

page 2Opinion
 page 4Weird News
 page 5.....Health
 page 7.....Social Security & You
 page 21.....Light for the Journey

*'Wearin' O The Green
 May The Clouds Never Burst &
 The Son Always Find You!*

page 12.....Senior Safety
 page 15.....SRDA Menu
 page 16.....Finances
 page 18.....Senior Classifieds
 page 5.....Fremont/Custer Menu



Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!

MARCH, 2011 Vol. 29: No. 8 Established Aug., 1982 344 Consecutive Months!

Seniors Reporting Lower Social Security Checks

MORE THAN FOUR IN TEN SENIORS REPORT LOWER SOCIAL SECURITY CHECKS

Alexandria, VA (February 17, 2011) Forty-four percent of seniors report they are receiving lower Social Security checks compared to 2010 - even while dealing with significantly higher expenses. The findings are part of the annual 2011 Senior Survey just released by The Senior Citizens League (TSCL), one of the nation's largest nonpartisan senior citizen advocacy groups. Of the seniors reporting lower Social Security checks, about one quarter say their monthly benefit was reduced by more than \$50 in 2011.

The lower Social Security checks this year reflect to a large extent the effect of rising Medicare Part D and Medicare Advantage premiums that are automatically deducted from benefits. Because Social Security recipients received no annual cost-of-living adjustment (COLA) in 2011, any increase in the Medicare premiums that are automatically deducted from their Social Security reduced the amount of their

monthly payments.

Over the past decade, COLAs have increased benefits on average about 3% a year - enough to offset much of the cost of increasing Medicare premiums in most years. But in 2010 and in 2011, inflation was too low to pay the annual COLA, even though Medicare premiums, particularly for Part D and Medicare Advantage plans, continued to climb. The survey also found that even though inflation as the government measures it remained low, seniors experienced big jumps in their overall costs. More than 60% reported that their monthly expenses grew at least \$80 over the past year. The trend of shrinking Social Security payments while expenses climb appear likely to continue into next year, warns TSCL Chairman Larry Hyland. "The Congressional Budget Office recently said that inflation will remain extremely low in 2012 with a forecast of just a 1.1% COLA," he notes.

TSCL's survey findings come on the heels of two recent fiscal commission proposals to cut the rate of

growth in annual COLAs, and to make seniors pay more for their Medicare benefits, in order to reduce the U.S. budget deficit. "The survey illustrates exactly the type of financial impact those two proposals would have on seniors and future retirees," says Hyland. "Out-of-pocket medical costs are chipping away at Social Security benefits, even in the best of years," he points out. "When there is no COLA, or an extremely low one, any unexpected jump in Medicare spending and premium costs will require an ever-growing share of the Social Security payments," Hyland observes. Almost 70 percent of today's beneficiaries rely on Social Security for at least 50 percent of their income.

TSCL supports legislation that would provide an emergency COLA and opposes proposals that would cut COLAs. In addition, TSCL believes that changes are needed to ensure that Medicare continue to provide benefits and remain affordable to seniors in the future. To learn more and to get tips for saving on Medicare costs in 2011, visit www.seniorsleague.org and subscribe to TSCL's free newsletter: The Social Security and Medicare Advisor.

The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help Information

Senior Programs Face Severe Cuts By The Legislature

by Eieleen Doherty

Denver, Co. Funding for senior programs is being targeted by the legislature starting July 1, 2011. As the legislature searches for ways to balance

the budget, many of the proposed funding cuts will affect seniors, especially those who rely on government benefits programs to supplement their very low income.

For the past several years, the senior property tax exemption program has saved the State more than \$100 million. The loss of this exemption will continue in the future. For the most part, in previous years, most low income programs which benefit seniors have not been cut

The legislature is considering a bill to study the elimination of the Old Age Health and Medical Fund, as well as the Supplemental Fund which provides about \$14 million to cover the cost of primary and acute care services for recipients of Old Age Pension. The elimination of the Fund may benefit pensioners if they are able to access Medicaid and/or health insurance coverage under the new health care reform laws. The elimination of this program would require a vote of the people to amend the constitution.

Many seniors benefit from utility assistance through the winter months from Low Income Energy Assistance Program (LEAP). Since much of the LEAP money comes from the federal government, the state monies that supplement the federal grant are targeted for elimination. Additional state monies to the Energy Assistance Foundation to help with utility emergencies during the summer months are also targeted for elimination. These cuts represent about \$7 million.

Legislators are looking to save an additional \$7.5 million by eliminating the Property Tax, Rent and Heat Credit program. Eligible low income individuals currently can receive a maximum of \$600 in tax and rent rebates and \$192 in heat rebates.

Originally targeted for elimination
 See "DOHERTY" page 8.

Southern Colorado's 14th Annual
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 Friday, April 29th, 2011

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I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



2011 Senior Citizen Of The Year

Pueblo County citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held April 29, 2011 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will honor an outstanding Pueblo County senior citizen who has made sig-

nificant contributions to our community through volunteer services. The nominee must be 60 years of age or older.

Nomination forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 4, 2011.

SeniorGuide 2011 Inside

For the 23rd consecutive year we have published our annual Long Term Care Resource Guide. It has had several names and several looks but for the past 10 years or more we have hit on a nice formula and this year's product is our best ever. Many thanks to my daughter, Robin, Jan and Rick Forman, and the guys and ladies from the *Times-Call* in Longmont and *Daily Record* in Cañon City.

We must also give a huge shout out to all our advertisers that stepped up to make *SeniorGuide 2011* such an eye-pleasing success. We saved our last kudos to the stars of the publication who graced our front page with one of our most beautiful covers; thanks Susie and Joe Rimsky for allowing us to use one (actually two) of your family pictures. All-in-all we think you'll all enjoy it.

Observations From The Cave

I watched a little bit and read a lot of what BHO had to say at the State of the Union address. It is proof that these politicians have no trouble prevaricating on any subject. BHO spends more money in his first two years in office than all other Presidents combined and then stands in front of us and tells us we have to all belt-tighten. He put us in this horrible mess in the first place.

So now he wants us to be more productive in a "Sputnik" moment?! Of course we can lead the world in all phases. It's what has made us great. But we are no more in a "Sputnik" moment than he is in a "control" moment. The "Sputnik" moment we are supposedly in is to out race China and the rest of the world to a greener society! Only problem is, this greener society is untenable and the rest of the world could care less in the first place, especially China.

Bullet trains are great for countries like China, Japan and India. They have huge amounts of people living in small areas but bullet trains (high-speed rail) in the U.S. is a boondoggle of the highest degree and will require vast amounts of government subsidies to make it run. Can you say Amtrak?

So, now this greenest of green presidents wants us to be so green that by 2030, 40, 50 or 60 he wants the United States to get 60, 70, or 80 percent of its energy from alternate fuels like using so much corn for ethanol that prices for food will skyrocket throughout the world. It is more likely people will starve to death before they are ever drowned by rising seas due to global warming (another huge boondoggle). Global Warming indeed.

Have you noticed that Colorado voters wanting to be greener and do their part passed a law that we should have, is it 10 or 20 percent of our energy come from alternate energy by, is it 2020? The Public Utility Companies are already begging off because of the skyrocketing costs of trying to get the infrastructure together to even come close to such a mandate. It's like all those companies who have asked for and received waivers from BHO so they don't have to take part in Obamacare regulations. These pie-in-the-sky, rose-colored glasses, government enrichment programs are bogus through and through.

So now we have the entirety of Northern Africa and much of the Middle East ripping itself apart so as to get out from under their oppressive totalitarian regimes of the past 100 years and one of the first things that will happen is the Suez Canal will be front and center in the news. I remember when I was a child that the Suez Canal was a hotspot because of its proximity to oil and OPEC's ability to deliver-the-goods to the West. Let's see, if this does come to pass, look for huge spikes in the cost of gasoline, heating oil and everything else. Then look for the demise of our way of life since we'll only be able to afford to keep a roof over our heads and pay for ever-rising food and energy costs. There won't be any money for pretty much anything else and the blame falls on the "green" movement.

We can't drill for oil off-shore, in God-forsaken wilderness (why do you think God put oil in such places in the first place?), and/or extract it from shale. We can't have nuclear power plants which are the cleanest and safest alternative energy there is and so we will be forced into this vortex.

SEE "OP-ED" PAGE 9.

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U. S. Ship Of State Headed Toward Iceberg

by Chuck Green

President Barack Obama is not a bold leader, moving toward the center. He remains a highly partisan political chicken, talking about bipartisanship but stubbornly remaining far left-of-center.

Proof is his proposed 2012 federal budget released Monday.

After pledging to the nation during his "State of the Union" speech in January, Obama produced a budget plan that continues to break the bank, depending heavily on increased spending and increased debt. It is a brazen violation of his pledge and of previous declarations of concern about the federal debt.

That is not leadership; it is adherence to a single philosophy that was repudiated by results in the 2010 elections, when voters rejected the big-spending track Obama and fellow Democrats were on.

The new budget proposal doesn't change that direction, however, and Republicans are livid that the president still doesn't get the message. Several Democrats aren't that irate, but they want to see more cuts.

Expect some fireworks when the GOP-controlled House submits its proposed budget in late March.

Before the main event, however, there will be a prelude performance. Congress has until March 4 to decide whether to pass a "continuing resolu-

tion" to provide additional funding to keep the government operating until Sept. 30, the end of the current fiscal year.

The federal budget for 2011 still has not been adopted, despite the fact that the president and his Democrat-controlled House and Senate should have done that last year. Already operating on one continuing resolution, the feds will run out of money on March 4.

The debate over shaping the 2011 budget now provides the Republican-controlled House to provide a preview of their pledges to cut, cut, cut. They will either cave in, or they will demonstrate their resolve when the March 4 deadline arrives -- giving them an opportunity to carve spending from the remaining six months of the 2011 fiscal year.

If they remain true to their stated standards in early March, they will offer a preview of how serious they are in making major cuts in April when the House reveals its 2012 budget to counter the president's version offered this week.

The conflict was aptly summarized by newly elected Scott Tipton, a Republican representing most of western and southern Colorado, as quoted in *The Denver Post*:

"The president just doesn't get it, and instead of introducing a budget

with meaningful spending reform that would spur on job creation, he has delivered a behemoth that continues to spend, borrow and tax at a staggering rate."

Mark Udall, a Democrat senator from Colorado, echoed the sentiments of Republican Tipton. He said that "relying on cuts to discretionary spending in order to pay down the debt is kind of like taking a pickax to an iceberg."

He failed to mention, however, that the U.S. Titanic is running at full-speed-ahead, only minutes away from crashing into the destructive iceberg.

The president's budget plan virtually ignores the three areas that would lower the deficit the most -- Social Security, Medicare and Medicaid. Without changing the benefits structure of those three programs, nothing very meaningful will affect the annual deficit and long-term debt.

That's where Obama fails as a leader and qualifies as a political chicken.

He had the first shot at producing a responsible budget, and he utterly failed.

Instead he made a few minor, symbolic cuts in spending, but vastly increased spending, leaving the heavy work to the GOP House in March and April.

That's hardly the quality of

leadership he promised the nation in January.

His proposed budget ignores the recommendations made by his own appointed, bipartisan fiscal panel last year. That committee produced a series of recommendation that would seriously reduce the federal debt, but Obama's proposed budget hardly resembles their hard work.

The commission's proposals projected a \$4 trillion cut in the \$14 trillion federal debt over four years. It's a modest approach, but considered drastic by liberals. It is the equivalent of a family budget, which is \$140,000 in debt today, but will only be in debt by \$100,000 in the year 2021. It would require sacrifice to cut it to zero, but an alternative of more spending and borrowing would be disastrous.

By abdicating his leadership, Obama is playing a political game of chicken. How serious is the newly elected Republican coalition in holding to their promises of meaningful spending cuts and avoiding the ice berg?

Chuck Green, veteran Colorado journalist and former editor-in-chief of The Denver Post, syndicates a statewide column and is at chuckgreencolorado@msn.com and 303-588-4138.



Where In The World Is Al Gore? - Email!

by Chuck Green

Ever since he won the Nobel Prize, he hasn't been seen. He's been in hiding. Unavailable. Not returning calls, not from FOX and not from NBC and not from CNN and not from CBS. Of course, NBC, CNN and CBS didn't call in the first place.

He's the last guy they wanted to talk to, and they're the last people he wanted to hear from.

Al Gore is the Asama bin Laden of the environmental movement.

From his place in hiding, he is destroying the world economy, enjoying his new-found wealth, partying as a single guy after divorcing his wife and not answering any questions.

Meanwhile, much of the world

is freezing in record-breaking frigid temperatures.

About a decade ago, I moved to southern Colorado. Part of my wife's and my decision had to do with weather.

After living in northern Colorado for my entire life (55 years at the time), I chose to go south -- not out of Colorado, but nearly so. As I said at the time "You don't have to shovel sunshine."

But ever since Al Gore declared the planet Earth to be doomed by global warming, the winters have gotten colder. These past couple of weeks have been the coldest, and the snowiest and the most miserable of my life.

If this is the effect of global warming, I'd prefer spending the rest of my life on Al Gore's yacht traveling

from warm-water resort to warm-water resort, with my cell phone turned to vibrate.

Some of my acquaintances say that this winter's wretchedness is good. They say we "need the moisture."

I'd rather the moisture come from the end of my garden hose on a nice 80-degree summer afternoon.

Correspondents from Oregon to Texas to New Jersey tell me that Al Gore's theory of global warming is just about as genuine and valid as his claim to have invented the Internet.

While scientists on all continents have disputed the former vice-president's claim's of mad-made global warming, he has consistently refused any challenge to back up his suppositions. He will not debate his premises with any expert, he will not argue his

hypotheses with any interviewer, he will not defend his assumptions with any credible adversary.

He is the Osama bin Laden of the global-warming movement. He struck, he fled and he is in hiding.

The rest of us are his victims.

I don't normally share e-mail from readers, but this one from a reader of the Lakewood Sentinel calls for an exception.

It speaks for itself, but I should remind readers that President Obama himself described the results of the 2010 election as his "shellacking." It wasn't an outsider's judgment -- it was his alone.

It also needs to be mentioned that the president and others have called for a more "civil" political dialogue in 2011, toning down the hateful attitude of rhetoric on both sides. Against that background, how does this measure up?

(Grammatical errors, incorrect punctuation and capitalization emphasis are the writer's, not mine.)

"Hey Chucky,

It's real interesting to me that you Right-Wingers think Obama got shellacked. The Dems. still control the Senate and the White House. Also, after the 2008 Elections why didn't you Republicans get the MESSAGE? In 2010 you take over the House and the rest of us are suppose to have gotten the message? You guys are all HYPOCRITES. Chucky, your E-Mail address referring to Colorado makes me puke. This state is more Blue than Red. Move to Arizona where you and John McCain can crap your old-man pants together. Danno"

Danno's e-mail address is brndog@comcast.net. Be civil, and a little more thoughtful, in your response to his insightful comments. And please send me a copy.

Chuck Green, veteran Colorado journalist and former editor-in-chief of The Denver Post, syndicates a statewide column and is at chuckgreencolorado@msn.com and 303-588-4138.



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news of the weird

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LEAD STORY

Getting Old, Young: (1) Jack Smeltzer broke a record in the tractor pull championships in Columbus, Ohio, in January -- doing a "full (track-length) pull" of 692 pounds. Jack is 7 years old. The National Kiddie Tractor Pullers Association (holding 80 events a year for ages 3 through 8) uses bicycles instead of motors. Ms. Brooke Wilker, 5, was the youngest champ, lugging 300 pounds 28 feet. (2) Walmart announced in January that it would soon offer a full line of makeup especially for 8-year-olds (and up), by GeoGirl, including mascara, sheer lip gloss, pink blush and purple eye shadow, all supposedly designed for young skin. (An executive of Aspire cosmetics said her research revealed a potential market of 6-year-olds.)

Ed. Note: Man, this can't be right! Please counsel your children and grandchildren to stay away from these things. There's enough predators out there. They don't need anymore prey!

Government in Action!

-- Everyone washes hair, but those who want a license to apply shampoo in Texas need 150 hours of training, with 100 hours in "theory and practice of shampooing," including a study of "neck anatomy." A February Wall Street Journal report on excessiveness of state regulation highlighted California's year-long training to be a barber, Alabama's 750-hour schooling standard for a manicurist's license, and Michigan's 500 practice hours for performing massages. (By contrast, many less-tightly regulated states seem not to suffer. Connecticut, without licensing, fielded only six complaints last year against manicurists -- four of which involved disputes over gift cards.) Next up for licensing, perhaps: cat groomers in Ohio.

-- What Budget Crunch? The South Florida Sun-Sentinel reported in January that despite an array of pressing

problems, the Broward County public school system has paid about \$100,000 per year since 2004 to build and maintain special gardens at selected schools in order to lure butterflies for pupils to study.

