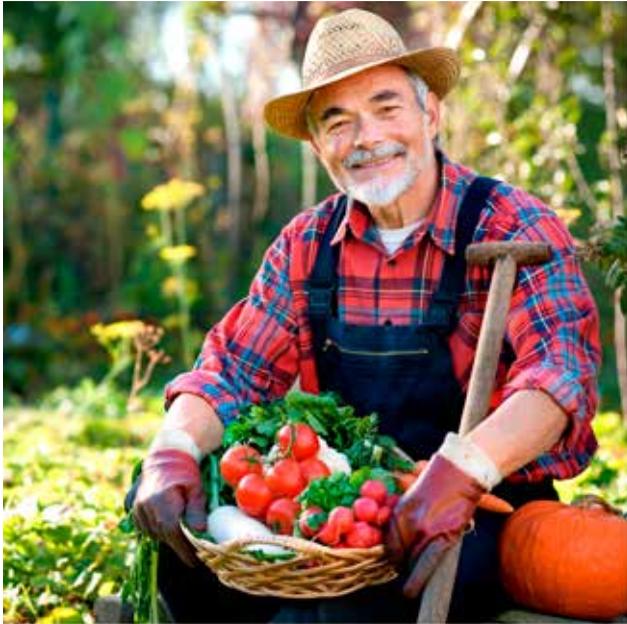


## Annual Publication Promotes Colorado Farmers' Markets

Tis the season for pop-up tents, community gatherings and local foods—farmers' markets. The Colorado Department of Agriculture's 32nd annual Colorado Farm Fresh Directory helps consumers find farmers' markets, roadside stands, u-picks, wineries and agritourism activities.

"When tents start popping up in parking lots, everyone gets excited," said Wendy White, marketing specialist for the Colorado Department of Agriculture. "We are happy to provide this popular publication to residents and tourists looking to experience Colorado agriculture."

The 2016 Colorado Farm Fresh Directory features more than 200 farms, ranches, roadside stands, u-picks and Community Supported Agriculture (CSA) programs as well as 100 farmers' markets across the state. Farm Fresh also includes farms that offer tours, restaurants

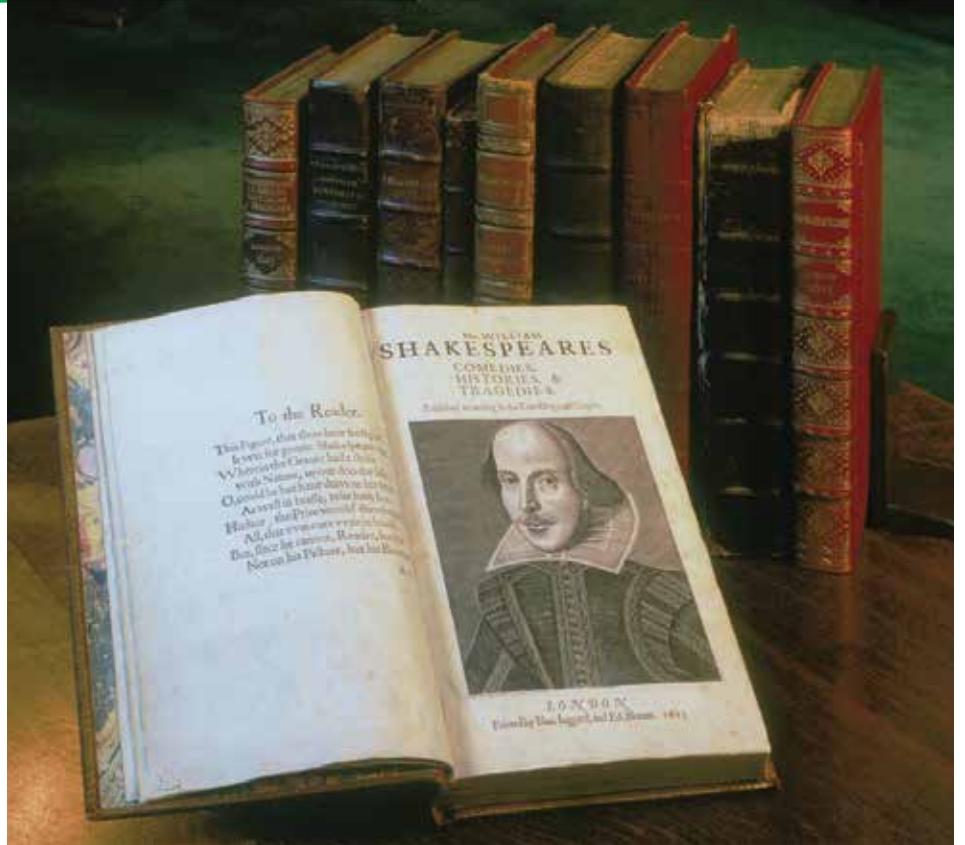


using local ingredients, wineries, corn mazes, pumpkin patches and farm and ranch vacations. In addition, the free directory includes county fairs, a crop calendar, food and agricultural festivals and tips for picking Colorado produce.

The directory is available for free at participating libraries, chambers of commerce, welcome centers, visitor centers, Colorado State University Extension offices and other businesses as well as online at [www.coloradoagriculture.com/farmfresh](http://www.coloradoagriculture.com/farmfresh). Colorado Farm Fresh is also available as a mobile app for smartphones.

The directory is sponsored by Longmont Dairy Farm, Rock Creek Farm and Royal Crest Dairy (the presenting sponsors), Anderson Farms, Centennial Farms Program, Colorado Farmers' Market Association, Colorado Fresh Markets, Colorado Fruit & Vegetable Growers Association, Colorado MarketMaker, Colorado Proud, Colorado State Fair, Colorado Tourism Office, Colorado Wine Industry Development Board, Delta County Tourism, Lulu's Farm Roadside Market, Metro Denver Farmers' Market, Miller Farms and Monroe Organic Farms.

For information, to find a location to pick up a free copy of the 2016 Colorado Farm Fresh Directory or to download the free mobile app, visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) or call (303) 869-9174.



## Shakespeare's First Folio Is On Exhibit August 9-31

The University of Colorado Boulder, named the state's host site for the national tour of "First Folio! The Book that Gave Us Shakespeare," announces the exhibition is open to the public from August 9-31 at the CU Art Museum. Provided by the Folger Shakespeare Library in Washington, D.C. the First Folio will tour all 50 states, Washington, D.C. and Puerto Rico during 2016 and early 2017.

The First Folio is opened to the most quoted line from Shakespeare's Hamlet, "to be or not to be." A multi-panel exhibition exploring Shakespeare's impact, then and now, is accompanied by digital content and interactive activities.

Creative programming for all ages explore topics such as comic books, Elizabethan food, and the music, art and science of Shakespeare's time. The First Folio exhibit and additional programming are being planned by the CU Art Museum, the University Libraries, the Colorado Shakespeare Festival and faculty from English, history, and theater and dance.

The First Folio is the first complete collected edition of Shakespeare's plays, published in 1623 seven years after his death. Compiled by two of Shakespeare's

fellow actors, it preserves 36 of Shakespeare's plays. Without it, the public would not have 18 of those plays, including Macbeth, Julius Caesar, Twelfth Night, The Tempest and Anthony and Cleopatra.

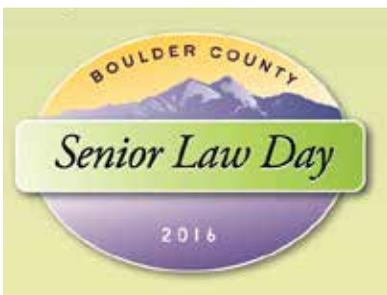
Because of First Folio, generations have experienced Shakespeare's lasting influence on language, culture, theater, music, and education. There are 233 known copies in the world today, with 82 copies held by Washington's Folger Shakespeare Library. One of the most valuable printed books in the world, a First Folio sold for \$6.2 million in 2001 at Christie's and another for \$5.2 million in 2006 in London. It originally sold for one British pound (20 shillings) – about \$200 today.

