

## Assistance League® Programs Benefit Weld County

Assistance League of Greeley provided \$141,870 to Greeley and Weld County during the past fiscal year, ending May 31, 2016. Assistance League of Greeley has five programs that benefit citizens of Weld County.

According to Joan Ingmanson, President, "Assistance League is a volunteer service organization whose members' hours help fund on-going philanthropic projects to service specific needs of the community." Ingmanson continued, "Assistance League promotes and provides funding for programs that are unduplicated in the community. The work of 73 volunteers allows Assistance League to provide these programs with over 18,390 hours of service during the past year. The monetary value of the volunteer's time is approximately \$431,477." The programs include:

- Assault Survivor Kits® distributed at Northern Colorado Medical Center and Medical Center of the Rockies to victims of sexual and physical assault. During last year 120 survivors received clothing and personal items. The Victim and Law Enforcement Board provides grant funds for this program.
- Operation School Bell® provided school uniforms to elementary school children at five schools in the Greeley-Evans School District No. 6. Schools participating in the program are Martinez, Madison, Maplewood, Centennial and Bella Romero. Total value of the uniforms was \$71,970. The uniforms provided included 7,920 polo shirts and 7,032 navy pants. Operation School Bell also provided books for children at the Sunrise Dental Clinic with an approximate value of \$1800. The Assistance League is helped with this project with the following grants: Paul Bomberger, Jr. Foundation, Wells Fargo Community Assistance Fund, Poudre Valley REA, and Great Western Oil & Gas.

- Warm-up Weld helped 703 families stay warm with blankets

distributed through Meals on Wheels, Envision, and Guadalupe Society. The Wal-Mart Foundation and Kings Sooper provided a grant to increase the number of blankets purchased. Total value of the blankets was \$4,749.76.

- File of Life, a medical history in wallet and magnetic plastic envelopes were given to 2990 individuals attending health fairs. University of Colorado Health Services provided assistance to fund this program.

- Twelve single parents continue their education at University of Northern Colorado or Aims Community College as a result of scholarships totaling \$57,300. The single parent must be a resident of

Continued on page 16 ▶



## Weld County Receives Grant For Noxious Tree Removal

Recently, the Weld County Board of Commissioners approved a grant agreement with the Colorado Water Conservation Board for \$195,000 to be used for the removal of phreatophytes. Tamarisk and Russian Olive Trees will be removed from approximately 26 linear miles along the Big Thompson River, Little Thompson River and South Platte River.

"The tamarisk and Russian olive tree removal project is a continuation of work that began in 2003 and 2004," said Commissioner Chair Mike Freeman. "This continuation assists with improving the overall value of the South Platte River Watershed."

Weld County provides a cash match of \$10,000 and an in-kind donation of \$28,000 for supervision of the project, chemicals, travel, maintenance, monitoring of the project and a 15 month seasonal staff member. Many other organizations are providing cash matches totaling \$35,250 and in-kind donations totaling \$110,386.

"By removing these phreatophytes, native vegetation can start to grow, wildlife habitats is im-



Russian Olive Tree



Tamarisk

proved and the water quality is better," said Commissioner Barbara Kirkmeyer, Commissioner Coordinator for the Department of Public Works. "These noxious trees use more water than native plants and can rapidly dry up irrigation ditches."

To eradicate the tamarisk and Russian olive trees, the cut-stump method will be used as it has the least amount of impact to the surrounding native vegetation and wildlife. In the cut-stump process,

the trees are limbed with the tree trunks cut as close to the soil surface as possible then chemical is applied to the stump after the final cut is made. The cut material is chipped and spread on site.

The project continues through June 1, 2018. Long-term monitoring continues twice a year for five years after the completion of the grant.

For more information, visit [www.weldweeds.org](http://www.weldweeds.org).

## INSIDE

### Sunscreens

Page 3

### Spring Memorial

Page 5

### Assistance League

Page 16

# August CALENDAR

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

**Monday/1 & Tuesday/2**

Auditions! 6:30-8 pm for 'The Dixie Swim Club,' a Jones Hope Wooten comedy. Windsor Community Play House, 561 Garden Dr, Windsor. Need 5 Actresses, a Sound/Light Person, & a Costumer/Set Helper Director: Tim Bernhardt. Info: 970-674-1790

**Thursday/4**

Weld County Area Agency on Aging Advisory Board, 1st Th, monthly 9-11 am, 315 North 11th Ave Building C.

**August/5**

Brothers of the Son, Friday Fest. Free live music on the 9th St. Stage from 6-9pm, 'Go-Cup' service, street performers. Aug 12: Chris Daniels, Aug 19: Blues Dogs, Aug 26: Groove Nation. Info: www.greeleydowntown.com /signature-events/friday-fest-2016 for any changes.

**Tuesday/9**

Greeley Friends & Newcomers Pot Luck Brunch, 10-Noon. Program: UCCC Fall Program Info: 970-518-2465.

**Saturday/20**

Colorado Senior Lobby's Free Summer Social, Covenant Village, 9151 Yarrow St, Westminster, 8:30-noon. Social hour & continental breakfast, program at 9:30am. Features a panel of Colorado Legislators.

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

**Thursday/28**

2016 Free History Brown Bag Series hosted by Greeley Historic Preservation Commission, free and open to the public. Program: Rattlesnake Kate, Tannis Bator. At Greeley History Museum, 714 8th St. Bring lunch! Info: betsy.kellums@greeleygov.com or 350-9222.

**Calendar sponsored by Dacono Discount Groceries**

## Your Life Support Turning Your Listening On

A subscriber to "Theatre Arts" dialed directory assistance for the magazine's number. The operator said, "Sorry, sir, but there's no one listed by the name 'Theodore Arts.'"



**Steve Goodier**

The man said, "No, it's not a person; it's a publication. I want the listing for Theatre Arts."

"I told you, we do not have a listing for Theodore Arts," came the disinterested voice.

The man said in a loud voice: "The word is 'THEATRE. T-H-E-A-T-R-E.' I need the listing for Theatre Arts."

"Sir," said the operator, "that is NOT how you spell Theodore."

Patricia Goldman, as vice chairperson of the National Transportation Safety Board, used to tell a story about how poorly airline passengers listen. She says that one flight attendant, who was frustrated by passenger inattentiveness during her what-to-do-in-an-emergency talk, changed the

wording. This is what she actually said:

"When the mask drops down in front of you, place it over your navel and continue to breathe normally."

Not a single passenger noticed.

We have eyelids, but we do not have ear-lids. To compensate, we learn to listen selectively – to turn our listening on and off. And though we are well-practiced at turning listening off, we may not be as good at turning it back on. What would happen if we turned our listening on full strength?

If you have ever been listened to, really listened to, you know how powerful that experience is. Listening is best when it is done with your whole self. This is what I mean:

Listen with your eyes. Make eye contact with the speaker. And forget about multi-tasking. Research shows that it is impossible to truly listen to another person while doing something else at the same time.

Listen with your ears. It is impossible to listen when you are

speaking. Learn to concentrate on the moment at hand and clear your mind of distractions.

Listen with your mind. Let go of preconceived ideas about what you think the speaker is saying. Keep your mind open, even if you suspect you will dislike what you are about to hear.

Listen with your heart. Be concerned for and genuinely interested in the person to whom you are listening. That will speak louder than anything you actually say.

Dr. Karl Menninger stated, "Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward." Listening with your eyes, your ears, your mind and your heart not only works, it can create an almost magical bond between you and others.

It may be good to speak in such a way that others love to listen to you, but it's better to listen in such a way that others love to speak to you.

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

**Senior Complex**

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**50 Plus Marketplace News, Inc.,** is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Weld County citizens. 50 Plus has 38,300 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

**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. 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.

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## 4 in 10 Popular Sunscreens Don't Meet Sun Safety Standards

Nearly half of the most popular sunscreen products sold in the U.S. fail to meet basic sun safety guidelines, new research shows.

The finding stems from a look at the sun protection labels of 65 products that accounted for the top 1% of all sunscreens sold by Amazon.com. 40% of those sunscreens lacked the minimal resistance to water and sweat that the American Academy of Dermatology (AAD) recommends.

Also, the cost of top sunscreens was found to vary wildly, with some products priced 3,000% more than others, despite offering no greater sun protection, the researchers said.

Sunscreens are regulated by the U.S. Food and Drug Administration as 'over-the-counter' drugs and, mandates clear sun protection labeling, the researchers said.

The AAD recommends sunscreens that provide 'broad-spectrum protection' against both UVA 'aging' rays and UVB 'burning' rays.

Screens should provide an overall 'sun protection factor' (SPF) of 30 or more, to block out 97% of the sun's rays.

The FDA has banned sunscreen manufacturers from claiming their products are 'waterproof' or 'sweat-proof,' but the AAD says consumers should select 'water-resistant' sunscreens that stay effective after 40 minutes of water exposure.

The study reviewed the safety labeling of Amazon's top-reviewed sunscreens. Most came in cream form, and more than 90% offered broad-spectrum protection. Of the top 65 sunscreens, 62% were labeled as water- or sweat-resistant.

