

## Changing Times at 50 Plus!

To everything there is a season whether as expressed in the song by the Byrds, words written by Pete Seeger or the Biblical reference. All good things come to an end! “To everything there is a season, and a time to every purpose under heaven. A time to be born and a time to die...”

So, it is with us. It’s time for us to turn the pages over to others. In so doing, this will be the last issue of 50 Plus MarketPlace News by this publisher!

Changing demographics, the ever-shifting print landscape, along with the evolution of more technology (e.g., AI) calls for a different form of communication. We realize many readers enjoy holding a printed publication while others prefer online news. Health challenges among our staff have added to this decision!

As mentioned in our January 2025 edition, our younger readers from 50 to 80 years have shifted to reading the news online using their smartphones and tablets. The latest technologies have made it possible for our younger readers to adapt to the changing media conditions.

I thank our staff for their dedicated and many hours of service in creating an informational and the best resource for our senior community. Without them, our paper could not

have been successful. I had the pleasure of working with three graphics designers, many sales personnel, over 30 column writers and five printers since I started the newspaper.

Additionally, I thank our many writers who have provided our readers with beneficial and insightful news through their specific columns. As many of our readers have indicated, “The column writers at 50 Plus News have provided a wonderful service to our community. Many writers have helped us with their thoughtful and helpful columns!”

I appreciate our many distributors. They have delivered our paper to the many retirement communities, hospitals, medical facilities, restaurants, senior centers, and many other facilities for you to enjoy our newspaper!

We have attended over 70 resource fairs, trade shows, and coalition partners along the Front Range over the many years of our operation. We have been a sponsor at many of these events and appreciated working with these organizers to promote their beneficial events to the senior community!

And last, we thank our wonderful advertisers who made it possible for our readers to enjoy our newspaper for 33 years! I hope our readers will continue doing business with them!

Our gratitude extends to the over

100 Front Range retirement communities, county wide Area Agencies on Aging, and cities and towns over these three decades. They have provided information, sponsored resource fairs and encouragement as we facilitate the telling of their stories.

As we sign off, we do so with gratitude for your immense reader and advertiser support. It’s been a wonderful journey from our beginning in May 1991 where “mother-in law” research (e.g., focus groups and forums) resulted in the previously named publi-

cation – Seniors Market Place News. Realizing seniors didn’t like that title, we shifted to what you know now as 50 Plus MarketPlace News!

My wife, Marty and I, along with our staff wish you the very best blessings in the future. May these be your best years yet to come! Remember to keep telling your stories and remain in good health! Happy springtime holidays to you and your families!

With gratitude,  
Robert A. Trembly II  
Publisher



50 Plus Staff Farewell Wishes

## Easter Origins & Traditions

No one is 100% sure where the English word ‘Easter’ came from! In every other European language, the word for the festival of Easter comes from a variation of the word ‘Pass-over.’ One theory is that the word Easter comes from the Anglo-Saxon month ‘Eostremonath,’ which was about the time of April, when the Christian festival was held.

Another theory (and the most likely) is that the term ‘Ostern’ actually came from an early Latin term for Easter week ‘hebdomada alba’ (which means ‘white week’). So, Easter became known as ‘Ostern’ in German and then ‘Easter’ in English.

The Passover festival dates about 4,000 years ago when Jewish people remember that God saved them from slavery in Egypt. Jesus celebrated the Passover in the first month of the Jewish New Year (14 15 of the month of Nisan). The Jewish calendar follows the cycle of the moon, so the date changes a bit every year.

The first Jewish Christians added Easter celebrations to the Passover festival and because Jesus rose from the dead on a Sunday, so Easter Day became the first Sunday after Pass-

over. Easter is celebrated around the same time of year that Jesus was slain at the time of the Jewish Passover festival.

Since its origins, Easter has been a time of celebration and feasting and many traditional Easter games and many customs developed, such as egg rolling, egg tapping, pace egging, cascarones or confetti eggs and egg decorating.

Today Easter is commercially important, seeing wide sales of greeting

cards and confectionery such as chocolate Easter eggs as well as other Easter food such as turkey or ham. Even many non-Christians celebrate these features of the holiday while ignoring the religious aspects. Nowadays child entertainers and kindergartens invent various new Easter games, often adapting well known games to Easter topics, such as word puzzles involving Easter-related words. Courtesy of Wikipedia



## INSIDE

**Boulder County**  
Page 2

**Metro Denver Counties**  
Page 5

**Weld County**  
Page 7

**Larimer County**  
Page 12

**Senior Activities**  
Page 15



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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 Front Range citizens. 50 Plus distributes to 125,000 Front Range readers monthly.

**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 300 words or less are to be emailed to [sales@50plusmarketplace.com](mailto:sales@50plusmarketplace.com). Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also 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 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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# APRIL Calendar

# BOULDER

### Tuesday/1

Boulder Genealogical Society presents a free program on “A.B. Crouch; Grain-dealer and International Fugitive from Texas to New Zealand” by Kay Hartrick at 7 pm Calvary Bible Church at 3245 Kalmia Ave in Boulder. A. B. Crouch was found living in New Zealand as “Honest John” Grey. Please register at [www.bouldergenealogy.org](http://www.bouldergenealogy.org).

### Wednesday/9

Longmont Genealogical Society presents a free hybrid program on “Road Trips: Digging deep into the Archives before you hit the Gas” by Eilene Lyons at the Meetings are in-person at the 1st Lutheran Church in the Friendship Room, 3rd and Terry St. in Longmont. The most successful trips come about because of preparation time, well spent! Please register online at <https://longmont-genealogicalsociety.org/>.

### Wednesday/16

The Colorado Gerontological Society presents a free program on “Deciding What Mat-

ters Most to You In End-of-Life” by Eileen Doherty at 12 noon on Zoom only. This presentation is designed to help people with serious illness get ready to talk to their healthcare team (doctor, nurse, social worker, etc) about what is most important to them. Please register online at [www.senioranswers.org](http://www.senioranswers.org).

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.


*Check individual venues for current information*

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## Mental Health

### Benefits of Horticulture Therapy

Spring has officially arrived! Those who struggle with Seasonal Affective Disorder may notice an increase in their mood and energy level. As new growth abounds, now is an excellent time to connect with nature.

According to the National Institutes of Health (NIH), there is evidence that spending greater than 20 minutes outside can improve your health. These benefits include improved cognitive function, blood pressure, mental health, sleep, and physical health. Exposure to nature has a protective effect on your health.

In the health field, there is a therapeutic technique called horticulture therapy. Horticulture therapy takes place with a trained professional counselor and incorporates plants into treatment. It has been shown to improve both mental health and physical health. As people learn to nurture plants, sprout seeds, and care for ongoing growth, they also learn to apply these same principles to taking care of themselves.

Sensory experience also plays a significant role in the treatment. Horticulture therapy is experiential and immersive. Being surrounded



**Kirsten Carlson**

by plant life is often peaceful, calming, and full of sights, smells, and textures. The role of a horticulture therapist is to help clients unlock their senses through mindfulness practice.

Horticulture therapy can also help clients connect to their own life experience through the life cycle of plants. Benefits include improved stress management, mental health, sensory processing, mindfulness, and having a tangible outcome.

In this season of growth, I encourage you to go outside and connect with nature. Who knows, it might just allow you to connect back with yourself and your health.

