

50 Plus Marketplace



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

October 2025 • Volume 31 • Issue 10

50 Things to Get Rid of Around Your House!

Decluttering isn't just about creating a cleaner space, it's about freeing up your mind and making room for the things that truly matter. The stuff we accumulate has a sneaky way of weighing us down, both physically and emotionally. If you're ready to let go of what no longer serves you, here's your ultimate list of 50 things to toss, donate, or recycle today.

1-10: The Forgotten Closet Clutter Items:

1) Clothes you haven't worn in over a year, 2) Shoes that hurt your feet (no matter how cute), 3) Accessories you never pair with anything, 4) Mismatched socks that are beyond saving, 5) Stretched-out or stained bras, 6) Old coats or jackets you've replaced, 7) Worn-out workout gear, 8) Scarves you never use, 9) Outdated or ill-fitting formalwear, & 10) Clothing with tags still attached (if you hav-

en't worn it by now, you won't.

11-20: The Kitchen Chaos Items:

11) Expired spices and pantry items, 12) Mismatched Tupperware lids or containers, 13) Chipped mugs or plates, 14) Utensils you have duplicates of, 15) Appliances you haven't used in years (looking at you, bread machine), 16) Cookbooks you never open, 17) Takeout menus (it's all online now), 18) Freebie water bottles and cups, 19) Stained dish towels, & 20) Broken or dull knives.

21-30: The Junk Drawer Items

21) Dead batteries, 22) Pens that no longer work, 23) Random chargers or cables you don't recognize, 24) Outdated business cards, 25) Old receipts you don't need, 26) Keys you can't identify, 27) Takeout condiment packets, 28) Extra rubber bands or twist ties, 29) Random screws or hard-

ware, & 30) Coupons that expired months ago.

31-40: The Bathroom Overload Items

31) Expired makeup or skincare products, 32) Sample-sized toiletries you'll never use, 33) Old razors, 34) Empty or nearly empty bottles of shampoo, 35) Dried-up nail polish, 36) Worn-out toothbrushes, 37) Hair ties that have lost their stretch, 38) Products you tried once but didn't like, 39) Duplicate grooming tools, 40) Travel bags that are falling apart.

41-50: The "Just in Case" Items

41) Old magazines or newspapers, 42) Books you didn't enjoy or won't read again, 43) Gifts you feel guilty about not liking, 44) Craft supplies you'll never use, 45) Outdated tech (CDs, DVDs, or old phones), 46) Broken items you've been meaning to fix

for years, 47) Decor that no longer fits your style, 48) Unused furniture that takes up space, 49) Toys or games your kids have outgrown, & 50) Sentimental items you're keeping out of obligation, not love.

The Freedom of Letting Go

Clearing out clutter isn't about perfection; it's about creating a space that reflects the life you want to live. Each item you release is one less thing to clean, manage, or worry about. Plus, donating gently used items gives them a second life with someone who actually needs them. Courtesy of Sage Whitmore with Simply Living.



Artificial Intelligence Is Growing Exponentially!

Artificial Intelligence (AI) is a hot topic in many fields for applications and science. Since OpenAI announced its original ChatGPT app in November 2022, the AI industry has grown leaps and bounds! ChatGpt surpassed one million users within one week of its announcement. In August 2025 with its fifth version, it has surpassed 700 million users! Now OpenAI, Oracle, Microsoft, Google, Meta, and many other industries all use AI in their browsers or apps. What does it take to make AI possible? The quick answer is AI data centers, which are also growing at a fast rate!

The major AI data centers built and operated by OpenAI, Amazon (AWS), Meta, and Google are now campus-scale projects that each span hundreds to thousands of acres in different states, draw power at rates measured in hundreds of megawatts to multiple gigawatts, and acres of water, thus together are driving a rapid increase in electricity and water demand for AI workloads. AI training and inference workloads are concentrated, power-dense and grow energy needs far faster than traditional cloud workloads.

OpenAI and Oracle recently announced its new massive Stargate data center in Abilene, Texas. The facility will require 1,100 acres, approximately 900 megawatts of electricity, and acres of water on a scale comparable to a mid-sized

city-and is supported by both local grid sources and a new on-site gas-fired power plant.

New Amazon Web Services (AWS) campus announcements include projects on the order of several hundreds of acres for large hyperscale data centers (example: an 800-acre AWS campus announced in North Carolina and a larger 1,200-acre campus in Indiana).

AWS reports design and efficiency metrics describe their data centers are built to support AI at rack and chip liquid-cooling density which also requires a large water supply. AWS sites routinely plan for tens to hundreds of megawatts each, and modern hyperscale AI campuses can aggregate to gigawatt-scale capacity when fully built out.

AWS cites thousands to tens of thousands of customers for specific silicon and instance families (for example, 70,000+ customers have used AWS Graviton instances) and hosts a very large, diverse customer base that uses AWS ML/AI services.

Meta's recently announced hyperscale AI campus plans include multi-thousand-acre footprints for flagship projects including a 2,250-acre data center at a large Richland Parish / Hyperion campus concept and multi-million-square-foot campuses in single sites.

Meta disclosed electricity consumption of about 14,975 GWh in 2023 across its operated facilities (which equates to roughly 41 GWh per day of electricity consumption across those facilities, implying continuous site power draw on the order of hundreds to thousands of megawatts for the largest campuses.

Meta's primary "customers" for its AI compute are internal for powering their Facebook, Instagram, WhatsApp, and ad systems.

Individual Google site proposals in local jurisdictions commonly range from a few hundred up to 467 acres for single hyperscale facility sites; Google is also planning multi-facility campuses that can cover hundreds of acres in aggregate.

Google's AI data centers run workloads that in many locations draw tens to hundreds of megawatts; Google has publicly started utility agreements to curtail or shift AI workloads to help grid reliability, and the company acknowledges that training and large ML workloads can require sustained multi-MW to multi-hun-

dred-MW usage during training runs.

Google Cloud serves a large set of enterprise customers using Google's AI and ML products, but Google does not publish a single definitive public count of customers specifically using AI computing power.

Overall, you can see that AI is very beneficial to these major companies, needing lots of space, power, and water to operate their tremendous data centers, so we can enjoy all the benefits of using their massive Internet services!



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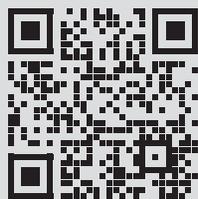
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OCTOBER

Calendar

BOULDER

Tuesday/7

The Boulder Genealogical Society offers a free hybrid program on “Journey Through American Immigration History” By James Walsh, PhD at the Calvary Bible Church, 3245 Kalmia Ave. in Boulder. Walsh’s research into the history of Irish immigrants in Leadville, Colorado led to the Leadville Irish Memorial, unveiled in September of 2024. Please register online on their website at to receive handouts or the Zoom info at <https://www.bouldergenealogy.org/>.

Wednesday/8

The Longmont Genealogical Society presents a free hybrid program on “The Story of “In Their Time” by Roger Dudley at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets. Recollections of the seeds of the book first conceived in

1975 and how it evolved into the book In Their Time: 1000-2076. Please register online at <https://longmontgenealogical-society.org> to receive any handout or Zoom info.

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

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

Check individual venues for current information

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Mental Health

World Mental Health Day

October 10th is World Mental Health Day, a day for global mental health education, awareness, and advocacy against social stigma. The World Health Organization (WHO) reports that over 1 billion people worldwide live with a mental health



Dr. David Remmert

condition such as anxiety and depression. This means that 1 in 8 people worldwide are struggling on some level with mental health challenges. Despite this high number, only about 30% of people worldwide have access to the treatment they need.

While some mental health crises receive national, and even worldwide, attention due to their sensational characteristics, most people suffer in silence. Considering the numbers above, it means that over 700 million people who would benefit from professional help don’t see a psychiatric provider or therapist. They may not feel they can turn to family and/or loved ones for support and have shame over their illness and feelings of inadequacy. In some parts of the world, they may be suffering human rights violations due to their illness. Over 14.3% of all deaths worldwide are attributed to mental health

disorders.

As with physical ailments, it’s time to recognize that mental health challenges are not a character flaw. They are not the result of weakness or frailty, and no person or population is immune. A son or daughter, a cousin or aunt, a best friend – someone in your life may very well be suffering with mental illness and not disclosing it for fear of judgement and ridicule.

In many ways, our Peer Support Specialists are among most inspiring staff here at Clinica Family Health & Wellness. They have been through crises of their own and rather than crawl into the shadow of shame, they choose to offer their experience and hope to others who are just now recognizing their own challenges. All of us should celebrate the courage to be transparent and offer hope to others.

Dr. David Remmert is a Longmont-based psychologist at Clinica Family Health & Wellness (formerly Mental Health Partners), a nonprofit community health center serving Adams, Boulder, Broomfield and Gilpin counties.

Technology is Hip!

How Climate Change Affects Our Planet!

This has been a controversial topic for many years. I have a quote: If we don't take care of our planet, it will die and so will we! Climate change is the long-term warming of Earth caused by human emissions of greenhouse gases. It is already changing weather patterns, melting ice, raising sea levels, increasing multiple wildfires, and increasing the frequency and intensity of extreme events. Many ocean side cities are being flooded, needing massive protective walls to stop the higher water levels caused by the melting ice caps.

The direct impacts on people include 1) more frequent and intense heatwaves especially among older adults and people with chronic conditions, 2) higher temperatures raise ground-level ozone and lengthen pollen seasons, worsening asthma and other respiratory and cardiovascular diseases, 3) stronger storms, hurricanes, floods, and wildfires cause immediate injuries, fatalities, and long-term health issues from smoke and disruption of services, 4) changes in temperature and precipitation shift changes (mosquitoes, ticks) and water- and food-borne patho-



Bob Larson

gens thrive, altering disease patterns, & 5) climate disasters, loss of homes or livelihoods, and chronic climate anxiety increase stress, depression, and other mental-health problems.

