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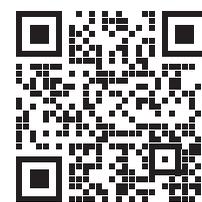
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December 2014 • Volume 20 • Issue 12

Tips for Jolly Holiday Shopping

It's easy to get caught up in the hustle and bustle of the season while shopping for friends and families. Bargains! Extreme mark-downs! And that nagging feeling that if you don't buy it today it'll be gone tomorrow.

Consumers will spend on average \$737.95 on gifts, décor, greeting cards and more, according to the National Retail Federation. To retain control over your checkbook and credit cards, make a holiday budget and stick to it - no matter what. A list of people and how much you want - or can - spend on each is helpful as well.

Better Business Bureau® Serving Northern Colorado and Wyoming offers these offers these additional tips:

- Compare prices and shop carefully. "Sales" and "markdowns" are not always bargains. If you put items on layaway, be sure to understand store policies about payments.
- Ask retailers about refund and exchange policies. Make sure you have a receipt and tuck it in with the gift should it need to be returned.
- Whether shopping online or on Main Street, check out the business first at wynco.bbb.org.
- Be informed about your rights when placing orders through cata-

logs, mail order, TV shopping networks or online venues. Ask about delivery times, delivery costs and how returns are handled. Before making an online purchase, look for trustmarks such as the BBB Accredited Business Seal and click to confirm that it's valid.

- Check a website's security settings. If it's secure, the URL (Web address) will start with <https://> The "s" stands for secure. You also may see a closed lock icon in the lower right hand corner of the screen.
- If you're shopping online, make sure your computer has the most recent antivirus and security updates.
- Always pay with a credit card should the need arise later to dispute charges.
- Keep the order confirmation and tracking number until the item is received.



3 Ways to Give the Holiday Season More Meaning

These days, the focus of the holidays is often on consumerism -- from gift cards to glitzy décor to formal place settings. Whatever your religious beliefs, you may be looking for ways to incorporate more spirituality into the season and beyond.

Here are three ways to bring more meaning to the season:

- Skip the gift exchange. Instead of purchasing pricey presents for family and friends, do a letter exchange instead. Take the opportunity to tell loved ones what they mean to you. These notes of appreciation will be a lot more memorable and a lot more meaningful than a store bought item. The money you would have spent on gifts can be donated to your favorite charity instead.
- Volunteer. The winter can be an especially difficult time for the



and spiritual books for years, delves into the teachings of the likes of Buddha, Jesus, Plato and Muhammad. The book seeks to help readers navigate their own path by discovering which teachings apply to them and how to incorporate them into a modern lifestyle. This read-

ing can be especially beneficial to those looking for more meaning around the holiday season.

More information about the book can be found at www.Book-ComingHome.com.

While there is certainly great joy to be had by getting swept up in the spirit of the holiday season, taking time to reflect and be of service to others can give this time of year even more meaning and importance.

Provided by StatePoint

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December CALENDAR

Safe Gifts, Celebrations and Toys Month

Monday/1

SCFD Community FREE Day, The Denver Museum of Nature & Science 9–5 pm. Enjoy outstanding permanent exhibitions, including Expedition Health, Space Odyssey, Prehistoric Journey, and Egyptian Mummies. 2001 Colorado Blvd., Denver. Info: 303-370-6000 or dmns.org/

Sunday/14

The Denver Museum of Nature & Science, Family Movie: Whale Rider. 1–4 pm, \$8-\$12. Experience the tradition of whale riding by the Māori of New Zealand through the story of a young girl and her grandfather. Afterward, dive into the wonder of whales as you inspect Museum collections relating to these colossal mammals and craft your own soap carvings and “whale” jewelry. Film is rated PG-13 by the MPAA.

Monday/15

Stroke Support Group, 6-8pm, Swedish Medical Center, 501 E. Hampden Ave. Englewood, 3rd Mon. monthly, Info: Rebecca.Gloyd@riaco.com or tlcdenver@comcast.net

Tuesday/16

AARP 3838. 1 pm, at Thomas More Catholic Church, 8035 S Quebec St. annual Christmas Party. Plenty of food, music and fun. All are welcome to attend. Info: 303-797-9251.

Wednesday/17

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

Every Monday

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

Calendar sponsored by...

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www.ActiveMindsForLife.com

3 Holiday Movies for Tradition

Holiday traditions are a great way for you and your family to come together and celebrate the spirit of the season.

You may already have family traditions, but creating new ones and adding to the old can help keep your holidays vibrant. When it's frosty outside and the fire is roaring, what better way to spend time with the family than by watching a heartwarming holiday film?

Below are three holiday films you should consider including in your family tradition.

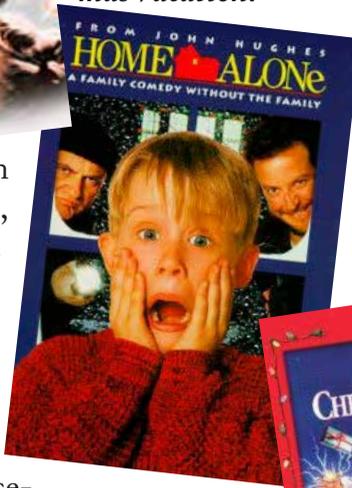
It's a Wonderful Life. This Frank Capra masterpiece has charmed and inspired people since its release in 1946. It follows a down-and-out businessman on Christmas Eve who is ready to give up on life until an angel shows him how different his family, and the world, would be without him. This one is sure to lift everyone's spirit!

Home Alone. A true family-pleaser, this one tells the tale of eight-year-old Kevin McCallister who is accidentally left home alone for the holidays. As if that weren't bad enough, he also has to defend his turf against two hapless but determined burglars. This film shows you don't have to go far from home for a holiday adventure, or to learn



about the importance of family.

National Lampoon's Christmas Vacation.



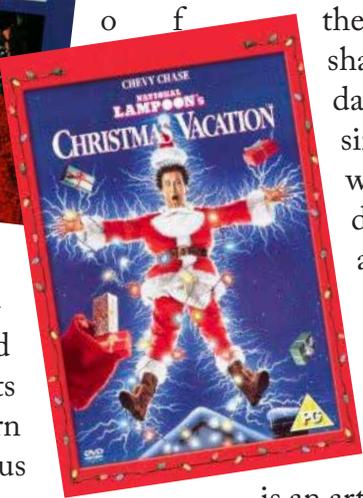
In this third, and some say the best, installment of the Vacation series, Clarke Griswold goes to the limits to give his family the perfect Christmas, and every problem imaginable gets in his way. This is a modern holiday classic that reminds us that the “greatest” holiday is one spent with family and friends.

Choose one of these movies to watch every year, or watch all three. You can check cable airings or find copies at your local stores, Amazon.com<http://Amazon.com> or Redbox®. To find other holiday favorites, you can browse MRQE.com<http://MRQE.com>'s 25 Best Holiday Movies list and take your pick!

The holidays are a time to come together and experience the joy of the season. And sharing a holiday movie is a simple and rewarding way to do this. So, go ahead; watch and be merry!

With seniors and their families in mind, this

is an article sponsored by Life Care Centers of America.



Transitions to an Adult Day Program

Making the transition to an adult day program or a different center can be tricky for the caregiver and loved one. “Change is hard, no matter what stage you are in life. It is important to be sensitive and patient with a loved one,” said Tia Saucedo, executive director of InnovAge Johnson Adult Day Program, a center designed for adults with memory loss.

To make the transition easier,

look at the center's activities and meal schedule and select a specific day to attend based on what your loved one enjoys. Choosing a day that highlights their interest helps set them up for success.

Adult day programs vary, but in general should include: daily activities, including exercise, games, computer time and field trips, meals and snacks, events and entertainment, including dances.

It usually takes 5 visits to feel comfortable at a day center, but once a person has settled in, they look forward to attending and enjoy the camaraderie and quality of life. Kay Flanigan, who started attending InnovAge Johnson Adult Day Program after a center closed, said, “I just love it here; the people are so loving and fun. I look forward to coming.”

If you are considering an adult day program, call InnovAge toll-free at 888-992-4464 or contact us by email at info@myinnovage.org. For more details online, visit us at http://www.myinnovage.org/.



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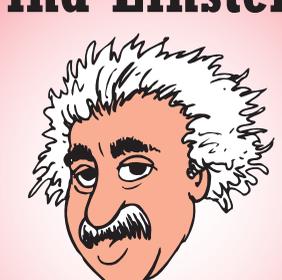
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Community Resource Forum



These forums are an excellent opportunity to learn about programs and services available in our community and to network with broad spectrum of organizations. On the first Friday of each month from 9 a.m. to 10:30 a.m. at Saint Joseph Hospital Russell Pavilion Entrance off 20th Ave. Franklin St. complementary valet parking and a continental breakfast is provided.

