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NEWS



January 2017 • Volume 23 • Issue 1



New Beginnings

Crack it open, welcome 2017

become clearer with the light of day. We may see more clearly now.

Keeping an open mind might require giving up a previously held position or accepting another's point of view. Through more experience, reading and learning views can change. A new understanding may emerge.

Staying open to new ideas might provide opportunity for growth. Staying open to new possibilities may bring action, a change of course, a refocus and more.

Allowing a heart to open has the potential for pleasure as well as pain. With an open heart vulnerability enters. How much do we care for others or allow them to care for us?

How risky is it to open our hearts to others? Will this be nourishing? How much do we trust with an open heart? Once open, do we stay so?

Remaining open to opportunities may enable us to face challenges. It may contain the potential for healing broken bodies, relationships and even addressing our emotional pain.

As we welcome this New Year with a grand opening, what elements does it contain - surprise, wonder, and anticipation? Perhaps a little uncertainty might be included in the mix. How will we live into this New Year? Will we be open to all it holds? With eyes, mind and heart wide open, enjoy it all. Happy 2017!

By Marty Coffin Evans

Pop the cork, open the bottle, cheers to the New Year! Turn the calendar page opening to the next 365 days.

Just what does "open" really mean for us? What do we open? What does it include?

Familiar phrases or words such as "eyes wide open," "keep an open

mind," "stay open to new ideas" all qualify as good examples of the concept.

When our eyes are wide open, we see more, possibly have a different insight into an old problem or situation. More light enters, perhaps improving our eyesight. When eyes open in the morning, decisions deliberated on difficult situations during the night may

Barb Warner will touch your heart and soul and your funny bone.

As she approached retirement, she realized that there weren't any guideposts to design the next chapters of her life. She had read many self-help books but there were none that helped her understand the breadth and depth of the

possibilities available in the second half of life. So she decided to write one. She is excited about sharing it with you.

Now in her seventies, Barb is continuing to learn from her own life experiences. Her goal is to help others in the second half of life do the same. She hopes her book, *Keep Your Fork-Dessert Is On The Way: Savoring the Second Half of Life*, will help you achieve goals beyond your wildest dreams as you explore your life experiences and harvest the wisdom, courage and knowledge that is now yours. This has the potential to be a new and exciting chapter for all of us.

Purchase her book on amazon.com and also her website: www.barbwerner.com. Barb lives in Aurora. She enjoys speaking to groups and invites you to call her at 303-745-1377 for more information.

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Help Shape the Future of Seniors in Colorado!

Playing a role in senior politics is so rewarding, not only can you build valuable relationships at a time in your life when you have so much experience and wisdom to offer, but you can also gain an appreciation and respect for the wonderful people who serve us and who count on us to help them serve Colorado.

If you have always wanted to be a part of how Colorado conducts business, then join us at the Capitol! Colorado Senior Lobby's leadership team will help you learn the ropes while the Legislature is in session for 2017.

- Introduction to Colorado Senior Lobby
- How a Bill becomes a law
- How to read a bill
- How to research an issue
- How lobbying really works (requirements, registering & protocols)
- How to testify on a bill
- How to read and understand the

budget (aka, the Long Bill)

- Plus, a special segment on "A view from a Legislator"

We will have a group of Senior Lobby volunteers who meet at the Capitol every Tuesday and Thursday at 9am during the session. Our group will attend committee hearings, budget briefings, visit with and inform their local legislator and staff and be available to answer questions about how the different bills will affect seniors.

Contact: Jeanette Hensley at 303-249-5598 or at jlhens@hotmail.com. Jeanette Hensley is Treasurer of the Colorado Senior Lobby Board. She worked for the state of Colorado for more than 30 years and is a former director of Colorado's Aging and Adult Services.

Visit our website to learn more www.ColoradoSeniorLobby.org/. We are offering Free Membership for the 2017 Legislative Session!

JANUARY

Calendar

Cervical Health Awareness
National Mentoring Month
National Blood Donor Month

Tuesday/17

AARP 3838 meets at 1:30pm. St. Thomas More Church, Quebec St. Centennial. Info: 303-393-0043

Wednesday/18

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

Monday/19

Stroke Support, 6-8pm, Swedish Medical, 501 E. Hampden Ave. Englewood, 3rd Mon. monthly, Info: tlcdenver@comcast.net

Tuesday/24

TRIAD 1:30 pm, Jffco District Attorney, 500 Jefferson Cty Pkwy, Golden. Program: Pet care. Free. 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...

Senior Housing Authority
www.seniorhousingoptions.org

SENIOR HUNGER IN THE U.S.

In United States, over 4 million low-income adults over age 60 rely on the Supplemental Nutrition Assistance Program (SNAP) to stay healthy and make ends meet. However, 3 out 5 seniors who qualify for SNAP do not apply. This means that 5.3 million seniors miss out on benefits they deserve. Older Americans who qualify for SNAP are significantly less likely to participate in the program compared with other demographic groups. Here are just some of the reasons or the myths that surrounds the program.