"This exhibit is an opportunity to bring the campus's expertise together with community talents and the creative energies of students to explore the world of Shakespeare," said Deborah Hollis an associate professor from University Libraries at CU Boulder. "The citizens of Colorado will be in for a treat with musical, artistic and literary performances and public lectures."

For a full list of events, visit [colorado.edu/shakespeareatcu](http://colorado.edu/shakespeareatcu).

## INSIDE

**CSF Henry VI**  
Page 2



Pages 5-8

**Positive Effects of Music**  
Page 11

# August CALENDAR

**National Eye Exam Month**  
**National Water Quality Month**  
**Psoriasis Awareness 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 InfoCare giver@bouldercounty.org

## Friday/5

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

## Monday/8

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

## Wednesday/17

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

## Saturday/20

Colorado Senior Lobby's Free Summer Social, Covenant Village, 9151 Yarrow St, Westminster, 8:30 to noon. Social hour & continental breakfast, program starts at 9:30am. Features a panel of Colorado Legislators.

## August 26

Takacs Quartet. The Old Gallery, Allenspark, Info: www.theoldgallery.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**

## September 23–25, 2016

2nd annual Jaipur Literature Festival is a week of free events held at the Main Boulder Public Library and other locations. Examining the human experience through the reflections and imaginations of distinguished contemporary authors from around the world. For more information, confirmed speakers, and registration, visit <https://jaipurliteraturefestival.org/boulder/>.

## 1564-1616

Much has been written these days about Shakespeare's passing 400 years ago. Where scholars may not know the date of his birth, they agree on April 23, 1616 for his death.

No doubt many students experienced a Shakespeare play, sonnet or two during their school days. Depending on their year in school, they might have studied "Julius Caesar," "Midsummer Night's Dream," "Hamlet," or "Macbeth," the play I taught as a first year senior English teacher.

Perhaps my enjoyment of Shakespeare comes from classes during my college years.

Having an opportunity later to attend summer school at Stanford



**Martha Coffin Evans**

## Reflections

University, when Ashland, Oregon and San Diego's Old Globe Shakespeare Festivals were in residence, furthered my appreciation of his works.

Not everyone enjoys Shakespeare, including many a student or adult who may have asked why study The Bard? Beyond continuing Shakespeare festivals around the country, a quick look at our language, culture, theater and music shows his influence.

From operas, orchestral pieces to musical theater such as "Romeo and Juliet" recreated as "West Side Story," the impact continues.

A repository of The Bard's writings exists at the Folger Shakespeare Library in Washington, D.C. From August 9-13, CU Art Museum serves as the Colorado host for "First Folio! The Book That Gave Us Shakespeare." This compilation contains 36 plays printed in 1623, 7 years after Shakespeare's

death.

Visiting the Folger during a Washington, D.C trip years ago, complete with seeing an on-site production of "Macbeth" and experiencing an overview of their collections, adds personal significance to this local opportunity.

My memory from that overview was of a small book with a child's hand written note in the margin – "This books belongs to Prince Hal." King Henry VIII looked after his possessions even as a young lad!

How fortunate we are others looked after Shakespeare's writings over the decades.

Perhaps you'll find something of local interest this month whether attending a Colorado Shakespeare Festival production or seeing the "First Folio!"

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

## CSF concludes 2016 season with 'Henry VI, Part 2'

Festival's "original practices" production sells out for third year in a row

On Sunday, July 31, one week before the end of the Colorado Shakespeare Festival's 2016 season, CSF's entire acting ensemble comes together for a special sold-out, one-night-only performance of "Henry VI, Part 2."

As part of a new and widely hailed tradition at CSF, the historical play is performed with original practices in mind. That means the entire production is rehearsed and performed as it was in the Bard's time, with no amplification, no synthetic lighting and no full scripts for the actors.

Instead of the usual three weeks of rehearsal time, "We'll rehearse it for only 20 hours, which we believe

Shakespeare's actors did," says Director Geoffrey Kent.

In "Henry VI, Part 2," Shakespeare writes with razor-sharp wit about the Wars of the Roses, the bloody, dramatic era that inspired the hit cable series "Game of Thrones." It's the second in a series of three plays exploring the long reign of England's 15th-century king. The plot is all the more compelling given its parallels to recent British politics. More than 600 years before the Brexit vote deeply divided the United Kingdom's regions, towns and households, a decades-long battle for the throne completely upended English society, touching the lives of peasants, merchants and nobles alike.

Audience members may not know which team to root for, but at least they'll know who's on

which team," Kent says. "For the audience's sake and for the actors' sakes, we're dressing characters in either red or white to show what side they're on."

Kent has also made the play more digestible by shrinking the cast and cutting its runtime by an hour—but almost everything else is historically accurate to a fault. Just like at Shakespeare's Globe Theatre, CSF's actors memorize their lines with little advance notice and almost no context. Then, they step into five days of rehearsal before performing.

Kent, who has acted in CSF's original practices productions but hasn't yet directed one, says he's excited to step out of his comfort zone once again.

He might be a little scared, too, given it's almost guaranteed that a few actors will miss an entrance, yell "LINE!" to an onstage prompter or forget their own char-

Continued on page 8 ▶

**GOLDEN WEST**  
Senior Living in Boulder

*Live your best life.*

Golden West is a nonprofit that provides quality housing and services to persons aged 62+.

303-444-3967 | [gwboulder.org](http://gwboulder.org)

## Find Einstein

Can you find the hidden image in this paper?

# CONTACT

## How To Reach Us

*email*  
robert@50plusmarketplaceneews.com

*phone*  
303-694-5512

*mailing address*  
4400 Sioux Dr.  
Boulder, CO 80303

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

Published by  
50Plus Media Solutions, Inc.  
Lafayette, Longmont, Lyons, Erie,  
Nederland, Superior

**50 Plus Marketplace News, Inc.**, is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

**50 Plus Marketplace News, Inc.** encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material under 250 words are to be emailed to sales@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

### DEADLINE

## 10th of the Preceding Month

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

**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



Printed on Recycled Paper

# Left Hand Creek Restoration Planning Process Begins

As part of long-term flood recovery, Boulder County has hired consultant AMEC Environment & Infrastructure (AMEC) to complete a master plan for the Left Hand Creek watershed. The master plan assists in rebuilding efforts by providing post-flood watershed-level data, identifying actions for stream restoration and flood risk management, and determining how to address the needs of property owners.

The master planning effort is funded by a grant from the Colorado Water Conservation Board, Boulder County, and local agen-

cies. The project begins immediately with public meetings and field assessments, and data analysis. The final master plan for Left Hand Creek is expected to be completed this fall.

AMEC and the Left Hand Creek Coalition, which is overseeing the planning process, is reaching out to property owners, residents and other stakeholders. The community will help identify key issues and needs, and ultimately help develop a list of projects that are broadly supported.

AMEC was selected through

a competitive process by the Left Hand Creek Coalition.

To submit comments, questions, or suggestions, call 720-407-4788 or email [left-hand-master-plan@mediate.org](mailto:left-hand-master-plan@mediate.org). Refer to [www.BoulderCountyCreekPlan.org](http://www.BoulderCountyCreekPlan.org) for more information about the project.

Similar planning efforts are underway for many other watersheds in the County, including St. Vrain Creek, Little Thompson River, and Boulder Creek. For more information on any of the master plans, call 303-441-1107 or email [spcrotor@bouldercounty.org](mailto:spcrotor@bouldercounty.org).

## Now Hear This!

### Preventing Hearing Loss

Noise-induced hearing loss (NIHL) accounts for the second most common cause of deafness, after age-related hearing loss. All ages are at risk for hearing loss from loud sounds. Estimates suggest that 15% of Americans age 20-69 are affected by high frequency hearing loss due to occupational or recreational noise exposure. In addition, 20% of adolescents (ages 12-19) already have some degree of hearing loss. The most important statistic about NIHL, however, is that it is 100% preventable.