- Last month's presenters:
- Taxpayers Advocate Services: An independent organization providing free assistance to taxpayers in resolving problems with the Internal Revenue Service.
 - Mile High Ambulance: Provides medical transportation in the Denver metro area.
 - Clinical Foot Care: Provide a clinical assessment by looking for

health issues concerning the feet and toenails.

- Home Care Assistance: Specializes in 24 hour a day, 7 day a week, live-in care for older adults. Caregivers come to the home or senior facility to provide a wide multitude of services.

For more information, contact Richard Rodriguez at rodriguezr@sclhs.net/

Serving: The cities & counties of Denver, Adams, Arapahoe, Broomfield, Douglas/Elbert and Jefferson.

50 Plus Marketplace News, Inc. is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Denver Metro citizens.

50 Plus has 298,000 metro readers monthly. The paper is distributed by home delivery and free newsstands in businesses that cater to the needs and interests of those over 50.

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 emailed to sales@50plusmarketplaceneews.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) also by email.

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You might say to yourself, "Someday... I'll dust behind the television. But getting back there is a pain and have you seen the spaghetti of power cords?" You might say to yourself, "Someday... I'll stop eating that one cookie a day. Someday..." But that one cookie a day could save you more than a thousand calories a week—depending on the cookie. That could potentially allow you to lose a pound of body weight a month. But hey, cookies are good. And it's the holidays, so everyone you visit is offering up fresh-baked cookies!



Monica Ochoa

We all have our own personal somedays. Just out of reach. Just over the horizon. But you don't have to wait for someday to plan for your retirement or make up your mind to sign up for your own personal my Social Security account. Planning for your retirement is one of the most important things you will do in your life and we've made that decision as easy as pie. (Something else you may want to give up someday!) Put the cookie—or piece of pie—aside and go to www.socialsecurity.gov/myaccount to create your personal account. It only takes a few minutes. Once you've made that decision, life gets a little easier. It really does.

When signing up for my Social Security, you can see whether you've earned enough credits to apply for Social Security benefits and verify that your earnings his-

Social Security Today

tory is correct. It's very important that you verify your earnings, because we base your future Social Security retirement benefits on your lifetime earnings. You can also estimate how much money you will receive when you start collecting cash benefits. If you're already receiving Social Security, you can instantly get a benefit verification letter when you need it. Most importantly, you can relax because you will have the ability to securely control, plan, and manage your receipt of Social Security benefits throughout your life.

If you have friends or family who have a hard time making up their minds, giving them the gift of security is a great present. Tell them how easy it is to sign up for my Social Security. Over the holidays, in between watching A Christmas Story and passing the dessert tray, grab your electronic device and huddle around the hearth. Now that you've created a my Social Security account at www.socialsecurity.gov/myaccount, why don't you treat yourself to that cookie...or piece of pie? We won't tell anyone.



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Uniquely Bea

I Blinked and Became One of Them!

When I was much younger, I would go and visit homes of older family friends. I used to marvel at the amount of "junk" on their night stands and in their bathrooms. What was that big old fat rubber thing with the funny looking hose attached that hung behind the bathroom door? I would see a container of Epsom salts in the bathroom with a couple of hot water bottles. I saw false teeth containers with some packages of bubbly stuff next to them. I saw Vicks Vapor Rub and liniment. On the night stands were pill bottles, Kleenex, water, cough drops, reading glasses and a magnifying glass. I thought it was so funny that these old people needed all of this stuff just to



Bea Bailey

make it through the day and night. I would shake my head and quietly say, "Bless their little old hearts."

Well...then I hit 65 and guess what? All that stuff I used to say about those nice little old people now hits close to home. As I peruse my night stand, I see a bottle of water, cough drops, reading glasses, the remote control to my fan, a container of Extra Strength Tylenol, Tums, a topical gel to sooth the arthritis in my right hand, Kleenex, blood pressure cuff, Solanpas patches, a can of mixed nuts, the remote control to the TV, and an ergonomic pillow and knee brace are propped up next to the night stand.

Sigh...I blinked ... and I have now become one of them!!

Stop laughing...you have become one of them too!

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

Genealogy Rocks!

Writing a Memory

For many, the holidays are the one time of year when they send written greetings to family and friends. Sometimes these are pre-printed cards and sometimes they include Christmas letters detailing the latest family news.

This year, instead of writing about the kids and school and the busy year, you might want to use the occasion to capture a bit of family history by describing a favorite holiday tradition, a treasured recipe, or even details of a special family collection. By writing about the events of the past, you are preserving these ethereal events that might otherwise be lost to your family's history. Memories of holidays, trips, keepsakes, and events are hard to document. No record may exist of the five-day car trip from Minnesota to Arizona over the Christmas holidays but the memory may be precious to a family who started a new life with the new year in a new home.

Traditional holiday meals would not be complete without Bev's pecan pie or Susan's cranberry casserole. Sharing the recipes is an-

other way to ensure that some traditions are preserved. Families may also celebrate in traditional ways that reflect their cultural heritage. Holiday traditions may include candlelight church services followed by a rollicking snowball fight. Santa Claus may appear as Father Christmas or Kris Kringle. Hanukkah is celebrated with the lighting of the eight candles of the Menorah. African-American families may recount the recent history of Kwanzaa, which celebrates their heritage and culture.

So get out a piece of paper and a pen and write about your favorite holiday experience, event, food, keepsake, tradition – whatever story you want to tell to the people who mean the most to you. You may find that you enjoy the writing experience and your family and friends will certainly treasure the memory that you have made permanent by committing it to paper.

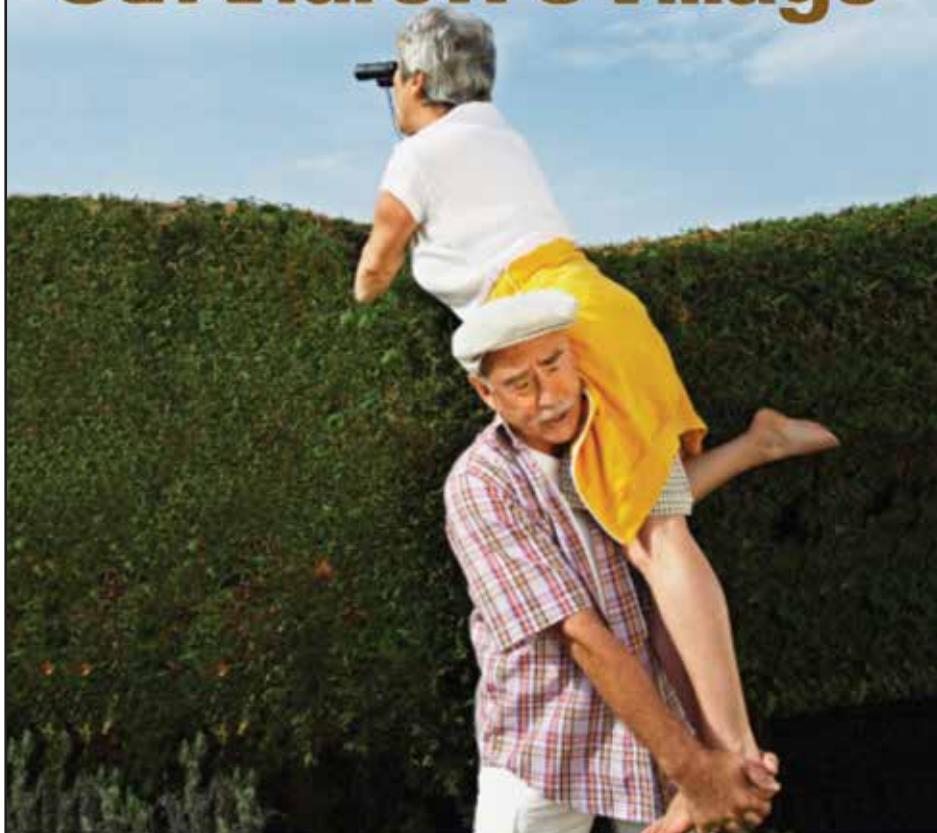
The Colorado Genealogical Society website at www.cogensoc.us lists a variety of classes and speakers for genealogists of all ranges of experience.

