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June 2017 • Volume 23 • Issue 6

All photos supplied by CU Department of theatre and dance

CU Boulder Theatre & Dance 2017-18 Season

The University of Colorado's Department of Theatre & Dance promises yet another season of hit titles, and world premieres in its 2017-18 season.

Season ticket sales begin Monday, May 15 at 10 a.m., and single tickets are available beginning Monday, Aug. 14 at 10 a.m. Tickets are available at cupresents.org, over the phone at 303-492-8008 or in person at the CU Presents Box Office, at 972 Broadway in Boulder.

Among the highlights in the theatre season are "A Doll House" by Henrik Ibsen, the 19th-century play that was once banned for its controversial portrayal of a woman leaving her husband and kids; "The Adding Machine," a thought-provoking play about a man who discovers he's been replaced by a machine; and an intimate staging of the Shakespeare farce "The Comedy of Errors." The season closes on a high point with eight performances of everyone's favorite tribal love-rock musical, "Hair"—which opened on Broadway 50 years ago.

"This season, our audiences will experience a wide array of theatrical forms, including absurdism, expressionism, classic European realism, spiced-up Shakespearean comedy and a contemporary retelling of a 600-year-old morality play," says Director of Theatre and Associate Chair of Theatre & Dance Markas Henry. Plus, "exactly half of our plays are written or adapted by female playwrights, highlighting Theatre & Dance's commitment to diversity and inclusiveness."

To showcase the diversity of the dance world, CU's dance division will partner up with the Sans Souci Festival of Dance Cinema to open its season with a weekend showcase of dance in film, including live performances, film screenings and interactive panels. Sans Souci was founded in 2003 by CU faculty and alumni and prides itself in giving wider audiences access to international dance film they might not otherwise see.

"I think 'screendance' is a wonderful gateway drug to contemporary dance," says Theatre & Dance Chair Erika Randall. "Its two-dimensional form is easily transportable and can bring dance from far-flung places on the planet to audiences right here in Boulder. As a screendance creator myself, I am thrilled to bring this art into focus."

The rest of the season boasts new works examining modern womanhood, politics and what it's like to be a queer minority in the U.S. today.

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June is Men's Health Month

5 Tips For Celebrating Men's Health

By William Kormos, M.D., Harvard Men's Health Watch

The run-up to Father's Day should be about more than ties, golf balls, and deciding what to grill on Sunday. Health should be on the agenda.

Men's Health Week was created by the U.S. Congress in 1994 to boost awareness of men's health and ways to improve it. It's a good time for men to contemplate their vigor, fitness, and overall health—and do something about it.

It's never too late to improve your health, no matter how old you are or what your current health status is. Here are five things you can you do to improve your health.

Get moving. Can you walk at a brisk pace for 2 miles? If so, you have a level of fitness sufficient to lower your chances of having a heart attack or dying from heart disease. If not, you can get there by putting one foot in front of the other, and going a bit further each day. Every increase in endurance translates to better health, including decreased risk of diabetes and possible protection from certain cancers. Plus you will feel better.

Get checked for colorectal cancer. If you are age 50 or older and have not been screened for colorectal cancer, you should. Of the various cancer screenings available to men, this one is the best because it can prevent, not just diagnose, cancer. A colonoscopy or similar procedure can find and remove precancerous colon polyps. If you have a sibling or parent who had a polyp removed before age 60, or had colon cancer at any age, it's a good idea to start these checks sooner.

Know your blood pressure. Get it checked—and do whatever you have to do to keep it in a healthy range. High blood pressure, the proverbial 'silent killer,' stalks systems throughout the body. Damage occurs in the arteries, heart, kidneys, eyes, and brain. The ideal blood pressure is less than 120 over 80. Exercising more has immediate benefits, as does cutting back on alcohol if you have more than two drinks a day.

Cut back on sodium in your diet. The average American man can easily take in 6 grams of sodium a day. That's more than twice the recommended level. Most of this

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JUNE Calendar

Men's Health Month
National Safety Month
Lightning Safety Week 18 - 24

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

Friday/2
BC Aging Services Council, 9 am, 1st Fri. each month. Info & location: 303-441-3570.

Tuesday/6
Boulder Genealogical Society, 7:30pm. Carol Cooke Darrow, CG, presents 'Researching Land & Deed Book Records'. Frasier Meadows, 350 Ponca Pl. Free. Visitors welcome. Info: http://www.bouldergenealogy.org /. Free, 6:30-7:15, 'What's New in Genealogy Software' by Beth Benko.

The Basics: Memory Loss, Dementia, and Alzheimer's. Register: alz.org/co 10–11:30 am. Natural Grocers Lafayette, 100 W. South Boulder Rd. Info: 800-272-3900 or email hvolden@alz.org/.

Monday/12
Low Vision Support. 3-4pm, 2nd Mon monthly, Frasier Meadows 350 Ponca Pl. Boulder. CPWD-Beyond Vision Program. Info: 303-442-8662.

Wednesday/21
Interagency Network of Boulder, 3rd Wed. monthly Info: 303-441-4365 or www.boulderseniorservices.com

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…
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Social Security Today

Top Five New Blog Posts

Josh Weller

Social Security's blog is a go-to source for news and resources. That's why we named it Social Security Matters — it matters to everyone even if you don't think you directly benefit from Social Security benefits today.

The popularity of our blog has grown. We'd like to share some of our most popular posts with you so you can share what you've learned with your friends and loved ones. Here's our recent top five.

• Inspector General Warns Public about Phone Calls from OIG "Imposters" blog.socialsecurity.gov/general-warns-public-about-phone-calls-from-oig-imposters/

• When Is a Good Time to Start Receiving Social Security Benefits? blog.socialsecurity.gov/when-is-a-good-time-to-start-receiving-social-security-benefits/

• Women need to understand their Social Security benefit… but that's not all! blog.socialsecurity.gov/women-need-to-understand-their-social-security-benefitbut-thats-not-all/

• Knowing where you stand now with Social Security will pay off. blog.socialsecurity.gov/knowing-where-you-stand-now-with-social-security-will-pay-off/

• Meet the Acting Commissioner. blog.socialsecurity.gov/meet-our-new-acting-commissioner/

It's easy to share these links on social media — post them to your preferred site. Knowledge really is power. The more informed your community is, the stronger we all will be. This is how you can secure today and tomorrow with Social Security.

