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NEWS



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

January 2018 • Volume 24 • Issue 1

NEW BEGINNINGS!

Welcome 2018!

By Marty Coffin Evans



The staff at 50 Plus wishes you all the best for this New Year! Just what will 2018 hold – the expected and unexpected? No doubt, both will comprise the year for most.

In the expected column, planned events will materialize. Perhaps that long planned for trip will actually happen. Where did it land on the Bucket List, or, did it ever make the list?

Will a family gathering or reunion take place? Can vacations be planned around that time allowing many to attend?

Perhaps this year will hold new unions – engagements or marriages. Some long anticipated may come to fruition during 2018.

Others may welcome new family members whether a child's arrival or an in law. In either case, family dynamics change. Certainly time will now be a most desired resource for those welcoming a child into their home.

While some events can be anticipated, even expected this year, the unexpected will happen as well. No amount of planning can keep them away.

What significant person may appear? We never know who we'll encounter or their influence. In times past, perhaps a mentor has made a major difference. Such a relationship can change a life's direction or even confirm the current one.

What unexpected opportunity or unanticipated event will likely occur? What impact will it have? How will it be handled? What happens if an opportunity is missed?

Does this year hold a job or career change? While potentially expected, living the change may hold many unexpected twists and turns. What unforeseen joy and wisdom will come with this change? Some sadness may occur in leaving the familiar and moving into a new situation.

As all 12 months unfold with their range of days, how the expected and unexpected are embraced will define the year. It's not a question of if these will intersect but rather, when.

Enjoy the challenge of the new beginnings found in 2018. All involved with 50 Plus will be working to bring the readers local news and, information throughout 2018.

DENVER RECREATION CENTERS FREE ACCESS

Beginning in January, MY Denver PRIME for Residents Ages 60 and Older

Mayor Michael B. Hancock, Denver Parks and Recreation, and the Denver Commission on Aging today announced the launch of MY Denver PRIME, a new program that provides residents ages 60 and older with FREE access to Denver's recreation centers and pools, including drop-in fitness classes and clubs, beginning on January 2, 2018. In the meantime, all adults age 60 and older can access all Denver Recreation Centers free-of-charge for the remainder of December.

"Denver's active lifestyle knows no age limit, and our older adults and seniors are just as active as anyone," Mayor Hancock said. "By investing in the health of our seniors, we are investing in the health of our neighborhoods and our entire community."

Denver Parks and Recreation is dedicated to supporting healthy



lifestyles through access to programs and facilities that enhance the wellbeing of residents. Just like the MY Denver Card gives youth free access to the city's recreation centers and pools, the free MY Denver PRIME membership, announced in the Mayor's State of the City Address back in July, provides older adults with opportunities to be active and connect with their communities through recre-

ation. "Membership cost should not be a barrier to accessing services that add value to both physical and social health," said Happy Haynes, Executive Director of Denver Parks and Recreation. "Increased access to recreation centers provides the aging adult population with tools to improve and maintain their overall wellbeing."

Starting January 2, Denver resi-

dents who are 60 or older can sign up for their free membership by taking proof of Denver residency and a photo ID verifying age to front desk staff at any Denver Recreation Center. Individuals who are not already eligible for another

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JANUARY Calendar

**Cervical Health Awareness Month
National Glaucoma Awareness
Thyroid Awareness Month**

Monday/15

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

Wednesday/17

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

Tuesday/23

TRIAD 1:30 pm, JffCo DA, 500 Jefferson Cty Pkwy, Golden. Program: Coping with Holiday Blues, by Darla Gurry, Jefferson Center for Mental Health. Free & open to the 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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New VFW Post in Brighton

Veterans of Foreign Wars Colorado Department and District 3 announce the beginning of a new VFW Post in Brighton, CO.

We are creating a new post in Brighton again and welcome all prospective members to join us on January 15 for an open house.

If You've Ever Deployed, Bring your DD-214. Help Build a Superb VFW Post!

VFW organizational meeting, January 15, 2018, Elks Lodge at 101 North Main Street – Brighton at 6:30 pm.

For more information please contact Doug Raymond at 303-929-2288 or Greg Goettsch at 303-818-3647.

Aging is a disease and science is determined to find a 'cure' for it.

Dan Weber, president of the Association of Mature American Citizens [AMAC], says a significant amount of scientific research indicates that aging is a disease. "More important there are many who believe it is a disease with a cure."

Weber cites the work of Dr. Aubrey de Grey, a well-known biomedical gerontologist, who's focus is on extending life spans by intervening at the cellular level, repairing damaged cells and in turn extending life. And there is lots of independent study being conducted in the scientific community to indicate that he is on the right track.

Most recently, researchers at the Universities of Exeter and Brighton in the U.K. released the results of a study that showed aging cells can be repaired. They used naturally occurring chemicals to treat aging human cells with remarkable results.

"When I saw some of the cells in the culture dish rejuvenating I couldn't believe it. It was like magic. I repeated the experiments

Is Aging A Disease?

several times and in each case, the cells rejuvenated. I am very excited by the implications and potential for this research," says Exeter's Dr. Eva Latorre, one the principal authors of the research report.

The New York Times reports that the study of the human aging process has evolved to the point where the focus is now on what are called 'supercentenarians,' individuals who live longest of all.

"It used to be that a person who reached the ripe old age of 100 was a rarity. The Centers for Disease Control and Prevention recently reported that the number of Americans over the age of 100 has grown by 44% since the year 2000. The U.S. is home to more than 72,000 centenarians," says Weber.

But the New England Centenarian Study at Boston University, a leading medical investigative group concentrating on how we grow old, believes healthy aging is in the genes, particularly those of the very, very old. The Study says on its Web site "the genetic influence becomes greater and greater with older and older ages, especial-

ly beyond 103 years of age."

Whether the cellular or genetic, the approach is ultimately successful in increasing our life span, Weber points out that living an extra long life can be fraught with financial danger. It requires a new way of thinking about retirement. Medicine has already extended longevity and the results is fewer of us being able to retire. Many more people have given up on the notion of full retirement at the traditional age of 65. We stay in our jobs longer or find ways of supplementing our income.

For many Agers, finding work to supplement their incomes is not an option. Social Security is what puts food on their tables. It's their principal source of income, meager as it might be, and face cruel hardships if the amount was cut. For them, the fact that Social Security faces major fiscal challenges in the coming years is a scary prospect.

"We need to focus on how the less fortunate of us will cope in the brave new world of centenarians. For them, it is a necessity and it is imperative that our lawmakers enact fixes that will keep Social Security viable for the long term. AMAC remains relentless in its pursuit of solutions in our ongoing meetings with Congressional leaders. We've vowed never to give up and we won't," says Weber.

