

# PIKES PEAK SENIOR NEWS

OCTOBER-NOVEMBER 2021

LIFESTYLE MAGAZINE FOR THE MODERN SENIOR

Medical  
Tourism-What You  
Need to Know!

---

Community  
Thanksgiving  
Dinners

---

Citywide  
Calendar  
of Events

Explore  
Grand County  
Treasures  
This Fall

SERVING EL PASO, DOUGLAS, TELLER & PUEBLO COUNTIES | [pikespeakseniornews.com](http://pikespeakseniornews.com)

# *Superior Personal Care On Your Terms*



We want to empower our residents to be as independent as possible while living their lives to the fullest. That's why we offer 24-7 professional care services in private, well-appointed apartments within a community featuring resort-style amenities.

**Call Today to Learn More 719-733-9725**



 **STONECREEK**  
*of Flying Horse*

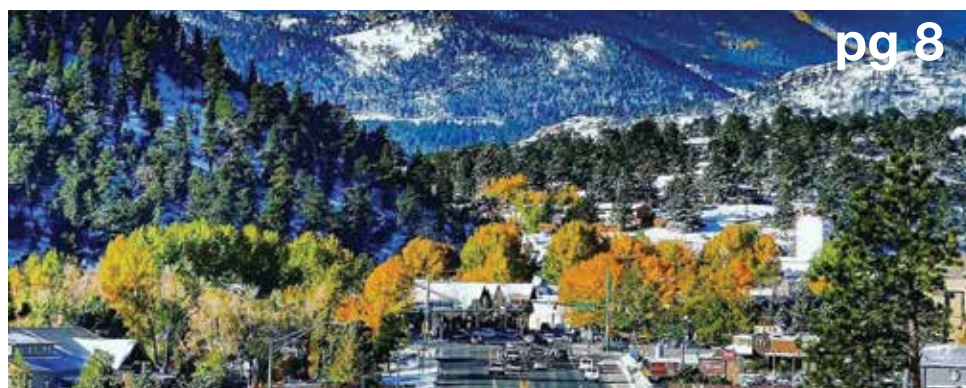
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



October-November 2021

# Contents

- 4 • Letter from the Editor
- 6 • Tinseltown Talks: Claudia Wells  
Went 'Back to the Future'
- 8 • Grand County and Estes Park Prove to Be  
Prime Locations for a Good Autumn Trip
- 14 • Medical Tourism
- 16 • Could Have, Would Have, Should Have...
- 18 • Local Author and Trainer's Book  
"Don't Sweat 60"
- 20 • Crossword Puzzle
- 22 • Local Organization Helps People with Special  
Needs Ride Horses Colorado Springs  
Therapeutic Riding Center Provides Therapy  
for Kids and Adults
- 24 • Best Ways To Spend Your Money This Fall
- 26 • Toxic Positivity, Always Lurking in the Shadows
- 29 • Sudoku
- 28 • Jest A Moment: Celebrating Food History  
in October
- 30 • Agewell Medical Associates  
Adds New Health Care Provider
- 32 • Thanksgiving Meals for the Community
- 34 • Colorado Recipes
- 35 • Business Directory
- 36 • Calendar of Events



pg 8

## PIKES PEAK SENIOR NEWS

Bi-Monthly Lifestyle Magazine

STAFF

### Publisher

Anne Jensen

### Managing Editor

Trevor Phipps

### Associate Editor

Rick Sheridan

### Graphic Design

Mike Biles

### Graphics

Cyndia Lee

### Contributing Writers

Nick Thomas,

Bill Stanley,

Cyndy Kulp

### Advertising

Anne Jensen

anne@pikespeakseniornews.com

(719) 321-1971

### Letters to the Editor

Trevor Phipps

trevor@pikespeakseniornews.com

(719) 761-9489

### Website

pikespeakseniornews.com



pg 22

# Letter from the Editor

By Trevor Phipps



## *Dear Readers,*

Now that the season is changing once again, a certain holiday will be coming soon. All throughout human civilization, holidays typically occurred when the seasons change and the environment people were living in was suddenly different.

Throughout history, fall has always been associated with darkness because during the Autumn Equinox days started getting shorter. People back then thought that the sun that gives life to everything around them was leaving.

In present times, there are several holidays across the world that are celebrated right around the time where summer changes to fall. In America, we celebrate Halloween as a time where people can sit back and appreciate everything scary and spooky.

Among all of the characters of Halloween such as vampires, witches, etc., ghosts are probably the most popular. Spirits of deceased humans are one of the only spooky things celebrated during Halloween that many believe are real.

In fact, there are now several television shows that feature paranormal hunters. These hunters record themselves going into places that are known to be haunted. They use technologically advanced equipment to search for signs of ghost activity.

However, seeing ghosts and trying to find spirits is not a new thing. Actually, there are several tales of ghosts that have been told for many, many years.

When researching ghost tales of the past and present, you can find many different stories from all across the world. But, many of the tales have similar themes.

One popular theme of ghost tales are sightings of a white lady. There are several accounts of people seeing the ghost of a woman who is usually dressed all in white often seen roaming around in rural areas.

Usually, the stories involve a woman who went through a tragedy such as accidental death, murder, or suicide. Other countries also have similar stories and in Latin America the La Llorona or “Weeping Woman” is said to be seen lurking around bodies of water after her children drown.

Another common theme in stories of the paranormal has to do with vanishing hitchhikers. There have been several accounts of people driving in their vehicles at night who see a hitchhiker appear on the side of the road only to disappear shortly after seeing them.

More attention was drawn to the subject in 1981 when Jan Harold Brunvand published his non-fiction book “The Vanishing Hitchhiker.” In his book, Brunvand traces sightings

of the vanishing hitchhiker back to the late 1870s. He also talks about several sightings of similar ghosts all across the world for centuries.

Whether you believe in ghosts or not, there is no better time to appreciate scary and unexplainable things than during Halloween. Now that the sun is slowly leaving us and making our days shorter it is a prime time to embrace it with a pumpkin spice latte, a blanket and a scary movie.

For those that really get into the holiday spirit, it is fun to decorate your house or to dress up for a costume party with friends. Most of our readers are probably past the trick-or-treating stage, but it is still fun to offer the neighborhood kids candy so you can check out all of the creative outfits.

Instead of being a holiday of darkness, the fall season is a good time of year to embrace change and enjoy all of the thousands of things that are made with pumpkin spice, because they will soon disappear for the year. No matter your way of celebrating, please stay safe and warmly embrace this yearly time of change.

*Sincerely,*

Trevor Phipps,  
Managing Editor,  
Pikes Peak Senior News





MELODY LIVING  
LIFE IN HARMONY

*Schedule a private tour!*

**(719) 988-8880**

**dawn.beagle@melodyliving.com**



**INDEPENDENT LIVING • OPENING SOON!**

*Escape to pure luxury*

You don't need to travel far to experience your next getaway. Discover a way of life that makes you feel like you're on vacation every day at Melody Living.



*Now Pre-Leasing*

**1 & 2 BEDROOM APARTMENT HOMES**

*Pet-friendly living options*

- Low maintenance living
- Scheduled transportation
- Fitness & wellness classes
- Putting green
- Massage therapy
- Library & art studio
- Laundry & housekeeping
- Grab 'n Go Style Bistro
- Hot tub & fire pit
- On-site salon & barber shop
- Beautiful patio & walking paths
- Washer & dryer in all units



**TAKE A 3D TOUR!**

Open the camera on your phone, center the QR code in the screen, click on the link that appears at the top and it will take you to our website where you can take a virtual tour!

**Take advantage of exclusive move-in savings!**

Just a few spots remain in our Premier Club's Platinum Level.

7570 Tutt Boulevard  
Colorado Springs, CO 80924  
**www.MelodyLivingCOS.com**

# *Tinseltown Talks:*

## Claudia Wells Went ‘Back to the Future’

By Nick Thomas

When the Los Angeles Hollywood Museum reopened in August, having closed its doors to the public during much of the pandemic, Claudia Wells was one of many guests invited to celebrate the event that included a “Back to the Future” exhibit ( [www.thehollywoodmuseum.com](http://www.thehollywoodmuseum.com)).

Wells appeared in the original 1985 movie as Jennifer Parker, girlfriend to Marty McFly played by Michael J. Fox who starred in the beloved movie trilogy. Diagnosed with Parkinson’s disease in 1991 at age 29, Fox later established the Michael J. Fox Foundation for Parkinson’s Research ( [www.michaeljfox.org](http://www.michaeljfox.org)) which was also presented with a \$5,000.00 donation during the event.

“I’m a big cheerleader for the Back to the Future trilogy,” said Wells from Los Angeles (see [www.claudiawells.com](http://www.claudiawells.com)). “So, anything I can do to promote the movies and help support Michael I’m there with bells on.”

“Back to the Future” was Wells’ first movie role. Her scenes were brief but memorable, as was her first day on the set.

“It was the last scene of the movie with me, Michael, and Christopher Lloyd in the car,” she recalled. “I remember when he (Lloyd) got out of the car and

raised up those metal glasses on his face, it ripped the old-age make-up on his forehead and we had to wait for hours for him to get the make-up redone to shoot again.”

She also recalls meeting Fox for the first time. “They were filming the Enchantment Under the Sea dance scene at a church and I was sent around to meet Michael. He came outside, gave me a hug, and told me he was looking forward to working with me. He was very positive, upbeat, kind, funny, natural, and great fun to work with.”

But when time came to reprise her role 4 years later in “Back to the Future Part II,” Wells was unavailable due to a family illness and was replaced by Elizabeth Shue in Parts II and III.

“I’ve met fans who remember watching Part II when it came out and didn’t even notice a different actress was playing Jennifer,” Wells said. “But others told me they were screaming at the screen wondering why there was a different Jennifer.”

Despite bumping into other cast members of the trilogy while traveling the film convention circuit over the years, ‘the two Jennifers’ have never met (who knows what that might do to the space-time continuum!). “I’d love to meet Elizabeth because I think she’s just a brilliant actress and I was actually quite flattered when they cast her in the role.”

Wells says she was thrilled to be included in the reopening of the Hollywood Museum, especially with its “Back to the Future” exhibit and its support of the Michael J. Fox Foundation.

Nick Thomas has written features, columns, and interviews for numerous magazines and newspapers. See [www.tinseltowntalks.com](http://www.tinseltowntalks.com).







## GET MORE OUT OF LIFE

OTICON | More

With the all-new rechargeable Oticon More™ hearing aids

now only

LOWEST PRICE GUARANTEE

**\$1695** ea.



Bring in old hearing aids for cash or trade!  
Restrictions apply.

# HEAR-WELL

719-576-1449 • [www.hear-well.com](http://www.hear-well.com)

3707 Parkmoor Village Dr. Ste. 103  
Colorado Springs, CO 80917

*The best hearing aid technology, price, & service in the state!*



## Local sales agent with local Medicare Advantage plans.

I'm Ricky Kind, a licensed sales agent in Colorado Springs. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Get help comparing plans
- Receive one-on-one service
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

**It's time to take advantage.**

**Ricky Kind**

Licensed Sales Agent

17196419171, TTY 711

email: [info@rickykindinsurance.com](mailto:info@rickykindinsurance.com)

[UHCMedicareSolutions.com](http://UHCMedicareSolutions.com)

## United Healthcare

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2020 United HealthCare Services, Inc. All rights reserved. Y0066\_21SPRJ55189\_C

SPRJ55189

# Grand County and Estes Park Prove to Be Prime Locations for a Good Autumn Trip

*Northern Colorado Towns Have Much to Offer Visitors*

By Trevor Phipps

Even though summer is officially gone, traveling in Colorado can still be fun. Historically, the state actually sees decent weather during the fall season and it is not uncommon to see warm, sunny days in the months of October and November.

Travelling during these months can be wise also, because soon the cold white stuff will start flying and make travelling on the state's roads difficult. Taking a trip in Colorado in the autumn also allows for the possibility of seeing the beauty of the aspen leaves changing colors.

The part of the state directly west of Interstate 25 and north of Interstate 70 is known as a winter wonderland once the snow flies. But, in other seasons there is also plenty to see and do in the area. This region is also known as a hot spot to view the beautiful colors of fall.

While looking at a map of the state, there is one loop route that sticks out where people can see all of what this area has to offer. It is possible for one to head north of I-70 on Highway 40 and visit Winter Park, Fraser and Granby and then hit Highway 34, go through Rocky Mountain National Park and into Estes Park. From there, tourists can head south on Highway 7 and travel through Nederland and into Central City and Blackhawk before getting back to I-70.

## Winter Park

This city is best known for its skiing in the wintertime and only Mother Nature will decide when the ski slopes can open up this year. However, even if the slopes

aren't open quite yet during a trip in the fall, there is still plenty to do in this picturesque mountain town.

Winter Park is also known by many as Mountain Bike Capital USA. Those who wish to pedal through the woods can do so on over 600 miles worth of trails into the forests. Visitors can rent bikes and go on a guided tour.

For those seeking a thrill there are two downhill bike parks in the area. And, for those wanting a calmer trip, there are e-bikes available to rent. There are also stables nearby where people can take a trip through the mountains on horseback.

While in town, visitors can check out the shops and eateries in the city's downtown region. There is also a modern ski village located at the foot of the slopes. During all times of the year the city has several music festivals and art shows to entertain those visiting.

