

## Veterans Plaza Salutes Vietnam Veterans



Vietnam Wall

Veterans Plaza of Northern Colorado in Fort Collins honors our Vietnam War Veterans during its annual Memorial Day Weekend celebration. The event celebrates the service, and accomplishments of our Vietnam War era veterans, both living and deceased, and honors their sacrifices given for our country, its citizens, and each other.

Highlights of the celebration include the traveling Vietnam Wall, Huey Gunship display, Vietnam Museum, helicopter flyover, reading of the names of the fallen, Bob Hope USO Show, musical entertainment, nightly services, and

the Sunday ceremony. The Plaza is open 24/7 for viewing the Vietnam Wall during the celebration.

On Thursday, May 25, volunteers erect the Vietnam Wall at the plaza starting at 7 am. Afterwards through May 28, volunteers will begin reading the names listed on the wall from 7 am through 10 pm and ending on May 29 at 3 pm. Contact Lori Whitson to volunteer to read names at 970-396-9658.

Each evening starting Thursday, May 25 at 7 pm, there will be a prayer, Honor/Color Guard, 21 gun salute, bagpiper, and taps played at the plaza except on Mon-

day, May 29 at 3 pm.

On Saturday, May 27, Re-enactors will show a soldier's life during the Vietnam War. Attendees can also visit the Vietnam museum and see a Huey gunship on display. Beginning at noon, lots of entertainment with local music and the popular Bob Hope USO show performed by Lynn Roberts until 6 pm. Food trucks and a beer garden are available throughout the day.

Lynn Roberts has been performing for over 30 years as a featured vocalist and instrumentalist with many bands including Russ Carlyle, Wayne King, Ted Weems,

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## Painter Larry Tucci Selected as 2017 Visual Artist

Larimer County Department of Natural Resources has selected Fort Collins-based painter and illustrator Larry Tucci as its 2017 Visual Artist.

Tucci will spend the next year exploring Larimer County's parks and open spaces and creating a piece inspired by these scenic, protected places. His piece will be unveiled at a reception in early 2018 and donated to Larimer County for public display in a county building.

As the 2017 Visual Artist for Larimer County Department of

Natural Resources, Tucci hopes to promote public appreciation for nature through his art by "making connections for people between amazing wild creatures and the beautiful habitat they need to survive," said Tucci, who frequently visits Horsetooth Mountain Open Space and Horsetooth Reservoir with his family. "I am endlessly inspired by the natural beauty of local parks and open spaces: color, texture, shape and form. Beyond enjoying open spaces firsthand, I also love what they represent – that someone cared enough to rec-

ognize places as special, and worth saving. It says a lot."

A Michigan native, Tucci graduated from the College for Creative Studies in Detroit with a Bachelor of Fine Arts, majoring in illustration. He worked as a commercial artist for nearly 20 years in Detroit before moving to Fort Collins, Colo., with his family in 2009. Today, Tucci works as a professional fine artist in Fort Collins and teaches painting and drawing classes with the City of Fort Collins Recreation Department.

Continued on page 10 ►

## Affordable Adventures

The thought of a vacation can be daunting to those not wanting to spend a lot of money, but Colorado is home to many amazing adventures at a reasonable price, making a Rocky Mountain vacation accessible for everyone. For more information, visit [www.colorado.com/articles/12-free-things-do-colorado](http://www.colorado.com/articles/12-free-things-do-colorado).

**A Beach Vacation at Great Sand Dunes National Park.** From late-May to early-August, Great Sand Dunes National Park, home to the tallest sand dunes in North America, offers a beach vacation unlike any other. When the snow melts every spring, the gentle Medano Creek emerges from the Sangre de Cristo Mountains that tower behind the sand dunes to create a true beach oasis. For \$15 per car, visitors can spend the day lying at 'the beach,' sledding down the dunes or exploring the park's numerous hiking and horseback riding trails.

**Affordable Mountain Bliss in Breckenridge.** This iconic mountain town has great skiing in the winter, and several wallet-friendly options for a summer vacation. Breckenridge offers over 50 miles of trails and more than 120 trail access points for unbeatable hiking and biking. Breckenridge Creative Arts offers classes including drawing, dance and hands-on crafts

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**MAY**  
Calendar

# Older Americans Month 2017: Age Out Loud

**Older Americans Month  
Healthy Vision Month  
Mental Health Month**

**Friday/5 & Saturday/6**

SOAP Troupe presents: Moments In Time, a Blast from the Past II, Fort Collins SC, 1200 Raintree Dr, F: 1:30 & 7 pm, S: 2 pm. SOAP Troupe Theater performs a series of musical numbers and skits. \$6/ticket.

**Tuesday/9**

Alzheimer's Assoc presents Know the 10 Signs: Early Detection Matters at the Sugar Valley Estates at 4320 Georgetown Drive in Loveland from 1:30 to 2:30 pm. This interactive workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges they face every day. Please register at 970-472-9798. FREE!

Alzheimer's Assoc presents The Basics: Memory Loss, Dementia, and Alzheimer's at the MacKenzie Place at 4750 Pleasant Oak Drive in Fort Collins from 4 to 5 pm. This program provides information on detection, possible causes and risk factors, stages of the disease, treatment, and much more. Please register at 970-472-9798. FREE!

**Thursday/18**

Westwind Productions hosts the annual Senior Connections Expo at the Drake Center in Fort Collins from 9 am to 1:00 pm. The show features products and services that pertain to good health and health maintenance, recreational activities and hobbies, fashion, home improvement and just plain fun! FREE!

**Saturday/27**

Veterans Plaza and Fort Collins Recs Dept. hosts the annual Memorial Weekend celebration at the Spring Canyon Park in Fort Collins from noon to 6 pm. Event honors the 50th anniversary of our Viet Nam War veterans with a display of the Viet Nam Wall, a live USO show, live music, and more! FREE!

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole.

In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older



theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

OAM 2017 puts focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and

through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Americans Month (OAM). Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's

Visit the Official OAM Website: <https://oam.acl.gov/>. Contact your Area Agency on Aging: Visit <http://www.eldercare.gov/> or call 1-800-677-1116.

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**FYI**

**Arthritis Awareness Month**  
Arthritis Foundation  
1355 Peachtree Street NE, Suite 600, Atlanta, GA 30309  
(800) 283-7800  
aforders@arthritis.org • www.arthritis.org

**Healthy Vision Month**  
American Academy of Ophthalmology  
P.O. Box 7424, San Francisco, CA 94120-7424  
(415) 561-8534  
media@aao.org • aao.org/eyesmart

**Mental Health Month**  
Mental Health America  
2000 North Beauregard Street, 6th Floor. Alexandria, VA 22311  
(800) 969-6642 • (703) 684-7722  
dfritze@mentalhealthamerica.net • www.mentalhealthamerica.net/go/may

**Find Einstein**

Can you find the hidden Einstein in this paper?

