

# 50 Plus Marketplace



Local News, Profiles, Events & Resources For 50 Plus Adults June 2025 • Volume 31 • Issue 6

## Alzheimer’s Disease Exceeds Breast & Prostate Cancer!

According to the latest 2025 survey by the Alzheimer’s Association, Alzheimer’s Disease (AD) is on the rise and now exceeds breast and prostate cancer with over 7 million Americans affected! Sadly, one in 3 older Americans dies with Alzheimer’s or another dementia. It kills more than breast cancer and prostate cancer combined.

Do you wonder what the difference is between dementia and AD. Dementia is an overall term for a particular group of symptoms. Dementia symptoms include trouble with memory, language and problem-solving; difficulty concentrating; and struggling to understand and express thoughts. Other symptoms are confusion, poor judgment and acting impulsively, among others. Dementia symptoms are the result of changes in the brain.

While AD is the most common cause of dementia, it is not the only one. Other causes include cerebrovascular disease, degeneration of the front and temporal lobes of the brain, and accumulation of proteins called Lewy bodies. Often, individuals have the brain changes of more than one cause of dementia.

AD includes the excessive accu-

mulation of the protein fragment beta-amyloid and of an abnormal form of the protein tau. Other brain changes include inflammation and decreased ability of the brain to use glucose, its main fuel. When imaging studies, cerebrospinal fluid analysis or other tests show that the brain changes are caused by AD. A new blood test approved by the FDA also detects amyloid plaque in the brain.

In Alzheimer’s, nerve cells in the brain (called neurons) are damaged and destroyed. The brain’s neurons are essential to all human activity, including thinking, talking, and walking. The neurons damaged first are those in parts of the brain responsible for memory, language and thinking, which is why the first symptoms of AD tend to be memory, language and thinking (cognitive) problems. In AD stages 3 & 4, Individuals begin to develop changes in mood, personality, or behavior, such as apathy, confusion and increased suspicion and fear.

The brain changes that cause dementia are thought to begin 20 years or more before symptoms start. During those years, the brain compensates for the changes by using alternate networks of neu-

rons to enable individuals to continue to function normally.

AD is progressive, meaning the brain changes and symptoms worsen with time. How quickly it progresses from year to year and what abilities are affected vary from person to person. Like all people, individuals with Alzheimer’s have good days and bad days. On good days, their cognitive skills may be markedly improved, and they may be better able to conduct everyday activities. On bad days, their cognitive skills may be worse, and they may have more difficulty conducting everyday activities.

Family members, friends and professional caregivers play critical roles in keeping individuals with Alzheimer’s safe, healthy, and engaged in the activities that are most meaningful to them. Increased help from caregivers is needed as the disease progresses.

Individuals in the mild functional impairment stage (stages 1 or 2) of Alzheimer’s may require little or no help with basic

activities of daily living (ADLs), such as getting into and out of a bed or chair, bathing, dressing, using the toilet, eating, and grooming. Individuals in the moderate functional impairment stage (stage 3) do require help with ADLs. Caregiving demands further increase when neuronal damage and death extends to parts of the brain that enable basic physical function such as swallowing and walking (stage 4). Individuals in this severe functional impairment stage of Alzheimer’s require help with all ADLs.

There is hope with different treatments in slowing the progression of AD or other dementias. A neurologist can provide details on different treatments. Article courtesy of the Alzheimer’s Association.



## RMNP Celebrates New Fall River Entrance Station!

In May, National Park Service staff were joined by elected officials, congressional staff, project contractors, the Rocky Mountain Conservancy, and other special guests to celebrate the completion of the Fall River Entrance Station construction project at the Rocky Mountain National Park (RMNP).

The project included three new entrance kiosks, a new office, an updated entrance sign, a dedicated transponder lane, and road widening. It also involved major improvements to utility systems: the wastewater and water systems serving the Fall River Entrance and the Bighorn Ranger Station were upgraded or replaced. A new on-site wastewater treatment system was installed, several water system components were modernized, and the water treatment

building saw significant upgrades. This project addresses aging infrastructure as part of a broader effort across national parks to reduce the agency’s maintenance backlog. Funding came through the National Park Service Line-Item Construction and Repair-Rehabilitation programs, which are authorized by Congress to support critical visitor service investments.

More than a decade in the mak-

ing, this marks the fifth iteration of an entrance station in the Fall River area - a reflection of the park’s continued evolution over its 110-year history. The entire park is expected to open in early June. Park reservations are required online at <https://www.recreation.gov/timed-entry/10086910>. Article & photo courtesy of RMNP.



## INSIDE

**Boulder County**  
Page 2

**Metro Denver Counties**  
Page 6

**Weld County**  
Page 11

**Larimer County**  
Page 15

**Classifieds**  
Page 19



## CONTACT

### How To Reach Us

**email**  
robert@50plusmarketplacenews.com

**phone**  
303-694-5512

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

**website**  
www.50plusmarketplacenews.com

Published by  
50Plus Media Solutions, Inc.

**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@50plusmarketplacenews.com](mailto:sales@50plusmarketplacenews.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.

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

**Chief Financial Officer**  
Michael Gumb

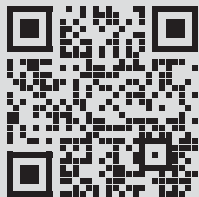
**Contributing Writers**  
Front Range Senior Centers,  
Agencies, & Businesses

**Marketing Director**  
Bob Larson

**Product Consultants**  
Michael Buckley  
Robert Trembly

**Design/Production**  
Kit Brown

Smart Phone Access



Printed on Recycled Paper

## JUNE

### Calendar

## BOULDER

#### Tuesday/3

The Boulder Genealogical Society presents a free hybrid program on “From Italy to the Wild West: Italian Pioneer Communities in Colorado” by Lisa Voegelé at 6:45 pm at the Calvary Bible Church, 3245 Kalmia Ave in Boulder. Italian communities in Colorado have a rich and diverse history shaped by waves of immigration starting in the late 19th century. Please register online to receive the Zoom info at their website: [Boulder Genealogical Society](http://BoulderGenealogicalSociety.com) | Boulder, CO.

#### Wednesday/11

The Longmont Genealogical Society presents a free hybrid program on “What NGS Can Do for You as an Individual and Your Society as an Organization” by Kate Smith at 1 pm at the 1st Lutheran Church Friendship Room, 3rd and Terry Sts. in Longmont. This session will provide an overview of individual and organization membership with NGS, and explain the different purposes for each type and the benefits offered. [Please register online](#) to receive the Zoom info at LGS Index.

**Saturday/7 thru August 10**

The Colorado Shakespeare Theatre presents their first summer program on “The Tempest” at the indoor Roe Green Theatre, University Theatre Building, 1515 Central Campus Mall, in Boulder. An intoxicating mélange of comedy, tragedy and fantasy from the pinnacle of Shakespeare’s creative genius. Tickets range from \$26 to \$96. Register online at The Tempest | Jun 7-Aug 10, 2025 | [CU Presents](#) or call the box office at 303-492-8008.

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

Calendar sponsored by

**Dignity Care**  
**303-444-4040**

## Call for a Tour. Lunch is on us!

# Peaceful Assurance

Rest assured knowing we will take care of the ones you love.



Residents at the Bridge live in lovely surroundings while receiving all the personal assistance they need to keep their independence. We offer several private studio and one-bedroom apartments.



**THE BRIDGE**  
AT LONGMONT

303-774-8255

Pratt Street, Longmont CO 80501  
[www.centurypa.com](http://www.centurypa.com)

## Mental Health

### Rethinking PTSD: Not Just for Veterans

PTSD stands for Post-Traumatic Stress Disorder. PTSD was first named in 1980 to explain and identify responses to trauma specific to the experiences of combat veterans post-war. Although developed from research on combat veterans, an estimated 3.6% of the general population live with some form of PTSD.

PTSD develops when an individual experiences trauma. Trauma is defined as any experience that overwhelms an individual’s ability to cope. Trauma can be caused by a specific incident – such as a car accident, an assault, or a fire – or an accumulation of negative life events – such as Adverse Childhood Experiences (ACE’s), abuse, or neglect.

When PTSD occurs, it can cause significant distress and impairment in daily life. Common symptoms of PTSD include nightmares, flashbacks, unwanted, distressing memories, severe anxiety, and severe emotional distress or physical reactions to something that reminds you of a traumatic event. When experiencing a flashback, your brain cannot distinguish between

the present moment and the past memory. Your body responds as though it’s happening again.

PTSD can be mild, moderate, or severe. If you or someone you know experience PTSD symptoms on a daily or weekly basis, treatment can help. Sometimes medications can help

with nightmares or improve sleep. Therapy can be extremely beneficial to help process the event rather than retraumatize yourself by continuing to experience it. Several types of therapy can help manage symptoms of PTSD and minimize their frequency. The most effective forms of evidence-based treatment for PTSD are Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) Therapy, and Eye Movement Desensitization and Reprocessing (EMDR).

*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.*



**Kirsten Carlson**



Poetry Rising  
**FEEDING THE BIRDS**

I cannot see their colors,  
just flapping wings of grey.  
They say I shouldn't feed them,  
"They get fed in their own way."

As the wind blows the feeder,  
I'm seduced by their display.  
Perhaps there's more going on here  
than just passing time away.

As they gladly eat and chatter,  
each one with their own song,  
they fill our world with gladness.  
How could this be so wrong?

So thank you life  
for what I now see...  
that feeding the birds,  
feeds both them and me.

(c)Barbara Wood Gray  
BarbaraWoodGray@gmail.com

**34 Years of Service  
Providing Information  
for the 50+ Community**

**Reflections  
Card Connections**

Little did I know when I wrote my December "Reflections" column, "Card-ing the Year," what connections would unfold? My plan, as noted then and executed, was sending 365 postcards throughout 2024.

While I thought my supply would be significantly diminished by years end, I realized I still had more cards left. That's where an unexpected connection arose.

A visitor from Michigan, Gen, saw that December column and wrote. Because her late brother had traveled the world, he had thousands of postcards. If I let her know some cities, states, countries, she'd be glad to share some from his collection. That connection resulted in my receiving a wide variety of cards.

"Oh, I see you're back from Shanghai!" exclaimed one of my recipient friends. Yes, although I was there during the Eve of Normalization in the late '70's, this card was from my new friend's brother's postcard collection.

Another connection happened when I sent a postcard of Bratislava to another friend who'd lived there when her husband taught in that



**Martha Coffin Evans**

city. "We know Martin," she explained about the postcard's photographer. After she'd kept that postcard, they connected again with Martin and his wife. This summer, they'll be doing a home swap!

"Want more postcards?" Gen emailed recently. If so, what states or countries would I like. I've tried to link the postcard's picture with the recipient, if at all possible.

I'm now fortified with more cards from different locations. I've asked for cards recently when friends traveled – one to New Zealand, the other, Hawaii. In answering what I do with them, I'll respond with a card.

Who knew connecting through postcards would be such fun. They bring a surprise and smile to the recipients along with great pleasure for me.

With over 250 postcards left, I'll finish this year with a start for 2026! What a kick!

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

**Now Hear This  
Hearing and Brain Health – What the Latest Dementia Research Reveals**



**Dr. D'Anne Rudden**

June is Alzheimer's and Brain Awareness Month, a time to highlight how caring for your hearing can support long-term brain health. Recent studies show a strong link between hearing loss and cognitive decline. In fact, untreated hearing loss in older adults is one of the top modifiable risk factors for dementia. According to the 2020 Lancet Commission on Dementia Prevention, addressing hearing loss in midlife could reduce dementia risk by up to 9%.

Why the connection? When hearing becomes more difficult, the brain has to work harder to process sound, leaving fewer resources for memory and thinking. Additionally, hearing loss can lead to social withdrawal—a known contributor to cognitive decline. The good news is that early detection and treatment can make a big difference. A 2023 Johns Hopkins study found that older adults who wore hearing aids experienced slower cognitive decline over a three-year period compared to

those who did not. At the same time, researchers continue to develop new tools for early diagnosis of dementia, including brain imaging and blood tests. These innovations allow for timely intervention, giving individuals more options to manage their health and plan for the future. This Brain Awareness Month, consider a

hearing check as part of your overall wellness routine. Treating hearing loss isn't just about improving communication—it's about protecting your brain.

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-Colorado, a non-profit dedicated to providing hearing healthcare to qualified individuals. To date, the organization has helped more than 250 people across Colorado, including more than 50 right here in Longmont.



**Your hearing is  
our priority ...  
32 years & counting!**

In a market crowded with options, we stand apart as the highest-rated, independent, family-owned hearing & tinnitus healthcare business in Longmont by redefining excellence! For over 32 years, we have led with innovation, integrity, and an unwavering commitment to our patient's success – in the Longmont community and globally. Our distinction lies not just in WHAT we do, but in HOW we do it – we deliver unmatched quality, personalized service and forward-thinking solutions that keep us miles ahead.

