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*DECEMBER 2022 - JANUARY 2023*

# SENIOR NEWS

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# *Robots That Can Help The Elderly*

By Rick Sheridan

Let's get this article started by looking at several of the main reasons that robots have been developed to assist elderly people:

1. To set reminders for medicines, meals, and appointments.
2. To help with mobility and transport, including getting out of bed or moving around.
3. To reduce loneliness and help them with social and emotional needs.

With more-and-more older people on the planet, along with a shortage of skilled and unskilled labor, social service and professional organizations may want to use robots to bridge the gap. Many of the robots that we will review in this article can be programmed to learn an elderly person's preferences and habits and detect changes in behavior, including alerting caregivers or emergency services in the event of a fall. The main goal is to improve elderly people's quality of life, making them feel more independent, happier and more confident living alone or with reduced support.

A side-effect of getting old is often loneliness, as people lose partners and friends, and they are no longer as physically able to go outside. The Census Bureau here in the USA estimates anticipate that by 2060 almost one in four will be 65 years or older. That means there will be around 48 million more elderly people in the U.S. than there are now. Robots will perform many elder-care tasks within a decade. Some activities will still require human caregivers, and there are people for whom robotic

assistance will never be the answer.

Relying on technology to meet day-to-day needs like mopping the floor can improve the quality of time elders spend with family and friends. Delegating mundane chores to robots also leaves more time for seniors to socialize with the people who care about them, and not just for them.

Here is an overview of some of the robots that are available now:



**BUDDY-** Blue Frog Robotics' Buddy is an emotional companion interacting with each family member. Designed to be a great companion for senior citizens, Buddy can assist and entertain elders at home or in older homes. He is also the perfect emotional robot to teach and play with special needs children. It has a small, dome-shaped body on a fully mobile platform with three wheels. Buddy provides a variety of services, including home protection, social interaction, personal support, multimedia, entertainment, calendar reminders, and interactive interfaces. While a user is away, Buddy patrols the home, alerting users of any unusual activity. It includes real-time house mapping, remote control, and obstacle avoidance. It connects to most smart devices around the



home that users can control through Buddy. It offers mobile photo and video sharing, and social media connections. It can help users with reminders, alarm clocks, and to-do lists and provide practical information such as weather forecasts, recipes, and traffic. It can be a storyteller or an interactive teacher. Buddy can detect falls or unusual events in the elderly and alert emergency services. Buddy has speech recognition software, home and object detection, recognition, and tracking capabilities.

**Moin's Care-O-Bot 4** is a mobile robot assistant to help the elderly in their daily lives. The new model has been updated to improve social interactions, mobility, and adaptability. It is intended to be an affordable care option with six configurable models that enable the user to measure the model according to the user's needs and budget. It has a humanoid shape with a round head, arms, hands, and a rolling base. It can perform a range of household tasks such as delivering food, drinks, and medications to the user and assisting in cooking and cleaning. Moin's can place emergency calls, host video conferences, and engage in conversations. It features a touch screen, microphones, and speakers for multimodal user input. Face cameras allow it to adjust its behavior based on gesture and user interface recognition.





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A Care-O-Bot can speak through LEDs, sounds, speech-to-speech, laser, and body gestures. It is built on an open-source operating system that can be continuously changed and improved. Currently, Care-O-Bots have been successfully used in German, providing health care, companionship, and cognitive stimulation.



**ElliQ** is known as an “aging companion,” launched by Intuition Robotics, a startup founded in Israel. Designed to keep elders active, independent, and engaged, ElliQ is a robot-associate named after Norse goddess that represents old age. ElliQ is a tabletop that illuminates when you call it. Besides wellness and environmental monitoring, it uses machine learning and computer vision to provide proactive suggestions, entertainment, and activities. Its design was inspired by the animation lamp in the Pixar logo. ElliQ does not have a face, arms or legs, but talks while keeping her human partner active. The robot imitates user-to-user head motions. ElliQ is an easy-to-use social partner. She answers her phone, reads emails, and plays her partner’s music. The robot can remind people to take their medicines or arrange cabs. It can also recall the owner’s appointments and prompt suggestions relevant to the current schedule. Older users can play games, access social media, and conduct on-screen video chats to stay connected to the outside world. ElliQ may suggest music, podcasts, or audiobooks that the user may enjoy and may also recommend health activities such as walking when the user has been engaged in long-term sedentary activity.

**HERB** The Robot Butler, for “general assistance.” HERB stands for Home Exploring Robot Butler and is an autonomous robot that can learn to perform tasks such as putting books on a bookshelf, loading a dishwasher, clearing a table and fetching drinks from the fridge - pretty impressive! Designed in Japan as part of the Carebots initiative, HERB effectively maps out its environment in order to navigate safely around without crashing into things or knocking them over.

**iPal-** AvatarMind’s iPal is a humanoid robotic caregiver, designed to serve

children and the elderly as a social companion, educator, and safety monitor. This mobile robot has legs mounted on wheels to move around the house. It can sing, dance, chat, and provide essential services. It has a wide range of motion in its arms and neck, built-in obstacle avoidance software, and a low gravity center that increases its stability. It is 3.5 feet tall, 25-plus pounds, and comes with a built-in camera, several microphones, and WiFi or Bluetooth capabilities. The technology allows the robot to record video and sound that can provide the best support for clinicians and family members. Family members can watch their beloved from or outside their rooms and can even interact with their person remotely via iPal. iPal provides drug reminders and other health services. iPal’s are best for seniors who need more than just conversation, but entertainment, connection, and care.