**SENIOR CONNECTION**

**Ft Collins Drake Center**  
802 W Drake Road  
Between College & S Shield St  
**THURSDAY, MAY 18th**

**SENIORS ON STAGE**  
10am—Ken Levinson Duo  
11am—Vicki's Boutique Fashion Show  
Noon—Dancin' Divas  
1pm—Sweets for Seniors

**FREE ADMISSION**

Cash Lunch Available

**Roulette Wheel For Door Prizes**

**Open House**  
Come anytime between 9 am and 1:00 pm

**Sweets for Seniors**  
Free Dessert Bar

[www.tradeshowsbywestwind.com](http://www.tradeshowsbywestwind.com)  
800-680-5320

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#### DEADLINE

#### 10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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Printed on 100% Recycled Paper

## An Old Safe Returns Home

A Fort Collins realtor Sean Dougherty discovered a very old safe built into a wall with the words "Larimer County Treasurer's Office" painted above the door in a home he was touring in 2016. The realtor sent a photo of the 2500 pound Moser safe to the Larimer County Treasurer, Irene Josey. After researching the safe, Josey discovered it was the first safe used in the original 1887 Larimer County Courthouse.

Originally, the safe was used by the county until 1964 when it was replaced with a newer safe, which Larimer County is still using. Larimer County gave the old safe away in 1977 to Ken Mosness, then Superintendent of the Larimer County Roads Department. Mosness moved the old safe to his home in Skyview Estates.

Ms. Josey knew this piece of Larimer County history had to come home. The former and new home owners agreed to donate the safe to the county. Getting the safe back to the courthouse proved to be very expensive, but President Mark Driscoll with First National Bank donated the funds to transport the safe back to the courthouse.

The safe had a minor "facelift" and is now on display in the remodeled Treasurer's Office lobby as shown in this photo. The Treasurer's Office hosted a ribbon-cutting ceremony in April to celebrate the new lobby, which is now larger, easier to navigate, and designed to improve in-person transactions for citizens.



Current county treasurer Irene Josey and past treasurer Myrna Rodenberger standing by the historic safe.

## Veterans ■ from page 1

Guy Lombardo, Jimmy Dorsey, and Peter Palmer. Roberts won a Cloney Award for his impersonation and tribute to Bob Hope in 2006, the Bea Fogleman Lifetime Achievement Award in 2009, and the Lifetime Achievement Award from the American Federation of Musicians in 2012. His first performances for the military were in 1966 when he spent 10 weeks in Germany and Italy doing his shows for an agency. He performs many musical impersonation shows as shown on his website at [www.lynnrobertsenterprises.com](http://www.lynnrobertsenterprises.com).

On Sunday, May 28, multiple vendors will be available from 9 am through 4 pm to display or sell various military items or display their products or services dedicated to veterans. Attendees can also

visit the Vietnam museum and see a Huey gunship on display. Beginning at noon until 1 pm, the official ceremony includes a Huey flyover by the U.S. military, multiple speakers giving their experiences or honoring the Vietnam veterans. In addition, soils from different parts of the world are dedicated to the Victory Garden in honor of our veterans.



Lynn Roberts

The Veterans Plaza will gladly accept contributions of money and volunteers to make this event exceptional for our Vietnam veterans and the public. Visit their website at [www.veteransplazano-co.org](http://www.veteransplazano-co.org). For further information or to volunteer, please contact Major Diggs Brown (retired) at 970-980-1080 or email him at [cptdiggs@hotmail.com](mailto:cptdiggs@hotmail.com).

[fcgov.com/recreator](http://fcgov.com/recreator)

THIS SUMMER,  
HIT THE GROUND RUNNING  
WITH RECREATION.

Registration begins  
May 4 at 7 a.m.

City of  
Fort Collins  
Recreation

Auxiliary aids & services are available for persons with disabilities.

17-5151



Indoor Saltwater Pool & Spa • Fitness Center • Pets Theater • Pub • Community Garden • Pickleball Court

# Because the word "Senior" should only apply to Students



## Downsize Your Stuff and Rightsize Your Life

Friday, May 19 • 4:00-5:30pm

Get started with tips from the experts at this informational seminar. Refreshments will be provided.

Seating is limited, so please RSVP by 5/18/17.

LOCATION: Leasing Center — 2842 Council Tree Ave., Ste. 131  
Front Range Village Shopping Center (a couple doors down from Doug's Diner).

## Change the conversation. We did.

At Affinity, we've created a 55+ community for people who are ambitious about the years ahead. Rents include everything: utilities and all the amenities that matter.

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at FORT COLLINS

4201 Corbett Drive, Fort Collins, CO 80525

Leasing Center - 2842 Council Tree Ave., Ste. 131  
(Front Range Village Shopping Center)



## Health & Wellness

### A Bone to Pick!

As we age, our bones become a big deal. When we were young, unless we broke one, bones rarely crossed our minds. This changes as our bones begin to age and we begin to cope with conditions that are caused by weakening bones.



Diane Horak

It turns out our bones are continuously changing; new bone is made, old bone is broken down. When we are young, new bone growth out paces old bone loss, so bones continually strengthen. As we age, the new growth slows down until it reaches a point where loss may outpace the gain.

How likely you are to develop osteoporosis (a condition that causes bones to become weak and brittle) depends on how much bone mass you attain, and how rapidly you lose it.

Here are a few things that can affect bone health:

- The amount of calcium and vitamin D in your diet, so get as much as possible.

- Physical activity. The more active you are, the less bone loss you'll have.
- Tobacco and alcohol use. Stay away from tobacco altogether, and limit drinking to two or less per day.
- Gender. Women have less bone tissue than men.
- Size. If you're extremely thin or have a small frame, your risk is higher.
- Hormone levels. Pay attention to your thyroid.

"Dem Bones, Dem Aging Bones" on Thursday, May 18 at the Senior Center will give you an opportunity to listen to the experts from UCHHealth on bone health. If you are concerned with osteoporosis, a PT from Front Range Therapy will be available to answer your questions on Tuesday, May 9 during "Bone Health for Osteoporosis." Also, be sure to sign up for the Father's Day 5K on June 18. Whether you walk, run, or wheel, have fun with family and keep your bones strong.

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

## Your Life Support

### Life Is Meant to Be Lived

Life is to be lived. No excuses. No reservations. No holding back.

An enchanting story about the talented violinist Fritz Kreisler tells how he once came across a beautiful instrument he wanted to acquire. When he finally raised the money for the violin, he returned to buy it and learned that it had already been sold to a collector.



Steve Goodier

He went to the new owner's home in order to try to persuade him to sell the violin. But the collector said it was one of his prized possessions and he could not let it go. The disappointed Kreisler turned to leave, but then asked a favor. "May I play the instrument once more before it is consigned to silence?"

Permission was granted and the great musician began to play. The violin sang out a quality of music so beautiful that the collector himself could only listen in wonderment. "I have no right to keep that to myself," he said after the musi-

cian finished. "The violin is yours, Mr. Kreisler. Take it into world, and let people hear it."

William Arthur Ward said, "If you believe in prayer, pray; if you believe in serving, serve; if you believe in giving, give." For you and I are exquisite violins and our music is meant to be heard.

I want to live my life that way -- to take it into the world and live it fully. I'd rather burn out than rust out. I'd rather be used up than die not having done whatever I could... wherever I would.

I'm not talking about wearing out due to unrestrained over-activity. Happiness is never found in excessive busyness. But it is found in investing our lives in others. And letting your music be heard.

In the end, I know that my happiness will not have been about by my ability or my inability. It will have been about my availability.

I want to live my life. No excuses. No reservations. No holding back.

