

50+ ADULTS **50** **Plus** **Marketplace**



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

February 2022 • Volume 28 • Issue 2

Fisk Jubilee Singers at Macky Auditorium

The world-renowned a cappella Fisk Jubilee Singers, from Fisk University in Nashville, TN; perform on Sunday, February 27 at 2 p.m. at Macky Auditorium on the University of Colorado Boulder Campus. Sponsored by NAACP Boulder County, the performance of Negro Spirituals is free and open to all who are vaccinated and masked. Reservations are free, but is required and available at: <https://naacpbouldercounty.org>



The Fisk Jubilee Singers have been performing since 1871 when they began presenting their traditional spirituals to audiences to raise money for Fisk University. The Singers toured Europe with great success, performing for kings and queens and dignitaries. Since then they have performed to rave reviews at the Kennedy Center, Carnegie Hall, the White House,

Nashville's Ryman Theater among others. In 2021 Fisk Jubilee Singers won a Grammy award for Best Roots Gospel.

The ensemble of 16 selected performers are credited with sustaining the tradition of the Negro Spirituals around the world. Boul-

der is fortunate to be able to welcome this outstanding group.

Seniors are particularly invited to this event. Free transportation and seating are available on a first come basis for low income seniors from Circle of Care at 303-358-4300 and office@circleofcarepro

ject.org. Numerous senior living facilities are also organizing concert outings.

Family and friend groups are also welcome by registering at <https://naacpbouldercounty.org> with proof of vaccinations and wearing masks.

The Withers Collection of Civil Rights photographs are open to the public for individual viewing or docent-led tours at the Dairy Center through February 27. Sign up for a docent-led educational tour of the Withers Exhibit can be found on the Dairy Arts Center website: <https://thedairy.org>. On February 12 and 19 at 3 pm there also is musical performances in the lobby of the Dairy Arts Center. All events are free, open to the public and handicapped accessible. We welcome the community to participate in all 'Walk With Me' events.

Five Ways to Celebrate Valentine's Day This Year

Valentine's Day is no longer just for the happy couples. Whether you're married, dating or content being single, there are ways for everyone to celebrate love of all kinds, including romance in 2022, regardless of relationship status.

1. Custom Cards. SmashUps from American Greetings can help prioritize love and romance any day of the year. There are SmashUps specifically for Valentine's Day, with romantic messages from celebrities like Michael Bolton and Smokey Robinson. And, these ecards aren't just for couples. There are plenty of options for love and friendship, like hilarious videos of talking dogs, cats and koalas. The customizable ecards let you send personalized messages to your boo, your bestie and your brother for a variety of holidays and occasions.

2. FaceTime. Couples who are separated by distance might have to settle for a candlelit FaceTime instead of the in-person dinner they had in mind. Luckily, romance in 2022 means technology can keep us connected, even when we're apart. If you're celebrating from a distance this Valentine's Day, con-

sider shipping gifts to your significant other or gal pals and opening them together while you're on a video call, or make the same recipe and eat it together on FaceTime.

3. Swipe Left. Many modern-day love stories start with a simple swipe to the left on a dating app. If you're hoping to meet new people but aren't sure where to begin, consider having some fun with online dating apps like Bumble, Hinge and Tinder. They're not just for those looking for love. Many have friendship features, like Bumble BFF, which works the same way, but connects you with others looking for friendships too. This can be particularly useful for those who are moving to new cities, seeking roommates, or looking to network with others who are around the same age or share similar interests.

4. Did Someone Say Galentine's Day? Originally created by fictional character Leslie Knope in the television series "Parks and Recreation," Galentine's Day is all about female friendships and the laughter, joy and support they bring to our lives.

Galentine's Day can be spent as

simply or elaborately as you please. Some gals might get together to exchange gifts of candles and fuzzy socks for the occasion, while others might have a glass of wine and gossip over a charcuterie board. For some, the holiday may just be a reason to call your friends and check in on them. Single or taken, Galentine's Day is a reminder to glorify your girl gang.

5. Self-Care. Being alone on Valentine's Day can feel a little lonely, but the day doesn't have to be painful. If you're spending it on your own, plan a day at the spa, take a

group workout class or cook yourself your favorite meal. Self-care is the perfect way to honor the strong and independent person you are.

Romance in 2022 can be dinners for two with flowers and chocolate, but it can also be celebrating the mystery and magic of an ordinary day with a custom ecard, dinner with gal pals, or spending time doing things you enjoy on our own.

❖ *Courtesy StatePoint*



INSIDE

Boulder County Disaster Assistance Center
Page 3

Million Hearts® 2022
Page 4

3 Ways to DIY Your Valentine's Day
Page 12

FEBRUARY Calendar

Tuesday/1

Alzheimers Assn. presents a free program on "10 Warning Signs of Alzheimer's" at 10 am on Zoom. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Please register at 1 (800) 272-3900.

Boulder Genealogical Society presents a free program on "The 1950 Census" by Michael Brophy on Zoom at 7 pm. Learn about the latest census to be released in April. Register on their website at www.bouldergenealogy.org.

Tuesday/8

Alzheimers Assn. presents a free program on "Understanding Alzheimer's and Dementia on Zoom at 10 am. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.. Please register at 1 (800) 272-3900.

Wednesday/9

Longmont Genealogical Society presents a free program on "Researching the American Quakers by Glenn York on Zoom at 1 pm. Glenn will discuss migrations and the records they left behind that you can advance your research. Please register at email: LGSprograms@gmail.com.

Thursday/17

Colorado Gerontological society presents a free program on "Aging in Place - Assessing Your Home for Fall Risks on Zoom at 1 pm. Falls are often due to hazards that are easy to overlook but easy to fix. A survey of your home, room by room, to identify the hazards is a quick way to review the necessary changes to reduce the risk of falls. Please register on their website at www.senioranswers.org/events.

Please check with individual venues for current information.

Calendar sponsored by
Dignity Care
303-444-4040

Reflections

Making that Bucket List

Not long ago, I attended a party celebrating my friend, Diana. Caring Bridge entries likely caused this to happen. She became the hostess rather than our hosting her as we'd planned.



Martha Coffin Evans

What a great time to celebrate with others who matter in our lives – family, colleagues from different work locations, service club members and more. Her parting gift to us – her Bucket List.

Introducing her list, Diana noted she had done some of the listed things and wished she could do them again. She included activities

she never got to do.

What would such a list of 21 items encompass? Hers contained ones pertaining to people (9), places (6) and things (6). The "people" examples included being a grandparent (devoted, joyful, committed), reconnecting with someone not spoken to in a long time, asking for or forgiving someone needing forgiveness, and practicing gratitude every day for family (daughters in her case), friends, relatives and furry friends.

"Place" examples take us on cruises whether with Viking up a river or one through the Greek Islands, touring Ireland, canoeing the Quetico and hearing the loons again along with sitting on a beach and listening to an ocean.

Diana's "thing" items stretch us a bit as they included volunteering

somewhere, taking a class in something new, reading a book outside of what we'd usually select, mastering (not just studying) a second language and picking up/ learning a new musical instrument or revisiting one previously played.

Tucked in the middle of her Bucket List: "Take time to notice the light outside, its changes throughout the day, how it modifies the look of trees, grass, sky, clouds, mountains, and how those differences make you feel."

Diana hoped we'd do one or more from this list in her honor. How wonderful to remember and celebrate another this way!

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

Valentine's Day History & Traditions

Valentine's Day is a festival of romance that celebrates love and relationships. Celebrated on February 14th, it is often marked by giving gifts to and spending time with loved ones.