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

Reflections

Treasured advice

Martha Coffin Evans

Years ago as a baby teacher in Pomona, California with four classes of senior English (including one with the football team after lunch) and a student newspaper, I was ready to quit. Frustrated with the lack of interest on my students' part, I wrote home.

By early October that year, my father had written back. I treasured his advice years ago. I lamented that I'd lost that special letter with all the encouragement he could give his young daughter. To my great surprise, I found it recently along with other treasured items in my little wooden cedar chest like box.

As I read it today, I remember his sage advice of staying the course. He began his letter remembering his own father's birthday. "Sorry you never got to know him. He was 'sumpin'!" This educator, legislator grandfather passed away months before my birth.

"Sorry to hear your kids are not motivated, and that you have to buck their disinterest. Seems like other people might have had the same problem – but I'm afraid that there is no one easy answer." My father commented about the Denver Broncos' new coach who said of their 11 straight loses, "they've forgotten how to win."

Father continued, "I'm afraid that you may get used to your students' lack of motivation and eventually accept it. I think that is a big danger. Even if they go 'ugh' when you try something new, keep chugging and keep trying new things. Maybe there is only one way and that is up.

"I think a day never passes but what a sincere teacher questions whether or not he is a good teacher." With his encouragement of trying new things, "winning two or three minutes each class period," and by starting small, success eventually came.

As he said, "It takes the total product of a week, a month, a semester, a year." I had all that and more - an invitation to attend that same senior class's reunion this October in Pomona, California.

"Best wishes, my chickadee, Love, Daddy." How fortunate I am for that advice which could fit most any profession. It happened to fit mine.

❖ *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@50plusmarketplacenews.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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Your Life Support
Three Keys You Need

A funny story tells about three high school seniors who went to New York for their senior trip. When they arrived in the city, they went immediately to one of the finest hotels and registered for a room. They were assigned a room on the 30th floor.

Steve Goodier

After settling in, they decided to go see the sights. They toured Manhattan, the Empire State Building, Wall Street and the Statue of Liberty. They finally returned to their hotel utterly exhausted.

When they asked the desk clerk for the key to their room, he said, "I am sorry, the elevators are not running." He told them that they could either wait or use the stairway. The thought of a soft bed was irresistible, so they decided to climb the stairs – all thirty stories.

One of the boys had an idea. "On the way up, each of us will tell the funniest story we know for ten flights of stairs," he suggested. The other two agreed and started to climb. When they reached the tenth floor, they were still going strong. By the twentieth floor, their legs were rubber and they panted for breath. The steps grew harder to climb and the one whose turn it was to tell a funny story said, "I'm sorry, I'm just too tired to talk."

They trudged on in silence. When they reached the 29th floor, one of them began to laugh. He sat down on the steps and laughed hysterically. Finally, he said to his amazed companions, "I just thought of the funniest thing ever. And it happens to be true!"

"What is it?" they asked.

"We left the key in the lobby."

Many people feel as if they have lost the key to getting what they want in life – meaning, happiness, success, peace, security. They have been trudging and toiling at length but feel as if they are locked out of that place they really want to be. They think, "If only I had the key to a whole and happy life."

That amazing woman Eleanor Roosevelt gave three keys to meaning, happiness, success and peace.

She said to do whatever comes your way as well as you can. She knew that the key to satisfaction in life is to take pride in whatever you're given to do, regardless how grand or humble the undertaking.

Another key is to think as little as possible about yourself and as much as possible about other people, and also about things that are interesting. Eleanor Roosevelt knew that those who take a genuine interest in the concerns of others and in great ideas lose their desire to worry needlessly about themselves.

The third is that, since people receive more joy back when they give joy to others, you should put a good deal of thought into the happiness you are able to give. She was aware that the key to finding happiness is in giving happiness – wherever and whenever possible.

These are three keys that should neither be lost nor locked away in a safe place. Learn to use them – every day – and you'll open doors to those important and wonderful things that will make your life worth living.

❖ *Steve Goodier, http://www.lifesupportsystem.com*

June is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

National Safety Month supports community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

Prescription painkiller abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.

Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.

Slips, trips, and falls: One in 4 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

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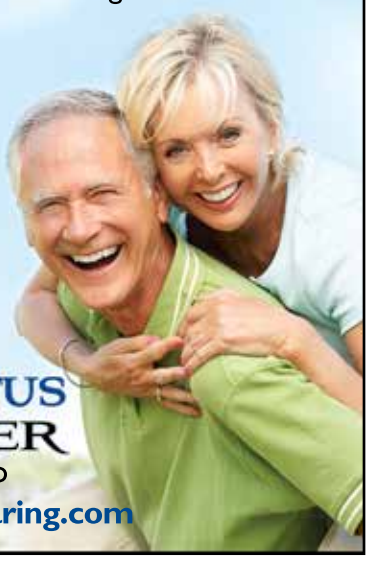

D'Anne Rudden, Au.D., CCC-A
Doctor of Audiology

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Parkinson Association of the Rockies participants "walk the walk that connects communities and enhances lives" through the 9 a.m June 4 Vitality Walk at Longmont's Sandstone Ranch and Denver's Wash Park.

CMF Young People's Concert Offers Music And Fun For The Grandkids

The Colorado Music Festival (CMF) Young People's Concerts introduce young children, ages 3 to 7, to the excitement of live classical music performance with programs that include costumed animals, narration and lively music.