-- Government That Works: (1) The 2009 federal stimulus program came through just in time with \$34,000 for the U.S. Department of Agriculture's Kearneysville, W.Va., laboratory. Work on the recent dangerous increase in Brown Marmorated Stink Bugs was in jeopardy because money had run out for design of a workable air distribution system for the offices. (2) The City Commission of San Antonio, Fla. (population 1,052), passed an ordinance in January restricting, to a tiny portion of town, where registered sex offenders could live. However, San Antonio has only one sex offender, and that man is exempt from the law because he already lives there.

Ed. Note: Only one sex-offender in San Antonio? Is that possible?

Great Art!

-- David Morice, of Iowa City, Iowa, a teacher at Kirkwood Community College, was best known for a series of "Poetry Comics" until he decided last year to write 100-page poems every day for 100 days, until he had a book totaling 10,000 pages (actually, 10,119). For some reason, the University of Iowa Libraries has published the finished poem, online and in a 2-foot-high hardcopy stack. (Strangely, in a 480-word article describing Morice's feat, the Iowa City Press-Citizen included not even a hint about the poems' subject matter.)

-- Ripley's Believe It or Not! museum is already home to an artist's rendition of da Vinci's "The Last Supper" made from burned toast, and now comes a recent version by Laura Bell of Roscommon, Mich.: da Vinci's masterpiece made with clothes-dryer lint. Bell

said she did about 800 hours of laundry of various-colored towels to obtain lint of the proper hues, and then worked 200 more hours to construct the 14-foot-long, 4-foot-high mural.

The Continuing Crisis

Surprise! (1) New Zealand traffic officer Andy Flitton cited an unnamed speeder recently for the second time in two years -- 11,000 miles from the spot of the first ticket. Flitton had moved from the U.K. to New Zealand, and unknown to him, the motorist himself had relocated to New Zealand last year. When Flitton stopped the man in Wellington in December 2010, the motorist recognized Flitton as the one who had ticketed him on the A5 highway near London. (2) Rap singer Trevell Coleman, trying to bring "closure" and "get right with God" for having shot a man in 1993 (since he was never caught), confessed the assault to New York City police in December, hoping that his humility might impress a judge. However, police checked and then booked Coleman -- for murder. Said Coleman, "(F)or some reason, I really didn't think that (the victim had) died."

-- "That Was Easy!": (1) Several students at Texas' Carrizo Springs High School were suspended in December, and a teacher placed on leave, after a parent complained that her son had been grabbed by the shirt and stapled to a classroom wall. She said it was at least the second time that it had happened. (2) Jodi Gilbert was arrested in Jamestown, N.Y., in January and charged with domestic violence -- stapling her boyfriend in the head several times with a Stanley Hammer Tacker.

-- In November, a Taiwanese factory owner accidentally dropped 200 \$1,000 bills (worth about \$6,600 in U.S. dollars) into an industrial shredder, turning them into confetti. Luckily, Taiwan's Justice Ministry employs a forensic handwriting analyst who excels at jigsaw puzzles on the side. Ms. Liu Hui-fen worked almost around the clock for seven days to piece together the 75 percent of each bill sufficient to make them legally exchangeable.

Ed. Note: Did she at least get a reward?

Least Competent Criminals

Laconic Perps: (1) A female

motorist in Kitsap County, Wash., reported in January being motioned by another driver to pull over, but she ignored him. The man then tried to ratchet up his credibility, motioning her over again but this time holding a hand-scrawled sign reading "sheriff." (She remained unimpressed.) Seattle Weekly reported that a similar incident had occurred several months earlier. (2) Robert Michelson was arrested in Farmington, Conn., in February, after calling a 911 operator to inquire about the lawfulness of the marijuana plant he was growing. The operator informed him that it was illegal. (All 911 calls are automatically traced, and Michelson was soon arrested.)

Recurring Themes

People Who Ran Over Themselves: (1) A transit driver was hospitalized in December after his idling bus slipped out of gear and ran over him as he walked around it in front of Waikato Hospital in New Zealand. (2) A 37-year-old woman in Melbourne, Australia, was hospitalized in November after forgetting to engage her parking brake. The car rolled backward down her driveway, knocking her over, then hitting a fence, thrusting forward and running her down a second time. (3) A 67-year-old golfer died on the Evanston (Ill.) Golf Club course in November, apparently run over by his own electric cart. (He was discovered underneath, and the medical examiner ruled the death accidental.) A News of the Weird Classic (November 2004)

Patricia Frankhouser filed a lawsuit in Jeannette, Pa., in November (2004) against the Norfolk Southern railway as a result of being hit by a train 10 months earlier as she walked on the tracks. Most such injuries nowadays involve pedestrians distracted by earphoned music players, but Frankhouser claimed merely that Norfolk Southern was negligent for not posting signs warning that the railroad tracks are sometimes used by trains.

The Continuing Crisis

-- Two San Francisco-area counselors recently formed Men of Tears -- a male support group to encourage crying, according to a January San Francisco Chronicle reporter, who observed as

SEE "WEIRD" PAGE 22.

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For A Healthier You



Knee Replacement Notes: Things I Wish I Knew!

by Marlene Stiles

As the recent recipient of two knee replacements, I now know what I would do if I had another surgery and what I would do differently. I'm grateful not to have a third leg in need of an artificial knee, but I feel qualified to offer this retrospective advice:

EXERCISE!

Start exercising several months BEFORE surgery to strengthen your leg muscles and improve muscle tone. You do not have to engage in a high impact exercise that hurts your knees, but you have to do something! Belly dancing, Tai Chi, swimming and water aerobics are all great, low impact exercises. If you're homebound, exercises should include squats to strengthen thigh muscles and inverted push-ups (lie on your back and bend knees, push yourself up off floor).

Remember—exercise is everything, both before surgery and after surgery! I wish someone had explained to me (after my first surgery) that negative extension is as important as bending your knee. I was sent home with an exercise machine that bent my leg. I wasn't told that it was as important to straighten my leg as it was to bend it. With my first knee replacement, I was cautious about pushing the envelope. My second knee has greater flexibility because I was much more aggressive in exercising it. DO try to increase your range of motion

by ten degrees every day and build up to 120 degrees as quickly as possible.

USE ICE PACKS!

It's easier to exercise if swelling is controlled, otherwise the knee will hurt and you'll fudge on exercising. If your insurance does not cover the cost of an "Ice Man" I recommend buying one and using it almost continuously for the first two weeks after surgery, day and night. This clever gadget has a wrap attached to a chord that pumps cold water from an ice cooler continually around your knee. I also got a small cloth ice pack that I was supposed to tie around my knee. It fell off in five minutes.

ANESTHESIA?

I had routine anesthesia treatment for my first surgery and a morphine drip to control pain. The second time a stronger dose of anesthesia was administered to my leg so it was numb for six more hours after I woke up. All in all, I thought the second method was preferable and kept the initial pain under better control.

HOWEVER! PAIN CONTROL is a huge issue. After the anesthesia wore off, I was told (at three in the morning) that I had the option of taking one pain pill or two. I presumed I had the option of taking one pill and if that wasn't sufficient, I could have the second one. This was not the case. When the pain got worse and I asked for the second pill I was told that I had made my choice and now two pain

pills could not be administered simultaneously. The first day after surgery was miserable until one kind nurse took it upon herself to call my doctor and authorize one mg of morphine to tide me over to the next window of time when I could restart my regimen and two pain pills could be taken together. Once the pain was under control, I was able to exercise my knee for six hours and walked up and down the hall twice.

The moral: I wouldn't worry about being overmedicated for the first couple of days. If you're in pain, you can't move. And if you can't move, you aren't going to get better. After I went home, I found two oxycaten a day kept the pain manageable. But as a pain killer, oxycaten has diminishing returns and side effects. I took it for one week then found that motrin was just as effective. I did take an ambien for the first month after surgery with a motrin to help me sleep through the low level but incessant pain that was more noticeable at night than in the day. At the end of one month I had two restless nights as a side effect from discontinuing the ambien, but by the third night I was sleeping soundly.

ONE LEG OR TWO? I wanted to have both legs operated on at the same time so I could just get the ordeal over and done with. In retrospect I'm glad my doctor refused to do this. He quoted statistics, saying people with both knees operated on at the same time had a fifty percent higher chance of infection. Be-

sides, my knees were so bad that the operation was going to take longer. That convinced me—I wanted him to take his time.

I didn't realize just how bad my knees were until the first leg was healing and it became my "good" leg. My non-operated leg felt like a piece of wood and I could hardly wait for the second operation. I do think that my mobility and recovery would have been compromised had both legs been out of commission at the same time. It was a tremendous help to have one good (even a semi-good leg) to lean on while the other was healing.

LASTLY, JUST DO IT!

Don't wait until you're almost totally crippled before you opt for surgery. The replacements are vastly improved and they last for twenty years, not ten like in the old days. You don't have to wait until you're in the last lap of your life to be able to walk again.

REMEMBER that knee replacement is not a magic bullet—you have to work hard to develop your flexibility after surgery and you'll do better if you have some muscle strength built up before you go into surgery. It's just like being two years old again. If you want to walk, you've got to do it yourself. No one can do it for you, although your friends and family will be cheering from the sidelines.

Rebecca A. Espinoza -Region 7 Lead Ombudsman - 719-583-6123, 719-583-6323 (fax) a.org.

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(345-4112)
Florence(784-6493) - Salida (539-3351)

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

MARCH 1: Chicken Cordon Bleu, rice pilaf, seasoned asparagus, apricots.

MARCH 3: Taco Salad/Salsa, tomato/lettuce garnish, strawberry applesauce, tropical fruit, cornbread/marg.

MARCH 8: Bratwurst/Bun/sauerkraut/mustard/onion, pickled beets, sliced peaches.

MARCH 10: Meatloaf/Brown Gravy, cheesy potatoes, green beans, PA tidbits.

MARCH 15: Turkey Tetrazini, Italian green beans, cottage cheese peach salad, strawberry applesauce.

MARCH 17: Beef Stroganoff, orange spiced carrots, ruby beet salad, tropical salad.

MARCH 22: Chicken Fajita, tomato/lettuce garnish, cilantro rice, cooked cabbage/red pepper, grapes.

MARCH 24: Sloppy Joe/Bun, scalloped potatoes, peas/carrots, apple.

MARCH 29: Spaghetti/Italian Sausage/Marinara Sauce, squash, tossed salad, pizelle, pears.

MARCH 31: Combo Burrito/Chicken Green Chile/tomato/lettuce/salsa/black beans/cilantro, diced pears.

FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri

MARCH 1: Turkey Tetrazini, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

MARCH 3: Porcupine Meatballs, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.

MARCH 4: BRATWURST/BUN/Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

MARCH 8: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Shredded Green Salad/Lite Italian Drsg., Ice Cream.

MARCH 10: SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

MARCH 11: HAMBURGER/CATSUP/MUSTARD/ONION/Tomato/Lettuce, Baked Beans, Potato Salad, Apricots.



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Pueblo, CO 81003
(719) 543-2634

121 S. 5th St.
Cañon City, CO 81212
(719) 275-1101

- Argus Alert
- Skilled Nursing
- Rehabilitation Services
- Personal Care Providers
- Homemaker Companions

MARCH 15: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

MARCH 17: CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Seasoned Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/Margarine.

MARCH 18: TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

MARCH 22: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, PA Mandarin Orange Compote.

MARCH 24: CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

MARCH 25: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, PA Mandarin Orange Compote, Cornbread/marg.

MARCH 29: WHITE CHILI/CHICKEN, WW Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Pear Halves.

MARCH 31: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

SALIDA MENU

719-539-3351 before 9:30am Tue/Th/Fri

MARCH 1: MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped

Hubbard Squash, Strawberry Applesauce.

MARCH 3: ROAST PORK/GRAVY, Oven Browned Potatoes, Carrots, Strawberry Gelatin Salad, Dinner Roll/marg

MARCH 4: COMBINATION BURRITO, Lettuce/Tomato garnish/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

MARCH 8: CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad with Light Ranch Drsg., Orange.

MARCH 10: ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Pineapple Tidbits.

MARCH 11: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

MARCH 15: HAMBURGER/CATSUP/MUSTARD/ONION/Tomato/Lettuce, Baked Beans, Potato Salad, Apricots.

MARCH 17: SWISS BROCCOLI PASTA, Mixed Vegetables, Sliced Peaches, Plums, Sweet Potato Roll/marg.

MARCH 18: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

MARCH 22: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.

MARCH 24: TUNA SALAD/LETTUCE/SLICED TOMATO, Pasta Salad, Orange Juice, Peaches.

MARCH 25: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables Strawberry Applesauce.

MARCH 29: TURKEY SANDWICH/Provolone Cheese/Mustard/Sliced Tomato/Lettuce, Orange, Waldorf Salad

MARCH 31: TAHITIAN CHICKEN, Steamed Brown Rice, Green Bean Amandine, Fruit Salad.

GOLDEN AGE CENTER

728 N. Main St.-Canon City M-W-F

MARCH 2: Chicken Cacciatore, oven browned potatoes, Italian veggies, sliced peaches-cookies.

MARCH 4: Chili Relleno Casserole, carrots, tossed veggie salad/lemon.

MARCH 7: Sweet/Sour Pork, brown rice, california veggie medley, diced pears.

MARCH 9: Cream of Potato Soup, Tuna Salad Wrap/shredded lettuce/tomato, hard-boiled egg, grapefruit half.

MARCH 11: Roast Beef, mashed potatoes/gravy, green bean almandine, apricot peach compote.

MARCH 14: Baked Potato, broccoli cheese sauce, tossed salad/light french drsg., fresh plum-fruit cocktail.

MARCH 16: Corned Beef/Broth, parsley buttered new potatoes, seasoned cabbage/carrots, rolling shamrock sugar cookie.

MARCH 18: Birthday Meal! Oven Fried Chicken, spinach mandarin orange salad, potato salad, fresh peach.

MARCH 21: Porcupine Meatballs, whipped potatoes/gravy, california veggie medley, almond peaches.

MARCH 23: California Veggie Bake, spinach salad/eggs/lite Italian drsg., fresh pear-citrus cup, oatmeal raisin cookie.

MARCH 25: Baked Pork Chop, whipped potatoes-country style gravy, hot bean casserole, fruit salad, cinnamon applesauce.

MARCH 28: White Chili Chicken, carrot/celery sticks, cooked cabbage/red peppers, pear halves.

MARCH 30: Meatloaf/Brown Gravy, cheesy potatoes, green beans, PA tidbits

ALL MEALS SERVED WITH MILK (Coffee or Tea optional) Most meals served/bread/marg.

Fashion: Looooking Gooood!

Saving Time, Trouble And Your Own Skin!!

(NAPSI)—If you're like many American women, you may feel like there's a lot more on your to-do list than time in the day—but there's help out there and it comes in the form of the GoodSkin Labs Circle.

The Problem

Cooking dinner, checking homework and paying bills all at the same time? Don't worry; you're not alone. According to a recent study by the Center for Work-Life Policy/National Parenting Association, more than 80 percent of working mothers are also responsible for groceries, meals, laundry, cleaning and household administration.

The Solution

To assist and celebrate overextended women everywhere, an online forum has been created that provides

support, encouragement, tools and inspiration.

The GoodSkin Labs Circle is a group of women from around the country with the support of dermatologists and other experts. While they can't add more hours to the day, they do offer many time-saving tips and solutions to life's little daily problems.

Time-Saving Tips

Looking for some help right now? Try these hints from the GoodSkin Labs Circle:

- Prioritize your day by making yourself a checklist. Then, look at your list and determine what needs to get done in the next 30 minutes, the next three hours, by the end of the day, by tomorrow and by the end of the week.
- Plan your outfits for the week

on Sunday nights—it will help you feel polished and pulled together on those mornings when you barely have time to breathe.

- Sort your silverware in the dishwasher by type to save a few minutes when unloading: all spoons in one compartment, knives in another and so on.

- When concealer just won't do the trick, sweep a white or neutral eye shadow in the outer and inner corners of your eye to brighten the area. Also dab on GoodSkin Labs Tri-Aktiline Instant Deep Wrinkle Filler to fill the fine lines around your eyes.

Learn More

GoodSkin Labs products provide both instant benefits and long-term results. The company uses the newest and safest innovations that science has to of-



fer to create powerful and highly effective skin care. For more information, visit www.goodskinlabs.com/circle or www.facebook.com/goodskinlabs.

For those days when it seems like you need to be a superwoman to get everything done and look good doing it, help is at hand.

You Needn't Be A Doctor To Wear Scrubs/Help Sick

(NAPSI)—Scrubs are useful for more than just scrubbing up in. A recent issue of Oprah magazine featured one luxury scrubs designer both for its quality work wear and because sales of those clothes were helping cancer patients feel better.

The Problem

A big fear among cancer patients is losing all of their hair. Now, thanks to the company, Blue Sky Scrubs, pa-



tients can get free, attractive hospital scrubs hats that offer a way to cover hair loss with a bright and sophisticated look.