## Fraser

Located just a little further north of Winter Park is the small town of Fraser that also has plenty to offer. Like Winter Park, the town has the Fraser River running through it that





A **REVERSE MORTGAGE LOAN** is a great way to improve your retirement income without having to sell! You took care of your home, now your home can take care of you!

*Give us a call and we can provide all the details.*



**A Conservative Approach to Mortgages**

**(719) 205-0776**



Company NMLS# 1929983 • Dave Paul NMLS# 194398  
Regulated by Colorado Division of Real Estate  
Equal Housing Lender

**Dave Paul**

Licensed, Bonded, and Insured  
Mortgage Loan Originator



Email: [Dave@TnCLending.com](mailto:Dave@TnCLending.com) • web: [www.TnCLending.com](http://www.TnCLending.com)  
1050 Tamarac Parkway • West Wing Suite • Woodland Park, CO

Homes starting at  
**369,950.**  
Single Floor Living!



### Why Choose Domega?

Move just 45 minutes south of Colorado Springs to get away from the traffic and noise of the big city living. Our community has a more affordable cost of living with all the Colorado comforts. A beautiful place to retire!

### What Domega has to Offer :

- Covenant Protected Neighborhood
- Master Planned Community
- Handicap Accessible
- All homes include fenced backyard, sprinkler system and landscaped front yard.
- Minutes to Lake and Golfing
- Gorgeous Mountain Views
- New Construction

952 Peachcrest Drive, 81005, Pueblo CO | 719-566-8245  
[www.domegahomes.com](http://www.domegahomes.com)



Reassurance+ provides a hot meal along with companionship to all seniors, to help them remain independent with dignity, in their own home for as long as possible. Learn more:

[silverkey.org/reassurance](http://silverkey.org/reassurance)  
or call our  
**Silver Line: 719-884-2300**



# IT'S YOUR LIFE

AND YOU DESERVE TO REVEL IN IT

Revel Province is an independent living community where personalized experiences meet comfortable living, good food and good friends go hand-in-hand, and fun is never far from home. Come in for a personalized tour and enjoy a meal on us, in our modern-American restaurant, Ovation.

SAVE \$5,000\*

719.628.1517 | REVELPROVINCE.COM

## REVEL

\*RESTRICTIONS APPLY. CONTACT THE TEAM FOR FULL DETAILS. | 105



offers some premium gold medal trout fishing.

One main amenity of the town is the Cozens Ranch Open Space. This area has over two miles of trails for hikers, bikers, and horse riders. It also has two miles of the Fraser River running through it and a slew of fishing ponds.

The open space is also home to one of the only museums in the area. The Cozens Ranch Museum is located at the site of Billy Cozens' original homestead of the late 1800's.

### Granby

There is one thing that the fall season is known for in Colorado and that is hunting. Those wishing to hunt can find plenty of areas in and around Granby to go. In fact, the area is known by locals as the "Huntsmen's Paradise."

The town is also known for great fishing as the Fraser River runs through it as well. The town is also  
PIKES PEAK SENIOR NEWS • 10

located about ten minutes away from Lake Granby which is one of Colorado's biggest lakes.

The city's main street boasts several restaurants, souvenir shops, and outdoor supply stores. The town is also located a short drive away from Hot Sulphur Springs. The Hot Sulphur Springs Resort features over 20 hot spring pools and private baths including a solarium and therapy pool.

### Grand Lake

The body of water Grand Lake is the largest natural lake in the state. Grand Lake the town, is a beautiful municipality located on the lake's shore. The town is also known by many as the "Western Gateway" to Rocky Mountain National Park.

Adventurers that come to the town have vast options of hiking, biking, or ATV riding. The lake itself offers fun watersports such as boating, sailing, or fishing. The town's historic boardwalk contains over

60 restaurants, shops, and galleries to enjoy.

While there, visitors can also go check out a live show at the Rocky Mountain Repertory Theatre. The theatre first started bringing live shows to the area in the 1960's, and now it is still a staple to the region with its musicals, melodramas, and other live experiences.

### Rocky Mountain National Park

This national park is one of the most popular in the country as it ranks third on the list of the most visited parks in the nation with over 4 million people going there in 2019. The park has over 60 mountain peaks that rise over 12,000 feet with many of them





reaching past the 13,000 foot mark. Long's Peak is the tallest mountain stretching more than 14,200 feet, but it can only be summited by the most experienced mountaineers/hikers.

The Continental Divide goes through the park from north to south and it can be travelled via a hike or a drive on the park's Trail Ridge Road. Trail Ridge Road takes travelers on a 48-mile trek from Grand Lake to Estes Park. 11 miles of this cruise takes place above timberline with the highest point on the road reaching over 12,000 feet.

Along the way, visitors can witness spectacular views of the Rocky Mountains and get a chance to see wildlife like bighorn sheep or elk. Travelers can also check out the Alpine Visitor Center, which is the highest visitor center in the country.

### Estes Park

This city sits on the east side of the national park and it is the most famous gateway town to the park.

People who choose to adventure in the park can rent horses, jeeps, and ATVs out of Estes Park.

The city itself is also a hotspot for restaurants, shops and other things to do. The Estes Valley Recreation and Park District is a gem in the city that gives visitors several recreation options.

The park offers a plethora fun recreational options to people of all ages. The district includes pickleball courts at Stanley Park, and the option to rent a kayak at the Lake Estes Marina. The park also has a golf course, a campground, an indoor shooting arena and the Estes Valley Community Center with a swimming pool and lazy river.

One of the most famous places in Estes Park is the Stanley Hotel. The hotel was originally built by F.O. and Flora Stanley in the early 1900s after they purchased the land from the Irish Earl Lord Dunraven.

The hotel has had many famous



guests which include author Stephen King who was inspired to write the book "The Shining" after staying in the hotel and seeing the ghost of a child. Since then, the property has become infamous for being haunted. Several guests and employees claim to have seen multiple ghosts including several children, and the alleged spirits of former owners, the Stanleys and Dunraven.

The hotel has been featured on several ghost hunting television shows where paranormal experts use specialized equipment to find the presence of things out of the known world. The hotel holds events where they invite guests to come on a ghost



## Looking for a Colorado Springs Dentist?

Pinnacle Dentistry is a preventative, cosmetic and restorative dental clinic that offers an advanced perspective to patient care in Colorado Springs. Our doctors and staff are always striving to elevate our service and provide excellent dental care to each and every person who visits our practice.

CALL OR VISIT US ONLINE TO REQUEST AN APPOINTMENT TODAY!

### Contact

Info@PinnacleDentistryCO.com  
719.590.7100  
PinnacleDentistryCO.com

### Location

Briargate Business Center  
2430 Research Pkwy · Suite 200  
Colorado Springs, CO 80920





# Rocky Mountain **PACE**

*Live Better*



## **Rocky Mountain PACE**

*(Program of All-Inclusive Care for the Elderly)*

provides innovative, coordinated healthcare for seniors, assisting participants so they can live enjoyable and independent lives.

**Let us help you or your loved one *Live Better* by offering stress-free healthcare through:**



Transportation from home to medical appointments and our adult day health center.



Coordinated care plans that make it easy to access qualified doctors, nurses, and specialists.



Our staff and other seniors create a caring community that will help you or your loved one thrive.



A wide variety of exciting activities and events to stay active and engaged.

**Contact Us Today: (719) 314-2327 or [RMPace.org](http://RMPace.org)**



tour and stay in the hotel in the hopes of having a paranormal sighting.

### Nederland

Travelers that head south from Estes Park will be traversing a peak to peak scenic byway all the way to I-70. Before getting to the interstate it is wise to stop in Nederland to check out the charm of this small mountain town.

The town offers several eateries and other stuff to do as well. Barker Meadow Reservoir is located near by and it offers hiking and picnicking options year round. Visitors also have the option of checking out a live performance at the Nederland Community Center's Backdoor Theater.

While in town, people of all ages can take a ride on the city's Carousel of Happiness. For those wanting to connect with nature, they can visit the Wild Bear Mountain Ecology Center that has exhibits, hiking trails, nature programs, workshops, and an eco-gift shop.

Unusual Fact: Every year in Nederland, the town celebrates an

unusual holiday called the "Frozen Dead Guy Days." The celebration came after a weird story struck the town in the 1990s about a family who brought their grandfather's dead body to the town frozen on dry ice.

The family planned to open up a cryonics facility so they kept the body of their grandfather frozen in a shack behind their unfinished house. After a couple of years the city tried to force the family out of the home due to building code violations. The family fought it due to the fact that if they were evicted their grandfather's body would thaw out.

However, in 1995 the family was found guilty and a judge ordered them to remove the body from the shack or face a hefty fine and jail time. The story hit the news and made the town famous.

Frozen Dead Guy Days this year will take place from March 4-6. The event features coffin races, a hearse parade, and a Frozen Dead Guy lookalike contest.

### Before Getting Home

As travelers head south from



Nederland they will continue on the scenic byway until they get to I-70. But, before reaching the interstate it is always fun to stop at Central City or Blackhawk to try to strike it rich at the casinos.

Central City is a historic mining town that features several smaller casinos where visitors can test their luck. Blackhawk is home to more casinos including high rise building with giant gaming floors. Both towns have delicious dining options and several affordable lodging options.

However, before traveling during this time of year it is always wise to check road conditions ahead of time because the roads in this part of the state can get scary when snow flies. Waiting an extra day to travel could provide for safer travel conditions.

## Regency Tower *apartment living for the Young at Heart!*

**Beautifully Designed  
apartment homes  
and luxurious  
accommodations.**



Friendly Management,  
Outstanding Features, and  
Prompt, Efficient Service.

Newly remodeled  
apartments available.

Regency Towers offers Clean,  
Relaxing, Comfortable  
Lifestyle for the 55+ Crowd.

921 Green Star Dr., Colorado Springs, CO 80905 • 719 - 633 - 2121 • [www.regencytowersllc.com](http://www.regencytowersllc.com)

# What You Should Know About Medical Tourism

By Rick Sheridan



Medical tourism is the concept of taking a vacation for the purpose of receiving healthcare treatment in locations where the price is substantially less. Sometimes people travel here to the United States because they believe the quality of the health care is better (more below). A few of the most common procedures people travel overseas for include cosmetic surgery, dental care, and even cancer treatments. People participating in medical tourism often take advantage of the various tourist attractions in that country before or after their procedure.

An entire industry is set up around medical tourism. For example, some doctors and dentists in foreign countries cater specifically to visitors traveling to their country for treatment. They often hire English speaking staff and may even offer hotel and food packages to make the process as easy as possible. Popular medical tourism destinations include Thailand, Mexico, India, Brazil, The United States, Costa Rica, Taiwan, Spain, Singapore, Canada, and Japan.

## **Medical tourism business offerings often include:**

- Helping international patients secure doctor's appointment in the United States.
- Helping U.S. residents secure doctor's appointment in other countries.
- Medical-related travels and tours, consulting and advisory services for individuals and corporate clients.
- Selling of medical traveling related insurance, sale of travel guide books and sale of foreign currencies.
- Booking for flight tickets, transit visas, shuttle and taxi, car rentals, hotel bookings, and (possibly) air ambulance.

## **Three reasons to take a medical tour include:**

1. Treatment options may be better in another country- It is common for a person to travel from a developing country to a developed country for treatment. The reason is that many developing countries can't offer the cutting-edge medical technologies and treatments that developed countries can. Medical infrastructure is better in some countries than in others.
2. A treatment that is not yet approved in one country but may be readily available in another. For instance, people sometimes travel to receive cancer treatments that have not yet been approved or proven to be effective. One example is Laetrile. It is an herbal medication that has been used as a treatment for people with cancer. Laetrile is

controversial and is not approved by the FDA here in the United States but is available in many European and Mexican clinics.

3. Medical treatment may be cheaper in another country- This is probably the most common reason for medical tourism. People travel to developing countries where treatments cost less. For example, many Americans travel to Mexico for dental work that is often far less expensive than here in the U.S.

## **Here are the "ten commandments" suggested by a European medical tourism company:**

1. Be sure to make a well-researched choice of a clinic or hospital. Find out who will perform the surgery and what techniques they will use.
2. Ask the clinic for consultation before you arrive. Providing them with details about what you expect along with your current medical records will help expedite the process.
3. Ask the clinic to organize transportation and accommodation. They often provide these services, but it is good to confirm the details before you arrive.
4. Purchase tourist insurance before leaving. This way any flight delays or cancellations will be easier to handle.
5. Leave information with a close friend or relative about how to contact you and the clinic.
6. Pay with a credit card when possible. This provides a solid receipt and relieves the stress of carrying a large amount of cash.
7. Carry lightweight baggage. After the surgery, you will probably not have the energy to deal with heavy items.
8. Do not schedule multiple operations while overseas. Some medical tourists have as many surgeries as possible due to the less expensive price, but overwhelm themselves and have a difficult recovery.
9. Organize aftercare for yourself- make sure your U.S. doctor will be ready to handle any procedures such as removing the stitches, etc.
10. Demand a description of the surgery from the clinic that includes a detailed description of the procedures to be performed and the total cost for everything.



