



A restored 1948 Chevrolet Suburban in front of the Longmont Museum, part of the new exhibition, Lowriders: Cars & Culture, opening Saturday, Sept. 17.

LONGMONT MUSEUM OPENS FIRST-OF-ITS-KIND LOWRIDERS EXHIBITION

This fall, the Longmont Museum opens one of the first-ever exhibitions to showcase low-rider culture. Lowriders are bountiful in Colorado and rich with history. Longmont is home to over 200 Lowriders alone. This exhibition gives visitors a behind-the-scenes view of how these rolling works of art are created. From pinstriping to upholstery, hydraulics to wheels, visitors will discover the varied skills needed to craft these beauties. Lowriders: Cars & Culture features cars, custom bicycles, pinstriping and upholstery examples, old-school military hydraulics, vintage posters, magazines and historic accessories all related



Longmont Museum Curator Jared Thompson watches as a 1950 Chevrolet Deluxe is loaded in.

to the lowrider scene. In the Museum's Portal Gallery, visitors can see the entire right side of a Lincoln Town Car, showing the progression a car goes from rusted to restored when transforming into a Colorado lowrider.

Exhibition dates are through May 14, 2017 at The Longmont Museum, 400 Quail Rd., Longmont. \$8 adults, \$5 students/seniors, Museum members free, children age 3 & under free.

The Longmont Museum is a cultural center where people explore history, experience art, and discover new ideas through dynamic programs, exhibitions, and events. Info: www.longmontmuseum.org/.

Elections in Boulder County

A lot has changed in Colorado since the last presidential election. Here's what you need to know to be ready for November.

- Check your voter registration as all active voters get a ballot in the mail!
- Make sure it is

current. This is especially important if you have moved in the last year or if you haven't voted for a few years. Check online at www.BoulderCountyVotes.org.

• Track your mail ballot. Visit www.BoulderCountyVotes.org to sign up for Ballot Track to receive messages by email, text, or phone when your mail ballot has been printed, mailed, and received back by Boulder County Elections during election periods.

• In person voting is available. If you prefer to vote in person, a list

of Voter Service and Polling Centers is included in the mail ballot packet.

2016 Election Dates

- October 17: Ballots are mailed to voters
- October 24: Voter Service Centers open (to vote in person)
- October 31: Last day to register and still receive a ballot in the mail (or vote in person)
- November 8: Election Day. Last day to vote or drop off ballot (but do it early!)

- Vote early! Once you decide how to vote, return your mail ballot. Voting early helps reduce campaign

phone calls for you and helps the county by being able to process ballots throughout the election period, not just on one night - no votes are tabulated before election night though!

Returning your ballot early has never been easier since there are now 12 secure, videotaped 24-hour mail ballot drop boxes in Boulder County.

For more voter and election information, visit www.BoulderCountyVotes.org or call 303-413-7740.

CU Presents Two Dance Performances

CU Presents' 80th-anniversary Artist Series kicks off with a desert-inspired dance performance by MOMIX, a company famous for its astounding creativity and stunning visual tricks. The company, an Artist Series favorite, is back by popular demand.

"A typical MOMIX performance is surreal and dreamlike," Founder and Artistic Director Moses Pendleton says. "If you're in the audience, you should expect the unexpected and hopefully go away with a bit more lightness to your step."

The Boulder performance takes place Sunday, October 2, at 7:30 p.m. in Macky Auditorium. A pre-concert lecture by Associate Professor and Director of Dance Erika Randall is at 6:45 p.m. across the street from Macky Auditorium in the CU Heritage Center's Old Main Chapel.

Tickets for this performance

start at \$20. To purchase, visit the CU Presents box office in person (972 Broadway), call 303-492-8008 during business hours or visit us online anytime. Note: All online and phone orders are subject to a service fee.

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October

CALENDAR

National Breast Cancer Awareness
Home Eye Safety
National Dental Hygiene

Thursday/6

Caregiver Support Group. 1st Thu. monthly, 5:30-7 pm. Calvary Bible Church, 3245 Kalmia Ave., Boulder. Free. Info: 303-678-6116 or InfoCare giver@bouldercounty.org

Friday/7

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

Monday/10

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

Wednesday/19

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

Saturday/22

Junior/Senior Fishing Derby, 9 a.m.-noon, Wally Toevs Pond at Walden Ponds Wildlife Habitat, off of 75th St. between Jay Rd & Valmont Rd, Boulder Pairs of a senior & a junior participant fishing as a team. Seniors age 64 up and juniors age 15 or younger. Info: 303-678-6219 or mmarotti@bouldercounty.org/.

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.

Calendar sponsored by...

Dignity Care: 303-444-4040

Driving Mobility for Life in Your Community

Looking to give back to your community? Like to drive? Via Mobility Services may have just the opportunity for you.

Via Mobility Services (Via) offers paratransit services, travel training and mobility options information and referral for those living with mobility challenges, their families and caregivers.

The majority of Via clients are older adults who can no longer drive. Demand for paratransit services has rapidly and significantly increased along with growth of our aging populations. This has compelled Via to develop innovative programs to deliver more services while striving to keep costs down. This is how Via's Volunteer Driver program came about.

"I do it because I enjoy helping people," Volunteer Driver Bob Koecheler wants potential volunteers to understand.

When he retired, Bob had a plan to stay active, maintain some structure to his days, and seek out activities that would enable him to give back to his community. "I also needed to maintain 'people contact' and volunteering for Via provides that for me."

