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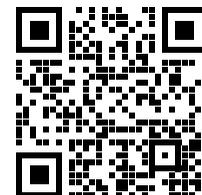
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December 2015 • Volume 21 • Issue 12

Give More For Less This Holiday Season

The holidays are a great time to shower friends and family with wonderful gifts. As you check off your holiday shopping list, remember that even small gifts can add up quickly to cost a bundle.

With these helpful tips from the discount experts at Dollar General, you may be able to give more for less this holiday season.

Holiday Thank Yous. Little gifts for the kids' teachers, the neighborhood mail carrier, your favorite hairdresser and office co-workers can add up to some big expenses.

Gift cards are a special way to show your year-round appreciation and you don't have to spend much to make an impact. Consider giving gift cards for a popular restaurant, retail store or coffee spot. Adorn the gift card with a unique ornament or decoration to add some extra holiday flair.

Stocking Stuffers. After the large items are purchased, don't forget

the stocking stuffers. With nearly limitless possibilities, consider fun items like lip gloss, hand cream and travel-sized toiletries for those on the go. For kids, think about small toys, mini coloring sets and yummy holiday treats including candy canes and chocolates. Add in little everyday items like gloves or a pair of patterned fuzzy socks.

The stocking is a fun part of the holiday tradition that doesn't have to drain your budget. A discount retailer like Dollar General has a wide variety of stocking stuffer essentials at great prices for every member of the family, including the family pet. In fact, many items are priced at \$1 or less.

Gifts from the Heart. Sometimes the most meaningful gifts are the one you make. Fill a fun candy jar with holiday sweets like individually-wrapped mints and chocolates, and then finish it with a co-

Continued on page 9 ►



During the Holiday Season more than ever, our thoughts turn gratefully to those who have made this possible.

And in this spirit we say, simply but sincerely Thank-you and best wishes for the Holiday season and a Happy New Year

Aurora Celebrates Veterans Day

In November, the City of Aurora and KZEW AM Radio sponsored the 21st annual Aurora Veterans Salute held at the Wings Over the Rockies Air and Space Museum. Along with the participation of 40 sponsors, over 850 veterans, active military, dignitaries, and families attended this annual event. This event celebrated the 70th anniversary of WWII.

Mark Hyatt, COO of the Muse-

um welcomed all guests and introduced KZEW radio celebrity and host Rick Crandall during the introduction. The annual color guard represented by all military services was followed by the national anthem, invocation and lunch. Several dignitaries including Aurora Mayor Steve Hogan and State Senator Nancy Todd gave tribute to the veterans. The Aspen Crossing Elementary School fifth grade students provided musical entertainment for the audience. Major General Michael Edwards and Rick Crandall gave recognition to the WWII veterans. The staff at 50 Plus thanks our veterans and active duty military personnel for their outstanding service to our country!



Above: Color Guard. Below: Aspen Crossing Fifth Grade Students Choir



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December

CALENDAR

Safe Toys and Gifts Month
World AIDS Campaign
National Influenza Vaccination

Wednesday/2

Dementia Caregiver Support, 10-11:30am, 1st Wed monthly, The Center, 1301 E Colfax Ave. Denver. Free. www.CapitolHillCareLink.org

Wednesday/16

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

Sunday/20

Denver Death Café, 3-4:30 pm. Porter Place, 1001 E. Yale Ave. Free, 3rd Sun. monthly. Discuss death, dying & end-of-life concerns.

Monday/21

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/17

AARP 3838. 1 pm, at Thomas More Catholic Church, 8035 S Quebec St. 'All American Veterans.' Public welcome. Info: 303-797-9251.

Tuesday/24

TRIAD 1:30 pm, JffCo District Attorney, 500 Jefferson Cty Pkwy, Golden. 'Don't Be Consumed by Holiday Spirits.' Free & open to public. Info: 303-271-6980.

Every Monday

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

Better Business Bureau

Holiday Giving

You see it every year during the holiday season. Donation request are everywhere, at the store you are asked to make a donation, Facebook requests from your friends to support a cause, direct mailings and more. While it is the season of giving, all of these donation requests may make people scratch their head and ask "Where does all this money go, and who should I give to?"



Erin O'Neill

During the giving season everyone takes joy in donating to a charitable cause. It gives you that

warm-and-fuzzy sensation that makes you feel like you made a difference, but with so many charities out there it can be hard to determine which cause is the best to donate towards.

BBB takes the guess work out in finding credible nonprofits. We take the time to ensure that the organizations we accredit meet BBB's 20 Standards for Charity Accountability. Often times, donors look at an organization's finances to determine whether or not they are trustworthy, but the truth is there is no one single measure that can determine if a nonprofit is trustworthy or not. BBB Charity Reviews take a holistic approach to reviewing nonprofit organizations. We look at the following four areas: governance and

oversight, organizational effectiveness, finances, and fundraising practices; measurements that go above and beyond an organization's financials, in order to promote transparency at the highest levels.

BBB Charity Reviews are comprehensive and easy to use! Visit BBBDenverNonprofits.org to find BBB Accredited Charities. These organizations have gone through the rigorous evaluation process and have met all 20 Standards for Charity Accountability, meaning that you can be rest assured that your donation is going to be put to good use!

So next time you see a charitable donation ad campaign online, TV, or at the store, be sure to check with the BBB first!

Technology is Hip!

New Technologies Can Improve Eyesight

Diseases from cataracts, glaucoma, age related macular degeneration (AMD), and diabetes, affect millions of Americans each year. Cataracts are the leading cause of blindness and affect 24 million Americans. Glaucoma is the 2nd leading cause of blindness, which affects over 4.5 million Americans age 40 and over. Diabetic Retinopathy is the leading cause of blindness among



Bob Larson

adults aged 20 to 74 affecting four million Americans. AMD is the leading cause of vision loss in 11 million Americans over age 60.

