

PIKES PEAK

FEBRUARY - MARCH 2022

SENIOR NEWS

LIFESTYLE MAGAZINE FOR THE MODERN SENIOR

Cover Photo by Alena Kovaleva Pixels.com

**Colorado
Mountain
Getaways
With Milder
Weather**

**The Plight of
Colorado's
Wild Horses**

**Blue Zone
in
Costa Rica**

*Hello
Spring*

SERVING EL PASO & TELLER COUNTIES | 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

February - March 2022

Contents

- 4 • *Letter from the Editor*
- 6 • *Tinseltown Talks: Lana Wood*
Still Questions Sister Natalie's Death
- 8 • *Colorado's Prime Ski Hubs Have More*
to Offer than Just Hitting the Slopes
- 12 • *Nicoya (Costa Rica), A Latin American*
Blue Zone
- 14 • *New Madrid Earthquakes and*
the Forces of Nature
- 16 • *Wild Horses in Colorado*
- 22 • *Crossword Puzzle*
- 24 • *What Have We Learned About Our Money*
Over the Last Two Years?
- 26 • *Faith Through Older Eyes*
- 28 • *Ten Vital Relational Needs*
- 30 • *Colorado Recipes*
- 33 • *Business Directory*
- 34 • *Calendar of Events*

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,
Nancy Parker Brummett,
Frank Sinclair,
Money Coach Bill Stanley

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 8



pg 30

Letter from the Editor

By Rick Sheridan

Dear Readers,

Some of the regular *Pikes Peak Senior News* readers probably saw my previous Letter from the Editor (August-September 2021). At that time, I was thrilled about the re-opening of many of Colorado Springs' summer activities and the likely decline of the Covid-19 threat. With the new delta and omicron variants, it looks like the pandemic will be with us for a longer period than any of us had hoped for. I had a Covid-19 scare myself. Driving back from Buena Vista, I started to experience the classic symptoms of a headache and a dry cough. I made numerous phone calls to pharmacies in Woodland Park and Colorado Springs. None of them had the take-home test kits available, and they were not able to schedule a drive-through test for several days. On January 7, 2022, the Biden administration signed the first contract involving the 500 million rapid COVID-19 tests that it plans to distribute for free to Americans who request them. More details will be available by the time this issue is printed. Here are some ideas that the average reader can do to improve their resistance to either the flu or Covid-19 virus:

Your immune system is the first line of defense when you're battling a common cold, flu or other viruses. Many health experts seem to agree that your immune system needs healthy foods, plenty of water, and exercise to be its most effective.

Don't let yourself get dehydrated.

Each person should plan to drink several 8-ounce glasses of water a day. Pikes Peak Region residents are blessed with the access to Manitou Springs mineral water. People have travelled long distances to drink that mildly carbonated water from deep within the earth. All we have to do is travel a few miles and fill up our jugs in one of the eight-or-so downtown fountains.

Eating a healthy, balanced diet can help boost your immune system. Be sure to eat at regular times every day and include lots of fresh fruits and vegetables along with your protein source. Learning how to cook really improved my diet and helped me resist the temptation to settle for processed fast food. Consider buying some quality vitamins. Both C and D are good for immunity, and a quality multivitamin can help with any gaps in your diet.

Exercise regularly to strengthen immunity. Some people struggle to find a fitness program that they can stick with. One approach is to pick a sport you absolutely enjoy and set up a routine so that you can compete (or practice) inside or out, every day of the year. Exercise is essential to preventing chronic illnesses such as heart disease and high blood pressure, and to keep your weight in control. Exercise also contributes to a healthy immune system. It promotes good blood circulation, which helps your immune system do its job more efficiently.



Reduce stress for increased immune function. Daily stress can overwork your immune system and impair your ability to stay healthy. Routine daily stress can seem impossible to overcome, but there are options. Eckard Tolle, in his bestseller, *The Power of Now*, talks about how our minds are like "wild rivers" that go from one thought to the next. He recommends that we step back and "watch the thinker." Instead of trying to ignore the wild river, just observe it from a detached perspective. Another technique that Tolle teaches is to "fully inhabit the body." Many people are so wrapped up in their thoughts and problems that they are barely aware of what is going on around or inside themselves. He recommends a simple meditation where you try to feel the life force throughout your body.

Finally, keep an extra supply of any medications available. During the last two years of the Covid-19 pandemic, there have been many supply chain disruptions that have left people struggling to keep their prescriptions in adequate supply. While you are at it, make sure you have plenty of general first aid supplies.

Sincerely,

Rick Sheridan,
Associate Editor,
Pikes Peak Senior News

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®
...
Aspen Trail

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



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



Tinseltown Talks:

Lana Wood Still Questions Sister Natalie's Death

By Nick Thomas



The movie world was shocked when the body of 43-year-old Natalie Wood was found floating lifeless in the ocean off Catalina Island on the morning of November 29, 1981. Forty years later, her sister Lana still can't accept that the incident was nothing more than a tragic accident.

Natalie's watery demise remains one of Hollywood's enduring mysteries recently resurrected in Lana's "Little Sister: My Investigation into the Mysterious Death of Natalie Wood" published last November, 40 years after the beloved actress's death (see www.amazon.com/Lana-Wood/e/B001KDRGZ8?).

Despite a morbid fear of drowning, Natalie would often go boating with husband Robert Wagner but, according to Lana, remained especially terrified of "dark ocean water."

"How did she end up in the sea at nighttime?" asked Lana from her home in Los Angeles. "The circumstances remain a question for many people. I wanted to present the facts about her death in this new book, including the police and coroner's reports, as well as a new witness who heard screams that night."

Natalie and Wagner, along with fellow actor Christopher Walken, had embarked on a weekend cruise aboard Wagner's motor yacht skippered for the trip by Dennis Davern. Although the group had been drinking and the couple apparently argued, Lana doesn't believe her sister merely fell overboard or that she tumbled into the water while attempting a nighttime launch of a dingy attached to the boat to leave after the argument.

While no one on board at the time has ever been charged with involvement in Natalie's death, speculation on how Natalie got into the water the night before her body was discovered continues to haunt her sister.

"I wrote another book (in 2011) that looked at Natalie's life and happier times," recalled Lana. "But the new book wasn't as easy to write, because I'd get emotional, and have to walk away from it periodically."

Both sisters were close, having been thrust into acting by their mother. But, each took a different career path with Natalie working mostly in film to reach true superstar fame while Lana embraced the television route and enjoyed modest success in films

such as the perky Bond girl Plenty O'Toole in "Diamonds Are Forever." And while Lana may have lived in her famous sister's shadow, she appears to have been comfortable in that shade.

"Natalie loved being a movie star," said Lana. "Any time she left home, she would put on her make-up, do her hair, and dress impeccably because she never wanted to disappoint when out in public. While I enjoyed working, I didn't want to be scrutinized everywhere I went or be constantly photographed. I didn't seek that fame."

She is, however, still convinced there's more to the story of her sister's death.

"I don't know if the truth will ever come out," she says. "I hope my book will keep people probing for answers and keep Natalie's memory alive."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com.

Schedule your appointment!

Peak Vista accepts:

- Most private insurances
- Medicaid & Medicare
- New Patients

*Income-based options
for payment available.*

(719) 632-5700
peakvista.org



High-quality **Oral Health Care** with medical
and behavioral health care services



PEAK VISTA
COMMUNITY HEALTH CENTERS



TICK TOCK SHOP

THE
Frank Sinatra Collection
BY BULOVA

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



SINATRA

BULOVA

719-475-8585

7 NORTH CIRCLE DRIVE
COLORADO SPRINGS, CO 80909
TICKTOCKSHOPONLINE.COM

metro
MOUNTAIN METROPOLITAN TRANSIT

**NOW
BOARDING**



ROUTE 37



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

Colorado's Prime Ski Hubs Have More to Offer than Just Hitting the Slopes

Every Popular Ski Town in the State Sports Much More

By Trevor Phipps

So far, it is fair to say that the entire state of Colorado has had a pretty mild winter. Now that February is here, it is unclear whether it will stay that way as Colorado is known to get its majority of snow in the late winter and early spring months.

Anyone who knows an avid skier, knows that many of them are disappointed this year. Several of the state's ski areas opened later than usual, and most of the slopes are not hitting their usual snow depth numbers.

However, for those who don't ski, many of the options that are always available, as far as winter recreation goes, are still running strong. And, the further good news is that due to having a mild winter thus far, traveling conditions are prime to make that winter trip.

In the last issue of PPSN, the travel section explored things to do that had nothing to do with hitting the slopes on a pair of skis or a snowboard. The article talked about activities in most of the famous ski hubs that are the closest to Colorado Springs.

In this issue, more non-skiing activities across the state will be explored as a "part two" of the December headline article. In this issue, the primary focus will be on other ski towns that might be more of a trek, but the non-skiing recreational options they have seem to make it worth the trip.

Since traffic conditions across the state have been better than normal in the last few months, the trip to these towns may not be as treacherous as they normally could be. It is wise to take advantage of the current weather situation, and visit some towns that may be off of most Pikes Peak Region residents' radar during the winter months.

Whenever local residents have visitors in town, they always seem to ask to go visit certain famous mountain towns in the state that they have heard about for years. This season may be the perfect time to take friends and family to visit other areas of Colorado as an excuse to go out and see what many of these mountain villages have to offer.

The focus of this article will be exploring the other activities many of the famous Colorado ski towns have to offer. This second edition of the non-skiing recreation options will feature Breckenridge, Telluride, Crested Butte, Winter Park, and Steamboat Springs.

Breckenridge

Breckenridge has always been known as a favorite to skiers and snowboarders as it is possible to ski right into the town's main strip. The city also has hotels where skiers can hit a lift right where they stay.

But, "Breck" (as it is sometimes intimately called), is also known for having a lot to offer for those who wish to stay off the slopes as well. Unfortunately, the town's most popular events, their International Snow Sculpture Championships and the Ullr Winter Fest have already taken place. There is though, still plenty of time to check out the booming ski village.

For one, the city is known for having some of the state's best eateries as well as a delightful variety of culinary options. For example, the historical Gold Pan Restaurant and Bar has been a favorite for locals and tourists since it was opened in 1861. The Lost Cajun offers an authentic Cajun cuisine that provides a unique style of food for the area.



Breckenridge

The city is also the home to the Breckenridge Arts District which was developed in 2001. The district contains several historical buildings where artists create beautiful pieces and they teach several workshops. Each building hosts a large variety of events including creating ceramics, teaching drawing, printmaking, metal smithing, textiles, painting, and even live musical performances.

Breckenridge also sports one of the oldest year round theater companies in the region. The Backstage Theatre puts on live shows during all seasons.

Crested Butte

This city is not only a favorite for skiers, but it is known as being one of the most scenic spots in the western part of the country. Everywhere in the town, visitors can see landscapes of the beautiful Rocky Mountains in the near distance. One good way to check the town out after first arriving is to get pulled around the city on a horse-drawn sleigh.

Once visitors get hungry, the Secret Stash is one of their most well-known eateries as they serve some of the best pizza around. If pizza doesn't appease the party, then there are plenty of other options including French, American, Mexican, Thai, and Italian cuisines. Izzy's and McGill's remain to be two of the best known spots to get breakfast in the morning.

