

## Roser Gift Renames Piano And Keyboard Department At CU Boulder

Thompson. Eklund. Ritter. For the CU Boulder College of Music community, these are household names and reflect the generosity of Boulder community members and CU Boulder alumni who have endowed programs at the college.

Now, you can add the name Roser to that list.

Becky Roser, a longtime College of Music supporter and former chair of the Music Advisory Board, recently created a \$2 million endowment, naming the keyboard area the Roser Piano and Keyboard Program.

It's a gift Roser says gets back to her roots.

"I've always loved piano," she said. "My mom and dad bought me a piano back in 1951. I played that piano from the time I was young, and then my daughter Nicole played it, too."

Roser, who now chairs the music+ campaign committee, wanted to help kick off the \$50 million fundraising campaign with a gift whose influence would be felt well beyond the College of Music's 2020 centennial.

"It makes me happy and it brings

me joy to be able to do this," she said. "An endowment goes on forever, and now more than ever, it's important to have done this."

The gift represents the latest in a series of shows of support from the Roser family to the CU Boulder campus. The Roser Visiting Artists Program brings artists, musicians, dancers and filmmakers to campus as guests. In 2009, the ATLAS Institute's home on campus was named the Roser ATLAS Center in honor of a gift by Becky and her late husband Jim Roser.

Professor of Piano David Korveaar said he and his colleagues are honored Roser chose to support their work.

"She's been such a friend of the college and the university," Korveaar said. "It's a wonderful feather in our cap. Having a named program gives us a nice status that translates outside the college. It's a testament to the quality of what we do."

"We are honored for keyboard to bear Becky's name," added Professor of Piano Andrew Cooperstock. "The piano is so important to her, and she has always been such a friend of the area. We are thrilled to have her emotional and financial support."

Among the ideas faculty have discussed for the funding are increased scholarship support for students, a summer piano festival and more guest artist residencies throughout the year.

Roser, who last year led a fundraising campaign to refinish the pianos in Grusin Music Hall and the Chamber Hall, says the gift will also resonate across the other departments in the college.

"The piano traverses all areas," Roser said. "It's pervasive in

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Becky Roser



## Caregiving Symposium Returns!

By Emily Cooper, Boulder County Area Agency on Aging

changed for the better for Mom and for me."

The annual Caregiving Symposium, sponsored by Boulder County Area Agency on Aging and TRU PACE, is Tuesday, May 16, 9:30 a.m. – 5 p.m., at the Plaza Convention Center, 1850 Industrial Circle, Longmont. Designed for the thousands of Boulder County residents who provide



care for older relatives, partners and friends, the Caregiving Symposium offers a convenient place to visit with a range of service providers, enhance caregiving skills, learn about eldercare issues, and share with fellow caregivers.

Now in its 12th year, the Caregiving Symposium has become a yearly highlight for family caregivers in Boulder County. One caregiver says of the event, "When my mom became more dependent and frail, [a Boulder County social worker] led me to the Caregiving Symposium, which had speakers as well as a trade show booths. My eyes were totally opened. I had no clue what all the acronyms in senior care meant. I didn't know the difference between assisted living and skilled nursing. I didn't know Medicaid covered home health care. I didn't even know home health care existed! That event was the best thing ever... Life has really

The Caregiving Symposium features a resource fair of 80 or more local service providers, a variety of educational hand-

outs, complimentary lunch (for pre-registered guests), and 15 one-hour workshops on key caregiving topics such as Alzheimer's/dementia care, financial and legal issues, caregiver self-care, hospice services, veterans' services, home modification, loss of intimacy, personal care tips, difficult family dynamics, and more.

General admission for the Caregiving Symposium is free, but registration by May 8 is required, at 303-441-1685 or [www.2017CaregivingSymposium.eventbrite.com](http://www.2017CaregivingSymposium.eventbrite.com) (see the full agenda there). Walk-in registration is permissible, but does not include lunch. Caregivers are welcome to attend all or part of the event. To help them attend, Boulder County Area Agency on Aging offers financial assistance for respite care (substitute elder care during the event); call 303-678-6284 to learn more.

For general information about the Caregiving Symposium, visit the registration website above or contact Emily Cooper, BCAA, at 303-678-6116 or [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).

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# Older Americans Month 2017: Age Out Loud

**Older Americans Month  
Healthy Vision Month  
Mental Health Month**

**Tuesday/2**

CU Symphony and Choirs wrap season with Mozart's Requiem at 7:30 p.m. in Macky Auditorium. The concert is free and open to the public.

**Thursday/4**

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/5**

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

**Saturday May 6**

Boulder Rotary Club's 'Giant Household And Yard Sale!' 1000's of items for your home and yard! Bring friends - there's something for everyone! 8 am-noon, at The Avalon Arapahoe Ave, near 63rd St.

**Monday/8**

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

**Wednesday/17**

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

**Wednesday, May 24**

Science of Hope: Progress toward a world without Alzheimer's Disease. 2-3:30 p.m. Broomfield Community Center, 280 Spader Way. Register: alz.org/co Info: 800-272-3900 or email hvolden@alz.org

**Every Tuesday**

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

**Every Friday**

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

Calendar sponsored by...

**Dignity Care  
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Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older



“Age Out Loud,” emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

OAM 2017 puts focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Visit the Official OAM Website: <https://oam.acl.gov/>. Contact your Area Agency on Aging: Visit <http://www.eldercare.gov/> or call 1-800-677-1116.

Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme,

## Your Life Support

### We Are Meant For The Skies

A chauffeur worked for a woman who liked to take her cat with her on errands.



**Steve Goodier**

During one trip, the uniformed driver dropped her at a shopping mall before refueling. The cat remained in the car, lounging on top of the

limousine's back seat.

The confused service station attendant stole several glances at the feline passenger relaxing in back. Finally, he asked: “Sir, is that cat someone important?”

I don't know about the cat, but I've wasted too many years not feeling especially important. Not that I am or ever have been any more important than anybody else. But my low self esteem as a child and

young adult always had me wishing I could measure up to others. I failed to see who I really was and struggled to become the person I felt I could be.

The following story reminds me how important a healthy self-image really is:

A man found an eagle's egg and put it in a nest of a barnyard hen. The eagle hatched with the brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he thrashed his wings and flew a few feet in the air.

Years passed and the eagle grew very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among powerful wind currents, with scarcely a beat of its strong, golden wings.

The old eagle looked up in awe. “Who's that?” he asked.

“That's the eagle, the king of the birds,” said his neighbor. “He belongs to the sky. We belong to the earth – we're chickens.”

So the eagle lived and died a chicken, for that is what he thought he was. (Author unknown)

You and I were meant for the skies – not the chicken coop. Who will believe in you if you don't believe in yourself?

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

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

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

### DEADLINE

## 10th of the Preceding Month

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

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## Viva! VIVA: Celebrating 15 Years of Ageless Entertainment

VIVA Theater/Society for Creative Aging celebrates 15 years of ageless entertainment with Viva! VIVA — a reprise of the best performances of VIVA Theater. Enjoy a selection of one-act plays, including “Seeing the Thing,” “The Unicorn in the Garden,” and “The Blooming of Ivy” plus highlights from the award-winning “Love, Loss and What I Wore.”

Also, join us for A Retrospective: a Conversation with the Society of Creative Aging, two post-performance events to be held after each Saturday matinee.

Performances: Fridays, May 12 & 19 at 7:00 p.m.; Saturdays, May



13 & 20 at 2:00 p.m., and Sunday, May 21 at 2:00 p.m.

The Dairy Arts Center, 2590 Walnut Street, Boulder. Tickets: \$15 seniors/students; \$18 general To purchase tickets: [https://tick-](https://tickets.thedairy.org/Online/15Years)

[ets.thedairy.org/Online/15Years](https://tickets.thedairy.org/Online/15Years) or 303-444-7328

For more information about VIVA Theater/Society for Creative aging: <http://www.s4creativeaging.org> or 303-443-3990.

## Reflections

### Sale, Sale – Garage, Yard, Lot

With our increasingly warm weather, spring cleaning urges take hold. Out with our stored treasures. Off to a garage sale they go whether for a community group or our own.



**Martha Coffin Evans**

Members of the Boulder Rotary Club have been donating items for several months in anticipation of their Saturday, May 6 sale. Rather than use a member’s garage, all items are on sale from 8-12 that morning in the parking lot at The Avalon (62nd and Arapahoe).

This club-wide garage sale certainly improves upon what we would experience individually. Before I moved home to Boulder, we held such a sale at our home

in Claremont, California. What an educational experience that became!

From the early swarming of buyers, to being completely overrun to the point our neighbor shut us down temporarily, we learned a great deal! We expected to have time to unpack boxes while shoppers were stopping by. Instead, these eager folks took over the unboxing, buying items intended for other family members and leaving the garage in shambles.

Months later, another neighbor stopped by our home asking if we’d held a garage sale there. She’d purchased a chest and found a piece of jewelry tucked in the back of one of the drawers. Wondering if it might have some sentimental value, she wanted to return it to us. The hidden item – a gifted ring – now belongs once again to a family member.

Parting with some items comes more easily than others, especially if they haven’t been used in a while. Even so, I struggled with parting with my father’s cast iron skillet for our Rotary garage sale. I remember my father saying every family needed one.

When my Rotarian friend John saw the skillet, he immediately said he wanted to buy it. I’m glad to know it will have a good home. It feels like it’s still in the family!

Seems to me there’s an old adage about finding a treasure in what someone else no longer needs. Perhaps garage, yard or lot sales provide an “opportunity” to find just that special item you really don’t need but...

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



**D'Anne Rudden, Au.D., CCC-A**  
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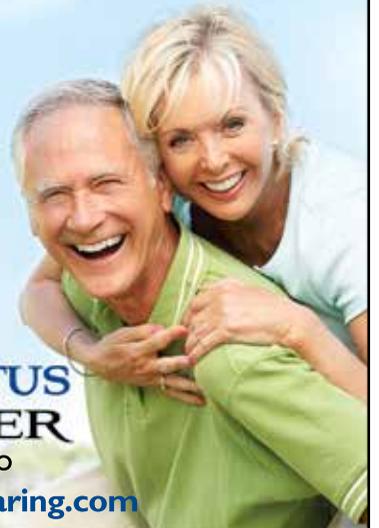
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## Elder Law Issues

### Powers of Attorney and Why You Need Them



**Rick Romeo**

For many people, the document that comes to mind when they think about their estate planning is a Last Will and Testament. While this is a very important piece of the overall plan, it is also critical to have documents in place to be used during your lifetime if you should become incapacitated. Two of those documents are Powers of Attorney.