About 3.6 billion people on our planet already live in areas highly susceptible to climate impacts, and climate change is projected to cause hundreds of thousands of additional deaths per year by mid-century if correction methods are not implemented!

What we can do now as a planet: 1) cut greenhouse gas emissions by switching to cleaner energy, reducing fossil-fuel use in transport and buildings, and shifting diets and land use,, 2) strengthen health plans, improve early warning systems, upgrade infrastructure for floods and wildfires, protect water and food supplies, and expand healthcare, 3) prioritize resources for communities most at risk, invest in resilient public health systems, and incorporate laws into climate policies to avoid existing climate issues. This is another beneficial use of technology to save our planet!

Bob Larson is a technologist and Marketing Director for 50 Plus!

Reflections

Powwowing



Martha Coffin Evans

When our family held its first "Pow Wow," around July 4 over 10 years ago, we did so with the idea of gathering together to share significant information. While not intended to diminish the Native American culture embodied in this event, it brought us together for a different purpose – our wishes while we were still part of the conversation.

Last December, we gathered again, this time to provide an update on several items. With the passage of a few years, some changes had occurred.

We're planning another "Pow Wow," gathering this December when those out of state family members will hopefully be here for the holidays. As with life for all of us, change happens even when we're paying attention. Conversations now shift to include health, housing, beneficiaries, and more.

In a recent grocery store aisle conversation with a friend, she mentioned fielding questions from her family members about who they should talk with when their parents or grandparents were no longer living. I did a little research about "who does what" from financial planners to advisors. Feeling

comfortable with those providing financial and legal advice has become very important to me. I hope what I learned will help her.

Newlyweds, not in their 20's, are now having these discussions. While feeling fine about how they've provided for their family members, does this change with their marriage. Step-children and step-parents now become part of the discussion and consideration.

My mother had a phrase about not borrowing trouble when having these conversations. I choose to believe these conversations help us avoid problems in the future for our family members. In their own way, they become gifts we give while we're at the table talking together.

How are you doing with these conversations with your family members? Feeling pretty good about this? Need a nudge?

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

We Care

Discovering Boulder's Wonderful Autumn Colors

Fall is nearly here and now is a good time to start thinking about a leisurely trip to catch the beautiful changing colors of the leaves. Whether you want to drive, bike or walk, there are plenty of good options to enjoy this special time of year.

While the peak season may shift a bit, the first and second week of October is generally the best time to go. Here are a few insider tips to make the best of this quick trip:

1) To the north of town, Coot Lake allows visitors to fish, jog, or stroll with plenty of amenities available while soaking in the panoramic views,

2) Gregory Canyon on the edge of the foothills is a beautiful location with plenty of trails. Be careful – bears are actively feeding in this area,

3) South Mesa Trailhead and the hike along the Homestead Trail that overlooks the South Boulder Creek corridor has many Cottonwoods and sumacs that get bright red in color,

4) to see the changing colors of Boulder's urban canopy, check out Panorama Point and Chautauqua Meadow. Note that parking can be a challenge.

5) For a wide variety of trees and colors, venture a bit to the west and try Chautauqua Park, 6) For a

lovely walk or bike ride, start at the Bobolink Trailhead of Baseline Road and cruise along the South Boulder Creek trail,

7) Sawhill Ponds east of Boulder offer beautiful fall colors and views of the area,

8) Mapleton Avenue is an excellent area for tree appreciation and watching the colors change. The largest red maple in the state is at 9th Street and Mapleton Av-

enue next to the old elementary school building, and the avenue is lined with several different maple species that turn various shades of yellow, red and orange,

9) Central Park and Chautauqua Park both feature large white oaks, which turn a beautiful shade of red each fall.

Before heading out into Boulder's open spaces, be sure to check out the parking status via trail-

head cameras to ensure adequate parking. No car? No problem! Find alternative ways to trailheads via e-bikes, e-scooters, buses and shuttles.




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Poetry Rising

When the season of fall is upon us, I often smile thinking about this season of our lives. I happen to be one of those crazy people who is comfortable talking about end of life.

Now, as we watch the trees get their most beautiful during this time of chilly weather and saying goodbye to the flowers and even to some of the birds, the trees are most beautiful just before they let go. Can that also be said about us?

Several years ago, I was sitting with a friend who was facing her final days. We never really said goodbye to one another but when I got home that evening, I wrote the following poem.

WHEN MY DAY COMES

When my day comes
and time no longer knows my name.

No shadows will be cast
when love's light moves
through me.

All joy
All beauty
All peace

Ah life, you have been good to me.

May those I love, love you
even more
till their day comes
and all shadows pass away.

(c) Barbara Wood Gray

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

Boulder's Open Space & Mountain Parks Program Features Dog Ambassadors

Boulder started the Open Spaces & Mountain Parks (OSMP) program in the 1960s to educate visitors about the many different open spaces and mountain parks in the City of Boulder. As volunteers, they love to educate the visitors on how to use bird ID apps like Merlin and reporting apps like E-bird (both free from Cornell University). The volunteers lend their binoculars to passing hikers to get a glimpse of unusual sight-

ings. They have also found some of our best spotting's have come from chatting with other birders on our trails (and, when offered, using their scopes)!

Dog Ambassadors volunteer with their furry companion to focus on modeling appropriate dog/guardian behavior, educating visitors about the voice and sight program, and sharing canine related safety and land stewardship considerations.

De-escalation training as well as emergency training has been helpful to experience, though thankfully have been skills that they have rarely needed. The dog ambassador training was useful, especially understanding why dogs should definitely stay away from prairie dog holes (Nesting rattlesnakes! Bubonic plague carrying fleas!).

OSMP volunteers love learning about the fascinating history of the open space program. A few years

ago, they had the honor of attending an OSMP anniversary presentation by some of the originators of the (modern) program back in the 1960's. They were incredibly impressed at how these founders were able to galvanize the community to tax themselves in order to preserve Boulder's beautiful public lands. Their foresight in preserving our open spaces has been a gift to the following generations.

They have also volunteered to feed baby lambs for an agricultural open space project, monitored bats, did trail construction, cleaned Boulder creek, and have helped staff the (seasonal) Flagstaff Nature Center. They enjoy the endless variety and new skills offered by volunteering with OSMP. If interested in becoming a OSMP volunteer or dog ambassador, visit their website at [Dog Ambassadors | Home | City of Boulder](#).

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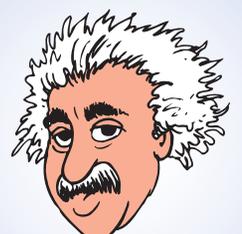
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Boulder County Homeowner? Sign-up for free Property Alerts

Protect your home and help combat property fraud with Property Alert

The Boulder County Clerk and Recorder's Office offers a free email notification service called Property Alert, designed to help detect potential fraudulent activity involving your home or property.

Unbeknownst to a home or property owner, fraudulent documents such as a fake deed can be filed with the Clerk's office. These documents may falsely indicate that the property has been sold or transferred. Once recorded, scammers can use them to take out a mortgage or even attempt to sell

the property. While this type of fraud is rare, it is on the rise. And signing up for Property Alert is a simple and proactive way to safeguard your property.

Property alerts work by alerting you via email when a document is recorded that matches your name (you can sign up for variations of your name, a spouse's name, etc.). This early warning system helps you respond quickly to suspicious activity. The goal is to reduce the time, cost, and stress involved in resolving issues related to fraudulent mortgages, deeds, or liens. Learn more and sign up at BoCo.org/PropertyAlert.

Seniors With Guns, A Lethal Mix

Imagine a senior who has been struggling since his wife died 2 weeks ago. His family is concerned about him and convinced him to hand over his rifles for safekeeping. They didn't know about the loaded handgun in this nightstand. Sadly, he used it to end his life. Had that weapon been secured in a safe, the time needed to open it might have interrupted the impulse act.

Constance Holden, retired nurse and Rotary Club of Boulder member, notes that ageing may be a time of incredible upheaval / transition and loss. Seniors may be dealing with the loss of a spouse, a child, or other close friends or family members. Many seniors must adjust to loss of independence or function due to health changes. Some sense a loss of purpose and contribution after retirement. This increases risk for impulsive suicide. White

men over 75 have the highest rate of suicide deaths nation-wide. Ownership of a handgun increases risk of completed suicide eight-fold. Many suicide attempts are impulsive and having rapid access to a firearm increases the risk that a physical or mental health crisis will end in suicide. In Colorado, 75% of gun violence deaths are suicide. By removing or securely storing firearms from homes, we can reduce the number of suicides.

On October 18th 9-11, the Boulder Rotary Club and Boulder Community Health will be hosting a giveaway of cable locks, home safes and car safes. Come by and pick up these items which help prevent accidents with children and impulse acts associated with domestic violence and suicide. More information available at: Boulderrotary.org

MEDICARE ADVANTAGE OPEN SEASON

OCT. 15TH – DEC. 7TH

Many big changes this year

**Some companies are discontinuing
Some of their plans and they will **not**
Automatically enroll you in a new plan
Some are totally pulling out of
Certain counties.**

**DON'T BE LEFT WITHOUT
COVERAGE**



Ron Vejrostek

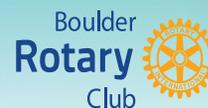
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CU Boulder Presents the Popular Takács Quartet

The Grammy-winning Takács Quartet's dynamic and insightful performances have established the ensemble as one of the most sought-after chamber music groups of our time. Their unique blend of technical brilliance and emotional depth creates an unforgettable musical performance. Experience the quartet that has enchanted Boulder audiences for over four decades and counting.