A Solution

The hats are sent to cancer patients whenever someone buys the attractive clothing and accessories created by a company that specializes in medical wear, a style now increasingly popular for casual wear all over the country.

In fact, though it's branched out

since, the firm was founded to make surgical headgear—so it knows how to turn out top-quality, good-looking toppers. Consumers who buy scrubs can have the free hat sent to themselves to give to a cancer patient of their own choosing.

The hats are fun and can make people feel good. As one recipient, Margaret Moore, put it, "After undergoing chemotherapy at MD Anderson in Houston, I finally got to wear a Blue Sky Scrubs hat. I feel so much better now. This is a big ego booster."

Cancer Facts

No one knows the exact cause of most cases of cancer, the American Cancer Society explains. Scientists are studying and learning more about the many steps it takes for cancers to form and grow.

Although some of the factors in these steps may be a lot alike, the process that happens in the cells is generally different for each type of cancer.

Learn More

The hats, clothes, jewelry and other accessories are available online at www.blueskyscrubs.com.

Every March Is "AMD-Low Vision Awareness" Month

by *Kathy-Lyn Allen*, PR Coordinator (Rocky Mountain Eye Center)

According to the American Academy of Ophthalmology (AAO), age-related macular degeneration (AMD) is a chronic eye disease associated with aging that gradually destroys central vision. It's one of the leading causes of legal blindness and vision impairment in older Americans.

Macular degeneration affects central vision, but not peripheral vision – therefore, it doesn't cause total blindness. The progression of AMD can be slow or

rapid, but the deterioration of central vision generally occurs over a period of a few years.

Pain is not associated with AMD, but if you experience any of the following conditions – see your ophthalmologist right away:

- Straight lines appear wavy;
- Difficulty seeing at a distance;
- Decreased ability to distinguish colors;
- Inability to see details, such as faces or words in a book;
- Dark or empty spots block the

center of your vision.

Although the exact cause of macular degeneration is unknown, several studies have shown the following are more at risk:

- People age 50 and older;
- People with hypertension;
- People who smoke;
- People with a family history of AMD.

Early detection and treatment is the best defense against losing your vision. If you are at risk for macular degeneration, see your eye doctor for a complete eye exam at least every one to two years. If your vision has been reduced, you do not have to live a lonely and isolating life. Low vision rehabilitation resources are available to help you

preserve your quality of life and maintain maximum independence.

Please contact Rocky Mountain Eye Center at 1-800-934-EYES (3937) to schedule your next eye exam or visit www.rockymountainececenter.com for more information. Information retrieved from <http://www.aaopt.org/aaosite/eye-md/amd.cfm> (February 2011)

This information was retrieved (Jan 2011) from <http://www.eyecareamerica.org/eyecare/treatment> Please contact the American Academy of Ophthalmology (AAO) directly for more information. Please schedule your family's next eye exam with Rocky Mountain Eye Center by calling 1-800-934-EYES (3937) or by visiting us online at www.rockymountainececenter.com



ROCKY MOUNTAIN EYE CENTER



Benton F. Murphy, MD

MARCH IS "LOW VISION AWARENESS" MONTH

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INFORMATION AND PLEDGE SHEETS ARE AVAILABLE AT GAC AND CAÑON CITY LANES
CALL 275-5177
FOR MORE INFORMATION

BOWL FOR THE SENIOR CENTER AND GREAT PRIZES!

Social Security & You

from Melinda Minor, District Manager - Pueblo



QUESTIONS AND ANSWERS

GENERAL

Question: How do I show proof of my Social Security benefit amount?

Answer:
Here are four ways:

- You can use your SSA-1099 form as proof of your income if you receive Social Security benefits;
- You can use your annual notice that tells you your benefit amount for the year as verification of your current benefits;
- The fastest, easiest, and most convenient way is to go online and request a Proof of Income Letter at www.socialsecurity.gov/bene; and
- You may call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), between 7 a.m. and 7 p.m., Monday through Friday.

Question:

I understand that by 2013 I will not be able to continue receiving my Social Security payments by paper check. What are the benefits of using direct deposit?

Answer:

The benefits of using direct deposit are:

- It's safe;
- It's secure;
- It's convenient;
- There are no checks to be lost;
- You are in control of your money; and
- You will get your benefits on time, even if you're out of town, sick, or unable to get to the bank.

You choose the account where your Social Security payment is deposited. If you don't have a bank account, you can use the Direct Express prepaid debit card to receive Social Security, Supplemental Security Income (SSI), and other Federal benefit payments. With this card, you can make purchases, pay bills, and get cash at thousands of locations nationwide. Learn more about direct deposit and Direct Express at www.godirect.gov.

RETIREMENT

Question:

What's the easiest way to apply for retirement benefits?

Answer:

You can apply for retirement benefits using our online Retirement

Application at www.socialsecurity.gov/retire. It's fast, easy, and secure. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed.

Question:

How can I get an estimate of my retirement benefits?

Answer:

Our online Retirement Estimator uses your Social Security earnings record to estimate your future benefits. To use the Retirement Estimator, go to www.socialsecurity.gov/estimator. There, you can enter certain identifying information about yourself. As long as the personal information you provide matches our records, you can use the Retirement Estimator to enter other information, such as your expected retirement age and estimated future wages. This information will be combined with the information that Social Security has on record about your past earnings to provide a quick and reliable online benefit estimate. A Spanish-language Retirement Estimator also is available at www.segurosocial.gov/calculador. Get an instant, personalized estimate of your future benefits now at www.socialsecurity.gov/estimator.

SUPPLEMENTAL SECURITY INCOME

Question:

How do I report a change of address if I'm on Supplemental Security Income (SSI)?

Answer:

You must report any change of address by calling our toll-free number, 1-800-772-1213, or by visiting a local office within 10 days after the month the change occurs. You cannot complete a change of address online because we must obtain more specific information about the change in your living arrangement. Failure to report or filing false reports could result in a fine, imprisonment, or both. Even if you receive your benefits by direct deposit, you need to report your new address to Social Security so that you can continue to receive mail from Social Security when necessary. To learn more about SSI reporting responsibilities, read the publication *What You Need To Know When You Get Supplemental Security Income (SSI)* at

www.socialsecurity.gov/pubs/11011.html.

Question:

Is Supplemental Security Income (SSI) taxable?

Answer:

No. SSI payments are not subject to Federal taxes so you will not receive an annual form SSA-1099. However, if you also receive Social Security retirement or disability benefits, those payments may be subject to income taxes. Learn more about SSI by reading the publication *What You Need To Know When You Get Supplemental Security Income (SSI)* at www.socialsecurity.gov/pubs/11011.html.

DISABILITY

Question:

How does a blind or visually impaired person choose how Social Security communicates with them about changes or important information?

Answer:

If you are blind or visually impaired, you have choices for receiving information from Social Security. To sign up or change these notice options, contact us through one of the following ways:

- Go to our page, *If You Are Blind Or Visually Impaired—Your Choices For Receiving Information from Social Security* at www.socialsecurity.gov/notices;
- Call us toll-free at 1-877-708-1776 (TTY 1-800-325-0778);
- Contact your local Social Security office; or
- Contact the U.S. Embassy or Consulate if you live outside the United States.

The fastest and easiest way to learn about and sign up for these options is at www.socialsecurity.gov/notices.

Question:

What is a disability trial work period?

Answer:

The "trial work period" allows Social Security disability beneficiaries to test their ability to work for at least nine months without losing benefits. During the trial work period, you can receive full benefits no matter how much you earn, as long as you remain disabled and you report your work activity. The trial work period continues until you have completed nine trial work months

within a 60-month period. You can find more information about available work incentives in our publication *Working While Disabled—How We Can Help* at www.socialsecurity.gov/pubs/10095.html.

MEDICARE

Question:

What are the four parts of Medicare?

Answer:

The four parts of Medicare include:

- Hospital insurance (Part A), which helps pay hospital bills and some follow-up care. The taxes you (or your spouse in some cases) paid while working financed this coverage, so it's premium free. For those who are not "insured," coverage may be purchased.
- Medical insurance (Part B), which helps pay doctors' bills and other services. There is a monthly premium you must pay for Medicare Part B and you may refuse this coverage.
- Medicare Advantage (Part C) plans, which generally cover many of the same benefits a Medigap policy would cover, such as extra days in the hospital after you have used the number of days Medicare covers. People with Medicare Parts A and B can choose to receive all of their health care services through one of these provider organizations under Part C. There might be additional premiums required for some plans; and
- Prescription drug coverage (Part D), which helps pay for medications doctors prescribe for treatment.

Anyone who has Medicare hospital insurance (Part A), medical insurance (Part B), or a Medicare Advantage plan (Part C) is eligible for prescription drug coverage (Part D). Joining a Medicare prescription drug plan is voluntary and you pay an additional monthly premium for the coverage. To learn more about Medicare benefits, read our publication, *Medicare*, at www.socialsecurity.gov/pubs/10043.html.

Question:

I can't get health insurance because of my pre-existing condition. Is there anything I can do?

Answer:

You may be eligible for the new Pre-Existing Condition Insurance Plan—a program for people who have a pre-existing condition and have been without health insurance coverage for at least six months. For more information, call the Pre-Existing Condition Insurance Plan toll-free: 1-866-717-5826 (TTY 1-866-561-1604) between the hours of 8 a.m. and 11 p.m. Eastern Time. Or visit www.pcip.gov and select "Find Your State" to learn about eligibility and how to apply.



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Thomas Jefferson

Third President of U.S.



"A government big enough to give you everything you want, is strong enough to take everything you have."

Causey: We're All In This Epidemic Together

by Charlene Causey

Everyone has heard that children learn what they see their parents and grandparents doing and that they will do likewise. It stands to reason that eating and dietary behaviors are no different when it comes to learned or acquired behaviors. In recent years it has been very publically stated that childhood obesity is officially an epidemic. In fact, one in five children is classified as obese. Even worse, that figure has tripled since 1980.

DOHERTY

from page 1.

nation, the Older Coloradoans Fund which provides grants to community agencies through the area agencies on aging for meals on wheels, legal services, transportation, vision, hearing and dental services, home care, and many other programs that help to keep seniors in their own homes are currently targeted to lose \$2 million.

Seniors often benefit from services that are provided through community based clinics which are often staffed by primary care providers who are receiving assistance through loan repayments. The programs to forgive loans for nurses who teach in higher education, dentists and dental hygienists are being targeted for elimination.

Overall proposed budget cuts to Medicaid are in excess of \$200,000,000. The cuts most affecting seniors include such things as prescription drugs, home and community based services, acute home care, and therapies. Since more than 25% of the Medicaid population is seniors, cuts in services for those receiving both Medicare and/or Medicaid will be affected.

Mental health problems affect approximately 20% of the senior population in Colorado. Older adults have the highest rate of suicide of any age group. The largest number of suicides occurs among residents in assisted living. Not only are \$10 million in cuts targeted for mental health services, but recommendations are being made to eliminate the Suicide Prevention Program, which is charged with education, outreach and manning a 24-hour hotline.

Another area being targeted is reducing payments to counties to process Medicaid applications and

There are two basic reasons for this shameful statistic. One is the vast variety of nutrient deficient yet enticing food choices and the second is the dramatic decrease in physical activity among children. Foods high in sugar, salt, and the wrong kinds of fats are literally addicting. Sedentary lifestyles, regardless of the age, lead to high blood pressure, diabetes, heart disease and strokes. As evidence that this is true, there have been increasing numbers of obese teens dying from heart disease.

other financial assistance. Most counties are not able to meet the current mandated requirement to process a Medicaid application within 45 days. Old Age Pension applications are to be processed in less time. The State is reviewing their authority to shift these costs to the county governments.

Increases in client payments at state supported nursing homes are being suggested, as the state reduces the state subsidies to the federal reimbursements. Other cuts being proposed are cutting staffing for Veterans Services Officers in high population areas resulting in fewer people to serve veterans through the County Departments of Human Services.

The Colorado Division of Housing which provides assistance for building low to moderate income properties for independent housing for people of all ages, as well as assisted living residences, is targeted to lose more than \$2 million.

Most likely seniors would be affected by other cuts in the budget as well. Older adults, families and senior advocates are being encouraged to call or e-mail their legislators, members of the Joint Budget Committee and Governor John Hickenlooper to share their concerns about these proposed budget cuts. For more information, call 303-333-3482.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society, 3006 East Colfax, Denver CO 80206. She has more than 35 years of experience in education and training, clinical practice, research, and public policy in gerontology. She also teaches Nonprofit Management at Fort Hays State University. You may reach her at 303-333-3482 or Doherty001@att.net.

Let me reiterate a statement that recently made the news. For the first time since the Civil War, children may not outlive their parents. That sounds like a serious threat to our civilization! What makes all this even more tragic is that these grim predictions are truly preventable. Addressing parents and grandparents, I respectfully submit, that this has to stop! We can begin with educating ourselves about the ploys of the FDA and then implement simple, realistic steps to combat the onslaught of dietary evil.

Although the FDA was developed to protect consumers, it seems that now it exists to reap profit from

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

CINDY WILLIAMS

She was sweet. She was funny. She was ditz. She was one half of 'Laverne and Shirley' – TV's iconic comedy of the 1970's and 1980's, but set in the 1950's. These days, actress Cindy Williams resides in the Los Angeles area, continues to act and attends nostalgia events and conventions.

Cindy Williams was born on August 22, 1947 in Van Nuys, California. She attended Los Angeles City College and studied acting alongside Sally Field. After graduation, the perky Cindy began landing TV commercials and small parts on TV shows such as, 'Room 222', 'Nanny and the Professor' and 'Love, American Style'.

Ironically, the future comedic actress got her big break as a dramatic film actress, most notably in the 1974 Francis Ford Coppola film, 'The Conversation' (opposite Gene Hackman), the 1972 George Cukor film, 'Travels With My Aunt' and her breakout role as Ron Howard's girlfriend, Laurie Henderson in George Lucas' 'American Graffiti' (1973).

It was the latter role that helped her win the iconic role of Shirley Feeney, alongside fellow Milwaukee brewery co-worker and friend, Penny Marshall as Laverne De Fazio on 'Happy Days'

consumers. The U.S food industry uses powerful food engineering and clever marketing to seduce American families to eat what essentially equates to junk food. Scientific research points to the reality that food triggers the release of hormones in the body, much like a drug will. So foods high in sugar, salt, and fat, better known as "fast food", are now becoming the American family's "drug" of choice. And, as with all addictions, eventually will take their toll. In fact, in about thirty percent of individuals, the bell has already tolled.

Some recommendations to begin making a change today are: 1) Eat

SEE "CAUSEY" PAGE 18.



– both played friends of The Fonz. The pair were such a huge hit with the audience, that their appearance on that show was spun-off to a show of their own!

Laverne and Shirley debuted in 1976 and within two weeks was Number

One in the ratings.

Cindy Williams was an overnight star, appearing on TV Guide and magazine covers. Audiences fell in love with her naivety, perkiness and overall girlishness. The show lasted eight seasons on ABC,



ending in 1983.

After the success of the show, Cindy, as with most TV icons, found it difficult to achieve the same level of fame or break out of her character's mold. Unlike her co-star, Penny who went on to become a respected film director, Cindy landed roles in second rate films or walk-on parts in TV shows.

In 1991, Cindy earned recognition as a producer for the big screen hit, 'Father of the Bride' (starring Steve Martin), and its sequel in 1995. However, her resurgence in the industry was short-lived.

In 2000, Cindy divorced her husband of 18 years, musician Bill Hudson (of the Hudson Brothers). Cindy is the aunt of actress, Kate Hudson.

Cindy currently resides in a modest townhouse in the Los Angeles area – just outside the valley. She continues to act, most recently on Broadway in 'The Drowsy Chaperone'. Quite a bit of her time is spent making personal appearances at 'American Graffiti'-themed events, signing autographs.

Cindy is as perky as ever and this author hopes for her perkiness and talent to shine once more on a hit TV show!

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“D” Day For Social Security And Medicare

Alexandria, VA (January 31, 2011) How safe are the Social Security and Medicare Trust Funds? Some say that Social Security “is fully funded” and will be able to pay benefits in full on a timely basis until 2037. But without changes to trim federal spending, and soon, funding to pay the benefits of seniors and the disabled is not at all certain warns The Senior Citizens League (TSLC) one of the nation’s largest nonpartisan seniors groups. “D”

Day for Social Security and Medicare recipients, may come as early as March 31st - or when the federal budget hits the ‘debt limit’ some time this spring,” says TSLC Chairman, Larry Hyland.

non-marketable bonds to the respective Trust Funds, which represent IOUs, but not real cash assets. When Social Security or Medicare doesn’t receive enough cash to pay benefits, as is happening now, the Treasury redeems the IOUs from general federal revenues.

America’s Retirement Future

by Jeffrey Lewis

(NAPSI)—Theft or embezzlement? That was the debate between Senators Daniel Patrick Moynihan (D-NY) and John Heinz (R-PA) in 1990, when they discussed how best to protect the growing Social Security Trust Fund reserves. Both agreed that failure to account properly for the huge pool of savings would constitute a political crime but differed on its nature.

