

# 50 Plus Marketplace



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

March 2025 • Volume 31 • Issue 3

## Get Ready for America's 'Little Tech' Revolution

EDITOR'S NOTE: This editor believes in open dialogue as noted below by AMAC, but doesn't necessarily agree with all of President Trump's latest comments on Ukraine starting the Russian Invasion, eliminating vaccinations, and eliminating some important government jobs. However, I'm glad Trump is making adjustments in cleaning up wasteful spending in our government! After all, we as taxpayers should NOT have to pay for wasteful programs!

I also believe President Trump should restart the former FDR Works Progress Administration (WPA) program for all people on welfare! The WPA was created to return the unemployed to the workforce. The WPA financed a variety of projects such as hospitals, schools, and roads, and employed millions of workers who built 650,000 miles of highways and roads, 125,000 public buildings as well as bridges, reservoirs, irrigation systems, parks, playgrounds and so on.

The spectacular dominance of

America's Magnificent Seven tech firms with \$1 trillion-plus market caps has been a marvel to behold and a genuine source of American pride. This is a theme that both President Donald Trump and Vice President JD Vance have in celebration of American business prowess. The Magnificent Seven companies: Amazon, Apple, Google, Meta, Microsoft, Nvidia, and Tesla have a combined net worth greater than all the companies in Europe.

The mystery is why many regulators in Washington view these digital-age companies, whose continued rocket-ship growth has created hundreds of thousands of high-paying jobs for Americans, as villains, not heroes. They keep calling for a blanket of smothering regulations via antitrust laws to rein in their market power.

Now we have lawyers and lawmakers in Europe taking action to slam the brakes on these companies. These court actions are particularly pernicious (causing destruction) because

the cost of Internet services, search engines, cellphones, online shopping, artificial intelligence, and electric vehicles has come down, but the courts and the lawyers say that they are crowding out the smaller startups. The sharks are apparently swallowing up the minnows.

But this whole "break up" Big Tech mentality advanced on the left and the right is particularly misguided because the tech industry of 2025 is characterized by thousands of smaller and often more nimble "little tech" companies that compete with each other and Big Tech, providing exciting catalogs of new products. Former Google personnel have created over 2,000 startups, including Inflection AI, Adept AI, Cohere, Perplexity AI, Twitter, Instagram, and Pinterest.

How many times have you heard the complaint that American companies are too short-term oriented and don't look past the next quarterly report? Then how is it that Google invests more than \$10 billion a year in

research and development? Why is it that Meta has invested over \$46 billion since 2021 into Reality Labs, focusing on building augmented reality and virtual reality?

Many of the breakthrough achievements of the next decade are just as likely to come from venture capital-funded startups that no one has heard of today. In Silicon Valley, these disruptive upstarts like OpenAI are known as unicorns. As of 2024, the world had more than 1,400 unicorns, over half of which were founded in the United States.

Federal regulators and the antitrust cops are the poisonous disrupters of these capitals of innovation. The ethos of Washington is: You can succeed and grow and become profitable, but not too much! This sadly allows China to become dominant in technology and possibly the largest economy in the world! Condensed article courtesy of AMAC and Stephen Moore with the Heritage Foundation.

## National Good Samaritan Day Origins

National Good Samaritan Day is on March 13th. The history of National Good Samaritan Day can be traced back around 2,000 years to a parable that was told by Jesus in the Gospel of Luke in the Bible. It tells the story of a traveler (presumed to be Jewish) who is attacked and left on the side of the road. After two different "righteous" or "religious" men passed by and did not help, a Samaritan finally stopped. At this time, Samaritans and Jewish people would have been sworn enemies, but this particular person still took pity on the man and went far out of his way to help.

Although the story has roots in Christian tradition, the concept of being a Good Samaritan transcends all religious and racial boundaries. It reminds everyone that humans are humans and, as such, deserve the honor and dignity of assistance and help – even when it might be inconvenient.

National Good Samaritan Day is observed on this day in honor of a woman named Catherine "Kitty" Genovese. On March 13, 1964, Genovese was murdered near her New York City home and, although more than 30 people saw something or heard her screams, no one stepped forward to help or call the police.

The purpose behind National Good Samaritan Day is to encourage community and mutual support. The hope is that more people will pay atten-

tion and intervene when someone is in need, not only on this day but all throughout the year!

Throughout history, the term Good Samaritan has been associated with the idea of helping a stranger or doing a good deed for someone, especially a person who can't necessarily pay it back. And that's what National Good Samaritan Day is all about!

Every day is a wonderful day to be helpful but National Good Samaritan Day offers a special opportunity and focus. Try out some of these ideas for celebrating the day:

People who live each day expectantly looking to help someone in need are celebrating National Good Samaritan Day all the time! Consider this event as a reminder to live out of compassion and kindness, showing help and support for others whenever possible. From smiling more to being patient when someone cuts in line, from sharing generously to practicing forgiveness, a habit of kindness can manifest itself in all sorts of ways.

Those who have ever been helped by someone when they were in need know

what a difference it can make, whether it just makes the day a bit happier or truly saves a life. Spend some time on Good Samaritan Day thinking about ways that other people in life have been helpful and reach out to remind them what a difference they made!

Those who are interested in learning more about the history of where this story came from might want to read it in honor of National Good Samaritan Day. Perhaps do some online research to find out more about the cultural context and consider the ways some people used racism and discrimination to avoid being kind to another human.

Besides many good Samaritans helping people, many Colorado cities are helping the homeless as a major problem and taking action to provide shelter and food for the needy! Courtesy of [www.daysoftheyear.com](http://www.daysoftheyear.com).



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**DEADLINE**

**10th of the Preceding Month**

Advertising supports all publication efforts. Call 303-694-5512 to

request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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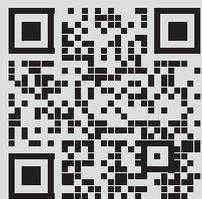
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# MARCH

## Calendar

# BOULDER

**Tuesday/4**

The Boulder Genealogical Society presents a free program on "30 Records that Document Female Ancestors" by Gena Philibert-Ortega at 6:45 pm – 8:30 pm on Zoom only! Gena explores 30 records to consider as you research female ancestors from the colonial period to the 20th century in the United States. Please register online at [tps://www.bouldergenealogy.org](https://www.bouldergenealogy.org).

**Wednesday/12**

The Longmont Genealogical Society presents a free hybrid program on "Irish Research Uncovered: Who, When, and Where to Search" by Sylvia Tracy-Doolos at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. Learn how to build a body of knowledge that will help you jump the pond! Please register online at <https://longmont-genealogicalsociety.org>.

**Friday/14 to Sunday/16**

UCBoulder Music presents "The Pirates of Penzance" by Gilbert and Sullivan at the Macky Auditorium Concert Hall, 1595 Pleasant St, in Boulder. Ahoy, mateys! Prepare for a hilarious

high-seas escapade filled with love, laughter and a boatload of pirate shenanigans. Join the lovestruck Frederic and his rambunctious crew of bumbling buccaneers as they navigate the choppy waters of romance and loyalty. Tickets range from \$17 to \$53. Purchase tickets at the Macky box office or online at [cupresents.org](http://cupresents.org).

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

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

*Check individual venues for current information*

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## Mental Health

### Find Connection by Volunteering

As we spring forward into new routines and longer days, you considered becoming more involved in your community? Community engagement involves layers of interconnection. You belong in a community simply because you exist. By going through your daily activities, you are participating in your community. For instance, you may frequent certain stores, restaurants, and service providers thereby establishing your patronage.

But getting more involved and engaged in your neighborhood events or activities furthers a sense of community and interconnection. How can you get more engaged? Consider joining local organizations or boards to support initiatives you care about. Volunteering your time is an excellent way to engage in causes you support.

