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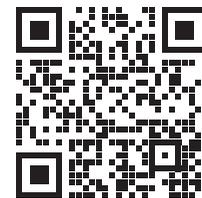
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January 2015 • Volume 21 • Issue 1

Ring in the New Year

By Marty Coffin Evans

The clock struck midnight on December 31 closing out 2014. Seconds later bells rang in 2015, songs were sung and corks popped.

The waiting for the New Year to begin is over, or is it? We wait for good news, happy outcomes and on occasion the unwelcome. What will these 365 days hold - waiting, living or both?

No doubt many will have heard or even chosen to wait for just "the right time." That "right time" might never come while we wait.

Waiting might involve holding off on travel plans. While saving money for such an adventure becomes financially a good idea, would future health challenges preclude the travel? Perhaps one family member or traveling companion could make the trip; another might not be so able. Why not book it now? Travel now, not later!

What about saving that good china, crystal, silver for a special occasion? If that special occasion doesn't arrive in a timely manner, those beautiful cherished items might remain dusty or tarnished. What happens if something



breaks, becomes mangled in the disposal or tossed out by mistake? There's always the possibility of replacement or setting the table in a different way.

Some might think waiting for more time to volunteer, take up a new hobby or sport would make sense. It might but, why not venture out now? Area recreation centers offer a popular sport experience through Pickle Ball. With a varied pace and enough exercise for enjoyment this provides an outlet in a less rigorous situation

than tennis or badminton.

Volunteer opportunities abound in our area. As with many possibilities, sampling a few or gravitating to a potential area of interest enables volunteers to find just the right niche.

Tangible waiting happens in saving a new clothing item. Save it for a special occasion might be the thinking. What happens if that occasion never arrives, it no longer fits or the event is cancelled? Who enjoys it then?

Deciding to go for medical or

dental visits may be more costly if we wait too long. Make that appointment and enjoy more comfortable health.

With so many cultural and education opportunities in the area, it's possible to miss out by waiting too long to buy tickets. Buy those tickets now before you miss the exhibit, performance or class.

May your 2015 be rich in experiences with more joy in living life and less time spent waiting. Enjoy it all!

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Eileen Doherty, (r) Executive Director, Colorado Gerontological Society and Robert Trembly, (l) Publisher 50Plus Marketplace News, Inc.

50Plus Marketplace News Honored

In recognition of the commitment of all 50Plus employees to provide quality of life information to the Ager communities of Colorado, the Colorado Gerontological Society presented, Robert Trembly, Publisher, the 2014 Corporate Award in Aging to 50Plus Marketplace News. The award was established to recognize businesses and organizations that support the field of aging with leadership, community service and improving the quality of life for older adults through their mission. Robert accepted on behalf of 50Plus staff and management.

January CALENDAR

Glaucoma Awareness Radon Action Thyroid Awareness

Thursday/15

Rocky Mountain Neuropathy Assoc. offers education via support groups in the metro area to share experiences & hear experts on current research & treatments. Denver Group meets 1:30-3pm at the Christ United Methodist Church, 690 Colorado Blvd., 1st & 3rd Th. monthly. Lakewood Support Group meets the 2nd Sat., in a new location. For more information please leave a message at 720-203-1106.

Monday/19

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/20

AARP 3838. 1 pm, at Thomas More Catholic Church, 8035 S Quebec St. Installation of Officers and a short program of goals for 2015. All are welcome to attend. Info: 303-797-9251.

Wednesday/21

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

The Colorado Coalition for Elder Rights and Abuse Prevention free training on Understanding and Dealing with the Challenges of Hoarding Disorder. Aurora City Hall, 15151 E. Alameda Pkwy, Aurora. 8:30 to 11am. CEU's available. Registe: www.ccerap.org/

Tuesday/27

TRIAD 1:30 pm, JffCo District Attorney, 500 Jefferson Cty Pkwy, Golden. Picture Yourself Safe, Chili lunch. 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.

Calendar sponsored by...
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www.ActiveMindsForLife.com

Your Life Support The First Secret of Success

"It's not what you are that holds you back," says entrepreneur Dennis Waitley, "it's what you think you are not."



Steve Goodier

The evidence leans towards this: Those who believe that they will never do well in a particular area probably never will. Those who believe they are not good at anything will forever feel inadequate. But those who believe that it is possible to succeed at what they attempt can surprise themselves. Let me tell you about a man who learned that important lesson.

Adam was ready to retire. His wife Anna, however, was less enthusiastic. As she explained to a friend, "Adam has never done anything that required physical exertion. He never played golf, mowed

the lawn or even washed the windows. When he retires, he will sit in his easy chair and expect me to bring him his food."

But to Anna's surprise, soon after her husband retired, he joined a health club. And one night, when Adam arrived home from exercise class, he announced, "I signed up for the wrestling tournament. I am going to wrestle Friday night."

Anna was shocked. "Please don't do it, Adam," she begged. "You're not in shape. You will be so beat up they will have to carry you home!" However, he couldn't be dissuaded and she told him that if he went through with his "lame idea," she was not going to watch.

True to her word, she stayed away that Friday evening as Adam wrestled. And just as she predicted, two men practically carried Adam home. He lay down on the couch, every muscle strained and bruised. Before she could speak, he

sputtered, "Don't say a word, Anna! This is not the worst of it. I won tonight. I have to wrestle again tomorrow night!"

Adam believed he could do it and he did, though, in this case, he didn't think through the consequences of winning. As Dr. Norman Vincent Peale said, "People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."

The first secret of success: Believe in Yourself. Nothing changes in your life until you believe you can do things that are important to you. And if you have a low opinion of yourself, nobody else is likely to raise it.

Adopt the first secret of success and you might surprise even yourself. ♦ Steve Goodier's books & newsletter: <http://LifeSupportSystem.com>

Consumer Advisory

Auto Repair Rights

Due to the high volume of complaints received from consumers on unethical or illegal auto repair practices, now is the time to be thinking ahead for winter weather and possible repair damage. Consumers may benefit by familiarizing themselves with the following protections under the Colorado Motor Vehicle Repair Act (MVRA) C.R.S. 42-9-101:

- A vehicle repair facility must obtain written consent of the customer before performing any repairs.
- If the repair facility does not get written owner consent at the time the vehicle is brought in, before starting work they must verbally communicate the estimate and get

the owner's verbal authorization, then write on the estimate (in-voice) the name of the employee who made the call, the date, time and phone number called, and the name of the person who gave consent to do the repair.

- In the event the vehicle is towed, the written or oral estimate provision rule does not apply. In this instance, up to \$100 of work may be done without an estimate.
- The repair facility must include in the estimate the total repair cost, completion date, whether new, used, rebuilt or reconditioned parts will be installed, whether any replaced parts will be returned at the request of the owner, and any cost if the owner chooses not to have the work done.

- A copy of the completed written estimate of the total cost of repair must be provided to the customer.
- If additional repairs are necessary after the original work has been started, the repair facility must again get the owner's consent before the extra work is done. Otherwise, the repair facility can charge the owner only the estimated cost plus 10% or \$25.00, whichever is less.

The Motor Vehicle Repair Act also includes requirements for diagnostic work, parts, warranty work, invoices, giving up rights to an estimate and penalties if the law is not followed.

More information available at: Better Business Bureau, Colorado Attorney General, and the Colorado American Automobile Assoc. ♦ 18th Judicial Consumer Protection Line: 720-874-8547; District Attorney's Office, 18th Judicial District. George H. Brauchler, District Attorney, Arapahoe, Douglas, Elbert & Lincoln Counties



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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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Healthy Aging: Mind, Body and Spirit

It's the New Year and with it comes promise of changes, fresh starts and, of course, resolutions. Losing weight is one of the most popular resolutions people make every year but health, especially as we age, is about so much more than maintaining a number on the scale. Whether you're 30, 50 or 90 years old, it's about taking care of your mind, body and spirit to age healthfully.