Implemented in the fall of 2015, the program is achieving its goal of delivering an average of 150 rides per month. Now the organization

wishes to expand the successful program. You can help folks facing mobility challenges in your Boulder County community by becoming a volunteer driver for Via.

Volunteer drivers can set their own schedules, and typically work short, flexible hours. While volunteers may use a Via Prius, many choose to use their own cars, allowing Via to expand its fleet without incurring capital costs.

To apply to be a volunteer driver, click on the red "Contact Us" button at: www.viacolorado.org/volunteer/, and complete the form. Or contact Liane r at 303-444- 3069 or volunteer@viacolorado.org.

Founded in 1979 Via is a private, nonprofit organization dedicated to promoting independence and self-sufficiency for people living with mobility challenges. www.viacolorado.org or 303-447-2848.

Still Truckin'

Mid-Life 2

If you don't laugh you cry - when you look in life's mirror. Now is the time to come and enjoy laughing out loud at the joys and jolts of middle age in the BDTStage production of Mid-Life 2.

It is written, directed and choreographed by Bob and Jim Walton who brought "Mid-Life:the Crisis Musical" to the BDTStage in 2007. The Waltons are also both successful actors. Jim appeared on Broadway in "The Music Man"



Sandy Hale

with BDT Producing Artistic Director Michael J. Duran.

Bob Walton has written "I Love You, You're Perfect, Now Change," on TV for "The Good Wife," "The Americans," "Nurse Jackie," "Law and Order" and "Suv."

You lived it, you're living it - now laugh at yourself as you see your own senior moments live on stage. The shock and dilemma of your first senior discount at the movies, the frustrating hunt for your glasses, the surprise when you visit your old neighborhood, the plaintiff song of a golf widow, visits to the doctor and the drugstore, grandmother bliss - it's all here filled with musical fun.

Enjoy BDTStage veteran actors Wayne Kennedy, Scott Beyette, Brian Burron, Barb Reeves, Tracy Warren and Bren Eyestone Burron.

This is the 38th season for BDT-Stage. How many BDTStage shows have you seen?

"Mid-Life 2" plays through November 12, 2016. 303-449-6000, <http://www.bdtstage.com>.

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

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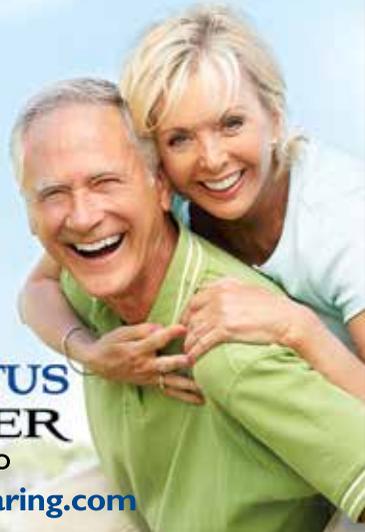


D'Anne Rudden, Au.D., CCC-A
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50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by 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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Jubilate! Presents Friends and Family Concert On October 1

“Dona Nobis Pacem” (Grant us peace) is the musical theme chosen by the acapella-style choral group, Jubilate Sacred Singers, for their October 1 annual concert. The singers chose this particular theme given all the non-peaceful situations and negativity confronting friends and families daily in local communities, the nation and around the world.

This 60 minute concert presents the first movement from “Brahms Requiem” along with four American pieces including two civil war songs. Special music will be provided by members from the choir featuring oboe, flute, harp and piano in addition to selections from this year’s repertoire. It’s expected to be a special evening of music of reflective pieces and those with a “let’s get you moving” spirit.

Under the baton of Dr. Arturo Gonzalez, Jubilate’s fall concert is scheduled to begin at 7 p.m. at St. Andrews Presbyterian Church, 3700 Baseline Road, Boulder. There is no admission charge for this concert which is open to the public.

Now in its 15th year, Jubilate typically sings at two venues each month, offering programs to churches, senior organizations, and in other locations where sacred music is appreciated. In the past, they’ve been involved with several fund raisers for groups such as the Dushanbe Tea House, Think Humanity and Church in the Pines. Support for the latter came after the September 2013 flooding.

Jubilate’s repertoire covers a wide range of music from classical, to contemporary to spiritual. Singers interested in joining this nonprofit group are welcome. Rehearsals are held weekly on Thursday evenings in Louisville at the Lodge at Balfour.

More information about the Jubilate! Sacred Singers is available on their website – www.jubilatesacredsingers.org/.

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American Cancer Society

New Breast Cancer Screening Guideline for women with average risk

AGE 40	AGE 45	AGE 55	AGE 55 +
Talk with your doctor about when to begin screening. Women should have the opportunity to begin screening if they choose.	Begin yearly mammograms by age 45.	Transition to mammograms every other year at age 55 or continue with annual mammography, depending on your preferences.	Continue to have regular mammograms for as long as you’re in good health.

October is Breast Cancer Awareness Month

Talk to your provider soon about getting screened! Take a Breast Cancer Quiz at:
<http://m.cancer.org/healthy/toolsandcalculators/quizzes/breast-cancer-quiz/index>
cancer.org | 1.800.227.2345



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Now Hear This!

Lessons in Occupational Hearing Loss

Another school year has started and many children are already counting the weeks before Winter Break. For adults working in certain industries though, hearing loss does not take a vacation and can impact quality of life forever.



Dr. D'Anne Rudden

Occupational hearing loss is the number one work-related injury in the US. 30 million Americans are exposed to hazardous noise levels at their work sites annually. 60% of military personnel suffer from noise induced-hearing loss, tinnitus, or both. Not surprising then, hearing loss and tinnitus together rank as the top health concern for active and veteran military service members.

