# PIKES PEAK APRIL - MAY 2025 SENIOR NEVS

A NON-PROFIT PUBLICATION OF THE SOCO SENIOR RESOURCE CENTER

Senior Lifestyle Expo 2025: Spring into Wellness & Community Connection see page 12

SERVING EL PASO & TELLER COUNTIES | pikespeakseniornews.com



## OPEN. SOON. 45<sup>TH</sup> U.S. SENIOR OPEN THE BROADMOOR JUNE 25-29

Shop discounted tickets now: USSenioropen.com



#### Contents





A publication of the Senior Resource Center of Southern Colorado a 501c3 nonprofit

### April - May 2025

Now Distributed at all Goodwill & Safeway Grocery Stores in Colorado Springs!

- 4 Tinseltown Talks: Pianist Richard Glazier Revives Great Songs from Stage & Screen
- 6 Retirement 2.0: A New Era of Possibilities
- 9 3rd Annual Senior Lifestyle Expo Spring into Wellness and Community Connection
- **10** Eric Melvin Finds His Calling Through His Beloved Deaf Cattle Dog
- 12 Third Annual Senior Lifestyle Expo 2025: Spring into Wellness & Community Connection
- 20 Places to Find Cherry Blossoms West of the Mississippi Take a Spring Trip to Experience Cherry Blossom Beauty
- 24 · Funky Little Theater Company Presents "Four Old Broads on the High Seas"
- 27 · Sudoko
- 26 · Colorado Recipes
- 28 · Crossword Puzzle



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

**Publisher/Advertising Director** 

Anne Jensen anne@pikespeakseniornews.com (719) 321-1971

> Managing Editor Trevor Phipps

Graphic Design Mike Biles

#### **Contributing Writers**

Nick Thomas Richard Leider Leslie Kimbell Anna Michaelson

#### Letters to the Editor

Trevor Phipps trevor@pikespeakseniornews.com (719) 761-9489



Official PPSN Mascot & Director of Operations Mishka

31 N. Tejon St. Suite #203 Colorado Springs, CO 80903 Website pikespeakseniornews.com



# Tinseltown Talks:

# Pianist Richard Glazier Revives Great Songs from Stage & Screen

#### By Nick Thomas

First it was COVID, then a chronic non-life-threatening illness kept Richard Glazier from performing. This year, he returns to the stage where audiences can again experience the pianist seamlessly blending recitals with fascinating personal stories describing friendships with legendary figures in American Popular Song such as Ira Gershwin.

I first encountered the master musician and music story-teller in 2011 during a four-day cruise to Cozumel, Mexico. Wandering the decks late one Friday night, I was drawn by the sound of piano music to a lounge where Glazier was in full swing.

Although he didn't finish until 1 a.m., Richard hung around talking to passengers and posing for photographs. Since that evening, Glazier has released several CDs and his three Public Television specials have been broadcast on PBS affiliates across the country.

His most recent CD was "Pure Imagination – Great Songs from the Stage & Screen." As the title suggests, the recording contains (16) tracks from classics such as "Fiddler on the Roof," "West Side Story," and "Meet Me in St. Louis" (see www.richardglazier.com). Glazier's journey to the concert stage as a performer and historian of popular Broadway and Hollywood music goes back over four decades when then 9-year-old Richard started digging through his aunt's collection of old 78-records in her Indianapolis home.

"I found an Oscar Levant recording of 'Rhapsody in Blue' and became obsessed with the music," recalled Glazier. "That led me to the library where I learned about the composer, George Gershwin, and his brother Ira."

Glazier was hooked after discovering the 1943 musical film "Girl Crazy" that featured Judy Garland and Mickey Rooney singing Gershwin songs and he began piano lessons.

George, the composer, had died in 1937, but when young Richard learned that lyricist Ira was still living, he wrote to the aging songwriter asking for a photo. That led to a 3-year correspondence between the music legend and his young fan.

"I was a small child who loved Gershwin music, so I think Ira wanted to encourage my passion for their music and my goal of being a pianist," said Glazier who, to his astonishment, was invited to



Gershwin's California home to meet his hero.

Accompanied by his mother, Glazier remembers the butler leading them into the living room where Ira sat waiting. "He was very reclusive during his later years and hardly ever had company, but I would never have known since he was very warm and animated."

During the 2-hour visit, Ira showed Richard the Pulitzer Prize for Drama he won in 1932 for writing "Of Thee I Sing." He invited the boy to play a piano in the room – the same instrument on which the Gershwins composed their music such as "Porgy and Bess."

When he departed, the lad didn't leave empty-handed.

"He gave me a picture of George, along with one of his cancelled checks, an autographed photo of himself, and an autographed score of 'Rhapsody in Blue,'" said Glazier, whose mother also took a photo of her son with Gershwin wearing a monogrammed gold sweater.

Despite his absence from the concert circuit for four years, Richard says he's playing better than ever and shared some emails from audience members who attended a recent concert in Phoenix: "Loved every minute...your story of the joy a little boy had to meet his idol and play on his piano brought joy to my heart" (Shirley Rosenblum).

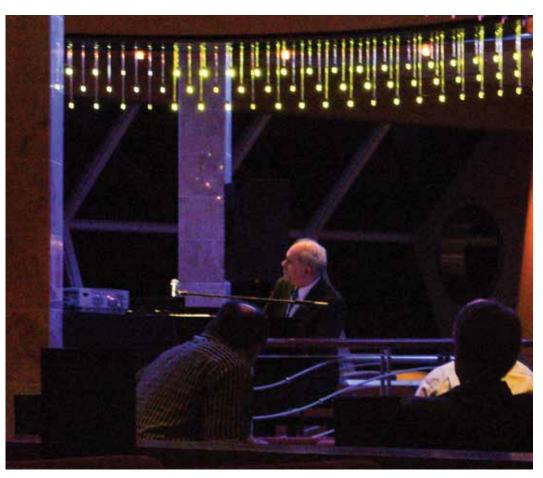
"You played with your heart fully engaged... the evening was extraordinary" (Janice M. Hollowelli).

"I couldn't practice for almost 2 years," said Glazier. "But I came out of this difficult time seeing life and music more emotionally and deeper, and that's reflected in my playing which is better than ever. A real triumph for me. I'm definitely back!"

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. See www.getnickt.org.

> CALL TODAY FOR OUR

MOVE-IN PROMOTION!







#### **OFFERING INDEPENDENT LIVING**

FOR MORE INFORMATION CALL (719) 745-5654

SOLISTACOLORADOSPRINGS.COM

918 SOLISTACOLORADO

5820 FLINTRIDG

COLORADO

#### Senior Lifestyle

# **Retirement 2.0:** A New Era of Possibilities

#### By Richard Leider

### What kind of life do you imagine at 50? 60? 70? 80? 100?

Will you retire? Should you retire (ever)? When will be the right time to retire?

We are all participants in one of the most significant social movements of our time: We are creating a new phase of life.

For many it happens at retirement, but in fact a reimagined moment can come at any age. It renders obsolete the myths and conventions of the past 50 years – the old story that has defined our trajectory and constrained our choices for retirement and aging.

