

50 Plus Marketplace



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

March 2026 • Volume 32 • Issue 3

Top Scams for Your Review!

DID YOU KNOW: 1) Over \$190 billion was lost to scams in 2025 (both reported and estimate of non-reported cases.) 2) Only 2-6% of scams get reported, 3) Why not report a scam? Embarrassed, Ashamed, Feel stupid for falling for it, 4) Don't feel anything will come of it, 5) Many seniors will not listen to their adult children when they tell the senior it is a scam, & 6) Every scam has an emotion attached to it that the scammer uses to keep you from responding rationally.

PASSWORDS AND PIN NUMBERS ARE CRITICAL: 1) Change passwords regularly and use complex passwords (no names, birthdates, pet names) and change your pin code periodically, & 2) Use [Multi-Factor Authentication \(MFA\)](#) to add an additional layer of security, especially with your bank or investment accounts

TOP SCAM TARGETS – ADULTS AND SENIORS:

Companionship/romance – grooms and builds trust – provides needed companionship (digital

only) and then takes money.

Imposters – law enforcement (missed jury duty), government officials needing help to investigate fraud, bank fraud department following up on your hacked accounts.

Computer virus – call to get help – allow access to computer (scammer downloads all your information)

Grandparent scam – grandchild calls (can sound like him or her via AI) – in trouble – send money to get out of jail.

Sweepstakes winner – won car and lots of money – just pay taxes and service charge upfront.

Home Title Fraud - mortgage paid off – scammer contacts a realtor using fake credentials and wants a fast, digital only sale of your property.

IRS Tax Fraud - File early (scammers want to file in your name before you file). Request a PIN (personal identification number) to attach to your return so scammers can't file without it. IRS doesn't call you if you owe money – they send you a notice in the mail.

ID THEFT: Check your credit reports from Transunion, Equifax, and Experian (free) for any suspicious activity: 1) report to Identitytheft.gov and dispute the information on the credit report. Check these reports regularly. 2) Freeze your credit – you can still use your credit cards, but scammers cannot open cards or take loans using your name and credit. Lift the freeze temporarily if you need to open a new card or take out a loan. 3) If the scammer got your social security number or driver's license – after you make a police report do the following: a) Social security – create an account at socialsecurity.gov/my account to check if someone is using your social security number. Report errors to your local SSA office. Check out the E-Verify program to lock your social security number, b) Check with the three reporting agencies to see if your child has a credit report. Put freezes on these accounts, & c) Don't leave any personal information or documents in your car.

TIPS TO REMEMBER

Scammers use methods of payment that are not traceable. Beware if anyone asks you to pay via these methods: 1) Bitcoin (cryptocurrency): don't pay at a kiosk as these payments are untraceable. Note: if you have paid via this method and realize it was a scam, contact law enforcement immediately! 2) Wire transfer or Money/gift card (the code on the back is all they need to take your money), 3) Zelle, Venmo, Cash apps (only use these with your trusted friends/family), 3) Never pay over the phone or never give access to your computer or personal information, 4) Law enforcement will NEVER ask for money or personal information over the phone, 5) Never let anyone tell you “not to tell anyone” or “don't hang up.” or never click on a link from someone you do not know, & 6) Never call the phone number provided by someone you do not know!

Article courtesy of Barbara Bennett, Chief Scambuster, Larimer County Sheriff's Office, 970-498-5146

How Sleep Affects Your Health

Unhealthy sleep can interfere with daily activities and is associated with lower quality of life and risk of chronic disease, such as diabetes and obesity. There is a connection with poor sleep and unhealthy weight gain because sleep regulates hormones that tell your body when you are hungry and signals when you feel full. This may cause you to eat more and reach for unhealthy food choices without thinking ahead about good nutrition throughout the day.

Getting enough sleep is also important for mental health, a good immune system and controlling emotions. Sleepiness in the daytime is associated with higher falls risk, injuries, and accidents. People with sleep disturbances may have slower response times.

Older adults need 7 to 9 hours on average each night. Around 30-39% of older adults report having some difficulty sleeping, according to a survey by the National Sleep Foundation. As you age, it is common to take longer to fall asleep and have more awakenings in the night. Having difficulty staying asleep for the entire night is ok if you can fall back to sleep, but quality and quantity are

important.

If you are feeling excessively sleepy in the daytime, this could be a sign of [obstructive sleep apnea \(OSA\)](#), cognitive impairment, or cardiovascular issues. Drowsiness and snoring are the most common complaints, but some older adults may notice gasping, wake up with a dry mouth or morning headache.

If you think you have sleep apnea, another chronic condition or suspect that your current medication is interfering with your sleep, you should talk to your health care provider. You may benefit from a CPAP machine.

No matter what the reason for poor sleep, there are foundational steps that experts recommend you can take as part of living a healthy lifestyle and improving your sleep. Here are some practices to consider:

- Reserve your bedroom as a place for sleep. Keep the temperature comfortable and keep out TVs, tablets, smart phones, and computers. The goal is to associate the bedroom and bed with sleep and intimacy. Avoid eating or working in your bedroom.
- Don't worry if you wake up during the night. If it takes more

than 15 minutes to fall back to sleep, get out of bed and try reading or listening to soft music for a little while until you feel sleepy.

- Keep a ritual for winding down before going to bed. Limit light exposure from digital technology late in the evening and refrain from social media or any type of upsetting news coverage, too. Try journaling before bed or listening to relaxing music.

- Limit certain foods and drinks before bedtime. Alcohol and sleep aids are not good ideas because they can be more likely to cause sleep disturbances. Avoid large, heavy meals before bed and stay away from caffeine in the afternoons which can stay in your system for as long as 10-12 hours and keep you awake at night.

- Engage in daily activities that nourish you. Connect and visit with family and friends. When it is not possible to have in-person visits due to social distancing practices, reach out using the telephone and through video calls, or send emails, cards, and hand-written letters.

- Be physically active every day and get outside. Exercise early in the day to bolster your mood and

help you get the natural sunlight you need, signaling to your brain that it is daytime and establish a rhythm of your sleep and wake cycle.

Over time you may notice that improving sleep can positively impact your health and well-being. Article courtesy of National Council on Aging.

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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 news.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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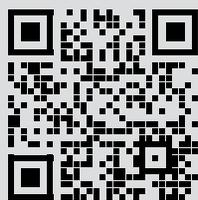
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MARCH Calendar

BOULDER

Tuesday/3

The Boulder Genealogical Society presents a free program on "Property Rights for Women in the US" by Carol Cooke Darrow at 1 pm on Zoom only. Carol will discuss how in the beginning women owned nothing. They were under the control of fathers and then husbands. Royalty owned all land and granted it to men who did them service. Transferring that process to the wild frontier on the American continent forced changes in the customs and eventually laws of land ownership. Please register online at ["Property Rights of Women in America: A Historical Perspective" – By Carol Cooke Darrow | Boulder Genealogical Society.](#)

Monday/9

UC Boulder Music Dept presents a paid program with Takács Quartet' at 7:30 pm in the Grusin Music Hall in Boulder. The Grammy-winning Takács Quartet's dynamic and insightful performances have established the ensemble as one of the most sought-after chamber music groups of our time. Experience the quartet that has enchanted Boulder audiences for over four decades and counting. Purchase

tickets online at cupresents@colorado.edu or call 303-492-8008 or at the box office at 972 Broadway in Boulder.

Wednesday/11

The Longmont Genealogical Society presents a free hybrid program on "When AI (Artificial Intelligence) Meets Genealogy" by Bobski Masson at 1 pm at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont and on Zoom. The program covers AI fundamentals, its application in analyzing historical records and images, and the use of AI chatbots for research assistance. Please register online at [LGS Home](#) to receive the Zoom info.

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

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

Call for a Tour. Lunch is on us!

