

CU Mackay Auditorium Hosts Lila Downs

Winner of seven Grammys, celebrated singer and Artist Series favorite Lila Downs is one of the most powerful and unique voices today. With symbolic stage presence and emotional storytelling, her singing transcends all language barriers. A passionate human rights activist, Lila Downs' lyrics tell stories ranging from social injustice to the suppressed Latin American stories of indigenous and working-class women.

Her music embraces the influences from the folkloric and ranchera music of Mexico to that of the southern United States, crossing barriers and generating sounds that

go from folk, jazz, folkloric blues, indigena, and ranchera to hip-hop.

Lila will present her favorites on Friday, September 22 at 7:30 p.m. at CU's Mackay Auditorium Concert Hall, 1595 Pleasant St, in Boulder.

For more than 80 years, the Artist Series has brought the globe's finest jazz, classical, world music, and dance performers to Boulder. Many of these performances sell out; order your tickets today to guarantee the best seats. CU Presents is the home of performing arts on the beautiful University of Colorado Boulder campus. With hundreds of concerts, plays, recitals and

more on our stages each year, there's something for everyone to enjoy.

Ticket prices range from \$24 to \$94. Save 15-25% with season tickets. Available in the Full Artist Series, Choice 4, Choice 6 and as an Add-On to any other season ticket order. Single ticket discounts available for groups (10+), seniors (65+), youth (K-12) and CU Boulder faculty, staff, and stu-

dents. Order tickets today on their website: cupresents.org or call 303-492-8008.



Boulder City Manager Hires New Independent Police Monitor

Boulder City Manager Nuria Rivera-Vandermyde announced today that Sherry J. Daun will join the city organization as the Independent Police Monitor, effective Aug. 21. Daun was chosen after an intensive national search and will be a critical partner as the city seeks to evolve and mature Boulder's system of police oversight.

Daun has worked for the Civilian Office of Police Accountability (COPA) in progressively more responsible roles since 2008. She is currently the Director of Investigations, where she directs an intake unit that process-

es more than 5,000 cases of alleged misconduct by the Chicago Police Department each year. In that position, she improved timeliness, bringing the maximum age of cases awaiting review from over a year to 30 days. She also implemented a community mediation pilot program and responded to officer-involved shootings as the lead scene manager.

Daun is a highly skilled investigator and former attorney who understands the important role that community oversight plays in fostering constitutional, respectful and accountable policing. She is also an exemplary program manager with an impressive track record for achieving desired performance and customer service.

"I am confident Sherry's wealth of knowledge, respect for the law, and demonstrated commitment to equity will benefit the Boulder community, especially as we continue to understand best practices related to effective oversight," Rivera-Vandermyde said. "We are eager to welcome her and begin tapping her expertise."

Daun shared that she is excited to support the city in the important work of effective, fair and transparent oversight, which she called "an essential component to building trust and credibility within communities who feel both underserved and overpoliced."

Daun has a J.D. from the University of Chicago Law School, a B.S. from the University of Wisconsin-Stevens Point, and an A.A. from the University of Wisconsin-Sheboygan.



INSIDE

Hospice Care

Page 3

"Check Washing"

Page 4

Reflections

Page 5

Mental Health

Page 6

Hearing the Call Promo

Page 7

Tony Bennett

Page 8

Ageism Awareness Day

Page 10

SEPTEMBER Calendar

Tuesday/5

Boulder Genealogical Society presents a free program on "Researching the American Quakers" by Glenn York at 7 pm in the Calvary Bible Church, 3245 Kalmia Ave. in Boulder. Glenn will cover some of the basic beliefs and organization of the Quaker communities. He will discuss migrations and records left behind that can advance your research. Please register on their website at www.bouldergenealogy.org.

Thursday/7

AARP presents a free class on Meditation Relaxation at 11 am on Zoom. His class will teach you various sensory awareness practices and offer guided mindfulness-based meditations. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. You will be emailed a link to join the class via Zoom prior to the event. Please register at email: wyaarp@aarp.org.

Tuesday/12

AARP presents a free program on "Targeted in a Scam? Find Virtual Support on Zoom at 10 am. Join us regularly for a discussion and Q&A on scam-prevention strategies and how to protect yourself and your loved ones from fraud. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. Please do not opt out of event-related email, as you will be emailed a link to join the discussion via Zoom prior to the event. Please register at email: maaarp@aarp.org.

Wednesday/13

Longmont Genealogical Society presents a free program on "Westward Migration: New England to the Midwest" by CG Julie Miller at 1 pm at the Julie focuses on when and why New Englanders relocated to this new land in order to start their new lives. Please register on their website at www.longmontgenealogicalsociety.org to receive the handout and meeting info.

