

February is Heart Month

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts®—a national effort to prevent 1 million heart attacks and strokes in the U.S. by 2017—are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home,

using a home blood pressure monitor.

Work with your health care team to make sure you meet your blood pressure goal.

If you have high blood pressure, use these steps to help get it under control:

- Ask your doctor what your blood pressure should be. Set a goal to lower your pressure and talk with your doctor about how to reach your goal. Track your blood pressure over time.
- Take your blood pressure medicine as directed. Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.
- Quit smoking—and if you don't smoke, don't start. You can find tips and resources at CDC's Smoking and Tobacco website.
- Reduce sodium intake. Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce sodium and visit the Million Hearts® Healthy Eating & Lifestyle Resource Center for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

**Interfaith Quilters Of Longmont
30th Annual Quilt Show and Sale**

By Jackie Lindon

Interfaith Quilters of Longmont is celebrating the 30th Annual Quilt Show and Sale on March 4th and 5th. It is at the First Lutheran Church, 803 Third Ave. in Longmont.

The proceeds from these hand and machine made quilts benefit the O.U.R. (Outreach United Resource) Center and the Safe Shelter of the Saint Vrain Valley. This event is always held on the first weekend in March. The preview will be open Friday, March 4th from 5pm til 8pm (no sales). The admission of \$5 includes Saturdays admission. The sale will be held Saturday, March 5th from 10am til 4pm with admission of \$1.

There are over 600 items to choose from at very reasonable



prices. We take pride in our high quality quilted items. There are pillows, table toppers, baby quilts, kids quilts, teen themes, holiday, wall hangings, twin, queen and king bed sizes. What a great opportunity to support the needs

of the community and to find beautiful items for gifts or for yourself. We will feature 'Dear Jane' Quilts. Quilt lovers and American Civil War Era buffs will appreciate these quilts. In 1863, Jane Stickle finished the infamous sampler quilt that includes 225 different patterned blocks. The original quilt is at the Bennington Museum in Vermont. There are several variations of this quilt that have been sewn since. Local area quilters have made their own version of the 'Dear Jane' quilt and these are on display both days. Methods of payment include cash, check, credit cards.

For more information www.interfaithquilters.com

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February

CALENDAR

American Heart Month
Low Vision Awareness Month
African American History Month

Thursday/4

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

Friday/5

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

Monday/9

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

Tuesday/16

Carbon Valley Library, 6 pm. Facebook for Beginners. Introduces your profile, newsfeed, adding friends and messaging. If you've just started using Facebook and are wondering how to secure your information online, answer all questions about security settings, privacy and who can see what on your profile. We'll also talk about accessing Facebook on mobile devices. Must have current email account and basic experience in navigating the web. Existing Facebook account is preferable. Registration required.

Wednesday/17

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

Sunday/21

Blues Greats Phil Wiggins, harmonica; George Kilby, Jr. Guitar. The Old Gallery, Allenspark, Info: www.theold-gallery.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

Leaving Prints

Not long ago, I picked up the paw print of our little white poodle, Scooter. Baked into a round piece of clay and located beside his name and print was a small red heart. Our vet provided this memento following Scooter's passing.



Martha Coffin Evans

Having this paw print got me thinking about that concept. While tangible, his prints were on our hearts and lives.

If DNA were needed, his prints could be found and verified on the car's ignition switch, where he'd

Reflections

managed to step as we drove to the vets for the last time together. The car stopped midway down the driveway as a result of this step. Laughing, I put the car back in gear and started it again.

Did we need a little fresh air for that trip? Here again he "helped" by putting one of his paws on a control, opening the window behind me. Dusting for his paw prints in the car could easily have shown his constant desire to assist in driving or was it just getting a better view out the front window?

We've heard the phrase about something being imprinted on us. Perhaps this action refers to an early influence or impression, most likely by family members. Experiences may be imprinted in

our memories of both the good and not so great. Their impact may remain with us and contribute to how we live our lives. Patterns may even emerge from this imprinting. A popular picture shows footprints in the sand. Along with this image, a story describes the person being carried by our Lord when times became tough.

No doubt we leave prints on other's lives much as they do on ours. Whether literal or figurative, their impression is lasting and quite often treasured. I know mine are. Happy Valentine's Day wherever you leave your prints.

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

FYI

Low Vision Awareness Month
Prevent Blindness
211 West Wacker Dr., Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
info@preventblindness.org
www.preventblindness.org

American Heart Month
American Heart Association
7272 Greenville Ave.
Dallas, TX 75231
(800) 242-8721
www.heart.org

African American History Month
http://www.africanamerican-historymonth.gov/

Technology is Hip!

Intelligent Clothing Monitors Your Health

It's hard to believe we may soon be wearing clothing that will monitor our health. When coupled with a smartphone, anyone can monitor their vital signs via the high tech clothing. This could be better



Bob Larson

than having a doctor live with you! Several companies across the world have been working on high tech clothing capable of transmitting your vital signs to your smartphone or tablet. If the clothing sensors detect a problem with your vital signs, it will let you know the problem and when to call your doctor or visit the emergency room ASAP!

The technology is based on the use of conductive yarns -- most commonly made with silver --

which are woven into fabrics to act as sensors that detect electrical signals, acting as electrocardiograms (ECGs) and electromyograms (EMGs) to measure heart rate and muscle activity respectively. The information can also be uploaded to the cloud or sent directly to your doctor.

Several vendors, SmartLife and CircuiteX in England, have launched their intelligent clothing lines comprised of sport bras, shorts, and t-shirts for both sexes (shown here) recently capable of monitoring vital signs with the help of an app in your smartphone. Another vendor, Finland based Clothing Plus is doing the same with similar clothing.

On the horizon are temperature and other sensors for U.S. and European firefighters and muscle wasting sensors for astronauts living in the International Space Station designed by Danish based company Ohmatex. This is another example of technology enhancing our lives!

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

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How To Reach Us

email

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phone

303-694-5512

mailing address

4400 Sioux Dr.
Boulder, CO 80303

website

www.50plusmarketplaceneews.com
www.facebook.com/50plusnews

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DEADLINE

10th of the Preceding Month

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

Publisher/Editor

Robert A. Trembly II

Chief Financial Officer

Michael Gumb

Contributing Writers

Boulder County Senior Centers
Boulder County Agencies
& Businesses

Product Consultants

Guy Holden

Design/Production

Lynne Poole



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CU-Boulder's Lynn Nichols stages "The Winter's Tale"

University of Colorado Boulder instructor Lynn Nichols, the Colorado Shakespeare Festival's former General Manager, is set to direct an on-campus production of "The Winter's Tale" Jan. 27-31 at CU-Boulder's Loft Theatre. The all-student cast brings William Shakespeare's timeless tragicomedy to life with vintage costumes and interactive staging.