A Power of Attorney is a legal document that authorizes someone, who is referred to as your agent, to act on your behalf. Generally speaking, there are two types of Powers of Attorney: a General (Financial) Power of Attorney and a Power of Attorney for Health Care.

A General Power of Attorney authorizes your agent to act on your behalf in financial matters. It is a very powerful document that essentially allows your agent to step into your shoes and have the legal authority to accomplish tasks such as accessing accounts, signing checks, filing taxes, etc. While giving another person this much power can be daunting, it is important that someone is able to handle your affairs if you become unable to do so. If you do not execute a General Power of Attorney and become incapacitated, then an interested person would need

to go through the court process of being appointed as your Conservator to handle such matters. This involves more time and money for your loved ones, and a Conservator is also required to file annual reports with the court.

A Power of Attorney for Health Care designates a person to make health care decisions on your behalf should you be unable to make such decisions. Your agent's responsibilities may range from deciding whether or not a medical procedure should be performed to arranging for your long-term care. Again, it is very important that someone has the legal authority to do these things if needed. If you become unable to make health care decisions on your own and do not have a valid Power of Attorney for Health Care, loved ones are often forced to petition the court to be appointed as your Guardian. This is a similar process to being appointed as Conservator but gives the Guardian authority to make medical decisions. It is much better to carefully consider who you would like to act as your agent and get the proper documentation in place ahead of time.

*♦ 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/).*

## Humor Me

I just discovered my age group!  
I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 50-80 years later.

I don't have to go to school or work  
I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and a car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It is NOT a memory problem, it is nature's way of making older people do more exercise.

So There!

I have more friends I should show this to, but right now I can't remember their names.

So, share this to your friends; they may be my friends, too.

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**Josh Weller**

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- You never received Social Security benefits, Supplemental Security Income (SSI) or Medicare; or
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your benefits stopped and how much you received that year.); or

- You applied for benefits but haven't received an answer yet.

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Visit my Social Security to see what other personalized features are available to you at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

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

## Reverse Mortgage

### \$3 Trillion Dollars Left Untouched

Recent figures show that upwards of \$3 trillion in equity that can help with retirement and funding longevity is left untouched by seniors 65



**Jim Doyle**

years and older. At the same time, many seniors are drawing social security benefits as soon as they can, instead of waiting a few years when benefits would be higher.

85% of the nations' seniors have no plan as to how to fund their retirement, yet folks are living longer. Being able to tap the equity stored in a home is a viable option for many seniors, and one that can fund longevity, allow retirement accounts to grow, and postpone drawing social security until the benefit is at the optimum level.

A reverse mortgage is an option increasingly recognized by financial planners to help fund retirement. The line of credit option is one that provides a safety net of available cash when needed. No interest is paid on the line of cred-

it while it is untouched, and the available money grows at about 5% a year. This is a huge benefit when planning for the future and possible expenses going forward.

Many use the line of credit funds at the appropriate time to add such things as wheelchair ramps, bars in bathrooms and elsewhere, and to make the home safe for aging owners. The tax-free funds can be used for any purpose, and increasingly seniors are aging in place and getting help with yardwork, cleaning, shopping and home health care. Funds from a reverse mortgage not only pay off the current mortgage, if there is one, putting that payment back in the budget, but also can relieve the homeowner from other debt. Homeowners must continue to pay their property taxes and homeowner's insurance. Call your local Reverse Mortgage Specialist for more information on your options.

❖ *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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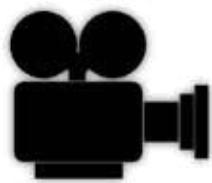
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### May Video Schedule

Enjoy our informational weekly videos presented by our monthly columnists.

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- May 7: Eileen Doherty / Using Your Home Equity
- May 14: Josh Weller / Don't Be Skeptical of Social Security
- May 21: Rick Romeo / Estate Planning
- May 28: Lynette McGowan / Looking After Caregivers



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## Still Truckin'

### Viva VIVA

Don't miss Viva VIVA - the upcoming production of the Society for Creative Aging—VIVA theater.



**Sandy Hale**

In celebration of 15 years of ageless entertainment, VIVA presents a reprise of the Best of VIVA.

See three short plays—"The Blooming of Ivy", "The Unicorn in the Garden", "Seeing the Thing" and highlights from the award-winning "Love, Loss and What I

Wore". See them for the first time or enjoy them all over again.

VIVA performs in the new Grace Gamm Theater at the Dairy Arts Center, 2590 Walnut Street, Boulder. Performance dates: Friday, May 12, 7:00 p.m.; Saturday, May 13, 2:00 p.m.; Friday, May 19, 7:00 p.m.; Saturday May 20, 2:00 p.m.; Sunday, May 21, 2:00 p.m.

Tickets are \$15 for seniors/students, \$18 general admission. [www.thedairy.org](http://www.thedairy.org) for ticket information 303-444-7328. Note: there is \$2 discount for groups of 10 or more.

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

## Now Hear This!

### Too Loud! For Too Long! Loud Noises Damage Hearing

Hearing loss is the third most common chronic physical condition in the United States. About twice as many people report hearing loss as diabetes or cancer. Exposure to too much loud noise at work or with recreational activities can cause permanent hearing loss or other hearing problems like tinnitus.