Saturday/30

Boulder District Attorney's Office presents their annual Boulder Senior Law Day at the Longmont Senior Center, 910 Longs Peak Avenue from 9 am to 1 pm. Lots of free parking. Over 30 vendors with lots of beneficial info plus keynote address and many elder law classes. Please register at www.bouldercountyseniorlawday.org or call 303-441-1170.

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care



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!



Welcome Home!

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



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.

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

Dr. D'Anne Rudden & Dr. Caney Demars
Doctors of Audiology

LEADERS IN *Joint Replacement*

Boulder Centre
for Orthopedics & Spine

Your Life in Motion

At the Region's Most Preferred Orthopedic Practice*

For over half a century, we have proudly served the Front Range. As distinguished leaders in their field, our joint replacement specialists combine their experience and the latest joint replacement technology to provide patients with the highest quality of joint care possible.

When it comes to choosing the right doctor, choose our dedicated, world-class experts in the newest, state-of-the-art joint replacement procedures.

To schedule an appointment, please call 866.631.1337.

*Independent Market Research

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.
Ault, Brighton, Erie, Fort
Morgan, Greeley, Sterling, &
Windsor

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

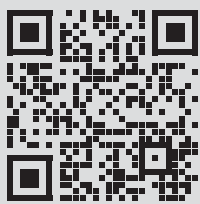
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

Labor Day Quotes

Maya Angelou

"Nothing will work unless you do."

Margaret Mead

"I learned the value of hard work by working hard."

Babe Ruth

"It's hard to beat a person who never gives up."

Ralph Waldo Emerson

"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it."

Theodore Roosevelt

"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things."

Pearl S. Buck

"To find joy in work is to find the fountain of youth."

Mark Twain

Thunder is good, thunder is impressive; but it is the lightning that does the work.

Thomas Edison

Genius is 1% inspiration and 99% perspiration.

Vince Lombardi

The only place success comes before work is in the dictionary.

Henry Ford

There is joy in work. There is no happiness except in the realization that we have accomplished something.

Dispelling Common Misconceptions About Hospice Care

(StatePoint) Hospice is intended to provide comfort and support to patients at the end of their life so that they can experience their remaining time in the best ways possible. Experts say that unfortunately, misconceptions about hospice often lead people to make uninformed decisions at a critical, complex juncture in their lives.

"There is often an idea that hospice equates to giving up. But hospice is actually about taking control," says Paul Mastrapa, president and chief executive officer of Interim HealthCare Inc. "It's the job of the hospice team to understand what a patient's goals for end-of-life care are, and help them live that last trajectory of their life the way they want to."

To help patients, their caregivers and family members, and those in the healthcare industry better understand the services and benefits hospice provides, Interim HealthCare is dispelling some of the most common misconceptions:

Myth: Hospice means giving up.

Fact: The primary goal of hospice is delivering comfort, support and specialized medical care to those ready to forgo curative treatment. Research has shown that a person who spends time on hospice has a greater quality of life at the end of their life. And while the goal is not to prolong life, there are statistics that show that hospice gives patients more time compared

to patients who had the same disease trajectory and didn't receive hospice.

Myth: Hospice is only appropriate for the last few days of life.

Fact: Hospice can actually last for months, and entering hospice sooner rather than later translates to fewer hospitalizations, better symptom relief and greater comfort.

Myth: You must give up all your medications.

Fact: While the hospice care team will make recommendations about which medications are still beneficial to a patient at their stage of illness, patients and families get the final say.

Myth: Hospice is a place.

Fact: Hospice can entail in-patient care, but more typically, services are delivered wherever a patient calls home. The nurse, social worker, spiritual care provider, aide and other members of the hospice care team meet the patient where they are, be that in a residential home, an assisted living community or in another institutional setting.

Myth: Hospice is only for patients with specific diseases.

Fact: Anyone with a life-limiting chronic disease, from congestive heart failure to pulmonary disease to Alzheimer's, can choose hospice.

Myth: Hospice ends when the patient dies.

Fact: Hospice providers often

offer support to those who have lost a loved one. In the case of Interim HealthCare, bereavement services are offered for 13 months.

Myth: Hospice work is draining.

Fact: When done right, hospice work can be extremely rewarding. Hospice care workers help patients and families find peace of mind, and reach a place of acceptance during a complicated and emotional time in their lives. Hospice workers believe in the mission of providing compassionate, patient-centric medical care and support to those at the end of their life, and they're given a voice in the individualized care they provide.

The hospice market is the second-fastest growing healthcare segment nationwide, according to Bank of America research, which translates to a growing number of job opportunities. Hospice providers are currently recruiting candidates just starting out in their career and those looking to make a change. To learn more, visit careers.interimhealthcare.com.

For more information about hospice care services for yourself or a family member, visit <https://www.interimhealthcare.com/services/hospice/>.