In recognition of its 50th anniversary, the world-renowned Takács Quartet was recently the subject of an in-depth profile by

The New York Times and featured on the cover of Strad magazine. The Takács released two anniversary season albums in 2025 for Hyperion Records to glowing reviews. "Flow" by Ngwenyama, composed for the ensemble, was followed by an album of piano quintets by Dvořák and Price with Marc André Hamelin. In August 2025 for Musica Viva in Australia, the ensemble plays a new work "Sonnet of an Emigrant" for quartet and narrator by Cathy Milliken with texts by Bertolt Brecht.

October 5-13 Program

Joseph Haydn: String Quartet in G Minor, Op. 74 No. 3 "The Rider"

Claude Debussy: String Quartet in G minor, Op. 10

Intermission

Ludwig van Beethoven: String Quartet in C Major, Op. 59 No. 3

Their performances will be at the Grusin Music Hall (C112), Imig Music Building, 1020 18th St, in Boulder. Tickets range from \$48 to \$58 per person. The performance will be streamed live on Sunday at 4 p.m. and available on-demand for seven days. In-person season

ticket holders receive free livestream access as well. Single ticket discounts are available for in-person performances, youth (K-12) and CU Boulder faculty, staff, and students.



OCTOBER Calendar

DENVER-METRO

Saturday, October 11

Celebrate fall at the Littleton Museum's living history farms at their annual Harvest Festival. Enjoy wagon rides, 1890s carnival games, historical demonstrations, live music, and a pumpkin patch full of photo opportunities. Admission is free; wagon rides, snacks, and carnival games require tickets available online or at the event. Purchase pumpkins with cash or check (ATM on-site).

Saturday/18

The Colorado Genealogical Society presents a free program on "Saying Goodbye: Our Ancestor's Traditions of Death and Dying" by Sylvia Tracy-Doolos from 9:30 to 11:30 am on Zoom. What can we learn about our families by observing their traditions on death and dying? Explore how language, faith, and social identity shaped group affiliations—and records. Please register online on their website at [Events | The Colorado Genealogical Society](#).

The annual Tennyson Street Fall Fest is a celebration of community in NW Denver's

Berkeley neighborhood from 10 am to 6 pm located between 41st and 43rd streets (closed to traffic). Join the fun for all ages along Tennyson Street between 41st and 43rd Streets, featuring a variety of activities!

Saturday/25

The annual Broadway Halloween Parade returns with spooky floats, funky bands, and a hearse procession from 6 to 8 pm at 500 N. Broadway (traffic closed between 5th Ave. to Alameda & and 1st Ave between Lincoln and Broadway. Dress up and join the fun in this spooktacular Broadway tradition!

Tuesday/28

The Aurora Genealogical Society presents a free hybrid program on "Published Genealogies" by David Fryxell, author, editor and experienced genealogist at 1 pm at the Aurora Public Library Hoffman Heights Branch Lower-Level Community Room at 1298 Peoria Street. Please register online on their website at <https://www.auroragenealogicalsociety.com/>.

Social Security Today Social Security Transitions to Electronic Payments

Effective September 30, in accordance with Executive Order 14247, Modernizing Payments To and From America's Bank Account, federal benefit payments will primarily be issued electronically, with paper checks being phased out in most cases. To prevent any disruption in payments, we are reaching out to beneficiaries who currently receive paper checks and encouraging them to switch to electronic payment options before the deadline (see Paper Check Insert). Additionally, we are no longer offering a temporary check option when processing initial claims. Beneficiaries who request an exemption from the electronic payment requirement must file a waiver with the U.S. Treasury by calling 1-800-967-5042. SSA technicians are available to assist beneficiaries with this transition and to answer any questions.

Electronic payments offer significant advantages over paper checks, including faster access to funds, increased security, and greater convenience. Payments are deposited directly into a

bank account or onto a prepaid debit card, eliminating the need to wait for mail delivery or visit a bank.

There are two easy ways to receive federal benefit payments electronically:

Direct Deposit to a checking or savings account. Old-Age, Survivors, and Disability Insurance (OASDI) beneficiaries can use or sign up for a my Social Security online account to manage direct deposit information and access benefit details. Supplemental Security Income (SSI) recipients and international beneficiaries can call 1-800-772-1213 for assistance.

Direct Express® Card, a safe and convenient prepaid debit card option for those without a bank account. To enroll, call 1-800-333-1795 or visit www.usdirectexpress.com.

Please share this information with your clients and encourage those preparing for initial claims to set up bank accounts for direct deposit. This will ensure new beneficiaries receive their benefits securely and without interruption.

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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 soneill@drmac-co.org</p>	<h3>Information & Assistance Line</h3> <p>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</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 www.drmac-co.org 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 & 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 or call 303-243-3113

DRMAC
Denver Regional
Mobility & Access
Council

Centennial Chalk Art Contest Was a Beautiful Success!

Nearly 100 chalk artists turned the sidewalks at the Streets at SouthGlenn into chalk masterpieces while live music filled the air on Saturday, September 13. Amazing vendors added to the atmosphere, making it a day to remember. More than 5,000 event attendees enjoyed the beautiful day and were invited to vote for their favorite art in one of three categories (Kids' Choice, People's Choice, and Artist's Choice). Congratulations to our winners!

Thank you to all the talented artists who participated and to the eventgoers who voted.

People's Choice Winners

1. Michelle Kattchee Sirois, "Hopscotch with a View" #152
2. Lily Stalilonis, "Sardine Cans" #142
3. Kyra Liberski, "Blossom Buddies" #141



Blossom Buddies Chalk Art

34 Years of Service
Providing Information
for the 50+ Community

Investing In Parks And Recreation

on Tuesday, Sept. 9, the Board of Douglas County Commissioners announced historic investments in parks and recreation in Parker, Lone Tree, and Castle Rock. Parks, Trails, Historic Resources and Open Space Funds will be used for the construction of new sports fields and facilities in Lone Tree, Parker, and Castle Rock, as well as for Zebulon, a regional sports complex in northwestern Douglas County.

"Thanks to voter support for the Parks, Trails, Historic Resources and Open Space Fund, we can make these once-in-a-generation investments," said Commissioner Kevin Van Winkle. "This is a great example of community voices shaping the future of Douglas County."

Investments Include:

- \$7.5 million for High Note Regional Park in Lone Tree
- \$7.5 million for Salisbury Park, in Parker
- \$7.5 million for a Gold Crown fieldhouse in Castle Rock

Plan to Celebrate!

A community celebration of these historic investments will be from 4 to 6 p.m. Thursday, Oct. 2. The location will be determined soon. To learn more, please visit the website at <https://www.douglas.co.us>.

Kids' Choice Winners

1. Drew Knight Walker, "Godzilla" #121
2. Kyra Liberski, "Blossom Buddies" #141
3. Kyley Flynn, "Wednesday Adams" #140

Artist's Choice Winners

1. Sarah, "Pumpkin Mouse" #164



Pumpkin Mouse Chalk Art

2. Michelle Kattchee Sirois, "Hopscotch with a View" #152
3. Athena Lutton, "Prancing in the Moonlight" #104

View photos of the winning art.

Thank you to our Chalk Art sponsors: Title sponsor Commerce Bank, Jacobs, Ameritech Windows, Core Electric Cooperative, Craftsman's Touch Construction, Felsburg Holt & Ullevig, Key Bank, Lifetime Home Remodeling, Power Home Remodeling, Cane's, Vida Centennial, Waste Management and Yoga Six.

Advanced Space Moves to Westminster!

Once known for its dairy farms and cattle ranches, Westminster is now home to some of the brightest minds in the aerospace industry. People right here in our community are tasked with highly specialized missions at the forefront of space exploration. This unique work is all performed by Advanced Space. Originally established in Boulder in 2011, Advanced Space was founded on the mission of enabling the sustainable exploration, development, and settlement of space.

Brad Cheetham, co-founder, CEO and president of Advanced Space, recalled the company's beginnings. "We weren't billionaires, so we couldn't afford to start building rockets. Instead, we focused on building orbits and tools and providing value in other ways."

Their three main areas of business are mission enabling services, technology solutions, and mission solutions. "We don't actually build satellites in Westminster, but we design what they need to look like, what the missions need to look like, and then we operate them out of those facilities," Cheetham explained.

The company's reputation took off due to the success and multiple ex-

tensions of a mission called CAPSTONE, an acronym for Cislunar Autonomous Positioning System Technology Operations and Navigation Experiment. Advanced Space designed and launched the microwave-sized spacecraft that has been orbiting the moon for three years. "It was really the first part of NASA's Artemis program, which is going to land humans back on the moon," Cheetham said.

However, Advanced Space missions don't end at the moon. "We have a mission that's set to launch to Mars for NASA that we're helping with the services, launching later this year." Advanced Space is also partnering on missions to the asteroid belt between Mars and Jupiter. Cheetham looks forward to pioneering and implementing trustworthy artificial intelligence and machine learning technologies into future missions.



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City Park Recreation Center

10455 Sheridan Boulevard, Westminster, CO 80020



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Colorado Gerontological Society

Major Changes Face Medicare Beneficiaries in 2026

Medicare open enrollment is going to require many beneficiaries to make major changes and decisions. Beneficiaries will face increased premiums for Part A and B. Many beneficiaries will see coverage and network changes. Medicare Supplement plans may significantly increase monthly.