The good news is technology is improving eyesight for many of these diseases. Cataracts is easy to prevent and also correctable. Many Americans eventually have cataracts as it is caused by UV rays, diabetes, smoking and aging. Less exposure to the first 3 causes help delay cataracts. By age 80, over half of Americans will have cataracts due to aging. Over two million Americans receive cataract surgery each year with new lens implants that improve their eyesight.

Glaucoma is caused by high pressure inside the eye, but treatable using eye drops and new medical procedures. If not treated early will cause blindness and is not reversible. New technologies using lens implants with controlled release of eye drops is improving glaucoma patient's eyesight. New medical procedures using laser surgery can also help reduce the eye pressure.

AMD reduces the central vision due to retinal problems and affects most everyday activities. AMD occurs less often in people who exercise daily, avoid smoking, and eat nutritious foods including green leafy vegetables and fish. New technologies using laser surgery, taking specific supplements, or injection therapy can reduce or delay AMD. There is dry (90%) and wet (10%) types of AMD and either can cause loss of vision. Be sure to get an annual eye exam if over age 40 and discuss the results with your eye doctor.

❖ *Bob Larson is a technologist, former engineer, and our Marketing Director. Contact Bob at Marketing @50plusmediasolutions.com*



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DEADLINE

10th of the Preceding Month

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All seniors organizations

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How To Save A Life

Last month the DEA announced that drug overdose killed more Americans than firearms or car crashes and is now the leading cause of injury death in the United States. 46,471 U.S. families lost loved ones in 2013 and that number continues to climb. The following day the governor of Maine threatened to call out the national guard to assist with the heroin epidemic ravaging his state, killing our friends, our children and grandchildren. In most cases overdoses are unintentional and witnessed. According to the CDC nearly half addicted to heroin were also addicted to prescription opioids such as oxycodone, hydrocodone, vicodin, percocet or morphine found in many home medicine cabinets. We all know someone who is battling opioid addiction whether prescription or heroin and we can all prevent opioid overdose and save a life. Naloxone (also known as Narcan) is a medication called an "opioid antagonist" and if administered in time can restore breathing and save a life. In Colorado you can now obtain Naloxone directly from a pharmacist without a prescription. Pharmacist will teach you how to administer this medication that is available either by an auto injector (similar to an EpiPen) or intranasally into each nostril. All Good Day pharmacies in Northern Colorado and all pharmacies at the University of Colorado Hospital in Aurora and Lowry campus will dispense and train everyone on administration of this life saving medication. Tens of thousands of lives could be saved from accidental opioid overdose deaths if

we all had access and were trained in its use. Teach your friends and family how to respond to an overdose. Store medications in a safe and locked cabinet, understand the risk of mixing medications or mixing medications with alcohol. Be an observant neighbor, friend, parent, grandparent. Ask questions, stay involved. Addiction does not discriminate and we often overlook those who suffer and need our kindness the most. Reach out to someone who may be suffering and

alone, addiction is fueled by isolation and shame and the holidays can be an especially difficult time. We need everyone to help stop this epidemic. The life you save could be your child's or your grandchild's. For patient education, videos, and additional materials, visit:

- www.prescribeto prevent.org
- www.colorado.gov/gov/cdphe
- www.corxconsortium.org/naloxone
- www.harmreduction.org
- www.takemedsseriously.org
- https://www.findtreatment.samhsa.gov

The New Reverse Mortgage

The mere mention of a Reverse Mortgage stirs up misconceptions and myths in the minds of many people - fears that the bank will own their home, that there is no way out of a Reverse Mortgage, or that the family will be "robbed" of their inheritance, to name a few. There have been significant changes to protect homeowners.

Q: Will I still own my home and keep the equity in my home?

Yes, you are not relinquishing title or ownership and you are only using a portion of the equity to secure the loan.

Q: Is there a prepayment penalty?

No, you may repay the Reverse Mortgage at any time with cash, by refinancing, or by selling the property.

Q: If I pass away, can my spouse stay in the home without a mortgage payment until he/she passes away or moves out of the home?

Yes, your spouse will never be forced to leave his/her home as long as the property taxes and homeowners insurance are paid, and the home is maintained.

Q: If I am 62 or older, and my spouse is under 62, are we disqualified due to her age?

No, only one borrower must be 62 or over.

The amount of money that will be available to you is determined by the appraised value of your home, the amount of equity in your home, and the age of the homeowners.

Contact your Reverse Mortgage Specialist for more information and a proposal created just for you.

**Say You Saw It in
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HOME EQUITY MORTGAGE (HECM)

Have You Heard About the Great Changes to the New Reverse Mortgage?

- ✓ Receive tax-free loan proceeds that may be used for any purpose if you are 62 years and older
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- ✓ Replace cash reserves or pay off debt
- ✓ You always own your home, the bank doesn't
- ✓ Postpone drawing down retirement assets, therefore giving them more time to grow
- ✓ Cover unexpected expenses such as medical bills or home renovation
- ✓ You always own the equity in your home

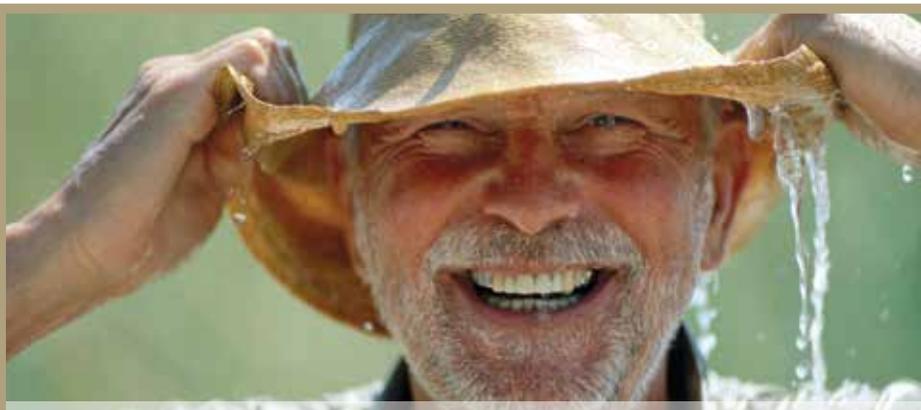
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Genealogy Rocks!