In this innovative production, mismatched chairs and lights hang from the ceiling of CU-Boulder's black box theater, and the set is a minimal arrangement of flea-market props. Nichols says the organized chaos is meant to channel the mental instability of the play's main character, King Leontes.

"We wanted to create this fragmented environment out of found objects that resonates with the inside of Leontes's mind," Nichols explains. "The play is so much about the king's sense of self coming apart and deteriorating, followed by the realization of what he's done, followed by healing and coming back together."

The Shakespeare veteran characterized his production as a "loose" interpretation. During shows, the cast will casually move among the audience, often changing costumes onstage and performing within inches of seated patrons.

"We're doing a version of what's called immersive theater," Nichols says. "For years and years I wanted to do a Shakespeare play in the Loft Theatre so I could get really creative like this. And for about six years now, I've wanted to do 'The Winter's Tale' here."

"The Winter's Tale" tells the story of a Sicilian king who condemns his wife and disowns his newborn child in a fit of irrational jealousy, only to realize the enormity of his mistake years later. It's a timeless story of sadness and regret, tinged with moments of lighthearted humor.

"With this play, some say Shakespeare invented the concept of a tragicomedy," Nichols says. "The first part takes place in the royal court and is quite tragic, and by contrast the second part is outside at a sheep-shearing festival and is much more comic."

One thing that sets this play apart from Shakespeare's other work, Nichols explains, is that 16 years elapses between two acts. It's enough time for Leontes, the Sicilian king, to realize the grave error he made in condemning his queen and disowning his daughter.

"They say time heals all wounds," Nichols says. "What Shakespeare suggests in this play is, things may not turn out the way you want, but even life-changing problems do tend to resolve over time."

Showtimes for "The Winter's

Tale"
Wednesday, Jan. 27 at 7:30 p.m.
Thursday, Jan. 28 at 7:30 p.m.
Friday, Jan. 29 at 7:30 p.m.
Saturday, Jan. 30 at 2 p.m. and 7:30 p.m.
Sunday, Jan. 31 at 2 pm.

Tickets for "The Winter's Tale" are \$14 with discounts available. To purchase tickets, visit the CU Presents box office in person (972 Broadway), call 303-492-8008 during business hours, or visit us online. Note: All online and phone orders are subject to a service fee. For press tickets, interviews or more information, contact Jill Kimball at jill.kimball@colorado.edu.

Coming up later in CU-Boulder's 2015-16 theater season are "Return to the Forbidden Planet," a musical based on Shakespeare's "The Tempest," and "Rabbit Hole," a Pulitzer Prize-winning play about finding hope in the midst of darkness. Click here for more information on all our performances, including free shows featuring the work of talented undergraduate dancers, choreographers, directors, designers and actors.

I pickup 50 Plus monthly and I enjoy the articles and content!
R.D., Boulder



D'Anne Rudden, Au.D., CCC-A
Doctor of Audiology

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Caregiving

Training Courses for Family Caregivers

Make 2016 the year to enhance your caregiving skills—for your care recipient's benefit and your own! Boulder County Area Agency on Aging offers two highly rated training programs for family caregivers of older adults.



Emily Cooper

Powerful Tools for Caregivers is a 15-hour course that gives family caregivers the “tools” to ensure they take care of themselves while caring for others. Taught by trained co-leaders, the course helps caregivers reduce stress, improve self-confidence, communicate their needs and feelings, balance their lives, make tough decisions, use local resources, and more. It is on Wednesdays, Feb. 17 – March 23, 2 – 4:30 p.m., in Longmont.

The **National Caregiver Training Program** is an 18-hour course that helps family caregivers acquire the practical skills needed to provide safe, confident home care

for older loved ones. Taught by a registered nurse, the course provides detailed instruction, demonstration, and hands-on practice in a fun, no-pressure setting. Topics include caring for someone on bedrest, providing personal care, using a wheelchair safely, managing medications, taking vital signs, preventing falls, using local resources, and more. The course is on Thursdays, April 7 – May 12, 1:30 – 4:30 p.m., in Boulder.

Each course will be held twice more in 2016. The courses are open to Boulder County residents who are providing local or long-distance care for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care (using a substitute caregiver) during class periods is available.

To register or for more information, call 303-678-6116 or email InfoCaregiver@bouldercounty.org. Pre-registration is required, and class size is limited.

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

HEALTH TIP:

Four Simple Steps for Healthier Eating

For better health and weight management, four simple steps can help you stick with a more nutritious eating plan.

The Academy of Nutrition and Dietetics advises:

- Eat foods lower in fat, such as lean meats and foods that aren't fried. Avoid unhealthy oils and butter, as well as full-fat dairy.
- Make healthier drink choices, selecting those lower in sugar and calories. Opt for water, skim milk or an occasional glass of 100% fruit juice.
- Avoid foods high in sugar, such as desserts. Instead, have unsweetened fruit or cereal.
- Watch your salt. Season food with herbs instead of salt, and monitor labels on packaged foods to check for sodium content.

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Ask Dr. D'Anne...

When you are counseled to eat right and have an active lifestyle, you understand that it is to help decrease your chances of heart disease, diabetes and other systemic issue that can decrease your quality of life and may even kill you. Many people are not aware



Dr. D'Anne Rudden

that these same healthy habits can be helpful in preserving their hearing and preventing the need to use amplification until much later in life.

Many studies have been conducted over the years that identify cardiovascular issues as a risk factor to hearing loss. In June of 2011, a study in the Journal of American

Geriatric Society also showed that these risk factors for cardiovascular disease may also play a role in developing “age related” hearing loss.

The study showed that men who had higher triglycerides levels, higher resting heart rates, or a history of smoking also had a greater incident of hearing loss. Women with higher body mass indexes, higher resting heart rates, faster pulse-wave velocities and low ankle-arm indexes were also seen to have more hearing loss. The above issues can all be improved through better lifestyle choices such as a healthy diet and cardiovascular exercise.

As we celebrate American Heart Month, we encourage you to make positive heart healthy changes! It is necessary to educate yourself about the far reaching side effects of a sedentary lifestyle and hearing loss. Using hearing protection when in loud environments is no longer the only recommendations we can give to help you protect your hearing. We continue to see younger and younger people coming in with hearing loss and tinnitus. It is never too early to make better health choices and to obtain a baseline hearing test.

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

Longmont Hearing & Tinnitus Center was given an A+ rating by the Better Business Bureau has awarded their office their “BBB Gold Star” for service over 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.*



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Say You Saw It in 50 Plus Marketplace News

Reverse Mortgage

Plan for Retirement with a Reverse Mortgage

“My wife and I took out a reverse mortgage before she became sick and died of cancer. I am so glad that we did! I don't know how I would have paid the bills without it. I only had to pay 20% of the medical bills, but 20% of a large number is a lot!”

