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September 2014 • Volume 20 • Issue 9

Boulder County Hosts Fifth Annual Senior Law Day

Over 500 attendees and 65 sponsors/exhibitors made the fifth annual Senior Law Day another successful event. This year's free event was held at the Calvary Bible Church in Boulder. Over 25 business personnel including attorneys and community volunteers participate on the planning committee each year. Colorado Supreme Court Justice Nancy Rice gave the keynote address in the morning. The all day event included 20 popular classes on fraud, legal, Alzheimer's Disease, and Medicare/Medicaid related subjects taught by professionals in their field. Over 140 volunteers support this event in helping seniors register in the morning, navigate the class rooms and exhibit area, luncheon support, and entertainment for the seniors. Many seniors attended 15 minute individual sessions with "Ask An Attorney," another popular feature of Senior Law Day to help seniors with their personal legal issues.

Colorado Supreme Court Justice Nancy Rice

A free lunch was provided for the seniors, exhibitors, and volunteers with entertainment in the chapel provided by several musicians.

Sixty five sponsors provided the exhibits and funding for this event including Titanium sponsor Wells Fargo Bank in Boulder and Platinum sponsor Frasier Meadows Senior Living in Boulder. The remaining 63 gold, silver and bronze sponsors also helped to make the event a success for the seniors. Many exhibitors included attorneys, other legal services, county aging and legal services, funeral services, retirement communities, home healthcare services, medical specialists, non-profit organizations for seniors, and home maintenance services.

At the end of the day, attendees are given the 500 page handbook on senior related legal topics. Overall, another popular Senior Law Day helps many seniors. Next year's information will be posted next June on the Colorado Bar Association's website at www.seniorlawday.org or our 50 Plus newspaper and website at www.50plusmarketplacenews.com.

Eight Boulder County Programs Receive Achievement Awards

The Board of County Commissioners honored 8 Boulder County programs and projects that have earned National Assoc. of Counties (NACo) recognition, including one that earned the Best in Category designation at a ceremony on Aug. 12.

One of the criteria for winning the NACo Achievement award is innovation, and Boulder County is proud that staff members produce and implement innovative programs which consider the unique challenges of our community. These awards speak volumes about our county's creativity and imagination, but mostly, the programs are honored because they are effective. Innovation is good, but execution is critical.

The 2014 NACo Achievement Award winners include:

• **Affordable Care Act Implementation**, Human Services. HHS created a proactive, collaborative and data-driven approach to help uninsured residents obtain healthcare and collaborated with community partners to send informational mailings, pre-populated applications, texts and emails to targeted residents. As a result, over 15,000 residents enrolled in expanded Medicaid & private health insurance.

• **Carve!** Campion Cottonwood Art & Sapling Project, Arts & Historic Preservation, Best in Category. A fallen branch from a champion cottonwood tree was harvested and offered to woodworkers to create functional art pieces. Municipalities and school districts were offered a champion cottonwood sapling to plant.

• **Comprehensive Plan: Environmental Resources**, Environmental Protection & Energy. The updated ERE is the most comprehensive set of natural resource maps in the County. The maps help determine where development should go, where sensitive resources should be protected and where future open space should be pursued.

• **Disaster Food Assistance,** Emergency Management & Response. Boulder County collaborated with the State of Colorado to implement a 7 day Disaster Supplemental Nutrition Assistance Program. Eligibility stations were provided at 2 Disaster Assistance Centers, allowing application and issuance of food assistance benefits to take place along with other resources. During the 7 days, 324 applications were accepted and 268 were

Continued on page 3 ▶

RIDE FREE!

New program provides free bus rides in Longmont

The City of Longmont and Boulder County have partnered to provide fare-free bus service in Longmont.

All RTD local bus routes in Longmont are free for riders of all ages through the end of 2014. Hop on and off as many times as you want, all day long.

No passes, cards or identification of any kind are needed to ride local buses that travel solely within Longmont.

Regional routes: BOLT, L, and J, are not included, but riders who access regional routes via a local bus can request a transfer that is good for $2.25 off the regional fare.

Local routes serving Longmont are: 323: Skyline Crosstown, 324: Main Street, 326: Westside Crosstown, 327: Eastside Crosstown

Information, route maps and schedules, at www.LongmontBus.com/.

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September CALENDAR

Healthy Aging® Month
National Preparedness Month
World Alzheimer's Month

Tuesday/2
Boulder Genealogical Society Webinars and Podcasts and Streaming, Oh My! 7:30 pm at Frasier Meadows, 350 Ponca Place, Boulder. Free, visitors welcome, speaker follows the BGS business meeting

Friday/5
BC Aging Services Council, 9 am, 1st Fri. each month. Info & location: 303-441-3570.

Saturda/6
2014 Getting To The Roots Of Your Family, sponsored by Longmont Genealogical Society. 8-4:30 pm. Attend 4 classes from 20 choices. First Lutheran Church, 803 Third Ave, Longmont, Info: 303-440-8574.

Thursday/4
Caregiver Support Group. 1st Thur. monthly, 5:30–7 pm. Calvary Bible Church, 3245 Kalmia Ave., Boulder. Free. Info: 303-678-6116 or InfoCaregiver@bouldercounty.org

Wednesday/17
Interagency Network of Boulder, 3rd Wed. monthly Info: 303-441-4365 or www.boulderseniorservices.com

Thursday/25
Seniors Nature Hike. Mud Lake Open Space. Area history, wildlife and resource management. Last Thur. each month, 10-noon. Info: 303-678-6214, or www.bouldercounty.org/openspace

Every Tuesday
Community Bible Study, 9:15- 11:15am. Interdenominational. Longs Peak United Methodist Church, 1421 Elmhurst Dr. Longmont. Info: 303-651-0950.

Every Friday
BMCF, Christian men meet for fellowship, teaching, support, & prayer. Every Fri. 6:30-7:45 am, 2nd Baptist Church, 5300 Baseline, Boulder.

Calendar sponsored by…
Dignity Care
303-444-4040

Reflections

Satisfaction or Don't get no…

Many driving around our area streets these last days, weeks or months, will have encountered various road repairs. Creating handicapped curbing often comes first, followed by much needed street resurfacing.

Martha Coffin Evans

Do those involved have a sense of satisfaction when their jobs are completed? Do they look at curbs or streets knowing they had a part in these projects?

With the conclusion of last month's summer festivals, were the musicians, actors and performers satisfied with their performances? Where does satisfaction come for painters, sculptors, or writers? If these artistic creations are for their personal enjoyment, not commissioned or for public consumption, they might have a different sense of satisfaction. Public criticism, no matter the thickness of one's skin, has the potential to deter the most seasoned. Sad stories abound of famous composers, authors, play writes, and inventors whose works were disparaged during their lifetimes only to be revered decades later. Where's their satisfaction?