Crested Butte's main strip, Elk Avenue has been designated by the state as one of only 17 Creative Art Districts in Colorado. The entire street is filled with a plethora of shopping and art gallery viewing hubs. The Center for the Arts also hosts several classes from culinary instruction to creating visual arts.

For those wanting to learn about history, the Crested Butte Mountain Heritage Museum offers an enjoyable glimpse into the area's

Howelsen Hill



past. Visitors have the chance to learn all about the region's history of coal mining, railroads, and their contributions to the American West.

For those seeking an adventure away from the slopes, the city and surrounding areas host options like snowmobiling, fat biking, snow shoeing, dog sledding, and ice skating. The local Adventure Park provides endless fun in the form of a giant rock wall, bungee jump trampolines, and miniature golf.

Steamboat Springs

Steamboat Springs almost shouldn't even be on this list because it is one popular ski hub that is also pretty well-known for the other things it has to offer. The town has two main strips. One of them is in its downtown region and the other one is located right at the foot of the slopes.

The city boasts several amenities including classy resorts to stay in and a large amount of shopping options. It has an eatery that provides riverside dining, and it even has its own bowling alley.

One popular spot in town is the city's Howelsen Hill. The large outcropping right in town offers tubing for people of all ages. The Howelsen Hill Ice Arena has an Olympic-size chunk of ice that is open for ice skating.

The city's famous gondola is also available to ride even for those not wishing to ski or snowboard down the mountain. The top of the gondola is home to a famous eatery and exquisite views.

For those seeking an out-of-this-world type of adventure, Wild West Ballooning offers hot air balloon rides. The Bridgestone Driving School is also one of its kind and people come from all over to learn how to better traverse a vehicle in the snow and ice.

Other things to see in the city include the tour of 18 square-inch bronze plaques in brick pavers downtown that honor local Olympians. The Strawberry Park Hot Springs is also a must-see destination for those who have never been there before.



TODAY WE WORK — FOR — OUR NEIGHBORS

Get the help you need. Call Pikes Peak United Way 2-1-1 to apply for bill assistance for utilities and other essential services.



Colorado Springs Utilities[®]
It's how we're all connected

Telluride

This next gem is nestled in the west central part of the state and it is another must-see destination. The city is also located relatively close to Crested Butte so that both towns could be seen in one weekend trip. On the way to both of these mountain towns, beautiful views of the Central Rocky Mountains can be seen.

Telluride has remained a popular hub due to all it has to offer. Non-skiing winter activities in the area include snowmobiling, sleigh rides, horseback riding, winter fly fishing, ice skating, and fat bike riding.

For those super adventurous folks, or those who want to watch a show, they can check out the ice climbing at Bridal Veil Falls. It is the state's largest free falling waterfall at 365 feet, and it is known as one of the most challenging ice climbing destinations in the whole country.

The streets in town also have plenty of stores for those who like to spend their time shopping. Among the city's many restaurants, the Black Iron Kitchen and Bar is one of its most well-known. The Orvis Hot Springs is also a favorite for anyone wanting to relax in steaming hot natural waters.

For those wishing to get creative, the Ah Haa School of the Arts offers classes including ceramics, cooking, and writing. Or, if some just want to view art, Gallery 81435 has spectacular showcases from local contemporary artists. History buffs will enjoy the Telluride Historical Museum and the Telluride Nugget Theatre.

Winter Park

Winter Park may be the closest destination on this second list, but it definitely is one to check out even for non-skiers. The town also sits in close proximity to mountainous regions in the deep Rockies that offer some of the best snowmobiling and snow shoeing excursions. Dog sled rides are another option for the outdoor adventurers in the group.

For those who desire to stay in the warm indoors, the towns offers plenty to do to get out of the icy cold weather. If day spas and yoga studios are what visitors want, the city's resorts offer plenty of options. The town also has several locally owned stores and the Foundry Cinema and Bowl that has other games like air hockey, pool tables, shuffle board, and skee-ball.

The drinkers in the group also have the option of taking

Telluride



a craft drinking tour that will take visitors to several distilleries, breweries, and wineries in the area. The Hideaway Park Brewery is one of the city's most popular places to hang out and sample some product.

The gondola ride up Winter Park Mountain is also worth the trip just for the amazing scenery alone. While up there, tourists can check out the Sunspot Mountaintop Lounge that sits at 10,700 feet in the sky.

Hot Sulphur Springs is only about a forty minute drive from the city for anyone that wants to soak after a long day. To learn more about the area, go to the Headwaters River Journey and the Cozens Ranch Museum.

Before Going Home

Depending on which of the above destination was chosen, taking a cruise through Aspen may or may not be on the way. However, after the last article was written, another exciting, non-skiing activity in Colorado was brought to the attention of PPSN staff.

In the last issue's article, there were many options given to check out the city of Aspen for those who aren't into skiing. But, none of them seemed as thrilling and unique as Aspen Ice Karting.

The go-karts put up for rent are available during the winter months and they are made to race around on ice. The Aspen Ice Karting takes place on a frozen lake near Aspen. The karts are made to go fast even when it is slick as they can reach speeds of 45 to 50 miles per hour.

Even if racing around on a frozen mountain lake may not seem fun to everyone, it has to be pretty entertaining just to watch those crazy friends and family members take their turn across the ice.

Nicoya (Costa Rica), A Latin American Blue Zone

By Rick Sheridan

Readers of the *Pikes Peak Senior News* probably remember that we have covered two other Blue Zones: Ikaria, Greece and Loma Linda, California. This issue we will explore the Nicoya Peninsula in Costa Rica, an area reputed to have the world's lowest rates of middle age mortality, and the second highest concentration of male centenarians.

For more than a decade, author Dan Buettner has been working to identify hot spots of longevity around the world. With the help of the National Geographic Society, Buettner set out to locate places that not only had high concentrations of individuals over 100 years old, but also clusters of people who had grown old without health problems, such as heart disease, obesity, cancer, or diabetes. He published his findings in the book *The Blue Zones Solution*.

The Harvard Study of Adult Development, the world's longest study of adult life, confirms some of what we know from blue zone regions. One example is that relationships are the key to happier and healthier lives. According to Dr.

Robert Waldinger, a psychiatrist and director of the study, people with the best health outcomes were people who "leaned into relationships, with family, with friends, with community."

Here are some of the findings about Nicoya Peninsula in Costa Rica from the *The Blue Zones Solution*:

In Costa Rica, multiple generations either live together in the same house or within close proximity, and are very much involved in each other's lives. The neighbors are often more like extended family, and people help each other or just stop in for a visit. Nicoyan centenarians often live with their children or grandchildren who provide both physical and emotional support.

Successful centenarians have a strong sense of purpose. They feel needed and want to contribute to a greater good. This is related to the close extended family atmosphere that is common in this region.

Nicoyan residents typically eat a light dinner- Eating fewer calories appears to be one of the surest ways to add years to your life. Nicoyans eat a light

dinner early in the evening. For most of their lives, Nicoyan centenarians ate a traditional Mesoamerican diet highlighted with the "three sisters" of agriculture: squash, corn, and beans. Their traditional diet of fortified maize and beans may be one of the best nutritional combinations for longevity the world has experienced.

They enjoy (or at least tolerate) hard work- The elders in Nicoya seem to have done hard physical work for most of their lives. They find joy in everyday chores, and generally stay in good shape with this daily routine.

Nicoyans get a moderate amount of sun. This helps their bodies produce vitamin D for strong bones and healthy body function. Vitamin D deficiency is associated with a variety of problems, such as osteoporosis and heart disease. The Nicoyan water has the country's highest calcium content. This also contributes to the lower rates of heart problems, as well as stronger bones and fewer hip fractures.

Blue Zones founder Dan Buettner explains how educating mothers about the options for health and

economic development can lead to an upward spiral of health and well-being. “Economic development is important for poorer countries, but it’s not that important for rich countries when it comes to happiness. The policies that set into motion an upward spiral in well-being are making sure kids have enough education so they can read, and educating women, especially mothers. [Those] mothers have fewer children who are better educated, healthier and grow up to be more productive, better parents and make better voting decisions so that the next generation’s even better.”

“This is a place where religion, family, and social interaction are the main values, unlike trying to get ahead, or financial security, or status. Their cities are set up so they’re bumping into each other all day long. They walk to the markets, where they have conversations with people,” said Dan Buettner.

Here is a quick summary of the other two Blue Zones, according to the National Geographic magazine’s website:

OKINAWA, JAPAN- The largest island in a subtropical archipelago controlled by Japan, Okinawa is home to the world’s longest-lived women. Food staples like Okinawan sweet potatoes, soybeans, mugwort, turmeric, and goya

(bitter melon) keep Okinawans living long and healthy lives.

OGLIASTRA REGION, SARDINIA- The mountainous highlands of this Italian island boast the world’s highest concentration of centenarian men. Its population consumes a low-protein diet associated with lower rates of diabetes, cancer, and death for people under age 65.



DON'T RETIRE,

REVEL

Experience Revel, a new brand of independent living community where you are free to be yourself in a home that feels more like a retreat than retirement. Come in for a personalized tour and let us treat you to a meal in our modern-American restaurant, Ovation, so you can experience the difference.

RECEIVE ONE MONTH FREE*

REVELPROVINCE.COM
719.628.1517

*RESTRICTIONS APPLY. CONTACT THE TEAM FOR FULL DETAILS. | 📞

New Madrid Earthquakes and the Forces of Nature

By Rick Sheridan

When most people think of earthquakes in the United States, they often pay attention to the California fault lines. Believe it or not, there was a series of much more powerful earthquakes near St. Louis in 1811, known as the New Madrid earthquakes. These earthquakes, as well as the seismic zone where they happened, were named for the Mississippi River town of New Madrid that was then part of the Louisiana Territory and now is in the state of Missouri.

To get an idea of how powerful the New Madrid earthquakes were, consider that they were felt strongly throughout an area of roughly 50,000 square miles (most of the central and eastern United States). The 1906 San Francisco earthquake, by comparison, was felt over about 6,200 square miles. The New Madrid earthquakes are still the most powerful earthquakes to hit the United States east of the Rocky Mountains in recorded history. I remember reading that the New Madrid earthquakes were so powerful that they “caused church bells in New England to ring.”

