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50+ ADULTS 50 Plus Marketplace

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

May 2017 • Volume 23 • Issue 5



8TH ANNUAL FILM FESTIVAL



The Weld County Area Agency on Aging hosts its 8th annual film festival in recognition of Older American's Month for May. We are happy to announce that due to the high interest and growth we have seen over the years, we will be showing the films on two days. This year's short films that were chosen to honor the joys, challenges and opportunities facing late life is shown Tuesday, May 23 and Wednesday, May 24, 2017 at the Kress Theatre, 817 8th Avenue, Greeley.

Both days are identical with each having a morning session that runs from 10:30 am through 12:30 pm and an afternoon session that runs from 2:00 pm to 4:00 pm; a short discussion follows each session. The two viewing sessions each day show different films so guests are welcome to attend one or both sessions for an enjoyable viewing experience without duplication of films. Doors open at 10:00 am and light refreshments are provided.

Short film is widely known as

the poetry of filmmaking. The best shorts tell more in as little as four minutes, or up to around 60 minutes, than many feature films. Film is one of the most efficient, entertaining and engaging ways to highlight and explore cultural issues, including aging. The viewing selection panel responsible for creating the lineup for the festival, takes considerable time in selecting films that reflect meaningful, life-enriching stories of seniors, so don't miss the chance to see these films; they are sure to keep you talking!

This day-long film celebration is a free event and is always well attended; people who wish to attend are asked to make reservations by calling (970) 346-6950 for complimentary tickets. There is parking without time constraints available on these two dates in designated areas across from the theatre, and the train depot allows free all day parking.

Hope to see you at the movies!

Older Americans Month 2017: *Age Out Loud*

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 Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration



for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

OAM 2017 puts focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

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



Patty Endres (center) holding hands with husband Bill surrounded by friends, associates and Garden Square at Westlake staff.

Happy Retirement

Friends, family, fellow employees and business associates were on hand to give Patty Endres a send off as she recently retired from Health Care and a long-term association with Garden Square at Westlake in Greeley. Patty is known for her dedication to her profession, her hearty, joyful and loving spirit and wonderful sense of humor. There was an abundance of lively spirit and wonderful sense of well wishes, good fortune and hap-

py retirement extended to Patty during the course of her "Send off" party. Treasured memories for sure. Traveling is very much on Patty's retirement agenda. Have fun! Be safe... Enjoy!

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MAY

Calendar

Older Americans Month Healthy Vision Month Mental Health Month

Monday/1

National Active Retired Federal Employees, Chapter 355, Monthly meeting, 1:30 pm. at Greeley Place 1051 6th St. Details (970) 353-2351.

Saturday/6

Free admission! Everyone is invited to Greeley's Cinco de Mayo parade and festival, 8-4:30 pm. Greeley's Island Grove Regional Park features: children's activities, music, dance, & food. Plus a parade, car show, soccer tournament, and vendor booths. Info: www.cincodemayogreeley.com.

Tuesday/9

Greeley Friends & Newcomers' monthly lunch, noon. The Tavern at St. Michael's, 2918 67th Ave. Program: Installation of Board. Info: 970-336-1233.

Thursday/11

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

Saturday/15

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

Friday/19

Colorado Centenarians, 100 years or older in 2017, Celebrate their lives and contributions to Colorado communities. 11 – 1 p.m., registration 10:45 a.m. Greeley Senior Activity Center, 1010 6th St., Greeley. Info: 303-866-5288

Wednesday/25

The Greeley Historic Preservation Commission continues the free 2017 History Brown Bag Series held on the 4th Thursday of each month from Jan.-Oct, 12 – 1 pm. held in the Community Room at the Greeley History Museum, 714 8th Street. History and Architecture of Colorado, CDOT, Jason Marmor.

Calendar sponsored by
Dacono Discount Groceries

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

Tips For Keeping Your Eyes Healthy

- guards specially designed to provide the correct protection for a certain activity.
- Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
- Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of

both UV-A and UV-B radiation.

- Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.
- Clean your hands and your contact lenses—properly. To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Dietitian Earns Advanced Certification

The Good Samaritan Society Fort Collins Village is proud to share that their full-time Nutrition Care Manager, Christopher Vaughn, has earned the highest certification level of specialized gerontological nutrition. The CSG designation is bestowed by the Center for Dietetic Registration following a candidate's successful completion of 2000 practice hours



and passing a competency exam.

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

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

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Join us for our annual murder mystery dinner show. This season it's A Speakeasy Murder written and directed by Brandy Laszlo. Tickets are \$40 and reservations are required. No tickets are sold at the door.

Show tickets include a full meal catered by Contemporary Cook with an entrée choice of BBQ Beef Brisket or Teriyaki Chicken. All meals are served with dinner salad, roll, vegetable, dessert, ice tea, lemonade or water. Red and White wine is available as an additional purchase at the theatre.

Tickets can be purchased via our website at www.windsorplayhouse.org. Please select an entree choice for each attendee when purchasing tickets.