**Dr. D'Anne Rudden**

Repeated exposure to loud sounds over time can cause more damage. Continual exposure to noise can also lead to stress, anxiety, high blood pressure, heart disease and other health problems. Hearing loss often worsens over many years before anyone notices or diagnoses it. Some people delay reporting hearing loss because they do not recognize it or will not admit they struggle with hearing. Although the percentage of adults with hearing loss is growing, less than half are seeking help in a timely manner. Healthcare providers play a critical role in supporting patients not only in preventing hearing loss but also in addressing their hearing needs more effectively during routine exams:

- Healthcare Providers can:
- Ask patients about their hearing and their exposure to loud noises at work or at home
  - Screen those at risk by examining their hearing
  - Educate patients on how noise exposure can permanently damage

hearing

• Counsel patients on how to protect hearing; noise induced hearing loss is preventable

Ask yourself these important questions:

- Do you find it difficult to follow a conversation if there is background noise?
- Do you feel frustrated with your hearing when talking to family or friends?
- Can you usually hear and understand what someone says in a normal tone of voice when you can't see that person's face?

Persons who fit the higher risk profile should make an appointment with an audiologist for further evaluation. Primary Care Providers are often the first healthcare professionals patients reach out to for help addressing hearing loss and can motivate them to treat hearing loss to support better overall health.

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.*

# Affordable Adventures: Explore Colorado on a Shoestring Budget

The thought of a vacation can be daunting to those not wanting to spend a lot of money, but Colorado is home to many amazing adventures at a reasonable price, making a Rocky Mountain vacation accessible for everyone. For more information, visit [www.colorado.com/articles/12-free-things-do-colorado](http://www.colorado.com/articles/12-free-things-do-colorado).

**A Beach Vacation at Great Sand Dunes National Park.** From late-May to early-August, Great Sand Dunes National Park, home to the tallest sand dunes in North America, offers a beach vacation unlike any other. When the snow melts every spring, the gentle Medano Creek emerges from the Sangre de Cristo Mountains that tower behind the sand dunes to create a true beach oasis. For \$15 per car, visitors can spend the day lying at 'the beach,' sledding down the dunes or exploring the park's numerous hiking and horseback riding trails.

**Affordable Mountain Bliss in Breckenridge.** This iconic mountain town has great skiing in the winter, and several wallet-friendly options for a summer vacation. Breckenridge offers over 50 miles of trails and more than 120 trail

access points for unbeatable hiking and biking. Breckenridge Creative Arts offers classes including drawing, dance and hands-on crafts at little to no cost. For lodging, Breckenridge Ski Resort's summer lodging deal starts at just \$119 per night for stays from June 9 through September 10. This summer, visitors should check out the new Epic Discovery featuring zip lines, alpine challenge courses and more.

**Camping Colorado.** There is no better way to experience an affordable Colorado vacation or the great outdoors than camping. The state has upwards of 300 campgrounds offering a variety of surroundings and activities.

**Denver on a Dime.** Visitors do not need to break the bank to explore Colorado's Mile High City. Through the Scientific & Cultural Facilities District (SCFD) free days, guests can see many of Denver's top attractions such as the Denver Art Museum, Denver Botanic Gardens, Denver Zoo and many more at no cost on select days of the year. This year, RiNo (River North) Art District and the new Drink RiNo group sponsor a free bus every First Friday that has multiple stops at galleries, studios,

breweries and eateries throughout RiNo. For frugal foodies can try a new chef-driven concept like Avanti F&B – 7 different affordable restaurants in one modern food hall, from Japanese to pizza; or Honor Society Handcrafted Eatery – where visitors can get high-quality, healthy, yet craveable dishes at an affordable price.

**Discover the Outdoors in Montrose.** This historic Colorado town on the Western Slope serves as the perfect basecamp to those seeking outdoor adventure. Montrose is home to the stunning Black Canyon of the Gunnison National Park (\$15 per vehicle), offering amazing views of steep cliffs and spires, hiking, camping and more. The park was also designated as an International Dark Sky Park in 2015 because of its exceptional skies, astronomy education programs, and responsible lighting for supreme stargazing. Montrose offers a variety of trails, Gold Medal fishing opportunities and is located at the center of some of Colorado's most beautiful scenic drives and byways including the San Juan Skyway, Alpine Loop Back Country Byway and more.

**Exploring Snowmass with the**

**Mass Pass.** For visitors looking to get the most bang for their buck, Snowmass offers the Mass Pass, a three or five day activity pass which includes activities such as rafting, horseback riding, bike trips, sunset dinners and more. The pass allows guests to choose three days of activities for \$350/guest or five days of activities for \$550/guest. The Mass Pass offers over \$250 in savings from booking activities à la carte, ideal for guests looking to get more than one great adventure out of their vacation.

**Visit a Colorado State Park.** A great way to save money, while having an abundance of activities to choose from is to visit one of Colorado's 41 state parks. The parks vary in surroundings from mountains to rivers to prairies and water. Visit John Martin Reservoir in Hasty, Colorado to experience a mecca for bird watching with over 400 species to see. Visitors can spend their vacation boating, swimming, water skiing and more, while enjoying the evening at one of the park's campsites (campsite fees start at just \$10 per night) sitting around the fire pit, cooking s'mores and telling ghost stories with family and friends.



## 2017 Caregiving Symposium

An educational event for families and friends of older adults

Tuesday, May 16

9:30 a.m. – 5 p.m. (come for all or part)

Plaza Convention Center, 1850 Industrial Circle, Longmont

Resource Fair | Workshops on Caregiving Topics  
Handouts | Lunch | And More!

General Registration is FREE. Pre-registration is required by May 8 at:

[www.2017CaregivingSymposium.eventbrite.com](http://www.2017CaregivingSymposium.eventbrite.com) or 303-441-1685.