Kirsten Carlson is a Licensed Professional Counselor at Clinica Family Health & Wellness who specializes in working with adults over 40 years of age. Kirsten is passionate about people having access to quality mental health care in the community where they live.

*We Care*



## Now Hear This Hearing & Autism Awareness: Understanding the Connection

Autism spectrum disorder (ASD) affects millions worldwide, and while it primarily impacts social interaction, communication, and behavior, it's also important to recognize the sensory challenges that often come with it. Hearing sensitivity is one of these challenges, and by raising awareness, we can better support individuals with autism.

Many people with autism experience heightened sensitivity to sensory stimuli, including sounds. Some may be overly sensitive to certain noises, while others may have difficulty processing sound. This can lead to challenges in understanding speech, focusing in noisy environments, or feeling over-

whelmed by everyday sounds. These auditory sensitivities may indicate an auditory processing disorder (APD), which can coexist with autism and requires its own specialized care.

Not everyone with autism experiences hearing difficulties, but early detection is critical for those who do. Hearing screenings can help identify whether communication challenges stem from hearing loss or APD. Early diagnosis allows for targeted interventions that can significantly improve communication and quality of life.

Parents, caregivers, and educators play a vital role in support-



Dr. D'Anne Rudden

ing individuals with autism and hearing issues. Small changes, like reducing background noise, using visual aids, or offering noise-canceling headphones, can make a big difference in creating a more comfortable environment for those affected.

By raising awareness of the connection between hearing and autism, we can ensure that people with ASD receive the appropriate support. Understanding the sensory challenges they face promotes inclusivity and helps individuals with autism navigate their environments more com-

fortably, improving their communication, social engagement, and overall well-being.

Dr. D'Anne Rudden, a Doctor of Audiology, has been in practice for over 30 years in Longmont and is board-certified by the American Board of Audiology. Dr. Rudden is also one of the six founding members for Hearing the Call-Col- orado, a non-profit dedicated to providing hearing healthcare to income-qualified individuals. To date, the organization has helped more than 250 people across Colorado, including more than 50 right here in Longmont.

### Poetry Rising

#### WHAT'S THAT YOU SAY?

Write a poem?  
Attempt to wrap words  
around silence, stillness, and dismay?

Quarantined  
by my crippling privilege.  
Spending most days in awe  
of all that defies understanding.

"Grab joy," the pastor said.  
"Pain and sorrow  
are no match for joy."

The important thing is to be.  
To be passionately present  
in your own quiet life.  
Wail when it hurts,  
And howl  
with joy at the light  
of the full moon.

No point in trying to use words  
to bring comfort...  
expecting words to give shape to the chaos.

We often make that mistake.  
We poets and preachers.  
Hoping that defining the mystery  
will give us control  
and take away the pain.

So these words are here to tell you  
that I don't plan to write a poem  
about the uncertainties around us.  
Enough is being said.  
Grab your own moment and run with it.

And let the healing  
emerge from the silence.  
We know it will.  
Without another word.

(c) Barbara Wood Gray  
<https://www.youtube.com/@SharingTheSong/videos>

How ironic that this poem should be my last for 50+ Marketplace under the management of Robert Trembly and his wife, Marty. What a legacy these two amazing people have provided all these years. Important resources, important opportunities, and always providing the positive side of our shared journeys.



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## Ron Stern's Travel Series

### Denver Travel and Adventure Show

If the crowds were any indication, the 2025 travel season is off to a great start! Held at the Colorado Convention Center in March, the annual Travel and Adventure Show lured thousands of people eager to discover new adventures and the best travel deals both in the U.S. and abroad.

The event featured more than 100 vendors, including cruise lines, private tours, tourism boards, and a variety of exciting destinations. In case you missed the show, here are some highlights that might interest seniors.

Southeast Louisiana boasts several regions and parishes along the coast where you can enjoy the best of Cajun and Creole cuisine (selagumbo.com). Known for its alien encounters, Roswell, NM, also offers a vibrant cultural community and outdoor adventures (seeRoswell.com).

If you've ever dreamed of staying in an authentic English cottage, the owners of English Cottage Vacation can make that dream a reality (englishcottagevacation.com). Scuba divers, both experienced and novice, should check out Horizon Divers in Key Largo, Florida. They offer over 100 beautiful shallow reef dive sites, along with all the amenities you'll need (horizondivers.com).

Most of the major cruise companies were represented at the show. Viva Cruises, a newer addition to the river cruise scene, offered some of the most affordable prices I've seen for European itineraries (viva-cruises.com/en-us).

International destinations were equally represented, with giveaways, special offers, and knowledgeable staff members highlighting the best places to explore. For more information, check out these resources: Korea (Visit Ko-

rea), Belize (Travel Belize), The Bay Islands (Bay Islands Tourism Bureau), and The Cook Islands (Cookislands.travel).

Whether you're planning a quick getaway or an extended vacation, there's something for every bud-

get and interest. If personalized recommendations are needed, the American Society of Travel Advisors can connect with an agent who will match you to the perfect trip (Asta.org).



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## Reflections Sharing Our Stories

"I've written about you in this column, without using your name," I have often said when sharing the most recent edition of 50Plus. And so it has gone, across the 245 columns I've written since November 2004.

My first column, "Make That Call," reminded us to do just that. We never know when we're no longer able to talk with that special friend or loved one.

From initially titled "Transitions" to "Reflections," my columns have been about people, places and experiences. More correctly, they're about our stories.

I've enjoyed writing about our youth, vacations, health, pets, gift giving and gratitude. Stories about our creative side (art, music, writing) appeared along with some related to education, food, traditions and heroes. They still bring a smile. I plan to share copies again with several friends and family members.

In going through my notebooks of these different columns, I've found notes, letters and emails from readers. Several wrote about how my columns stimulated their memories. One in particular wrote about his own youth growing up in war-torn Germany. We print-



**Martha Coffin Evans**

ed his remembrances in a subsequent column. An out-of-state visitor sent postcards from her brother's collection in response to my December column, "Carding the Year."

Columns during our COVID lockdown capture a bit of that experience. Think "Howl" (our 8 p.m. "ritual") or "Hair" when we couldn't get haircuts. You get it. I tried to capture our holiday dinner tables with their COVID-diminished numbers.

Months before my first column appeared, I wrote a cover piece – "Glenn Miller Celebrations Begin" – for the March 2004 edition of what was then SeniorsMarketPlaceNews. I wrote my last 50Plus cover article with January's "Celebrate 2025!"

My thanks to you readers for the feedback and affirmation across these years. It has been a fun journey sharing stories while giving a little challenge or two. Thanks for the memories. Keep yours going!

*Martha (Marty) Coffin Evans, Ed.D, freelance writer with MACE Associates, LLC, can be reached at itsmemartee@aol.com or www.martycoffinevans.com.*

## MAJOR MEDICARE PROGRAM CHANGES

**Starting Jan. 1, 2025**

**Caused by the  
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EVERYBODY**

**Needs to review how what  
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the upcoming dates.**



**Ron**



**Brie**

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**APRIL**  
Calendar

**DENVER-METRO**

### Saturday/12

The Castle Rock Genealogical Society presents a free program on "Tools to Research Your French Canadian Ancestors" by Joanne Gervais at 10 am on Zoom only! With the right tools, searching for your French Canadian ancestors in Quebec has never been easier. Please register online at <https://crgcs.org>.