Dates for this show are: Friday, April 21st: 7:00 p.m. Saturday, April 22nd: 7:00 p.m. Friday, April 28th: 7:00 p.m. Saturday, April 29: Matinee 12:00 p.m. Saturday, April 29: 7:00 p.m. Friday, May 5th: 7:00 p.m. Saturday May 6th: 7:00 p.m.

Contact us at windsorplayhouse@gmail.com with any questions.

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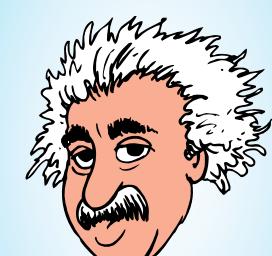
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Chelsea Ebert,
Activity Director

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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@50plusmarketplacenews.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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Agencies & Businesses

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LaSalle Fire Department

Members of the department were invited to the monthly meeting of the Weld Area Agency on Aging site coordinators, who oversee the

Senior Nutrition Meal Program at locations throughout Weld County. The recent gathering was held

at the LaSalle Community Center formerly a train station which saw countless numbers of passengers pass through it over the years.

Now, the station serves as a gathering place for community programs and events.



Reading Where?

In a tree just outside Windsor Library, sits Belle Schweitzer. She has decided the Tree Of Higher Learning is the place to be. She just may be branching out into new areas of learning which expands her knowledge adding exciting adventures to

her life leaving no "leaf unturned. So, Belle, have plenty of fun along the way.

Thanks to Rachel Zupke, Belle's friend, for the photo.

FYI

Arthritis Awareness Month

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

Healthy Vision Month

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

Mental Health Month

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

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Pre-Surgery Checklist Should Include a Dental Exam

Did you know that your dentist plays a significant role in your joint replacement or heart surgery? Your dentist assists you in preparation for an operation and postoperative care.

Your surgeon and dentist should work together to optimize your health, including your oral health, prior to any surgery. Before having any non-emergency surgery or joint replacement, you should have dental x-rays and a thorough dental examination. A dental check-up identifies any hidden infection in your teeth or gums.

If an infection is found, your dentist and surgeon will work together to determine the proper way to proceed prior to surgery. In most cases, the infection must be treated prior to surgery to eliminate the risk of the bacteria traveling through the bloodstream and infecting the joint replacement or preventing bacterial endocarditis in the heart.

Dental health is always important but it is even more vital if you have health issues related to arti-



Melvin Benson, Jr. DDS

ficial joints or heart disease. Once your surgery is completed and you are fully recovered, bacteria common to the mouth can still infect artificial joints or heart valves. Although this type of infection is rare, it is important to take precautions to ensure your dental and periodontal health.

The frequency of your dental exams and cleanings is determined by your dentist and physician. Uncompromised individuals may only need to see the dentist once or twice a year, while other patients require more frequent visits. Research validates those with certain dental and physical conditions should be seen up to 4 times per year for routine exams and cleanings. Post-surgery, the need for antibiotics before dental visits should be discussed with your surgeon.

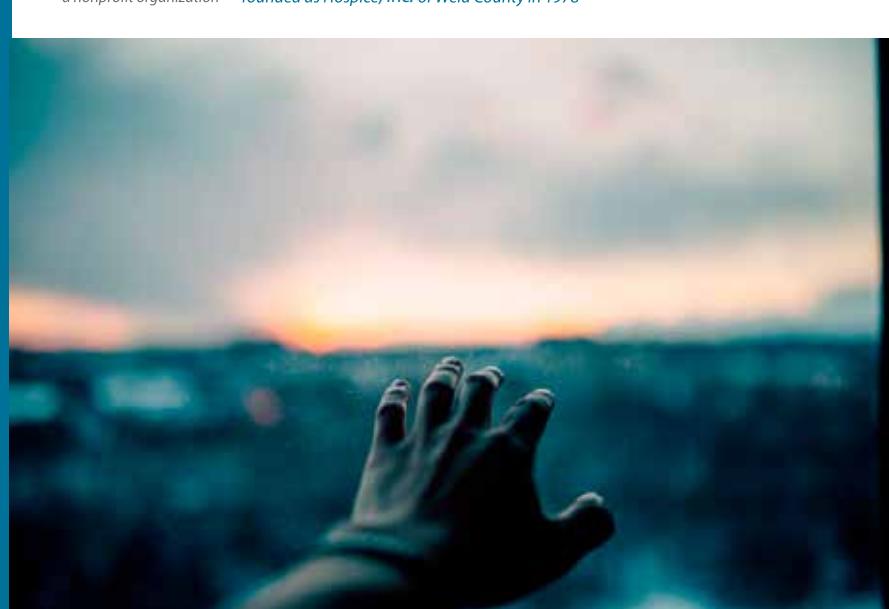
Joint replacements are very common in our society. If you are going to receive or already have an artificial joint, dental health is an absolute must for your overall health!



