

Rock the Second Half of Life!

The Enlivened Living Conference

Conference, Festival & Expo to Help Boomers/Seniors Rediscover Meaning & Purpose, Stay Young and Live With Gusto!

The first annual Enlivened Living 2015 Conference, October 9-10, is turning out to be jammed packed full of speakers, offerings, activities and experiences destined to re-ignite your passion for life!

The international all-star lineup of bestselling authors and experts including Joan Borysenko, Mark Nepo, Amit Goswami, Dannon and Kathryn Brinkley, Carol Flake, George and Sedena Cappannelli, Howard Martin, Kelly Sullivan Walden, Chris Farrell, Marilyn Schlitz, Dr Norm Shealy, and Randy Hayes offers inspiration, real-world solutions and breakthrough concepts on ways to live deliciously after 50. And these folks are just the beginning. More than 25 speakers grace three stages, with special workshops, panels and Q&A sessions.

Lest you think it is all talk, attendees are treated to a dynamic products and service expo, with a unique bookstore geared to living life for the fullest, plus gifted singers and entertainment throughout the weekend. All for \$75!

The two evening events (6:30-8:30 p.m.)—which can be attended individually or as part of an all-weekend pass—are compelling on their own! Tickets for these are \$25 advance and \$30 at the door.

On Friday night, Enlivened Living hosts the Denver preview of the acclaimed documentary film ‘Dying To Know: Ram Dass & Timothy Leary’. This intriguing last dialogue/reunion between the two counterculture giants, narrated by Robert Redford, brings to the fore just how influential they both were in their prime and how they stayed vital to our inner explorations to the last days of Leary’s life and the critical period before Ram Dass suffered a life-altering stroke. Filmmaker Gay Dillingham relates how she convinced the men to unite to rekindle their bromance before the cameras, reminisce about the past and explore the last frontier of temporal life. Other leading guests contribute to dialogues on death, dying and consciousness.

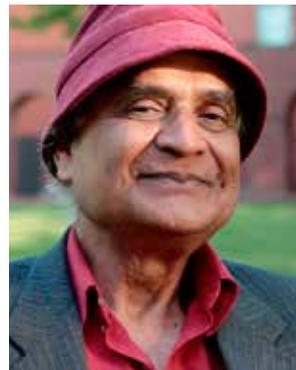
On Saturday night, the public is invited to applaud Joan Borysenko, Mark Nepo and Amit Goswami as they are each presented



Sedena & George Cappannelli



Joan Borysenko



Amit Goswami



Dr. Norm Shealy



Mark Nepo



Rajeev Taranath



Cynthia James



Dannon & Kathryn Brinkley

the AgeNation Life Achievement Award as part of the final celebratory event for the Enlivened Living. AgeNation Life Achievement Awards are presented annually to individuals from the arts, scienc-

es, medicine, business and entertainment who are themselves in the second half of life and remind us that it is never too late (or too soon) to do what you were born

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Create Our Future Together

This full-day conference is the result of the 2015 Age Well Boulder Strategic Plan, a multi-stakeholder initiative that investigates aging trends in Boulder County. The goal of the Age Well plan is to set goals for a future where all older adults can age well.

The conference is designed for community leaders, decision makers, board members, academics, advocates, business professionals, and consumers involved in and concerned with healthy aging.

Attendees, exhibitors and presenters share, inform, learn and network. Groups and industries that attend and/or sponsor include service providers, retailers, municipalities, health and home care organizations, educational institutions, research groups, and advocacy organizations.

This 4th Annual Conference offers presenter sessions covering emerging and evolving industry, cultural and sociological trends in aging. Aging in Community is

the conference theme. Learn about housing, mental health, resilience, building community, and end of life issues.

The Boulder County Area Agency On Aging host the event on Friday, October 30th, starting at 8:30 a.m. The conference concludes at 4:30 p.m. Location is the Plaza Conference Center, 1900 Ken Pratt Boulevard in Longmont. For more information, call 303-441-1583.

October CALENDAR

Health Literacy Month
National Breast Cancer Awareness
National Physical Therapy Month

Thursday/1

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

Friday/2

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

Tuesday/6

Boulder Genealogical Society 7:30 pm, Frasier Meadows, 350 Ponca Place, Boulder. Jen Baldwin presents 'A Pine Post Four Inches Square: Staking a Claim on Mining Records.' 6:30-7:15 pm: Learn about Findmypast.com/. Free. Visitors welcome. Info: <http://www.bouldergenealogy.org>

Monday/12

Low Vision Support. 3-4pm, 2nd Mon monthly, Frasier Meadows 350 Ponca Pl. Boulder. CPWD-Beyond Vision Program. Info: 303-442-8662.

Wednesday/21

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

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, support, & prayer. Every Fri. 6:30-7:45 am, 2nd Baptist Church, 5300 Baseline.

What Jimmy Carter has going for him...

By Constance Holden, RN, MSN retired. She serves as Boulder Community Health ethics consultant and is a co-founder of The Conversation Project in Boulder County.

Time. I am not referring to his amazing 90 years of good health, but rather, his clarion call: "It is time to prepare for your death".

While it is likely that the immunotherapy that he is receiving will buy him more time, he has been put on notice and he is surely thinking about what lies ahead. If he continues to talk with all of us, we will learn a lot about how one fine man faces his end.

