

**50+ ADULTS 50 Plus Marketplace**



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September 2016 • Volume 22 • Issue 9

**National Lifespan Respite Conference 2016**

Elevate Respite! The Colorado Respite Coalition and the National Multiple Sclerosis Society Colorado-Wyoming Chapter in collaboration with the ARCH National Respite Network, Easter Seals Colorado, and the Colorado Department of Human Services hosts the 2016 National Lifespan Respite Conference in Denver on September 20-22, 2016.

The conference offers valuable, up-to-date information for families, professionals and other stakeholders related to respite supports for caregivers. Honorary Chair and former U.S. Senator Elizabeth Dole with keynote speakers Amy



Senator Elizabeth Dole



Amy Goyer



Jane Barton

Goyer and Colorado's Jane Barton are featured at this year's conference. An evening reception, two days of breakout sessions and meals with 21 exhibitors offer a multitude of opportunities to 'connect the dots' between the Lifespan Respite Care Program and other respite programs and initiatives that support caregivers. This national

conference is intended for everyone who supports family members and family caregivers of individuals across all ages. Anyone who is affected by Alzheimer's disease, Multiple Sclerosis, Parkinson's, ALS, Autism, Down Syndrome, ADHD, intellectual or developmental disabilities, mental health and behavioral health issues, or any

this conference. The conference is at the Downtown Sheraton Hotel at 1550 Court Place, Denver; on September 20th through 22nd. Basic conference fee for Colorado residents is \$295. Visit their website to learn more and register at [www.coloradospitecoalition.org](http://www.coloradospitecoalition.org) or call Meghan at 303- 233-1666 x257.

other disabling or chronic condition has a stake in this significant issue.

Families or providers to military wounded soldiers or veterans, kinship caregivers or providers, and those working with families at risk of abuse or neglect also have much to gain from attending

*VIVA Presents: "The Outgoing Tide"*

The challenging issues of aging and dementia is addressed with humor and heartache when VIVA Theater/Society for Creative Aging, in partnership with the Boulder County Arts Alliance, presents "The Outgoing Tide" at Boulder's Nomad Playhouse.

Bruce Graham's "The Outgoing

Tide" is set in the present-day at the Concannon beach cabin on the Chesapeake Bay with prior events shown through a series of flashbacks. It chronicles the family of Gunner Concannon, his wife Peg and son, Jack as they wade through issues of fading memory, past and present family struggles to finally find forgiveness and compassion for each other.

Gunner (Steve Grad), after a lifetime of being in charge of his trucking company, his family, and everyone around him, is struggling with losing control of his future as his memory leaves him. He has hatched an unorthodox plan to secure his family's future, but meets resistance from his wife and son who have plans of their own.

Peg (Abigail Wright) is an energetic, good looking housewife; a



children, spouse, elderly parents and the haunting echoes of his childhood. His loyalties are torn as he continues to feel the push and pull of parents who have put him in the middle. In the trials with his parents he is able to gain some clarity with the issues with his own son.

Local favorite James Carver directs a stellar cast through this realistic account of the toll dementia takes on this family of three with as many laughs as tears.

The "Outgoing Tide" is presented at the Nomad Playhouse, 1410 Quince Ave., Boulder. Evening performances are 7:30 p.m. Friday, Sept. 23; Saturday, Sept. 24; Friday, Sept. 30; and Saturday, Oct. 1. There is a matinee at 2:30

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# September

CALENDAR

**Healthy Aging® Month**  
**National Food Safety Education**  
**National Preparedness Month**

**Thursday/1**

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

**Friday/2**

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

**Monday/12**

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

**Wednesday/21**

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

**Friday/23-Sunday/25**

2nd annual Jaipur Literature Festival is a weekend of free events at the Main Boulder Public Library and other locations. Examine the human experience through the reflections and imaginations of contemporary authors from around the world. Information and registration, visit <https://jaipurfestival.com/boulder/>.

**Every Tuesday**

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

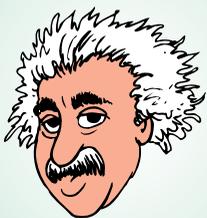
**Every Friday**

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

## Find Einstein



Can you find the hidden image in this paper?

### Finding A Favorite

How fortunate we are to live in an area with seasons! We may ask or comment about a favorite.

Seeing the beautiful turn of aspen leaves may move fall to the top of our favorite season list. We read about special area drives to see the best splay of autumn colors. Or, we may hear about these locations during our news programs.

Those from the East Coast or Midwest may comment that Colorado's colors pale in comparison to those in their locales. Our trees give us golds but not the deep reds



**Martha Coffin Evans**

found elsewhere.

Not long from now, local newspapers will hold contests for those interested in guessing the date of the first snowfall. Enter winter at some point, perhaps a favorite season for some. The beauty of our blue skies against the white backdrop of our mountains elicits a sense of gratification for this time. For those for whom winter lands at the bottom of the seasonal list, waiting through the cold, snowy times may seem to take forever.

In Colorado, we don't have to look at our calendars to know when spring arrives.

Making it through the sometime muddy days getting there, soon flowers begin to bloom. Springtime in the Rockies for me conjures up images of lilacs complete

with their wonderful fragrance.

During some years with cool, wet spring, it may seem summer will never arrive. When it does, often the temperatures shoot up leaving us wishing for cooler days. We know Colorado gives us cool evenings and, if history holds, gentle rainstorms mid-afternoon.

"Gentle" here might include hail, much to our distress and that of our flowers and vegetable plants.

No doubt we all have a favorite season or two, perhaps chosen based on Mother Nature's gifts or our activities. If fall isn't your favorite, wait a little. Another will come soon. Winter, anyone.

❖ *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)*

## Consumer Advisory

### Consumer Resources

*A) To Remove Your Name From Mail/Phone Marketing Lists:*

1. Register land-line and cell phones with the National Do Not Call Registry at [www.donotcall.gov](http://www.donotcall.gov), or by calling 1-888-382-1222. Once registered, it becomes permanent.

