

# 50 Plus Marketplace

NEWS



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

September 2025 • Volume 31 • Issue 9

## 90th Anniversary Social Security Survey Viewed More Important than Ever!

A new AARP survey, released in conjunction with Social Security’s 90th anniversary, confirms that Americans highly value Social Security, and even more so than five years ago. The vast majority of Americans, 95% of Republicans, 98% of Democrats, and 93% of Independents, consider Social Security vital to the financial security of all Americans, and 67% believe it is even more important for retirees than it was five years ago.

“The survey findings reinforce Social Security’s reputation for being one of the most successful and popular initiatives in American history, helping generations of older Coloradans stay out of poverty and live with dignity after a lifetime of hard work. AARP will never stop fighting to protect the Social Security payments you earned,” said AARP Colorado State Director Sara Schueneman.

Nearly two in three retired Americans say they rely substantially on Social Security, while another 21% say they rely on it somewhat. In 2020, 63% of retired Americans said they relied substantially on Social Security, jumping from 58% in both 2015 and 2010.

In our state, more than 950,000 thousand Coloradans rely on Social Security payments, and it accounts for more than 50% of the family income for more than 330,000 families. Social Security is a way for hardworking Americans to earn a foundation for financial security in retirement. It allows older Coloradans to put a roof over their head, food on the table, or the freedom to spend time with family, pursue a passion or take a well-earned break.

AARP’s survey found that Social Security is a key source of

income and economic stability in retirement, but Americans have concerns about whether it will be enough.

More than three-quarters of Americans (78%) are worried that Social Security will not provide enough to live on during retirement. In 2020, 74% of people said the same.

Sixty-two percent of people think the average Social Security payment of \$2,000 a month is too low. In 2020, 65% thought the average monthly payment was too low, compared to 61% in 2015 and 54% in 2010.

Consistent with previous surveys, 89% of people believe Social Security allows older Americans to remain independent.

The 90th anniversary report builds on AARP’s long-standing public opinion research on Social Security and examines how views

have changed since 2005 on Social Security’s role in retirement, its importance to future generations, and the barriers Americans face in saving for retirement.

AARP commissioned a national survey of 3,599 adults ages 18 and older to understand their attitudes and opinions on Social Security. The interview was conducted June 18–23, 2025, online and by telephone. The data are weighted by age, gender, census division, race/ethnicity, and educational attainment, obtained from the most recent Current Population Survey, as well as AARP membership. Article courtesy of AARP.



## Can You Afford to Age in Place?

For many of us, home is a haven of comfort and familiarity. It’s where we’ve celebrated milestones, created memories, and gathered with those we love. Not surprising, then, is the fact that most older adults want to [stay in their home](#) for as long as possible. In a recent [poll](#), 88% of people between ages 50 and 80 said they wish to [age in place](#).

Older adults must make sure they have enough resources to support their needs now and years down the road! Below are some things to think about if you plan to age at home.

The Design of Your House: One of the first steps to [growing older at home](#) is deciding whether your current dwelling can meet your needs. Consider the following:

- Safety: Does your home pose any health and/or safety hazards? Issues like steep stairs, poor lighting, and broken handrails can increase your [falls risk](#). Living in a high-crime neighborhood could make it unsafe to walk the block or spend time outside.

- Community: [Social connection is important](#) as we age. Do you have close family or friends nearby who will visit? Is there a senior center in your area that offers programs and activities for

older adults? If you do not drive, do you have easy access to public transportation?

- Adaptability: Physical limitations may arise as you age. If you have two floors but can no longer use the stairs, are there a bedroom and full bathroom on the main floor? If you one day need to use a wheelchair or scooter, can you afford the modifications to accommodate it? According to Retirement Living, the [average cost of a ramp installation](#) is \$1,110.

- Size: A larger house and/or yard usually means more upkeep and expense. Does your home make sense for the current size of your household? Can you afford to pay for ongoing maintenance services like lawn mowing, driveway plowing, and gutter cleaning?

Additional Help You May Need: The need for more hands-on help can increase as we age. And while some of that support can come from willing friends, family, and neighbors, you may need to hire professional help for some tasks. These tasks include: 1) [Money management](#)/paying bills, 2) Housekeeping/laundry, 3) [Meal preparation](#) or [meal delivery](#), 4) Help with activities of daily living (ADLs) such as eating, bathing, dressing, toileting, and grooming,

5) Shopping assistance (for food and other essentials), 6) Landscaping services, 7) Home repair services, 8) Transportation, 9) In-home nursing care, 9) [Medication management](#), & 11) Companionship!

Some types of support may be covered by your health care plan or available through community-based organizations. Other services you’ll have to pay for out of your own pocket—and paid help doesn’t always come cheap. For example, Genworth’s [2021 Cost of Care Survey](#) noted that the median monthly cost of adult day services was \$1,690, while a home health aide came with a price tag of \$5,148 per month. It’s vital to make sure you have the social and financial resources to get the support you need.

Even if you think you have healthy retirement savings, the expenses of aging in place can make them dwindle quickly. Take a close look at your finances—income, savings, and any investments—before deciding to stay in your home. Tally up your monthly costs, including any debt payments. If you have low income, you may qualify for benefits programs that can help you pay for health care, groceries, medications, and even

property taxes. For more information visit [How Can I Age in My Own Home?](#) Article courtesy of NCOA!

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**DEADLINE**  
10th of the Preceding Month

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

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

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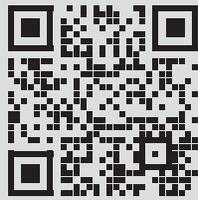
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### Smart Phone Access



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# SEPTEMBER

## Calendar

# BOULDER

### Tuesday/2

The Boulder Genealogical Society presents a free hybrid program on "Settling the Great Plains" by Glenn York at the Calvary Baptist Church at 3245 Kalmia Ave in Boulder. Glenn will explore processes that were common as well as some unique processes used in specific areas and/or periods of time. He will also look at the genealogical value of the records created, and how to find and access those records. Please register online at [www.bouldergenealogy.org/](http://www.bouldergenealogy.org/).

### Tuesdays/2, 9, 16, 23, 30

One Dojo (3005 Sterling Circle, Suite 150, Boulder) presents Fall Safety for Active Adults from 10:20 to 11:30 am. Attendees will learn how to fall without injury, while building the confidence and strength to get back up again. Attendees will learn light core exercises and stretches, then practice safe falling on a forgiving matted surface. Call 303-709-7978 to register.

### Friday/5

Join the Longmont Museum for their 2nd annual gala from 6 to 9 pm. Enjoy an open bar with signature cocktails, a three-course meal, and the big band sounds of the Flatirons Jazz Orchestra. All funds raised support the major Museum expansion, including a dedicated children's gallery. Tickets are \$100. Find details and online tickets at [Longmont Museum](http://LongmontMuseum.org) or call 303-774-4508.

### Wednesday/10

The Longmont Genealogical Society presents a free hybrid program on

"Blitzkrieg Genealogy: How Throwing Out Your Research Plan Can Yield Exciting Results" by Dina Carson at 1 pm in the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets, Longmont, Colorado and Via Zoom. The blitzkrieg approach allows you to search in a much wider way and what you stumble across can be just as exciting as answering a targeted research question. Register online at <https://longmontgenealogicalsociety.org/>.

### Friday/12

The Louisville Public Library and Louisville Historical Museum present a special evening with the Legendary Ladies at the Louisville Center for the Arts at 6 pm.. The Legendary Ladies are a group of historical performers who will whisk you away, back in time, to learn about these famous women with Colorado connections. This is a free event, but [registration is required](#).

**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

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

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## Mental Health On Suicide Prevention

September is National Suicide Prevention Month. Suicide may feel like an uncomfortable topic to avoid, but talking about it can save lives. It's common for my patients to ask, "Why didn't they come talk to me?" or say "I just can't talk to anyone



**Dr. David Remmert**

about my thoughts of suicide". It may be uncomfortable to discuss suicide, especially if you've never had a conversation about it. But what's more uncomfortable is the pain and anguish of losing a loved one to suicide.

In 2023, suicides outnumbered homicides in the U.S. and suicide was one of the eight leading causes of death. In that year, around 49,000 Americans took their life and 12.8 million reported seriously considering suicide. Between 2001-2021, the largest percent increase in suicide rates occurred between men ages 55-64 and women ages 65-74.

Do you know someone who is considering or making plans for suicide? Talk to them. Is someone you love overly anxious, agitated or behaving oddly? Ask them if they are okay. Are they saying they feel like a burden to others?

Reassure them. Are they feeling trapped and in emotional pain? Ask if you can help. Are they drinking more or using drugs? Offer support. Are they saying they feel hopeless? Offer hope. Are they sleeping too little or too much? Offer them lunch and a chat. Are they withdrawing and isolating? Invite them to dinner. Are they rageful and out for revenge? Listen to them without judgement. Are their moods all over the place? Take them to a professional.

One of the best ways to prevent suicide is to talk about it and offer hope and love. If you know someone who is struggling with mental illness, substance use, and/or suicidal thinking, please talk to them and encourage them to seek help.

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.

*We Care*

## Boulder County Sheriff's Office Promotes Community Academy

The Boulder County Sheriff's Office will be hosting a Community Academy for area residents. Participants will receive information on different aspects of law enforcement and public safety in a classroom setting, as well as having several hands-on learning opportunities. This is a chance to gain a better understanding of the role a public safety agency plays in our community.

Participants will meet Thursday evenings from October 23, 2025, through April 9, 2026, with breaks for the Thanksgiving and Christmas holidays.

Some of the topics to be covered include: Patrol, Criminal and death investigations, Disaster management, Identity theft and forensic computer investigations, Search and Rescue, Demonstrations including K9, SWAT, and bomb disposal, Hands-on training including defensive tactics and tactical decision making, and Tours of the 911 Communications

Center and Jail

The academy is open to residents 18 years of age or older; individuals with prior felony convictions or a misdemeanor conviction within the past year are excluded from participation. The class will be limited to 25 students. There is a \$35.00 fee which covers a polo shirt and classroom materials.

Applications must be turned in by 4:00 p.m. on October 3, 2025. Please email applications to the academy coordinator or drop them off at the Boulder County Sheriff's Office headquarters at 5600 Flatiron Parkway, Boulder.

Applications and additional information can be found on the Sheriff's Office website at: [boco.org/SheriffCommunityAcademy](http://boco.org/SheriffCommunityAcademy). Questions about the Community Academy may be directed to academy coordinator Dan Hershman at: [dhershman@bouldercounty.gov](mailto:dhershman@bouldercounty.gov).

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



Dr. D'Anne Rudden

As we age, staying active, connected, and independent becomes even more important. While many focus on heart health, mobility, and nutrition, one key factor is often overlooked: hearing health. Hearing loss is a common part of aging, affecting nearly one in three adults over 65. But it's not just about missing words—it can profoundly impact overall health and quality of life.