Myth: SNAP is only for families with children

Truth: SNAP is for everyone who qualifies including seniors.

Myth I'll only get \$15 a month, so it's not worth applying

Truth: The average national SNAP benefit for a senior living alone is \$119 a month, depending on family household income. "If you were walking on the street and looked down and saw \$20 bill lying on the ground would you walk past it". No, you wouldn't....

Myth Other people need SNAP more than I do

Truth, Everyone who enrolls in SNAP gets help. By applying, you

are not taking benefits away from others.

Myth No stores near me accept SNAP

Truth: In fact, over 250,000 grocery stores and farmer markets across America accept SNAP to pay for food. For stores in your neighborhood go to; <http://fns.usda.gov/snap/retailerlocator>

Myth: It's too hard to apply for

SNAP

Truth: Depending on where you live, you can apply online, by mail, or in person and get one-on-one help if you need it, for no cost, just by contacting Centura Health LINKS at 720-321-8850 for information.

For more information on health benefits visit <http://www.centura.org/For-Patients-and-Families/Centura-Health-LINKS/>



Ronald Smith, Centura Health LINKS

Cervical Cancer/HPV Awareness Campaign

Arts and Wellness, a non-profit, Colorado-based women's health support group presents the 2nd Annual Cervical Cancer/HPV Awareness Campaign. January is Cervical Cancer Awareness Month. The awareness and fund-raising event, themed, "Celebrating Women's Health Through Music and Dance," begins at the Rising Star Missionary Baptist Church, 1596 S. Dayton St., Denver, Saturday, January 21, 7:00 p.m.

Featuring local dancers, musicians, choirs and Award Winning Organist, Moses Tyson, Jr. performing at the musical program and community event.

Arts and Wellness want women to get early screening for cervical cancer. Our goal is to serve at least 500 women at the 2017 9 Health Fairs in the Metro area. Our fund-raising efforts support the work of

9 Health Fairs. Other sponsors include: Pipkin Mortuary, The Colorado Martin Luther King, Jr. Holiday Commission (Vern Howard), AStar Photography, The Greater Metro Denver Ministerial Alliance, American Cancer Society, Media Sponsor 50 Plus Media Solutions and The Denver Inter-denominational Ministers' Wives and Ministers' Widows. The Colorado Foundation for Public Health and the Environment is the fiscal agent for Arts and Wellness, a 501C.3 corporation.

Tickets are: General Admission, \$25 and VIP seating and reception, \$45. For more information contact Gladys Brown Jones Turnbough at 303-475-2843 or Tamra Debrady at 303-946-8055, www.artswellnesscervicalcancercampaign.weebly.com/, <https://www.facebook.com/events/1012036972235092/>

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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@50plusmarketplacenews.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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National Mentoring Month

By Colonel Ben L. Walton, US Army (Ret.)

January is National Mentoring Month. The purpose of the 31 day celebration is to draw attention to the need for more volunteer mentors to help young people achieve their full potential in life as they grow.

Inaugurated in 2002, the Harvard School of Public Health, MENTOR and the Corporation for National and Community Service, has spearheaded the movement from the beginning. Furthermore, every US president, since the commemoration started, has endorsed the activity with a proclamation. In addition, participants in past National Mentoring Month have included leading profit making businesses, non-profit organizations, state governors and community leaders at various levels throughout the country.

A highlight of National Mentoring Month is 'Thank You Mentor Day.' During that period Americans are encouraged to contact their mentor in their own community, make a financial contribution to a local mentoring program, or post a tribute on WhoMentoredYou.org (<http://www.whomentoredyou.org>).

In his presidential proclamation for National Mentoring Month 2016 President Obama said this,



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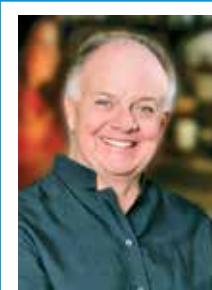
Can you find the hidden Einstein in this paper?

among other things: "At the heart of America's promise is the belief that we all do better when everyone has a fair shot at reaching their dreams. Throughout our Nation's history, Americans of every background have worked to uphold this ideal, joining together in common purpose to serve as mentors and lift up our country's youth. During National Mentoring Month we honor all those who continuously strive to provide young people with the resources and support they need and deserve, and we recommit to building a society in which all mentors and mentees can thrive in mutual learning relationships."

Reflecting back, in May 2014 Pamela Laird, professor and chair of history, College of Liberal Arts and Sciences, was interviewed by the American Association of University Women as part of the organization's

celebration of National Mentoring Month. During the exchange, Laird described the implications of mentoring in a networking setting. She said: "Creating a community and network of personal relationship is more valuable than the immediate results of professional networking. The nice thing about networking and volunteering is that even it doesn't have a professional benefit mentoring is doing work that builds community. So it's valuable in itself." Laird received the University of Colorado Denver Mentor of the Year Award 2016.