The brain metastasis could eventually affect his ability to make decisions but, I am imagining that he knows that and is talking with his family about his end-of-life care

wishes. He has been given the gift of time. Many of us do not receive an early alert.

Within the last week, I talked with a friend about the advancing dementia that her brother is experiencing. The situation is made more complex because he is receiving dialysis and he was not invited to talk about when and if he would want to terminate the dialysis as the dementia advances. He no longer has the capacity to make decisions. The tough decisions are going to fall to his sister who is the Medical Durable Power of Attorney (MDPOA).

As we move into the holi-

day season, consider using time with family as an opportunity to have a meaningful conversation

about your end-of-life wishes. It is difficult to initiate the conversation. Help is available. The Conversation Project in Boulder County suggests using The Starter Kit to help identify your values, which can serve as the basis of The Conversation. Visit our website at: www.theconversationprojectinboulder.org and consider attending a free program, entitled, "Taking Time to Talk About Your End-of-Life Wishes" on November 4th, 6:30-8:00pm at the Lodge at Balfour.



Unstoppable Ann Continues to Volunteer with a Purpose!

Passionate, outgoing Ann, 88, has been a Boulder resident for more than 20 years and has volunteered

with Boulder County AIDS Project (BCAP) for the last 15 years. The first time you meet Ann, she speaks without hesitation why she volunteers with BCAP. "I'm blessed with a gay son and gay nephew. They are my inspiration. I never turned my son or nephew away for coming out."

Ann volunteers with BCAP two days a week where she works the

front desk as a greeter and helps with the intake of the clients and food bank. When Ann was first

widowed more than 15 years ago, she looked for a sense of purpose as she grieved the loss of her husband and their life together. Now, volunteering at BCAP is her life's passion.

"There was a lot of discomfort in the beginning of the AIDS crisis," explains Ann. "Fortunately my son and nephew are both safe. I wanted to volunteer because I knew that it

could be my son or nephew needing help. So when I volunteer I treat our clients how I would want my "sons" to be treated - with love, kindness, respect and comfort." Three years ago Ann damaged her foot in a fall and could no longer drive or walk long distances, jeopardizing her meaningful volunteer work. "I thought if I can't volunteer I would lose my purpose." She heard about Via through residents at Presbyterian Manor, where she currently lives.

Since her injury, Via's paratransit program has taken Ann to volunteer at BCAP. "I don't know what I would do without Via," says Ann. "The drivers are wonderful."

Your donation to Via enables Ann and many more like her to be able to give back to the community - what a gift!



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Senior Law Day Highlights

In August, over 500 people attended the annual Boulder County Senior Law Day held at the Plaza Conference Center in Longmont. Keynote speaker Stan Garnett, District Attorney for Boulder County, talked about how important seniors need to be informed about senior issues on fraud and other crimes and how it impact them (see his interview on page).

The Boulder County Senior Law Day committee (pictured above) started planning for this event over nine months ago. Committee Chairperson Mary Cowen (center in yellow vest), along with 60 wonderful volunteers from the senior industry dedicated many hours in creating this annual event.

Seniors received lots of beneficial information during the 24 classes presented by elder law attorneys, mortgage and real estate specialists, medical personnel, physical therapists, social workers and a fraud specialist. Many of the class topics included End-of-Life Issues, Fraud Prevention, Housing

Issues, Long Term Care Planning, Real Estate Issues, Wills & Trusts, Conservatorships & Guardianships, and VA Benefits.

Seniors also received a tote bag with the sponsor's information and a Senior Law Handbook at the end of the seminar. Overall, many seniors complimented the organizers for an outstanding event.

A delightful lunch and Ask-an-Attorney consultations provided many seniors with help on legal is-

sues they may be facing.

Over 35 exhibitors represented many senior related services and provided beneficial information for the attendees. Thanks to these Titanium sponsors: Boulder County Area Office on Aging and Frazier Meadows Senior Living including the Platinum, Gold, Silver, and Bronze sponsors plus the committee volunteers for making the Boulder County Senior Law Day a grand success!

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 free newsstands in businesses that cater to the needs and interests of Agers.

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@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

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.

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Rock from page 1

to do. Previous award winners include Jean Houston, Ram Dass; actor/activist Wes Studi and singer Roberta Flack.

Goswaami also delivers a keynote address. An international bestselling author and theoretical quantum physicist, he is a revolutionary who works to rectify science and the spiritual. He appeared in What the Bleep and his acclaimed books include Creative Evolution, God is Not Dead; Quantum Creativity:

Think Quantum, Be Creative; and Quantum Economics: Unleashing the Power of an Economics of Consciousness. His address and the awards ceremony are followed by a rare performance by world renowned classical Indian Sarod-player Rajeev Taranath.

For individual day or all-week-end passes for Enlivened Living 2015 at the Mile-Hi Campus, 9077 W Alameda Ave, Lakewood, go to www.enlivenedliving.com.



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Reflections

Retracing Those Traveled Highways

With summer 2015 securely fastened behind us, thoughts of travels taken with family members during those months remain. Some trips involved new places while others included traveling familiar roads.



Martha Coffin Evans

One fellow talked about taking a driving/camping trip with his four young children, mother, and brother, along with the brother's new nephew from New Zealand. They journeyed from Leavenworth, Washington to Boulder, Colorado via Glacier, Mt. Rushmore, the Crazy Horse Memorial and the Bad Lands National Park.

