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CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

December 2016 • Volume 22 • Issue 12



Photo: LKPool

**May the Peace & Joy  
of Christmas be with  
you throughout the  
coming year!**



## **CU's Holiday Festival returns to Macky Auditorium Dec. 2-4**

This December, CU Presents its Holiday Festival, a decades-long Boulder tradition boasting joyful performances by CU Boulder musicians and beautiful holiday decorations inside historic Macky Auditorium.

famous Hallelujah Chorus at the evening's end.

Gentry says this eclectic and mirthful mix of music is what keeps Boulderites coming back to the festival year after year.

"People seem to love listening to the blend of new and familiar, and the decorations and special lighting in Macky are just icing on the cake," Gentry says.

Ultimately, the Holiday Festival's continuing success is thanks to CU's dedicated student performers. "The musical integrity of these concerts is what attracts our audiences," Gentry says, "and this year is no exception."

Performance dates:

Friday, Dec. 2, 7:30 p.m.  
Saturday, Dec. 3, 4 p.m.  
Saturday, Dec. 3, 7:30 p.m.  
Sunday, Dec. 4, 4 p.m.

Tickets start at \$20. Holiday Festival revenues benefit the CU Music Scholarship Fund. No student or senior discounts are available. For tickets, visit the CU Presents box office in person (972 Broadway), call 303-492-8008 during business hours or visit us online. Note: Online and phone orders are subject to a service fee. For more information, email: jill.kimball@colorado.edu/.

## **Being Grateful Makes Us Better Citizens**

With Thanksgiving Day over, it is interesting to note that America is a very grateful nation. In fact, the majority of Americans are particularly thankful for their families and the freedom they have living in the U.S., according to a recent survey sponsored by the John Templeton Foundation. as perhaps the most optimistic of nations. One report notes that: "When asked, on a scale of 0 to 10, about how important working hard is to getting ahead in life, 73% of Americans said it is was a '10' or 'very important,' compared with a global median of 50% among the 44 nations."

Meanwhile, studies by the Pew Research Center rank America

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# December CALENDAR

**Safe Toys & Gifts Month**  
**Influenza Vaccination Week (4-12)**  
**Handwashing Awareness Week (4-12)**

## Thursday/1

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

## Thu/1, Fri/2 & Sat/3

Thu: VIP night, dinner, preview,  
 5-9pm, \$35. Fri: 9-8:30pm;  
 9-3pm. The Longmont 'Gift  
 of Home' Christmas Home  
 Tour for Longmont Meals  
 on Wheels features 4 houses  
 decked out for the holidays.  
 \$20 advance, \$25 at the door.  
[www.thegiftofhome.org](http://www.thegiftofhome.org)

## Friday/2

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

## Tuesday/6

Boulder Genealogical Society  
 welcomes speaker Julie  
 Miller, CG SM, CGL SM, FNGS  
 7:30 pm. 'Eddie Wenck: The  
 Case of the Little Lost Boy.'  
 Follows business meeting,  
 Frasier Meadows Retirement  
 Community, 350 Ponca Pl.  
 Free 'Holiday Traditions  
 Around the World' 6:30-7:15  
 pm. Visitors are welcome.  
 Info: <http://www.boulderge-nealogy.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](http://www.boulderseniorservices.com)

## Every Tuesday

Community Bible Study,  
 9:15- 11:15am. Interdenomi-national. 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.

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# CU Boulder Plans 'Once A Flutist' Festival Around Galway Performance

March 2017 could be considered the Month of the Flute at CU Boulder. In addition to Eklund Opera's production of Mozart's "The Magic Flute," CU Presents' Artist Series brings Sir James and Lady Jeanne Galway to Macky Auditorium for a performance. And Associate Professor of Flute Christina Jennings has turned the days surrounding the Galway visit into a long-awaited celebration of the flute.

On March 21 and 22, the Once a Flutist festival invites flutists from around the region to the Boulder campus for an immersion in the technique, diversity and spirit of the oldest instrument on Earth.

"Flute studio alumni, people who play or used to play, children who just started playing—and people who just love the flute—are all invited," Jennings says. "There's

something for everyone!"

The festival's name grew from the idea that once you've become a flutist, no matter what direction your life takes, you are always a flutist at heart.

Two days, culminating with the Galways' performance the evening of the 22nd, the Once a Flutist schedule is packed with master classes, panels on flute teaching, a lunchtime jazz concert with Thompson Jazz Studies director John Gunther and exhibits from the top flute companies in the country.

Jennings' Faculty Tuesday program on the 21st premieres a flute orchestra piece, written by composition student Egeman Kesikli and featuring 20 performers from the College of Music faculty and staff.

"It's called 'Breathless,'" Jennings says. "It reminds me of all the

times I've been somewhere when people find out I play flute they're breathless to tell me that they used to play too!" The Faculty Tuesday recital also features a collaboration with members of the Eisenhower Elementary School choir.

After 10 years of teaching at the College of Music, Jennings says she's thrilled to have the chance to give back to the flourishing Colorado flute community.

And giving flutists of all ages and levels the chance to hear "the man with the golden flute" play on the Macky stage makes the event a once-in-a-lifetime treat.

Tickets for the festival cost up to \$20. For a full list of sessions, Once a Flutist ticket and registration information and to secure your tickets to the Galway Artist Series performance, visit the Once a Flutist page.

## Reflections

### Gift Box Surprises

During my teen years, our local furniture store gave away small cedar boxes when we graduated from high school. With a nod toward the larger hope chests created by Lane Cedar Chests from Virginia, mine became its own holder of treasures over the years.



**Martha Coffin Evans**

Over time, I lost the key to this 5 x 9 inch mini chest. Recently, I took it out of a drawer, shook it, curious about what I'd placed in there. Its rattle caused me to wonder if perhaps my sorority pin or other metal objects might be inside.

When I took it to a lock and key business, they quickly opened it. Although I still have no key, I now have all the contents to cherish.

Going through letters, thank you cards, memorial bulletins, graduation tassels, clippings and more yielded many wonderful surprises as I traveled down memory lane. What a great unexpected pleasure to find items I thought had long been lost or destroyed.

I found a letter of encouragement from my father when I wanted to quit during my first year of teaching high school English. For years I lamented the loss of that letter, remembering its significance to me in staying the course. How delightful to find it in this mini cedar chest, just where I'd placed it so long ago! Now I have it again to cherish.

Among those treasured items, I found another special letter. This one came from my high school friend's mother at her daughter's passing. I shared a copy of this letter with her sisters. They and their father appreciated reading it as well. Having this letter brought our friend back to us through her mother's words.

