

50 Plus Marketplace

NEWS



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

April 2026 • Volume 32 • Issue 4

Helping Older Adults Pinpoint What Matters Most for Health

My Health Priorities is a free, online self-assessment tool that guides older adults and care partners through steps to identify what matters to them.

A new community toolkit empowers senior centers and other community organizations to host presentations and discussions about identifying priorities related to health, health care, and social supports.

The Age-Friendly Health Systems movement now encompasses more than 5,500 hospitals and health care systems, including VA medical centers, community care centers, and long-term care facilities. These care settings have embraced the implementation of core geriatric strategies focusing on the Age-Friendly 4Ms Framework: What Matters Most: Medication, Mobility, and Mentation (thinking, memory, reasoning, and perception). The goal: help older adults get care that better aligns with their unique health priorities and needs.

What Matters Most is the key to decision-making about medications, mobility, and mentation and is the first step in offering

age-friendly care. Yet What Matters Most can sometimes be difficult to define for older adults as well as their doctors and other health care professionals. Patient Priorities Care and My Health Priorities are solutions to clearly define goals and priorities of older adults and aligning care to address them.

Patient Priorities Care (PPC) is intended to help ensure that health care for older adults is truly aligned with what matters most to them. It aims to improve health outcomes for patients everywhere based on what that means to each individual and providing health professionals with the tools to make that happen.

Over 10 years ago, it was developed by a national group of clinicians, older adults, caregivers, and health system leaders under the direction of individuals at Yale University School of Medicine, UTHealth Houston Institute on Aging, and Baylor College of Medicine.

PPC improves communication among patients, clinicians, and care partners by ensuring everyone is focused on the same outcomes,

especially in the common situation of uncertainty, tradeoffs, or when there are multiple care choices and no best answer.

This approach has been shown to reduce perceived treatment burden, decrease unwanted care, such as medications being stopped, fewer self-management tasks added, and fewer diagnostic tests ordered, and increase wanted care.

The PPC website offers tools and resources for implementing PPC and published articles about PPC.

A critical part of PPC is identifying health priorities for older adults, which can be accomplished through the use of My Health

Priorities, a free online self-assessment tool that guides older adults and care partners through steps to identify priorities. The steps included in the assessment are:

1. Identify what matters most
2. Identify a health goal
3. Identify bothersome symptoms or health problems
4. Clarify top priority to focus on
5. Identify burdensome medications and health related tasks

After completing the assessment, My Health Priorities provides a print-out to share and discuss with doctors, other health care professionals, and family, such as the example shown below.



March Forecast Shows Colorado's Economy Is Resilient!

The Governor's Office of State Planning and Budget presented its March 2026 Economic Forecast to the Joint Budget Committee. This forecast revises up the current year's economic growth forecast from the previous projections but higher prices from tariffs are diminishing consumer demands and economic growth. OSPB projects a 40% chance of recession in the next year with higher risk a year from now.

"Today's forecast shows that despite increased costs on families from Trump's illegal tariffs, international instability, and supply chain impacts from the war in Iran, Colorado remains resilient. Our economy has not recovered from the cost of disastrous tariff taxes, and the chance of a recession remains concerning. However, our balanced budget proposal ensures our reserves remain healthy to protect the state from the grow-

ing chance of a future economic downturn," said Governor Polis.

As previously forecasted, revenue growth levels are expected to turn off the Family Affordability Tax Credit (FATC) and the expansion of the Earned Income

Tax Credit (EITC) in Tax Year 2027, but this is not finalized until the December 2026 forecast. OSPB projects TABOR surpluses of \$711.1 million in FY 2026-27 and \$515.6 million FY 2027-28. OSPB projects that the General

Fund will be \$13.7 million above the proposed 13 percent statutory reserved level in FY 2025-26.



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CONTACT How To Reach Us

email
robert@50plusmarketplaceneews.com

phone
303-694-5512

mailing address
4400 Sioux Dr.
Boulder, CO 80303

website
www.50plusmarketplaceneews.com

Published by
50Plus Media Solutions, Inc.

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Front Range citizens. 50 Plus distributes to 125,000 Front Range readers monthly.

50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE
10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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Robert A. Trembly II

Chief Financial Officer
Michael Gumb

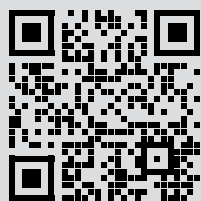
Contributing Writers
Front Range Senior Centers,
Agencies, & Businesses

Marketing Director
Bob Larson

Product Consultants
Michael Buckley
Robert Trembly

Design/Production
Kit Brown

Smart Phone Access



APRIL Calendar

BOULDER

Tuesday/7

The Boulder Genealogical Society presents a free program on "The Story of – In Their Time" by Roger Dudley at 7 pm on Zoom only! This is the story of how I conceived the book, the years of work on it and the contract signed with Ancestry to publish it and how it was self-published and then republished in its current and greatly improved form. Please register online at <https://www.bouldergenealogy.org/> to receive the Zoom info and handout!

Wednesday/8

The Longmont Genealogical Society presents a Free hybrid program on "Genealogical Educational Opportunities" by Glenn York at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont and on Zoom. This presentation explores the variety of opportunities available to expand your genealogy knowledge and skills to the next level. Please register online at [LGS Home](https://www.lgshome.com) to receive the Zoom info and handout.

Friday-Sunday/10-12

The Longmont Museum welcomes the Boulder International Film Festival back to the Stewart Auditorium for three glorious days featuring a wide variety of films from local, national and international film makers Friday-Sunday, April 10-12. Tickets are on sale now at [Longmont Museum online](https://www.longmontmuseum.org) or by calling 303-651-8374.

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>.

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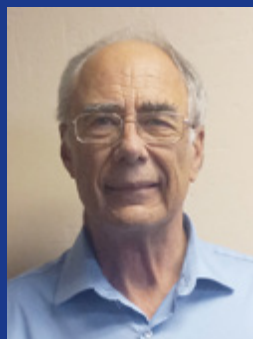
MEDICARE ADVANTAGE OPEN SEASON

OCT. 15TH – DEC. 7TH

Many big changes this year

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

**DON'T BE LEFT WITHOUT
COVERAGE**



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Mental Health On Trees



Dr. David Remmert

“A society grows great when old men plant trees whose shade they know they shall never sit in.”

I find great hope and inspiration in this proverb. In honor of Arbor Day (April 24th), I thought I'd spend some time celebrating the sense of purpose and connection that planting trees – real or metaphorical – gives us. As the quote above suggests, when we plant trees under which we will never sit, we are expressing our faith in future generations to be good stewards of the world they inherit.

From a mental health perspective, trees have been shown to reduce stress and lower anxiety, blood pressure, and cortisol levels. Being in a green environment improves mood and cognition, particularly in young people. Parks and green spaces in urban areas are correlated with lower crime and positive community engagement. Trees visible from hospital beds are linked to faster recovery times. Children growing

up in green environments have a lower risk of mental health issues later in life.

Five years ago, we moved to a new development in Loveland. The trees in our neighborhood were all saplings and offered no shade. We planted a Norwegian Sunset Maple in our backyard and though it suffered during the extreme cold in 2021, it is thriving and providing us with joy as it grows taller and stronger. Though I may never sit under its shade, I cherish the thought of my children and their children doing so.

So go on and plant a tree this month; the benefits will be shared for years to come.

With that, I will leave you with possibly the most famous arbor-themed poem by Joyce Kilmer: “I think that I shall never see A poem lovely as a tree... Poems are made by fools like me, But only God can make a tree.”

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

Boulder Fire-Rescue Community Academy Accepting Applications

The Community Academy turns curious community members into informed, prepared partners in public safety, while giving you a firsthand look at the people and work behind every 911 call. The BFR Community Academy is a unique hands on learning experience designed to give community members an inside look at how Boulder Fire-Rescue keeps our city safe. From fireground operations to emergency medical services, wildland firefighting, rescue techniques, and communications, you'll learn directly from the experts who respond to our community every day.

Boulder Fire-Rescue is now accepting applications for its 2026 Community Academy, offering residents a unique, behind-the-scenes look at how Boulder Fire-Rescue serves the community. The last fire community academy was held in 2020, and the department is excited to be bringing it back. Applications close on April 8th.

The multi-session academy is designed to give participants hands-on experience and insight into emergency response, emergency medical service, fire opera-

tions, and community risk reduction. Participants will also gain experience with first aid, hands only CPR, using an AED, emergency preparedness and using a fire extinguisher. Through interactive learning and time with BFR firefighters, attendees will gain a deeper understanding of the critical services that protect the Boulder community every day.

“Community education is a key part of building a safer, more resilient city,” said Chief Michael Calderazzo. “Our goal is to empower participants with knowledge about fire safety, emergency preparedness, and the realities of first response. With this real time connection, we can learn about supporting and serving our community members while they build meaningful connections with our crews who serve Boulder every day.”

The academy, April 22 – July 17, is open to community members interested in learning more about their fire department. Space is limited, and applicants are encouraged to commit to attending all sessions. You can learn more and apply online at <https://bldr.fyi/BFRAcademy>

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Program of All-Inclusive Care for the Elderly

Boulder County Announces 2026 Circular Economy Fund Awards!

Boulder County recently awarded a total of \$50,000 to five organizations to support their circular economy work. The program is funded by the County's Sustainability Tax, which was re-approved by voters in 2019.

The Circular Economy Funding Program has been in place for the past 28 years and has provided over \$1.5 million to local groups seeking to advance the Circular Economy and make a real impact on climate change through innovative and progressive projects that enhance resource conservation and foster circularity in Boulder County. Circular Economy Funding projects provide an opportunity for organizations and businesses to participate in Boulder County's vision of becoming a zero-waste community and closing the waste loop through circular economy practices.

