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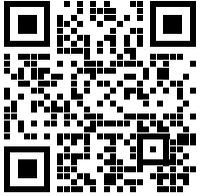
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August 2013 • Volume 19 • Issue 8



2013 Ms. Colorado Senior America Pageant

By Ray Speer

It was great turnout to the Ms. Colorado Senior America Pageant on June 22nd at the Performing Arts Complex at PCS in north Denver. Hope you didn't miss the show, because it was a fun time for 'Putin' on the Glitz'. 11 beautiful contestants competed for the title of Queen with spectacular talent, poise and shared their 'philosophy of life'.

Colorado's Michelle Rahn, 2004 Ms. Senior America, was the MC who 'spiced up' introductions as well as performed with the Cameo Club Performers. Entertainment always includes last year's queen, so Debbie Buczkowski sang a heartfelt "Vissi d' Arte" that she

also performed in Atlantic City's competition. Happy Bluebird has reached Rainbow!

Even though there was to be only one crowned Queen, tears of joy fell as the winner of this year's Pageant was announced. The beautiful Gail Hamilton stole the show and warmed our hearts with her operatic voice as she sang "Nessun Dorma". For those of you who attended as I, you would find your-



self closing your eyes to see what Gail may be seeing as she sang this fitting song. You see, Gail may be blind, but she still sees clearly into the heart and soul and her desire

to fly was stronger than her fear of falling. Her ambitions should inspire others to spread their wings and get out of their comfort zone.

Congratulations, Gail Hamilton! We hope to see you crowned, walking the Boardwalk in Atlantic City!

If you would like her at your event or would like to be a sponsor call: Pageant State Director Sandra Ratajik @ 303-232-9258

"1964" The BEATLES Tribute

It was in August of 1964 when the British invasion first came to Colorado with the group that started it all... the Beatles. If you love the Beatles, don't miss the most unique, fun and affordable concert event of this summer at Red Rocks with The #1 Beatles Show in the World, "1964" The Tribute.

This group is hailed by critics and fans alike as the most authentic and enduring Beatles tribute in the world. Choosing songs from the pre-Sgt. Pepper era, "1964" recreates an early 60s live Beatles concert with period instruments, costumes, hairstyles, mannerisms,



voices, and harmonies of the lads from Liverpool. Over 29 years of researching and performing at major concert venues on four different continents has made the "1964" group masters of their craft in capturing the essence of the Beatles live on stage.

This 49th Anniversary celebrates Red Rocks Amphitheatre as one of 4 original concert sites still remaining from the Beatles first American tour in 1964. See the magic

and what it was like at the start.

Friday, August 23, 8 p.m. at Red Rocks Amphitheatre. This concert benefits Colorado Public Television 12. \$30 GA (plus service) available on www.ticketmaster.com and all Ticketmaster centers. To charge by phone, call 1-800-745-3000. Tickets also available through Channel 12 online at www.cpt12.org or call 303-296-1212 (M-F 9am-5pm).

"1964" is not affiliated with or endorsed by Apple Corps Ltd.

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August CALENDAR

**Cataract Awareness Month
Psoriasis Awareness Month
Relay For Life**

Friday/2 & Saturday/3

Reduce, Reuse, Recycle Event. Juniper Village at Aurora, 11901 East Mississippi, 9-2 pm. Annual yard sale has great bargains, a hot dog, chip and soda lunch for \$5. Genesis Electronics Recycling collecting old items such as CRT monitors, televisions, ovens/stoves, refrigerators, washers, dryers and more.

Thursday/15

14th Anniversary Luau 4:30-6 pm. Juniper Village at Aurora, 11901 East Mississippi. Get your grass skirts, Hawaiian shirts and start practicing limbo. Great food, music and fun are all on the menu for this family fun event.

Tuesday/20

AARP #3838 S. Suburban, St. Thomas More Catholic Church, 8035 S Quebec St., Centennial, 1 pm. Rod Winget speaking on "Bright spots in the silver tsunami" Info: 720-253-5326.

Wednesday/17

Clear Creek Church, 10555 W. 44th Ave. Senior Lunch, 3rd Wed. monthly, 11:30 am. Lunch & program. Info: 303-424-3031.

Tuesday/23

TRIAD: Carnival of Safety. Free 1:30 pm, Jffco District Attorney's Office, 500 Jefferson County Pkwy, Golden. Free and open to the public. Info: 303-271-6980.

Saturday/31

T Mar Entertainment Charitable Concert Series hosts the Summer Sizzler featuring Tarell Martin and Pg. 6ix to benefit The Denver Center for Crime Victims (DCCV). Jazz at Jack's, Denver Pavilions, donates the venue & a percentage of the proceeds DCCV is a 501 (c) (3) organization and all donations are tax deductible. Info: 720-296-1469 or 303-867-2795.

Every Monday

Forest Street Care Center, 3345 Forest St., 10-noon. Free Info. Reg: www.alz.org or 720-877-3474.

Calendar sponsored by...

Active Minds

www.ActiveMindsForLife.com

Senior Initiative Outreach Effort Launched

For Douglas County residents aged 60 and older, their local governments are all ears. The County is experiencing the nation's most dramatic percentage of population growth in adults aged 60 and older. According to the State Demography Office, by 2030 it is estimated that one in four residents of Douglas County will be age 60 or older — approximately 24% of the County's population.

To plan for this population shift and their needs, The Partnership of Douglas County Governments — a collaborative organization whose members are Castle Pines, Castle Rock, Douglas County, Douglas County Libraries, Douglas County School District, Highlands Ranch Metro District, Larkspur, Lone Tree, and Parker — established the Senior Initiative.

Visit <http://www.douglas.co.us/communityresources/senior-initiative/> for more details.

During the next few months as part of this Initiative, a committee formed by members of the Partnership are soliciting input from senior adults, their caregivers and those approaching retirement age planning to retire in Douglas County. Through a listening tour — community meetings in locations countywide — residents will have the opportunity to share their vision for their community.

In addition to providing in-

put during a community meeting, residents and caregivers may also complete an on-line survey by visiting the following website location: <https://www.surveymonkey.com/s/LivingWellandAgingWell-DouglasCounty>

For a paper copy of the survey, please contact Valerie Robson at 303-814-4370 or at vrobson@douglas.co.us

For more information visit <http://www.douglascountypartnership.org/>

Aurora City Hall Renovated For Apartment Living

The Havana Garden's resurging retail and entertainment district has a new neighbor. Bella Vita, a senior living apartment building, opened the first week in June in

the newly renovated former Aurora City Hall.

"The site was a perfect fit for this type of senior community," said Dennis Witte, President and Owner of Omni Development, the owner and developer of Bella Vita. "The Aurora area is filled with baby-boomers in need of alternative housing options, and adding to the redevelopment of the Havana Street area was an added bonus to our development team."

The renovated one-time Aurora City Hall now houses 86 apartments within the 8 story, controlled access building that appeals to those 55 years and older who are interested in a community-living situation. Rates range from \$1,085 to \$2,500 per month and include utilities, internet and cable, a live-in caretaker and a daily full-service concierge. Bi-weekly housekeeping, a specialty coffee and juice bar and trash pick-up at your door are also included in the monthly fee.

With the opening of Bella Vita the City of Aurora and surrounding communities will now be serviced by the CovenantCare at Home network. The program collaborates with area hospitals, physicians and residential care facilities to provide Medicare-certified homecare, personal care and hospice services in home environments.

"Research shows that individuals heal faster in their home environments," said Milbourn. "In addition to Bella Vita residents receiving free wellness education provided by CovenantCare at Home, we are excited to offer at home care services to the currently underserved Aurora area as part of our move into the community."

Bella Vita senior living is now open and taking reservations. For more information, Contact: Peter Milbourn 303-500-7002. <http://bellavitaseniorliving.com/>

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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 Living Like A Turtle

A high-powered corporate executive came into a doctor's office for a checkup. He showed signs of overwork and stress. The doc warned him to slow down, to take up a hobby – perhaps painting– to relax. He agreed and started right away.



Steve Goodier

The next day the high-achieving businessman phoned and announced enthusiastically, "Doc, this painting is wonderful. I've already done ten!"

We don't need to be CEO's or high achievers to suffer from too much negative stress. It's easy to feel overwhelmed. In fact, you may be wondering this very minute whether you have time to read this page.

When I feel all-too-busy, I sometimes envy the turtle. The turtle lives as if time is no obstacle; a turtle seems to have all the time in the world and then some.

I think we have something to learn from turtles. Point in fact: turtles live an exceptionally long life. Humorist E. B. White tells

us that scientists are searching their blood for some clues to their longevity. He speculates that perhaps the turtles' blood vessels stay in such nice shape because of the way they conduct their lives. They rarely miss an opportunity to swim and relax in the sun. No two turtles ever lunched together with the idea of promoting something.