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Many big changes this year

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Some of their plans and they will **not**
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Some are totally pulling out of
Certain counties.**

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COVERAGE**



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Brie Marshall

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Longmont, Co**

Mental Health On Teen Mental Health



Dr. David Remmert

Okay, it's fair to wonder why you're reading a column about teens in 50+ Marketplace News. Growing up, my local community was the center of my life and high school was the only forum in which I connected with same aged peers. The halcyon days of extracurricular activities after school was the fertile ground in which friendships grew. Yes, my peers and I had moments of crisis, but we navigated them in a local crucible of support from family and friends. Mental illness was rare (or rarely discussed) and my values were provided by my community.

Contrast this with the experience of many teenagers today. At a very young age, they are exposed to the horrors and atrocities of the world. Information is at their fingertips, some of it accurate but a lot of it not. Friendships are forged in a digital divide and they may not speak the same language as their "best friend," a fellow gamer in Italy. Their most intimate secrets can be broadcasted for the world to see and embarrassing photos

shared with all. One wonders if putting a device with such power into the hands of a 14-year-old is a good idea.

Approximately one in five adolescents currently struggle with a diagnosable mental health disorder, with anxiety and depression being most common. Between 2016 and 2023, diagnosed mental health disorders increased by 35% in teens.

So what can we do? As it turns out, intergenerational connection is fulfilling to both older adults and teens. Our teens need us now more than ever. They need our wisdom, guidance, and support to navigate a world that is confusing and scary. Consider connecting with an adolescent grandchild or teen in your life. One inspiring organization you can look into is DOROT, which offers many programs to foster intergenerational connection.

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

Poetry Rising

The end of life law continues to grace people's homes and their choices about end of life. It is a common thing as we age to not worry at all about dying, but to worry a lot about what lies in between.

IF WE COULD CHOOSE...

How many, how many,
how many friends and family
have I surrounded with Prayer
as they walk the trail of tears and chaos,
following the protocols of the white coats
towards the unknown future
of renewed health or
taking their last walk home.

We have permission now.
Many states have the law
allowing people who meet the criteria
to peacefully take their last breath.

It sounds so simple.
Many long to grab control
not fearing death itself
but the draining endlessness
of this thing they call
dying with Grace.

Then,
when it seems as though there are no more good things
between now and the end,
Now comes that moment.
It only takes one.
That's the surprise of it all.

It only takes one shooting star
or one child like hug
that lasts longer than expected.

It only takes one moment.
To re-light the fading ashes
of the roaring fire
of a life well lived.

Just one moment
to warm the heart
back to this side of life.

So the question remains.
Is it really healthy,
to have a choice?
Just think of the joys
we'd never know.

Perhaps the last blessing of this life
is giving up control after all.
It's clearly overrated,
when instead of protecting us from pain,
it closes the door on grace itself.

(c) Barbara Wood Gray

<https://www.youtube.com/@SharingTheSong/videos>
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Make the Ultimate New Year's Resolution: Become a Contestant in the 2026 Ms. Colorado Senior America Pageant!

A brand-new year is here—so why not make 2026 the year you shine?

If you're 60 or better and ready for a thrilling new adventure, step into the spotlight as a contestant in the 2026 Ms. Colorado Senior America Pageant, coming April 25, 2026!



This is your chance to celebrate the true Age of Elegance—where confidence, talent, charm, and life experience take center stage. This isn't a beauty contest; it's a show-

case of vibrant, dynamic women who prove that brilliance only grows with age. Contestants will compete in a private interview, evening gown, philosophy of life, and talent.

The woman crowned Ms. Colorado Senior America 2026 will appear at community events, parades, and best of all—represent Colorado at the national pageant in Atlantic City!

And here's the bonus: every contestant becomes part of the Colorado Cameo Club, joining an incredible sisterhood that performs throughout the community and spreads joy everywhere they go all year long.

Ready for the experience of a lifetime?

Space is limited—sign up now! Contact Pageant Administrator Rene' Green 720-384-6249 renemcsap@gmail.com www.colosramerica.com Make 2026 your year to sparkle!



Longmont Celebrates 155 Years During our Colorado 150th Anniversary

In 2026, Longmont will mark 155 years since its founding. The anniversary coincides with two other significant milestones: Colorado's 150th anniversary of statehood and the United States' 250th anniversary of the signing of the Declaration of Independence. To mark the occasion, Longmont is launching a year-long celebration of the people, places and moments that have shaped the community.

where residents can learn, connect and celebrate Longmont's history together. A full list of events is available on the City's calendar at LongmontColorado.gov/CO150.

Residents and visitors can follow along with this historic content on the City's website at LongmontColorado.gov/CO150, on Facebook (@cityoflongmontco) and Instagram (@longmontcolorado).

Longmont's celebrations are part of a statewide effort led by the America 250—Colorado 150 Commission, which is coordinating events across the state to honor both Colorado's 150th anniversary (sesquicentennial) and the nation's 250th (semiquincentennial). These milestones, called a sesquisequincentennial, offer a rare chance to reflect on where we've been and look ahead to the future.



Throughout the year, the city will share historical photos and stories from Longmont's past focused on monthly themes. This content will include columns from Longmont Museum Director Erik Mason and a video series with Curator of History Elizabeth Beaudoin.

City departments and partners will also host special programs and events throughout the year

*Thank You
to Our Loyal
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Technology is Hip! How Long Will You Live?

A recent Dutch Welles TV program on technology revealed how the German medical industry is using MRI (magnetic resonance imaging) scans and AI (artificial intelligence) software to discover which German population are actually diagnosed to live longer! Over 68 thousand Germans have been researched on their daily living habits and with the help of MRI scans and AI applications to show the biological age on their research subjects.



Bob Larson

MRIs and AI are becoming a powerful longevity duo, and the story is actually more important than most people realize. They're not just helping doctors diagnose disease, but they're shifting health-care toward early detection, prevention, and personalized intervention, which are the real benefits for living longer, healthier lives.

MRI scans with AI are showing how muscle mass in humans is declining after age 40 and also can determine your actual biological age. Humans who exercise regularly actually improved on their muscle mass and can extend their longevity besides living a cleaner

lifestyle.

Interestingly, the German medical researchers discovered that a person's genes only provide 20% of life expectancy, while the environment provides 30%, and a person's lifestyles provides 50% of life expectancy! The environment includes possible medical chronic diseases, stress, climate, and the air we breathe. The lifestyles include the various food and drinking habits, exercise, watch your weight, work conditions, social networking, 7 to 8 hours of daily sleep, get vaccinated, and see your doctor and dentist for an annual exam.

Researchers discovered muscle mass declines as we age and seems to affect a person's biological age. To defend against this loss, regular exercise and eating nutritious meals help to extend our longevity!

The bottom line to increase your longevity is to have good genes, live in a better environment, and improve your daily lifestyle. This is another great benefit of technology to improve our daily lives and extend our longevity.

Bob Larson is a technologist and our Marketing Director at 50 Plus!

Reflections Just For A While

For two weeks last month our attention shifted. Most likely in many cases, our questions changed from the weather, and other topics to, "Are you watching the Olympics?"



Martha Coffin Evans

We set aside our perspectives, histories, futures, and our allegiances. We experienced the international spirit in watching athletes carry their country flags during the opening ceremony. We watched world athletes challenge competitors in their various sports. We cheered, gasped, sighed and, possibly shed a tear or two.

So many trained, and dealt with hardship, for years with hopes of receiving an Olympic medal whether on ice or in snow events. We learned some athletes' stories and missed many others. We saw the influence on young students along with the impact of recently deceased loved ones.

Until the Winter Games return in 2030, we can look forward to the 2028 Olympic Games. This time they return to Los Angeles where perhaps, they can reunite us just for a while as they did those 40-plus years ago. Remember the Olympic Torch Relay which brought cheers from those running as well as street corner ob-

servers?

I remember two participants from the 1984 Olympic Games. One competed as a track and field athlete, the other served as a volunteer.