Circular Economy Funds may support education programs and infrastructure required to support resource diversion programs and the circular economy in three main categories: consumer behavior and practices, collection, and/or processing; and manufacturing and/or design. A total of five grants were approved for funding in 2026. Recipients include:

1) Community Fruit Rescue \$20,000 for the Roots to Fruits Initiative to develop workshops

and materials about fruit tree care and fruit preservation, expand fruit harvesting operations, and establish a tool library.

2) Growing Gardens \$13,050 for Reducing Single Use Plastics in Greenhouses by purchasing necessary equipment to convert operations to use bulk soil and reusable planting trays.

3) Cal-Wood Education Center \$8,700 for Zero Waste Food Scrap Hauling Initiative for animal-safe storage infrastructure, educational signage, and initial hauling costs to start diverting their commercial kitchen food scraps for animal feed and compost.

4) Harvest of Hope \$5,600 for Increased Efficiency in Rescue Food Operations for food handling equipment including carts and a pallet jack that will double their food rescue capacity.

5) Coal Creek Meals on Wheels \$2,650 to Transition to a Zero-Plastic-Waste, Reusables-Only Café System by purchasing durable, reusable service ware alternatives and reduce operational waste.

View more detailed information on each project on the [Circular Economy Fund webpage](#) or contact Michal Duffy (they) at mduffy@bouldercounty.gov

Boulder Arts Week Celebrates City's Creative Community

Boulder Arts Week returns April 3 - 12, 2026, as an annual celebration of the artists, nonprofits, businesses, theaters, and galleries that help make Boulder's arts and culture scene vibrant. Throughout the week, community members can explore a wide range of events, including mural tours, theater performances, dance workshops, poetry readings, pottery classes, and more offerings across the city.

This year's Boulder Arts Week features more than 115 events, workshops and creative experiences taking place across the city. Visitors can also stroll through downtown to view the Student Banner Project along the Pearl Street Mall, featuring 42 new lamp pole banners created by young artists from Columbine Elementary School, Casey Middle School, and Boulder High School. The celebration is supported by over 75 business champions across the city.

"Boulder Arts Week celebrates the creativity at the heart of our community," said Lauren Click, Office of Arts and Culture Manager. "From neighborhood galleries to student artists and com-

munity performances, the week highlights the many ways arts and culture connect people across Boulder. This year is especially meaningful as we unveil the Boulder Arts Blueprint, a roadmap that will guide how we support artists and strengthen Boulder's creative ecosystem over the next decade."

The community is invited to celebrate this milestone at the [Boulder Arts Blueprint Launch Party](#) on the final day of Arts Week, April 12, from 1 to 3 p.m. at KGNU's new facility, located at 1720 14th St. The event will feature live painting, hands-on art activities for all ages, a dance performance, temporary tattoos by a local tattoo artist, tours of KGNU's new building, snacks and refreshments, exclusive swag and live music curated by Roots Music Project. This event will also highlight the winners of this year's [Boulder Arts Week Awards](#). Visit BoulderArtsWeek.org to view the full calendar of events.



Technology is Hip!

How AI Has Helped the Medical Community!

Artificial Intelligence (AI) has become one of the most influential forces in modern medicine, reshaping how clinicians diagnose, treat, and manage disease. Its impact spans clinical care, imaging, operations, and even physician well-being.



Bob Larson

AI now supports physicians in ways that directly improve patient care and reduce the burden on medical teams. AI is more accurate and provides earlier diagnoses. AI systems can analyze X-rays, MRIs, CT scans, and ultrasounds with high precision, flagging subtle abnormalities that may be easy for humans to miss. This is especially valuable in cancer screening, where early detection dramatically improves outcomes.

Decision support for clinicians: Many physicians now use AI to summarize medical research, assist with documentation, and provide evidence-based suggestions during patient visits. Over 80% of doctors report using AI in their practice versus a few years ago.

Improved diagnostic confidence: AI tools help radiologists and specialists confirm findings, reduce false positives, and streamline follow-up testing. This leads to fewer unnecessary procedures and less patient anxiety.

AI is not replacing doctors! It's

giving them more time and better tools to care for patients.

Faster, more efficient care: Automated documentation, scheduling, and billing tools reduce administrative load, allowing clinicians to spend more time with patients.

Better access to expertise: Mobile health apps and AI powered triage tools help patients understand symptoms, manage chronic conditions, and know when to seek care.

Reduced wait times: AI accelerated imaging and workflow optimization help hospitals move patients through the system more quickly.

Beyond direct patient care, AI strengthens the infrastructure that keeps hospitals running.

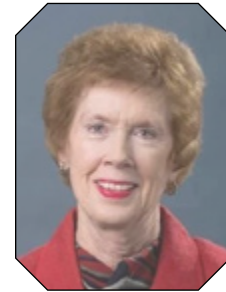
Operational efficiency: AI improves staffing, scheduling, supply chain management, and revenue cycle operations, reducing costs and improving reliability besides reducing staff burnout.

Research acceleration: AI can analyze massive datasets, summarize emerging studies, and help identify new treatment pathways far faster than traditional methods.

This is another benefit of technology to benefit the human race! Bob Larson is a technologist and Marketing Director for 50 Plus!

Reflections

Showing Up



Martha Coffin Evans

"Six bags of groceries at my doorstep this morning! I can't believe it," exclaimed friend Jim in Southern California. Facing one more, quite anxiety-ridden surgery, he kept talking about the outpouring of support.

With his family in Colorado, those who became his "chosen family" showed up in spades. From his neighbors, handy man, workmates and those he'd mentored, they cared for and about him beyond his wildest imagination. "Just keep being you," responded his handy man when Jim tried to understand what he'd done for such support.

In several long-distance phone calls, Jim went on to describe this support. Cooked meals, in addition to those bags of groceries, rides to appointments were offered along with help as he navigated the six inch bandage on his scalp.

Our support took the form of chocolate! Jim's box of Enstrom's petite toffees came with a "prescription" - "Take one three times a day." Well, he wiped out half the box of those toffees, augmented by fudge cycles, before becoming ill.

Jim's diabetes kicked in causing a week's delay in his surgery.

I thought back to 2007. After my husband and mother died followed by my cancer surgery, I too received the caring gift from local friends. Like

Jim, my family members were out of state. "You need a care coordinator," said one who became the leader of my "chosen family."

I had several requests for the care and feeding of Marty. For those friends who signed up to bring food, or to go with me to treatments, I asked that they stay and join me in the meal. Also, I asked for no liver and onions!

How often do we have the opportunity to show up for others? Such a circling of friends, including family members, chosen or biological, helps in healing like no other. However, it's best to check dietary restrictions first!

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

APRIL Calendar

DENVER-METRO

Wednesday/8

The City of Aurora Library System Tal presents a free program on "Thriving Gardens with Plant Select" at the Tallyn's Reach Library, 23911 E. Arapahoe Road from 5 to 6 pm. Learn the story behind Plant Select, the Colorado non-profit helping gardens flourish in our steppe climate. Discover resilient plants, see Aurora Water's top picks, and get tips for adding beauty and sustainability to your garden. More information at AuroraGov.org/WaterClasses.

Saturday/18

The Colorado Genealogical Society presents a free program on "Western Migration: Basic Tools for Charting Their Course" presented by Sylvia Tracy-Doolos at 9:30 am on Zoom only. How do we track a family constantly on the move in search of their corner of paradise? FAN research is the answer. Please register online at Monthly Program: Westward Migration | The Colorado Genealogical Society for the Zoom info and handout.

Tuesday/28

The Aurora Genealogical Society presents a free hybrid (in-person & on Zoom) program on "Military Records Hiding in Plain Sight" by

Jeff Adams at 1 pm at the Hoffman Heights Branch Library, 1298 Peoria Street in Aurora and on Zoom. You can find a plethora of military records on sites such as Fold3, Ancestry, as well as others. Please register online at Home | Auroragenealogical-so to receive the Zoom info and handout.

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>.



City of Centennial Wins 2026 Gallup Exceptional Workplace Award

The City of Centennial has been named a 2026 Gallup Exceptional Workplace Award winner for employee engagement, marking the ninth consecutive year the city has earned this prestigious recognition. As Centennial celebrates its 25-Year Anniversary in 2026, the award underscores a legacy of building a high-performing organization grounded in service, collaboration, and employee wellbeing.

Presented by Gallup, the Exceptional Workplace Award honors organizations that place employee engagement at the center of their strategy and performance. Winners embed engagement throughout the employee lifecycle, from recruitment to development to transition, creating cultures where employees feel valued, heard and empowered to do meaningful work.

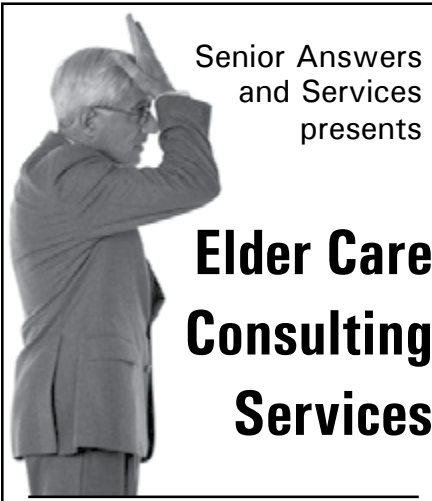
This award is based on extensive employee feedback and rigorous performance benchmarks. Centennial once again exceeded Gallup's high standards, reflecting a workplace culture rooted in trust, accountability, and shared purpose.

"Earning this recognition for the ninth consecutive year, as we celebrate 25 years as a city, is especially

meaningful," said City Manager Matt Sturgeon. "From our founding, Centennial has been built on the belief that local government works best when people feel connected to purpose and empowered to serve. This award reflects the dedication of our employees, who bring innovation, accountability, and heart to their work every day. As we look ahead to the next 25 years, we remain committed to cultivating a workplace where our people thrive, because when our employees thrive, our community thrives."