AMAC [<http://www.amac.us>] is a vital senior advocacy organization. We act and speak on our members behalf, protecting their interests. Join us at <http://amac.us/join-amac/>.

Uniquely Bea

Giving Back in 2018

Looking back on 2017, it has been a challenging year for so many people. There is often a feeling of loss and uncertainty and I feel it. A lot of it re-



Bea Bailey

reflects the political climate and a lot make be result of the aging process. People are feeling aches and pains that they never felt before. I have a personal trainer who now calls my personal workout program, the Humpty Dumpty Program because he is always trying to put me back together again!

A suggestion to deal with any free-floating anxiety or extra 'retired' time is to get involved. Since this is the 50 Plus Marketplace News, many of you are retired. As a result, many of you may have extra time on your hands. Why not

consider volunteering just a little bit of your time for a worthy cause? There are many schools who just want people to come in a read to the children. There are religious organizations that always need help, and this is also true of many social clubs. If you feel strongly about the current political scene, why not volunteer at your local congressional office or political action group.

The opportunities to give back to society are all around us. I wouldn't be surprised if you told me that you either walked by volunteer opportunities or simply glossed over them. It doesn't make any difference what your background is, there are groups and organizations that would gladly accept your assistance.

"You make a living by what you get. You make a life by what you give."
~Winston Churchill
❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmyfriend.net*

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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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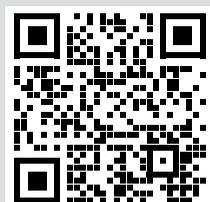
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Local Nurse Needs A Kidney

A Colorado Nurse has been dealing with Chronic Kidney Disease since the age of 17. She was active in Dance, Piano, Cheerleading, and loves animals and dogs. Some months ago she went into kidney failure and almost died.

After hospitalization in Denver at St. Lukes/Presbyterian, she returned home and has been on Dialysis 3x week. Being ill, weak, Nauseated and retaining numerous pounds of fluid, the Dialysis saved her life. Eventually, she was released from Dialysis and chose to pursue a career in Medicine as a Nurse. She will never forget all the attentive Nurses did to comfort her and wanted to return the favor. Traded her dreams of being a professional dancer for helping the sick and compromised.

Because of her passion for service, she received numerous complements from those served. She knew what it was like to be deathly ill and have to begin again. Dealing with a chronic disease has been challenging at best. Good Doctors, careful diet choices, taking the appropriate meds, exercising and the best protocol the Medical



Laurie Henkel

profession has to offer is not working. Since being diagnosed her passion for rescuing animals, especially Dogs has become a necessity. Kidney machines are temporary treatment and she has been approved on the Kidney Transplant list through UCHHealth Transplant Center at the Anschutz Medical

Center in Aurora.

Ms. Henkel needs our help in a number of ways. First, a living donor sharing their kidney will give her back the gift of life. Her insurance covers the living donor tests and surgery. 2nd, Forced to discontinue working, she is accumulating numerous medical expenses. Our donations would be a big help through this challenging time. Any amount is greatly appreciated!

Mail donations to:

**Ms. Laurie Henkel,
PO Box 96,
Scottsbluff, NB 69361**

Henkel's parents manage the funds.

If motivated to consider the living donor program contact: UCHHealthlivingdonor.org/, or call 720-848-2237, for Laurie Henkel, DOB 9/29/63.

The Hispanic Chamber of Commerce of Metro Denver

Serving our Community since 1978.

The Hispanic Chamber of Commerce of Metro Denver is a membership driven organization comprised of small business owners, corporate representatives, community leaders, and association members representing various professions. With over 2,500 members, the Hispanic Chamber is the state's largest minority Chamber, and one of the top four chambers of commerce in Metro Denver.

As the President and CEO, Mike develops and implements strategic

plans and economic development opportunities for the Chamber

and our membership. Mike expands internal and external relationships, including the board of directors and acts as an advocate for Hispanic businesses within public policy.

Contact Mike at mferrufino@hispanicchamberdenver.org/ Hispanic Chamber of Commerce of Metro Denver 924 W. Colfax Ave. Suite #201, Denver, CO 80204, 303-534-7783 http://www.hispanicchamberdenver.com/



Mike Ferrufino, President & CEO

Ron Stern's 5th Quirky Kansas City

Editor's note: Last month Ron's article inadvertently left the fifth city out.

Lawrence

- In Lawrence, start off with a visit to the popular Ladybird Diner. They have uniquely flavored donuts like Garden Party, made with lemon, chamomile, and lavender.
- Waxman Candles is a family-run business where owner Bob Wertz has been using Old World craftsmanship for nearly 50 years. "Nobody does what we do, except in China," says Bob. They use high-quality oils and fragrances, and others, well, just can't hold a candle.
- One hidden gem in Lawrence is the DeBruce Center on the University of Kansas campus. The new \$22 million dollar facility, home to Jayhawks basketball on the appropriately named James Naismith Court, also houses Naismith's 1891 document outlining basketball's original rules.
- The Hotel Eldridge (known as the Free State Hotel in the 1800's) was burned to the ground on opening day by Sheriff Jones and his band of ruffians in 1856. Today, guests have reported ghostly encounters in room 506 with Col. Eldridge himself.



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In The Spirit

Every Day Is A Gift

“Teach us to number our days that we may gain a heart of wisdom.”

Psalm 90:12 (NIV)



Henry Armington

Sometimes our days can be so full and busy that we forget how fragile life really is. It's easy to allow little things to creep in and steal our peace and joy. Maybe something doesn't go our way or someone says something upsetting. Even traffic can cause us to lose focus if we let it. We have to remember that each day is a gift. If we choose to focus on what's wrong, we'll miss the beauty that each day has to offer.

God honor those who honor

him and will never forget their seeds of loyalty to the extent that whatever you sow - you will also reap. Unfortunately, several people can't be holy unless their hungry and blessed by God unless they are being broken down to pieces at the hands of God. As long as they possess one pair of shoes and a change of clothing, you will notice them worshipping and praising him. However, as soon as their blessings arrive with a few additional creature comforts then they become missing in action (MIA). Unknowing to them, prosperity is an instrument to be used and not a deity to be worship.

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

Genealogy Rocks!

Make a Plan

New Year's is traditionally the time for resolutions - lose weight, get more exercise, work on my genealogy. But resolutions may be too vague without a plan. Genealogy is a very broad area of study and can seem overwhelming at times. A more productive way to approach genealogy is to focus on just one aspect that is particularly important to you just now.

Perhaps you did a DNA test or received one for Christmas. This may be the year to focus on those test results. Have you looked at the lists of cousins? Have you posted a family tree that will help them find your connection? Have you tried to contact them?

