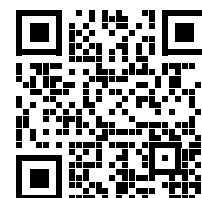


# 50+ ADULTS 50 Plus Marketplace NEWS

Smart Phone Access



Local News, Profiles, Events & Resources For 50 Plus Adults

April 2013 • Volume 19 • Issue 4

## Ready To Go Fishing!

Fishing enthusiasts who attended the recent Larimer County Fishing Expo at The Ranch in Loveland are better prepared and ready to go after visiting the vendors offering a wide selection of fishing products, gear, and lessons to improve angling skills. Rocky Mountain Flycasters members were on hand answering questions. To learn more about this style of fishing visit [www.rockymtnflycasters.org](http://www.rockymtnflycasters.org). Members of the Colorado Walleye Association bring attention to their 2013 Tournament schedule. To learn more about these tournaments visit: [www.cowalleye.com](http://www.cowalleye.com) Fishing is a fun! Oh yes! There are always the 'one that got away' stories to share!



Above (l-r) Rocky Mountain Flycaster Wil Huett, Shelly & Kevin Rein-schmidt watch as flycaster Dick Jefferies ties a fly.

Left (l-r) Powers Cayce, an avid Walleye fisherman; Colorado Walleye As-soc. members Lonnie and Ronnie Snyder talk about coming tournaments.



(l-r): Dr. Thad Carter, Lyndee Robinson, Dr. Jacob Burry, Dr. Tayyabba Athar, Elizabeth Hecker, Amanda Stimmel from Pacific Dental Services: "Smile Generation" answered inquiries about dental needs and procedures. Visit [www.fortcollinsdentalgroup.com](http://www.fortcollinsdentalgroup.com) to learn more.



(l-r) ORGANO Gold coffee folks Scott and Teresa Starck, Kristi Williams and Brady Starck say Change Your Coffee. Change Your Life! For more information visit [www.scottstarck.organogold.com](http://www.scottstarck.organogold.com)

## Healthy Living Expo!

The Healthy Living Expo and Health Fair 2013 was presented by The Women's Clinic of Northern Colorado, University of Colorado Health, Mallory Family Wellness and held at The Ranch

in Loveland. Over 60 vendors were on hand offering a wide variety of products, services and consultations to the Expo's visitors. This added up to learning more about healthier lifestyles. Several ed-uca-

tional programs were presented to become more acquainted with Healthy Food Cooking, Lasik & Cataracts Eye Surgery, Kids Safety & Injury Prevention and just learning more about being healthier.

### Mother's Day Plant & Bake Sale

Saturday, May 11, 9 a.m. Rocky Mountain High School, 1300 Swallow Rd., Ft. Collins. Proceeds benefit The Kayla Marie Adsit Memorial Foundation. A variety of plants perfect for gifts! Music in Our Schools: A Student Showcase provides entertainment throughout the day.

## INSIDE

**National Volunteer Week**  
Page 2

**Reason To Hope**  
Page 5

**Ojai, California**  
Page 8

**Emergency Plan**  
Page 12



# April CALENDAR

**Parkinson's Awareness Month**  
**Stress Awareness Month**  
**Food Health Awareness**

**Monday/1**

Civil War Roundtable. Harmony Presbyterian Church, 400 E. Boardwalk, 1 pm. Program: Through the Eyes of a Union Soldier, Henry Weisser. Info: 225-2767.

**Tuesday/2**

Optimizing Healthy Aging by Dr. Manfred Diehl, Ph.D. in Human Development & Family Studies at CSU 4-5 pm. Rigden Farm Senior Living, 2350 Limon Dr. Fort Collins, RSVP 970-372-4004.

**Wednesday/3**

Loveland Senior Advisory Brd. 10:30 am, Gertrude B. Scott room, Loveland Public Library. 1st Wed. Info: (970) 962-2694

**Saturday/6**

Texas Hold'em Charity Poker Tournament. Cash Prizes, Door Prizes, Cash Bar & free Hors d'oeuvres. Registration 12 pm. Cards fly at 2 pm. Play for the 501C3 of your choice. A \$100 donation is suggested or sponsor a table. Hosted by MacKenzie Place, 4751 Pleasant Oak Dr., Fort Collins. RSVP Jami Sterkel or Don Potter at (970) 207-1939

**Tuesday/16**

Northern Colorado Rehabilitation Hospital's Stroke Support Group. 4pm. 4401 Union St, Loveland. 3rd Tues monthly. (970) 619-3400.

**Saturday/20**

Pancake Breakfast & Plant Sale, fund-raising event by Chilson Senior Advisory Committee. \$4 adult, \$2.50 under 12. At the door: \$5 adults, \$3 under 12. Chilson SC, 700 East 4th St., 8-11 am. Breakfast of pancakes, sausage, ham, juice, & coffee; plus Plant Sale.

**Every Wednesday**

TOPS: Take Off Pounds Sensibly. Peace with Christ Lutheran Church, 1412 West Swallow Rd, Fort Collins. Info: 449-9800.

Calendar sponsored by:

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# Office On Aging Accepting Nominations

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults and caregivers in our community.

The Larimer County Office on Aging hosts an awards ceremony, Thursday, May 9, honoring one outstanding family caregiver and one outstanding senior in our community. The Office on Aging is requesting nominations from the public for these awards. All nomination forms must be received by April 12, 2013.

The criteria for the Outstanding Family Caregiver Award is:

- Caring for someone who is 60 years of age or older in the com-

munity.

- The caregiver speaks out on behalf of the special needs and interests of family caregivers, raising awareness in our community.

- They have a positive attitude and are genuinely generous of spirit.

- They recognize their limits and graciously receive help.

- The care provides the highest quality of life possible for the receiving person.

The criteria for the Outstanding Senior Award is:

- The nominee is 60 years of age or older.

- They advocate on behalf of seniors and/or senior issues.

- The nominee volunteers time in the community.

- The nominee has a positive attitude and genuinely generous of spirit.

- They share their wisdom and knowledge with others.

To nominate a senior and/or caregiver find nomination forms at [www.larimer.org/seniors](http://www.larimer.org/seniors) or call the Office on Aging, 970-498-7751.

Since 1963, communities across the nation have come together to celebrate Older Americans Month—a proud tradition that shows our nation's commitment to recognizing the contributions and achievements of older Americans.

# Run F.A.S.T. For Stroke

Join Northern Colorado Rehabilitation Hospital in its first "Run F.A.S.T. for Stroke," a community event to raise awareness of Stroke during the month of May. F.A.S.T. stands for FACE:


'smile,' ARM: "raise both arms," SPEECH: "Repeat this phrase," TIME: "Call 911." The NCRH goal is raising awareness, support

and honor survivors, and decrease the incidence of stroke in Northern Colorado with this fun run and health fair.

Mark Saturday, May 18th, 8:00 a.m. on your calendar. The race starts and finishes at Northern Colorado Rehabilitation Hospital, 4401 Union Street, Johnstown, CO. Entry fees are 5K-\$20; 1

mile-\$10 "Survivor Walk" is Free for Survivors! All entry fees and donations go to Rocky Mountain Medical Outfitting & Recycling and the National Stroke Assoc.

