

**CU Boulder College Of Music Launches \$50 Million Fundraising Campaign**

In celebration of its approaching centennial in 2020, the College of Music at the University of Colorado Boulder is embarking on a \$50 million fundraising campaign.

The music+ campaign supports a bold new vision for music at CU Boulder called “The College of Music Advantage.” The wide-reaching, 10-year strategic plan was set in motion by the priorities of students, faculty, and staff of the college community. It emphasizes cross-campus partnerships, an expansion of alumni resources and services, and more professional performance opportunities like the college’s November 2016 Carnegie Hall Showcase Concert.

At the time of the public launch, the college is nearly halfway to its \$50 million goal, including major gifts totaling \$4 million that led to the naming of the Eklund Opera Program and the Ritter Family Classical Guitar Program.

“It’s encouraging to see the college take its national and international reputation to the next level,” said Chancellor Philip P. DiStefano. “Music will play a big role as the campus takes its place as a leading innovation university with a positive impact on our world.”

DiStefano said the College of Music’s campaign sets an example for future collaborative fundraising efforts in other colleges, schools and programs on campus.

Dean Robert Shay said the music+ campaign both reflects



the aspirations of the college to strengthen its position as a leader among higher education music institutions and celebrates 100 years of musical excellence and innovation at CU Boulder.

“It’s this idea that we will take our core activities, which are already terrific, and add amazing new layers of professional experiences, interdisciplinary partnerships and leadership opportunities,” Shay said. The tagline of the campaign is, “The future of music, a century in the making.”

“It’s impressive when you look back at the history of the college and you realize that this place, even

from the early days, has always attracted great faculty and leaders in the field from all over the world to join this community of performers, composers and scholars,” Shay said.

For example, Shay said, the Grammy Award-winning Takács Quartet joined the CU Boulder faculty 30 years ago. In addition, CU Boulder was among the first institutions nationwide to weave an entrepreneurship focus into the music curriculum.

Becky Roser, a longtime supporter of the College of Music and namesake, along with her late husband Jim, of the Roser Visiting Artists Program and Roser AT-

LAS Building on the CU Boulder campus, is chairing the music+ campaign. She said the college’s bold plans for the future call for an equally bold effort to make them a reality.

“What makes this effort different is that it’s an opportunity to build on an already successful foundation and do things in new, creative ways,” Roser said. “It’s the right timing. Things have coalesced nicely to allow for this breakthrough moment. It’s time for the college to strut its stuff.”

For more information on how to support and get involved in music+, visit the College of Music website.

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**Overexposure to Blue Light May Cause Health Issues**

The American Optometric Association’s (AOA) 2016 American Eye-Q® survey revealed that 88 percent of Americans know that digital devices can negatively affect their vision, but the average American still spends seven or more hours per day looking at their screens. This overexposure to blue light – high-energy visible light emitted from digital devices – can lead to digital eye strain, sleep problems, blurred vision, headaches and neck and shoulder pain, among other things. The AOA

survey also indicates that the average millennial spends nine hours per day on devices such as smartphones, tablets, LED monitors and flat-screen TVs which also emit blue light.

The AOA understands that digital devices are an important part of everyday life, and encourages patients to learn about blue light and its impact on vision and health during Save Your Vision Month 2017 in March. The following tips explore ways people can protect their eyes and monitor digi-

tal screen usage while at home or work:

Power down before you turn in: Turn your digital devices off at least one hour before bed.

Unplug with the AOA 20-20-20 rule: When you are using any device or computer, make a conscious effort every day to take a 20-second break and look away from the screen, every 20 minutes and view something 20 feet away.

Step back: Maintain a comfortable working distance from your digital

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# MARCH Calendar

## Colorectal Cancer Awareness National Kidney Month National Nutrition Month®

### Thursday/2

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

### Friday/3

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

### Tuesday/7

Boulder Genealogical Society, 7:30pm. business meeting, 'Black Sheep' ancestors. Frasier Meadows, 350 Ponca Pl. Dina Carson, publisher & genealogist, reviews copyrights. 6:30-7:15 pm. Free. Visitors welcome. Info: <http://www.bouldergenealogy.org>

### Thursday/9

Tablescapes for Longmont Meals on Wheels. Features tables designed and decorated by donors. \$1 raffle to win a table. For tickets and sponsors info: <http://www.brownpaper-tickets.com/event/2798665>

### Monday/13

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

### Wednesday/15

Interagency Network of Boulder, 3rd Wed. monthly Info: 303-441-4365 or [www.boulderseniorservices.com](http://www.boulderseniorservices.com)

Alzheimer's Assoc. presents Understanding & responding to dementia related behaviors 9:30-11:30 a.m. West Boulder S.C., 909 Arapahoe Ave.

### 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.

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## Caregiving

### Course Teaches Practical Caregiving Skills

The National Caregiver Training Program, sponsored by Boulder County Area Agency on Aging, is an 18-hour course designed to help



**Emily Cooper**

family caregivers learn the practical skills needed for providing safe, confident home care for frail older loved ones. Hundreds of family caregivers have taken the course, and their comments about it include, "I want to thank you for a very informative, as well as enjoyable, caregivers' class. I've learned so many valuable things over the weeks that I know will be useful,

and the notebook and book will be wonderful resources in the future."

The National Caregiver Training Program is taught by a registered nurse with many years of home care experience. The course provides detailed instruction, demonstration, and hands-on practice of skills including caring for someone on bedrest, providing personal care, using a wheelchair safely, managing medications, taking vital signs, controlling infection, preventing falls, and more—all in a relaxed, fun setting. Each participant receives resource information, helpful handouts, and the book *Quick Tips for Caregivers*, an easy-to-use home reference guide.

The course is on Thursdays, April 13 - May 18, 1:30 - 4:30 p.m. (2 - 5 p.m. on April 27 only), in Longmont. It is open to Boul-

der County residents caring for a relative, partner, or friend who is age 60 or older, or of any age if the person has dementia. There is no charge for the course, though donations are welcome. Financial assistance for respite care (substitute elder care during class sessions) is available. Pre-registration is required, at 303-678-6116 or InfoCaregiver@bouldercounty.org

Learning essential skills can enhance the care you provide to your loved one, and it can help you feel more comfortable as a caregiver. Register today!

