

Voters: Beware Ballot 'Collectors'

Loveland City Clerk Terry Andrews reports that City voters on two occasions in the past several days have said strangers had appeared at their doors to collect Loveland municipal election ballots.

The City does NOT employ anyone to collect ballots cast in Loveland municipal elections, including the one underway that gives voters the decision on whether a two-year moratorium should be placed on hydraulic fracturing within the City by the oil and gas industry.

Ballots must be returned by voters to the City Clerk's Office on the main floor of the Municipal Building, 500 E. Third St., or mailed to City Clerk, P.O. Box 1416, Loveland 80539-1416.

Anyone who is approached by someone who claims to be acting on the City's behalf should call the Loveland Police Department's non-emergency line at 667-2151.

For information about the current election, contact the City Clerk's Office at 962-2322.

Annual Centenarian Celebration

The Colorado Commission on Aging (CCOA) hosted their annual centenarian celebration on May 30 at the Mackenzie Place in Fort Collins. Eleven centenarians were presented certificate awards for achieving Colorado centenarian status.



Julia Bischoff



Maxine Bell



Gwedolyn Haponstall

each centenarian. A centenarian birthday cake was passed to the attendees and the above group photo was taken. The centenarians are seated with one standing in the back along with the

CCOA Executive Chair Ruth Long gave the introduction and thanked the sponsors for their support. In addition, Lynda Meyer, Manager of the Larimer County Office on Aging and Eva Jewell, Manager of the Weld County Area Agency on Aging gave presentations on "Aging Then and Now."

State legislative officials Joann Ginal and Vicki Marble also gave brief presentations.

A buffet lunch was provided for over 60 attendees including entertainment by Vic Anderson, a popular western singer and yodeler from Estes Park.

After lunch, the centenarian certificates were presented by CCOA members with a profile of

CCOA members and state officials.

The 11 centenarian are Maxine Bell 100 years, Julia Bischoff 101 years, Vera Bodle 103 yrs, Emma Endicott 101 years, Gwendolynn Haponstall 100 years, Alma Hunley 101 yrs, Dr. Carl Jorgensen 100 years, Oscar Land 100 years, Alice McKellar 100 years, Richard Tor-

Continued on page 10 ▶

SENIOR LAW DAY



Larimer County's Tenth Annual Senior Law Day is an annual event presented on August 2nd by the Elder Care Network of Northern Colorado. This event will assist seniors and their families with legal matters related to aging and planning. Attend educational workshops while socializing with other families, who are facing similar challenges. Meet legal professionals, receive one-on-one counseling through the "Ask an Attorney" table, and receive valuable reference materials. Don't miss this great opportunity to plan, learn, and ask questions! Your \$10.00 per person contribution includes lunch and helps support this and other outreach programs provided by Elder Care Network. Registration is required. Please see the four page insert for event details!

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July CALENDAR

**Cord Blood Awareness
Group B Strep Awareness
28 World Hepatitis Day**

Tuesday/1

Ron Stern presents: Secrets to Great Travel Photos. Chil-son Rec Center, 6-8 pm. Ronstertravel.com/ Global-gumshoe.com/

June 2-8

The annual Debbie Boose Memorial Tennis Tournament, Loveland H.S., 920 W. 29th St. Fund-raiser for Pathways Hospice. Entry \$40/person for 1 event and \$15 for 2nd event. Info: www.McKeeFoundation.com or visit usta.com/tennislink - Search #250023414

Wednesday/2

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

Friday/4

1st Friday every month, 6-9 pm. Art galleries & museums extend hours for self-guided gallery tours.

Monday/7

Civil War Roundtable. 1pm, Harmony Presbyterian Church, 400 E. Boardwalk, Ft Collins, Info: 970-225-2767.

Friday/11

Ron Stern presents: Fly Cheap, Stay Cheap, Travel Cheap. Front Range Community College, Fort Collins, 6-8 pm

Tuesday/15

Elder Care Network of Northern Colorado presents free monthly Education Series, Prepare To Care, A Planning Guide for Families. Helps families create a caregiving plan. 2803 E. Harmony Rd, 5 pm. Info: (970) 495-3442 or www.eldercarenet.org

Every Wednesday

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

Calendar sponsored by:

Law office of
William C. Beyers

Elder Law Q & A

Tips on Deciding Whether to Buy Long-Term Care Insurance, Part I

One of the most difficult decisions in long-term care planning is whether to purchase long-term care insurance (LTCI) and which of the wide variety of products to purchase.



Bill Beyers

On the one hand LTCI premiums are high, they may be raised in the future, and if you are purchasing policies in your 50s and 60s, the need is probably many decades in the future. On the other, many are saved by their LTCI, able to choose their own care setting rather than rely on what is

covered by Medicaid in their state, more comfortable hiring necessary help if doing so doesn't mean dipping in to their savings, and able to protect an inheritance for their children and grandchildren.

