

PIKES PEAK

AUGUST - SEPTEMBER 2022

# SENIOR NEWS

LIFESTYLE MAGAZINE FOR THE MODERN SENIOR

Pikes Peak  
SENIOR NEWS

Summer  
Getaway in  
Wyoming

Service Dogs  
Help Vets In Need

What To Do  
About Inflation

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



# Come *Grow* With Us!



We help residents live their best lives daily. That's why we offer 24/7 compassionate care services as well as convenient, on-site amenities. We empower our residents to be as independent as possible while living their lives to the fullest.

**Discover senior living in full bloom at StoneCreek!**



**STONECREEK**  
*of Flying Horse*

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

**Ask About Our Limited Special!**

**719-733-9725**





# **Pikes Peak**

## **SENIOR NEWS**

*August - September 2022*

- 4 • Letter from the Editor**
- 6 • Cross State Lines into Wyoming this Summer:  
Cheyenne and Surrounding Areas  
Prove to be Worth the Trip**
- 10 • What is Death Café?**
- 12 • Money Coach Bill: Inflation – What to do?**
- 14 • Victory Service Dogs Works Hard To Help  
Veterans in Need: Local Organization Helps  
Train Service Dogs for Disabled Vets**
- 16 • Crossword Puzzle**
- 18 • Faith Through Older Eyes: The Good Old Days**
- 22 • Business Directory**
- 24 • Colorado Recipes**
- 26 • Calendar of Events**
- 27 • Sudoku**

### **Pikes Peak Senior News Staff**

#### **Publisher/Advertising Director**

Anne Jensen

anne@pikespeakseniornews.com

(719) 321-1971

#### **Advertising Account Manager**

Trudy L'Tova

trudy@pikespeakseniornews.com

(719) 447-7685

#### **Managing Editor**

Trevor Phipps

#### **Associate Editor**

Rick Sheridan

#### **Graphic Design**

Mike Biles

#### **Graphics**

Cyndia Lee

#### **Contributing Writers**

Nancy Parker Brummett

Money Coach Bill Stanley

#### **Letters to the Editor**

Trevor Phipps

trevor@pikespeakseniornews.com

(719) 761-9489

**31 N. Tejon St. Suite #203**

**Colorado Springs, CO 80903**

**Website**

**pikespeakseniornews.com**





# Letter from the Editor

By Trevor Phipps

## Dear Readers,

With the way Colorado has grown in the last century, many people seem to forget that the region was once part of the Wild, Wild West. Before west of the Mississippi River was settled, people dreamed of moving out to the vast wilderness to start a new life of limitless opportunity.

However, the immaculate visions of the life out West were definitely exaggerated because many suffered extreme hardship when they came from the densely settled East out to the Rocky Mountains. The early pioneers quickly found themselves forced to deal with hardships that they did not previously have to experience.

From new diseases, to battles with indigenous people, and fending off wilderness and harsh weather conditions, living in the newly discovered territory proved to be anything but easy. But, the hustling and bustling metropolitan areas of the Front Range would not be what they are today if the early settlers did not figure things out and have a strong will to survive.

George Patton once said, "Prepare for the unknown by studying how others in the past have coped with the unforeseeable and the unpredictable." New challenges can often be overcome by studying and using methods others implemented when they faced similar situations.

A friend of mine who used to be a middle school teacher recently told me a good example of this. She said that when she was teaching her young students about the history of the Native Americans, many of them complained that learning about the lives of the indigenous people was boring and not relevant to the world now.

My friend told me that she then asked her children "What if aliens come to Earth someday?" She replied to the confused looks on their faces by saying, "If foreign beings come from another planet to live here or conquer us, it might be a good idea to study the Native Americans to learn about how they handled foreign intruders."

Whether or not you believe in extra-terrestrial beings, learning about history can be enlightening and fun. During the summer, there are many events that take place all around Colorado that are designed to celebrate the interesting and at times, strange stories of the past.

One common example of ways Coloradoans celebrate the state's past, is to put on rodeos. In fact, Colorado is credited as being the state where the first rodeo in the world was held. Although some have disputed the claim, the "BroncoBustin' Contest" that took place in Deer Trail, CO on July 4, 1869 is recognized as the world's first rodeo by the Pro-Rodeo Hall of Fame, Colorado State Legislature, the History Channel, Guinness Book of World Records and many other publications.

Rodeos are not necessarily a thing of the past because they remain very popular across the country today. But, many of the old timers around the Pikes Peak Region will tell you that rodeos were a big part of the area's culture at one time and they helped build a sense of community within towns in the mountains and on the Front Range.

Besides, Colorado Springs is home to the one and only Pro Rodeo Hall of Fame and the city has hosted the Pikes Peak or Bust Rodeo for over 80 years. And actually, there are rodeos that take place in just about every

small town across the state.

There is one champion barrel racer that lives in Teller County that spends every weekend traveling from town to town in the state competing at rodeos. But, she said that even though she tries, it is impossible to compete in every Colorado rodeo that's held in the summer.

Woodland Park was once known as being a prime spot for rodeo action, but these events were yet another part of life that had to cease during the pandemic. But then last Fourth of July, a group of locals decided to bring the rodeo back to town and they planned the entire event in only a month. The rodeo though, turned out to be a huge success as over 500 tickets were sold.

For the August/September 2022 edition of *PPSN*, we have decided to bring our readers back to appreciate the times of the Wild, Wild West. When people think of the cowboy/cowgirl life, the state of Wyoming often comes to mind. Therefore, we have decided to include a piece on trips to the beautiful state to the north and ways to experience/learn about Wild West life.

Before the summer is over, it is wise to get out and take a trip to one of the Rocky Mountain Region's many historical landmarks or museums and learn about what people went through when they first ventured out West. And also prior to the season ending, everyone should experience some old fashioned Colorado fun by attending one of the many rodeos held in the state.

Sincerely,  
Trevor Phipps  
Managing Editor  
*Pikes Peak Senior News*





# Welcome to *new adventures*

Life is about growing, sharing experiences and finding that next great adventure. It could be taking up a new hobby, meeting new friends or moving into a new home. You have the opportunity to do all these things and more at our community. Come for a visit, and feel confident in starting a new adventure with us.

**Welcome to Brookdale. Welcome Home.**

## **Brookdale Skyline**

Independent Living  
Assisted Living  
Alzheimer's & Dementia Care  
Rehabilitation & Skilled Nursing  
2365 Patriot Heights  
Colorado Springs, Colorado 80904

► **Call our community to schedule an in-person\* or virtual visit today. It's your choice.**

**(719) 306-0047**

\*May be subject to certain safety precautions in accordance with the authority having jurisdiction over the community. Please contact us for details.

703723 FF

©2022 Brookdale Senior Living Inc. All rights reserved.  
BROOKDALE SENIOR LIVING is a registered trademark of Brookdale Senior Living Inc.



[brookdale.com](https://brookdale.com)





# Cross State Lines into Wyoming this Summer

## Cheyenne and Surrounding Areas Prove to be Worth the Trip

By Trevor Phipps

Most people know that when visiting anywhere in the Rocky Mountains weather can become an issue that can either make or break a trip. Even though the summer season often brings about rain and thunderstorms, it is still the favorite time for tourists to explore the region due to the outdoor temperatures being warmer than other seasons.

