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**WELD COUNTY**

*Includes: Logan, Morgan, Washington & Yuma Counties*

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

December 2016 • Volume 22 • Issue 12

## The Holiday Festival of Trains



The Holiday Festival of Trains begins Friday, December 16th and runs through Saturday, December 31st. Come on along and join in the festivities. Visit with Santa and Mrs. Claus. Give the gift of visiting the Colorado Model Railroad Museum, 680 10th St. Open Mondays: noon - 4 p.m.; Tuesday-Saturday 10 a.m. - 4 p.m. Closed on the Holidays.

During this Christmas season plan to visit the Colorado Mod-

el Railroad Museum in Greeley. This outstanding and unique scale-model railroad museum is beyond compare - 5,500 square feet layout, 14 trains, three major switching yards, bridges, tunnels, high wooden trestles, more than 165 locomotives and 2,300 cars and 20.5 scale miles of model railroad fun.

Holiday Festival of Trains sponsored by 50 Plus Marketplace News. For information call 970-392-2934 or visit [www.cmmr.org/](http://www.cmmr.org/).



Photo: LKPoole

*May the Peace & Joy of Christmas be with you throughout the coming year!*

## Benjamin Franklin Visits Senior Center

Guests at the center's Thanksgiving Luncheon were treated to an address by Benjamin Franklin portrayed by Martin Lahman, a fourth grader at Options Home-school Enrichment. Martin is quite active in Young Chautauqua. His audience thoroughly enjoyed his presentation. Many commented about the exceptional talent the young man possess.

Martin's portrayal of Benjamin Franklin, one of the best-known founding fathers of the United States was quite convincing as he spoke about being an inventor, diplomat and a writer of the Declaration of Independence.

Martin is interested in literature, history, geography and acting. He raises urban chickens and runs 5Ks. He is the son of Brent and Maria Lahman and has a sister Kate.



Martin Lahman portraying Benjamin Franklin



(l-r): Bonnie Bryant Membership Chairman, Sherry Shoemaker, Tricia Weston, Debbie Peterson, Sharon Schumacher, Bev Strobel, Vikki Cole and Chris Glinde.

## New Members Join Assistance League

*By JoAnn McGrath, Public Relations*

7 new members joined Assistance League of Greeley in Oct. to help the nonprofit further their mission of supporting philanthropic organizations in Weld County including File of Life, Operation School Bell, Single Parent Scholarships, Assault Survivor Kits and Warm up Weld.

For information, visit [www.algreeley.org/](http://www.algreeley.org/) call (970) 353-2226 or email [algreeley@babox.org/](mailto:algreeley@babox.org/).

## INSIDE

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# December

CALENDAR

**Safe Toys & Gifts Month**  
**Influenza Vaccination Week (4-12)**  
**Handwashing Awareness Week (4-12)**

**Thursday/8**

Weld County Area Agency on Aging Advisory Board, 2nd Thu, monthly 9-11 am, 315 North 11th Ave Building C.

**Tuesday/13**

Greeley Friends & Newcomers' monthly lunch, noon. Lincoln Park Emporium, 822 8th St., Program: Vicki Sanderson at the piano. Info: 970-336-1233.

**Saturday/17**

Wreaths Across America at Linn Grove Cemetery's National Remembrance Day Ceremony. Join us at 10 am. to help place wreaths on Veterans Graves at Soldier's Field and throughout the cemetery. Sponsor a wreath: \$15, Wreaths Across America, P.O. Box 336172, Greeley, CO 80633. email: waaliningrove@gmail.com/

NCCM Sleep Apnea Support Group. 12:30 pm, North Colorado Medical Center. 3rd Sat. monthly. Free. RSVP: (970) 350-6587.

Calendar sponsored by  
**Dacono Discount Groceries**

# Tips To Prevent Holiday Stress & Depression

By *Patty Endres, Garden Square at Westlake Assisted Living, (970) 578-0343.*

Is it harder and harder to get geared up for the holidays? Do you feel like you're spinning your wheels and don't know how to start? Tasks can get more complicated as we age especially if we have problems getting around, financial restraints or recent losses in your life. Here are a few tips from the Mayo Clinic that can help you not only get through them, but enjoy the holidays.

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with family, realize that it's normal to feel sadness and grief.
2. Reach out. If you feel lonely or isolated, seek out community, religious, social events or volunteering.
3. Be realistic. The holidays don't have to be perfect or just like last

year. As families change and grow, traditions and rituals often change as well.

4. Set aside differences. Try to accept family members and friends as they are. Set aside grievances until a more appropriate time for discussion.
5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Don't try to buy happiness.
6. Plan ahead. Set aside specific days for shopping, baking etc. Ask for help preparing for and cleaning up if you give a party.
7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed.
8. Don't abandon healthy habits. Overindulgence only adds to your stress and guilt. Continue to get plenty of sleep and physical activity.
9. Take a breather. Make some

time for yourself. 15 minutes alone may refresh you enough to handle everything you need to do.