Valentine's Day actually started as a religious celebration. The holiday commemorated the line of Christian saints under the name Valentinus. The Roman emperor Claudius had banned marriage in order to help his soldiers focus, but St. Valentine continued to marry couples in secret, as marriage was an important ritual for Christians. When St. Valentine refused to embrace paganism, Claudius had him executed around 269 AD.

Later, a pope replaced the pagan god associated with the festival, Lupercus, with St. Valentine.

As the change in practice was not very popular with the young Romans, the men used St. Valentine's romantic themes to write letters



to young women, often invoking the name of St. Valentine to communicate affection. Cupid's arrow through the heart symbolizes feeling emotionally wounded, typically from romantic love

England's Geoffrey Chaucer was instrumental in developing the holiday of Valentine's Day. His

poem, Parlement of Foules from 1382 commemorated the engagement of Richard II and Anne of Bohemia with romantic themes and mention of Valentine's Day. This also started a tradition of birds as a Valentine's symbol and this is recurrent throughout romantic poetry.

Valentine's Day traditions include exchanging gifts, such as chocolates or roses, and a romantic night out on the town. School children often exchange Valentines Cards that may contain candy. Decorations typically feature Cupid and his arrows, doves, and hearts. Valentine's Day also has religious associations, especially with the Anglican and Lutheran church. Religious celebrations may feature church services or feasts.

So, Enjoy your Valentine's Day!

Don't waste time on hold.

CALL US FIRST!

For all your Medicare needs

970-672-1092




US Medicare Agency

Chris Grubb & Heidi Delaney
Your local Medicare Insurance Agents

Find Einstein



Can you find the hidden image in this paper?

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
www.facebook.com/50plusnews

Published by
50Plus Media Solutions, Inc.
Lafayette, Longmont, Lyons, Erie,
Nederland, Superior

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 Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

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.

Publisher/Editor
Robert A. Trembly II

Chief Financial Officer
Michael Gumb

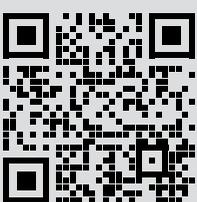
Contributing Writers
Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director
Bob Larson

Product Consultants
Michael Buckley
Robert Trembly

Design/Production
Lynne Poole

Smart Phone Access



Printed on Recycled Paper

Boulder County Disaster Assistance Center

As thousands of Boulder County residents recover from the devastation of the late December Marshall Fire, the Boulder County Disaster Assistance Center in Lafayette continues to serve those displaced or otherwise impacted by the fire, and residents are urged to come to the center to register for and receive the help they need. The Disaster Assistance Center will continue to be open seven days a week with operating hours from 9 a.m. to 5 p.m. beginning Saturday, January 15.

The Boulder County Disaster Assistance Center (DAC), located at the Boulder County Southeast County Hub at 1755 South Public Road in Lafayette, includes specialists from the Federal Emergency Management Agency (FEMA), Small Business Administration, Boulder County Housing and Human Services, Public Health, and Community Services, Mental Health Partners, many other area government and nonprofit organizations, and insurers.

At the DAC, anyone displaced or otherwise impacted by the Marshall Fire can receive financial assistance, help with debris cleanup

and housing, property loss and claims filing, food supports, and much more. The Boulder County DAC also offers child-care for any family needing it while receiving help at the center.

“The Boulder County Disaster Assistance Center has helped over 75 percent of our neighbors who were displaced or otherwise impacted by the Marshall Fire and that day’s weather event,” said Boulder County Disaster Recovery Manager Garry Sanfacon. “Over 40 organizations have served thousands of households with a wide range of needed services.”

Those impacted by the Marshall Fire are encouraged to visit www.boco.org/MarshallFire to learn about the recovery process and find out about available resources for which they may qualify. The Boulder County Center Call Center also has information on the Disaster Assistance Center at 303-413-7730. Some transportation assistance is available for those needing it to get to the Boulder County Disaster Assistance Center. Call Via Mobility at 303-447-9636 for information.

Say You Saw It in 50 Plus Marketplace News

Loving Family Home Care
Dignity Care LLC
Licensed Medical Private Pay Agency
Nursing · CNA · Companion Care
303.444.4040
www.dignitycare.com

Poetry Rising

Welcome to the month of love. Welcome to poetry on the rise – putting music into our everyday lives. Some lines memorable and easily retrieved when other words fail. Sometimes the poetry comes in music we recall – lyrics that make our hearts sing. Remember to sing.

WINNING AT LOVE

The pandemic gods thought they had won by thinking they could say “Touching and hugging are all bad,” and they took them all away.

All the ways that we knew how to love each other through, and rise above the loneliness and things we couldn’t do.

Little did those gods know how true love finds its way to make a difference in our lives each and every day.

Exchange a loving look or smile. Look me in the eye. Spend that extra moment just passing time on by.

Put a note under my door. Write someone far away. The littlest acts of kindness can take the sad away.

And that’s the biggest gift of all that the year gave you and me... that loving acts of kindness abound for us to see.

So listen up for birdsong and the love that’s in each other. The pandemic gods can’t make us blind to how to be a lover!

(c) Barbara Wood Gray, “Sharing the Song” • www.lulu.com/shop

CALL NOW
303-651-1178

It's time.

- GROCERY SHOPPING
- OIL CHANGED
- GET HEARING CHECKED

LONGMONT
HEARING & TINNITUS
CENTER
Dr. D'Anne Rudden & Dr. Caney Demars
Doctors of Audiology

Dedicated to providing the highest level of medically-oriented diagnostic and treatment services for hearing loss, tinnitus (ringing in the ears), ear wax removal, custom hearing protection, and everything audiology - including a vast offering of hearing aids and repairs of most major manufacturers.

195 S. Main St. Ste. 8
Longmont, CO 80501
www.longmontheating.com

Million Hearts® 2022

Every year, more than 1.5 million people in the United States suffer a heart attack or stroke. And while death rates due to heart disease have been declining steadily for the last 40 years, this trend appears to be stalling. Deaths in some population groups, including adults ages 35 to 64, are on the rise.

This alarming trend points to the need to focus attention and action on improving the cardiovascular health of all Americans by helping people avoid unhealthy behaviors that put them at risk of heart attack and stroke and improving the care of those with key risk factors.

Million Hearts® 2022 is a national initiative co-led by the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) to prevent 1 million heart attacks and strokes within 5 years. It focuses on a small set of priorities selected for their ability to reduce heart disease, stroke, and related conditions.

CDC's Division for Heart Disease and Stroke Prevention provides leadership and support for the Million Hearts® initiative,

which began in 2012. The agency collaborates extensively with CMS, sets priorities, and leads the communications, partnership development, research, translation, and evaluation efforts for the initiative.

Million Hearts® 2022 seeks strong and specific commitments to these priorities and targets so that together we can improve cardiovascular health for all.

What You Can Do

- Explore <https://millionhearts.hhs.gov/about-million-hearts/index.html> and find tools, protocols, action guides, and more resources to help you meet the Million Hearts® targets and priorities.

- Access drop-in messages and materials—including a fact sheet, sample presentation, and logos—that you can use to spread the word about Million Hearts® and your commitment to help prevent 1 million or more heart attacks and strokes by 2022.

- Learn ways you can partner with Million Hearts® and opportunities to advance the goals of Million Hearts®.

Say you saw it in 50 Plus Marketplace News

Now Hear This!