~ Abe W., Denver



Jim Doyle

- Delay Social Security Benefits and Let Investments Grow. Using this approach, a reverse mortgage is established and drawn upon every year to allow the retiree's portfolio, such as a 401(k), more time to grow.
- Protection from Investment Downturns. In this approach, a reverse mortgage is established, and only drawn upon if the retirement portfolio underperforms. This will spare the portfolio any draw when it is down, giving it a better chance to recover thereby minimizing risk.

“The most important time to have cash available to you is when you need it,” says Senator Fred Thompson. “And more people are using a reverse mortgage line of credit for just that—a line of credit that makes cash available for life's unexpected turns, or just additional security that grows until you choose to use it.”

Contact your Reverse Mortgage Specialist to learn more about providing for your future.

❖ *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/, NMLS# 1394377.*

There are four main ways a reverse mortgage can be used to provide additional retirement security.

- Receive a Lump Sum at Closing. The proceeds of a reverse mortgage are tax-free income that may be used in any way you choose. Some seniors are helped significantly by having their mortgage payment eliminated, and then having a lump sum with which to pay off debt.
- Grow Retirement with a Growing Line of Credit. A line of credit may be established using a reverse mortgage, and is left to grow at an interest rate that is equal to the current loan rates. At any time, the line of credit may be accessed for incidental cash, in-home care, or converted to monthly payments.

Still Truckin'

Dominique's Tips

Here are some tips for fun things to do with your family from Dominique, my amazing 3 year old great granddaughter.

The children's section at the Boulder Main Library is one of Dominique's favorites. She goes there regularly and checks out batches of books and sometimes goes to the morning reading hour. Some of Dominique's recommended books are “My Cousin Momo,” and “No Fits Nilson” by Zachariah Ohara and “Food Trucks” by Mark Todd.

When snow comes Dominique loves sledding and “sliding on my bun” at the Boulder Foothills Community Park. In warm weather fun trips are to the Denver Zoo and to Nederland to ride on the Carousel of Happiness.

Dominique likes shopping at

Childish Things where she found her beautiful red Christmas dress. “They have good toys too.” When it comes to restaurants Dominique recommends Larkburger for burgers and Proto and Pizzeria Da Lupa for Margarita pizzas. For Japanese treats it's Sushi ZanMai and Shine's for sweet potato fries. And it's anywhere for ice cream.

Since Christmas when Dominique bonded with a tortoise shell kitty at the Humane Society and brought her home she loves playing with MoMo. When Dominique comes to visit me we like to color with markers and crayons. She calls me Guack Guack which might be short for guacamole.

Let me know about some of the fun things that you do with your grandchildren and great grandchildren.

Wishing you a Happy New Year filled with love.

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



Sandy Hale

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- ✓ You always own the equity in your home



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Quilt Show & Sale



Inter-Faith Quilters

of Longmont



Preview: **MARCH 4, 2016**

Friday 5:00pm to 8:00pm (no sales)
Admission \$5.00 (includes Saturday admission)

Sale: **MARCH 5, 2016**

Saturday 10:00am to 4:00pm
Admission \$1.00

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While you explore our wonderful state you can find lodging that is more than just a place to rest your head. While comfort is certainly priority number one, in Colorado, the place you stay can do so much more than assure a solid night's rest. Unique, local and inspired accommodations across the state offer a home-away-from-home that will add to your vacation experience. Here are just a few ways to end an epic Colorado day with an epic Colorado place to stay. www.colorado.com

Homey Heritage. There's nothing like a little history to make you feel nostalgic when you're far from home. In Carbondale, Avalanche Ranch offers charming covered wagons – the “gypsy” or “shepherd” — and cabins alongside a hot spring for a quintessentially Colorado place to lay your head. For a truly Western classic, stay in a train caboose at Strawberry Hot Springs, or one at the Wyman Hotel and Inn. At the Canyon of the Ancient's in Cortez, bed down at the Mokee House – a Pueblo-style structure complete with a keyhole door and an outdoor oven just a few miles from the incredible ruins at Mesa Verde National Park.

Comfort in the Creative. Cozying up somewhere creative will put a truly unique spin on your Colorado-cation. Yurts, huts and tipis – like the one on 37 acres outside Red Feather Lakes -- offer unique lodging across the state. In Nathrop, bunk at an octagonal tree house near a hot springs with stunning views. In Mancos, a converted bus serves as an inspiring access point for all that the region has to offer, or stay cozy and romantic in the Bungalow or Lake Side cabins at Willowtail Springs. Discover the eastern plains for birding and photography at A Three Dog Night guest house. Design your own yurt or tipi through the Colorado Yurt Company in Montrose, and then make your way across the state in supreme style.

All about the Entertainment. Vacation is all about getting away from the day-to-day, so take it to the next level with some in-house entertainment at your home away from home. At the Movie Manor in Monte Vista, enjoy the world's only known hotel/drive-in movie theater and catch a flick from the comfort of your room. Murder mysteries offer fun and excitement at the Lumber Baron Mystery

Mansion near downtown Denver, or at The Antler's in Colorado Springs. At the Claremont Inn in Straton, you can make it a murder-mystery weekend. Enjoy a ghost adventure package at the original fear house, The Stanley Hotel in Estes Park where Stephen King wrote *The Shining*. In Durango, snuggle up in the historic Strater Hotel after a night flashing back to the past at the Diamond Belle Saloon or the Henry Strater Theatre.

A Hard Days Work. You'll never sleep better than after a day of cross-country skiing on one of Colorado's hut ski trips. Crawl into cozy mountain huts like those offered by San Juan or 10th Mountain Huts. After a day on the back of a horse, roping cattle or out on the range, tuck yourself in with a home-cooked meal and a cozy stay at one of Colorado's working dude and guest ranches. You'll be ready for a solid night's sleep after you spend your days birding for Lesser Prairie Chickens and soaking up ranch life and chuck wagon dinners at Arena Dust Tours in Holly.

Night Caps. In the shadow of the magnificent Mount Sopris, enjoy a nightcap during your stay-at-the-stills at the Marble Distilling Co. Luxury Inn in Carbondale. In the heart of wine country, rest your weary head at the Leroux Inn, a B & B winery in Hotchkiss, or at the Wine Country Inn in Palisade. New in 2016, lay your head to rest at the Dram Apothecary overnight lodge in the “living ghost town” of Silver Plume.