Respite care assistance may be available; call 303-678-6284.

For general info, call 303-678-6116. See the full agenda on the website above.

Reasonable accommodations will be provided upon request for persons with disabilities. Please contact Julia Yager, ADA Coordinator, or the Human Resources Division, at 303-441-3525 at least 48 hours prior to the event.

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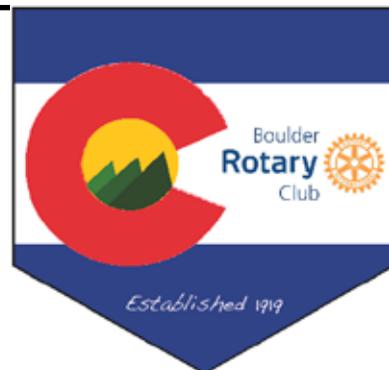


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All Valley Home Care / Always Best Care Senior Services / Audio Information Network of Colorado / Boulder County CareConnect / Brightstar Care / FirstLight Home Care / Hearing Rehab Center / Home Instead / Homewatch CareGivers / Karen Nevins PT, LLC, Compression Garment Fitter / Landmark Memory Care / Longmont Meals on Wheels / Longmont Senior Services / Major Medical Supply / MorningStar of Boulder / My Compassionate Care / Orion Mortgage, Inc. / Powerback Rehab and Genesis Senior Living / Professional Case Management / Right at Home / Shield HealthCare / The Conversation Project in Boulder / Windhorse Family and ElderCare



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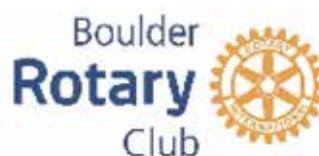
# GIANT Household & Yard SALE

Saturday May 6  
8 a.m.-noon  
At The Avalon

Arapahoe Ave, near 63rd St.

Find treasures great and small at the Boulder Rotary Club's 'Giant Household And Yard Sale!' Rotarians have donated 1000's of items for your home and yard! Bring kids, friends and neighbors – there's something for everyone!

- Kitchen appliances, cookware
- Tableware: dishes, glassware, silver
- Books, CDs DVDs, books on tape (Lots!)
- Old school 'software': blankets, linens, rugs
- Childrens' toys, books, some clothing
- Wall art, mostly framed
- Decor accessories (lamps, table art)
- Luggage, bags
- Sports items
- Household Electronics
- Furniture
- Near Checkout: Jewelry, smart watches



Unite leaders. Exchange ideas. Take Action.

[www.BoulderRotary.org](http://www.BoulderRotary.org)

## Technology is Hip!

### Study Reveals Leaders of Automated Driving Vehicles

First, it was just a dream. Now self-driving cars are on the edge of transforming transportation where the winners will seize a worldwide market expected to reach \$77 billion by 2035.



**Bob Larson**



A recent Navigant Research study ranked the top 18 contenders in the autonomous vehicle industry, giving automaker Ford the lead, followed by GM and the Renault-Nissan Alliance.

Automated driving is expected to resolve major transportation problems caused by traffic congestion, injuries, and fatalities. The development of automated driving started in the 1950s, however

accelerated in the last decade with many technology advancements and further cost reductions.

Ford has an investment of \$1 billion in self-driving technologies including investments or acquisitions of other related technology companies. GM invested \$500 million in Lyft and also acquired

several self-driving technology companies.

Google, who has been testing self-driving cars since 2009, is ranked seventh. It is working with Fiat Chrysler to roll out a fleet of self-driving minivans. Although Google scored lower, it has the

lowest rate of disengagements or times when human drivers took control of the car due to mistakes or dangers of any company according to the report.

Tesla and Uber came in 12th and 16th. Tesla has a limited distribution network and a history of losing money the researchers wrote. Uber scored low, but has a history of bypassing regulations covering taxi services, which may cause them issues with federal and state regulators.

This is another great technology innovation to keep us safer and reduce the national injury and fatality rates.

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

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## Audio Information Network

### To Dilate or Not to Dilate for a Retinal Exam

It is standard practice for optometrists to ask if they may dilate your eyes for a retinal exam. Dilation allows the doctor to view blood vessels, arteries, veins, and nerves within the eye. The health of the vascular system in the eye reflects what is going on in other parts of the body. A doctor may find signs of diabetes, high blood pressure, or heart disease. Conditions such as glaucoma, macular degeneration, cancer, and retinal detachment are seen during an exam, even before there is any change in vision or other symptoms. Many of us dread having our eyes dilated because it can be uncomfortable and affect our vision for a length of time.



**Kim Ann Wardlow**

The popularity of digital imaging of the retina without dilation is increasing. Douglas Anderson, an engineer, began to develop the technology twenty years ago when his five-year-old son had permanent vision loss from an undetected retinal detachment. Optomap is a device that takes a laser scan of the eye and produces a printed image. The three most significant benefits are the convenience, wider field of view, and the ability to save the scan for comparison in future years. A person looks into the machine which uses a low-intensity laser to capture the image. The doctor may use the picture when discussing a diagnosis or treat-

ment.

Some caution that digital imaging should not be a substitute for a more traditional exam with dilation. The digital imaging does have limitations. Serious problems that can occur on the outside edges of the retina may not be detected. The scanned images are not as clear or detailed as digital photos. Digital imaging usually costs more than a traditional exam and may not be covered by insurance. Those who caution against sole dependence on digital imaging do recognize the benefit of having a record for comparison from year to year. They see the imaging as a complement to more traditional methods. Talk with your doctor to determine what will provide the best information about the health of your eyes.