What's more, volunteering can benefit your own health and wellness, including physical health and cognitive flexibility. By increasing social contact, volunteering can be good for your body, mind, and spirit. It can boost your confidence when you find a volunteer position that matches your personality or skillset.

Finding a way to contribute to your community also enhances a sense of meaning and purpose in life for many people. It gives you a chance to work together on a common cause. Volunteering can provide structure to your weekly routine. At the same time, it can bring fun, positivity, and satisfaction. Being willing to learn new skills and co-create with others based on skills you already have are ways to stretch and improve your cognitive abilities.

Communities are built from shared ideas, collaboration, and a solid foundation. Engaging in your community through volunteer service can help you achieve the connection you strive for in your community.

*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**

*We Care*

## Poetry Rising

The word “caregiver” strikes at the heart of so many readers of 50+. Either we are one, or we need one or we will someday. There are support groups (thank God), and amazing communities and in-home helpers who lovingly supply support and services. The winds of March are a great time to talk a little about the chaos that often blows into our lives bringing us challenges and gifts. Yes, gifts. Step into the wind and welcome the learning and loving that can be a blessing in disguise.

### THE CAREGIVER'S SONG

“Remember,” she says,  
 “You must take care of yourself.  
 It will make you a better caregiver,”  
 she says.

If you have ever been one,  
 you know  
 that all your waking moments  
 are spent thinking about  
 and serving  
 the one you love.

So when she says to me,  
 “Remember, you must take care of yourself,”  
 one more time,  
 another “ought”  
 takes residence in my brain...  
 this one pretending to be a gift.  
 So I say, “Thank you dear friend,”  
 as I smile and  
 walk on home to that quiet place  
 where no “oughts” are allowed.

The whole time  
 wondering  
 what it means to take care of myself  
 without riding on the backs  
 of the happiness of others.

And then,  
 in the stillness,  
 I begin to hear the sound  
 of my own heart.

The sweet music of love  
 coming from that place inside  
 unknown to all but me.

And for a little while  
 there is just beauty  
 and kindness  
 and love  
 and all the grace  
 that is available to each and every one of us  
 and all of us  
 all the time.

One more time  
 I smile.  
 This is the gift.  
 This is the song of the caregiver's heart.

It's just about being loved,  
 and recognizing  
 that I am loved as well.

(c) Barbara Wood Gray

<https://www.youtube.com/@SharingTheSong/videos>



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## Boulder County's Vision Zero Plan to Advance Transportation Safety

Boulder County has partnered with Lafayette and Superior to develop Vision Zero Action Plans to improve transportation safety throughout Boulder County. Vision Zero is a strategy and commitment to eliminate all serious injury and fatal traffic crashes.

Funded through a federal Safe Streets and Roads for All (SS4A) grant that Boulder County, Lafayette, and Superior were jointly awarded in 2023, the project team is undertaking a detailed analysis of traffic crashes and risk factors and developing specific recommendations to improve transportation safety in the coming years. Three Vision Zero Action Plans will be developed through this effort. The Boulder County VZAP area will include unincorporated Boulder County as well as Jamestown, Nederland, and Ward. The VZAP effort began in April 2024 and is being led by Boulder County.

The project team has completed their safety analysis and determined top crash trends that result in serious injury and fatal crashes as well as locations with the highest number of injury crashes within the county. Safety solutions have been identified to address the top crash trends. Boulder County residents who are interested

in progress and learning more about the solutions identified are encouraged to visit the VZAP website at <https://bouldercounty.gov/transportation/multimodal/vision-zero-action-plan/> to learn more about progress and provide input on a project survey.

The VZAP effort will culminate in three Vision Zero Action Plans and are scheduled for completion in Summer 2025.

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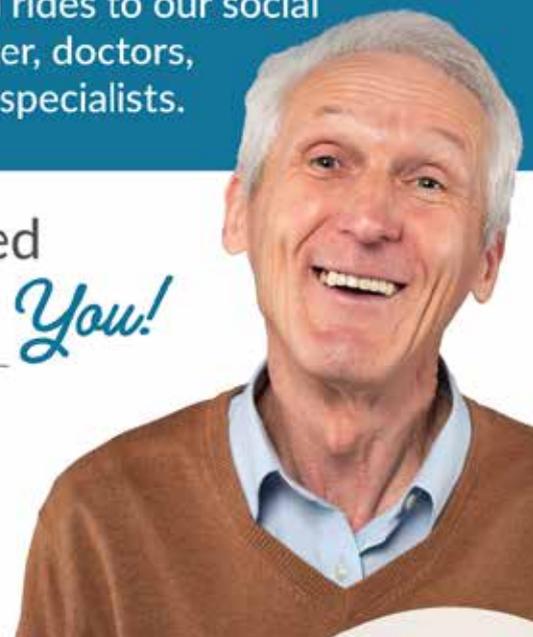
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## Now Hear This

### Eat Your Way to Better Hearing

We live in an age of medical advancements, but sometimes the simplest solutions can be the most effective. Did you know that the foods you eat can impact your hearing health? A well-balanced diet may actually slow the progression of hearing loss. Just as carrots are known to benefit vision, certain foods can help protect your ears. The choices you make in your diet might make more of a difference than you think! Research shows that consuming fruits, vegetables, omega-3 fatty acids, and vitamins A, C, and E can lower the risk of hearing decline. Let's explore how these nutrients can support your ears.

Fruits like bananas and tomatoes are rich in magnesium and potassium—two essential nutrients for ear health. Magnesium helps protect the delicate hair cells in your inner ear, while potassium regulates the fluid in this critical area. Vegetables such as spinach and asparagus are packed with folic acid, which may alleviate tinnitus and reduce age-related hearing loss. Omega-3s, found in fish, walnuts, and chia seeds, have also been linked to reduced hearing loss risk, particularly in women, according to a 2014 study. Though more research is need-

ed, these foods can offer a tasty way to promote better hearing.

Ultimately, the best way to care for your hearing is to be mindful of any changes and seek help from a hearing care professional if something seems off.

An audiologist can assess your hearing, provide a diagnosis,



Dr. D'Anne Rudden

and fit you with hearing aids if needed. Early intervention can greatly improve your quality of life, so don't hesitate—take action if you notice changes in your hearing.

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 income-qualified individuals. To date, the organization has helped more than 250 people across Colorado, including more than 50 right here in Longmont.



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## Boulder Reflects on Their Climate Achievements

2024 was a busy year, from advancing groundbreaking climate policies to launching new programs that empower community action and connection, the city has been hard at work building a better climate future for Boulder.

Boulder's 2023 Greenhouse Gas Inventory revealed a 7% emissions reduction from 2022, a 24% decrease since 2018, and a remarkable 41% reduction since 2005, marking significant progress toward the city's climate goals. These achievements reflect the community's dedication to reducing its carbon footprint and advancing the city's targets of a 70% reduction by 2030 and net-zero emissions by 2035.

This year marked continued progress in Boulder's lawsuit against Exxon and Suncor, holding them accountable for their role in driving climate alteration and harming the community. Fossil fuel companies made billions promoting fossil fuel use while concealing and misrepresenting its dangers, contributing to the worsening impacts of climate change. These effects, such as severe wildfires, shrinking snowpack, heat waves and prolonged droughts, are straining resources and placing an unfair burden on taxpayers.

We successfully piloted a program that combined electric vehi-

cles (EVs) with affordable housing to advance sustainability. The program introduced bidirectional charging stations, which allowed energy to flow between buildings and vehicles. This cutting-edge technology helped lower energy costs, improved grid stability, and promoted equitable access to clean transportation. The initiative demonstrated Boulder's commitment to innovative solutions, setting the stage for expanded clean energy efforts across the community.