Celebrate the Centennial. In 2016, the National Parks Service celebrates its centennial. Show your support by incorporating one or all of Colorado's four National Parks into your Colorado-cation. At Rocky Mountain National Park near Estes Park, stay in one of five established campgrounds or haul your tent deep into the backcountry for a sublimely remote rest. Outside Gunnison and Montrose, camp at the Black Canyon of the Gunnison, or Gunnison River Farms. Between April and October, unwind and settle in at the Far View Lodge at Mesa Verde National Park, where wildlife, history and expansive views replace televisions and dreary hotel rooms. And at the Great Sand Dunes National Park, stay in rustic cabins at the Oasis Camping Cabins or in elegant style in the original ranch homestead (built in the 1800's) at nearby Zapata Ranch.

Farmstay. Immerse yourself in farm living with a stay at any number of Colorado's working farms

and ranches. At the Horse and Hen Inn in Hayden, the Walker Homestead Cabin will bid you to rest your head after a day of feeding and watering animals, milking cows or goats, collecting eggs, watching birds, fishing or wandering the grounds. In Salida, rest fed and inspired after a day of cheese making at the Mountain Goat Lodge at the foot of the famous Sawatch Mountain Range. Prep peaches for pressing, harvest grapes and prune the orchards before settling in to a rehabbed “picker cabin” at the Mesa Winds Farm & Winery, where you can count real-live baby-doll sheep.

Keep it steamy. At Dunton Hot Springs, stay in authentically restored log cabins that offer a world of whimsy, elegance and luxury. Underground vapor caves and soaking pools at the Wiesbaden in Ouray offer a therapeutic spin on a standard, and at Joyful Journey Hot Springs in Moffat, stay in yurts or tipis that are just steps away from a soak in the idyllic San Luis Valley. For privacy and proximity, stay at the Creekside Hot Springs Cabin outside Salida where your private party stays at a creek-side cabin in the woods with its own private hot spring.

Whether it's settling under the stars, getting warm beside a wood stove, or a sipping some of Colorado's finest, cozy up off-the-beaten path and in the anything-but-ordinary on your next Colorado vacation.

Colorado is a four-season destination offering unparalleled adventure and recreational pursuits, a thriving arts scene, a rich cultural heritage, flavorful cuisine, and 25 renowned ski areas and resorts. The state's breathtaking scenic landscape boasts natural hot springs, the headwaters of seven major rivers, many peaceful lakes and reservoirs, 11 national parks and monuments, over 850 farm and ranches that are open to visitors, and 58 mountain peaks that top 14,000 feet.

For more information or a copy of the Colorado Official State Vacation Guide, visit www.COLORADO.com or call 1-800-COLORADO.

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BODYTRAFFIC Performs Diverse Dance In Boulder

CU Presents' 2015-16 season continues with the first ever Boulder performance by Los Angeles-based dance company BODYTRAFFIC. The group is set to present three contemporary pieces inspired by urban life from all around the world in its performance on Sunday, Feb. 14.

"I think what makes BODYTRAFFIC stand out is the way [Artistic Directors Lillian Barbeito and Tina Finkelman Berkett] choose to work with up-and-coming choreographers from all around the world," says company manager Dora Quintanilla. "It's really amazing to see our dancers move so seamlessly from one type of dance, like ballet, to a completely different one, like breakdance."

The first piece, created by Barak Marshall, is called "And at midnight, the green bride floated through the village square..." This cinematic, colorful work is inspired by his mother's childhood in pre-war Yemen, where a woman's happiness depended on her eligibility as a bride.

"Her neighbors had nine children who never succeeded in finding love or getting married," Marshall says of his piece. "That lack



of hope turns them into this monstrous, fighting family always cursing the hope of others.

"To me it really illustrates the fact that, if we don't create a society that has equal opportunity for all, we're going to perpetuate the constant breaking down of others," Marshall adds.

Also on the program is "Once again before you go" by Victor Quintanilla of the RUBBERBANDance Group. The piece, created for BODYTRAFFIC in 2014, brings together hip hop, breakdance and ballet to examine the way people come and go in each other's lives.

"Part of Victor's 'rubber band' method of dancing is the idea that the space around you is thick and there's always a substance that you

have to carve through," Quintanilla says.

The program concludes with American choreographer Richard Siegal's "O2Joy," a playful piece set to the music of American jazz greats—from Billie Holiday and Harry Belafonte to Ella Fitzgerald. Siegal is the founder and artistic director of The Bakery, an organization dedicated to international artistic collaborations.

"As the title suggests, 'O2Joy' is an expression of joy through music and movement," Quintanilla says. "It's a very fun work to see and just be around, and we've embraced it as our signature piece."

Founded in 2007, BODYTRAFFIC has surged to the forefront of the concert dance world.

Named "the company of the future" by The Joyce Theater Foundation, Dance Magazine's 25 to Watch in 2013 and Best of Culture by the Los Angeles Times, the "super-fast, super-sexy" (Dance View Times) young company is already internationally recognized for its high quality of work.

The Boulder performance takes place Sunday, Feb. 14 at 7:30 p.m. A pre-concert lecture and Q&A by Associate Professor Erika Randall of CU-Boulder's Department of Theatre & Dance will be held at 6:45 p.m. in room 102 at Macky Auditorium. Randall is a teacher, choreographer and filmmaker who has recently worked with Teena Marie Custer, Joy French, Sydney Skybetter, Sara Hook, David Parker and the Bang Group, Michelle Ellsworth, Gabriel Masson, Anna Sapozhnikov, Rebecca-Nettl-Fiol, Esteban Donoso, the Mark Morris Dance Group and Buglisi/Foreman Dance. Her award-winning dancefilms, "More" and "Self Defense," have screened at the Sans Souci Dance Cinema Festival, the Starz Denver Film Festival, the Florence GLBT Film Festival in Italy, and the Façade Film Festival in Plovdiv, Bulgaria.

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Tips to Beat the Winter Blues

If you have been feeling down lately, you're not alone. The mid-winter blues are a common phenomenon.

When clinically diagnosed, it is formally referred to as Seasonal Affective Disorder (SAD). The National Institutes of Health characterizes SAD as a type of depression that can leave those who suffer from it with less energy and feelings of sadness and anxiety.

While light therapy, talk therapy and medications are often prescribed to those diagnosed with SAD, there are also some lifestyle measures anyone can take to beat the blues.

- Exercise regularly. Exercise is not only great for your physical health, it can also be beneficial to your mood, boosting endorphins and raising self-esteem.

- Make plans. When the weather outside is frightful, it may be tempting to spend every night curled up indoors. However, making a conscious effort to stay connected with friends and family can combat feelings of loneliness.

- Take a vacation. Plan a vacation somewhere sunny and warm, to get a dose of summer fun during the long, cold winter.

❖ Provided by SPM Wire

Social Security Today

When are Social Security retirement benefits paid?