Colorado is a gorgeous state and in the past *PPSN* has explored just about every option for traveling in the colorful state. However, many seem to forget that Colorado isn't the only state that is nestled in the Rocky Mountain Range.

When most people think of Wyoming, they imagine visiting the famous national parks in the northwestern part of the state (Yellowstone and the Grand Tetons.) But this year after the area surrounding Yellowstone National Park suffered from great floods, it might not be the best season to choose to take that trip up north.

Luckily for those who wish to take a trip outside of Colorado this summer, the state of Wyoming has much more to offer than just its beautiful and well-known national parks. Much of the state is filled with plains and flatlands, but there are mountain ranges scattered across the state.

Taking the trip to northern Wyoming is quite a long haul, but southern Wyoming is less than three hours from Colorado Springs. The cities of Laramie and Cheyenne are worth a visit and there are other things to do that aren't too far away from the state line.

Probably the main thing Wyoming is popular for is its statewide fascination with the cowboy/cowgirl and ranch life. Every year the state capitol of Cheyenne hosts Frontier Days which is one of the largest rodeos in the country that brings out thousands of cowboys, cowgirls, and spectators from all over the world.

Unfortunately, the big rodeo takes place at the end of July so it has now already passed. But people who visit Cheyenne and the surrounding areas will still have a chance to experience some authentic cowboy culture and enjoy some country music. The following is a compilation of many of the things the Southeastern part of Wyoming has to offer for visitors.



### Snowy Range

Speaking of mountains, some don't realize that Wyoming has a beautiful range filled with craggy peaks and red rock formations nestled on the southern tip of the state. Wyoming's Snowy Range is located west of Cheyenne and it is probably the closest hotspot in Wyoming for outdoor enthusiasts.

The mountain range has a ski resort and in the winter people visit the area to enjoy snowmobiling, skiing and other snow-related activities. But for some, the range is much more pleasant and easier to explore during the summer.

The land that covers the Snowy Range is designated the Medicine Bow National Forest and it is absolutely filled with outdoor adventure opportunities. For the hikers out there, the area is packed with many scenic hiking trails including the chance to summit Medicine Bow Peak and tour several mountain lakes. The mountain range also is known to have some of the best camping spots in the state.

For those who would rather enjoy the scenery through the window of a car, the Snowy Range Scenic Byway is one of the most famous mountain cruises in the country. The route was originally built as a wagon road in the 1870s and then after it was paved in the 1930s it became known as the "Great Skyroad." Then in 1988, it was designated as the nation's second Scenic Byway.

# More honorable than vulnerable.

*Wisdom, leadership and humor. I'll bring it.*

To my community, I bring my strengths and experience  
in pursuit of new purpose.

What will *you* bring to Sunny Vista?

2450 E. Cache La Poudre St. | Colorado Springs, CO 80909  
719.888.3673 | [sunnyvista.org](http://sunnyvista.org)



**SUNNY VISTA**  
COMMUNITY CARE SINCE 1911



### “Cheyenne- Live the Legend”

The state capitol city and home to Warren Air Force Base is a city packed with the history of the Wild, Wild West. Even though Cheyenne is the biggest city in Wyoming, it still has a small town feel to most as its population is under 70,000 people.

But, it does still have many things one could find in a big city including its Frontier Mall, its giant Laramie County Library, and the Big Country Speedway. And since it is Wyoming's capitol, the city is home to the Historic Governor's Mansion and the Wyoming State Capitol building both of which are heavily trafficked tourist attractions.

One thing that makes the city unique is that it always has been and still is one of the top railroad hubs of the country. While walking in the downtown area, people can watch the many trains come in and out of the station.

The city is filled with stories from the past including a vast history of railroads chugging through the town. To experience what the railroad life was like back in the day, people can visit the Cheyenne Depot Museum located in the historic Cheyenne Depot Plaza.

The city also celebrates its railroad history with landmarks placed around town. Train lovers will be happy to visit The Merci Train which was a gift

from the French in appreciation for the American Friendship Train that supplied food to the French during World War II. On its “thank you” tour, the Merci Train deposited a boxcar full of presents at each state capitol.

The Big Boy Steam Engine is another popular attraction for tourists.

Railroad buffs will enjoy seeing Old Number 4004, the world's largest steam locomotive, retired from service by the Union Pacific in 1956.

The town is also filled with several museums to help celebrate different aspects of the state's vast history. The Wyoming State Museum explores the region's history and includes a children's museum for the little ones.

Probably the city's most popular museum is the Cheyenne Frontier Days Old West Museum. Visitors can get the chance to learn about the history of Cheyenne and the Old West at this engaging museum which exhibits antique horse-drawn carriages, wagons and early automobiles, among other artifacts and memorabilia related to the region.

There are also many other museums that celebrate Wyoming life. The Cowgirls of the West Museum is dedicated to preserving the heritage and the important role women played in taming the West. The museum highlights the lives of these pioneer women who homesteaded,

fought for their right to vote, and competed in the rough and tumble world of rodeos.

The Nelson Museum of the West contains a vast collection of artifacts including military uniforms, cowboy hats, boots, spurs, and saddles. The Messenger's Old West Museum features artifacts like stagecoaches remembering those

who were tasked with spreading messages in the Wild West.

The NCAR-Wyoming Supercomputing Center Visitor Center is also a prime tourist destination. And, the Quebec 01 Missile Alert Facility is another cool spot for those military history buffs.

For those wanting more of a city experience, they can check out the works of the Cheyenne Artist's Guild and other galleries downtown. Cheyenne is also the home to several popular saloons, breweries and eateries including Danielmark's Brewery and Tap Room. Depending on what day of the week, visitors can also catch a concert or symphony at the Cheyenne Civic Center.

Many who think about Wyoming as a whole think of it as ranch country. People can experience the ranch life by visiting the Terry Bison Ranch which is a real working bison ranch stretching over 27,000 acres.

The ranch is the second largest bison ranch in the country and they offer the only Bison Train Tour. They also offer ATV rides, guided horseback trail rides, a trading post for amazing shopping, a restaurant and full bar, RV sites, tent camping sites, cabins and venues for any event large or small.

The Bit-O-Wyo Ranch is another guest ranch where people can enjoy the cowboy and cowgirl life. The ranch has lodging and offers trail rides around the wilderness.

Those who are looking for outdoor experiences will enjoy checking out the beautiful Cheyenne Botanic Gardens. The city's Mylar Park contains amenities like a bicycle path, disk golf course, fishing pond, picnic facilities, play area, rental shelter, restroom, horseshoes, volleyball and grills. Happy Jack Road is a famous scenic drive located near the city.







## The Palisades at Broadmoor Park

MBK SENIOR LIVING

*We Put You First in Everything We Do*

Everything we offer at The Palisades at Broadmoor Park is geared toward creating a place our residents are happy to call home. We enhance the everyday experience of our residents with signature programs, exceptional food, warm and inviting community spaces, and spacious apartment homes where they can relax and live well.

Call us at **719-355-3200**  
to schedule your tour today!