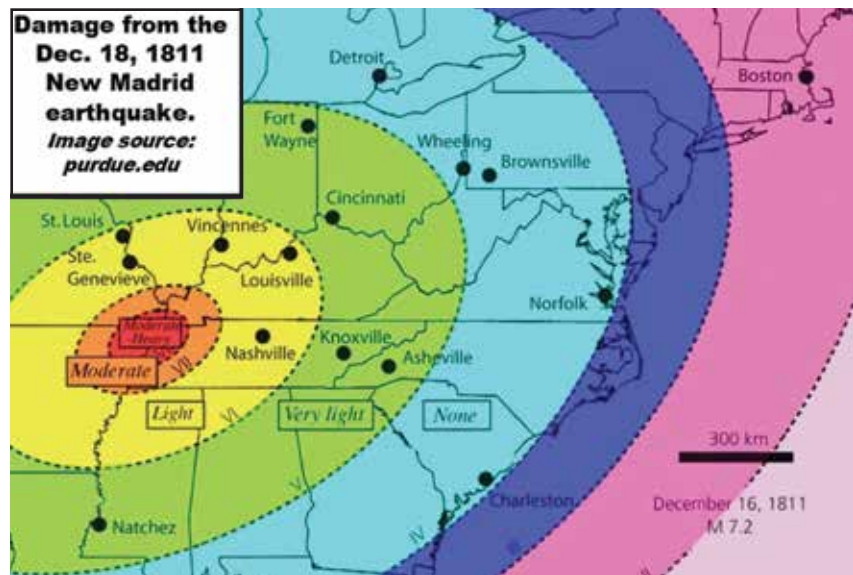
The water coming from the Mississippi River caused by the earthquakes forced boats to wash ashore, riverbanks to rise, sand bars to self-destruct, and even some islands in the Mississippi River to completely disappear. Lots of farmland was destroyed. The seismic waves generated from the earthquake were able to travel great distances without being interrupted because of the limited rocks in the soil. Places as far away as Canada were able to feel the ground shaking.

More than 4,000 smaller earthquakes have been reported in the New Madrid Seismic Zone since 1974. This area is still considered to be at high risk today. According to the U.S. Geological Survey website, new forecasts estimate a 7 to 10 percent chance in the next 50 years of a repeat of a major earthquake like those that occurred in 1811–1812. A report filed in November 2008, the U.S. Federal Emergency Management

Agency warned that a serious earthquake in the New Madrid Seismic Zone could result in “the highest economic losses due to a natural disaster in the United States, causing widespread and catastrophic damage across Alabama, Arkansas, Illinois, Indiana, Kentucky, Mississippi, Missouri, and particularly Tennessee. A 7.7 magnitude quake or greater would cause damage to tens of thousands of structures affecting water distribution, transportation systems, and other vital infrastructure.” Some of the danger is that these states are not used to earthquakes and they have not made much preparation for anything like this in their future.

One way to get a good perspective of what it must have been like to live through such powerful earthquakes is to look at eyewitness accounts and diary records from survivors. John Reynolds (1788–1865), the fourth governor of Illinois, mentions the earthquake in his biography *My Own Times: Embracing Also the History of My Life* (1855):

“On the night of the 16th of November 1811, an earthquake occurred, that produced great consternation amongst the people. The center of the violence was in New Madrid, Missouri, but the whole valley of the Mississippi was violently agitated. Our family all were



sleeping in a log cabin, and my father leaped out of bed crying aloud “the Indians are on the house” ... We laughed at the mistake of my father, but soon found out it was worse than the Indians. Not one in the family knew at the time that it was an earthquake. The next morning another shock made us acquainted with it, so we decided it was an earthquake. The cattle came running home bellowing with fear, and all animals were terribly alarmed on the occasion. Our house cracked and quivered, so we were fearful it would fall to the ground. In the American Bottom many chimneys were thrown down, and the church bell in Cahokia sounded by the agitation of the building. It is said the shock of an earthquake was felt in Kaskaskia in 1804, but I did not perceive it. The shocks continued for years in Illinois, and some have experienced it this year, 1855.”

John Bradbury was on the Mississippi on the night of December 15, 1811, and describes the tremors in great detail in his Travels in the Interior of America published in 1817:

“After supper, we went to sleep as usual: about ten o’clock, and in the night, I was awakened by the most tremendous noise, accompanied by an agitation of the boat so violent, that it appeared in danger of upsetting ... I could distinctly see the river as if agitated by a storm; and although the noise was inconceivably loud and terrific, I could distinctly hear the crash of falling trees, and the screaming of the wild fowl on the river but found that the boat was still safe at her moorings. By the time we could get to our fire, which was on a large flag in the stern of the boat, the shock had ceased; but immediately the perpendicular banks, both above and below us, began to fall into the river in such vast masses, as nearly to sink our boat by the swell they occasioned ... By daylight we had counted twenty-seven shocks.”

Summary- If there is any good news from this event, it is the low number of people who died because of the New Madrid earthquakes. This is mainly because the population of this area was not very high at that time. In addition, many of the houses that people lived in were log cabins made from wood, which holds up well during earthquakes, and can withstand the extended shaking.



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



Taking a Look at the Wild Horses in Colorado

Mass Relocation Efforts Implemented Statewide

By Trevor Phipps

To many people, horses are creatures of beauty that have been known as companions to humans for centuries. In Colorado, horses are popular helpers on ranches and they are often endeared as pets.

Rodeos are also very popular in the state as Colorado is credited as being the place where the first rodeo occurred. Rodeo as an industry strives as people raise horses specifically to be athletes. In fact, horses now can be raised and used for a plethora of activities including being aids for ranchers and a pet people can ride.

When most think about horses, the first thing that comes to mind are the ones that are domesticated. However, as is the case with many domesticated animals, there are incidences where the animals

become feral and exist in the wild. Whereas wild horses are rare, there are still some places in Colorado where feral herds exist.

The History of Horses in America

Most people think that horses did not exist on the American continents until they were brought over when the Europeans came to the land. However, the true history of horses on the continent goes back millions of years.

About two to three million years ago, horses were native to North America. Around 10,000 years ago, these horses migrated to Europe over the Bering land bridge that connected early Asia and America.

The ancient horses that called America home then became extinct possibly due to changes in the climate. Horses were then



reintroduced to the American continents when European settlers started coming to the area. Columbus' second voyage to the continent started a trend of European travelers bringing horses over to aid them in their homesteading plans.

Over the last few hundred years, horses have been widely used in South and North America and most are still domesticated today. But over time, horses have been abandoned or escaped captivity and some started their own wild herds that still exist today.

Places to Find Wild Horses in Colorado

In the 1950s and 1960s, the wild horse population in the country began to decline as vehicle-assisted wrangling became commonplace. But then in 1971, the Wild Free-Roaming Horses and Burros Act established protection for many of the nation's wild herds.

Today, the country has tens of thousands of protected horses spread across 28 million acres of land in the Western part of the nation. Horses can be found in the Western part of Colorado as well as

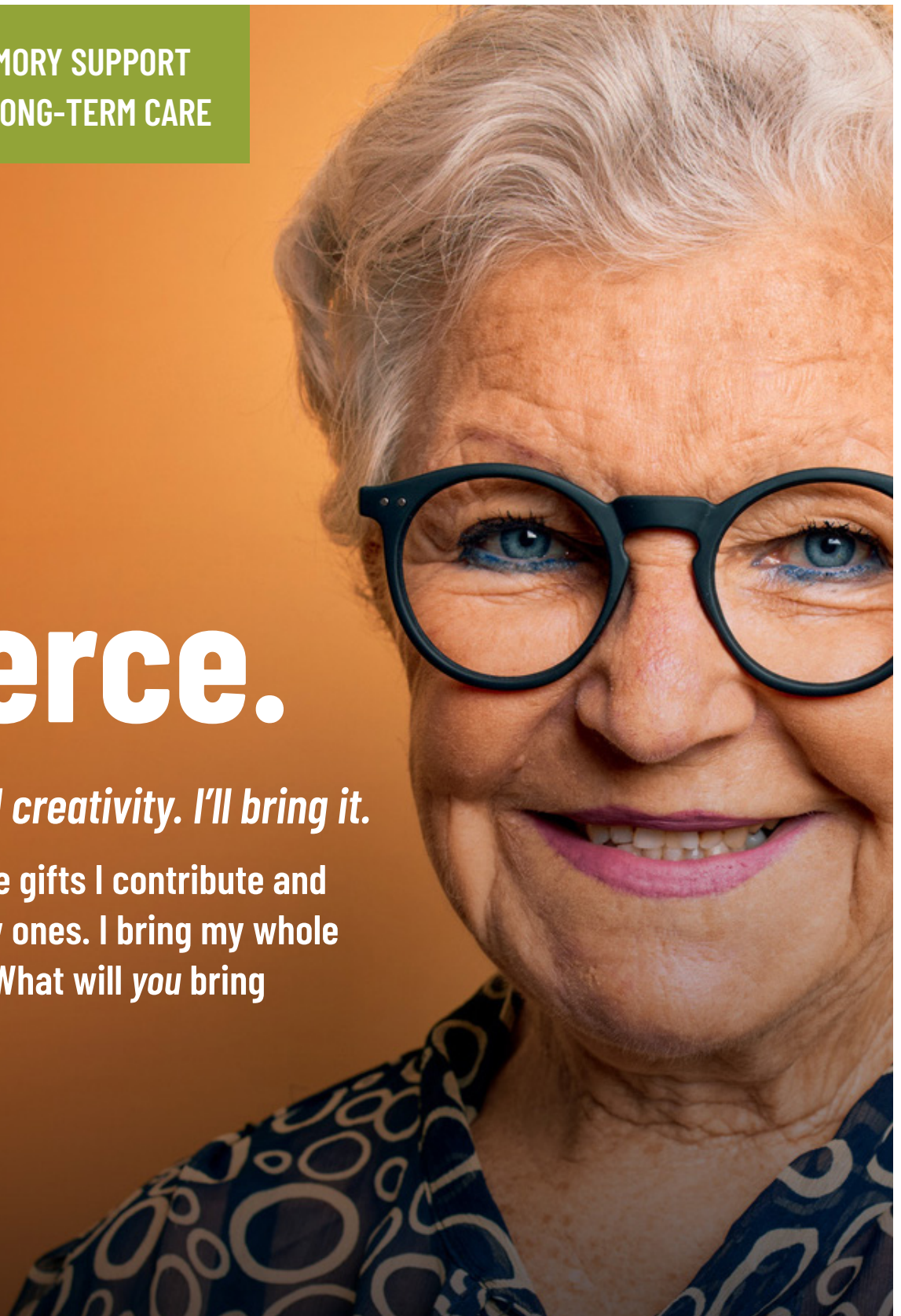


ASSISTED LIVING | MEMORY SUPPORT
SHORT-TERM REHAB | LONG-TERM CARE

Not cute. Try fierce.

Energy, tenacity and creativity. I'll bring it.

I am appreciated for the gifts I contribute and inspired to develop new ones. I bring my whole self to my community. What will you bring to Sunny Vista?



2450 E. Cache La Poudre St. | Colorado Springs, CO 80909
719.888.3673 | sunnyvista.org



SUNNY VISTA
COMMUNITY CARE SINCE 1911



A BETTER HEARING CENTER

HAPPINESS IS BETTER HEARING



At Better Hearing Center, we are committed to providing advanced care for adults and children with hearing loss. We understand that every individual has unique challenges and our patients will receive specialized treatment to help them hear again. We recommend that everyone, especially those 55+, to consider getting an annual hearing test as part of their overall wellness program. If you or your loved one is experiencing hearing loss, call us today!

Our Services:

- Hearing Evaluations
- Hearing Aids
- Custom swim Plugs
- Custom Hearing Protection
- Aural Rehabilitation Programs
- Auditory Training
- Assistive Listening Devices

719-249-6285

574 W. Hwy 105
Monument, CO 80132

316 W. Midland Ave.
Woodland Park, CO 80863

www.abetterhearingcenter.com

Utah, Idaho, Wyoming, Montana, New Mexico, Nevada, Arizona, Oregon, and California.