Moynihan likened it to common thievery; Heinz to a graver offense. He contended it exceeded the common criminal bounds of mere unlawful taking; that failure to protect the Trust Funds was a breach of fiduciary duty by those charged with guarding it. Both agreed it was imperative to find stronger ways to protect the surplus from fiscal shenanigans. They succeeded—against determined opposition—in putting some protections in place.

For nearly 25 years, the Social Security program took in more than it paid out and the reserves grew beyond even the most optimistic projections. This was a textbook example of government that looked into the future, took the heat from special interests, and delivered on a long-term goal—to ensure retirement and disability benefits for more than 100 million Americans in the next 30 years.

Today, that farsighted success is threatened by several factors: the doubling of the national debt to pay for tax cuts, wars, and profligate federal spending to bail out Wall Street speculators and rash investors. Pressing fiscal realities encourage some to raid the Social Security Trust Fund. The “thieves and embezzlers” that Heinz and Moynihan talked about are cloaked under the guise of a “national debt commission” primed for raising the retirement age or cutting future Social Security benefits.

At a time when 401(k) retirement plans continue to suffer from the recession and when Americans struggle to save, the conversation should be about helping Americans—not imperiling their financial future. Perhaps it is time to take a long, hard look at how America subsidizes other countries; how we pay farmers not to grow crops; and how the costs of multiple wars contribute to our dire fiscal straits.

Those charged with guarding the till of your retirement funds are instead planning to raid it. Maybe that’s embezzlement and maybe that’s thievery—either way, it’s a crime.

Jeffrey Lewis is the former Republican Staff Director for the late Senator Heinz. He can be reached at jlewis@heinzoffice.org.

Op-Ed

from page 2.

So the scenario is set. It is our “sputnik” moment. We need to have an all-out assault on producing energy, any energy, green, purple, black or see-through because if we don’t gentle readers, the United States is in real danger.

It seems simple to me yet no one, no one, has said it out loud that I’ve heard or seen. If we want to turn our economy around and side-step the calamity to come we need to stop dithering and cowtowing to the special “green” interests that have us running like lemmings over a cliff. Please think about this. Use your influence. Time is of the essence.

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TSLC lobbies to protect Social Security and Medicare benefits and believes that the consequences of allowing the federal debt to swell without a plan to bring our federal budget back into balance would result in grave economic consequences for seniors in the future. TSLC is conducting an on-line senior survey and is soliciting feedback from seniors on their ideas of how Congress should reduce the deficit.

The federal debt limit refers to the amount of debt our nation is legally allowed to borrow, now at \$14.3 trillion. Congress is considering whether the debt limit should be lifted or, to significantly cut spending to stay under the current limit. If Congress takes no action to cut spending, and the federal budget runs out of cash by hitting the debt limit, Social Security and Medicare payments could be reduced or even suspended, according to U.S. Treasury Secretary Timothy Geithner.

Last year, for the first time since 1983, the Social Security Trust Fund that pays retirement benefits began to pay out more than the program received in cash revenues. The Social Security Disability Trust Fund and the Medicare Hospital Insurance Trust Fund are also in deficit. The amount of cash revenues that the programs receive has been significantly impacted by high unemployment. This not only reduced payroll taxes that finance the programs, but also swelled the rolls with seniors and disabled who lost jobs.

From 1983 through 2010, Social Security received more in payroll taxes than was needed to pay benefits. When there was excess payroll tax revenue, by federal law, the government used it to cover other government spending. The Treasury issued special



But the general budget is now running out of money and will soon hit the nation’s debt limit. “Social Security and Medicare benefits are not out of the woods, even if the debt limit were to be temporarily increased,” Hyland says. Budget experts say that any agreement to

raise the federal debt limit will need to include a plan to get federal spending under control. Recently, the director of the Congressional Budget Office wrote that in order to balance the budget by 2020, policy changes “would need to be large” and they “would need to affect popular programs or people’s tax payments,” and they “would need to be enacted fairly soon.”

“This is the time when seniors should get involved and find out what’s at stake for their benefits,” Hyland says. To learn more, participate in online senior surveys and provide feedback on how Congress should fix the deficit visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

With over 1 million supporters, The Senior Citizens League is one of the nation’s largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

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Dave & Dan
in the Morning

Pueblo has its own Radio Stations again!



Find The Magic In Your Own Community

by Alisha Hall - Bent County Healthcare Center (719)456-0106

Are you a grandparent? Do you have grandparents? Often you will hear a grandparent say, "If I would have known how much fun grandkids were, I would have had them first."

Many grandparents and grandchildren have special relationships. While parents keep track of children's chores, homework, friends, activities, grades, misbehavior and attitude, grandparents are able to love and accept their grandchildren unconditionally. Grandchildren can confide their hopes and dreams to their grandparents without fear of rebuke or ridicule.

A partnership exists in a nearby community which focuses on deepening this special relationship between children and elders. Bent County Healthcare Center and Kountry Kids Learning Center located in Las Animas join together to create an intergenerational experience that is unique in Colorado.

Intergenerational refers to some activity that occurs between two or more generations. Vickie Dykes, Activities Director, Kathleen Tomlin, Resident Services Assistant, and Myrna Tanabe, Childcare Director are working hard to create intergenerational opportunities. These have included reading time, exercise, parties, special visits, movie time, gardening and others. The most recent event was making Valentine cards together.

Children and elders joined forces during the weekly "Cooking Queens" cooking group and designed, pasted, and built special valentines. Elders smiled and giggled at these little people's energy and the children talked and worked with their special "grandparent." The children expressed their creativity while the elders assisted and encouraged. After a special heart shaped snack, everyone walked away with a good feeling of being loved and appreciated.

It is near that this very special and unique intergenerational program exists. Partnerships between long-term care facilities and childcare centers are rare. Of the 225 nursing homes in Colorado, only 5 others have licensed childcare centers under the same roof. Of these, only 3 others have organized intergenerational activities between the children and elders. Speaking to the directors of these programs, they know they have something unique and special and wonder why more nursing homes don't see the truth- children and elders need one another. Many of the nursing homes approached stated, "We are a nursing home." Yes, well Bent County Healthcare Center in Las Animas is a nursing home also, but we are much much more and we are making a difference in your



community!

To find out about more about other special programs, visit us on the web at www.bentcountyhealthcare.com, call (719) 456-1340 or come in for a visit at 810 3rd Street in Las Animas.

Elders "Negatively Affected" By Making Work Pay Tax Credit

Alexandria, VA (February 8, 2011) Seniors are in for more than their usual share of tax surprises this sea-

son, warns The Senior Citizens League (TSCSL), one of the nation's largest non-partisan seniors groups. According to a little-noticed report from the Treasury Department's Inspector General, the Making Work Pay tax credit is not expected to work as planned for an estimated 13.4 million taxpayers this tax season. "Seniors are high on the Inspector General's 'Most Negatively Affected List,' and may wind up owing taxes and even a penalty," says TSCSL Chairman, Larry Hyland.

Taxpayers received the refundable tax credit in advance in 2009 and 2010. Working seniors received extra money in their wage and pension checks through lower tax withholdings. Most eligible working taxpayers

qualify for a credit of up to \$400 (individual) or \$800 (joint). But millions of taxpayers, and particularly seniors, through no fault of their own were advanced more of the Making Work Pay tax credit than they were entitled to, due to problematic withholding tables issued by the IRS, the Inspector General reported.

One glitch that trapped working seniors during last year's tax season involved the \$250 economic stimulus payment beneficiaries received in 2009 if they were getting Social Security, Supplemental Security Income (SSI), Railroad Retirement or veterans' disability compensation. The \$250 payment reduced the Making Work Pay tax credit that working seniors could claim to a maximum of \$150 (individual), \$300 (joint). Compounding the problems, the problematic IRS withholding tables also allowed reduced withholdings for pensions - even though pension income was not even eligible for the credit. Because a high percentage of taxpayers were affected by not having enough federal taxes withheld, the IRS allowed a waiver of penalties for both the 2009 and 2010 tax years. But taxpayers must request the waiver of penalty in order to receive it.

To be eligible for the Making Work Pay tax credit, individuals must have earned income from a job,

be within income limits that apply to the credit, and have a valid Social Security number. Although the money was advanced in higher pay (and pension checks), taxpayers must figure the credit on Schedule M and attach it to a Form 1040 or 1040A in order to claim it. Taxpayers filing a form 1040 EZ may figure the credit on the worksheet attached to the return.

People most at risk of owing taxes include:

- * Single taxpayers with more than one job.
- * Joint filers in households where both spouses work or where one or both spouses have more than one job.
- * Taxpayers who receive pension payments.
- * Taxpayers who are employed and receive Social Security, or similar retirement benefits.

What should you do? Visit the IRS website at www.irs.gov for forms, instructions, and to file online. Free tax assistance services may be available in your area, or call your local IRS taxpayer assistance office. If you discover you owe taxes, and are assessed a penalty based on the faulty under-withholdings, request a waiver of penalty from the IRS. "TSCSL is concerned that senior taxpayers were disproportionately affected by implementation problems of the Making Work Pay tax credit," Hyland says. TSCSL is conducting an online survey and invites senior taxpayers to visit www.seniorsleague.org to participate in the survey.

With over 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

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SRDA Lifeline Now Has Enhanced Alert Service

by Nicky Nicholas - SRDA Lifeline

What happens if a senior is knocked unconscious or unable to press

their Lifeline button after a fall? The solution is simple get Lifeline with AutoAlert.

SRDA Lifeline launched Lifeline with AutoAlert which can detect falls with a high rate of detection, low rate of false alarms and automatically call for help. This enhanced service adds a layer of protection by coupling the Philips Lifeline medical alarm with automatic fall detection abilities. Lifeline AutoAlert features the only pendant-style help button that can automatically call for help if a fall is detected and a senior is unable to push his or her help button. According to an internal Philips Lifeline laboratory study of simulated falls, Lifeline with AutoAlert detected 95 percent of many types of falls and had a low rate of false alarms.

According to the Centers for Disease Control and Prevention, seniors are living longer and remaining in their own homes; however, falls have become an epidemic problem that jeopardizes seniors' chances to live independently. Every year in the U.S., one out of three people age 65 and over will fall. This statistic translates to 13.3 million people who will fall in 2010, or one person falling every 2.3 seconds on average, per the U.S Census Bureau.

The CDC, National Center for Injury Prevention and Control studies have shown that among seniors, falls are the leading cause of nonfatal injuries and hospital admissions for trauma, as well as injury-related deaths. Close to 50 percent

"SRDA Lifeline Introduces Enhanced Medical Alert Service With Fall Detection"

of seniors can't get up from a fall without help according to an article in the Merck Manual of Geriatrics and lying on the floor for an extended period of time can lead to serious complications, including: pressure ulcers, muscle necrosis, dehydration, hypothermia and pneumonia. The care and treatment of these potentially preventable complications are costly to the healthcare system and negatively impact quality of life for seniors.

"One of the biggest threats to seniors wanting to live independently is falls. Over the past twenty years subscribers have asked, what if I fall and I can't press my button for help? Now we have an answer for them," said Nicky Nicholas, SRDA Lifeline Program Director. "For the cost of a cup of coffee a day, Lifeline with AutoAlert can help seniors remain in their homes and provide peace of mind to their caregivers."

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Five Fraud Tactics To Watch For 2011; Two Reach 106!

(NAPSI)—While reviewing investment statements during tax time, many Americans feel they could've done better. Reassessing goals and tweaking your portfolio is fine, but hunting for huge returns could make you vulnerable to scam artists skilled in making "too good to be true" sound good enough to be real.

The stories cons use to steal investors' money are always changing, but research by the FINRA Investor

Education Foundation and AARP has revealed five common red flags present in nearly every scam.

Fraud experts funded by the FINRA Foundation analyzed hundreds of hours of undercover audio tape from law enforcement agencies. "Those tapes gave us incredibly powerful insights that helped us create a course and a documentary that teaches investors how to spot these red flags and protect

This Senior Safety Page is Proudly Sponsored By Three of the finest Assisted Living facilities in the region; North Pointe Gardens, Trinity Life Gardens, Oakshire Garden Assisted Living and our new facility in Pueblo West; Pueblo West Gardens. Matt Coffman and all the employees of these fine facilities welcome you to call them for a tour. See their ad below for details.

themselves," said FINRA Foundation president John Gannon.

One important discovery was that investment fraud victims tend to be well-educated, financially literate, higher-income people nearing retirement.

The fraudsters typically begin by getting to know their marks, asking benign questions about health, family, values, hobbies and political and religious views.

"Once they know which buttons to push, they'll bombard you with these common persuasion tactics," Gannon said. "The goal is to push your decision making away from the rational and toward the emotional. It's what con artists call 'putting you under the ether.'"

If, however, investors learn to spot these tactics, they can maintain control. The five most common investment fraud tactics are:

- Phantom riches. The con promises oversized returns couched in terms of something you've always wanted.
- Source credibility. Fraudsters often claim to be reputable authorities or experts or to have special credentials to gain victims' trust. Unfortunately, credibility can easily be faked.
- Social consensus. When a con says other savvy investors just like you are investing, he is using social consensus. Sometimes a con will recruit leaders of a community to do the selling for him or to provide additional credibility.
- Reciprocity. Cons will offer to do a small favor or give a small gift, then pressure victims to reciprocate by investing.
- Scarcity. This is often used as a closing tactic by claiming "a limited

supply" and creating a false sense of urgency.

Examples of these tactics, and other information about avoiding fraud, are featured in the Foundation's free documentary, "Trick\$ of the Trade: Outsmarting Investment Fraud," which is airing on public television stations nationwide. To see when and where it will air or to order a free copy of the DVD, visit the Foundation's fraud-fighting website, www.SaveAndInvest.org. You can also learn more at (888) 295-7422.

Investment fraud victims tend to be well-educated, financially literate, higher-income people nearing retirement—but a few tips can help you save your money.

TWO VILLA PUEBLO WOMEN CELEBRATED THEIR 106TH BIRTHDAYS IN JANUARY!!!

PUEBLO, Colo., Jan. 26, 2011 —Tomorrow, Arta Booth and Marie Hobbs will celebrate their 106th birthdays together at a joint birthday party at Villa Pueblo Senior Living Community. Both women were born in January of 1905 and spent many years giving back to the Pueblo community.

Arta, a true Colorado native, was raised on a small farm outside Rocky Ford before moving to Pueblo when she was in seventh grade. After graduating from Centennial High School in 1928 and marrying her husband, she worked full time at Fisher Jewelry and then Harding Bulloch Jewelry until she was 90 years old. She and her husband raised two children and have five grandchildren and nine great-grandchildren. Arta also earned the title of Silver Queen at the Villa Pueblo State Fair.

Marie was a woman ahead of her time, completing both teaching school and Business College in Clarksburg, West Virginia. After moving to Colorado, Marie worked at the Pueblo Race Track for 45 years and helped start the gift shop at Parkview Hospital in 1961 where she also volunteered as treasurer for 35 years. Marie earned the nickname "speedy" and enjoys indulging in ice-cream and upside-down fruit cake.

Both Arta and Marie have resided at Villa Pueblo Retirement Community since 2007, just two years after joining the centenarian club. The joint birthday party will be held Thursday, February 27 at 2:00 p.m. in the Pavilion dining room with staff, residents and family. The party is closed to the public, but birthday wishes may be mailed to Villa Pueblo at: 1111 Bonforte Boulevard, Pueblo, CO 81001.



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First Impressions: It's A Pretty Garden State

by Marty Ross

Stepping through a garden gate is the first great moment in a visit to a garden: The gate swings closed behind you, and suddenly you're an insider, cut off from the busy world.

A thoughtful gardener in Richmond, Va., understood this feeling perfectly when she placed an inscribed stone just inside her garden's gate; the words read "You Are Here". For the time being, nothing else matters. "Here" is

a sanctuary, an oasis, an escape. Her shady garden is just off a busy street, but it is quietly, securely, and very graciously, tucked away behind a charming garden gate.

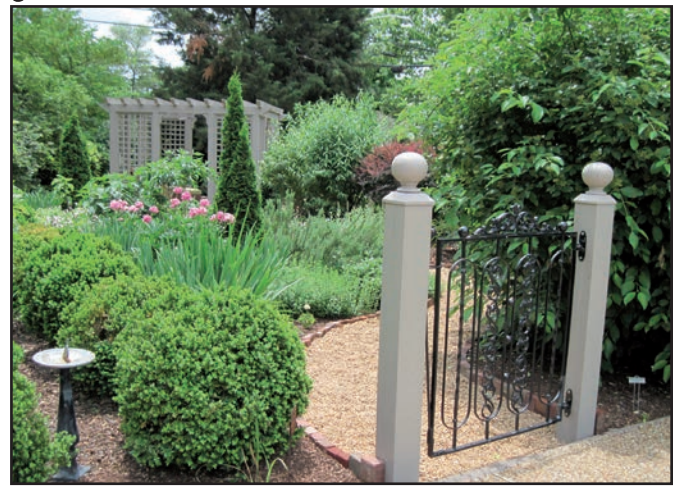
Garden designers describe the garden gate as a critical element in a garden plan. A gate marks an important transition: like the front door of a house, it deserves special attention. Gates restrict access, but they also awaken anticipation. They are physical, visual, and psychological thresholds.