Perhaps as you open gifts this season, you may find both the expected and unexpected. If we had a little box or container for saving special items and mementoes, what would we keep? Finding them again, for our own enjoyment or to share with others, could become much like a Christmas gift of surprises.

❖ *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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## Find Einstein



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**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](mailto:sales@50plusmarketplacenews.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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## Boulder's Meals On Wheels Turns The "Silver Tsunami" Into A Silver Lining

With 72 million American baby boomers turning 65 at the rate of 10,000+ a day, organizations nationwide are evaluating their readiness to serve this population. Meals on Wheels of Boulder is responding by sharpening its chic factor.

"We're not your grandfather's Meals on Wheels anymore," says Francea Phillips, president and CEO.

"Roast beef, meatloaf and spaghetti – these things don't appeal to incoming baby boomers."

So in 2013 we took a careful look at our menus. We solicited advice from the stellar Vermilion Design + Interactive, an agency known for its creative branding work with Whole Foods and

Celestial Seasonings.

Vermilion thinkers rolled up their sleeves and got face to face with our neighbors. Through focus groups, interviews and surveys they came up with their recommendation: it's time to drastically change the product.

The stated goal: foods that are fresh, colorful, flavorful and healthful. We cheerfully accepted the challenge and, in December 2013, launched a complete menu redesign, serving foods we think are delicious, such as honey-mustard glazed salmon and lemon olive chicken with quinoa.

"The feedback from clients receiving home delivered meals and our guests at Café Classico has been overwhelming. Their smiles

and delight are all our kitchen staff needs to keep going," Ms. Phillips says.

In 2014 we redesigned Café Classico, where we serve lunch on weekdays and Tuesday night dinners, open to the public of all ages. This time, we accepted a generous offer from outstanding designers and artists of Boulder's 505Design. They created an all-new look and feel for the eating space that has made it feel more like a restaurant than a cafeteria.

At Boulder Meals on Wheels, we strive to make our community a great place to live, with a high quality of life for our neighbors of all ages.

*Used with permission boulder source.com*

## Longmont Meals On Wheels To Benefit

*By Kathryn Wiser, Development Coordinator*

There is so much going on at Longmont Meals on Wheels during the holiday season.

If you are in the market for a new car and buy or lease a new Subaru before January 3, then check "Meals on Wheels," Subaru America will donate \$250 to Meals on Wheels.

This event has made a significant impact for Longmont Meals on Wheels over the years. Last year alone, we received over \$7,000 from the Subaru event.

Meals on Wheels America and Subaru America have changed some things for the better. There is no longer a cap on how much

money Subaru will donate. Meals on Wheels America has changed the structure by which local programs can receive this money, giving us a chance to receive a larger share. As always, the local programs receive more than 80% of the Subaru donations when you select Meals on Wheels.

Valley Subaru has partnered with Longmont Meals on Wheels more than ever before. They were a sponsor for Longmont Meals on Wheels event, The Gift of Home Tour, helping to ensure that everyone who attended the tour knows that Share the Love is back.

If you aren't in the market for a new Subaru, there is still plenty you can do to help Longmont

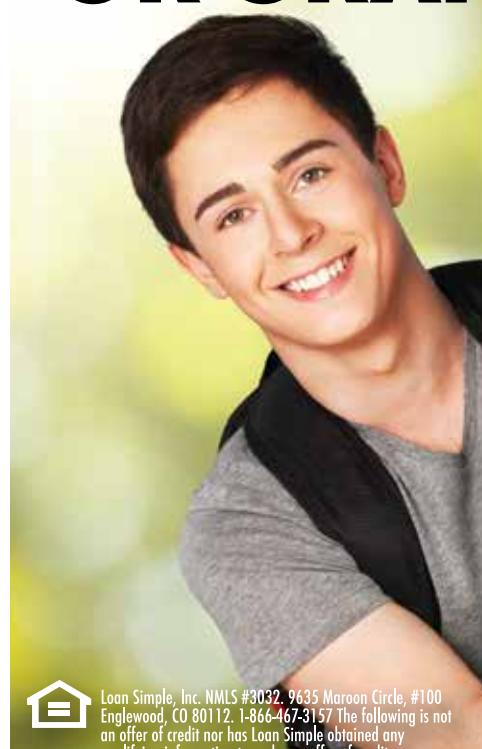


Meals on Wheels. We provide a Christmas meal for 2, to all of our clients. We prepare and deliver all of the sides and desserts for this meal, but we need \$5 grocery gift cards to provide meat options to our clients. We also take donations of small gifts to ensure all of our clients have presents at Christmas.

Please drop off your donations at Longmont Meals on Wheels. If you have questions, please call 303-772-0540. Happy holidays!

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## Audio Information Network

### Making a Holiday Wish List

Adaptive aids for blindness and low vision can make excellent holiday gifts that continue to be useful for many months to come. Well-intentioned family and friends may believe that they know just what you need. If what you would find most helpful is different from what you think that you are likely to receive then providing a wish list could prevent hurt feelings later.



Kim Ann Wardlow

Many visually impaired individuals enjoy using accessible applications on smartphones and tablets, but it is not a good fit for everyone. For example, Mark's grandma recently lost a significant amount of vision and is learning alternative techniques for everyday tasks. He decides a tablet is just what his she needs.

Grandma did use email but was not extremely comfortable with technology before her vision loss. She is not opposed to learning to use a tablet but right now that

seems overwhelming. If Mark expects grandma to dive in and master a variety of apps both will be frustrated. Alternatively, if grandma used her smartphone for everything then helping her find accessible apps and purchasing those she wants would be the perfect gift.

As a user of assistive technology be sure to communicate what would be most beneficial to right now and what you would be interested in the future. If you are not certain what is available, then the best gift may be having someone help you explore the options. As a gift giver, talk to your friend or loved one about assistive technologies before making a purchase. A thoughtful gift will make the new year a little brighter.

**❖ 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@aincocoloado.org](mailto:kim@aincocoloado.org). AINC is a proud member of Senior Solutions of Colorado and the Colorado Coalition of Blind and Low-Vision Resources.**

## Elder Law Issues

### Life Care Planning – A Fresh Approach to Elder Law

As we age we navigate many changes including social, work, physical, and financial to name a few. We've become pretty good at addressing our physical, work and social opportunities. We might downsize to a smaller home as our children move out. We may plan for retirement by considering volunteer and travel opportunities. We also connect with a doctor to identify ways to stay healthy. As we are busy planning and enjoying the next phase of our lives, we sometimes forget about formally considering our legal and financial futures if faced with a life changing illness. We've paid into Medicare and saved into a 401K, but how do we protect ourselves and our assets in the event of an unforeseen medical crisis? One worthwhile solution is a Life Care Planning approach. Life Care Planning is a holistic, elder-centered approach to the practice of law that helps



Rick Romeo

families respond to many of the challenges caused by chronic illness or disability.