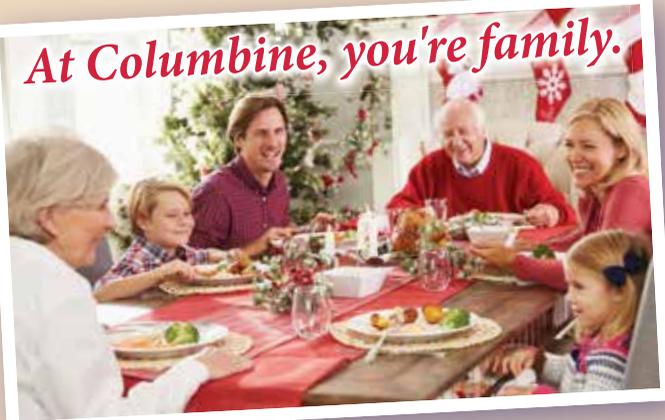
10. Seek professional help if you need it. Despite your best efforts, if sadness, sleep disturbances, pain, irritability or hopelessness persist talk to your doctor.

## FYI

Safe Toys & Gifts Month  
 Prevent Blindness  
 211 West Wacker Dr.,  
 Chicago, IL 60606  
 (800) 331-2020 (312) 363-6001  
[www.preventblindness.org](http://www.preventblindness.org)

December 4 - 12  
 Influenza Vaccination Week  
 National Center for Immunization & Respiratory Diseases  
 1600 Clifton Rd'  
 Atlanta, GA 30329-4027  
 (800) CDC-INFO (232-4636)  
 (404) 639-8200  
[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

December 4 - 10  
 National Handwashing Awareness Week  
 Henry the Hand  
 (513) 769-HAND (4263)  
[dr.will@henrythehand.com](mailto:dr.will@henrythehand.com)  
[www.henrythehand.org](http://www.henrythehand.org)



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## Find Einstein



Can you find the hidden Einstein in this paper?

## Tree of Memories Ceremony

Join us on Thursday, December 8 at TRU HNC's administrative offices at 2726 West 11th Street Road, Greeley for our Tree of Memories celebration. This event provides an opportunity to honor lost loved ones in an environment that affirms and celebrates life and offers support for all those coping with a loss.

Light of Honor and Memory. The event is from 6 to 7:30 p.m. and includes a brief memorial service and the lighting of the Tree of Memories. For \$15, you will have a symbolic light on the tree. Your

loved one's name, along with your words of remembrance, will be placed in the Hospice Book of Memories.

2016 Tree of Memories Ornament. For \$20, receive a beautifully crafted commemorative ornament. If you're unable to attend, ornaments may be picked up at our administrative offices, or mailed to you for an extra \$3.



Provided ornament not pictured.

Photo Memories. A slide show is shown at the tree lighting ceremony. If you'd like your loved one to appear, please submit a photo with the name to [dhey-art@hpcnc.org/](mailto:dhey-art@hpcnc.org/).

This event is intended for all residents of Weld and Larimer counties, not just those who have been touched by hospice. To purchase an ornament, call the TRU HNC office at 970-352-8487.

## How To Reach Us

**email**  
robert@50plusmarketplaceneews.com

**phone**  
303-694-5512

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

**website**  
[www.50plusmarketplaceneews.com](http://www.50plusmarketplaceneews.com)  
[www.facebook.com/50plusnews](http://www.facebook.com/50plusnews)

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**50 Plus Marketplace News, Inc.** encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material under 250 words are to be emailed to [sales@50plusmarketplaceneews.com](mailto:sales@50plusmarketplaceneews.com). Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi as 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 15th of the month. They must be PDF files (with fonts embedded and print optimized), 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.

**Publisher/Editor**  
Robert A. Trembly II

**Chief Financial Officer**  
Michael Gumb

**Contributing Writers**  
Weld County Senior Centers,  
Agencies & Businesses

**Product Consultants**  
Michael T. Buckley,  
Darrell Barnes

**Design/Production**  
Lynne Poole



Mayor Melendez center right white sweater.

## Coffee Chat With The Mayor

A recent Saturday morning at Nana Bea's in Windsor found Windsor Mayor Kristie Melendez having coffee with town residents and talking about various issues and the state of the town's affairs. Special guests was a Cub Scout troop posing questions to the Mayor. This was done by scout members in pursuit of civic merit badges. All and all the coffee and chat ended up being quite informative, educational and some fun and laughs mixed in. The Mayor holds such gatherings at different locations around the town.

*Say You Saw It in*  
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## Aging With Respect and Dignity

### The Right to Avoid Impoverishment

Bob and Betty have been married for 40 years. Betty worked until Bob got his plumber's license. Then, Betty stayed home with the kids. Now they live on social security and \$300,000 in savings.



Recently, **Jonelle Roberts** Bob's health has resulted in nursing home stays. Medicare co-payments and non-covered days added up and Bob had a large bill to pay. Bob's son suggested he "give away" his savings so that Medicaid will cover his nursing home costs. Bob trusts his son and he wants to protect his savings. If he doesn't, he fears that Betty will live in poverty. Bob "gifts" the money to his son.

Soon after, weak from chemo and surgery, Bob went to the nursing home. After Bob's Medicare coverage ended, Betty was unable to pay the nursing home. She applied for Medicaid, but Medicaid questioned the \$300,000 gift made

to their son. Medicaid rules don't allow asset transfers five prior years to application. Bob won't qualify for Medicaid until much of the \$300,000 gift is spent on allowed expenses.

By now, Betty is behind on the nursing home bills and has received a discharge notice. Betty asks her son to pay the nursing home bill. Her son tearfully explains that he spent the \$300,000! Betty calls her Ombudsman and is advised to contact an elder law attorney in hopes that an expert in Medicaid eligibility. Meanwhile, she must pay the nursing home or bring Bob home.

Avoid Betty's situation. Include an expert in elder law in your retirement planning. Medicaid's rules are complicated! To reduce spousal impoverishment, Medicaid will allow you to stay in the family home, a "Monthly Income Allowance", and more than a \$100,000 "Community Spouse Resource Allowance", but only if you follow the rules.

