

**FREE! TAKE ONE!**

**50+ ADULTS**

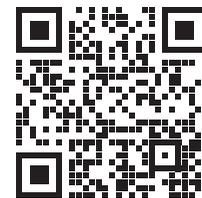
# 50 Plus Marketplace

**NEWS**

**DENVER METRO**

*Includes: Adams, Arapahoe, Broomfield, Elbert, Denver, Douglas, & Jefferson*

Smart Phone Access



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

September 2014 • Volume 20 • Issue 9



Chief Executive Officer of HEALTHSOUTH Rehabilitation Hospital of Littleton David H. Shefte taking the ALS Ice Bucket Challenge! Brrrrrrrrrr.



Thank-you to the more than 2,000 people who attended and participated in this year's Sabor! We had 27 restaurants and multiple beverage distributors. Thank-you to all our sponsors! Information for next year's event available on [www.sabordenver.com/](http://www.sabordenver.com/).

## Aurora's Veterans Salute Event Honors Military Families

The city of Aurora's annual tradition of honoring our military heroes continues in 2014 with a special focus on the dedication and support of military families. The Aurora Veterans Salute is presented by the Aurora Center for Active Adults and will be held Wednesday, Nov. 5 at the Wings over the Rockies Air & Space Museum. The 20th annual event features a sponsor social and time to tour the museum followed by a luncheon with a formal program honoring those who served in all conflicts and in all branches of service. This year event organizers are planning a special tribute honoring military family members.



Aurora is able to celebrate a rich military history because so many of America's veterans who served at local bases choose to make Aurora and surrounding communities their permanent home. Many of the families who moved to Aurora because of Lowry, Fitzsimons and

Buckley bases have opted to stay in Aurora even after their time serving in the military.

"The 2014 event is intended to celebrate the children, spouses, parents & family members of service members because they serve, too," said Sheila Anthony, event organizer. "We honor our military heroes each year and want to be sure we acknowledge the significant role played by their family."

During the program attendees will hear from special speaker, Kelly Sullivan Loughren, the granddaughter of Albert Sullivan, one of the five Sullivan brothers who

died while serving together on a Navy ship in World War II. Kelly will discuss the historic loss of the Sullivan brothers and the impact it had on the surviving family members. Their story was turned into the movie "The Fighting Sullivans," and inspired in part "Saving Private Ryan." Their deaths lead to the adoption of the US Armed Forces Sole Survivor Policy.

"We are proud and compelled to give thanks for the sacrifice of our veteran heroes; and the museum setting on the former Lowry Air Force Base offers us a perfect backdrop to express our appreciation," said Anthony.

To attend, please register online at [www.auroragov.org/salute](http://www.auroragov.org/salute) or at the ACAA at 30 Del Mar Cir., Aurora. For more information or to register by phone call 303-739-7950.

The event Master of Ceremonies is KEZW 1430 AM, Radio Station Manager & Morning Show

Host, Rick Crandall. Civic and military leaders will be on hand to honor the veterans and their families. The Aurora Veterans Salute is presented by the City of Aurora Center for Active Adults.

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# September CALENDAR

**Healthy Aging® Month**  
**National Preparedness Month**  
**World Alzheimer's Month**

**Sat/6-Tues/9.**

The Denver Fine Mineral Show inaugural event in Denver. 10am-6pm each day, ending Tues at 5pm. Info [www.FineMineralShow.com](http://www.FineMineralShow.com). Satellite show accompanies the main show in the Mart. Marriott Denver West on I-70 near Golden. A show of fine mineral collectors for the serious mineral collector.

**Saturday/13**

The Denver Public Library and Colorado Council of Genealogical Societies presents a seminar at Central Library Branch, 10 West 14th St. Pkwy, Denver. Dr. John P. Colletta presents "For Today's Generation & Tomorrow's: The Many Ways to Explore and Preserve Your Family History." Opens 9 am, \$35 materials. Registration forms: [www.cocouncil.com](http://www.cocouncil.com)

**Tuesday/16**

AARP 3838. 30th Chapter Anniversary picnic at the Goodson Rec Center, University Rd. Noon-3. Music, food, and fun, info: 303-797-9251

**Wednesday/20**

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

**Tuesday/23**

TRIAD 1:30 pm, JffCo District Attorney, 500 Jefferson Cty Pkwy, Golden. Program: Drug Danger, by West Metro Drug Task force Info: 303-271-6980.

**Thursday/25 & Friday/26**

Free! Fall Prevention Health Fairs. Seniors' Resource Center, 10181-B West Bowles Ave., Southwest in Littleton & in Evergreen. Screenings & education to raise awareness and educate older adults on fall risks.

**Every Monday**

Forest Street Care Center, 3345 Forest St., 10-noon. Free Info. Reg: [www.alz.org](http://www.alz.org) or 720-877-3474.

Calendar sponsored by...

**Active Minds**

[www.ActiveMindsForLife.com](http://www.ActiveMindsForLife.com)

## Someday Is Closer Than You Think

For many people, Someday is an elusive day on the far-off horizon—always close enough to see, but too distant to touch.

Perhaps Someday you plan to go sky-diving. Or enter a hot dog-eating contest. Maybe Someday you plan to ride a mechanical bull. Or travel around the world. Or visit all of America's national parks.

Someday, you want to retire. If you are mid-career, you need to start planning for retirement. Even if you are just now starting your career, someday, you're going to want to see what your benefits will be and check your earnings for accuracy.

Well, get ready, because Someday has arrived. Open a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount), and you'll see what we mean.

Millions of people have already



**Monica Ochoa**

## Social Security Today

opened an account, taking advantage of the benefits of my Social Security. Many Americans Are opening accounts because it's a convenient way to check your earnings record, get up-to-date, personalized estimates of retirement, disability, and survivors benefits, and access your Social Security Statement. With a my Social Security account, you can plan for your retirement and get help figuring out how to save for your future. If you already receive benefits, you

can manage them online by starting or stopping your direct deposit, changing your address, and getting an instant proof-of-benefits letter.

Someone opens a new account just about every six seconds. Considering there is only one skydive every 16 seconds, opening a my Social Security is even more popular!

That elusive Someday that you thought might never come is here now. You'll find it at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

## A UNIQUE PERSPECTIVE

I perhaps have had a rather unique experience at St. Andrew's Village. For five years, I was the Life Enrichment Coordinator, I moved my mother into our Assisted Living Community, retired two years ago and a year ago came back part-time as a residency counselor in the marketing department. I can say that from all my experiences, it is a Community that has a very supportive and resident oriented management team, an exceptionally qualified and genuinely caring staff, and wonderfully diverse and welcoming residents.

As the Life Enrichment Coor-

inator, I had the pleasure of getting to know residents in all of our levels of care as we have independent living, assisted living, skilled nursing care and a rehabilitation center. While planning activities that I hoped would be fulfilling to the residents, I always felt like they enriched my life on a daily bases. I guess I did not realize that until I retired and left for a year.

Having a parent here gave me a whole different prospective, of the Community and the staff. My mother was very active when she first moved in to St. Andrew's and as the life enrichment coordinator it could be at times a bit of a challenge as she had her own ideas of what the activity department should be doing. The staff was always very supportive of her ideas for change as she could be very vocal. As the years went on, she needed to be in the rehabilitation center for a time. The staff was wonderful at keeping me updated of her condition. When mother could no longer read which she loved to do, the director of assisted living would take time out of her busy day to read to her. So from a family member's prospective, I could not have asked for better care.

So if you are looking for a Community that has an exceptionally caring staff, activities that are as varied as the interests of our residents, is safe, secure and beautifully appointed, please come for a visit as it would be our pleasure to tour you. St. Andrew's Village (303) 695-8100.

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

**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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## Colorado Gerontological Society

### Helping Families Make Decisions

By nature most people are caring, loving and want to help another person in need. These instincts serve us well as we age and need help and support from family and friends to maintain independence and quality of life.



**Eileen Doherty**

But caring for a loved one may require complex decisions based on specialized knowledge from skilled experts. Knowing where to go for help and who to call for assistance can be as stressful as actually making the decision. Lack of information or “wrong information” can be costly and even detrimental to a loved one. The 2014-15 Colorado Senior Resource Guidebook is a tool that can assist in decision-making and comparison shopping.

People need to have legal authority to act on behalf of a loved one who needs help. The most common tools are a power-of-attorney for financial decisions, as well as a durable medical power-of-attorney for medical decisions.

Appointing an agent must be done with thoughtfulness as financial powers-of-attorney have extensive rights to make decisions about money, personal residence, and other assets. Medical powers-of-attorney make decisions about where you live, what type of health care you receive, and who will deliver care.

If individuals fail to appoint a

power of attorney, the courts may be asked to appoint a guardian and/or a conservator. Sometimes family and friends come together to appoint a health care proxy, rather than using the courts for medical decisions.

The Guidebook features pre-printed legal forms that are consistent with Colorado statutes, but individuals should seek legal advice as well.

Many times looking for housing and home care becomes the responsibility of the power of attorney. In Colorado there more than 1500 facilities from which to choose as one makes this decision to stay at home and get help or to move. Understanding the services that are provided, the costs, and what type of care will be provided is more than meeting with the marketing staff. Due diligence requires asking questions, doing comparison shopping, and onsite visits on the part of the power of attorney and concerned family members.