There are several benefits to a Life Care Planning approach. One, Life Care Planning is a prevention based model rather than a crisis-oriented one. In preparation for a possible debilitating health change, an individual can educate himself on available resources, evaluate current investment/insurance/burial policies, and budget accordingly, avoiding crisis driven decisions.

Second, good Life Care Planning relies on an inter-disciplinary team that evaluates current and future needs and locates and coordinates appropriate resources, helping to ensure quality care and services. When an individual receives advice from several independent sources, communication and continuity suffer and important information can fall through the cracks. In contrast, Life Care Planning offers a "one stop shop" team of specialists, including a social worker, attorney and paralegal, that provide a more comprehensive, cohesive long term care plan.

Three, Life Care Planning assists with preserving family wealth. When a person requires professional in-home or residential care, families are often shocked at the cost. The average cost of home health care is \$23-\$37/ hour. If an individual requires residential living, an assisted living can cost between \$2,500-\$8,000 and skilled nursing runs anywhere from \$7,500-\$11,000 per month. Life Care Planning includes estate planning, asset preservation, and public benefits qualification whenever possible thereby helping families to pay for care without breaking the bank.

Life Care Planning is an improved method to assist older adults in navigating our long term care maze by helping them find, get, and pay for quality long-term care.

**❖ 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/](http://www.elderlawcolorado.com/).**

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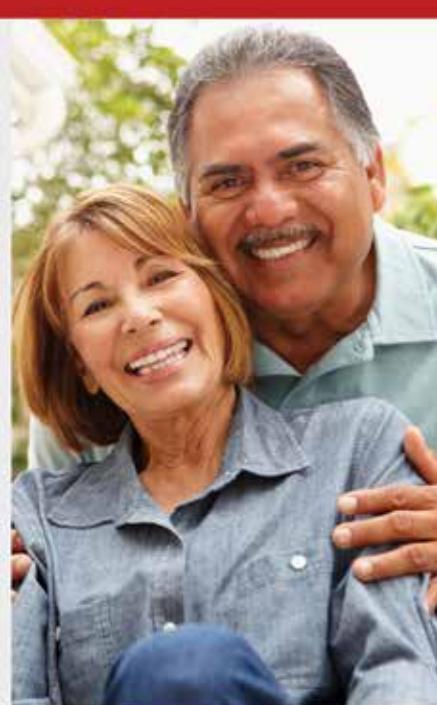
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## Grateful ■ from page 1

dent of de Tocqueville's opus described it. Indeed, the Templeton poll acknowledged that at the top of the list of things for which we are grateful, is family. But respondents in the poll ranked freedom a pretty close second, says David Bruce Smith, co-founder of the Grateful American Book Prize.

Smith believes that gratitude makes us better citizens and it's why he and former Chairman of the National Endowment for the Humanities, Bruce Cole, founded the Prize to begin with.

"It's not enough to be optimistic if we are to be better citizens. We need to be enthusiastic as well. Nothing makes us as exhilarated about our future as knowledge about our past. Our aim with the Prize is to encourage authors and publishers to produce more works of historically accurate fiction and nonfiction, books that can engage our children in stories about how our nation came to be. We want the history teachers in our schools to have all the tools they can use

to get their students to understand that the origins of America - its history - tell a unique story that textbooks cannot describe. If our nation's history could inspire de Tocqueville, it certainly can inspire young learners," says Smith.

Thanksgiving day is upon us, which means the Christmas shopping season is about to begin. Smith believes there is no better gift you can give your children than a good, appealing read such as those submitted each year by authors seeking the Prize. He particularly recommends the books that have won the Grateful American Book Prize -so far. Kathy Cannon Wiechman's, Like a River (2015), and Chris Stevenson's, The Drum of Destiny (2016).

"Like a River is a page-turner about the plight of a pair of teens caught up in the conflict between the states. Stevenson drew directly from the published memoir of John Greenwood who, in 1775, volunteered to fight for his country at the age of 16," says Smith.

## Family Memories & Family Trees

If you need help to solve a puzzle, try the following suggestions.

Re-read every document you have that relates to that part of your family; you might be surprised at what information lies unappreciated in your own home.



**Ted Bainbridge**

Talk to all your relatives; you don't know who might have inherited something helpful. Ask who has a family tree, scrapbook, photo album, or old family documents.

If the information you want might be in a church, ask each church in your area of interest if they will search their records or let you or your representative search those records.

Use the internet to hunt state or county indices that are relevant to your puzzle.

Search web sites of county genealogical societies in the area you are researching. Ask if they offer a query service or if any of their members will research your problem for you.

Many surnames have query sites on the internet. Post a detailed but concise query about your puzzle. Check the site regularly to see if there is a response, or sign up for automated notification if that service is available.

Use area genealogical sites to

find a professional genealogist. Tell that person what you know, ask what you should try next, and ask what the pro suggests doing for you.

Findagrave.com often lists relatives of a person whose page they are showing you, with links to those people's pages and information.

Some sites such as ancestry.com offer trees contributed by their subscribers. They might help, but don't rely on the tree's information until you confirm it yourself from reliable sources.

Visit an LDS Family History Center and ask for advice. Find one near you at [https://familysearch.org/locations/center\\_locator?cid=hp2-1047/](https://familysearch.org/locations/center_locator?cid=hp2-1047/).

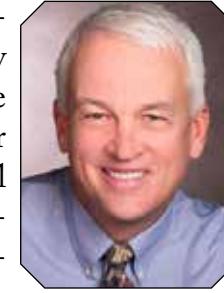
Visit a genealogical society that meets near you, and ask for help. You can find information about Boulder county societies at <http://www.rootsweb.ancestry.com/~colgs/> and <http://www.bouldergenealogy.org/>.

♦ Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, consultant, speaker, and writer since 1969. His genealogical and historical articles are published frequently by several national, state, and 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](mailto:ted.bainbridge@gmail.com).

## Reverse Mortgage

### A Part of Financial Planning

"Reverse mortgages, which let retirees tap the equity they have built up in their homes, have become a better deal in recent years. They can be valuable as part of your overall financial plan for retirement," says researcher Wade Pfau, author of a new book, Reverse Mortgages: How to Use Reverse Mortgages to Secure Your Retirement.