In earlier years, he and his brother had taken similar trips with their parents. As their father had passed away in recent years, retracing those roads without him held added poignancy.

With this fellow's wife off on another trip of her own, this became a perfect time to relive familiar times and places, or, so he thought. His

idea of camping locations focused on the national parks. His children had a different perspective involving KOA campgrounds. At last count, KOA campgrounds – 3.

In returning to other vacation spots, many will have changed since last experienced. Did the roads have this much traffic? Were areas less pristine and more built up now?

A recent travel trip elsewhere took me back to memories of times past. "Where did you stay when you were here first with your parents?" I didn't have a good answer to the question, not remembering specific places except for a few snippets. Some special locations from long ago no longer exist except in my memory.

No doubt, stories and photos capture this year's travels whether to old or new places. Perhaps, our traveling companions changed leaving room for newly created experiences and memories with others. Who knows, we might have seen something different this time as we retraced those familiar roads.

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

Ask Dr. D'Anne...

Q: I'm not ready for hearing aids but I feel like I need help hearing the television better. I've tried TV Ears© but then I cannot talk to my wife during the program. Are there any options for someone like me? Thanks, GT



Dr. D'Anne Rudden

sound still is not focused and can be highly impacted by the environment. Without wearing headphones, there would seem to be no way to control for all of the variables... until now.

Coming this month, Turtle Beach Corp., makers of many video game audio options, is introducing HyperSound Clear®. These are not your normal speakers. They are directed audio solutions that emit

A: Your question has perfect timing! Watching TV is listed as the #1 leisure activity on an average day for people 55 and over, typically encompassing 5 or more hours of day. Traditional television sound bounces off objects in its path before ever reaching the human ear and spreading out wide from the speaker like a shotgun blast. It can be difficult for people, even with normal hearing, to pick up beginning and ending consonant sounds, especially embedded in a music or action soundtrack. Surround sound speakers offer more sound all around you, but the



sound in a highly controlled, narrow beam, so the audio can be heard only if you are "in the beam". This means that you can focus the beamed audio to you, and your wife can listen through

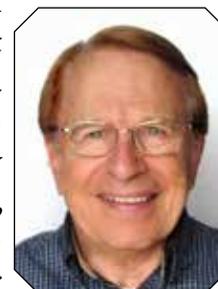
the traditional speakers. HyperSound Clear® is also unique in that it can be programmed to enhance any areas of hearing loss. On top of that, if you are watching a program that is produced with "Dolby Digital", HyperSound Clear® can even accentuate the speech frequencies above the rest of the digitally mixed sound so that the actor's words are more easily understood.

Continued on page 10▶

Technology is Hip!

Bracelet Keeps You Cool or Warm!

How many times have you needed a personal air conditioner (AC) in hot weather at an event or even at home? A new wrist-worn personal cooler may be the solution, being more effective than air conditioning at making you feel comfortably cool, and save the U.S. (and the rest of the world) millions of dollars in energy costs per year.



Bob Larson

Developed by four MIT engineering students, Wristify makes you feel cooler by reducing your skin temperature. Wristify can also provide warmth too. The Wristify solution will look like a bracelet as shown here. It gently glows blue when cooling, and glows a warm orange while heating.

Wristify works on the principle that heating or cooling the skin on

one part of the body can make the entire body feel warmer or colder. Wristify uses all-natural waves of coolness or heat to activate the thermo receptors on the surface of your skin, leaving you feeling rejuvenated.

The main advantage of a personal cooling solution is that it's much more efficient than cooling an entire building. According to Wristify, heating and air conditioning account for 16.5% of USA's total energy consumption. Wristify can be powered for eight hours by a small lithium battery. If everyone wore a Wristify,

instead of relying on AC, some massive energy gains could be realized. This product is still in the prototype stage and should be available next year. For more information on this technology, visit Embr Labs website at www.embrlabs.com.

❖ *Bob Larson is a technologist, photo journalist, and Marketing Director for 50Plus Media Solutions.*



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Caregiving

Holding a Family Meeting about Caregiving

When the responsibilities of elder caregiving fall to one person in a family it can mean overload for that individual and missed opportunities for involvement by others. A “family meeting” of all potential caregivers can help ensure that caregiving is a group project rather than a solo one.



Emily Cooper

It’s helpful to hold a family meeting as soon as possible after care needs arise. Invite everyone who is concerned and affected by care decisions: relatives, partners, and perhaps close friends. It’s tempting to exclude a family member because of personality or family history, but it’s important to include everyone, even if they’re difficult. And, of course, if the elder is able to participate, he or she should have the biggest say in how care needs are met.

Try to hold the meeting in a neutral location with few distractions. If the family is spread out and unable to come together, “meet” by email, in a private web chat room, through telephone conferencing, or by Skype. At the meeting, concentrate on current

concerns rather than on past issues in order to create a more positive and solution-focused atmosphere. Everyone should have the chance to express feelings and offer suggestions without being criticized. Make a list of all the caregiving tasks and identify what each person can do, while encouraging everyone to be honest about their limitations. Consider having each person take on a different area of caregiving: for instance, one person can take the elder to appointments, and another can pay bills. Finish with a written plan that specifies what each person will do and when they’ll do it.