Finding New Records

Did you know that every week Ancestry.com adds new databases? A month ago, Ancestry.com added "U.S., Social Security Applications and Claims Index, 1936-2007."



Carol Cooke Darrow

According to Ancestry, "This database picks up where the Social Security Death Index (SSDI) leaves off by providing more details than those in the SSDI. It includes information filed with the Social Security Administration through the application or claims process, including valuable details such as birth date, birth place, and parents' names. While you will not find everybody who is listed in the SSDI in this database, data has been extracted for more than 49 million people." This database contains information about many people who had Social Security numbers but who died before 1962 when the majority of deaths start to be added to the SSDI. I found my grandfather

who died in 1951 getting a "life claim" when he retired at the age of 65. In other words, he started drawing on his Social Security account.

New databases are also being delivered to Ancestry via the web. These are databases "made available online by libraries, local governments, genealogical societies, universities and genealogists." Ancestry.com Web Search makes it easy to find records from many of these content publishers and "summarizes basic information from freely-available Web records and provides a link to the original site where you can view the full record, including any associated images." Some examples include Rensselaer County, New York, Marriage Index, 1908-1935 and Rapid City, South Dakota Mortuary Indexes, 1879-1971.

It's a good idea to check back every few months on Ancestry.com's Search function to the Card Catalog for your county and state to see what's new.

❖ *Carol Cooke Darrow, CG, is a member of the Colorado Genealogical Society.*

Aging Well

Mind the Gap

What would you do if you woke up one day and discovered you could no longer drive? Many in our community are in that situation. Three demographic groups, older adults, persons with disabilities, and low-income people, at times, cannot afford the cost of utilizing or maintaining a personal vehicle, or their physical limitations render them unable to operate a vehicle.



Dave Ruchman

The Local Coordinating Council for Human Services Transportation Serving Jefferson County [LCC], a group that began under the county's Aging Well project, is working to support the awareness of projected growth of those unable to drive and its' impact on already taxed resources. Many without a car access some form of specialized/community based transportation (Seniors' Resource Center or Lakewood Rides) or public transportation (RTD). For example, the

closest bus stop may be too far for an older adult or persons with disabilities to walk, the transportation service provider may have reached capacity of available rides for the day a rider needs to see their doctor, those on a fixed income or in a low-income situation may not be able to afford the cost of the transportation service. These examples leave a gap of unmet demand.

Recently, Jefferson County's LCC released results of a comprehensive survey examining county transportation gaps. The findings illustrated growing gaps between those needing rides and available service. Funding, law, jurisdictional and institutional restrictions constrain these agencies. While providing rides is a complicated task, the LCC is working on and encouraging innovative mobility solutions. To find out more, about the Aging Well Project and the Gaps Analysis, please visit <http://jeffco.us/human-services/aging-well-project/resources/>. Or contact Susan Franklin at 303-271-4051 or sfrankli@jeffco.us.

❖ *Dave Ruchman is a member of Jefferson County's LCC*

Fuel for Faster Healing

After surgery or acute illness, the first thing on your mind might be how soon you can get back home. But did you know your dietary habits can also impact your recovery? Alongside a comprehensive inpatient or outpatient therapy program, fill up on these food



facts to see yourself stronger and healthier in the coming months.

- **Ban Bad Habits.** Recreational drug use and excessive alcohol consumption will only slow the healing process. Work with your physician or a counselor on stepping down from harmful habits so you can make haste with healing.
- **Eat in Technicolor.** A 2010 USDA study revealed that, on average, Americans are eating far below the Institutes of Medicine's recommended intake of potassium. This vital nutrient provides energy, assists with blood pressure control and maintains electrolyte balance, all of which are helpful during the recovery process. Fortunately, potassium can be found in a rainbow of fresh, plant-based foods. So, to

meet the 4,700 mg intake, aim to eat fruit and vegetables of all shades.

- **Forgo Fad Dieting.** The newest extreme diet of the decade could be setting you back from your recovery goals. However, forming a firm foundation of healthy food choices, such as fresh fruit and vegetables, whole grains, lean protein and reduced-fat dairy, can give you more sustained energy to power through your physical therapy program. For more information on balanced eating, talk to your physician and visit [ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) <http://www.choosemyplate.gov/>

Provided by Life Care Centers of America. Sources: http://www.ars.usda.gov/SP2UserFiles/Place/80400530/pdf/DBrief/10_potassium_intake_0910.pdf

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Diablo Valley

Affordable Luxury Vacation on the East Bay

By Ron Stern, Travel Photojournalist

Nestled between Napa and Sonoma on the north and San Francisco on the south is a little pocket of bliss known as Diablo Valley. Compared to its higher priced neighbors, this relatively unknown travel venue is affordable without sacrificing the niceties that make for an elegant getaway.