This year's Young People's Concert is being performed on Saturday, July 8 from 10 a.m. to noon in Boulder's Chautauqua Auditorium, 900 Baseline Road, Boulder. The all-new, high-energy program "Music Takes Flight" showcases the CMF Orchestra as well as local youth performers. Your grandkids will "Fly" with the orchestra, during a program that includes "Flight to Neverland from Hook"; "Flight of the Bumble Bee"; "Chicken Reel"; "Flying Theme from ET"; "Witches Ride from Hansel and Gretel"; "Fawkes the Phoenix – from Harry Potter Chamber of Secrets"; "Blast Off!"; and more! The always popular Music Fair will follow the concert outside the auditorium.

After the concert, head to the lawn for the Music Fair, where kids can meet costumed characters, visit an instrument petting zoo, and enjoy face painting, balloon tying, and snacks. Bring your grandkids, enjoy the music, and fun!

Tickets for the Young People's Concert are $8 each, or $7 for groups of 10 or more. Call (303) 440-7666, visit http://coloradomusicfestival.org/concert/young-peoples-concert/ or purchase your tickets at the Chautauqua box office.

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Now Hear This!

Hearing is Key for Health

Dr. D'Anne Rudden

May was Better Hearing and Speech month and the theme was Communication: The Key to Connection.

A 2015 hearing industry survey showed that only 10.6% of consumers reported and difficulty hearing.

Surprisingly, a 2017 CDC survey revealed that 24% of patients ages 20-69 reporting excellent hearing actually had measureable hearing damage!

Addressing the gap between how you think you're hearing to actual hearing loss is a key element to effective communication between you and your healthcare provider.

Teens and young adults show higher rates of noise-induced hearing loss. However, most hearing loss is still age-related, especially over 60. A literature review published in the April Journal of the American Geriatric Society shows that hearing loss has not been studied as a factor that might influence communications between you and your healthcare provider. One author of the review, Dr. Blustein, posed the question— how we can attend to and improve hearing and understanding so patients get the best quality care possible? Several sources make recommendations for things to think about before speaking to your healthcare provider:

- Is it hard to follow a conversation if there is background noise?
- Can you usually hear and understand what someone says in a normal tone of voice, even when you can't see that person's face?
- Are you frustrated with your hearing when talking to family or friends?
- Are you exposed to loud sounds, either at work or away from work?

If you answered Yes to any of these questions, it's important to have a discussion with your healthcare provider.

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.*

Veteran's Writing Workshop

Veterans of all ages are welcome to attend a workshop series, "Taming Traumatic Memories," offered by the Naropa Community Counseling Center (NCC.)

Nan Phifer

The series is designed for both beginning and experienced writers. Participants gain new, more comfortable ways of looking back on events painful to remember. The workshops are structured to be supportive and understanding.

An experienced writing instructor, Nan Phifer leads the workshops. Nan travels nationwide for workshops and her book, Memoirs of the Soul: A Writing Guide, won two awards. To learn more about her see: www.memoirworkshops.com/. She is supported by NCC therapists.

Weekly sessions begin on June 6, Tuesday mornings from 9:30 – 11:30 a.m. through August 1, except July 4th. Located at Naropa University, 2130 Arapahoe Ave, Boulder, Thalacker Conference room, in Wulsin Building.

Tuition for an 8-session series is $80. Veterans are given preference. Civilians may leave name and phone number on our waiting list.

Veterans who need financial help may apply for scholarships. For more information and to enroll, call Naropa's Community Counseling Center at 303-546-3570.

Elder Law Issues

Medicaid Planning: How to pay for a Nursing Home Without Going Broke

Rick Romeo

With the monthly cost of care in a nursing home averaging $8,500 to $10,000 in the Denver and Boulder metropolitan area, one of the greatest challenges faced by elders and their families is how to pay for such care. For many, the Medicaid Program is there to help.

To qualify for Medicaid for long-term care, the Medicaid applicant: (1) must need a nursing home or assisted living level of care; (2) have gross monthly income of less than $8,730 (the income of the well spouse is not included in this calculation); and, (3) not have more than $2,000 in "countable assets." "Countable assets" do not include: a home, an automobile, pre-paid burial/funeral plans, small life insurance policies, medical equipment, and most personal property.

For married couples, there are some very important protections. First, the well spouse is entitled to keep $2,002 of the couples' income (increased to a maximum of $3,023 if the well spouse has certain additional qualified expenses). Then, in addition to the home, car, personal property and other exempt assets, the well spouse is also permitted to retain $120,900 in countable assets.

If a Medicaid applicant has countable assets in excess of the permissible amount ($2,000 if single; $120,900 if married), there are Medicaid planning strategies which can be used to protect your estate. One set of strategies involves converting excess countable assets into exempt assets. For instance, the well spouse might use some of the assets in excess of $120,900 to make improvements to the home, purchase a newer automobile, and prepay for burial/funeral plans for both spouses.

The other set of Medicaid planning strategies involves giving away assets. This only works if it's done just right. There are penalties for giving away assets to create Medicaid eligibility. If done properly, however, a significant portion of a person's assets can often be preserved.

Because Medicaid is a very complex and rapidly changing area of law, and this is only a brief summary, individuals considering Medicaid should seek the assistance of a knowledgeable Elder Law attorney prior to acting on any such information.

❖ *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/.*

Reverse Mortgage

Plan for Retirement

Jim Doyle

"My wife always wanted a new kitchen. A reverse mortgage allowed us to do it! I was able to complete the deck on the house, and not have to be so tight with our finances each month. Since my kids are all doing well and have their own homes, they encouraged us to get the reverse mortgage. It was one of the best things we ever did."

CM and JM, Englewood

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

• Receive a Lump Sum at Closing The proceeds of a reverse mortgage are tax-free income that may be used in any way you choose. Some seniors are helped significantly by having their mortgage payment eliminated, and then having a lump sum with which to pay off debt. Other seniors want to do improvements to their homes, and enjoy those upgrades after years of waiting for the right time to complete them.

• Grow Retirement with a Growing Line of Credit. A line of credit may be established using a reverse mortgage, and is left to grow. At any time, the line of credit may be accessed for incidental cash, in-home care, converted to monthly payments similar to an annuity, or for any other use.