Employees at highest risk of hearing loss and tinnitus work in jobs involving industrial heavy machinery, manufacturing, farming and ammunition. Both hearing loss and tinnitus profoundly impact quality of life, contributing to:

- Physical and psychological stress
- Higher risk of heart disease
- Disrupted sleep, fatigue, and decreased alertness
- Reduced productivity
- Impaired ability to communicate
- General loss of situational awareness
- Job Injuries
- Lower Wages
- Unemployment

Prevention is the key to protecting hearing. Technology has improved personal protective equip-

ment that safeguards hearing while maintaining auditory awareness. Branches of the military are using hearing protection TCAPS (Tactical Communication and Protective System) that protects against loud noises while still allowing soldiers to hear the world around them. Civilian and law enforcement options are also available through customized prescriptions from Hearing Health Professionals.

Healthcare providers play a significant role in protecting their patients' hearing by encouraging healthy hearing practices at work and following their recommendations:

- Encourage those in high risk occupations to wear correctly-fitting hearing protection appropriate for their environment
- Rest their ears: after exposure to loud noises, allow a recovery period or quiet time
- See an Audiologist for a pure tone audiometry testing – establish a baseline evaluation and follow up annually

Check us out on our Facebook page and Twitter feed for the latest 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 has awarded our office their "BBB Gold Star" for service for the past 3 years.

❖ *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. Dr. Rudden has been in practice for over 20 years and travels nationally as a featured professional speaker and expert in Audiology.*

Dance ■ from page 1

Continuing the exciting 2016-17 dance season at CU Boulder is "Boneless," a showcase of two works by MFA students intent on uncovering who we really are underneath our society's thick layers of commercialism and social standards. These two works, incorporating contemporary dance, animal instinct and skateboarding, come to CU's Charlotte York Irey Theatre Oct. 21-23.

Both works in "Boneless" use richly physical movement to peer beneath the surface of human existence to discover who we are without social expectations and commercialization.

Performances: Friday, Oct. 21,

7:30 p.m. Saturday, Oct. 22, 7:30 p.m. Sunday, Oct. 23, 2 p.m., in the Charlotte York Irey Theatre.

Tickets for "Boneless" start at \$16. To purchase tickets, visit the CU Presents box office in person (972 Broadway), call 303-492-8008 during business hours or visit us online anytime. Note: All online and phone orders are subject to a service fee.

Coming up later this fall is "Open Space," a student-produced and CU Dance Connection-created showcase, and "FRESH," a sampler of graduate and undergraduate student works. For a complete listing of dance works, visit: <http://www.cupresents.org/events/>.

Family Memories & Family Trees

Finding Maiden Names in Marriage Records

A marriage record is a great place to find a woman's maiden name. If you know approximately when and where a couple married, ask the county clerk for the certificate. If you don't know, try the following ideas.



Ted Bainbridge

For each of her children, record the child's full name, birth date, and birth place. If you don't know a year, approximate. Were two of the children a known number of years apart and do you know one of those birth dates? Or do you know how old a person was when an event in a known year occurred? If you know one child was born in 1923 and had a sibling who was "a few years older", guess that other birth date as 1910-1922.

Hunt the marriage certificate from one to three years before the birth of their first child. Look in the birth county of the oldest child whose birthplace you know or can estimate. If the marriage certificate

is not there, search longer time spans before and after the above suggestion. Also search surrounding counties at ever-increasing distances.

If you suspect the marriage took place in a different location, search that area as above.

Also search the internet for a state marriage index in the appropriate time period. If that doesn't work, look for the index for the county where they were most likely to get married, then look at each nearby county if you must.

If you can't find a state or county index on the net, look at the website for each appropriate county's genealogical and historical societies.

Search the records of each church near where her first child was born or christened.

❖ *Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, speaker, & writer since 1969. His articles are published frequently by national, state, & county organizations. Ted is a past president of the Longmont Genealogical Society and is a staff member at the Longmont Family History Center. You can contact him at ted.bainbridge@gmail.com.*

Your Life Support Do You Have an Anchor?

Though I have never seen it, I'm told that the Niagara River has a couple of interesting signs upstream of the famous falls. There is one by the side of the river visible to daredevil boaters that reads, "Do you have an anchor?" Then just



Steve Goodier

downstream is a second sign that says, "Do you know how to use it?"

"Do you have an anchor?" I have found that a solid anchor is indispensable to one who intends to live life fully. To have an anchor is to be centered and well grounded. It is to have a vital spiritual base.

"Do you know how to use it?" For no amount of faith is enough if it is not used.

We all come to what has been described as the "Red Sea place"

in our lives. That is the place where there is no way back and no way around. We have to go through.

You know the places I mean ... we find ourselves up against a critical loss, an irreversible setback or a course of action that cannot be changed. There is no way back and no way around. We have to go through.

Even a small ship can venture into deep waters and weather major storms if it has an anchor. But it is likely to be tossed about and even capsized if the anchor is not used.

I like those questions: Do you have an anchor? And...do you know how to use it?

It won't be long before I come to another "Red Sea place" in my life. I can count on it. But there's one thing I know -- if I use my anchor, I'll come through all right.