**Moxi-** The medical robot. The use of medical robots in elderly care is a growing industry. One example of this is Moxi, a one-armed robot that can travel around a hospital, picking up and delivering medicines, equipment, patient samples or bedding. Moxi was invented by Andrea Thomaz and Vivian Chu in Austin, Texas and during studies, was found to save clinicians several hours a day by creating its own internal map and following delivery orders through an app.

**My Spoon** from Robotarm- is a “feeding robot.” When we get older, tasks we used to find easy often become more difficult, including washing, dressing and eating. There are now several types of robots available to help elderly people eat and drink, such as the. My Spoon that helps those with limitations in arm and hand function by bringing food from a plate or a bowl to their mouth. This reduces stress around mealtimes, letting the person eat at



their own pace, rather than relying on someone else to feed them.

**ROBEAR-** scientists have developed ROBEAR, a nursing robot that can do tasks such as lifting a patient from a bed in a wheelchair or supporting a patient who is standing, but needs help. This robot is like a giant, gentle, cartoon-shaped bear. It has actuators with a gear ratio, which enables joints to move very fast and accurately. It also includes three types of sensors: torque sensors and tactile rubber-type capability sensors that allow gentle movement and ensure that the robot carries out power-intensive tasks such as lifting patients without jeopardizing them.

**Roomba-** this is a robotic vacuum cleaner, and it can really help elderly people with daily housework. Instead of the person having to lift a heavy Hoover vacuum around and potentially hurt their back bending over, the Roomba automatically travels through the home to sweep up dust and dirt in a minimal time.

Special cameras and sensors enable the Roomba to avoid obstacles and return to a 'base' after cleaning to stop them from getting underfoot. Some models even self-empty into a self-sealing bag.

**SAM-** Luvozo created SAM, a robot companion that enhances the quality of life for elderly and disabled people. This daily companion aims to prevent the isolation of older people and to prevent them from falling. This human-sized, smiling robot combines state-of-the-art technology to provide residents with frequent inspection and non-medical care. SAM's main goals were to cope with the increased operating costs, staff turnover, accidents, and isolation of the elderly. SAM enables healthcare workers to guarantee remote monitoring, physical safety, and communication between residents, loved ones, and staff. The robot has a display and cameras that nurses can use to track and make sure they are good visually. This reduces employee

intervention and travel, maximizing time, and task management. The humanoid also has sensors and SAM Fall Assessment System software. This technological package allows him to move, thus preventing falls by identifying the pitfalls. It's a mobile robot, telepresence. Older people can see and interact with their on-screen interlocutors. They feel accompanied and obviously, feel less alone.

**Zora-** is an interactive caregiver who joins residents in aerobics and singing, playing games and reading. Zora speaks about twenty languages. Zora takes care of both children and adults. Controlled by health professionals via tablet, Zora can lead a physical therapy class, read TV shows, weather forecasts, or local news. Assisted living facilities have adopted Zora to keep their residents entertained and active with dance and exercise. Over 1,000 robots were sold to hospitals and care facilities so far. The Belgian company Zora Bots makes friendly, intelligent companions.



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# Faith Through Older Eyes: *The Christmas Swap*

By Nancy Parker Brummett



I drove away from an annual Christmas Cookie Swap delighted with my tin filled with a variety of delectable cookies. I'd exchanged my chocolate crackle cookies coated in powdered sugar for so many other varieties! The cookies I took were far from perfect, but fortunately powdered sugar covers a multitude of sins, right?

With new confidence in my ability to make such an astute exchange, I began to wonder what else I should swap out this Christmas season—and how I could encourage the

seniors I know and love make some helpful swaps too.

For instance, we could try to swap out pessimism for optimism. There are events and changes in this world that give us reason to be discouraged, but there are also blessings to be found in every situation if we look for them. If we could all be less like Eeyore and more like Tigger that would be a mighty fine swap.

I want to swap out darkness for light and be light in the lives of the older adults I encounter. There's an abundance of evil in the world, but we don't need to invite it in to our minds and hearts. This season, let's all consider swapping out depressing news reports for schmaltzy Christmas movies. That could be a soul-saving swap for sure!

All of us need to be encouraged to swap out fear for faith. Concerns for friends and family members, and some of the choices they make, can lead us to fear the worst. But faith overcomes fear. God is still on His throne. He still cares. He still loves. There's no question faith is the better choice.