The athlete, Doug Nordquist, was our Southern California Whittier High School band teacher. Although Doug finished fifth in the high jump that summer, he went on to medal in several Goodwill Games and beyond. What a role model and example he was for those students in showing them how grit and commitment to excellence mattered whether on the stage or field.

During those LA Games, I volunteered as a hostess in the equestrian event at Santa Anita Race Track. I learned about dressage, met some of the medalist, and gained an appreciation for those athletes, horses included.

I wonder if Doug will attend these LA Olympic Games. I know, I'll watch, get choked up and hope just for a while, we can set aside our differences and unite behind these international athletes.

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.

MARCH Calendar

DENVER-METRO

Thursday/7

Senior Expos presents a free resource fair at the Castle Event Center in Thornton from 10 am to 1 pm. Over 30 vendors will display their products or services at this event. They feature free admission for attendees, prizes every hour, giveaways, useful information from a variety of experts and free health screenings. Plus, complimentary refreshments for attendees and exhibitors. No need to register!

13-19

City of Lakewood presents the award-winning musical, "A Chorus Line." Presented by [Lakewood Cultural Center](#) Presents, with [Performance Now Theatre Company](#), this provocative and explosively entertaining production is celebrating its 50th anniversary. Purchase tickets now for shows Fridays – Sundays, March 13-29, at the Lakewood Cultural Center at LakewoodCO.gov/LCCP, call 303-987-7845 or stop by the box office at 470 S. Allison Parkway.

Thursday/16

Senior Expos presents a free resource fair at the Jewish Conference Center in Denver from 10 am to 1 pm. Over 30 vendors will display their products or services

at this event. They feature free admission for attendees, prizes every hour, giveaways, useful information from a variety of experts and free health screenings. Plus, complimentary refreshments for attendees and exhibitors. No need to register!

Saturday/21

The Colorado Genealogical Society presents a free program on "Genealogy 102" by pro-genealogist Lisa Vogele on Zoom from 9:20 am to noon. Ready to move beyond the basics? You've mastered the fundamentals, experimented with AI-generated hints, and built a solid foundation for your family history research—but what's next? This presentation will give you the skills, sources, and strategies you need to take your genealogy journey to the next level. Plus, Lisa will unveil her personal "cheat sheet toolkit" which she uses to keep research projects focused, efficient, and in context.

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.

Denver Selects Veo as Next Shared Scooter Program

Denver's Department of Transportation and Infrastructure selected [Veo](#) to become the city's next shared scooter and bike operator, replacing [Lime and Bird](#) when their license agreements expire in spring 2026.

The selection follows a competitive review of proposals from micromobility companies and comes as the city prepares to enforce stricter rules aimed at improving safety and reducing sidewalk clutter.

Negotiations on a three-year license agreement with Veo are expected to take several months and will require approval from the Denver City Council.

City officials said Veo was chosen based on its proposed fleet, safety technology, affordability options, and commitment to accessibility. Veo's vehicles include seated scooters, e-bikes, and a planned pilot of a three-wheeled, self-balancing trike designed for riders with mobility impairments.

Veo is a transportation company providing shared bikes and scooters in cities and universities for people to rent.

"Denver's micromobility program is one of the most successful and popular in the nation," said

DOTI Executive Director Amy Ford. "Our goal is to build on that success with an emphasis on safety for riders and pedestrians, keeping sidewalks clear and expanding access to more residents."

The announcement coincides with [new regulations approved by the City Council last year](#) that increase accountability for scooter and e-bike companies. Beginning this summer, the city can fine operators directly for improperly parked vehicles rather than issuing citations to riders. Riders will also be required to pass a knowledge quiz before their first ride and periodically afterward.

Veo's fleet will include sidewalk detection technology, radar-based collision prevention systems, and AI-powered parking enforcement that analyzes each trip. Riders who repeatedly violate parking rules may be fined or have their accounts suspended, according to the company.





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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.

Littleton Museum Celebrates 150th!

The Littleton Museum is proud to present its newest exhibit on "America 250 - Colorado 150," a selection of objects from the museum's collection of historic artifacts that celebrate both the 150th anniversary of Colorado's statehood as well as the 250th anniversary of the founding of the nation.



Items on display include a portrait of George Washington, memorabilia from Colorado's centennial celebration in 1976, and a Colorado centennial quilt hanging in the museum's main lobby.

The exhibit is located inside the museum's History Gallery and will be on display through the end of 2026.



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

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

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



Caregivers need a break.



Caregiver Respite

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

Caregiver Respite voucher eligibility

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

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

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



Find out more or sign up today:
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DRCOG area agency on
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Colorado Gerontological Society

Family, Friends and Neighbors Can Qualify for \$1200 Tax Credit

Frequently, grandparents care for their grandchildren. To recognize the important role that caregivers play, Colorado now has the Care Worker Tax Credit for tax years 2025-2028 to benefit those providing childcare to children age five and under that are not their own.



Eileen Doherty

To be eligible for the tax credit, you must have provided a minimum of 720 hours of childcare in the tax year. Your income cannot exceed \$75,000 (single) or \$100,000 (joint).

You can be a friend, family or neighbor watching children. Individuals who are employed or operate a licensed childcare program may also be eligible.

To apply, you must register at the Colorado Shines Professional Development Informational System (PDIS). Create an account and sign the 2025 attestation by April 6, 2026, to be able to file your taxes by April 15, 2026. For 2025, you do not have to provide any documentation.

Once you file the attestation and wait one week, you will need to file the 2025 DR0104, the DR0104CR, and the DR1217.

The maximum amount of the tax credit is \$1200 (single) and \$2400 (joint). You can receive a check in the mail or have a direct deposit to your bank.

For help filing the forms, contact Tax Counseling for the Elderly (AARP Tax Aide) at 1-888-227-7669 or visit AARP's website for locations and appointment times. To locate a VITA site near you, call 1-800-906-9887 or use the VITA Locator Tool website for locations and appointment times. More information is available at <https://cdcc.colorado.gov/care-worker-tax-credit>.

You can also visit www.senioranswers.org for step-by-step filing instructions or visit The Society's YouTube Channel at <https://www.youtube.com/watch?v=bE-9Wo8-oviw>.

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

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Major Aerial Art Coming to Downtown Denver!

Denver Arts & Venues (DAV), in partnership with the Department of Transportation and Infrastructure (DOTI) and Denver Downtown Development Authority (DDDA), are excited to announce a spectacular temporary aerial art installation series from Poetic Kinetics launching summer 2026 in Downtown Denver. Through this project, multiple floating kinetic sculptures will be installed in highly visible public spaces.

"Downtown Denver should look and feel like no other place in the country," said Mayor Mike Johnston. "These art installations should be nothing short of awe-inspiring and will be another great reason to pay a visit to our city's center."

"We are so excited to collaborate with DOTI and the DDDA on this visually stunning outdoor artwork that activates Downtown Denver this summer," said Gretchen Hollrah, executive director for DAV. "Leading with this temporary project will pave the way for future DDDA-funded 'must-see' art installations downtown in the coming years."

The project is drawn from [Poetic](#)

[Kinetics' globally recognized art series](#). The DDDA investment will fund site-specific aerial art installations for a four-month period at two to three sites downtown. This multi-site strategy will draw visitors through downtown, connecting major commercial hubs, increasing foot traffic, and supporting nearby businesses at street level.

With its floating kinetic sculptures that are constantly changing form, no two views of the aerial art will be the same, promising an ever-changing and immersive experience.

"DOTI is proud to be a part of bringing this incredible art piece downtown – not only to showcase the work itself – but our beautiful Denver backdrop, and all of the transformational infrastructure investments that are reshaping the heart of our city," said Amy Ford, Executive Director of DOTI. "We are excited for people to see it!"

Denver Arts & Venues will lead coordination with the artist team, DOTI, Denver Parks and Recreation, and the Downtown Denver Partnership to support overall project delivery.