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

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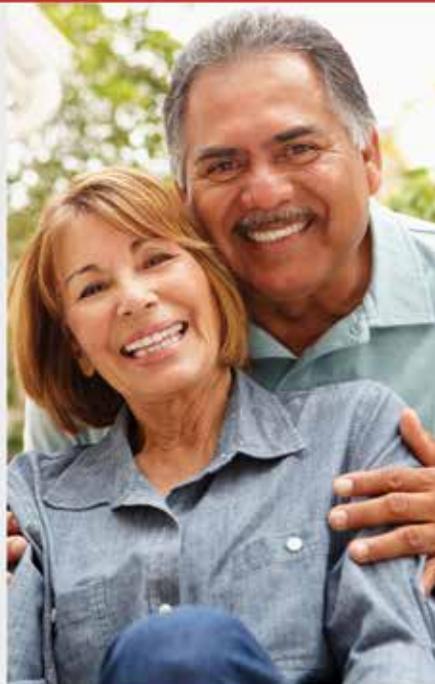


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*Boulder Rotary Club is involved in more than 30 projects on the local, national and global levels. Go to www.boulderrotary.org to learn more.

Audio Information Network

White Cane Safety Day

President Lyndon B. Johnson proclaimed the first White Cane Safety Day on October 15, 1964. The purpose of this day is to make people aware of the meaning of the white cane and of the need for motorists to yield to blind persons using it.



Kim Ann Wardlow

The proclamation recognized the growing independence and self-sufficiency of blind people. It also recognized the white cane as a symbol of this independence. The first state law regarding the right of blind people to travel independently using a white cane passed in 1930. In 1966, Dr. Jacobus ten-Broek drafted a model White Cane Law. Today every state has a variant of this law.

People used canes throughout history as a means of support. In 1921 James Biggs of Bristol, England decided to paint his walking stick white so he would be more visible to motorists. He had lost his sight in an accident and did not feel safe with increased motor traffic around his home. A decade later Lions Clubs International began a program in the U.S. to promote

the use of the white cane. Canes were held diagonally in a fixed position. At this time, the white cane was more of an identifier than a mobility tool.

After World War II, Doctor Richard Hoover developed the long cane method of travel. The basic technique is to swing the cane back and forth in front of the body to identify curbs, steps, and other physical obstacles. The cane's length is determined by the user's height and needs to reach two to three steps ahead of them. The individual alters this technique for areas where people are walking more closely together. Canes may be rigid or collapsible and have a variety of tips based on the user's preference. Training on the proper technique enables an individual to use this mobility tool confidently and travel safely.

❖ *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.*

Reflections

Take Aways

Several months ago, I read about one of our student-athletes who, after graduation, played in the NFL until injuries sidelined him. With his sociology degree in hand, he took a different, and perhaps unexpected, direction. He found a career in writing, specifically for television dramas.



Martha Coffin Evans

What caught my interest was his affirmation of the benefit he received from his collegiate time as well as that with his football teammates. Lessons learned in the classroom along with those on the practice and playing fields served him well.

They amounted to take aways for me in applying what he said about football to other groups whether ensembles, choirs, bands, orchestras, or other activity groups. Being part of a smaller group in a large campus environment can, and does, provide great value to the students.

A sense of community comes within disparate groups especially as their members come from different backgrounds and experi-

ences. In these examples whether athletic or artistic, members work together for a common focus.

Members practice and play hard for a desired result. In all cases, having success is the goal be it a winning score or providing a flawless performance.

Soon a strong work ethic appears as individuals commit to a unified approach. Having the ability to adapt to change becomes another lesson learned when those in leadership positions, such as coaches or directors, move elsewhere.

When our favorite choir director moved away, his successor had a challenge. Because he was not as popular or charismatic as his predecessor, he had a hard time selling us on himself. We eventually came around much as we must do in the working world when similar changes occur.

During this academic year and beyond, hopefully the young students, regardless the team or group, will learn these life lessons. It will serve them well in their future careers.

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



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HEALTH TIP:

When it Takes Too Long to Fall Asleep

It's common to occasionally toss and turn while trying to fall asleep, but for some people, it's a nightly battle. The National Sleep Foundation recommends:

- Slowly and gradually change your bedtime, backing it up by 15 minutes each night until you reach the time you want.
 - In the morning, expose yourself to bright artificial light or natural sunlight. At night, as you get ready for bed, keep the lights dim.
 - Turn off electronics at least 30 minutes before bed, and steer clear of caffeine and alcohol a few hours before bed. Make sure the bedroom is dark, quiet and cool.
 - Stay consistent with sleep and wake times, even on weekends.
- Talk to your doctor about melatonin, a hormone that helps regulate sleep.

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Robots Making History Again!

We've known about the value of robots for over 30 years. The earliest fixed robots have been used in manufacturing products including vehicles at many modern worldwide plants. Medical robots are helping surgeons with non-invasive surgery and reducing hospital or surgery center costs across the world too. Mobile space robots have been used in the last 12 years on Mars and soon on other planets for research, mining, and other beneficial applications.



Bob Larson

In the last five years, smart mobile robots are roaming the floors delivering parts, products, medicine, blood samples, waste, etc for manufacturing plants, warehouses, hospitals, research labs, food suppliers, and so on. These mobile robots avoid human or other robot collisions, while delivering light to heavy payloads to their assigned locations with ease.

Besides many manufacturing or

Technology is Hip!



Amazon's KIVA Mobile Robot



Aethon's TUG Mobile Robot

warehouse applications, mobile robots are being used at many hospitals across the country for repetitive duties, thus helping to save lives and reducing manual labor costs and time to delivery.

One mobile robotics company, Aethon Inc., sells their TUG mobile robot in various industries. Their robots have been shown on 60 Minutes TV program and are in over 200 hospitals across the country.

