



# SB Senior Beacon

*Eldest & Locally-Owned Senior Newspaper in Southern Colorado*

AUGUST 2019      Vol. 38:7      Established February 1982      451 Consecutive Months!

*Committed To Southern Colorado Seniors For 38 Years And Counting!!*

## QUESTIONS to ask your doctor

Are memory issues  
a concern?

**IF YOU OR** *a loved one have concerns about memory loss or other unexplained changes in behavior, getting an expert opinion from your family doctor is an important first step in understanding how to proceed.*

Medicare offers a free annual wellness visit for those 65 and older where patients can request a brain health assessment. But if you don't see your family physician frequently, he or she may not know you well enough to determine if you are experiencing cognitive changes.

To help, the Alzheimer's Association has developed a list of five questions that individuals or family members can ask the doctor to help ensure that the visit is productive and patients get proper direction.

Do I (or the patient) have any medical conditions that could increase my risk for developing Alzheimer's disease or another form of dementia?

Am I taking any medications that could be causing memory or cognitive-related symptoms?

What tests could you perform that might rule out Alzheimer's or dementia as a diagnosis?

Are you aware of my family history – particularly among immediate family (grandparents, parents or siblings)

related to Alzheimer's or dementia?

Should I be concerned about ... (explain any changes in memory, focus, thinking or mood)?

"This is a good starting point for having a productive conversation with your family doctor," said Danelle Hubbard, director of Health Systems and Family Services for the Colorado Chapter of the Alzheimer's Association. "I would suggest bringing these questions in writing along with any other specific concerns or examples you may have. There can be a number of reasons behind memory loss and personality change, so it's important to get guidance from your doctor as early as possible."

For individuals who have immediate questions, the Alzheimer's Association has a free, 24/7 Helpline staffed by trained professionals who can provide guidance and support: 800-272-3900. Information also is available on the Association's website: [www.alz.org/co](http://www.alz.org/co).

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**CHECK OUT Prestige  
Denture Clinic on page 8**  
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# Different Goals For Different Folks

## TWO TYPES OF INVESTORS

If there's a million people there's a million different types of investors. What I'm getting at is there are two major goals behind our investing actions. You're trying to grow or trying to preserve.

We all can guess that younger people are probably GROWERS and older folks are probably PRESERVERS. Or they should be.

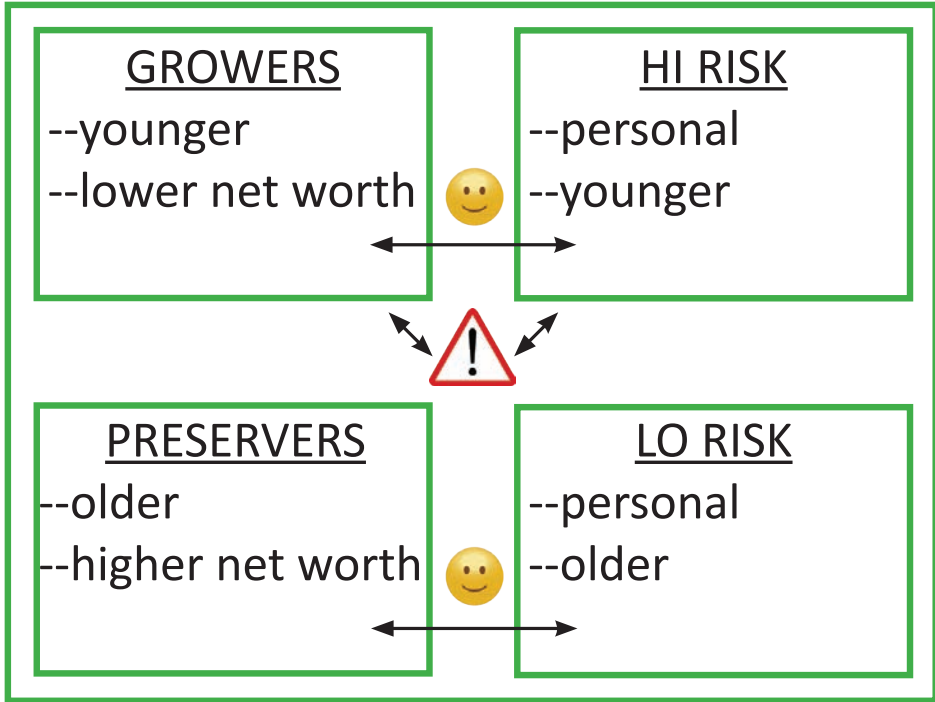
We're young, the future's ahead of us, higher earnings are ahead, too. Or we've experienced most of our earnings and we want to protect our savings. That makes sense, right?

Also, when we're young we have less net worth. So there's a bigger need to grow. If we're too cautious at this stage we leave a lot of growth and extra compounding on the table.

Preservers, by definition, have something to preserve and lose. Chances are they're older and higher net worth, too.

## TWO TYPES OF RISK-TAKERS

This leads us to the obvious role of risk. If you're young and growing



net worth you will take more risk. You can lose and still have time to come back.

If you're retired then it makes sense, again, to preserve those assets.

You may not be working or even paying finishing a mortgage. So the time and earnings are not there to make up big losses.

Risk tolerance is a very individual thing, too. Some of us are just hard-wired to be low risk or high risk.

Personally, I'm a risk taker and probably will continue that for

decades.

*BUT WHAT HAPPENS IF...?*

So what happens when you have a young person who's low risk? Or an older investor who's really high-risk?

Well, sometimes a lot of trouble and conflict. Goals and expectations don't mesh.

With the young person not taking risk they may not have enough for retirement.

Or they may need to save a lot more than they can afford. This could make them over reliant on Social Security, too.

When someone who should be

a preserver is tempted by growth then too much risk can be taken. They might also switch strategies too often and lose opportunity. Or they worst result is they could lose a lot of principal when growth fades away.

Investors need to really assess their expectations, make sure they're realistic and stick with winning strategies.

That may be a balanced portfolio, an income portfolio or a growth portfolio. It's individual and should be customized for the investor and their goals.

"One can state, without exaggeration, that the observation of and the search for similarities and differences are the basis of all human knowledge."

--Alfred Nobel

*Ron Phillips is an Independent Financial Advisor, teacher, author of two books and a Pueblo, Colorado native. He and his wife are currently raising their three sons in Pueblo. For a free copy of Ron's second book "Armchair Investor" visit [www.RetireIQ.com](http://www.RetireIQ.com) or leave a message at [RonPhillipsAdvisor@gmail.com](mailto:RonPhillipsAdvisor@gmail.com)*

**RON PHILLIPS**  
Independent Financial Advisor  
and a Pueblo, Colorado native

# Honoring

"One day we were talking about how many senior veterans there are in our community. We wondered how many could use a meal, a ride, and an understanding visit from a fellow veteran who respects their service and treats them with the honor they deserve. We signed up to be Silver Key volunteers and support other veterans. It's been very meaningful."

**Be part of veterans supporting veterans.**  
Apply to volunteer at [silverkey.org/volunteer](http://silverkey.org/volunteer)  
or call 719-884-2300.

# Got Medicare?

Have you ....

- Turned 65?
- Qualified for Medicaid?
- Just moved?

Are you .....

- Retiring soon?
- Unhappy with your coverage?
- Needing assistance?

Jolynn Allen

Terri Cook

Everett Griffin

Ron Phillips

John Reed

Melanie Sena

Susan Thompson

Julie Uhernik

Allen Insurance Services

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# Some Residents Eligible for Rent Help

**REVISIONS TO THE** PTC-104 bill passed this last legislative session.

PTC-104 is a combination of two grant rebate programs for Colorado residents.

One grant is for a property tax and rent assistance rebate, the other grant is for a heat and fuel expenses rebate.

PTC-104 was expanded in three areas: First, the property tax and rent assistance rebate now includes all people who rent.

Previously, only renters who landlords paid property taxes were eligible for the rebate.

With the revised PTC-104, now renters who live in non-profit housing are eligible for the property tax portion of the bill. Secondly, the minimum and maximum rebate amounts were increased, based upon yearly income.

Thirdly, the income requirements were increased.

This means more Colorado residents will be able to take advantage of the increased benefits for grants claimed in 2019.

Eligible Colorado residents need



**HEALTH BENEFITS.** Rebates assistance passed this last legislative session.

to be 65 or older, disabled and received benefits for the entire year, or a surviving spouse at least 58 years old; live in Colorado for the entire year; be lawfully present in the United States; and have less than \$15,192 in income for a single person and \$20,518 for a couple).

The 2019 grant increases to a

maximum property tax and rent assistance to \$735 and the heat assistance grant increases to \$202.

The minimum amount of the grant is \$238 for the property tax and rent assistance and \$77 for heat assistance.

All income limits and rebates will be adjusted for inflation in the

future.

The new program becomes available January 1, 2020. You can get the application from [www.colorado.gov/pacific/tax/property-tax-rent-heat-credit-ptc-rebate-forms](http://www.colorado.gov/pacific/tax/property-tax-rent-heat-credit-ptc-rebate-forms) , file online at [https://www.colorado.gov/revenueonline/\\_/](https://www.colorado.gov/revenueonline/_/) or call 303-333-3482 for an application or ask to speak to a counselor.

## #

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society. Her areas of expertise include management and administration of nonprofit organizations, education and training on issues related to older adults, advocacy and policy development on senior issues, and clinical practice in working with seniors and families to manage their lives in the later years. She has been the Director of the Society since 1982. She teaches Nonprofit Management for Fort Hays State University. Her phone number is 303-333-3482 or [doherty001@att.net](mailto:doherty001@att.net).



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To sign up, call 719-884-2370.

