

50+ ADULTS 50 Plus Marketplace



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY June 2023 • Volume 29 • Issue 6

Father’s Day Origins & Traditions

The nation’s first Father’s Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, 58 years after President Woodrow Wilson made Mother’s Day official that the day honoring fathers became a nationwide holiday in the United States. Father’s Day 2023 will occur on Sunday, June 18.

On July 5, 1908, a West Virginia church sponsored the nation’s first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December’s explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent

to Mother’s Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation’s first statewide Father’s Day on June 19, 1910.

Slowly, the holiday spread. In

1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father’s Day.

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize

the holidays. Struggling retailers and advertisers redoubled their efforts to make Father’s Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father’s Day was a way to honor American troops and support the war effort. By the end of the war, Father’s Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father’s Day a federal holiday. Today, economists estimate that Americans spend more than \$1 billion each year on Father’s Day gifts. Courtesy of History.com



Shakespeare Festival’s “Much Ado About Nothing”

Beatrice and Benedick love to bicker. The only thing they might learn to love more? Each other. (They just don’t know it yet!) In this rollicking lampoon of relationships, romance, and the influence of town gossip, Shakespeare delivers a near-perfect enemies-to-lovers romantic comedy.

Shakespeare intentionally sets “Much Ado About Nothing” at the conclusion of a war. He’s very much interested in the concept of nothingness — what do we make ‘much ado’ about in the absence of war? What conflicts do we create?” says Rich, associate professor of Theatre & Dance and director of the Applied Shakespeare Certificate at the University of Colorado Boulder.

The play revolves around romance and intrigue among two groups of soldiers on the sumptuous estate of Leonato, governor of Messina, upon their return from war. Though “Much Ado” is one of Shakespeare’s most beloved romantic comedies, the threat of violence and injustice

rumble like approaching thunder through its penultimate act.

Saucy banter and the slow-burn “enemies-to-lovers” dynamic between Beatrice and Benedick, along with the Keystone Kops-style vibe of the hapless constable Dogberry, give the play much of its comic spark, even as scurrilous gossip peddled by the villainous Don John threatens the burgeoning romance between Claudio and Hero, the governor’s daughter.

Since 1958, the Colorado Shakespeare Festival has delighted audiences with professional theatre on the CU Boulder campus. Complete your Colorado summer with Shakespeare under the stars in the historic Mary Rippon Outdoor Theatre with

complimentary seatbacks included.

Play dates start on June 11 and end on August 13 at the Mary Rippon Outdoor Theatre. Ticket costs vary from \$29 to \$95. Extra fees may apply! Save big with season tickets! This show is available in the Full, Pick 2 or 3, Weekday Will, and Choice packages or as an add-on to other season ticket orders.

Tickets can be reserved at <https://tickets.cupresents.org/> or call the box office at 303-492-8008.



INSIDE

Art In The Park
Page 2

New 104th Street Trail
Page 3

Balboa Bay Resort
Page 4

Is Our Military Prepared?
Page 7

Eligibility For Spouse’s Benefits
Page 9

Free Weekend Shuttle
Page 10

JUNE Calendar

Tuesday/6

AARP presents a free online program on "Discover the Safety Benefits of New Car Technology" at 9 am on Zoom. This 90-minute interactive workshop will cover the latest technologies to look for when shopping for a new car and how to make the most of these high-tech safety features when driving. Learn about the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights and more! Email: drive@aarp.org to register.

Boulder Genealogical Society presents a free program on "It Runs In the Family: Researching your Italian Immigrant Ancestors" by Sara Dawson at 7 pm in the Calvary Bible Church, 3245 Kalmia Ave in Boulder. She will discuss using US records to lead us back across the ocean to your ancestor's homeland. Register online at www.bouldergenealogy.org.

Monday/12

Alzheimer's Assn. presents a free program on "Understanding Alzheimer's and Dementia" at 5 pm on Zoom. Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. Register by phone at 800-272-3900.

Wednesday/14

Longmont Genealogical Society presents a free program on "Maps Give Direction to Your Genealogical Research" by Carol Darrow at 1 pm in the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont or remotely Via Zoom. Maps come in all sizes, shapes, styles, and detail. They are created at different dates and places and they may even help us solve some mysteries about why our ancestors did what they did. Please register at <https://longmontgenealogicalsociety.org/>.

Thursday/22

AARP presents a free program on "Ten Warning Signs of Alzheimer's" at 11 am on Zoom. Join us to learn how to recognize common signs of Alzheimer's disease in yourself or in a loved one; how to approach someone about memory concerns; the importance of early detection of Alzheimer's and benefits of a diagnosis; and possible tests and assessments of the diagnostic process. Register at email: KRitualo@aarp.org.

Please check with individual venues for current information.

Calendar sponsored by
Dignity Care
303-444-4040

CALL NOW
303-651-1178

It's time.

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

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

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

meals on wheels
BOULDER

Project Homecoming

A meal program designed to help patients make the transition from hospital to home.

- Free for 5 days.
- No age or income restrictions.
- No strings attached!

FREE FOR 5 DAYS

Welcome Home!
Find out more and sign up: 720-780-3380 | mowboulder.org

Boulder's Art in the Park Series Returns

For the third year, the City of Boulder presents Arts in the Park, a program showcasing a vibrant blend of arts and cultural performances. Arts in the Park performances will take place at the Glen Huntington Bandshell in the city's Civic Area and showcase talent from the Boulder Ballet, Boulder Symphony, and Boulder Opera.

Arts in the Park performances will take place at the Glen Huntington Bandshell in the city's Civic Area and showcase talent from the Boulder Ballet, Boulder Symphony, and Boulder Opera.

This year's Arts in the Park performing arts series will include four performances by three Boulder-based arts organizations:

- Boulder Ballet
Friday, June 2 and
Saturday, June 3
- Boulder Symphony

Tuesday, July 4

- Boulder Opera

Saturday, July 29

"Arts in the Park is a great opportunity for the city to support several of our performing arts organizations and provide spaces for our community to celebrate and connect," said Community Access Coordinator Rosa Wright. "Our community members love these performances and experiencing them live at the Bandshell makes for great memories!"

Boulder Ballet's mixed repertoire program will feature a collection of short works that showcase the expansive range of ballet. The Boulder Symphony will perform symphonic classics, from Copland to William Tell, Star Wars music by John Williams,

Gregory T.S. Walker's music for Rapper and Orchestra, and the 1812 Overture. Boulder Opera's family-friendly concert will feature some of the city's most talented rising artists, performing classic arias and scenes from Das Rheingold, Die Walkure, Siegfried and Gotterdammerung. For event information, schedule and tickets visit boulderartsinthepark.com.



CONTACT

How To Reach Us

email
robert@50plusmarketplaceneews.com

phone
303-694-5512

mailing address
4400 Sioux Dr.
Boulder, CO 80303

website
www.50plusmarketplaceneews.com
www.facebook.com/50plusnews

Published by
50Plus Media Solutions, Inc.
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

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

Publisher/Editor
Robert A. Trembly II

Chief Financial Officer
Michael Gumb

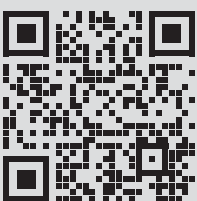
Contributing Writers
Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director
Bob Larson

Product Consultants
Michael Buckley
Robert Trembly

Design/Production
Kit Brown

Smart Phone Access



Printed on Recycled Paper

New 104th Street Trail

The first phase of the new 104th Street Trail opened for public use on May 19. This new trail provides an important north-south connection between the heavily used Coal Creek and Rock Creek Regional trails.