**Dr. D'Anne Rudden**

Risky environments that can cause NIHL include:

- Occupational: military, factory, farm, construction, oil & gas workers, musicians
- Home: leaf blowers, power tools

- Recreational: concerts, nightclubs, sport stadiums, fireworks, gun shots, snow mobiles, music with earbuds

Warning signs that sounds are too loud:

- The noise is painful
- You have to raise your voice to be understood by someone standing nearby
- Buzzing or ringing sound in your ears, even temporarily

Symptoms of NIHL are usually gradual so problems are not noticed until they are pronounced. Some common complaints include:

- You don't hear as well as you normally do until several hours after you get away from the noise
- Sounds are muted or distorted, or you have a ringing or buzzing in your ears
- You have difficulty understanding conversations, have to turn up the volume on the TV despite other noises feeling too loud.

**Safe:** 0-75 dB: Dishwasher,

Conversations, TV. No Risk of Hearing Loss.

**Moderate:** 75-90 dB: Lawn Mower, Movie, Snow Mobile, City Traffic. Gradual Loss with Exposure.

**Loud:** 90-110 dB: MP3 player, Night Club, Power Tools. Hearing Loss After 15 min.

**Dangerous** 110-165 dB: Rock Concert, Symphony, Sports Stadium, Gun Shot, Fireworks, Sirens. Hearing loss after 1 minute

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

❖ *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.*



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

# Hear today.

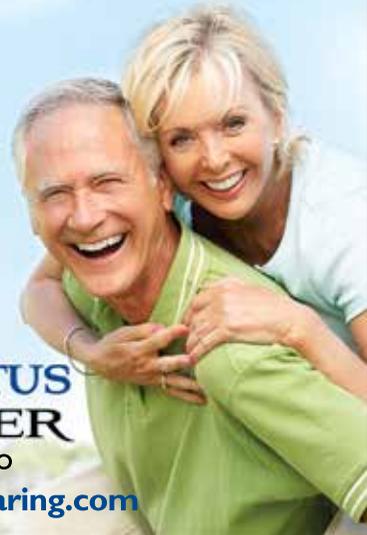
At the Longmont Hearing and Tinnitus Center, it's our focus to provide **state-of-the-art technology** with **professional care** at **affordable prices** you deserve and expect. Our comprehensive hearing healthcare care services include hearing testing & consultation, tinnitus evaluation & treatment, hearing aids & repairs, earmolds and hearing protection.

Call **(303)651-1178** today to schedule your hearing evaluation.



1146 Francis Street - Longmont, Colorado

**(303)651-1178** • [www.longmontheating.com](http://www.longmontheating.com)



## Reverse Mortgage

### Plan for Retirement

"My wife always wanted a new kitchen. A reverse mortgage allowed us to do it! I was able to complete the deck on the house, and not have to be so tight with our finances each month.



**Jim Doyle**

Since my kids are all doing well and have their own homes, they encouraged us to get the reverse mortgage. It was one of the best things we ever did."

*CM and JM, Englewood*

There are four main ways a reverse mortgage can be used to provide security to a homeowner:

**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. Other seniors want to do improvements to their homes, and enjoy those upgrades after years of waiting for the right time to complete them.

**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 any time, the line of credit may be accessed for incidental cash, in-home care, converted to monthly payments similar to an annuity, or for any other use.

**Let Investments Grow and Delay Social Security Benefits.** 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. Drawing upon Social Security benefits could also be delayed, increasing the size of the monthly payments later in life.

**Protection from Investment Downturns.** A reverse mortgage is established, and only drawn upon if the retirement portfolio underperforms. This spares the portfolio any draw when it is down, giving it

Continued on page 10 ▶

## Still Truckin'

### Jack Collom: Poet & Teacher

If Colorado had a Poet Laureate it would be Jack Collom, Colorado resident since 1948.

Jack grew up outside of Chicago. He graduated from high school in Fraser, Colorado and studied forestry at Colorado A & M, now CSU. He says "I am a "nature boy!"

He began writing poetry when he was 22 and is still going strong at 84. Jack has published 25 books of his poetry and three other books about children and writing.

His own favorite "Second Nature" won him a Colorado Book Award. In 2014 he collaborated with a high school student, Izzy Martinez to write "Petals of Po-

etry."

Jack has been teaching for forty years. His students range in age from five to 95.

He has taught across the country on community grants, in the Boulder Valley schools and currently at Naropa.

"Poetry reveals the unexpected in everything. It helps bring the brain alive," says Jack.

As a happy participant in one of Jack's writing workshops I love his child like delight in life and the ever present twinkle in his eye. He urges everyone to have fun with writing and to look at every day in new ways.

Asked about his current goal, Jack laughingly replies "... to publish a new book of poems and become rich and famous."

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



**Sandy Hale**

## Family Memories & Family Trees

### Joining a Lineage Society

If you can trace one of your ancestral lines far enough back in time, and if you have acceptable proof, you might be able to join a lineage society.

The General Society of Mayflower Descendants national headquarters' web site is <https://www.themayflowersociety.org/>. Click 'Join' on their main menu for information and to locate chapters. Contact the Colorado chapter via [sandy@carduff.com](mailto:sandy@carduff.com) or [jenny\\_ologist@yahoo.com/](mailto:jenny_ologist@yahoo.com).

The Daughters of the American Revolution national headquarters' web site is <http://www.dar.org/>. In-



**Ted Bainbridge**

structions for joining are at <http://www.dar.org/national-society/become-member/how-join> and a list of chapter locations is at <http://www.dar.org/national-society/become-member/chapter-locations/>. Chapters exist in Longmont <http://longspeak.coloradodar.org/>, Boulder <http://arapahoe.coloradodar.org/>, and Louisville <http://indianpeaks.coloradodar.org/>.

The Sons of the American Revolution national headquarters' web site is <https://www.sar.org/>. The "Membership" button on their main menu shows links for information about joining and about locating chapters. The Colorado chapter is at <http://www.cossar.us/> and a member in Boulder is [tbrown@viawest.net/](mailto:tbrown@viawest.net/).

The Colorado First Families Recognition Program offers three

categories of recognition, depending on when an applicant's family first lived in any area within the boundaries of present-day Colorado. Learn more at <http://www.cocouncil.org/familyrecognition.html> and get an application at <http://www.cocouncil.org/forms/FamilyRecognitionPacket.pdf/>.

The Sons of Union Veterans of the Civil War national headquarters' web site is <http://www.suvcw.org/>. Click the "Membership" button on their main menu for information about joining. Click "Depts. & Camps" to contact state organizations. Information about the Colorado/Wyoming chapter is at <http://suvcw.org/co/deptcowy.html/>.

The Sons of Confederate Veterans national headquarters' web site is <http://www.scv.org/>. Click their "About" button and then their "Join" button for information about joining. State recruiters are at <http://www.scv.org/about/join/recruiter.php/>.

Many other lineage societies exist; find them by doing internet searches.

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

*Personalized  
Service  
with Dignity and  
Compassion*

*Family Owned and  
Operated*

Since 1958  
**AHLBERG**  
Funeral Chapel and  
Crematory  
326 Terry Street, Longmont  
**303-776-2313**

[www.ahlbergfuneralchapel.com](http://www.ahlbergfuneralchapel.com)

*~ We Care  
~ We Listen  
~ We Provide*

Call today to find out about our affordable service options.



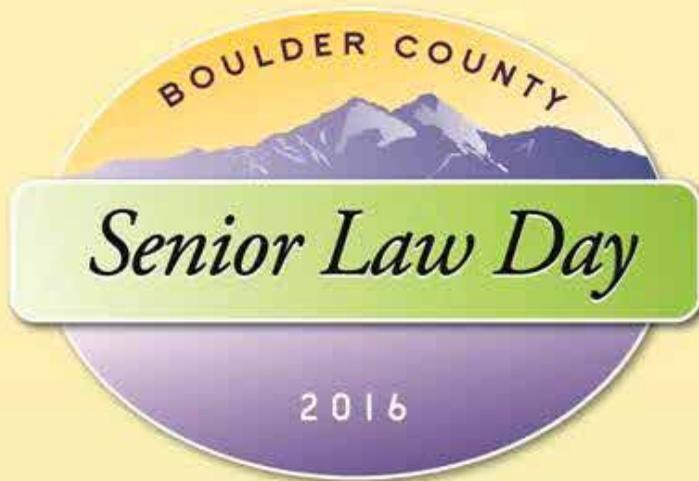
Loving Family Home Care  
**DignityCare**<sup>LLC</sup>  
Licensed Medical Private Pay Agency  
Nursing • CNA • Companion Care  
**303.444.4040**  
[www.dignitycare.com](http://www.dignitycare.com)

**D**acono  
**D**iscount  
**G**roceries

**Big Savings** on major brand groceries, health & beauty & much, much more  
Also **fresh** produce & bread  
*Celebrating our 1st anniversary*

**913 Carbondale Dr., Dacono**  
(2 miles east of I-25 on Hwy 52)

Mon-Fri 9-6, Sat 9-4  
Closed Sunday



## SATURDAY, AUGUST 6<sup>TH</sup>

**Plaza Convention Center, 1850 Industrial Circle, Longmont**

**9AM-2PM \$10 Admission Includes Lunch**

During the past seven years, thousands of area seniors have attended our annual Boulder County Senior Law Day, praising it as an exceptional gift to the community.

