

Boulder Rotary Recognizes Service Above Self Recipients



Bob Van Eschen



Debbie Pope



Nicole Speer



Patricia Young



Evangeline Eliason

Six nominees will be recognized on April 29 when the Boulder Rotary Club hosts its second annual Service Above Self Awards Event. This award focuses on individuals who have contributed to the community outside of their work responsibilities or have created a better community above and beyond what their job might entail.

This year's nominees include Bob Van Eschen, Lynn McCullough, Debbie Pope, Nicole Speer and Patricia Young. The nominees will receive monetary awards to be donated to their non-profit of choice. Student nominee

Evangeline Eliason will also receive a monetary award for her designated charity.

All nominees have been actively involved in making a lasting impact in the community.

Bob Von Eschen is currently heading the volunteer capital campaign for the Lafayette-located YMCA of Northern Colorado. He has been a significant supporter of the TRU Community Care Hospice annual luncheon.

Lynn McCullough, TRU Thrift Shop manager, works to provide

funding for TRU Community Care, PACE, and The Giving Room which helps other Boulder County non-profits. Debbie Pope's community involvement is with the YWCA, National MS Society and as a key fund-raiser for various other community non-profits.

Nicole Speer, Boulder City Council member and Director of CU's Institute for Cognitive Science, is involved with the "Feet Forward" program and is especially concerned about homelessness. Patricia Young's recent volunteer involvement is with the Boulder Community Hospital Auxiliary, Curated Closed, Boulder

YWCA and the Boulder Humane Society.

CU student, and Daniels Fund Scholar, Evangeline Eliason was recognized as the winner of the 2022 Student Voice of Mental Health Award. She organized the Project Kind student peer-led panel to provide suicide prevention information.

Tickets for this 5:30 p.m. event on April 29 at the Boulder Country are \$150 per person with sponsorships available. Register at boulderrotary.org.

Easter Origins & Traditions

No one is 100% sure where the English word 'Easter' came from! In every other European language, the word for the festival of Easter comes from a variation of the word 'Passover.'

One theory is that the word Easter comes from the Anglo Saxon month 'Eostremonath,' which was about the time of April, when the Christian festival was held.

Another theory (and the most likely) is that the term 'Ostern' actually came from an early Latin term for Easter week 'hebdomada alba' (which means 'white week'). So Easter became known as 'Ostern' in German and then 'Easter' in English.

The Passover festival dates about 4,000 years ago when Jewish people remember that God saved them from slavery in Egypt. Jesus celebrated the Passover in the first month of the Jewish New Year (14-

15 of the month of Nisan). The Jewish calendar follows the cycle of the moon, so the date changes a bit every year.

The first Jewish Christians added Easter celebrations to the Passover festival and because Jesus rose from the dead on a Sunday, so Easter Day became the first Sunday after Passover. Easter is celebrated around the same time of year that Jesus was slain at the time of the Jewish Passover festival.

Since its origins, Easter has been a time of celebration and feasting and many traditional Easter games and many customs developed, such as egg rolling, egg tapping, pace egging, cascarones or confetti eggs and egg decorating. Today Easter is commercially

important, seeing wide sales of greeting cards and confectionery such as chocolate Easter eggs as well as other Easter food such as turkey or ham. Even many non-Christians celebrate these features of the holiday while ignoring the religious aspects. Nowadays child entertainers and kindergartens invent various new Easter games, often adapting well-known games to Easter topics, such as word puzzles involving Easter-related words. Courtesy of Wikipedia



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APRIL Calendar

Monday/3

AARP presents a free virtual program on "Fitness: Build Balance and Mobility" at 9:15 am on Zoom. This series of 45-minute mobility classes will focus on exercises that boost flexibility, muscle strength, coordination, balance and heart health with a goal of improving your overall performance of daily activities. Please register to obtain the Zoom info at email: txaarp@aarp.org.

Tuesday/4

The Boulder Genealogical Society presents a free monthly program on "Boozers, Brothels, and Bare-Knuckles Brawlers" by Kellen Dane Cutsforth at the Calvary Bible Church, 3245 Kalmia Ave. in Boulder at 7 pm. Kellen reviews the early days of Buffalo Bill's Wild West show and also provides information about the use of primary resources, footnotes, and nontraditional forms of research for genealogists and family researchers. Please register on their website at www.bouldergenealogy.org for the Zoom info and handout.

Wednesday/12

The Longmont Genealogical Society presents a free monthly program on "Vitaly Important: Vital Records and Their Substitutes" by Sylvia Tracy-Dolos at 1 pm on Zoom or at Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. Join Sylvia as she discusses the value of vital records and what to do when they weren't created. Please register on their website at www.longmontgenealogicalsociety.org for the Zoom info and handout.

Thursday/20

The Colorado Gerontological Society presents a free program on "Aging in Place: Living in a Community With an HOA" by Eileen Doherty at noon on Zoom. Join Eileen as she discusses the pros and cons of living in a shared community with an HOA. Please register to receive the Zoom info at www.senioranswers.org/how-to-successfully-age-in-place/.

Thursday/27

The Alzheimer's Assn. presents a free program on "Effective Communication Strategies (virtual)" on Zoom at 11:30 am. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please register at 1-800-272-3900.

Please check with individual venues for current information.

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Hover Senior Living Communities are honoring 8 people over 80 years old who have made a significant contribution to our community.

May 11, 2023 at Fox Hill Club
1400 E. Hwy 119, Longmont
3:00 p.m. to 5:00 p.m.