To get information FAST! visit [www.NCRH.ernesthealth.com](http://www.NCRH.ernesthealth.com); [www.active.com](http://www.active.com) or call Christina Salas, 970-619-3477; email: [salasc@ernesthealth.com](mailto:salasc@ernesthealth.com)



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<p><i>If you are:</i></p> <ul style="list-style-type: none"> <li>• 18-35 or 55-90 years of age</li> <li>• Healthy and not taking any blood pressure or cholesterol medications</li> <li>• Sedentary or moderately physically active</li> </ul>	<p><i>Benefits Include:</i></p> <ul style="list-style-type: none"> <li>• Free Body Composition / Bone Density Assessment</li> <li>• Monetary Compensation for Select Studies</li> <li>• Treadmill test for subjects &gt; 55 years of age</li> </ul>
--	---

The Human Cardiovascular Physiology Laboratory in the Department of Health and Exercise Science at Colorado State University is studying the effects of aging on muscle blood flow control in humans. If interested, please email [cvlab@cahs.colostate.edu](mailto:cvlab@cahs.colostate.edu) or call:

**(970) 491-6702**

CSU Project title: Regional blood flow control and vascular function: effects of aging and regular physical activity (PI. Frank Dinunno)

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- ◆ Board of Health
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- ◆ Estes Valley Planning Commission
- ◆ Extension Advisory Committee
- ◆ Flood Review Board
- ◆ Juvenile Community Review
- ◆ Land Stewardship Advisory Board
- ◆ LaPorte Area Planning Advisory Committee
- ◆ Larimer Integrated Family Enhancement Board
- ◆ Office on Aging Advisory Council
- ◆ Open Lands Advisory Board
- ◆ Parks Advisory Council
- ◆ Planning Commission
- ◆ Rural Land Use Board
- ◆ Workforce Investment Board

Apply ONLINE at:

[www.larimer.org/boards/](http://www.larimer.org/boards/)

Applications also available at your local County Office.  
For more information, call 498-7015



## CONTACT

### How To Reach Us

*email*  
robert@50plusmarketplaceneews.com

*phone*  
303-694-5512

*fax*  
303-516-9863

*mailing address*  
4400 Sioux Dr.  
Boulder, CO 80303

*website*  
www.50plusmarketplaceneews.com

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50 Plus has 41,000+ county readers monthly. The paper is distributed by home delivery and free newsstands in businesses that cater to the needs of those 50 and older.

50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material under 250 words, emailed to sales@50plusmarketplaceneews.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are preferred (170 to 300 dpi, JPEG files) and should be emailed as well.

#### **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 Volunteer Week

National Volunteer Week is a time to celebrate people doing extraordinary things through service. Established in 1974, National Volunteer Week

focuses attention on the impact and power of volunteerism and service as an integral aspect of our lives. This week draws the support and endorsement of the President and Congress, Governors, Mayors and municipal leaders, as well as corporate and community groups across the country.

Through programs such as the President's Volunteer Service Award, and the Extra Mile-Points of Light Volunteer Pathway, Garden Square Assisted Living recognizes individuals, families, and organizations for the tremendous impact they are making in our community each day. We would like to thank all our hard working & dedicated Volunteers who come in each week or month to our Assisted Living communities here in Greeley.

**Celebrate  
Service**

At Garden Square our Volunteers help us with our mission of creating environments where moments of joy, independence and wellness are the focus each and every day. We are truly blessed to have so many kind people to come help play games, visit or reminisce, play an instrument, lead a prayer

group, do scrapbooking or a painting class or crafts, bring in a pet to visit, or go on outings with our residents. If you see one of our Volunteers please thank them for serving the community. We will be honoring our Volunteers during this special week with gifts and a banquet. If you are interested in Volunteering at one of the Garden Square's you can call Meaghan at 970-673-9059 or Patty at 970-346-1222.

## Genealogy Rocks!

### FindAGrave Website Is A Goldmine!

If you have not heard of the cemetery website, FindAGrave.com, you are really missing another great genealogy research tool. It is one of my favorite sites for cemetery searches. It is a free site and when visiting the site for the first time, it is helpful



**Stacey W. Rehbein**

to know the cemetery name, location and name of the deceased.

There are several interesting things to look at, but select the link "search 95 million grave records" to the right of the home page. Searching is very self explanatory and if the "memorial #" is available to you, that is all that's needed to access that person's "memorial page." Searching for a specific cemetery is also an option through a link on the same page. Once the cemetery is found, a name can then be searched to locate anyone buried in that particular cemetery

using last or first name or both. There is also a famous grave search and forums to join.

Membership is free and allows you to create memorials and cemeteries not yet on the site. FindAGrave has some rules to follow regarding ownership of memorials and other "frequently asked questions" in a link on their site's home page. Take some time to investigate and quickly become an expert at finding ancestor memorials on FindAGrave.

This website a genealogical goldmine in discovering new information for your ancestors, which can add several more generations to a family tree. Finding many new cousins is the norm for many researchers.

❖ *Stacey Wallace Rehbein is the president, an instructor, and speaker for the Larimer County Genealogical Society. Our society has many programs and classes during the year. Please visit our website calendar: [www.lcgsco.org](http://www.lcgsco.org) or our Facebook page: [www.facebook.com/lcgsco](http://www.facebook.com/lcgsco) for more info.*

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## Technology is Hip!

### Computer Screens of the Future

Computer screens on home computers, laptops, smartphones, or even tablet PCs are changing the way we access information. Instead of using a computer mouse to select a function, touch screen technology has made it easier to access programs or the Internet.



**Bob Larson**

Ask the owners of several mobile devices such as smartphones, eReaders, or tablet PCs: "What's the best thing about your device?" Many owners will reply, "The screen!" Touch screen technology in many of today's home or business computers and most handheld devices have better displays and definitely easier access than traditional desktop computer screens.

You probably have seen the magical touch screen technology on several popular crime TV shows such as Hawaii 50, NCIS: LA, and CSI. The actors simply touch the screen to access records of all types

or move images to a larger screen. The touch screen technology is even in luxury car dashboards to access all the vehicle functions plus access the Internet for information or emails, or get directions with local maps. The vehicle of the future will likely have the computer display built into the windshield, so drivers don't have to look down.

Corning Glass Products makes the computer touch screens for many of today's cars, appliances, and laptop and handheld computers. Now Corning has released a video showing the company's vision of the future of computer displays at [http://youtu.be/6Cf7IL\\_eZ38](http://youtu.be/6Cf7IL_eZ38). This video shows the computer screens embedded in your bedroom or bathroom mirrors, appliances, car dashboard, or any tabletop work area. People can look at the latest network news, read or send emails, videoconference with parents, or access information on the Internet. Get ready for the future with touch screen technology!

❖ *Bob Larson is a marketing consultant and uses technology in his everyday life. You can contact Bob at [Ralarson100@msn.com](mailto:Ralarson100@msn.com).*

## Elder Law Q & A

### Your Will, Part II

Last month's article started to review some of the most common reasons for having a will. Perhaps the most important reason is that



**Bill Beyers**

with a will you can direct where and to whom your estate will go after your death. Many people think they don't need a will if they own all of their property jointly with someone else, or they have beneficiary designations with the property, but this can often have unintended consequences.

The second reason to have a will is to make the administration of your estate run smoothly. Often the probate process can be completed more quickly and at less expense to your estate if there is a will. With a clear expression of your wishes, there are unlikely to be any costly, time-consuming disputes over who gets what.

Third, only with a will can you choose the person to administer

your estate and distribute it according to your instructions. This person is called your "executor" (or "executrix" if you appoint a woman) or "personal representative," depending on your state's statute. If you do not have a will naming him or her, the court will make the choice for you. Usually the court appoints the first person to ask for the post, whoever that may be.

Fourth, for larger estates, a well-planned will can help reduce estate taxes.

Fifth, and most important for parents with minor children, through a will you can appoint who will take your place as guardian of your minor children should both you and their other parent both pass away.

