Tovar offers excellent views from its location near the rim of the Grand Canyon. The lodge reminds some visitors of a Swiss chalet. El Tovar was built in 1905. It was designated a National Historic Landmark in 1987. President Teddy Roosevelt supposedly visited here in 1911 and 1913.

Majestic Yosemite Hotel, Yosemite National Park, California

This hotel has views of Yosemite Falls, Half Dome and Glacier Point. It was built in the 1920s to serve the well-to-do. It was formerly known as the Ahwahnee Hotel and has been renamed the Majestic Yosemite Hotel. If it is not in your budget to stay overnight, stop by for a drink or meal and enjoy the views.

Crater Lake Lodge, Crater Lake National Park, Oregon

Crater Lake is where an eruption triggered the collapse of a towering volcano and created the deepest lake in the United States. Crater Lake Lodge was built at the end of this massive crater. It opened in 1915. As with many of the hotels, Crater Lake Lodge has a Great Hall with a large fireplace.



Inn at the Presidio, San Francisco, CA

The lodge is open seasonally from late-May to mid-October, and boat tours of the lake are available for most of the season.

Inn at the Presidio, San Francisco, California

Pershing Hall, built in 1903, was once the bachelors' quarters for unmarried U.S. Army officers based at the Presidio military base. It has been restored as the Inn at the Presidio. The U.S. Army left the Presidio in 1994, and the inn opened in 2012. Waterford Hotels & Inns, which manages the inn for the Presidio Trust, also opened the Lodge at the Presidio in a historic building on the Main Post of the Presidio in late June 2018. The Presidio is close to many of San Francisco's tourist attractions, such as Fisherman's Warf and North Beach.

Old Faithful Inn, Yellowstone



National Park, Wyoming

Located near the Old Faithful geyser in the southwest part of Yellowstone National Park, Old Faithful Inn was built in 1904 with local stones and logs. This National Historic Landmark has hosted several U.S. presidents. Be aware that the lodge did not have any Internet, television, radio or air conditioning until recently (call first if any of this is a concern). Enjoy the lobby's massive stone fireplace or get outside to hike and explore the nation's first national park. The inn opens each year in May and closes in early October.

Evergreen Lodge, Yosemite National Park, California

Built in 1921, the Evergreen Lodge was originally constructed to support the building of the O'Shaughnessy Dam in nearby HetchHetchy Valley. It is about a mile from Yosemite National Park, and it has served as a post office, general store and restaurant over the years. The lodge was purchased in the late 1920s and it has been renovated several times. It features guided recreation activities and tours of nearby Yosemite. The current owners opened Rush Creek Lodge less than a mile from the park in 2016.

The Oasis at Death Valley National Park, California

This 1927 Spanish Mission-style inn is in the stark and rugged Death Valley National Park. It underwent renovations and reopened in 2018 with luxurious new cabins around the historic Oasis Gardens. Be sure to check out the winding trails of Mosaic Canyon during the day or take a moonlit carriage ride at night.

Continued on page 58

Pat Priest's Munster Memories

By Nick Thomas

When Universal Pictures assembled the cast of the popular TV series “The Munsters” for the big screen adaption in the 1966 film “Munster, Go Home!”, another actress replaced Pat Priest as Marilyn Munster.

“I was devastated not to be in the film,” said Priest, from her home near Boise, Idaho. “We were on the set filming the end of the season and the producers sent one of their guys down to tell me. I was 29 and my contract was up for renewal, so I think they wanted a younger actress and didn’t want to pay me more.”

Priest says fellow cast members Fred Gwynne (Herman Munster) and Al Lewis (Grandpa) “went to bat for me,” but “that’s just the way it goes in this business.”

While her role throughout “The Munsters” series was often small, Priest has always been upbeat about the experience..

“Occasionally, there was a show built around me, but I usually didn’t have a lot of lines and I just accepted that,” she said. “On a positive note, I could learn my three or four lines on the freeway on my way to the studio!”



Nevertheless, Priest still has fond memories of working on the show, although there was a brief early encounter with Yvonne De Carlo (Lily Munster).

“She was a major movie star from the 40s and 50s,” explained Priest. “My first day on the set the two of us were in a scene together and the director asked me to move forward into the light. Yvonne turned to me and said, ‘Let’s get something straight right now young lady, don’t you ever upstage me.’ Man, I jumped back and didn’t care if I spent the rest of the series in the dark! However, we eventually got along well and often had lunch together. But Fred and Al would always tease her about being a diva!”

Gwynne and Lewis had previously starred in “Car 54, Where Are You?” and Priest says it was clear that the pair had on-screen chemistry.

“They played off one another so beautifully, were best friends, and their families were all very close,” she said. “But interestingly, while the rest of us would later meet at TV conventions and autograph shows, Fred didn’t want anything to do with ‘The Munsters.’ He preferred to be known as a fine actor, not just identified with the Munster character and would never sign autographs or be interviewed about the show. He wouldn’t even stand beside Al to have his picture taken even though they remained good friends.”

After “The Munsters,” Priest continued in commercials and took on mostly small acting roles, but she looks back on her acting career as a wonderful experience.

“I’ve done everything I wanted to do and gone everywhere I wanted to go,” she said. “I’m 83 now and whatever happens in the future is all just pluses.”

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 750 newspapers and magazines.

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Discovery Space Museum Offers Fun Spring Events

By Rich Sheridan

The Space Foundation Discovery Center is our region's space, science and technology center. It is an interactive museum that allows visitors to explore space-based science. The Space Foundation Discovery Center was founded in 1983 to educate the public and to advocate on behalf of the global space community. It is a leader in space awareness activities, educational programs, and major industry events, including the annual Space Symposium.

You can visit anytime they are open and enjoy many exhibits, participate in virtual reality and more. The Space Foundation Discovery Center also has regular special events. Some of these

events are specifically for grade school and high school students. Here are three events for all ages that you might be interested in:

Pluto Appreciation Night – We Heart Pluto! **February 7th, 4:00 pm - 7:00 pm**

Event Details: Celebrate the 90th anniversary of the discovery of Pluto as part of a VIP guided tour to learn all about Pluto. Enjoy themed activities, shows and events to highlight Pluto's uniqueness. On February 18, 1930 a young astronomer named Clyde Tombaugh discovered a new object in the outer Solar System, Pluto had the status as a regular planet for many years and it downgraded to a dwarf planet in 2006.

- Activities Include:
- 4:00 – 4:30 p.m. • Snacks, Crafts, and Pluto Facts Scavenger Hunt
- 4:30 – 5:00 p.m. • Science On a Sphere® presentation: All About Pluto!
- 5:00 – 5:30 p.m. • Space Education Specialist Led Pluto Activity
- 5:30 – 6:30 p.m. • Dr. Alan Stern Interview and Autographed Book

Also, the February Night Sky Viewing brought to you by the Mobile Earth + Space Observatory (MESO) from 4:00 p.m. to 7:00 p.m





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**Space After Dark Featuring:
Science Riot; February 21,
6:00 pm - 10:00 pm**

Event Details: Science Riot returns to the Space Foundation Discovery Center. Join us for a night of hilarity as we hear scientists-turned-comedians as they attempt standup and wax hilarious about the unique nuances of their work.

Show is for ages 18+, and seniors are welcome!

Cost: \$15.00 per person

Pre-Show activities:

VIP gallery access prior to Science Riot showtime
Science On a Sphere® presentation

Demonstration station: "Science Bets You Can Make With Friends"

Networking, food truck eats and cash bar drinks!

**Space Foundation Yuri's
Night; March 29,
5:30 pm - 9:00 pm**

Celebrate two epic pioneering events in history– man's first journey into space and the first Space Shuttle flight. Party with a purpose all evening long with proceeds supporting Space Foundation's hands-on and immersive STEM education programs. Admission: \$70 per person. Seniors welcome!

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Interactive Space Activities

Food and Drinks

Silent Auction

Admission includes one drink ticket, food, and all activities.

Contact Information:

The Space Foundation
Discovery Center,
4425 Arrowswest Dr, Colorado
Springs, CO 80907

Their hours are
Tuesday - Saturday
10:00 a.m.-4:00 p.m.

Phone: (719) 576-8000

Website: SpaceFoundation.org and DiscoverSpace.org – and you can follow them on Facebook, Twitter, Instagram, LinkedIn, and YouTube.



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Canine Heroes Have Aided Military Forces Throughout History

By Rick Sheridan

War dogs, or military working dogs, have been used for centuries worldwide. Originally, the dogs were used to break up enemy formations by charging in and attacking the soldiers. Today, the dogs are used for many roles, such as acting as scouts, messengers, mine-detectors, and for bomb sniffing. Some are used to help find food and water in undeveloped areas, and as morale boosters.

Here are several of the most well-known military dogs during the last century:



Chips- This Collie, German Shepherd and Siberian Husky mixture is known as the most decorated dog of World War II and was discovered when the army realized the usefulness of dogs and put out a call for people to volunteer their dogs. Edward J. Wren, of Pleasantville, NY offered his dog Chips. This dog's military assignments took him literally all over the world, including places like North Africa and Sicily. There was even a made for TV movie in 1990 called "Chips, the War Dog."

Sergeant Stubby- A pit bull terrier who is considered the most decorated dog of the first World War. He served with the 102nd Infantry, 26th Yankee Division. He is the only dog to be promoted



to the rank through combat. His awards included the Purple Heart, Republic of France Grande War Medal and the New Haven WW1 Veterans Medal. Sergeant Stubby served in the battles in France, warning soldiers of incoming shells, gas attacks, and locating wounded soldiers on the battlefield. Legend has it that he captured a German

spy singlehanded. Stubby became the official mascot of the American Expeditionary Force. There are plans for an upcoming animated film about Sergeant Stubby.

Nemo- Was a German Shepherd who served with the Air Force in the Vietnam War. Both Nemo and his handler were shot during a fight with the Viet Cong guerillas. The soldier, Bob Throneburg, was shot in the chest and Nemo in the nose and eye. Despite the gunshot wound, Nemo helped keep the attackers at bay long enough for Throneburg to radio for help. When Throneburg fell unconscious from his wounds, Nemo guarded his wounded handler from attacking forces until help arrived. Both recovered from their injuries. Bob Throneburg received a Purple Heart and a Bronze Star Medal with Valor and Nemo was given a permanent kennel to retire. Nemo was one of the first dogs allowed to return to the United States after serving overseas.

Cairo- He is a Belgian Malinois and a canine member of the elite Navy SEALs. Cairo was part of the Navy SEAL team that stormed Osama Bin Laden's compound in May of 2011 in Pakistan. Cairo helped secure the outside perimeter of the building and was responsible for tracking down anyone who tried to escape, as well as being an alert of any incoming interference. Although little is known about the exact actions of Cairo during the operation, he was the only military dog to be part of one of the biggest military operations in modern history.

Lucca- A German Shepherd and Belgian Malinois mix, Lucca served for six years in the United States Marine Corps, completing two tours of active service. A specially trained explosive detecting dog, Lucca was able to work off-leash to find buried or hidden explosives and IEDs. During her two tours, she completed around 400 missions and saved countless lives by detecting explosive devices. In 2012, Lucca was injured when a IED was set off. She recovered but lost one leg. She was granted the Dickin Medal by the PDSA and was (unofficially) granted a Purple Heart by a fellow Marine who had also received the medal.

Here is some additional information about military dogs:

The history of military dogs during World War II is worth exploring. According to Logan Nye in his article, *"A Brief History Of Dogs In Warfare,"* Military dogs were officially recognized on March 13, 1942, when a private organization, Dogs for Defense was established to recruit the public's dogs for the U.S. military's War Dog Program, known as the K-9 Corps. Eventually, the military began training its own dogs, but Dogs for Defense still contributed the largest numbers of military dogs.