Traveling through the open space along 104th Street, the 1.8-mile multi-use trail connects Aquarius Open Space in Louisville to the Carolyn Holmberg Preserve, ending just south of the Northwest Parkway Overpass. The trail then merges into a shared road connection which continues to Stearns Lake Trailhead. At a future date, phase two of the project will convert the shared road segment into a trail.

The 104th Street Trail Project is a collaboration between Louisville, Lafayette, and Boulder County, aimed at improving regional trail systems to meet the community's expanding recreational needs. The multi-use trail features a combination of soft surface and concrete with pedestrian crossings at major intersections to improve access and safety.

With nearly 100,000 users annually on the Coal Creek and Rock Creek Trails, this new connection offers commuters and outdoor enthusiasts better access to major job centers, regional transit lines, trails, and open spaces in multiple communities, including the popular Carolyn Holmberg Preserve at Rock Creek Farm. The public is invited to explore and enjoy the new 104th Street Trail connection for day and night use.

This \$2.3 Million project was split between the cities of Louisville, Lafayette, and Boulder County. Grant funding in the amount of \$475,000 from CDOT was used to reduce the split for each agency.

SALES JOBS!

Great PT employment



Choose Your Hours
Work With A Professional Sales Team
and Serve Seniors.

Call 303-694-5512
For More Details.

Say You Saw It in
**50Plus
Marketplace
News**

Right at Home Boulder: Our Mission is to Improve the Lives of Those We Serve

WHO We Are:

Right at Home Boulder is a local in-home care agency proudly serving our community, as well as our employees! Each of our Caregivers are thoroughly background-checked, trained, and undergo a personality test to match you with the perfect companion!

WHAT We Do:

We help you maintain your independence! We can help with the basics like housekeeping, laundry, cooking meals, transportation, and pet care. Or if you need a little more help with things like bathing, dressing, grooming, or fall prevention, we can help with that too.

WHERE We Help:

We come to you! A private home, Independent Living, Assisted Living, Skilled Nursing...wherever you need support in your daily life, we will be there.

WHEN We Can Help:

We work with your schedule! Mornings, Afternoons, Evenings. From two days a week, up to 24/7.

WHY We Help:

We want to give you a higher quality of life: with your family, in

your home.

HOW It Works:

1. We come to your home or community for a free assessment to talk about your needs and answer all of your questions.
2. Next, we design a detailed care plan that ensures all your needs are met, and choose a Caregiver best suited for you.
3. From there, we keep a clear line of communication with you to make sure we are meeting your expectations. Our dedicated Care Manager completes regular check-ins, making any needed adjustments.

Getting help at home with us isn't complicated. We can help you find resources to cover some or all of the cost! We are experts in Veteran / Veteran Spouse Benefits, and Long-Term Care Insurance Policies

Call us at 303.313.3073 for any additional questions or set up your free assessment!



Do you want to stay at home, but need a little extra support?

Get assistance, Right at Home!

Cooking • Housekeeping • Transportation •
Errands • Pet Care • Fall Prevention • Companionship •
Personal Care Assistance • & More

Need help with a Long Term Care Policy?

We are experts in helping you maximize your benefits.
Let us teach you how!

Maintain your independence and spend more time doing the things you love.

Let us take care of the rest.

Contact us for your Free Assessment.

303-313-3073 • Jason@SeniorCareBoulder.com



Ron Stern's Travel Series

Newport Beach Luxury at the Balboa Bay Resort



Ron Stern

I invariably seem to be drawn to the ocean. Having moved from California to land-locked Colorado, I still miss the sunny beaches, blue skies and all things nautical.

Fortunately, my vision of a dreamy watery oasis that satisfies all the senses was found at the Balboa Bay Resort in Newport Beach, California.

Nestled along the Pacific Coast between Los Angeles and San Diego, this award-winning waterfront retreat sits right on the Balboa Marina. With abundant sunshine, luscious sunsets and hundreds of yachts, the views here would make any watercolorist envious.

Accolades are numerous and include the AAA Four-Diamond designation, the Forbes Travel Guide Four-Star Rating three years in a row. Most recently, the hotel was named the #1 Resort in Newport Beach by U.S. News & World Report. It's no wonder as the moment I came on property, the service, ambiance, and attention to detail was obvious.

The property has 159 rooms with both courtyard/pool and bay views. Ours was the latter and was beautifully adorned with an extremely comfy bed, plush linens, and all the amenities you would expect from a hotel of this caliber. Our balcony opened to a gorgeous vista of Balboa Marina. The brilliant blue sky framed a harbor packed full of small to epically huge yachts neatly tucked into their prospective docks.

A+O (Anchors and Oceans) is their signature restaurant and their floor to ceiling windows afford magnificent waterfront views. I loved the

color palette here and throughout the resort which echoes the colors of the sea. Vibrant hues of ocean blues, sparkling whites, light wood paneling with splashes of yellow accents set just the right nautical mood.

They offer a variety of seafood options during the season such as swordfish, big eye tuna and spiny lobster as well as east and west coast oysters. My suggestion is to also try their cool and creamy local burrata and the salt and pepper shrimp. Both were tasty and delicious. If available, the dark chocolate crème brûlée was the perfect ending to a great meal. Book at least an hour before sunset to admire the show that nature provides with some spectacular colors.

In the morning we had freshly brewed coffee and a tropical sunset smoothie (pineapple, strawberry,



banana, with coconut milk) at their Blend Cafe. Serving breakfast and lunch the latter includes familiar and new favorites like a Waldorf Salad, teriyaki chicken wrap or Cuban Sandwich.

The Balboa Bay Resort combines just the right elements of excellent service, great food, and casual luxury. Consequently, check-out day might be a sad one, as it was for us, wishing we could stay longer. Fortunately, the length of your visit is altogether in your control and one you will no doubt savor for a lifetime.

This was a sponsored visit, however, all opinions are the author's honest opinion

All photos courtesy of The Brown Palace Hotel & Spa.

Longmont Recognized Again for Exceptional Electric Performance

Continuing a long tradition of high-quality service, Longmont Power & Communications (LPC) has received its eighth consecutive Reliable Public Power Provider (RP3) award from the American Public Power Association. The award is currently presented every three years.

The award recognizes public utilities that excel in reliability, safety, workforce development and system improvements. LPC has earned either a Platinum or a Diamond rating as the top two categories since 2006, when it became the first electric utility in Colorado to receive the award. LPC received a Platinum rating this year.

"Our customers expect the best from us, and for over 100 years we've worked hard to provide just that, supplying the power that our residents and businesses use to build a better Longmont," said Darrell

Hahn, LPC's acting executive director. "We're honored to have those efforts recognized by the APPA and proud to serve this growing and vibrant community."

The honor comes not long after LPC received national recognition for its reliability, with Longmont electric customers enjoying fewer and shorter outages than the vast majority of U.S. utilities. A typical LPC customer goes more than two years without seeing a power outage; those who did experience one typically saw the power come back on in less than an hour.

The American Public Power Association represents more than 2,000 not-for-profit community-owned electric utilities that power 49 million people nationwide. Of those, 271 utilities hold an RP3 designation, including 98 with a Platinum rating.

Thank You!



Telephone Buddy Volunteers



Our Telephone Buddies program connects older adults with volunteers who talk to seniors regularly, supporting independent living by providing a caring voice.