Farmers successfully planting and harvesting their crops may have a keen sense of satisfaction in seeing the results of their labors. So too must ranchers with their healthy livestock. Mother Nature has been known to take the edge off their satisfaction and income.

We're grateful for those in the medical profession when a procedure is successful. They, no doubt, would also relish a job well done in carrying for their patients, addressing an illness and providing whatever improvement possible.

The list continues on from educators to realtors, financial advisors, other professionals and volunteers. Whether appreciated or not, sometimes it's enough to feel satisfied with a completed project, assignment or facing an unexpected challenge.

Makes you wonder. Where and how do we find satisfaction, or just "don't get no…"

❖ *Martha (Marty) Coffin Evans, Ed.D, is a freelance writer with MACE Associates, LLC. She can be reached at itsmemartee@aol.com*

It is never too early until it is too late…

From the late 1950's until 2009, the great voice of Casey Kasem was heard over the airwaves, announcing America's Top 40 tunes. That voice has been stilled, but not before a family-destroying battle waged over terminating the artificial nutrition and hydration that was sustaining him. He suffered from end-stage dementia. He had issued an advance directive some years earlier, which read: 'If the extension of my life would result in a mere biological existence, devoid of cognitive function, with no reasonable hope for normal functioning, then I do not desire any form of life-sustaining procedures.' He had appointed his daughter, by a previous marriage, to be his decision-maker. His wife objected to the daughter's plans to honor her father's wishes. There were many family dynamics at play in this situation but, perhaps, had he gathered his children and his wife together and discussed his wishes, it might have been easier for all concerned to have honored them. It took a visit to court before he was allowed to die as he had requested.

The Conversation Project in Boulder County, modeled after the national initiative founded by Boston Globe columnist and author Ellen Goodman, aims to "foster meaningful and effective conversations about end-of-life care". She and her staff developed a Starter Kit which guides thinking and discussion of values related to care at this tender time of life. Completion of the Starter Kit and a family discussion will help you identify your decision-maker and to articulate your wishes and preferences to your family. Don't put this off.

A free public presentation is offered at The Academy at 970 Aurora Ave. on September 10th at 7pm. Visit http://theconversationprojectinbouldercounty.org to register and to download a Starter Kit.

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"Living a Good Life includes Preparing for Death: Isn't This Part of Your Legacy?"

FREE

Wed., **September 10**, 2014
7–9 pm at The Academy
970 Aurora Ave, Boulder
Wine and cheese will be served.

Co-founders of ***The Conversation Project in Boulder County*** Connie Holden, RN, MSN, and Jean Abbott, MD, will talk about fostering meaningful and effective conversations about end-of-life care. **RSVP** to Susan at susan@theacademyboulder.com or 303-938-1920. **www.TheConversationProjectinBoulder.org**

Sponsored by The Academy

Find Einstein

Can you find the hidden image in this paper?

CONTACT

How To Reach Us

email
robert@50plusmarketplacenews.com

phone
303-694-5512

mailing address
4400 Sioux Dr.
Boulder, CO 80303

website
www.50plusmarketplacenews.com
www.facebook.com/50plusnews

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50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by home delivery and free newsstands in businesses that cater to the needs of those 50 and older.

50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material under 250 words are to be emailed to sales@50plusmarketplacenews.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted *(170 to 300 dpi as JPEG files)* and should be emailed as well.

DEADLINE
10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

Publisher/Editor
Robert A. Trembly II

Chief Financial Officer
Michael Gumb

Contributing Writers
Boulder County Senior Centers
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Ad Reps
Guy Holden

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What's new in Colorado Elections?

In 2012, the Colorado legislature passed the Colorado Voter Access and Modernization Election Act which helped align election processes and resources with the way people prefer to vote and brought same-day registration to Colorado.

This fall will be the first General Election since the law's passage. The law changes Colorado elections to provide all mail ballot elections, same-day voter registration and resident access to Voter Service and Polling Centers (VSPCs). This law has streamlined the election process and has enabled Coloradans to vote by mail, a process that over 70% of Coloradans prefer. Additionally, the updated election practices are set to save taxpayers millions of dollars statewide over the coming decade due to streamlined processes and retiring outdated voting equipment.

Going forward, in every election, all active eligible voters will receive a mail ballot. However, any voter who would like additional assistance with voting or who prefers to vote in person can do so at any VSPC in the county that they are registered to vote in. Many voting locations will open up to two weeks prior to the election to provide increased access to voting services.

Voters may also visit a VSPC to drop off their ballot, obtain a new or replacement ballot, change voter registration, and use accessible voting equipment. A list of locations and hours/dates of operation for all VSPCs will be included in the mail ballot packet mailed to all voters and listed online at BoulderCountyVotes.org. The 2014 General Election mail ballot packet is set to be mailed the week of October 13.

For more information about the upcoming General Election please visit BoulderCountyVotes.org or call 303-413-7740.

Awards ■ *from page 1*

approved. The total benefits issued was over $94,500.

• **Emergency Call Center**, Emergency Management & Response. The public Emergency Call Center helps relieve the 911 Communications Center during disasters. The Call Center has become an integral part of the Emergency Operations Center as a designated resource. Staff & volunteers operate 24 hours a day, 7 days a week when needed. During the flood, 89 people answered 8,248 phone calls over a 13 day activation.

• **Latex Paint Recycling Program,** Environmental Protection & Energy. The Hazardous Materials Management Program began recycling latex paint by contracting with a local recycling business. In 2013, nearly 23% of the 68,868 gallons of latex paint collected was recycled. The program has encouraged the state legislature to consider and approve Product Stewardship legislation to fund paint recycling state-wide.

• **Left Hand Outdoor Challenge,** Children & Youth. Developed as a way to mentor, engage and develop an outdoor leadership ethic in teens, the program helps mold the next generation of open space stewards through skill building and career-based learning challenges. In the 1st year, 28 teen participants & 5 mentors provided 2,000 hours of volunteer service.

• **Responsible Payers Program,** Human Services. Established to identify and address barriers preventing non-custodial parents from making regular court ordered child support payments. At enrollment, 84% of participants were paying 0-24% of their monthly support amount. Upon exit, 58% of those same participants were paying 75% to 100% of their monthly amount.

Ask Dr. D'Anne...

Q: Sometimes it feels like my new hearing aids aren't helping as much as I thought they should. After all the money I have spent, why can't I hear better? Thanks, HG

Dr. D'Anne Rudden

A: Let me start by saying that there are a lot of excellent hearing aids available on the market. However, hearing loss is more than an input problem that can be completely "fixed" by use of hearing aids and other assistive devices. Although hearing aid manufacturers spend millions of dollars in research and development to make the best technology to gather and optimize sound and advertising can persuade you to get help, the unknown in the equation is YOU – the individual person.

Beyond a standard hearing test, hearing professionals are trained assess your communication needs. I would also advise testing your tolerance for unwanted sounds, your uncomfortable loudness levels and your ability to understand speech in the presence of noise. These tests can be critical for proper counseling and tailoring hearing aid settings for your needs. These areas are often the most difficult for most people with hearing loss.