❖ *Emily Cooper, 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/.*

## Reflections

### Cheers to the years!

Early last month, I was getting ready to write my cousin to double check her mother-in-law's February birthdate. Before I sent my inquiry, an email came letting me know of this senior matriarch's passing, roughly three weeks before her 105th birthday.



**Martha Coffin Evans**

What a ride I thought and said, as did my cousins in their communication. By stature, Edith was a little spit of a person, feisty and full of fun, vim 'n vigor. She, along with several other family matriarchs and that of another close friend all born in 1912, reached 90 around the same year.

I always enjoyed remembering Edith's special birthday celebrations. With this Hoosier family's love of the Indy 500, complete with decades of having reserved seats, they faithfully attended this Memorial Day event year after year.

When Edith reached 96, her family gave her a 180 mph ride around the Indianapolis Speedway track with Arie Luyendyk, Jr. In celebration of her 102nd birthday, this time Mario Andretti took the wheel. Did she receive a carton of milk at the finish line - you bet! Pictures show her cheering following these fast experiences while dressed in race car driver attire.

Always thinking about another adventure, she chose parasailing with two of her grandson's when she reached 100. There between these two young fellows sat Edith

holding on and boasting a big smile.

We're encouraged to live life to the fullest never knowing how long we're fortunate to have. While many others we may know would have done just that, I'd say Edith packed in as much as possible into that little frame during her lifetime.

Her family noted her favorite quote which holds a good message for us too: "Old age occurs the moment you realize there isn't something wonderful to happen just around the corner. In some people, this occurs very soon; in others, not at all."

Thanks, Edith, for the life lessons you showed us! Perhaps we too can embody some of that great spirit, while rejoicing in all life has to offer.

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

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**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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# Longmont Museum Series Pairs Films With Local Food

Take a journey around the world through food and travel in the Longmont Museum's Stewart Auditorium this winter. The Museum's seasonal Views & Brews program is showing a Food and Travel film series with classic movies featuring France, Vienna, Italy, Japan, Cuba and South America. Each film has been carefully paired with local food inspired by the movie, which is available for purchase. The series is on Thursday nights.

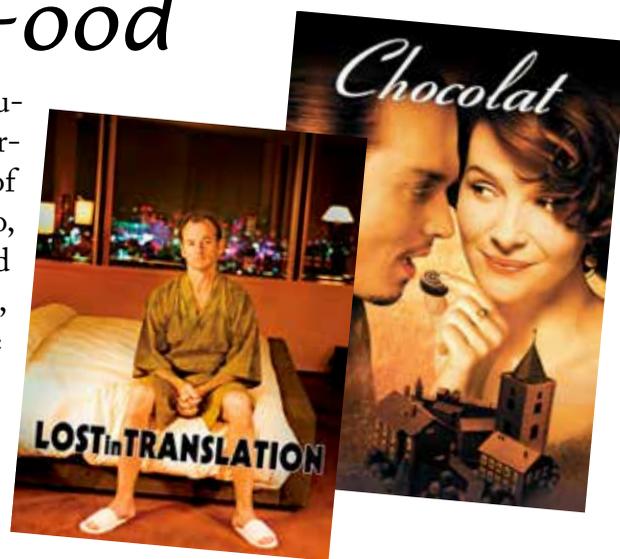
*Lost in Translation*, Rated R, paired with sushi from Sakura, March 2: Bob Harris (Bill Murray) is a well-known American actor whose career has gone into a tailspin; needing work, he takes a very large fee to appear in a commercial for Japanese whiskey to be shot in Tokyo. Feeling no small degree of culture shock in Japan, Bob spends most of his non-working hours at his hotel, where he meets Charlotte (Scarlett Johansson) at the bar. Bob and Charlotte become fast friends, and as they explore Tokyo, they begin to wonder if their sudden friendship might be growing into something more.

*Julie and Julia*, Rated PG-13, paired with samples from Cheese Importers, March 9: Julie (Amy Adams) is an amateur chef who decides to cook every recipe in a cookbook from acclaimed celebrity chef Julia Child (Meryl Streep) in order to chronicle it in a blog over the course of a year. Based on two

true stories, "Julie & Julia" intertwines the lives of two women who, though separated by time and space, are both at loose ends until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

*The Motorcycle Diaries*, Rated R, paired with Peruvian favorites from Rosarios, March 16: In 1952, two young Argentines, Ernesto "Che" Guevara and Alberto Granado, set out on a road trip to discover the real Latin America. Ernesto is a 23-year-old medical student specializing in leprology, and Alberto, 29, is a biochemist. The tale follows their journey as they unveil the rich and complex human and social topography of the Latin American continent.

*Chef*, Rated R, paired with food truck favorites from Cuban Fusion, March 23: After chef Carl Casper (Jon Favreau) suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner, he is left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife (Sofia Vergara), his friend (John Leguizamo) and



his son to launch a Cuban food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen — and zest for life and love.

The Museum is also open with extended evening hours, 5-9 pm, for a stroll through the galleries during Views & Brews at no extra cost. Purchase tickets online at [www.longmontmuseum.org](http://www.longmontmuseum.org), call 303-651-8374, at the door.

Thursday nights, through March 23, 6 pm: galleries, bar and lounge

7:15 pm: Films, The Longmont Museum, 400 Quail Rd. Longmont. \$8 adults, \$5 students/seniors, Museum members free, children age 3 and under free

The Longmont Museum is a center for culture in Northern Colorado where people of all ages explore history, experience art, and discover new ideas through dynamic programs, exhibitions, and events. Learn more at [www.longmontmuseum.org](http://www.longmontmuseum.org).

*I Saw It in 50 Plus Marketplace News*



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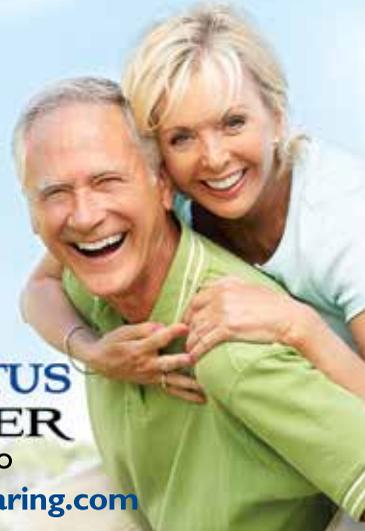
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## NATIONAL NUTRITION MONTH

# Make Healthy Shifts in Food Choices

During National Nutrition Month®, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" by making small, healthy shifts in food choices when cooking at home.