Costs for basic services, as well as out-of-pocket costs for incidentals, prescription drugs, and transportation to and from medical appointments can be expensive. Families may be asked to bear additional costs for companion services to supplement the basic services because the level of care that is needed is greater than available in the current setting for the individual to be safe.

Individuals may struggle with care that is not culturally sensitive, causing difficulties with bathing, eating, and personal interactions. Complex diseases require skilled care that can be difficult to find in

the current labor market. Family members and powers-of-attorney are worried about putting a loved one at risk of physical, sexual, financial or emotional abuse.

The Guidebook provides a comprehensive listing of licensed assisted living and nursing homes, as well as retirement communities and low income senior housing throughout Colorado. In addition, the Guidebook features licensed home health agencies, adult day programs and hospices. Complete with checklists, The Guidebook helps families and powers-of-attorney make decisions based on prices and services as they compare agencies who can meet the needs of a loved one.

In addition to private pay, some people may have long term care insurance; while others may be eligible for Medicaid or veterans’ benefits. Qualifying to receive benefits requires accurate medical assessments and documentation of needs. Lengthy review processes are common before approvals are received.

The Guidebook is a also helpful guide for beginners using Medicare and Medicaid benefits, as well as those needing to make changes in their current health insurance coverages.

The Guidebook is available free at local libraries or ordered at www.senioranswers.org for \$10. Free copies can be picked up at, 3006 East Colfax, Denver. For more information, call 303-333-3482.

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

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**Garden Terrace Alzheimer's Center of Excellence**  
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**Hallmark Nursing Center**  
Denver | 303-794-6484

**Life Care Center of Aurora**  
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Evergreen | 303-674-4500

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# CLIMB THE STAIRWAY TO HEAVEN WITH GET THE LED OUT

## THE AMERICAN LED ZEPPELIN

Relive the passion and fury of the timeless rock anthems and intimate melodies that spans the mythic career of rock 'n' roll royalty that is Led Zeppelin.

This 6-piece tribute re-creates the legendary British group's distinct studio sound, with all the bells and whistles.

With a whole lotta love, Get The Led Out are professional musicians, whose passion for classic Led Zeppelin brings a 2 1/2 hour concert, with all the grandeur and flash such hits as Rock

and Roll, Black Dog, Ramble On, Dazed and Confused, Going to California, Heartbreaker, Kashmir, Stairway to Heaven, and more.

Come celebrate the music that defined the rock era, through their note-for-note, impeccable harmonies, pitch-perfect vocals, state-of-the-art quadraphonic sound and

lighting, all coming together to create a genuine reincarnation of Led Zeppelin.

Led Zeppelin held its concert debut in Denver. And now, 46 years later, fans of Led Zeppelin get to relive rock history with GET THE LED OUT The American Led Zeppelin at Red Rocks.



For more information on the band visit: [www.gtlorocks.com](http://www.gtlorocks.com)

Thursday, September 25, 7:30 p.m. (gates open at 6 p.m.) Red Rocks Amphitheatre \$35

GA Tickets (plus service charges) available on [www.ticketmaster.com](http://www.ticketmaster.com) and all Ticketmaster centers. To charge by phone, call 1-800-745-3000. Also available through Channel 12 online at [www.cpt12.org](http://www.cpt12.org) or call 303-296-1212 (M-F 9 am-5 pm). This concert benefits Colorado Public Television 12.

## Technology is Hip!

### The Future of Google Glass

Many of you have heard about the much talked about Google Glass, the eyewear technology with Internet connected computer capabilities. Glass can access your email account, search the web, listen to music, and even text by voice.



**Bob Larson**

Google Glass is the latest technology which looks like a pair of eyeglasses with many stylish and colorful frames, but with a small rectangular transparent screen near the right eye that functions as a tiny computer screen. It really is amazing technology with many features such as a still or video camera, microphone, snap on sunglasses or clear lenses with built-in WiFi or cellular access and will include prescription lenses too.

New developments by the medical industry are now researching the future health benefits of this amazing eyewear per ACS Nano, a publication of the American Chemical Society. There is ex-

pected to be many diagnostic tests available for pregnancy, different diseases, and general medical tests. The user follows the instructions on the medical test strip, takes a photo of the test strip, then the data is sent to a medical lab, analyzed, and the results are returned to the user within seconds via the Glass wireless system.

There are several concerns and warnings that Glass is not meant for full time use while driving or running, similar to smartphones and tablets are not meant in the same way. Long term use results in headaches because of eyestrain and possible addiction. However, the long term benefits can be realized in business and medical health industries. Prices will drop considerably, but Google Glass is now available for \$1500 with all above features included except the prescription lenses. A new technology with many beneficial possibilities for mankind!

❖ *Bob Larson is a technologist and our Marketing Director for 50 Plus. Contact Bob at [Marketing@50plus-mediasolutions.com](mailto:Marketing@50plus-mediasolutions.com)*

SEPT. 19 & 20 Fri, 8 a.m. - 5 p.m. | Sat, 8 a.m. - 3 p.m.

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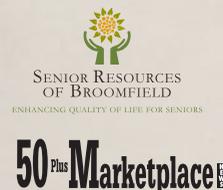
## THE AUTUMN GALA



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## Hauntingly Beautiful Mystical Sounds

Best describes flute performances by Sharon Tewksbury. Sharon is an accomplished musician and comes from a musical family. Her grandparents, mother, sister and brothers either sang or played a variety of musical instruments and sometimes both.



Sharon began playing the flute in the 4th grade and continued playing in Junior High, High School and College marching bands. Her flute found its way into the closet for the next 25 years. Only being played on rare occasions.

About fifteen years ago an opportunity to play in a small church group came about. Once again, with flute in-hand, Sharon began to share her hauntingly beautiful, mystical sounds of her flute like only she can do. She has played with many church groups, praise teams, community college orchestras, solos, duets and trios with stringed instruments.

Today, Sharon loves to share her

music in many venues. She appeared at The Bridge in Greeley to the entertainment delight of her audience. For her shows, she brings plans a variety of hymn, pop songs, classical, country, blues, jazz CD's to accompany her.

Sharon, her flute and talent are quite a team. Don't miss a chance to see her. To contact Sharon, call 303-526-8984.

### In The Spirit

#### Watch Your Children

*"It were better for him that a millstone were hanged about his neck, and he cast into the sea, than that he should offend one of these little ones.*

Luke 17:2

This is some unbelievable stuff.... **People Watch Your Kids.** According to the Center for Disease Control and Prevention's study on Adverse Childhood



Henry Armington

Experiences, one in four females and one in six males will be sexually abused by the time they are 18 years of age.

Child molesters need three things to abuse children: access, privacy and control. It is a known fact that 90% of molesters are people you know (that have earned your trust in one way or another) or family. They get to know the parents, so they may gain free access to the kids. Sorry, not the best topic, but I have to **Keep It Real.**

❖ *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.*



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# Aurora Veterans Salute

## Honoring Military Families



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**Wednesday**  
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**LUNCHEON & PROGRAM**  
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**ONLINE REGISTRATION**  
[www.auroragov.org/salute](http://www.auroragov.org/salute)

- Begins Aug. 5, 2014
- \$20 per person
- Groups of 10 or more: \$18 per person
- Group registration deadline: Sept. 30
- After Oct. 4: \$25 per person
- Space is limited & subject to availability.
- Grants available for low income veterans.

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**For more information: 303-739-7950**



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## Aging Well

### Food Insecurity Felt by Many Older Adults

Using the latest information from the US Census Bureau, there are almost 68,000 individuals over the age of 60 living in Colorado who are at or under the Federal poverty level. These are our neighbors and friends who are having difficult times and likely not letting others know. It is estimated there are even more than that feeling 'food insecure' on a regular basis. Being 'food insecure' means there are times during the month our neighbors have to skip a meal in order to make ends meet. This number may exceed over 101,000 by the year 2020.



William Kistler

Many of these individuals are eligible to receive food through

a program known as Food Assistance or SNAP (Supplemental Nutrition Assistance Program). A debit card that looks like any other debit card is used when making food purchases and medical costs can be deducted from one's income when applying for the assistance allowing the older person to receive a higher award amount.

A savvy individual knows that having proper nutrition is the best path to good health and makes use of all the benefits available. These are benefits we all paid into and deserve when the need arises.

For every \$1 spent using the program, it brings \$1.75 to the community due to the minimal mark up on food compared to other store items. So everyone wins when folks use the program!

Contact 1-855-855-4626 to get more information.

❖ *William Kistler is Chair of the Colorado Coalition for Senior Economic Security*

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## Genealogy Rocks!

### Research is About Asking Questions

You're back to your grandparents (*Dig Deeper, 50Plus Marketplace, Aug. 2014*), their marriage and their children. In the 1880 census, they may have been children themselves. When you have collected all the information about this family in various censuses, you are ready to look for the documents to support this information. Focus on the location where these events happened and narrow your search to the time and place of the events.

My own grandfather was born in 1888 in Alabama and appears for the first time in the 1900 census in Louisiana. By 1920 he was living in Texas with his wife and young son. I had questions.

Where exactly was my grandfather born in Alabama? The World War I Draft Registration Card & the World War II Old Men's Draft Card (Ancestry.com) say Cicero [Cleburne County] Alabama.

