

50+ ADULTS **50** **Plus** **Marketplace**

NEWS



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June 2016 • Volume 22 • Issue 6



Senior Athletes Prepare to Compete

More than 700 senior athletes (50+) from Colorado and surrounding states will be competing to win in Colorado during the 2016 Rocky Mountain senior Games, June 8 through June 12, 2016. Athletic competition from archery to powerlifting. Each event is divided into age categories and participants qualify by either achieving a 1st through 3rd place or meeting the minimum performance standards.



The Colorado Senior Sports Development Council is the governing agency which sponsors the local state games. As part of the athletes winning and qualifying in the respective athletic event, the games present medals for 1st, 2nd

and 3rd place with ribbons for 4th through 8th place.

In addition to the athletic events, seniors will enjoy many social activities which include a Competitors Café, Celebration of Athletes/ Friday Fest and many fun relays.

Over 150 volunteers are needed to help with the games. Volunteers are required to work a minimum 2 hour shift. Each volunteer receives a free volunteer t-shirt. If you would like to volunteer please e-mail or call Sheri at 970-350-9437 Sheri.Lobmeyer@greeleygov.com

For more information on the Rocky Mountain Senior Games, refer to their web site: www.rockymountainseniorgames.com/.

Colorado Shakespeare Festival Flips The Script

The Comedy of Errors casts women in lead roles, achieves gender parity

William Shakespeare's *The Comedy of Errors* is so timeless it needs no rewrite to get wall-to-wall laughs in the 21st century. But a few trailblazers at the Festival thought recently about the classic slapstick routines of Lucille Ball and wondered what would happen if, suddenly, a handful of women were at the play's farcical forefront. What would happen, if someone flipped the script?



This summer, Coloradans can find out. CSF opens its Summer 2016 season with a gender-flipped *Comedy of Errors*, presenting a cast that achieves gender parity. The opening night performance is on Saturday, June 4 at 8 p.m.

About 430 years ago, a young Shakespeare scored a commercial hit with *The Comedy of Errors*. In the farce, two pairs of male (now female) twins upset an entire city with their antic confusions, and their suspicious spouses are left to manage the fallout.

"I think *Comedy of Errors* is the purest Shakespeare comedy," says the production's director, Geoffrey

Kent. "Audiences love it. It's funny right out of the gate."

Eventually, Kent and CSF Artistic Director Timothy Orr agreed to take on the challenge of casting women in the four principal roles.

"We realized that by adapting the genders, we'd bring in laughs to this play that were never there before," Kent says. "There's a scene where Antipholus of Syracuse aggressively pursues and seduces Luciana, and it's really fun to flip that around and watch our female protagonist chase the newly named Luciano until he submits."

Gender reversal isn't all that's new. Instead of the traditional Ancient Roman setting, the plot unfolds on a set designed to look like 1930s Paris.

"We wanted a setting that illuminates the themes," Kent says. "There are recurring themes of falling in and out of love, mistaken identity, getting lost. And if you've ever been to Paris, you know it's romantic and it's rife with confusing, criss-crossing streets."

Playing up the setting also means audiences at the Mary Rippon Outdoor Theatre get the rare

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Parkinson's Vitality Walk participants pause for a photo before striding out at their annual event. In addition to increasing awareness about the disease, funds raised support programs and services through the Parkinson's Association of the Rockies. The 14th annual walk is scheduled for June 5 at Sandstone Ranch in Longmont.

June CALENDAR

Men's Health Month
National Safety Month
Cataract Awareness Month

Thursday/2

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/3

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

Tuesday/7

Intro to Gale Courses, 6 pm. Carbon Valley Library, 7 Park Ave, Firestone. Now offers a variety of lifestyle and vocational online courses at no charge. There are many classes to choose from. Take a class with a friend, improve your life, or just learn something new. Participants must have a current email account and good basic computing skills. Registration required.

Sunday/12

6th Annual Hogabluesa, artist to be announced. The Old Gallery, Allenspark, Info: www.theoldgallery.org

Monday/13

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

Wednesday/15

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

Every Tuesday

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

Every Friday

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

The Conversation Project Hires Director

A litigation attorney by training, Phyllis Colletta brings a compelling passion to The Conversation Project in Boulder County based on personal experience, service as a chaplain and hospice volunteer. Phyllis is also a certified teacher, a professional freelance writer and ordained Zen Buddhist chaplain. She worked as an EMT for 10 years, in the field and as an ER tech in Steamboat Springs. Phyllis also has experience as a Risk Manager for a community hospital, giving her a broad understanding of the healthcare system. In 2011 she joined Centura Global Health Initiatives in a medical mission to Ne-

pal. Phyllis also serves as a Regional Consultant for The Schwartz Center for Compassionate Healthcare.

As a chaplain, Phyllis worked in a medical ICU in a teaching hospital, giving her an understanding of how miscommunication and lack of advance care planning can create much suffering at the end of life. It was this experience that compelled her to focus on helping families have important conversations early, well



Phyllis Colletta, JD

before anyone is admitted to an ICU.

Phyllis received her BA in theology and English from Boston College and her JD from Rutgers University. An avid adventurer, Phyllis loves all things outdoors from running, mountain biking and cross-country skiing

to swimming and rowing crew. Her 3 sons and their families live in Steamboat, Seattle and Panama, giving her great excuses to visit beautiful places.