The 2015-2020 Dietary Guidelines for Americans recommend making small changes to eating patterns to include healthier ingredients while cooking at home. Choosing a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

"Evidence shows that making dietary and lifestyle changes can prevent diseases before they occur," says registered dietitian nu-

tritionist and Academy of Nutrition and Dietetics spokesperson Angel Planells. "During National Nutrition Month and beyond, make small, healthier food choices – one forkful at a time." Planells encourages everyone to eat more of these foods:

- Vegetables, including dark green, red and orange, beans, peas and others
- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
- Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
- Oils including canola, corn, olive, peanut, sunflower and soy

"It's important to create an eat-



ing style that includes a variety of your favorite, healthful foods," Planells says. "Consider cultural and personal preferences to make these shifts easier to maintain."

To find a personalized plan that works best, Planells suggests consulting a registered dietitian nutritionist. RDNs can provide sound,

easy-to-follow nutrition advice to meet your preferences and health-related needs.

As part of National Nutrition Month, the Academy's website includes articles, recipes, videos and educational resources to spread the message of good nutrition and a healthy lifestyle. Consumers can also follow National Nutrition Month on Facebook and Twitter (#NationalNutritionMonth).

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at [eatright.org](http://eatright.org).



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### Elder Law Issues

This month's column was written by Mary Beth Leitzman, a Care Coordinator in our firm, and deals with the topic of communicating with a person with dementia.



**Rick Romeo**

Communication between a spouse, family, friends, professionals and the person with dementia is one of the most important parts of the caregiving process. Clear communication with the impaired individual helps them express their needs, while you direct them safely through a task. Using some simple techniques will help lay the foundation for positive outcomes. This may involve a re-training period in yourself, to check-in on how you're expressing yourself, Are you tense? Frowning? Are you being impatient, bossy or controlling? People with dementia can be acutely aware of your non-verbal signals, such as expression, tension or body language. Before you speak, stop and think about how you're presenting yourself. Whenever possible try humor or a social conversation first. If you know the person well, try a reassuring touch to help get your point across.

Next, check the environment for factors that can impede successful communication. Is the room too loud, busy or distracting? Take a moment to make sure that you have the person's attention by using their first name. Once you're at eye level, use clear words and short phrases in a pleasant up-beat

manner. Try to word your question so it requires simple one word or "yes or no" answers. If you become frustrated, check your tone and try to keep the pitch of your voice low. Shouting will not help; it will only upset the person with dementia making communication more difficult. Allow sufficient time for the person to absorb your question and to reply. You can also try using a different key word or a gesture to convey what you are saying.

To summarize, remember to begin by checking your own mood, along with eliminating outside noises and distractions. Remind yourself to use a low tone, make eye contact and allow enough time for an answer. You can also demonstrate visually what you are saying. Make it a point to think about the words that you are using, and keep them simple and direct. When in doubt try a hug. If the situation seems frustrating you may have better success trying again later. No matter what, never argue, order the person around or remind them of what they can no longer remember. Caregiving is a very important responsibility. Please take care of yourself and seek out help. Our team at Vincent, Romeo & Rodriguez has designed HELP, which stand for Holistic Eldercare Legal Planning. We have experienced care coordinators on staff to assist you, along with our full legal team of experts. "We're to HELP."

❖ *Rick Romeo is a partner with the law firm of Vincent, Romeo & Rodriguez, LLC. Contact the firm at 303-604-6030 or visit [www.elder-lawcolorado.com/](http://www.elder-lawcolorado.com/).*

# Golden West Gives Back with their “Share Because We Care” Program

With a new year on the calendar, the residents of Flatirons Terrace at Golden West, a nonprofit independent senior living community in Boulder, wanted to give back. “The residents here wanted to do something positive for those in need in Boulder,” explains John Torres, President and CEO of Golden West Communities. “For more than 50 years, Golden West has been a part of the greater Boulder community, something we take great pride in. It is important for people to know that as a nonprofit organization serving primarily low income seniors, we strive in many ways to support and give back.”



With giving back in mind, the “Share Because We Care” program was created. The program was spearheaded by Nina Bennett,

the leasing and marketing coordinator at Flatirons Terrace, and residents enthusiastically participated. Monetary donations were collected and items such as socks, gloves, hats, non-perishable food and personal care items were pur-

chased to assemble care packages. A total of 40 care packages were assembled by Flatirons Terrace residents and delivered to the Boulder Shelter for the Homeless. The Boulder Shelter for the Homeless was an easy choice when deciding which organization to support. Residents were drawn to the core values of the Boulder Shelter, including dignity, stewardship and support.

“Everyone had such a great time. This is the first year we’ve done this, but we intend to continue in the future,” Bennett said. “We have so many residents and staff who wish to support and invest in the community in various ways. This is a great example of the community spirit we foster at Flatirons Terrace.”



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## Reverse Mortgage

### Four Reasons to Consider a Reverse Mortgage

Have you thought about how you will fund your retirement? Many retirees want to stay in their homes as they age, but have concerns about the strength and longevity of their portfolios.



**Jim Doyle**

As a homeowner, obtaining a line of credit via a reverse mortgage just might be the answer. Financial planners are recognizing the advantages of using the equity in your home to support your lifestyle throughout retirement without having a mortgage payment.

A government insured reverse mortgage, officially called a Home Equity Line of Credit (HECM), is an excellent way of taking advantage of the largest asset that you may have – your home. Being a non-recourse loan, your estate and/or your heirs will never be saddled with debt because the government insures that you will never owe more than the home is

worth.

Should your heirs want to keep the property, they can refinance it into their own names for no more than 95% of the appraised value, or at just the amount to repay the reverse mortgage, if that is lower. Should they want to sell the property, they will keep the proceeds above the amount of the reverse mortgage balance.

Only one home owner must be at least 62, and there are protections for the younger “non-borrowing” spouse. Now is the time to look into this option while interest rates are low. The line of credit that you establish will grow at about 5% a year providing a financial “safety net,” if needed. This is a good reason to get started sooner rather than later.