I think he is right about this. Turtles do not attend meetings and conferences. No turtle ever texted while driving, tweeted while eating or complained about too much email. They never use words and phrases like "implementation," "multi-tasking," or "thinking out of the box."

Some days the life of a turtle sounds just about right. Non-anxious and calm.

But in truth I suspect that merely slowing down is not a very satisfying answer. What I need has less to do with my pace of life than my peace of life. At any speed, I crave a

deep and lasting inner peace. And if it's solace I'm after, I don't need to pace myself like a turtle, change jobs or set up house on a quiet island. It is usually frenetic living, not high energy, that robs my peace of mind.

I actually feel my best when I am energized and enthusiastic about the next thing ahead. I feel fully alive when I am busy, sometimes even too busy, doing what I love the most. It's not about slowing down or living like a turtle – it's about enjoying my life and finding meaning in it.

I believe we can stay active and engaged and still come from a deep and peaceful place within. We can live in the excitement of the moment without undue stress about the future. And at any pace of life, we can come from the calmness of love rather than anxiety and fear.

Even a turtle can go for that.
♦ Steve Goodier's books & newsletter: <http://LifeSupportSystem.com>

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Concert on the Green

A "Memory Tour of Route 66" is featured on Thursday, August 18, from 6:30-7:30p at the Bemis Library. Performing at this Concert on the Green is the 10-Piece Joe Peterson Dance Orchestra, the JPO's Andrews Singers, and David Hixson as Special Guest Emcee. Tunes and development times from 1925 through recent years are shared for your enjoyment and information. Recall the beginning of

Route 66 in 1925 in Chicago and its developing references such as: Main Street USA, Mother Road, etc. and the special and popular music of those historic times. The Bemis Library is located at 6014 South Datura St., Littleton. Be sure and bring chairs or a blanket. For more information and/or to schedule the band: Talent Net, Inc., 303-932-1000.

Help with Summer Energy Bills



City officials and community members gathered at Barnum Pool today as Councilman Paul López, Denver Human Services and Xcel Energy announced the Heat Wave Help summer energy assistance program.

The Heat Wave Help program will help provide assistance to people who need help paying energy bills during the summer months, combating health problems such as heat exhaustion and heat stroke.

"No one should suffer because of energy costs," Councilman Paul López said. "I believe in the health and success of our Denver families, and the injustice of poverty should not affect that."

Xcel Energy presented Denver Human Services with a \$100,000 check to aid families and individuals in paying for a portion of summer utility bills or paying for heating and cooling device repairs.

heat is essential to our health and overall wellbeing, especially for our seniors and children," Denver Human Services Manager Penny May said. "At Denver Human Services we believe in partnering with our community members to help all those in need, and Xcel Energy has teamed up with us in this effort."

The Heat Wave Help program has previously helped Denver community members, including providing fans for a retirement home last year to help keep residents healthy and cool.

"Denver Human Services and Xcel Energy are community partners truly committed to fighting for the protection of all our Denver residents," Councilman López said.

For application and additional details of the Heat Wave Help program, visit www.denvergov.org/heatwavehelp.

"Keeping cool in the summer

Elder Rights and Abuse Prevention

Building a Network to Look Out for Your Loved Ones

If you're looking out for a parent or a loved one in declining health who continues to live alone, and who resides more than an hour's drive away, you



Helen Davis

can be considered a long-distance caregiver. This is a difficult role to do alone, but you can develop an informal network of eyes and ears to provide crucial help. This "network" can be neighbors, friends, parishioners, even the mail carrier or the pizza delivery person.

While you are visiting your parent or loved one, try to observe their daily routines and seeing who they interact with daily or weekly. Identify and get to know those people, who could become part of your network.

- **Find out who delivers:** Anyone who makes regular deliveries to the home, like a mail carrier, paperboy or supermarket delivery service, is a potential source of help. If they notice newspapers piling up or no one answering the door, they can call you or call for help. Many organizations like visiting nurses or Meals on Wheels are trained to notice signs of trouble.

- **Enlist the community:** Make a point of saying hello and getting acquainted with the neighbors. Exchange phone numbers so you can call them if you become concerned or so they can call you. Reliable and trusted neighbors may even be given a set of keys. If your loved one is a member of a local church, many houses of worship have volunteers who check in on elderly people in the community.

- **Take advantage of technology:** Technology can be a vital tool for keeping an eye on aging folks. One of the best options is a personal emergency response system, usually a push-button alarm worn as a necklace or bracelet. This device sets off an alarm if there is a fall, alerting a call center to summon help. Some long-distance caregivers use motion-sensor technology to track a parent's movements, and alert you to anything unusual. If no movement is detected for an extended period of time, the system will contact you or send an alert to your phone or computer. However, technology changes quickly, and these new innovations can be costly.

Regular phone calls are a powerful tool. Rally siblings and other relatives, friends to check on loved ones with a weekly phone call, which can also alleviate feelings of isolation and loneliness. If callers have worries about loved ones or don't have calls answered, they can call you.

- **Do your part:** Notice in your own neighborhood or social circles to see if an elderly person living alone might benefit from some additional help. Make it a point to drop by and offer help with yard work, laundry or errands. Encourage a friendship, rather than acting like a caregiver. When you build a relationship, discover how to reach out to the person's adult children

Continued on page 14

Uniquely Bea

Pick Em' Off ... One At a Time!

Those of us who are grandparents know that you had better not make a promise to one of your grandchildren unless you mean it.



Bea Bailey

I am blessed to have, Sascha Yasmeen Ellison, who I often say is my favorite granddaughter. However, she is also my ONLY granddaughter. She has a platter full of responsibilities, including going to school to be a nurse, working on a part time basis and taking care of Saniah, a ram-

bunctious three year old. If anyone needed a break in the action, it was Sascha.

Sascha knows that I go to Ixtapan de la Sal which is a great spa outside of Mexico City. Last year she called me out and I had to make good on my promise to take her. Off we went for one solid week to be pampered and taken care of by wonderful technicians.

Since I had her all to myself, there was a lot of coaching and counseling on my part. I was able to get to know her as a young adult. On the other hand, she was able to get to know her grandmother as someone other than "just a grandmother". Sascha and I laughed, talked and bartered/shopped. We

Continued on page 14

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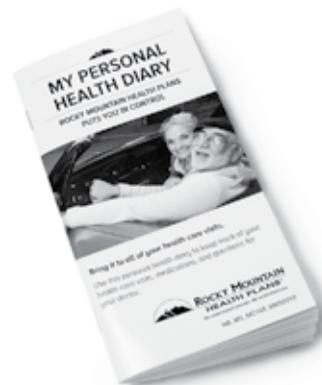
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A Strong Home begins with a Solid Foundation

By Don Eloe, Denver Urban
Renewal Authority

Home ownership is a great investment, but it takes regular attention to make sure that it retains value. While many owners focus on the visible parts of the home, one of the most important is often invisible: the foundation.

All houses settle to some degree, but extreme ground shifting or water damage can cause real problems. In particular, a damaged foundation can create serious safety issues, so it is critical not to ignore warning signs.

Here are a few things to keep an eye out for:

- Cracks in the sheetrock around the house
- Doors and windows that become difficult to open and close
- Cracks in the floors, walls or ceilings
- Walls that lean or bulge in the middle
- Leaking faucets or cracked pipes
- Sloping or sagging floors

If any of these issues are noticeable, it is important to seek professional help right away before more damage occurs or someone gets

hurt. If you're in good shape, here are a couple of things that you can do to stay that way.

Maintain your Sump Pump. Just like wood, concrete can be damaged by water. Most home foundations are made of concrete, and it is important to make sure that they are waterproofed below grade when laid. From there, it's just an issue of removing pooling water, and a sump pump is the best way to do that. Not all houses have or need a sump pump, but if you do, it's important to keep it working properly. Regular maintenance requires a couple of minutes every 2-3 months and when heavy rains are forecast. To keep your pump working its best, pull it out and clean the grate at the bottom to make sure that any hard objects haven't been pulled in. Once clean, put it back standing upright, and then verify that the power cords are undamaged and plugged in. Finally, check the drainage pipes are working and draining out at least 20 ft. away from your foundation.

Gutters. Gutters are a simple and affordable means to collect and redirect water to a safer place. Make sure that the gutter downspouts have extensions to move

water away from the foundation and into the yard. Ideally, extensions should be about 5 ft. long, and affordable, quality brands can be purchased at hardware and supply stores. Homeowners should clean gutters at least once a year to prevent clogging and damage.

These are some simple steps homeowners can take to help protect their home's foundation. That said, even if everything is done perfectly, sometimes issues will still occur.

Though foundation damage can be costly, problems should never be ignored. It's not just the house's safety that's at stake.