In the interest of promoting routine sunscreen use, these additional factors should be considered: fragrance-free sunscreens, tinted screens, and screens that come blended with titanium and/or zinc.

There's more on sunscreens at American Academy of Dermatology [www.aad.org/media/stats/prevention-and-care/sunscreen-faqs](http://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs)

◆ *HealthDayNews* articles are derived from various sources.

### HEALTH TIP:

#### Balancing Exercise and Nutrition

Eating and drinking nutritious foods can help you build muscle and sustain enough energy for tough workouts.

The Academy of Nutrition and Dietetics advises:

- Eat plenty of carbs before a muscle-building workout.
- Skip energy gels, bites and drinks unless you're an athlete training hard for longer than an hour at a stretch. For the average exerciser, healthier foods and water can replenish fluids and

electrolytes.

- Eat breakfast before your workout to give you energy.
- Don't use exercise as an excuse to eat unhealthy fare.
- Choose foods that balance proteins and carbohydrates, such as half a turkey sandwich on whole wheat, yogurt or a glass of chocolate milk.

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### ELDER ADVOCATES

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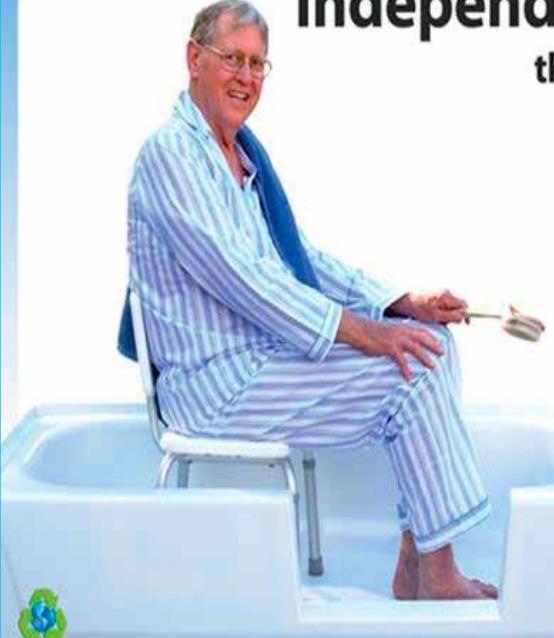


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COMMUNITIES OF NORTHERN COLORADO

 All faiths or beliefs are welcome.

## Aging With Respect and Dignity

### The Right To Confidentiality

Bernice called the Ombudsman last week. She couldn't go another day wondering if her Dad was getting good care at the Springwater Nursing Home. The doctor refuses to send Dad to a specialist for his tremors. The Ombudsman promised to visit her Dad, but Bernice hasn't heard back.



**Jonelle Roberts**

The Ombudsman visited Bernice's Dad, Baxter, that very same day. Baxter welcomed the visit. When asked if the doctor had discussed treatment options for his tremors, Baxter asked, "Why all the questions?" The Ombudsman explained Bernice's concerns. Baxter got upset and explained that he and the doctor knew exactly what they were doing.

The Ombudsman asked Baxter if she could let Bernice know they had spoken. Baxter said no, so the Ombudsman could not contact Bernice. When an Ombudsman and a resident communicate, everything that is said is confidential

until the resident gives permission to share or to act.

To further illustrate the 'right to confidentiality', consider this. If an Ombudsman is told by a resident that someone is hurting them, the Ombudsman cannot share this information if the resident tells them not to. Ombudsmen are not mandatory reporters but are instead mandated to act on the expressed wishes of the resident. This appears counter-intuitive but is in statute by design to protect and amplify the resident's choice and voice.

As Ombudsmen, we explain to loved ones who call that we need the resident's permission to take action. Do not let this keep you from calling. Believe that every piece of information an Ombudsman receives, helps us do our jobs. We can better serve the resident with help from the eyes and ears of others. We may not be able to tell you what actions we are taking, but we remember and use all that you have said.

❖ *Jonelle Roberts, Ombudsman serving NE Colorado [ombudsnecoloro@gmail.com](mailto:ombudsnecoloro@gmail.com). (The characters in the story are fictional.)*

## Genealogy's Rich Rewards

Stop! Turn around and walk away, no—run away. Once you start researching your family history you will find the allure of poring over census records, old newspaper articles, probate records and jail records (every family has one of those guys) so irresistible you will fall prey to the vagaries of an addiction. An entire industry fueled by the internet's complicity has proliferated as a result of the insatiable quest to learn about one's ancestors.



**Keith Olson**

Within moments of using ancestry.com's search engine, you will be looking at records of your parents or grandparents in the 1940 US Census. Within seconds of entering your grandparents or great grandparents name into the search engine on findagrave.com, you will likely be staring at their headstone and the headstones of their relations. Not unlike any addiction, the ease in which you can read about your ancestors' activities in their home town newspaper on [chroniclingamerica.loc.gov](http://chroniclingamerica.loc.gov)

will transform you into a blurry-eyed junkie seeking one more article about Mr. and Mrs. Great Grandparent travelling to Anytown, USA to visit Mr. and Mrs. Whatchamacallit.

Once the needle is in your arm you will find yourself no longer talking about the weather while standing in line at the Department of Motor Vehicles. You will readily start conversations with complete strangers about how your great-great-great grandfather was the undertaker who picked up the lifeless bodies at the OK Corral, or how you are a direct descendant of Al Capone ( every family has one of those guys) which provides further fodder for continuing your small talk while waiting for your turn to get your license plates; certainly you have to explain to your new found friend/victim how you with the German surname descends from the Italian Capone family.

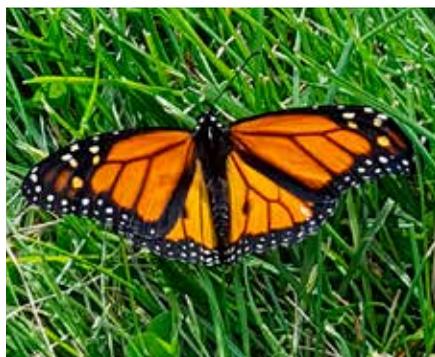
If you didn't heed my warning, I will see you at the next Weld County Genealogical Society meeting.

❖ *Keith Olson is President of the Weld County Genealogical Society.*

## 17th Annual Spring Memorial



This memorial was hosted by TRU Hospice of Northern Colorado in honor and memory of loved ones no longer here. The highlight of the memorial was the release of butterflies in loving remembrance of those loved ones.



The morning gathering at Bittersweet Park in Greeley began with the American Legion presenting the Colors followed by TRU HNC Board Member Mark

Heyart welcoming everyone to the ceremony. TRU HNC staff members Chaplain Rick Holmlund, Chaplain Phil Tarman and Debra Heyart took active roles in the morning's Memorial. Harpist Alisa Hickox provided a beautiful and serene musical back-

ground. For more information about TRU HNC please call 970-352-8487.

### Reverse Mortgage

#### Plan for Retirement

"My wife always wanted a new kitchen. A reverse mortgage allowed us to do it! I was able to complete the deck on the house, and not have to be so tight with our finances each month."



**Jim Doyle**

Since my kids are all doing well and have their own homes, they encouraged us to get the reverse mortgage. It was one of the best things we ever did."

*CM and JM, Englewood*

There are four main ways a reverse mortgage can be used to provide security to a homeowner:

**Receive a Lump Sum at Closing.** The proceeds of a reverse mortgage are tax-free income that may be used in any way you choose. Some seniors are helped significantly by having their mortgage payment eliminated, and then having a lump sum with which to pay off debt. Other seniors want to do improvements to their homes, and enjoy those upgrades after years of waiting for the right time to complete them.

**Grow Retirement with a Grow-**

**ing Line of Credit.** A line of credit may be established using a reverse mortgage, and is left to grow. At any time, the line of credit may be accessed for incidental cash, in-home care, converted to monthly payments similar to an annuity, or for any other use.

**Let Investments Grow and Delay Social Security Benefits.** A reverse mortgage is established and drawn upon every year to allow the retiree's portfolio, such as a 401(k), more time to grow. Drawing upon Social Security benefits could also be delayed, increasing the size of the monthly payments later in life.

**Protection from Investment Downturns.** A reverse mortgage is established, and only drawn upon if the retirement portfolio underperforms. This spares the portfolio any draw when it is down, giving it a better chance to recover thereby minimizing risk.

Contact your Reverse Mortgage Specialist to learn more about providing for your future.