❖ *Jonelle Roberts, Ombudsman serving NE Colorado ombudsneco-lo@gmail.com/.*

## Technology is Hip!

### The Age of Acceleration

In 2007, the age of acceleration in technology happened practically overnight and changed the world forever. According to author Tom Friedman's latest book "Thank You For Being Late," three major acceleration forces included 1) market forces (globalization and price collapse of connectivity making the Internet and computers cheaper, 2) mother nature affecting our environment and biodiversity, and 3) Moore's law, whereby the speed and power of computing power doubles every 24 months.



**Bob Larson**

Because of these forces, Apple introduced the iPhone (aka smartphone or powerful mobile computer capable of making phone calls, accessing the Internet, taking photos, and much more), Facebook and Twitter went global and now affects billions of users as a primary source of communications, Amazon introduced Kindle (forerunner of the tablet) and eventually Alexis (interactive artificial intelligence (AI) service), Google introduced Android, now the most popular

worldwide computer operating system, IBM introduced Watson (AI service), and Silicon Valley used new technologies in making Moore's Law happen on a grand scale.

Interestingly, it also has changed our workforce, eliminating older industry jobs in manufacturing and creating new jobs from innovating new technologies. Japan and the USA were known as the countries with lifetime employment, but fell to heavy competition from other countries with cheaper labor. Our manufacturing almost became extinct overnight. Innovation like robotic manufacturing has replaced manual labor, but also created new jobs for Americans in new industries such as solar and wind power, artificial intelligence, robotics, genomics, and soon, driverless vehicles and faster manned spacecraft among others.

Globalization affects the entire planet. The key is to keep innovating and have all countries working peacefully in producing a global economy. Technology will play an important part!

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



## Good Samaritan Society Offers Luxury Twinhomes

Good Samaritan Society-Water Valley Senior Living Resort is excited to announce the addition of luxury twinhomes adjacent to our current senior living community in Windsor. In addition to the monthly lease option, the luxury Twinhomes provide a unique financial option that preserves assets while minimizing monthly expenses.

2-Bedroom, 2-Bathroom, 2-Car Garage, 1,529 square feet (dimensions and square footage may vary). Twinhome features granite countertops with full backsplash in kitchen and a stainless steel appliance package. The master suite features a master bath double-sink vanity, coffered ceiling and ceramic tile flooring. The rear patio is complimented with a trellis.

Meeting your needs - Right here in our community. Living in one of our luxury Twinhomes are popular with those who are not ready to live in an apartment setting, yet

still wants to be a part of a community that allows all-inclusive access to all resort activities and amenities.

A better view of senior living. At Water Valley Senior Living Resort Luxury Twinhomes, you are steps away from lakes, walking trails, Pelican Falls Golf Course and close to Pelican Lakes, restaurants, grocery stores, hospitals, medical offices and drug stores. Our senior living community caters to the needs of adults 55 and older and provides everything you need to live life to the fullest in a resort-style environment. Our Lifestyle Enrichment Programs balance your physical, spiritual and emotional needs and allows you to make new friends while enjoying life on your time.

Reserve Your Twinhome Today! Call us at (970) 686-2743 or visit us at our website at [good-sam.com/watervalley](http://good-sam.com/watervalley) or at 805 Compassion Dr. in Windsor.

## Reverse Mortgage

### A Part of Financial Planning

“Reverse mortgages, which let retirees tap the equity they have built up in their homes, have become a better deal in recent years. They can be valuable as part of your overall financial plan for retirement,” says researcher Wade Pfau, author of a new book, *Reverse Mortgages: How to Use Reverse Mortgages to Secure Your Retirement*.



**Jim Doyle**

“Used strategically, a reverse mortgage can greatly improve the sustainability of your retirement income,” says Pfau, a professor of retirement income at the American College of Financial Services.

Using a reverse mortgage can allow retirees to delay drawing social security benefits, thereby enabling them to draw a larger amount when they are ready. In this time of changing market conditions, the proceeds from tapping the equity in their home allows investors to let their retirement accounts, which have been hit hard in many cases, to grow and recover.

Sometimes referred to as a ‘home annuity,’ a reverse mortgage serves as a stable, tax-free source of funds to be used for any purpose. For some it is a path to remaining in their home by paying for the services needed to do so, such as home health care, yard work, cleaning, etc.

In many cases, the children of Boomers are homeowners themselves, and want to know that mom and dad are living a comfortable retirement while aging in place.

With a reverse mortgage you never have a mortgage payment as long as you live in the home. Because it is insured by the government, you never owe more than the home is worth, and the property may be willed to your heirs. The heirs may refinance the home into their own names for 95% of the appraised value, or may sell the home and keep any proceeds after the reverse mortgage has been satisfied.