Amazon, the U.S. largest online retailer, purchased another mobile robotics company, which uses their 15,000 KIVA robots (shown here)

for delivering products in their ten distribution warehouses besides selling their robotic systems to other customers.

Eventually, many simple jobs will be eliminated or enhanced by robots. Of course, new jobs will be created for designing or maintaining the robots and robotic systems. This is another benefit of robots and technology in an ever changing world.

❖ *Bob Larson is a former engineer, photo-journalist, technologist, and Marketing Director at 50 Plus Media Solutions.*

Are you on Medicare?

Time to look at your Medicare Part D Prescription Drug Plan or Medicare Advantage Plan and see if you're in the most affordable plan for 2017. Reserve your free individual appointment with a Boulder County Medicare Counselor by calling the senior center near you. Spaces are limited!

NOTE: This Annual Open Enrollment Period is NOT for enrolling in Parts A & B or Medigap plans.

2016 Open Enrollment Period is Oct. 15-Dec. 7

Pre-Registration is Required

	October	November	December
West Boulder Senior Center 909 Arapahoe Ave 303-441-3148 (to register)	Oct. 26 9 a.m. - noon	Nov. 9 & 30 9 a.m. - noon	none
East Boulder Senior Center 5660 Sioux Drive 303-441-4150 (to register)	Oct. 20 9 a.m. - noon	Nov. 3 & 17 9 a.m. - noon	Dec. 1 9 a.m. - noon
Lafayette Senior Services 103 S. Iowa Ave 303-661-1492 (to register)	Oct. 21 9 a.m. - noon	Nov. 4 9 a.m. - noon	Dec. 2 9 a.m. - noon
Longmont Senior Center 910 Longs Peak Ave 303-651-8411 (to register)	Oct. 17, 24 & 31 9 a.m. - noon	Nov. 7, 14, 21 & 28 9 a.m. - noon	Dec. 5 9 a.m. - noon
Louisville Senior Center 900 W. Via Appia 303-666-7400 (to register)	Oct. 19 & 26 9 a.m. - 1 p.m.	Nov. 2 & 30 9 a.m. - 1 p.m.	none

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- Technology for Aging: 2016 Market Overview**
Laurie Orlov | AGING IN PLACE TECHNOLOGY WATCH
- ColoradoCare / Amendment 69: Yea or Nay?**
Irene Aguilar, MD | COLORADO STATE SENATE
Katherine Blair Mulready, JD MPS | COLORADO HOSPITAL ASSOCIATION
Amy Downs | COLORADO HEALTH INSTITUTE
- Reimagining Aging**
Mike Biselli | CATALYST HEALTH-TECH INNOVATION
- Policy Implications of an Aging Population**
Jim Riesberg | COLORADO STRATEGIC ACTION PLANNING GROUP ON AGING
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Cyndy Luzinski | DEMENTIA-FRIENDLY COMMUNITIES
- Thinking Upstream: Where Does Health Begin?**
Karen Albright, PhD | UNIVERSITY OF DENVER

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Boulder County Parks and Open Space Seeks Volunteer Mining Museum Guides

Volunteer mining museum guides are needed at the Nederland Mining Museum and the Assay Office. Volunteers greet visitors, answer questions, and provide information. Training is provided.

At the Nederland Mining Museum, volunteers work at least one three-hour shift per month, on Friday, Saturday or Sunday, hours vary.

Volunteers at the Assay Office Museum work one, four-hour shift, on the third Saturday of each month from April to October.

Application deadline is September 14.

For more information please contact Sheryl Kippen at skippen@bouldercounty.org or 303-776-8848.

Boulder Senior Services

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

Cabaret at the Buell. Bus leaves from East. Tues, Oct. 4, 6-11:15 pm. Welcome to the infamous Kit Kat Klub, where the emcee, Sally Bowles, and a raucous ensemble take the stage nightly to tantalize the crowd in this production of Cabaret. With memorable songs from theater history, including "Cabaret," and "Maybe This Time." \$62/\$67.

Boulder County Legal Services. (BCLS), West. Tues, Oct. 4 & 18, 1-3 pm. Provides civil legal assistance to older adults and low income residents with matters including family law, protection orders, housing rights, elder law and more. A short interview determines eligibility. 60+ Info & appts: 303-449-7575.

National Depression Screening Day. East, Thu, Oct. 6, 9-noon. View a film and participate in small discussion groups with Mental Health Partners Senior Reach staff and peer counselors. Free depression screenings available: 11-noon. Registration required. Free.

The Basics. Memory Loss, Dementia & Alzheimer's West, Thu, Oct. 6, 1-3 pm. This program provides information on detection, possible causes and risk factors, stages of the disease, treatment, and more.

Seasons Can Affect Mood. West, Tue, Oct. 11, 3-5 pm. Learn about how the change of seasons, including changes in light and weather, can have a strong impact on mood. With tips and techniques to stay feeling healthy. 2-hr. includes a talk and time to interact with a Therapist

or Peer Counselor. Light snacks.

Intro to Health & Wellness Mobile Apps. West, Wed, Oct. 19, 2-4 pm. Learn how to unlock the potential of the smartphone or tablet through the exploration of fitness, mind and brain, medical, food/nutrition and overall health apps. Demos and a handout is provided. \$15

Eleanor Roosevelt. By Susan Marie Frontczak, West, Thu. Oct. 20, 12:45-1:45 pm. In the 1920's Eleanor worked to advance minimum wage, define maximum working hours, changed and created laws regarding child labor, championed women's rights, and more. When her husband, FDR, was installed in office in 1933, she held a press conference for women reporters only. She emerged as one of the 20th century's most influential women.