❖ *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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- ✓ Cover unexpected expenses such as medical bills or home renovation
- ✓ You always own the equity in your home

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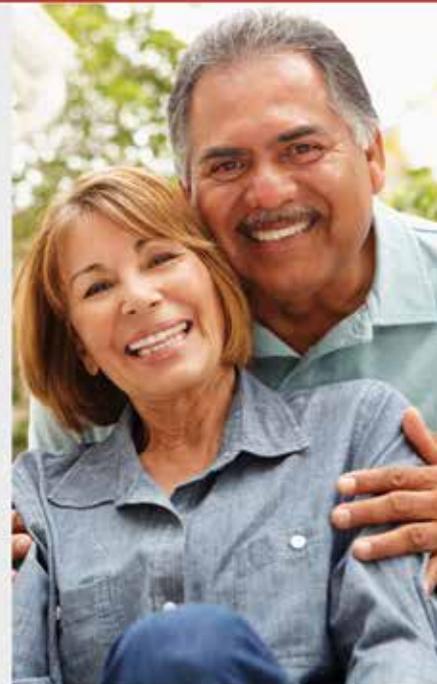
**JIM DOYLE, NMLS #335659**  
Reverse Mortgage Specialist

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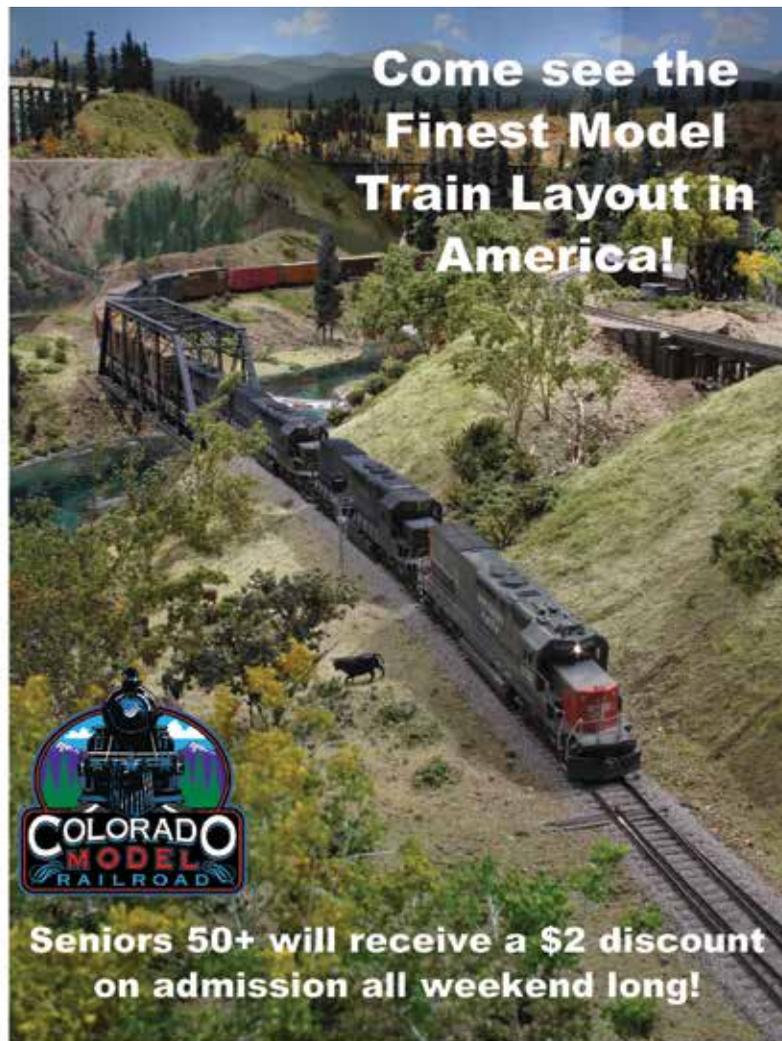
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## Fun And Entertaining...



## A Variety Show

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## News Talk Radio

### Myrna Loy

Aug. 2, 1905 – Dec. 14, 1993

Myrna Adele Williams was born in Helena, Montana to Adelle Mae Johnson and rancher David Franklin Williams and raised in nearby Radersburg with her younger brother David.



Gil Moon

Myrna's father died of influenza when she was thirteen and the family moved to Los Angeles where she caught the acting bug while attending the Westlake School for Girls.

At fifteen Myrna appeared in local stage productions but left school at eighteen to help with family finances. She later worked at Grauman's Egyptian Theatre where she performed in musical sequences.

Recognizing her talent, Mrs. Rudolph Valentino got her small parts in movies but Myrna felt her talent was being wasted. Eventually she signed with MGM and landed the role of Nora Charles in 1934's "The Thin Man" with William Powell. It is widely believed that Thin Man series would not have been successful without Myrna; her witty perception gave her the image that one could not pull a fast one over on the no-nonsense Mrs. Charles. Ms. Loy appeared in five more of the series.

Ms. Loy became a major box-

office draw and in 1936 she was named Queen of the Movies, with Clark Gable named King in a nationwide poll. Her popularity was at its zenith in 1946 when she played the wife of returning serviceman Fredric March in "The Best Years of Our Lives". In 1947 Ms. Loy co-starred with Cary Grant in "The Bachelor and the Bobby-Soxer" and "Mr. Blandings Builds His Dream House".

After 1950, Ms. Loy's film career continued sporadically and she returned to the stage in 1978 making her Broadway debut in a 1973 revival of "The Women" then toured in a 1978 production of Alan Ayckbourn's "Relatively Speaking". Her last motion picture performance was in 1980 in Sidney Lumet's "Just Tell Me What You Want". In 1981, Ms. Loy appeared in the television drama "Summer Solstice" with Henry Fonda in his last public performance. Her last acting role was a guest spot on the sitcom "Love Sidney" in 1982.

Ms. Loy was a cancer survivor having undergone two mastectomies; the first in 1975 and a second in 1979. She died in 1993, in a Manhattan hospital during unspecified surgery; she was 88 years old. Cremated in New York, her ashes are interred at Forestvale Cemetery in her native Helena, Montana.

❖ Be sure and listen to "Senior's Circle" every Sunday morning from 10 to 11 am and "Golden Years Theater" from 6 to 10 pm on 1310 KFKA, Colorado's First Radio Station.

## Annual Publication Promotes Farmers' Markets

Tis the season for pop-up tents, community gatherings and local foods—farmers' markets. The Colorado Department of Agriculture's 32nd annual Colorado Farm Fresh Directory helps consumers find farmers' markets, roadside stands, u-picks, wineries and agritourism activities.

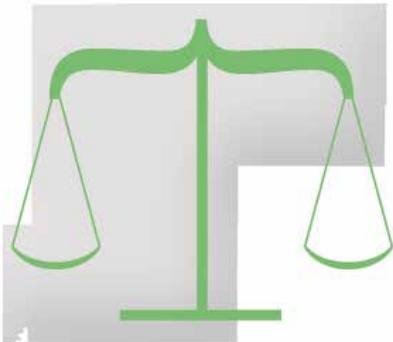
"When tents start popping up in parking lots, everyone gets excited," said Wendy White, marketing specialist for the Colorado Department of Agriculture. "We are happy to provide this popular publication to residents and tourists looking to experience Colorado agriculture."

The 2016 Colorado Farm Fresh Directory features more than 200 farms, ranches, roadside stands, u-picks and Community Supported Agriculture (CSA) programs as

well as 100 farmers' markets across the state. Farm Fresh also includes farms that offer tours, restaurants using local ingredients, wineries, corn mazes, pumpkin patches and farm and ranch vacations. In addition, the free directory includes county fairs, a crop calendar, food and agricultural festivals and tips for picking Colorado produce.

The directory is available for free at participating libraries, chambers of commerce, welcome centers, visitor centers, Colorado State University Extension offices and other businesses as well as online at [www.coloradoagriculture.com/farmfresh](http://www.coloradoagriculture.com/farmfresh). Colorado Farm Fresh is also available as a mobile app for smartphones.

For more information, visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) or call 303-869-9174.



# SENIOR LAW DAY WELD COUNTY

# Senior Law Day 2016

A Public Service Program for all Weld County Older Adults

Thursday, September 15, 2016 • 7:30 am to Noon  
University of Northern Colorado

University Center, 2101 10th Ave, Greeley

Keynote Speaker:

## Dennis Gallagher

Mr. Gallagher was born in Denver to Ellen and William Gallagher, a Denver Firefighter. He attended Holly Family Grade and High School in North Denver. Dennis blesses the Sisters of Loretto



Dennis Gallagher

graduate from Regis College with a B.S. in English Literature. He earned an M.A. from Catholic University of America, Washington D.C.

Dennis was elected to the Colorado House in 1970; Colorado Senate in 1973; the Denver City Council in 1995 serving eight years in that office. He served as Denver Auditor for 12 years being elected in 2003.

Through the years

*Senior Law Day Schedule:*

- 7:30 am .....Registration & breakfast
- 8:15–8:45 am .....Welcome & Keynote
- 9–9:50 am .....Session 1
- 10:05–10:55 am .....Session 2
- 11:10–12 pm.....Session 3

Dennis has diligently worked for seniors on taxes and was responsible for the Gallagher Amendment. He can be reached at dgallag954@aol.com or phone 303-477-7089. Dennis still holds regular office hours at 9:00 a.m. at Common Grounds Coffee House, 44th and Umatilla, Denver, every Friday.

Attendees receive a copy of the 2016 Senior Law Handbook, published by the Colorado Bar Assoc., and a comprehensive book of all seminar highlights and resources. Pick up your handbook as you exit.