The Community Forestry Corps engaged young people in meaningful climate action while advancing efforts to strengthen Boulder's urban forests. Urban trees play a critical role in mitigating climate change by reducing heat, a growing concern for community health and safety. Through this program, participants planted and cared for trees in under-shaded areas and collected heat data to guide strategies for managing extreme temperatures.

Boulder is taking a bold move toward a cleaner, healthier future with a \$199.7 million grant from the EPA's Climate Pollution Reduction Grants program. Secured in partnership with the Denver Regional Council of Governments (DRCOG), this investment will cut emissions, improve air quali-

ty, boost public health, and create green jobs across the region.

Over the next five years, the grant will help upgrade 60,000 homes and businesses, prioritizing low-income and disadvantaged communities. By replacing fossil fuel-burning appliances and driving innovation in clean energy, the initiative will reduce greenhouse gas emissions while delivering economic and health benefits.

This year, the city purchased over 4,400 streetlights from Xcel Energy, marking a key step in the city's effort to enhance safety, efficiency, and sustainability. Beginning in 2025, Boulder will transition to energy-efficient LED fixtures, which will reduce pollution and carbon emissions tied to electricity generation, lower maintenance costs and integrate smart technology for improved performance.

Boulder took a major step toward achieving its zero-emissions electricity goal with the launch of the Prime Time Virtual Power Plant (VPP) project. This initiative aims to integrate rooftop solar, battery storage, electric vehicles, and other renewable energy technologies into the city's electric grid. By leveraging smart technology, the VPP helps balance and optimize energy generation and storage across homes, businesses, and community assets.



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## Reflections

### Connecting

"I'm tired," said the young middle-school girl. "What makes you tired?" I asked.

That began the litany with school being the first reason. Soon she added, dance, choir, state choir, and trying out for the school musical. There might have been one more addition to her list which, certainly to my listening ears, all qualified to make her tired.

She held a piece of white cake with frosting while explaining herself during the friendship time following the church service. I hope that cake gave her some temporary energy. I commented she had the opportunity to try different things until her plate became too full.

This young family had moved from the east coast for their father's university position. On the road to Colorado, they learned the mother had just been offered a faculty position at a near-by university. Their son soon became involved in theater at his high school where he secured a role in an upcoming musical.

Furthering their connection in their new community, they joined the church choir where the son sings along with his parents. Their daughter, yes one more thing,



**Martha Coffin Evans**

works with the little children.

I thought back to years ago when new neighbors moved next door. This young family had moved from the Midwest to Colorado for their father's university faculty position.

Their eldest daughter became my high school friend. Unlike this first family, she struggled adapting. Things weren't like where she'd grown up and may well have been quite connected. Her life here never seemed good enough as we heard her lament.

How would we fare in moving during middle or high school years? Would the move be easier as adults?

I like the idea of growing where we are planted. When we must be transported, forging new connections can make all the difference.

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

**WE ARE LOCAL!**

## MAJOR MEDICARE PROGRAM CHANGES

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**MARCH**  
Calendar

**DENVER-METRO**

### Friday/7 & Saturday/8

The "Fanfares & Flourishes" concert by the Baroque Chamber Orchestra of Colorado at the Lakewood Cultural Center will delight both newcomers and seasoned listeners of Baroque music. As a feature of the Lakewood Cultural Center Presents 25th anniversary season, the orchestra will offer two opportunities to enjoy this dazzling performance – Friday, March 7 at 7:30 p.m. and a matinee on Saturday, March 8 at 2 p.m. Tickets for the performances "Fanfares & Flourishes" can be purchased by calling 303-987-7845, at the Box Office at 470 S. Allison Parkway, or online at Lakewood.org/LCCPresents.

### Saturday/8

The Castle Rock Genealogical Society presents a free program on "Miners, Cattlemen, Merchants, and More: Finding Colorado Immigrants and Settlers" by Annette Burke Lyttle at 10 am on Zoom only. If you have ancestors who lived in Colorado there are a number of online and repository resources for finding the records they left and learning about their lives in the Centennial State. Please register online at <https://crgcs.org>

### Saturday/15

The Colorado Genealogical Society presents a fee-based program on "Penning the Past Workshop: Storytelling through Genealogy" at 8:30 am - 4:30 pm at The Reel Factory Events Center, 10488 W. Centennial Rd. in Littleton. This is an in-person workshop to preserve and share your family stories by

way of vivid characterization and compelling narrative. A box lunch is included. Cost: \$60 to non-members. Please register online at [www.cogensoc.us](http://www.cogensoc.us).

The Colorado Gerontological Society presents their program on "Mental Health First Aid for Older Adults" by Christine Speros at their facility, 1129 Pennsylvania St, in Denver at 9:30 am to 5 pm. This program is for individuals who are part of, connected to or support older adults and their caregivers. Cost is \$250 per person. Please register online at [www.senioranswers.org](http://www.senioranswers.org).

### Tuesday/25

Aurora Genealogical Society presents a free program on "Voting Records: Genealogy's Best Kept Secret" by Pam Vestel, Author & Professional Genealogist at 1 pm. These often-overlooked gems can be packed with genealogical information, and you won't believe what they can tell us about our ancestors! Please register at email: [AurGenSoc@gmail.com](mailto:AurGenSoc@gmail.com).

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

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

*Check individual venues for current information*



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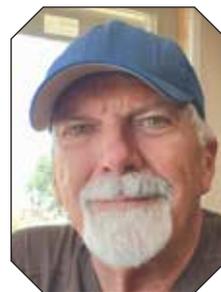
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## Springing Forth

As months go, March got off to a pretty rough start over centuries in early Rome, though it did kick off the new year when only ten months were observed. It wasn't until later that Caesar's 'Julian Calendar' rounded out the dozen with January and February, though at first they were added in that order after December, until Caesar reordered things til this day.

And who would argue when the newbies, celebrating Janus, the Roman god of transition, and Februa, a purification ritual, were eventually set to suit the seasons and keep future 12 months calendars relevant. While months have stayed in that order, they've come to represent much more than whatever dictators chose.

Today we wait for the Earth's tilt to shift toward the sun, and Spring, as the Vernal Equinox (March 20th) leads to longer days, warmer climates north of the equator, and rebirth of life during



**Steve Anderson**

Women's History Month. It's a time when Lent is observed (the 5th), along with International Women's Day (the 8th) before we "Spring forward" (the 9th), turning our clocks ahead one hour, for now at least. Then there's St. Patrick's Day (the 17th) and of course March has been

dedicated to numerous health awareness groups we should all reach out to.

It goes without saying this is a time of celebration for sports fans, as rooms fill with millions upon billions of fans mowing down more chow than Rome's legions! Then again, this might be the perfect year, and month, to try something different, away from the tube and into the lives of others. Reaching out with a smile, a greeting or an open hand does wonders, so why not celebrate March as it was intended, as a time of renewal and growth we can all prosper from. Now's the time and you can lead the way.