My next two articles look at a some tips that should help you make the decision whether to purchase LTCI and what products to consider:

Can you afford LTCI? Can you "self-insure"? There are a few rules of thumb that can help determine whether you are in the target market for LTCI. You need to have enough savings and income to afford the premiums but not so much that you can easily pay your costs of care. If you are a couple whose net worth is more than \$1 million but less than \$3 million, or a single person with half these

amounts, you are a candidate for LTCI. (Some LTCI brokers will tell you that there's no upper limit since even wealthy people may prefer to use LTCI rather than dip into their savings.) You could also look at this from the point of view of income. If you can pay the premiums without affecting your style of living or dipping into savings, then you can afford LTCI.

❖ *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 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*

Better Business Bureau

Road Trip! How to Get Ready

Whether it's a two-hour drive to visit the grand-kids or a week-long trip to view fall colors, nothing beats a road trip – provided all goes well.



Luanne Kadlub

To ensure your next road trip – even one planned at the spur of the moment – goes off without a hitch, Better Business Bureau® Serving Northern Colorado and Wyoming offers the following tips:

- Plan your route. If there's more than one route to your destination, decide which one makes more sense (or is most fun). Familiarize yourself with the landscape, potential for cone zones and weather

conditions.

- Routine maintenance. Take your car in to make sure it is safe to drive for long stretches. At the very least, check the car's fluid levels, air conditioner, wipers and tire pressure.
- Reservations. If planning for a long road trip, plot out your stops and make hotel reservations ahead of time.
- Don't advertise. When stopping, be it for a short rest stop or while at a store or restaurant, park where you can keep an eye on your car. Also, don't leave road maps in plain sight and don't post or check-in on social media unless you want the bad guys to know you're not home. At night, take everything in plain view with you into your hotel room.
- Emergencies. Write down important numbers you might need

during your trip, including those of family members, friends, towing companies and hotels. To check out businesses while on the road, use the BBB iPhone app or bbb.org.

- Safety kit. Be ready for the unexpected. A vehicle safety kit should include blankets, a flashlight with extra batteries, a radio, a first aid kit, jumper cables, nonperishable foods like granola bars and nuts and bottled water.

Start With Trust. For more consumer tips and information, visit bbb.org.

❖ *Luanne Kadlub, Communications Editor, BBB Serving Northern Colorado and Wyoming. 970-488-2044, Toll Free: 800-564-0370 Ext. 135, wynco.bbb.org Start With Trust®. 8020 S. County Road 5, Ste. 100, Fort Collins, CO 80528.*

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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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Le Jazz Club Plays Dixieland on the 4th!

Free admission all day long and live Dixieland Jazz by Le Jazz Band for the Fourth of July celebrations at the Global Village Museum of Arts and Cultures.

The public is invited to enjoy a variety of music by local musician Jim Bragonier/piano; Clark Chancellor/acoustic bass; Tom Bendon/drums; Lorna Floyd/clarinet; and Martin Limbird/trombone. "Cool Jazz" piano from 4-5 pm. Dixieland Jazz is featured during the 5-7 pm time slot, and if we are lucky the group will play on until 8 pm... before the fireworks display at City Park. Take the trolley... just down the street!

The Museum is open 11-9 pm Friday, July 4, at 200 West Mountain Ave. Visit all 4 galleries in air conditioned comfort. For more information visit: www.globalvillagemuseum.org or contact the Global Village Museum of Arts and Cultures at (970) 221-4600, or email info@globalvillagemuseum.org.



Promise Keepers Comes Home To Colorado

Two Day Event In Loveland At Promisekeepers.org

On Friday and Saturday, July 25-26, Promise Keepers Men's Ministry offers a two day event at Budweiser Events Center. Promise Keepers is a catalytic event for men, challenging and equipping them to embrace their calling to lead their families, churches, and communities in Christian worship.

Registration for Promise Keepers is \$89 for 1 adult, \$79 for a

group of 2 -9, \$69 for adults of 10 or more, Legacy Partners, and pastors, military, or students. Registration is available at promisekeepers.org or by calling 866-776-6473.



The event features the founder of Promise Keepers and University of Colorado's own Bill McCartney accompanied by other guests such as NFL great Miles McPherson, Mike Silva, comedian Brad Stine and more. A concert on Friday night features a performance by Big Daddy Weave.

Mental Health Is a Major Problem

Several staggering statistics on mental health include one in four American adults will have mental illness in their life, 30% of Coloradans need mental health or substance abuse care, and a high suicide rate in Colorado with about 20 people committing suicide per 100,000 population. Additionally, 506 people committed suicide in Larimer County last year.

The Mental Health Informational Forum holds bi-monthly classes at the Poudre River Public Library District in Fort Collins and supported by the Health District of Larimer County and Fort Collins Human Relations Commission. The June 10th class dis-

cussed the major issues and community resources on mental health in Northern Colorado. Speaker Lin Wilder (pictured here) discussed the current issues and challenges of mental health affecting millions of Americans.

