

**50+ ADULTS 50 Plus Marketplace**



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

August 2017 • Volume 23 • Issue 8

**Larimer County Breaks Ground On New Loveland Campus**

Larimer County broke ground at the site of the new 46,000 sq. ft. Larimer County Loveland Campus. Construction began July 5th.

Situated at First Street and Denver Avenue in Loveland, the larger two-story facility will serve the growing needs of southern Larimer County citizens.

“We had some deficiencies in facilities in southern Larimer County and this new building will address those needs. What this facility represents is an opportunity for folks in south Larimer County to receive the same services as the folks in northern Larimer County,” said Larimer County Commissioner Tom Donnelly.

A 229 space parking lot will help speed up the time getting in and out of the facility enabling citizens to conduct business in a timely manner. “Having this new building in southern Larimer Coun-



ty will be very crucial to meeting the needs of our citizens. I want to say ‘thank you’ on behalf of the citizens of Larimer County,” said Loveland Mayor Cecil Gutierrez.

The new Loveland campus will replace a facility that had been outgrown and was no longer functional serving Larimer County citizens. The Clerk & Recorder, Health and

Environment, Human Services, Workforce Center, and Sheriff’s Office will occupy the new facility. Construction is planned for completion in 2018.

**Fun in the Sun and Mountains at Annual Family Festival**

For nearly four decades, the Rist Canyon Mountain Festival has capped off Labor Day Weekend with an awesome celebration of summer. But mind you, times have changed.

Since 1979, the Rist Canyon Volunteer Fire Department (RCVFD) has fired up its annual Mountain Festival, its major fundraiser and a rip-roaring day of family fun. In the early days, the legendary Festival offered a greased pig catch, black powder turkey shoot, goat roping, and chicken chases. Contests were held for log-splitting, nail-pounding, watermelon seed-spitting, bubble-gum blowing, and beer chugging (adults only).

The 2017 Festival is just as exciting with ‘updated’ activities and entertainment from 10 a.m. to 4 p.m. Sunday, Sept. 3. Held on a beautiful meadow cradled by mountains, the Festival features a gigantic book sale (thousands of books at great deals!), live music, gift basket auction, bake sale, arts and crafts booths, free ice cream,



plant sale, and food and drink vendors. Both admission and parking are free at the event across from RCVFD Fire Station 1, 11835 Rist Canyon Road.

Attractions for children include the climbing wall, bouncy house, pony rides, and barrel train. Also, education and demonstrations by Larimer County Sheriff’s Office, Larimer County Search & Rescue, Lifeline Helicopter, and the Rocky Mountain Raptor Program.

Live entertainment starts at 11 am with four bands and the ever-popular belly dancers. Organizations providing recreation and community information includes Rocky Mountain Flycasters, Overland Mountain Bike Club, Colorado State Forest Service, CSU Forestry Club, and Fort Collins Conservation District.

Funds raised from the Mountain Festival are vital for the financial operations of the all-volunteer,

100% donation-based fire department. RCVFD provides fire, medical, and emergency services to over 100 square miles. For more information, visit [rcvfd.org](http://rcvfd.org).

Tax-deductible donations can be sent to RCVFD Treasurer, PO Box 2, Bellvue, CO 80512 or made by PayPal or credit card at [www.RCVFD.org](http://www.RCVFD.org). RCVFD is also a participant in the Amazon Smile program.

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# AUGUST *Calendar*

## Senior Education Network

**Psoriasis Awareness Month**  
**National Water Quality Month**  
**National Eye Exam Month**

### Saturday/5

Elder Care Network presents 'Larimer Senior Law Day,' CSU Lory Student Center, 8-3 pm. \$10 donation. Register: (970) 495-3442 or [www.eldercarenet.org](http://www.eldercarenet.org)

### Tuesday/8

Alzheimer's Assoc presents 'Effective Communications Strategies,' free, MacKenzie Place, 4750 Pleasant Oak Dr. Fort Collins, 4-5:30 pm. Register: 800-272-3900.

### Tuesday/15

Fort Collins S.C. presents 'Maintain Mobility,' noon-1 pm. \$5 /person. Info & to Register: (970) 221-6644.

### Wednesday/16

Fort Collins S.C. presents 'Picnic in the Park' City park, 11 -1 pm. \$3 donation. Info & to register: (970) 221-6644.

### Friday/18

Fort Collins S.C. Summer Concert Series presents Liz Barnez, 7-9 pm. \$5/person. Info & to register: (970) 221-6644.

### Sunday/20

Fortified Collaborations hosts a bicycle-driven culinary adventure benefiting The Growing Project! 3 farms host a course. Register: <http://3forks.ezregister.com/> Info: [info@fortifiedcollaborations.com](mailto:info@fortifiedcollaborations.com)

### Tuesday/29

Good Samaritan Society, Fort Collins presents 'Aging Gracefully' by Kate Spruiell, Ability Home Health; 508 W. Trilby Rd. 5:30 pm. An interactive workshop on living life with an attitude of gratitude. Info: (970) 658-4284.

Annual SeniorCorps, RSVP Larimer County Impact & Awards Breakfast, Drake Center, 802 W. Drake, Ft Collins; 8-9:30am. Free, open to the public. RSVP by Aug. 15th at (970) 472-9630, or [Larimer@voacolorado.org](mailto:Larimer@voacolorado.org).

Calendar sponsored by:  
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At July's Senior Education Network meeting in Fort Collins, a panel comprised of three Colorado State University employees discussed the health and wellness of seniors. Manfred Diehl, distinguished professor and Aga Burzynska, Assistant Professor, both from the Human Development and Family Studies department, and Lisa Morgan, CSU dance instructor and movement specialist.

Professor Diehl gave a presentation on the public versus expert views on aging. The public view indicates negative, no intervention, and is irreversible of aging adults. However, the expert view indicates aging is 1) normal, lifelong, and cumulative, 2) can be distinct from disease, 3) challenged with opportunities, 4) exhibit strong social behavior, and 5) physical activity is important to living longer.

The majority of older adults don't engage in physical activity per a 2013 Center for Disease Control survey estimated at less than 10% of seniors engage in physical activity on a daily basis.