In Colorado, the Western Slope is the only area where herds of protected wild horses can be found. It is estimated that there are over two thousand wild horses in the four different herds that call Western Colorado their home.

The Little Book Cliffs Wild Horse Area is located north of Clifton and Palisade. This site is known to be one of the most accessible places to see wild horses. This Herd Management Area (HMA) spans over 36,000 acres and is the home to around 120 horses.

The Piceance-East Douglas HMA can be found southwest of Meeker. This 90,000+ acre plot contains between 100 and 250 wild horses that range in size and temperance

from quarter horses to work horses. Visitors will have the best chance spotting them on hiking and 4x4 trails along the banks of Yellow Creek.

The Sand Wash Basin HMA sits in the northwestern part of the state west of Craig. This HMA is the largest area in the state that contains wild horses as it stretches over 157,000 acres. Before relocation efforts, there were around 900 horses in this area that are primarily sorrel and gray, with Spanish, Arabian, and North American heritage.

The Spring Creek Basin HMA is located in the southwest part of the state and it sits between Dove Creek, Norwood, and Telluride. Most of the herd normally resides in Disappointment Valley, but visitors tend to have good luck seeing them along Disappointment Road near Disappointment Creek.

The herd is one of the smallest in the state as it contains 50 to 80 horses whose lineage can be traced back to a stolen batch of mostly Spanish horses that a Montana rancher brought to the area over a century ago.

Officials Launch the Largest Wild Horse Roundup in Colorado History

During the past year, the Bureau of Land Management (BLM) has launched an aggressive effort to reduce the wild horse herds across the country to more manageable levels. The BLM estimates that there are around 86,000 mustangs and burros in the wild after their efforts removed over 10,000 in the last year.

Last summer, horse roundups made statewide headlines as the BLM launched helicopter roundup operations in two different locations



in Colorado. In July and August, the BLM removed more than 450 horses from the West Douglas Range in Rio Blanco County.

Then in September, the BLM launched their most aggressive roundup yet in the Sand Wash Basin located northwest of Craig in Moffat County, near the Wyoming border. It was originally estimated that the area had around 900 wild horses. The BLM first planned to reduce the herd by about 80 percent to bring it to between 163 and 362 mustangs.

However, once the BLM launched their helicopter roundup operation, they received backlash from several groups across the state including the Governor's office. Colorado Governor Jared Polis urged the BLM to consider more humane ways of removing the herds than using the helicopter roundup method.

In the end, the BLM only removed 684 horses from the area which was about 10 percent less than what they originally planned. A wild horse advocacy group also was able to return about 50 of the horses captured back to their homes in the wild.

During the removal process, some of the horses ended up getting euthanized due to them having pre-existing injuries. Most of the other horses ended up in a holding facility in Canon City. While at the facility, the horses will receive all of the necessary vaccinations and medications so that they can be relocated to a new permanent home.

The horses will stay at the holding facility until they get adopted or get relocated to horse sanctuaries across the state. Under the BLM's "adoption incentive program," the agency gives people \$1,000 to adopt a horse or burro and they must agree to care for the animals for a year before they will receive a title for the animals.

Anyone can find a wild horse to adopt by going to the BLM's online corral website at or by calling 1-800-370-3936 during office hours from 6am to 2pm EST.





Wild Burros Near Colorado Springs

Even though most of the wild horse herds in Colorado are located far away from the Pikes Peak Region, there are a couple of places where donkeys who roam in the wild can be seen. The City of Cripple Creek is the home to over a dozen donkeys that roam the city in the summertime. And, in other areas nearby, wild donkeys can be seen year round.

As the story goes, hundreds of

donkeys were brought to the Cripple Creek area in the late 1800s to help out with mining operations. But then, technology advanced and donkeys were replaced with machinery. The donkeys in turn were left to die or roam in the wild.

In Cripple Creek, the donkeys have been watched over by the Two Mile High Club for the last several decades. The group provides veterinary care, food, and pins for the donkeys in the winter.

When the donkeys were first released they roamed further into the wild than just the Cripple Creek area. Today, many of these wild donkeys choose to traverse the area around 11 Mile Reservoir west of Colorado Springs and northwest of Cripple Creek. Visitors who go to the reservoir can often see some of these donkeys carelessly grazing the fields around the water.

References:

A History of Horses in America
<https://tinyurl.com/y3ufk5dx>

Where Are There Wild Horses in Colorado?
<https://tinyurl.com/5fjf7vf2>

Northwest Colorado wild horse roundup ends with 70% of the herd removed from Sand Wash Basin
<https://tinyurl.com/bder5sff>

BLM to remove 80% of wild mustang herd from Sand Wash Basin in Colorado's second helicopter roundup of the summer
<https://tinyurl.com/y8h48vv7>

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



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 Healthier* 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

Crossword Puzzle

2nd April

ACROSS

- 1 Liquid rock
5 High roller's perk
9 Reveal one's poor physical condition
13 Scotland, in Gaelic
17 Muslim priest
18 "Jaws" boat, with "The"
19 Dramatizes extravagantly
21 Birthmark
22 Large quantities
23 Esses and zees, e.g.
24 Early bouts, for short
26 Jeanne et Genevieve: abbr.
28 Jewel chest
29 "Am I Wrong" duo, ___ & Vinz
30 Morse code sounds
31 "The Secret Life of Bees" author

- Sue ___ Kidd
32 Thai chicken dish
34 Larson of "Room"
35 Juror challenge
39 "London Fields" author
40 "___ Love" (2002 Adam Sandler film)
42 Camera type: abbr.
43 ___ Saud
44 Smuggler wanted by Jabba the Hutt
45 Tennessee's state flower
46 Amenhotep's deity
47 Disney's Simba, e.g.
49 1965 Sonny and Cher song
52 Sympathetic attention
53 Cartoonish sneeze
54 Wind dir.
55 Megalopolis creator
59 Goes to a

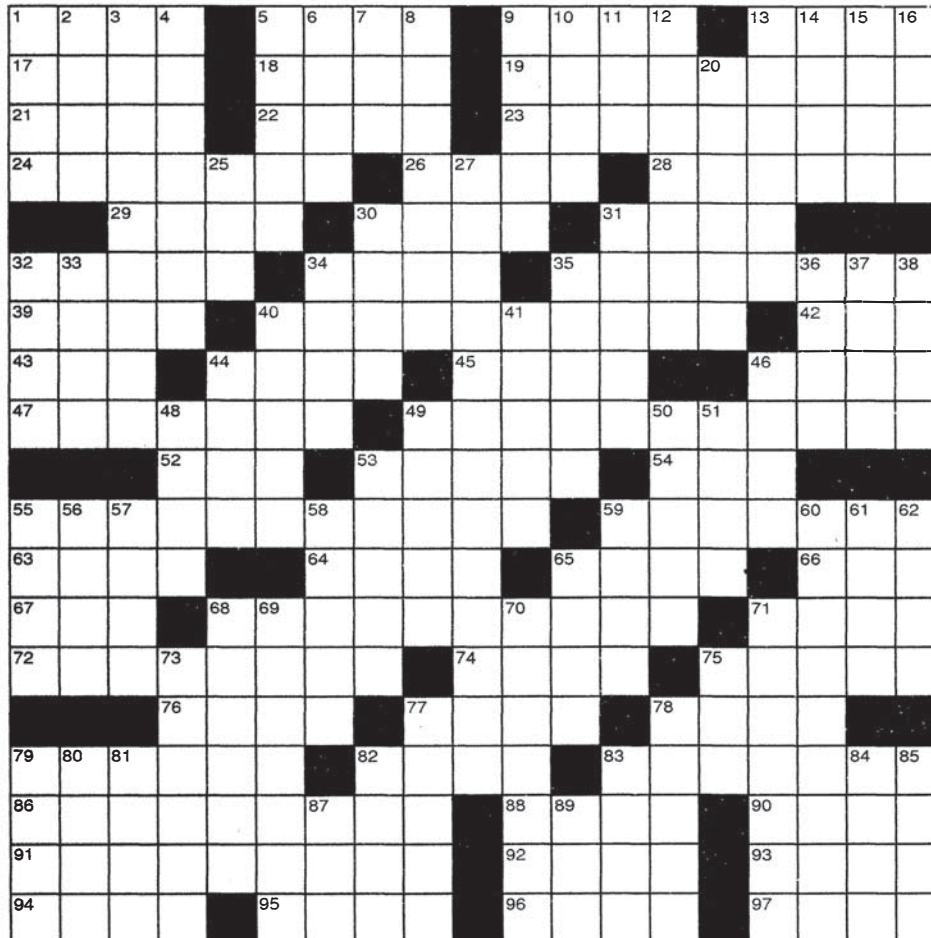
- restaurant
63 Party horn sound
64 Sicilian smoker
65 Michigan town
66 Computer security agcy.
67 A long, long time
68 Thackeray work
71 Dodge
72 ___ poisoning
74 Harris and Allen
75 Comedienne Radner
76 Farmland unit
77 Respectful address
78 Goddess of youth
79 Endure
82 Henry VIII's quest
83 Signore Armani
86 Unselfish ones
88 Ivan the Terrible, e.g.
90 Soil: prefix
91 Indian carving
92 "Alas!"
93 Office gofer, often
94 Back

- 95 Boasters' giants
96 Lack
97 Harem rooms

DOWN

- 1 Sagging
2 "___ Bandido" (1979 film)
3 "The Sheik" hunk
4 Earhart et al.
5 Kramer's first name
6 Mesabi Range products
7 Label for Tom Petty and the Who
8 North Jersey city
9 Says "cheese"
10 They try harder
11 Carson's home state: abbr.
12 Early American headwear
13 49th state
14 Long and lean
15 Bunch of bits
16 Part of TA
20 Quantum theory pioneer Max
25 Frigid

- 27 Alfred Noyes poem
30 First Bond film villain
31 Like Adrian Balboa
32 Go by boat
33 Both: prefix
34 Garlic sprout
35 Crunchy corn chip
36 Court gp.
37 Oscar Madison, e.g.
38 Irish lake
40 Teems
41 Dribble
44 Examine closely
46 Director Burrows et al.
48 Without "rocks"
49 "___ Give You Anything But Love"
50 Very happy
51 Biblical preposition
53 Clarinetist Shaw
55 Lone Star campus: abbr.
56 Essential part
57 "With or Without You" singer
58 Pasta choice
59 Yalies
60 Like a unipod
61 Manipulated
62 Reid of "Sharknado"
65 Serene
68 Carpet cleaner
69 Ventilating tube
70 Devour
71 Musical pulsation
73 Defaced
75 Former brand of Chevy compacts
77 Cager Malone
78 Expanded one's staff
79 Tub activity
80 Wells group
81 Env. notation
82 WWII battle site
83 Ready and willing
84 "The Joy of Cooking" author Rombauer
85 "How clumsy of me!"
87 Soak
89 "___ Bop" (Cyndi Lauper hit)



freedailycrosswords.com



WINSLOW★COURT

A STELLAR LIVING COMMUNITY

Independent and Assisted Living in the heart of Colorado Springs

COME
TOUR
TODAY

Resident Driven Programs, Events,
and Activities
Pet Friendly with Gated Dog Park
All-Day Dining
Transportation
Mature Landscaping
Large Multi-Purpose Areas
Guest Suite Available
Weekly Linen & Towel Service
Utilities Included (Except Phone)
24 Hour Staffing & Emergency Response

3920 E San Miguel St, Colorado Springs, CO 80909

CALL 719.597.1700

GET MORE OUT OF LIFE

OTICON | More

With the all-new rechargeable
Oticon More™ hearing aids

LOWEST PRICE
GUARANTEE

now only
\$1695 ea.



