

Join the Canadian Brass for A Musical Christmas Adventure!

Ring in the holidays right with joyful brass music and merriment! The world-renowned Canadian Brass is back to help Boulder ring in the holidays with joyful brass music and merriment! With their signature blend of impeccable musicianship, humor and audience engagement, “the world’s most famous brass group” is sure to get your holiday celebrations underway.

From Carnegie Hall to Sesame Street, the Canadian Brass has been entertaining audiences around the globe for more than 50 years. Few musical groups are known so equally for their musicianship and their charisma, but this potent combination of im-

peccable playing and magnetic stage presence has become the hallmark of the Canadian Brass. Their more than 130 albums totaling more than 2 million albums sold worldwide is a testament to their immense musical impact.

Throughout the course of the 53-year history of the Canadian Brass, there has been one constant: tubist and founding member Chuck Daellenbach has served as the foundation musically and otherwise of the group since 1970! But new faces do join the Canadian Brass from time to time, and this fall marks the debut of new trumpet player Ashley Hall-Tighe. Ashley brings a wealth of playing experience to the group, both as

an internationally acclaimed soloist and as a chamber musician. She serves as principal trumpet of the Cincinnati Chamber Orchestra and is on the faculty at the University of Cincinnati College-Conservatory of Music.

This performance will be on Wednesday, December 13, 7:30 p.m. at the Macky Auditorium Concert Hall, 1595 Pleasant St, in Boulder.

Canadian Brass tickets are on sale now! CU Presents charges a 10% service fee for single tickets (or a \$10 + 2%

fee for season tickets). Group sales are charged a flat \$15 fee per order. No fees are charged for night-of-show purchases at the performance. Ticket prices range from \$20 to \$90 plus fees. Contact <https://tickets.cupresents.org/> or call 303-492-8008 to purchase tickets.



Boulder’s Beloved Musical Holiday Tradition!

Be immersed in the comfort and joy of twinkling lights, seasonal greenery and beautiful music at CU Boulder’s Holiday Festival, an enchanting annual tradition for all ages. The longstanding celebration brings together student choirs, bands and orchestras along with world-class faculty performers for a winter concert of holiday favorites and a few fresh delights.

From orchestras, bands and choirs to jazz, world music and opera to world-class faculty and guest performances, the CU Boulder College of Music brings their annual holiday musical tradition on December 8 to 10 at the Macky Auditorium Concert Hall, 1595 Pleasant St, in Boulder.

If you have never been to a Holiday Festival in the past, you won’t want to miss this

annual musical treat! The orchestra and chorus will play all your favorite holiday songs. It will be an unforgettable concert with fun for the whole family. Tickets sell fast, so don’t wait to get your tickets today!

Holiday Festival tickets are on sale now. There are no discounts for the Holiday Festival. CU Presents charges a 10% service fee for single tickets (or a \$10 + 2% fee for season tickets). Group sales are charged a flat \$15 fee per order. No fees are charged for night-of-show purchases at the performance. Ticket prices range from \$23 to \$80 plus fees. Contact <https://tickets.cupresents.org/> or call 303-492-8008 to purchase tickets.



INSIDE

Climate Action Leader

Page 2

Longmont Meals on Wheels

Page 4

To Wrap or Not

Page 7

Loneliness vs Being Alone

Page 8

Voters Approve Three Ballot Measures

Page 10

DECEMBER Calendar

Saturday/2 & Sunday/3

Longmont Symphony Orchestra presents "The Nutcracker Suite" at the Vance Brand Auditorium, 600 East Mountain View Avenue in Longmont on December 2 at 1 & 4 pm and on December 3 at 2 pm. Ticket fees are \$19 to \$39.

Saturday/2

The Longmont Museum's holiday tradition returns for its eighth year on Saturday, Dec. 2 at 3 pm and 7 pm! Join us for songs of the season and holiday cheer from some of the finest musicians and performers in the region. Cash bar with signature holiday drink. Featuring The Mestas-Abbott Latin Jazz Quartet, Brothers of Brass, and Mollie O'Brien & Rich Moore. \$25 general admission, \$22 students/seniors, \$20 Museum members. Buy tickets at the Longmont Museum website or by calling 303-651-8374.

Boulder's annual hometown parade meanders through historic downtown. During the Lights of December Parade, hear marching bands, watch floats go by and get a feel of Boulder's distinctive lifestyle during this nighttime parade. The grand finale includes an appearance by the jolly old man himself — Santa Claus!

Tuesday/5

Boulder Genealogical Society presents a free program on "Research Stalled? Leads Might be Lurking in Land Records" by Jerry Smith, CG at 7 pm on Zoom only. The talk highlights records you'll see in different jurisdictions; county-level records; proprietors' records; bounty land records, and more. Register to receive the Zoom info on their website at www.bouldergenealogy.org.

Saturday/9

Longmont has their annual Christmas parade. See all of the twinkling floats as they make their way down Coffman Street and Main Street! Don't miss Santa as he waves to all a good night. The parade begins at 5 pm starting at Longs Peak Ave & Coffman Street.

Be sure to watch our weekly holiday musical videos on our website at www.50plus.news.

Check individual venues for current information

Calendar sponsored by:
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We Care

City of Boulder Named Climate Action Leader on Carbon Disclosure Project

The City of Boulder has been recognized by the Carbon Disclosure Project (CDP) as one of 119 cities across the globe taking bold leadership on environmental action and transparency. CDP's A List is designed to encourage and support cities to ramp up their climate action and ambition. A List cities build climate momentum, taking four times as many climate mitigation and adaptation measures as non-A Listers. Only 13% of 939 cities scored in 2023 received an A.

CDP, an international non-profit, reviews environmental data provided by local governments to evaluate how well cities are addressing the climate crisis while being transparent about their progress.