In place of that old route, we are paving a more dynamic and exciting path: We are living longer, and staying healthier, than any generation before. Whether by choice or by financial necessity, we are continuing to work long past traditional retirement age. And, most important, we are yearning – as we have since our youth – to find meaning and purpose in our lives.

As pioneers in this new life stage, we

are seeking out new possibilities. For some of us, this means delving into favorite hobbies, interests or volunteer gigs. For others, it entails going back to school or traveling to far-off destinations. And for others still, it means starting a business or embarking on a dream career.

But for all of us, it involves looking ahead and asking ourselves, "What's next?" Here are six guideposts you can use to help you answer that question and navigate the years ahead.

#### Reflect – What's real for you?

Lasting change often begins by looking inward. This doesn't mean you must retreat to a monastery or spend hours in the lotus position. Instead, think of reflection as a break: a mini vacation from the daily tasks that absorb so much of our time. It's a chance to go inward and listen to your own story.

Reflection involves revisiting the narrative in your head about your life

up until this time. You don't have to automatically extend that narrative into your future; you can weave an entirely new story for yourself.

Start the process by asking how



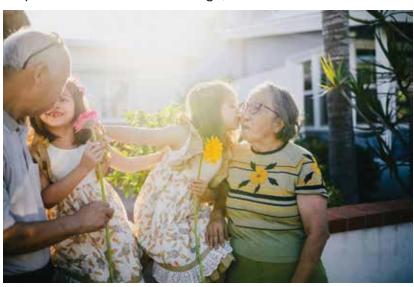
you wound up where you are today: What goals and values led you here? Looking forward, what is the most important to you? What choices are you likely to face in the years ahead? What possibilities would you most like to pursue? Are you satisfied with how you spend your days? As you ponder these questions, you can begin to say no to the things that clutter your life, and yes to those that give you purpose.

#### Connect – Convene a feedback panel

In the early phases of our adult lives, we often make connections and form communities around family and work. As we age, the basis for those connections tends to fade. Forty years later, for example, the parents of your children's friends are less likely to be your friends. You may have moved to another city or simply drifted apart socially. The same is true for work friends: You may have changed jobs or left the labor force entirely.

At this stage of life, it's all too easy to end up with a wealth of casual acquaintances and a dearth of real friends. And this occurs just when we all need authentic connections.

The cornerstone of connecting is building a sounding board, which is a small group of people who can help you think about what's next in your life. They may see you more clearly than you see yourself. To convene your sounding board, find one committed listener who can offer you support.



#### Senior Lifestyle

Ideally this will be someone willing to hear you out on the questions you've been asking yourself, then deepen and magnify them. Once you've found your listener, bounce ideas off him or her every few weeks. Then slowly add new sounding board members. Strive to recruit a catalyst, a connector, and a trusted financial planner.

# Explore – Open yourself to the unknown

This step allows you to begin thinking broadly and honestly about the direction your life can take. You begin to separate what you've always done and who you've always been from what you'd like to do and who you'd like to become. At this phase of your voyage, you get to give your curiosity free rein and try new identities and behaviors on for size. The point of these exercises is simply to get a feel for exploring new ideas and activities. Once you become comfortable with small explorations, you'll be better able to embark on larger journeys of life discovery.

Kick off your exploring with some modest accomplishments:

- Browse a magazine that never appealed to you.
- Change your standard route home from work.
- Skip the Sports section and delve into Food.
- Venture into a tavern that features line dancing.
- Take a voice or musical instrument lesson.
- Design any other activity to get outside your comfort zone.
- Choose Whittle down your options

Now it's time to narrow your choices. This may feel intimidating – What if the path I pick turns out not to suit me? – But your selections at this stage in the journey are not irreversible. Multiple paths lead to the goal of reimagining: There's no need to worry that you're swearing all-or-nothing allegiance to a wrong one. Indeed, you can ease your way into this stage by taking deliberately small steps. Here are a few to consider:

- Take Time Out: Carve out a regular block of time when you refuse to be interrupted, especially by technology. Visit this oasis each day to imagine future possibilities.
- Say "Hello": Introduce yourself to organizations engaged in the things you're curious (and serious) about. Shadow a person doing something you think you might like.
- Volunteer: Volunteer to spend time with a special group



which can point you in intriguing directions.

- Keep Track: Record your reactions to all these investigations in a Retirement Journal. Revisit prior entries to see if clues emerge that help you pick your best path.
- Repack What's essential for the road ahead?
- Unpack: Repacking entails removing the obstacles that are keeping you from reaching your goal. Think of it as jettisoning the baggage that no longer fits who you are now and repacking to accommodate the person you want to become.
- Repack: Create the table of contents that would appear at the front of your memoir. Give each stage of your life story its own summarizing chapter title. Then group the chapters and give each section a title.
- Repeat: Now move to the present: How would you label the chapter you're living through currently? What would you name the chapter coming next? This exercise can give your life story a clear plotline to follow.



#### Senior Lifestyle

#### Act - Make your possibilities real by taking action

Using the previous exercises as guidance, take a first step in a new direction – any direction. See what happens. Then adapt your next steps as things unfold. It really is that simple: Take action.

You can ask your sounding board to help you weigh alternatives, but ultimately, you'll have to trust your gut. And who knows what surprises will appear? When you act, doors open. New connections click. A planned meeting leads to a chance encounter – someone knows someone who knows someone else – and suddenly an opportunity materializes that you had never anticipated.

For each of the next five days, take one chance per day. Then describe them in your journal. Stepping outside your comfort zone will feel scary at first. Or exhilarating. Or possibly both. Taking action, pausing to weigh its impact, tailoring your next step – as you find your rhythm with these phases of reimagining your retirement, you may just answer what's next.

Richard Leider, founder of Inventure – The Purpose Company, is the author of 12 books, including two bestsellers, which have sold over one million copies. Repacking Your Bags and The Power of Purpose are



#### The Palisades at Broadmoor Park

#### 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



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.



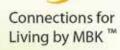
considered classics in the personal growth field. Richard's PBS Special – The Power of Purpose – was viewed by millions of people across the U.S. His recent book is Who Do You Want to Be When You Grow Old?: The Path of Purposeful Aging. His newest book is the 4th edition of The Power of Purpose: To Grow and to Give for Life with longtime co-author David Shapiro, released in December 2024. (www.richardleider.com)



#### 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 alwaysavailable 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 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.



# **3rd Annual Senior Lifestyle Expo** Spring into Wellness and Community Connection

#### By Anna Michaelson

As spring blossoms, so does an opportunity for seniors to connect, learn, and celebrate a fulfilling lifestyle at the **3rd Annual Senior Lifestyle Expo!** Hosted by the **SOCO Senior Resource Center**, this highly anticipated event returns to **The Antlers Hotel on April 10, 2025,** from 9:00 AM to 2:00 PM.