Over the next couple months, I'd like to walk you through the concept of mind, body and spirit but first, it's important to understand healthy aging and what it means. Healthy aging is about how we make lifestyle changes now that cause us to have the best quality of life later. There are three basic things that we all can do now to ensure a healthy lifestyle for the future:

- Couple regular physical exercise

with a healthy diet

- Develop good, regular sleeping habits

Take time to do things you love This is advice you've probably heard a thousand times over but it's amazing how those three little things can make such a difference, and how they're all connected. It might be enjoying a book and a brisk walk. Cooking your favorite meal or spending time with the grandkids. Taking time out of your schedule to sit, relax and reflect. Whatever it is that inspires you to get up and go, taking care of your mind, body and spirit is key to healthy aging. Check back next month and we'll discuss the first link in the chain: Mind.

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

HEALTH TIP:

Stay Safe With a Space Heater

Make sure experts have tested your model

A space heater provides comforting warmth during the cold days of winter, but it can also pose a significant fire hazard.

The Massachusetts Executive Office of Public Safety and Security offers these

space-heater safety tips:

- Look for a heater that's tested by Underwriters Laboratories or similar.
- Place your heater at least 3 feet from any furniture, drapes or other flammable items.
- Make sure the heater is on a level surface and in a safe place where no one is likely to bump into it.
- Avoid using an extension cord. If you must use one, make sure it is heavy duty and has a power rating that is a compatible with the rating on the heater.
- Carefully supervise any pets or children near a heater.
- Only use a heater for temporary heating, and never leave it running while you are not home or while sleeping.

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Resolve to Adopt Cost-Cutting Shopping Habits in the New Year

The start of the New Year is often a time for resolutions and improvements to your daily lifestyle. While many people vow to lose weight or take a big trip, others might focus on trying to save money in the year to come. There are some easy ways to start saving now and develop smart shopping habits for the remainder of 2015.



Plan Weekly/Monthly Meals. Instead of impulsively buying produce and other perishable items while grocery shopping, try to make a plan for all your meals that week or month. By only buying what you need, you can save money at the grocery store and limit the opportunity for food to go to waste.

Private Brands. Another simple way to save money this year is to make the switch to private or store brands. Many items can be purchased at a fraction of the name brand price, and there is often little

or no difference in product quality. For instance, Dollar General offers many private brand items at affordable prices with a satisfaction guarantee, which can help you to cut back on expenses without sacrificing quality.

Digital Coupons. You can score truly great deals by clipping coupons, but doing so can be a time consuming process. New digital alternatives can make the process less painstaking. One example is Dollar General's digital coupon program, which lets users create a profile where they can pin the coupons most relevant to them. You can have instant savings on your cell phone or computer for items you use the most, without ever touching a newspaper or pair of scissors.

This new year, resolve to make a few small changes to your shopping habits that can create big savings in the long run!

Provided by StatePoint

In The Spirit

Do We Really Have to Forgive Everyone?

"We should forgive others because God, through Christ, has forgiven us."
Ephesians 4:32



Henry Armington

Suppose you have died and are standing before the pearly gates of heaven. However, instead of being met by angels, you are approached by Adolf Hitler (who could have repented of his sin just before he died). What would your response be: 'Why are you here?' or 'Thank God, you made it!' This example is given to many as we

struggle with unforgiveness over the jury's decision in Ferguson, Missouri and abroad. It is an illustration of what our Father wants us to learn about the power of forgiveness."

I have two questions for Jesus' followers. 1) Is there any person whom a believer should not forgive? 2) What is your advice on how to share with believers their own need to be able to forgive others in the same way that Jesus forgave? In order to receive forgiveness, we need to forgive others and allow God to handle His own business as he so desire.

❖ *For more inspirational nuggets, purchase an autographed copy of "How To Get Your Hands Out The Lion Mouth" via Amazon.com via cyberspace.*

Uniquely Bea

Gone, but Not Forgotten!

From time to time, we might reminisce about our loved ones who have gone on. It is sad when we have a child or grandchild who did



Bea Bailey

You can introduce the child to their grandmother, grandfather or another key relative by putting together a scrap book about the person. Take a moment to go through your things and pull out your favorite photo or article about that person. You could even pick up one of those birthday cards that has information about the year that they were born. Inside this unique card,

it will tell you what was going on in the world of politics, sports and entertainment, etc. during that specific year. You can pull together funny or not so funny stories about that person. Writing down their favorite sayings is also a good idea. Draw a family tree and let them know where the person fits into their family.

If you have time, ask other family members to jot down a paragraph or two about that person and what they meant to them or their collective family. I'd suggest keeping the originals and getting a good copy made at a local print shop.

This loving project will bring a smile to your face and to the face of the little one.

"Death leaves a heartache that no one can heal; love leaves a memory that no one can steal."

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





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FYI

National Glaucoma Awareness Month
 Prevent Blindness: (800) 331-2020, (312) 363-6001
<http://www.preventblindness.org>

National Radon Action Month
 U.S. Environmental Protection Agency (202) 343-9051
<http://www.epa.gov/radon/nram>

National Stalking Awareness Month
 National Center for Victims of Crime (202) 467-8700
<http://www.stalkingawarenessmonth.org>

Thyroid Awareness Month
 American Association of Clinical Endocrinologists
 (904) 353-7878 <http://www.thyroidawareness.com>

Denver Museum of Nature & Science Programs and Events

For tickets and more information, visit www.dmns.org.

Whales: Giants Of The Deep. Vibrant underwater world of the mightiest animals on Earth. With life-size models and more than 20 real specimens on display—including the skeleton of a sperm whale that measures an astonishing 58 ft. long. Free with general admission.

Traveling The Silk Road. This legendary trade route stretched 5,700 miles from China through Central Asia to the Middle East and the Roman Empire. In the exhibition, take a journey accented by the spectacular sight of camel caravans, the pungent scent of spices, the luster of exquisite silks, and the energy of creative thinking. Surcharged, requires a timed ticket.

Tiny Giants 3D. Follows a chipmunk in an untamed woodland and a grasshopper mouse in Arizona's scorched desert as both are forced to grow up fast when they find themselves on their own and facing some ferocious rivals and predators. Recommended for ages 8 and up.

Deep Sea Challenge. James Cameron chronicles his solo dive to the untouched depths of the Mariana

Trench—nearly 7 miles beneath the ocean's surface—piloting a submersible he designed himself. Melds scientific discovery and human ingenuity into a groundbreaking adventure. Recommended for ages 7 and up.

SCFD Community FREE Day. Monday, January 5, 9–5 p.m. Enjoy outstanding permanent exhibitions, including Expedition Health, Space Odyssey, Prehistoric Journey, and Egyptian Mummies.

The Extreme Life Of The Sea. Thursday, January 8, 7 p.m., Ricketson Auditorium, \$8/\$10, book sale & signing. Dive to the absolute limits of the aquatic world with father-and-son team Stephen and Anthony Palumbi, coauthors. An underwater thriller that journeys into the icy Arctic and boiling hydrothermal vents, exposes the darkness of the deepest undersea trenches, and shows marine life that thrives against all odds.

Science Lounge: Underwater Giants. Thursday, January 15, 6:30–9:30 p.m. \$10/\$12. Enjoy a mind-expanding experience with cocktails and entertainment third Thursday each month. Age 21 up. Get the scoop on the Museum's iconic fin whale skeleton, find out

why narwhals (“sea-unicorns”) are legendary, and try your hand—or flipper—at a Cetacean family tree game to figure out how whales, porpoises, and dolphins are related.