If you plan to retire soon, you are probably wondering when you will receive the monthly retirement benefits. Social Security benefits are paid each month.



Monica Ochoa

Generally, new retirees receive their benefits on either the second, third, or fourth Wednesday of each month, depending on the day in the month the retiree was born. If you receive benefits as a spouse, your benefit payment date will be

determined by your spouse's birth date.

Here's a chart showing how your monthly payment date is determined:

Day of the Month You Were Born/
Social Security Benefits Paid On
1st–10th/Second Wednesday
11th–20th/Third Wednesday
21st–31st/Fourth Wednesday

For a calendar showing actual payment dates, see the Schedule of Social Security Benefit Payments at www.socialsecurity.gov/pubs/calendar.htm.

To complete your retirement application online, which you can complete and submit in as little as 15 minutes, visit www.socialsecurity.gov/applytoretire.



Wellness Matters

Feb. 2016

Info & register at: 303-441-3599 or mpruitt@bouldercounty.org

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

A Matter of Balance. Learn to manage the risk of falling, reduce fear of falling and strengthen your body. 8 wks, health education program meets weekly for two hours. Includes discussions and exercises. Additional classes are scheduled throughout Boulder County. Call for info. Feb. Call for dates, Presbyterian Manor, 1050 Arapahoe, Boulder Apr 5 – May 24, 1:30 – 3:30 pm, Longmont Senior Center

Healthier Living. (Stanford University's Chronic Disease Self-Management Program). Learn techniques to help change your perspective and manage your chronic condition. Topics covered during the six-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 additional class times and locations.

Jan. 28–Mar. 3, 1:30–4 pm. Villa del Prado Apts, 635 Mohawk Dr., Boulder

Feb. 15–Mar. 21, 1–3:30 pm. St. Vrain Community Hub, 515 Coffman St., Longmont

Medicare Basics Classes.

Feb. 4, 2–4 pm. East Boulder S.C., 5660 Sioux Dr., 303-441-1546

Feb. 19, 1:30– 3:30 p.m. Lafayette S.C., 303-665-9052

Feb. 22, 10-noon, Longmont S.C., 910 Longs Peak Ave., 303-651-8411

Nutrition Counseling and Education

Counseling: Nutritional Counseling: 303-678-6115

SEASONED Newsletter: tdeanni@bouldercounty.org

Audio Information Network

Hitting the Slopes with Limited or No Vision

Are you or someone you know missing the ski season because of vision loss? Colorado has excellent resources to help individuals ski and snowboard safely with limited or no vision. Multiple ski resorts have schools teaching adaptive techniques. Reservations are required. In some cases, scholarships may be available.



Kim Ann Wardlow

- Breckenridge Outdoor Education Center (BOEC): The Center began providing services in 1976. They view skiing and snowboarding as sports that can be enjoyed by all. Instruction is available for all skier levels. Lessons include one-on-one instruction, all necessary equipment and lift tickets. BOEC also provides lessons at Copper Mountain Ski Resort. (800-383-2632 or boec@boec.org)

- Keystone Adaptive Center: BOEC operates this private, non-profit educational center. Headquartered in the Mountain House at the base of Discovery Lift, the Center provides alpine skiing and snowboarding lessons. (800-383-2632, or boec@boec.org)

- National Sports Center for the Disabled (NSCD): Based in Winter Park, the NSCD is one of the largest adaptive sports agencies in the world. They began providing ski lessons in 1970 and now serve more than 3,000 participants a year. Winter sports include alpine skiing, snowboarding, cross-coun-

try skiing, Nordic hut trips, snowshoeing, and ski racing. (303-316-1518 or reservations@nscd.org)

- Vail Resorts Adaptive Ski and Snowboard School: Vail's adaptive skiing and snowboarding program is world renowned. The school tailors the equipment and instruction to the needs of the individual. (970-754-3264 or vailadaptive-program@vailresorts.com)

Once a person has learned to ski or snowboard, a ski guide can be helpful. Mark Davis founded Foresight Ski Guides in 2001 after losing his functional vision and learning to ski again. The non-profit focuses on making snow sports affordable and accessible to visually impaired and blind skiers and snowboarders. Guides complete an intensive training program focused on safety, camaraderie, and the pleasure of skiing with a friend. They provide a personalized itinerary, an on-site greeter, experienced ski guides, lift tickets, top-of-the-line equipment, ground transportation, and lodging assistance. (303-506-3859 or foresightskiguide@gmail.com)

❖ *Kim Ann Wardlow, Director of Marketing, Audio Information Network of Colorado, 303-786-7777, ext. 112 or kim@aincolorado.org/.*





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Colorado Gerontological Society

Placing a Loved One in Long Term Care



Eileen Doherty

Moving a loved one to an assisted living residence or a nursing home brings multiple emotions and feelings to the whole family. The transition to long term care maybe met with resistance by your loved one, as well as some family members.

When moving a loved one to long term care, expect that they may resist the move and think the need for more care and assistance is not necessary. The loved one may also engage other family members and friends in believing that the need for care is not necessary.

It is important to try to provide as many facts as possible to family and friends such as a) medication non-compliance; b) failure to thrive because of poor nutrition; c) safety concerns arising from falls, use of the stove, and mobility on stairs; and d) lack of cognitive ability to take care of personal needs such as hygiene, cleaning the home, and laundry. The facts can include dates and times of medication non-compliance and falls. Letters from the physician and other medical documentation may also be beneficial to helping family members understand the concerns.

When having the discussion with a loved one, try to stay positive and couch the conversations in safety and well-being concerns that you have identified. Do not be disappointed if your loved one refuses to participate in the decision making in a positive way. Sometimes you have to wait for a crises such as a) a visit to the hospital or emergency room or b) a housing inspection that does not meet safety standards before a change in residence can occur. Often a fall or

a hospitalization provides the basis for transitioning to a long term care residence.

At last resort, some families may find themselves faced with taking a loved one to court to seek a guardianship. The guardianship may be handled through a private attorney or through Adult Protective Services at the county department of human services. At a guardianship hearing, the loved one is declared incompetent by the courts and the court-appointed guardian is given the legal authority to make a placement, even against the individual's will.

Selecting a long term care facility is one of the most difficult decisions. The first resources to guide the decision is to review the surveys that are conducted by state and federal officials to determine compliance with state and federal standards. Nursing home surveys can be found at Nursing Home Compare at www.medicare.gov and nursing home and assisted living surveys can be found at www.healthfacilities.info.

Reports on the website for nursing homes include a) findings of the most recent survey; b) data on staffing ratios of nurses and certified nursing assistants compared to state and national standards, and c) quality of care based on such needs as infections, wound care, restraints and hydration. Based on these criteria, nursing homes are rated using a five-star rating system. A five-star facility has been deemed to be giving good care and providing good quality of life for the residents.