CSU did a five year study among adults with an average age of 64 years old of different groups. The survey comprised of an eight week training program designed to motivate adults using both educational and behavioral components. Each group had low control beliefs, poor goal planning skills, and different behavior components. After four weeks into the program, the groups exhibited positive views on aging.

Ms. Morgan works with an older Parkinson support group in Fort Collins. Her dance and movement program helps Parkinson patients with the path to higher healing, better communications, higher recovery, better self discovery, and understanding. The goal is to improve balance, build strength and



CSU Professors Burzynska & Diehl, and Lisa Morgan

confidence, improve well being, and interact together, which results in emotional engagement and social interaction. The results have been excellent using repetitive physical activity and better nutrition. Even many of the support group engages in outdoor activities such as horse riding, Nordic walking and skiing.

Professor Burzynska discussed her recent research on aging as a neuro-scientist. Her Brain Lab research included adults from 60 to 80 years old. She discovered her group after six months of daily physical activity had a different

brain scan pattern, which exhibited a higher behavior on positive aging.

Multiple studies indicated older adults doing daily physical activity live longer, have better fitness, less stress, and less mental decline. Also social activities like dancing or outdoor sports increase cognitive capabilities more so than physical activity.

She has received a new grant for a new two year research project on aging. The new project will include 60 to 80 year subjects on how physical activity affects cognitive ability.



Welcoming guests (l-r) Jacob Lapp, Leslie Knapp, Lynn Hayden-Ugarte, Jordan Bryson and Cindy Frick, Executive Director

### 5th Anniversary Celebration

Seven Lakes Memory Care in Loveland is an inviting community dedicated to serving the specialized care and support needs of individuals with Alzheimer's disease and other dementias.

Seven Lakes just recently celebrated its 5th Anniversary, serving the Loveland area. The celebration was marked by fun, food, prizes, refreshments and enjoyed by residents, families, friends, and staff.

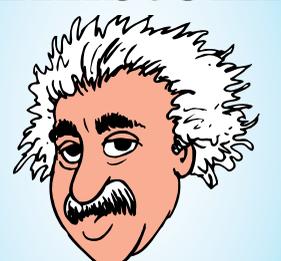
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50 Plus Marketplace News, Inc. encourages contributions from of articles, schedules and reported events. Articles and other written material under 250 words, emailed to sales@50plusmarketplaceneews.com. Faxes and hand-written materials are not accepted.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

#### 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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## Wings of Freedom Tour in Loveland

The Collings Foundation celebrated their 25th year with their Wings of Freedom Tour held at the Northern Colorado Regional Airport from July 14th to 16th. Over 2,500 visitors toured the exhibits and military aircraft during the three day tour. Many veterans, parents, and their kids enjoyed touring the aircraft.

The Collings Foundation is a non-profit, Educational Foundation (501c-3), founded in 1979. The Foundation's purpose is to organize and support "living history" events to enable Americans to learn more about our heritage. The Wings of Freedom Tour started in 1989 and travels to over 100 cities nationwide each year. The tour honors World War II veterans while displaying their restored WWII aircraft for the public and offering rides for a fee. The tour helps to preserve WWII his-



tory and keep the stories alive of those veterans and aircraft.

Beautifully restored, a Boeing B-17 Flying Fortress, Consolidated B-24 Liberator, and North American B-25 Mitchell bombers were on display including a P-51 Mustang fighter plane.

The B-24 Liberator is the only fully restored and flying aircraft. Interestingly, many veterans served on B-24s than any other aircraft. Even though over 18,000 Liberators were built, there are only 12 airplanes left for display and Collings has the only one still flying today, according to Jamie Mitchell, Flight Coordinator for

the Wings of Freedom Tour.

The aircraft require lots of maintenance to keep them in the air. Pilot and mechanic Mac McCauley said it takes about nine hours of maintenance for just one hour of flight time.

Even Rosie the Riveter made an appearance with photos taken of her with many veterans and other visitors.

For more photos of the tour event and military aircraft, please visit our Facebook page at [www.facebook.com/50plusnews](http://www.facebook.com/50plusnews). Thanks to Collings Foundation staff for providing 50 Plus with WWII aircraft history.

## Elder Law Q & A

**Q:** A Can I Take My Mother Out of a Nursing Home Over the Objections of Her Agent Under a POA?

My eldest brother, who is my mother's agent under a power of attorney, has put my mom in a nursing home. She does not want to be there -- she wants to live with me. Can I take her out of the nursing home?



**Bill Beyers**

**A:** Yes, at least in theory. As a practical matter, the question has to do

with your mother's competency. By granting a power of attorney to your brother, your mother did not give away her rights. Furthermore, if it's only a financial or general legal power of attorney, rather than one for health care, the power of attorney has nothing to do with decisions about where to live. Of course, your brother still holds the purse strings and has a lot of power over other decisions. Further, each of you acting in separate directions can be very disruptive. While your brother has no legal power over your mother, it would probably be better to find another approach other than acting unilaterally. We

often recommend hiring a geriatric care manager who can help with assessing your mother's capacity, determining where it's safe for her to live, and mediating among family members.