When and where did he and my grandmother marry? Neither Ancestry.com nor FamilySearch.org could answer the question. My father was born on 27 July 1915 in Louisiana and my grandfather was

listed in the 1910 census in Bienville Parish, Louisiana, so I would expect that they married in 1913 or 1914 in Louisiana. I may have to write to the county to request a copy of the license.

Did my grandfather register for the World War I Draft? Yes, he registered in Webster Parish, Louisiana, with a wife and one child on June 5, 1917.

What was my grandfather's occupation? According to the 1920 U.S. census, he was a carpenter in a railroad shop. (Ancestry.com). Then later in 1920, he was named to the police force of Fort Worth, Texas, according to the local newspaper. (GenealogyBank.com).

These are just a few of the questions — as every family researcher knows, there are always more questions. Happy hunting!

On Sat., Sept. 13, John Colletta, noted author & genealogist, presents an 1 day seminar titled "For Today's Generation and Tomorrow's: The Many Ways to Explore and Preserve Your Family History" in the Lower Level Conference Center at the Central Denver Public Library. Registration forms are available at <http://www.cocouncil.com> \$35 per person.

❖ *Carol Cooke Darrow is a certified genealogist who has specialized in Virginia, North Carolina and Georgia research, learning about the lives of her ancestors.*



Carol Cooke  
Darrow

## Uniquely Bea

### An Angel Gone Too Soon...

On December 10, 2010, my niece, Monique Roxanne Nelson, was a victim in the now infamous "Barbershop Shooting in Sacramento". (<http://www.news10.net/story/news/local/sacramento-central/2014/08/20/verdicts-guilty-not-guilt-in-barbershop-murder-trial-sacramento-monique-nelson/14354771/>) I cannot find the words to express both my sorrow at the killing and the outrage at some of the verdicts. While I cannot find the words, a dear friend of hers, Shanine Coats, could.



Bea Bailey

How many times have you heard, "Oh, he or she is fine because they have a hard head" when they suffer a blow to their head? Truth be told, even if a person should have an unusually thick or tough skull, the inside of our brain is still moving. This is called a "coup" or "countercoup" injury. I cringe when I see our youngsters head a ball in soccer or play football and suffer a helmet to helmet hit. Although, extensive attention has been placed on



Torsten C. Jess

helmet safety, permanent damage can still occur. When I give lectures to those over 50, I always emphasize if they feel as if they are getting dizzy or weak to sit down! There are studies that point to the fact that the more trauma your brain undergoes throughout life, the greater the likelihood you will develop dementia. Researchers go on to say that the greater brain reserve or neurons and connections we have has an immense impact on whether or not we develop Alzheimer's or Dementia. Repeated blows of any kind to the head can lead to rips and tears in the brain and can permanently damage our neurons. As I also see patients at

Advanced Neurological Evaluation and Treatment Center at Presbyterian Saint Luke's Hospital in Denver with Dr. Alexander Feldman, I have noticed that people of all ages can have signs and symptoms either immediately or not until sometime later after their injury. So, today's lesson is to protect your head whether or not you think you are tough or not!

❖ Please send questions, comments or requests for professional training to [Torsten Jess M.S.CCC-SLP at BrainFunctionOptimization@yahoo.com](mailto:Torsten.Jess.M.S.CCC-SLP@BrainFunctionOptimization@yahoo.com), 303-658-9868, [www.BrainFunctionOptimization.com/](http://www.BrainFunctionOptimization.com/).

Her smile shined  
 She was always open, friendly,  
 welcoming...  
 Especially to timid souls like me  
 She watched him play  
 She wore motherhood with ease  
 It fit her  
 Her eyes glistened when she heard  
 his beautiful laugh across the room  
 Then, she held him close  
 We bounced, we jumped  
 Celebrating the birthday of an angel  
 Just one of many more to come  
 We thought at the time  
 But many more never came  
 Angels were called home  
 Too soon  
 She protected her light  
 Amongst the senseless passing of  
 bullets to defend a useless name  
 She protected her light  
 And now he lives without her  
 We live without her  
 The world lives without her  
 How could they let them free?  
 Mothers now rush to buckle  
 their children in their car seats  
 A feeling of unrest walks our streets  
 We stay on our knees  
 We stay on our knees  
 Praying for grace and mercy  
 Praying for the opportunity she will  
 never have, her son will never have  
 To play lightheartedly  
 To watch her child play  
 lightheartedly  
 My heart is heavy  
 But not like those who  
 really knew her  
 I had only moments with her  
 But still, her absence resonates  
 Because it could have been  
 any one of us  
 But this time it was Monique

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmy-friend.net*

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# SENIORS IN SEPTEMBER



Shining a Light on the Services for Older Adults in the Community

**Thursday, September 18th, 2014 • 10 am to 2 pm**

**At the Denver Art Museum: 100 W. 14th Ave Pkwy, Denver**

**Free Information Resource Fair Sponsored by Optum—10 am to noon**

Talk with representatives to learn about services available for Denver's older adults.

**Health Fair Sponsored by Optum—10 am-noon**

Blood Pressure Check, Blood Sugar Check, Memory Assessment and Diabetic Foot Check

**Free Catered Lunch Sponsored by National Council on Aging—noon**

**Special Guest Speaker - Mayor Michael B. Hancock—1 pm**

**Transportation Sponsored by InnovAge**

-Transportation provided by InnovAge. Call 720.913.8456 to RSVP and find a pick-up location near you.  
- Free parking vouchers available for Cultural Complex Garage on 12th (just west of Broadway) - distribution at the event.

**For more information please contact Amanda Gregg, Director of Office on Aging at 720.913.8456 or visit [www.denvergov.org/aging](http://www.denvergov.org/aging)**

Sign language interpreter or CART will be provided upon request  
Contact [lorrie.kosinski@denvergov.org](mailto:lorrie.kosinski@denvergov.org), 720.913.8487.

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## Nostalgia Road

### Death of a Barber

Max Freeman died last week, at the age of 94. He was the town's oldest barber.

The memorial service drew 22a pretty fair crowd; mostly age 65 and over. Younger men get their hair-cuts at Bobbie's Beautee Bar these days. But us older guys were still customers. His hands were still pretty steady.



**Dick Dedrick**

I watched my-self grow up in the mirrors at Max's: "Mom said I could get a crew cut!" "Flat-top, please. Leave the sides, so I can comb 'em back to a duck tail." "Just a trim, Max. Not that much left to cut."

The red, white and blue barber poll in front of his shop stopped turning years ago. A faded sign on the front window read, Three Chairs, No Waiting. But Max was the only barber, as far back as I recall.

I remember old magazines piled

on a corner table: Colliers, Country Gentlemen, Police Gaz-ette. And the smell of Lucky Tiger tonic.

Behind the first chair were assorted combs in a glass con-tainer, filled with blue water (which I assume kept the combs germ-free). On the wall was Max's barber's li-cense and a snapshot of his son.

I'd herd his wife left him during the depression and took the boy with her. But each year she'd send a new photo of the youngster.

"How's the little guy doing, Max," someone would ask. "Do-ing fine, growing like a weed," he'd answer.

The last picture of his son was one taken in Viet Nam, with two other GI's.

Max was from the old school of barbering. He'd take his time. Then he'd massage your scalp and lightly brush your neck, like he was putting the finishing touches on you. Finally, he'd help you on with your coat and hand you your hat.

Nobody does that anymore, do they?

❖ Visit Dick Dedrick's web-site, [NostalgiaRoad.com](http://NostalgiaRoad.com)

## Birds Eye View

### Persistence of a Dream

Christopher Columbus had a dream. I didn't know that, I just figured Isabella and Ferdinand handed him the job. "Go find some western islands". If we have our heads on straight, we must realize that in the scenario of an ad-venturer, there are obstacles and there is competition.



**Shirley Riggs**

Christopher Columbus' "En-terprise of the Indies," took eight years of persistence on his part to accomplish. He was endowed with the personhood to begin an enterprisers dream. Vain enough to think he could accomplish such a mission, he was ambitious, greedy and ruthless. He married wealth and utilized various background skills to his advantage. This Master Mariner used his weaving, map charting and trading with mentors of pilots and navigators to support and train him. An inside source was the commander of the ship, the Pinta named Martin Alonso Pinzon.

He ran four expeditions. The first was three ships, one of which he commandeered and landed in the Bahama Group and Hispaniola. On later expeditions, it was the Lesser Antilles, Puerto Rico, Cuba, Jamaica, Trinidad, Venezu-ela and Honduras.

Early, in his career, he was ship-wrecked on a Portuguese coast. Much later, he was marooned in Jamaica. Authorities once put him in chains and shipped him home. Obstacles were numerous, mainly establishment problems as well as, mutiny aboard ship, colonist disar-ray, and transportation of convicts. The Admiral of the Sea was a Geno-ean who historically has been in competition with Americo Ves-pucci and Leif Ericsson. He had a lot of chutzpau to have a fleet of seventeen ships with fifteen hun-dred colonists aboard. As governor of the new lands, historical con-cepts of his accomplishments are tarnished by Native Americans whose history symbolizes the brutal aspects of European Coloniza-tion.