❖ Steve Goodier, <http://www.life-supportsystem.com>

## Genealogy Rocks!

### How DNA Benefits Genealogists

DNA is the latest craze in genealogy research, but should only be used if brick walls are evident or learning your ethnicity. Genetic genealogy has helped to find your ancestors and discover your heritage.



**Bob Larson**

DNA genealogy labs take a sample from the mouth using a simple cheek swab. Test results are sent in 4 to 8 weeks. The results are normally compared with other responder's tests on each lab's protected websites.

Basic 2017 costs start at \$79 for testing either gender using the popular autosomal test. Autosomal testing is good for six generations in matching your ancestors with high reliability. Y DNA testing for males can date back to 150,000 years and cost between \$170 to \$360. mtDNA testing for females and one generation of males cost between \$79 to \$199, which can date back even further.

Belonging to a surname project for Y or mtDNA is important in

matching ancestors with Family Tree DNA™ or MyHeritageDNA™, but each surname project has an administrator to help you identify possible links to ancestors. AncestryDNA™, 23andMe™, MyHeritageDNA™, and Family Tree DNA™ offer autosomal testing too. In addition, Ancestry and MyHeritage websites offer database, family tree, and autosomal DNA matching with other beneficial features.

Since the early 1900s, scientists discovered our human race began over 150,000 years ago in Africa using radiometric dating and DNA. Since that time, humans traveled to all parts of Europe and Asia, then to the Americas over 35,000 years ago. Autosomal and mtDNA tests can also identify your ethnicity. And that's how DNA has helped genealogists discover their roots! Visit [www.isogg.org](http://www.isogg.org) for more DNA info.

❖ *Bob Larson is a technologist and instructor at Larimer County Genealogical Society and a member of the International Society of Genetic Genealogy. Visit our website at [www.lcgsc.org](http://www.lcgsc.org) to learn more about genealogy.*

## Reverse Mortgage

### \$3 Trillion Dollars Left Untouched

Recent figures show that upwards of \$3 trillion in equity that can help with retirement and funding longevity is left untouched by seniors 65 years and older. At the same time, many seniors are drawing social security benefits as soon as they can, instead of waiting a few years when benefits would be higher.

85% of the nations' seniors have no plan as to how to fund their retirement, yet folks are living longer. Being able to tap the equity stored in a home is a viable option for many seniors, and one that can fund longevity, allow retirement accounts to grow, and postpone drawing social security until the benefit is at the optimum level.

A reverse mortgage is an option increasingly recognized by financial planners to help fund retirement. The line of credit option is one that provides a safety net of available cash when needed. No interest is paid on the line of cred-

it while it is untouched, and the available money grows at about 5% a year. This is a huge benefit when planning for the future and possible expenses going forward.

Many use the line of credit funds at the appropriate time to add such things as wheelchair ramps, bars in bathrooms and elsewhere, and to make the home safe for aging owners. The tax-free funds can be used for any purpose, and increasingly seniors are aging in place and getting help with yardwork, cleaning, shopping and home health care. Funds from a reverse mortgage not only pay off the current mortgage, if there is one, putting that payment back in the budget, but also can relieve the homeowner from other debt. Homeowners must continue to pay their property taxes and homeowner's insurance. Call your local Reverse Mortgage Specialist for more information on your options.

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



**Jim Doyle**

## Social Security Today

### Access Social Security Resources When You Travel

Social Security is here for you when you're traveling, whether it's just a state away or when you're abroad. When you open a personal secure my Social Security account, you are in control of your finances and your future.



**Josh Weller**

With my Social Security, you can:

- Request a replacement Social Security or Medicare card if you meet certain requirements;
- Check the status of your application or appeal.
- See your lifetime earnings on your Social Security Statement.
- Get a benefit verification letter stating that:

- You receive retirement, disability, Supplemental Security Income (SSI), or Medicare benefits; or
- You never received Social Security benefits, Supplemental Security Income (SSI) or Medicare; or
- You received benefits in the past, but do not currently receive them. (The letter includes the date

your benefits stopped and how much you received that year.); or

- You applied for benefits but haven't received an answer yet.

There's a lot more you can do with your my Social Security account. We're adding new features and resources to make your life easier and give you greater control over your benefits. Placing the "Application Status" feature behind our my Social Security portal provides a secure service delivery channel that allows us to provide detailed status on a claim without requiring a confirmation number.

With the new Application Status, you can see:

- the Re-entry number for in-progress applications;
- detailed information about the current status of the application or appeal;
- the location where your claim is being processed; and
- scheduled hearing information for appeals.

Visit my Social Security to see what other personalized features are available to you at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

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

## The NEW Reverse Mortgage

### Have You Heard About the Great Changes to the New Reverse Mortgage?

- ✓ Receive tax-free loan proceeds that may be used for any purpose if you are 62 years and older
- ✓ Eliminate existing mortgage if you still have a mortgage balance
- ✓ Replace cash reserves or pay off debt
- ✓ You always own your home, the bank doesn't
- ✓ Postpone drawing down retirement assets, therefore giving them more time to grow
- ✓ Cover unexpected expenses such as medical bills or home renovation
- ✓ You always own the equity in your home

SILVER LEAF  
MORTGAGE

**JIM DOYLE, NMLS #335659**

*Reverse Mortgage Specialist*

**Direct: 303.875.5994**

**Office: 720.458.4029**

[JimDoyle@SilverLeafMortgages.com](mailto:JimDoyle@SilverLeafMortgages.com)

6972 S. Vine Street, Ste. 366  
Centennial, CO 80122

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see what options are best for you.

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Thanks to Korean War Veteran Max Marcellus for his service to our country. Max served in the USAF from 1953-1957. He and his wife live in Loveland. Max was quick speak about their two grandsons. One a Navy veteran. The other, currently serving in the Army National Guard. Thank you Max and your two grandsons. God Bless you, your family and all who have served and are serving.

**We Care... It Matters**

**“I work at Columbine Health Systems because... the smile on a resident’s face.”**

*Chelsea Ebert, Activity Director*



[www.columbinehealth.com](http://www.columbinehealth.com)

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*We appreciate your support!*

## Larimer County Office on Aging

### What you need to know about Long Term Care Programs

Do you know someone that needs assistance with their care needs as well as financial assistance to pay for their care?



**Carol Seest**

There are Long Term Care Programs covered by Health First Colorado (Colorado’s Medicaid Program). This assistance program is a financial safety net for individuals with disabilities and adults over 65 years old. Services include Home and Community Based Services (HCBS) which pays for medical and care needs, as well as room and board at an Assisted Living Community or a Skilled Nursing Home. An individual will need to qualify financially and functionally in order to be approved. Financially, the gross income limit for an individ-

ual is \$2205.00/month and the asset limit is \$2000.00. For a couple, if one person is applying, the asset limit is \$120,900.00. A person can own a car and live in their home and these assets do not count. Functionally, a person would need help with self-care activities. The purpose of Home and Community Based Services is to allow a person to stay in their home and community as long as possible. The services will come into the home to help with care needs. Also, Health First Colorado becomes a secondary insurance to people that already have Medicare. The Larimer County Office on Aging is available to answer questions about applying and will explain the application process. Staff is also available to help people living in the community complete and submit the application in Larimer County. Call the Office on Aging for more information or to make an appointment: (970) 498-7750.