Speak to your local Reverse Mortgage Specialist to get information specific to your situation.

❖ *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.*

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*Reverse Mortgage Specialist*

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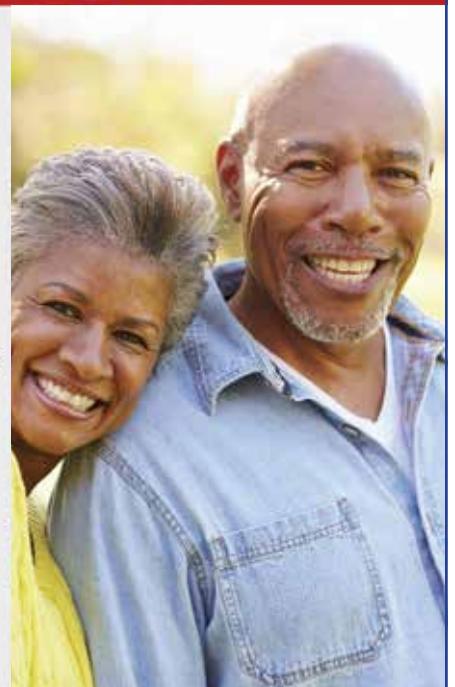
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## Audio Information Network

### Computer Vision Syndrome

Many of us spend time using computers, tablets, e-readers and smartphones. Prolonged viewing of these types of devices can cause eye irritation, dry eye, or blurred vision. These symptoms, as well as headaches and neck strain, are collectively referred to as Computer Vision Syndrome (CVS) or Digital Eye Strain. The Vision Council conducted a survey in 2015 that reported 65 percent of American adults experience digital eye strain. The extent that a person experiences CVS depends upon their visual abilities and time spent using a digital screen device.



**Kim Ann Wardlow**

Individuals with low vision may use tablets and other devices to read because they can enlarge the font size. Using a larger font will help to reduce eye strain. Reading on a digital screen is different from reading a printed page. The letters are not as sharply defined. The level of contrast and presence of glare

are also factors. Using audio for books and other publications reduces the amount of time looking at a digital screen.

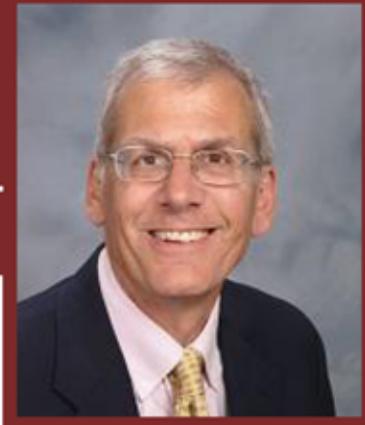
The American Optometric Association is working to educate people about how to avoid digital eye strain. Correct posture, the positioning of the display and location of lighting to prevent glare can help reduce strain on the eyes. People tend not to blink as frequently when focused on a screen. Blinking more often prevents dry eye. They recommend following the 20-20-20 rule, which is to take a 20-second break every 20 minutes to view something 20 feet away. You may find additional information on the American Optometric Association website, [www.aoa.org](http://www.aoa.org).

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

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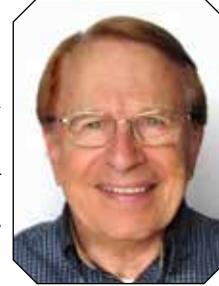
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## Technology is Hip!



### Flying Taxis in Dubai

Driverless taxis have been proposed in several countries including the U.S. by various vendors. Now a driverless air taxi service has been proposed in Dubai with service starting in July. Dubai's ruler announced last year that 25 percent of all journeys in the city would be conducted by driverless vehicles by 2030. Autonomous flying passenger drones will be carrying passengers this year according to the head of Dubai's roads & transportation agency. He recently announced the Chinese drone will be used as the self-flying taxi.



**Bob Larson**

The Chinese made taxi (pictured here) made waves at last year's Consumer Electronics Show in Las Vegas where it was first exhibited. Each quadcopter taxi allows

for a half-hour flight time with a distance of 30 miles. The autonomous craft can reach a top speed of 100 MPH and carry a passenger weight of 220 pounds.

After climbing into the drone's seat, the passenger selects a destination on the dashboard's touch screen, buckles up, and enjoys the scenic ride. Interestingly, the taxi's four propeller arms fold inwards so it can fit into a single car parking space.

Passengers will not even require a license to travel, since the drones will be 'auto-piloted' by a command center. Sounds terrifying? Not really because the vehicle has a 'fail safe' system that prompts it to land in the nearest place should anything malfunction. New innovations help our society advance with these latest technologies.

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

## Your Life Support Where Change Begins

What final result are you trying to achieve? In the mid-1950s, a flamboyant, but unknown, American pianist had dreams of performing in the Hollywood Bowl. He gathered some money, rented the Hollywood Bowl on an off



**Steve Goodier**

night, showed up wearing a tuxedo and played a full concert on a grand piano to absolutely no audience at all. (I understand he even placed a beautiful vase of long stemmed roses on the piano for the performance.)

Except that the hall was empty, he lived his dream. Then he kept that dream alive until, four years later to the very night, Liberace performed at the Hollywood Bowl before a capacity, standing-room-only crowd.

Several years prior, it was Harry Emerson Fosdick who voiced a new thought about self-transfor-

mation. He said, "Hold a picture of yourself long and steadily enough in your mind's eye and you will be drawn toward it. Picture yourself vividly as defeated and that alone will make victory impossible. Picture yourself vividly as winning and that alone will contribute immeasurably to success. Great living starts with a picture, held in your imagination of what you would like to do or be."

Liberace held a picture in his mind of himself performing before a sellout crowd at Hollywood Bowl. He made that picture more vivid by playing a full concert on stage. And that mental image, combined with hard work, skill and his trademark showmanship, contributed immensely to his eventual success.

Whether you want to simply change a habit, change an attitude or change your life...can you "see" the person you want to be? Because that is where change begins.