2. To remove your name from junk mail lists, write to the Mail Preference Services, PO Box 643, Carmel, NY 10512, or register on-line at [www.dmachoice.org/register.php](http://www.dmachoice.org/register.php).

*B) To Block Unwanted Telephone Calls*

1.a) VoIP Technology Users - NOMOROBO is a call-blocking service that runs through internet-connected phone systems. It stops unwanted calls by filtering out numbers placed on the blacklists and is free. To find out if your phone carrier supports this technology and to sign up for services,

go to [www.nomorobo.com](http://www.nomorobo.com).

2.b) Wireless (mobile) phone users - Unwanted calls that come through cellular phones can be screened out through downloadable apps developed for just this purpose. To avoid possible malware infection, make certain the app you select comes from a reliable source, such as an official app store.

3.c) Land-line users: Call-blocking devices can be purchased and attached to phones to detect unwanted calls while still allowing calls from acceptable callers to come through. Such devices may be beneficial to older land-line users to protect against predatory callers. Such devices can be purchased at electronic appliance stores. For more information, read Consumer Reports reviews on call-block devices at <http://www.consumerreports.org>, or google "Call Blocker Devices".

*C) To Check The Registration Of A Security Or License Of A Financial Advisor:*

Colorado Department of Securities, 303-894-2320 or [www.colorado.gov/pacific/dora/division-securities](http://www.colorado.gov/pacific/dora/division-securities)

*D) To File A Consumer Compliant:*

1. To report telemarketing scams: [www.ftc.com](http://www.ftc.com) or 1-877-382-4357  
 2. To report violation of the "Do Not Call" registry: [www.ftc.gov](http://www.ftc.gov) or [www.donotcall.gov](http://www.donotcall.gov) or 1-888-382-1222.

3. To file a complaint on a business or charity: Denver/Boulder Better Business Bureau at [www.bbb.org](http://www.bbb.org) or 1-800-222-4444

4. If you have been a victim of an internet scam, file a complaint with the Internet Crime Center at [www.IC3.gov](http://www.IC3.gov)

*E). To Place A Fraud Alert On Your Credit Report, Contact The Three Credit Reporting Bureaus:*

- Equifax 1-888-766-0008 [www.equifax.com](http://www.equifax.com)
- Experian 1-888-397-3742 [www.experian.com](http://www.experian.com)
- Transunion 1-800-680-7289 [www.transunion.com](http://www.transunion.com)

*F). To Report An Irs Scam Involving:*

1. Email phishing scam: [phishing@irs.gov](mailto:phishing@irs.gov)  
 2. Money loss through either a tax refund scam or extortion scam: Treasury Inspector General for Tax Administration TIGTA: [www.treasury.gov/tigta/contact\\_report\\_scam.shtml](http://www.treasury.gov/tigta/contact_report_scam.shtml) and FTC.

*G). If You Believe You Have Been A Victim Of Fraud, Contact The District Attorney's Office -Consumer Protection Line At 720-874-8547.*

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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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# “Behold The Man” A Comic Opera

By Andrew Flack, librettist, *Behold The Man* opera

Miracles come in all shapes and sizes. At all times of life. Sometimes accompanied by music. I know an amateur painter in the village of Borja, Spain, who this happened to in 2012. Her name is Cecilia, and she was sure that after some 80 years of life not much more was going to happen. But it did, and I'll tell you how.

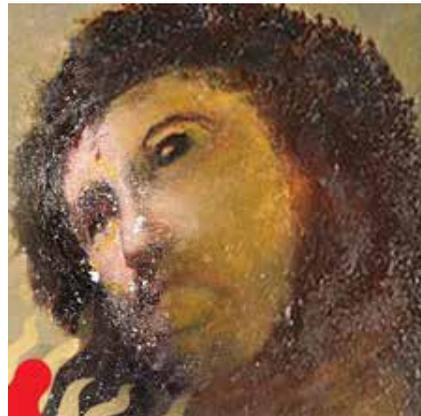
A few kilometers outside of Borja, on a hill nestled in the pines, stands a church, Cecilia's church, where she was married and her sons christened; the center of her prayerful life. In the church there's a fresco of Jesus painted in 1930 by a man who hadn't properly prepared the plaster wall, and after years of dampness and neglect, it

was a crumbling mess. Did I mention that Cecilia is an amateur artist?

Actually, she'd been “touching up” the fresco of Jesus for years. She was glad to help. But this time was different: a Minister of Culture discovered her half-finished job and blew the whistle.

When her “ECCE HOMO” hit the web it went viral. Maybe you've seen it. Cecilia was mocked and scorned, made a internet laughingstock! I felt so badly for her.

But half-a-world away I could also see a happy ending—tourists arriving, the economy improving,



Cecilia's reputation restored! So I called my friend, Boulder-based composer Paul Fowler, and soon we were crafting a piece of musical theatre: a comic opera.

Almost four years later, Paul and I are finished. And last month, on August 20th, the first concert from “Opera del Ecce Homo” was performed in Borja, that little village in Spain experiencing a most unlikely Renaissance. Cecilia sat beside me beaming; her disaster now a miracle...set to music!

For more info please visit beholdthemanopera.com

## Community Preparedness

Individuals can make a difference in their own community but not everyone has bought into preparedness. Research on personal preparedness indicates that individuals who believe they are prepared for disasters often are not as

prepared as they think. In addition, some admit they do not plan to prepare at all.

The challenge: Maximizing awareness and encouraging participation in disaster preparedness activities to affect change at the community level.

Our nation's emergency managers, firefighters, law enforcement officers, EMT/paramedics, and other emergency responders do an incredible job of keeping us safe, but they cannot do it alone. We must all embrace our personal responsibility to be prepared, so; we contribute to the safety and security of our communities.

