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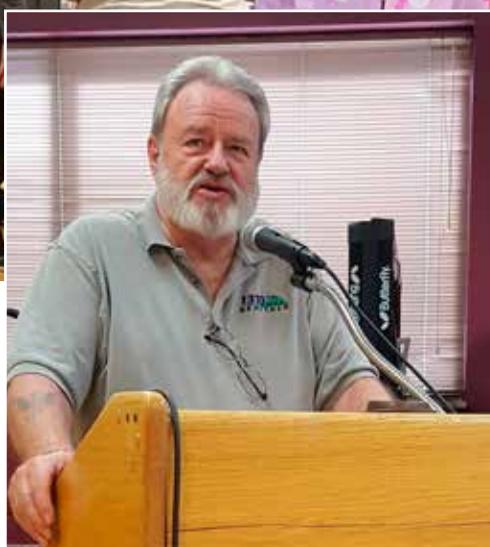
Local News, Profiles, Events & Resources For 50 Plus Adults

March 2017 • Volume 23 • Issue 3

## Caregiver Appreciation Day



Top: Caregivers Appreciation Day guests visiting various vendors ready to share about their services and products and answer questions.



Right: KFKA, 1310 AM radio personality Gil Moon speaks about his personal caregiving experiences.



Bottom: Four dedicated Caregivers shared personal stories about caring for loved ones. (l-r) Kathy Phelps, Sherri Boltz, Ricardo Lopez, Ann Logan



The Greeley Senior Center recently hosted a day recognizing and honoring Caregivers. Those individuals charged with or taking on the responsibility of caring for a loved one or even a friend.

The day featured a free continental breakfast and lunch, a guest caregiver panel and guest speaker sharing very personal and heart touching experiences about their caregiving.

Guests were invited to have a free chair massage, hand care treatment, other pampering and to visit a wide variety of information booths. The day's theme "Be Kind To Yourself" was quite prevalent from start to finish of the day's presentations, breathing exercises, sharing of funny stories, awards and prizes plus the sharing of several personal stories of attending Caregivers.

The day was made possible by Centennial Rotary, Weld Senior Foundation, Alzheimer's Association, Area Agency on Aging, Connective Chiropractic and Vitality Massage, Dr. Chris Gubbels, Easter Seals, Essential Oils-Wendy Harper, Garden Square, Hospice of Northern Colorado, NCMC-Yoga, Retired and Senior Volunteer Program, Right at Home, Seniors Helping Seniors, TruCare Hospice, Veterans Aid.

Attendees shared their complete satisfaction of the event and look forward to next year.

## Downtown Greeley's 'Blarney on the Block' Parade Entries Needed!

Announcing the Downtown Development Authority's 6th Annual "Blarney on the Block" St. Patrick's Day celebration and Parade.

The festivities are March 11th beginning at 2 pm on the 9th Street Plaza. The parade starts at 2:30 on 9th Ave. just west of the Tilted Kilt. Entries are welcome for businesses, clubs and organizations. Families and individuals are welcome to join in. Decorate the bikes, strollers, wagons and join in at the gathering point. There's no entry fee.

Monday, March 6th is the pa-

rade entry deadline. Send entry information to [alison@greeleydowntown.com](mailto:alison@greeleydowntown.com). Or call us at (970) 356-6775. Become a part of Downtown Greeley's history, and reserve your space today in the Sixth Annual "Blarney on the Block" St. Patrick's Day Parade.

We also need event sponsors. "Rainbow" at \$600 get an entry in the parade and a booth on the plaza during the go-cup event, a banner on the stage, logo in the poster and MC announcements. "Leprechaun" at \$250 get a parade entry and MC announcements.

As a non-profit, the DDA enjoys hosting these events for our community, but it can't happen without generous donors, sponsors, and volunteers.

For more details visit Downtown Greeley's website or Facebook page for current information and updates. For more information or questions please contact the Downtown Development Authority at 970-356-6775 or email [alison@greeleydowntown.com](mailto:alison@greeleydowntown.com).

Everyone is Irish on St. Patrick's Day so come downtown for this fun family celebration!

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**Freiburg, Germany**

By Ron Stern

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# MARCH Calendar

**Colorectal Cancer Awareness  
National Kidney Month  
National Nutrition Month®**

**Thursday/9**

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

**Tuesday/14**

Greeley Friends & Newcomers' monthly lunch, noon. The Egg and I, 2305 W 27th St. Program: Becky Safarik, Deputy City Manager Info: 970-336-1233.

**Saturday/18**

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

**Thursday/23**

The Greeley Historic Preservation Commission's 2017 Free History Brown Bag Series, Noon – 1p.m. Greeley History Museum, 714 8th St. 4th Thu. Program: Lincoln Assassination Letter, Dean Moore Info: betsy.kellums@greeleygov.com or 350-9222.

**Saturday/25**

Spaghetti Dinner, \$5 per person. Hill N Park Senior Center, 4225 Yosemite Dr. Greeley. Proceeds benefit the Senior Center.

**Calendar sponsored by  
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## UNC Opera Scenes Production Features Original Works by Student Composers

University of Northern Colorado senior Ashley Driscoll and master's student Joseph Scardetta will debut compositions spanning themes of revolution, mental health, man vs. machine and, ultimately, stark humanity in UNC Opera Theatre's "The Opera Garden: Growing New Opera," 2 p.m. and 7:30 p.m. Saturday, March 25 in Hensel Phelps Theater, UCCC.

Driscoll and Scardetta's compositions are part of their Bachelor of Music capstone and Master of Music thesis, respectively. The program also includes a scene from 2005 setting of George Orwell's "1984" by American conductor and composer Lorin Maazel.

"Contemporary classical composition is an important mirror on our society, our culture, and

the time in which we live," says Scardetta.

His short opera, "In the Presence of Unknown Light," based on Victor Hugo's novel "Les Misérables" will be performed in its entirety. Music History professor Dr. Janice Dickensheets directs the work.

"It is wonderful to be able to...be a part of that kind of collaboration in creating the work of art," says Dickensheets.

UNC Opera Theatre consistently strives to bring new works to the Greeley community and student body. UNCOT performed excerpts of Jake Heggie's 2010 opera "Moby Dick" last fall, continuing director Brian Luedloff's commitment to contemporary American opera. The program also produced

UNC alum David Conte's opera "Stonewall" in collaboration with the campus GLBTA Resource Office and Women's Studies in 2013.

"It's really important to show opera is still alive," says sophomore music student Ian Hiester.

With 369 new operas written and produced since 2000 alone, according to Opera America, UNC Opera Theatre is confident the art form is alive and well, and is committed to training well-rounded singers and composers to ensure that it thrives.

UNC Opera presents "The Opera Garden," 2 p.m. & 7:30 p.m. Saturday, March 25 in Hensel Phelps Theater, UCCC. Contact the Box Office at (970) 351-2200 or <http://arts.unco.edu/events/> for tickets.



UNC Senior Kristine Antonio & Sheri Lobmeyer, Greeley Senior Center Recreation Program Manager

### From Hawaii To UNC

Kristine Antonio was born and raised on the Big Island of Hawaii. After graduating high school, she left home to attend college at the University of Northern Colorado, and is currently a fifth year Senior and will graduate May 2017 with a degree in Human Services. When she has time to spare, Kristine enjoys talking with her family, baking, and drawing. Although this semester at UNC is quite hectic for her, she is glad to have joined

the "City of Greeley" and have an internship at the Greeley Senior Activity Center. So far, Kristine is enjoying her work with the staff, and learning about the community, and the environment at the Greeley Senior Activity Center.

Kristine talked about all she has learned in the short time she has been at the Center. She is looking forward to the rest of the semester working at the "Greeley Senior Activity Center."

### Public Service Announcement

Are you worried that your children will take your keys away? Or that your parent or loved one is not safe driving? We have a great resource for everyone. Covell Care & Rehabilitation, LLC is excited to announce they are now offering driving rehabilitation evaluations and training with a Certified Driving Rehabilitation Specialist and Occupational Therapist. This program will allow older adults to continue to drive independently and safely with guidance from a specialist. This will keep minds at ease and the roads safe for all.