❖ *Steve Goodier, <http://www.life-supportsystem.com>*

# Mainz: Germany's Wine Capital on the Rhine

Known as the largest wine growing district in Germany, the city of Mainz was founded in 13 B.C. as a Roman outpost. It was ruled by the archbishops throughout the Middle Ages up until the French Revolution. Today, its location in the richly fertile area known as the Rheinhessen makes it one of the best places to visit for the quality wines and regional cuisine. But there's more to this medieval town than just food and drink, including important historical landmarks, beautiful half-timbered houses, and its own brand of charm.



Mainz is the capital of Rhineland-Palatinate, one of 16 states in the Federal Republic of Germany. Its unique location in Rheinhessen, also known as the Land of the Thousand Hills, makes it ideally suited for growing wines. There are, in fact, about 3,500 wine growers in this region producing some of Germany's best white varieties such as Dornfelder, Reisling, and Silvaner as well as Pinot Blanc and Pinot Grigio.

While eating and drinking can certainly occupy your time here, you will want to explore the city's other treasures. This includes restored half-timbered houses in

Kirschgarten Square, shopping in the many boutiques and small shops along the various streets, and visiting the area's many cultural attractions. One of the most popular is the Church of St. Stephan's with its magnificent windows constructed by Marc Chagall.

Mainz is only a 30 minute train ride from Frankfurt and well

worth the time to include on any visit to Germany. With top quality culinary offerings and rich historical gems that rival any in Europe, it is one city that, like a fine wine, needs time to be fully appreciated.

❖ *Ron Stern, Travel Photojournalist, visit [www.globalgumshoe.com](http://www.globalgumshoe.com) for more about Ron. Resources: Historic Highlights of Germany*



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To learn about ways to prevent colon cancer, visit [cancer.org/fightcoloncancer](http://cancer.org/fightcoloncancer) or call 1-800-227-2345.

## Still Truckin'

### Dominique - the writer

When my granddaughter asked if I would baby sit from 10 to 2 last week I happily accepted.

True it turned out to be more like 9 to 5 but Mama was here working for a few hours before she left. Still, it was the most time I spent on my own with my four year old great grand daughter. And, I enjoyed finding out just how bright, creative and fun she is. She is very self-directed and having brought a sack full of toys she was in charge.

I did like building houses, hospitals, and zoos with Dominique and the 'big girl Lego'... for a while. I am sure she is going to become an

award winning architect. When she produced her "Brain Quest Workbook" I quickly realized that she was far advanced for its tasks.

So, finally I took charge and introduced creative writing projects that I do in my writing workshop with poet Jack Collom. I explained how we would write poems together - alternating the lines. As we recited I wrote down all that we created.

We then graduated to doing stories - Dominique's stories - all on her own. I served as the recorder.

The results were amazing.

You really must try this with your little ones. You get to know them in whole new ways - their original thoughts, interests and their fears.

I certainly did and am anxious for our next writing time together.

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



**Sandy Hale**

## Now Hear This!

### Hearing Loss Increases Risk for Falls

Falls can be devastating for older adults. It is well recognized that following factors all contribute to the risk of falling: visual problems, dementia/ cognitive impairment, balance or mobility issues and multiple medications. However, untreated hearing loss also impacts the fall risk for all adults, even in ages younger than 65.

Facts About Falls from the CDC:

- About 1/3 of older adults (65 and older) fall each year but fewer than half tell their primary care physician
- Falls can lead to moderate to severe injuries including hip fractures, traumatic brain injury, loss of independence, fear of falling
- One fall doubles the chance of falling again
- Fall injuries for the US cost \$31 billion annually

Hearing Loss Facts:

- 14% of people ages 20-69 are di-

agnosed with hearing loss

- Age is the main predictor of hearing loss in adults
- 24% of 65-74 year olds and 50% of those over 75 are diagnosed with disabling hearing loss

A number of studies provide evidence for the connection between aging, hearing loss and increased risk of falls. Hearing impairment is associated with:

- Reduced mobility/activity levels and fear of falling
- Slow gait speed
- Higher fall rates and injuries, due to impaired ambulation

A fall with or without resulting injuries can reduce confidence and increase fear of falling again. Out of fear, patients may restrict their physical activities, which can lead to decrease in muscle strength and balance, actually increasing their chance of falling again. Researchers agree on the need for more studies to determine whether auditory and vestibular rehabilitation can modify the risk for falling. In the meantime, collaboration between health care providers and hearing specialists remains critically important for supporting patients' physical, social and auditory needs.

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

Longmont Hearing & Tinnitus Center was given an A+ by the Better Business Bureau and has awarded our office their "BBB Gold Star" for service for the past 3 years.

❖ *Dr. D'Anne Rudden is a Doctor of Audiology who is board certified by the American Board of Audiology. She was the first audiologist in Longmont who attained this certification. Dr. Rudden has been in practice for over 20 years and travels nationally as a featured speaker and expert in Audiology.*



**Dr. D'Anne Rudden**

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# Eklund Opera Brings 'The Magic Flute' To Macky

Boulder's Eklund Opera season continues this spring with Mozart's "The Magic Flute," one of the most beloved and widely performed operas in the world. The family-friendly hit comes to Macky Auditorium with an all-student cast March 17-19.

Since its 1791 premiere, Mozart's timeless tale has inspired children and adults alike all across the globe. Like a fantasy adventure film come to life, "The Magic Flute" blends together whimsical humor and irresistible melodies to tell the gripping story of a prince who must outwit an evil queen to be united with his true love.

Music Director Nicholas Carthy is quick to point out that, like many kids' movies, this opera isn't just intended for kids.

"That's the great thing about

children's tales, isn't it?" he says. "They have one meaning for children and another for adults. The Grimm Fairy Tales are a great example."

Audiences of any age will recognize the stratospherically high Queen of the Night aria, an impressive exercise in vocal acrobatics. They might also have heard the playful duet between the clumsy birdwatcher Papageno and his fated match, Papagena. But despite its few famous passages, Carthy says choosing a best-loved aria from "The Magic Flute" would be unfair to the rest of the opera. Like Tchaikovsky's "Nutcracker" ballet, it's a nonstop hit parade of catchy classical melodies.

Hiding beneath the plot we all know so well are odd but clever references the discerning viewer

might spot with careful observation. Throughout "The Magic Flute," Mozart makes countless allusions to ancient Egyptian gods and to the Masonic order, which played an important role in the composer's life. The Freemasons' Enlightenment-era ideals of equality and rationalism appealed to him, and he fiercely defended their right to assemble even as the organization faced scrutiny from the Roman Catholic Church.