There’s likely to be some conflict. Family members often have different perceptions about an elder’s needs and how care should be provided. It may help to bring in a counselor, social worker, or clergy member to facilitate the meeting.

With some effort, caregiving truly can be a family affair: the productive collaboration of everyone who cares about an elder loved one.

❖ *Emily Cooper is Information and Referral Specialist for Caregiver Programs with Boulder County Area Agency on Aging, a Division of Community Services. For more information on BCAA caregiver services, call 303-678-6116 or email InfoCaregiver@bouldercounty.org/.*

Interview with Stan Garnett

By Bob Larson, 50 Plus Photojournalist



Stan Garnett

I met with Boulder County District Attorney Stan Garnett for an interview at the recent Boulder County Senior Law Day event. Stan was the keynote speaker and gave lots of great examples of crimes against seniors and how his office has prosecuted many cases involving senior victims.

Stan has been the District Attorney for seven years and has been involved with the Boulder County Senior Law Day for six years. He has a passion for helping seniors and the importance of the annual Senior Law Day event with emphasis on education.

Stan indicated over 2,000 felony cases regarding seniors come through his office annually. Statistics keep changing, but 5% are senior related with most of the crimes on financial scams and elder abuse to seniors caused by mainly family members and outside caregivers. He explained these crime statistics are improving due to the education and awareness to the senior community. Stan also mentioned that some crimes against seniors are

difficult to prosecute when seniors refuse to file charges against family member who caused the felony.

Stan’s Community Protection Division, headed by Deputy DA Jane Walsh, has been instrumental in reducing the crimes against seniors. Jane’s department provides up to 7 classes per month to the residents in the county. Federal grant money helps sponsor the monthly classes using investigators, lawyers, and victim advocates.

Stan has several recommendations on improving crimes against seniors: 1) Educating seniors about financial and elder abuse crimes, 2) Availability of law enforcement, and 3) Obtaining prosecutions on crimes against seniors.

For more information on crimes against seniors, call 303-441-3700.



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Presented in partnership by the Aging Services Foundation of Boulder County, Boulder County Area Agency on Aging, Boulder County CareConnect, and Louisville Senior Services.



World Singing Day

It's World Singing Day Boulder on Saturday, Oct. 24, 2015 in front of the Boulder County Court House at Pearl St. from 11:30 am to 1:30 pm.

Six local choirs lead the public in a community sing-along of popular songs, from Katy Perry and Pharrell to The Beatles and Sinatra, in celebration of World Singing Day.

Organized by the nonprofit World Singing Day.

Info: <http://worldsingingday.org/boulder/>



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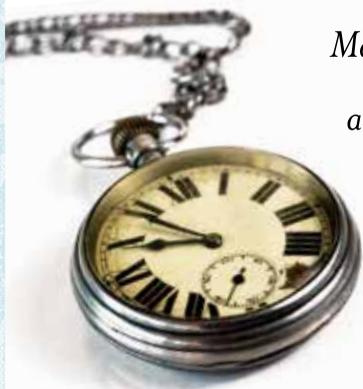
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Audio Information Network

The White Cane Goes High Tech

October is White Cane Awareness Month. The long white cane is a symbol of independence for those who are blind. James Biggs of Bristol, England painted his walking stick white in 1921 so that it would be more visible to motorists. After WWII, Doctor Richard Hoover developed the long cane method of travel. Two graduate student in Nancy, France envisioned a networked cane that would give the user much more information about their environment.



Kim Ann Wardlow

Florian Esteve and Mathieu Chevalier entered and won Le Defi Cisco, a contest to inspire technological innovations to help solve social and environmental problems. With their prize winnings and help from a mentor at Cisco France, the pair has launched Handisco to develop the Networked Walking Stick. The idea is to have a box that fits on a traditional white cane with infra-

red and ultrasonic sensors to detect obstacles. It will also have GPS and be able to connect the user to their environment in real time by sharing data from city networks and other internet sources through a blue tooth headset.

Improvements in the computer programming of the prototype are still being made. Handisco is working closely with Valentin Hauy, who works with the visually impaired, to test the Networked Walking Stick. Current suggestions include making the unit lighter and ensuring that it is small enough to allow the folding of collapsible canes. They feel that there is a ready market even at an expected cost of 500 Euros for the new technology.

❖ Kim Ann Wardlow is the Director of Marketing for the Audio Information Network of Colorado, which provides blind and visually impaired individuals with audio access to newspapers, ad circulars, and magazines. She may be reached at 303-786-7777, ext. 112 or kim@aincolorado.org. AINC is a proud member of Senior Solutions of Colorado and the Colorado Coalition of Blind and Low-Vision Resources.

Still Truckin'

The Buddy Holly Story

Whether you grooved to the original music or are meeting it anew you will love this award winning musical that has thrilled audiences throughout the world. It has been seen by more than 22 million people in over 23,000 performances across the U.S. and Canada, in Australia, Japan, Germany, Scandinavia, South Africa and the Netherlands.



Sandy Hale

The story is of Buddy Holly's short but spectacular rise to fame before his untimely death as he changed the face of music, catching us by surprise with rock and roll. The show includes Holly's greatest hits including "Peggy Sue," "That'll Be The Day," and "Not Fade Away."