Readers, during January 2017, by whatever ways and means possible, do whatever you can in observance of National Mentoring Month. For help in preparing for the occasion, check out mentoring aids at the Management Mentors website (<http://www.mentoring-mentors.org>).



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Centura Health LINKS


We Are Honored...

The Colorado Gerontological Society presented the Eugene Dawson Leadership in Aging Award to Robert Trembly at the 37th Annual Meeting of the Colorado Gerontological Society in December.

Dr. Dawson was the first president of the Society. The award is presented to individuals who continue to work during their later years and make significant contributions as a leader in the field.



In The Spirit

It Does Not Matter



Henry Armington

Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."

Isaiah 43:18-19 (ESV)

It's a wonderful day to be a child of God. Have you ever told someone your deep secret and they later told someone else? After years of guilt and sadness, you finally opened up to someone and look what happened. Have you ever been wounded by the lies of your peers? Because of God's anointing

on your life, many people have perhaps set out to destroy you.

TODAY, I have been commissioned to come and minister to you that "It Does Not Matter" what the enemy has tried to do. You must understand that the more "hell" you endure signifies the greater the "glory" you will receive. When the Lord desires to use you, the enemy tries all he can to tear you down. He literally begins to use people against you, begin to remind you of old mistakes you have made and attempts to send you to those former places you once attended. But God...!

❖ For more inspirational nuggets, purchase a copy of "How To Get Your Hands Out The Lion Mouth" via Amazon.com or pay a visit to DrArmington.org at your convenience each Sunday at 10 a.m. (CST) for 'Live Streaming'.

Uniquely Bea

Dealing With the Others in Your Life



Bea Bailey

Recently, I was having a discussion with a sage family relative about the ins and outs and ups and downs of family relationships. We were talking about our kids, our grandkids and then she "Yeah, and the Others."

"The Others"? This term gave me pause and I had to turn it over in my mind. What exactly are "The Others"? I guess the simplistic way to describe these people is people who are supposed to show up in a relationship, but for some reason opt not to do so. This is particularly apparent during the holidays. Do you call them?" "Cajole them?" "Put them on a not so thinly veiled Facebook BLAST?" It can be so frustrating to anticipate them 'showing up' only to be disappointed...again.

pointed because they either don't see the need to connect or willfully opt not to connect.

Often we forget that people might be mired in their own stuff. Trying to deal with their lives might put them in a state of suspended animation when it comes to family or family-like relationships. You can either drive yourself crazy, (I have done this in the past) or bless them and move on to more positive relationships. Keep your heart open to them, but I wouldn't bother to set an extra plate at the table or you will only end up being disappointed...again.

Also, keep in mind that not everyone is supposed to be with us on every step of our journeys. Some relationships have simply run their course and that is OK. The key is that You Do You and get on with all the positive aspects in your life.

End of sermon.

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

Genealogy Rocks!

Sharing Family Memories

With holiday gatherings in full swing, now is a great time to interview witnesses. Ask the people around the table what they remember about the old farm or the house in the big city where they lived. How, exactly, did they meet their spouse? How long was the courtship? Why did they decide to elope?



Carol Cooke Darrow

A friend of mine showed me her book of memories that included several related people who wrote brief paragraphs about their memories of the farm.

"The outhouse was way back by the garden, and I was terrified I would find a rattlesnake!"

I offered Aunt Thelma a dollar if she would drive the go-cart around the yard and she jumped right on!"

My friend added the stories of how each of the brothers and sisters met their spouses, included an

aerial photo of the farm with all the buildings identified, and also put in large group photos of birthdays, picnics and weddings with written identifications of each person, many now passed away. She also included baby or school pictures alongside a grownup photo of several people who have passed away.

What a wonderful treasure for her family. I recommended that she get it spiral bound as a book – spiral binding so it will lay flat on the table for everyone to study and talk about.

Create a book by adding photos and paragraphs. Save the whole thing as a pdf file and take the file to a copy shop such as Office Max, Office Depot or Staples. They will print your book two-sided, print a front and back cover on card stock and bind it. Don't forget to put your name and email address on it as the author. That way you will get more information from your readers.

❖ Carol Darrow, Certified Genealogist, teaches a free beginning genealogy class at the downtown Denver Public Library on the second Saturday of the month from 10 am – noon.

Strategic Planning for Financial Peace

Increasing your portfolio longevity and spending horizons over a lengthy retirement is possible with a reverse mortgage. Often times there are only a couple of ways to access what for many people is their largest asset, the equity in their home. One is to sell the house, the other is through a reverse mortgage.



Jim Doyle

More and more seniors are using a reverse mortgage to eliminate their mortgage payment putting that money back in their budgets. Those who have no mortgage, are using a reverse mortgage to access some of the equity in their home to have a more comfortable financial life.