Aurora Announces Aurora Fest 2026!



Aurora's signature, family-friendly summer festival celebrating the many international cultures represented in the city is back with a new name, new start time, and a special headlining attraction in 2026.

Aurora Fest will celebrate "The World in a City" on the Aurora Municipal Center Great Lawn, 15151 E. Alameda Parkway, from 3 to 10 p.m. Saturday, June 13.

The event will feature many of the same great traditions and fun that have brought laughter and energy to the Great Lawn for over a decade. There will be dance, musical and other cultural performances, an international market featuring clothing, crafts and more from countries around the world and, of course, food trucks and stalls offering a variety of international cuisine.

Festivities will start with the Parade of Nations featuring delegations carrying flags from countries all over the world. Aurora plans on having 60 countries represented, 50 vendors, 15 food trucks, and 10,000 attendees are expected to visit this event!

This year, the festival will transition to an afternoon start time and end after dark. This sets the stage for a special festival-capping drone show!

Aurora Fest attendees will be invited to feast their eyes on a performance orchestrated by Brightflight Drone Shows. The show is being made possible by the America 250 - Colorado 150 Commission, the Colorado Tourism Office, and sponsors including UCHHealth, Tallgrass, and Chevron and will be part of the year-long America 250 — Colorado 150 series of events commemorating the 250th anniversary of the founding of the United States and the 150th anniversary of Colorado's statehood.

Aurora Fest is being organized by the city's Office of International and Immigrant Affairs with the help of many other city departments.

Keep an eye on the official festival website, AuroraFest.org, for more information including entertainment lineups and schedules, food and craft vendor applications and more.

MARCH Calendar

WELD

Thursday/5

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.

Saturday/28

The Greeley Symphony Orchestra presents "A Night with John Williams" featuring his musical hits from blockbuster movies such as Indiana Jones, Jaws, and Star Wars. Tickets range from \$25 to \$60 and can be purchased at their box office at 1051 22nd Street or online at <https://tickets.unco.edu/Online/seatSelect.asp> or call 970-351-4849.

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

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

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.

Be the difference. Open your home. Change a life — including your own.

Across our communities and around the world, two small but mighty nonprofit organizations — Face The World and the NW Services PEACE Program — are creating life-changing opportunities through high school cultural exchange.

Both programs connect international students with caring host families right here at home. These students come eager to learn, share their culture, and become part of an American family for a semester, a full school year, or even a short 3-month fall placement. In return, host families gain something priceless: a global connection, lifelong friendships, and a deeper understanding of the world without ever leaving their home.

As small nonprofit organizations, our mission is personal. We focus on meaningful relationships, strong local support, and ensur-

ing both students and host families feel guided every step of the way. We believe cultural exchange builds empathy, leadership, and confidence in young people — shaping futures and strengthening communities.

Hosting doesn't require a special lifestyle — just an open heart and a willingness to welcome a student as part of your family. Students have their own spending money and health insurance. Families provide a safe home, meals, and inclusion in everyday life.

Together, we are working to make the world smaller, kinder, and more connected — one family at a time.

If you or someone you know can host a high school exchange student for a semester, school year, or 3 months this fall, please contact: Lasha at 970-324-6303.



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Having Fun At The Open House

The recent Greeley Active Adult Center(GAAC) Open House was just that. Fun! Enjoyable! a Good Time!

Open House guests were treated to Class Demonstrations of the various activities & project the Adult Center offers. Guide tours were available.

There were drawings to win various prizes. Hope my ticket is drawn. Oh! Did I hear my name?

Local businesses were on hand to discuss their products and services. Refreshments were served and accompanied with tasty snacks. Music and entertainment added to the fun and enjoyment of the Open House.

If you have any questions about GAAC, please call 970-350-9440.



Sheri Lobmeyer, Recreation Coordinator II warmly welcomed Open House guests and kept everyone apprised of available activities and the planned entertainment. On the go she was!



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Where Are You Going?

A new day pours in, screaming with blinding light, “Where shall we go today?”. With the fog of night’s visit, too long, still drifting across the landscape of my mind, I try to form an answer, but get lost in the desert which lies before me. A traveler with no map or compass, doomed to wander aimlessly seeking familiar places that only disappear when I approach them. Then the cat screams, “MEOW!”. It wants something, but I struggle to know what it is. I grab the elixir of life, black like the night, and sit down to consume it, still searching for an answer to the new day’s question.

Paul’s words echo through the room as my Bible speaks to me. I watch the words scroll across the screen and hear them at the same time (I have a Bible app that reads to me). Salvation, while a gift freely given, must still be received. Yet too often free gifts are enjoyed for a while and then tossed into the “white elephant” pile to be redistributed next year. Maybe someone else can use them. Do we treat our own salvation that way? To do so makes us a lonely, wandering traveler seeking peace and joy where there is no peace and no joy.

Salvation, as revealed through God’s Word, has two aspects: a point in time and an ongoing process. We Christians mark the point in time by affirming our faith in Jesus Christ as the Son of God who came to this earth to die for our sins, rose from the dead, and who will one day return to fulfill God’s promise to make all things new again. That should do it, right? I got my ticket punched. Yea! Let’s party! No. We must commit to living and to dying to self, daily. This is the struggle we must accept if we are to grow in our faith. Paul writes in Philippians 2, verse 12 and 13, “Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure”.

We are not wanderers in a desert without a map or a compass. We have a shepherd who whispers in our ear each day, “Follow Me”. Where shall we go today? Wherever He leads us.



Bob Pittman, Interim Pastor
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Veterans Echoes

When Hell Rained Down On Him



Brad Hoopes

Jim Roode enlisted, instead of waiting to be drafted, in the U.S. Army for the simple reason he wanted to serve alongside those who truly chose to be there.

Determined to test himself, he volunteered for the airborne.

While serving with the 82nd Airborne Division, Jim was selected for a top-secret assignment known as the Davy Crockett Unit. The mission was extraordinary and sobering, paratroopers trained to deploy behind enemy lines carrying a portable launcher capable of firing a projectile armed with a nuclear warhead. When later asked whether he believed he would have survived had he ever fired one, he said he thought so!

After the program began phasing out, Jim then deployed during the Dominican Republic uprising, where he came under sniper fire. From there he transferred to the

101st Airborne Division and deployed to Vietnam as a forward observer, due to his skills plotting coordinates.

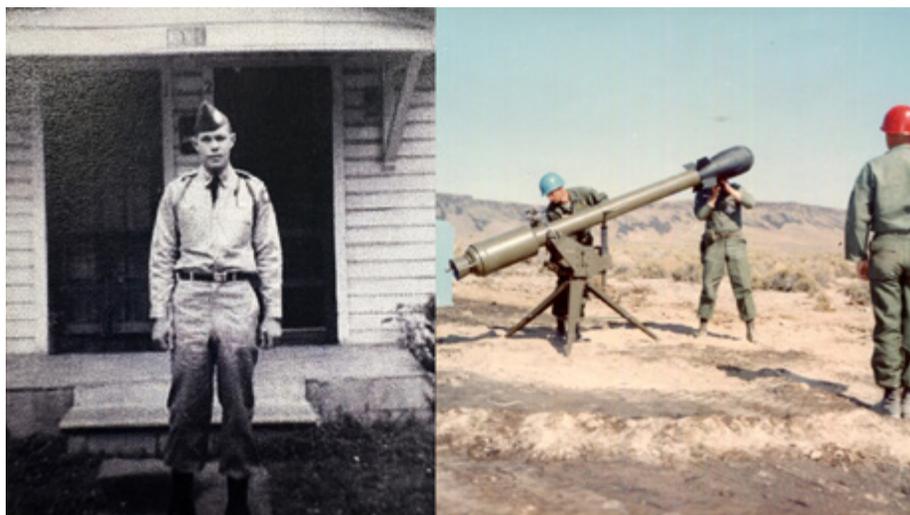
During one mission, Jim's small team established a position designed to lure enemy forces into a deadly trap. Artillery rounds were methodically "walked" backward toward their location, the final round calculated to strike directly on their position after withdrawal. But for some unknown reason, the sergeant next to him grabbed the mic and ordered, "Fire for Effect."