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May Is National Ultraviolet Awareness Month

By Sarah Greeley, Life Enrichment Director, Garden Square of Greeley

We all have heard about the dangers Ultraviolet (UV) radiation exposure poses to our skin. We also know that to prevent sunburns we must use proper sun protection! Studies also show we should go to the same lengths to protect our eyes, as we do our skin as UV Rays are dangerous to both!

Did you know that if you're not careful you can literally sunburn your eyes? It's true. Exposure to high amounts of UV radiation over a short span of time can result in Photokeratitis which basically translates to a burn on the cornea. Someone suffering from this ailment may experience tearing, halos around lights, blurred vision, moderate to severe pain in the eye, and temporary blindness. Other known issues resulting from UV

exposure can include vision threatening eye problems like cataracts and even macular degeneration resulting in partial to complete loss of sight.

Luckily, the solution is simple and doesn't have to be costly. Make sure you purchase a pair of sunglasses that specify they are "UV 400" (meaning they prevent all forms of UV light from damaging your eyes). Proper sunglasses preventing UV Ray exposure can be stylish and many of the "knock-off" or less well known brands are more affordable.

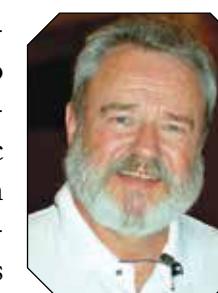
So the next time you're heading out for some summer adventures, be sure to grab your shades and sunscreen and be safe while having fun in the sun!

Reference: <http://www.salemeyecarecenter.com/whats-new/News-Item,281799>

News Talk Radio

Doris Day

April 3, 1922



Gil Moon

Born in Cincinnati, Ohio to Alma Sophia and music teacher William Joseph Kappelhoff, Doris Mary Ann Kappelhoff was the youngest of three children. As a teenager, she began singing along with the radio, the voice of Ella Fitzgerald inspiring Doris most. Seeing possibilities, Doris' mother arranged for her to have singing lessons.

Making her first professional appearance on radio in 1939, Doris soon caught the attention of Barney Rapp, Jazz band leader who was looking for a girl vocalist. She joined his band changing her name to "Doris Day" and went on to work with bandleaders Jimmy James, Bob Crosby, and Les Brown with whom she had her first hit recording, "Sentimental Journey", in 1945. By August 1946, she was the highest paid female vocalist in the world.

During 1945–46, Ms. Day appeared weekly on Bob Hope's radio show which led to a film career. In 1948, she appeared first in "Romance on the High Seas" when Betty Hutton withdrew due to pregnancy. The picture included "It's Magic" which became her first hit song as a soloist and only two months she had her first num-

ber one hit "Love Somebody" with Buddy Clark.

Ms. Day continued to make musicals like "On Moonlight Bay", "By the Light of the Silvery Moon", and "I'll See You in My Dreams". In 1953, she appeared as "Calamity Jane" singing "Secret Love" that won the Academy Award for Best Original Song. In 1954, she starred with Frank Sinatra in "Young at Heart" giving her a well-earned "Star" status.

Throughout the later 1950s, Ms. Day made a variety of fine films demonstrating her versatility including "Love Me or Leave Me", "The Man Who Knew Too Much", and "It Happened to Jane". In 1959, she made "Pillow Talk" partnering for the first time with Rock Hudson. Following the death of her third husband Martin Melcher in 1968, she retired from films and honored his commitment for her to star in TV series "The Doris Day Show" which ran through 1972.

After years of legal wrangling over questionable business matters, Ms. Day retired from public life in the late 1990s and lives quietly today at her home in Carmel, California with her numerous pets. She was married four times and had one son, Terry Melcher who died in 2004 at age 62.

❖ 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.

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Josh Weller

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

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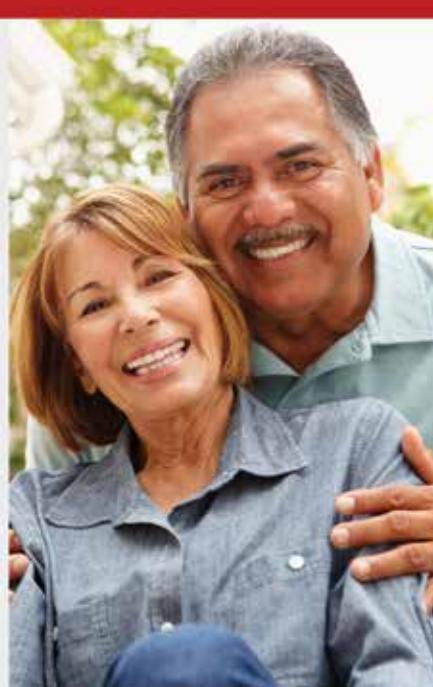
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Reverse Mortgage

\$3 Trillion Dollars Left Untouched

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



Jim Doyle

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

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

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

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

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

EIGHTH ANNUAL

Film Festival

Painting a Landscape of Aging Through Film

FIRST SESSION 10:30AM-12:30PM SECOND SESSION 2:00PM-4:00PM

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Free parking in designated areas. Light refreshments. Free tickets required.