There are organizations in your community that host community-planning meetings, provide preparedness information and volunteer opportunities to community members and when in need, are available to respond to a disaster.

You can affect change in your community. Help prepare your neighborhood by starting an emergency preparedness project that is designed to identify local hazards and work together to solve problems.

While no two projects will be the same, successful projects will share a few common practices. We encourage you to incorporate the following elements into your service project:

- Identify local resources
- Create a team with friends and neighbors to share the effort
- Set outcome-based goals and track your progress
- Serve your community
- Record, share and celebrate your successes

For detailed information on starting a community preparedness project, see the Community Preparedness Toolkit on Serve.gov/.



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## Now Hear This!

### Advances in Hearing

Fascinating new research is revealing the complex process of human hearing in greater detail. The goal of these studies will perhaps, one day, lead to a cure for hearing loss, tinnitus and balance disorders. In the meantime, technology advances allow for a surprising array of hearing device options to suit every hearing need.



**Dr. D'Anne Rudden**

**Technology Advances in Hearing Devices.** Consumer electronic and wearable assistive technology like wristband fitness monitors, Bluetooth in-ear devices and Google Glasses are transforming people's lives through added convenience and enjoyment.

Today's state-of-the-art hearing devices also are highly effective.

However, despite these advances in technology, only about 20% of individuals who might benefit from hearing treatment actually pursue it. Many people delay treatment until their ability to communicate is severely impacted; the average amount of time between hearing loss diagnosis and hearing aid use/adoption is 10 years. It is well known that the incidence of hearing loss increases with age yet nearly two-thirds of patients with hearing loss are younger than 65.

Here are some of the latest advances in today's modern hearing devices:

- **Virtually Invisible:** Digital technology allows the device to fit discreetly behind the ear, in the ear or even deep inside the ear canal where no portion is visible.
- **Automatic:** Through directional microphones, the microcomputer inside each device automatically reads multiple sound environments and adjusts sound amplifi-

cation, noise reduction and speech enhancement. No matter where you are (a crowded restaurant, having a conversation with one person, watching TV, attending a meeting or listening to music), the hearing device will match the individually tailored programming for those environments.

- **Flexible:** Some devices may be waterproof or resistant to sweat and dust. Many different designs are available to match the patient's personal style.
  - **Savvy:** Wireless, digital devices are now the norm and connect seamlessly to smartphones, TV, computers, remote microphones, and MP3 players.
- ❖ *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 an expert in Audiology.*

## Free Training For Caregivers

Boulder County Area Agency on Aging offers 2 free training courses for family caregivers of older adults in September and October. These courses have helped hundreds of family caregivers manage the stress of caregiving, learn essential practical skills, share with and encourage each other, connect to helpful resources, and realize that they can do this! Here's the info:

**Powerful Tools for Caregivers.** Gives family caregivers proven 'tools' to help reduce stress, communicate effectively, and improve their self-care. Handouts, book, and resource info included. Wed., Sept. 7 – Oct. 12, 1 – 3:30 p.m., Erie. Open to Boulder County and Weld County caregivers.

**National Caregiver Training Program.** A registered nurse helps family caregivers learn practical skills of providing care for an older loved one at home. Topics include preventing infection, using a wheelchair safely, providing personal care, caring for someone on bedrest, and much more. Handouts, books, and resource info included. Thur., Oct. 13 – Nov. 17, 2–5 p.m., Boulder, county residents only.

Registration: No charge; donations welcome. Open to persons caring for a relative, partner, or friend who is 60+, or of any age if they have dementia. Financial assistance for respite care during class periods is available. Registration required, at 303-678-6116 or [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org). Not open to professional caregivers.

*Say You Saw It in*  
**50Plus Marketplace News**



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

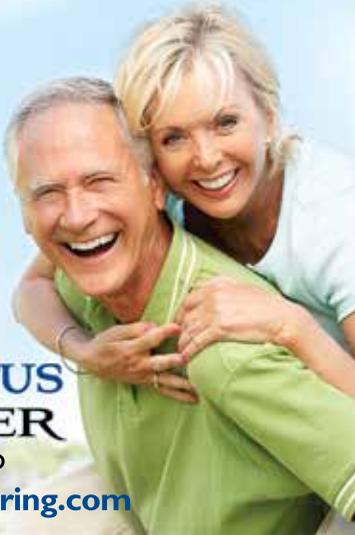
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## Elder Law Issues

### Transfer Of Assets & Medicaid

**Q:** My mom is 88, widowed and may need assisted living or nursing home care soon. Can she give away assets, including her home, in order to become eligible for Medicaid?



**Rick Romeo**

**A:** It is not illegal to transfer assets in order to qualify for Medicaid, but, if not done correctly, such transfers can have serious unintended consequences.

Let's review the basics of Medicaid eligibility first. Medicaid is the largest program in the country which pays for long term care. Benefits may be received for care at home, in assisted living or in a nursing home. To qualify, applicants must meet income and resource tests.

Income must be below \$8,287/month in the Denver/Boulder area, so this rarely poses a problem for applicants.

Resources, or assets, are all the things you own, such as a house, car, bank accounts, IRAs and retirement or brokerage accounts. Of these, typically the home and one car are not counted. For a single individual, the home equity cannot exceed \$552,000 in 2016, but for a married couple, there is no limit, so long as the spouse remains in the home. A car of any value is exempt so long as it is used to help provide medical care for the applicant. All other assets are generally countable. For a single individual the total countable assets must be worth no more than \$2,000, while for a married couple, the non-applicant spouse may keep total assets up to \$119,220 in value.

While not prohibited, gifts do generally incur an ineligibility penalty for Medicaid purposes. The period of ineligibility is calculated by dividing the amount of the gift by the average cost of a month in a nursing home, statewide, which in 2016 is \$7,563. So, if your mom

gave away a bank account with \$75,000 in it, she would be ineligible for Medicaid for 10 months, starting from the date she was otherwise eligible and spent down to \$2,000. Thus, you can see that she would have no way to pay for her care for those 10 months, which would pose a serious problem. Gift penalties may be incurred inadvertently, such as when a parent puts their child's name on the parent's home, as a joint tenant, to avoid probate. This creates a gift of half of the value of the home and will likely cause a substantial period of Medicaid ineligibility.