Maybe you've been researching for years and now want to write a family history. How are you going to begin? Have you outlined your book and the families you want to include? Have you learned about electronic publishing? The WriteNOW group meets at the

downtown Denver Public Library (DPL) on the second Sunday of each month to encourage writers.

Is your workspace crammed with photos, notes, copies of documents, and books? You may have complained about the lack of space but perhaps you can reclaim some of the space by organizing three-ring binders for each branch of your family. Name the binders and put the documents and photos in protective sheets in chronological order for each family.

Or maybe you're just starting out in genealogy. How are you going to learn how to begin your research? Free beginning genealogy classes are offered at DPL on the second Saturday of each month and the Colorado Genealogical Society offers free DNA classes on the fourth Saturday of each month. A special class on understanding Ancestry.com is scheduled with Pat Roberts on Dec. 30. All are ways to carry through with your 2018 genealogy plan.

❖ *Carol Cooke Darrow is a Denver-based Certified Genealogist who volunteers at Denver Public Library and the Denver branch of the National Archives. She also teaches beginning genealogy at DPL.*



Carol Darrow



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SAVE THE DATE!

When: Wednesday, March 21, 2018

Morning Session: The Colorado State Capitol
9AM to 11:30
North 2nd Floor Mezzanine and
Old Supreme Court Chambers
200 E Colfax Ave, Denver, CO 80203

Continental Breakfast 8AM to 9AM served in The Capitol

Lunch Session: Scottish Rites Masonic Center
(Noon to 2PM)
1370 Grant Street (across the street from The Capitol)

Visit our website to RSVP, purchase lunch and learn more about Colorado Senior Lobby.

Seating is first come, first served with the disabled and seniors given seating preference.

Questions?
Call Colorado Senior Lobby at 303-832-4535.

Governor Hickenlooper is invited!

www.ColoradoSeniorLobby.org

Event will be streamed in the morning. Find details on the website.

Event Sponsorships available - Call 303-832-4535.

Why attend?

Meet your legislators, elected officials, Senior Day Sponsors, learn about programs and legislation affecting older adults.

Technology is Hip!

Companion Pets Help Lonely or Dementia Seniors!

The therapeutic and social benefits of animal companions have been well documented for years. In 1994, the National Pets & People survey in Australia was one of the first major studies to investigate the connection between pet ownership and human health. The study found that dog and cat owners had better mental and physical health, made fewer annual doctor visits, and were less likely to be on medication for heart or sleeping problems than people who did not own pets.

More recently, a 2007 study by the Delta Society, a nonprofit that encourages people to interact with pets for health benefits, found that people with advanced heart failure that receive a 12-minute visit with a therapy dog had greater decreases in blood pressure and stress levels than those visited for the same

amount of time by a person only.

Small pets or service dogs have helped seniors overcome depression and disabilities. Animal shelters are full of senior animals waiting to be rescued and they have so much to offer. Before you know it, it really is a question of who rescued who?

Another option is to purchase Hasbro's Joy For All companion pet. They offer either realistically looking small dog or cat companion pet in several colors. The simulated companion pets either bark or purr, move their heads or other parts. According to the reviews on Amazon, many lonely seniors or seniors with dementia have enjoyed these companion pets. The simulated pets are priced between \$100 to \$120 on Amazon.

No matter if you prefer real or simulated companion pets, the benefits seem to be very rewarding for their owners. This is another great use of technology!

❖ *Bob Larson is a technologist, photo-journalist, and Marketing Director for 50 Plus.*



Bob Larson

A Positive Attitude and Kindness

Dorothy Baldwin, a resident at Highland Trail in Broomfield, Colorado celebrated her milestone birthday of 100 years old on December 5, 2017. Dorothy was born in St. Paul, Minnesota and grew up in Pokegama Lake, MN. She met her husband, Denver at age 14 while she was in high school. They were married on Dorothy's birthday December 5, 1936, and were married for 65 years.



fishing frequently to the Bound-ary Waters area. They truly loved entertaining family and friends at their cabin on Ponto lake. After Denver retired they split their time between the lake cabin and Phoenix, Arizona.

Dorothy is very proud of her 3 grandchildren and 6 great-grandchildren. Dorothy's secret to her long, happy life is to have a positive attitude, always be kind to people, and take advantage of opportunities to try new things. Dorothy does not sit idle and she is always keeps moving. For example, Dorothy rode her first jet ski at age 77!

Dorothy has so many friends, young and old from Minnesota, to Colorado and everywhere in between. Dorothy is cherished, respected, and loved by so many family members, friends, and neighbors all over the country. She radiates joy and positivity with any one she comes in contact with.

Happy 100th Birthday Dorothy!

Dorothy and Denver raised two wonderful children, a son Gary and daughter Darlene. They bought a small lake cabin at Ponto Lake in Northern Minnesota. Throughout the years, Denver by his own hands built on to their cabin including adding a fireplace, a deck, and steps leading directly to the lake. They spent many weekends and vacations with family and friends at their cabin creating cherished fun memories. Dorothy and Denver were also very active with their children enjoying boating and

Reverse Mortgage

Plan for Retirement

"My wife always wanted a new kitchen. A reverse mortgage allowed us to do it and not have to be so tight with our finances each month. Since my kids are all doing well and have homes, they encouraged us to get the reverse mortgage. It was one of the best things we ever did."

CM and JM, Englewood



Jim Doyle

and enjoy the upgrades.

2) Grow Retirement with a Line of Credit. A line of credit may be established using a reverse mortgage which grows at about 5% a year at no cost to you. At any time, the line of credit may be accessed for incidental cash, in-home care, converted to monthly payments, or for any other use.

3) Let Investments Grow. A reverse mortgage is established and drawn upon every year to allow the retiree's portfolio, such as a 401(k), more time to grow. Drawing upon Social Security benefits could also be delayed, increasing the size of the monthly payments later in life.

4) Protection from Investment Downturns. A reverse mortgage is established, and only drawn upon if the retirement portfolio underperforms. This will spare the portfolio any draw when it is down, giving it a better chance to recover, thereby minimizing risk.

❖ 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.

With a reverse mortgage, the bank never owns your home. You can will the home to your heirs, and they never inherit any debt. There are four main ways a reverse mortgage can be used for the homeowner.