A reverse mortgage is a way that you can prolong and protect your assets. Some of the features that are causing financial planners to increasingly recommend that their clients examine the advantages of

a reverse mortgage are: the unused funds in the line of credit grow over time; the funds are tax free with no pre-payment penalty; and reverse mortgages are insured by the federal government.

With a reverse mortgage, the lender does not go on title, so no one owns the home but you. You can will the property to your heirs who will inherit no debt as the mortgage is insured by FHA.

A younger spouse cannot be forced to leave the home after the older spouse passes away. In fact, a reverse mortgage is a way to protect the remaining spouse, and provide a guarantee that he/she will have a place to live without a mortgage payment for the rest of his/her life.

Talk to your Reverse Mortgage Specialist for more information.

❖ Jim Doyle, Reverse Mortgage Specialist, NMLS #335659. Jim is the VP of Lending and Reverse Mortgage Specialist at Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994 JimDoyle@SilverLeafMortgages.com, NMLS# 1394377.

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JIM DOYLE, NMLS #335659

Reverse Mortgage Specialist

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Reverse Mortgage

Strategic Planning for Financial Peace

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Lunch Session: Scottish Rites Masonic Center (Noon to 2PM)
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Questions? Call Colorado Senior Lobby at 303-832-4535

www.ColoradoSeniorLobby.org/senior-day-at-the-capitol/

This event will be streamed and we will have Colorado streaming sites. More details to come!

senior_day_at_capitol_3-15-17.pdf

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DECEMBER AROUND TOWN



The Denver Interdenominational Ministers' Wives and Widows Annual Christmas Fellowship was hosted by Rev. Dr. Timothy Tyler and Dr. Nita Mosby Tyler of Shorter Community AME Church, in December. A time to encourage love and continue to serve others, and never quit. Dr. Nita put the 'H' in Hospitality and as she opened her lovely home.



In December, The Johnson Adult Day Program, 3444 South Emerson St., Englewood, held a Christmas Party for the attendees and a Contest to build team work for employees. The 5 teams of 2 employees each decorated a room. The themes were Winter Wonderland, Santa's Workshop, Candy Land, the North Pole and Holiday Movies. It was a tough decision but the winner was Winter Wonderland! Pictured: Constance Martinez, winner; Linda Whyte, Executive Director; Judge Angela Shelton-Bennett; Judge Diana McFail; Ralonda Thompson, winner.

Ms. Colorado Senior America Pageant Seeks Contestants

By Shari Ortiz, MCSAP President

It's a lovely Sunday in April. The stage of the Lakewood Cultural Center is empty, but the audience of many friends and family is seated and speaking in hushed whispers waiting for the scene to unfold.

Backstage it is different, a hubbub of women, all of a certain age, decked out in sparkly gowns, heels, and lots of makeup. These are the contestants for the 2017 Ms. Colorado Senior America Pageant.

These vibrant women, all aged 60 or over, have the fortitude and desire to experience one more exciting thing in their long lives of husbands and children, careers, highlights, accomplishments, and milestones.

The pageant on April 23, 2017, marks the 23rd year of the Ms. Colorado Senior America Pageant, and the theme of "Life's a Parade" captures the joy of living and not letting age be a detriment. The contestants compete in four categories before a distinguished panel of judges, including a private interview, evening gown, philosophy of Life, and talent. At the end of

the event, the 2017 Ms. Colorado Senior America will be crowned, and she go on to appear in variety shows, parades and other events locally, and compete nationally at the Ms. Senior America Pageant in Atlantic City, NJ, in October 2017.

Do you want to be one of those special ladies who is waiting in the wings? Do you want to experience the joy of meeting and getting to know other contestants? Do you want to belong to an exclusive club made up of past contestants and winners? Then this is the contest for you! If you are interested, please call Shari Ortiz at 303-410-1604 or e-mail her at sharimcsap@q.com. Don't delay. Entry fees and applications must be submitted by March 1, 2017.

The Pageant is a charitable organization and Cameo club, its supporting arm, performs at various venues throughout the Denver Metro Area. These ladies are to be commended for voluntarily working together to create such a wonderful afternoon of pageantry. To learn more about them and the current queen visit www.colosamerica.com.

Technology is Hip!

Gene Editing Saves Lives!

In 2015, a one year old English girl named Layla was treated with gene-edited immune cells that eliminated all signs of an aggressive leukemia that was killing her. Layla's treatment was a one time technique. Chemo and a bone marrow stem cell transplant hadn't eliminated her aggressive cancer cells.



Layla

**Bob Larson**

Just before Layla's first birthday, Waseem Qasim, MD, Consultant Immunologist at Great Ormond Street (Children's) Hospital in London asked for a special license to try his experimental product, which was quickly approved. This experimental gene therapy was applied, which led to a fast remission and after two months, Layla became cancer free. She then received another bone marrow transplant just to be more certain that the cancer cells were gone.

Nothing new, but gene editing involves altering or disabling existing genes. It took many years to develop the gene-editing tool that

saved Layla, but thanks to a revolutionary method known as CRISPR, this can now be done in just weeks.