With a strong emphasis on health, wellness, and community resources, this year's Expo will highlight Veterans' services, engaging activities, and local businesses that cater to senior needs. In partnership with Mt. Carmel Veterans Service Center and Colorado Springs Utilities, celebrating 100 years of service, the event will feature dynamic exhibits, interactive demonstrations, and live entertainment.

#### **Event Highlights:**

- Pickleball Demonstration Experience the sport sweeping the senior community! Join Mt. Carmel Veterans Service Center at 1:00 PM in the Summit Ballroom for an exciting live demo.
- Interactive Dog Show with Eric Melvin & Maddie

   At Noon, witness an inspiring performance by Eric
   Melvin and his trained deaf cattle dog, Maddie, showcasing their remarkable bond and skills.
- Cheyenne Mountain ZooMobile Get up close with fascinating wildlife as the ZooMobile brings the zoo experience directly to attendees.

- Live Music by the Colorado Springs Chamber Orchestra – Enjoy a morning of beautiful music in the Heritage Ballroom, setting a vibrant and welcoming tone for the day.
- 75+ Sponsor Tables Explore valuable resources, services, and giveaways from local businesses, healthcare providers, and community organizations.

"This year's Expo is all about fostering connections, promoting wellness, and celebrating active aging," said Anne Jensen, Executive Director, at SOCO Senior Resource Center. "We are thrilled to provide a space where seniors can explore new opportunities, engage with their community, and enjoy a fantastic lineup of events."

Admission is **free** and open to all! Mark your calendars and join us for a day filled with **learning, inspiration, and fun.** 

For more details, contact Anne Jensen anne@socoseniorresourcecenter.org



#### Animals We Love

# Eric Melvin Finds His Calling Through His Beloved Deaf Cattle Dog Melvin and His Dog Maddie to Present at the Third Annual Senior Lifestyle Expo

#### **By Trevor Phipps**

Many people throughout history have built connections with their canine friends to the point where King Frederick II of Prussia coined the saying "a dog is a man's best friend" just before his death in 1786. For one Colorado Springs resident, the connection with his dog morphed into becoming his true calling in life.

Ever since Eric Melvin found his calling in training deaf dogs, he has hit the streets telling his story to help inspire others. Melvin has travelled all over the country with his dog to showcase what the two can accomplish through building a connection between themselves and hard work.

Contrary to other dog training presentations, those who witness Melvin and his cattle dog Maddie get the chance to work directly with the canine. During the Third Annual Senior Lifestyle Expo from 9 a.m. to 2 p.m. on April 10 taking place at the Antlers Hotel in downtown Colorado Springs, Melvin and his dog Maddie are slated to give a special presentation.

#### **Eric Melvin's Unique Story**

Melvin's journey to becoming a dog trainer and inspirational speaker started when he was diagnosed with Type 1 Diabetes when he was 14. "I had an early dose of maturity and a high level of responsibility, empathy and all of these things that kind of created my inspirational story," Melvin said. "All of those things kind of gave me the tools also to go do what I did with my deaf cattle dogs. Being patient, empathetic and resilient has helped me with my inspirational presentations. I also help other deaf dogs with training and bonding programs as well." When Melvin was 35 years old, he adopted a sevenweek-old Australian cattle dog namedAngelyne after having experience with the breed. But after taking her to puppy training he quickly realized that she was hearing impaired. After getting an official deaf diagnosis from a veterinarian, Melvin decided that he wasn't going to give up on his new companion.

"Once we were in there (puppy training class), I realized that I had found my calling with the deaf dog," Melvin reminisced. "We finished puppy kindergarten class and we started practicing like three hours every day and I was really building a strong bond with this dog. I was just a regular guy with a regular kind of job and I was falling in love with this deaf dog and practicing and building our bond. I ended up designing a very unique (kind of a trendsetting) deaf dog training program."

In June 2007, Melvin and his dog were noticed by members of his community and they were encouraged to participate in a dog talent show. "There were people that would come and watch our practice every day," Melvin said. "Some days, we had 20 or 30 people in our front yard coming to watch what my deaf dog could do."

He entered a dog talent show on June 9, 2007 and people instantly started asking him about the story of him and his first deaf cattle dog Angelyne. After Melvin noticed such a high amount of interest in their story, he launched a motivational speaking career. Between 2007 and today, Melvin has done nearly 600 presentations across the country with either his dog Angelyne or Maddie.

### From Motivational Speaker to Innovative Dog Trainer

Once Melvin built a connection with his dog Angelyne, he not only used their story to inspire others, he also started helping other deaf dogs. To this day, Melvin works as a dog trainer to help others train their dogs whether they are hearing impaired or not. The dog trainer has even coauthored a book titled "A Complete Guide to Owning a Deaf Dog" where he has eight pages in the Amazon best-selling book.

Knowing that training a dog that can't hear voice commands would be difficult, Melvin developed a system to build a connection with a canine using other cues. "In my training program, I use facial expressions, hand signals, touch, body language and vibration. I also use some light," Melvin said. "For example, my dog Maddie responds to and has mastered over 40 different cues. My dogs are very smart, they are very advanced and I don't use anything electronic. I don't use vibrating collars or shock collars none of that stuff. A lot of people use those kind of tools and in my opinion it's kind of a shortcut to building a bond."

Melvin has since developed his deaf dog training method to where he is available for private training sessions for all types of dogs including those without a disability. "What's very amazing is that dogs that can hear, once they are trained with non-verbal cues they can learn quicker and pick up things faster," Melvin said. "Once they learn the nonverbal stuff, they are now cross-trained. They are bilingual. What you really want to focus on with any dog is you want them to look at you. You want them to check in with you and look back and stay in touch with you visually."

After traveling the country for 13 years and helping many others with his deaf cattle dog Angelyne, the duo's journey ended in 2020 when Melvin's beloved canine companion crossed the rainbow bridge. Although he was devastated after losing his close friend and business partner, he decided to carry on the work they had done. Soon, Melvin would then adopt Maddie, a sevenmonth-old deaf Australian cattle dog located in Arizona. The two now carry on the legacy started by the late Angelyne.

Through the years, Melvin has worked with a wide spectrum of

people with diverse backgrounds. He has worked with children and people with disabilities along with giving presentations at several pet expos and senior citizen events.

At 54 years old, Melvin especially enjoys giving presentations to the senior citizen population. "A lot of people in our age category have had dogs most of their lives," Melvin said. "And they know what it's like to love and lose and to make a life's commitment to something. And then, to start over again several times."

Melvin encourages everyone attending the Senior Lifestyle Expo to check the event schedule and visit him and his dog Maddie's inspirational presentation. "I will bring people up from the audience and do interactive demonstrations with people," Melvin said, "Most people that do dog demonstrations, the public does not get to touch their dogs or work with them. People get to come up and work with my dogs, do the cues and everything, and people absolutely love it. My presentation will be the coolest thing happening at the senior expo. It will be very special."



# Your Care Matters.

Every patient deserves expert care. We are available **24/7**, **365 days a year**.

719-633-3400 | PikesPeakHospice.org

#### PALLIATIVE CARE | HOSPICE | GRIEF SUPPORT



# **3rd Annual Senior Lifestyle Expo 2025**

# Spring Into Wellness & Community Connection

Join us for this Monumental Occasion Admission is Free and open to the public!