"I like to create a point of constriction, a definite and distinct difference between the sidewalk and the front walk," says Joe Hertzler, a garden designer and owner of Hertzler & George in Williamsburg, Va. (www.hertzlerandgeorge.com). He calls this spot a "pinch point," but it doesn't hurt -- it directs the feet and the eyes, es-

establishes a mood and helps define the spaces within a garden. "You come through this point of constriction, and it says to you, 'I have now entered this room,'" he says.

In Hertzler's garden, the pinch point is an arbor, covered with a colorful native honeysuckle vine. The arbor is one step up from the sidewalk, and the flower-covered structure and the change in level give you the impression of having arrived.

SEE "GARDENS" PAGE 19.



Posts with handsome finials frame a free-standing garden gate. Even though there is no fence, the gate makes the garden seem private and the experience of the pathway to the pavilion more intimate. photo: Marty Ross



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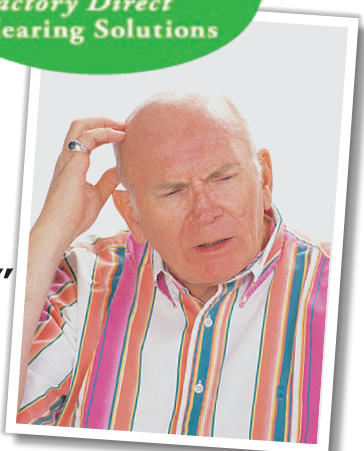
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There's Nothing Like A Holiday



Disney Cruising With A Turtle, A Duck And A Rat!

by David G. Molyneaux - *TheTravelMavens*

I spoke with a sea turtle, rode a fast duck and ate at a gourmet restaurant that celebrates the culinary skills of a gutter rat. These encounters all seemed rather natural on the new 4,000-passenger Disney Dream, which began cruising out of Florida in January.

Typical of a Disney product, the Dream is a ship like no other. It promises interactive, animated, imaginative vacations at sea from Port Canaveral, about an hour's drive east of Disney World. The Dream is Disney's third ship and had been in the planning for about 10 years.

The turtle was a fellow named Crush, who meandered over to my table in the Animator's Palate dining room the first cruise night. Passengers rotate among three dining rooms. Each has its own theme, such as beauties and beasts in the Royal Palace and whimsy in the Enchanted Garden. Only Animator's Palate has an active school of sea creatures, topped by turtle, shark and stingray.

Crush, known to fans of their movie "Finding Nemo," appeared several times at dinner in all of the many animated screens that pepper the walls around the restaurant. Crush speaks a children's language that is several years old, full of "Dude" this and "Dude" that, as he makes his rounds from screen to

screen, chatting up each table. "Where you from, Dude?" he asks, and a young fellow answers, "Baltimore." "That near Orlando?" asks Crush.

As the meal continued, a singing stingray floated by, as did Bruce, a vegetarian shark and other characters from "Finding Nemo," recognized immediately by the children at dinner. I didn't hear much whining and crying; the kids were busy being entertained.

Disney has made major use of animation on the Dream, including portraits around the ship that come alive when you engage them, a Skyline bar that changes city views through the evening, and portholes in the windowless inside cabins. Not only may passengers see the outside from these virtual portholes - as Disney has placed a bunch of cameras facing the sea - but also animated characters that float into the virtual portholes to make small talk. Disney says the inside cabins are a hot seller on the new ship.

The hottest attraction on Dream is AquaDuck, a water coaster that circles the pool deck in a clear tube. The Duck has become the signature activity on Disney Dream, so be prepared for everyone to ask you: Have you done the Duck yet?

Just about anyone can ride the Duck - if you are tall enough (48 inches) and able enough to get on and off a little raft, which is similar to an

air mattress, with two pockets, front and back for seats, so you may ride double or single.

The raft, propelled by jets of water, begins its journey four decks above the pool area with a whoosh, as you circle swiftly down a clear tube that at one point is 12 feet over the side of the ship. You may look down at the ocean 150 feet below, but on my first ride I was too busy watching where I was going, and saved my ocean glimpse for my second ride. The raft zips along, like riding a rushing river. It plunges into rapids, then rises, before gliding above the pool deck so you can wave to your friends and family below.

The aforementioned rat is Remy, from the delightful animated movie, "Ratatouille," in which Remy becomes a celebrated chef. Disney has elevated the rat's celebration to a French

restaurant unlike any other at sea, with a menu designed by two award-winning chefs - Arnaud Lallemand and Disney's Scott Hunnel - and overseen by a third French-trained chef.

Dinner at the restaurant, exclusively for adults, is lavish, starting with a chilled Taittinger Champagne cocktail made tableside, followed by eight to nine small courses, while you sit for the evening in a French restaurant, in art nouveau style, patterned after the room in the movie.

Remy quickly jumped to the top of the fee charts as the most expensive cruise ship restaurant (\$75 to eat, another \$99 for pairings of wine with dinner), and may be seeking, as one travel writer already has suggested, cruising's first Michelin dining star.

Dinner is a show everywhere on the Disney Dream. In Animator's Palate, as I was about to rise from my seat, my waitress, Grissell, from Peru, said the equivalent of, "Not so fast. Have you been excused from the table?"

Well, I had not been excused, nor had I finished my chocolate sundae for desert, which Grissell pointed out, as if I were a child of about age 3.

"You did not finish," she said. "I can't," I replied. "You must," she said. "You can't make me," I said. "Oh, yes I can," said Grissell, clearly a leader of small children. She sidled over to a spot behind me, chose a spoon, dipped it into my ice cream, and fed me a small bite, accompanied by the sound of an airplane making a landing in my mouth.

"See," she said with a major smile. Only at Disney. Info: <http://disneycruise.disney.go.com/>

David Molyneaux writes monthly about cruising. He is editor of *TheTravelMavens.com*



AquaDuck water coaster zips along a clear tube above the pool deck on the new Disney Dream, now cruising out of Port Canaveral, Fla. photo: David G. Molyneaux, *TheTravelMavens.com*

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Ann Coulter: "Democrats: Emboldening America's Enemies?"



EMBOLDENING AMERICA'S ENEMIES AND TERRIFYING HER ALLIES SINCE 1976

The Middle East is on fire again, and crazy Muslims with funny names aren't helping things -- Mahmoud, ElBaradei, al-Banna, Barack ...

The major new development is that NOW liberals want to get rid of a dictator in the Middle East! Where were they when we were taking out the guy with the rape rooms?

Remember? The one who had gassed his own people, invaded his neighbors and was desperately seeking weapons of mass destruction? The guy who emerged from a spider hole looking like Charlie Sheen after a three-day bender?

Liberals couldn't have been less interested in removing Saddam Hussein and building a democracy in Iraq. So it's really adorable seeing them get all choked up about democracy now. Say, as long as liberals are all gung-ho about getting rid of out-of-touch, overbearing dictators, how about we start with Janet Napolitano?

Why did they want to keep Saddam Hussein in power again? Yes, that's right -- because he didn't have stockpiles of weapons of mass destruction. Their big argument was that Saddam was five long years away from developing them.

By my calculations, that means as of March 2008, Israel would have been gone and Saddam would have been in total control of the Middle East.

Thanks, liberals!

But they were shocked by Mubarak. Liberals angrily cited the high unemployment rate in Egypt as a proof that

Mubarak was a beast who must step down. Did they, by any chance, see the January employment numbers for the United States? The only employment sectors showing any growth at all are medical marijuana cashiers, Hollywood sober-living coaches and "Spider-Man: Turn Off the Dark" understudies filling in for maimed cast members.

Are we one jobs report away from liberals rioting in the street?

Mubarak supported U.S. policy, used his military to fight Muslim extremists and recognized Israel's right to exist. Or as the left calls it, three strikes and you're out.

Obama was so rough on the Egyptian leader, the Saudis reportedly had to ask him not to humiliate Mubarak. (You know, like Chinese President Hu did to Obama.) In fact, Mubarak may be the only despot Obama didn't bow to.

You'd think Mubarak and Obama would be natural allies. Mubarak lives in Egypt; Obama created a pyramid scheme known as ObamaCare. To win Obama's support, maybe Mubarak should have dropped the whole "president" thing and called himself "czar." Obama seems to like czars.

Or he should have announced that Egypt was going to blow \$500 billion on a high-speed bullet train nobody wanted.

You know another country where Obama wasn't interested in democracy? (I mean, besides the U.S. when it comes to health care reform?) That's right -- Iran.

Iran is ideal for democracy: It has a young, highly educated, pro-Western population, and happens to be led by a messianic, Holocaust-denying lunatic.

Liberals say: Why upset that apple cart? Much better to support tumult and riots against our allies than our sworn enemies.

When peaceful Iranian students were protesting Mahmoud Ahmadinejad's stolen election in 2009, we didn't hear a peep out of Obama. The students had good reason to believe the election had been rigged. In some pro-Ahmadinejad districts, turnout was more than 100 percent.

Wait, no, I'm sorry -- that was Al Franken's election to the U.S. Senate from Minnesota. But there was also plenty of vote-stealing in Ahmadinejad's election.

When it came to Iran, however, the flame of democracy didn't burn so brightly in liberal hearts. Even when the Iranian protester, Neda, was shot dead while standing peacefully on a street in Tehran, Obama responded by ... going out for an ice cream cone.

But a mob of Egyptians start decapitating mummies, and Obama was on the horn telling Mubarak he had to leave. Obama didn't acknowledge Neda's existence, but the moment Egyptians started rioting, Obama said, "We hear your voices."

He can hear their voices? He couldn't hear the voices of the tea partiers, and they were protesting on the streets of Washington, D.C.

But as long as Obama can hear

the voices of protesters in Cairo, why doesn't he ask them what they think about ObamaCare? Maybe the Egyptians can change his mind.

The fact that liberals support democracy in Egypt, but not in Iraq or Iran, can mean only one thing: Democracy in Egypt will be bad for the United States and its allies. (As long as we're on the subject, liberals also opposed democracy in Russia, East Germany, Czechoslovakia, Yugoslavia and all the Soviet satellite states, China, Vietnam, North Korea, Cuba, Grenada, Nicaragua and Minnesota.)

Democrats are all for meddling in other countries -- but only provided a change of regime will harm U.S. national security interests.

Time and again, Democrats' fecklessness has emboldened America's enemies and terrified its allies, which I believe was the actual slogan of the State Department under Jimmy Carter: "Emboldening America's enemies, and terrifying her allies, since 1976."

For 50 years, Democrats have harbored traitors, lost wars, lost continents to communism, hobnobbed with the nation's enemies, attacked America's allies, and counseled retreat and surrender. Or as they call it, "foreign policy."

As Joe McCarthy once said, if liberals were merely stupid, the laws of probability would dictate that at least some of their decisions would serve America's interests.

Pollack: Long-Term Care: It's Planning For The Future

by Ron Pollack, Executive Director, Families USA - March 2011.

It's nearing tax time, and that's a good time to think about financial planning. And when you make financial plans, don't forget to include long-term care needs you or your spouse might have in the future.

Long-term care is expensive, and Medicare does not cover the costs. And there are other reasons to plan ahead, to learn about your options for care before you need help. That way, if you need care suddenly, you and your family won't have to scramble. Equally important, you won't end up in a nursing home just because no one knew alternatives were available.

Long-term care isn't only about nursing homes. There are many options for care and support that can help you stay at home longer or even avoid a nursing home altogether. The "home- and community-based services" that can help you stay at home range from homemaker help, such

as help preparing meals, to care provided by health professionals like nurses, and a lot in between: personal attendants can help you with daily activities and adult day services and respite services can give family caregivers a needed rest. You may want training to learn new skills if, for example, you start having vision trouble, or perhaps home modifications can help you get around your house better so you can keep living at home.

What services are available will depend on where you live. Many seniors rely on state programs, like Medicaid, for their care. In states whose Medicaid programs invest more on home- and community-based services, there are generally more of these services available for everyone-even for people who don't use Medicaid.

The good news is that the Affordable Care Act-the new health care law-includes several new programs that will help people who need long-term care

stay at home longer. New programs will give states financial incentives to expand the home- and community-based services they offer. Educational grants will ensure that there is an adequate, and adequately trained, workforce to provide home care as the population ages. Starting in 2014, the spouse of someone receiving care at home will be protected from having to spend all the couple's assets in order for their husband or wife to qualify for Medicaid; today, that protection exists only if the person needing care is in a nursing home.

The law also includes a new voluntary federal long-term care insurance program, Community Living Assistance Services and Supports (CLASS), that will help pay for care. CLASS will be available to working adults, regardless of age or health, probably in 2013. To be eligible for benefits, you'll first need to be enrolled for five years. After that, if you need long-term care, the program will provide an average benefit of at least \$50 a day (\$18,250 a

year), adjusted for inflation. You can use that money to pay for assistance or other things you need to help you stay in your home. The program pays as long as you need care.

You still need to do your homework-plan your finances and learn what's available where you live. The Administration on Aging's ElderCare Locator, at 1-800-677-1116 or www.eldercare.gov, can help you find services in your community.

You can learn more about the new options in the long-term services section of Families USA's website, at www.familiesusa.org.

And you need to keep an eye on what becomes available in your area. Because of health reform, there should be more choices that will help you stay at home.

Families USA is the national organization for health care consumers. Ron Pollack is the Executive Director of Families USA.

SRDA MONTHLY MENU Call SRDA at 545-8900 for congregate meal site and Meals-On-Wheels Info!

MARCH 1: Turkey Green Chili, Spanish Rice, Zucchini/Tomatoes, Broccoli & Cauliflower Salad, Apricots.

MARCH 2: Lemon Chicken, Spinach, Acorn Squash, Brea, Orange.

MARCH 3: Sweet & Sour Pork, Baked Sweet Potato, Broccoli, Cherry Coffee Cake.

MARCH 4: Brunswick Stew, Mashed Potatoes, Scandinavian Mixed Veggies, Apple.

MARCH 7: BBQ Chicken Wings, Garlic Mashed Potatoes, Mixed Veggies, Fresh Sliced Cucumbers, Cornbread, Orange.

MARCH 8: Roast Beef/Gravy, Oven Roasted Potatoes, Green Bean Almondine, Garden Salad/Italian, Pear.

MARCH 9: Baked Fish w/Dill Sauce, Peas/Onions, Broccoli, Bread, Banana.

MARCH 10: Pesto Chicken w/Pasta, Cauliflower/Zucchini/Tomatoes, Strawberries & Pineapple.

MARCH 11: Honey Mustard Chicken,

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MARCH 14: Tuna Noodle Casserole, Acorn Squash, Spinach, Apricots.

MARCH 15: Beef Pot Pie, Baked Potato w/Smart Balance, Scandinavian Mixed Vegetables, Strawberries &

Rice, Oriental Mixed Vegetables, Garden Salad/French drsg., Pear.

MARCH 21: Macaroni/Cheese, Broccoli, Acorn Squash, Orange.

MARCH 22: Turkey Green Chili, Mexican Corn, Scandinavian Mixed Vegetables, Garden Salad/Ranch, Apricots.

MARCH 23: Herb Baked Chicken, Vegetable Couscous, Peas/Carrots, Tomato/Cucumber Salad, Banana.

MARCH 24: Smothered Pork Chop, California Blend Vegetables, Baked Sweet Potato, Bread, Strawberry Applesauce.

MARCH 25: Hungarian Goulash, Mashed Potatoes, Cabbage/Carrots, Pear.

MARCH 28: Turkey Tetrazzini, Parslied Potatoes, Spinach, Orange.

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Finances: Create And Keep Wealth



Dollars And Sense?

by Gary Neiens

P. Diddy (the rapper) was sued in Los Angeles by a woman claiming date rape/lack of child support etc... The suit seeks \$1 trillion in damages. Forbes magazine last year estimated that Diddy's total net worth was \$380 million. There seems to be a problem with the numbers working out even in the abstract. Perhaps the U.S. Congressional Budget Office could make the numbers work like they briefly did for Obamacare.

Meanwhile President Obama proposed a \$3.73 trillion budget, which includes \$1.65 trillion in deficit spending. President Obama then announced plans to "slash" the budget by \$1.1 trillion—not at once, but over a 10 year proposed span. Even if this would happen, how serious is this "austerity" move? This \$100 billion alleged cut would be a bit over 2 % if no additional spending was announced. If you think this is a serious approach to the debt situation, you need to divide the \$14 trillion public debt by \$100 billion proposed cut by the President. My concept of the word cut is much different than the last two Presidents' concept.