Lin discussed the stigma and misinformation leading to mental health issues, difficulty in recognizing the symptoms, increasing community awareness through educational classes such as these, indentifying and treating mental health, fragmented care

by multiple agencies and mental health facilities, affordable treatment such as the Affordable Care Act (aka ACA), gaps in the continuum of care services such as detox centers within Larimer County, the need to provide better treatment and prescriptions to patients, and the increasing suicide rate.

There is NAMI (National Alliance on Mental Illness), a support group in Larimer and other counties across the United States to help people cope with mental health problems. There are several local professional organizations such as Touchstone Health Partners, Connections, Colorado 211, and Alliance for Suicide Prevention. Contact the Health District at 970-224-5209 for help with mental health issues.

The next class on mental health is August 12 and discusses suicide prevention. Visit the library's website at www.poudrelibraries.org for future mental health classes.

Lin Wilder is a licensed professional psychologist and Director of the Community Mental Health and Substance Abuse Partnership and a Director with the Health District of Larimer County.



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Pet Travel On a Budget

By Kim Salerno, *TripsWithPets.com*

Cabin fever is upon us so we are taking the time to make those fun vacation plans for the whole family, including our furry best friends. We're all keeping an eye on our finances these days and looking for ways to stretch our dollars. It can be a bit more challenging to make pet travel more economical when considering transportation and places to stay, so here are a few helpful hints for the budget-conscious.

Pet Friendly Transportation. Traveling in your own vehicle is obviously the most affordable way to go, and you don't even have to venture very far from home to find a



great vacation spot to save on both gas and time. Since we know how important it is to take the proper automobile safety precautions, go to our online store and make sure you have everything you need to keep your pet safe when traveling.

If traveling in your own vehicle (or a rental) is absolutely out of the question, unfortunately buses and trains do not allow you to bring your pet aboard. Get ready to fly the friendly skies in order to get to your destination with Fido. Most major airlines allow pets either carried on or checked for below-the-cabin travel. Cheapest options for flying are AirTran, Southwest, or JetBlue, Spirit, and US Airways. Delta and United come in with more pricey pet fare fees.

TripsWithPets.com is the #1 online resource for pet travel and features a directory of pet friendly hotels and accommodations across the United States and Canada, as well as airline & car rental pet policies; pet friendly restaurants, and events; and other pet travel resources.

Technology is Hip!

Creating New Organs Is Closer Than You Think!

I wrote an article last year about 3D printing and its benefits. 3D printers can now print plastic and metal parts effectively and efficiently. Currently, 3D printing uses computer generated printers to create jewelry and mechanical parts, and eventually human organs.



Bob Larson

The medical industry is reproducing human cells in laboratories to create skin, blood vessels, ears, and other living body parts using biopsies or stem cells. However, creating full organs is much more difficult.

The medical industry is now using sophisticated 3D printers to reproduce the components to make organs a reality. Scientists are already using these machines to print tiny strips of organ tissue. While printing whole human organs for surgical transplants is still years away, the technology is rapidly developing. This new concept is called bioprinting.

Bioprinting new organs have many benefits especially for drug or vaccine testing, organ transplants, and disease prevention. 3D bioprinters could someday produce much needed organs for transplants. About 20 people die each day waiting for an organ. Last year, a 2 year old girl in Illinois born without a trachea, received a replacement windpipe using her own stem cells. There are many similar stories using stem cells for other organs.

Organovo, a California start-up medical company, has been a leader in bioprinting human body parts for commercial purposes. Using cells from donated tissue or stem cells, Organovo is developing human livers for drug testing. Organovo has built models of human kidneys, bone, cartilage, muscle, blood vessels and lung tissue, but not for human use just yet. Organovo hopes to begin clinical trials in 5 to 10 years with FDA approval following. Thanks to technology, we may find organ replacements a reality within 20 years.

❖ *Bob Larson is a technologist. Email: Marketing@50plusmediasolutions.com*

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Hernia Information

Each year, hernias can affect at least 5 million Americans, yet only about 700 thousand seek treatment, according to the National Center for Health Statistics. Most people do not understand what a hernia is, what causes one, or the treatment options available.

A hernia occurs when parts of an organ (usually the intestines) protrudes through a weak point or tear in the thin muscular wall that holds the abdominal organs in place. People at risk of developing a hernia are typically those performing chronic lifting or activities that require straining. However, the various types and causes of hernias may occur in both males and females of literally any age.

Often there is no obvious cause as to why someone develops a hernia, but awareness of the common symptoms can help in diagnosing their occurrence. Identifying hernias in a timely manner is crucial. Left untreated, hernias can possibly lead to a strangulated intestine, gangrene, and even death. Common hernia symptoms include:

- Groin discomfort aggravated by bending
- A tender groin lump
- A non-tender bulge or lump in children

People should seek medical help whenever a hernia is suspected and evaluation when pain or discomfort persists. The treatment of a hernia is almost always surgery. During surgical hernia repair, the herniated segment can usually be placed back into the abdominal cavity through an incision and the muscle then stitched closed to repair the hernia.