Another key supplier of war dogs was the *Doberman Pinscher Club of America*, which quickly became linked with the U.S. Marines. The dogs were even given a rank, beginning as privates. Eventually about 30 different breeds were used, led by Airedale Terriers, Boxers, Labrador Retrievers, German Shepherd Dogs, and Saint Bernards.

Prominent breeders and trainers helped to convince the American public to donate their pet dogs in the war effort. Donors were given a certificate by the government as a means of thanks for their "patriotic duty." Dogs were immediately sent into training, where

some excelled and others didn't. Poor performers were returned to their owners; those who passed were eventually sent into battle.

According to an article, *"Military Working Dogs: Canine War Heroes Through History,"* by Ranny Green, during the Korean War, dogs were chiefly deployed on combat night patrols and were detested by the North Koreans and Chinese because of their ability to ambush snipers, penetrate enemy lines and sniff out enemy positions.

During the Vietnam War, dogs had to adapt to a new environment of thick vegetation, continuous rain, along with challenging heat and humidity. Unfortunately, many of the dogs were left behind after the U.S. troops abruptly pulled out.

In 2000, Congress passed "Robby's Law" allowing for the adoption of these military dogs by law-enforcement agencies, former handlers and others capable of caring for them. This law was largely the result of many of these war dogs being left behind or euthanized after the Vietnam conflict.

During the Middle Eastern wars, the hot, dusty environments provided a new set of challenges for military working dogs. In Iraq and Afghanistan, dogs have served primarily in explosive detection roles, helping American and allied forces avoid IEDs and mines. They've also served on assault teams with special operators, along with therapy and service work.

Dogs' sense of smell is roughly 50 times better than humans, meaning they can sniff out IEDs before they detonate and injure or kill U.S. servicemen in the prolonged Afghanistan and Iraq conflicts. Ground patrols can uncover only 50 percent of these, but with dogs, the detection rate increases to 80 percent, claims the Defense Department. There's no machine built yet that can reciprocate what a dog can do.

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Legends Of Ancient Faeries Pre-Date Christianity

By Glenda Lee Vollmecke



Predating Christianity, faeries are ancient beings. During the Tudor period, Shakespeare changed the Old English word 'elf' to faerie.

Apart from your usual garden variety (no pun intended) this series will explore folklore and superstitions in different parts of the world. Few have resolved to actually become aware of so many aspects of these small characters.

Contrary to common belief, these magical beings occupy our lives and senses on a daily basis, providing that myths and legends are usually only apparent to certain individuals or our inner selves...the child within. In fact, children unspoiled by maturity with no inhibitions can easily appreciate the perception of a magical entity within their reach. While adults skirt the fantasy of realism hoping to establish a relationship, and proof of their existence, children already have the open mind ready to scrutinize beyond societies' limitations.

Never underestimate the power of the faerie. Don't be fooled as these trusty little friends can raise chaos. With innate intelligence and power to foresee the future, they're always one step ahead of us. Rewards involving these

beings are captivating, but the perils are colossal.

People in many European/Scandinavian countries unashamedly hold strong opinions amid belief in old and passionate superstitions. According to Old Icelandic legends...while Eve washed her children by the stream God appeared. In awe, she hastily hid these unwashed children. Clearly, He declared that those unwashed would become hidden to man and those souls would be known as Huldre folk...elves or faeries. Although this is indicative of a child's Christening ceremonies, Faeries are ancient beings who significantly predate Christianity.

Despite artist's depictions and inspirational renderings, these fanciful and delicate wisps of air encompass mischief, humor, laughter, love and also tragedy. It's far easier for humankind to 'tread carefully' in their darkest realms which exist in dubious parts of the underworld.

Faerie lore is rampant in Britain's Isle of Mann. Phantom Isles known to the Irish surround their lush emerald green land. 'Independent faeries' are known as Leprechauns. That's another story!

Not surprisingly faeries reside in primitive, early forts, castles, and very timeworn structures. If one visits these areas to meditate, absorb the magic of a cold frosty night, and beware. Anticipate and be silent and wait. Bright intermittent sparkling lights will soon be visible. Faerie processions will physically move from hillock to hillock.

Although seemingly oblivious to your proximity, don't be deceived. These spirits recognize all.

Although considered mythology and possible superstition, many of Britain's folk from shires and villages will relate unabashedly to tales of hauntings. Clyd Flint in northern Wales boasts of the 'Hill of the Goblins,' and a gold armoured figure. An 1833 excavation revealed a skeleton buried in a gold corselet, while a king is alleged to sit in his golden armour in Bryn Ellyllon near Mold, Clyd in Flintshire. Fiercely protecting their valued possessions faeries surround ungracious travelers with bad omens. (Remember Tutankhamen's esteemed grave site?)

Faeries are frequently associated with gold and unique coins, subsequently when their homes are invaded irresponsibly, the results could subsequently be death. Desecration of a faerie habitat can result in horrific unknown consequences. Today's well known phenomena the 'paranormal' remains undecided and merely a superstition for many. However, when combined with obvious consequences of certain actions, one must adhere to the prospect of dire penalties.



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The Legends Surrounding Saint Patrick

By Trevor Phipps

Every year the month of March brings about the famous St. Patrick's Day holiday that gets celebrated in many countries across the world. People now bring on the holiday with several traditions including eating corned beef, drinking green beer, and wearing green clothes.

The day was originally meant to celebrate the famous St. Patrick who was credited with bringing Christianity to Ireland and helping spread the word until he died on March 17, 461. After his death, several legends formed surrounding the saint, many of which imply that he had special powers.

St. Patrick Defeats An Ancient Celtic Hero

This legend starts with the story of an ancient Celtic hero Oisín who fell

in love with a Celtic goddess and one of the queens of the land of eternal youth, Niamh. Oisín moved to live with Niamh and enjoyed a life of youth for hundreds of years but eventually got homesick and received permission from Niamh to go back to Ireland.

Niamh told the hero that he could go to the land as long as he stayed on his magical horse and did not set foot on the ground. While he was there he stopped to help someone move a rock when his saddle broke forcing him to fall to the ground. Once he hit the ground, he started aging quickly.

St. Patrick then found the man and started having a debate about pagan religions versus Christianity. St. Patrick won the debate when Oisín died giving him and his idea of Christianity a victory.

St. Patrick Banished Snakes From Ireland

This legend says that St. Patrick once went on a 40-day fast in the mountains when he found himself surrounded by snakes that were getting closer and closer to him. The legend states that the saint may have been in a bad mood because he had not eaten when he started preaching to the snakes.

As a result of his powers, St. Patrick was successfully able to banish the snakes from the island by sending them deep into the sea. However, in recent times historians have said that snakes most likely never existed on the island.

St. Patrick Uses The Shamrock To Explain The Holy Trinity

St. Patrick was also known to use the iconic Irish plant, the shamrock to describe the concept of the holy trinity. When St. Patrick was first trying to spread the word of Christianity to people who previously worshipped pagan deities the concept of the father, son, and the Holy Spirit was a hard one for them to grasp.

The legend states that St. Patrick used the shamrock which contains three leaves to explain how there are three parts to one god. However, historians now know that Pagans before St. Patrick used to use the three leaf clovers to explain their different gods and goddesses making St. Patrick's idea not a new one.

Three leaf clovers have always been a part of St. Patrick's Day celebrations because they are commonly found in Ireland and they have always been a part of Irish culture. However, four leaf clovers are not a part of Irish culture at all and the plant that is found all over the world has been a part of the holiday only because it has long been seen as good luck in various parts of the planet due to its rarity.

St. Patrick Created The Celtic Cross

The legend claims that St. Patrick created the Celtic cross as a way to blend Christianity into the Celtic culture in as many ways as possible. St. Patrick felt that by combining the cross with traditional Celtic circular patterns, that it would make the idea of Christianity more palatable to the Celts.

However, historians have also

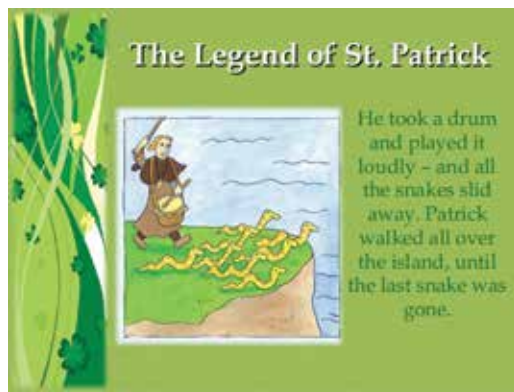


claimed that this legend is false due to the fact that the Celtic cross existed as a symbol long before St. Patrick came to the island. The Celtic Cross was originally used to symbolize north, south, east, and west as well as earth, fire, air, and water.

St. Patrick's Walking Stick Turned Into A Living Tree

The legend states that St. Patrick travelled around with a walking stick that he made from wood from the ash tree. During one occasion, the saint went to Britain to visit his family and on the way back he stopped several times to preach the word of Christianity to the people he had met in Ireland.

Every time he stopped, St. Patrick would jam his walking stick into the ground while he was preaching the word of God. During one of the occasions, St. Patrick preached for so long that his walking stick grew roots deep into the ground and it eventually turned into a live tree.



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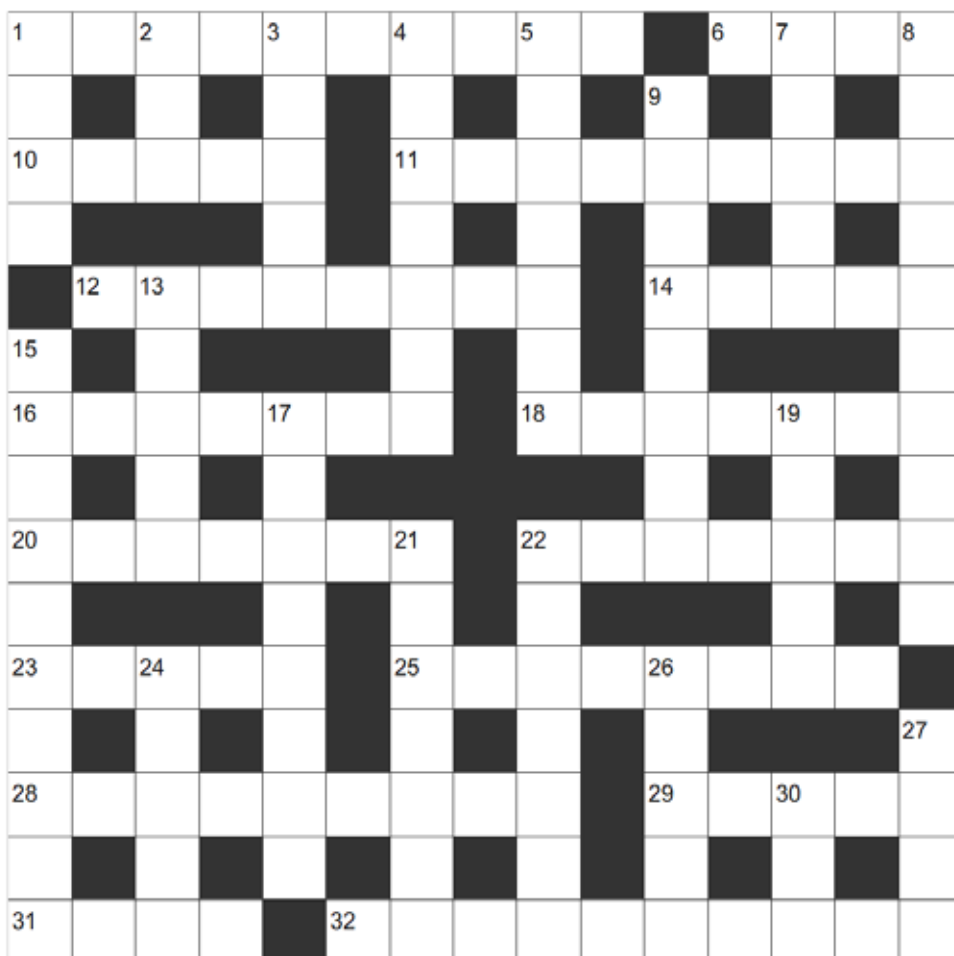
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6. Colourless
10. Oil lamp cords
11. Heartbreaking stories or catastrophes
12. Eighteen, ..., twenty
14. Nuclear weapon (1-4)
16. Funeral cars
18. Strummed (banjo)
20. Emerged (of new chick)
22. Kidnap captive
23. LP record
25. Scrutinises
28. Weaker competitors
29. Spotted pattern, ... dots
31. Sodium bicarbonate, baking ...
32. Episode



DOWN

1. Crudely sexy
2. Curved line
3. Send forth or magazine edition
4. Rainwater channels
5. Versus
7. Horned African beast
8. Meddlesome people
9. Auburn-haired people
13. Ill-suited
15. Tiny dogs
17. Plotters
19. Stare angrily
21. Abate (3,4)
22. Earphones
24. Waited, ... one's time
26. Incite to action
27. Sewn skirt tuck
30. Actress, Jamie ... Curtis

Key on page 57.