Nominee:

First Name Last Name Age

Address of Nominee:

Street City State Zip

Nominee Phone Number Email

Please tell us in 500 words or less why you think your nominee should be one of our **8 Over 80** honorees. You may send us any photographs, newspaper articles, awards or other information you feel would be valuable in helping us make our decision.

Eligibility

- At least 80 years of age.
- Inspiring leaders or mentors who have made a significant contribution to Longmont or the surrounding area.

Person Making Nomination:

First Name Last Name

Email Phone Number

Please mail or email all items by March 31st to
**Lisa Bryant/Hover Senior Living, 1380 Charles Drive,
Longmont, CO 80503 or lbryant@hovercommunity.org**
The committee will notify you of the winners on April 25th.

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Published by
50Plus Media Solutions, Inc.
Boulder, 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

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Reflections on Social Resilience in a Post-Pandemic World

On March 17th, 2020, we woke up to a different world. In a nation of 332 million people, many of us felt isolated from our neighbors, peers, and loved ones.

In the early days of the pandemic, we saw both heartbreaking and heartwarming examples of the human impulse to connect in solidarity. The howls of kindred souls at 8pm every night to thank first responders and health care workers. An urban neighborhood singing John Lennon's "Imagine." F-16s from the Colorado Air National Guard flying overhead to honor the heroes among us.

Through technology, we did our



best to stay in touch with others, but it wasn't quite the same. I recall thinking that this "new normal" of social connection was too complex, and feeling like I would be all alone in a world that had moved on.

Finally, three years later, with anxious but hopeful hearts, we are making plans to be together. And yet, while face-to-face interaction often lifts our spirits, many of us have had learn once again how to show affection and how to be social.

These meetings may be uncomfortable at first. As social creatures, we long for interaction. But coming out of the pandemic isolation, we question our ability to

do so.

In this post-pandemic world, many of us need courage, resolve, and an adventurous spirit to reconnect with our community. We need to rekindle old friendships and spark new ones. We need to try new things and cultivate budding relationships. The leaders among us need to create safe spaces for others to thrive. We need to create the opportunities to grace others with our company, our friendship, and our love.

From loneliness to community, there is a path paved with inclusion.

Dr. David Remmert is a psychologist working for Mental Health Partners in Longmont.

Ron Stern's Travel Series Golden's Table Mountain Inn



Ron Stern

If you've never been to Table Mountain Inn, you owe yourself a visit. A Golden, Colorado, landmark since 1925, this delightful hotel exudes Southwestern charm and hospitality.

Their location in the Rocky Mountains offers spectacular views of downtown Golden, the nearby foothills and Table Mountain. With 74 ample-sized rooms and suites, premium bedding, in-room dining, and locally sourced body and hair products, you can relax in luxurious bliss. My bed was so comfortable, I didn't want to get up in the morning.



The property has adobe-style, Santa Fe decor throughout the lobby, common areas and cantina. Tastefully placed artwork, tapestries, and accents line the corridors and adorn the walls and guest-rooms.

One of the most unexpected things I found here was the cuisine at their Table Mountain Grill & Cantina,

which was absolutely fabulous! Using the freshest, locally sourced ingredients, their executive chef takes traditional Southwestern cuisine to a whole other level with his own gourmet touch.

Start with their crowd-pleasing favorite, the tableside flaming asadero cheese appetizer. The presentation alone is worth seeing as the fire shoots several feet into the air, perfectly melting the cheese. Served with green chili relish, pico de gallo, and hand-made corn tortilla chips, this a must-have item. You can pair it with any number of their signature margaritas, cocktails, or craft beers.

You might have a hard time choosing between coffee cured short ribs, Rocky Mountain Ruby Trout, enchiladas or fajitas but make sure you save room for dessert. My favorite was the crème brûlée de elote with strawberry and bishochitos but the key lime pie with dulce vida resposado whipped crème was just as delicious.

The staff here is exceptionally well trained. Everyone I encountered greeted me with a smile and authentic western hospitality.



Find Einstein



Can you find the hidden image in this paper?

Easter Quotes

"Easter is meant to be a symbol of hope, renewal and new life"

"The great gift of Easter is hope."
Basil C. Hume

"Unless there is Good Friday in your life, there can be no Easter Sunday." Fulton J. Sheen

"The entire PLAN for the future has its key in the resurrection." Billy Graham

"I believe in Christ, like I believe in the sun---not because I can see it, but by it I can see everything." C.S. Lewis

"I still believe in Santa, the Easter Bunny, the Tooth Fairy and true love. Don't even try to tell me different." Dolly Parton

May the holy spirit of Easter fill your home with hope, love and peace. Happy Easter

"The day the Lord created HOPE was probably the same day He created SPRING." Bernard Williams

"Easter always puts a spring in my step."

"All I need is love, but a little chocolate now and then doesn't hurt"
Charles M. Shultz

Health Matters

Heart health with Life's Essential 8



John Schutz, MD

It's important to know the state of your heart health now so you have a chance to improve it if necessary. That's where the American Heart Association's prescription for heart health, called Life's Essential 8, comes into play.

Life's Essential 8 contains eight key measures for improving and maintaining heart health, which can help to lower your risk for heart attack, heart arrhythmias, heart valve problems, diabetes, stroke, dementia and other major health problems. The eight are composed of four modifiable measures, meaning lifestyle oriented, and the other four measures are biometric or physically measured.