High-Tech Hearing

Approximately 37 million American adults report trouble hearing and 29 million could benefit from hearing devices. Yet only 16% of



Dr. D'Anne Rudden

them have ever used them! Sophisticated digital circuitry takes millions of environmental sound samples, compares them to the level of hearing loss programmed, and adjusts the sound—automatically—within milliseconds. Your audiologist will customize sound specifically to your hearing and communication needs. Remember—hearing devices do not fully restore hearing, nor do they reverse hearing loss. They can improve hearing function. Common features for high-tech hearing devices include:

- Feedback cancellation: Technology has virtually eliminated buzzing and whistling caused by feedback or wind.
- Expanded dynamic range: Processors take in more data so sounds are more accurate with higher fidelity.
- Spatial awareness: Directional microphones and wireless connec-

tion between units reduce background noise so conversations in crowded places are distinguishable.

- Multiple Memory Settings: Devices perform differently in each environment—social settings, meetings, driving a car, outdoors—and are customizable to lifestyle.

- Data logging: Devices measure the time patients wear them, environments patients are in, and volume of preferred sound. These features are used diagnostically to provide recommendations.

- Rechargeable batteries: Silver-zinc rechargeable batteries last longer than nickel-metal hydride rechargeables.

- Connectivity: Connect directly or wirelessly to many media devices, including smartphones and TVs. A telecoil can connect to a PA system in looped venues like churches and auditoriums.

- Tinnitus Management Systems: Many digital hearing devices include integrated sound therapy or masking programs to address tinnitus symptoms directly.

❖ *Dr. D'Anne Rudden is a Doctor of Audiology, board certified by the American Board of Audiology and has been in practice for over 25 years. Dr. Caney Demars joined the practice in 2020, bringing 5+ years of experience and is excited to be building our Pediatric presence, too.*

Still Truckin'

My New Year Music Debut

My music debut happened unexpectedly - after more than nine decades of living.

A total thrill, a true miracle! My nine year

old great grand daughter taught me to play the piano.

After a sumptuous Christmas dinner at their house, Domo, my great grand daughter, sat down at her piano to play for us. It was lovely. I complemented her on her playing.

I confessed that I never had piano lessons and always wished that I could play the piano.

Domo said, "I will teach you," and invited me to sit beside her. She showed me how to curve my hands and where to place my fingers on the keys, one after another.

Suddenly I was playing the piano. I was playing the piano! I recognized the song - it was the be-



Sandy Hale

ginning of Happy Birthday. She had me repeat it - again and again. "That's Happy Birthday, I exclaimed! "That's the first part," she said, "now, you practice that."

"I am playing the piano," I cried out excitedly.

"Yes," she said. You did very well. Now you practice that and next time I will teach you the second part".

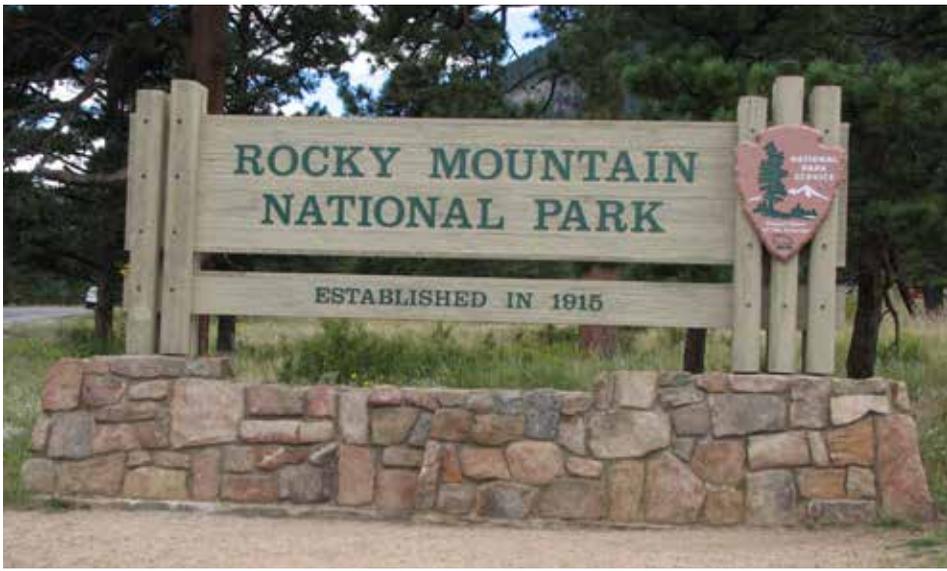
When Domo and her mother, Tamara, come to my house they bring games to play. Domo says, "Gwaxie these are good for your brain." Gwaxie is her nickname for me. I think that's because I like guacamole.

I am thankful to have Tamara and Domo (short for Dominique) in my life.

I look forward to the new year for continuing help from Domo to further improve my musical and mental abilities.

All the best to you and your wonderful grand children.

❖ *Sandy Hale can be reached at rhoda888@yahoo.com*



Rocky Mountain National Park Continues Timed Entry Permit Reservations

Rocky Mountain National Park will be implementing a timed entry temporary permit reservation system beginning on May 27, 2022. The reservation permit system is similar to that used in 2021.

Two types of reservations are available. One permit is for the Bear Lake Road Corridor, which includes the entire corridor, as well as access to the rest of the park. This reservation period is from 5 am to 6 pm. The second permit is for the rest of Rocky Mountain National Park, excluding the Bear Lake Road corridor. This reservation period is from 9 am to 3 pm. Permits issued using the reservation system allows park visitors to enter the park within two-hour windows of availability. The reservation system applies to all areas of the park.

Reservations to enter the park

go on sale through www.recreation.gov at 10 am Mountain Daylight Time on Monday, May 2. This round of reservations will be available to enter the park from May 27 through June 30 and continues on a monthly basis.

The permits are expected to sell out quickly and visitors are encouraged to plan ahead when possible. Reservations are based on approximately 90% of the park's total parking capacity.

Rocky Mountain National Park is one of the busiest national parks; third in the country in 2019 with over 4.6 million visitors. This represents a 42 percent increase in visitation in seven years.

For further information about Rocky Mountain National Park please visit www.nps.gov/romo or call the park's Information Office at (970) 586-1206.

VALENTINE'S DAY QUOTES

Love is so much more than a four-letter word.

"I am a very committed wife. And I should be committed, too - for being married so many times."
~ Elizabeth Taylor

Do you believe in love at first sight, or should I walk by again?

"I was married by a judge. I should've asked for a jury." ~ Groucho Marx

"You can't buy love, but you can pay heavily for it." ~ Henny Youngman

"If love is the answer, could you rephrase the question?" ~ Lily Tomlin

"Love is a fire. But whether it is going to warm your heart or burn down your house, you can never tell."
~ Joan Crawford

"Love thy neighbor - and if he happens to be tall, debonair and devastating, it will be that much easier." ~ Mae West

"Love: A temporary insanity curable by marriage." ~ Ambrose Bierce

I didn't fall for you, you tripped me.

"People who throw kisses are hopelessly lazy." ~ Bob Hope

"An archaeologist is the best husband a woman can have. The older she gets the more interested he is in her."
~ Agatha Christie

"Love is blind---marriage is the eye-opener." ~ Pauline Thomason

"My wife was afraid of the dark. Then she saw me naked and now she is afraid of the light."
~ Rodney Dangerfield

"The secret to a long marriage is to stay gone." ~ Dolly Parton

"It wasn't love at first sight. It took a full five minutes." ~ Lucille Ball

"A guy knows he's in love when he loses interest in his car for a couple of days." ~ Tim Allen

"A bachelor is a guy who never made the same mistake once."
~ Phyllis Diller

February Is National Cancer Prevention Month

Research has shown that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes – things like smoking, excess body weight, physical inactivity, and excessive exposure to the sun.