Eileen Doherty

Medicare beneficiaries who have a Cigna Medicare Advantage Plan or a Prescription Drug Plan will need to change health insurance plans. Cigna will be selling all of their products as Health Spring in 2026. Everyone who has a Cigna plan will have a Special Enrollment Period (SEP) and can select a new MA plan from Health Spring or another company. They can also purchase a Medicare Supplement Plan without underwriting. Individuals with a Cigna Medicare Supplement will not need to make any changes.

Beneficiaries who have a PPO with Anthem, United Healthcare, Humana, or Select Health will have a SEP and need to select a new MA plan or purchase a Medicare Supplement Plan.

Only Humana and Health Spring are paying commissions to Medicare brokers who sell Pre-

scription Drug Plans. If you are working with an agent, be sure to ask for comparisons of your prescription drug coverage with other plans to make sure you get the best plan for you.

With all the different choices and many other changes in benefits, our Society is bringing new tools and guides to help you including:

1. Medicare Monday Information Sessions (in-person and virtual),
2. New to Medicare Information Sessions (virtual),
3. Make a Special Election Period Decision that Meets Your Needs (virtual),
4. Wednesday Lunch and Learns (virtual),
5. A YouTube Self-Enrollment series of videos,
6. A Medicare Guide to Enrollment Decisions (hard copy or download copy), &
7. A Directory of Medicare Brokers who are assisting with enrollment decisions.

Open enrollment runs from October 15 to December 7, with coverage starting January 1, 2026. To register for virtual sessions or to attend in-person sessions, visit www.senioranswers.org or call 303-333-3482. Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.

Arapahoe County Helps Veterans Recover \$5.5 Million in Benefits

In the first half of 2025, the Arapahoe County Veterans Services Office (VSO) helped local veterans secure more than \$5.5 million in benefit recoveries and connected them to critical resources. The office managed over 7,000 phone calls, supported over 800 in-person and virtual appointments, and helped file 442 new federal claims and 610 additional applications and claim correspondences.

Beyond benefits, the VSO assisted veterans and their families with Medicaid, burials, pensions, and more, while actively participating in community events and statewide initiatives. Arapahoe County is committed to honoring the service of our veterans and ensuring they receive the care, support, and respect they deserve now and into the future. If you are a veteran or have a family member who is a veteran, call 303-738-8045 to schedule an appointment or visit arapahoeco.gov/veterans to learn more.

Veterans or their dependents may be eligible for the following benefits. Make an appointment today for an accredited officer to determine eligibility and provide additional information about these VA programs:

Service-Connected Disability Compensation—Current, chronic medical conditions caused by injuries or illness in service or pre-existing condition aggravated by service.

- VA Pension—Income and net-worth based program
- Survivor Benefits—Dependency and Indemnity Compensation and Survivors Pension
- Burial Benefits—Allowance, Flag, Headstone/Marker, Presidential Memorial Certificate

You'll receive a needs assessment so an accredited officer can provide personalized services and determine eligibility. Appointments are available in-person in Littleton or Aurora or virtually:

- Littleton—1690 W. Littleton Blvd. Suite 110, Littleton, CO 80120
- Aurora—15400 E 14th Pl., Aurora, CO 80011



Caregivers need a break.



Caregiver Respite

The Caregiver Respite program offers caregivers valuable information and referrals to trusted respite providers. Eligible caregivers can gain access to respite services, offering a well-deserved opportunity to recharge and step away from caregiving duties. If approved, a one-time voucher can provide 32 hours of in-home care to be used within 90 days from award. The program is a free service for eligible caregivers.

Caregiver Respite voucher eligibility

Caregivers must be either an unpaid adult (18-plus) informal primary family caregiver or an older adult (55-plus) who is living with and caring for an adult with a disability who's between the ages of 18 and 59.

Care recipients must be either an adult (age 18-59) with a disability or an older adult (60-plus) who is unable to perform at least two activities of daily living, or an adult of any age (18-plus) who requires supervision due to dementia or another organic brain dysfunction. Care recipients cannot be receiving care or support services through Medicaid waivers, Veterans Affairs or other respite programs.

If you need digital accessibility assistance, submit a request at drcog.org/access or call 303-455-1000. Please expect a response within 72 hours (three business days).

Find out more or sign up today:
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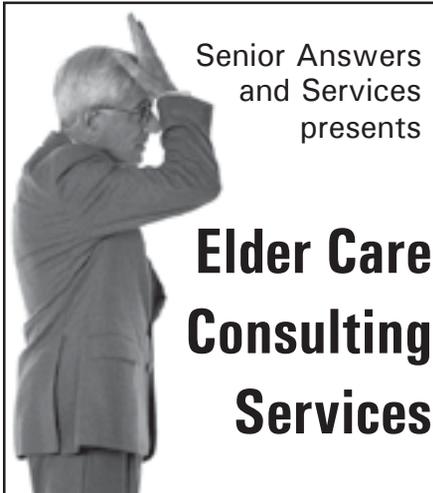


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www.senioranswers.org

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.

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OCTOBER Calendar

WELD

Thursday/2

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.

Monday/6

The University of Northern Colorado Symphony Orchestra presents "A Symphony of Stories" with harpist Courtney Hershey Bress at 7:30 pm at the Campus Commons Performance Hall & Online. Step into enchanting classics like Ravel's Mother Goose Suite and Respighi's Pines of Rome, interactive storybook fun in the lobby, live readings and playful surprises for all ages. Tickets range from \$5 for children to \$24 for adults and can be purchased at their box office at 1051 22nd Street in Greeley or phone (970) 351-4849.

Thursdays to Sundays
Tiggs Farm offers Pumpkin Patch, Chile Roasting, Scavenger Hunts, Barn Quilt Gallery, Rocking Horses & Tractors, and

Farm Equipment Guided Tours for free from 10 am to 6 pm. Visit them at 12404 County Road 64 1/2 or call them at 970-686-7225.

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>.

Dementia Together presents free programs on their Memory Cafe series in Greeley. Visit their online calendar at <https://dementiatogether.org/>.

A Place to Call Home: Jacoby Meadows, Windsor's New Senior Community

For many longtime Windsor residents, the dream of remaining in the community they've helped shape has grown more challenging in recent years. Rising housing costs across Northern Colorado have made it difficult for seniors on fixed incomes to find safe, comfortable homes close to family, friends, and familiar places. Now, a new senior affordable apartment community in Windsor is opening doors to a brighter future.

Designed with both independence and connection in mind, Jacoby Meadows Senior Apartments is an elevator-served building featuring modern one- and two-bedroom units tailored to the needs of adults aged 55+. From accessible layouts and energy-efficient appliances to wide, welcoming hallways, every detail has been considered to ensure comfort and peace of mind. Shared amenities include a central lobby and waiting area with an open central stair, a large gathering space that can be configured for large group events or meals with comfortable seating, televisions, library shelving, dining and gaming area, parcel room, and the upper-level Sunset Lounge provide opportunities for neighbors to gather, share meals and coffee, and enjoy the Rocky Mountain views together.

But the heart of this development goes beyond its walls. For Windsor's seniors, affordability means stability. It means being able to stay rooted in the town where they've raised families, volunteered, and built lifelong friendships. Just as importantly, its location near Windsor's many amenities including shopping, health care, and grocery and drug stores makes daily life easier and more connected. Residents and community leaders alike see this project as more than housing—it's a promise. A promise that those who contributed to Windsor's growth and character will always have a place here, no matter their income.

As the first residents settle in, the spirit of the community is already coming alive. Laughter and conversation in the common areas, neighbors sharing coffee in the outdoor spaces, and the simple joy of knowing home is not just affordable but welcoming—these are the moments that define Windsor's newest chapter in caring for its seniors.

If you'd like to make Jacoby Meadows your new home, then please contact us at 970-646-8902 or applicants@lovelandhousing.org.

Tiggs Farm

**Open Thursday, Friday, Saturday, Sunday
thru Oct 31 - 10am - 6pm**




Fire Roasted Green Chile & Fresh Produce

You Pick 'em Pumpkin Patch

12404 County Road 64 1/2, Greeley, CO 80631
 970-686-7225 (call during open hours & no messages)
 970-576-8970 (text or leave message)
 School, Child & Adult Day Care Field Trips can be scheduled
 Thursdays & Fridays in October.

October FREE Family Fun!

Every October Weekend sponsored by Tiggs Farm

- Conestoga Wagon Rides, 1-4pm**
- Petting Zoo - 10am - 5pm**
- Co-sponsored by Points West Bank, Windsor, CO
- Unicorn Visit, Oct 11-12 only, 1-4pm**
- Co-sponsored by Colorado Costume Castle, Greeley
- Catapult Pumpkin Chuckin" Exhibition**
 October 25-26, 10am - 4pm
 (see a pumpkin fly up to 800 feet)

During Open Hours:

Scavenger Hunts & Farm Equipment Museum
Family Homemade Craft & Gift Shop



WWW.TiggsFarmLLC.com

Keep up with us on
 ←facebook or the website→



The Blue Trolley Bistro, Penny's, Katie's Bakes and Slawpy Barn Food Trucks will take turns on weekends (Sat & Sun).

UNITS AVAILABLE NOW!

JACOBY MEADOWS

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WINDSOR, CO 80550



- * New Affordable Senior Apartment Community for 55+!
- * Units still available for those that make 60% - 80% of the area median income
- * Preference given to those who live or work in Windsor

Tours
available by
appointment

1 BD/1 BA	2025 Annual Gross Income Limits	2BD/1BA
\$1,278 - \$1,705	1 Person: \$47,760 - \$63,680 2 Person: \$54,540 - \$72,720	\$1,534 - \$2,046
DEPOSIT: \$600		DEPOSIT: \$700
621 SQ. FT		882 SQ. FT

***Dishwasher**

***Washer/Dryer**

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***Utilities Included**

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CONTACT US TO APPLY:

LOVELAND HOUSING AUTHORITY
 375 W 37TH ST STE 200 LOVELAND, CO 80538
 (970) 646 - 8902 | applicants@lovelandhousing.org
<https://lovelandhousing.org/communities/jacoby-meadows>

Income must
be 2X the
rent amount





The Loveland Housing Authority does not discriminate on the basis of sex, age, race, religion, familial status, national origin or disability in the admissions of, access to, treatment of our employment in the federally assisted programs or activities.