Brett Ambler, complete with Buddy's signature glasses, acts and sings his way into your heart. His fellow Crickets are exuberantly played by Brian Jackson, our waiter, and Matt Gnojek. Quick songs by Krisangela Washington and Denver favorite Robert Johnson as Apollo Theater performers

are a special delight. Fast paced choreography by Jessica Hindsley and sparkling costumes by Linda Morken illuminate the fifties.

Shout and clap throughout the show along with Buddy and the entire cast of enthusiastic singers, dancers and musicians.

A great big neon jukebox is the backdrop for all the action, reminding us of the way we once danced.

Have fun at The Buddy Holly Story, through November 14. 303-449-6000. Dinner Theatre Boulder.

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

Say You Saw It in 50Plus Marketplace News





Nova Scotia's Southern Coast

By Ron Stern, Travel Photojournalist

Seafood. Wines. French history. British history. American Revolutionary War history. These are all on offer on a several day's drive around Nova Scotia's southern coast.

Halifax to Lunenburg. From Halifax, rent a car, and head south along the "Lighthouse Route." The first village you come to, Peggy's Cove, is famous for its octagonal red-and-white lighthouse.

Several villages dot the coast, but be sure to visit the Mateus Bistrot in Mahone Bay if you like great seafood.

Bring your first day to a close

in Lunenburg, and after finding a place to stay, such as the Lunenburg Arms Hotel and Spa, take a guided tour of the town's historic, British colonial architecture.

Lunenburg to Shelburne. During the American Revolution, people loyal to the British crown fled to Canada. Many of them settled in Shelburne until after the war. After soaking in the ambiance here, stop in at the Charlotte Lane Café.

"Where history meets hospitality" is the motto of the Cooper's Inn, which is a nice place to spend the night before continuing your journey.

Shelburne to Digby. Be sure to



visit the Eel Lake Oyster Farm on your way to Digby. You'll learn how an oyster farm works, and you'll get to sample some of their home-grown delicacies!

Digby Bay is well-known for its scallops, and so when you stop here for the night, perhaps at the Digby Pines Golf Resort & Spa, make it a point to try these delectable salt-water specialties.

Digby to Wolfville. Wolfville is

the seat of the province's "Wine Country." It's possible to visit several wineries here, including Benjamin Bridges and Lockett Vineyards.

Try the former sea magnate's mansion turned bed & breakfast, the Blomidon Inn if you spend the night.

Back to Halifax and Home. Next morning, complete your coastal journey by returning to Halifax.

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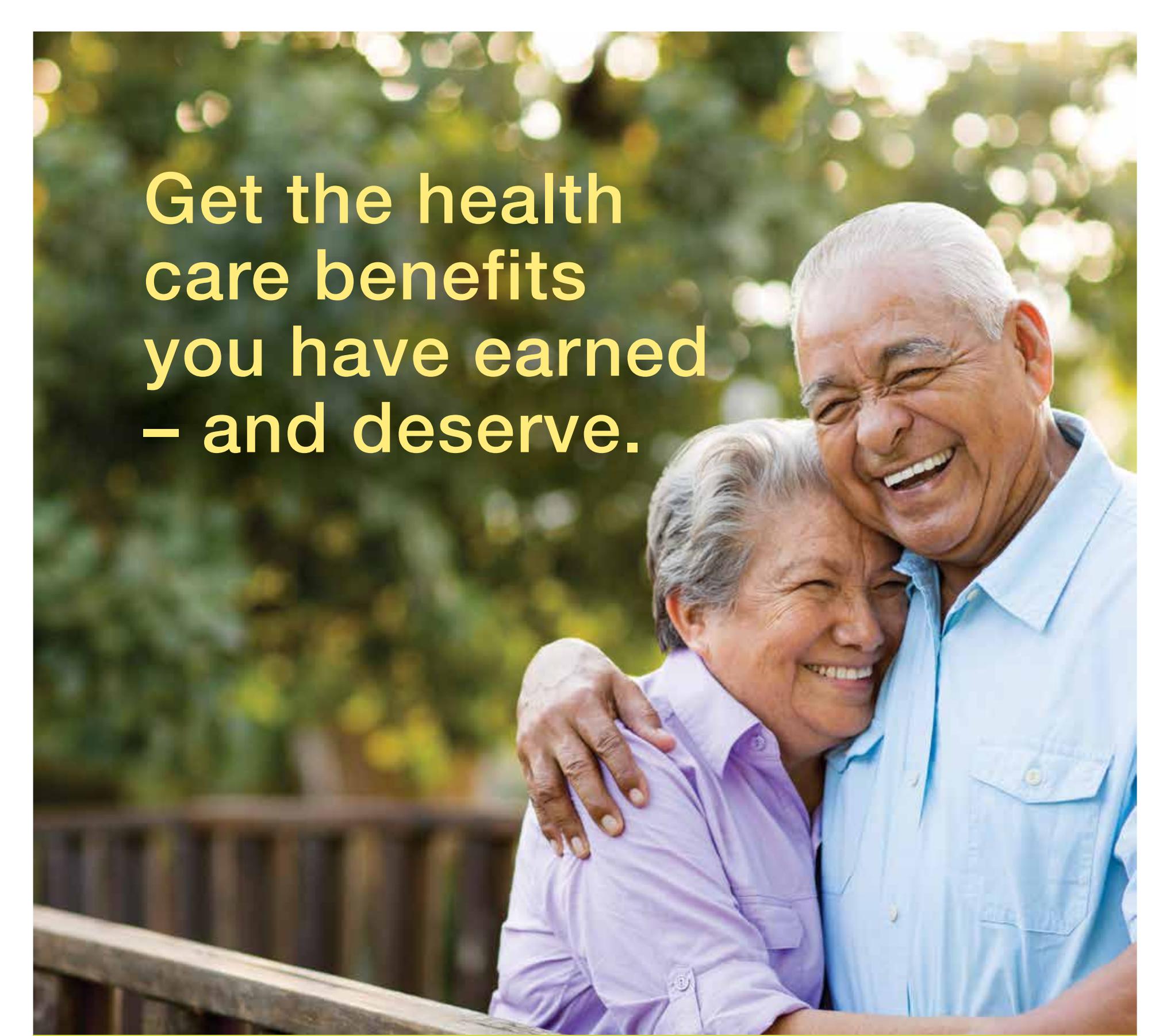
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A Golden Anniversary at Golden West