1) Receive a Lump Sum at Closing. The proceeds of a reverse mortgage are tax-free income that may be used in any way you choose. Some seniors are helped significantly by having their mortgage payment eliminated, and then having a lump sum with which to pay off debt. Property taxes and insurance must continue to be paid. Or, make improvements to the home,


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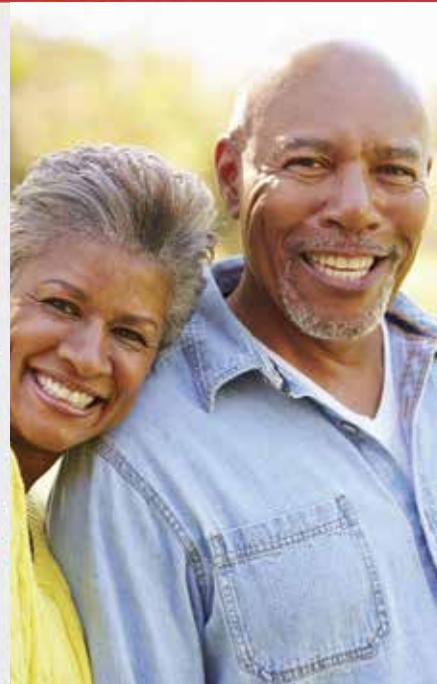
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Spalding Rehabilitation Hospital is proud to serve the needs of people recovering from injuries and surgeries. As Colorado's first licensed acute rehabilitation hospital, Spalding Rehabilitation has provided an expansive range of physical and neurological rehabilitation services for more than 45 years. We are committed to getting patients back to their everyday life. Rehabilitation is all about compensating for deficits, adaptation to a new way of life and restoration of function that allows for the most fulfilling life possible. We are 'Re-

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Spalding specializes in treating patients recovering from strokes, traumatic brain Injuries, amputations, spine injuries and surgeries, orthopedic, neurologic and general debility conditions.

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based on their specific therapeutic needs that also takes into consideration the discharging environment.

Spalding offers a variety of amenities to make your stay with us as comfortable as possible. All patients stay in large private rooms with private baths. All rooms offer wireless internet. Patients en-



joy buffet style family dining. We have flexible visiting hours and allow pet visits.

Spalding now offers a Life Gym where patient practice rehabilitative skills for reintegrating into community environments. In this gym

patients can practice car transfers in a real car, eating in a simulated restaurant and shopping in a simulated grocery store. The goal is to not only return patients home but into their communities as well.

To learn more visit SpaldingRehab.com online or call 303-363-5146. We offer daily private tours.

New device stops a cold before it starts

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree, copper is "antimicrobial." It kills viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper. This destroys the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." It worked again every time he felt a cold coming on. He reports he has never had a cold since.

He asked relatives and friends to try it. They said it worked every time. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It



New research: Copper stops colds if used early.

stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, age 70, received one as a gift and called it "one of the best presents ever. This little jewel really works."

People often use CopperZap for prevention. Karen Gauci, who flies often, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for two months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going around, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness, too. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for 2-3 days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee and is \$49.95 at CopperZap.com or toll-free 1-888-411-6114.

Consumer Information

By Cary Steven Johnson, Director: Crime Prevention, First Judicial District Attorney's Office

Good news for people who may have been a victim of a scam and wired money to complete the scam via Western Union money transfer services; the Federal Trade Commission has reached a financial settlement with Western Union for failing to warn and alert potential victims of scams from sending money:

"..even in the face of consumer complaints, criminal prosecution, a 2005 settlement with AGs from 47 states and the District of Columbia, a 2009 FTC action against competitor MoneyGram, and warnings from the U.S. Secret Service...the FTC says it was business as usual for Western Union. In certain countries where Western Union was at a particularly high risk for use by criminals—Nigeria, for example—Western Union had rarely, if ever, terminated an agent for fraud..."

The settlement sets aside \$586 million dollars as repayment for those who wired money and discovered the transfer to involve a scam. The money may have been sent to receive a promised prize/sweepstakes/lottery, an advance-fee loan, a job, discounted products, a dating or romance scam, an 'over-payment scam, or some other internet financial scheme. Some were victimized believing a family member was in need of cash or bail money or that law enforcement officers were coming to arrest them for money owed to the government.

Here are some of the details that

may allow a victim to receive compensation:

- The money had to be sent via Western Union from January 1, 2004 through January 19, 2017
- Each claim will need to be verified by the United States Department of Justice
- If you sent multiple money transfers related to a scam, you can file a claim for all of the money transfers that occurred during the eligible time period

It may take up to a year for claims to be paid and the amounts paid will be determined by how many claims are filed and the amount of those claims as filed with the Federal Trade Commission;

A file may be claimed even if the fraud was not reported to Western Union. Victims are encouraged to file a claim even if they no longer have the paperwork involving the transfer; it may be considered;

If you are the representative of an estate or have Power of Attorney for someone who lost money, you may file, using those documents to verify your request for reimbursement;

The U.S. Department of Justice will check with the Treasury Offset Program to verify that a claimant does not owe money to the federal government. If money is owed, the reimbursement will be reduced by the amount owed the federal government. For that reason, a Social Security number or ITIN number must be included;

To complete and file a claim form, go to: <https://kccsecure.com/westernunionremission/Claimant/UnKnownClaimForm>

Forms must be completed and sent by February 12, 2018.

Eat Your Way Through Kansas Along I-70

Any trip traversing the state of Kansas along Interstate 70 could be a delicious one by stopping at these five cities.

WaKeeney is known as the Christmas City of the High Plains and at Jake and Chet's Café on S. First Street they serve generous portions of eggs, bacon, hash browns, and biscuits. For lunch

The Brazen Bull is known for their steaks and unique sandwiches.

You can get an old fashioned soda at small town prices at Gibson's Health Mart Pharmacy's and sample some wines at Shiloh Vineyard and Winery.

Western Kansas Saloon and Grill serves steaks, seafood, and pastas, and crème brûlée for dessert.

Further east in Hays try the Schwartzbeeren coffeecake at Augustine's Bakery. Then at Gella's Diner and Lb. Brewing Co. they have some delicious dill pickle soup you shouldn't pass up.

Al's Chickenette is an iconic roadside stand, the oldest restaurant in Hays. They have some of the best fried chicken in the state.

In Manhattan, Bourbon and Baker, has small plates including the chicken and waffle with maple-pecan butter and a fried baloney slider with Dijon and white cheddar cheese.

The Cox Bros. offer championship, award-winning barbecue.

Visit Call Hall, home to the



KSU Dairy Bar. This cow to cone establishment's best-seller is blueberry Purple Pride.

In Leavenworth, visit The Metropolitan Steak House, known for their large portions and freshly made burgers, steaks, and sandwiches.

At Slaps BBQ in Kansas City they cook up tender pork ribs and sweet and tangy beans.

Sheridan's Frozen Custard has only the freshest ingredients for some decadent cool desserts.

These five cities will definitely treat you to the best of what the Heart-



land offers along with a heaping helping of down home hospitality.