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

## St. Patrick's Day Quotes

"There are only two kinds of people in the world: the Irish and those who wish they were."—Irish saying

"Being Irish is very much a part of who I am. I take it everywhere with me."—Colin Farrell

"Whether I drink often or just once in a while; I'm always sure to raise a glass to the dear old Emerald Isle."—Pat Maloney

"I'm of Ireland, and I'll stay in Ireland until I die."—Tom Cruise

"Ireland is a land of poets and legends, of dreamers and rebels."—Nora Roberts

"If you're Irish, it doesn't matter where you go—you'll find family."—Victoria Smurfit

"That's what the holidays are for—for one person to tell the stories and another to dispute them. Isn't that the Irish way?"—Lara Flynn Boyle

"Even when they have nothing, the Irish emit a kind of happiness, a joy."—Fiona Shaw

"A good friend is like a four-leaf clover, hard to find and lucky to have."—Irish proverb

"There's the joy of ole' Killarney, in these wishes meant for you; There's a bit of Irish blarney, and a touch of magic too. There's a wish of lots of laughter, and good luck, be sure o' that; And a wish that all your dreams may come true in no time flat."—Irish toast

## Denver Regional Mobility & Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all! DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

### Getting There Travel Training

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

### Information & Assistance Line

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

### Getting There Travel Guide

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

### Getting There Travel App

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

### Monthly Meetings & Events

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

### Membership

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

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



## Walk with a Doc

Take a Step Toward Better Health

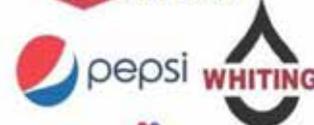
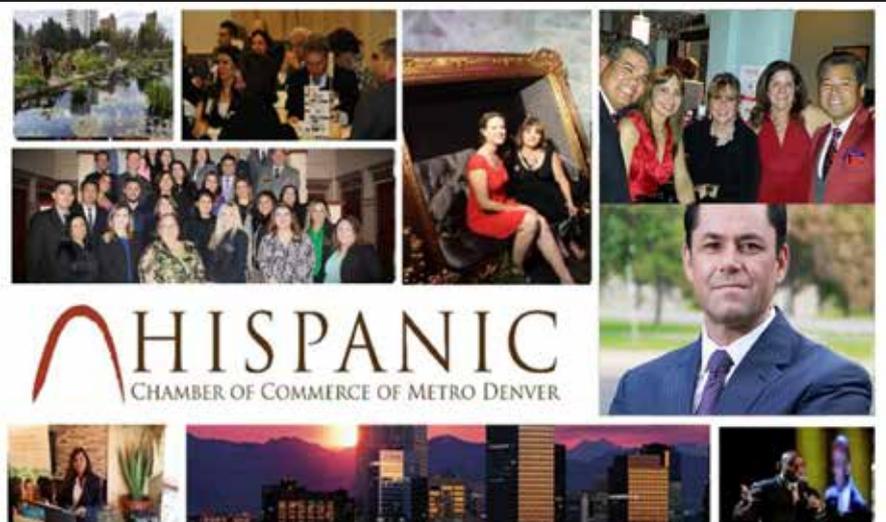
In light of frequent changes due to COVID-19, Check [NJHEALTH.ORG/WWAD](http://NJHEALTH.ORG/WWAD) for the latest schedule

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## Membership

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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](tel:303.534.7783) or e-mail us at [info@hispanicchamberdenver.org](mailto:info@hispanicchamberdenver.org)

# MARCH Calendar

# WELD

## Thursday/6

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

## Saturday/12 & Sunday/13

UNC Music & Opera presents "All the World's Stage" featuring Der Schauspieldirektor & Bohemios at the Campus Commons Performance Hall & Online. This delightful Mozart comedy features a theatrical impresario as he navigates dueling divas, rivalries and egos, and typical management challenges. Music by Amadeo Vives • Libretto by Guillermo Perrin & Miguel de Palacios. Tickets range from \$5 to \$24. Purchase tickets at the box office, online at <https://tickets>.

[unco.edu/](http://unco.edu/) or phone (970) 351-4849.

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:

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*We Care*

## Two Characters Need Each Other!

The two characters Anthony & Caroline were portrayed superbly by Dallan Wilson and Kaylee Waldman in "I AND YOU" a recent production at Windsor Community Playhouse in Windsor, Colorado. The characters played by Dallan and Kaylee were exceptional and to the absolute delight and overwhelming approval of standing ovation audiences. Several as a matter of fact! The 3 act, 2 performers' production is being rated as one of the finest shows to be presented at Windsor Community Playhouse.

"I AND YOU" was directed by Phillip Munix, Sarah Hulac was the Assistant Director; other members of the production team: Set Designer Richard Gear, Lights/Sound Design Shanna Louise and Stage Manager Izzy Freytag. All and all the "I AND YOU" team excelled in every aspect of the show which is in keep-

ing with Windsor Community Playhouse's goal of presenting stage entertainment at its best. For information about future shows call 970-674-1790 or visit [www.windsorplayhouse.org](http://www.windsorplayhouse.org)



Their characters superbly portrayed: Dallan Wilson as Anthony; Kaylee Waldman as Caroline

## Elder Law Q & A New Law Supports Home Care, Caregivers for Military Veterans



Bill Beyers

On January 2, 2025, President Biden signed into law the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act. The legislation represents a significant step forward in supporting the needs of veterans, their families, and their caregivers. Through the Department of Veterans Affairs (VA), this new legislation aims to enhance veterans' access to home and community-based services (HCBS). The Act also recognizes the critical role that caregivers play in ensuring the well-being of veterans and seeks to provide them with better support and resources.

**Expansion of Home and Community-Based Services**  
The Act requires the VA to increase access to HCBS for eligible veterans, enabling them to receive care in their own homes or communities rather than institutional settings. Before this law passed, a veteran could receive HCBS only if those services did not exceed 65 percent of the cost they would be if administered in a VA nursing home. HCBS can include personal care, homemaker services, adult day health care, respite care, and other services.

**Support for Caregivers**  
In addition, the Act will provide enhanced training and education programs for caregivers of veterans. Such programs will seek to help them manage the unique challenges of caring for this population.

**Addressing Challenges for Veterans and Caregivers**  
Veterans often face unique health challenges, including physical disabilities, post-traumatic stress disorder (PTSD), and chronic illnesses. These conditions can make daily living tasks difficult, increasing reliance on caregivers. For many veterans, caregivers are loved ones who often sacrifice their own well-being and financial stability to provide care.

**Other Benefits of the Legislation**  
The law's emphasis on home-based care aligns with veterans' preferences to age in place and maintain their independence. By reducing the reliance on institutional care, the legislation also has the potential to lower overall health care costs. Furthermore, the Act's focus on caregiver support may help improve the mental and physical health of those providing care, ultimately benefiting veterans by ensuring consistent and high-quality assistance.

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



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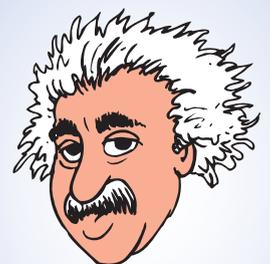
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## Find Einstein



Can you find the hidden Einstein in this paper?

## A March to Easter

As we march toward Easter, let us consider the events leading up to Jesus' encounter with the cross.

The disciples had been living with Jesus for a couple of years when one day Jesus asks, "Who do people say that I am?" (Mark 8:27). Some said John the Baptist, others said a prophet. Then Jesus asked a second question, "But who do you say that I am?" Peter responds, "You are the Christ." (v29). Peter's answer is framed by his Jewish understanding of the Messianic tradition he had been taught. God would anoint someone, like King David, to rule over God's people. This "messiah", or "anointed one", would reign in justice and righteousness forever. Little did the disciples know that they were marching toward a day when Jesus, "the Christ", would be crucified. What Jesus said next, did not fit into their understanding of Messiah.

Mark goes on, in v31 to 33, to tell his disciples that he, Jesus, had to "suffer many things" and after a time would be sentenced to death by the religious leaders. This bothered Peter, since it was inconsistent with his beliefs, so he took Jesus aside and rebuked him, meaning he chewed him out for even thinking such a thing, let alone saying it out loud. What Jesus says next is shocking!

"Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man" (Mark 8:33). In one passage Jesus calls Peter, the rock upon which he will build his church (Matthew 16:17-19), then later calls him Satan. Why?

If we believe Jesus to be who he says He is, I encourage us to reflect on how we answer the question, "Who do you say I am?". If our answer does not include a crucified Christ, we should consider Jesus' response to Peter. Jesus did not mean that Peter was Satan. He meant that Peter's thoughts paralleled those of someone like Satan who opposes God and rejects His Son, Jesus Christ.

*Bob Pittman*  
 Christian Church of Windsor  
[www.ccwin.org](http://www.ccwin.org)  
[christianchurchofwindsor@gmail.com](mailto:christianchurchofwindsor@gmail.com)  
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**Greeley Housing Authority**

## Larimer County Deputy Named Law Officer of the Year

A Larimer County Sheriff's Office deputy has been named the Colorado Cattlemen's Association "Law Officer of the Year." Deputy Andrea Maxwell received this award at the Association's recent mid-winter conference.

In 2024, Maxwell gained significant recognition within the Larimer County agricultural community and Colorado Department of Agriculture for her work on several animal neglect and abuse cases. She collaborated with the Larimer County Brand Inspection Office, Colorado Brand Commissioner, and Eighth Judicial District At-

torney's Office to build strong cases that resulted in successful prosecution.

Maxwell also helped establish partnerships with Colorado State University, whose veterinary diagnostic team assisted with in-field necropsies to support justice for victims in agricultural crimes. During the award presentation, Colorado Brand Commissioner Todd Inglee commended the dedication shown by Maxwell and encouraged other counties to adopt the agency's collaborative approach.

# LIVE STANDUP COMEDY!

## March 29

Doors Open at 6:30 pm, Show starts at 7 pm

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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**  
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[GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com)



## 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.



### Weld Area Agency on Aging

#### National Nutrition Month 2025: Food Connects Us



**Donnica Fagan**

Food is a connecting factor for many of us. Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. This National Nutrition Month®, learn more about these connections and how the foods you eat impact your health throughout all life stages.

of 22 locations throughout Weld County. For more information on eligibility, site location, and registration, visit our website or call 970-400-6950.

- The Weld County Department of Human Services that offers food assistance programs for individuals of all ages such as the Supplemental Nutrition As-

sistance Program (SNAP) and Women Infants and Children (WIC) for food. For more information please visit our website or call 970-400-6012.

- The local Meals on Wheels program provides lunches for individuals that are homebound or are experiencing limited mobility. For more information visit their website or call 970-353-9738.

- The Weld County food bank provides several different food assistance programs for all ages. For more information, visit their website or call 970-356-2199.



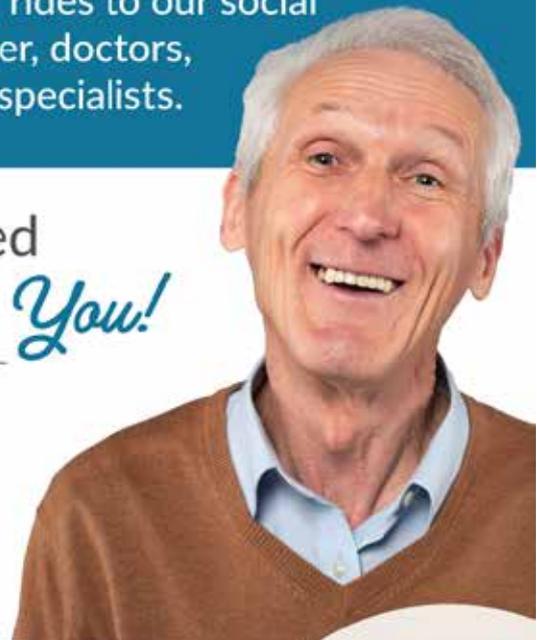
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Program of All-Inclusive Care for the Elderly

A way to explore and connect with others through food could be learning about the traditions or history behind what you're eating. Whether a food is traditional or new to you, learning more about how and why it's prepared can be a valuable experience. It may help build a connection to the person that prepared it, teach about sustainability, or provide information about how it affects your health.

The ability to access food is absolutely essential for all ages. Here are some tips to connect and access food in Weld County:

- Older adults 60+ can join the Friendly Fork Program at one

## Technology is Hip!

### New Innovations at Annual Consumer Electronics Show



Bob Larson

Every January since 1978, the Consumer Electronics Show (CES) in Las Vegas produces new products for consumers from home saving products such as TVs, computers and software for adults and children, and life saving innovations for people and vehicles.

This year, AI was the theme with over 4,500 exhibitors, including 1,400 startups, and featured solutions to fundamental human problems such as access to food, clean air, clean water, and mobility. It's considered one of the largest trade shows in the U.S with over 140,000 attendees in 2025.

The top innovative AI products at this year's CES show included: 1) Xreal's One Pro Smart Glasses featuring a 12MP camera and Bose audio with motion-sensing features and adjustable display settings,

2) Samsung's 100-inch QLED Smart TV with LED technology, offering premium brightness, contrast, and color and many smart features. Samsung also introduced

its Frame TV which shows personal videos or photos or your favorite art besides being a smart TV,

3) Ozlo Sleepbuds designed to block out loud noises and provide comfort for side sleepers, these sleep earbuds won the Best of CES in Wellness,

4) BoldJet Needle-Free Injection System that uses a laser to propel high-velocity liquid microjets through the skin, making the process less painful and reducing biowaste,

5) Earfun's Air Pro 4+ is an impressive AI-powered, real-time translation earbuds so you can talk across 40 languages without ever needing to pull out your phone, and

6) HP's OmniStudio X all in one computer is packed with powerful hardware and thoughtful AI features that make it an absolute workhouse in 31.5- and 27-inch screen options, both sizes come with Intel's Ultra Core powerful processor, built-in speakers, microphones, and a five-megapixel IR camera. As always, CES produces a plethora of innovative products that helps the human race.

*Bob Larson is a technologist & Marketing Director for 50 Plus!*

## City of Greeley Active Adult Center Calendar

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

### Special Events:

#### St. Patrick's Day Lunch

Friday, March 14 | 11:30 a.m.  
Join us for a festive and flavorful celebration of the Irish spirit with a delightful meal and Irish dancers. Register by March 10.

#### Classes:

#### Beginner Painting Classes (supplies provided)

Thursdays | 1-3 p.m.  
March 6 - Abstract Dragonfly  
March 13 - Irish Gnome  
March 20 - Tranquil Trees  
March 27 - Funky Cactus

#### Hand-Building Clay Classes (instructor guided)

Fridays | 1-3 p.m.  
March 7 & 21 | 1-3 p.m. - Mushroom Mug

March 28 - Pressed Floral Plate

#### Travel Opportunities:

#### Holland Cruise

October 12-21, 2025  
Take a leisurely trip through Europe passing through Holland, France, Germany, and Switzerland.

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

Greeley City Council meetings are held in-person and online monthly every first and third Tuesday. Find City of Greeley's Civic Clerk Meeting Portal agendas at <https://greeleyco.portal.civicclerk.com>. For more information, about 50+ travel programs and events, visit [GreeleyActiveAdultCenter.com](http://GreeleyActiveAdultCenter.com).