This year, Golden West is celebrating 50 years of providing affordable housing and services for seniors in Boulder. To acknowledge this milestone and celebrate with residents, families, community partners, supporters, past and present board members, friends and dignitaries, the community hosted a campus-wide celebration.

Speakers at the event included the Master of Ceremonies and CEO of Golden West, John Torres. Other speakers included Resident Council President, Dee Hogan. Hogan talked about how living at Golden West has enriched and invigorated her daily life, highlighting the friendships she's made at the community. The Director of Boulder County Housing and Human Services, Frank Alexan-



Residents and friends of Golden West share in the 50th Anniversary ceremony presentations led by Executive Director, John Torres.

der, also talked about the community and its importance in the bigger picture of affordable housing. "I was an Ombudsman 20 years ago when I first met John Torres," he said. "I learned a lot from John and have great respect for what he and others have done to maintain the good work of Golden West.

Affordable housing is important for every community for all ages and demographics. I congratulate them."

Golden West was founded by First Christian Church of Boulder in 1965. While no longer affiliated with the church, Golden West's mission has remained the

same: to provide people 62+ with affordable housing and services in Boulder. Today, Golden West offers approximately 40% of the affordable senior housing in the city of Boulder.

Built before the city's 55-foot height restriction, Golden West opened with an 11-story tower in 1965, comprised of independent living apartments. Realizing the need for more affordable independent living housing in Boulder, an adjacent 14-story tower was built several years later. In 1989, Golden West expanded its campus and services to include The Mezzanine, a wing designed for assisted living. Golden West's sister community, Flatirons Terrace, opened in 2008, offering market rate independent living apartments.

Family Memories & Family Trees

Finding Modern Maps on the Internet

Many family history and genealogy projects are easier to understand if you have a map. To find maps: Load your internet browser. Go to google.com and click "images" for an image search. Request "map" without quotes and the location that interests you. Scan the hit list. When you see an interesting map, go to that site and open the image. Right-click the image and save it to your hard disk with a meaningful name.



Ted Bainbridge

If those steps don't give you what you need, change the descriptors and try again. For example, Swiss research may require maps of dominant languages or religions. Hunt "map Switzerland religion language" without quotes.

To find out where a place is:

Load your browser, go to google.com, and click "Maps". In the search box type a place name. Press the "Return" key. A map appears. Adjust the window so it fills your screen. Use the + and - buttons at the top left of the map to zoom in and out. At the top right of the map, click "Map" or "Satellite". Use the pull-down menus to select the type of map and the kinds of information you want.

To locate two or more places at the same time: Get into Google

Maps as above. Near the top left of the screen click "Get directions". Beneath the two search boxes that appear click "Add Destination" as many times as needed to create the number of search boxes you want. Type a place in each search box. Click the "Get Directions" box beneath the list of search boxes (not the upper one that you clicked before). The resulting map shows all those places, a route among them, driving directions, distances, and travel times.

Other mapping services' "looks and feels" differ from Google's but they function similarly.

❖ *Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, consultant, speaker, and writer since 1969. Ted is a staff member at the Longmont Family History Center, past president of the Longmont Genealogical Society and listed in the Speakers Bureau Directory of the Colorado Council of Genealogical Societies. Email: ted.bainbridge@gmail.com/.*

3D Technology Used To Form Knee Implants

According to the American Academy of Orthopaedic Surgeons, the number of people turning to knee replacement surgery to regain mobility is expected to rise to 3.5 million annually in the U.S. by 2030. To address this need, ConforMIS has developed total knee implants that are individually sized and shaped to fit each patient's unique anatomy. Duane

Duggan, a Boulder resident, received customized total knee implants developed based on a CT scan of his knees. To treat Duane, Dr. Michael Wertz of Orthopedic Professional Assoc., recommended the ConforMIS knee, which uses its iFit platform to create 3D "maps". 3D printing technology is used to develop precise wax molds to form the metal components of

the implant. The result is implants that are designed for optimal bone preservation and are precisely the shape and size of Duane's natural knees. This individualized approach has demonstrated superior outcomes, since the customized implants are designed to match the shape and contour of each patient's knee, they offer an increased potential for a knee that moves more naturally and is more stable.