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

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- ✓ You always own the equity in your home



**JIM DOYLE, NMLS #335659**  
 Reverse Mortgage Specialist

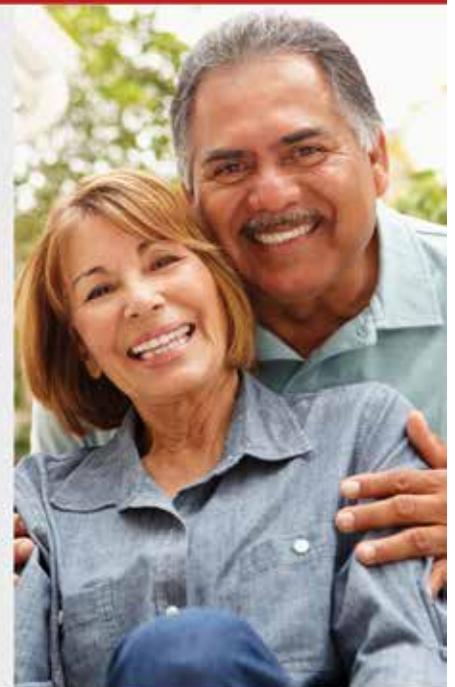
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# Leipzig: The Cosmopolitan City of Germany

By Ron Stern, Travel Photojournalist

Located in the East German state of Saxony at the confluence of three rivers, Leipzig has always been a historically important city. Many notable figures have lived here, and its citizens were instrumental in bringing about the fall of communism in Eastern Europe. Today, while still honoring its past, Leipzig is steering a clear course toward a vibrant future in the arts, culture, cuisine, and tourism.

Bach was, forgive the pun, instrumental in the early development of the St. Thomas Church Choir and was also its conductor from 1723-1750. Today, the St. Thomas Boys' Choir of Leipzig honors Bach in its repertoire and delights audiences all over the world. Cantinas can be heard here every Friday and Saturday.

In recent years, Leipzig has emerged as a tourist mecca with museums, restaurants, and historical sites to explore. One such area that is being reclaimed is known as the Spinnerei. Situated in an industrial zone and constructed with

tons of red bricks, the building was once the largest cotton mill in Europe. Today, it houses 12 galleries and around 100 artists' studios.

The so-called coffee culture is in full brew mode here, and the Zum Arabischen Coffe Baum is one of the oldest surviving coffee houses in Europe. Bach, Goethe, and Robert Schumann are among its famous guests.

You will never go hungry as Leipzig has more than 1400 pubs and restaurants as well as sidewalk cafes. The most famous restaurant in Leipzig is Auerbachs Keller, mentioned in Goethe's Faust. Located downstairs in a shopping arcade, this establishment was



started as a wine bar for students. Its origins can be traced perhaps all the way back to 1438. Nowadays, they serve local cuisine, and their roulade with red cabbage and dumplings among the best you will find anywhere.

Resources: Germany Tourism, [www.germany.travel/](http://www.germany.travel/).

Wishing You Joy, Independence and Wellness during this Holiday Season

(l-r) First row: Yvonne Mejia (green), Ruth Franco, Annemie Williams  
 Second row: Patty Endres (white), Joyce Trevino (black)  
 Third row: Susan Benavides, Julia Meyer, Kathy Clark (pink)  
 Fourth row: Kristina Herndon, Jaime Gonzales

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# 'Tis the Season to be Entertained!

## Survey For 2017-18 Performance Options

By Mari Hein Beegle, UCCC

Greetings and Happy Holidays for the Union Colony Civic Center, the premier performing arts venue of northern Colorado!



The UCCC is celebrating its 28th season. You may perhaps know that the UCCC was built with a combination of public and private money. We take pride in being a community venue that is 'home' to many local performing arts groups, such as the Greeley Philharmonic Orchestra and the Stampede Troupe. The Greeley Chorale performs here, as do many schools from Weld District 6 and local dance studios. Many Greeley non-profits reach out to the community with yearly events; Friends of a Woman's Place and Meals on Wheels, just to name two, hold annual fundraisers at the UCCC. We partner with the University of Northern Colorado to aid in hosting the annual Greeley/UNC Jazz Festival every April, the UNC Gala in February, and other UNC music and theater events

- from opera to musical theatre, from band and orchestra concerts to faculty recitals. This is in addition to the shows the City of Greeley presents - Broadway musicals, concerts, comedy, family shows and much more.

We invite everyone in our community to enjoy an evening out at the UCCC. Many events are inexpensive, some are even free! Visit [ucstars.com](http://ucstars.com) to see a complete lineup, or stop by the UCCC ticket office. Our friendly and knowledgeable staff will be happy to help with information and tickets to all our upcoming performances. You can also reach the ticket office by phone at 970-356-5000, Monday through Friday from noon until 6 p.m., and Saturdays from noon until 4 p.m.

We also have a new survey on our website. Take a look and let us know what performers you'd like to see the City of Greeley present in the 2017-18 season. The survey is available until Thursday, Dec. 15. Visit [ucstars.com](http://ucstars.com) and vote!

## Are Dental Implants Right for You?

By Melvin Benson Jr., DDS

In the world of dental medicine, nothing has revolutionized the profession the way dental implants have. Dental implants are a completely artificial tooth which can be used to replace a single tooth, many missing teeth, or secure a denture. This is what makes dental implants so exciting for our patients! Due to their versatility, we can give our patients more options regarding missing teeth.



People often wonder, "Are dental implants safe?" The answer for most of the population is, "YES!" If you are a healthy individual who does not smoke, have diabetes, or a history of head and neck radiation, implant success rate is over 98%!

So why are there not more dentists placing implants? To achieve a high success rate, the dentist or surgeon must have completed additional education beyond dental school to understand how to use and place dental implants. Not all dentists want to make this invest-

ment and will utilize a specialist to place the implants and then the general dentist will restore the implant with the abutment and crown.

In addition to the advancement in implants, there is the advancement in X-ray technology called Cone Beam CT or CBCT. This machine allows the dentist to see the face and jaw in 3 dimensions. By looking at the implant site, we can determine prior to placing the implant exactly what size of implant to use and if there is a need for grafting due to a lack of bone. This diagnostic tool is becoming a vital part of precise implant placement and will soon be the standard of proper care for patients.