If you are a low or moderate-income Denver homeowner, contact DURA for more information about funding for home repairs or upgrades through our Emergency Home Repair (EHR) and Single Family Rehabilitation (SFR) programs at 303-534-3872 or renewdenver.org.

Colorado Gerontological Society

Program means extra money for low income seniors

Sylvia Hernandez is on a mission. Motivated by her own tough times, she's determined to help others who may find themselves struggling to make ends meet.



Eileen Doherty

The 67-year-old is reaping the benefits as a low income Medicare benefit that thousands like her have no idea exists. So Sylvia is doing what she can to raise awareness about Colorado Medicare Savings Program and Low Income Subsidy. Qualified participants can get help paying for premiums, deductibles and co-insurance.

"We know there are people who can use the help," said Hernandez. "I understand they are scared. I was! I was living on the edge, worried one emergency would really take a toll."

The Colorado Gerontological Society is behind the effort to get more low income seniors registered for the program. It's based on income so registrants have to share personal documents like bank statements. Supported by a grant from the Colorado Health Foundation and Caring for Colorado Foundation, as well as the Latino Age Wave, the program hopes to register more than 3500 seniors within the year.

Sylvia lives in Wheat Ridge and volunteers at the one of the Community Application Assistance Sites helping get more seniors signed up. But she also uses word of mouth – wherever she goes, mostly to her own neighbors. The assistance sites are located at the Seniors Resource Center of Southwest Plaza, Allied Senior Housing, Senior Hub, Martinez Family Dentistry, and Entra. The Brunner

Clinic at Saint Joseph Hospital and Dominican Sisters of Colorado limit their assistance to their clients.

Three parts to the program

The Medicare Savings Program has three components: the Qualified Medicare Benefit, the Special Low Income Medicare Benefit and the Qualifying Individual. Each program has different income and resource requirements but all have the same goal – helping those who are eligible get help with medical expenses. Income from all sources must be less than \$1313 per month for a single person and \$1765 for a couple.

Resources that must be counted for all of the programs include cash, savings, stocks, bonds, IRAs and other similar assets. Resources must be less than \$8,580 for a single person and \$13,300 for a couple. Resources that are exempt include personal residences, one car, term life insurance and irrevocable burial policy.

The easiest way to sign up for the Medicare Savings Program is through the PEAK application online system and the prescription drug benefit through the Social Security Administration online application. If you need assistance with applying for these programs, call 1-866-293-6911. Volunteers are able to assist with in-person appointments or phone appointments.

For Sylvia, the program means an extra \$104 in her pocket each month. "The program gives me peace of mind," said Hernandez. "I know I have a little extra each month. It's money for food."

Call our toll free number at 1-855-293-6911 to discuss eligibility or to make an appointment.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society since 1982. She can be reached at 303-333-3482 or at doherty001@att.net.*

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www.csbt.com

Beware of ATM Skimmers

When traveling this summer, Better Business Bureau encourages you to be extra cautious when using debit/credit cards.

According to a FICO report, 20 states saw an increase in ATM skimming cases from 2010 to 2012. Colorado had a 1.9% increase over the 3 years while Wyoming experienced no significant change.

Skimming devices can be installed on ATM machines and at gas pumps. Once consumers swipe their card through the fake reader, their account information is collected by the criminals. These thieves use hidden cameras to record the pin number. A blank card can then be encoded to withdraw money from the victim's account.

The FBI has the following tips to avoid being compromised:

- **Inspect:** the ATM, gas pump or credit card reader before using it. Be suspicious if you see anything loose, crooked, damaged and scratches or tape on the scanning device.
- **Block:** When entering your PIN, block the keypad with your other hand to prevent possible hidden cameras from recording your number.
- **Use wisely:** Choose an ATM at an inside location, it's less likely to have added skimming devices.
- **Plan carefully:** Be careful of ATMs in tourist areas. They are a popular target for criminals.
- **Contact:** If a machine takes your credit card and don't retrieve it after hitting "cancel," immediately contact the financial institution that issued the card.

BBB also recommends:

- **Monitor accounts:** Monitor bank statements regularly to make sure all transactions are correct. You can sign up for certain alerts on your account if you feel it is necessary.
- **Notify your bank** when you're out of town. Alert your financial institutions and credit card company if you are going out of town or especially out of the country.
- **Create a one-of-a-kind PIN.** Create a PIN that's difficult to break. Change the access code on a regular basis if you think you may be vulnerable to criminal activity.
- **Report fraud immediately.** Report any fraudulent activity to your bank as soon as you discover it. Consumer protection for your debit and credit cards vary, but depend largely on the timeline in which the incident occurred and when you report it.

Visit <http://denver.bbb.org/> for more consumer tips & information.



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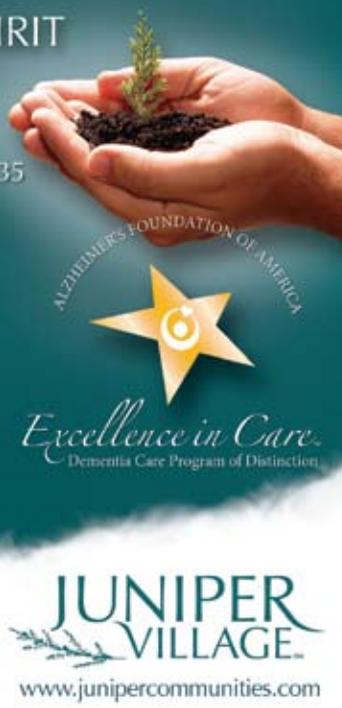
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Dear Labelle

Dear LaBelle,
My father is a wealthy cosmetic dentist who continues to have affairs with his clients. My mother is obsessed with plastic surgery. She wears hair extensions, false eye lashes and long acrylic nails in a futile attempt to stay youthful and capture my father's attention. She humiliates herself by drinking and having affairs of her own. I think the whole situation is tragic. I am very angry with my father. He is rude, insulting and berates her constantly. My sister and I have offered to help her start over. She's confided in me that she has lost hope in enjoying peace and tranquility of these later years of her life. I'm fed up with her using every excuse in the book not to leave. How can I get her to escape this crazy world of hers?



Monette Roberts

Dear Fed Up,
Step out of the situation and allow your food to digest. Your mother is suffering from psychological spousal abuse syndrome. The years of constant demeaning, condescending, insults and betrayal have resulted in your mother being psychologically dependent on your father. Despite the continued abuse; breaking free is extremely difficult because she has come to believe that she is unable to live without him. All of the encouragement in the world will not get her to leave. She obviously desires a change but needs to stop blaming herself and seek professional intervention to help break this control. Even though it is difficult to watch your mother remain captive in this psychological hold, continue to offer support of a daughter's love. Emphasize that options remain so when the decision is reached she simply steps out on faith toward her peace and tranquility which awaits her.

Aging Well

Jefferson County Aging Well Project

4th Annual Aging Well Summit Held June 25, 2013

This year's Aging Well Summit focused on the needs of seniors living on the edge in Jefferson County. Susan Franklin with the Aging Well Project and Wheat Ridge Mayor Jerry DiTullio welcomed participants. Tracey Stewart with the Colorado Center on Law and Policy delivered an engaging keynote presentation citing economic indicators and the need for resources and tools to help people achieve self-sufficiency.



Break-out session topics were based on the Aging Well Project's work groups consisting of basic needs; social and civic engagement; housing, caregiving and supportive services; health, mental health, wellness and prevention; and transportation. Two additional break-outs were conducted on older people with intellectual and developmental disabilities; and gay, lesbian, bi-sexual and transgender elders. Each work group examined the current state of services in their topic area. Once that information was shared with participants, a facilitated conversation looked at the

desired future state of services, the gaps between current and future states, and ideas for closing the gaps. Each group then identified the two "most actionable ideas" to share in the wrap-up session at the end of the conference.

Participants then heard a panel discussion facilitated by Roberto Rey with AARP's Colorado office. Erika Nelson Conrad with VOA's Colorado Branch and Tara Rojas with IMA shared information about their public and private partnership. Given the shrinking resources in human services, these partnerships help address service gaps.

During the wrap-up session, participants were asked to complete a Call to Action form pledging follow-up actions. A report detailing the work group conversations and actionable items will be published later this summer. Participant feedback favored the emphasis of this year's Summit on making a difference in the lives of seniors living on the edge.

❖ *Kelly Blair Roberts is a community resource specialist and options counselor with DRCOG's Area Agency on Aging and is co-chair of the Caregiving and Supportive Services work group for the Aging Well in Jefferson County Project. Information about the Aging Well Project can be found on Jefferson County's website Jeffco.us.*

8 Ways to Save on Your Vacation

Vacations often come with hefty price tags. Rather than overspend, be proactive and plan ahead so you can enjoy a real vacation without depleting funds or creating unnecessary debt.