Banner Health
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Weld County Senior Agency on Aging

50 Plus Marketplace

At the height of the Prohibition in the 1920's. The Southside Gang and the Northern Chicago Mob have come to truce and collaborate on expanding their underground gambling rooms, bootlegging and other criminal activity. With this newfound relationship between the opposing bosses, bloodshed has been limited and the city seems to be more peaceful. Part of the success of this truce is each boss has a new dame, not only adding distractions, but also intertwining each side with mutual relationships. On the surface, things seem to be going well for the two crime outfits, but the tension in the air is always thick enough to be cut with a knife. All remaining differences are to be settled at the Grand Gatsby speakeasy, owned by the ruthless southside boss, Hal Sapone. Will these two organizations keep their truce, or will mayhem ensue?

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Evenings @ 7PM Apr 28 & 29, May 5 & 6
Matinee on Saturday, April 29 @ 12PM
Doors open 30 Minutes prior to show

WELCOME HOME VIETNAM VETERANS

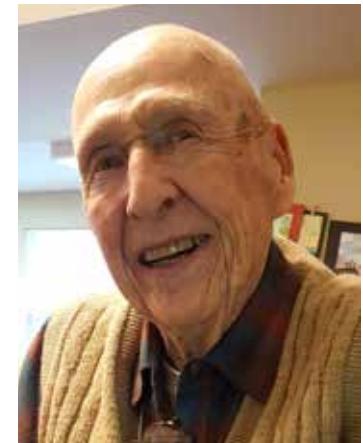
If you served in the Vietnam War, or a member of your family served, the Board of Weld County Commissioners invite you to an official Welcome Home Pinning Ceremony.

The ceremony, to be held Saturday, 13 May, at 11:00 a.m. in our Southwest Weld Complex, honors the men and women who proudly served their country during the Vietnam War yet never received the "Welcome Home" they

deserved. The event is free and includes an opening ceremony, guest speakers and an official pinning ceremony. Vietnam Veterans and their families are invited to participate; public is invited to come and support these soldiers who fought for the freedom we enjoy in this great country.

For more information, please call Wendy Bailey at 970-400-3447 or email wbailey@weldgov.com

Thank you for your service...



1942-1947, Greeley resident, Bill Lemasster served in the US Army Air Corp; both regular Army and in the Reserves.

Bill was a pilot/instructor and trained many Aviation Cadets. He mentioned his service was a long time ago. Yes, it was a long time ago. However, not so long ago, that we should not remember. Bill, "Your service was appreciated. Thank-you!"

Technology is Hip!**Study Reveals Leaders of Automated Driving Vehicles**

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



Bob Larson

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

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

Ford has an investment of \$1 billion in self-driving technologies

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

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

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

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

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MADRID, SPAIN: HISTORY, CULTURE AND PASSION

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

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

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

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

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

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

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

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

❖ Ron Stern, Travel Photojournalist, visit www.globalgumshoe.com for more about Ron. This was a sponsored visit; however, all opinions herein are the authors.



Continuum of Care Options Thursday, May 18th at 4:00pm

Are you confused with the many senior housing options or what home care services are available?

Join Bayada Home Health Care and Covell Care to learn about the continuum of care options available, when each comes into play and who pays for what. You will walk away feeling more confident in making the best decision for yourself or a loved one, and more prepared for the road ahead.

Please RSVP to Sarah at 970-576-7202 by May 17th at 5pm



Garden Square of Greeley
Assisted Living & Memory Care

1663 29th Avenue Place
Greeley, CO 80634
Office: 970-673-9059
www.gardensquarememorycare.com

POLICE APPRECIATION DAY

Saturday, May 13th, 2017

11:00 AM – 5:00 PM

University of Northern Colorado

Gunter Green, Central Campus

901 19th St., Greeley CO 80631

Join us for a fun, family friendly event to honor local Weld County Police Officers.

Meet our local heroes who serve and protect us every day!

- Food provided for the first 250 people
 - Inflatable Jumper & Face Painting
 - Games & Prizes
 - Animal Balloons
 - Limited amount of Children's Reading Books

Please call (970) 351-2588 if you have any questions or comments



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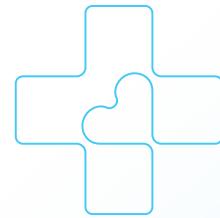
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Founder
Senior Soul Care

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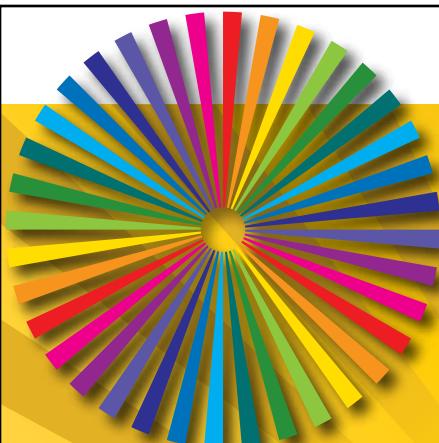
every Sunday morning from 8 to 8:30am

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

Please support the ministry by logging on to:
www.seniorsoulcare.com 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



National Older American's Month

May is National Older American's Month,
celebrate with us at our free Ice Cream Social!