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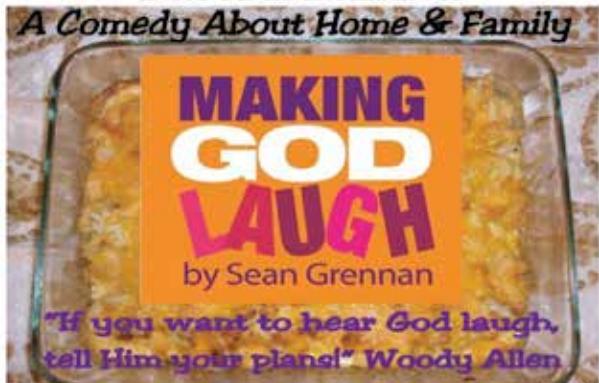
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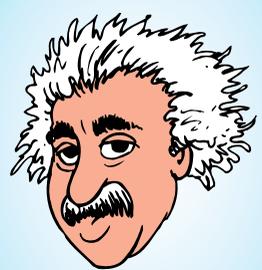
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**email**  
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**phone**  
303-694-5512

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

**website**  
www.50plusmarketplaceneews.com  
www.facebook.com/50plusnews

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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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**Contributing Writers**  
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## PACE Provides Alternative To Nursing Homes

It's well-established that older adults want to remain in their own homes. A recent study by the AARP Public Policy Institute and the National Conference of State Legislatures found 90 percent of those over 65 want to "age in place." At times, living independently can be challenging due to issues related to aging. One option is the Program of All-inclusive Care for the Elderly (PACE), which aims to keep older adults in their own homes and communities for as long as safely possible – instead of nursing homes.

Older adults often suffer from a number of conditions that can keep them from living independently unless the conditions are treated and addressed by medical professionals and family caregivers. Two common areas are incontinence and mental health (such as Sundown syndrome or depression). PACE's interdisciplinary team helps address these issues through personalized care plans tailored for each participant, including comprehensive medical and mental health services.

For older adults who qualify, PACE is a viable solution. PACE provides personalized, comprehensive medical care and intensive social supports, primarily through a local center. PACE also helps caregivers by managing their loved ones during the day and providing tips on how to manage the care of older adults at night while remaining in their own homes.

Through this holistic care,



PACE services have shown to reduce the chance that older adults will need to be admitted to a nursing home. A 2015 study by The Gerontologist found 31 percent of PACE participants had a lower risk of long-term nursing home admission. For the older adult, PACE provides important health-care options and other services to engage the mind and body, both of

which can have a profoundly positive effect. The program has a long history of providing necessary care and socialization and has proven itself time and again as a viable option for older adults and their caregivers.

For more information on PACE or to schedule a tour of InnovAge's PACE Center serving Northern Colorado, call 844-704-9616.

## Do you know a Centenarian?

The Centenarian Project is a promotional activity of the Commission on Aging to celebrate the lives of Centenarians across the state, recognize their individual century of achievement, and focus the attention of all Coloradans on the political and social issues of aging.

The Centenarian Project recognizes seniors who have achieved the age of 100 or older by awarding centenarian certificates prepared by the Commission and signed by the Governor. We know statistically that centenarians are increasing in number, but we want to know them individually

so they can be honored for their lifetime of achievement. For more information contact Tara Franck at tara.franck@state.co.us or at 303-866-5288.

You can honor a centenarian by submitting their name to the '100 Club' on the Senior Life page in the Greeley Tribune and Windsor Now newspapers. Contact Holly Darby at (970) 400-6200 for more information.

*Reprinted from Weld County Area on Aging "Senior Solutions" Spring 2017 Vol.9, Issue 2.*



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## Ribbon Cutting Ceremony

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new senior living community. Good Samaritan successfully strives to meet the needs of seniors and others in the community. A dedicated and caring staff sees to that. Call 970-686-2743 to learn more about the Good Samaritan Luxury Twinhomes. When calling, be sure to ask about their "8 Traits." They tell quite a story!

### News Talk Radio

#### Dinah Shore

Feb. 29, 1916–Feb. 24, 1994

Frances "Fanny" Rose Shore was born to Russian-Jewish immigrant shopkeepers in Winchester, Tennessee, the younger of two daughters. Stricken with polio at age two, she recovered but would have a deformed foot and limp. By age eleven they were living in Nashville where she completed elementary school. Shy and sometimes embarrassed by her limp, she never-the-less played sports and was a High School cheerleader.



Gil Moon

Following the death of her mother when she was sixteen, she continued her education at Vanderbilt University graduating in 1938. That year she made her radio debut and decided to pursue a singing career by moving to New York City where disc jockey Martin Block heard her sing the popular song "Dinah" and began calling her "that Dinah girl". She was hired at WNEW to sing with Frank Sinatra and won a recording contract in 1940.

During World War II she became a favorite with troops participating in USO tours to Europe with the Glenn Miller Army Air Force Band. In 1943 she met and married George Montgomery, a young actor going into military service.

Ms. Shore appeared in her first movie, "Thank Your Lucky Stars" in 1943 and in 1944 she appeared in "Follow the Boys" as a musical guest. That year she co-starred

with Danny Kaye in "Up in Arms" and in 1946 she appeared in "Till the Clouds Roll By". When her husband returned from military service in 1946 they settled in San Fernando, California and she continued doing radio. In 1950, she signed a recording contract for \$1,000,000 making her the highest paid recording artist of her time.

Television's "The Dinah Shore Chevy Show" debuted in 1956 and ran through the 1963. From 1970 through 1980, Ms. Shore hosted "Dinah's Place" and "Dinah!" in syndication. During her television career Ms. Shore won nine Emmys, a Peabody Award and a Golden Globe. In 1991 and was inducted into the Television Hall of Fame.

Ms. Shore's marriage to George Montgomery ended quietly in 1962 and in 1963 she briefly married building contractor Maurice Smith but they divorced in 1964. During the 1970s, she was romantic linked to actor Burt Reynolds who was some twenty years her junior.

In 1972, Ms. Shore helped found the Colgate Dinah Shore Golf Tournament on the LPGA Tour and in recognition of her contributions to golf, she was elected an honorary member of the LPGA Hall of Fame.

In 1993, Ms. Shore was diagnosed with ovarian cancer and passed away quietly on February 24, 1994, at her home in Beverly Hills, California.

❖ 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.

# March is Caffeine Awareness Month

By Patty Endres, Garden Square at Westlake Assisted Living

Doing some research about caffeine and the affects it has on the senior and especially the elderly population and was surprised at some of the information I found.

There are both positive and negative effects. The most highly known negative affect is that caffeine can be a diuretic, that is, it can tend to rob the system of fluid and cause excessive urination. So, people might need to drink the same amount of water as they do coffee to ensure there is enough fluid in the system for it operate properly. Dehydration can lead to symptoms of dizziness and light headedness which could lead to falls. It can cause increased blood pressure, which can be harmful if the person is already taking blood pressure medication. It has also been linked to possibly reducing bone strength and density which can put people with osteoporosis at higher risk for fractures and brittle bones. It can cause heart palpitations and has been linked to



lower cognitive functioning in elderly women.

But the surprising effects of caffeine for the elderly are that there actually can be benefits. Those who regularly drink coffee with caffeine can have a reduced risk of heart disease, possible increased muscle strength and it has antioxidants that can reduce free radicals that can cause strokes. It also can reduce the risk of developing type II Diabetes and Parkinson's disease.

Of course everything we eat and drink affects us and the key word is moderation. Some studies showed that 1-6 8 ounce cups of coffee or caffeine/day is moderation. Others said that 5-7 cups is excessive. So, if you're a coffee-drinker and you are having some symptoms that are unfamiliar or uncomfortable, it may be that simply cutting down your consumption by a couple of cups may help the symptoms subside. So, talk to your health care provider and make sure you discuss your coffee/caffeine intake when you go for check-ups of for symptom discernment.

## Reverse Mortgage

### Four Reasons to Consider a Reverse Mortgage

Have you thought about how you will fund your retirement? Many retirees want to stay in their homes as they age, but have concerns about the strength and longevity of their portfolios.



**Jim Doyle**

As a homeowner, obtaining a line of credit via a reverse mortgage just might be the answer. Financial planners are recognizing the advantages of using the equity in your home to support your lifestyle throughout retirement without having a mortgage payment.

A government insured reverse mortgage, officially called a Home Equity Line of Credit (HECM), is an excellent way of taking advantage of the largest asset that you may have – your home. Being a non-recourse loan, your estate and/or your heirs will never be saddled with debt because the government insures that you will never owe more than the home is

worth.

Should your heirs want to keep the property, they can refinance it into their own names for no more than 95% of the appraised value, or at just the amount to repay the reverse mortgage, if that is lower. Should they want to sell the property, they will keep the proceeds above the amount of the reverse mortgage balance.