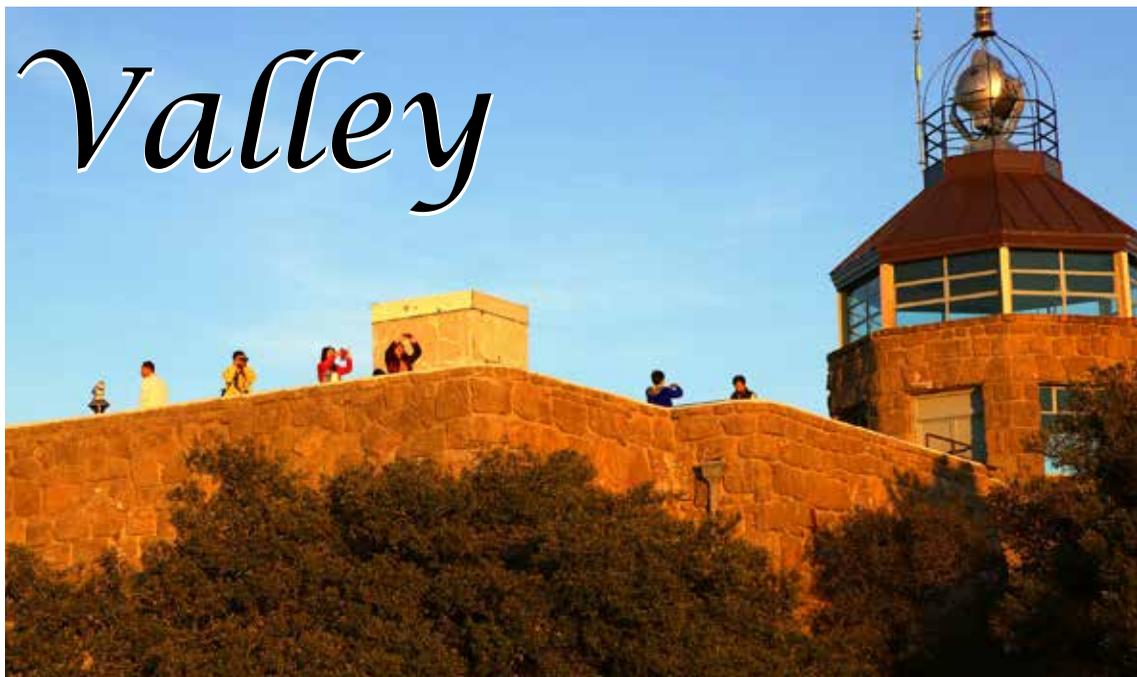
Located about an hour's drive northeast of San Francisco International Airport, Diablo Valley encompasses the city of Concord as well as surrounding areas of Contra Costa County. Unlike many high-priced Bay Area travel destinations, Diablo Valley is surprisingly reasonable. Whereas a typical 2-night stay with parking in San Francisco might cost upwards of \$648, comparable lodging in one of 9 hotels in the area will only set you back approximately \$358.

Known as the sunnier and warmer part of the Bay, Diablo Valley's great weather is one of the reasons people are discovering this vacation alternative. With eas-

ily accessible public transportation via the BART system, local tours and shuttles, it's possible to park your car at your departure point and go carless during your entire visit.

Looming 3,849 feet above the valley below, Mt. Diablo State Park is one of the area's premier highlights. A scenic road winds its way across ribbons of green-laden hills and countryside with opportunities for hiking, biking, cycling, horseback riding, a visit to Rock City, and general sight-seeing.

No trip to Diablo Valley would be complete without indulging in a luxurious excursion aboard the Napa Valley Wine Train. Featuring restored Pullman railcars with plush furniture, Honduran mahogany panels and brass



accents, this historic train is a way to experience the glory days of travel by rail.

The three-hour journey features excellent cuisine and wines as you glide past gorgeous scenery

and grape-laden vineyards. There are several different packages, including winery tours with prices starting as low as \$179 per person. More info: www.diablovalleyca.com

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On October 24, 2015 Denver Metro Area professionals participated in Make A Difference Day which is sponsored by USA WEEKEND and Points of Light Institute, by donating hearing and vision services to 118 low income seniors who were on the Colorado Gerontological Society waiting list.



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Train Your Brain

As the holiday season approaches, so too does the increasing demands placed on us. The list of interminable tasks seems to grow exponentially as each day passes. The good news is by starting early and by planning, we can minimize this stress by immense proportions. In previous articles, I have touted the benefits of devising or writing out a list of tasks to complete according to their category. I can think of no better time to get accustomed to this approach than now if you haven't already done so. Lists are grand in that they are easy to devise and can be quickly altered as needed. I understand this all sounds trivial yet this is the first step to decreasing the amount of stress we are often subjected to and will often result in freeing your mind to think



Torsten C. Jess

more efficiently and creatively. For starters, I emphasize to my clients to make the following categories/lists: travel/errand, phone calls, computer tasks, and home. Most of what we need to accomplish falls into one of these four categories. Crossing out or downgrading a task to "monitor" status is a wonderful feeling. Or when one task evolves from say a phone call to now an errand says you are making progress! How many times have you had so much to do that you have been in a cognitive quagmire because you are not organized? This simple method will drastically minimize this feeling of hopelessness and have you being more efficient and prioritizing tasks. With that being said, have a super holiday season!

❖ For professional training to Torsten C. Jess M.S.CCC-SLP at Email: BrainFunctionOptimization@Yahoo.Com, Call: 303-658-9868 and Visit: www.BrainFunctionOptimization.com/.

🌀 Say You Saw It in 50 Plus Marketplace News 🌀

Ageless Beauty

Be the Light

December is a beautiful season that many celebrate with the great traditions of Christmas, Hanukkah, Day of Enlightenment and Pancha Ganapati to name a few. Displays of lights around the city beckon us to rekindle a childlike hope in the depths of our being. Light is defined as the electromagnetic radiation of wavelength that makes things visible and also as spiritual illumination by divine truth.



Rhoda Johnson

Salon Bodhi. I use these products to bring forth a light from within the skin. This is especially beneficial to baby boomers as these results in looking more youthful and happy. When a woman sees that she looks younger and happier she feels that way too. This has a wonderful ripple effect on how she sees others and the world as well as her ability to focus on the positive; a great side effect that light has.

Salon Bodhi invites you to the "Come and Get Enlightened" event celebrating the Day of Enlightenment on December 5th from 5-8pm at 563 Detroit St., Denver. It is an evening of personal enlightenment with massage, makeup application and hair styling. Specials, libations and refreshments available. Stuffed Elephants are for purchase and the proceeds of their sales help to save "Bodhi" the elephant at the Denver Zoo; buy an elephant to save an elephant. Contact Salon Bodhi at 303-325-7676.

I am passionate about encouraging women to look and feel beautiful; I would love to see you at this great event or by appointment.