There was no time to run.

Jim could only warn the squad and put his nose in the dirt as shells rained down on him. One exploded just three feet away, driving shrapnel into him. He would spend the next year recovering in a hospital.

Despite everything he experienced, Jim says he would do it all over again.

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



St. Patrick's Day Quotes

"May your troubles be less and your blessings be more, and nothing but happiness come through your door." — Irish Blessing

"Wherever you go and whatever you do, may the luck of the Irish be there with you."

"May your pockets be heavy and your heart be light, may good luck pursue you each morning and night."

"A good friend is like a four-leaf clover: hard to find and lucky to have."

"May the road rise up to meet you. May the wind be always at your back." — Irish Blessing

"For each petal on the shamrock, this brings a wish your way—good health, good luck, and happiness

for today and every day."

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

"Being Irish, he had an abiding sense of tragedy, which sustained him through temporary periods of joy." — W. B. Yeats

"Luck is believing you're lucky." — Tennessee Williams

"May you live as long as you want, and never want as long as you live."

"May your home always be too small to hold all your friends."

"May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, and those you love near you."



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Weld Area Agency on Aging

March is National Nutrition Month!

Healthy eating is about more than just what you eat. How you eat also matters. Eating while standing, driving, or watching TV can make it harder for you to digest food. This is because digestion begins in the brain.



Donnica Fagan

When you are mindful, you tell your body it's safe to begin digesting. Finally, chew your food well. Slow down. Notice the tastes and textures of each bite.

Learn more tips with Weld County Area Agency on Aging's Fresh Conversations program!

The brain tells the body – Get ready, food incoming! Then saliva enters the mouth, and stomach acid moves in. If you are distracted while eating, the message doesn't come through as clearly. Your body doesn't have enough time to get ready for the work of breaking down the roast beef and mashed potatoes you just ate. Sometimes this problem can lead to bloating or heartburn.

Fortunately, there are simple steps you can take to get your body ready for a meal. You want to relax and let the body know it's time to fuel up. Feeling calm helps your body enter what is called rest-and-digest mode.

First, sit down in a quiet space for your meals. Take a few deep breaths before you begin. Next, try to really pay attention to your food. What smells do you notice? How does the food look on your plate?

Fresh Conversations is a health and nutrition talk presented by the AAA Dietitian at Hill N Park Senior Center (4205 Yosemite Dr, Greeley). Classes are from 10 to 11 am on the second Wednesday of each month. Anyone 60+ is welcome to join! Contact Jessi Like, Registered Dietitian, at (970) 400-6118 or jlike@weld.gov for more information.

Find Einstein



Can you find the hidden Einstein in this paper?

Friendly Forks Daily Menu March 2026

| | |
|----------------------------|---|
| Monday, March 2 | Shepherd's Pie, Aztec Corn, Carrot Raisin Salad, Peaches |
| Tuesday, March 3 | BBQ Chicken Sandwich on Wheat Bun with Tomato & Pickles, Coleslaw, Zucchini / Mushrooms / Peppers, Apricots |
| Wednesday, March 4 | Austrian-Style Pork over Mashed Potatoes, Green Beans, Banana |
| Thursday, March 5 | Beef Stew, Wheat Roll with Butter, Side Salad with Poppy Seed Dressing, Apple Slices |
| Friday, March 6 | Tilapia with Parmesan Sage Sauce, Broccoli & Rice Casserole, Cucumber Vegetable Salad, Pears, Chocolate Raspberry Brownie |
| Monday, March 9 | New England Clam Chowder with Crackers, Side Salad with Chicken & Low-Fat Ranch Dressing, Banana |
| Tuesday, March 10 | Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Balsamic Brussels Sprouts, Orange Slices |
| Wednesday, March 11 | Ham & Potato Frittata with Salsa, Peppers & Mushrooms, Berry Greek Yogurt Parfait, Morning Glory Muffin* |
| Thursday, March 12 | Chicken Caesar Wrap, Cream of Asparagus Soup with Crackers, Three Bean Salad, Pineapple |
| Friday, March 13 | Chicken Tetrazzini, Breadstick, Kale Caesar Salad, Cantaloupe |
| Monday, March 16 | Beef & Bean Chili with Crackers, Corn Muffin with Butter, Carrots with Spinach Artichoke Dip, Mixed Fruit |
| Tuesday, March 17 | Corned Beef & Cabbage, Red Potatoes, Apple Slices, Irish Cream Cheesecake |
| Wednesday, March 18 | Chicken Taco with Tomato, Lettuce, Cheese, Salsa & Guacamole, Sautéed Squash, Mango |
| Thursday, March 19 | Chicken Fried Steak & Mashed Potatoes with Country Gravy, Roasted Winter Vegetables, Orange Slices |
| Friday, March 20 | Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Honeydew |
| Monday, March 23 | Pork Pozole with Corn Tortilla, Refried Beans, Edamame & Celery Slaw, Fruit Salad, Gelatin Parfait* |
| Tuesday, March 24 | Cheeseburger on Wheat Bun with Lettuce, Onion, Tomato, Pickles, Ketchup, Mustard & Mayo, Spiced Roasted Vegetables, Pears |
| Wednesday, March 25 | French Dip Sandwich with Side of au Jus, Side Salad with Raspberry Vinaigrette, Apple Slices, Strawberry Basil Cheesecake |
| Thursday, March 26 | Chicken Teriyaki over Fried Rice, Riced Cauliflower, Fruit Salad, Almond Cookie* |
| Friday, March 27 | Chipotle Pork with BBQ Sauce, Roasted Red Potatoes, Peas & Carrots, Apricots |
| Monday, March 30 | Chicken Breast with Gravy, Wheat Roll with Butter, Roasted Sweet Potatoes, Mixed Vegetables, Orange Slices |
| Tuesday, March 31 | Turkey Breast with Gravy, Herbed Orzo, California Blend Vegetables, Mandarin Oranges & Grapes |

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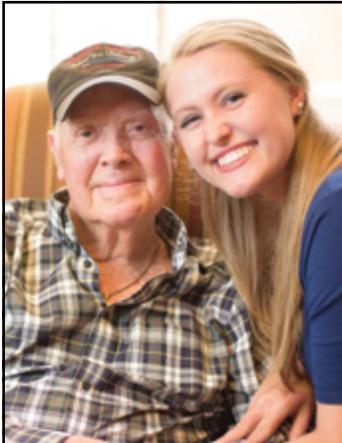
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P4S...Help Others!

The most recent meeting was hosted in a very impressive way by PAM Rehabilitation Hospital in Greeley.



Please be introduced to the PAM Rehab Hospital Team. Each one was pleased to welcome guests to the P4S gathering.



P4S after finishing their brunch, are listening to the speaker before having the opportunity of introducing themselves.

Pets Are Family

Helping a Shy Pet Feel at Home



Judy Calhoun

Did a shy pet at the shelter catch your eye? While every animal is unique, the following tips and suggestions can help your new furry friend feel more comfortable once at home.

Safe Space

Provide a safe space for your new furry friend. In a small room, set up a bed, water bowl, and a food dish, as well as enrichment like toys, sound machines, etc. Consider placing their crate or carrier nearby, leaving it open for them to explore. Place toys and treats in it to help them make positive associations. Some shy pets may feel more secure in their crate or carrier.