Only one home owner must be at least 62, and there are protections for the younger “non-borrowing” spouse. Now is the time to look into this option while interest rates are low. The line of credit that you establish will grow at about 5% a year providing a financial “safety net,” if needed. This is a good reason to get started sooner rather than later.

Speak to your local Reverse Mortgage Specialist to get information specific to your situation.

❖ *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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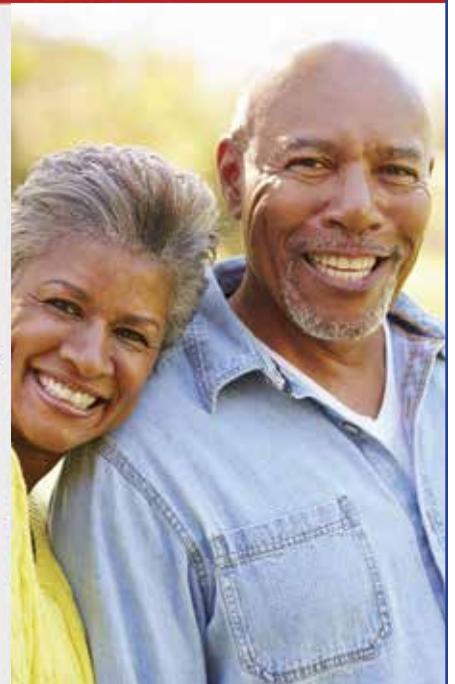
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**Technology is Hip!**



**Flying Taxis in Dubai**

Driverless taxis have been proposed in several countries including the U.S. by various vendors. Now a driverless air taxi service has been proposed in Dubai with service starting in July. Dubai's ruler announced last year that 25 percent of all journeys in the city would be conducted by driverless vehicles by 2030. Autonomous flying passenger drones will be carrying passengers this year according to the head of Dubai's roads & transportation agency. He recently announced the Chinese drone will be used as the self-flying taxi.



**Bob Larson**

The Chinese made taxi (pictured here) made waves at last year's Consumer Electronics Show in Las Vegas where it was first exhibited. Each quadcopter taxi allows for a half-hour flight time with a

distance of 30 miles. The autonomous craft can reach a top speed of 100 MPH and carry a passenger weight of 220 pounds. After climbing into the drone's seat, the passenger selects a destination on the dashboard's touch screen, buckles up, and enjoys the scenic ride. Interestingly, the taxi's four propeller arms fold inwards so it can fit into a single car parking space. Passengers will not even require a license to travel, since the drones will be 'auto-piloted' by a command center. Sounds terrifying? Not really because the vehicle has a 'fail safe' system that prompts it to land in the nearest place should anything malfunction. New innovations help our society advance with these latest technologies.

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

**For National Kidney Month, Take Five for your Kidneys**

*March is National Kidney Month and the National Kidney Foundation is calling on all Americans to take five healthy steps for their kidneys.*

The kidneys are the body's chemical factories, filtering waste and performing vital functions that control things like red blood cell production and blood pressure. But over time, the kidneys can become damaged with little or no physical symptoms to warn you that your kidneys are in trouble.

"Of the 26 million American adults estimated to have kidney disease, most don't know they have it. That's why taking care of your kidneys, especially if you are at risk for kidney disease, is vital," said Joseph Vassalotti, MD, National Kidney Foundation Chief Medical Officer. "There are a few simple things people can do to keep their kidneys healthy and strong."

All Americans can do 5 simple things to protect their kidneys:

- Get Tested! Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting [www.kidney.org/KEEPHealthy](http://www.kidney.org/KEEPHealthy).
- Reduce NSAIDs. Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.
- Cut the Processed Foods. Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating

Continued on page 12 ▶

# National Craft Month

Did you know that crafting can reduce stress, build self-esteem and increase physical dexterity? In fact, recent studies from NYU and Harvard have shown that activities ranging from scrapbooking to knitting can actually improve concentration, while enhancing health and mental wellness.

Since March is National Craft Month, there is no better time to try a new craft or hobby. Throughout the month, (store name) will explore the many different benefits of crafting by hosting numerous demonstrations, displays and exciting opportunities that highlight the many ways you, friends and family can spend time creating items that provide both joy and fulfillment.

“There is nothing more satisfying than creating something on your own. The activity is not only engaging, it’s fulfilling on so many different levels. Plus, there are so many ways to approach crafting. There is literally something for everyone.” Learn first-hand about the pleasure of crafting that can:

- **Bring Families Together:** Spend quality family time on a vast number of enjoyable activities that can save money, while producing

handmade gifts, jewelry and home decorative items.

- **Relax and De-Stress:** Pick a craft to sharpen your senses and focus your attention.

- **Create Lasting Memories:** Create a special moment for a loved one, while highlighting achievements or performances in a scrapbook or display.

- **Make Family Connections:** Frame-it-yourself photo montages can proudly display family trees and accomplishments for everyone to see. Tell a living story of your family history by...(Insert details on new products or services offered by your specific location.)

- **Salvage and Reuse old items:** Recycle and add beauty to any room by crafting discarded mirrors, windows or other household items into works of art.

- **Revive Clothing and Jewelry:** Create beaded fashion necklaces and bracelets that match favorite clothing or school colors.

- **Entertain Kids and Pets:** Develop matching outfits and accessories for kids and favorite pets. For instance, many fashion-conscious adults would love to match their beloved Chihuahua’s sweater with a revamped purse or tote bag.

## Your Life Support Knowing What Is Important

Do you know what is really important in your life? Here is somebody who might have found out the hard way.



**Steve Goodier**

It happened on the evening of April 14, 1912. The Titanic, the largest ship afloat, struck an iceberg in the treacherous waters of the Atlantic. Four hours later she sank to the bottom.

A place on one lifeboat was reserved for a certain woman. She was just stepping into the boat when she asked if she could run to the ship’s library to get something. She was allowed three minutes.

The woman ran through the corridors of the reeling vessel. Crossing the saloon she caught sight of jewelry strewn around the floor. Passengers had hurriedly cleaned out their safes and dropped valuables as they ran. What an opportunity. Wealth literally at her fingertips!

But she ignored the jewelry, made her way to the library,

snatched a copy of the Bible and ran back to the waiting lifeboat.

Earlier that day it may have seemed incredible to the woman to choose a copy of the Bible over valuable jewelry. But in the face of death, prized valuables became relatively unimportant, and what may have seemed unimportant became suddenly valuable.

Unfortunately, it sometimes takes a catastrophe to shuffle our priorities into a sensible order. But what a catastrophe when we never do discover what is truly important.

Lee L. Jampolsky said, “At least three times every day take a moment and ask yourself what is really important. Have the wisdom and the courage to build your life around your answer.”

What if you were to take Jampolsky’s advice seriously? What if you regularly asked yourself what, in that moment, was really important, then built your life around your answer? How different would your life be?

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

### Picture Perfect Day!

Join us for a day of pampering on **Thursday, March 23<sup>rd</sup>** from **10am-4pm.**

Enjoy a **FREE** hairstyle, makeup design, and professional photograph.



Please call 970.576.7202 by March 16<sup>th</sup> to make an appointment. **Don't wait, appointments fill up fast!**



Join Garden Square of Greeley on **Thursday, March 30<sup>th</sup>** from **4pm – 5:15pm** for **Consider the Conversation.**

Garden Square of Greeley is partnering with Pathways to view a powerful and inspiring film on the American struggle with communication and preparation for end-of-life. It opens the door for families and individuals to think about how we want to be treated and the decisions that must be made. This PBS film combines personal stories and interviews along with opinions of experts in hospice care.

*Please RSVP by Wednesday, March 29<sup>th</sup> at 5pm. Pizza provided by Pathways.*

*Garden Square of Greeley*  
Assisted Living & Memory Care

1663 29th Avenue Place  
Greeley, CO 80634  
Office: 970.573.7739  
[www.gardensquarememorycare.com](http://www.gardensquarememorycare.com)

### Paparazzi Jewelry

Jennifer Malouff, Independent Rep, will be our host at Garden Square at Westlake.

**Each piece of Paparazzi Jewelry is only \$5!**  
Browse at your convenience.

**Thursday, March 16<sup>th</sup>**  
**10:30am – 2pm**



### Brain Injury Seminar

**Thursday, March 9<sup>th</sup> at 1:30pm**

March is Brain Injury Awareness Month. Stephens Farm, a local Brain Injury Day Program, will host this seminar about the causes of brain injury, how it manifests in behaviors, and how treatment is designed.