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### Friendly Forks Daily Menu March 2025

|                     |   |
|---------------------|---|
| Monday, March 3     | Shepherd's Pie, Corn Sauté, Carrot Raisin Salad, Peaches  |
| Tuesday, March 4    | BBQ Chicken Sandwich with Tomato & Pickles, Zucchini/Mushroom/ Pepper Sauté, Coleslaw, Apricots                 |
| Wednesday, March 5  | Austrian-Style Pork, Peas, Banana, Gelatin Parfait*   |
| Thursday, March 6   | Beef Stew, Wheat Roll with Butter, Tossed Vegetable Salad with Italian Dressing, Apple                          |
| Friday, March 7     | Baked Tilapia with Parmesan Sage Sauce, Cheesy Rice with Broccoli, Vegetable Olive Salad, Pears                 |
| Monday, March 10    | Pork Loin with Mushroom Gravy, Baked Sweet Potato & Butter, Roasted Cauliflower, Honeydew, Cherry Almond Crisp* |
| Tuesday, March 11   | Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Balsamic Roasted Brussels Sprouts, Orange Slices             |
| Wednesday, March 12 | Ham & Potato Frittata with Salsa, Sautéed Peppers, Berry Yogurt Parfait, Morning Glory Muffin*                  |
| Thursday, March 13  | Chicken Caprese Wrap, Cream of Asparagus Soup with Crackers, 3 Bean Salad, Pineapple                            |
| Friday, March 14    | Chicken Tetrastini, Breadstick, Caesar Side Salad, Diced Cantaloupe   |
| Monday, March 17    | Krautburger with Side of Mustard, Cucumber Salad, Strawberries & Blueberries                                    |
| Tuesday, March 18   | Roast Turkey with Gravy, Red Potatoes, Corn & Lima Beans, Mandarin Oranges & Grapes, Peanut Butter Cookie*      |
| Wednesday, March 19 | Chicken Tacos with Lettuce, Tomato, Cheese, Salsa & Guacamole, Zucchini, Diced Mango                            |
| Thursday, March 20  | Chicken Fried Steak & Mashed Potatoes with Gravy, Roasted Winter Vegetables, Orange Slices                      |
| Friday, March 21    | Tuna Salad Sandwich with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Diced Honeydew              |
| Monday, March 24    | Pork Pozole, Corn Tortilla, Refried Beans, Edamame & Celery Slaw, Fruit Salad                                   |
| Tuesday, March 25   | Cheeseburger with Onion, Tomato, Pickles, Ketchup, Mustard & Mayo, Spiced Roasted Vegetables, Pears             |
| Wednesday, March 26 | French Dip Sandwich with Side of au Jus, Spinach Mandarin Orange Salad with Balsamic Vinaigrette, Apple         |
| Thursday, March 27  | Chicken Teriyaki over Fried Rice, Cauliflower Stir Fry, Fruit Salad, Almond Cookie*                             |
| Friday, March 28    | Chipotle Pork, Roasted Red Potatoes, Peas & Carrots, Apricots, Apple Crisp                                      |
| Monday, March 31    | Chicken Breast with Gravy, Roasted Sweet Potatoes with Side of Ketchup, Mixed Vegetables, Banana                |

### Dr. Galen Darrough's Farewell Concert!

## Classics Past & Present

featuring

*Requiem* by W.A. Mozart

*Illuminare* by Elaine Hagenberg

plus a commissioned work by Sarah Quartel, in honor of Dr. Darrough's retirement & the Chorale's 60th Anniversary!

Saturday, April 5, 7:30 p.m.

First Congregational Church, 2101 16th St.

Tickets: [greeleychorale.org](http://greeleychorale.org) or 970-351-4849 or at the door



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## Saturday/1

Larimer County Office on Aging and four Partner organizations present Intergenerational Conversations: free admission including light breakfast at Compass School 2105 S College Ave Fort Collins 9-11 am RSVP online at <https://col.st/qtPX>

## Sunday/2

CSU Music presents a free program on "Orchestra Concert: Postcards from the British Isles" conducted by Dr. Rachel Waddell, music director, and Sam Cooper, assistant conductor. The program includes an array of composers throughout history, ranging from classical suites to Celtic music and fiddle tunes at the Organ Recital Hall, University Center for the Arts at 1400 Remington St. in Fort Collins.

## Saturday/15

Larimer County Genealogical Society presents a free program on "WII Internment Camps and Mass Incarceration in U.S." by Linda Harmes Okazaki at 10

am in the Prairie Sage room at the Fort Collins Senior Center. The various sites of confinement and the records created will be examined, covering the period of time immediately preceding World War II through resettlement and redress. Please register online for the handout and Zoom info at [www.lcgsc.org](http://www.lcgsc.org).

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

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

*Check individual venues for current information*

Calendar sponsored by:

**Beyers Law**

## Elder Law Q & A

### Giving Your Home Away Can Have Tax Consequences



**Will Beyers**

Many people wonder if it is a good idea to give their home to their children.

While it's possible to do this, giving away a house can have

capital gains taxes on the difference between \$150,000 and the selling price.

The only way for your children to avoid the taxes is to live in the house for at least two years before selling it. In that case, they can exclude up to \$250,000 (\$500,000 for a couple) of their capital gains from taxes.

### Inherited Property Vs. Gifted Property

Inherited property doesn't face the same taxes as gifted property. If the children were to inherit the property, the property's tax basis would be stepped up, meaning the basis would be the current value of the property. However, the home will remain in your estate, which may have estate tax consequences.

Beyond the tax consequences, gifting a house to children can affect your eligibility for Medicaid coverage for long-term care services at home or in a facility. There are other options for giving your house to your children, including putting it in a trust or selling it to them.

Before you give away your home, consult a qualified elder law attorney near you, who can advise you on the best method for passing on your home.

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

major tax consequences, among other results.

### You May Not Have to Pay a Gift Tax ...

When you give anyone property valued at more than \$18,000 in any one year, you have to file a gift tax form.

Also, under current law (2024), you can gift a total of \$13.61 million over your lifetime without incurring a gift tax. If your residence is worth less than \$13.61 million, you likely won't have to pay any gift taxes, but you will still have to file a gift tax form.

### ... But Your Children May

While you may not have to pay gift taxes on the gift, if your children sell the house right away, they may be facing steep taxes. The reason is that when you give away your property, the tax basis (the original cost) of the property for the giver becomes the tax basis for the recipient.

For example, suppose you bought the house years ago for \$150,000, and it's now worth \$350,000. If you give your house to your children, the tax basis will be \$150,000. If the children sell the house, they will have to pay

## Better Business Bureau BBB Scam Alert: Watch Out For IRS Impostors Targeting Consumers



**Shelley Polansky**

Scammers are impersonating the IRS to trick taxpayers into sharing personal information, claiming they're eligible for a \$1,400 stimulus check. These fraudulent messages often look official, but they're part of a phishing scheme designed to steal your sensitive data.

The real IRS has announced that automatic payments will be issued to eligible taxpayers who didn't claim the Recovery Rebate Credit on their 2021 tax returns. These payments require no action from taxpayers and will be sent automatically by late January 2025. Eligible individuals will also receive a letter from the IRS confirming the payment. This process only applies to taxpayers who filed a 2021 tax return but didn't claim the credit to which they were entitled.

### How the scam works

You receive a text from what appears to be the IRS. The text claims that you're eligible to receive a \$1,400 Economic Impact Payment and that you should provide your personal information. The scammer claims that the amount will be deposited into your bank account or mailed by check

within 1 to 2 business days.

This IRS text is a phishing scam. The message contains a fake link that mimics an official IRS website. Clicking it may lead to malware or a fraudulent form asking for personal or financial information. The IRS does not contact taxpayers via text, email, or social media, and they will never request information this way.

### How to avoid this scam:

**Verify communications:** Genuine IRS notices are sent through postal mail, not text messages or emails.

**Avoid clicking links:** Never click on links in unsolicited messages. Instead, go directly to [IRS.gov](http://IRS.gov) for information.

**Be cautious of urgency:** Scammers create a sense of urgency to make you act quickly. Take time to confirm claims independently.