Free Parking

For more information or to register call (970) 346-6950  
www.seniorlawday-weldcounty.com

## It's reassuring to know someone is there for Dad.

You will have peace of mind knowing there is someone there around the clock to ensure that your loved one is safe and secure. Our caring associates tailor their services to meet each resident's needs and are available to provide assistance 24 hours a day, seven days a week.

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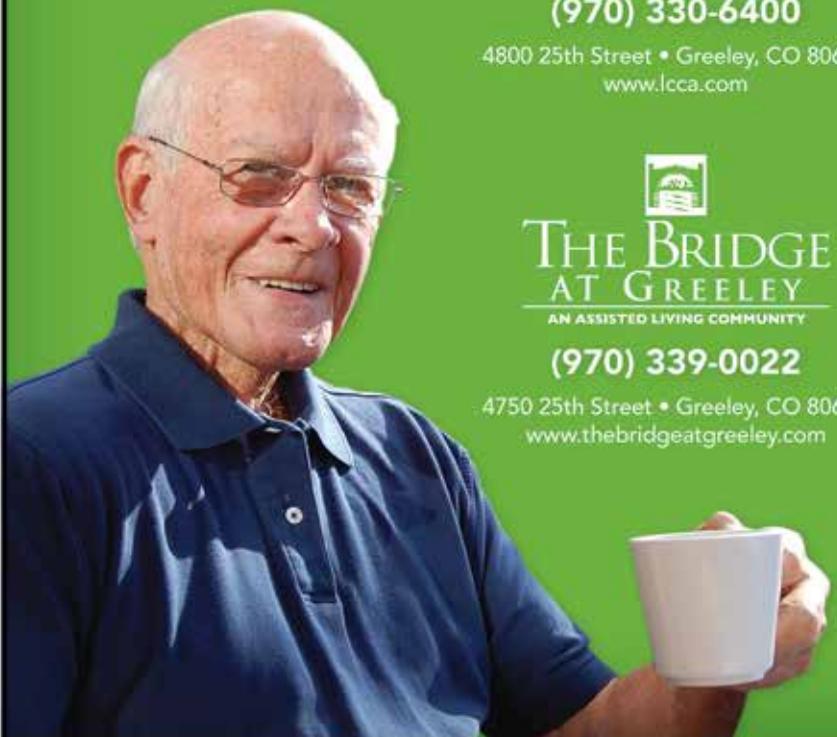
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## New Name, Same Aim

Hospice of Northern Colorado is now TRU Hospice of Northern Colorado, but our mission is the same – to honor and dignify life's final journey, console the grieving and educate our community.



a nonprofit organization founded as Hospice, Inc. of Weld County in 1978

Weld County's nonprofit hospice  
970-352-8487 | www.hospiceofnortherncolorado.org

## Senior Law Day Topics & Speakers



### 9AM Classes *Choose 1*

#### Protect Yourself From Predators

**Presenter: Christy Hardwick**

Facts and information to avoid being a victim of scams, rip-offs and identity theft. Discussion of the various types of scams, the red flags and how to recover if the worst happens. Group participation and questions are encouraged.

**Christy Hardwick**, Fraud Investigation Specialist and Handwriting Examiner. With the Greeley Police Department since 1999, first as a Community Service Officer in the Patrol Division and as

a Fraud Specialist in the Investigations Section. Christy became a Certified Handwriting Examiner in 2009 and provide this service to police agencies all over Northern Colorado.

#### Passing Your Property To The Ones You Love

**Presenter: Tim Brynteson**

Tim addresses vitally important subjects; such as: What is Estate Planning? Various Real Estate Issues (Tenancy, Ownership by Trusts), The Probate Process and

other topics of interest including "The 5 questions for finding the right attorney.

**Tim Brynteson**, represents individuals and families in estate planning, including business succession planning. He also routinely advises businesses on general business matters, and can provide representation in tax controversies.

He graduated in 1991 from the University of Colorado, Boulder School of Law.

#### Colorado's Legal Services for Me

**Presenter: Katherine Sheffield** Attorney Sheffield talks about the basics of Colorado Legal Services, the various types of Cases they handle, types of services provided, how to qualify for services and other items of general interest.

**Katherine Sheffield** is an attorney at Colorado Legal Services, primarily practicing in family and elder law. She is experienced in matters involving divorce, long term care Medicaid, powers of attorney, and advance directives. Ms. Sheffield earned her J.D. and her B.A. in Political Science from the University of Missouri, She is licensed in Colorado.

### 10:05AM CLASSES *Choose 1*

#### How To Choose Medical Care When You Can't

**Presenter: Susie Germany**

The important issue of Types of Advance Directives is addressed. These include: Living Will (or Directive to Physicians and Family), Durable Power of Attorney for Health Care, The MOST Form, The Five Wishes and the Death with Dignity Act (DWDA).

**Susie Germany**, of The Germany Law Firm, PC and is a Deputy Public Administrator for the 17th Judicial District. Her practice focuses in the areas of special needs planning, elder law, guardianships and conservatorships, trust and estate planning, fiduciary representation and probate and trust administration.

#### Will Medicaid Work for Me?

**Presenter: Charles J. Connell**

A comprehensive overview is the theme of this session. Qualifying Requirements, Application Requirements, Application Process,

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Assisted Living

Memory Care



RSVP is gearing up for another year in Weld County and we need YOU to get involved.

We are excited to continue with UNC, expanding programs to increase community impact, improve programs to make them more effective, and most importantly continue to work with the volunteers who make up our organization.

- Reading Partners: Trained reading partners assist and mentor elementary school children in reading skills
- SHOP Handyman Service: Volunteers build wheelchair ramps and handrails for low income seniors and handicapped individuals.
- Grocery Shopping Service: Volunteers fill grocery orders for individuals who are unable to shop for themselves.
- Disaster Preparedness Program: Volunteers provide education and assistance regarding emergency response plans, drills, resources and exercises.
- Veterans' Outreach: Volunteers provide support groups and resources for veterans and their families.
- Medicare Insurance questions: Trained Volunteers assist seniors with Medicare and Medicaid questions.

**Call RSVP at 970-351-2588  
or email [rsvp@unco.edu](mailto:rsvp@unco.edu).**

## Senior Law Day Topics & Speakers

Filing the Application, Medical Evaluation, Timeline, Verifications, Notices and Denials, Processing, Income of Applicant and Spouse and additional Important Issues for Medicaid Eligibility are covered.

*Charles J. Connell*, received his Juris Doctor Degree from the University of Denver in 1979. He is a sole practitioner in Greeley with a practice limited to Elder Law, estate planning and probate.

ago, Attorney Lord addresses this vital area of concern not only from a legal point of view but, also, from a personal experience point of view.

*Jan Lord*, The Law Office of C. Jan Lord. A graduate of the University of Colorado School of Law, C. Jan Lord has practiced law for 29 years and the practice of elder law for the last 15 years. Jan and her family have lived in Berthoud, Colorado for 17 years.



the University of Wyoming. He is licensed to practice law in Colorado and Wyoming.

### How To Choose Medical Care When You Can't

*Presenter: Susie Germany, see previous description and bio.*



### Protect Yourself From Predators

*Presenter: Christy Hardwick, see previous description and bio.*

### How To Avoid Court & Conflict

*Presenter: Matt Meuli*, Discover how to control what you have all your life as long as you are able, then leave what you want, to whom you want, the way you want, when you want, for the least possible cost in fees and taxes.

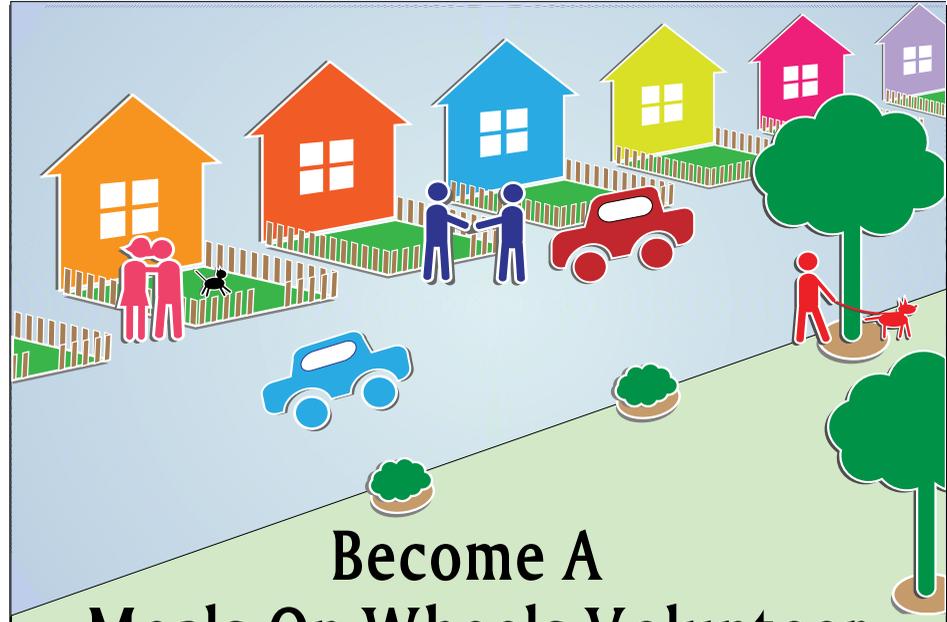
*Matt Meuli*, Attorney Meuli's estate planning practice focuses on helping families enhance their lives today and secure their futures for tomorrow. Matt's education includes an associate degree in accounting, a bachelor's degree in finance, and a Juris Doctorate from

### 11:10AM CLASSES Choose 1

### Medicaid Traps For Unwary Caregivers

*Presenter: Jan Lord*

Session attendees are helped to understand and gain the ability to address the hard questions that arise for the elderly concerning Medicaid traps. Having watched and assisted with her father's passing 14 years



## Become A Meals On Wheels Volunteer

**Our Mission:** To make a difference in the lives of those unable to prepare/cook for themselves by, providing diet-specific nutritional hot meals delivered by caring volunteers.