Monday, May 1 • 1pm

Thanks to Guaranty Bank
for donating all the
ice cream!



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

**Greeley Senior
ACTIVITY CENTER**

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

Fort Lupton Active Adults

303-857-4200

Monday Lunch. By the Sr. Nutrition Program @ noon. Reserve by Thu. prior, 4 pm. 60+ \$3 donation & under 60 \$10 donation.

Supportive Services. Blood pressure checks: 2nd & 4th Mon. Foot care: by appt. May 23, 4th Tue each month. Hearing clinics: 1st Mon each month.

May Trips. Broadmoor Tour & the Bee: Thu, May 11. Century Casino: Thu, May 11. Coors Field Tour/Lunch: Tue, May 16. Confluence Park/Platte Valley Trolley: Thu, May 25.

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: Wed, 1 pm. Walking group: T/F 8-9 am. Sr. Circuit Training: T/Th 9:30-10:15 am. Senior Potluck lunch: Thu, May 18, noon

Special Events. May Day 5K Event: Sat, May 6, 8 am. Polymer Clay art class: Tue, May 9, 1 pm.

For complete details or questions regarding information, please call the Fort Lupton Recreation/Community Center.

Better Business Bureau

IRS May Call You After All

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



Shelley Polansky

owed taxes, be cautious.

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

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

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

Start with Trust® For more information, visit bbb.org/irscalls.

❖ Shelley Polansky, VP/Marketing, Communications & Outreach

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

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

Calling All Artists

By Holly Darby, Community Outreach Manager, Weld County Area Agency on Aging

The Golden Gallery Art Show is an event intended to promote the art of Weld County's 50+ residents. This inaugural event is sponsored by the Alzheimer's Assoc., the Greeley Senior Activity Center and the Weld County Area Agency on Aging.

Weld County artists 50 years of age and better may submit artwork that has been completed in the last 5 years. All art must be original and two dimensional to include: paintings, drawings and mixed media. No sculpture, photography, pottery or craft. Size is limited to 38" x 38". All art must be framed for hanging.

By September 1, 2017, mail entry form, photograph of artwork, and \$10 fee (per piece, two piece maximum per artist) to Greeley Senior Activity Center, 1010 6th St., Greeley, CO 80631. Make checks payable to Weld County

Area Agency on Aging, *do not send cash!* Payment must be made at the time of application entry. Payments do not guarantee selection and art not selected will receive a refund.

Show dates are September 28 – October 4, 2017 at the Union Colony Civic Center Two Rivers Lounge. Opening reception is September 28, from 4:00-6:00 pm. It is highly encouraged the artist attend the showing and bring friends! Visitors to the exhibit vote for their favorite piece during the show for "People's Choice Award". Winner receives a People's Choice Award and no other prizes are awarded.

For more information and to apply, please contact the Greeley Senior Activity Center at (970) 350-9437 or email Sheri.Lobmeyer@GreeleyGov.com. You may also visit <http://greeleygov.com/activities/recreation/facilities/greeley-senior-activity-center> to download the application.

TRU PACE Program Accepting Applications

TRU PACE (Program of All-inclusive Care for the Elderly) is accepting applications to provide services to eligible participants living in Boulder and southwest Weld Counties. This innovative program serves residents by providing preventive, primary, acute, and long-term care services that enable these elderly individuals to continue living safely in the community.

TRU PACE registration is open to people 55 years or older who are certified by the State of Colorado to need nursing-home-level care. The program supports clients to live as independently as possible and helps them navigate the issues associated with aging. Individuals in Boulder County or southwest Weld County currently living safely in the community, are encouraged to submit an application for care.

"We are excited to offer our wide range of medical, rehabilitation, and support services to community members in need," said Leslie Mader, TRU PACE Outreach & Enrollment Manager.

The TRU PACE Interdisciplinary Team (IDT) manages each

participant's plan of care. The IDT provides care at 2593 Park Lane, Lafayette and is home to a medical clinic, rehabilitation and recreational therapies, home health coordination, social work, and much more. Transportation to and from the TRU PACE facility is also provided.

As a program that serves seniors from all walks of life, TRU PACE is a Medicare/Medicaid covered program for participants. Clients in the TRU PACE program must receive all their health care, primary care, and special physician services (other than emergency services) from TRU PACE providers. TRU PACE is part of the National PACE Organization (www.npaonline.org).

To learn more or to enroll in the program, individuals should call 303.665.0115 or email pace@trucare.org. TRU PACE services will start for qualified participants on March 1, 2017. Interested individuals should contact TRU PACE soon to begin the application process. More information about TRU PACE can be found at <http://www.pace.trucare.org>.