The goal of this day-of-learning is to help you navigate seniorhood by educating you about legal issues, health and well-being choices, and financial options. There will be 20 pertinent presentations by prominent senior services experts, nearly 50 seniors-oriented exhibitors, and 70 Ask-A-Lawyer personal conferences. All this plus a complimentary Senior Law Handbook, lunch and door prize drawing. Don't miss it!

**Pre-Registration Required — online at [www.bouldercountyaging.org](http://www.bouldercountyaging.org) or call 303.441.1685**

## The NEW Reverse Mortgage

**Have You Heard About the Great Changes to the New Reverse Mortgage?**

- ✓ Receive tax-free loan proceeds that may be used for any purpose if you are 62 years and older
- ✓ Eliminate existing mortgage if you still have a mortgage balance
- ✓ Replace cash reserves or pay off debt
- ✓ You always own your home, the bank doesn't
- ✓ Postpone drawing down retirement assets, therefore giving them more time to grow
- ✓ Cover unexpected expenses such as medical bills or home renovation
- ✓ You always own the equity in your home

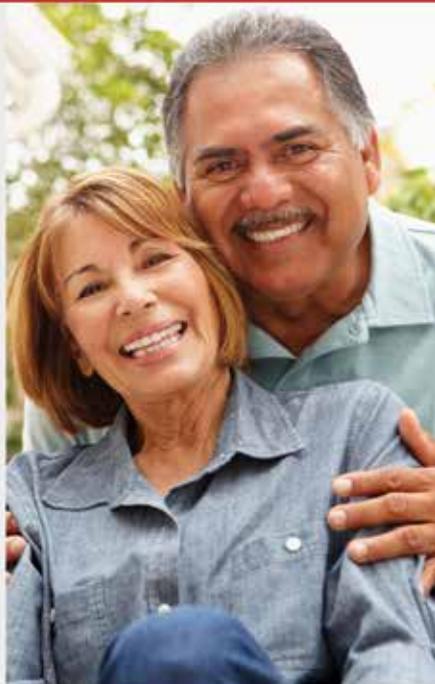


**JIM DOYLE, NMLS #335659**  
Reverse Mortgage Specialist  
**Direct: 303.875.5994**  
**Office: 720.458.4029**  
[JimDoyle@SilverLeafMortgages.com](mailto:JimDoyle@SilverLeafMortgages.com)

6972 S. Vine Street, Ste. 366  
Centennial, CO 80122

**Call today for a FREE consultation!**

Contact the local expert, Jim Doyle, at Silver Leaf Mortgage to see what options are best for you.



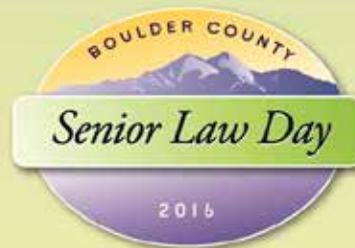
Silver Leaf Mortgage NMLS #1394377 is an Equal Housing Lender. Some products and services may not be available in all states. Credit and collateral are subject to approval. This is not a commitment to lend. Programs, rates, terms and conditions are subject to change without notice. Regulated by the Colorado Division of Real Estate.



## Navigating Seniorhood...



**Make a \$10 Investment — Gain a Day of Priceless Learning**



**SATURDAY, AUGUST 6, 2016**

Plaza Convention Center  
1850 Industrial Circle  
Longmont, CO

Doors Open at 8:00  
Presentations Start at 9:00  
Door Prize Drawing at 2:00

- ▶ Consult one-on-one with a lawyer *Limited to 70 15-minute sessions. Register on-site. First come, first served.*
- ▶ Choose from 20 pertinent presentations by area experts
- ▶ Meet over 40 exhibitors & sponsors all dedicated to seniors' needs
- ▶ Enjoy a delicious lunch — plus beverages all day long
- ▶ Take home your very own 500-page Colorado Senior Law Handbook
- ▶ Get ready, Boomers!

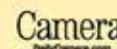
All this for only \$10 admission!

**Pre-registration Required**  
Scholarships available

[www.bouldercountyaging.org](http://www.bouldercountyaging.org) 303.441.1685

Reasonable accommodations will be provided upon request for persons with disabilities. Please call Julia Yager, Boulder County ADA Coordinator, at 303.441.3525 no later than August 3rd.

THANK YOU TO OUR KEY SPONSORS



# BOULDER COUNTY SENIOR LAW DAY



## Presentation Schedule

- 9:00-9:45 **Homesharing For Seniors: A Practical Guide**
- Your Five Aging Senses: Impact And Strategies**
- Alzheimer's Disease: Pursuing A Cure At CU Anschutz**
- Protecting Your Castle: Dealing With The Dragons Of Estate Planning**
- Advance Directives: What's Behind The Curtain**
- 10:00-10:45 **Advance Directives: What's Behind The Curtain**
- Downsizing Your Belongings And Documents: Be Proactive & Take Charge**
- Your Online Afterlife: Getting Your Digital Ducks In A Row**
- Mental Incapacity: How To Recognize It And What To Do Next**
- Alzheimer's Disease: Pursuing A Cure At CU Anschutz**

### Ask-A-Lawyer

70 One-on-One Sessions Available

Sign up after you check-in on event morning.  
First come, First served.

## Call for a Tour. Lunch is on us!

### *Peaceful Assurance*

Rest assured knowing we will take care of the ones you love.



Residents at the Bridge live in lovely surroundings while receiving all the personal assistance they need to keep their independence. We offer several private studio and one-bedroom apartments.



**THE BRIDGE**  
AT LONGMONT

**303-774-8255**

2444 Pratt Street, Longmont CO 80501  
[www.centurypa.com](http://www.centurypa.com)



**SHAKESPEARE FESTIVAL**

THE COMEDY OF ERRORS  
EQUIVOCATION  
TROILUS AND CRESSIDA  
CYMBELINE  
HENRY VI, PART 2

JUNE 3 -AUG. 7, 2016



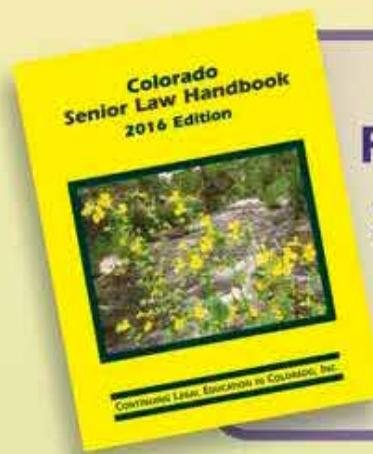
**CU PRESENTS**  University of Colorado Boulder

**303.492.8008 • COLORADOSHAKES.ORG**

# BOULDER COUNTY SENIOR LAW DAY

## Presentation Schedule (continued)

- 12:00 -12:45 **Senior Living: Evaluating Care, Costs & Comforts Of Your Residential Options**  
**The Basics Of Long-Term Care Medicaid: What Everyone Should Know**  
**Protecting Yourself From Fraud, Identity Theft, And Cyber Crime Predators**  
**Protecting Elders: Abuse, Neglect And Exploitation By Trusted Individuals**  
**Wills And Estate Planning: The Basics**
- 1:00-1:45 **Community Resources For Boulder County Seniors: What Are Those?!?!**  
**Senior Living: Evaluating Care, Costs & Comforts Of Your Residential Options**  
**Fostering Positive Perceptions Of Aging: How We & Others See Us**  
**Be Prepared: Planning For The Expected And Unexpected**  
**Protecting Yourself From Fraud, Identity Theft, And Cyber Crime Predators**



**FREE 2016  
Senior Law Handbook  
for all Attendees**



[mowboulder.org](http://mowboulder.org)  
 For meal delivery, information,  
 or to get involved call:  
 303-441-3908.