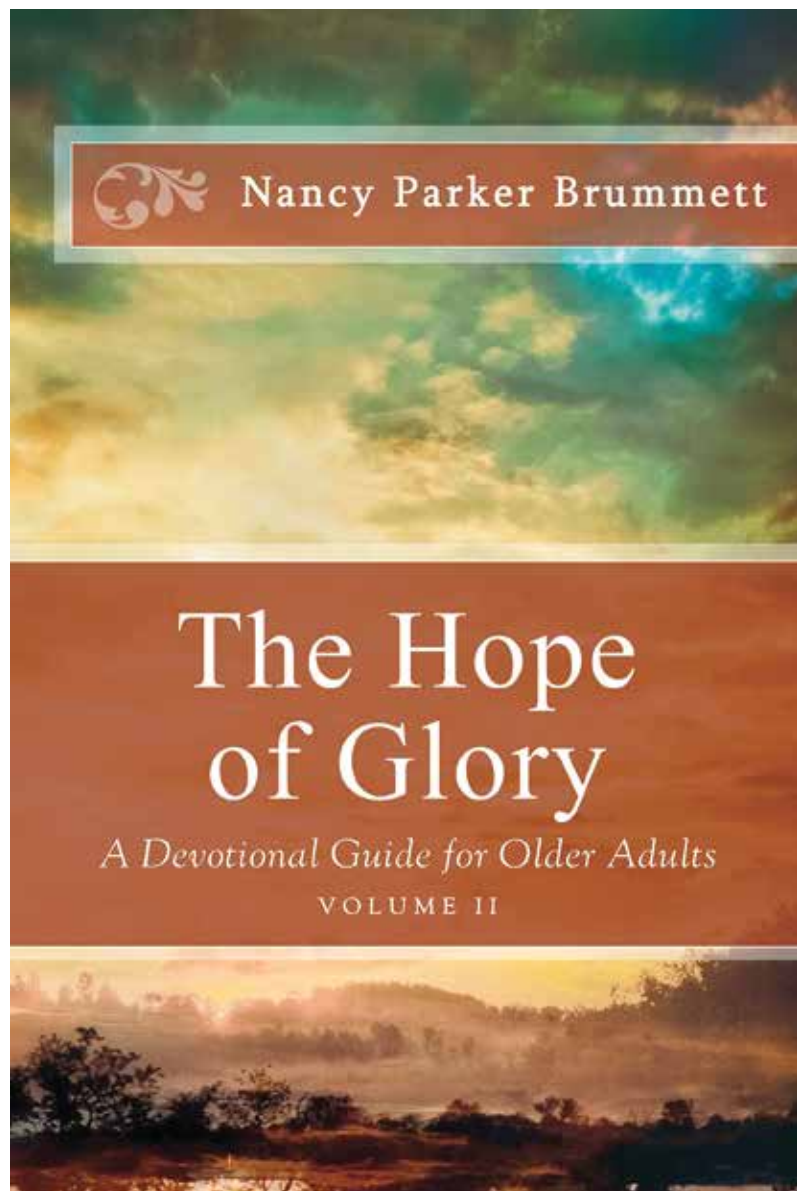
So of course the most enduring and amazing Christmas swap is the exchange God made with us. It's clearly spelled out in a familiar Bible verse, John 3:16 (KJV): *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.* He sent His Son, Jesus, in exchange for a world of sin. He swapped forgiveness for failure. He traded the eternal for the temporal.

My prayer for those who have not yet swapped out a limited life for an eternal one is that they will do so this Christmas by believing in Jesus Christ. No judgment. All have sinned and fallen short of the glory of God. All need a Savior.

Our powdered-sugar coated, temporal lives for His perfect eternal one. What a miraculous, life-changing Christmas swap!

## 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](http://www.nancyparkerbrummett.com).





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# The Final Chapter. What's Your Plan?

By Money Coach Bill Stanley

Life has many chapters. Some good, some not so good. A chapter can be long; another, not so long. In each life, there will be a final chapter. We all must prepare for our final chapter because we want that chapter to be both good and long. Let's spend some energy planning our final chapter.

## Health

As a Money Coach I tend to focus on money, material things, and legacy. (More on these later.) But health and your final moments should be front and center in your planning. Healthy is more important than wealthy! Documentation of your wishes is necessary such as Advanced Directive Durable Power of Attorney for Health Care and Living Will. I recently attended a webinar at Colorado Springs Silver Key. Jane Barton's presentation brought home things I had not yet focused on:

Doctors are trained to "do something," but sometimes nothing can be done. The doctor continues anyway. The medical focus is on curing, not caring.

A breathing machine might work for two weeks but the chances of continuing life beyond that are slim and none. Why do it? Same for feeding tubes, cardiac resuscitation, dialysis.

One problem in end-of-life planning is lack of information by patient and

family. Family members must know what the dying want. It is shared decision making – patient, family, medical team. First step is to identify a family member for whom this is not a burden. Then put together a written plan to be shared with family members. Silver Key presents a program called Five Wishes, [www.silverkey.org/Five-Wishes](http://www.silverkey.org/Five-Wishes). Silver Key has a free introductory workshop; reach out to register. The program covers such things as who makes a medical decision, like pull the plug, if the patient cannot; treatment options; and patient comfort. Go over this 12-page document with your designated family member in charge, check mark your wishes, then sign and move on to other areas.

When in the final chapter, however long or short it may be, pay attention to your overall health. Have written goals and mark your progress for such things as weight reduction, eating habits, exercising, and keeping your mind occupied and your life productive.