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

HEAR WELL

719-576-1449 • www.hear-well.com

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

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



(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

What Have We Learned About Our Money Over the Last Two Years?



By Money Coach Bill Stanley

There have been many problems and issues in 2020 and 2021: COVID, insurrection, polarization, at home learning, Zoom meetings, global warming, disruptions from the “normal.” What have we learned and how does what we have learned affect our Money Life?

Our Job:

Some workers had to work from home. Many loved it and don’t want to return. Many enjoy the social contact at work and want to return.

Workers are unhappy. Workers are quitting their jobs at a record rate. Almost half of teachers are thinking of leaving their jobs (Fortune).

Employers are unhappy. There are more job openings now and many employers are having a hard time hiring people to do the work.

Many jobs are threatened/alterd by supply chain and consumer purchasing decision issues.

Our Job Takeaway:

Our work life is likely to be disrupted. We need to be flexible. We need a plan B and a Plan C. We need the income. (Money Coach is my sixth career; my book, the seventh, my Foundation, number eight.)

We need a substantial emergency fund to cover expenses if/when we are between jobs.

We need a plan and funds to take care of young children when remote learning is dictated.

Education is still a key component for obtaining and keeping a job. It is not “once and done,” but an ever-continuing task. Artificial Intelligence will change everything. We must be prepared.

Our Investments:

Even though COVID and other things have affected our economy and investments, the stock market (remarkably) has continued to go up. The S&P index of stocks rose 27% in 2021, a remarkable investment year.

Our Investments Takeaway:

We need to put money aside for the future. For every year we work now, the money must pay for that day and a day in the future when we will be “retired” or not earning the same level of income.

The stock market goes up; the stock market goes down. We need to assess our tolerance for risk if we lose a lot of money on our investments. Diversification is key. Not putting all your money eggs in one basket is key. Knowing what we are doing is key. Not using a financial person who is a fiduciary is key (fiduciary = one who by law must put you first; one who does not make a commission on financial products). The best plan is to invest in a diversified mutual fund or Exchange Traded Fund (ETF) on a regular basis, the same amount of money monthly or quarterly.

Our Retirement:

Social Security payments are going up 5.9% for 2022.

For 2022, the portion of your Social Security payment taken out for Medicare is going up 14.5%, the highest in history.

For many/most, retirement no longer means stop work and start play. Retirement means less work/different work.

Our Retirement Takeaways:

Don’t rely entirely on Social Security for paying your expenses in retirement. Social Security is positioned to pay roughly 40% of your expenses.

Put off starting Social Security will increase your monthly payments substantially. But how are you going to pay the bills?

How to pay for expenses when income is gone or smaller needs planning and intelligence and spousal cooperation. Ten to fifteen years before retirement (your definition), sit down with a financial advisor (one who advises, not one who sells), and discuss your financial situation and your financial plan. Don't wait until three years before retirement to find out you need a miracle worker, not a financial advisor.

Our Money:

You and only you are responsible for your money. You must educate yourself and your children on money basics. And please help your Money Coach make it mandatory that High School students have Financial Literacy classes in order to graduate. Write a letter to the Governor.

Our Money Takeaways: the old rules still apply:

You must track your expenses and compare them to your income and your goals. Start by determining expense categories and then assign each dollar spent to a category. Record spending dollars for three months and then determine average money spent per category.

Stop spending money unnecessarily. Paying for a gym membership, and you don't go, cancel it. Paying for magazines you don't read or TV you don't watch, cancel them. Paying for electricity you don't need, then turn off all of the lights when you leave the room. Paying for coffee at Starbucks every day, then drink the free coffee at work or make your coffee at home.


Spend money on things you really need. Start a 529 College Savings Plan for yourself, your children, your grandchildren. Your best investment is education. Your best education comes from travel to different cultures. Don't stay in a five-star hotel; get to know and appreciate the locals.

Pay yourself first. Saving and Investing should be the first item on your budget. Don't wait until the end of the month because there will be no money left.

Husband and wife should schedule periodic Money Talks to discuss family money. Include the kids and remember, the kids watch everything you do. Do your money right and they will have a better chance of doing their money right in the future.

We have learned the future is uncertain.

We must prepare ourselves personally and financially with whatever we face. Education, confidence, and action are what you need to address the ever-changing situation you and your family will be facing.



Silver Key™ Reassurance+

Reassurance+ provides ALL seniors a hot meal, 1-2 hours of companionship, and Porchlight digital connections to help them remain independent with dignity, in their own home for as long as possible. Affordable rates and no minimums. Learn more:

silverkey.org/reassurance
or call our
Silver Line: 719-884-2300

Let Us Remove the Worry So You Can Move on With Life!

Whether you are downsizing or relocating residences, **Goodwill of Colorado's Things Forgotten Not Gone** offers comprehensive and professional services managed by our experienced, licensed and detail-oriented staff—including ...

- **Full-Scale Move Management:** So, you can relax and enjoy your new home from day one!
- **Consignment Sales:** We manage all aspects of personal property sales with customizable pricing options.
- **House Clearings & Organizing:** We take care of ALL the details while giving your timeless and treasured items our "white glove" treatment.



Goodwill of Colorado's Senior Move Service
Things Forgotten
—Not Gone

Serving our community since 2005. Licensed and insured.

**Call or visit us online for a
FREE consultation: 719-428-9271
ThingsForgottenNotGone.com**



Faith Through Older Eyes: *Love is Ageless*

By Nancy Parker Brummett



As we age we keep discovering things it may be too late to do. I, for one, seem to have lost my ability to thread a needle without help. And that fourteener I was going to climb “someday?” It majestically looks down on me and taunts, “Too late, sister!” The very elderly among us could come up with a much longer list, so it’s important to remind them, on Valentine’s Day and all year, that it’s never too late to love or be loved because love is ageless. Not only might our ability to love

remain strong in our old age, but like a fine wine, it develops subtleties and nuances it might not have had earlier in life. We love with a richness infused with wisdom, understanding, and forgiveness. And we pray to be so loved in return.

Although some elders may be looking for a spark of romantic love in their golden years, most are content with the abiding love they have for their family, friends, country, and for those who are Christians, their Savior. We need to remind them to watch for ways love is expressed in the world, and encourage them, whatever their limitations, to seek opportunities to love others each day. Ways like these:

Two women who faithfully attend an assisted living Bible study are conspicuously absent. The leader learns one of the women isn’t feeling well and the other wants to sit with her. That’s love.

A homeless man divides a roll he was given with hands wearing holey mittens, and gives half to his homeless friend next to him. That’s love.

A woman with a houseful of kids to feed takes the time to make some soup for the elderly neighbor next door who is ailing. That’s love.

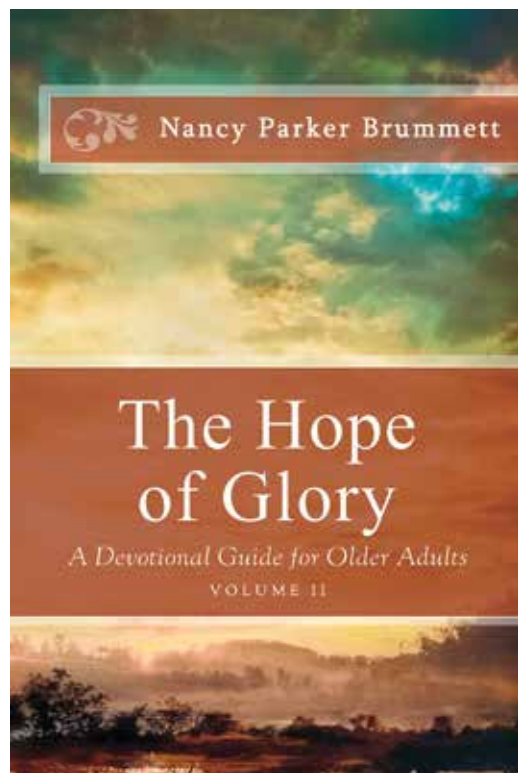
A husband visits his wife in a care facility every day even though she no longer remembers him or their 60-year marriage. That’s love.

A woman who recently lost her husband comes home to find that her family has spiffed up her home and yard. That’s love.

In 1 John 4:19 we read, *We love because he first loved us.* That’s the kind of love we can see in our world when we look for it—the kind of ageless love worth celebrating on Valentine’s Day and always.

Excerpted in part from The Hope of Glory, Volume II, coming in March, 2022.

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



**BATH
FITTER®**

Book your **FREE**, no obligation design **CONSULTATION** today!

303-943-9913

FITS YOUR *life*

with a safe and spacious new shower or tub

With our unique tub to shower conversion, easy access shower or tub, there's no disruptive demolition or lengthy renovation. At Bath Fitter, we care about your safety, offering grab bars, easy-to-reach shelving, and seating options. Why have over two million people brought Bath Fitter into their home? It *Just Fits*.



It Just Fits™



Easy Access Shower



Tub to Shower Conversion

~~SAVE 10% OFF
UP TO \$500*~~

**SAVE 15% OFF
UP TO \$1000***

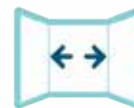
OR

**60 MONTHS
SPECIAL FINANCING***

*With approved credit. Ask for details.



For as long
as you own
your home



Seamless
walls



In as little as
one day



replacements
and walk-in
showers



Proud Member Of
**Senior
Resource
Council**
Sharing Strengths & Supporting Seniors



©Registered trademark of Bath Fitter Franchising Inc. *Save 15% up to \$1000. Special offer good on the purchase of a bathtub or shower, wall and faucet kit. One offer per customer. May not be combined with any other offer. Offer must be presented at the time of estimate. Previous orders and estimates excluded. Offer valid at the above location only. Subject to certain limitations, see design consultant for details. Offer valid until 04-30-2022.

Ten Vital Relational Needs

By Frank Sinclair



As we venture into a new year, I believe if we are to level up our lives and our businesses, we will have to level up our relational lives. Make no mistake, there is absolutely no way to step up your life and movement apart from relationships.

Encouragement is something everyone needs in their lives, everyone, there are no exceptions. In order to properly encourage others, we need to know what motivates people and creates encouragement in them. I believe the following ten relational touch points will help any willing person better understand how to create encouragement in others.

1. **Comfort** – *Giving Strength and Hope; Easing the Grief or Pain; Hurting with; Consoling.* The human need for comfort is one of the most critical and perhaps most misunderstood needs today. Culture is riddled with pain; it is vital that we learn and practice how to love and comfort troubled people. Everyone suffers physical and emotional pain in life. This is not about trying to “fix” people, correct them, or motivate them with a pep talk. Which helps, but it’s not comfort.
2. **Attention (Care)** – *Taking Thought of Another and Conveying Appropriate Interest and Concern; Entering Another’s World.* Everyone needs attention to some degree. Love is expressed when we meet this valid need for attention in others.
3. **Acceptance** – *Deliberate and Ready Reception with a Favorable Response; Receiving Willingly; Regarding as Good and Proper.* We all have a deep relational need for others to accept us for who we are “warts and all”.
4. **Appreciation** – *Recognizing with Gratitude; Communicating with Words and Gestures Personal Gratefulness for Another Person; Precising.* Everyone needs to hear and sense the praise and gratitude of others. Affirmation and praise helps us to connect with others if offered genuinely.