"Although people don't always feel comfortable talking about end-of-life care, having these conversations can ensure one's final days are peaceful and fulfilling," says Mastrapa.

Senior Law Day

Saturday, September 30, 2023
9:00 am - 1:00 pm

Longmont Senior Center
910 Longs Peak Avenue, Longmont

Doors and Exhibits Open 8 am

Keynote Address 9 am
Boulder County District Attorney

Workshops & Presentations 10 am - 1 pm
Estate Planning, Advance Directives, Medicaid for Long-Term Care Planning, Scams & Frauds, and MORE!

Ask-a-Lawyer one-on-one Consultations
Complimentary 2023 Handbook

FREE to Attend, Pre-Registration Appreciated

Thank you to our 2023 PLATINUM SPONSORS:

For more information and to pre-register, go to
www.bouldercountyseniorlawday.org or call 303-441-1170



Poetry Rising

Ah, September – the time of year to settle back into fall and winter routines.

Time to celebrate the changing seasons and the surprises they always bring.

MAY WE SPEAK?

May we speak of all the times
when we were one
with another,
with nature...
with the mystery we trust?

Did we lose self in the sharing
or expand it like spun gold
into more than we were alone?

May we speak without words,
of love?

May we slip naked into that
cool stream of life
and never speak or think again
of endings or beginnings?

Never ever again.
This is enough.
Right now.
Never alone,
you and I.

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

Happy Grandparents' Day

“Some of our greatest blessings call us grandma and grandpa” – Unknown

If nothing is going well, call your grandmother. Happy Grandparents Day!

You have shown me what it means to live a life of fun, kindness, and generosity. Happy Grandparents Day.

God couldn't be everywhere and so he made Grandparents.

“Grandfathers are just antique little boys.” – Unknown

“What bargain grandchildren are! I give them my loose change, and they give me a million dollars' worth of pleasure.” – Gene Perret

I hope your day is filled with love

and laughter, Happy Grandparents Day!

“One of the most powerful hand-clasps is that of a new grandbaby around the finger of a grandfather.” – Joy Hargrove

“A grandparent is old on the outside but young on the inside.” – Author Unknown

“A grandfather is someone with silver in his hair and gold in his heart.” – Anonymous



NOBODY KNOWS YOUR NEIGHBORHOOD
LIKE YOUR NEIGHBOR

RACHEL SIMRING

Senior Real Estate Specialist
Real Estate Negotiation Expert
Certified Market Expert
ABR & GRI

303-910-5225

www.rachelsimring.com

rachel.simring@porchlightgroup.com



Why So Many Seniors Choose TRU PACE, A Medical Program for Older Adults

- Free with Medicaid and no-share cost
- Transportation always provided
- Medications delivered to your door
- Therapy, home care and social support as needed
- Coordinated medical, dental, vision and more

“We are always well taken care of at TRU PACE and look forward to coming in. TRU PACE is like family! It's amazing!”

-TRU PACE Participant

Call today for a **FREE** consultation!
303-926-4745 TTY (800-659-2656)

Now serving all Boulder, Broomfield,
and portions of Adams, Weld and Jefferson County



PACE.trucare.org



PACE

Program of All-inclusive Care for the Elderly

Better Business Bureau

Bbb Scam Alert: Protect Yourself From “Check Washing”



Shelley Polansky

which involves stealing checks from mailboxes and then altering them.

How the scam works

You send a check in the mail as payment for a service or product. However, a few days or weeks later, you are contacted by the company you paid. They say they never received a payment. Then, you discover the check you sent has been cashed, either for the amount you wrote it for or for a much higher amount.

What happened?

Scammers use many techniques to intercept mail, sometimes directly from your or the post office's big blue mailbox. Scammers have even been known to sneak into post office boxes with stolen keys.

Once scammers find an envelope containing a check, they use household chemicals to “wash off” the name and amount you wrote down, replacing it with a name and dollar amount

of their choice. Usually, they use fake identities to cash the check later on. And even if no one cashes your check, you are at a much higher risk of identity theft once it's found its way into scammers' hands.

How to avoid check-washing schemes

- Take advantage of electronic payment methods. That will eliminate the possibility of falling victim to check washing.

- If you must mail a check, take precautions. Drop it off at the post office using the lobby mail slot instead of leaving a check in the mailbox with the flag up.

- Put a hold on your mail. If you are going out of town, have your mail held at the post office until you return.

- Improve your mailbox security. Installing highly visible cameras near your mailbox and using a locked mailbox.

- Monitor your bank accounts carefully to ensure no one cashes a fraudulent check from your account. If you notice suspicious activity, notify your bank immediately.

- Always report check fraud. If you think your check was intercepted in the mail, let your bank know right away.