**Hear Better. Live Better.**

**195 S. Main St, Longmont • 303-651-1178 • [www.LongmontHearing.com](http://www.LongmontHearing.com)**





Benefits  
in **Action**

# Struggling to buy food?

## WE CAN HELP!

**Call now: 720-826-6989**



**USDA**  
**Supplemental Nutrition Assistance Program**  
**SNAP**  
Putting Healthy Food Within Reach

**This institution is an equal opportunity provider.**


### Pets Are Family

#### How to Help Your Pet with Separation Anxiety

We all love spending time with our pets at home or on fun adventures, but eventually, we all must wave goodbye when we leave for work, to run errands, to enjoy a meal out, etc. For some pets, this time alone can be particularly stressful, and they may be experiencing separation anxiety. The good news is that there are plenty of ways to support your pet during these moments.

Separation anxiety is more than a “I miss you” moment – it’s an intense fear that can completely overwhelm your pet after you leave. While dogs are the most common sufferers, cats and other pets can experience this too. What can cause separation anxiety? Stressful past experiences, change in routine, and/or over-attachment. Certain breeds and personalities are more prone to this as well.

How to tell if your pet has separation anxiety: Barking/howling, destructive behavior, restlessness/pacing, bathroom accidents, or physical body symptoms of stress. Unless evidence is visible upon your return, you might consider installing a home camera to see how they’re doing when you’re away.



**Judy Calhoun**

How can you help your pet? Separation anxiety typically peaks within the first 20 minutes of being left alone, so providing an activity/distraction for them as you leave can help them get through the first 20 minutes, and can also help them associate goodbyes with a fun or yummy activity. Tangible ways to support your pet include: Create a cozy and safe space with their favorite toys and scents to help them feel comfortable; provide an enrichment activity (puzzle toy, stuffed Kong, etc.); maintain a daily routine so your pet knows what to expect; consult with your veterinarian to see if medication is necessary to ease your pet’s stress.

All in all, your pet can get through this! To read the full article, visit [noco humane.org](https://noco humane.org).

*Help us  
Help the 50+  
Community*

## Happy Flag Day

Flag Day, celebrated every year on June 14th, honors the adoption of the American flag. On this day in 1777, the Second Continental Congress passed a resolution stating that “the flag of the United States be thirteen stripes, alternate red and white; and that the union be thirteen stars, white in a blue field.” This design symbolized the unity of the 13 original colonies.

Although Flag Day is not a federal holiday, it is recognized nationwide and celebrated with pride. People display the American flag and communities host parades, ceremonies, and educational programs that focus on the flag’s history and significance.

President Woodrow Wilson officially established June 14th as Flag Day in 1916, and in 1949, Congress declared it a national observance. The week of June 14th is also designated as National Flag Week, during which Americans are encouraged to fly the flag and reflect on its meaning.

The American flag stands for the country’s values of freedom, unity, and perseverance. Over the years, its design has evolved with the nation, now featuring 50 stars for each state, while the 13 stripes remain to honor the original colonies.

Flag Day is a time to show respect for a symbol that represents both the history and the spirit of the United States.

## GO FURTHER WITH PACE –

# Independence Starts Here!

Are you or a loved one 55+ and looking for extra support to stay **independent, active, and healthy at home?**

With PACE (Program of All-Inclusive Care for the Elderly), you don’t just get care—you gain a partner in living life to the fullest.

**Ready to go further with PACE?**

● TRU PACE 303-665-0115  
● Visit [www.PACE.trucare.org](https://www.PACE.trucare.org)




**Why Choose PACE?**

- Comprehensive Medical Care
- Social Engagement
- Transportation Services
- Support for Caregivers



**TRU**  
**PACE**  
Program of All-Inclusive Care for the Elderly



**eye CARE center**  
of northern colorado, pc

### TOTAL EYE CARE

#### Specialists in

- Macular Degeneration
- Glaucoma
- Cataracts
- Retinal disorders
- Dry Eye
- Cornea conditions
- Cosmetic Plastic & Reconstructive Surgery
- Refractive Surgery
- Routine Eye Care

**Call today:**  
**303.772.3300**  
[www.EyeCareSite.com](https://www.EyeCareSite.com)

**Boulder  
Longmont  
Lafayette**



## Technology is Hip! The Future of Warfare



Bob Larson

On a recent 60 Minutes TV program, a 32-year young genius innovator and billionaire named Palmer Lucky, CEO of Anduril, a rising California based defense contractor discussed the future of warfare. Palmer explained on how we need to keep ahead of our archrival enemies such as China, Russia, North Korea, and Iran. Since the USA currently seems to be the peacemaker of our world, it makes sense we need to have the strongest military to keep threats from these four hostile countries and others too!

Let's face it: we don't want a war, but the possibility that China, Russia, or Iran wants to take over the world as they believe the USA is a feeble and weak country! Let's not forget the 9/11 attack by another radical group, but we survived and won!

The sad truth is we are financing China's economy who now has the second largest military because our citizens are purchasing all the US products made in China or Chinese copies of our products. Ironically, all the profits go to the

Chinese Communist Party. And guess where most of those profits go? Their military of course! It's no secret the Chinese Communist Party led by President Xi Jinping wants to be the leader of the world and will do anything to beat the USA economically or in warfare! My recommendation is to stop buying Chinese made products!

CEO Palmer has been developing a new line of weapons using AI. Several USA pundits feel it's an atrocity to make these types of weapons, but the reality is the USA needs to be able to defend our country from these hostile countries! One of Palmer's goals is to reduce the possibility of losing our soldiers and sailors in warfare by using these new modern AI autonomous weapons!

This is another great use of technology in keeping peace in the world!

*Bob Larson is a technologist and Marketing Director for 50 Plus.*



## MAJOR MEDICARE PROGRAM CHANGES

**Starting Jan. 1, 2025**

**Caused by the  
Inflation Reduction Act  
EVERYBODY**

**Needs to review how what  
they have now is going to change.  
We will be holding group,  
information only presentations.  
Contact us for information about  
the upcoming dates.**



Ron



Brie

**303-776-0867  
455 Weaver Park Rd. Ste. 100C  
(south side of building)**

## Boulder Offers Free Guided Walking Tours

The City of Boulder is offering free guided walking tours of downtown Boulder's public art starting Wednesday, June 4, 2025. Each 1.5-hour tour features approximately 30 stops, highlighting a diverse array of sculptures, murals, and urban design projects. Participants will begin the tour at the corner of 17th and Pearl Street and conclude at 13th Street and Arapahoe.

Guided tours will be offered most Wednesdays at 5:30 p.m. beginning June 4 and most Saturdays at 9 a.m. starting June 7. Tours will run through the end of August and may be extended into September.

"Public art brings creativity into our daily lives and helps tell the story of who we are," said Lauren Click, Arts and Culture Manager. "It sparks conversation, invites reflection, and enriches our city by celebrating diversity and inspiring

curiosity. In Boulder, public art is a vital part of our downtown identity and sense of place."

Bring your walking shoes and water bottles and join us in exploring downtown Boulder's rich public art scene! Registration is required. The city's Community Vitality Department reserves the right to cancel tours that do not meet the minimum size of two people or due to inclement weather. Registrants will be notified of any schedule changes.

Community members are also invited to explore downtown's public art virtually through the city's Public Art Storymap. This interactive digital experience offers an in-depth look at the stories behind Boulder's unique public artworks and urban design projects - highlighting the artists and inspirations that make each piece unique.



## Boulder County's New FindHelp Website Is Easy to Use!

The Boulder County Family Resource Network, a coalition of local community partners, has launched a new online tool to help residents find support quickly and easily. The website, Boulder County Findhelp, is a one-stop place to search for free and low-cost services. Users can find help with food, housing, medical care, job training, childcare, and more—just by entering their ZIP code.

"Safety net providers across Boulder County have long called for a shared, up-to-date resource directory to better serve the people in our community. Boulder County Findhelp is the result of that vision—and a major collaborative effort between government and community partners," said Boulder County Human Services Director Susan Caskey. "We're proud to support this tool and hope everyone will join us in using and promoting it."

Findhelp users can conduct searches in private with no account required. People who want to save or return to their search later can create a free account. The website is available in more than 130 languages.

"The Boulder County Family Resource Network is excited to launch Boulder County Findhelp, connecting our community to a comprehensive and vital network of resources with ease and efficiency," said Marc Cowell, Family Resource Network Chair and Executive Director of the OUR Center. "This effort will ensure no one is left behind."

This new tool is part of a county-wide effort to replace outdated or incomplete directories. Boulder County Findhelp allows organizations to "claim" or create their listings and keep them updated. The site was built in partnership between Family Connects, the Family Resource Network, and Well-Mind Connection. It is now being piloted by a range of local service providers. The hope is that all organizations that offer safety net services in Boulder County will eventually adopt Boulder County Findhelp as their go-to online directory.

Explore what's available in our community by visiting the Boulder County Findhelp website at [boco.findhelp.com](https://boco.findhelp.com) today.



JUNE  
Calendar

DENVER-METRO

Thursday/5

The Denver Zoo presents Summer Adults Night. Experience summer nights at the Zoo—without the kids! Whether you’re planning a date night or a fun evening with friends, our 21+ Adult Nights offer a fun, after-hours escape just for grown-ups. Your \$30 admission includes a complimentary canned alcoholic drink (non-alcoholic and GF options available), FREE Carousel karaoke, animal demonstrations, trivia, live music, and a silent disco. Visit their website at [Summer Adult Nights - Denver Zoo Conservation Alliance](#).

Saturday/14

The Castle Rock Genealogical Society presents a free hybrid program on “Genetic Genealogy Update” by Greg Liverman at 10 am on Zoom only! This lecture reviews the latest developments in DNA testing for genealogy from the major testing companies, new tools offered by independent developers, and the latest science on using DNA test results to solve genealogical problems. Register online at [Castle Rock Colorado Genealogical Society - Programs / Events](#).

The Colorado Genealogical Society presents a free genealogy class on “Beginning Genealogy” at 10 am on Zoom. Beginning Gene-

alogy is an introductory genealogy class that will introduce you to U.S. census records and basic record groups such as birth and death records, marriage records. You will learn how to record information on pedigree charts and family group sheets. It’s a good class to get you off on the right foot of your family research. Register online at [Beginning Genealogy | The Colorado Genealogical Society](#).

Wednesday/23

The Alzheimer’s Association presents a free program on “Talk With A Doc” at the Sam Gary Branch Library, 2961 Roslyn St in Denver at 3 pm. The event will include several doctor presentations followed by audience questions. Register by calling 800-272-3900.

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>.

Ms. Colorado Senior America 2025  
A Celebration of Grace and Purpose

Aurora’s Terrilynn Moore Smith was crowned Ms. Colorado Senior America 2025 at the 31st Annual Pageant on April 26 at Denver’s Mizel Arts & Cultural Center. The event honored the beauty, strength, and spirit of women aged 60 and over.

Born in Denver, Terrilynn is a lifelong artist, actress, and public servant. She co-founded the Denver Black Arts Theater Company in 1976 and later broke barriers as the first African-American woman on the Denver Police gang unit. She also designed the 2024 and 2025 logos for The Nature Conservancy’s national BioBlitz event.

Charlie Meyers of Aurora and Arya Farewell of Golden were named First and Second Runners-Up. The show featured 10 remarkable contestants, dazzling talents, and inspiring stories, with Terrilynn winning over judges with her dramatic performance of The People Could Fly.

Themed “You Go, Girls,” the pageant was hosted by the Ms. Colorado Senior America

Club and supported by generous sponsors and a dedicated production team. Outgoing queen Andrea Kehmeier, of Conifer, crowned Terrilynn in a touching moment of sisterhood.

Terrilynn will represent Colorado at the Ms. Senior America National Pageant this fall in Atlantic City. Learn more at [www.colosramerica.com](http://www.colosramerica.com).

These women prove that life after 60 is filled with power, passion, and purpose.



# NOW

## IS OUR MOMENT.

Now is the moment we’ve been waiting for. With new treatments emerging in the fight against Alzheimer’s and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer’s Association Walk to End Alzheimer’s®, the world’s largest fundraiser to fight the disease. Register today at [alz.org/walk](http://alz.org/walk).

Walk to End Alzheimer’s – Denver

Saturday, September 20th, 2025  
DenverCityPark

2025 NATIONAL PRESENTING SPONSOR

Edward Jones

Rev.Jan25 219-10-0153

WALK TO END ALZHEIMER’S

ALZHEIMER’S ASSOCIATION

Measles Outbreak Throughout Colorado

Measles has made its way to Colorado - protecting yourself and your family is easy through the MMR vaccine. U.S. Health Secretary Robert Kennedy Jr. agrees with getting the MMR vaccine for your family! Colorado has confirmed cases and continues to closely monitor the ongoing outbreaks in neighboring states.