Caregiving

Resources for Learning about Caregiving

It's 2 weeks before the Caregiving Symposium as I write this. We're expecting a large crowd, and we hope that each person finds



Emily Cooper

helpful information and feels more empowered as a caregiver by the end of the day. But we know there are many working caregivers who won't be able to attend, some who won't hear about it until after it's over, and others who won't take time off from their caregiving to be there. How do these caregivers get the information they need?

While the yearly Caregiving Symposium is a great place to get information about caregiving is-

sues and resources, there are many other ways to access that info. First, there's the ADRC (*Aging and Disability Resources for CO*), staffed by Options Counselors of Boulder County Area Agency on Aging. It's the central place to call, email, or visit online for information about local resources and options. Call the help line at 303-441-1617, email InfoADRC@bouldercounty.org, or visit www.BoulderCountyHelp.org, which features a comprehensive directory of local services and more.

Family caregivers also are welcome to contact me directly (see below), for resource information and discussion of caregiving issues. And caregivers can call their City Senior Services to talk with a Resource Specialist, who's skilled at helping older adults and family caregivers connect with helpful resources. Call: Boulder 303-441-

4388, Longmont 303-651-8411, Lafayette 303-661-1492, or Louisville 303-666-7400.

Our free newsletter 'Care Connections' provides information about caregiving issues and resources. Call or email me for a subscription. And many excellent websites lead caregivers through the basics and more complex issues of caring for an older loved one. To start, visit www.caregiver.org, www.caregiveraction.org, or www.alz.org.

There are a variety of ways to learn about caregiving. One or more is just right for you.

❖ *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/.*

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Sunday, July 10, 3pm & Sunday, July 31, 3pm
Tickets: \$5

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

DEADLINE

10th of the Preceding Month

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

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Bonds Of Friendship

“I want to talk about the bonds of friendship,” my riding mate said as she settled into the car. “I want you to know it is okay to say ‘No’ to giving me future rides,” she continued.



Martha Coffin Evans

Realizing my activities plate was soon to become a little more filled, she served “notice,” in the nicest sense of that word, that not providing rides was okay by her. Although appreciative, she acknowledged an awareness of time’s limited quality.

While I gratefully accepted her considerate comments and awareness, I was not ready yet to part with this portion of our relationship. We left it that I would ask others to help when and as needed. That seemed to work for us, at least for the time being.

Making, keeping, maintaining and building friendships over time takes just that – time and a willingness to do so. Joining again with

Reflections

friends made during a Semester at Sea program helped Madeline reconnect with that experience. Their New York City reunion, as the four met from their respective universities and parts of the country, reinforced their unique time abroad. What better way to relive those days both memorable and challenging?

I count myself fortunate when I think of friends located in various states. From my best friend in high school who lives now in Grand Lake, to another from working days now residing in Oregon and yet others scattered mostly in California, I cherish the fact that I have at least one, sometimes more, from those varied locations & work sites.

Years ago a long-time family friend and former work colleague in California declined to stay with

us when visiting the Golden State from his current home in Kansas. I now better understand the challenge of trying to see those many friends in California when visiting there, especially when staying with one while trying to connect with others. “Hmmm, how many times have you been in California and not seen me?” one queried.

At the end of a recent phone conversation, my riding buddy commented, “Thanks for being my friend.” It may seem like an easy comment but is certainly no less heartfelt. Its meaning goes deep as we care about, stay connected with and support each other throughout our days.

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

Script ■ from page 1

opportunity to enjoy live music inspired by the likes of Edith Piaf, Marlene Dietrich, and Josephine Baker. They even hear that most Parisian of instruments, the accordion – played, of course, by a woman.

What’s most impressive about the rare female focus in The Comedy of Errors is that it extends to another play later this season. Many of the female actors Kent and Orr cast also appear in Troilus and Cressida, giving a new focus to the traditionally male roles of Ulysses, Aeneas and Agamemnon.

The cherry on top of the gender-equality sundae is that, by happy accident, Orr found that exactly half of the festival’s staff, designers and directors are women.

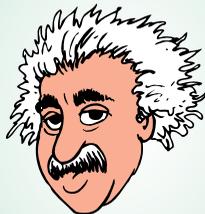
“Gender parity is a goal of a lot of Shakespeare companies across

America, and without intention, we’ve achieved that by keeping finding the best people,” Orr says. “That makes me so happy, because really, it’s about time.”

Tickets to The Comedy of Errors start at \$20. To buy season or single tickets, go to cupresents.org, call (303) 492-8008 or visit the CU Presents Box Office at 972 Broadway in Boulder.

The Colorado Shakespeare Festival offers several pre- and post-show activities, including tours of the Colorado Shakespeare Gardens, Bard-themed performances on the green and talkback discussions with actors and directors. CSF offers wine, beer, boxed dinners in the gardens, and concessions at both the Mary Rippon and University Theatres.

Find Einstein



Can you find the hidden image in this paper?

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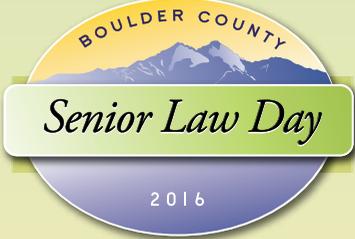
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|---|--|

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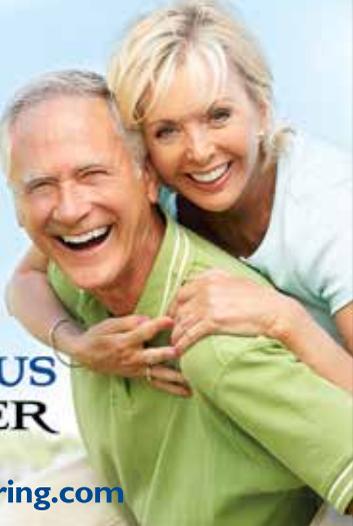
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Family Memories & Family Trees

Children in the Same Family with the Same Name

As you collect information about your extended family, you might encounter a husband and wife who appear to have multiple children with the same name. Your initial understanding might be right or it might be wrong. Here are two examples.