"The smallest act of kindness is worth more than the grandest intention."

—Oscar Wilde

Volunteers enable us to provide a range of services. Interested in volunteering? Call 303-333-3482



Get On Our Wait List Today!

QUIET, SECURE, UPSCALE Rentals for Independent Seniors 55 years & better!



Call for appointment!

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

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

The Worth Of Knowledge

As the end of the school year approaches, high school seniors look forward to the challenges of college life. Many of them may be concerned with the high cost of the next phase of their academic lives. But not Dennis Barnes, a senior at International High School of New

Orleans with a cumulative grade point average of 4.98. He applied to 200 colleges and has been accepted by 125 of them, thus far. In addition, much to the delight of his parents, he has been offered more than \$9 million in scholarships.

Poetry Rising

One of the best things about June is Father's Day. We might be a Dad, or remembering ours, or wish we had known him. My Dad loved music, and it's one of the "things" I feel blessed to have inherited from him. He always sang or whistled—drove two different husbands of mine crazy! But when he died, I found myself singing in the post office. Turns out we don't only inherit "things," and what a gift.

WHEN MUSICIANS SMILE

Tonight,
 it was Andrea Bocelli
 singing "Silent Night."
 There was that moment when
 he began to sing in his native tongue
 and, ever so briefly,
 he smiled.

Yo-Yo Ma is another one
 as he draws his bow
 across the strings of my heart.
 Watching him adds to the magic of his music.
 He seems to be smiling with me.

All of my life
 sharing these moments
 with someone else
 has doubled my delight.
 Now, it seems,
 I am being called to learn
 about taking joy alone.

Perhaps that is why,
 the musician's smile means so much to me.
 Remembering my Dad
 playing Santa Lucia
 again and again.
 and smiling.

(c) Barbara Wood Gray
 BarbaraWoodGray@gmail.com
 www.lulu.com/shop
 "Sharing the Song"

Colorado Gerontological Society Expansion Of Dental Services For Older Adults



Eileen Doherty

Denver, CO. Medical experts, policy makers, and political leaders are all starting to not only realize the importance of dental care, but are expanding the financial support to help older adults pay for dental services.

Starting July 1, 2023 adults on Medicaid will be eligible to receive additional dental care as the annual caps have been lifted. You do need to be receiving Medicaid and see a dentist who accepts Medicaid to take advantage of this benefit.

The Colorado Gerontological Society is expanding our services to residents of the Metro Denver area, as well as Boulder and Larimer county. Additionally, if you have family or friends who live west of I-25, south of the Wyoming border and north of the New Mexico border, we are able to serve those individuals as well.

To qualify for the program, individuals must be age 60 and over, live in Colorado, see a participating dentist who agrees to accept the state's fees, and be prior approved for care. Income must be less than \$3038 for a single person and \$4108 for couple.

The services we can provide include exams, x-rays, fillings, extractions, full and partial dentures. Other procedures such as root canals and crowns are approved on a case by case basis. We do not cover fixed bridges and implants.

Procedures that are covered by the grant and pre-approved are usually covered in full by the grant.

To apply, call our office for an application or visit our website at www.senioranswers.org/programs/dental-grants/. For more information, 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.



Helping seniors age in place.



Program of All-inclusive Care for the Elderly

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

Call today to see if PACE is right for you or a loved one.

303-926-4745 • (TTY 800.659.2656)

Or make a referral at pace@trucare.org



SHAKES
 PEARE
 FESTIVAL
 Summer 2023

Summer 2023

June 11-Aug. 13

Much Ado About Nothing

The Winter's Tale

King Lear

One Man, Two Guvnors

by Richard Bean

The Comedy of Errors

Tickets start at:

\$22 for indoor performances

\$25 for outdoor performances



Tickets on sale now!

303-492-8008 • coloradoshakes.org

CU ★ PRESENTS

University of Colorado Boulder

Reflections on Juneteenth and Health Equity

Juneteenth (June 19th), which was declared a federal holiday in 2021, recognizes the day that the last group of enslaved African Americans were emancipated in Galveston, Texas in 1865 – two and a half years after the Emancipation Proclamation.

As a provider of community mental health services, Juneteenth is a time for me to reflect upon equity, specifically health equity. The term “equity” is different from “equality,” in which everyone gets one share. Equity suggests that opportunity should be the defining characteristic of equality and, by extension, that opportunity should be afforded to all. A truly equitable outcome requires us to recognize when resources must be allocated with attention given to individual circumstances, cultural responsiveness, and historical opportunity gaps.

In the health care industry, achieving long-term health equity can become quite complex but the basic principle remains: all individuals should have an equitable opportunity to access care and services based on their individual and cultural needs. As care providers, we must not only think about what services we provide, but also how accessible these services are to the communities we serve.

Recently, at Mental Health Partners we launched a Suicide Pre-

vention Pathway program to help identify clients who are at increased risk of a suicide attempt. These individuals are prioritized to receive services with the understanding that they are in crisis and need immediate support. Through an equity lens, we can recognize when individual circumstances require a more compassionate and focused approach in order to better meet the needs of our community.

This Juneteenth and beyond, I invite you to join me in reflecting upon health equity by learning about health disparities, engaging with and listening to impacted communities, and using your voice to impact positive change.

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



Call for a Tour. Lunch is on us!

Peaceful Assurance

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



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



THE BRIDGE
AT LONGMONT

303-774-8255

Pratt Street, Longmont CO 80501
www.centurypa.com

Now Hear This Listening Fatigue



Dr. D'Anne Rudden

While there's been exhaustive research over the last several years linking hearing loss to cognitive decline, the reverse question – Does treating hearing loss improve cognitive function? – has not had as much attention. However, in the last few years, new data has emerged validating the theory that treating hearing loss can impede, or even reverse, cognitive decline. Additionally, combining treated hearing loss with greater social connection to other people can have a positive impact on cognition. The new data implies that when hearing loss is addressed with properly fitted and tuned hearing aids, cognitive decline can be prevented (or slowed). Even more fascinating – the limited research suggests that cognitive rebound can and has occurred.

Studies have indicated that untreated hearing loss can result in social isolation, which can cause noticeable cognitive decline. But the decline can potentially be re-

versed once hearing loss is mitigated and social interaction is initiated. That mitigation can occur, depending on severity, in a variety of ways, including a cochlear implant, properly fitted and adjusted hearing aids, solutions such as Captioned Telephones, or the use of wearables by those with milder hearing loss. We stay current and track the hearing-related industry to follow what's new and what matters to our patients.

Dr. D'Anne Rudden is a Doctor of Audiology, board certified by the American Board of Audiology, in practice for over 28 years. Dr. Caney Demars joined the practice in 2020, adding 5+ years of experience and a passion for serving our community! In 2020, Dr. Rudden and 6 colleagues from around the state started a non-profit project called Hearing the Call Colorado to help income qualified people in their local communities get access to hearing healthcare. To date, Hearing the Call Colorado has provided 214 people in Colorado with hearing aids, 48 of those right in Longmont! Dr. Rudden is proud to serve as Hearing the Call Colorado's Project Manager.

Hover Senior Living Communities Celebrates Eight Honorees Over 80!

In May, Hover Senior Living honored eight seniors over the age of 80 who have made a significant difference in the Longmont and surrounding communities. at the Foxhill Club in Longmont. Hover honored eight seniors and five honorable mentions at their special tea celebration.