INDEPENDENT • ASSISTED LIVING • MEMORY CARE

4547 Palisades Park View,  
Colorado Springs, CO 80906  
[PalisadesatBroadmoorPark.com](http://PalisadesatBroadmoorPark.com)



### MBK Mind + Body Wellness

At MBK Senior Living, we believe what is good for the body is good for the mind. Building on the Substantial body of scientific research illuminating the mind-body connection to health and well-being, our MBK Mind + Body Wellness approach provides residents the opportunity to choose from a number of activities, programs and classes that enrich the whole person.



### MBK Cuisine

MBK Cuisine is our signature dining experience created to enrich daily living. We start with nutritionally balanced seasonal menus and a variety of always-available favorites, adding specific options for special dietary needs as needed. Our experienced Executive Chefs meet with residents on a regular basis to work on menu selections and share ideas. Best of all, 7pm—so dining is always on your time.



### Connections for Living by MBK™

Connections for Living by MBK™ supports those living with Alzheimer's or dementia by offering an avenue for physical wellness, a secure environment, enriching activities and meaningful involvement for families. By acknowledging needs that may not be voiced as dementia progressed, our program goes beyond care to reconnect residents with the world around them—preserving each individual's uniqueness and enhancing the quality of life for residents, families and caregivers alike.



## 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](mailto:Info@PinnacleDentistryCO.com)  
719.590.7100  
[PinnacleDentistryCO.com](http://PinnacleDentistryCO.com)

### Location

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



# What is Death Café?

By Rick Sheridan

Death can be a sensitive topic, especially among us seniors. One of the ways to get a better perspective on the myths and reality of death is to attend one of the Death Café monthly meetings here in the Pikes Peak region or elsewhere in the United States and around the world.

The Death Café movement is not a single physical location, but is an event hosted at someone's house or other venue. Death Cafés have been offered in a range of places including Cafés, people's houses, cemeteries, a yurt and the Royal Festival Hall. The official objective of a Death Café is to help people make the most of their finite lives. Individuals can discuss their understanding, thoughts, dreams, fears and all other areas of death and dying at these events. There have been Death Cafés which specifically create a chance for healthcare professionals to talk about death. Generally, a Death Café will have around 10-12 people discussing death-related topics for around two hours. Tea and cake are one of the most important features of the event, and they help create a nurturing and supportive environment. The concept has spread due to media attention and because the topic seems to resonate with many different people. They are set up on a not-for-profit basis and do not put up with any selling or marketing. The discussions are meant to be respectful and confidential.

The group at a Death Café often includes at least one person who openly talks about their terminal health condition and likely transition in the near future. Other participants were in good health, but either knew someone with a life-threatening illness or were simply curious about the topic. The conversations often include end of life issues and the process of death and dying. It was not all gloom-and-doom, an objective is 'to increase awareness of death with a view to helping people make the most of their lives here on earth'.

I have attended the Colorado Springs Death Café about 10 times in the last three years. During the summer months, the group would often meet at the Evergreen Cemetery



chapel. In the winter months we would usually meet at an Old Colorado City coffeehouse or at a person's home. Many times, the local Death Cafés that I attended had snacks and several times a year there was a potluck.

The first Death Café was offered in Jon Underwood's house in Hackney, East London, England in 2011. Also helping Jon was psychotherapist Sue Barsky Reid (Jon's mother). Jon and Sue produced a guide to running your own Death Café, based around the methodology Sue developed. This was published in February of 2012, and first person to go with the idea outside of the UK was Lizzy Miles in Columbus, Ohio. Since then, hundreds of people have experienced Death Cafés across the world. Death Cafés have spread quickly across Europe, North America, Australia and Asia. Since Underwood's death in June of 2017, the original Death Café is now run by his sister Jools Barsky and their mother, Susan Barsky Reid and Jon's wife Donna Molloy.

Death Cafés have helped to relax the taboo of speaking about death, particularly with strangers, and encouraged people to express their own wishes for what happens to them after they die. The open-ended discussions also provide a way to express thoughts about one's own life that is often stirred up by the death of a family member. Recently, a worldwide Death Café website mentioned that they have offered 14,288 Death Cafés in 81 countries since September 2011. If 10 people came to each one that would be 142,880 participants.

For anyone who is interested in finding out more about the movement, check out the book, *The Death Café Movement: Exploring the Horizons of Mortality*, by Dr. Jack Fong, published in 2017. This book examines how the participants' embrace of mortality actually increase their awareness of and appreciation for shared humanity. For more information, go to [DeathCafe.com](http://DeathCafe.com)





## We Focus on Primary Care for Older Adults.

**Quest Lab Services** on site at **AgeWell**, Monday - Friday mornings by appointment.  
Call **719-475-5065** to schedule an appointment today.

- 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

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

### Flu Shot Clinics are coming soon.

#### INSURANCES ACCEPTED

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



**2350 International Circle, Colorado Springs 80910**  
VISIT OUR WEBSITE AT **www.agewellmedical.com**

## Schedule your appointment!

### Peak Vista accepts:

- Most private insurances
- Medicaid & Medicare
- New Patients

**(719) 632-5700**  
**peakvista.org**



## High-quality medical, dental, and behavioral health care services.

*Income-based options for payment available.*



## Hear the sounds that shouldn't be missed.

NEW  
PORTABLE  
CHARGER



Rechargeable Oticon More™ hearing aids allow you to hear more with less effort, and participate in life again!

*More Clarity. More Hearing. More Life.*

# HEAR-WELL

719-380-0777 • [www.hear-well.com](http://www.hear-well.com)

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

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



# Inflation – What to do?

By Money Coach Bill Stanley

“Inflation Hits Four-Decade High” runs the headline in the Wall Street Journal (May 2022). Inflation is a given. It has happened; is happening; and will happen in the future. What can you do as a family to adjust and survive? But first, remember that you were alive 40 years ago, and you survived that period of inflation and prospered. Here are some things to consider now:

**Gas** – Let’s look at the numbers: When I learned to drive, the price of gas was \$0.25 a gallon. At that time my part time salary at Kentucky Fried Chicken was \$1.00 an hour. A gallon of gas was 25% of my hourly wage. I paid \$4.40 a gallon for gas at Costco (June), always lower than most gas stations. Minimum wage in Colorado is \$12.56/hour; gas is 35% this hourly wage. Do the math comparing gas to your hourly wage. I’ll bet it is a lower percentage than 50-60 years ago. I got 33 mpg this fill up which means \$1.00 takes me 7.5 miles.

**Action:** lighten the load (take extra stuff out of the trunk); less drag (close the windows; take the top rack off); combine errands (drive fewer miles = buy gas less often = reduce the demand for gas – remember supply and demand got us where we are now). I drove 24,369 miles in 2018 and 2019. I drove 15,404 miles in 2020 and 2021. Fewer miles, less gas because of COVID. I moved “saved gas dollars” over the last two years into my 2022 gas budget. I am yet to

feel the pain of gas at \$4.99 a gallon. Always pay your credit card bill in full at the end of each month. When gas was \$3.00 a gallon, I figured if you paid the minimum each month, you would spend \$9.00 a gallon. Don’t let that happen. If your car takes “regular,” don’t buy “premium.” Drive the speed limit; no jack rabbit starts; reduce idling.