Medical tourism has existed for thousands of years. Written historical accounts of Greek, Roman, Indian, Egyptian and Chinese cultures clearly document overseas travel for health procedures. Today, Americans often travel to overseas destinations with more reasonable prices. The New England Journal of Medicine detailed an account of a self-employed carpenter who had an acute mitral valve prolapse that required surgery. Estimated fees at the nearest hospital were around \$200,000, half of which needed to be paid in advance. After some more digging around, the patient decided to fly to New Delhi, India where he had the procedure performed for less than \$7,000. Shortly after returning to North Carolina, the patient went back to work with a healthy heart. Until countries like the U.S., Japan, and France implement aggressive strategies to lower prices and reduce waiting times, it is likely that the global medical tourism industry will continue to flourish.

## Disadvantages of medical tourism:

1. Collecting from any malpractice. Although most medical tourism facilities (hospitals, dental clinics, etc.) will have medical malpractice insurance to cover any unforeseen events, seeking damages can sometimes be difficult in cases of negligence, misdiagnosis, or incompetence. There is a lack of international oversight in case you have problems with an unscrupulous clinic.
2. Insurance policies may vary. Your U.S. health insurance policy may not cover overseas procedures. Be sure to check with them if you are expecting them to cover part or most of these expenses.
3. Postoperative treatments. For procedures requiring longer recovery periods, you'll need to make postoperative arrangements on your own. This usually requires consulting a local physician or dentist in your hometown, in addition to whatever foreign health care provider supervised the original treatment.

## A medical vacation might be an excellent option:

1. If you are planning on taking a vacation anyway and want to receive a health checkup, operation, or treatment.
2. If you have a difficult time affording health care in your home country because: You lack insurance. Your insurance company won't cover the cost of your procedure. Even with insurance, the procedure is too high.
3. You're on a long waiting list for a certain procedure in your home country.
4. Your home country does not offer the treatment(s) or procedure(s) that you require.

## Page 33 Brain Teaser Answers:

A1: An apple a day keeps the doctor away!

A2: The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

A3: Pencil lead

A4: The river was frozen

## Resources:

### Medical Tourism Index (MTI)

The Medical Tourism Index (MTI) is a comprehensive analysis of this industry and ranks American perceptions of 40-plus international healthcare destinations, providing insight into how consumers view criteria across three primary dimensions, including destination attractiveness, safety, and quality of care.  
<https://www.medicaltourism.com/>

### Medical Tourism Association (MTA)

The Medical Tourism Association is a Global Non-profit association for the medical tourism and international patient industry. The MTA works with healthcare providers, governments, insurance companies, employers and other buyers of healthcare - in their medical tourism, international patient, and healthcare initiatives - with a focus on providing the highest quality transparent healthcare.  
<https://www.medicaltourism.com/>

**DayBreak**  
An Adult Day Program

Now Accepting New Participants!  
Call for more details

Love Patience Acceptance  
Respect Humor Community

**give!** **A+ Rating BBB** **ACCREDITED BUSINESS** **Find us on Facebook**

404 N. Highway 67  
PO Box 4777 | Woodland Park, CO 80866  
719.687.3000 | [www.daybreakadp.com](http://www.daybreakadp.com)

# Could Have, Would Have, Should Have...

By Rick Sheridan

Many *Pikes Peak Senior News* readers probably remember the television commercial for V8 vegetable drink. The narrator is looking at their sugary soft drink, and he thinks to himself, "I could have had a V8" (instead). This would be a simple, low-impact choice one way or the other.

What if the person was looking back at their 40-plus year career as a mid-level accountant and they said to themselves, "I could have been an adventure travel guide... or an English teacher in an exotic country...?"

Now we are talking about a big-time regret with far more consequences than the V8 drink choice. This almost sounds like the famous movie line, "I could've been a contender," said by Marlon Brando to Rod Steiger in the film, *On The Waterfront*, way back in 1954. Brando plays Terry Malloy, a dockworker who'd once aspired to be a successful professional boxer, and eventually realizes he has delayed his career change too long.

Instead of waiting for this to happen to you, look at what it might have really been like to have an offbeat career. You may even discover that it is possible to do the dream job part-time right now without risking your current high salary or social status.

## Adventure Travel Guide

An adventure tour leader or travel guide is the person who has the expertise to lead travelers on an unforgettable vacation. These guides can work as freelancers, or they can work with established tour companies. There are several categories of leaders, such as mountain bike guides, expedition guide, hunting or fishing guides, etc.

PIKES PEAK SENIOR NEWS • 16

Here in the Pikes Peak region there are many opportunities to do this type of work part-time. The Covid-19 pandemic has caused a nationwide shortage of labor and new jobs open every day. Being physically fit will give you an advantage in this type of position. Certain medical, survival and outdoor training are required for some of these jobs. It is important to realize that many of these adventure travel guide positions pay much less than a successful corporate professional may be used to earning. It may be the best option to try it part time, have fun, and appreciate the fact that you did not spend your whole working career in this field. Besides the low pay, job security is almost nonexistent. It might be better to do a "volunteer vacation" in a state or national park and keep your regular job.

## Teaching English As A Second Language (ESL) In Some Exotic Location

Overseas jobs teaching basic conversational English overseas are often available to native-English speaking people, according to job site Indeed.com. Higher paying positions are offered to candidates with a bachelor's degree or training in teaching English as a Second Language. Specific areas of the world have traditionally required a steady supply of ESL teachers, such as Japan, Korea, and parts of eastern Europe. Many exotic destinations, such as Brazil require occasional ESL teachers, but the salaries are often much less than in the more industrialized nations. Typically, ESL teachers do not need to know the host language because their students are expected to communicate in English while in class. I have worked

**"I could have been a contender."  
(Don't let this happen to you!)**



as an ESL tutor, both paid and as a volunteer, here in the United States. My experience is that this type of work is very demanding, even if you only have one student in the class. The teacher must be alert every moment, and continually think of ways to explain the subtle use of the English language. The reality is that these jobs typically do not last more than a few months. After that, you have to re-apply elsewhere and be responsible for getting to the new destination. The pay is not that great unless you are willing to go teach in select areas such as Korea or Japan.

## Cruise Ship Entertainer

Before Covid-19, the cruise industry had many different forms of entertainment for their passengers. This included such things as swimming and dance lessons, computer classes, cooking instruction and much more. All of these areas required entry-level and skilled workers. Some of these jobs have returned during the summer of 2021, and a cruise ship entertainer job might be perfect for a retiree who has good health and a flexible schedule. A father of one of my high school friends used to work as a dance partner on one of the cruise lines. The ratio of women to men is very high on these cruises and there is a demand for articulate gentlemen who know how to dance and hold a



conversation at the same time. I was interested in teaching computer classes on ships during the summer when I worked as a college professor. I actually passed the written exam and telephone interview, but I got busy with other projects and never followed-up on this opportunity. Some of the other positions on cruise ships include lifeguards for the swimming pools, pastry chefs, activity leaders, and bingo manager (see below). The reality is that these jobs are pretty rare, and you will be competing with low-paid competition.

## Bingo Callers and Managers

Bingo managers and callers may get their start as a volunteer in a local retirement home, but the more experienced people often need to be able to manage the bingo departments of casinos and cruise ships. A bingo manager oversees and directs the daily activities of the department, approves jackpots and payouts, and ensures compliance with federal and state gaming regulations. The specific requirements will differ depending on the employer. This type of work requires physical endurance, mental quickness, and a desire to help people have fun. My experience as a volunteer bingo caller was that the crowd is pretty serious about keeping their cards marked accurately so that they have the greatest chance of winning. They are not very tolerant of any mistakes by the caller and are not particularly responsive to any jokes you may try to offer up. When I was the bingo caller back in the early 1990s, the cigarette smoke was so thick that you could barely see the people in the back row. Most bingo halls are smoke-free these days. Although bingo halls have an air of seriousness, most of the participants are there to have a good time. Once again, the reality is that these jobs are pretty rare, and the charm may wear off after the 100th time you hear some schlep in a Hawaiian shirt yell out "Bingo!"

## Food Stylist

Ever wonder why that cheeseburger looks so good in the commercial but is not quite so amazing when you visit your local fast-food joint? You can thank the food stylist for that. These professionals are responsible for making foods look as appetizing as possible, usually for photo shoots, films, television commercials, and upscale magazines. Food stylists tend to get work by providing a portfolio, so you may have to either volunteer in a kitchen or hire a good photographer to help you put together some images of the perfect meal. More advanced skills would include a background in design or the completion of culinary school. Instagram photos of your food may or may not count as a portfolio. This, as with most of the jobs listed here, are considered to be "glamorous," and the competition is fierce. Many others may have much more experience with photography than you do, and they may consider minimum wage to be perfectly acceptable.



Call a licensed  
Humana  
sales agent



**MarketPoint® Office -  
Colorado Springs**

**719-532-7700**

**(TTY: 711)**

**Monday – Friday,  
8 a.m. – 5 p.m.**

Can I still enroll  
in a Humana  
Medicare  
Advantage plan?

You may be eligible  
to enroll—even if  
you missed the  
**December 7 Medicare  
Annual Election  
Period deadline—if:**

- You've moved
- You've lost coverage
- You are newly  
qualified for Medicare

And other  
circumstances that  
may qualify you.

# Humana®

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a standalone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Gold Plus HMO H0028-025-002. Newspaper advertising supplement to Pikes Peak. For accommodations of persons with special needs at meetings call 1-877-320-1235 (TTY: 711), 8 a.m. – 8 p.m., seven days a week. **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。

Y0040\_GHHK4UHEN21\_C

# Local Author and Trainer Works to Change Attitudes about Aging

Matt Schechner Offers Help through His Book “Don’t Sweat 60”



By Trevor Phipps

Many people experience setbacks at some point in their lives that change their lifestyles forever. Others though, can experience a major setback and then use what happened to help themselves and others.

When Matt Schechner was a child he had a tumor that caused his spine to curve. He was misdiagnosed twice by doctors until a surgeon removed his tumor at the New York Children’s Hospital when he was a teenager.

After his surgery, Schechner was put into a full torso cast for a year. He was then told that he would have to wear a back brace for the rest of his life.

However, Schechner refused and didn’t like the idea of wearing a brace forever. “I told them that there has to be another way,” Schechner said. “They eventually told me that I could try exercise as it was showing some favor in the research, but if it didn’t work it would be the brace for life. That started my journey in fitness and to beat the brace.”

Schechner then learned a fitness routine that helped him beat the brace. He kept that routine for his entire life after age 13 and is now in great shape at 60 years old.

Schechner now helps teach people his methods of exercising and helps them get in good shape at any age. “My main mission is to change people’s attitudes towards aging and then give them ways to do it safely,” Schechner explained. “Because people can train to the max and really exert themselves if it is done right. I have clients that are in their 80s and have no problems, no one ever got hurt and they can go as hard as they want because of the method. I didn’t invent it but I was lucky enough to be taught it in college.”

At 60, Schechner goes to various charity events and does anywhere from 1,000 to 2,000 pull ups in one sitting. His personal fitness records are also quite impressive. He has completed 425 fist push-ups to the

floor in 19 minutes. He has also done 365 pull ups in a half hour, 640 in an hour, and 1000 in an hour and forty-five minutes.

In his book “Don’t Sweat 60”, he tells his story of rehabilitation in detail. He then describes his workout methods so that others can learn the ways that he used to beat the brace and be in great shape at 60.

According to Schechner, his “age-defying workout” has two main secrets. “One is that people give the body a little bit of stimulus where they are at,” Schechner stated. “The body wants to maintain equilibrium, but if you give it a little bit of stimulus that is appropriate to your fitness level and then a little more and a little more you can get good results. The second secret is doing the movements slowly. That way nobody gets hurt and the body is reacting like ‘oh he is going to do this again I better get stronger.’ Before you know it people are doing things they never dreamed of and they are not getting hurt.”

*Those who want more information can see pictures of Schechner and contact him on his book’s website at [www.dontsweatsixty.com](http://www.dontsweatsixty.com). His book is also available for purchase through his website or on Amazon.*







# Your Plan, Your Way

With Medicareful, we can safely work together from our own homes to enroll you in a plan online.