In today's evolving workplace, Centennial continues to set the standard for fostering a resilient, strengths-based culture focused on continuous improvement and service excellence. Centennial remains one of the few governmental entities nationwide to receive this distinction multiple times, reinforcing its reputation as an employer of choice and a forward-thinking municipal organization.

To learn more about the Gallup Exceptional Workplace Award, including award criteria and a complete list of winners, visit the 2026 Gallup Exceptional Workplace Award Winners webpage.



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

Easter Quotes

"Jesus Christ our Lord surrendered in order that He might win; He destroyed His enemies by dying for them and conquered death by allowing death to conquer Him." - A.W. Tozer

"Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song." - Pope John Paul II

"Easter was when Hope in person surprised the whole world by coming forward from the future into the present." - N.T. Wright

"The greatest jail break in all of history occurred on Easter morning. Therefore, we must remember that whatever our prisons might be and however impenetrable they might appear, your jail break is just a prayer away." - Craig D. Lounsbrough

"What kind of life would we have if Jesus hadn't risen from the dead?" - Kelsey Bryant

"Easter opened up a crack in a universe winding down toward entropy and decay, sealing the promise that someday God will enlarge the miracle of Easter to cosmic scale." - Philip Yancey

"When Jesus rose from the dead, He didn't cheat death; He beat it fair and square." - Cheryl Ford

"People celebrate Easter with their near and dear ones. Nothing can be a better holiday to spend with your family than to celebrate the journey of the life of Jesus." - Roma Downey

"God proved His love on the Cross. When Christ hung, and bled, and died, it was God saying to the world, 'I love you.'" - Billy Graham

Denver Regional Mobility & Access Council (DRMAC)



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

Getting There Travel Training

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

Information & Assistance Line

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

Getting There Travel Guide

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

Getting There Travel App

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

Monthly Meetings & Events

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

Membership

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

For more info about DRMAC programs please email info@drmac-co.org or call 303-243-3113



Denver's 2026 Outdoor Watering Plan

Denver Water says this would be the first time since 2013 that additional limits beyond the typical summer rules that have been put in place for outdoor watering.

Additional water restrictions in Denver are set to begin March 25, as water managers warn this year's snowpack is among the lowest on record.

Under the restrictions, customers will be limited to watering outdoors two days per week.

"We're going to be supply limited, and we don't have the snowpack to fill the reservoirs," said Nathan Elder, manager of water supply for Denver Water. "We're going to have to ask our customers to conserve water and we're going to have to go on mandatory water restrictions."

Denver Water says businesses and homeowners will be assigned two watering days per week. Customers caught watering lawns outside of those days could face potential fines.

Anticipated March 25 Stage 1 Drought Rules:

- Water during cooler times of the day — lawn watering is NOT allowed between 10 a.m. and 6 p.m.
- Watering more than two days is not allowed.
- Do not allow water to pool in gutters, streets, and alleys.
- Do not waste water by letting it spray on concrete and asphalt.
- Repair leaking sprinkler systems within 10 days.

Denver Water asks customers to not turn on sprinklers during heat wave! The decision comes as the region faces a significant lack of snow, a key source of water for the Denver metro area.

Water managers also warn this may not be a one-year problem. "What we know about droughts is typically they're not a one-year event," Elder said. "We do need to limit demand just in case we have the same situation next year."

Arapahoe County Helps Older Adults Live Independently

"You don't realize how difficult even simple tasks become when age somehow changes life for you," said Jillian from the Arapahoe County Homemaker program.

The Homemaker and Chore Services programs in Arapahoe County assist older adults with some of the tasks that often make it difficult for them to live independently. Almost half of the respondents in the 2024 Community Assessment Survey for Older Adults reported that maintaining household chores and yardwork are barriers to remaining in their homes.

From free, light housekeeping and heavy household chores to yard work and major cleaning or organization projects, these programs aim to help older adults across the county remain in their own homes without paying for a caretaker or housekeeper. As rent, mortgage, property taxes and other costs continue to rise, fixed incomes do not. Which is why Arapahoe County's Board of County Commissioners has prioritized support that keeps people in their homes.

"I have been able to maintain the grounds thanks to the help from [the Chore Workers]. I probably would have had to sell my house and move into an apartment without them," Robert said.

Since July of 2025, volunteers and County staff dedicated nearly 500 hours to assisting individuals through the Homemaker and Chore Services programs. Over the last 10 years, the programs have served an average of 275 older adults per year, allowing 92% of them to maintain independent living in their own homes.

For many older adults, a little extra help can make all the difference. Through the ongoing support of volunteers and County staff, the Homemaker and Chore Services programs continue to provide practical assistance that helps residents maintain their homes, their independence, and their quality of life.

To learn more or apply for the Homemaker or Chore Services programs, visit arapahoeco.gov/seniorresources or call 303-738-8080.

Colorado Gerontological Society

Legislators Looking to Continue the Property Tax Exemption, But Funding May Not Be Available

Almost annually, Colorado legislators are faced with finding money to fund the Senior Property Tax Exemption Program. This year is no different, given the significant budget shortfalls.

The Exemption is available to older adults age 65 and over who have lived in their home for 10 consecutive years or more. Owners get a 50% tax credit on their property taxes for the first \$200,000 of value. The average tax credit ranges from \$500 to \$800 per year.

Faced with an ever-shrinking budget, this tax credit for 2026 for taxes paid in 2027 may not be funded. The tax credit may also not be available in 2028 and beyond.

More than 300,000 older Coloradoans receive the tax credit. The legislature is expecting the tax credit to cost between \$170,000,000 and \$180,000,000 next year. Advocates are somewhat optimistic the legislature will find a way to fund the tax credit;



Eileen Doherty

some are more concerned.

Many older adults are able to afford their property taxes because of this tax credit. For eligible Coloradoans living on fixed incomes, if the tax credit is cut, it would mean a significant change in the 2026 taxes due in 2027. While no final decision has been made, this proposed cut is an active part of the state budget discussion.

If you are concerned about the loss of the tax credit and the possible rise in your property tax, consider contacting your Colorado state senator and representative and sharing your concerns. If you don't know who your legislator is, check at <https://leg.colorado.gov/legislators>. This is your opportunity to share have your voice heard.

For those who are not receiving the tax credit, contact your county assessor to file. If you have questions, you may call 303-333-3482.

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

Littleton Police Department Receives National Law Enforcement Excellence Recognition

The Littleton Police Department (LPD) received its seventh reaccreditation recognition for advanced law enforcement excellence from the Commission on Accreditation for Law Enforcement Agencies (CALEA) at the CALEA conference and commission hearing on March 14 in Tucson, Arizona.

As part of the accreditation process, the department is subject to annual review of operations, policy, and procedures, as well as an extensive on-site review, which takes place every four years and requires a comprehensive review, including a week-long audit by outside assessors. LPD participated in the on-site assessment in October 2025, working to receive reaccreditation for the full four-year cycle.

This reaccreditation demonstrates the LPD's commitment to professional excellence in policy and practice.

The CALEA commission provides an

opportunity for individuals to share feedback, comments, commendations, and other information regarding LPD's quality of service or other information relevant to the accreditation process through the Accreditation Public Comment Portal.

The purpose of this public portal is to receive comments regarding an agency's compliance with CALEA standards, engagement in the service community, delivery of public safety services, and overall candidacy for accredited status. The overall intent of the accreditation process is to provide the participating agency with information to support continuous improvement, as well as foster the pursuit of professional excellence.



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APRIL Calendar

WELD

Thursday/2

The 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.

Tuesday/21

The University of Northern Colorado presents their monthly event on "Symphonic Band & Concert Band" at the Campus Commons Performance Hall (1051 22nd Street in Greeley) at 7:30 pm. Tickets range from \$5 for children to \$17 for adults and purchased at the box office or call (970) 351-4849

Dementia Together presents

free programs on their Memory Cafe in Greeley. Visit their online calendar at <https://dementiatogether.org/> to learn more about their many events.

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>.

Caregivers News

More than 40 million Americans are caregivers for elderly relations, according to the Association of Mature American Citizens. A Pew Research study shows that most of them look after aging parents. The great majority of them don't look at it as a burden. Rather, they see it as a rewarding opportunity. Courtesy of AMAC.

34 Years of Service Providing Information for the 50+ Community

The Value Of A Smile

A smile is a small gesture that carries immense value. Though it requires little effort, its impact can be profound, touching lives in ways words often cannot. A genuine smile transcends language barriers, cultures, and differences, serving as a universal expression of warmth, kindness, and connection. It has the power to brighten someone's day, ease tension, and create a sense of comfort in even the most difficult situations.

The value of a smile lies in its ability to spread positivity. When you smile at someone, you offer a moment of recognition and goodwill. It can turn a stranger into a friend, or at least make the world feel a little less distant. In moments of stress or sadness, a smile can act as a gentle reminder that not everything is heavy—that there is still light to be found.

A smile is also contagious. When one person smiles, it often encourages others to do the same, creating a ripple effect of positivity. This simple act can uplift entire environments, whether at home,

school, or work. It fosters a sense of belonging and shared humanity, reinforcing the idea that we are all connected in subtle but meaningful ways.

Beyond its emotional impact, a smile can influence how we perceive ourselves. Smiling can boost confidence, reduce stress, and even improve overall well-being. It is a silent affirmation of hope, resilience, and optimism.

In a world that can sometimes feel overwhelming or disconnected, a smile remains a powerful tool for kindness. It costs nothing, takes only a moment, yet its value is immeasurable. A simple smile can leave a lasting impression, reminding us all of the beauty in human connection.



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My Favorite Things is located at 414 Main Street in Windsor and open Monday to Saturday from 9:00 a.m. to 6:00 p.m. Let your curiosity lead to a visit.