Start by checking with your BBB to ensure all deals and/or travel companies you use are legitimate. Then check out these eight budget-saving tips provided by ClearPoint Credit Counseling Solutions, a BBB National Partner:

Put away those credit cards! Avoid the debt trap by saving up ahead of time for your holidays, and use cash whenever possible. When you run out, you run out.

Prepare a budget. Planning is key. Make a little room in your budget by cushioning it for unexpected occurrences and emergencies. The rule of thumb: Set a budget and stick to it.

Be resourceful. Check out Chamber of Commerce websites for locations you plan to visit to get ideas on everything from ac-

commodations to what to see and do. Or consider a staycation – a budget vacation where you visit nearby attractions but sleep in your own bed at night.

Timing is everything. If you travel outside of your immediate area, aim for the off-season. Prices are usually substantially lower, and you won't have to deal with crowds. Off-season depends on where you are: Summer is a terrific time to visit a ski resort to take advantage of upscale accommodations and non-skiing amenities for a fraction of the cost of a winter trip.

Short and sweet – You don't have to go on a two-week trip in order to feel refreshed after a vacation. Take a long weekend or two, and maximize your itinerary by planning activities well ahead of time.

Avoid unnecessary costs – Don't find yourself trapped by additional charges or fees. For example, avoid hotel room phones, which often carry hefty surcharges.

Pack your own meals – When on the road, avoid gas station conve-

nience stores, which generally have higher prices. Also, check your local visitors' center or websites for coupons to local restaurants.

Transport yourself – Choose a location with lots to see and do, and walk from place to place. Also, consider using the local bus or transit service rather than driving and parking.

To view the full article, check out ClearPoint Credit Counseling Solutions and check out the businesses you deal with by heading first to bbb.org.

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Bern: The Swiss Capital and UNESCO World Heritage Site



By Ron Stern

Designated a UNESCO World Heritage Site in 1983, this capital city is located right in the heart of Switzerland. It is quite the cosmopolitan city with beautiful churches, bridges, the famous Zytglogge (clock tower), and even a bear park.

The Aare River runs right around the town and is a popular swimming location at certain times of the year. The bear is the symbol of

Bern and a newly constructed park is situated on one of the Aare's banks, attracting thousands each year.

The 16th century Zytglogge guards one of the city's original gates and is an amazing feat of engineering. Each hour, figures on the outside turn and whistle and crowds start massing early to watch the spectacle. Take the tour, however, to see the inside workings where one man, without any formal training, created this amazing mechanism.

Bern has the longest covered ar-

cade in Europe as well as a modern mall, and you can shop for jewelry, clothing, watches, chocolate, and everything else under the sun. Dining options run from casual to elegant and the Kornhauskeller offers great local fare set among warm wood tones and artful decor from the Baroque era.

A relatively small country, Switzerland is easy to visit from a variety of gateways. Trains, buses and trams make getting around relatively easy. Summer is a great time to visit, and like me, you will find yourself falling in love with the

country and its people who welcome you with open arms.

Getting There: Swiss International (www.swiss.com) Nice seats, even in coach. Business class provides more legroom, upscale meals and service.

Where to stay: Bellevue Palace (www.bellevue-palace.ch) Luxury property with some of the best views of the city and the Aare River.

FTC Disclosure: All services sponsored by Swiss Tourism

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This conference is not just about the data, Keynote speaker **Brent Green** can give you the practical things to bring back to your workplace and implement. Brent is an Internationally recognized speaker and has authored several books on the subject as well. Brent presents a distinctive and challenging perspective about marketing and advertising to Baby Boomers.

Breakout sessions to choose from:

- Municipal Gov't transition plans
- How to get your community to discuss aging
- Boomer travel
- Programming challenges for future generations

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"You are never too old to set another goal or to dream a new dream." - C. S. Lewis

Birds Eye View

Health Care, An Elderly Lady's Experience

It was a cold January day and an elderly woman rose from her chair by the window.

The telephone rang and as she picked up the receiver, she fell. The friend on the line called her name after hearing her moan. She knew



Shirley Riggs

it was an emergency and called 911. The rescue team broke into the house by breaking down the back door. It was a small town and one of the rescuers happened to be a former neighbor, a policeman whose wife came with him to assess the call of their friend. They called for an ambulance and she was taken to the hospital just a few blocks away. Even though the woman had a call-for-help bracelet, it was the personal attention of friends who came to the rescue.

That 93 years old lady was released from the hospital a few days after she broke her hip. The hospital administration said her allotted time was finished and that she was too old for surgery. She then chose to ride in an ambulance for three hours where she could be treated by an orthopedic physician in Denver. Before the proper treatment could be scheduled, she passed away in a nursing home. The room was not representative of a hospital-like atmosphere.

The lace curtained rooms were

spacious so that when her cherished belongings were placed she cried, "Oh, this is so much better." All the while, she was suffering from a broken hip that had not been repaired. When she expired, she said, "I just want to see Gene!" Gene had passed away twenty-one years previously. He was her husband.

What has happened in our health care system where folks are labeled too old or too ill to be properly treated? Sometimes patients might have spent beyond the length of stay in the hospital and must go elsewhere if they cannot go home. Thus began the successful expansion of the assisted living industry.

Hospital discharge planning of patients has requirements that social services establish a reduction in the days a patient spends there. The Diagnostic Related Group was enacted in the 1980's as a tool to implement this process. The 'DRG's' are a tool for charges and costs in order to keep medicare costs down for the government. There was a medicare payment mechanism that states could adopt. The key points were that there were limited days per patient hospitalization and that exceptions were available as outliers if there were patient complications.

The question remains as to how suffering might be alleviated to some extent by a different approach to the health care system in our country.

❖ Shirley Riggs, Free Lance Writer, CO Press Assoc. member

HEALTH TIP:

Stay Fit When Traveling

Find ways to exercise when on the road

Traveling can make sticking to your usual exercise routine a challenge, but there are plenty of ways to get in exercise while you're on the road.

The American Council on Exercise lists these suggestions for exercising while traveling:

- Instead of your usual stair-climbing machine, look for tall buildings or stadiums where you can climb the stairs.
- Walk through the new city and explore; look for a hiking trail or a local park.

- Try to walk to more of your destinations rather than driving or taking a cab.

- Find out if your hotel has a fitness center or pool and pack your workout or swim clothes.

- Ask about a local gym where you can get a short-term pass or pack simple workout equipment like a jump rope or an exercise tube.

- Try exercising in your hotel room by doing activities that don't require equipment, such as push-ups and crunches.

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In The Spirit

Compromising God's Word

"Heaven and earth will pass away, but my words will never pass away." Matthew 24:35 (NIV)



Henry Armington

I see so many Christians compromising the word of God today in order to gain acceptance from the world. While it

is nice to have a big church, when we compromise God's word in order to build one, we are displeasing God and misleading a lot of people. As a matter of fact we will be held accountable if we don't preach the truth because the truth is what sets people free.

So what if people get offended by the truth! I would rather kick them into heaven than pat them into hell! When you are focused on being a God-pleaser, you will

Continued on page 14

Genealogy Rocks!

The Best of Times for Genealogy

This is the best of times for anyone who wants to find out about their ancestors. Computers have created a welcome mat for anyone even mildly curious. U.S. census records (1790-1940) are fully indexed and available on



Carol Cooke Darrow

www.familysearch.org and on www.Ancestry.com. Military records going back to the Revolutionary War are available on www.fold3.com.

The Downtown Denver Public Library, Western History/Genealogy Dept., boasts the 2nd largest collection of material west of the Mississippi. Check the online catalog at www.denverlibrary.org to see what's available about your county and state of interest. Volunteers are also ready to help you master computer searches on www.Ancestry.com which features both U.S. and world collections of records.

Free classes and genealogy societies abound. There are more than 25 societies that hold regular meetings in the Denver metro

area. That includes general interest as well as groups focusing on Swedish or Jewish or Welsh-Irish-Scottish-English research.

The 8 Family History Centers around Denver allow you to rent microfilm from the Family History Library in Salt Lake City. The LDS Church has microfilmed millions of official records in courthouses and government buildings around the world and each roll of microfilm is available to read for just \$7.50. Plus, www.familysearch.org now offers 1000's of records free online.

Denver also has one of 8 regional branches of the National Archives. The Denver branch is located at 17101 Huron St., Broomfield. The hours are 8:30 - 4 pm. There are 28 computers available for research on www.Ancestry.com and www.Fold3.com for free.

Finally volunteers are ready to help you at all the local libraries and at the National Archives - Denver branch. They are there to help you use the computers in your search and to suggest new avenues of research that you might not have considered.

What are you waiting for?