### Wednesday/16

The Colorado Gerontological Society presents a free program on "Deciding What Matters Most to You In End-of-Life" by Eileen Doherty at 12 noon on Zoom only. This presentation is designed to help people with serious illness get ready to talk to their healthcare team (doctor, nurse, social worker, etc) about what is most important to them. Please register online at [www.senioranswers.org](http://www.senioranswers.org).

### Saturday/19

The Colorado Genealogical Society presents a free online program on "Hispanic Genealogy" by Sara Dawson at 9:30 am on Zoom only! Please register on-

line at <https://cogensoc.us/>.

### Tuesday/22

The Aurora Genealogical Society presents a free program on "Researching the American Quakers" by Glenn York at 1 pm at the Aurora Public Library Hoffman Heights Branch Basement Community Room (1298 Peoria Street in Aurora). This presentation will cover some of the basic beliefs and organization of the Quaker communities. Please register online at [www.auroragenealogicalsociety.com](http://www.auroragenealogicalsociety.com).

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer's Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

*Check individual venues for current information*



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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.

## Easter Quotes

Fulton J. Sheen - “Unless there is Good Friday in your life, there can be no Easter Sunday.”

Henry Wadsworth Longfellow - “ ‘Twas Easter-Sunday. The full-blossomed trees filled all the air with fragrance and with joy.

John 3:16 - “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

Unknown - “It’s not about the bunny; it’s about the lamb.”

Pope Francis - “God is love and he has defeated evil.”

Oscar Wilde - “A flower blossoms for its own joy.”

Roma Downey - “People come together with their families to celebrate Easter. What better way to celebrate than to spend a few hours going on the journey of Christ’s life.”


Basil C. Hume - “The great gift of Easter is hope.”

Peter Rabbit - “Even the smallest one can change the world,”

Bugs Bunny, — “Who Framed Roger Rabbit?”- “I’ll tell you one thing, Doc, he weren’t no rabbit.”

S.D. Gordon, “Day Dawn — A Quiet Talk on Easter”- “Easter spells out beauty, the rare beauty of new life. Is life ever so sweet and beautiful as when it comes up fresh in the spring?”

## Denver Regional Mobility & Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all!

DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

### Getting There Travel Training

DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email [sonell@drmac-co.org](mailto:sonell@drmac-co.org)

### Information & Assistance Line

The DRMAC Transportation I&A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113

### Getting There Travel Guide

Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at [www.drmac-co.org](http://www.drmac-co.org) or call us at 303-243-3113.

### Getting There Travel App

The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices




### Monthly Meetings & Events

DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all


### Membership

The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.

For more info about DRMAC programs please email [info@drmac-co.org](mailto:info@drmac-co.org) or call 303-243-3113



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## Membership

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# APRIL Calendar

## Thursday/3

Weld County Genealogical Society presents a free program on genealogy research on Zoom at 6:30 pm. Please register to obtain the Zoom access info at email: [wcgs.gene@yahoo.com](mailto:wcgs.gene@yahoo.com).

## Wednesday/16

The Colorado Gerontological Society presents a free program on “Deciding What Matters Most to You In End-of-Life” by Eileen Doherty at 12 noon on Zoom only. This presentation is designed to help people with serious illness get ready to talk to their healthcare team (doctor, nurse, social worker, etc) about what is most important to them. Please register online at [www.senioranswers.org](http://www.senioranswers.org).

## Thursday/24

Dementia Together holds its annual Joy on the Journey fundraiser at The Ranch fairgrounds in the Pederson Toyota Building in Loveland t 5:30 pm. Lots of entertainment, food, silent auc-

# WELD

tion, & music. Please register online at <https://dementiatogether.org>.

AARP presents many free on-line classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

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## Elder Law Q & A

### Estate Planning for Children with Mental Illness



Bill Beyers

Mental illness in the United States is more common than most people may think. In fact, more than one in six U.S. children aged 6 to 17 experience a mental health disorder each year.

Many different mental, behavioral, and emotional disorders fall under the umbrella term of mental illness. Examples of common mental disorders include depression, bipolar disorder, and post-traumatic stress disorder (PTSD).

Planning for the future of a child with mental illness involves careful consideration of their unique needs and circumstances. By using certain legal tools, you can create a personalized plan that offers stability and support for your child. Here are a few options you may want to explore with your attorney:

#### Special Needs Trusts

Special needs trusts (SNTs) are designed to benefit individuals with established disabilities without jeopardizing their eligibility for government benefits. A third-party special needs trust is a type of trust that someone other than the beneficiary creates with funds specifically set aside for the individual. These trusts are not subject to Medicaid payback rules if there are any remaining assets in the trust after the death of the beneficiary.

Funds within the SNT can be used for items and services that improve the child’s quality of life, such as therapy or educational programs. Since these are considered supplemental expenses, the trust does not affect the child’s eligibility for income-based government assistance.

#### Discretionary Trusts

A discretionary trust gives the trustee (the person who manages the trust) complete control over fund distributions. Most SNTs are discretionary. This can be essential for a child with a mental health disorder who may not have the ability to manage their own finances responsibly. With this type of trust, the trustee has the authority to decide when, how much, and for what purpose the funds are distributed.

When using these estate planning tools, it’s important to consider the following:

- **Selecting the Right Trustee:** Trustees play a vital role in managing and distributing funds. They should be trustworthy, financially responsible, and ideally familiar with mental health issues. As an added safeguard for any trust, you may want a trust protector, who monitors the trustee’s actions.

- **Collaboration with Professionals:** Estate planning for a child with a mental illness is complex and requires collaboration with legal, financial, and mental health professionals. These experts can help structure a trust that encompasses discretionary, spendthrift, and supplemental provisions within the same document.

Estate planning for a child with a mental illness involves both financial and health care considerations. Work with an experienced special needs planning attorney to ensure that your child has the resources they need to live the best life possible.

Beyers Law LLC is a law firm serving clients throughout Colorado. Their practice is wholly focused on Elder Law, Estate Planning, and Special Needs planning. They can be reached at 970-669-1101 or at [www.beyerslaw.com](http://www.beyerslaw.com).



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## Roots Matter

One of the most amazing trees is the quaking aspen. According to [www.nationalforests.org](http://www.nationalforests.org), it is prolific in North America: “From the Midwest, across Canada, north into Alaska and across the West through to Arizona and New Mexico, quaking aspens dot the edge of conifer forests in clusters or ‘clones’”. A stand of aspen is a single organism with a huge root system. And the root system may lie dormant for several years. A single stand is called a “clone” because all the trees come from the same root system. The oldest known clone lives in Utah’s Fishlake National Forest. It weighs over 6,600 tons and is thousands of years old! The roots of the Christian faith go back thousands of years, and they come from a single root too. In Paul’s letter to the Romans, chapter 11, he explains to the Roman, non-Jewish Christians in the first century A.D., that they have been graphed into a cultivated olive tree (Romans 11, verse 24). That cultivated olive tree is a few people, or remnant, God chose from His people Israel. And God’s reason for choosing them had nothing to do with their Jewish heritage or how well they kept the law of Moses. It was by God’s choice alone, because of His love

and grace alone, and not by their efforts to be perfect. The Roman Jewish Christians and the Roman non-Jewish Christians shared a common origin. They were grafted into the branch of the olive tree that was never broken off or separated from the tree. His name is Jesus Christ, the Son of God. During this time of Lent, let us consider what this means to us today. While quaking aspens prefer moist soil, they can survive in arid areas near springs. However, the one environmental variable that cannot change is sunlight. An aspen clone needs lots of sunlight. That is the same for God’s people. We need lots of the Son’s light.