❖ Shirley Riggs, member Colorado Press Association; [www.enlight-enseries.com](http://www.enlight-enseries.com)

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Featured events at this year's



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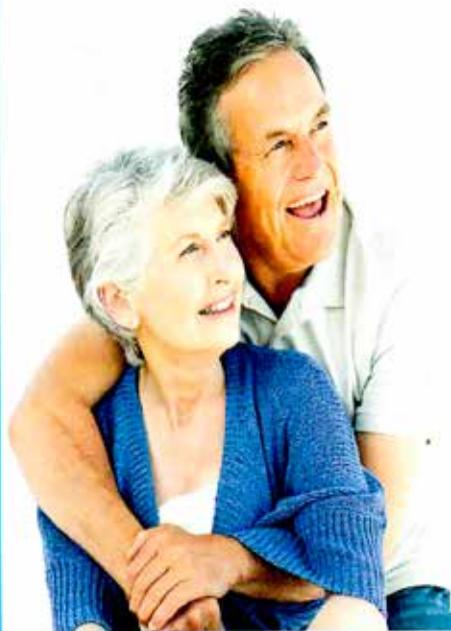
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## Virtual Dementia Tour



The Virtual Dementia Tour (VDT®) is a scientifically proven interactive experience of what it may

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Anthem Memory Care and its four Denver Communities are delighted to offer this free 15-30 experience at the Amazing Aging Expo from 10 AM to 3 PM.

## Fitness Classes presented by:



### Back School 101:

Do you suffer from low back pain? Learn the best stretches, strengthening and balance exercises that you can do for 10 minutes each day to reduce back pain, improve core strength and increase your balance. 10 a.m. and 1 p.m.

### A Joint Effort:

Is exercising a pain in the neck... or hips, or knees? If you are over the age of 50 and you have arthritis, come learn the best anti-arthritis exercises you can do for 10 minutes a day to manage and reduce the impact of arthritis on your life. 11 a.m. and 2 p.m.

### Life Balance:

Are you afraid of falling tomorrow, or someday in your 60s or 70s? You don't have to be afraid anymore. Come learn the most effective exercises to train your body to be "fall-proof" in as little as five minutes per day. Noon and 3 PM



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# Featured events at this year's



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Discover the Magic of iOS 7 for iPhone/iPad  
9:30-10:30 AM  
*An introductory overview of the features included with every iPad, iPhone and iPod Touch.*

Introduction to Mac  
11 AM-Noon  
*Get a fantastic overview of the Mac operating system, and learn what's new.*

Helpful Apps for Everyday Life  
1-2 PM  
*Learn about some amazingly helpful apps that you can use every day.*

Discover the Magic of iOS 7 for iPhone/iPad  
2:30-3:30 PM  
*An introductory overview of the features included with every iPad, iPhone and iPod Touch.*

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4900 S. Syracuse St., Denver. Directions: I-25 North to Belleview exit, exit East on Belleview. Left at first light, S. Syracuse St., proceed to Hotel entrance on left.

### Get There Early!

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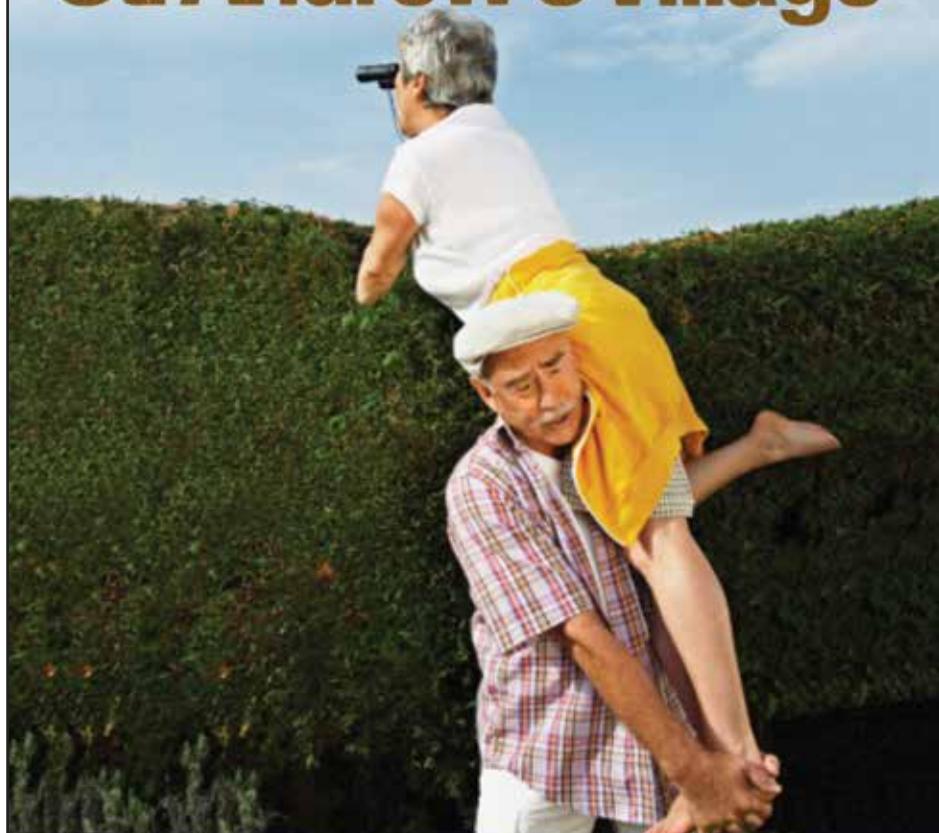
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Open enrollment is right around the corner! Choosing the right plan is one of the most important decisions you can make.

Here are some important steps that will help you make your decision.

- **Review your past health care experiences.** Look at your current health plan. Are you satisfied with the level of service and support you receive? What do you like or maybe want to change?

- **How does your health plan measure up?** Positive outcomes in health care illustrate the value of the care you are receiving. The National Committee for Quality Assurance ranks health plans based on a number of factors including prevention, treatment and member satisfaction. See where your health plan ranks at [ncqa.org](http://ncqa.org).

- **Estimate your health care needs for the coming year.** Predicting the future isn't easy! Start by looking at the past year. Did anything change for you in regards to your health? For instance, maybe you've developed a chronic condition like dia-



betes that might require more doctor visits or prescriptions. Make sure your plan makes it convenient to access this increased level of care.

- **What you want from your health plan, physicians and other health care providers.** You should be able to have easy and fast access to your physician and health information so you can conveniently manage your

health. At Kaiser Permanente our members can email their physicians, order prescriptions online, view their test results, and make appointments for themselves and family members, at no additional cost.

- **Examine all costs involved in maintaining your health and the plan's total value.** Don't automatically sign up for the plan with the lowest premium. Look at the total value you're getting in terms of services and costs. What services are

provided? What are the co-pays for office visits, hospital visits and prescription drugs? What is the deductible? Once you know the answers to these questions, you'll be prepared to find the health plan that's right for you.

Choosing the right health plan takes time but it's definitely time well spent!

*By Jandel Allen-Davis, M.D., is vice president of government and external relations for Kaiser Permanente Colorado*

## New Director at Castle Rock Senior Center

Katherine Williams, has a long history as an executive and manager for non-profit organizations and businesses, is now the executive director of the Castle Rock Senior Center. Williams succeeds Terry Shipley, who resigned recently to manage the Auburn Ridge Senior Apartments complex scheduled to open in Castle Rock this fall.



Williams moved to Denver two

years ago to care for her mother. Prior to that she was with several non-profits in the Miami area.

In Fort Lauderdale she was an account executive with Bell South and a partner in a non-profit membership program organization called Membership Acquisition Concepts. She was Bell South's top salesperson in Florida for two years.

Since moving to Colorado, Wil-

liams has become a Certified Nurse Assistant specializing in elder care, and teaches CPR and first aid for the American Red Cross. She's an accomplished sailor, a swimmer, singer and recently took up skiing. She's on the national faculty of US Sailing/US Powerboat, where she is an instructor and trainer. She sings with The Spirituals Project in Denver and is a certified project manager for United Way.

Williams has a daughter and three grandchildren.

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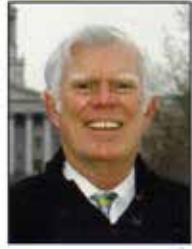
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**Malaysia.** Tues, Sept. 2, 10:15-11:15 am. Explore the history of Malaysia, its current role in the region and the world, and the recent disappearance of Malaysia Airlines Flight 370. Jewish Community Center, 350 S. Dahlia St, Denver, Free, Info: 303-316-6359

**John F Kennedy.** Tues, Sept. 9, 12:30-1:30 pm, A look at John F Kennedy's life and legacy. Covers the milestones, and a deeper understanding of the man behind the public image. Tattered Cover, 2526 E Colfax, Denver, Free, Info: 303-322-7727

**Scotland.** Wed, Sept. 10, 3-4 pm. The northernmost territory of Great

Britain and the United Kingdom, explore Scotland's history, its current situation, and the future direction the country may be heading. RiverPointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600

**Saudi Arabia.** Th, Sept. 11, 6:45-7:45 pm. Covers Saudi history, the current impact of the Arab Spring, and roles of Wahhabi Islam and Sunni Islam. Sam Gary Library, 2961 Roslyn St, Denver, Free.