Assisted living residences are regulated by the State of Colorado. The state uses a Quality Management Program (QMP) to survey assisted living residences. The QMP program is designed to identify areas of improvement based on policies and procedures that are developed in accordance

with state statutes and regulations.

The second resource is to consult with the ombudsman assigned to the long term care residence. Ombudsmen are required to visit assisted living residences quarterly and nursing homes monthly. The ombudsman is able to share information about quality of care, residents' rights, and quality of life based on their experiences.

The third resource is for family members and friends to visit the long term care residences that are being considered. Residences specialize in providing care to different population groups with different types of needs. Some residences are large; others are small. Some residences have physicians and nurse practitioners who visit residents on a regular basis. Some residences are very formal; while others are more informal in décor, attitude and operations. This provides for residences that meet the wide variety of needs of a loved one, depending on their personal preferences and special needs.

Placements are determined by the type and level of care that is needed by the individual. Both nursing homes and assisted living residences do an assessment based on the current strengths of the individuals, the areas of need, and the types of services that can be provided.

The last major factor that is involved in making a decision is payment. Care can be paid for privately, with long term care insurance, or Medicaid depending on the individual's income and resources. Some rehab services are paid through Medicare as well.

For other information or assistance, call 303-333-3482 to discuss placement in a long term care residence for a loved one.

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

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February Hikes & Events

Visit the Agricultural Heritage Center. Sat Feb. 6, 10 a.m.-5 p.m. 8348 Ute Highway 66 west of Longmont. Come to the farm, enjoy the rural setting, and 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. Contact Jim Drew at 303-776-8688 or jdrew@bouldercounty.org for more information. Winter hours: The Agricultural Heritage Center is open from 10 a.m.-5 p.m. the first Saturday of each month November through March.

Signs of Life – Wildlife in Winter Hike. Saturday Feb. 6, 10 a.m.-12:30 p.m. Caribou Ranch Open Space. Join volunteer naturalists for a hike in the high country to look for signs of wildlife activity, including tracks, scat, feathers, fur, and browse marks on trees. We will also learn about the many ways that wildlife survives winter in the Rocky Mountains. Ski or hiking poles are recommended due to possible icy trail conditions.

Birds of Prey Slide Show. Monday Feb. 8, 6-7:30 p.m. George Reynolds Branch Library, 3595 Table Mesa Drive, Boulder. Learn how to recognize birds of prey, or raptors -- hawks, eagles, falcons, and owls -- in the winter skies above Boulder County. During this slide presentation, you'll observe and learn how to distinguish between different raptors by identifying common field marks. You will also learn about the habitat requirements, behavior, and ecology of these magnificent birds.

Trickster Tales. Sunday Feb. 14, 10 a.m.-noon. Carolyn Holmberg Preserve at Rock Creek Farm (meet at the Stearns Lake Trailhead). Coyotes live throughout most of North America and coyote tales are found in many native cultures. Join volunteer naturalists for a moderate

2-mile hike to learn more about this clever, adaptable character.

The Crusty Rocks of Rabbit Mountain. Saturday Feb. 20, 9:30 a.m.-noon. Rabbit Mountain Open Space. Join volunteer naturalists Megan Bowes, Roger Myers, and Linda Boley for a moderate 2-mile hike to discover the geology and lichens of Rabbit Mountain. We'll learn about the unique location and orientation of the rock layers, as well as what lichens are made of and how the sandstone and other erosion-resistant rocks support their growth.

Nature Hike for Seniors. Thursday Feb. 25, 10 a.m. -noon. Hall Ranch Open Space (meet at the group picnic shelter near the upper parking lot). Enjoy a nature hike for seniors every month. Programs include information about an area's history, wildlife and current resource management projects. No registration is necessary, however please call 303-678-6214 in advance if you plan to bring a group so we have enough naturalists at the program.

Junior Ranger Adventures. Saturday Feb. 27, 11am-1:00pm. Mud Lake Open Space. Calling all snow-loving kids! Blizzards, snow drifts, frozen lakes and icy trails are all part of the wintertime outdoor experience. Boulder County Parks and Open Space rangers want to help you be safe and prepared for all the adventures the cold weather can bring. Your winter adventure day will include ice safety, building a snow shelter, and learning winter survival skills. After you complete the outdoor challenges, you will receive the title of Junior Ranger and enjoy s'mores over a warm campfire! Junior Ranger Adventures is perfect for kids aged 6 - 12, but all family members are welcome. A parent or guardian must be present. If you have questions, contact Ranger Erin Hartnett at 720-352-7041 or ehartnett@bouldercounty.org/.

Wild ■ from page 12

mal, and each animal has a profile provided in the quarterly newsletters. The sanctuary retrieves captive wild animals from across the planet, which are in need of a better home. Many of the captive wild animals come from private owners.

Pat and his staff built the 40 foot high scenic Mile in the Wild Walkway extending from the current visitor center to the middle of the compound. By late next Spring, the walkway should extend another mile to the new Welcome Center. The new Welcome Center will include a snack shop, education center, gift shop, and guest relations area for individuals and groups to visit.

One part of the sanctuary's mission is to educate the public on

captive wildlife. They have a colorful jeep and 30 foot trailer called the "Education Caravan" for visiting small groups and schools in Colorado. The caravan educates the public about the sanctuary and the wild animals. Inside are photos and videos for the public to see besides a presentation given by the staff. Groups can contact the sanctuary to see the caravan or visit the sanctuary all year except major holidays.

You will find the sanctuary quite different from a zoo and an interesting place most people may never experience in their lifetime. For more information or to make a donation, please visit their website at www.wildanimalsanctuary.org or call 303-536-0118.

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HIGH PLAINS LIBRARY DISTRICT FEBRUARY EVENTS

Carbon Valley Regional Library (CV), 7 Park Ave., Firestone. Erie Community Library (EL), 400 Powers St, Erie. 1-888-861-7323 or www.MyLibrary.us

Papercraft. Wed, Feb. 3; 1 pm. CV. Learn a variety of papercraft projects. 1st Wed every month a different craft is featured, from quilling and iris folding to card making and German paper cutting, and more! All the supplies and instruction provided and leave with a finished project and the knowledge to continue on your own. Space is limited, registration required. Open to all skill levels, ages 16 and up. Presented by Carol Woten.

Money Matters. Tax Time News, Tue, Feb. 4; 6:30 pm. EL. Thu, Feb. 25; 6:30 pm. CV. What choices are available when selecting Social Security benefits? Learn about recent changes, financial impacts, options, choices, tax implications, and research resources to help you make a well informed decision about your benefits. The Money Matters Series is presented in partnership with the Rocky Mountain Chapter of Credit Unions. Sponsorship or co-sponsorship of this event does not constitute the Library's endorsement of the content or views expressed dur-

ing this program.