*Bob Pittman, Interim Pastor  
Christian Church of Windsor  
website: [www.ccwin.org](http://www.ccwin.org)  
email: [ccwinchurch@gmail.com](mailto:ccwinchurch@gmail.com)  
phone: 970-686-2958*

## Weld Area Agency on Aging A Moment of Thanks for Volunteers



In honor of Global Volunteer Month, the Weld County Area Agency on Aging would like to acknowledge the volunteers that contribute their time every day with our programs and community partners such as the Friendly Fork, Weld Aging Well, Meals on Wheels, and 60+ Rides. Volunteers make an immeasurable difference in the lives of older adults across Weld County. Take the Friendly Fork congregational meal program, which boasts 22 volunteer led sites in Weld County, where more than 80,000 meals are served annually. These meal sites foster environments of community, friendship, and education, all while providing a space where older adults from all walks of life can enjoy a delicious and nutritious meal. This would not be possible without the countless hours of volunteer service provided by folks who care deeply about enabling our older adult community to live life full of joy, health, and friendship.

Meals on Wheels relies on the care and dedication of volunteers to deliver nutritious meals to folks in their homes who may not be able to prepare or cook for themselves. These volunteers improve the lives of those they serve to en-

sure that older adults in need are not forgotten, hungry or alone. Their service fosters the profound impact of creating meaningful connections and restoring dignity in their communities. Volunteers also share their talents in the numerous Weld Aging Well programs where they are trained in curriculums proven to benefit the health and wellness of older adults with classes and workshops ranging from strength training, balance and fall prevention, Thai Chi, and tools for living with chronic disease; to name just a few. These volunteers share their knowledge and experience helping others learn to maintain and improve upon their health and well-being. Additionally, volunteers with 60+ Rides provide services to address the ever-increasing need of transportation for older adults. These volunteers serve as good neighbors in their community by giving their time to provide free personalized transportation to enable older adults to retain dignity and community connections to support physical, emotional, and mental health.

There’s no way to adequately express the impact of those who volunteer in all these programs and the lives of folks whose dignity and joy may otherwise have been forgotten. On behalf of citizens of Weld County, we humbly and gratefully say to our volunteers, thank you!

## Pets Are Family The Importance of Veterinary Care: Keeping Your Pet Healthy and Happy

The best way to ensure our pets live happy, healthy lives is with routine veterinary care. Along with immediate care as needed, it is recommended for pets to receive annual wellness checkups. Puppies, senior pets, and animals with pre-existing health conditions may need more frequent visits depending on their needs.

Routine veterinary visits are key to preventing bigger health problems down the road, which can save you money and keep your pet feeling great! They’ll also make sure your pet is up to date on vaccinations, flea/tick prevention, and will ensure your pet’s diet/meal regimen is meeting their needs.

A lot of pets get nervous about going to the veterinarian. This is normal, but there are things you can do to make it easier for both you and your pet.

- 1) Help your pet get used to the carrier
- 2) Stay calm (our pets feed off our stress!)



**Judy Calhoun**

- 3) Try calming products (consult with vet)
- 4) Take short trips for practice and to associate car rides with something positive.

Quality veterinary care doesn’t have to be expensive. Affordable veterinary care is possible with options like pet insurance for emergencies, low-cost clinics, payment plans, and wellness plans that cover preventative care.

Pets can be great at hiding when they don’t feel well, so keep an eye out for: Loss of appetite or weight changes, vomiting/diarrhea, changes in bathroom habits, more tired/not playing as usual, excessive coughing, and scratching, licking, or losing fur more than usual. The sooner you catch a problem, the easier it is to treat! By staying on top of your pet’s veterinary visits, you’re giving them the best chance at a long, happy life. Don’t hesitate to ask your vet any questions, and remember, taking your pet to the vet regularly is one of the best ways to love them!

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Johnstown Senior Center presents...

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9:00 am to 12:30 pm

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For more details, contact Holly at (970) 587-5251 or [hdarby@johnstownco.gov](mailto:hdarby@johnstownco.gov)



We are proud to support Johnstown Senior Center



## Mission Taxidermy Preserves Your Experience

Recently I had the pleasure of meeting and chatting with Colin Hornback owner of Mission Taxidermy in Windsor, Colorado.

Colin expressed that every hunter wants to feel like a success but went on to say; “Wins are forgotten as soon as the freezer is empty.” Colin, as a taxidermist, changes that! His professional approach and talents preserve the hunting experience so it can be shared for a lifetime.

Colin brings to his business a CSU Degree in business which significantly helps in conducting business affairs. He couples that with a sincere desire to work with his hands doing something a bit different. That equates to almost five years of owning and managing Mission Taxidermy.

Colin and his wife Wendy are longtime Colorado residents with brief interval moves to other locations. For the past approximately ten years Windsor has been their home.

Their time together has found them setting off on international travel & cruises. Their hunting, fishing, and photography experiences have generated plenty of fun, enjoyment, and memories.

They just love nature and the outdoors.

Colin has and is benefiting from classes taken at Montana Advanced Taxidermy Training Center. He prides himself in keeping up on new techniques by attending appropriate seminars and doing his own research.

Interestingly, Colin explained there are several aspects of the work he does. For instance, mounting a deer can involve a year to a year and a half of work. There are defined steps that require adhering to. All requiring talent, training, artwork, creativity, ingenuity, and a sincere desire to achieve a result in works of excellence.

Mission Taxidermy gets it! The hunter’s harvest isn’t just some trophy for the wall. It’s a story that represents planning, hard work, commitment and dedication leading to a successful hunt.

If you have any questions and would like to talk to Colin, he can be reached at 970-310-6154.

Visit his website at [missiontaxidermy.com](http://missiontaxidermy.com)

The chat with Colin was most interesting, insightful and, for sure, educational.

*Written by: Michael Buckley Associate Publisher*



## Greeley Morning Garden Club

Greeley Morning Garden Club was organized in 1959 with the purpose of creating and maintaining civic gardens throughout Greeley. Some of our current projects include Linn Grove Cemetery, Madison Elementary School, Guadalupe Community Center, Weld County Veterans Memorial, Centennial Park Library, Anna Gimmestad Memorial Park, and city-wide tree planting.

Our fundraisers for these and other projects include our annual Plant Sale held the Saturday before Mother’s Day. The 2025 Plant Sale will be Saturday, May 10th 8 AM – 2 PM at the northwest corner of Sanborn Park, 2031 28th Avenue. We offer a variety of plants and home-baked goods along with a curated selection of craft vendors.

The club’s second fundraiser is the 32nd Annual Greeley Garden Tour, Saturday June 21st 8AM – 2 PM. 2025 is our fourth year presenting this event. We have a selection of five gardens that will be open for self-guided tours. Please visit our website at [greeleygardenclub.com](http://greeleygardenclub.com) or our Facebook page for information on purchasing tickets.

We appreciate the community for supporting the Greeley Morning Garden Club. It is our honor to provide gardens throughout Greeley that everyone can enjoy. We look forward to seeing old and new friends at our events each year. Your generous support provides us with the opportunity to continue our community beautification.