Social Security Today

Agency Adds to its Compassionate Allowances List

Kilolo Kijakazi, Acting Commissioner of Social Security, today announced 12 new Compassionate Allowances conditions: 1p36 Deletion Syndrome, Anaplastic Ependymoma, Calciphylaxis, Cholangiocarcinoma, FOXG1 Syndrome, Leber Congenital Amaurosis, Metastatic Endometrial Adenocarcinoma, Paraneoplastic Cerebellar Degeneration, Pineoblastoma – Childhood, Primary Omental Cancer, Sarcomatoid Carcinoma of the Lung – Stages II-IV, and Trisomy 9.

The Compassionate Allowances program quickly identifies claims where the applicant's medical condition or disease clearly meets Social Security's statutory standard for disability. Due to the severe nature of many of these conditions, these claims are often allowed based on medical confirmation of the diagnosis alone. To date, nearly 900,000 people with severe disabilities have been approved through this accelerated, policy-compliant disability process, which now includes a total of 278 conditions.

"The Social Security Administration remains committed to reducing barriers and ensuring people who are eligible for benefits receive them," said Acting Commissioner Kijakazi. "Our Compas-

sionate Allowances program allows us to reinforce that commitment by expediting the disability application process for people with the most severe disabilities."

When a person applies for disability benefits, Social Security must obtain medical records in order to make an accurate determination. The agency incorporates leading technology to identify potential Compassionate Allowances cases and make quick decisions. Social Security's Health IT brings the speed and efficiency of electronic medical records to the disability determination process. With electronic records transmission, Social Security can quickly obtain a claimant's medical information, review it, and make a faster determination.

For more information about the program, including a list of all Compassionate Allowances conditions, please visit www.ssa.gov/compassionateallowances.

To learn more about Social Security's Health IT program, please visit www.ssa.gov/hit.

People may apply online for disability benefits by visiting www.ssa.gov.

To create a my Social Security account, please visit www.ssa.gov/myaccount.

Reflections

The Once And Influential Cook



Martha Coffin Evans

Not long ago, friends endowed a program in honor of one special lady, Cleora. She was not just any person for whom a program should be named.

You see, Cleora, or Clee as some might have called her, demanded and received respect. This highly regarded woman was the cook in our sorority house.

In my grade school years, I walked by the Alpha Phi house on my way home. I would stop to catch a whiff of baked rolls or something wonderful coming from the kitchen vents. Fast forward, little did I know I would pledge that sorority and, she would still be holding forth in the kitchen.

Young men, looking for jobs as hashers, soon learned she was the best cook in the area. Cleora was tolerant of their youthful antics in sneaking the periodically-served Smuckers jam.

In my student teaching days, I

needed to leave the house before the regular breakfast time. I remember having buttered toast with her in The Kitchen. Cleora made a lasting impression on many of us. Our families and friends still make her dinner roll recipe.

The regard with which she was held could be seen when the local NAACP called her to intervene with a slovenly dressed entertainer trying to check into the "Harvey" (Harvest) House. Upon seeing this untidy fellow, she gave him a lacing down about his attire. It didn't matter to her that he was Chuck Berry!

I'm sure Cleora knew about her influence as my hasher-friend Jack dedicated his doctoral thesis to her. He and his wife are now paying her legacy forward through a dissertation award supporting students of color.

We never know where special people will enter our lives to help form us. I certainly hope we said Thank You!

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

32 Years of Service Providing Information for the 50+ Community

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



**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

Mental Health Health and Wellness:

Building a Strong Foundation to Mental Health



Dr. David Remmert

Wellness is a vital part of achieving long-term emotional, mental, and behavioral health. It is an integral component of a holistic understanding of what constitutes a healthy mind. At Mental Health Partners, we recognize that the struggle to maintain mental health is made more difficult in the absence of a strong foundation of health and wellness.

Our Health and Wellness Coaches are remarkable experts who help clients make important and substantial lifestyle changes. We start by evaluating nine different areas of health and wellness: intellectual, physical, creative, emotional, social, vocational, spiritual, environmental, and financial. Most of us are strong in some areas, but have weaknesses in others. By using a targeted approach to wellness, our coaches help people find unique ways to leverage their individual strengths to offset weaknesses in ways that build a strong foundation for mental health.

In addition to their knowledge and expertise, these coaches have the benefit of lived experience and can draw upon their own challenges to connect with our clients in a more personal way. They are both cheerleaders and

teammates for those seeking to make meaningful changes in their lives – reminders that you are not alone.

Walking and hiking groups, coffee groups, art groups, and dual diagnosis groups are just a few of the many health and wellness offerings we offer at MHP. If groups don't appeal to you, we will work with you individually to accomplish your goals, while encouraging you and reminding you of why you set this goal in the first place.

Wellness is an important foundational piece of the mental health puzzle – for all of us. I encourage you to consider how you might invest more in your own wellness, and I invite you to reach out for support if needed.