This is all important at a number

of levels. From this particular view though the concerns in my opinion are the dollar and the bond market. Trouble in the dollar and bond markets is seemingly underway. It's very tough to find examples of good stock markets if you have poor dollar and bond markets. The bond market is much larger than the stock market and dislikes many of the same developments that the stock market dislikes. Nevertheless it's been quite a stock rally since the September 2010 lows—over 22% on the Dow Jones Industrial Average at this writing (2/16/2011). Many stocks have done much better. Most of the announced earnings have been quite good.

The stock market continues to discount/ignore much of the bad news. Remember the old adage the "market climbs the wall of worry"? It certainly has been true historically. There were many times in the past when a disruption in Egypt would have caused the market to have fits. Not this time. This market seems to have a permanent nearby bid underneath it (someone buying).

The food processors are continuing to struggle with increased commodity prices. Two of the big ones Sara Lee (NYSE: SLE) and Kraft (NYSE: KFT)

both reported some troubles in their earnings reports. They want to pass their increased cost to consumers but have been unable to completely do this because of the economic situation. Squeezed consumers have shown an increased willingness to buy discounted generic brands in place of the national brands. You already have seen food costs sharply higher and you should plan to see much more of this.

Inflation is percolating in many countries. Inflation is unkind to consumers. Inflation is quite unkind to bond markets. Right now I think money is being underpriced (cheap). This will not be without ramifications. Books have been written about the 1990's being the most prosperous decade in human history. By some measurements the last decade (crash and all) exceeded the 1990's in human progress. Somehow though this has not been reflected in the mood of the American people. Who gets to define progress anyway?

Maybe it is because unemployment stands at over 9%...and underreported at that. The recovery on Wall Street has so far missed Main Street. There are a few signs this may be changing though.

The consumer is stepping up spending—a bit. Bloomberg reported that consumer credit expanded for the third straight month.

Bill Buckley (conservative author) once made a remark that I think ties into all of this trepidation being felt in this country. He said, "Back in the 30's we were told we must collectivize the nation because the people were so poor. Now we are told we must collectivize because the people are so rich."

Good luck and good investing. Gary Neiens-Financial Advisor / Investment Broker-Raymond James Financial Services, Inc., Member FINRA/SIPC 310 S. Victoria Ave, Ste. G - Pueblo, CO 81003 Phone: 719-545-2900

E-mail: Gary.Neiens@RaymondJames.com

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Australia: Is It The Gateway To Asian Riches?

by Ron Phillips

This island continent has a developed economy that can literally fuel the continual growth in emerging Asian countries.

Is there a way to "play" the emerging economies of Asia with possibly less risk than a direct investment? There may be.

Australia is a developed coun-

try that has a very lucky geography. They are in the new sweet spot of the emerging world economy.

This area of the world has significantly higher growth than older economies like Europe, Japan and the U.S. And it looks like that growth will continue.

Why is Australia so well positioned?

Politically, economically and

demographically they are a developed country. They have the 13th largest economy in the world at \$1.3 trillion, a low unemployment rate, low inflation and a sizeable population. In other words, they may be less risky than investing into only China or other individual markets.

They are also a big exporter of basic goods from agriculture and mining. In fact, 57% of their exports come from these two industries. They are a commodity-based exporter. Those goods are in high demand from China, India and others. They need to have these goods to keep growing.

How do you invest into Australia?

A great thing about our financial markets is innovation. A lot of innovation comes from the mutual fund industry. There are new funds created every month based on different strategies or tactics. One type of exchange-traded fund (ETF) is the country-specific fund.

The Australian ETF is called iShares MSCI Australia Index fund (symbol: EWA). The fund is traded on the stock exchange so an investor can buy and sell it any time during trading hours, borrow against it on margin and even short the shares if you believe it will go down. These last two features are very aggressive and I do not personally recommend them. But investors do have that flexibility. Some Stats on the Fund from Morningstar.com

This fund has a nice dividend, paying 3.35% yearly. That is almost as much income as an investor would get from a 30-year Treasury bond with

growth potential as a bonus. It has a very low internal expense of 0.53% per year. It has a mix of 73 different stock holdings, blending both growth and value companies.

There Are Risks

Some of the good points about Australia are their bad points, too. Because they export so much in commodities they are negatively affected when commodity prices drop.

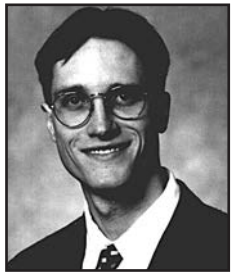
Their exports to four countries account for 56% of total exports. This makes Australia very reliant on the health of those economies. If these trade partners dip Australia is probably not far behind.

Investing in a single country mutual fund also has risks. It is concentrated and should be considered a small part of an overall asset allocation, including many unique asset classes.

Australia has many advantages and may be poised to piggy-back Asia's growth. But be careful, look at other ways to play emerging markets and let this be the start of your research down under.

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native.

He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book Investing To Win by visiting www.RetireIQ.info or leaving a message on his prerecorded voicemail at 924-5070. Simply mention ID #1001 when ordering.



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Senior Community Update



FREMONT REGIONAL HOSPICE RECEIVES GRANT FOR F.R.E.S.H. PROGRAM

Cañon City, Colorado-Fremont Regional Hospice announced today that it has received a \$12,000 Daniels Fund grant to support its F.R.E.S.H. Program.

For more information about the F.R.E.S.H. Program at Fremont Regional Hospice, call 719-275-4315 or visit our office at 1439 Main Street in Cañon City.

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PIANO FESTIVAL

The Southern Colorado Music Teachers Association will be hosting a Piano Festival March 12, 2011.

All teachers in the southern Colorado area may enroll students of all levels. The event will be held at CSU.

For further information please contact President Aaron Garner at aarongarner@pianomarvel.com

PUEBLO WEST SENIOR FUN

Butterflies and Moths Pueblo and Pueblo West Senior/Retirees will proudly host Don Bowman, internationally known expert on moths and butterflies as their program on Thursday, March 10th. Mr Bowman has some of his collections in various prestigious museums.

Please join us for our monthly potluck luncheon, 11:45 to 1:45, at the PW Memorial Recreational Center. Plan your covered dish or dessert to share. Please bring your own table service as well. Coffee and tea will be provided. Directions to the center; two signs on Joe Martinez Blvd. will alert you to Byrd Street. Turn south on Byrd and east to 230 E George Dr, Pueblo West.

For information call 647-8969 or 404-4413 (membership committee) Guests are always welcome.

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STROKE SURVIVORS SUPPORT GROUP

The Stroke Survivors Support Group has two chapters. The Pueblo West Chapter meets at 2:00 pm the first Thursday of every month at the Pueblo West Library. The Pueblo Chapter meets at 2:00 pm the second Tuesday of each month at the Joseph Edwards Senior Center in Pueblo On Union Ave.

Call Chuck at 583-8498 for all the information.

LOU GEHRIG'S DISEASE SUPPORT GROUP

Support group for Lou Gehrig's Disease (ALS). Second Thursday each month, 6-7 PM. Thatcher Bldg. 503 N. Main, Suite 103, Pueblo, CO. Call Peggie at 719-584-3068 for all the info.

OWLS MEETING

The OWLS (older-wiser-livelier-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and others. For more information please call Joe or Marie @ 545-2803

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GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

SRDA CALENDAR

SRDA at 545-8900 has activities for seniors every weekday of the month. From quilting to bridge and from computer classes to movies with popcorn

and exercise classes, SRDA tries have offer something for everyone in terms of activities throughout the month.

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis?

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

Pueblo Information Center AARP PHONE: (719) 543-8876, 1117 Prairie Avenue. HOURS: Mon-Sat 10-3pm Pueblo, Colorado 81005

Safe Driving Classes, Benefits Check-up, exercising, Tai-Chi, eating right, Census Bureau testing, Model T care group, Convergys recruiting, classic cars, Food Share America, Better Breathers, preparing taxes, quilters group, medicare and financial planning assistance and more available this month.

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room on the 2nd floor of the Security Service Federal Credit Union's building)

When: 2nd & 4th Mon., of every month, 6:15 - 7:15PM

Contact: Robert W. Johnson, 719-251-8841

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone 719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 desdavia@centura.org for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

ALZHEIMER'S SUPPORT

The second Tuesday of each month at 7 pm at the Ecumenical Church located at 434 S. Conquistador Room C an Alzheimer's Caregiver Support Group will meet Call 544-5720. Tom Reyes, Facilitator.

COMMUNITY BLOOD DRIVES

Please call Julie Scott at (800) 365-0006, press 0. ext. 2873 julie_scott@bonfils.org for Pueblo and Pueblo West Community Blood Drives times and places for January 2010.

JOB SEEKERS

Southern Colorado Job Seekers meets the third Tuesday of each month. Contact Bill Smith, 719-583-1837, Patrick Hurley 719-561-1134 or email them at SCJSNETWORK@hotmail.com

VITA TAXPAYER HELP

This is a call for volunteers to become IRS Certified tax preparers for the VITA (volunteer income tax assistance) program.

Please contact Judith Boudreaux, the VITA/Financial Literacy coordinator for Pueblo, at 296-8768. She will have all the answers to your questions on this subject.

HOW DO YOU FEEL?

Come and join us for C.H.A.N.G.E. Canceling Habits Affirming New Goals Easily at 1:00 P.M. on the 3rd Saturday every month at the Rawlings Library 100 E. Abriendo Ave. Pueblo, Colorado.

For more information please contact: Ramona Lombard (719) 583-2732 ramonalombard@me.com Ramona Lombard.com

SATURDAYS AT EL PUEBLO TRADING POST

Discover life on the frontier at El Pueblo Trading Post. Each Saturday, beginning March 5, through May 28, the adobe post will be open for touring from 10:00 a.m. to 4:00 p.m., weather permitting. This is Pueblo's frontier history of the early 1840s, before the town of Pueblo was founded and the Arkansas River was the International border between the United States and Mexico. A living history interpreter will be there for fire-side chats or watch an interpreter doing frontier chores. Visitors may also tour the post's five period rooms. Admission is free to the trading post.

Visit the museum's galleries for Family Saturdays where children 12 years and under are free, adults are \$5, seniors and students are \$4. The museum is located at 301 North Union, Pueblo. For more information call the museum at 719/583-0453.

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719-561-1300 and ask for Niki Garcia, Admissions Manager

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WANTED: Certain record albums and 45's from 1950s and '60s. Also pre-1960 boy scout items. Also 10 cent comic books. 719-566-7975. Tom. #0411

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For more information on this opportunity, check my website: bettyeller.grouptoursite.com or call 719-289-0728.

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RECENTLY WE AT [dovehomelle](http://dovehomelle.com)

SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space provided below.

Please print clearly. Deadline is the 20th of the month.

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:
Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

have an opening for one who needs 24/7 care in our Christian home. Call 719-542-3496 NOW! These openings don't last long. #1210

Causey

from page 8.
out less and make better choices when you do. 2) Plan meals ahead and shop at non-hungry times of the day. 3) Always eat breakfast; even consider making it the largest meal of the day. 4) Don't use food as a reward, either for yourself or your child or grandchild. 5) Keep to a regular schedule and never skip meals. 6) Don't eat white flour, white sugar, white grains or white salt. They are lacking in valuable nutrition and clog, congest and constipate the system 7) Focus on getting good fats such as essential fatty acids, olive oil and coconut oil, all organic. 8) Limit sugar intake dramatically and incorporate enough fiber in the daily intake to help control glucose and insulin levels.

Having attacked dietary strategies, increasing physical activity for everyone is of crucial importance. Current recommendations are at least an hour per day of some physical activity, at least five days per week. Lastly, stand behind or get involved in any endeavor to improve nutrition in the schools, churches and recreation centers or anywhere children might frequent. Yes, the bell has rung for many, and before this epidemic spreads any further, I am sounding the alarm!

Charlene Causey is a former registered nurse who has also been a model, nutrition consultant, fitness instructor and educational consultant. She is currently a nutrition consultant and certified personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683 or IOHealth@live.com

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The 50-50 RuleSM

by Robin Mosey

NEW PROGRAM HELPS SIBLINGS OVERCOME FAMILY CONFLICT WHILE CARING FOR AGING PARENTS

A long-time employee of an accounting firm, Mary has been waiting for this promotion for years. "This job is just what I've dreamed about all my life," she excitedly told her best friend. But then Mary's mom fell and broke her hip. As the youngest in the family and her mom's presumed favorite, Mary suddenly is thrust into the role of family caregiver and is struggling to keep up with the demands of her new job. "I hate the feeling that I have to choose between caring for my mom and a new job all because my siblings won't help."

Situations like this are among the family conflicts that caregivers encounter each day while caring for aging parents. Caregiver stress, life-and-death medical crises, financial problems and property disputes often become part of the ongoing saga of a family's caregiving story. Relationships between adult brothers and sisters can suffer as a result.

That's why the local Home Instead Senior Care® office has launched the 50-50 RuleSM, a program that offers strategies for overcoming sibling differences to help families provide the best care for elderly parents.

"Any southern Colorado family that has cared for a senior loved one knows that problems working with

siblings can lead to family strife," said Robin Mosey, owner of the local Home Instead Senior Care® office in Pueblo. "Making decisions together, dividing the workload and teamwork are the keys to overcoming family conflict."

The 50-50 Rule refers to the average age (50) when siblings are caring for their parents as well as the need for brothers and sisters to share in the plans for care 50-50. Research conducted for the Home Instead Senior Care® network reveals that an inability to work together often leads to one sibling becoming responsible for the bulk of caregiving in 43 percent of families. And that can result in the deterioration of relationships with brothers and sisters.

"If you're 50, have siblings and are assisting with the care of seniors, it's time to develop a plan," Mosey said. "This program can help."

At the core of the 50-50 Rule public education program is a family relationship and communication guide of real-life situations that features practical advice from sibling relationships expert Dr. Ingrid Connidis from the University of Western Ontario. She says that relationships among siblings should be protected.

"Like all relationships, siblings have a history," Connidis noted. "Whatever happened in the past influences what happens in the present. Regardless of their circumstances, most siblings do feel a responsibility to care

for parents that is built from love. And that's a good place to start – optimistically and assuming the best.

Even the best of circumstances, though, can cause a strain for a family dealing with the issues of an aging parent. That's where the free 50-50 Rule guide of family situations will help brothers and sisters struggling with any number of topics from trying to divide care and work better as a team to dealing with end-of-life issues. In the guide, Connidis addresses situations, like the one described at the beginning of this release, with practical advice.

The guide and a website at www.solvingfamilyconflict.com will offer a variety of additional tips and resources for siblings. For more information, visit the site or contact your local Home Instead Senior Care franchise office at 719-545-0293 or toll free at 866-945-0293. "Sometimes problems can be alleviated with a little extra home care for seniors and respite for family caregivers," Mosey said.

The extra effort will be well worth it, Connidis explained. "Siblings are sometimes the only family relationships that endure. After parents, siblings are the ones we've known the longest. So there is a depth of empathy we can tap into that goes back to that relationship. When I look at my brother, I still see that little boy playing in the backyard. And I can still remember caring for my little sister. Those memories are what motivate us to care for our par-

ents and each other. It's what keeps us connected, even when we're different. That sibling relationship will continue after parents are gone; research suggests that siblings don't want to harm their relationships with each other."

ABOUT HOME INSTEAD SENIOR CARE

Founded in 1994 in Omaha, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 900 independently owned and operated franchises in 14 countries spanning four continents. Home Instead Senior Care local offices employ 65,000+ CAREGiversSM who provide more than 40 million hours of client service each year through activities including companionship, meal preparation, medication reminders, light housekeeping, errands and shopping. Home Instead Senior Care founders Paul and Lori Hogan pioneered franchising in the non-medical senior care industry and are leading advocates for senior issues throughout the world. At Home Instead Senior Care, it's relationship before task, while continuing to provide superior quality service that enhances the lives of seniors everywhere. To reach the local Licensed, bonded, insured Home Instead Senior Care in your area, serving southern Colorado for over 8 years call (719)545-0293. By: Robin Mosey CSA, Gerontologist, Franchise Owner

Robin Mosey, CSA - Gerontologist
Franchise Owner
Home Instead Senior Care
503 N Main Street STE#700
Pueblo, CO 81003

GARDENS

from page 13.

"A gate or an opening in a hedge does the same thing," Hertzler says. His colorful front-yard garden is surrounded by a picket fence, and within the fence are two separate gardens: a neatly laid out vegetable garden and a perennial garden full of a tumult of blooms. The vegetable garden's own gate, inspired by the tidy picket gates everywhere in Colonial Williamsburg, is drawn shut by the weight of a heavy iron ball suspended on a chain.

Julie Moir Messervy, owner of Julie Moir Messervy Design Studio in Saxtons River, Vt. (www.jmmds.com), says some garden gates have a "mouse-hole" effect. A gate with an arch at the top frames a view and limits it, she says, so the experience of the garden beyond becomes more dramatic as you go through the gate. You can grow honeysuckle, roses, clematis or other vines to cover the arch, but you don't have to. An arched gate without anything grow-

ing on it has a tailored distinction of its own.