A trial in the U.S. starts soon and is far more ambitious. This involves adding an extra gene engineered to make the immune cells target tumors and then using CRISPR to disable the cancer genes. The addition of tumor-targeting genes has already produced very promising results in trials for cancers like leukemia, but has not worked for solid tumors. It is hoped combining the two techniques will make the treatments even more effective for most cancers.

If these trials show that editing cells' genomes is safe, it could soon be used to treat a much wider range of diseases. This is another great use of technology saving lives!

❖ *Bob Larson is a former engineer, technologist, and Marketing Director at 50 Plus Media Solutions.*

Do you know what is really important in your life? Here is somebody who might have found out the hard way.

It happened on the evening of April 14, 1912. The Titanic, the largest ship afloat, struck an iceberg in the treacherous waters of the Atlantic. Four hours later she sank to the bottom.

A place on one lifeboat was reserved for a certain woman. She was just stepping into the boat when she asked if she could run to the ship's library to get something. She was allowed three minutes.

The woman ran through the corridors of the reeling vessel. Crossing the saloon she caught sight of jewelry strewn around the floor. Passengers had hurriedly cleaned out their safes and dropped valuables as they ran. What an opportunity. Wealth literally at her fingertips!

But she ignored the jewelry, made her way to the library, snatched a copy of the Bible and

Your Life Support Knowing What Is Important

ran back to the waiting lifeboat.

Earlier that day it may have seemed incredible to the woman to choose a copy of the Bible over valuable jewelry. But in the face of death, prized valuables became relatively unimportant, and what may have seemed unimportant became suddenly valuable.

**Steve Goodier**

Unfortunately, it sometimes takes a catastrophe to shuffle our priorities into a sensible order. But what a catastrophe when we never do discover what is truly important.

Lee L. Jampolsky said, "At least three times every day take a moment and ask yourself what is really important. Have the wisdom and the courage to build your life around your answer."

What if you were to take Jampolsky's advice seriously? What if you regularly asked yourself what, in that moment, was really important, then built your life around your answer? How different would your life be?

❖ *Steve Goodier's books & newsletter: <http://LifeSupportSystem.com>*

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Saturday, January 9th 8am
Bible Park

Off of Yale Between Monaco and Quebec in Denver
Meet near the Baseball Diamond

TOPIC: Scleroderma

Saturday, March 5th 8am
Bible Park

Off of Yale Between Monaco and Quebec in Denver
Meet near the Baseball Diamond

TOPIC: Stents and Coronary Disease

Saturday, February 6th 8am
Crestmoor Park

Off of S. Locust and Cedar (Near Alameda) in Denver
Meet near the Tennis Courts

TOPIC: Wounds & Hyperbarics

Saturday, April 9th 8am
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Off of S. Locust and Cedar (Near Alameda) in Denver
Meet near the Tennis Courts

TOPIC: Ventricular Tachy & ICDs

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inspiration, motivation and confidence while gaining skills that reflect your style. Topics vary depending on class needs, including composition, editing and reading techniques.

Zumba Gold®. Sat, Jan. 21-Mar. 11, 9:30-10:30 am. \$36/\$38 or \$5/class. Easy-to-follow as you move to the beat at your own speed. Done at a lower intensity but is still an invigorating dance-fitness class.

Ski or Snowshoe. Downhill ski trips to Ski Cooper, Copper Mountain and Loveland Basin, plus a variety of Nordic centers for cross-country skiing and snowshoeing. For a complete list of trips and what to pack, call 303-987-4820.

National Western Stock Show. Thu, Jan. 19. Seniors Day! Rodeo's biggest superstars perform amazing feats of athleticism at each performance of the professional rodeo. Includes grounds admission, travel leader. Sign up.

Native American Flute. Level 1, Sat, Jan. 21-Feb. 11, 9:30-11:30 am. \$55/\$57. An introduction to playing this easy instrument that does not require the ability to read traditional sheet music. Bring a six-hole Native American flute in the key of A or use a tuner. Includes breathing techniques, the basic scale, simple embellishments and tips on selecting a good flute.

Creative Writing. Sat, Jan. 21-Mar. 11, 10:30-noon, \$30/\$32. Develop

Saturday Night Dance. 7-10 pm, 2nd, 3rd & 4th Sat. each month. Doors open at 6. 3 hrs to dance to a live band. Refreshments served. \$7/person. Bands - Jan. 14: Blue Notes; Jan. 21: Lois Lane; Jan. 28: Memories.

1st Friday Afternoon Tea Dance. 1-3:15 pm, listen to live music and dance! \$5/person. Band - Jim Kurty. Lunch 11:30 am. before the dance for people ages 60 or older through the VoA. \$2.50 contribution, \$7.25 under 60. Reserve 2 business days in advance: 303-987-4833 by 11a.m.