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.

Find Einstein



Can you find the hidden Einstein in this paper?

Bringing Comfort to U.S. Service Members at Sea

(StatePoint) For more than 80 years, the USO has served the men and women of the U.S. military and their families, throughout their time in uniform. And now, with the opening of its first two ship-based USO centers, they are going where they go even at sea.

The two new centers, on the USS George H.W. Bush (CVN 77) and the USS Mount Whitney (LCC 20), are designed to lift spirits among deployed sailors, providing a haven filled with comforting amenities, including large-screen TVs, the latest-generation gaming equipment, board games and activity sets, computers, phones, USO program kits and snacks. This USO presence, which includes many of the same amenities as a land-based, staffed USO Center, promises to cultivate a sense of camaraderie and enhanced morale, serving as a vital source of support during long journeys.

When underway, a U.S. Navy aircraft carrier is home to as many

as 5,000 personnel -- the size of a small city. Living aboard roughly 4.5 acres and 60,000 tons of floating structural steel for months at a time, with very few port visits, leaves individuals little space to get away and find time to themselves. These conditions can be stressful and isolating for sailors who are separated from their loved ones. Expanding USO support to those serving at sea is vital in helping boost morale, improving the quality of life on board the ship, and providing more opportunities to connect with friends and family back home.

"We operate in more than 250 locations, but these new ship-based centers are special," said Dr. J.D. Crouch II, USO chief executive officer and president. "The USO goes where the men and women of the military go. Now, we can add 'at sea' with these centers, which are a key part of our efforts to provide additional support to sailors."

Technology is Hip!

3D Printed Bones Replaces Worn Body Parts



Bob Larson

In the U.S., orthopedic surgeons replace 2.2 million shoulders, hips, and knee joints annually using titanium parts, which are expensive and sometimes cumbersome during surgery. A recent Science World TV program showed a Northwestern University research team led by Professor Ramille N. Shah since 2016 has developed a 3D printable synthetic bone implant that rapidly induces bone regeneration and growth. This hyperelastic synthetic bone material, the shape of which can be easily customized, one day could be especially useful for the treatment of bone defects in children or bone replacement parts in adults.

The 3D printed biomaterial is a mix of hydroxyapatite (a calcium mineral found naturally in human bone) and a biocompatible, biodegradable polymer that is used in many medical applications.

One of the biggest advantages is the end product can be customized

to the patient. In traditional bone transplant surgeries, the bone after it's taken from another part of the body has to be shaped and molded to exactly fit the area where it is needed. Using Shah's synthetic material, physicians would be able to scan the patient's body and 3D print a personalized product. Alternatively, due to its mechanical properties, the biomaterial also can be easily trimmed and cut to size and shape during a procedure. Not only is this faster, but also less painful compared to using autograft material. Orthopedic surgeons have been patiently waiting for this new technology.

More recently, researchers from Northwestern University and the University of Illinois at Chicago have used 3D printed hyperelastic bone to regenerate skull defects in rats. The results could eventually lead to the development of a much needed cost-effective solution for craniofacial bone grafts.

This is another great use of technology for replacing defective or worn bone parts.

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

Erik Mason Named New Longmont Museum Director

The Longmont Museum has named long-time Curator of History Erik Mason as its new director. Mason has been with the Museum for 27 years and is widely recognized as the voice of history for the community. He holds an M.A. in History Museum Studies from the Cooperstown Graduate Program of the State University of New York, and in 2020 he wrote a comprehensive book about the history of the region entitled, "Longmont: The First 150 Years."

Mason was chosen from a pool of more than 100 applicants after serving as the interim director since April. It was the fourth time Mason has served in this transitional role.

"I have been a part of the Museum as it has grown from a small, converted warehouse to the beautiful 30,000 square foot facility we enjoy now," said Mason. "It is such an honor to now take on this new role as the director as we plan for an exciting expansion."

The Museum announced an \$8 million capital campaign last September. The campaign will fund a complete renovation of the outdoor courtyard, adding a dedicated children's gallery, and doubling the

size of the existing gallery space, among other enhancements.

The Museum also houses the 250-seat Stewart Auditorium, which provides a premier performance space for small musical ensembles, films, lectures, theatre, and dance. Other programs offered at the Museum include summer camps, adult art classes, school tours, and the early childhood program Discovery Days.

The Longmont Museum is a center for culture in Northern Colorado where people of all ages explore history, experience art, and discover new ideas through dynamic programs, exhibitions, and events. Learn more at www.longmontmuseum.org or visit the facility at 400 Quail Road in Longmont.



Pets Are Family

As the kids and grandkids head back to school, our routines inevitably change, and sudden change can be difficult for our pets, regardless of species or age. We can prepare for this change by transitioning into the new routine ahead of time. Set new bedtimes, mealtimes, and exercise routines a couple of weeks in advance to help ease your pet into the change of schedule. It's also important, however, to maintain consistency where applicable.