Studies show untreated hearing loss is linked to higher risks of cognitive decline, social isolation, depression, and falls. When hearing becomes difficult, people often withdraw from conversations, skip social events, or avoid noisy places—leading to loneliness and reduced mental stimulation.

The good news? Addressing hearing loss early supports healthier aging. Regular hearing checks, especially after age 60, are an important part of wellness. Just like vision or blood pressure checks, monitoring hearing helps catch changes before they affect your daily life.

Today's hearing aids are discreet, comfortable, and high-

tech—many connect to smartphones and help you hear clearly in busy environments. They're not just for hearing better; they're for living better.

Healthy aging means staying engaged, active, and mentally sharp. That includes enjoying conversations with loved ones, hearing the birds outside, and feeling confident in daily interactions. By taking care of your hearing, you're also taking care of your brain, balance, and so-

cial life.

When I was growing up, I had my parents' worried, not so much as a teenager, rather an elementary school reader. Apparently I had become quite proficient in transposing my where's, what's and when's.

As a result, they had me tested to determine my reading ability. The given "prescription" - read as much as I could. That 28-book summer helped transition me into a better reader.

Whatever our reading ability, we may tend to take this gateway skill for granted. For those with a good foundation, technical and recreational reading comes easily. For those less adept, additional support may be helpful. Public libraries are a great resource as are private tutors and formal reading instruction programs.

Although we often talk about reading skill development for younger students, adults can benefit from them as well. One family member talked about enrolling in a speed-reading course early in his college career. Taking his dean's recommendation for a successful collegiate experience helped him throughout his life. Other friends

## Reflections

### Give the Gift of Reading



Martha Coffin Evans

remember going to a major downtown hotel in their area to take such a course when they began working on their advanced degrees.

In recent months, I've attended baby showers where books were requested gifts. "Are You

My Mother?" became one I gave to three different mothers. In telling one friend about that book, he immediately laughed remembering "SNORT" from the steam shovel.

As the new school year begins, this may be an opportune time to consider giving the gift of reading. This can involve committing your time to read to a child at home or school. Whether you help with the reading or secure private support, such a gift will last a lifetime providing countless hours of enjoyment.

"Rose to Rose" cartoon by Pat Brady and Don Wimmer says it best: "Reading is a gift that you keep giving yourself for the rest of your life."

*We Care*

## Now Hear This

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

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### Labor Day Quotes

en with painstaking excellence.

Thomas Edison Opportunity is missed by most people because it is dressed in overalls and looks like work.

Mickey Rooney You always pass failure on your way to success.



Abraham Lincoln Be sure you put your feet in the right place, then stand firm.

Martin Luther King Jr. No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken

**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.

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• Visit [www.PACE.trucare.org](http://www.PACE.trucare.org)



### Why Choose PACE?

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Support for Caregivers



### Poetry Rising

In this crazy world in these crazy times, We seem to be using many methods to maintain our sanity and our good spirits. Some of us are hiding under a bush, some of us are stocking up on all the things we enjoy... Like walks in nature or listening to a symphony.. And some days we get to face the fact that the hard times have their own value as well. This poem was written decades ago... and it seems to still make a valuable point. Enjoy, and welcome the snap in the air that September brings.

#### LOST AND FOUND

Two thirds of the earth is salt water;  
two thirds of life is tears;  
and the living is done on the islands,  
but the crying goes on through the years.

And the water that freshens the living  
comes from the depth of the sea.  
The nourishment couldn't be given  
had the tears never been set free.

Now tell me there isn't a beauty  
to the flow of life's humors as known;  
and tell me life should be happy  
and tell me we have not grown.

From the richness of days at their saddest,  
from minds that create during strife--  
from growth beginning in ashes,  
from loss making space for new life.

(c) Barbara Wood Gray

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

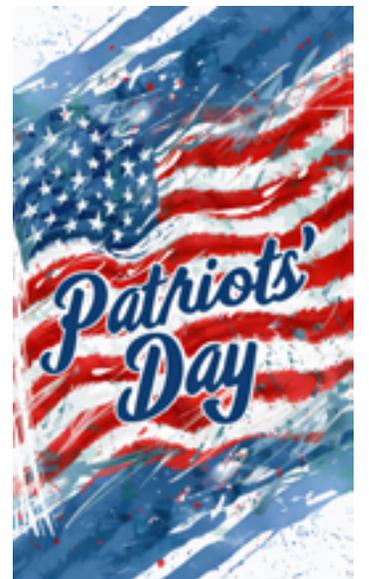
### Patriots Day Quotes

"Courage is not the absence of fear, but the mastery of it." – Mark Twain

"In the aftermath of 9/11, we were not defined by the tragedy, but by our response." – Unknown

"The bravery of the heroes of 9/11 reminds us that we are stronger together." – Unknown

"Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened." – Billy Graham



### Grandparents Day

"Parents know a lot, but grandparents know everything."

"Grandfathers are just antique little boys."

"If Mom says no, ask Grandma. If Grandma says no... Who are we kidding? Grandma never says no."

"Grandparents hold our hands for just a little while, but our hearts forever."



# 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](http://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

## CU Boulder Symphony's Fall Season Begins

The CU Boulder Symphony Orchestra is coming out of the gates, strong this fall with its first program of the season: "Fountains!" The program will feature Ottorino Respighi's vivid and colorful tone poem "The Fountains of Rome." Additionally, guest composer Quinn Mason will be present for the Colorado premiere of his new "Serenade for Strings"; CU Boulder's orchestras were part of the consortium that commissioned this beautiful work. The evening will conclude with some of the most moving and thrilling music ever written—Richard Strauss' Suite from his sumptuous opera "Der Rosenkavalier."

The CU Boulder Symphony Orchestra performs a diverse repertoire, including symphonies and large-scale orchestral works by major composers, at Macky Auditorium Concert Hall, 1595 Pleasant St, in Boulder.

Praised as "One of the most sought after young composers in the country" (Texas Monthly) and "a composer who clearly understands the orchestra and knows how to take advantage of its many varied colors" (Tallahassee Democrat), composer and conductor

Quinn Mason has distinguished himself as an artist of national and international renown. He previously served a successful tenure as Artist in Residence of the Hartford Symphony Orchestra for the 2022-2023 season.

He also served as the Detroit Symphony Orchestra's Classical Roots composer in residence in 2022 (the youngest composer appointed to that role) and as KMFA 89.5's inaugural composer in residence. His orchestral music has been commissioned and performed by over 170 professional, regional, community and youth orchestras in the US and Europe, including the San Francisco Symphony, Minnesota Orchestra, National Symphony Orchestra, Cincinnati Symphony Orchestra, Seattle Symphony, Dallas Symphony Orchestra, Detroit Symphony Orchestra, Fort Worth Symphony Orchestra, Rochester Philharmonic Orchestra, Utah Symphony, National Youth Orchestra of the United States and numerous others.

This is a free concert, but donations are welcome by giving online at [Pay What You Can | CU Presents](https://www.cu.edu/presents).

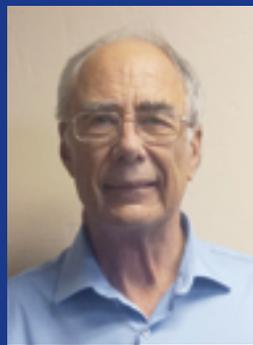


## MAJOR MEDICARE PROGRAM CHANGES

**Starting Jan. 1, 2025**

Caused by the  
Inflation Reduction Act  
**EVERYBODY**

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



**Ron**



**Brie**

**303-776-0867**

**455 Weaver Park Rd. Ste. 100C**  
(south side of building)

## Safe Gun Storage Saves Lives



### FREE Gun Safe And Gun Cable Lock GIVEAWAY Event

**Saturday, October 18 from 9:00 - 11:00 a.m.** (or until supplies run out)  
Boulder Community Health Foothills Hospital Campus

**4747 Arapahoe Avenue in Boulder**  
(West Parking Lot between Tebo Medical Pavilion and Anderson Medical Center)

**Get free home and car gun safes plus cable locks to keep your firearms secure.**

- Limit 2 items per household
- First come, first-served — while supplies last
- Receive help setting up the biometric features of your home safe and information on safe storage

**NO WEAPONS ALLOWED ON SITE.** Ample parking available.

In partnership with



# SEPTEMBER Calendar

## DENVER-METRO

### Saturday/13

The Colorado Genealogical Society presents a free two hour class on Beginning Genealogy by Carol Darrow at 10 am on Zoom. Beginning Genealogy is an introductory genealogy class that will introduce you to U.S. census records and basic record groups such as birth and death records, marriage records. Register online at [Beginning Genealogy | The Colorado Genealogical Society](#).

The Castle Rock Genealogical Society presents a free online program on "Finding and Using Obituaries More Effectively" by Sunny Morton at 10 am on Zoom only. Learn about major obituary portals, especially for the United States. Consider how to evaluate their content. Learn a trick for finding citations for unidentified news clippings. Please register online at [Welcome to CRCGS](#) to receive the Zoom info.

### Tuesday/23

Aurora Genealogical Society presents a free hybrid program on "Lineage Societies-What, Why and How" by Sandy Carter-Duff at 1 pm in the Aurora Public Library Hoffman Heights Branch Lower-Level Community Room (1298 Peoria Street). Sandy will explain about the different lineage societies in the U.S. to help your genealogy research. [Register online at Home | Auroragenealogicalsoto receive the 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>.

## Social Security Today Social Security Celebrates 90 Years of Service to the American People

Today, the Social Security Administration (SSA) proudly commemorates its 90th anniversary, marking its unwavering commitment to the financial security and dignity of millions of Americans. Since President Franklin D. Roosevelt signed the Social Security Act into law on August 14, 1935, the program has grown into one of the most successful and trusted institutions in American history. At a ceremony in the Oval Office, President Trump signed a presidential proclamation reaffirming his commitment to protect Social Security and celebrating the customer service improvements that have occurred at the agency during his presidency.

"For 90 years, Social Security has stood as a promise kept, ensuring that older Americans, people with disabilities, and families facing loss have the support they need," said Commissioner Frank J. Bisignano. "As we honor this legacy, we are also building a future where service is faster, smarter, and more accessible than ever before. Through President Trump's vision, we are protecting and preserving Social Security by delivering extraordinary customer service through technological improvements and enhanced process engineering."

This year, 72 million beneficiaries will receive over \$1.6 trillion in payments—making Social Security a lifeline for retired workers, survivors, and people with disabilities and a cornerstone of retirement security across generations.