## Personal Finance

Have a plan for your financial accounts and things that are registered like homes and automobiles. All accounts should have designated beneficiaries or payable upon death designation. You can have your home and car put into beneficiary status in Colorado. Your list of beneficiaries should be



reviewed and updated periodically. And, it is a good thing to let family members know what might be coming. I say "might" because beneficiaries should be advised not to depend on inheritances because that money might be needed by you in your final chapter. Assign a "personal representative" to manage the final distribution. You might not need a lawyer-provided will if everything will be transferred by beneficiary status. A will can be expensive and difficult to understand. In Colorado, you can handwrite a will and have it notarized without lawyer involvement. If your situation is complicated or you foresee family disputes, you might want to talk to a lawyer. Generally, there is no need for a trust unless there is distrust with a recipient. A testamentary trust is a trust that is formed only after you pass; note this in your will. There are many personal things that can be passed on outside of a will. You need to put a list of who gets what and make sure your personal representative has a copy. Paying for a nursing home or long-term care is expensive. Put contingency money aside. If you are the only resident in your hopefully-paid-for home, the money from the sale should cover some of the cost.

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is your monetary possessions, but, more importantly, it is your values, your ethics, your accomplishments, your dreams. It can be called an ethical will, a document that passes ethical values from one generation to the next. Spend some time writing your Legacy Letter. Experiences are more important than material things. Describe in detail your top life experiences. List the significant and formative people, places, and events in your life. Have your kids/grandkids interview you. Your final chapter is a time to reflect upon the value of your time on earth. What did you do, why did you do it, what mistakes should your family avoid in the future? Summarize your life so future generations can get to know the real you. If you plan on leaving money to charities, think about giving some away now so you can see the benefit. I've done this with my nonprofit, William Stanley Foundation, and the personal reward is incredible.

### Organize

Have a survivor file (and let someone know where it is). Go through your stuff and designate recipients. Who gets what and for what reason? Give things away (parting with my treasures is a tough one for me). Continue to be incredible.

Here are things to consider from a Wall Street Journal Article entitled "Here's How Retiring on \$2 Million Can Look These Days in America:"

Have a sense of purpose in your post-career days and periodically re-evaluate your needs and desires in response to aging.

"I need to figure out what my next act is. I'm not a person who can sit around."

He has kept himself busy by serving on corporate and nonprofit boards. "I volunteer all the time."

Let's make our Final Chapter long, productive, & enjoyable!

*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.*



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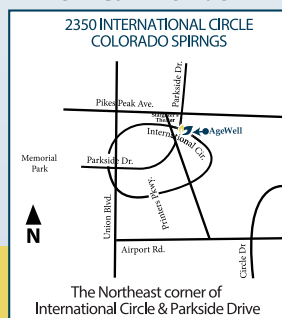
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# Polar Bears of Churchill

## A Small Town in Canada Proves to Be the Best Place to See Polar Bears in the Wild

By Trevor Phipps

Now that winter is just around the corner, it is the time of year to celebrate cold weather, snow and everything the season brings about. When people think of winter, the North Pole comes to mind as it is the home to Jolly Old St. Nick. And since polar bears are most commonly found in regions on the very north side of the globe, they are often viewed as mascots for the holiday season.

Polar bears are the world's largest land mammal with males weighing between 800 lbs. and 1,600 lbs., and reaching 8 to 11 feet in length. The primary habitat for the animals is on sea ice due to their diet mostly consisting of seals. Therefore, polar bears can be found in the wild in five different countries in the world: The United States, Canada, Russia, Greenland, and Norway.

Currently, there are around 26,000 polar bears that live in the wild, but

most live in remote regions in the northern part of the world. So, it can be tough to see polar bears that aren't in cages at the zoo unless people travel to one remote town in Canada.

### **Churchill, Canada Proves to be the Best Place to Spot Wild Polar Bears**

The small town of Churchill has a population of around 1,000 and it sits on the edge of the Hudson Bay in Canada. The town is so remote that people can only get there by taking a boat, an airplane, or riding on a train from Winnipeg which is about 1,000 miles away. Due to its remote and unique location, Churchill is considered the "Polar Bear Capital of the World" because it is the most accessible and southernmost place to see the giant animals.

The bears spend most of the year out on the frozen parts of Hudson Bay hunting seals until the ice melts and they begin to migrate to shore.

In the summer, around 3,000 polar bears can be seen along the shores of the bay near the town. The months of October and November prove to be the best time to see the bears as they roam around the land waiting for the ice on the bay to freeze again.

During the fall months, the area fills up with tourists wanting to

take a trip out of town with one of the over a dozen tour companies that are permitted to give tours of the network of trails in the area to see polar bears. Frontiers North Adventures is a family owned touring company that has specialized in giving tours of the northern region of Canada for over 30 years.

Although there are several ways to see polar bears in the area including helicopter tours, boat tours, and walking tours, the Frontier North Adventures tundra buggy tours seem to be the most popular. The tundra buggies first debuted in 1979 and they come with giant tires that can make it across the rough terrain and tundra of the area.

These secure buggies are 14 feet tall and are equipped with bathrooms so visitors can spend all day on the tours seeing polar bears from a safe distance. Polar bears are sometimes known to stand on their hind legs and lean up against the buggies.

### **Locals Build a Polar Bear Jail to Keep them Out of Town**

Even though the local residents of Churchill are accustomed to receiving visits from polar bears in town, the community started its polar bear alert program in 1983 to try to reduce unwanted visits. The town has culvert traps that are baited with seal scent that line the perimeter of the community. If a bear is found in one of the traps it is then sent to the town's Polar Bear Holding Facility.