*RSVP by calling 970.578.0343. Space is limited*

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## 19<sup>th</sup> Annual St. Patrick's Day Breakfast to Benefit Meals on Wheels of Greeley & Weld County

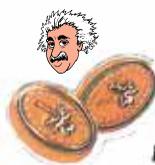
Friday March 17<sup>th</sup>

@ VFW #6624

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7:00 a.m. - 9:30 a.m.

**\$8.00 per person - Breakfast Buffet including beverage**

For more information please call

**970-353-9738**



# Freiburg: Germany's Vibrant, Southernmost City

Situated at the edge of the Black Forest, Freiburg is a vibrant university town in southwestern Germany. With a temperate climate, old world charm, large farmers' market, and culinary treats, this city is becoming known as one of the best offbeat tourist destinations.

Part of the portfolio of alternative historic German towns, Freiburg was founded during medieval times in 1120 AD. The 14th century cathedral towers over the city and is its most recognizable landmark. A mix of both Romanesque and Gothic architectural styles, its unique open spire design has been called the most beautiful in Christendom.

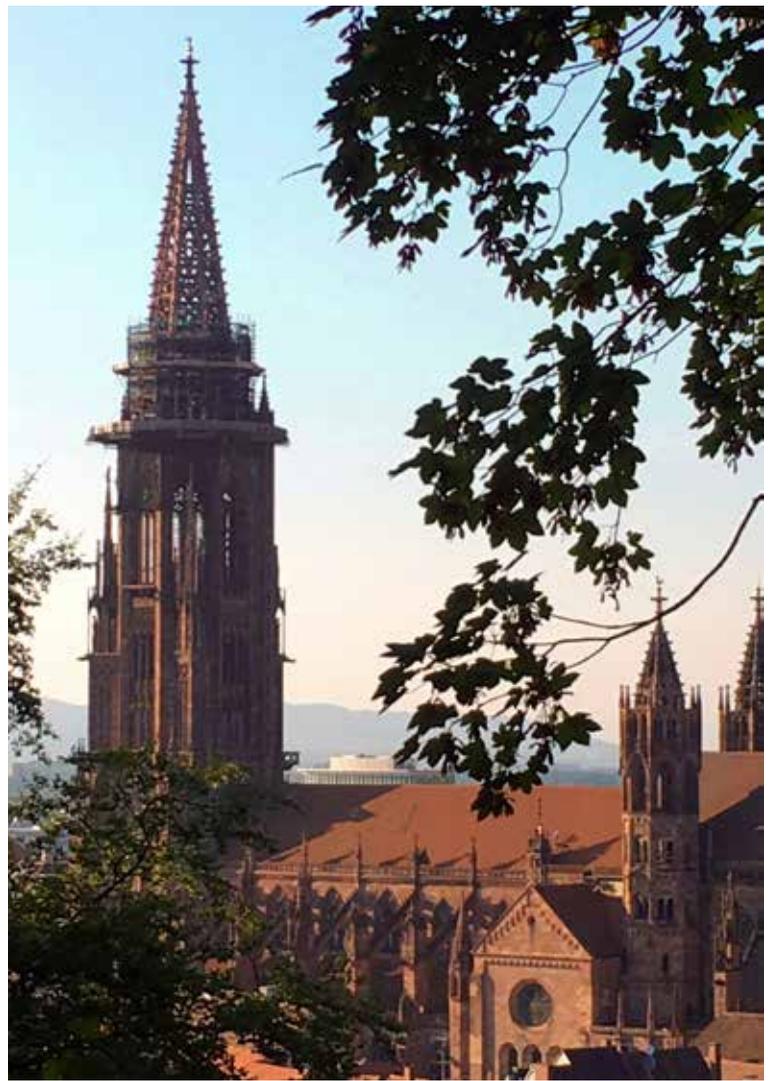
Sometimes known as the capital of the Black Forest, Freiburg sits right on the western edge of this massive outdoor playground. Day trips might include nature hikes, cycling, shopping for cuckoo clocks, visiting picturesque small villages, and trying locally produced foods.

Any visitor will invariably end up at the Münsterplatz (Cathedral Square)



for one of the largest farmer's markets you are likely to encounter in Europe.

On the side nearest the cathedral is where you will find hungry patrons looking for what has to be one of the best selections of sausages this side of, well, sausage heaven. You can find one stand after another with bratwurst and other meats of various lengths, colors, and textures all sizzling away on a grill. The specialty here is Lange Rote



(long red), and this one is so large, the vendor has to bend it twice to fit into a bun.

While at the market, be sure to try another local delicacy: Stephan's Cheesecakes. This rich and creamy handmade confection is something of an institution, and their small stand sells out quite

frequently.

Freiburg offers some of Germany's best foods, markets, and historical sites, all in a relaxed, inviting atmosphere.

❖ *Ron Stern, Travel Photojournalist, visit [www.globalgumshoe.com](http://www.globalgumshoe.com) for more about Ron. Resources: Historic Highlights of Germany.*



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## Social Security Today

### Tax Planning Will Help You See Green In Retirement



**Josh Weller**

Social Security has been a cornerstone of financial security for over 80 years. As you might already know, a lifetime of measured discipline can ensure a comfortable retirement. Social Security can help you plan, save, and see plenty of green in your golden years.

Social Security is part of the retirement plan of almost every American worker. If you're among the 96 percent of workers in the United States covered under Social Security, it is helpful to know what benefits you are entitled to. Social Security bases your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be lower than if you worked steadily. Create a safe and secure my Social Security account to view estimates of your future retirement,

disability, and survivors benefits. Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) and create your account today.

Social Security benefits help secure your today and tomorrow, but many people will need more retirement income. Saving for retirement is key. You might also have a pension or 401k. Combining as many savings resources will mean more income once you retire.

Your personal my Social Security account continues to benefit you once you file for benefits and beyond. Use your account to check the status of your application and, once you are receiving benefits, use your account to manage them. For example, you can start or change your direct deposit, change your address and phone number, get proof of benefits, and much more—online and at your convenience. Learn about all the great advantages of having your own my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Social Security puts you in control. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) regularly to access the ever-evolving tools and information we provide.

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

## Women's History Month 2017

National Women's History Month 2017 Theme: "Honoring Trailblazing Women in Labor and Business"

The 2017 theme for National Women's History Month honors women who have successfully challenged the role of women in both business and the paid labor force. Women have always worked, but often their work has been undervalued and unpaid.

The 2017 Honorees represent many diverse backgrounds and each made her mark in a different field. Additionally, the Honorees' work and influence spans three centuries of America's history. These women all successfully challenged the social and legal structures that have kept women's labor underappreciated and underpaid.

Facing stark inequalities in the workplace (lower wages, poor working conditions, and limited opportunities), they fought to make the workplace a less hostile environment for women. They succeeded in expanding women's participation in commerce and their power in the paid labor force. As labor and business leaders and in-

novators they defied the social mores of their times by demonstrating women's ability to create organizations and establish their own businesses that paved the way for better working conditions and wages for themselves and other women. They proved that women could succeed in every field. While each Honoree is extraordinary, each is also ordinary in her own way, proving that women business and labor leaders can and should be considered the norm. Most importantly, the 2017 Honorees paved the way for generations of women labor and business leaders to follow.

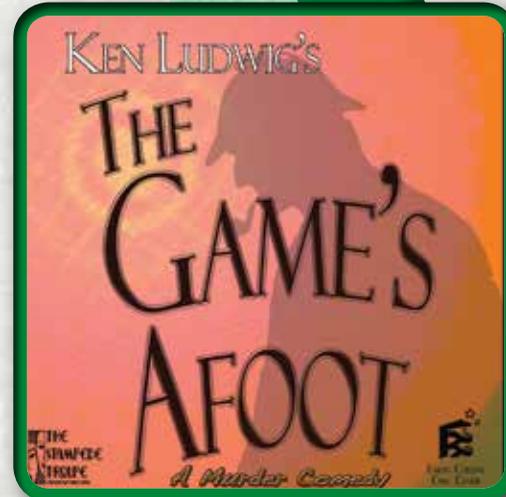


# Book Your Tickets Before it's too Late!



### Duke Ellington Orchestra

**Fri., March 10, 2017 • 7:30pm**  
Perhaps the greatest of all jazz bands and one of the originators of the big-band jazz era.



### The Stampede Troupe presents: The Game's Afoot

**Fri., March 10/17 2017 • 7pm**  
**Sat., March 11/18, 2017 • 7pm**  
**Sun., March 12/19, 2017 • 2pm**  
The danger and hilarity are non-stop in this glittering whodunit play for the whole family.