**How Our Program Works:** Nutritionally well-balanced meals delivered by volunteers.

**Delivery Areas Include:**

Greeley, Eaton, Evans, Evanston, Johnstown, LaSalle, Milliken, Windsor, Gilcrest, Platteville.

**Qualifications:**

- People who are homebound
- The elderly and/or mentally or physically challenged
- Those unable to cook for themselves, due to short or long term illness or disability

**Become A Volunteer:** If you would like more information about becoming a volunteer please call your local Meals on Wheels office for information.

**Greeley Office**  
 2131 9th Street, Greeley, CO 80631  
 970-353-9738

[www.mealsonwheelsgreeley.org](http://www.mealsonwheelsgreeley.org)

**Art & Eye Disease For Cataract Awareness Month**  
 Monday, August 8<sup>th</sup> at 3:45pm

Dr. Brotsky, Ophthalmologist will show the progression of artist, Claude Monet's cataracts through his artwork, discuss symptoms and treatment.

RSVP to 970.578.0343

**Celebrate the Decades Summer Party**  
 Friday, August 19 at 6pm

Entertainment by DJ John Cowart

Costume Contest: Dress in your favorite decade clothing from the 1940's through the 1990's. Award will be given to winner by popular vote.

Hamburgers, dogs, chili cheese fries and root beer floats will be served. RSVP to 970.578.0343.

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

## GARDEN SQUARE CARNIVAL

ON SATURDAY, AUGUST 27<sup>TH</sup> FROM 1-4PM

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Bounce House ★

★ Prizes ★
Arts & Crafts ★

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# Senior Law Day

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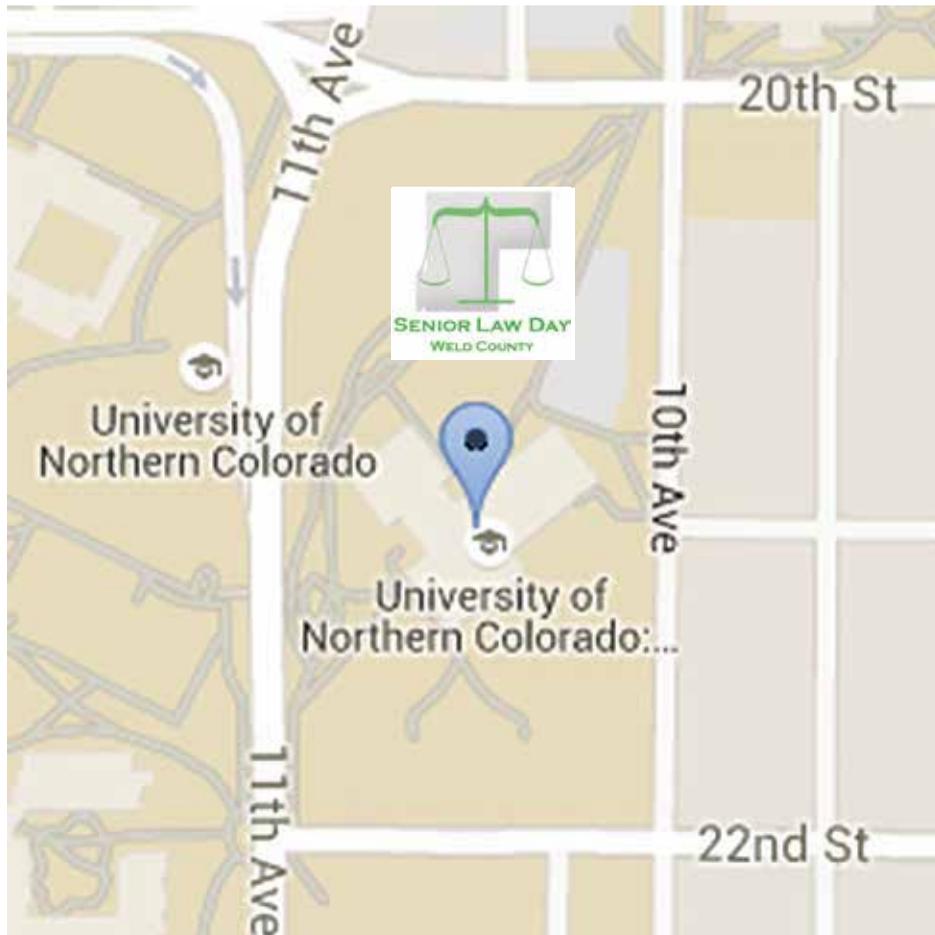
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Kaiser Permanente  
SYNERGY Home Care  
Kenton Manor  
Optum  
Team Select Home Care  
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**Thursday, September 15, 2016**  
7:30 am to Noon  
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*serving those that have served.*

## Technology is Hip!

### The Bus of the Future!

Since three years ago, many main stream and small vehicle manufacturers have been testing self driving cars with great success. Now, the future self driving public bus is in the works!



**Bob Larson**

with its surroundings. 2) the passenger door arrangement has been designed to speed up passenger flows, 3) the bus interior appearance is more pleasing, and 4) the bus is divided into three spacious zones - a 'service zone' in front, a center 'express zone', and a 'lounge zone' at the back.

Self-driving cars and buses are expected to bring in a new era of mobility, safety and convenience.



Mercedes-Benz of Germany recently revealed its self-driving bus, which is now testing in the Netherlands. The bus is being tested on a 12

mile (20 km) route through Amsterdam and their airport, where it has performed without any problems - although there was a driver in place in case of emergency.

The future bus will contain many modern features of allowing its passengers to enjoy a fascinating driving experience: 1) self driving technology includes 10 cameras and multiple-range radar systems to find its position and interact

Experts see more usage with robot cars and buses chauffeuring children to school and after class sports. The disabled and elderly will even have new mobility. Commuters will be able to work, sleep, or watch movies on the way to the office. Overall, the safety factor increases as fewer humans drive cars. This is another great use of technology to enhance human lives!

❖ *Bob is a photo-journalist, technologist, and Marketing Director for 50 Plus Media Solutions.*

## Family Physician Ryan Meintz, M.D. Joins Eagle Ridge Medical

Eagle Ridge Medical is pleased to introduce the newest member of its medical team, Dr. Ryan Meintz. He is a family physician who specializes in helping patients with the maintenance of chronic issues such as diabetes, hypertension, high cholesterol, and asthma.



Dr. Meintz believes that his best role is to advise patients as they grow towards good health. He hopes to bring comprehensive and compassionate care to all of his patients, and in his free time, Dr. Meintz enjoys camping, kayaking, and travel. He chose a practice in the Brighton community in order to be near his family.

Dr. Meintz received his medical degree from the University of Missouri School of Medicine and completed his residency at the Carolinas Healthcare System.

He works with Sonja Norman, M.D., Blanca Richmond-Coca, M.D., David Chavez, M.D., E. Seth Kramer, D.O., and William Bauer, M.D. to provide care to patients in Brighton and the surrounding areas.

For more information, contact Eagle Ridge Medical at 303-659-1152 or online at [eagleridgemedical.com](http://eagleridgemedical.com). Their main office is located at 1606 Prairie Center Parkway, Suite 240 in Brighton. Other locations are at 10569 Chambers Road, in the Reunion area of Commerce City or at 1450 Dexter Street in Fort Lupton.

You can find Dr. Meintz practicing at the Brighton location of Eagle Ridge Medical. Their office is accepting new patients, call 303-659-1152 to make an appointment today.