“No single sort of garden suits everyone. Shut your eyes and dream of the garden you’d most love then open your eyes and start planting. Loved gardens flourish, boring ones are hard work.” – Jackie French

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Wednesday, May 28th, 2025  
2:00pm


Aims Community College Welcome Center  
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City of Greeley  
Active Adult Center Calendar

City of Greeley Active Adult Center Calendar

The Greeley Active Adult Center (AAC) offers visitors a chance to connect with friends, make new ones, and participate in a variety of activities, educational classes, sports, and travel opportunities. Our members enjoy discounts on events, classes, and programs, so join today!

International Travel Opportunities:

Interested in traveling the world? Join us for a free informational session with the Premier World Discovery Travel Agency on Wednesday, April 23, from 2 to 3 p.m. at the Greeley Active Adult Center. Learn all about two exciting upcoming trips:

Holland Windmills and Rhine

River Cruise – October 12-22, 2025

Rome and the Country Roads of Tuscany – October 14-23, 2025


Get detailed itineraries, ask questions, and find out how you can be part of these unforgettable adventures! No registration required, we hope to see you there!

Get involved and stay up to date with Greeley City Council Meetings

Greeley City Council meetings are held in-person and online monthly every first and third Tuesday. Find City of Greeley’s Civic Clerk Meeting Portal agendas at <https://greeleyco.portal.civicclerk.com>.

For more information, about 50+ travel programs and events, visit [GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com).

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Friendly Forks Daily Menu  
April 2025

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Wednesday, April 2	Swedish Meatballs over Mashed Potatoes with Gravy, Balsamic Roasted Brussels Sprouts, Mandarin Oranges, Apricot Walnut Bar*
Thursday, April 3	Beef Lasagna, Wheat Roll with Butter, Garlic Broccoli, Honeydew
Friday, April 4	Chicken Fajita on Wheat Tortilla with Pico de Gallo & Sour Cream, Refried Beans, Peppers & Onions, Diced Mango
Monday, April 7	Beef & Bean Chili with Crackers, Corn Muffin with Butter, Carrot Sticks with Spinach & Artichoke Dip, Fruit Salad
Tuesday, April 8	Chicken Thigh with Gravy, Scalloped Potatoes, Broccoli/Olive/Sundried Tomato Salad, Cinnamon Applesauce
Wednesday, April 9	Pork Loin with Parmesan Sage Cream Sauce, Sage Stuffing, Green Beans, Apricots
Thursday, April 10	BLT Entrée Salad with Chicken, Cream of Potato Soup with Crackers, Banana, Apple Crisp
Friday, April 11	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, Mixed Vegetables, Apple
Monday, April 14	Salisbury Steak & Mashed Potatoes with Gravy, Peas/Mushrooms/Bacon Sauté, Pineapple, Lemon Sugar Cookie
Tuesday, April 15	Beef Pot Pie, Corn, Steamed Zucchini, Pears
Wednesday, April 16	Cranberry Harvest Chicken Breast with Gravy, Mediterranean Pasta Salad, Festive Cabbage, Orange Slices
Thursday, April 17	Pulled Pork Sandwich on Wheat Bun with Carolina Slaw, BBQ Baked Beans, Cauliflower, Cantaloupe
Friday, April 18	Tilapia with Lemon Butter Sauce, Smashed Sweet Potatoes, Side Salad with Caesar Dressing, Peaches, Blueberry Coffee Cake
Monday, April 21	Chicken & Dumplings, Lima Beans with Bacon, Vegetable/Olive Salad, Apple
Tuesday, April 22	Kansas City Pork Spare Ribs, Macaroni Salad, Vegetable Medley, Banana
Wednesday, April 23	Roasted Turkey Breast with Gravy, Brown Rice Pilaf, Harvard Beets, Creamed Spinach, Honeydew
Thursday, April 24	Beef Enchilada Casserole, Pinto Beans, Capri Mixed Vegetables, Mango
Friday, April 25	Chicken & Andouille Sausage Gumbo, Orzo & Rice Pilaf* with Almonds, Asparagus, Orange Slices
Monday, April 28	Pork Sweet & Sour Stir Fry with Side of Lite Soy Sauce, Edamame, Apricots
Tuesday, April 29	Chicken Alfredo over Wheat Penne Pasta, Farmer's Market Vegetable Medley, Fruit Salad
Tuesday, April 30	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Maple Glazed Carrots, Cinnamon Applesauce



# Health & Community Resource Fair

## Presented by Johnstown Senior Center

The Johnstown Senior Center is excited to host a Health & Community Resource Fair on Tuesday, April 15th from 9:00-12:30 pm. Join us and discover community-based resources and services for the aging population. This is a free event held in a centralized location for individuals to learn about and access a wide range of services, programs, and resources offered by agencies serving your community. You can expect to see twenty different vendors ready to help you. Such as transportation, veteran services, food resources, blood

pressure checks, medication management, hearing assistance, home modification, balance screenings, caregiving, grief support, and Alzheimer's to name just a few. Whether you need it now, or might need it in the future, this event will connect you with information to find the support you, or someone you know, needs on the aging journey. Stop by between 9:00-12:30 pm at the Johnstown Senior Center, 101 W Charlotte Street, Johnstown, CO on April 15th!

### Blossom Brokerage

Blossom Brokerage is here to make navigating Medicare and health insurance a little easier – and a lot more personal! We know that understanding health insurance can feel like a maze, but our friendly team is dedicated to guiding you through it with care and confidence. Whether you're diving into Medicare for the first time, switching plans, or just feeling overwhelmed by all the options, Blossom is here to help you make sense of it all. At Blossom Brokerage, we take the time to listen to your unique needs, concerns, and goals. We believe that everyone deserves health care coverage that makes sense for them, so we provide personalized support every step of the

way. From Medicare Advantage to Prescription Drug Plans, our team will walk you through the choices, explain the details in easy-to-understand terms, and help you find the plan that fits your life and budget. Our mission is to take the stress out of insurance and replace it with clarity and confidence. We work with multiple carriers to find the best options for you, so you don't have to worry about making the wrong choice. At Blossom, we're more than just a brokerage – we're your trusted partner in ensuring that your health and well-being are always in good hands. Let us help you bloom into the perfect healthcare plan today! For more information call 970-301-0361.

### Hill And Park Senior Center

Invites senior folks to come and enjoy old friendships and new friendships. There are several senior themed programs to choose from - health and nutrition, crafts, volunteer opportunities, socializing, and have fun projects and

more! Good times, laughs and just fun are found at Hill And Park Senior Center located at 4205 Yosemite Drive in Greeley. The Senior Center takes pride in hosting carefully planned activities aimed at the senior community.



Enjoying lunch, featuring pot luck entrees, at Hill And Dale Senior Center (l-r) Maria Hurtado, Billie Stenzel, Dale Jones, Sharon Strasser, Chuck Ashbaugh, Tess Masters, June Hanson.

### The Greeley/Weld Senior Foundation 33rd Annual Hall of Fame Reception

The Greeley/Weld Senior Foundation (GWSF) has their 33rd Annual Hall of Fame Reception on May 28th from 2-4pm at the AIMS Community College Welcome Center. The Foundation awards approximately \$12,000 in grants annually to senior centers throughout Weld County. Three outstanding volunteers will also

be inducted into the 2025 Hall of Fame for their dedication to serving Weld County. Please join us for light refreshments, dancing, and a photo both! \$5 Suggested donation. Reservations are required by May 19th to Meredith Skoglund at 970-400-6200 or mskoglund@gmail.com.



