

OCTOBER - NOVEMBER 2026



Pikes Peak

SENIOR NEWS

A non-profit publication of the SOCO Senior Resource Center

**Unstoppable:
Don't Let Your Age
Decide What's Next**

**"Unstoppable"
Senior Lifestyle
Expo Schedule
see pages 8-11**



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Unstoppable:

Don't Let Your Age Decide What's Next

By Anne Jensen

At some point, most of us discover that getting older is not nearly as simple as the birthday card industry would have us believe. The years add up, our priorities change, and our bodies occasionally remind us that we are no longer 30. The lives we carefully built can look very different than we expected. Children grow up, careers change or come to an end, friends move away, and sometimes the house becomes noticeably quieter.

But getting older doesn't mean we're done. In many ways, it gives us the opportunity to ask a question we may not have had much time to consider earlier in life: **What do I want to do next?**

That question is at the heart of this year's **Unstoppable Senior Lifestyle Expo**, taking place Friday, October 16, from 9 a.m. to 2 p.m. at Springs Pickleball, 2975 New Center Point in Colorado Springs. The theme isn't simply a catchy name for an event. It represents an attitude about aging and the possibilities that remain in front of us.

Being unstoppable doesn't mean being invincible. It doesn't mean ignoring limitations, pretending nothing has changed or trying to keep up with a younger version of ourselves. It means continuing to participate in life, adapting when necessary and remaining open to new experiences. As author and activist Betty Friedan

once observed, "Aging is not lost youth but a new stage of opportunity and strength." That idea captures what this Expo is really about.

Aging Well Means Staying in the Game

For many people, one of the most important parts of aging well is staying physically active. That doesn't necessarily mean joining a gym, running races or following an intense workout program. It can mean walking around the neighborhood, gardening, swimming, dancing, riding a bike or finding an activity that makes movement feel less like exercise and more like something you want to do.

That's one reason pickleball is such a fitting centerpiece for this year's Expo. Throughout the day, attendees will be able to watch **live pickleball and demonstrations at Springs Pickleball**, giving visitors an opportunity to see the sport up close in a facility designed around it.

You may already play pickleball several times a week. Or perhaps you're one of the people who still doesn't understand why everyone suddenly seems to own a paddle. Either way, come watch. You might discover a new activity, or you may simply enjoy watching people have fun.

The point isn't that everyone needs to become a pickleball player. The point is that movement should remain part

of our lives in whatever form works for us. As we age, maintaining strength, balance, flexibility and endurance can make a significant difference in our ability to remain independent and continue doing the things we enjoy. We aren't exercising simply so we can say we exercised. We're working toward having the physical ability to travel, explore, carry our groceries, climb the stairs, play with our grandchildren and enjoy the life we've worked so hard to build.

Stay Curious About What Comes Next

There is another important part of aging well that doesn't always receive enough attention: curiosity.

After decades of working, raising families, managing households and taking care of responsibilities, it can be easy to settle into a predictable routine. There is nothing wrong with enjoying a comfortable life, but comfort can sometimes turn into a rut without us realizing it.

Trying something new doesn't have to mean completely reinventing your life. It might mean learning something you've always wondered about, planning an adventure or finally giving yourself permission to do something simply because it interests you.

Travel is a perfect example. One of the featured presentations at the Unstoppable Expo will be



“Everything You Ever Wanted to Know About River Cruising,” presented by Brad Newberger, founder of Blue Sky Journeys and a former cruise ship employee. He will explore the growing popularity of river cruising, including destinations, cruise lines, when to book, what is included, cabin choices and even how water levels can affect a trip.

For someone who has always dreamed about seeing Europe from the water, exploring the rivers of the United States or simply wondering whether river cruising is right for them, the presentation offers an opportunity to turn an idea into a possibility. And perhaps that’s one of the best things about getting older: We have earned the right to be curious about what we haven’t done yet.

As author and filmmaker Susan Sontag wrote, “I think that one of the most important things about aging is to maintain curiosity.” There is still a world to explore, and there is no reason curiosity should have an expiration date.