❖ *Ron Stern, Travel Photojournalist, visit www.globalgumshoe.com for more about Ron.*



RECREATION ■ from page 1

discount program, such as Silver Sneakers or Denver Health Medical Plan (DHMP), qualify for MY Denver PRIME.

Denver has one of the fastest growing senior populations in the U.S., and over the next two decades a quarter of the city's population will be 60 or older. In addition to the growing number of seniors from the baby boom generation, advances in health care mean a

longer life expectancy for everyone. As the number of seniors is set to grow in the coming decades, Denver is investing in programs that provide older adults with opportunities to maintain and improve overall wellness, increasing the likelihood of healthy aging.

Learn more about MY Denver PRIME at www.denvergov.org/mydenverprime

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South Korea. Tue, Jan. 2, 10-11 am. Explore the country of South Korea, past, present, and future. Jewish Community Center, 350 S Dahlia St, Denver, Free. Info: 303-316-6359.

Iceland. Thu, Jan. 4, 2:30-3:30 pm. Review Iceland's history and explore some of the characteristics of the country that make it unique. Atria of Applewood, 2800 Youngfield St, Lakewood, Free. RSVP: 303-233-4343.

Take a Bite of the Big Apple. Fri, Jan. 5, 2-4 pm. Explore the city's past, present, and the important people & places that have shaped this unique city. Morning-Star Senior Living at Dayton Place, 1950 S Dayton St, Denver, Free. RSVP: 303-751-5150.

North Korea. Mon, Jan. 8, 7-8 pm. A discussion of the history of North Korea and the development of their nuclear program. Koebel Library, 5955 S Holly St, Centennial, Free. RSVP: 303-542-7279.

Saudi Arabia. Wed, Jan. 10, 2-3 pm. Covers Saudi history, the current impact of the Arab Spring, and roles of Wahhabi Islam and Sunni Islam. Heather Gardens (Auditorium), 2888 S Heather Gardens Way, Aurora, Free. RSVP: 303-751-1811

Wine. Thu, Jan. 11, 6:45-7:45 pm. The history of wine plus an overview of the various types of wine and their most salient characteristics. Sam Gary Library, 2961 Roslyn St, Denver, Free

Argentina. Wed, Jan. 17, 1:45-3:30 pm. Review Argentina's history, culture, current status, and future prospects. Covenant Village, 9153 Yarrow St, Westminster, Free.

Opera as Popular Music. Thu, Jan. 18, 2-3 pm. Look at the development and public reception of opera. Windsor Gardens, 597 S Clinton St, Denver, Free.

Spices. Thu, Jan. 18, 2:30-3:30 pm. Trace the rise of spices from colonialism and the spice trade to the hundreds of varieties that are commonly stocked in supermarkets. Atria Inn at Lakewood, 555 S Pierce St, Lakewood, Free. RSVP: 303-742-4800.

Football. Thu, Jan. 18, 3-4 pm. Trace the history of the game, and cover some of the sport's current challenges and opportunities. Ross-University Hills Library, 4310 E Amherst Ave, Denver, Free.

Putin's Russia. Mon, Jan. 22, 6-8 pm. Examine the story of Russia under the influence of Vladimir Putin. Cherry Creek Retirement Village, 14555 E Hampden Ave, Aurora, Free. RSVP: 303-693-0200.

Cowboys. Tue, Jan. 23, 1:30-2:30 pm. Trace the development of the American Cowboy and its influence upon this part of the country. The Inn at Greenwood Village, 5565 S Yosemite St, Greenwood Village, Free. RSVP: 303-327-7340.

Spain. Tue, Jan. 23, 5-6 pm. Explore the roots and legacy of the Spanish Empire and how this country fits into global puzzle. Tattered Cover, 2526 E Colfax, Denver, CO 80206. Free. Info: 303-322-7727.

Iceland. Thu, Jan. 25, 6:45-7:45 pm. See previous description. Sam Gary Library, 2961 Roslyn St, Denver, Free.

South Korea Fri, Jan. 26, 10-11 am. See previous description. Malley Senior Center, 3380 S Lincoln St, Englewood, Free. RSVP: 303-762-2660.

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Buffalo Bill Experience. Meet Buffalo Bill, portrayed by Jeff Norman, and enjoy a hearty lunch. Thu, Jan. 18th. \$8, call to register.

Write Your Own Will. With the help of a licensed attorney, complete a simple will, a living will, medical power of attorney, financial power of attorney and more. Includes all materials, witnessing and notarizing. Sat, Jan. 20, 10-2pm; \$125/person, call to register - required.

Healthy Cooking for 1 or 2. Learn nutrition trends and how to incorporate them into meals. Fri, Jan. 26, \$7 + \$3 supplies to instructor. Call to register.

Art Classes. Call to register. Color Pencil: 4 classes; begins Mon, Jan 22, 10-noon. \$70 + \$5 supplies. Japanese Bunka: 6 classes; begins Thu. Jan 4, 1-3pm. \$29 + kit. Batik w/Watercolor: 4 classes; begins Sat. Jan 6, 9-noon. \$45 + \$15 supplies. Beads/Wire Wrapping: Mon, Jan. 29. \$10 + \$13 supplies.

Beginner Ukulele. Learn music reading, picking & and strumming. A ukulele & music stand required. 4 classes, starts Thu. Jan. 18, \$37. Call to register & more info.

AARP Smart Driver Class. For maturing drivers age 50+. Discuss the effects of aging on driving and have opportunities to identify problem areas. Sat. Jan 27, call to register. Register \$15 or \$20 due at class.

Free Movie Matinee. Monthly. "Only the Brave" Thu, Jan. 25, 1 pm.

Snow News! 2018 Ski & Snowshoe schedule is out. Trips start in Jan. Call for info.

Technology. Call to schedule a 1 on 1 tutoring session, \$35/hr. Tablet or Phone classes start in Jan.

Special Interest Groups. Drop-In, fee vary. Duplicate Bridge: every Mon. 12-3:45pm, bring a partner. Low Vision Support: 3rd Tue. Jan. 16, 1:30-2:30pm. Write & Share: 4th Tue. Jan. 23, 2-3:30pm. Krafty Needles: knit & crochet, every Tue. 9:30-11am. Social Bridge: every Tue. 12:40-3:45pm. Smile-Hi: every Tue, 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:45pm. Genealogy Group: 3rd Thu. Jan. 18, 1:30-3pm. Booktalk: Thu, 10-11:30am, Jan. 25. Book: 'Huckleberry Finn'. Pinochle: every Fri. 12:30-3:15pm. Canasta: some Fri, call for details.

Travel. Your ticket includes trip planning, round-trip transportation, tickets & travel leader. The 24-Hour Travel Hotline 303-987-7011, has new trips.