**Jim Doyle**

"Used strategically, a reverse mortgage can greatly improve the sustainability of your retirement income," says Pfau, a professor of retirement income at the American College of Financial Services.

Using a reverse mortgage can allow retirees to delay drawing social security benefits, thereby enabling them to draw a larger amount when they are ready. In this time of changing market conditions, the proceeds from tapping the equity in their home allows investors to let their retirement accounts, which have been hit hard in many cases, to grow and recover.

Sometimes referred to as a 'home annuity,' a reverse mortgage serves as a stable, tax-free source of funds to be used for any purpose. For some it is a path to remaining in their home by paying for the services needed to do so, such as home health care, yard work, cleaning, etc.

In many cases, the children of Boomers are homeowners themselves, and want to know that mom and dad are living a comfortable retirement while aging in place.

With a reverse mortgage you never have a mortgage payment as long as you live in the home. Because it is insured by the government, you never owe more than the home is worth, and the property may be willed to your heirs. The heirs may refinance the home into their own names for 95% of the appraised value, or may sell the home and keep any proceeds after the reverse mortgage has been satisfied.

♦ Jim Doyle, Reverse Mortgage Specialist, NMLS #335659. Jim is the VP of Lending and Reverse Mortgage Specialist at Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994 [JimDoyle@SilverLeafMortgages.com](mailto:JimDoyle@SilverLeafMortgages.com), NMLS# 1394377.

**Jubilate! Sacred Singers Head up North**

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## Mary Patra Receives Excellence in Caregiving Award

Mary Patra, a caregiver at Juniper Village at Louisville Assisted Living was presented with the 2016 George and Pat Sugerman Excellence in Caregiving Award at the Alzheimer's Association's Annual Education Symposium. Each year



the Colorado Chapter of the Alzheimer's Assoc. gives the award to a professional caregiver who provides outstanding care to people with the disease. Nominations for this award come from friends and families of those receiving care.

"Mary is a shining star and consistently goes above and beyond the call of duty. She always puts residents first and often offers more time than what is asked of her. Her gentle approach and commitment to care are evidenced when she takes time to figure out what works best for each person – and each person living with dementia is so different. She tries until she finds out what exactly makes each resident most happy," expressed Jennifer McElhaney of Juniper Communities. "Mary greets each

person with a smile and an open heart – we are so lucky to have her." This was Mary's 4th time being nominated and she has worked here for 7 years. She is a certified Qualified Medication Administration Personnel (QMAP).

Anne Gale, Community Relations Director at Juniper Village at Louisville shared, "I appreciate her calm approach to giving resident-centered care. She is the epitome of 'team player'. I can always count on her during a tour to give authentic, sincere and accurate answers to any question a prospective family may have. I seek her out during a tour as she exemplifies our motto, Nurturing the Spirit of Life."

The George and Pat Sugerman Award was created in 1991 by Alzheimer's Assoc. Board Member, George Sugerman. Sugerman was so grateful for the outstanding caregivers his wife Pat had, he felt their work needed to be honored.

Juniper Village at Louisville is located at 1078 S. 88th St., Louisville,. Telephone 303-665-3722.

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## Ukulele Orchestra Of Great Britain Comes To Boulder

CU Presents' 80th-anniversary Artist Series season continues with a visit from the Ukulele Orchestra of Great Britain, a group of 8 singing, strumming players from across the pond. The genre-bending group performs covers of pop, jazz and country, along with a few holiday favorites, on Dec. 8 in Macky Auditorium.

The Ukulele Orchestra of Great Britain is known the world over for their funny, virtuosic, twanging, performances. The "much-loved institution" of Britain (The Observer) can "extract more than seems humanly possible from so small and so modest an instrument" (The New York Times). Their international popularity increases each year, the group's signature humor has never wavered: They're proud to declare that they've been called "unabashed genre crashers" (The Sunday Times), "depraved musicians" (an anonymous audience member) and "a musicologist's nightmare" (Music Week).

Perhaps that's because, as founder George Hinchliffe says, the orchestra was borne of merrymaking rather than seriousness.

"It was intended as the antidote to some of the more odious music business conventions which the performers had identified," Hinchliffe says. "The aims were to have fun, to not lose money, to avoid getting caught up in cults of personality and to have a voice in repertoire, writing, making deals and record production. It seems to have worked."

Hinchliffe's journey to strumming stardom started early, when, his father came home from a trip with a ukulele in one hand and a model steam engine in the other. Ever the iconoclast, Hinchliffe tossed the model engine aside and took to his uke quickly.

Hinchliffe not only went on to form the most popular ukulele ensemble in history but also inspired

new generations to pick up the affordable instrument and form groups of their own.

"The ukulele is a popular instrument right now," he says, "because it seems inherently light-hearted and inclusive."

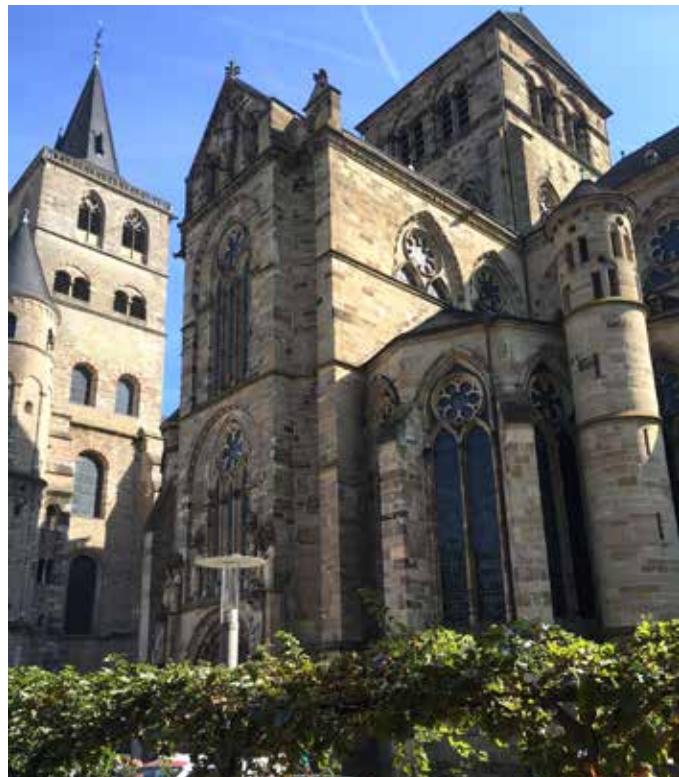
It's so inclusive, that the orchestra plans to invite audience members in Boulder to bring their own ukuleles and join in on a sing-and play-along session during the concert. Anyone who wants to participate can download sheet music and watch instructional videos here.