## Elder Law Q & A

### Four Provisions People Forget to Include in Their Estate Plan

Even if you’ve created an estate plan, are you sure you included everything you need to? There are certain provisions that people often forget to put in their estate plan that can have a big impact on your family.



**Bill Beyers**

1. **Alternate Beneficiaries.** One of the most important things your estate plan should include is at least one alternative beneficiary in case the named beneficiary does not survive you. Without this, state law will determine who gets your property.

2. **Personal Possessions and Family Heirlooms.** Not all heirlooms are worth a lot of money, but they may contain sentimental value. It is a good idea to be clear about which family members should get which items. You can write a list directly into your plan, but this makes it difficult if you want to add items or delete items. A personal property memorandum is a separate document that details which friends and family members get what personal property.

3. **Digital Assets.** More and more we conduct business online. What happens to these on-

line assets and accounts after you die? There are some steps you can take to help your family deal with your digital property. You should make a list of all of your online accounts, including e-mail, financial accounts, Facebook, and anywhere else you conduct business online. Include your username and password for each account. Then you need to make sure the agent under your power of attorney, trustee and personal representative named in your plan have authority to deal with your online accounts.

4. **Pets.** Pets are beloved members of the family, but they can’t take care of themselves after you are gone. While you can’t leave property directly to a pet, you can name a caretaker in your will and leave that person money to care for the pet. Don’t forget to name an alternative beneficiary as well. If you want more security, most states allow you to set up a pet trust.

❖ *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/).*

# Local Artists Display Their Work

Several artists displayed their works at Affinity Living Communities in Loveland during their April open house event. The artists are either residents at Affinity or have a relative living there. Affinity used the art exhibit theme to promote the Governor's art show in Colorado. This is one of the activities that the Affinity residents enjoy doing to help promote their hobby or professional cause. Most started their artistry as a hobby, then converted to being professional years later. Pictured in this collage are the different artists at this event.

Kay Bolen, 77, converted to professional photography about five years ago, but started as a child using a Kodak Brownie camera. She prefers taking photos of landscapes, animals, pets, and flowers. She has taken over 50 thousand photos in her lifetime.

Kim Anderson, 56, has been doing professional oil painting for 15 years, which started as a hobby also. She prefers landscapes, horses, & cattle in her paintings. She also does leather works including refurbishing saddles and creating billfolds. She operates Mountain Magic Ranch, a local equine boarding business.



Kay Bolen



Kim Anderson



Ralph Dobson



Rosemary Ellenburg

David Roy, 61, has been doing professional photography for 15 years. He has taken over 20 thousand photos in his lifetime and prefers varying landscapes in the U.S., Argentina, and Spain.

Rosemary Ellenburg, 78, has been doing oil painting for 15 years professionally. She loves to paint landscapes, primarily mountain sceneries in Colorado.

Ralph Dobson 70, does pas-

tel drawings for 15 years as a hobby, then for 5 years professionally. He got interested in art after teaching culinary business classes at the Art Institute in Denver. He took several art classes and was hooked.



David Roy

No matter what age, it's not too late to start a new hobby in artistry. After all, my grandmother started

in her late 70s and oil painted for her relatives and friends, who all have a great memory of her artistry.



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- ★ May 27, Bob Hope USO Show  
Noon - 6:00 PM, free to public
- ★ May 28, Noon, Official Ceremony  
Huey Flyover, displays, museum
- ★ May 29, 3:00 PM, Closing Ceremony

More information: [www.veteransplazanoco.org/events](http://www.veteransplazanoco.org/events)

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**Local Parkinson's Support Group Success Stories**

At April's Senior Education Network meeting, the Larimer County Parkinson's Support Group (shown here) gave a very informational presentation on how they overcame depression, increased their mobility, and reduced or eliminated their medications. Organizer and Director Dr. Chris Hageseth, a retired psychiatrist, started the support group over five years ago when he acquired Parkinson's disease about nine years ago. The group has over 100 members.

You couldn't tell looking at them, but all speakers have Parkinson's Disease (PD) and most don't use medications due to either allergic or other side effects. The lively and inspiring group all gave interesting presentations of their background and how the support group has helped them.

The speakers included Chris; Dr. Susan Coulter, a retired psychologist; Joanne Wilcox, a retired nurse and past hospital administrator; Barbara Smith, CSU Professor Emeritus; Billie Pawlikowski, a former nurse; Sandy Bowden, past director of the local Food Bank; and Rhea Liaama, a retired business woman. All gave inspiring stories about Parkinson's and range in age from 60 to late 70s.

Through the help of Chris and the support group, the members have discovered using exercise and nutrition has helped improved their daily lives instead of relying on the sometimes toxic medications. The usual symptoms of the motion tremors and balance have been drastically reduced using their exercise and nutritional methods.

Chris indicated over one million people of all ages in the U.S. have Parkinson's, while 17,000 live with this disease in Colorado, and about 900 PD patients live in Larimer County. The disease strikes as early as the 20s, but is more prevalent after 60 years.

Most Parkinson's patients are

told by the medical community that their disease is degenerative, progressive, hopeless, and an illness. Being a retired psychiatrist, Chris is critical of neurologists telling their patients of their plight without any hope. He said many meds cause more problems and are very expensive with some costing over \$650. He just completed a video on using Yoga exercises for his website: [www.sweatingoutPD.com](http://www.sweatingoutPD.com).

Susan does normal non-strenuous exercise to improve her condition. She drives as most of the PD members do without any motor problems, but admits some minor cognitive issues and takes no meds due to allergic reactions. All because of the support group and exercise!

Barbara takes voice exercises at CSU in Fort Collins that several presenters take to improve their speech. A Colorado in Motion class is available locally that helps many PD patients exercise and improves their balance, coordination, and well being. Classes are held every Wednesday from 2 to 3:30 pm at their office on 115 East Harmony Road in Fort Collins. Call 970-482-4279 for details!

All speakers indicated they would rather live with Parkinson's than have other diseases. Unbelievably, they were very inspiring and had the SEN network members laughing throughout the presentations. Several SEN members wished their distant PD relatives had a support group like this one.

Visit the support's website at [www.pdsupportlc.net](http://www.pdsupportlc.net) or attend their support group on the first Wednesday from 10:30 am to 12:30 pm at the Fort Collins Senior Center. Chris gladly works with PD patients and caregivers across the world to hopefully improve their lives! For more information, call Chris at 970-222-1867.



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# MADRID, SPAIN: HISTORY, CULTURE AND PASSION



Madrid is a city of passion! Locals, known as madrileños, are ardent about their food, history and culture. This is a great, walkable city to visit and seniors will find a friendly, affable people who love to share their passion with visitors.

Food is also a passion and unlike those living in the U.S., Spaniards prefer to dine late. At night is when downtown neighborhoods get filled up with locals and tourists sampling tapas at some 250 tapas bars.

Some of the best things to eat in Madrid can be found by visiting the various neighborhoods.

What sorts of things will you find? How about fresh olive oil, affordable Spanish wines, crusty hot bread right from the oven, and local restaurants offering Iberian jamon (ham) and regional dishes.

For history and culture, here are some of the best places to visit:

**Del Prado Museum.** A national treasure, the museum has an extensive collection of European art from the 12th century onward. Masters such as Velasquez, El Greco, and Rubens are featured. They also have a stunning copy of the Mona Lisa with a colorful background believed painted at the same time as its famous cousin in the Louvre.