National Western Stock Show. Family & Seniors Day. Rodeo's biggest superstars perform amazing feats of athleticism during each performance of the professional rodeo. Includes grounds admission, travel leader and access to food & shopping. Sign up.

Native American Flute. Sat, Jan 20-Feb 10, 9:30-11:30 am. \$55/\$57. Introduction, includes breathing techniques, the basic scale, simple embellishments and tips on selecting a good flute.

Commerce City Active Adults Center

303-289-3761

Square Dance Lessons. Get fit in this class led by a professional caller. All abilities welcome, no partner needed. Thu. 1:30-2:30. \$5.

Senior Focus Group. Have a great idea for a senior program, trip or event? Recreation division wants to hear from you! Gathering input to create an action plan for 2018. Register, Free. Thu, Jan. 11, 3-5pm.

History of the Denver Broncos. Scott Perry is a true fanatic and historian. Listen and share stories about our NFL team. Fri, Jan. 12, 10-11:30am. \$3/\$4.

Birthday Lunch. Enjoy a great, nutritionally balanced lunch and dessert while celebrating the current and following month's birthdays. Sign up by the Thu. prior. Tue, Jan

16, noon. \$7/\$9.

National Western Stock Pro Rodeo. Watch the rodeo superstars perform amazing feats of athleticism. Wed, Jan. 17, 10:30-2pm. \$20/\$21.

Opportunities.

- **Senior Advisory Committee.** To make a difference in the community.
- **On The Move senior newsletter.** Info on events, resources, seminars and trips. To join the mailing list call 303-289-3756.

- **Goodfriends Scholarship Program.** Apply for funding for activities: fitness, memberships, trips, events & program. No income qualifications and all requests are confidential. Contact Zach Roth at 303-289-3720 or pick up a form at the senior center.

Clements Community Center

303-987-4820

Creative Writing. Tues, Jan. 16-Mar 10, 2-2:30 pm, \$30/\$32. Develop inspiration, motivation and confidence while gaining skills. Topics vary depending on class needs, including composition, editing and reading techniques.

Bridge. Beginning: Mon, Jan. 22-Mar 19, 1-3 pm, \$27/\$29. Learn the mechanics and etiquette plus hand evaluation and basic bidding, for Duplicate Bridge Players. Intermediate: Mon, Jan. 22-Mar 19, 9:30-11:30 am, \$27/\$29.

Essentrics. Thu, Jan. 18-Mar 8, Noon-1 pm. A full body, low-impact class designed to improve strength, flexibility, balance & posture while relieving aches, pains and joint stiffness.

Beginning Belly Dance. Fri, Jan. 19-Mar. 9, 10-11 am. Learn the basics of this beautiful and exotic, international dance form - posture, isolations, basic steps and easy combos - while increasing core strength, coordination and fluidity.

Welcome 2018 Dance Party. Sat, Jan. 20, 2-4 pm. \$5/\$3. Let's ring in the new year with a fun dance party. Music includes traditional ballroom music, and contemporary favorites.

Saturday Night Dance. 7-10 pm, 2nd, 3rd & 4th Sat. each month, doors open at 6 pm. 3 hours to dance to live music. Refreshments served. \$7 per person. Bands: Jan. 13, Blue Notes; Jan. 20, Lois Lane; Jan. 27, Memories.

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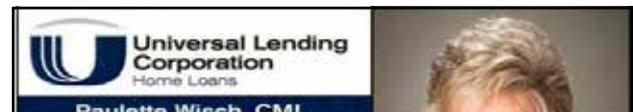
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Denver Public Library

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Scott Slay: Rooted in America. Sat, Jan. 6, 2-3 pm. @ Central Library, Scott puts the Blues in Bluegrass, and shares his take on Americana and Folk music.

La Pompe Jazz. Thu, Jan. 11, 6 p.m. @ Ford-Warren Library. Thu, Jan. 18, 6:30-7:30 pm @ Ross-Broadway. Gypsy jazz group.

Lowry Community Singers. Mon, Jan. 22, 6:15-7:45 pm @ Schlessman Family Branch Library. We are inclusive, diverse and memory friendly.

USAFA Band. Chamber Recital, Wind Masterworks. Mon, Jan. 29, Meet & greet: 6 pm, concert: 6:30-8 pm @ Blair-Caldwell Library. By The U.S.A.F. Academy Band.

Classical Music. For People Who Don't Like Classical Music: A Violin Duet from City Strings. Tue, Jan. 30, 1:30 pm @ Schlessman Family Branch Library.

The Haunts of Mayfair. With Author Phil Goodstein. Sat, Jan. 27, 2:30 pm @ Park Hill Branch Library.

Malley Senior Recreation Center

303-762-2660

Healthy Table for 1 or 2. The latest nutrition trends and how to incorporate them. Simple, fresh, meal ideas and tips for eating out. Make and sample a healthy dish. Supplies: \$10 to instructor. Tue. Jan. 16, 11-12:30pm, \$13/\$10.

Wills, Trusts & Power of Attorney. Planning for disability and death can give you peace of mind, reduce burdens for your loved ones, and help you leave a legacy instead of a mess. Learn about some of the tools available, including powers of attorney, advance medical directives, wills, and trusts. Tue. Jan. 9, 1-2:30pm, Free.

Espanol for Beginner. Introductory Spanish. Learn phrases and vocabulary. Practice pronunciation and simple conversations. Printed learning materials provided. Tue. Jan. 2-Feb. 20, 9-10am, \$48/\$38.

Understanding Dietary Fat. Learn the differences between types of fat and how fats are used in the body. Plus, learn about oils, how they are processed, which ones are healthy and which are not. Mon. Jan. 22, 10:30-11:30am, \$15/\$12.

Challenges of Transitioning. Thinking about moving? We can answer questions and offer expertise and available resources. Refreshments provided. Tue., Jan. 23, 10-11:30am, Free.

Water Media Art. Watercolors & Acrylics, subject matter is up to you. Bring paper, paint & brushes. All experience levels welcome. Wed., Jan. 24-Feb. 28, 10-Noon, \$53/\$42.

Medicare 101. Learn all plan options and review the A, B, C and D's of Medicare. Plus, important dates and how to save money on prescriptions. Thu. Jan. 11, 1:30-3pm, Free.

Bridge Lessons. Learn the basics of the game in a relaxed non-competitive atmosphere. Bidding, card play and defense are taught. Wed., Jan. 24-Feb. 21, 10-Noon, \$50/\$40.

Creative Pottery. Work with 3 different methods of hand building and/or sculpting to make 3 different pieces. Clay and glazes are supplied. Open to all skill levels. Supplies \$15 per 12lbs of clay used, to instructor. Tue., Jan. 23-Feb. 27, 1-3pm, \$84/\$67.