Choosing a Medicare plan doesn't have to be complicated when we do it together! With Medicareful, we'll be able to:

- Review your plan options
- Ensure your doctors and prescriptions are covered
- Remotely enroll you in a plan that fits your needs

Let's choose your plan today at [medicareful.com/jeffcarlson](https://medicareful.com/jeffcarlson)

Jeff Carlson

LICENSED SALES AGENT

Phone: 719-360-8441

[medicareful.com/jeffcarlson](https://medicareful.com/jeffcarlson)

# Crossword Puzzle

## ACROSS

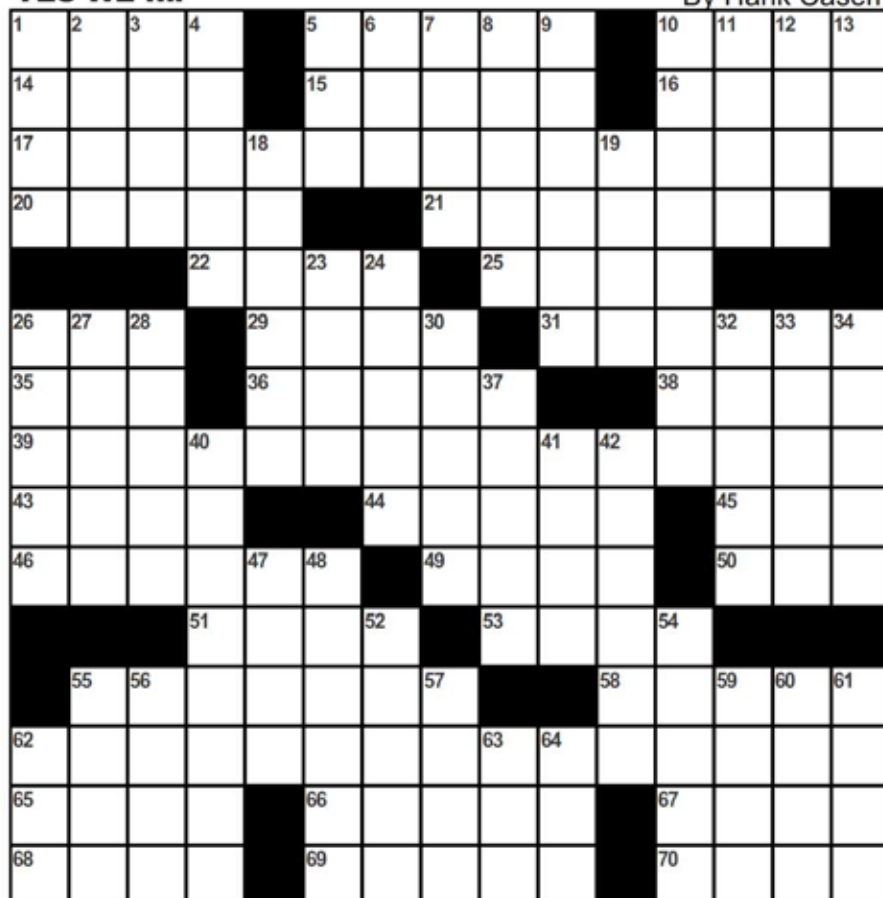
- 1) Nest's resting place
- 5) Gave relief to
- 10) Hospitalized condition
- 14) Geometric calculation
- 15) Modify
- 16) Went quickly
- 17) Chaucer's magnum opus (with "The")
- 20) \_\_\_ a positive note
- 21) Anais Nin, for one
- 22) Anti-drug officer
- 25) Locale of original sin
- 26) Said twice, enthusiastic cheer
- 29) Cause bodily injury
- 31) Bagel selection
- 35) Airport monitor abbr.
- 36) \_\_\_ Island, immigrants' arrival point
- 38) Arkin of "Little Miss Sunshine"
- 39) Elton John song about Marilyn Monroe
- 43) Balm base
- 44) "Later!"
- 45) Antelope with cowlike horns
- 46) Pair in a toolbox
- 49) Rush-hour subway rarity
- 50) "As if, laddie!"
- 51) Invigorates (with "up")
- 53) Small amount of residue
- 55) Stable area
- 58) Become violently active
- 62) Inquisitive communications slogan
- 65) Orthodontist's concern
- 66) Fawning flattery
- 67) Container for small toiletries
- 68) Went down a chute
- 69) Red dye used in cosmetics
- 70) Having a hard time choosing

## DOWN

- 1) Chantilly \_\_\_
- 2) Charter member of OPEC
- 3) Return to health
- 4) Drum major's stick
- 5) Piercing option
- 6) Clothing for the masses?
- 7) Framework post
- 8) Causing goosebumps
- 9) Mythical deities of the woods
- 10) Logging necessity
- 11) Removes a squeak from
- 12) Get together
- 13) Product pitches
- 18) Crown covering
- 19) Bearer of bitter fruit, at times
- 23) Abnormal breathing
- 24) Eyelashes
- 26) Cover the top plays only
- 27) In the slightest degree
- 28) Capital on the Songka River
- 30) Great ones think alike
- 32) Set in a row
- 33) Food from heaven
- 34) Provide, as with some quality
- 37) Confined to a pig pen
- 40) Bred-in-the-bone
- 41) Coating of frozen dew
- 42) Admiration
- 47) Change, as the decor
- 48) Husband, to his wife
- 52) Average guy
- 54) Do a host's job
- 55) Jack's tote
- 56) Prefix with "body" or "corrosion"
- 57) New Zealand parrots
- 59) "Do \_\_\_ others"
- 60) Come down heavily
- 61) Bed size smaller than a full
- 62) "Eye" network
- 63) "Entourage" role
- 64) JFK's debater in 1960

YES WE ...!

By Hank Casem



Key on page 42.



# Make Your Move!

Now is the time to make your move to all-inclusive, worry-free retirement living! Enjoy an independent resort lifestyle with amenities and services like our **Freedom Dining** program, weekly housekeeping, a robust social calendar, health and wellness programs, and more!

## All-Inclusive Amenities

- ◆ Live-In Managers!
- ◆ Month to Month Rental – No Long Term Lease!
- ◆ Three Chef-Prepared Meals Daily
- ◆ Utilities, TV, Internet & Telephone
- ◆ Weekly Housekeeping
- ◆ 24-Hour Emergency Alert System
- ◆ Robust Social Calendar
- ◆ And Many More!

Call today to schedule a private tour. You Deserve It!

# 719-387-4308



**RLC**  
RESORT LIFESTYLE  
COMMUNITIES<sup>®</sup>  
...  
*Aspen Trail*

5455 New Car Drive ♦ Colorado Springs, CO 80923  
AspenTrailRetirement.com



Reassurance+ provides a hot meal along with companionship to all seniors, to help them remain independent with dignity, in their own home for as long as possible. Learn more:

[silverkey.org/reassurance](http://silverkey.org/reassurance)  
or call our  
Silver Line: 719-884-2300

## MASON LAW & PLANNING

Customized estate plans to protect your assets.



PAUL MASON, ESQ.



AMANDA FREITAG, ESQ.

Our comprehensive plans include:

- Wills
- Trusts
- Powers of Attorney
- Healthcare Directives

CALL  
(719) 428-4495  
or EMAIL  
[welcome@mlapg.com](mailto:welcome@mlapg.com)

16055 OLD FOREST POINT, SUITE 301, MONUMENT, CO 80132  
[WWW.MLAPG.COM](http://WWW.MLAPG.COM)

# Local Organization Helps People with Special Needs Ride Horses

## *Colorado Springs Therapeutic Riding Center Provides Therapy for Kids and Adults*

By Trevor Phipps

Many people have animals as pets and see them as companions and members of their family. Others like to go out into the wilderness or visit zoos to observe wildlife. Some people, however, find that animals can help them with developing life skills.

Over the past several years dog trainers have shown disabled veterans and others how a service dog can help with everyday life. Many may not realize though, that horses can provide things to help people as well.

Nancy Harrison is the CEO of the Colorado Springs Therapeutic Riding Center that uses horses to help people of all ages that have special needs. The riding center operates out of the Mark Reyner Stables that are located in the center of Palmer Park in Colorado Springs.

According to Harrison, the stables were started in 1954 and Harrison and her husband Bob bought them from Reyner in 1975. Since then, the Harrisons have always worked with children with special needs so they decided to open up the therapeutic riding center in 2008.

The center uses an indoor and outdoor arena as well as trails through Palmer Park. They have instructors who are trained to teach people with disabilities to ride horses.

They also offer hippotherapy using the horses. The center's

website defines hippotherapy as "a treatment strategy in physical, occupational, and speech-language therapy sessions for people living with disabilities."

According to the center's CEO, people with special needs can find many benefits to learning how to ride a horse. "If a person is in a wheel chair it (riding a horse) is the closest thing to a human walk that a person can experience," Harrison said. "It helps open up the hips and it helps with muscle memory on walking. Riding horses also builds core strength because sitting on a horse with all of those movements you use a lot of core strength and leg strength to ride. It also helps with eye-hand coordination and learning to follow directions. A lot of kids with autism or downs syndrome or even dyslexia following a one-step direction to a two-step to a three-step direction while riding a horse can be beneficial."

Harrison said that the fact that horses don't judge also helps people with special needs. She said that it is a big confidence booster for people with special needs to ride a horse.

She also said that she has found her role with the center rewarding when she sees the results with her own two eyes. "We have had kids that were unable to speak and their first words were on a horse," Harrison said. "So, that's very rewarding. We have had kids that are in a wheel chair or

are having problems walking come running into the arena to ride."

According to the CEO, the center also offers special field trips for senior citizens who are living in assisted living homes. She said that riding horses can also help people who suffer from dementia.

"It's amazing to see their memories come back when they are on a horse," Harrison stated. "Because a lot of people have ridden in the past and they get on the horse and they will tell our instructors stories of when they were kids riding in fields and that sort of thing. It is rewarding to see riding horses help senior citizens."

*Anyone who is interested in the therapeutic riding center's hippotherapy or other services is asked to call 719-634-4173 to schedule an appointment.*





## Sunny Vista is Colorado Springs' premiere continuing care community

**SCHEDULE A VIRTUAL TOUR TODAY!**

With safety as our top priority, we are proud to provide purposeful, life-enriching opportunities year-round.



more than  
**100 YEARS**  
of senior care

Discover more at:  
[SunnyVista.org](http://SunnyVista.org)



*Vibrant*  
**SENIOR LIVING**

Independent not-for-profit community

- Licensed nurses
- 24-hour care services
- Preventive physical therapy
- Wellness & fitness programs
- Skilled rehabilitation for complex illness
- Studio, 1 & 2 bedroom apartment homes
- Board certified physicians & nurse practitioners



MEMORY SUPPORT • ASSISTED LIVING • SHORT-TERM REHABILITATION • LONG-TERM CARE



**THE LIVING CENTER  
AT SUNNY VISTA**  
REHABILITATION AND LONG-TERM SUPPORT

**(719) 291-9692**  
[SunnyVista.org](http://SunnyVista.org)

2445 E. Cache La Poudre St.  
Colorado Springs, CO 80909



**THE RETREAT  
AT SUNNY VISTA**  
ASSISTED LIVING AND MEMORY SUPPORT

**(719) 377-6735**  
[SunnyVista.org](http://SunnyVista.org)

2450 E. Cache La Poudre St.  
Colorado Springs, CO 80909

*Freedom*  
to be who you are

# Best Ways To Spend Your Money This Fall

By Money Coach Bill Stanley



I wrote this article on a day when the temperature was 96 (a record) and COVID cases 140,000. Within a month, it could snow and per day cases could be much higher or much lower. Conclusion: flexibility is the key word when managing your money and your life. Let me add common sense as in don't spend money on things you cannot afford.

## Let's look at last year's lessons from COVID:

- Substantial Emergency Fund = a must. This is money set aside to cover "needs" for 6-12 or more months.
- Investments. Review your tolerance for losing money in the stock market. I recommend no more than 50% in stocks. Diversify, add real estate to the mix.
- Plan B. Who watches the kids if you get sick? Job goes away, now what? Your life changes. But you must carry on. Plan for it.
- Disaster Plan – thousands die each day from COVID, not a great percentage—unless it is you. Have a will, a list of beneficiaries, written plans, a Survivor File.

## Spending your money in regular and in uncertain times.

It is best when you are able to choose what you spend your money on.

If all your money goes for "needs" (essentials like food, transportation, housing, schooling, clothes), then there is nothing left for "wants" (things you want to do and extra stuff you want to buy). You must figure out the balance between your needs and your wants. Do a review of your needs. Know how to spot a millionaire = he/she turns off the light when they leave a room. I watch TV the old fashion way, with an antenna – cost is free after antenna purchase (but I only have 43 channels). My phone service is free (but I have to pay \$6.80 a month in taxes). Internet \$35/month for life. Gasoline is increasingly expensive – combine errands, no jack rabbit starts, not a lot of heavy stuff in the trunk. Yes, you can control the cost of needs so you have more for the wants. But there may be needs you are not addressing fully like insurance (umbrella, pet, renter's, disability) and maintenance (auto and home) and education and retirement.

Prior planning prevents poor results. In other words, you can't start your fall or winter spending plan without having access to the money to pay for it. Step back to the first of the year. In January you should put your yearly budget in place. That means writing down exactly how much you are spending in each of the categories you select (food and eating out: necessary clothes and not so necessary clothes;

entertainment and travel; retirement and healthcare, etc.). Then review your past and current expenses with your income and your goals in mind. This planning forms the basis for your yearly budget, how much money is available to spend in each category in future months.

Bottom line: I want you to enjoy the fruits of your labor. I want you to spend your money on things you enjoy and things that will make you a more knowledgeable, more caring person. But it all about proper planning and execution. It's your money, use it wisely.

**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. Bill would like readers to become "scouts" for his new Foundation and help get the word out. See "William Stanley Foundation" Facebook page.**





**(719) 272-4227**

**Medical & Surgical Eye Issues**

- Cataract Specialist
- Allergies
- Dry Eyes
- Diabetic Retinopathy
- Macular Degeneration
- Glaucoma
- Infections



**Michael Haas, M.D.**



**David Davis, M.D., FACS**

**Visit us in our new location!**

6760 Corporate Drive, Suite 180 Colorado Springs, CO 80919  
[www.haasvisioncenter.com](http://www.haasvisioncenter.com)

# Recovery Starts Here

Inpatient  
rehabilitation  
& outpatient  
therapy tailored  
to meet your  
needs for a  
faster recovery.



719.564.2000  
 2118 Chatalet Ln.  
 Pueblo, CO 81005  
[LifeCareCenterOfPueblo.com](http://LifeCareCenterOfPueblo.com)

197320



**NOW  
BOARDING**



**ROUTE 37**



**Service to Colorado Springs  
Airport and the Amazon  
Distribution Center.**

# Toxic Positivity, Always Lurking in the Shadows

By Rick Sheridan

For someone like me who has read many self-help books, attended the pep rally seminars, and compiled hundreds of pages of hand-written notes, the term “toxic positivity” seemed somewhat suspicious. I had laughed along with the Stuart Smalley skits on Saturday Night Live. As many readers probably remember, this was a mock self-improvement program that included numerous live sketches where Stuart would always remind his guests, ‘You’re Good Enough, You’re Smart Enough and Doggone it, People Like You!’