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## GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



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GreeleyActiveAdultCenter.com



# APRIL Calendar

# LARIMER

### Thursday/10

The Global Village Museum in Fort Collins presents a program on “Global Adventures: Discovering Bhutan” by Janet Ward Schofield at 6:30 pm at the museum. Bhutan is sometimes referred to as the Last Shangri-La. Experience the richness of this reclusive Himalayan kingdom. Cost is \$5 per person.

### Wednesday/16

The Colorado Gerontological Society presents a free program on “Deciding What Matters Most to You In End-of-Life” by Eileen Doherty at 12 noon on Zoom only. This presentation is designed to help people with serious illness get ready to talk to their healthcare team (doctor, nurse, social worker, etc) about what is most important to them. Please register online at [www.senioranswers.org](http://www.senioranswers.org).

### Saturday/19

Larimer County Genealogical Society presents a free hybrid program on “Women’s Records: Researching the World of Our Female Ancestors” by Sylvia Tracy-Doolos at 10 am in the Prairie Sage One room at the Fort Collins Senior Center. American women in the 17th,

18th, and 19th centuries left records, none unique to women. Please register online at [www.lcgsc.org](http://www.lcgsc.org).

### Thursday/24

Dementia Together holds its annual Joy on the Journey fundraiser at the The Ranch fairgrounds in the Pederson Toyota Building in Loveland at 5:30 pm. Lots of entertainment, food, silent auction, & music. Please register online at <https://dementiatogether.org>.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

*Check individual venues for current information*

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## Colorado Gerontological Society

### Salute to Robert Trembly, A Staunch Aging Advocate



**Eileen Doherty**

Robert Trembly, Owner and Publisher, has published 50Plus Marketplace News since 1991. The newspaper, under Robert’s leadership, has been a key influencer and supporter in community to advance the resources and services that help older adults enjoy a quality of life. The paper was mission driven to improve the quality of life by providing a resource written by local experts on local issues, events, products, and services in helping 50 plus adults make important lifestyle decisions.

Significant issues, training opportunities and community events were an integral part of the coverage provided to the community. Robert and his team participated in hundreds of health fairs, senior fairs, and community events over the years. When attending community outreach events, Robert and his team, were there to promote the event, to actively participate in sharing information, and welcome new partnerships to work together to advance the field.

Older adults along the front range from Castle Rock to Fort Collins picked up the monthly print publication following their favorite columnists and looking for ways to get more information as they navigated their own lives. Recently the paper went to an on-line publication with a substantial following as well.

As Robert enters a new phase of his retirement, his presence in the community will be missed, as will be the 50Plus Marketplace News with this issue being the final one that is being produced and circulated.

As the director of the Colorado Gerontological Society, I have enjoyed the opportunity to be a regular contributor to the success of the paper and wish Robert and his staff success as we bring this chapter of our shared experience to a close. As always, if you need further information, call 303-333-3482.

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## Elder Law Q & A The Murdoch Trust Saga



Bill Beyers

The Murdoch family and their media empire have long captivated national attention, with layers of legal and financial complexity shaping the future of one of the world's most influential media dynasties. At the center of this unfolding story is the Murdoch Family Trust—a key entity tied to the family's wealth and control of their business interests.

Rupert Murdoch established the Murdoch Family Trust in 1999 after his divorce from his second wife, Anna Torv. The trust was designed to preserve the family's media empire and ensure his children would inherit an ownership stake.

Murdoch, whose holdings include Fox News, The Wall Street Journal and the New York Post, structured the trust to allocate eight voting shares: four belonging to him and one each to his four eldest children—Prudence, Elisabeth, Lachlan, and James. Upon Murdoch's death, his four shares are to be distributed equally among his children, ensuring shared control of the trust. His two youngest daughters, Chloe and Grace, are beneficiaries but do not hold voting rights.

Trusts like this one are com-

monly used in estate planning to preserve wealth for future generations, provide for beneficiaries and mitigate tax liabilities.

In late 2023, Rupert Murdoch attempted to modify the trust's control structure to ensure his eldest son, Lachlan, would have sole authority over the family's media empire after his death. Murdoch argued that this change was necessary to maintain business stability and Fox News' editorial direction. However, his other three voting children objected.

In December 2024, a Nevada probate commissioner ruled against Murdoch's attempt to alter the trust, finding that he and Lachlan had acted in "bad faith" by trying to shift control solely to Lachlan. The ruling reaffirmed the principle that even the settlor of an irrevocable trust cannot unilaterally change its terms without demonstrating that such modifications benefit all beneficiaries.

*Beyers Law LLC is a law firm serving clients throughout Northern Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at [www.beyers-law.com](http://www.beyers-law.com).*

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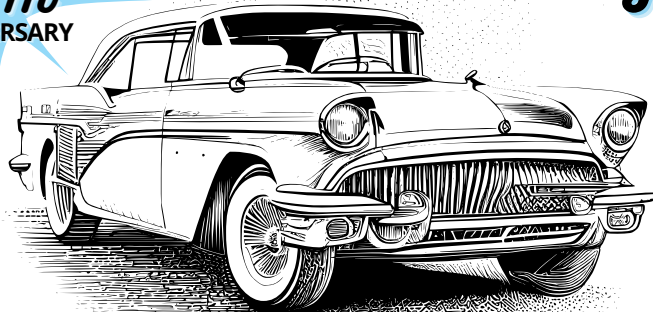


# Joy on the Journey

2025 annual fundraiser

10<sup>TH</sup>  
ANNIVERSARY

The Good  
ol' Days



Join us for **Joy on the Journey**,  
our annual community fundraiser  
celebrating a **decade of impact!**

Your presence and financial  
support will inspire hope,  
spread awareness, and fuel our  
vital programs. Be part of shaping  
a brighter future for those  
walking the dementia journey.

**THURSDAY,  
APRIL 24, 2025  
5:30 - 8:30 PM**

The Ranch Events Complex  
Bldg: Pederson Toyota Center  
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TICKETS:**

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**RSVP by April 17th**



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*uchealth*



## Veterans Echoes

Harold “AJ” Johnson

*“My philosophy is that those of us who served owe it to everyone to make good on the promise of America.”*

—Harold “AJ” Johnson



Brad Hoopes

AJ served 30 years in the Army, primarily in Special Forces. His résumé is impressive—highly decorated, with an extensive list of military training and education, and deployments to nine countries. He is the kind of person you look at and feel grateful that he was at the tip of the spear, protecting us.

Upon his retirement from the Army—and in his case, I use the word retirement loosely—he immersed himself in community service. His final assignment was teaching JROTC at Loveland High School, and much of his service continues to focus on supporting youth.

While at LHS, he launched a “Living History” program, bring-

ing in veterans to share their experiences with students. He also revived American Legion baseball in the area and manages the state AL baseball website. He coaches both boys’ and girls’ golf at Thompson Valley HS and is establishing a middle school golf program in Loveland. He runs the scoreboard for Loveland High volleyball and basketball games and serves on the chain gang (yardage crew) for Loveland High football. He serves on the Thompson Education Fund scholarship board.

Within the veteran community, he is a member of the American Legion and manages the website for Veterans Honoring Veterans.

AJ, you have not only lived by your philosophy—you continue to embody it every day. Our nation and local community are forever grateful for your service.