As a result, steps like quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the viruses that cause certain cancers can dramatically reduce your risk of certain cancers.

The American Association for Research (AACR) is committed to advancing the science of cancer prevention. The AACR Cancer Prevention, Early Detection, and Interception Committee helps to coordinate the long-term prevention agenda of the AACR. The committee helps develop initiatives to promote global cancer prevention, increase national awareness, and educate the lay public about cancer prevention. AACR works with a wide range of partners in biomedical research to de-

velop strategies and promising approaches to prevention, aiming to stop cancer before it starts.

In the United States, many of the greatest reductions in cancer morbidity and mortality have been achieved through the implementation of effective public education and policy initiatives.

For example, such initiatives drove down cigarette smoking rates among U.S. adults by greater than twofold from 1965 to 2017. But three out of 10 cancer deaths are still caused by cigarette smoking, and lung cancer is still the leading cause of cancer-related deaths for both men and women. It remains imperative that we identify strategies to enhance the dissemination and implementation of our current knowledge of cancer prevention, and to implement effective evidence-based practices that reduce risky behaviors in all population groups.

Get more information about cancer prevention in the AACR Cancer Progress Report 2020, at their website: <https://aacr.org>.

❖ *Courtesy of AACR.*

Cherry Pie — on sale —



I only have
pies for you!

HANDCRAFTED • FRESH-FROZEN • READY TO BAKE

15%

OFF ALL PIES

regular price \$15

SALE RUNS

FEB 8-14

while supplies last!



3701 Canfield, Boulder
Mon-Sat 9am-6pm

ENJOY ALL OF OUR PIE FLAVORS:

Cherry | Apple | Strawberry-Rhubarb | Blueberry

MEALS ON WHEELS OF BOULDER

mowboulder.org





Get On Our Wait List Today!
QUIET, SECURE, UPSCALE Rentals for Independent Seniors 55 years & better!



Call for appointment!
 Large 1 & 2 bdrm condos all w/WD Elevator, Club Rm, Soc. Events Underground Parking Garage LOW MAINTENANCE!!!

100 21st Ave. Longmont -303/774-0300

We love your paper!

Attendees at every resource fair 50 Plus attends

TRU | PACE

Helping seniors age in place.



Program of All-inclusive Care for the Elderly

- Coordinated health care
 - Transportation
 - Social services
 - In home care
- Interactive day program
- Rehabilitation Services

Call today to see if PACE is right for you or a loved one.
303-926-4745 • (TTY 800.659.2656)
 Or make a referral at pace@trucare.org

TRU | COMMUNITYCARE
 PACE | Palliative Care | Hospice | Supportive Services
founded as Boulder Hospice in 1976

H7262_AD2019_3_CMApproved 3.1.19

Longmont Planning for Advanced Electric Metering Program

The City of Longmont has drawn closer to launching its new advanced metering system, signing a contract with Landis-Gyr to help deploy the city's smart meters. Advanced metering infrastructure, or AMI, captures the energy use of a home or business more accurately than traditional meters. Instead of being read once per month, an AMI system reads itself for a few seconds every hour. The data allows for greater energy efficiency, a faster response to outages, and easier incorporation of distributed energy resources such as rooftop solar systems.

"Longmont has been working to draw more of our electricity from renewable sources, but it's also important to make the best, most efficient use of the power we have," said Longmont Power & Communications executive director Dave Hornbacher. "As Longmont becomes a more sustainable community, tools like this enable our efforts to achieve the goal of a 100% renewable energy electric commu-

nity by the year 2030 and provide our customers with more information than ever to manage their energy usage while also adding further dependability to an electric service that's already among the most reliable in the nation."

An initial deployment of 500 electric meters begins in spring 2022 in southern Longmont in an area near the Longmont Service Center. After completing that first phase, LPC expects to begin a citywide rollout of the new meters near the end of 2022, taking about a year to complete the build.

Some of the new capabilities that will be gradually deployed over approximately the next three years include: electric outage detection, potential lower rates, reduction in field trips, and energy awareness.

LPC estimates that it will cost about \$14 million to deploy the metering system. Electric rate adjustments were made in 2020 and 2021 to cover the cost and no tax dollars are being used to build the system.

Technology is Hip!

Disaster Preparedness Planning

Are you prepared to evacuate your home in 15 minutes if a disaster hits near you? A 2020 Federal Emergency Management Agency household survey indicated 44% of the survey participants were prepared to evacuate their homes during a disaster.



Bob Larson

After the recent Boulder County Marshall Fire, many residents barely had time to evacuate their home. Over 1080 homes and businesses were destroyed from this tragic fire.

According to many disaster planning manuals, here are the five most important items on evacuating during a disaster.

1) Your Family: your children could be in school or day care center (have your spouse or grandparents get them); 2) Food & Water in a Container; 3) Your Pets: many pets are left behind, but why? Pets sense danger faster than humans and hide. Have your pet carrier handy! Consider dropping off your pets at a pet hotel or animal shelter. Make sure your pet has a pet col-

lar with contact info; 4) Your Valuables: if not locked in a fireproof safe, have a Go to Container ready. Bring cash! 5) Escape Route: consider a quick escape route by calling police dept or sheriff's dept.

Do A Trial Run! Family drills are important to prevent more tragedies!

Technology can help Your smartphone can save important numbers before or after a disaster strikes. It can take photos of your valuables too for insurance purposes.

Prioritize keepsakes (what to take with you). Digitize to safeguard your genealogy records, family estate plan. Get an insurance checkup (consider extra coverage).

Back up computer files (three methods include your main program, USB flash drive, and the cloud storage). Save passwords (Internet or banking info) in a logbook. Create a grab and go container with your valuables if you have to evacuate immediately. And last, obtain an Emergency Preparedness Guide from your local city or county Office of Emergency Management.

❖ *Bob Larson is a technologist and Marketing Director for 50 Plus.*

FYI: President's Day

**Longmont Museum Opens Japanese Paper Art Exhibit:
"Washi Transformed"**

The origin of Presidents' Day lies in the 1880s, when the birthday of Washington — the first president of the U.S. — was first celebrated as a federal holiday.

In 1968 Congress passed the Uniform Monday Holiday Bill, which moved several federal holidays to Mondays. This was designed to schedule some holidays so that workers had more long weekends during the year.

During debate on the bill, it was proposed that Washington's Birthday be renamed Presidents' Day to honour the birthdays of both Washington (February 22) and Lincoln (February 12).

Following much discussion, Congress rejected the name change. After the bill went into effect in 1971, however, Presidents' Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday.

Presidents' Day is usually marked by public ceremonies in Washington, D.C., and throughout the country.

❖ *Most recent update by Adam Augustyn of Encyclopaedia Britannica.*

Featuring more than 30 sculptures, installations, and other works created by contemporary Japanese artists

For more than one thousand years, Japan has produced some of the world's finest paper. Japanese paper makers still use the skills passed down through generations to create handmade paper, known as "washi." It is used in painting, calligraphy, origami, and other traditional art forms.

Japanese contemporary artists are now using washi as the basis for their artwork. They take this supple yet sturdy natural fiber and layer, weave, dye, twist, fold, and cut it to create highly textured hanging works.

Opening, Saturday, Jan. 29, the newest exhibit at the Longmont Museum brings this ancient yet innovative art form to Longmont. "Washi Transformed: New Expressions in Japanese Paper" show-



typical expectations of paper art.