❖ *Carol Cooke Darrow, CG, is the past president of the Colorado Genealogical Society. Visit www.Cogen-soc.us for information about classes and events.*

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Social Ballroom Dancing. Learn ballroom steps with styling, maneuver around the dance floor, placement of hands and arms, tie steps together, and specific footwork. Practice with Latin and American Ballroom music. A new dance is taught each month. Every Mon, 3-4:30pm, \$5 at the door, SilverSneakers Free.

Line Dancing for Beginners. Learn basic universal line dance steps, while exercising body, mind and improve your mood! Every Wed, 10-11am, \$5 at the door, SilverSneakers Free.

Knitting & Crocheting. Create new projects, learn new stitches and techniques to knit and/or crochet. Help is available. Learn how to determine gauge and a variety of stitch patterns. For all skill levels, including "seasoned" knitters wanting to gain

new skills. Supply kits are available in class for \$20. Tues., Aug. 6-20, 6-8pm, \$31/\$26

Zumba Gold. Specifically designed to take the dance rhythms created in the original program, and bring them to the active older adult or beginner participant. Emphasizes the basics. Wed, Aug. 7-28, 5:30-6:15pm, \$10/\$8, SilverSneakers: Free

Bunka Bash Fridays. Have fun, be social and play an easy-to-learn, yet exciting game! Played with only dice and a score sheet, all you need to do is roll the dice and add the points. Partners rotate. \$1, refreshments and prizes provided. 1st, 3rd & 5th Fridays, 1-3pm

More Bang for Your Buck! Thinking of selling your house? Do you wonder how much is too much to fix it up? Learn about cost vs. value and get expert cost saving tips for fixing up your house to attract buyers. Get the most out of the sale, not less! Thur, Aug. 8, 10-11:30am, Free.

Technology is Hip!

Computer Screens of the Future

Computer screens on home computers, laptops, smartphones, or even tablet PCs are changing the way we access information. Instead of using a computer mouse to select a function, touch screen technology has made it easier to access programs or the Internet.



Bob Larson

Ask the owners of several mobile devices such as smartphones, eReaders, or tablet PCs: "What's the best thing about your device?" Many owners will reply, "The screen!" Touch screen technology in many of today's home or business computers and most handheld devices have better displays and definitely easier access than traditional desktop computer screens.

You probably have seen the magical touch screen technology on several popular crime TV shows such as Hawaii 50, NCIS: LA, and CSI. The actors simply touch the screen to access records of all types

or move images to a larger screen. The touch screen technology is even in luxury car dashboards to access all the vehicle functions plus access the Internet for information or emails, or get directions with local maps. The vehicle of the future will likely have the computer display built into the windshield, so drivers don't have to look down.

Corning Glass Products makes the computer touch screens for many of today's cars, appliances, and laptop and handheld computers. Now Corning has released a video showing the company's vision of the future of computer displays at http://youtu.be/6Cf7IL_eZ38. This video shows the computer screens embedded in your bedroom or bathroom mirrors, appliances, car dashboard, or any tabletop work area. People can look at the latest network news, read or send emails, videoconference with parents, or access information on the Internet. Get ready for the future with touch screen technology!

❖ *Bob Larson is a technologist and uses technology in his everyday life. Contact Bob at Ralarson100@gmail.com for more information on this column.*



Ground breaking for new facility, first of its kind in Colorado

A crowd of about 150 attended a June groundbreaking for the state's first outdoor courts built specifically for the game of pickleball. Many brought their own shovels to help turn over the first dirt for this project, afterwards enjoying refreshments despite the gusty afternoon wind.

The project, set for completion in fall 2013, has been a grassroots effort led by "Pickleball Ken" Marquardt, an ambassador and devotee of the game. Ken helped build local player numbers to their current levels of nearly 1000. Realizing they were outgrowing the indoor courts at the Apex Center, the pickleballers threw their support behind Apex PRD's effort to

get funding for the new courts at the Apex Simms Street Center, 11760 W. 82nd Ave. In January 2013, the Jefferson County Open Space Advisory Committee designated \$158,720 to build the courts, with additional funding provided by Apex PRD and the Apex PRD Foundation, a non-profit dedicated to the support of community recreation.

Enthusiasts continue to enjoy their sport at the Apex Center. For the uninitiated, it's an easy-to-learn game that is played on a court, like tennis but half the size, with a Wiffle ball and paddles. To learn more, visit pickleballken.org. Watch for construction progress reports at apexprd.org.

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US Immigration Policy. Fri. Aug. 2, 11 -noon. The history of immigration and how this issue is currently playing out at both the federal and state level. Discuss the economics and politics. U.S. Allied Jewish Apartments, 11 S Adams St, Free.

The River Nile. Mon., Aug. 5, 1 -3 pm. Flowing through 10 countries, explore this great river, visiting its winding path through history as well as its current relevance in the world. Sunrise at Flatirons, 400 Summit Blvd, Broomfield, Free. RSVP: 303-466-2422

The Evolution of Libya. Tues., Aug. 6, 10:15-11:15 am. Gaining independence after World War II, Libya struggled for 42 years under the totalitarian regime of Muammar Qaddafi. Review the story of Libya and where it may head from here. Jewish Community Center, 350 S. Dahlia St, Denver, Free. Info: 303-316-6359

Venezuela. Wed., Aug. 7, 1 -3 pm. Increasingly at odds with the US, both countries share a mutual interest in Venezuela's oil reserves, Explore the origins of this escalating conflict and where it may go from here. Vita Flats, 101 Grant St, Denver, Free. RSVP: 720-242-7804

Germany. Wed., Aug. 7, 2 -3 pm. Explore the role of Germany in the

world as well as how the process of German reunification has evolved. Keystone Place at Legacy Ridge, 11180 Irving Dr, Westminster, Free. RSVP: 303-465-5600

Iran. Th., Aug. 8, 7 -8 pm. An in-depth look at the country of Iran. Discuss Iran's nuclear program, the relationship between Iran's religious and political leadership, and challenges presented by regional turmoil. Stapleton Master Community Assoc., 2823 Roslyn St, Denver, Free.

Kashmir. Tues., Aug. 13, noon - 1 pm. Since 1947, India and Pakistan have fought over the region known as Kashmir. Explore Kashmir and seek to understand its pivotal role in South Asia. First Presbyterian Church of Lakewood, 8210 W 10th Ave, Free.

Iraq. Tues., Aug. 13, 12:30-1:30 pm A look at the path for Iraq to stand on its own as well as the strategic role that the new Iraq plays in the region. Tattered Cover, 9315 Dorchester St, Highlands Ranch, Free. Info: 303-470-7050

The History of Horses & Racing. Tues., Aug. 13, 2:30-3:30 pm. Beginning with horse domestication and their use in agriculture, the military, and other arenas and end with a review of some of the great-

est racehorses and races of all time. Atria Inn at Lakewood, 555 S Pierce St. Free. RSVP: 303-742-4800.

The Lewis & Clark Expedition. Wed., Aug. 14, 3-4 pm. Discuss the achievements and challenges of the expedition as well as the mysterious death of Meriwether Lewis. Plus the evolution of our country's relationship with Native Americans. River-Pointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600

Loving Brahms. Sun, Aug. 18, 9-11 am. Born to a working class family, Johannes Brahms showed a modest musical talent that blossomed into a career. Learn about his extraordinary life and music. Stapleton F15 Swimming Pool, 2831 Hanover St, Denver, Free. RSVP: 303-388-0724

The Korean War. Wed., Aug. 21, 1:45-3:30 pm. A look at the origins, key events, and the lasting legacy of this conflict. Covenant Village of Colorado, 9153 Yarrow St, Westminster. Free. RSVP: 303-403-2205

North Korea. Wed., Aug. 21, 6:30-7:30 pm A discussion of the history of North Korea and the development of the North Korean nuclear program. Cover the successes and shortcomings of diplomatic efforts. Highlands Ranch Library, 9292 Ridgeline Blvd, Highlands Ranch, Free. RSVP: 303-791-7323

Bea ■ from page 5

were able to see some first run movies, including "Ted". She tried to stop me from seeing it because she felt it wasn't "age appropriate" for a grandmother. Ha!

It doesn't make any difference where you go, but start to pick off one grandchild at a time and just have a "Granny/Grandpa and Me Trip". You will create wonderful life long memories.

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmyfriend.net*

Elder ■ from page 5

or other relatives in case of trouble, just as you would want someone to do for you.

❖ *Adapted from an article by Winnie Yu, published in Next Avenue, July 11, 2012. The Colorado Coalition for Elder Rights and Abuse Prevention (CCERAP) is supported by the Colorado Department of Human Services, State Unit on Aging. Additional resources and information are available on CCERAP's website: www.ccerap.org.*

Spirit ■ from page 5

never be focused on trying to win men's approval! Either you will offend God and please the world or you will offend the world and please God! So what's more important to you?