[silverkey.org/home-delivered-meals](http://silverkey.org/home-delivered-meals)

- August 1 - South Western Chicken
- August 2- Goulash
- August 3 - Chicken Piccata
- August 4 - Beef Stir Fry
- August 5 - Pepper Steak
- August 6 - Jerk Chicken Sandwich
- August 7 - Cod Piccata
- August 8 - Pork Pot Roast
- August 9 - Crab Cakes
- August 10 - Beef Stew
- August 11 - South Western Chicken
- August 12 - Mushroom Ravioli w/Marinara
- August 13 - Chicken Salad Sandwich on Croissant
- August 14 - Baked Citrus Tilapia
- August 15 - Slow Roasted Beef
- August 16 - Bratwurst
- August 17 - Pork Pot Roast
- August 18 - Crab Cakes
- August 19 - Chicken Stir Fry
- August 20- Beef Fajitas
- August 21 - BLT
- August 22 - Meatloaf w/Gravy
- August 23 - Breaded Catfish
- August 24 - Slow Roasted Beef
- August 25 - Mushroom Ravioli w/Marinara
- August 26 - Sloppy Joe
- August 27 - Pork Carnitas
- August 28 - Tuna Salad
- August 29 - Meatballs w/Marinara
- August 30 - Chicken Chow Mein
- August 31 - Meatloaf w/Gravy

Sign up for Silver Key Home Delivered Meals 719-884-2370



LUNCH MENU AUGUST 2019

Reservations required:

Call 719-884-2304 or visit [silverkey.org/connections-cafe](http://silverkey.org/connections-cafe)

- Aug 1:** South Western Chicken, Peas & Carrots, 3 Bean Salad, WW Roll, Orange

**Aug 2:** Goulash, Green Beans, Salad w/ Dressing, WW Bread, Apple

**Aug 5:** Pepper Steak, Brown Rice, Lima Beans, Dinner Roll, Strawberries

**Aug 6:** Jerk Chicken Sandwich w/Lettuce & Tomato, Cream of Potato Soup, Coleslaw, Apple

**Aug 7:** Cod Piccata, Wild & Brown Rice, Broccoli, Mandarin Orange, High Fiber Cookie

**Aug 8:** Pork Pot Roast w/ Onion, Celery, Carrots, Potato Medley, Orange

**Aug 9:** Crab Cakes, Broccoli Cheddar Rice, Green Bean Almandine, Applesauce, Raisin Nut Cup
- Aug 12:** Mushroom Ravioli w/ Marinara, Broccoli, Salad w/ Dressing, Diced Pears, Raisin Nut Cup

**Aug 13:** Chicken Salad Sandwich on Croissant, Tomato Basil Bisque, High Fiber Cookie, Orange

**Aug 14:** Baked Citrus Tilapia, Lemon Herb Rice, Mixed Vegetables, Coleslaw, Tropical Fruit,Roll

**Aug 15:** Slow Roasted Beef, Mashed Potatoes, Peas, Carrot Raisin Salad, Apple

**Aug 16:** Bratwurst, Cabbage & Carrots, Potato Salad, WW Bread, Banana, WW M&M Cookie

**Aug 19:** Chicken Stir Fry, Peas , Brown Rice, Asian Cabbage Slaw, Apple

**Aug 20:** Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa, Tortillas, Spanish Rice , SW Black Beans, Strawberries

**Aug 21:** BLT, Black Bean Lentil Soup, Pasta Vegetable Salad, Spiced Peaches, Sugar Cookie

**Aug 22:** Meatloaf w/ Gravy, Mashed Potato, Peas and Carrots, Three Bean Salad, Orange

**Aug 23:** Breaded Catfish, Wild & Brown Rice, Peas, Spinach Mandarin Salad, Banana
- Aug 26:** Sloppy Joe, Carrots, Coleslaw, Pineapple, Sugar Cookie

**Aug 27:** Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa, Tortillas, Mexican Corn, SW Black Beans, Peaches

**Aug 28:** Tuna Salad, Croissant Chickpea Soup, Sunflower Broccoli Salad, Apple

**Aug 29:** Meatballs w/ Marinara, Pasta, Broccoli, WW Roll, Strawberries

**Aug 30:** Chicken Chow Mein, Brown Rice, Asian Vegetables, Pear, Chocolate Chip Cookie, Raisin Nut Cup

Milk is provided with every meal. Silver Key Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.

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# SRDA AUGUST 2019 CALENDAR

*Special information from Pueblo's SRDA (Plus)*

Senior Resource  
Development Agency  
230 N. Union Ave.  
(719) 553-3445  
[www.srda.org](http://www.srda.org)

Calendar of Events  
**AUGUST 2019**

- Thursday – AUGUST 1  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too
- Friday – AUGUST 2  
10-11 Jian Qi Gong  
1:00 Genealogy (on break)
- Monday – AUGUST 5  
CLOSED FOR COLORADO DAY /  
DINING ROOM OPEN
- Tuesday – AUGUST 6  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
2-3:30 Co-Op Drawing
- Wednesday – AUGUST 7  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers (on Summer Break)
- Thursday – AUGUST 8  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9-11 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too / New Session Starts
- Friday – AUGUST – 9  
10-11 Jian Qi Gong \* New



HEALTH BENEFITS. Yoga for seniors has various health benefits. Chair yoga is offered at various times for balance and other benefits at the Senior Resource Development Agency.

- Class\*
- 1:00 Genealogy (on Summer Break)
  - Monday – AUGUST 12  
10-12 Water Color Art  
2-3 Sr. Self Defense  
3-4 Tai Chi
  - Tuesday – AUGUST 13  
8:45 – 9:45 Morning Tai - Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1-3 Knit & Chat  
2-3:30 Co-Op Drawing
  - Wednesday – AUGUST 14  
8 – 1 AARP Drive Safe  
9-12 Mahjongg  
12-3 Party Bridge
  - 1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers (on Summer Break)
  - Thursday – AUGUST 15  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too / New Session Starts
  - Friday – AUGUST 16  
10-11 Jian Qi Gong  
1:30-3:00 Social, Music and Treats Provided  
1:00 Genealogy (on Summer Break)
  - Monday – AUGUST 19  
10-12 Water Color Art Class

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- 2-3 Sr. Self Defense  
3-4 Tai - Chi
- Tuesday – AUGUST 20  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
2-3:30 Co-Op Drawing
- Wednesday – AUGUST 21  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers (on Summer Break)
- Thursday – AUGUST 22  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9- 11 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too
- Friday – AUGUST 23  
10-11 Jian Qi Gong  
1:00 Genealogy (on Summer Break)
- Monday – AUGUST 26  
10-12 Water Color Art Class  
2-3 Sr. Self Defense  
3-4 Tai - Chi
- Tuesday – AUGUST 27  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
10-12 Line Dancing  
1-3 Knit & Chat  
1:30 – 3:30 Co-Op Drawing
- Wednesday – AUGUST 28  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers (on Summer Break)
- Thursday – AUGUST 29  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too
- Friday – AUGUST 30  
10-11 Jian Qi Gong  
1:00 Genealogy (on Summer Break)

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\*AutoAlert does not detect 100% of falls. If able, always press your button when you need help.







NEWS

◀ FROM LIGHT, PAGE 6

I waffled between thinking I was saved and terror of going to hell if I died. I was baptized twice, I reasoned.

I must be saved . . . but what about the sins I committed after my baptism?

What about my two church memberships?

Do they count for nothing? I was in turmoil.

Every time I heard it, I frantically prayed the “sinner’s prayer” yet I found no relief. Mine was not a heart at peace and I was convinced I was not good enough to go to heaven.

One night, while reading a book by Hal Lindsay, God opened my understanding.

I was not saved and without a relationship with Jesus I was destined for eternity in hell.

Neither baptism nor church membership saved me.

My situation was agonizingly clear that if I died then, I would go to hell. The Holy Spirit assured me that Jesus Christ died for all my sins, past, present and future.

On the cross, Jesus knew every sin I would commit and declared, “It is finished!”

Neither baptism nor church membership saved me. My situation was agonizingly clear that if I died then, I would go to hell. The Holy Spirit assured me that Jesus Christ died for all my sins, past, present and future.

I can add nothing to Christ’s gracious sacrifice at Calvary for my salvation. Absolutely nothing.

God showed me that I am not good enough and could never do anything to become good enough.

Romans 3:23 states, No one is good. No not one! All have sinned and fall short of the glory of God.

Salvation comes by faith not by works. Jesus paid the price at Calvary for my sins . . . past, present and future.

He bled and died for me while I was still a sinner. No effort on my part could buy or earn His free gift of salvation.

I had to open the gift by receiving it.

Confessing my sins, I asked Jesus into my life to make me a new person.

I didn’t recite the rote mechan-

ical unthinking prayer I had said hundreds of times before, but the deep pleading in my heart, soul and spirit for forgiveness as I confessed my desperate need for Jesus.

I opened my heart and my hands to Him and said, “Lord, here I am. Do with me whatever you will. I AM YOURS!”

I committed my life to Christ and became a new creation in Him.

I was born again, filled with His Holy Spirit and changed in the twinkling of an eye. I had passed from death to life.

Eternity with Jesus began for me in that moment. My name is written in the Lamb’s Book of Life. Jesus made me a new creation.

Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new

(2 Cor. 5:17 KJV).

Indescribable peace flooded my spirit and I experienced joy I had never known.

Salvation is not acquired by works, it is a gift of God (Eph. 2:8,9)

He freely offers through the shed blood of His Son, Jesus Christ.

Jesus said, Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid (John 14:27).

But as many as received him, to them gave he gave power to become the sons of God, even to them that believe on his name: Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God (John 1:12-13 KJV).

© 2019 Jan McLaughlin, all rights reserved. (From the Book, *Light For The Journey*) Jan is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail: [Jan@PrayerForPrisoners.org](mailto:Jan@PrayerForPrisoners.org).



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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF ANDREWS MCMEEL

### ONE OF THOSE DAYS

Sometimes a routine traffic stop (in this case, for an expired license plate) is the most interesting incident in a cop's day.

So it was on July 10 for Guthrie, Oklahoma, police officers. Around 11 a.m., they stopped a car driven by Stephen Jennings, 40, who had a friend, Rachael Rivera, 30, in the front seat, and a timber rattlesnake in a terrarium on the back seat.

Jennings told police he had a gun in the car at about the same time

they identified the car as stolen, reported KFOR.

Upon further search, officers found an open bottle of whiskey (next to the gun) and a container of "yellowish powder" labeled "uranium."

"The uranium is the wild card in that situation," Guthrie Police Sgt. Anthony Gibbs explained.

Jennings told police he was trying to create a "super snake" with the radioactive uranium.

Charges for Jennings included

possession of a stolen vehicle and transporting an open bottle of liquor.

Because it was rattlesnake season, his valid hunting and fishing license absolved him of any charges related to the snake.

Police are still trying to figure out what charges might be brought regarding the uranium. [KFOR, 7/11/2019]

her dog, Marty, started staggering, vomiting and urinating on the floor after hiking with her on a trail last spring.

Cole took Marty to the vet, where "they said he was high. I couldn't believe it because I don't have anything in my house."

Dolginow said, "Most dogs will eat human feces given the opportunity." [Aspen Times, 7/11/2019]

### Right under their noses

Capitol Police in Montpelier, Vermont, discovered dozens of cannabis plants growing in the flower beds along a walkway at the Statehouse on July 8.

Police Chief Matthew Romei told NBC5 that it was unclear whether the more than 30 plants were marijuana or hemp, and they don't know who planted them. But since there is no criminal case, officials don't plan to have the plants tested.