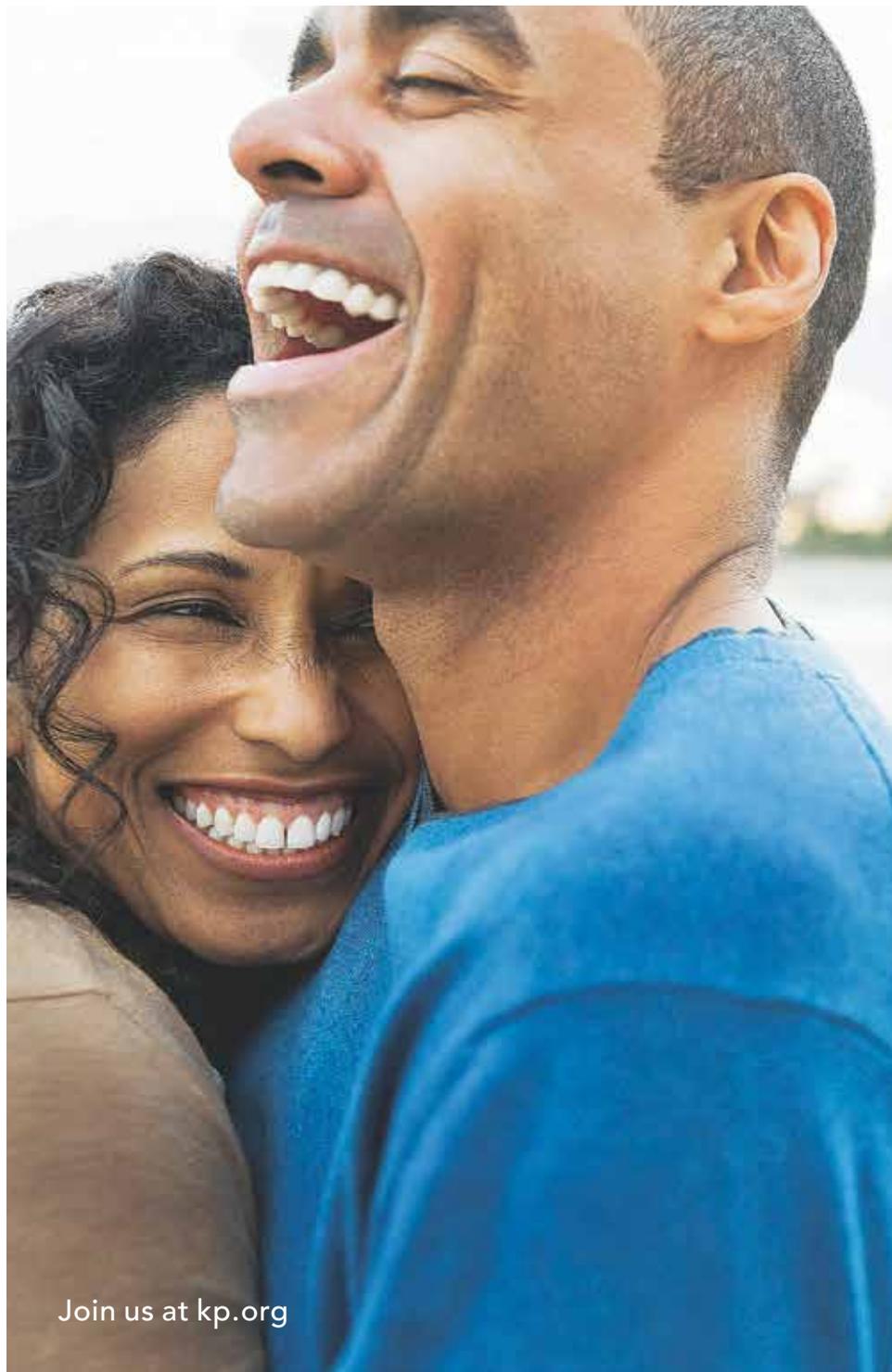
Imaging The Universe: The People And Places Of Spaceflight. Wednesday, January 21, 7 p.m., Phipps IMAX Theater, \$12/\$15, book sale & signing. The year 2015 marks the 25th anniversary of the launch of the Hubble Space Telescope, an historic event that inspired photographer Michael Soluri. Soluri's new book *Infinite Worlds: The People and Places of Space Exploration* is a behind-the-scenes look into the effort to save the ailing Hubble. Soluri's exclusive access takes you inside the restrictive work-worlds of three NASA flight centers and reveals the uniquely designed space tools used by the crew while in orbit. The book features 400 photographs and 18 personal essays from the shuttle and Hubble labor force. Join Soluri for an evening of remarkable firsthand stories and awe-inspiring photographs.

SCFD Community FREE Day. Sunday, January 25, 9 a.m.–5 p.m. Enjoy outstanding permanent exhibitions, including Expedition

Health, Space Odyssey, Prehistoric Journey, and Egyptian Mummies.

A Conversation With Gregor Mendel, The Father Of Modern Genetics. Thursday, January 29, 7 p.m. Ricketson Auditorium, \$12/\$15. Travel back in time for an evening with storyteller and historical enactor Brian Fox Ellis as he dons the robes of Augustinian friar Gregor Mendel in a first-person characterization of the scientist's life. A former science teacher himself, Ellis convincingly embodies the character of Mendel and engages the audience in a dynamic reconsideration of personal genetics and the future of this controversial field. Crossbreeding pea plants illuminated Mendel's research and shifted the world's paradigm of genetics and heredity. Mendel's monograph, *Experiments in Plant Hybridization* (1865), laid the foundation for modern genetics and created a new method of biological research. Mendel was noted as an affable and engaging educator, and Fox re-creates this convivial dialogue with the audience.

The Museum is located at 2001 Colorado Blvd., Denver. For more information, visit dmns.org or call 303-370-6000.



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The Third Third

How's your legacy doing?

In 2013 I decided to create a life-long learning class about legacy and set about interviewing people. I interviewed 75 (youngest was 19, oldest 93.)



John Buck

I found that most people had given it little thought and ones past retirement were quite interested in finding out what legacy really was.

The key results from the interviews showed that legacy is:

1. Multidimensional: A complex and wide-ranging collection of perspectives, traits, values, gifts, experiences, memories and feelings that can impact many aspects of one's life in different ways.

2. Value-Based: Intangible values, beliefs and lessons that can influence the choices of those left behind appear to comprise the most important components of an individual's legacy.

3. Mostly Intangible: Material gifts, keepsakes, and resources like

money, land, etc. seem to be of less importance to how people view legacy. Professional achievements were also found to be of little importance.

4. For Others: Legacy has little to do with the person leaving it; it is almost exclusively about those for whom a given legacy may benefit.

People do not appear completely clear on what would constitute their personal legacy and offer wide-ranging thoughts about what the specific impacts of their personal legacies can be.

The above is far different than the standard dictionary definition – "Property passed on from one person to another via a will."

I've concluded that the center of legacy is relationships. It's far more about how we lived our life and it's impact on others than things material.

So, how's your legacy doing?

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

Joan & Rochelle Say

With the holidays behind us, it is time for boomers and seniors to gear up for a better new year because each of us is now older and wiser! As we move into the early spring months, we have several important topics to introduce this year to our



Joan Toohy & Rochelle Faraco

readers and followers. We start this month with one scam that particularly irritates us because we are Realtors and know better. It has to do with Senior Scams and Frauds which we've been researching through FBI reports and local police departments which specialize in and make notice to the community of new ones in our area.

Recently Rochelle and I both received in our individual home mailboxes a very official looking notice, government styling, announcing that we could receive a copy of our recorded trust deeds for our properties by "... simply filling out the attached coupon and" ... then mailing in a check for \$89! Upon further investigation with several of our clients, we found that they, too, were receiving these notices. More than one company "out there" has jumped on this new scam to get money for something that you are entitled to receive for free or for a very nomi-

nal fee from your county's public records office.

Each time a home is transferred by sale or quit claim deed in the state of Colorado, the title company records all of the information with the appropriate county public records offices. Once filed, a new buyer receives within approximately 30 days a copy of their filed grant or warranty deed.

These "notices" also promote your "need" to receive a current Property Assessment Profile. This information is also available from your county's public records for free. In addition, any professional Realtor would likely be happy to help you get your information if you need some assistance with it obtaining it.

Both of the companies which we have so far seen mailing out their "notices" are out of California. Please call your county's public records office before succumbing to this scam.

So let's try to start our year out safe and wise! Each month new senior scam alerts are available for review on our websites, newsletters and for our column here in 50Plus Marketplace News!