With careful planning, in consultation with an Elder Law attorney, assets may be transferred or otherwise preserved without threatening eligibility for Medicaid. To learn more, visit our website or call for a consultation.

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

## Your Life Support

### How Will You Be Remembered?

Three friends were discussing death and one of them asked, "What would you like people to say about you at your funeral?"

The first of the friends said, "I would like them to say, 'He was a great humanitarian, who cared about his community.'"

The second answered, "I hope they say, 'She was a great wife and mother, who was an example for her family.'"

The third friend responded, "I would like them to say, 'Look! He's moving!'"

Other than "Look! He's moving!" - what would you hope others might say about you at your funeral?

A friend once told me of a caring and much-loved school nurse who died. She was well known by the faculty and students, as she had been there 35 years. When the principal announced her death to the children, many of them began to cry.

To help ease their grief, the

school counselor had a group of children draw a picture of what the nurse meant to them. One child filled in her paper with red. "This is her heart," she explained. "It's too big for the paper."

At her funeral her friends and family clapped and celebrated her life. She left behind a great legacy of love.

How will you be remembered? What legacy will you leave behind?

Toward the end of his life, author and theologian Elton Trueblood made this observation: "At the age of 93, I am well aware that I do not have many years to live. Consequently, I try very hard to live my remaining years in such a manner that I really make a difference in as many lives as possible. How do I want to be remembered? Not primarily as a Christian scholar, but rather as a loving person. This can be the goal of every individual. If I can be remembered as a truly loving person, I shall be satisfied."

After you are gone, people may forget most of what you have said and done. But they will remember that you loved them.

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



**Steve Goodier**

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## VIVA

from page 1  
p.m. Sunday, Sept. 25. Tickets are \$12 for seniors and students and \$15 general admission, with group discounts for 10 or more. Tickets are available through the Society for Creative Aging website, [www.s4creativeaging.org/](http://www.s4creativeaging.org/).

For more information, please contact Steve Grad at 303-443-1421 or [stevegrad@comcast.net/](mailto:stevegrad@comcast.net/).

## Family Memories & Family Trees

### Finding Maiden Names in Censuses

In societies where a woman takes her husband's surname, tracking females' genealogy forward and backward in time is much more difficult than tracking males' genealogy.

If you find a boy in one census, you see his father's name and age. You can track the father in earlier censuses until you find him as a child. Then you see his father's name and age.

Repeating this process might reveal several generations back in time. Similarly, if you find a man in an early census you might be able to track his sons' sons and so on up to modern times.

These methods work because the man's surname is the child's surname.

Females are harder. If you find a girl in a census, you see her mother's name and age. You can track the mother in earlier censuses, but only until the first census in which she is married to that man. Before

that you can't find her because you don't know her maiden name. Going forward in time, you can find a girl only as long as she is not married. After that, you can't find her because you don't know whom she married. The child's surname is not the woman's surname.

You might discover a woman's maiden name in a census if you are very lucky. If you hunt her with her married name and find her living with her parents, she is labeled "daughter" and her father's name is her maiden name. You also might discover a woman's married name in a census, if you hunt her parents and find her living with them and showing her married name. If you are even luckier, her husband will be with her so you learn his name.



**Ted Bainbridge**

❖ *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.*

## Boulder's Visual Arts History Celebrated City-Wide

Celebration! A History of the Visual Arts in Boulder (HOVAB) is a once-in-a-lifetime, exhibition which launches September 29, 2016 and closes January 15, 2017.

Boulder is known for its independent spirit and its rich and vibrant art scene. So it's no surprise that HOVAB has assembled a unique cultural event that honors the city's dynamic and diverse visual artists, from the late 19th century to the present. Through paintings, photographs, experimental and narrative films, sculpture, crafts, and more, HOVAB creates a living archive and lasting legacy for future generations.

HOVAB exhibits are held in 18 venues, featuring over 300 artists and even more works of art. Exhibition venues include Boulder's Dairy Arts Center, the Boulder Museum of Contemporary Art, the Boedecker Theater, the Canyon Gallery at the Boulder Public Library, the National Center for Atmospheric Research, and others.

HOVAB exhibits include:

- paintings by the pioneers of art and culture in Boulder from the 19th century to the 1950s;
- a dazzling and often amusing array of Boulderite portraits by Boulder artists;
- films by internationally renowned Stan Brakhage;
- retrospectives of the 1970s Criss-Cross Collective, featuring George Woodman and Clark Richert, and of Front Range Women in the Visual Arts, who were in the national forefront of the neo-feminist movement;
- the work of Boulder artists, such as Ana María Hernando and Betty Woodman, who have collaborated with Shark's Ink, known throughout Europe and the U.S. for unique printmaking partnerships with more than 160 artists worldwide;
- landscape, a profound focus from the beginning for Boulder artists and photographers, such as Robert Adams, will be explored in a variety of exhibitions;
- a review of some of the essential



18 exhibit venues  
300+ artists • 42 events  
121 years of history!  
[www.HOVABcelebrations.org](http://www.HOVABcelebrations.org)

work of Eco-Arts Connections, which, in a city that is home to five Nobel laureates, has long examined the intersection of arts and sciences; HOVAB will honor Boulder's devotion to artist books and the book arts, including Caldecott-awarded children's book illustrators, the city's many small presses, as well as Boulder's role in

furthering Western Buddhist traditions through Naropa University's founder, Chogyam Trungpa, Rinpoche;

And much, much more that will draw visitors from far and wide.

In addition to the exhibits, the project features staggered opening receptions for each venue and 42 adjunct programs, such as panel discussions looking at the artistic economy, art and aging, diversity, marginalized communities, science and art, and emerging artists. All HOVAB-sponsored events are free and open to the public.