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Winter May Have Missed Us! Springtime Has Not

Soft light drifts through the early morning air, touching the budding trees as if waking them gently from a long and patient dream. Their branches, once bare and quiet, now hum with life, each tip adorned with tiny blossoms that seem almost too delicate to exist. Pale pinks, fresh greens, and whispers of white unfold petal by petal, like secrets shared between the earth and the sky.

A breeze passes through, and the trees respond with a subtle shiver, releasing a faint, sweet fragrance that lingers just long enough to be remembered. Bees hover curiously, tracing invisible paths between blooms, while birds settle among the branches, adding their songs to the quiet symphony of spring. Sunlight filters through the new leaves, scattering soft patterns on the ground below—shifting, dancing, alive.

There is a sense of promise in these budding trees, a quiet assurance that growth comes even after the coldest seasons. Each blossom holds a story of resilience, of waiting, of becoming. The world feels lighter here, as if time itself slows down to admire the fragile beauty unfolding in every direction.

And standing beneath them, one cannot help but feel a gentle stirring of hope—like the trees themselves are whispering that new beginnings are always closer than they seem, waiting just beneath the surface, ready to bloom. Anonymous



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Greeley Housing Authority

Veterans Echoes

Charles Kavalec, 107. Colorado's Oldest Veteran



Brad Hoopes

There's a disconnect between Chuck Kavalec's age, 107, and what you'd expect. He's sharp as a tack, still lives in the home he bought in 1962, only recently stopped volunteering, and still meets friends for coffee.

Chuck was born in Omaha and raised in Spaulding, Nebraska, where his father owned a general store. He misses a time when people were more honest and caring. During the Great Depression, his father extended credit to families who couldn't afford groceries.

When WWII began, Chuck and two friends headed to California to work in aircraft factories. During this time he met Jane Russell, Errol Flynn, and John Wayne. Realizing he would soon be drafted, he returned home and enlisted in the Army Air Corps.

Chuck washed out of pilot training due to difficulty judging dis-

tances at night and was sent to Lowry Field for gunnery school, where he earned the highest score in the school's history. That success kept him stateside. Eager to see combat, he submitted eight requests for overseas duty, but instead taught the complex B-29 gunnery system, an early computer.

After the war, Chuck built a career in retail management, was married to his wife Mary for 64 years, raised seven children, traveled widely, and remained deeply involved in the community. He volunteered at Poudre Valley Hospital for 23 years.

"You don't grow old, you mature each day." and "When you help others, you're helping yourself." are some of his many philosophies. I can't help but think that the quality of his life has helped contribute to its remarkable quantity.

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



34 Years of Service Providing Information for the 50+ Community

Greeley Chorale Season Finale: "Rising"

As spring ushers in a season of renewal and reflection, the Greeley Chorale will close its performance year with a thoughtfully curated concert titled "Rising." Scheduled for Saturday, May 16 at 4 p.m. at First Congregational Church in Greeley, the program offers audiences an opportunity to experience contemporary choral music centered on themes of growth and transformation. The concert features two distinctive works that explore these ideas in different yet complementary ways. Sunrise Mass by Norwegian composer Ola Gjeilo traces the progression of a sunrise through music, evolving from light, transparent textures into fuller, more grounded harmonies. The piece reflects the broader journey of human development, using sound to mirror the transition from simplicity to complexity. Alongside it, Ashes of Roses by American composer Jocelyn Hagen focuses on transformation into lightness and beauty, offering a reflective and

expressive listening experience. Under the direction of Artistic Director Dr. Clelyn Chapin, the Greeley Chorale continues its tradition of presenting engaging performances that combine musical artistry with meaningful themes. Since its founding in 1964, the ensemble has remained an active part of Northern Colorado's cultural community, providing audiences with accessible and thoughtfully selected choral works. This season finale provides a chance for community members to gather and experience live music in an intimate setting while reflecting on the themes of renewal that often accompany the spring season. Tickets are available through the Greeley Chorale website, the UNC Ticket Office, or at the door, with discounted options for students and groups. "Rising" offers a fitting conclusion to the Chorale's season, blending artistic expression with themes that resonate beyond the concert hall.

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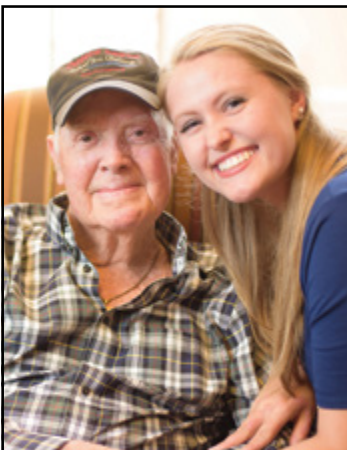
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Weld Area Agency on Aging A Call to Serve – Celebrating Volunteerism

April is Global Volunteer Month. It is a time to celebrate and honor volunteers across the globe, as well as to encourage volunteerism everywhere.



Jason Koban

Volunteers make a world of difference right here in Weld County and they are the heart of several cherished programs offered through the Weld County Area Agency on Aging (AAA).

One essential way that volunteers contribute their time and expertise is serving on the Area Agency on Aging Advisory Board. These volunteers provide indispensable knowledge contributing to the mission of the agency. Through collaboration with community partners, AAA offers a wide range of programs designed to promote health, independence, and quality of life for older adults. The Advisory Board plays a vital role in guiding these efforts.

Volunteers are the heart of the Weld County Friendly Fork congregate meal program and have been since it was established in 1976. Over the years, this program has expanded its reach to 22 meal sites in Weld County. Each meal

site boasts its own unique personality and the volunteers serving at each site create a welcoming and warm atmosphere.

Volunteers also share their talents in the numerous Weld Aging Well programs for older adults where they are trained to lead classes and workshops ranging from strength training, balance and fall prevention, and tools for living with chronic disease.

These volunteers share their knowledge and experience helping others learn to maintain and improve upon their health and well-being.

This month we celebrate the act of volunteerism and the endless rewards this selfless act offers to both the volunteers and those they serve. If you have ever felt the call to serve as a volunteer, please contact Jason Koban at (970) 400-6629 or jkoban@weld.gov to get connected.

We Care

Friendly Forks Daily Menu April 2026

Wednesday, April 1	Beef Meatballs with Mashed Potatoes & Gravy, Balsamic Brussels Sprouts, Mandarin Oranges, Gelatin Parfait
Thursday, April 2	Beef Lasagna, Wheat Roll with Butter, Steamed Carrots, Kiwi
Friday, April 3	Chicken Fajitas with Peppers, Onions, Sour Cream & Pico de Gallo, Refried Beans, Mango
Monday, April 6	Krautburger with Side of Mustard, Marinated Cucumber Salad, Mixed Fruit
Tuesday, April 7	Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, White Bean Salad, Pineapple, Blueberry Coffee Cake
Wednesday, April 8	Braised Pork & Mashed Potatoes with Gravy, Corn Muffin with Butter & Honey, Collard Greens, Berries
Thursday, April 9	Cream of Potato Soup with Crackers, BLT Salad with Diced Chicken, Banana, Apple Cranberry Crisp
Friday, April 10	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Mustard, Mayo & Ketchup, Mixed Vegetables, Apricots
Monday, April 13	Salisbury Steak & Mashed Potatoes with Gravy, Peas/Mushrooms/Bacon Sauce, Pineapple, Lemon Sugar Cookie
Tuesday, April 14	Beef Pot Pie, Green Beans, Corn, Pears
Wednesday, April 15	Chicken Breast with Gravy, Roasted Root Vegetables, Mediterranean Pasta Salad, Orange Slices
Thursday, April 16	BBQ Pulled Pork on Wheat Bun with Carolina Slaw, Baked Beans, Caesar Side Salad, Cantaloupe
Friday, April 17	Tilapia with Lemon Butter Sauce, Smashed Sweet Potatoes, California Blend Vegetables, Peaches, Butterscotch Pudding*
Monday, April 20	Chicken & Dumplings, Lima Bean & Corn Succotash, Coleslaw, Pears
Tuesday, April 21	Pork Spare Ribs, Macaroni Salad, Italian Vegetable Blend, Banana
Wednesday, April 22	Turkey Breast with Gravy, Baked Potato with Butter & Sour Cream, Red Beets, Apple Slices
Thursday, April 23	Beef Enchilada Casserole, Pinto Beans, Capri Mixed Vegetables, Mango
Friday, April 24	Chicken & Andouille Sausage Gumbo, Orzo Rice Pilaf with Almonds*, Asparagus, Orange Slices
Monday, April 27	Pork Sweet & Sour Stir Fry with Rice, Side of Lite Soy Sauce, Peas, Cantaloupe
Tuesday, April 28	Chicken Alfredo with Wheat Penne Noodles, Farmer's Market Vegetable Medley, Fruit Salad
Wednesday, April 29	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Maple Glazed Carrots, Apricots
Thursday, April 30	Spinach & Mushroom Frittata with Salsa, Side of Ham, Tomato Bisque Soup with Breadstick, Banana

Windsor Community Playhouse
Fridays and Saturdays at 7 pm
Sundays at 2pm

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by Billy Van Zandt and Jane Milmore

April 3 - April 12, 2026

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VA Reimburses Veterans for Travel to Health Care Appointments

Did you know you might qualify for VA travel reimbursement? If you drive to a VA health care appointment, you could be eligible for mileage and travel expense reimbursement.

Important: You must file your claim within 30 days of your appointment date.

You may be eligible if you're traveling to a VA facility or VA-approved community care appointment and you meet at least one of these items:

- You have a service-connected disability rating of 30% or higher
- You're traveling for treatment of a service-connected condition
- You receive a VA pension
- Your income is below the maximum annual VA pension rate
- You can't afford to pay for travel
- You're traveling for a VA claim exam, to get a service dog or for VA-approved transplant care

Common mistakes to avoid:

• **Missing the deadline:** File within 30 days or your claim will be denied. Set an alert or file right after your appointment.