Life's Essential 8 outlines a few easy steps you can take to build better health, including:

- Eating better: Aim for whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.
- Being more active: Adults should participate in 150 minutes of moderate or 75 minutes of vigorous

- physical activity.
- Quitting tobacco: Traditional cigarettes, e-cigarettes and vaping are the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease.
- Getting healthy sleep: Adults should aim for an average of 7-9 hours.
- Managing weight: Optimal BMI for most adults ranges from 18.5 to less than 25.
- Controlling cholesterol: High levels of non-HDL, or "bad," cholesterol can lead to heart disease.
- Managing blood sugar: Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.
- Managing Blood Pressure: Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal.

Dr. John Schutz is a Fellow of the American College of Cardiology (FACC), Dr. Schutz is board certified in nuclear cardiology, cardiovascular medicine and internal medicine. Dr. Schutz sees patients at BCH's Boulder Heart in Erie and Lafayette.

Say you saw it in 50 Plus Marketplace News

Pets Are Family

How Pets Improve Mental Health



The American Veterinary Dental Society reports that 80 percent of dogs and 70 percent of cats show signs of oral disease by age three.

Maintaining your pet's oral hygiene is an important preventative measure that heads off bad breath, tooth loss, oral pain, and other health conditions caused by dental disease. Many dental issues in pets go unnoticed, so it's important to take a peek in your pet's mouth and check for red/inflamed gums, stained or tartar-covered teeth, and abnormally bad breath. Loss of appetite is also a common sign.

How to prevent dental disease? It's recommended that pets visit the veterinarian for an annual dental check-up. In the meantime, there are preventative actions you can take at home. One of the biggest struggles in maintaining pets' oral hygiene at home is their tolerance level. For most pets, a toothbrush

is a foreign object that they won't tolerate at first. If you have a puppy or a kitten, it's best to familiarize them at a young age. If your pet is older, however, patience, persistence, and positive reinforcement are key.

Clean your pet's teeth at least twice a week. Start by easing into the process. Allow your pet to sniff and lick the toothbrush, rewarding them with treats and praise before attempting to brush their teeth. Once they seem ready, use an adaptable brush that goes over your finger, or a pet-specific toothbrush and toothpaste, to gently brush their teeth. Focus on the gum lines and the back molars - this is where most plaque and tartar build up. Keep sessions short and gentle. Incorporating daily dental chews and dental-friendly diets can help between brushings. Be sure to speak with your veterinarian about dental health solutions that are best for your pet.

Thanks for reading! Visit larimerhumane.org to learn more!



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Visit trucare.org/tcpbc10 to reserve your seat and purchase a ticket. Space is limited.



Douglas County Commissioner George Teal To Serve On Statewide Transportation Advisory Committee

Douglas County Commissioner George Teal has been chosen by the Denver Regional Council of Governments (DRCOG) to serve as their alternate representative to the Statewide Transportation Advisory Committee (STAC).

STAC serves an important role in advising the Colorado Department of Transportation (CDOT) and Transportation Commission on local, regional and statewide transportation needs. Members represent Colorado's 15 urban and rural Transportation Planning Regions and two Indian Tribes. Commissioner Teal is one of two representatives from DRCOG.

Commissioner Teal also serves on DRCOG's Board of Directors and Performance and Engagement Committee, furthering transportation projects across the region that benefit the residents of Douglas County. He previously served on DRCOG's Finance and Budget Committee.

"Transportation is foundational to our lives – how we live, work and enjoy our County," Teal said. "I am honored to represent Douglas County's transportation interests at the state level."

Transportation is one of six core priorities for the Board of Douglas County Commissioners supported by historic investments (nearly 50% of the Douglas County annual budget) to ensure safe, accessible and reliable transportation for current and future residents.

Commissioner Teal was elected Douglas County Commissioner, District II, in November 2020 and currently serves as Vice Chair of the Board of County Commissioners.



Genealogy Rocks!

Colorado Genealogical Society (CGS)

Celebrates 100th Anniversary

The Colorado Genealogical Society (CGS) will celebrate its 100th Anniversary next year. It is the largest and oldest such society in Colorado. It has transformed itself several times over the years. In the beginning it was a tea-time organization meeting in a member's living room. Members had to be voted in to join.



Carol Darrow

societies when we could "do it ourselves" using FamilySearch.org and Ancestry.com. CGS soldiered on, gaining rather than losing members. People still saw a need for organizations and support of its members as they sought out their family history.

Then in 2020, we could no longer meet in person. How would CGS and the rest of the genealogical community survive? We all found a way through ZOOM, the electronic meeting place that serves not only our members but visitors from all over the country.

In about 1970, new members including Donna Porter introduced classes for members and started the first seminar with an invited speaker. (The current seminar is scheduled for April 29 featuring Judy Russell, CG.) Members helped each other to write letters requesting information from county offices and far-flung relatives.

In about 1990, regular monthly meetings featured speakers who addressed topics such as lineage societies and the process for requesting birth and death certificates.

In about 2005, talk turned to relying on the Internet for all our research. Some questioned the need for

Now in 2023, we have to find our way forward. Will we meet again in person or will we be strictly on ZOOM? Is there a hybrid solution that will please everyone? And who will guide us into the future? There must be people willing to work within the organization to plan, execute, teach, finance, and publicize an organization for it to survive. How can you help your organization? Are you willing to volunteer?