**Report the scam:** Forward suspicious messages to [phishing@irs.gov](mailto:phishing@irs.gov) and report them to [BBB.org/ScamTracker](http://BBB.org/ScamTracker).

BBB has tips to help you understand the different types of government impostors, recognize the signs, and protect your personal information. See BBB's government impostors page for more.

By staying alert and informed, you can protect yourself from falling victim to scams. Visit [BBB.org/ScamTips](http://BBB.org/ScamTips) for more tips on avoiding fraud.

## Pets Are Family

### Springtime Pet Safety: Protecting Your Pet from Ticks & Pesticides

As the weather warms up and nature comes back to life, springtime brings more opportunities for outdoor adventures with our pets. However, it also means an increase in ticks and exposure to harmful pesticides. Here are a few simple precautions to help keep your pet safe while enjoying the great outdoors.

Beware of ticks: Ticks thrive in grassy, wooded, and damp areas, making spring a peak season for these parasites. They can carry serious diseases like Lyme disease and Rocky Mountain spotted fever, posing a risk to both pets and humans. Use preventative treatments by talking with your veterinarian about flea and tick prevention options, such as topical treatments, collars, or medications. Check for ticks daily, especially after outdoor walks - thoroughly check their fur, ears, neck, underbelly, and paws. Maintaining a well-groomed yard helps



**Judy Calhoun**

reduce the likelihood of ticks lurking in tall grass in your own backyard. Which reminds me, avoid frolicking in tall grass and stay on trails where ticks can't hide as well.

Watch out for pesticides: Spring is a common time for lawn treatments, insecticides, and fertilizers, many of which can be toxic to pets. Avoid freshly sprayed grass or garden areas, and wipe your pet's paws after walks in case residue from pesticides happened to stick to their paws and fur, leading to ingestion when they groom themselves. If treating your own yard, opt for non-toxic, pet-friendly options.

By taking these precautions, you can help ensure a fun and safe spring for your furry friends! If you suspect your pet has been exposed to ticks or pesticides, consult your veterinarian immediately. Thanks for reading! Check us out at [noco-humane.org](http://noco-humane.org).

## Professionals For Seniors Roundup

P4S members saddled up for their recent get together hosted in good ole cowboy fashion by Good Samaritan Fort Collins. Cowboy, cowgirl western apparel was the attire for the morning meeting. Cowboy burritos were the featured brunch entre and to everyone's liking.



*P4S enjoying brunch, conversation and waiting for the program to start.*

P4S tended to their valued business of sharing about their various products and services that benefit the senior community.

Several newcomers attended their first P4S meeting and were warmly welcomed by the entire membership.

A drawing for door prizes brought a close to the gathering. Members departed on their way to be of service to the seniors they serve.



*Taking advantage of the Western Themed photo booth are (l-r) Dominique Wansaw, Admissions Coordinator; Janet Flax, SR. Living Sales Specialist. Both on the Good-Sam Team.*



## 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.







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## Veterans Echoes

### Preserving Veteran Stories... Lest We Forget



**Brad Hoopes**

"Last night was the first time in 60+ years he slept through the night."

Those were the words of a veteran's wife the morning after I interviewed him.

She had initially called to thank me, saying that neither she nor their children had ever truly known his story and that they were looking forward to watching the interview. That moment was life-changing—not just for the family, but for me as well.

What had started as a hobby to satisfy my love of history now turned into a mission. From that day forward, I dropped everything else I was doing and it became an all-consuming effort to honor, help, and advocate for veterans in any way I could.

The only rule I've ever had with this project is that there are no rules. Whether a veteran stormed a beach or spent their service peeling potatoes in KP duty, their story matters.

We've collected the historical facts, but personal stories add the depth and humanity that bring those facts to life. Not enough stories have been told.

Over the years, I've encountered two groups of veterans while talking about my project. The first consists of those who prefer not to talk about their experiences, and I respect their wishes. The second are those who believe they "don't have a story." With them, I will debate them until I am blue in the face, as nothing could be further from the truth. Every veteran has a story, and each one is uniquely valuable.

To all veterans, I urge you: share your story, in whatever way you can. Whether through an interview, a written account, or simply a conversation with your family, your voice matters. Your experiences are part of history, and those who love you will be forever grateful to hear them.

Brad Hoopes has interviewed over 600 N. Colorado veterans to date. You can visit: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories) to view some of these stories



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## Larimer County Office on Aging Flip the Script on Aging this Older Americans Month



Nicole Limoges

Every May, the Administration of Community Living leads the nation's observance of Older Americans Month. This year's theme, "Flip the Script on Aging," focuses on transforming how society perceives, talks about, and approach-

es aging. It encourages individuals and communities to challenge stereotypes and have meaningful conversations that can help dispel misconceptions.

This year, let's unite in championing the importance of viewing aging not as a limitation but as a journey filled with purpose, exploration and connection.

By exploring strategies to rewrite and reshape the narrative around aging, we can celebrate older adults' wealth of experiences and cultivate age-friendly communities. Larimer County is brimming with compassionate individuals who pour their time into helping others and uplifting our community. Help us shine a spotlight on these extraordinary people by nominating your friend, colleague, or family member for our Older American Month Awards.

In Larimer County, we com-

memorate Older Americans Month by honoring two individuals with Outstanding Senior Volunteer and Outstanding Family Caregiver awards. Do you know someone passionately involved in our community as an advocate for seniors and se-

nior issues? Or someone selflessly caring for an individual aged 60 or older, providing them with the best quality of life possible? We implore you to help us celebrate these exceptional community members by submitting a nomination for them by March 15. More information on the award criteria and a link to the nomination form are available on our website: larimer.gov/seniors.

We enthusiastically invite you to join us in celebrating these individuals who are Flipping the Script on Aging and making a profound impact in our community at the Answers on Aging Community Fair, hosted by the Larimer County Office on Aging, on May 13th at the Ranch Event Complex in Loveland. Let's applaud and pay homage to these remarkable individuals who inspire us all!

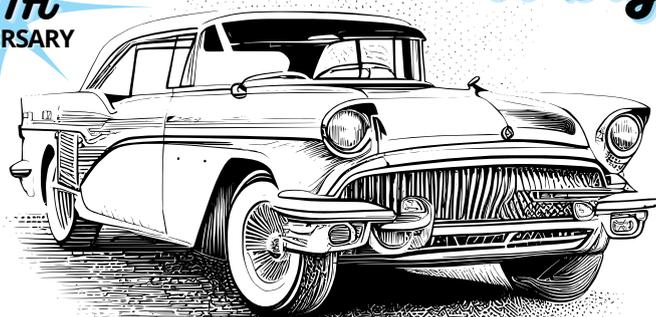


# Joy on the Journey

2025 annual fundraiser

10<sup>TH</sup>  
ANNIVERSARY

The Good  
ol' Days



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

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

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

The Ranch Events Complex  
Bldg: Pederson Toyota Center  
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## Dementia Together's Joy on the Journey

Dementia Together is transforming the way our community approaches dementia care. By offering free resources and education to families, this nonprofit ensures the focus can be on the loved one living with dementia, ultimately promoting lifelong wellbeing. Their annual Joy on the Journey fundraiser brings the community together to sustain these essential services. A recent CSU research study highlights the Dementia To-

gether SPECAL® education as a gold standard, equipping families, care partners, and professionals with their simple counterintuitive strategies that foster contentment and connection. Through their work, Dementia Together is changing the narrative of dementia from crisis and tragedy to contentment and hope. Dementia Together, 970-305-5271, [www.dementiatogether.org](http://www.dementiatogether.org)