Check Your Vaccination Record and Get Vaccinated! Measles spreads easily, but vaccination is highly effective and provides the best protection. You can check your MMR (measles, mumps, and rubella) vaccination record in several ways:

- 1. Talk to your parents or look through your files to see if you have a paper record.
- 2. Check the Colorado Immunization Information System portal.
- 3. Check with your health care provider.

Commonly asked questions about measles vaccination can be found at the CDC’s website. Haven’t been vaccinated before and want to get protected? Talk to your health care provider or see if you are eligible to get vaccinated your doctor’s office or Urgent Care Facility.

CDC recommends these steps: CDC considers you protected from measles if you have written documentation (records) showing at least one of the following: 1) You received two doses of measles-containing vaccine, and you are: a)A school-aged child (grades K-12), b) An adult who will be in a setting that poses a high risk for measles transmission (including students at post-high school


education institutions, healthcare personnel, and international travelers); 2) You received one dose of measles-containing vaccine, and you are: a) A preschool-aged child, or b) An adult who will not be in a high-risk setting for measles transmission; a) A laboratory confirmed that you had measles at some point in your life, b) A laboratory confirmed that you are immune to measles, or c) You were born before 1957.

For international travelers, CDC considers you protected from measles if you have written documentation (records) showing at least one of the following: 1) You received one dose of measles-containing vaccine, and you are an infant aged 6–11 months, 2) You received two doses of measles-containing vaccine, and you are a person 12 months or older, 3) A laboratory confirmed that you had measles at some point in your life, 4) A laboratory confirmed that you are immune to measles, 5) You were born before 1957.

Do I ever need a booster vaccine? No. CDC considers people who received two doses of measles vaccine as children according to the U.S. vaccination schedule protected for life, and they do not ever need a booster dose. If you’re not sure whether you are fully vaccinated, talk with your healthcare provider.

34 Years of Service  
Providing Information  
for the 50+ Community





Senior Answers and Services presents

## Elder Care Consulting Services

- On-Site Counseling for Employees
- Lunch and Learn Seminars at the Workplace
- Senior Resource Guidebook
- Information Resources at [www.senioranswers.org](http://www.senioranswers.org)
- Discussion Roundtables in Community Locations

Sponsored by  
Senior Answers and Services  
3006 East Colfax  
Denver CO 80206  
303-333-3482  
303-333-9112 (fax)  
[www.senioranswers.org](http://www.senioranswers.org)

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.



windspiritcreative@gmail.com

Custom Design  
Print & Digital

Logo Design

Brand Development


Product Photography

Photo Retouching

And More

**Black Wolf's Wind Sprit Creative**  
970-215-2034


## 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

<h3>Getting There Travel Training</h3> <p>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 <a href="mailto:sonell@drmac-co.org">sonell@drmac-co.org</a></p>	<h3>Information &amp; Assistance Line</h3> <p>The DRMAC Transportation I&amp;A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&amp;A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113</p>
<h3>Getting There Travel Guide</h3> <p>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 <a href="http://www.drmac-co.org">www.drmac-co.org</a> or call us at 303-243-3113.</p>	<h3>Getting There Travel App</h3> <p>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</p>
<h3>Monthly Meetings &amp; Events</h3> <p>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</p>	<h3>Membership</h3> <p>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.</p>

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



## Douglas County Promotes Live Town Hall & Seniors Resource Fair

Douglas County Commissioners recognize Older Americans Month and announce that June 11 will be their Live Town Hall and Resource Fair in Castle Rock.

Did you know that older adults make up Douglas County's fastest-growing population? This vibrant community of adults over the age of 55 are not only the beloved heads of our families, but they are also mentors, community leaders and volunteers. Each of these roles contributes to the vibrancy, health, and education of Douglas County.

To honor and celebrate older residents, Douglas County Commissioners formally adopted a resolution at their May 13 Business Meeting declaring May 2025 as Older Americans Month.

To show older adults that Doug-

las County is listening and is making improvements as a result of dozens of listening events that have been held since 2023, Commissioners will also host a Live Town Hall and Resource Fair on Wednesday, June 11. The Resource Fair will take place in person from 3 – 4 p.m. at 100 Third St. in Castle Rock. The Resource Fair will be followed immediately by the Live Town Hall.

**How to Attend or Join the Live Town Hall in 3 ways:**

- In person at 100 Third St. in Castle Rock
- Online at [douglas.co.us/town-hall](http://douglas.co.us/town-hall)
- Via phone by calling 833-380-0668, or answer the phone when we call just before 4:30 p.m. To sign up to ensure you get a call, visit [douglas.co.us/townhall](http://douglas.co.us/townhall).



## Colorado Gerontological Society

### Colorado Legislature Limits Funding for Older Adult Programs for Next Year



**Eileen Doherty**

The Colorado legislature faced more than a \$1 billion shortfall for the 2025-26 fiscal year. Thus, some funding for older adult programs were funded with no or limited reductions, but others were totally eliminated.

For the fiscal year starting July 1, 2025, funding for dental services was maintained for those 60 and over who do not receive Medicaid and whose income is less than \$3137/mo for a single person to receive basic dental services through approved providers. Medicaid funding for dental services was decreased, but basic services still are available.

The Older Coloradoans Act funding was decreased by \$5 million representing about a 15% reduction in state funding for meals on wheels, home care, transportation and basic programs. Federal funding for the similar Older Americans Act starting October 1, 2025 is not available, make the total available unknown.

Funding to help with the high cost of housing for individuals making less than \$75,000 per

year was not refunded for 2026. In 2025, for those making less than \$25,000 per year, this amounted to \$800 per older adult and a prorated amount for those making between \$25,000 and \$75,000 per year. The loss will be significant for both renters and homeowners.

In 2024, the legislature made the Senior Homestead Property Tax Exemption portable for two years for those who moved and lost the tax credit. But they did not extend that program beyond taxes paid in 2027 for tax year 2026.

There were several other consumer protection bills passed regarding security deposits, background checks for subsidized housing, and longer time to appeal a LEAP decision. For more information on these and other bills, visit <https://leg.colorado.gov/>. For more information on specific bills, call 303-333-3482.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.

## We Care



## Your Pharmacist is an Essential Health Ally

(StatePoint) When you think about your health care team, you likely think first about your doctors. Others, however, play a critical role in helping you be healthy, including your pharmacist.

This is especially true for older adults, according to Dr. Grant Tarbox, national medical executive with Cigna Healthcare Medicare, because they tend to have more chronic conditions than younger people and often rely upon multiple medications to keep them well. In fact, more than half of adults 65 and older report taking four or more prescriptions, according to the Kaiser Family Foundation (KFF), an independent source for health policy research, polling and news.

Pharmacies and pharmacists have been expanding their roles over the years. Tarbox says the following are among the services you can expect from your pharmacist.

Improving adherence. Not taking your medication as prescribed can result in negative health consequences. Only about 50% of people take their medications as directed due to such reasons as fear and forgetfulness. A pharmacist can help you understand the purpose of each prescription and discuss strategies for taking it correctly. For example, they may simplify your regimen to once- or twice-daily dosages to pair at the same time as a daily activity or recommend digital reminders.

Ensuring safety. More than 1.5 million people visit emergency rooms annually because of adverse drug events, according to the Centers for Disease Control and Prevention. Older adults are especially susceptible. They may take medications prescribed by several different doctors. This can cause confusion, especially during transitions in care, such as returning home from the hospital. Pharmacists can help reconcile medications during these times, while reducing the risk of errors. Remember to discuss any over-the-counter (OTC) drugs you're taking, which can have negative side

effects, interact poorly with other medications and food, or even become addictive. Always read and follow instructions for OTC drugs. And ask your pharmacist to run an interactions check of all of your medications.

Providing access to care. Older adults in rural areas or lacking transportation may have difficulty accessing their prescriptions. By utilizing a mail-order pharmacy, you may be able to have a three-month supply of medication delivered, while saving money, too. Ask your insurer for details.

Addressing affordability. According to the KFF, 21% of older adults did not take their medicines as prescribed in the past year because of cost. Pharmacists can help. Working in concert with your physician, they may be able to suggest a lower cost or generic alternative that is just as effective. Additionally, they can point you toward patient assistance programs, such as those run by pharmaceutical manufacturers, which help eligible patients access medications at little or no cost. Finally, they may be aware of government agencies or other programs that can help with costs. Unfortunately, many people who qualify for these programs don't even know they exist.

Offering immunizations. Several vaccinations are important for older adults, such as COVID-19, flu, RSV, pneumonia and shingles. But older adults may not get them because of distrust, needle phobia or cost. Your pharmacist can address your concerns and may even be able to offer them on-site. The cost may be covered by a Medicare Advantage or Medicare Part D plan.

For more information about Medicare and pharmaceutical coverage, visit [cigna.com/medicare](https://cigna.com/medicare).

As the population ages and the prevalence of chronic diseases grow, you can expect pharmacists to deliver more services as key members of your health care team, Tarbox said.

## 4,000 Reasons to Love Bees



(c) Clay Bolt

(StatePoint) While most people picture the beloved honey bee when they think about bees, North America actually has 4,000 species of native bees, many of which are busy right now.

"Throughout spring and summer, these insects dutifully pollinate crops and wildflowers, playing a vital role in fostering healthy ecosystems," says Clay Bolt, manager of Pollinator Conservation and Great Plains communications, World Wildlife Fund.

According to Bolt, native bee species are beautifully varied in their appearance, behaviors, feeding habits and habitats.

They can be striped, metallic, fuzzy, thin and rotund, in a spectrum of colors. The world's smallest species—the Euphorb mini-fairy bee—is only found in southern deserts. At 2 millimeters, it is about as long as a U.S. nickel is thick.

Different bee species fly at different times—early morning, daytime or night. Many emerge seasonally in spring or summer, while others remain hidden underground for years awaiting summer monsoons. Bees inhabit diverse environments, from cold mountain peaks to beaches. Generalist species visit many flower types, while specialists pollinate only specific flowers. And unlike bumble bees and other hive-dwelling bee species, such as honey bees and stingless bees, over 70% of the world's bee species are in fact solitary, hardworking moms who quietly nest in overlooked places like decomposing logs and alongside garden paths.

If you've ever asked yourself, "what is a bee?" you might be surprised to learn that they are vegetarian wasps. However, unlike their wasp relatives, which often feed their young protein in the form of paralyzed insects and the hamburger they might steal from

your picnic table, most bees provide their offspring with protein made from pollen mixed with nectar. The mother bee compacts these materials into a pellet and places it within her nest cavity, lays a single egg atop the mixture, then seals the chamber where the young bee will develop entirely without maternal assistance.

### How can you help bees?

Sadly, bees face threats to their survival, but there are steps you can take to help protect them.

Bees need healthy, pesticide-free foods throughout their lives. This is one of the greatest gifts you can offer these pollinators, especially because parks and gardens often grow flowers that only bloom during peak summer. By planting a variety of plants that flower from early spring through autumn, the number of native bees and other pollinators visiting your garden will increase exponentially.

"Through small acts of kindness, you can transform the lives of these remarkable creatures, while filling your heart with profound hope and wonder as you witness their delicate yet ongoing care of our shared world," says Bolt.

The recently celebrated World Bee Day also kicked off World Wildlife Fund's new "Stories of Hope and Wonder," an ongoing series that connects people to the wonder of nature and offers hope for a future benefiting both people and wildlife. Each month, "Stories of Hope and Wonder" will feature a different species overcoming some of nature's toughest obstacles to ensure its survival. To access these stories, visit [www.worldwildlife.org/hopeandwonder](https://www.worldwildlife.org/hopeandwonder).

Bees are industrious creatures that are essential to vital food systems and healthy ecosystems. While bees are at risk, individuals can make all the difference in their own backyards.



## Happy Father's Day



(c) Jacob Wackerhausen / iStock via Getty Images Plus



## U.S. Presidents Who Donated Their Salaries

Do you know which U.S. presidents donated their salary to charities? Obviously, there are many perks as the President, but just as many headaches in being the commander-in-chief of our nation! According to Wikipedia and other sources, here is the list of U.S. presidents who donated their salary to charities:

- Herbert Hoover: He donated his presidential salary to various charities and also gave bonuses to some of his staff.



- John F. Kennedy: He donated his entire presidential salary to charity, continuing a tradition he started when he first became a member of the House of Representatives in 1947.



- Barack Obama: While in office, he donated over \$1 million, including his presidential salary and \$1.4 million from his Nobel Peace Prize winnings, which were divided among ten different charity organizations.



- Donald Trump: donates his salary in quarterly installments of \$100,000 to various governmental departments, totaling \$400,000 per year.



- George Washington initially declined a salary but was convinced to accept it to avoid setting a precedent that might limit the presidency to only independently wealthy individuals.