Whether or not they participate, Hinchliffe says the audience can expect to hear some classic Christmas carols, covers of rock and pop music ranging from the likes of Joni Mitchell to Pharrell Williams, toe-tapping country and jazz and at least one Western theme.

"The orchestra usually makes sure, in this world of audio shuffling and wide-ranging playlists, that it includes a selection of musical material from many genres," he says. "That way, people from all walks of life leave the concert hall smiling and feeling better about themselves and the world."

The Boulder performance is on Thursday, Dec. 8 at 7:30 p.m. in Macky Auditorium. A to-be-determined event—either a lecture or a rehearsal for the sing-and-play-along—is held at 6:45 p.m. across the street from Macky Auditorium in the CU Heritage Center's Old Main Chapel. Check our website closer to the event to find out more.

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. To schedule interviews or for other media information, contact Jill Kimball at [jill.kimball@colorado.edu/](mailto:jill.kimball@colorado.edu).



## Trier: Germany's Oldest Historic City on the Mosel River



By Ron Stern, Travel Photojournalist

Once the Roman imperial residence, Trier is located on the banks of the Mosel River close to the Luxembourg border. It is considered the oldest city in Germany and one of the most diverse and beautiful. In addition to its many UNESCO World Heritage Sites, Trier has abundant shopping and culinary delights to satisfy the most discriminating traveler.

Trier was founded by the Romans in 17 B.C. under the em-

peror Augustus. Visitors will be in awe over one of its most impressive architectural feats from its Roman-era past, the Porta Nigra or Black Gate, a UNESCO World Heritage Site.

In addition to the Porta Nigra, Trier has an additional 8 ancient antiquities that also are designated UNESCO World Heritage Sites.

Some of the others include the Amphitheater, which could seat 18,000 spectators; The Cathedral, Germany's oldest bishop's church; The Imperial Baths; and the Royal

Imperial Throne Room, also known as the Basilica of Constantine.

Fortunately, most of the shopping areas are located just beyond the Porta Nigra along Simeonstraße (Simeon Street). Ranked as one of the busiest shopping areas in Germany, this pedestrian friendly street has myriad retail shops, boutiques, restaurants, and sidewalk cafes.

Trier, along with other German cities, has a long history of wine-making—2,000 years of it, in fact, dating from the Roman times.

With some of the steepest vineyards in Europe, the city is known for its excellent Mosel Rieslings, known as Queen of White Wines; as well as Elbling; pinot blanc; and Rivaner.

With history, culture, and a wide range of culinary diversions, Trier has something for every age and appetite. Whether it's a short city break or an extended vacation, Trier is the perfect off the beaten track German city to discover.

Resources: *Historic Highlights of Germany*.

## Technology is Hip!

### The Age of Acceleration

In 2007, the age of acceleration in technology happened practically overnight and changed the world forever.



**Bob Larson**

According to author Tom Friedman's latest book "Thank You For Being Late," three major acceleration forces included 1. market forces (globalization & price collapse of connectivity making the Internet & computers cheaper), 2. mother nature affecting our environment and biodiversity, and 3. Moore's law, whereby the speed and power of computing power doubles every 24 months.

Because of these forces, Apple introduced the iPhone (aka smartphone or mobile computer capable of making phone calls, accessing the Internet, taking photos, and more), Facebook & Twitter went global and now affects billions of users as a primary source of communications, Amazon introduced Kindle (forerunner of the tablet) and then Alexis (interactive artificial intelligence [AI] service), Google introduced Android, now

the most popular worldwide computer operating system, IBM introduced Watson (AI service), and Silicon Valley used new technologies in making Moore's Law happen on a grand scale.

Interestingly, it also has changed our workforce, eliminating older industry jobs in manufacturing and creating new jobs from innovating new technologies. Japan and the USA were known as the countries with lifetime employment, but fell to heavy competition from other countries with cheaper labor. Our manufacturing almost became extinct overnight. Innovation like robotic manufacturing has replaced manual labor, but also created new jobs for Americans in new industries such as solar and wind power, artificial intelligence, robotics, genomics, and soon, driverless vehicles and faster manned spacecraft among others.

Globalization affects the entire planet. The key is to keep innovating and have all countries working peacefully in producing a global economy. Technology will play an important part!

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

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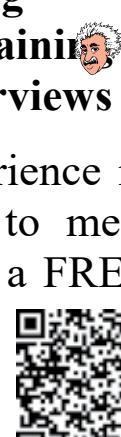


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## Humor Me

- I ate salad for dinner. Mostly croutons & tomatoes. Really just one big round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza for dinner.
- I just did a week's worth of cardio after walking into a spider web.
- I don't mean to brag, but I finished my 14-day diet food in 3 hours and 20 minutes.
- A recent study has found women who carry a little extra weight live longer than men who mention it.
- Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- Senility has been a smooth transition for me.
- Remember back when we were kids and every time it was below zero out they closed school? Me neither.
- I may not be that funny or athletic or good looking or smart or talented... I forgot where I was going with this.
- I love being over 60. I learn something new every day and forget 5 others.
- A thief broke into my house last night. He started searching for money so I woke up and searched with him.
- I think I'll just put an "Out of Order" sticker on my forehead and call it a day.
- Just remember, once you're over the hill you begin to pick up speed.

## Caregiving

### The Gifts of Caregiving

We often use words like "challenging," "stressful," and "difficult" when we talk about caring for an older loved one. Those words certainly can describe caregiving, but they're only part of the picture. Being a caregiver offers gifts too, and it's important to remember those gifts when we're feeling unbalanced by the challenges.



**Emily Cooper**

Love. Most of us care for our elder relatives, partners, or friends out of love. There may be other factors too, but the bottom line is that we make the loving choice to be there for someone who needs us. That love helps us grow into the best person we can be.

Pride. As caregivers, we stretch ourselves in all sorts of ways and often further than we realized we could. Whether it's learning about a loved one's condition, providing hands-on care, or looking for resources, aren't we proud of ourselves for doing it?

Patience. It takes a lot of patience to slow down to the speed of a frail older person, to answer a question for the umpteenth time, or to help with the same tasks day in and day out. That patience serves us throughout our lives.