Japanese art and culture set the stage for the Longmont Museum's programming this season. Explore upcoming films, concerts, classes, and talks inspired by "Washi Transformed" at longmontmuseum.org.

The exhibition runs Jan. 29 through May 15, 2022. Cost is \$8 for adults and \$5 for students, seniors, and veterans. Longmont Mu-

seum members and children age 3 and under are free. Gallery admission for visitors with an EBT or SNAP card is only \$0.25, and the second Saturday of each month is free.

The opening reception scheduled for Friday, January 28 has been postponed for the community's safety. Information about a rescheduled event will be available at longmontmuseum.org or by signing up for the Museum's e-newsletter.

cases more than 30 expressive sculptures, dramatic installations, and two-dimensional works.

"Washi Transformed" spotlights the works of nine contemporary Japanese artists: Hina Aoyama, Eriko Horiki, Kyoko Ibe, Yoshio Ikezaki, Kakuko Ishii, Yuko Kimura, Yuko Nishimura, Takaaki Tanaka, and Ayomi Yoshida. All these artists use washi to create works that are unusual in size, unexpected in texture, and do not fit

"The End and the Beginning"

By Laura L. B. Border

The year 2021 drags its tail between its hind legs as it exits
Leaving behind months marked with violent fires,
destructive inundations, howling winds, and shifting ground

After nature rushes through with all her force and inconsideration
The forest's inhabitants stumble and run for their lives
Humans who imagine themselves in charge cringe and quake

After the assault passes, the silence resounds
Its emptiness echoes across the foothills, the mesas, the valleys, the peaks
The lakes freeze as smooth as glass

Tonight, snowflakes fill the air
Covering the scorched land with mounds of white
And I, after hours of distress, sit alone by the fire

My human flood pours forth from tired eyes,
Rolls over my cheeks,
Tumbles down the hills and valleys of my face

As I taste the salty crystals of my tears,
I remember that everything flows eventually into the sea
Only to be resurrected
as the majestic mountains, rivers, winds, and fires of a future eon

❖ *Laura L.B. Border, Moon Chimes author and of this copyrighted poem, wrote it on December 31, 2021 following the Marshall Fire. She can be reached at lauralborderauthor@gmail.com*

Quilt Sale



Fri March 4, 2022

4:00pm to 6:00pm Preview
6:00pm to 8:00pm Sales

Sat March 5, 2022

9:00am to 3:00pm Sales

First Lutheran Church
803 3rd Ave (3rd & Terry St)
Longmont, CO

Proceeds Benefit Safe Shelter of St. Vrain Valley
O.U.R. Center

Credit Cards, Checks & Cash Accepted

More information
visit: www.interfaithquilters.com
email: interfaithquilts@gmail.com



5 Tips to Thwart Fraudsters and Protect Older Adults

Unfortunately, many of the most effective scams are those which target older adults, according to experts.

“All too often, we hear of elder financial abuse cases where bad actors manipulate unsuspecting older adults out of their savings and possessions,” says Lauree Peterson-Sakai, strategy leader for Wells Fargo Aging Client Services.

Imposter scams use a variety of tricks to gain a person’s trust and steal their sensitive information, but they often start with a simple call, email or message impersonating a person or company they know to trick them into giving away their money. To thwart fraudsters, consider these five tips.

1. Beware of callers. Don’t pick up calls from unknown numbers. The IRS and other government or financial institutions rarely make outbound calls and never ask you to provide personal information.
2. Don’t be ghosted by a money mule scam. Avoid helping strangers with cashing checks, delivering packages or receiving goods.
3. Beware of calls from anyone



(c) AndreyPopov / iStock via Getty Images Plus

4. Speak to another family member or trusted person in your life before lending large sums of money to family members or new acquaintances.
5. Bad actors are everywhere today, including in internet searches, emails and texts. Don’t be tempted to click on something that could hurt you or expose your personal

information and log-in credentials. “The best things you can do for yourself are know how to recognize potential scams and keep an

open dialogue with your family and loved ones. Encourage each other to share if something sounds suspect,” says Peterson-Sakai. “What we’ve found to be really protective against scams is running a situation by someone you trust before making a decision that could impact you financially.”

For a guide to identifying and preventing elder abuse, visit wellsfargoadvisors.com.

To protect yourself and those you love, learn the most common tricks and scams, and when contacted by someone you don’t know, always proceed with caution.

❖ *Courtesy StatePoint. This advertisement was written and provided by Wells Fargo Wealth & Investment Management.*

Social Security Today

The Social Security wants people to know how to get help from them when they need it. This is especially important during the current pandemic, when in-person service is by appointment only for limited, critical issues.

A flyer is available (<https://www.ssa.gov/pubs/marketing/EN-05-10558.pdf>) that explains how to get help. It stresses that the best way for most people to get help is online, at SSA.gov. If you cannot use our website, you can call our National 800 number or a local Social Security office. If our representatives are unable to handle the matter during that call, they will schedule an appointment to serve you by phone or in-person.

The flyer also includes information you should know before coming to the office:

- You must have an appointment to visit an office.
- Masks are required for all office visitors and employees, regardless of vaccination status.
- Visitor capacity is limited to follow physical distancing requirements. This means you may need to wait outside, so plan for cold or bad weather.
- We ask that you come alone unless you require help with the visit. If they require help, we can only permit one person to accompany them.

Please share this and consider printing and displaying this where you can.

Making the Most of America Saves Week

This year, America Saves Week runs from February 21 through 25 with the theme Building Financial

Resilience. The week is an opportunity for organizations to promote good financial habits, and for people to assess their own saving status.

Planning and saving are key to a successful retirement. The earlier you start saving for retirement, the better off you will be. People with a plan are twice as likely to save successfully. Set a goal, make a plan, and save automatically. We encourage you to pledge to save for America Saves Week at www.americasavesweek.org.

Visit our website for more information on ways to help you plan for your retirement at www.ssa.gov/retirement.

You are never too young to begin saving. If you know a younger worker, please help share our information with them. Younger workers may think they have time to put off saving for their future, but the sooner they begin, the more their money can grow. Visit and share our website for young workers at www.ssa.gov/people/earlycareer where you will find resources that can help you secure today and tomorrow. We also have an infographic that provides helpful information about saving at www.ssa.gov/benefits/assets/materials/retirement/EN-05-10549.pdf.

Call for a Tour. Lunch is on us!

Peaceful Assurance

Rest assured knowing we will take care of the ones you love.

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

THE BRIDGE
AT LONGMONT

303-774-8255

Pratt Street, Longmont CO 80501
www.centurypa.com



4 Ways to Go Green If You're Not Ready for an Electric Vehicle

Countless headlines suggest you have to drive a battery-powered electric vehicle (EV) if you care about the planet. Yet consumers, including many who want to be "green," are still opting for gasoline-powered vehicles 98 percent of the time. What's standing in their way?

• **Cost.** It may cost as much as \$10,000 or \$15,000 more up-front for a battery-electric car compared with a similar gas-powered car.

• **Charging.** Installing a home charger that's required to run a EV can cost an additional \$1,000 to \$3,000. Additionally, a home charger may not be possible for those who park on the street or live in an apartment building.

• **Road trips.** The number of public charging spots is growing, but it's not like the nationwide network of gas stations. Even with a relatively robust 200-mile range, EV owners must plan carefully for charging breaks every few hours of driving. It may take 30 to 60 minutes to add enough battery power for another couple hours of driving. Bigger battery packs can give longer range, but also longer charging times.