5. **Support** – *Coming Alongside and Gently Helping tarry a Problem or Struggle; Assisting; Providing For.* People often feel more needy and alone in times of high stress than at any other time in their lives. Trying to balance a hectic schedule of work, family obligations, home upkeep, and so on. Add a surprise layoff or a major move, conflicts with neighbors or coworkers, a serious illness, a death in the family or financial crisis, and you have a high-stress situation. People under these conditions often feel alone, friendless, and lost. We have the responsibility to provide support for those in need when the times are tough.
6. **Encouragement** – *Urging Forward and Positively Persuading toward a Goal; Inspiring with Courage, Spirit, or Hope; Stimulating.* Discouragement is a common human affliction. It can set in when we lose sight of a goal or when we lose hope through disappointment, frustration, rejection, or failure.



Discouragement can set in when life just seems to be more than we can bear. We need to encourage one another.

7. **Affection** – *Communicating Care and Closeness through Physical Touch and Affirming Words.* From the moment of birth, we reach out for the warm embrace of a mother's arms. From infancy through childhood and into adulthood the need for affection does not disappear. Touching somehow reconnects us with one another, makes us feel close, and removes our aloneness. Obviously, affection has to be appropriate and agreed on action.
8. **Respect** – *Valuing and Regarding Highly; Conveying Great Worth; Esteeming; Honoring.* We communicate respect as we value another's ideas and opinions as we affirm another's strengths and gifts. We also show respect for others by respecting their privacy, property, and time.
9. **Security** – *Freedom from Harm, Danger, And Fear; Putting beyond Hazard of Losing, Want*

or Deprivation; Confidence of "Harmony" in Relationships. We experience security when we feel safe and sense that we will be provided for and cared for. We build security in relationships when we say through our lives, "I am committed to be here for you, and to meet your needs both now and in the future".

10. **Approval** – *Affirming as Satisfactory; Giving Formal Sanction to; Expressing a Favorable Opinion; Approving Of.* Approval places value on the qualities that enable success, qualities like determination, persistence, creativity, reliability, attention to detail, etc. Expressing genuine approval requires that we really know a person. It is not enough just to know about him or her.

I hope though not exhaustive, that this list would help you to recognize your own needs and be more cognizant of the needs of others.

"Be Encouraged"



Reassurance+ provides ALL seniors a hot meal, 1-2 hours of companionship and Porchlight digital connections, to help them remain independent with dignity, in their own home for as long as possible. Affordable rates and no minimums. Learn more:

silverkey.org/reassurance
or call our
Silver Line: 719-884-2300

The Best Cheese Fondue Recipe:

There are so many fondue cheese recipes out there. This easy fondue cheese recipe is the classic Swiss cheese fondue featuring Gruyere and Emmentaler cheeses.

Ingredients

- | | |
|--|---|
| 1 Large Clove Garlic
Sliced in Half Lengthwise | 16 ounces Gruyere Cheese - Grated |
| 1 1/2 Tablespoons Kirschwasser
(or Cherry Brandy) | 8 ounces Emmentaler cheese
(or Swiss) - Grated |
| 1 Teaspoon Fresh Squeezed
Meyer Lemon Juice | 1 1/4 Tablespoons Cornstarch |
| 1 Cup Dry White Wine (Chardonnay,
Sauvignon Blanc or Torrontes) | Pinch of Kosher Salt |
| | Nutmeg - Freshly Grated |
| | 1/8 Teaspoon Fresh
Cracked Black Pepper |

Rub the bottom and halfway up the sides of your fondue pot generously with both halves of the garlic clove, then discard the garlic. Place both grated cheeses inside the fondue pot, add in the wine, sprinkle with cornstarch. Cook over medium heat until the cheese melts, stirring frequently until combined.

Add in the kirsch, salt, black pepper, and 4 healthy grates of nutmeg. Cook for an additional 3-4 minutes, then add in the lemon juice. Continue stirring gently until completely smooth. Turn the heat down to medium-low, and serve immediately.

What Should I Dip in Cheese Fondue?

Farm fresh organic vegetables raw or steamed, oven-roasted pebble or fingerling potatoes, grilled crusty bread cubes (sourdough, ciabatta, rye, day-old baguette), pears, cornichon, slices of cooked chicken or ham.

What Other Cheeses Can I Use in Fondue?

You can use virtually any high quality, non processed cheese that melts well. Some of these can be cream cheese, smoked Provolone, Quebec Oka, Port Salut, Aged English or Irish Cheddar, Cave Aged Stilton, etc. You want to avoid the highly processed, low-quality cheeses such as American, Monterey Jack, or anything labeled as "cheese food".

What Can I Add to the Cheese Fondue Recipe?

Some delicious favorite flavorful add-ins for cheese fondue are cooked bacon, sauteed mushrooms & shallots, stout beer, chorizo, chiles, spicy whole grain mustard.



Directions

Decadent Dark Chocolate Fondue Recipe:

Ingredients

- 8 ounces 60% Dark Chocolate - chopped
- 1 Tablespoon Madagascar Bourbon Vanilla Extract
- 1/2 Teaspoon Kosher Salt
- 2 Cups Heavy Cream - 40% fat or higher
- 6 ounces 72% Dark Chocolate - chopped
- 1 Tablespoon Bourbon Whiskey, Brandy, Gran Marnier, or Liqueur

Directions

Over medium heat, combine the heavy cream, salt, vanilla extract, and alcohol, until it barely simmers around the edges of the pot. Turn the heat down to low.

Add in the chopped chocolate, and stir until completely smooth. Maintain a temperature of 115 degrees F to keep the recipe for chocolate fondue in temper and prevent scorching.

What Do I Dip in Chocolate Fondue?

Almost everything tastes better dipped in warm delicious chocolate! Fresh organic fruit such as apples, oranges, berries, grapes, chunks of buttery pound cake, salty pretzel rods or sticks, homemade marshmallows, cookies, and graham crackers.



CASH AND
SENIOR
DISCOUNTS!

HIGHEST QUALITY DENTURES/PARTIALS

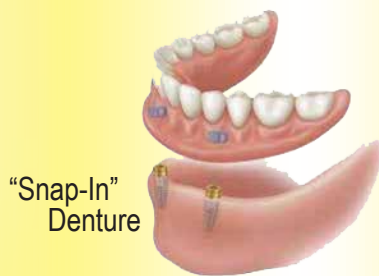
21st Century Dentures/Partials made

...the Old Fashioned Way

"One at a Time, with YOU in Mind!"

- Do you have sore spots?
- Dentures 7 years old or older?

- Do you want more stable Dentures?
- Is cost preventing you from getting a new set of dentures?



"Snap-In"
Denture



Single Tooth
Implant with Crown

**Medicaid Pays
for Dentures & Partials!**

ALPINE DENTISTRY

Professional Denture Services
FOR INFO AND SCHEDULING

719-536-0599
MyColoradoDentist.com



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

AgeWell Medical Associates has Pfizer COVID vaccine available for initial vaccinations or booster shots.

Call **719-475-5065** to schedule an appointment today.

Now scheduling new patient appointments for patients age 60 and up!

- 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**

Hot Oil Meat Fondue Bourguignonne Recipe

Hot oil fondue, also known as Fondue Bourguignonne, or meat fondue, primarily consists of meats cooked in bubbling hot oil, then dipped in an array of flavor-rich sauces. The most commonly used meats for meat fondue recipes, oil fondue, or fondue Bourguignonne are filet mignon (beef), chicken breast, pork tenderloin, veal cutlets, you can also use peeled & deveined shrimp as well. The meats are sliced into thin slices, placed onto the fondue forks, and plunged into the hot oil until completely cooked through.

Ingredients

- 3 1/2 cups Vegetable Oil
- Assorted Meats (suggested above)

Directions

Place the vegetable oil into your fondue pot. Heat on high until the oil reaches a temperature of 350 degrees F. Cook the meat in the oil until desired brownness level and safely cooked through.

What Dipping Sauces Are Good With Meat Fondue?

Some modern delicious twists on dipping sauces for oil fondue Bourguignonne include Brazilian chimichurri, Asian sweet chili sauce, Japanese Teriyaki, Horseradish roasted garlic aioli, Mexican Salsa Verde, Curry Oil. For a classic French twist, use a Béarnaise or Hollandaise sauce.



Roasted Garlic & Broth Fondue Recipe

Broth Fondue is very similar to oil fondue in that the meat is cooked in hot broth. Similar lines to Chinese Hot Pot. With this recipe for broth fondue, I'm turning the flavor profiles way up with an infused of roasted garlic. For this recipe you can use any type of stock you wish, the richer the stock you use, the more depth of flavor you will have. You can make broth fondue with vegetable, chicken, beef, or pork stock. I always suggest using homemade stock if you can, but if you choose to use store-bought stock, always use the low sodium variety.

Ingredients

- | | | |
|---|---|---|
| 2 Heads of Elephant Garlic
(or 3 regular garlic heads) | 3 Shallots, Peeled & Chopped | Tempranillo red wine) |
| 2 Tablespoons Extra Virgin Olive Oil | 1/2 cup Pedro Ximenez Sherry
(you can also use dry sherry or | 6 to 8 cups stock (flavor of your choosing) |
| | | Kosher Salt & Black Pepper to taste |

Directions

Preheat your oven to 375 degrees F. Leaving the garlic unpeeled and intact, slice the garlic head equatorially directly in the center. Sprinkle a scant pinch of kosher salt and black pepper on each garlic head half and drizzle with 1 tablespoon of olive oil. Place the two halves back together, and wrap tightly in heavy-duty aluminum foil. Place the garlic foil pouches onto a sheet tray and bake for 35-45 minutes or until the garlic is completely tender and begins to slightly caramelize.

Remove the garlic pouches from the oven and open them to cool for 20 minutes. Be careful when opening the pouches to avoid a steam burn. In your fondue pot over medium-high heat, add in the remaining tablespoon of oil and the chopped shallot. Add in a pinch of kosher salt and black pepper. Sautee the shallots until nicely browned, deglaze the pan with the sherry wine and scrape up any fond off the bottom of the pan with a wooden spatula. Continue cooking the onions and wine until visually reduced by a little bit more than half.

Next squeeze the garlic paste out of the heads of garlic and into the fondue pot. Add in the stock. Adjust the temperature on your fondue pot to a simmer, with a minimum broth fondue temperature of at least 150 degrees Fahrenheit.



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

EVE COURSON, REALTOR®



Senior Real Estate Specialist

719.663.1165

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



KIND HEART HOME HEALTH CARE

"Providing non-medical services, homemaking
services and limited personal care"

Kind Heart Home Health Care, LLC.