If your young loved one has a new backpack, picks up a new instrument, or has new sports equipment, start to make positive associations with those as soon as possible, as new items can be a source of curiosity or fear. Set out the new item and give praise, treats, or other rewards as your pet comes into contact with it. If the new tuba means treats are coming, it won't be as scary when the children are tooting away.

When our pets are bored, they may display unwanted behaviors such as digging, chewing, scratching, barking, or pesky bathroom habits. Providing healthy outlets

for these behaviors helps to fill that natural need, while keeping your house and pet safe. Provide your pet with a variety of toys, opportunities for species specific play, and comfy furniture, especially when you and your children are out of the house all day.

Keep homework and project supplies out of reach. With art supplies, the Art and Creative Materials Institute (AMCI) labels products as AP (Approved Product) or CL (Cautionary Label). Use these labels as guides to avoid accidental ingestion.

We hope that your pets and children enjoy the 23/24 school year! If you need assistance with your pets' behavior, whether school-year related or not, feel free to contact our Behavior and Enrichment Team at 970.226.3647 ext. 5130, or email behaviorhelp@Denver Metrohumane.org.



Now Hear This

World Humanitarian Day - Hearing the Call Promo

Humanitarian efforts come in all different shapes and sizes, but they are all focused on improving the human experience. Humanitarian work usually involves providing aid, support, and resources to those in need, focused on preserving human dignity while promoting human rights. That is precisely what Dr. Rudden and her colleagues set out to do when they founded Hearing The Call (HTC), a non-profit that helps income-qualified people get access to hearing healthcare. Its goal is to make hearing care accessible to those who would usually not be able to afford it.



Dr. D'Anne Rudden

share their story and to complete ten hours of community service to fulfill the circle of generosity by paying it forward. This is how HTC goes above and beyond and provides aid even after the clinic has finished for the day.

HTC Colorado is available to children and adults who have been diagnosed with hearing loss and reside in the state. Open to all regardless of citizenship status, patients are helped for a reduced fee determined on a sliding scale system based on household size and income.

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!

Since 2016, HTC has been helping individuals worldwide with correctable hearing loss. To date, they have helped 12,000 people in 19 states and 13 different countries gain access to hearing care. In Colorado alone, they have collectively spent 2,990 hours helping 214 patients get fitted for 428 hearing aids! The most inspiring feature of this work is the Hearing the Call Give Back Model. Those that receive the gift of hearing in an HTC clinic are asked to

VETERANS

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

720-600-0860



Part Time SALES!



Choose Your Own Hours and Serve Seniors.

Call Robert at 303-694-5512

For Details.

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!!

Travel

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

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

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

Silver Wings arts Program
A small group music, movement and Arts Dementia- focused day program.
M-F, 10:30am-3:30pm. Onsite-Offsight ctivities. Certified Caregiving, Dementia trained, CPR, Phd (720-436-6397 Day rates.

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 - Leica M3/M4 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:

50 Plus Marketplace
4400 Sioux Dr.
Boulder, CO 80303

Copy due by the 10th of the preceding month

August 2023	6/10/2023
August	7/10/2023
August	8/10/2023
August	9/10/2023
August	10/10/2023

ADVERTISER'S INFORMATION

Name _____
Company _____
Address _____
City, State, Zip _____
Phone _____
Email _____

Boulder Happenings And History

Celebrating 150 years in Gold Hill

The Gold Hill School is the oldest continually operating school in Colorado. The elementary school first opened its doors in the fall of 1873 as a one-room log school-house that also operated as a church on Sundays.

The original school was dismantled in 1890 and was replaced by a larger one-room framed structure that continues to be used as the homeroom for grades 3-5 today.

The Gold Hill School is excited to celebrate its 150th year in operation! This event is open to the public and all GHS alumni, families and community members who have been a part of the Gold Hill School story and legacy.

Please join us September 1 - 4, 2023 for a weekend of fun for kids big and small, reminiscing of years gone by and fundraising for the the next 150 years.



'Beer Here' Art For Sale

The Beer Here! exhibit is coming to a close on September 3 and our local artists will be taking their beautiful beer-themed art pieces home with them unless you bring them home first!

We have multiple pieces for sale throughout the Museum of Boul-

der, including four incredible prints created by Noelle Phares that were used as WestFAX Brewing Company labels.

Local pick-up only. Last day to pick up your artwork is September 3.



Glenn Miller, Got His Start In Boulder

In 1922, a young Glenn Miller, who was attending the University of Colorado at the time, joined Moyer's Orchestra. In addition to several other dance halls in the Boulder area, Moyer's Orchestra was known to play at the Cañon Park Dance Pavilion in Boulder Canyon.

opened in the spring of 1923 and catered to mostly high school and college students. Although liquor was illegal in Boulder at the time, Cañon Park served 3.2 percent beer because it operated outside of city limits. Unfortunately, the dance hall burned down in September of 1942.