Board President Nancy Schwalm gave the presentations to the honorees. Honorees included Bob Sarchet, Dale Sherrod, Kenneth Cavanaugh, Judy Winger, Carol Yoakum, Virginia Black, Leona Stoecker, & Judith Boyd. Honorable Mentions included Helen Vanzant, Jerry Buchholz, Ida Biederman, Richard Hahn, & Sam Beeler.

In 1979, The Hover family of Longmont, opened the first of its kind highrise apartments, offering a retirement home for low-income elders in the Boulder County area. The Hover Manor Independent



Board President Nancy Schwalm

Living lifestyle empowers seniors to live the life they choose by offering innovative, affordable, and dignified choices.

In 1989, The Hover Community Inc. was established, DBA Beatrice Hover Assisted Living. This forward thinking, care community, serves all with integrity and respect, while enhancing the

quality of life for seniors through innovation and affordability.

In 2019, A radical new model for skilled nursing care came to Longmont, The Katherine and Charles Green House homes are designed from the ground up to look and feel like a real home for 12 elders in each home.

Hover Senior Living Communities lead the way of the future in elder care, Their campus sits on 15 acres on the west side of Longmont with a backdrop of the Rocky Mountain Range.

Are you eligible for the new \$1,000 Senior Housing Tax Credit?

The new for 2022 Senior Housing Tax Credit is for everyone over the age of 65 who have not lived and owned their home for 10 years and have been a resident of Colorado for all of 2022. It is a variable credit, meaning that it is somewhat determined by your "taxable" income. For those with a taxable household income of less than \$25,000 the refundable credit will be \$1,000. All households that have a income of less than \$75,000 will get at least some of the credit. Some other examples would be if your taxable household income is \$30,000 your credit will be \$900 and a household with income of \$50,000 would get \$500. All the details can be found on page 17 of the Colorado D0104 booklet,

People over the age of 65 who have lived in and owned their home for the last 10 years annually re-

ceive the senior housing tax exemption which equates to 50% of the first \$200,000 of property value is exempt from taxation. Different counties have different tax rates so the amount varies a little bit from county to county. The amount is changing from 2023 through 2028 to 50% of the first \$300,000.

The "tax exemption" is good every year, where as the above mentioned "tax credit" seems to have been written as a one time only event. Seniors have to turn in a form 104PTC (used by people with incomes of less than \$15,392) or they must file a tax return even though there is no taxable income. A federal tax return does not have to be filed only a state return.

Submitted by Ron Vejrostek of Vejrostek Tax and Financial and can be reached at 303-776-0867.



**VEJROSTEK
TAX & FINANCIAL**
1710 Skyway Dr. Ste. B
Longmont, CO 80504

303-776-0867

**When it comes to Medicare
You could call an 800 number and talk with
someone whom you will never talk with again
OR
You could have your very own personal agent,
whom you could talk to every time you call
and all for the exact same price.**

**Even if you don't use me, please do yourself a
favor and utilize a local agent who will get
to know you and always be there to help
you when things don't go exactly right,
which happens at times.**

**Feel free to call at anytime with any questions with
no obligation to do business with me.**

I am here to help year in and year out.

Ron Vejrostek
303-776-0867

Technology is Hip! Is Our Military Prepared?



Bob Larson

Several weeks ago on a 60 Minutes TV show, one of their programs featured our US Navy and was it prepared for an invasion on Taiwan? Of course, the short answer was yes! It was indicated we have 12 Navy battle groups of which six are deployed every six months across our planet. The battle group consists of an aircraft carrier, several destroyers, and other classified ships. We run military drills with other ally nations every year to be prepared in case a not so friendly nation such as China, North Korea, or Russia decides to launch an invasion against us, Japan, Philippines, Taiwan, or any NATO sanctioned nation.

Interesting, China has 350 ships with only two aircraft carriers and are planning to build more to the tune of 500 total ships by 2028. It has twice the size of military personnel over the U.S. We have sent lots of our high tech military equipment to Ukraine and other nations to defend themselves from

any invasion. Our military has never been stronger as we acquire the best weapons, ships, aircraft, personnel training, intelligence, and military drills. At last week's 60 Minute TV show, it was mentioned that our military is held hostage for paying higher prices than normal for our military equipment. Sadly, our military is turning a blind eye on the higher costs! I'm sure Congress will correct that, so we don't bankrupt our nation and hold those military defense companies responsible for their greedy profits! However, we also depend on those same companies in providing the high-tech equipment to our military.

You probably have heard about artificial intelligence (AI) and how it is changing our world. I feel AI will be a great benefit to our military in winning or deterring those rogue nations against their invasions. Bob Larson is a technologist and Marketing Director for 50 Plus!

VETERANS

**If you need any help
with anything,
call us for Free
assistance.**

720-600-0860



Find Einstein



Can you find the hidden
image in this paper?

50 Plus Media Solutions INC

Providing multiple solutions for branding
and promoting your business!



50 Plus Marketplace INC

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

50 Plus Video Solutions™

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

Visit 50Plus.solutions to learn more!



303-694-5512 for more information!

Ageism Matters

Ageism adds to the epidemic of loneliness



Kris & Sara

The recent U.S. Surgeon General's report, "Our Epidemic of Loneliness and Isolation," highlights the detrimental effects of loneliness and social isolation on physical and mental health. While this epidemic affects people of all ages, older adults are particularly at risk. Ageism, discrimination directed toward people based upon age, can exacerbate loneliness and isolation.

Ageism shortens lifespan, worsens physical and mental health, hinders recovery from disability, and accelerates cognitive decline. Ageism also reduces access to employment, education, and health care, all of which impact health and can increase social isolation.

According to the report, social isolation and loneliness can increase the risk of early death in older adults by up to 50%. A lack of social connections can make it difficult for older adults to access healthcare services and support.

This isn't just an issue for older adults. A survey by Cigna found

that nearly half of Americans reported feeling lonely and disconnected from others. The pandemic only intensified this through quarantine and social distancing measures.

As the U.S. Surgeon General, Dr. Vivek Murthy, stated, "We cannot afford to ignore loneliness and social isolation – especially now. Addressing this epidemic requires an all-hands-on-deck approach."

This is a public health issue and we need to address it. Solutions include programs to combat ageism and promote intergenerational connections, and initiatives to increase social support and connectedness for people of all ages. To start, check out Changing the Narrative's free intergenerational conversation toolkit that helps people of all ages engage in meaningful conversations. By recognizing the impact of loneliness on everyone and taking action, we can work together towards a healthier, more connected society.

Sara Breindel & Kris Geerken, 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.

Genealogy Rocks!



Carol Darrow

Summer's coming! Remember the joy that those words brought us each school year! You, of course, may not have been in school this year but you may have worked hard on researching and analyzing your family history. How are you going to spend those sunny months ahead?

Traveling to ancestral hometowns is always popular. You may have identified that hometown, its cemetery and farm location. You can take this opportunity to take pictures of local landmarks and perhaps visit the local courthouse to seek records.

Your travels might take you to Salt Lake City to explore the Family History Library with its multiple resources in books, manuscripts and computer access. For those in the Midwest, the Allen County Library in Fort Wayne, Indiana, offers access to records in the surrounding states and an enormous library of genealogy journals published by genealogical societies across the U.S.

Classes and seminars will continue over the summer and may be just what you're looking for. The website <https://conferencekeeper.org/> maintains a list of Zoom and in-person classes and presentations on a wide variety of topics. Many are free to attend.