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**Rhoda Johnson**

As an Image Consultant, I observe hesitation from prospective clients to make improvements in the way they present themselves. To help shift from this resis-

tive mindset and move forward, I am collaborating with Dr. Peggy Mitchell Clarke, a seasoned clinical psychologist, author and retired psychology professor who has a passion for sharing effective psychological strategies based on biblical principles to help people live well. She is recognized for her unique blend of experience and expertise as the host and producer of her own radio show, Living Well with Dr. Peg, which airs Saturdays from 1-2 pm on 94.7 KRKS.

Together we will address the areas you struggle with as they relate to personal growth and image to move you forward in a transforma-

tional retreat hosted by Dr. Peg on January 14th, to:

- Accelerate the change you want to experience
- Achieve freedom from what holds you back
- Get clarity, vision, and strategies to move forward

Contact Dr. Peg to schedule your Personal Transformation retreat and purchase her books at

www.DrPegOnline.com/.

I am excited to offer services that will transform you from the inside out to step fully into your potential to make this your best year! It's time to live the life you desire!

Wishing you the happiest New Year!

❖ Contact Rhoda Johnson at artofbeauty@rhodadesigngroup.com/ or (720) 289-5647.



"Dancing With The Stars" at Eastern Star Masonic Retirement Campus. Pictured is Diane Martini, Director of Marketing pictured with her partner Rafael Salsero, & a Salsa Ladies group. Dancers provided entertainment for the festivities!

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Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us at [303.534.7783](tel:303.534.7783) or e-mail us at info@hispanicchamberdenver.org

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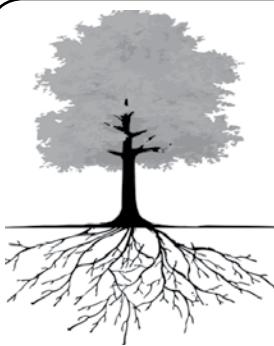
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Community Recreation Center of Apex

303-425-9583 • www.apexprd.org

35th Anniversary Celebration. Thu, Jan 19, 2-4 pm. Celebrate the Apex Community Recreation Center turning 35 years old. Enjoy cake and entertainment by the Sentimental Sounds. Free; register.

Superstars in Colorado History. Wed, Jan. 25, 1-2:30 pm. Learn about the many nationally famous people who have lived in Colorado. Refreshments served. Register, \$5, by 1/20.

There's No Place Like Home Expo. Wed, Jan. 25, 8:15-11:30 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 to live. Free, register. Service providers, call 303-467-7197 for vendor info.

Art Classes. Fees vary. Knit & Crochet: Tues, Jan. 3-Feb. 7, 10:30-noon. Tues Painting: mixed media, Tues, Jan. 3-Feb. 7, 12:30-3 pm. Pastels & Drawing: Mon, Jan. 9-20, 6:30-8:30 pm. Stained Glass: Tues, Jan. 10-Feb. 7, 6-9 pm. Pastels Level 1, Wed, Jan. 11-Feb. 1, 6:30-8:30 pm. Watercolor Studio: Thu, Jan. 12-Feb. 2, 6:30-8:30 pm.

Welcome Meet & Greet. Wed, Jan. 4, 9:30 am. Discover diverse op-

portunities. Bring friends! Refreshments. Free; register.

Stock Show Trip. Wed, Jan. 18, 9-3 pm. Roam around the stock show, visit the booths, enjoy food and entertainment. Lunch on your own. Includes transportation, admission, & escort. No refunds after 1/4.

Celebrate Senior Friday Club. Fri, Jan. 13, 12:30-1 pm. Free, Open House. Learn about the opportunities! Enjoy snacks & door prizes.

Art for the Young at Heart Show. Adults age 50+ submit your art on Jan. 31 & Feb. 1 to participate in a judged multimedia show that hangs beside the art of local public school children from Feb. 6-Mar. 15. Adults \$5 for 3 pieces, ask for show guidelines.

Spanish Classes. Learning a second language can keep your mind sharp! Beginning to advanced Spanish classes begin the week of January 10. Call (303) 425-9583 for times and fees.

Craft Carousel Gift Shop. Open Mon-Fri, 9:30-3:30 pm. Located in the Center featuring variety of handmade items from over 100 consignor.

Raptors of the Rockies. Wed, Jan. 25, 1:30pm, \$6. In this interactive program, explore the tools and adaptions that different raptors use to be successful in the wild. Featured is a hawk, an owl and a falcon, all found in Colorado. A flying demo included. Bring your camera! Refreshments included. \$6.

Gold Penny Fashion Show. Wed, Feb. 8, 2-3:30pm, \$5. TA unique fashion show featuring models wearing gently used clothing. Refreshments served, try-on and purchase clothing. \$5.

Healthy Weight Management. Wed, Jan. 11, 4-6pm, \$15/\$12. Learn influences and how they work to affect our metabolism. Plus, ways to support healthy weight loss and management too.