Few cities the size of Boulder have comprehensively documented their art histories with both a catalogue and city-wide exhibitions. HOVAB considers the historical, demographic, geographical, institutional and political conditions that generated Boulder's artistic efflorescence, to look at varieties of cross-fertilization, how micro-schools of art that emerged in Boulder were powerful influences affecting social and artistic change locally and nationally, how Boulder artists and art supporters nourished ideas and practices that coalesced around individuals and styles, and local, regional, national, and international interpenetrations.

HOVAB is dedicated to the memory of Karen Ripley-Dugan, a pillar of Boulder's arts community, who was an original member of the HOVAB committee until her passing on July 29, 2015. The committee includes Jennifer Heath, Chair, Sally Elliott, Kathy Mackin, Joan Markowitz and Kevin Kelley, Treasurer.

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

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## 10 Tips For Reinventing Yourself During Healthy Aging Month

1. Do not act what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. It's positive thinking and goes a long way toward feeling better about yourself. Tip: Don't keep looking in the mirror, just *Feel It!*

2. Be positive in your conversations and actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. Tip: Stop watching the police reports on the local news. Drop negative friends who constantly talk about how awful everything is. As cruel as it sounds, distance yourself from those who do not have a positive outlook. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. Tip: Smile often - it's contagious.

3. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.

4. Stand up straight! You can knock a few years off your appearance with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. Tip: Your waistline will look trimmer if you follow this advice.

5. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is

it the first thing people notice, but good oral health is a gateway to your overall well-being. Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!

6. Lonely? Stop brooding and complaining about having no friends or family. Do something about it- Right. This. Minute. Pick up the phone, and call one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session to keep up with technology, choose a new person every week and dining out.

7. Start walking not only for your health but to see the neighbors.

8. Have a dog? You'll be amazed how the dog can be a conversation starter. Tip: If you don't have time for a dog, go to your local animal shelter, volunteer, and be thrilled by the puppy love!

9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

10. Find your inner artist. Who says taking music lessons is for children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? Tip: Sign up now for fall art or music classes and discover your inner artist!

❖ Courtesy of <http://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/>

## Technology is Hip!

### Advances in Telemedicine

Compared to other industries, healthcare has been relatively slow to embrace new technology such as Telemedicine/Telehealth, according



**Bob Larson**

to medical experts. However, that is changing with more federal and state support in legislation to adopt more telemedicine/telehealth services.

With over 324 million population in the U.S. per June 2016 Census Bureau data, people aged 65 and older make up about 15 percent of the United States population and that figure could reach 20 percent by 2030. The over-65 population will continue to drive up healthcare costs, and support for telemedicine manufacturers and software developers are making new inroads for both patients and providers.

The over-65 segment of the population, which accounts for about 63% of the U.S. long-term healthcare services, is expected to drive

the demand for new healthcare technologies, according to a recent Grand View Research report.

The valuable data rendered from these medical devices, that monitor blood pressure and other vitals, allows physicians to provide faster proactive care before a condition worsens for their patients.

Good news: a recent study found that more than 35% of employers with on-site health facilities now offer telemedicine services, and another 12% plan to add them in the next two years. The growth of telemedicine reflects the demand for these products and services.

New medical devices such as smartwatches connected to fitness bands are providing new consumer products on improving health for these users. Google plans on adding a contact-lens form factor to read glucose levels. Another manufacturer has developed a biometric stamp that reports a user's vitals to connected devices and doctors. All these new innovations are helping the human race live better and longer lives.

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

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# Volunteers Needed!

Thorne Nature Experience is a non-profit organization that is committed to building Earth stewardship by connecting youth to nature through hands-on, place-based environmental education experiences, and has reached more than 250,000 children and adults through its programs: In-School, Summer Camp, and Field Trip.

Thorne Nature Experience has several volunteer and intern opportunities for our Fall programs. The opportunities include a Administrative & Marketing Volunteer, After School Programs Intern, and Field Trip Intern.

The Administrative and Marketing Volunteer/Intern provides support for Thorne's programs in the office through completing a variety of tasks, contributing to an efficient organization that can connect 13,000 youth to nature each

year. After-School Program focuses on helping students develop the skills of a naturalist and then use those skills to answer questions about the living things in their schoolyard, their neighborhood, and community around their school. Through exploration, mapping, sketching, plant and animal identification, and the use of nature journals, students investigate and answer questions about their local ecosystem.

The 2nd Grade Field Trip Program is in partnership with the Boulder Valley School District and St. Vrain Valley School District and will connect nearly 1,800 2nd graders to nature each school year at Sombrero Marsh in Boulder and at Sandstone Ranch in Longmont. For more information about these opportunity visit [www.thornenature.org/](http://www.thornenature.org/).

# Online Statewide Trail Map Preview

The first phase of a comprehensive statewide trail map, a key component of Gov. Hickenlooper's Colorado the Beautiful initiative is now available online as work continues to complete the project.

Colorado Parks and Wildlife (CPW) put a preview of the project, called the Colorado Trail System (CTS), online demonstrates the power of providing easy access to public recreational information to more readily connect people with the outdoors.

A preview of CTS can be viewed at <http://cpw.state.co.us/cts>.

CTS is making tracks to connect people, trails, and technology while promoting and enhancing Colorado's world-class system of recreational trails through targeted, curated content in a geographic context for a wide variety of outdoor enthusiasts. A dynamic and accessible tool, CTS makes public trail data from across management jurisdictions available to anyone

looking to get out and enjoy Colorado's amazing and beautiful trails. CTS is a statewide effort, in collaboration with local, state and federal trail managers and support staff. The map will grow, enhance, connect, and market statewide outdoor recreation resources. CPW has invested in the development of an online platform to display recreational data, but the power of the map is driven by the data inside it.