### We'll take care of the cooking, so you can take care of you.

Meals on Wheels of Boulder delivers hot, nutritious meals right to the homes of our Boulder neighbors, because we believe everyone deserves a good meal. We serve a wide range of people facing various circumstances including:

- Individuals of all ages and economic abilities confined to their homes for any reason.
- People of any age leaving the hospital who need meals during the often difficult transition from hospital to home, whether recovering from surgery, an accident or an illness.

**Join Special Guest  
Former Colorado Governor Roy R. Romer  
at Colorado Senior Lobby's Summer Social**

### Colorado Senior Lobby's 2016 Summer Social

**When:** Saturday, August 20, 2016 – 8:30AM – Noon  
**Where:** Covenant Village of Colorado – Smith Fellowship Hall  
 9151 Yarrow St, Westminster, Colorado 80021  
Covenant Village of Colorado is located west of Wadsworth & W 92<sup>nd</sup> Avenue



**All ages welcome! Bring a friend!  
There is plenty of free parking.**

**8:30 to 9:30AM is socializing  
and continental breakfast.  
If that is too early for you, plan  
on coming when the event  
program starts at 9:30AM.**

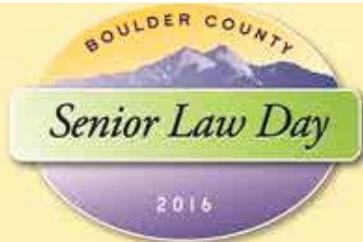
**Colorado Senior Lobby  
gives you quick access to news  
about issues impacting Colorado  
seniors. Through our Monday  
morning legislative sessions, our  
newsletters, and our network we  
give you a shortcut on who to  
contact so your Colorado  
Legislators can hear your voice.**



**Get connected with Colorado Senior Lobby  
♦ Attend the Summer Social ♦ Join Today ♦  
[www.ColoradoSeniorLobby.org](http://www.ColoradoSeniorLobby.org)**

Thank you Covenant Village of Colorado for hosting our  
2016 Summer Social! [www.CovenantColorado.org](http://www.CovenantColorado.org)

# BOULDER COUNTY SENIOR LAW DAY



## Sponsors

### TITANIUM

Frasier Meadows  
Office of the District Attorney,  
20th Judicial District

### GOLD

Baird  
Boulder County Bar Association &  
Boulder County Bar Foundation  
Caplan and Earnest  
The Carillon at Boulder Creek  
The Peaks at Old Laramie Trail

### SILVER

The Academy  
AltaVita Senior Residences  
Always Best Care Senior Services  
Brandon Fields, P.C.  
Colorado State Bank and Trust  
First Light Home Care  
Golden West Communities  
Orderly Estates  
Powerback Rehabilitation &  
Genesis Senior Living  
Senior Homeshares  
Wells Fargo

### BRONZE

Advanced Organizing Solutions, LLC  
Advocate Care Services  
Balfour Senior Living  
Boulder County CareConnect  
CapTel  
Carlson Law Office, LLC  
Colorado Fund for People with Disabilities  
Colorado Mediation Center, LLC

The Conversation Project  
Dignity Care, LLC  
HomeCare of the Rockies  
Home Instead Senior Care  
Homewatch CareGivers  
Hudson Integrative  
Kingsbery, Johnson & Love, LLP  
Longmont Senior Services  
Lyons Gaddis  
Michael Bailey Law Office  
PASCO  
Peter Rogers Family Law  
Safe At Home Care, LLC  
Space Editing  
Stover & Spitz LLC  
Suncrest Hospice  
Sunrise Senior Living  
TRU Community Care  
VIA Mobility Services  
Vincent, Romeo & Rodriguez, LLC

### IN-KIND DONORS

Aging Services Foundation of Boulder County  
50 Plus Marketplace News  
Boulder County Area Agency on Aging  
Boulder Senior Center Quarterly Magazine  
CBR International  
Claire Hunter  
Colorado Bar Association  
Daily Camera / Times Call  
Frasier Meadows  
Greenwood & Myers Mortuary  
KGNU Radio  
Mason Design  
Sandler Training  
Seniors Resource Guide

Senior Law Day Key Sponsors



Admission Only \$10 — Pre-Registration Required — [www.bouldercountyaging.org](http://www.bouldercountyaging.org) or 303.441.1685

## Vincent, Romeo & Rodriguez LLC

Experts in Elder & Disability Law

- Medicaid Qualification
- Asset Protection
- Care Planning & Coordination
- Wills, Trusts & Powers of Attorney
- Probate & Elder Litigation
- Special Needs Trusts
- Guardianships



Boulder County  
(303) 604-6030  
Denver Metro  
(303) 770-0673

[www.ElderLawColorado.com](http://www.ElderLawColorado.com)

## Get On Our Wait List Today!

**QUIET, SECURE, UPSCALE Rentals for Independent Seniors 55 years & better!**



Call for appointment!

Large 1 & 2 bdrm condos all w/WD  
Elevator, Club Rm, Soc. Events  
Underground Parking Garage  
**LOW MAINTENANCE!!!**

100 21<sup>st</sup> Ave. Longmont — 303/774-0300

## 50 Plus Video Solutions™

**We Offer Multiple Video Solutions to Meet Your Needs!**



We offer these affordable video solutions:

- Customer Testimonials
- Documentaries
- Employee Orientation and Training
- Product or Service Promos and Training
- Trade Show/Event Promos & Interviews

We have over 20 years of video experience in producing HD quality online videos to meet your business needs. Call us today for a FREE video consultation and written proposal!

**303-694-5512**

### Boulder Senior Services

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

**Putting on the Ritz.** Jazz Dance for Seniors, East S.C. Tues, starts Aug. 2, 11:30-12:15 pm. Learn the fundamentals of this fun and invigorating dance style called jazz. Can be done while seated. Instructor: Judy Kreith, M.A.

**Holistic Healing.** Senior Reach Education, West S.C. Tue, Aug. 9, 3-5 pm. Learn about alternative and natural ways to heal including meditation, yoga, and natural remedies.

**Denver Divinity Tour.** Leave from the East S.C. Sat, Aug. 13, 10-4 pm. Not everyone came to Denver to strike it rich with gold. Some came to save souls in ministry. See Denver's houses of worship from many different religions and denominations. Go on an architectural journey. Break for lunch, on own.

**Climate Commitment What Can You Do?** West S.C. Tue, Aug. 16, 10 - 11:30 am. Learn how to use energy more wisely and transition to clean, renewable power. Discover the importance of restoring the health of the urban, farming and natural ecosystems.

**Pine Needle Casting.** West S.C. Wed, Aug. 17. Cast a pure silver pendant with Don Norris. Melt pure silver, pour it into a bundle of pine needles, to form a pendant.



Don solders a bail onto the pendant, so you can wear it home on a 20-inch sterling silver box chain.

**Amazing Pet Expo.** Leave from the East S.C. Sat, Aug. 20, 9:30-2 pm. A PET-acular event! View live pet events where applause determines the winner, including talent and costume contests. Watch live obedience demos. Visit animals saved by animal rescue organizations. Shop the unique vendors for non-human family or for Christmas gifts for loved ones with pets.

**CarFit.** West S.C. Tue, Aug. 23, 2-4 pm. Call for appointment. CarFit offers drivers a free opportunity to check how their cars 'fit' them. Developed by AAA, AARP and the American Occupational Therapy Assoc. (AOTA), Trained professionals take older drivers through a 12-point checklist with their vehicle and recommend minor adjustments for comfort and safety. Limited appointments available.