If travel isn't in your plans, you might want to work on summarizing all the information you've gathered about your family. If you are the recipient of piles of documents passed on to you, you might want to use Legacy Family Tree software or Roots Magic software to organize all that information.

Another alternative is to try your hand at writing a short piece about the history of your family. Start slowly, setting your goal at 500 words. Is your story one of immigrants who came to the U.S. in the 1880s or a story of colonial ancestors who were here before the American Revolution? Either way, you'll soon want to expand your story to include more generations and more stories.

Happy Summer!

The Colorado Genealogical Society at www.cogensoc.us will resume classes in September on Zoom.

Homeless Solutions for Boulder County Successfully Exits Veterans Out of Homelessness

Boulder, Colo. – Homeless Solutions for Boulder County has successfully exited 30 Veterans out of homelessness in Boulder County in 2022. Of this number, 7 were housed; 1 was reunified, and 22 moved to inactive status due to no client contact, known as a neutral exit. Homeless Solutions for Boulder County, a multi-jurisdiction partnership between Boulder County and the Cities of Boulder and Longmont, continues to work with nonprofit partners to exit individuals out of homelessness. This regional integrated service system combines a coordinated entry process with provision of timely and appropriate supportive and housing services to assist people out of homelessness.

Veteran homelessness affects 438 individuals in the Metro Denver Area. Metro Denver Homeless Initiative (MDHI)'s released report for 2022 annual Point-in-Time (PIT) count data shows a significant decrease in Veteran Homelessness across the region, though there was an increase in overall homelessness in the same year. Last year, Boulder County obtained nine additional Veterans Affairs Supportive Housing (VASH) vouchers, the only county to be awarded new VASH

vouchers in the metro area. In 2022, there were 79 identified homeless Veterans in Boulder County through Coordinated Entry. As of April 2023, Boulder County has identified 17 individuals experiencing homelessness that are service veterans. In 2023, HSBC has seen a decrease in month-over-month (Jan.-April) of veterans experiencing homelessness in the county.

"To achieve quality data for veterans means that we know who's in our community," said Heidi Grove, Homeless Solutions for Boulder County Systems Manager. "We identify our Veterans person by person and strategize the most appropriate exit and resources for them to end homelessness."

Boulder County joined the sub-regional Built for Zero effort in Metro Denver in 2020 and recently was recognized as having achieved quality data for veteran homelessness. Built for Zero is a national movement, a methodology, and campaign for regions across the United States committed to ending homelessness. As of April 2023, Boulder County has been deemed eligible for the "final mile." Final mile status is the last stretch before a sub region reaches

Continued on page 11

Health Matters

With Prediabetes, There's Still Time To Turn Things Around.

Approximately 96 million American adults—more than one in three—have prediabetes. Yet, more than 80% don't know they have it. Without intervention, prediabetes often leads to type 2 diabetes and increases your risk for heart disease and stroke.

However, studies show lifestyle changes such as increased exercise, weight loss and diet changes can cut the risk of going from prediabetes to diabetes by about 58%.

The pancreas releases a hormone called insulin. Its job is to move sugar from the blood and into the cells for use as energy. When you have prediabetes, also called insulin resistance or glucose intolerance, the cells aren't responding properly to insulin and your blood sugar becomes higher than normal but not high enough to be considered diabetes.

Diabetes symptoms result from insulin not working as it should and include:

- increased hunger and thirst,
- frequent urination, and
- unexplained weight loss.

Often there are no symptoms to indicate to someone that he or she is prediabetic. For this reason, it's important that patients are screened.

Screening for prediabetes and diabetes is recommended by the United States Preventative Services Task Force (USPSTF) for everyone 35 to 75 years old, who is overweight or obese. The American Diabetes Association recommends that everyone 45 years old or older—no matter their weight, be screened for prediabetes and diabetes.

The bottom line is: your simple lifestyle changes can reverse prediabetes.

Francisco Javier Barajas, MD, is a board-certified internist who received his medical degree from Anahuac University, Mexico City, Mexico, and then completed his residency at Icahn School of Medicine at Mount Sinai in Englewood, NJ, where he was a chief internal medical resident. Dr. Barajas is a Fellow of the American College of Physicians.

Boulder County Offers Free Workshop for Family and Informal Dementia Caregivers

Boulder County Area Agency on Aging (BCAAA) is hosting a free “Dealing with Dementia” workshop on Monday, June 12, 2023, from 1-5 p.m. The in-person workshop will take place at BCAA’s office in the Sundquist Building at 3482 Broadway Street in Boulder, CO. Family caregivers are the backbone of community-based services, providing over \$450 billion of unpaid services

across this nation.

The goal for the Dealing with Dementia caregiver workshop is for family caregivers to gain a better understanding of dementia, utilize strategies to effectively manage dementia behaviors, and develop habits of stress management and self-care. To support local family caregivers of people with dementia, BCAA’s event provides tips and strategies for

caregivers on best practices for caring for their loved ones and themselves.

What: Dealing with Dementia workshop for family caregivers

When: Monday, June 12, 1-5 p.m.

Where: Boulder County Area Agency on Aging, Sundquist Bldg, 3482 Broadway St., Boulder

Registration: Contact Rebekah Van Sweden at 303-441-3945 or

InfoCaregiver@bouldercounty.org.

Interested participants are asked to provide name, contact info, and a brief summary about individual caregiving situation when registering for the event. Caregivers who attend the four-hour workshop will receive a copy of the new Dealing with Dementia guide. This guide provides information and solutions to problems caregivers face every day.

Social Security Today Eligibility For Spouse’s Benefits

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life’s journey. If you don’t have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse’s record.

To qualify for spouse’s benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse’s record.

If you wait until you reach full retirement age, your full spouse’s benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse’s benefits before you reach full retirement age, you will get a permanently reduced benefit. You’ll also get a full spouse’s benefit before full retirement age if you care for a child who is entitled to receive benefits on your spouse’s record.

If you’re eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse’s benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse’s benefit, for a total of \$1,250.

Want to apply for either your or your spouse’s benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse’s record. For more information, please visit our website at www.ssa.gov/planners/retire/divspouse.html.

Reflections

To Commit Or Not



Martha Coffin Evans

That’s the question. Inevitably in life, decisions arise which need a commitment.

I have a small 3 ¼ x 4” paper titled “Commitment.”

Dog-eared after years of reading and sharing, the advice offered by Scottish mountaineer William Hutchinson Murray remains sound. Its first line reads, “Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness.”

Parents and friends may see much more clearly than we in some circumstances. I know my mother did at one point in my life. “You’ve already made your decision. You just don’t know it,” she said. Her insight remained better than mine as did her distance from the issue. I waffled and remained in limbo until I committed to take action.

Knowing who to listen to or not, can make a difference in the outcome. At a critical point in my career, I chose to listen to my father’s advice. By doing so, I made

the commitment to remain in my first job. I was on the verge of quitting, at least on paper, as a first year teacher. His advice to stay the course, give my students time to adjust to my expectations, proved most sage. I still remain in touch with some of those students!

Well-meaning friends may offer their words of wisdom about what to do, where, when and how. “You’re getting your money’s worth,” my friend’s husband John would say about her freely offered advice. After listening to others, and doing careful research, we may need to change the narrative before we make a commitment.

Even when we commit to something new, it may not turn out as we hoped. We would never know had we not made a commitment.

Can we commit to something without taking action? That’s a question for another day.

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

BUSINESS PARTNERS

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

Call For Eligibility!