❖ *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 7 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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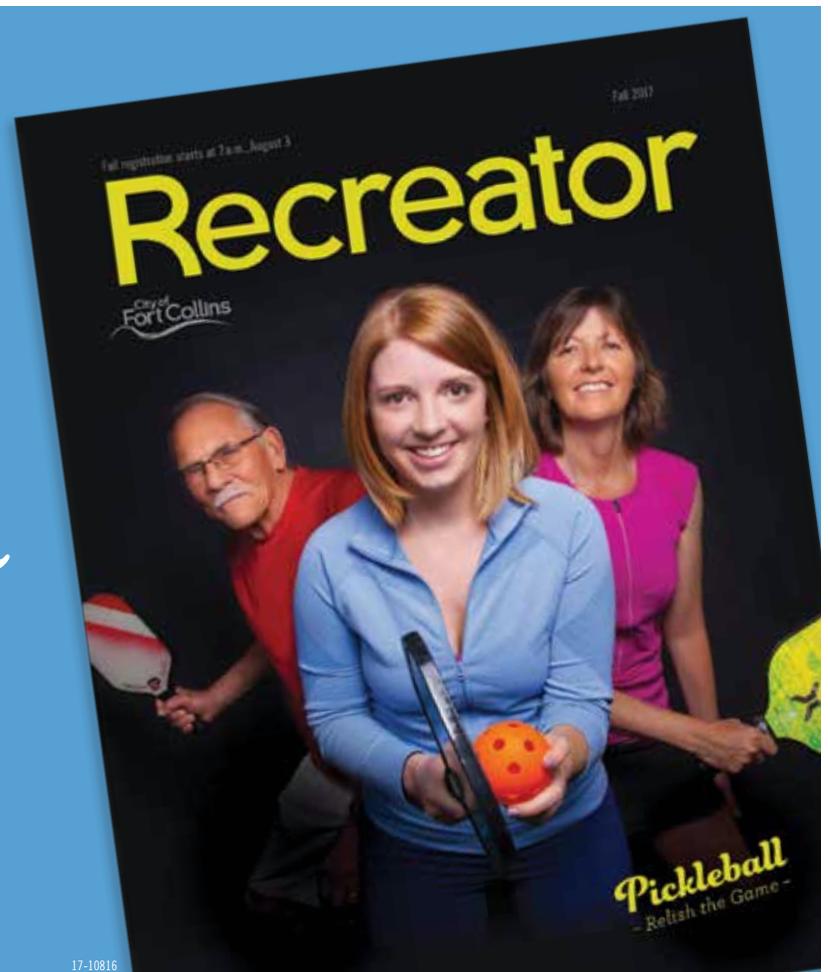
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## Good Samaritan Society Receives National Awards

The Good Samaritan Society Fort Collins Village received two prestigious awards from its National Campus at its annual conference in Sioux Falls, S.D. in June. The company owns 230 senior living facilities in 24 states.

The Fort Collins Village located at 508 W. Trilby Road was one of only 10 locations to be honored for both customer and employee engagement meaning clients and staff are both highly satisfied and actively involved at this location.

The second award acknowledged the Fort Collins Village as the premier location in its entire region (a 4-state area) for demonstrating excellence in its business

line in 2016. Only nine Society facilities in the country earned this achievement.



Administrator Fred Pitzl

“This is a validation of the effort our staff puts in every day,” said Administrator Fred Pitzl. “Our goal is to create an environment where people are loved, valued, and at peace; the caring way our staff works together is an indication of that.”

The Good Samaritan Society Fort Collins Village offers Independent and Assisted Living apartments, as well as long-term Skilled Nursing Care and short-term Rehabilitation and Therapy services. Call 970-226-4909 for more information or to schedule a tour.

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*Alison Ford*  
Shift Manager/New Mercer Commons

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### Better Business Bureau

#### Beware of Fake Friend Requests

Have you ever checked your Facebook profile and seen a friend request from a close friend or family member and since you trust this person, you click accept without a second thought?

The scam works like this: A scammer will copy their victim's profile photo, their victim's name, and any other information they can collect and will create a duplicate Facebook account and send friend requests to their victim's entire list. After this, they will block their victim, leaving this person unaware of any fraudulent activity.

Once the scammer has created the fake account and begun growing a list of friends, there are several scams they may impose.

- **Steal Information:** Once you have accepted a new friend request, your privacy settings are most likely no longer helping you. This fraudulent account now has access to all private information, photos and anything else you share on your profile. They may use this information to carry out more serious forms of identity theft.
- **Spam:** Scammers may use this fraudulent account to share links that may send you to unsafe sites, steal your information, or infect your computer or device with malware.
- **Emergency Sams:** The scammer may contact your friends saying you are in trouble and are in need of money. Usually the request is to wire transfer the funds.
- **First check any friend request to see if you are already friends with that person.**
- **If you receive a friend request, check the profile's photos and friends list. Fake profiles are often shells and will have minimal content including few friends and almost no photos beyond the profile and cover photo.**
- **Be careful with any message sent from a new friend you weren't expecting and from profiles you aren't friends with that end up in Facebook's "Other" inbox. They can often contain links to malware or phishing sites.**
- **Practice general good social media security. Use a unique, strong password, enable two-factor authentication, review your privacy settings regularly, and check which apps you have given access to your profile.**

BBB advises to follow these steps to help protect yourself from this scam.

If you are a victim of this type of scam, it is important to report the issue to Facebook as soon as possible. Also, be sure to alert your friends of the account hack and report the incident to BBB Scam Tracker, [bbb.org/scamtracker](http://bbb.org/scamtracker).

Start with Trust® For more tips and information, visit [bbb.org](http://bbb.org).

❖ *Shelley Polansky, VP/Marketing, Communications & Outreach*

# Mosquitoes Test Positive For West Nile Virus in Fort Collins

Mosquitoes in Fort Collins have tested positive for West Nile virus (WNV) for the first time this season. Mosquito traps in the northeast and southeast section of town revealed Culex mosquitoes infected with the disease.

The vector index, or measure of infected mosquitoes, is 0.203 in the NE zone and 0.004 in the NE zone. Before the City will consider adult mosquito spraying the vector index must be 0.75 in any of the four zones and there must be two confirmed human cases per week or more than one positive human blood donor per season. The County has a lower threshold for action and may initiate an application earlier per the Director of the Health and Environment Department's recommendation.

WNV is a disease that is transmitted to humans by mosquitoes. The symptoms of West Nile range from none to very serious. With the presence of the disease, residents are encouraged to protect themselves using the Four D's: Drain, Dress, Defend, and avoid outdoor activities Dusk through dawn.

**1. Drain.** Mosquitoes breed in water! Drain any standing water in your yard each week. Bird baths, clogged gutters and kiddie pools are common breeding sites.

**2. Dress.** Wear lightweight, long-sleeved shirts and long pants while outdoors. Spray clothing with insect repellent since mosquitoes may bite through clothing.