**Aranjuez Royal Palace.** This site is a must-see and is located a short drive from Madrid. Declared a UNESCO landscape in the cultural heritage of humanity site in 2005, two rooms have to be seen to be believed: The porcelain and Moorish rooms.

**El Corral de la Moreria Flamenco Show.** If you have never seen a flamenco show, this is the one you will want to experience. Book a reservation that includes dinner and come see a visual feast for the senses.

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



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Christopher Vaughn

tice hours and passing a competency exam.

Mr. Vaughn's certification in this specialty area is a testament to his continued dedication to providing high quality nutritional care to the 120 senior residents who call the Fort Collins Village their home.

For more information about the Good Samaritan Society Fort Collins Village, call 970-226-4909.

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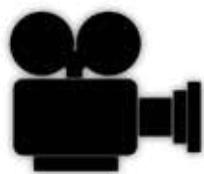
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### May Video Schedule

Enjoy our informational weekly videos presented by our monthly columnists.

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

- May 7: Eileen Doherty / Using Your Home Equity
- May 14: Josh Weller / Don't Be Skeptical of Social Security
- May 21: Rick Romeo / Estate Planning
- May 28: Lynette McGowan / Looking After Caregivers

## Better Business Bureau

### IRS May Call You After All

The IRS imposter scam has been the #1 most reported scam to BBB the last two years. To help people in the community recognize a tax scam, we always gave the advice that the IRS will never call you to collect an outstanding tax debt.



Shelley Polansky

However, the IRS has changed the way it deals with overdue taxes, and that means third party collection agencies may now call you on the phone. A federal law signed in 2015 lets four contractors collect unpaid tax debts for the government. According to the IRS, these are unpaid tax debts that were assessed several years ago and which the agency is no longer trying to collect directly.

Like the IRS, BBB is concerned this change might lead to scammers trying new ways to trick people. There are many ways to tell whether a call you receive about tax debts is legitimate.

According to the IRS, people with overdue taxes will always receive multiple contacts, including letters and phone calls, from the IRS first. The IRS will also always notify taxpayers before sending their accounts to a private collection agency.

Here's how it will work, and how you can tell the difference between a legitimate debt collector

and a scammer:

The IRS and the private debt collection company will both send a letter to the taxpayer first. If you get a call first and had no idea you owed taxes, be cautious.

Private debt collectors will be able to identify themselves as contractors of the IRS collecting taxes. These employees must comply with the Fair Debt Collection Practices Act and, like IRS employees, must be courteous and respect taxpayers' rights. If the caller yells, curses, or threatens to have you arrested, it is not a legitimate collector. Just hang up.

Private debt collectors will not ask for, and cannot accept, credit card information over the phone. Consumers will pay the IRS directly and will not need to send any money to the private debt collection company. You can check this page for payment options: <https://www.irs.gov/payments>. You can also see your balance and payment history. If the caller asks you to pay them directly, and especially if they ask for an unusual form of payment such as wire transfer or gift cards, it's a scam. Just hang up!

The IRS has stated that private collection firms will only be calling about tax debts that people have had for years and that they have been contacted about previously. Taxpayers can confirm unpaid tax debt by visiting [irs.gov/balance-due](http://irs.gov/balance-due).

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

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

## Painter ■ from page 1

ment. Inspired by nature, Tucci's subjects include birds, animals, fish and landscapes, as well as historical western subjects. Tucci paints primarily in acrylic, but also in oil, and has recently rediscovered his love of drawing.

Tucci has exhibited in galleries across the United States, including a recent, large, solo retrospective at the historic Carnegie Building in Fort Collins. He has been the Artist in Residence at Isle Royale National Park in Michigan and the Michigan Wildflower Artist of the Year. In addition, Tucci has had his paintings featured on numerous state and regional conservation stamps and has been a part of prestigious international exhibitions, including "Art of the Ani-

mal Kingdom" at the Bennington Center for the Arts in Bennington, Vt., and "Arts in the Parks Top 100" through the National Park Service in Jackson Hole, Wyo.

To learn more about Tucci and view his artwork, visit [www.tucciart.com](http://www.tucciart.com).

Tucci is the 11th artist to participate in Larimer County Department of Natural Resources' Visual Artist Program. Artwork created by past visual artists can be viewed at county buildings in downtown Fort Collins and online at [www.larimer.org/openlands/artist.htm](http://www.larimer.org/openlands/artist.htm).

For questions about the Visual Artist Program, contact Teddy Parker-Renga, Community Relations Specialist, at [tparker-renga@larimer.org](mailto:tparker-renga@larimer.org) or (970) 619-4561.

# Relay for Life

June 24, 2017: a day of celebration fun for the whole family! The American Cancer Society's Relay For Life is from 6 p.m.-10 p.m. on the track at Mountain View High School, 3500 Mountain Lion Dr., Loveland.

Join us at 6 p.m. for our Opening Ceremony. Then stick around for fun, food, music, games, and a Silent Auction. Relay Teams have been raising funds for the past year to help "Finish the Fight" against this long-time adversary, cancer. Members of teams walk the track, while others participate in games and activities. Teams will have food, soft drinks, and Relay memorabilia available for small donations.

Cancer Survivors and their

Caregivers take to the track at 6:00 pm as they continue their fight for a cure. Cancer Survivors and a Caregiver are invited to the reception following the first lap.

At dark, our Luminaria Ceremony helps us remember those we lost to cancer, honor those who fought cancer in the past, and support those who continue to fight. Lighted luminaria bags, decorated for loved ones, line the track as we walk a lap in their honor.

The event wraps up with a call to Fight Back against cancer by setting personal and team goals. For more information or to join, start, or contribute to an existing team/participant, visit our website [www.relay.org/lovelandco](http://www.relay.org/lovelandco). We hope to see you at the track!

## Tips For Keeping Your Eyes Healthy

- Have a comprehensive dilated eye exam. A dilated eye exam is the only way to detect many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration in their early stages.
- Know your family's eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.
- Eat right to protect your sight. Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.
- Wear protective eyewear. Protec-

tive eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity.

- Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
- Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.
- Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.
- Clean your hands and your contact lenses—properly. To avoid the risk of infection, always wash your hands thoroughly before putting

## Technology is Hip!



### Study Reveals Leaders of Automated Driving Vehicles

First, it was just a dream. Now self-driving cars are on the edge of transforming transportation where the winners will seize a world-wide market expected to reach \$77 billion by 2035.



**Bob Larson**

tions of other related technology companies. GM invested \$500 million in Lyft and also acquired several self-driving technology companies.

Google, who has been testing self-driving cars since 2009, is ranked seventh. It is working with Fiat Chrysler to roll out a fleet of self-driving minivans. Although Google scored lower, it has the lowest rate of disengagements or times when human drivers took control of the car due to mistakes or dangers of any company according to the report.

Tesla and Uber came in 12th and 16th. Tesla has a limited distribution network and a history of losing money the researchers wrote. Uber scored low, but has a history of bypassing regulations covering taxi services, which may cause them issues with federal and state regulators.

This is another great technology innovation to keep us safer and reduce the national injury and fatality rates.

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

A recent Navigant Research study ranked the top 18 contenders in the autonomous vehicle industry, giving automaker Ford the lead, followed by GM and the Renault-Nissan Alliance.