Boulder Meals on Wheels: 720-780-3380

Coal Creek Meals on Wheels: 303-665-0566

Longmont Meals on Wheels: 303-772-0590

An organizational book to prepare for travel!

Passports, Packing (essentials), Key identifiers for picking accommodations, foreign currency, and more! Purchase today at

Available at amazon

Senior Tax Filer

\$150 per tax return

MD Bookkeeping & Taxes
421 21st Avenue Ste 10
Longmont, CO 80501
303-776-8025

By Appointment Only

Valid on Tax Prep Fees Only. New Customers Only. One Coupon per customer/year. Self Employed Seniors are \$200/ return. Exp. Apr. 10

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

Visit www.efaa.org for more information

FILE OF LIFE

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

Boulder Fire Rescue Longmont Fire Department

DONATE YOUR CAR!

Wheels for Wishes
Make-A-Wish Colorado
Call: 720-907-3825

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

2023 Eldorado Canyon State Park Free Weekend Shuttle

Free shuttle service to the State Park and the Marshall Mesa, Douly Draw and South Mesa trailheads is available from Boulder and the US 36 & McCaslin Park-n-Ride in Superior

Boulder County, Colo. - Beginning on Saturday, May 27, Boulder County, Colorado Parks & Wildlife and City of Boulder Open Space & Mountain Parks will offer a free shuttle bus service on weekends and holidays this summer and fall to carry passengers from Superior, Boulder, and Marshall to Eldorado Canyon State Park, a popular hiking, sightseeing, and climbing destination, and to the Marshall Mesa, Douly Draw and South Mesa trailheads. The shuttle will help address increased parking and traffic congestion-related impacts in Eldorado Springs, within the state park and along CO 170.

The Eldo Shuttle service will begin Saturday, May 27, and will run Saturdays, Sundays, and holidays until Monday, Sept. 4. Holidays with shuttle service include Monday, May 29 (Memorial Day), Tuesday, July 4 (Independence Day) and Monday, Sept. 4 (Labor Day). Shuttles run from 8 a.m. to 7 p.m. each day of service. Shuttles will run approximately every 20 minutes. View a map of the route and shuttle stops.

The shuttle route includes the following stops:

Regent Drive & Broadway

Shuttle stop and parking in the CU Regent Lot #306, just east of Broadway

Broadway & Baseline

Shuttle stops on Broadway
Broadway & 27th Way
Shuttle stops on Broadway; parking available in the RTD Park-n-Ride.

Broadway & Rayleigh Rd

Shuttle stops on Broadway
Broadway & Dartmouth Avenue
Shuttle stops on Broadway; parking available in the RTD Park-n-Ride.

Table Mesa Dr & 39th St

Shuttle stops at the RTD stops on Table Mesa Dr.; parking available in the RTD Park-n-Ride.

US 36 & Table Mesa Station
Shuttle stops at the eastbound US 36 on-ramp (same stop as the Denver-bound FF1). From the parking garage, passengers will need to cross US 36 using the pedestrian bridge to walk to the Eldo Shuttle stop. Parking available in the RTD Park-n-Ride.

US 36 & McCaslin RTD Park-n-Ride in Superior

Shuttle stops at the Superior FlexRide stop in the parking lot next to the pedestrian bridge

CO 93 & CO 170

Marshall Mesa Trailhead
Parking available in the dirt lot on the east side of CO 93. Shuttle stops

in front of the dirt lot (no shuttle parking available in the gas station lot or in the Marshall Mesa Trailhead parking lot).

Doudy Draw Trailhead

Shuttle stops in the trailhead parking lot. To access to South Mesa Trailhead, visitors will need to cross CO 170. For westbound shuttles, the Doudy Draw stop is drop-off only

Eldorado Springs Resort

Shuttle stops in front of the Eldorado Springs Resort & Pool, near the pedestrian bridge. Westbound, the shuttle stop at Eldorado Springs Resort is drop-off only. View Eldorado Springs Swimming Pool for the pool's opening date.

Eldorado Canyon State Park Visitor Center

Access to Fowler, Rattlesnake, or Eldorado Canyon trails and the picnic area. Access to Boulder County Walker Ranch Open Space via Eldorado Canyon Trail (no bikes on Eldorado Canyon Trail). Eldorado Canyon State Park entrance station. Access to the Streamside trail.

State Parks Pass

All shuttle passengers age 16 and older will be required to purchase a valid state parks pass to enter the state park. Shuttle riders can bring an annual pass, purchase a day pass online at www.cpwshop.com, or bring \$4 cash per adult to pay on-board the shuttle (exact change only - drivers carry no change). Shuttle riders paying by credit card will need to deboard and purchase a day pass at the Visitor Center. Shuttle riders headed to the Marshall Mesa, Douly Draw or South Mesa trailheads do not need any pass or fare. Shuttle riders headed to the Eldorado Artesian Resort & Pool will need to pay an entrance fee.

Accessible Hiking

All shuttles and shuttle stops are ADA accessible. The Eldo Shuttle provides access to the Fowler Trail, a wheelchair-accessible trail.

Gear and Bikes are Welcome
Backpacks, crashpads and other climbing gear are welcome.

Leashed, well-behaved dogs are welcome.

Each shuttle has a bike rack that can hold three bikes.

Masks or Facial Coverings Not Required to Ride

Masks or facial coverings are not required to ride the shuttle, but passengers who would feel more comfortable wearing a mask are welcome to do so.

Take the Bus to the Shuttle

Rather than driving to your trailhead or one of the shuttle parking lots, visitors are encouraged to take the RTD route SKIP, DASH, Flatiron Flyer or other bus routes that stops along Broadway in Boulder or at US 36 & McCaslin to connect to the Eldo Shuttle.

Timed Entry Reservations Not Required to Ride the Free Shuttle

In 2022, Colorado Parks & Wildlife approved a pilot timed entry reservation system for visitors driving to Eldorado Canyon State Park. From May 15 to Sept. 15, 2023, visitors accessing the park via private vehicle on weekends and holidays

need to have a timed entry reservation.

Reservations are not required for shuttle parking, or to ride the shuttle. There is no public parking near the entrance to Eldorado Canyon State Park, and parking is limited at the Doudy Draw and South Mesa Trailheads. Don't chance it - park at one of the shuttle lots and ride the shuttle instead. Illegal parking could result in fines and/or towed vehicles.

More Information

For more information, visit www.EldoShuttle.com or contact Alex Hyde-Wright at ahyde-wright@bouldercounty.org or 303-441-4910.

TRADING POST

Travel

MOTOR COACH TOURS WITH DIAMOND TOURS 2023 Trips
www.GroupTrips.com/travelwithaleta for video and more details
Email or call Aleta for complete information and flyers.
Blondealeta@msn.com or 720.382.3814
I will escort you on these fun trips!!

Garden of The Gods, Royal Gorge and Colorado Springs
July 31 - August 2, 2023 - 3 days /2 nights - \$415

Cripple Creek Get-Away Wildwood Casino
August 29, 30, 31st, 2023
3 days/2 nights
Cost : \$175 (double occupancy)
Includes: 2 nights stay at Gold King Mountain/ Wildwood Casino - Round trip transportation motor-

Travel

coach
Amenities of pool and hot tub - Free shuttle to explore Cripple Creek

Niagara Falls/ Toronto
September 8 - 18th, 2023 \$1359

Branson Holiday Shows
November 12- 18th , 2023 - 7 days/ 6 nights \$935 - 6 shows, 10 meals and more
All trips include Motorcoach, Hotels, admissions, guided tours
AND SOME OF THE MEALS!!