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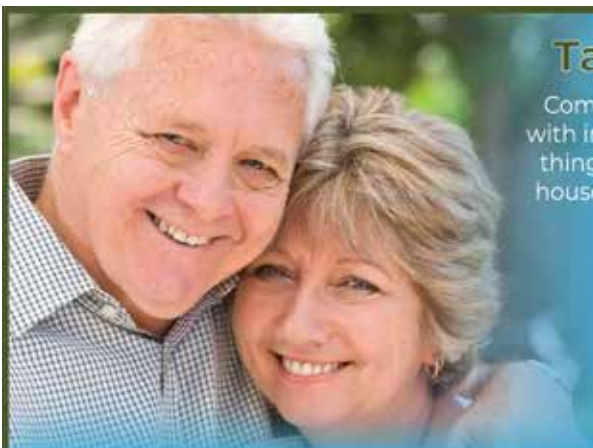
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Do You Need a Home Modification? Here are 4 Signs You Might...

By Karli Johnson

The warmer weather encourages everyone to be more active and these longer, Spring days are filled with visits to the homes of family and friends. These visits are a time for joy and reconnection after winter, but they are also a time to pay attention to the needs of those we love. Every year our team responds to the panicked phone calls of sons, daughters and loved ones who come home to see mom and dad or visit aunts and uncles and realize that their ability to get through their home safely has changed dramatically since their last visit. As we prepare to spend time together this season, here are a few 'red flags' to look for when it comes to the home safety and accessibility of our loved ones.

1. Using Walls or Objects to Balance

Whether you or a friend is unsteady because of a change in medication or because of the natural aging process, bracing against household objects, like chairs and sinks, is common and dangerous. Holding on to the wall next to the stairs provides little security in the event of a fall. If you notice these behaviors, it may be time to install grab bars or additional interior railing along walls or in stair ways to provide weight-bearing support and give peace of mind.

2. Avoiding Showering or Bathing

As we age, flexibility decreases. Many of our clients notice that their personal care routine has changed because of this. Stepping over the wall of a standard bathtub can be difficult and dangerous. Remodeling the bathroom to remove an old tub and install a walk-in shower or tub is an option. However, if budget is a concern, our team has some excellent and cost-effective options that can restore the ability to shower and bathe independently and safely.

3. Crawling Up or Scooting Down the Stairs

There is nothing cuter than a toddler crawling up the stairs or scooting down on their bottom, but when we have to resort to doing this ourselves or we see a friend or family member do it, it is cause for concern. This behavior is usually the result of unsteadiness, poor vision, or a reaction to a stumble/fall on the stairs that you may (or may not) know about. A stairlift is a safe and customizable option that allows for access throughout the home. Most manufacturers offer both custom curved stairlifts and straight stairlifts. Schedule a free, in-home consultation with a stairlift expert today. These lifts are more affordable than many people think.

4. Staying Home More Often

Avoiding leaving home to attend church, grocery shop, or even take a walk around the block can mean that the mobility challenges begin at the door. A ramp in the garage, out the back door, or leading to the front of the home can encourage them to get out and about or welcome company into their home. Even a simple grab bar or railing installed at the entrance or exit can make them feel more comfortable to leave independently. If mobility, once you are on the go, is the issue, a walker or scooter can help make covering the distance from the parking lot to worship or shopping manageable.

Simple and easy solutions throughout the home can provide lasting safety and independence for years to come. Every 11 seconds a senior is injured by a fall in their home. Avoid becoming a statistic and let the accessibility and home safety experts at Accessible Systems perform a free home evaluation for you.

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Former Local News Anchor Takes On New Rewarding Career

By Trevor Phipps



Jon Karroll is mainly known for being a staple on local television as a news desk anchor for several years. Karroll worked for the Colorado Springs ABC affiliate news station KRDO for two and half decades as he started his career in Southern Colorado in September of 1993 and ended his broadcasting career in the spring of last year.

As a part of his tenure at KRDO, Karroll worked as both an evening and morning news anchor which built his reputation in the community as being one anyone could trust to hear what was happening within the region every day. When Karroll first started with KRDO, the news channel produced the smallest amount of news but by the time he left the station it was producing the largest number

of hours of news broadcasts in Southern Colorado.

According to Karroll, he had always been interested in broadcasting since he was young. "That was something I had always been interested in was broadcasting," Karroll said. "As a kid, I would do pretend play by play while my brother was riding his bike or something. I had a little tape recorder, and so it was kind of a natural fit."

Shortly after graduating high school in the Los Angeles area, he traveled for a bit and then decided to finish his schooling by going to college at what is now known as Colorado Mesa University in Grand Junction, CO. He saw an opening at the campus radio station and applied for the position, which was a move that would land him a 35 year career in radio and television broadcasting.

Karroll worked at various radio and television stations in Grand Junction before he was offered a job in Chico, CA as a news anchor, a position he held for five years before returning to Colorado and getting a job with KRDO.

After over 25 years with the local television news station, Karroll started thinking about a way he could do more with his experience and local connections than just

report the news to the public every day. Last year, he decided to reach out to local nonprofits find more rewarding opportunities.

"I wasn't disillusioned with my job or anything, I liked what I did," the former news anchor explained. "I just spent more and more time thinking, 'what else could I do and stay in this community and still be involved in the community?' And, I wanted some other work where I was helping an organization and contributing to their mission."

He realized that after MC-ing a number of events for local nonprofit organizations that he liked the feel of the culture many of them had to offer. He then decided to send out a number of e-mails to nonprofits in the area including Special Kids Special Families.

"The executive director (of Special Kids Special Families) immediately got back to me and said, 'hey let's meet,'" Karroll said. "I didn't even know what I wanted to do or if there was such a position that existed. I just wanted to use my familiarity in the community to encourage people to support this organization. And, she said that she was kind of looking for something like that to grow the programs and things."



Since March of 2019, Karroll has been the Development and Communications Manager for Special Kids Special Families which is a local organization that works towards helping children and adults with disabilities. The organization runs Zach's Place which is one of only two day care programs for special needs children in the state as well as providing other respite care and assistance for people with disabilities.

The organization also provides care programs for adults that can come to a different facility five days a week. As a part of the services offered, the

nonprofit provides meetings for siblings of special needs kids to socialize with each other.

Special Kids Special Families also provides foster care services for children all across the state. The organization can provide foster care for children with special needs and then help the kids get adopted and find a permanent home.

The next big event for Special Kids Special Families is their Bowl for the Green 11th annual bowl-a-thon where everyone involved in the program gets a chance to test their luck on the local King Pin Lanes and mingle with each other. Then, the nonprofit's big fundraiser event comes this year on October 10 at Hotel Elegante when they have a unique event with a dinner, silent auction, and a comedian. Most years, the entertainer is nationally known with this year's performer being Steve Mazan who is a stand-up comedian, motivational speaker and Navy veteran.

Anyone who is interested in donating to Special Kids Special Families or becoming a volunteer for the organization can find contact information and resources on their website at sksfcolorado.org.



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Silver Key Celebrates 50 Years of Helping Seniors in the Pikes Peak Region

By Audrey Jensen

This year, Silver Key Senior Services is celebrating 50 years of helping seniors in the Pikes Peak region.

Since 1970, the nonprofit organization's mission has been to help seniors in El Paso County. It first started by assisting in nursing homes and now serves more than 7,000 seniors every year with programs like a food pantry, transportation, a thrift store, cafe and senior assistance services.

"We're committed to making this the best community in the nation to age," said Derek Wilson, Silver Key director of development and donor relations. "We do that by preserving the dignity and independence of older adults, allowing them the choice to safely age in a healthy way."

Last year, the nonprofit organization made an impact in the community with its many services. From 2018-19, Silver Key helped a number of seniors in El Paso County: it served 66,592 meals and provided 41,875 car rides to seniors, among its other services.

Seniors can register for and use several of Silver Key's services including:

- **Senior Assistance:** Short-term case management, guardianship and power of attorney, outreach services, and food pantry.
- **Connections Cafe:** Seniors can reserve a meal through Silver Key Connections Cafe for nutritious meals for a suggested donation of \$2.25 for eligible seniors.
- **Home Delivered Meals:** Seniors 60 years and older in El Paso County can purchase home delivered meals for \$9.75 per meal. You can register by phone and choose a meal plan.
- **Reserve and Ride:** As one of the most used services of Silver Key, there is currently a wait list to register for transportation services, but people 60 and older can call Silver Key to be put on the wait list. Reservation hours are from Monday through Friday from 7:30 a.m. to 4:30 p.m. each day.
- **Silver Key Friends Thrift Store:** Open to the community, this thrift store sells gently used merchandise and has regular discounts. The store also sells home medical equipment.

To celebrate 50 years of service in the Pikes Peak region, Silver Key is hosting a gala on June 6 in Colorado Springs. More details and tickets will be posted on Silver Key's website, Wilson said.

Silver Key also offers events, programs and resources for seniors available on its website.

"We have helped over 250,000 seniors during our 50 years," said Wilson. "We truly make a difference in the lives of seniors."

Silver Key offers its services to all people who are 60 years and older and also has opportunities for people to volunteer in various roles in the organization.

For more information about Silver Key Senior Services, visit www.silverkey.org or call 719-884-2300.



grateful

"When I decided to volunteer at Silver Key's Food Pantry, I knew it would be rewarding. I was surprised to find out how thankful it makes me feel to help others who may not be as fortunate as I am. The seniors served through the pantry really appreciate the food and necessities they receive and I like knowing it helps them stretch their limited budgets further. I have a lot of fun making a difference in a senior's life."

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How to Become a Paid Caregiver for a Family Member in Colorado

By Nikki Stewart

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." These words are perhaps the most profound truth about caregiving, and they were spoken by former First Lady Rosalynn Carter.

Rosalynn understood caregiving because she cared for her father before he passed away from leukemia when she was 12 years old. After he passed, she helped her mother care for her three younger siblings, and later helped care for President Carter's three siblings and her own mother.



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This experience also taught Rosalynn that not all caregivers realize they are caregivers. "People don't want to admit that they are caregivers. They feel it is just their responsibility to care for a mother or a grandmother," she said.

Family Caregiver Alliance defines a caregiver as "a spouse, partner, family member, friend, or neighbor involved in assisting others with activities of daily living and/or medical tasks." Anyone who is caring for a loved one with a disability or who is elderly or chronically ill is a caregiver. It doesn't have to be full time, although in many cases, caregiving is 24/7 work.

Without support, caregiving can take a toll on all areas of life including financial, friendships and family life, physical and mental health, and a caregiver's job or career.

The financial impact of caregiving is mentioned first because it can be the most devastating. Not only do many caregivers give up jobs or careers, or take reduced hours at work, but often, they end up spending money on their loved one's care.

In 2013, the value of home care services performed by informal caregivers was \$470 billion, according to AARP's Public Policy Institute report titled "Valuing the Invaluable." That sum was larger than national spending on paid home care and Medicaid spending combined.