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

Train Your Brain

As a new year is upon us, so too are the countless resolutions for us eternal optimists that we promise to uphold year after year. Sometimes we fail miserably, make some headway or are clearly on the path to making permanent changes. Despite which



Torsten C. Jess

category you fall into year after year, I am here to give you a little extra incentive to stick to that all too familiar goal of exercising. Yes, we all know that we should do cardiovascular exercise on a consistent basis because it is good for our heart, but did you know that cardiovascular exercise is also good for our brain? By engaging in a physician approved cardiovascular program you are essentially killing two birds with one stone. Studies confirm that those individuals

who do engage in regular cardiovascular exercise improve blood flow to the brain which in turn delivers oxygen and nutrients to the brain. This will in turn increase the growth of new brain cells and decrease brain tissue from shrinking and even help ward off dementia. So, the next time you are doing a brisk walk, running, or some kind of activity that increases your heart rate, just know you that you are doing a world of good for both your heart and your brain. Coupled with a healthy diet, enough water as was mentioned in last month's column, keeping your mind fit as is the focus of my practice and with my own patients, you are drastically putting the odds in your favor to optimize your overall cognitive performance. Have a super and cognitively stimulating 2015!

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

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Happy Birthday Paul Stewart!

There was a beautiful, honor filled and fun filled celebration Sunday, December 14, 2014 at the "The Black American West Museum & Heritage Center, Celebrating the 89th Birthday of Paul Stewart Founder and Curator Emeritus of the Museum!



(l-r) James "Dr. Daddio" Walker, Julia Gayles, Paul Stewart, Dennis Gallagher, Kevin Patterson, Charleszine "Terry" Nelson, Nina Amos

Friends, family, associates, City and State Government officials with Proclamations, teachers, and professors all who came out on that snowy day just say thanks and to shake Paul Stewart's hand.

As he is fond of telling the story, when he grew up as a boy in Iowa, Paul Stewart was always made an "Indian" when playing "cowboys and Indians" because his friends said there were no Black cowboys.

Years later, while working as a barber in Denver, Paul met an older African American cowboy who had worked on the great cattle drives. From him, Paul learned that

not only were there Black cowboys, but that about a third of the cowboys on the great cattle drives were African Americans, many of them freed slaves who migrated west after the Civil War.

This encounter started Paul on a life-long quest that was to take him over 100,000 miles around the country. Armed with a tape recorder, he sought out and interviewed every living Black cowboy he could find. He collected old photographs, guns, boots, clothing, uniforms and anything he could discover that was used by Black

pioneers in the West.

Paul Stewart and the Black American West Museum & Heritage Center won a Tourism Star Award in 2000, and the Smithsonian Magazine published a 10 page article on Paul and the Museum

Become a member and support this special Colorado gem of history that we all shall share for all forever!

Black American West Museum and Heritage Center, 3091 California St., Denver, 720-242-7428 <http://www.blackamericanwestmuseum.org/>

The Truth About Elderly Motorists

The American Automobile Association says most seniors are safe drivers, themselves, and that they are in favor of measures to ensure that elderly drivers are fit for the road.

A new report issued by the AAA Foundation for Traffic Safety says that 80 percent of drivers over the age of 75 are in favor of medical screenings for drivers who are over 75 years of age. In fact, says the Association of Mature American Citizens, older drivers tend to be safer drivers and the triple-A's study proves that they are concerned about road safety.

In fact, says AMAC, the study shows that "nearly 90% of drivers 65 and older reported no crashes in the last two years and that 90 percent of older drivers reported no moving violations."

"Even though public perception tends to unfairly characterize seniors as a menace on the road, these findings indicate that older Americans tend to support policies to keep themselves safer behind the wheel," says Peter Kissinger, President and CEO of the AAA Foundation.

Aging Well

New NORC Program

Recognizing the important need to be proactive in planning for the growing senior population, the Colorado Health Foundation awarded a 3 year \$911,000 grant to Jewish Family Service (JFS) to design and implement a Naturally Occurring Retirement Community (NORC) pilot project in Wheat Ridge.



Alaina Green

NORCs are communities in which significant numbers of seniors have chosen to live and age in place. They promote self-sufficiency, alleviate isolation, reduce healthcare costs, and allow older adults to maintain their social networks. Participants take an active role in the planning and implementation of the program, thereby empowering seniors to be responsible for their own health and wellness as well as for their community at large.

The NORC program in Wheat Ridge is an expanded model from traditional NORCs as it is being

delivered in a larger geographic area with a greater emphasis on wellness, healthy living, and access to health care, primarily for low-income seniors. "JFS has expertise in working with seniors and a proven track record of implementing successful NORC programs," says Cathy Grimm, JFS Senior Solutions director. "We are showing that this model works on a larger scale and can be replicated anywhere."

As the lead agency in this project, JFS is providing the program management, activity implementation, and evaluation. Eight additional partners are contributing to the effort:

- Brothers Redevelopment, Inc.
- City of Wheat Ridge
- Colorado Health Foundation
- Colorado Latino Age Wave
- HealthSET
- Jefferson Center for Mental Health
- Rose Community Foundation
- Seniors' Resource Center

For more information, please contact Cathy Grimm, JFS Senior Solutions director, at 720.248.4601 or cgrimm@jewishfamilyservice.org.

❖ Alaina Green, Jewish Family Service of Colorado

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The Digestive System, Cell Toxicity, and Disease

The digestive system begins at the mouth and ends at the colon. In between lies the esophagus, stomach, gall bladder, liver, and small intestine. This system has one of the most important jobs in the body, to break down food that will nourish every cell. It also is responsible for identifying toxins that must be eliminated from the body. When there is low hydrochloric acid levels, low enzymes levels, or intestinal flora is out of balance, the digestive system fails to break down food properly. The result is internal toxicity known as endogenous toxins. Some of these toxins are released as gas and through the feces, but others escape the elimination process and make it through the intestinal walls into our bloodstream. Once these toxins are released into the

blood, they have access to any part of our body including all the cells. Toxins can mimic important nutrients, shut down cell function, and stop cell communications. Cell damage, when not taken care of, leads to disease.



Life. Health. Happiness. is a unique holistic clinic that works at finding the root cause of disease and does not just

mask or chase symptoms. The goal is to help and guide people on their journey to heal their bodies. We believe in bio-individuality meaning that every person is unique and individualized and will need a specific health plan for them.

For more information please contact Life. Health. Happiness, 1189 S Perry St, Castle Rock, 303-619-0499, Maddie@lifehealthhappiness.com

Live A Rewarding Retirement Program

Explore how to wake up your wishes and dreams for retirement at a special program presented by the Highlands Ranch Metro District's 50 & Better Together. Rewarding Retirement – Design Your Time, Fulfill Your Life on Wednesday, Jan. 21 from 5:30 until 7 p.m. at the James H. LaRue Library in Highlands Ranch.

The course Sorrento developed more than 15 years ago addresses these issues and others with the goal of 'design your time, fulfill your life' always in mind. Sorrento helps people explore how to align their goals, values and interests with the expanding options for older Americans.



The inspirational talk helps adults prepare for the non-financial aspects of retirement. Whether you are nearing retirement or years away, this discussion can benefit you. Linda Sorrento presents possibilities and options to inspire you to craft a unique plan that incorporates key aspects of healthy aging. She talks about the four keys to help achieve balance in this phase of life. Includes:

- The latest information on options for a successful retirement
- Is there still work in your future and what might that be?
- What if I don't have hobbies?
- Capture ideas for having fun and making a difference.

"Helping seniors live their retirement to the fullest not only makes their lives better, it enriches us all," said Sorrento.

The program is free, but registration is required. To register, visit www.highlandsranch.org/signme-up. For more information, contact Jodie McCann at jmccann@highlandsranch.org or 720-240-4922. 50 & Better Together is a group for after-hours speaker-series talks, scheduled activities and socializing on the third Wednesday of each month at 5:30 p.m. 50 & Better Together is committed to providing adults age 50 and better in Highlands Ranch, with information, resources, activities, events and lifelong learning opportunities that allows them to grow older with the greatest success and satisfaction. Info: www.highlandsranch.org/50andbetter/.



The Hispanic Chamber of Commerce of Metro Denver collected more than 1,200 toys and has donated them to underprivileged children around Colorado. The Majority of toys were collected on Thursday, December 11, 2014 during the Hispanic Chamber's annual Feliz Navidad Celebración and Toy Drive. Thanks to all who helped bring some Christmas joy to **the Children.**

May your 2015 be the best year ever!!

Thank You!!