Healthy Chocolate. Wed, Feb. 1, 4-6pm, \$15/\$12. The positives of chocolate and how it can become an unhealthy thing. Includes making some recipes!

Avoid Caregiver Stress. Tues, Jan. 31, 1-2:30pm, Free. Taking care of another person is a tremendous act of love and yet can be overwhelming physically, emotionally and financially. Learn tools on how to de-

compress stress and preserve mental and physical health.

Parkinson's Disease. Mon, Jan. 23, 10:30am-noon, Free. A disorder of the nervous system that affects movement, muscle control and balance. Presentation and Q&A on Parkinson's disease and essential tremor. Refreshments.

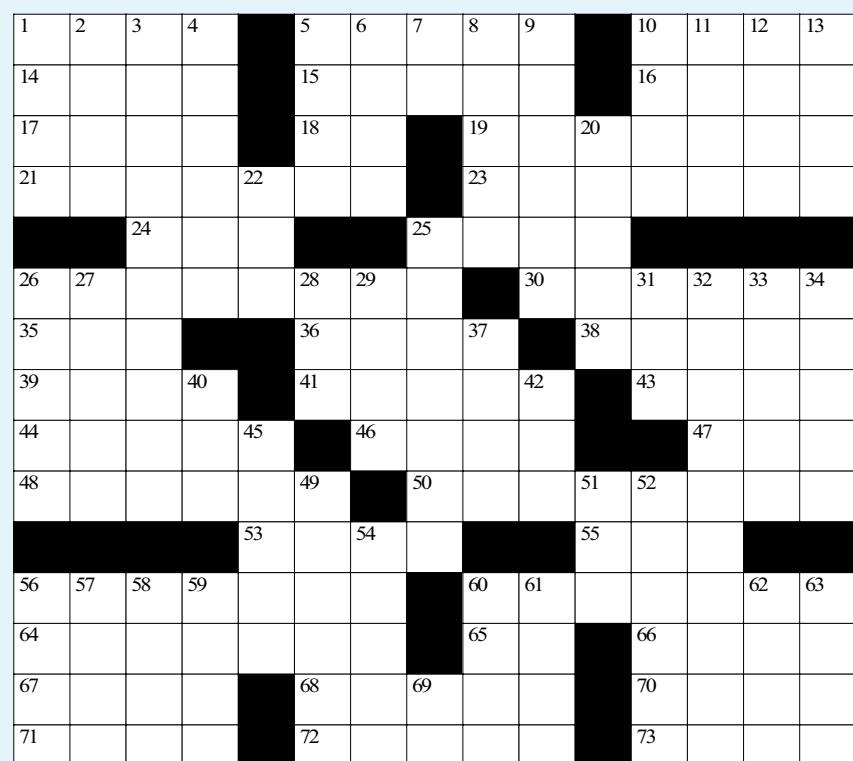
Bunco Bash Fridays. With only dice and a score sheet, all you need to do is roll the dice and add the point! Partners rotate. To play, obtain an annual or daily pass. Refreshments and prizes included. 1st, 3rd, 5th Fri. monthly, 1-3pm.

Knitting. Tues. Jan. 10-24, 5:30-7:30pm, \$31/\$26. Create new projects, learn new stitches and techniques. Learn a variety of stitch patterns and how to determine a gauge. All skill levels, supply list at the 1st class.

Social Ballroom. Mon, 3-4:30pm, \$42/\$38, \$5. Learn to move around the dance floor, proper placement of hands and arms, how to tie steps together, and specific footwork. Practice with Latin and American style dances. A new dance is taught each month. Jan: Fox Trot.

50 Plus Marketplace News

Crossword Puzzle

**ACROSS**

- 1 Islamic chieftain
- 5 One of ten equal parts
- 10 Immense
- 14 Not bright
- 15 Worship
- 16 South American Indian
- 17 Small island
- 18 Objective case of I
- 19 Collection of weaponry
- 21 Sheer fabric of silk
- 23 Having a tail
- 24 Light meal
- 25 Assist
- 26 Infinite time
- 30 Stage plays
- 35 Beetle
- 36 Spawning area of salmon
- 38 Mature

- 39 Republic in SW Asia
- 41 Unit for measuring gold
- 43 Potpourri
- 44 Source of cocoa
- 46 Animistic god or spirit
- 47 Faucet
- 48 Pertaining to the thymus
- 50 Broadcast by television
- 53 Ornamental fabric
- 55 Edge
- 56 Offensive
- 60 Rootlike
- 64 Marshy
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Drug-yielding plant
- 67 On the top
- 68 A poplar

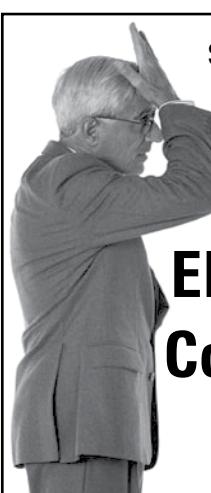
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70 Charge per unit