- Free Admission!
- 😪 Door Prizes, Drawings,
- and Giveaways!
- Pickleball Demonstrations
- 🐻 Cheyenne Mountain Zoomobile

Kanala sa kana ang kana kana ka

- Health Screenings
- Over 100 Business
  - and Nonprofit Sponsors

- Resources and classes for Veterans
- 🞷 Live Music 🚛
- 👺 Variety of Fun and **Engaging Classes Presentations by the UCCS Aging Center** 
  - UCCS University of Colorado Colorado Springs

# **Partnering With These Great Organizations**





Be Encouraged Frank Sinclair & Lisa S

Frank and Lisa will be your Emcees



**Colorado Springs Utilities** It's how we're all connected

> ♥aetna medicare solutions

#### Thursday, April 10th 2025 • The Antlers <u>9am to 2pm</u>

4 S. Cascade Ave. • Parking available in the hotel garage.

Contact Anne Jensen · 719-321-1971 · anne@socoseniorresourcecenter.org For information on sponsorship go to pikespeakseniornews.com

# **Speaker Presentations April 10th 2025**

#### **CARSON ROOM**

9:00 am

Part 1 Caring for the Caregiver: Strengthening Families Through Caregiver Family Therapy

Synopsis: Caregiver Family Therapy (CFT) is a structured approach designed to help families navigate the emotional, relational, and practical challenges of caregiving. By improving communication, reducing stress, and fostering collaboration, CFT strengthens family bonds and enhances the well-being of both caregivers and care recipients. Presented by UCCS students, Aja and Tiana.

Part 2 Boost Your Brainpower: Cognitive Skills Training for Aging Adults

Synopsis: As we age, exercising and building our mental skills is essential for maintaining independence and guality of life. Cognitive Skills Training is a personalized approach that helps adults strengthen their memory, attention, organizational, planning, and problem-solving abilities. Through tailored exercises and practical techniques, adults can enhance cognitive performance, boost confidence, and support their overall brain health. Presented by UCCS students, Aja and Tiana.

Lifelong Learning Keeps You Young- Sandy Halby 10:30 am

PILLAR Institute is the region's only lifelong learning organization. In this lecture, you will get three mini-presentations as a sample of PILLAR classes: a comparison of the Western Artists Russell and Remington, the Magic of Fibonacci Numbers, and a guick look at the Best Year of Movies ever:1939! Presented by Sandy Halby of Pillar Institute for Lifelong Learning

#### 11:15 am Myth Busting Reverse Mortgages 101 "Myth

Busting Reverse Mortgages 101" is an enlightening class designed to debunk common misconceptions surrounding reverse mortgages. Gain clarity on how this valuable financial tool can enhance your retirement plans by leveraging your home's equity to build generational wealth, explore tax deduction strategies, and enjoy the freedom of no monthly mortgage payments. Join us to unlock the secrets to maximizing your financial security in retirement. Company NMLS: 2268418

Brian Wilbur is a Marine Corps Veteran and is the managing broker of Bingo Reverse Mortgage. He and his local boutique team have the experience to help you discover how to use a Reverse Mortgage as a financial tool in your retirement.







PILLAR INSTITUTE - 107 -EARNING FOR THE FUN OF IT







#### Senior Expo 2025 — FREEMONT ROOM

9:00 am

Choose to Preplan Final Arrangements-Ease Emotional and Financial Burdens for those You Love

When you choose to pre-plan final arrangements with us, you not only ensure a memorial exactly as you envision it, but you also ease the emotional and financial burdens of those closest to you. Having your funeral, cremation or cemetery plans in place means your loved ones aren't caught unprepared. Planning the details in advance ensures they aren't left with the burden of second-guessing what you would have wanted. Presented by Teresa Cain- Pre Planning Advisor and Aftercare Specialist

**9:45 am** Informed Decisions on Medicare Coverage-Sponsored by Aetna

Provides information on Social Security basic benefits and considerations, turning 65 and working. Provides information on Medicare options, including Part A, Part B, Part C (Medicare Advantage) and Part D (prescription drug coverage). It explains the differences between Original Medicare and Medicare Advantage, as well as the benefits of Medicare Supplement Insurance. The content also includes information on Dual Eligible Special Needs Plans (D-SNPs) and frequently asked questions. Overall, it aims to help beneficiaries make informed decisions about their Medicare coverage."

10:30 am What to Know about Long-Term Medicaid

At Beneficent we help clients understand, prepare, and qualify for programs covering high costs of Long-term Care including • adult day care • home care • assisted living • memory care • nursing homes. Let us help you preserve your assets and smoothly transition from private pay into the right program for you.

Presented by Kim Searles, (CSA)®, Director of Education, Beneficent

11:15 am

"Protecting Your Family and Leaving a Legacy - Why Most Estate Plans Fail and What to Do About It" Presented by Chad Spencer, EPIC Law Group

The purpose of estate planning is to help you examine your financial and nonfinancial goals, take action to minimize the impact on your family, and ensure that your legacy lives on through those you love.

Chad Spencer, from the EPIC Law Group, focuses his practice on educating people on how they can painlessly preserve and protect what they hold most dear. Boasting 25+ years of varied experience, including 10 years in estate planning and 18 as a Colorado attorney, Chad brings a holistic approach to his practice. Away from the office, Chad enjoys as much family time as he can get with his gorgeous wife, beautifully intelligent daughters, and handsome caring son (and the occasional round of golf, if they let him).

**12:30 pm** Eric and Maddy Interactive Cattle Dog presentation For Eric and Maddy's story, see the article on page 10.

Every Detail Remembered Dignity Swan Law Funeral Directors Memorial Gardens Funeral, Cremation & Cemetery Dove-Witt Family Mortuary Mountain View Funeral & Cremation





Beneficent









#### **JACKSON ROOM**

9:00 am to Noon Hearing Screenings by Beltone Hearing Care Center

1:00 pm Five Wishes- Presented by Silver Key

Have you made your wishes known? Learn more about the Five Wishes Advanced Care Planning Guide to communicate with your loved ones and health care professionals to express your wishes in areas that matter most personally, spiritually, medically, and legally. Come learn how to spark the conversation and provide the greatest act of love by being proactive with your end-of-life planning. Presentation by Jayme Holligan, Silver Key Senior Services

# SUMMIT BALLROOM

9:00 am to 1:00 pm Cheyenne Mountain ZooMobile

Veteran's Resources, sponsored by Mt. Carmel Veteran's Service Center and the SOCO Senior Resource Center

#### **Presentation Schedule**

- Military Veteran Family Services Kileen Barker 930
- Behavior Health Kirsten Belair 1000
- 1030 Transition & Employment - Jon Dix
- 1100 BRFAK
- 1130 Veterans Voice - Taylor Chapman
- Veteran Business Outreach Center Joseph Reagan 1200
- 1230 Next Chapter - Rodger Johnson
- Pickleball Demonstration by Lynda Cink of Mount Carmel 1300 Veterans Service Center located in the Summit Ballroom - this is open to all Expo attendees.