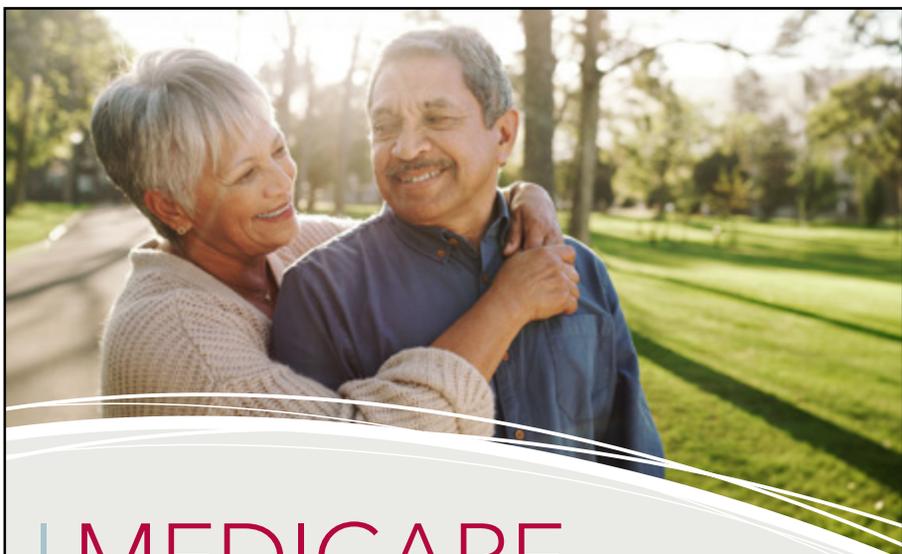
Visit your furry friends often, making yourself low to the ground, moving slowly, and using a calm, soothing voice. Be mindful of direct eye contact as this can be intimidating.

When visiting, offer treats or a toy to create positive associations. Never force hand feeding or playtime

if they are uninterested. Depending on your pets' needs, you may just sit across the room from them, but even this helps build trust! Ensure feeding happens at the same time every day, and place food and water bowls nearby against a wall. For cats, make sure the litterbox is close to where they spend most of the day. Feline friends benefit from having several options to hide out in their safe space. If your cat enjoys resting in hard-to-find places, have a plan to lure them out when needed, such as their favorite treat or noisy toy.

It Will Take Time

As your pet works to come out of its shell, stay patient and respect boundaries. Never punish them, instead use positive reinforcement when they make progress, and respect signs of discomfort.



MEDICARE MADE EASY

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

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

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

Call 970.495.8558 for schedules and additional information.



*"A new day is a new opportunity to shine."
(Photo credit: Mike Beiber)*



MARCH Calendar

LARIMER

Wed & Thu/4 & 5

Rocky Mountain National Park (RMNP) invites you to explore research, monitoring, and management during the free Biennial Research Conference "Park Stewardship: From Discovery to Decision" at The Holiday Inn in Estes Park (101 S. Saint Vrain Avenue) from 8 am to 5 pm. Conference highlights include 27 oral presentations by research partners and park staff, a poster session highlighting over 20 research and public engagement activities in the park, and more! No registration is required.

Every First Friday

Art Walk is a monthly self-guided walking tour that celebrates creativity, culture, and community in Downtown Fort Collins on Old Town Square on the first Friday of every month from 6 to 9 pm! Art Walk showcases a spectrum of artistic styles to entertain and engage amateurs and art aficionados of all ages, interests and backgrounds. For more info, email info@down-townfortcollins.com!

Saturday/21

Larimer County Genealogical Society presents a free program on "Understanding Religions in the U.S." by speaker Carol Whitton on Saturday, March 21 at 10 am in the Foxtail 2 room at the Fort Collins Senior Center (1200 Raintree Ave). Religious records are essential to genealogy. The Reformation led to many Protestant groups. Learn to distinguish them. Discover skills for locating an ancestor's religion. Please register online at www.lcgsc.org.

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

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

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Larimer County Office on Aging Aging Resources, Now Just a Click Away!



Nicole Limoges

Thinking about tracing your family history? With DNA testing and online platforms more accessible than ever, constructing a family tree has become a popular pursuit. But beyond the names and dates, genealogy offers profound benefits for older adults.

First of all, any activity that offers mental stimulation can help maintain cognitive function. Genealogy, with its need for careful research and navigation of digital archives, is a good way to keep the mind active.

Furthermore, learning to master the various digital tools offers an opportunity for intergenerational collaboration. Enlisting a younger family member or friend in the research can create and strengthen bonds. You may even find a genealogy club near you to exchange tips and create friendships.

Your research may lead to something even more significant, like connecting with a long-lost relative. You might uncover records pointing to a distant relative you never knew existed or provide the means to reconnect with a branch of the family with whom communication has lapsed over the years. This can open the door to exciting new relationships and perhaps even lead to a grand family reunion!

Even if the research doesn't result in a new connection or an inspiring journey to the birthplace of

HomeInstead Associates



(l-r) Shantay Marcos - Area Vice President; and Bryanna Smith - Business Development Manager.

Both actively contribute to the readiness of HomeInstead to provide care, support, kind attention and companionship to those older adults desiring to live safely at home...



your great-great-great-grandparents, learning about your origins can still be incredibly rewarding. Gaining a deeper, clearer sense of where you come from can significantly enhance your own personal identity and instill a sense of pride.

Genealogy is more than names and dates, it's stories. Discovering your family stories can bring joy and combat loneliness. Learning about the lives of your ancestors, including their struggles and successes, can provide perspective, inspiration, and foster resiliency in your own life.

As you seek ways to stay connected, remember that the Larimer County Office on Aging is here to support you with resources that promote lifelong learning, social engagement, and independence. Visit larimer.gov/seniors to learn how we can be of service to you!

Fort Collins Lincoln Center Art Gallery Announces Printmaking Exhibit

The Lincoln Center Art Gallery will participate in Colorado's Month of Printmaking (Mo'Print), March 6–April 24, 2026, by presenting Under Pressure: 2026 National Printmaking Exhibition, a nationally juried exhibition of artworks consisting of any printmaking media.

Our Guest artist, Johnny Plastini, has selected 41 artworks for this exhibition. During our upcoming opening reception on Saturday, March 7, 4:00–6:00 p.m., Johnny will evaluate the artwork displayed in the gallery for its complexity, style, creativity, and execution to decide the top 3 artwork that will be awarded cash prizes. The award winners will be announced at 5:00 p.m.

Johnny Plastini received his BA in interdisciplinary studio art from the University of California, Santa Cruz, and received his MFA in printmaking from the Tyler

School of Art and Architecture at Temple University in Philadelphia, Pennsylvania. He currently is an Associate Professor and Area Coordinator of Printmaking at Colorado State University (CSU), Fort Collins, as well as Co-Director of the Center for Artist Books and Inclusive Narratives at CSU.

Professor Plastini has presented workshops on printmaking, papermaking, and book arts processes and exhibited his works extensively at various museums, conferences, non-profit spaces, art fairs, and galleries, both nationally and internationally. His art works will be presented at the Lincoln Center art gallery on March 6 – April 24, Wednesdays and Fridays, 1:00–6:00 p.m.

The Lincoln Center Art Gallery is free and open to the public and located at 417 W. Magnolia St. in Fort Collins.

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Health & Science News

How AI Tool Helps UC Health Doctors

In UCHealth exam rooms, patients are benefiting from a new note-taking tool that looks like any other smartphone app. The AI tool is called Abridge. It runs in the background and securely captures details of the visit.

With Abridge, providers can look their patients squarely in their eyes rather than peering down to write notes or spinning around to record details on a computer. Like a knowledgeable medical scribe, Abridge records, transcribes and automatically generates notes in the patient's confidential medical chart. All information from Abridge is stored in UCHealth's secure medical record system.

The Abridge program began as a pilot in 2025 with 250 UCHealth providers testing the tool. Now nearly one-third of about 6,000 UCHealth doctors, nurse practitioners and physician assistants are using Abridge. The AI tool has been so popular that leaders plan to keep expanding access to Abridge, said [Dr. CT Lin](#), UCHealth's chief medical information officer and an internal medicine doctor who sees patients at [UCHealth Internal Medicine – Lowry](#) in Denver.