**3. Defend.** Apply insect repellent sparingly to exposed skin. Use an approved repellent according to its label. To find the repellent that is right for you visit [cfpub.epa.gov/oppreff/insect/#searchform](http://cfpub.epa.gov/oppreff/insect/#searchform).

**4. Dusk/Dawn.** Limit time spent outdoors at dusk through dawn, when mosquitoes are most active and feeding.

While there are no guarantees that you will not get WNV, using the Four D's helps minimize the risk. To learn more about WNV and how to protect your family visit [fcgov.com/westnile](http://fcgov.com/westnile).

## Reverse Mortgage

### Extend Retirement Funds

Many financial planners are now advising their clients to get a reverse mortgage as soon as they are able (when one spouse is 62) for several reasons. First, it eliminates your mortgage payment, although property taxes and insurance must continue to be paid. This frees up money which may be used for any purpose including savings, or investment.



**Jim Doyle**

Second, by using the often substantial reverse mortgage proceeds, taking social security benefits can be delayed to the age of 70. This increases that monthly check by 76% over what would be received at 62 years old, according to Forbes magazine.

Third, having a reverse mortgage in place allows you to have a backup plan if the stock market falters which eliminates "sequence of returns" risk. You can forgo withdrawals from your stock portfolio allowing it to recover.

Fourth, when rates are low as

they are now, a person in his/her 60s can access about 50% of the home's equity (the older you are the more you can access). Any money not drawn out becomes a line of credit on which you do not pay interest, but which grows at about 5% a year. This provides a "safety net" of ready cash should a need arise in the future.

Whether you are in your 60s or your 90s, a reverse mortgage is an excellent financial tool and can benefit you by adding to your financial stability. It is government insured, and is a non-recourse loan, meaning that no debt is passed along to your estate or your heirs. You are the only one who will own the home (the lender does not go on title), and you may will the property to your heirs.

Contact your local Reverse Mortgage Specialist to learn more about how a reverse mortgage may help your portfolio and provide for longevity.

❖ *Jim Doyle, Reverse Mortgage Specialist, NMLS #335659. Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994. [JimDoyle@SilverLeafMortgages.com](mailto:JimDoyle@SilverLeafMortgages.com), NMLS# 1394377.*

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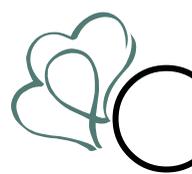
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## In Search of Harmony...

**Book Release Reception**  
**Sunday, August 6 • 2 — 5 pm**  
**Harmony School Gymnasium**

2112 E Harmony Rd, Ft Collins, CO 80528

*In Search of Harmony* provides a window to Colorado's Harmony Community. The 344 page anthology includes black and white photos and stories by pioneer families. The partner book contains 213 family trees.

- Illustrations by Shawna McKenna
- Cover photo courtesy of Barb & Keith Shader

Signed copies available for purchase.

Info: Lois 970-988-0563 or [rmpeltz@me.com](mailto:rmpeltz@me.com)

## Book 'Takes You Back' To Harmony

Curious about the Harmony Community, south of Fort Collins? Forth generation Coloradan, Lois Williamson Peltz, has completed a lengthy journey "back to Harmony." Photographs, memories, and legends have been collected to share the rural community that was. Her search has resulted in two recently published books: *In Search of Harmony . . .* an anthology and *In Search of Harmony . . .* family trees.



community of pioneers. Community members lived in west Timnath, south Fossil Creek, north Fossil Creek, north Loveland, and Harmony.

At its best, the Harmony Community boasted a progressive school, railroad station, much-needed stockyard, grain elevator and beet dump, a peaceful cemetery, and its own general store and repair shops. Churches in nearby Fossil Creek, Timnath, Windsor, Loveland and Fort Collins welcomed neighboring Harmony residents.

*In Search of Harmony . . .* an anthology is not your "typical" history book. Readers will find facts, folklore and families. The anthology is written as the history residents personally experienced; it is the history residents know from listening to their ancestors.

A book release and reception is planned and open to the public in the Harmony School gym, 2112 E. Harmony Road Fort Collins, CO on Sunday afternoon, August 6, from 2:00 -5:00pm. Contributors will be available to share their stories. Those interested will be able to purchase signed copies of the books at the reception and avoid shipping and handling.

Harmony never was a town or a city—Harmony developed as a loosely defined but tightly knit

For additional information, call 970-988-0563 or email [rmpeltz@me.com](mailto:rmpeltz@me.com)

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**Josh Weller**

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You should also call us to schedule an appointment if you wish to apply for certain family benefits, including those for surviving spouses and children, divorced spouses and dependent children, and parents of beneficiaries.

After you've applied for benefits — whether online, by phone, or in person — you can securely and quickly check the status of a pending claim through your online my Social Security account. If you haven't created your account yet, you can do so today by visiting [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

You can also use my Social Security to view estimates of how much you would receive in retirement benefits and potential disability benefits and how much your loved ones could receive in family or survivor benefits.

We're with you throughout life's journey, from applying for your first job to receiving your first retirement payment.

To learn more about our programs and online services, please visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

♦ *Josh Weller, Social Security Public Affairs Specialist in Denver, CO*



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# A Fabulous Rhine River Getaway



service! The Vidar has a maximum capacity of 190 passengers, which

Amsterdam to Basel with impeccable, personalized service, Viking River Cruises' Longships are floating luxury hotels offering all the amenities and service of a five-star resort. Our seven-day itinerary traversed four countries from Amsterdam to Basel and featured the cities of Kinderdijk, Cologne, Koblenz, Rudesheim, Heidelberg, Speyer, Strasbourg, and Breisach.

If you decide to extend your stay, the Doubletree by Hilton is perfectly situated close to the Amsterdam Centraal train and tram station. From here, you can ex-

plore the Museum Quarter, Anne Frank House, shopping areas, restaurants, and pubs as well as 100 kilometers of interconnected canals.

Our Veranda Stateroom was surprisingly spacious (205 sq. ft.), bright, and modern with two beds, floor to ceiling sliding glass doors opening to a veranda, and many amenities.