How do you know if dental implants are right for you? The first step would be to schedule a consult with your dentist so they can review your health history, x-rays, and establish expectations. If you are missing one or more teeth, there is no better time than now to get started!



## Holiday Festival Of Trains at the Colorado Model Railroad Museum

Friday, Dec. 16th- Saturday, Dec. 31st

Extended Museum Hours!

Open Mondays: Noon-4pm

Tues.—Sat.: 10am-4pm

Closed on the Holidays



Colorado Model Railroad Museum  
680 10th Street  
Greeley, CO 80631  
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Merry Christmas and a Happy New Year from our family to yours.



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# 10% Off Any Membership

Join the Family FunPlex or Greeley Recreation Center between Dec 15-Jan 15 and get 10% off any membership—quarterly, 6-month or annual. Memberships are good at both the Greeley Recreation Center and Family FunPlex and include mini golf & discounts on fitness classes!

Looking for a stocking stuffer for your family or grandchildren?

Why not get them a gift certificate.

Call 970-350-9400 for more information



## Senior | Soul | Care

A Radio Show With Spirit

Be sure to listen to Senior Soul Care\* hosted by Mark Langness on



every Sunday morning from 8 to 8:30am

\*Senior Soul Care is a 501c3 Non-profit organization.

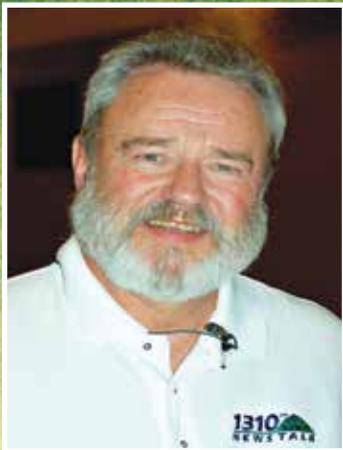
Please support the ministry by logging on to: [www.seniorsoulcare.com](http://www.seniorsoulcare.com) and click on the PayPal Button.

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)



Mark Langness  
Founder  
Senior Soul Care



Gil Moon  
Presents:

Senior's Circle  
Sunday Mornings 10-11 am  
Your "On the Air" resource for  
the "Over 50" crowd

Golden Years Theater  
Sunday 6:00 pm - 12:00 am



## Social Security Today

### Between Festivities, Visit My Social Security

The holiday season is here, bringing with it family gatherings and familiar traditions. As you bustle about from place to place, sharing turkey dinners and visiting with loved ones, there's one errand you can avoid — a visit to the Social Security office. Why take time out of your busy holiday schedule to visit an office when you can conduct most of your business online?



Josh Weller

At [www.socialsecurity.gov](http://www.socialsecurity.gov), we have a variety of services available to you, from the comfort of your home. You can apply for disability benefits or appeal a disability decision. You can also file for retirement benefits, spousal benefits, or Medicare-only benefits while enjoying leftover pumpkin pie. Our secure, easy-to-navigate website is sure to add plenty of comfort and joy to the festivities.

Even if you're currently receiving benefits, or aren't quite ready to file, Social Security has services

to bring you holiday cheer. With a my Social Security account, those receiving benefits may change their address and direct deposit information, get proof of their benefits, and request replacement of a Medicare card. In addition, if you aren't currently getting benefits, you can still check your earnings record, get estimates of your future benefits, and view your Social Security Statement. Open your account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

With the New Year just around the corner, it's never too early to start planning for your future.

Once you've conducted your business at [www.socialsecurity.gov](http://www.socialsecurity.gov), you may want to visit [www.myRA.gov](http://www.myRA.gov). myRA is a retirement savings account from the Department of the Treasury designed to help you put aside money for your retirement.

Holidays are fun, and sometimes stressful. Let our online offerings reduce the holiday stress so you can focus on what's important — your loved ones. When you need services from Social Security, start a new tradition. Go online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

◆ Josh Weller, Social Security Public Affairs Specialist in Denver, CO

## Safe Shopping On-line

'Tis the season for holiday shopping and since many people will purchase their holiday gifts online, this is a good time for some internet safety reminders. Here are some tips for protecting your personal and financial information while shopping online:

- Don't share your banking information while using free public Wi-Fi or public computers.
- Only shop on secure sites that begin with "https" and/or display a padlock in your browser.
- Only shop with online merchants you are familiar with. If you are unsure about a merchant do your research.
- Make sure your computer and browser security features are installed and updated.
- Confirm a working customer service phone number in case you have issues with the product.
- Avoid shopping for a product based upon unsolicited emails, texts or pop-up advertisements.
- Be suspicious if you are shopping for a product and one site is offering unbelievably lower prices than anywhere else online. They may be trying to collect personal information or sell knock-off products.

- Read the fine print, terms, conditions and return policy before finalizing any purchase.

- Only use a credit card when shopping online, avoid any less conventional forms of payment like money orders or purchasing prepaid payment devices.

- Keep a record of your purchase on file in case you need to reference it in the future.

- Regularly check your credit card statements to ensure all transactions are authorized by you.

If you are concerned about the security of your information online, choose to shop over the phone or in a store. To report online fraud to the FBI's Internet Crime Complaint Center visit [www.ic3.gov](http://www.ic3.gov) or call an AARP Foundation ElderWatch volunteer specialist. [www.aarpelderwatch.org/](http://www.aarpelderwatch.org/).