Growing Gardens is Easy! Starting Plants from Seed. Sat, Feb. 6; 10 am. CV. Learn inexpensive techniques for germinating plants indoors, benefits of home-germinated plants and how and when to plant from Master Gardener, Serapio Ayala.

Book Lover's Book Club. Mon, Feb. 8; 11:30 am. EL. The Club book meets on the 2nd Mon. each month. Bring sack lunch; beverages provided.

Celebrate National Chocolate Month. Tues, Feb. 9; 4 pm. CV. Celebrate National Chocolate Month with a deliciously fun workshop: The Chocolate Factory: Make the Easiest Chocolate Gifts Ever. With many types of chocolate for dipping and dripping and gourmet hot cocoa to brew and share. Drop in between 4 & 6 to discover some great gift ideas! Ages 12 and up.

SBDC Start-up Seminars. Tues, Feb. 9; 6 pm. EL. Free, comprehensive program is designed to be a starting place for anyone who is considering jumping into business for the 1st time (or the 2nd time with a better outcome). Provides a Color-

do Start-Up Guide, free library resources to support your business and websites, as well as a general overview of the things to consider when starting a business, including: business licensing requirements, business taxes you are required to pay, legal forms of organization, components of a business plan, marketing essentials, management requirements, financial planning, funding your business, grant opportunities, putting a business plan together, and launching your business. Contact the library for information on how to register for this program.

This program is a Community Partnership with the Colorado SBDC Network for the Northeast-East Central Region. Sponsorship or co-sponsorship of this event does not constitute the Library's endorsement of the content or views expressed during this program.

Carbon Valley Quilters. Wed, Feb. 10; 1 pm. CV. People of all skill levels are invited to explore the fun and fascinating art of quilting. Learn different patterns and how to create, cut, and sew quilt pieces together. Fabric kits are provided for each participant's first session. Bring a sewing machine. Open to all, ages 16 and up. Registration required.

Mead Seniors Book Club. Tuesda-

Feb. 16; 2 pm. Mead Town Hall, 441 Third St, Mead. Join us for conversation and fun as we discover new books together.

Wednesday Crafternoons. Wed, Feb. 17; 1 pm. CV. Drop in every 3rd Wed. for a fun, easy craft. You bring the creativity - we provide the supplies and hot beverages. Open to all, ages 16 and up. No registration required.

Men's Book Group. Thu, Feb. 18; 6 pm. CV. It's the no-pressure book group! Each month we select a different theme to explore, and then we each read something different within that theme. Feel free to drop by and join us for coffee and conversation.

Celebrate National Chocolate Month. Thu, Feb. 18; 6 pm. EL. Lots of types of chocolate for dipping and dripping and tons of treats to dip and drip. Includes gourmet hot cocoa to brew and share. This program is for ages 18+; registration required.

Darkness to Light's Stewards of Children Training. Mon, Feb. 22; 5 pm. EL. Increase your awareness to prevent child sexual abuse and help children stay safe. A free workshop for parents, staff, and volunteers advocating for children, this program will increase knowledge, improve attitudes and change child-protective behaviors. For any responsible adult who cares about the welfare of children. It is also appropriate for youth-serving organizations and personnel. Hosted by Weld County Department of Human Services Prevention Unit. Registration required.

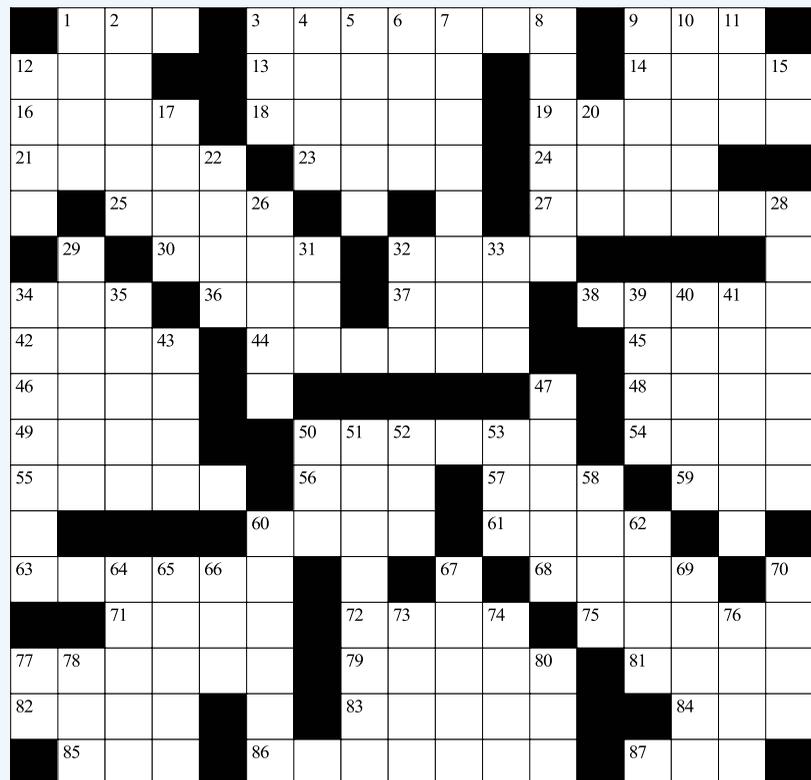
Canvas and Cocoa. Tue, Feb. 23; 5:30 pm. CV. Thu, Feb. 25; 5:30 pm. EL. Come in from the cold and enjoy warm cocoa while you have fun painting a spring-themed masterpiece. No prior art experience needed. All materials provided. Taught by Tami Showers, local artist/owner of The Cruisin' Canvas. Registration required; ages 16+.

Book Lover's Book Club. Tues, Feb. 23; 6 pm. CV. The selection for Feb. is "Very Valentine" by Adriana Trigiani. Everyone is welcome.

Knitting Circle. Wed, Feb. 24; 1 pm. CV. Join other knitters for a relaxing afternoon in our cozy reading room. All skill levels are welcome. While this is not a formal class, we can get you started and answer questions. Bring your own needles and yarn--we'll supply the hot beverages. Open to all, ages 16 and up. No registration required.