Perseverance. We've been caring for a loved one for months or years. Did we know we had that kind of stick-to-it-ness? If we apply that determination to something else, just imagine what we can accomplish.

Healing. Caring for another person may allow us to know them—and them to know us—is a new and deeper way. For some, that can bring healing of a difficult relationship, or at least forgiveness.

Satisfaction. We can feel the satisfaction of doing our best to help our loved one be as safe, happy, and healthy as possible. When our caregiving is over, we'll know that we did what we could (in spite of those challenges, stresses, and difficulties), and that's a lot.

❖ *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 BCAAA caregiver services, call 303-678-6116 or email InfoCaregiver@bouldercounty.org.*



## Boulder Senior Services

W 303-441-3148 • E 303-441-4150 • [www.boulderseniorservices.com](http://www.boulderseniorservices.com)

**Robert Speer's Denver.** Thu, Dec. 1, leaves East SC, 10-4pm. Denver History Tours presents how Robert Speer shaped the city of Denver. Includes lunch break, on own.

**Holiday Card-Making.** Fri, Dec. 2, East SC, 10-1pm. Create one-of-a-kind cards this holiday season. Supplies are provided to make 3 winter-themed cards with envelopes.

**MountainAires.** Christmas Performance. Sat, Dec. 3, leaves East RC, 1:15-3:30pm. Hear the Denver MountainAires Barbershop Chorus and Quartets, Colorado Chord Company men's barbershop chorus, Colorado Spirit-Sweet Adelines women's barbershop chorus & the Praise Ringers Hand Bell Choir.

**The Death Café.** Mon, Dec. 5, West SC, 10:30-noon. A respectful, and enlightening space to help each other increase awareness of our finite lives. 1st Mon. each month. Presenter: Reva Tift, M.A.

**Online Safety.** Tue, Dec. 6, West S.C. 9:30-11:30am. Learn how manage your online experience in a safe and secure way. Covers how to browse safely, shop smart, recognize scams, password safety and precautions for public WiFi. Plus, security and privacy settings for popular social networks like Facebook.

**I'll Be Home for Christmas.** Wed, Dec. 7. Leaves East S.C., 11-4:15pm. The play is set in 1969 around the Bright family, as they prepare for the annual Christmas variety TV show. Includes lunch.

**Delights of the Season.** Thu, Dec. 8, leaves East S.C., 2:45-10pm. Denver History Tours views the glittering lights showcasing the holiday season around the metro area.

Includes a chicken dinner at the famous White Fence Farm. Register by Dec. 1.

**Painted Snowy Deer Plate.** Fri, Dec. 9, East S.C., 1-3pm. Paint a magical holiday scene on a ceramic plate. Use the sticker technique to create a forest scene with step-by-step instruction. The non-toxic paint is food, dishwasher, and microwave safe. Participants can pick-up their finished plate at Color Me Mine.

**Social Networking for the Holidays.** Facebook 101, Tue, Dec. 13, West S.C. 9:30-11:30am. Demonstrating the basics of setting up and using a personal Facebook account including posting and sharing photos, finding friends, commenting on posts, online chatting and managing your privacy settings. Bring your device, but it is not required. Handout provided. An active email account is required.

**It's a Wonderful Life.** Wed, Dec. 14, leaves from East S.C., 10:15-5pm. Lone Tree Arts Center, Centennial. The holiday classic on stage as a live 1940s radio broadcast, complete with an applause sign, and commercial jingles. 'Choose 2' lunch at the ViewHouse included.

**Holidays Potluck Party.** Thu, Dec. 15, East S.C., 1-3pm. Share food and stories of holiday traditions. Bring a dish to share. When registering, include the type of food you plan to bring.

**Finding Neverland.** Fri., Dec. 30, leaves East S.C., 11-6pm. Denver Center for Performing Arts. Broadway's biggest new hit! Show tells the incredible story behind one of the world's most beloved characters: Peter Pan. Lunch on own near the theater. Register by Dec. 9.

## University Of Colorado Boulder Hosts Up-And-Coming Singers At Schmidt Competition

The University of Colorado Boulder College of Music is opening Grusin Music Hall to the top high school vocalists in the region.

On Saturday, Dec. 10, the voice department hosts the Schmidt Youth Vocal Competition, one of the nation's largest singing competitions for high school students.

Organized by the William E. Schmidt Foundation and named for longtime Indiana arts supporter Bill Schmidt, the competition is held in 15 different locales around the country and offers more than \$200,000 in prize money to young singers every year.

"It's a big deal to host it because it gives us a chance to meet these talented singers and showcase the strengths of our voice department," says tenor and Assistant Professor of Voice Matthew Chellis, who helped bring the event to Boulder this year.

In the past, the competition has been held at places like Seattle Opera and the New England Conservatory. Ben Smolder, director of the Schmidt Foundation and the opera program at Miami University of Ohio, says the decision to bring the competition to Colorado for the first time had a lot to do with geography—and the standing of the vocal program at CU.

At a time when competitiveness with peer institutions is steep,

Chellis says he and his colleagues are thrilled to be able to interact closely with the brightest talent in the West.

One perk of hosting the day-long event is the brief presentation the voice department gives to contestants while the judges are tallying votes.

Chellis serves as an adjudicator, along with William Florescu from the Florentine Opera Company. Dana Brown from Roosevelt

University plays piano.

In addition to the competition, which is open to high school sophomores, juniors and seniors, the Schmidt Foundation hosts a master class with the judges and offer the winner a chance to participate in the organization's summer music program.

And perhaps the biggest incentive for CU Boulder to play host: the Schmidt Foundation offers a \$2,000 matching scholarship for the winning singer to whichever music program hosts the event.

More than 5,000 young singers have participated in the competition over the past 30 years, including many who have gone on to do big things—such as the Metropolitan Opera's National Council Auditions. The Schmidt Foundation partners with the Kennedy Center, the National Opera Center, Cincinnati Opera and others.



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Longmont Meals on Wheels: 303-772-0590

## Parks And Open Space December Events

**Wildlife and Winter Hike.** Sat, Dec. 10, 10-noon. Heil Valley Ranch Open Space (south trailhead). Observe seasonal changes and to discover how wildlife in the foothills prepares for winter.

**Birds of Prey Driving Tour.** Sat, Dec. 17, 9-noon. Location provided to registered. A driving tour of some of the best areas to view birds of prey. We will carpool from our meeting place searching for raptors, learning about habitat, and working on identification skills. Please bring binoculars and a bird field guide if

you have them. Older children are welcome. To register, email lcolbenson@bouldercounty.org, or call 303-678-6214 by Thu, Dec. 15.