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The bears then sit at the polar bear jail for thirty days without food to try to deter the bears from re-entering town. After their 30-day sentence, the bears get drugged and then strapped to a helicopter where they are dragged to a spot safely away from the town or onto the sea ice.

The town is also lined with signs that give a phone number to call if someone sees one of the animals in town. If a polar bear does make its way into town, conservation officers first try to scare it away using fire cracker shotgun shells (loud, blank shotgun rounds) and following it with vehicles. If one of these bears returns or refuses to leave, it is then incarcerated inside the polar bear holding facility.

### **Attacks on Humans Are Rare, But They Still Occur**

According to an article published by The Guardian, serious cases of polar bears attacking humans in the town have been rare since the alert program started in 1983. But, there was one fatality that occurred during the first season the alert program started.

A homeless man named Tommy Mutanen was rummaging through the freezer of a fire-damaged motel and stuffing meat in his pockets when he came around a corner and bumped right into a polar bear. Neighbors in the area could hear the man's screams, but when they rushed to his aid they could not get the bear to stop its vicious attack. By the time they shot the bear, Mutanen had already passed away from his injuries.

Then in 2013, The Guardian article tells a tale of a close bear encounter where resident Erin Greene got mauled and almost lost her life. On Halloween night that year,

Greene and her two friends were walking home in the early morning hours from a party when they noticed a polar bear was barreling towards them.

Out of instinct, Greene and her friends took off running but the polar bear caught up and grabbed her by the head and shoulders. The bear tore off part of her scalp before 69-year-old Bill Ayotte came to her rescue dressed in pajamas and armed with a shovel.

Ayotte ran up to the bear and struck it as hard as

he could with the shovel right between the eyes. The bear dropped Greene and then attacked Ayotte, tearing off his ear and clamping down on one of his legs. Other residents eventually scared the bear away by firing cracker shells and driving at the bear with headlights flashing and horns honking.

### **Other Things To Do in Churchill**

Although viewing polar bears brings the most amount of people into town, Churchill is also known to be a tourist hub for other reasons as well. During the winter months many travel to the town to take a tour up north to view the northern lights. And in the summer, people flock to the region to check out the migrating beluga whales in the Hudson Bay.

People also enjoy taking dog sled trips through the region's boreal forest. The Polar Bears International House is also a popular place where people can learn more about the latest research on polar bears across the world and how climate change is affecting their habitat.







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# Crossword Puzzle

## ACROSS

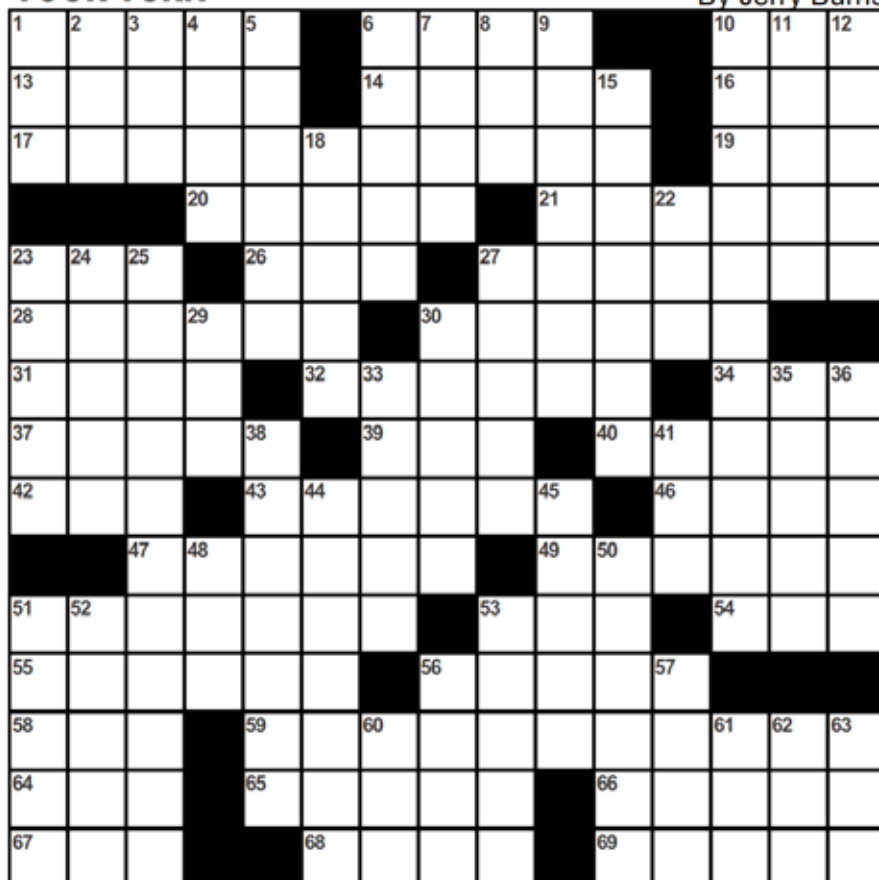
- 1) Place for a spouse's first kiss
- 6) Onetime Russian ruler
- 10) Place for a trapped rat
- 13) "\_\_\_ porridge hot ..."
- 14) Actor's parts
- 16) 90-degree shape
- 17) Correctly positioned, in a way
- 19) "Friend or \_\_\_?"
- 20) State flower of New Mexico
- 21) Some are self-evident
- 23) Web address
- 26) Agile deer
- 27) Eastern entertainers
- 28) Negative contraction
- 30) Pupil protector
- 31) Far from certain
- 32) Feel the need to drink
- 34) "SNL" network
- 37) Solution strength, in chemistry
- 39) Mature
- 40) Tea cart item
- 42) Numerical ending, sometimes
- 43) Groups of eight
- 46) Kind of curve, in math
- 47) Hero worshiper
- 49) Neighbor of South Sudan
- 51) Like some sources
- 53) H.S. support group
- 54) Exercise place
- 55) Gave silent approval
- 56) Ancient Roman senate
- 58) "Now \_\_\_ seen it all!"
- 59) Perpendicular formations
- 64) At a great distance
- 65) Ermine, in summer
- 66) Backspace over
- 67) Word of agreement
- 68) Nimble
- 69) "Inferno" writer