Community Concert

This very moving and touching fund raising event was hosted by Bethel Lutheran Church in Windsor and was presented to benefit the Weld Food Bank which works to address growing through the hard work of their staff, volunteers and donors.

Food and financial donations do make a difference in the lives of area neighbors. Such imperishable food items and financial donations were collected for the fund raising event.

The Community Concert featured "Hands In Praise" a Christian American Sign Language Choir. The choir are dedicate to the worship of God and share the their worship with the hearing and non-hearing by signing (ASL) to praise songs and traditional hymns recorded by vocal artists. They include "Amazing Grace/My Chains are Gone," "How Great Thou Art," "He," and "The Lord's Prayer" to name just a sampling of those songs and hymns. The choir performances reached far into

the minds and hearts of their audience.

Bethel Lutheran Church Pastor Joe Natwick masterfully served as Master Of Ceremonies sharing introductory information about "Hands In Praise" and introduced each of the hymns and songs the choir presented.

The evening concert ended with a standing ovation for everyone involved. The ovation was deserving in every way.



Bethel Lutheran Church Pastor
Joe Natwick



"HANDS IN PRAISE" Choir

Social Security Today Social Security Launches Redesigned Homepage at SSA.gov

In our ongoing commitment to provide efficient and equitable service, we are pleased to announce the launch of our redesigned homepage at SSA.gov. The new design makes it easier for visitors to find the information they need and complete common tasks online.

The homepage encourages online self-service adoption by highlighting how simple it is to use the my Social Security portal. The layout offers a more user-friendly experience, with information organized to meet the diverse needs of our users.

Key benefits of the redesign include:

Increased visibility for my Social Security account sign-up and sign-in, making it easier for users to view benefit estimates, apply for benefits, check application status, or request a replacement card.

Life Events section and webpages to guide customers

who are unsure where to start, helping those facing major life changes understand how Social Security can support them and providing entry points to more detailed resources for specific scenarios.

Enhanced access to third-party services (such as employers, representative payees, appointed representatives, and government agencies) to make these resources easier to locate.

Easily scannable content to improve findability, categorize information, and guide users.

An adaptable website structure to ensure ongoing improvements that better meet users' needs.

Please share and encourage your friends, family, and clients to visit our redesigned homepage and create a personal my Social Security account. We appreciate your continued support in sharing these important improvements.

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The Tie That Binds

Exploring the connections that unite us: love, faith, common purpose, and music!
featuring the Jackson Elementary School Choir
Cheyanna McGlothlin, Director

And Introducing...
Dr. Clelyn Chapin, Greeley Chorale Artistic Director

Saturday, October 11, 7:30 p.m.
First Congregational Church, 2101 16th Street

TICKETS: \$22 Adults, \$10 Students
\$18 ea. for a group of 10 from a single purchaser (advance sales only)
greeleychorale.org, 970-351-4849 or UNC Campus Commons

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"Improving the quality of life for those we serve"

Wasted Space?

For all we know, there's not a number large enough to describe the endlessness of space, which begs a few questions short of a billion! One is particularly interesting, as its returned many times throughout time. Not about Comets

or asteroids or other galactic phenomena whizzing by again and again. The big question is, are the Aliens back?

Yes folks, as it's become impossible to tell reality from science fiction, here they come again: big heads, one eye, three in some cases, slimy appendages and echoing voices. Some less friendly than others.

Captured in artistry in and of itself, ancient hieroglyphics also told of alien ships, and visitors with big heads captured by starving artist of the day, and over millennia since.

Between then and now, you'd think there would have been more actual evidence beyond blurry, pie pan photos, first-hand accounts third-hand of grandpa's close encounter, and, of course, Area 51, which rose, coincidentally, around the Cold War.

Now, all of a sudden, UFOs are back in the news as advanced drones, jets and who knows what else needs cover from pry-



Steve Anderson

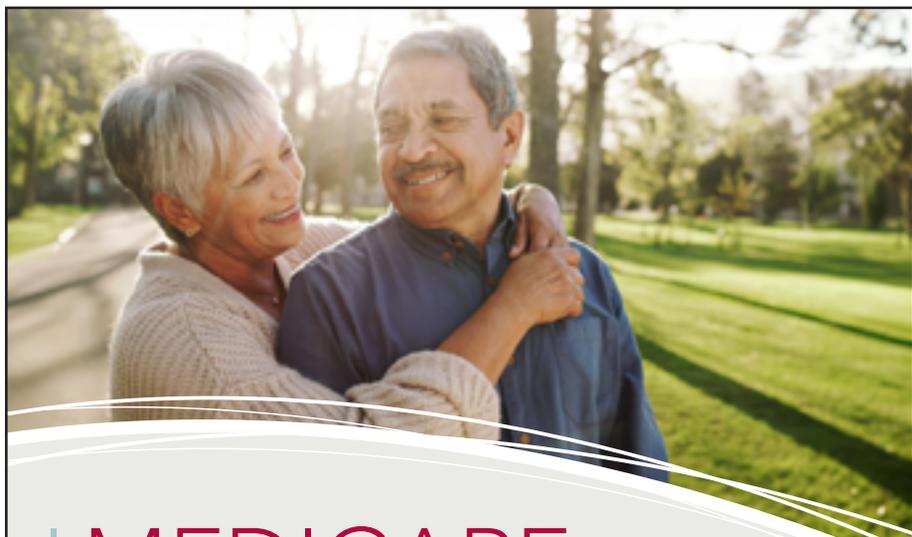
ing eyes, as it should be and has been even since these mysterious craft whooshed in, defying gravity and scaring cattle. What better time to whip up a few rumors, get the aluminum helmet crowd together and do as its been done throughout

man's existence? Tell a good story.

Believing in unknown life forms so unlikely to exist in our time, let alone vicinity across infinity, is so unbelievable, it's amazing anyone questions an alternative. To think otherwise is to underestimate the power we alone possess, capabilities creating possibilities realized in searching the stars for life. Is it all by accident, by aliens, or something big enough to create the seemingly impossible,, a spectacular

universe that's attracted our imagination and faith there is something more since day one.

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Call 970.495.8558 for schedules and additional information.



Conviction Matters

I am writing this article on September 11, 2025. Twenty-four years ago, terrorists attacked the North and South Towers of the World Trade Center in New York City and the Pentagon in Arlington, Virginia. Their weapons were commercial airlines. The terrorists also wanted to crash into either the U.S. Capitol Building or the White House using Flight 93's airliner. However, Todd Beamer was overheard by a phone operator saying, "Let's roll" as he and several other passengers confronted the hijacker terrorists leading to the crash of Flight 93 in Shanksville, Pennsylvania. I did not know Todd personally, though we both worked for the same company. None of us know how we will respond in a situation such as this. Yet, I think one word sums up the character of those whom we call heroes: conviction.

Conviction about one's beliefs is tested during times of fear and distress. While all of us may freeze for a moment when encountering danger, what happens next is based on what we believe about ourselves. We may react selflessly or selfishly. This is often called the flight or fight response. Some argue that we are "hardwired" to do one thing or the other and there is nothing we can do about it. We will only know how we respond

when the danger arises. I do not agree with this premise.

Fire fighters and police officers are trained to respond in predictable ways. It is the breath and depth of the training that determines how a person who serves others will respond. The unofficial motto of organizations like fire fighters, police, and some military branches is "Service Before Self". That is how these groups train and that is their world view. The apostle John records Jesus saying, "Greater love has no one than this: to lay down one's life for one's friends" (John 15:13). I believe Todd believed this. May we be worthy of the sacrifices made for us and may our conviction to do the same grow in us.



Bob Pittman, Interim Pastor
Windsor Christian Church of Windsor
website: www.ccwin.org
email: ccwinchurch@gmail.com
phone: 970-686-2958

Windsor Community Playhouse
Fridays and Saturdays at 6pm
Sundays at 1pm

**ONE
CHRISTMAS EVE
AT EVERGREEN
MALL**

By Lynne Holiday, James Hindman,
Arlene Hutton, and Craig Pospisil

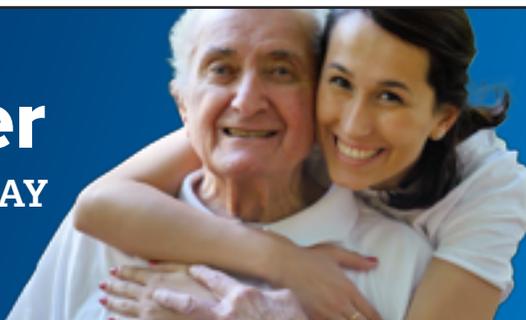
Nov. 21 - Dec. 14, 2025
Annual dinner theatre, reservations are required



561 E. Garden Dr.
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Info@windsorplayhouse.org
970-674-1794



Caregiver APPRECIATION DAY



A Time of Pampering

Join us for an event dedicated to honoring our incredible caregivers! This appreciation is all about relaxation, self-care, and gratitude for the hard work and dedication you show every day. Take this time to recharge, connect with fellow caregivers, and let us pamper you — because you deserve it! We appreciate all that you do, and we can't wait to celebrate you!