**Hike for Seniors.** Thu, Dec. 29, 10-noon. Rabbit Mountain Open Space, group shelter. Learn about an area's history, wildlife and current resource management projects.

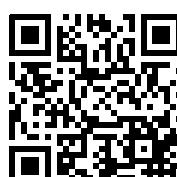
For information about these programs please contact Larry Colbenson, Natural History Program Coordinator, at 303-678-6214 or lcolbenson@bouldercounty.org

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## Still Truckin'

Hooray for Rebecca Salomonson, Denver playwright. Rebecca's love letter to Shakespeare "Outrageous Fortune," was a rousing success at the Dairy Center, Nov. 19 to 27; presented by The Society for Creative Aging Viva Theater.

Hooray for Melissa McCarl, Denver playwright. Melissa's new play "Lost Creatures," presented by the And Toto Too Theater Company told the love story of silent screen star, Louise Brooks, and critic Kenneth Tynan, sensitively performed by Billie McBride, Mark Collins and Annabel Read.

Hooray for Robin Truesdale, Boulder filmmaker. Robin filmed Len Barron's "A Beautiful Equation," the words of Albert Einstein and Nils Bohr spoken by 7 grandmothers in a beautiful film expressing hope for our time through love, understanding of each other.

Hooray for these, and all the other accomplished women who use their creative talents for our enjoyment and enlightenment.

❖ Sandy Hale can be contacted at [sandyh910@yahoo.com](mailto:sandyh910@yahoo.com)

## TRADING POST

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urgently need volunteer delivery drivers for approximately 2 hours one day a week on weekdays to deliver noon meals to homebound clients in this area. Also needed are kitchen volunteers for one weekday morning of your choice to help package meals. To volunteer for a great organization, call 667-0311 for details.

#### COLLECTIONS VOLUNTEER

Boulder History Museum. Preferred commitment of 2-5hrs per week (flexible schedule) for a duration of at least 6 months. Full training provided. Please contact Kristen Lewis: [klewis@boulderhistory.org](mailto:klewis@boulderhistory.org)

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#### BOOKS

Hey Boomers! Diann Logan's new book The Navel Diaries: How I Lost My Belly Button and Found Myself tells it like it is and was for us. Get your copy or gift for a friend @thenaveldiaries.com, Tattered Cover, Book-Bar, Amazon, B&N

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**A Matter of Balance.** Learn to manage the risk of falling, reduce fear & strengthen your body. Classes meet weekly for two hours for eight weeks. Sessions include group discussions and gentle exercises. Call for information on winter classes.

**Stanford University's Chronic Disease Self-Management Programs.** We offer Healthier Living, Healthier Living Diabetes, and Pain Self-Management classes in English and Spanish. Learn techniques to help change perspective and manage chronic condition. Topics covered during the 6 week workshop include managing medications, improving communication skills and learning how to improve nutrition and activity levels. Classes include weekly goal setting and problem solving. Call for information on 2017 classes.

### Medicare Basics Classes.

Dec. 1, 2–4 p.m. East Boulder S.C., 303-441- 1546  
Dec. 19, 10 a.m.–noon, Longmont S.C., 303-651- 8411  
Dec. 21, 1:30–3:30 p.m. Louisville S.C., 303-666- 7400

**Nutrition Education.** East Boulder County Diabetes Education Group resumes on the 3rd Mon. each month starting January 16, 11 a.m.–noon, Lafayette S.C., register: 303-665-9052; info: 303-441-4995

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**Project Hope.** Do you know someone 62 + years of age who is struggling to stay in their home and at risk of nursing home placement? Call Project HOPE for application information: 303-441- 3945.

## Social Security Today

### Between Festivities, Visit My Social Security

The holiday season is here, bringing with it family gatherings and familiar traditions. As you bustle about from place to place, sharing turkey dinners and visiting with loved ones, there's one errand you can avoid — a visit to the Social Security office. Why take time out of your busy holiday schedule to visit an office when you can conduct most of your business online?



**Josh Weller**

At [www.socialsecurity.gov](http://www.socialsecurity.gov), we have a variety of services available to you, from the comfort of your home. You can apply for disability benefits or appeal a disability decision. You can also file for retirement benefits, spousal benefits, or Medicare-only benefits while enjoying leftoverpumpkin pie. Our secure, easy-to-navigate website is sure to add plenty of comfort and joy to the festivities.

Even if you're currently receiving benefits, or aren't quite ready to file, Social Security has services

to bring you holiday cheer. With a my Social Security account, those receiving benefits may change their address and direct deposit information, get proof of their benefits, and request replacement of a Medicare card. In addition, if you aren't currently getting benefits, you can still check your earnings record, get estimates of your future benefits, and view your Social Security Statement. Open your account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

With the New Year just around the corner, it's never too early to start planning for your future.

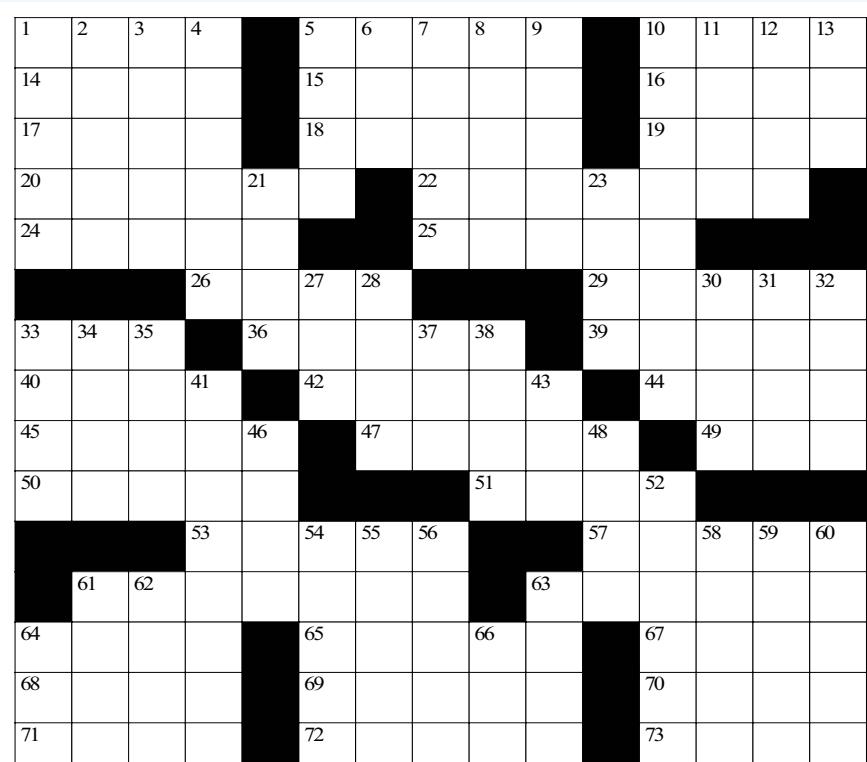
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❖ *Josh Weller, Social Security Public Affairs Specialist in Denver, CO*