The opera is so rich with detail, so filled with life, that it's hard to absorb in just one viewing—much like a painting by van Eyck or Vermeer. But whether you're a first-timer or you've seen "The Magic Flute" countless times, you're guaranteed to enjoy the performance.

"It's a very human opera, and it speaks to the power of love and the

power of duty," Carthy says, "and that's what makes it an enduring classic for people of all ages."

Showtimes:

Fri., March 17, 7:30 p.m.

Sat., March 18, 7:30 p.m.

Sun., March 19, 2 p.m.

All performances take place in Macky Auditorium.

Tickets for "The Magic Flute" start at \$20 with student, senior and youth discounts available. To purchase tickets, visit the CU Presents box office in person (972 Broadway), call 303-492-8008 during business hours, or visit us online. Note: All online and phone orders are subject to a service fee. For press tickets, interviews or more information, contact Jill Kimball at [jill.kimball@colorado.edu](mailto:jill.kimball@colorado.edu).

## Family Memories & Family Trees

### The Social Security Death Index

If you are trying to find information about an American who passed away (or might have passed away) after 1935, try the United States Social Security Death Index.



**Ted Bainbridge**

Go to <https://familysearch.org/search/collection/1202535>. Type first and last names in the boxes provided and click the Search button. A hit list appears, showing strong matches first and less likely matches below. Click a name on the hit list. The publicly available information about that person ap-

pears; including name, date and place of birth, date and place of death, and age at death. You can copy or print that information by clicking the appropriate box above the data display. Do either or both of the following to modify a request and search again.

1. If you are sure the person's name will be spelled in the SSDI exactly as you type it, check the tiny box at the right of the first name, the one at the right of the last name, or both as appropriate.

2. If the name you want is common you might get a very large hit list. Click Birth or Death below the name you typed. Type a place, early year, and/or late year according to what you know about the person. If you want, you can click both Birth and Death and treat

both similarly.

If you use the Birth or Death option consider the following.

1. Choose an early year that is early enough to include the person for sure. But don't use a year that is absurdly early, because that might create a hit list that is too long to read.

2. Choose a late year that is late enough for sure, but not so late that you get an enormous hit list.

3. If you type a place, use only a state at first. This makes your hit list shorter but doesn't eliminate a person because the SSDI data doesn't match the county or town/city you remember. If the state hit list is too big, try specifying a county within that state, but if the resulting hit list doesn't include the person you want, then use the state

again and be patient about reading the long hit list.

When you read the data related to place of death, keep this in mind: That is the last place the Social Security Administration sent a benefits check; it is the place of death only if the person died very near home.

❖ *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).*

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# National Craft Month

Did you know that crafting can reduce stress, build self-esteem and increase physical dexterity? In fact, recent studies from NYU and Harvard have shown that activities ranging from scrapbooking to knitting can actually improve concentration, while enhancing health and mental wellness.

Since March is National Craft Month, there is no better time to try a new craft or hobby. Throughout the month, (store name) will explore the many different benefits of crafting by hosting numerous demonstrations, displays and exciting opportunities that highlight the many ways you, friends and family can spend time creating items that provide both joy and fulfillment.

“There is nothing more satisfying than creating something on your own. The activity is not only engaging, it’s fulfilling on so many different levels. Plus, there are so many ways to approach crafting. There is literally something for everyone.”

Learn first-hand about the pleasure of crafting that can:

- **Bring Families Together:** Spend quality family time on a vast number of enjoyable activities that can save money, while producing hand-

made gifts, jewelry and home decorative items.

- **Relax and De-Stress:** Pick a craft to sharpen your senses and focus your attention.

- **Create Lasting Memories:** Create a special moment for a loved one, while highlighting achievements or performances in a scrapbook or display.

- **Make Family Connections:** Frame-it-yourself photo montages can proudly display family trees and accomplishments for everyone to see. Tell a living story of your family history by...(Insert details on new products or services offered by your specific location.)

- **Salvage and Reuse old items:** Recycle and add beauty to any room by crafting discarded mirrors, windows or other household items into works of art.

- **Revive Clothing and Jewelry:** Create beaded fashion necklaces and bracelets that match favorite clothing or school colors.

- **Entertain Kids and Pets:** Develop matching outfits and accessories for kids and favorite pets. For instance, many fashion-conscious adults would love to match their beloved Chihuahua’s sweater with a revamped purse or tote bag.

## Thorne Nature Experience Hiring

Become a Summer camp instructor or support staff member in Boulder, Louisville, Longmont, or Littleton.

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We need your help getting youth outdoors and exploring the wild beauty of Colorado! Opportunities at Thorne:

- **History:** Thorne has been a Boulder non-profit since 1954 and our summer camp reaches over 2,800 children ages 3-15 each year!
- **Dates:** Our camps run from May 30, 2017 through August 11, 2017.
- **Locations:** Boulder, Louisville, Longmont, and Littleton.
- **Money & Perks:** Thorne offers

generous pay and benefits packages comparative to other environmental education non-profits. See specific job descriptions for information on compensation. Summer camp staff also receive pro deals and discounts with several Thorne partners including a local yoga studio and rock climbing gym.

- **Community:** As a summer camp staff member, you will become part of a team of nature-oriented professionals who receive support from our camp leaders, develop environmental education skills, and enjoy a community of peers who value a profound connection to nature in our lives.

For descriptions of all positions and to learn more about Thorne Nature Experience visit <http://www.thornenature.org/> Info: [Carrie@thornenature.org](mailto:Carrie@thornenature.org) with any questions.

**FYI**

**National Colorectal Cancer Awareness Month**  
 Prevent Cancer Foundation  
 1600 Duke Street, Alexandria, VA 22314  
 (800) 227-2732 • (703) 836-4412  
[pcf@preventcancer.org](mailto:pcf@preventcancer.org) • [www.preventcancer.org](http://www.preventcancer.org)

**National Kidney Month**  
 National Kidney Foundation  
 30 East 33rd St., New York, NY 10016  
 (800) 622-9010 • (855) 653-2273  
[nkfcare@kidney.org](mailto:nkfcare@kidney.org) • [www.kidney.org](http://www.kidney.org)

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### Volunteer

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

### BOOKS

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## Wellness Matters

March 2017  
303-441-3599  
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Wellness Programs are offered without charge to Boulder County residents 60 and over and their caregivers. Donations are encouraged and appreciated.