**Living with Alzheimer's for Middle Stage Caregivers.** West S.C. Wed, Aug. 24 & 31, 9-noon. In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

**Rosie the Riveter.** East S.C. Wed, Aug. 24. During World War II, "Rosie the Riveter" was the name given to a woman war worker. At the Ordnance Plant in Denver "Rosies" produced as many as six million bullets a day. "Gail Murphy" is a composite character drawn from the records of these women.

### Caregiving

#### Training Course Helps Caregivers Thrive



Emily Cooper

Though providing care for an older loved one can be rewarding, it's also stressful, tiring, and sometimes overwhelming. Family caregivers may not realize that it's normal to want to help their loved one while also having some difficult feelings at the same time—and they may judge themselves harshly.

Thankfully, Boulder County Area Agency on Aging (BCAAA) offers a course that helps family caregivers acknowledge the good job they do and gives them "tools" for coping with the challenges of caregiving.

Powerful Tools for Caregivers has been proven to help family caregivers reduce their stress, enhance their self-care, and, in general, feel better about their caregiving. The course covers these topics: taking care of you; identifying and reducing personal stress; communicating needs, feelings, and concerns; communicating in challenging situations; mastering caregiving decisions; and more. Through the course caregivers

learn that they're not alone and that many of the feelings they have are shared by others.

The next session of Powerful Tools for Caregivers is on Wednesdays, September 7 – October 12, 1 – 3:30 p.m., in Erie. This session is offered by BCAA and Weld County Area Agency on Aging, and thus is open to both Boulder County and Weld County residents who provide care for a relative, partner, or friend who is age 60 or over, or of any age if the person has dementia.

There is no fee for the course, though donations are welcome. Registration is required, at 303-678-6116 or [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org). To enable caregivers to attend, financial assistance for respite care (substitute elder care) is available—to Boulder County residents only.

Caring for an older loved one can be challenging, but there are proven ways to help ease the stress, to protect one's own well-being, and to "thrive, not just survive" caregiving.

❖ *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, call 303-678-6116 or email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).*



## BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!

**THRIVENT FINANCIAL**

**Deidre G. Farrell, MBA, CFP®, RICP®**  
Financial Consultant  
Boulder Associates  
1942 Broadway, Suite 314  
Boulder, CO 80302  
**303-938-3093**  
[deidre.farrell@thrivent.com](mailto:deidre.farrell@thrivent.com)

*Connecting faith & finances for good.®*

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the U.S. 27193 R4-15

**All Valley Home Care**

Improving the quality of Life!  
We offer Non-medical Personal and Home Care to help improve the quality of your life at home.  
We accept Medicaid, LTC Insurance, Private Pay & Respite Grants.

717 5th Ave. Longmont, CO 80501  
303.357.5631

**John Marcotte**  
Broker/Owner

**arcotte Real Estate Group**

**BoulderHomes4U.com**  
720.771.9401

3705 Cedarlodge St  
Boulder, CO 80301  
[john@boulderhomes4u.com](mailto:john@boulderhomes4u.com)

**FILE OF LIFE** Our sponsors have partnered to provide a identification program to assist individuals who, due to dementia, disease or trauma, are unable to communicate needed information.

Boulder Fire Rescue Longmont Fire Department

Longmont United Hospital | HospiceCare | Boulder County CareConnect | BCCC

**DONATE YOUR CAR!**  
Wheels for Wishes  
Make-A-Wish Colorado  
Call: 720-907-3825

**Call For Eligibility!**

Boulder Meals on Wheels: 303-441-3908

Coal Creek Meals on Wheels: 303-665-0566

Longmont Meals on Wheels: 303-772-0590

Advertise Your Service Here! **ONLY \$57** Call 303-694-5512 for details!

## Audio Information Network

### Guide Dogs Fact and Fiction

Guide dogs are excellent aids and companions for individuals who are blind. If you are considering obtaining a guide dog, it is important to know the standard requirements and the capabilities of a trained guide dog.



Kim Ann Wardlow

Persons requesting a guide dog must be legally blind. Obtaining a guide dog is not the first step taken after vision loss. An individual needs to

have good mobility skills with a cane and be able to travel independently. As with any dog, a guide dog needs food, veterinary care, time to play, and affection.

Guide dog schools typically have breeding programs. Labradors and golden retrievers are the most common but German shepherds and standard poodles also work well as guides. It takes 18 to 24 months for a dog to be ready to be paired with a handler. Schools can invest \$45,000 into each trained dog. Those that do not meet the standards required for a guide dog often train to be other types of service dogs. Schools match dogs to

handlers based on personality and lifestyle. Most programs require the person to come to the school for two to four weeks. The non-profit schools provide transportation, training, room and board, equipment, and the dog at no cost. Some schools conduct the training program at the person's home. Schools provide ongoing support for graduates.

Schools train dogs not to be distracted and lead their handler along a direct path while avoiding obstacles. Dogs will stop at curbs, stairs, and overhead obstacles. A guide dog cannot determine a route to a new location. Neither can they tell if a traffic signal is red or green. It is the person's responsibility to give the command to go forward across a street. However, the dog will disobey a command if it senses danger to its handler. If you think a guide dog is right for you, research schools and talk to experienced handlers.

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

### Reverse ■ from page 4

a better chance to recover thereby minimizing risk.

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.*

### CSF ■ from page 4

acters' motives in Act 2.

Kent says audience members shouldn't be afraid to react loudly and vocally to what they see on stage, as patrons did on the ground floor of the Globe 400 years ago. He wants the crowd to feel as uninhibited by the thrill of the unknown as the actors do.

The one-night-only performance is Sunday, July 31 at 6:30 p.m. at CU Boulder's Mary Rippon Outdoor Theatre. Tickets are sold out. To join the waiting list, call 303-492-8008 or visit the CU Presents Box Office, 972 Broadway, Boulder. For tickets to other productions, visit coloradoshakes.org.



### Wellness Matters

August 2016  
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 risk of falling, reduce fear and strengthen your body. Meet weekly, 2 hours for 8 weeks. Includes discussions and gentle exercises. To register or for additional class locations, call or email.

Aug. 4–Sept. 22, 9:30–11:30 am, Allenspark Community Church

Sept. 26–Nov. 14, 1–3 pm, West Boulder Senior Center

Sept. 27–Nov. 15, 1:30–3:30 pm, Louisville Senior Center

Sept. 28–Nov. 17, 1–3 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 six-week workshop include managing medications; improving communication skills; learning how to improve nutrition and activity levels; setting weekly goal; and problem solving. Register. Oct. 6 – Nov. 10, 1:30–4 pm, Frasier Meadows, Boulder

**Walk With Ease.** (developed by Arthritis Foundation). Meet 3 times a week for 6 weeks. Call for information on upcoming classes.

### Medicare Basics Classes

Aug. 4, 2–4 pm, East Boulder Senior Center, 303-441- 1546

Aug. 15, 10-noon, Longmont Senior Center, 303-651- 8411

Aug. 19, 1:30–3:30 pm, Lafayette Senior Center, 303-665- 9052

**Nutrition Education.** Aug. 15, 11-noon "Supplements" Lafayette Senior Center, Register: 303-665-9052; Information: 303-441-4995

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

## TRADING POST

### BOOKS

#### BOOK: WHITE MAN'S TEARS CONQUER MY PAINS.

True story of my tour of duty in WWII about 15 young, black soldiers assigned suicide duty. Must read. Order at Barnes/Noble, Tattered Cover and Amazon.com. Available to speak at private functions and book signings. Call Henry 303-452-0772.

### BOOKS

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

### For Sale

#### FOR SALE:

Craftmatic 5 Function Bed, \$300, Call 303-651-2185.

### Services

#### STRING TRIO OR DUO

Planning a family wedding, memorial, anniversary or special birthday party? Hire experienced pros for an elegant touch. Visit www.lyricensemble.com for audio and video demos. Kimberlee 303-442-2025..

### Services

#### PIANO LESSONS:

You're never too old to start! I specialize in adult teaching, but accept students as young as 10. \$30/30 minutes, \$40/45 minutes, \$50/hour. Lloyd 310-924-9056.