Hernia repair procedures can be much less invasive than in the past and if using a "tension free repair" with a "patch" or "plug" patients usually walk out of the treatment facility within one to two hours. Because this technique reduces the pain associated with recovery, the vast majority of patients resume normal, everyday activities quickly, often within a day or two of surgery.

Because elderly people can have other complications or problems, one study suggests that early elective surgery can improve outcomes rather than waiting until the situation is an emergency.

Information obtained from Methodist McKinney Hospital & Pakistan study on hernia with the elderly. Patty Endres MA/CTRS, Garden Square at Westlake Assisted Living, Greeley, (970) 346-1222.



Elder Care Network's 10th Annual Senior Law Day

Saturday, August 2, 2014

8:00 am – 3:00 pm

Hilton Hotel,

425 W Prospect Rd., Fort Collins, Colorado

Register today! Call 970-495-3442 or online at www.eldercarenet.org.
A \$10 contribution per person covers lunch and four classes. Credit or debit cards are accepted.



Erin Conner



Jeff Arduino



Peter Scott

Schedule:

Morning

8:00 am Registration begins | coffee and tea available
(breakfast will not be served) | visit vendor booths

9:00 am 1st session

10:15 am 2nd session

11:15 am Lunch begins in Main Ballroom

Afternoon

12:30 pm 3rd session

1:45 pm 4th session

2:45 pm Conclusion of program.

Please pick up your 2014 Senior Law Day Handbook before leaving.

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Classes:

Estate Planning Overview

Highlights: overview of the estate planning process • documents typically included in an estate plan • differences between probate assets and non-probate assets • how to ensure your wishes are carried out • common mistakes to avoid Presenter: Rikke M. Liska, Procter and Calahan, LLC

Real Estate Issues in Estate Planning

Highlights: owning and transferring real property • beneficiary deeds • how mineral interests, out-of-state property and water rights impact your estate plan • quit claim deeds • trusts and business entities as part of estate plans Presenter: Joseph Findley, Kaufman & Findley, PC

Veterans Benefits & Long-Term Care Planning

Highlights: pension benefits for veterans or widow(er) of a veteran • non-service connected VA Aid and Attendance special pension benefit as part of planning for long-term care needs • how Medicaid and the Aid and Attendance special pension benefit can help pay for long-term care Presenter: Jan Lord, Law Office of C. Jan Lord, LLC

Tax Considerations for the Modest Estate

Highlights: overview of the differences between estate, gift, and income tax systems as they apply to estates and trusts • tax consequences that can be avoided through proper estate planning for the modest estate • other considerations for the modest estate Presenter: Peter Scott, Coan, Payton & Payne, LLC

Legal Issues of Family Relationships

Highlights: an overview of common family law issues affecting seniors today: marriage, divorce, remarriage and blended families, grandparents raising their grandchildren, and Colorado Civil Unions • alternative dispute resolution practices that can help avoid costly conflict and litigation Presenter: Dianne H. Peterson, Dianne H. Peterson, PC

Who is my Fiduciary & Why Should I Care?

Highlights: what it means to be a “fiduciary” • the responsibilities and obligations of various fiduciary roles including Personal Representative, Trustee, and Agents under Powers of Attorney • how to choose the right person to serve in fiduciary capacities Presenter: Amy Rosenberg, Peterson, Rosenberg, PLLC

Legal Issues of Medical Decision-Making.

Highlights: legal options for communicating your wishes and delegat-

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Classes:

ing authority regarding medical care in the event you cannot • benefits / limitations of a medical power of attorney • types of advance directives
 Presenter: Misty Bordeaux, Bordeaux and Boyes, LLC

bank accounts • common mistakes in planning for future decision making • the results of not planning
 Presenter: Erin Connor, Sutherland and Connor, LLC

Medicaid Long-Term Care Benefits.

Highlights: medical, income, and asset requirements for Medicaid Long-Term Care benefits • rules for married couples, including spousal income and resource protections and allowances • how gifting affects Medicaid eligibility and aspects of Medicaid estate recovery
 Presenter: Nancy Wallace, Wallace and Kling, PC

Power Against Fraud.

Scam Prevention & Remedies. Highlights: how scammers are very persuasive • the “Five Red Flags” to help you identify telephone, internet and E-mail scams so you can remain safe • remedies if you have fallen victim to a scam
 Presenter: Cary Johnson: Director, Crime Prevention, 1st District Attorney’s Office

Probate Administration in Colorado

Highlights: basics of the Colorado probate system • different ways estates are administered • paperwork and processes involved with each kind of estate administration • what happens when someone dies without a will • roles of a Personal Representative and attorney in estate administration
 Presenter: Kate E. Smith, Peterson, Rosenberg PLLC

Comparing Wills and Trusts

Highlights: the importance of wills and trusts in the estate planning process • how wills and trusts operate • how to decide which may be right for you • comparing the uses and characteristics of wills and trusts, and costs and pitfalls of each
 Presenter: Kristine L. Callahan, Procter and Callahan, LLC