Being Prepared Is Part of Living Well

Living well as we age isn’t only about what we do for fun. It is also about making thoughtful decisions before circumstances force us to make them.

Housing and senior care are subjects many families don’t want to think about until they have to. Yet understanding our options ahead of time can make an enormous difference when a parent, spouse or loved one suddenly needs more support.

The Expo will address that subject with **“Senior Living Decoded: Inside the Industry,”** presented by Evan Jones, an industry veteran with 15 years of experience and author of *The Wrong Place for Mom*. The presentation will take attendees behind the scenes of assisted living, memory care and placement options, helping families understand how the system works and what to consider when evaluating communities.

That information can be valuable whether you’re currently researching care for someone you love or simply want to understand the choices available before a decision becomes urgent.

Being prepared doesn’t mean expecting something bad to happen. It means giving yourself choices. The more we understand about senior housing and care options, the less likely we are to find ourselves making important decisions under pressure.

Sometimes Unstoppable Means Adapting

Perhaps the most inspiring lesson of the day will come from Eric Melvin and his Deaf Cattle Dog, Maddie. Eric and his deaf Australian Cattle Dogs have been inspiring

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Senior Lifestyle

audiences since 2007 through their remarkable bond, training and demonstrations. Maddie and Eric will present their story twice during the Expo, at **9:30am and another show at noon.**

Their presentation is a story of love, resilience, commitment and purpose, and Maddie's experience offers a powerful reminder that limitations don't necessarily determine what is possible.

Maddie cannot hear, but she has learned to communicate and connect in other ways. She has learned, adapted and developed an extraordinary relationship with Eric. Her story reminds us that when something changes, we may have to change with it.

As we get older, life will inevitably present us with circumstances we didn't anticipate. Our health may change. Our mobility may change. We may lose someone important to us, leave a career that once defined us or find ourselves in a new role within our family.

Being unstoppable doesn't mean pretending those changes aren't difficult. It means finding a way forward and asking, "What is still possible?"

A Day to Get Out and Get Inspired

That is really what the Unstoppable Senior Lifestyle Expo is intended to celebrate.

On October 16, Springs Pickleball will become a gathering place for people who want to stay active, continue learning, explore new possibilities and connect with the Colorado Springs community. Local businesses and organizations that serve older adults and their families will be there, giving attendees an opportunity to discover resources, ask questions and meet the people behind the services available in our community.

The **Cheyenne Mountain Zoo** will also bring a small exhibit to the Expo, adding a little wildlife and fun to the day. There will be refreshments, prizes and plenty of opportunities to visit with friends and meet new people, along with the live pickleball action and featured presentations.

Mark your calendar for **Friday, October 16, from 9 a.m. to 2 p.m. at Springs Pickleball, 2975 New Center Point in Colorado Springs**, and come experience the Unstoppable Senior Lifestyle Expo.

Come out to the event with an open mind and a little curiosity about what might be next and bring a friend or two—because being "Unstoppable" isn't about how old you are. It's about refusing to believe that your age has already written the ending of your story.

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Friday, October 16, 2026 • Springs Pickleball

9am to 2pm | 2975 New Center Point, Colorado Springs, CO



Contact Anne Jensen • 719-321-1971 • anne@socoseniorresourcecenter.org
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UnStoppable Expo Class Schedule

9:30 am & Noon Eric & Maddie the Marvelous DEAF Cattle Dog In Court 3

"An inspiring story about love, resilience, commitment and purpose."

Since 2007, Eric Melvin and his deaf Australian Cattle Dogs, Angelyne and Maddie, have inspired and amazed audiences of all ages.

They have given hundreds of public presentations showcasing their unique bond, talents, training and trick demonstration. Their story and work have been featured in best-selling books, on TV programs and more. Experience their unforgettable, motivational, heartwarming story and presentation at 9:30 and Noon in court 3



10:00 am Everything You Ever Wanted to Know About River Cruising In the classroom along back wall corridor.