In the coming months, CPW contact every local government in the state to offer them the ability to integrate their trail information into this system.

A beta launch of CTS is slated for the Fall of 2016, and a full launch is planned for Spring 2017.

Learn more about Hickenlooper's Colorado the Beautiful initiative. Learn more about the outdoor industry at the Outdoor Industry Recreation Office. Find outdoor recreation opportunities at Colorado Parks and Wildlife.



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## Caregiving

### Taking Care of Yourself

When you're a "family" caregiver—someone who provides part- or full-time support for an older loved one—it's easy to become so focused on your care recipient's needs that you ignore or forget about your own. In the short term, you may get away with putting yourself on the back burner, but if your caregiving lasts for some time, neglecting your own needs can be harmful to your health and event to your ability to provide care.



**Emily Cooper**

It truly is challenging to make time for yourself when you're caring for another person, and the biggest challenge often is acknowledging that you have the right to do so. It's tempting to think that you'll worry about your own wellbeing after your caregiving ends. But postponing self care can be dangerous. Studies tell us that caregivers are likely to become ill or chronically depressed if their responsibilities prevent them from addressing their own needs.

As hard as it is, it's important to keep yourself in the picture. Eat right and exercise, visit your health care provider, find someone to talk to, even get away for vacations if you can. Each person has different ways of taking care of themselves. For some, it's socializing with

friends, for others, it's a quiet walk or time alone with a journal. Just remember, you have the right—and the need—to do whatever helps you feel healthy and alive.

You give so much to your care recipient. Allow them to give you the gift of time off from caregiving. Let them be a partner with you in their care, so that together you can work on meeting the needs of each of you. Then, make use of community resources that are available to assist you like respite services, adult day programs, and many others. Learn more about these resources by calling the ADRC Helpline at 303-441-1617, by visiting [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org) (click on Seniors & People with Disabilities, then Service Directory), by talking to your local resource specialist, or by contacting me.

You're worth taking care of!  
❖ *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](mailto:InfoCaregiver@bouldercounty.org).*



## Audio Information Network

### Everything Old Is New Again

A person experiencing vision loss can feel like they have to relearn how to do many everyday tasks.

Instead of driving to the grocery store they learn cane travel and how to navigate public transportation.

Perhaps a store employee helps with shopping, or an individual may use a device that reads the product labels and prices. A speech

software program is used to help read e-mail messages. Alternative techniques help a person to continue to cook safely and continue to pursue hobbies. Books,

newspapers, and magazines are listened to rather than read visually. Learning new ways to complete familiar tasks may seem overwhelming at first. However, it allows a person to continue to be independent and continue to do what they enjoy. An older adult learning

new techniques is building upon their lifetime of knowledge and skills. This is not something that a person must do alone. Formal training programs and support from peers are available.

Formal training through an organization



Kim Ann Wardlow

serving the blind and visually impaired can range from someone coming to your home for a single session to a week long program immersing a person in learning and using alternative techniques. Support groups offer another type of information sharing. Group members can help each other by discussing the solutions that they have found to various problems.

Many groups bring in outside speakers and have group training opportunities. Some schedule outside activities. It is important to find a group that fits your needs. Learning alternative techniques can be done at the individual's pace with some flexibility in prioritizing the skills they wish to learn. Once a person masters basic skills they may want to learn some Braille or a skill that seems more challenging.

❖ *Kim Ann Wardlow, Director of Marketing, Audio Information Network of Colorado. 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.*

### Still Truckin'

#### The Outgoing Tide

Viva Theater dives into deeper waters with a highly professional production of 'The Outgoing Tide' by Philadelphia playwright Bruce Graham.



Sandy Hale

With pathos and flashes of humor - we meet a family coming together in love to face the tragedy of Alzheimer's. This is a play that will stay with you long after you leave the theater.

Gunner, the afflicted husband, played by Steve Grad, struggles in his decline to keep control of his life. Peg, Abby Wright, his wife of fifty years, argues to put him in a skilled nursing home. Jack, Bunk Hess, as their troubled son, stands helplessly watching his parents' plight.

Award winning director, James Carver, Managing Director for 38

years of the Kalamazoo Theater in Michigan, now directs across the country. For Viva he directed Nora Ephron's "Love, Loss and What I Wore" to sellout audiences. Steve Grad, Viva actor and Society for Creative Aging Board Member, brings a rich background in theater, radio and television to the Nomad stage. Abby Wright is a multi-talented actor, director and filmmaker. Bunk Hess is well known in local community theater.

"The Outgoing Tide" plays at the Nomad Playhouse, 1410 Quince Street, Boulder Fridays, September 23 and 30, Saturdays September 24 and October 1 at 7:30 p.m. and Sunday, September 25 at 2:30 p.m. \$15 general admission, \$12 seniors and students. Group discounts are available. A portion of the proceeds goes to the Alzheimer's Association. An informal discussion follows the performance.

Purchase tickets at the door or at <http://www.s4creativeaging.org/>

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

### HEALTH TIP:

#### Balancing Exercise and Nutrition

Feed your body well to support your workouts

Eating and drinking nutritious foods can help you build muscle and sustain enough energy for tough workouts.

The Academy of Nutrition and Dietetics advises:

- Eat plenty of carbs before a muscle-building workout.
- Skip energy gels, bites and drinks unless you're an athlete training hard for longer than an hour at a stretch. For the average exerciser, healthier foods and water can replenish fluids and electrolytes.
- Eat breakfast before your workout to give you energy.
- Don't use exercise as an excuse to eat unhealthy fare.
- Choose foods that balance proteins and carbohydrates, such as half a turkey sandwich on whole wheat, yogurt or a glass of chocolate milk.