Joseph "Jose" Reveteriano, Lt Col, USAF (Ret.), EdS CEO/Founder, Rev It Up - Tennis and Pickleball Academy Assistant Regional Director, USA Pickleball, Great Plains Region Sponsored Player via PikNinja Sports, Operation Vet NOW (OVN), and Mt. Camel Veterans Service Center

#### Senior Expo 2025









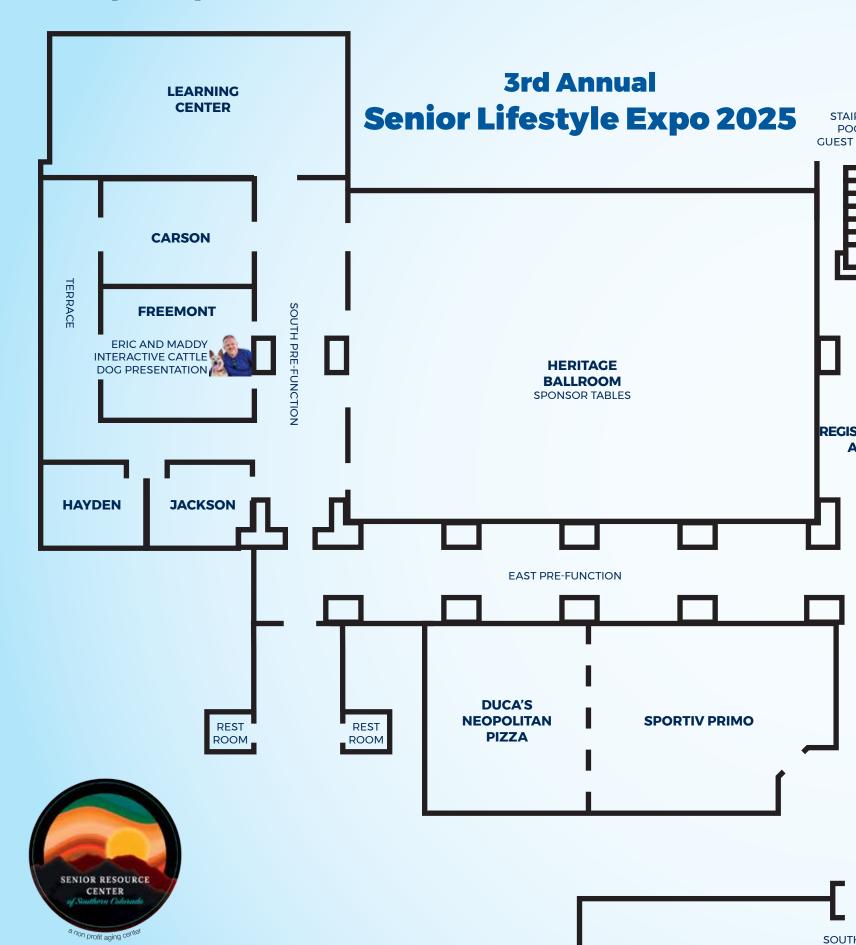








#### Senior Expo Floorplan





#### Senior Expo Sponsors





A Place Like Home AAA Medicaid Consulting Aetna Affordable Medical Supply All American Gutter Protection American Vein and Vascular Institute Aspen Trail Bathfitter of Colorado **Beltone Hearing Care Center** Beneficent Bingo Reverse Mortgage Chamber Orchestra of the Springs **Choice Hospice** Cigna Chevenne Mountain ZooMobile **Colorado Springs Utilities** Cottonwood Health **Devoted Health Dignity Memorial Epic Law Group** 

Eric and Maddy **Eyemart Express** Flagship Health Funky Little Theatre Company **Golden Insurance Solutions** Goodwill of Colorado Hanson Honeybee Farm Harley's Hope Foundation HearingLife Hearing Center Humana Interim Healthcare Kaiser Permanente Lowenstein Chiropractic Center Maverick Wealth Advisors Medicare Monia Goodstein Mountain View Independent Living Mt Carmel Veterans Service Center Northwestern Mutual **Oakwood Homes** Optum

The Palisades at Broadmoor Park Pikes Peak Hospice & Palliative Care Pillar Institute for Lifelong Learning Pikes Peak Area Agency on Aging Metro Transit Colorado Springs Relay Colorado Renewal by Andersen US Senior Open 2025 Broadmoor Seniors Blue Book Silver KEY **Smile Generation** Spanish Peaks Veteran's **Community Living Center** Sunmed The Lofts at Polaris Pointe **UCCS** Aging Center United Healthcare Village Cooperative of Ute Valley

# Places to Find Cherry Blossoms West of the Mississippi

Take a Spring Trip to Experience Cherry Blossom Beauty

#### **By Trevor Phipps**

As time goes on and the calendar continues to turn pages, each new season seems to bring about its own kind of beauty. Last month, the world shifted gears from offering exquisite scenes of snow and frost to welcoming the season of new life.

Even though it seems to hit Southern Colorado later than most places, springtime is the season where plants come back and new growth tends to pop up all over the earth. For over a century, cities like Washington D.C. have been known as prime spring vacation spots due to the presence of bright, blooming cherry blossoms. And to make it even better, it was on national news earlier this year that cherry trees in Washington, D.C. were blooming sooner than they do most years.

And just because the nation's capital is best known for cherry blossoms,

that doesn't mean that their beauty can't be enjoy in other cities across the country. In fact, most major cities on the east coast offer some sort of area where visitors can enjoy the bright colors of the cherry blossoms.

And even though eastern cities are known for their exquisite cherry blossom displays, there are other places west of the Mississippi River that are also home to large cherry tree displays that can be enjoyed in the spring.

The following is a list of places mostly west of the Mississippi (but including Washington D.C.), where Coloradans can take a spring trip to enjoy the beautiful natural phenomenon of the blossoms making their 2024 appearance.



#### Washington D.C. and Surrounding Areas

The nation's capital is always a prime place to visit and many say that visiting the city during cherry blossom season should be on everyone's bucket list. The prime time to see the blossoms when they are at their best is normally mid-March to early April, but it can vary season to season.

Some of the most popular views in the city are located at The Tidal Basin and the National Mall. But, the National Harbor or The Basilica of the National Shrine of the Immaculate Conception are other places to go in the city that may not be too crowded.

Georgetown is one neighborhood in Washington D.C. that is also specifically known for having gorgeous displays of cherry blossoms. Georgetown University is covered with blossoms all across campus. The Gardens of Dumbarton Oaks' Cherry Hill is also a prime location for a walk during peak bloom.

Less than 10 miles away from Washington D.C., cherry blossoms can also be enjoyed in Alexandria, Virginia. According to an article published by Country Living, "Few things are quite as picturesque

as the blossoms framing Old Town's iconic row of colorful houses, but Founder's Park along the Old Town Alexandria Waterfront shouldn't be missed either."

#### St. Louis, Missouri

For those willing to head east but want a shorter trip, the Missouri Botanical Garden in St. Louis is a prime place to visit to see cherry blossoms in the spring. The garden houses over 100 cherry trees of different varieties.