## Continue Life's Journey at Fairacres Manor

### Fairacres Manor

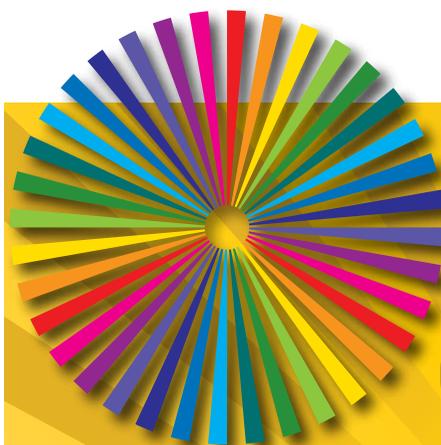


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- Post-acute rehabilitation care
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- Orthopedic Rehabilitation
- Hip Replacement
- Stroke Rehabilitation
- Physical Therapy
- Occupational Therapy
- Speech/Language Therapy
- Rehabilitation Gym

Family-owned and locally operated since 1964, call Ben Gonzales, 970-373-6469 or visit [www.fairacresmanor.com](http://www.fairacresmanor.com)

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[fairacres@vivage.com](mailto:fairacres@vivage.com) | [fairacresmanor.com](http://fairacresmanor.com)



## Hall of Fame Induction & Picnic

Saturday, Aug 27 • 4-10pm

Celebrate our 50+ Softball teams with a ceremony and picnic!

Bring a side dish to share. Register by Aug 17 by calling 970-350-9440 - Free!

Join us for our Open House Mon, Aug 8 • 3-6pm enjoy demonstrations, vendor booths, and more!



Join the Greeley Senior Activity Center – the benefits are endless!

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[GreeleySeniorActivityCenter.com](http://GreeleySeniorActivityCenter.com)





Young Entrepreneurs. Set up for business on the corner of Walnut and 6th Street, Windsor were (l-r) Aston Dickson, Justess Dickson and Luke Kershner. Their fresh, cold lemonade provided a refreshing drink on a hot summer day.



The Lindgren Family (l-r) Christina, Emma, & Kile at the Windsor Dunkin Donuts on July 4th beginning to enjoy this special day. A day of remembrance, a day of gladness, a day of thankfulness.



**WELD COUNTY**  
SENIOR LAW DAY

# Senior Law Day 2016

A Public Service Program Offered to  
All Weld County Older Adults

**Thursday, September 15, 2016**  
7:30 am to Noon  
University of Northern Colorado  
University Center - 2101 10th Avenue, Greeley  
*Free Parking!*

Register Today!

**\$5**  
Suggested  
Donation

**For more information:**  
Please Call (970) 346-6950  
[www.seniorlawday-weldcounty.com](http://www.seniorlawday-weldcounty.com)

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303-857-4200

**Monday lunches.** By the Sr. Nutrition Program @ 12 pm. Reserve by the Thu. prior by 4 pm. 60+: \$3 donation, under 60 \$10 donation.

**Supportive Services.** Blood pressure checks, 2nd & 4th Mon. at Sr. lunch. Foot care (by appt.), 4th Tues, monthly. Hearing clinics, 1st Mon. monthly at Sr. lunch.

**August Trips.** Mile High Horse Racing: Fri, Aug. 5th. Bull Durham Casino: Tue, Aug. 9th. Rockies Game: Tue, Aug. 9th. Village at the Peaks Mall & lunch, Thu, Aug. 11th. Boulder Dinner Theatre: Footloose, Wed, Aug. 31st.

**Other Activities.** Lung screening: thru National Jewish Hospital, Tue, Aug. 23rd. 10-12 pm. Ft. Lupton Community Center. Free to Active Adults within community but must sign up.

**Drop-in Activities.** SilverSneakers Classes: Classic, M/W 9-10 am. Splash, T/Th 8:30-9:30 am. Yoga, Fri. 9-10 am. Games: MahJongg, cards, dominos, Mon. 1 pm. Rowdy bunch coffee: Wed 7:30 am. Pinochle: Thu 1 pm. Walking group: T/F 8-9am. Sr. Circuit Training: T/Th 9:15-10 am.

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## Erie Active Adults

303-926-2550

**Thursday Lunches.** By Weld County Senior Nutrition program at 12:15 pm. Social hour begins at 11 am. Reserve no later than Tues. 5 pm, call 303-926-2795. \$3 suggested 60 +, \$10 under 60. Free entertainment at 12:45 pm, and is open to everyone, but not scheduled for every lunch.

**Mardi Gras Casino.** Package includes \$10 food credit, \$5 free play on card, and free drinks while gambling. Use player card to earn points and receive package. 21 up for these trips. Meals on own. Includes transportation. Register two weeks prior to date. Mon. Aug 22 8:30-4:30 pm. \$5/\$9.

**Garden of the Gods Lunch.** Explore Colorado Springs' paradise, dramatic views, 300' towering sandstone rock formations against a backdrop of snow-capped Pikes Peak and brilliant blue skies. Enjoy one of Colorado's best views while eating. Time for hiking before lunch. Includes transportation & lunch. Register by Aug. 1. Mon, Aug 15, 8 am, 3:30 pm. \$19/\$25.

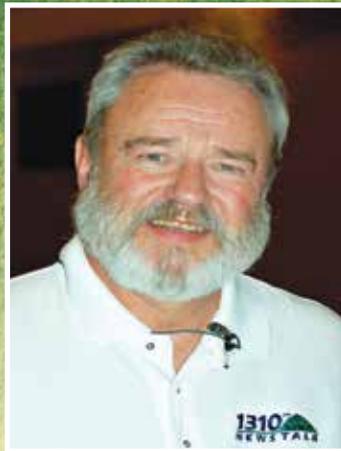
**Hacienda, Westminster.** They take traditional recipes and updated them with a distinct Rocky Mountain twist. Enjoy the unique food, 40 tequilas and numerous sauces. Includes transportation. Meal on own. Register by July

21. Fri, Aug 5, 4:30-7:30 pm. \$9/\$15

**Parma Trattoria & Mozzarella Bar.** Parma Italian Restaurant offers traditional Italian dishes such as pastas, pizzas, salads, meat, poultry and seafood abound in various styles. The cheeses are either made in house or imported directly from Rome and Naples. The chefs always prepare unique daily specials that will surely exceed your expectations. Fee includes transportation. Meal is on your own. Registration deadline is August 8. Tue, Aug 23, 4:30-7:30 pm. \$9/\$15

**BBQ and Concert.** David Peel, generates energy and excitement everywhere he performs. A one-man band, he captivates with a huge variety of music styles. Dinner by Arapahoe Hog Roasters. Register by Aug. 8. Fri, Aug 19 6-8 pm. \$10/\$13.

**Parkinson's Journey Workshop.** Speak to a health care professional about questions you have and get the answers you need. Refreshments served. Presentation by Dr. Lauren Middleton, neurology, of Centura Health and Dr. Kara Beasley, neurosurgery, of Boulder Neurosurgical & Spine Associates. Register by Aug. 15. Tue. Aug 23, 11 am, 12 pm. Free.



*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

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# Book Shelf



## NEW FICTION

- The forgotten soldier *Brad Taylor*
- Dishonorable Intentions *Stuart Woods*
- The obsession *Nora Roberts*
- Blue: a novel *Danielle Steel*
- The widow *Fiona Barton*
- Crowned and Dangerous: A Royal Spyness Mystery *Rhys Bowen*
- Miss Dimple and the Slightly A Most Curious Murder: A Little Library Mystery *Elizabeth Buzzelli*
- Brush of wings: book 3 in the Angels Walking series *Karen Kingsbury*
- The preacher's lady *Lori Copeland*

## NEW NON-FICTION

- Einstein's Greatest Mistake: A Biography *David Bodanis*
- Games: A Global History of the Olympics *David Goldblatt*
- When women win: EMILY's list and the rise of women in American politics *Ellen R. Malcolm*
- Dark money: the hidden history of the billionaires behind the rise of the radical

right

Jane Mayer

## NEW IN LARGE PRINT

- The last mile *David Baldacci*
- The apartment: a novel *Danielle Steel*
- Off the grid *C. J. Box*
- Calico spy *Margaret Brownley*
- At the edge of the orchard *Tracy Chevalier*

## FICTION BESTSELLERS

- End of watch *Stephen King*
- The girls *Emma Cline*
- Tom Clancy duty and honor *Grant Blackwood*

Here's to us: a novel *Elin Hilderbrand*

Barkskins *Annie Proulx*

## NON-FICTION BESTSELLERS

- Every little step: my story *Bobby Brown*
- Invisible influence : the hidden forces that shape behavior *Jonah Berger*
- Grunt: the curious science of humans at war *Mary Roach*
- But what if we're wrong?: thinking about the present as if it were the past *Chuck Klosterman*

# DISCOVERY BAY'S Doggie Day!

## Saturday, Aug 27

10am-12pm Dogs up to 50 lbs. 1-3pm 50+ lbs.

Tickets just \$5 per ticket in advance at the Family FunPlex or Greeley Recreation Center or \$8 at the gate; call 970-350-9401 for details.

Try Olympic obstacle course at Waggin Tail Dog Park 9am & 12pm win prizes!

Presented by: Sheep Draw Veterinary Hospital, The Tribune, SiriusFun, J&F FEEDS, THE PET INN, TR102-5, Co-Sponsored by: WORK OUT WEST

Discovery Bay Waterpark • 715 E. 24 St.