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



## Family Memories & Family Trees

### Using Censuses to Discover Your Family's Past - Part 1

Would you like to find a list of all the people who lived in your grandmother's home when she was a child, and find the names of her parents? Wouldn't it be great to go back in time and find descriptions of several of your earlier ancestral households? If your ancestors lived in the United States, you probably can find those nuclear families in censuses.



**Ted Bainbridge**

A census is a list of people who lived in a particular place at some specified time. Beginning in 1850 and every ten years thereafter, the United States took a census that was supposed to list every resident of the nation (except slaves, who were only counted instead of being listed by name). The description of each household showed each person's name, age, birthplace, and other information. Censuses through 1940 have been released as public information, imaged digitally, indexed, and made searchable on the internet. You can access this information for free from your home computer; or in the Longmont library, the Boulder library, or the Longmont family history center.

1. To use "Family Search" from your home computer: Go to familysearch.org, sign in, select Search, then select Records. Type a first and last name in the boxes provided. In "Restrict Records by Type" select Census ... and Click Search.

*(If you are a first-time user, register; it's free.)*

2. To use "Heritage Quest" from your home computer (if you have a Longmont Library patron card): Go to the web page for Longmont Public Library and scroll down until you see the green Genealogy box. Click that box. Scroll down the next page until you see Heritage Quest and click that. Follow the screen prompts and respond to them properly.

3. To use "Heritage Quest" from your home computer (if you have a Boulder Library patron card): Go to the web page for Boulder Public Library, choose Research at the top of that page, then choose Genealogy/Local History. Choose Heritage Quest. Follow the screen prompts and respond to them properly.

4. To use "Ancestry" at the Family History Center: The Longmont FHC is at 1721 Red Cloud Road, open Tues 9-4 & 6-8, Thur 9-4 & 6-8, Sat 9-12. Any staff member can show you how to access "Ancestry" on their computers for free.

Next month I'll tell you how to use those databases and how to begin the quest backward in time to discover your earlier ancestors.

❖ *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.*



## What's New In Bicycles

*By Don Lewis, Small Planet E Bikes on Main St. and Retired from the US Navy Reserve.*

I was in Bike-n-Hike a few months ago where they had one of the BIG front wheel bikes. I have a hard time imagining how a person could have ridden them for very long. Now, one of the stalwarts in the bike business, Bike-N-Hike is out of business. It is too bad but it seems every business runs their end lap. Even went by Jack-in-the box today and it closed too.

But my story starts in 1975 when I was living in Arvada and working at Grandville Phillips on Arapahoe in Boulder. Most days I would use my old ElCamino but on occasion I would ride my bike to work. Those were the days when things slowed down and I could actually stop and smell the dandelions; do you do that too?

I was never a real bike fanatic, just an occasional rider. Well, now at 74 things have changed. Now equilibrium and strength suffers a little and getting that bike to start can be a chore. I help find solutions at Small Planet E Bikes. They only sell electrified bikes. Now, what a kick to twist the throttle a little and I am on my way. No more hesitating while I am trying to get that thing to GO. That is, when I am not driving my electric Chevy Volt.

## Find Einstein



Can you find the hidden image in this paper?

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Trumpet of Death: A Martha's Vineyard Mystery

*Cynthia Riggs*

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Ring of fire *Brad Taylor*

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# Book Shelf



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*Mark Ribowsky*

It happened in Colorado: remarkable events that shaped history

*James A. Crutchfield*

American amnesia: how the war on government led us to forget what made America prosper

*Jacob S. Hacker & Paul Pierson*

A consequential president: the legacy of Barack Obama *Michael D'Antonio*

**NEW IN LARGE PRINT**

Crash and burn *Fern Michaels*

The midnight bell *Jack Higgins*

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*Jenny Colgan*

The room with the second-best view

*Virginia Smith*

Gizelle's bucket list: my life with a very large dog

*Lauren Fern Watt*

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*and J.T. Ellison*

**NON-FICTION BESTSELLERS**

Big agenda: President Trump's plan to save America *David Horowitz*

Hillbilly elegy: a memoir of a family and culture in crisis *J.D. Vance*

Portraits of courage: a commander in chief's tribute to America's warriors

*George W. Bush*

The Benedict Option: A Strategy for Christians in a Post-Christian Nation

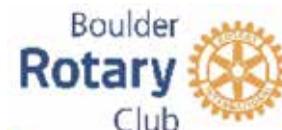
*Rod Dreher*

Writer, sailor, soldier, spy: Ernest Hemingway's secret adventures, 1935-1961

*Nicholas Reynolds*

## TRADING POST

**Yard Sale**



**GIANT YARD SALE**

Saturday May 6, 8 a.m.-noon At The Avalon, Arapahoe Ave, near 63rd St. Benefiting Boulder Rotary Club. 1000's of items for your home and yard! There's something for everyone! Bring friends!

**Volunteer**

**MEALS ON WHEELS**

urgently need volunteer delivery drivers for approximately 2 hours one day a week on weekdays to deliver noon meals to homebound clients in this area. Also needed are kitchen volunteers for one weekday morning of your choice to help package meals. To volunteer for a great organization, call 667-0311 for details.