With hearing aids, you are relearning to recognize, identify and make sense of your new acoustic picture. Some of this happens organically as the brain is stimulated in a new way, but some of this takes practice, patience and persistence. Professional follow up care is critical to success. Sound quality and hearing aid feature functions can be optimized and maximized for the device you have chosen but this is the beginning. Your hearing professional is like your "personal trainer for better hearing", working with you on situational, environmental and conversational strategies and often prescribing listening and communication "homework" exercises that help to solidify your personal communication goals. It's a team effort and your hearing professionals are on your side!

Continued on page 9 ►

Wisdomwork

To know how to grow old is the master work of wisdom…

Henri Frederic Amiel

Rosemary Williams

Ah, September! Cool nights, crystalline days, crimson leaves, crackling bonfires – and new shoes! That's what I remember about September from my childhood. Even now, just as I prepared for the start of school as a child, I find myself preparing for the advent of something new and exciting.

September is Healthy Aging Month, a time to celebrate the positive aspects of aging well. Although you're not likely to see billboards along the roadside or headlines in the newspaper declaring September to be Healthy Aging Month, you can focus on your own healthy aging by exploring what it means to you to age well.

To me, aging well involves being the best that I can be. It means paying equal and consistent attention to my whole self - body, mind, emotions and spirit.

Here's a tool you can use to do your wisdomwork this month. Divide a piece of paper into four quadrants. Label the quadrants - Body, Mind, Emotions and Spirit. List the ways you nourish your body, mind, emotions and spirit.

How satisfied are you with each aspect of your self? How well developed and integrated are the various parts of your self? Are the various facets of your life in balance? Spend some time reflecting on these questions.

May you be filled with creative energy and enthusiasm as fall approaches.

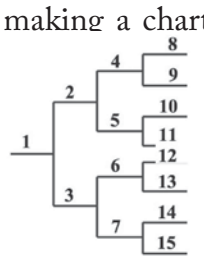
Be well; age well!

❖ *Rosemary Williams, MSW, is a Certified Sage-ing Leader and a PeerSpirit Circle facilitator. She lives in Louisville, CO. You can contact her at rosemary@wisdomwork.org or 720-890-8116.*

Family Memories & Family Trees

Adding More Names to Your Ancestor Chart

Begin tracing your ancestry by making a chart like this and putting in as many names as you know. Start at the left. Each person branches to his or her parents. Dad's name goes on the top line of the pair; Mom's on the bottom.



After you have recorded all you can remember, have searched all your family documents for more names, and have asked relatives to do the same, blank lines probably remain on your chart. What else can you do to find missing names?

Ted Bainbridge

Get death certificates. They usually contain the decedent's parents' names. (For example, if you don't know a grandparent's parents, get that grandparent's death certificate.)

Do an internet search for the state where the person died plus "death certificates". On the hit list choose the site for the state office that holds the certificates. That site will tell you how to get the certificate. It also will tell you when their records begin. If you want an earlier certificate, contact the county.

Do an internet search for the county plus "court house". That site will tell you how to get the certificate. Be aware that county records are not as detailed as state records and might not contain the names you want.

If you don't know the name of the county but know the name of the town where the person died, do an internet search for the town plus "county". Several sites will tell you which county to search. If you don't know the name of the town, guess at the area and request the certificate from several counties.

Next month: an example of requesting a certificate and exploiting its content.

❖ *Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, speaker, and writer since 1969. His articles and data have been published over 25 times and he has made several presentations to genealogical and historical groups. Ted is President of the Longmont Genealogical Society and a staff member in the Longmont Family History Center. He is listed in the Speakers Bureau Directory of the Colorado Council of Genealogical Societies. You can contact him at ted.bainbridge@gmail.com.*

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10 Tips For Reinventing Yourself During Healthy Aging Month

1. Do not act like what you think your current age should act like. What was your best year so far? Picture yourself at that age and be it. It's positive thinking and goes a long way toward feeling better about yourself.
2. Be positive in your conversations and actions. When you catch yourself complaining, change the conversation to something positive.
3. Have negative friends who complain all the time and talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. 4. Walk like a vibrant, healthy person. Analyze your gait. Make a conscious effort to walk with your heel first and wear comfortable shoes.
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept telling you. Look at yourself in the mirror. Hold your stomach in, your shoulders back, chin up? Practice it every day, until it is natural. You will look great and feel better.
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gate way to your over all well-being.
7. Lonely? Pick up the phone, and make a call to do one or more of the following: Volunteer time, Take a class, invite some one to meet for brunch, dinner, or coffee. Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session to keep up with technology.
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. Volunteer at the local animal shelter and be thrilled by the puppy love!
9. Make this month the time to set up your annual physical and other health screenings. After the appointments, hopefully, you can stop worrying for a while.
10. Find your inner artist. You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? Sign up now for fall art or music classes and discover your inner artist!

Courtesy Healthy Aging® Magazine (www.healthyaging.net)

Still Truckin'

European Holiday

Sandy Hale

I visited my family in Germany and enjoyed a week on the island of Mallorca off the coast of Spain.

In Germany I experienced a culture clash at a local spa where you were required to wear a bathing suit in the big indoor pool, which I did. In the saunas, on the grassy sunning areas and in the outdoor pool I learned that you are expected to be nude.

I was chastened by an older woman who stood, au naturel, at the edge of the outdoor pool admonishing me, in German, wildly gesticulating. I responded in my limited German, that I did not speak German. She then proceeded to mime, "take off your bathing suit out here. Go inside to the pool." I quietly went inside.

On Mallorca we stayed in a beautiful beach hotel that offered a sumptuous breakfast buffet. I had fun paddling a kayak. My adventurous daughter succeeded on the popular stand up paddle board.

The hotel guests were from a broad array of countries, including Norway, Russia, Wales, Great Britain and Germany. We rode the 100 year old original wooden train to visit Soller, a beautiful little town, known as the home and atelier of the world famous artist, Juan Miro. printmaking and ceramic classes are offered in his original studio.

It was a great holiday trip. I returned home refreshed from sun and sea.

❖ *Sandy Hale can be contacted at sandyh910@yahoo.com*

Caregiving

Training Helps Family Caregivers

Training courses for family caregivers are well worth taking—they teach essential skills that can help caregivers feel greater confidence and less stress. Boulder County Area Agency on Aging offers two of these courses throughout the year, and both will start next in October.

The National Caregiver Training Program is a 21-hour course (meets once a week for 3 hours) that helps family caregivers acquire the skills needed to provide excellent home care for older loved ones. Taught by a nurse, the course provides detailed instruction, demonstration, and hands-on practice in a fun setting. Topics include caring for someone on bedrest, providing personal care, using a wheelchair safely, managing medications, taking vital signs, lifting and transferring, reducing caregiver stress, using local resources, and more. The course is on Wednesdays, October 8 – November 19, 1:30 – 4:30 p.m., in Boulder.