# TRADING POST

### FOR SALE

**FOR SALE:** Cemetery plot at Sunset Memorial Garden's, Greeley lot 356, Sec B-1 Christus. Best reasonable offer. 402-520-1178, Serious Inquiries only.

**FOR SALE:** 2 Cemetery plots @ Sunset Memorial in Garden of Christus, side by side. Value \$7190. Sell for \$6000-both. Call Bev: 970-590-5639.

### Services

**AULTIMATE PRODUCTIONS**  
Change can be difficult. We can make it easier! Estate, Moving, and Downsizing sales 10+ years' experience in Estate sales & 25 years' experience in antiques Call Jim Rohn (970) 302-8653

**NEEDS ERRANDS RUN?**  
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.VickiAriattiMangum.com

### Services

**BRACKEN PAINTING:**  
Time to think paint and re-fresh! Please call for price and appointment. Mick, 970-381-1013

**ASPIRE PHYSICAL THERAPY.**  
Personalized one-on-one care! Your source for back, neck, shoulder, and other muscle and joint pain. Convenient downtown Louisville location. Accepting Medicare clients. (720) 523-0643 or www.aspireptcolorado.com

# Support the Bargain Box Thrift Store!



1706 9th Street, Greeley  
Mon-Fri: 10 am-4 pm — Sat: Noon-3 pm

Sponsored by Assistance League Greeley  
An all-volunteer organization

- Thousands of school uniforms annually to Greeley elementary students
- Seventeen college scholarships annually to single parents in Greeley
- Several other philanthropic programs

For more detail, visit: [www.algreeley.org](http://www.algreeley.org)




# CLASSIFIED ORDER FORM

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:

**ADVERTISER'S INFORMATION**

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Copy is due by the 10<sup>th</sup> of the preceding month.

<input type="checkbox"/> September	8/10/2016
<input type="checkbox"/> October	9/10/2016
<input type="checkbox"/> November	10/10/2016
<input type="checkbox"/> December	11/10/2016
<input type="checkbox"/> January 2017	12/10/2016

**50plusMarketplace**  
4400 Sioux Dr.  
Boulder, CO 80303

## Weld County Senior Nutrition Program

- |  |   |
|--|---|
| 1 Grilled Veggie Lasagna, Spinach Mandarin Orange Salad, Raspberry Gelatin with Raspberries and Applesauce, Sunny Lemon Muffin, Margarine                    | 15 Cold Roast Beef Sandwich, Lettuce Tomato, Mayonnaise, Mustard, Broccoli and Cauliflower with Honey Yogurt Dressing, Watermelon, Spice Cake                                 |
| 2 Turkey Whole Wheat Wrap, Garden Pasta Salad, Cantaloupe, Strawberry-Banana Bar   | 16 Cream of Asparagus Soup, Whole Grain Wheat Crackers, Egg Salad Sandwich on Marble Rye, Lettuce and Tomato, Kiwi, Sandy's Cookie  |
| 3 Tuna Noodle Casserole, Lima Bean Salad, Melon Mix with Raspberries, Chocolate Chip Cookie  | 17 Turkey Tetrazzini, California Blend Vegetables, Sliced Pears with Grapes, Orange Gelatin with Mandarin Oranges   |
| 4 Chicken Salad Pita, Colorado Broccoli Salad, Melon-Strawberry Mix, Brownie   | 18 Breaded Fish Fillet Sandwich on a Whole Wheat Bun, Lettuce and Tomato, Tartar Sauce, Chilled Black-eyed Pea Salad, Roasted Red Potatoes, Melon and Strawberry Mix          |
| 5 Baked Parmesan Chicken with Marinara over Penne Pasta, Peas and Carrots, Breadstick, Kiwi Halves   | 19 Beef Tips with Peppers over Brown Rice, Italian Vegetable Medley, Outasight Salad, Cantaloupe, Multigrain Roll, Margarine  |
| 8 Beef and Bean Taco with Pico De Gallo and Light Sour Cream, Mexicorn, Fresh Melon Medley, Cherry Gelatin with Mixed Fruit                                  | 22 Lemon-Dijon Mustard Chicken Breast with Gravy, Baked Potato with Light Sour Cream, Three Bean Salad, Orange Wedges, Wheat Roll, Margarine                                  |
| 9 Seasoned Baked Tilapia with Lemon, Roasted Potato Medley with Corn & Onion, Lima Bean Salad, Chocolate Zucchini Muffin, Margarine, Honey Dew & Blueberries | 23 Italian Beef Goulash, Italian Vegetable Medley, Wheat Roll, Margarine, Melon Mix, and Cranberry Bar  |
| 10 Italian Meatloaf, Home-style New Red Whipped Potatoes, Italian Vegetable Medley, Morning Glory Muffin, Margarine, Sliced Peaches and Apricots             | 24 Dilled Salmon with Dill Sauce, Lemon Slice, Brown Rice Pilaf, Black Bean Salad, Sliced Peaches and Raspberries, Whole Wheat Roll, Margarine, Sugar Free Strawberry Gelatin |
| 11 Baked Roast Beef, Brown Gravy, Baked Sweet Potato, Outasight Salad with Yogurt Dressing, Multigrain Roll, Margarine, Chilled Grapes, Melons, and Bananas  | 25 Hamburger on a Bun, Lettuce, Tomato, Onion, Pineapple and Blueberries, Creamy Red Potato Salad, Ketchup, Mustard, Crunchy Fruit and Nut Cup                                |
| 12 Barbecued Pork on a Whole Wheat Bun, Baked Potato, Margarine, Sour Cream, Southwestern Coleslaw, Watermelon   |   |

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.

## Greeley Senior Center 970-350-9440

Explore Ute Trail. RMNP Hiking or \$5 monthly.

Trip Fri, Aug 12, 6:15am.

Glen Eyrie Castle. Tues, Aug 2 at 8am.

Mardi Gras Casino. Tues, Aug 9 at 8:15am.

Rockies. vs Washington Nationals Wed, Aug 17 at 11am.

The Buckhorn Exchange. Wed, Aug 10 at 10am.

Thoroughbred Horse Racing. Fri, Aug 12 at 10:30am.

Visit Hawaii. Jan. 4-14 & Ireland Apr. 1st-8th. Info: 970-350- 9436 or tiffany.skoglund@greeleygov.com for more information.

Shuffleboard Doubles Tournament. 9am Wed, Aug 10.

8-ball Doubles Tournament. Blind Draw 8:30am, Wed, Aug 24.

10-ball Singles Tournament. & Lunch Thu, Aug 11 at 8:30am.

Table Tennis. Afternoon: 1:30pm on M/W/F. Evening: 6pm, Wed & Fri. Non-members \$3 drop-in

Celebrate 50+ Softball. Hall of Fame Induction & Softball Player Picnic on Sat, Aug 27 at Twin Rivers Community Park/Family FunPlex. Scrimmage at 4pm, followed by our 50+ Softball HOF Induction and Picnic at 5pm. Reserve by Wed, Aug 17.

Programs & Wellness. Senior Car Lovers Unite: 9am, Wed, Aug 3. Book Club. 10am Thursday, Aug 11 discuss A Painted House by John Grisham. Porcelain Art. Mon, Aug 1, 9-11am. Medicare Counseling. Thu, Aug 18. Bunco. 1pm Fri, Aug 12 & 26. BINGO and Scrabble: every Thu, 1pm. Woodcarving Club: Fri, 9:30-11:30am.

Classes. Water Walking: 7am, M/W/F starts Aug 1 & 8am, T/Th starts Aug 2. Chess Class. 10-11am on Tue, Aug 2-30. Silver-Sneakers® Classic. M/W/F, 10-10:45am, Aug 15-Sep 16. AARP Driver Safety Class. 12-4:30pm, Thu, Aug 11. Ceramics Class. 1-3pm every Wed. Circuit Training Exercise: FunPlex, M/W, 9:40-10:40am, Aug 1-17.

Shareholder Lunch. Olympic Day Thu, Aug 4 at 11:30am.

Chautauqua Programs. Fri & Sat, Aug 5 & 6, Free.

The Basics: Memory Loss, Dementia, & Alzheimer's Disease. Mon, Aug 22 at 9:30am

Living with Alzheimer's. For Middle Stage Caregivers Monday's, Aug 1, 8, 15 from 2:30- 4:30.

Merry Mixer. Square Dance Party. Open to all & free. Thu Aug. 25, 7-9pm.

Seniors Got Talent! Register: 970-346-1222, pendres@garden-squaregreeley.com. Entry deadline Tues, Sep 6.