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Saturday, January 6th 8am
Bible Park

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

TOPIC: Coronary Disease & Stents

Saturday, February 3rd 8am
Crestmoor Park

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

TOPIC: Shortness of Breath

Saturday, March 17th 8am
Bible Park

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

TOPIC: Asthma & More

Saturday, April 7th 8am
Crestmoor Park

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

TOPIC: Pacemakers & ICDs

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There's No Place Like Home Expo. Wed, Jan. 24, 8:15-11:30 am. Learn about in-home services and housing options if you are considering a move. Free; register. Call 303-467-7197 for vendor info/fees.

Denver Broncos History. Wed, Jan. 24, 1-2:15 pm. Scott Perry, author of "NFL Since 1970," shares the history of the Denver Broncos and the NFL. Register, \$5, by 1/22.

Art Classes. Fees vary. Pastels & Drawing: Mon, Jan. 8-29, 6:30-8:30 pm. Knit and Crochet: Tue, Jan. 9-Feb. 13, 10:30 am-noon. Tue. Painting: mixed media, Jan. 9-Feb. 20, 12:30-3 pm. Stained Glass: Tue, Jan. 9-Feb. 6, 6-9 pm. Pastels Level 1: Wed, Jan. 10-31, 6:30-8:30 pm. Watercolor Studio: Thu, Jan. 11-Feb. 1, 6:30-8:30 pm. Art Basics 101: Fri, Jan. 12-Feb. 16, 1-3 pm.

Art for the Young at Heart Show. Adults age 50+ submit your art Jan. 30 & 31 to participate in a judged multimedia show that hangs amid the art of school children. Show runs Feb. 5-Mar. 14. Adult artists \$5 for up to 3 pieces, ask for guidelines.

Welcome Meet & Greet. Wed, Jan. 3, 9:30 am. Discover the diverse opportunities at the Community Recreation Center. The event

is free; reserve your space early at (303) 425-9583. Bring friends, enjoy snacks!

Computer & Technology. Basic to advanced use of the computer in a small class setting. Call for info.

Genealogy for Beginners. Tue, Jan. 9-Feb. 20, 7-8:30 pm or Wed, Jan. 10-Feb. 21, 10:15-11:45 am, no class 1/23 or 1/24. Bring what you already know, and learn tips on the process. Register by 1/5.

Charlie's Dance. Tue, Jan. 2-Feb. 20, 7-8:30 pm. Learn the two-step, swing, waltz and more. Register fees vary.

Starting Your Memoir. Fri, Jan. 5, 1-2:30 pm. Get started writing about your life. Learn where to start, how to organize, what to include, and how to express yourself. Register by 1/3, fees vary.

Resolve to Get Fit in 2018. Choose from over 30 fitness classes, Info: Apexprd.org or 303-425-9583. Many classes are SilverSneakers eligible.

Current Events Discussion. 1st & 3rd Thu, 1 pm. Discuss local, national, and international issues in a non-judgmental environment. \$3.

National Mentoring Month

Mentors can give young people the extra encouragement and support they need to be the best they can be in life. Consider answering the call of National Mentoring Month by either becoming a mentor yourself or, if you are with an organization, supporting the mentoring programs in your community.

What is a mentor?

A mentor is a caring and committed older individual in a young person's life. By spending a few hours a week sharing activities, listening, encouraging, challenging, and building skills and self-reliance, volunteer mentors can help children from kindergarten through high school achieve success. Research found that youth who are successfully matched with an adult are 52 % less likely to skip school, earn slightly higher grades, and feel better about how they are doing in school.

Why mentor?

Consider becoming a mentor if you enjoy spending time with young people and are concerned about their success. Children and youth benefit from a spectrum of community support that includes adult role models from all walks of life. People often become mentors to:

- Honor important adults who made a difference in their own lives;
- Gain a sense of fulfillment from helping young people;
- Help young people increase their school success;
- Expose young people to career opportunities;
- Help young people make better life choices.

Mentoring opportunities.

Opportunities exist in most local communities. Schools, faith-based organizations, community service, and youth-serving agencies host a range of structured mentoring programs.

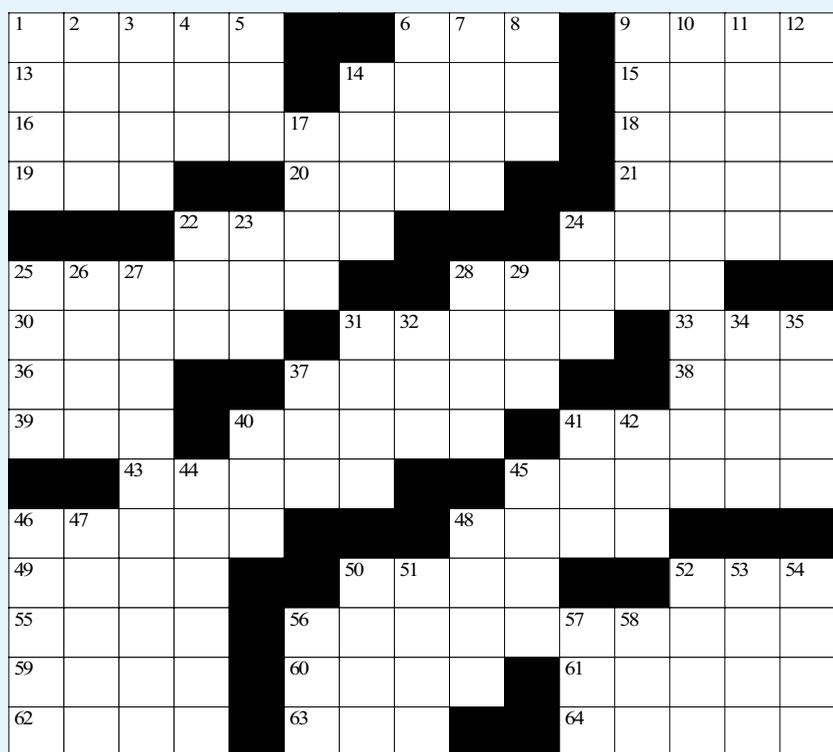
These programs can provide you with the training and support that help you serve as an effective mentor. Explore the following links to find mentoring opportunities that match your interests:

- USA Freedom Corps <http://www.volunteer.gov>
- The National Mentoring Partnership <http://www.mentoring.org>
- Big Brothers/Big Sisters of America <http://www.bbbsa.org>
- MENTORYOUTH.com <http://www.mentoryouth.com>