Cañon Park Dance Pavilion



Josephine Miles Award

Community voice, community outreach, community involvement. We believe these were the main reasons the 2023 Josephine Miles Award to the museum for major contribution to the advancement of Colorado history went to "Voces Vivas - A Community-Curated Exhibit." We are proud of this accomplishment, and especially proud to have provided a platform for the enduring local Latino com-

munity to share their perspectives of their histories and contributions to this beautiful place.

Thank you to the Chicano and Latino History Project, the University of Colorado Ethnic Studies Department, the Lead Community Curator Linda Arroyo-Holmstrom, and the many community members who shared their knowledge and treasures.



Meet Florence Molloy and Mabel MacLeay

The first women-owned taxi business opened in Boulder in 1922.

The taxi business was created by widows Florence Molloy and Mabel MacLeay. They ran the business from an office in the hotel Boulderado, charging riders a mere quarter for a trip around Boulder. However, they refused to pick up drunks or transport liquor.

In a newspaper article from the time, the women told a reporter

that, "taxi driving is a safe and sane occupation for any woman who has coolness, courage, and a thorough knowledge of how to operate a car."

In 1927, Molloy and MacLeay opened a dude ranch together in Gold Hill. They named it the Double M, after their initials, and offered mountain vacations and scenic tours. The property later became the Trojan Ranch and is now the Colorado Mountain Ranch.

Information Courtesy of the Museum of Boulder

Singing Legend Tony Bennett

Passes at Age 96

The Alzheimer's Foundation of America announced the passing of Tony Bennett in July after a long battle with Alzheimer's disease, a condition associated with a decline in memory and other cognitive functions. We extend our most heartfelt sympathies to the family of this musical icon.

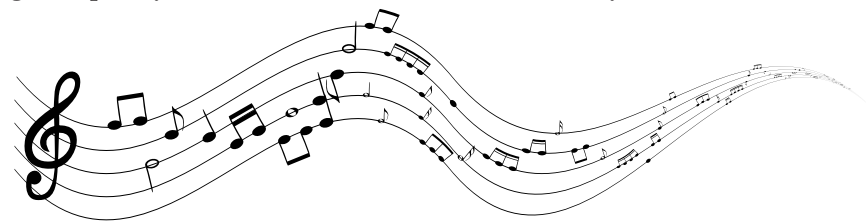


Bennett was diagnosed with the disease in 2016, yet he continued to inspire others and play music for his millions of fans, including his 95th birthday concert in 2021. He persevered into his 90's, even after his diagnosis, achieving accomplishments that many people without a dementia-related illness could not do. As the disease progressed, he continued to maintain a good quality of life thanks to the

support of his family and friends. We cannot stress enough how important it is to have a strong support system around you.

Tony attained numerous accolades throughout his career, including 20 Grammy Awards, a Lifetime Achievement Award, and two Primetime Emmy Awards. He also broke the Guinness World Record for the oldest person to release a new album at the age of 95, several years after he was diagnosed with Alzheimer's. Due to the slow progression of his illness, he continued to record, tour, and perform until his retirement due to physical challenges, which was announced after his final performances in 2021. It has been reported that his weekly singing practices helped keep his brain stimulated and delayed some of the common symptoms of Alzheimer's disease. It is important for all of us to continue to be proactive when it comes to healthy aging.

Bennett is best known for his popular hits including, "I Left My Heart in San Francisco," "The Way You Look Tonight," "Rags to Riches," and "Fly Me to the Moon." Tony will be missed!



Genealogy Rocks!



Carol Darrow

September always marks the beginning of school for me even though my children are long past that milestone. September is the beginning of a busy year in genealogy and it's high time you considered how you want to proceed this year.

If you're just beginning your family search, you may want to find a beginner class to get you off on the right foot. The Colorado Genealogical Society offers Genealogy 101 every month starting on September 9. You can register for this free Zoom class at cogensoc.us.

If you are searching in a particular area of family research, such as immigration records or military records, you can check out the free ConferenceKeeper.org website that lists available Zoom classes held across the country.

If you've hit a brick wall in your research, you may need to focus on a particular record group and some of its twists and turns. One exam-

ple is the "missing" 1890 U.S. census. It was compiled in 1890 but all copies were destroyed in a fire in 1921. You will need to use some workarounds to overcome this loss. State censuses taken in 1885 and 1895 may help you as well as the 1890 census of former Union soldiers receiving pensions.

If you have collected lots of information, you may need to look into some organizational software such as Family Tree Maker, RootsMagic, or Legacy Family Tree. These software applications live on your own computer and give you control over developing your own family tree.