• Let Investments Grow and Delay Social Security Benefits. A reverse mortgage is established and drawn upon every year to allow the retiree's portfolio, such as a 401(k), more time to grow. Drawing upon Social Security benefits could also be delayed, increasing the size of the monthly payments later in life.

• Protection from Investment Downturns. A reverse mortgage is established, and only drawn upon if the retirement portfolio underperforms. This will spare the portfolio any draw when it is down, giving it a better chance to recover thereby minimizing risk.

❖ *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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New Community Bible Study Starts in September

Community Bible Study of the book of Genesis. Every Tuesday morning from 9:15 – 11:15 a.m. beginning September 12th. The classes are hosted by, but not affiliated with Longs Peak United Methodist Church, 1421 Elmhurst Drive, Longmont. Men and women of all ages are encouraged to attend. There is nursery care for babies and full program for children 12 months to 6 years. The Community Bible Study class follows the school calendar and does not meet when school is out. Includes home study and group discussion. $35 for adults and $10 for children. A study manual with questions and commentary on the lessons is included.

For more information and to register contact Shirley Bullinger at 770-713-2032 or psbull@earthlink.net.

Family Memories & Family Trees

Using Censuses to Discover Your Family's Past, part 2.

Ted Bainbridge

Last month I told you what a census is, how it can help you discover earlier ancestors, and how to get access to censuses. This month, learn how to find somebody in a census.

When you access a census by following last month's instructions, you are asked to choose which census year you want to use. Choose 1940. After you select that year, you will see a search page that asks whom you want to hunt. Choose a person you know some facts about, who was living in the United States then, and put some of those facts into the search boxes provided:

1. Type the person's first name in the space provided, but don't type a middle name because they rarely appear in census records. Near the name you should see an options box; open it and select the option for exact spelling. Do the same for the last name.

2. If you know where that person lived in 1940, type that place into the box provided. If you only know which state the person lived in, type that. Near the place name you should see another options box; open it and select the choice that best fits your confidence in the accuracy of the information you just typed (exact if that is appropriate, exact plus adjoining areas if that seems suitable, or whatever other choice you think best).

3. Type a year of birth in that search box, then open its options list and choose a range of error that reflects your confidence in the accuracy of that number. Even if you are positive about the birth year, always select plus or minus at least one year. (We do this to cover errors in the census record, because how old you are depends on whether you are asked that question before or after your birthday during that year. This makes a difference when the software calculates a person's birth year by subtracting that person's age from the year of the census.)

4. Proofread what you have typed and which options you have chosen. Click the search button.

5. A hit list appears. Read the hit list until you find the person who appears to be the best match for the person you wanted to find. (If you get a hit list that is too big to read, go back and edit your search request to include more detailed criteria or additional criteria. If you get a hit list that is too small or that doesn't include the person you want, use less restrictive search specifications or use fewer criteria.)

6. When you see a hit item that might be the person you want, click the icon by that person's name that lets you see the original census image. Move the screen image until you can see that person's name and the family that includes it. Keep the information you see about each person in that household; by either writing down what you see, or printing the screen image, or saving the entire image to your hard disk. The exact place that family lived is at the top of the census page. Write it down if you are using paper, or use it as the file name if you are saving an image.

Congratulations! You just made your first census discovery! Next month I'll tell you the next steps in tracing that person's ancestors back in time.

❖ *Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, speaker, and writer since 1969. His genealogical and historical articles have been published by dozens of organizations in the United States and England. He has served as president of the Longmont Genealogical Society and a staff member in Family History Centers. You can contact him at ted.bainbridge@gmail.com.*

Create a Perfect Outdoor Escape in Your Backyard

If there's anything better than heating up the grill and chilling drinks with close friends late into a summer evening, it's decorating the space in which it all takes place. As with all things summer, refreshing your outdoor space calls for a simple, relaxed approach. Here are a few ideas for making a quick splash.

Less is More, Sometimes

As fun as it is to design for new things, subtraction is often where the real opportunity is hiding. Make a tired space feel new again by donating, repurposing or storing items that simply don't serve a purpose or add anything visually.

Rethinking Arrangements

There's more to design than placing chairs around a table or fire pit. Striking the right balance takes some intentionality and thought. Incorporating strong elements of symmetry and repetition can do as much toward establishing a relaxing, inviting tone as an eclectic playlist or perfectly plated appetizers.

Identifying the focal point is a key early step. Often in backyard settings, it's a permanent feature, such as a particular view, landscape design or fire pit. When this isn't an option, or if the area serves a specific purpose such as dining, furniture can be used to create the same conversational effect.

Color and Pattern

Most permanent fixtures and large outdoor furniture pieces trend traditional. Adding flourishes with vibrant contrasting seat cushions and boldly patterned throw pillows is a quick way to express personality.

To customize your space, check out the Improvements line of outdoor furniture cushions and pillows, which offers an array of lively styles, patterns and color combinations. Their step-by-step outdoor cushion measuring guide makes finding the right-sized cushion easy, and quick and simple video instructions take the guesswork out of the process, ensuring the proper fit. For more information, visit improvementscatalog.com.

Lighten Up

One of the easiest ways to dramatically enhance an outdoor setting is often overlooked -- lighting. Good lighting boosts safety and security. After all, summer is the season for tripping over pavers in the dark. And a thoughtful approach can be transformative -- from illuminating paths through the backyard to setting a relaxing tone for a patio. Many solutions, such as higher-voltage lighting systems, call for a contractor's expertise. Even some lower-voltage systems will require some additional equipment for proper energy control.

To keep it simple, solar is the way to go. Just make sure the photovoltaic cell is positioned to collect maximum sunlight during the day so it's ready to shine through the night. For example, the new Provence solar post and path lights from Improvements are a good way to accent landscaping while keeping pathways safe.

Ultimately, there is no one-size-fits-all template for the perfect backyard summer sanctuary. But with a creative mindset and a clear vision, you can transform your backyard into a unique casual space.

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June 2017
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Community Services Department

Wellness Programs are offered without charge to Boulder County residents 60 and over and their caregivers. Donations are encouraged and appreciated.