❖ Rhoda Johnson, 303-755-2345, www.rhodadesigngroup.com

The festivities gather us together to enjoy great food and the chance to connect. Parties are in abundance and offer the opportunity to dress up and express our personality and to present ourselves as gifts. How are you expressing your gift? As a Hollywood trained makeup artist of 35 years, I created a makeup line that illuminates the individual beauty in women of all cultures and ages. This makeup line is unique in its colors and gentle ingredients, available exclusively at

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<p>Saturday, September 12th 8am Bible Park Off of Yale Between Monaco and Quebec in Denver Meet near the Baseball Diamond TOPIC: Anemia</p>	<p>Saturday, October 3rd 8am Crestmoor Park Off of S. Locust and Cedar (Near Alameda) in Denver Meet near the Tennis Courts TOPIC: Memory & Aging</p>
<p>Saturday, November 7th 8am Bible Park Off of Yale Between Monaco and Quebec in Denver Meet near the Baseball Diamond TOPIC: Why Do I Have Shortness of Breath</p>	<p>Saturday, December 5th 8am Crestmoor Park Off of S. Locust and Cedar (Near Alameda) in Denver Meet near the Tennis Courts TOPIC: Smart Holiday Eating</p>

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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

Aurora Center for Active Adults

303-739-7950 • auroragov.org/adults50plus

Holiday Social. Tue, Dec. 8, 12:30 pm. Enjoy entertainment & light refreshments. An unwrapped toy to donate for a disadvantaged youth in Aurora is encouraged.

New Year's Zumba Countdown. Celebrate 2016 with a ball drop at noon while doing your favorite Zumba moves. This is one New Year's party you don't want to miss! Thu, Dec. 31, 11 am-noon, drop-in, must register.

BDT: Holiday Lights. Come see the glittering lights and the fanciful sights showcasing the holiday season offerings around the metro area. Visit neighborhoods and slices of color around the city. Each year is different, based on our reconnaissance. Let us put the holiday twinkle in your eye on this tour of the holiday lights! Dine at White Fence Farm before we head out to see the lights. The price of the meal, tax and

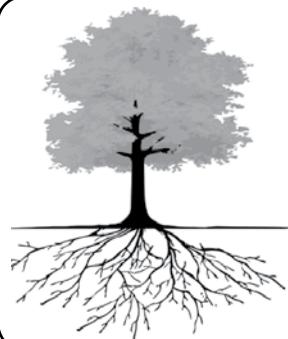
gratuity is included in the registration fee. This trip is not appropriate for individuals with wheelchairs. Fri, Dec. 18, 4-10 pm. \$72/\$55.

Adams Mystery Playhouse. "A Beauty Pageant Gone Bad!" You are invited to the first annual crowning of 'Miss High Hat', the highest honor given in the Plaid Hat Society. Join us at the famous Black Top Hat Restaurant and meet the 3 finalists plus other members of the Plaid Hat Society including Freda Fedora the founder of the society, Blackie Baret, and Pinkie Chapote. The pageant is underway when someone turns up dead- who would do such a dastardly deed? That's where you come in... solve the crime! Catering to both the public and private sector for over 20-years, Adams Mystery Playhouse is the ideal entertainment spot. The meal, tax, and gratuity is included in the registration fee. Jan. 2 Sat, 10:45-3 p.m. \$87/\$67.

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View my promo-video at <http://www.youtube.com/watch?v=RyZlPIWbkBU>

Wheat Ridge Active Adults

303-205-7500

Christmas Card Workshop. Paint your own Christmas cards and send them to the special people in your life! Use pastels, colored pencils, pen & ink and watercolors. Patterns available, cards with envelopes & all painting supplies furnished. Fri, Dec. 11. \$10 + \$10 supplies. Register.

Computer and Technology. We offer a wide variety of computer classes from basic info to learning about tablets & phones. Call for a complete schedule. Camera, Phone, Tablet or Computer Tutoring One-on-One: a private 1-hour tutoring session, call to schedule, \$25/hr.

Evening Fitness Classes. Qi Gong: 6-weeks, begins Wed. Dec. 2, 4:30-5:30pm; \$39. Yoga: 6-weeks, begins Wed. Dec. 2nd, 6-7pm; \$36. Call to register.

Dance. The Wheat Ridge Active Adult Center offers a wide variety of ongoing dance classes to include: Beginner, Intermediate and Advanced Tap; Belly Dancing, Hula, Ballroom, Zumba and Western Line Dance. Call for more information. Belly Dance: 6-weeks. begins Thu, Dec 3; \$26 or SilverSneakers free.

Special Interest Groups. Drop-in \$2. Duplicate Bridge: every Mon, 12-3:45pm, bring a partner, \$2.50 ea. Low Vision Support: 3rd Tue, Dec. 15, 1:30-2:30pm, Free. Write & Share: 3rd Tue, Dec. 15, 2-3:30pm. Krafty Needles: every Tue, 9:30-11am. Social Bridge: every Tue, 12:40-3:45pm. Smile-Hi Healing Laughter: every Tue, 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:30pm. Genealogy Genies: 3rd Thu, Dec. 17, 1:30-3pm. Blood Pressure Screening: 4th Thu, 11-1pm, Free. Booktalk: Thu, Dec.17, 10-11:30am, Book: Ordinary Grace. Pinochle: every Fri, 12:30-3:30pm.

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Get in Shape for Skiing. Ski season is just around the corner. Learn exercises to stretch and strengthen your body to make this the best ski season yet. Wear clothes comfortable for doing exercise. \$11/\$13. Wed, Dec. 9, 6-7 p.m.

Nutrition Help for Headaches. What you eat and drink can make a big difference in your risk of getting a headache. Learn healthy habits to incorporate into your life to reduce headache frequency and severity. \$11/\$13. Mon, Dec. 14, 1-2 p.m.