• **Not setting up direct deposit:** Travel pay direct deposit is separate from disability or pension payments. Without it, you'll wait weeks for a paper check. Set it up for payment in 3 to 5 days.

• **Missing documentation for community care:** Non-VA appointments require proof of attendance. Ask for an appointment summary, receipt, or a signed letter before you leave.

Visit our beneficiary travel page at [Beneficiary Travel Self Service System \(BTSSS\) | VA Cheyenne Health Care | Veterans Affairs](#) to learn how to file and submit your travel claim.

Questions? Contact the Cheyenne VA Beneficiary Travel Department at 307-778-7550.



Springtime Tips For Home & Garden

Spring is the perfect time to refresh your home and garden after the long winter months. Start by decluttering indoor spaces—pack away heavy blankets, donate unused items, and open windows to let in fresh air. A deep clean, including dusting overlooked areas and washing curtains, can instantly brighten your home. Consider adding lighter décor, such as pastel cushions or fresh flowers, to reflect the season's energy.

In the garden, begin with a clean-up. Remove dead leaves, trim back perennials, and clear out weeds to make space for new growth. Test your soil to ensure it has the right nutrients, and add compost or fertilizer if needed. Early spring is ideal for planting hardy vegetables like lettuce, spinach, and peas, as well as colorful flowers such as pansies and tulips.

Check your tools and equipment

before heavy use begins. Sharpen pruners, clean pots, and inspect hoses for leaks. This small effort can save time and prevent frustration later in the season. Also, consider setting up a rain barrel to conserve water and support eco-friendly gardening.

Mulching is another important step. Adding a fresh layer of mulch helps retain moisture, regulate soil temperature, and reduce weed growth. For lawns, rake away thatch, reseed bare patches, and start a regular mowing schedule once grass begins to grow.

Finally, create inviting outdoor spaces. Clean patio furniture, add cushions, and perhaps introduce a few potted plants or string lights. A comfortable outdoor area encourages you to enjoy the warmer weather and makes your garden feel like an extension of your home.



An advertisement for unbiased Medicare information. It features a photo of an elderly couple walking on a path. The main text reads "UNBIASED MEDICARE INFORMATION" in large, pink, serif letters. Below this, it says "We have Medicare counselors available to help you understand Medicare." and "Your local SHIP (State Health Insurance Assistance Program) counselors are certified by Medicare and charged with providing nonbiased Medicare information and education. We are not paid by any insurance or pharmaceutical company." At the bottom, it provides contact information: "For class schedules or to schedule a one on one appointment, call 970.495.8558." Logos for SHIP (State Health Insurance Assistance Program) and uchealth are also present.

An advertisement for a show titled "The Gospel Side of Elvis". It features a photo of George Gray, dressed as Elvis, performing. The text includes "Excite Entertainment presents THE GOSPEL SIDE OF ELVIS" in large, stylized letters. Below the photo, it says "George Gray and the Elvis Gospel Band". To the right, it says "1 Show" and "Seats Are Limited!". At the bottom, it provides the show date and location: "Friday, April 3rd 7pm Union Colony Civic Center 701 10th Ave, Greeley, CO". Ticket prices are listed as "\$39 General - Seniors \$34 - Students \$29" and "Groups of 19 + Save \$5 per ticket". The contact number "(970) 356-5000" and website "Online only at UCSTARS.com" are also included.

APRIL Calendar

LARIMER

Saturday/18

The Larimer County Genealogical Society presents a free hybrid (in-person & on Zoom) program on “Cutting-Edge AI Tools to Translate Foreign Languages” by Natalie Webb at 10 am in the Foxtail II room at the Fort Collins Senior Center (1200 Raintree Dr). Natalie will explore how cutting-edge AI tools translate foreign languages and unlock the rich histories our ancestors left behind. Please register online at [Program: Cutting-Edge AI Tools to Translate Foreign Languages - Larimer County Genealogical Society](#) to receive the Zoom info and handout.

Sunday/19

High Plains Honor Flight Send Off at the McKee Building at the Ranch begins at 7 am and buses depart at 9 am. A program honoring the next batch of veterans from the Korean or Vietnam Wars going to Washington DC and returning on Sunday

evening. A great experience for any veteran to visit the different memorials in DC. Visit their website at [Home](#) to learn more!

Saturday/April 25 to June 6

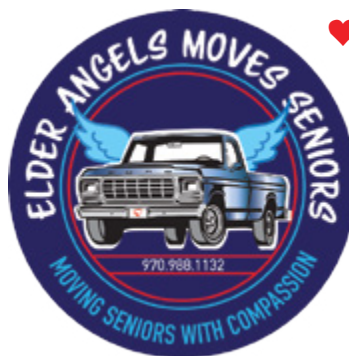
The Loveland Museum features the Colorado Governor’s Art Show & Sale, one of the largest juried fine art shows to exclusively feature Colorado artists, has revealed the 65 Colorado artists selected to participate in the 35th annual exhibit.

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>.

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Pets Are Family

Keeping your Pets Happy and Healthy this Spring



Judy Calhoun

Spring is in full swing! As you spend more time outside, ensure your furry friends can enjoy the season to its fullest!

Out and About

Keep an eye on your pup for signs of allergies, which often materialize as irritated and itchy skin, and talk to your veterinarian about best options for managing symptoms. Other signs to look out for include watery eyes, sneezing, licking skin, loose stools, runny nose, hair loss, head shaking.

Cats can also have allergies. In addition to irritated and itchy skin, cats can develop symptoms of wheezing, coughing, sneezing, watery eyes, and frequent ear infections.

Before heading outside, ensure your furry friends have up-to-date identification on them, and consider microchipping as well as having them licensed. Depending on where you live, licensing your pet may be the law!

Hitting the road? When driving, make sure pets are secured in a crate or wearing a seatbelt harness designed to protect them from injury.

Springtime Pests

Snakes, mosquitoes, fleas, and ticks are out and about, too, as

temperatures rise!

Make sure pets are up to date on their heartworm preventative, and after a long day outdoors, check for any ticks. Keep an eye out for any signs of fleas, and when hiking, keep your dog on the trail!

Around the Home

Warmer weather leads to days with the windows open. As you let the fresh air in, ensure you do so in a manner safe to your furry friends. If an open window or door is accessible to any pets, make sure there is a screen in place to prevent their curiosity from leading them outside.

While cleaning, keep an eye on the chemicals you use. Find a cleaning product that is safe for your pet as common cleaners often contain chemicals harmful to them. A non-toxic cleaning product safe to use around animals, and one we use at our shelters, is Rescue.

The same goes for chemicals used in your garden. Do not let pets walk on freshly treated grass and keep an eye on them to ensure they don’t try to eat fertilizer or any plants that are toxic to them.

Having Fun while Staying Safe

Don’t let an unexpected trip to the vet ruin springtime fun. While we’re all eager to spend as much time as possible outside, it’s crucially important to consider the unique needs of our pets to keep them safe.

Call for a Tour. Lunch is on us!

Peaceful Assurance

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City of Fort Collins Earns Recognition from Global Environmental Group

The City of Fort Collins scored an “A” for its environmental data measurement and climate action. Global environmental group CDP recently announced their list of A List cities, with 122 cities, states and regions receiving an A score in 2025.

Each year, the City of Fort Collins calculates greenhouse gas emissions across the community – including emissions from electricity and natural gas use, transportation, and waste.

Reducing these emissions helps limit our contribution to climate change and its impacts, which locally can include hotter summers, increased wildfire risk, and poorer air quality. Through the City’s Our Climate Future program, officials set goals to cut emissions 80% by 2030 and become a carbon neutral city by 2050.

Recently calculated 2024 numbers show continued progress for Fort Collins:

- Community-wide emissions were 28% lower than 2005 baseline levels. On a per-person basis, emissions dropped 46%, showing Fort Collins becoming more efficient even as the population grows.

- These reductions reflect energy-efficiency improvements at homes and businesses, including increased utility-scale wind and solar power, cleaner industrial processes, and methane capture from landfills. Some projects were accelerated by the voter-approved 2050 Tax, which includes funding for advancing greenhouse gas reduction.

- Reaching future targets for climate pollution reduction will require continued commitments and action from the Fort Collins community. Because buildings and transportation are the largest sources of emissions, improving energy efficiency and making low-carbon transportation choices are the best ways residents and businesses can make a meaningful local impact.

The Fort Collins community and City organization made progress in each of the 13 Big Move projects in 2024! The 2050 Tax, approved by voters in 2023, has already begun making a difference. It supported 16 climate-related projects with a total of ~\$3.8 million in 2024. Multiple projects from 2024 show it’s possible to tackle them together, making Fort Collins more inclusive and safer. See the successful projects at [Climate Action Reports City of Fort Collins](#).

Larimer County Office on Aging

You Care for Them, Let Us Care for You: Support for Larimer County Caregivers



Tiffany Ballew

Caregiving is an act of love, but it can also present physical, emotional, and financial challenges. Whether you look after an aging spouse, a parent with

dementia, or you’re raising grandchildren, you don’t have to do it alone! The Larimer County Office on Aging’s Family Caregiver Support Program offers free services and a supportive community ready to embrace you.

Everyone needs time to rest and recharge, and our Respite Vouchers help pay for a trusted person to step in while you step out. Need to go to the doctor, run errands, or just step away for a bit? We provide funds to make sure your loved

one is cared for while you do just that.

We also offer free, evidence-based classes designed to lower your stress and connect you with other caregivers.

Stress Busting Program: A nine-week course specifically for those caring for someone with dementia. This program helps you learn ways to manage stress and solve daily challenges.