Carol Cooke Darrow has been a member of CGS for 20 years. She currently teaches free Genealogy 101 classes and facilitates the WriteNOW genealogy writing group on ZOOM.



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Technology is Hip! The Future of Web Browsing!



Bob Larson

On a recent 60 Minutes TV program, host Leslie Stahl interviewed several Microsoft executives on their new Artificial Intelligent (AI) Bing web browser. Both executives announced their updated Bing and Edge web browsers the previous week using Open AI's ChatGPT software. According to Stahl, over a million users have tried the new AI Chatbot program with much success! ChatGPT has been on the market for several months.

Besides Microsoft, Google is working on a new Chrome AI browser using Anthropic's Language Model for Dialog Applications technology and Opera has announced their new AI browser using the Access AI-generated Content platform. Even though these are new programs in beta testing, many improvements will be included during the next several months much like the military experiences in new military hardware or software.

Since Microsoft is using the Open

AI platform, they also have acquired a share of this dynamic company and will be using it in their Edge browser as well.

What is interesting about these new AI browser programs is it can literally create a white paper on most any subject from the Internet much like what Wikipedia does in using content from expert writers in any category! Microsoft Bing's program looks at all the different content on the Internet and summarizes it into a detailed white paper.

The educational organizations such as schools, colleges, and universities have a concern that many students will use this new AI platform to write their homework assignments or even a thesis without using their own research and creativity on any subject matter. Law enforcement may have some concerns too on creating scams and fraud using the new AI platform. However, all the web browsing companies have indicated they will prevent abusive use of the new AI web browsers.

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

A Good Day to Die ... or Not

Our culture is not too keen about death and dying. Truth is, neither am I. Perhaps I'd be more open if we could end our days by just fading into the night—after a great dinner with folks we love. I also find death much more acceptable on days when I'm feeling immortal than on days when I'm wondering, with anxiety, why I still have that peculiar pain.

This lapse of faith spurs me to read many books about the cycles of life and death. Then I study other cultures that seem to have a deeper awareness of this sacred circle, like the Native Americans. When Chief Crazy Horse went into battle, he proclaimed, "It's a good day to die!" Some American Indians still say it, every day, to be ready for death and to live their best life.

So I started saying it myself in my morning salutations, after blessing the day and the world. And when I open my arms wide and look out at the sky and mountains, I often feel it: It is a good day. A good day to die. To merge with the universe and see what comes next. I especially feel it on blue-sky days when the crows are squawking and the trees are in bloom. Yes, I think, if I have to die, this would be a good day for it. (Notice I'm still using the "if"?)

Then, one morning, while my eighty-something mother was visiting from Philadelphia, she came out on the patio and sat down nearby, just as I was doing my morning "hellos" to the sun, birds, et al. She regards my diverse spiritual practices with some bemusement, but tries not to intrude when I'm at it. Still, she's also curious, which spurred her to move closer to hear.

"Hello to the birds and the deer," I said, arms open wide.

"Don't forget the squirrels," Mom interrupted.

"Hello to the flowers, bushes, and trees."

"You have some beautiful trees," Mom said. "Really."

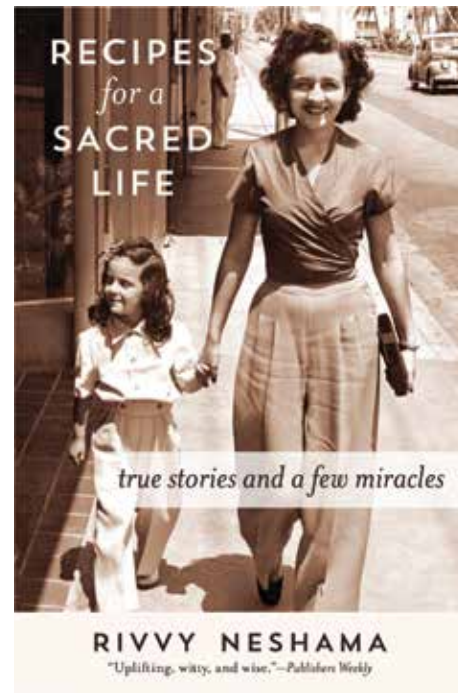
Finally, I spread my arms even wider and announced, "It's a good day to die!"

"Well," Mom chirped in, "it's not a bad day to live either."

She had a point. So now I end my blessings like this: "It's a good day to die!" I say.

And then, with gusto, "It's a good day to live!"

This story is from the award-winning book "Recipes for a Sacred Life: True Stories and a Few Miracles," by Boulder author Rivvy Neshama. www.rivvyneshama.com



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Hudson Gardens Summer Programs

The Hudson Gardens & Event Center is welcoming warmer weather and encouraging guests to visit the free community destination this spring and summer!

Beautiful blooms, unique plant species and a self-guided art walk are highlights of this botanical garden set along the scenic South Platte River.

Programming, such as beekeeping and guided bird walks, will be

offered this summer, however, Hudson Gardens will not be offering a Summer Concert Series in 2023.

Currently, South Suburban is analyzing all business operations at Hudson Gardens with the focus of bringing back community favorites. A strategic plan for the organization will be created to identify priorities for the venue and patrons.

To learn more, visit hudsongardens.org.



Get the Facts on Healthy Aging

Nearly 56 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 94.7 million in 2060. On average, a 65-year old can expect to live another 17 years. For most older adults, good health ensures independence, security, and productivity as they age. Unfortunately, millions struggle every day with challenges such as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues, all of which can severely impact quality of life.

Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. Nearly 95% percent have at least one chronic condition, and nearly 80% of adults have two or more chronic conditions.

The leading causes of death among older adults in the U.S. are heart disease, cancer, COVID-19, stroke, chronic lower respiratory diseases, Alzheimer's disease, and diabetes. Multiple chronic diseases account for two-thirds of all health care costs and 93% of Medicare spending. Yet, less than 3% of U.S. health care dollars is spent on prevention to improve overall health.

More than one out of four older adults falls each year. Three million adults 65+ are treated in emergency departments for unintentional fall injuries each year. As a result of falls, every 11 seconds, an older adult is treated in the emergency room; ev-

ery 19 minutes, an older adult dies. Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death. Older adults are hospitalized for fall-related injuries five times more often than for injuries from other causes.

The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid. If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

Regular exercise can help older adults stay independent and prevent many health problems that come with age. According to the 2018 Physical Activity Guidelines for Americans, older adults should do two types of physical activities each week to improve their health aerobic and muscle strengthening. A 2014 study found that 28% of adults aged 50 and over surveyed reported no physical activity, aside from their regular job.

These guidelines recommend that older adults engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity a week and muscle strengthening activities on two or more days a week.

Oral health is important for overall health and well-being, but 35% of older adults have not seen a dentist

Continued on page 12

Colorado Gerontological Society Salute To Seniors Returns In-Person May 20



Eileen Doherty

Denver, CO. Back by popular demand, the Salute to Seniors, a favorite expo for older adults is returning in person on May 20 and on May 21 on zoom.

The Salute to Seniors is the longest running statewide expo for older adults in Colorado. The Salute brings together older adults, companies offering services and resources to older adults and great entertainment for the enjoyment and pleasure of the Baby Boomers as well as, their families and friends. The theme for this year is Baby Boomers: When We Were Young.

The Salute to Seniors offers a great opportunity for participants to learn more about the community, where they can turn for help and a stress-free environment to do comparison shopping. Visit over 75 exhibit booths with information in

resources for services and programs.

Entertainment will include music, bingo, and other fun. The Forney Museum of Transportation will be showcasing automobiles from the 1950s.

Joining again this year is Adam Morgan, a broadcast media professional in the Denver area, who will emcee this year's event.

The Salute to Seniors will open at 9:30 am at the Denver Marriott Tech Center, 4900 S Syracuse, Denver. Admission is free. Parking and concessions are free, as well.

RSVPs suggested. Call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). The Salute to Seniors will also return on zoom on May 21 from 11:30 am to 1:00 pm. Register at www.senioranswers.org.

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

Reflections

An incidental meeting



Martha Coffin Evans

we were North Americans.

There, in the Queenstown, NZ TravelLodge dining room, our decades-long friendship began that July. I mentioned about wishing to go skiing too as they were Coronet Peak bound. Although I didn't have appropriate attire, Allan offered a solution. "Use Norma's parka," he said about his wife's jacket.

We traveled the shelf road, reminiscent of Eldora, to that ski field. After a token effort at skiing, we headed back to town. Allan suddenly stopped the car. "Get the Christmas Cake out of the boot," he told son Michael. Sitting there in the middle of the road, we enjoyed our cake and tea amidst the softly falling snow.

Over the decades, we sent calendars – theirs from NZ and ours from either my Colorado or California homes. Soon, visits became added to our incidental meeting, these times

"May we join with mom Norma and later with your table," we asked the father and young son. Allan, the father, immediately said, Yes. "Are you from Nixon or Trudeau Country?" he queried knowing

Michael as well.

One time, we watched Princess Diana's funeral service in our home before heading to Long Beach to board the Great White Steamer for Catalina Island. We later shared Palm Springs and the Tramway.

After we moved back to my Colorado home, Vail became an added experience. Meeting in Taos. New Mexico later became another adventure.

Over these years, we've shared our friends, vacation spots, stories, meals, miles of laughter, and, Christmas Cake in their Christchurch home. With Norma now gone and Michael, married with two young children, we've still stayed connected.

Recently I called Allan on his 95th birthday. We picked up our conversation as though time hadn't passed.

How fortunate we were to ask to join their table those years ago. You never know where answers will lead.

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

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Poetry Rising

It's probably a safe wager that a very high percentage of the readers of this paper have dealt somehow with caregiving. Either we need it, or we are one. Some call it care partnering, and this month I offer a poem about just that. A dear friend was diagnosed with a terminal and debilitating illness. She told me, "I call it the uninvited guest." How brilliant is that...and it birthed this poem.

THE UNINVITED GUEST

That's what she called it
when she was diagnosed...

coming with no warning,
offering nothing,
changing everything.

No time to prepare.

Didn't even know his name.

Certainly didn't anticipate
the baggage he would bring.

Her partner even more surprised.

There was the new guest
and there were
the changes that he made
in the woman he adored.

All plans got trashed.

And worst of all,
there was no way to
ever plan again.

This guest just watched
and ate their food
and drank their wine
and watched them

toss and turn at night.

But, the guest failed
to ever make a dent
in their devotion.

And when plans failed
love did not.

No plans needed...
it's who they were.

And love grew.
And they needed each other
more than ever.

And the guest grew still...
in awe.

He knew that he had met his match.