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D'Anne ■ from page 4

able. The goal is to create a 3D auditory experience, with or without hearing aids, that can revolutionize your home listening experience.

Longmont Hearing & Tinnitus Center is honored to be a "beta testing" site for this new technology and we'd love to show you how it can change your TV experience. We are offering free 30 minute listening demonstrations on Friday October 16th with one of our Doctors of Audiology and the HyperSound sales representative. Space is limited! Please call to set up your personalized appointment.

Check out our Facebook page and Twitter feed for the latest in hearing healthcare news and to be included in the conversation about how you can hear your best!

Longmont Hearing & Tinnitus Center was given an A+ rating by the Better Business Bureau and awarded the office the "BBB Gold Star" for service the last 3 years.

❖ *Dr. D'Anne Rudden is a Doctor of Audiology who is board certified by the American Board of Audiology. Dr. Rudden has been in practice for 20+ years and is a featured professional speaker and expert in Audiology.*

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Sept. 29–Nov. 17, 1:30–3:30 pm. Longmont S.C., 910 Longs Peak Ave.
Sept. 30–Nov. 25, 10–noon, Josephine Commons, 455 N. Burlington Ave., Lafayette

Oct. 1–Nov. 19, 1:30–3:30 p.m. *Adapted for those with early stage Alzheimer's diagnosis and their caregivers, Frasier Meadows, 350 Ponca Place, Boulder

Be Well and Be Well Diabetes. Stanford University's Chronic Disease Self-Management Program. Learn to change your perspective and manage chronic conditions.

Oct. 5, Nov. 9, 1– 3:30 pm, Erie Community Center, 450 Powers St.
Oct. 5, Nov. 9, 1:30–4 pm, Heart of Longmont United Methodist Church, 350 11th Ave.

Oct. 8, Nov. 12* (Diabetes Self-Management) East Boulder S.C., 5660 Sioux Dr.

Medicare Basics Classes.

Oct. 1, 2 – 4 pm, East Boulder S.C., 5660 Sioux Dr., 303-441-1546
Oct. 20, 10-noon, Longmont S.C., 910 Longs Peak Ave., 303-651-8411

Diabetes Support Group. Topic: Problem Solving for the Holidays

Oct. 12, 11–noon, Louisville S.C., 900 W Via Appia, 303-441-4995
Oct. 19, 11–noon, Lafayette GO Services, 103 S. Iowa Ave., 303-665-9052

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What's Cookin'?

By Darma Bupstar, visits Boulder several times a year when not traveling in the United States.

During the next 12 months, in this series, we shall try to share some ideas about food and its importance in our lives. We'll begin with our day's first meal.

Many consider breakfast as the most important meal of the day. As a meal, it can be broken down into several courses while providing great nutrition and marvelous variety.

The first course involves fruit. Today our choices become almost unlimited. When I was growing up in a small town in Texas, choices were limited. Berries were only in season, so to speak. Now-a-days, they come from every part of the globe. Blueberries, perhaps the most interesting, are available 12 months of the year. We have seen them from North Texas, California, Chile, Mexico, Canada, Louisiana, New Jersey and Michigan. Raspberries, strawberries, black berries and probably many more provide other berry options. The prices are reasonable and the quality - high.

Melons comprise another large

category. Today watermelons are available in the personal size 12 months of the year. For years, they were not used for breakfast; now they are. While cantaloupe is delicious, sometimes it runs to no taste. A few years ago, a problem with them made everyone a little nervous about the safety of eating them. We still free that the best cantaloupe come from Rocky Ford in Southern Colorado.

In addition, there is wonderful honeydew. Other varieties exist but we have never found them unusually attractive. Although bananas are a bit mundane, but we find they are greatly appreciated if you bake

them with butter, lemon and cinnamon. Figs are sometimes available. We used to have a fig tree at home, everyone did, but they have basically disappeared.

Pineapple coming from Costa Rica is outstanding. Apples now come in 10-12 different varieties. We think Honey Crisp is by far the most attractive. Orange and grapefruit top the breakfast list for citrus. You'll find my special grapefruit recipe included in this month's column.

Look for the coming month's editions where I'll discuss eggs, meat, fish, bread and cereal. Stay tuned and, bon appetite!

Breakfast Fruit Fluff

- | | |
|--------------------------------|---------------------|
| 2 pink grapefruit or 4 peaches | Pinch of salt |
| ½ cup brandy | 1 cup of sugar |
| 3 egg whites | ½ teaspoon cinnamon |

Remove grapefruit segments or peel peach and slice. Add brandy. Chill one hour.

Heat broiler, set rack 6 inches down.

Whip egg whites with pinch of salt until foamy. Gradually add sugar and cinnamon until the whites are firm and shiny. This takes several minutes.

Put fruit and liquid into shallow bowls. Dollop the meringue on top. Place under the broiler until meringue is hazel brown. This doesn't take long. Serves 4.