The best time to see the blossoms in the city's botanical gardens is usually March and April as the various types of cherry trees bloom at different times. Visitors that come a bit early in February can get the chance to see Japanese apricot trees bloom.

#### Dallas, Texas

One of the closest places to Colorado to view cherry blossoms is probably in Texas. The Dallas Arboretum and Botanical Garden have cherry blossoms that are joined by tulips popping up at the same time.

Dallas has one of the longer seasons to view cherry blossoms as they can be seen from late February to early April. Those who visit during that time, can get the chance to take in the sights of Dallas Blooms which is the largest floral event in the southwest.

#### Kalispell, Montana

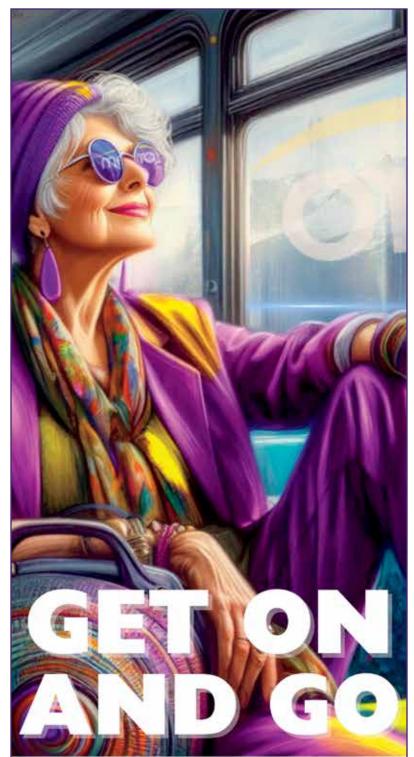
Just like Colorado, other states like Montana tend to welcome the spring season a little late. But many will find that the views in Kalispell, Montana are worth waiting until they pop in mid-May.

One of the best places to see the beautiful flowers on the trees is around Flathead Lake just south of Kalispell. While visiting the lake, visitors can enjoy the bright pink flowers standing out against the landscape of the Montana mountains.

#### Oregon

For those who would rather head to the west coast, there are several cities that have places to view cherry blossoms in the right time of year. For example, Hood River, Oregon has a 35-mile loop where tourists can see blooming cherry, pear, peach, and apple trees from late March through the middle of May.

Tom McCall Waterfront Park and the Portland Japanese



With Low cost senior rides, the RideMMT mobile ticketing app and multiple routes, there's no easier way to get around town.





Garden in Portland, Oregon are two places to check out during the spring. "Tom McCall Park has over 100 trees, in addition to memorials and educational exhibits about Japanese internment during WWII, and the Japanese Garden hosts floral arranging courses," states the Country Living article.

#### Seattle, Washington

Seattle is another northwestern city that is known for its great blossom displays in the spring. The University of Washington has around 30 cherry trees situated around the campus' gorgeous Gothic buildings. Early April is the best time to view the pretty colors around the university.

#### California

If Colorado residents really want to embark on a west coast adventure, California has several cities that offer blossom displays during the months of March and April. Places not too far from Los Angeles like La Canada Flintridge is the home to the Descanso Gardens where cherry trees tend to start blooming in March. Huntington Beach, California is another prime hub for cherry blossom viewing. Every year, the city hosts a cherry blossom festival to honor their Japanese sister city, Anjo. Anyone who happens to be in San Francisco, California

during mid-April will have the chance to see several rosy cherry blossoms. Places like Golden Gate Park and the Japanese Tea Garden are popular places to witness the blooming colors.

Further south in San Diego, California visitors can see cherry trees bloom a little earlier than other places. Starting in mid-March visitors can go to places in the city like the Japanese Friendship Garden in Balboa Park that features over 200 trees across 12 acres filled with koi ponds and traditional Japanese buildings.

#### Places to See Cherry Blossoms in Colorado

If traveling out of the state during the spring just isn't a possibility, then there are places right here in Colorado where people can go to enjoy the bright red phenomenon of cherry blossoms. Denver is known to be a good place to see cherry blossoms as the trees planted across the city after World War II bloom from late March to early April.

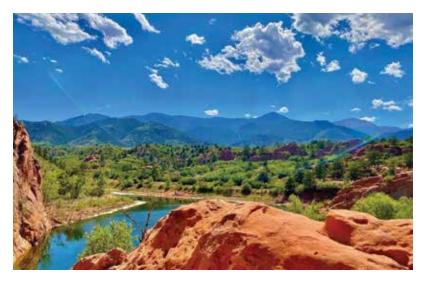
One neighborhood famous for (and named after) its cherry trees is Cherry Creek. The shopping and residential district is filled with hundreds of cherry trees and the Cherry Creek Bike Path is also a prime place to see the blooms. Those wanting more of an adventure will enjoy the views at Cherry Creek State Park.

Speer Boulevard in Downtown Denver is lined with cherry trees for everyone to admire. The Denver Botanic Gardens is another spot where visitors can see various blooms during springtime.

The Town Center Park at Green Valley Ranch near Denver International Airport is also home to over 200 trees after they were planted during a ceremony in 2012. On June 22



Just west of L.A. in Orange County, the town of



#### Turning 65?

#### Turning 65? Get Medicare answers today.

**Jeremy Mueller** 

Get the right coverage, local resources and the care you need to live the life you want.

to review your options

(719) 321 - 1562 (TTY: 711) 8:00 AM to 5:00 PM, Mon. - Fri.

Meet with a licensed agent

A licensed agent will answer your call. JEREMY.MUELLER@SBSTEAM.NET Medicare and Medicaid?

Do you have

If so, you may qualify for a plan with valuable benefits at low or no added cost to you.

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our DSNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Currently we represent 5 organizations which offer 25 products in your area. Please contact local State Health Insurance Program to get information on all of your options. ©2025 Aetna Inc. Y0001\_3742799\_2025\_M 3758101-01-01

and 23, Denver celebrates its 50th Annual Cherry Blossom Festival at the Sakura Square downtown.

Boulder, Colorado is another city worth taking a spring day trip to check out cherry blossoms. The University of Colorado campus in Boulder is filled with trees that bloom during the spring. Locally, many say they have spotted cherry blossoms along the trails situated in the Red Rock Canyon Open Space on the west side of Colorado Springs. Along with cherry blossoms, the trails in Red Rock Canyon and various other trails across the state offers views of beautiful blooming wildflowers that start to pop in the late spring and early summer seasons.

### **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

#### Arts and Culture

# Funky Little Theater Company Presents: "Four Old Broads on the High Seas"

#### **By Leslie Kimbell**

Funky Little Theater Company is celebrating its 55th production with "Four Old Broads on the High Seas!"The award-winning little theater with a big heart is bringing some Old Broads to life at Meanwhile Block this June.

Four Old Broads on the High Seas is a sassy, campy comedy told from four women of a certain age going on a vacation... Toss in some killer on board entertainment and you have the highly anticipated sequel to the Funky Little Theater Company's smash hit "Four Old Broads."