"It's legal to cultivate, but there are limits on where you can do it, and the Statehouse flower beds certainly aren't one of those permissible sites," Romei said.

"If there is a typical Vermont story, this is probably it." [NBC5, 7/11/2019]

### Second hand

Dr. Scott Dolginow, owner of Valley Emergency Pet Care in Basalt, Colorado, has noticed a new trend among his dog patients. He told The Aspen Times on July 11 that he's seeing three to 10 dogs a week in his veterinary office with marijuana toxicity.

No, they're not toking alongside their owners around the fire pit.

Dolginow's theory is the dogs are eating human feces while on trails or camping with their owners and getting a secondhand buzz.

Pet owner Rebecca Cole said

### Awesome!

-- When not just any old Motel 6 will do, check into The Haneda Excel Hotel Tokyu, near Tokyo's airport, and ask for the "Superior Cockpit Room."

Along with two beds, a bathroom and a table, the room features a full Boeing 737-800 flight simulator that offers guests the experience of piloting a full-size jet.

According to United Press International, the room rents for \$234 per night, but for a 90-minute simulator session with an expert, guests will have to cough up another \$277. (The simulator can't be used without supervision.)

The room became available for booking on July 18. [UPI, 7/11/2019]

-- Gen. Charles Etienne Gu-din, one of Napoleon Bonaparte's "favorite generals," was killed by a cannonball on Aug. 22, 1812, during the failed French invasion of Russia.

Posthumously, he got the star treatment -- a street named after him in Paris, his name carved on the Arc de Triomphe, and his heart removed and brought home to be placed in a Paris cemetery chapel.

But on July 6, Reuters reported, a team of archaeologists found what they believe are his remains buried (ironically) beneath the foundation of a dance floor in Smolensk,



Colorado Springs

Senior Center

THE SENIOR SCOOP!

Saturday, August 17, 2019

9:00 a.m. - 2:00 p.m.



Come and learn what's the scoop on senior services, discounts and connect with resources here in Colorado Springs!

This is a free community event providing information about health care, senior housing, recreation and fitness opportunities, entertainment, lifestyle, technology, transportation and much more! Stay tuned for updates on speakers at the event!

Location

Colorado Springs Senior Center

FREE and open to the community!

No registration required.

For more information please call 719.955.3400

Interested in being a vendor?

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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF ANDREWS MCMEEL

Russia.  
Their first clue?  
Gudin had lost one of his legs below the knee in battle, and indeed the skeleton was missing its left leg. Scientists will compare the skeleton's DNA with living descendants of Gudin's to confirm their suspicions. [Reuters, 7/9/2019]

*That's Not the Way It Works, Karen*

In Turkey's new Istanbul Airport, a first-time flyer had to be rescued on July 10 after she assumed the conveyor belt carrying luggage to the baggage sorting room was her path to the plane.  
The unnamed woman, juggling a carry-on and a shopping bag,

stepped carefully up to the moving belt at the airport check-in and tried to climb on, but lost her balance and took a tumble. The Sun reported that airport personnel were quick to stop the conveyor belt and help her off. [The Sun, 7/11/2019]

*Questionable Judgment*

A. Janus Yeager, 49, of Dixon, Illinois, was arrested on July 9 as she motored toward home with an inflated kiddie pool on the roof of her SUV. CBS2 Chicago reported that Dixon police officers pulled Yeager over after being alerted that there were two children in the pool.  
Yeager told police she took the pool to a friend's house to inflate

it, then had her daughters ride inside it "to hold it down on their drive home." Yeager was charged with two counts of endangering the health or life of a child and two counts of reckless conduct. [CBS Chicago, 7/10/2019]

*Bright Idea*

People in the United Arab Emirates depend heavily on expensive desalination for drinking water. But an Emirati businessman has a novel idea for providing fresh water to the Arabian gulf. Abdulla Alshehi wants to borrow an iceberg from Antarctica, EuroNews reported in May.  
For six years, Alshehi has been working on a plan to tow an ice-

berg, as much as 1.25 miles long and a third of a mile wide, the entire 5,500 miles to the UAE coast.  
He estimates the journey will take 10 months and the iceberg may lose about 30% of its mass, but Alshehi believes its presence could provide drinking water to about 1 million people for about five years. And that's not all.  
"It's expected that the presence of these icebergs may cause a weather pattern change (and) attract more rain to the region," he said.  
A trial run this year will move a smaller iceberg, at a cost of \$60 million to \$80 million. Alshehi believes the cost of the larger project will be between \$100 million and \$150 million. [EuroNews, 5/7/2019]

## SRDA MONTHLY MENU

Call SRDA at 545-8900 for congregate meal sites and Meals-on-Wheels info!

### AUGUST LUNCH MENU

- Aug. 1 – Beef Soft Taco, Spanish Rice, Creamed Spinach, Black Bean Soup/Crackers, Tortilla, Diced Peaches.
- Aug. 2 - BBQ Chicken w/BBQ Sauce, Ranch Beans, Carrots, Seasoned Green Beans, Vanilla Pudding, Peaches.
- Aug. 5 – Salisbury Steak, Scalloped Potatoes, Peas, & Carrots, Dinner/Margarine, Lentil Soup, Grape-Fruit Cup.
- Aug. 6 – Chicken Tarragon, Penne Pasta, Garden Vegetables Italian Chicken Noodle Soup/ Breadstick, Fresh Apple.
- Aug. 7 – BBQ Beef Sandwich, Seasoned Succotash, Oregon Mixed Vegetables, Tomato & Rice Soup/Crackers, Chilled Diced Pears, Hamburger Bun.
- Aug 8 – Meatloaf w/Mushroom Gravy, Steamed Brown Rice, Orange Glazed Carrots, Split Pea Soup/Crackers, Strawberries & Peaches.
- Aug. 9 – Grilled Chicken Patty, Mexican Corn, Broccoli Salad, Lettuce Garnish, Mayonnaise, Peach Crip, Hamburger Bun.
- Mon. Aug. 12 – Sweet & Sour Chicken, Fried Rice, Lima Beans & Carrots, Cream Of Broccoli Soup/ Crackers, Bananas.
- Aug. 13 – Spaghetti & Meat Sauce, Italian Mix Vegetables,

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- Winter Mix Vegetables, Minestrone Soup/Breadstick, Ambrosia, Parmesan Cheese.
- Aug. 14 – Macaroni & Cheese, Green Beans Almandine, Brussel Sprouts, Creamy Tomato Soup/ Crackers, Kidney Bean Salad, Fresh Grapes.
  - Aug 15 – Herb Fish w/Lemon Juice, Sweet & Red Potatoes, Peas & Mushrooms, Washington Chowder/Crackers, Fresh Apple, Raisin Nut Cup.
  - Aug. 16 – Egg Salad Sandwich, Rancho Fiesta, Southwest Vegetables, Italian Vegetable Toss, Strawberries & Applesauce, 2 Slice of Bread.
  - Aug. 19 - Chicken Tahitian, Seasoned Broccoli, Cilantro Rice, Navy Bean Soup/Crackers, Blueberry-Fruit Cup.
  - Aug. 20 – Polish Sausage w/ Mustard, Mashed Potatoes, Steamed Carrots, Black Bean Lentil Soup/Crackers, Strawber-

- ries& Peaches.
- Aug. 21 – Pulled Pork Sandwich, Corn O'Brien, Scandinavian Mixed Vegetables, Creamy Coleslaw, Pineapple Tid Bits, Hamburger Bun.
  - Aug 22 – Chili Relleno Casserole, Pinto Beans, Calabacitas, Cinnamon Applesauce, Banana Chocolate Ber.
  - Aug 23. – Chicken Salad Sandwich, Vegetable Cous Cous, Harvard Beets, Fresh Orange, 2 Sli. Bread.
  - Aug. 26 – Manicotti w/Sauce, Honey Glazed Carrots, Steamed Broccoli, Chicken Gumbo Soup/ Crackers, Apricots.
  - Aug. 27 – Beef Taco Salad w/ Salsa, Seasoned Mixed Beans, Stewed Tomatoes, Berry Crisp, Lettuce Tomato Garnish.
  - Aug 28 – Chicken Scaloppini, Rice Pilaf, Roasted Brussel Sprouts, Vegetable Florentine Soup/Crackers, Cranberry Pear Salad, Raisin Nut Cup.
  - Aug. 29 – Beef Pot Pie, Parslied Potatoes, Seasoned Asparagus, Split Pea Soup/Crackers, Apple-Fruit Cup.
  - Aug. 30 – Baked Fish w/Dill, Scalloped Potatoes, Scandinavian Mixed Vegetables, Chicken Barley Soup/Crackers, Broccoli Salad, Pineapple Tid Bits.

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## RELIGION

# I Am A SuperHero

PSST. LET ME tell you a secret. I am—Clash! Bang! BOOM!—WARRIOR WOMAN!

DARLENE FRANKLIN



The transformation felt awkward and strange at first, definitely unwanted. It happened like this: After I received a three-book contract, I chewed and spit out words until I'd spun a cocoon.

When the broken-down butterfly that emerged couldn't even walk, I retreated to a safe place. Superman had Smallville. I entered a nursing home.

It's hard to fly from a wheelchair. But I'm not a nursing home resident who writes; I am a writer who happens to live in a nursing home—Warrior Woman!

Here's my list of superpowers, given to me by my Creator-God. I have x-ray vision. My eyesight is far from twenty/ twenty. I still need glasses. But my ability to see into people has changed. When I ask about the shadow I see on their faces, they spill out the details, from a new romance to questions about God, and much more.

I have antennas that reach inside and beyond me. Understanding myself, where I've come from, and seeing God at work, brings acceptance and strength.

The better I understand myself, the better I understand others. If I can identify why I act—and react—the way I do, the better chance I have of changing my response from my gut reaction to what they mean.

I have a world-wide reach. I live in half of a nursing home room, and I don't get out much. Even so, I've written about someone living in Canada for an Ireland-based magazine, and God caused my paths to cross with an international leader in Albino awareness.

Thanks to the internet, I'm in contact with people across America the world. God has caused my paths to cross with an Oklahoma Senator and Oklahoma's Teacher of the

Year. Strangers approach me for articles, interviews, or even just for advice. They don't want to speak, with the nursing home resident, but the Warrior Woman who lives inside her. Power flows through me to others. Since I moved into the nursing home, I've seen more answered prayers too obvious to deny. Time has passed since I wrote Pray Though the Bible in a Year. Recently, I reached the third chapter of Numbers, concerning first-born sons. My prayer specifically mentioned the possibility of my son moving.