If any of these realities are the deal-breakers preventing you from going green behind the wheel — relax! There are still at least four good alternatives to EVs that will still help the environment without breaking the bank.

• **Hybrids.** Hybrid technology has been around since the late 1990s. Hybrids combine a smaller gas engine with battery-powered electric motors for better fuel economy. Hybrid sedans like the Toyota Camry, Honda Accord or Hyundai Sonata now average more than 50 miles per gallon. The Toyota Prius Eco gets 56 mpg in combined city-highway driving, according to fueleconomy.gov. A 50-mpg hybrid replacing a 30-mpg vehicle will save \$625 a year in fuel costs, or \$3,100 over five years. You'll save

even more if your trade-in gets less than 30 mpg!

• **Plug-in Hybrids.** A plug-in hybrid is a hybrid you can plug-in to charge a separate battery and then drive for 30-50 miles on pure electric power. After that, a gasoline engine kicks in, operating like a hybrid. For commuting, a plug-in like a Toyota RAV4 Prime or Prius Prime is a great choice. The average U.S. commute is 16 miles. With just 32 miles of electric-only range, that commuter wouldn't need gasoline to get to work.

• **Fuel-Cell Electric Vehicles.** Fuel-cell electric vehicles (FCEVs) are electric vehicles powered by a reaction from hydrogen fuel and oxygen, making water vapor the only emission. The 2021 Toyota Mirai, for example, has a range of more



than 400 miles, compared to 200-300 for most newer EVs. FCEVs are refilled at a station, like the gas stations you're used to. The main challenge is a lack of hydrogen infrastructure. California is the only state with a robust network of fueling stations -- but more are on

the way.

• **More Efficient Gasoline-Powered Cars.** While not as dramatic in helping the environment as the other options mentioned, conventional gas engine cars still have a lot to offer. Automakers have been improving them continuously to meet tougher federal fuel economy regulations. Some gas-powered SUVs you see around town, like the 2021 Honda CR-V or the Toyota RAV4, might get 30 percent better mileage than

the 10-year-old car or SUV they're replacing. That would cost about \$400 less per year to operate than their 2011 counterparts, or an extra \$2,000 in your pocket after just five years!

❖ *Courtesy StatePoint*

Bonded Pairs

It is not uncommon to see bonded pairs of animals come into the shelter, whether surrendered together or arriving following the incapacity or death of an owner. Whenever possible, we work to adopt bonded pairs out together – a scenario that boasts benefits both to the animals and their new adopters. Here are a few of the benefits of adopting bonded pairs:



Judy Calhoun

1.) Pairs are Happier -. While animals can be independent, they are also social creatures that thrive on companionship. When a pet is left alone for extended periods, they can develop behavioral issues and even

Pets Are Family

signs of depression. Those who arrive at a new home as a bonded pair can adjust more quickly to their new surroundings as they interact with each other and share daily activities.

2.) Pairs are Healthier. Animals can feel the same stresses that we do, leading to hair loss, heart problems, and stress eating, among other issues. When animals remain together, we commonly see them living longer, healthier lives, filled with more exercise and a reduction in stress.

3.) Pairs Stay Entertained. When a pet becomes bored, they can become agitated in their surroundings and find mischief. With a bonded pair in your home, animals are often adequately entertained with the social interaction they provide each other.

4.) Pairs Learn from Each Other.

Pets adopted together continue the learning cycle they experienced with their mother and siblings by watching what each other does. As they socialize, play, and observe, they see how to behave along with associating the consequences of their actions.

When you adopt a bonded pair from a local shelter or rescue, you can help eliminate the grieving process animals often experience through separation and reduce anxiety commonly felt when they are rehomed alone. Judy Calhoun is the temporary executive director at Larimer Humane Society.

❖ *Judy Calhoun is Interim CEO of Larimer Humane Society in Loveland. Larimer Humane Society's mission is to further compassionate, safe, and responsible relationships between animals and people. For more information visit larimerhumane.org.*

BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!



Call For Eligibility!

Boulder Meals on Wheels: 303-441-3908

Coal Creek Meals on Wheels: 303-665-0566

Longmont Meals on Wheels: 303-772-0590

FILE OF LIFE

Our sponsors have partnered to provide a identification program to assist individuals who, due to dementia, disease or trauma, are unable to communicate needed information.

Boulder Fire Rescue Longmont Fire Department



DONATE YOUR CAR!

Wheels for Wishes

Make-A-Wish Colorado

Call: 720-907-3825

Advertise Your Service Here! Call 303-694-5512 for details!

NEW TECH FOR A GREAT 2022

If you're thinking about giving your tech a refresh, here are a few gadgets and developments to look forward to this year, all of which can help you organize your life and better stick to your goals.

- **Wearables to keep you on track:** The popularity of wearable devices like smartwatches has increased dramatically, with sales forecasted to reach more than one billion worldwide this year, according to Statista. Now, there's a smartwatch fit for every member of your family. For example, T-Mobile's SyncUP KIDS Watch keeps kids and their parents connected, featuring talk and text with approved contacts, real-time location tracking and virtual boundary alerts. For adults looking to stay connected and crush their fitness goals, the Samsung Galaxy Watch4 series delivers a seamless call-text-notification connection no matter where you are, as well as fitness and health functions like auto workout track-



(c) gorodenkoff / iStock via Getty Images Plus

ing, advanced run coaching, body composition analysis and group challenges for that extra push. For a limited time, these watches are free at T-Mobile with 24 months of bill credits when you add a qualifying watch line to your current rate plan.

- **Smart systems for your home:** Statista estimates nearly 37% of homes own a smart home device that can monitor everything from doorbells to lightbulbs to household appliances. Now, smart home devices are taking it to the next level with centralized smart home systems. Samsung's SmartHub system is compatible with more than 5,000 products, including household appliances and home security systems, so you can do tasks such as control your home's thermostat or preheat your oven.

- **New, more affordable 5G smartphones:** More smartphones are debuting using the 5G network, including the Samsung A13 5G

– the brand's most affordable 5G smartphone. Priced at \$249.99, it sports an edge-to-edge 6.5-inch HD+ LCD display, a triple rear camera and 5MG front camera, and is packed with a 5,000 mAh battery with 15W fast charging capabilities.

- **Ditch the Wi-Fi for a 5G wireless plan upgrade:** Wi-Fi has historically given us the speed and capacity we need to stay connected on the go, but today, super-fast 5G networks are enabling us to forget Wi-Fi. Now, you can use the secure, high-speed hotspot capability of your 5G phone to keep all

devices and others connected. 5G is giving us on-the-go speeds that are just as fast, or faster, than Wi-Fi. T-Mobile offers wireless plans like Magenta MAX that is specially designed for all that 5G phones can do, including unlimited smartphone data and one of the most generous hotspot plans in the industry, with 40GB per month of high-speed mobile hotspot data included.

These are just a few tech upgrades to take advantage of to get the tech refresh you deserve right now.

❖ *Courtesy StatePoint*

TRADING POST

Services

I GOT THIS

No job too small
Competitive Prices
Painting
(30 years experience)
Gardening
Decluttering/organizing
Carrie Copeland, owner
Front Range, Colorado
401-480-7103

Miscellaneous

GASP of Colorado: Group to Alleviate Smoking Pollution has many programs to serve the need. Contact: 303-444-9799 or info@gaspc.org for more information.

Help Wanted

SALES JOBS!