**Food** – eat smart and healthy. Don’t waste. More than 40% of all food in the U.S. is wasted. Eating at home is cheaper than eating out. Take your last special coffee at Starbucks and multiply it by 5 days a week, 52 weeks a year, 50 working years.  $4.50 \times 5 \times 52 \times 50 = \$58,500$ , not including future inflation. Compare those dollars spent to free coffee at work. Always, shop with a list so you won’t buy extra stuff. Zorro the Money Dog has a one-minute video for kids suggesting an agreement: “This week we won’t buy my favorite treat; I will split the savings 50/50 with you Grandpa and Grandma.” Label frozen foods so you won’t have to throw them away = one tip of 12, see <https://tinyurl.com/292jrh8k> “12 Mindless Kitchen Habits that Are Costing You Money” by Ashley Abramson.”

Prices going up, yes. But there are some things going on which help:

More interest dollars from savings accounts: My online bank interest has gone from 0.9% to 1.0%. I-Bonds are



paying 9.62% May–October 2022 and may go higher in November. Social Security payments increased 5.9% in 2022 and are estimated to increase 10.5% in 2023.

We spend \$341–\$460 a month more on average than last year. That’s a lot but it is doable if you use common sense. Control your spending! When I look at the challenge of inflation as a Money Coach I look at my top rules of Financial Literacy:

1. If you don’t have the money, don’t buy it. Do not use a credit card and go into debt. Use cash on hand to make expected purchases when they are on sale.
2. Track your expenses so you know where your money goes. Compare your expenses to your income and your goals. Adjust your spending!
3. Put together a budget after listing every dollar spent for a minimum of three months. Stick to your budget. Once you reach the monthly spending limit, stop spending until the next month.
4. Understand the difference between needs and wants. Concentrate on needs; put off wants.
5. You must have an Emergency Fund. When you use it, it should be refilled. Begin to use that fund if necessary, but cut back on nonessentials first.



From a Wall Street Journal Article on Inflation  
(May 23, 2022):

1. Delay Social Security. Every year SS benefits are delayed beyond full retirement age, your SS benefit increases 8% a year. Full retirement age is 66 if born 1943-1954; it increases gradually to 67 if born 1955-1960.
2. Buy the car you are leasing. The price was set when you first leased it.
3. Use cash on hand to make expected purchases when they are on sale.
4. Control your lifestyle creep. Keep budgets flat despite rising costs.
5. Invest in alternative energy.
6. Make the most of this inflationary environment by accelerating the purchase of recreational items as their prices fall.

Two of ten ideas on how to overcome inflation  
from Mike McDonald of Kingdom Solutions  
<https://tinyurl.com/8wjwps26>

1. Increase Your Financial Knowledge
2. Become a Producer, not a Consumer – grow your own food.

The best ways to counter inflation are to control your spending and diversify your investments. Your investments should include stocks (ownership of companies); bonds (loaning money to companies and government); real estate (including owning your home); precious metals, jewelry, and collectibles.

Inflation is a fact of life. Plan for it. Deal with it. How you choose to spend your money is key. Investing for the future is essential.

*Money Coach Bill Stanley is a Registered Investment Adviser, a fiduciary who does not sell financial products. He educates; he coaches. Bill's passion is Financial Literacy for all. His first book, "Money Sense for Young Professionals" by William Stanley, is a perfect gift for that child or grandchild who is interested in having a better Money Life. Bill would like readers to become scouts for his Foundation and help get the word out. See "William Stanley Foundation" Facebook page.*

## Classic50 Checking

If you are 50 years of age or better, a Classic50 Checking Account will give you an array of special and discounted banking benefits, such as:

- An Interest Bearing\* Checking Account with No Service Charge
- Free Standard Checks
- Visa® Debit Card

→ Visit us today!

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

**ANB Bank®**

15 W. Cimarron Street  
1130 N. Circle Drive  
4799 N. Academy Boulevard  
3755 Briargate Boulevard

719•381•5630  
719•381•5564  
719•381•5710  
719•381•5733

\*On account balances over \$1,000

MEMBER  
FDIC

## SAVE MORE WITH A CIGNA MEDICARE ADVANTAGE PLAN

Learn more about benefits to fit your needs.

**\$0** monthly premium

**\$0** primary care doctor visits

**\$0** copay for many prescription drugs

Other cost-saving benefits include:

- Unlimited covered dental services
- \$35 per month copay for insulin†
- Fitness program, vision and hearing services
- A plan with no referrals needed to see a specialist
- Up to \$260 over-the-counter annual allowance ±

**CALL ME TO LEARN MORE.**

**Local Help Available**  
**1-719-249-4569**

Together, all the way.®



±Annual amount based on possible monthly or quarterly amounts.

†Throughout Part D coverage phases, including gap coverage and excluding catastrophic coverage.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logos, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only. This information is not a complete description of benefits, which vary by individual plan. You must live in the plan's service area. Call 1-888-284-0268 (TTY 711) for more information. Cigna is contracted with Medicare for PDP plans, HMO and PPO plans in select states, and with select State Medicaid programs. Enrollment in Cigna depends on contract renewal. © 2021 Cigna Some content provided under license.

957091

A\_F\_63\_V43

Y0036\_22\_98234\_M

# Victory Service Dogs Works Hard To Help Veterans in Need

## Local Organization Helps Train Service Dogs for Disabled Vets

By Trevor Phipps

Most people love animals and can attest that having pets can improve quality of life. The old saying states, "A dog is a man's best friend" provides testimony to the fact that dogs can be more than just someone's pet.

Dogs have been known as companions to humans for generations. While pretty much all pets can provide comfort when people are lonely, dogs can be trained to do things to help a human in their day-to-day lives.

Working canines have gained their fame in media through the work they can accomplish aiding the military, police, firefighters, and rescue teams. And when most people think of service dogs, seeing eye dogs that help blind people are usually what first comes to mind.

However, it is now a well-known fact that canines can be trained to help humans with all sorts of different things. From helping stabilize a

handicap person so they can walk better to calming people down during an anxiety attack, dog trainers have proved that pets can help with a plethora of tasks.

One local organization, Victory Service Dogs specializes in helping train dogs to assist disabled veterans who suffer from a variety of ailments. The nonprofit has been in Colorado Springs for seven years and this year they will graduate their 100th human/dog team.

The organization's founder/CEO, Army Veteran Steve Corey started it to help his fellow veterans who suffered various ailments after leaving the military. He said that when he decided to open up Victory Service Dogs he noticed that many vets were struggling with health problems and they had trouble getting help from the VA.

"We help the veteran get matched with the dog, they take possession of the dog, and then they both start training together," Corey said. "So, we're not having to house dogs here in our facility, which is really expensive. And, they learn how to train their own dog. Since dogs don't live forever, they will always have that skill. I have a couple guys that are already training their second or third dog."

Corey said that they can train dogs to do several things to help each individual

veteran. One major focus for the group is helping vets who suffer from Post-Traumatic Stress Syndrome (PTSD). He said that during the fireworks on the Fourth of July, the dogs and veterans helped comfort each other when the loud noises were going off.

The trained dogs can also help their handlers with other things like mobility issues. "All kinds of injuries like back injuries, knee injuries, and traumatic brain injuries cause a lot of balance issues," Corey explained. "Nightmares are a big one. We can train the dogs to interrupt a nightmare."