Also, many past U.S. Presidents donate to many charities as follows:

- Jimmy Carter is widely recognized for his philanthropic work, particularly with Habitat for Humanity, where he has helped build homes for underprivileged families.
- Bill Clinton established the Clinton Foundation, which has expanded its mission to include global health, economic development, and climate initiatives.
- George H.W. Bush launched the Points of Light Foundation, which promotes volunteerism and civic engagement and raised millions for cancer treatment programs and literacy initiatives.
- Ronald Reagan supported various charities, including education and health programs, and was known for his contributions to Alzheimer's research after leaving office.

I suspect there are many more past U.S. Presidents who donated regularly while in office or afterwards too! Even during these tough economic times, do you give to a charity? Visit the Chairity Navigator or BBB websites for the best charities!

*Thank You  
to Our Loyal  
Readers and  
Advertisers*






## Membership

### JOIN US!

Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us at **303.534.7783** or e-mail us at **info@hispanicchamberdenver.org**



**FREE**

**Walk with a Doc**


**Take a Step Toward Better Health**

*Rain, Snow, or Shine!*

















In light of frequent changes due to COVID-19,  
**Check NJHEALTH.ORG/WWAD**  
for the latest schedule

MEET NEW PEOPLE • LEARN ABOUT HEALTH • WALK AND GET FIT WITH DOCTORS  
FREE BLOOD PRESSURE CHECKS, GIVEAWAYS, COFFEE, AND BREAKFAST.

Many more walks all over the Denver metro region! See the full list at:  
**NJHEALTH.ORG/WWAD**



Generously Sponsored By:





## Ron Stern’s Travel Series The Springs Resort & Spa Celebrates a Major Expansion

Nestled along the scenic San Juan River in Pagosa Springs, Colorado, The Springs Resort & Spa has just completed a major renovation providing world class wellness services. Guests now have even more reasons to “take the waters” of these legendary mineral hot springs.



There are quite a few new additions including expansion of the geothermal pools, including one that feels like a cave called, “The Grotto.” Additionally, there are new rooms and suites, a family-friendly, and adults-only area, new dining options, and a two-story thermal spa.

Located about 300 miles Southwest of Denver and surrounded by the Rocky Mountains, The Springs Resort is an easy drive from most locations. All of the local favorites are retained, including one humorously called “The Lobster Pot”, In addition the facility currently features just over 50 pools of varying size and temperatures ranging from 66 to 100F.

These mini hot tubs, as I would call them, are beautifully terraced along the hillside with many offering views of the river and the surrounding mountains. The original “Mother Spring” has been recognized as being “the world’s deepest geothermal hot spring (1002+ feet). Its naturally occurring minerals supply all of the surrounding soaking pools.

Thirteen minerals including magnesium, potassium, lithium, sulfate and zinc all have known wellness benefits. This is one reason why so many have been coming here since the 1880s.

A variety of spa treatments are available. I tried their aqua sound

bathing where they integrate Tibetan bowls that produce various tones and vibrations both inside and out of the water. The result for me was total relaxation and serenity.

On-site casual eateries offer burgers, sandwiches, snacks, cocktails, and breakfast items. In May 2025, they will be opening their signature restaurant named Wild Finch that will feature a variety of healthy and tasty culinary offerings.

Seventy eight newly designed rooms and suites offer exceptionally plush comfort. My room had a soft blend of gray and black tones with light wood finishes. The furnishings were sleek and elegant with the bed so cozy, I woke up in the same position that I went to sleep.



Among its numerous accolades was being acknowledged as one of the top 500 Favorite Hotels and Resorts in the World by Travel + Leisure Magazine. You will want to secure your reservations early to this premiere wellness destination as word of the expansion gets out. For a short getaway or extended vacation, The Springs Resort will rival any that you might have previously tried. It certainly did for me!



This was a sponsored visit; however, all opinions are the authors’.



See menu and class dates for 2025 below:

**Chicken Spinach Burgers + Kale Chips**  
July 10, 2025  
Basic knife skills, MyPlate method for balanced meal building

**Chickpea Kale Shakshuka + Chocolate Dipped Fruit**  
October 9, 2025  
Nutritional value of eggs, natural vs. added sugar, adequate fiber and fiber benefits

**Sweet Potato and Black Bean Chili + Corn Bread Muffins**  
January 22, 2026  
Short ingredient list, easy swaps for versatility, cooking oils and fats

**Pesto Protein Pasta + Brussels Sprout Arugula Salad**  
April 9, 2026  
Plant-based proteins, seasonal produce, easy homemade salad dressing

Inquiries: [ahwc.community@cuanschutz.edu](mailto:ahwc.community@cuanschutz.edu)

Join our culinary educators and registered dietitians for the **CU Anschutz Health and Wellness Center Cooking Series: Cooking for Healthy Aging!**

This virtual cooking class series features recipes and ingredients focused on brain and heart health. Throughout the series, participants will build confidence in the kitchen through culinary basics, cooking techniques, and nutrition education. A grocery shopping list and recipes are provided in advance to cook alongside the instructors from home if desired.

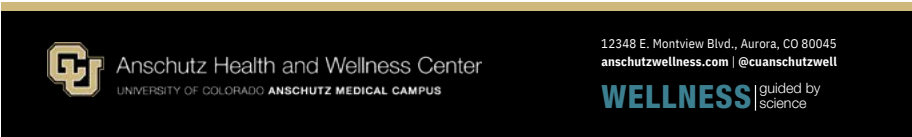
<https://Cookingforhealthyaging.eventbrite.com>

All classes are held virtually via Zoom on select Thursdays from 4-5 p.m.

Cost: FREE



Scan to register!



See class dates for 2025 below:

**Class 1: Shopping on a Budget**  
May 22, 2025

**Class 2: Make Half Your Plate Fruits and Vegetables**  
June 26, 2025

**Class 3: Healthy Snacks for a Busy Lifestyle**  
July 24, 2025

**Class 4: Quick Seasonal Meals**  
August 21, 2025

**Class 5: Leftover Makeovers**  
September 25, 2025

**Class 6: Switch It Up**  
October 23, 2025

Inquiries: [ahwc.community@cuanschutz.edu](mailto:ahwc.community@cuanschutz.edu)

Join our culinary educators and registered dietitians for the **CU Anschutz Health and Wellness Center Cooking Series: Healthy Eating On a Budget**

Learn how to prepare delicious, nutritious, and cost-effective meals. Each session will teach you budget-friendly tips, tricks, and simple recipes that you can easily incorporate into your daily routine, all while keeping your health and wallet in mind.

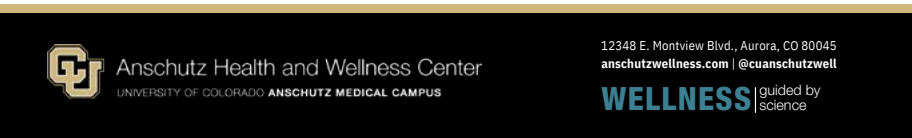
<https://healthy-eating-on-budget.eventbrite.com>

All classes are held virtually via Zoom on select Thursdays from 5-5:30 p.m.

Cost: FREE



Scan to register!



34 Years of Service Providing  
Information for the 50+ Community



## Active Minds

Expanding lives and minds with community-based educational programs.

Call us at: 303-320-7652

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



JUNE  
Calendar

WELD

**Fridays/6, 13, 20,& 27**  
City of Greeley presents Friday Fest Summer Concert Series with free live music from 6:30 to 9:30 pm at the 9th Street Plaza in downtown Greeley. Includes face painting, balloons & more!

**Thursday/26**  
Greeley Stampede presents PRCA ProRodeo - Military Appreciation Night at the Island Grove Complex. Show a military ID, military dependent ID, or come in uniform to receive one free park admission. The first 250 will also receive one free grandstands ticket to the June 26th rodeo. \$1 of every full price paid rodeo will be donated to High Plains Honor Flight. Tickets can be purchased in-person, and skip the additional online fees, at the new ticket office locat-

ed at 600 N 14th Ave in Greeley, Monday through Friday, 10am-4pm. You can also call the ticket office during open hours at 970-356-7787. To purchase online, [visit www.greeleystampede.org](http://www.greeleystampede.org) (additional fees apply).

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>.

Subjective Perception

Its all about perception really. Blending age, time and it relativity in every aspect of our lives is a matter of perspective. Every experience provides better understand and appreciation of opportunities that come along with every twist and turn, at least in our own eyes.



Steve Anderson

To a newborn, every second is an eternity, absolute wonderment in their amazing discovery of fingers and food and a family's adulation.. Within a few years, they're all grown up, as elementary school gets under way and personalities develop, though we're still clueless. Then, just as youngsters come into their own, middle school reorders everything we thought we gained on life's totem pole, and its back to square one as we search for stature once again.

By the time we reached the pinnacle of teenage status, high school, we knew all we'll ever needed to know about everything, or so our subjective selves pretend-

ed. Our social lives proved far more valuable than learning a bunch of stuff intended to empower those who cared to listen. Once freed from higher learning, the real world education began, one far less forgiving and nothing we had prepared for. Counselors never spoke of second shifts, unfair boses and income taxes, and yet those and other realities were soon as real as tomorrow.

Looking back, 50 years on, perspectives have certainly changed, as have our goals and their relativity to the world as months and years now pass like days. Hopefully by this point we've come to know for all our planning and effort, life's true rewards come in appreciating the adventure that's taken us this far, as much as the achievement itself. So celebrate every day like its your first, a foundation for greatness everyone can realize if we just remember our perception is just as subjective as ever.

34 Years of Service  
Providing Information  
for the 50+ Community



& 50<sup>Plus</sup> Marketplace  
Present...

Summer Cowboy Roundup  
Featuring Vic Anderson



2 P.M. Sunday  
July 20, 2025

Cowboyed On Ranches and Rodeo'd  
Top 20 Melodic Whistlers  
International Western Music Association's Male Yodeling Champion  
Entertained In Germany And Canada



\$22.00 Per Person  
Order Online:  
[windsorplayhouse.org](http://windsorplayhouse.org)  
or Call (970)-674-1790

Windsor Community Playhouse  
561 East Garden Drive, Unit A, Windsor, CO 80550

Sinecera  
Care

[www.sinecera.care](http://www.sinecera.care)

Connecting seniors with trusted neighbors for in-home support



Sinecera Care, an innovative platform dedicated to enhancing the lives of seniors in the Carbon Valley community, empowers seniors to age in place safely while offering meaningful income opportunities to local residents who want to make a difference.

- Trusted Neighbor Network : Every 'neighbor' on the platform is screened through background checks and unique assessments, ensuring a secure and capable network.
- Easy Scheduling : Families can quickly schedule sessions, with available neighbors notified in real-time with no ongoing obligation or commitment.
- Personalized Selection : Seniors (and Senior Advocates) can view nearby neighbors and select those whose skills and personalities match your needs or have the app do all the work for you.
- Feedback & Ratings : Seniors and their families can rate and review neighbors after each session, building a community of trust.

Senior & Neighbor sign-up is open June 7 at [www.sinecera.care](http://www.sinecera.care). We welcome the public to join us at the Carbon Valley Resource Fair ([www.firestoneco.gov](http://www.firestoneco.gov)) on that day to celebrate the launch with us.



# Happy Father's Day Quotes

I'm so lucky to have you as my father. I'm sure no one else would have put up with me this long. Happy Father's Day!

You are the first person I think of when I have a question about something or when I just need some support and good advice. Thank you for always being there for me, Dad.

Happy Father's Day to the man who put the fear into all my dates and still treats me like a princess!

Thanks for acting like a kid when I was a kid, acting like a friend when I needed a friend, and acting like a parent when I needed one. You are the best man I know. Happy Father's Day.

Thank you for being there every day, offering just the love and guidance I've needed to find my way through life.

Today is all about you, Dad! Enjoy, because tomorrow it's back to the rest of us!

The older I get the more I realize how important it is to have a dad like you. You have provided stability in my life and the love and acceptance I needed. God gave me

## GO FURTHER WITH PACE -

# Independence Starts Here!

Are you or a loved one 55+ and looking for extra support to stay **independent, active, and healthy at home?**

With PACE (Program of All-Inclusive Care for the Elderly), you don't just get care—you gain a partner in living life to the fullest.

**Ready to go further with PACE?**

● TRU PACE 303-665-0115  
🌐 Visit [www.PACE.trucare.org](http://www.PACE.trucare.org)

**Why Choose PACE?**

- Comprehensive Medical Care
- Social Engagement
- Transportation Services
- Support for Caregivers



such a gift when he gave me you for a father.


Happy Father's Day to my hero and role model. Thank you for everything you have done for our family. We love you with all our hearts.

It's that time of year again when everyone tries to tell themselves that they had the best dad in the world. I really did have the best dad in the world, so they can't be right.