Toxic positivity is a serious matter. Taken to an extreme, it can interfere with our ability to make healthy choices in our lives. For example, a person with toxic positivity might return to an abusive relationship again-and-again because they hope that the person will change with enough positive interactions. Or they might run up huge credit card bills because they’re “staying positive” about their future earnings. Toxic positivity is an obsession with positive thinking. It is the belief that people should put a positive spin on all experiences, even those that are sad or destined to fail. Do you have a belief that certain emotions like anger are “bad” rather than recognizing that anger is often a healthy indicator that someone may be violating our boundaries?

According to Chloe Carmichael in her Psychology Today article, What Is Toxic Positivity, “If you feel someone in your life may be lapsing into toxic positivity to the point of denying important information such as allowing people to mistreat them and or other self-sabotaging behaviors, you can try to share your perspective with them by telling them you are concerned that their positivity may be verging on denial. Be gentle, and emphasize that you’re mentioning this only because you care about them and that you worry they may be setting themselves up for pain if they don’t register certain signs of trouble.”

Carmichael adds that it may be helpful to raise the topic when the person is experiencing some sort of consequence of their toxic positivity since that is when they might be more open to changes. If they overspend their budget, you can be sympathetic to their pain or embarrassment, but let them know that it is their responsibility to correct the situation and avoid it in the future. You must remember that it’s ultimately their life to live, but it is sad for you to see them damage themselves with poor choices.

## **Some examples of toxic positivity include:**

1. Telling a friend whose parent has died to be happy for the memories or that they are lucky to have had two parents in the same household.

2. Telling someone to get over their grief or suffering and focus on the good things in their life.

3. Describing people who always appear positive or do not share their emotions as being stronger or more likable than others.

4. Urging people to thrive no matter what setbacks they may face. One example would be to insist that a friend use their COVID-19 stay-at-home time to develop new skills or improve their fitness.

## **Some of the other risks of toxic positivity include:**

**Isolation and stigma:** People who feel pressure to be positive all of the time may be less likely to seek support. They may feel isolated or ashamed of their feelings and avoid seeking help. According to the American Psychiatric Association, stigma or embarrassment can deter a person from seeking mental health treatment.

**Ignoring real harm:** A 2020 narrative review of 29 studies of domestic violence found that a positive bias might cause people experiencing abuse to underestimate its severity and remain in abusive relationships. Optimism, hope, and forgiveness increase the risk of people staying with their abusers and being subject to escalating abuse.

**Communication issues:** Every relationship has challenges. Toxic positivity encourages people to ignore these challenges and focus on



## Signs of Toxic Positivity



Being unable to share your true feelings.

Being ashamed for having negative emotions.



Constantly hiding how you genuinely feel.

Comparing the situation with someone else who 'has it worse'.



the positive. This approach can destroy communication and the ability to solve relationship problems.

Humans feel a wide range of emotions, each of which is an important part of well-being. Anxiety, for example, may alert a person to a dangerous situation or a moral dilemma, while anger is a normal response to injustice or mistreatment. Sadness may signal the intensity of a loss. Some research shows that talking about emotions, including negative emotions, may even help the brain to process feelings and to make those feelings feel less overwhelming.

### Possible solutions:

Journaling can be a great way to build awareness of things we'd otherwise push to the side. Forcing yourself to journal every day for at least ten minutes will help encourage you to keep track of both the good and the bad in life. For example, if you're a person who is too positive about your romantic relationship, seeing a whole notebook full of examples of when they stood you up or otherwise mistreated you can make it harder to deny or forget about those incidents.

Try taking a more balanced perspective. Any time an urge to sugar coat a problem happens, think about both the good and bad outcome from that approach. It is possible to re-frame a problem so it is not as devastating without ignoring the reality of the situation.

### Summary

Toxic positivity encourages people to ignore difficult emotions, potentially intensifying the power of these feelings. Although positive thinking offers some benefits, no one can think positively all the time. Forcing someone to express only positive emotions can stifle their ability to communicate and make them feel bad about themselves for having negative thoughts.



## NOW OPEN

Choose Your Apartment Today!



## SENIOR LIVING AT ITS PEAK.

The Legend Experts in Senior Living™ bring purposeful design and exciting lifestyle to every detail: Inspired dining in the Penrose Room. Fabulous features in The Paramount Theater. Social activities for fun and therapy in a beautiful, peaceful setting. Along with the most advanced, award-winning care in assisted living and memory care – anywhere.

**CALL YOUR LOCAL EXPERTS TODAY: (719) 309-0070**

Visit Our Welcome Center

2435 Research Pkwy, Ste 205  
Colorado Springs, CO 80920

**LEGEND**  
ASSISTED LIVING & MEMORY CARE  
of Colorado Springs



2368 Research Pkwy, Colorado Springs, CO 80920

Broomfield | Greeley | Colorado Springs  
[LegendSeniorLiving.com](http://LegendSeniorLiving.com)



# Jest A Moment: Celebrating Food History in October

By Nick Thomas

*Sure, watching our diet is well-advised as we get older. But with World Food Day falling on October 16, that's all the excuse I need to indulge in extra slices of cheesecake throughout the month. I would also like to acknowledge this delectable date by highlighting some lesser-known moments in world food history:*

**AD 79:** Lone survivor of Mt. Vesuvius eruption relocates to find work in Italian bakery and the Lava Cake is born.



**1195:** King Richard, recovering from severe bout of acne, meets with royal cook to discuss menu for upcoming banquet. Meeting inspires cook to create popular new British pudding dish: Spotted Dick.

**1453:** Chef to brutal Romanian ruler Vlad the Impaler invents the shish kabob.



**1805:** Admiral Lord Nelson inadvertently creates name for popular breakfast meal when asked to predict the outcome of England's naval campaign with France in the Battle of Trafalgar. "French? Toast!," he reportedly quips.

**1894:** Podiatrist brother of John Harvey Kellogg suggests use for his growing collection of calluses scraped from patients' feet and Corn Flakes was created.

**1905:** After 999 attempts to label new creamy sauce for salads, creator finally settles on name for popular mayonnaise-based tangy 'island' dressing.



**1909:** Absent-minded Idaho chef prepares the first twice-baked potato.

**1912:** Rotund US President William Howard Taft stops by the White House kitchen for evening snack, but inadvertently sits on cheese and tomato quiche left on chair. Observant staff chef immediately resigns to establish first American pizza franchise.

**1919:** Airline company serves first in-flight meal to passengers during London to Paris route creating what would universally become known as plain food.

**1937:** Group of US senators talk endlessly on the Senate floor during first filibuster and the waffle is invented.



**1942:** Moe, Larry, and Curly develop fastest known pie delivery service.

**1953:** Swanson markets the first TV dinner ensuring the proliferation of couch potatoes for generations.

**1971:** Post Cereal Corporation introduces Fruity Pebbles. Despite high mineral content, product largely unpopular with consumers until company replaces the small fruit-infused pieces of granite with more palatable flavored crisp rice bits.

*Nick Thomas has written features, columns, and interviews for numerous newspapers and magazines. See [www.getnickt.org](http://www.getnickt.org).*



Peak Vista Community Health Centers

**BREAKFAST OF CHAMPIONS®** Presented By

*Join Us*

Tickets, Donations & Sponsorship Information



Friday, November 19, 2021 | The Broadmoor | 7:30 - 9:00 a.m.



## PLAY SUDUKO

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 |   |   |   | 3 | 6 |   |   |   |
|   |   |   |   |   |   |   |   | 9 |
|   | 3 | 4 |   |   | 2 |   | 6 |   |
|   |   | 1 | 8 |   | 4 | 2 |   |   |
|   |   |   | 5 |   |   | 7 | 8 | 4 |
|   | 5 |   |   |   |   |   | 9 |   |
|   | 6 |   |   |   |   | 1 |   |   |
| 9 |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   | 5 |   |

Key on page 42.



### Your Life Your Way Homecare

- In-Home Support Services (IHSS)
- Independent Life Skills Training (ILS) for those with brain injury
- Companion Care and Support
- Meal preparation, personal hygiene, housekeeping, medication reminders and errands

Call (719) 367-4160 for more information  
[GoodwillColorado.org](http://GoodwillColorado.org)

Licensed, Insured and Bonded  
VA Verified, Medicare/Medicaid



### Voyages Adult Day Care

State-of-the-art adult day care center offering a journey of discovery and activities.

- Daily stimulating activities
- Affordable and personalized care
- Peace of mind for caregivers
- Engaging exercise programs

Call 719-596-2010 for more information  
[GoodwillColorado.org](http://GoodwillColorado.org)

Health and Auto Insurance, and Private Pay  
Call today for an updated list of In-Network Providers

# Agewell Medical Associates Adds New Health Care Provider

By Cindy Kulp

AgeWell Medical Associates, a primary care practice for seniors located in southeast Colorado Springs, is pleased to announce that Katrina Grablin, MSPAS, PA-C, joined their health care team in the Spring of 2021.

Katrina is a Physicians Assistant with close to 15 years experience in practice. In 2007 she graduated from South University outside of Savannah, Georgia, where she received her Masters of Science Degree in Physician Assistant Studies, and since then, she has spent the majority of her career in primary care and internal medicine, treating adults with a wide variety of medical conditions.

With the addition of Ms. Grablin, the AgeWell Medical practice now has six primary care providers, including Jeffrey Kulp, MD, four Nurse Practitioners, and a Behavioral Health Specialist, Dr. Mike Kenny, who provides short term counseling to AgeWell patients. Seniors age sixty and over are eligible for AgeWell services.

Prior to joining the AgeWell staff, Ms. Grablin co-owned Bear Creek Family Medicine in southwest Colorado Springs, where she practiced independently for six years.

She emphasizes patient education and shared decision-making. In her practice, strongly feeling that patients and their families should have their questions answered, understand their conditions and options in order to move forward successfully. She avoids “harping”, recognizing that lifestyle changes must be desired by both patient and provider to be effective in producing better health.

Through her years in practice, Katrina has discovered that she has a heart for working with seniors, which makes her an ideal addition to the AgeWell staff. She enjoys the camaraderie of being part of a professional team, having the ability to bounce things off of her colleagues, and building community.

Katrina describes herself as “a small time southern girl at heart” as she was born and raised in southwest Georgia. After fifteen years, though, she has found Colorado has much to offer, too. She’s passionate about animals and has four dogs that keep her very busy. She’s an avid gardener, growing flowers in her yard, designing flower arrangements, and even bringing her bouquets into the office to brighten up special occasions.

Katrina sums up her life philosophies as “paws to play” and “smell the flowers”, two expressions that can benefit everyone. She describes herself as a jokester who loves to laugh! And anytime she’s asked, she’s happy to show the photos of her “fur babies”.








**Get established with one of our Health Care Providers at Agewell, where we focus on primary care for older adults**

**For AgeWell Patients, we are now offering drive through flu shot appointments – call to schedule your slot today. (We have in-person clinic appointments as well). All flu shots are by appointment only. call 719-475-5065 to schedule an appointment**

- The only area practice dedicated to Senior Health Care
- Friendly receptionists to answer your questions and get you scheduled
- Same day urgent appointments and 24-hr emergency On-Call Provider available
- Behavioral Health Services Offered on-site
- Accessible facility for disabled, and convenient handicapped parking

#### INSURANCES ACCEPTED

- |   |  |
|---|--|
|  AARP Medicare Complete      |  Medicare                         |
|  Anthem BlueCross BlueShield |  United Healthcare/SecureHorizons |
|  Humana                      |  |



LEFT TO RIGHT, TOP TO BOTTOM:  
Mike Kenny, PsyD,  
Whitney Pahl, NP-C,  
Lisa Foster, ANP-BC,  
Brad Bingham, NP-C,  
Paula Hardy, NP-C,  
Jeffrey T. Kulp, MD,  
Katrina Grablin, PA-C,

**2350 International Circle, Colorado Springs 80910**  
VISIT OUR WEBSITE AT **[www.agewellmedical.com](http://www.agewellmedical.com)**





# CRIPPLE CREEK CARE CENTER

*Your Colorado Mountain Home*

*Love of the Colorado mountains does not fade with age!*



## A 5-STAR COMMUNITY

- **Zero Deficiencies in 2018-19 State Inspection**
- **Rated in Top 10% Nationally**

Through the National Nursing Home Quality Care Collaborative  
[www.telligenqinqio.com](http://www.telligenqinqio.com)

- **CHCA Nurse of the Year**

**Congratulations!** to Kellye Nelson, our Assistant Director of Nursing, for her selection as the 2018-19 Nurse of the Year by the Colorado Health Care Association. She is proud to represent the commitment and dedication of our entire team.