River cruising is having its moment! Join Brad Newberger, founder of Blue Sky Journeys and former cruise ship employee, for Everything You Ever Wanted to Know About River Cruising. Whether you are completely new to river cruising or wondering where to go next, how the major river cruise lines compare, where to go, when to book, what is included, which cabins are worth the upgrade, and how water levels can affect your trip. Brad will highlight river cruise options throughout Europe, the United States, and some destinations you might not expect. Plus-something extra for attendees: Brad will reveal a special river cruise opportunity with added savings to help turn inspiration into your next adventure.

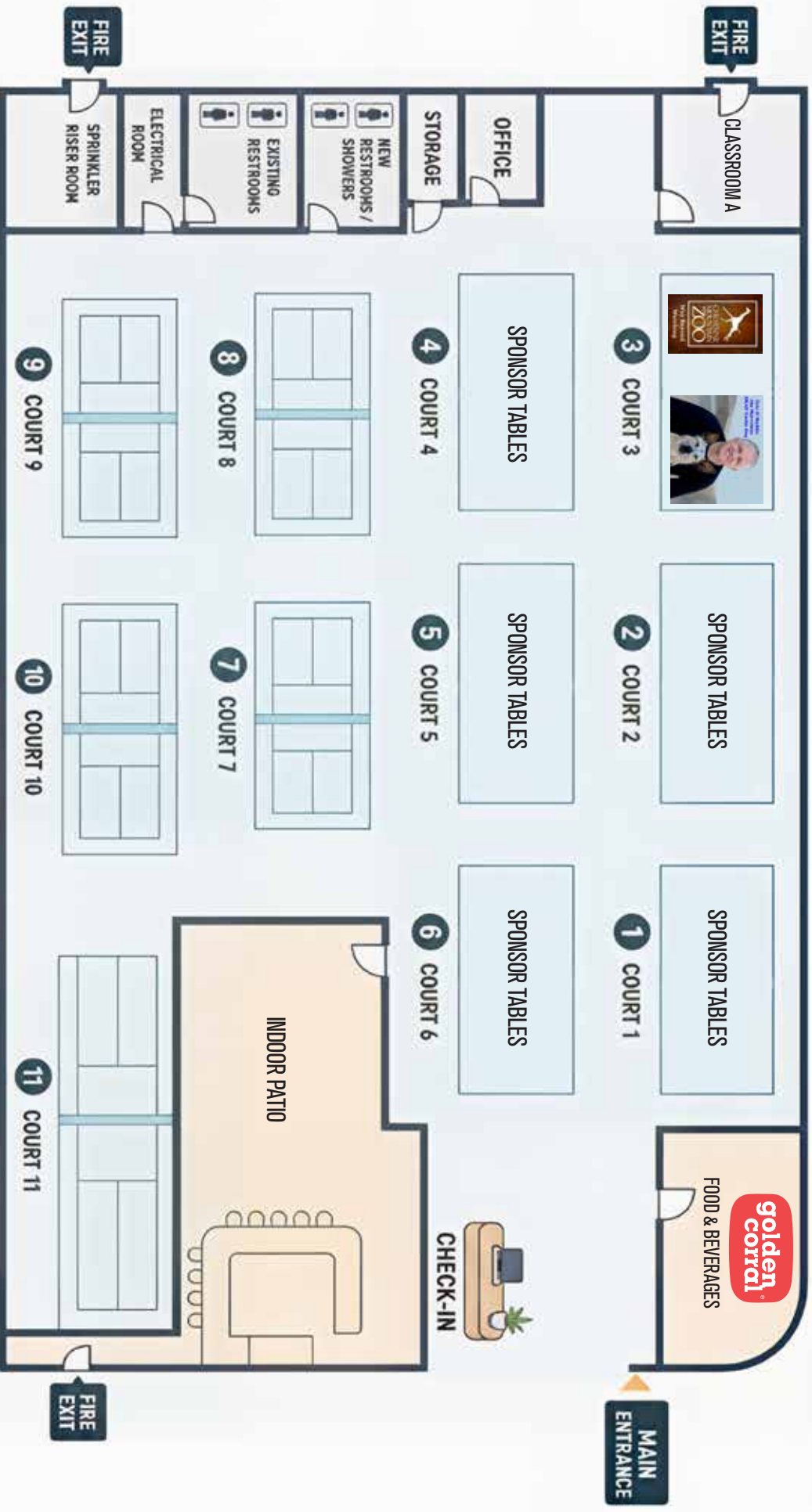


Brad Newberger is the founder of Blue Sky Journeys, a professional travel speaker, and a highly regarded specialist in luxury ocean and river cruising. Brad has worked onboard Celebrity Cruises in luxury hotel operations, gaining rare behind-the-scenes insight into what truly distinguishes each cruise line, which itineraries deliver, and which ports are worth your time. Today, he uses that firsthand expertise—along with more than 20 million redeemed miles and points and travel across 70+ countries—to help clients plan extraordinary journeys around the world.

11:00 am Senior Living Decoded: Inside the Industry In the classroom along back wall corridor.