Since his swearing-in on May 7, 2025, Commissioner Bisignano has led a bold digital-first transformation of SSA's operations, guided by a vision to make the agency a premier service organization. Within 100 days as Commissioner of the agency, he has led SSA to achieve significant improvements in service delivery for the American people:

Giving Americans 24/7 access to their personal my Social Security account, allowing more than half a million transactions to take place in the first three weeks, when previously the website was down 29 hours a week

Reducing average wait time on the National 800 Number from

30 minutes last year to single digits last month

Shortening field office wait times by 30%, and booking more appointments than ever before

Upgrading phone systems in all field offices, allowing for 30% of all calls to be handled instantaneously through technology

Enabling 90% of calls to be resolved via self-service or convenient callbacks

Reducing the initial disability claims backlog by 26%, from 1.2 million to 940,000 cases

Decreasing disability hearing wait times by 60 days, reaching historic lows

Sending over 3.1 million payments totaling \$17 billion to eligible beneficiaries five months ahead of schedule under the Social Security Fairness Act

Commissioner Bisignano's modernization agenda emphasizes operational agility, data-driven performance, and a digital-first approach. His leadership has prioritized:

Integration of technology to streamline phone inquiries and reduce errors

Strengthening of data security following past breaches, with firm commitments to safeguard beneficiary information and eliminate fraud, waste, and abuse

Workforce optimization to increase frontline capacity while maintaining service excellence

"Our strategy is clear: serve customer needs quickly and completely, no matter how they contact us," said Commissioner Bisignano. "We are empowering our workforce and embracing innovation to ensure Social Security properly supports the American people and remains strong for the next 90 years."

As SSA celebrates this milestone, it remains focused on its mission of delivering benefits accurately, efficiently, and timely. The agency continues to work with Congress, outside advocates, and the American public to strengthen Social Security, and deliver on President Trump's mandate to protect and preserve for generations to come.



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



## Membership

JOIN US!

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

## Denver Mayor Johnston Nominates New Leader for Department of Safety

In August, Mayor Mike Johnston announced Al Gardner's nomination as Executive Director for the Department of Safety, pending City Council approval. Gardner will replace Armando Saldate, who led the department since 2022 and announced his departure to lead the Colorado Bureau of Investigation in July.

"At a time when we need strong, visionary leaders to build a safer and more equitable Denver, Al brings the commitment, passion, and deep dedication to our neighborhoods that our residents and safety teams deserve," said Mayor Mike Johnston. "Al's decades of public service, coupled with his commitment to public safety, make him the right choice to lead the Department of Safety forward."

As Executive Director of the Department of Safety, Gardner will lead Denver Police Department, Denver Fire Department, Denver Sheriff Department, Denver 9-1-1 and Community Corrections.

"Serving the people of Denver has been a privilege and I am excited to continue that work with the Department of Safety and the community," said Al Gardner. "Together, we will drive innovation, uphold public trust, and ensure our safety

teams have the resources and support they need to protect and serve every resident."

Gardner is a distinguished executive with a nearly three-decade career marked by engineering expertise, leadership, and strong community engagement. Gardner's notable accomplishments include leading a Denver-based startup hospitality company, to a successful IPO in 2022 as the Head of IT and Security and his recent appointment to Colorado's Board of Health by Governor Polis.

He has served on numerous boards and commissions, including the Denver African American Commission and the Denver Citizens Oversight Board. His commitment to public safety accountability includes work on the Chiefs Advisory Board, where he collaborated with former safety leaders to review and guide Denver's discipline model. He also served on the Sheriff Advisory Board, advancing policy reform and contributed to fair and effective city employment practices as a member of the Denver Civil Service Commission.



## Vintage & Vibrant 2025

Please save Wednesday, September 17 for Vintage & Vibrant 2025 presented by Seniors' Council of Douglas County (SCDC). Registration will begin in September. The fee for this signature interactive event is \$20 -- scholarships are possible. The program includes breakfast, lunch, keynotes, and more. Call Douglas County Community Services at 303-663-7681 with questions.

Older adults and those who support them are invited to SCDC monthly educational meetings covering a wide variety of subjects at various locations in Douglas County. The SCDC meetings are the first Thursday morning of each month from 10 to 11:30 am. The format consists of announcements, a presentation by an expert, and community conversation. The meetings are free and open to the public.

The June meeting took place at the Douglas County School District (DCSD), Legacy Campus in Parker off Lincoln and east of I-25. Superintendent Erin

Kane explained what our Douglas County youth are experiencing and learning.

School district residents age 60 and older are encouraged to apply for a free Senior Gold Card that offers seniors free admission to DCSC home athletic events and many fine-arts performances. Contact Amy Pfister, community relations coordinator, at 303-387-0044.

Child Care Opportunities for Older Adults is the topic for the meeting on September 3 at the Douglas County Philip S. Miller Building, 100 Third St. Castle Rock CO 80104 in Conference Rooms A&B. It will begin at 10 am and conclude at 11:30 am.

Hat's off to two of our outstanding leadership team volunteers, Mike Drake, who recently won an award for service, and Gretchen Lopez, our administrative chair who leads the volunteer leadership team.

Call Douglas County Community Services at 303-663-7681 with questions.

## Aurora's Martin Luther King Library Expansion

The newly renovated Martin Luther King Jr. Library is set to open Nov. 3 with an expanded and modernized space, thanks to a \$2.5 million federal grant. The renovation doubles the library's size, from approximately 7,000 square feet to 14,000 square feet, offering more space for public use and adding new technology, youth learning zones, collaborative spaces, and multipurpose rooms, transforming it into a dynamic community hub in northwest Aurora.

To support this expansion and to promote an investment in city-owned full-service branches, the staff members from Chambers Plaza and Iliff Square libraries, the smallest and least-visited branches in the Aurora Public Library system, will be reassigned to the Martin Luther King library. The two branches, located in leased facilities, will close Oct. 24, 2025.

As a result, Aurora Public Library will actively promote and educate on alternative library services, including online resources, the Bookmobile, and easy transit options to other, full-service branch facilities.

Chambers Plaza is located in close proximity to three fully equipped libraries in the area Central, Hoffman and

Martin Luther King and is located along major transit routes connecting with those locations. To supplement library services in the current Iliff Square Library area on the west side of the city, Aurora Public Library is planning increased visits from the Bookmobile to parks, recreational centers and other places in the area where patrons will be able to check out and return items, among other services.

Aurora Central Library is next for renovation. Thanks to a \$3 million federal grant, it will expand its youth services and other amenities identified in the Strategic and Facilities Master Plan.

Martin Luther King Jr. Library is located at the center of the Aurora Cultural Arts District and opened in 2004. In 2024, it received 70,275 visits, had 12,164 items checked out, and hosted 1,660 program participants.



## Technology is Hip!

### Comets, Asteroids, & Meteorites and Their Effects

I watched several recent science TV programs on these space rocks, I felt it would be important info for our readers to know the difference and if they pose any danger to us!



Bob Larson

Comets are made of ice, dust, and rocky material and normally come from our solar system. Their key feature is developing glowing tails when flying near the Sun due to sublimation of ice as seen in the night. We don't see them too often, but usually the local news alerts us about their activity when seen in our part of the U.S. When entering our earth's atmosphere, they usually burn up and do not pose any danger.

Asteroids are small to very large rocks and metal that arrive from mostly the asteroid belt between Mars and Jupiter. They are more stable, circular orbits, however some cross Earth's path. Asteroids are like leftover building blocks from the early solar system that never formed into planets.

They do pose a danger to the human race at various times and were responsible for eliminating the dinosaurs over 65 million years ago from a 120-meter diameter asteroid landing in the Yucatan

Peninsula in Mexico. The crater still exists today! The more famous 20-meter asteroid exploded in a remote region of Russia in 2013 injuring several Russians from the shock wave.

Meteorites are fragments from asteroids or comets and usually cause meteor showers that light up the sky day or night. They usually don't pose any danger as they are very small and burn up in our atmosphere! If they do land on earth, they usually look like small pebbles.

Both NASA and ESA have tried several successful experiments in moving potential asteroids from their orbits with rockets smashing into them. Thus, we don't expect to encounter another large asteroid hitting our planet.

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

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## Make Your Voice Heard

Make Your Voice Heard for Older Adults! Did you know that Jefferson County now has more residents over 65 than under? This demographic shift makes your participation more important than ever. Whether you're advocating for yourself as an older adult or speaking up for someone you care for, this is your opportunity to directly engage with legislators, officials, and candidates who shape policies affecting seniors in our community.

Join us for an evening of savory bites, spirited dialogue, and meaningful advocacy. This is your chance to come together with elected officials, candidates, and Jeffco neighbors to discuss the issues that matter most to older adults and their families—one plate, one conversation at a time.

Whether you're passionate about healthcare access, transportation, housing, or other senior-focused issues, curious to meet candidates, or simply love a great BBQ, this

gathering is all about building understanding and ensuring older adults' voices are heard.

Location is Apex Community Center, 6842 Wadsworth Blvd in Arvada!

Highlights include: 1) Arrive by 4:30 p.m. to get a head start on connecting before dinner is served, 2) During the meal, enjoy a panel discussion and hear from Jeffco Commissioners, 3) Stick around for door prize drawings, & 4) Most importantly: Direct access to decision-makers who can champion issues affecting older adults!

❖ Free to attend, but register in advance using the link below.

Your advocacy matters. Let's come to the table—together. We can't wait to see you there and amplify the voice of Jefferson County's growing older adult community! Register today at [25th Annual Legislative BBQ Tickets, Thu, Sep 4, 2025 at 4:30 PM | Eventbrite.](#)

## Highlands Ranch Western Fest Brings History to Life

Celebrate Western heritage at Western Fest, 10 a.m. to 2 p.m. Saturday, Sept. 6 at the Highlands Ranch Mansion & Historic Park, 9950 E. Gateway Drive in Highlands Ranch. Formerly called Highlands Ranch Pioneer Days, Western Fest provides opportunities for guests to explore local history through hands-on activities from educational and historical vendors.

This event got its start more than 20 years ago by the Highlands Ranch Community Association. For the past two years, the Metro District partnered with HRCA to present the event. This year, Metro District has taken it on as its own, reimagining it as a free community event with a new name, some fun additions as well as some traditional favorites.

Free entertainment will include traditional Native American dance performances, the Legendary La-

dies, a group that portrays period characters from different times in history, line dancing, a banjo player and storytimes with the Douglas County Libraries. Other activities to enjoy including hayrides, self-guided Mansion tours and vendors focused on history, livestock, ranching, and agriculture.

A food truck and coffee truck will be on site with food and drinks for purchase.

All parking will be off site. Free shuttle buses will begin running at 9:30 a.m. from the north parking lot at St. Andrew United Methodist Church, 9203 S. University Blvd., Highlands Ranch. A limited number of parking spaces will be available at the Mansion for vehicles with a handicapped placard or license plate. Individuals using these designated spots must present their handicapped placard or license plate upon arrival.