He said that the dog gets custom-trained for the specific needs of their veteran handler. "From the time that they get their puppy or dog, they start to learn each other," Corey said. "And the dogs pick up on so many behaviors. They learn what your normal behavior is, and then when something out of the ordinary happens, they pick up on that. They even have the ability to smell the changes in your saliva. So, if you're starting to get anxious or have any other issues that changes your saliva, they pick up on that immediately."

Corey said that human saliva actually changes in chemical structure based on mood, health, and various factors of the environment. "We have dogs that have been trained to alert on diabetes," Corey explained. "And what they do is they take your blood sugar readings and when it's good, they will swab your mouth to get the





saliva when the readings are good. And then, when you're having an episode or a swing in your blood sugar your saliva changes too. So we get that swab when you are having that episode. They can then train the dog to alert when the saliva changes. We actually did that for a six year old girl that had severe, dangerous swings in her blood sugar levels. Her dog would actually start barking to alert her mom when the readings were changing."

Corey said that they have used a variety of breeds as service dogs, but some breeds tend to work better than others and have less behavior issues that they need to spend time correcting. They tend to like golden retrievers, poodles, and poodle mixes.

He said that the Shepard breeds do not seem to work as well because they make better working dogs than service dogs. Dogs like German Shepards can get protective and start barking, making situations more stressful for veterans suffering from PTSD.

Victory Service Dogs has their big graduation event coming up during the Triple J Rodeo at the Norris Penrose Event Center on August 20 starting at 6:30 p.m. This year the rodeo chose the service dog organization as their nonprofit recipient and they will donate a portion of the tickets sales to Victory Service Dogs to help them continue their mission.

Every day of life is  
*precious*

We help seriously and terminally ill people focus on moments of joy.  
Call to schedule a free informational visit and learn how we can help you and your family.



#### HOSPICE • PALLIATIVE CARE • GRIEF SUPPORT

- Area's leading hospice & palliative care provider for 42 years.
- Only nonprofit hospice provider in El Paso & Teller counties.
- Only hospice in El Paso County with an inpatient unit.
- Palliating physical and emotional pain and other symptoms that accompany a serious or terminal illness.
- Accepting all forms of insurance with little to no patient responsibility.
- Complementary therapies (art, music, pet, massage)



2550 Tenderfoot Hill Street  
Colorado Springs, CO 80906  
[www.pikespeakhospice.org](http://www.pikespeakhospice.org)  
719.633.3400

**metro**

Clean... Safe... Easy!

With  
Mountain  
Metro, The  
hardest part  
will be  
choosing the  
restaurant!



[MMTRANSIT.COM](http://MMTRANSIT.COM)



(719)385-7433(RIDE)



# Crossword Puzzle

## ACROSS

- 1) Skip over
- 5) Diary fastener
- 9) \_\_\_-loading (marathon prep)
- 14) Flower holder
- 15) Region
- 16) Arctic, for one
- 17) "\_\_\_ for the poor!"
- 18) One with pants on fire?
- 19) "Lather, \_\_\_, repeat"
- 20) Kind of roll
- 23) Addition total
- 24) Kennel sound
- 25) Put a scuff on, e.g.
- 28) Artsy New Mexico town
- 31) Lobs softly
- 36) Came back to earth
- 38) Boars' mates
- 40) "Glycerine" opener
- 41) Arctic tern's landing spot?
- 44) A month in Madrid
- 45) Kind of pudding
- 46) Polluted air
- 47) Yucatan female
- 49) Mythical god of thunder
- 51) Cunning
- 52) Furniture wood
- 54) Auction grouping
- 56) Super-fit fighter, figuratively
- 65) Video's complement
- 66) Equine shade
- 67) What skunks are known for
- 68) "Reversal of Fortune" Oscar-winner Jeremy
- 69) Agitated mood
- 70) Planted, as grass
- 71) Mathematical subgroup
- 72) Alters a skirt
- 73) Ominous alternative

## DOWN

- 1) Shape of the President's office
- 2) French Sudan
- 3) Credos
- 4) Diagnostic aids
- 5) Flag position
- 6) Opera offering
- 7) Word after "box," "hot" or "bucket"
- 8) Political group
- 9) Bread from meal
- 10) Liquid that can eat through metal
- 11) Painter Magritte
- 12) Bag of diamonds?
- 13) Small bills
- 21) Not safe?
- 22) Complete a fast
- 25) Finishes a chess game
- 26) Classic dress style
- 27) Become ready to pluck
- 29) Amazed expressions
- 30) Perspiration
- 32) Brothers and sisters
- 33) Wineglass parts
- 34) Flynn of "Gentleman Jim"
- 35) Overly wet
- 37) Bull in a ring
- 39) "Oh, well" noise
- 42) First in order
- 43) Freon and antifreeze
- 48) Kind of beer
- 50) "1001 Nights" bird
- 53) Cattail's locale
- 55) "\_\_\_ were the days"
- 56) Like some church matters
- 57) It replaced the drachma
- 58) Commotions of Shakespearian proportions?
- 59) Highest single digit
- 60) Zero
- 61) Seriously injure
- 62) Heathen's figurine
- 63) "\_\_\_ the time!"
- 64) Fish-eating bird