#### BRIGHT TIME SENIOR SOLUTIONS

Honest help with your home, life, pets, downsizing & transitions. Family owned, insured & bonded. Call Kim for a free consultation. <http://www.brighttimeseniorsolutions.com> 720-254-3100

### Wanted

#### OLD TOOLS WANTED

Serious Collector & user buys your antique hand tools. One tool or whole estate. Trusted & sincere; references provided. 303-651-6822, or e-mail: whiskers3@comcast.net.

#### ASPIRE PHYSICAL THERAPY.

Personalized one-on-one care! Your source for back, neck, shoulder, and other muscle and joint pain. Convenient downtown Louisville location. Accepting Medicare clients. (720) 523-0643 or [www.aspireptcolorado.com](http://www.aspireptcolorado.com)

### Wanted

#### OLD INSTRUMENTS

I'm a musician interested in buying old guitars, basses, mandolins, ukuleles, banjos, lap steels. If it has strings, I'm interested. Steve 303-517-0336.

## We Care!

### Classifieds WORK!

Call 303-694-5512  
For Rates

### Help Wanted

### Great Part Time Employment

### SALES JOBS!



Choose Your Hours  
Work With A Professional Sales Team and Serve Seniors of Our Community.  
Call 303-694-5512  
For More Details.

## Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to [robert@50plusmarketplaceneews.com](mailto:robert@50plusmarketplaceneews.com) or mail this form and a check for \$29 per month made payable to:

### ADVERTISER'S INFORMATION

Name \_\_\_\_\_  
Company \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Copy due by the  
10th of the preceding month.

- |                                       |            |
|---------------------------------------|------------|
| <input type="checkbox"/> September    | 8/10/2016  |
| <input type="checkbox"/> October      | 9/10/2016  |
| <input type="checkbox"/> November     | 10/10/2016 |
| <input type="checkbox"/> December     | 11/10/2016 |
| <input type="checkbox"/> January 2017 | 12/10/2016 |



4400 Sioux Dr.  
Boulder, CO 80303

## The Positive Effects Music Can Have On Those With Dementia

By Lynne Katzmann, CEO & Founder of Juniper Communities.

Music is profoundly linked to personal memories and emotions, and science shows that our brains are hard-wired to connect music with long-term memory. Music & Memory is a program that seeks to create an artistic exploration that has far-reaching benefits for all participants. Founder Dan Cohen said when he created the program, which gives older people iPods loaded with personalized music selections, his goal was to provide each recipient with a selection of preloaded music that could bring back recollections of happy occasions.

One Juniper Village family member said, "If you have ever gotten a lift when you unexpectedly hear a favorite song, you can begin imagining the pleasure it brings to the residents to have an iPod full of their favorites." She said the listeners are not only soothed and calmed, but that Music & Memory also provides a "great deal of comfort and mental stimulation."

Research has shown that the power of music can spark compelling outcomes even in the late

stages of Alzheimer's disease. This is due to the fact that rhythmic and other well-rehearsed responses are influenced by the motor center of the brain, and require little to no cognitive or mental processing. As a result, even those in late-stage dementia who are non-verbal can often be engaged in singing, rhythm playing, dancing, physical exercise and other structured musical activities that can diffuse the agitation and frustration they may be feeling due to their inability to process environmental stimuli.

Music can also provide a way for families to reconnect and express affection. The daughter of one Juniper Village resident raved about the efforts and described Music & Memory as a "fabulous addition to the program. I heard that Mom was discovered singing to the music and smiling. I know she enjoyed music evoking happy memories of a time when she was young and in love with my Dad."

Juniper Communities is proud to be part of the Music & Memory ([www.musicandmemory.org](http://www.musicandmemory.org)) program. Visit [www.junipercommunities.com](http://www.junipercommunities.com) to learn more about our communities.

## Your Life Support Relationship Basics



Steve Goodier

One man said of his marriage "I very distinctly remember our wedding day. As we unloaded the moving van into our little house, I said, 'Darling, this is your and my little world.'" Then he became pensive. "Problem is, we've been fighting for the world's championship ever since," he said.

One woman was tired of the marital conflict. "Why don't we just ask God to strike one of us dead tonight," she suggested, "then this marriage would have peace at last." After a moment she added, "And I could go live with my sister."

All relationships experience conflict. Marriages, friendships, parents and children. But too many beleaguered relationships suffer when well-meaning people are unable to resolve their differences. Their relationships dry up, become brittle and break apart like a old and valuable photograph left in the hot sun. A union that once seemed a work of art eventually

resembles a discolored and crumbling canvass. Finding and restoring those pieces to anything attractive can be a near-impossible task.

And the amazing realization is this: the incidents that finally destroy a relationship are usually small and insignificant! Momentous decisions and huge obstacles generally don't pull people apart. Most people in committed relationships can stand united when disaster strikes. It is the little problems, the insignificant stressors, that do the most damage when allowed to fester.

Do you know what issue causes the greatest number of conflicts in households? According to a recent report, people argue most often about which television show or movie to watch. Would any couple or family have believed that the selection of television programs would become their major source of conflict?

Somewhere along the line we forget to just stop and ask ourselves what is important. Sometimes we just need to remember why we got together in the first place. And remember the difference between minor inconveniences and major issues. In short, we forget the basics. And we can end up paying a high price for our forgetfulness.

For healthy and satisfying relationships, it's vital to remember these simple basics:

The people you love are more valuable than the things you own. Put them first.

Most problems are just inconveniences. Let them go.

Little things, if left unattended, will grow into big things. Working through conflicts are the dues we pay for long-lasting relationships.

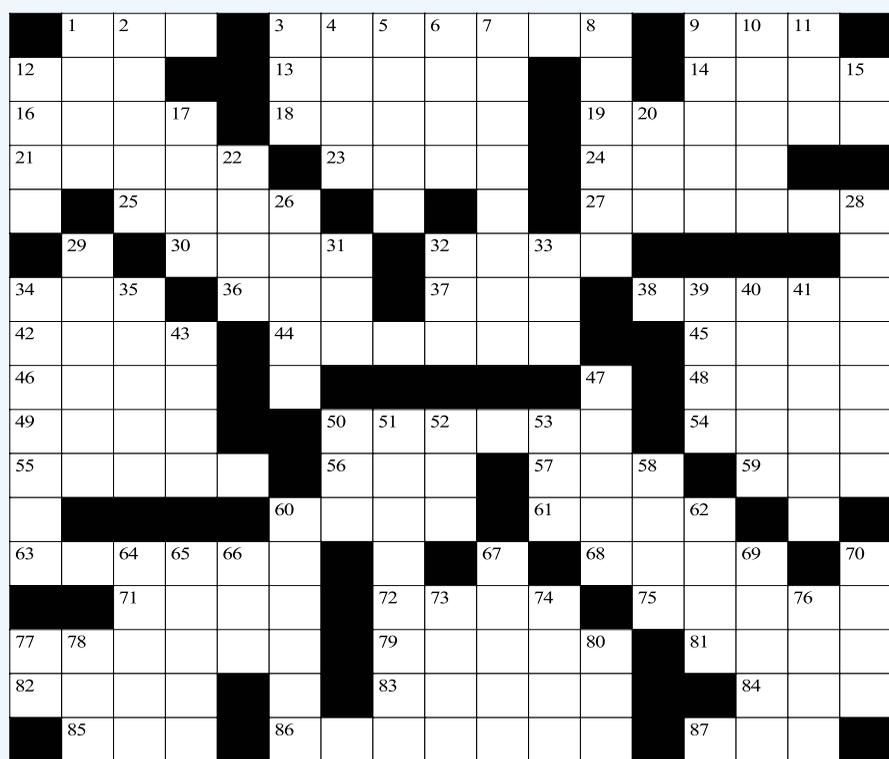
Treat love as if it's fragile. Tend it and care for it. That love, properly nurtured, will grow into one of the strongest forces in your life.

Those are the basics. Simple, really. But they are the stuff satisfying relationships are made of.