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**Falls Prevention Week.** Falls are not an inevitable part of aging. Over 40 events at multiple locations to help reduce your risk of falling. www.bouldercountyfallsprevention.org Sept. 19 - 23

**A Matter of Balance.** Learn to manage your risk of falling, reduce your fear and strengthen your body. Classes meet weekly for two hours for eight weeks. Sessions include group discussions and gentle exercises. To register: 303-441- 3599 or mpruitt@bouldercounty.org. Sept. 26 – Nov. 14, 1–3 p.m. West Boulder S.C. Sept. 27 – Nov. 15, 1:30–3:30 p.m. Louisville S.C. Sept. 28 – Nov. 17, 1–3 p.m. Longmont S.C.

**Healthier Living.** (Stanford University’s Chronic Disease Self-Management Program) Learn techniques to help change your perspective and manage a chronic condition. Topics covered during 6-week workshop include managing medications; improving communication skills; learning how to improve nutrition and activity levels; setting weekly goal; and problem solving. To register, 303-441- 3599 or mpruitt@bouldercounty.org. Oct. 6–Nov. 10, 1:30–4 p.m. Frasier Meadows, Boulder

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

**Nutrition Education.** Sept. 19, 11 a.m.–noon. “Consequences of Uncontrolled Blood Sugars and How to Prevent” Lafayette S.C. Register: 303-665-9052; Information: 303-441-4995

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

## Colorado Gerontological Society

### Are You An Effective Mandatory Reporter?

You must report elder abuse - it’s the law! For those new to reporting or wanting a refresher?



**Eileen Doherty**

On July 1, 2014 Colorado law mandated elder abuse reporting of those 70 and over. On July 1, 2016, Colorado expanded the law to include mandatory reporting of any ‘at-risk’ adult 18 and over and expanded the scope of individuals required to report.

Are you a reporter? Mandatory reporters include medical professionals, counselors, spiritual leaders, financial organizations, social workers, law enforcement agencies and many more. Learn about the law and how it impacts you and your organization. Get your ‘Roadmap to Reporting’ which includes:

- Types of Elder Abuse
- Responsibility as a Mandatory Reporter
- Who to contact and how to report suspected Elder Abuse

- What to report to Law Enforcement
  - When to call Adult Protective Services
  - What happens after reporting?
  - Receive a tool kit for future use
- Training takes place at 1330 Leyden St #109, Denver at these dates and times:
- September 19, 9 to 11 am
  - October 18, 9 to 11 am
  - November 21, 9 to 11 am

Only \$25 for the first registration, including training materials; \$20 for each additional registration from the same agency. Class is limited to 12 participants.

For more information call 303-333-3482, or registrar online at www.senioranswers.org/.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society since 1982. She has more than 40 years of experience in education and training, advocacy, clinical practice, and research in the field of gerontology. She is an adjunct instructor at Fort Hays State University teaching non-profit management. She can be reached at 303-333-3482 or at doherty001@att.net/.*

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# Book Shelf



## NEW FICTION

- 'Til death do us part *Amanda Quick*
- Lilac girls: a novel *Martha Hall Kelly*
- Cometh the hour *Jeffrey Archer*
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- Loving Eleanor: a novel *Susan Wittig Albert*
- The Branson Beauty: A Mystery *Claire Booth*
- A Most Novel Revenge: A Mystery *Ashley Weaver*
- Faux Pas: A Dog Mystery *Shannon Esposito*
- The preacher's lady *Lori Copeland*
- Calico spy *Margaret Brownley*

## NEW NON-FICTION

- Einstein's Greatest Mistake: A Biography *David Bodanis*
- The Year of Voting Dangerously: The Derangement of American Politics *Maureen Dowd*
- Social Security 101: From Medicare to Spousal Benefits, an Essential Primer on Government Retirement Aid *Michael T. Flynn*
- City of thorns: nine lives in the world's

largest refugee camp *Ben Rawlence*  
 Putin country: a journey into the real Russia *Anne Garrels*

## NEW IN LARGE PRINT

- The pursuit *Janet Evanovich & Lee Goldberg*
- The last mile *David Baldacci*
- Room for hope *Kim Vogel Sawyer*
- Once a rancher *Linda Lael Miller*
- The noise of time *Julian Barnes*

## FICTION BESTSELLERS

- The black widow *Daniel Silva*
- The girls: a novel *Emma Cline*
- First comes love: a novel *Emily Giffin*
- The woman in cabin 10 *Ruth Ware*
- Here's to us: a novel *Elin Hilderbrand*
- Crisis of character *Gary J. Byrne*

## NON-FICTION BESTSELLERS

- Hillary's America *Dinesh D'Souza*
- Freedom: my book of firsts *Jaycee Dugard*
- White trash: the 400-year untold history of class in America *Nancy Isenberg*
- The Field of Fight: How We Can Win the Global War Against Radical Islam and Its Allies *Michael T. Flynn*

## Boulder Senior Services

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

East Boulder SC: 5660 Sioux Dr., or West Boulder SC: 909 Arapahoe Ave.

**Get Acquainted!** Meet our new Senior Services Manager, West SC, Wed, Sep. 7, 10-11:30 am. A reception to meet Eden Mayne. Staff is available to review the opportunities and resources offered.

**Live Well "4" Diabetes.** East SC Wed, starts Sep. 7, 12:30-1:45 pm. This prevention program focuses on healthy eating, physical activity, weight loss and stress management. Free of charge if you qualify. Info: 303-355-3423 ext. 110 or email wendy@caahealth.org

**Downsizing: How to Simplify Life.** West SC, Tue, Sep. 13, 3-5 pm. Exploring strategies. 2-hour talk/activity with time to interact.

**From Age-ing to Sage-ing®.** Celebrating Elderhood East SC, Tue, Sep. 13-Oct. 25, 7 classes, 10-noon. \$65/\$75, includes workbook. Build on the teachings of Reb Zalman Schachter Shalomi and his book 'From Age-ing to Sage-ing,' Learn to live the elder years more consciously, while offering tools for giving expression to their wisdom.