❖ *Bill Beyers is an attorney in Loveland, CO whose practice focuses on estate planning, elder law and special needs planning. He is currently one of only 10 attorneys in Colorado who has achieved the designation of Certified Elder Law Attorney by the National Elder Law Foundation. He can be reached at 970-669-1101 or visit his website at [BeyersLaw.com](http://BeyersLaw.com)*

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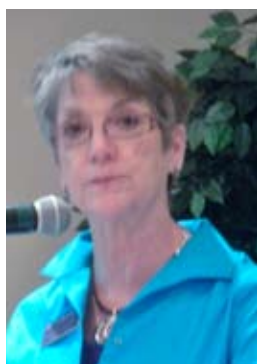
Guests enjoy lunch before hearing the event's speakers.

## 9th Annual Reason To Hope

The Colorado Chapter of the Alzheimer's Assoc. recently hosted its 2013 Fundraising Luncheon at the Drake Center. A number of businesses, organizations and individuals served as sponsors of tables seating ten invited guests who enjoyed a delicious meal including a selection of tasty desserts. Master of Ceremonies, Dan Wilkewitz, welcomed those in attendance. Regional Director, Emmalie Conner presented an Alzheimer's Assoc. Overview. Guest Speakers Michael Pearson and



Michael Pearson



Emmalie Conner

Tammy Calhoon spoke to the luncheon guests about their personal involvement with Alzheimer's. The Master of Ceremonies then called for action and encouraged donations to fund ongoing research and treatment of the illness which affects so many, many men and women and their families. Closing remarks centered on continued support which provides the greatest Reason to Hope! For additional information about the Alzheimer's Assoc., call 800-272-3900 or visit [www.alz.org/co](http://www.alz.org/co)



Luncheon guests turn their attention to the speakers.



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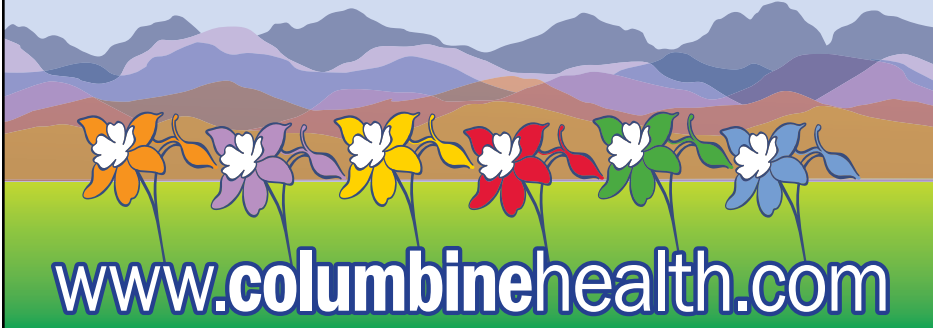
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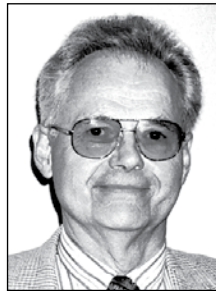


## Loveland's Senior Advisory Board

Hotline: (970) 962-2694 • Chilson Senior Center: (970) 962-2783

### Even the Dead Are Fair Game for Identity Theft

An article in the AARP Bulletin (Mar. 2013) by Sid Kirchheimer discusses how identity thieves target “2.5 million deceased Americans to fraudulently open credit card accounts, apply for loans and get cellphone or other services. . . .”



**Earl E. Stevens**

This works quite successfully because “it can take 6-months for financial institutions, credit-reporting bureaus and the Social Security Administration to receive, share, or register death records and the dead do not monitor their credit . . . and often, neither do their grieving survivors.”

The scammers check obituaries. “With a name, address and birth date, they can illicitly purchase the person’s Social Security number on the Internet for as little as \$10.”

At this time of year using the deceased identities filing for tax refunds can be surprisingly profitable. These fraudulent returns “totaled \$5.2 billion in 2011.”

When preparing an obituary do NOT include “the birthdate, mother’s maiden name or other personal identifiers that could be useful to ID thieves. Omitting the person’s address... reduces the likelihood of a home burglary during the funeral.”

These suggestions help block identity theft:

1. Use certified mail with return receipt and send copies of the death

certificate to the credit-reporting agencies: Equifax, Experian, and Transunion; tell them to place a “deceased alert” on the credit report.

2. Mail death certificates to banks, insurers, brokerages, credit card companies, and mortgage companies where the deceased held accounts.

3. When closing an account, make sure that the institution lists the account “Closed: Account Holder Deceased”. For joint accounts, remove the deceased’s name.”

4. To report the death to Social Security, call 1 800-772-1213.

5. Notify the Department of Motor Vehicles to cancel the deceased’s license.

Finally, after 4-6 weeks, check the credit report at annualcreditreport.com just in case there is any unusual activity.

For more information, check the idtheftcenter.org and type in “deceased” in the search box.

### 6 Tips To Reduce Caregiver Stress

Caregivers need to eat right and a good way to help is batch cooking; make a big pot of soup or any other large amount of food: freeze individual portions to be used when needed.

- Slow down and take your time in handling duties; rushing, you are more likely to have an accident.
- Try 12 min. of daily meditation, works wonders for your well-being.
- Volunteering elsewhere for part of the time can be therapeutic.
- Stockpile healthy snacks. Not the typical granola bars
- Adopt good sleep habits—dark room, reduce distractions in the bedroom.

❖ For more information or for help please call the Senior Resource Line at (970) 962-2694. We welcome and invite all comments. (Source AARP: The Magazine (Dec-Jan, 2013, p.26)

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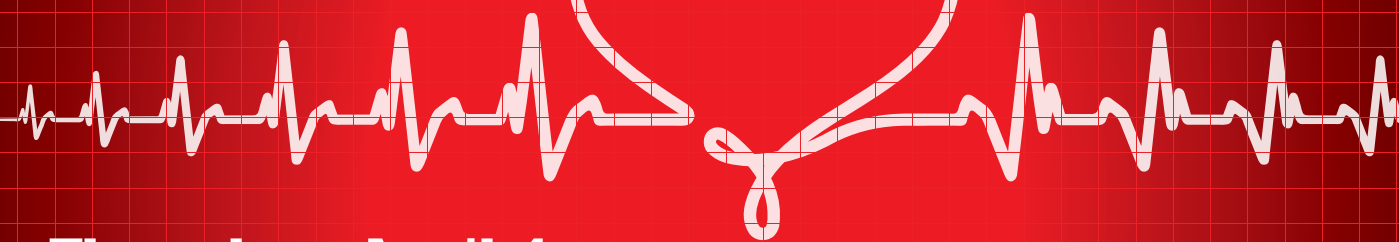
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[www.raymondjames.com/GregDellinger](http://www.raymondjames.com/GregDellinger)

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Elisa Cardona

## Peer Educators Help Families Eat Better For Less

Larimer County and Colorado State University Extension recently hired Annie Hernandez, Elisa Cardona and Theresa Servin as peer educators for the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Hernandez, Cardona and Servin recently received extensive training at CSU and are responsible for conducting community classes in nutrition, food safety, stretching food dollars and the importance of physical activity.

"The information in the classes we are teaching will empower our participants to make better health and nutrition choices," said Servin. "And we also help families who struggle by not having access

or resources to this kind of information," Hernandez said.

"I'm excited to work with the individuals and families in Larimer County who will benefit from the type of life skills we are presenting," said Cardona.

EFNEP and SNAP-Ed classes are free to those who qualify. Throughout the lessons, participants receive food thermometers, water bottles, measuring cups and spoons, grocery lists, and a cookbook filled with low-cost, easy-to-prepare, nutritious recipes.

For more information on the classes, or to register for upcoming EFNEP and SNAP-Ed classes, call Ellie Betts at (970) 988-9234, or stop by the Larimer County CSU Extension Office, 1525 Blue Spruce Drive, Fort Collins.

## Your Life Support

### Humor Can Make A Serious Difference

Thomas Watson, former CEO and chairman of IBM, was famous for putting the word "Think" on prominent walls of every IBM building. The tradition carries on. Not long ago in a restroom at IBM's Watson Center, a supervisor placed a "Think" sign directly above the sink.