❖ *For more inspirational nuggets feel free to visit cbcdenver.org or telephone 303-296-6618 for church locale.*

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Social Security Today

By Carolyn W. Colvin, Acting Commissioner of Social Security

78 Years Of Social Security

There are special moments when people look back and evaluate a life or an era: birthdays, class reunions, holidays, anniversaries. Time is simply the stringing together of events, some small, some significant, but each one can have an effect on the greater whole. A lifetime of seemingly mundane events can pass in what seems like the blink of an eye... until one looks back to examine them and realizes just how much has filled the space.



Mike Baksa

When I think about Social Security on the program's 78th anniversary, I am amazed by what a significant difference it has made, one event at a time, one person at a time. Over Social Security's history, every single payment has made a difference to an American somewhere. But when you string those payments together, it's remarkable what a positive effect Social

Security has had on the people and economy. Social Security has been a cornerstone of our nation, touching the lives of almost every American. It's the most successful domestic program in our nation and, arguably, the world. When President Franklin D. Roosevelt signed the Social Security Act into law on Aug. 14, 1935, he said, "The civilization of the past hundred years, with its startling industrial changes, has tended more and more to make life insecure. Young people have come to wonder what would be their lot when they came to old age. The man with a job has wondered how long the job would last." The same can be said of the current information age, with our rapidly evolving digital revolution and periods of economic instability. Social Security is a safety net cast to help those who need it.

President Roosevelt knew that the cornerstone of his administration would offer security, but he also understood that Social Security would need to evolve as changes challenged the nation. "This law, too, represents a cornerstone in a structure which is being built but is by no means complete," he admitted. "In short, a law that takes care

of human needs and at the same time provide the U.S. an economic structure of greater soundness."

Today, Social Security is much more than just a retirement program. We provide benefits to disabled individuals and their families. We provide survivors benefits to widows, widowers and the minor children of deceased workers. We provide Supplemental Security Income (SSI) to aged and disabled people who have low income. We provide incentives to help people work. We offer Extra Help with Medicare prescription drug costs.

Looking back over the past 78 years, it is those millions of individual moments — the monthly benefits — that have made a tremendous difference. Each payment has helped someone, somewhere. The difference Social Security has made in the lives of Americans is certainly something to celebrate.

Learn more about Social Security's rich history at www.socialsecurity.gov/history. Become a part of Social Security's history by doing business with us online at www.socialsecurity.gov/onlineservices.

❖ *Public Affairs Specialist Mike Baksa may be reached at michael.baksa@ssa.gov*

Two Sites Open Saturdays for Slash Drop-off

Douglas County offers 2 locations for homeowners who have cleared their property of dead tree branches and shrubbery, helping ease the disposal of materials from fire mitigation efforts on their land. The two slash/mulch sites are:

Castle Rock Water Treatment Plant: 1400 Caprice Dr., is open on Saturday's, until September 7, from 8 – 1 p.m.

Swayback Transfer Station: 7828 S Hwy 67, is open year-round to Deckers-area residents on Saturday's only. Hours until Nov. 2, are 8-4:30 p.m. After Labor Day, hours are 9-3 p.m.

Please call 303-663-6274 to confirm the Castle Rock Treatment Plant site is open during inclement weather. The Swayback Transfer Station is open to Deckers-area residents-only and is open on Saturday's-only, year-round. Please visit www.douglas.co.us/public-works/slash-mulch-program/ for a list of acceptable items and more information on Slash/Mulch. For information on Wildfire Mitigation please visit www.douglas.co.us/building/wildfire/

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Mandatory Reporting of Elder Abuse

With the tsunami of adults racing toward retirement age, it can be expected that the number of crimes against older adults will increase. Financial exploitation leads the way but included within elder abuse are crimes such as physical and sexual assault, Power-of-Attorney exploitation, and outright theft of property. Sadly, many of these crimes are committed by family members.

Colorado was one of three states that did not have a Mandatory Reporting of Elder Abuse statute. After a Task Force worked out the wrinkles on proposed legislation, Governor Hickenlooper signed a Mandatory Reporting bill into law on May 16 in a ceremony at the Seniors' Resource Center; the law goes into effect on July 1, 2014.

The intent of the law, which is applied to adults, 70-years old and older, is to increase senior safety. Many times crimes against older adults go unreported because the victim is dependent upon the perpetrator, is afraid of the process of

the criminal justice system, or is ashamed and embarrassed by what has occurred to them. Many times the effects of these crimes, such as bruises, a change in lifestyle due to financial loss, or large checks being processed on the bank account of an older adult who lives on a fixed income, may be noted and/or discovered by someone who knows or interacts with the older adult. Many of those who make these discoveries will be required to report them to law enforcement.

Some of the groups who become 'mandatory reporters' under this legislation include: healthcare professionals; financial institutions; in-home caregivers; clergy; emergency room providers and Adult Protection professionals. If signs of criminal action toward an older adult are discovered by these professionals, they will be required to file a report with law enforcement.

During the intervening months before the law takes effect, training sessions on the law and its requirements will be held for those who are required reporters and for the general public.

Colorado is taking a needed step forward in the protection of older adults by requiring mandatory reporting of crimes against older adults.

For more information on The Jefferson County Council on Aging, call 303-271-3487 or check out www.jeffcoccoa.org.

Aurora Center for Active Adults

303-739-7950 • auroragov.org/adults50plus

Evening Dance Party. Wed., Aug. 21, 6-8 pm. \$4/person. Dance to the music of Tom Yook.

Veterans Salute. Registration begins August 5th for the popular 19th annual Aurora Veterans Salute on Wed, Nov. 6, 9-1:30 pm. with a special tribute to Korean War Veterans as we celebrate the 60th anniversary of the end of that conflict. The Veterans Salute is hosted by the Wings Over the Rockies Air and Space Museum. Tour the Museum, 9:00-11:30 am. Lunch is catered by Carrabba's Italian Grill and served by JRAFROTC cadets. Groups of 10 or more \$18 per/person, General Admission is \$20 per/person.

All Media Half Day. Work in your favorite media while finishing up projects or starting a new. Mon, Aug. 19, 12:30-4:30 pm. \$20/\$15

Quilting Block of the Month. Learn an art that lasts a lifetime and create beautiful pieces. Work on a different quilt block and technique each month. Supply list given at registration. Mon, Aug. 5, 1-4 pm. \$18/\$14.

Memory Tricks. Forget names? Lose keys? Miss appointments? Simple tricks make these appear in your mind like magic. Thur, Aug. 1 - Sept. 5, 9:30-11 am. \$3/\$25

Alzheimer's Education. The Basics of Memory Loss, Alzheimer's & Dementia, by Rosalyn Reese of the Alzheimer's Assoc. Thur, Aug. 1, 10:30-11:30 am. No Fee. Register

required.

Computer classes. All levels, from the basics to Microsoft Word 1 & beyond. Navigate the internet or work a digital camera and manipulate digital pictures. Classes are ongoing and at various times. One on one instruction available. Call to for schedules and fees.

Wii at the ACAA. Free! Play a variety of Wii, interactive video games! Mon- Sat regular hours.

CancerFit. A 6-month program for adult cancer survivors of all ages, fitness levels & types of cancers. The fitness program aids in recovery & general fitness during & after treatment & includes flexibility, cardiovascular & strength training.

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Stretch, Strength & Balance. Learn stretch, strength, breath & balance techniques to improve your muscle tone & mental conditioning. M/W, Aug. 5-28, 9:15-10am. \$47 /\$36, at Meadowood Rec. Center

ACAA Day Trippers. Offering a wide variety of day trips to destinations on the front range. Trips range from high teas, behind the scene tours, to theater and other dynamic performances and events, to dining destinations. For a complete listing of fall day trips on line at www.auroragov.org/recreation, click on adults 50+. Call to have one mailed.

Medicare Benefits. Presented by the State Senior Health Insurance Assistance Program. No fee. Registration required. Medicare and Long Term Care. Thur, Aug. 8, 10-11 am. Medicare Fraud. Thur, Aug. 15, 10-11 am.

Wills Trusts & Power of Attorney. Learn what you need to know. with Q & A. By Wayne Stewart, Elder Law attorney. Wed, Aug. 14, 10 - Noon \$4/\$3.