### Jim Belushi & the Board of Comedy

**Sat., April 8, 2017 • 8:00pm**  
Enjoy a hysterical night of improvised humor combining more than thirty years of comedic knowledge with "Saturday Night Live" and Chicago's famed "Second City."



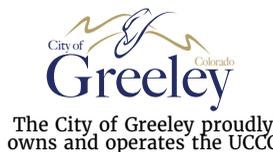
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## Overexposure to Blue Light May Cause Health Issues

The American Optometric Association's (AOA) 2016 American Eye-Q® survey revealed that 88 percent of Americans know that digital devices can negatively affect their vision, but the average American still spends seven or more hours per day looking at their screens. This overexposure to blue light – high-energy visible light emitted from digital devices – can lead to digital eye strain, sleep problems, blurred vision, headaches and neck and shoulder pain, among other things. The AOA

survey also indicates that the average millennial spends nine hours per day on devices such as smartphones, tablets, LED monitors and flat-screen TVs which also emit blue light.

The AOA understands that digital devices are an important part of everyday life, and encourages patients to learn about blue light and its impact on vision and health during Save Your Vision Month 2017 in March. The following tips explore ways people can protect their eyes and monitor digital screen use

while at home or work:

Power down before you turn in: Turn your digital devices off at least one hour before bed.

Unplug with the AOA 20-20-20 rule: When you are using any device or computer, make a conscious effort every day to take a 20-second break and look away from the screen, every 20 minutes and view something 20 feet away.

Step back: Maintain a comfortable working distance from your digital device by using the zoom feature to see small print and details, rather than bringing the device closer to your eyes.

Adjust your device to fit your needs: The AOA recommends reducing the glare by adjusting device settings or using a glare filter to decrease the amount of blue light reflected from the screen.

Schedule an appointment: Visit a doctor of optometry by visiting AOA.org to schedule an appointment for a comprehensive eye exam to detect and address vision problems.

"This year, we're challenging you to prioritize not only your eye health, but your overall health and well-being, and limit your exposure to blue light, it's as easy as looking away from your screen every 20 minutes and powering down an hour before bed."

If you think you are experiencing any of the symptoms listed on the side due to prolonged exposure to blue light, schedule an appointment with your doctor. For additional information on eye health in the workplace, please visit [www.aoa.org](http://www.aoa.org).

*A prehistoric exhibition of mammoth proportions.*

# DIGGING DEEPER

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## March Means Colorectal Cancer Prevention

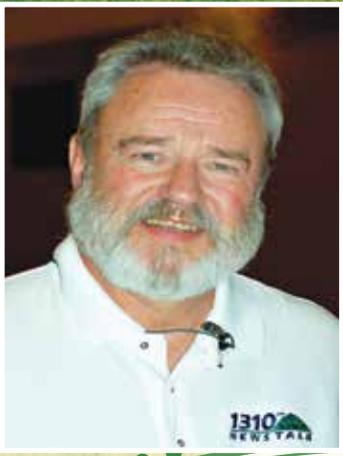
By Maggie Klee (2016)

March doesn't just mean warmer weather and flowers sprouting, it's also time to celebrate Colorectal Cancer Awareness Month. Colorectal cancer is the second leading cause of cancer death among both men and women in the United States. Join us by becoming your own health advocate and encouraging others around you to reduce their risk for colorectal cancer or detect it early.

Recognizing a need to bring major awareness to one of the leading causes of cancer deaths, the Prevent Cancer Foundation launched a campaign to designate March as Colorectal Cancer Awareness Month. Working with 56 other organizations, we spearheaded this campaign to pass a resolution in both chambers of Congress and White House. March 2000 became the first National Colorectal Cancer Awareness Month to raise awareness about disease prevention and early detection through screening. Following the first awareness month, the percentage of adults screened for colorectal cancer increased 13 percent between 2002 and 2010. Between 2003 and 2007, 66,000 colorectal cancer cases were prevented and 32,000 lives were saved. Half of these prevented cases and deaths

were due to increased screening rates.

We knew that prevention rates could be even higher. In 2007, the Foundation created the now famous Super Colon. This interactive inflatable colon gave the public a walk-through tour of a colon to understand the development of polyps and how they can turn into cancer. The Super Colon has visited 49 states, D.C. and Puerto Rico to teach the public about colon health. The colon still travels across the country to entertain and educate. Check out our YouTube channel to see the colon in action! This year, 140,000 people will be told they have colorectal cancer. Screenings are recommended for everyone ages 50 and up, but talk to your doctor if you have a family history of cancer because you may need to start screening sooner. Not at screening age? It's never too early to start preventing cancer—pack your diet with lots of vegetables and whole grains. Excessive amounts of alcohol and fatty foods like red meat have been linked to colorectal cancer. You can also make sure your loved ones who are 50 years or older get the screenings they need to detect this cancer early. This Colorectal Cancer Awareness Month, you can Stop Cancer Before It Starts!™



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



## Better Business Bureau

### Consumers Targeted by Employment Scams

In 2016, more than 2,000 reports of employment scams were reported to BBB Scam Tracker nationwide, totaling more than \$10.8 million in losses.



Shelley Polansky

According to the FBI's Internet Crime Complaint Center (IC3), scammers post fake online job advertisements on employment websites. Typically, the job sounds very convincing. Scammers will charge upfront fees for services or training materials. They claim they can guarantee job placement after you pay; however, the promised job never materializes and the business doesn't return your calls.

Better Business Bureau offers this advice to avoid an employment scam:

- Research the business first. If a company or organization is mentioned in an ad or interview, contact that company directly to find out if the company is really hiring through the service. When using social networking sites and online employment sites, be sure to check the website of the company posting the advertisement. Many scammers use names that are similar to reputable companies to trick job seekers.
- Be cautious when responding to unsolicited emails. Even if the

business name is well-known, don't click on any links in the email until you've verified the business and can confirm that the email came from a legitimate source. Legitimate employers will need Social Security numbers for tax purposes and may need a bank account number to deposit paychecks for new employees, but be wary of any requests for such information from companies that you haven't met with in person.

- Don't pay upfront fees. No legitimate job offer will require out of pocket expenses from a potential employee for background checks, credit reports or administrative fees before an interview. Additionally, job seekers should never provide bank account information until they have officially been hired.
- Never wire money to someone you don't know. If anyone you don't know asks you to wire money, that's an automatic red flag. Once money is sent via a wire transfer, it's nearly impossible to get your money back.
- Be wary of the "perfect offer." Job seekers should be cautious of any posting advertising extremely high pay for short hours or minimal required experience. Remember, legitimate businesses don't make promises or guarantees about jobs. If it sounds too good to be true, it probably is.

Start with Trust® For more tips, visit [bbb.org](http://bbb.org). To report a scam, go to [bbb.org/scamtracker](http://bbb.org/scamtracker)

❖ Shelley Polansky, VP/Marketing, Communications & Outreach

## Combating Isolation and Loneliness

As we age, circumstances in our lives change. We retire from a job, friends move away or health issues convince us to eliminate or restrict driving. When changes like these occur, we may not fully realize how they affect our ability to stay connected and engaged and how much they can impact our overall health and well-being. Here are some actions you may want to consider taking to help stay ahead of the "connection curve":

- Nurture and strengthen existing relationships: invite people over for coffee or call them to suggest a trip to a museum or to see a movie.
- Don't let being a non-driver stop you from staying active, find out about transportation options.
- Use social media like Facebook to stay in touch with long-distance friends or write an old-fashioned letter. Schedule a time each day to call a friend or

visit someone.

- Stay physically active and include group exercise in the mix, like joining a walking club.
- Take a class to learn something new and, at the same time, expand your circle of friends.
- Revisit an old hobby you've set aside and connect with others who share your interests.
- Volunteer to deepen your sense of purpose and help others.
- Visit your local community wellness or senior center and become involved in a wide range of interesting programs.
- Check out faith based organizations for spiritual engagement, as well as to participate in activities and events.
- Get involved in your community by taking on a cause, such as making your community more age-friendly. Also, meet your neighbors-young and old.

## GREELEY WELD SENIOR FOUNDATION

The foundation was formed 26 years ago, for the purpose of recognizing and honoring Weld County area senior citizens and their achievements. The mission of the foundation is to hold the annual Senior Hall of Fame that recognizes outstanding volunteers from Weld County, distribute grants to county area Senior Centers that qualify. Plus, provide professional development opportunities to staff at Weld County Senior Centers and awards scholarships to UNC and AIMS Community College students pursuing an academic field that promotes health and welfare of the senior population.

has recognized countless outstanding senior volunteers, awarded thousands of dollars to Weld County Senior Facilities through grant requests and provided educational scholarships to UNC and AIMS students engaged in Recreation and Gerontology studies.