## Experience the Greeley Stampede

The Greeley Stampede, running from June 25 to July 6, 2025, at Island Grove Regional Park in Greeley, Colorado, is a summer tradition that warmly welcomes visitors of all ages, including seniors. With a blend of entertainment, culture, and community spirit, the Stampede offers numerous activities tailored for a comfortable and enjoyable experience. Explore the 24th annual Western Art Exhibition, featuring works from nationally acclaimed,



local, and youth artists. Enjoy live performances from renowned artists such as Justin Moore, Scotty McCreery, and Parker McCollum. Participate in events like the Barn Dance on June 30, featuring dance lessons and live music, and the Whiskey & Cigar Tasting on July 1, offering a relaxed evening with premium selections. For more information, visit the official Greeley Stampede website at [greeleystampede.org](http://greeleystampede.org).

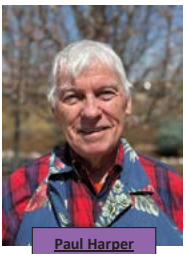


### Greeley / Weld Senior Foundation, Inc

#### 2025 Hall Of Fame Recipients


Sponsored By






**Paul Harper**

Paul Harper volunteers in the towns of Eaton and Ault. He is a dedicated volunteer with the Ault Senior Citizens Center, tirelessly cooking from scratch, meals every Tuesday for up to 50 people. He also helps serve meals at the Eaton Area Community Center every Wednesday, with the Friendly Fork. Paul's dedicated and selfless service every week at the Ault Library and his local church do not go unnoticed. Paul's compassion and commitment make a lasting impact and uplifts others wherever he goes.



**Bob and Kyle Humphrey**

Bob and Kyle Humphrey volunteer in Erie with the Erie Community Center and their local church. Bob and Kyle lead by example for older adults to get out and be a part of their community. They participate and volunteer weekly in the Senior Nutrition Program, are avid attendees to Erie's monthly dinners and concerts, day trips, fitness classes, and many others. Between the community center and their church, both have impacted hundreds of lives over their years of volunteer service.



**Lorene Weber**

Lorene Weber has selflessly dedicated her time for over 75 years. From playing piano at her local church, to volunteering at the Platteville Senior Center, she brings warmth and care wherever she goes. A valued member of the Retired Postal Workers Board, the Gilcrest Fire Department, and the UCCC, Lorene's lifelong commitment reflects her deep-rooted love for helping others. Her service is a true testament to compassion, resilience, and enduring community spirit.

**2024 Winchester Award Recipient**

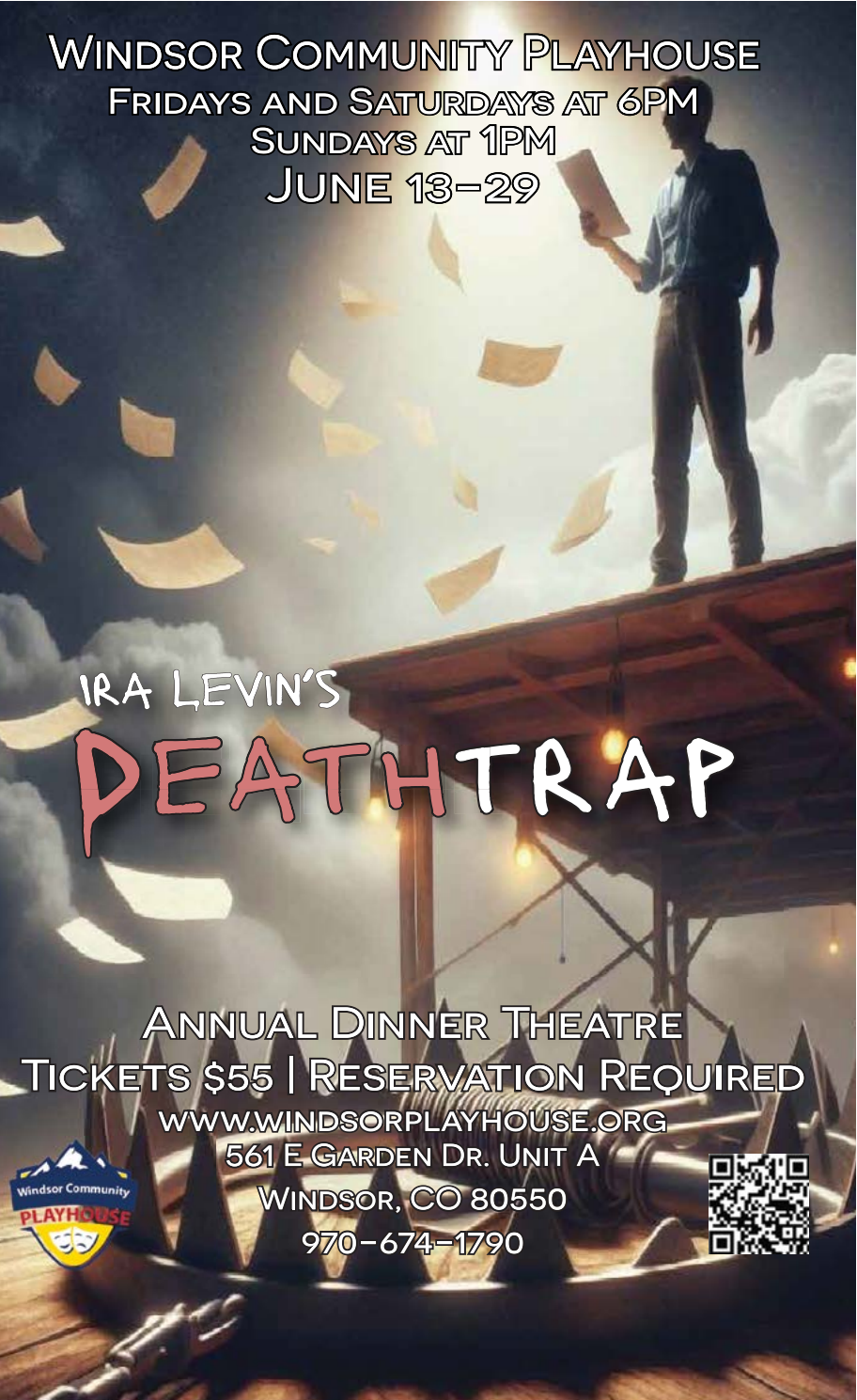
2024 Winchester Award Recipient Mike Freeman is this year's recipient of the Winchester Award. This award is given to an individual that displays traits of a humanitarian. Mike displays these characteristics not only as a person, but also as a valued board member, where his expertise was extremely valuable.

**Grants Awarded to Weld County Senior Centers by Greeley/Weld Senior Foundation, Inc.**

2023	2024	2025
\$13,930	\$12,977	\$11,584



## WINDSOR COMMUNITY PLAYHOUSE

FRIDAYS AND SATURDAYS AT 6PM  
SUNDAYS AT 1PM  
JUNE 13-29



### IRA LEVIN'S DEATHTRAP

ANNUAL DINNER THEATRE  
TICKETS \$55 | RESERVATION REQUIRED  
[WWW.WINDSORPLAYHOUSE.ORG](http://WWW.WINDSORPLAYHOUSE.ORG)  
561 E GARDEN DR. UNIT A  
WINDSOR, CO 80550  
970-674-1790





Located Across the Street from  
Banner North Colorado Medical Center

FairAcres Manor has earned a reputation for excellence in rehabilitation and extended care and services within the Greeley community.

Our tenured team is proud to provide the following:

- Rehabilitation & Nursing Care
- Extended / Long-term Care
- Respite / Vacation Care
- Secure Memory Care



Colorado Health Care Association  
2024 CNA AWARD WINNER



How Can We Help?  
CALL US TODAY!

1700 18th Ave., Greeley, CO 80631  
(970) 353-3370  
FairAcresManor.com

Weld Area Agency on Aging  
Calling All Artists!



Donnica Fagan

The Golden Gallery Art Show is an event intended to promote the art of Weld County’s artists age 50+. Hosted by the Weld County Area Agency on Aging and the Greeley Active Adult Center, the show will take place at LINC – the Library Innovation Center in Greeley.

A heartfelt thank you to our wonderful sponsors: Dawn Strohecker of Edward Jones, Garden Square at West Lake, The Greeley Place Independent Living by Sky Active Living, and Left-Hand Graphics.

Showcased art by both amateurs and professionals will include photography, two dimensional paintings, drawings, and mixed media. This year the art committee is pleased to announce we will

be accepting original 3D artwork including sculpture and ceramics. 3D artwork must be original and may not be created using molds, including greenware or bisque. The opening reception will be September 24, 2025, from 4:30-6:00 pm at LINC Library Innovation Center, 501 8th Avenue in Greeley. Show dates will be September 24th through October 22nd during the library’s regular business hours.

Professors and students from the local college will judge the art prior to the opening reception and will vote on amateur and professional pieces in separate categories. Ribbons will be given to the top three amateur and professional artists for each category.

For more information and application to enter, please contact the Greeley Active Adult Center at (970) 350-9437, email Sheri.Lobmeyer@GreeleyGov.com, or visit <https://greeleyrec.com/active-adult-center/>.



Healthy Foods  
at Low prices

Also! fresh produce & bread

913 Carbondale Dr.,  
Dacono

Mon-Fri 9-7, Sat 9-7  
Closed Sunday



MEDICARE  
MADE EASY

Tired of phone calls and letters offering to help with Medicare when they are really trying to sell you something?

The State Health Insurance Assistance Program (SHIP) office for Northern Colorado is the only place staffed by Medicare experts who aren’t selling.

We offer Medicare 101 classes, one-on-one counseling sessions, assistance during open enrollment and, new this year, a class on how to review your own Medicare options during open enrollment.

Call 970.495.8558 for schedules and additional information.



Friendly Forks Daily Menu  
June 2025

Monday, June 2	Baked Salmon with Lemon Caper Sauce, Orzo Rice Pilaf with Almonds*, Maple Glazed Carrots, Apricots
Tuesday, June 3	Chicken Tetrizzini, Cheesy Garlic Breadstick, Spinach & Mushroom Salad with Balsamic Vinaigrette, Strawberries
Wednesday, June 4	Pork Carnitas on Wheat Tortilla with Red Cabbage Slaw, Salsa & Guacamole, Black Bean / Corn / Jicama Salad, Banana
Thursday, June 5	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Green Bean Almondine*, Apple
Friday, June 6	Chicken & Dumplings, Creamed Spinach, Beet & Apple Salad with Walnuts*, Orange Slices
Monday, June 9	Beef Pot Pie, Balsamic Roasted Brussels Sprouts, Pickled Vegetable Salad, Grapes & Mandarin Oranges
Tuesday, June 10	Pork Green Chile Stew, Chicken Taco on Corn Tortilla with Cheese & Pico de Gallo, Fresh Pineapple, Lemon Sugar Cookie
Wednesday, June 11	Chicken Salad Sandwich with Lettuce & Tomato on Sunflower Panini Bread*, Broccoli Pasta Salad, Watermelon & Feta Salad
Thursday, June 12	Hamburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, 3 Bean Salad, Mixed Fruit
Friday, June 13	Baked Tilapia with Parmesan Sage Sauce, Roasted Sweet Potatoes, Steamed Carrots, Pear, Gelatin Parfait*
Monday, June 16	Roasted Turkey Breast & Mashed Potatoes with Gravy, Broccoli / Olive / Sundried Tomato Salad, Cinnamon Applesauce
Tuesday, June 17	Beef Shepherd's Pie, Wheat Roll with Butter, Carrot Raisin Salad, Orange Slices
Wednesday, June 18	Beef Lasagna, Peas & Carrots, Kale & Butternut Squash Salad, Fruit Salad
Thursday, June 19	Closed
Friday, June 20	Rotisserie Chicken Thigh with Gravy, Brown Rice Pilaf, Collard Greens, Apple with Peanut Butter*
Monday, June 23	Pork Spare Ribs, BBQ Baked Beans, Coleslaw, Watermelon
Tuesday, June 24	Ham & Potato Frittata with Salsa, Zucchini & Mushroom Sauté, Strawberry Banana Greek Yogurt Parfait, Morning Glory Muffin* with Butter
Wednesday, June 25	BLT Salad with Chicken, Cream of Potato Soup with Crackers, Banana, Apple Crisp
Thursday, June 26	Tuna Casserole with Mushrooms, Lima Beans with Bacon, Asparagus, Diced Cantaloupe, Apricot Walnut Bar*
Friday, June 27	Beef Enchilada Casserole, Refried Beans, Sautéed Peppers & Mushrooms, Melon & Strawberry Fruit Salad
Monday, June 30	French Dip Sandwich with Side of au Jus, Cucumber & Olive Salad, Orange Slices, Oatmeal Raisin Cookie



# GREELEY ACTIVE ADULT CENTER MEMBERSHIPS



*Join and open a world  
of opportunities!*

Members receive discounts on trips, programs, priority registration, monthly newsletters, a parking permit, and the option of renting a locker.