Ms. Colorado Senior America Pageant New Director

By Shari Ortiz, sharimcsap@q.com

The Ms. Colorado Senior America Pageant (MCSAP, Inc.) has appointed Debbie Buczkowski of Aurora as the new Colorado State Pageant Administrator.



Debbie Buczkowski

Debbie brings a great deal of experience to the position. She was crowned Ms. Colorado Senior America in 2012, and placed in the "Top Ten" at the national Ms. Senior America Pageant that year.

Following her reign, she wanted to be more involved in the organization which provides the opportunity for senior women to continue using their talents and spirit of volunteerism to give back to their communities. Debbie served as co-president in 2013-14 and president in 2014-15. Following the resignation of the previous State Pageant Administrator, Sandy Ratajik, Debbie served on the Administrative Board and assumed the responsibilities of the position.

Debbie continues to be actively involved in the organization even though she works full time at Davita, has 3 children and 6 grandchildren, and has been battling M.S. for over 28 years.

She is excited to take on this new role, which includes serving

as Production Manager for the upcoming 2016 Ms. Colorado Senior America Pageant on April 17, 2016, at the Lakewood Cultural Center, 470 S. Allison Parkway, Lakewood. She, along with other members, present an entertaining production that showcases the contestants vying for the title of Ms. Colorado Senior America 2016.

Contestants are now being sought to compete in 2016. Do you exemplify the inner beauty and dignity of a Ms. Colorado Senior America? For more information visit www.colosramerica.com/.

Contestants must be 60 plus years of age to enter. During the pageant, contestants are scored by a panel of judges using the criteria of a 5-min. interview, an evening gown competition, a "philosophy of life," statement and a talent presentation. The application deadline is March 1, 2016.

MCSAP, Inc. installed a new Board in November including: President, Marj Dow; Vice President, Judy Rowe, Secretary Ginny Butler, and Treasurer Linda Trabert Klein. The Colorado Camero Club, is the supporting arm of the Pageant. For more information about booking a showcase call 303-759-8148.

Local Author's First Release

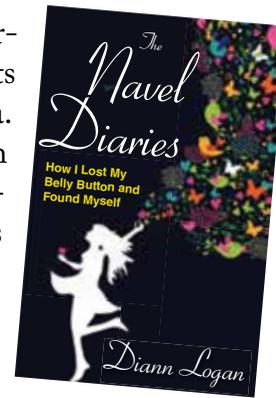
TerraCotta Publishing announces the release of a literary nonfiction work by Diann Logan titled *The Navel Diaries: How I Lost My Belly Button and Found Myself*. It is Logan's humorous and poignant observations about getting older. In the author's words, "I have to talk myself down from the perilous ledge of self-pity, bemoaning lost youth, and start birthing new potentials."

Diann thought she would be forever young. The book offers the reader an insider's view of one woman's journey into maturity through a series of vignettes. The wit of the book is infused with generational memories and family lore that dovetail into the present. The perspective is refreshing; the attitude is always positive and passionate.

Logan is a member of Colorado Authors' League and is on faculty at University of Colorado Denver. Andrea Sims, Ph.D., publisher, is the owner of Third Chapter Press.

Both are current residents of Arvada. Former high school classmates, Sims and Logan recently reconnected to produce the current book, with plans for more books in the series.

The Navel Diaries: How I Lost My Belly Button and Found Myself is available in print, \$15; or ebook, \$9.99. It is available at www.thenaveldiaries.com/, The Tattered Cover, Book Bar Denver, Local Editions, Longmont; Amazon and B&N. The book is published by Third Chapter Press (est. 2010) and is the inaugural release of TerraCotta Publishing, an imprint for literary fiction, creative nonfiction, and academic works. To contact the publisher visit www.thirdchapterpress.com or www.terracottapublishing.com/.



Give from page 1

ordinating ribbon and gift tag. You can also give someone a stress-free supper with a homemade soup in a jar mix. Purchase canning jars and fill with soup ingredients like beans, pasta, spices and other delicious ingredients to make a tasty DIY gift. Decorate the jar with ribbon and include cooking instructions.

Finally, let the grandkids help by creating personalized holiday cards using colored paper, glitter and craft essentials for a unique, one-of-a-kind greeting. Use creativity and have fun with it!

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Tis the Season for Reaching Out



Bea Bailey

This Thanksgiving, I am excited because my darling daughter, fiancé and son are coming up for the holiday. My sister, niece and her family, my son and his sons are all coming to dinner. It will be a time of fun and games.

I got to thinking about the true meaning of the holidays. When I was a child, my mother would always invite someone to dinner who did not have any family or a place to go. I thought about it and realized that I had such a friend. She is wonderful, kind hearted and a bit of a loner. I mentioned in passing that I should have had her come over and help me cook during the last shindig at my home. She loves

to cook and said to keep her in mind for future events.

With her being a loner, I didn't want to push her, but I also felt that I needed to push her. Her mother had died last year and she had been a caregiver for all of her senior family members, who are now deceased. I asked her to join us and after an initial push back, to my surprise she was thrilled and is coming. I was touched when she called me and told me that she had gotten all the ingredients needed for the dishes she was going to make... two weeks in advance!

During the upcoming holidays, I challenge all of you to push your comfort zone and invite someone who otherwise might spend the holiday alone with a TV dinner.

Tis the season...

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

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PGx Test: A Lifesaver

By *Brahma D. Sharma, PhD*

Say, the doctor prescribes you a pain killer and says, "If it does not work, we can try another one." This trial & error prescribing usually works well on the average person.

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icity and causes adverse drug reactions (ADRs).

2 million people are hospitalized each year due to bad drug reactions. Over 100 thousand people die each year due to ADRs. The cost for these ADRs exceed over \$300 billion dollars a year.

There is a personalized scientific test available today. It's called Pharmacogenetics (PGx) Test. It shows how drugs interact with our genetic variations.

Insist on this simple saliva PGx Test. And ask for safe alternates for the drugs you are not metabolizing well. Your life may depend on it.