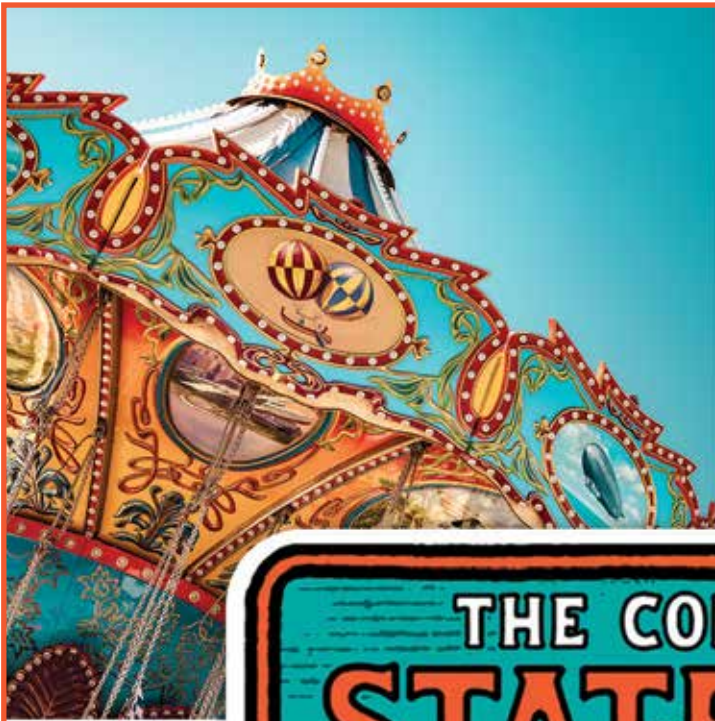
## TILT

By Irma Afram

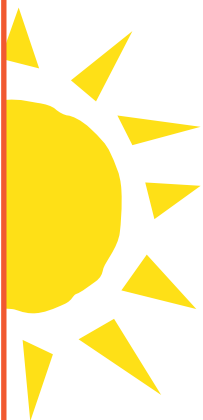
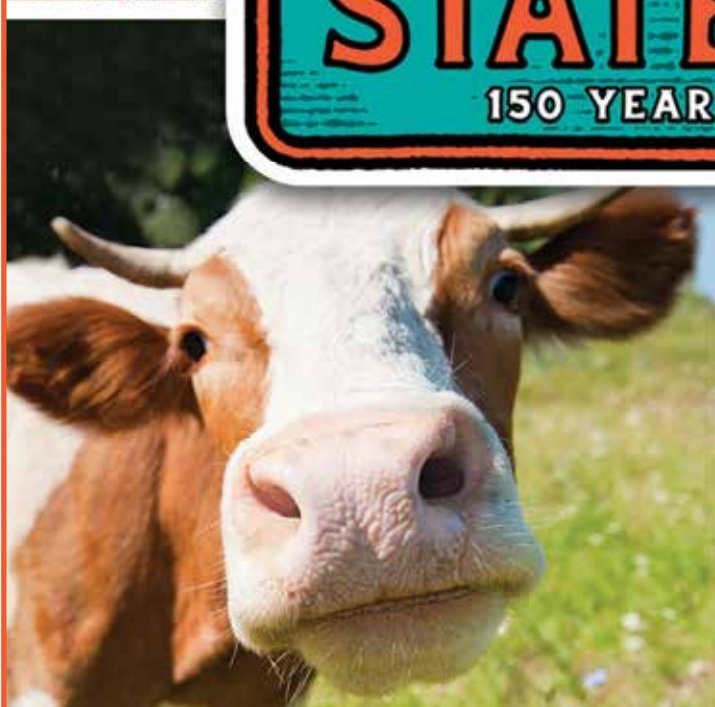
1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
			23					24						
25	26	27		28		29	30		31		32	33	34	35
36			37		38			39		40				
41				42					43					
44						45					46			
47					48		49			50		51		
				52		53		54		55				
56	57	58	59				60	61			62	63	64	
65						66				67				
68						69				70				
71						72				73				

Key on page 21.





**150**  
*years of fun!*



The Colorado State Fair is celebrating **150 YEARS OF FUN!** Join us this milestone year for the biggest-name concerts we've ever had, the return of massive sand sculptures and four days of the PRCA Ram Rodeo!

**Go to [coloradostatefair.com](https://coloradostatefair.com)** for tickets and details on all the special 150-year activities, competitions and celebrations!

**AUG. 26TH - SEPT. 5TH**

# Faith Through Older Eyes: *The Good Old Days*

By Nancy Parker Brummett



All of us can become a bit nostalgic for the earlier days of summer as we move into August and September knowing our warm, long summer days are waning. As our elders move into the autumn of their lives, they can become a bit nostalgic too if they focus only on what they remember as “the good old days.”

Nostalgia can be comforting, but dwelling on the past too often can bring us down emotionally. That’s why it’s important to encourage our elders to remember the best of the past, but look to the future with hope and optimism.

In the book of Isaiah we read, *“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”* (Isaiah 43:18-19). Yet how tempting it is for many of us to live life always looking in the rear view mirror. Life was better back then, we might say. It was a time when families stuck together and people were recognized for honest labor. It was a time when life was simpler. It was a happier time, or so we recall, and so there is a

great longing for the good old days. But how productive is it for us to focus on the past, and was the past as wonderful as our selective memory believes it was? Many older adults are blessed with happy memories of the past to keep them company, but a long life is not without its struggles and pain. If we are to authentically connect with the generations that follow ours, it’s important for us to remember the good and the bad of those good old days—to remember past times with integrity.

We’ve all seen a lot of changes in our lives that can make us yearn for the good old days, but we shouldn’t dwell there for long. God has also given us a present and a future, and that’s where He wants our attention to be. Oswald Chambers wrote, “But God is the God of our yesterdays, and He allows the memory of them in order to turn the past into a ministry of spiritual culture for the future.”

Wherever we are on life’s journey, there’s something God wants us to focus on now. There is someone

who can benefit from our positive attitude, our smile, our words of encouragement, or our prayers this very day.

It can be productive to look back if it is to share a fond memory, to recall a lesson learned, or to glorify God for all he accomplished in and through us in the past. But believers in eternal life through Jesus Christ should always be focused on the fact that our best days are yet to come! Listen respectfully as the older adults you know reflect on their memories of the good old days, but also encourage them to search for some good in the present—and to look forward with hope.

**Nancy Parker Brummett**  
*is the author of The Hope of Glory, A Devotional Guide for Older Adults (Volume Two now available), and Take My Hand Again, A Faith-based Guide for Helping Aging Parents. Learn more about her life and work at [www.nancyparkerbrummett.com](http://www.nancyparkerbrummett.com).*



## Early Retirement Success Story:

This is story about Cynthia and how today's reverse mortgage changed her retirement date by a full eight years. Eliminating her previously established mortgage helped her face the challenges of paying down both her car and credit debt.

Cynthia, like most of us, had life drastically change in a blink of an eye. Early into her marriage, her husband tragically died, leaving her with credit card bills, a mortgage payment, and funeral costs worsened by the loss of income. All of this led to a crippling negative effect on her retirement picture. She was compelled to refinance her home with a traditional mortgage in order to overcome her debt. However, that payment loomed over her and prevented her from any financial freedom.

Cynthia's dream was to retire after a forty-five-year career in nursing and spend more time with her family as well as travel and relax after a long career in the healthcare industry. Unfortunately, due to the overbearing mortgage payment, her time for relaxation and family was still ten years away. Then Cynthia, with the encouragement of her financial advisor, gave me a call.

Together, we considered several different options for her particular situation and eventually settled on the HECM Annual Adjustable Program because it offered the largest amount of funds towards the eventual payoff of her mortgage. Her actual mortgage payoff was higher than what the HECM funds would provide and so she cashed out a poor performing

Annuity in order to eliminate the mortgage.

After the closing, I noted a tangible weight that had lifted from Cynthia's shoulders. Her plan now was to shift her attention to paying down any debt and saving money into her accounts. By eliminating her mortgage and using those funds to pay down other debt as well as saving money, Cynthia was shockingly able to retire in July of 2020, a full eight years earlier than projected.

If you have not yet taken a look into Today's Reverse Mortgage, I would like to invite you to contact me to schedule a Discovery Meeting so that I may explain all about this safe, flexible, and smart financial tool that could unlock your retirement dream.



**Call today to schedule a discovery meeting!**

**Nathan Johnson**  
Reverse Mortgage Advisor & Specialist  
NMLS #1647443

**719-243-4299**

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



## Peace of Mind Awaits You!

At Aspen Trail, we offer more than just a community, we offer worry-free independent retirement living.

Designed exclusively for adults 55 and over, we take care of everything with one monthly price and no buy-in fee, so you can enjoy the good things in life.

### All-Inclusive Services

- ◆ Live-In Managers!
- ◆ Month-to-Month Rent
- ◆ Signature **Freedom Dining** Program
- ◆ 24-Hour Concierge & Valet Services
- ◆ 24-Hour Emergency Alert System
- ◆ Weekly Housekeeping
- ◆ Robust Social Calendar
- ◆ And Many More!