**Membership Fee**  
\$35 resident, \$50 non-resident  
Drop-in fee \$4/per day non-members



**Greeley Active Adult Center**  
1010 6th Street | 970-350-9440  
[GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com)

## Family FunPlex 2025 Summer Concert Series Announced

Savor outdoor entertainment every Thursday night at the City of Greeley’s Family FunPlex outdoor amphitheater, located at 1501 65th Avenue. Beginning on June 19 through August 7, this annual family-friendly concert series is a crowd pleaser. Attendees are encouraged to bring a picnic, spread out a blanket, set up a lawn chair and relax during an evening of exceptional local music. The 2025 Summer Concert Series schedule is as follows:

- June 19 – Kream of the Krop
  - June 26 – John Mills Orchestra
  - July 3 – Jeess! Funk Band
  - July 10 – NOCO Winds Saxophone Sextet
  - July 17 – Don Elwood Big Band
  - July 24 – John Mills Orchestra
  - July 31 – Bone Addicts Trombone Quartet
  - August 7 – Kream of the Krop
- Concerts are between 7-8 p.m. and are free and open to the public. Here are several of the band highlights:

Kream of the Krop is a 17-piece

Big Band that plays nostalgic music of the Big Band Era. They boast renditions of jazz tunes from artists like Glenn Miller, Count Basie, Sammy Nestico, Harry Connick, Jr., and Quincy Jones. John Mills, a Greeley resident, started the John Mills Orchestra (JMO) in 2000. The musicians have changed over the years, but their arrangements give a fresh perspective to many recognizable jazz standards. Northern Colorado’s Don Elwood Big Band features big band and classic dance music. They cover popular tunes from the Swing era, along with a variety of dance charts like waltz, cha-cha, Latin and polka numbers. Bone Addicts is a professional trombone quartet. Their expansive repertoire includes contemporary, jazz, showtunes, classical and fun tunes dating back to the 16th century to present day hits. Come one, come all to hear these nostalgic songs of the big bands of the 1940s era and later!



## Times Are Changing

Bob Dylan wrote a song in the early 60s called, “The Times They Are a-Changin’”. He was right then, and people echo the sentiments of his song even today. Some argue the only consistent thing in life is change. Several states, including Colorado, are known for their changing weather. The phrase, “if you don’t like the weather here, just wait, it’ll change”. We are currently living through some of the biggest changes I have ever seen in my lifetime. From religion to politics to international relationships, “the times they are a-changin’”. The truth is, there is never NOT change! Our bodies are constantly changing. According to a Google search I did, humans shed 600,000 skin cells per day. That’s a lot of change in a very short period! Imagine if we didn’t sluff off old, dead skin. It would add a whole new meaning to the idiom, “to have skin in the game”! Our relationship with God can begin to look and feel like old, dead skin. Sometimes we need to sluff off some of the old thoughts and beliefs and let God’s Word renew our minds. Paul calls this transformation in Romans 12. During these seasons of change, consider where you are in your relationship

with God. Let’s encourage each other to seek the transformation of our spirit Paul talks about: “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect” (Romans 12:2). The first step to the transformation of which Paul speaks is learning who God by reading and studying God’s Word. Come join us on Walnut Street in Windsor. That’s what we are trying to do as we gather to worship and learn what God has to say through his Word, the Holy Bible.



*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*

## 34 Years of Service Providing Information for the 50+ Community






*Care WITH Confidence*

No matter where you are in life, we will be here to provide the care you need with the compassion you deserve.

**970.330.6400**

4800 25th St. • Greeley, CO 80634  
[LifeCareCenterOfGreeley.com](http://LifeCareCenterOfGreeley.com)

*Thank You  
to Our Loyal  
Readers and  
Advertisers  
From*



## Senior Complex

62 and better

### Housing Units Available in Dacono and La Casa Rosa

Wheel chair accessible

Rent varies on income

Call  
**970-353-7437**  
ext. 1005



**Greeley Housing Authority**



JUNE  
Calendar

LARIMER

Friday/6

The Global Village Museum of Arts and Cultures presents several events starting with Opening of Echoes of the Red Era: The Aesthetics of Chinese Propaganda, a bold new exhibition exploring the power of art, politics, and memory during China’s Cultural Revolution. The exhibit opens from 5–8 pm with free admission at 200 West Mountain Avenue in Fort Collins followed by Live Music with The States Music Duo from 5:30–7 pm, visitors will enjoy live folk, country, bluegrass, and soft rock by The States Music Duo, featuring Martin Bates and Janie Stein.

Monday/16

The Fort Collins Senior Center (1200 Raintree Dr) presents a free Wellness & Retirement Expo resource fair from 10 am to 2 pm. Recommended for 50 years and older. All ages are welcome. Learn about community resources and opportunities to enrich personal health and wellness including retirement options and related resources.

Saturday/21

The Larimer County Genea-

logical Society presents a free hybrid program on “ Research Plans and Source Documentation” by Sara Dawson at 10 am in the Prairie Sage One meeting room at the Fort Collins Senior Center. Unlock the secrets of your ancestry with a well-crafted research plan! Please register online for the handout or Zoom info at their website at [Program: Research Plans & Source Documentation - Larimer County Genealogical Society.](#)

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

Veterans Echoes

The Leaky Faucet:

A Daughter’s Journey with Moral Trauma

“When I was a kid sitting at dinner, I often saw a tear run down my Dad’s face,” Mary Scott explains.



Brad Hoopes

Not understanding the depth behind those tears shed by her father, a World War II veteran, Scott silently nicknamed him “the leaky faucet”.

Years later, learning more about her father’s traumatic past, and co-directing trauma recovery retreats for Military and first responders in New Mexico, Scott recognized her father’s tears as symptoms of long-term grief and what is now known as “Moral Injury”: a psychological condition resulting from a violation of one’s sense of right and wrong.

For the past 15 years, Scott has devoted her career in mental health and wellness to hundreds of Military and First Responders, focusing on the quiet, often invisible pain commonly experienced by those who serve high-risk environments—not always the shock of PTSD, but more often the heartache of intense ethical conflicts.

“Moral and ethical conflicts are

common in war and emergency response”, she says. “Accidents, unexpected loss, civilian casualties, perceived betrayals—these are the moments that can shatter a person’s moral compass. That wound doesn’t bleed, but can darken the soul.”

“Moral wounding”, a term Scott prefers, “can arise from something we’ve heard or witnessed, done willfully or by accident, or something done to us. Unlike physical wounds, the symptoms aren’t always visible, but they’re very real—and contrary to what some believe, they can certainly be healed.”

Today, Scott provides private consultation and educational retreat programs to help reaffirm one’s sense of self and identity, and ensure a healthy, more peaceful way forward. “Whatever’s happened in the past, it’s very important we don’t let the past define us”, she says, “or prevent us from being the person we truly want to be.”

To learn more: [maryscottretreats@gmail.com](mailto:maryscottretreats@gmail.com), (970) 449-3665, [www.pivotalimpactprograms.com](http://www.pivotalimpactprograms.com)

Brad Hoopes has a passionate project of preserving the stories of veterans. Visit: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories)



**TRUBLUE**  
HOME SERVICE ALLY®  
of Fort Collins

Call Us Today To Schedule A Free Home Consultation

- Handyman Services

Realtor Services

Quarterly Maintenance
- Monthly Chores “To Do List”

Home Improvement Projects

Home Safety Modifications

970-297-9955

Licensed/ Insured/ Bonded  
Local And Veteran Owned  
City of Fort Collins Chamber Member  
[Trublueally.com/fort-collins](http://Trublueally.com/fort-collins)



Call for a Tour. Lunch is on us!

Peaceful Assurance

Rest assured knowing we will take care of the ones you love.



Residents at the Bridge live in lovely surroundings while receiving all the personal assistance they need to keep their independence. We offer several private studio and one-bedroom apartments.



THE BRIDGE  
AT LONGMONT

303-774-8255

Pratt Street, Longmont CO 80501  
[www.centurypa.com](http://www.centurypa.com)



New Patients Welcome!

Delta Dental Premier Provider

- General Dentistry

• IV Sedation

• Dental Implants
- Esthetics

• TMJ / Craniofacial Pain

• Snoring & Obstructive Sleep Apnea



NICOLE M. FERRARA,  
DDS



THEO E. MIODUSKI, III,  
DDS



RYAN S. OLSON,  
DDS



Sundance Professional Centre  
970.663.1000  
2975 Ginnala Dr., Ste. 100  
Loveland, CO 80538  
[www.implantdds.com](http://www.implantdds.com)



## Social Security Today

### Ways for the Public to Request Accommodations and File Civil Rights Complaints

The Social Security Administration (SSA) is committed to ensuring that everyone has the opportunity to access its programs, activities, and facilities, regardless of disability, in accordance with Section 504 of the Rehabilitation Act. In addition, SSA has taken steps to ensure that no person is discriminated against on the bases of disability, race, color, national origin, sex, age, religion or retaliation (e.g., for filing a previous complaint), in any program or activity conducted by SSA. In compliance with the Rehabilitation Act, SSA has long maintained methods for the public to request accommodations and file civil rights complaints.

**Request for Accommodation:** Members of the public can request an accommodation through various methods:

Visit or call a local field office or hearing office, as they are the main points of contact for individuals interacting with SSA.

Local field offices can be

found by using the locator at [www.ssa.gov/locator/](http://www.ssa.gov/locator/).

Local hearing offices can be found using the locator at [www.ssa.gov/appeals/ho\\_locator.html](http://www.ssa.gov/appeals/ho_locator.html).

Call the agency at 1-800-772-1213 between 8:00 a.m. – 7:00 p.m. local time, Monday through Friday.

Email the agency at [Section.504.public.inquiry@ssa.gov](mailto:Section.504.public.inquiry@ssa.gov).

**Civil Rights (Program Discrimination) Complaints:** Members of the public may file a complaint of alleged program discrimination through various methods:

Email the agency at [civil.rights.program.complaint.intake@ssa.gov](mailto:civil.rights.program.complaint.intake@ssa.gov).

Submit the Program Discrimination Complaint Form (SSA-437-BK), available at: [www.ssa.gov/forms/ssa-437.pdf](http://www.ssa.gov/forms/ssa-437.pdf).

Call and leave a voicemail at 1-866-574-0374.

The public may access [www.ssa.gov/accessibility](http://www.ssa.gov/accessibility) to learn more.

## RMNP Trail Ridge Road Opens for Travel

Trail Ridge Road in Rocky Mountain National Park is open for the season. Due to melting snow on the road and the potential for freezing temperatures visitors should be prepared for icy conditions. At this time, nightly closures will not be implemented. However, park visitors are encouraged to call the park's Trail Ridge Road recorded status phone line at (970) 586-1222. Park staff will update the recorded line when/if the road status changes.

Alpine Visitor Center and Trail Ridge Store are currently closed to all uses. Visitors must adhere to

any barricades. Visitors entering any closure areas will be cited.

Two timed entry reservations are required for Trail Ridge Road from 9 am to 2 pm. One option is for the Bear Lake Road Corridor, which includes the entire corridor and the rest of the park. This reservation period is from 5 a.m. to 6 p.m. Another timed-entry option is for the rest of Rocky Mountain National Park, excluding the Bear Lake Road corridor, is from 9 a.m. to 2 p.m. Permits are good within two-hours. To learn more visit <http://go.nps.gov/romo/timedentry>

## Find Einstein



Can you find the hidden Einstein in this paper?

S	T	A	G		S	T	R	A	W		B	E	A	U
T	A	L	A		A	W	A	S	H		U	S	E	R
I	C	O	N		R	I	N	S	E		B	A	R	B
R	I	N	G		F	I	N	G	E	R		B	U	Y
S	T	E	E	L		S	E	A	L					
					S	E	R	I	F		N	I	C	A
A	S	S			A	E	R	I	E			N	A	P
K	I	E	V			P	O	N	D	S		G	E	S
I	N	T	I			N	E	G	E	V		N	E	E
N	E	S	T	S		D	E	C	O	Y				
					I	O	N	S			T	E	N	S
					G	A	L		A	N	A	L	G	E
I	I	W	I		T	A	B	O	O		M	E	E	K
D	R	E	G		A	R	B	O	R		A	C	N	E
A	L	S	O		L	E	A	K	Y		N	E	E	R

## Larimer County Has Successful Answers on Aging Fair!

In May, the Larimer County Office on Aging held its annual Answers on Aging Resource Fair at The Ranch in Loveland. Over 100 vendors participated in the annual event with over 260 attendees. During the fair, several classes were provided on Self-Compassion for Caregivers and Planning for Your Future!