WHAT TO EXPECT

- **Chair & Table Massage**
Enjoy soothing massages to ease tension and promote relaxation.
- **Manicures**
Treat yourself to a fresh and polished look.
- **Foot Reflexology**
Rejuvenate your feet with targeted pressure therapy.
- **Refreshments & Hot Coffee/Tea**
Relax and unwind with a warm cup of comfort and a snack

Date: November 7, 2025 | Time: 10-11:30 a.m.

Location: Academy of Natural Therapy, 625 8th Avenue (on street parking only)

FREE

Reservation required by November 1 call 970-350-9440

Please note: A caregiver is defined as a family members or an unpaid helper who regularly looks after an elderly (50 and older), or disabled person. There will be no respite care provided at this event.



Greeley Active Adult Center, 1010 6th Street, 970-350-9440, GreeleyActiveAdultCenter.com

Weld Area Agency on Aging Caregiver Appreciation Event Offers a Morning of Relaxation and Gratitude



Donnica Fagan

Caregivers are the quiet heroes of our communities, providing compassion, strength, and selfless care to those in need. On Friday, November 7th, 2025, caregivers are invited to take a well-deserved break at the Caregiver Appreciation Event, hosted at the Academy of Natural Therapy in Greeley, CO.

Running from 10:00 to 11:30 a.m. at 625 8th Ave, this free event is a heartfelt thank you to those who give so much of themselves in service to others. Guests will be treated to a rejuvenating morning of pampering and relaxation in a peaceful, spa-like environment designed to refresh and restore. Highlights include massages, manicures, foot reflexology, and

light refreshments, all provided by trained professionals and student practitioners from the Academy.

Whether you're a family member caring for a loved one, a professional caregiver, or someone supporting others in need, this event is for you. It's not only about relaxation, but also about recognition, honoring the emotional and physical labor that caregivers perform daily.

In addition to the soothing services, the event offers a unique opportunity to connect with fellow caregivers. Share your stories, build friendships, and find support among others who truly understand the caregiving journey. These meaningful connections can provide a sense of community that helps combat isolation and burn-out.

Space is limited, and registration is required by November 1st. To reserve your spot, call 970-350-9440.

Take this time to unwind, recharge, and feel appreciated, because your care makes a lasting difference, and you deserve to be celebrated. Let us pamper you for a morning, you've earned it!

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.

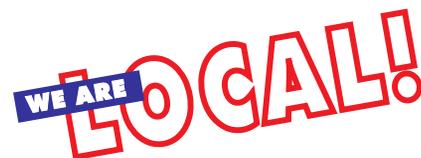
Ready to go further with PACE?

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- Visit www.PACE.trucare.org



Why Choose PACE?

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



World War II Veteran

Mary Lou Batman served in the US Navy and is proud to have done so. This month October Mary Lou is celebrating her 101st Birthday and happy to do so!

HAPPY BIRTHDAY MARY LOU & THANK YOU FOR YOUR SERVICE TO OUR COUNTRY.



QUESTIONS ABOUT MEDICARE?

Let us help you understand your options.

OUR SERVICES:

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Hi, I'm Valeria Ortiz. With over 10 years of experience and more than 1000 clients served, I help you understand your Medicare options and find the plan that fits your needs best.



CALL 970-347-0394

to speak with a licensed insurance agent.
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Vortiz Insurance LLC is not connected to the federal Medicare program. This is a solicitation for insurance



Fairacres Manor is a Name to Trust for Rehabilitation and Nursing Care in Greeley!

Recover with confidence and reclaim your independence. Whether you're planning surgery or healing from an illness or injury, our skilled rehabilitation team is here to support you every step of the way—with **personalized therapy, exceptional nursing care, and a track record of successful outcomes.**

- **Compassionate Care**
- **Experienced Rehab Professionals**
- **Exceptional Outcomes**
- **Great Customer Service**

Have questions about rehab after surgery?
Stop by and talk with our expert therapy team.

I would recommend Fairacres— go and check it out. Everybody is friendly from the therapists to the laundry crew! You could walk around the whole building—it is clean, bright and everyone is cheerful!" *D.Y., Family Member, May 2025*

Fairacres Manor
1700 18th Ave., Greeley, CO
Call Today to Schedule a Tour:
970-353-3370



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Senior Complex

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Housing Units Available in Dacono and La Casa Rosa

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Rent varies on income

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Greeley Housing Authority

The Eighth Year!

For the recently held unique community 2025 Golden Gallery 50+ Art Show which was presented at the LINC Library Innovation Center in Greeley.

All of the art in the show was created during the past five years by Weld County Artists age Fifty and over.

Each piece of art is an original and included paintings, mixed media, paintings and photography. Awards were presented!

The show was proudly hosted by the WELD COUNTY AREA

AGENCY ON AGING and the GREELEY ACTIVE ADULT CENTER.

This very popular Art Show is scheduled for a 2026 version. For more information, please call 970-400-6950.



SAVE THE DATE!



Weld Senior
SYMPOSIUM

Navigating Legal Issues & Area Resources

Thursday, October 2, 2025

8:30 am - 2:00 pm

Island Grove 425 N 15th Avenue • Greeley, CO 80631

For more information:
Please Call (970) 400-6950 • www.weldseniorsymposium.org



2025 Topics & Speakers:

Session 1 - 9:30 am

- Social Security Updates – Kathryn Hall
- Stay at Home with Rehab – Alissa Gould
- Getting Around Northern Colorado with RideNoCo – Tanya Trujillo-Martinez, Aaron Hull, Lisa Deaton

Session 2 - 10:30 am

- Top 10 Ways to Avoid Fraud – Mark Fetterhoff
- Veteran & Spouse Benefits, Services & Resources – Kevin Schlegel
- Panel: Aging in Place & Beyond: Navigating the Continuum of Care – Tracy Mossman, Kate Spruiell, Lyndsey Burmeister, Ricky Anderson, & Haley Harrison

Keynote - 12:30 pm

Last Wills & Testaments, Trusts, and Powers of Attorney
– Charles Connell



Healthy Foods at Low prices

Also! fresh produce & bread

913 Carbondale Dr., Dacono

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Closed Sunday**

Reaching Out In Gentleness & Kindness

That is the mission of Lin Schultze and Gracie her Therapy Dog. They belong to the Alliance of Therapy Dogs. A national organization headquartered in Cheyenne, Wyoming.

Lin and Gracie visit various facilities, including hospitals, nursing homes, schools and libraries sharing smiles and joys with whom they come in contact. Gentle and loving equals GRACIE...

Lin and her husband Paul reside in Greeley and are the parents of grown children and their families.

Lin finds her partnership with Gracie very rewarding and inspiring. A genuine team they are!



We Care

Blessings of Liberty Constitution Week Is a Divine Blessing!

In September, the American Legacy Academy held its fifth annual Constitution Week event at the Severance High School Auditorium during the Constitution Week (September 17-23). Over 250 people attended the event!

U.S. Constitution Week is observed annually during this week in honor of the original signing of the U.S. Constitution on September 17, 1787, during the Constitutional Convention in Philadelphia, Pennsylvania. It was ratified in 1788 and operationalized in 1789. As the world's longest surviving written charter of government, the first three words, "We the People," underscore the fact that the United States federal government was purposefully designed to ensure that it served its citizens – not the other way around.

Today, an increasing number of communities are organizing events to commemorate and celebrate one of the United States' most important founding documents. As the framework for achieving the conditions necessary to preserve the vision of liberty described in the Declaration of Independence, the U.S. Constitution will always be "married" to the Declaration.

One would not exist nor succeed without the other.

At this event, host Mary Zenzen introduced moderator Allen Thomas III, who gave an introduction and presented the National Anthem sung by the American Legacy Academy choir with an opening prayer by Reverend Josh Green with the Calvary Severance Church.

Jill Cullis of Constituting America presented the keynote address. Jill gave a riveting presentation on specific articles of our Constitution and what they meant. She gave a dynamic slide presentation and asked the audience multiple questions to test their knowledge on the principles of the Constitution.

Weld County Commissioner Lynette Pepler presented multiple trophies provided by Designs by Ricker and sponsored by the Veterans Plaza of Northern Colorado to student winners who wrote essays on what the Constitution means to the U.S. citizens! Overall, the audience engaged with the keynote speaker and thanked the students for their wonderful essays!



Seated (l-r) Host Mary Zenzen, Keynote Speaker Jill Cullis, Weld County Commissioner Lynette Pepler, & MC Allen Thomas III

Halloween Quotes

"It's as much fun to scare as to be scared." – Vincent Price

"Have a fa-boo-lous Halloween!"

"Eat, Drink, and Be Scary!"

"May your candy supply last you well into the Christmas season."

"Wishing you a Halloween full of treats and spooky adventures."