We were greeted by two staff members, who already knew our names, at the pre-sailing lunch on Aquavit Terrace. This is one of the great things about Viking—the

evokes an intimate river cruising experience. The international crew really goes out of their way to make you feel at home, doing their best to satisfy any request.

The Vidar also has a library, internet computers, coffee and tea stations, and an onboard concierge service. Breakfast, lunch, and dinner are served in the ship's restaurant although you can opt for a bar-style menu in the Aquavit Terrace.

Guests can choose from a daily selection of entrees or pick something off the always available menu.

Some of the sights you will see on this cruise including the windmills at Kinderdijk, the Dom Cathedral in Cologne, Marksburg Castle outside of Koblenz, Heidelberg Castle, and Notre Dame in Strasbourg, France, and The Black Forest by coach from Breisach.

❖ *Ron Stern, Travel Photojournalist, visit [www.globalgumshoe.com](http://www.globalgumshoe.com) for more about Ron. FTC Disclosure: This was a sponsored visit, however, all opinions herein are the authors.*

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**Enjoy The Flowers!**

Colorado State's Annual Flower Trial Garden, 1401 Remington St., Fort Collins is a lovely place to stop for few moments or even longer. Take in the beauty of the various flowers. Garden maintenance is performed by students who attend the University. Larimer County Master Garden volunteers help with the planting of in excess of 1,000 varieties of flowers each year. Stop by!

**Technology is Hip!**

**Self-Healing Concrete**

Concrete has been used for several millennium since the Romans built the famous Coliseum. It's considered the most popular building



**Bob Larson**

material in the world. However many of the world's bridges and highways are literally falling apart. A typical bridge lasts 50 years. Today the average age of U.S. bridges is 42 years. One-quarter of all U.S. bridges are either structurally deficient or functionally obsolete last year by the U.S. Department of Transportation.

Self healing concrete is coming to the rescue! Several methods of concrete healing are being tested worldwide. One method in the U.S. uses microfibers, while other methods in Europe use bacteria. Both methods seem viable and time will tell if either method is successful.

Victor Li, a civil and environmental engineering professor at

the University of Michigan, invented a new kind of concrete that hardly ever cracks and can bend too. It can repair itself and reduce the cost of maintaining bridges and roads. When the microfiber composite is stressed, it bends without fracturing. If it does crack, the cracks tend to be less than a human hair. These tiny cracks have the ability to heal themselves.

Dutch microbiologist Henk Jonkers with the Delft University of Technology in the Netherlands, created self-healing concrete using capsules of limestone-producing bacteria. When the concrete cracks, air and moisture trigger the bacteria to begin sealing off the cracks. The bacteria can lie dormant for as long as 200 years, well beyond the lifespan of most modern buildings. Either method costs about three times that of normal concrete, but is estimated to last forever, thus lowering the overall maintenance costs. This is another great use of technology in improving life on our planet.

❖ *Bob Larson is a technologist and our Marketing Director at 50 Plus.*

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## Health & Wellness

### Don't Let Age Drag You Down

So many changes occur as we age. It's easy to fall into the trap of concentrating on all the negative aspects: low energy, aches, forgetfulness, no sense of purpose. But, as we move into older adulthood, there are many changes that are positive – and not just the senior discount!



**Diane Horak**

We have been given the gift of time. Time is a very precious commodity and if you are not sure what to do with extra time, take a look around at all the wonderful things this community has to offer. I'm partial to the Senior Center for an array of social, mental, physical, and entertaining activities. You could also head outdoors to a park for a picnic or go west to take in some mountain scenery. Just getting into nature has been shown to reduce stress

and increase positive thoughts.

Take time to move your body every day. Even if you have limitations, do what you can. Also, eat right – you know when you are and when you aren't! The worse you feel physically, the less likely you are to want to be social. When you become less social, your chances of depression increase. When you feel depressed, you don't want to get up and move. It's a vicious cycle to break. Who knows – the best may still be yet to come!

A great way to engage and receive guidance to become a superstar in the aging process is to join our Aging Mastery Program. This 10 week session covers a different topic each week and is taught by various local experts. Our next session begins September 12. Register at [fcgov.com/recreator](http://fcgov.com/recreator) or call 970-221-6644.

❖ *Diane Horak, Health & Wellness Coordinator, Fort Collins Senior Center. [fcgov.com/health-wellness](http://fcgov.com/health-wellness) for information and resources.*

## Genealogy Rocks!

### Citing Sources

Citing genealogy sources is similar to eating five fruits and vegetables a day. We all know we should, but most of us fall short of the goal. While eating fruits and veggies is crucial to our physical health, citing sources is just as crucial to our genealogy research.



**Carol Stetser**

One of the main reasons to cite sources is to check the information for validity. Many of us find great family trees online that answer lots of our genealogical questions, only to realize that the trees are essentially worthless because no sources are given. For example, I found a tree that showed my family as descended from Christopher Martin, who arrived on the Mayflower. I was thrilled, but no sources were listed, so I did some research and found that Christopher Martin

had no surviving children, thus sinking my Mayflower hopes.

Another good reason to cite sources is to revisit earlier research. Beginners think they'll never need to revisit earlier research or if they do, they'll always remember where they found the information. From personal experience, the piece of info that you didn't record the source is precisely the one you'll need, and you *won't* remember where you found it!

Citing sources isn't that difficult; it's very similar to what most of us learned in school when we wrote research papers. Although there are several different formats, the best reference is Elizabeth Shown Mills' book Evidence Explained: Citing History Sources from Artifacts to Cyberspace, and is available at bookstores or local libraries. ❖ *Carol Stetser is an instructor, speaker, volunteer, and researcher for Larimer County Genealogical Society. Visit [www.lcgsc.org](http://www.lcgsc.org) or [www.facebook.com/lcgsc](http://www.facebook.com/lcgsc) for more info and events.*

## Larimer County Office on Aging

### Help at Home

The Larimer County Office on Aging (LCOA) provides voucher programs to assist seniors in need with extra help to remain in their homes. The LCOA understands the importance of remaining at home, and wants to assist seniors to age in place in every way possible. The In-Home Service Voucher currently assists over 100 Larimer County older adults.