Comedy Show. Denver Improv. East Rec. Thu, Oct. 20, 6-9:45 pm. Denver Improv hosts a full calendar of well-known comics and promising new talent. Enjoy the show while dining on potato skins and pulled pork sandwiches, sipping a cocktail. Two-item minimum purchase. Scheduled comedian TBD. \$48/\$53.

Simple Rock Wrapping. West, Wed, Oct. 26, 1-4 pm. Learn how to use silver and copper to make simple pendants and necklaces using wire bending techniques, stones, and the Rock Wraps® technique. Each student makes two sterling silver wrapped pendants and some copper pieces of their choice. \$50/\$60.

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- An Obvious Fact: A Longmire Mystery *Craig Johnson*
- The witness seeker *Stone Wallace*

NEW NON-FICTION

- Einstein's Greatest Mistake: A Biography *David Bodanis*
- Brilliance and fire: a biography of diamonds *Rachelle Bergstein*
- The Year of Voting Dangerously: The Derangement of American Politics *Maureen Dowd*
- Until we are free: my fight for human rights in Iran *Shirin Ebadi*

NEW IN LARGE PRINT

- Room for hope *Kim Vogel Sawyer*
- Find her *Lisa Gardner*
- Those Jensen boys! Rimfire *William W. Johnstone*
- Sisters *Lisa Wingate*
- Worry-free living: trading anxiety for peace *Joyce Meyer*

FICTION BESTSELLERS

- The Underground Railroad: a novel *Colson Whitehead*
- Sting *Sandra Brown*
- Curious minds: a Knight and moon novel *Janet Evanovich, Phoebe Sutton*
- Damaged: a Rosato & DiNunzio novel *Lisa Scottoline*
- Insidious *Catherine Coulter*
- NON-FICTION BESTSELLERS**
- Hillbilly elegy: a memoir of a family and culture in crisis *J.D. Vance*
- Liars: how progressives exploit our fears for power and control *Glenn Beck*
- American heiress: the wild saga of the kidnapping, crimes and trial of Patty Hearst *Jeffrey Toobin*



Elder Law Issues

When Should I Review My Estate Plan?

It is very important to have estate planning documents in place that accomplish your goals and reflect your wishes. However, it is



Rick Romeo

just as important to ensure those documents withstand the passage of time and changes in life circumstances. While most estate planning attorneys will recommend that you review your documents every three to five years, there are also specific events that should trigger an update. You should review and possibly revise your Will and other estate planning documents if any of the following occur:

1. Marriage. If you have a new spouse, it is important to think about how you wish to provide for that spouse. This may be more complicated if it is not the first marriage for a party or if children from prior relationships are involved. An estate planning attorney can assist in structuring a proper plan for the situation.

2. Divorce. Upon a divorce, you will likely want to completely revise your estate plan. Most individuals no longer desire to leave assets to a former spouse. It is also important to make sure that you have named someone else as Personal Representative to administer your estate, as well as agent on

your Powers of Attorney to make medical and financial decisions if you are unable to do so.

3. Births. The birth of a child or grandchild often triggers Will revisions in order to provide for those new family members. An attorney can assist in providing that assets are transferred to minor beneficiaries properly.

4. Deaths. Your document(s) should be revised accordingly if an individual named as a beneficiary or fiduciary in your Will or Powers of Attorney has passed.

5. Change in state residency. It is often beneficial to have estate planning documents, especially Powers of Attorney, prepared in the state in which you reside. If you move from one state to another, it is recommended that you have an estate planning attorney in the state where you now live review your documents.

6. Change in assets. Whether the value of your assets increases or decreases significantly, it is important to discuss how this may affect your planning. This could involve more complex estate tax planning or simplification to ensure that your beneficiaries receive assets in the most efficient manner.

❖ *Rick Romeo is a partner with the law firm of Vincent, Romeo & Rodriguez, LLC providing a broad array of services for the elderly, the disabled and their families, including estate planning, Medicaid planning, planning for disabled children, and probate litigation. Contact the firm at 303-604-6030 or visit www.elderlawcolorado.com/.*

Caregiving

Training Course Aids Family Caregivers

The National Caregiver Training Program is an 18-hour course for family caregivers of older adults offered by



Emily Cooper

Boulder County Area Agency on Aging, a division of Community Services. It's designed to help family caregivers gain the practical skills they need to provide safe, confident home care for older loved ones.

Hundreds of local caregivers have benefitted from the training over the last few years. A recent participant states, "Thank you! I'm so glad to have taken this class—very informative! I've already recommended it to others I know who are caregivers." You can benefit from the course, as well.

The National Caregiver Training Program is taught by a registered nurse with many years of home care experience. It provides detailed instruction, demonstration, and hands-on practice on topics including caring for someone on bedrest, providing personal care, using a wheelchair safely, managing medications, taking vital signs, controlling infection, preventing falls, and more—all in a relaxed, fun setting. Each participant receives information on local resources, helpful handouts, and the book *Quick Tips for Caregivers*, an easy-to-use home reference guide.

The course is on Thursdays, Oct. 13 – Nov. 17, 2 – 5 p.m., in Boulder. It is open to Boulder County residents caring for a relative, partner, or friend who is age 60 or more, or of any age if the person has dementia. There is no charge for the course, though donations are welcome. To help family caregivers attend, financial assistance for respite care (substitute elder care during class sessions) is available. Registration is required, at 303-678-6116 or InfoCaregiver@bouldercounty.org.

By investing some of your time in this important training, you'll be sure to reap the rewards throughout your caregiving.