To score an A, among other actions, a city must have a city-wide emissions inventory, a published climate action plan, a climate risk and vulnerability assessment and climate goals. Boulder reports its detailed emissions inventory and scientifically aligned targets, along with city plans and actions that address the climate crisis.

Boulder and the other 118 cities on this year's A List, are also celebrated for showing that urgent and impactful climate action - from ambitious emissions reduction targets to building resilience against climate change - is achievable at a global level, and in cities with different climate realities and priorities.

Jonathan Koehn, Director of

Climate Initiatives explained, "It is an honor to be recognized as an A List city by CDP for the fifth year in a row. Demonstrating action against our climate goals and sharing data about our progress is essential to build community awareness, gain trust and extend our efforts to address the climate crisis."

The city is committed to providing easily accessible and transparent data to the community. Boulder recently published its first Climate Action StoryMap, an interactive webpage that takes a holistic approach to assessing Boulder's climate impact. Additionally, the community's 2022 greenhouse gas emissions data will be made available in the next few weeks.

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Government Imposter Scams: What They Are and How to Spot Them

We take breaks, paid-time off, vacations, sabbaticals, rest. But for scammers looking to steal your money, there's never a break.

They call you. They text you. They email you. They message you on social media. They're experts at disguise. And their tricks are so believable that you'll want to give them your money.

Some of their tricks are so good, they'll even make you believe you're talking to the government. And they're remarkably effective. According to the Federal Trade Commission (FTC), older adults reported having lost a total of \$200 million to government imposter scams in 2023 alone.

If you haven't encountered one or more of these thieves already, you almost certainly will. In late 2023, the U.S. Department of Justice (DOJ) filed action against

one illegal telemarketing operation that alone was responsible for making over a billion scam calls to older adults. Among other things, government imposters claimed to provide assistance with Social Security and Medicare benefits.

"These kinds of scams have become a sad fact of life," said Genevieve Waterman, Director, Corporate Partnerships & Engagement at NCOA. "And, while they can and do happen at any time, we definitely see some ebb and flow alongside certain predictable patterns."

In other words: scammers are shameless opportunists who will take advantage of current events to improve their chances of success. "Medicare Open Enrollment Period is a prime

example," Waterman said. "Imposters know that calls and emails from 'the government' can seem especially legitimate around that time, so they step up their efforts."

That's why it's important for people of all ages to be aware of the types of government imposter scams, how to identify them, and what to do if you or someone you know have been scammed by one. Please read the remainder on our website at www.50plus.news starting in December 4.



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

DEADLINE

10th of the Preceding Month

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

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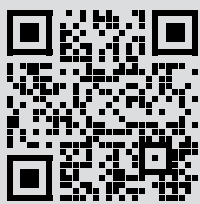
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Health Matters

Courageous Conversations About End-Of-Life Care



Alyssa Carlson

Many people avoid conversations about serious illness or end-of-life treatment, largely because talking about these topics can be uncomfortable and scary. In fact, one study found that only 7% of people have talked with their primary care provider (PCP) about what's important to them.

We want to take your wishes into account, but we'll never know what they are if you don't share them with us. So, it's important to have these conversations.

At the heart of these kinds of conversations is finding out what matters most to you. If your preference is that you'd rather your life be potentially shorter but not suffer, that's critical for your PCP to know. If comfort is less important than extending your life, your PCP will want to know that, too. Don't feel reluctant to tell us

either way.

Keep in mind that "the conversation" with your PCP usually ends up being a series of conversations — all of which become easier once you start. You can initiate the first conversation at your next in-person or virtual wellness visit. But you don't need to cover everything right then. You can schedule more lengthy discussions later during what are called "advance care planning" appointments.

Your wants and priorities are then included in your medical record in case you're unable to speak for yourself.

Designate a Medical Decision Maker

Talking with your loved ones and designating a medical decision-maker is another important step in making your wishes known. In a Medical Durable Power of Attorney (MDPOA) you name a person to make medical decisions when you are unable.

There's a Colorado law that makes it especially important to name a person who would speak

on your behalf. In Colorado, if you don't designate the person who you want to make decisions and you haven't put it in writing, the law says no one can automatically make decisions for you — not even your spouse or adult children.

Instead, Colorado law tells physicians to locate all "interested persons" — usually family members, but also close friends — and help them select someone who knows the person best to serve as a patient's health care agent. Everyone has an equal voice at the table. Unfortunately, family members and close friends often disagree.

Take the time now to plan for your future. Schedule an advance care planning appointment with your PCP. If you are a Medicare beneficiary, Medicare will cover appointments for advance care planning.

Download a MDPOA now at bch.org/acp

Alyssa Carlson, MD

*BCH's Ambulatory (Outpatient)
Medical Director*

Brightening the Holiday Season for the Military Community

(StatePoint) As we enter the holiday season and Americans across the country look forward to spending time with family, thousands of service members deployed overseas — many to the Middle East in response to the Israel-Hamas war — will not have that luxury and will be spending the holidays far away from loved ones.

Here is how USO Holidays programming delivers a piece of home to them, along with ideas for how you can get involved:

1. Care packages: A care package might seem small in light of the challenges of deployment, but for many service members, they're a reminder that they're not forgotten by Americans back home. Aside from standard USO Care Packages, which contain snacks or toiletries, USO Holidays Care Packages have festive treats and goodies, such as holiday candies, cozy socks and a warm beanie, that help bridge the gap between home and the frontlines. This year, the USO will deliver 50,000 holiday packages to over 250 locations globally.