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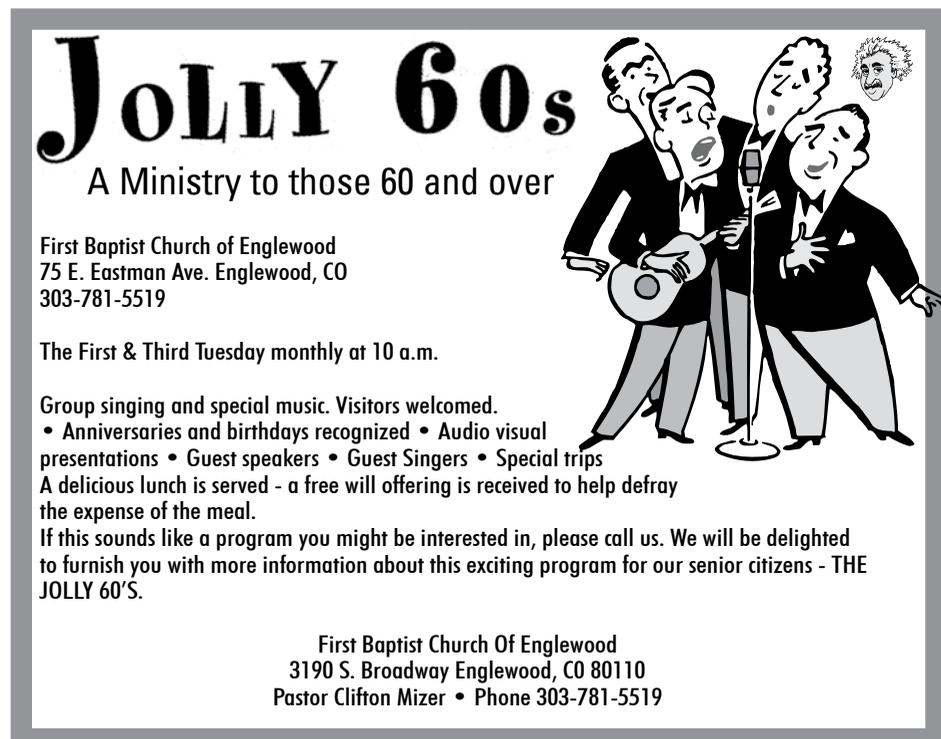
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South Suburban's Jim Priddy Celebrates 40 Years with South Suburban

Jim Priddy, manager of parks and open space, recently celebrated four decades with South Suburban Park and Recreation District, and was formally recognized at a District board meeting in May. A native of Texas, Priddy knows about wide, open spaces. After graduating from Texas A&M in 1967, Priddy moved to Colorado in 1973, and joined South Suburban as park maintenance supervisor.

When Priddy joined the District there were 37 park sites to manage and maintain; now there are 150. Many District parks are located within neighborhoods. In addition to parks, the District manages thousands of acres of natural open space and 90 miles of trails.

Under Priddy's tutelage, the District implemented an effective and highly touted water conservation program, praised by the Den-

ver Water Board; a maintenance vehicle replacement program, an asphalt parking lot and trail replacement program, and irrigation systems replacement program.

According to South Suburban's Executive Director David Lorenz, "Jim has always been very dependable and extremely conscientious. He always meets budget and controls expenses, something that has really helped keep the District financially healthy." Lorenz added, "It has not always been easy to fund capital replacement items, but everything has a lifecycle and needs to be replaced over time."

One of Priddy's proudest accomplishments was helping to take the idea of a new and larger maintenance facility to fruition, with the fall 2011 dedication of the South Suburban Service Center, nicknamed "Boatworks" after the for-

mer occupant of the site. The facility houses the District's fleet of vehicles, the District's Garage & Shop, Welding & Fabricating, Turf, Irrigation, Athletic Fields and Grounds, Trails & Natural Open Space, plus Construction, Playgrounds, Preventative Maintenance and Sign Shop. As Manager of Parks and Open Space, Priddy supervises nearly 70 full time employees & 80 seasonal employees.

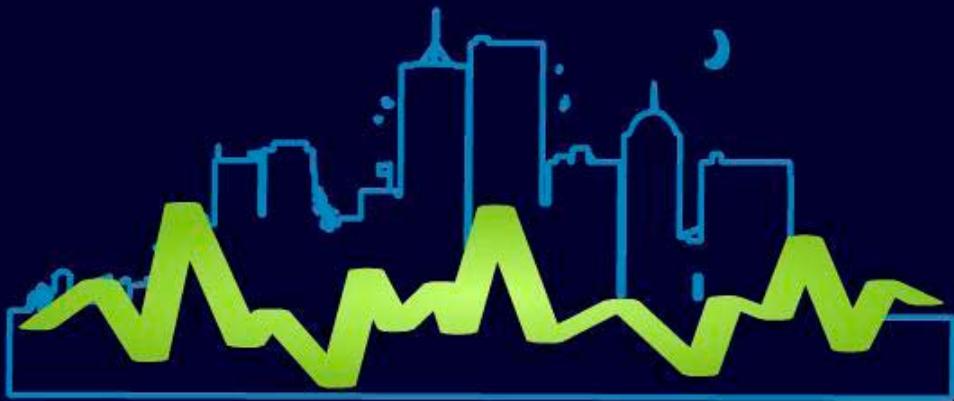
While you can take the boy out of Texas, you can't take Texas out of the boy. His Texas twang is an endearing quality, and Priddy is fond of Texas colloquialisms. Priddy's longevity with the District is attributed to enjoying what he does, interacting with people and working with a knowledgeable and talented staff. The bonus is helping to provide places for those in the community to recreate and enjoy.

Bake Out Hunger Raises \$10,570

Rheinlander Bakery's 50th Anniversary Celebration and Bake Out Hunger campaign raised \$10,570 dollars to benefit the Arvada Community Food Bank. The festivities commemorating the anniversary were held in June. During the 4 day event the bakery earmarked 50% of its sales as a donation to the food bank and held special events raising additional funds to bake out hunger. The events included a ice cream social, A German Kaffeeklatsch and cake auction and a cookie decorating event for kids.

"We are thrilled to have had such a great turnout" said Ed and Maro Dimmer, owners of Rheinlander Bakery. "On behalf of ourselves and our staff, we extend our gratitude to our community and everyone who supported us with their purchases and their contributions as well as those providing assistance in planning and executing the event", the Dimmers said.

Rheinlander Bakery is scheduled to present a check for the \$10,570 to the Arvada Community Food Bank during a recognition ceremony at the Arvada City Council meeting on August 5, at 6pm.



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Carnation Festival. The 44th annual on Friday, Aug. 16, 4-11 pm & Sat. Aug. 17, noon-11pm at Anderson Park, 44th & Field. For more info visit: thecarnationfestival.com

Movie Matinee. Free monthly movie! "42-Jackie Robinson Story" Thurs. Aug. 29, 1pm.

Aging Wisely. Navigating Resources for Seniors. Presents the various resources available to seniors and

how to best utilize them. Tues. Aug. 27, 1:30pm, \$5, call to register.

Free Drawing Class. Fri, Aug. 23, space is limited, call to register.

Take a Hike! Explore Colorado one hike at a time. \$16 call for a complete schedule or to sign up.

Dance, Dance, Dance. Offering a wide variety of ongoing dance classes including: Beginner, Basic and

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\$2. Low Vision Support: 3rd Tues.. Aug. 20, 1:30-2:30pm. Write & Share: 3rd Tues, Aug. 20, 2-3:30pm. Laughter Yoga: every Tues. 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:45pm. Booktalk: Aug. 29, 10-11:30am, Book selection for next year. Computer Lab: Mon-Fri, 8:30-12pm & 1:30-3:30pm



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FOR SALE: 2 Crown Hill Cemetery Plots, Sections 3&4, Unit B, Lot 26, Block 47, \$1000 ea. plus Transfer Fee. Call 303-663-8084, ask for Kay.

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Free Summer Concert Series. Last 2013 concert on Thur, Aug. 8, 7 pm featuring The Country Music Project at McIlvoy Park, 5750 Upham St. In case of rain, the concert moves to the Community Recreation Center, 6842 Wadsworth Blvd.

Newcomer's Welcome Reception. Wed, Aug. 7, 9:30 am. Discover the diverse opportunities at the Apex. Refreshments, free, register.

50+ Job & Volunteer Fair. Fri, Aug. 23, 8:15-11:30 am. Looking for a full-time, part-time, or volunteer job, extra income or new challenges, talk to agencies that are looking for you. Bring your resume'. Free to the public; Call to register. Employers and agencies call 303-467-7197 for vendor information/fees.

Medicare 101. Mon, Aug. 5, 7-8 pm. Learn the basics of Medicare and the resources available as you maneuver the Medicare maze, Free, call to register.

Understanding Medicare Advantage Plans. Mon, Aug. 12, 7-8 pm. The differences, advantages and things to be aware of in choos-

ing between Medicare supplemental plans and a Medicare Advantage Plan. Free, call to register.

Yogalates. Thurs., Aug. 1-Sept. 5, 6:15-7:30 pm or 7:30-8:30 pm. Experience the benefits of both Pilates and Yoga, such as stress reduction, enhanced flexibility, and muscular strength. Register, \$48/\$58. Discount for SilverSneakers.