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# Walk with a Doc

## Take a Step Toward Better Health

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

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

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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 <a href="mailto:soneill@drmac-co.org">soneill@drmac-co.org</a></p>	<h3>Information &amp; Assistance Line</h3> <p>The DRMAC Transportation I&amp;A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&amp;A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113</p>
<h3>Getting There Travel Guide</h3> <p>Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at <a href="http://www.drmac-co.org">www.drmac-co.org</a> or call us at 303-243-3113.</p>	<h3>Getting There Travel App</h3> <p>The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices</p>
<h3>Monthly Meetings &amp; Events</h3> <p>DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all</p>	<h3>Membership</h3> <p>The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.</p>

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

**DRMAC**  
Denver Regional Mobility & Access Council

## Ron Stern's Travel Series

### Wyoming Road Trip: Dubois and Lander

Forget everything you thought you knew about Wyoming. Yes, there are vast open spaces, endless horizons, and brilliant white clouds drifting across a cerulean blue sky. But what about the unexpected? Take Dubois and Lander, for instance—lesser-known destinations that may surprise you with local charm, unexpected diversions, and offbeat discoveries well worth the drive.

#### Dubois

Located about a two-and-a-half-hour drive from Yellowstone, Dubois is a small town of about a thousand people. What it lacks in size, it more than makes up for with warm Western hospitality. It also happens to be home to the National Museum of Military Vehicles, the largest of its kind in the world.

The \$100-million facility has been compared to the Smithsonian and houses an impressive collection of WWII-era tanks, half-tracks, and artillery. Beautifully displayed, the museum honors all branches of the service.

One exhibit features a collection of vintage firearms ranging from the Revolutionary War to the present day. Incredibly, it includes the actual musket believed to have

fired the first shot at Bunker Hill.



Butch Cassidy also spent time here and is reported to have bought groceries from the original Welty General Store which is now located on Ramshorn Street.

At the National Bighorn Sheep Center, you can learn about conservation efforts to protect these beautiful animals. The dioramas, taxidermy mounts, and educational displays are first-rate. You



can also schedule a guided tour to view bighorn sheep grazing in the nearby Whiskey Mountains. This

excursion includes close-up views of early Native American petroglyphs etched into the surrounding rock faces.

#### Lander

The drive to Lander takes a little over an hour along US 26/287. Along the way, you'll be treated to topographical wonder: weather-worn cliffs and rust-hued rock formations that create a visual feast for the senses.

Every Fourth of July, the city hosts a grand celebration featuring a half-marathon, pancake breakfast, fireworks, and the "world's oldest paid rodeo." The 131st Fremont Toyota Rodeo (2025) draws thousands who come for the festivities and to cheer on the participants.



The Sacajawea Cemetery is not far from town and is worth visiting. This young Shoshone woman helped lead the 1804-1806 Lewis and Clark expedition from North Dakota to the Pacific. Her

gravesite is flanked by the graves of her two sons.

You can enjoy a variety of dining options along Main Street, ranging from casual to upscale. I loved the chokecherry shake at Scream Shack—it's a local favorite.



Other noteworthy sights include Sinks Canyon State Park and the Fremont County Pioneer Museum.

Family-friendly Dubois and Lander make perfect add-ons to any visit to the nearby national parks.

This was a sponsored visit; however, all opinions are the author's.



## Active Minds

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## 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](http://drcog.org/access) or call 303-455-1000. Please expect a response within 72 hours (three business days).*

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[caregiversvcs@drcog.org](mailto:caregiversvcs@drcog.org)

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# SEPTEMBER Calendar

## WELD

### Thursday/4

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

### Tuesday/26

University of Northern Colorado presents Poudre Rivere Chamber Players at the Campus Commons Performance Hall at 6:30 pm. Purchase tickets for \$5 each at the box office at 1051 22nd Street in Greeley or call 970-351-4849.

AARP presents many free online classes on senior related topics such as driving, exer-

cise, 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>.

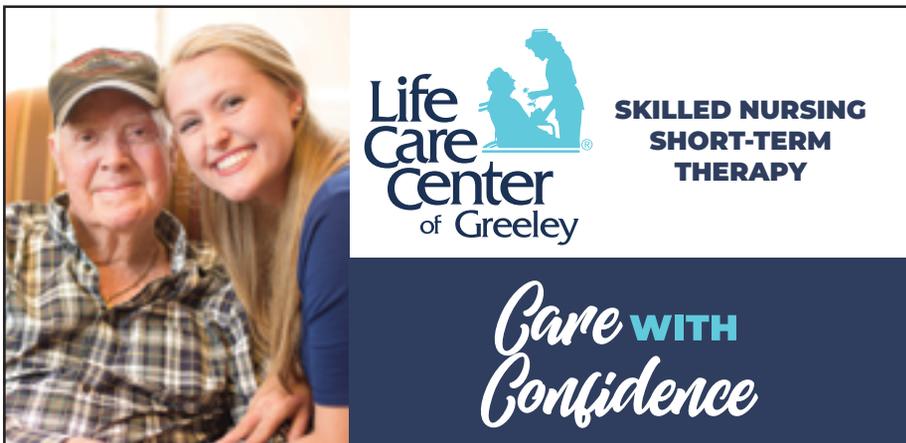
Dementia Together presents free programs on their Memory Cafe series in Greeley. Visit their online calendar at <https://dementiatogether.org/>.

## Farming!

Some battles you lose and some you win. When it comes to figuring out the battle you are going to have each year farming, you never know. Tigges Farm (see ad - this issue) has seen seasons of grasshopper invasion. We have had micro bursts completely break plants in half or hail storms strip the plants to sticks. Mice like to dig up seeds and eat them or rabbits and deer leave tooth marks on the pumpkins they have nibbled on. We have had weeds take over (like last year and looks like this year again with all the rain). The rain is good for the crops but the weeds love it too! Some summers have been so hot, the blossoms that become the fruit, have burnt to a crisp so we pray they will blossom again. So why do farmers do it? It is not a 9 to 5 job. It is a dawn to dusk job! It is not 5 days a week. It is every day of the week during

the growing season. Farmers don't put up their feet and eat bonbons the rest of the year or vacation on an island. They do equipment repairs, prepare the soil, order seeds and supplies, figure out finances as there will be no income for 9 months, just expenses. That is to name just a few of the things "off season." Yes, there is always the question, "Should we keep doing it?" Lots of things play into that decision. Is our age making it difficult to continue? Is there another generation to take over the farm? As the Bible says, "To everything there is a season..." So be it with farming and farmers every year as they grapple with "Is this still the season?" Like one day at a time, farmers take one year at a time.

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## Weld Area Agency on Aging

### Fall Prevention Awareness Week



Gabi Snyder

Falling among older adults is a common and prevalent issue. There are an estimated 37 million falls each year with millions of hospitalizations and emergency room visits. Annually, there is a nationwide observance dedicated to raising awareness of falling and prevention. Fall Prevention Awareness Week, 2025 will be the week of September 22nd through the 26th.

Each year, Fall Prevention Awareness Week serves as a crucial reminder of the dangers that falls pose, particularly to older adults. According to the Centers for Disease Control and Prevention (CDC), one in four Americans aged 65 and older will experience a fall each year. These falls can lead to severe consequences, including broken bones, head injuries, and loss of independence. As we observe Fall Prevention Awareness Week, it's essential to raise awareness and take proac-

tive steps to reduce the risk of falls among older adults.

Older adults are more susceptible to falls due to natural changes in balance, muscle strength, and vision, as well as medical factors like medications and chronic conditions such as arthritis or diabetes. Environmental hazards, like poor lighting or slippery floors, also increase the risk. However, fall risks can be managed with regular exercise to improve strength and balance, reviewing medications with a healthcare provider, and making home modifications like adding grab bars and improving lighting. Regular vision checks and proper footwear also play a key role in preventing falls. By addressing these factors, older adults can significantly reduce their risk and maintain greater independence.

The Weld County Area Agency on Aging recognizes this week locally by raising awareness of the issue. This year, our organization will have events and exercise programs including Tai Chi in the park, Stroke Outreach, and Walk with a Doc events.

Evidence-based wellness programs strive to work on and develop these components and are in your community! The Weld County Area Agency on Aging and its Weld Aging Well program provides numerous resources and programs to help improve your quality of life. We provide wellness classes to improve strength, balance, and disease self-management.

Local Senior Centers, Wellness Clinics, and hospitals also recognize Fall Prevention Awareness Week and celebrate in different ways. Reach out locally to different centers to see how you can get involved. Reach out to Gabi Snyder (970) 400-6117 more information on the wellness programs for Weld County Area Agency on Aging or how to get involved with Fall Prevention Awareness Week.

## GO FURTHER WITH PACE -

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

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# Navigating Legal Issues and Area Resources

Thursday, October 2, 2025 • 8:30am-2:00pm

Island Grove Conference Center

425 N 15th Avenue, Greeley

**For More Information and Registration (970) 400-6950**

[www.weldseniorsymposium.org](http://www.weldseniorsymposium.org)

## Event Schedule

**8:30 – 9:30 Great Hall  
REGISTRATION CHECK-IN  
AND VENDOR BOOTHS**

### SESSION 1

(Choose One)

9:30 – 10:20

Speaker : Kathryn Hall

Title: Social Security Updates

Speaker: Alissa Gould  
Title: Stay at Home with Rehab

Speaker:  
Tanya Trujillo-Martinez,  
Aaron Hull, Lisa Deaton  
Title: Getting Around Northern Colorado with RideNoCo

### SESSION 2

(Choose One)

10:30 – 11:20

Speaker: Mark Fetterhoff  
Title: Top 10 Ways to Avoid Fraud

Speaker: Tom Gonzales  
Title: Veteran & Spouse Benefits, Services & Resources

Panel:  
Tracy Mossman,  
Kate Spruiell,

Lyndsey Burmeister,  
Haley Harrison,  
Ricky Anderson  
Title: – Aging in Place and Beyond: Navigating the Continuum of Care

**Lunch and Vendor Booths**  
11:30 – 12:30 Great Hall

**SESSION 3**  
(all attendees)  
12:30 – 1:20

Speaker: Charles J Connell  
Title: Last Wills and Testaments, Trusts, and Powers of Attorney

1:30 – 2:00 pm Great Hall  
**Vendors and Event Evaluation submission**



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- ❖ Units still available for those that make 60% - 80% of the area median income
- ❖ Preference given to those who live or work in Windsor

### Gross Income Requirements for 1 Person Household

\*Min: \$30,672 - \$40,920; Max: \$47,760 - \$63,680

### Gross Income Requirements for 2 Person Household

\*Min: \$36,816 - \$49,104; Max: \$54,540 - \$72,720

\*Income Requirements Vary Based On Family Size

1 BD/1 BA: \$1,278 - \$1,705 ❖ 2BD/1BA: \$1,534 - \$2,046

DEPOSIT: \$600 (1BD) /\$700 (2BD)

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**It's ok to need a break from time to time.**

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- ☑ Medication Reminders
- ☑ Personal Care and Companionship

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# Weld Senior Symposium

## SESSION 1: Option 1 • 9:30 am

### Session 1, Speaker 1

#### Social Security Updates

**Kathryn Hall** graduated from the University of Virginia School of Law in 1993. She worked for the Georgia Legal Services Program as a Staff Attorney, Supervising Attorney, and Managing Attorney of the Waycross Field Office from 1993 to 2006. She moved to Colorado in 2006 and opened a private practice handling Social Security appeals. Ms. Hall remained in private practice until 2016 when she became the Managing Attorney of the Greeley Field Office of Colorado Legal Services.