Ted Bainbridge

In some societies a baby could be named for a sibling of the same gender who had died before that baby was born. Some parents never referred to the two children as separate individuals, but other parents did. Once you find three important dates as in the following example, there should be no problem understanding who a document is talking about. Bartholomew and Hannah Bainbridge were born in England about 1820 and immigrated to Pennsylvania. Their family Bible records daughters “Ann 1” (born July 1840 and died August 1840) and “Ann 2” (born 15 July 1841).

In some times and places a husband and wife were expected to give all their sons the same first name, different middle names, and the same surname. They were supposed to name all their daughters similarly. At home all the children were called by their middle names. Outside of the family and in documents the children might be labeled with only their first names, or with their first and middle

names, or with only their middle names. Therefore you might find documents with two different names but which really describe the same person. Also you might find multiple documents using the same first name but which actually refer to different children. In such situations you must collect information from every source you can, and then look at all the connections between your facts to determine who your sources describe. Get help from an experienced researcher. One of my ancestors was a German who lived in Pennsylvania. In various records he is called Leonard Leidig, Michael Leidig, or Leonard Michael Leidig.

❖ *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.*

FYI

Men's Health Month
 Men's Health Network
 P.O. Box 75972
 Washington, DC 20013
 (202) 543-6461 x101
info@menshealthweek.org
www.menshealthmonth.org

National Safety Month
 National Safety Council
 1121 Spring Lake Drive
 Itasca, IL 60143-3201
 (800) 621-7615
 (630) 775-2307
media@nsc.org
www.nsc.org/act/events/Pages/national-safety-month.aspx

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Jim Doyle

Seniors on fixed incomes are finding that the ability to down-size, and/or live closer to family are reasons to investigate the use of a reverse mortgage for a home purchase. This financial tool can turn

the equity in your current home into the purchase of a new home within a single transaction.

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A more typical use of a reverse mortgage is a refinance to allow you to access the substantial equity in your home to use for any purpose. The amount of money that will be available is determined by the appraised value of the home, the amount of equity, and the age of the homeowners. But increasingly seniors are using a reverse

mortgage to down-size and have no mortgage payment as long as they live in their new home.

When you sell your current home, a Reverse for Purchase allows you to leverage your available cash into approximately twice the purchase price you would ordinarily be able to afford.

Of course, you must maintain your new home, and pay property taxes and homeowner’s insurance. With a Reverse Mortgage there is no loan repayment until both

homeowners no longer live in the home. You never owe more than the home is worth. Call your Reverse Mortgage Specialist to learn more!

❖ *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.*

Now Hear This!

This month we highlight surprising statistics and dispel common myths you may believe. Receiving comprehensive care for hearing needs improves your overall health and well-being. Hearing Loss Statistics:



Dr. D'Anne Rudden

1 in 5 Americans 12 year and older has a hearing loss; 1/3 of people 65-74 years have a hearing loss; Almost 1/2 of people over 75 years have a hearing loss; Hearing loss is the 3rd most prevalent chronic health condition in seniors.

Hearing Aid Facts:

- Hearing aids provide a significant benefit to those with hearing loss
- Hearing aids can treat about 80% of hearing loss but only 1 in 4 people who could benefit from them actually do
- Seniors who use hearing aids show few depression symptoms and improved quality of life
- People with untreated hearing loss are at 5 times great risk of dementia and 3 times greater risk of falling

Myths and Facts:

• *Myth:* Hearing loss has no affect on overall health. *Fact:* Studies show the association of hearing loss with cognitive decline, dementia, falls, social isolation and depression. A 2015 French study examining population-based data over 25-years found that hearing aids reduced hearing loss-associated cognitive decline. Current stud-

ies are looking at whether treating hearing loss with hearing aids can reverse or even prevent some of these conditions.

Myth: Hearing aids are like glasses. *Fact:* Glasses can correct vision to 20/20 instantly and the eyes do not require vision training to wear them. With hearing though, the brain needs time to adjust to the sounds received through the hearing aids. Each person has a unique audiogram with different abilities to hear various frequencies and require fine-tuning by an audiologist to meet specific needs. Hearing aids today are like wireless mini-computers but even the most advanced hearing aids, cannot restore hearing to 100%.

• *Myth:* I don’t need hearing aids if I can hear most things. *Fact:* Even a mild hearing loss can adversely affect health, work, home and social life. Treating hearing loss takes advantage of the brain’s ability to re-learn how to hear. Research shows that when people are satisfied with their hearing aids, they have better mobility and independence, improved mood, communication, social interaction and a healthier perspective on life.