## Erie Active Adults

303-926-2550

**Thursday Lunches.** Weld County Senior Nutrition at 12:15 pm. Social hour at 11. Reserve by Tues. 5 pm: 303-926-2795, \$3/\$10. After Lunch Entertainment at 12:45 pm. and is open to everyone, but not scheduled for every lunch.

**Mardi Gras Casino.** Casino package includes \$10 food credit, \$5 free play, & free drinks while gambling. Must use player card to receive package. 21 up. Meals on own. Includes transportation. Register 2 weeks prior. Mon. Dec 19, 8:30-4:30 pm. \$5/\$9.

**Supper Club.** Corona's Mexican Restaurant, Broomfield. Taste the freshest ingredients available and the finest recipes. Includes transportation. Meal on own. Register by Dec. 5. Tues. Dec 20, 4:30-7pm. \$9/\$15.

**Blood Pressure Checks.** Free.

1st Thu. monthly, 11-noon.

**Alzheimer's Assoc. Caregiver Support Group.** Build a support system with people who understand. Conducted by trained facilitators, exchange practical tips on caregiving, talk through issues, develop coping mechanisms, share feelings, and learn about community resources. Erie Community Center, 1st Thu. every month, 4pm. Register & information: (970) 392-9202.

**Introduction to Qi-Gong and Tai-Chi Chuan.** The practice of coordinating one's mind, breathing, and body movement to improve circulation throughout the body. Based on practice, mental attitude, metabolism, sleep, physical strength and balance. Teaching the 24-Posture Form. Register 1week prior to start. Tues. Dec 6-27, 11:30-12:45 pm. \$35/\$45.

## Windsor Community Center

970-674-3500 • www.windsorgov.com

**Forney Transportation Museum.** Thu Nov 3 (Denver): The Forney Museum of Transportation is a one-of-a-kind collection of over 600 artifacts relating to historical transportation. Today it includes not just vehicles, but also buggies, motorcycles, steam locomotives, aircraft, carriages, rail equipment, fire apparatus, public transportation, sleighs, bicycles, toys & diecast models, vintage apparel and much, much more! Depart 10 am. \$25, lunch on own.

**Jersey Boys.** Thu Nov 10, Buell Theatre. The award-winning musical about The Four Seasons. The true story of how 4 blue-collar kids became one of the greatest successes in pop music history. Departs 4:30 pm. \$73, dinner on own.

**Holiday / Veteran's Day Lunch.** Fri Nov 11, Celebrate! Chili, Cinnamon Rolls, carrot sticks and

Chocolate Milk are on the menu. And we'll even play a little Grocery Bingo! Sign up on the usual lunch roster so we can get a head count. 11:15 a.m. \$3, Veterans Free!

For complete details on activities and to register, please call the Windsor Community Recreation Center at 970-674-3500 or visit [www.windsorgov.com/srnews](http://www.windsorgov.com/srnews). The Pelican Perch Senior Newsletter published monthly.



The Annual Johnstown Senior Center  
**Christmas Boutique**  
 Saturday, December 3 from 9 a.m. - 3 p.m.  
 Crafts • Silent Auction • Bake Sale  
 Raffle for a Radio Flyer Wagon filled with toys  
 Tickets \$1 ea. or 6 for \$5  
 Santa Visits 10-2 p.m. pictures: \$2 donation  
 Lunch is available from 11 - 1:30 p.m.  
 For information call  
**970-587-5251**

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magazine online.



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ACTIVITY CENTER**

1010 6th St • 970-350-9440  
GreeleySeniorActivityCenter.com

## Weld County Senior Nutrition Program

- |  |   |
|--|---|
| 1 Beef Goulash, Seasoned Vegetable Blend, Tropical Fruit Mix, Pudding, Whole Wheat Bread, Margarine  | Cream Puff  |
| 2 Krautburger, California Blend Vegetables, Mixed Fruit Salad and Rice Krispy  | 9 Chicken Cordon Bleu, Roasted Red Potatoes, Lemon Broccoli, Chilled Ambrosia Salad, Multigrain Roll, Margarine, Sugar Cookie |
| 5 Tuna Fish Casserole, Peas, Spinach and Cauliflower Salad, Blushing Pear Halves, Oatmeal Raisin Cookie  | 12 Baked Ham and Sweet Potatoes, Peas and Carrots, Roll, Margarine, Apple- Cranberry Crisp                                    |
| 6 Barbequed Chicken, Home-Style Mashed Potatoes, Italian Blend Vegetable, Corn Muffin, Honey, Margarine, Sliced Pears and Raspberries            | 13 Vegetarian Lasagna, Vegetable Blend, Spinach Salad with Dried Cranberries and Raspberry Dressing, Breadstick, Tiramisu     |
| 7 Prime Rib, Baked Potato and Sour Cream, Green Bean with Red Pepper, Cranberry Dream Salad, Dill Roll, Margarine, Horseradish Sauce, Cream Puff | 14 Fried Chicken, Macaroni and Cheese, Broccoli, Red Seedless Grapes, Whole Wheat Pumpkin Roll, Margarine                     |
| 8 Prime Rib, Baked Potato and Sour Cream, Green Bean with Red Pepper, Cranberry Dream Salad, Dill Roll, Margarine, Horseradish Sauce,            | 15 Spaghetti with Meatballs, Mixed Garden Salad with Italian Dressing, Melon Mix, Breadstick, Chocolate Éclair                |
|  | 16 Cheeseburger, Lettuce, Tomato and Onion, Sweet Potato Tater Tots, Chilled Coleslaw, Peach Crisp                            |

Menus are subject of change based on product availability. All menus include ½ pint of 1% Milk Windsor, Johnstown, Greeley Senior Center, & Carbon Valley locations have self-service salad bar on Tues. To find a site near you contact (970) 346-6950 X6120. Suggested donation: \$3 for adults 60 years or older. ability.