❖ www.nationalservice.gov

50 Plus Marketplace News Crossword Puzzle

Denver Metro • January 2018
Answers page 8

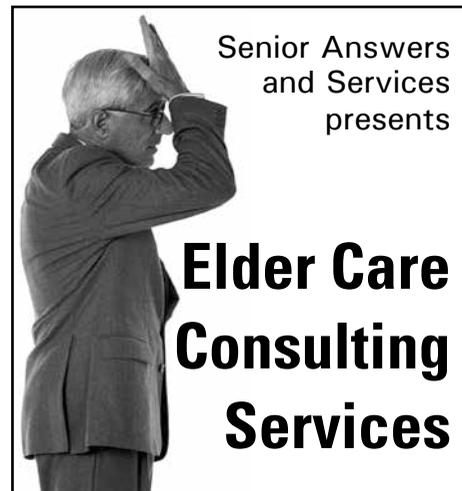


DOWN

- 1 Shrewd
- 2 Qatar
- 3 Coloured
- 4 Resinous deposit
- 5 North American deer
- 6 Stylish
- 7 First-class
- 8 Racket
- 9 Queen of Ahasuerus
- 10 Tending to excite
- 11 Evade
- 12 Become exhausted
- 14 Habit
- 17 Superfuse
- 22 Mineral spring
- 23 Sew
- 24 Vase
- 25 Juniper
- 26 Ancient Greek coin
- 27 Imperishable
- 28 Portico
- 29 Monetary unit of Japan
- 31 Potpourri
- 32 Turkish headwear
- 34 Egg-shaped
- 35 Long fish
- 37 Cushion
- 40 Used for resting
- 41 Arrest
- 42 To endure
- 44 Continue
- 45 Hawaiian outdoor feast
- 46 Newly married woman
- 47 Seeped
- 48 Crease
- 50 Flat-bottomed boat
- 51 Thousand
- 52 Collar fastener
- 53 Show disgust or strong dislike
- 54 Notion
- 56 Toward the stern
- 57 Monetary unit of Bulgaria
- 58 Fuss

ACROSS

- 1 Become confused
- 6 Taxicab
- 9 Vice president
- 13 Pertaining to a sovereign
- 14 Command to stop a horse
- 15 Wheel shaft
- 16 Border inspection place
- 18 Short tail
- 19 Did possess
- 20 A single time
- 21 Conceal
- 22 Close
- 24 Speak
- 25 Metallic element
- 28 Damascus
- 30 At right angles to a ships length
- 31 Many times
- 33 Terminal digit of the foot
- 36 Beetle
- 37 Abdomen of a crustacean
- 38 I have
- 39 Antiquity
- 40 Monetary unit of Oman
- 41 Pertaining to warships
- 43 Hives
- 45 Tabs
- 46 Made a hole
- 48 Red variety of corundum
- 49 Wander
- 50 Gull-like predatory bird
- 52 Snow runner
- 55 Log house of rural Russia
- 56 Needle-shaped
- 59 Delicatessen
- 60 People in general
- 61 Develop
- 62 Paradise
- 63 Twain
- 64 Russian liquor



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Colorado Gerontological Society

The Non-profit's Dream: Dedicated Volunteers



Eileen Doherty

Social value is created by non-profit organizations who perform their mission and make progress toward their goals to serve the community. Collaborations between businesses and non-profit organizations create significant economic, social, and environmental value, the dedication and commitment of individuals helping The Colorado Gerontological Society reach their goals is of high importance.

The Society collaborates with businesses and organizations to improve the lives of older adults. We work to bring value to professionals who work in the field. The partnerships help us to meet annual goals and mandates; while also providing businesses the opportunity to share their skills and expertise in bringing better services to Ager.

Most businesses and individuals are involved in our annual Holiday Basket Project. Baskets were delivered this year to 200 low income seniors. Our partnerships included: 19 food collection sites, cash donations from over 50 individuals, 13 agencies and individuals donated products, or services; and over 150 volunteers who assembled and delivered baskets.

Colorado is known for their commitment to volunteerism and helping others less fortunate. The Society partners with vision, hearing and dental providers to raise matching funds for the grant programs that we administer to low income seniors who need vision, hearing and dental services. On Make A Difference Day in collaboration with the national Points of Light program, optometrists, audiologists, and dentists delivered more than \$156,000 of professional services to 47 older adults who were on our wait lists.

In the past year, our media partners provided hundreds of dollars in public service announcements, interviews, and call-in shows to help us reach thousands of Coloradans. Our partners include: 50Plus Marketplace News, Senior Beacon (Pueblo and Grand Junction), Prime Time for Seniors, Life After 50, Channel 9 News and Senior Source, Estrella TV, KUVO/KVJZ-89.3, KEZW-1430, KKFN-104.3, KOSI-101.1,

KYGO-98.5 and The Fan-104.3, Telemundo and LaPrensa de Colorado.

In the past year our business partners have hosted more than 100 meetings and workshops providing free meeting space, refreshments and free parking as well as technical support and training services. This support allows us to use more funding for capacity building for professionals who serve seniors and empowering seniors to advocate on their own behalf.

This past year, we had partnerships with University of Denver, School of Social Work and University of Colorado School of Pharmacy. Students provided project support to meet our grant objectives.

The Salute to Seniors brings corporate volunteers together to plan and staff the expo. Volunteers donate more than 350 hours making the expo a seamless event for more than 2200 patrons to enjoy.

And lastly, more than 500 hours of professional services are donated to provide support with education and training, strategic planning, IT support, and lobbying/advocacy.

The funders of the programs, professional education, and advocacy services allow us to serve even more Coloradans. We want to acknowledge our major funding partners including Denver Regional Council of Governments, Area Agency on Aging; Colorado Department of Health Care Policy and Financing; Colorado Health Foundation; Daniels Fund; Rose Community Foundation; GlaxoSmithKline; PhRMA; AbbVie; and The Aids Institute. Many community partners provide sponsorships for events.

The Society is grateful for the many collaborations and partnerships that have been endured ongoing for years some for more than 25 years. It is the continued support of our partners that enables us to serve hundreds of individuals 60+ each year. As we look back on 2017 and the past 37 years of services, we want to publicly say "Thank You" to our partners for their help in serving individuals 60+ each and every day.

As we all non-profits, our Board of Directors are volunteers. We look forward to expanding our social value to older Coloradans in 2018 through continued and expanded partnerships.

❖ *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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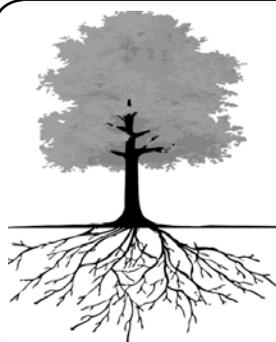
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