Great PT employment



Choose Your Hours
Work With A Professional Sales Team and Serve Seniors.
Call **303-694-5512**
For More Details.

Travel

TRAVEL WITH ALETA

Motor Coach Tours for 2022. Call Aleta with questions and registration information: 720-382-3814 or blondealeta@msn.com/. Detailed flyers can be sent or emailed.

- Nashville Tour. April 23 – May 1, 2022. \$1045 / 9 days
 - The ARC Encounter & Creation Museum. June 4-12, 2022. \$955 / 9 days
 - Mount Rushmore, Black Hills South Dakota & Yellowstone. August 15-22, 2022. \$1249 / 8 days.
 - Grand Canyon, Las Vegas & Hoover Dam Sept. 10-17, 2022. \$929 / 8 days
 - Albuquerque & Santa Fe. October 11-15, 2022. \$635 / 5 days
 - Branson Holiday Shows. Nov. 6-12, 2022, \$775 / 7 days
- *Prices include transportation, all lodging, admissions to attractions and most all meals.

Events

MUSIC JAM:

The Boulder Friends of Jazz hosts a Dixieland and Swing jam session the first Sunday of each month 1 to 4pm at the Avalon Ballroom, 6185 Arapahoe Rd, Boulder. Members \$8.00, non-members \$10.00, students \$2.00, musicians who sit in are free. Masks and proof of vaccination required.

Classifieds **WORK!**

Volunteer

MEALS ON WHEELS

Urgently needs volunteer delivery drivers for approximately 2 hours one day a week on weekdays to deliver noon meals to homebound clients in this area. Also needed are kitchen volunteers for one weekday morning of your choice to help package meals. To volunteer for a great organization, call **303-772-0540** for details.

50 Plus Marketplace NEWS

Colorado's Largest 50 Plus Monthly Resource
50plusmarketplaceneews.com





Current Local Events & Lifestyle Articles

Four Local Community Editions

Over 200,000 Print Circulation

Connecting 50 Plus Adults with Local Businesses

Mobile User Friendly Access Website

Call for Your **FREE** Media Kit Today!
303-694-5512
Info@50plusmarketplaceneews.com

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

Copy due by the
10th of the preceding month

- | | |
|-------------------------------------|-----------|
| <input type="checkbox"/> March 2022 | 2/10/2022 |
| <input type="checkbox"/> April | 3/10/2022 |
| <input type="checkbox"/> May | 4/10/2022 |
| <input type="checkbox"/> June | 5/10/2022 |
| <input type="checkbox"/> July | 6/10/2022 |

ADVERTISER'S INFORMATION

Name _____

Company _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Lafayette Senior Services

303-665-9052 • olderadults@lafayetteco.gov

Closed Monday February 21st. in a fun safe environment.

Estate Planning Made Easy.

Wednesday 2/2 1-3PM. Complete a will, financial power of attorney and combined medical directive, with the help of Colorado licensed attorney Mike Anderson. Includes all materials, witnessing, notarizing, individual review, and time for discussion and questions.

Valentine's Day Event.

Monday 2/14 1-3pm. Celebrate Valentine's Day with the romance and nostalgia of the 40s, 50s and 60s with Mr. Tim, the Crooner, singing favorite love songs to warm your heart. Includes a Valentine treat and entertainment.

Memory Games.

Friday 2/18 11-1PM. Learn & share tips and tricks for enhancing your memory while enjoying some fun memory games and interacting with others

Rocky Mountain Quilt Museum.

Tuesday 2/8 9:30 to 2pm. A guided tour to explore the scope of the quilting, from bed coverings of the 1800's to contemporary art pieces. Wear comfortable shoes and bring money for lunch.

Decluttering Class.

Monday 2/22 1-2pm. Anne Shaw provides tips on how to simplify your life by following the 5 easy steps for downsizing. Learn practical decluttering solutions, best practices for hiring professional organizers, movers, or estate liquidators, and more.

Meow Wolf Museum.

Thursday 2/24 10 to 4pm. Visit Denver's newest museum! Explore your imagination through this four-story exhibit. It houses over 70 unique installations, rooms, and portals. Joy us for this unforgettable experience!

Boulder Age Well Center

303-441-3148 • <https://bouldercolorado.gov/older-adults>

West Age Well Center. Offering online programs and is open Monday – Friday, 8:30 a.m. – 4:30 p.m. for onsite programs and services. Check the Older Adult Services website for program information and to subscribe to our weekly e-newsletter. Meals on Wheels' Eat Well Café is open for lunch Monday – Friday, 11:00 a.m. – 1:00 p.m.

Social Dancing with Distance,

Connection and Joy. West Age Well Center | Thursdays, February 3 – 24 | 1:00 – 2:00 p.m. | R/NR \$24/\$30. Experience the joy and connection of social dancing while maintaining safety through masking and physical distancing.

SPARK and Studio Arts.

Boulder Pottery Class | West Age Well Center | Tuesday, February 8 | 1:00 – 2:30 p.m. SPARK programs are designed for individuals with neurodegenerative diseases, accompanied by their caregiver or partner. Participants learn about the fundamentals of pottery to make functional and whimsical pieces.

NCAR Explorer Series.

The Internet of Things (IoT) for Weather Technologies and Forecasting | Online | Tuesday, February 15 | 11:00 a.m.- noon. Join this pro-

gram to learn about a new era for do-it-yourself advanced, automated weather observation.

Tech Series.

Fitness and Wellness Using Technology | Online | Wednesdays and Fridays, February 16 – March 18 | 1:00 – 2:15 p.m. Join a free 5-week course by Senior Planet and learn how to access fitness classes and resources through apps and devices.

Independent Living and Assisted Living.

Online | Wednesday, February 16 | 1:00 – 2:30 p.m. Learn about independent living and assisted living, which facilities are available in Boulder County, what to expect, how to qualify and what questions to ask.

Getting ready to move: Down-

sizing. Online | Wednesday, February 23 | 1:00 – 2:30 p.m. Downsizing may feel overwhelming. This panel of professionals will provide some helpful tips and resources to make the process easier.

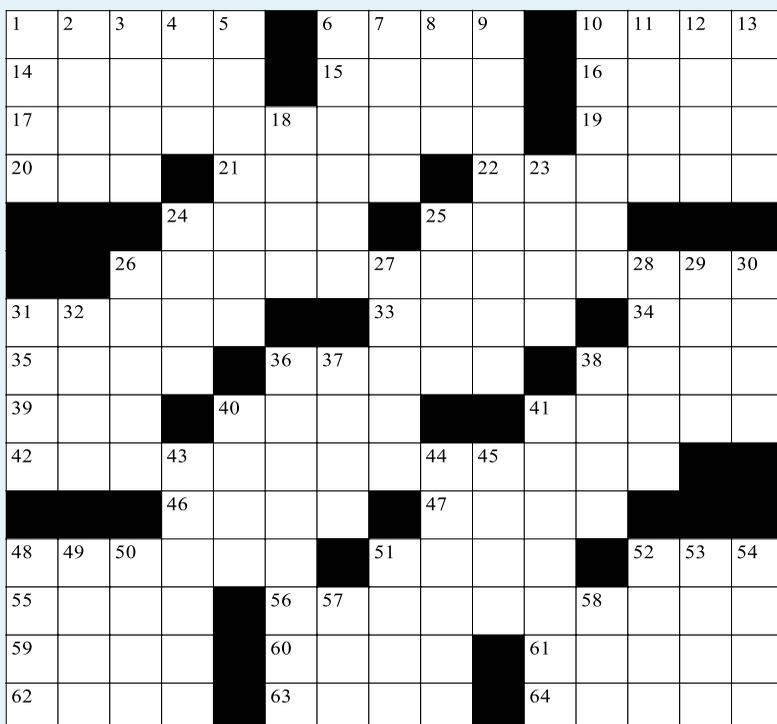


If you are warm and cozy,
know many of our recipients are not...
and you can help.