❖ *Carol Cooke Darrow, CG, teaches free genealogy classes at College Hill Library, 3705 W. 112th Ave., Westminster, on the first Saturday of the month. Call 303-404-5555 Adult Desk to reserve a seat.*



Carol Cooke Darrow

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City of Aurora Honors Veterans at Annual Tribute



Rick Crandall, MC



Mayor Steve Hogan



Maj Gen Michael Edwards

The 20th Annual Aurora Veterans Salute hosted by the City of Aurora was held at the Wings Over the Rockies Air and Space Museum gave tribute to veterans and their families in November. Over 1,000 people attended this annual event including 50 exhibitors.

The event started with the color guard, national anthem sung by Keith Loudermill, and invocation by Chaplain David Nigel with the Colorado Army National Guard. Event organizer Sheila Anthony and Aurora Mayor Steve Hogan gave brief highlights in honoring the veterans. Master of Ceremonies Rick Crandall, talk show host for KZEW Radio and moderator for the annual event, made the introductions for each of the speak-

ers and distinguished guests.

The local American Legion gave an award for the veterans followed by Kelly Sullivan Loughren in honoring her famous ancestors, the five Sullivan brothers for their WWII service in the Navy, a musical tribute by the Canyon Creek Elementary School fifth grade students choir led by Shannon Lemmon-elrod, recognition to several military families by Major General H. Michael Edwards and Mayor Hogan, and the annual military salute to all the attending veterans. See more event photos on our Facebook page (facebook.com/50plusnews). Our thanks to all veterans and their families who served in the military or now serving our country!

Long Blue Line 2014!

By James Seneca, Aurora Police Dept.; Founder & President of CFC.

as officers was to really make these sick children happy for the day and wish them Merry Christmas and

Cops Fighting Cancer was originally started in December, 2002 by 2 officers and I was one of them. It was my philosophy that Christmas is not a good time for children to be in the hospital. We approached Children's hospital and organized a visit with the children at the hospital and patients numbered approximately 200, so

I needed help to assist with this effort. There was the task of gathering small toys, stuffed animals, coloring books and crayons for the kids. The icing on the cake was having my good friend Daren Bost dress up as Rudolph which definitely opened the doors for these kids. Originally the agencies involved included the Aurora Police Dept., Adams County Sheriffs Dept. and Jefferson County Sheriffs Dept. It has always been our belief and goal



9-year-old Gabriel Santisteven, wished to be a police officer & in November became an honorary Aurora Police Officer. Santisteven, a student at Side Creek Elementary, has been fighting brain and spinal cancer for 14 months.

coming from a law enforcement officer would make it even more special. We also wanted to lend our support to these families especially the parents with resources through Cops Fighting Cancer and bring awareness to the terrible disease of cancer. This year on 12/17/14 marks our 12th year and we are expecting about 35 different agen-

cies from across the state and 250 officers gathered to spread some holiday cheer!

It's been an amazing journey so far and if each agency goes back to their jurisdiction and further helps their community then we have accomplished our goal. Visiting with these children and their parents and the wonderful staff at the Colorado Children's hospital has been a huge blessing to all of us! Happy Holidays!



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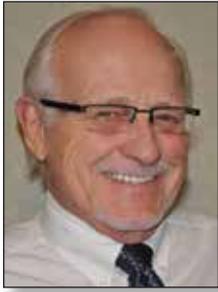
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The Third Third

Fraud Target: Senior Citizens

A true story. When my brother was in his late 70s, dementia began its trek through his consciousness. We are not sure how much dementia played in what follows, but we believe it had substantial effects on his decision-making capabilities.



John Buck

Over the past decade, he lost over \$25,000 via various internet/telemarketing scams before his daughter discovered his misadventures. The primary 'double your investment' schemes were internet time-sharing properties and travel scams.

Here are some tips from my upper right-hand corner of the niece on actions she wish her dad had taken:

1. If it sounds too good to be true, it probably is.
2. Don't proceed alone, run the proposed 'sweet deal' by a family member or friend.
3. "Google" the company or individual's name and you may very well find some comments from others who got caught up in the scam and issued a warning about it.

The FBI's website has many other tips on what you should and should not do. It is very informative and understandable. Here's how to get to it and what you can find.

1. www.fbi.gov
2. Go to the "A-Z Index" in the

upper right-hand corner of the webpage.

- a. Click on 'Internet Fraud' and find tips for avoiding scams and on the right-hand side is a list of 'Common Frauds' with info about them. The last section in this list is 'Fraud Target: Senior Citizens'.
 - b. Click on 'Telemarketing Fraud' and you'll find info about those types of fraud.
 3. To report a fraud/scam go to the FBI's Internet Crime Complaint Center as www.ic3.gov
- Be smart! Stay savvy!

❖ *John H. Buck is a retired executive who currently studies life after retirement, creates and facilitates courses on senior living and legacy. johnhbuck7@gmail.com.*

When Is It Time To Give Up Driving?

Culturally in this country we have a hard time dealing issues related to aging. Over the next five years, the number of Colorado residents 60 years and older will grow by 30%, rising to more than 1 million according to the Denver Regional Council of Governments (DRCOG). Transportation is a major element in maintaining personal independence and a high quality of life. As we age, factors such as decreased vision, impaired hearing, or slowed motor reflexes may become a problem.



Mr. Fleenor

According to the National Highway Traffic Safety Administration NHTSA: Older drivers cause 12% of all traffic fatalities and vehicle occupancy deaths annually and they are responsible for 17% of all pedestrian deaths. The most common violations include failure to obey traffic signals, unsafe turns and passing, and failure to yield the right of way. It's important to know that getting older doesn't automatically turn people into bad drivers.

Surrendering the right to drive is traumatic for anyone, it's truly a major life change. Generally, individuals don't plan for a time when they are no longer be able to drive. Even individuals who realize that driving may pose a threat to themselves and others struggle with whether or not to give up the car keys. Alternative transportation options include, public transportation, paratransit services, volunteer driver programs, community shuttles, taxis, private driver services (Uber & Lyft), or ride sharing with family members, friends, and neighbors.

Surrendering the car keys should not be taken lightly. Boomers should begin to plan for a future when they may no longer be able to drive by taking advantage of existing transportation options. Becoming familiar with these options by choice is easier than waiting to be told you should no longer drive on your own.

❖ *Mr. Fleenor is a retired teacher and a Colorado native. He serves on the Centennial Senior Commission, represents Centennial at Denver Mobility & Access Council (DRMAC) and is active with the (DRMAC) Local Coordinating Council in Arapahoe County.*



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In The Spirit

Why Are You Crying?

“And the LORD said unto Moses, Wherefore criest thou unto me? speak unto the children of Israel, that they go forward.” Exodus 14:15 (KJV)

Pharaoh had freed the Children of Israel and given them permission to depart the country of Egypt. Unknowing of their final destination following years of slavery; the people followed the instructions and directions of Moses, their Most Honorable Leader. This 80 year old gentleman would go on to lead the whole nation of Israel, approximately 600,000 people, to a dead end in the desert. The only thing between Israel and



Henry Armington

Pharaoh’s pursuing army was the Red Sea.

In the midst of their journey, God did a strange thing. He directed Moses to take a route that led to the Red Sea, instead of the northern route around the Red Sea. Beloved, God sometime brings each of us to a ‘Red Sea’ experience in life. It may be a work problem that can’t be resolved. It may be a marriage that seems to be failing. It may be a debilitating disease. Whatever your Red Sea is - God tells us one thing: ‘Keep moving.’ Now... “Why are you crying?”

❖ *For more inspirational nuggets; purchase an autographed copy of “How To Get Your Hands Out The Lion Mouth” via Amazon.com or visit DrArmington.org for sermon presentations.*

Joan & Rochelle Say

Winter is hitting us hard and cold! And that means we all need to ensure our cars are in good shape to take us through these bitter months!

Many boomers and grandparents take relatively long car trips to visit family members spread out

around the state and even the country! We’d like to give you a refresher course on safety and preparedness with these ten great tips when you take off on your visits. If you have a prepacked travel case in the back of the car, you’ll have a much more stress free trip knowing you’re prepared:

1. Keep hand sanitizer because this is cold and flu season. Washroom in many places we stop to grab a snack or fill up with gas do not have hot water! Cold water doesn’t do much to kill germs!

2. Keep an extra pair of warm boots and socks and gloves preferably wool, a warm hat and scarf.

3. Keep several bottles of water in your car in a cooler if possible so they won’t freeze

4. Always travel with some healthy snacks such as nuts, raisins or nutrition bars to keep your protein up and prevent tiring low sugar levels

5. Put on a good pair of snow tires. And if you travel mountain passes, carry chains and practice

putting them on your tires before you’re caught in the blizzard on the side of an icy, snowy, interstate overpass!