**RLC**  
RESORT LIFESTYLE  
COMMUNITIES®  
*Aspen Trail*

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

**719-387-4308**

5455 New Car Drive ◆ Colorado Springs, CO 80923  
[AspenTrailRetirement.com](http://AspenTrailRetirement.com)



**NTSOC**  
Home Health

# Adult Home Health Services

**Let our family take care of yours.**

- CNA Services
- Respite
- Physical Therapy
- Speech Therapy
- Out Patient Therapy Clinic
- At Home Services
- Via Telemedicine
- Occupational Therapy

**719.574.5562**

1130 W Woodman Rd  
Colorado Springs, CO 80919

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

## Healing Heroes Therapy Program

Sponsored by NTSOC



**NTSOC**  
Healing Heroes Project

Proudly serving Colorado Springs and El Paso military veterans and first responders.

### Service Offerings

Healing Heroes serves as an adult treatment program for acute conditions in need of:

- Occupational Therapy (OT) – addresses activities of daily living (ADLs) to improve quality of emotional, behavioral and physical aspects of life.
- Physical Therapy (PT) – addresses cardiovascular health, strength and conditioning to improve mobility and range of motion.
- Speech Therapy (ST) – addresses speech impairments to improve communication skills, cognition, and memory recall, and strengthens muscles used for swallowing and/or speaking.



### Healing Heroes Program

Healing Heroes is a NTSOC therapeutic program that provides all elements of physical therapy, occupational therapy and speech pathology therapy for individuals seeking additional support and care. Healing Heroes forms a support bridge for veterans and first responders from hospitalization to homecare and beyond in their treatment needs.

Phone: 719.574.5562 | 1130 W. Woodmen Road Colorado Springs, CO 80919 | [www.ntsoc.com](http://www.ntsoc.com)



## 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**



## Crossword Puzzle Solution



**NOW OPEN** Choose Your Apartment Today!



## SENIOR LIVING AT ITS PEAK.

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

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

Visit Our Welcome Center

2435 Research Pkwy, Ste 205  
Colorado Springs, CO 80920

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



2368 Research Pkwy, Colorado Springs, CO 80920

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





# 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

## 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.

## 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.**

## Laura Gallant REALTOR®

Senior Real Estate Specialist  
Real Estate Negotiation Expert

**(303) 956-1793**  
lgallant@erashields.com

Guiding you  
with compassion  
and kindness



**Shields**

Each Brokerage is independently owned and operated.

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



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

**(719) 291-9692**



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

**(719) 377-6735**

**SCHEDULE A VIRTUAL TOUR TODAY!**

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

## 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](http://ThingsForgottenNotGone.com)

**Silver Key™**  
**Friends**  
**Thrift**  
**Store**

**Shop. Donate. Repeat.**  
[silverkey.org/thrift-store](http://silverkey.org/thrift-store)







**(719) 272-4227**

**Medical & Surgical Eye Issues**

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



**Michael Haas, M.D.**



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

**Visit us in our new location!**

6760 Corporate Drive, Suite 180 Colorado Springs, CO 80919

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

# DayBreak

## An Adult Day Program

*Now providing transportation*



Love Patience Acceptance  
Respect Humor Community



404 N. Highway 67

PO Box 4777 | Woodland Park, CO 80866

719.687.3000 | [www.daybreakadp.com](http://www.daybreakadp.com)

Be  
Brilliant™

For a better hearing  
experience, you need  
Augmented Xperience.

Discover the hearing aids that 94% of wearers  
report excellent speech understanding.\*



**signia**

Hear better and live better with Augmented Xperience (AX). Look for it in a full range of Signia hearing aid styles, models and price points.

AX technology delivers speech that sounds clearer and closer to you – speech as it was always meant to be heard.

It's speech clarity your ears will notice, and it's only available in Signia hearing aids with AX technology.

**[abetterhearingcenter.com](http://abetterhearingcenter.com)**

**719 • 249 • 6285**



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

\*Visit [signia-pro.com/en-us/claims-data](http://signia-pro.com/en-us/claims-data) for more details.  
Signia is a registered trademark of WSAUD A/S. SIV-12790-22

Offers available  
only through the  
**End of this Month!**

**\$250 OFF HEARING  
AID PURCHASE**

**RISK-FREE, 2-WEEK TRIAL.**  
Zero cost. Zero obligation.



To learn more, call us today and schedule  
your free, no-commitment demonstration!

**719 • 249 • 6285**



**Jim Stobaugh**  
HAD, HAS, NBC-HIS, BA

MONUMENT, CO  
574 W. Hwy 105 | Monument, CO 80132

WOODLAND PARK, CO  
316 W. Midland Ave. | Woodland Park, CO 80863



# Son-of-a-Gun-Stew

## Ingredients

### Meat:

3 pounds chuck or other inexpensive beef roast  
2 pounds pork roast or boneless pork ribs  
2 bay leaves, broken in half  
1 teaspoon dried parsley  
2 cloves garlic, chopped  
1 tablespoon dried, minced onion flakes  
1 tablespoon Worcestershire sauce  
1 tablespoon instant beef stock or  
1 can beef broth  
Water

### Vegetables:

2 tablespoons olive oil  
1 medium yellow onion, chopped  
1 green or red bell pepper, seeded and chopped  
2 large carrots, chopped into small bite-size pieces  
4 medium potatoes, peeled, cooked and cut into eighths  
2 tablespoons butter  
2 tablespoons all-purpose flour  
Juice from the cooked meat.



## Directions

1. Cut the meat into chunks small enough to fit in your crockpot. Place the bay leaves, parsley, garlic, onion flakes and Worcestershire on top of the meat.
2. Mix the instant beef stock with a cup of hot water and pour over the meat, or use the beef broth and pour over the meat. Add enough water to cover the meat, cover and cook on high for 1 hour. reduce the heat to low and cook for 4-5 hours more or until the meat is tender.
3. Remove the meat from the crockpot. Divide the meat in half and cut one half of it into bite-size pieces. (Save the other half for another dish such as burritos.) Strain the juice from the crockpot and let cool. Skim off any excess fat and reserve the juice.
4. Heat the oil in a large Dutch oven or heavy pot, stir in the onion, bell pepper and carrots and cook over medium heat until the onion and bell pepper are tender. Remove the vegetables to a bowl. Melt the butter in the pot, stir in the flour and brown for a minute or so. Whisk in the strained juice from the meat until you have the consistency of light cream. Add water if you do not have enough juice or want it thinner.
5. Add the vegetables back to the pot. Then add the potatoes, meat and salt and pepper to taste.
6. Cook for 20 to 30 minutes over low heat until everything is warmed through and the flavors meld. Serve in large shallow bowls with sourdough or dark, crusty bread.

# Wyoming Cowboy Cookies

TOTAL TIME: Prep: 25 min. Bake: 15 min. YIELD: 6 dozen.