Emily Cooper

Powerful Tools for Caregivers is a 15-hour course (meets once a week for 2 ½ hours) that gives family caregivers "tools" to ensure they take care of themselves while caring for others. Taught by trained leaders (and former caregivers), the course helps caregivers reduce stress, improve self-confidence, communicate their needs, balance their lives, increase their ability to make tough decisions, and locate helpful resources. The course will be held on Thursdays, October 16 – November 20, 1:30 – 4 p.m., in Boulder.

Each course is open to Boulder County residents providing local or long-distance care—of any kind—for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care during class periods is available.

To register or for more information, please contact me at 303-678-6116 or InfoCaregiver@bouldercounty.org . Pre-registration is required.

❖ *Emily Cooper is Information and Assistance Specialist for Caregiver Programs with Boulder County Area Agency on Aging. For information on BCAAA caregiver services, call 303-678-6116 or email InfoCaregiver@bouldercounty.org .*

2014 Create Our Future Together Conference

Create Our Future Together

A conference for:

- Individuals working with older adults
- Organizations serving older adults
- Leaders in an aging community

Save the date!

October 31st, 2014: 8:30 a.m.-4:30 p.m.

Plaza Convention Center

Longmont, CO

Presented by:

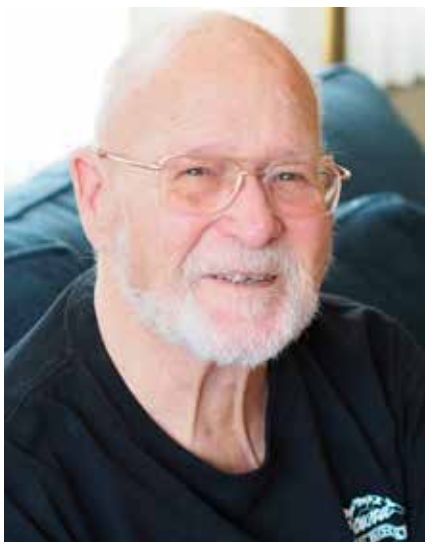
Aging Services Foundation of Boulder County, Boulder County Area Agency on Aging, Boulder County CareConnect, Lafayette Go Services, and Louisville Senior Services

AREA AGENCY ON AGING

www.AllAgeWell.com/conference

Giving up the car keys without giving up what I love to do

By Russ M. Boulder, CO



I am a 90-year old senior and was absolutely convinced that I still had sufficient marbles left that I was an invincible driver, in spite of my son's fear to the contrary. The conversations I had with my son about giving up the car keys were most difficult and I resisted all the way.

My son and I participated in a program that encourages conversation between the generations about this issue. We were amazed at how we could understand (finally!) each other's viewpoints, which made my decision much more acceptable.

I made my own decision that it was time and jumped into the abyss, I thought, of losing my independence, my flexibility, dependence on others (guilt, guilt!) and locating alternate means of transportation. For me, and I know for many others, the decision to stop driving is emotional, debilitating, humiliating and limiting and was perhaps the third most traumatic event in my life (the others were an untimely mate's death and a divorce). Especially, I would miss the weekend visits with Ginger, my sweetheart of 20 years, who lives in Brighton.

When I learned about Via's travel training program, I enrolled and learned how to take the RTD bus, which had a stop right near my home, to get to Brighton and close to Ginger's house. I also use Via's paratransit program, and my many friends, to get around. And though it took me several months to adjust, I have emerged with nary a blip in my life-style. If I can do it, anyone can.

For more information about Via services, go to www.viacolorado.org or call 303-447-2848.

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Preparing Makes Sense for Older Americans

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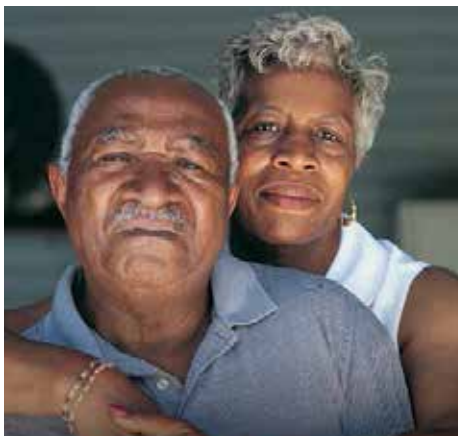
The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.



There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

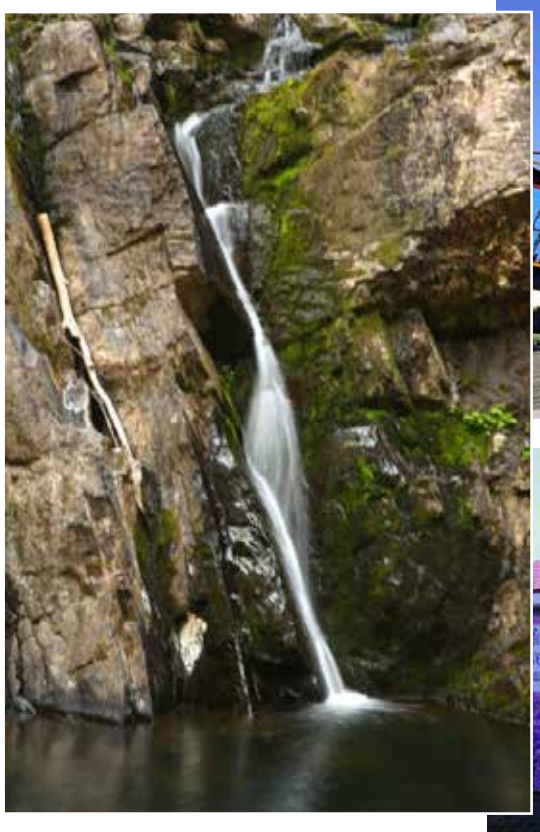
Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

The recommended steps include 1. Get a Kit, 2. Make a Plan, and 3. Be Informed. Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

For a downloadable PDF with details on these steps visit www.ready.gov or the Red Cross website.

Nova Scotia: Best Food & Attractions Of The Northumberland Coast



Scottish immigrants were among the first to settle in this coastal region of Nova Scotia. Today, the shores of Northumberland have retained much of their heritage, reflected in the lives and small businesses of its residents. Here are some of the best things to see and do:

• In Truro see the towering 40-foot statue of Glooscap. This imposing figure can be seen from the highway and is dedicated to the Mi'kmaw.

• Sugar Moon Farm in Earltown produces several varieties of some of the best maple syrup on the planet—from mild to buttery to rich and flavorful. This little known gem is quite the destination for locals who come to enjoy a hearty buffet featuring all-you-can-eat whole grain, buttermilk pancakes with maple syrup, baked beans and sausage.