On the day I reached that page, my son was moving from the house he had bought with his wife fourteen years ago. Only God could arrange that timing. I wear invisible armor. I've spent years acquiring my armor: Body armor of an unshakable spirit, even when the doctor warned me I might die during surgery. A head piece of wisdom, that allows me to see past the obvious. A shield of joy that replaces dis-

appointment with hope. All of it super-powered through my faith in God. Does this warrior woman have vulnerabilities? Of course. Every super hero has his Kryptonite. The next time you enter a nursing a home, take an extra look at the people living there. Who knows what super heroes live amongst us?

*Darlene is a resident at Heritage Manor in Oklahoma City. Check out her other writing at <https://www.darlenefranklin-author.com/>*

It's hard to fly from a wheelchair. But I'm not a nursing home resident who writes: I am a writer who happens to live in a nursing home — Warrior Woman!

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# REELING

## ‘PLUS ONE’ HELPS GET THROUGH FESTIVITIES WITH GLEE, HUMOR

VIEWERS GET A CHANCE TO SEE FUNNY SPEECHES AND WEDDING ACTIVITIES

BETTY JO TUCKER  
Pueblo award winning film critic



What do you get when you combine the edginess of “Bridesmaids,” the humor of “My Best Friend’s Wedding,” and the heart of “When Harry Met Sally?”

Answer: “Plus One,” a clever romantic comedy about two longtime friends facing lots of weddings who become each other’s Plus One.

Why? To help them get through each festivity without going bonkers.

Maya Erskine and Jack Quaid deliver highly watchable comic performances here.

Quaid plays Ben, a rather reserved and sometime screw-up in his late 20s.

The cynical Alice is portrayed by Erskine, and she commands the screen.

Just try taking your eyes off her!

Alice seems far from the hapless woman of many romantic comedies, but she’s filled with bitterness over her breakup with a longtime

boyfriend.

Ben can’t help worrying about his father’s (Ed Begley Jr.) third wedding, while Alice seems uncomfortable about the upcoming nuptials of her younger sister.

And both friends have many other weddings to attend.

No wonder they decide to be Plus Ones.

Happily, this gives viewers the chance to see some very funny speeches and wedding activities. But, most of all, it allows the relationship of

Alice and Ben to grow into something deeper than friendship.

Through it all, Ben (son of Meg Ryan and Dennis Quaid – wow, what talent genes!) is the straight man to the hilarious Alice, whose

crude behavior and language make her hard to take at times, but never boring.

Don’t worry, rom-com fans, it’s still a bumpy road for these two, even after they discover their real

feelings for each other.

With edginess, humor and heart,

“Plus One” charms us right from the start.

Weddings, weddings everywhere.

It seems best going as a pair.

Alice and

Ben decide to be each other’s Plus One. It’s easy! How long can they stay only friends? Is that the way their story ends?

This rom-com made me laugh a lot. Fine performers and clever plot. Funny dialogue rates three cheers. Applause for all. Not any jeers.

Co-written and co-directed with care by feature film newcomers Jeff Chan and Andrew Rhymer, “Plus One” receives my award for “Best Movie with a Romantic Scene in a Cemetery.” And it’s a doozy.

Julia Roberts, a rom-com veteran, once said that although she loves romantic comedies, it’s “increasingly difficult to find that spark of originality that makes one different from those that came before.”

Chan and Rhymer found that spark in “Plus One.” (Released by RLJE Films. Not rated by MPAA. DVD available on August 6.)



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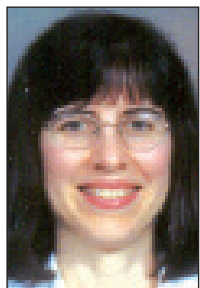


# FOR A HEALTHIER YOU

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THE YEAR I turned thirteen, my parents booked a week at a family-oriented lakeside resort, a departure from our family's usual summer plans. This afforded us a wealth of recreational opportunities.

**LISA M. PETSCHKE**  
Medical social worker  
and freelance writer



Little did we know, though, how big a role the activities director would play in our enjoyment of them.

We met Richard our first evening there, at a welcome reception in the lodge.

He was dressed as a genie. At first we didn't know what to make of him. But he was entertaining and outgoing, and guests – ourselves included – were drawn to him. A colorful, 30-something character, Richard had boundless energy, a love of adventure, a wacky sense of humor and a gift for storytelling. He'd traveled to exotic places and regaled us with tales, some no doubt embellished. He

embraced New Age beliefs and practices—which at the time were novel—such as holistic health and healing, yoga and transcendental meditation. We'd never met anyone like him.

Delightfully spontaneous, Richard would show up in the main lodge dressed as a fortune teller or with a guitar in hand, ready to start a sing-a-long. He connected effortlessly with people, as well as nature. This made Richard perfect for his job.

No one knew what Richard did or where he lived the rest of the year, or how the resort's owners had found him. An intriguing sense of mystery surrounded him.

In keeping with Richard's easygoing nature, the recreation program was informal. Some activities were pre-planned, while others were announced at breakfast. Day trip destinations varied according to Richard's whims.

The most memorable events were the "wet shoe" trips.

There was the excursion to one of the local falls, where we crossed white water by hopping on boulders. And the island trip where, in order to glimpse

a blue heron's nest, we had to scale a muddy cliff.

Then there was the river trek. A mixed group of families, honeymooners and retired couples, we were dropped off mid-morning at the riverbank with canoes, paddles, lifejackets and boxed lunches.

The water was unusually shallow, and cautious navigation was required. At times we had to carry our canoes. One of the newlyweds became mired in mud and it took considerable effort to free him.

During our lunch break, rain clouds moved in. The drizzle continued most of the afternoon and the temperature dropped significantly. Richard tried his best to keep our spirits up, but throughout the afternoon I silently counted the hours and then minutes until we reached our pick-up point and could get out of the elements. What a disaster, I thought, drenched and miserable. That evening, though, Richard had us laughing about our misadventure.

With Richard's persuasion, my sisters and I also tried water skiing – again and again, until we got the hang of it.

"Can't" was not in his vocabulary. The following summer we were thrilled to reunite with Richard for another week of adventures. Highlights included climbing a 100-foot fire tower, participating in a postcard photo session as we engaged in a variety of activities on the resort premises and launching a war canoe--constructed over several summers with the help of guests--an event covered by the local press.

Disappointingly, Richard was not on staff when we returned the next year. He had not been available, no one knew details. There was a new recreation director, capable enough, but things simply weren't the same. They couldn't be.

My family has often reminisced about those two unique vacations and wondered where life's journey has since taken Richard.

I envision him still single and nomadic, a free spirit pursuing eclectic interests around the globe. Somehow I can't imagine him settled down, with a steady job, a wife and kids and grandchildren. But you never know.

In any case, thanks, Richard. Not only for all the fun, but also for encouraging us to stretch our limits.

We went home with some great stories we've enjoyed sharing over the years – no embellishments needed.

*Lisa M. Petschke is a boomer and a writer specializing in elder care and slice-of-life vignettes about family life.*

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728 N. Main St.-Canon City Mon-Fri  
 719-345-3064

- Aug. 1: Chicken noodle soup, egg salad sandwich, spinach salad with mandarin oranges, raisin nut cup, lemon meringue pie
- Aug. 2: Porcupine meat-balls, whipped potatoes with gravy, California veggie medley, pears, ww bread
- Aug. 3: Taco salad, salsa, to-mato, lettuce, garnish, straw-ber-ry applesauce, flan custard, cornbread with butter
- Aug. 6: Bake potato, broc-coli with cheese sauce, tossed salad with lite French, plum and fruit cocktail, drop biscuit
- Aug. 7: Macaroni and cheese, tossed vegetable salad with lite ranch, asparagus, banana
- Aug. 8: California veggie bake, spinach saald with lite Italian, pear, citrus cup, oat-meal raisin cookie
- Aug. 9: Salisbury steak, brown gravy, smashed red potatoes, California mixed veggies, nectarine
- Aug. 12: BBQ Chicken, po-tato salad, spinach salad with mandarin oranges, apple, ww roll with butter
- Aug. 13: Tuna noodle casse- role, mixed vegetables, zucchi- ni squash, sliced peaches
- Aug. 14: Enchilada pie, refried beans, tortilla chips with sal- sa, clementine
- Aug. 15: Kielbasa, pars- ley buttered new potatoes, mixed vegetables, baked acorn

- squash, pineapple mandarin, orange compote
- Aug. 16: Hungarian goulash, California vegetable medley, chopped spinach with malt vinegar, banana
- Aug. 19: Roast pork with brown gravy, oven browned potatoes, spinach mandarin orange salad, parslied carrots, apple, ww roll
- Aug. 20: French dip sand- wich, oven browned potatoes, mixed vegetables, fresh sliced strawberries
- Aug. 21: BBQ beef brisk- it with ww hamburger bun, ranch style beans, steamed broccoli florets, honeydew chilantro lime salad
- Aug. 22: Smothered chick- en, cornbread stuffing, peas and carrots, cauliflower and broccoli, applesauce waldorf salad
- Aug. 23: Teriyaki beef, brown rice, Chinese vegeta- bles, Asian cabbage salad, fortune cookie, orange
- Aug. 26: Spinach cheese squares, tossed salad with pear, whipped hubbard squash, citruc cup, ww bread with butter
- Aug. 27: Beef barley soup, ww crackers, sesame boccoli, apricot pineapple compote, apple
- Aug. 28: Pot roast with brown gravy, carrots and new potatoes, green beans, cantaloup, raisin nut cup
- Aug. 29: Turkey sandwich, ww bread, provolone cheese, mus- tard, tomato, lettuce, waldorf salad, orange

- Aug. 30: Arroz con pollo, corn and zucchini Mexicana, tossed salad with lite ranch, apricot, ww bread

SALIDA/BUENA VISTA

719-539-3341  
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- Aug. 1: Chicken noodle soup, egg salad sandwich, spinach salad with mandarin oranges, raisin nut cup, lemon meringue pie
- Aug. 2: Porcupine meatballs, whipped potatoes with gravy, Cal- ifornia veggie medley, pears, ww bread
- Aug. 6: Chicken cacciatore, green beans, smashed red potatoes, ba- nana, ww bread
- Aug. 8: California veggie bake, spinach salad with lite Italian, pear, citrus cup, oatmeal raisin cookie
- Aug. 9: Salisbury steak, brown gravy, smashed red potatoes, Cali- fornia mixed veggies, nectarine
- Aug. 13: Ham and beans, collard greens, cornbread, orange juice
- Aug. 15: Kielbasa, parsley but- tered new potatoes, mixed vegeta- bles, baked acorn squash, pineap- ple mandarin orange compote
- Aug. 16: Hungarian goulash, Cal- ifornia vegetable medley, chopped spinach with malt vinegar, banana
- Aug. 20: Sloppy joe on a bun, scalloped potatoes, broccoli and carrots, apple
- Aug. 22: Smothered chicken, cornbread stuffing, peas and car- rots, cauliflower and broccoli and applesauce waldorf salad
- Aug. 23: Teriyaki beef, brown rice, Chinese vegetables, Asian cab- bage salad, fortune cookie, orange
- Aug. 27: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
- Aug. 29: Turkey sandwich, ww bread, provolone cheese, mustard, tomato, lettuce, waldorf salad, orange
- Aug. 30: Arroz con pollo, corn and zucchini Mexicana, tossed salad with lite ranch, apricot, ww bread