Services

I GOT THIS
No Job Too Small
Competitive Prices
Painting
(30 years experience)
Gardening
Decluttering/organizing
Carrie Copeland Owner
Front Range Colorado
401-480-7103

Services

English Language Tutoring for Adults
- certified ESL instructor-online/individualized/interactive-free initial consultation-laurascott.esl@gmail.com

Events

MUSIC JAM:
" The boulder Friends of Jazz hosts a Dixieland and swing jam session the first Sunday of each month 1 to 4pm at the Avalon Ballroom 6185 Arapahoe Rd, Boulder,. dancers welcome.
Members \$8.00, non-members \$12.00, students \$2.00, musicians who sit in are free. Ph 303-449-1888 for info.

Wanted

Sell me your film cameras
Fair Price Paid
Prefer 50-70's, German
970-823-0002

Stay Up-To Date on scams in Colorado.
Monthly columns by the District Attorney Offices and Better Business Bureau are available at 50plus.news/senior-scams

TRADING POST ORDER FORM

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

50plus Marketplace

4400 Sioux Dr.
Boulder, CO 80303

Copy due by the
10th of the preceding month

- July 2023 6/10/2023
- June 7/10/2023
- June 8/10/2023
- June 9/10/2023
- June 10/10/2023

ADVERTISER'S INFORMATION

Name _____

Company _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Continued from page 8

Homeless Solutions for Boulder County

functional zero, defined as less than 3 Veterans experiencing homelessness in any given region.

Homeless Solutions for Boulder County also works closely with the Veterans Community Project (VCP), a nonprofit dedicated to helping house Veterans. In 2021 and 2022, Boulder County helped fund VCP of Longmont's outreach center, "a walk-in center to serve as a one-stop-shop for every type of veteran facing every type of problem, including Veterans experiencing homelessness." As part of the Worthy Cause funded grants, Boulder County awarded VCP \$150,000 in 2022 and \$250,000 in 2023. City of Longmont also supported VCP by waiving city development fees for the property in Longmont.

Veterans Community Project's VCP Village initiative is aimed at providing a planned tiny home community designed to get homeless Veterans off the street and into permanent housing. Comprehensive Veteran support services are facilitated through an onsite community center that provides Veterans with mentoring, case management, counseling, and connection to other programs and services. HSBC works in partnership with VCP to match cli-

ents to their programs in Case Conferencing, a meeting where partners come together to discuss how best to support individuals experiencing homelessness and connect them with housing resources.

VCP will be hosting a ribbon cutting ceremony for the VCP Village Community Center in Longmont on Thursday, May 18 from 5-7:30 p.m. at 3095 Mountain Brook Drive, Longmont, CO 80503. Community members are invited to the celebration in completion of the VCP Village Community Center. A tour of the center will be available where participants will have an "early look" opportunity at the first set of tiny houses currently under construction for future veteran housing. RSVP with Veterans Community Project of Longmont to attend this event.

Since October 2017 to date, Homeless Solutions for Boulder County has exited a total of 1,821 individuals out of homelessness in Boulder County, which includes Veterans in this number. In 2022, 223 individuals experiencing homelessness were housed; 8 exited the HSBC system, and 108 individuals were reunified with family, friends, or other relatives.

50 Plus Marketplace NEWS

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



Current Local Events & Lifestyle Articles

Four Local Community Editions

Over 200,000 Print Circulation

Connecting 50 Plus Adults with Local Businesses

Mobile User Friendly Access Website

Call for Your **FREE** Media Kit Today!

303-694-5512

Info@50plusmarketplaceneeds.com



TOTAL EYE CARE

Specialists in

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

Call today:

303.772.3300

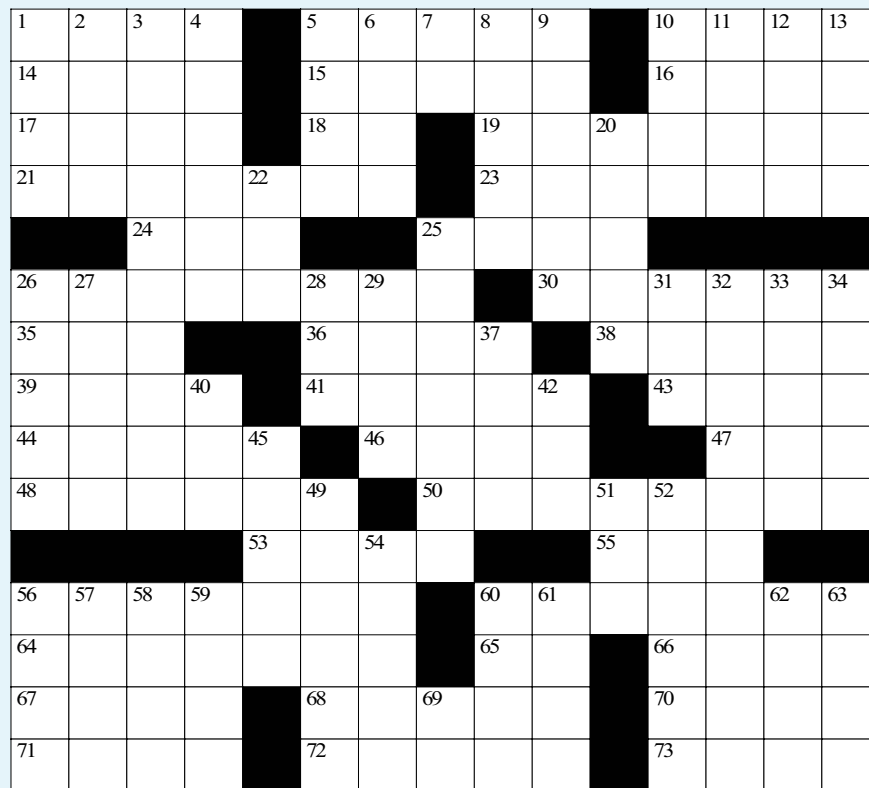
www.EyeCareSite.com

**Boulder
Longmont
Lafayette**

50 Plus Marketplace News

Crossword Puzzle

June 2023
Answers page 6



ACROSS

- 1 Exclamation to express sorrow
- 5 Skin of the upper part of the head
- 10 Piece of work
- 14 Central part
- 15 Humped ruminant
- 16 Against
- 17 Steals from
- 18 Toward the top
- 19 Cheer
- 21 Embodiment
- 23 Annulling
- 24 Light meal
- 25 Showy trinket
- 26 Salt of tartaric acid
- 30 Scanty
- 35 North American nation
- 36 Alley
- 38 Rustic

39 Microscopic arachnid

- 41 Braid
- 43 Animistic god or spirit
- 44 Icons
- 46 Thrust with a knife
- 47 Deranged
- 48 Pertaining to the skin
- 50 Dolt
- 53 Baby powder
- 55 Covered vehicle
- 56 Aperture
- 60 Go before
- 64 Chief Hindu philosophy
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Rime
- 67 Capital of Yemen
- 68 Overgrown with ivy