The program provides assistance with ordinary housework and personal care services for adults age 60 and over, who live in Larimer County. The program targets low income older adults who have physical and/or cognitive limitations. Some examples of ordinary housework tasks provided with this voucher include: vacuuming, mopping, and laundry services. Depending on an individual's needs, this program may also be able to provide assistance with showering or bathing.

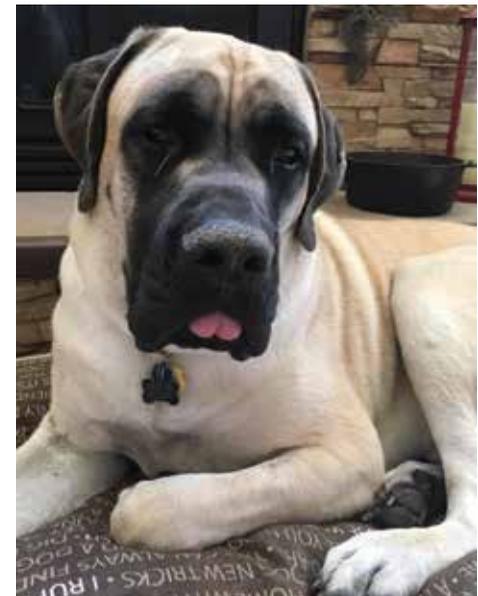


**Eliza Piesman**

The LCOA partners with five home health care agencies to help

make this program possible. These five agencies include: Homewatch Caregivers Inc., InnovAge Home Care North, Seniors Helping Seniors of Northern Colorado, Right at Home and ColoradoVNA. Individuals eligible for services can choose the agency they prefer to assist them with their housework and/or personal care needs.

When housework or personal care becomes overwhelming, and you are struggling to afford the necessary care, this program may be able to provide support. If interested in the program, please call the LCOA at (970) 498-7750. A staff member will be happy to visit with you and review the options for you or your loved one to receive the necessary support to remain as independent as possible.



Hi! My name is Dexter Harlow. I am a 17 month old English Mastiff puppy. My mom's name is Sarah and she almost sent me to the pound last week. She did not like my behavior. Then she woke me from my nap and changed her mind.



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## Chilson Senior Center

970-962-2783

**Senior Dances.** Mon, 7/10 & 7/24, 7-10pm. Live music by "Just Us" on 7/10, with 'Pot-Luck'. Tom Allen on 7/24. All ages welcome! Cash at the door: \$4/\$3.50.

**White Fence Farm.** Thu, 8/24, 3-8pm, sign up by 8/18. The original location, for fried chicken, side dish selections, beverage, & dessert – included in the fee. Explore the beautiful grounds & attractions, including the OK Corral petting zoo, live entertainment, Granny's Old Time Fudge Shop & the Americana Barn Gift Shop. Age: 18+ \$45/\$41.

**Hildebrand Ranch.** Chatfield Botanical Gardens, Thu, 8/17, 9-3 pm, sign up by 8/11. In the early 1860s, pioneering settlers built a log cabin at this site next to Deer Creek. The ranch includes a schoolhouse; granary, icehouse, dairy barn, wood shop, and a fully functional blacksmith shed. We will have lunch at Merle's of Littleton. Age 18+ Fee: \$31 w/SAC \$27

**Yesteryear Farm Show.** Fri, 8/25, 2-7:30pm, sign up by 8/20. See antique farm equipment in action and an antique tractor parade. Tour the Dougherty Museum with antique automobiles, including a

1902 Mobile Steamer owned by Boulder pioneer Andrew J. Macky. \$34/\$30.

**Mardi Gras Casino.** Tue, 8/8 & 8/29, 8:25-5pm. Join the Ft Collins S.C. for a trip to the Mardi Gras Casino. Depart from Chilson, age: 21+ \$10/\$8.

**Travel Training.** Tue, 8/15, 10-3:30pm, sign up by 8/8. Learn how to read the bus schedule, plan a trip and see how new transit rider tools make riding easier than ever. Includes riding COLT & Flex buses to Fort Collins and continuing on the MAX bus with a stop for lunch at Austin's, includes lunch, non-alcoholic drink & tip. Must be able to walk long distances independently. \$15.

**Meditation for Brain Health.** Thu, 8/17, 2-3pm. Learn memory games, strategies and meditation techniques to help improve and sharpen your memory. Taught by Patti Welfare of UCHealth Aspen Club. \$4/Free.

**B-I-N-G-O.** Fri, 8/14, 1:30-3:30pm- With refreshments, winners receive fun gifts! Sign up at the Senior Center front desk or call. Free.

## The Price Is Right Live™ Returns in December

The Budweiser Events Center will play host to The Price is Right Live™ stage show on Tuesday, Dec. 5, 2017 at 7 p.m. Tickets are on sale and can be purchased in person at the Budweiser Events Center Box Office, by phone at 877-544-8499 or online at BudweiserEventsCenter.com.

The Price is Right Live™ is the hit interactive stage show that gives the eligible individuals the chance to "Come On Down" and play classic games from television's longest running and most popular game show. Contestants can win cash, appliances, vacations and possibly even a new car by playing favorites like Plinko™, Cliffhangers™, The Big Wheel™ and the fabulous Showcase.

Playing to near sold out audiences for more than ten years, The Price is Right Live™ has given away over 12 million dollars in cash

and prizes to lucky audience members all across North America.

The Price is Right™ is the longest running game show in television history and loved by generations of viewers. This on-stage travelling version gives fans the chance to experience the same fun and winning excitement up close and in-person.

The Price is Right™ is produced by FremantleMedia North America and licensed by FremantleMedia.

\*Additional purchase not required for the contestant registration. Open to legal US residents, 18 years or older. Ticket purchase will not increase chances of being selected to play. For complete rules & regulations, including eligibility requirements, visit or call the venue box office. To enter the venue to watch the show, a ticket purchase is required.