Visit www.efaa.org for more information

Crossword Puzzle

Boulder County
February 2022
Answers page 8



ACROSS

1. English poet
6. Droops
10. Sudden pull
14. Very small island
15. Sea eagle
16. Capital of Western Samoa
17. Flowering plant
19. Beak
20. Pair
21. Goatskin bag for holding wine
22. Tapering mass of ice
24. Musical instrument
25. Knot in wood
26. Supernatural
31. Fear greatly
33. Hearing organs
34. Biblical high priest

35. Monetary unit of South Africa

36. Containing soap
38. Greek goddess of the earth
39. Day ___ Glance (2 wds)
40. British nobleman
41. Person who explores caves
42. Make melodramatic
46. South African river
47. Detest
48. Stupefy
51. Sullen
52. 6th letter of the Hebrew alphabet
55. Egg-shaped
56. Destruction of a fetus
59. Matured
60. Temple
61. Nickel-cadmium battery

62. Exclamation to express sorrow

63. Matron

64. Dropsy

DOWN

1. Compassionate
2. Son of Isaac and Rebekah
3. Too
4. 9th letter of the Hebrew alphabet
5. Short and thick
6. Seat for two or more persons
7. Melody
8. Oxlike African antelope
9. School for the priesthood
10. Large white stork
11. Heroic
12. Small rivulet
13. Cabbagelike plant
18. Underground part of a plant
23. Felines
24. Toward the mouth
25. Summit of a small hill
26. Pertaining to punishment
27. Kingdom
28. Rob
29. On sheltered side
30. Person who lies
31. Small drink of liquor
32. Charge per unit
36. Stately Spanish dance
37. Spoken
38. Look intently
40. Yellow cheese coated with red wax
41. Lemon-colored
43. Undeveloped seeds
44. On horseback
45. Tense
48. Adriatic wind
49. Wicked
50. Soft lambskin leather
51. Adverse fate
52. Immoral habit
53. First man
54. The sacred scriptures of Hinduism
57. Bleat of a sheep
58. Spanish hero



TOTAL EYE CARE

Specialists in

- *Macular Degeneration*
- *Glaucoma*
- *Cataracts*
- *Retinal disorders*
- *Dry Eye*
- *Cornea conditions*
- *Cosmetic Plastic & Reconstructive Surgery*
- *Refractive Surgery*
- *Routine Eye Care*

Call today:

303.772.3300

www.EyeCareSite.com

**Boulder
Longmont
Lafayette**

3 Ways to DIY Your Valentine's Day

As the third most expensive holiday on the calendar, according to Wallet Hub, Valentine's Day expenses can quickly add up. With a little planning however, you can design a memorable, do-it-yourself date that truly shows that special someone how much you care, while saving time and money in the process.

The experts at Dollar General are here to help with budget-friendly Valentine's date essentials to gush over!

• **Devoted Decorations.** Adding just a few small romantic details around the house can create an intimate ambiance. Place flowers on the dinner table and light candles for a fresh aroma. Give the candles a festive touch by adding burlap and heart pendants around the sides using these crafting instructions from Dollar General: [spiration. Create mood lighting a tasty meal that is also affordable by turning off all main sources of light.](http://dollargeneral.com/in-</p>
</div>
<div data-bbox=)



able. Finish the feast on a sweet note with a dessert that can be shared between a couple or a group of loved ones, such as Valentine's Day Truffles.

• **Gush Over Gifts.** Smaller, affordable self-care gifts are a great way to make loved ones feel loved appreciated without going over your

budget. Consider a new razor or cologne, or create a gift basket full of candy, beauty products, a gift card and candles. Additional gift options can range from a lovable stuffed animal or candy they can munch on.

• **Be Mine Meals.** Next, plan a romantic dinner and sweet treats to follow. Homemade food can mean more than ordering an expensive meal at a restaurant or takeout, especially when the meal is delicious, nutritious and doesn't break the bank. Consider using Dollar General's "Better For You" recipes, such as the Pecan-Crusted Salmon, Steak & Veggie Kabobs, or Slow Cooker Pork Chops to serve

Regardless on how the love-filled holiday is spent, consider visiting the DG Tips & Hacks page at dollargeneral.com to find more helpful DIY projects, recipes and more.

From the decorations to dessert, you can show your love and appreciation on Valentine's Day by creating an unforgettable, affordable date at home.

❖ *Courtesy StatePoint*

Colorado Gerontological Society

Finding Help To Live Independently In Your Home

In the US, nine out of ten older adults want to continue to live independently, preferably in their own home. Continuing to live in one's own home is dependent on many things.



Eileen Doherty

If you want to age in place, you should consider making your home older adult friendly. This might include installing technology devices to make your home more like a "smart home" with voice and smart phone supports such as doorbells with videos, lights that turn on with a voice command, and a robot vacuum cleaner.

Other changes might include remodeling bathrooms, moving laundry facilities to the main floor, installing ramps, and rearranging kitchen gadgets and cooking utensils.

The Colorado Gerontological Society is offering a series of educational programs to offer tips and help to older adults who want to continue to age in place and live independently in their home. You can register at www.senioranswers.org to attend the free zoom sessions throughout 2022. Recordings are also available on our YouTube channel.

Older adults who want to age in place, also need to consider what services can be provided by family and friends. Some older adults have family members in Colorado who may be able to provide support, especially with the law that was recently approved by Colorado voters.

The Colorado Family Medical Leave Program will start in 2024. Family members can take up to 12 weeks off work and be reimbursed

up to 90% of their wages for a portion of the leave to provide care and support to an older family member. The employee is guaranteed employment with the company without losing their position, salary, and benefits.

Many older adults may often find themselves looking for help from home care agencies. A Class A home health agency provides skilled care such as nursing services, therapy, and medical supports. These services are usually paid for by Medicare and may require a three-day hospital stay.

A Class B home care agency can provide help with activities of daily living, such as bathing, shopping, cooking, and cleaning. These services are usually paid for privately. Depending on income and need, Medicaid may pay for these services through the Home and Community Based Services program.

Finding reputable agencies that are affordable and provide services in your area can be challenging. The Society offers a searchable database, the Housing and Home Care Locator, at www.senioranswers.org. By using the online Locator, a statewide comprehensive listing of all licensed facilities, can help you narrow your search. A print copy of the Colorado Senior Resource Guidebook will be available later this year in local libraries.

To talk with a counselor, order a Guidebook, or for help in navigating the website or the YouTube channel, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society and teaches Nonprofit Management for Fort Hays State University. She can be contacted at 303-333-3482 or doherty001@att.net*

50 Plus Media Solutions INC

Providing multiple solutions for branding and promoting your business!



50 Plus Marketplace INC

- Local Events, Interesting Columns, & Lifestyle Articles
- Four Local Community Editions
- Over 200,000 Print Circulation in 100 towns & 16 Counties
- Connecting 50 Plus Adults with Local Businesses
- Effective & Affordable Ad Rates

50 Plus Video Solutions™

- Lower Cost Video Solutions
- Highly Persuasive with Measurable Results
- Multiple Delivery Methods
- More Memorable than other media!



Visit 50Plus.solutions to learn more!

303-694-5512 for more information!