Steve Goodier

The next day, when he entered the restroom, he glanced at the sign. Just below it and immediately above the soap dispenser, someone had carefully lettered another sign that which read: "THOAP!"

How often do you laugh at work? Actually, humor can make a serious difference. In the workplace, at home, in all areas of life - looking for a reason to laugh is necessary. A sense of humor helps us to get through the dull times, cope with the difficult times, enjoy the good times and manage the scary times.

Case in point: 6-year-old Hannah. Hannah had one of the most frightening times of her life when she learned she had cancer. To

give life a shot, Hannah had to endure painful medical treatments. At one point she lost all her hair due to chemicals pumped into her tiny body. On days when she felt strong enough to get out, she often covered her head.

One day while shopping with her mother, Hannah donned a ball cap with a fake pony tail sewn into the back. Unless one looked closely, she looked as if she had a full head of hair. Hannah noticed a small boy staring at her. She tried to ignore him, but he followed her around. Finally, she ripped off her cap revealing her shiny, hairless head. In a stern voice she warned, "This is what happens when you don't eat your vegetables!"

I don't know what became of the boy, but I suspect he is now a committed vegetarian. As for Hannah, a sense of humor helped get her through one of life's scariest times.

Like entertainer Bob Hope once said, "I've seen what a good laugh can do. It can transform tears into hope." And sometimes, a little more hope is all we need.

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

## Upcoming Events at Garden Square

### Let's Get Moving Month with Silver Sneakers

Thursday, April 4 • 3pm

Garden Square at Westlake  
3151 West 20th Street, Greeley

Attend a seminar about Silver Sneakers exercise program especially for senior citizen with Greeley Senior Activity Center Director, Sheri Lobmeyer at Garden Square at Westlake Assisted Living.

Call Garden Square at Westlake 970-578-0341 for information. [gardensquareatwestlake.com](http://gardensquareatwestlake.com)



### Educational Series - Veterans Benefits

Thursday, April 11 • 1pm

Garden Square of Greeley  
1663 29th Avenue Place, Greeley

Government Benefits Analysts speaks about benefits for Veterans and their Widows. Contact Garden Square, 970-673-9059 for more information. [gardensquarememorycare.com](http://gardensquarememorycare.com)



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## Ojai, California: Valley of Culinary Delights

By Ron Stern

The Ojai Valley runs east-west, making it one of the few places in the world where you can witness a pink moment, a twilight phenomenon when the mountain tops seem to glow with a brilliant pink hue. Perhaps this was the reason the movie Shangri La, a magical place based on the book Lost Horizon, was filmed here?

Located about an hour from bustling Los Angeles is a valley that time seems to have forgotten. The city of Ojai, part of the

Ojai Valley, is nestled among rolling hills, citrus orchards and towering oak trees. Seniors have been coming to Ojai for its health spas, outdoor activities and natural beauty. Foodies, however, have discovered that Ojai has an abundance of culinary eateries that have commanded a loyal following.

Originally, the downtown area or village as locals call it was constructed using Spanish Colonial Revival architecture. The street is adorned with Spanish-style ar-

chades and the original bell tower is still standing prominently on Ojai Ave.

Locals seem to like the fact that Ojai's sleepy little small town image is also a place where there are no big box stores or chain restaurants. Instead, entrepreneurs (many of whom are transplants from other places in the U.S.) have started their one-of-a-kind mom and pop eateries.

You can find great everything from homemade Mexican food (Los Caporales Restaurant &

Bar) to wine tasting (Casa Barranca Organic Winery) to tapas (Azu) to upscale dining using the freshest ingredients (Feast Bistro) to fine dining.

They even grow their own brand of citrus fruit that you can find all over town called pixie tangerines. These are seedless, sweet and easy to peel. Ojai is a great value for seniors and an easy drive from Los Angeles.

*FTC Disclosure: All accommodations and meals provided courtesy of vendors in this story.*

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**Learn more at**  
**[www.FortCollinsChamber.com](http://www.FortCollinsChamber.com)**





# Xeriscape Made Easy

Re-imagine your landscape and break new ground this gardening season by beautifying your yard and saving water with three professionally designed gardening kits from the Center for ReSource Conservation (CRC). Every spring, the CRC offers Coloradoans a variety of Garden-In-A-Box live plant kits as well as other products and services designed to promote water-efficient gardening and landscaping. The CRC's gardening kits feature "plant-by-number" designs, a wide variety of xeriscape plants, and planting and care instructions all well below retail costs. The three gardens range in size from 70 Sq. Ft. to 100 Sq. Ft. and cost either \$99 or \$134. Residents of participating partner cities along the Front Range will receive a \$25 discount for each design purchased. Participating partner cities this year include Arvada, Boulder, Brighton, Castle Pines, Fort Collins, Golden, Greeley, Lafayette, Longmont, Loveland, and Westminster. The CRC is also selling Spaghetti Dinner Gardens that are

16 Sq. Ft. for \$59 this year and feature all organically grown plants. These Garden-In-A-Box designs are on sale from March 2013 until May 2013, but supplies are limited. For more information on the CRC's Garden-In-A-Box Sale and to order your own kit, please visit [gardenstore.conservationscenter.org](http://gardenstore.conservationscenter.org) or call (303) 999-3820. All of the proceeds from garden and plant purchases directly support the CRC, a nonprofit organization that is dedicated to empowering the community to conserve natural resources.



About the CRC: Founded in 1976, the Center for ReSource Conservation (CRC) is a 501(c)3 nonprofit organization. Each year, the CRC empowers more than 30,000 individuals to conserve natural resources and to live a more sustainable life through educational programs and services designed to help our community conserve water and energy and minimize waste.

## Ms. Colorado Senior America 2013 Pageant

A Shining Star At Ms. Senior America Pageant, Debbie Buczkowski recently represented Colorado in the National Senior America Pageant and was a top ten winner. As Ms. Colorado Senior America, she has all the qualities of a queen: elegance, dignity, grace and beauty - inside and outside. Debbie wowed the audience with her beautiful operatic voice as she sang "Vissi d' arte." With little training and inability to read music, she feels blessed with the ability to sing not only operatic music but contemporary music as well.



Debbie Buczkowski, Ms. Colorado Senior America 2012

Ms. Buczkowski enjoys an active life with church, family, work and work-outs. As a senior woman, Debbie inspires other seniors and serves as a role model for the younger generation. She believes that it is through the older generations' knowledge, experience and resources that the younger generation has the opportunity to build a better society. She also believes we can all contribute in constructive and positive ways to our communities, no matter what our age. Ms. Buczkowski plans to continue using her message to encourage others to be their best spiritually, mentally, physically and emotion-

ally every day.

Ms. Colorado Senior America is seeking elegant women 60 years or older who would like to step into the spotlight to be a contestant for 2013. The deadline for entering the contest is May 11, 2013.

Please join us for the 2013 Pageant to be held at the Pinnacle Performing Arts Center 1101 W. 84th Avenue Denver, CO 80260 at 1:30 P.M. on Saturday, June 22, 2013. Tickets are \$10 or \$15 at the door. Call 303-232-9258 for more information.