Brad Hoopes has a passionate project of preserving the stories of veterans. You can visit: [www.youtube.com/@rememberandhonor](http://www.youtube.com/@rememberandhonor) stories to view some of these stories



## Larimer County Office on Aging

Connect, Learn, and Celebrate at the  
Answers on Aging Fair

May is Older Americans Month, and we once again invite you to celebrate with us at the annual Office on Aging community event in Loveland! The Answers on Aging Fair combines education, awards, and community connection for adults 60 years and older, caregivers, and anyone who wants to plan for their future.

More than 70 local organizations will have tables at the resource fair to share information on services available to help older adults and caregivers, plus volunteer opportunities to develop connections with your community. Presentations from experts will cover essential planning topics, including Financial Powers of Attorney and Medicaid Long-Term Care. Additionally, caregivers can discover strategies for self-compassion and enjoy on-site relaxation activities.

Each year, we hear that the Older Americans Month Awards



Erin Alt

are a moving tribute to the amazing older adults and caregivers in Larimer County. We’re excited to once again present the awards for Outstanding Senior Volunteer and Outstanding Family Caregiver at this public event so that the whole community can share in the recognition and celebration of our exceptional honorees.

The Answers on Aging Fair will run from 12:30 to 4 p.m. on Tuesday, May 13, at The Ranch Event Complex, 5280 Arena Circle, Loveland. The fair will be located at the Pedersen Toyota Center, formerly known as the First National Bank Building.

Admission and parking are free. No pre-registration is required!

Visit [Larimer.gov/seniors](http://Larimer.gov/seniors) for event details. Call us at 970-498-7750 or email [aging@larimer.gov](mailto:aging@larimer.gov) with questions. We can’t wait to see you there!

## Veterans Plaza’s New Entrance Sign & Ceremony

On April 12 at noon, a ceremony to dedicate Veteran Plaza’s new entrance sign as shown here will be held at the Plaza in Spring Canyon Park in Fort Collins. Fort Collins City & Larimer County personnel, sign donators, sign vendors, selected media, various local veteran organizations, and Veterans Plaza personnel will join in the ceremony.

The entrance sign has been planned for several years after receiving multiple donations noted below. Veterans Plaza President Gary Ricker explained, “Veterans Plaza is proud to announce our new entrance sign to promote our plaza for all veterans and visitors in Northern Colorado. Besides our new sign, we have two TV monitors that display many veterans’ names involved in the different conflicts and information on our plaza. We offer 10 events each year with our most popular event

during the Memorial weekend showing the traveling Vietnam Wall on May 21-26 with guest speaker Army General Art Dillon at our Sunday ceremony at noon on May 25 at the plaza!

Thanks to donations & services from Arkins Park Stone Quarry, Budweiser of Fort Collins, City of Fort Collins Parks Dept. & Sign Dept, Designs by Ricker, E3 Signs, Fort Collins Gives, Fort Collins Community Foundation, Larimer County Commissioners, Ryan Hurley Designs, Solsauna Designs, SRM Concrete, & The Rock Shop on the new entrance sign.”

Veterans and visitors are welcome to attend the ceremony on April 12 scheduled for noon at the Veterans Plaza! Visit their website at [www.veteransplazanoco.org](http://www.veteransplazanoco.org) to learn more about their organization and events.



## What If?

What if? The age old question, often driven by past actions. What if I’d done, or not done, this or that? What if I win the lottery, invest in the right stocks, or get in on the latest bit coin con? But of course with every ‘what if’ come other questions, like what now, what went wrong and what do I do now?

All too often, ‘what ifs’ are wishful, imaginary and unlikely, as the reality of life is what is, and its what we do with real opportunities, transforming ‘what ifs’ into what can, and possibly will be. What if a simple smile can help others as we pass, and what if they do the same to another, and another. For the power of positivity is catching, and through it amazing things can be achieved beyond imagination.

What if we dreamed past limitations and biases, instead building on what is good, what is helpful and kind, both of which can be



Steve Anderson

easy and fulfilling. What if in thinking of others we turn attentions from ourselves to do what may feel challenging at first. For whether its large or small, those efforts are often unexpected, and that much more satisfying.

Questions of ‘what if’ have certainly led to change over time, though we’ll never know the true count because of the very same question; what if we did or didn’t do one thing or another? In the end, ‘what if’ is only the spark, and if we didn’t ask, how many realizations would have been missed since day one. “What if we build a round wheel? What if we think outside the box? What if we enable peace over conflict. Most of all, what if we put aside our worries and fears, and center on what is through patience and faith.

*We Care*



## Apex Community Recreation Center

Below is a sampling of Apex’s upcoming Active Adult program. You can stay updated on all the latest offerings by visiting ApexPRD.org. The following activities are all hosted at the Community Recreation Center, 6842 Wadsworth Blvd., Arvada, unless otherwise noted. Please register in advance for all programs by visiting online or calling 303.425.9583.

**Cottontail Carnival:**  
Saturday, April 12, 9:30 am  
The Easter Bunny is throwing a party. Play games, hop in the bounce house, take a ride on the Bunny Express Train, bring your own camera and get your picture taken with the Easter Bunny. Fees: Ages 2-12, \$13/person; ages 13 and up, \$2/person; and children under 2 are free. Children must be accompanied by a paying adult. Stop by any time from 9:30-11:30 am to participate. Register by April 9. No tickets are sold at the door. This event will take place indoors and outside, so please dress accordingly. \$11-\$13.

**Intro to Drumming:**  
Wednesday, April 2, 10:30 – 11:30 am  
Never drummed before? Come enjoy drumming with others in a relaxed and fun group setting. Percussion instruments (shakers, maracas, etc.) and drums provided. Bring your own percussion instrument if you’d like and reconnect with your rhythm. This free session is sponsored by a Colorado Gives Foundation Grant. Free, but please register to attend.

**Free Fall Prevention Screening and Blood Pressure/Glucose Checks:**  
Wednesday, April 2, 9:30 am  
Always Best Care will be offering monthly fall risk assessments using the advanced Balance Tracking System. This simple and easy innovative system compares your balance results to over 20,000 norms, providing a percentile ranking based on your sway, age and gender. You’ll receive a personalized fall risk ranking of low, moderate or high, empowering you to take proactive steps toward improved safety. No appointment necessary, just drop by.

Join Arvada Fire Department to check your blood pressure and receive a glucose check.

**Writing – Creative Writing:**  
Thursday, April 3-24, 11 am  
Beginning and advanced writers are welcome to work on what interests them-memoirs, poems, short stories, essays. Writing is done at home and shared in the classroom in the supportive atmosphere of fellow writers. Janet Audette, instructor. \$37 (\$48 non-res.).

**Hike/Snowshoe – LOE: 1 or 2:**  
Tuesday, April 8, 9 am

Come along with us on a Level of Exertion (LOE) 1 or 2 hike/snowshoe. Trail TBD pending weather and trail conditions. A confirmation email with the trail will be sent the day before the trip. Please bring lunch, water, recommended hiking/snowshoeing equipment, and spikes/Yaktrax if you have them. \$27 (\$35 non-res.).

**Quilling:**  
Thursday, April 10, 1 pm  
Quilling is an art form that involves rolling paper strips and pinching them into desired shapes. Learn how to make various quilling shapes to create a beautiful rabbit or butterfly design. Bring scissors and a \$5 material fee paid to the instructor at the time of the class. Joyce Wuebker, instructor. \$15 (\$20 non-res.).