6. Remove snow from your headlights and tail lights before you take off in your car so that people can see you clearly in snow showers/storms. It also helps to keep a deicer in your supplies for those really icy windshields. We just got caught without one up in the mountains yesterday and it took a good long time to heat up the car windows to deice them at 12 degrees outside in misty snow fall

7. Try to take roads that are well traveled. The heat from vehicles helps to melt snow and ice and helps you to avoid packed snow and black ice whenever possible

8. Keep a 10 pound bag of kitty litter in case you get stuck on slick ice. It helps quite a bit to give your tire traction and break lose.

9. Always keep your cell phone charged.

10. Keep some hard candies or cough drops handy for dry throat weather plastic container and/or recyclable shopping bags for easy access

Happy Travels, Happy and Safe Holidays to All!

❖ *Joan Toohey and Rochelle Faraco are the Executive Directors of Seniors Solutions of Colorado, LLC. They and many other service providers and resources can be reached at 720-295-6263 for a variety of senior and aging adult resources.*



Joan Toohey & Rochelle Faraco

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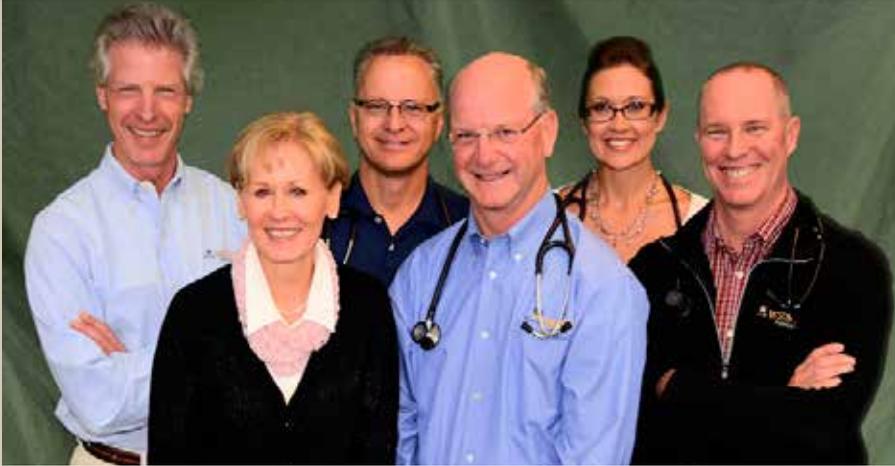
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Tailgate Party

Juniper Village's Spearly Center knows how to care for others, knows how to have fun, and certainly knows how to make a difference in people's lives.

On October 16, Juniper celebrated its annual tailgate party featuring the Bronco Cheerleaders who socialized and took pictures with the residents, staff, families, and anyone in the community who stopped by for the event. The weather was great and once again the Connections Dream Team made it an affair to remember, especially with the signed photos of

the Bronco cheerleaders.

Spearly's Dietary Manager Sam and her team grilled hotdogs and bratwurst and all the fixings. Vocalist and guitarist Dave Hildalgo entertained everyone for the afternoon. With 60 plus residents and 50 plus staff and visitors in attendance it was quite an event!

This is one of the most popular events at The Spearly Center. Residents and Staff look forward to it every year.

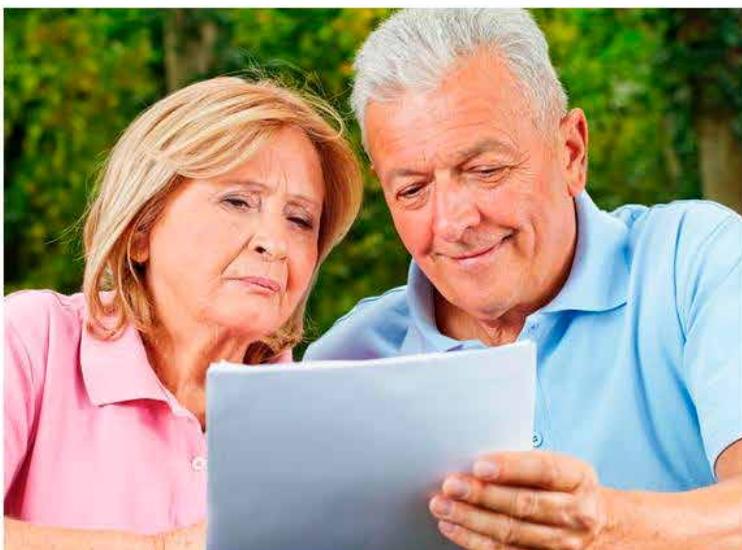
Juniper Village the Spearly Center is located at 2205 W. 29th Avenue, Denver, 303-458-1112.

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Listen Up!

By Abby McMahon, Au.D., audiologist, Kaiser Permanente Colorado, Franklin Medical Offices, Denver

Hearing loss is often something associated with the aging population and, unfortunately, carries a negative stigma. But the truth is hearing loss is a lot more common. In fact, the Hearing Loss Association of America estimates one in three people in the U.S. have some form of hearing loss before age 65.

But it isn't all doom and gloom. I'd like to give you some tips on when to have a hearing exam, how to identify hearing loss and what you can do to improve your hearing with the use of a hearing aid:

Regular hearing exams: We recommend a baseline hearing exam be performed by an audiologist around age 50. Annual hearing tests allow the audiologist to monitor any changes or fluctuations in hearing to best determine a treatment plan that's right for you.

Signs of hearing loss:

Some common signs of potential hearing loss include asking people to repeat themselves, needing the TV or radio set at a higher volume,

feeling like people are mumbling, straining to hear, or having a ringing in the ear.

Hearing improvement options: If an audiologist determines hearing loss isn't caused

by an ear infection or excess wax, hearing aids are likely the next step. There are many effective hearing aids available today and electronic advancements have made them better than ever! The most common hearing aids we fit are discreet, have natural sound quality and advanced sound processing. It's important to remember that while hearing aids do help you hear, they will not restore hearing completely.

Hearing loss is a serious problem that affects quality of life. If you feel you might be suffering from some form of hearing loss, please consult with your physician or audiologist.



Reasons to Love South Padre Island, Texas

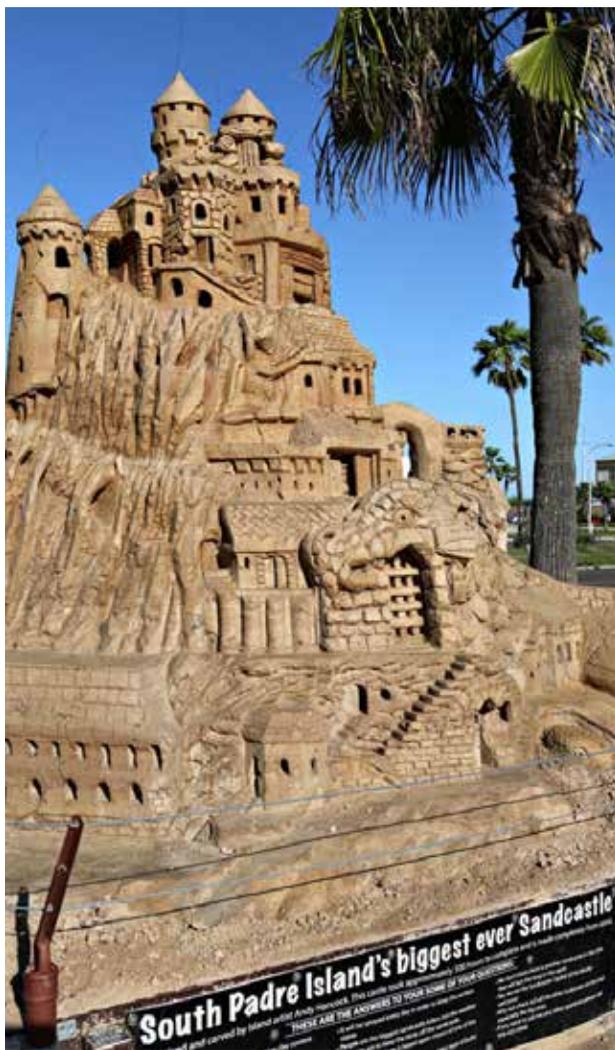
By Ron Stern, Travel Photo-journalist

South Padre Island, Texas is probably best known as being an idyllic spring breakers' paradise. While it is true that there are more people in town, there is still plenty of space and attractions, making this small island the perfect destination for laid-back island living.

Even in November, the temperatures are still a balmy 70 degrees Fahrenheit with the water much the same. With a mild climate most all year, South Padre enjoys some of the best weather in the U.S.