To learn more contact: brahmasharma@hotmail.com

TRADING POST

General

HEY BOOMERS!

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

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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.

Help Wanted

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

VOLUNTEERS NEEDED:

Open World Learning needs volunteers in their 17 program locations in Denver-Metro area after school and during the summer. As well as our Technology and leadership program for at risk 3rd - 8th grade Students in Denver-Metro area. Call Lea Ann at 303-832-0066.

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Santa's Magical Breakfast. Sat, Dec. 5, 9 am. Bring your kids and grand-kids for magical entertainment and breakfast with Santa. Register by 12/3, \$5/person age 3 up, children 2 and under free. Children must be accompanied by paying adult.

Holly Follies. Wed, Dec. 9, 2 pm. Get in the holiday spirit with the dazzling dance of the Rockettes and harmony of the Notable Choir. Delectable desserts follow the performance. Register, \$5 by Dec. 4.

Early Signs of Dementia. Mon, Dec. 14, 1-3 pm. Learn the facts. Early detection of Alzheimer's disease gives you a chance to begin therapy and plan for the future. Presented by the Alzheimer's Assoc. Free, register by 12/9.

Zumba Gold. 11:45-12:30 pm, Wed, ongoing. Exercise to a Latin beat from a chair. Be surprised what a workout you get. Drop-in \$3.50/\$4.50, or one scan of SilverSneaker card.

Computer Classes. Learn basic to advanced use of the computer in a small class setting. December topics include Word Processing, Internet,

Excel, Publisher, & One-on-One Personal Training. Call for details.

Starting Your Memoir. Fri, Dec. 4, 1-2:30 pm. Start writing about your life. Learn where to start, how to organize, what to include and how to best express yourself. Register, \$7/\$8.

Craft Carousel Gift Shop. 303-467-7198, Open Mon-Fri, 9:30-3:30 pm. Featuring a variety of handmade items from over 100 artisans, including scarves, hats, jewelry, aprons, quilts, baby gifts & much more.

Volunteer Opportunities. Wed, Dec. 16, 1-2:30 pm. Learn how to become a valuable volunteer team member of the Center. Register for this free meeting.

Medicare 101. Mon, Dec. 7, 7-8 pm. Learn the basics of Medicare and what resources to turn to as you maneuver the Medicare maze. Free, register.

Welcome Meet & Greet. Wed, Jan. 6, 9:30 am. Enjoy refreshments and discover the diverse opportunities at the Center. Free; register. Bring friends!

Malley Senior Recreation Center

303-762-2660

Breakfast with Santa. Sat, Dec. 12, 8:30-10:30am. The entire family can enjoy the holiday season while eating breakfast with Santa! Listen to holiday music while feasting on Flippin' Flapjack pancakes and more. Visit with Santa to see if you've been naughty or nice, receive a commemorative digital photo and gift for the kids. Tickets are \$5.50/children ages 2-10, \$6.50/11 years to adults, and free under 2 yrs. Tickets are available Malley's, Englewood Recreation Center or online at www.inglewoodrec.org

Social Ballroom. Perform ballroom steps with style, to move around the dance floor, placement of hands and arms, how to tie steps together, and specific footwork. Practice with Latin and American Ballroom dances. A new dance is taught each month. Dec./Quick Step. Instructor: Lila Horton, Mondays, 3-4:30pm, \$5 drop-in, SilverSneakers eligible, quarterly session \$39/\$36.

Ultra Beginning Line Dance. Learn basic universal line dance steps. Line dancing adds both mind and body benefits and promises to improve coordination, memory and bone density while having a great

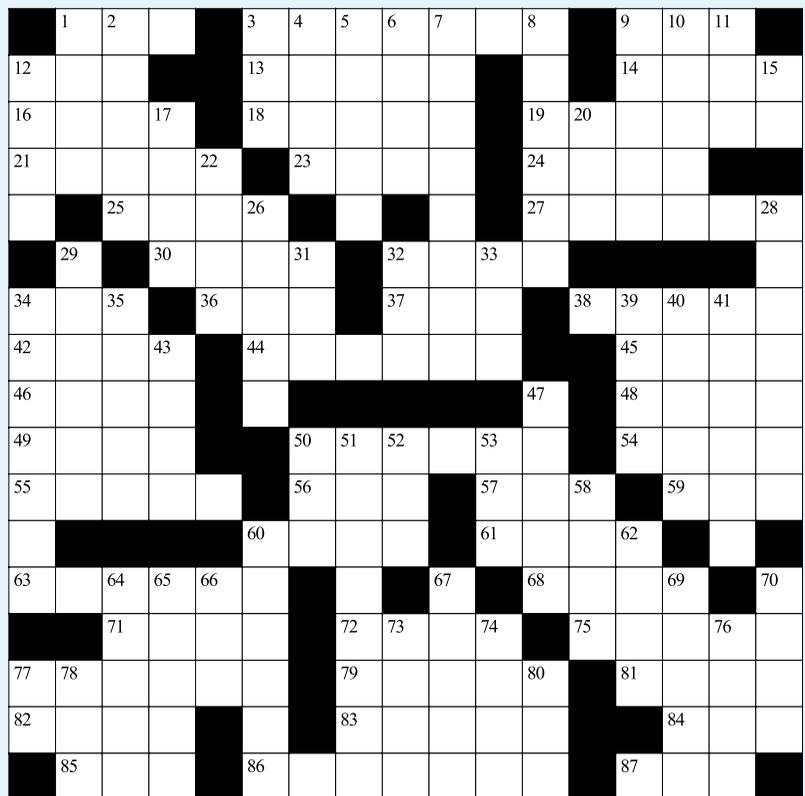
time. Instructor: Judy Curtis, Wed, 9-10am \$5 drop-in, SilverSneakers eligible, quarterly \$33/\$30.

Are You LinkedIn? LinkedIn is a business-oriented social networking service. Learn why 300+million people are using it. Create a profile, build your network list, use the job search tool and other benefits. Tues, Dec. 8, 9-noon, \$27/\$24.