Despite this, many people worry about being paid for doing what they consider a duty or display of love. Parents, spouses, and adult children maybe uneasy about receiving payment for caring for their loved one. However, receiving a wage can actually elevate

caregiving. It's an acknowledgment of the tremendous value of the caregiver's hard work and devotion.

Colorado understands this value and provides several home health service delivery options that allow family members and friends to become paid caregivers.

In Home Support Services (IHSS): Family, friends, and spouses may be able to be hired as a caregiver under Colorado's IHSS delivery model for home health care. IHSS is available under certain Medicaid HCBS Waivers and works with select home health agencies like The Independence Center in Colorado Springs.

Consumer Directed Attendant Support Services (CDASS): This participant-directed service delivery model is similar to IHSS. The primary difference is that participants on CDASS do not work with a home health agency.

Veteran Directed Care (VDC): Veterans in the Pikes Peak region (including Cheyenne, Custer, Douglas,

Elbert, El Paso, Fremont, Huerfano, Kit Carson, Lincoln, Park, Pueblo, and Teller counties) may be eligible for the Veteran In Charge (VIC) program. This program is a partnership between the Veterans Administration Medical Center (VAMC) and The Independence Center. It is veteran-directed and serves eligible veterans of any age who want to remain living in their home and community. Veterans work with one of The Independence Center's veteran coaches to plan and manage VA-funded supports and services, including caregiver services.

If you would like to learn more about available caregiver supports and resources, contact The Independence Center, a Colorado Springs-based nonprofit that serves people with disabilities. Call 719-471-8181 or visit www.theindependencecenter.org for more information.



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H0630_19020_M

Government Agencies Provide Several Services For Homeless Veterans

By Kent Jarnig

For just one minute, visualize being homeless. Then think about putting your life on the line for the United States of America in times of War. Now, put both of these thoughts together. There is help. Real help. Immediate help.

The VA has specialized programs for homeless Veterans that serves hundreds of thousands of homeless and at-risk Veterans each year that work independently and in collaboration with federal and community partners.

One collaborative program works between HUD and VA and combines HUD housing vouchers with VA supportive services to help Veterans who are homeless **and their families** find and sustain permanent housing.

How It Works

Through public housing authorities, HUD provides rental assistance vouchers for privately owned housing to Veterans who are eligible for VA health care services and are experiencing homelessness. VA case managers may connect these Veterans with support services such as health care, mental health treatment and substance use counseling to help them in their recovery process and with their ability to maintain housing in the community. Among VA homeless continuum of care programs, HUD-VASH enrolls the largest number and largest percentage of Veterans who have experienced long-term or repeated homelessness. At the

end of FY 2019, there were 90,749 Veterans with active HUD-VASH vouchers and 83,684 vouchers in use. For more information, go to https://www.va.gov/homeless/for_homeless_veterans.asp

Supportive Services for Veteran Families (SSVF)

State and local governments and nonprofits receive financial grants and per diem payments to develop and operate transitional housing and/or service centers for Veterans who are homeless.

How It Works

The VA funds an estimated 600 agencies that provide over 14,500 beds for eligible Veterans. Grantees work closely with an assigned liaison from the local VAMC. The VA GPD liaison monitors the services the grantees offer to Veterans and provides direct assistance to them. Grantees also collaborate with community-based organizations to connect Veterans with employment, housing and additional social services to promote housing stability.

The maximum stay in this housing is up to 24 months, with the goal of moving Veterans into permanent housing. In FY 2019, over 23,000 Veterans entered GPD transitional housing, over 13,000 homeless Veterans exited GPD to permanent housing, and over 30,000 Veterans were served by GPD grants. Additionally, VA awarded approximately \$30 million in fiscal year 2019 for a new GPD case management grant and VA awarded about

\$2.4 million to renew 11 special need grants for support services for homeless Veterans who have chronic mental illnesses, women Veterans and Veterans who must care for dependents under age 18. For more information, go to <https://www.va.gov/homeless/gpd.asp>.

Care for Homeless Veterans (DCHV) Program.

This program encompasses residential care for sheltered and unsheltered Veterans with multiple challenges, illnesses or rehabilitative care needs. DCHV provides a structured setting to foster Veterans' independence and mutual support.

How It Works

Either on VAMC grounds or in the community, participating Veterans receive interdisciplinary clinical care that includes medical, psychiatric, vocational, educational or social services. There are more than 2,400 beds available through 47 sites. For more information, go to <https://www.va.gov/homeless/dchv.asp>.

For hot links to El Paso County Homeless support, go to www.EPCCPV.org or email Kent at info@EPCCPV.org.



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A Plan for Your House

By Money Coach Bill



Many factors must be considered when you and your family discuss a plan for your house. The house is where you live. It is not an investment *per se*, but it could be a valuable asset for your future financial well-being.

Here are some questions to ask yourself:

Stay, Downsize, or Move? How long will the house be appropriate for possible future situations? Empty nest; yard maintenance; health issues? Will equity money from the house be needed to pay living expenses when income declines?

This question is an important part of a detailed planning process. You must know how much you spend now and estimate your expenses in future years. Then, examine your income sources now and in the future so you can comfortably cover those expenses.

How do you spot a millionaire? He/she shuts off the light when leaving the room. Prepare for the future - cut back on all expenses now. Do you want your large house so the kids and guests have a place to stay? More important, can you afford to do so? Or would you prefer a less-crowded or warmer city? Check housing prices in other areas/other countries, but don't forget the hassles of a move. Convenience and affordability are key.

The Mortgage? What is your equity now? What will equity be when you retire? If you are 4 years from retirement and year 24 of the mortgage, yes, try to pay off the house by retirement. Compare your equity with the purchase price of a smaller home as a way to eliminate monthly payments, but keep in mind upkeep, taxes, and insurance costs.

There are many sales pitches for a "reverse mortgage." You sell your home to a lender and receive a lump sum or monthly payments. You must be 62 and own your house or owe little. You live in the home until you die or move out. The Money Coach says consider only as a last resort.

Other Options? Home Equity Line of Credit (must afford payments); downsize, rent big house; rent out a room; move in with kids (not). If your current financial situation limits possibilities = two courses of action: make more money now; spend less money now (recommend both).

Bottom Line - You must plan for many contingencies and adopt an attitude of flexibility. You cannot predict the future, but you must prepare and the time is now. Make the right choices. it's your future!

Money Coach Bill Stanley is a Registered Investment Adviser, which is a fiduciary who does not sell financial products. He educates and he coaches. Bill's passion is financial literacy for all. His first book, "Money Sense for Young Professionals" by William Stanley, is a perfect gift for that child or grandchild who is interested in having a better money life



Change Your Mind By Becoming Aware About Brain Injuries

By Trevor Phipps

During the entire month of March, the country takes the time to recognize those who suffer from brain injuries during Brain Injury Awareness month. For over three decades, the Brain Injury Association of America or BIAA has worked every March to spread awareness about all types of brain injuries.

BIAA offers many resources and tools to help educate people about brain injuries. During the month of March, the organization offers online and social media campaigns that others can help with in order to aid them in spreading awareness of those who suffer from different problems related to brain injuries.

Anyone can contact the Colorado BIAA chapter and ask them to send an expert to speak about brain injuries to help spread awareness to various communities.

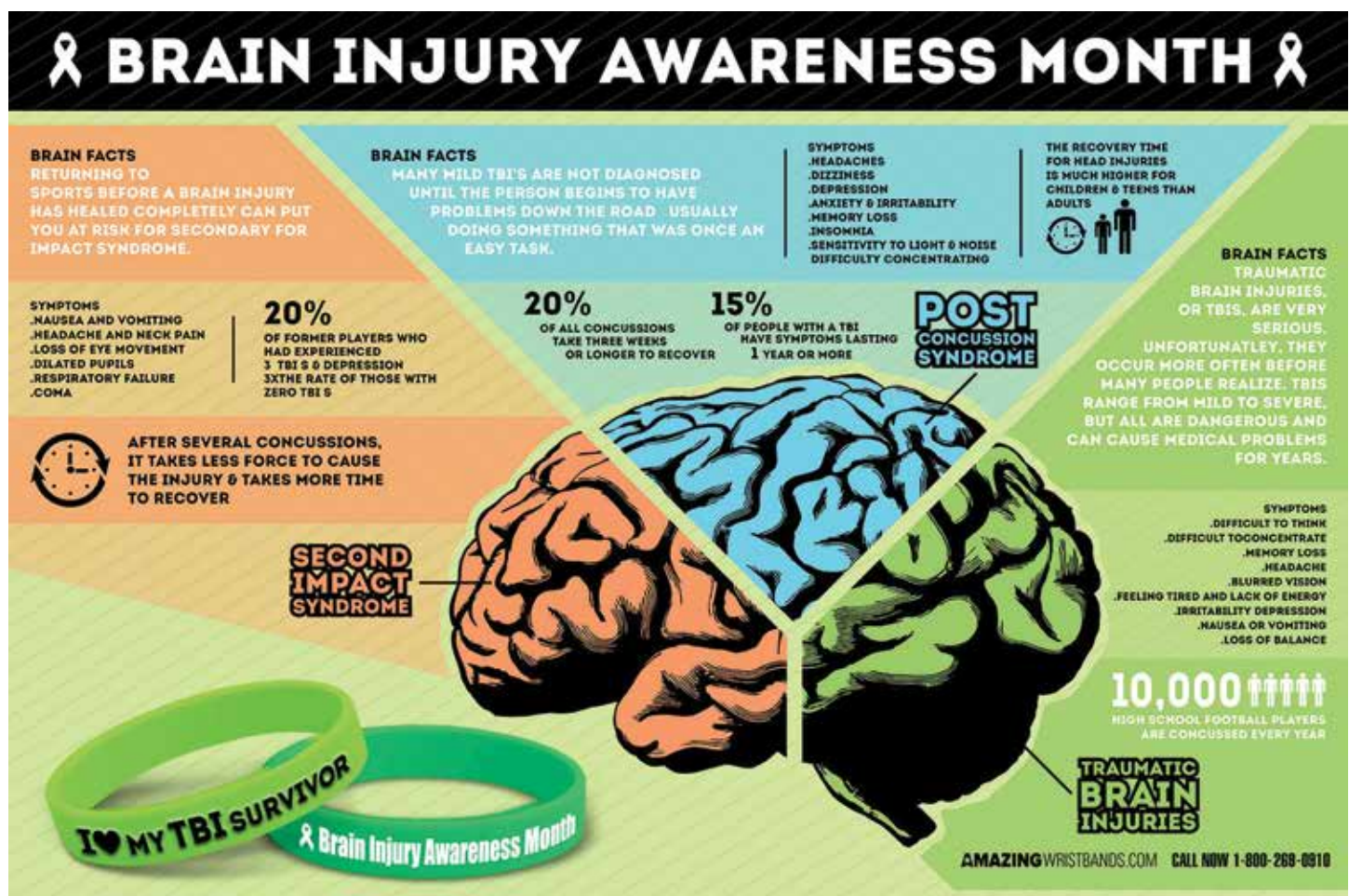
For the last three years the BIAA has ran a campaign called "Change Your Mind" during the month of March. According to the BIAA, "The #ChangeYourMind public awareness campaign provides a platform for educating the general public about the incidence of brain injury and the needs of people with brain injuries and their families."

The association asks the general public to join in their efforts of

spreading awareness so that everyone can help de-stigmatize brain injury by reaching out to the community that suffers from mental ailments. The month-long awareness efforts work towards empowering people who have survived brain injuries and those who take care of them. The point of the campaign is to help the BIAA to promote the many types of support that are available to people living with brain injuries.

What Is A Brain Injury?

According to the Brain Injury Alliance of Colorado, "an Acquired Brain Injury (ABI) is any type of damage to the brain acquired



after birth and which is not hereditary, congenital, or degenerative.” Some brain injuries people suffer with from birth but acquired brain injuries take place after some type of event in someone’s life occurs that somehow hurts their brain.