**Diabetes Prevention Program.** Have you been diagnosed with pre-diabetes? Get support to make healthy lifestyle changes with this year-long program. New class starting in April.

**A Matter of Balance.** Learn to manage the risk of falling, reduce fear and strengthen your body. Meet weekly for 2 hours for 8 weeks. Sessions include group discussions and gentle exercises.  
Thurs., Mar 23–May 11, 8:45–10:45 a.m. Lafayette S.C., 103 Iowa Ave.  
Tues., Apr 18–June 6, 1–3 p.m. Our Center, Longmont.

**Healthier Living.** (Stanford University's Chronic Disease Self-Management Program) Learn techniques to manage chronic conditions. Meet 2 1/2 hours weekly for 6 weeks.  
Wed, Apr 5–May 10, 5–7:30 p.m. R.M. Cancer Center, Boulder  
Healthier Living Diabetes: Weds, Apr 12–May 17, 1–3:30 p.m. Erie Rec. Center. 303-984-1845  
Chronic Pain Self-Management:  
Thurs., Apr 6 – May 11, 1–3:30 p.m. East Boulder S.C.

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

**Nutrition Education**  
March 20, 11– noon: Carb counting review, Lafayette S.C., 303-665-9052 register; 303-441-4995 information  
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**Josh Weller**

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ity, and survivors benefits. Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) and create your account today.

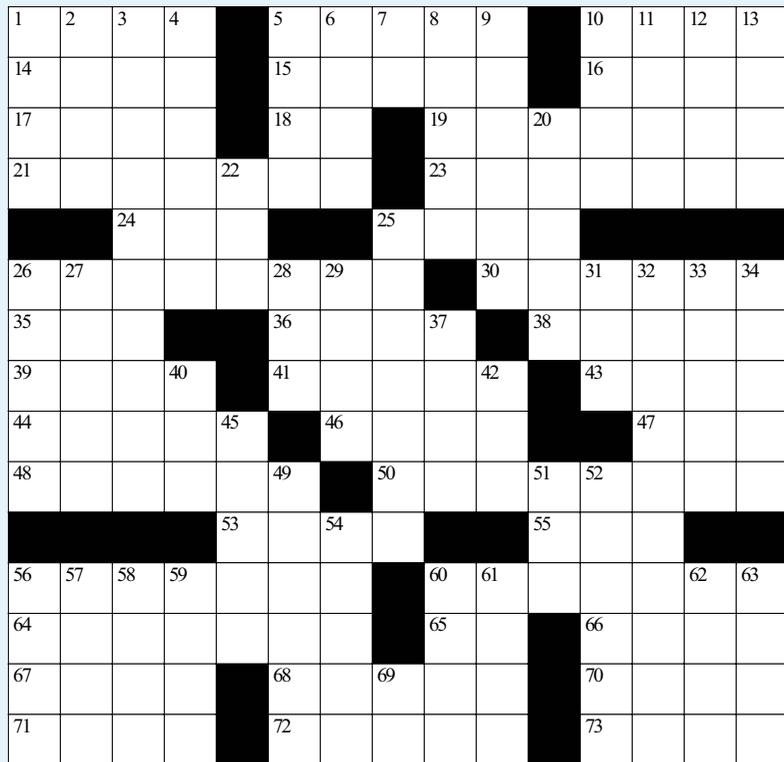
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Your personal my Social Security account continues to benefit you once you file for benefits and beyond. Use your account to check the status of your application and, once you are receiving benefits, use your account to manage them. For example, you can start or change your direct deposit, change your address and phone number, get proof of benefits, and much more—online and at your convenience. Learn about all the great advantages of having your own my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Social Security puts you in control. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) regularly to access the ever-evolving tools and information we provide.

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

# 50 Plus Marketplace News Crossword Puzzle

Boulder County • March 2017



- ACROSS**
- 1 To a smaller extent
  - 5 Once more
  - 10 Hew
  - 14 Sewing case
  - 15 Cabal
  - 16 River in central Switzerland
  - 17 Baths
  - 18 Part of the verb "to be"
  - 19 Greed
  - 21 Nuns
  - 23 Open-minded
  - 24 Seed of a legume
  - 25 Stable attendant
  - 26 Rate too highly
  - 30 Young eagle
  - 35 Doctor
  - 36 Annoyed
  - 38 Money

- 39 Hip bones
- 41 Steeple
- 43 Adjoin
- 44 Paces
- 46 Earth
- 47 Lyric poem
- 48 Sampled
- 50 Liberate
- 53 Exclamations of surprise
- 55 From
- 56 Large island of Indonesia
- 60 Asphalt
- 64 Kitchen vessel
- 65 Prefix meaning without
- 66 Unit of distance
- 67 Matron
- 68 Hebrew school
- 70 Islamic call to prayer
- 71 Arab sailing vessel

- 72 Defiles
- 73 Hawaiian goose

- DOWN**
- 1 Permits
  - 2 Sewing case
  - 3 Subdivision of a species
  - 4 Female sibling
  - 5 Partly open
  - 6 Australian trees
  - 7 Prefix meaning without
  - 8 Republic in S Europe
  - 9 Beginner
  - 10 Concern
  - 11 Bristles
  - 12 Killer whale
  - 13 Rind
  - 20 At right angles to a ships length
  - 22 Organ of hearing
  - 25 Earnest
  - 26 Writer of lyric poetry
  - 27 River in W Africa
  - 28 Donkey
  - 29 Outstanding
  - 31 Tibetan gazelle
  - 32 To perform a lobotomy on
  - 33 Evade
  - 34 Potato
  - 37 Ireland
  - 40 Disposed
  - 42 Mischievous person
  - 45 Chairs
  - 49 Which King of the Medes employed Daniel as his chief president
  - 51 Newton
  - 52 33rd president of the U.S
  - 54 Shout of exultation
  - 56 Floating vegetable matter
  - 57 State in the W United States
  - 58 Memorandum
  - 59 Once more
  - 60 False god
  - 61 Taverns
  - 62 Dash
  - 63 Hawaiian goose
  - 69 The ratio between circumference and diameter

Answers page 8

## HEALTH TIP:

### Get Moving Toward a Healthier You

*Here's what you can do*

A healthier you could be within reach if you follow a few guidelines. The National Institute of Diabetes and Digestive and Kidney Diseases advises:

- Measure your waist. Men with a circumference of greater than 40 inches, or women greater than 35 inches, are at heightened risk of health problems such as diabetes or high blood pressure.
- Plan an exercise schedule that's tailored to your goals. As you begin meeting goals, increase your activity.
- Plan for the fitness challenges you are likely to face, and ways to overcome them.
- Make healthier food choices. Eat more fruit and vegetables, whole grains and lean proteins. Cut back on salt, sugar and solid fats.