Legal Considerations for Finances

Highlights: legal options in planning for a time when you may be unable to make decisions yourself • the role, benefits and limitations of a general power of attorney, conservatorships, and joint-ownership of

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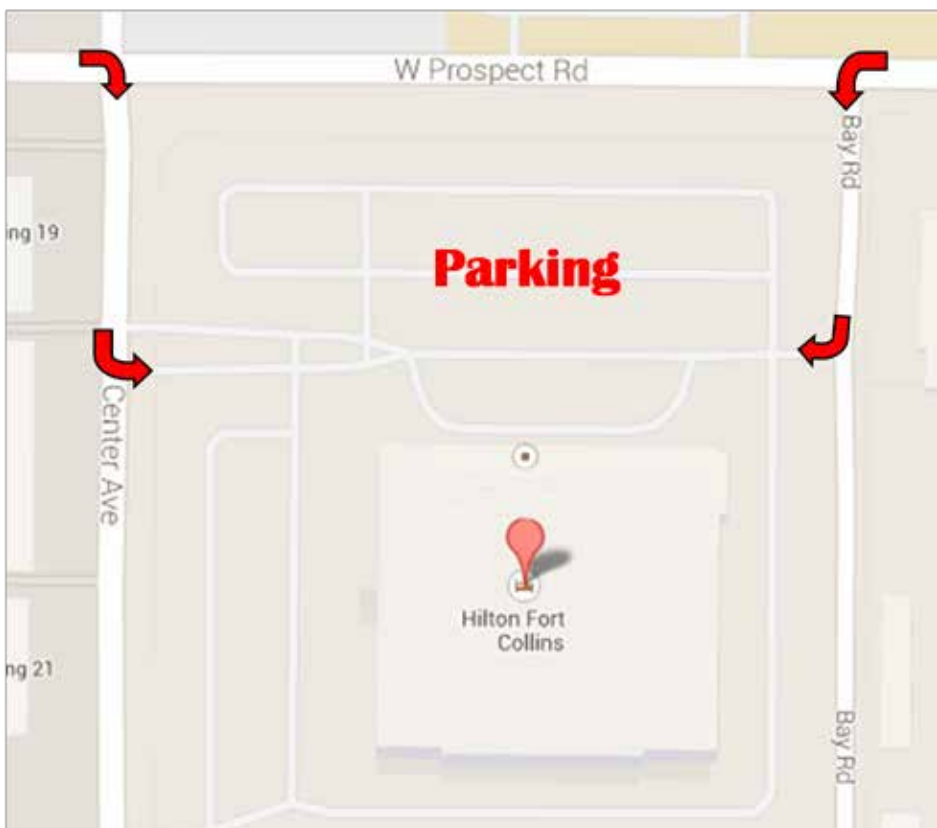
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Chasing Penguins In Antarctica. Bob Beavers' bucket list contained a desire to visit the seven continents. This past winter, he checked off 2 more continents: Antarctica and South America, Argentina & Uruguay. See slides of The Great White Desert, Antarctica's nickname, and, as he describes it, "beyond believable" scenery. See penguins, seals, whales, birds and icebergs while viewing his adventures, including crossing the Polar Circle and visiting research stations operated by Argentina and Ukraine. Tues, July 8, 5:30-7 pm, PVH Cafeteria Meeting Room F, Fort Collins

Be Prepared. Whether you're planning a short, day hike in the park or a longer excursion, it's important to come prepared, know what to bring, what to expect and who to contact if you encounter trouble. Weather can turn fast and furious, even in the summer, so knowing what to do can mean the difference between a wonderful trip or a terrifying one. Tues, July 15, 1-2 pm, Estes Park S.C., 200 Fourth St., Estes Park

Loveland 365. Local resident and photographer, John Giroux, shares his project of love. In 2009, John recruited friends and associates and set about creating Loveland 365, a

year-long project to highlight people, places and things that made Loveland America's Sweetheart City. All profits from the project were donated to local non-profits. Th, July 17, 2-3 pm, Chilson S.C., 700 E. 4th St., Loveland

The Conversation Project. 9 in 10 people feel it is important to talk about end-of-life issues with their loved ones. However, less than 3 in 10 have actually done so. Journalist, Ellen Goodman, developed a program to help people get this conversation started. Th, July 24, 2-3:30 pm, Greeley Medical Clinic, 1900 16th St., Greeley

Seeing The Forest Through The Trees. People and trees have a long history of interaction; from forest fires to water supplies, changing climate to log cabins, our history is entwined with our forests, yet most of us know little about the forest ecosystems right in our backyard. Learn the impact of recent fires, floods and bark beetles. Journey through our local forests, from the plains to tree line, over the last 1000 years with ecologists, Laurie Huckaby and José Negrón, from the US Forest Service Rocky Mountain Research Station. Th, July 31, 5-7 pm, PVH Cafeteria Meeting Room F, Fort Collins

Chilson Senior Center

970-962-2783

Call to learn how to register.