2. Holiday traditions: Giving up treasured family traditions can be difficult. That's why USO Centers and USO Mobile teams host holiday meals for service members and their families, complete with special treats ranging from pumpkin

and sweet potato pie to hot cocoa bars. Each December, USO Holidays Cookie Week celebrates the time-honored tradition of baking and decorating cookies, putting service members and military families in the holiday spirit wherever they are located. Other seasonal programming can include tree decorating, arts and crafts, holiday-themed movie nights and ugly sweater competitions. Through these activities, service members stationed far from home can still make holiday memories.

3. Connections to home: Staying connected to family during the holidays can be difficult for service members stationed overseas, particularly for those in or near regions in conflict such as Eastern Europe or the Middle East. The USO Reading Program enables deployed service members to record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member's family.

4. Happy travels: As most people know, holiday travel can be especially taxing. Thousands of service members and trainees from military installations across the country participate in the Holiday Block Leave period.

many traveling through some of the busiest airports in the United States to be with their families during the holidays. USO airport centers can alleviate some of that stress for service members and trainees by providing a place to relax and unwind before the next leg of their journey, along with all the comfort items they need.

To learn more about these programs and how to support them, and for ideas on how to reach out to the military community to express your thanks during the holidays and throughout the year, visit uso.org/campaign/holidays.

The holiday season can look very different for service members and military families who must celebrate while separated from loved ones and home in all corners of the world. Bringing everyone together on special days fosters camaraderie and positivity, and provides a welcome break from the demands of military life.



Poetry Rising

It's that time of year...the holidays can be counted on to unearth memories no matter how we celebrate them. A joyful touching time—remembering those we've lost while celebrating children's delight in playing, singing, anticipating. One year, my grandson told his mother he was headed to bed mid-afternoon on December 23rd. When she asked why, and was he feeling OK, he said, "Oh yes. I just can't stand waiting so I'm going to go to sleep and when I wake up, it will be Christmas!!"

About Memories, Perhaps?

Perhaps, as days go by
memories
turn into dreams.

Once again
for the first time,
we step on stage
and take part
in our own stories.

Embracing the everlasting gifts
of who we were...
and looking forward now...
not just turning back.

Seeing joy;
face to face
with all the saints
that danced with us
to the same refrain
that still plays
when we sit alone
and dream some more.

(c) Barbara Wood Gray
BarbaraWoodGray@gmail.com



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Longmont Meals on Wheels

I trust this letter finds you in good health. I am reaching out to express my profound gratitude for the remarkable efforts of Longmont Meals on Wheels (LMOW) within our community. Additionally, I wish to share a personal experience that underscores the crucial significance of LMOW's mission.

Having dedicated 21 years to LMOW, I have witnessed firsthand the transformative impact our organization has on the lives of countless older individuals. We serve as a lifeline for those who might otherwise lack a warm meal or a friendly visit. Our steadfast commitment to delivering ready-to-eat meals and conducting wellness checks has made an immeasurable difference in the lives of our clients.

This year, I personally confronted the challenges of caregiving and the increasing difficulty of meal preparation for aging loved ones. This experience reinforced the vital role that LMOW plays. When my family needed support, LMOW not only provided nutritious meals but also the assurance

that our loved ones received regular wellness checks.

This episode solidified my belief in the crucial nature of LMOW's services, benefiting not only our clients but also the numerous families relying on our organization. The impact we have on community well-being is immeasurable and speaks to the dedication of our staff, volunteers and supporters.

As we persist in our mission to aid older adults, I humbly appeal for your support. Your generosity facilitates LMOW's expansion, enabling more meals and wellness checks. With your assistance, we can ensure no senior in our community goes hungry or feels isolated.

I kindly request your consideration for donations and support for Longmont Meals on Wheels. Your contributions empower us to be a lifeline for those in need. Together, we can sustain a positive impact on the lives of our older neighbors and their families, which truly makes our work at LMOW possible.

Sincerely, Karla Hale, Executive Director

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MONTHLY BOEDECKER THEATER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
4:00 How to Watch a Movie 7:00 The Road Dance 3	7:00 Joan Baez: I Am a Noise 4	7:00 Joan Baez: I Am a Noise 5	2:00 Joan Baez: I Am a Noise 4:30 Under the Fig Trees 7:00 Elis and Tom 6	2:00 Elis and Tom 4:30 Joan Baez: I Am a Noise 7:00 Under the Fig Trees 7	4:00 Elis and Tom 6:30 Under the Fig Trees 8:30 FNW: Raging Grace 8	5:00 Elis and Tom 7:30 Under the Fig Trees 9			
1:30 Under the Fig Trees 4:00 How to Watch a Movie 10	11	12	4:30 The Persian Version 7:00 Pianoforte 13	4:30 Pianoforte 7:00 The Persian Version 14	4:00 The Persian Version 6:30 Pianoforte 8:30 FNW: Lord of Misrule 15	3:30 Pianoforte 6:00 The Persian Version 8:30 Dairy Comedy in The Boe 16			
1:30 The Persian Version 4:00 How to Watch a Movie 17	7:00 Classics with Jeffrey Kash: Christmas in Connecticut 18	19	4:30 Eileen 7:00 Radioactive: The Women of Three Mile Island 20	4:30 Radioactive: The Women of Three Mile Island 7:00 Eileen 21	4:00 Eileen 6:30 Radioactive: The Women of Three Mile Island 8:30 FNW: Dial Code Santa Claus 22	5:30 Radioactive: The Women of Three Mile Island 7:30 Eileen 23			
24	7:00 Monty Python and the Holy Grail 25	26	4:30 The Miracle Club 7:00 Holy Frit 27	4:30 Holy Frit 7:00 The Miracle Club 28	4:00 Holy Frit 6:30 The Miracle Club 8:30 FNW: A Disturbance in the Force 29	5:00 The Miracle Club 7:30 Holy Frit 30			
31	1	2	USE CODE "SMN23" FOR \$3 OFF MOVIE TICKETS!			3	4	5	6

Mental Health

Mental Health: Not Just the “Winter Blues”



Dr. David Remmert

We are to mention all the extra layers of creatures of clothes. Instead of walking my dog the light. Our first thing in the morning, I make entire social structure is built around daytime productivity. Though there are those who prefer ‘graveyard shift’ work, it is not the norm. Like us, our food – both animal and plant life – require sunlight to thrive. But did you know that your mood can also be affected by the lack of sunlight?