(c) Barbara Wood Gray
BarbaraWoodGray@gmail.com
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"Sharing the Song"

O	D	D	S		A	Z	T	E	C		O	P	U	S
A	R	E	A		M	O	O	L	A		B	U	N	T
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Now Hear This

Autism, APD and Hearing Health for Children

Sometimes, a hearing loss diagnosis in a child is a precursor to autism spectrum disorder (ASD). ASD is a complex developmental disorder



Dr. D'Anne Rudden

that appears in early childhood and affects a child's ability to communicate. Although children with ASD do not outgrow this disorder, early diagnosis and intervention can significantly improve the outcome.

How do you know if a child has more than hearing loss?

The Autism Society lists these signs:

- Lack of, or delay in, spoken language
- Repetitive use of language and/or motor mannerisms (such as hand flapping or twirling objects)
- Lack of interest in peer relationships
- Lack of eye contact
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects

There is a wide range of how autism affects hearing. In some cases, a child may have no hearing loss. For many, the nerves responsible for delivering sound to the brain may malfunction (auditory processing disorder, APD), making it hard for the child to make sense of what is being said to them. An audiologist can suggest strategies to help them cope.

These strategies may include:

- Hearing aids or other

- amplification devices
- Use of assistive listening devices (ALD)
- Auditory and speech training
- Musical training
- Computer-based tools
- Training with a speech pathologist

Children with autism may be sensitive to certain sounds, known as hyperacusis (a heightened sensitivity to sounds). And, they may have hearing loss in other ranges (for example, high-pitched sounds are very bothersome, but lower-pitched sounds can't be heard at all). This can make it tough to parse out if issues stem from hearing loss, or something else.

Autism affects each child differently, and the medical community is still looking for ways to understand this disorder. If you suspect your child's hearing is affected by their autism spectrum diagnosis, work with your family doctor and hearing healthcare professional to provide options and treatments for the best outcome.

Check us out on Facebook and Twitter for the latest hearing healthcare news.

Dr. D'Anne Rudden is a Doctor of Audiology, board certified by the American Board of Audiology and has been in practice for over 28 years. She is published in many industry journals and travels nationally as a featured speaker and expert in Audiology. Dr. Caney Demars joined the practice in 2020, bringing 5+ years of experience and a passion for serving our community!

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Boulder County Announces Grants For Projects That Help Local Food System Adapt To Climate Crisis

On National Agriculture Day, Boulder County announced recipients of 2023 Sustainable Food & Agriculture Funds: Boulder County Farmers Market, Boulder Valley Ranch, Community Fruit Rescue, Harvest of All First Nations, High Plains Biochar and Yellow Barn Farm, Nederland Victory Gardens, Rocky Mountain Pumpkin Ranch, Speedwell Farm & Gardens, St. Vrain Valley School District, Sustainable Alliances, Inc., and Sustainable Living Designs.

Boulder County invited farmers, agricultural producers, the private sector, and non-profit organizations to apply for funding to accelerate and launch environmental sustainability projects that benefit food and agriculture in Boulder County.

This funding opportunity was provided to impact five broad areas:

On-farm regenerative agriculture and soil health practices

Farmer/producer education, conferences, and workshops that focus on sustainable and regenerative agriculture demonstrations

On-farm and farmer's market infrastructure

Sustainable local food and crop production

Programmatic and resource sup-

port for frontline farm workers and organizations

Fund recipients will develop educational programs, implement regenerative practices, and increase access to locally grown food. These projects will increase soil nutrient levels and help crops and our community thrive in the face of multiple risks, uncertainty, and threats posed by climate change.

“Supporting local food and agriculture is not just about encouraging the production of fresh and healthy food, it’s about cultivating a system that is rooted in resilience, sustainability, and social justice,” said Commissioner Marta Loachamin. “This year’s Sustainable Food & Agriculture Fund projects not only support our local farmers and economy, but they also build a foundation for food systems that help our community adapt and thrive in the face of our changing climate. By improving soil health and increasing access to local food, these projects will help reduce supply chain emissions and draw down carbon while responding to climate-related challenges, including rising temperatures, drought, and increased wildfire risk.”

“We are continuing to see huge demand for this program and are

thrilled to work with the next cycle of impressive and innovative grantees,” said Climate & Circularity Specialist Dede Croissant. “The diversity of projects such as grain processing and storage, edible landscapes, an Indigenous Corn Festival, on-farm fertility systems, and vertical garden education, highlights Boulder County’s dynamic and robust food and agricultural system.”

Selected large-fund projects:

Boulder County’s Farmers Market: Strengthening Regional Food Purchasing | \$61,988 — Funding will support the launch of a year-round online marketplace that will connect institutional buyers to locally produced food.

Boulder Valley Ranch: Compost Spreading and Irrigation Maintenance | \$41,350

Harvest of All First Nations: Corn Festival | \$20,000

Rocky Mountain Pumpkin Ranch: Organic Grain Storage | \$60,000

Speedwell Farm & Gardens: Building Resilience Through Perennial Cropping and On Farm Fertility Systems | \$40,000

St. Vrain Valley School District: Project Sky Garden | \$100,000
Selected small-fund projects:

Community Fruit Rescue: Harvest Infrastructure Expansion Project | \$4,972

High Plains Biochar and Yellow Barn Farm: High Plains Biochar RocketChar 301 Life Cycle Analysis on Yellow Barn Farm | \$5,000

Nederland Victory Gardens: Victory Garden’s Greenhouse | \$5,000

Sustainable Alliances, Inc.: Project Qanil | \$4,860

Sustainable Living Designs: Colorado Backyard Fruit | \$4,750

The Sustainable Food & Agriculture Fund is supported by Sustainability Tax revenue. In November 2016, voters approved the Sustainability Tax ballot initiative to allocate a portion of sales and use tax revenue to fund sustainability infrastructure and programs.