• In the town of Pictou you can tour a full-sized replica of the Hector, a sailing vessel that brought Scottish immigrants to Nova Scotia.

• Next, walk to the Northumberland Fisheries Museum & Hatchery to learn all about lobsters, an important part of the history and economy of this area. They have a deep, spotted blue lobster there named Blueberry.

• The Train Station Inn in Tatamagouche is one of the most unique country inns you will encounter. Here you can stay in one of nine converted railroad cars equipped with seating areas, bath and showers, televisions, and all the charm and ambiance of a bygone era.

There are also many roadside stands in Northumberland selling everything from fish and chips to fried clams to ice cream from converted fishing boats and school buses. In addition, you will be enchanted by the warmth and hospitality of the people of Nova Scotia.

For more information, visit: www.novascotia.com

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Technology is Hip!

The Future of Google Glass

Bob Larson

Many of you have heard about the much talked about Google Glass, the eyewear technology with Internet connected computer capabilities. Glass can access your email account, search the web, listen to music, and even text by voice.

Google Glass is the latest technology which looks like a pair of eyeglasses with many stylish and colorful frames, but with a small rectangular transparent screen near the right eye that functions as a tiny computer screen. It really is amazing technology with many features such as a still or video camera, microphone, snap on sunglasses or clear lenses with built-in WiFi or cellular access and will include prescription lenses too.

New developments by the medical industry are now researching the future health benefits of this amazing eyewear per ACS Nano, a publication of the American Chemical Society. There is expected to be many diagnostic tests available for pregnancy, different diseases, and general medical tests. The user follows the instructions on the medical test strip, takes a photo of the test strip, then the data is sent to a medical lab, analyzed, and the results are returned to the user within seconds via the Glass wireless system.

There are several concerns and warnings that Glass is not meant for full time use while driving or running, similar to smartphones and tablets are not meant in the same way. Long term use results in headaches because of eyestrain and possible addiction. However, the long term benefits can be realized in business and medical health industries. Prices will drop considerably, but Google Glass is now available for $1500 with all above features included except the prescription lenses. A new technology with many beneficial possibilities for mankind!

❖ *Bob Larson is a technologist and our Marketing Director for 50 Plus. Contact Bob at Marketing @50plus-mediasolutions.com*

Boulder Senior Services

W 303-441-3148 • E 303-441-4150 • www.boulderseniorservices.com

Bridge Classes. E & W S.C. Tues, Sept. 9, various times & fee. Learn to play bridge or improve current skills. 4 different levels of classes offered, from beginner to advanced, all start the week of September 9. Call for details and to register.

Colorado Rockies Game. Mon, Sept. 1, 12:30-5:30 pm. $35/$40 includes transportation, parking, trip escort and admission. Call to register. Annual trip to a Rockies game. This year see the Rockies play the San Francisco Giants at Coors Field from shady seats. Hot dogs and beer on own.

Dance for Parkinsons. East S.C. Th, Sept. 11-Oct.23, no class Oct. 2, 11:30-12:30 pm. $24/$42. Call to register. In a chair, at a barre or moving across the floor, explore elements of modern dance, ballet, tap, folk and social dancing in a fun, supportive environment. For anyone with Parkinson's disease, no dance experience required.

Flu Shot Clinic. East S.C. Tues, Sept. 8, 9:30-11:30 am. $25/$75. Call for information. Variety of shots available. Medicare Part B, CIGNA or Rocky Mountain health plan accepted. For other flu shot clinics, call Colorado Health, Flu Shot Hotline: 877-462-2911.

Get Acquainted! East S.C. Wed, Sept. 3, 1-2 pm. Free, call to register. Get acquainted with others new to the area or interested in making new connections. Learn about the opportunities and resources available.

Gold Hill "Murder Mystery Dinner". Sun, Sept. 14, 3:30-8:30 pm. $110/$115 includes transportation, trip escort, reception, meal, gratuity and Murder Mystery. Call to register. At the historic Bluebird Lodge, champagne reception with hors d'oeuvres followed by a 3-course dinner, where the mystery begins. Survey the scene with your team, look for clues and interrogate suspects. Solve the mystery over dessert and win a prize.

Medicare Supplement Seminar. West S.C. Tues, Sept. 9, 12:30-3 pm. Free, Call to register. Medicare Supplements (Medigaps) are a smart idea for covering some out-of-pocket costs not covered completely by original Medicare. Learn about choices and determine needs and cost. Basic understanding of Medicare is beneficial.

National Fall Prevention Week. E & W S.C. Mon, Sept. 22 – Fri, Sept. 26, various times, Free. Call for details & to register. Seminars, resources and FallProof™ demos. Wide range of programs, including a "Falls Prevention Resource Fair" at the West S.C. Tues., Sept. 23.

Putting on the Ritz! Jazz Dance for Seniors. East S.C. Tues, Sept. 2-Oct. 7, 11:30-12:15 p.m. $24/$42. Call to register. Learn the fundamentals of the invigorating dance called jazz, standing or sitting. With props, dance to music from the 1940's to today's music. Includes a slow, gentle warm-up. 2 6-wk sessions offered.

Wild Animal Sanctuary. Sat, Sept. 6, 3-8:30 pm. $45/$50 includes transportation, trip escort and admission. Call to register. An educational tour, walk on ramps and observation decks to see lions, tigers, bears, leopards, emu, camels and more! At dusk when the animals are active. No meal service, snack bar or bring food.

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Step Afrika's First Colorado Theatrical Performance

Brian Williams has a request of anyone planning to attend Colorado's first full dance concert by Step Afrika! at Macky Auditorium Sept. 19: Get loud and get moving. "We love the ballet," says Williams, who founded the first dance company dedicated to African American stepping 20 years ago, "but we aren't the ballet. We don't want you to sit and be quiet. We want you to make as much noise as you want, yell, scream, clap and holler. The more energy you have, the more energy we have."

The group also offers a free public workshop in stepping from 10 to 11:30 a.m. the day of the concert in the Charlotte York Irey Theatre on the CU-Boulder campus.

"We're all about the relationship with the audience, so we really do want everyone to make music with us," Williams says.

Step Afrika! fuses the unique, percussive tradition of stepping - in which dancers use clapping, footwork, and athletic maneuvers to create music and high-energy rhythmic dance — with strikingly similar traditions that developed independently in southern Africa.

Stepping traces its roots to campus marching bands, military drill teams and traditional religious call-and-response in African American churches. It came into its own as a ritual for fraternities and sororities at traditionally black colleges and universities in the early 20th century. The form was virtually unknown outside those communities until it was shown in Spike Lee's 1988 musical film, "School Daze."

Step Afrika! 7:30 p.m. Fri., Sept. 19 at Macky Auditorium, University of Colorado Boulder campus. Tickets: $14 and up, Info: www.cupresents.org or 303-492-8008.

Dr. D'Anne ■ *from page 4*

I cannot recommend enough to schedule time with a hearing care professional to get the help you need to truly maximize the value of your purchase. Please let us know if we can help!