Navigating Senior Care can feel overwhelming—understanding how the system works behind the scenes changes everything. Led by Evan Jones, an industry Veteran with 15 years of hands-on experience and author of "The Wrong Place for Mom", this session breaks down the inner workings of assisted living, memory care and placement options. You'll learn how to evaluate communities, avoid costly pitfalls, and make confident informed decisions for your loved ones. Whether you are actively exploring care or planning ahead, this class will provide you with insider knowledge needed to navigate the senior landscape with clarity and peace of mind.

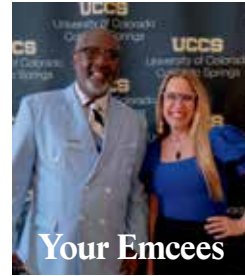






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Crossword Puzzle

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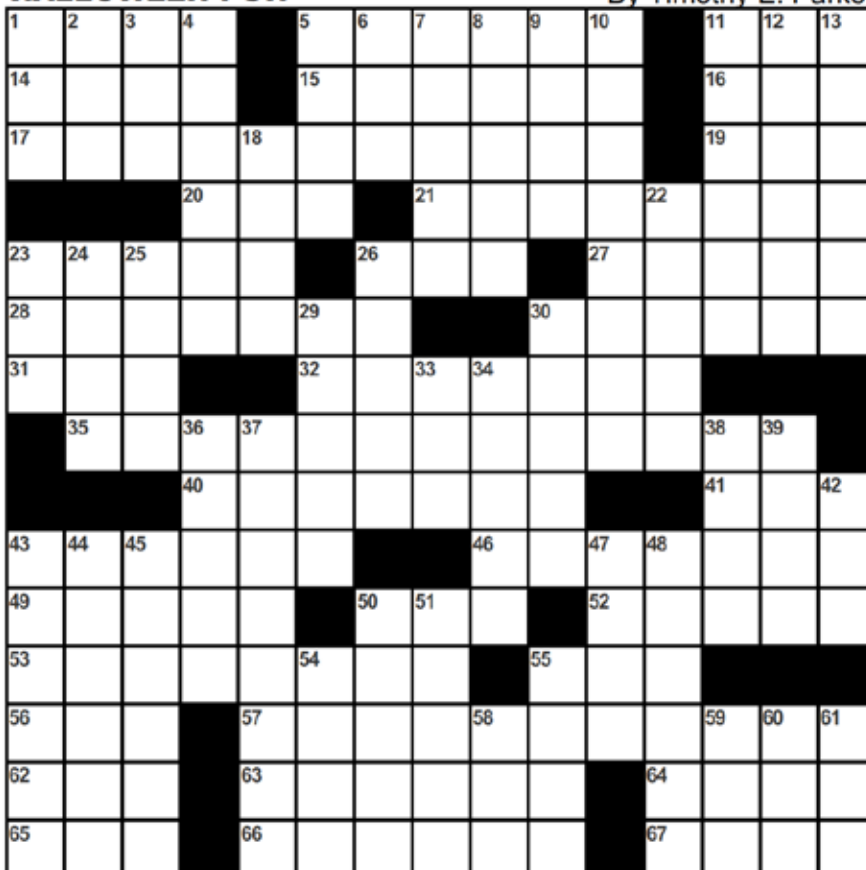
- 1) One of three fairy-tale bears
- 5) Harass
- 11) Many college degs.
- 14) Voting nay
- 15) Fainting
- 16) Little amphibian
- 17) Frighten one's Halloween staff?
- 19) Anger
- 20) Kind of station
- 21) Lawyer's objection
- 23) Happen
- 26) Wanna-___ (copycats)
- 27) Inebriate
- 28) Remote access?
- 30) Fatalities
- 31) Reward for waiting?
- 32) TV watchers
- 35) What caused Dracula to go the doctor?
- 40) Those preparing for a break
- 41) ___ Perignon
- 43) Put forward as truth
- 46) Get involved in a different sort?
- 49) Gather some wool
- 50) Bawl
- 52) Conquers
- 53) Crested parrot
- 55) Came in first
- 56) "To ___ is human ..."
- 57) Like a calm spirit?
- 62) "Born as"
- 63) Scotland's ___ Islands
- 64) Visitors to baby Jesus
- 65) It causes you to lose one hr. of sleep
- 66) Napped leathers
- 67) Black, poetically