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**BOOKS**

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

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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 the support you need to make healthy lifestyle changes with this year-long program. Call to find out if you qualify and for details on the next class.

**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. A Matter of Balance in Spanish: Thu, June 8 – July 20, 3–5 p.m. San Juan del Centro, 3100 34th St., Boulder.

**Healthier Living.** (Stanford University's Chronic Disease Self-Management Program). Learn techniques to help change your perspective and manage your chronic condition. 2 1/2 hours weekly for 6 weeks. Tue, June 6 – July 18, 9 – 11:30 a.m. OUR Center, 220 Collyer St., Longmont. Chronic Pain Self-Management: Call for upcoming classes.

**Medicare Basics Classes**

May 4, 2 – 4 p.m. East Boulder Senior Center, 303-441-1546  
May 15, 10 a.m. - noon Longmont Senior Center, 303-651-8411  
May 19, 1:30 – 3:30 p.m. Lafayette Senior Center, 303-665-9052

**Nutrition Education**

May 15, 11 – noon. Wheat and dairy; are they bad for my health? Lafayette Senior Center, 303-665-9052 to register; 303-441-4995 for information.

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

[www.bouldercountyhealthyaging.org](http://www.bouldercountyhealthyaging.org)

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# Tips to Boost Your Mental Health

- Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you accomplished each day.
- Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- Set up a getaway. The act of planning a vacation and having something to look forward to can boost overall happiness for up to 8 weeks!
- Work your strengths. Do something you're good at, then tackle a tougher task.
- Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° & 67° Fahrenheit.
- Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
- Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
- Show some love to someone in your life. Close, quality relationships are key for a happy life.
- Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavanoids, caffeine, and theobromine

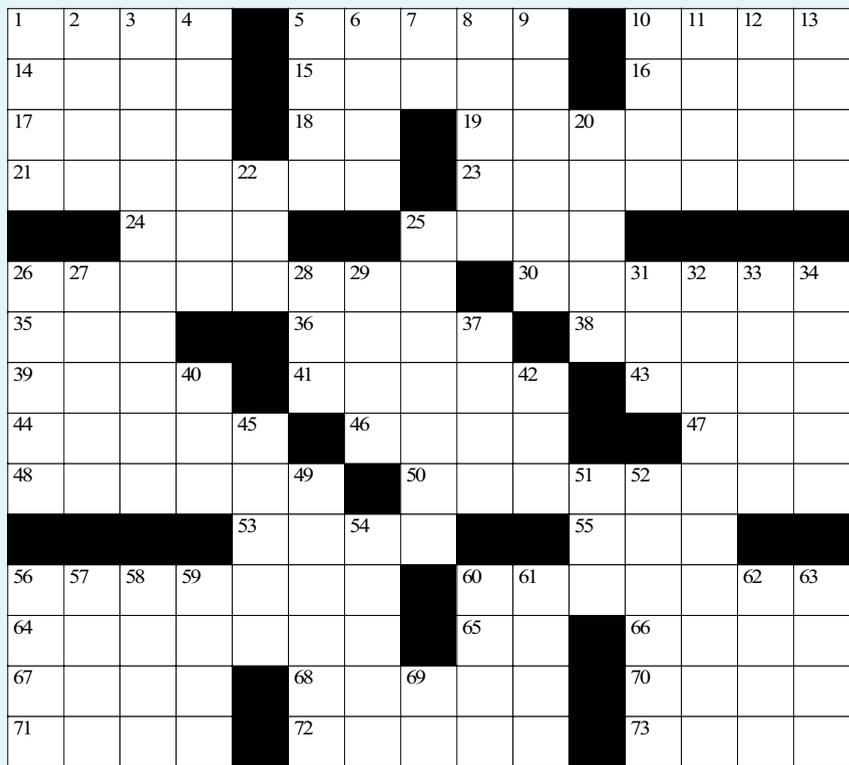
- in chocolate are thought to work together to improve alertness and mental skills.
- Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect. Check out hundreds of free printable coloring pages available at [www.just-color.net](http://www.just-color.net)
- Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
- Go off the grid. Leave your smart phone at home for a day and disconnect from interruptions. Spend time doing something fun with someone face-to-face.
- Dance around while you do housework. Not only do you get chores done, but dancing reduces levels of cortisol, and increases endorphins.
- Go ahead and yawn. Studies sug-

- gest that yawning helps cool the brain and improves alertness and mental efficiency.
- Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
- Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
- Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness.
- Practice mindfulness by staying 'in the present.'
- Be a tourist in your own town. Often people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.
- Prep lunches & pick out clothes for the week. You save time in the mornings and have a sense of control.
- Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among other benefits. Fish oil supplements work, but eating foods like wild salmon, flaxseeds or walnuts also helps build

- healthy gut bacteria.
- Practice forgiveness: even if it's just forgiving that person who cut you off during your commute.
- Try to find the silver lining in something kind of cruddy that happened recently.
- Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
- Send a thank you note to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
- Do something with friends and family. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.
- Take a 30 minute walk in nature - stroll through a park, or hike in the woods. Research shows that being in nature increases energy levels and reduces depression.
- Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which is a mood elevator.
- Try something outside of your comfort zone to make room for adventure and excitement in your life.