6170 Lehman Dr., Ste #103

Colorado Springs, CO 80918-5486

Phone: **719-622-1708**

Email: kindheartthc@hotmail.com

Fax: 719-597-5170

www.kindhearthomehealthcare.com

Don't Stress When Downsizing

Goodwill's Things Forgotten Not Gone

offers a complete range of professional moving,
downsizing and consignment services managed
by our experienced, licensed and bonded staff.

Call or visit us online for a
FREE Consultation: 719-428-9271



Goodwill of Colorado's Senior Move Service
**Things Forgotten
Not Gone**

ThingsForgottenNotGone.com

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

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

Humana

Y0040_GHHHXDFEN21_GEN_SOC_C

*No obligation to enroll.

100 word story When the Solid Gives Way

By Kathleen Latham

The dog trotted onto the frozen pond to fetch an errant stick. That is how I picture it, at least. The boy trudging along the snow packed shore. The arc of the stick against crystalline sky. The dog tracking its path, eager paws scrambling. The bounce of the stick-once, twice-spinning and spinning. The dog's oblivious disregard of depth and strength and gravity. I picture the boy's measured steps forward, hands outstretched like the blind. Imagine the plunge into needle-fingered cold. Heavy boots. Heavy coat.

Later, the dog came back alone. Sodden and shivering, fracturing our lives like ice.

? Brain Teasers ?

Q1: What word begins and ends with an E
but only has one letter?

Q2: What type of cheese is made backward?

Q3: I'm tall when I'm young and I'm short when I'm old.
What am I?

Q4: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower - everything was pink!
What color were the stairs?

Q5: Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?

Q6: Mike is a butcher. He is 5-foot-10-inches tall.
What does he weigh?

Answers on page 40

Calendar of Events for February 2022

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

The Haute Chocolate Hop

What: On February's First Friday Downtown, treat yourself to a progressive dessert tasting and art walk at more than a dozen participating galleries and Downtown venues. Presented by Downtown Partnership of Colorado Springs

When: Feb 4, 2022 at 05:00 pm - 08:00 pm (Fri)

Where: Downtown Colorado Springs 1 N Tejon St,

Phone: (719) 886-0088

Cost: \$10



Downtown Walking Tour: Making History Downtown

What: Presented by Downtown Partnership of Colorado Springs and Colorado Springs Pioneers Museum at Story Coffee Co., Colorado Springs CO Facilitated by the Colorado Springs Pioneers Museum, this tour explores the meaning of Downtown for previous generations and tour participants' own lives, as they consider stories of celebration and protest, identity and belonging, entrepreneurship, and traditions. Hour-long guided tour introduces the historic landmarks, contemporary artwork, and cultural highlights of Downtown.

When: Feb 5, 2022 at 10:00 am - 11:00 am (Sat) | Participants are encouraged to arrive at 9:30 a.m. to enjoy a free coffee beverage of their choice (included in ticket price). Tour begins promptly at 10 a.m. at Story Coffee.

Where: Story Coffee Co. 120 E. Bijou St., Colorado Springs, CO 80903

Phone: (719) 886-0088

Email: info@downtowncs.com

Cost: \$10 admission includes free beverage.



The Colorado Springs Pioneers Museum Guided Tours: Black History Month

What: presented by Colorado Springs Pioneers Museum at Colorado Springs Pioneers Museum, Colorado Springs CO

When: Feb 5, 12th, 19th and 26th 2022 at 11:00 am - 11:45 am (Sat)

Where: Colorado Springs Pioneers Museum | 215 S. Tejon Street, Colorado Springs, CO 80903

Phone: (719) 385-5990

Email: cosmuseum@coloradosprings.gov

Cost: Free

Hope Lives Here Annual Sweetheart Ball Fundraiser

What: The Sweetheart Ball has always been a semi-formal gala which is arguably the signature social event of the year in Teller County. It is a place to see and be seen, as well as a truly magical evening for all of the 200 plus attendees who continue to return year after year. This year a gourmet meal will again be provided by The Swiss Chalet Restaurant. Dance music will be provided by Tiny Barge and an awesome local band. In addition, all attendees will have the opportunity to bid on silent auction items, which will include beautiful condos; impressive works of art from talented local artisans; gift certificates to major area restaurants and businesses; sporting event tickets and many other great items.

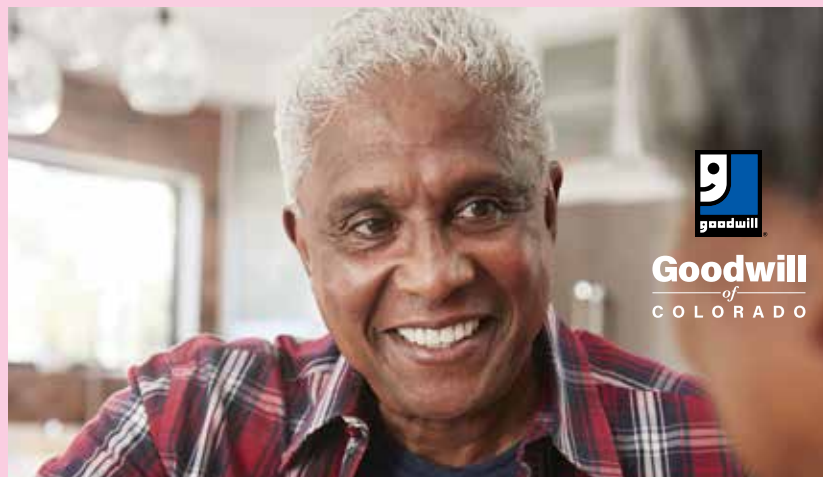
When: February 5 | 4:30 p.m.

Where: Shining Mountain Golf Course Woodland Park, CO

Cost: You are invited to attend this gala event at a cost of \$75 per person, \$150.00 per couple, or to reserve an entire table, consisting of eight guests and 2 bottles of wine, for \$700.00.

Phone: Every year the Ball is sold out quickly, so please call the HtN – Hope Lives Here office at 687-7273 to ensure that you are added to the waiting list. Everyone who attends is sure to experience a delightful evening of socializing, great food, dancing, and fun.





Your Life Your Way Homecare

- In-Home Support Services (IHSS)
- Independent Life Skills Training (ILST) 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

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


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

1460 Garden of the Gods Rd., Colorado Springs, CO 80907

DayBreak

An Adult Day Program

Now providing transportation



Love Patience Acceptance
Respect Humor Community

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

404 N. Highway 67
PO Box 4777 | Woodland Park, CO 80866
719.687.3000 | www.daybreakadp.com



KIND HEART HOME HEALTH CARE



Kind Heart Home Health Care provides non-medical services, homemaking services and limited personal care. Our care providers are very loving, understanding and caring.

Our personal care worker will assist and/or help with:

- Personal hygiene, dressing, assistance with bathing, and other daily tasks.
- Transportation arrangements (as needed).
- Cooking meals.
- Observe and report on patient condition.
- General light housekeeping.
- Grocery and supply shopping.
- Medication and/or appointment reminders.

Always hiring.

Kind Heart Home Health Care, LLC.

6170 Lehman Dr., Ste #103 Phone: 719-622-1708

Colorado Springs, CO 80918-5486 Email: kindhearthhc@hotmail.com

Fax: 719-597-5170

www.kindhearthomehealthcare.com

Carnelian Coffee Book Club

- What:** Join us for the in-person Carnelian Coffee Book Club, facilitated by the Pikes Peak Library District. Multiple copies are available through PPLD. February's selection is *The Vanishing Half* by Brit Bennett.
- When:** Feb 6, 2022 at 01:00 pm - 02:30 pm (Sun) Approx. One hour
- Where:** Carnelian Coffee 2428 West Colorado Avenue, 80904
- Email:** jpaisley@ppld.org
- Cost:** Free

Colorado Springs Conservatory Chamber Concert

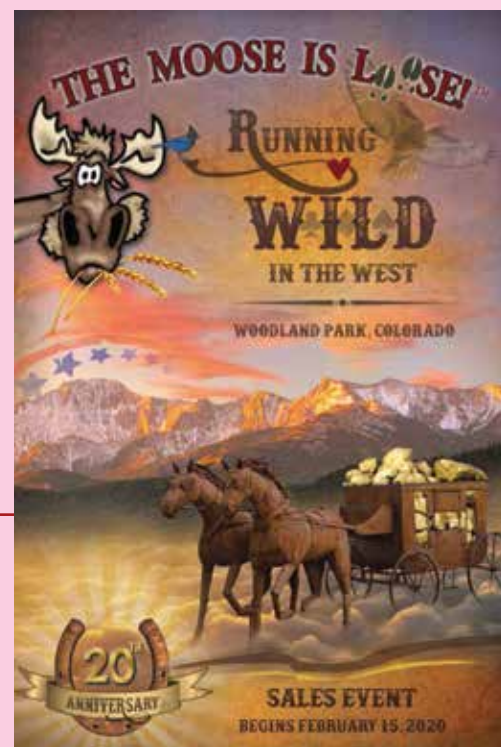
- What:** An evening of Classical Music with Conservatory Featuring: Dr. Adam Haas (Piano), Silvana Ferrarin (Viola), April Heckmann (Violin), Esther Cook (Cello), and friends.
- When:** Feb 8, 2022 at 07:00 pm (Tue)
- Where:** Warehouse Restaurant & Gallery 25 W Cimarron St, Colorado Springs, CO 80903
- Email:** smarble@csconservatory.org
- Web:** coloradospringsconservatory.org
- Cost:** Adults: \$20 Student (17 & under): \$5

Yesterday: A Tribute to the Beatles

- What:** Presented by Stargazers Theatre & Event Center. Yesterday – The Beatles tribute encompasses all eras of Beatles music from The Hamburg days through the Shea Stadium performances into pop history's magical Sgt Pepper album and beyond.
- Cost:** \$25
- Phone:** (719) 476-2200
- Email:** info@stargazerstheatre.com
- When:** Feb 12, 2022 at 07:00 pm - 10:00 pm (Sat)
- Where:** Stargazers Theatre & Event Center 10 S. Parkside Drive, Colorado Springs, 80910

The Moose is Loose Woodland Park Sale

- What:** Wheeeew! What a RIDE it's been!
Thankfully, I made it to PARADISE in the MOUNTAINS. As fate and fortune have it, I'm here every February. This year, more in-love than ever! I LOVE WP. My expectations are as high as the air is crisp. The natural beauty is my, ahhhhh, breathe-it-in, GET-AWAY. There's so much to do, it's like a RESORT in our very own BACKYARD.
Fabulous fashion to fancy our fannies
Dance lessons to kick up our hooves
Food and drink tastings sure to raise our spirits
Super duper deals at unique shops and stops
Games, contests and activities GALORE
Who could ask for more?!
I'll be in town for the next three weeks, keepin' my antlers
Above the Clouds. Come find me!
- When:** February 12-27
- Where:** Downtown Woodland Park



Springs Contemporary Jazz Big Band

What: Head to Lulu's Downstairs for Colorado Springs' hottest big band on the 1st and 3rd Wednesdays. Springs Contemporary Jazz Big Band is a 17-piece big band made up of Colorado Springs' top Jazz musicians. Join us for dinner, drinks, and some hot jazz!

When: Feb 16, 2022 at 06:00 pm - 08:00 pm (Wed)

Where: Lulu's Downstairs 107 Manitou Avenue, Manitou Springs, CO 80829

Phone: (719) 424-7637

Email: lulusdownstairs@gmail.com

Cost: Free.