Longmont Hearing & Tinnitus Center has an A+ rating by the BBB and the “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. Dr. Rudden travels nationally as a featured professional speaker and expert in Audiology.*

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Elder Law Issues

Financial Exploitation Of Elders

Today's senior citizens are being exploited financially in record numbers. There are many reasons for this. Many seniors grew up in a more trusting and safer time, seniors as a group have more wealth today than ever before, and failing health, dementia and isolation may make elders more vulnerable. Although law enforcement is making good strides in attacking this issue, it falls on all of us to look out for our elders. Below is a list, compiled by the Longmont police department, of things to look for that may indicate an elderly person is being exploited. If you believe someone is being exploited you can contact the police, Adult Protective Services, the District Attorney's office, or an Elder Law attorney.



Rick Romeo

Signs of Financial Exploitation of Elders:

- Unpaid bills, eviction notices to discontinue utilities.
- Bank account withdrawal the elder cannot explain and unusual activity on bank accounts.
- Bank statements and canceled checks no longer come to elder's home.
- New "best friends" come into elder's life when previously unknown to the elder, caregiver or family member.
- Legal documents that the elder doesn't understand or remember

- signing.
 - A caregiver expresses an excessive amount of interest in the amount of money being spent on the elder. Belongings or property are missing.
 - Noticeably recent purchases or gifts are present.
 - Suspicious signatures on checks or documents.
 - Absence of documentation about financial arrangements.
 - Implausible explanations about elder's finances.
 - The elder is unaware or does not understand financial arrangements that have been made for him or her.
 - Change in bank or other financial institutions.
 - Increased or unusual activity on credit cards.
 - Withdrawal from savings or CDs despite penalties.
 - Changes in Beneficiaries.
 - New Authorized signers on accounts.
 - Change in Financial planning documents like wills, especially when they benefit a new or much younger "friends."
 - Changes in property titles quit claim deeds or a new refinanced mortgage.
 - Changes in attorney, stockbroker, doctor or other professional.
- ❖ *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/.*

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HEALTH TIP:

Donating Blood

Be prepared

Typically, you must be at least 17 years old and meet a few health criteria to donate blood. If you're able, it's a great way to help save lives.

The American Red Cross offers this advice on what to expect:

- One blood donation can help save the lives of three other people. The donation procedure is safe and easy.
- While the donation itself only takes about 10 minutes, expect to be at the donation center for about an hour.
- Prepare for donation by making sure you're well-hydrated.
- Eat a nutritious meal, skipping any foods that are high in fat.
- Make sure your shirt sleeves can be rolled up above the elbows.
- Bring your driver's license or a donor ID card.
- If you're 16 and donating in a state that allows it, bring signed parental consent. Also bring a list of any medications you take.
- If you're feeling sick beforehand, reschedule the donation.

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Reykjavik, Iceland:

The Little City that Leaves a Big Impression



By Ron Stern, Travel Photojournalist

Steeped in Nordic traditions and culture, Reykjavik, Iceland is one of those mysterious destinations that everyone seems to be talking about visiting and for good reasons. Iceland has the cleanest air in the world, water so pure you can drink it right from the tap, lava-covered landscapes along with roaring waterfalls, gushing geysers, and an eclectic cuisine to satisfy any appetite.

Typical Icelandic cuisine includes lamb and seafood and some rather odd choices such as fermented or rotten shark. But, there is no doubt that from hot dogs to fine dining, Icelanders love to eat.

Sterna Travel offers a guided bus tour around Southern Iceland on this must-see all day adventure. The first highlight on this trip is Strokkur, a geothermal geyser shooting hot water up to 65 feet in the air every 4 – 8 minutes. The next stop is the stunning Gullfoss

or Golden Falls, located on the Hvítá River. This is the #1 attraction for the area on TripAdvisor and is truly magnificent to watch as the water careens down the stair-stepped rocks to the canyon below.

Your final stop will be the Secret Lagoon. This is the oldest geothermal swimming pool in the country located in the town of Fludir. The water in the pool stays at a constant year round temp of about 100-104 degrees Fahrenheit and is

the perfect place to soak away your cares while enjoying the beautiful surroundings.

Located in Reykjavik Harbor, Whales of Iceland is the largest whale exhibition in Europe, featuring 23 species that can be found in local waters.

The country is also easily accessible from most major airports, and Iceland Air offers a free stop-over here while en route to other locales.

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SOB's Go The Distance

Boulder Walk and Bike Month, celebrating its 40th anniversary this June, hosts more than 60 events this year. And, Seniors on Bikes - or SOB's as they call themselves - host a number of social rides that begin in Boulder and travel country roads to reach destinations such as Loveland, Berthoud, and Lyons.

The SOB's formed in 1984, an off-shoot of a ski group, and have been riding ever since. Many of the SOB riders are regulars, but the group is relaxed and social and they welcome new riders who have the skill and endurance to join.

While they are planning weekly rides during Boulder Walk and Bike Month in June, you'll find the SOB's out year-round—through the cold, the heat and the occasional, spontaneous rainstorm.

They have several self-formed groups to help match riders to ability: The Tigers (they mean business) are a little frisky and the Pacers (pretty serious) are for more experienced riders. The Cruisers and the Easy Riders take the most leisurely rides.

The group earned its name after a stranger approached some of the riders and said, "Looks like you're



a bunch of SOB's!... You know, Seniors on Bikes!" Made up of female and male riders from 50s to 70s, the group has no official dues or membership.

Learn more about Boulder Walk & Bike Month and the SOB rides at www.walkandbikemonth.org/.

Still Truckin'

Poodie 3

There have been two Poodies before Poodie 3. Poodie 2 died last August. It took me until Super Sunday, 2016 to welcome a new kitty into my life. I tried lots of names but Poodie seemed to stick - with the addition of the number 3.