## DOWN

- 1) Financing abbr.
- 2) Hilo souvenir
- 3) "It" game
- 4) Covered with soot
- 5) Typewriter key
- 6) Short time
- 7) Carbonated drink
- 8) Pub offering
- 9) AP alternative
- 10) In limbo
- 11) "Toodle-oo!" in Honolulu
- 12) "God \_\_\_ America"
- 15) Runs
- 18) "Rob Roy" writer
- 22) Avail oneself of
- 23) Labor leader's watchword
- 24) Overhaul, as a factory
- 25) Some pitchers
- 27) Wounded at the corrida
- 29) Change the color of
- 30) Cuban export
- 33) Abhorred
- 35) Toss words back and forth
- 36) Dairy department item
- 38) They pay for quarters
- 41) "Anytown, \_\_\_"
- 44) Ledger entries
- 45) Hindu aphorism
- 48) Mom's mate
- 50) Rose up the charts
- 51) Consolidate
- 52) Fading stars?
- 53) Glazier's need
- 56) Devon domestic
- 57) City in India
- 60) "Red state" grp.
- 61) Linked-computers acronym
- 62) "Guinness World Records" suffix
- 63) "What did I tell you!"

## YOUR TURN

By Jerry Burns



Key on page 21.



Turning 65 or new to Medicare?

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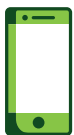
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**繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235 (聽障專線：711)**。



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- Speech Therapy (ST) – addresses speech impairments to improve communication skills, cognition, and memory recall, and strengthens muscles used for swallowing and/or speaking.



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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 home care and beyond in their treatment needs.

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## Crossword Puzzle Solution

1	A	L	T	A	R			T	S	A	R		10	L	A	B
13	P	E	A	S	E			R	O	L	E	S		16	E	L
17	R	I	G	H	T	S		I	D	E	U	P		19	F	O
				20	Y	U	C	C	A			21	T	R	U	
23	U	R	L			26	R	O	E			27	G	E	I	
28	N	E	E	D	N	T				30	C	O	R	N	E	
31	I	F	F	Y			32	T	H	I	R	S	T		34	N
37	T	I	T	E	R			39	A	G	E			40	S	
42	E	T	H			43	O	C	T	A	D	S		46	S	
				47	A	D	O	R	E	R			49	U	G	
51	U	N	N	A	M	E	D			53	P	T	A		54	G
55	N	O	D	D	E	D				56	C	U	R	I	A	
58	I	V	E			59	R	I	G	H	T			61	L	
64	F	A	R			65	S	T	O	A	T			66	E	
67	Y	E	S			68	S	P	R	Y				69	D	



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# Apple Butternut Squash Casserole

## Ingredients

¼ c. coconut oil, melted, divided  
3 c. butternut squash, cubed  
2 medium firm apples, cubed  
1 small red onion, chopped  
1½ t. fresh sage, chopped  
1½ t. fresh thyme leaves  
Sea salt and black pepper, to taste  
6 slices thick-cut bacon, chopped into ½-inch pieces\*  
½ c. pecans, roughly chopped  
2 T. honey  
½ t. ground cinnamon  
¼ t. ground cloves



## Directions

1. Preheat oven to 400°F and grease a 9×13" baking dish with 1 tablespoon melted coconut oil. Set aside.
2. Combine the butternut squash, apples, red onion, 2 tablespoons melted coconut oil, sage, and thyme in a large mixing bowl. Season with salt and black pepper, to taste, and toss to combine.
3. Transfer the butternut squash mixture onto the prepared baking dish and spread into an even layer. Place in the pre-heated oven to roast just until the butternut squash is fork tender, around 25-30 minutes.
4. While the butternut squash mixture is roasting, heat a large sauté pan over medium heat and add the bacon. Cook, stirring occasionally, until the bacon is cooked through and crispy, approximately 8-10 minutes. Transfer the bacon to a small mixing bowl lined with paper towels to absorb excess grease. Blot off remaining grease on top and set aside to cool for 5-10 minutes.
5. Once cooled, discard the paper towels and add the remaining tablespoon of coconut oil, chopped pecans, honey, cinnamon, and ground cloves. Season with salt and black pepper, as desired, and toss to combine.
6. Remove squash from oven and top with the bacon-pecan mixture. Return to the oven until the topping is nicely browned, approximately 10 minutes. Remove from oven and cool for 5 minutes before serving. Enjoy!