Powerful Tools for Caregivers: A six-week program that gives you a toolbox of 35 ways to stop negative self-talk, communicate your needs, and avoid burnout. Multiple courses are offered throughout the year, both virtually and in-person, to accommodate different schedules.

We recognize that the needs of Grandfamily Caregivers are unique. If you are a grandparent

or relative who is 55 or older and raising a child under 18, we have specialized help just for you. The Grandfamily Respite Voucher can help you step away for some rest and can even help cover expenses for daycare, after-school programs, and house cleaning. Additionally, the Grandfamily Powerful Tools for Caregivers program focuses on resources to combat the challenges older relatives face as the main provider for children later in life.

Our professional, friendly team is ready to help you navigate resources! Visit larimer.gov/caregiver to learn more. Want to set up a time to talk? Call or text us at 970-498-7758 or email aging@larimer.gov.

We Care

dementia together

Our services will always be offered at no charge to care partners and families.

education
Dementia education for care partners that provides you with simple, counterintuitive strategies to positively manage the disability of dementia.

enrichment
Memory Cafés and other social gatherings where we share memories of the past while enjoying moments in the present.

hope
Support groups and consultations that provide immediate implementable tools and strategies to promote lifelong well-being.

join us April 9th | 6 - 9 PM
Embassy Suites, Loveland

dementiatogether.org
help@dementiatogether.org 970-305-5271

50^{Plus} Marketplace

Professionals For Seniors Gathered Once Again

The very active Professionals For Seniors group recently got together again to examine ways they are staying in touch with the senior community.

A valuable exchange of ideas and suggestions was most beneficial to all who attended....



Pam Webb, Sales Manager, Introducing the Brookdale Mariana Butte Team. They were a perfect team to host the P4S gathering.



P4S chatting, having brunch and readying for the program to get underway.

34 Years of Service Providing Information for the 50+ Community

Stronger Together: A Community Celebration of Healing and Resilience

Recovery from serious medical challenges often takes strength, support, and community. This April, residents of Northern Colorado are invited to come together to celebrate just that during a special community health event hosted by Northern Colorado Rehabilitation Hospital.

The “Stronger Together: Brain, Body and Breath” Community Event and Health Fair will take place on Thursday, April 23, 2026, from 11 a.m. to 1 p.m. at Northern Colorado Rehabilitation Hospital, 4401 Union Street in Johnstown.

The event celebrates the resilience and progress of patients recovering from brain injuries, strokes, and respiratory failure, while also welcoming families, caregivers, and members of the broader community to learn more about rehabilitation and long-term recovery.

Attendees can expect a lively and informative afternoon featuring community vendors, an interactive health fair, guest speakers, and healthy snacks, along with opportunities to connect with healthcare professionals and rehabilitation specialists. A raffle will

also be held, adding a fun element to the day’s activities.

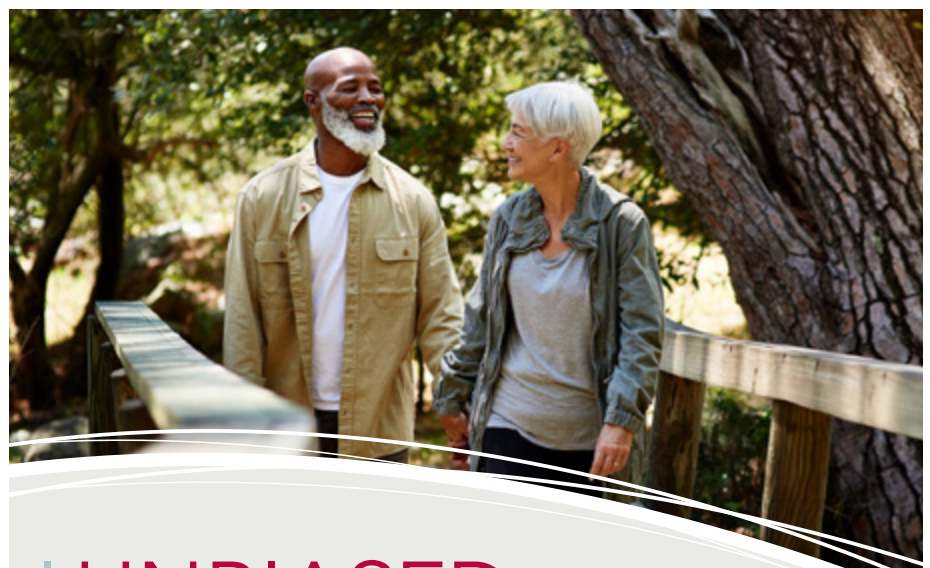
Northern Colorado Rehabilitation Hospital is known for its specialized programs and certifications in stroke recovery, brain injury rehabilitation, and respiratory failure treatment, providing advanced care for patients working to regain independence and quality of life. Events like this health fair highlight the hospital’s commitment not only to patient recovery but also to education, awareness, and community support.

Whether you are a former patient, a caregiver, a healthcare professional, or simply interested in learning more about rehabilitation services, this event offers a meaningful opportunity to gather, celebrate progress, and support those on the path to recovery.

Community members are encouraged to attend and bring family or friends to share in the experience.

To RSVP or learn more, call 970-619-3458.

Together, we are stronger—supporting healing for the brain, body, and breath.



UNBIASED MEDICARE INFORMATION

We have Medicare counselors available to help you understand Medicare.

Your local SHIP (State Health Insurance Assistance Program) counselors are certified by Medicare and charged with providing nonbiased Medicare information and education. We are not paid by any insurance or pharmaceutical company.

For class schedules or to schedule a one on one appointment, call 970.495.8558.



Fort Collins Launches Drones for Faster Emergency City Services

In February, the City of Fort Collins launched a new city drone community resource (DCR), an innovative, multi-agency initiative with Fort Collins Police Services, Poudre Fire Authority, and Fort Collins Utilities to position drones as a shared community resource for emergency response.

The DCR uses Skydio X10 drones with a total of three dedicated drones. These drones provide rapid situational awareness ahead of responders on the ground. The program emphasizes using drones for both low-priority 911 calls to avoid unnecessary resource dispatches and high-priority incidents requiring enhanced scene intelligence.

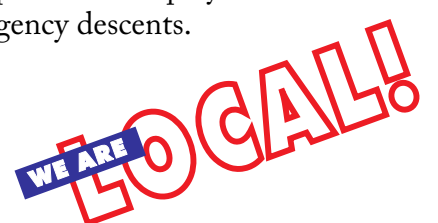
“The DCR program gives the city a bird’s-eye view to quickly check out what’s happening at a scene, while keeping our officers and residents much safer,” says FCPS Chief of Police, Jeff Swoboda. “We can make smarter choices right away, respond more effectively, and send exactly the right help to the right place.”

“The drone program, developed in partnership with Fort Collins police, fire, and utilities, does exactly that. By giving firefighters real-time situational awareness before they arrive on scene, we can

better determine what resources are truly needed and reduce the number of engines responding to emergencies on our roads. Our call volume has grown steadily for years, surpassing 25,000 in 2024. That kind of demand requires us to work more efficiently.” said PFA Fire Chief Derek Bergsten.

“Utilities is proud to partner with police and fire services as a city resource (DCR) program,” said Light and Power Director Travis Walker. “In addition to the benefits drones bring to the public safety sector, utilities can utilize drones to monitor sites and equipment, do routine patrols of facilities, and tell our story by documenting work, outages and more.”

The city maintains strict policies on all DCR drone operations to protect constitutional rights, privacy and FAA compliance unless justified under state and federal law. All drones feature advanced safety systems, including obstacle avoidance, visual sensors, and parachute deployment for emergency descents.



Health & Science News

Seven Surprising Foods That Can Spike Your Blood Sugar

It's not just cookies, sodas, and other sweet treats in the dessert aisle. Sugar is deceptive. Just when you think you've got its whereabouts figured out, you begin taking a closer look at nutrition labels, only to discover the sweet stuff is hiding out in any number of foods and beverages not on the cookie, candy, and soda aisles. Worse yet, sugar has an addictive type of behavior!

The unsavory truth: Sugar is used by all kinds of food manufacturers to enhance flavor and texture. And a study published in 2022 in *Public Health Nutrition* found that packaged foods are only getting sweeter. That, of course, makes it tricky for anyone watching their sugar consumption, in particular the 38.4 million people in the U.S. with diabetes (about 12 percent of Americans) and the about 98 million more adults with prediabetes who need to keep an eye on all carbohydrate consumption.

"High blood sugar levels in the diabetes and prediabetes ranges can cause serious damage throughout the body," says Jill Weisenberger, a registered dietitian nutritionist in Virginia and author of *Prediabetes: A Complete Guide Second Edition*. "We once thought that only people who had diabetes for some length of time had these problems. Now we have data that even people with prediabetes have a number of problems due to high blood sugar." Around 8 percent of people with prediabetes have eye disease from the high blood sugar, while about 18 percent had chronic kidney disease and some estimates say that more than 10 percent of people with prediabetes have neuropathy, or nerve damage. In a study published in 2021 in *Diabetologia*, prediabetes was a risk factor for all-cause mortality, cardiovascular diseases, chronic kidney disease, cancer and dementia.

Complicating matters: About 80 percent of people with prediabetes don't realize they have it, according to the Centers for Disease Control and Prevention (CDC).

Regardless of whether you have prediabetes, diabetes or none of the above, you should aim to limit big spikes in your blood sugar, says Vandana Sheth, a registered dietitian nutritionist and spokesperson for the Association of Diabetes Care & Education Specialists: "Big fluctuations in blood sugar, specifically spikes, can cause damage to the blood vessels, increasing the risk of stroke and heart disease."

The following surprising foods that can spike your blood sugar.