50 Plus Marketplace News Crossword Puzzle

February 2016 • Boulder County
Answers on page



- ACROSS**
- 1 Sink or bend downward
 - 3 Pompous
 - 9 Used for resting
 - 12 Abstract being
 - 13 High public esteem
 - 14 Potpourri
 - 16 Stare with open mouth
 - 18 Boredom
 - 19 Unobserved
 - 21 Pertaining to bees
 - 23 Japanese wooden clog
 - 24 Children's book author
 - 25 Crustacean
 - 27 Lenient act
 - 30 Person who lies
 - 32 Gratis
 - 34 Cloudlike mass
 - 36 Law enforcement agency
 - 37 Insect
 - 38 Representation of the Buddha

- 42 As previously given
- 44 Refluent
- 45 Grumble
- 46 Baseball team
- 48 Male of the deer
- 49 Hip bones
- 50 Apathy
- 54 Barbarous person
- 55 Recurring series
- 56 Leg
- 57 Globe
- 59 Pronoun
- 60 Charged particles
- 61 Egypt's river
- 63 Capital of Burma
- 68 River in central Switzerland
- 71 Greek goddess of the rainbow
- 72 Monetary unit of Cambodia
- 75 Covered with bark
- 77 Spot on the skin
- 79 Very small island

- 81 Having a sound mind
- 82 Yellow cheese coated with red wax
- 83 Go into
- 84 Posed
- 85 Lyric poem
- 86 Rapturous delight
- 87 For each

- DOWN**
- 1 Crack
 - 2 Savory jelly
 - 3 Fem. pronoun
 - 4 Chinese secret society
 - 5 Interior
 - 6 Oaf
 - 7 Preliminary test
 - 8 Dual
 - 9 Boatswain
 - 10 Fragrant resin
 - 11 Decease
 - 12 Mild oath
 - 15 Not off
 - 17 British nobleman
 - 20 Not
 - 22 Naive person
 - 26 Confused mixture of sounds
 - 28 Young noble
 - 29 Corporal
 - 31 Curved bone
 - 32 Law enforcement agency
 - 33 Ovum
 - 34 Picky
 - 35 Arising from a gene
 - 39 Boss on a shield
 - 40 Not easily broken
 - 41 Consecrated
 - 43 Repast
 - 47 What are the large, level basalt plains on the surface of the moon called
 - 50 Gone by
 - 51 Pet birds
 - 52 Printer's measures
 - 53 Electrically charged atom
 - 58 Reveal indiscreetly
 - 60 Denied
 - 62 Periods of history
 - 64 Nickel-cadmium battery
 - 65 Clotted fluid
 - 66 Petroleum
 - 67 4th letter of the Greek alphabet
 - 69 Efface
 - 70 Russian no
 - 73 Is not
 - 74 Dreg
 - 76 Knot in wood
 - 77 Objective case of I
 - 78 Fuss
 - 80 Attempt

Family Memories & Family Trees

Getting Vital Records in Colorado

“Vital records” are records related to births, marriages, divorces, and deaths. If you have a name, date, and place related to any of those events for an ancestor you should pay the appropriate government office for a copy of the certificate



Ted Bainbridge

or other documents. If you don't know the exact date or place but can approximate them, ask if the office will hunt the record; some will and some won't.

When you get a document, read it cautiously to be sure it pertains to the right person. Having the correct name is not sufficient; see if other facts match what you already know. If you have the correct document, read every detail. Often vital records contain information about the parents of the person who is the subject of the record; those clues may help you get vital records about those parents. Push this chain of evidence as far back in time as you can on every branch of your ancestry tree.

In Colorado: Counties registered births and deaths beginning in 1876, and state registration began in 1907. Counties recorded

marriages and divorces from the time the county was organized. Wills and probate records also were kept in county offices, except in Denver which has a separate probate court for those records.

<http://www.cdc.gov/nchs/w2w/colorado.htm> explains what years' records are available for each kind of vital record in Colorado, gives mailing addresses, and offers other information. <https://www.colorado.gov/pacific/cdphe/news/ways-order-vital-records> gives detailed information about getting vital records from the state government; phone to verify current fees. To find out about getting vital records from each county in Colorado, go to <https://www.colorado.gov/pacific/cdphe/news/ways-order-vital-records> and click the appropriate link near the bottom of that page. For the county you want to contact, use the phone number to find out about current fees and requirements then mail your request to the address shown.

❖ *Ted Bainbridge, Ph.D. A genealogical researcher, teacher, consultant, speaker, and writer since 1969. His genealogical and historical articles are published by 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.*



(l-r) Director Kent Drotar, Dee Gonzales, and Dustin Hill

Welcome to The Wild Animal Sanctuary

Established in 1980, The non-profit Wild Animal Sanctuary near Keenesburg (30 miles NE of Denver) is thriving today and still growing. Executive Director Pat Craig is the founder and has plans to open a new visitor center about the size of a football field by late Spring 2016, thanks to many generous donors. Set on 720 acres, the sanctuary has about 70 acres left for new animal habitats. Over 140 dedicated volunteers help staff the sanctuary annually. Besides all the different breeds of felines and other carnivores, the sanctuary includes alpacas, horses, and ostriches that total over 400 wild animals.

Some feel this sanctuary is like a zoo, but it really isn't. Accord-

ing to Ambassador Program Director Kent Drotar, this sanctuary is just that, a sanctuary for captive wild animals. They recently reverted back to donations instead of charging gate admission to better maintain the sanctuary. Kent said asking for donations has increased revenue, as it costs thousands to feed the animals and maintain the sanctuary every week. People can donate as little as \$17 per month to adopt an animal and take a stake in the welfare of the sanctuary. They have pricing to meet any budget.

About 200K tourists and donors from across the country visit the sanctuary each year. Many donors have adopted their favorite ani-

Continued on page 10 ►

Better Business Bureau

A Year in Numbers: Local Impact in 2015

Your BBB of Denver/Boulder and representing 12 counties had a very busy 2015. We launched our Scam Tracker free online tool, which you will learn about more as you read along; we also launched



Erin O'Neill

our Request a Quote feature that helps consumers receive three quotes for projects from three different Accredited Businesses, all to help streamline your projects. We continued to work with state agencies and local law enforcement for launching of investigations into untrustworthy businesses to help protect the consumer, we awarded over \$45,000 in scholarships to students in the community to reach achieve their dream of being able to go to college, and we also awarded accredited businesses

and nonprofits for their continued excellence to the local community. We could not have done any of this without the support of you. We sincerely thank you for your continued support of your BBB and we look forward to another great year!

- 7,207: number of Accredited Businesses and Charities
- 8,400: number of Accredited Business locations
- 7 million: number of visits to denver.bbb.org
- 1 million: Facebook impressions
- 72,000: number of YouTube video views
- 4 million: number of business reviews read
- 25,000: number of disputes handled
- 256: number of investigations launched
- 25,000: event impact on the community through BBB events
- 201: media interviews conducted at 4 per week
- 25,000: Request a Quote emails sent

LOOK FOR THE SEAL.

ACCREDITED BUSINESS

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- Contact Robert at 303-694-5512 for information