While most of us are affected to some degree when the days become shorter this time of year, some people suffer from Seasonal Affective Disorder which can cause them to feel depressed, moody, or a lack of energy.

So what can we do to mitigate these symptoms? Short of getting a light box to simulate sunlight in your home, consider taking steps to take advantage of the sunlight we do have available in the winter months by adjusting your patterns and habits.


For example, in the summer, I find that waking up at 6:30 and taking my dog for a walk exposes me to plenty of sunlight. But in the winter, I need a flashlight, not

to mention all the extra layers of creatures of clothes. Instead of walking my dog the light. Our first thing in the morning, I make entire social structure is built around daytime productivity. Though there are those who prefer ‘graveyard shift’ work, it is not the norm. Like us, our food – both animal and plant life – require sunlight to thrive. But did you know that your mood can also be affected by the lack of sunlight?

As you settle into your more insulated routines and lifestyle this winter, give some thought to how you might change your daily patterns to ensure that your body and mind are getting the sunlight nourishment it needs.

Dr. David Remmert is a Longmont-based psychologist at Mental Health Partners, a community mental health nonprofit serving Boulder and Broomfield counties since 1962.

Find Einstein



Can you find the hidden Einstein in this paper?

Technology is Hip!

Recycling Needs More Emphasis!



Bob Larson

According to the U.S. Environmental Protection Agency in 2022, 34% of Americans recycled most everything including plastic paper, glass, cardboard, glass, retired electronic devices, and various metals. Some citizens even recycle paint, toxic materials, and outdated prescription drugs, provided landfills or recycle centers accept them. Thirty-eight percent of Americans recycle the more popular items while 20% don't recycle anything! However, this has dropped from 42% in 2019. This is a big improvement since the 1960s when existing landfills were destined to be closed, but now are being extended another 20 to 50 years because of recycling.

Interestingly, less than one-sixth of all waste is really recycled as many plastics cannot be recycled very easily. Each ton of recycled paper saves an estimated 17 trees. If we recycled all newspapers, we could save over 250 million trees each year to be used for new homes and buildings. Most Americans will use at least seven trees

each year in wood, paper, and other types of products. Americans use over 2 ½ million plastic bottles every 30 minutes, and most of them are thrown away rather than recycled. Millions of plastic bags are dumped into the ocean, which kills over a million sea creatures a year. All these items should be recycled to save our planet!

One of the primary reasons that recycling is promoted worldwide is to reduce the strain on the environment. Recycling can simultaneously contribute to improving the environment, the economy, sustainable manufacturing, and preventing waste from polluting both terrestrial and marine environments. The benefits of recycling are significant, which is why many countries support this practice and encourage their citizens to recycle their household or business waste.

All major cities in Colorado have recycling centers or weekly recycling pickup by the garbage collection companies. Coloradans: lets get on board with the recycling program to protect our planet's environment and extend our landfills!

Bob Larson is a technologist, photo-journalist, and our Marketing Director.

Ageism Matters

Feeling Bad About Your Age?

How do you feel about your next birthday? Sad about getting older? Maybe that's because we need to change the narrative about aging. What if birthday celebrations became a moment of celebration instead of dread?

Birthdays are the one time we all think about aging. So it's a perfect time to stop and think before we reflexively accept the negative messages we often see.

The messages in birthday cards may be joking at times, but they reveal a lack of respect for aging. Think about all the humorous cards that are based on the belief that older people are irrelevant, incapable and ugly. Seeing them one at a time, they may seem harmless, but the messages add up.

contexts, including situations where it is clear that ageism is doing damage. For instance, think about giving ageist birthday cards to work colleagues and how that underscores people's stereotypes and biases.



Kris & Sara

We keep hearing that people are tired of feeling bad about their age. So, let's show the world that our birthdays are a time to celebrate. Two suggestions:

Give cards that celebrate aging. What we buy tells sellers what messages we want.

Are you on social media? Post a picture and add the hashtag #notafraidofmybirthday

Learn more about ageism and how to get involved on our website.

Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, www.ChangingtheNarrativeCO.org, the nation's leading effort to change the way we think, talk and act about aging and ageism.

Here's some food for thought:

What we joke about reflects our values. By stopping to think about the messages in birthday cards, we consider whether these values are useful and whether we want to sustain and spread them.

Birthday cards are given in many

Now Hear This

Purchasing OTC Devices VS Seeing An Audiologist

If you are experiencing hearing loss, it's important to seek professional help as soon as possible to prevent further damage to your hearing. Finding the right solution on your hearing care journey isn't easy, especially with so many different options out there, - but we can help! If you are experiencing hearing loss, the best approach is to schedule an appointment with a hearing care professional, also known as an Audiologist.



Dr. D'Anne Rudden

There is a BIG difference between over-the-counter (OTC) hearing aids and traditional hearing aids! OTC hearing aids are a low-cost option that can be purchased over the counter without a prescription. They are designed for adults with mild to moderate hearing loss who need simple amplification.

Traditional hearing aids are designed to address hearing loss directly - vs simply amplifying all sounds - and are programmed to the wearer's needs, which may include differences in volume and frequencies in each ear. Because they are medical devices, hearing aids are regulated by the FDA, which means they have undergone an

extensive quality control process to ensure they work well and are safe to use.