The two types of ABIs are called either Traumatic Brain Injuries (TBI) or Non-Traumatic Brain Injuries. The difference between the two has to do with what caused the injury to the brain.

Non-Traumatic Brain Injuries

Non-traumatic brain injuries are caused by events that take place inside the person’s body. Examples of these include but are not limited to strokes, tumors, or a lack of oxygen.

Anoxic brain injuries can occur when someone’s oxygen levels stay low for longer than four minutes. After the brain gets deprived from oxygen for five minutes or longer, brain cells start to die. Anoxic brain injuries are also called cerebral hypoxia and it is a serious life-threatening injury that can cause cognitive problems and disabilities.

Brain tumors occur when abnormal cells form within the brain. Tumors are classified as either cancerous or benign. All types of tumors can cause different kinds of problems depending on which part of the brain got affected. Symptoms of tumors can include headaches, seizures, problems with vision, vomiting, and mental changes.

The Brain Injury Alliance of Colorado calls a cerebral aneurysm “a weak or thin spot on a blood vessel in the brain that balloons out and fills with blood.” The bulging aneurysm can then put pressure on a nerve or surrounding brain tissue.

A stroke occurs when a blood clot blocks an artery or when a blood vessel breaks and interrupts blood flow to an area of the brain. When either of these things happen, brain cells can die and damage can occur and abilities controlled by the part of the brain affected can get lost. Strokes kill around 130,000 Americans per year which accounts for one in 18 deaths. And, nearly 800,000 people in the U.S. per year suffer from a stroke.

Traumatic Brain Injuries

A TBI occurs when an external force causes damage to the brain. Examples of external forces include car accidents, assaults, or sports-related injuries. A TBI can be any jolt suffered to the head and they can get

classified from being mild all the way to being severe. A TBI can result in short term or long term problems with cognitive functioning.

According to the Center for Disease Control or the CDC, TBIs result in over 50,000 deaths and 300,000 hospitalizations each year in the U.S. TBIs also account for over 2 million emergency room visits and over a million physician office visits nationwide. According to the Defense Centers of Excellence, over a half a million military personnel have sustained a brain injury since 2000.

Locally, according to the Brain Injury Alliance of Colorado, “Colorado ranks 9th in the nation of fatalities due to a TBI and 13th in the nation of hospitalizations due to a TBI.” Almost 5,000 individuals get hospitalized for TBIs statewide and they account for over 20,000 emergency room visits. Males in Colorado are twice as likely to suffer from a TBI than females and the age groups with the highest risk of sustaining a TBI in the state are those between 15 and 24 years old and those older than 65.

The causes of TBIs can vary, but 47% of all TBIs are caused by some sort of fall. Car accidents and direct strikes to the head are also common causes. Blasts are a leading cause of TBIs for active duty military personnel in war zones.

Due to the long term effects of TBIs, the Brain Injury Alliance of Colorado reports that, “direct medical costs and indirect costs such as lost productivity of TBI total an estimated \$60 billion in the United States each year.” According to one study, about 40% of those hospitalized with a TBI had at least one unmet need for services one year after their injury.

Possible consequences of TBIs include the need for improving memory and problem solving. People that suffer from TBIs can also struggle with managing stress and controlling emotional upsets. Other needs that are frequently unmet after someone sustains a TBI are controlling one’s temper and improving their job skills.

Local Services For Victims Of Brain Injuries

Anyone who seeks services for brain injuries can find local resources by going to the Brain Injury Alliance website at biacolorado.org or the BIAA website at biausa.org. Both of the organizations offer help to those suffering from all types of brain injuries. Either of the groups can connect those seeking help with resources and local brain injury specialists. For tools and online

Continued on page 58



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Faith Through Older Eyes: *Sharing the Good News*

By Nancy Parker Brummett

Often when I ask assisted living residents for prayer requests I hear longings for physical healing. "I would just like to get out of this wheelchair and walk again," one might say, or "For my back to heal so I can get around without this walker." But truthfully, wheelchairs and walkers may be a part of their reality as long as they tarry on this earth.

So how can we encourage elders we know to look beyond their physical limitations to see the opportunities they still have to move through the world making a difference? At Easter we can encourage those who believe in the Resurrection of Jesus Christ, and the promise of eternal life for those who believe, to share this Good News with others.

I love the stories in the Bible of women running with good news. The Samaritan woman at the well ran back to her village after encountering Jesus. John 4:28 states: Then, leaving her water jar, the woman went back to the town and said to the people, "Come, see a man who told me everything I ever did. Could this be the Christ?"

And of course there's Mary Magdalene that first Easter morning. She, too, encounters Jesus, but she doesn't recognize him at first. John 20:15-16 reads: "Woman," he said, "why are you crying? Who is it you are looking for?" Thinking he was the gardener, she

said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means Teacher).

Jesus tells Mary Magdalene to go and tell the others that He has risen, and will soon be returning to His father in heaven. John 20:18 tells us: Mary Magdalene went to the disciples with the news: "I have seen the Lord!" Surely she ran as fast as her sandaled feet could carry her.

Maybe the older people we know can no longer run to deliver good news, but they can still deliver it. Encourage those who believe to share what they know, and to explain who the risen Lord is to them, with others this Easter. Help them to see beyond their physical limitations to the amazing life-giving force that is still within them. Encourage them to figuratively leave their wheelchairs and walkers behind and "run" with the Good News of Easter!

Nancy Parker Brummett

is the author of The Hope of Glory, A Devotional Guide for Older Adults, and Take My Hand Again, A Faith-based Guide for Helping Aging Parents. Learn more about her life and work at www.nancyparkerbrummett.com.

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Clarity

By Frank Sinclair



The Grand Tetons are beautiful, so I'm told. They are a sub-range of the Rocky Mountains in Wyoming and contain some of the most photographed landscapes in the world. They rise majestically, blending earth and sky in a way that few places on earth rival. Everyone looks forward to seeing them.

Many visitors find that when rising early, more than ready to experience the magnificent... Fog. Sometimes all they can see is fog in all its foggy-ness, with no mountains to be seen. Many may feel that the Grand Fog was not inspiring at all. No problem, the fog will burn off and my vision of the sight will be restored right? Friends assured me this was the case, but the fog didn't burn off. I never experienced the long-awaited grand view. To this day, in spite of the proximity of the range, I've still not seen the Grand Tetons.

Here's the thing. As a result, should I conclude the mountains are not there or that they are not beautiful? Of course not. This experience brought me two reflections:

1. The clarity I have (or don't have) does not change the beauty of what is hidden behind the fog. I need to move forward trusting that the clarity will come and act as if it already did.
2. I realized that theoretically you can drive across the country in fog, never seeing more than ten feet in front of you. To be sure, that kind of journey is slow, draining, and difficult as you strain to see the road, but you can still get there. The journey is not always easy in the fog, but we can make progress.

So, what do we do to gain clarity in the fog?

Plans work or they don't, love always works, it is wise to go with the sure thing. Maybe you made resolutions in January and forces outside your control disrupt all that you thought would happen. You were so inspired and thought you could clearly see what you wanted to do. What you thought was clarity suddenly became very foggy. Plans are a toss-up: Sometimes they work out and sometimes they wither. Love always works. What if we simply commit to love? First of all, we need to love ourselves enough to realize that whatever challenge you have faced throughout your long life,

you have survived 100% of them.

Don't plan on doing it or make a resolution to do it like the way people hope to go to the gym. Just do it. No plan, no agenda. Our lives are a series of positive experiences and more than a few negative experiences. Make your life about people and you won't regret it. There are no gyms to join, no pounds to lose. Our hours and minutes are what make up our lives, and relationships were never intended to be an afterthought. Make this year about people. People help us work through the fog.

We won't give our friends and family the love they deserve if we try to work them in when our lives are having everything line up. You'll wake up one day and realize we never really got to know the people we bump into every day, even if they're the ones who sit across the dinner table from us each night. If you have to choose between your plans and your loved ones, go with the sure thing and choose love.

When we're chasing our dreams, all the turbulence we face shouldn't scare us into pulling back though. The shaking, jerking, and rattling in our lives are telling us we're getting close to the breakthrough. If there's anything to fear, often it's pulling back, not pressing forward. Is fear of failure holding you back from breaking your own personal barriers? Throw the throttle down, because once you push through the fear produced by rattling, you find the next level experience you've been hoping for.

When evaluating our love quotient and facing the fear honestly, we discover the fog dissipating and clarity coming back. We'll develop a greater fear of inaction than failure, because then, we'll experience with wide-eyed excitement what it's like to see clearly again and enjoy the journey.

I love what Angis Kin said: "*We don't see things as they are; we see them as we are*". The condition of our hearts governs the way we view the world. We don't see things as they are but as we are. As the attitude in our hearts changes how we look at things changes. The only way to correct our perspectives is by adjusting the distorted lenses we look through.

Bitterness Glasses: The road to bitterness comes in four stages. Stage 1 is offense. Someone offends us and it isn't reconciled, and the seed is planted. Stage 2 is anger. If we hold onto offense it will turn to anger. Stage 3 is unforgiveness. Unforgiveness is prolonged anger and resentment. And lastly, Stage 4, Bitterness. It's impossible to see situations clearly through the lenses of bitterness.

Discouragement Glasses: Take off these glasses and look outside. It's easy to slip on these glasses when everything goes wrong. When we look through these dark spectacles, we lose hope for tomorrow. We're ready to resign from the human race, thinking there is no reason to continue.

Worry Glasses: These glasses make every negative thing in life appear as it is in 3D, magnifying it as though the worst has already happened.

Then there are Pessimist Glasses, Rejection Glasses, Envy Glasses, Jealousy Glasses, Judgmental Glasses and many others that cause us to look at situations and circumstances through distorted perspectives. If we are to have clarity in life, we have to recognize the possibilities of looking through these distorted lenses. We will end with a poem of wise counsel.

*When Things Go Wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and debts are high,
And you want to smile, but you have sigh,
When care is pressing, you down a bit,
Rest if you must, but don't you quit.
Life is strange with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out,
Don't give up, though the pace seems slow,
You may succeed with another blow.
Often the goal is nearer than it seems
To a faint and faltering man,
Often the struggler has given up
When he might have captured the victor's cup,
And he learned too late,
When the night slipped down,
How close he was to the golden crown.
Success is failure turned inside out,
The silver tint in the clouds of doubt,
And you cannot tell how close you are,
It may be near when it seems afar.
So, stick to the fight when your hardest hit,
It's when things seem worst that you mustn't quit.*

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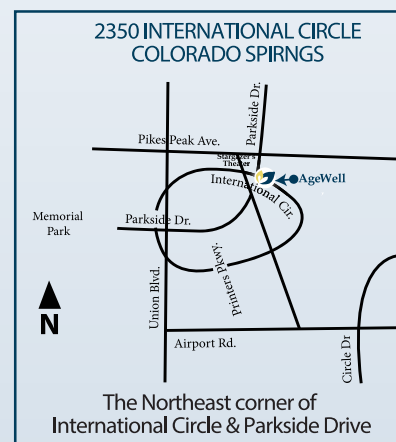


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Continuing Education For Seniors

By Rick Sheridan

There are many options for seniors to attend workshops and short courses in the Colorado Springs area. Here is a brief review of several. The class selection will change each semester, so it is best to either contact the school directly or visit their webpage for updated listings.

**Bemis School of Art
Fine Arts Center at Colorado
College, 475-2444
bemisartschool.org**

A nonprofit, affiliated with the Colorado Springs Fine Arts Center at Colorado College, Bemis School of Art offers courses for all ages and skill levels, including drawing, watercolor, acrylic and oil painting, printmaking, ceramics, sculpture, mosaic and jewelry-making and more. New semesters begin several times a year. Art from Bemis students can be seen throughout the community. Be sure to stop by the Fine Arts Center during the First Friday art walk!