**Staying Connected – Overcoming Isolation:**  
Monday, April 14, 11:30 am  
Explore ways to stay socially active, including joining clubs, using technology to connect, and volunteering. If you’re aging alone, this class provides tools for building meaningful relationships. \$6 (\$8 non-res.).

**Adult Trip – Colorado Auto Show:**  
Thursday, April 17, 11 am  
Join us as we venture to the Colorado Auto Show, a premiere event that will showcase the latest models of cars, trucks, SUVs, hybrids, and crossovers, from both domestic and international manufacturers. Not only will you get to explore the newest models, but you’ll also get exclusive sneak peeks at concept cars, special editions, and the latest in customized vehicles. Due to ID check requirements, the cost of entry is your responsibility and is discounted to \$8. Registration closes on April 10. No refunds will be given after April 16. Please be prepared to walk at least a mile during the event. \$10 (\$15 non-res.).

**Adult Beginner Sewing 101:**  
Saturday, April 19, 10 am  
Do you have a sewing machine that sits in the original box and still don’t know where to start? This may be the class for you. Adult beginners will become familiar with a sewing machine, how to thread a sewing machine, how to sew a straight line, how to cut and pin fabric, and will complete a small project. Bring your machine or use one of ours in this 2.5-hour class. A material fee (\$5) is due to the instructor on the day of class. Instructor Jenn B. \$35 (\$45 non-res.).

**Rental Opportunities:**  
Looking to host your next event? We’ve got you covered from groups of 5-10 up to 250!

## Boulder Older Adult Services

West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9 a.m. – 4 p.m.  
East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8 a.m. – 4:30 p.m.  
For information about programs and services: [www.boulderolderadulthoodservices.com](http://www.boulderolderadulthoodservices.com)  
Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>

**FREE Introduction to Tai Chi**  
Join this FREE introduction to tai chi, a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing. East Age Well Center, Tuesday, April 1, noon – 1 p.m. No Fee

**Personal Finance**  
Understand various options and resources for supporting financial goals. Topics will include managing a mortgage payment, buying a home, understanding a reverse mortgage, and determining the best ways to pay off debt. West Age Well Center, Monday, April 7, 1:30 – 2:30 p.m. No Fee

**Stepping On: Fall Prevention Series**

In this FREE 7-week series, learn to build and maintain physical strength and balance and make an individualized fall prevention action plan. West Age Well Center, Tuesday, April 8 – May 20, 1 – 3 p.m. No Fee

## Lafayette Senior Services

Programs offered by Lafayette Senior Services  
Call 303-665-9052 or email [olderadults@lafayetteco.gov](mailto:olderadults@lafayetteco.gov) to register.

**Golden Palette: A Senior Artistic Gathering**  
April 15, 11:30am-1pm  
Experience the magic of art at “Golden Palette” gatherings. Bring lunch, enjoy great conversations, and creative projects like acrylics and mixed media. Connect with fellow seniors, express your creativity, and making lasting memories.

**How to Prepare Your Home for Sale**  
April 29, 2-3:30pm  
Thinking about selling your home? Making the extra effort to prepare it for sale will improve your chances of success. Specific tips will be discussed for prepping your home.

**Hike Club**

April 1, 8, 15 and 22, 9am-12pm  
If you are 50 or older and looking for others to hike with, this club is for you! Meet at the trailhead at 9 am for hikes paced at 2-3 miles per hour. Pre-registration is preferred so participants can be notified regarding inclement weather. Bring water, snacks, and appropri-

**FREE Qi Gong Introduction Series**  
Qi Gong exercises re-establish strong circulation and retrain the nervous system while improving range of movement, balance, and reinvigorating all major body systems. Can be done standing or seated in a chair, all levels. West Age Well Center, Wednesdays, April 9 – 30, 11:15 – noon (4 classes) No Fee

**Genealogy Series: Family History Basics**  
Designed for beginners, this class will teach research techniques and strategy on tracing family history. Instructor: Mark Fearer, professional genealogist. West Age Well Center, Tuesdays, April 22 – May 27, 10 a.m. – noon. Fees: R/NR \$75/\$94

**Disaster Preparedness Basics**  
Participants will learn about Boulder County hazards, how to receive and understand emergency alerts, how to assess risk, and how to create a disaster preparedness plan. West Age Well Center, Wednesday, April 30, 1 – 2:30 p.m. No Fee



ate gear. Call 303-665-9052 for trailhead information.

**Public Wine Tour**  
April 21, 1:30-3:30pm  
Discover a hidden gem in Lafayette! Join us for an exclusive tour of Public Wine with owner, Gough, who’ll share his fascinating story and insights into the world of wine. Meet at the Lafayette Senior Center and walk over for this delightful adventure.

**Buc-ees, Large Convenience Store**  
April 30, 10:30am-2pm  
Buc-ee’s is unlike any other road trip stop. Enjoy Southern snacks like fudge, BBQ, tacos, and kolaches, and unique Buc-ee’s specialties. Join us to explore the ultimate convenience store experience.

**Ortho-Bionomy® Bodywork**  
April 14 and 28, 10am-2pm  
Ortho-Bionomy® is a therapeutic technique that relieves pain by helping the body to rediscover its natural balance. This method of osteopath-based bodywork, which includes 45-minute sessions working with structure, lymph, fluids, neurology, organs, and the endocrine system.



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April 2025  
Answers page 7

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ACROSS

- 1 Beige  
5 Pale reddish purple  
10 Unclothed  
14 Lower jaw  
15 Efface  
16 Gemstone  
17 Spoils or plunder  
18 Prospect  
19 Unit of language  
20 Amazes  
22 Insect  
23 Unit of magnetic induction  
24 Peruse  
26 Apparel  
30 Portuguese territory in S China  
34 Find the sum of  
37 Paroxysmal pain

- 39 Indian exercise method  
40 Hearing organs  
42 Sunrise  
44 Parody  
45 Auricular  
46 Meditates  
48 Abstract being  
49 Influential person  
51 Small branch  
53 Trial  
56 Heat excessively  
60 Exclamation of surprise  
62 Leader  
66 Cut  
67 German submarine  
68 Expectant desire  
69 Persian fairy

- 70 Altar stone  
71 Hip bones  
72 Seaward  
73 Gravel ridge  
74 Dressed
- DOWN**  
1 Showy actions  
2 Elected  
3 Tumults  
4 Uncounted  
5 Son of Jacob and Leah  
6 Greek goddess of the rainbow  
7 Whip  
8 Garden flower  
9 Discontinue  
10 These days  
11 Atop  
12 Slender missile  
13 Antiquity  
21 Narcotics agent  
25 Part of the verb "to be"  
27 Greek goddess of the dawn  
28 Run-down part of a city  
29 Nasal cavity  
31 Half burnt coal  
32 Against  
33 Cereal food  
34 Great age  
35 Individual facts  
36 Bit  
38 Pointed end  
41 Vision in dim light  
43 For each  
47 Male parent  
50 To exist  
52 Medieval  
54 Foam  
55 Progressive emaciation  
57 Coral island  
58 Cuttlefish  
59 Walk  
60 Singles  
61 Rent  
63 Strike on the head  
64 Relaxation  
65 Celestial body  
66 Mineral spring



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2. Rub on chest & back during colds
3. Gently place a line of Lotion down spine to reinvigorate body
4. Rub on feet before putting on shoes

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