Diabetes Prevention Program. Diagnosed with pre-diabetes? Get support 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.
June 1, 2 – 4 p.m. East Boulder Senior Center, 303-441-1546
June 19, 10 - noon Longmont Senior Center, 303-651-8411
June 21, 1:30 – 3:30 p.m. Louisville Senior Center, 303-666-7400

Nutrition Education
June 19, 11 – noon, The nitty gritty detail of nutrition facts. Lafayette Senior Center, 303-665-9052 register; 303-441-4995 information

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

www.bouldercountyhealthyaging.org

Still Truckin'

Parisian Getaway

Sandy Hale

Last week I enjoyed a few hours in Paris - or was it Longmont?

I went to the Cheese Importers where I had not been since they moved four years ago.

Believe me. I felt that I was in Paris. I browsed through the aisles - overcrowded with colorful dishes, trays with Art Nouveau designs, exotic books, bottled sauces, dips and moutardes.

In addition, of course, there is the "cold room" filled with a myriad of cheeses from around the world.

And then, I went into the Bistro for a lovely little French lunch - a wedge of brie, sliced succulent strawberries, juicy big blackberries and a mini baguette, accompanied by s robust red wine. It didn't feel like Longmont any more.

For a pseudo trip to Paris right in the middle of Longmont hop over to 103 S. Main Street to the Cheese Importers. There is ample parking and an outdoor patio to enjoy on sun splashed days. Next time you have out of town visitors or just grab a friend to accompany you for a Parisian getaway go visit the Cheese Importers.

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

Boulder Senior Services

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

Contemplative Living. Starts Thu, Jun 1, West S.C. 10-11:30am. Participants meet the 1st & 3rd Thu. each month. Discuss the writings of Thomas Merton and his contemporaries to discover how they are more present moment-to-moment.

Universal Zero Waste Ordinance. Tue, Jun 6, West S.C. 10:30-11:15am. All about recycling, composting & Boulder's Universal Zero Waste Ordinance. The ordinance expands recycling and composting and will be actively enforced this year.

Get Acquainted! Wed, Jun 7, West S.C. 10-11am. Get acquainted with others interested in making new connections. Learn more about the many opportunities and resources offered through our East and West S.C's.

RTD: Learn the Basics. Thu, Jun 8, East S.C. 10-11am. 1-hour class, learn how easy it is-use RTD public transportation. The Travel Training Coordinator explains the new fares, bus riding basics, the expanding light rail system, and accommodations that can be requested-make a trip easier and more enjoyable.

Food Safety 101. Wed, Jun 14, West S.C. 1-2:30pm. 1 in 6 Americans get sick from food poisoning each year. Older adults are at a higher risk because of changes in the immune system. The USDA Food Safety and Inspection Service for older adults and food service volunteers to learn tips for staying safe from foodborne illness.

Nature Education with OSMP. Tue, Jun 20, 9:15-11:15am. Open Space and Mountain Parks staff and volunteers lead hikes paired with nature education. Natural Selections is an ongoing series on topics including ecology, wildlife, and local history. An easy hike under 2 miles, at a conversational pace. Bring lunch, meet at the trailhead of differing trails based on best trail conditions. https://apm.activecommunities.com/boulderparksrec/Activity_Search/course-walk-hike-nature-education-w-osmp/4127

Pinterest 101. Thu, Jun 22, West S.C. 9:30-11:30am. Learn to organize online discoveries such as recipes, gardening tips, or interesting articles by using Pinterest, a digital scrapbook. Demonstration with handout.

How Does Acupuncture Work? Mon, Jun 26, West S.C. 10-11am. Learn how acupuncture works to treat pain, arthritis, and hypertension. A talk on traditional Chinese theories of acupuncture and an overview of contemporary research.

A Quick Look at Ikebana. Wed, Jun 28, East S.C. 10-noon. The Japanese art of flower arranging, has spread globally since World War II. Hazel Thornley compares a basic Ikebana arrangement with a Western style arrangement using the same materials. 1st class: demo with Q&A, day 2: make an Ikebana arrangement.

Call for a Tour. Lunch is on us!

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• Photograph 51: Oct. 11-15, Acting Studio.
• The Long Christmas Ride Home: Oct. 18-22, 2017, Loft Theatre.
• A Doll House: Nov. 3-12, University Theatre.
• The Marriage of Bette and Boo: Nov. 29-Dec. 3, Acting Studio.
• Eurydice: Dec. 6-10, Loft Theatre.
• We Are The Wake: Feb. 7-11, 2018, Loft Theatre.
• Animal Farm: Feb. 14-18, Acting Studio.
• Everyman: Feb. 23-Mar. 4, University Theatre.
• The Comedy of Errors: Mar. 14-18, Loft Theatre.
• Third Annual New Play Festival April 4-8, Acting Studio.
• Hair, The Musical: Apr. 13-22, University Theatre.

Dance Season Lineup

• (UN) W.R.A.P.: Dance Cinema Sept. 22-24, Charlotte York Irey Theatre.
• Parallax: Oct. 21-23, Charlotte York Irey Theatre.
• Taking UP Space: Nov. 10-12, Charlotte York Irey Theatre.
• FRESH: Dec. 8-9, Charlotte York Irey Theatre.
• Catapult: Feb. 2-4, 2018, Charlotte York Irey Theatre.
• Open Space: Feb. 23-25, Charlotte York Irey Theatre.
• FRESH: April 27-28, Charlotte York Irey Theatre.

Say You Saw It in
50Plus Marketplace News

Lightning: What You Need to Know

Lightning strikes the United States about 25 million times a year. Although most lightning occurs in the summer, people can be struck at any time of year. Lightning kills an average of 47 people in the United States each year, and hundreds more are severely injured. The National Weather Service - http://www.lightningsafety.noaa.gov/- will teach you how to stay safe and offer insight into the science of lightning. You'll find animated books about lightning, safety tips for all kinds of situations, games for kids and resources for teachers. You'll learn about lightning victims and survivors. Explore our site, and come and visit often!