**Cottonwood Center for the Arts
427 E. Colorado Ave., 520-1899
cottonwoodcenterforthearts.com**

Cottonwood is one of the main artistic gathering places for Colorado Springs residents. There are over 90 artists who either have studios or frequent the building. Cottonwood offers a variety of classes for all skill levels: watercolor, pottery, clay, bead-making, painting, stained glass, light-throwing, and 3D painting on

glass, and more. Be sure to stop by Cottonwood during the First Friday art walk!

**University of Phoenix
2 N. Cascade Ave., #100,
527-9000, 866/766-0766
phoenix.edu**

The university has continued to help working adults further their education, with flexible degree programs and small class sizes. It offers a range of degree programs at the undergraduate and graduate level in human services, psychology, business, education, and criminal justice and other subjects. Call or visit their website for more information.

**Pikes Peak Library District
Various locations, 531-6333
ppld.org/classes**

PPLD has over 500 free online continuing education courses through Lydia.com, along with a variety of on-site classes ranging from computer basics to language courses along with yoga and tai chi classes. Check the website for a list of classes, and to see what each branch offers.

**PILLAR Institute for
Lifelong Learning
202 E. Cheyenne Mountain
Blvd., Suite I, 633-4991
Pillarinstitute.org**

PILLAR is a nonprofit organization that offers a wide range of classes and activities for all ages. These include classes in the arts,

literature, history, legal and financial affairs and philosophy. Although most PILLAR classes charge a fee, the prices are reasonable.

**University of Colorado at
Colorado Springs Academy of
Lifelong Learning
1861 Austin Bluffs Pkwy., #100,
255-3498
uccs.edu/outreach/**

Their mission is to extend the resources of The University of Colorado at Colorado Springs in non-traditional ways by providing high quality educational and professional development opportunities to the local community, and throughout the world via online education. Their Professional Development and Continuing Education department offers non-credit classes in Anthropology, Biology, Math, Trauma Training and more. They also offer a variety of online classes in Nursing, Business, Public Affairs and other subjects.

**Pikes Peak Community College
Centennial Campus, 5675 S.
Academy Blvd.
Switchboard: 502-2000,
800/456-6847
ppcc.edu**

Pikes Peak Community College offers courses for members of the Colorado Springs community in Professional Development, Workforce Development, and through their Cyber Defense Center. PPCC is a two-year school

offering over 100 associate degrees and various certifications in career and technical fields. Their website will provide you with the latest offerings.

Center for Creative Leadership
850 Leader Way, 633-3891 | ccl.org

Center for Creative Leadership offers a variety of courses related to leadership. Some of the titles include: Leadership at the Peak, Leading for Organizational Impact, Maximizing Your Leadership Potential, along with specialized skill development programs. They also provide on-site training for government, education and the nonprofit sector. Some other resources include skills assessment, a bookstore along with additional online training. The Colorado Springs campus of Center for Creative Leadership has been around for more than 40 years.

Here are some additional resources:

Colorado Trade Schools, Colleges & Universities
<https://www.trade-schools.net/locations/colorado-schools-directory.asp>

This is an index of Colorado's trade and technical schools, including both on-site and online courses. You can find out what each school offers and request additional information about programs that interest you.

Colorado Community Colleges Online
ccconline.org

They offer 100% online courses using subject matter and technology experts, instructional designers, and over 20 years of online learning experience. Their courses are offered through the 13 Colorado community colleges, and are generally in 15, 10, and 6-week sections.

CSU-Pueblo in Colorado Springs
Tower campus, 2864 S. Circle Drive, #200, 442-2264
Fort Carson, Building 1117, 1675 Long St., 526-2509

Colorado Technical University
4435 N. Chestnut St., 598-0200, 888/650-6555
coloradotech.edu/about

ed2go.com

ed2go offers a variety of online courses in subjects such as Arts and Design, Business, Computer Applications, Health and Fitness, Hospitality, Language, Math and Science and more.

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Slow Cooker Corned Beef and Cabbage

This Corned Beef and Cabbage Slow Cooker recipe packs all of the deliciousness of corned beef into a meal that cooks itself. Talk about a stroke of good fortune on St. Patrick's Day or any day of the year!

Ingredients

- 1 corned beef brisket (3-4lbs)
 - 1 onion
 - 3 cloves garlic
 - 2 bay leaves
 - 2.5 - 3 cups water
 - 2 lbs potatoes , peeled & quartered
 - 2 large carrots , chopped
 - 1 small head of cabbage, cut into wedges
-



Directions

1. Chop onion into large chunks and place in the bottom of a 6 qt slow cooker. Top with corned beef and seasoning packet.
 2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
 3. Cook on low 8-10 hours.
 4. After the initial 3 hours, add potatoes and carrots to the slow cooker.
 5. Two hours before serving, add cabbage wedges to the slow cooker.
 6. Remove corned beef from slow cooker and let rest 15 minutes before slicing. Serve with potatoes, carrots and cabbage.
-

Amazingly Easy Irish Soda Bread

A good old fashioned soda bread with just the basic ingredients. Buttermilk gives this crusty loaf a good flavor. The best Irish soda bread around!

Ingredients

- 4 cups all-purpose flour
 - 4 tablespoons white sugar
 - 1 teaspoon baking soda
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 1/2 cup margarine, softened
 - 1 cup buttermilk
 - 1 egg
 - 1/4 cup butter, melted
 - 1/4 cup buttermilk
-



Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Active Minds Classes March 2020

Beethoven and the Piano

When: Wednesday, March 11, 2020, 2:00-3:00 pm

What: Join us as we wish Ludwig a Happy 250th Birthday this year! From childhood to his last days, Beethoven and the piano remained inseparable. Even deafness could not keep him away: He would press his forehead to the wood above the keys and repeatedly pound chords in hopes of feeling their vibrations. The works he composed for his beloved instrument stand as some of the greatest in all music – 32 glorious solo sonatas, five unforgettable concertos, numerous chamber pieces centered around the piano. Each bears the unmistakable stamp of a virtuoso and a visionary, as we'll discover in this Active Minds program. This event is sponsored by Cherry Creek Retirement Village, Springbrooke, Five Star Residences of Dayton Place, and Garden Plaza of Aurora.

Where: Heather Gardens (Auditorium), 2888 S Heather Gardens Way, Aurora, CO 80014

Cost: Free

RSVP: 303-751-1811

Women of Denver History

When: Monday, March 16, 2020, 2:00-3:00 pm

What: The city of Denver was shaped by the efforts of many great people. Join Active Minds as we focus on the women of Denver and their contributions to the city and the state. We will cover some familiar names as well as some lesser known figures as we trace the impact of these women and their place in history.

Where: Bemis Public Library, 6014 S Datura St, Littleton, CO 80120

Cost: Free

RSVP: Not required

Prohibition

When: Thursday, March 19, 2020, 1:00-2:00 pm

What: The production, importation, transportation, and sale of alcoholic beverages was constitutionally outlawed in the U.S. from 1920 to 1933. Join Active Minds as we review the origins and history of prohibition, the rise of bootleggers and organized crime, and the persistence of “dry” counties in the U.S. that still exist to this day.

Where: Concordia on the Lake Event Center, 7967 W Parkhill Place, Littleton, CO 80123

Cost: Free

RSVP: 303-933-3449. No groups please.

Hong Kong

When: Tuesday, March 24, 2020, 1:30-2:30 pm

What: Once a British colony, Hong Kong was returned to China in 1997. Recently, Hong Kong has erupted into violent conflict between the Chinese government and protesters objecting to increased government controls. Join Active Minds as we tell the story of Hong Kong, past, present, and future.

Where: The Inn at Greenwood Village, 5565 S Yosemite St, Greenwood Village, CO 80111

Cost: Free

* * * Special Event * * * Artificial Intelligence

When: Wednesday, March 25, 2020, 6:00-8:00 pm (program from 6:30-7:30 pm)

Thursday, March 26, 2020, 1:00-2:00 pm

What: Join Active Minds for an overview of the development of Artificial Intelligence, computer systems capable of performing tasks typically done by a human brain, such as optical recognition, complex decision making, voice recognition, learning, language translation, and more. We will review the evolution of this field as well as current and future applications and issues.

Where: Castle Rock Senior Center, 2323 Woodlands Blvd, Castle Rock, CO 80104

Cost: Free

RSVP: 303-688-9498

Putin's Russia

When: Saturday, April 4, 2020, 11:00-noon

Where: Southglenn Library, 6972 S Vine St, Centennial, CO 80122

When: Monday, April 13, 2020, 7:00-8:00 pm

Where: Koelbel Library, 5955 S Holly St, Centennial, CO 80121

Cost: Free

RSVP: 303-542-7279

What: Under the leadership of Vladimir Putin, Russia has been accused of illegally invading Ukraine and hacking the U.S. to influence the 2016 presidential election. Vladimir Putin's leadership of Russia suggests a return to an authoritarianism that, for some, feels similar to the days of Soviet control and the Czars of old. Join Active Minds as we examine the story of Russia under the influence of Vladimir Putin.
Refreshments served after the program.

California

When: Wednesday, April 8, 2020, 2:00-3:00 pm

What: With more people than any other state and an economy that would put it ninth in the world if it were a country, the importance of California is clear to most Americans. It is, however, a complex state with a colorful history and significant current challenges, including wildfires. This event is sponsored by Cherry Creek Retirement Village, Springbrooke, Five Star Residences of Dayton Place, and Garden Plaza of Aurora.

Where: Heather Gardens (Auditorium), 2888 S Heather Gardens Way, Aurora, CO 80014... map

Cost: Free

RSVP: 303-751-1811

Iraq

When: Wednesday, April 8, 2020, 3:00-4:00 pm

What: January 2020 saw missile attacks from Iran targeting American forces in Iraq, sparking the latest round of tensions in a country that has a long history of internal and external struggles. Join Active Minds as we review the history of Iraq with an eye toward U.S. involvement that has resulted in an American military presence in the country since the 2003 invasion that toppled the government of Saddam Hussein. We will overlay the complex tensions between Sunni and Shi'a factions of Islam as we seek to understand Iraq's past, present, and future.

Where: RiverPointe, 5225 S Prince St, Littleton, CO 80123

Cost: Free

Climate Change

When: Tuesday, April 14, 2020, 12:30-1:30 pm

What: Scientists are predicting a global average temperature increase of 2.5 to 10 degrees over the next century. Likely impacts include more droughts and heatwaves as well as stronger and more frequent hurricanes. Sea levels are predicted to rise 1-4 feet by 2100, submerging vast areas of land. Join Active Minds as we examine the predictions and the politics given the US withdrawal from the Paris climate accord. This event is sponsored by The Carillon at Bellevue Station.

Where: Tattered Cover, Aspen Grove Shopping Center, 7301 S Santa Fe Dr, Littleton, CO 80120

Cost: Free

Info: 303-470-7050

Mount Everest

When: Monday, April 20, 2020, 2:00-3:00 pm

What: On April 25, 1953, a massive earthquake in Nepal triggered the deadliest avalanche in the history of Everest climbing. As the tallest mountain in the world, Everest holds a special place in the minds and hearts of many. It has religious significance for inhabitants of the region; additionally, it captivates the many mountaineers who have attempted to summit it and thus stand "on top of the world." Join Active Minds as we explore the stories of Everest—both triumphs and tragedies—and examine different perspectives on the mountain's past, present, and future.

Where: Bemis Public Library, 6014 S Datura St, Littleton, CO 80120

Cost: Free

RSVP: Not required

The Titanic: From Sinking to Salvage

When: Thursday, April 23, 2020, 1:00-2:00 pm

What: Join Active Minds as we tell the story of the ill-fated maiden voyage of the Titanic as well as the discovery and salvage operation that began over 70 years later. We will also tell the stories of those who perished and those who survived, including Colorado's own "Unsinkable" Molly Brown.