- 70 Liqueur of Greece
- 71 To a smaller extent
- 72 Currency units
- 73 Employs

DOWN

- 1 Land measure
- 2 Coil
- 3 Person empowered to decide
- 4 Stanza of six lines
- 5 Worthless person
- 6 Headland
- 7 Part of the verb "to be"
- 8 Hawaiian tree
- 9 Full assembly
- 10 Edible tuber
- 11 Against
- 12 Type of gun
- 13 Monarch
- 20 Snake
- 22 Lever for rowing
- 25 Pertaining to genetics
- 26 Bombastic
- 27 To one side
- 28 Long-sleeved linen vestment
- 29 Sailors
- 31 Diving bird
- 32 Grasslike
- 33 Pertaining to a ramus
- 34 Ignore
- 37 Yellow cheese coated with red wax
- 40 Tree
- 42 Flow back
- 45 Glossy
- 49 Obtained from milk
- 51 Evening
- 52 Pastille to sweeten the breath
- 54 Depart
- 56 Egg-shaped
- 57 Advise
- 58 Ancient Roman days
- 59 Ventilates
- 60 Saucy person
- 61 Staffs
- 62 Stupefy
- 63 Greek god of love
- 69 Prefix meaning not

Boulder County Healthy Aging Programs In-Person, Virtual (and phone-in) Offerings June 2023

We offer many programs such as the Diabetes Prevention Program, Diabetes and Chronic Disease Self-Management, Diabetes Support Group, Fresh Conversations Nutrition talks, Nutrition Counseling, Medicare Basics education and Medicare counseling assistance.

Classes are offered in person and virtually and Zoom links and telephone numbers will be sent to participants. For people 60+ and their caregivers.

Information can be found at: boco.org/HealthyAging
Sign up for classes /
Inscribase: www.boco.org/AAALearns

Fresh Conversations

Wednesday, June 10 1-2pm
Fresh Conversations is an evidence-based nutrition education program focused on timely nutrition topics presented monthly. FreshConversations is led by Patti Murphy, RDN. Please email infohealthyaging@bouldercounty.org for questions.
Topic: How much is too much?

Diabetes Support Group

Monday, June 15, 11-12pm
Currently a virtual meeting from 11 AM to Noon. Each month has a topic and there is time for questions as well as getting support from the group. This is conducted by a

Registered Dietitian Nutritionist who is also a Certified Diabetes Educator.
Topic: Boosting Fruit and Vegetable Intake
To register please call 303-678-6115. You will be sent a Zoom link to join virtually or by phone.

Medicare Basics

Participants will learn about how and when to enroll, how to avoid financial penalties, the different parts of Medicare, what is covered and what is not, Medicare fraud, and other information related to Medicare.

Wednesday, June 10, 6-7:30 pm
Thursday, June 18, 10-11:30 am

ALWAYS-- Free Nutrition Counseling

A wonderful way to get individual guidance for free. Please leave your contact information. A Registered Dietitian Nutritionist will contact you to schedule your free appointments.

English: 303-678-6115
Español: 720-930-0223

Questions? Please send an email to infohealthyaging@bouldercounty.org

Wellness Phone (English and Español) 303-441-4583
Medicare Phone: (English and Español) 303-441-1546

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.

Chair Yoga and Balance Series.

West Age Well Center, Fridays,
Jun 2 - 23, 10:00 – 10:45 a.m.
Fees: R/NR \$32/\$40. This class brings together postures and techniques of yoga with the support of a chair.

American Mah Jongg for Beginners. West Age Well Center, Mondays and Wednesdays, June 5 – 14, 10:00 a.m. – 12:30 p.m. Fees: R/NR \$92/\$115. Learn to play American Mah Jongg, a game of both skill and luck.

Advanced Beginner Bridge. East Age Well Center, Wednesdays, June 7 – August 9, 10:00 a.m. – 12:30 p.m. Fees: R/NR \$55/\$69. Participants will practice as a declarer and a defender, learning helpful hints to increase success at both.

NEW! MHP Peer Counseling: Women's Support Group.
West Age Well Center, 1st

and 3rd Thursdays, 2:00- 3:30 p.m. A twice-monthly group for confidential, emotionally supportive conversations about the challenges of aging. To register, contact MHP Senior Peer Counseling Program at 303-402-8022.

SPARK and Studio Arts Boulder Pottery Class. West Age Well Center, Tuesday, June 13, 1:00 – 2:30 p.m.

Designed for individuals with neurodegenerative diseases including dementia, Alzheimer's, and Parkinson's who are accompanied by their caregiver or partner. Participants learn the fundamentals of pottery to make functional and whimsical pieces.

How Hearing Loss Affects the Brain. West Age Well Center, Tuesday, June 20, 1:00 – 2:00 p.m. Colorado University's Dr. Anu Sharma will discuss the cognitive, social-emotional, and neurophysiological changes associated with hearing loss in older adults and how treatment with hearing aids can positively impact those changes.

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

Pets Are Family Wildlife Safety



As we enjoy warmer days and get outside with our furry friends more often, it's important to keep in mind wildlife safety and how to keep both our pets and wildlife safe. We reached out to our friends at Northern Colorado Wildlife Center to glean their expertise on wildlife safety.

One of the most important public health risks that Animal Protection & Control works to prevent is the transmission of animal-borne diseases. Oftentimes, these diseases are spread from wildlife to domestic animals, so it's of utmost importance to remain vigilant.

When you and your pet spot wildlife in public spaces, ensure dogs are on leash so you can easily walk away in case the situation becomes dangerous. If you see a wild animal that you think needs help, it's always best to talk to a licensed wildlife rehabilitator before you intervene. In the spring

and summer months, in particular, good Samaritans often happen upon baby wildlife and assume they need help. Most often, these animals are not orphaned and can be reunited with their parents. As a rule of thumb, don't intervene with wildlife unless they are clearly injured or otherwise in need of help. Always call a licensed wildlife rehabilitator if you're not sure!

Here in Colorado, wildlife can also be found close to home. To avoid unnecessary encounters between your pet(s) and wildlife, there are lots of humane ways to keep wild animals at bay. Motion activated lighting, noise machines, and sprinklers are a great start. Be sure to inspect your home for holes, damage, or other entry points before wild animals use them for denning sites. Fill cracks in your foundation, cap chimneys, cover dryer vents, trim trees and shrubs, and cover window wells to avoid conflicts before they happen.

Thanks for reading! Learn more at larimerhumane.org.

Lafayette Senior Services

Walking Tour of Art on the Street in Lafayette

June 8, 10:30-11:30am
All who wander are not lost. Come wander with us and learn about the City of Lafayette's public art installations. Stacey Bernstein, Lafayette's Public Art Coordinator, will guide us on a walking tour through around 20 art pieces and provide interesting facts and information about each one. We will complete a little over 1 mile walk and return to our starting point. Dress for the weather and wear your walking shoes. We hope you will join us!

2023 Old Town Garden Tour

June 17, 8:30am-2pm
Join us for a tour of the best gardens in Lafayette. The Lafayette Old Town Garden Tour has showcased over 50 of the best homegrown gardens since 2011. Proceeds from the tour fund a Garden Improvement

Grant program sponsored by The Lafayette Friends Of The Garden (LFROG).

Crime Prevention with the Lafayette Crime Prevention Unit

June 20, 11am-12pm
Come learn how to protect yourself from the latest scams and how to remain safe in your community! Robert Wilson from the crime prevention unit in the Lafayette Police Department will go over the latest information and provide tools on how best to stay vigilant.

The Great American Picnic

July 6, 12-2pm
Wear your red, white, and blue then head over to the Senior Center for a Great American Picnic. We will be showing our patriotic spirit while grilling out and playing yard games. This event is graciously sponsored by Seniors Helping Seniors.