The work of the Foundation is never ending; as it establishes annual goals, raises funds, offers grants for worthy senior center projects and activities, provides student scholarships for those working with seniors, and senior center staff professional development opportunities. For more information about the GWSF, call 970-346-6950 ext.6132.

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# Kidneys from page 6

habits.

• **Exercise Regularly.** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.

• **Control Blood Pressure and Diabetes.** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.

Throughout National Kidney Month, the National Kidney Foundation is offering free kidney health screenings through the KEEP Healthy program. To locate a KEEP Healthy screening near you, or to learn more about the kidneys and risk factors for

kidney disease, visit [www.kidney.org/KEEPHealthy](http://www.kidney.org/KEEPHealthy).

**Kidney Facts:**

• 1 in 3 American adults is at high risk for developing kidney disease today.

• High blood pressure, diabetes, a family history of kidney failure and being over 60 are major risk factors for developing kidney disease.

• 1 in 9 American adults has kidney disease -- and most don't know it. Early detection and treatment can slow or prevent the progression of kidney disease.

• Kidney disease risk can be reduced by controlling blood pressure and blood sugar, quitting smoking, regular exercise, maintaining a healthy weight, and avoiding excessive use of pain medications.

• The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease. For more information, visit [www.kidney.org](http://www.kidney.org). (2016)

## Windsor Community Center

970-674-3500 • [www.windsorgov.com](http://www.windsorgov.com)

### Please call for details on activities

**Thu Mar 2.** Tour the Walker Manufacturing plant in Timnath. An independent, family-owned company in operation for the past 16 years! See how the mowers are built and learn all there is to know about the lawn mowing manufacturing business. Lots of walking! Depart 9:30 am, \$15, lunch on own

**Thu Mar 9.** Snowshoe Trip, Killpecker Trail, Redfeather. Scheduled at various locations and changed according to weather conditions. Some experience needed and not for beginners. Bring gear, pack a lunch, dress appropriately, and be prepared to purchase a trail pass or park permit depending on the location. Depart: 8 am, \$15.

**Thu Mar 23.** Denver Museum & IMAX, Denver. "Vikings: Beyond the Legend" is the largest collection of Viking artifacts to visit North America! Experience a myth-busting exhibition that has captivated a million people around the world. An IMAX film is part of this trip. Depart 8:30 am, \$34, lunch on own.

**Thu Mar 30.** Sport Authority Field at Mile High, Denver. Areas visited on the 75-min. walking tour include the Colorado Sports Hall of Fame Museum, a party suite, United Club Level, Budweiser Champions Club, visitor's locker room, keg room, the field, Thunder's stall, TV production area, press box/ media center and Denver Broncos Team Store. Depart 9 am, \$27.

## Eagle View Adult Center

303-655-2077 • [www.brightonco.gov](http://www.brightonco.gov)

**Petal Biking.** Michael Saari built a 3-wheel Recumbent Tricycle or Pedal Bike. He pedaled from upper Michigan to Colorado. Watch slides of his journey and hear stories of the people he met along the way. Free, register. 1:15 pm. Thu, Mar 2, Deadline: Wed. Mar 1.

**Spaghetti Luncheon.** 29th annual. Tickets: advanced & at the door. 11-2 pm, Sat Mar 4, \$7 adults; \$4 children 12 and under.

**"Hair Sparkles".** A fun way to jazz up your hair: silk hair tinsel! Tinsel is tied into your hair and can stay for weeks. Best on straight or slightly wavy hair 5-6 inches long. Register. \$5 front only; \$10 throughout. Tues. Mar 7, 9:30-11:30 am, deadline: Fri. Mar 3.

**Eagle View Choir.** If you love to sing and be in a choir, there is interest in forming a group. Brainstorm session to get a choir going. 1:30 pm, Tues. Mar 7.

**Kindness Counts.** It's the little things we do that makes all the difference. Bring ideas on ways to show kindness to others. 3 pm, Tue, Mar 7.

**Senior Games Meeting.** The RMSG are joining forces with the Rocky Mountain State Games in Colorado Springs on July 21 - 23 and July 28 - 30. Come find out more. 3 pm, Wed. Mar 8.

**Black Gold.** Learn about the fascinating history of the oil industry in Colorado. Ed Weising, Colo-

rado tour guide & historian. 9:30-11 am, Thu. Mar 9, \$5, deadline: Tues. Mar 7.

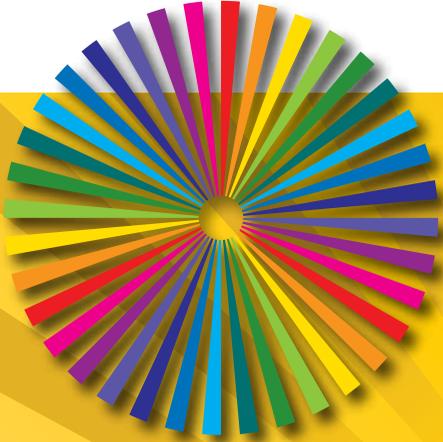
**Friday Feast.** Dick Simon performs a new show. Serving bean chowder, sandwich, & dessert from Inglenook. 12- 1:30 pm, Fri. Mar 10, \$4, deadline: Wed. Mar 8

**Trip Navigator Class.** A navigator is 'a person who directs the route with instruments and maps.' Prepare to be the 'right hand' for drivers. Volunteer needs attention to detail, dedication & patience. Class A: Fri. Mar 10, 2 pm, deadline: Thu, Mar 9; Class B: Mon. Mar 13, 10 am, deadline: Fri. Mar 10.

**Medicare 101 for Seniors.** An overview of Medicare: What it is, how it works, and what it covers, especially under Part A & B. You need to sign up for Medicare BEFORE you turn age 65, so if your 65th birthday is soon, this is essential. William "Bear" Kistler, SHIP certified Medicare counselor. 10:30- 11:30 am, Tues. Mar 14 \$5, deadline: Mon. Mar 13.

**Community Gardens Sign-up.** 14 raised planting beds are leased to seniors who don't have space. Raised 24" for easy access without excessive bending. Center provides the beds, hose & water. Bring tools, seeds & organic fertilizer. Must maintain throughout the season. 8:30 am. Mon. Apr 3, \$20, deadline: until filled.

*Say you saw it in 50 Plus Marketplace News*



## Senior Softball

**Join us for Pre-Season Training through March 30 at the Family FunPlex and Twin Rivers Ball Park Free!**

**League begins April 3-August 24**  
**Register by March 14**  
**Age 50 + & 70+**  
**Games schedules at ColoradoSeniorSoftball.us**



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

### Greeley Senior ACTIVITY CENTER

**1010 6th St • 970-350-9440**  
[GreeleySeniorActivityCenter.com](http://GreeleySeniorActivityCenter.com)

## Colorado Gerontological Society

### Homestead Exemption May Be Victim Of State Budget Cuts



**Eileen Doherty**

More than 200,000 Colorado seniors who have lived in their own homes for ten years or more and who are over age 65 take advantage of the Senior Homestead Exemption. This voter approved referendum in 2000 gives seniors a 50% exemption on the first \$200,000 of residential property's market value.

In 2002, approximately 120,000 seniors took advantage of the Homestead Exemption at a cost of \$61.5 million to the state. In 2017, about 240,000 seniors are expected to take advantage of the program at a cost of \$144 million to the state. Over a fifteen-year period, the program is serving about 50% more people for a little more than twice the cost to the state in 2017.

While the program is available to all seniors in the State of Colorado, the majority of households that are claiming the Homestead Exemption are valued at less than \$200,000.

While a popular program with seniors, the program has been subject to more than 30 legislative measures to change it over the past fifteen years. The state legislature has the authority to change the amount of the exemption (i.e. reduce it from \$200,000 to \$100,000 or \$200,000 to zero).

The legislature did not fund the program in 2003, 2004, 2005, 2009, 2010, and 2011. The funding was reduced because of the

economic downturn in the state. Thus when the economy rebound, the legislature was able to fund the program again.

Currently policy makers are looking at reducing the amount allowed on the exemption (such as reducing the exemption from \$200,000 to \$100,000 of value). Other policy makers are talking about defunding the program and using the monies for other state obligations such as education and roads. Other policy makers are talking about defunding the program permanently and expanding the Property Tax/Rent/Heat Rebate program.