❖ *Emily Cooper is Information Specialist for Caregiver Programs with Boulder County Area Agency on Aging, a Division of Community Services. Info: call 303-678-6116 or email InfoCaregiver@bouldercounty.org/.*

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Johnstown, Colorado

Hikes & Events in October

Quaking Aspen Hike. Sat Oct 1, 10–noon, Mud Lake Open Space. 1.5 mile hike, learn about aspen, the most widely distributed tree in North America.

Oct 9, 10:30–12:30 pm, Agricultural Heritage Center. Learn about raising goats, different breeds, housing and feed requirements, and see a live milking demonstration with Goats Galore 4-H club.

Birding Through the Seasons. Wed Oct 5, 7–8:30 pm, Longmont Public Library. Learn about birding through the seasons. Explore where to find and how to identify local and migratory birds.

Picnic in a Cemetery. Sun Oct 9, 4–6 pm, 5201 St. Vrain Rd., Longmont. Learn about gravestones and visit a cemetery. Info & register at kmcdaniel@bouldercounty.org/.

An Evening at the Museum. On the Road Again, Fri Oct 7, 5:30–6:30 pm, Nederland Mining Museum. Discover the adventures and stories behind the building of mining roads and scenic byways in the area.

Bears in Our Backyard. Sat Oct 15, 10–noon, Heil Valley Ranch Open Space. 1-mile hike, learn about local bruin and how people and bears can share our wild places.

Visit the Assay Museum. Sat Oct 15, 11–3 pm, 6352 Fourmile Canyon Dr., Boulder. The James F. Bailey Assay Office Museum, located in the historic town of Wallstreet just west of Boulder, helps tell the story of hard rock mining in this area. Admission is free and all ages are welcome.

Oh Deer, Elk and Moose! Sat Oct 8, 9–noon, Caribou Ranch Open Space. 3-mile hike, learn about the natural history, behavior, and ecology of mule deer, American elk, and moose.

Ancient Beach Walk. Sun Oct 9, 9–11 am, location given at registration. An easy walk to see the fossils and unusual geologic features formed in this near-shore marine environment. Register: lcolbenson@bouldercounty.org or 303-678-6214 by Thu, Oct 6.

Who are the Owls. Tue Oct 18, 6–7:30 pm, Lafayette Public Library. Explore these creatures and learn about the adaptations that make them such expert hunters.

Junior & Senior Fishing Derby. Sat. Oct. 22, 9–noon, Wally To-

Goats Galore. Meet & Greet, Sun

Continued on page 11 ▶

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Wellness Matters
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Wellness Programs are available without charge to Boulder County residents 60 and over and their caregivers. Donations are encouraged and appreciated.
www.bouldercountyhealthyaging.org

A Matter of Balance. Learn to manage the risk of falling, reduce fear and strengthen your body. Classes meet weekly for 2 hours for 8 weeks. Sessions include group discussions & gentle exercises. Classes are offered throughout Boulder County.

Healthier Living. (Stanford University's Chronic Disease Self-Management Program) Learn techniques to help change your perspective and manage chronic conditions. Topics covered during 6-week workshop include managing medications; improving communication; improve nutrition & activity levels; setting weekly goal; and problem solving. Register. Oct.6–Nov. 10, 1:30–4 p.m. Frasier Meadows, Boulder.

Medicare Basics Classes.
Oct. 6, 2–4 p.m. East Boulder Senior Center, 303-441-1546
Oct. 25, 10–noon Longmont Senior Center, 303-651-8411

Medicare Counseling Annual Open Enrollment Events. Review your Part D Drug or Medicare Advantage/Health Plan. Medicare Counselors will help you determine if you are in the best plan. Call your local senior center to make an appointment. Oct. 15 – Dec. 7.

Nutrition Education. East Boulder County Diabetes Education Group. Oct. 17, 11–noon, "Recipe Makeovers: adding flavor without adding extra carbs" Lafayette S.C., 303-665-9052 to register; 303-441-4995 for information.

Counseling. English: 303-678-6115 / Spanish: 303-441-3910

SEASONED Newsletter. tdeanni@bouldercounty.org

Hikes from page 10

evs Pond at Walden Ponds Wildlife Habitat. This event pairs one senior 64 or older and one junior 15 or older, fishing together as a team. Prizes for the team that catches the heaviest trout, has the largest age difference, and are 1st to catch the limit. Rain or shine! Seniors must have a valid Colorado fishing license. Info: mbowie@bouldercounty.org or 303-678-6219.

Lions & Abert's & Bears. Sat Oct 22, 10–noon. Betasso Preserve. 1-mile hike, learn about critters that call the Preserve home, and how the animals prepare for winter.

Blacksmithing Demo. Sat Oct 22, 10–1 pm, Agricultural Heritage Center. Drop-in to watch blacksmiths forge new tools to be used at the Center. All ages.

Sunset Photography Session. Sat Oct 22, 4:30–6:30 pm, Agricultural Heritage Center. The center stays open late to snap photos for the "2017 Land through the Lens Photography Exhibit." Register.