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## TRADING POST

### Wanted

**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.

### For Sale

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### General

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email: **robert@50plusmarketplace.com**

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True story of my tour of duty in WWII about 15 young, black soldiers assigned suicide duty. Must read. Order at Barnes/Noble, Tattered Cover and Amazon.com. Available to speak at private functions and book signings. Call Henry 303-452-0772.



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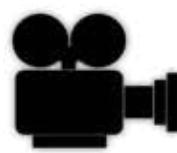


every Sunday morning from 8 to 8:30am

\*Senior Soul Care is a 501c3 Non-profit organization. Please support the ministry by logging on to: [www.seniorsoulcare.com](http://www.seniorsoulcare.com) and click on the PayPal Button. Donations are Tax Deductible!

For more information about Senior Soul Care contact Mark at 970-217-8378 or email at [seniorsoulcare@gmail.com](mailto:seniorsoulcare@gmail.com)

## 50 Plus Social Media Videos



### August Video Schedule

Enjoy our educational & informational weekly videos presented by our monthly columnists.

View our columnist's videos at [www.50plus.news/videos](http://www.50plus.news/videos) or [www.facebook.com/50plusnews](http://www.facebook.com/50plusnews).

August 7: Gerontology on Taking Care of Loved Ones  
August 14: New Features on Social Security Website  
August 21: Elder Law on Medicaid: Truth or Fiction  
August 28: Larimer Office on Aging: In Home Services

More videos coming in September!

## Trading Post ORDER FORM

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| <input type="checkbox"/> October   | 9/10/2017  |
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## 2016 Annual Report Highlights Successes in Conservation, Recreation

Larimer County Dept. of Natural Resources has released its 2016 Annual Report, a reporting commitment to Larimer County citizens through the Help Preserve Open Spaces sales tax.

The 12-page report features successes in conservation and recreation across Larimer County last year. Highlights from the report are featured in the following areas:

**Conservation:** The Dept. of Natural Resources acquired a 211-acre farm southwest of Berthoud and its water rights, worked with Colorado Parks and Wildlife to save Colorado's State Fish and curbed the spread of a new "List A" noxious weed called hairy willow-herb. The department also reports on crop yields and livestock on its open spaces, thanks to ongoing programs that support farming and ranching.

**Recreation:** The Dept. of Natural Resources opened a visitor information center at Horsetooth Reservoir, launched a trails app called NoCo Trail Report with the City of Fort Collins, built and enhanced trails, remodeled the Devil's Backbone and Soderberg trailheads, and partnered with

UCHealth and Poudre Fire Authority to staff ranger boats with medical personnel.

**Education, Volunteers & Outreach:** In 2016, more than 7,200 people participated in 150 activities, including guided hikes, school field trips, community events and more, and 342 volunteers donated 25,396 hours to the Dept. of Natural Resources. Activities last year celebrated the 20th anniversary of the Help Preserve Open Spaces sales tax, including a new open spaces passport program.

**Collaborations:** Working across the entire county, the Dept. of Natural Resources supported its partners' projects, which included providing \$250,000 to the City of Loveland to purchase a 77-acre farm and agreeing to hold conservation easements on several properties along the Cache la Poudre River. Plus, the department profiles the Estes Valley Community Garden, an award recipient of its Small Grants program.

To view the report visit [www.larimer.org/naturalresources/plans.htm](http://www.larimer.org/naturalresources/plans.htm), or get a copy at 1800 S. County Road 31 in Loveland.

## School's Out For Summer

By Sherry L. Christensen, retired teacher, <http://livingliferetired.com>



So why am I be writing about substitute teaching? If you have considered working part-time during retirement, do your homework this summer to prepare to substitute teach this fall. If you hold a current teaching license or have a bachelor's degree you can become a substitute teacher.

If you don't hold a current teaching license, you can apply for a one-, three-, or five-year substitute license. All three licenses require you to be fingerprinted (\$10) and results submitted to the Colorado Bureau of Investigation (CBI).

If you do not have a teaching license, I recommend applying for the three-year license (\$90). The following are required for this license:

- Must hold a minimum of a bachelor's degree.

- Must have copies of your college official transcripts.

- Must include employment history for at least the past five years.

All documents must be submitted electronically to the Colorado Department of Education. Obtaining official

transcripts (\$10-\$20 each) and having fingerprinting processed by the CBI (\$39.50) can take time, so doing this work over the summer makes sense. In total, for about \$150 you may be certified to substitute in any school district. Working just two days as a substitute will basically cover your fees.

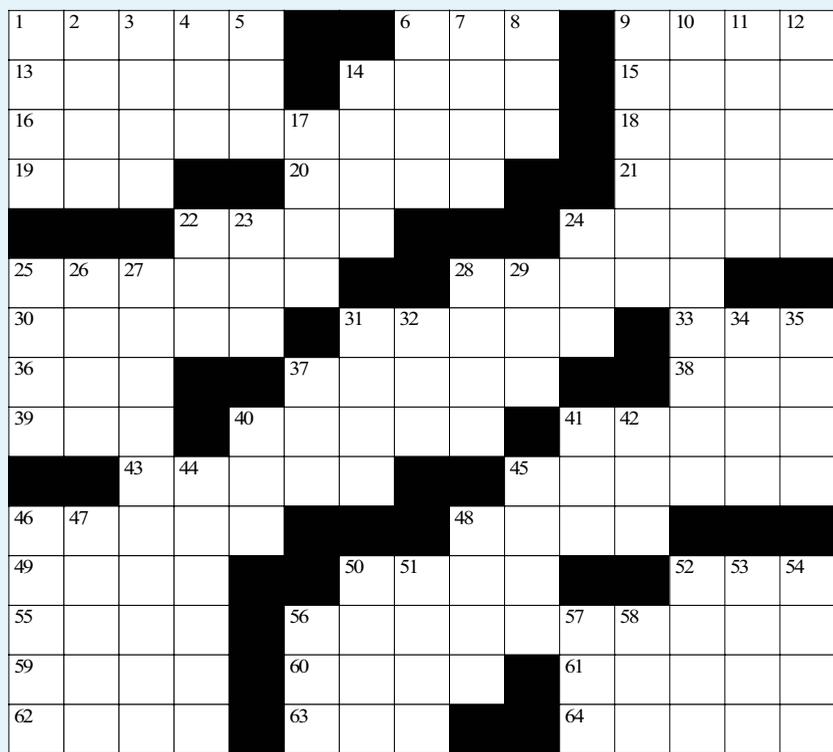
If you desire a flexible work schedule and like working with young people, summer is the best time to prepare to work in a much needed position. So, head back to school this fall with your grandkids as a substitute teacher after doing your homework this summer.