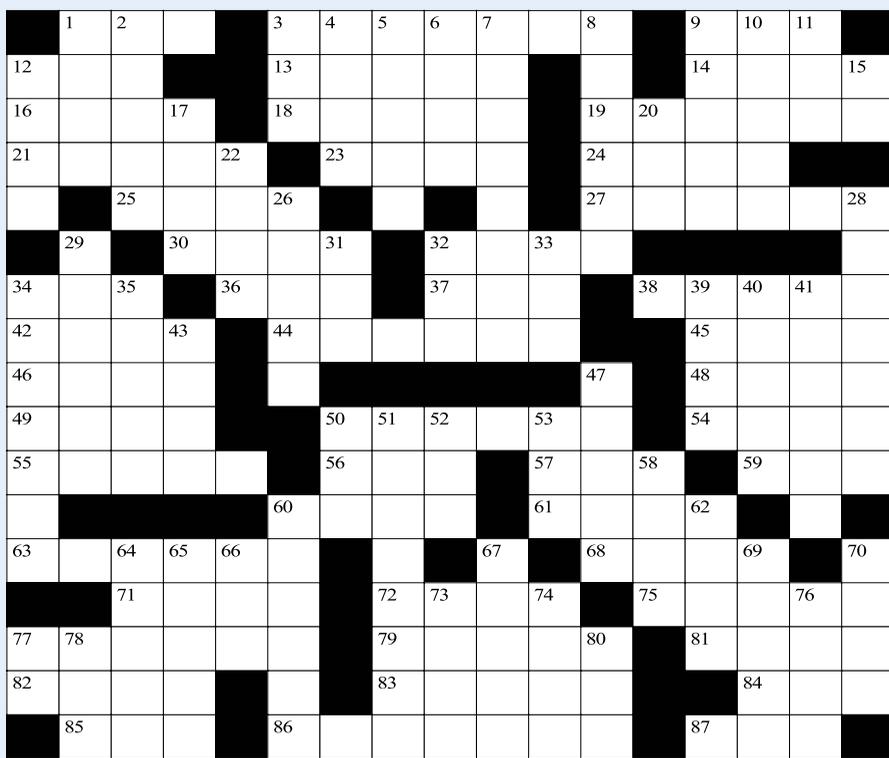
Thinking of downsizing. Organization & Packing Tips. Tues, Aug 16 at 2pm.

Summer Open House. Mon, Aug. 8, 3-6:30pm. Meet Staff & program leaders. Hors d'oeuvres served. Mingle with friends and learn about new activity trends - demonstrations and more. Free!

Wed, Aug 3. 10:30am, The City of Greeley staff update the progress of the downtown construction.

50 Plus Marketplace News

# Crossword Puzzle



### ACROSS

- 1 Cushion
- 3 Quiver
- 9 Posed
- 12 Title of a knight
- 13 Greek goddesses of the seasons
- 14 Son of Isaac and Rebekah
- 16 Peak
- 18 Merits
- 19 Spherical bacterium
- 21 New Zealand aboriginal
- 23 Flesh
- 24 To the inside of
- 25 Speed contest
- 27 Stanza of six lines
- 30 Authenticating mark
- 32 Ulcerated chilblain
- 34 Be seated
- 36 Not wet
- 37 Room within a harem
- 38 Italian composer
- 42 State in the W United States

- 44 Weirder
- 45 Heating fuel
- 46 Pleasing
- 48 The Orient
- 49 Alcoholic beverage
- 50 gambia
- 54 Otherwise
- 55 Garden flower
- 56 7th letter of the Greek alphabet
- 57 Sister
- 59 Which Soviet space station was launched in 1986
- 60 Unit of computer memory
- 61 Sicilian volcano
- 63 Island in central Japan
- 68 Metal holder for a coffee cup
- 71 Pitcher
- 72 Baby powder
- 75 Merrily
- 77 Impelling
- 79 Useful

- 81 Bill
- 82 Paradise
- 83 Giver
- 84 Falsehood
- 85 Part of verb to be
- 86 Recluse
- 87 Eccentric

### DOWN

- 1 Size of type
- 2 Defense covering
- 3 Definite article
- 4 Wander
- 5 Made a mistake
- 6 Supernatural force
- 7 Straddle
- 8 Expunge
- 9 Cults
- 10 Annual horse race in England
- 11 19th letter of the Greek alphabet
- 12 Identical
- 15 Objective case of we
- 17 Periods of history
- 20 Single unit
- 22 Chilled
- 26 Having ears
- 28 Chatter
- 29 Large towns
- 31 Alkali
- 32 Colorful form of the common carp
- 33 Ingot
- 34 Exposure of the body to the sun
- 35 Be silent
- 39 Fencing sword
- 40 Kingdom
- 41 Hyrax
- 43 In this place
- 47 Ostentatious glamour
- 50 Turkish governor
- 51 Manner
- 52 Not
- 53 Exploit
- 58 Obstacle
- 60 Small nautical flag
- 62 Bedouin
- 64 Not ever
- 65 Hog
- 66 Female fowl
- 67 Small yeast-raised pancake
- 69 Paddock
- 70 Bag-shaped fish trap
- 73 Smallest component
- 74 Semisolid mass
- 76 Put down
- 77 Objective case of I
- 78 Room within a harem
- 80 Before

August 2016 • Weld County  
Answers on page 12

## Colorado Gerontological Society

### Help for Families Needing Elder Care

Elder care continues to be one of the most complicated needs in our society. Literally in Colorado there are thousands of agencies providing home care, assisted living, and other care services. Families are often overwhelmed about where to start.



**Eileen Doherty**

The Colorado Gerontological Society has released the 24th edition of the Colorado Senior Resource Guidebook. This book is a comprehensive resource of services providing answers for families facing challenges in providing care and assistance for loved ones, along with forms to compare services, questions to ask, and other decision making tools.

Telling a loved one they must move is one of the most difficult conversations that families must have. Leaving someone in their own home is always the goal.

Trying to decide on the most appropriate home care resource can be challenge. There are three types of home care resources featured in the Guidebook. Home care includes Medicare and Medicaid covered services, private pay services often known as non-medical services, and home care placement agencies in which the elder contracts directly with home care personnel accepting responsibility for supervising the care.

Another home care option is adult day services in which the elder attends a program that provides oversight, medication management and serves meals while family members either work or seek respite.

When home care is no longer an option, many families face the challenge of moving their loved one to a retirement community, assisted living, or nursing home depending on the level of care that is needed. Selecting the right level of care as well as the right price and location is important for a successful placement.

The Guidebook provides updated prices of all of the licensed facilities in the state, and information about star ratings if the agency is certified by Medicare. Not all agencies providing resources are licensed or certified by the state.

Some families may also choose Hospice or Palliative care services

for their loved one. These services focus on providing the elder with the best quality of life, but not necessarily all of the care options that might be available for managing and curing medical problems.

Understanding both insurance options that may help to pay for these services, as well as how to select Medicare products with current pricing, companies offering services and comparison charts to help you select the best coverage are also featured.

Families oftentimes find themselves in need of the necessary documents to act on behalf of loved ones, such as financial and medical powers of attorney, do not resuscitate orders, and living wills. The Guidebook contains copies of pre-printed forms that can be used for planning and making these important decisions. While the documents can be used to make advance care decisions, families may also want to seek the services of an attorney.

The Guidebook is free through local libraries throughout Colorado or visit 1330 Leyden, #148, Denver. Copies can be ordered for \$10 shipping and handling charges at [senioranswers.org](http://senioranswers.org) or by calling 303-333-3482.

For questions and to order a Guidebook, call a counselor at 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).*

### Assistance ■ from page 5

Weld County, attending UNC or Aims Community College, have custody of a minor child, maintain a 3.0 GPA and carry at least 12 credit hours. Since the inception of the Single Parent Scholarship program in 1991 over \$720,000 has been awarded to students. The local chapter also participated in the national Make A Difference day by providing 576 of books to the Solida Del Sol Academy. The books were used to supplement the charter school library.

Assistance League of Greeley fundraising is accomplished by sales at the Bargain Box Thrift Store located at 1706 9th Street and the Holiday Home Tour held on the first Saturday in December. If interested in joining Assistance League or for further information on Assistance League of Greeley visit the website at [www.algreeley.org](http://www.algreeley.org), call 970-353- 2226 or email [algreeley@babox.org/](mailto:algreeley@babox.org/).

# ALL TICKETS



### Trace Adkins

**Thu., September 8, 2016 • 7pm**  
An evening of hits including "You're Gonna Miss This," "Ladies Love Country Boys," "Songs About Me," "Every Light In The House," "Hillbilly Bone (Blake Shelton & Trace Adkins)," and "Just Fishin'."

Show Sponsor:



### The Drifters

**Fri., September 9, 2016 • 7:30pm**  
"This Magic Moment," "Under the Boardwalk," and "Stand by Me" are just a few hits you will remember from The Drifters, one of Rock & Roll's founding vocal groups.



### Paula Poundstone

**Sat., September 10, 2016 • 7:30pm**  
Thirty-two years ago Paula Poundstone climbed on a Greyhound bus and traveled across the country stopping at open mic nights in comedy clubs as she went. Today she is one of our country's foremost comedians.

FREE WINE EVENT\*  
Wine sponsor:



### Wayne Brady

**Sat., October 29, 2016 • 7:30pm**  
You've seen his hilarious antics on "Whose Line is It Anyway!" and "Let's Make a Deal." Now it's your chance to experience his singing, acting and un-matched improvisational skills he is known for.

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