"I'm so glad I live in a world where there are Octobers." - L. M. Montgomery

"Clothes make a statement. Costumes tell a story." - Mason Cooley

"Wishing you a spook-tacular Halloween!" - Unknown

"October brings crisp, cool nights and Halloween frights." Unknown

"A candy a day keeps the monsters away." - Unknown

"There is a child in every one of us who is still a trick-or-treater looking for a brightly-lit front porch." -Robert Brault

"On Halloween you get to become anything that you want to be." -Ava Dellaria



Friendly Forks Daily Menu October 2025

Wednesday, October 1	Roasted Turkey Breast with Gravy, Vegetable Rice Pilaf, Green Bean Almondine*, Apple/Beet/Walnut Salad*
Thursday, October 2	Austrian-Style Pork over Mashed Potatoes, Peas & Carrots, Pears
Friday, October 3	Beef Tacos on Wheat Tortillas with Lettuce, Cheese, Pico de Gallo & Guacamole, Black Beans, Cilantro Lime Coleslaw, Pineapple
Monday, October 6	Pork Loin with Roasted Red Pepper Sauce, Orzo, Balsamic Brussels Sprouts, Apple Slices
Tuesday, October 7	Cream of Chicken & Wild Rice Soup, Turkey & Cheese Sandwich with Mayo, Capri Vegetables, Cantaloupe
Wednesday, October 8	Krautburger with Side of Mustard, Italian Vegetable Blend, Strawberries & Blueberries
Thursday, October 9	Chicken Salad on Sunflower Panini Bread* with Tomato, Potato Salad, Cucumber Sticks with Spinach Artichoke Dip, Peaches
Friday, October 10	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Wheat Roll with Butter, Broccoli & Carrots, Orange Slices
Monday, October 13	Greek Lemon Chicken Thigh with Gravy, Roasted Red Potatoes, Mediterranean Pasta Salad, Apricots, 1% Milk
Tuesday, October 14	Cheeseburger on Wheat with Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard & Mayo, Steamed Carrots, Kiwi
Wednesday, October 15	Pork Green Chile Stew, Chicken Taco with Pico de Gallo, Garlic Green Beans, Banana
Thursday, October 16	Beef Shepherd's Pie, Wheat Roll with Butter, Lemon Garlic Broccoli, Pear
Friday, October 17	Roasted Pork Loin with Gravy, Quinoa/Kale/Almond Sauté*, Apple Slices, Blueberry Coffee Cake
Monday, October 20	Beef & Broccoli Stir Fry over Jasmine Rice, Pork Egg Roll with Side of Light Soy Sauce, Pineapple
Tuesday, October 21	Chipotle Pork with BBQ Sauce, Refried Beans, Steamed Cabbage, Fruit Salad, Apple Cranberry Crisp
Wednesday, October 22	Chicken Fried Steak with Mashed Potatoes & Country Gravy, Spinach & Orange Salad* with Oil & Vinegar, Cantaloupe
Thursday, October 23	Chicken & Andouille Sausage Gumbo, Brown Rice Pilaf, Asparagus, Orange Slices
Friday, October 24	Tuna Salad on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup, Honeydew Melon
Monday, October 27	Chicken Caesar Entrée Salad with Parmesan & Croutons, Baked Sweet Potato with Butter, Pears, Fudge Brownie*
Tuesday, October 28	Chicken Stroganoff, Cheesy Breadstick, Green Bean Almondine*, Apricots
Wednesday, October 29	Tilapia with Lemon Butter Sauce, Macaroni & Cheese, Peas/Mushroom/ Bacon Sauté, Banana, Gelatin*
Thursday, October 30	BBQ Pulled Pork, Baked Beans, Coleslaw, Diced Cantaloupe, Peanut Butter Chocolate Cookie*
Friday, October 31	Rotisserie Chicken Thigh with Gravy, Scalloped Potatoes, Harvard Beets, Orange Slices, Apricot Walnut Bar*

Veterans Echoes

Six Degrees Of History: Part II



Brad Hoopes

This story is a follow-up to last month's column. A quick refresher: I had received a call from Larry Knipp, whose father I had interviewed years earlier. Larry was looking for help searching for information about his uncle's plane, which was shot down over Yugoslavia during World War II. I reached out to a friend, Jerry Whiting, an expert on WWII plane crashes. By pure coincidence, at the very moment Jerry got my email, he was sitting next to a Croatian man named Radovan, who, incredibly, was trying to track down the family of Larry's uncle! At press time last month, Larry was on his way to Europe to meet Radovan.

What Larry found was nothing short of extraordinary. Radovan not only had pieces of his uncle's plane, including the tail, but also filled in

the story after the crash. Larry's uncle had been the sole survivor, sheltered and guided by local partisans until Allied forces rescued him 45 days later. Radovan took Larry to the very house where his uncle first hid. The great-grandson, of the partisan who sheltered him, now lived there and welcomed Larry inside. Standing in the same room where his uncle once lay, Larry described the moment as deeply emotional, like stepping into an episode of "Who Do You Think You Are?"

Yet the joy was tempered by sorrow. Radovan showed him a plaque honoring that brave partisan, who was executed by the Nazis for helping downed airmen.

After twenty years of searching, Larry's journey finally brought answers, connection, and closure.

Brad Hoopes has a passionate project of preserving the stories of veterans. You can view these stories at: www.youtube.com/@rememberandhonorstories



OCTOBER Calendar

LARIMER

Thursday/16

Seniors Expo USA presents a free resource fair at the Drake Center in Fort Collins for all senior to attend. Over 30 exhibitors will display their products and services. Visit their website at [Fort Collins Senior Expo | Senior Expo USA](#) to learn more about this event!

Saturday/18

The Larimer County Genealogical Society presents a free hybrid program on "Case Study on Using Multiple DNA Sites to Illuminate a Hidden Ancestral Line" by Dr. Greg Liverman, PhD in the Prairie Sage One room at the Fort Collins Senior Center (1600 Raintree Blvd) at 10 am to noon. Dr. Liverman will explain a recent case study involving DNA on searching for a hidden ancestral line. Please register on-

line at www.lcgsc.org to receive the handout and Zoom info.

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>.

Dementia Together presents free programs on their Memory Cafe series in Greeley. Visit their online calendar at <https://dementiatogether.org/>.

We Care



Veterans Plaza of Northern Colorado

Rally at the Goat Car Show

October 4: 10 am to 2 pm

at Gilded Goat Brewery

3500 South College Avenue #194

in Fort Collins



Join us for the coolest free car event in town at Gilded Goat Brewing Company! See the great restoration in these cars and trucks at this epic gathering of car & truck enthusiasts, whether you're a gearhead or just love checking out awesome rides! This in-person event is a must see event! Join us for beer, music, and food in the brewery. Proceeds benefit the Veterans Plaza of Northern Colorado!



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.



uhealth

Larimer County Office on Aging Residents' Rights Month



Amber Franzel

idents in long-term care communities.

The Nursing Home Reform Law, which passed in 1987, guarantees residents individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. Residents' Rights Month raises awareness about these rights and pays tribute to the contributions of long-term care community residents.

This year's Residents' Rights Month theme, Stand with Me, highlights the importance of solidarity and support for residents who stand up and advocate for their rights, as well as the value of encouraging the community to join residents in sharing their voices.

The National Long-Term Care Ombudsman Program has worked for nearly 50 years to promote residents' rights. The program consists

of more than 5,900 volunteers and 1,300 paid staff are advocates for residents in all 50 states. Authorized under the Older Americans Act and administered by the Administration on Aging, the program also provides information on how to find a facility, conducts community education sessions, and supports residents, their families, and the public with one-on-one consultation regarding long-term care.

Locally, we also recognize the Larimer County Ombudsman program staff and volunteers, who serve over 3,000 beds in 46 care communities across the county, working daily to promote residents' rights, assist residents with complaints, and provide information to those who need to find a long-term care community. If you or someone you love needs advocacy or information regarding resident rights, quality of life, or quality of care, please reach out to the Ombudsman program at 970-498-7754 or email ombudsman@larimer.org. For more information on Residents' Rights Month, visit theconsumervoice.org.

We Care

The Team Of Three!



Hosts (l-r) Priscilla Jimenez Spooner, Brad Hoopes, Diane K. Brush-Goldberry. Missing from the photo Mark Cunningham

The team made up of Medicare Insurance Services, Remember and Honor and Desk Chair hosted a recent Professionals For Seniors gathering. The event was held at the Loveland, Colorado Desk Chair office location. They outdid themselves by hosting a splendid and very much appreciated event. A brunch was served! Nearly 75 P4S were in attendance.

Ricky Anderson from HomeIn-stead was the MC. Each member

was invited to introduce themselves by name, company and any special information they wanted all the members to know about.



The P4S gathering was enjoyable and in all ways a success!



P4S having brunch and listening to the program

Pets Are Family

How to Keep your Pet Safe and Comfortable in Cold Weather

Winter is fast approaching and cooler weather has already made its way to northern Colorado. As you turn on the heat for the first time and locate your winter attire, it's important to remember your furry friends as well! Keeping them warm and comfortable is of the utmost importance as temperatures begin to dip, and wintery conditions also pose unique dangers that you should be aware of.

First and foremost, if it is too cold for you outside, it is more than likely too cold for your pets. Make sure to bring your animals inside when temperatures plunge, and if out and about running errands, do not leave them alone in vehicles. In snowy conditions, never let your dog off its leash. Winter sees the highest number of lost dogs, as they can easily lose track of their scent and become disoriented in the snow.

Before heading out into the snow,



Judy Calhoun

massage petroleum jelly or another vet-approved protectant into your pet's paws. This will protect their feet from chemicals and salt. Booties are another great option for protection! Once outside, keep an eye on what your pets are sniffing and/or trying to taste. Antifreeze is lethal to dogs and cats, and other cold weather chemicals that can be found mixed with snow are highly dangerous to them. Ensure spills are cleaned up before letting pets outside, and consider using products that contain propylene glycol rather than ethylene glycol.

When inside, make sure to feed your pets a little more during colder months, as they burn more energy staying warm. Utilize a humidifier, towel drying and less baths to ensure skin stays flake-free and healthy.

Keep these tips in mind to ensure furry friends stay safe as temperatures dip!

Exploring Local Public Art at the Lincoln Center

The public is invited to a special evening celebrating local creativity and community engagement through art on Friday, October 10, 2025, at The Lincoln Center. The event features an Artist Reception from 5:30 to 7:30 pm, including an Artist Panel Discussion from 6:30 to 7:30 pm in The Lincoln Center Columbine Room, highlighting the exhibiting artists who are adding beauty to Fort Collins through both personal and public work.