A gate that dog-walkers and other passers-by can get a little peek through is a neighborly gesture, Messervy says; allowing a glimpse into your sanctuary doesn't take away from the sense of privacy you feel once you're inside.

Calder Loth, an architectural historian, designed a clever trompe l'oeil gate at the back of his garden in the heart of Richmond. The formal gate, with classic wooden columns on either side and terra-cotta pots in niches on a pediment, leads nowhere: It frames a mirror that reflects his garden. "And here," he says, "you step through the looking-glass." Loth says a visitor once peered into the mirror and remarked that another guest must be wearing the same dress she herself had on.

Since pretty gates prepare you for the garden within, the style and ma-

terials should match -- or at any rate, complement -- the character of the garden. An iron gate suits a city garden, but it doesn't have to look like a security fence. In Virginia Beach, a gardener painted her iron gate a jazzy magenta; in Kansas City, Mo., a woodsy garden in an older neighborhood has a cheerful, bright yellow iron gate.

A gardener in Portland, Ore., turned an old pair of tall shutters into a gate that swings open like saloon doors; in Orlando, Fla., a gate fashioned from old tools, painted bright colors, invites visitors into a children's garden. Local traditions and materials often suggest the right style: New Orleans French Quarter gardens typically have iron gates, although if you're strolling the streets of the Quarter you'll see wooden gates with wrought-iron insets, too.

A garden gate is a terrific place to emphasize details. Decorative finials or a fancy set of hinges reveal the sensibilities of the gardener. Here at the

entrance to the garden is a good place to indulge yourself in dramatic and unusual paving materials, like a huge millstone, for example, or to lay an entree of bricks, bluestone or field stones in a pretty pattern. The sturdy paving sharpens the effect of the transition, but such details also tend to slow observant visitors down, helping prepare them for the experience of your garden.

This is a place to add carefully chosen horticultural hints, too, like fragrant rosemary in a pot or planted in the ground, a pair of clipped yews or boxwoods, or anything that particularly captures the essence of your gardening style.

Inspiration starts at the garden gate. When you put some thought and effort into the entrance to your garden, you're opening the door to a world of possibilities.

Senior Beacon

Senior Beacon serves Pueblo & Fremont Counties and reaches the rest of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community in these areas. Subscriptions are available, prepaid with order, at \$19.95 for one 12-month period. Send your order to the mailing list below.

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SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups' news, stories, poetry, recipes and happenings. Letter to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

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Here Is The State Of The Art (Room)

by Mary G. Pepitone

Home is where the art is. Professional crafters and hobbyists alike have discovered that, with some planning and organizing, they can be their very own artist-in-residence.

If you find yourself canvassing your home for art supplies, while longing for a permanent place to sew, scrapbook or creatively sprawl out, setting up a craft room may be the solution to channel your inner artist.

Stephenie Hamen, content and education manager for Fiskars, a Madison, Wis.-based international brand that manufactures crafting materials, is also an avid crafter. Hamen says when setting up a craft room, it's important to find and dedicate a separate space that feeds creativity.

"When a craft room works, it's that place where you can feel most at home," Hamen says. "No two craft rooms are alike, because no two people are alike. A crafter needs to 'own' the space in which she's creative."

Hamen's personal craft room is set up in the basement of her Sun Prai-

rie, Wis., home. It's there where Hamen enjoys scrapbooking, sewing and making collages.

A craft room space doesn't have to be large to be functional, but it should be a beautiful backdrop to support what you're creating. "Whatever inspires you most in your craft room -- plants, music -- is what you should give yourself," Hamen says.

Finding a space, preferably a room with a door, is the first step to creating a craft room. After you have your space, you need to illuminate and organize it properly to maximize productivity.

Hamen has chandeliers hanging in her craft room, which, she says, reflect her freedom of expression. She advises painting walls a neutral color in a craft room, except one, which may serve as a "wall of inspiration."

"One wall can be painted a favorite color and filled with pegboards and corkboards," she says. "This is where you can hang tools or things, like pictures, that can inspire your craftiness."

Channeling the inner-artist in your home's inner-sanctum also means having the proper work surfaces in a craft room, says Hannah Milman, executive editorial director of crafts for Martha Stewart Living.

"In a craft room, you need to have accessible work surfaces that can be easily cleaned," Milman says. "Modular pieces with adjustable shelving work well, because they can be tailored to a specific crafter's needs."

In January, Martha Stewart Living launched a line of organizational systems and crafting furniture through Home Decorators Collection. The line includes tables of varying heights, gift-wrapping hutches and storage/filing cabinetry.

"This furniture was designed by crafters and features pullout trays, drawers that are deep enough to hold a 4-ounce can of paint, and scratch-resistant surfaces," Milman says. "Crafting can be a state of creative chaos, and if you spend all your time searching for something you need, you can lose that moment of inspiration."

Furniture comes in Martha Stewart-style colors: Picket Fence (white), Sharkey Gray (light charcoal) and Rhododendron Leaf (soft green). Modular pieces range in price from \$129 to \$399. Complementary organizational components, including bulletin boards, storage, magazine and paper files, range from \$5 to \$119.

"The room you craft in is a direct reflection of yourself as an artist," Milman says. "You want the tools you work with most often to be easily accessible."



A craft room should be a beautiful backdrop to support the creativity in a project. Control the potential chaos by grouping like tools together, such as scissors. photo: Fiskars Brands Inc.

Milman suggests grouping wet crafting projects in one area (such as painting and gluing), while keeping dry crafting projects (sewing and paper cutting) in another area of the room. She also likes using hutches that have doors, which can close and contain supplies, and the occasional clutter, in an organized way.

After crafting, Hamen says cleaning up can often take just as much time as the creative process. "I'll go through my craft room and tidy it after a project," she says. "Often in the cleaning process, I will rediscover what I have: a forgotten picture or an interestingly patterned paper that I can use next time."

Hamen says her craft room can be a Zen-like zone when there's a place for all her Fiskars scissors, paper punches and stamps, and everything's in its place.

"If people find the joy in creating and crafting, often they also find a place in their home to do it," she says.

Crafty Sources:

-- www2.fiskars.com, click "Activities" and "Products" for crafting inspiration

-- www.homedecorators.com/marthastewart to view Martha Stewart Living's latest craft room furniture designs (877-537-8539)

Protecting Your Home

(NAPSI)—Men and women may worry more about different home-security issues, but there's one thing both can agree on: Nagging doubts about whether they did or didn't take the proper precautions before leaving can kill a vacation or evening out.

That explains why national family safety expert Alison Rhodes—whose TV appearances on the likes of "The Today Show" have earned her

the title The Safety Mom—now suggests installing a new system she says "gives you the freedom to control your home at your convenience."

Along with the traditional benefit of an alarm system, ADT Pulse home monitoring system allows users to video-monitor everything from visitors to package deliveries to children arriving home safely from school—all from a laptop or smart phone. Beyond that (way beyond that, in fact), not only can doors be remotely unlocked and re-locked, but thermostats and lights can likewise be adjusted to save as much as 30 percent on utility bills.

Which feature is most appealing may be gender-dependent. A recent Harris Interactive survey found men more concerned over whether they locked the front door, as opposed to women's focus on whether appliances were turned off.

For more info, visit www.find-yourpulse.com.

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March Is Colon Cancer Awareness Month!

*Medical Author: Dennis Lee, MD
Medical Reviewing Editor: Jay Marks, MD*

What is cancer of the colon and rectum?

The colon is the part of the digestive system where the waste material is stored. The rectum is the end of the colon adjacent to the anus. Together, they form a long, muscular tube called the large intestine (also known as the large bowel). Tumors of the colon and rectum are growths arising from the inner wall of the large intestine. Benign tumors of the large intestine are called polyps.

Malignant tumors of the large intestine are called cancers. Benign polyps do not invade nearby tissue or spread to other parts of the body. Benign polyps can be easily removed during colonoscopy and are not life-threatening. If benign polyps are not removed from the large intestine, they can become malignant (cancerous) over time. Most of the cancers of the large intestine are believed to have developed from polyps. Cancer of the colon and rectum (also referred to as colorectal cancer) can invade and damage adjacent tissues and organs. Cancer cells can also break away and spread to other parts of the body (such as liver and lung) where new tumors form. The spread of colon cancer to distant organs is called metastasis of the colon cancer. Once metastasis has occurred in colorectal cancer, a complete cure of the cancer is unlikely.

Globally, cancer of the colon and rectum is the third leading cause of cancer in males and the fourth leading cause of cancer in females. The frequency of colorectal cancer varies around the world. It is common in the Western world and is rare in Asia and Africa. In countries where the people have adopted western diets, the incidence of colorectal cancer is increasing.

What are the causes of colon cancer?

Doctors are certain that colorectal

cancer is not contagious (a person cannot catch the disease from a cancer patient). Some people are more likely to develop colorectal cancer than others. Factors that increase a person's risk of colorectal cancer include high fat intake, a family history of colorectal cancer and polyps, the presence of polyps in the large intestine, and chronic ulcerative colitis.

Diet and colon cancer

Diets high in fat are believed to predispose humans to colorectal cancer. In countries with high colorectal cancer rates, the fat intake by the population is much higher than in countries with low cancer rates. It is believed that the breakdown products of fat metabolism lead to the formation of cancer-causing chemicals (carcinogens). Diets high in vegetables and high-fiber foods such as whole-grain breads and cereals may rid the bowel of these carcinogens and help reduce the risk of cancer.

Colon polyps and colon cancer

Doctors believe that most colon cancers develop in colon polyps. Therefore, removing benign colon polyps can prevent colorectal cancer. Colon polyps develop when chromosome damage occurs in cells of the inner lining of the colon. Chromosomes contain genetic information inherited from each parent. Normally, healthy chromosomes control the growth of cells in an orderly manner. When chromosomes are damaged, cell growth becomes uncontrolled, resulting in masses of extra tissue (polyps). Colon polyps are initially benign. Over years, benign colon polyps can acquire additional chromosome damage to become cancerous.

Ulcerative colitis and colon cancer

Chronic ulcerative colitis causes inflammation of the inner lining of the colon. For further information, please read the Ulcerative Colitis article. Colon cancer is a recognized complication of

chronic ulcerative colitis. The risk for cancer begins to rise after eight to 10 years of colitis. The risk of developing colon cancer in a patient with ulcerative colitis also is related to the location and the extent of his or her disease.

Current estimates of the cumulative incidence of colon cancer associated with ulcerative colitis are 2.5% at 10 years, 7.6% at 30 years, and 10.8% at 50 years. Patients at higher risk of cancer are those with a family history of colon cancer, a long duration of colitis, extensive colon involvement, and those with primary sclerosing cholangitis (PSC).

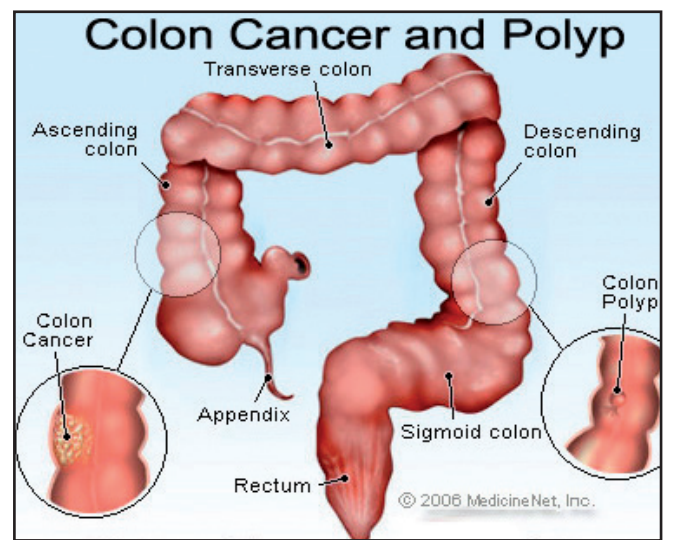
Since the cancers associated with ulcerative colitis have a more favorable outcome when caught at an earlier stage, yearly examinations of the colon often are recommended after eight years of known extensive disease. During these examinations, samples of tissue (biopsies) can be taken to search for precancerous changes in the lining cells of the colon. When precancerous changes are found, removal of the colon may be necessary to prevent colon cancer.

Genetics and colon cancer

A person's genetic background is an important factor in colon cancer risk. Among first-degree relatives of colon cancer patients, the lifetime risk of developing colon cancer is 18% (a threefold increase over the general population in the United States).

Even though family history of colon cancer is an important risk factor, majority (80%) of colon cancers occur sporadically in patients with no family history of colon cancer. Approximately 20% of cancers are associated with a family history of colon cancer. And 5 % of colon cancers are due to hereditary colon cancer syndromes. Hereditary colon cancer syndromes are disorders where affected family members have inherited cancer-causing genetic defects from one or both of the parents.

Chromosomes contain genetic information, and chromosome damages cause genetic defects that lead to the formation of colon polyps and later colon cancer. In sporadic polyps and cancers



(polyps and cancers that develop in the absence of family history), the chromosome damages are acquired (develop in a cell during adult life). The damaged chromosomes can only be found in the polyps and the cancers that develop from that cell. But in hereditary colon cancer syndromes, the chromosome defects are inherited at birth and are present in every cell in the body. Patients who have inherited the hereditary colon cancer syndrome genes are at risk of developing large number of colon polyps, usually at young ages, and are at very high risk of developing colon cancer early in life, and also are at risk of developing cancers in other organs.

FAP (familial adenomatous polyposis) is a hereditary colon cancer syndrome where the affected family members will develop countless numbers (hundreds, sometimes thousands) of colon polyps starting during the teens. Unless the condition is detected and treated (treatment involves removal of the colon) early, a person affected by familial polyposis syndrome is almost sure to develop colon cancer from these polyps. Cancers usually develop in the 40s. These patients are also at risk of developing other cancers such as cancers in the thyroid gland, stomach, and the ampulla (the part where the bile ducts drain into the duodenum just beyond the stomach).

AFAP (attenuated familial adenomatous polyposis) is a milder version of FAP. Affected members develop less than 100 colon polyps. Nevertheless, they are still at very high risk of developing colon cancers at young ages. They are also at risk of having gastric polyps and duodenal polyps.

HNPCC (hereditary nonpolyposis colon cancer) is a hereditary colon cancer syndrome where affected family members can develop colon polyps and cancers, usually in the right colon, in their 30s to 40s. Certain HNPCC patients are also at risk of developing uterine cancer, stomach cancer, ovarian cancer, and cancers of the ureters (the tubes that connect the kidneys to the bladder), and the biliary tract (the ducts that drain bile from the liver to the intestines).

MYH polyposis syndrome is a recently discovered hereditary colon cancer syndrome. Affected members typically develop 10-100 polyps occurring at around 40 years of age, and are at high risk of developing colon cancer.

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WEIRD NEWS

from page 4.

nine men recounted touching events in their lives, accompanied by tears that, according to the counselors, make them emotionally stronger and less hostile. One of the counselors praised the recent public cries by Speaker of the House John Boehner and hoped that President Obama (who stopped just short of tears at the memorial service for victims of the recent Tucson, Ariz., shootings) would someday step over that line.

-- Disabled wheelchair user Jim Starr, 36, of Dorchester, England, was recently ordered off of public roads because his "chair" is too big. Authorities told him that his custom-made, motorized chair with caterpillar treads instead of wheels, which moves like a tank, would have to be licensed like one ("Category H" vehicle, one category

higher than a "road roller"). Starr said his chair was the only way he could play at the beach with his kids.

Ed. Note: This goes beyond the pail!!

-- Beloved Banker: (1) In December, J.P. Morgan Chase abruptly ended a program that had allowed military personnel to defer paying on Chase-owned student loans while on active duty. (2) Three weeks later, NBC News reported that Chase's mortgage division had long been ignoring a federal military protection law by charging 4,000 active-duty personnel higher mortgage-interest rates than permitted (and improperly foreclosing on 14 of them). (3) That same week, Chase was found to be advertising (through an agent) a foreclosed-on, 5-year-old house in Rexburg, Idaho, without ad-

equate notice that it was infested with "thousands" of garter snakes. (In February, Chase reinstated the student-loan deferments and apologized for ignoring the federal law.)

Ed. Note: They should have put them in there with those snakes!

Oops!

-- Three men visiting Philadelphia in December were charged with a several-store robbery spree, and perhaps luckily for them, they were quickly arrested. The police report noted that one of the victims (who had a gun waved in her face) was Terri Staino, 38, the owner of John Anthony Hair Styling for Men, who is also the husband of Anthony Staino -- reputed to be the No. 2 man in the South Philadelphia mob, according to the Philadelphia Daily News.

-- Alex Good, 15, practicing tee shots with his high school golf team on a rainy day underneath a golf course awning, had one of his drives hit the metal pole holding the awning up, causing the ball to ricochet into his eye, resulting in likely permanent damage. Despite the fact that the pole was directly in front of the tee, inches away, Good nonetheless charged the Pumpkin Ridge Golf Club (Hillsboro, Ore.) with negligence and filed a \$3 million lawsuit in January.