## TRADING POST

### FOR SALE

#### YUMMY!!

Chili and Cinnamon Rolls  
Saturday, December 3rd  
11:00 am til 2:00 pm  
Hill N Park Senior Center  
4205 Yosemite Drive  
(970) 330-8619

#### CEMETERY PLOTS

2 @\$2250 each (fees paid by seller). Sunset Memorial Gardens in Greeley, CO; Sermon on the Mount area. Call: 970-398-4842.

Advertise Here  
Only \$29!

### Services

#### CERTIFIED HOME SERVICES

Free Estimates: Replacement Windows at great prices. Kids get a Free Autograph from former NBA player, 2 time Hall of Famer, Chuckie Williams. Call 970-290-5464 for free estimates.

### Services

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Groceries picked up? Packages sent? Dogs to the groomer? Call CARE CAB and Courier Service at 970-381-9219. Getting errands done with care. Serving Greeley, Evans, Ault to La-Salle. Retired/background checked/insured/clean Toyota Highlander.

#### MOBILE MASSAGE:

Registered, Insured massage therapist who specializes in all types of injury corrections. For lasting results call (970) 370-8118, or www.VickiAriatti Mangum.com

### Services

#### BRACKEN PAINTING:

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#### ASPIRE PHYSICAL THERAPY.

Personalized one-on-one care! For back, neck, shoulder, muscle and joint pain. Convenient downtown Louisville location. Accepting Medicare clients. 720-523-0643 or www.aspireptcolorado.com

### RSVP

#### Lead With Experience

The RSVP Grocery Shopping and Delivery Program provides a service to those who are homebound and unable to shop for themselves in the Tri Town community. This no cost grocery shopping and delivery service is available weekly. For information and to place an order please call 303-833-2739.

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To advertise in the classified section, email 30 words or less to [robert@50plusmarketplacenews.com](mailto:robert@50plusmarketplacenews.com), or mail this form and a check for \$29 per month made payable to:

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| <input type="checkbox"/> February 2017 | 1/10/2017  |
| <input type="checkbox"/> March 2017    | 2/10/2017  |
| <input type="checkbox"/> April         | 3/10/2017  |

# FACES AROUND TOWN

Honoring those who have served and are serving in the United States Military is a task that a Mary Mendoza takes great pride in doing. A Weld County Meals on Wheels staff member, she remembers family, friends and staff who are veterans and those on active duty. Her display at the Meals on Wheels Greeley location is meticulously arranged and has been doing this for a number of years. She attaches vital importance to remembering and appreciating Veterans of the United States Military. Mary reminds everyone to say 'Thank You' to Veterans.



On air with KFKA 1310 a.m. Senior's Circle show host Gil Moon is Samantha Schmidt-Garden Square at Westlake Intern-graduating from UN with a BS in Human Services this month. Samantha talked about her duties and responsibilities as an Intern and how much she is enjoying being at Garden Square at Westlake. She is eagerly awaiting her graduation and looking forward to pursuing her chosen profession. Host Gil Moon ended the interview with a hardy congratulations and invited Samantha back for another appearance on Senior's Circle aired every Sunday morning from 10-11 a.m.

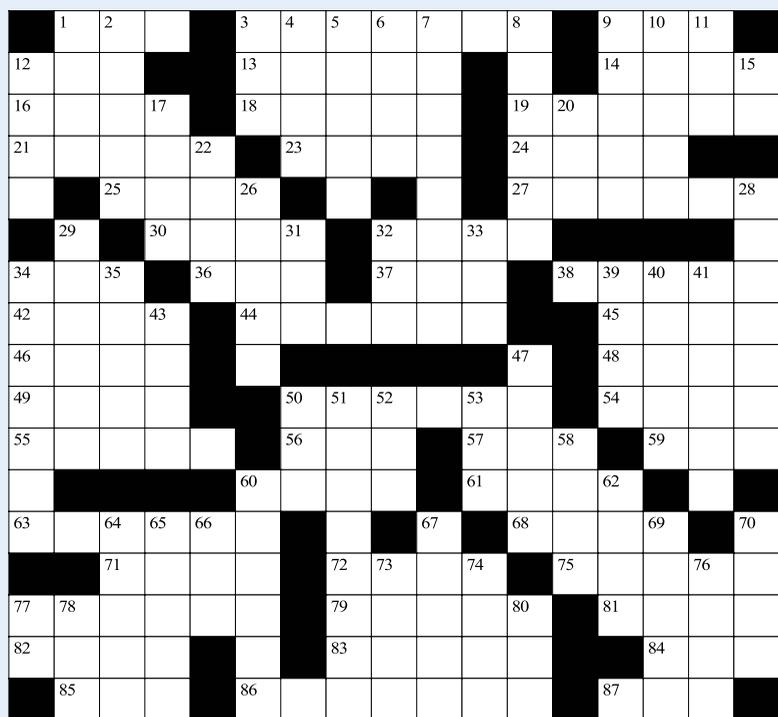


Humana MarketPoint Sales Representative Cory Zabenco recently addressed an audience of Weld County Senior Nutritional site directors and others associated with the meal centers. Cory explained exactly what Medicare is and who is eligible. He stressed important points to consider before making a decision about Medicare coverage: Cost, Employer plans, Coverage, Prescription drug coverage, Convenience, Doctors and other healthcare providers, Special Needs Plan, Extra benefits. Cory expressed a hope that the information he shared was helpful and offered to visit the various centers to talk to seniors there and answer questions.