South Padre Island is situated along Texas's Gulf Coast, bordered by Laguna Madre Bay on the west and the Gulf of Mexico on the east. There are 34 miles of beautiful white sand beaches that have been noticed by some top travel magazines such as Conde Naste Traveler that rated it among the world's top 30 island beaches.

Being surrounded by water has its advantages when it comes to inter-



acting with nature. There are several companies that offer eco tours where you can learn about the local marine life and see dolphins jumping next to the excursion boats.

If you are into birding, then you



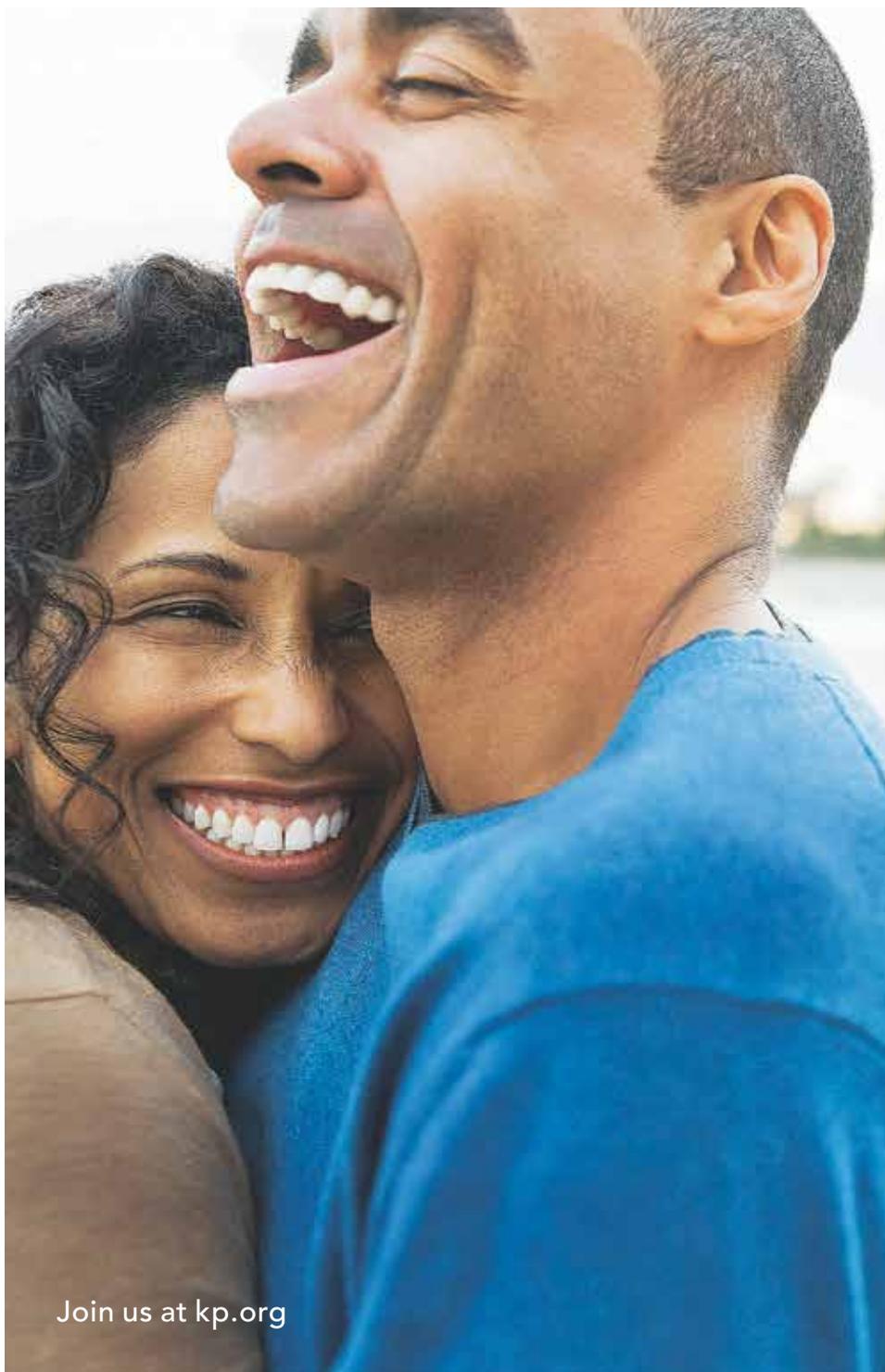
The island is home to 600 species of fish and there is no shortage of charters available for trying your luck in either the Gulf of Mexico or Laguna Madre Bay.

You can find red snapper, tuna, catfish, grouper, and whiting just offshore or stay on land, grab your pole and fish, like many do, off

the jetty.

According to one local resident, the best part of visiting here is that "you can be a kid again!" www.myspi.org

will love the South Padre Birding and Nature Center. This is a world-class birding site housed in a 5 story, 10,000 square foot facility featuring exhibits, a gift shop and an observation tower—and that's just on the inside.



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Holiday Luncheon. Celebrate the season with a delicious lunch followed by the musical entertainment of Jerry Galloway. Th, Dec. 18, \$8; space is limited, register.

Fraud Protection. Older adults are often the target of scams and fraud. Presentation helps with the information necessary to avoid being taken advantage of. Fri, Dec. 19, \$3.50, register.

New Year Celebration. Ring in the New Year at noon instead of midnight on Dec. 31, at the Mardi Gras Casino, Black Hawk. \$9, includes transportation & casino package, register.

Computer and e-Classes. From Basic Computer to learning about tablets and phones. Call for complete schedule. Camera or Tablet One-on-One: private 1-hr tutor, \$25/hr. Computer Tutoring One-on-One: private 1-hr tutor, \$25/hr.

Dance! A wide variety of ongoing dance classes include: Beginner, Basic and Advanced Tap; Belly Dancing, Hula, Ballroom and Western Line Dance. New dance classes start every month!

Special Interest Groups. Drop-in, \$2). Low Vision Support Group: 3rd Tues, Dec. 16, 1:30-2:30pm, free. Write & Share: 3rd Tues, Dec. 16, 2-3:30 pm. Krafty Needles: every Tues. 9:30-11am. Social Bridge: every Tues, 12:40-3:45pm. Healing Laughter: every Tues, 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:30pm. Blood Pressure Screenings: 4th Th, 11-1pm, free. Genealogy Genies: 3rd Th, Dec. 18, 1:30-3pm. Booktalk: Th, Dec. 18, 10-11:30am, Book: "Everything I Need to Know I Learned From a Little Golden Book." Computer Lab: M-F, 8:30-12pm & 1:30-3:30pm (unless class is scheduled). Pinochle: every Fri, 12-3:30pm.

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Santa's Circus Breakfast. Sat, Dec. 6, 9 am, Bring grandkids for circus fun and breakfast with Santa. Register by 12/3, \$5 person age 3 and over, children 2 & under free. Children must be accompanied by paying adult.

Volunteer Opportunities. Wed, Dec. 17, 10-11:30 am. Sign up for this informational meeting and learn how to become a valuable team member at Apex. We are especially in need of van drivers and kitchen help. Free, but register.

Bunco Bash. Th, Dec. 4, 1-3 pm. New and veteran Bunco players are welcome for a fun and easy dice game, with refreshments and prizes. Register by 12/1, \$4.

Computer Classes. Learn basic to advanced use of the computer in a small class setting. Dec. topics include More Word, Clean Up Your Computer, Intro to Excel, Intro to

Access, More Access and One-on-One Training. Call for information.

Snowshoe Meet 'n Greet. Tues, Dec. 9, 9-10 am. A host of snowshoe trips are scheduled, learn about the trips and the equipment needed, as you meet fellow snowshoe enthusiasts. Free, register in advance.

Medicare 101. Mon, Dec. 8, 7-8 pm. Learn the basics of Medicare and resources to turn to, presented by Centura Senior Health Insurance Counseling. Free, register.

Quilt Show. Submit your quilts on Jan. 2, to hang in our annual quilt show from Jan. 5-Feb. 4. Entry fee \$5 due when you bring your quilt.

Map Store. Fri, Dec. 5, 10:30-3 pm. If you love maps, join us as we visit the Map Store at the Federal Center. Lunch, on own. Includes transportation and escort. Register, \$12/\$14.

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Holiday Social. Tues, Dec. 9, 12:30 pm. Celebrate the joy of the season with the ACAA at this free holiday social. Enjoy entertainment and light refreshments. Donations of unwrapped toys are given to disadvantaged youth in Aurora.

Painting Silk Scarves. Paint and create your own unique scarf. What a perfect holiday accessory or gift! Th, Dec. 11, 10-1 pm. Mon, Dec. 15, 10-1 pm. \$35/\$27.