50^{Plus} Marketplace^{II}
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Nova Scotia: Best Food & Attractions Of The Northumberland Coast

By Ron Stern Travel Photojournalist

Scottish immigrants were among the first to settle in this coastal region of Nova Scotia. Today, the shores of Northumberland have retained much of their heritage, reflected in the lives and small businesses of its residents. Here are some of the best things to see and do:

- In Truro see the towering 40-foot statue of Glooscap. This imposing figure can be seen from the highway and is dedicated to the Mi'kmaw.
- Sugar Moon Farm in Earltown produces several varieties of some of the best maple syrup on the planet—from mild to buttery to rich and flavorful. This little known gem is quite the destination for locals who come to enjoy a hearty buffet featuring all-you-can-eat whole grain, buttermilk pancakes with maple syrup, baked beans and sausage.
- In the town of Pictou you can tour a full-sized replica of the Hector, a sailing vessel that brought Scottish immigrants to Nova Scotia.
- Next, walk to the Northumber-



land Fisheries Museum & Hatchery to learn all about lobsters, an important part of the history and economy of this area. They have a deep, spotted blue lobster there named Blueberry.

- The Train Station Inn in Tatamagouche is one of the most unique country inns you will encounter. Here you can stay in one of nine

converted railroad cars equipped with seating areas, bath and showers, televisions, and all the charm and ambiance of a bygone era.

There are also many roadside stands in Northumberland selling everything from fish and chips to fried

clams to ice cream from converted fishing boats and school buses. In addition, you will be enchanted by the warmth and hospitality of the people of Nova Scotia.

For more information, visit: www.novascotia.com

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Colorado Gerontological Society

LEAP Benefits Available Until April 30, 2015

As the weather turns colder, many of us are faced with increased costs to heat our homes. The LEAP program is designed to assist low-income households with paying the winter home heating costs but is not intended to pay the entire cost of home heating or utility usage.



Eileen Doherty

To qualify for LEAP benefits, an individual must pay home heating costs to an energy provider, fuel dealer or as part of the rent. Individuals must also be permanent legal residents, have proof of lawful presence in the United States and make less than \$1459 in monthly gross income. A couple must make less than \$1967 per month. LEAP benefits are available regardless of resources.

To apply, individuals must complete the application, attach a copy

of the most recent heating bill (or rent receipt if heat is included in the rent), and a copy of your driver's license (or Colorado ID). The form must be submitted to the county LEAP office.

Many people are faced with crises when paying for home heating costs in the winter. Individuals who have an emergency or a shut-off notice should call 1-866-432-8435 for instructions on how to submit an application with the necessary documentation quickly to the county LEAP office.

LEAP is meant to "assist" with paying for home heating costs. It will not pay the entire amount. Individuals who qualify will receive one award which may be paid in two payments depending on when you apply for benefits. An average of \$439 was paid in benefits in 2013-14. LEAP has 60 days to process an application.

Unlike some other benefit programs, participating in LEAP will not affect your SNAP (food stamps), Old Age Pension, Medicare, Medicaid, or Supplemental

Security Income.

Individuals who qualify for LEAP may also be eligible for the Crises Intervention Program which may include emergency repairs or replacement of the heating system. Individuals who have an emergency should call 1-855-469-4328.

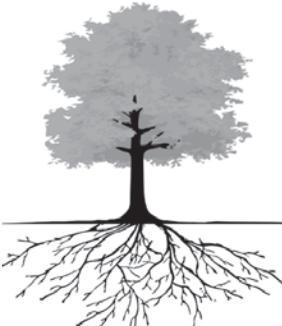
Individuals who do not have any emergency, but want to save money on energy may qualify for weatherization services. This can include energy audits, insulation, furnace repair or replacement, refrigerator replacement, storm doors or windows, and fluorescent light bulb replacements. To see if you qualify for this assistance, call 1-800-462-

0184. This benefit is available to renters, as well as homeowners.

And lastly, many low income seniors who qualify for LEAP will also qualify for the Colorado Property Tax/Rent/Heat Rebate Program if they are over age 65 and have income below \$12,481 (\$16,476 for a couple). Forms can be obtained at 303-238-7378 and press "2".

To receive a form or help completing the form call 303-333-3482 or 1-855-293-6911 and ask for one of our counselors to assist.

❖ *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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Technology is Hip!

Beware of Malware!

A recent report indicated over one third of the world's computers are infected with malware! Malware (aka malicious software) is an unauthorized software program to dis-



Bob Larson

rupt or sabotage your computer or steal information from your computer. It's usually embedded inside an email as an attachment or inside another program you may have downloaded. Malware programs include computer viruses, worms, trojan horses, ransomware, spyware, adware, scareware, and other malicious programs.

As of 2011, the majority of active malware threats were worms or trojans rather than viruses. A

2014 study found that malware is increasingly aimed at the popular mobile devices such as smartphones and tablets. By far, most of the new malware strains (72%) and malware infections (80%) are Trojans. Less than a quarter of new malware strains (23%) and malware infections (13%) are viruses and worms. The latest malware includes accessing passwords, and IP addresses and user names pulled from infected systems, which allow attackers into more secure networks and obtain direct control of your computer.

There are several preventions against malware. First, don't open any attachments from emails you don't recognize. Check the sender's email address before opening any attachment. Many originate from overseas. Second, don't select "click here" in emails that encourage you to access a special feature or offer.

Last, be careful in opening new software programs sent by others as they may be infected. I would run the new program through an anti-virus or malware program before installing.

There are several free malware programs beneficial in detecting malware software. Several are Microsoft Security Essentials (for Windows XP, Vista, Windows 7 and Windows 8) for real-time protection, monthly Windows Mal-

icious Software Removal Tool now included with Windows Security updates and Windows Defender (an optional download in the case of Windows XP). Another free software reputable download service is CNET at <http://download.cnet.com>. They list many free malware and other programs.

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

South Suburban Recreation

303-797-8787

Local Artist's Creative Artwork
South Suburban Parks and Recreation's Centers are featuring art exhibitions by local artists during January.

Steven Snyder's work, "Full Circle" is open to the public Jan. 2-30. Acrylic paintings on canvas and wood, cut and re-assembled. At Goodson, 6315 S. University Blvd., Centennial, 303-798-2476.

The Paintbox Guild's paintings showcases different artists' and themes Jan. 2-30, Buck, 2004 W. Powers Ave., Littleton, 303-797-8787.

Susan Winn's photographs are exhibited Jan. 2-30, 2015 at Lone Tree, 10249 Ridgeway Cir., Lone Tree, 303-708-3500.

South Suburban's Public Art Committee encourages Colorado artists to submit an application to display their artwork at various South Suburban recreation facilities. For guidelines and an application, visit www.sspr.org or call 303-483-7072.

Free Passport to Health

Kick off the New Year and build healthy habits with a free fitness and wellness rewards program, designed to help patrons improve their physical, mental and emotional wellbeing. The program starts Jan. 1 to coincide with New Year's Resolutions, which often include weight loss and self improvement.

Participation in Passport to

Health is strictly voluntary and is open to residents and non-residents alike. Register for the free program at any South Suburban recreation center, beginning Dec. 31. The program will run from Jan. 1 through Feb. 28.

Passport to Health features an accompanying Fit Pass booklet, which is similar to a passport, and offers 30 activities and ideas to try, including giving up a bad habit for a day, trying a game of Pickleball, or an aqua class, or attending a free Coffee and Chat class. Activities are assigned points, and participants keep track of their progress. Some activities require the signature of an instructor, while others depend on the honor system.

Participants can begin recording activities on Jan. 1, and all points need to be earned by Feb. 28. Completed booklets must be turned in by March 6 to any South Suburban recreation center. Those who earn at least 35 points of a possible 70, will receive a \$10 South Suburban recreation gift card valid for services and products, and also will be entered into a drawing to win a 15-punch pass for center admission, a one-month admission pass, 18 holes of golf for two, a 30-minute massage and more.

The Passport to Health Fit Pass booklet is available at all South Suburban recreation centers: For more information, visit www.sspr.org or call 303-347-5999.

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Birds Eye View

Ornamental Christmas Memories

Treasured memories of the home where we spent our early Christmases can be downloaded into the reality of a present day moment. The mental internet screen can pull up a hearth in a family whether it was a fireplace laden with evergreen boughs and pine cones or a table filled with photos of various sizes and eras. Those make a medley of memories.