Sandy Hale

She really is a beauty in her own right. Soft and gray with an unbelievably big, fluffy tail. She races through the house chasing her toy mice, jumping and climbing on anything and everything. She is younger than her predecessors and surprises me with her antics.

She brightens the house. Her voice is low and sweet. The vet has admonished me to keep her in the house and I am having a hard time adjusting since the other Poodies roamed the outdoors.

I owe her thanks for listening to me practice my lines for "Almost Maine," the Society of Creative Aging/Viva play that we presented at the Boulder Library May 12 and 13, then in Longmont May 14. It was a collection of nine short plays, set under the Northern Lights, showing how love changes lives in a heartbeat. I hope that you were able to see it.

I just celebrated a BIG birthday. Thankfully, it's not over 'until the fat lady sings."

With my decreasing hearing I hope to avoid hearing her for a long time to come.

Wishing you a happy, healthy summer filled with family fun.

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

Bowlers! Support The Walk To End Alzheimer's!

It's that time again. Time to show your support for the Walk to End Alzheimer's! We have had so much fun in the past 3 years that we are doing it again this year and we want you to be there.

Our team, "The AltaVita Hummingbirds", is hosting our annual community fundraiser event, "Bowl-4-Brains", Friday, June 24, 12-3pm, at Centennial Bowling Lanes, 110 E 9th Ave, Longmont. This event has been well attended in the past and we are

expecting it to be a huge success again this year because of you. Both local businesses and individuals are encouraged to participate in this event. We invite you to join in the fun by forming a bowling team or two. Participants compete in teams of 4 for the highest and lowest individual and team scores. They also participate in contests for the best uniform and best decorated bowling pin. Participants also receive a complimentary lunch at the event of which we have relied on the

generosity of local restaurants to provide.

Thank you in advance for supporting our Alzheimer's Association Walk to End Alzheimer's® fundraising efforts. Your generosity in helping us to raise much-needed awareness and funds for the Alzheimer's Association® is much appreciated.

For more information, call AltaVita Senior Residences 303-300-3700 or visit www.altavitaliving.com

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Irene Olijnyk, MD
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Robert Krone, OD
Comprehensive Eye Care Provider



Zeitouni ■ from page 12

playing that evening. It's always meant to be a coherent experience.

-JMZ

From the traditional classics of the genius composers (Brahms, Beethoven, etc.), to classical music with a mash-up (The Bad Plus, DJ Spooky), with family concerts, new works (Click! Commission), and way beyond the typical performances (Artistic Currents series), the 2016 season, as Zeitouni calls it, is like a menu from a restaurant that offers a full variety of flavors.

With over 30 performances to choose from, join us for lasting musical memories with friends and loved ones. For tickets and concert information, visit COMusic.org/.

Communities across the country join Men's Health Network in celebrating this awareness period.

The goal of Men's Health Month is to encourage men and boys to take care of their health and to heighten the public's awareness of the many preventable health problems that affect them.

"These efforts reach men where they live, work, play, and pray," said Ana Fadich, Vice President of Men's Health Network, which organizes Men's Health Month events nationwide. "They're a great way for healthcare providers, policy makers, and the media, to educate men, and their families on a wide range of men's health issues."

During Men's Health Month, health care professionals, private corporations, faith-based and fraternal organizations, government agencies, and other interested organization plan activities and events which focus on the health and well-being of men and boys.

"As a urologist, prostate specialist, I feel this is a critical time to encourage men and their families to focus on Men's Health."

W. Moul, MD, Director, Duke Prostate Cancer, Durham, NC, states "Many men do not like to go to the doctor and do not like to think about their own health. This is one time a year when we can get the word out that men need to take

time for themselves, to think about their health, and take action to improve their health!"

"Men's Health is more than just physical health," stated Sankineni J. Rao, MD, George Washington - Medical Faculty Associates, and Advisor to Men's Health Network. "In addition to regular check-ups, it also involves mental and spiritual awareness, and addressing socioeconomic barriers. Men's health can improve with the help of the women in our lives, increasing physical activity at home and at work, and teaching young boys the value of healthy eating and healthy living." Men's Health Network: www.menshealthnetwork.org/.

Boulder Senior Services

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The Art of True Meditation. West, Thu, Jun. 2, 4 classes, 12:30-2 pm. Cover the basics of meditation, teaching of the 'technique' of meditation, with time to practice meditation. Spencer believes that this practice, which is natural, effortless, and non-denominational, can have a host of wellness benefits, and also lead to a better understanding of one's self. End each session with discussion and time for question and answers. \$55.

Get Acquainted! East, Fri, Jun. 3, 10-11 am. Get acquainted with others who are new to the area, new to Senior Services, or interested in making some new connections with others. Learn about the many opportunities and resources we offer through our Centers. Free.

Staying Steady. Fall Prevention Myths & Tips. West, Mon, Jun. 6 1-2 pm. Learn to take control and become more confident with your balance! Presented by Kristine Belling, PTA from ALTA Physical

Therapy and Pilates. Kristine is a Licensed Physical Therapist Assistant and Certified Falls Prevention Specialist through the Consortium for Older Adult Wellness (COAW). Free.