Sweetheart City. \$4/Free

Fitness Social. Remember When, Wed. 7/9, 11:30-12:45 pm. During the dog days of summer, get out of the heat and into the air conditioning. Bring lunch and have the root beer floats and "remember when...". Sugar free root beer & ice cream available. Free.

Tai Chi. Jaqui Gee, Fri. 7/11-8/29. Slow movements develop strong bones and equilibrium from a firm rooting of the feet. It stimulates the memory and generates a feeling of confidence. Beginning: 12-1pm. Continuing: 1:15-2:15pm. \$50/\$47.

Loveland 365. Th. 7/17, 2-3pm. In 2009, local John Giroux recruited friends & associates to create Loveland 365, a year-long project to highlight people, places, and things that make Loveland America's

Cheyenne Frontier Days. Tues. 7/22, 10-6:30pm. A fast paced display of athletics, and heroics. Explore the Midway and lunch at a concessionaires, on own, \$10-15. \$48/\$44.

Rockies Baseball. Wed. 7/23, 10:45-5:30pm. Opponent: Washington Senators! Lunch on own, \$10-15. \$36/\$32.

Colorado Shakespeare Festival! Tues. 7/29, 3:30-10pm. "The Merry Wives of Windsor"! Pursuing the amorous attentions of 2 married English ladies, pompous Falstaff doesn't let their mischievous pranking swerve him from his quest. One of Shakespeare's funniest and most popular plays! With a catered dinner on the CU campus included! \$79/\$75.



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Intently watching the video presentations are members of P4S.

Almost 100 In Attendance

Members of the Professionals For Seniors networking group dedicated to providing care to the adult senior community recently gathered at Good Samaritan Society-Fort Collins Village for an early morning breakfast, introductions, special programs and events announcements and conversations centered around how best to serve the senior community by way of products and services. Good-Sam hosted the get together.

Two very moving and inspira-



Behind the scenes of Professional for Seniors are (l-r) Sherri Shovlin, Theresa Honesto, Larie Hucke.

tional videos about the Fort Collins Village were shown to those in attendance. The morning event was enjoyable.

Plans are in the making for a July P4S gathering.

Plans are in the making for a July P4S gathering.

Centenarian ■ from page 1

res 100 years, and Irene Vanatta 103 years.

Wonderful centenarian stories included Maxine's first 8 school years were spent in a 1 room schoolhouse, but enjoyed it so much that she became a school teacher at the FDR1 School District for 20 years before retiring in 1979. After retiring, she attended the Senior Center in Fort Collins on a daily basis for over 20 years.

Julia attended school through the ninth grade, became a housewife with 3 children and many grandchildren, great grandchildren and 3 great-great-grandchildren, active in the Lutheran Church,

incredible home-maker, gardener, and seamstress. She has traveled all 50 states, plus the Caribbean, Portugal and Spain. Her secret to a long life is eating well, walking, and staying active.

Gwendolyn taught school for 2 years, then married and had 3 children, many grandchildren and great-grandchildren and one great-great-grandchild. She and her husband farmed in Colorado until they retired in the mid 1960s. Her secret to a long life is eating healthy, having a positive attitude and great genes, the love of her family, and living a faithful life through Christ.

Larimer County Office on Aging

Culture Change is Alive and Well in Larimer County

“Culture change” is the common name given to the national movement for the transformation of older adult services, based on person-directed values and practices where the voices of elders and those working with them are considered and respected. Core person-directed values are choice, dignity, respect, individuality and purposeful living. The Northern Colorado Culture Change Coalition (NCCCC) promotes a positive transformation of Long Term Care communities through forming a partnership with residents and care staff. Through the provision of educational trainings for consumers and professionals, the NCCCC envisions a Long Term Care commu-



Monica Becker

nity where all lives are enhanced through person centered care.

The NCCCC is offering upcoming free presentations at senior centers throughout Larimer County. This presentation is titled “How to navigate the current and future needs of the long term care community for your benefit.” The focus will be on various strategies to maintain independence and address how to make proactive decisions for your future regarding Assisted Living and Skilled Nursing communities. Discussion will be provided by a panel representing various perspectives from Long Term care. Please join us for this event at the following locations:

- Estes Park Senior Center, 220 Fourth St., September 16, 1pm
 - Fort Collins Senior Center, 1200 Raintree Dr., September 18, 1pm
 - Berthoud Community Center, 248 Welch Ave, October 23, 10am
- ❖ If interested in learning more about the culture change movement visit www.coculturechange.org

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Portable lightweight, great condition low \$ or perhaps free to a senior. call Bob @ 970-305-2146.

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Wanted

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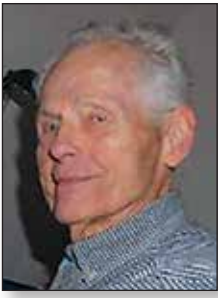
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Seniors Matter

A Challenge to Us All

Interesting words from Theodore Roosevelt that encourage risk taking: “to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy much nor suffer much because they live in that grey twilight that knows neither victory nor defeat.”