Shirley Riggs

Another treasured memory might be one about the selecting of a Christmas tree while walking in a tree farm covered in snow that had green giants with white hair waiting for the arrival of the selectors. It could be one of having been in a Christmas tree lot under a red and white awning housed on a busy corner of an intersection

where pick-up trucks filled with rope and wood were jousting for position to enter the examining lot. One of the shoppers may have been aided by a young man slight in stature, but strong in conviction, about the best choice for the home of that family.

Perhaps the internet downloads the cover of a book that housed a favorite Christmas story. It recalls the evenings spent gathered in a cozy room. A saga was read aloud in a rich and authoritative voice by a beloved family member.

Finally, there are ornaments which adorned a tree. They have been pulled out of packed boxes lifted from the attic trunk, only awaiting hands to release them from captivity and adorn a brightly lit tree. Memories shine on a mind's eye about how the lights were reflected in the faces of the ornaments and created the magnificence of the season.

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

Community Recreation Center of Apex

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Welcome Meet & Greet. Wed, Jan. 7, 9:30 am. Enjoy refreshments and discover the diverse opportunities at Apex. Free; register. Bring friends!

Here's Dusty. Wed, Jan. 21, 1:30-3 pm. Dusty Saunders is a long-time Denver journalist and author of "Heere's Dusty: My Life in the TV & Newspaper World." Dusty shares stories and answers questions. Register, \$5 by Jan. 19.

There's No Place Like Home. Wed, Jan. 28, 8:30-11:15 am. Learn about in-home services to help keep you or a loved one at home and about housing options if you are considering a new place. Free to the public. Service providers, call 303-467-7197 for vendor information.

Art Classes. Pastels & Drawing Studio: Mon, Jan. 5-26, 6:30-8:30 pm, \$52/\$62. Mixed Media Painting: Tues, Jan. 6-Feb. 10, 12:30-3 pm, \$43/\$52. Study in Still Life: Wed, Jan. 7-28, 6:30-8:30 pm, \$52/\$62. Watercolor Studio: Th, Jan. 8-29, 6:30-8:30 pm, \$52/\$62. Knit & Crochet: Tues, Jan. 6-Feb. 10, 10:30am-noon, \$26/\$31. Stained Glass: Tues, Jan. 6-Feb. 3, 6-9 pm, \$70/\$84, + \$7 materials.

Japanese Quilts Trip. Mon, Jan. 12, 9:30-2 pm. "Wishes Through Our Hands" Japanese quilts made in response to the 2011 tsunami, at the Rocky Mountain Quilt Museum. Includes transportation & tour. Lunch on own. Register, \$12/\$14.

Joey's Friendly Yoga. Tues, Jan. 6-Feb. 10, 1-2 pm. Gain the benefits of yoga, including improved strength, balance & flexibility, while quieting the mind. Register, \$48/\$58.

Genealogy. Get Digging Into Your Roots. A great public resource, the Denver Public Library (DPL), helps with quests to record your family's history. Mon, Jan. 19, 10-11:30 am. Carol Darrow, DPL volunteer & past President of the Colorado Genealogy Society presents. Register, \$3/\$4. Library Trip. Th, Jan. 22, 9:15-3 pm. Explore the resources in the Western History/Genealogy dept. at DPL. Lunch follows, on own. Register, \$12/\$14, includes transportation, parking & tour.

Popular Bridge Convention. Mon, Jan. 12-Mar. 16, 9-11:30 am. Learn a different bridge convention each week including Weak Two-Bids, Jacoby Transfers, Negative Double and other additions to the Standard American Bidding System. Register, \$45/\$54.

Grief Series. Rolling with the Waves. Mon, Jan. 12, 1-2:15 pm. Loss comes in all shapes including death, illness, physical limitations, job, divorce, relationships, moving, and more. Learn the difference between grief and mourning, and find ways to embrace grief as a healing process. Register, \$3/\$4.

Art Shows. Pay \$5 for up to 3 pieces, request guidelines. Quilt Show: submit on Jan. 2, hang in show, Jan. 6-Feb. 5. Young at Heart: adults age 50+ submit on Feb. 4, for a judged multimedia show that hangs beside school children's art, Feb. 9-Mar. 18.

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

Get Active-Stay Active. Choose from over 30 fitness classes, including seated or standing classes in yoga, tai chi, and Zumba, as well as stretching, weight room, and more. Call for details.

Sweets & Kindness Expo. Tues, Feb. 3, 8:30-11:15 am. Local agencies specialize in luscious treats/gifts or outreaches to help others display. Giveaways & prizes. Free. Vendors call 303-467-7197 for details.

Therapeutic T'ai Chi. Wed, Jan. 14-Mar. 25 9:30-10:30 am. Can increase flexibility, relaxation, and reduce stress. Good for people having difficulty with balance, fatigue, flexibility, arthritis & diabetes. Register, \$61/\$73.

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My wife and I read 50 Plus several times a month and we think you have the best writers in the Boulder, Denver area.

Kevin W., Superior, CO

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Egypt in Turmoil. Tues, Jan. 6, 10:15-11:15 am. Explore the origins and implications of Egypt's current situation. Jewish Community Center, 350 S. Dahlia St, Denver, Free. Info: 303-316-6359

Coffee: A Brief History. Th, Jan. 8, 6:45-7:45 pm. Trace the history of coffee, a fascinating story of politics, power, chance and intrigue. Also examine coffee's cultural influences and the differences between various types of coffee. Sam Gary Library, 2961 Roslyn St, Denver, Free.

History of Skiing. Fri, Jan. 9, 11-noon. Review the origins and history of skiing as well as explore current issues facing the industry. Also discuss the emergence of Colorado towns as ski resorts and how that impacted them. Eugene Field Library, 810 S University Blvd, Denver, Free.

Tuskegee Airmen. Mon, Jan. 12, 1-2 pm. This group of African American pilots were the first black military aviators in the U.S. armed forces. Learn their story of struggle and triumph. Westland Meridian, 10695 W 17th Ave, Lakewood, Free. RSVP: 303-232-7100.

Sand Creek Massacre. Tues, Jan. 13, 12:30-1:30 pm. Learn this important and painful story and the subsequent scandal and controversy that ensued. Tattered Cover, 2526 E Colfax, Denver, Free. Info: 303-322-7727.

The History of Tea. Wed, Jan. 14, 3-4 pm. Includes the role tea played in colonial empire building, the different types of tea, how it is grown and processed, plus more. River-Pointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600.

The Evolution of NATO. Th, Jan. 15, 2:30-3:30 pm. Look at the triumphs & challenges of NATO and how it continues to adapt to the

21st century landscape. Atria Inn at Lakewood, 555 S Pierce St, Free. RSVP: 303-742-4800

The Story of Beer. Sat, Jan. 17, 2-3 pm. Discuss the origins and history, how it is made, different types of beer, and the rise of American brewers. Plus, a discussion of the current trends of microbrews and craft beers and their strong Colorado connections. Smiley Branch Library, 4501 W 46th Ave, Denver, Free.

The US Internment of Japanese-Americans. Tues, Jan. 20, 2-3 pm. Understanding this dark chapter in American history and what was learned from the experience. Heather Gardens, 2888 S Heather Gardens Way, Aurora, Free. RSVP: 720-974-6931

The Panama Canal. Th, Jan. 22, 6:45-7:45 pm. Discuss the creation of Panama Canal, the role of the U.S. in its origins, and its continued importance to global commerce. Sam Gary Library, 2961 Roslyn St, Denver, Free

China: The Superpower. Mon, Jan. 26, 2:30-3:30 pm. Discuss a shifting world order and what it means for the U.S. Springbrooke, 6800 Leetsdale Dr, Denver, Free. RSVP: 303-331-9963

Global Pandemics. Mon, Jan. 26, 6-8 pm. Examine both the science of how diseases spread as well as the history of pandemics. Cherry Creek Retirement Village, 14555 E Hampden Ave, Aurora, Free. RSVP: 303-693-0200.