The best way to know if an OTC or traditional hearing aid is right for you is to meet with an audiologist. They will perform the necessary tests to uncover whether you need simple amplification or if you are suffering from a more complex hearing loss. Getting an OTC hearing aid without a consultation could lead to further problems down the line. You have the power to avoid that.

In practice for over 28 years, Dr. D'Anne Rudden is a Doctor of Audiology, board-certified by the American Board of Audiology. Dr. Caney Demars joined the practice in 2020, adding 5+ years of experience and a passion for serving our community! Dr. Rudden is one of six founding members and Project Manager for Hearing the Call Colorado, a non-profit that helps income-qualified people get access to hearing healthcare. To date, they've provided 214 people in Colorado with hearing aids, 48 of those right in Longmont!

Pets Are Family

Keeping Your Pet Calm and Happy During the Holiday Season



Judy Calhoun

The holiday season is a time of joy and celebration for many, but it can also be a source of stress and anxiety for our beloved pets. Let's talk about different ways we can help our furry friends remain calm and comfortable during the busy season.

If you know that your pet can get easily anxious or overwhelmed, consult your veterinarian for recommended solutions to help curb this anxiety for when the energy of the holidays is heightened altogether.

When the holiday fun is in your home, designate a quiet and comfortable space where your pet can retreat to when they need a break. Away from the holiday commotion and equipped with their toys, bones, bedding, and water, encourage your pet to use this space when they seem overwhelmed.

Preparing ahead of time for a day or night of holiday activity is just as important. Ensure your pet gets enough physical and mental exercise, helping alleviate stress through playing fetch, going for walks, using a puzzle toy, etc. Exercise and play can engage their minds and keep them occupied,

which helps to reduce anxiety.

Lastly, we as humans need to lead by example since our pets can pick up on our stress and anxiety. Try to stay calm and relaxed, as your own demeanor can influence your pet's emotions.

Amidst all the changes and festive energy, spend quality time with your pet to reassure them that everything is okay.

Remember that every pet is unique, so be attentive to their needs and adjust your approach accordingly. With love, care, and thoughtful planning, you can make the holiday season a joyous time for all family members, two- and four-legged alike! Learn more at nocohumane.org.

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Reflections

To Wrap or Not



Martha Coffin Evans

The season of giving is upon us. With it comes the question whether to wrap gifts or not. Not all need wrapping.

One year, a red snow blower, with matching bow, appeared on our front porch courtesy of the children. It has lasted well

through many storms providing relief for what would have been a tired back.

Cars on occasion may display a big red bow provided by the sales person. While removed before leaving the lot, this unwrapped gift can provide many safe, pleasurable miles.

As we accumulate our share of "stuff," perhaps asking for an experience might replace "one more thing." Experiences can come in the form of trips to different locations whether new or favorites. Tickets to sports events, theater, concerts or other musical productions may appear as requested items on the "All I want for...list." Memories from these experiences become long-lasting ones often shared over the years.

Many unwrapped gifts are intangible. Giving of one's time and

talent provides a welcome gift to organizations. Calling to check on how a person is doing whether after surgery or a loss shows compassion and understanding. That's especially true if the path is a common one. With the cost of a

stamp, sending a Congratulations, Sympathy, Thinking of You or Get Well card can brighten the recipient's day.

Establishing scholarships for a friend, favorite professor or loved one keeps their memory alive. The financial award given to the recipients can help in countless ways. Learning the significance of the scholarship becomes a gift to the giver. "I couldn't have done this without you," shows its value.

I received the gift of a life-time friendship years ago. While its impact wasn't known then, we'll be celebrating it on our websites early next year. Take a look.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates LLC, can be reached at itsmemartee. Find her other writings on martycoffin.evans.com.

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Events

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Colorado Gerontological Society

Loneliness vs Being Alone



Eileen Doherty

Denver, CO. As we approach the holidays, many individuals face the dilemma of being alone, as well as feeling lonely. For many of us, the holidays are supposed to be the time to spend with family and friends or a time when we are socially connected. First, let's be clear. Being "alone" is a time when you are physically by yourself. No one is in the room or your home with you. Sometimes, we want to be alone and are happy to be by ourselves. It gives us time to think, to put our thoughts in order, or to accomplish a task or a series of tasks.

But individuals who live alone, often spend many hours without talking or interacting with other individuals. Loneliness and disconnectedness can easily be confused with being "alone," when we live alone, especially among older adults. Yet, living alone does not necessarily result in loneliness.

To manage loneliness, it is im-

portant to build positive relationships which result in resiliency. Resilience is the ability to bounce back after stressful situations, such as feeling lonely. Resilience is strengthened when you give and receive support to other individuals. Connecting with people who have a positive outlook strengthens your resilience. People with a positive outlook make you laugh, help you face difficult situations, and give you skills to face life's challenges.

Thus, being alone is simply that. No one is with you in the moment. Loneliness is an emotional state, when you experience stress and emotional distress. Resilience and kindness reduce the feelings of loneliness.

For more information about loneliness, being alone, kindness, and resilience join us for a virtual presentation on December 7 at noon. To register, visit senioranswers.org, or 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.

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Origins of Christmas

Christmas or Feast of the Nativity is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world's nations is celebrated religiously by a majority of Christians as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

Although the month and date of Jesus' birth are unknown, the church in the early fourth century fixed the date as December 25, which has been adopted almost universally throughout the world.

The celebratory customs associated in various countries with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving; completing an Advent calendar or Advent

wreath; Christmas music and caroling; viewing a Nativity play; an exchange of Christmas cards; church services; a special meal; and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

In addition, several closely related and often interchangeable figures, known as Santa Claus, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world. Article courtesy of Wikipedia.



Merry Christmas! Happy Hanukkah!

Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it "white." ~Bing Crosby

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that? ~Bob Hope, American film actor and comedian.

Hanukkah is a great time to give thanks for all the miracles of life.

The lights of the Hanukkah menorah that we kindle in our homes are a reminder both of the Menorah in the Temple in Jerusalem and the light that shines brightly within each one of us. ~Libi Astair

Mail your packages early so the post office can lose them in time for Christmas. ~Johnny Carson

May you have a warm and happy Hanukkah.

I stopped believing in Santa Claus when I was six. Mother

took me to see him in a department store and he asked for my autograph. ~Shirley Temple

Wishing you joy at Hanukkah.

Wishing you a Festival of Lights filled with peace and prosperity.

Wishing you all the blessings and joys of Christmas and a bright year ahead.

Yes, it's been said, many times, many ways, but we still mean it just as much! Merry Christmas

Whatever you're celebrating this season, may your festivities be full of joy.



CU Anschutz Geriatrics & Aging Research Symposium

On October 26, the Multidisciplinary Center on Aging at the CU Anschutz Medical Center hosted their 2023 Geriatrics & Aging Research Symposium in the Donald Elliman Conference Center. Over 250 participants at-



Dr. Cari Levy

tended the all-day seminar. After breakfast, Outreach Director Jodi Waterhouse provided the welcome and opening remarks followed by many professors and department heads of their respective research fields.

During the first hour, the guest speakers included Dr. Cathy Bodine, Director for the Center of Inclusive Design & Engineering, Dr. Alison Lakiin, RN & Associate Vice Chancellor for Regula-

tory Compliance, Dr. Janine Higgins, Vice Chair for Research, and Dr. Cari Levy, Head of Geriatric Medicine.

Dr. Wendy Kohrt, Director of Research provided the keynote presentation on Successful vs. Usual Aging: the Importance of Research in Defining the Goal. Wendy explained multiple theories of aging including stem cell research to cell delivery systems. Some anti-aging concepts included caloric restriction to over-expression of specific proteins, but none have proved successful. She explained 28% of women on menopause have a relative risk of cancer versus 5% having the actual risk.

The next round of speakers included Dr. Hillary Lum, Associate Professor in Geriatrics discussed giving support to dementia care partners, indicating well over 160,000 caregivers exist in Colorado. Dr. Kristin Pottast in Pharmacy, discussed using aspirin in older adults and what the research has shown, Dr. Huntington Potter, Director of Alzheimer's & Cognition Center, discussed over 6.2 million patients have Alzheimer's and growing with life expectancy of 8 to 10 years after diagnosis, and Dr. Daniel Tollin, Professor of

Physiology, discussed basic, clinical, and translational aspects of research in aging.

The Center gave the participants a demonstration of their different fields in hearing, neurology, aging, and a virtual dementia tour.

In addition, multiple aging demonstrations and a virtual dementia tour was provided twice during the seminar.



Dr. Wendy Kohrt

The lunch keynote speaker, Dr. Emmy Betz, professor of Emergency Medicine, who discussed firearm safety and prevention. She indicated 37% of older adults have firearms. In 2019, older adults over 65 years, 92% of 7,000 firearm deaths resulted in suicide. There is now a big push on firearm research and training for older adults.

After lunch, the participants received lightning round presentations with Dr. Jennifer Stevens-Lapsley, Director of Rehabilitation Science, explained her research in walking fast can predict mortality. Dr. Dan Matlock Professor of Medicine, discussed shared decision making with older adults, Dr. Dana Carpenter, discussed improving mobility as we age, & PhD candidate Matthew Sergison, discussed how aging changes hearing.

The final round of lightning round speakers included Dr. Al Bornno, Asst. Professor of Computer Science, discussed wearable technologies for treatment of neurological disorders, PhD candidate Bridget Hoag, discussed aging tissue decline involving cancer, Dr. Achim Klug, Professor of Physiology and Biophysics, discussed changes in the auditory brain contribute to hearing difficulties in noisy situations, and last Dr. Peter Pressman, Associate Professor in Cognitive & Behavioral Neurology, discussed artificial intelligence research in aging.

Overall, the all-day seminar was well received by the participants, who received a multitude of information on aging. Thanks to the staff at CU Anschutz for an excellent seminar!

Genealogy Rocks!



Carol Darrow

Where are you on your genealogical journey? What are your goals and how do you calculate your progress?

Beginners should be learning how to use Ancestry.com and FamilySearch.org efficiently and effectively. Start with just one person – your grandmother, perhaps – and trace her from the 1950 census backward through 1940, 1930, 1920, and 1910. When did she marry your grandfather? Was that her first marriage? Then you should identify her parents and her brothers and sisters. That group of family names taken together identifies her as a unique individual. Then you are ready to move backwards to 1900, 1880, and perhaps even 1870 with her parents and their parents.

Did grandmother's family immigrate into the U.S. between 1820 and 1920? Where was the port of entry – New York, Baltimore, New Orleans? Can you find them on a passenger list? Did the men go on to get naturalized as U.S. citizens? Naturalization would have produced more records.

Did grandmother's family fight in the Civil War? If they were born between 1835 and 1848 in the South, they most likely did fight. If they lived in Union states, they may have served but only for short periods. Fold3 and Ancestry.com may offer the answers.

Where did they live and how did they get that land? Was it a cash sale from the federal government? Check www.glorerecords.blm.gov by state and your family surname. Did they purchase the land from people living in the county? Familysearch.org, Catalog by state and county, has copies of the land records.

What was their final resting place? You can use www.findagrave.com to locate family members including children who may have died as infants.

Record your findings as you find them on Family Group Sheets (one for each couple) along with the source of the information. At this point you have graduated from beginner to family historian.