1. Refined grains: White bread

and bagels, white rice, regular pasta, and other foods that have been made with white flour have been stripped of fiber and other key nutrients found in their whole-grain counterparts. Sure, some have been "enriched," which means essential vitamins and minerals have been added back in during processing, but they still have what's known as a high glycemic index (GI). High-GI foods are digested quickly and, as a result, they're more likely to spike blood sugar. In a 2021 study published in *The New England Journal of Medicine*, participants who consumed a low-GI diet had a lower risk of cardiovascular disease and death than those who consumed a diet with a high GI.

Instead: The American Diabetes Association (ADA) recommends subbing with whole grains. Not only do foods like brown rice, barley, bulgur, quinoa and farro (all good substitutes for white rice), whole-grain bread and whole-wheat pasta provide fiber and essential minerals and vitamins like B and E, they're low-GI foods. Foods that rank low on the glycemic index are digested more slowly and are less likely to cause rapid spikes in blood sugar. Look for "whole grain" or "whole wheat" at the top of the list of ingredients.

2. Plant-based milks: A 2024 report from the International Food Information Council found that more than 55 percent of consumers cited better health as the motivation for following a plant-based eating plan; 66 percent gave the same reason for limiting their sugar consumption.

If you consume plant-based milk, meaning oat milk, almond milk, soy milk, rice milk, the list goes on, you may be surprised to know that these non-dairy alternatives to cow's milk can have a lot of added sugar. In a 2016 study of 17 milk substitutes, published in *Plant Foods for Human Nutrition*, researchers found that plant-based milks can vary substantially in terms of nutrition. Some were very low in protein and had high GI.

Instead: If you prefer plant-based over cow's milk (or have an allergy or intolerance), be sure to check the nutrition label first. Whatever your milk of choice, "consider drinking with a meal or a snack that provides more protein and some fat to decrease the spike in blood sugar," Sheth advises.

3. Sugar-free snacks: As counter-intuitive as it may seem, recent research suggests anything containing a sugar substitute, whether it's "zero-sugar" chocolate, sugar-free protein bars, cookies or candy, may

up your risk of developing insulin resistance, a precursor to diabetes.

Instead: The ADA gives a partial green light to using artificial sweeteners in place of sugar as a way to combat obesity, metabolic syndrome and diabetes, with this word of caution: Claims like "sugar-free," "reduced sugar" or "no sugar added" do not necessarily mean carbohydrate-free or lower in carbs than the original version of the food nor do they automatically mean low-calorie. "We know that sugar alternatives don't necessarily raise blood glucose levels, but they may raise insulin levels," says Dr. Revital Gorodeski Baskin, an endocrinologist and assistant professor at Case Western Reserve University's School of Medicine.

4. Dried fruit: Dried fruit can be a healthy and convenient snack choice, but beware: Some food makers add sugar in the drying process. It's also easy to eat a lot in one sitting, so the calories will add up.

Instead: While fresh fruit is the preferred choice, keep in mind some are better choices than others. "Fruit such as watermelon, grapes and bananas contain very high quantities of simple sugar," Baskin says. "Focus more on the berries family, strawberries, raspberries, blueberries, blackberries. They tend to have lower sugar levels."

5. Diet soda: In a study published in 2022 in the journal *Cell*, researchers looked at four sugar substitutes and found that they don't travel through the body without consequence. Two of the artificial sweeteners, saccharin and sucralose, altered gut bacteria that changed blood sugar levels. The researchers noted that it's too soon to recommend permanently not drinking that can of diet soda.

Consistently replacing diet drinks including soda with drinking water raised the chances of long-term diabetes remission in women with type 2 diabetes, according to 2025 research.

Instead: Substitute diet soda with seltzer or sparkling water flavored with a squeeze of lemon, lime, or orange juice. "They are the best choices," Weisenberger says.

6. Fruit-flavored yogurt: If you've been satisfying your sweet tooth with fruit-flavored yogurt to avoid the spike in blood sugar, consider this: Many are loaded with sugar. Research suggests flavored yogurts contain almost double the sugar of unflavored yogurts. In 2024, the U.S. Food & Drug Administration issued a qualified health claim that allows yogurt manufacturers to say

that eating yogurt (at least three servings per week) is associated with a reduced risk of developing type 2 diabetes. That goes for all dairy yogurt, says Weisenberger, "however, I strongly advise clients to choose yogurt with no or little added sugars."

Instead: Choose plain yogurt, ideally Greek or Icelandic varieties, which are typically higher in protein, and add fresh fruit and nuts or seeds. "Strained yogurts are a little lower in carbohydrates and a little higher in protein, making them a good choice for people with prediabetes or diabetes," says Weisenberger. "Opt for nonfat or low-fat yogurts to save calories and reduce saturated fats."

7. Rice cakes: Although plain rice cakes have a devoted following among people who see them as a healthier alternative to bread and other snack crackers, they can spike your blood sugar levels pretty quickly. There is, however, a way to have your rice cakes and eat them, too.

Instead: Top them with a low-GI food like cheese, cottage cheese or peanut butter, suggests Weisenberger. "When it comes to blood sugar control, the amount of carbohydrate you eat is more important than the source of carbohydrate," she says. "So, if you like the taste and crunch of rice cakes, enjoy one. It's the entire meal or snack not just a single food that affects the blood sugar response."

7 **Unsuspecting Things That Spike Blood Sugar:** According to the CDC, these seven things can also raise your blood sugar:

1. Sunburn: Blame the pain and stress, which increases blood sugar.

2. Dehydration: Your blood sugar is more concentrated when there's less water in the body.

3. Losing sleep: Even just one bad night can affect how well your body uses insulin.

4. Coffee: Yes, even if you skip sweetener. "Some people's blood sugar is extra-sensitive to caffeine," the CDC says.

5. Time of day: The later it gets, the harder it is to control blood sugar. People also experience a hormone surge upon waking, whether or not they have diabetes.

6. Passing on breakfast: This can raise blood sugar after lunch and dinner.

7. Nasal spray: Some decongestants can spike blood sugar.

Article courtesy of AARP and Kimberly Goad, a New York-based journalist who has covered health for some of the nation's top consumer publications.



See menu and class dates for 2025 below:

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

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

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

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

Inquiries: ahwc.community@cuanschutz.edu

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

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

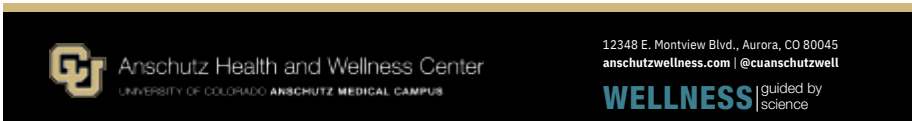
<https://Cookingforhealthyaging.eventbrite.com>

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

Cost: FREE



Scan to register!



Apex Community Recreation Center

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

The Community Recreation Center will be back open to the public starting March 30, and all programs will resume with the exceptions of the billiards room. For additional information, please visit ApexPRD.org.

RESCHEDULED: No Place Like Home Expo will be rescheduled for Thursday, May 21, from 9am-12 pm at the Community Recreation Center.

Did You Know Apex has Scholarships and Grant Money?

Contact Michelle at MichelleS@ApexPRD.org for more information.

Book Club – "Killers of a Certain Age": Wednesday, April 1, 1-2:30 pm
We will discuss "Killers of a Certain Age" by Deanna Raybourn. Light refreshments will be provided. \$6 (non-res. \$8).

Your Personal Branding Campaign Workshop and Networking for Jobs: Thursday, April 2, 1:30-3 pm
Learn how to communicate, and how to hold these conversations, conduct information interviews and strengthen your support system. This event has no registration fee thanks to our sponsors: iAging, Encore Roadmap and the Colorado Commission on Aging.

Glowing Wild Adult Trip: Thursday, April 2, 6-10:15 pm
Glowing Wild is back, and we're heading to the Denver Zoo. Come with us for this special, adult-only evening event, Admission includes one complimentary drink, live entertainment, animal demonstrations, and more. Food and drink bundles are available for purchase through the Denver Zoo. \$69 (non-res. \$85).

CircleTalk: Tuesday, April 7-May 12, 1-2 pm
CircleTalk™ is a program designed to promote meaningful conversation and connectiveness through weekly guided sessions. Led by a CircleTalk facilitator, we will explore universal life themes

and share personal stories. \$20 (non-res. \$26).

Bingocize: Thursday, April 9-30, 10:30-11:30 am

Commit to your health and enjoy playing bingo at the same time. Bingocize is an evidence-based health promotion program that strategically combines bingo and exercise. Please register to attend. \$15 (non-res. \$20).

Adult Beginner Sewing 101: Saturday, April 11, 10 am-12:30 pm

Do you have a sewing machine still sitting in its box and aren't sure where to begin? In this beginner-level workshop. No prior sewing experience is required. A \$5 material fee is due to the instructor on the day of class. Participants will have the option to purchase a beginners sewing kit for \$20. You may use one of our machines or bring your own. \$35 (non-res. \$45).

Art Basics 101: Friday, April 17-May 15, 1-3 pm

Perfect for beginners or as a refresher for those already painting. Learn drawing techniques, value, perspective, composition, color mixing/theory, art materials, and framing. Sandra Van Dam, instructor. \$76 (non-res. \$58).

Adult Trip – Juniper Books: Friday, April 24, 10:15 am-2:30 pm

Join us as we tour a Bibliophile's paradise, Juniper Books, Enjoy a 30-minute tour of their process and browse the store. After, the group will stop for lunch at Santo. The cost of lunch is not included in the activity fee. \$15 (non-res. \$20).

Guided Acrylic Painting - Hummingbird Haven: Thursday, April 30, 1-3:30 pm

Join us for a beginner-friendly, fully guided acrylic painting class. All supplies are provided, and each participant will leave with a finished artwork they'll be proud to display or share. \$52 (non-res. \$67).