Turkey. Tues, Jan. 27, 1:30-2:30 pm. Explore Turkey's past and current challenges, including its struggles with its Kurdish minority and its role in the rise of the terrorist organization ISIS. The Inn at Greenwood Village, 5565 S Yosemite St, Free. RSVP: 303-327-7340.

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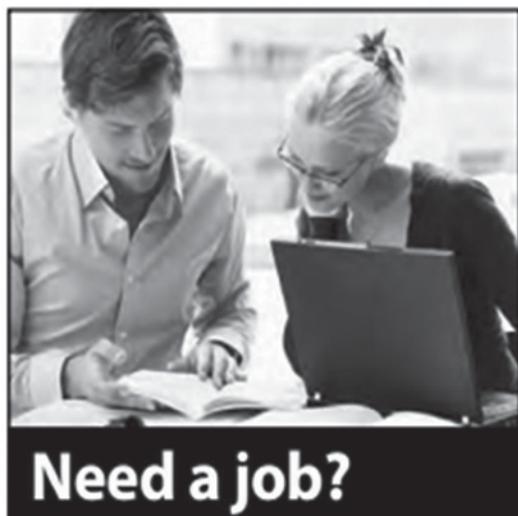
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Body Roller Exercise. Provides massage, enhances posture alignment and provides support for exercise. 6-weeks begins Fri, Jan. 9, \$39.

Winter Golf Flex. 8-weeks provides stretches and programs designed to increase performance and stamina while reducing the potential for injury. Begins Sat. Jan 10, \$50, call to register.

Play of the Hand Bridge Class. Sharpen your bridge skills in this 10-week class that will focus on declarer's play. Some knowledge of bridge is needed to take this class which begins on Thursday; January 15th- cost is \$48, pre-register by calling 303-205-7500.

Evening Yoga. 6-weeks, begins Wed. Jan. 28, 6-7pm; \$36. R&R Yoga 6-weeks begins Th. Jan. 29, 6-7pm; \$36, call to register.

Computer and e-Classes. Call to register. Learn to Use An iPad: Jan 14 & 16; \$40. Android Tablets: Jan 20 & 22d; \$40. Kindle Fire: Jan 23 & 30; \$40. Downloadables: Learn to use and download to your e-Reader. Wed. Jan. 21. Free, register. Beginning Windows 7: Fri. begins Jan. 23, \$50. Keep in Touch with Family: Learn to use the iPad to chat

with family. Jan 27 & 29. \$40, register. Camera or Tablet One-on-One: private 1-hour tutor, \$25 hr. Computer Tutoring One-on-One: private 1-hr. tutor, \$25/hour

Art Classes. Pottery: 8-wks, begins Tues. Jan. 6, \$53+\$10 supplies. Japanese Bunka: 6-wks, begins Jan. 8, \$29+kit. Water Color Plus: 6-wks, begins Th, Jan 8, \$59+\$10 supplies. Charcoal Drawing: 6-wks starts Fri, Jan. 9, \$45+\$15 supplies. Courtney's Watercolor Fun 6-wks starts Fri, Jan 9, \$55+\$30 supplies. Handmade Cards w/Karen: Th, Jan. 22, 1-3pm, \$10+\$10 supplies.

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

Special Interest Groups. Drop-in \$2. Low Vision Support: 3rd Tues, Jan. 20, 1:30-2:30pm, free. Write & Share: 3rd Tues, Jan. 20, 2-3:30pm. Krafty Needles: Knit & Crochet Group, every Tues. 9:30-11am Social Bridge: every Tues, 12:40-3:45pm Healing Laughter: every Tues, 12:15-1:15pm Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:30pm.

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Basic Computer Skills. Mon & Wed, begins Jan. 5, 5:45-8 pm. 6 classes: basic computer operation; Windows; file management; internet essentials; basic word processing; and organizing files.

Pros & Cons of the Paleo Diet. Mon, Jan. 5, 1-2 pm. Eat like a caveman-learn the foods that are allowed & omitted. \$11/\$13. Register.

Slow Cooker Magic. Th, Jan. 8, 6-7:30 pm, Learn how to use slow cookers to make rotisserie-style chicken, granola, yogurt, apple butter, and desserts. Samples and recipes. \$13/\$15. Register.

Arm Knit Cowl. Mon, Jan. 12, 6-7 pm. In less than an hour, create a beautiful knit cowl scarf by using one skein of Wisdom Puzzle Yarn and a unique arm knitting technique. No experience necessary. \$25 supplies to

instructor. \$12/\$15. Register.

Scrumptious Winter Squash. Wed, Jan. 14, 6-7:30 pm. Learn unique methods of preparing winter squashes, the nutritional aspects of these vegetables, and try samples of prepared dishes. \$13/\$15. Register.

Introduction to LinkedIn. Wed, Jan. 21, 5:45-8 pm. LinkedIn, a professional networking site, is one of the fastest growing business tools in social media. Covers: setting up a profile, using key words, adding contacts, joining groups, and connecting with companies. Register. \$27/\$32

Tea. Mon, Jan. 26, 10-11 am. The Oldest Known Herbal Remedy. Learn the differences between black, pu-erh, oolong, green, and white teas, plus health benefits. Samples provided. Register. \$20/\$24

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

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

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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.

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

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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

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Aging With an Attitude. Th, Jan. 29, 1:30-2:30pm, \$5. Michelle Rahn, Ms Senior America 2004, talks about defying the gravity of personal or societal expectations and becoming the ultimate in what we can be, no matter what the age. She challenges attitude choices made daily and its impact on life.

Get Connected. Learn about the desktop, what a shortcut is and its connection to various programs loaded on a computer, and saving files. Explore the internet and email. Getting a tablet or smartphone? This class helps you understand how they are similar & different. Tue., Jan. 27-Feb. 24, 10:30-noon, \$55/\$52.

Facebook for Beginners. Learn why to use Facebook, get step by step directions on how to set up an account, security settings, how to "like" a person or company and creating a profile picture. Fri., Jan. 16, 9:30-11:30am

Social Ballroom Dance. Learn ballroom steps with styling, to maneuver, placement of hands and arms, how to tie steps together, specific footwork such as back steps and

how to do turns. Practice with Latin and American music. A new dance each month. Jan./Fox Trot, Mon, 3-4:30pm, \$36/\$33.

Spanish for Beginners. Learn basic Spanish phrases and vocabulary. Practice pronunciations and simple conversations that would be useful to travelers. Materials furnished. Tues, Jan.6-Feb. 24, 9:30-10:30am, \$37/\$34.

Knitting & Crocheting. Make a blanket, hat, or doily. Basic knitting and crochet technical skills are taught for each discipline; how to determine a gauge, learning a variety of stitch patterns, selecting and working a project. Supply kits \$20. Tue., Jan. 6-20, 6-8pm, \$31/\$27

Drawing What You See! Basic drawing is the stepping stone to a better painting and learning to see differently is how to do it! Make your drawings and paintings have more depth, better perspective, and learn the secret of lights, darks and shadows. Bring a 2B pencil. Supply list provided at 1st class. All levels welcome. Mon., Jan. 26-Feb. 23, 1-2pm, \$36/\$33

Social Security Today

Winning Retirement Plan

This month, a driver will take the checkered flag at the Daytona 500, skiers will stand atop the podium at the World Alpine Ski Championships in Vail, Colo.,



Monica Ochoa

and a football team will win Super Bowl XLIX in Glendale, Ariz. The sports are different, but the winners share a common trait—years of commitment to their plans.

To win the retirement game, you also need commitment and a plan. For years, you've worked hard and paid into Social Security. Whether you're new to the workforce or getting ready to cross your own career finish line, you'll want to open a my Social Security account to see how your hard work is paying off. You can create or access your account at www.socialsecurity.gov/myaccount. You can use it to verify your earnings history, get estimates of your future Social Security benefits, and more. It's the place to get the information you need to put

together your own winning game plan.