Artists participating in the panel include Gregory Fields, Todd Kundla, Allie Ogg, and Stephan Shachtman—all of whom have contributed to the Fort Collins area through vibrant public art installations and are currently featured in a gallery exhibit of their personal works.

The panel discussion, titled "Exploring Local Public Art & Personal Expression," offers attendees a chance to hear directly from the artists about their creative

processes, inspirations, and the interplay between private studio practice and public projects. This unique opportunity invites art lovers, aspiring artists, and community members alike to connect more deeply with the role of art in public spaces and everyday life.

The Artists' Reception, taking place prior to and during the panel discussion, allows for informal conversation and a closer look at the exhibited works. Light refreshments and hors d'oeuvres will be served. Admission is Free!



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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.



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www.centuryapa.com



CU AHWC
Cooking Series

Cooking

FOR HEALTHY AGING

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

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.



scan to register!

Cost: FREE



12348 E. Montview Blvd., Aurora, CO 80045
anschutzwellness.com | [@cuanschutzwell](https://twitter.com/cuanschutzwell)

WELLNESS | guided by science

Apex Community Recreation Center

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

Did You Know Apex has Scholarships and Grant Money?

Apex PRD has been awarded the Colorado Gives Grant to provide scholarships to support our Active Adults' health. If you have not tried our fee-based fitness classes, hikes, art or education classes, now is your time. No requirements necessary. Contact Michelle at MichelleS@ApexPRD.org for more information.

Save the Date – Craft Fair:

Saturday, November 1
Browse the unique seasonal wares of over 50+ talented artisans and visit the Craft Carousel Gift Shop, featuring more handmade treasures. Refreshments available for purchase. \$2 admission at the door or free if you bring new school supplies for our local student outreach. Craft fair hours are from 9 am-3 pm Saturday, November 1. Vendors call 303.425.9583 for booth information.

Grief Support Group:

Wednesday, October 1, 1-2 pm
This group is designed to support those grieving the loss of a loved one. Supplemental resources will be provided if needed. It is free, but advanced registration is appreciated.

Rewire to Retire – A New Look at Life After Work:

Wednesday, October 1, 15, and 22, 6-8 pm
Rewired Not Retired is a personalized, interactive class designed for those approaching retirement in the next two years or who are already retired and seeking to navigate this stage differently. The class builds on the class beforehand, so attending all three sessions is important. \$25 (\$35 non-res.).

Matinee Movie Club:

Wednesday, October 8, 1-3:15 pm
Do you love watching movies? Join us for a showing of "Beetlejuice Beetlejuice." Register by the Tuesday prior. Snacks available for purchase. Cash only. It is free, but advanced registration is appreciated.

Sunset Hike Flatirons Vista Trail – LOE 1-2:

Wednesday, October 8, 4:45-9:15 pm

We are heading to Boulder for an easy-rated sunset hike, and you are invited. Join us as we explore the Flatirons Vista Trail. After the hike, we'll stop at The Flats Beer Garden (\$10-20) for optional food and beverages. 3.5 miles round-trip. 285 feet of elevation gain. \$27 (non-res. \$35).

Sewing - Intergenerational Pajama Pants Workshop:

Saturday, October 11, 9:30 am-1 pm
Bring a parent, grandparent or special young person in your life and sew in this cozy pajama pants workshop. Each person will learn to measure, cut, and stitch their own custom PJ bottoms. No prior sewing experience is required. Use our machine or bring your own. Only one machine per pair is needed. Jenn B., instructor. A \$30 material fee is due to the instructor on the day of class. \$45 (non-res. \$58).

Fall Fashion Show and Ice Cream Social:

Friday, October 15, 1:30-3 pm
In honor of Breast Cancer Awareness Month, come dressed in your pink and experience a fall fashion show brought to us by Cato Fashions. Afterward, enjoy an ice cream social with all the toppings. Register by October 13. \$8 (\$10 non-res.).

Discover Indian Cooking with Akila:

Thursday, October 16, 10:30 am-1:30 pm
Gluten-free vegetarian demo and hands-on class. Get all the goodness of meat without its downsides. \$45 (non-res. \$58).

Free Blood Drive:

Thursday, October 23, 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 <https://www.redcrossblood.org/give.html/find-drive> or call 1.800.733.2767.

Extended Travel Information Sessions:

October 28 and October 29
Learn about Tropical Costa Rica, Highlights of Norway, and Swquoia and Kings Canyon Parks with Collette Travel Company on October 28. Learn about Classical Italy, Alaska Cruise Tour, Mackinac Island and Niagara Falls, and New York City Holiday tours with Premier Travel Company on October 29.

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

Local Area Agencies on Aging Provides Beneficial Services!

Whether it's a falls prevention program, a fitness class or help navigating the Medicaid benefits enrollment process, providing health and wellness programs to meet the needs of older adults is one of the cornerstones of what Area Agencies on Aging do every day in communities around the country.

In observance of Health Aging Month and the upcoming Active Aging Week (October 6-12), USAging is raising awareness of AAA-provided health and wellness services and programs through its national campaign, Area Agencies on Aging: Helping You Live Long and Stay Strong.

"Older adults have to navigate many factors that impact their ability to live well and independently," said USAging CEO Sandy Markwood. "These include managing their own changing physical needs, staying engaged in their communities after retirement and caring for loved ones. Area Agencies on Aging (AAAs) can be a trusted partner in figuring out where to find support with these new challenges. Far too many people do not know about AAAs and the role they play in connecting older adults to local resources that can help them live healthy lives

where they want—at home."

AAAs provide a wide variety of services and programs that assist older adults in staying well and healthy, including: 1) Health education and wellness classes, 2) Fall prevention and chronic disease self-management training, 3) Social engagement activities, 4) Integrational and other volunteering opportunities, 5) Help understanding and navigating benefits such as Medicare, Medicaid and veterans' benefits, 6) Home-delivered meals and meals in group settings, 7) Legal services, 8) Medical transportation support, & 9) Training and support for caregivers, including respite.

Consumers can learn more about the services provided by Area Agencies on Aging by visiting www.usaging.org/livelong-staystrong or can connect with a local AAA by contacting the Eldercare Locator at 1-800-677-1116 or eldercare.acl.gov.

*Help us
Help the 50+
Community*

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.

Medicare Open Enrollment Information Session

43579 | WEST | Wednesday, October 1 | 10 – 11 a.m. | No Fee
This session will inform participants about changes for Medicare in 2026, drug coverage updates, avoiding open enrollment scams, and the importance of reviewing coverage. State Health Insurance Assistance Program (SHIP) Medicare Counseling provided.

AARP Driver Safety Course

42497 | EAST | Thursday, October 23 | 8:15 a.m. – 12:30 p.m.
Participants will learn the current rules of the road, defensive driving techniques, and how to operate their vehicles more safely in today's driving environment. Space limited, registration required. Call 303-413-7290. Fee of \$20 for AARP members and \$25 for non-members paid directly to instructor on day of class. Cash or check only. No credit cards.

CarFit

43582 – 43594 | EAST | October 13 | 9 a.m. – noon | No Fee
CarFit's trained professionals take

older drivers through a 12-point checklist with a personal vehicle and recommend minor adjustments that help make the car "fit" better for comfort and safety. An occupational therapist will also explain how to maintain and strengthen driving health.

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<https://bouldercolorado.gov/lets-age-well-program-guide>.

Weekly newsletter sign-up:

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October 2025
Answers page 13

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ACROSS

- 1 Rude dwellings
- 5 Ventured
- 10 Skills
- 14 Once more
- 15 Musical drama
- 16 Free from contamination
- 17 Ascend
- 18 Willow
- 19 Unskilled laborer
- 20 Which river of North America drains Lake Ontario, and forms the border between Canada and the US (2,8)
- 22 Find the sum of
- 23 Moor
- 24 Former Russian ruler
- 26 Give up

30 Sea mammals

- 34 Ocean
- 37 Abdomen of a crustacean
- 39 Tides that attain the least height
- 40 Aromatic plant
- 42 Bundle of sticks
- 44 Gratuity
- 45 Hip bones
- 46 Sofa
- 48 Of recent origin
- 49 Sacred song
- 51 Roof overhang
- 53 No longer living
- 56 Tilted
- 60 Prohibit
- 62 Member of the crew of a submarine
- 66 Basic unit of heredity

67 Pivotal

- 68 Floating ice
- 69 Devices for fishing
- 70 Icon
- 71 Alley
- 72 Employs
- 73 Perchlike game fish
- 74 Female sheep

DOWN

- 1 Stern
- 2 Join
- 3 Unit of magnetic induction
- 4 Moist with sweat
- 5 Entrance
- 6 Church recess
- 7 Restraint
- 8 Upright
- 9 Ventures
- 10 Obvious
- 11 Regretted
- 12 Stepped
- 13 Monetary unit of Japan
- 21 Lash
- 25 Similar to
- 27 Mischievous person
- 28 Metal
- 29 Motherless calf
- 31 Great age
- 32 Loch
- 33 Vomit
- 34 Vessel
- 35 Long fish
- 36 Melody
- 38 Bright star
- 41 Alopecia
- 43 23rd letter of the Hebrew alphabet
- 47 Close
- 50 Objective case of I
- 52 Smother
- 54 Savory jelly
- 55 Cathedral
- 57 Relative by marriage
- 58 Monetary unit of Sierra Leone
- 59 Forest
- 60 Honey gatherers
- 61 Poker stake
- 63 Reveal indiscreetly
- 64 The wise men
- 65 Extent of space
- 66 Oxlike African antelope

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