Carol Cooke Darrow is a Denver-based professional genealogist who teaches classes throughout the area and facilitates the WriteNOW family writing group on Zoom.

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Boulder County Voters Approve Three Ballot Measures

Boulder County voters have overwhelmingly approved the housing, open space, and Nederland EcoPass ballot measures introduced by the Boulder County Commissioners, according to the unofficial results available from the Boulder County Clerk & Recorder. Each of the three measures has so far received over two-thirds of the vote in support.

Following a public opinion survey, a public comment period, and a public hearing, the commissioners voted unanimously in August to put to the voters the three ballot measures, which would extend existing taxes.

“Boulder County voters have made clear that affordable and attainable housing is a top priority,” said Commissioner Marta Loachamin. “As the cost of living continues to rise, it is more important than ever that our residents have the opportunity for homeownership and residency in Boulder County. We appreciate everyone

who took the time to exercise their right to vote during this year’s election. Voting in odd-year elections is just as important as voting in even-year elections.”

“The overwhelming support for Boulder County’s beloved open space is clear,” said Commissioner Ashley Stolzmann. “The ongoing funding approved by voters through the open space ballot measure means the county can continue to improve and manage 116,000 acres of land, as well as acquire new open space, including trail connections.”

“The extension of the Nederland EcoPass program is great news for people who live and work in Nederland,” said Commissioner Claire Levy. “The extension of the funding will mean the program can continue to provide an EcoPass to Nederland residents at no cost while also providing access to free and sustainable transportation for people who commute there.”

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5 Things We Learned About Alzheimer’s Disease in 2023

(StatePoint) 2023 was a landmark year for Alzheimer’s disease research, including advancements in treatment, risk factors and diagnosis. Here are five significant discoveries made this year:

There are three new approved treatments for Alzheimer’s, with a fourth on the way.

In July, the U.S. Food and Drug Administration (FDA) granted traditional approval for Leqembi for mild cognitive impairment due to Alzheimer’s and mild Alzheimer’s dementia. This treatment slows cognitive decline and can help people with early Alzheimer’s maintain their independence.

In June 2021, the FDA granted accelerated approval to Aduhelm for the same purpose. At the Alzheimer’s Association International Conference (AAIC) in July 2023, Lilly reported positive results for a third similar treatment: donanemab. The company expects FDA action in early 2024.

In May, the FDA approved the first treatment for agitation in people with Alzheimer’s — brexpiprazole.

Hearing aids could slow cognitive decline for at-risk older adults.

In the largest clinical trial to investigate whether a hearing loss treatment can reduce risk of cognitive decline, researchers found that older adults with hearing loss cut their cognitive decline in half by using hearing aids for three years.

The intervention included hearing aids, a hearing “toolkit,” and ongoing instruction and counseling. Though the positive results were in a subgroup of the total study population, they are encouraging and merit further investigation.

Blood tests for Alzheimer’s are coming soon.

Blood tests show promise for improving how Alzheimer’s is diagnosed. Advancements reported for the first time at AAIC 2023 demonstrate the simplicity and value to doctors of blood-based markers for Alzheimer’s.

Blood tests are already being implemented in Alzheimer’s drug trials. And they are incorporated into proposed new diagnostic cri-

teria for the disease. Blood tests — once verified and approved by the FDA — would offer a noninvasive and cost-effective option for identifying the disease.

The first-ever county-level estimates of the prevalence of Alzheimer’s dementia — in all 3,142 U.S. counties — were reported at AAIC 2023. For counties with a population of more than 10,000 people age 65 and older, the highest Alzheimer’s prevalence rates are in:

- Miami-Dade County, Fla. (16.6%)
- Baltimore City, Md. (16.6%)
- Bronx County, N.Y. (16.6%)
- Prince George’s County, Md. (16.1%)
- Hinds County, Miss. (15.5%)

Certain characteristics of these counties may explain the higher prevalence, including older age and a higher percentage of Black and Hispanic residents, which are communities disproportionately impacted by Alzheimer’s disease. According to the Alzheimer’s Association, these statistics can help officials determine the burden on the health care system, and pinpoint areas for culturally-sensitive caregiver training.

Chronic constipation is associated with poor cognitive function.

Approximately 16% of the world’s population struggles with constipation. This year, researchers reported that less frequent bowel movements were associated with significantly worse cognitive function.

People in the study with bowel movements every three days or more had worse memory and thinking equal to three years of cognitive aging. These results stress the importance of clinicians discussing gut health with their older patients.

To learn more about Alzheimer’s and dementia research, plus available care and support — and to join the cause or make a donation — visit the Alzheimer’s Association at www.alz.org.

While there is still much to learn about Alzheimer’s, 2023 was a year of discovery, giving researchers and families impacted by the disease hope for the year ahead.



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The Cat's Meow

Here we go again. They've found another mysterious creature that has animal experts scratching their heads. This time it's a mysterious big cat-like creature that was found roaming the hills in Arizona's Phoenix Mountain Preserve. Tom Cadden at the Arizona Game and Fish Department told the Arizona Republic, "It's not one of our native big cat species, mountain

lion, bobcat, ocelot or jaguar. It's pretty big for a house cat. My guess is that it's probably something that was bought at a wildlife auction. Could be from Africa or South America. It's nothing I'm familiar with, but it's not a house cat."

We Care

Social Security Today

Social Security Cost-of-Living Adjustment for 2024

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account at www.ssa.gov/myaccount. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the 2024 COLA notice online. "Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security. January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at www.ssa.gov/news/press/factsheets/colafacts2024.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today at www.ssa.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications. You can find more information about the 2024 COLA at www.ssa.gov/cola.

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Boulder Older Adult Services

West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9:00 a.m. – 4:00 p.m.
 East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8:00 a.m. – 4:30 p.m.
 For information about programs and services: www.boulderolderadultservices.com.
 Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>.