Automated driving is expected to resolve major transportation problems caused by traffic congestion, injuries, and fatalities. The development of automated driving started in the 1950s, however accelerated in the last decade with many technology advancements and further cost reductions.

Ford has an investment of \$1 billion in self-driving technologies including investments or acquisi-

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**Mark Langness**  
Founder  
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Panelists l-r: Debbie Pierson, Sam House, Shannon Wilcox, Donna Schaffer, Dr. Rodney Haug, & Veteran Jay Adams

## Veterans Forum For Seniors

Larimer County Office on Aging (LCOA) hosted the Veteran's Forum for Seniors at the Chilson Senior Center in Loveland in April. Over 50 veterans and their spouses attended the event to learn about the latest news on benefits and services provided by the Veterans Administration and Larimer County.

LCOA program manager Lynda Meyer introduced the program followed by County Commissioner Tom Donnelly thanking the veterans for their service and explaining veterans benefits are very important in his district. Vietnam veteran and volunteer member Jay Adams introduced the panelists.

Five panelists included Debbie Pierson, Larimer County Veterans Service Coordinator; Sam House, Public Affairs Office for the Cheyenne VA Medical Center; Shannon Wilcox, Program Director for Home Based Care with Cheyenne VA Center; Donna Schaffer, Nurse Manager at the Fort Collins VA Center; and Dr. Rodney Haug, a licensed psychologist and Director at the Fort Collins Vet Center.

There are over 18,000 veterans registered in Larimer County and many more who haven't registered. Veterans who have served 90 days in combat duty and injured are eligible for VA benefits. Widows of these veterans are also eligible for benefits.

Debbie explained her office is the second busiest in the state for processing over 700 veteran's

benefits and medical claims per month. Her office is located on the fifth floor of the county courthouse. Call 970-498-7394 for info or appointment.

Sam indicated there are three departments of the VA: Benefits, Cemeteries, and Healthcare. The Cheyenne VA Medical Center handles over 29,000 veterans from Northern Colorado, Wyoming, and Western Nebraska. A new and larger VA Clinic opens in Loveland in January 2018, replacing the older one in Greeley. Call Sam at 307-778-7523 for more info.

VA now offers telehealth services for veterans with medical, mental, or weight management needs. Only a home or cellphone or Internet access is needed for this no

cost service. Call 1-888-493-9127 or 303-778-7550 for Telehealth info.

Shannon said the VA Home Based Care program is expanding to patients who are disabled and focuses on chronic diseases, and live within 40 miles of the VA Center in Cheyenne. The HBC program includes long term care, short term care, and palliative care. Also a traveling mobile van travels to distant towns to help veterans, who can't travel. Call 303-778-7550 x7190 for more info.

Donna explained the Vet Clinic in Fort Collins (970-224-1550) is expanding soon with the increase in veterans living in Northern Colorado. The walk-in clinic has a lab and pharmacy, with several

support groups for the homeless, crisis prevention, and providing transportation to Denver or Cheyenne VA Medical Centers, including MyHealthVet online service. A recent vet study indicated that suicide rate for vets are 50% higher than the public suicides. Mentally impaired vets need to visit the Center for treatment.

Dr. Haug and his staff at the FC Vet Center treats mentally impaired vets for all sorts of disorders from PTSD to counseling including sexual trauma. Call 970-221-5176 for info or an appointment.

There is a 24 hour VA national call center any vet can access by calling 1-877-WARVETS or the Veterans Crisis Line at 1-800-273-8255 for help!

### Adventures from page 1

at little to no cost. For lodging, Breckenridge Ski Resort's summer lodging deal starts at just \$119 per night for stays from June 9 through September 10. This summer, visitors should check out the new Epic Discovery featuring zip lines, alpine challenge courses and more.

**Camping Colorado.** There is no better way to experience an affordable Colorado vacation or the great outdoors than camping. The state has upwards of 300 campgrounds offering a variety of surroundings and activities.

**Denver on a Dime.** Visitors do not need to break the bank to explore Colorado's Mile High City.

Through the Scientific & Cultural Facilities District (SCFD) free days, guests can see many of Denver's top attractions such as the Denver Art Museum, Denver Botanic Gardens, Denver Zoo and many more at no cost on select days of the year. This year, RiNo (River North) Art District and the new Drink RiNo group sponsor a free bus every First Friday that has multiple stops at galleries, studios, breweries and eateries throughout RiNo. For frugal foodies can try a new chef-driven concept like Avanti F&B - 7 different affordable restaurants in one modern food hall, from Japanese to pizza; or Honor Society Handcrafted

Eatery - where visitors can get high-quality, healthy, yet craveable dishes at an affordable price.

**Discover the Outdoors in Montrose.** This historic Colorado town on the Western Slope serves as the perfect basecamp to those seeking outdoor adventure. Montrose is home to the stunning Black Canyon of the Gunnison National Park (\$15 per vehicle), offering amazing views of steep cliffs and spires, hiking, camping and more. The park was also designated as an International Dark Sky Park in 2015 because of its exceptional skies, astronomy education programs, and responsible lighting for

Continued on page 15 ▶

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### CAREGIVER TOOLKIT

Now available Free through the Larimer County Office on Aging's Family Caregiver Support Program. Includes: description of services, application form, list of support groups, and brochures on caregiving issues. Info: 498-7758.



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## UC Health Aspen Club

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**World Laughter Day.** Laughter is an interactive body/mind practice that is designed to improve physical, mental and social well-being. Sat, May 6, 2-3:30 pm, PVH outdoor courtyard cafeteria, 1024 Lemay Ave., Fort Collins. Light snacks and merriment networking to follow.

**Habitat Hero Program.** National Audubon Society and Audubon Rockies strives to inspire, engage and work with people to conserve, restore and enjoy natural habitats in Colorado and Wyoming. One program is Habit Heroes - people who practice 'wildscaping' landscape stewardship, designed to attract and benefit birds, pollinators and other wildlife that help create bird-friendly communities. Tue, May 16, 1-2 pm, Estes Park S.C., 200 Fourth St.

**Memory Fitness Class.** Designed for people 50+ who want to

improve or maintain memory abilities by learning proven techniques developed at UCLA. This holistic approach focuses on mental exercises, stress reduction, healthy diet and physical activity, all the necessary components that support a healthy brain. 6 weeks. NOT for those diagnosed with dementia or taking medications for memory loss. Wed, May 17-Jun 28, 12:30-3 p.m., Westbridge classroom, 1107 S. Lemay Ave., Fort Collins \$60, scholarships available, includes materials.

**Gardening.** Back and Upper Body Health. UCHealth Outpatient Rehab therapists discuss adaptive equipment designed specifically for gardeners, how to avoid injury by modifying specific activities and about the psychological and stress reduction benefits gardening provides. Thu, May 18, 2-3 pm, Chilson S.C., 700 E. 4th St., Loveland.

## Chilson Senior Center

970-962-2783

**Karaoke and Dance.** Mon. 5/1 & 5/15, 7-10pm. Sing and/or dance to a Karaoke DJ. Bring a friend and a soft drink or water & snacks. Age 50+. \$4/\$3.50. Cash at the door.