Quilting Block of the Month. A different quilt block and technique each month. Mon, Dec. 1, 1-4 pm. \$16/\$12, supply list at registration.

Alzheimer's Education. Conversations about Dementia, by the Alzheimer's Assoc. Th, Dec. 4, 10:30-11:30 am. Free, register.

Mah Jongg. A game of skill, strategy and calculation. Th, Dec. 30-Jan. 27, 1-3:30 pm. \$55/\$42.

Computers. Classes of all levels. One on one instruction is also available. Call for schedules and fees. Basic Computers with Windows 8.1. Mon, Dec. 1-15, 9-11 a.m. \$49/\$38. Word I. Th, Dec. 4-18, 1-3 pm. \$49/\$38.

Exercise is Medicine. Learn how to treat, relieve, & prevent common ailments with exercise. Tues, Dec. 9, 10-11 am. Free, register.

Personal Safety Course. Teaches methods of personal safety & self-defense. Practice effective verbal de-escalation strategies to prevent as-

sault & teach easy-to-learn physical self-defense skills. Th, Dec. 4-Jan. 22, 12-1 pm. Drop-in, registration required.

New Year's Zumba Countdown. Celebrate 2015 with New Year Zumba Countdown! Watch the ball drop at noon while doing Zumba moves. Wed, Dec. 31, 11 am-noon, drop-in, registration required.

DHT: Frontier Days. By Denver History Tours, 5-hr. tour shows some of Denver's historic legacies. Guides present the raw truth of the frontier days. Includes admission to the Littleton Historic Museum. and a break for lunch, on own, range: \$8-\$16. Wed, Dec. 3, 10-3 pm. \$51/\$39

BDT: Fiddler On The Roof. Boulder Dinner Theatre. The universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness. The performance and lunch are included. Sunday, December 14, 11-5:15 pm, \$90/\$70.

Home For The Holidays. Lunch at Café Monet then to the Lone Tree Arts Center. Holiday tradition with a new spin! An afternoon of Christmas songs old and new. Menu: \$8-\$14. Tues, Dec. 23, 10:30-4 pm. \$77/\$59.

Wills Trusts & Power of Attorney. Find out what you need to know. There is plenty of time for questions and answers. Presented by Wayne Stewart, Elder Law attorney. Wed, Dec. 10, 10-Noon, \$7/\$5.

Aging Well

Transportation: Not As Easy As One Might Think

A day seldom passes without wanting or needing to go somewhere. How you do this can be as simple as getting in your personal vehicle or as difficult as figuring out alternative transportation.



Hank Braaksma

There are options without a car. You can use RTD systems; fixed route buses, Access-a-Ride and light rail; or use a local community provider; ride share programs, also taxi service from 5 companies. There are some volunteer programs plus neighbors, friends, family to help get around.

Unfortunately for some, none of these options work well on a consistent basis. The person needing a ride may not qualify for a particular service. A rider with physical limitations has fewer options for transportation, narrowing the choices even further. A person may not be able to afford to use any service available. In addition, the ever

growing older adult population who transitions to needing transportation assistance has taxed the system. These issues create gaps in transportation for many individuals.

Jefferson County has begun a "gap analysis" to understand who can or can't get the trip they want and why, through its Local Coordinating Council for Human Services Transportation. Other counties, recognizing the number of people who rely on alternative transportation, are starting the same process. There is a regional workgroup, the Denver Mobility and Access Council (DRMAC), concerned with this issue as well. All note that while there are vehicles available, enough has not been done to coordinate trips between systems or funders. Coordination has been a method that can help manage costs and increase ride availability. Let your voice be heard and help ensure that funds are available for current systems to be coordinated and well utilized.

❖ For more information, contact Hank Braaksma, Seniors' Resource Center, at hbraaksma@srcaging.org or 303-238-8151.



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Birds Eye View

Conversational Exercise

A friend asks her BFF as she sips coffee, "Should we make plans to meet at the gym today?"

"We should make plans to stay healthy," replies the BFF, (best friend forever). Wheat Ridge Recreation Center welcomes buses



Shirley Riggs

of exercise 'wanna bees'. They walk the track and chat but I'll stick to yoga. Have you tried yoga?

"I haven't, but I've done my share of walking. When we were young all of us walked. We had one car and there were no buses. I did chores before Mom would let me walk to the skating rink after supper."

"Did your parents listen to the radio after supper while you and your brother washed dishes?"

"Not much. They were doing chores. My brothers played football outside early evenings. Talk

about jobs, one was to put up storm windows before snow shoveling time. They also delivered papers all winter."

"So, what about going to Berkeley Recreation Center? They have a pool there and we could swim. Oh, that's right, my suit doesn't fit now."

"The lake was our pool and I swim very little. My daily routine was the same as today's exercise routine. Remember all that? After we walked to school for class, home for lunch and back to school we took P.E. classes. Those and marching band practices kept us in shape."

"Well, friend, enough of reminiscing. We still need to keep our bodies and brains alert! Let's make a plan!"

The BFF replies, "let's go another day."

"All right then! We might try the new rage of Cross-Fit. We'll talk later."

❖ Shirley Riggs, member Colorado Press Association; www.enlightenseries.com

Train Your Brain

One of the most undervalued habits I see with my clients is that of drinking enough water for a healthy brain. It sounds trivial doesn't it? Yet, by not drinking enough water, one can suffer from poor brain function including problems with



Torsten C. Jess

memory, reasoning, brain fatigue, as well as brain fog. In addition to decreased cognitive performance, one can also suffer from a host of other symptoms including headaches, difficulty sleeping, depression and increased irritability. As it turns out, our brain cells require more energy than any other cell in our body and water helps accomplish this more than any other substance. Experts go on to report that for every 1 percent a person is dehydrated, there is an incredible 5 percent decrease in cognitive performance. Even more shocking

is that with ongoing dehydration, our precious brain cells begin to shrink in size and is even a known factor in developing dementia. As equally as astounding, drinking milk, coffee, or juice still doesn't accomplish the same level of hydration as water does. Other considerations when drinking water is drinking the right type of water. Recommendations from many leading experts include that of filtered, bottled, distilled or even reverse osmosis water instead of tap water. As far as how much, this all depends on an individual's weight, gender, daily activity, health, stress and even the climate where one lives. However, for the average individual, a person should drink approximately half of their body weight in ounces. So, if you weigh 200 pounds, you would want to drink about 100 ounces of water. Now, go drink some water!

❖ Torsten Jess M.S.CCC-SLP at BrainFunctionOptimization@Yahoo.Com, 303-658-9868, www.BrainFunctionOptimization.com/

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Sand Creek Massacre. Mon, Dec. 1, 1-3 pm. Learn the important and painful story and the subsequent scandal and controversy that ensued. Sunrise at Flatirons, 400 Summit Blvd, Broomfield, Free. RSVP: 303-466-2422.

William Shakespeare. Tues, Dec. 2, 10:15-11:15 am. Understand Shakespeare's life and connect his story to his plays and poems. Jewish Community Center, 350 S. Dahlia St, Denver, Free. Info: 303-316-6359.

New Orleans: Biography of a City. Wed, Dec 3, 12:45-1:45 pm. Explore the colorful history, culture and people of the "Big Easy," including the unique challenges of living in a coastal city where nearly half the land is below sea level! Thornton S.C., 9471 Dorothy Blvd, Thornton, Free. RSVP: 303-255-7850.

Colfax Bus Tour! Th, Dec. 4, 1-4:30 pm. Learn about the evolution of this avenue from neighborhood street to its designation as US Highway 40. The Granville, 1325 Vance St, Lakewood. \$35 per person. 303-274-4400.

Pearl Harbor: The Day that Lives in Infamy. Th, Dec. 4, 6:45-7:45 pm. Learn the story from both the Japanese and the U.S. perspective. Sam Gary Library, 2961 Roslyn St, Denver, Free.

Turkey. Mon, Dec. 8, 1-2 pm. Explore Turkey's past and current challenges, including struggles with its Kurdish minority and its role in the Syrian Civil War. Westland Meridian, 10695 W 17th Ave, Lakewood, Free. RSVP: 303-232-7100.

The Evolution of NATO. Tues, Dec. 9, 12:30-1:30 pm. Look at the triumphs and challenges of NATO and how it continues to adapt to the 21st century landscape. Tattered Cover, 9315 Dorchester St, Highlands Ranch, Free. Info: 303-470-7050.

Turkey. Wed, Dec. 10, 3-4 pm. See previous description. RiverPointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600.