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

## 50 Plus Marketplace News Crossword Puzzle

August 2016 • Boulder County  
Answers on page



- ACROSS**
- 1 Cushion
  - 3 Quiver
  - 9 Posed
  - 12 Title of a knight
  - 13 Greek goddesses of the seasons
  - 14 Son of Isaac and Rebekah
  - 16 Peak
  - 18 Merits
  - 19 Spherical bacterium
  - 21 New Zealand aboriginal
  - 23 Flesh
  - 24 To the inside of
  - 25 Speed contest
  - 27 Stanza of six lines
  - 30 Authenticating mark
  - 32 Ulcerated chilblain
  - 34 Be seated
  - 36 Not wet
  - 37 Room within a harem
  - 38 Italian composer
  - 42 State in the W United States

- 44 Weirder
- 45 Heating fuel
- 46 Pleasing
- 48 The Orient
- 49 Alcoholic beverage
- 50 gambia
- 54 Otherwise
- 55 Garden flower
- 56 7th letter of the Greek alphabet
- 57 Sister
- 59 Which Soviet space station was launched in 1986
- 60 Unit of computer memory
- 61 Sicilian volcano
- 63 Island in central Japan
- 68 Metal holder for a coffee cup
- 71 Pitcher
- 72 Baby powder
- 75 Merrily
- 77 Impelling
- 79 Useful

- 81 Bill
  - 82 Paradise
  - 83 Giver
  - 84 Falsehood
  - 85 Part of verb to be
  - 86 Recluse
  - 87 Eccentric
- DOWN**
- 1 Size of type
  - 2 Defense covering
  - 3 Definite article
  - 4 Wander
  - 5 Made a mistake
  - 6 Supernatural force
  - 7 Straddle
  - 8 Expunge
  - 9 Cults
  - 10 Annual horse race in England
  - 11 19th letter of the Greek alphabet
  - 12 Identical
  - 15 Objective case of we
  - 17 Periods of history
  - 20 Single unit
  - 22 Chilled
  - 26 Having ears
  - 28 Chatter
  - 29 Large towns
  - 31 Alkali
  - 32 Colorful form of the common carp
  - 33 Ingot
  - 34 Exposure of the body to the sun
  - 35 Be silent
  - 39 Fencing sword
  - 40 Kingdom
  - 41 Hyrax
  - 43 In this place
  - 47 Ostentatious glamour
  - 50 Turkish governor
  - 51 Manner
  - 52 Not
  - 53 Exploit
  - 58 Obstacle
  - 60 Small nautical flag
  - 62 Bedouin
  - 64 Not ever
  - 65 Hog
  - 66 Female fowl
  - 67 Small yeast-raised pancake
  - 69 Paddock
  - 70 Bag-shaped fish trap
  - 73 Smallest component
  - 74 Semisolid mass
  - 76 Put down
  - 77 Objective case of I
  - 78 Room within a harem
  - 80 Before



# Golden West Residents Put Down Roots

By Jill Moore, Director of Resident Programs at Golden West

Moving to a senior living community can be difficult. The process of choosing a community and downsizing can be daunting on its own, but add in the common worry of losing one's independence or sense of purpose, and the experience becomes downright overwhelming.

For nearly a decade, Golden West residents ages 62 to 90 have found a way to combat those anxieties by laying down roots at our community—literally. During the growing season, they tend plots in our community garden, sharing the beauty and bounty with other residents.

In the same way that gardening helps to ease seasonal transitions, many of our residents have found that working in our community garden has helped ease their transition to senior living, saying it provided a bridge to carry old hobbies to their new home. "Those who have loved nature all their lives get a chance to continue on



Resident Elizabeth shows off her lavender.



Resident June tends to her roses, her favorite flower.

to provide our residents with such an outlet, even for non-gardeners who enjoy the shaded seating and butterfly garden. Our residents make our garden a great space for all, and we'll continue to enjoy it in as many ways as we can. Keep an eye out for our summer events held around the garden, and feel free to stop by to take

with this garden," said resident Priscilla Gifford.

Community gardening has become increasingly popular over the last few years within senior living communities, and it's easy to see why. At any age, gardening is hugely beneficial, providing a relaxing form of low-impact ex-

ercise and rewards in the form of delicious vegetables or decorative flowers. Being in the sun for even brief periods of time is an excellent source of Vitamin D, and it's well known that gardening has a positive effect on memory, physical ability and mental health.

We treasure the opportunity

a look at the lovely place so many people call home.

Resources: [www.aplaceformom.com/blog/2013-11-12-biggest-fears-of-senior-living/](http://www.aplaceformom.com/blog/2013-11-12-biggest-fears-of-senior-living/); [www.womenshealthmag.com/fitness/gardening-exercise](http://www.womenshealthmag.com/fitness/gardening-exercise); [www.ncbi.nlm.nih.gov/pubmed/24722592](http://www.ncbi.nlm.nih.gov/pubmed/24722592); [www.psychologytoday.com/blog/worry-and-panic/201505/petal-power-why-is-gardening-so-good-our-mental-health](http://www.psychologytoday.com/blog/worry-and-panic/201505/petal-power-why-is-gardening-so-good-our-mental-health); [msue.anr.msu.edu/news/what\\_are\\_the\\_physical\\_and\\_mental\\_benefits\\_of\\_gardening](http://msue.anr.msu.edu/news/what_are_the_physical_and_mental_benefits_of_gardening)

## Technology is Hip!

### The Bus of the Future!

Since three years ago, many main stream and small vehicle manufacturers have been testing self driving cars with great success. Now, the future self driving public bus is in the works!



Bob Larson

Mercedes-Benz of Germany recently revealed its self-driving bus, which is now testing in the Netherlands. The bus is being tested on a 12 mile (20 km) route through Amsterdam and their airport, where it has performed without any problems - although there was a driver in place in case of emer-

gency.

The future bus will contain many modern features of allowing its passengers to enjoy a fascinating driving experience: 1) self driving technology includes 10 cameras and multiple-range radar systems to find its position and interact with its surroundings. 2) the passenger door arrangement has been designed to speed up passenger flows, 3) the bus interior appearance is more pleasing, and 4) the bus is divided into three spacious zones - a 'service zone' in front, a center 'express zone', and a 'lounge zone' at the back.

Self-driving cars and buses are expected to bring in a new era of mobility, safety and convenience.



Experts see more usage with robot cars and buses chauffeuring children to school and after class sports. The disabled and elderly will even have new mobility. Commuters will be able to work, sleep, or watch movies on the way to the office. Overall, the safety factor increases as fewer humans drive cars. This is another great use of technology to enhance human lives!

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



eye CARE center of northern colorado, pc

- Yearly Eye Exams
- Specialists in Macular Degeneration, Glaucoma, Cataract & Retinal Surgery
- Contacts & Glasses
- LASIK
- On-Site Optical Lab
- Cosmetic Plastic and Reconstructive Surgery

The Most Comprehensive Multi-Specialty Eye Care Group in Northern Colorado since 1969

Call today: 303.772.3300

In Longmont: 1400 Dry Creek Dr. In Lafayette: 300 Exempla Cir., Suite 120

www.EyeCareSite.com

- William L. Benedict, MD  
Retina Specialist
- Joel S. Meyers, MD  
Oculoplastic & Cataract Specialist
- Micah Rothstein, MD  
Glaucoma & Cataract Specialist
- Peter R. Andrews, MD  
Cornea, Cataract & LASIK Specialist
- Elisha Tilton, MD  
Retina Specialist
- Justin Kanoff, MD  
Retina Specialist
- Anjali Sheth, MD  
Glaucoma & Cataract Specialist
- Irene Olijnyk, MD  
Comprehensive Eye MD
- Robert Krone, OD  
Comprehensive Eye Care Provider



Colorado Music Festival

JEAN-MARIE ZEITOUNI | MUSIC DIRECTOR

JUNE 30 - AUGUST 7, 2016

Season Sponsors CHRIS & BARBARA CHRISTOFFERSEN

The Summer of Ingenuity

Over 30 inspiring performances!



For details and tickets: [COMusic.org](http://COMusic.org) or call the Chautauqua Box Office at 303.440.7666

Chautauqua Auditorium | 900 Baseline Rd, Boulder

Ride the FREE Hop 2 Chautauqua