For more information go to [http://cde.state.co.us/cdeprof/licensure\\_authorization\\_landing](http://cde.state.co.us/cdeprof/licensure_authorization_landing)



## 50 Plus Marketplace News Crossword Puzzle

Larimer County • August 2017  
Answers page 9



**ACROSS**

- 1 Become confused
- 6 Taxicab
- 9 Vice president
- 13 Pertaining to a sovereign
- 14 Command to stop a horse
- 15 Wheel shaft
- 16 Border inspection place
- 18 Short tail
- 19 Did possess
- 20 A single time
- 21 Conceal
- 22 Close
- 24 Speak
- 25 Metallic element
- 28 Damascus
- 30 At right angles to a ships length
- 31 Many times
- 33 Terminal digit of the foot
- 36 Beetle

**DOWN**

- 1 Shrewd
- 2 Qatar
- 3 Coloured
- 4 Resinous deposit
- 5 North American deer
- 6 Stylish
- 7 First-class
- 8 Racket
- 9 Queen of Ahasuerus
- 10 Tending to excite
- 11 Evade
- 12 Become exhausted
- 14 Habit
- 17 Superfuse
- 22 Mineral spring
- 23 Sew
- 24 Vase
- 25 Juniper
- 26 Ancient Greek coin
- 27 Imperishable
- 28 Portico
- 29 Monetary unit of Japan
- 31 Potpourri
- 32 Turkish headwear
- 34 Egg-shaped
- 35 Long fish
- 37 Cushion
- 40 Used for resting
- 41 Arrest
- 42 To endure
- 44 Continue
- 45 Hawaiian outdoor feast
- 46 Newly married woman
- 47 Seeped
- 48 Crease
- 50 Flat-bottomed boat
- 51 Thousand
- 52 Collar fastener
- 53 Show disgust or strong dislike
- 54 Notion
- 56 Toward the stern
- 57 Monetary unit of Bulgaria
- 58 Fuss
- 37 Abdomen of a crustacean
- 38 I have
- 39 Antiquity
- 40 Monetary unit of Oman
- 41 Pertaining to warships
- 43 Hives
- 45 Tabs
- 46 Made a hole
- 48 Red variety of corundum
- 49 Wander
- 50 Gull-like predatory bird
- 52 Snow runner
- 55 Log house of rural Russia
- 56 Needle-shaped
- 59 Delicatessen
- 60 People in general
- 61 Develop
- 62 Paradise
- 63 Twain
- 64 Russian liquor



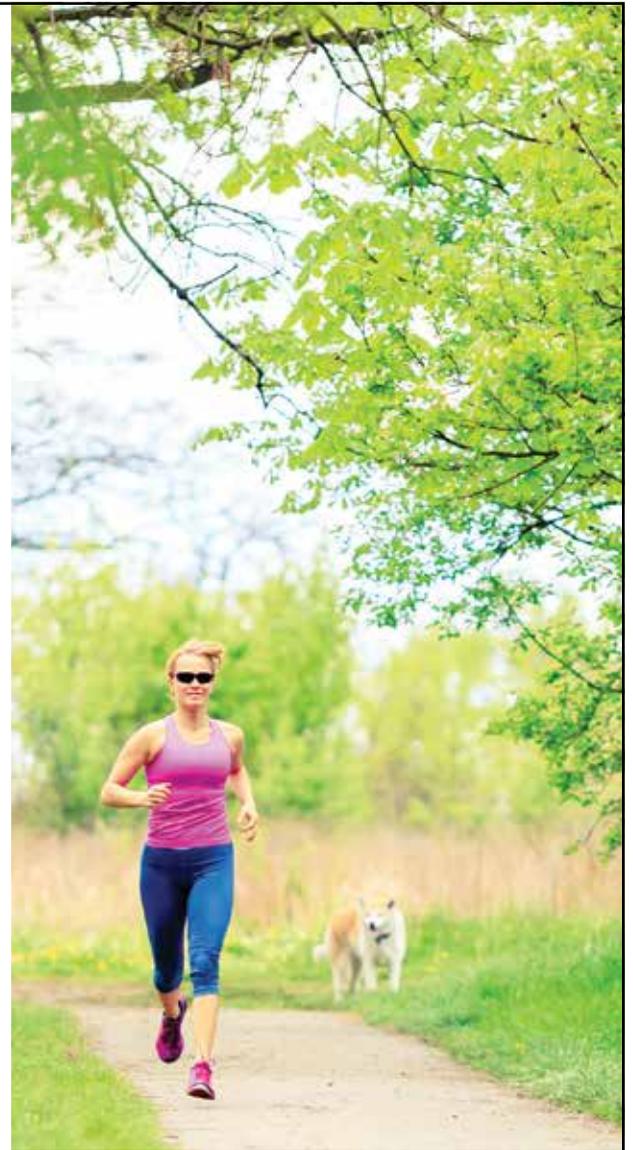
### Fun In The Sun!

The Poudre River running quite low brings about opportunities for fun and relaxation. So, these folks are taking advantage!





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**Loveland: Tuesday, August 8 • 4–5:30pm**

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### PIES AND PINTS

**Fort Collins: Thursday, August 17 • 11am–1pm**

**Loveland: Tuesday, August 22 • 11am–1pm**

Tours, with a stop off to Dilly Dally's Pub for complimentary pies and pints. A delicious afternoon. RSVP 24 hours prior.

### VIP EVENT

**Visit Fort Collins or Loveland**

**Tuesday, August 29 • 11am–1pm**

Sign up by August 25 to get on our VIP guest list for a very special event. Door prizes, hors d'oeuvres, Affinity presentation, VIP tours and a special surprise.



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