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**Thursday, April 4 | 9:00 am | \$18**  
Visit to the State Capital in Denver

**Tuesday, April 9 | 8:00 am | FREE**  
Walk the Poudre Trail in Greeley

**Wednesday, April 10 | 4:30 pm | \$54**  
Church Basement Ladies at the Boulder Dinner Theatre

**Thursday, April 11 | 1:00 pm | FREE**  
Monthly meeting at Union Colony Civic Center, 2 Rivers Lounge

**Sunday, April 14 | 2:00 pm | \$15**  
Mad Hatter's Tea at National Board of Chiropractors

**Sunday, April 14 | 2:00 pm | \$4**  
Jerusalem-Sacred & Profane Film at Union Colony Civic Center

**Wednesday, April 17 | 9:30 am | \$26**  
Degas Beyond the Ballerinas, Foothills Art Center in Golden

**Sunday, April 21 | 6:00 pm | FREE**  
Legacy Quartet at Union Colony Civic Center

**Friday, April 26 | 7:30 pm | \$12**  
Celts, Kilts & Chorale at Union Colony Civic Center

**Saturday, April 27 | 7:30 pm | \$39**  
Third Day at Union Colony Civic Center

**Sunday, April 28 | 2:00 pm | \$4**  
Todd Oliver & Friends at Union Colony Civic Center

**Tuesday, April 30 | 8:00 am | \$18**  
Casino Trip to Lady Luck Casino in Blackhawk

**Tuesday, April 30 | 7:00 pm | \$27**  
Broadway Rox at Union Colony Civic Center

For more information contact:



**Flo Mikkelson | Guaranty 50 Club Manager**  
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## Fort Collins Senior Center

970 221-6644

**Turkish Bath Experience.** 4/7, \$125, Single: \$160. "Women of age" 9-noon male, 12:20-3pm female, \$38. Our pool transforms into a Turkish Bath for a warm relaxing soak. 3 hours, enjoy Turkish coffee/tea and snacks. 50 years & up, includes a private 30 min. full body massage.

**Earth Day Fort Collins.** 4/20, 11-5 pm, Free. Activities feature information, arts & crafts, live music, speakers, and a beer garden. Earth Day inspires people to make efforts toward conservation and preservation of the planet. Free, bring nonperishable food for the Larimer County Food Bank. At the Gardens on Spring Creek

**Kites In The Park.** 4/28, 10-4pm, Free. 5th Annual Kite Festival. Specialty demos include kite fights, kite ballets and launching giant kites. At Spring Canyon Park.

**Spring Artisan Market.** 4/13, 9-3pm, \$1. Local artists and small businesses display homemade goods and products. Food and drinks available for purchase. Info: pmoore@fcgov.com or call (970) 221-6644.

**Moonlight Melody Dances.** 7-10pm, \$4 at the door. Social dance to live music. Refreshments served. At Senior Center. Pepie Carlberg: It's Raining Violets, 4/1; C.C. Collier, 4/15

**Turkish Healthy Dishes.** 4/10, 6-8:30pm, \$29. Vegetarian Turkish Cuisine class explores the Turkish way of cooking and the culture behind it. Menu: Red Lentil and Bulgur kebab, Mint and Dill Rice Pilaf, Fried Eggplant, Black-Eyed Pea Pilaki, Sesame Tahini Halva.

**Turkish Soup & Bread.** 4/14, 2-4pm, \$29. Soup is an important part of the Turkish cuisine. A healthy vegetable soup, ready in minutes with leftovers for breakfast. Menu: Ezo Bride Soup, Green Lentil Soup, Collard Greens and White Bean Soup, Turkish Bread.

**Santa Fe, Sedona & More.** 4/15-4/21, Deposit: \$100, Double: \$1050, Single: \$1400. Tour Sky City Cultural Center, Jeep rides in Sedona, 1 night at Cortez Casino. Tour a car museum, winery and soak in the Glenwood Hot Springs. Info & Itinerary at S.C. 7 day/6 night trip includes motorcoach transportation, lodging, all meals, admissions, tours and escort.

**Rocky Mountain Snowshoe Overnight.** 4/27-4/28, Double:

trip to snowshoe 2 days in RMNP. A rustic overnight at the Highlands Retreat Center in Allenspark. 2 day/1 night, includes transportation, dinner, and breakfast and dbl. occupancy room, ladies only.

**Lady Luck Casino.** 4/30, 8-5pm, \$6, Black Hawk. Rolland Moore Park, includes transportation, casino package and escort.

**Sunday Out to Lunch.** Poudre Area, 4/21, Noon-4 pm, \$6. We give the area for lunch, but we won't say the restaurant because the mystery is half the fun. Includes transportation and escort. Lunch on own.

**Rockies vs Mets.** 4/18, 11-6pm, \$30. NY Mets visits. Shaded seats in Denver's Coors Field. Includes van transportation, ticket and escort.

**Guys & Dolls.** 4/14, Noon-6pm, \$60. 11-time Tony Award winning classic. Includes van transportation to the Candlelight Dinner Theatre, dinner (includes non-alcoholic drink, gratuity), show & escort.

**Out to Lunch.** 4/9, 10:30-3pm, \$10. 89 years of history, great family-owned made-from-scratch food. Includes transportation and escort. Lunch on own, range \$8-\$12.

**Traveling Gourmet.** 4/25, 3:45-9pm, \$15. Martini's Bistro, located in an old Victorian mansion with American cuisine. Includes van transportation, and escort. Dinner on own, range \$11-\$20.

**Earth, Sun & Fire Tour.** 4/19, 11:30-4pm, \$25/\$20. A behind the scenes look at state of the art "green energy" technology that helps CSU be environmentally conscious. See a biomass boiler, composter, solar panel fields and more! All you can eat lunch at the Ram's Horn. Fee includes transportation, tours, lunch and escort.

**O'Keeffe at DAM.** 4/23, 8-4pm, \$35/\$30. The "Georgia O'Keeffe in New Mexico" exhibition Includes 53 works, which showcase American Indian artwork that O'Keeffe was exposed to during her time in NM. Includes transportation, special exhibit and escort. Lunch on own.

**Colorado Symphony.** 4/28, Noon-6pm, \$72/\$68. Nadja Salerno-Sonnenberg is featured in a program that celebrates composers of the Americas. Includes van transportation, ticket and escort.



# How Healthy Is Your County?

Rates of premature death in counties across the U.S. are the lowest in 20 years, but people in the least healthy counties are more than twice as likely to die early as those in the healthiest counties, according to a new report.

In addition, childhood poverty rates in unhealthy counties are twice as high as those in healthy counties, according to the 2013 County Health Rankings, by Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

This is the 4th year of the rankings, which examine 25 factors that influence health: rates of smoking, obesity levels, teen birth rates, access to doctors, child poverty, physical activity, high school graduation rates and percentages of children with a single-parent. Plus, how long people live and how well they feel. The rankings identified significant trends:

- Child poverty rates have not improved since 2000, and one in five children lives in poverty.
- Violent crime has decreased by almost 50% in the last 2 decades.
- Counties where people don't live as long with poor physical & mental health have high rates of smok-

ing, teen births, physical inactivity and preventable hospital stays.

- Teen birth rates are more than twice as high in the least healthy counties.
- People in healthier counties are 1.4 times more likely to have access to a doctor.

The rankings "can be put to use right away by leaders in government, business, health care and individuals motivated to create a culture of health in their community," Dr. Risa Lavizzo-Mourey, president, Robert Wood Johnson Foundation, said in a news release. "The rankings are driving innovation, unleashing creativity and inspiring changes to improve health in communities across the country."

Dr. Patrick Remington, associate dean at the University of Wisconsin School of Medicine, said no single sector alone can tackle the challenges in any given community. Collaboration is critical. The rankings are sparking action as people from all sectors join forces to create new possibilities in health - county by county."