Earl E. Stevens

ously there is a lot of money behind these tactics. I suggest that as one ponders their messages and their urging you to vote a certain way, you would do well to remember the insight learned from the Watergate Investigation: Follow the money. When you learn who is supporting the issue, you may discover what their benefit would be.

To Drive or Not To Drive.

The “Ask Our Expert” (from AARP) says “Birthdays don’t cause unsafe driving. Health conditions do. . . observe his driving and look for signs that it’s no longer safe.” Check with the person’s doctor whether any medical conditions could be affecting his visions, his memory, or his reaction time. AARP has a free online program “We Need to Talk” which can be found at aarp.org/wntt

This program will help you get started.

A bit is wisdom from the Pueblo culture: “Cherish youth, but trust old age.” To my mind this acknowledges what many seniors can offer to our society.

Until next time . . .

❖ *I welcome comments, suggestion, & questions. Email me at robert@50plusmarketplaceneews.com.*

Bargain Shopping Days

SHOPSMART magazine reports that price reductions in clothing usually occur at T.J. Maxx and Marshalls on Wednesdays, and at Target on Tuesdays and Wednesdays. Online the best discounts for clothing tend to available on Thursdays. Oftentimes gas prices seem to be at their lowest on the weekends. These are probabilities, so check around.

Electioneering tactics

Primaries and elections are knocking - at our doors, windows, radios, TV’s, yard signs - seems there’s no way to escape the relentless chatter or is it clutter? And obvi-

Genealogy Rocks!

Ellis Island Passenger Records

To most people, Ellis Island is synonymous with immigration to America. Over 12 million immigrants to America passed through New York Harbor’s Ellis Island during its 60-year period of operation from 1892 until 1954. It was the busiest



Carol Stetser

immigration station in America; during its peak years in the early 1900s, approximately 5,000 to 10,000 people were processed each day. Nearly 40% of Americans today can trace their ancestry back to someone who passed through Ellis Island.

The entry process consisted of answering medical and legal questions to prove fitness for entry into the United States. About 80% were processed successfully in a matter of hours, but others could be detained for days and weeks. Some were returned to their ports of origin, thus giving rise to the island’s nickname, “Island of Tears.” The free website www.ellisland.org is a great starting point for

finding those ancestors. Passenger manifests and pictures of ships are also available at this site. The popular subscription website, www.ancestry.com, also has passenger manifests during the Ellis Island period. In addition, ships’ pictures can usually be found by googling the name of the ship.

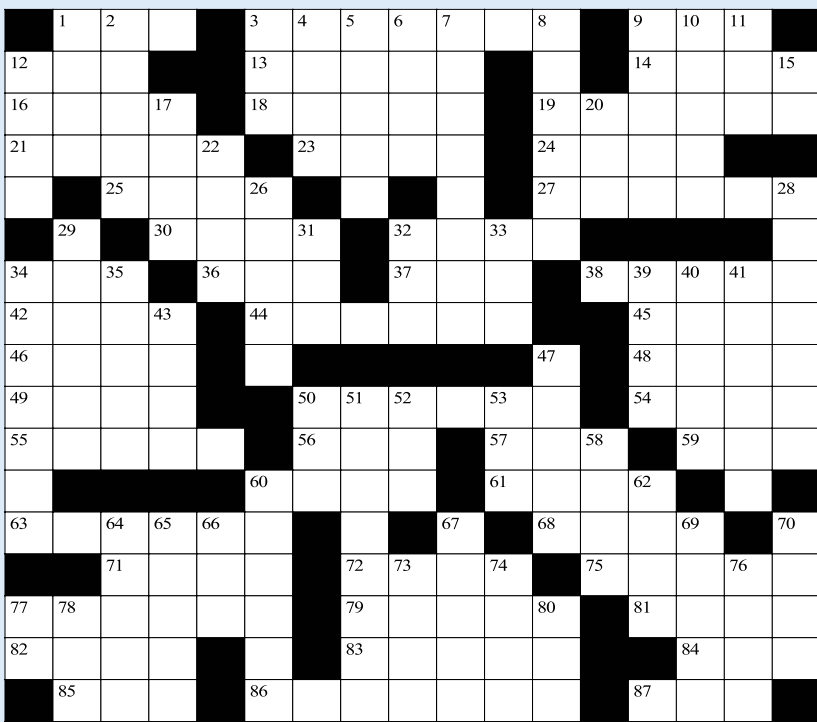
The New York Times published a daily column called “Shipping News,” which listed every ship arriving or departing from the harbor. These listings give a brief overview of a ship’s voyage, mentioning sightings of ice bergs and deaths on board. The columns cover the period from 1855 through the present. The New York Times can be accessed from home via the Denver Public Library website: <http://denverlibrary.org>. A library card is required, but cards are available at no cost.