Abridge uses the provider's smartphone as an audio recorder, sending encrypted voice files wirelessly and directly to UCHealth's secure, HIPAA-compliant Epic electronic health record while storing nothing on the smartphone itself.

Abridge benefits patients in many ways. It lets providers focus fully on the conversation without worrying about documenting the visit. The AI tool also captures details a physician might otherwise miss.

Lin gave the real-world example of a patient visit focused on chronic health issues. The topic of a small bump on the patient's wrist came up.

"I might have put that in my note, but I might have been too busy because we were talking about diabetes and heart failure and all these other things," said Lin, who is also a [professor](#) at the [University of Colorado School of Medicine](#)

on the [Anschutz campus](#). "It listens pretty well and puts in a lot of details."

Further, with Abridge, patients leave the clinic with a detailed after-visit summary that captures the essence of the conversation in plain English. They also receive an updated care plan with more detail than providers could previously include. That's because busy providers have limited time to write up notes. Often, doctors referred to charting as "pajama time" since they had to write up notes late into the night, long after seeing multiple patients during each busy workday.

Progress notes are only part of what providers do for patients outside of clinic visits. Tanaka says a typical day might also drop 20 My Health Connection messages into his inbox. There may be 10 pharmacy refills to prescribe, phone calls to make to insurers, and various documents to review and sign. Those all take precedence, Tanaka says, leaving the progress notes for later.

"At the end of the week, I could have 20 or 30 notes I have to finish," Tanaka said. With Abridge, he typically finishes progress notes right after clinic and heads home with a clean slate. "I tell my wife, 'I finished all my notes,'" Tanaka said. "She looks at me and says, 'Wow.'"

That's a nontrivial "wow." Saving a couple of hours a night, or several hours at the end of a long week, can help address physician burnout, which was one of the main [motivations](#) behind the development of Abridge. About 45% of doctors reported at least one sign of burnout in the American Medical Association's [most recent](#) survey on the topic. Burnout affects patients and physicians alike, as it [can lead to](#) worse patient outcomes and lower quality of care. Article courtesy of UC Health.

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Colorado Doctors Perform First 'Game-Changing' Thumb Arthritis Surgery

UCHealth doctors became the first in the western U.S. to perform a new "game-changing" surgery to help patients with thumb arthritis. The new thumb arthritis surgery aims to give patients better function, faster recovery from surgery and reduced pain.

A team of [University of Colorado Anschutz School of Medicine](#) hand surgeons trained in Europe to learn the surgical technique and performed the new type of thumb surgery for the first time in the western U.S. at [UCHealth University of Colorado Hospital](#) in February.

European hand surgeons have been doing this type of thumb arthritis surgery since 2018. Experts at the U.S. Food and Drug Administration (FDA) recently gave conditional approval for the prosthesis for U.S. patients.

Thumb arthritis causes severe pain and grip weakness and is very common, affecting an [estimated 7% of men and 15% of women](#) — including as many as one-third of postmenopausal women.

The trapezium is one of the eight carpal bones that help the wrist function. The trapezium doesn't look like much. Averaging around a half inch in diameter and just under an inch long, it evokes an oversized molar that got lost on the way to the mouth. The trapezium anchors the thumbs, and [when it malfunctions](#), it can cause severe arthritic pain and associated grip weakness.

Until now, the go-to U.S. surgery to help with thumb arthritis — known as rhizarthrosis — typically results in significant pain for several weeks after the procedure. The standard surgery may lead to diminished thumb pinch strength and a slightly shorter thumb.

Thanks to a European innovation and months of local preparation and overseas training, the team from the [Department of Orthopedics at University of Colorado Anschutz](#) looks forward to bringing relief and the innovative new surgery to hundreds of patients in Colorado and the Rocky Moun-

tain region offering the new type of thumb arthritis surgery soon at multiple UCHealth facilities.

The innovation takes the form of a Swiss-designed thumb prosthesis called the Touch CMC 1 Dual Mobility Trapeziometacarpal Prosthesis, which for sanity's sake we'll call the Touch CMC 1. It's a ball joint that looks like "a hip replacement for a squirrel," Catalano said.

Since European health officials approved the Touch CMC 1 in 2018, more than 150,000 European patients with thumb arthritis have had one implanted to replace a thumb-base joint, said Catalano, who is also a [an orthopedics professor](#) at the University of Colorado Anschutz School of Medicine.

Based on years of use of the Touch CMC 1 in Europe, U.S. FDA officials granted [premarket approval](#) for the device in July 2025. That means the device can be sold, but final approval hinges on the maker proving its safety and effectiveness in a U.S. clinical trial.

Anschutz Dr. Catalano observed a woman in Europe who had the hand surgery two weeks earlier. As she left the doctor's office, she was easily able to twist the doorknob with her surgically repaired hand.

Touch CMC 1 patients are known to leave the operating room with an Ace bandage around the hand. With the current U.S. surgery, called a thumb carpometacarpal (CMC) arthroplasty, patients are in a cast or a splint for six weeks.

About 50 UCHealth thumb arthritis patients who have exhausted [nonsurgical options](#) (anti-inflammatory medications, pain relievers, ice, splints/braces and injections, primarily) are lined up for the new procedure. They will, for now, get their thumb joint replacements at University of Colorado Hospital in Aurora, but the team is eager to provide the new surgery for as many patients as possible at other UCHealth facilities throughout Colorado soon. Article courtesy of UC Health.

Happy Saint Patrick's Day





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.

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Apex Community Recreation Center

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

Did You Know Apex has Scholarships and Grant Money?

Apex PRD has been awarded the Colorado Gives Grant to provide scholarships to support our Active Adults' health, Contact Michelle at MichelleS@Apex-PRD.org for more information.

Active Adult – Snack Attack:

Wednesday, March 4, 9:30-11:30 am
Celebrate National Snack Day with a variety of delicious snacks. Free, but advance registration is appreciated.

Learn to Play Mahjongg:

Wednesday, March 4-25, 2-4:00 pm
Come learn how to play American Mahjongg. Lynn Clemens, instructor. \$24 (non-res. \$32).

Blood Drive:

Thursday, March 5, 8:30 am-2 pm
Join the American Red Cross by giving blood. Walk-ins welcome, appointments are appreciated. To schedule an appointment, visit the American Red Cross <https://www.redcrossblood.org/give.html/find-drive?cid=biog&med=social&source=social> or call 1.800.733.2767.

Bridge - Defense:

Friday, March 6-May 8, 9:30 am-12 pm
This class is for intermediate to advanced bridge players. Sandra Koller, instructor. \$80 (non-res. \$103).

Adult Trip – Empower Stadium Tour:

Friday, March 6, 10am-3:30 pm
Come along and experience a behind-the-scenes glimpse into areas rarely seen by the public at Empower Stadium. After the tour, the group will stop for lunch at The Original Brooklyn's across the street. Attendees are responsible for the cost of their meal. \$79 (non-res. \$99).

St. Patrick's Day Hike and Social:

Tuesday, March 17, 11am-5pm
Put on your green hiking gear and join us as we head to Roxborough Park to hike the Fountain Valley Loop. The trail winds through the Fountain and Lyons rock formations with a moderate eleva-

tion change and takes you through some of the most magnificent lands in the park. After the hike, the group will stop for some St. Patty's Day refreshments at Ned Kelly's Irish Pub. The cost is your responsibility. 2.6 miles round-trip. 344 feet of elevation gain. Starting elevation: about 6000 feet. \$29 (non-res. \$37).