DOWN

- 1) Mas' mates
- 2) Anti-apartheid party, for short
- 3) After-school bake sale org.
- 4) Nonlethal weapon
- 5) They've got your parts covered
- 6) Cigar residue
- 7) Stockholm citizen
- 8) Saddle afflictions
- 9) Weaver's equipment
- 10) Consumers of products
- 11) Lebanese capital
- 12) Way to begin
- 13) Cordwood units
- 18) Make, as money
- 22) Cook in an oven
- 23) When Sept. ends?
- 24) Elegantly and stylishly fashionable
- 25) Mafia chief
- 26) Lose a staring contest
- 29) Banish from an apartment
- 30) Hard to see through, as fog
- 33) Compass heading, sometimes
- 34) Fret
- 36) Word with "neat" or "control"
- 37) Confused mixtures
- 38) Betting numbers
- 39) Bard
- 42) New bride's title
- 43) Climb upward
- 44) Ocean stopping points
- 45) Confidential matter
- 47) Wind instrument
- 48) Give a new title to
- 50) "You Send Me" singer Sam
- 51) Expensive pub order
- 54) Drive-___ restaurant
- 55) Explanations
- 58) Director Spike
- 59) Bit of ointment
- 60) Psyche component
- 61) Confused noise

HALLOWEEN PUN

By Timothy E. Parker



Key on page 19.



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Your Next Home Doesn't Have to Be Smaller—It Has to Be Smarter

By Anne Jensen

For years, the conversation around moving later in life has centered on one word: downsizing. Smaller is not always better in Colorado Springs.

For many local homeowners, the better question is not, "How much house can I give up?" It is, "What kind of home will make my life easier, more enjoyable, and more flexible in the years ahead?" That is where the idea of a "smarter" home comes in.

A smarter home is not necessarily a tiny home, a condo, or even a less expensive home. It is simply a home that better fits the way you want to live now. For some people, that may mean fewer stairs. For others, it may mean less yard work, a newer home with fewer maintenance issues, or a lock-and-leave property that makes it easier to travel. It may also mean living closer to family, medical care, shopping, parks, trails, or the parts of Colorado Springs you enjoy most.

Start With the Life You Want

Before looking at square footage, price, or neighborhoods, consider how you want your daily life to look five or ten years from now.

Do you want to spend weekends maintaining a large yard, shoveling snow, or keeping up with an older home? Or would you rather spend that time traveling, volunteering, hiking, golfing, seeing friends, or enjoying grandchildren? Do you still need four bedrooms, or would two bedrooms plus a flexible office or guest room

work better? Would a one-level home make life easier?

Would you rather be closer to downtown, the Powers corridor, Briargate, Northgate, Old Colorado City, or family living elsewhere in the region?

Many homeowners stay in a house simply because it is familiar, even when the home no longer matches the lifestyle they want. There is nothing wrong with staying put. But it is worth asking whether the home is still serving you—or whether you are spending more time and money serving the home.