## 50 Plus Marketplace News Crossword Puzzle

Boulder County • May 2017  
Answers page 8



### ACROSS

- 1 Islamic chieftain
- 5 One of ten equal parts
- 10 Immense
- 14 Not bright
- 15 Worship
- 16 South American Indian
- 17 Small island
- 18 Objective case of I
- 19 Collection of weaponry
- 21 Sheer fabric of silk
- 23 Having a tail
- 24 Light meal
- 25 Assist
- 26 Infinite time
- 30 Stage plays
- 35 Beetle
- 36 Spawning area of salmon
- 38 Mature

### 39 Republic in SW Asia

- 41 Unit for measuring gold
- 43 Potpourri
- 44 Source of cocoa
- 46 Animistic god or spirit
- 47 Faucet
- 48 Pertaining to the thymus
- 50 Broadcast by television
- 53 Ornamental fabric
- 55 Edge
- 56 Offensive
- 60 Rootlike
- 64 Marshy
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Drug-yielding plant
- 67 On the top
- 68 A poplar

- 70 Charge per unit
- 71 Limbs
- 72 Well-known
- 73 Small drink of liquor

### DOWN

- 1 Heroic
- 2 Soft pulpy mass
- 3 State of being illiterate
- 4 Marijuana cigarette
- 5 Cap of Scottish origin
- 6 Paradise
- 7 Negative vote
- 8 Vestige
- 9 Messenger
- 10 Competed
- 11 Old Indian coin
- 12 Move off hastily
- 13 Story
- 20 Above
- 22 Devoted follower
- 25 Combine chemically with water
- 26 Decree
- 27 The Pentateuch
- 28 Annoy
- 29 Furniture wood
- 31 Fuss
- 32 Having many poles
- 33 Assumed name
- 34 Mine excavation
- 37 Matron
- 40 Vietnam
- 42 Sesame plant
- 45 Greased
- 49 The land of promise
- 51 Biblical high priest
- 52 Visor
- 54 Second largest violin
- 56 Gemstone
- 57 Restrain
- 58 Long, laborious work
- 59 Drinking vessels
- 60 Hoar
- 61 Covering for the head
- 62 Very small quantity
- 63 Hold as an opinion
- 69 Near to

## Roser ■ from page 1

the education of all our students, whether they're choral or instrumental or composition. So, in a way, this is helping everybody."

On the heels of the public announcement of the college's music+ campaign—which is already nearly halfway to its goal of \$50 million raised toward program enhancements—Assistant Dean for Advancement Lissy Garrison said Roser's gift is just one example of the supportive culture at the college.

"Music is like a family here," Garrison says. "The four named programs we have are really partnerships. These partners are willing to invest not only their resources but their time and their love and their name."

## Eyes ■ from page 12

in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

- Practice workplace eye safety. Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

## Colorado Gerontological Society

### Baby Boomers Pave the Way for Changing the 'Later Years'

Ever thought you might want to xeriscape your yard to reduce maintenance in your later years, save a few bucks on home repairs, or spend a summer being a camp host in a national park. These and many other opportunities are demonstrated at the upcoming Salute to Seniors in downtown Denver.



**Eileen Doherty**

Historically, the later years are a time for new experiences and "doing life different". Baby Boomers have since their birth changed the culture of the U.S. Their retirement years are no different. Baby Boomers are looking for unique ways to enjoy the world around them and become involved.

Many Baby Boomers have found themselves sandwiched between the needs of their children and their parents. In this time crunched society, learning new skills such as painting, pottery, or beading have not been a priority.

Work pressures have prevented many from being involved in civic engagement. For the first time in their career, many Baby Boomers find their later years a time to give back to their community.

One of the most significant world events for Baby Boomers was the Vietnam War. Baby Boomers were deeply involved in the war as veterans, protestors, mothers, fathers, family members, evacuees and refugees. Each Baby Boomer has a unique story to tell about the war. KUVO Jazz 89.3 wants to hear your story and capture your experience for a documentary to air later in 2017.

Colorado offers hundreds of opportunities for Baby Boomers. At the Creative Aging – Salute to Seniors, more than a dozen vendors offer opportunities for Older Adults to learn about expanding interests, civic engagement and taking action on those interests.

The Creative Aging – Salute to Seniors also offers the largest senior resource fair in the State. Featuring both a Wellness Fair sponsored by Optum and a Health Fair in collaboration with Channel9 Health Fair, the Salute offers Baby Boomers and seniors a chance to check on their health and collect information about health, long term care, housing, finance and more.

The day's line up of entertainment will feature The Nacho Men with a performance that combines live dance music, costume changes, choreography & humor. And coming to the stage is none other than the internationally esteemed Cleo Parker Robinson Dance Ensemble performing dynamic dances inspired by the African American experience that are rooted in ethnic and modern dance traditions worldwide. Kevin Fitzgerald, the board certified veterinarian who is best known through his visibility on the Annual Planet reality show Emergency Vets and, more recently, E-Vet Interns, will do stand-up comedy.

The Salute to Seniors is June 24, from 9 am to 3:30 pm at the Colorado Convention Center, Mile High Ball Room, Denver. Admission is free. Reservations are suggested at [www.senioranswers.org](http://www.senioranswers.org) or 1-866-294-2971. For more information, call 303-333-3482.

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

## Tips For Keeping Your Eyes Healthy

- Have a comprehensive dilated eye exam. A dilated eye exam is the only way to detect many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration in their early stages.
- Know your family's eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.
- Eat right to protect your sight. Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.
- Wear protective eyewear. Protec-

tive eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity.

- Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
- Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.
- Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.
- Clean your hands and your contact lenses—properly. To avoid the risk of infection, always wash your hands thoroughly before putting

Continued on page 11 ►

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