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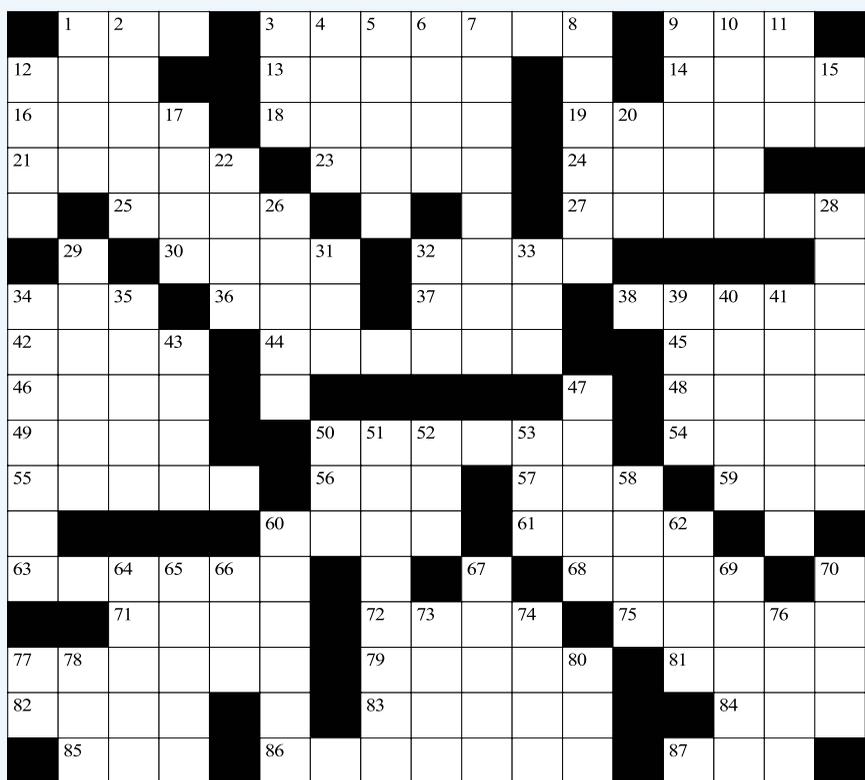
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50 Plus Marketplace News Crossword Puzzle

October 2015 • Boulder County
Answers on page 8



- 81** Codlike fish
82 Periods of history
83 Nest
84 Young goat
85 Vessel built by Noah
86 Makes sorrowful
87 Not

- DOWN**
1 Vocalize melodically
2 Surpass
3 Possesses
4 River in central Europe
5 Assisted
6 Peruse
7 Parasol
8 Candy
9 Full of news
10 State in the NW United States
11 Ingot
12 Demeanor
15 Possessive form of me
17 Seaward
20 Convent dweller
22 Labels
26 Trades
28 Betrothed
29 Simple life form
31 Coloring material
32 Cushion
33 Incline head
34 Flags
35 Gastropod mollusk
39 Knocks lightly
40 Very small island
41 Pertaining to a nerve
43 Otherwise
47 A written document
50 Sailor
51 Capital of Virginia
52 Highest mountain in Crete
53 Mischievous child
58 Shout in derision
60 Commands
62 Ark builder
64 Academy award
65 Refreshment stand
66 Tree
67 Class
69 Bangladesh
70 Propagative part of a plant
73 Among
74 Keep away from
76 Migrant farm worker
77 To exist
78 Period of history
80 Donkey

- ACROSS**
1 Perceive with the eyes
3 Become hoarse
9 Penpoint
12 Blend
13 Farewell
14 Yellow cheese coated with red wax
16 South American Indian
18 Enclosed automobile
19 Not wary
21 Excrete
23 Clarets
24 Spurt
25 Metal
27 Anybody
30 In bed
32 Breathe hard
34 Printer's measures
36 Speak
37 Fuss
38 Sharp pain
42 Not one
44 Containing tetraethyllead
45 Seaward
46 Authenticating mark
48 Stop up a hole
49 Large wading bird
50 Trifles
54 Withered
55 Hood-shaped anatomical part
56 Help
57 Miles per hour
59 Small child
60 Killer whale
61 Unskilled laborer
63 Fireman
68 Crucifix
71 Immature herring
72 Roman god of war
75 Lake in the Sierra Nevada
77 Come into being
79 City in Nebraska

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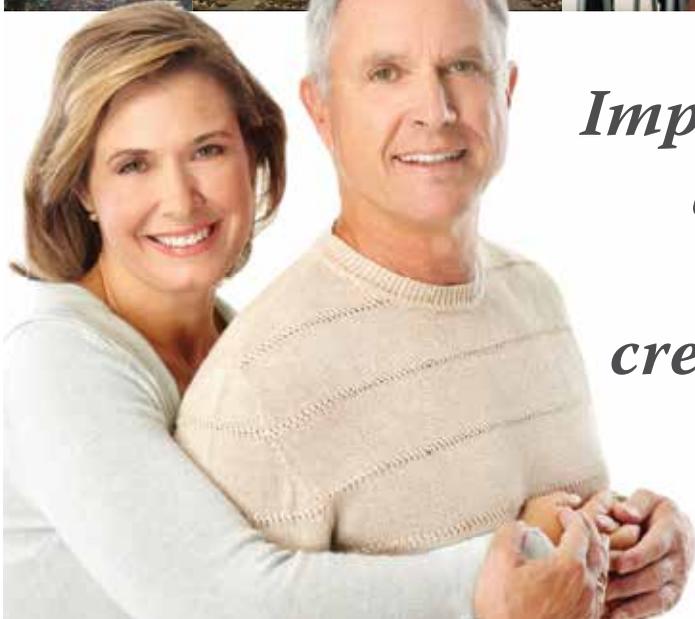
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