**Aviation.** From Kitty Hawk to Today. Mon, Sept. 15, 1-2 pm. From the Wright Brothers to the airline industry today. Keystone Place at Legacy Ridge, 11180 Irving Dr, Westminster, Free. RSVP: 303-465-5600

**Say You Saw It in 50 Plus Marketplace News**

**JCOCA**  
Jefferson County Council on Aging

**COME JOIN US...**

Jefferson County Council on Aging Presents:

**2014 Senior Legislative Forum**

Thursday, September 11, 2014  
2:00p-5:00p with reception to follow

APEX Community Recreation Center  
6842 Wadsworth Blvd.  
(across from the Arvada Performing Arts Center)  
Arvada, CO 80003

Please RSVP to  
[www.eventbrite.com/e/jefferson-county-senior-legislative-forum-tickets-12295398869](http://www.eventbrite.com/e/jefferson-county-senior-legislative-forum-tickets-12295398869)  
or call Susan Franklin at 303-271-4051

Refreshments provided by: *Springwood*  
A RETIREMENT CAMPUS

**Ukraine at a Tipping Point.** Tues, Sept. 16, 2-4 pm. Since independence, Ukraine has aligned more with the west, resulting in escalating tension between ethnic Russians and Ukrainians. Explore the situation. Emeritus at Green Mountain, 12791 W Alameda Pkwy, Lakewood, Free. RSVP: 303-237-5700

**Fracking & U.S. Energy Policy** Wed, Sept. 17, 1:30-2:30 pm. Explore the risks & benefits of fracking and put it into the broader context of U.S. Energy Policy. Location: Washington Street Center, 809 S Washington St, Denver, Free. RSVP: 303-733-4643

**Brazi.** Wed, Sept. 17, 1:45-3:30 pm. The country covers nearly half of South America: examine issues in Brazilian relations with the U.S. and address the expansion of Brazilian economic influence globally. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free. RSVP: 303-515-6351

**Iraq.** Th, Sept. 18, 2:30-3:30 pm. Examine the past, present, and potential future of this volatile area in crisis. Atria Inn at Lakewood, 555 S Pierce St, Free. RSVP: 303-742-4800, Free.

**Eleanor Roosevelt.** Mon, Sept. 22, 2:30-3:30 pm. Examine Eleanor Roosevelt's life and the impact it had on important causes such as human rights and the successful launch of the United Nations. Springbrooke, 6800 Leetsdale Dr, Denver, Free. RSVP: 303-331-9963.

**Colorado Ballot Issues 2014.** Mon, Sept. 22, 6:30-7:30 pm. An objective review of the ballot issues and a presentation of the arguments on each side of the proposals. May Library, 1471 S Parker Rd, Denver, Free. RSVP: 303-542-7279.

**Eastern Star Masonic Retirement Campus**

**Affordable Assisted Living Opening in Early Fall of 2014!**

We are adding 48 assisted living and 20 memory care apartments on our beautiful 19 acre campus to compliment our existing historic assisted living apartments and spacious independent living patio homes. Conveniently located in Southeast Denver at 2445 South Quebec Street, please feel free to contact us for pricing and available floor plans. Settle in, grow and thrive with the peace of mind that assistance is immediately nearby if needed.

For More Information, Please call our Marketing Department at: 303 857-5043 or go to [www.esmrc.com](http://www.esmrc.com)



## Inaugural "Teal To-Do" Gala

Jennie McGihon, who at 32-years-young wrote about her treatment for ovarian and uterine cancers in the witty blog, "Are You There Cancer? It's Me, Jennie," is the guest speaker at the inaugural "Teal To-Do" Gala, Thursday, September 18 in the Grand Ballroom of the Denver Athletic Club. Colorado Ovarian Cancer Alliance (COCA) hosts and KMGH-TV 7 News anchor and investigative reporter Theresa Marchetta is the mistress of ceremonies.

McGihon is a national spokesperson for the Centers for Disease Control's "Inside Knowledge" public awareness campaign and the 2013 co-chair of the National Race to End Women's Cancer.

Proceeds from the event support the COCA.Cares Financial Assistance Program, which grants \$500 a month for women facing

both ovarian cancer and financial hardship. Many recipients have become low-income for the first time when surgery and chemotherapy led to missed days at work and they lost jobs. COCA.Cares pays the bills for medicine, mortgage or rent payments, utilities, and other basic needs of women in treatment. The goal of the gala is to "wipe-out the wait-list" of numerous women in need whom COCA can't afford to help.

September national Ovarian Cancer Awareness Month. Knowing the symptoms of ovarian cancer can save a woman's life. To get this important message out COCA is promoting Friday, September 5 as "Wear Teal Day." To learn more about the Gala, and COCA, visit [www.color-ovarian-cancer.org](http://www.color-ovarian-cancer.org) or email [info@color-ovariancancer.org](mailto:info@color-ovariancancer.org).

## KILOWATT EIGHTS

Kilowatt Eights Square Dance Club is celebrating its 75th Anniversary on October 3rd at the Malley Rec. Center.

A catered dinner and a square dance. Dave Guille from Cheyenne and Bill Heiny the Club caller call the square dance and Mitchell Thompson of Golden does



the round dance cueing.

The Clubs history began September 1939 as a supervisor at Public Service Company of Colorado Joe Lang formed the Club within the Companies' own G&E Club, the Club that oversaw employee organizations. The first dance was held in the 3rd Ave and Lipan St. truck garage until WW II security forced the Club to dance in a converted barn at 50 Alcott St until 1946. The Club danced in the lunchroom near the garage until more space was needed by more dancers in 1948. The Wight Building's

auditorium downtown was the dance home until crowding forced the Club to move to the Belleview

Center in Littleton. The Club changed its name to its current name in 1956.

In 1978 the Club left the care of Public Service Company and was on its own.

Kilowatt Eights danced at such locations as Terry and Oliver Elementary Schools in Sheridan., Glendale Fire Station and now its current home at the Malley Center for the past 20 years.

Classes are starting Wednesday nights September 10th at Englewood 1st Presbyterian Church 3100 S. Logan St. from 7 to 9pm. The other class starts Monday nights October 20 in Centennial at Grandview Grange S. Vine St & E. Noble Place. Contact Karen and Ron at 303-759-4862 for information.

# ENERGIZE

A Community Conversation about Energy, Opportunity and Workforce Readiness

# DENVER

**SAVE THE DATE**  
**SATURDAY, SEPTEMBER 6, 2014**

**9AM-1:30PM**  
**EXDO EVENT CENTER**  
1399 35TH STREET DENVER CO 80205

EVENT IS FREE AND OPEN TO THE PUBLIC  
 DOORS OPEN AT 8AM  
 SPEAKERS AND PANEL SESSIONS BEGIN AT 9AM  
 LUNCH WILL BE SERVED

**PLEASE RSVP**  
VISIT [WWW.AABE-HIEENERGIZE.COM/DENVER](http://WWW.AABE-HIEENERGIZE.COM/DENVER)

**ENERGIZE DENVER:**  
 A Community Conversation about Energy, Opportunities, Workforce Readiness is a workforce development summit focusing on employment outlook in the oil and natural gas industry for minorities and women. It will discuss the opportunities over the next several years in the growing oil and natural gas industry and what is needed to prepare for those jobs.

**SPEAKERS INCLUDE:**  
**THE HONORABLE KEN SALAZAR**, former Interior Secretary, U.S. Senator, and Colorado Attorney General *(Confirmed)*  
**THE HONORABLE ERNEST MONIZ**, U.S. Secretary of Energy *(Invited)*  
**JERRY MIGLER**, System Provost for the Colorado Community College System *(Confirmed)*  
**DR. STEPHEN M. JORDAN**, President, Metropolitan State University of Denver  
**REP. ANGELA WILLIAMS**, Chair, Business & Labor Committee & Black Democratic Legislative Caucus *(Confirmed)*

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# Seniors in September

Seniors in September is a unique informational and educational event organized by the Denver Commission on Aging and the Denver Office on Aging. The event features Denver City and County agencies like the Denver Parks and Recreation Dept. and the Dept. of Human Services, which offer health and wellness activities, educational opportunities, and other resources to Denver's older adults, and provide a free, catered luncheon.

Highlighting the Wealth of Resources Available to Denver's Older Adults, on September 18, 10 – 2 p.m. Denver Art Museum and Denver Central Library, Free Admission including Lunch. For Reservations and Parking/Transportation Information go to: [www.denvergov.org](http://www.denvergov.org) or call: 720-913-8456

Businesses and non-profit organizations, including the National Council on Aging's Flu + You, Optum, InnovAge, United Health, A Little Help, AARP, and the Denver Regional Council Of Governments, will be presenting information about their services. Wellness stations and a benefits center will be on hand for attendees to make contacts and learn more about eligibility for particular programs.

The event is highlighted by an address by Denver Mayor Michael Hancock during the luncheon, which is catered by Appetites Catering and free to older adults.

# For The Love Of Music!

Dan Reid with Schmitt Music says "I'm fortunate enough to be working in my dream job. I introduce seniors to the hobby of making their own music, most of them for the first time in their lives. Our teaching method allows anyone, even those who 'can't carry a tune in a bucket' to play and enjoy their own music, as they improve their health and quality of life. I take great satisfaction in seeing someone's eyes light up as they play their first song, fulfilling a lifelong desire they didn't think would be possible. It seems that the music today isn't what it used to be, but at

Schmitt Music, our clients get to enjoy the music of yesteryear, including Big Band, Swing, Country, Latin, Foxtrot Broadway and Polka any time they like. There's nothing better than sitting in with your favorite orchestra, which is exactly what our products and classes allow people to do. I invite all retirees looking for a fun, relaxing hobby to call me for their own private tour down memory lane, or to get your name on our free concert list! All are welcome to attend our music classes, and there is no obligation to purchase an instrument." Call Dan at 303-777-7849.