Bunco Bash. Thur, Aug. 1, 1-3 pm. Bunco is an easy and fun dice game. Refreshments and prizes included. New and veteran Bunco players welcome. Register, \$4 per time by Tuesday prior.

Intro to SilverSneakers. Thur, Aug. 22, 9-10 am. Learn about SilverSneakers at Apex. Fillout paperwork with a facility tour, and explain benefits. Only some Medicare Supplemental plans offer SilverSneakers, call Lynn to see if you are eligible.

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Grand Lake Escape. Sat, Aug. 4. Begin with a drive over Berthoud Pass to lunch at the Daven Haven Lodge. Then, Trail Ridge Rd. with a brief stop in Estes Park. Includes meal, transportation & driver gratuity. Sign up.

Breckenridge Concert. "Swinging at the Summit," Fri, Aug. 16. Arrive midafternoon for shopping before dinner at Bubba Gumps. An indoor concert with music from Gershwin to Barber to Jobim. Includes meal, transportation and driver gratuity. Sign up.

Lady Luck Casino. Black Hawk. Tues, Aug. 20, Includes transportation, travel leader, coupons: \$5 with \$20 buy-in upon arrival, a free roll of nickels after one hour of playing, a free Danish and coffee upon arrival, a free hot dog and soup and free well, wine and draft drinks while gambling. Sign up.

Cinzetti's. Tues, Aug. 27. An Italian feast for the senses. Lunch on own, starts at \$7.99 plus beverage, tax and tip. Trip includes transportation and travel leader. Sign up.

Thursday Walks. Two to five miles with an altitude gain not over 700 feet. Details on each walk is available at the Center front desk. 8-3 p.m.

Thursday Hiking. Moderate and Upper Level. Details on each walk is available at the Center front desk. 7:30-5 p.m.

Hatha Yoga. 9-10:30 a.m., Mon/Wed.

Sidepockets. 8-5 p.m., Mon-Fri. Billiards, snooker, pool pinochle or poker.

SilverSneakers® Classic. SilverSneakers®: Free, \$15/10-class punch card, 9:30-10:30 am, Tues/Th. 11-11:45 am, Tues/Th. Designed to increase strength, range of movement, agility, balance and coordination and to improve functional capacities, physical fitness level and sense of well-being.

SilverSneakers® Yoga. SilverSneakers®: Free, \$15/10-class punch card, 10-10:45 am. Mon.

Social Bridge. SilverSneakers® free, Noon-3:30 pm., Fri. (except holidays). Change partners every four hands. No partner is necessary. Passholder card or \$2 drop-in.

Table Tennis. SilverSneakers®: Free, 1-4 pm, Wed; 1-3 pm, Fri. (except the first Friday of the month) Friendly games, all experience levels are welcome.

Saturday Night Dance. 7-10 pm, Saturdays (open at 6 pm) 3 hours to dance with a live band and refreshments. \$7 person. Sat. 7-10 pm, doors open at 6 pm. Bands: Aug. 10: Blue Notes, Aug. 17: Tom Allen Variety Band, Aug. 24: Lois Lane.

First Friday Afternoon Tea Dance. 1-3:15 pm, 1st Friday each month. Listen to live music and dance the afternoon away! \$5 per person. Band: Jim Erlich.

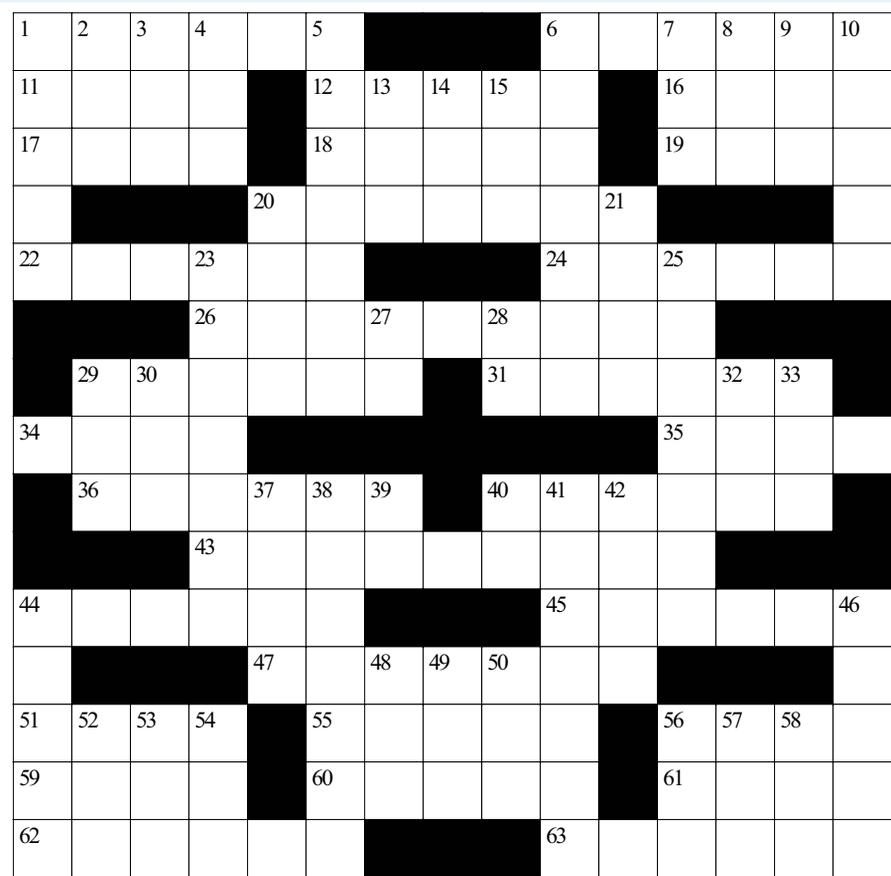
Lunch at Clements Center. Noon, Mon-Thur and the 1st Fri each month. VoA dining room. Age 60 up \$2.50; under 60, \$7.25 charge. Reservations: 303-987-4833 two business days in advance.

Morning Dance. 10:30-noon, Wed. Dance to the Happy Hour Band, free.

Crossword Puzzle

50 Plus Marketplace News

August 2013 • Denver Metro
Answers page 16



- 61 Sudden assault
- 62 Elaborately adorned
- 63 Once each year

DOWN

- 1 Unit of capacity
- 2 Malt beverage
- 3 Slender metal fastener
- 4 Small child
- 5 Chief Hindu philosophy
- 6 Slender
- 7 Biblical high priest
- 8 Male child
- 9 Exclamation of contempt
- 10 Naillike fastener
- 13 Which Soviet space station was launched in 1986
- 14 Bleat of a sheep
- 15 Abstract being
- 20 Earth's satellite
- 21 Indigo
- 23 Parliament of Israel
- 25 Roman emperor
- 27 Similar to
- 28 Part of the verb to be
- 29 High mountain
- 30 Regret
- 32 Exclamation of surprise
- 33 Adult males
- 37 Examination
- 38 Small end-blown flute
- 39 Near to
- 40 Negative vote
- 41 Sufficiently
- 42 Stratum
- 44 Military cap
- 46 Intoxicating
- 48 Part of verb to be
- 49 Vietnam
- 50 Immerse
- 52 Beetle
- 53 Spanish title
- 54 Jamaican popular music
- 56 Brassiere
- 57 Organ of hearing
- 58 Sesame plant

ACROSS

- 1 Into which sea does Siberia's Lena River flow
- 6 Hotel patrons
- 11 Hip bones
- 12 Cinder
- 16 Leap
- 17 Propend
- 18 Roman goddess of the moon
- 19 Monetary unit of Peru
- 20 Wild cherry
- 22 Calculate
- 24 Be innate
- 26 Events worthy of note
- 29 Places of contest
- 31 Rarely
- 34 In addition to
- 35 Ostrichlike bird
- 36 Monetary unit of Spain
- 40 Country
- 43 Walleye
- 44 Sovereign of an Islamic country
- 45 Extent
- 47 Ramble
- 51 Increases
- 55 Habituate
- 56 Second letter of the Greek alphabet
- 59 An eccentric
- 60 Entice

get vaccinated to protect against SHINGLES

Pharmacy ™
at **SAFEWAY** ™

➔ **What Is SHINGLES?**

Shingles is a painful, blistering rash caused by a virus affecting the nerve roots that can last up to a month.

➔ **How Can You Prevent SHINGLES?**

By getting the ZOSTAVAX vaccination, recommended for adults 60 years of age and older.

➔ **Where Can I Get Vaccinated?**

Use our [Pharmacy Locator](#) to find a pharmacy near you.

<http://www.safeway.com/ShopStores/Pharmacy>

Walk-in or by-appointment vaccinations are available, including convenient night and weekend hours.

Want more information?

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