PENROSE CENTER

405 Broadway-Penrose (Tues/Thur-Noon)  
 Call in advance, 719-372-3872.

- Aug. 1: Pork County Style Rib, Po- tato, Vegetable
- Aug. 6: Beef Taco, Rice, Beans
- Aug. 8: Hamburgers, Baked Beans, Potato Chips
- Aug. 13: Deli Sandwich, Potato Salad, Fruit
- Aug. 15: Chicken Alfredo, Salad, French Bread
- Aug. 20: Sloppy Joes, Coleslaw, Potato Chips
- Aug. 22: Chopped Brisket Sand- wich, Tater Tots, Cucumber Salad
- Aug. 27: Chicken Salad Sandwich, Tossed Salad, Fruit
- Aug. 29: Pizza, Tossed Salad

Menu Subject to Change - Suggested  
 Donation \$3.00

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- Aug. 1: Chicken noodle soup, egg salad sandwich, spinach salad with mandarin oranges, raisin nut cup, lemon meringue pie
- Aug. 2: Porcupine meatballs, whipped potatoes with gravy, California veggie medley, pears, ww bread
- Aug. 6: BBQ chicken, potato salad, spinach salad with mandarin oranges, apple, ww roll with butter
- Aug. 8: California veggie bake, spinach salad with lite Italian, pear, citrus cup, oatmeal raisin cookie
- Aug. 9: Salisbury steak, brown gravy, smashed red potatoes, cali- fornia mixed veggies, nectarine
- Aug. 13: Hot turkey sandwich, whipped potatoes, asparagus amandine, pineapple mandarine compote, banana
- Aug. 15: Kielbasa, parsley but- tered new potatoes, mixed vegeta- bles, baked acorn squash, pineap- ple mandarin orange compote
- Aug. 16: Hungarian goulash, California vegetable medley, chipped spinach with mald vine- gar, banana
- Aug. 20: Bake potato, broccoli with cheese sauce, tossed salad with lite French, fruit cocktail, drop biscuit with butter
- Aug. 22: Smothered chicken, cornbread stuffing, pears and carrots, cauliflower and broccoli, applesauce waldorf salad
- Aug. 23: Teriyaki beef, brown rice, Chinese vegetables, Asian cab- bage salad, fortune cookie, orange
- Aug. 27: Macaroni and cheese, tossed vegetable salad, asparagus, banana, ww bread
- Aug. 29: Turkey sandwich, ww bread, provolone cheese, mustard, tomato, lettuce, waldorf salad, orange
- Aug. 30: Arro- s con pollo, corn and zucchini Mexicana, tossed salad with lite ranch, apricot, ww bread

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# SENIOR SAFETY

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## Communities Fight Fraud

**OLDER PEOPLE ARE** at a greater risk of fraud and other forms of financial exploitation.

The United States Postal Service has seen an increase in mail fraud and is promoting community strength and fraud awareness as a way to prevent abuse.

Social Security agrees.

You can help your more vulnerable loved ones fight fraud.

You or a loved one might receive an advertisement in the mail, but it could be from a private company or even a scammer.

United States law prohibits people or non-government businesses from using words or emblems that mislead others.

Their advertising can't lead people to believe that they represent, are somehow affiliated with, or endorsed or approved by Social Security.

Scammers commonly target people who are looking for Social Security program and benefit information. If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General Fraud Hotline  
Social Security Administration  
P.O. Box 17768  
Baltimore, MD 21235



**PARENTING ABUSE.** The United State Postal Service experiences increase in mail fraud.

Community can simply mean your family unit. The more you know about what your loved ones are exposed to, the better you can protect them.

We also receive reports where someone pretending to be a Social Security employee has contacted members of the public.

The intent of this type of call may be to

steal your identity and/or money from your bank accounts.

They may state that your Social Security number will be suspended or they may demand immediate payment.

The caller generally asks you for personal information such as your Social Security number, date of birth, your mother's maiden name, or your bank or financial account information.

You should not provide any of this information to these individuals.

It's possible that a Social Security employee may contact you to follow-up on a previous application for Social Security benefits or to follow-up on other business you initiated with Social Security.

Remember, Social Security employees will never threaten you or demand any kind of payment in exchange for services.

It's important that you report any and all fraud. This can only strengthen our communities and your family. You can report Social Security fraud at [oig.ssa.gov/report](http://oig.ssa.gov/report).

This month's *Senior Safety* Page is Proudly Sponsored by **VILLA PUEBLO SENIOR LIVING COMMUNITY**. Give them a call right away! And give them a "high five" for sponsoring this valuable addition to the Senior Beacon!!

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## Pueblo - Home of Heros!

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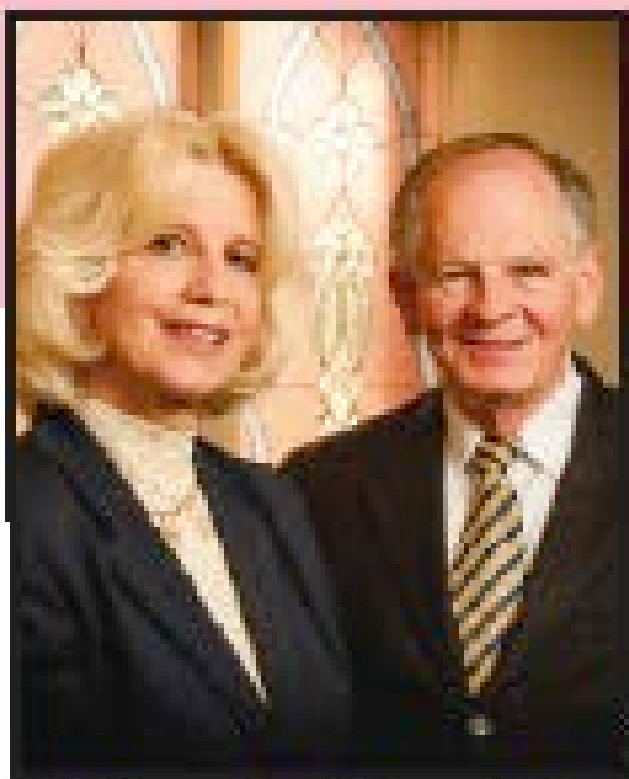
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# Montgomery & Steward Funeral Directors



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## Proudly Introduces The Rev. Dr. Rick Calhoun

Pre-Planning Counselor/Clergy Relations/Pastor



Rev. Dr. Rick Calhoun

The Rev. Rick Calhoun really doesn't need an introduction. He is a well-known pastor in the Pueblo community. A United Methodist minister for 40 years, serving various churches around Colorado. He retired from United Methodist Church after 12 years of service. A week into his retirement, he was appointed to Vineland United Methodist Church, where he has continued to minister for the past three years.

He is a member of the Pueblo Charter Lion's Club and proud to have served as the Lion's Club District Governor for the South Eastern part of the state, and is a member of the Masonic Lodge.

As a member of the caring professionals at Montgomery & Steward Funeral Directors, Rev. Calhoun offers assistance in both pre-planning funeral arrangements and officiating services.

Rev. Calhoun believes being a minister is a natural extension of the care and service he can provide when families most need guidance and comforting.

Rev. Calhoun is available to assist your family at the funeral home or in the comfort of your own home.



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# Best Flowers for Butterflies

TO A BUTTERFLY, your garden is not just a pretty place; it's a habitat, and your colorful flowers are a nectar-rich source of sustenance. Many garden plants, including trees, shrubs

**MARTY ROSS**  
Freelance garden journalist and syndicated gardening columnist



and vines, are also host plants for butterfly larvae, fascinating caterpillars that, in time, pupate and emerge through metamorphosis to populate the garden with butterflies.

When you plant both nectar and host plants, you're growing your own butterflies. You don't need a big garden to enjoy the pleasure of many kinds of butterflies. A pot full of zinnias or cosmos will attract butterflies to a tiny patio garden. A window box planted with bright lantanas welcomes butterflies to a garden on a balcony in the big city. Urban or rural, beds filled with annual and perennial flowers, blooming in succession from spring through frost, will put you right on the stage for a fluttering pageant of butterflies. In

gardens of any description, simply being able to follow the lifecycles of butterflies enriches your experience of the great outdoors.

When you plant flowers for butterflies, be bold. Large flowers, with big landing pads, are easy for butterflies to see, and they're great nectar sources. Daisies, coneflowers, lantanas, sedum, verbenas and black-eyed Susans all attract butterflies. Plant them in drifts of three or more plants, and butterflies will spot them from afar and sail in to sip eagerly from these handsome sources of nectar.

Garden phlox, a perennial plant with bold clusters of purple, pink or white flowers, is among the best butterfly plants. It is hardy and easy to grow, and it blooms for weeks in the heat of summer. Horticulturists at Mt. Cuba Center in Delaware made a two-year study of 94 different kinds of phlox that thrive in sun and shade, evaluating them for their garden performance and appeal to butterflies. They found that phlox Jeana, a strain discovered in Nashville, Tennessee, was the single most attractive to butterflies, but you can scarcely go wrong with any kind of phlox.

Anise hyssop, a good-looking perennial in the mint family, also attracts the lively attention of butterflies, hummingbirds and other pollinators. A single plant produces many flowering stems that stand quite tall in the tumult of a flower bed and bloom for months. They're hardy, undemanding, drought-tolerant plants. Long-blooming flowers, or an assemblage of different flowers that bloom from spring through frost, attract and maintain a thriving and varied butterfly population. Salvias, known for their long-lasting blooms, also earn high marks for their appeal to butterflies and

hummingbirds. Ageratum, calendulas, and all kinds of daisy-flowered plants should be on your butterfly garden list. From late summer through fall, the purple flowers of joe-pye weed are covered with butterflies. Milkweeds are critical flowers for butterflies, especially for the striking orange-and-black monarch butterflies, which lay their eggs on these plants. Milkweed is the only food their larvae eat. Without milkweeds -- including the brilliant orange-flowering butterfly milkweed *Asclepias tuberosa* -- there would be no monarchs.