## SESSION 1: Option 2 • 9:30 am

### Stay at Home with Rehab

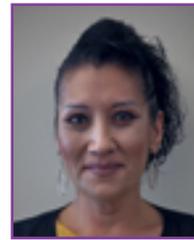
**Alissa Gould** comes to the Director of Therapy Operations role with over ten years of experience at Northern Colorado Rehabilitation Hospital as a speech-language pathologist. She received her Bachelor of Arts from the University of Northern Iowa, her Masters of Science from the University of Central Missouri, and a Certificate of Clinical Competence from the American Speech-Language Hearing Association in 2012. Her passion for the neuro patient population including stroke and brain injury continued to lead her to certifications for Neuro Muscular Electrical Stimulation/VitalStim and Myofascial Release. In the last ten years at NCRH, Alissa is a passionate advocate by applying patient-centeredness. She takes pride in improving patient independence and facilitating their return to the community with dignity.



## SESSION 1: Option 3 • 9:30 am

### Getting Around Northern Colorado with RideNoCo

**Tanya Trujillo-Martinez** has a Bachelor of Arts in Psychology and a Master of Arts in Gerontology and Vocational Rehabilitation Counseling/Counselor from the University of Northern Colorado. She comes with nearly two decades of comprehensive experience in Public Health. As the Mobility Director, Tanya brings her deep understanding of the social determinants of health to the forefront of her work, focusing on the critical intersection between transportation and well-being. Her robust expertise in public health informs her approach to developing transportation options that enhance mobility and enrich the overall quality of life for community members. She believes that access to reliable and efficient transportation is a fundamental right that can significantly impact health outcomes, economic stability, and social equity.



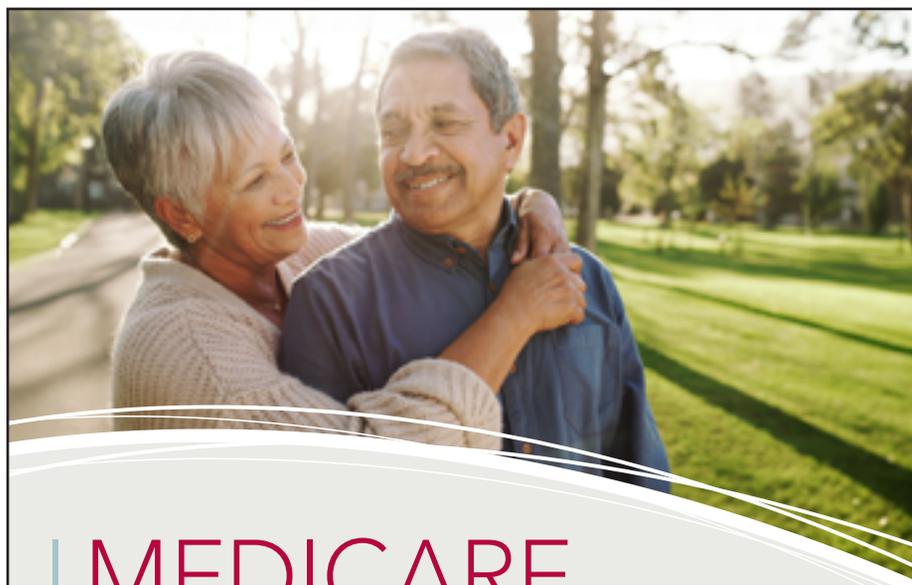
**Aaron Hull** is a Mobility Planner for the NFRMPO with a Bachelor's in Public Administration and a Master's in Urban & Regional Planning at the University of Central Florida. Aaron worked as a city planner for two years at the City of Winter Park in Florida and as a planner for Kimley-Horn before joining the NFRMPO as the mobility planner.



**Lisa Deaton** is the Mobility Specialist at RideNoCo, an NFRMPO program. Before joining the RideNoCo team over two years ago, she worked at Transfort, the City of Fort Collins bus service. There, she learned about the many transportation options in the Northern Colorado region and the challenges people face getting where they need and want to go. Lisa has a passion for working with older adults and people with disabilities and continues to try to find sustainable transportation options to help the community.



# Join Us For The Weld Senior Symposium



## MEDICARE MADE EASY

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

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Call 970.495.8558 for schedules and additional information.



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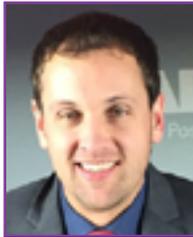
*The Blue Trolley Bistro, Penny's, Katie's Bakes and Slawpy Barn Food Trucks will take turns on weekends (Sat & Sun), starting Sept 27th.*

# Weld Senior Symposium

## SESSION 2: Option 1 • 11:30 am

### Top 10 Ways to Avoid Fraud

**Mark Fetterhoff** is the Program Manager for AARP ElderWatch and has worked on education and outreach to older adults for over 15 years. Mark currently works with a crew of dedicated volunteers to address thousands of inquiries each month about fraud, scams and financial exploitation as part of AARP's fraud helplines.



## SESSION 2: Option 2 • 11:30 am

### Veteran & Spouse Benefits, Services & Resources

**Tom Gonzales** retired from the United States Air Force after serving his country for 23 years. During his service, he gained valuable experience helping families while working with at the Airman and Family Readiness Center. He has had multiple deployments throughout his career including deployments supporting Iraqi Freedom, Enduring Freedom, and Kosovo Campaign. After retiring from the Air Force, he moved back to Colorado where he was born and raised. He joined the Weld County Area Agency on Aging as the Information and Resource Specialist where he continued to help connect older adults and their families to valuable information and resources. Tom continued his career as an Adult Protective Services Case-worker where he safeguarded the most vulnerable of our older adult population. Today he continues to help our community veterans as a Veteran Service Officer. He enjoys spending time with his family, playing golf, fishing, and spending time at the family cabin.



## SESSION 2: Option 3 • 11:30 am

### – Aging in Place and Beyond: Navigating the Continuum of Care

**Tracy Mossman** is a Colorado Native who earned her Bachelor of Business Administration and Minor in Gerontology from the University of Northern Colorado. At a young age, Tracy discovered she loved working with seniors and wanted to pursue a career in caring and serving them. Her career expands across various facili-



ties such as Independent Living, Assisted Living, Skilled Nursing, Acute Rehabilitation and Long-Term Acute Care. Tracy's true passion is working within a continuum of care in senior living; this allows everyone the opportunity to build long term relationships and age in place while calling it home. With 27 years of experience, she still knows serving seniors is where she belongs.

**Kate Spruiell** is a Regional Practice Ambassador at Bloom Healthcare, known for blending compassionate caregiving with strong leadership. Raised as a military brat and later a caregiver to her stepfather with MS, Kate developed deep empathy and resilience early on. She began her career in hospitality with Hilton Hotels but shifted to healthcare leadership nearly 15 years ago to make a greater impact. Her diverse background spans long-term care, medical home health, healthcare staffing, and role as a Wellness Director in Assisted Living & Memory Care during the COVID-19 pandemic. For the past 3.5 years at Bloom Healthcare, Kate has helped bridge seniors to essential services— home-based primary care, palliative care, and hospice care - while providing hands-on support and problem-solving within senior living communities. She has served on numerous boards and events catered to older adults.



**Lyndsey Burmeister** has served as the Director of Community Education for Lifeway Mobility since 2018. She has dedicated her passion for barrier-free living and universal design to helping people of all ages in all stages of life. With her background in both senior living and home care, she brings a well-rounded approach to options for every client.



**Haley Harrison** has worked in the senior care and healthcare industry for over 17 years, bringing insight and experience from different sectors. From developing the patient experience in large health systems to the continuum of care in senior living communities to in-home care, both medical and non-medical, she truly understands and advocates for patient care and provider collaboration. Haley has worked with Covell Care & Rehabilitation, a mobile outpatient therapy practice, for the last 11 years and



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# Weld Senior Symposium

supports their efforts in cutting down hospital admissions, preventing falls, and collaborating with other agencies to keep people safe in their homes.

**Ricky Anderson** is the Vice President of Business Development & Owner of Home Instead Northern Colorado. Ricky is a seasoned professional with a background in finance, sales, and operations management across diverse industries. He holds a bachelor's degree in finance and management from Creighton University and furthered his education with an MBA from the University of Nebraska Omaha. Understanding the importance of quality of life for individuals and peace of mind for families, Ricky is passionate about personalized home care.



## SESSION 3: 12:30 pm Last Wills and Testaments, Trusts and Powers of Attorney

**Charles J Connell** received his Bachelor of Arts Degree, from the University of Notre Dame in 1973, and his Juris Doctor Degree from the University of Denver in 1979. He was a County Court Magistrate in Weld County from 1988 to 1993. He is a sole practitioner in Greeley with a practice limited to Elder Law, estate planning and probate. He was the director of the Legal Services Program of the Weld County Area Agency on Aging from 1990 to 2015. He is a current member of the Executive Council and a past Chair for the Elder Law Section of the Colorado Bar Association (2003-2005). He has also authored the Ethical Considerations Chapter of the Colorado Handbook of Elder Law since 1997. other advanced medical directives. The discussion will also include recommendations for necessary actions to take while planning.



# Weld Senior Symposium Sponsors 2024

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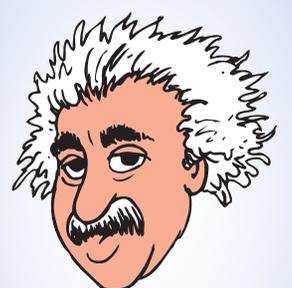
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**WE ARE LOCAL!**

## Find Einstein



Can you find the hidden Einstein in this paper?

# Weld Senior Symposium: More Than Ten Years Of Insights

The Weld Senior Symposium returns for its 11th year on Thursday, October 2, 2025, from 8:30 am to 2:00 pm at Island Grove in Greeley. This event provides useful resources and expert presentations for older adults and caregivers, covering topics like Social Security updates, home rehab, local transportation, fraud prevention, veteran benefits, and aging in place.

Since its inception over a decade ago, the Weld Senior Symposium has become a vital annual gathering for older adults and their families seeking trusted information and community support. Attendees have the opportunity not only to learn from professionals in fields ranging from healthcare and legal services to financial management, but also to connect with fellow participants who share similar experiences and challenges. The symposium's interactive format includes Q&A sessions, networking breaks, and resource tables staffed by knowledgeable representatives. This year's expanded agenda promises insightful discussions led by guest speakers who are dedicated advocates for older adults' well-being.

The event's success is made possible through the generous contributions of local businesses, non-profit organizations,

and dedicated volunteers. These sponsors help ensure that critical topics, such as fraud prevention and aging in place, are addressed thoroughly and accessibly. The hardworking planning committee consists of community members passionate about supporting older adults, and they have invested countless hours into crafting a program that is both comprehensive and engaging.