Skin Cancer Screenings. Free! East, Mon, Jun. 13, or West, Tues, Jun. 21, 9-10:30 am. Skin cancer is the most common form of cancer in the U.S. Over 3.5 million skin cancers in over 2 million people are diagnosed annually. Azeal Dermatology Institute in Boulder is offering free skin cancer screenings for older adults on two days in June at East and West Senior Centers. Space limited, register. Free

Self-Care Ideas. West, Jun. 14, 3-5 pm. Sponsored by Mental Health Partners, this two-hour program involves a 60 to 90-min. talk about fun ways to manage stress, relax, have fun and gain health benefits, followed by free time to interact with a Senior Reach Therapist or Senior Peer Counselor. Light snacks pro-

vided. Free.

Bossy Bladder. West, Mon, Jun. 20 2-3 pm. Do you have a bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders presents a lecture and exercise class for individuals looking to improve bladder and bowel control. Free.

Taste of the Islands Hula Show. East, Wed, Jun. 22, 3:30-4:15 pm. An afternoon of Hawaiian music and Hula dance. Miriam Paisner's students from the Hula School of the Western Mountain will perform a treat for your eyes and ears. Both ancient and modern hula dance will be performed for your pleasure. You'll also have a chance to give it a try yourself. Light refreshments will be provided. Free.

Explore Social Networking. West, Thu, Jun. 23, 9:30-11:30 am. An introduction to the most popular online social networking sites including Facebook, Twitter, Pin-

terest, LinkedIn, Yelp, Meetup and more. If you're curious about social networking, nervous about trying it, or just wondering what it's all about, this course will be great for you. \$25.

Car Fit. West, Fri, Jun. 24 2-4 pm. CarFit offers drivers a free opportunity to check how their cars 'fit' them. CarFit's trained professionals take older drivers through a 12-point checklist with their vehicle and recommend minor adjustments for better comfort and safety. An occupational therapist is also on hand to explain how to maintain and strengthen driving health. Limited appointments available. Free.

Home Safety Inspections. West, Tues, Jun 28, 10-11 am. In this interactive class, participants will learn about the importance of conducting a home safety inspection. Items covered are how to check your smoke alarms and CO alarms, when to/not to call 9-1-1, and other safety items in and outside your home. Free.

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A Matter of Balance. Learn to manage risk of falling, reduce fear and strengthen your body. Classes meet weekly for 2 hours for 8 weeks. Sessions include group discussions and gentle exercises. Call for information on classes.

Healthier Living. (Stanford University's Chronic Disease Self-Management Program). Learn techniques to help change perspective and manage chronic conditions. Topics covered during 6-week workshop include managing medications; improving communication; improve nutrition and activity levels; setting weekly goal; and problem solving. Call to register. June 16 – July 21, 9:30– noon, Tebo Cancer Center.

Walk With Ease. Need some motivation to start an exercise program? Walk with Ease provides the structure and support you need to get started, stay motivated and feel better. Classes meet three times a week for six weeks. Call for information.

Medicare Basics Classes

June 2, 2 – 4 p.m., East Boulder S.C., 303-441-1546
June 20, 10 a.m. - noon, Longmont S.C., 303-651-8411
June 15, 1:30 – 3:30 p.m., Louisville S.C., 303-666-7400

Nutrition Education.

East Boulder County Diabetes Education Group. June 20, 11 – noon "Coping with Highs and Lows" Lafayette S.C. Register: 303-665-9052; Information: 303-441-4995.
Counseling: For English: 303-678-6115 / For Spanish: 303-441-3910
SEASONED Newsletter: tdeanni@bouldercounty.org

Book Shelf



NEW FICTION

Blue *Danielle Steel*
A girl's guide to moving on *Debbie Macomber*
Cometh the hour *Jeffrey Archer*
A will, a way, and a wedding *Melody Carlson*
Crowned and Dangerous: A Royal Spyness Mystery *Rhys Bowen*
Die Like an Eagle: A Meg Langslow Mystery *Donna Andrews*
The forgotten soldier *Brad Taylor*

NEW NON-FICTION
Becoming grandma: the joys and science of the new grandparenting *Lesley Stahl*
First women : the grace and power of America's modern First Ladies *Kate Andersen Brower*
Government gone wild *Kristin Tate*
50 great American places: essential

historic sites across the U.S. *Brent D. Glass*

NEW IN LARGE PRINT
The quest: a western trio *Max Brand*
Most wanted *Lisa Scottoline*
Blood orange *Susan Wittig Albert*
At the edge of the orchard *Tracy Chevalier*

FICTION BESTSELLERS

The last mile *David Baldacci*
The obsession *Nora Roberts*
The nest *Cynthia D'Aprix Sweeney*
Eligible *Curtis Sittenfeld*
Miller's Valley *Anna Quindlen*

NON-FICTION BESTSELLERS
The rainbow comes and goes: a mother and son on life, love, and loss *Anderson Cooper & Gloria Vanderbilt*
The third wave: an entrepreneur's vision of the future *Steve Case*
Love that boy *Ron Fournier*

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Technology is Hip!

International Space Station Has Major Milestone

The International Space Station (ISS) started its initial journey in 1998, when a Russian rocket transported the first piece into space. Seventeen years later after playing host to 222 astronauts from 18 different countries, the ISS has just completed its 100,000th orbit around the Earth. NASA explained that the station has traveled 2.6 billion miles equal to 10 round trips to Mars.

Circling 250 miles above Earth every 90 minutes, ISS astronauts are treated to a spectacular sunrise or sunset. It has as much pressurized living and working space as a Boeing 747 passenger jet. It weighs nearly one million pounds (450,000 kilograms) and is about the size of a football field as shown here.