Lightning Safety Tips:

• No place outside is safe when thunderstorms are in the area!!
• If you hear thunder, lightning is close enough to strike you.
• When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
• Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

Indoor Lightning Safety

• Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
• Avoid plumbing, including sinks, baths and faucets.
• Stay away from windows and doors, and stay off porches.
• Do not lie on concrete floors, and do not lean against concrete walls.

Last Resort Outdoor Risk Reduction Tips. If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk:

• Immediately get off elevated areas such as hills, mountain ridges or peaks
• Never lie flat on the ground
• Never shelter under an isolated tree
• Never use a cliff or rocky overhang for shelter
• Immediately get out and away from ponds, lakes and other bodies of water
• Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

Caregiving

Resources For Learning About Caregiving

Emily Cooper

It's a week before the Caregiving Symposium as I write this. We're expecting a large crowd, and we hope that people find helpful information and feel more empowered by the end of the day. But we know there are many working caregivers who won't be able to attend this weekday event, some who won't hear about it until it's over, and others who won't know how to take time off from their caregiving to be there. How will those caregivers get the information they need?

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

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

Our free newsletter "Care Connections" provides information about caregiving issues and resources. Call or email me for a subscription. And many excellent websites lead caregivers through the basics and more complex issues of caring for an older loved one. To start, check out www.caregiver.org, www.cargiveraction.org, or www.alz.org/. There are a variety of ways to learn about caregiving. One or more is just right for you.

❖ *Emily Cooper is Information and Referral Specialist for Caregiver Programs with Boulder County Area Agency on Aging, a Division of Community Services. For more information on BCAAA caregiver services, call 303-678-6116 or email InfoCaregiver@bouldercounty.org/.*

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John Rechy
Below the belt *Stuart Woods*
If not for you: a novel
Debbie Macomber
My Italian bulldozer: a novel
Alexander McCall Smith
High stakes *Fern Michaels*
Any day now *Robyn Carr*
A million little things *Susan Mallery*
The Roanoke girls: a novel
Amy Engel
The romance reader's guide to life
Sharon Pywell

NEW NON-FICTION

Ernest Hemingway: A Biography
Mary Dearborn
American amnesia : how the war on government led us to forget what made America prosper
Jacob S. Hacker & Paul Pierson
Big agenda: President Trump's plan to save America *David Horowitz*
Healing with medical marijuana: getting beyond the smoke and mirrors
Dr. Mark Sircus
Kennedy and King: The President, the Pastor, and the Battle Over Civil Rights
Steven Levingston

NEW IN LARGE PRINT

All by myself, alone
Mary Higgins Clark
The devil's triangle
Catherine Coulter
The bookshop on the corner
Jenny Colgan
The meaning of Michelle: 16 writers on the iconic first lady and how her journey inspires our own *Veronica Chambers*
Hallelujah anyway: rediscovering mercy
Anne Lamott

FICTION BESTSELLERS

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The women in the castle: a novel
Jessica Shattuck
The black book
James Patterson and David Ellis
Thrawn (Star Wars) *Timothy Zahn*
One perfect lie *Lisa Scottoline*

NON-FICTION BESTSELLERS

This fight is our fight: the battle to save America's middle class
Elizabeth Warren
Shattered : inside Hillary Clinton's doomed campaign
Jonathan Allen & Amie Parnes
Old school: life in the sane lane
Bill O'Reilly & Bruce Feirstein
Killers of the Flower Moon: the Osage murders and the birth of the FBI
The American spirit : who we are and what we stand for David McCullough

50 Plus Social Media Videos

June Video Schedule

Enjoy our educational & informational weekly videos presented by our monthly columnists.

View our columnist's videos at www.50plus.news/videos or www.facebook.com/50plusnews.

June 4: Shelley Polansky / Being Smart When Giving
June 11: Jim Doyle / The New Reverse Mortgage
June 18: Carol Darrow / Individuality in Genealogy
June 25: Emily Cooper / If Your Loved Ones Resist Help
More videos coming in July!

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MEN'S HEALTH ■ *from page 1*

comes from eating fast foods, processed meats, and prepared foods. It's also important to add high potassium foods, like raisins, bananas, tomatoes, and spinach. Men who consume as much potassium as sodium have lower risks of heart disease. Start by reducing processed and pre-packaged food. Plan to cook fresh meals that include a vegetable.

Don't ignore the warning signs. If you experience an unusual pain, ache, or other possible warning sign or symptom, don't brush it off as 'probably nothing.' Heart disease remains the leading killer of men and all Americans. Don't ignore the signs: excessive sweating, shortness of breath, or exhaustion with exertion could be treatable.

Many men believe that the pain of a heart attack is felt only on the left side of the chest and moves to the left arm. It isn't always that cut-and-dried. Heart-attack pain is often felt under the breastbone and pain occurs in both arms as often as in the left arm alone.

Chest pain that is triggered by activity but that goes away with rest suggests angina while oppressive pain that isn't relieved by rest suggests a heart attack.

This June, give yourself the gift of good health. And keep it going beyond Father's Day.

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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, BookBar, Amazon, B&N

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Stop Unwanted Phone Calls

Whether you use a landline, mobile phone or both, you've likely received those pesky robocalls -- phone calls that use a computerized auto-dialer to deliver a prerecorded message. As a consumer, here is what to know about this common annoyance to your home or personal line.

• Robocalls are often illegal. However, keep in mind that some robocalls are permitted, such as companies you have done business with under certain circumstances, medical appointment confirmations and school closing calls. Political and charitable calls are among others that also may be allowed, along with banks and telephone companies, provided those companies make the calls themselves. Remember, many robocalls illegally disguise, or "spoof," their Caller ID information or violate other rules.

• Advocates are working to mitigate the problem. For example, NTCA–The Rural Broadband Association and its members of more than 800 independent, community-based telecommunications companies are working to provide information to the Federal Communications Commission (FCC) Robocall Strike Force to further develop and implement solutions

Fotolia.com

to detect, assess and stop unwanted calls from reaching customers.