Say you saw it in  
**50 Plus Marketplace News**

## 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>

### ThinkFirst to Prevent Falls

Review best practice strategies to prevent falls with injury prevention professionals from Intermountain Health, Boulder Fire-Rescue, and Boulder Community Health. West Age Well Center, Monday, March 3, 1 – 3 p.m. No Fee

### Shakespeare Series: Marlow's "Doctor Faustus"

In this six-part series, passages are read aloud, and participants are encouraged to engage in discussion. No prior Shakespeare knowledge required. Online, Wednesdays and Fridays, March 5 – 21, 10 – 11 a.m. Fees: R/NR \$70/\$88 per household. Instructor: Lori Lucas, CU Boulder lecturer

### NEW! Rhythm and Movement Series

Experience expressive, vitalizing, easy-to-follow and fun rhythm and movement patterns designed for flexibility, balance and a deep-

er awareness of breath and range of motion. All levels welcome. West Age Well Center, Fridays, March 7 – 28, 11 – 11:45 a.m. Fees: R/NR \$32/\$40

### Plant Forward Boulder: Protecting Your Bones

Join this month for a discussion on protecting your bones. BHCs support healthy, plant-based lifestyles by nurturing local connections, facilitating ongoing social support, and providing educational programming. East Age Well Center, Thursday, March 13, 10 – 11 a.m. No Fee

### Scams and Fraud

Learn about the various scams and frauds that often target older adults, whether by phone, email, popup, mail or at the door. Online, Wednesday, March 26, 2 – 3 p.m. No Fee

### Conversations About Death – Writing Your Own Obituary

Join end-of-life educators Diane Hullet and Margaret Kane for a workshop on writing an obituary. Participants will discuss the writing process, create an outline, and leave with ideas and resources for moving forward. West Age Well Center, Thursday, March 27, 1 – 3 p.m. No Fee



## Lafayette Senior Services

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

### St. Patrick's Day Luncheon

March 14, 12-2pm  
Join us for a unique St. Patrick's Day special and luncheon. Celebrate the Luck of the Irish in 2025 by wearing green and enjoy the festivities with wonderful friends and a great meal.

### Drug Take Back

March 19, 10:30-11:30am  
Please bring any expired, unwanted, or unused prescription and nonprescription medications for proper disposal to the Senior Center on March 19th from 10:30-11:30am. Brought to you by the Lafayette Senior Center in partnership with the Lafayette Police Department.

### CSU Nutrition Class

March 7, 3-4pm  
Join Boulder County CSU Extension Health Specialist Emma Dhimitri to learn a new healthy recipe using seasonal produce. Participants will help prepare and taste the recipe, and will receive recipe ingredients. This program

will be taught in English and Spanish.

Unase a la especialista de salud de Boulder County CSU Extension, Emma Dhimitri para aprender una receta nueva y saludable con verduras de temporada. Los participantes ayudarán a preparar y probar la receta y recibirá los ingredientes para la receta. Este programa se imparte en inglés y español.

### Travel Training – Google Maps Workshop

March 6, 1-3pm  
Join Mobility for All to learn how to use Google Maps and explore public transit options. Learn to find bus routes, schedules, and plan trips easily. Whether new to transit or boosting your skills, this workshop will help you navigate with confidence.

### Shoulder and Tennis Elbow Workshop

March 25, 2-3pm  
Got shoulder pain or tennis elbow from pickleball? Join Alpine Fit's interactive workshop to identify root causes, assess injury risk, and learn exercises for prevention and treatment. Stay on the court pain-free! Includes a Q & A session.

## Malley Recreation Center Happenings

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### Sweet Songs & Treats

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Come enjoy vintage tunes, golden harmonies, classy costumes, and sassy humor by The Denver Dolls, a trio of Colorado-based, professional female vocalists. Light refreshments provided. 2/7 F 1:30-2:30 pm Free, Registration Required

### Excursions – Come Explore with Us!

We do the driving and make the arrangements so you can relax and explore venues and events planned for the season. Pre-registration required.

### Bureau of Reclamation Tour & Ice Cream Farm-Lakewood

The Hydraulic Structures & Laboratory Services staff at the Denver Federal Center will talk to us about hydraulic modeling, analysis, and field-testing expertise to solve a variety of water resources, hydraulics, and fluid mechanics problems. Afterwards we'll stop at The Ice Cream Farm for a sweet treat on your own. Fee includes escort, tour and transportation. Photo ID required.

2/13 Th 12:30 p.m.-4:30 p.m.

12061311 \$15NR/\$12R

### Dazzle Throwback Fridays-Denver

Throwback Fridays are lunch hour shows at Dazzle, an authentic jazz

club showcasing local, national, and international artists along with quality food, drink, and service. Lunch cost on your own, \$15-\$25 plus tax and gratuity. Fee includes ticket, escort, transportation, and parking. No refunds after 3/3.

3/14 F 10:00 am – 1:00 pm

\$30NR/\$26R

### Denver Brass Celtic Awakening-Denver

The Newman Center presents the Denver Brass with Celtic Steps Irish Dance, Rocky Mountain Highland Dancers, Celtic Colorado Pipes and Drums, and the Irish Tenor Todd Teske to channel the power of Ireland's ancient runes. The performance decodes a forgotten language and unlocks the secrets of an ancient Celtic legend. Listen for Danny Boy, Skye Boat Song, and more. **No refunds after 2/20.**

3/15 Sa 10:00 am – 1:00 pm

\$30NR/\$26R

### Slattery's Pub and Grill Lunch-Greenwood Village

Get your Irish on at this chill Irish pub offering a varied menu of pub favorites, lunch specials, brunch options, and adult beverages. Lunch on your own. Menu range \$10-20 plus tax and gratuity.

3/18 W 11:00 am – 1:45 pm

\$14NR/\$12R

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### Upcoming 2025 Tours Virginia Beach, Colonial Williamsburg and Historic Norfolk

April 25 -May 5, 2025 11 days and 10 nights \$1560 ( Virginia Beach Aquarium, Naval Base Harbor Cruise, Mariners Museum, guided Tours Williamsburg and more

### Washington, DC- Our Nations's Capital

June 3 – 13, 2025 11 days /10 nights \$1550 includes all lodging, motorcoach, 18 meals, guided tours , monuments, Arlington Cemetery, Smithsonian and more!

### Garden Of the Gods /Royal Gorge

August 18 -20, 2025 \$495 for 3 days 2 nights

US Olympic Museum, Manitou area and more

### San Antonio, TX

October 11 -19, 2025 \$1180

9 days / 8 nights Guided Tour of San Antonio, cruise River Walk District, Alamo and more

Prices are for double occupancy and include RT transportation, all lodging, admissions to attractions and most meals!

### NEW! Collette Tours Spotlight on New York City

April 3 to 7, 2025 https://gateway.gocollette.com/link/1302321Magical Christmas Markets Germany and Austria March 8 -15th, 2025 https://gateway.gocollette.com/link/1302978

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## 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.

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# 50 Plus Marketplace News Crossword Puzzle

March 2025  
Answers page 7

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### ACROSS

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

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

- 70 Altar stone
- 71 Hip bones
- 72 Seaward
- 73 Gravel ridge
- 74 Dressed

### DOWN

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

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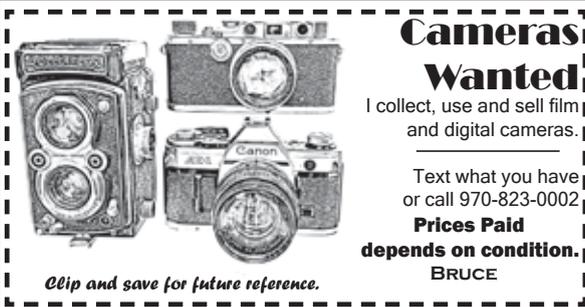
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