Where: Castle Rock Senior Center, 2323 Woodlands Blvd, Castle Rock, CO 80104

Cost: Free

RSVP: 303-688-9498



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Douglas County and Castle Rock Calender of Events

Sixth Annual Senior Life Expo at Douglas County Events Center

When: Thursday, April 16, 2020

Time: 1:00 PM - 5:00 PM

Where: 500 Fairgrounds Dr. Castle Rock, CO 80104

What: Seniors and their family members will be able to speak with senior related businesses and organizations from throughout the county, hear seminars of interest, and about the services available to them.

Web: Participating partner lists, seminar schedules and information is available at www.castlerockseniorcenter.org

Phone: 303-688-9498.

Cost: FREE

Easter Bunny Breakfast

When: Saturday, April 20, 2019 from 8:30 - 10 a.m.

Where: Outlets at Castle Rock

What: Outlets at Celebrate Easter and the arrival of spring with a breakfast with the Easter Bunny.

Cost: \$5 per person and will include:

- Personal photo opps with the Easter Bunny
- Delicious pancakes provided by Flippin' Flapjacks
- Face painting, Easter Bunny Ears, music and more

Castle Rock Spring Home Show

When: March 27 - 29, 2020

Where: Douglas County Fairgrounds - Castle Rock, CO 80104

What: Get ready for spring cleaning with all the latest in home improvement, remodeling, design, and outdoor living

Spring Craft Bazaar

When: March 21, 2020

Where: Eastridge Rec Center - Highlands Ranch, CO 80126

Rocky Mountain Antique Festival Castle Rock

When: April 24 - 26, 2020

Where: Douglas County Fairgrounds - Castle Rock, CO 80104

What: Shop authentic antique & vintage treasures from reputable dealers from across America!



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32nd Annual Pueblo's Original Home Expo

Where: Colorado State Fairgrounds - 1001 Beulah Ave, Pueblo, CO

When: Saturday, March 7th

Time: 10 AM – 6 PM

What: This will be the 32nd year for this event. PAHB is dedicated to bringing you the best in Home & Outdoor Living vendors to update, remodel and refresh your home.

15th Annual Flavor of Pueblo

When: Thursday, March 12, 2020

Time: 5:00 pm - 7:30 pm

Where: Pueblo Convention Center 320 Central Main St

What: The 15th Annual Flavor of Pueblo presented by Pepsi offers the opportunity to taste the many delicious flavors of Pueblo, CO, enjoying a wide variety of great appetizers, entrees, desserts, and various delicious drinks- wines, beer, AND MUCH MORE from over 30 vendors!

Cost: On Sale NOW! – Tickets are \$25 in advance or \$30 the day of the event and at the door.

Web: Visit www.pueblounitedway.org/flavorofpueblo

Phone: or call 719-225-8580 for information on tickets, listing of all participating vendors, and sponsors.

Watertower Place Weekend Tour 2020

When: Saturday, March 21 - We offer weekend tours on the 1st and 3rd Saturdays.

Time: 1 – 4 PM

Where: 303 S Santa Fe Ave, Pueblo, CO

What: The best way to learn about Watertower Place is to experience it firsthand.

Please Note: All individuals must be in good health and be able to navigate over 240,000 square feet on their own, ascend and descent staircases without assistance. Comfortable walking shoes without heels and good traction are highly recommended.

2020 Western Landscape Symposium

When: Sat, March 14, 2020

Time: 9:00 AM – 3:30 PM

Where: Pueblo Community College, Fortino Ballroom - 900 West Orman Avenue, Pueblo 81004

What: The Western Landscape Symposium is an educational forum to promote the creation of appealing and sustainable landscapes in southeastern Colorado, incorporating water wise garden practices and plants adapted to local climate and soil conditions.

Web: Visit www.westernlandscape.org for full event details including speaker bios and session descriptions.

Local Response to Hazmat Incidents

The Colorado Emergency Preparedness Partnership

Where: Pueblo Emergency Operations Center - 101 W. 10th St - Pueblo, CO 81003

When: Tuesday, March 31, 2020 from 8:30 AM to 12:30 PM (MDT)

JBF Pueblo - Spring Sale

When: Sat, Apr 25, 2020, 9:30 AM –Sun, Apr 26, 2020, 3:30 PM

Where: Pueblo Convention Center - 320 Central Main St. - Pueblo, CO 81003

Cost: General Admission (FREE)

Colorado Springs - March 2020

The Springs Home Show

When: February 28 - March 1, 2020

Where: Colorado Springs Event Center, Colorado Springs, CO 80909

What: The Springs Home Show is back at the Colorado Springs Event Center!

Get ready for spring cleaning with all the latest in home improvement, remodeling, design, and outdoor living

Colorado Springs RV & Travel Expo

When: April 2 - 4, 2020

Where: Colorado Springs Event Center, Colorado Springs, CO 80909

What: This family friendly event has something for every outdoor enthusiast, including over 90,000 sq. feet of camping and traveling exhibits.

Pine Forest Spring Into Vintage Show and Sale

When: May 2 - 3, 2020

Where: Lewis Palmer High School, Monument, CO 80132

What: The Tri Lakes Women's Club is proudly presenting our 44th annual show themed "Spring Into Vintage". Join us for an enjoyable day of browsing vintage items, home decor and garden exhibits, art including pottery and much more

47th Annual RGAA Spring Blossom Arts & Crafts Festival

When: May 2 - 3, 2020

Where: Depot Park, Cañon City, CO 81212

What: Handmade by vendor items only. Fund raiser for the Royal Gorge Artists' Association for student scholarships to further studies in arts. Booths available on a first come, first served basis.

Free Water Wise Landscape classes

When: 2020 class schedule:

Thursday, March 5..... 6 to 7:30 p.m.

Saturday, March 21 9 to 10:30 a.m.

Saturday, April 11 9 to 10:30 a.m.

Thursday, April 23..... 6 to 7:30 p.m.

Saturday, May 2..... 9 to 10:30 a.m.

Where: Conservation and Environmental Center, 2855 Mesa Road

Cost: Free

What: Our landscape experts will teach you how to have a beautiful landscape while observing the new watering rules. Registration is not required, but parking is limited and available on a first-come, first-served basis.

Phone: (719) 668-8232.

The Original Colorado Springs Food Tour

When: Feb 21 2020 - May 29 2020

Time: Fridays, Saturdays, and Sundays from 2:00-5:00 pm

Cost: \$58.99

What: Explore Colorado Springs on the #1 Rated Food and Drink Attraction!

You've found it – the original Colorado Springs food tour that started in 2010! Join us as we celebrate our local chefs, delicious local food, and the vibrant culture of our blossoming downtown on this roving food tour.

Highlights of this tour include:

- Enjoy 8-10 generous tastings from five local restaurants, hole-in-the-walls, local and artisan food shops in downtown Colorado Springs
- Visit the historic Antlers Hotel and enjoy historical storytelling of Pikes Peak, William Jackson Palmer, the railroad, and more
- Try one of Colorado's eight famous foods, the delicious and mild Pueblo Green Chile
- Experience one of downtown Colorado Springs' most popular restaurants, which is hidden underground (Sundays only)
- Dine at the restaurant of a Food Network Chopped Champion and get a sneak peek at its secret speakeasy

Phone: (844) 567-7638

Website: <https://www.rockymountainfoodtours.com/>

April 2020

Train Expo Colorado Model Train Show

- When:** Saturday and Sunday, April 13 - 14, 2019 hours on Saturday are 10 AM – 5 PM and Sunday from 10 AM – 4 PM.
- Where:** Chapel Hills Mall Event Center, 1710 Briargate Blvd.
- What:** Historical presentations on The Golden Spike begin at 11:30 AM, hourly “how-to” clinics to include a clinic on scenery (limited seating/\$5), ballasting, tree making, and rock painting, a Seek & Find scavenger hunt for children of all ages, as well as door prizes for those in attendance. The BSA Railroading Merit Badge is offered on Saturday. Cost is \$6 per person or \$10 for a family of two or more. Seniors and military receive a \$1 discount. Accompanied children 12 and under and Scouts in uniform are free.
- Phone:** For vendor table reservations and more information, contact Mike Peck at 719-640-2076
- Web:** or visit our website tecoshow.org, click on the Train Show button and open the registration form link.

3rd Annual Spring Fling 5K Poker Ride/Run

- When:** Saturday, April 25th, 2020
- Where:** BearCreek Regional Park, Colorado Springs, CO.
- What:** This is not a race! It is a family friendly fundraiser suitable for ALL ages. Prizes awarded in each user category. All funds raised are used to purchase materials to build this open to the public, FREE course
- Phone:** Barbara Watts, Treasurer, FESC - 719 290-6034
- Web:** www.equestrianskillscourse.org
- Email:** friendsequestrianskillscourse@gmail.com or Facebook [equestrianskillscourse.org](https://www.facebook.com/equestrianskillscourse.org)

Spaghetti Dinner Fundraiser

- When:** Sunday April 26 from noon to 5:00
- Where:** The Elks Lodge 309, 3400 N Nevada Ave, Colorado Springs, CO 80907.
- Cost:** Adults \$10, Kids 12 and under \$5, under 3 Free.
- What:** An Authentic Homemade Italian Dinner prepared by members of the Sons and Daughters of Italy Lodge. A portion of the proceeds to benefit TEENS WITH PROMISE and Sons and Daughters of Italy Scholarship Fund.
- Email:** For more info and to purchase tickets, e-mail: trodasta@msn.com. Tickets available from all members and at the DOOR. Hope to See You There!

Earth Day

- When:** April 18 – 9:00 am - 3:00 pm
- Where:** Garden of the Gods Nature and Visitor Center
- What:** In combination with our neighbors at the Garden of the Gods Nature and Visitor Center, a FREE family fun event to celebrate spring! Free Parking and free shuttle from Rock Ledge Ranch Historic Site to Garden of the Gods Visitor and Nature Center 1775 American Indian Exhibit at the Carriage House 1860s Galloway Homestead Cabin 1880s Rock Ledge House 19th Century Blacksmith Workshop 1907 Orchard House
- Cost:** FREE

The Miraculous Journey of Edward Tulane

- Where:** Colorado Springs Fine Arts Center
- What:** Based on the novel by Kate DiCamillo, Adapted for the stage by Dwayne Hartford. Regional Premiere! Edward Tulane is an expensive toy rabbit made of china. He is loved by a little girl named Abilene, but Edward doesn't care. He is vain and self-centered. He has no interest in anyone other than himself. On an ocean voyage, Edward is accidentally thrown overboard and sinks to the bottom of the sea. So begins his journey
- Phone:** (719) 634-5583 for more information and to purchase tickets.
- When:** Show Dates March 6-April 5, 2020
Friday | 6 p.m.
Sat, Sun Matinées | 1 p.m.

Old Colorado Easter Celebration 2020

- When:** April 13, 2019
- Where:** Old Colorado City
- Cost:** Free
- What:** Old Colorado City will be transformed into a Wonderland full of free interactive children's events, tea parties & dozens of costumed characters for this FREE event. Local merchants and restaurants are joining in the fun with sidewalk sales, treats & surprises of their own.

April 2020 Cont.

Easter Sunrise Service At The Royal Gorge Bridge & Park

When: Sunday, April 21, 2019

Where: Royal Gorge Bridge and Park

Cost: Free

What: The Royal Gorge Bridge & Park will hold its annual Easter Sunrise Service on the South rim of the gorge on Sunday, April 21, from 6:30-7:30 am with Grant Adkisson, Cowboy Preacher. The sun is expected to rise 6:17 am, just before the service begins.

Victorian Easter Egg Hunt

What: Head on over to Miramont Castle for their annual Victorian Easter Egg Hunt for children ages 2-10. Following the Egg Hunt, retire to the Tearoom for an elegant 3-course Victorian Tea.