• Never respond to a robocall. The Federal Trade Commission (FTC) recommends that if you receive a robocall, simply hang up. They also warn consumers not to press any number to speak to a live operator or to unsubscribe from the list, as this will tell the robocaller that it's reached a live number.

• Don't give out personal information: If you receive an unsolicited call from any company, including one you do business with, tell them that you will not give them information until you verify the call is legitimate. Then, call the phone number you know or that you get from the company's website to confirm.

• Ask your phone company to block the number. Your carrier may be able to block certain numbers, although robocallers frequently change and disguise their numbers.

• You can use technology to block calls. Various companies offer products or services that help you control what calls ring on your phones. They range from mobile apps for wireless phones to devices you can plug into your home phone jacks in order to block robocalls to your wireless phone.

The FTC encourages consumers to report unwanted calls to www.donotcall.gov or 1-888-382-1222. Complaints may also be filed with the FCC online or 1-888-CALL-FCC (1-888-225-5322).

More information can be found at ntca.org/robocalls and fcc.gov/consumers/guides.

As a consumer, you have more power than you may realize to control who calls you and when. Thanks to new resources, you can take concrete steps to help put a stop to robocalls.

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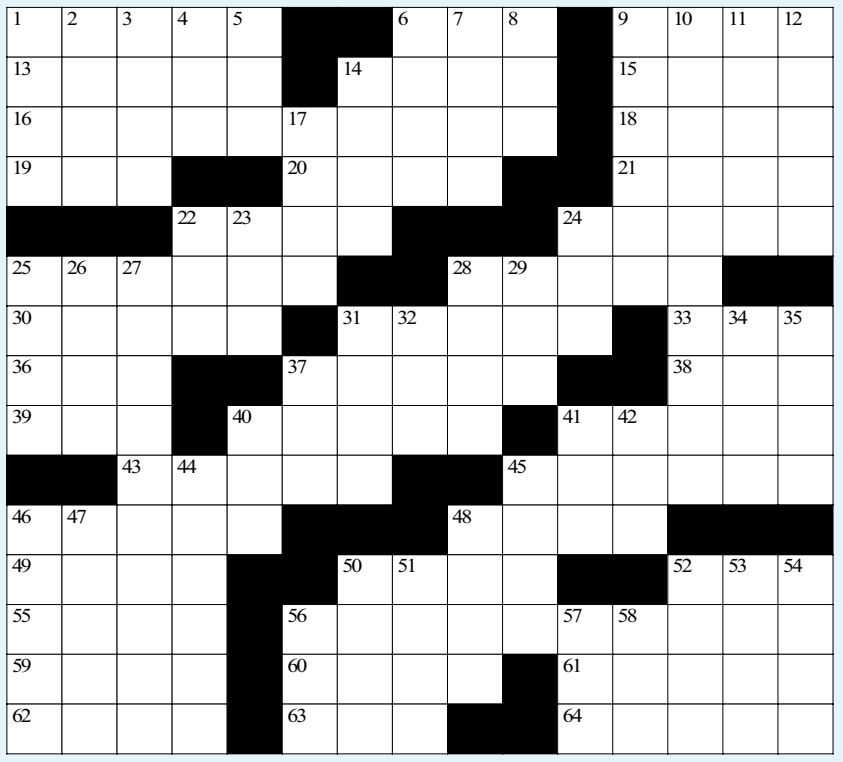
50 Plus Marketplace News

Crossword Puzzle

Boulder County • June 2017
Answers page 8



ACROSS
1 Become confused
6 Taxicab
9 Vice president
13 Pertaining to a sovereign
14 Command to stop a horse
15 Wheel shaft
16 Border inspection place
18 Short tail
19 Did possess
20 A single time
21 Conceal
22 Close
24 Speak
25 Metallic element
28 Damascus
30 At right angles to a ships length
31 Many times
33 Terminal digit of the foot
36 Beetle
37 Abdomen of a crustacean
38 I have
39 Antiquity
40 Monetary unit of Oman
41 Pertaining to warships
43 Hives
45 Tabs
46 Made a hole
48 Red variety of corundum
49 Wander
50 Gull-like predatory bird
52 Snow runner
55 Log house of rural Russia
56 Needle-shaped
59 Delicatessen
60 People in general
61 Develop
62 Paradise
63 Twain
64 Russian liquor

DOWN
1 Shrewd
2 Qatar
3 Coloured
4 Resinous deposit
5 North American deer
6 Stylish
7 First-class
8 Racket
9 Queen of Ahasuerus
10 Tending to excite
11 Evade
12 Become exhausted
14 Habit
17 Superfuse
22 Mineral spring
23 Sew
24 Vase
25 Juniper
26 Ancient Greek coin
27 Imperishable
28 Portico
29 Monetary unit of Japan
31 Potpourri
32 Turkish headwear
34 Egg-shaped
35 Long fish
37 Cushion
40 Used for resting
41 Arrest
42 To endure
44 Continue
45 Hawaiian outdoor feast
46 Newly married woman
47 Seeped
48 Crease
50 Flat-bottomed boat
51 Thousand
52 Collar fastener
53 Show disgust or strong dislike
54 Notion
56 Toward the stern
57 Monetary unit of Bulgaria
58 Fuss

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Colorado Gerontological Society

Boomers Pave the Way for Changing the "Later Years"

Eileen Doherty

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 such as learning how to download apps on your cellphone or communicate with your grandchildren on Facebook will be demonstrated at the upcoming Salute to Seniors in downtown Denver.

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 United States. Their retirement years are no different. Baby Boomers are looking for unique ways to enjoy the world around them and become involved.

Right brain thinkers often have not developed those skills because of the pressures of job and family. Many 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, beading, or stained glass are not a priority.

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

One of the most significant world events for Baby Boomers was the Vietnam War. Boomers were deeply involved in the war as veterans, protestors, mothers, fathers, family members, evacuees and refugees. Each 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 sometime later in 2017.