❖ *Carol Stetser is our society’s researcher, instructor, speaker, and Old Town Library volunteer for the Larimer County Genealogical Society. Please visit our society website at www.lcgsc.org or our Facebook page at www.facebook.com/lcgsc to learn more about genealogy and our monthly events.*

50 Plus Marketplace News

Crossword Puzzle

July 2014 • Larimer County
Answers on page 8



- ACROSS**
- 1 Organ of hearing
 - 3 Danced the polka
 - 9 Monetary unit of Burma
 - 12 Monkey
 - 13 Boiling
 - 14 The villain in Othello
 - 16 Flat circular plate
 - 18 Distrust
 - 19 Regular customer
 - 21 Nut of an oak
 - 23 Fencing sword
 - 24 Atop
 - 25 Composition in verse
 - 27 Muscle
 - 30 Child’s bed
 - 32 Festive occasion
 - 34 Doze
 - 36 Lyric poem
 - 37 Gone by
 - 38 Soft palate
 - 42 Singles
 - 44 Rarely
 - 45 Coarse file
 - 46 Female horse
 - 48 Gull-like predatory bird

- 49 Indigo
- 50 French form of kick boxing
- 54 Web-footed aquatic bird
- 55 Loiter
- 56 Wood sorrel
- 57 Disposed
- 59 Become firm
- 60 Is indebted
- 61 Let sink
- 63 Transport
- 68 Metal
- 71 Intentions
- 72 South African river
- 75 Nerd
- 77 Among
- 79 Shady recess
- 81 Back of the neck
- 82 Noxious weed
- 83 Leg bone
- 84 Permit
- 85 Legendary emperor of China
- 86 Convex fluting
- 87 Exploit

DOWN

- 1 Heroic
- 2 Greek writer of fables
- 3 Cushion
- 4 Musical instrument
- 5 Magnifying glass used by jewelers
- 6 Ulcerated chilblain
- 7 Inseparable friend
- 8 Assign to a deputy
- 9 Metal spike used by mountaineers
- 10 Threads
- 11 Gone by
- 12 First man
- 15 Not off
- 17 Crocodile
- 20 Monkey
- 22 Emperor of Rome 54-68
- 26 Middle
- 28 Widespread
- 29 Tropical fruit
- 31 Honey insect
- 32 Craze
- 33 Male cat
- 34 Pertaining to nomads
- 35 Jeopardy
- 39 Formerly
- 40 Bodies of water
- 41 One who lends money at high interest
- 43 Exchange for money
- 47 Flower-part
- 50 Plant
- 51 Growing in clusters
- 52 Vessel or duct
- 53 23rd letter of the Hebrew alphabet
- 58 Bound
- 60 Bivalve mollusk
- 62 Mown grass
- 64 Monetary unit of Nigeria
- 65 Television
- 66 Printer’s measures
- 67 Jewish scholar
- 69 Trades
- 70 Encourage in wrongdoing
- 73 Parched
- 74 Cut of meat
- 76 Fencing sword
- 77 Near to
- 78 Month
- 80 Worthless piece of cloth

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.

Say You Saw It in
50 Plus Marketplace News

Questions, comments, local story ideas welcome

Submit to:
robert@50plusmarketplaceneews.com



Corpus Christi: The Sparkling City by the Sea

By Ron Stern, Travel Photojournalist

Corpus Christi is known for many things: beautiful stretches of white sand beaches, world class fishing and outdoor activities and mega attractions such as the Texas State Aquarium and USS Lexington.

The city is bordered by the Gulf of Mexico and the turquoise waters of Corpus Christi Bay with miles of gorgeous beaches along Mustang Island and Port Aransas (Port A) The week I visited they had a sandcastle festival called Sandfest on Port A with thousands of attendees enjoying the sunshine and

creative sandy sculptures.

The Texas State Aquarium is the #1 attraction in town and for good reason. They have top quality exhibits including humongous fish tanks with sharks and glowing jellyfish, an otter exhibit and a dolphin show, and that's just for starters

Standing guard over Corpus Christie Bay, the USS Lexington, also known as The Blue Ghost, is hard to miss. Having seen some of the biggest battles of World War II, this huge battleship is permanently anchored in the bay and available for touring. Veterans from all branches serve as volun-

teer guides and provide insights into what life was like aboard this large vessel with a flight deck that could accommodate three football fields. Take your time to see all of the areas open to tourists, including some impressive aircraft used during different air conflicts around the world.

This is my pick for the best way to see some of the sights along the



bay and it's quite a hoot as well! Tim, the owner, takes visitors on a fun two-wheeled tour of Corpus, including some little known stops where you can find, believe it or not, information

about our solar system and a moving memorial statue of the singer Selena, who resided in the area.

For more information visit Corpus Christi CVB, www.visitcorpuschristitx.org



Elder Care Network
of Northern Colorado

presents its Tenth Annual

Senior Law Day 2014

Elder Care Network's tenth annual event assists seniors and their families with legal matters related to aging and planning. Attend four classes per attendee.
(12 informational classes are available)

Saturday, August 2nd, 8:00 a.m. to 3:00 p.m.
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Sponsors will have booths to display many senior products and services.

\$10 contribution includes lunch, senior law day program, classes, and comprehensive resource guide.

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