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## Colorado Gerontological Society

### Homestead Exemption May Be Victim Of State Budget Cuts

More than 200,000 Colorado seniors who have lived in their own homes for ten years or more and who are over age 65 take advantage



**Eileen Doherty**

of the Senior Homestead Exemption. This voter approved referendum in 2000 gives seniors a 50% exemption on the first \$200,000 of residential property's market value.

In 2002, approximately 120,000 seniors took advantage of the Homestead Exemption at a cost of \$61.5 million to the state. In 2017, about 240,000 seniors are expected to take advantage of the program at a cost of \$144 million to the state. Over a fifteen-year period, the program is serving about 50% more people for a little more than twice the cost to the state in 2017.

While the program is available to all seniors in the State of Colorado, the majority of households that are claiming the Homestead Exemption are valued at less than \$200,000.

While a popular program with seniors, the program has been subject to more than 30 legislative measures to change it over the past fifteen years. The state legislature has the authority to change the amount of the exemption (i.e. reduce it from \$200,000 to \$100,000 or \$200,000 to zero).

The legislature did not fund the program in 2003, 2004, 2005, 2009, 2010, and 2011. The funding was reduced because of the economic downturn in the state. Thus when the economy rebound, the legislature was able to fund the program again.

Currently policy makers are looking at reducing the amount allowed on the exemption (such as reducing the exemption from \$200,000 to \$100,000 of value). Other policy makers are talking about defunding the program and using the monies for other state obligations such as education and roads. Other policy makers are talking about defunding the program permanently and expanding the Property Tax/Rent/Heat Rebate program.

While all of these discussions have merit, further discussion is needed to look at the long term impact of leaving many middle income homeowners who own their own homes and have limited monthly income. For seniors to lose their homes because of inability to pay taxes or to force them to pay taxes at the expense of food and medicine is a difficult dilemma.

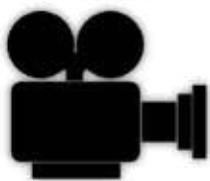
Seniors are subject to increased property taxes as the value of the home increases. Property taxes continue to increase annually as the value of property goes up in Colorado, especially in front range cities such as Metro Denver.

Seniors are encouraged to talk with legislators about the impact a change would have on their personal situation, as well as that of their neighbors if significant changes are made to the program.

For more information, call 303-333-3482. You can also send comments to [cogs@senioranswers.org](mailto:cogs@senioranswers.org) or CGS, 1330 Leyden St #148, Denver CO 80220.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society. Her expertise includes administration of nonprofit organizations, education on issues related to older adults, advocacy on senior issues, & clinical practice. [doeherty001@att.net](mailto:doeherty001@att.net).*

## 50 Plus Social Media Videos



Enjoy our informational weekly videos presented by our monthly columnists. See our March schedule below.

View our columnist's videos at [www.50plus.news](http://www.50plus.news) or [www.facebook.com/50plusnews](http://www.facebook.com/50plusnews).

- Mar 6: Carol Seest / Medicare Savings Program
- Mar 13: Jim Doyle / Is Reverse Mortgage Right For You?
- Mar 20: Carol Darrow / Begin at the Beginning
- Mar 27: Emily Cooper / Taking Care of Yourself

## Overexposure ■ from page 1

device by using the zoom feature to see small print and details, rather than bringing the device closer to your eyes.

- Adjust your device to fit your needs: The AOA recommends reducing the glare by adjusting device settings or using a glare filter to decrease the amount of blue light reflected from the screen.
- Schedule an appointment: Visit a doctor of optometry by visiting [AOA.org](http://AOA.org) to schedule an appointment for a comprehensive eye exam to detect and address vision problems.

“This year, we’re challenging you to prioritize not only your eye health, but your overall health and well-being, and limit your exposure to blue light, it’s as easy as looking away from your screen every 20 minutes and powering down an hour before bed.”

If you think you are experiencing any of the symptoms listed on the side due to prolonged exposure to blue light, schedule an appointment with your doctor. For additional information on eye health in the workplace, please visit [www.aoa.org](http://www.aoa.org).

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**Your Presence, Your Voice - YOUR DAY!**

**Senior Day at The Capitol 2017**



Hosted by

**CSSL SENIOR LOBBY**

with support from local organizations!

**When: Wednesday, March 15, 2017 – 9AM to 2PM**  
Continental Breakfast 8AM to 9AM served in The Capitol

**Morning Session:** The Colorado State Capitol (9AM to 11:30)  
North 2<sup>nd</sup> Floor Mezzanine and Old Supreme Court Chambers  
200 E Colfax Ave, Denver, CO 80203

**Lunch Session:** Scottish Rites Masonic Center (Noon to 2PM)  
1370 Grant Street (across the Street from The Capitol)

Why attend?

Meet your legislators, elected officials, Senior Day Sponsors, learn about programs and legislation affecting older adults.

Governor Hickenlooper is invited!

Visit our website to RSVP, purchase lunch and learn more about Colorado Senior Lobby.

There is limited seating in the Chambers and at the luncheon – RSVP Early!

Seating is first come, first served with the disabled and seniors given seating preference.

Questions? Call Colorado Senior Lobby at 303-832-4535  
[www.ColoradoSeniorLobby.org/senior-day-at-the-capitol/](http://www.ColoradoSeniorLobby.org/senior-day-at-the-capitol/)  
*This event will be streamed and we will have Colorado streaming sites. More details to come!*

senior\_day\_at\_capitol\_3-15-17.pdf