Colorado offers hundreds of opportunities for Baby Boomers. At the Salute, more than a dozen vendors demonstrate opportunities for older adults to learn about expanding interests, civic engagement and taking action on those interests.

The 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 features The Nacho Men combining live music, costumes, choreography & humor. And coming to the stage is none other than the esteemed Cleo Parker Robinson Dance Ensemble performing dynamic dances inspired by the African American experience. Kevin Fitzgerald, the board certified veterinarian who is best known through his visibility on the Animal Planet reality show Emergency Vets and, more recently, E-Vet Interns, will do stand-up comedy.

The Salute to Seniors is June 24, 2017 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 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.*

Technology is Hip!

Ransomware Can Hold You Hostage!

Bob Larson

The recent ransomware virus attack called WannaCry affected thousands of older Windows computer systems in over 150 countries. It targeted businesses on various networks and consumers using the older Vista and xp operating systems. It cost international businesses over $40,000 in three days to get their databases back as the hacking organization charged $300 to unlock their computers.

The ransomware virus searches the Internet for a security breach in older Windows systems that locked out those users. Ransomware costs U.S. law enforcement and businesses over $1 billion last year. Thanks to a 22 year old cyber security expert, who actually stopped the recent attack by turning on an internal kill switch.

Many organizations never upgrade their older Windows systems or purchase the current supported Windows 7, 8.1, or 10 operating systems with the free Windows Defender or equivalent antivirus programs. However, Microsoft recently implemented a patch in those older Windows systems to stop most ransomware attacks. Incidentally, Apple users are not prone to this recent attack!

Any business or consumer should update their Windows computers with the latest software upgrades or weekly updates, otherwise those systems are at high risk! Current Windows system and Defender users get free updates from Microsoft (if registered) on a daily or weekly basis to prevent these types of attacks.

Even though our government wasn't prone to the recent ransomware attack, they apparently spend $60 billion on legacy computer systems and $20 billion on new systems. It's even worse for U.S. businesses. Even though the WannaCry virus was one of the largest cyber attacks in history, it won't be the last!

Technology saves us time, money, and frustrations if kept up to date!

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

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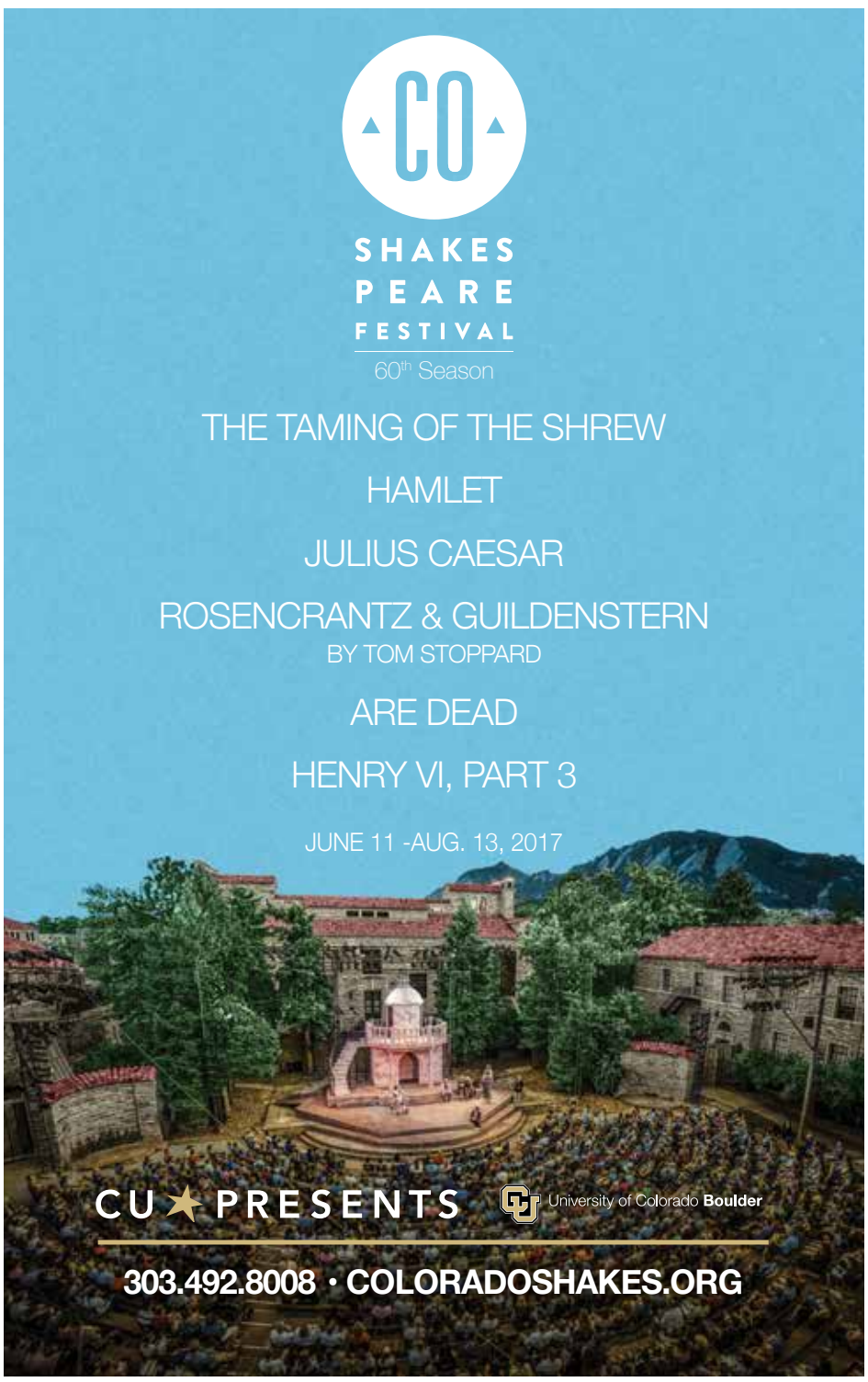
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