-- How Not to Do a Laser Bronchoscopy: First, according to a case written up in December in the Massachusetts Medical Law Report, do not let the laser set fire to the patient's throat. More importantly, if a spark does ignite, do not use the everyday home remedy for a small flame, i.e., try to blow it out -- because blowing down the "trach" tube might actually extend the fire, as it did here. (The surgeon and hospital were not named; the lawsuit resulting from the patient's death was settled out of court.)

Bright Ideas

-- Edward Hall III, 24, a Columbia University researcher, was arrested in January for trespassing at JFK airport in New York City after he disobeyed United Airlines personnel and tried an alternative method to board a plane. He told ticket agents he badly needed to be on the flight to San Francisco even though he had forgotten to bring a photo ID. Frustrated, Hall stepped behind the counter and crawled onto the luggage conveyor, where his next stop, minutes later, was the tarmac where bags were being loaded and where he was arrested.

Least Competent Criminals

-- Failed to Think It Through: (1) Kyle Eckman, 22, was charged with theft in Lancaster, Pa., in November after he was stopped leaving a Kohl's department store, mostly still in his own clothes but also wearing the pair of Elle high-heel shoes he was allegedly trying to shoplift. (2) Jimmy Honeycutt, 27, was arrested in Pawtucket, R.I., in October and charged with five recent robberies of liquor stores. Among the items found on Honeycutt was a telephone directory listing of liquor stores, with the ones recently robbed marked off.

-- Recurring Themes: (1) At a traffic stop, once again a passenger climbed into the driver's seat as the officer approached, trying to save a drug-impaired driver from a citation. However, once again it turned out that the passenger was just as drug-impaired as the driver, and both were cited (Gastonia, N.C., December). (2) Once again a woman tried to conceal drugs by stuffing them down her pants into her most private area, and once again, when police found them, the woman immediately denied that the pills were hers (Manatee, Fla., December).

Undignified Deaths

(1) A 26-year-old man died in Chattanooga, Tenn., in January after being accidentally bitten by a copperhead snake. According to police, a friend had caught the snake and taken it to the man's house because, for some reason, he wanted the man to ascertain the snake's gender. (2) A 21-year-old man was stabbed to death at a party in Bristol, Conn., in January (and three others wounded), apparently because they had been making derisive comments about another man's flatulence. The allegedly gaseous Marc Higgins, 21, was charged with the crimes.

Local Businesses Get SCORE Advice

from Ernestine Thomas, President, 719-542-1704

PUEBLO SCORE OFFERS ADVICE TO LOCAL BUSINESSES ON NAVIGATING OUT OF THE RECESSION

Pueblo, Co - Entrepreneurs face challenges on many fronts, including lower consumer spending, rising unemployment and tightening credit. Inflation pressures have hit both businesses and customers. By acting quickly and decisively to protect their business today, small business owners can make it through the recession with a profitable business.

The Pueblo Chapter of SCORE offers tips on common challenges that small businesses face during a recession.

1. Cutting expenses too slowly.

Don't cut expenses a little bit at a time. Now is the time to look at expenses and decide whether your company needs to cut expenses five, 10 or up to 20 percent. Do what it takes early in the year and bring costs down.

2. Maintaining the same product and service mix. Your needs are changing. You can bet your clients needs have changed too. Call your existing clients and ask them what they need. Then, design your product service mix around those needs.

3. Reducing marketing instead of focusing on marketing. The company that stands tall, strong and visible in the marketplace has stature and status. Differentiate with strong marketing to drive leads and sales.

4. Lacking systems to free up your time. Streamline your business and

become more efficient. Use a handheld organizer to keep track of phone numbers, dates, appointments and meetings. Set a time each week to handle routine tasks, bills and paperwork.

5. Keeping everything to yourself. Your team knows the economy is tough and wants to understand what the company is facing and how, together, you can make it through. Lead toward a brighter future by focusing your efforts on today.

For more information about starting or operating a small business, call the Pueblo Chapter of SCORE at 719-542-1704 or Visit SCORE at www.score.org and www.puebloscore.org.

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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



STORIES BEHIND THE WALLS: “New Shoes From The Light House Keeper”

MARCH 2011

Today I am wearing a frilly ruffled red dress as I head toward the lighthouse. On my feet are big red rubber boots several sizes too large. I scoot them along because they will fall off if I lift my feet. They come way above my knees and I’m holding the top of

each one, helping to move them along and holding them in place. Looking up, I see you waving from the big window around the top of the lighthouse. Did I see you smiling... maybe even chuckling?

I get to the door and begin the long ascent up the steps. “I should talk to Him about an elevator,” I murmur after the first ten steps. Climbing part of the way, and then sitting and moving up backwards, step by step, pulling the heavy boots after me I finally reach the top. I plop plop through the door in my big red rubber boots.

Your eyes twinkle. [What is THIS?]

Feeling rather foolish, I look dejectedly at the big old rubber boots. “I couldn’t find my shoes.”

You laugh and hold out your arms. I reach up to you and you lift me right out of the boots and hug me tightly. [That’s OK. I have new shoes for you.]

You lift me to the wide window ledge and tell me to wait, you will be right back. Disappearing through the door near the fireplace you reappear moments later with a tiny box. Placing it on my lap you remove the lid. Inside are the most beautiful shoes, white with sturdy straps and covered with something shiny like stardust. “Oh! They’re beautiful.”

Taking each shoe from the box you place them on my feet, buckling them comfortably and securely. They fit perfectly and are light as feathers. I wiggle my feet and watch them glisten in rays of sunlight shining through the window.

[These are your Gospel shoes. They are light to carry you like a deer on high places. They are sprinkled with stardust to illuminate your path in the valleys and through the darkness. These shoes will grow with your feet as you grow in your knowledge of my Word. The more you use your Gospel shoes the greater your treasures will be in heaven. Give no thought as to what you will say. I will give you the words. Trust me. Speak one sentence at a time just as we communicate here on paper – here at the lighthouse – one sentence at a time. Begin to speak that sentence and the next one will be there as you need it. Trust me.] You lift me to the floor

and I bounce around the room as if on a fluffy cloud. My feet feel so light I am amazed and giddy. The shoes carry me to new heights – through the air – as if I am floating. Suddenly I stop and look around the room for the old rubber boots. They are gone.

[You were going to kick them, weren’t you?] You know me so well, Lord Jesus, and I am embarrassed to be caught but I nod my head in agreement. I WAS going to kick them.

[Jan, these shoes are for taking the Gospel...NEVER for kicking. You must carry my love and message on these shoes. Kicking, in whatever form it takes comes out of a heart that is not right with me. If you insist on kicking (complaining, disobedience, gossip, whining) you will have to take off your Gospel shoes to do it. What has light to do with darkness? You see, Jan, the Gospel shoes not only represent my love and message of salvation but your love to the receiver. The darkness illuminated by the shoes is not the darkness within your own spirit. I will dispel that darkness with the Sword of the Word as you read and study it. The light from your shoes is to illuminate the darkness around you so those to whom I send you will know you represent the Light of the world. Trust me! I love you.]

“Wear shoes that are able to speed you on as you preach the Good News of peace with God. Eph 6:15” TLB

“So use every piece of God’s armor to resist the enemy whenever he attacks, and when it is all over, you will still be standing up. But to do this, you will need the strong belt of truth and the breastplate of God’s approval. Wear shoes that are able to speed you on as you preach the Good News of peace with God. In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan.

And you will need the helmet of salvation and the sword of the Spirit-which is the Word of God. Pray all the time. Ask God for anything in line with the Holy Spirit’s wishes. Plead with him, reminding him of your needs, and keep praying earnestly for all Christians everywhere. Eph 6:13-18.” TLB

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Reeling "Christina/Cher Shine"

by Film Critic Betty Jo Tucker, Pueblo

CHRISTINA AND CHER SHINE IN GLITZY MUSICAL

Make no mistake about it, "Burlesque" comes across primarily as a showcase for Christina Aguilera's amazing vocal talent. I, for one, am thankful for the opportunity to watch and hear her perform in a full-length musical. What an incredible range and emotional depth she brings to her numbers! The legendary Cher, who co-stars with Aguilera, also impressed me with her singing in this entertaining movie. I think Cher sounds as good as ever here. These ladies are no slouches in the acting department either, which isn't always the case with movie musicals. My advice? Never mind about the film's predictable, age-old Hollywood "musicals" plot. If you simply concentrate on the singing and dancing in "Burlesque," you should -- in the immortal words of Gypsy Rose Lee -- have "a real good time."

Written and directed by Steve Antin, "Burlesque" follows the adventures of Ali (Aguilera), a small-town girl who goes to Los Angeles to seek her fame and fortune. At the beginning of the movie, we get a peek at Ali's terrific singing ability when she wows us with "Something's Got a Hold on Me."

After discovering how hard finding job can be in the big city, Ali discovers the Burlesque Lounge and feels intrigued with the show appearing on the stage there. She finagles a waitress job, then finally persuades boss Tess (Cher) to put her in some dance numbers. When Tess finds out Ali can belt out a song like a real pro, she decides to build a show around "the new girl." It's not surprising when other showgirls, especially Nikki (Kristen Bell) become jealous. Tess, however, faces problems of her own. Desperately needing the funds to keep her Burlesque Lounge afloat, she relies on her trusted assistant Sean (Stanley Tucci) to boost her spirits.

It's a musical, so there has to be romance, right? A push-pull romantic theme comes to life here as Ali and Jack (Cam Gigandet), a bartender at the Burlesque Lounge who befriends her, get to know each other. Clearly, they want to be more than friends, but Jack's fiancé and a wealthy investor (Eric Dane) complicate things for them. It's fun to watch Ali and Jack bantering with each other. I couldn't help smiling at the cute chemistry Aguilera and Gigandet generate together in these roles.

I enjoyed "Burlesque" too

much to complain about it. Still, the one short glimpse of Alan Cumming's comical number left me wishing he had more camera time.

But back to the important elements of "Burlesque" -- singing and dancing. As an avid movie musical fan, I'm delighted that so many of the numbers are shown from beginning to end. Yes, some cut-away shots do happen, but not enough times to dampen my enthusiasm. Highlights include Aguilera's moving rendition of "Bound to You" (which took my breath away), her tongue-in-cheek interpretation of "But I'm a Good Girl," Cher's soulful warbling of "You Haven't Seen the Last of Me," and the showgirl group numbers, choreographed by Denise Faye ("Nine"), which liven up the screen with their sexy, amusing, energetic fun. And, of course, the costumes dazzle us with glitter and glitz. Encore! I can't wait to see "Burlesque" again. Thankfully, it's available March 1 on DVD. (Released by Screen Gems and rated "PG-13" for sexual content including several suggestive dance routines, partial nudity, language and some thematic material.)

MARCH BIG SCREEN PICKS

This month offers a diverse schedule of theatrical releases, but I'm most eager to see "Rango," "The Adjustment Bureau," and "Red Riding Hood." In the first film, Johnny Depp lends his voice to a chameleon who pretends to be a hero in order to protect a Western town from bandits. It's animated, of course. Released on the same day -- March 4 -- "The Adjustment



Bureau" co-stars Matt Damon and Emily Blunt in a thriller about the mysterious forces keeping a politician and a ballerina apart. We'll have to wait until March 11 for the latest updating of a favorite fairy tale. This new "Red Riding Hood" dramatic fantasy thrusts a werewolf into the picture and stars Amanda Seyfried as the title heroine. I'm happy to report that the previews look absolutely stunning. Happy March movie viewing, film fans!

Read more film reviews by Betty Jo Tucker at ReelTalkReviews.com. Copies of her two books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available on Amazon.com and at *Barnes & Noble Booksellers in Pueblo*. *IT HAD TO BE US*, the award-winning romantic memoir she and her husband co-wrote under the pseudonyms of *Harry & Elizabeth Lawrence*, can be ordered at *Amazon's Kindle store*.

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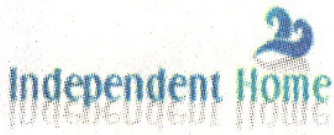
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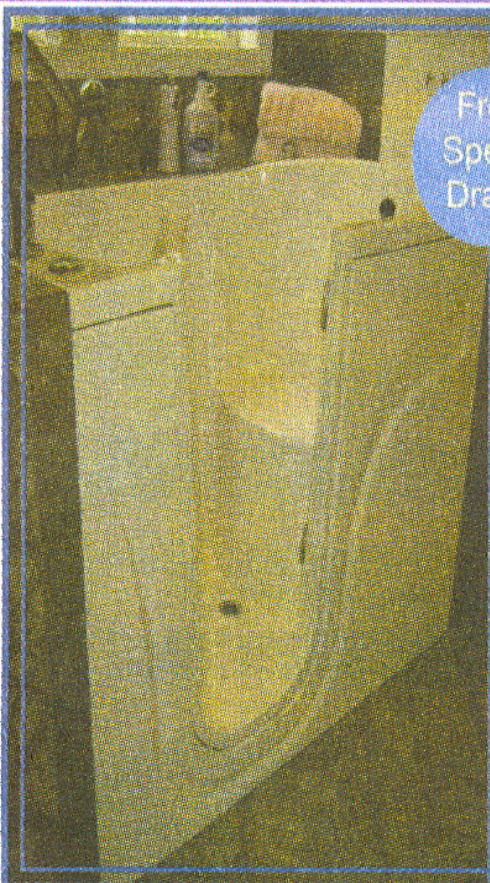
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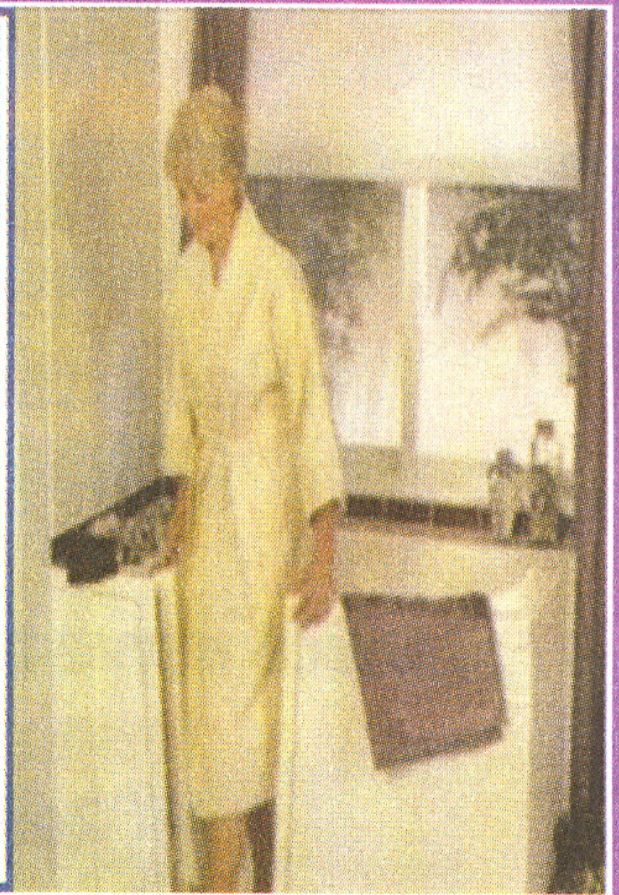
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than our competitors every time. So talk to us before you buy!

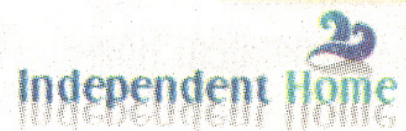
Our Walk in Tubs are 100% designed, manufactured, made and assembled in the U.S.A.

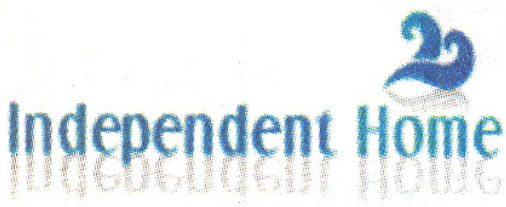


'Buyer Beware' of those other walk in tub Companies, who say their tubs are manufactured in USA, they are misleading! Those tubs are only partially assembled in USA but actually manufactured and made in Red CHINA.



Call 800 354 0785





Every person has unique health, mobility and budgetary concerns. We will help design the solution that fits all your needs by providing a full range of high quality low cost Walk in Tub with superior install. financial options if needed!

Relieves muscle spasms

Relieves joint stiffness

Helps Arthritic & Rheumatic conditions

Total Relaxation

Reduces Stress

Reduce nerve tension Helps to correct insomnia

Height allows for a deep soak

Reduces muscle tension

Proven cure for headaches

Stroke- Multiple Sclerosis- arthritis

Detoxification of the body

Helps bloods pressure

Dramatically improves skin tone

Deep muscle stimulation

Enhanced recovery from array of pains

Diabetes Benefits

Pure Enjoyment you Deserve!



Call 800 354 0785