To see the rankings visit <http://www.countyhealthrankings.org/#app/>

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## 2013 Visual Artist of the Year

Linda Beach

The Larimer County Natural Resources Department Visual Artist for 2013 has been selected! Fiber artist Linda Beach will create a work of art inspired by Larimer County's parks or open spaces. Linda has been creating art quilts since 2001, serving as artist in residence at national parks and exhibiting throughout Colorado and the U.S. To learn more visit: [www.lindabeachartquilts.com](http://www.lindabeachartquilts.com)

In Linda's words, "I am extremely excited to have been chosen for this honor. Interpreting and expressing the beauty found in nature is what drives my art and I look forward to the process of creating a piece that represents a unique location in Larimer County and sharing it with the public." Linda will spend her term visiting

Larimer County's parks and open spaces getting inspiration for her work, and ultimately create a fiber art piece and it donate to Larimer County for public display in a county building. This artwork will be unveiled at a celebration in late 2013 or early 2014.

The Natural Resources Department is extremely excited to work with Linda throughout the remainder of 2013! As you're out on the county's parks and open spaces, keep your eye out for Linda, as well as the other artists who visit open lands in search of inspiration.

Linda is the Larimer County Natural Resources Department's seventh visual artist. Previous years' artists and the pieces they created can be viewed at [www.larimer.org/openlands/artist.htm](http://www.larimer.org/openlands/artist.htm)

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## Make An Emergency Plan



**The Basics.** Planning ahead can help keep you and your family safe if there's an emergency, like a natural or man-made disaster. Examples of emergencies include:

- Natural disasters like floods, tornadoes, and earthquakes
- Flu pandemics (flu outbreaks that spread around the world)
- Blackouts (where large areas lose power)
- Terrorist attacks

Emergencies can happen at any time, so it's important to make sure you and your family are ready. Here's what you can do:

- Get an emergency supply kit.
- Make a family emergency plan.
- Learn what to do in different types of emergencies.

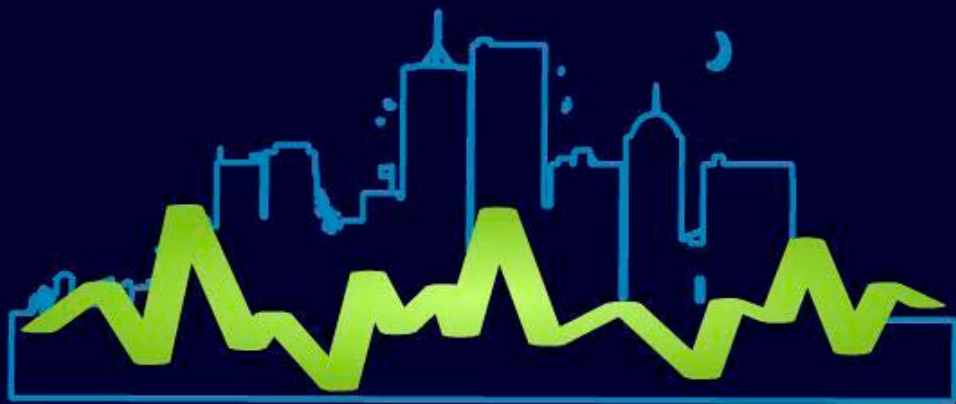
**Take Action!** Don't wait – make a plan with your family today.

Make an emergency supply kit. Gather supplies like water, medicines, and blankets. You won't have time to search or shop for these supplies during an emergency, so put together your kit

now. Make sure your kit includes:

- Water for at least 3 days. You'll need at least 1 gallon of water a day for each person and pet.
- Food for at least 3 days. Choose foods that don't need to be kept cold, like energy bars, peanut butter, crackers, and canned fruit (don't forget a can opener). Find out how to keep food safe during an emergency.
- Prescription medicine that you take every day, like heart or diabetes medicine.
- A first aid kit to treat cuts, burns, and other basic injuries. Find out what to put in your family's first aid kit External Links Disclaimer Logo. (You can also buy first aid kits.)
- A flashlight and extra batteries.
- A whistle to call for help.

Keep your emergency supplies together in a backpack, bag, or easy-to-carry container. Use a waterproof container if possible. For more help putting together your kit, [http://www.ready.gov/sites/default/files/documents/files/checklist\\_1.pdf](http://www.ready.gov/sites/default/files/documents/files/checklist_1.pdf)



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## Chilson Senior Center 970-962-2783

**The Greatest Generation.** Tues, 4/2-4/9, 1:30-2:30pm. Tom Brokaw's book, "The Greatest Generation", he writes about the generation who lived through the Dust Bowl, the Great Depression, and World War II. 2-part class discusses the many events that shaped this generation, and provide the opportunity to share personal experiences. 50+. \$4, Free w/SAC

**Seniors to Seniors.** Computer Basics, Wed, 4/3-4/17, 1:30-3pm. Learn basics of running a computer, to be comfortable & confident in exploring more. Practice/question time. Loveland Library iLearn. Age: 50+ \$10, \$8 w/SAC

**Functional Fitness Test.** 60+ – Wed, 4/10, 12-1pm. Let us help you set and reach your goals for improving your fitness! Check your current fitness level and set goals for improving. Register; No WebTrac Registration. \$5, Free w/ SAC, SilverSneakers pass, or 10-visit pass.

**Lunch Bunch.** Doubletree, Mon, 4/15, 10:30-2:30pm. A 7 page menu gives an idea of the variety of cuisine offered. A long established restaurant with a variety of lunch options. Lunch on own, range \$9- \$18. \$20, \$16 w/SAC



**Pickleball Skills.** Beginner, Mon, 4/15-5/6, 3:45-4:45pm. Learn the fundamentals of this fast growing racquet sport. Basic strokes, rules and scoring through demos, drills and practice, for drop-in Pickleball. Equipment is provided. \$25, \$21 w/ SAC

**Ukulele Orchestra of Great Britain.** Thur, 4/18, 3:30-10:45pm. Dedicated artistry with routine standing ovations for hilarious renditions of "Ride of the Valkyries", "Pinball Wizard", "Shaft" and more! Conor O'Neill's Irish Pub, dinner on own, range \$10-15. Sign-up by: 4/3. \$52, \$48 w/SAC

**Pancake Breakfast & Plant Sale.** Sat, 4/20, 8-11am. Have a delicious breakfast of pancakes, sausage/ham, juice and coffee; then browse through the plant sale. Buy tickets at the Senior Center front desk. Advance: \$4 adults, \$2.50 children 12 & under. At the door: \$5 adults, \$3 children 12 & under.

**Rocky Mountain Senior Games Training.** Mon & Wed, 4/24-5/29\*, 8-9am. The Rocky Mountain Senior Games competition is an Olympic-style sports event designed to promote healthy lifestyles for adults over age 50, through fitness, sports, active lifestyle, and athletic competition. Lisa Foncannon, personal trainer, meets with athletes and potential athletes for dedicated strength and endurance training to get you ready. The Senior Games are in Greeley, June 5-9th. Info Meeting: 4/17, 8am. \*No Class 05/27. 50+. \$55.

# Banner Health Center Opens On Saturdays

Banner Health Center at 1230 14th St. S.W. in Loveland has extended its hours to include appointments Saturdays. Appointments are available from 8 a.m. to noon. To schedule an appointment, call (970) 619-3999.

Banner Health Western Region's only Health Center opened in Loveland in August 2012. In addition to Saturdays, the Center is taking appointments Monday-Thursday, 7 a.m. to 7 p.m., and Friday from 7 a.m. to 5 p.m. These Family Medicine providers see patients at Banner Health Center:

- Mark Hailey, MD
- Prema Jacob, MD
- Jennifer McCabe-Lentz, MD
- Mitchell Janasek, MD

- William Reents, MD
- Azure Zeigler, FNP-BC.