Story in the Rocks. Our Changing Landscape, Sat Oct 29, 10–noon. Heil Valley Ranch Open Space. The geologic history of our landscape goes back over 1.7 billion years. Slide program, learn how to inter-

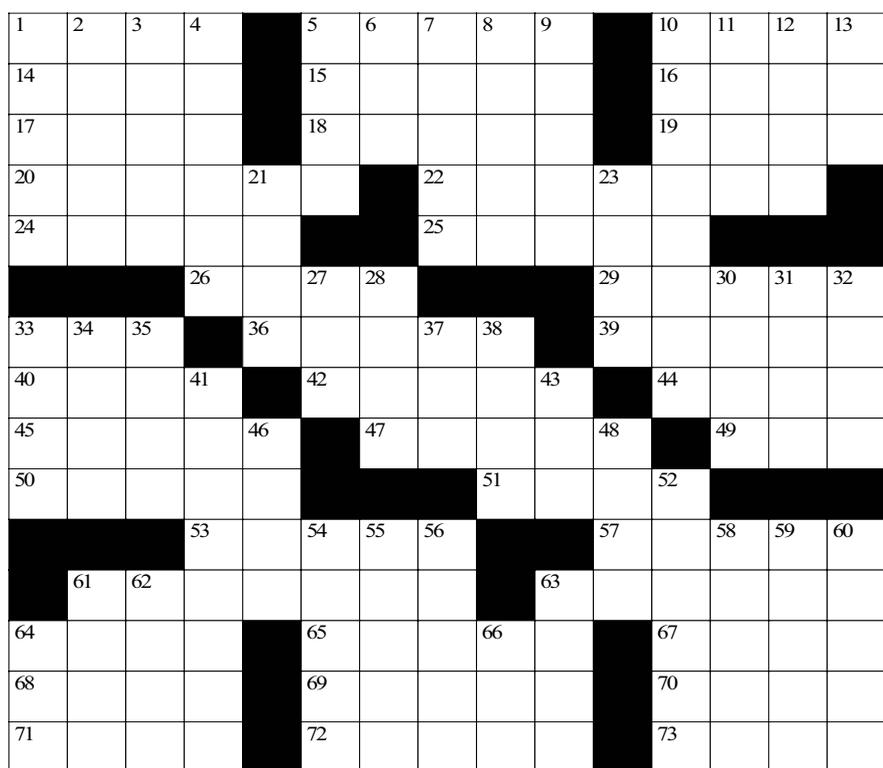
pret the landscape that has developed over the last two billion years.

Hike for Seniors. Thu Oct 27, 10–noon, Heil Valley Ranch Open Space. Enjoy a nature hike for seniors every month. Includes information about an area's history, wildlife and current resource management projects. Call 303-678-6214 for a group so we have enough naturalists at the program.

Agricultural Heritage Center. Open Apr. 1–Oct. 31, 10–5 pm, Fri, Sat & Sun, tours start at 11 am. Enjoy the rural setting, learn about the rich agricultural history of Boulder County. The farm includes two barns with interactive exhibits, a milk house, blacksmith shop, and a furnished 1909 farmhouse. Groups may make special arrangements for tours. Contact Jim Drew at 303-776-8688 or drew@bouldercounty.org for more information.

Nederland Mining Museum. Open Jun 3 – Oct 30, Fri, Sat, Sun 10–4 pm. 200 N. Bridge St., Nederland. Learn about the lives of the miners of yesteryear. Visit the Nederland Mining Museum and get a glimpse into the world of hard rock mining days in Boulder County during the late 19th and early 20th centuries.

50 Plus Marketplace News Crossword Puzzle



- ACROSS**
- 1 Seize
 - 5 Lying flat
 - 10 Little devils
 - 14 Resembling a rope
 - 15 Occur again
 - 16 Wife of Jacob
 - 17 Certainly
 - 18 Beyond what is usual
 - 19 Ornamental fabric
 - 20 Contemptibly small
 - 22 Attack
 - 24 Boredom
 - 25 Judges
 - 26 Observed
 - 29 Which is the sixth of the twelve Minor Prophets of the Old Testament
 - 33 Cutting tool
 - 36 Surface upon which one walks
 - 39 Egg-shaped
 - 40 Cut
 - 42 Pertaining to the moon
 - 44 English public school
 - 45 Fertile area in a desert
 - 47 Desert region in S Israel
 - 49 Choose
 - 50 Ruin
 - 51 Capital of Western Samoa
 - 53 Assisted
 - 57 Aiguillette
 - 61 Polish
 - 63 Remove the color from
 - 64 Structure for storing grain
 - 65 Residence

October 2016 • Boulder County
 Answers on page 8

- 67 Doing nothing
- 68 Game of chance
- 69 Coming after
- 70 Thick slice
- 71 Republic in SW Asia
- 72 Sharp pain
- 73 Allot

- DOWN**
- 1 Dirt
 - 2 Aftermath
 - 3 Pertaining to bees
 - 4 Ancient cloth
 - 5 Animal hunted for food
 - 6 King
 - 7 Group of eight
 - 8 Suckle
 - 9 Efface
 - 10 Illusory
 - 11 Repast
 - 12 Agreement
 - 13 Fem. pronoun
 - 21 Willing
 - 23 Ammunition
 - 27 Former measure of length
 - 28 Part of speech
 - 30 Roman censor
 - 31 On the top
 - 32 Seize
 - 33 Flat-bottomed boat
 - 34 Having wings
 - 35 Learned
 - 37 Single unit
 - 38 Hindu music
 - 41 Corsair
 - 43 Corded cloth
 - 46 Pelt
 - 48 Phial
 - 52 Prejudice against old people
 - 54 Clock faces
 - 55 Convocation of witches
 - 56 Loincloth worn by Hindu men
 - 58 Scoop
 - 59 Showy actions
 - 60 Monetary unit of Botswana
 - 61 Coffin stand
 - 62 Bone of the forearm
 - 63 Iceberg
 - 64 Snow runner
 - 66 Lair

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