Look Beyond the Purchase Price

One of the biggest mistakes homeowners make when considering a move is comparing only home prices. In Colorado Springs, the true cost of ownership also includes property taxes, insurance, utilities, maintenance, landscaping, snow removal, and future repairs.

Older homes may eventually need a new roof, furnace, windows, driveway, plumbing updates, or exterior work. Larger lots can require more upkeep. Two-story homes may eventually require accessibility modifications.

A newer or lower-maintenance property may cost more initially but require far less work over the near future. That does not mean newer is always better. It simply means homeowners should compare the full picture, not just the listing price.



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Think About How Much Space You Really Use

Walk through your current home and ask yourself one simple question: How much of this space do I really use? Many longtime Colorado Springs homeowners live in homes they purchased when children were still at home. Formal dining rooms, extra bedrooms, large basements, and oversized living spaces once had a purpose, but they can eventually become expensive storage areas—at the same time, moving does not mean giving up everything you enjoy.

If you love entertaining guests, you may still want a generous kitchen and open living area. If family visits from outside of town, a guest room may remain important. If you enjoy woodworking, gardening, crafts, or other hobbies, you may still want a garage, studio, or workshop. The goal is not necessarily less space so much as better-used space.

Location Can Matter More Than Size

In Colorado Springs, location can make an enormous difference in daily life. Sometimes the smartest move is not about getting a smaller house. It is about living closer to what matters most. That may mean being closer to medical providers, grocery stores, restaurants, recreation centers, walking trails, churches, friends, or family.

For someone who plans to travel more, being in a lower-maintenance

neighborhood may become more important than having a large yard. For others, staying close to longtime neighbors or remaining on the west side, north side, or another familiar part of town may matter more than anything else.

Colorado Springs offers a wide range of housing styles, from older established neighborhoods to newer communities with more single-level and low-maintenance options. Exploring those choices before you need to move can make the process far less stressful.

Do Not Wait Until You Have to Move

One of the best times to explore your housing options is when you do not have to make an immediate decision. Waiting until a major repair, health change, family emergency, or financial concern forces a move can make the process much more difficult.

Looking at your options early gives you time to understand what your current home may be worth, what other homes are available, which areas might fit your lifestyle, and what a move would realistically cost. You may decide that staying exactly where you are is still the best choice or you may discover that another home could offer less maintenance, a better location, improved accessibility, or simply a lifestyle that fits who you are today.

Your next Colorado Springs home does not have to be smaller; it just needs to be smarter for the life you want to live in your next chapter.

Anne Jensen is a real estate professional with Berkshire Hathaway HomeServices Rocky Mountain, REALTORS®, serving buyers and sellers throughout the Colorado Springs area. If you are considering selling your current home, purchasing your next home, or simply want to better understand your options, call 719-321-1971 or email anne@rockymountain.living for a no-pressure conversation.





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Thanksgiving Meals for the Community



Here is a directory of meals and take-out resources for the elderly, homeless, and/or the lonely. Some of the groups have indicated that they will be having a Thanksgiving dinner but have not decided on the exact time or date. Others are providing a take-out food bag. It is recommended that you call a couple of days before Thanksgiving to confirm the precise time.

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Crossword Puzzle Solution

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14	A	N	T	I				15	A	S	W	O	O	N							16	E	F	T			
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What Do People from America's Blue Zones Region in Loma Linda Eat for Breakfast?

By Tim Cebula

We've all heard countless times that breakfast is the most important meal of the day. But in choosing what to eat in the morning, we'd do well to follow the example of residents in the Southern California blue zones region of Loma Linda.

Loma Linda is home to about 9,000 Seventh-day Adventists, the health-minded church founded in the 1840s. Adventists today still follow the church's plant-based diet guidelines, and studies have shown that they live up to 10 years longer than the rest of us, longevity attributable to their diet, exercise, and clean-living choices.

Loma Linda centenarian Marge Jetton rode between 6 and 8 miles on her stationary bike every day except the Sabbath. She took up golf at the age of 40 and, at 97, made it her mission to start volunteering again. Her other secrets to longevity? Waking up early, power walking, drinking six glasses of water before breakfast, eating oatmeal, and drinking prune juice "shooters."