The Evolution of NATO. Th, Dec. 11, 6:45-7:45 pm. See previous description. Sam Gary Library, 2961 Roslyn St, Denver, Free.

Eleanor Roosevelt. Mon, Dec. 15, 1-2 pm. Examine her life and the impact it had on important causes such as human rights and the successful launch of the United Nations. Keystone Place at Legacy Ridge, 11180 Irving Dr, Westminster, Free. RSVP: 303-465-5600.

The History of Tea. Tues, Dec. 16, 2-4 pm. Learn the story of tea, including the different types of tea, how it is grown and processed, who grows and drinks the most, and more. Emeritus at Green Mountain, 12791 W Alameda Pkwy, Lakewood, Free. RSVP: 303-237-5700.

Eleanor Roosevelt. Tues, Dec. 16, 2-3 pm. See previous description. Heather Gardens, 2888 S Heather Gardens Way, Aurora, Free. RSVP: 720-974-6931.

Scotland. Wed, Dec. 17, 1:30-2:30 pm. Explore Scotland's history, its current situation, and the future direction the country may be heading. Washington Street Community Center, 809 S Washington St, Denver, Free. RSVP: 303-733-4643

Coffee: A Brief History. Wed, Dec. 17, 1:45-3:30 pm. Trace the history of coffee from its origins in Ethiopia to the Starbucks around the corner. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free. RSVP: 303-515-6351.

The Evolution of NATO. Th, Dec. 18, 2-3 pm. See previous description. Windsor Gardens, 597 S Clinton St, Denver.

The Panama Canal. Th, Dec. 18, 2:30-3:30 pm. Discuss the creation of Panama Canal, the role of the U.S. in its origins, and its continued importance to global commerce. Atria Inn at Lakewood, 555 S Pierce St, Free. RSVP: 303-742-4800.

Scotland. Fri, Dec. 19, 10-11 am. See previous description. Malley Senior Center, 3380 S Lincoln St, Englewood, Free. RSVP: 303-762-2660.

Wine. Sat, Dec. 20, 10-noon. Learn the history of wine with an overview of the various types of wine and their most salient characteristics. Fairway Villas Clubhouse, 5223 Espana St, Denver, Free. RSVP: 303-307-4719.

William Shakespeare. Mon, Dec. 22, 2:30-3:30 pm. See previous description. Springbrooke, 6800 Leetsdale Dr, Denver, Free. RSVP: 303-331-9963.

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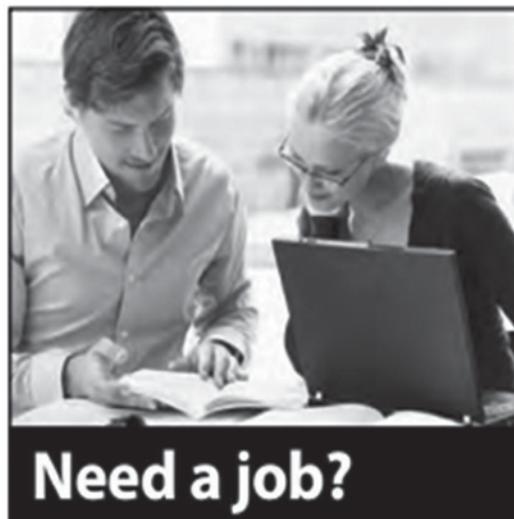


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Technology is Hip!

Creating New Organs Is Closer Than You Think!

I wrote an article last year about 3D printing and its great benefits. 3D printers can now print plastic and metal parts very effectively and efficiently using off the shelf materials. Currently, 3D printing uses computer generated printers to create auto parts, jewelry, other mechanical parts, and eventually human organs.



Bob Larson

The medical industry has been reproducing human cells in laboratories to create skin, blood vessels, ears, and other living body parts using biopsies or stem cells. However, creating full organs with their complicated cellular structure is much more difficult.

The medical industry is now using sophisticated 3D printers to reproduce the components to make organs a reality. Scientists are already using these machines to print tiny strips of organ tissue. While printing whole human organs for surgical transplants is still years away, the technology is rapidly developing. This new concept

is called bioprinting.

Bioprinting new organs have many benefits especially for drug or vaccine testing, organ transplants, and disease prevention. 3D bioprinters could someday produce much needed organs for transplants. About 20 people die each day waiting for an organ transplant. Last year, a two year old girl in Illinois born without a trachea, received a replacement windpipe using her own stem cells. There are many similar stories using stem cells for other organs.

Organovo, a California start-up medical company, has been a leader in bioprinting human body parts for commercial purposes. Using cells from donated tissue or stem cells, Organovo is developing human livers for drug testing. Organovo has already built models of human kidneys, bone, cartilage, muscle, blood vessels and lung tissue, but not for human use just yet. Organovo hopes to begin clinical trials within 5 to 10 years with FDA approval afterwards. Thanks to technology, we may find organ replacements a reality within 20 years.

❖ *Bob Larson is a technologist and Marketing Director for 50 Plus. Contact Bob at Marketing@50plus-mediasolutions.com*

South Suburban Recreation

303-797-8787

Local Artists Exhibits

Douglas H. Buck, Goodson and Lone Tree Recreation Centers feature temporary art exhibitions by local artists during the month of December.

Artist Trish Sangelo has two shows at South Suburban recreation centers December 2-January 2, 2015. Both exhibits are works done by her Arapahoe Community College students who took a trip to Italy with her this summer. Her class of photography students' photographs taken in Italy are displayed at Goodson Recreation Center, 6315 S. University Blvd., Centennial, 303-798-2476.

Trish's class of painting students showcase their Italian paintings at

Buck Recreation Center, 2004 W. Powers Ave., Littleton, 303-797-8787. South Suburban is proud to have these student exhibits.

David Simms' beautiful photographs are on exhibit December 2-January 2, 2015 at Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree, 303-708-3500.

South Suburban's Public Art Committee encourages Colorado artists to submit an application to display their artwork on a temporary basis at various South Suburban recreation facilities. For a complete list of guidelines and an art exhibition application, please visit www.sspr.org or contact Darcie LaScala at 303-483-7072.

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VOLUNTEERS:

Make a difference in our community, volunteer for 'Catch Healthy Habits.' Many opportunities, training provided. Call Erika at Seniors' Resource Center, 303-235-6947

Help Wanted

VOLUNTEERS WANTED

Come and join our family of volunteers at Lutheran Medical Center. We currently need help in Patient Dismissal, Lobby Greeting, Patient Safety Representative and Information Desk services. Orientation and training are provided. Call (303) 425-8028 for more information.

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Caring individuals needed to assist seniors in their homes. FT/PT. Must have a car and drive.



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Malley Senior Recreation Center

303-762-2660

Social Ballroom Dancing. Learn ballroom steps with styling, to maneuver around the dance floor, placement of hands and arms, how to tie steps together, specific footwork such as back steps and how to do turns. Dec./Hustle. Every Mon, 3-4:30 pm, \$36/\$33.

Painting Party Workshops. Follow along step by step and end up with a beautiful painting. All supplies and a teacher provided. Materials: \$20 to instructor. No experience required. Refreshments provided. Wed., Dec. 17, 6-8pm, Project: Winter Wine Glasses, \$13/\$10.

Breakfast with Santa. All-you-can-eat-pancakes, Sat, Dec. 13, 8:30 & 9:30 am seatings. The entire family can enjoy the holiday season, eat breakfast with Santa, listen to holiday music and receive a commemorative digital photo and gift for the kids. \$4.50/ages 2-10, \$5.50/11 years to adult, and free for under 2.

Healthy Cooking. Learn about healthy eating with natural foods Chef Katherine, of the Looney Veggie Cooking Company, the basics of healthy & delicious vegetarian cuisine. Take home a nutritious

and savory dish at the end of class. Materials \$25 to instructor. Topic: Vegetarian Basics, \$25, Reg. \$10/\$7

Getting a Handle on the Holidays. Overwhelming is a word often used for this season. If people are elderly, alone, prone to depression or they are care-giving for someone without the ability to participate in holidays, it can be even more stressful. Learn tactics to help during the holiday season. By Mindy Sterling, Homewatch Care Givers. Tues, Dec 2, 10-Noon, Free.

Writing Workshop. Introduction to creative writing workshop starts with 'brain warm ups', to get started writing and gives writing hints. Current students share their writings. Bring a pencil and paper with you. Coffee provided. Wed., Dec. 10, 1:30-2:30pm, Free

Bunka Embroidery. Sometimes called Japanese thread painting, this needlework art is done with a punch needle and a unique thread from Japan. The finished picture frequently resembles an oil painting and is easy to learn. Supplies: \$35- \$50, from instructor. Tues. Dec. 2-Feb. 17, 9:30-11:30 am, \$39/\$36.