December 2016 • Boulder County  
Answers on page 8

## 50 Plus Marketplace News Crossword Puzzle



### ACROSS

- 1 Shrewd
- 5 Ancient Hebrew coin
- 10 Prison room
- 14 Traditional knowledge
- 15 Deliver an oration
- 16 Migrant farm worker
- 17 Scottish Celt
- 18 Mistake
- 19 The sacred scriptures of Hinduism
- 20 Experts
- 22 Boundless
- 24 Gravel ridge
- 25 Set again
- 26 Delicatessen
- 29 Reddish dye
- 33 Move quickly
- 36 Meat and vegetables on a skewer

- 39 Tending to run
- 40 Epic poetry
- 42 Country residence
- 44 Securely confined
- 45 Outer coat of a seed
- 47 Stem
- 49 Obtained
- 50 Up and about
- 51 Heroic
- 53 Small branch
- 57 Aromatic herb
- 61 Vervain
- 63 Illuminate again
- 64 Flightless bird
- 65 Sharp
- 67 Headland
- 68 Small secluded valley
- 69 Tied

70 Affirm with confidence

71 Iceberg  
72 Swiftness  
73 Depend

### DOWN

- 1 Pond scum
- 2 Highways
- 3 Small stream
- 4 Aided
- 5 Departs
- 6 Sin
- 7 Less common
- 8 Make amends
- 9 Groups of animals
- 10 Eagerly desirous
- 11 Supplements
- 12 Covers
- 13 Meadow
- 21 Migrate
- 23 Sly look
- 27 Monetary unit of Bulgaria
- 28 Large wading bird
- 30 Obstacle
- 31 Information
- 32 Russian no
- 33 Sixth letter of the Greek alphabet
- 34 Monkeys
- 35 Pillar
- 37 High-pitched
- 38 Blue-gray
- 41 Rousing
- 43 High mountain
- 46 Bedouin
- 48 Ulcerated chilblain
- 52 Spur
- 54 Repasts
- 55 Remove a cap
- 56 Gravy
- 58 Blandly urbane
- 59 Urge forward
- 60 Wary
- 61 Objectionable
- 62 Pitcher
- 63 Spawning area of salmon
- 64 Soviet secret police
- 66 Golfers mound



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## Now Hear This!

### Hearing Loss & Alzheimer's

1 in 9 People over the age of 65 has Alzheimer's disease. According to the Alzheimer's Association, more than 5 million Americans are living with Alzheimer's disease. Alzheimer's is the most common form of dementia and causes problems with memory, thinking and behavior. It is the sixth leading cause of death in the United States.



**Dr. D'Anne Rudden**

pathology that leads to both conditions.

Hearing loss can present with symptoms similar to Alzheimer's disease and it is important to rule out treatable hearing loss versus cognitive dysfunction. When someone has Alzheimer's or another form of dementia as well as hearing loss, managing the dementia may be more difficult than just addressing hearing loss alone. They may not remember to wear their hearing devices, may struggle physically to insert them and complications such as auditory, visual hallucinations can be misinterpreted and complicate assessment.

While new studies are showing improved cognitive function by treating hearing loss with hearing devices, further research is needed to understand how these multiple pathways respond to hearing rehabilitation interventions. Collaboration between primary care providers and doctors of audiology can support the person with the hope that treating hearing loss may help diminish isolation and cognitive load, protecting cognitive abilities.

❖ *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. A+ rating by the Better Business Bureau and has their "BBB Gold Star" for service for the past 3 years. On Facebook page and Twitter!*

This poem was written to honor Older Driver Safety Awareness Week (Dec. 1 - 5).

### A Foggy Morning by Belle Schmidt

Do not drive into that foggy morning,  
Wait until the sun burns the fog away,  
Wait for the light of day; heed this warning.

Older drivers may ignore the warning  
and bravely venture out in night and day.  
They do drive into that foggy morning,

with not a thought to reflexes slowing.  
If, while driving, they often lose their way,  
Then, they'll wait for light and heed this  
warning.

Young drivers dare to tap while listening  
to loud rap, which they play and play  
and play.  
They do drive into that foggy morning.

Foolish youth, didn't see the road when  
turning;  
their spark of life gone out; they had to pay  
'cause they did not wait or heed the  
warning.

The policeman's loud knock is alarming:  
Parents ask why? Where did we go astray?  
"Do not drive into that foggy morning  
Wait for the light of day; heed this warning."



(l-r) Juli MacKenzie, Eden Mayne, Katie Beasley, Michele Waite, Sherry Leach, Bob Murphy, Laura Mathews, Deb Gardner

## Boulder County Is (Officially) Age Friendly!

On October 28th, at the 5th Annual Age Well Conference, Boulder County was officially designated an AARP Age-Friendly Community. The AARP Network of Age-Friendly Communities is an affiliate of the World Health Organization's Global Network of Age-Friendly Cities and Communities. This designation honors the great work of a collaborative team of aging services professionals in

the Age Well Boulder County planning initiative. The team consists of senior services from Boulder, Longmont, Louisville, Lafayette, and Erie, along with the BCAAA. We've been working together for more than 10 years to make Boulder County a vibrant community where everyone can age well. For more information: [www.AllAgeWell.com](http://www.AllAgeWell.com) or email: [lmatthews@bouldercounty.org](mailto:lmatthews@bouldercounty.org)



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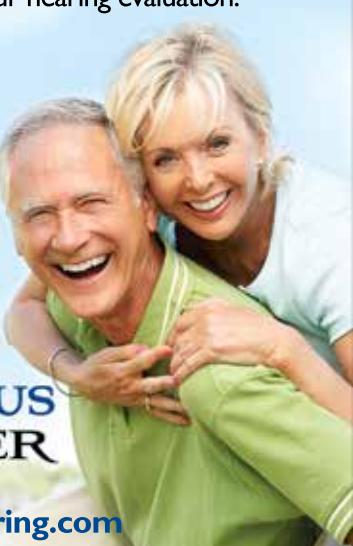
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