Johnson Day Center's annual summer Luau for participants and their families, was packed! The dancers are Nadine and her Daughter Ciera.

Say You Saw It In  
**50 Plus  
Marketplace  
News**

## 11th Annual District One Northwest Denver Senior Resource Day Free Lunch! Free Info! Free Prizes!

**Friday, October 3th, 2014  
9:30am to 1:30pm**

**Police Protective Association  
2105 Decatur Street  
Denver, CO 80211**



**Must be registered for Free Luncheon Buffet!  
Sign up by September 29th. If you have  
questions, please call Sister Georgeann  
Quinlan at 720-337-7707**

**Bring yourself, your questions, concerns, opinions and ideas.  
Meet your elected officials!**

40 Resources include valuable information on:

- Health •Safety & Security •Homeowner Services •Senior Benefits
- Plenty of Senior Information •And Bonus Entertainment by Wells Music

**Hosted by  
District 1 Councilwoman  
Susan K. Shepherd  
and  
Denver District Attorney  
Mitch Morrissey**

**Plenty of Free Parking.**

Need a ride? Call RTD Senior Ride for groups of 10 or more. Cost is \$2.25 round trip. 303-299-6503 For groups smaller than 10, or individual pick-up, call First Ride 720-540-5566 for NW Denver area only. Donation suggested.

### Help For Low Income Seniors 60+



**Grants Available to  
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Seniors to Help  
With Costs of**

- Dental Services
- Eyeglasses
- Hearing Aids

**CALL 303-333-3482  
FOR AN APPLICATION**

*Sponsored By*

**Colorado Gerontological Society, 3006 E Colfax, Denver 80206**

This program is made possible with grants through the  
Denver Regional Council of Governments, Area Agency on Aging  
Under the Comprehensive Older Americans Services Act and Private Donations

## Clements Community Center

303-987-4820

**Hassle-free Travel.** Offering trips to destinations throughout the state. Includes planning, round-trip transportation, tickets & a travel leader. Reservations: 303-987-4820.

**Wildwood's Casino.** Cripple Creek, Tues Sept. 16. Includes transportation, travel leader, coffee or small orange juice & Danish, plus more, and stop at the Garden of Gods visitor center. Sign up.

**Give My Regards to Broadway.** Wheat Ridge H.S., Sat, Sept. 2. The Denver MountainAires Barbershop Chorus present Broadway show tunes. Includes travel leader, transportation & admission. Sign up.

**Fall Foliage Fling.** Mon, Sept. 29. See the fall colors and a high tea at the Dusty Rose Tea Room, Georgetown, ride up Squaw Pass & stop at Echo Lake. Includes transportation, meal & driver gratuity. Sign up.

**Computer Basics 1.** Learn the basics of the Microsoft Windows including using the mouse, starting programs, saving files, basic text editing, closing, opening, sizing windows and file management. 10-noon, Wed, Sept. 10-Oct. 1.

**Computer Basics 2.** Covers: file/search, opening, & saving files, customizing the desktop, recycle bin, shortcuts and more. 1-3 pm., Wed, Sept. 10-Oct. 1.

**Stepping On.** Helps older adults reduce risk of falling and maintain independence. Free 7-wk class. Learn balance exercises and develop specific knowledge and skills to prevent falls. Free, register. 10-noon, Tues, Sept. 9-Oct. 21.

**Sat Night Dance.** 7-10 p.m., 2nd 3rd & 4th Sat. each month (open at 6 pm) 3 hrs, dance with a live band & refreshments. \$7 person. Bands: Sept. 13, Perfect Harmony; Sept. 20, Lois Lane; Sept. 27, Memories.

**Afternoon Tea Dance.** 1-3:15 pm, 1st Fri. each month. \$5 per person. Band: Memories.

**Cops That Cook!** Pancake Breakfast. 7-10 am, Fri Sept. 12, 16th Annual. Join Lakewood Police Department and Clements Center staff for a pancake breakfast with sausage and orange juice. Coffee is provided by Village Roaster. \$4 adult by Sept. 9, \$6 adult day of, \$3, 12 & under.

## The MAC

303-426-4310

**Customer Appreciation Week.** September 8-12. The MAC is celebrating 20 years of service! All fitness classes are Free! Give-a-ways, prize drawings, and snacks. Help The MAC kick off the next 20 years of quality recreation and educational opportunities.

**Bonjour, parlon fracais!** Hi, let's speak French, for those who are seeking an intro to French language. Covers basic greetings and introductions; numbers; days of the week; present tense verbs and more. No class Sept 18. \$48/\$57, Th, Sept 4-Oct 2, 6-7:45 pm

**Nutritious Nuts.** Learn how to prepare nuts by soaking before roasting at a low temperature. Discover how to make nut-based snacks, nut butter, and nut milk. Samples & recipes included. \$11/\$13, Th, Sept 11 6-7:30pm

**When Disaster Strikes.** Learn

how to be prepared! Establish a system to communicate and how to set up a plan for evacuation or sheltering in place. Leave with a starter emergency kit. \$3/\$4, Tues, Sept 16 10-11am

**Discover Arthritis.** Get general information regarding arthritis management, physical activity, and basic tips and tools regarding joint protections. By the Arthritis Foundation. \$3/\$4, Wed, Sept 17 9-10am

**Meatless Meals Around the World.** Many cuisines have roots in flavorful, nutritious, plant foods. Adding more meatless meals can provide you with important health benefits, and add variety. Recipes and samples are provided. \$13/\$15, Wed, Sept 17 6-7:30pm

**Furoshiki.** The ancient Japanese art of using beautiful fabric to wrap gifts and carry items regardless of size or shape. Learn a variety of ways to wrap boxes, books, wine bottles, round cookie tins, and parcels of irregular shape. Bring square scarves, bandanas, or any square hemmed small or large fabric for practice. Fabric squares are also available for purchase. \$9/\$11, Th, Sept 25 6-7:30pm



### Lowry Retirement Living

- 9 Different Apartment Styles
- Individual Care Services Offered
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- Reasonable Monthly Rates
- Veterans Discount
- No Entrance Fees
- Therapy Gym & Services
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Advances in dentistry have made dentures more natural looking and comfortable. Because our lab is on site, we can work on your new dentures to give you the best possible fit quickly. This saves you time, money and the frustration of poor fitting dentures.

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<http://www.efrenmartinezdds.com/>

## Aurora Center for Active Adults

303-739-7950 • auroragov.org/adults50plus

**Fall Fitness Extravaganza.** See & experience demos of Cane Kung Fu, Tai Chi Fit, Zumba Step, Zumba, Gold, Drums Alive & more! Lots of fun, giveaways & refreshments! Fri., Sept. 12, 10-1 pm.

**Exercise for the Brain.** Exercising your brain is just as important as exercising your body. Learn effective ways to make your brain stronger than ever. Fri, Sept. 12, 10-11 am. Free, register.

**Drawing Animals.** Learn basic drawing skills while concentrating on animal shapes & movement. Fri, Sept. 19-Oct. 24, 1-3 pm. \$55 /\$42.

**Quilting.** Learn an art that lasts a lifetime. Develop skills by working on a block. A different block and technique each month. Mon, Sept. 8, 1-4 pm. \$16/\$12. Request supply list when registering.

**Spanish for Travelers.** Learn simple words and phrases. Tues, Sept. 2-Oct. 7, 5:30-7:30 pm. \$63/\$48

**The Basics of Memory Loss, Alzheimer's and Dementia.** Th, Sept. 4, 10:30-11:30 am. register.

**Computers.** Classes for all levels, from the basics to Microsoft Word

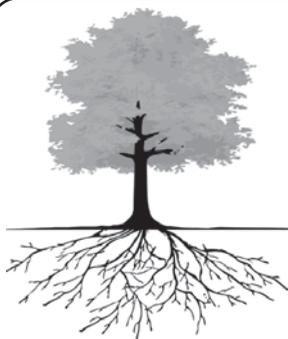
1 & 2 and beyond. Ongoing and at various times. One on one instruction is also available. Call for schedules and fees.

**Missile Site Park.** Private tour of a Cold War Atlas E nuclear missile site near Greeley. Lunch at Coyote's Southwestern Grill, range: \$9-\$15. Mon, Sept. 22, 9-3:15 pm. \$36/\$28

**Yak And Yeti Restaurant.** Arvada, in a unique and old Victorian home. Specialize in cuisine from Tibet, Nepal, and India, range: \$12-\$16. Fri., Sept. 19, 10:45-1:45 p.m. \$20/\$15

**High Country Hikers.** Transportation & guide provided. Prepare for significant weather changes in the mountains. Hikes fill up fast, register early. \$31/\$24 per hike. Sept. Hikes Tues, 7:30-5:30 pm. Sept. 16: Niwot Ridge, 10,350', 1100', 5.2. Sept. 23: Diamond Lake, 10,172', 1000', 5.3.

**Right Sizing.** Later in life moves involve physical & emotional energy. Hear from trusted professionals on preparing for sale, de-cluttering & the resources available to help. Create a plan that fits your needs. Lunch & time for Q&A. Thur., Sept. 18, 11-12:30 pm. register. \$4/person



# Active Minds

Expanding lives and minds with community-based educational programs.