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# Integrative Therapy: New Care Concept

**BRENDA BIGGERSTAFF**, manager of the oncology program at St. Mary-Corwin Medical Center's (SMC) Dorcy Cancer Center (DCC), says integrative therapy is a newer concept of care that had been missing from oncology patients' treatment plans in the past.

The integrative therapy program at DCC helps oncology patients cope with their diagnosis and learn how to balance their health mentally, physically and spiritually.

"Research shows that integrative therapy programs are beneficial to oncology patients," said Biggerstaff.

"Yoga for breast cancer patients improves quality of life.

"Ear acupuncture can help ease hot flashes for breast cancer patients and anxiety in all oncology patients dealing with a stressful diagnosis.

"Tai Chi helps correct balance issues caused by treatment.

"We offer all of these therapies along with others like essential oil classes."

DCC hosts a breast cancer retreat once a year that combines many of these therapies with the calm and peace of nature.

Patients call the retreat life changing and say they create a sisterhood with other participants who have faced a diagnosis of breast cancer.

Healthy meals are served during the retreat and the women participate in NADA

Acupuncture and go on a nature hike. Healthy eating habits and calming exercise are techniques the women can bring home and practice in their everyday lives after the retreat concludes.

Registration for this year's August 17 through 18 retreat opens in July.

The overnight event will take place at the Mountain Park Environmental Center in Beulah.

There are openings for 16 survivors

to participate at a fee of \$25 each, although scholarships are available.

DCC also offer healthy living classes once a month. April Irvine, supervisor dietician, clinical, coaches participants on healthy eating habits while Biggerstaff, a certified health coach, focuses on gratitude, relationships and other mental and spiritual health habits.

The American Cancer Society Resource Center located in DCC provides free hats, wigs, turbans, breast prosthetics, scarves, bras and a road to recovery program to patients in need, also benefiting mental health during their cancer journey.

"We are blessed to be able to offer so much to our patients," said Biggerstaff.

"And now that St. Mary-Corwin is a certified member of MD Anderson Cancer Network®, we can offer more than ever before!

"This membership is a great benefit to the community.

"Patients will receive a diagnosis locally and not have to leave their community to get a second opinion.

"They aren't burdened with the cost and time consumption of booking a flight, finding a hotel room and creating additional appointments beyond their local medical center.

"There's no delay in treatment!" Newly diagnosed patients are encouraged to participate in DCC's free Cancer 101 Patient Orientation program.

The program is designed to teach these patients and their support person, whether it be a family member or friend, what to expect during treatment.


The program was created to help alleviate some of the anticipatory stress that comes with the initial diagnosis before treatment begins.

Participants meet caregivers that will be with them along the journey and get the chance to ask questions about what they should expect along the way.

For more information about integrative therapy programs and upcoming DCC events, contact Brenda Biggerstaff at 719-557-4548.

## ABOUT ST. MARY-CORWIN MEDICAL CENTER

St. Mary-Corwin Medical Center is committed to investing in its award-winning programs including joint replacement and orthopedics, cancer care at the Dorcy Cancer Center, diagnostic imaging, breast health at the Breast Center of Excellence, surgical services, trauma and emergency services, Flight For Life Colorado, home health, non-invasive cardiology, Centura Health Urgent Care Pueblo West, gastroenterology and primary care. St. Mary-Corwin's expert team of physicians, nurses and caregivers provide compassionate, quality patient care, with access to the latest in medical technology. St. Mary-Corwin is part of Centura Health, the region's leading health care network. For more information visit St. Mary-Corwin Medical Center or follow us on Twitter @ StMaryCorwin and on Facebook.




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# SOCIAL SECURITY & YOU

JOSH WELLER, PUBLIC AFFAIRS SPECIALIST-SOCIAL SECURITY ADMINISTRATION - PUEBLO COUNTY, FREMONT COUNTY AND EL PASO COUNTY

## 5 Ways To Use Social Security Online

**SOCIAL SECURITY IS** here for you, not just when you need us financially, but when you need accurate information about our programs, retirement, and more.

Retirement planning experts say the lack of confidence could be the result of a combination of factors that have made saving for a secure retirement more difficult.

These factors include longer life spans and thus potentially longer retirements, uncertainty with retirement programs such as Social Security and Medicare, and the rising cost of health care.

There are many online sources for Social Security information, but you need to make sure you're getting the right information.

By using [www.socialsecurity.gov](http://www.socialsecurity.gov), you know that what you're reading and watching is approved by our experts and specifically created for you.

Here are five of our resources that can offer you invaluable information.

Want access to our latest news, retirement planning tips, and helpful information?

Social Security Matters is our blog at [blog.socialsecurity.gov](http://blog.socialsecurity.gov).

From there, you can also connect with us on Facebook, Twitter, LinkedIn, and YouTube, where you can watch our popular videos.

Our online calculators, such as the Retirement Estimator, the Life Expectancy Calculator, and the Early or Late Retirement Calculator, can be found at [www.socialsecurity.gov/planners/calculators](http://www.socialsecurity.gov/planners/calculators).

Have you lost or misplaced your Social Security card?

Find out how to get a new, replacement, or corrected card at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

In fact, you may be able to quickly request a replacement card online with a my Social Security account, if you meet certain qualifications, at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Verify your annual earnings and review estimates of your future Social Security benefits when you access your Social Security Statement, one of the many services available with a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Do you have to pay taxes on Social Security benefits?

How do you apply for Social Security retirement benefits?

What is your full retirement age? Discover the answers to your



Social Security related questions at our Frequently Asked Questions page at [www.socialsecurity.gov/faq](http://www.socialsecurity.gov/faq).

With so many services available online, Social

Security is here for you when your schedule allows.

And we're the authority for Social Security program and benefits information.

Be sure to tell friends and family about all the business they can do with us from the comfort of their home or office at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### SENIOR LIVING AT VILLA PUEBLO



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SOCIAL SECURITY & YOU

**Question:**  
I have a 38-year-old son who has been disabled by cerebral palsy since birth. I plan to apply for retirement benefits. Will he be eligible for benefits as my disabled child?

**Answer:**  
Yes. In general, an adult disabled before age 22 may be eligible for child's benefits if a parent is deceased or starts receiving retirement or disability benefits. We consider this a "child's" benefit because we pay it on the parent's Social Security earnings record.  
The "adult child"—including an adopted child, or, in some cases, a stepchild, grandchild, or step grandchild—must be unmarried, age 18 or older, and have a disability that started before age 22.

**Question:**  
I just received my first disability payment. How long will I continue to get them?

**Answer:**  
In most cases, you will continue to receive benefits as long as you are disabled. However, there are certain circumstances that may change your continuing eligibility for disability benefits. For example,

- Your health may improve to the point where you are no longer disabled; or
- Like many people, you would like to go back to work rather than depend on your disability benefits and you are successful in your attempt.

Also, the law requires that we review your case

from time to time to verify you are still disabled. We tell you if it is time to review your case, and we also keep you informed about your benefit status. You also should be aware that you are responsible for letting us know if your health improves or you go back to work.

**Question:**  
I applied for disability benefits, but was denied. I'd like to appeal. Can I do it online?

**Answer:**  
Yes. In fact, the best way to file a Social Security appeal is online. Our online appeal process is convenient and secure. Just go to [www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal) to appeal the decision. For people who don't have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to file your appeal.

**Question:**  
It's hard for me to get around because of my disability. Can I apply for disability benefits from home?

**Answer:**  
Yes. In fact, the best way to apply for disability benefits is online. Our online disability application is convenient and secure. You can apply for benefits over the Internet at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability). If you do not have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to apply.

However you decide to apply, begin by looking at our Disability Starter Kit at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability). It will help you prepare for your application or interview.

**Question:**  
I currently receive Social Security disability benefits. I now have a second serious disability. Can my monthly benefit amount be increased?

**Answer:**  
No. Your Social Security disability benefit amount is based on the amount of your lifetime earnings before your disability began and not the number of disabling conditions or illnesses you may have. For more information, go to [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

**Question:**  
Is there a time limit on how long you can get Social Security disability benefits?

**Answer:**  
No. Your disability benefits will continue as long as your medical condition has not improved, and you cannot work. We will periodically review your case to determine if you continue to be eligible. If you are still receiving disability benefits when you reach your full retirement age, your disability benefits will automatically be converted to retirement benefits. The amount you receive will remain the same. Learn more about disability benefits at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

**Question:**  
I am very happy that I was just approved to receive disability benefits. How long will it be before I get my first payment?

**Answer:**  
If you're eligible for Social Security disability benefits, there is a five-month waiting period before your benefits begin. We'll pay your first benefit for the sixth full month after the date we find your disability began. For example, if your disability began on June 15, 2015, your first benefit would be paid for the month of December 2015, the sixth full month of disability, and you would receive your first benefit payment in January 2016. You can read more about the disability benefits approval process at [www.socialsecurity.gov/dibplan/approval.htm](http://www.socialsecurity.gov/dibplan/approval.htm).

**Question:**  
What are the requirements for receiving disabled widow's benefits?

**Answer:**  
You may be able to get disabled widow(er)'s



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**SOCIAL SECURITY & YOU**

benefits at age 50 if you meet Social Security's disability requirement. Your disability must have started before age 60 and within seven years of the latest of the following dates: the month the worker died; the last month you were entitled to survivors benefits on the worker's record as a parent caring for a surviving minor child; the month your previous entitlement to disabled widow(er)'s benefits ended because your disability ended. To learn more, visit [www.socialsecurity.gov/dibplan/dqualify9.htm](http://www.socialsecurity.gov/dibplan/dqualify9.htm).

**Question:**

What is the earliest age that I can receive Social Security disability benefits?

**Answer:**

There is no minimum age as long as you meet the Social Security definition of disabled and you have sufficient work to qualify for benefits. To qualify for disability benefits, you must have worked under Social Security long enough under to earn the required number of work credits and some of the work must be recent. You can earn up to a maximum of four work credits each year. The number of work credits you need for disability benefits depends on the age you become disabled. For example, if you are under age 24, you may qualify with as little as six credits of coverage. But people disabled at age 31 or older generally need between 20 and 40 credits to qualify, and some of the work must have been recent. For example, you may need to have worked five out of the past 10 years. Learn more at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

**Question:**

How does Social Security decide if I am disabled?