While all of these discussions have merit, further discussion is needed to look at the long term impact of leaving many middle income homeowners who own their own homes and have limited monthly income. For seniors to lose their homes because of inability to pay taxes or to force them to pay taxes at the expense of food and medicine is a difficult dilemma.

Seniors are subject to increased property taxes as the value of the home increases. Property taxes continue to increase annually as the value of property goes up in Colorado, especially in front range cities such as Metro Denver.

Seniors are encouraged to talk with legislators about the impact a change would have on their personal situation, as well as that of their neighbors if significant changes are made to the program.

For more information, call 303-333-3482. You can also send comments to [cogs@senioranswers.org](mailto:cogs@senioranswers.org) or CGS, 1330 Leyden St #148, Denver CO 80220.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society. Her areas of expertise include administration of nonprofit organizations, education on issues related to older adults, advocacy on senior issues, & clinical practice. She teaches Nonprofit Management for Fort Hays State University. She can be reached at 303-333-3482*



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*A Radio Show With Spirit*

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

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

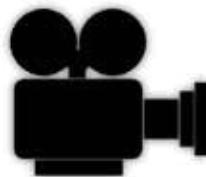
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**Mark Langness**  
Founder  
Senior Soul Care

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

## 50 Plus Social Media Videos



Enjoy our informational weekly videos presented by our monthly columnists. See our March schedule below.

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

- Mar 6: Carol Seest / Medicare Savings Program
- Mar 13: Jim Doyle / Is Reverse Mortgage Right For You?
- Mar 20: Carol Darrow / Begin at the Beginning
- Mar 27: Emily Cooper / Taking Care of Yourself

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## Erie Active Adults

303-926-2550

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

**Mardi Gras Casino.** The casino package includes \$10 food credit, \$5 free play on card, and free drinks while gambling. Must use player card to receive package. Age 21 up. Meals on own. Includes transportation. Register 2 weeks prior. Mon. Mar 27, 8:30-4:30 pm, \$5/\$6.

**Benihana.** Not just a meal, it's an experience. Seated at communal tables, where the chef performs the ancient art of Teppanyaki. They slice & dice, preparing a meal that dazzles your eyes & taste buds. Includes transportation. Meal on own. Register by Mar 6. Tue. Mar 21, 4:30-7:30 pm, \$9 /\$11.

**Music Cities Christmas.** Dec. 1. The trip is filled with holiday shows and sites in Branson, Memphis & Nashville. Highlights include a performance by Shoji Tabuchi, the Clinton Presidential

Library, Graceland, & the Grand Ole Opry. Trip presentation Mar. 29, 11:30 am. Call 303-926-2795 to register for the presentation.

**National Nutrition Month Vendor Fair.** "Put Your Best Fork Forward" is the theme for 2017, to serve as a reminder that each one of us holds the tool to make healthier food choices. At the Senior Nutrition Lunch, Erie Community Center. Register: 303-926-2795 by Mar 28. Thu, Mar 30, open at 11 am, lunch at 12:15 pm. \$3 donation 60+, \$10 under 60.

**St Patrick's Day Show & Dinner.** Bagpipers, Irish Dancers, and a traditional dinner of Corn beef & cabbage with red potatoes. Entertainment by the Denver District and Pipe band along with Irish and Celtic dancers. Cash wine sales available. Erie Community Center. Register by Mar 12. Fri, Mar 17, 6-8 pm, \$13/\$16.

**Online Safety & Privacy.** The Internet offers so many opportunities to create, explore, collaborate and of course, shop! Learn how to manage your online experience in a safe and secure way. Covers how

to browse safely, shop smart, recognize scams, practice password safety and precautions for public WiFi. Also, security and privacy settings for popular social networks like Facebook. Wed, Mar 8 8:30-10:30 am, \$17/\$21

**Know the 10 Signs: Early Detection Matters.** Early detection of Alzheimer's disease is a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's as a way to highlight the challenges they face every day. Wed, Mar 29, 2:30-4pm, Free.

**Coffee & Canvas.** Fun canvas painting parties... it's the art of socializing! An experienced guide gives easy step by step instructions

as you paint a version of a gallery selection in 2 hours. Supplies included and take your MYster-piece home. Tue, Mar 21, 12:30-2:30 pm; Thu, Mar 23, 6-8 pm. \$30/\$37

**Ask the Doctor Health Series.** Speak to a health care professional from St. Anthony Hospital, Centura Health about the questions you have, to get the answers you need for healthy living. There will be food and refreshments served so you have a chance to reflect and discuss.

**Savvy Seniors.** This month Dr. Karyn Leible is available to speak with you about your medications. Register by March 20. Tue, Mar 28, 11-noon, Free.

## 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 the [thebookpatch.com](http://thebookpatch.com)

### Services

**AULTIMATE PRODUCTIONS**

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**NEED ERRANDS RUN?**

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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.

*We Care!*

### Friendly Fork

- |   |  |
|---|--|
| 1 Sweet & Sour Meatballs, Brown Rice w/Broccoli, Mandarin Oranges & Pineapple, Fortune Cookie               | Muffin, Saint Patty's Day Cookie   |
| 2 Tahitian Chicken, Brown Rice Pilaf, California Blend Vegetables, Apricots & Raspberries, Chocolate Muffin | 20 Beef Tips, Mashed Potatoes, California Blend Vegetables, Peaches, Pears, Cherries, Wheat Roll                                       |
| 3 Barbecue Beef, Wheat Bun, Creamy Potato Salad, Green Beans, Corn & Red Pepper, Peaches & Raspberries      | 21 Roast Beef, Brown Gravy, Baked Potato w/Sour Cream, Brussels Sprouts w/Malt Vinegar, Peaches w/ Cottage Cheese, Rye Roll            |
| 6 Roast Turkey, Red Potatoes, Gravy, Spinach, Pear Salad, Mixed Melon                                       | 22 Stuffed Green Pepper, Salsa, Sour Cream, Scalloped Potatoes w/onions, Mixed Fruit, Cherry Gelatin                                   |
| 7 Lemon Baked Cod, Baked Potato, Sour Cream, Asparagus & Red Pepper, Grapes, Raspberry Muffin               | 23 Chicken Alfredo over Pasta, Spinach & Garbanzo Bean Salad w/Italian Dressing, Mandarin Oranges                                      |
| 8 Soft Beef & Bean Taco, Lettuce, Salsa, Mexicorn, Tropical Fruit Salad, Cornbread Muffin, Honey            | 24 Raspberry Glazed Salmon w/Lemon, Whipped Sweet Potatoes, Peas w/ Pearl Onions, Honeydew Melon, Wheat Roll                           |
| 9 Chicken Parmesan, Marinara, Pasta Salad, Carrots, Pineapple, Breadstick                                   | 27 Austrian-Style Pork, Mashed Potatoes, Broccoli Florets, Peaches & Strawberries, Rye Roll  |
| 10 Krautburger, Marinated Vegetables, Mixed Fruit w/Red Grapes, Muffin                                      | 28 Hamburger on Bun, Tomato & Lettuce, Coleslaw, Oven Browned Potatoes, Dried Fruit & Nut Cup  |
| 13 Bacon Cheddar Chicken Breast, Harvard Beets, Peaches, Green Pepper Salad, Sandy Cookie                   | 29 Navy Bean Soup, Crackers, Tuna Salad Sandwich, Wheat Bread w/ Fruit, Chocolate Chip Cookie  |
| 14 Sweet & Sour Meatballs, Brown Rice, Sugar Snap Peas & Mushrooms, Cantaloupe, Fudgy Brownie               | 30 Kielbasa on Bun, Broccoli & Carrots, Cabbage Pear Cranberry Slaw, Apple Sauce w/Raisins   |
| 15 French Dip w/Au Jus, Oven Brown Potatoes, Kiwi & Bananas, Coleslaw                                       | 31 Egg Salad Pita Pocket, Lettuce, Tomato, Broccoli & Cauliflower w/ Honey Yogurt Dressing, Cantaloupe, Nut Cup, Strawberry Banana Bar |
| 16 Italian Meatloaf, Italian Vegetables, Corn, Apple Waldorf Salad, Wheat Roll, Cherry Crisp                |  |
| 17 Corned Beef & Cabbage, Rainbow Salad, Potato Colcannon, Bran   |  |

**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.

## Trading Post ORDER FORM

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

**50 Plus Marketplace**  
4400 Sioux Dr.  
Boulder, CO 80303

Copy due by the 10th of the preceding month.