# Stuffing Muffins Recipe

## Ingredients

10 cups bread cubes	1/2 teaspoon pepper
1/4 cup unsalted butter	2 teaspoons rubbed sage
1 cup diced red onion	2 large eggs
3 ribs of celery, diced	2 cups chicken broth
1 tablespoon minced garlic	2 tablespoons chopped fresh parsley
1/2 teaspoon salt	

## Directions

1. Preheat the oven to 325 degrees.
2. Place the bread cubes on a baking sheet. Bake for 10-15 minutes, stirring a few times. Let cool.
3. Place the bread cubes in a large bowl.
4. Increase the oven temperature to 350 degrees. Spray a muffin tin with nonstick spray.
5. Sauté the butter, onion, and celery until softened. Stir in the garlic, salt, pepper, and sage. Stir the vegetables into the bread cubes.
6. Whisk together the eggs and chicken broth. Pour over the bread cubes and veggies. Stir until everything is soaked in. Stir in the fresh parsley.
7. Spoon the mixture into 12 muffin tin cavities. Bake for 35-40 minutes. Let cool in the pan for 10 minutes, then loosen with a knife. Remove and serve hot.







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# Calendar of Events for December 2022

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

## 39th Annual Festival of Lights Parade

**What:** One of the Pikes Peak region's most beloved holiday traditions, the Festival of Lights Parade. The Parade is always the first Saturday in December every year and features nearly 100 beautifully lighted and decorated entries and is broadcast LIVE on media sponsor KKTV. Local companies and organizations, and volunteers create holiday fantasies to share with all.

**When:** Saturday, December 3rd 5:30-8:30pm

**Where:** Downtown Colorado Springs on Tejon Street.

It will start at St. Vrain Street and continue south to Vermijo Street.

**Web:** [Coloradospringsfestivaloflights.com](https://coloradospringsfestivaloflights.com)



## Skate In The Park, Downtown Colorado Springs

**What:** A perfect way to make lasting memories with those you love.

**When:** November 12 (continues through the winter)

**Where:** You'll find the ice-skating rink in Acacia Park off of Tejon Street and Platte Ave

**Cost:** \$10, includes skates Children 4 and under FREE with paying adult



## Santa Express Train, Royal Gorge

**What:** Holiday spirit abounds aboard each train, where you'll enjoy your favorite Christmas tunes and cheerful decor. Just like the Santa Express Train, the Holiday Train travels through the Royal Gorge for a round-trip journey. The Holiday Train is a relaxed affair for guests of all ages. This year, the Santa Express Train travels to the North Pole in the Royal Gorge up to four times daily: 9:15 a.m., 12:30 p.m., 4 p.m. and 7 p.m.

**When:** November 19-December 30, 2021

**Web:** Ticket info: <https://www.royalgorgeroute.com/santa-express-train/>



## Cheyenne Mountain Zoo's Electric Safari

**What:** 'Tis the season for lights, animals and holiday spirit at America's only mountain zoo. Take in nearly one million sparkling lights illuminating the crisp winter night, warm up at one of the fires throughout the zoo, then stop in and see Santa (through Dec. 23).

**When:** December 2-4, 9-23, 25 2022 - January 1, 2023 5:00-8:30pm general admission, 4:00-5pm early entry with zoo membership

**Web:** [cmzoo.org](https://cmzoo.org)



## Holiday Market At Commonwheel Artists Co-Op

**What:** A handcrafted holiday market awaits with ornaments, clay art, photography, glass, cards, soap, fiber, sculpture, jewelry and wall art. Browse our offerings of hand-crafted items and you're sure to find something unique for even the impossible-to-shop-for people on your gift list.

**When:** November 4th - December 30th 10am to 6pm

**Where:** 102 Canon Ave, Manitou Springs

## Glen Eyrie's Madrigal Banquet (Various Dates)

**What:** With a more than thirty-year history, this spectacular holiday event continues to be a Colorado classic. Set in the grandeur of The Great Hall of The Castle, our 16th century-style banquet and show is sure to inspire and prepare your heart for this Christmas season.

**Web:** <https://gleneyrie.org/our-event/madrigal-2/>

## Christmas Symphony

**What:** Embrace the spirit of the season with the Philharmonic and the Colorado Springs Chorale for Rutter's Gloria, Sleigh Ride and cheerful sing-alongs. [csphilharmonic.org/event/christmas-symphony/](https://csphilharmonic.org/event/christmas-symphony/) for tickets

**When:** Sunday, December 18th, 2:30pm

**Where:** Pikes Peak Center for the Performing Arts 190 S. Cascade Ave, 80903



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## 100 word story

### Settling Into The Rest Home for Ragged Girls

By Anika Carpenter

The island's breakers rattle windows. Filthy storm clouds snigger, "the jetty is as brittle as your bones." Ada, who has the room next to mine, calls, "come down for dinner—fish pie and ale." Matron has redecorated the dining room for the fifth time this week. She's adamant that reliable unfamiliarity infuses our disorientation with feelings of comfort. Steady stripes are certainly a welcome change from floral wallpaper riptides of monstrous bawdy blooms. Once we've eaten, Matron leads us dancing around the dining table. We wave cotton napkins, beckoning to the latest salt-worn liner and its suitcaseless women.