Since May is Older Americans Month, the Office on Aging held its annual Senior Volunteer Awards at their annual event. as follows:

Outstanding Senior Volunteer - LoAnne Forschmiedt received this award for her seven years as a dedicated and compassionate Ombudsman in Estes Park long-term care communities. She has investigated over 100 resident complaints, addressing issues from minor concerns to allegations of abuse with a bright attitude, dignity, and empathy. LoAnne is a certified Ombudsman who actively participates in continuing education to enhance her advocacy for

residents.

Outstanding Senior Volunteer - Ruth Fletcher received this award since she founded RAFT over 11 years ago, which now provides 4,000+ annual trips for seniors and disabled adults in the Berthoud fire district. Ruth still drives for RAFT, volunteers at her church as a Deacon and caregiver, assists with food drives for House of Neighborly Services, and is active in PEO (Philanthropic Education Organization) and 100 Women Who Care.

The Outstanding Family Caregiver award winner is Winnie Hanson who cares for her 84-year-old husband, Ed, at their log home in Crystal Lakes. Winnie has been Ed's caregiver for the last 9 years after Ed experienced a stroke, sepsis, a neck break, and had to have one of his arms amputated. Winnie is positive about her experiences as Ed's caregiver. Thanks to these outstanding volunteers for their services!



Pictured (l-r) on both ends are County Commissioners John Kefalas and Kristin Stephens. In the center holding their award certificates are Winona Hanson, Ruth Fletcher-Carter's daughter, & LoAnne Florschmiedt.

## Scambuster Corner

### Scam Alerts: What's New And What's Back

#### Property Records

The Larimer County Assessor does NOT charge citizens for their property records. Do not click on "Sponsored" ads.

#### Jail Scam

Law enforcement or courts will never call you to pay for an ankle monitor, breathalyzer, tracker, or other equipment due to a DUI or DV charge against you.

#### Fraudulent Paper Checks

Paper checks are a target for scammers to steal, and "wash" and every check has your banking information printed on it.

#### Impersonation Scams

Law enforcement, DHS, Social Security, Federal Trade Commission or FBI or other government agencies will never call for you to pay for a warrant of any kind.

#### Corrupted Checking/Savings/Retirement Accounts

Agencies such as the Federal Trade Commission, FBI, or Banks will never ask you to move your money to a "safe account" due to your accounts being corrupted.

#### Joann's Store Closing Scam

Scammers pretend to be Joann's online bankruptcy sales — their sales are in-store only.

#### Game Ads

Sponsored ads pop up in games like Easy Brain, Woo Doku and others may be scams, and you might find yourself on a fake website ordering something that looks great but is a scam.

#### Concealed Carry License (Ccw)

Any business claiming they will provide training and a CCW license is a scam. The only way you can get your license after training is through the state.

#### Discounted Phone, Tv, Or Internet Service

Ignore offers of discounts or partnerships to discount these services.

#### Please Update Your Payment

Emails from various email addresses "on behalf of XXXX Billing" asking you to update your payment information is a scam! Please remember — never click on links!

#### Facebook Scam

My "sister, uncle, brother, niece, ..." is sick or had to go to memory care and needs to sell his stuff. "The scammer lists items for sale and asks for a deposit.

#### Fake Job Scam

Legitimate companies will never hire you remotely, send a check to deposit and pay others with the funds. The check is bogus.

#### Computer Scams

Popups on your computer screen for a virus or account fraud — turn computer power off and restart after a few minutes. NEVER let anyone have access to your computer or call the number in the pop-up.



# Senior Friendly Walking Paths in Larimer County

Larimer County, Colorado, offers a variety of senior-friendly walking paths that combine accessibility with scenic beauty.

### Fort Collins Area

- Spring Creek Trail at Rolland Moore Park

This 6.6-mile paved trail meanders through Rolland Moore Park, featuring wide, smooth surfaces suitable for wheelchairs and walkers. The path offers shaded areas, benches, and interpretive signs highlighting local flora and fauna.

- Lee Martinez Park & Poudre River Trail

Lee Martinez Park provides access to the 12.3-mile Poudre River Trail. The park itself has a 1.5-mile paved loop with gentle elevation changes, benches, and restrooms, making it ideal for leisurely walks.

- Cathy Fromme Prairie Natural Area

A 1.7-mile paved loop through native grasslands offers unobstructed views of the Rocky Mountains. The trail includes rest benches every quarter mile and interpretive panels about local ecology.

### Loveland Area

- Boyd Lake State Park

Located north of Loveland, Boyd Lake State Park features flat, paved trails around the lake, suitable for walkers of all abilities. The park offers scenic views and opportunities for bird watching.

- Devil's Backbone Open Space

West of Loveland, this open space offers 17.25 miles of trails with varying difficulty levels. Some sections are relatively flat and offer stunning views of unique rock formations.

### Larimer County - Estes Park Area

- Lake Estes Trail

This approximately 4-mile paved loop encircles Lake Estes, providing flat terrain and picturesque mountain views. The trail is accessible from multiple points and includes rest areas and restrooms.

- Sprague Lake Trail (Rocky Mountain National Park)

A 0.8-mile flat, paved loop around Sprague Lake offers breathtaking views of the Continental Divide. The trail is wheelchair-accessible and includes benches for rest.



# MEDICARE MADE EASY

Tired of phone calls and letters offering to help with Medicare when they are really trying to sell you something?

The State Health Insurance Assistance Program (SHIP) office for Northern Colorado is the only place staffed by Medicare experts who aren't selling.

We offer Medicare 101 classes, one-on-one counseling sessions, assistance during open enrollment and, new this year, a class on how to review your own Medicare options during open enrollment.

Call 970.495.8558 for schedules and additional information.



## Larimer County Office on Aging Championing Equity in Long-Term Care and Senior Housing

Everyone deserves access to safe, welcoming environments when transitioning to long-term care and senior housing communities. However, LGBTQ+ elders are less likely to find inclusive and affirming options readily available. An AARP study reveals that over 76% of LGBTQ+ older adults are concerned about social support as they age, meaning they are more likely to rely on paid long-term care services. Seventy percent also worry about concealing their identities within these communities to avoid discrimination and mistreatment by staff and other residents.



Haley Anderson

The Long-Term Care Equality Index (LEI), a collaboration between SAGE and the Human Rights Campaign Foundation, promotes equitable care for LGBTQ+ older adults in residential settings. Through free resources, technical assistance, and a biennial survey, the LEI guides communities in enhancing their inclusion efforts for residents, visitors, and staff. The LEI report also recognizes leaders in LGBTQ+ inclusion.

You can make a difference by contacting local long-term care and senior housing communities to ask about their inclusivity policies. You can also inform them about these initiatives and encourage them to foster environments that are equitable for all.

If you are a long-term care or senior housing professional interested in learning more about these initiatives, contact Katie Stieber at [KStieber@larimer.org](mailto:KStieber@larimer.org). For a list of Larimer County long-term care and senior housing communities, visit [larimer.gov/seniors](http://larimer.gov/seniors) and go to the Community Resources tab.

By working together, we can ensure all elders experience dignity and belonging in their care environments!

Present...

## Summer Cowboy Roundup Featuring Vic Anderson

**2 P.M. Sunday  
July 20, 2025**

Cowboyed On Ranches and Rodeo'd  
Top 20 Melodic Whistlers  
International Western Music Association's Male Yodeling Champion  
Entertained In Germany And Canada

**\$22.00 Per Person  
Order Online:  
[windsorplayhouse.org](http://windsorplayhouse.org)  
or Call (970)-674-1790**

**Windsor Community Playhouse  
561 East Garden Drive, Unit A, Windsor, CO 80550**





GRACE POINTE

SENIOR CARE COMMUNITY

Community, Connectedness & Comfort

Family Owned Senior Continuum Community in Greeley Colorado



Memory Care

Rehabilitation

Long-Term Nursing Care

Independent/Assisted Living

We bring the comforts of home to our residents in a friendly, peaceful neighborhood community

We're Here to Help, Contact Us Today

970.304.1919 • GracePointeGreeley.com

## Apex Community Recreation Center

Below is a sampling of Apex's upcoming Active Adult program. Visiting ApexPRD.org. Activities are 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.

**Free Blood Drive:**  
June 26, 9 am – 2 pm  
Join the American Red Cross by giving blood. Walk-ins are welcome, but appointments are appreciated. To schedule an appointment, visit the American Red Cross or call 1.800.733.2767.

**Concerts in the Park:**  
Thursdays, June 19, June 26, July 10, July 17, July 24, 7-8:30 pm  
Join us for a Thursday evening concert for the whole family at McIlvoy Park, 5750 Upham Street. Canned goods will be collected during all concert events for the Community Table. In case of rain, the concerts move to the Community Recreation Center, 6842 Wadsworth Blvd.

**Grief, Loss and Caregiver Fatigue:** Wednesday, June 4, 1 pm  
Are you grieving the loss of a loved one? Are you struggling with caregiver fatigue while caring for a family member? We will provide a safe and confidential place for you to share and process your feelings. Supplemental resources will be provided if needed. It is free, but advanced registration is appreciated.

**Adult Children Supporting Aging Loved Ones:**  
Wednesday, June 11, 5:30 pm  
This class will guide you through the challenges of caregiving, with a focus on proactive planning rather than reacting during a crisis. Learn about practical options, resources, and strategies to reduce stress, support your loved ones and prevent caregiver fatigue. It is free, but advanced registration is appreciated.

**Summer Adult Hike Group – LOE 1-3:** Fridays, June 6, June 20, July 18, August 1, August 15, 7:30 am  
Come with us on a series of five hikes, ranging from Level of Exertion (LOE) 1 to 3, every first and third Friday from June 6-August 15. Please bring lunch, water and recommended hiking equipment. Transportation is included. \$110 (\$140 non-res.). Can't commit to all of the hikes? No problem. We can pro-rate individual hikes for \$27 (non-res. \$35).

**Adult Trip – Wild Animal Sanctuary:** Friday, June 27, 10 am  
Join us for an adventure Wild Animal Sanctuary. This active trip requires 2-3 miles of walking on the Mile Into The Wild walkway, a 1.5-mile elevated boardwalk. Mobility assistance devices are available to rent. Lunch and ice cream options are available on-site to purchase on your own after viewing the wildlife. Registration closes on June 22. No refunds are given after June 25. \$72 (non-res. \$94).

## 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.boulderolderadultservices.com](http://www.boulderolderadultservices.com)  
Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>  
**FREE Introduction to Tai Chi**  
Join Instructor Steve Arney for an introduction to tai chi, a mind-body exercise emphasizing slow, relaxed movement and balance. East Age Well Center, Tuesday, June 3, noon – 1 p.m., No Fee.  
**Qi Gong Series**  
Participants practice simple Qi Gong exercises to improve range of movement, balance, and reinvigorate body systems. Done standing or seated in a chair, all levels welcome. West Age Well Center, Wednesdays, June 4, 11 and 18, 11:15 a.m. – noon, No Fee.

**Advanced Beginner Bridge Class**  
Participants will practice as a declarer and a defender and learn helpful hints to increase success at both. East Age Well Center, Wednesdays, June 4 – August 6, 10 a.m. – 12:30 p.m. Fees: \$55 to register, \$10 materials fee is paid to instructor of first day of class.

**TRIP: Botanic Gardens and Lunch**  
A self-guided tour exploring a wide range of plants from around the world followed by lunch (self-pay) at the Offshoots Café. Meet at East Age Well Center, transportation provided by Via bus, Tuesday, June 10, 10 a.m. – 3:30 p.m. Fees: R/NR \$44/\$53  
**Assistive Technology Fair**  
Participants will leave with information on items, equipment, and software programs to increase, maintain, or improve functional capabilities related to mobility, language/speech, hearing, vision, and age-related challenges. East Age Well Center, Wednesday, June 25, 1 – 3 p.m. No Fee.  
**AARP Driver Safety Course**  
Participants will learn the current rules of the road, defensive driving techniques, and how to operate their vehicles more safely. East Age Well Center, Thursday, June 26, 8:15 a.m. – 12:30 p.m. Fees: \$20 AARP members/\$25 non-members.

*Help us  
Help the 50+  
Community*

## Lafayette Senior Services

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

**National Ice Tea Day Celebration**  
June 10, 11am-12pm  
Celebrate National Iced Tea Day! After class, unwind after our fitness class (which one) with a cold glass of tea and refreshing conversation. Cheers to summer vibes and special thanks to Waneka Park Assisted Living!

**Accessing Food and Healthcare Benefits**  
June 24, 3-4pm  
Discover how Benefits in Action can help you access food and healthcare benefits. Whether you're enrolled in SNAP, Medicaid, Medicare, or Social Security—or think you might qualify—this free session offers expert guidance. Perfect for older adults and underserved communities seeking answers and support.

**Spotting Scams and Financial Exploitation on World Elder Abuse Day**  
June 12, 2-3:30pm  
Mark June 15 for World Elder

Abuse Awareness Day. Join Lafayette PD and Boulder County's Justice Coalition for ALL for an informative discussion on scams, fraud, and financial exploitation. Learn to recognize common scams, act if targeted, and protect yourself and others from financial harm.