Colorado Commission on Aging held their 21st Annual Allen Buckingham Senior Leadership Legacy awards luncheon on November 21, at the Embassy Suites Denver-Stapleton from 10:30-1pm to honor an amazing woman who dedicated her life to advocating and caring for seniors. Center is recipient Joy Young, RN and her co-workers at Cedars Healthcare Center in Lakewood, Colorado.

HEALTH TIP:

Cook Healthier

Trim fat from your diet

Using healthier cooking methods is an easy way to cut calories and fat from your diet.

The Dana-Farber Cancer Institute mentions these healthier cooking tips:

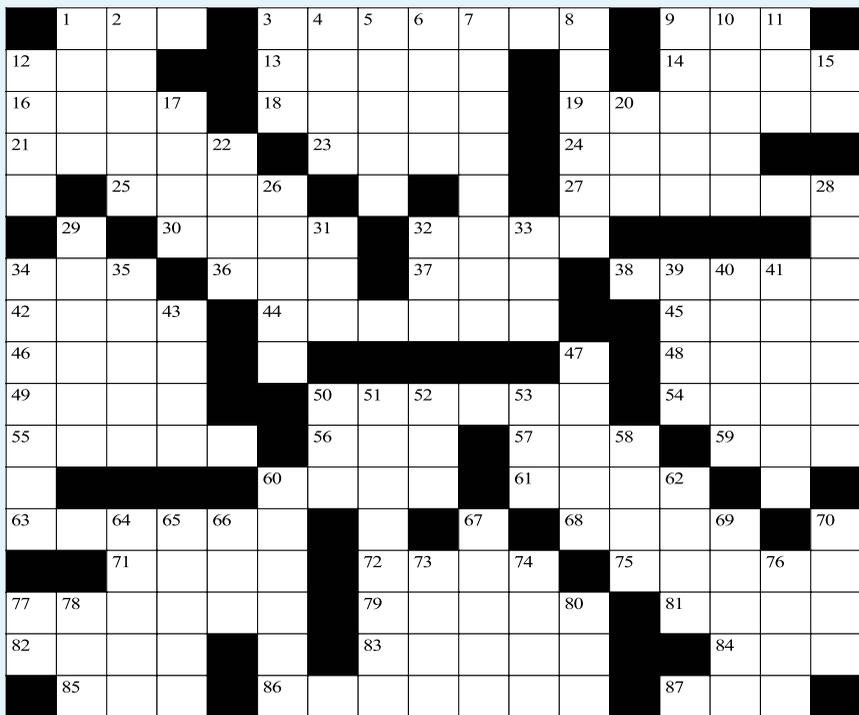
- Bake foods in the oven, or roast in the oven at a higher temperature than baking.
- Broil under direct heat in the oven, or grill outdoors.
- Braise foods by browning on the stove, then finish cooking in a small amount of liquid inside

the oven.

- Microwave (avoid plastic), or steam food by placing a steam basket over a pot of simmering water.
- Poach by cooking in a simmering liquid (such as vinegar or broth) until cooked through and tender.
- Sauté by cooking in a pan with a small amount of healthy oil, or stir-fry.

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50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Kernel
- 3 Clay products
- 9 Long-sleeved linen vestment
- 12 Transgression
- 13 Last letter of the Greek alphabet
- 14 Quantity of paper
- 16 Sour
- 18 Prone
- 19 Scrape off
- 21 Toast
- 23 Spawning area of salmon
- 24 Upper covering of a house
- 25 Russian no
- 27 Person who saws
- 30 Stated
- 32 Act of despoliation
- 34 Floor covering
- 36 24 hours
- 37 Supplement
- 38 Encroach
- 42 Ardent
- 44 Person who reads
- 45 A person that uses
- 46 The villain in Othello

- 48 Speed contest
- 49 Mortgage
- 50 Matter ejected
- 54 Matures
- 55 Lineage
- 56 Pull laboriously
- 57 Insect
- 59 Abstract being
- 60 Boss on a shield
- 61 Clock face
- 63 Former province in W China
- 68 Dressed
- 71 Exclamation to express sorrow
- 72 Leap
- 75 Pains
- 77 Summerhouse
- 79 Equipped
- 81 Overhanging lower edge of a roof
- 82 Scent
- 83 Set apart as sacred
- 84 New Zealand parrot
- 85 Speck
- 86 Soon
- 87 Pallid

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Answers page 13

DOWN

- 1 Small notch
- 2 Conjunction
- 3 Gear tooth
- 4 Islamic chieftain
- 5 Make merry
- 6 Old
- 7 Narcotic plant
- 8 Unrefined
- 9 Shaft shot from a bow
- 10 Covered with leaves
- 11 Not good
- 12 Scarf
- 15 Objective case of I
- 17 24 hour periods
- 20 Fur scarf
- 22 Metal
- 26 Ornamental coronet
- 28 Inhibit
- 29 Island in Western Samoa
- 31 Coloring material
- 32 Color
- 33 For each
- 34 Letterbox
- 35 Large cat
- 39 Chapter of the Koran
- 40 Long-continued practice
- 41 Of late occurrence
- 43 Do not
- 47 Overwhelming fear
- 50 Tree
- 51 Rejoice
- 52 Self-esteem
- 53 Small child
- 58 Monetary unit of Western Samoa
- 60 Loathsome
- 62 Ornamental fabric
- 64 Musical toy
- 65 Wide-awake
- 66 Arrest
- 67 Very large
- 69 Bangladesh
- 70 Seaward
- 73 Spoken
- 74 Unskilled laborer
- 76 Level
- 77 Depart
- 78 Find the sum of
- 80 Domesticated canid



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Colorado Gerontological Society

Colorado Gives Day... A Way to Support Your Favorite Charity

Nonprofit organizations rely heavily on the generosity of donors to be able to serve those in need in our community.



Eileen Doherty

The Community First Foundation and FirstBank announce the fifth consecutive Colorado Gives Day on December 9, 2014. Donors come together as part of this movement to give to nonprofits in their community and throughout Colorado. Coloradoans are most generous and have raised \$58.1million for Colorado non-profit organizations in the past four years.

The purpose of Colorado Gives Day is to raise money. Another most important goal is to raise awareness of non-profit organizations who are providing critical services each and every day to supplement the work of government

and the for-profit sector. Colorado Gives Day also supports the benefits of online giving making it easy for donors to give to their favorite non-profit organization.

FirstBank has partnered to create a \$1 million Incentive Fund. Nonprofit organizations receive an additional percentage of the Incentive Fund raised in the proportion to the total raised on December 9.

The Colorado Gerontological Society is no different than hundreds of other nonprofits in Colorado. Our work is supported by the generosity of hundreds of donors in the community. Most recently, Hearing Rehab Center donated \$330,000 worth of hearing aids to 120 low income seniors throughout Colorado as part of Make a Difference Day. Other donors include: Denver Ear Associates, Advanced Audiology Hearing & Tinnitus Center, New Leaf Hearing Clinic, HearingLife of Arvada, HearingLife of Northglenn, Marion Down Center, Mark's Optical, Eye Vision Downtown, Golden Eye Optical, Look Optical Martinez Dental and Aurora Dental

Group.

Each year more than 125 volunteers from all over the front-range come together to deliver more than 200 Holiday Baskets to low income seniors in the metro area under the auspices of The Society. Food and gifts are donated by a host of agencies including Colorado Access, Kaiser Permanente, United Health Care, Charles Schwab, Emily Griffith Opportunity School, Vivage, Mountain States Employer Council, Bonfils Blood Center, Christian Living Campuses, ElderLink, Xcel Energy, Shield Health Care, Rocky Mountain Health Plans, Jeffco Department of Human Services, and many others. AIH Rebuilders is delivering an additional 45 baskets this year through a special campaign. Older adults received food and gifts worth more than \$25,000.

Donations are the strength of The Society. Hundreds of dollars are donated each year to help with the costs of training programs, advocacy for seniors, marketing and outreach support, and direct services.

As with any non-profit, The Society is in need of your support on December 9, 2014. A donation of just \$10 or \$20 on Colorado Gives Day will help us to buy more food for the Holiday Baskets or to give the gift of hearing to a grandmother who can't hear her grandchild laugh and cry.

As any non-profit member, The Society supports our work through individual donations and memberships. By making your donation at <https://www.coloradogives.org/ColoradoGerontologicalSociety> you will help us continue to serve you and your clients. You can also visit us at www.senioranswers.org or by calling 303-333-3482 to learn more about our activities.

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

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