# Calendar of Events

## Christmas At The Ranch

**What:** You will be captivated with a musical show performed by the world-renowned Flying W Wranglers. One of the most talented groups in Flying W history will perform a Western Christmas Jubilee that will make your heart sing, take you back to years gone by, and take you to a Babe in a manager where the redemption of the world began.

**When:** December 1st-22nd 2022 Cost: \$35-65

**Web:** <https://www.flyingw.com/christmasattheranch>

## Winter Wonderland With The Wolves

**What:** Spend some times with the wolves in their wonderland retreat in Divide, CO. Festivities include breakfast burritos with the wolves.

**When:** December 18, 2022, 9 - am

**Phone:** Reservations required, call 719-687-9742.

**Cost:** Adults \$40, Kids 11 & under \$20

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

## Photos with Santain Old Colorado City

**What:** Weekends from November 26 through December 23rd

Bring the whole family for photos with Santa! Jolly ol' Saint Nick will be greeting folks with Christmas cheer through Christmas at Santa's Cabin in Bancroft Park!

**When:** Saturdays, Sundays. Final Santa appearance on Friday, Dec 23rd

Hours for Photos: Noon-8pm

**Where:** 2408 W. Colorado Ave - Bancroft Park

**Cost:** \$17 first photo, \$7 additional photos



## Manitou Christmas Parade

**What:** Join us again for the Manitou Christmas Parade! Get your bells and hot cocoa ready for this evening celebration of the holiday! Beginning at the roundabout and ending at El Paso Blvd. the parade will be a wonderful holiday delight down Manitou Ave.! The parade should last about an hour.

**When:** Dec 10, 2022 at 6:00 pm - 07:00 pm (Sat)

**Where:** 606 Manitou Ave, Manitou Springs, CO



## Christmas Brass in Downtown Colorado Springs

**When:** Sat Dec 7, 2022 at 07:00 pm to 09:00 pm

**Where:** Downtown, Colorado Springs, CO



## Festive Holiday Gathering

**What:** Members and guests of Cheyenne Mountain Newcomers Club will enjoy entertainment by "The Back Porch Singers" followed by a lovely catered holiday-themed luncheon.

**When:** December 7 - 9:30 a.m. to 11:30 a.m.

**Where:** Broadmoor Community Church 315 Lake Avenue.

**Cost:** \$20

**Web:** [www.cmnccos.org](http://www.cmnccos.org)

## Denver Botanic Gardens Blossoms of Light

**What:** The Gardens' signature event for more than three decades, this annual holiday lights extravaganza transforms our York Street location into a twinkling winter wonderland. Join us for this family-friendly event that has become a holiday tradition for thousands of Front Range families. Timed tickets must be purchased in advance; tickets are limited in each time slot. Tickets will not be available onsite.

**Where:** 1007 York Street, Denver, CO 80206

**When:** Nov. 18 – Jan. 7 (closed Nov. 24 & Dec. 25), 4:30-9 p.m.

**Phone:** 720-865-3500

**Web:** Tickets for purchase - [botanicgardens.org](http://botanicgardens.org)







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**Michael Haas, M.D.**

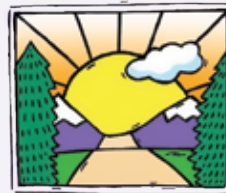


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### Georgetown Christmas Market

**What:** Every December, the sleepy town in Clear Creek County transforms into a sparkling Christmas wonderland. For two weekends Georgetown, Colorado hosts their annual Christmas Market, now in its 62nd year. USA Today recently named it as part of its 10 Best Holiday Markets in the country. Events kick off on Saturday, December 3rd, 2022 with a holiday reading of "The Night Before Christmas" in the Hamill House Library. The main Old World Christmas Market is held over two weekends.

**When:** December 3-4th and 10-11th, all days from 10am to 5pm.

**Where:** 6th Street, Georgetown, CO 80444

**Web:** [georgetown-colorado.org/event/61st-annual-christmas-market](http://georgetown-colorado.org/event/61st-annual-christmas-market)



### PILLAR Reader's Theatre presents: Christmas Stories

**What:** The PILLAR Reader's Theatre will be presenting a celebration of the holiday season with some readings of the classics, some carols, and a few other surprises.

**When:** Thursday, December 15, 1pm in the PILLAR Classroom;

**Where:** Chapel Hills Mall - 1710 Briargate Blvd., Suite 847, Colorado Springs, 80920 #4104A

**Phone:** 719-633-4991

**Cost:** PILLAR Members FREE / Non Members \$5

### Woodland Park Wind Symphony's Christmas Concert.

**What:** Woodland Park Wind Symphony's Concert.

**When:** 12/11/2022 - 6:30 pm, Matinee 4pm

**Where:** Ute Pass Cultural Center 210 E. Midland Ave. Woodland Park, CO 80866

**Phone:** Bev Harms (phone: 719-687-3361)

**Web:** Reservations Require [woodlandparkwindsymphony.com](http://woodlandparkwindsymphony.com)

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## PLAY SUDUKO

Key on page 30.

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



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## SUDUKO KEY

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

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

739105 JM

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