About Banner Medical Group. Banner Medical Group, Banner Health's employed physician group, is a team of more than 900 physicians and more than 3,300 total employees located in Alaska, Arizona, Colorado, Nebraska, Nevada and Wyoming. BMG doctors and other providers care for patients in a variety of care settings. BMG primary care providers like pediatricians, internists, family medicine physicians and obstetrician/gynecologists staff Banner Health Clinics and Banner Health Centers. For more information, visit [www.BannerHealth.com/bmg](http://www.BannerHealth.com/bmg)

### HEALTH TIP:

#### Stay Fit When Traveling

Find ways to exercise when on the road

Traveling can make sticking to your usual exercise routine a challenge, but there are plenty of ways to get in exercise while you're on the road.

The American Council on Exercise lists these suggestions for exercising while traveling:

- Instead of your usual stair-climbing machine, look for tall buildings or stadiums where you can climb the stairs.
- Walk through the new city and explore; look for a hiking trail or a local park.
- Try to walk to more of your

destinations rather than driving or taking a cab.

• Find out if your hotel has a fitness center or pool and pack your workout or swim clothes.

• Ask about a local gym where you can get a short-term pass or pack simple workout equipment like a jump rope or an exercise tube.

• Try exercising in your hotel room by doing activities that don't require equipment, such as push-ups and crunches.

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## Social Security Today

### Best Ways To Do Business

Many people save time by going online to take care of everyday tasks. You can save a lot of time by visiting [www.socialsecurity.gov](http://www.socialsecurity.gov). Here, you can handle most



**Mike Baksa**

Social Security business quickly and securely from your computer. At the website you can:

- create a my Social Security account for quick access;
- get an instant, personalized estimate of future benefits;
- apply for retirement, disability, spouse's, and Medicare benefits;
- check the status of your benefit application;
- change your address and phone number, if you receive monthly Social Security benefits;
- sign-up for direct deposit;
- use benefit planner to help you better understand options as you plan for your financial future;
- request a replacement Medicare card; and
- apply for Extra Help with your

Medicare prescription drug costs. Go online to find out almost anything you need to know about the Social Security program. Information is available on subjects ranging from how to get a Social Security number for a newborn to returning to work while receiving disability benefits. Plus April 22 is Earth Day and going online is good for the planet, it saves your time, paper, emissions, and energy.

To reach us by phone, you can call toll-free at 1-800-772-1213. We treat all calls confidentially. We can answer specific questions from 7 to 7 p.m., Monday through Friday. Generally, there's a shorter wait time if you call during the week after Tuesday. We also provide information by automated phone, 24 hours a day. If you are deaf or hard of hearing, call our TTY number, 1-800-325-0778.

No matter how you choose to contact us, Social Security is here to assist you. Give our website a try for fast, convenient service visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

❖ *Public Affairs Specialist Mike Baksa may be reached at [michael.baksa@ssa.gov](mailto:michael.baksa@ssa.gov)*

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## Aspen Club News

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**FOOT "FITNESS" AFTER 50.** Learn how to keep your feet happy and healthy, from common sense strategies to more complex treatments. Mon, Apr. 8, 6:30-8 pm, Fort Collins Senior Center.

**Heart Failure. What Is It And How Do I Manage It.** What heart failure means, how it is treated and lifestyle modifications to help you live a heart healthy lifestyle. Tues, Apr. 9, 10:30-11:30 am. Greeley Medical Clinic.

**The Upside Of Downsizing.** Different strategies to downsize, whether that means decluttering, managing a recent change in your lifestyle or getting ready to sell your home. Ready to get started? Tues, Apr. 16, 1-2:30 pm, Estes Park Senior Center.

**Going The Distance.** Libby James started running in 1972. Now, 41 years later, she is racking up records

for her age group and setting new standards for 70+ women. Libby shares insights on making your life journey the best it can be. Thur, Apr. 18, 2-3 pm, Chilson Senior Center.

**Medicare 101.** An overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive service and how Medicare works with employer health insurance will be discussed. Loveland: Tues, April 23, 5:30-7 pm, Medical Center of the Rockies. Greeley: Tues, May 14, 6-7:30 pm. Greeley Medical Clinic.

**Do You Leak?** Help to keep you active and continent. After menopause, many women experience pelvic floor prolapse or urinary incontinence. Sharon Petty PT, DPT, OCS presents conservative management of these common issues, plus bowel management and body mechanics for pelvic floor protection. Thur, Apr. 25, 6-7 pm, PVH.

## TRADING POST

### For Sale

**2 BURIAL PLOTS @** East-lawn Memorial Gardens. Located in the "Garden of Our Savior", Lot 294, spaces 1 & 2. This is one of the oldest and most prestigious areas of the entire park. I am anxious to sell at a "REDUCED PRICE". Call Gary @ 720-934-7198

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### Wanted

**WANT TO BUY:** Want to buy old model airplane stuff. Engines, balsa kits, planes, etc. No plastic models. Few, or many. I will pick up. Call Don At 970-669-3418.

### Classifieds WORK!

**WWII ITEMS.** WWII Japanese items wanted, especially swords & helmets. GI .45's & M1 Carbines. Please call Nick at 970-980-7607 for a fair cash offer.

**TOOLS & PRECIOUS METALS**  
I buy great used tools, gold, silver, estate jewelry, dental gold, broken jewelry, old coins, sterling silver. One senior helping another. Call Steve at 970-566-3461.

### Wanted

**DIABETIC TEST STRIPS WANTED:** Pay up to \$15 CASH. Most brands accepted. Must be unexpired/unopened. Local Pick-up. 720-608-1977

### OLD GUITARS & AMPS

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## Colorado Gerontological Society

### The “Beav” Comes to Denver on May 15 at Salute to Seniors

The family of the 1950s included “Dad” goes to work; “Mom” stays home; and “Beav” comes home from school, has a snack, and goes outside to play baseball or ride a bike. Classic television of the 1950s shows the family living in a small, connected community where everybody cares for each other and pays attention when someone needs help.



**Eileen Doherty**

Although we have lost some of that small community connection, we enjoy the nostalgia of the 1950s and 60s. Life was simpler back then. At the 24th Annual Salute to Seniors sponsored by the Colorado Gerontological Society on May 15, 2013 at the Colorado Convention Center, the simple life is remembered as many of these actors are reaching Medicare age and turning 65.

Set in the theme “Classic Tele-

vision of the 50s and 60s”, the Beav (Jerry Mathers) is coming to the Colorado Convention Center at the Salute to Seniors and shares his story about the being a television star as a child and his professional life.

As you remember, Theodore “Beaver” Cleaver comes with a cherry-toothy grin bursting forth from a dimpled, freckled, bright-eyed face beneath a green baseball cap. To warm our hearts and remind us of our own children, Beaver is fresh, naughty, bright, and cute as a button. And what mother doesn’t identify with “The Beaver” as an ordinary boy whose greatest pleasures are getting dirty, collecting junk and as he gets older, baseball. His greatest dislikes are school and girls.

Living with Type 2 diabetes today, Jerry is an avid advocate and leading national lecturer on living with and dealing with diabetes.

Jerry speaks at 11:00 am in the Mile High Ballroom at the Convention Center. This is followed by photo ops and autograph signing in the afternoon in the Beav’s own living room sponsored by Kaiser Permanente.

Other highlights of the day include the nostalgic programming of television that is viewed by baby boomers and older adults. The setting includes seven themed rooms with Westerns, Comedy, Variety, Science Fiction, Cartoons, Game Shows, and Medical Shows. Each room will feature live entertainment, television commercials, and vignettes from television shows of the era against a stage set.

One hundred exhibitors join “The Beav” to share information and resources for seniors and their families. Exhibitors will represent housing, health care, finances, recreation, safety, and other government programs.

Forney Museum is bringing vintage cars from their extensive collection that sponsored “Leave It to Beaver” and offering admission discounts to the museum.

Other highlights of the day include bingo, participation in game shows and drawings for individuals dressed in costume of their favorite actor. Dennis Gallagher, Denver City Auditor, will be our special guest and talk about Television and the Media.