**Apps for Smartphone and Tablet.**

West SC, Wed, Sep. 14, 1:30-3:30 pm. \$15. Explore mobile app basics for both Apple & Android and get an overview of popular apps for older adults, cost and safety issues to consider. Demo with handout.

**PACE: A Program of All-inclusive Care for the Elderly.** West SC, Thu, Sep. 15, 10-11 am. Care opens TRU PACE in Layfayette. Seminar on new comprehensive services to older adults who qualify as needing nursing home level of care.

**Simple Healthy Meals.** How to Cook Without Really Cooking West SC, Thu, Sep. 15, 1-2:30 pm. Learn how to enhance prepared foods by using easy-to-prepare vegetables. Experiment with whole grain products and pre-made healthy sauces. Learn how to identify and buy healthy convenience food. Taste samples demonstrated.

**Art and Spirituality.** A Multi-Cultural Investigation West SC, Mon, Sep. 19-Oct. 17, 10-11:15 am. \$10/\$15. Explore, pictorial, sculptural and architectural expressions of spirituality from several cultures and historical periods. Lecture and discussion. Artists under consideration include well-known, lesser-known, and anonymous figures.

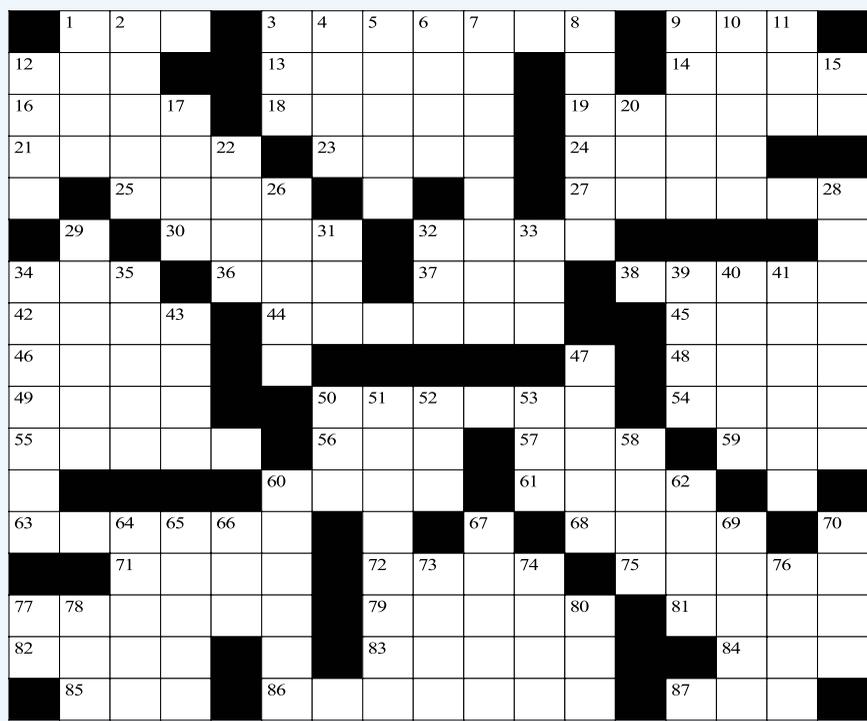
Time and time again I find Einstein!  
 You should give me a prize to reward my effort!  
 The material in the paper is reward enough!  
 Thank you!

T.R., Louisville

# Crossword Puzzle

50 Plus Marketplace News

September 2016 • Boulder County  
 Answers on page 8



### ACROSS

- 1 For what
- 3 Dance
- 9 Month
- 12 By way of
- 13 Planet
- 14 Once more
- 16 Donations to the poor
- 18 Leg bone
- 19 Cut into
- 21 Australian acacia
- 23 Rotate
- 24 Structure for storing grain
- 25 Put down
- 27 Thing that opens
- 30 Children's book author
- 32 Augury
- 34 Implore
- 36 Corded cloth
- 37 Fine hair
- 38 Favored
- 42 Which inland sea of central Asia lies on the border between Kazakhstan and Uzbekistan
- 44 Fourth highest peak in the world
- 45 Yes

- 46 Abominable snowman
- 48 Church recess
- 49 Mortgage
- 50 Inflammatory condition of the skin
- 54 Roster
- 55 Exalt
- 56 Fish eggs
- 57 Consumed
- 59 9th letter of the Hebrew alphabet
- 60 Ruin
- 61 Clock face
- 63 Remains of any organism preserved in rock
- 68 Toward the mouth
- 71 Novice
- 72 Illflavored
- 75 Woody vines
- 77 Talisman
- 79 Complain
- 81 Ceased living
- 82 Cesspool
- 83 Pertaining to sound reproduction
- 84 Put Down
- 85 Miles per hour
- 86 Shafted weapon

### 87 Swindle

### DOWN

- 1 Crafty
- 2 Porter
- 3 9th letter of the Hebrew alphabet
- 4 Postpone
- 5 Regular course
- 6 Agitate
- 7 Part of the brain
- 8 Toxin
- 9 Twinned crystal
- 10 Negatively charged ion
- 11 Affirmative reply
- 12 Repair
- 15 Plural of I
- 17 Thick slice
- 20 Pinch
- 22 Person who lies
- 26 Affairs of honor
- 28 Red-hot
- 29 In this
- 31 Miles per hour
- 32 Often
- 33 Before
- 34 Dried leaf of the laurel
- 35 Entrances
- 39 8th month of the Jewish calendar
- 40 Storage center
- 41 Christian festival
- 43 Chain piece
- 47 Courtyard
- 50 Period of history
- 51 Pertaining to marriage
- 52 Letter Z
- 53 Deranged
- 58 British nobleman
- 60 Blemish
- 62 Put down
- 64 Stub
- 65 Slender graceful woman
- 66 Wrath
- 67 Evade
- 69 Each day
- 70 Gentlewoman
- 73 Insect larva
- 74 Primordial giant in Norse myth
- 76 Tides that attain the least height
- 77 Similar to
- 78 Silent
- 80 Seed vessel

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