- 71 Limbs
- 72 Well-known
- 73 Small drink of liquor

DOWN

- 1 Heroic
- 2 Soft pulpy mass
- 3 State of being illiterate
- 4 Marijuana cigarette
- 5 Cap of Scottish origin
- 6 Paradise
- 7 Negative vote
- 8 Vestige
- 9 Messenger
- 10 Competed
- 11 Old Indian coin
- 12 Move off hastily
- 13 Story
- 20 Above
- 22 Devoted follower
- 25 Combine chemically with water
- 26 Decree
- 27 The Pentateuch
- 28 Annoy
- 29 Furniture wood
- 31 Fuss
- 32 Having many poles
- 33 Assumed name
- 34 Mine excavation
- 37 Matron
- 40 Vietnam
- 42 Sesame plant
- 45 Greased
- 49 The land of promise
- 51 Biblical high priest
- 52 Visor
- 54 Second largest violin
- 56 Gemstone
- 57 Restrain
- 58 Long, laborious work
- 59 Drinking vessels
- 60 Hoar
- 61 Covering for the head
- 62 Very small quantity
- 63 Hold as an opinion
- 69 Near to

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Venezuela. Mon, Jan. 2, 2-4 pm. Explore how this once promising economy and evolving democracy has wound up in shambles and explore what the future holds for this country. MorningStar Senior Living, 1950 S Dayton St, Denver, Free, RSVP: 303-751-5150.

American Popular Musics. Tue, Jan. 3, 10-11 am Explore 19th century American popular music, focusing on the street, stage and home. Listen to a wide variety of music. Jewish Community Center, 350 S Dahlia St, Denver, Free. Info: 303-316-6359.

Football. Wed, Jan. 4, 7-8 pm. Trace the history of the game, and cover some of the sport's current challenges and opportunities. Koelbel Library, 5955 S Holly St, Centennial, Free, RSVP: 303-542-7279.

Oil. Tue, Jan. 10, 12:30-1:30 pm. Over the past couple years the price of oil has gone from over \$100 per barrel to, at times, less than \$30 per barrel. Explore the causes and consequences of this dynamic. Tattered Cover, 2526 E Colfax, Denver, Free, Info: 303-322-7727.

The Refugee Crisis. Wed, Jan. 11, 2-3 pm. Explore how the international community are struggling to cope with these challenges. Heather Gardens, 2888 S Heather Gardens Way, Aurora, Free, RSVP: 303-751-1811.

The Nuremberg Trials. Thu, Jan. 12, 6:45-7:45 pm. Look back at the series of trials known as the Nuremberg Trials and trace its impact on the creation of the International Criminal Court and how the world views war crimes. Sam Gary Library, 2961 Roslyn St, Denver, Free.

The Supreme Court. Sat, Jan. 14, 1-2 pm. Examine the current dynamics surrounding filling a vacancy on the highest court in the land. Central Library, 10 W 14th Ave Pkwy, Denver, Free.

Football. Tue, Jan. 17, 1-2 pm See previous description. Smoky Hill Library, 5430 S Biscay Cir, Centennial, Free, RSVP: 303-542-7279.

The Soviet Union. Wed, Jan. 18, 1:30-2:30 pm. Explore the history and the causes of its failure. Plus the Russian Federation and challenges to democracy. Washington Street Community Center, 809 S Washington St, Denver, Free, RSVP: 303-733-4643.

Brexit. Wed, Jan. 18, 12:45-1:45 pm This past June, British voters elected to exit the European Union. Place

this event in historic context and explore the uncertain future of Britain and the European Union. Thornton Senior Center, 9471 Dorothy Blvd, Free. RSVP: 303-255-7850.

Yemen. Wed, Jan. 18, 1:45-3:30 pm. Understanding Yemen's current situation and the broader implications for the region. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free.

Ragtime & Scott Joplin. Thu, Jan. 19, 2-3 pm. A musical journey to examine Ragtime origins, emergence, and surge in popularity in the early 20th century. Windsor Gardens, 597 S Clinton St, Denver, Free.

The Story of Salt. Thu, Jan. 19, 3-4 pm. From its key role in preserving food, to its influence in political conflict, to modern angles including health concerns. Ross-University Hills Library, 4310 E Amherst Ave, Denver, Free.

ISIS. Mon, Jan. 23, 6-8 pm. Trace the rise of this group and seek to understand the challenge this represents to the region and the world. Cherry Creek Retirement Village, 14555 E Hampden Ave, Aurora, Free, RSVP: 303-693-0200.

The National Parks. Tue, Jan. 24, 1:30-2:30 pm. Learn the story of the development and the stories of the more notable parks. The Inn at Greenwood Village, 5565 S Yosemite St, Free, RSVP: 303-327-7340.

Brexit. Thu, Jan. 26, 1-2 pm. See previous description. Castle Rock Senior Center, 2323 Woodlands Blvd, Castle Rock, Free, RSVP: 303-688-9498.

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