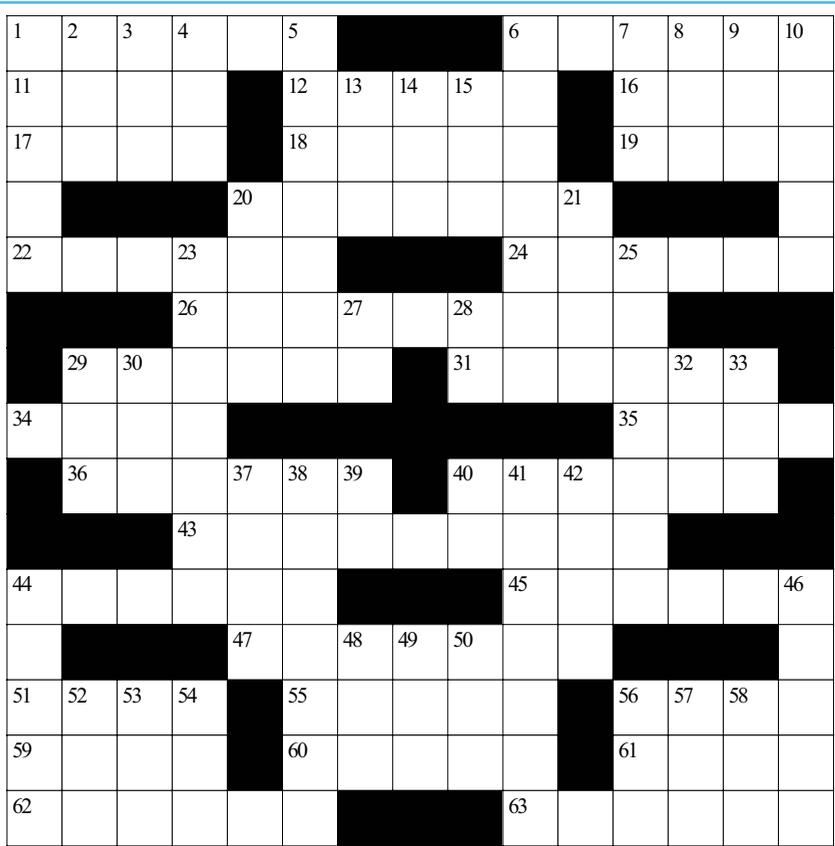
A good NASCAR pit crew keeps its driver on the track, and our Retirement Estimator can do the same for your retirement plan. The Estimator offers an instant and tailored estimate of your future Social Security benefits based on your earnings record. You can plug in different anticipated yearly earnings to discover different retirement options and learn how your benefits could increase if you work longer. Give the Retirement Estimator a test drive today at www.socialsecurity.gov/estimator.

Once you've come of age to retire—or if you're just in the planning phase—our quick and convenient online services are in place at www.socialsecurity.gov/apply-online. In as little as 15 minutes, you can speed through our online application. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required.

Fine-tune your game plan. Take advantage of our services and resources at www.socialsecurity.gov to optimize your retirement.

50 Plus Marketplace News Crossword Puzzle

January 2015 • Denver Metro
Answers page 12



ACROSS

- 1 City in SW Iran
- 6 Inhabitant of Germany
- 11 English monk
- 12 Show emotion
- 16 Lively
- 17 English public school
- 18 Republic in W equatorial Africa
- 19 Once more
- 20 Sailor
- 22 Fit badly
- 24 Person who robs
- 26 Intoxicate
- 29 Alongside
- 31 Gaudy

34 Belonging to us

- 35 Peep
- 36 Foreigner
- 40 Ring of color
- 43 Petiole
- 44 Unreal
- 45 Frenzied woman
- 47 Wanton
- 51 Scorch
- 55 Listened
- 56 Earthen pot
- 59 State in the W United States
- 60 Suspension of breathing
- 61 Metal fastener
- 62 Reverberated

63 Family members

DOWN

- 1 At right angles to a ships length
- 2 Wager
- 3 Fuss
- 4 Lair
- 5 Made ineffective
- 6 Not limited to one class
- 7 Handwoven Scandinavian rug
- 8 Adult male
- 9 Part of verb to be
- 10 More recent
- 13 Impair
- 14 Japanese sash
- 15 Unit of weight
- 20 Prefix for small
- 21 Roster
- 23 Fissionable
- 25 Made to individual order
- 27 To exist
- 28 Providing
- 29 Insect
- 30 Sin
- 32 Norse goddess
- 33 Affirmative reply
- 37 Tides that attain the least height
- 38 Noblest knight of the Round Table
- 39 Belonging to
- 40 Near to
- 41 9th month of the Islamic calendar
- 42 Dash
- 44 Point in question
- 46 Trades
- 48 Vigor
- 49 A dynasty in China
- 50 Wrath
- 52 And so on
- 53 Exclamation of surprise
- 54 17th letter of the Greek alphabet
- 56 Single unit
- 57 Resinous deposit
- 58 Falsehood



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BEST OF 2015 AWARDS

SeniorAdvisor.com, the premier ratings and reviews website for senior care and services nationwide, announced the Best of 2015 Awards. Nearly 900 assisted living, in-home care, and other senior housing providers across the U.S. were recognized this year.

The annual Awards recognize outstanding senior living and home care providers who have received consistently high ratings from residents and their families.

Winners of the SeniorAdvisor.com Best of 2015 Awards represent the top tier of in-home care, assisted living, and other senior living providers.

Editor's note: Many facilities were not rated as families didn't respond to the survey.

This exclusive designation places winners in the top 1% of senior care providers nationwide according to their families. We've also included many of the top 5-star rated facilities. There were 63,544 reviews nationwide in 4 different categories: assisted living, memory care, skilled nursing, and home care.

To qualify for these Award, winners must have an average overall rating of at least 4.5 stars and a minimum number of reviews. Plus, winners must offer at least one of

the following types of care: assisted living, Alzheimer's care, independent living, low-income senior housing, skilled nursing, or in-home care. This is the first year in-home care providers were eligible.

"SeniorAdvisor.com aims to help families research and locate reliable, first-hand feedback on senior care options from other families who have gone through the this experience," said Eric Seifert, President of SeniorAdvisor.com.

Four Categories. Not long ago, there were two options for senior living: living independently and full-time skilled nursing care. The assisted living concept was created to provide an additional option bridging the two.

Assisted living is a community-based long-term living arrangement designed for seniors who need some help with the activities of daily living (ADLs), but who want to preserve as much independence as possible.

In-home care, also referred to as home care or home health care, is provided to a senior adult by a caregiving professional to assist the senior with the ADL.

Skilled nursing is the industry term for the kind of round-the-clock care that patients receive in a

nursing home, retirement home, or skilled nursing facility. These facilities offer a range of important daily care and rehabilitative services for seniors, along with social activities and special events.

Alzheimer's care, also known as memory care, is full-time professional care provided in a residential facility to senior adults dealing with the effects of any form of chronic memory impairment. Though the specific forms of elder dementia may differ, the functional needs of senior adults living with these conditions are essentially the same.

The top 1% rated senior care facilities in Denver Metro are:

- Harvard Square, Denver
- Brookdale Roslyn, Denver
- Brookdale University Park, Denver
- Village at Lowry, Denver
- Rose of Sharon, Aurora
- Cherry Creek Retirement Village, Aurora
- The Meridian Arvada, Arvada
- Lakeview Senior Living, Lakewood
- Sunrise of Westminster, Westminster
- Keystone Place at Legacy Ridge, Westminster



• Brookdale Littleton, Littleton
Other four/five star top rated senior care facilities are:

- St. Andrews Village, Aurora
 - Garden Plaza, Aurora
 - Campbell Stone Memorial Residence, Denver
 - Westhaven Apartment Homes, Lakewood
 - Springwood Retirement, Arvada
 - The Meridian, Arvada
 - The Legacy, Lafayette
 - Vi, Highlands Ranch
 - Brookdale Arvada, Arvada
 - Lincoln Meadows Senior Living, Parker
 - Atria Inn, Lakewood
 - Springbrook Retirement & Assisted Living, Denver
- Home Healthcare Top Rated Facilities in Denver Metro:**
- All the Comforts of Home, Denver
 - Maxim Healthcare, Denver
 - 24/7 BrightStar, Louisville
 - Lifesong Senior Care LLC, Westminster
 - Homewatch Caregivers of North Suburban Denver, Arvada
 - Temure Inc., Denver
 - Senior Helpers of Colorado, Centennial

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