Voices of the African Diaspora

What: The Chamber Orchestra of the Springs present a tapestry of sound emerging from centuries of the Black Experience in partnership with Art Song Colorado. This performance is presented in honor of Peggy Shivers. Featuring: Stephanie Ann Ball, GeDeane Graham, and Marcus King

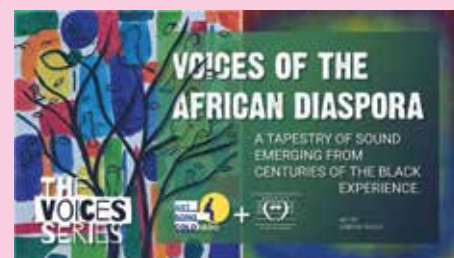
When: Feb 19, 2022 at 03:00 pm - 05:00 pm (Sat)

Where: First Christian Church - 16 East Platte Avenue, Colorado Springs 80903-1221 .

Phone: (719) 633-3649

Email: chamorch@gmail.com

Cost: Free



February Forest Bathing Walks

What: Experience the therapeutic practice of Shinrin-yoku and awaken your senses with a slow, mindful walk through the woods and a beautiful tea ceremony. Presented by Bear Creek Nature Center.

Cost: \$20 per member \$30 per nonmember

What: (719) 520-6388

What: maryjolewis@elpasoco.com

When: Feb 19, 2022 at 01:00 pm - 03:30 pm (Sat)

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

Melange Duo

What: Listen in as this flute and guitar duo plays Latin and traditional jazz with a twist!

When: Feb 12, 2022 at 06:00 pm - 08:00 pm (Sat)
Feb 18, 2022 at 06:00 pm - 08:00 pm (Fri)
Feb 26, 2022 at 06:00 pm - 08:00 pm (Sat)

Where: Black Forest Bistro - 6750 Shoup Road, Black Forest CO 80908

Phone: Please phone the Bistro for reservations at (719) 459-7884

Email: scvancamp@msn.com

Cost: FREE



Manitou Springs Carnivale & Mumbo Jumbo Gumbo Cook-Off

What: Celebrate Mardi Gras with delicious gumbo in lovely Manitou Springs and a wonderful Carnivale festival. Top home and pro chefs alike will compete in the 25th annual Mumbo Jumbo Gumbo Cook-Off.

When: Friday thru Saturday, February 25th – 26th, 2022

Where: Manitou Springs Chamber, 354 Manitou Ave.

Web: Mumbo jumbo cook-off in Manitou Springs. Photos: manitousprings.org



Colorado Springs Home Show

What: Meet with Local and National Vendors ready to serve you in your next home improvement project!

What: Fri, Feb 25, 10 AM – Sun, Feb 27, 5 PM

Where: Colorado Springs Event Center - 3960 Palmer Park Blvd, Colorado Springs, CO

March Events

Downtown Walking Tour: Art on the Streets

What: Presented by Downtown Partnership of Colorado Springs at The Wild Goose Meeting House, Colorado Springs
Last chance to tour the 23rd annual Art on the Streets temporary public art exhibit before this year's sculptures and murals are removed to make way for new ones! Each year, this program transforms the streets of Downtown into an outdoor gallery of works from around the world.

When: Mar 5, 2022 at 10:00 am - 11:00 am (Sat).

Participants are encouraged to arrive at 9:30 a.m. to enjoy a free coffee beverage of their choice (included in ticket price).
Tour begins promptly at 10 a.m.

Where: The Wild Goose Meeting House 401 N Tejon St., Colorado Springs, CO 80903

Phone: (719) 886-0088

Email: info@downtowncs.com

Cost: \$10

TāMoko: Traditional Maori Tattoos

What: Presented by PILLAR Institute for Lifelong Learning at Online/Virtual Space.
This class explores tāmoko, permanent body markings as traditionally practiced by the Maori, the indigenous people of New Zealand. In pre-contact Māori culture, many high-ranking persons received moko
Event moderator: Aaron Casey, MPA from the University of Texas at Austin, co-owner of Alterra Global Education Initiatives.

When: Mar 8, 2022 at 02:00 pm - 04:00 pm (Tue)

Where: This presentation is coming to you directly from New Zealand on Zoom.

Phone: (719) 633-4991

Web: www.pillarinstitute.org

Cost: Non PILLAR Members: \$35 PILLAR Members: \$25



Red Hot Chili Pipers

What: Join us at Stargazers Theatre & Event Center for the Red Hot Chili Pipers, the most famous bagpipe band on the planet! Red Hot Chili Pipers are a Celtic rock band from Scotland. Formed in 2002, they became popular internationally in 2007 after winning the BBC talent show When Will I Be Famous?

When: Mar 14, 2022 at 07:00 pm - 10:00 pm (Mon)
Doors open at 5:30PM

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

Phone: (719) 476-2200

Email: info@stargazerstheatre.com

Cost: \$35



Cheyenne Mountain Newcomers Club

- What:** Chelley Gardner-Smith and Colin Gregory will perform "Mr. Short-Term Memory"
- When:** Wednesday, March 9, 2022 - Women's Social Club - Meeting at 9:30 a.m.
Refreshments, Social and Activities Time
- Where:** Broadmoor Community Church, 315 Lake Avenue
- Web:** cmnccos.org
- Cost:** CMNC Annual Membership Dues: \$30



Colorado Springs St. Patrick's Day Parade

- What:** In its 36th year, the Colorado Springs St. Patrick's Day Parade rivals its neighbor in Denver with its biggest community event of the year.
- When:** March 14, 2020
- Where:** Downtown Colorado Springs - The parade starts at noon at the corner of Tejon Street and E. St. Vrain in downtown Colorado Springs. Beyond the parade, there are running and cycling events, plus the Sports & Wellness Expo at the Mining Exchange.



Russian Ballet Theatre Presents 'Swan Lake'

- What:** Come see The Russian Ballet Theatre's breathtaking new production of Pyotrilyich Tchaikovsky's 'Swan Lake'
- When:** March 25, 2022 at 07:30 pm (Fri)
- Where:** Pikes Peak Center for the Performing Arts
190 South Cascade Avenue, Colorado Springs, CO 80903
- Email:** TicketOffice@broadmoorworldarena.com
- Cost:** \$42-\$138



Vivian Gail & David Musante

- What:** Presented by A Music Company Inc. at Blue at Red Gravy, Colorado Springs
The coolest cocktail lounge in Downtown Colorado Springs has live music Friday, Saturday and Sunday. Vivian Gail is a premiere vocalist who specializes in Jazz, Folk, Musical Theatre, and Blues music. She has been singing professionally since 2001 in venues across America. Accompanying Vivian on guitar is David Musante, one of the finest guitarists in the Pikes Peak Region.
- When:** Mar 26, 2022 at 08:00 pm - 11:00 pm (Sat)
- Where:** Blue at Red Gravy - 23 S Tejon St., Colorado Springs, CO 80903
- Phone:** (719) 635-7661
- Email:** george.whitesell@yahoo.com
- Cost:** FREE



Page 33 Brain Teaser Answers:

A1: An envelope.

A2: Edam.

A3: A candle.

A4: There weren't any stairs,
it was a one-story house.

A5: The baby because he is
a little bigger.

A6: Meat.

PLAY SUDUKO

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

Key on page 42.



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

We are located on the west side of "America's Mountain." Nestled into a beautiful mountain setting in Teller County. Here we offer convenient access to modern, urban health care services, fully licensed 24/7 skilled nursing care, social activities, and personal needs care - all within a warm, family-like atmosphere and attitude!

Offering:

Long and Short Term Residency Care

Post Hospital/Surgical/Accident Recovery Care

Caregiver Respite Program ~ Palliative Team Care

In-Facility Hospice Care ~ Rehabilitative Therapy Services

Registered Dietician Approved Menus

Full Residents' Activity Calendar

VA APPROVED ~ Medicare/ Medicaid - Private Pay

700 North 'A' Street Cripple Creek

719.689.2931 www.cc-care.org



Homes starting at
\$409,950.00
Single Floor Living!






Why Choose Omega?

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 Omega 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.omegahomes.com

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

A REVERSE MORTGAGE LOAN is a great way to improve your retirement cash flow 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

For licensing information, go to:
www.nmlsconsumeraccess.org

Dave Paul

Licensed, Bonded, and Insured
Mortgage Loan Originator



Email: Dave@TnCLending.com • web: www.TnCLending.com
1050 Tamarac Parkway • West Wing Suite • Woodland Park, CO

Crossword Puzzle Solution

L	A	V	A		C	O	M	P		P	A	N	T		A	L	B	A
I	M	A	M		O	R	C	A		O	V	E	R	P	L	A	Y	S
M	O	L	E		S	E	A	S		S	I	B	I	L	A	N	R	S
P	R	E	L	I	M	S		S	T	E	S		C	A	S	K	E	T
		N	I	C	O		D	A	H	S		M	O	N	K			
S	A	T	A	Y		B	R	I	E		F	O	R	C	A	U	S	E
A	M	I	S		P	U	N	C	H	D	R	U	N	K		S	L	R
I	B	N		S	O	L	O		I	R	I	S			A	T	O	N
L	I	O	N	C	U	B			I	G	O	T	Y	O	U	B	A	B
				E	A	R		A	C	H	O	O		N	N	E		
U	R	B	A	N	S	P	R	A	W	L		E	A	T	S	O	U	T
T	O	O	T			E	T	N	A		C	L	I	O		N	S	A
E	O	N		V	A	N	I	T	Y	F	A	I	R		V	E	E	R
P	T	O	M	A	I	N	E		M	E	L	S		G	I	L	D	A
				A	C	R	E		M	A	A	M		H	E	B	E	
B	E	A	R	U	P		S	O	N	S		G	I	O	R	G	I	O
A	L	T	R	U	I	S	T	S		T	S	A	R		A	G	R	O
T	O	T	E	M	P	O	L	E		O	H	M	E		T	E	M	P
H	I	N	D		E	G	O	S		N	E	E	D		O	D	A	S

\$75 monthly allowance for groceries



The Healthy Foods Card benefit provides an allowance to purchase approved healthy foods and may help you eat healthier

If you're eligible, Humana plans may be able to help you pay for healthy food to put on the table with the Healthy Foods Card benefit. It's included with the HumanaChoice SNP-DE H5216-267 (PPO D-SNP).

Healthier grocery purchases. Here's how it works:

- Each month, the Healthy Foods Card is automatically loaded with \$75; unspent money doesn't roll over to the next month
- Shop at participating stores for approved grocery items
- Swipe the Healthy Foods Card at the checkout to pay for purchases

Call a licensed Humana sales agent



HUMANA MARKETPOINT OFFICE
719-532-7700 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.

Humana®

**A more human way
to healthcare™**

No amounts on the Healthy Foods Card can be used to purchase Medicare-covered prescriptions or services, nor can it be converted to cash.

Humana is a Coordinated Care plan with a Medicare contract and a contract with the Colorado Medicaid program. Enrollment in this Humana plan depends on contract renewal. Applicable to HumanaChoice SNP-DE H5216-267 (PPO D-SNP). **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)。

*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

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.