Bob Larson



The station has been a part of many space studies including the Twins Study, which astronaut Scott Kelly spent a record 340-day mission to study long-term effects of space compared to his home bound twin brother astronaut, the Veggie Study, which successfully grew lettuce on board last year, and currently the Rodent Research experiment on researching ways to prevent

weakening of muscles and bones after extended durations in space.

Retired NASA astronaut Leroy Chiao said the station is the key to the next space frontier: putting people on Mars. "The biggest technical challenges are biomedical, how to keep astronauts healthy to and from Mars as well as staying on the surface." This is another great example of technology at work for the future of mankind.

❖ *Bob Larson is a technologist, photo journalist, and Marketing Director for 50Plus Media Solutions. Contact Bob at Ral Larson100@msn.com*

Your Life Support Your Right to Be Wrong

A humorous story has it that a newly appointed young clergyman was contacted by a local funeral director to hold a graveside service at a small country cemetery in mid-western USA. There was to be no funeral, just a graveside service, because the deceased had no family and had outlived her friends.



Steve Goodier

The young pastor started early to the cemetery, but soon became lost. After making several wrong turns, he finally arrived a half-hour late. The hearse was nowhere in sight and cemetery workers were relaxing under a near-by tree, eating their lunch.

The pastor went to the open grave and found that the vault lid was already in place. He took out a prayer book and read a few paragraphs. As he returned to his car, he overheard one of the workers say, "Maybe we'd better tell him it's a septic tank."

Why is it we make our biggest mistakes in public? And some people can't avoid it ... former hock-

ey goalie Jacques Plante wonders, "How would you like a job where, if you made a mistake, a big, red light goes on and 18,000 people boo?"

But we should never give up our right to be wrong. Good judgment comes from experience and experience comes from bad judgment. It is your right to be wrong. "No (one) ever became great or good except through many and great mistakes," said William E. Gladstone. Great mistakes are opportunities for great learning. And great learning makes for great living.

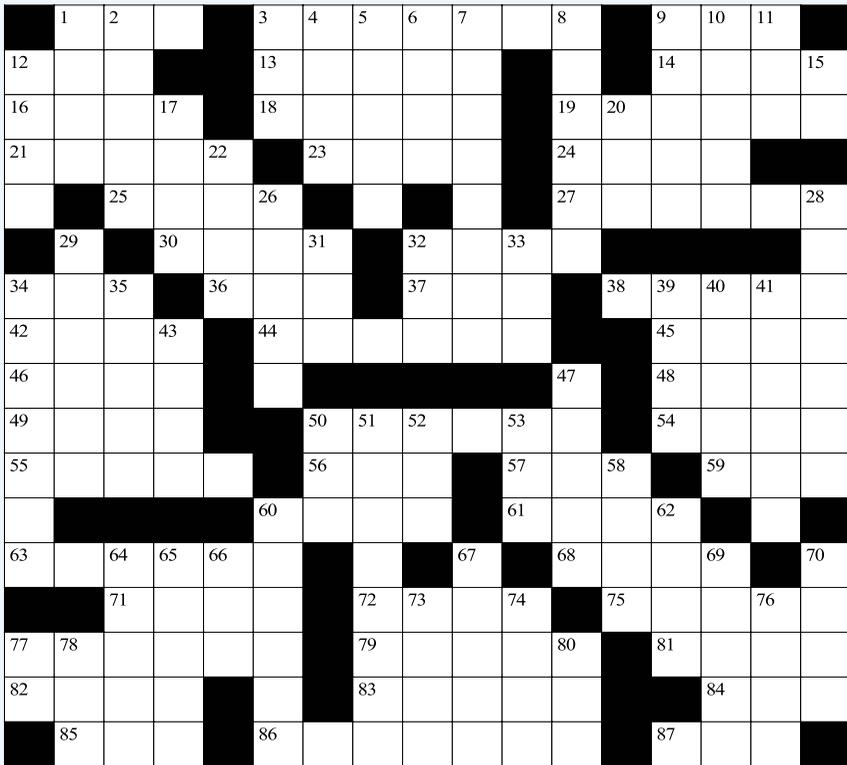
Now, that's something I can get into. I don't need to be a great person, just one who believes that his life is worth living well. And if that means I need to make some magnificent mistakes along the way, I'll take that on as part of the price to pay.

You and I have a right to be wrong. And if we are to move toward great living, we might even have a duty to make great mistakes. Sometimes we can laugh them off. Certainly we can learn from them. And always, let's just make sure the next mistake is one we haven't made before!

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

50 Plus Marketplace News Crossword Puzzle

June 2016 • Boulder County
Answers on page 8



- 83 Mountain ridge
- 84 Knock vigorously
- 85 Cardinal number
- 86 Went in
- 87 Pronoun

DOWN

- 1 Helper
- 2 Throng
- 3 Find the sum of
- 4 Additional
- 5 Part of an ice skate
- 6 Among
- 7 Largest moon of Jupiter
- 8 Mode of standing
- 9 Ingenuous
- 10 Command
- 11 Command to a horse
- 12 Discover
- 15 Similar to
- 17 Dreg
- 20 Exclamation of contempt
- 22 Horizontal bar of wood
- 26 Flat paving stones
- 28 Nonsense
- 29 Pertaining to a tribe
- 31 Japanese sash
- 32 Not good
- 33 Beetle
- 34 Brazenly obvious
- 35 Pack leader
- 39 Bring into existence
- 40 Nobles
- 41 Before this time
- 43 Yellow cheese coated with red wax
- 47 Talent
- 50 Colorful form of the common carp
- 51 Cat of unknown parentage
- 52 Lyric poem
- 53 Class
- 58 City in NW France
- 60 Narrate
- 62 Burden
- 64 Angry
- 65 Russian revolutionary leader
- 66 Chield
- 67 Slender filament
- 69 Tally
- 70 Splendor
- 73 Female horse
- 74 Network of nerves
- 76 Rime
- 77 Job was a resident of which ancient land
- 78 Get
- 80 Color