50 Plus Marketplace News

## Crossword Puzzle

November 2016 • Weld County • Answers on page 13



**ACROSS**

- 1 For what
- 3 Dance
- 9 Month
- 12 By way of
- 13 Planet
- 14 Once more
- 16 Donations to the poor
- 18 Leg bone
- 19 Cut into
- 21 Australian acacia
- 23 Rotate
- 24 Structure for storing grain
- 25 Put down
- 27 Thing that opens
- 30 Children's book author
- 32 Augury
- 34 Implore
- 36 Corded cloth
- 37 Fine hair
- 38 Favored
- 42 Which inland sea of central Asia lies on the border between Kazakhstan and Uzbekistan
- 44 Fourth highest peak in the world
- 45 Yes

- 46 Abominable snowman
- 48 Church recess
- 49 Mortgage
- 50 Inflammatory condition of the skin
- 54 Roster
- 55 Exalt
- 56 Fish eggs
- 57 Consumed
- 59 9th letter of the Hebrew alphabet
- 60 Ruin
- 61 Clock face
- 63 Remains of any organism preserved in rock
- 68 Toward the mouth
- 71 Novice
- 72 Illfavored
- 75 Woody vines
- 77 Talisman
- 79 Complain
- 81 Ceased living
- 82 Cesspool
- 83 Pertaining to sound reproduction
- 84 Put Down
- 85 Miles per hour
- 86 Shafted weapon

**87 Swindle**

**DOWN**

- 1 Crafty
- 2 Porter
- 3 9th letter of the Hebrew alphabet
- 4 Postpone
- 5 Regular course
- 6 Agitate
- 7 Part of the brain
- 8 Toxin
- 9 Twinned crystal
- 10 Negatively charged ion
- 11 Affirmative reply
- 12 Repair
- 15 Plural of I
- 17 Thick slice
- 20 Pinch
- 22 Person who lies
- 26 Affairs of honor
- 28 Red-hot
- 29 In this
- 31 Miles per hour
- 32 Often
- 33 Before
- 34 Dried leaf of the laurel
- 35 Entrances
- 39 8th month of the Jewish calendar
- 40 Storage center
- 41 Christian festival
- 43 Chain piece
- 47 Courtyard
- 50 Period of history
- 51 Pertaining to marriage
- 52 Letter Z
- 53 Deranged
- 58 British nobleman
- 60 Blemish
- 62 Put down
- 64 Stub
- 65 Slender graceful woman
- 66 Wrath
- 67 Evade
- 69 Each day
- 70 Gentlewoman
- 73 Insect larva
- 74 Primordial giant in Norse myth
- 76 Tides that attain the least height
- 77 Similar to
- 78 Silent
- 80 Seed vessel

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## A Senior Real Estate Specialist Designee (SRES) Can Help You

Nearly everyone wishes to age in place as they grow older. But often, the spacious family house becomes too burdensome, financially and physically, to maintain for individuals over 50.



There's almost always an emotional element associated with selling a long-time home. In my 14 year career as a REALTOR, my most cherished memories are tied to helping my friends through the process of leaving their home. Senior Real Estate Specialist (SRES). SRES® designees are real estate agents that specialize in senior needs and can ease the transition first by talking about your reasons for selling and then exploring all the options by either modifying and staying in your current home or finding a different property to be sure you find the very best housing solution.

As an SRES® designees I will use my expertise and industry knowledge to provide an honest assessment of your property and make suggestions for improving it for salability. This may mean a

recommendation on hiring staging professionals who can make modifications that will best showcase your house and make it appeal to the broadest audience possible.

SRES® designees can also provide insight on current market conditions, determine how your property stacks up against the competition and develop a pricing and marketing strategy to sell your home quickly and for the highest possible price.

I can help assemble an appropriate team to ease the transition to a new property. Movers, landscapers and stagers can handle the heavy lifting. Attorneys, 1031 exchange specialists and mortgage brokers can manage the heavy paperwork.

I'd like to help you find your new home locally or refer you to designees elsewhere to find property in a new city or near children. Working together as a team in this process I can help you leave your home but keep your memories with you. For a private consultation, call (970) 381-9141.

### HEALTH TIP:

#### Boost Your Health With Exercise

Regular exercise benefits the body and mind in countless ways, experts say.

The American Council on Exercise advises that regular workouts increase the likelihood of:

- Being at a healthy body weight.
- Managing swelling and pain caused by arthritis.
- Keeping lean muscle mass, which typically is reduced as we age.
- Having more self-confidence and self-esteem.
- Maintaining independence.
- Feeling better.

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### Eaton's Christmas Tour of Homes

**11 a.m. - 4 p.m., Saturday, December 10**

Visit 6 awesome, diverse homes  
Includes: 3 houses built in the 1880's, 1 with an extensive WWII collection, plus the A. J. Eaton House Museum

**Tickets: \$12 advance, \$15 at tour homes on the 12th**

*Purchase tickets at the Museum day of tour. For more information and advance sale tickets call Barbara LaBarbara 454-9160.*



Paid Actor Portrayal

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