2017 Arts Picnic Call for Artists & Crafters

The Arts Picnic "Park Your Art" Committee is still accepting arts/crafts booth applications for the 2017 show held in historic Lincoln Park, downtown Greeley. The juried event, scheduled for July 29 and 30, is open to all artists (student, amateur, or professional). Completed application packets must be postmarked on or before Monday April 17, 2017. Call (970) 350-9406 or (970) 350-9451 for an application or pick one up from the Culture, Parks, and Recreation Department, 651 (970) 350-9451.

Say You Saw It in 50 Plus Marketplace News

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Friendly Fork

- 1 White Chicken Chilli, Broccoli and Cauliflower, Oranges, Cinnamon Roll
 2 Pot Roast, Carrots Lyonnaise, Potatoes with Parsley, Coleslaw, Chocolate Tartlet
 3 Dilled Salmon, Lemon, Baked Potato with Sour Cream, Melon and Jicama Mix, Nut Cup, Roll
 4 Breaded Pork, Sweet Potatoes, Green Beans with Red Peppers, Wheat Roll, Butter, Applesauce
 5 Cornflake Baked Chicken, Broccoli Bake, Cucumber Watermelon Salad, Apple Crisp
 8 Beef and Bean Burrito with Toppings, Corn Mix, Orange, Apple, Banana, Morning Glory Muffin
 9 Beef Enchilada Casserole, Lettuce, Tomato, Spanish Rice, Black Bean Salad, Tropical Fruit
 10 Country Fried Steak w/Gravy Mashed Potatoes, Strawberry Spinach Salad w/Balsamic Vinaigrette, Mandarin Oranges, Pears, Blueberries
 11 Cornflake Chicken with Gravy, Mac and Cheese, California Blend Vegetables, Strawberries
 12 Cabbage Roll, Corn, Fruit Salad, Sunny Lemon Raspberry Muffin
 15 Roast Turkey with Gravy, Apple Cranberry Dressing, Baked Sweet Potato, Peaches
 16 Pea Soup, Wheat Crackers, Chicken Cookie

Weld County Senior Nutrition Program

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.

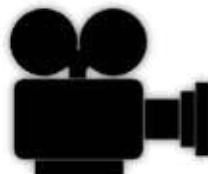
CITY OF GREELEY MUSEUMS

CENTENNIAL CELEBRATION

The Village's official season opening!
Saturday, May 27, 10am-4pm &
Sunday, May 28, 12-4pm
 Buffalo soldier demonstrations on Saturday.




Centennial Village Museum
 1475 A St., Greeley | 970-350-9220 | CentennialVillageMuseum.com

50 Plus Social Media Videos**May Video Schedule**

Enjoy our informational weekly videos presented by our monthly columnists.

View our columnist's videos at www.50plus.news or www.facebook.com/50plusnews.

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

Windsor Community Center

970-674-3500 • www.windsorgov.com

Thu May 4. Dushanbe Tea House: An elegant, traditional Afternoon Tea, with a lovely table dressed with English style white linens and tea time accoutrements. A beautiful three tiered tower of sweet and savory pastries, scones, artichoke purses, and cucumber sandwiches, sweet cakes and the chef's daily special creation all baked fresh and presented with a pot of our premium tea 1:30 pm. depart, \$37, light lunch and tea included.

Fri May 12. Platte River Canoe: Bernie Kendall, certified licensed instructor, from White Water Canoeing Co., guides a high adventure and picturesque float. Start on the St.Vrain River and end up on

the South Platte River at Two Rivers Parkway. Instruction included. Gear and canoe equipment supplied. 7:30 am. depart, \$60, lunch on own.

Sun May 7 & 28. Rockies vs Dbacks & Cardinals: Spend a day at the ball park watching the home team. Seats are on the main level in the outfield box, or right field mezzanine. Includes ticket, transportation and parking. Sun. Games: 12 pm. depart for 2pm game) \$25, lunch on own.

For complete details on activities and to register, please call or visit www.windsorgov.com/srnews.

Say You Saw It in 50 Plus Marketplace News**TRADING POST****Books****BOOKS:**

"HOAX: The Philadelphia Experiment Unraveled" Weld County Author and son knew Allende. They explore and expose the Navy's hoax. Buy at thebookpatch.com

Services**Services****KURT'S FLOORING AND HANDYMAN SERVICES:**

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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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- The Orphan's Tale Pam Jenoff
- I see you Clare Mackintosh
- Summer on Sunset Ridge Sharlene MacLaren
- With love, wherever you are Dandi Daley Mackall
- The ebb tide Beverly Lewis
- The No. 2 Feline Detective Agency: A Hettie Bagshot Mystery Mandy Morton
- Trumpet of Death: A Martha's Vineyard Mystery Cynthia Riggs
- Gone Gull: A Meg Langslow Mystery Donna Andrews
- Ring of fire Brad Taylor
- NEW NON-FICTION**
- Dust bowl girls: the inspiring story of the team that barnstormed its way to basketball glory Lydia Reeder
- Hank: the short life and long country road of Hank Williams Mark Ribowsky
- It happened in Colorado: remarkable events that shaped history James A. Crutchfield
- American amnesia: how the war on government led us to forget what made America prosper Jacob S. Hacker & Paul Pierson
- A consequential president: the legacy

of Barack Obama Michael D'Antonio NEW IN LARGE PRINT

- Crash and burn Fern Michaels
- The midnight bell Jack Higgins
- The bookshop on the corner Jenny Colgan
- The room with the second-best view Virginia Smith