For a description of all projects funded since 2020, visit: <https://boco.org/FoodAgFundProjects>

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For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.

- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.
- For emails and text messages, please capture the entire message and any message links.
- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, please note the caller identification

phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, What You Need to Know About Misleading Advertising, at www.ssa.gov/pubs/EN-05-10005.pdf.

Please share this information with friends and family and help us spread the word on social media!

TRADING POST

Events

MUSIC JAM:

The Boulder Friends of Jazz hosts a Dixieland and Swing jam session the first Sunday of each month 1 to 4 pm 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.

Rocky Mountain Chorale presents its Spring Concert "Hope of Loving: with Chorus and String Quartet Friday April 28th, 7:30 pm, Heart of Longmont Church, Longmont, CO and Saturday April 29th, 7:30 pm, First United Methodist Church, Boulder. Tickets: WWW.rockymtnchorale.org or at The door. Adults \$15.00, Students, \$10.00.

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June 5-9th, 2023
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July 19,20,21 2023
3 days/2 nights

Garden of The Gods, Royal Gorge and Colorado Springs

July 31 - August 2 2023
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Niagra Falls

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Branson Holiday Shows

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Boulder County Announces Grants for the Farming Community

On March 21, National Agriculture Day, Boulder County announced recipients of 2023 Sustainable Food & Agriculture Funds: Boulder County Farmers Market, Boulder Valley Ranch, Community Fruit Rescue, Harvest of All First Nations, High Plains Biochar and Yellow Barn Farm, Nederland Victory Gardens, Rocky Mountain Pumpkin Ranch, Speedwell Farm & Gardens, St. Vrain Valley School District, Sustainable Alliances, Inc., and Sustainable Living Designs.

As our farmland disappears to large housing projects including climate changes, Boulder County invited farmers, agricultural producers, the private sector, and non-profit organizations to apply for funding to accelerate and launch environmental sustainability projects that benefit food and agriculture in Boulder County.

This funding opportunity was provided to impact five broad areas:

- On-farm regenerative agriculture and soil health practices
- Farmer/producer education, conferences, and workshops that focus on sustainable and regenerative agriculture demonstrations
- On-farm and farmer's market infrastructure
- Sustainable local food and crop production
- Programmatic and resource support for frontline farm workers and organizations

Fund recipients will develop educational programs, implement regenerative practices, and increase access to locally grown food. These projects will increase soil nutrient levels and help crops and our community thrive in the face of multiple risks, uncertainty, and threats posed by climate change.

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50 Plus Marketplace News

Crossword Puzzle

April 2023
Answers page 8

1	2	3	4		5	6	7	8	9		10	11	12	13
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ACROSS

- 1 Probability
- 5 Indian of Mexico
- 10 Literary work
- 14 Extent of space
- 15 Money
- 16 Push with the horns
- 17 Member of mystical Muslim sect
- 18 Otherwise
- 19 Compel
- 21 Georgia
- 23 One-piece bathing suit for women
- 24 Fish
- 25 Rotate
- 26 Air hole
- 30 Leave
- 35 Malt beverage
- 36 Hog sound
- 38 Japanese dish

- 39 Musical group
- 41 Beginning
- 43 Type of gun
- 44 Academy award
- 46 Baseball team
- 47 Floor covering
- 48 Pertaining to the thymus
- 50 Lonely
- 53 First-class
- 55 Long period of time
- 56 Place of extreme torment
- 60 Flat oatmeal cake
- 64 Sterile
- 65 Similar to
- 66 So be it
- 67 Bundle
- 68 Salt of uric acid
- 70 Emperor of Rome 54-68

- 71 Christmas
- 72 Altar stone
- 73 Horse's gait

DOWN

- 1 Kiln for drying hops
- 2 Thrash
- 3 Lack
- 4 Mariner
- 5 Which is the third of the twelve Minor Prophets of the Old Testament
- 6 Japanese sandal
- 7 In the direction of
- 8 Fragrant resin
- 9 Baseless derogatory story
- 10 Ancient Greek coin
- 11 Knitting stitch
- 12 Remarkable
- 13 Let it stand
- 20 Rasping instruments
- 22 Highest mountain in Crete
- 25 Ductile
- 26 Wooden shoe
- 27 Gentle splash
- 28 Dove sound
- 29 Waterfall
- 31 Purulence
- 32 Expert in astronomy
- 33 Catarrh
- 34 Shade
- 37 Game of chance
- 40 Block up
- 42 Cardinal number
- 45 Cheerful
- 49 Poison hemlock
- 51 Even (poet.)
- 52 Having sound
- 54 Mother-of-pearl
- 56 Fool
- 57 Son of Isaac and Rebekah
- 58 Hades
- 59 Fencing sword
- 60 Flying mammals
- 61 Seaward
- 62 King mackerel
- 63 Gnarl
- 69 Prefix meaning without

Continued from page 7

in the last year. About 17% of older adults no longer have any natural teeth. Of those with teeth, about 16% of older adults have untreated tooth decay, and over 70% have periodontal (gum) disease. Poor oral health can negatively impact chronic conditions.