"Four Old Broads" will have performances June 6 –28 (Fridays at 7p.m. and Saturdays at 1p.m.& 7p.m. with two special Senior Friday matinees on June13 and 27 at 1p.m.). Tickets are \$20-\$26, can be purchased online at www.funkylittletheater.org, or at the door. Funky Little Theater Company accepts cash, check or most major credit cards.





All performances will be at Meanwhile Block located at 124 W. Cimarron St, 80904. Parking entrance is on the north side of the block from Costilla St. All shows will be in Meanwhile Block, the west building with three large garage doors.

#### The Story of the Four Old Broads

Get ready to set sail with your favorite Old Broads. Yes, they're back again and ready for a Sassy Senior's cruise to the Bahamas. Beatrice is determined to have her pick of ALL the eligible men on the ship.But Maude, fresh from her win at The Miss Magnolia Senior Citizen Pageant, plans on being her biggest competition.

Wedding bells are ringing for Sam and Imogene... maybe. And Eaddy, well, she just wants to know what all the fuss is about up on the topless sun deck. Throw in a murder mystery, a fabulous drag queen and a crazy costume party, and you're in for a laugh-a-minute, side-splitting and laugh-out-loud night of fun.

This Funky production is being directed by Funky Artistic Director and features Gayle Abe, LeslieO'Neil, Marty Rapp, Mary Sprunger-Froese, and John Longo who are reprising their roles from Four Old Broads. Patrick Rogers, Solomon Abell, Patrick Neill, Melvin Grier, Kimberly Dobson, and Timothy Cordova will be joining the returning cast.

Visit www.funkylittletheater.org or www.facebook.com/ funkylittletheatercompany.

Sponsored by the Senior Resource Center



PIKES PEAK SENIOR NEWS · 24

#### Arts and Culture



### Looking for a Colorado Springs Dentist?

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

#### CALL OR VISIT US ONLINE TO REQUEST AN APPOINTMENT TODAY!

#### Contact

Info@PinnacleDentistryCO.com 719.590.7100 PinnacleDentistryCO.com

#### Location

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



# **Aspen Trail Retirement**

Discover an independent lifestyle that elevates senior living with unparalleled choice. Our comfortable studio, one-, two-, and three-bedroom apartment homes come in a variety of floorplans, letting you customize your living space to your unique preferences. With our Signature *Freedom Dining* program offering three chef-prepared meals daily, your choice extends to your plate. We believe that the dream retirement lifestyle is different for everybody, which is why our lifestyle is tailored to you.

### **All-Inclusive Amenities**

- Live-In Managers
- Signature Freedom Dining Program
- 24-Hour Emergency Alert System
- Weekly Housekeeping
- Robust Social Calendar
- Health & Wellness Programs
- And Many More!



Call today to schedule a private tour!

719-387-4308

5455 New Car Drive 
 Colorado Springs, CO 80923

AspenTrailRetirement.com

PIKES PEAK SENIOR NEWS · 25

🛈 f

#### Colorado Recipes

Ingredients

Directions

Directions

# **Chicken Tetrazzini**

- 4 Tbsp. salted butter,
  - plus more for the pan
  - 1 tsp. kosher salt, plus more for the pasta water
- 1 lb. spaghetti, broken in half
- 1 (8-ounce) package cremini
- mushrooms, guartered
- 4 garlic cloves, finely chopped
- 3 Tbsp. all-purpose flour
- 3/4 cup dry white wine

- 4 cups chicken broth
- 1 (8-ounce) package cream cheese, cubed
- 1 cup shredded smoked gouda
- cheese (about 4 ounces)
- 1 cup grated parmesan cheese
- 3 1/2 cups shredded rotisserie chicken
- 1 cup frozen peas
- 1/2 tsp. black pepper, plus more to taste
- 1/2 cup panko
- 1/4 cup fresh parsley, chopped



- 1. Preheat the oven to 350°F and butter a 9-by-13-inch baking dish. Bring a large pot of salted water to a boil. Add the spaghetti and cook 2 minutes less than the package directs. Reserve 1/2 cup cooking water, then drain.
- 2. Heat 2 tablespoons butter in a large Dutch oven over medium-high heat. Add the mushrooms and 1/2 teaspoon salt and sauté until the mushrooms begin to turn golden, 5 to 7 minutes.
- 3. Stir in the garlic and cook until fragrant, 1 minute. Sprinkle in the flour and cook, stirring, until toasted, 2 to 3 minutes. Add the wine and cook until reduced by half, 3 to 5 minutes. Slowly stir in the broth and cook until the sauce thickens, 7 to 9 minutes. Reduce the heat to medium-low. Gradually stir in the cream cheese, gouda, and 3/4 cup parmesan until melted.
- 4. Add the chicken, spaghetti, and peas to the sauce and stir. Add the reserved cooking water, about 2 tablespoons at a time, until very saucy.
- 5. Melt the remaining 2 tablespoons butter in a bowl in the microwave. Stir in the panko, parsley, and the remaining 1/4 cup parmesan.
- 6. Pour the spaghetti mixture into the prepared baking dish and sprinkle with the panko mixture. Bake until bubbly and golden brown, about 25 minutes. Let rest about 5 minutes before serving.

# **Beef Burrito Bowls**

- Ingredients 3 Tbsp. olive oil
  - 1 onion, chopped
  - 1 1/2 cups long-grain white rice
  - 2 garlic cloves, chopped
  - 2 1/2 tsp. kosher salt 3/4 cup fresh cilantro, chopped Grated zest and juice of 2 limes
  - 1 12oz bag frozen fire roasted corn, thawed
  - 1 4 oz can diced pimentos, drained
- 3 scallions, sliced 1 tsp. ground cumin 3/4 tsp. black pepper 1 1/2 lb. ground beef 1 tsp. chili powder 1 tsp. paprika 2 15 oz cans Cuban-style black beans, warmed Pico de gallo, Mexican-style shredded cheese, shredded lettuce and sliced jalapeños, for topping



- 1. Heat 1 tablespoon olive oil in a medium pot over medium heat. Add half of the onion and cook, stirring, until softened, 3 to4 minutes. Stir in the rice and garlic and cook, stirring, until fragrant, 1 minute. Add 2 2/3 cups water and 1 teaspoon salt and bring to a boil. Reduce the heat to low and simmer, uncovered, for 5 minutes, then cover and cook until the rice is tender, 15 to 18 minutes. Remove from the heat; let sit, covered, for 10 minutes. Fluff with a fork and stir in the cilantro, lime zest and lime juice.
- 2. Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the corn, pimentos, scallions, 1/2 teaspoon cumin, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring frequently, until warmed through, 3 to 5 minutes. Transfer to a serving dish and wipe out the skillet.
- 3. Add the remaining 1 tablespoon olive oil to the skillet over medium-high heat. Add the remaining onion and cook, stirring, until the onion starts to soften, about 3 minutes. Add the beef and cook, breaking up the meat with a wooden spoon, until browned, about 5 minutes. Pour off the excess fat.
- 4. Add the chili powder, paprika, and the remaining 1 teaspoon salt and 1/2 teaspoon each cumin and pepper. Stir in 1/2 cup water, reduce the heat to low and simmer until reduced, about 5 minutes.
- 5. Scoop some rice, beans, corn mixture and beef into individual bowls and add desired toppings.