**iPhone Photography.** Tue. 5/2, 6-8pm. iPhone owners: you have a powerful tool for taking amazing photos! Discover secrets, and after exploring the useful apps, go outside to practice. Age 18+, \$25.

**Afternoon Tea & Fashion Show.** Wed. 5/3, 1:30-3:30pm. This relaxing afternoon for all the ladies features tea and treats, spring fashions provided by Dress Barn and, a special treat, fancy hats from Masonville Mercantile. Age 18+. \$7/\$5.

**Bad Boys & Bawdy Girls.** Wed. 5/3, 8-3:30pm. Rope burns and lead poisoning helped Denver fill its coffers and its coffins. Kevin, the "Duke of Denver" shares stories of the shady ladies and killer cowboys that make up some of the rich history of Colorado. During the tour, have lunch at Mattie's House of Mirrors, previously home to one of Denver's original brothels, on own: \$10-15. Transportation and tour by motor coach. Age 18+. \$64/\$60.

**Budweiser Brewery Tour.** Wed. 5/10, 11:15-3:30pm. Private tour; hear, smell, touch and taste the components that go into some of the world's most popular beers. Included: 2 full glasses of beer. Following the tour, enjoy lunch in the Biergarten, on own: \$10-15. Age 21+. \$31/\$27.

**Play it Safe.** Recognize, Refuse & Report. Wed. 5/10, 1:30-2:30pm. The AARP's program includes a quiz like format, encouraging participants to anonymously answer questions using TurningPoint remote polling software that helps identify common scams and how to protect yourself and family from fraud. Age 60+. FREE

**Joseph & the Amazing Technicolor Dream Coat.** Sun. 5/21, 11:15am-5:45pm. The Biblical saga of Joseph, and his coat of many colors, comes to life in this vibrant musical parable. The musical is set to a combination of musical styles. Boulder Dinner Theatre ticket includes lunch. Age 18+. \$84/\$80.

**Lunch Bunch.** Double Tree Restaurant. Wed. 5/31, 11-2:30pm. Double Tree Restaurant, known for its home cooked food, has a wide variety on the menu from burgers, sandwiches, omelets, burritos, salads and much more! Be sure to save room for dessert because Double Tree makes their very own homemade Old Fashioned ice cream! Lunch cost on your own for \$11-20. Age 18+. \$26/\$22.



NW of Fort Collins' sunset; by Richard Griess of Greeley

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# Tips to Boost Your Mental Health

- Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you accomplished each day.
- Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- Set up a getaway. The act of planning a vacation and having something to look forward to can boost overall happiness for up to 8 weeks!
- Work your strengths. Do something you're good at, then tackle a tougher task.
- Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° & 67° Fahrenheit.
- Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
- Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
- Show some love to someone in your life. Close, quality relationships are key for a happy life.
- Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean

- ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect. Check out hundreds of free printable coloring pages available at [www.justcolor.net](http://www.justcolor.net)
  - Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
  - Go off the grid. Leave your smart phone at home for a day and disconnect from interruptions. Spend time doing something fun with someone face-to-face.
  - Dance around while you do housework. Not only do you get chores done, but dancing reduces levels of cortisol, and increases endorphins.
  - Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
  - Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
  - Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
  - Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates

- feelings of happiness.
- Practice mindfulness by staying 'in the present.'
- Be a tourist in your own town. Often people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.
- Prep lunches & pick out clothes for the week. You save time in the mornings and have a sense of control.
- Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among other benefits. Fish oil supplements work, but eating foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.
- Practice forgiveness: even if it's just forgiving that person who cut you off during your commute.
- Try to find the silver lining in something kind of cruddy that happened recently.
- Feeling stressed? Smile. It may

- not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
- Send a thank you note to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
- Do something with friends and family. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.
- Take a 30 minute walk in nature - stroll through a park, or hike in the woods. Research shows that being in nature increases energy levels and reduces depression.
- Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which is a mood elevator.
- Try something outside of your comfort zone to make room for adventure and excitement in your life.

## TRADING POST

### General

The Dream Merchant, featuring the Fine Art of Terry Kasprzak and other famous artists, is at the 4th Street Gallery across from the Rialto Theater April through June. 10% Discount with this ad 808/429-0288.

**Advertise Here Only \$29!**

### For Sale

**Got Dog?** If it's not sleeping from pain, has anxiety, try the pet nerve. Now available at the food co-op in Fort Collins. Consult a veterinarian before using pet herbals! [whiteelkcreations@q.com](mailto:whiteelkcreations@q.com)

### Wanted

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# New Event Registration System!

Larimer County Department of Natural Resources has a new on-line event registration system. People should now visit [offer.larimer.org](http://offer.larimer.org) to view and sign up for guided hikes and programs. Direct questions to Andy at (970) 619-4565.

## Guided Hikes and Events:

**Saturday, May 6, 8–12 p.m.** “Plein Air Workshop” Join 2016 Larimer County Visual Artist of the Year Lyse Dzija ([lysedzija.com](http://lysedzija.com)) for a morning workshop on plein air painting and sketching at Devil’s Backbone Open Space. She will provide an introduction to painting in the outdoors while you create your own artwork on-site. Lyse will be working in her preferred oil paints, but you may choose the paints and style that you like and bring all the necessary materials, including paints, brushes, canvas and easel. Approximately 4-hour program. Please dress appropriately for the weather, and bring some water and sun protection. Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

**Saturday, May 6, 10–2 p.m.** “Geology of Red Mountain Open Space” Join Larimer County natu-

ralists to learn about the beautiful geology of Red Mountain Open Space, located north of Fort Collins. See the unique geological formations that have been eroded by Box Elder Creek, and walk on the area’s massive gypsum beds. Hike rating: Moderate. Approximately 2.6-mile hike. Please dress appropriately for the weather, and bring some sunscreen, water and a sack lunch to eat on the trail. Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

**Tuesday, May 9, 10–11 a.m.** “Tiny Trekkers” Join Larimer County naturalists for a program designed for your 2-5 year old and you. This program at Devil’s Backbone Open Space, located just west of Loveland off of Hwy. 34, will be a morning filled with crafts, stories and fun facts! A parent or guardian must accompany the child for this hour-long program. After the program, feel free to explore the open space with your child! Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

**Saturday, May 13, 8–10 a.m.** “Wild and Wonderful Plants of

the Devil’s Backbone” Join Larimer County naturalists and Kathy Keeler, A Wandering Botanist, for a guided walk at Devil’s Backbone Open Space, located just west of Loveland off of Hwy. 34. Find the early spring wildflowers and more, while learning fun facts about our local plants. Hike rating: Easy. Please dress appropriately for the weather and pack some water. Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

**Friday, May 19, 10–11:30 a.m.** “Geology Hike at the Devil’s Backbone” Join Larimer County naturalists to discover the geology of Devil’s Backbone Open Space, located just west of Loveland off of Hwy. 34. Learn about this fascinating local landmark and the northern Front Range. Approximately 1.5-hour program. Hike rating: Easy. Please dress appropriately for the weather and bring along some water. Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

**Friday, May 26, 9–11 p.m.** “Stargazing with the Northern Colorado Astronomical Society” Join members of the Northern Colorado As-

tronomical Society (NCAS) for an up-close look at the night sky over the Rockies. Telescopes will be available for viewing stars, galaxies, planets and more. This open house-style program is located at the Devil’s Backbone Open Space parking lot, located just west of Loveland off of Hwy. 34. Dress warmly for evening temperatures and bring binoculars if you have them. For up-to-date weather information, visit the NCAS website at [www.nocoastro.org](http://www.nocoastro.org). Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

**Saturday, May 27, 8–10 a.m.** “Wildflower Walk” Join Larimer County naturalists for a guided wildflower walk at Devil’s Backbone Open Space, located just west of Loveland off of Hwy. 34. Find the early spring beauties and more, while learning fun facts about local plant communities. Hike rating: Easy. Please dress appropriately for the weather, and pack some water. Program is free, but registration is required. Please go to [offer.larimer.org](http://offer.larimer.org) to sign up.