Experience the Art – Isabella Stewart Gardner:

Wednesday, March 18, 1-2:30 pm
Meet Isabella Stewart Gardner, a wealthy, unconventional American art collector, philanthropist, and socialite who founded the Isabella Stewart Gardner Museum in Boston. Join Kathy Mitchell as we get to know this amazing woman and some of the treasures she collected. Then we will tap into our own creativity with paper and scissors to create garden inspired artwork. No artistic ability is required, just a willingness to have fun and try something new. Please bring a pencil, Elmer's glue (not a glue stick), and a pair of paper scissors. \$11 (non-res. \$14).

Adult Children Supporting Aging Loved Ones:

Wednesday, March 25, 5:30-6:30 pm
Are you an adult child navigating the care and needs of your aging parents? Learn how to navigate senior housing options, and what to look for when these services are needed. Learn about costs and fee structures. Learn about the legal considerations and plans when selecting a placement agency. Practical options, resources, and strategies to reduce stress, support your loved ones and prevent caregiver fatigue will also be discussed. It is free, but advanced registration is appreciated.

Intergenerational Climb and Hike Adventure:

Wednesday, March 25, 11 am-5 pm
Come along as we take a short hike out of Crown Rock Trailhead on Flagstaff Mountain for a fun, guided climbing adventure. Gear and instruction are provided by Rope Wranglers, a local guided climbing group. \$110 (non-res. \$130).

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).

Seven Tips to Save on Insurance!

With insurance rates on the rise, it is more important than ever to be a careful shopper. Here's how to get a deal without sacrificing coverage.

Shop around. Rather than simply re-signing with your carrier at renewal time, get quotes from at least two other insurers to see if they'll offer better rates. And be prepared to tell them what you are paying now. "The more quotes you get, the better your chances of finding a lower premium," says Laura Longero, executive editor of carinsurance.com, an insurance comparison website.

Highlight home improvements. Especially if the upgrades include projects like a new roof or storm shutters that make your house more resilient to natural disasters, your insurer may give you a discount to reflect your lower risk.

Boost your deductible. Increasing your homeowner's insurance deductible from \$500 to \$1,000 may save you up to 25 percent on your premiums. Be sure you have enough cash in your emergency fund to cover it.

Consider telematics. Usage-based insurance plans use telematics, requiring drivers to install a device in their car or download a smartphone app that measures their speed, how many miles they drive and their braking habits. Then the device determines rates based on that data.

Take advantage of life changes. If you've recently retired, sent a child away to college or gotten married, you may be eligible for lower rates or an insurance discount.

Don't sweat the small stuff. If you have the cash to cover the cost of claims that aren't worth much more than your deductible, Longero recommends simply paying them out of pocket.

Bundle up. Moving your home, auto and other policies to the same carrier could save you 20 percent on total premiums, Bankrate finds. Some insurers let you have one deductible across multiple policies, which could save money if you experience multiple events that require claims. Article courtesy of AARP.

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, March 4 – April 1 (No class March 18) | noon – 1 p.m.

R/NR \$59.50/\$70

In Japanese martial arts, ukemi translates to "receiving body" or "receiving technique" and refers to the art of falling safely. In this class, older adults will learn the principles of falling without injury. Participants will warm up the body with light core exercises and stretches, then practice safe falling on a forgiving matted surface.

Iris Folding Art Class

WEST | Monday, March 16 | 1:30 – 3:30 p.m. | R/NR \$16.15/\$19

Participants will learn an intricate paper folding technique from early 20th century Holland called "Iris Folding". Patterns will differ based on experience level.

I'm Dying to Talk to You

WEST | Tuesday, March 24 | 10 – 11:30 a.m. | No Fee

Dave Kampfschulte, instructor and longtime hospice volunteer, shares stories and insights from decades of facilitating conversations about dying. With empathy, humor, and over 45 years as an educator, he offers an engaging session on how individuals and fam-

ilies face end-of-life experiences, providing surprising perspectives on a subject often avoided but universally shared.

Purple Art: One-Page Book Art

WEST | Friday, March 27 | 2 – 3 p.m. | R/NR \$20.40/\$24

Transform a single sheet of paper into a beautiful handmade book through folding, cutting, and creative embellishment.

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:

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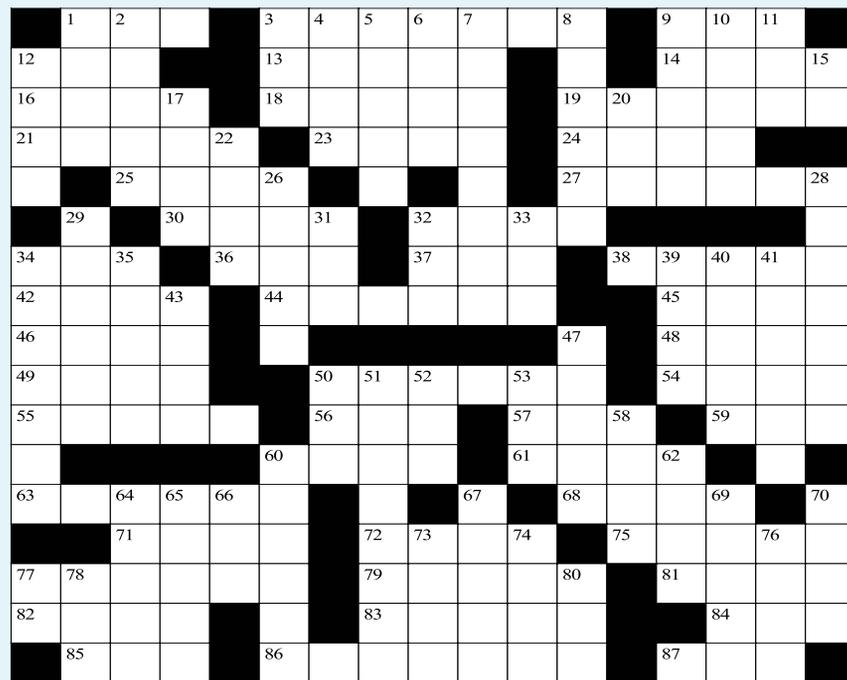
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March 2025
Answers page 3

50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Stale air
- 3 Nightmare
- 9 Move from side to side
- 12 Young bear
- 13 Discontinue
- 14 Exclamation to express sorrow
- 16 Drug-yielding plant
- 18 Relaxes
- 19 Wholly
- 21 Serve as a press agent
- 23 Division of a school year
- 24 Having wealth
- 25 Native of Thailand
- 27 Breathe out
- 30 Earthen pot
- 32 Scottish Gaelic
- 34 Turkish headwear
- 36 Snakelike fish
- 37 Statute

DOWN

- 1 Completely filled
- 2 German submarine
- 3 Frozen water
- 4 Trim
- 5 Lawsuits
- 6 A person that uses
- 7 Sully
- 8 Evening party
- 9 Look attentively
- 10 Greetings
- 11 Pistol
- 12 Restaurant
- 15 Therefore
- 17 Reflected sound
- 20 Nothing
- 22 Cabbagelike plant
- 26 Pertaining to the ileum
- 28 Animate
- 29 Cytokinin occurring in corn
- 31 High mountain
- 32 Consume
- 33 Pigpen
- 34 The act of bending a limb
- 35 Pertaining to a zone
- 39 Mountain range
- 40 Sharp-edged instrument
- 41 Parka
- 43 Having a sound mind
- 47 Parboil
- 50 Witty remark
- 51 Worthy of being adored
- 52 Open mesh fabric
- 53 Curve
- 58 Spoollike toy
- 60 Sweet
- 62 Labels
- 64 Room
- 65 Arranges in groups
- 66 Black bird
- 67 Group of six
- 69 Retains
- 70 Masticate
- 73 Cotton seed pod
- 74 Sandy tract
- 76 Extent of space
- 77 Providing
- 78 Small low island
- 80 Slender bar

- 77 Greek island in the Aegean Sea
- 79 Prizefighter
- 81 Withered
- 82 Truth
- 83 Grassy plain
- 84 Church seat
- 85 Affirmative reply
- 86 Ceded
- 87 North American nation

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