#### Arts and Culture

#### **Community Dental Health** As nature renews, renew your commitment to a healthy mouth and come see us! Providing quality dental care based on your true dental needs. 7 Grant Funding support for low-income, uninsured people of all ages to make dental care affordable. 2 8 Medicare, Medicaid & various insurance also accepted. 719-310-3315 | 3650 Rebecca Lane | Colorado Springs, CO 2 **Better Home and Yard** Maintenance, Repairs, Yard Work, Organize Senior 3 Discount 8 Mike Travis A Senior and Veteran Cell: 719-338-4279 5 4 13th Year Serving Colorado Springs' Seniors a brand new Affordable Senior Living Community (62+)! FREE MONTH OF RENT (restrictions apply) **\$99 SECURITY DEPOSIT HOLD** No Pet Deposit

#### PLAY SUDUKO Key on page 30. 4 2 3 6 5 5 8 5 7 3 7 6 3 1 6 8



#### ACROSS

34) Kick out

35) Avocado center

39) Largish combo

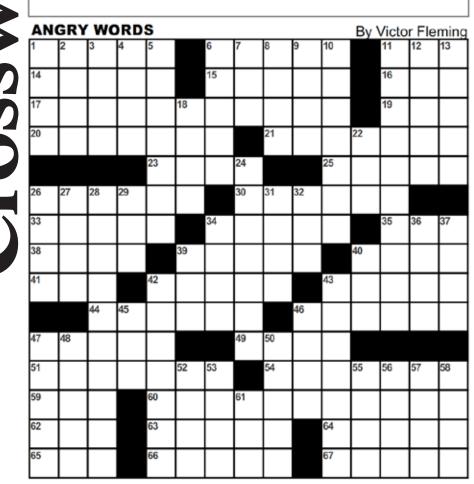
38) O.K. Corral name

- 1) 6-Down et al. 6) Revolutionary War battle site 11) Capture, slangily 14) In the air 15) Big shows 16) Novelist Levin 17) Stemwinder 19) Boxcar unit 20) Signs up 21) Golf bag attachment 23) Bearded bloomer 25) States with conviction 26) Place a value on 30) "Honest!" 33) Henhouse feature
  - 42) Did a smith's work
    43) Superman, on Krypton
    44) Pre-liftoff words
    46) Fished with a hook
    47) One of the Barrymores
    49) Sub commander of fiction
    51) Laurel and Hardy toppers
    54) Deductions from judgments, in law
    59) \_\_\_\_\_ Tome
    60) 57th, to Broadway
    62) Bullpen stat
    63) Campaign concern
    64) Caught congers

40) Sushi go-with

41) Primatologist's study

- 65) WWII vessel
- 66) Bite-sized baked goods
- 67) Nitwits



#### DOWN

<ol> <li>Bank feature</li> </ol>
2) Lena of "Hollywood Homicide"
3) Active sort
<ol> <li>Hairstyle for Daveed Diggs</li> </ol>
5) Salon worker
6) Old "Hits the spot" sloganeer
7) Firehouse tool
8) Part of Ali Baba's command
9) "Livin' La Vida"
10) "Moby-Dick" narrator
11) Hard thing to swallow
12) Like a stadium crowd, at times
13) Jets and Sharks
18) Some cameras, briefly
22) Mendes of "Stuck on You"
24) A perfect square
26) Circle statistic
27) Hotel freebie
28) Strep consequence
29) Unexplained skill
31) Hightailed it
<ol><li>Prohibitionist's foe</li></ol>
34) Keynes subj.
36) "So that's it!"
37) Let the cat out of the bag
39) "What have we here?"
40) GQ or O, for short
42) Drum up
43) Tied up
45) Fly trap
<ol><li>Home of Iowa State</li></ol>
47) Son of Henry Ford
48) Signs of sorrow
50) Tricky curves
52) Aunt with a "Cope Book"
53) Go paragliding
55) "Biscuit" introduced in 1912
56) Hit bottom
57) Tootsies
58) Norm (Abbr.)
61) Bilko's rank (Abbr.)

Key on page 30.





#### SUPPORT FOR ALL OUR SENIORS

- Reserve & Ride
- Companionship
- Thrift Stores
- Affordable Housing
- Food Pantry
- Connections Café
- Meals on Wheels

Call or drop by anytime!

1625 S. Murray Blvd, Colorado Springs and 66 Jefferson St, Monument Silver Line (719) 884-2300 | www.silverkey.org

### SUDUKO KEY

#### 

# **Crossword Puzzle Solution**



### Coins, Culture, and a Free ANA Membership

In celebration of National Coin Week, April 20-26, the American Numismatic Association is providing a world of education and resources to everyone—free! The ANA is dedicated to the study, collection, and appreciation of numismatic items.



Get involved with National Coin Week at **NationalCoinWeek.org**.

Learn about ANA membership benefits and claim your free Gold (digital) membership at **MONEY.ORG/JOIN and use code NCW25P.** 

This offer is only available April 18-28, 2025. Platinum (print) membership: 50% off using same code.





Three Incredibly Fun Evenings!

Friday, Saturday & Sunday 2/14/2025 - 2/16/2025

à.

OPENING FRIDAY MARCH 28™ Disturbance at the Delta ...or Here Fishy, Fishy Fishy

Prices Include: Dinner, Show, Tax & Gratuity **Tickets available at:** http://ironspringschateau.com Check our website for upcoming shows and auditions

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*



A Program of Rocky Mountain Health Care Services (833) 401- PACE (7223) or RMPace.org

Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly) meets the healthcare needs of qualifying older adults in El Paso County. Since 1976, we have delivered exceptional, tailored programs that enrich and empower people to remain independent. Together, we can ensure your loved one receives the comprehensive support they deserve to Live Better!

Contact Us Today for Lunch and a Tour at (833) 401-PACE.



# SMART THERMOSTATS. THAT SMALLFOOT IS AN INGENIUS GENIUS OF GENIUSES.

Well, well, lookie here-they don't call these things "smart" for nothing. Hemingway Flynn here, your certified Smallfoot tracker for Colorado Springs Utilities. It appears Smallfoot snuck in and installed a

smart thermostat. Just a little low. That little rascal! His energy efficiencies are everywhere! From heating and

cooling to appliances and even lighting, there are so many ways to reduce your energy footprint. Aha! Did an Energy Star<sup>®</sup> qualified LED light bulb just go off in your head? Let's try to be more like Smallfoot, shall we? For even more



energy efficiency tips, just go to InSearchOfSmallfoot.com (binoculars not necessary).

REDUCE YOUR ENERGY FOOTPRINT WITH A SMART THERMOSTAT AND OTHER ENERGY STAR APPLIANCES



Colorado Springs Utilities It's how we're all connected