❖ *Longmont Hearing & Tinnitus Center was given an A+ by the BBB, awarded their "BBB Gold Star". They were chosen "Best of the Best" hearing clinic in the Daily Times-Call Reader's Choice poll for 4 years in a row! Dr. D'Anne Rudden is a Doctor of Audiology who is board certified by the American Board of Audiology. She was the first audiologist in Longmont who attained this certification.*

Social Security Today

Someday Is Closer Than You Think

Monica Ochoa

For many people, Someday is an elusive day on the far-off horizon—always close enough to see, but too distant to touch.

Perhaps Someday you plan to go skydiving. Or enter a hot dog-eating contest. Maybe Someday you plan to ride a mechanical bull. Or travel around the world. Or visit all of America's national parks.

Someday, you may want to retire. If you are mid-career, Someday, you may need to start planning for retirement. Even if you are just now starting your career, Someday, you're going to want to see what your future benefits will be and check your earnings for accuracy.

Well, get ready, because Someday has arrived. Open a my Social Security account at www.socialsecurity.gov/myaccount, and you'll see what we mean.

Millions of people have already opened an account, taking advantage of the benefits of my Social Security. Why are so many Americans opening accounts? Because my Social Security is fast, easy, and secure. It's a convenient way to check your earnings record, get up-to-date, personalized estimates of retirement, disability, and survivors benefits, and access your Social Security Statement. With a my Social Security account, you can plan for your retirement and get help figuring out how to save for your future. If you already receive benefits, you can manage them online by starting or stopping your direct deposit, changing your address, and getting an instant proof-of-benefits letter.

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July 2014
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or mpruitt@bouldercounty.org

Boulder County Wellness Programs are free to residents 60 and over. Donations are appreciated.

Falls Prevention Week. September 22 - 26, Learn how to reduce your risk of falling. Activities throughout the county. Full schedules available at senior centers and at www.bouldercountyfallsprevention.org

A Matter of Balance. Learn to manage risk of falling, reduce fear and strengthen your body. To register, 303-441-3599 or mpruitt@bouldercounty.org

Tues, Sept. 16 – Nov. 4, 1:30 – 3:30 p.m. Longmont Senior Center
Mon, Sept. 29 – Nov. 16, 10 – noon. Kaiser Rock Creek, Lafayette
Wed, Oct. 1 – Nov. 19, 10 a.m. – noon. West Boulder Senior Center
Wed, Oct. 1 – Nov. 19, 2 – 4 p.m. Cinnamon Park Assisted Living
Thur, Oct. 2 – Nov. 20, 1:30 – 3:30 p.m. Louisville Senior Center

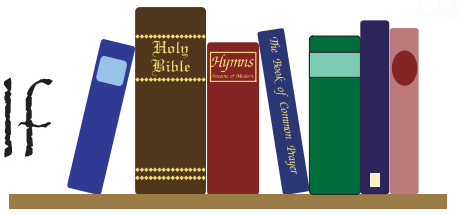
Be Well. Living with a chronic disease is challenging. Be Well, Stanford University's Chronic Disease Self-Management Program, teaches techniques to help change your perspective and manage your chronic condition. 303-441-3599 for information and additional class locations. Sept. 9 – Oct. 14, 1 – 3:30 p.m. Longmont Senior Center

Medicare Basics Classes.
Sept. 4, 2 – 4 p.m. East Boulder Senior Center, 303-441-1546
Sept. 15, 10 a.m. - noon. Longmont Senior Center, 303-651-8411
Sept. 17, 1:30 -3:30 p.m. Louisville Senior Center, 303-666-7400

Diabetes Support Group
Sept. 8, 11 a.m. – 12 p.m., Louisville Senior Center
Sept. 15, 11 a.m. – 12 p.m. Lafayette Senior Center

Nutrition Counseling and Education. Counseling: Free nutritional counseling : 303-678-6115. SEASONED Newsletter: tdeanni@bouldercounty.org

Book Shelf



NEW FICTION

New frontiers: a collection of tales about the past, the present, and the future — *Ben Bova*
Written in my own heart's blood — *Diana Gabaldon*
Eden in winter — *Richard Patterson*
Uncompahgre: where water turns rock red — *Reid Lance Rosenthal*
The cat sitter's nine lives — *Blaize and John Clement*
The death of pie — *Tamar Myers*
Still life with bread crumbs — *Anna Quindlen*
The hour of lead — *Bruce Holbert*
Truth be told — *Carol Cox*
The price of inheritance — *Karin Tanabe*

NEW NON-FICTION

Out of the woods: a memoir of wayfinding — *Lynn Darling*
Signature tastes of Denver: favorite recipes of our local restaurants — *Steven W. Siler*
Mountain ranges of Colorado — *John Fielder*
Wise craft: turning thrift store finds, fabric scraps, and natural objects into stuff you love — *Blair Stocker*
America: imagine a world without her — *Dinesh D'Souza*

NEW IN LARGE PRINT

The museum of extraordinary things — *Alice Hoffman*
Close your eyes, hold hands — *Chris Bohjalian*
Cry in the night — *Carolyn Hart*
The under dog and other stories: a Hercule Poirot collection — *Agatha Christie*
Butterfly palace — *Colleen Coble*

FICTION BESTSELLERS

The heist — *Daniel Silva*
Support and defend — *Mark Greaney*
A perfect life — *Danielle Steel*
Act of war: a thriller — *Brad Thor*
Remains of innocence — *J. A. Jance*

NON-FICTION BESTSELLERS

Blood feud: the Clintons vs. the Obamas — *Edward Klein*
The mockingbird next door: life with Harper Lee — *Marja Mills*
Clinton, Inc.: The Audacious Rebuilding of a Political Machine — *Daniel Halper*
Factory man : how one furniture maker battled offshoring, stayed local-and helped save an American town — *Beth Macy*
Elephant Company: The Inspiring Story of an Unlikely Hero and the Animals Who Helped Him Save Lives in World War II — *Vicki Constantine Croke.*

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Colorado Gerontological Society

Caring for Loved Ones, Helping Families Make Decisions

Eileen Doherty

By nature most people are caring, loving and want to help another person in need. These instincts serve us well as we age and need help and support from family and friends to maintain independence and quality of life.

But caring for a loved one may require complex decisions based on specialized knowledge from skilled experts. Knowing where to go for help and who to call for assistance can be as stressful as actually making the decision. Lack of or wrong information can be costly and even detrimental. The 2014-15 Colorado Senior Resource Guidebook is a tool that can assist in decision-making and comparison shopping.

Individuals need to have legal authority to act on behalf of a loved one who needs help. The most common tools are a power-of-attorney for financial decisions, and a medical power-of- attorney.

Appointing an agent must be done with thoughtfulness as financial powers-of-attorney have extensive rights to make decisions about money, personal residence, and other assets. Medical powers-of-attorney make decisions about where you live, and what type of health care you receive.