***Offering Quality 24/7 Skilled Nursing Care...***



***...With Love***

*"The greatest thing about the Care Center is the feeling of 'home' for both the residents and staff. We truly are a 'family' and the team work shows every day! ...the residents well-being is at the center of all we do."* Lawrence Cowan, Administrator

**719.689.2931 ~ [www.cc-care.org](http://www.cc-care.org)**  
**700 North 'A' Street ~ Cripple Creek, CO 80813**

# Thanksgiving Meals for the Community

By Rick Sheridan



Many of the free Thanksgiving meals listed here were originally organized for the local homeless population. This has expanded in recent years to include seniors along with anyone else in the community who might feel lonely on Turkey Day. When I travel back to my home in Kansas during Thanksgiving and Christmas, I usually volunteer at the local Methodist church's community dinner. Several years in a row, I ran into my old grade school principal and his wife who were there lined up with the homeless crowd. Although they were quite prosperous, they enjoyed connecting with old friends and were quite welcome. The last time I was there as a volunteer in 2019, I worked beside fellow volunteer and former Kansas governor Kathleen Sebelius.

Here are some meals and take-out resources. Some of the groups have indicated that they will be having a Thanksgiving dinner but have not decided on the exact time. It is recommended that you call a couple of days before Thanksgiving to confirm the precise time.

## **Springs Rescue Mission**

5 W Las Vegas St.,  
Colorado Springs.

(719) 632-1822

They are planning to have a community meal the day before. Please call to confirm.

## **Catholic Charities Marian House**

14 W Bijou St, Colorado Springs.

(719) 475-7314

They are also planning to have a community meal, probably on Thursday, Nov. 28. Please call to confirm.

## **The Salvation Army**

Colorado Springs Corps  
910 Yuma St, Colorado Springs.

(719) 636-3891 or (719) 635-1287

They are also planning to have a community meal, probably on Thursday, Nov. 28. Please call to confirm.

## **Food Distribution Center**

### **- Fishes and Loves**

2221 N Wahsatch Ave.,  
Colorado Springs.

(817) 966-7939

Fishes and Loves will be giving out 100-plus take-home bags of groceries the weekend before Thanksgiving. Please call for more information.

## **Hillside Community Center**

925 South Institute Street,  
Colorado Springs.

(719) 385-7900

A food pantry will provide basket with a turkey on Nov. 23rd. Please call for the exact times.

## **Crossfire Ministries**

2120 East La Salle St.  
Colorado Springs.

(719) 447-1806

They are planning to provide free Thanksgiving take-out food baskets, turkey dinner, stuffing, and all the toppings are given out. Anyone in need is eligible. They need to be registered in our programs and pre-register for Thanksgiving. To register, they will need to bring a picture ID for the primary adult and identification for all household members.

## **Silver Key Senior Services**

1605 South Murray Boulevard,  
Colorado Springs.

(719) 884-2300

They are planning to have a "bountiful bag" with Thanksgiving food and treats. Call this number by Oct. 31st to enroll.

## **Marian House , Catholic Charities**

14 W Bijou St, Colorado Springs.

(719) 475-7314

They are planning to have their traditional Thanksgiving meal, on Thanksgiving day at the Marian House Kitchen. Their meal will be served 10:30 a.m. - 1 p.m. in shifts, observing COVID-19 distancing guidelines that are in place at that time. All who enter are required to wear a mask.



## ? Brain Teasers ?

Q1: A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Q2: A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

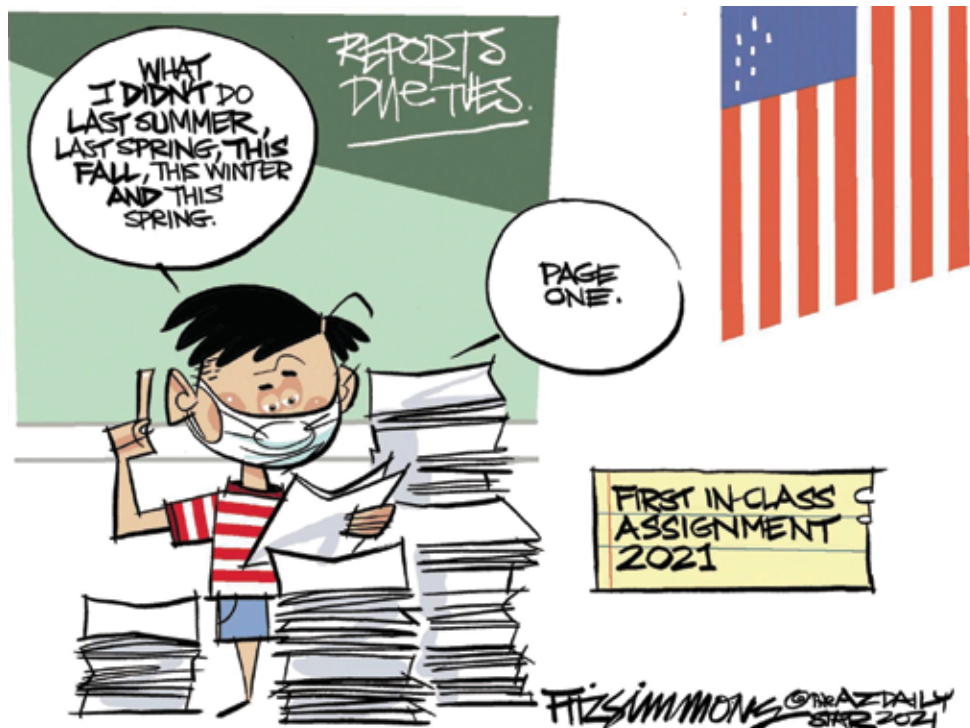
Q3: I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody.

What am I?

Q4: A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat.

How did the dog do it?

Answers on page 15



# Southern Bourbon Pecan Pie

## Ingredients

- 1/4 cup butter, cubed
- 1 cup sugar
- 1 cup dark corn syrup
- 3 large eggs
- 1/4 cup bourbon
- 1 teaspoon vanilla extract
- Pinch salt
- 1-1/2 cups pecan halves
- 1 frozen deep-dish pie crust (9 inches)

## Directions

1. Preheat oven to 325°.
2. In a large saucepan, combine butter, sugar and corn syrup.
3. Cook over medium-low heat until sugar is dissolved; cool slightly.
4. In a large bowl, whisk eggs, bourbon, vanilla and salt; slowly whisk in sugar mixture. Stir in pecans; pour into crust.
5. Place on a baking sheet. Bake until a knife inserted in center comes out clean, 55-60 minutes. Cool on a wire rack.



# Cozy Autumn Wild Rice Soup

## Ingredients

- |  |  |
|--|--|
| 6 cups vegetable stock (or chicken stock)              | 1 bay leaf   |
| 1 cup uncooked wild rice                               | 1 1/2 tablespoon Old Bay seasoning                                 |
| 8 ounces baby bella mushrooms, sliced                  | 1 (14-ounce) can unsweetened coconut milk                          |
| 4 cloves garlic, minced                                | 2 large handfuls of kale, roughly chopped with thick stems removed |
| 2 medium carrots, diced                                | fine sea salt and freshly-cracked black pepper                     |
| 2 ribs celery, diced                                   |  |
| 1 large (about 1 pound) sweet potato, peeled and diced |  |
| 1 small white onion, peeled and diced                  |  |

## Crock-Pot (Slow Cooker) Method

1. Combine base ingredients. Combine vegetable stock, wild rice, mushrooms, garlic, carrots, celery, sweet potato, onion, bay leaf and Old Bay seasoning in the bowl of a large slow cooker. Stir briefly to combine, then place the lid on the slow cooker.
2. Slow cook. Cook on high for 1 to 2 hours\*, until the rice is cooked and tender.
3. Add final ingredients. Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.

## Stovetop Method:

1. Sauté the veggies. Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add base ingredients. Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine.
3. Simmer. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.
4. Add final ingredients. Add the coconut milk and kale to the soup, and stir gently until combined.
5. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.

## Directions





# Business Directory



## Community Dental Health

Dental Service for Seniors, Vets, Adults  
Going above and beyond Covid precautions  
ensuring safe dental care

Grant Funding support for low-income, uninsured  
people of all ages to make dental care affordable.

Medicare, Medicaid & various  
insurance also accepted.

**719-310-3315**

1436 N. Hancock Ave  
Colorado Springs, CO



**SIMPLY SAFE TRANSPORTATION**

## Medical Transportation Made Simple

Call today for Transportation

To and From Your Medical Appointments

Medicaid and Private Pay Accepted

**(719)-201-4281**

[www.mySStransport.com](http://www.mySStransport.com)

## EVE COURSON, REALTOR®



Senior Real Estate Specialist

**719.663.1165**

[evecourson.com](http://evecourson.com)

The trusted guide for  
your real estate journey



Each brokerage is independently owned and operated.

**RE/MAX PROPERTIES, INC.**

MEMORY SUPPORT • ASSISTED LIVING  
SHORT-TERM REHAB • LONG-TERM CARE



**THE LIVING CENTER**  
AT SUNNY VISTA  
REHABILITATION AND LONG-TERM SUPPORT

**(719) 291-9692**

**THE RETREAT**  
AT SUNNY VISTA  
ASSISTED LIVING AND MEMORY SUPPORT

**(719) 377-6735**

**SCHEDULE A VIRTUAL TOUR TODAY!**

Discover more at: [SunnyVista.org](http://SunnyVista.org)



**KSKJLIFE**  
Final Expense

Life Insurance

### • GUARANTEED:

- Cash Values
- Death benefits
- Premiums that will never increase
- No medical exams required
- Issue age 50-80
- Benefits from \$5,000 up to \$25,000

KSKJ Life, American Slovenian Catholic Union, is  
an Illinois fraternal benefit society located at 2439  
Glenwood Ave., Joliet, IL 60435. JC FE 06.2020

Contact

KSKJLife Agent:

Jeff Carlson

**719-360-8441**



## ARE YOU NEW TO MEDICARE?

**Newly Eligible for Medicare and Want  
a FREE Medicare Plan Consultation? \***



**Call Michael Fortunato**

**719-235-6742 (TTY: 711)**

[mfortunato@humana.com](mailto:mfortunato@humana.com)

If you will soon be eligible for Medicare  
and have questions, call today

**Humana**

Y0040\_GHHXDFEN21\_GEN\_SOC\_C

\*No obligation to enroll.

Are you having a  
hard time hearing  
the TV or phone?



## TURN UP THE VOLUME ON YOUR LIFE, NOT YOUR TV.

Who knows what other sounds you could be missing out on.

If you are experiencing this or know someone who has,  
it doesn't hurt to get a baseline hearing test.

**A Better Hearing Center** and we will provide this service to  
you free of charge!

With over 50 years plus of combined experience in the hearing  
industry, our professional staff will help identify if you have a  
hearing loss and will work with you to recommend a treatment  
that fits your needs, lifestyle, and budget.

**Call us to schedule your complimentary consultation! 719-249-6285**



**A BETTER HEARING CENTER**  
HAPPINESS IS BETTER HEARING

**MONUMENT, CO**

574 W. Hwy 105  
Monument, CO 80132

**719-627-9271 | [abetterhearingcenter.com](http://abetterhearingcenter.com)**

**WOODLAND PARK, CO**

316 W. Midland Ave.  
Woodland Park, CO 80863



**JIM STOBAUGH**

HAD, HAS,  
NBC-HIS, BA

**IMPROVING YOUR LIFE THROUGH BETTER HEARING IS OUR PASSION.**

**Your safety is important to us. We are currently seeing patients by appointment only and observing all patient safety protocols.**

# Calendar of Events for October 2021

*(visit their website for any last-minute scheduling changes)*

## Fall Harvest Festival

**What:** The Third Annual Fall Harvest Festival at Gold Hill Mesa will feature food vendors, Bluegrass entertainment by the Red Mountain Boys, and kid activities. There will be pony rides, a petting zoo, glitter tattoos, and a pumpkin patch. Presented by A Music Company Inc.

**When:** October 9th

**Time:** 11am to 3pm

**Where:** Gold Hill Mesa Community Center 142 S. Raven Mine Drive, Colorado Springs, CO 80905

**Email:** marco@goldhillmesa.com



## Neighborhood Arts + Crafts Crawl

**What:** The wildly fun, free, public event from 2019 returns this year in celebration of Arts Month 2021! Artists/Crafters from Divine Redeemer, Shooks Run, and Patty Jewett neighborhoods invite you to spend the day visiting with them and exploring their studios/creative spaces. Beautiful works and creations will also be available for purchase. The Crawl will consist of 8 stops all within walking/biking distances from one another.

**When:** October 9th

**Time:** 10:00 am - 4:00 pm (Sat)

**Where:** Various Locations in Divine Redeemer and Shooks Run Neighborhoods

**Cost:** FREE

**Phone:** (719) 510-5096

## Haunted History

**What:** Presented by Old Colorado City Historical Society at Fairview Cemetery, Join us for a two hour tour with reenactors portraying real local characters that helped settle Old Colorado City. You will hear the stories along with their history of some of the permanent residents.

**When:** October 9th

**Time:** 10:00 am - 2:00 pm (Sat)

**Where:** Fairview Cemetery 1000 S 26th St, Colorado Springs, CO 80904

**Cost:** \$20 per person Tickets also available at Old Colorado City History Center, 1 S. 24th St., Colorado Springs, across the street from Bancroft Park in an old church building. Cash or credit card.

**Phone:** Call to reserve your tour time (719) 636-1225

**Email:** Info@occhs.com

## Fall Plein Air Painting Workshop for Adults

**What:** Paint the beautiful fall colors outside with skilled Plein Air Painter Daniel, at Bear Creek Park. Learn helpful tips and tricks of painting outdoors. Please bring whichever medium you prefer, canvas, (an easel if you have one) and a chair. This class is ages for 18+.