50+ Job and Volunteer Expo: Thursday, April 30, 9am-1pm

Local employers will provide information for volunteer and paid positions and take job applications for persons aged 50 and over. This event is free to the public, but please register in advance. Potential vendors call 303.467.7197 for information and fees.

Rental Opportunities available.

Lafayette Senior Services

Programs offered by Lafayette Senior Services

Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Lions Club Glasses

April 8, 10am-12pm

The Senior Center is proud to partner with the local Lions Club to provide Free sunglasses and reading glasses to older adults in need. Donations of unused prescription glasses, reading glasses and sunglasses are gratefully accepted by the Lions Club. Visit the Senior Center if you need reading or sunglasses April 8.

Steady Steps, a 4-class Falls Prevention Series

April 9-30 on Thursdays, 1-3pm

This in-person, 4-week Fall Prevention Series offers a well-round-

ed approach to staying safe and steady. Learn practical tips and balance exercises from a team of experts - including a physical or occupational therapist, pharmacist, community safety specialist, and vision expert - covering key topics to help reduce your risk of falling.

Making at the Library Makerspace

March 19, 1-3pm

Unleash your creativity at the Library's Makerspace Explore new projects each month and bring your ideas to life. Email olderadults@lafayetteco.gov with questions. Supplies lists are emailed before each class. March is "Cricut Iron-On T-Shirts."



Boulder Older Adult Services

West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9 a.m. – 4 p.m.

East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8 a.m. – 4:30 p.m.

Ukemi Level I: The Art of Falling Safely

EAST | Wednesdays, April 8 - 29 (4 classes) | noon to 1 PM | R/NR \$59.50/\$70

In this class, older adults will learn the principles of falling without injury. After finding center through meditation and yoga, participants will warm up the body with light core exercises and stretches, then practice safe falling on a forgiving matted surface. Complete a pre-screening tool prior to participation and be able to get up and down from a mat safely to join this series.

Conversations about Death – A Discussion on Mortality

WEST | Monday, April 20 | 1 to 3 PM | No Fee

There is much to learn from contemplating mortality. Drawing from books, videos, and personal experience, end-of-life doula and educators Diane Hullet and Margaret Kane will guide a discussion on mortality what it means to each individual.

Basic Drawing / Learning How to See

EAST | Thursdays, April 23 - May 28 (6 classes) | 1 to 4 PM | R/NR \$73.95/\$87

Build foundational drawing skills through techniques in line, mass, and composition using materials like pencil, charcoal, ink, and more. Learn how to see with a new artistic eye while coordinating perception and technique. All levels of experience welcome. Note: Materials list provided prior to class (approx. \$60). Some materials supplied by instructor.

Massage at the Age Well Centers

Promote good health and well-being with a therapeutic massage. Massages are limited to those age 60+ for one one-hour appointment per month. Schedule an appointment online. R/NR: \$85/\$100.

For information about programs and services and to register:

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

Weekly newsletter sign-up:

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

34 Years of Service Providing Information for the 50+ Community

TRADING POST

Travel

TRAVEL WITH ALETA Wonderful Motorcoach Tours!!

Call 720 382 3814 or Email:blondealeta@msn.com www.grouptrips.com/travelwithaleta

Garden Of The Gods, Royal Gorge, Colorado Springs
April 18 - 20th \$495- 3 days /2 nights

Manitou Springs, USA Olympic Center, Royal Gorge Bridge and tram, and more

Chama Antonio Train, Fall Colors and Sand Dune
April 22 -24, 2025 2 nights, hotel, bus/ Train for \$470

San Antonio, TX
April 11-19th, 2025 \$1180 9 days/8 nights
++++Guided tour of San Antonio, Cruise River Walk District, Missions, Alamo Oklahoma City National Monument and more

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

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

General

Magician for Hire! Magic Show custom built to any length, content and price to fit your budget. Now booking Halloween shows, birthdays, private and company Christmas parties. Special rates for retirement

campuses & homes. References on request. Call Jim Wright at 303-986-6733 today!

Wanted

Looking for Centurions nominees. Email BettyFudr-bure@yahoo.com; Or call 719-960-9712 with your candidates Name and phone number.

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



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

For Sale

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

FREE – 2 AKC Registered Male & Female Teacup Yorkie Puppies
Available for Adoption Raised in a loving home, these small and affectionate puppies are now ready for their forever homes.If interested, please reach out to: anne.carpenter000@gmail.com

gmail.com
Two adorable, AKC-registered English Bulldog puppies (1 male, 1 female) are available

for adoption. Raised in a loving home, they are playful, friendly, and great with kids and other pets. Small size – ideal for apartment

living. If seriously interested, please contact [mark.rennison890@gmail.com

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Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to Robert@50plusmarketplaceneews.com or mail this form and a check for \$29 per month made payable to:



4400 Sioux Dr. Boulder, CO 80303

Aug 2025	7/10/2025
Sept 2025	8/10/2025
Oct 2025	9/10/2025
Nov 2025	10/10/2025
Dec 2025	11/10/2025

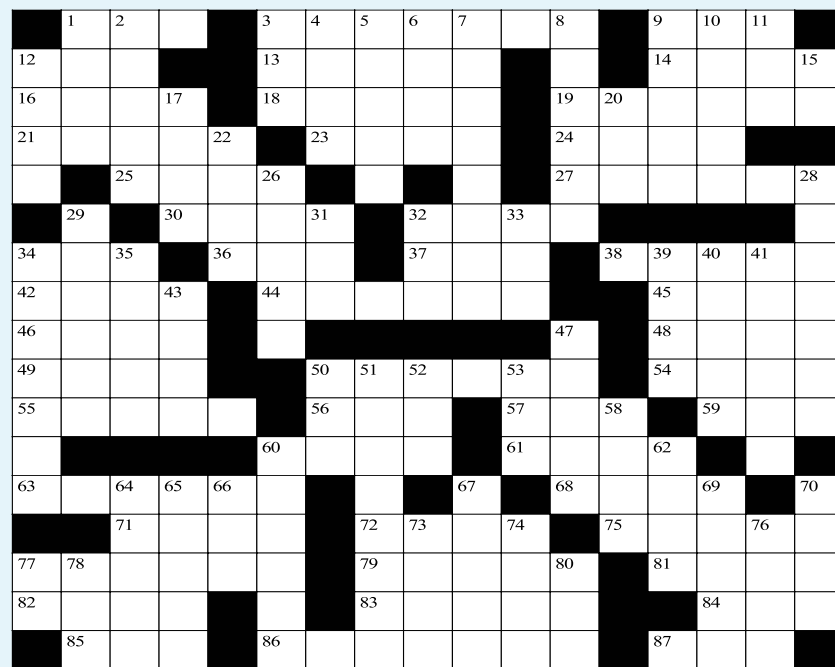
Copy due by the **10th of the preceding month.**

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April 2025
Answers page 3

50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Fuss
- 3 Doze
- 9 Toward the stern
- 12 Needlefish
- 13 Capital of Vietnam
- 14 Ark builder
- 16 Bedouin
- 18 Assume
- 19 False
- 21 Lapwing
- 23 Sharp
- 24 Enticement
- 25 Slovenly person
- 27 Engage in lechery
- 30 Pitcher
- 32 Ulcerated chilblain
- 34 Incline head
- 36 Denial
- 37 Organ of hearing

DOWN

- 38 Rhinoceros
- 42 Above
- 44 Occult doctrine
- 45 A person that uses
- 46 Learned
- 48 Extol
- 49 Codlike fish
- 50 Elude
- 54 River in central Switzerland
- 55 Exalt
- 56 Two
- 57 Exclamation of disgust
- 59 Automobile
- 60 Mark left by a healed wound
- 61 False god
- 63 Settle in a camp
- 68 Mown grass
- 71 Back part of the foot
- 72 Dutch name of The Hague
- 75 Toothed wheels

- 77 Ring of color
- 79 Surround
- 81 Image
- 82 At that time
- 83 Monetary unit of the Soviet Union
- 84 Humble dwelling
- 85 Roman goddess of plenty
- 86 Roman emperor
- 87 Obtained

DOWN

- 1 River in central Switzerland
- 2 Sketches
- 3 Fem. pronoun
- 4 Slender
- 5 Below
- 6 Pouting grimace
- 7 Happening every two years
- 8 Russian money
- 9 Caper
- 10 Onward in time
- 11 19th letter of the Greek alphabet
- 12 Stare with open mouth
- 15 Masculine pronoun
- 17 Liquid secreted by the liver
- 20 Not
- 22 Large village
- 26 Expanse of sand
- 28 Give a repeated order
- 29 Pertaining to Jupiter
- 31 Handwoven Scandinavian rug
- 32 New Zealand parrot
- 33 Brassiere
- 34 Not anywhere
- 35 Student tables
- 39 Hawaiian native dance
- 40 Son of Abraham
- 41 Pertaining to a nerve
- 43 Unpleasant smell
- 47 Royal
- 50 And so on
- 51 Person who tends swans
- 52 Automobile
- 53 Tavern
- 58 Dutch name of The Hague
- 60 Spatter
- 62 Monetary unit of Angola
- 64 Chirp
- 65 Ages
- 66 Honey
- 67 Jewish scholar
- 69 Tortilla topped with cheese
- 70 Is not
- 73 Which river forms much of the border between Russia and China
- 74 Festive occasion
- 76 Defeat decisively
- 77 Near to
- 78 17th letter of the Greek alphabet
- 80 Monetary unit of Japan

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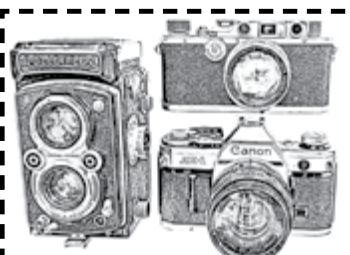
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