Get Acquainted!

West Age Well Center, Friday, December 1, 10:00 – 11:00 a.m.
 Get acquainted with others who are new to the area, new to Older Adult Services, or interested in making new connections with others.

Home Safety

West Age Well Center, Monday, December 4, 11:00 a.m. – 12:30 p.m. Boulder Fire-Rescue's Home Safety presentation provides valuable information that will empower older adults to create a safe living environment.

Chair Yoga and Balance Series

Mondays: West Age Well Center, Mondays, December 4 - 18, 10:00 - 10:45 a.m., Fees: R/NR \$24/\$30
 Fridays: West Age Well Center, Fridays, December 1 - 29, 10:00 - 10:45 a.m., Fees: R/NR \$40/\$50

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Appointments

at the West Age Well Center

Dental Aid offers competitively priced comprehensive oral health care services. To schedule a Dental Aid appointment at the West Age Well Center or review questions regarding dental insurance coverage and payment options, contact Dental Aid directly at 303-499-7072.

Popular Line Dances

West Age Well center, Tuesdays, December 5- 26, 1:00 – 2:00 p.m.
 Fees: R/NR \$32/\$40

Ballroom Dance - Waltz

East Age Well center, Thursdays, December 7 – 28, 12:45 – 1:45 p.m. Fees: R/NR \$32/\$40

Repairing Is Better Than Recycling: Hands-on Lamp

Repair Workshop
 West Age Well Center, Friday, December 8, 10:30 a.m. – 12:00 p.m. Join this Boulder-U-Fix-It Clinic and learn how to diagnose and safely repair electrical components of lamps.

Studio Arts Boulder Pottery Classes

East Age Well Center: Monday, December 11, 1:00 – 2:30 p.m.
 West Age Well Center: Wednesday, December 20, 1:30 – 3:00 p.m.
 Learn the fundamentals of pottery to make functional and whimsical pieces.

Lafayette Senior Services

Programs offered by Lafayette Senior Services
 Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Peak to Peak Students- Classical Concert

December 6, 3:30-5pm
 Come listen and support the beautiful classical music from Peak-to-Peak students. They will play as individuals and as a group.

White Elephant Bingo

December 1, 1-3pm
 A holiday edition of Bingo for some fun on a Friday! Bring a wrapped gift to contribute to the pile and we will play until all gifts have been opened! Registration is preferred but all are welcome.

Holiday Dinner and Concert

December 15, 12-2pm
 As the Holiday season comes upon us, we have an opportunity to spend time with our friends and loved ones. We hope you can join us for an early holiday lunch sponsored by the Lafayette Aging Foundation while enjoying the entertainment.

Scams of the Holidays

December 5, 2-3pm
 Scammers would love a seat at your holiday table. Come learn about the scams and frauds that

pop up this time of year, whether they're coming our way by phone, email, popup, or mail, or even at the door. We will also talk about identity theft and how to keep your personal information and money safe in this technological age.

Rocky Mountain Quilt Museum

December 20, 9am-2pm
 Explore the scope of quilting, from bed coverings of the 1800s to contemporary fiber art, at the Rocky Mountain Quilt Museum. Recognized by USA Today as one of the top museums to view quilts, the Rocky Mountain Quilt Museum hosts quarterly exhibits, tailored tours, wine and cheese events, and programs for adults and youth, including children's summer camps! The Museum's diverse collection contains more than 550 quilts and houses a research library of more than 6,000 volumes.



50 Plus Marketplace News Crossword Puzzle

December 2023
 Answers page 7

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
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ACROSS

- 1 Raise
- 6 Sister
- 9 Whip
- 13 Card game for three
- 14 Built-in platform bed
- 15 Every
- 16 Tiny
- 18 Agitate
- 19 Some
- 20 Cereal food
- 21 Transmit
- 22 Blend
- 24 Eating implements
- 25 In the direction of
- 28 Stuffed savory vine leaf
- 30 Slip
- 31 Merrily
- 33 Summit
- 36 Help

- 37 Greased
- 38 Revised form of Esperanto
- 39 Fish eggs
- 40 Landed
- 41 Foot-wear
- 43 Flower-part
- 45 Throat abscess
- 46 Plentiful
- 48 Lubricate
- 49 Bog
- 50 Sewing case
- 52 Japanese sash
- 55 Executive Officer
- 56 Truckle bed
- 59 Strike forcefully
- 60 Relaxation
- 61 Nimble
- 62 Increases
- 63 Inquire of
- 64 Writers of verse

DOWN

- 1 Goatskin bag for holding wine
- 2 Augury
- 3 Comply
- 4 Monetary unit of Japan
- 5 Attempt
- 6 Hard fatty tissue
- 7 Taverns
- 8 Firmament
- 9 Supple
- 10 Modification
- 11 Lizard
- 12 Refuse of flax
- 14 Glass ornament
- 17 Elevated tract of open country
- 22 Deranged
- 23 Before
- 24 Move through the air
- 25 Former Russian ruler
- 26 Potpourri
- 27 Spread over a wide area
- 28 Ceased living
- 29 Advanced in years
- 31 Female child
- 32 Malt beverage
- 34 Lyric poems
- 35 Bouquet
- 37 Wood sorrel
- 40 Monkey
- 41 Prefix "beneath "
- 42 Hasten
- 44 Chooses
- 45 One pound sterling
- 46 One-celled protozoa
- 47 Formed by mixing
- 48 Crescent-shaped figure
- 50 Periods of history
- 51 Protruding tooth
- 52 Off-Broadway theater award
- 53 Waist band
- 54 Ancient Roman days
- 56 Light meal
- 57 One circuit
- 58 Self-esteem



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