**Answer:**

For an adult to be considered disabled, Social Security must determine that you are unable to do the work you did before and that, based on your age, education, and work experience, you are unable to adjust to any other work that exists in significant numbers in the national economy. Also, your disability must last or be expected to last for at least one year or to result in death. Social Security pays for total disability only. No benefits are payable for partial disability or short-term disability (less than a year). For more information, we recommend you read our publication, Disability Benefits, available online at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Question:**

I'm getting ready to start filling out my disability benefits application online, but I'm concerned I will need to stop before I can finish it. Can I stop before completing the application and come back to finish it later? If so, how do I return to my online

application to finish it when I have all the information I need?

**Answer:**

Applying for disability is a multi-step process that may take one to two hours to complete, depending on your situation. You can save your application as you go. This allows you to come back and finish later.

When you start your application, you will receive a "Re-entry Number." You will need this number to return to your application to complete it. You can go back to the online application at <https://secure.ssa.gov/iClaim/dib>.

After you're finished and have submitted your application, we'll contact you with any updates or questions we may have about your information. You can also use our application status page to check on the status of your completed application online at <https://secure.ssa.gov/apps6z/IAPS/applicationStatus>

**Question:**

Often, I need assistance with day-to-day tasks. My daughter offered to help me with my Social Security claim and wants to represent me. Is that okay?

**Answer:**

You can choose to have a representative help you when you do business with Social Security. We'll work with your representative in the same way we would work with you. Select a qualified person, because this person will act for you in most Social Security matters.

First, you will need to fill out the Appoint a Representative form at [www.socialsecurity.gov/forms/1696.pdf](http://www.socialsecurity.gov/forms/1696.pdf).

Keep in mind that an attorney or other individual who wants to collect a fee for providing services in connection with a claim must generally obtain our prior authorization.

**Question:**

How do I know if I meet the eligibil-

ity requirements to get Social Security disability benefits?

**Answer:**

To qualify for Social Security disability benefits, you must have worked long enough in jobs covered by Social Security (usually 10 years). You must also have a medical condition that meets Social Security's strict definition of disability. We consider an adult disabled under our rules if he or she has a medical condition, or combination of medical conditions, that are expected to last for at least one year or result in death, and that prevent the performance of any type of work.

If you think you may be eligible to receive disability benefits and would like to apply, you can use our online application at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability).

**Senior Beacon**

Senior Beacon serves Pueblo, El Paso, Fremont and the 12 surrounding counties that make up most of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community of these areas. Subscriptions are available, prepaid with order, at \$34.95 for one 12-month period. Send your order to the mailing list below.

Publication of advertising contained herein does not necessarily constitute endorsement. Signed columns are the opinions of the writers and not necessarily that of the publisher. Senior Beacon is locally owned and operated. Founded in February of 1982.

**BEACON NEWS GROUP**

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SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups news, stories, poetry, recipes and happenings. Letters 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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**WHEEL CHAIR, ZINGER:** Featured in AARP magazine; brand new. Must have use of both arms and hands. \$2400 Must see  
**Call: 948-3620**

**SENIOR WRITING GROUP** forming. Combine talents to help write a fictional novel. Weekly meetings at the Penrose Library downtown. Experience not required.  
**Call Bill Goodnight 719-251-2535**

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**WANTED: VINYL RECORDS:** from 1950s and 1960s; 45s, 78s, LPs. Also sheet music from same period with artist/group pictured on front. (719) **566-7975** after 11:00.

**SHARE YOUR JOURNEY:** Need help documenting the highlights of your life story? Ellyn makes it easy with an on-site interview and scanning of your pictures. The result is a colorful hardback memoir that will be a family keepsake.  
**Call: Ellyn Reynolds, Personal Biographer 251-9808.**

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**SENIOR CLASSIFIED AD REQUEST**

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$10.00 for the first 20 words or less and \$.25 for each word over twenty words.

**TO PLACE AN AD either:**

(1) **Write your ad** in the space provided below. **Please print clearly.**

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\_\_\_\_\_

Phone: \_\_\_\_\_ Your Name: \_\_\_\_\_

Then mail ad and check (send no cash) to:


Senior Beacon      P.O. Box 8485      Pueblo, CO 81008

(2) **Email your ad** to **BeaconNewsGroup@gmail.com** or


(3) Visit **SeniorBeacon.info** and click the “advertise” page

**Deadline is the 20th of the month** (allow mailing time)





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SPECIAL EVENTS

**Senior Law Day:**  
Sat, Aug 3, 9-1 Free  
**Trailer Park Patsy:** Tues, Aug 6, 1:30-3:, \$5  
**Colorado Springs Saxophone Quartet Concert:** Tues, Aug 13, 1:30-2:30 \$3

THE SENIOR SCOOP!



**Sat, Aug 17, 9-2 Free.** What's the scoop on senior services, resources, and discounts in Colorado Springs? Find out information regarding health care, housing, recreation and fitness, entertainment, technology, transportation and much more. Don't miss out on the best scoop of all-Josh & John's Ice Cream Scoop Bus will be here from 10-12. Must pay for ice cream.

ONGOING ACTIVITIES

**Thursday Dances:** 1:30-3  
**Ping Pong Fridays:** 1:30-2:30  
**Movie Fridays:** 1-3  
**AARP Driver Safety Class:** Wed, Aug 7 or 21, 1-5  
**Private Music Lessons:** Tuesdays, by appointment only  
**Silver Key Connections Café:** Lunch, Mon-Fri, 11:15-12:15  
*No reservation necessary*

DAY TRIPS

**Concrete Couch Tour and Project:** Tues, Aug 13, 9:30-3:30 \$25  
**Jumpin Good Goat Dairy:** Thurs, Aug 15, 8-4 \$45  
**Las Vegas Water Resource Plant Tour & Lunch:** Wed, Aug 21 11:15-4 \$25  
**Senior Day at the Colorado State Fair:** Mon, Aug 26, 11-4:30 \$30

EXERCISE & DANCE

**We offer several exercise and dance classes:**  
**Yoga:** beginning, gentle, flow and chair  
**Silver Sneakers:** Open gym, Classic, Circuit, **New-Stability Pilates**  
**Drums Alive**  
**TaijiFit:** Combines traditional Tai Chi & modern Western fitness.  
**Zumba**  
**Jazz Dance Fitness**  
**Dance Classes:** Line Dancing, Waltz, West Coast Swing

*Many more classes!  
Call for information.*

ART CLASSES

**Pyrography:** Mon, Aug 5-26, 9-11:30 \$60  
**Let's Make Mud:** Mon, Aug 12, 9:30-2:30 \$27

HEALTH EDUCATION

**Hospice 101:** Fri, Aug 2, 10-11 Free  
**Purely Paleo: The Science Behind the Paleo Diet:** Mon, Aug 5, 10-11 Free  
**Hydration Station:** Tues, Aug 6, 1-2 Free  
**Medicare 101:** Wed, Aug 7, 10-11:30 Free  
**Breathe & Be:** Thurs, Aug 8, 10-11 Free  
*We appreciate your \$1.00 donation. Every dollar helps offset the cost of these classes.*

TECHNOLOGY CLASSES

**Intro to Gmail:** Tues, Aug 6, 10-11:30 \$10  
**All About Social Media:** Tues, Aug 13, 10-11 \$10  
**Technology Hour- FaceTime/ Skype:** Fri, Aug 23, 1-2 \$10



LIFELONG LEARNING

**AARP HomeFit:** Thurs, Aug 1, 9:30-10:30 Free  
**Ted Talk on Aging & Discussion:** Mon, Aug 5, 1:30-3 \$5  
**Mysterious Signs, Sequences & Synchronicities :** Tues, Aug 6 & Aug 13 10-11:30 \$12  
**Let's Talk Baseball:** Thurs, Aug 8, 1-2 \$3  
**Decluttering:** Fri, Aug 9, 9-11 \$10  
**Zero-Based Budget:** Fri, Aug 9, 10-11:30 Free  
**Cooking Demonstration: Mile High Meringue** Tues, Aug 13, 1:30-2:30 \$10

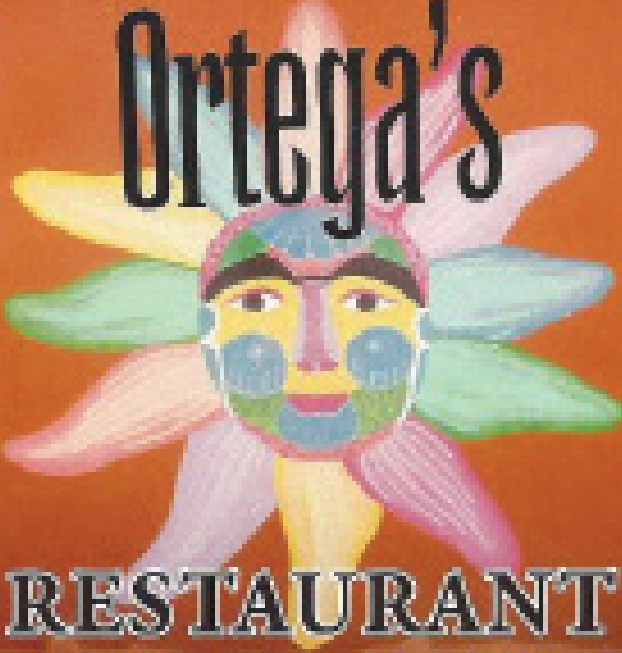


Please stop by or go online to find the full listing of classes, trips and special events at [csseniorcenter.com](http://csseniorcenter.com). All classes require registration

Colorado Springs Senior Center • 1514 North Hancock Avenue • [csseniorcenter.com](http://csseniorcenter.com) • 719.955.3400

PPACG Area Agency on Aging Calendar of Events

- 8/6/19 at 5:30 PM Social Security 101, PPACG
- 8/12/19 at 5:30 PM PPLD Medicare 101, Rockrimmon Library\*
- 8/19/19 at 9:00 AM Medicare 101, PPACG
- 8/29/19 at 5:30 PM Medicare 101, PPACG and Live Webinar
- 9/16/19 at 9:00 AM Medicare 101, PPACG
- 9/24/19 at 5:30 PM Medicare 101, PPACG
- 10/10/19 at 4:00 PM Social Security 101, Webinar
- 10/15/19 at 5:30 PM The New Normal; Sex, Drugs & Rock 'n Roll in Retirement; Aging for Beginners rsvp: [www.pillarinstitute.org](http://www.pillarinstitute.org)
- October 15-December 7 Medicare Open Enrollment: Sign up for 2020 Medicare Part D and Medicare Advantage Plans.



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# Outdoor Cooking Spaces Next Frontier

**THE GREAT OUTDOORS** is the next frontier for cooking, which includes everything and the kitchen sink. More homeowners are building kitchens outside that have the amenities of the kitchen inside their house.