Gizelle's bucket list: my life with a very large dog Lauren Fern Watt FICTION BESTSELLERS

- The cutthroat Clive Cussler
- Dangerous games Danielle Steel
- In this grave hour: a Maisie Dobbs novel Jacqueline Winspear
- Without warning Joel C. Rosenberg
- The devil's triangle Catherine Coulter and J.T. Ellison

NON-FICTION BESTSELLERS

- Big agenda: President Trump's plan to save America David Horowitz
- Hillbilly elegy: a memoir of a family and culture in crisis J.D. Vance
- Portraits of courage: a commander in chief's tribute to America's warriors George W. Bush
- The Benedict Option: A Strategy for Christians in a Post-Christian Nation Rod Dreher
- Writer, sailor, soldier, spy: Ernest Hemingway's secret adventures, 1935-1961 Nicholas Reynolds

Erie Active Adults

303-926-2550

Thursday Lunches. By The Friendly Fork, 12:15 pm. Social at 11 am. Reserve by Tues. 5 pm. 303-926-2795. \$3 donation 60+, \$10 under 60. Free entertainment open to everyone, but not scheduled for every lunch.

Blood Pressure Checks. Free blood pressure checks by the Mountain View Fire Dept. 1st Thu. each month, 11- Noon.

Alzheimer's Assoc. Caregiver Support Group. Trained facilitators offer a safe place for caregivers, family, and friends of persons with dementia to exchange practical tips, develop coping mechanisms, and learn about resources. 1st Thu. each month, 4 pm. Info: (970) 392-9202.

Hearing Screenings. May 18 9-11 am. in the Lehigh Room. Services include wax removal, hearing screenings, & hearing aid maintenance & repairs. Consultations: 303-926-2795. Family Hearing offers a complimentary appointment in their office for members of Erie Community Center. Call 303-665-0454 for an appointment.

Erie Never Stops Walking. Receive a log to record weekly indoor walking. Total laps are recorded weekly on a group chart. The group progress is tracked on a map as we walk around the U.S. After each session celebrate our success at a potluck. Through May 13, 10-11 am.

Mardi Gras Casino. Package includes \$10 food credit, \$5 free play on card, and free drinks while gambling. Must use player card, and be age 21. Meals on own. Includes transportation. Register 2 weeks prior. Mon, May 22, 8:30-4:30 pm. \$5/\$6.

Wings Over the Rockies Museum. After an introduction and viewing of an 8-min. film highlighting Colorado's Aviation Endeavors, a guided walking tour of the museum, with time to explore the museum. Lunch at the Lowry Beer Garden, on own. Includes tour, museum and transportation. Fri, May 12, 9-2:30 pm. \$15/\$19.

Older Americans Month Free Lunch. The Erie Active Adult program honors older adults by helping them stay connected, active and healthy. Hulse Insurance sponsors lunch. Register 303-926-2795 by May 16th. Thu, May 18, doors open at 11 am, lunch at 12:15 pm. Free: 60+, \$10 age 59 or less.

Coffee and Canvas. Gallery On The Go events are fun canvas painting parties! A guide gives goes step by step as you paint your version of a gallery selections in 2 hours'. All supplies included and take your completed MYsterpiece home. Tue, May 16, 12:30 - 2:30 pm. Thu, May 25, 6 - 8 pm. \$30/\$37.