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|---------------------------------|-----------|
| <input type="checkbox"/> April  | 3/10/2017 |
| <input type="checkbox"/> May    | 4/10/2017 |
| <input type="checkbox"/> June   | 5/10/2017 |
| <input type="checkbox"/> July   | 6/10/2017 |
| <input type="checkbox"/> August | 7/10/2017 |

**ADVERTISER'S INFORMATION**

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## Faces Around Town

### Dunkin' Donuts

There is always a warm welcome at the Windsor Dunkin' Donuts. Stop by.... choose your favorite signature donut, breakfast sandwich and then from the menu of a variety of hot and cold coffee drinks. All and all, a delicious and tasty way to start the day. You might even want to spend some extra time and treat yourself to the comfort of the dining area. Everyday is a day to be at Windsor Dunkin' Donuts.



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Say You Saw It In  
50Plus Marketplace News

### HEALTH TIP:

#### Stretch Before and After a Workout

You work out as often as possible. But do you know how to stretch properly? The American Council on Exercise offers these suggestions:

- Breathe in deeply, then slowly exhale as you stretch the desired muscle to tension. Hold for up to 30 seconds, then relax and repeat the stretch a few times.
- Hold the stretch still (moving as little as possible), which can help prevent you from hurting yourself.
- Don't stretch a muscle that isn't properly warmed up.
- Don't stretch a muscle to the point that it hurts.
- Breathe normally as you stretch; never hold your breath.

#### Maximizing Your Workout

As long as you're setting aside time to work out each day, make sure you're reaping all the benefits. The American Council on Exercise offers suggestions:

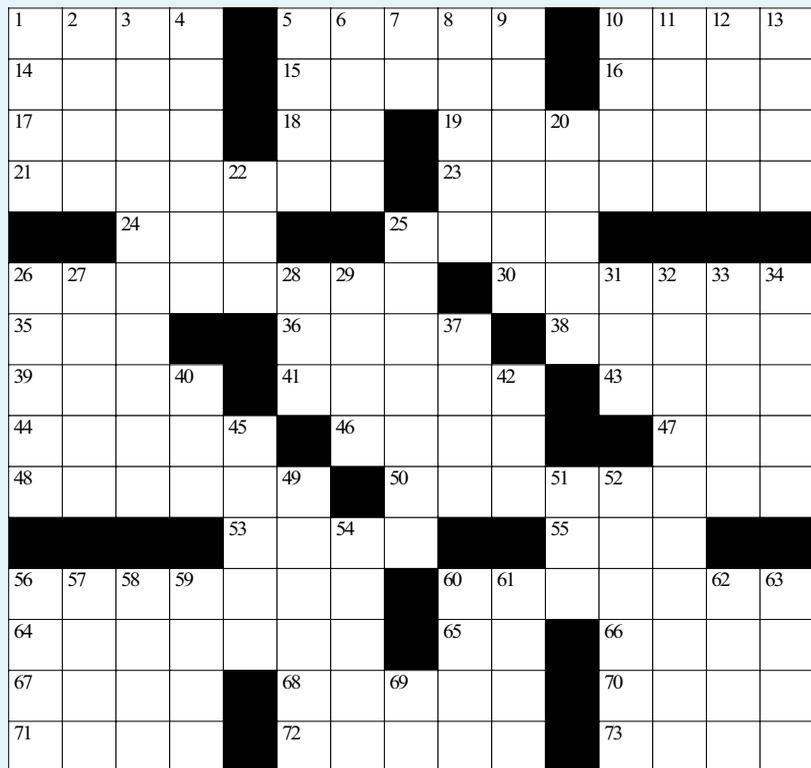
- Hire a personal trainer to evaluate your workout and suggest how to maximize it.
- Make sure your workout includes strength training, in addition to cardio exercises.
- Explore high-intensity interval training, in addition to a steady-state workout.
- Eat a carb-rich snack before your workout. Drink water before, during and after exercise.
- Get six to eight hours of sleep each night.

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50 Plus Marketplace News

Weld County • March 2017

## Crossword Puzzle



#### ACROSS

- 1 Which river forms much of the eastern border between Russia and China
- 5 To one side
- 10 Dissolve
- 14 One of the divisions of a window
- 15 Boatswain
- 16 Melody
- 17 Obstacle
- 18 Objective case of we
- 19 Articles
- 21 Actually
- 23 Constitution of a person
- 24 Influenza
- 25 Stable attendant
- 26 Most precipitous
- 30 Christian festival
- 35 Mythical sea monster
- 36 Rate of flow of fluid

#### DOWN

- 1 Church recess
- 2 Pertaining to the Isle of Man
- 3 Genuine
- 4 Delight
- 5 Adjoin
- 6 Indifferent
- 7 Part of the verb to be
- 8 Territory ruled by a duke
- 9 Intertwine
- 10 Island in central Hawaii
- 11 Formerly
- 12 Stead
- 13 Soviet news service
- 20 At right angles to a ships length
- 22 Drinking vessel
- 25 Astonish
- 26 Not drunk
- 27 Valuable collection
- 28 Newt
- 29 Smack
- 31 Ocean
- 32 Having three sides
- 33 Senior
- 34 Set again
- 37 Combining form meaning "dry"
- 40 Besides
- 42 Title of a knight
- 45 Watery animal fluid
- 49 Sea god
- 51 Conclusion
- 52 Small pool
- 54 Scoop
- 56 Bedouin
- 57 Advise
- 58 Seaward
- 59 Supply
- 60 Mentor
- 61 Gemstone
- 62 Bristle
- 63 Observed
- 69 In the direction of

- 71 Glass ornament
- 72 Capital of South Korea
- 73 Dash

#### DOWN

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- 69 In the direction of

Answers page 12

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## NATIONAL NUTRITION MONTH

# Make Healthy Shifts in Food Choices

During National Nutrition Month®, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" by making small, healthy shifts in food choices when cooking at home.

The 2015-2020 Dietary Guidelines for Americans recommend making small changes to eating patterns to include healthier ingredients while cooking at home. Choosing a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

"Evidence shows that making dietary and lifestyle changes can prevent diseases before they occur," says registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Angel Planells. "During National Nutrition Month and beyond, make small, healthier food choices – one forkful at a time." Planells encourages everyone to eat more of these foods:

- Vegetables, including dark green, red and orange, beans, peas and

others

- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
- Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
- Oils including canola, corn, olive, peanut, sunflower and soy

"It's important to create an eating style that includes a variety of your favorite, healthful foods," Planells says. "Consider cultural and personal preferences to make these shifts easier to maintain."

To find a personalized plan that works best, Planells suggests consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow nutrition advice to meet your preferences and health-related needs.

As part of National Nutrition Month, the Academy's website includes articles, recipes, videos and



educational resources to spread the message of good nutrition and a healthy lifestyle. Consumers can also follow National Nutrition Month on Facebook and Twitter (#NationalNutritionMonth).

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at [eatright.org](http://eatright.org).

**FYI**

### National Colorectal Cancer Awareness Month

Prevent Cancer Foundation  
1600 Duke Street, Suite 500  
Alexandria, VA 22314  
(800) 227-2732  
(703) 836-4412  
[pcf@preventcancer.org](mailto:pcf@preventcancer.org)  
[www.preventcancer.org](http://www.preventcancer.org)

### National Kidney Month

National Kidney Foundation  
30 East 33rd Street  
New York, NY 10016  
(800) 622-9010  
(855) NKF-CARES (653-2273)  
[nkfcare@kidney.org](mailto:nkfcare@kidney.org)  
[www.kidney.org](http://www.kidney.org)

### National Nutrition Month®

Academy of Nutrition & Dietetics  
120 South Riverside Plaza,  
Suite 2190  
Chicago, IL 60606-6995  
[nnm@eatright.org](mailto:nnm@eatright.org)  
[www.eatright.org/nnm](http://www.eatright.org/nnm)

# 5 REASONS TO GET TESTED FOR COLON CANCER



1. YOUR KIDS
2. YOUR FAMILY
3. YOUR FRIENDS
4. YOURSELF
5. IT IS PREVENTABLE!

Talk to Your Doctor:

- Start screening - at age 50 or older
  - have a family history of colorectal cancer
- There are testing options including simple take-home tests.



To learn about ways to prevent colon cancer, visit [cancer.org/fightcoloncancer](http://cancer.org/fightcoloncancer) or call 1-800-227-2345.