**Casino Trip to Bally's**  
June 26, 9am-5pm  
Head to Bally's in Blackhawk with us and enjoy a \$10 play voucher! Explore the town, visit other casinos, and soak in mountain views. Transportation included meals are on your own. Don't forget water and comfy shoes!

**Bee Hugger Farm**  
June 9 10am-2pm  
Come along as we explore The Bee Hugger Farm! Enjoy feeding the animals, shopping for local honey, and taking in the beauty of 6 acres of open land. Be sure to dress for the outdoors and wear comfortable shoes. We will stop for lunch afterward. Trip Includes: transportation and guided tour.

*We Care*



TRADING POST

Travel

**TRAVEL WITH ALETA**  
**Wonderful Motorcoach Tours!!**  
Call 720 382 3814 or Email:blondealeta@msn.com  
www.grouptrips.com/travelwithaleta  
**Garden Of The Gods, Royal Gorge, Colorado Springs**  
August 18 - 20th \$495- 3 days /2 nights  
**Manitou Springs, USA Olympic Center, Royal Gorge Bridge and tram, and more**  
**Chama Antonio Train, Fall Colors and Sand Dune**  
September 22 -24, 2025  
2 nights, hotel, bus/ Train for \$470  
**San Antonio, TX**  
October 11-19th, 2025 \$1180 9 days/8 nights  
++++Guided tour of San Antonio, Cruise River Walk District, Missions, Alamo Oklahoma City National Monument and more

**All prices are for double occupancy, RT transportation, lodging, Admissions, attractions and most meals.**

**Christmas Markets of Germany and Austria**  
**Collette Tours**  
December 9 - 16th \$3,000  
Visit https://gateway.gocollette.com/link/1265659

Services

Home + Mobile  
Home + RV Services  
Heating, Cooling, Plumbing,Windows, Siding, Porches  
Call or text:  
970-573-2063  
Licensed & Insured

**I GOT THIS**  
No Job Too Small  
Competitive Prices  
Painting (30 years experience) Gardening  
Decluttering/organizing  
Carrie Copeland  
Owner  
Front Range Colorado  
401-480-7103

Gutter and/or House  
Cleaning Service:  
No job is too chal-  
lenging, 1st floor only.  
Call 303-329-8205.



Wanted

Buying Old Baseball and Sportscards and memorabilia.  
I'm also buying Vinyl Albums. Cash paid.  
For an honestoffer feel free to call CJ at 303-916-8143

Watches: Pocket and writs watches, watch chains and memorabilia. Also Costume jewelry.  
Call or text Jeff (970)-217-3065

Cultivate, Seniors flourishing in every community.  
Contact Sharan Green director of Operations, at 303-443-1933, x411, or sgreene@cultivate.ngo

Events

**MUSIC JAM:**  
“ The Boulder Friends of Jazz hosts a Dixieland and swing jam session the first Sunday of each month 1 to 4pm at the Avalon Ballroom 6185 Arapahoe Rd, Boulder,. dancers welcome.  
Members \$8.00, non-members \$12.00, students \$2.00, musicians who sit in

are free. Ph 303-449-1888 for info.

General

Magician for Hire!  
Magic Show custom built to any length, content and price to fit your budget. Now booking Halloween shows, birthdays, private and company Christmas parties. Special rates for retirement campuses & homes. References on request. Call Jim Wright at 303-986-6733 today!

Volunteer

**Become a Cherry Creek Storyteller!**  
Storytellers TELL stories to Cherry Creek elementary school children.  
Volunteer storytellers enhance literacy, stimulate imagination, and broaden multicultural understanding. Pus: It's fun and rewarding, For information and to sign up for training contact drpbusch42@aol.com

**Volunteer Drivers Needed:**  
Carry-Out Caravan  
Delivers groceries  
To Senior Neighbors.

Call Cultivate at 303-443-1933, Or 970-400-1580.

Support Groups

**Sky Cliff Center Stroke Support**  
4 Groups, 3 locations: Wheat Ridge, Franktown, Lone Tree (lunch at Franktown) FREE. Call for more information: 303-814-2863/ skycliffctr@aol.

For Sale

Permobil Power Wheelchair, Arjo Sit

to Stand; patient Lift Trapeze and over the bed table. All in excellent condition. Call 970-356-3019

For sale; many old tube type radios. Most repairable, several repaired and work like new ,and repair equipment .  
Dennis, 307-634-2689 hm. Or 307-477-0468.

**67th Annual Plant & Bake Sale**  
Greeley Morning Garden Club with be hosting their annual plant & bake sale at Sanborn Park. Get

a head start on your spring shopping or grab a gift for Mother's Day. Proceeds to benefit community beautification projects managed by the Greeley Morning Garden Club. For more info follow the club on social media or visit the website  
Event date: Saturday, June 10, 2025  
Event Time: 8 am - 2 pm  
Event Address: Sanborn Park, 2031 28 Street, Greeley, Co, 80634  
Club web address: greeleygardenclub.com

Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to **Robert@50plusmarketplacenews.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.**

June 2024	6/10/2024
June	7/10/2024
June	8/10/2024
June	9/10/2024
June	10/10/2024

**ADVERTISER'S INFORMATION**

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

50 Plus Marketplace News

June 2025  
Answers page 16

Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
23								24		25				
			26		27	28	29		30		31	32	33	
34	35	36		37				38			39			
40			41		42			43		44				
45						46			47		48			
49				50			51				52			
			53		54	55			56		57	58	59	
	60	61			62		63	64	65					
66					67						68			
69					70						71			
72					73						74			

ACROSS

1 Male deer  
5 Dry stalks  
10 Sweetheart  
14 Monetary unit of Western Samoa  
15 Covered with water  
16 A person that uses  
17 Image  
18 Wash lightly  
19 Sharp bristle  
20 Finger next to the little finger  
22 Purchase  
23 Refined iron  
24 Authenticating mark  
26 Letter cross-line  
30 Nickel-cadmium battery  
34 Donkey  
37 Lofty nest  
39 Soft lambskin leather

40 Capital of the Ukraine  
42 Pools  
44 Metrical romance  
45 Monetary unit of Peru  
46 Desert region in S Israel  
48 Born  
49 Bird homes  
51 Lure  
53 Charged particles  
56 Rigid  
60 Girl or woman  
62 Pain-killers  
66 Hawaiian honeycreeper  
67 Set apart as sacred  
68 Overly submissive  
69 Lees  
70 Shady recess  
71 Skin eruption

72 Too  
73 Allowing liquid to escape  
74 Never

DOWN

1 Agitates  
2 Implied  
3 Isolated  
4 Sacred river of India  
5 Worn by women in India  
6 One of a matching pair  
7 Tolled  
8 Donkeys  
9 In what place  
10 Effervescent  
11 Son of Isaac and Rebekah  
12 Ethereal  
13 An urban area  
21 Bloodsucking insect  
25 Prefix meaning without  
27 Corded cloth  
28 Metallic element  
29 Penalised  
31 City in NW France  
32 Church recess  
33 The day of the month  
34 Related by blood  
35 Trigonometric function  
36 Hardens  
38 Verge  
41 Skin disorder  
43 Not sweet  
47 Ballot choice  
50 Therefore  
52 Sycophant  
54 Pertaining to birth  
55 Trap  
57 Daughter of one's brother or sister  
58 View  
59 Gravel ridge  
60 Female child  
61 Inspires dread  
63 Title of respect for God  
64 Watch  
65 Bloody  
66 Highest mountain in Crete



# BUSINESS PARTNERS



You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!

ESTD  2010

**JR Services**

**Julio Rodriguez**  
**970.590.8015 • 970.518.5849**

**Snow Removal • Demolition**  
**Junk Removal • Sprinkler Systems**  
**Landscaping • Yard Maintenance**

**Skilled-Outdoors**  
**Homesteads; Horse Properties; and**  
**Rural Property Care and Oversight**

All Season Tree Cutting & Tree Trimming, Bush & Hedge Trimming and Removal, Small Carpentry Projects, Fence Repair, Bush Hog Mowing & Other Fire Mitigation Forestry Projects

**R. W. Chapman**  
**Call or Text for a Quote: 303-907-9203**  
**www.skilled-outdoors.com**



**Senior Tax Filer**  
**\$150 per tax return**



MD Bookkeeping & Taxes  
421 21st Avenue Ste 10  
Longmont Colorado 80501  
303-776-8025

**By Appointment Only**

Valid on Tax Prep Feed Only. New Customers Only.  
One Coupon per customer/year. Self Employed  
Seniors are \$200/ return. Exp. Apr. 15

**FILE OF LIFE** Our sponsors have partnered to provide a identification program to assist individuals who, due to dementia, disease or trauma, are unable to communicate needed information.

**Boulder Fire Rescue Longmont Fire Department**



**Be Well. Be Free. Be YOU.**

**Michele Koller**  
**Licensed Massage Therapist**

**970-646-4015 (Voice & Text)**  
**mkoller@massagetherapy.com**  
**www.bymassage.com**

**\$49 First Time Special for a 1 hour massage**

**Listen**  
to your newspaper

**Free Service**

 Audio access to 50 Plus Marketplace  
 Audio newspapers and magazines  
 Inspiring Original Podcasts

**Get Started** 303-786-7777 www.aftersight.org

**Universal Lending Corporation**  
Home Loans

**Paulette Wisch, CML**  
Reverse Mortgage Manager  
License #: 100019009 | NMLS#: 258672

**303.759.7354 Direct**  
866.307.3396 Fax  
pwisch@ulc.com  
http://pwisch.ulc.com  
6775 East Evans Avenue  
Denver, CO 80224  
26 Years Reverse Mortgage Experience



**DONATE YOUR CAR!**  
**Wheels for Wishes**  
**Make-A-Wish Colorado**  
**Call: 720-907-3825**



**Justin Weis** Mobility Masters  
Northern Colorado  
Veteran owned and operated

Owner 303-625-3756  
justinweis@hotmail.com

**Have Medicare Questions? I have answers.**

**Chuck Peabody**  
**Licensed Sales Agent**  
**Covering All of Colorado**  
**A Non-Government Entity**

**970-591-7245**

**Call For Eligibility!**

Boulder Meals on Wheels: 720-780-3380

 Coal Creek Meals on Wheels: 303-665-0566

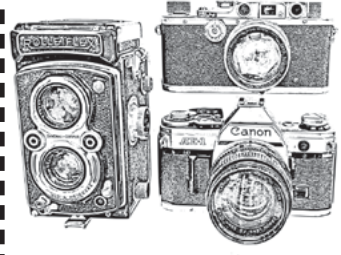
 Longmont Meals on Wheels: 303-772-0590

**ACADEMY of NATURAL THERAPY**

1 Hr Massage includes Hot salt water pool.  
**\$10 off**

**Please Call**  
**970-353-1047**



**Cameras Wanted!**

I collect, use and sell film and digital cameras.

Text what you have or call 970-823-0002  
**Prices Paid depends on condition.**  
**BRUCE**

*Clip and save for future reference.*

**Lynne's EZ Errands & Estate Sales**

**Lynne Lechman - (970) 590-4643**  
**lynleml@comcast.net**  
**www.lynnesezerrands.com**  
**Trusted and Experienced**

**PC REPAIR MAINTAINANCE & SALES**

220 Main Street Unit B  
Windsor, CO 80550  
Phone: 970-460-7223  
E-mail: servicemanager.absolutelyit@gmail.com

**ABSOLUTELY I.T.**

**ONE HUNDRED YEARS**  
1918 efaa 2018

If you are warm and cozy,  
know many of our recipients are not...  
and you can help.

Visit **www.efaa.org** for more information

**Home + Mobile Home + RV Services**  
**Heating, Cooling, Plumbing,**  
**Windows, Siding, Porches**  
**Call or text:**  
**970-573-2063**  
**Licensed & Insured**

**Assisted Living Locators**  
Your local senior living advisor™

**Maureen Walker**  
Senior Care Advisor/Owner  
cell/text 970.310.4307  
office 970.660.8898  
mwalker@assistedlivinglocators.com  
assistedlivinglocators.com/noco



**Healthy Foods at Low prices**

Also! fresh produce and bread

**913 Carbondale Dr., Dacono** **Mon-Fri 9-6, Sat 9-6**  
**Closed Sun**

**4 Reasons For Using Mongan's Own Pain Relief Lotion:**

1. Relief from achy shoulders & neck
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

**970-353-1047**  
625 8th Ave. Greeley



Advertise Your Service Here! Call 303-694-5512 for details!

*Thank you advertisers  
for your many years of advertising with 50 Plus!*  
*Please enjoy our Front Range Edition. Covering Colorado events, services  
and news as well as providing information for the 50 Plus community.*