ACROSS

- 1 Very skilled person
- 3 Winding
- 9 Beverage made with beaten eggs
- 12 Evergreen tree
- 13 Stuffed savory vine leaf
- 14 Extent of space
- 16 Image of a deity
- 18 Draw off liquid gradually
- 19 Dwells
- 21 More recent
- 23 Whirlpool
- 24 Hub
- 25 Deprived of the sense of hearing
- 27 Winged child
- 30 Structure for storing grain
- 32 English monk
- 34 Brassiere
- 36 Laboratory
- 37 Fuss
- 38 Urge forward
- 42 Similar
- 44 A principal beam
- 45 Air (prefix)
- 46 In bed
- 48 Sharp
- 49 Monetary unit of Western Samoa
- 50 Fine white clay
- 54 Sea eagle
- 55 A poplar
- 56 Advanced in years
- 57 Resinous deposit
- 59 Asian condiment
- 60 Vex
- 61 Kilocalorie
- 63 Feudal tax
- 68 Greek island in the Aegean
- 71 True
- 72 Primordial giant in Norse myth
- 75 Tortilla topped with cheese
- 77 Republic in E Africa
- 79 Pole thrown by Scottish athletes
- 81 Adverse fate
- 82 Tubular pasta in short pieces

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A Moment with CMF Music Director, Jean-Marie Zeitouni

I had the pleasure of having a conversation with the Colorado Music Festival & Center for Musical Arts Music Director, Jean-Marie Zeitouni. We talked about the overall 2016 Season, and here is his vision in his own words:

I've identified five big ideas that I think should be at the core of the programming. And those five ideas: education, opera, American composers - alive and dead, honoring them nurturing them, symphonic cycles, and also hidden jewels or unlucky masterpieces- forgotten masterpieces... being able to hear less familiar works from composers.

I always think of programming like being a chef and making a menu. There are traditional dishes, some new cuisine that is completely different, and there is also dishes with a new twist on the old recipes.

It's really like establishing not only a menu for a single night, but you do a menu for a whole restaurant. You think about vegan people. You think about steak lovers. You think about people who like

new cuisine and people who like an Asian twist, and how it's spread toward the season. But I'm trying to mix it up in a way that it makes sense in the context of any given concert.

Let's say we have different dishes on our seasonal menu. We have an Orchestra Concert dish, a Mash-Up dish, a Chamber dish, a Presenting Series dish, and an Artistic Currents dish. Then new music and different components can be spread among the different dishes.

The Mash-Up Series, you can expect that it's going to be a mix of genres. The Artistic Currents Series at the Dairy, expect not only a mix of genres in music but also a mix of art forms. The Chamber music, it's going to be more traditional. And, the Orchestra concerts, you can be sure that if we play a new work, I'm going to give you the tools to appreciate it and to understand it, to put it into the context where it's complimentary with the other pieces that we're

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The goal of **National Women's Health Week** is to empower women to make their health a priority and to help women understand what steps they can take to improve their health.

During **National Women's Health Week**, which begins on Mother's Day, May 8th, women should discuss with their health care professionals which preventive cancer screening tests are right for them, when they should have them, and how often.

Five healthy habits that can improve a woman's health:

1. Follow general safety rules
2. Maintain regular check-ups
3. Be physically active
4. Eat a healthy diet
5. Do not smoke

This ad is a reminder from the American Cancer Society.

**Cancer screenings save lives!
1-800-227-2345/www.cancer.org**



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Audio Information Network

Catch All of the Action with Descriptive Video

Are you looking forward to escaping the summer heat by sitting down with a bag of popcorn and watching a movie? Are you discouraged because you can no longer see what is happening on the screen and have difficulty following the



Kim Ann Wardlow

story line? Descriptive video can help you know what goes on between the dialog in a movie. Other terms used include audio description, video description, and visual description. All refer to an additional audio track that describes the visual elements that are essential to understanding and following the plot. This narrative does not interfere with the dialog or other sound elements of the film.

The Fandango website is one recommended way to determine if the movie that you wish to see includes descriptive video. A person can search for the theater of their choice and scroll down to the film they want. Above the showtimes, the words Accessibility Devices Available will appear. Clicking on these words will confirm that the descriptive video devices are avail-

able. You may also call the theater and ask about the movie of interest to you. When you go to the theater, request one of the devices. Be sure the staff person gives you a descriptive video device and not a closed captioning device for the hearing impaired.

Prefer to watch at home? Some movies and TV shows on Netflix and Amazon have audio description. They can be purchased or rented. You can borrow descriptive movies from the Colorado Talking Library at no cost when you register as a patron. Films are available on DVD, Blu-ray, and VHS tapes. A library patron may borrow a movie for one month.

With descriptive video, a person can continue to have a full movie experience. Not only will the movie be more enjoyable but discussions with others about the film will be more informed.

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