When: April 20, 2019

Where: Miramont Castle - Manitou Springs

Cost: \$50+

Chocolate Bunny Walk & Egg Hunt At Bear Creek Nature Center

When: Saturday, April 20, 2019

Where: Bear Creek Nature Center & Fountain Creek Nature Center

Cost: Reservations are required (\$5/member, \$6/non).

What: Meet a live rabbit and learn about these furry hoppers at the Bear Creek Nature Center, then join the Bunny Guide as you hike to look for goody-filled eggs along the trail. Sessions will be at 9 a.m., 11 a.m. and 1 p.m.. Children ages 2 -10 with an adult.

Phone: For more information call 719.520-6387.

Champagne And Mimosa Easter Brunch

When: Sunday, April 21, 2019

Where: Hotel Eleganté

Cost: Adults - \$43.95, Kids 7-12 - \$18.95, Kids 6 and under - free, Seniors and Military - 15% off

What: Join Hotel Eleganté for a delicious champagne and mimosa brunch this Easter! Featuring a raw bar, assorted fresh salads, omelet and waffle stations, a carving station and plenty of desserts, there's something for everyone on the menu.

Easter Dinner At M Lazy C Ranch

What: Enjoy an evening of good food and fellowship at M Lazy C Ranch! Call for reservations - 719-748-3398.

When: April 20, 2019

Where: M Lazy C Ranch

Cost: \$20 for ages 11 and up, \$10 for ages 10 and under

Easter Castle Tour

When: April 22, 2019

Where: Glen Eyrie Castle

Cost: \$15

What: Continue your Easter celebrations with some intentional time with your family. What makes this tour so special? Glen Eyrie is usually only able to show a select handful of rooms, but on this day, every single one of the Castle rooms will be available for viewing, and all four floors of The Castle will be open to explore with your Tour Guide!



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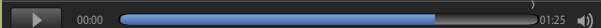
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Striving for Seniors' Independence

By Val Carr

Senior independence – a topic dear to our hearts that will increase in importance as our life expectancies increase and nuclear family dynamics change. Senior issues have been my prime attention since my mother died when I was 47 and my father was incapable of taking 100% care of himself. I started out as a long distance care taker since I was still raising children 1000 miles away. Arranging meals, housekeeping, chores, shopping, and errands in remote rural communities were the challenge. Usually available assistance companies and agencies in larger cities are scarce in our rural counties like Teller, Park, and Chaffee. These experiences contribute to not only my awareness, but to a mission to support by all means possible, all efforts for services provided by contributing companies and agencies in rural mountain communities like Woodland Park.

As families have become less centralized in their caregiving interests in recent eras, seniors must be self-reliant to a level which challenges their savings and certainly their patience and endurance. Old school volunteer organizations like Boy/Girl Scouts and church youth organizations we had when we were

younger are now scarce and mostly uninvolved in a scale large enough to assist our expanding “baby-boomer” senior explosion. I find many seniors are themselves taking up the torch of volunteerism to fill that gap missing in this era. As admirable as this is, it has limitations we need to recognize, such as health limitations and continuity of service.

Once I moved closer to my father, I noted that the only way to completely supplement local resources was to get family involved. When that family is 1-2 individuals, gaps naturally occur. My mission to champion rural senior services volunteerism and agency services expansion will not change even when my public elected service ends.

My experience and actions as a City Council member of Woodland Park includes the following features:

- Striving for Seniors' Independence
- Courageous leadership for efficiency
- Advocate for local business interests
- Leader for reducing government waste
- Steward of citizens' interests
- Champion for fiscal accountability
- Bold leader against bureaucratic excess
- Strong volunteer and events advocate

Val Carr's background:

Born in Wyoming:

Grew up in Minnesota with a strong Midwest work ethic.

Education:

Graduate of CU Boulder in Aerospace Engineering

Career History:

Planning Engineer for CO Dept of Highways

Systems Software Engineer/Designer in Operating Systems & communications

CEO/Owner military communications company

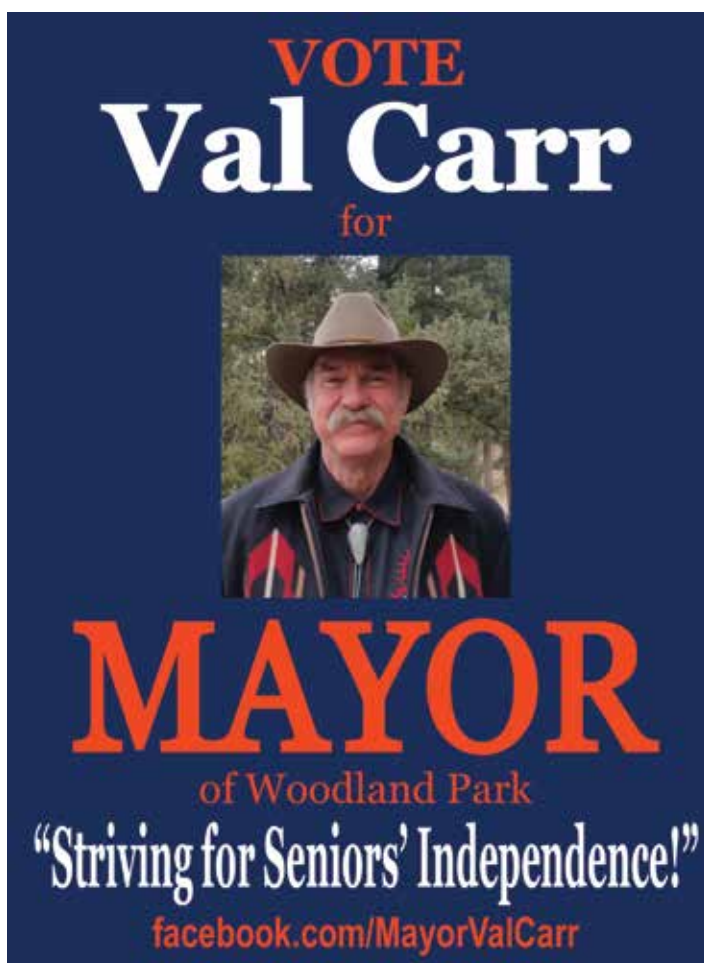
Present Volunteer and Community Supporter:

TCRAS and Pet Food Pantry

Salute to the American Veterans' Rally

Woodland Park City Council Member

Mountain Arts Council Board Member



Woodland Park Main Street Board Member
Teller County Planning Commissioner
Ute Pass Saddle Club/Stampede Rodeo Member

Hobbies:

Fly Fishing, R&R Singer; Opera Singer; Youth Basketball Coach, Website developer for Colorado Non-Profits

Family:

Wife - Sherry, TAG Elementary School Teacher
Children - grown twins boys and daughter + 4 steps

Strong Advocate for:

Government Accountability & Efficiency
Security and assistance for seniors;
Animal care and habitat;
Western & Native American Heritage & Culture;
Performing & Visual Arts; Open/Green Space.

For further information, contact me at
www.facebook.com/MayorValCarr



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Key on page 54.



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I'm pretty sure
spring is a
woman.



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1	L	E	A	D	I	N	G	M	A	N		6	D	R	A	B			
	E		R		S		U		G		9	R		H		U			
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Continued from page 35

aids, those interested can go to braininjurypeervisor.org/tools-aids/.

One local company called Brain Care LLC specializes in providing care for those suffering from any type of brain injury. According to Brain Care Director Linda Draayers, the organization works 24 hours a day, seven days a week, and 365 days a year to serve people with both traumatic and non-traumatic brain injuries.

"We have had individuals that have been through domestic violence, individuals that have had injuries through accidents, mostly vehicle accidents," Draayers said. "But, we have also had individuals that have had brain injuries, unfortunately, due to violence in our community. Such as, individuals that have been cab drivers that have been robbed, unfortunately. And, we have had a lot of really amazing stories because a certain percentage of the people we serve have less than a three percent chance of surviving."

Brain Care can bring multiple therapeutic services to an individual's home including ones that have a strong emphasis on day-to-day rehabilitation. They offer yoga, music therapy, and even Tae Kwan Do to those that suffer from brain injuries.

"One of the most exciting things about our program is

that we are able to measure a percentage of progress with us," the Brain Care director explained. "And, within the first six months of coming into our program we see anywhere from a 12 to an 18 percent increase in their community integration skills. They are getting comfortable back being in the community and back with being with other individuals that do not have brain injuries. So, it's pretty exciting."

Draayers stresses that it is important to spread awareness about brain injuries during the month of March, especially in Colorado. "Colorado is ninth in the nation for the number of brain injuries," Draayers stated. "A lot of it has to do with the sports people play here in the higher elevations being rock climbing and things of that nature. But, also just driving can be more dangerous in the mountains."

The Brain Care director also stated that awareness is the key to someone knowing that they have a brain injury. "I think it is just really important because a lot of people may not be aware that you can get a concussion without getting hit in the head," Draayers explained. "You can be jarred suddenly where your head moves forward in the skull and it is bruised and it has damage and people may not be aware that it is an actual brain injury."

Continued from page 9

Zion Lodge at Zion National Park, Utah

Rustic cabins offer porches with incredible views of Zion National Park in Utah. The 1920s-era lodge is surrounded by sandstone cliffs, with plenty of hiking trails and other attractions.

Big Meadows Lodge, Shenandoah National Park, Virginia

Enjoy 500 miles of hiking trails and 75 scenic overlooks nearby on the National Scenic Byway. The lodge has rooms with wood-paneled walls from the era when the property was built in 1939. There is also a restaurant with a stone terrace where you can take in the magnificent views.

Great Smoky Mountains National Park, North Carolina and Tennessee

This lodge started as a tent camp when negotiations were going on to make the area into a national park. Lodge founder Jack Huff began constructing the retreat in 1926, eight years before the land was designated a national park. This lodge is still rustic. Guests sleep in log cabins with propane heat and kerosene lanterns (no electricity), can only be reached by hiking one of five trails. The operating season runs from mid-March through November 20. The lodge hosts about 12,000 overnight guests during the eight-month season.

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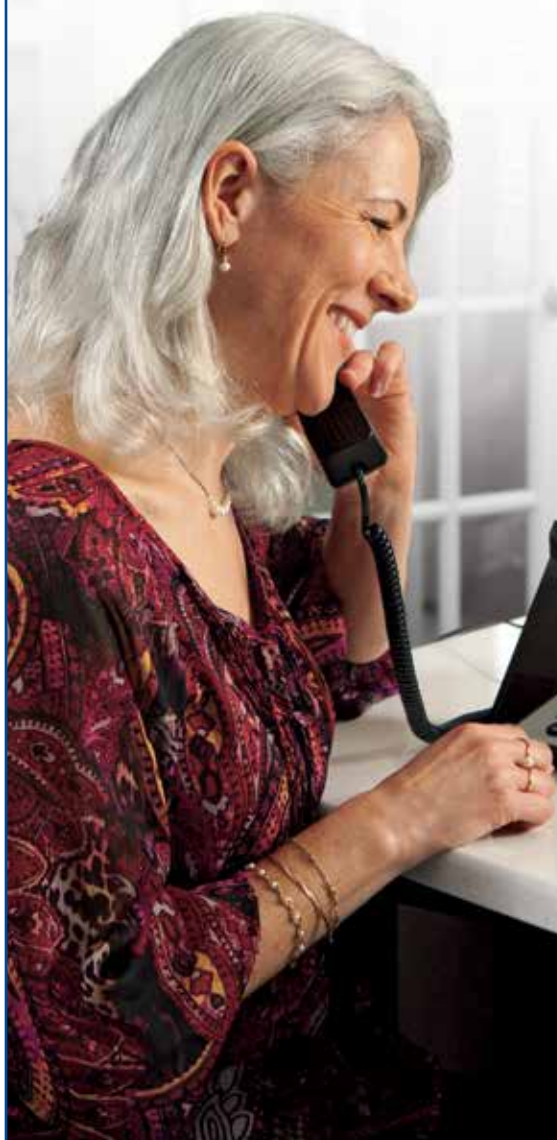
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