One in four older adults experiences behavioral health problems such as depression, anxiety, or substance abuse. These problems can complicate the treatment of other medical conditions, reduce quality of life, increase use of health care services, and lead to premature death. In 2020, nearly 14,500 people 60+ died by suicide. Men aged 85+ have a suicide rate that is about four times higher than the rate for all ages.

Nearly nine in 10 deaths from COVID are among people 65 and over, and 70-85% of seasonal flu-related deaths occur in older adults, according to the U.S. Centers for Disease Control and Prevention. While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults.

The National Council on Aging's (NCOA) Center for Healthy Aging believe that every person has a right to age well and focuses on improving the lives of older adults by producing solutions that address social and behavioral determinants of health and wellbeing. NCOA promotes physical activity, behavioral health, and other evidence-based programs. Article courtesy of National Council on Aging.

Boulder Older Adult Services

•West Age Well Center:
909 Arapahoe Ave.
303-441-3148
Monday – Friday
9:00 a.m. – 3:00 p.m.

•East Age Well Center:
5660 Sioux Dr.
303-413-7290
Monday – Friday
8:00 a.m. – 4:30 p.m.

Collette Travel Information and Social Gathering.

West Age Well Center, Monday, April 10, 11:00 a.m. -12:00 p.m. Gather with other travelers and hear about trips offered in 2023-2024 by Older Adult Services and Collette Travel.

Introduction to Calligraphy.

West Age Well Center, Friday, April 14, 10:00 a.m. – 12:00 p.m. This is an introductory class for participants who are new to calligraphy, a fun and useful craft.

Active Minds: The History of Salt.

West Age Well Center, Wednesday April 12, 1:00 – 2:00 p.m. Join this Active Minds in-person event to learn about the story of salt, from its key role in food preservation to the health concerns it raises today.

Active Minds: Climate Change.

East Age Well Center, Monday

April 24, 3:00 – 4:00 p.m. Join this Active Minds in-person event to examine the predictions and the politics of climate change.

Easy Rider Bike Group.

Rides leave from various locations around Boulder, communicated weekly by group leader, generally 10:00 a.m. - 12:00 p.m. This is a social cycling group for riders age 60+ of all levels. Routes typically between 8-15 miles with rest stops. Contact Sandy: 970-584-0311.

Older Adult Open Mic.

West Age Well Center, Fridays, 1:00 – 3:00 p.m. This group format invites individuals to sing and/or play instruments in 15-minute time slots, or just come enjoy the music and meet people. Contact Margaret: margaretwildflower@gmail.com

Foot care appointments provided by Visiting Nurses Association are available at East and West Age Well Centers. Cost is \$55. Call 303-698-6496 to schedule an appointment or for additional information.

For more information about programs and services, visit www.boulderolderadultservices.com. Weekly newsletter sign up: <https://bouldercolorado.gov/lets-age-well-newsletter>.

Lafayette Senior Services

Gardening for Newcomers

April 4, 2-3pm
Have you tried to dig in this stuff? There is a lot of clay here on the front range! Low humidity, fluctuating temperatures, and drying winds are also factors that restrict plant growth. Selecting plants that tolerate our soil and climatic conditions are key to Colorado gardening. Amy Lentz is an expert in all of this and she will help you become one too! Even if you are not “new” you are sure to find some tips and/or make some gardening friends!

Xeriscaping

April 25, 1-3pm
Xeriscaping (zer-i-skaping) is a word originally coined by a special task force of the Denver Water Department, Associated Landscape Contractors of Colorado and Colorado State University- to describe landscaping with water conservation- as a major objective. The derivation of the word is from the Greek “xeros,” meaning dry, and scape meaning the pattern of the landscape – thus, xeriscaping. Find out much more than just what the word means in this talk given by Amy Lentz our expert from the CSU Extension office. Learn how to plan for it as well as how to be creative with it!

Drug Take Back

April 11, 11-12pm
Please bring in expired or unused medication for proper disposal.

Boulder Nurse Receives Lifetime Achievement Award

Each year in March, Women's History Month offers an important opportunity for Americans to shine a light on the extraordinary legacy of trailblazing women and girls. Earlier this month, Boulder City Council invited the community to join in the celebration of all women and the progress they have made. The city compiled a list of women who shared their achievements. 50 Plus is glad to tell Inez Buggs' story.

Inez Buggs was Clinica's first medical provider, and she has been providing health care to the underserved for more than 30 years. Clinica Family Health is a medical safety net for those impoverished in need.

Inez grew up in east Texas during segregation and her family did not have the privilege of having frequent doctor visits. In high school she saw a black nurse for the first time and it reinforced her desire to become a registered nurse. After high school, Inez joined her mother in Boulder

and soon enrolled at CU Boulder, but due to the social challenges of being in a majority white environment, she ended up moving to the Emily Griffith Opportunity School where she obtained an LPN degree. In her 30s, Inez re-enrolled at CU Boulder to pursue an RN degree.

In the late 1970s, while still in nursing school, Inez applied to a call for providers to start a public health clinic to serve Lafayette, Louisville and Erie. She was the only provider to apply and Clinica was born. Since then, Clinica has grown from one clinic to five clinics and to this day provides health care to the individuals and families in our community at a price they can afford. Over her time with Clinica, Inez cared for three generations and formed deep connections within our community.

In early 2023, Inez received a Lifetime Achievement Award as a Living Legend of Boulder County as part of the area celebration of Dr. Martin Luther King, Jr., Day. Congratulations Inez!



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