Tickets are \$9 for the first ticket

and \$4.50 for a second. Groups of ten or more are \$6 each. Free parking is available at the Pepsi Center with free shuttle service to the front door of the Colorado Convention Center. Lunch is available through the Convention Center Café as well. For information and tickets call 303-333-3482 or visit [www.senioranswers.org](http://www.senioranswers.org).

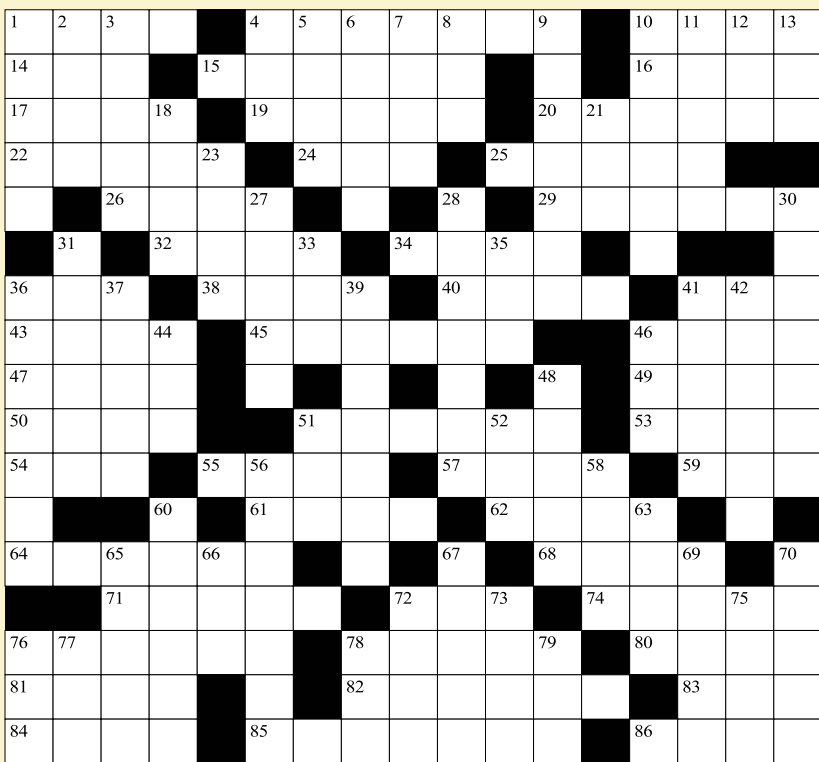
❖ *Eileen Doherty, MS; Executive Director of the Colorado Gerontological Society, 3006 East Colfax, Denver. You may reach her at 303-333-3482 or Doherty001@att.net*

## CAREGIVER TOOLKIT

Free Caregiver Toolkits are now available through the Larimer County Office on Aging’s Family Caregiver Support Program. This kit includes a description of services and application form, a list of caregiver support groups, and general brochures regarding caregiving issues. Call the Office on Aging at 498-7758 for more information and a free copy.

## 50 Plus Marketplace News Crossword Puzzle

April 2013 • Larimer County  
Answers on page



- ACROSS**
- 1 Network
  - 4 Capital of Bhutan
  - 10 Ship’s company
  - 14 Monkey
  - 15 More niggardly
  - 16 Air (prefix)
  - 17 Seize
  - 19 Loiter
  - 20 Herb of the parsley family
  - 22 Free from gas
  - 24 Goad for driving cattle
  - 25 Adjusted pitch
  - 26 Every
  - 29 Stops
  - 32 Call to mind
  - 34 Cut ruthlessly
  - 36 Ocean
  - 38 Small particle
  - 40 Supporting ropes
  - 41 Debutante
  - 43 Father

- 45 Contrive
- 46 Metal
- 47 Paradise
- 49 Beige
- 50 Dweeb
- 51 Lustrous
- 53 Turbine blade
- 54 Not wet
- 55 Entreaty
- 57 Double
- 59 Gave food
- 61 Auricular
- 62 Reveal indiscreetly
- 64 Queen
- 68 Person who lies
- 71 Unite
- 72 Soft food for infants
- 74 Bangladesh
- 76 Remove by melting
- 78 Unit of magnetic induction
- 80 Stratum
- 81 Spool

- 82 Excite
- 83 Negative
- 84 Otherwise
- 85 Money put aside for the future
- 86 Unit of force

- DOWN**
- 1 Muslim messiah
  - 2 Fencing sword
  - 3 Monetary unit of Zaire
  - 4 Spread out for drying
  - 5 Dutch name of The Hague
  - 6 Relative by marriage
  - 7 Blend
  - 8 Peer
  - 9 Ill-fated
  - 10 Admonition
  - 11 Peruses
  - 12 Unit of energy
  - 13 Grievous distress
  - 18 Baby powder
  - 21 Single unit
  - 23 Glide on surface
  - 27 Tiny particles
  - 28 Stickled
  - 30 Muted
  - 31 Directing head
  - 33 7th letter of the Greek alphabet
  - 35 Stimulus
  - 36 Spendthrift
  - 37 Mimicry
  - 39 Bind with chains
  - 41 Decaffeinated
  - 42 Merited
  - 44 Besides
  - 46 Monetary unit of Bulgaria
  - 48 Australian acacia
  - 51 Become firm
  - 52 Gist
  - 56 Idlers
  - 58 Put down
  - 60 End
  - 63 Monetary unit of Thailand
  - 65 The heraldic color red
  - 66 Louse egg
  - 67 Legendary Greek hero
  - 69 Characterized by rain
  - 70 Small round shield
  - 72 Persian fairy
  - 73 Stop up a hole
  - 75 Sharp
  - 76 Part of verb to be
  - 77 Ten decibels
  - 78 23rd letter of the Hebrew alphabet
  - 79 Donkey

## SEASONS CLUB

### APRIL EVENTS

- 4** Denver Architecture Tour, Departs from McKee Conference Center
- 10** AARP Driver Safety Course, McKee Conference Center
- 10** Seasoned Singles, Loveland Museum
- 13** Loveland Community Health Fair, McKee Conference Center
- 19** The Reserve in Blackhawk, Departs from McKee Conference Center
- 22** Alzheimer’s Disease: The Basics, McKee Conference Center
- 22** Phase 10 Card Game, McKee Conference Center
- 25** National Archives Tour, Departs from McKee Conference Center
- 29** Welcome to Medicare, McKee Conference Center

Information of these events or **The Seasons Club**, call 635-4097.



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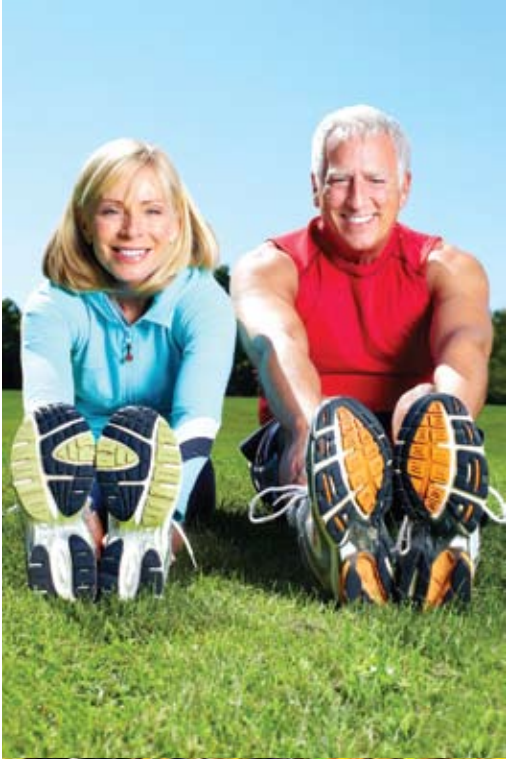
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