Whether you are attending as a caregiver, an industry professional, or a curious senior, the Weld Senior Symposium offers a welcoming environment where everyone can find valuable guidance and inspiration. Register at [www.weldseniorsymposium.org](http://www.weldseniorsymposium.org) or call (970) 400-6950 if you prefer phone registration. A \$10 donation is suggested to help cover lunch and expenses. Special thanks to our sponsors and planning committee for making this event possible—we look forward to seeing you there!



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## A Spiritual House, A Holy Priesthood

One cannot answer the question, "What is Wisdom?" in a few hundred words. It takes thousands of words because this question is akin to others like, "Why am I here on this planet?" "What is my purpose in life?", "What is truth?" to name a few. Teachers, scholars, theologians, and others well-versed in philosophy, ethics, and religion have many opinions and they often compete. What chance does someone like me, who lives a simple life and tries to take care of what is important to me, have of answering the question, "What is Wisdom"? Is wisdom in the eye of the beholder? Is there no universal answer that satisfies everyone? In short, the answer to this last question is, "No."

Aristotle concludes in chapter 6 of Nicomachean Ethics, that wisdom is the application of one's intellect to the scientific knowledge about something. By this we can ascertain a thing's truth or falsehood. The author of Proverbs appears to agree with Aristotle's assessment of wisdom: "Let the wise hear and increase in learning, and the one who understands obtain guidance, to understand a proverb and a saying, the words of the wise and their riddles." Exercising our intellect is an important part of becoming wise. However, where Aristotle would add scientific knowledge as a prerequisite to acquiring knowledge, the Proverbs author says, "The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction" (Proverbs 1:7).

John Calvin opens his Institutes of the Christian Faith by saying, "Nearly all the wisdom we pos-

sess that is to say, true and sound wisdom, consists of two parts: the knowledge of God and of ourselves" (Vol.1, Book 1). Then Calvin goes on to argue which comes first, the knowledge of self or the knowledge of God, citing Acts 17:28 which states that God is close to us for "In him we live and move and have our being". So, when we look into the mirror of our soul we see not only ourselves, but our Creator because he created us in his image (Genesis 1:26).

In September, we begin a study of the Wisdom literature of the Bible. Join us as we continue our journey toward becoming wise believers in Gods Word.

Thank you, Christian Church of Windsor!



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

## 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](http://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

*Help us  
Help the 50+  
Community*

## One In The Same

Watching the recent three-week Tour de France bicycle race (along with 2.2 billion others), the similarities between riders became obvious. Beyond their 14-pound bikes, water bottles, snacks, racewear, shoes and helmet, the engines

are practically identical. Namely, the most highly trained and experienced riders from around the globe pedaling 100 or so miles a day, rain or shine, up and down and up for 23 days! Despite various philosophies, theologies, capabilities and motivations among 27 nationalities, each of them are more like their counterparts than they might admit.

In perfecting strengths and skills in their search for speed, every rider has proven their dedication with broken bones and blood seeking success, as not every day is ideal. One hundred and eighty-four riders started the Tour de France this year, 160 finished, and after 2,052 miles, only a dozen others finished within an hour of the winner. So, American Greg LeMond's record win (by 8sec in '89) is secure!

Winning the Tour de France is dependent on many things, but team members putting themselves aside to assist lead riders is key to



**Steve Anderson**

overcoming what cannot be done alone. Beyond shielding the wind from one's leaders, and passing along water and supplements, it's the motivation of a 'one for all and all for one' philosophy that creates winners in the TDF, and in life.

Though most of us never experience 15% grades or 50 mph descents of the Tour de France, watching Klanec, Slovenia's Tadej Pogacar's 76hr:32sec win (over Denmark's Jonas Vingegaard by 4min:24sec & Germany's Florian Lipowitz by 11:00min) set him apart as one of five in history to win four TDFs! One of Vingegaard's wing men, Durango, CO's Sepp Kuss, finished 17th (1hr:20mn:24sec behind after 2052 miles), proving that despite differences and distances, we share a great deal!



## Friendly Forks Daily Menu September 2025

September 1	
Tuesday, September 2	Pork Loin & Mushroom Gravy, Baked Potato with Butter, Carrots & Cucumbers with Spinach Artichoke Dip, Fruit Salad
Wednesday, September 3	Beef & Pork Bolognese with Mushrooms & Parmesan, Spinach Salad* with Italian Dressing, Strawberries, Peanut Butter Cookie*
Thursday, September 4	Chicken & Dumplings, Steamed Carrots, Apple/Beet/Walnut Salad*, Banana
Friday, September 5	Kalua Pork, Hawaiian Roll, Baked Beans, BBQ Pickle Coleslaw, Kiwi Fruit, Tapioca Pudding*
Monday, September 8	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Pickles, Mustard, Mayo & Ketchup, Italian Vegetable Medley, Pear
Tuesday, September 9	Tilapia & Parmesan Sage Sauce, Orzo & Rice Pilaf with Almonds*, California Blend, Grapes, Blueberry Cheesecake Bar
Wednesday, September 10	BBQ Chicken Sandwich on Wheat with Pickles, Broccoli/Olive/Sundried Tomato Salad, Fresh Strawberries, Peach Crisp
Thursday, September 11	Roast Beef & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Green Bean Almondine*, Melons & Blueberries
Friday, September 12	Caprese Chicken Wrap, White Bean Soup with Crackers, Cucumber & Olive Salad, Fresh Pineapple
Monday, September 15	Turkey Breast & Mashed Potatoes with Gravy, Corn, Broccoli & Cauliflower, Strawberry Fruit Salad, Lemon Sugar Cookie
Tuesday, September 16	Pork Spare Ribs, Tropical Pasta Salad, Capri Mixed Vegetables, Apple Slices
Wednesday, September 17	Honey Ginger Chicken Thigh over Jasmine Rice, Pork & Vegetable Egg Roll, Lite Soy Sauce, Edamame & Corn Salad, Watermelon
Thursday, September 18	Chicken Fajitas on Wheat Tortilla, Peppers & Onions, Pico de Gallo, Sour Cream, Refried Beans, Fresh Strawberries, Gelatin Parfait*
Friday, September 19	Sloppy Joe on Wheat Bun, Spinach Mandarin Orange Salad* with Oil & Vinegar, Orange Slices
Monday, September 22	Ham & Potato Frittata with Salsa, Zucchini & Mushroom Blend, Strawberry Banana Yogurt Parfait, Morning Glory Muffin* with Butter
Tuesday, September 23	French Dip Sandwich with Side of au Jus, Garden Side Salad with Ranch Dressing, Orange Slices, Oatmeal Raisin Cookie
Wednesday, September 24	Pork Loin with Mushroom Gravy, Baked Sweet Potato with Butter, Roasted Cauliflower, Apple Slices
Thursday, September 25	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Balsamic Brussels Sprouts, Watermelon
Friday, September 26	Chicken Breast with Gravy, Vegetable Lentil Pilaf, Cheesy Cauliflower, Strawberry Fruit Salad, Strawberry Basil Cheesecake Bar
Monday, September 29	Beef Stew, Sourdough with Butter, Spinach & Mushroom Salad with Raspberry Vinaigrette, Banana
Tuesday, September 30	Beef Lasagna, Roasted Asparagus, Cheesy Breadstick, Mandarin Oranges & Grapes

## Veterans Echoes

Its Truly A Small World... Six Degrees Of History



**Brad Hoopes**

It all began with a simple interview. Years ago, I sat down with Navy veteran Howard Knipp, who had sailed through-out the Pacific during World

War II. Howard was gentle, humble, and full of vivid memories. I thought that was the end of the story.

Six years later, Howard's son, Larry, reached out. He was researching an uncle, Adam Pyzyna, a bombardier on a B-17. Adam's story was extraordinary. His plane was shot down over Yugoslavia, and he was the only survivor. He was sheltered by local resistance fighters until rescued, only to lose his life a year later stateside in a training accident.

Larry asked if I knew anyone who could help with missing information. I immediately thought of Jerry Whiting. Jerry is an expert researcher of WWII plane crashes in Eastern Europe, a passion due to his father's service as a B-24 pilot in the area and compounded by skills honed from three decades as a police investigator. I knew Jerry from the many summers we sat under the shade of the wings of WWII air-

planes, which I helped bring in to the airport, as he told stories. There was always this aura about Jerry, almost as if history itself bent toward him. I had seen it time and time again.

Jerry agreed to help, though he warned it might take time; he was in Warsaw hosting a conference and had spotty internet. But only 30 minutes later, another message arrived. "You won't believe this," Jerry wrote. "I'm sitting with a Croatian researcher named Radovan... he's been searching for your uncle's family." (note the "aura" mentioned above!)

Radovan had a trove of details, even pieces of Adam's plane which he sent Larry. This week, Larry called me to say that he and his wife were taking a trip to Europe and would finally meet Radovan in person.

Brad Hoopes has a passionate project of preserving veterans' stories. You can view these stories at: [www.youtube.com/@rememberandhonorstories](http://www.youtube.com/@rememberandhonorstories)



## Weld County 911 Center Receives Fifth Accreditation for Excellence

The Weld County Regional Communications Center (WCRCC) is once again an Accredited Center of Excellence (ACE). The WCRCC was notified Aug. 5 by the International Academies of Emergency Dispatch (IAED), marking the fifth consecutive ACE accreditation for the center since 2013.

Both the consistency of the recognition and its prestige place the WCRCC as one of the top 911 communications centers in the state, nation, and world. Not every 911 center can call itself an ACE, and to those who staff the WCRCC 24/7, ready to assist in a variety of different emergencies, the accreditation symbolizes more than excellence, it exemplifies success in the mission they have every day: help effectively and efficiently when people need it most.

"Dispatching is an incredibly demanding job, requiring focus, compassion and split-second decision-making — often on the worst days of someone's life," said Laurie Pfeiler, Deputy Director of Weld County's Department of Public Safety Communications. "To not only meet those challenges but also consistently do so at a level recognized as among the

best in the world, speaks to the extraordinary dedication, skill and heart of our staff."

The accreditation from the IAED focuses on the WCRCC's excellence in medical dispatching and is something that takes immense teamwork to achieve. First, a dispatcher must respond to a call professionally, meeting standards evaluated by the quality assurance team within public safety communications and later the IAED. Centers that achieve compliance with its "20 Points of Accreditation" become ACE certified, a standing that lasts three years before recertification is needed. Weld County's certification is valid until Sept. 17, 2028.

The accreditation makes the WCRCC the 180th center worldwide to be IAED accredited in emergency medical dispatching. It also joins the WCRCC with 68 U.S. emergency dispatch centers and 28 worldwide that earned or re-earned the IAED's accreditation in April of this year.



## Saturday/20

Larimer County Genealogical Society presents a free hybrid program on “Harvesting History in Agricultural Records” by Cari Taplin at 10 am in the Foxtail 2 room at the Fort Collins Senior Center (1200 Raintree Drive). Cari will discuss how to build the stories of your farming ancestors through often overlooked but rich agricultural records. Please register by emailing [webmaster@lcsco.org](mailto:webmaster@lcsco.org) if you want to attend on Zoom.