If individuals fail to appoint a power of attorney, the courts may be asked to appoint a guardian and/or a conservator. Sometimes family and friends come together to appoint a health care proxy, rather than using the courts for medical decisions.

The Guidebook features preprinted legal forms that are consistent with Colorado statutes, but individuals should seek legal advice as well.

Often, looking for housing and home care becomes the responsibility of the power of attorney. In Colorado there more than 1500 facilities to choose from when making the decision to stay at home and get help or to move. Understanding the services that are provided, the costs, and what type of care will be provided is more than meeting with the marketing staff. Due diligence requires asking questions, doing comparison shopping, and on-site visits.

Costs for basic services, out-of-pocket costs for incidentals, prescription drugs, and transportation for medical appointments can be expensive. Families may be asked to bear additional costs for companion services to supplement the basic services because the level of care that is needed is greater than available in the current setting for the individual to be safe.

Individuals may struggle with care that is not culturally sensitive, causing difficulties with bathing, eating, and personal interactions. Complex diseases require skilled care that can be difficult to find in the current labor market. Family members worry about putting a loved one at risk of abuse.

The Guidebook provides a comprehensive listing of licensed assisted living and nursing homes, retirement communities and low income senior housing throughout Colorado. The Guidebook also features licensed home health agencies, adult day programs and hospices. Complete with checklists, The Guidebook helps families and powers-of-attorney make decisions based on prices and services as they compare agencies who can meet the needs of a loved one.

In addition to private pay, some individuals may have long term care insurance; while others may be eligible for Medicaid or veterans' benefits. Qualifying to receive benefits requires accurate medical assessments and documentation of needs. Lengthy review processes are common before approvals are received.

The Guidebook is a also helpful guide for beginners using Medicare and Medicaid benefits, as well as those needing to make changes in their current health insurance coverages.

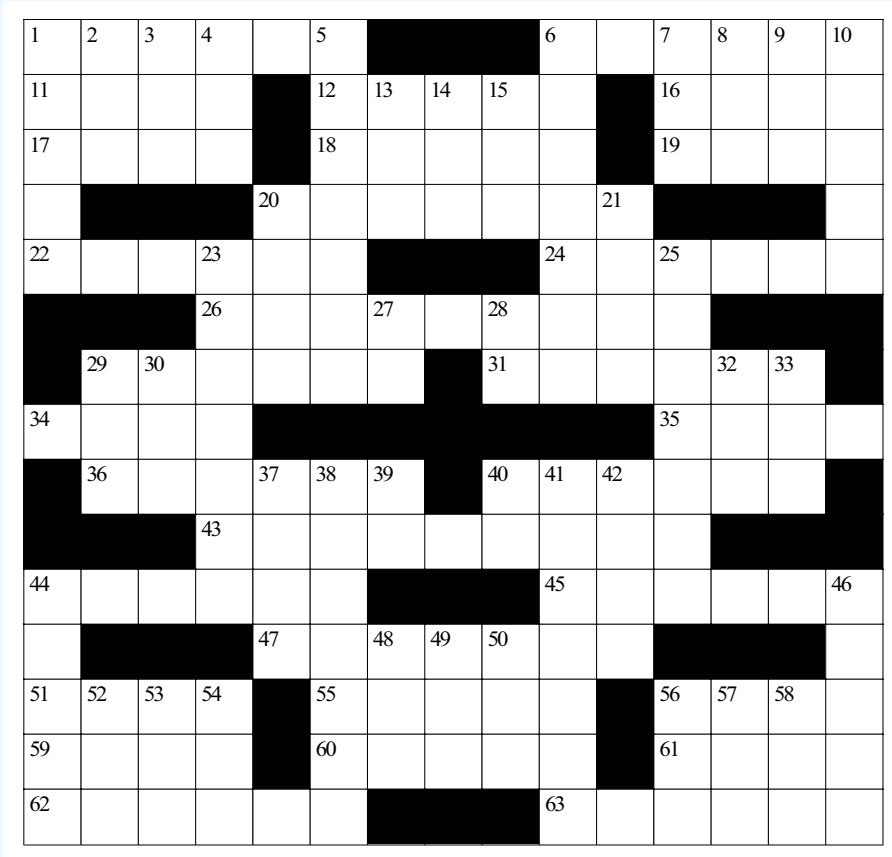
Copies of the Guidebook are available at local libraries for free or they can be ordered at www.senioranswers.org for $10 per copy. Free copies can also be picked up at The Society office, 3006 East Colfax, Denver CO 80206. For more information, call 303-333-3482.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society since 1982. She can be reached at doherty001@att.net.*

50 Plus Marketplace News

Crossword Puzzle

September 2014 • Boulder County
Answers on page 8



ACROSS
1 Lectern
6 Softwood tree
11 Image
12 A poplar
16 First-class
17 Acquire through merit
18 Gyratory
19 Petty criminal
20 Scoffed
22 Coin
24 Unrefined
26 Spectacle makers
29 Logic
31 Extensive plain
34 Dreg
35 Fling
36 Which river of the Czech Republic passes through Prague before joining the Elbe to the north of the city
40 Salt of oleic acid
43 Pertaining to an editor
44 Monetary unit of Albania
45 Stableman
47 Reverberating loudly
51 Once more
55 Scoop
56 Northern arm of the Black Sea
59 Into which sea does the Ob, Siberia's principal river, flow
60 Mountain range
61 Queue
62 Once each year
63 Evening meal

DOWN
1 Wharves
2 Wood sorrel
3 Beetle
4 Tavern
5 Electric generator
6 European weasel
7 Step in ballet
8 Cut off
9 Black bird
10 Theatrical entertainment
13 Alkali
14 Part of verb to be
15 Impair
20 Drinks slowly
21 Completed
23 Proceeded without effort
25 Paving substance
27 Prefix meaning not
28 Part of the verb to be
29 Revolution
30 Snakelike fish
32 Place
33 Before
37 6th month of the Jewish calendar
38 Old French form of short poem
39 Near to
40 Otherwise
41 Female lion
42 The Orient
44 Tremulous
46 Wanderer
48 Prohibit
49 Eccentric
50 Malt beverage
52 Not
53 Period of history
54 Armed conflict
56 High mountain
57 Energy
58 Single unit

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Losing the Desire To Judge

"Whenever I dwell for any length of time on my own shortcomings," says writer Margaret Halsey, "they gradually begin to seem mild, harmless, rather engaging little things, not at all like the staring defects in other people's characters." That's funny, and more true than I care to admit. It must have been so with members of the US Congress in the early 20th Century. Many of them seemed less concerned with their own piddling shortcomings and preferred to wail about a staring defect in the senator from the state of Utah, Reed Smoot. So outraged were they, Smoot almost was not seated in the senate.