## Ingredients

1 cup sweetened shredded coconut  
3/4 cup chopped pecans  
1 cup butter, softened  
1-1/2 cups packed brown sugar  
1/2 cup sugar  
2 large eggs, room temperature

1-1/2 teaspoons vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
2 cups old-fashioned oats  
2 cups (12 ounces) chocolate chips



## Directions

1. Preheat oven to 350°. Place coconut and pecans on a 15x10x1-in. baking pan. Bake for 6-8 minutes or until toasted, stirring every 2 minutes. Set aside to cool.
2. In a large bowl, cream butter and sugars until light and fluffy, 5-7 minutes. Add eggs and vanilla; beat well. In another bowl, combine the flour, baking soda and salt. Add to creamed mixture; beat well. Stir in the oats, chocolate chips and toasted coconut and pecans.
3. Drop by rounded teaspoonfuls onto greased baking sheets. Bake at 350° about 12 minutes or until browned. Remove to wire racks to cool.



# \$75 monthly allowance for groceries



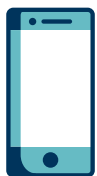
**The Healthy Foods Card benefit provides an allowance to purchase approved healthy foods and may help you eat healthier**

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)。

Y0040\_GHHKRLTE22\_AD\_M

# Calender of Events for August 2022

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

## Mountain Arts Festival

**What:** The 37th Annual Mountain Arts Festival This annual event brings artists from all over the country, and plenty of local artists exhibiting their art. The 75-80 some artists run the gamut from watercolor, oil, and acrylic paintings to woodworking, jewelry to sculptures, from metalwork to weavings, and from pottery to finely turned pens.

**When:** August 6

**Time:** 10:00 AM –5:00 PM

**Where:** 210 E. Midland Ave. Woodland Park, 80863

**Phone:** (719) 502-5085

**Cost:** Free

## Donkey Derby Days

**What:** Come watch this gold rush town's resident donkey herd race in this 88-year-old festival. For more than 80 years, Donkey Derby Days have topped the list of favorite Cripple Creek events. Enjoy games, live entertainment, heritage competitions and other fun family activities that will make your visit one to remember!

**When:** August 14-15, 2021

**Where:** Downtown Cripple Creek, Colorado

**Cost:** FREE



## Early Bird Hike & Bike at Garden of the Gods

**What:** An opportunity for recreationalists to enjoy the park and its roadways without motor vehicles. All normal park rules will be enforced. Parking is available in the naturally-surfaced overflow lot near the park's main entrance on 30th Street and in the parking lot at the Garden of the Gods Trading Post. Accessible parking spaces are available at the Trading Post.

**When:** Wednesday, August 31st Wednesday September 28th

**Time:** 5:00am to 8:00am

**Where:** Garden of the Gods 1805 N 30th St, Colorado Springs, 80904

**Cost:** Free

## Hot Rod Rock & Rumble 2022

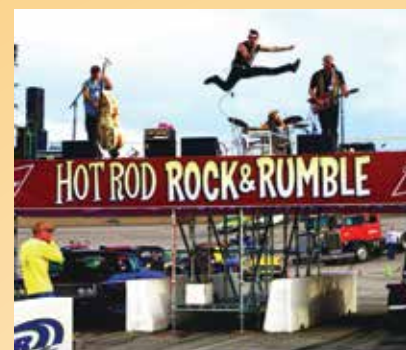
**What:** Genuine American Music Culture and Motors, 25+ Bands and Shows on Multiple Stages

**When:** Thu, Aug 25, 12 PM – Sun, Aug 28, 5 PM

**Where:** Pikes Peak International Raceway 16650 Midway Ranch Rd, Fountain, CO

**Web:** <https://tickets.hotrodrock.com/e/hrrr22/>

**Cost:** \$45



## Colorado State Fair & Rodeo

**When:** August 26 - September 5, 2022

**Time:** Monday-Thursday: 3 pm. – 11 pm. Friday-Sunday and Labor Day: 11 am-11pm

**Where:** 1001 Beulah Ave. Pueblo, CO 81004

**Phone:** 1-800-876-4567

**Email:** [info@coloradostatefair.com](mailto:info@coloradostatefair.com)

**Cost:** Adult (ages 13 & older) – \$14 Kids (ages 5-12) – \$7 Children 4 & under FREE







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

*THE Frank Sinatra Collection*  
BY BULOVA

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

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

## PLAY SUDUKO Key on page 30.

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



## 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**

# Calendar of Events for September 2022

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

## Colorado Springs Labor Day Lift Off

**What:** Every morning will begin with a mass ascension of over 70 hot air balloons in all shapes and sizes. Start the morning by gazing across Prospect Lake at a sky filled with brightly colored balloons, and wrap it up with the hot air balloon glow at dusk-Free family activities throughout the day with skydiving demonstrations, paddle boarding, live music & entertainment, and more!

**When:** Sat, Sep 3

**Time:** 6:30 – 8:30 AM

**Where:** Memorial Park 1605 E Pikes Peak Ave, Colorado Springs, CO

**Cost:** Free



## Commonwheel Artists Co-Op's 48th Annual Labor Day Weekend Art Festival

**What:** In Manitou Springs is always filled with art and music the whole family can enjoy Information and Tickets

**When:** Sat, Sep 3 – Mon, Sep 5

**Where:** Memorial Park, Manitou Springs, CO - 502 Manitou Ave, Manitou Springs, CO

**Web:** Manitousprings.org

## What If Festival

**What:** 100+ Interactive Experiences • Engineering, Cool Science, Technology, The Arts  
Live Music – Dance – Poetry – Performance, Delicious Festival Food – Beer and Wine Garden.

**When:** Saturday, September 10th

**Where:** Downtown Colorado Springs

**Web:** whatif-festival.org



## 2022 Walk to End Alzheimer's

**When:** Saturday, October 1, 2022

**Time:** 10:00 a.m.

**Where:** Memorial Park at Prospect Lake 280 S Union Blvd Colorado Springs, 80910

## Pueblo Chile & Frijoles Festival

**What:** The Greater Pueblo Chamber of Commerce created the festival as a fun fall event designed to promote the area's agriculture, especially its home grown chilies and pinto beans,

**When:** Fri, Sep 23 – Sun, Sep 25

Fri 3pm-12 midnight,  
Sat 10am-12 midnight,  
Sun 10am-6pm

**Where:** Union Avenue, Pueblo, CO 81003

**Cost:** FREE



## 7th Annual Heritage Brew Festival

**What:** Support local history in Manitou Springs at the Heritage Brewfest, back for the 7th year. Over 20 breweries & 3 great bands to entertain!

**When:** Sat, September 24

**Time:** 1:00 PM – 5:00 PM MDT

**Where:** 1070 Manitou Ave Manitou Springs, CO 80829







# 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 Independently* by offering stress-free healthcare through:**



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



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



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



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

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

Home prices starting from  
**Mid 400's**  
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](http://www.omegahomes.com)

## SUDUKO KEY

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

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

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



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

Newly remodeled  
apartments available.

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

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



# STAY STRONG

with **KNOWLEDGE**  
with **RESOURCES**  
with a **BOOSTER**



**Go to the medical professionals  
you know and trust**

Find information about COVID-19 booster shots and other resources for older adults at

**c4a-colorado.org**

**OR**

**1.844.265.2372**



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

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

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

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

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

**719-596-4844**

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

6775 Rangewood Drive, Colorado Springs, CO



**SENIORTAX**  
**ADVISORY GROUP**

***Safely Securing Your Financial Future TODAY!***

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