All About "MeetUp" Groups. Neighbors meeting in real life to learn something, do something, or share something. Whether you enjoy trying new restaurants, you're a car enthusiast, enjoy walking, or sewing, there's a group for you. This class shows how MeetUps work and how to find an interest group in your area. Tues, Dec. 15, 9-noon, \$27/\$24.

Malley Book Club. For the love of reading! Enjoy reading the selected book on your own and then discussing your thoughts and reactions at the monthly meeting. The discussion and questions are facilitated by a qualified librarian. Purchase of books is on own. 3rd Thur, 10:30-11:30am. Open House: Thur, Dec. 3, 10:30am, Free.

50 Plus Marketplace News Crossword Puzzle



- ACROSS**
- 1 Stale air
 - 3 Nightmare
 - 9 Move from side to side
 - 12 Young bear
 - 13 Discontinue
 - 14 Exclamation to express sorrow
 - 16 Drug-yielding plant
 - 18 Relaxes
 - 19 Wholly
 - 21 Serve as a press agent
 - 23 Division of a school year
 - 24 Having wealth
 - 25 Native of Thailand
 - 27 Breathe out
 - 30 Earthen pot
 - 32 Scottish Gaelic
 - 34 Turkish headwear
 - 36 Snake-like fish
 - 37 Statute

- 38 Pertaining to the ear
- 42 Vientiane
- 44 Absence of passion
- 45 Wife of a rajah
- 46 Sicilian volcano
- 48 Northern arm of the Black Sea
- 49 Capital of Shaanxi province, China
- 50 Lunatic
- 54 Traditional knowledge
- 55 Bay
- 56 Lyric poem
- 57 Narrow beam of light
- 59 Hurried
- 60 Springing gait
- 61 Semisolid mass
- 63 Capital of the Bahamas
- 68 Aborigine of Borneo
- 71 Stink
- 72 In bed
- 75 Belief involving sorcery

- 77 Greek island in the Aegean Sea
- 79 Prizefighter
- 81 Withered
- 82 Truth
- 83 Grassy plain
- 84 Church seat
- 85 Affirmative reply
- 86 Ceded
- 87 North American nation

- DOWN**
- 1 Completely filled
 - 2 German submarine
 - 3 Frozen water
 - 4 Trim
 - 5 Lawsuits
 - 6 A person that uses
 - 7 Sully
 - 8 Evening party
 - 9 Look attentively
 - 10 Greetings
 - 11 Pistol
 - 12 Restaurant
 - 15 Therefore
 - 17 Reflected sound
 - 20 Nothing
 - 22 Cabbagelike plant
 - 26 Pertaining to the ileum
 - 28 Animate
 - 29 Cytokinin occurring in corn
 - 31 High mountain
 - 32 Consume
 - 33 Pigpen
 - 34 The act of bending a limb
 - 35 Pertaining to a zone
 - 39 Mountain range
 - 40 Sharp-edged instrument
 - 41 Parka
 - 43 Having a sound mind
 - 47 Parboil
 - 50 Witty remark
 - 51 Worthy of being adored
 - 52 Open mesh fabric
 - 53 Curve
 - 58 Spool-like toy
 - 60 Sweet
 - 62 Labels
 - 64 Room
 - 65 Arranges in groups
 - 66 Black bird
 - 67 Group of six
 - 69 Retains
 - 70 Masticate
 - 73 Cotton seed pod
 - 74 Sandy tract
 - 76 Extent of space
 - 77 Providing
 - 78 Small low island
 - 80 Slender bar

December 2015
Denver Metro
Answers page 8

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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.

Welcome to The Wild Animal Sanctuary

Established in 1980, The non-profit Wild Animal Sanctuary near Keenesburg (30 miles NE of Denver) is thriving today and still growing. Executive Director Pat Craig is the founder and has plans to open a new visitor center about the size of a football field by late Spring 2016, thanks to many generous donors. Set on 720 acres, the sanctuary has about 70 acres left for new animal habitats. Over 140 dedicated volunteers help staff the sanctuary annually. Besides all the different breeds of felines and other carnivores, the sanctuary includes alpacas, horses, and ostriches that total over 400 wild animals.

Some feel this sanctuary is like a zoo, but it really isn't. According to Ambassador Program Director Kent Drotar, this sanctuary is just that, a sanctuary for captive wild animals. They recently reverted back to donations instead of charging gate admission to better maintain the sanctuary. Kent said asking for donations has increased revenue, as it costs thousands to feed the animals and maintain the sanctuary every week. People can donate as little as \$17 per month to adopt an animal and take a stake in the welfare of the sanctuary. They have pricing to meet any budget.

About 200K tourists and donors from across the country visit the sanctuary each year. Many donors have adopted their favorite animal, and each animal has a profile provided in the quarterly newsletters. The sanctuary retrieves captive wild animals from across the planet, which are in need of a bet-

ter home. Many of the captive wild animals come from private owners.

Pat and his staff built the 40 foot high scenic Mile in the Wild Walkway extending from the current visitor center to the middle of the compound. By late next Spring, the walkway should extend another mile to the new Welcome Center. The new Welcome Center will include a snack shop, education center, gift shop, and guest relations area for individuals and groups to visit.

One part of the sanctuary's mission is to educate the public on captive wildlife. They have a colorful jeep and 30 foot trailer called the "Education Caravan" for vis-



(l-r) Director Kent Drotar, Dee Gonzales, and Dustin Hill

iting small groups and schools in Colorado. The caravan educates the public about the sanctuary and the wild animals. Inside are photos and videos for the public to see besides a presentation given by the staff. Groups can contact the sanctuary to see the caravan or visit the sanctuary all year except major

holidays.

You will find the sanctuary quite different from a zoo and an interesting place most people may never experience in their lifetime. For more information or to make a donation, please visit their website at www.wildanimalsanctuary.org or call 303-536-0118.



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