Steve Goodier

Reed Smoot was a leader in the Mormon Church and, back in those days, his church was accused of secretly allowing the practice of plural marriages (polygamy). Although Smoot had only one wife, some of the more sanctimonious members of the senate argued that he should not be seated, given the beliefs of his church.

But the issue was settled when Senator Boise Penrose of Pennsylvania strode to the podium and looked directly at some of his colleagues who, though married, were known to "womanize." He stated emphatically, "As for me, I would prefer to have seated beside me in the Senate a polygamist who doesn't polyg than a monogamist who doesn't monog." End of matter.

I understand there are times we have to be discerning. But I don't want to be known as a judging person. There is good and bad in all of us and I have plenty to work on in my own life.

Besides, I think Mother Teresa got it right when she said: "If you judge people, you have no time to love them. And, it should be added, if you love people, you have no desire to judge them. Substitute the word "love" with the words "understand" or "know," and it works just as well. If you understand people, if know them, truly know them, you have no desire to judge them.

Losing the desire to judge – now that can change a life.

❖ *Steve Goodier's books & newsletter: http://LifeSupportSystem.com*

Get A Move On!

The older you get the more you find ways to avoid exercise. As one wag put it: the only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck.

But the fact is, the older you get the more you need to exert yourself. You must overcome the inertia of aging and find ways of improving your heart rate and blood sugar levels by developing good exercise habits. Of course, it is important to check with your doctor before beginning any regimen that involves strenuous activities, says AMAC.

Exercise is particular good for fending off Type 2 Diabetes and other chronic conditions. In fact, the World Health Organization, which says that a healthy diet, increased physical activity and avoiding tobacco use can prevent 80% of premature heart disease, 80% of type 2 diabetes cases and 40% of cancers.

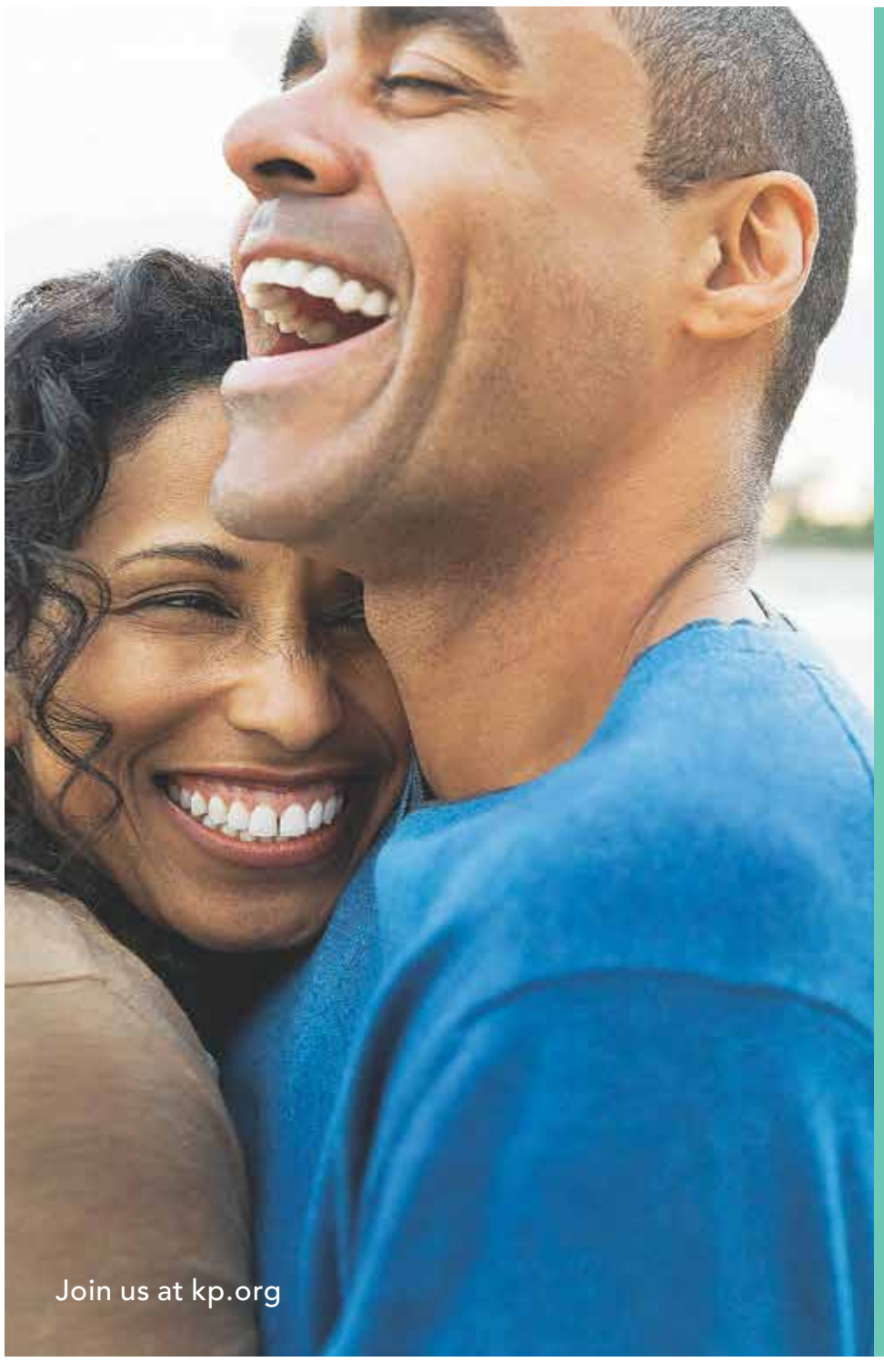
There's no excuse... Some of the excuses older folks have for not exercising are so far off the mark that they reveal a deep seated guilt about their sedentary lifestyles, according the Association of Mature American Citizens. "I'm not getting any younger," they'll say. But the fact is that a regimen of exercise will actually make you feel younger.

You don't have to run a marathon, but maybe you can get up out of that armchair and take a brisk walk, says AMAC. You'll be amazed at the benefits. We all know that exercise is good for your heart. But did you know that it can lower the risk of dementia and Alzheimer's disease. If you are suffering from a chronic illness, there are special aerobic and stretching exercises you can do that can help improve muscle health.

Be sure to check with your physician before you start any exercise program. In fact, the doctor may have suggestions on what types of workouts would be best for you.

Older Americans, particularly those with chronic medical conditions, if you are physically active or if you live alone, need to keep in touch with friends, family and neighbors in the summer time. Let people know if you'll be out and about for an extended time period.

❖ *Provided by The Association of Mature American Citizens; www.amac.us*



HUGS = HEALTHY

At Kaiser Permanente, we believe your total health is what matters most. We also believe the things you love can lift much more than your spirits. By providing thorough preventive care measures like screenings and health classes as well as investing in the communities we call home, Kaiser Permanente is committed to helping you thrive. Every way we can.

KAISER PERMANENTE® thrive