**Call us at: 303-320-7652**

www.activeminds.com



## Looking for a Dynamic Speaker for your Next Meeting?

**Michelle Rahn**, Ms. Senior America 2004, is an innovating and enthusiastic speaker available to instill in your group momentous ways to improve well-being in ourselves and those around us. Her topics include: "Aging with Attitude to Make a Difference", "Becoming Significant," "Whose Crown Are We Really Wearing?" and "All In God's Perfect Time."

Call Michelle at 720-289-8398

## TRADING POST

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Honest help with your home, life, pets, downsizing & transitions. Family owned, insured & bonded. Call Kim for a free consultation. <http://www.brighttimeseniorsolutions.com> 720-254-3100

### Help Wanted

#### 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

**JOBS!** We are currently seeking Cooks and Dietary aids at Caley Ridge Assisted Living. Please apply in person. 9350 E Caley Ave Englewood, Co 80111. Experience preferred.

#### GAIN 130 LBS

Savio House needs families to provide foster care for troubled teens. We provide 24/7 support and \$1900/mo. Reimbursement. Call Michelle for more information: 303-225-4073

#### Caregivers Needed

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



303-734-0641

### 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.

### Part Time SALES!



Choose Your Own Hours and Serve Seniors.

Call Robert at **303-694-5512** For Details.

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#### OLD GUITARS & AMPLIFIERS

I buy old Fender, Gibson and Martin guitars and amps for cash. Fast, friendly and fair. Kevin **303-946-2458.**

#### RELIABLE TRANSPORTATION

for a positive senior. Good Mileage a plus. BUT no car is ignored. Call 303-694-5512 to show. Need to be mobile.

#### GUNS WANTED

I buy select older rifles and revolvers for my personal collection. Please call Fred at **720-934-7203.**

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#### AFFORDABLE FINAL EXPENSE

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**2 side by side lots** for sale at Fairmount Cemetery reasonably priced. Good Location. Please call with inquiries **720-851-9981.**

**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.

#### Classifieds WORK!

Call **303-694-5512** For Rates

#### FOR SALE:

Crown Hill: One cemetery plot in a lovely location under a tree; Block 6, Lot 44, Unit D, Site 3. Call Marcella at 303-233-6790

#### CROWN HILL CEMETERY

Upright Block 42, lot 57, spaces 3,4,5 & 6, \$8,500. Block 20, lot 68, D3&D4; Both \$4,495. Block 21, Lot 65, C1&C2, Both \$4,495. 303-433-5775.

#### FAIRMOUNT CEMETERY

4 Plots, desirable location, Block 89, Lots 23, 24 Close to Mausoleum. Call Roy: 303-233-6400.

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Pastor Clifton Mizer • Phone 303-781-5519



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Copy is due by the 10th of the preceding month.

<input type="checkbox"/> October	9/10/2014
<input type="checkbox"/> November	10/10/2014
<input type="checkbox"/> December	11/10/2014
<input type="checkbox"/> January 2015	12/10/2014
<input type="checkbox"/> February	1/10/2015

## Wheat Ridge Active Adults

303-205-7500

**African Cultural Event.** Learn a little about African culture, food and most importantly the rhythms and beats that are the essence of African life. Tues, Sept. 16, \$8, call to register.

**Movie Matinee.** Free monthly. "Monuments Men" on Th, Sept. 25, 1pm.

**Maintain a Healthy Brain Fair.** Activities associated with positive impacts on brain health. Many available. Get information or enroll, Free, Tues, Sept. 23, 1:30-3:30pm.

**Outdoor Recreation.** Th, Sept. 18: Mayhem Gulch, difficult. Oct. 16: Lincoln Mountain Trail, moderate. \$16, transportation and escort/driver; call to register.

**Parkinson's Exercise Class.** 6-wks, designed to improve quality of life. Exercises assist with walking posture, gait, balance and agility. Starts Wed, Oct. 15, call to register.

**Strength Training for Couples.** 1-hr, gives an overview of safety basic exercise plus ideas on starting or new routines. Fri, Sept. 19, \$13/\$5. Call to register.

**Advanced Beginner Bridge Class.** 10-wks, for those who have some knowledge of the game. Th, 1-3:30pm, Sept. 11. \$48, call to register.

**Computer Classes.** Camera or Tablet 1-on-1: 1-hr. tutoring \$20. Computer Tutoring 1-on-1: 1-hr. tutoring, \$20.

**Art Classes.** Handmade Cards with Karen: Th, Sept. 25, 1-3pm, \$10 + \$10 supplies. Pottery: start Tues, Sept. 9, 1-3pm, \$10 + supplies \$10-\$20.

**Dance.** A wide variety of ongoing dance classes include: Beginner, Basic and Advanced Tap; Belly Danc-ing, Hula and Ballroom Dance.

**Special Interest.** Drop in \$2. Low Vision Support: Tues, Sept. 16, 1:30-2:30 pm, free. Write & Share: Tues, Sept. 16, 2-3:30pm. Krafty Needles: every Tues, 9:30-11am. Social Bridge: every Tues, 12:40-3:45pm. Laughter Yoga: every Tues, 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:30pm. Booktalk: Th, Sept. 10, 11:30am. Computer Lab: M-F, 8:30-noon & 1:30-3:30pm. Pinochle every Fri, Noon-3:30pm

## Community Recreation Center of Apex

303-425-9583 • www.apexprd.org

**Welcome Meet & Greet.** Wed, Sept. 3, 9:30 am. Enjoy refreshments and discover the diverse opportunities at the Center. Free; register.

**Coffee Talk: Colorado Legislature 101.** Wed, Sept. 17, 1-2 pm. A State Senator presents informative talk on the 10 things you may not know about the state legislature. Register by 9/15, \$4.

**Art Basics 101.** Wed, Sept. 10-Oct. 15, 1-3 pm. Learn drawing technique, perspective, composition, color, materials and more. Register in advance, \$39.\$47.

**Joey's Friendly Yoga.** Tues, Sept. 9-Oct. 14, 1-2 pm. Gain the benefits of yoga, including improved strength, balance, and flexibility. Register in advance, \$48/\$58.

**Grand Lake Theater.** Sun, Sept. 14, 8:30-6:30 pm. The musical comedy, Double Trouble. Includes transportation and ticket; food on own. Register in advance, \$58/\$70.

**Elderlaw 101.** Mon, Sept. 15, 1-2:30 pm. Information on wills, trust, power of attorney and more as attorney Karen Brady discusses these common legal issues. Register

in advance, \$4/\$5.

**Resource Roundup Expo.** Wed, Oct. 1, 8:30-11:15 am. Connect with services that can enhance your golden years. Arvada Fire offers blood pressure and blood sugar screenings. Register, free. Call 303-467-7197 for vendor information and fees.

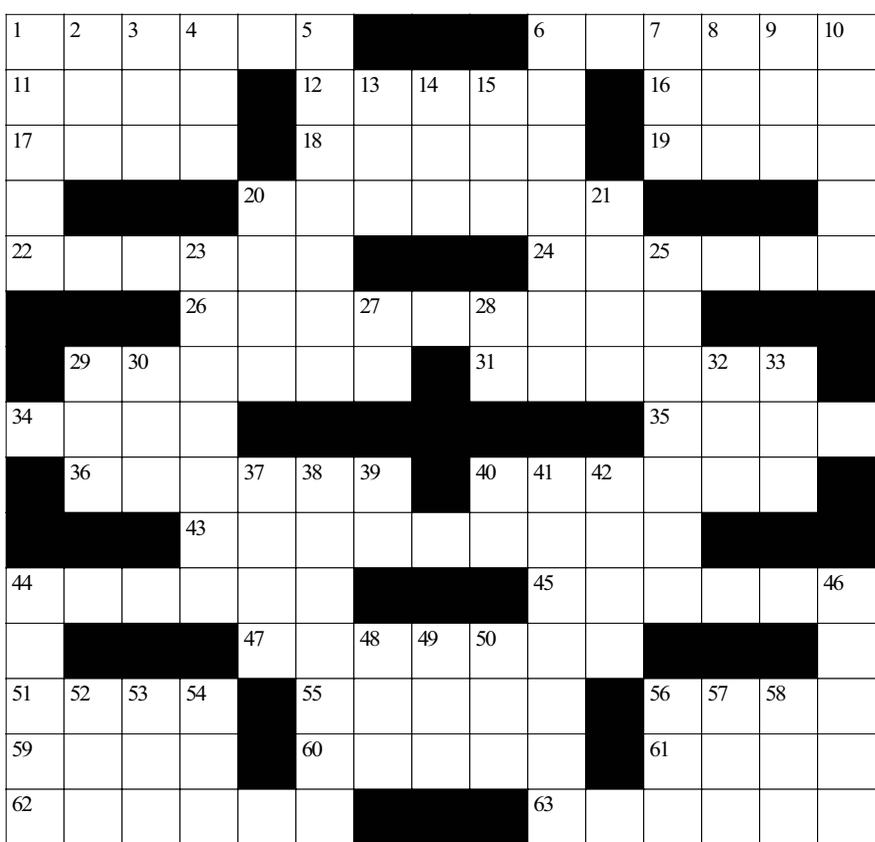
**First Aid, CPR and AED.** Sat, Sept. 20, 9-4 pm. Learn to save a life. Certification is through Health Smart. Register in advance, \$54 (\$65 non-res.).