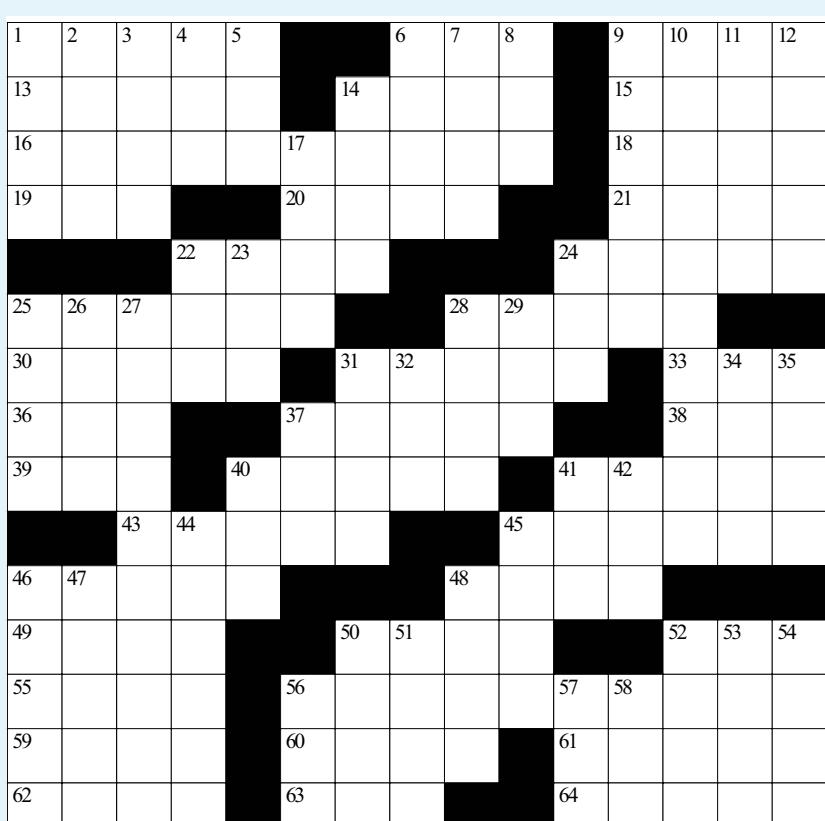
Weld County • May 2017
Answers page 8

- 55 Executive Officer
56 Trundle bed
59 Strike forcefully
60 Relaxation
61 Nimble
62 Increases
63 Inquire of
64 Writers of verse

DOWN

- 1 Goatskin bag for holding wine
2 Augury
3 Comply
4 Monetary unit of Japan
5 Attempt
6 Hard fatty tissue
7 Taverns
8 Firmament
9 Supple
10 Modification
11 Lizard
12 Refuse of flax
14 Glass ornament
17 Elevated tract of open country
22 Deranged
23 Before
24 Move through the air
25 Former Russian ruler
26 Potpourri
27 Spread over a wide area
28 Ceased living
29 Advanced in years
31 Female child
32 Malt beverage
34 Lyric poems
35 Bouquet
37 Wood sorrel
40 Monkey
41 Prefix "beneath"
42 Hasten
44 Chooses
45 One pound sterling
46 One-celled protozoa
47 Formed by mixing
48 Crescent-shaped figure
50 Periods of history
51 Protruding tooth
52 Off-Broadway theater award
53 Waist band
54 Ancient Roman days
56 Light meal
57 One circuit
58 Self-esteem

50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Raise
6 Sister
9 Whip
13 Card game for three
14 Built-in platform bed
15 Every
16 Tiny
18 Agitate
19 Some
20 Cereal food
21 Transmit
22 Blend
24 Eating implements
25 In the direction of
28 Stuffed savory vine leaf

- 30 Slip
31 Merrily
33 Summit
36 Help
37 Greased
38 Revised form of Esperanto
39 Fish eggs
40 Landed
41 Foot-wear
43 Flower-part
45 Throat abscess
46 Plentiful
48 Lubricate
49 Bog
50 Sewing case
52 Japanese sash

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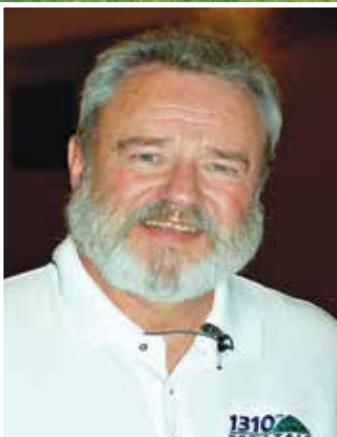
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M-Fri 9-6, Sat 9-4
Closed Sunday

Tips to Boost Your Mental Health

- Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you accomplished each day.
- Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- Set up a getaway. The act of planning a vacation and having something to look forward to can boost overall happiness for up to 8 weeks!
- Work your strengths. Do something you're good at, then tackle a tougher task.
- Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° & 67° Fahrenheit.
- Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
- Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
- Show some love to someone in your life. Close, quality relationships are key for a happy life.
- Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The fla-
- vanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect. Check out hundreds of free printable coloring pages available at www.justcolor.net
- Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
- Go off the grid. Leave your smart phone at home for a day and disconnect from interruptions. Spend time doing something fun with someone face-to-face.
- Dance around while you do housework. Not only do you get chores done, but dancing reduces levels of cortisol, and increases endorphins.

- Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
- Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
- Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
- Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness.
- Practice mindfulness by staying 'in the present.'
- Be a tourist in your own town. Often people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.
- Prep lunches & pick out clothes for the week. You save time in the mornings and have a sense of control.
- Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among other benefits. Fish oil supplements work, but eating foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.
- Practice forgiveness: even if it's just forgiving that person who cut you off during your commute.
- Try to find the silver lining in something kind of cruddy that happened recently.
- Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
- Send a thank you note to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
- Do something with friends and family. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.
- Take a 30 minute walk in nature - stroll through a park, or hike in the woods. Research shows that being in nature increases energy levels and reduces depression.
- Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which is a mood elevator.
- Try something outside of your comfort zone to make room for adventure and excitement in your life.



*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

1310 AM KFKA NEWS TALK

**Support the
Bargain Box
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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