**When:** October 9th

**Time:** 1:30 pm - 4:00 pm (Sat)

**Where:** Bear Creek Nature Center 245 Bear Creek Road, Colorado Springs, CO 80906

**Cost:** \$50 per person

**Phone:** (717) 875-5200

**Email:** rebecca@pikespeakartist.com



## Pikes Peak Whittlers Annual Woodcarving and Woodworking Show

**What:** The Pikes Peak Whittlers are hosting their Annual Woodcarving and Woodworking Show. Carvers and woodworkers will be displaying, competing, selling, and teaching about the creation of artistic treasures from wood.

**When:** Oct 9-10th

**Time:** Oct 9, 2021 at 10:00 am - 5:00 pm (Sat) Oct 10, 2021 at 10:00 am - 4:00 pm (Sun)

**Where:** Shrine Club - 6 South 33rd St, Colorado Springs, CO

**Cost:** Adults: \$3 Seniors (65+) and Military: \$2 Children under 12 and under free

**Phone:** (719) 339-5164

**Email:** sgurnett@comcast.net





## Quilt Show and Sale

**What:** The Quilters of First Christian Church are presenting their biennial quilt show and sale. Items for sale are beautiful large, medium and small quilts; table runners for all seasons; potholders and other small items; children's and baby quilts; et al. Parking is available in the church parking lot, street parking (parking meters), and in the city garage south of the church (\$). Please enter through the north door of the church under the blue awning.

**When:** October 8-10th

**Times:** Oct 8, 2021 at 10:00 am - 3:00 pm (Fri) Oct 9, 2021 at 10:00 am - 3:00 pm (Sat) Oct 10, 2021 at 9:00 am - 12:00 pm (Sun)

**Where:** First Christian Church 16 East Platte Avenue, Colorado Springs 80903

**Cost:** FREE

**Phone:** (719) 633-8888

**Email:** fcc@firstchristiancos.org

## Photography Opportunity at Rainbow Falls

**What:** Presented by El Paso County Parks at Rainbow Falls Historic Site, Manitou Springs. Come to check out Rainbow Falls Historic Site through a different view: your camera! This is an opportunity to photograph this beautiful site unobscured by visitors. Mike Pach of 3 Peaks Photography & Design will be present to answer questions, provide tips on lighting, and more.

**When:** October 11th

**Time:** 11:00 am - 1:00 pm (Mon)

**Where:** Rainbow Falls Historic Site 1360 Serpentine Drive, Manitou Springs, CO 80829

**Cost:** \$20 per person

**Phone:** (719) 520-6977 **Email:** theresadello@elpasoco.com



## Poetry Readings: Indigenous Peoples' Day

**What:** Presented by Heller Center for Arts and Humanities at UCCS. Join us to celebrate as we share and discuss the poetry of indigenous poets to celebrate their contribution to the larger poetic canon. Please bring any poetry penned by Indigenous poets that you would like to share with the group. This event is for those with experience with poetry as well as those with none. Snacks and refreshments will be provided.

**When:** October 14th

**Time:** 06:00 pm - 7:00 pm (Thu)

**Where:** UCCS - The Heller Center 1250 North Campus Drive, Colorado Springs 80918 **Cost:** FREE

**Email:** heller@uccs.edu

## World Singing Day

**What:** Join us and sing-a-long to some of your favorite songs with all of your friends. Everyone, from shower singers to music industry celebrities, is welcome to sing—and that includes you! The goal here is not how well you sing, but how much fun you have.

**When:** October 16th

**Time:** 02:00 pm - 3:30 pm (Sat)

**Where:** Paralympic Museum - 200 S. Sierra Madre St. Colorado Springs 80903

**Cost:** FREE

**Phone:** (719) 331-3352

**Email:** perfectfitwc@gmail.com



## Emerging Artistry Concert

**What:** Presented by Chamber Orchestra of the Springs at Broadmoor Community Church, Colorado Springs CO. The second winner of the Chamber Orchestra's Emerging Artist Competition, Francesca Leo, will overwhelm in a stunning work by American composer Michael Daugherty commemorating the Trail of Tears. Daugherty's music has been consistently praised by our audience, and while Rossini is a consistent delight, the biggest surprise of the weekend might be Louise Farrenc, whose Third Symphony was a triumph even in Romantic-era Paris, where the symphony had fallen out

**When:** October 16th

**Time:** 7:00 pm - 9:00 pm (Sat)

**Where:** Broadmoor Community Church 315 Lake Ave, Colorado Springs, 80906

**Cost:** Adults: \$30, Senior and Military: \$25 Youth: \$10

**Phone:** (719) 633-3649

**Email:** chamorch@gmail.com

## Denver Piano Show

**What:** Presented by Boot Barn Hall at Boot Barn Hall at Bourbon Brothers, Colorado Springs. Denver Piano Shows is Colorado's most popular dueling pianos show. They have been entertaining crowds for over 20 years. Request songs and sing-along for a night you won't forget! Full bar, appetizers, entrées, & desserts are available right at your seat by Bourbon Brothers Smokehouse & Tavern.

**When:** October 15th and 16th

**Time:** 5:00 pm

**Where:** Boot Barn Hall at Bourbon Brothers 13071 Bass Pro Drive, Colorado Springs, CO 80921

**Cost:** Tickets starting at \$25 - Happy Hour Special: \$6 Drafts, Wells, & House wine.

## Micki Free: Native American Flute

**What:** Presented by Stargazers Theatre & Event Center at Stargazers Theatre & Event Center, Micki is a three-time Grammy Award nominee, Grammy Award winner & five-time Native American Music Award winner. A magical recording of Sedona's heartfelt aura and vortex...the big skies, and its monsoon winds...the animals and hauntingly beautiful sounds, "Comanche" is dedicated to his family and the Comanche people.

**When:** October 17th

**Time:** 6:00 pm (Sun)

**Where:** Stargazers Theatre & Event Center 10 S. Parkside Drive, Colorado Springs 80910

**Cost:** Advance Tickets: \$15, Day of Show \$20 Single tickets are General Admission and first-come, first-served. Open seating. Doors open at 5 p.m.

**Phone:** (719) 476-2200

**Email:** info@stargazerstheatre.com



## Poems Written During the Pandemic

**What:** Presented by Poetry Heals at Switchback Coffee Roasters Hillside Café. In celebration of Arts Month, 2021, Poetry Heals is honored to present the release and book signing of our recently published collection, COVID Chronicles, Poems Written During the Pandemic. This poetry collection was written by workshop participants from around the Pike's Peak region, and present real time snapshots of people's experiences and their range of emotions during the different stages of the pandemic, so far.

**When:** October 17th

**Time:** 1:00 pm - 3:00 pm (Sun)

**Where:** Switchback Coffee Roaster Hillside Café 330 N. Institute St. Colorado Springs, 80903

**Cost:** Free

**Email:** mollywingate@poetryheals.org

## Arts Month Orchestra Concert

**What:** Presented by Pikes Peak Philharmonic at Ent Center for the Arts, Colorado Springs CO. The Pikes Peak Philharmonic is excited to share our Arts Month concert entitled "A New World. A New Hope." The Orchestra, under the direction of Maestro Louie Silvestri, will be performing the classical Symphony No. 9 "New World" and Carnival Overture by Antonín Dvořák and followed by the popular Star Wars Suite by John Williams.

**When:** Sunday Oct 17, 2021

**Time:** 2:15 pm - 3:00 and 3:00 pm - 5:00 pm

**Where:** ENT Center for the Arts 5225 N. Nevada Ave., Colorado Springs, CO 80918

**Cost:** Single GA: \$10.00 Senior (55+): \$8.00 Student: \$5.00 Military

**Phone:** (719) 255-8181

**Email:** tickets@uccs.edu



## Webb Space Telescope Launch Celebration

**What:** Presented by Space Foundation Discovery Center at Space Foundation Discovery Center, The Discovery Center is proud to bookend this year's Colorado Springs Cool Science Festival week with an all-day event at the Space Foundation Discovery Center. The long awaited NASA Webb Space Telescope is scheduled to launch later this year, and Discovery Center and Cool Science are celebrating this historic event with a day filled with Astronomy, Space, Science, a little History and even a peek into the Future!

**When:** October 16th

**Time:** 10:00 am - 4:00 pm (Sat)

**Where:** Space Foundation Discovery Center 4425 Arrowswest Drive, Colorado Springs, CO 80907

**Cost:** General Admission plus \$5 materials fee, Passport Member - \$5 materials fee per person

**Phone:** (719) 576-8000

**Email:** media@spacefoundation.org



## All Pikes Peak Makes

**What:** Presented by Pikes Peak Library District at Knights of Columbus Hall, Colorado Springs CO Are you ready to get hands-on with some creative projects? Looking to learn more about creative organizations and resources in our community? Join us for APPM and explore the world of making!

**When:** October 22nd

**Time:** 4:00 pm - 9:00 pm (Friday)

**Where:** Knights of Columbus Hall 25 W Kiowa St 80903

**Cost:** FREE

**Phone:** (719) 531-6333 ext. 6170

**Email:** jeeltringham@ppld.org

## Front Range Maker's Market

**What:** Presented by Creative Crafters Showcase, LLC at Lewis Palmer High School. Come shop over 125 vendors over the two-day indoor market. Fine art, photography, handcrafted furniture, custom home & holiday decor, boutique clothing vendors, handmade jewelry, small batch food items and so much more!

**Cost:** Tickets \$5 at the door

**When:** October 23rd -24th

**Time:** Oct 23, 9:00 am - 4:00 pm (Sat) Oct 24, 10:00 am - 3:00 pm (Sun) .

**Where:** Lewis Palmer High School 1300 Higby Rd., Monument, CO 80132

**Phone:** (719) 510-1477

## Paper Marbling Class

**What:** Presented by Pikes Peak Library District at PPLD - Rockrimmon Branch, Colorado Springs Local multimedia instructor Laurel Bahe will teach you the art of paper marbling in a one-hour class using materials provided by the library. Each registrant will leave with the means to create their own refrigerator magnet and necklace using the art they created! This class is for ages 18+. Registration required for this free program (opens Sat., Oct. 9 at 10 a.m.).

**When:** October 23rd

**Time:** 10:30 am - 11:30 am (Sat)

**Where:** PPLD -Rockrimmon Branch 832 Village Center Dr., Colorado Springs, CO 80919

**Phone:** (719) 531-6333 ext. 7008

**Web:** <https://ppld.librarymarket.com/paper-marbling-class>

## Haiku Poetry and Recipe Book

**What:** Presented by Golden Lotus Foundation at China Town Restaurant, Colorado Springs. Pre-order your Haiku-Recipe Book, and pick up Steamed Dumplings (6 count) and Moo Goo Gai Pan. In celebration of Arts Month 2021, the Golden Lotus Foundation is inviting community members to participate in a series of events and activities designed to showcase Asian art and culture. Since 2011, the Golden Lotus Foundation has worked to catalyze a lively local scene centered around the experience of Asian art and cultural traditions, primarily from China, Japan, Korea, the Philippines, Vietnam, and India.

**When:** October 23rd

**Time:** :30 pm - 7:00 pm (Monday-Saturday)

**Where:** China Town Restaurant 326 S. Nevada Avenue, Colorado Springs, CO 80903

**Email:** [info@GoldenLotusFoundation.org](mailto:info@GoldenLotusFoundation.org)

## Miners' Pumpkin Patch

**What:** Presented by Western Museum of Mining & Industry at Western Museum of Mining and Industry, Colorado Springs CO It's the most wonderful time of the year! Enjoy an authentic Pumpkin Patch with outdoor games, hayrides, kid-size hay maze and slide, a genuine apple-press and more. There will be food trucks, a fall farm stand, and of course...locally sourced pumpkins!