One of the most popular breakfast meals for Adventists in Loma Linda is oatmeal. By fueling up with a hearty whole-grain breakfast, Adventists give themselves a complete package of health benefits, rich in nutrients and disease-preventing phytochemicals and antioxidants.

Heart-boosting benefits

For instance, a one-cup serving of oatmeal contains about 59% of the daily recommendation of

manganese for men and 76% of the daily recommendation for women. Manganese plays a part in the body's immune system, blood clotting, and metabolizing cholesterol and blood sugar.

A single serving of oatmeal also delivers 16% of your daily vitamin B1 needs, 13% of your magnesium, phosphorus, and zinc needs, and 10% of the recommended daily iron intake.

Extensive research has shown that oats and oatmeal are heart-healthy, helping lower cholesterol and control weight. The 4 grams of fiber in a cup of cooked oatmeal confer many of these benefits, but it's the particular type of fiber that sets oatmeal apart.

What is beta-glucan, and how does it help you?

Specifically, a type of insoluble fiber called beta-glucan helps produce cooked oatmeal's signature starchy viscosity. When you eat oatmeal, beta-glucan coats your digestive tract, helping to slow digestion, improve blood sugar control, suppress appetite, and keep you feeling sated all morning long.

Moreover, beta-glucan carries undigested food farther down your intestines to feed gut-friendly bacteria. As the beta-glucan breaks down and ferments, it has been shown to increase the diversity of gut microbiota, which may help relieve digestive problems like diarrhea, constipation, and irritable bowel syndrome.

Beta-glucan also binds with cholesterol to transport it out of

the body. A 2011 meta-analysis published in the journal *Nutrition* found that eating 3 grams of beta-glucan daily from oats lowered cholesterol by about 12 points.

Oatmeal also contains phytonutrients like avenanthramides, found only in oats, which may have antioxidant and anti-inflammatory effects, according to the American Heart Association.

Why minimally processed oatmeal is better

Of course, the kind of oats you use for your oatmeal matters. While the nutritional content of minimally processed steel-cut oats, rolled oats, or even instant oats is mostly the same, steel-cut oats take longer to digest, and therefore have a lower glycemic index, meaning they raise blood sugar levels more slowly.

Using steel-cut oats as the foundation – bolstered with servings of fruit and heart-healthy nuts – Blue Zones Kitchen has crafted two complete breakfast meals inspired by the Loma Linda ethos of starting the day with a nutritional powerhouse meal. Try the Peach Pecan Steel Cut Oatmeal or Blueberry Steel Cut Oatmeal, now sold in the frozen foods aisle at a retailer near you.

Tim Cebula is a former senior editor for Cooking Light magazine. His work has appeared in national and regional publications, including Time, Health, Food & Wine, Boston magazine, and The Boston Globe. He lives on the southern coast of Maine.

Easy Pumpkin Spice Oatmeal

Serves 2 | Ready in 10 minutes

Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup milk (or unsweetened almond/oat milk)
- 1 cup water
- ½ cup pumpkin purée
- 1–2 tablespoons maple syrup
- 1 teaspoon pumpkin pie spice
- ½ teaspoon vanilla extract
- Pinch of salt
- Optional:** chopped pecans or walnuts, sliced banana, or a sprinkle of cinnamon



Directions

1. Add the milk, water, pumpkin, maple syrup, pumpkin pie spice, vanilla and salt to a saucepan. Stir well.
2. Bring to a gentle simmer.
3. Stir in the oats and cook for 5–7 minutes, stirring occasionally, until creamy.
4. Spoon into bowls and top with chopped pecans and a little extra cinnamon. Add a small drizzle of maple syrup if desired.

My favorite topping: chopped pecans + a few thin apple slices + cinnamon. It gives the oatmeal that pumpkin-pie-meets-apple-crisp feeling without turning breakfast into dessert.

Easy shortcut: You can make a larger batch and refrigerate it for several days. Add a splash of milk when reheating to bring back the creamy texture.

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