## Monday/15

Colorado State University hosts The Peter Sommer Jazz Trio featuring Peter Sommer, Saxophone, Matt Smiley, Bass, & Dru Heller, Drums at 7:30 pm in the Organ Recital Hall at the University Center for the Arts (1200 Remington St in Fort Collins). CSU faculty artist, saxophonist Peter Sommer, presents an evening of modern and mainstream jazz in the spirit of the great jazz trios of Sonny Rollins, Joe Henderson, and Ornette Coleman. Tick-

ets can be purchased at the box office at the University Center of the Arts in Fort Collins or call 970-491-2787.

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*

## 2025 Judge Conrad L. Ball Award

Former Community Corrections Director Tim Hand has been selected as the recipient of the 47th Judge Conrad L. Ball award. With a career spanning almost 40 years, Tim's leadership in law enforcement and community corrections has not only shaped local practices but has also influenced statewide standards for justice, accountability, and rehabilitation.

Tim Hand exemplifies the spirit of this award through his unwavering dedication to client-centered practices, his visionary leadership, and his commitment to the continual improvement of the criminal justice system. Beginning his career in Larimer County, Tim went on to serve in multiple leadership roles at the Colorado Department of Corrections, including Director of Adult Parole. He returned to Larimer County in 2013 to serve as the Director of Community Corrections, bringing a depth of experience, a reputation for integrity, and a clear vision for reform.

Under Tim's leadership, Larimer County Community Corrections continued to thrive, receiving international recognition. He has continuously supported innovative treatment approaches, evidence-based programming, and system improvements that better serve justice-involved individuals and reduce recidivism.

Tim is also a collaborative leader who has strengthened community partnerships and supported others in their development. His work on numerous boards and committees, including the Colorado Commission on Criminal and Juvenile Justice, the Community Corrections Coalition, and the Larimer County Criminal Justice Advisory Committee, has advanced key initiatives and informed public policy. As a board member, he has mentored others to take on leadership roles, empowering them to become part of a broader change process. One colleague shared that it was Tim's encouragement that led them to serve on the executive board of the Colorado Association of Community Corrections Boards.

This year's award banquet will be held at the Fort Collins Country Club at 1920 Country Club Road, Fort Collins, CO, on September 26th from 5:00 pm until 8:00 pm. More information about this event is here: <https://www.larimer.gov/cja/comcor/conrad-ball-award>.



## Larimer County Office on Aging

### Age Your Way: Office on Aging Supports Adults and Caregivers



Tiffany Ballew

Larimer County's Office on Aging (LCOA), the local Area Agency on Aging, provides free support to adults aged 60+, individuals with disabilities, and their caregivers. Our mission is to empower you and your loved ones to make informed decisions about your future—whether that means remaining at home or exploring other care options. Services include:

- Options Counseling for long-term care planning and resource navigation.
- Application Assistance for Long-Term Care Medicaid and Medicare Savings Programs for homebound individuals.
- Family Caregiver Support Program offers respite vouchers, educational classes, and consultations to help caregivers care for themselves so they can continue to care for their loved ones.
- Chore Voucher Program - Financial assistance for chores like yard work, snow removal, and health and safety related home projects.
- In-Home Services Voucher Program - Regularly scheduled ongoing support with light housekeeping and personal care tasks.
- Ombudsman Program - Advocacy for residents in assisted living and nursing homes.
- Transition Services - Education and support for residents in a Skilled Nursing Facility who are interested in moving back to a community setting.

LCOA also coordinates services such as nutrition, legal services, and transportation through other agencies and community partners. Many of these resources are detailed in The Answers on Aging Resource Guide, which is updated annually. A digital copy of the guide is available at [larimer.gov/seniors](http://larimer.gov/seniors), making it easy to search for services specific to your goals. Whether you're planning ahead or facing an unexpected challenge, the Office on Aging is here to help you age your way. If you have a quick question or would like to schedule an appointment, resource experts are just a phone call, text or email away. Spanish-speaking staff and interpretation services are available. The Office on Aging serves all Larimer County residents, regardless of immigration status. (970) 498-7750 | [Aging@larimer.gov](mailto:Aging@larimer.gov)

# 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.



## Aging and Engaging with Loveland's Chilson Senior Center

At The City of Loveland's Chilson Senior Center, being an older adult isn't marked by age, it's marked by opportunity. By providing a space for socialization, fitness, learning, health, creativity, travel, and more, Loveland's dedicated facility empowers seniors to stay active and involved, and it's an example of one way the City of Loveland supports people of every age.

The Chilson Senior Center, 700 E. 4th Street, is open Monday through Friday, 8 a.m. to 5 p.m. There is no fee to participate in many of the drop-in activities and classes, however, donations are accepted. A Chilson pass or daily drop-in fee provides access to most fitness offerings. For those in the 62 and older age range, a Chilson Senior Activity Card, at \$20 per year, will unlock discounts and priority day trip registrations and reduced admission to community dances.

There are numerous benefits geared toward seniors, including: 1) Group fitness classes including yoga, Zumba Gold®, and Body Blast and access to sports such as pickleball, volleyball (50+), table tennis, and billiards, 2) Health programs in partnership with

UCHealth Aspen Club, including blood pressure and pulse checks and fee-based spa services including medically based foot care and therapeutic massage services with a licensed therapist, & 3) Special events such as BINGO and community dances twice per month

The Chilson Senior Center is proud to host the Volunteers of America lunch program. Nutritious meals for those ages 60 and older are available with a suggested \$3 donation. Reservations are required. Call 970-472-9630 to learn more about the lunch program.

There are also day trips and new group travel opportunities. The 2026 Extended Travel series includes trip options for Costa Rica, Tuscany, the French Riviera, and European Christmas markets.

Interested in learning more? Call the Chilson Senior Center at 970-962-2783 or [visit lovgov.org/SeniorCenter](http://visit.lovgov.org/SeniorCenter).



## Destination...Estes Park



Exact location...Good Samaritan Society - Estes Park Village who just recently hosted the monthly Professionals For Seniors gathering. A superb host they were! The Estes Park Village Team was ready and waiting to warmly greet their P4S guests.

Many smiles could be seen.

The buffet breakfast was, indeed, spectacular. Everyone thoroughly enjoyed all that was offered.

P4S were invited to introduce themselves and tell about what they do and how they serve the senior community. Close to 80 P4S were in attendance. Estes Park Village was the place be...



The Estes Park Village Team (l-r) Irene Turner (Life Enrichment/Activities), Janet Flax(Sales & Marketing), Brett Guenther(Director of Maintenance/Environmental Services), Max Humbrecht(Chef/Dining Service Manager), Ronni Howell (Assisted Living Director), Julie Lee(Administrator)



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## FBI: Elder Fraud Is Skyrocketing!

Older Americans reported nearly \$4.9 billion stolen through fraud last year, with an average loss of \$83,000, according to an annual FBI report released in April. That's a stunning 43 percent increase in one year.

Americans of all ages reported a record \$16.6 billion stolen through internet scams and fraud in 2024, up 33 percent over 2023's losses, with an average loss of just over \$19,000.

The FBI's report "shows that fraud affects people of all ages, but when older adults are victimized, the impact is often catastrophic," says Kathy Stokes, AARP's director of fraud prevention programs.

Investment scams took the larg-

est financial toll on victims 60 and older last year, with more than \$1.8 billion in total reported losses.

Cryptocurrency investment fraud is a growing concern, notes Christopher Delzotto, section chief for financial crimes, FBI Criminal Investigations Division. Last year the FBI received more than 41,000 complaints, with \$5.8 billion reported stolen. Scammers use financial grooming, also known as pig butchering: They pretend to be the victim's friend or romantic interest before suggesting a "surebet" investment opportunity.

Call the free AARP Fraud Watch Network Helpline (877-908-3360) for information and support.

Call for a Tour. Lunch is on us!

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



## THE BRIDGE

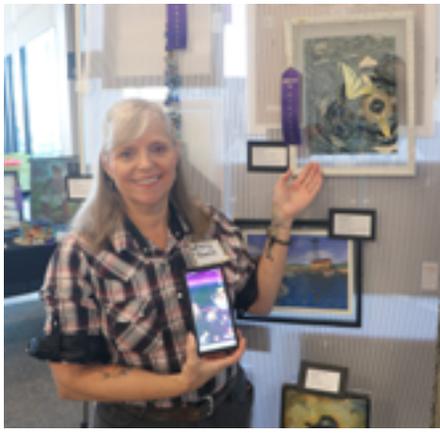
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[www.centurypa.com](http://www.centurypa.com)

## VA Creative Arts Festival Has Another Successful Annual Show!

The Veterans Affairs (VA) held their annual VA Creative Arts Festival on August 18 to 20 in Cheyenne, WY and Loveland, CO. The Awards Ceremony for the award finalists were chosen on August 20 at the VA Clinic in Loveland in oil and water paintings, drawings, carvings, pottery, beads, musicians, dancers, and actors or directors. Host Kimberly DeSantis with the judges provided the finalists awards.



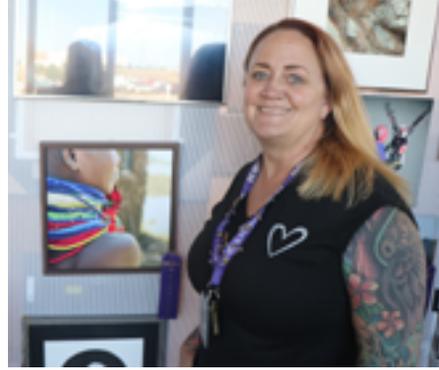
*Oil painter and finalist Sherry Paschal*

Navy veteran Francisco Quintana won a finalist award for his beautiful rendition of Blue Element. He combines many colors into different forms of creative artistry.



*Artist Francisco Quintana*

Shannon Teague won an award for her stunning rendition painting of Love showing the color beads on an African American. Artist.



*Artist Shannon Teague*

Navy veteran Mel Grause won a finalist award for his beautiful carving of a bear and Rocky Mountain sheep.

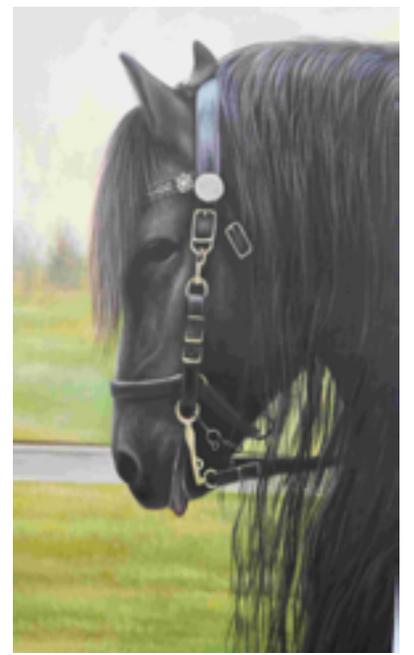


*Carver Mel Grause*



*Mel's Animal Carving*

And finally, the People's Choice award went to Shannon Rey for her beautiful oil painting of Mystic, a black stallion horse!