**When:** October 9th, 16th, 23rd and 30th

**Time:** 9:00 am - 4:00 pm (Sat)

**Where:** Western Museum of Mining and Industry 225 North Gate Blvd., Colorado Springs, CO 80921

**Cost:** Advance Admission: \$10 (This price includes your first pumpkin.) At the Door: \$12 (3 and under are free).

**Phone:** (719) 488-0880

**Email:** [info@wmmi.org](mailto:info@wmmi.org)

## Events for November 2021

### Pottery Palooza

- What:** Pottery Palooza is an event to celebrate the 8 exceptional ceramic and pottery artists represented at 45°. The artists will be on hand to meet and sell their sculptural and functional ceramics. Expect truly one of a kind pieces plus all the bowls, mugs, platters and vessels that are the core of each of these artists' collections. We hope to have at least 800 pieces for you to choose from.
- When:** November 5th  
**Time:** 5:00 pm - 8:00 pm (Fri)  
**Where:** 45 Degree Gallery 2528 W. Colorado Ave, Colorado Springs, CO 80904  
**Cost:** FREE  
**Phone:** (719) 434-1214  
**Email:** hello@45degreegallery.com

### Colorado Springs Womens Expo

- What:** The Annual Expo - Sip, Sample and Shop your way through 165+ exhibits and enjoy events on 2 stages. Connect with Inspiring Speakers, Attend Performances by Rising Country Artists, Try a New Workout, Take A Cooking Class With Expert Chefs, Enter The Mother Daughter Look-Alike Contest, Indulge in a Beauty Makeover, Watch Runway Fashion Shows.
- When:** November 6-7th  
**Time:** Sat, Nov 6, 10 AM – Sun, Nov 7, 4 PM  
**Where:** Norris Penrose Event Center 1045 Lower Gold Camp Rd, Colorado Springs



### Fun Opportunities For Continuous Learning

- What:** "Curiosity Unlimited" select UCCS professors deliver their lectures. Christine Biermann, Ph.D., Geography & Environmental Studies, "Our Forests in a Changing Climate"
- When:** Friday, November 12
- Where:** "Ent Center for the Arts" on South Nevada Ave (Chapman Foundations Recital Hall). Free parking. Lectures also available simultaneously on WEBINAR (accessed on computer, tablet or phone). Guests/non-members welcome!
- Time:** Lectures begin at 10 am, second Friday of the month.
- Phone:** 719-633-5627 or 719-574-1449
- Web:** www.uccs.edu/curiosity

### Colorado Springs Christmas Gift Show

- What:** Colorado Springs Christmas Gift Show is a premier Christmas show in the city related to gift industry.
- When:** November 12th-14th
- Where:** Colorado Springs Event Center 3960 Palmer Park Blvd, Colorado Springs, CO



### Train Expo Colorado

- What:** "Regional train show that caters to the model railroad enthusiast"
- When:** Sat, Nov 13 – Sun, Nov 14
- Where:** Chapel Hills Mall - 1710 Briargate Blvd, Colorado Springs, CO





## Colorado Springs Record Show

**What:** The Colorado Springs Record Show is now in its second year, and we couldn't be more excited to be back. Founded by local residents who want the scene to thrive, we're excited for people who are new or coming back to records to find something great, and for longtime collectors to find their holy grail. We'll have fifty tables and dozens of dealers from across the state and country selling thousands of records, cassettes, t-shirts, posters and more. From Beatles and blues LPs to punk and soul 45s, we've got something for you. We'll have food trucks and ample free parking.

**When:** November 13th

**Time:** 9 AM – 3 PM

**Where:** Masonic Center Panorama Dr, Colorado Springs, CO

**Cost:** EARLY BIRD ADMISSION: 9-10am, \$10. GENERAL ADMISSION: 10am-3pm, \$3.



## Kiwanis Bingo

**What:** Turkey Time Bingo Proceeds go to youth programs and scholarships. Food and drinks available for purchase during the game.

**When:** Wednesday, November 17, 2021

**Time:** 6:30 PM - 8:30 PM

**Where:** Ute Pass Cultural Center - 210 E. Midland Ave Woodland Park, CO 80863

**Cost:** \$20 buys a packet of 10 games, 6 cards for each game

**Web:** <https://www.facebook.com/upkiwanis>

## Joy of the Season Holiday Home Tour

**What:** Tour 5 professionally decorated homes in Northern El Paso County to benefit community nonprofits.

**When:** November 19th-20th

**Time:** 10 AM – 4 PM

**Where:** Hospitality House, Located At The Woodmoor Barn - 1691 Woodmoor Drive, Monument, CO 80132

**Web:** [JoysoftheSeasonHT.org](http://JoysoftheSeasonHT.org)



## The Springs Spring Home Show

**What:** The Springs Spring Home Show is happening November 20th & 21st at the Hotel Elegante. Just in time to finish up your home improvement projects for spring!

**When:** November 20th-21st

**Time:** Sat, Nov 20, 10 AM – Sun, Nov 21, 4 PM

**Where:** Hotel Elegante Conference & Event Center 2886 S Circle Dr. Colorado Springs

**Cost:** FREE ADMISSION & PARKING

## Colorado Country Christmas Gift Show

**What:** Your family and friends would also love a gift from one of the many local artists at the show, offering their handmade jewelry, wood carvings, gift baskets, décor items, candles, soaps, glasswares, and much more. Santa will be in Colorado Springs too, so bring the kids! And while you're there, enjoy holiday-themed entertainment from local dance studios.

**When:** Fri, Nov 19 – Sun, Nov 21

**Where:** Colorado Springs Event Center 3960 Palmer Park Blvd, Colorado Springs

## Vintage Market Days

**What:** Vintage Market Days® is an upscale, vintage-inspired, indoor/outdoor market featuring original art, antiques, clothing, jewelry, handmade treasures, home décor, outdoor furnishings, consumable yummys, seasonal plantings, and a little more. Vintage Market Days® events are so much more than a flea market. Each Vintage Market Days® event is a unique opportunity for vendors to display their talents and passions in creative venues.

**When:** November 19th-20th

**Time:** 11/19/2021 10:00 AM - 11/21/2021 5:00 PM

**Where:** Norris Penrose Event Center - 1045 Lower Gold Camp Rd, Colorado Springs, CO



**TTS** **TICK TOCK SHOP**

*THE Frank Sinatra Collection*  
BY BULOVA

JUST IN TIME FOR FATHERS DAY  
Over 1000 new clocks and 1000 new watches

**719-475-8585**  
7 NORTH CIRCLE DRIVE  
COLORADO SPRINGS, CO 80909  
TICKTOCKSHOPONLINE.COM

| SUDUKO KEY |   |   |   |   |   |   |   |   |
|------------|---|---|---|---|---|---|---|---|
| 2          | 9 | 5 | 7 | 3 | 6 | 4 | 1 | 8 |
| 7          | 1 | 6 | 4 | 5 | 8 | 3 | 2 | 9 |
| 8          | 3 | 4 | 9 | 1 | 2 | 5 | 6 | 7 |
| 6          | 7 | 1 | 8 | 9 | 4 | 2 | 3 | 5 |
| 3          | 2 | 9 | 5 | 6 | 1 | 7 | 8 | 4 |
| 4          | 5 | 8 | 2 | 7 | 3 | 6 | 9 | 1 |
| 5          | 6 | 7 | 3 | 8 | 9 | 1 | 4 | 2 |
| 9          | 4 | 3 | 1 | 2 | 5 | 8 | 7 | 6 |
| 1          | 8 | 2 | 6 | 4 | 7 | 9 | 5 | 3 |

## Crossword Puzzle Solution

|    |    |   |   |   |    |    |   |    |    |   |    |   |    |    |    |   |   |   |
|----|----|---|---|---|----|----|---|----|----|---|----|---|----|----|----|---|---|---|
| 1  | L  | I | M | B |    | 5  | E | A  | S  | E | D  |   | 10 | C  | O  | M | A |   |
| 14 | A  | R | E | A |    | 15 | A | L  | T  | E | R  |   | 16 | H  | I  | E | D |   |
| 17 | C  | A | N | T | E  | 18 | R | B  | U  | R | Y  | T | 19 | A  | L  | E | S |   |
| 20 | E  | N | D | O | N  |    |   |    | 21 | D | I  | A | R  | I  | S  | T |   |   |
|    |    |   |   |   | 22 | N  | A | R  | C  |   | 25 | E | D  | E  | N  |   |   |   |
| 26 | R  | A | H |   | 29 | M  | A | I  | M  |   | 31 | S | E  | S  | A  | M | E |   |
| 35 | E  | T | A |   | 36 | E  | L | L  | I  | S |    |   | 38 | A  | L  | A | N |   |
| 39 | C  | A | N | D | 40 | L  | E | I  | N  | T | H  | E | W  | I  | N  | D |   |   |
| 43 | A  | L | O | E |    |    |   | 44 | A  | D | I  | O | S  |    | 45 | G | N | U |
| 46 | P  | L | I | E | R  | S  |   | 49 | S  | E | A  | T |    | 50 | N  | A | E |   |
|    |    |   |   |   | 51 | P  | E | P  | S  |   | 53 | D | R  | E  | G  |   |   |   |
|    | 55 | P | A | D | D  | O  | C | K  |    |   | 58 | E | R  | U  | P  | T |   |   |
| 62 | C  | A | N | Y | O  | U  | H | E  | A  | R | M  | E | N  | O  | W  |   |   |   |
| 65 | B  | I | T | E |    | 66 | S | M  | A  | R | M  |   | 67 | E  | T  | U | I |   |
| 68 | S  | L | I | D |    | 69 | E | O  | S  | I | N  |   | 70 | T  | O  | R | N |   |

**Iron Springs Chateau**  
Colorado's Fun Melodrama

444 Ruxton Ave, Manitou Spgs, CO  
(719) 685-5104

**CHEER THE HERO! BOO THE VILLAIN!**  
**Join us for Dinner and a Show!**  
**RESERVATIONS: (719) 685-5104**

An old fashioned melodrama  
where the good guys always win!

Melodrama is followed by a  
Vaudeville style Musical Revue!

**FUN FOR THE WHOLE FAMILY!**

Senior, Military and  
Group discounts  
available

Check our website for upcoming shows, auditions and  
melodrama workshops  
<http://ironspringschateau.com>



# DO YOU HAVE A HEARING LOSS?



Captioned Telephone (CapTel<sup>®</sup>) service allows you to **LISTEN** and **READ** captions of everything during your phone conversations!

## CapTel 840

For use with **analog** telephone lines.



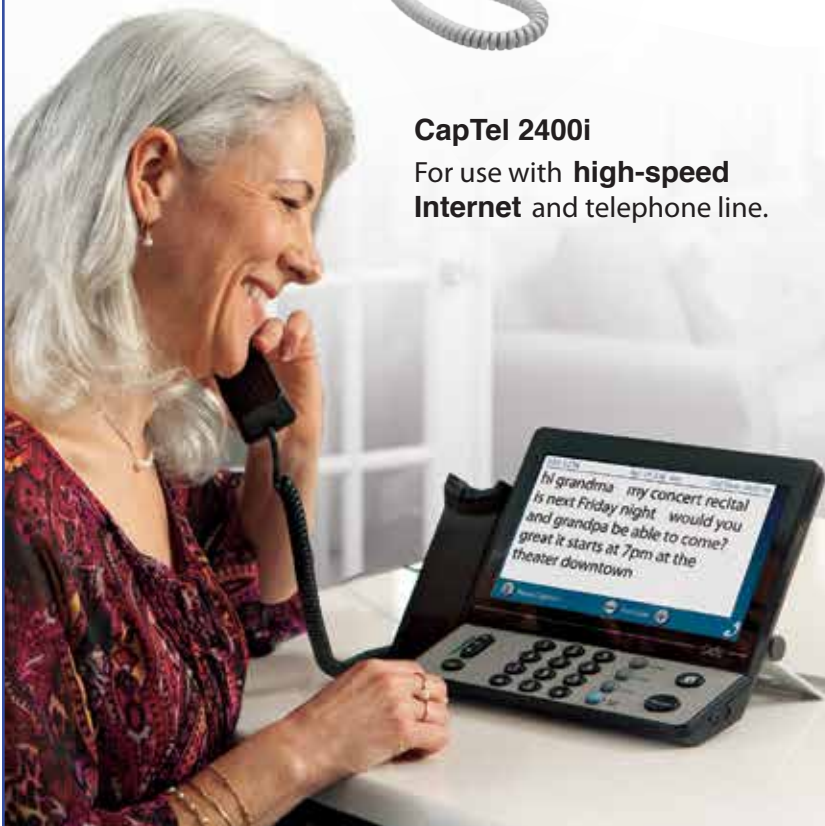
## CapTel 880i

Ideal for low vision.  
For use with **high-speed Internet** and telephone line.



## CapTel 2400i

For use with **high-speed Internet** and telephone line.



- Built-in answering machine with captions
- Built-in speakerphone
- Bluetooth<sup>®</sup> capability\*
- Large touch-screen display
- No charge to use CapTel service

Order a CapTel phone, contact CTP (Communications Technology Program)

Phone: 855-767-6128 (toll free)

Email: [tedp\\_ccdhh@state.co.us](mailto:tedp_ccdhh@state.co.us)

Website: [relaycolorado.com/captel](http://relaycolorado.com/captel)

\* Available for Internet-based CapTel only.

FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No cost is passed on to the CapTel user for using the service. CapTel is a registered trademark of Ultratec, Inc.

*If there was something going on with  
your Retirement, Investment, or Taxes  
that you were unaware of,  
**When Would You Want To Find Out?***

*We are the **Best** resource for your retirement needs...  
with All of our **PROFESSIONALS** under one roof!*

***SPECIALIZING** in meeting your **RETIREMENT NEEDS!***

- Safe Money Planning
- Retirement Income
- Solutions Advanced Tax
- Planning Annuities
- Life Insurance
- Long Term Care Insurance  
and Alternatives
- 401(k) /IRA Rollovers
- Tax Preparation
- Estate Planning
- Income Planning
- Retirement Planning
- Social Security Planning
- Advisory Services

**IDENTIFY ALL THE FACTS NECESSARY TO MAKE A SOUND FINANCIAL DECISION.  
BEFORE YOU MAKE THAT DECISION ATTEND ONE OF OUR UPCOMING EDUCATIONAL EVENTS**

**719-596-4844**

**[www.SpringsTax.com](http://www.SpringsTax.com)**

6775 Rangewood Drive, Colorado Springs, CO



**SENIORTAX**  
**ADVISORY GROUP**

*Safely Securing Your Financial Future TODAY!*

Investment advisory and financial planning services offered through Simplicity Wealth, LLC, a Registered Investment Advisor. Subadvisory services are provided by Advisory Alpha, LLC, a Registered Investment Advisor. Insurance, Consulting, and Education services offered through Senior Tax Advisory Group. Senior Tax Advisory Group is a separate and unaffiliated entity from Simplicity Wealth Management LLC and Advisory Alpha, LLC.