**Computer Classes.** Learn basic to advanced use of the computer in a small class setting. September topics include Basic Computer, Windows, Word, Photo Editing, Internet, Publisher and One-on-one Personal Training. Call for info.

**The Journey of the Caregiver.** Mon, Sept. 8, 2-3 pm. The role of caregiver can be one of the most rewarding, but also the most challenging. Learn about resources and how to cope with the ups and downs. Sponsored by Visiting Nurses Association and Senior Reach. Free, but register by 9/4.

# 50 Plus Marketplace News Crossword Puzzle

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Answers page 17



### ACROSS

- 1 Weirdo
- 6 Doorkeeper
- 11 Detest
- 12 Pack leader
- 16 Hawaiian native dance
- 17 Formerly
- 18 Leers
- 19 Solely
- 20 Doubt
- 22 Armor for the knee
- 24 River in N South America
- 26 Pertaining to a pedagogue
- 29 Untidy states
- 31 Which sea, an arm of the Pacific Ocean, is bounded by Siberia,

### Alaska and the Aleutian Islands

- 34 Japanese sandal
- 35 City in NW France
- 36 Somewhat pale
- 40 Illuminate
- 43 Occurring every eight years
- 44 Bandar Seri Begawan
- 45 Poisonous effluvia
- 47 Scoffed
- 51 Molten rock
- 55 Republic in E Africa
- 56 Martial art
- 59 Kilocalorie
- 60 Finished
- 61 Son of Isaac and Rebekah
- 62 Pertaining to yesterday

### 63 Scope

### DOWN

- 1 Young of the dog
- 2 Organ of hearing
- 3 It is
- 4 Soak
- 5 Cameroon
- 6 Loss by decay
- 7 17th letter of the Greek alphabet
- 8 Gloomy
- 9 Former measure of length
- 10 Semisynthetic textile
- 13 Soviet secret police
- 14 Biblical high priest
- 15 Shelter
- 20 Stains
- 21 Primordial giant in Norse myth
- 23 Fifth letter of the Greek alphabet
- 25 Bristle
- 27 Similar to
- 28 Which great river of Asia flows north and west across western Siberia from its sources in the Altai Mountains to its outlet in the Kara Sea
- 29 Cleaning implement
- 30 Period of history
- 32 Vietnam
- 33 Command to a horse
- 37 Frozen treats
- 38 Stinkard
- 39 Masculine pronoun
- 40 Prefix meaning not
- 41 Beverage of lime juice
- 42 Put down
- 44 Cumbersome
- 46 Concerning
- 48 Even (poet.)
- 49 Conclusion
- 50 Cereal grass
- 52 Very skilled person
- 53 Vessel or duct
- 54 High-pitched
- 56 Spout
- 57 Exploit
- 58 Son of Jacob



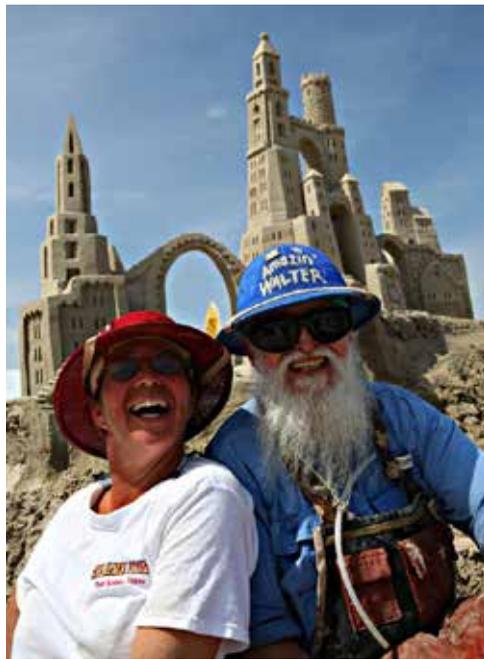
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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.



## Corpus Christi: The Sparkling City by the Sea

By Ron Stern, Travel Photojournalist

Corpus Christi is known for many things: beautiful stretches of white sand beaches, world class fishing and outdoor activities and mega attractions such as the Texas State Aquarium and USS Lexington.

The city is bordered by the Gulf of Mexico and the turquoise waters of Corpus Christi Bay with miles of gorgeous beaches along Mustang Island and Port Aransas (Port A) The week I visited they had a sandcastle festival called Sandfest on Port A with thousands of attendees enjoying the sunshine and

creative sandy sculptures.

The Texas State Aquarium is the #1 attraction in town and for good reason. They have top quality exhibits including humongous fish tanks with sharks and glowing jellyfish, an otter exhibit and a dolphin show, and that's just for starters

Standing guard over Corpus Christie Bay, the USS Lexington, also known as The Blue Ghost, is hard to miss. Having seen some of the biggest battles of World War II, this huge battleship is permanently anchored in the bay and available for touring. Veterans from all branches serve as volun-

teer guides and provide insights into what life was like aboard this large vessel with a flight deck that could accommodate three football fields. Take your time to see all of the areas open to tourists, including some impressive aircraft used during different air conflicts around the world.

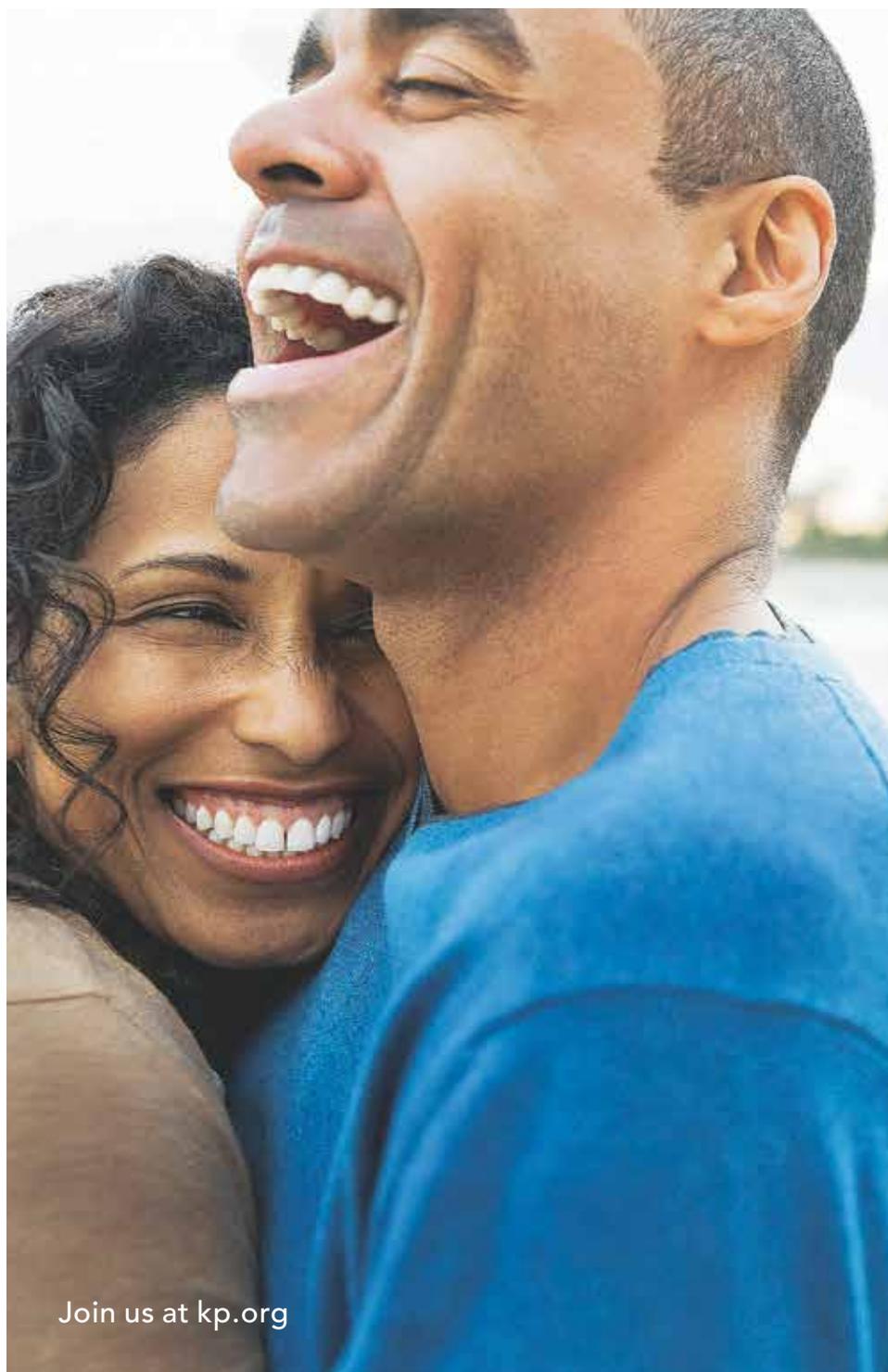
This is my pick for the best way to see some of the sights along the



bay and it's quite a hoot as well! Tim, the owner, takes visitors on a fun two-wheeled tour of Corpus, including some little known stops where you can find, believe it or not, information

about our solar system and a moving memorial statue of the singer Selena, who resided in the area.

For more information visit Corpus Christi CVB, [www.visitcorpuschristitx.org](http://www.visitcorpuschristitx.org)



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