Many other finalists were given awards in other categories including singers. One special song by singer Sherry Paschal gave a beautiful song about her recently deceased husband called "Nature of Love."



*Singer Sherry Paschal*

These finalists will be eligible to compete in the National Finals Festival awards, which will be held in South Carolina next May. Congratulations to these and other award finalists!



*Hosts Sherry Paschal & Kimberly DeSantis*

There were over 100 selections in art shown at both locations. Judges and the People's Choice chose the best artistry in all the many categories. Below are several examples of the award winners and their art.

## 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](http://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

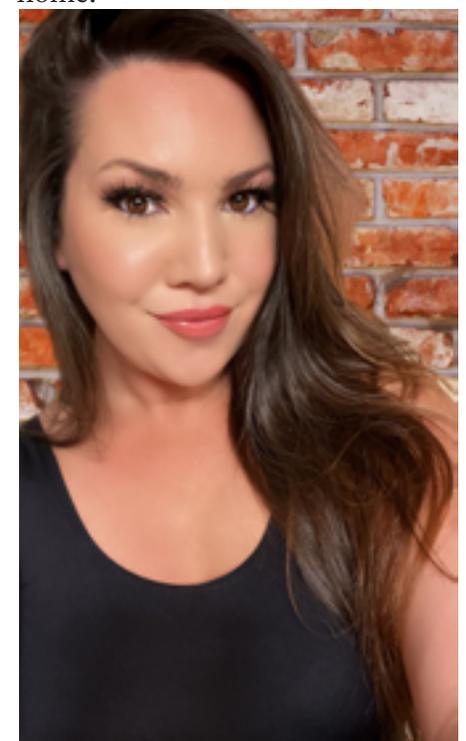
#### Keynote - 12:30 pm

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

## Announcing New Business Development Advisor

Kelsea Bigelow brings over a decade of experience in operations, client services, and relationship building to her role at Home Instead. With a strong background in campaign management and business development, she's skilled at creating meaningful community partnerships and thoughtful solutions that support seniors and their families. Her passion for senior care became deeply personal after her father fell seriously ill and required ongoing support—an experience that drives her commitment to helping older adults age with dignity, safety, and compassion. Outside of work, Kelsea enjoys spending time with her dogs and loved ones, being in nature, sipping iced coffee, and is a food-

ie who especially loves cooking at home.



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See menu and class dates for 2025 below:

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

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

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

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

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

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

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

<https://Cookingforhealthyaging.eventbrite.com>

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



scan to register!

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## Apex Community Recreation Center

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

### 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. Refreshments available for purchase. \$2 admission at the door or free if you bring new school supplies. Craft fair hours are from 9 am-3 pm Saturday, November 1. Vendors call 303.425.9583 for booth information.

### Expo - No Place Like Home:

Wednesday, September 3, 9 am-12 pm – Location: Apex Center, 13150 W. 72nd. Ave.

Many people prefer to live in their own home or apartment as long as possible. Learn about in-home services and products. Explore senior housing options. Participants are entered in a drawing for prizes, including gift cards. This event is free to the public, but please register in advance.

### Drumming – Reconnect with you Rhythm:

Wednesday, September 3, 10:30 am  
Delight in drumming with others. Percussion instruments (shakers, maracas, etc.) and drums are provided. Bring your own percussion instrument if you'd like. No experience necessary, just come and enjoy. \$40 (\$52 non-res.).

### Artificial Intelligence (AI):

Wednesday, September 10, 11:45 am  
What artificial intelligence (AI) is, how you can use AI, information security in AI, and steps to protect your information. \$5 (\$7 non-res.).

### Intermediate Bridge Class:

Friday, September 12 – November 14, 9:30 am-12:30 pm  
For players with at least basic knowledge of the Standard American Bidding System. Learn to make the most of your cards as a declarer and as a defender. Sandy Koller, ACBL-certified instructor. \$76 (non-res. \$98).

### Beginning Quilting: Make a Lap Rag Quilt:

Friday, September 12 – 26, 5:30-8:30 pm  
Join us for a fun and beginner-friendly quilting class where you'll create a 49" x 65" throw size rag quilt. No prior experience is needed. Materials provided for a fee (\$40) payable to the instructor on the day of class. Use our machine or bring your own. Instructor Jenn B. \$60 (\$78 non-res.).

### Notables Choir:

September 16-November 11, 10:45 am-12:15 PM  
Men and women who love to sing and perform are welcome. Don Allayaud, Director. New members, call 303.425.9583 to report your voice part. The choir practices songs to perform at a fall concert scheduled for Nov. 12. \$63 (non-res. \$82).

### Island Vibes Lunch:

Wednesday, September 17, 1-2:30 pm  
Enjoy a flavorful lunch followed by an educational and interactive live steel drum performance by Women of Steel. Register by September 15. Sponsored by the Scientific and Cultural Facilities District. \$17 (non-res. \$22).

### Fall Prevention Workshop:

September 22, 12-1:30 pm  
Wear your favorite football gear and participate in a fall prevention obstacle course with light refreshments provided by our Active Adult sponsors. Free, but advance registration is appreciated.

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

## Pets Are Family How to Exercise Your Cat: Fun Ways to Keep Your Feline Fit

Cats may look like masters of lounging, but behind those sleepy stretches lies an athlete waiting for the right invitation to play. Regular exercise keeps cats strong, healthy, and mentally sharp—plus, it helps curb boredom (and the mischief that comes with it). Luckily, there are plenty of ways to get your feline moving, from simple household hacks to full-on feline gyms.

Toys are one of the easiest ways to encourage play, and even everyday items like paper balls, boxes, or toilet paper rolls can spark a hunting game. Feather wands, string toys, and laser pointers mimic prey and provide a great workout, while interactive electronic toys or subscription boxes keep things exciting. Rotate toys weekly so they always feel new.

For adventurous cats, set up an at-home agility course by rearranging furniture or using cardboard forts. Agility kits with tunnels and hurdles are also available for more structured play. Cats who crave fresh air may enjoy harness training and short leashed walks, or safe outdoor exploration in a stroller, backpack, or an



Judy Calhoun

enclosed "catio."

Vertical climbing is another excellent outlet. Clear bookshelves or cabinets for perches, invest in a cat tree, or install wall-mounted shelves to create a jungle gym—especially near windows for endless "Bird TV."

Don't forget mental exercise. Hide treats around the house, try clicker training, or use puzzle feeders to make mealtime interactive. Even modern tech can help, with cat-friendly apps and videos that challenge their focus.

Not every activity needs to be high-energy. Chasing bubbles, batting ice cubes, or watching wildlife videos all provide enrichment while keeping cats engaged. The key is finding what your cat enjoys most and making it part of their routine. A fit cat is a happy cat—and a healthier one, too. Learn more at [nocohumane.org](http://nocohumane.org).



## Lafayette Senior Services

Programs offered by Lafayette Senior Services

Call 303-665-9052 or email [olderadults@lafayetteco.gov](mailto:olderadults@lafayetteco.gov) to register.

### Older Adult Artist Showcase

September 1-30  
If you are a local recreational/amateur artist age 55 or better, you are invited to display your 2-D original artwork at the Lafayette Senior Center during the month of September. Artists contact Dana.hoffman@lafayetteco.gov for entries information, applications due by August 22.

The entire community will be invited to enjoy these pieces on display at the Lafayette Senior Center during open hours.

Join us for a special reception on Wednesday, Sept. 3, from 4-5:30 PM, where you can meet the artists and engage in lively conversations. RSVP to [Dana.Hoffman@lafayetteco.gov](mailto:Dana.Hoffman@lafayetteco.gov) by Sept. 1.

### Older Adult Resource Fair

September 19, 9am-12pm  
We warmly invite you to attend our Resource Fair!

Immerse yourself in a vibrant gathering where you can engage

with informational speakers, discover community resources, and much more. Breakfast will be provided, so we highly encourage registering for this event.

Vendors:

Due to limited space for speaker presentations and vendors, we highly recommend pre-registering to secure your spot. Please contact [Sarah.Cooper@lafayetteco.gov](mailto:Sarah.Cooper@lafayetteco.gov), our dedicated point of contact for vendors and speakers.

### September is Fall Prevention Month

Please be on the lookout for Fall Prevention classes and seminars through the Lafayette Senior Center, Boulder County Area Agency on Aging and other local senior centers as we Stand Up for Fall Prevention.

### American Impressionism at Denver Botanical Gardens

September 10, 9:30am-3pm  
Explore Blue Grass Green Skies at the Freyer Newman Center- an indoor gallery tour of American Impressionism and Realism from LACMA. Discover how these artists reshaped our view of nature. Lunch not included purchase separately at the Gardens.

# TRADING POST

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## Volunteer

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

## Support Groups

**Sky Cliff Center Stroke Support**  
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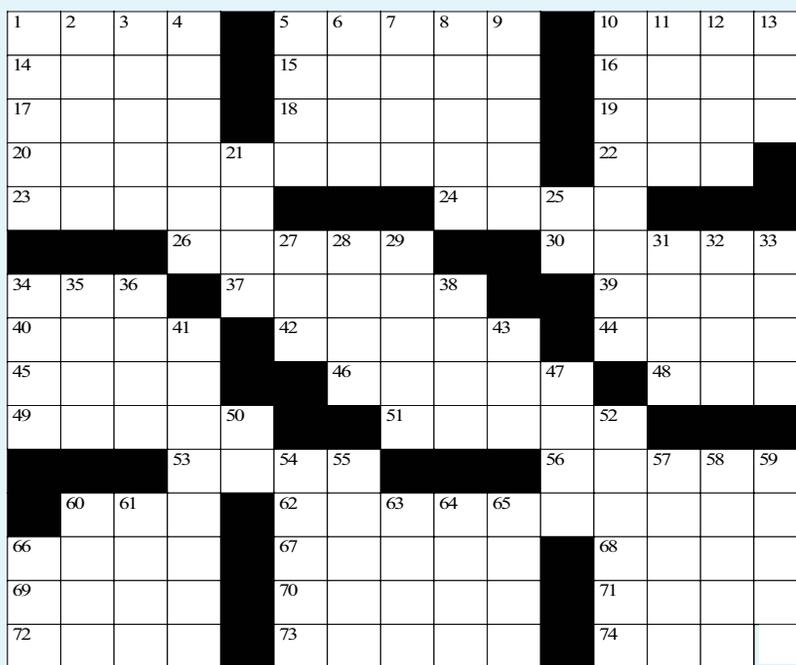
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## 50 Plus Marketplace News Crossword Puzzle

September 2025  
 Answers page 15



### ACROSS

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

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

- 72 Too
- 73 Allowing liquid to escape
- 74 Never

### DOWN

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

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