Outdoor cooking spaces are topping the list of kitchen trends for the second year in a row, according to 2019 Home Design Trends Survey results conducted by the American Institute of Architects (AIA).

“People are tending more toward outdoor living,” says Russ Faulk, chief designer and head of product at Kalamazoo Outdoor Gourmet. “Firing up a grill and cooking outside feeds a human primal urge.” Kalamazoo Outdoor Gourmet is a high-end outdoor kitchen designer and manufacturer based in Michigan.

Outdoor or alfresco kitchens have evolved into permanent struc-



**EATING OUTSIDE.** This Palo Alto, California, outdoor kitchen is housed under a pergola and boasts not only a grill, but an outdoor pizza oven.

tures built to emulate the indoor kitchen, Faulk says. “People are investing money into their house, and an outdoor kitchen can improve a home’s value and make it more desirable,” he says. “Also, with the trend toward emulating restaurant or artisan cooking, having an outdoor kitchen with a grill is like having dinner and a show from

the comfort of your backyard.” According to 2019 research conducted by the National Kitchen and Bath Association (NKBA), a majority of outdoor kitchens:

- Cost at least \$13,000, with 25% of homeowners considering very high-end kitchens of \$30,000 or more.
- Have an average size footprint of 100 to 400 square feet, including a sitting area in the meal preparation space.
- Are directly linked to the

home, often sharing an exterior wall, which allows for an easy transition between indoor and outdoor kitchens.

“Cooking in the backyard has come a long way from the post grill on the patio,” Faulk says. “Now, an outdoor kitchen has key components that include not only a grill, but also refrigerator, sink, cabinets, food-prep surface and task lighting.”

While dreaming of an outdoor kitchen, it’s important to create a complete patio picture, which entails laying a solid foundation. Before pouring concrete or laying flagstone flooring, make sure you’re working with competent contractors who have experience installing patios. After an outdoor kitchen design is drawn, the site needs to be prepared so that the patio slopes away from the house and drains properly.

A patio should be built with outside-rated bricks, tiles and pavers because these materials have less than a 3% water absorption rate, which means they won’t crumble during numerous freeze-thaw cycles in colder climates. In addition to using outside-rated materials, it’s important to use waterproofing membranes, especially if materials are bonded to concrete.

MARY G. PEPITON  
Freelance writer with  
Andrews McMeel  
Syndication Universal



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## Overpaying For Prescription Medication

A NEW ANALYSIS from The Senior Citizens League (TSCL) of 12 frequently - prescribed drugs illustrates that Medicare recipients frequently overpay for their medications. “Because Medicare doesn’t negotiate drug prices there are wild swings in prices between Part D drug plans,” says Mary Johnson, The Senior Citizens League’s Medicare and Social Security policy analyst.

The difference in cost for the same drug between drug plans can be in the thousands of dollars for the most

expensive drugs, and hundreds of dollars for more common prescriptions. Since the start of Medicare Part D in 2006, Johnson has volunteered to help friends and acquaintances shop for Part D plans.

Although Medicare has an annual Open Enrollment period, when beneficiaries can compare drug plans and switch to lower costing drug plans, few retirees actually do so.

“In most areas of the country, the Medicare beneficiaries have more than two dozen Part D plans to sort through, and the average person just don’t know where to begin, or that free, unbiased help is available,” Johnson says.

“Consequently, Medicare beneficiaries winds up overpaying for prescriptions that could be obtained for a lower cost from a different drug plan.” Johnson compared the lowest and

highest cost between drug plans for a list of 12 frequently - prescribed drugs.

The list includes commonly prescribed brand name and specialty drugs, as well as two widely - used generics. The analysis found:

The difference in drug prices between the lowest and highest costing plans, can be in the hundreds, or even thousands, of dollars.

For brand name and specialty drugs, the most frequent reason that the drug costs so much more in the highest costing plan is lack of coverage.

The drug is not listed on the high cost plan’s formulary.

For example, the lowest cost plan for Sovaldi, a drug used to treat Hepatitis C, charges \$5,600 in co-insurance (for a one-year treatment).

The highest cost drug plan charges

\$100,800, the full cost of the drug, because Sovaldi is not on the plan’s formulary.

New Part D plan drug pricing programs may lower costs for those who seek out the savings.

Recent Congressional scrutiny on drug pricing may be spurring some drug plans to drop prices.

One of the biggest cost-savings found is a new drug plan pricing program that lowers the cost of insulin.

In the 2018, the lowest cost Part D plan charged an \$80 copay for a 100/ML of Lantus Solostar.

In 2019, a different plan had lowest cost copays charging as little as \$6.00 - \$11.00 for Lantus Solostar, in the Cigna-HealthSpring Rx Secure — Extra Part D plan. The highest cost plan, which does not cover Lantus, charges the full price, \$383.18 per 100/ML.

JOLYNN ALLEN  
Owner of Allen Insurance in Pueblo. She specializes in life, health, annuities and Medicare

RON PHILLIPS  
Owner of Century Investments in Pueblo. He is a Financial Advisor, author and teacher



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‘INTERMISSION — A PLACE IN TIME’

GLEN VOLLMECKE

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“its up,” Diane announced proudly as she walked briskly beside me. Boldly, I edged toward the group of men determined to eavesdrop for some answers, and resolutely I stood behind the tall, blonde effeminate man in the dark blue suit. Turning to his associates, he murmured audibly above the crowds, “Passing ships in the sea.” Thoughtfully, he rubbed his chin, and the phrase sent cold shivers down my spine.

I never saw Brian Epstein again, even though I felt uneasy and curiously sad as

he and his entourage clearly had grandiose plans for our local lads. My stomach sank and a black cloud of sudden reality encircled my head, as our lives were shifting far too quickly, and I would miss Ringo, my family and friends dreadfully. In the wee hours of the morning, we joined multitudes of teenagers who noisily exited the Tower. While leaving the warmth of the building, we pulled our scarves closer to our necks and stared mutely as dozens of white tickets fluttered in the cold breeze. Kneeling down, I retrieved just one for a souvenir. Promoted on the ticket were other groups such as Billy Cramer, Faron, and Lee Curtis. However in big black letters were the words ‘BEATLES’ NIGHT OUT.’ Carefully and for future reminiscences of this fabulous evening, I tucked it into my handbag.

JERSEY

Once completing art classes, I began preparation for my final exam involving window design and display.

Surprisingly, my extensive jaunts to Liverpool’s Cavern and Iron Door notwithstanding, I received my visual merchandising diploma with honors. It naively assured me of obtaining hard to find jobs in London, and I made plans for a move to the West End, but a Jersey visit was imperative right now. B.H. had rented a basement apartment in Peel road, a large building in the heart of St. Helier.

Mum was shopping in the market place, and so I waited for her return. “The key is located under the mat, so relax, make a cup of tea, and I’ll be there soon,” she had recommended earlier. I let myself in and immediately inside the hallway was a tiny kitchenette consisting of a sink, dining table with chairs and a gas stove. Although the living area and bedroom were small, it was adequate for two people. Opening the Jersey newspaper, I searched for lodgings and a job.

It was barely ten minutes later, when the back door flew open and B.H. appeared. I nodded, and he stared. Stomping around the small room, he irately brewed some tea while grunting noisily. It was bizarre, and like an African lion on speed, he all but sprayed the four corners of the living room. Several minutes passed, and then loudly gulping down his tea, he stormed out, slamming the door loudly behind him. I was now invading his territory. Almost immediately after his exit, I felt nauseated and dizzy, and I was in desperate need of air, so awkwardly I staggered past the kitchenette where I managed to reach the back

door. Then incredibly, I heard a loud hissing sound, which directed my attention to the archaic appliance. The gas quickly seeped from two burners on the unlit stove and I knew that B.H. had made his point very clearly. It was time to move on.

Once finding a bedsit and temporary employment, I planned to spend quality time with Mum and my visiting sister, Jean. For several months, I worked in a quilt factory inspecting designs, where I made good friends. Inexplicably, they called me ‘Lulu Belle.’ “You just look like a Lulu Belle, Glen.” They laughed warmly. Then, days before Clem’s arrival into Jersey, the economy forced the factory’s closure. During his short stay, we enjoyed a great week touring the Island and warm scenic beaches. Afterwards, Clem asked me to return home with him to Liverpool, but I was strangely unyielding and determined to establish residence in London.

*This excerpt is from Glenn Vollmecke’s newly published book: ‘Intermission: A Place in Time.’*

*Her memoirs describe life in war-torn Great Britain. Typical British humor is evident, offering a mixture of Wallace & Gromit and Angela’s Ashes. Her book’s cover is an original Beatles ticket, introducing Liverpool’s ‘Mersey Beat’ era.*

*Enjoy reading ‘Intermission’ monthly: Contact [alpacastrus@q.com](mailto:alpacastrus@q.com)*

*Availability: Amazon/ Barnes & Noble.*

*An autographed copy is available from [www.alpacastrus.net](http://www.alpacastrus.net).*

*Here’s a direct link to her book: <https://www.etsy.com/shop/CedarCanyonArtistry/>*



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*Jim & Paula Cappadona*

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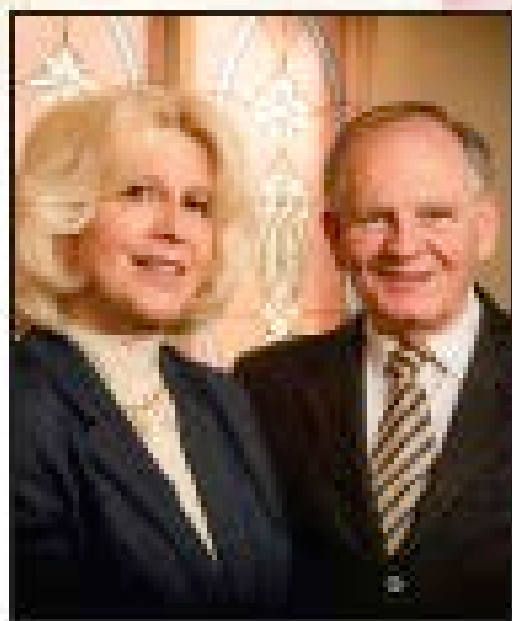
through Saturday 10 AM - 5 PM, Sunday 12-4PM. Admission grants entry to both the Children's Museum and Helen T. White Galleries and is \$10 for adults, \$8 for children, seniors 65+. Until Labor Day all Military, and their immediate families, are free. Arts Center members are always free. Visit online at [www.sdc-arts.org](http://www.sdc-arts.org).

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