## Adventures ■ from page 1

supreme stargazing. Montrose offers a variety of trails, Gold Medal fishing opportunities and is located at the center of some of Colorado’s most beautiful scenic drives and byways including the San Juan Skyway, Alpine Loop Back Country Byway and more.

**Exploring Snowmass with the Mass Pass.** For visitors looking to get the most bang for their buck, Snowmass offers the Mass Pass, an activity pass that includes activities like rafting, horseback riding, bike trips, sunset dinners and more. The pass allows choice of 3 days of activities for \$350/guest or 5 days of activities for \$550/guest and offers over \$250 in savings, ideal for guests to get more than one great adventure out of their vacation.

**Visit a Colorado State Park.** A great way to save money, while having an abundance of activities to choose from is to visit one of Colorado’s 41 state parks. The parks vary in surroundings from mountains to rivers to prairies and water. Visit John Martin Reservoir in Hasty to experience a mecca for bird watching with over 400 species to see. Visitors can spend vacations boating, swimming, water skiing and more, while enjoying the evening at one of the park’s campsites (fees start at \$10/night) sitting around the fire pit, cooking s’mores and telling ghost stories with family and friends.

50 Plus Marketplace News

# Crossword Puzzle

Larimer County • May 2017  
Answers page 12

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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- ACROSS**  
 1 Heroic  
 5 Gentle splash  
 10 Weapons  
 14 Large almost tailless rodent  
 15 Supple  
 16 Sweetheart  
 17 Image  
 18 Part of the verb "to be"  
 19 Brassard  
 21 Variety of rummy  
 23 Pad worn to protect the knee  
 24 Lyric poem  
 25 Money  
 26 Skin tumor  
 30 Experts  
 35 Period of history  
 36 Gap

- 38 Wading bird  
 39 Devices for fishing  
 41 Given to moods  
 43 Melody  
 44 Go away  
 46 Endure  
 47 9th letter of the Hebrew alphabet  
 48 Abnormal  
 50 Not safe  
 53 Narcotics agent  
 55 Fall behind  
 56 Make better  
 60 Blessing  
 64 Influenced  
 65 Similar to  
 66 Allot  
 67 Yellow cheese coated with red wax  
 68 Garlic-flavored mayonnaise

- 70 person that uses  
 71 Sandy tract  
 72 Captures  
 73 Transmit
- DOWN**  
 1 Heroic  
 2 Large almost tailless rodent  
 3 Adoration of icons  
 4 Nation in N North America  
 5 Plot of ground  
 6 Capital of Peru  
 7 Near to  
 8 Military cap  
 9 Rupture  
 10 French clergyman  
 11 Harvest  
 12 Supernatural force  
 13 Floating vegetable matter  
 20 Repairs  
 22 Monetary unit of Japan  
 25 Pertaining to heat  
 26 Altar stone  
 27 Upright  
 28 Unit of electrical resistance  
 29 Emotional state  
 31 7th letter of the Greek alphabet  
 32 Inhabitant of Portugal  
 33 Tester  
 34 Glide along smoothly  
 37 Paradise  
 40 Plant juice  
 42 Affirmative reply  
 45 Lesser  
 49 Admonition  
 51 Antiquity  
 52 Phoenician of Greek myth  
 54 Cylindrical larva  
 56 Chilled  
 57 Method  
 58 Scheme  
 59 Capital of Italy  
 60 Cabbagelike plant  
 61 Egyptian goddess of fertility  
 62 Type of gun  
 63 Drove  
 69 Satisfactory

## Colorado Gerontological Society

### Baby Boomers Pave the Way for Changing the 'Later Years'



**Eileen Doherty**

Ever thought you might want to xeriscape your yard to reduce maintenance in your later years, save a few bucks on home repairs, or spend a summer being a camp host in a national park. These and many other opportunities like learning to download apps on a cellphone or communicate with your grandchildren on Facebook are demonstrated at the Salute to Seniors in downtown Denver.

Historically, the later years are a time for new experiences and “doing life different”. Baby Boomers have since their birth changed the culture of the U.S. Their retirement years are no different. Baby Boomers are looking for unique ways to enjoy the world around them and become involved.

Right brain thinkers often have not had the opportunity to develop those skills because of the pressures of job and family. Many Baby Boomers have found themselves sandwiched between the needs of their children and their parents. In this time crunched society, learning new skills such as painting, pottery, beading, or stained glass have not been a priority.

Work pressures have prevented many of us from being involved in civic engagement. For the first time in their career, many Baby Boomers find their later years a time to engage in meaningful activities and to give back to their community.

One of the most significant world events for Baby Boomers was the Vietnam War. Baby Boomers were deeply involved in the war as veterans, protestors, mothers, fathers, family members, evacuees and refugees. Each Baby Boomer has a unique story to tell about the war. KUVO Jazz 89.3 wants to hear your story and capture your experience for a documentary to air sometime later in 2017.

Colorado offers hundreds of opportunities for Baby Boomers. At the Creative Aging – Salute to Seniors, more than a dozen vendors will demonstrate opportunities for Baby Boomers and Older Adults to learn about expanding interests, civic engagement and taking action on those interests.

The Creative Aging – Salute to

Seniors also offers the largest senior resource fair in the State. Featuring both a Wellness Fair sponsored by Optum and a Health Fair in collaboration with Channel9 Health Fair, the Salute offers Baby Boomers and seniors a chance to check on their health and collect information about health, long term care, housing, finance and more.

The day's line up of entertainment will feature The Nacho Men with a performance that combines live dance music, costume changes, choreography & humor. And coming to the stage is none other than the internationally esteemed Cleo Parker Robinson Dance Ensemble performing dynamic dances inspired by the African Ameri-

can experience that are rooted in ethnic and modern dance traditions worldwide. Kevin Fitzgerald, the board certified veterinarian who is best known through his visibility on the Annual Planet reality show Emergency Vets and, more recently, E-Vet Interns, will do stand-up comedy.

The Salute to Seniors is June 24, from 9 am to 3:30 pm at the Colorado Convention Center, Mile High Ball Room, Denver. Admission is free. Reservations are suggested at [www.senioranswers.org](http://www.senioranswers.org) or 1-866-294-2971. For more information, call 303-333-3482.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society since 1982. She can be reached at [doherty001@att.net](mailto:doherty001@att.net).*

## Quotable Quotes

You don't have to see the whole staircase, just take the first step."  
-Martin Luther King Jr.

“There is no greater agony than bearing an untold story inside of you.”  
-Maya Angelou

What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen.”  
- Henry David Thoreau

“What appear to be calamities are often the sources of fortune.”  
- Disraeli

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