If you are interested in saving your research in a story that you can pass on to your grandchildren, consider a writing group that will help you frame your story and tell it in an interesting way. One such group is WriteNOW, also available on the CGS website, cogensoc.us.

Carol Cooke Darrow is a professional genealogist in Denver. She teaches Genealogy 101 and facilitates the WriteNOW family writing group.

Colorado Opioid Abatement Council Approves \$2.5 Million Grant

The Colorado Opioid Abatement Council (COAC) today approved \$2.5 million in new funding for local governments to fight the state's opioid crisis. The COAC made the announcement at their annual statewide conference, a gathering of regional law enforcement, public health, and local government leaders, happening this week in Montrose.

"These funds will be put to work by the people who are working tirelessly to combat a crisis that continues to claim people's lives and tear families and communities apart," said Attorney General Phil Weiser, who chairs the COAC. "After securing more than \$700 million in settlements from the companies responsible for the crisis and launching a transparent and fair grantmaking process, we're excited to see how this money can be put to use by affected communities."

The grants announced today are intended to provide resources for capital improvements and provide operational assistance for communities to combat Colorado's opioid crisis, particularly in hard-hit, underserved areas. As part of this granting process, the COAC accepted applications from state agencies, local governments, re-

gional opioid abatement councils, or a combination thereof. The criteria for these grants were set forth in requirements outlined in a statewide agreement. In addition, these funds are intended to encourage cross-regional collaboration between the 19 opioid regional councils.



"Communities like mine in Mesa County see how the opioid crisis continues to affect people's lives and livelihoods," said Mesa County Commissioner Janet Rowland. "I'm proud to work collaboratively with leaders from across Colorado to ensure this money is awarded in a fiscally responsible way that will be impactful for our communities, improve the well-being of our residents, and save lives."

Have You Completed Your Will?

If you're reading this, there is still time to take part in Make a Will Month. Post beach, pre-back-to-school, August or September is a great time to catch up on the project nearly everyone loves to put off till tomorrow: starting, updating, or completing your Will.

- **DO** leave a list showing where your assets are held. This is a huge gift for your family members to use in the event tragedy strikes. A lot of the time and expense spent administering an estate comes from locating a departed person's assets. If you do nothing else about your estate planning this month, at least do this. (Stein Sperling has a handy Estate Organizer on its website.)

- **DO** remember to update your beneficiary designations. A Last Will and Testament does not govern what happens to retirement accounts and life insurance policies if you have beneficiary designations. You need to stay on top of them, know what they say, and keep them current. BTW: It's smart to have both a primary and a contingent (backup) beneficiary.

- **DON'T** leave your kids without resources. If you have life insurance and minor children, you really need an estate plan. Minor children who are listed as beneficiaries of your life insurance pro-

ceeds won't receive those funds until they reach the age of majority, at which time they'll get one lump sum without any restrictions on how the funds can be used. Use an estate plan to specify what funds you want your kids to have access to, when, and for what purposes.

- **DON'T** get bogged down by one particular decision. (One common speedbump: "We could never decide on a guardian for our kids, so we just decided to wait on doing an estate plan until they're over 18.") Your estate plan can (usually) be changed. Just start, already.

Sadly, if something happens to you and you don't have a Will, your family will not only be grieving your passing — they'll be left without the documentation and guidance needed to manage without you. Plus the courts will decide for you, so complete or update your Will today!

PRO TIP: Unlike the movies, in real life they don't have formal Will readings where the family gathers around to find out who's in and who's out. It's all done privately and professionally. Contact an Elder Law attorney in your area for more info on Colorado based Wills and the probate requirements.

This Fall, Older Adults Should Protect Their Health

(StatePoint) With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

- **Flu.** This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.

- **Pneumonia.** Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.

- **Shingles.** The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.

- **COVID-19.** Ask your doctors about current recommendations for prevention of COVID-19 infections.

- **RSV.** Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

The following health screenings are commonly recommended for

older adults.

- **Mammogram.** Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

- **Colorectal screening.** Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.

- **Bone density scan.** USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.

- **Eye exam.** Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.

- **Mental health checkup.** Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

Affordable Housing and Open Space Ballot Measures

Boulder County, Colo. -- Following a public comment period and public hearing, the Boulder County Commissioners have approved three ballot measures for the upcoming November election. The county is not proposing any new taxes, but will ask voters to extend three existing taxes that are expiring.

Proposed Ballot Measures

Open Space extension – A proposal to extend for fifteen years the existing 0.05% countywide sales and use tax for the purpose of acquiring, improving, managing and maintaining open space lands and other open space property interests.

Affordable Housing extension – A proposal to extend for fifteen years the existing 0.185% countywide sales and use tax for the purposes of funding existing and additional affordable and attainable housing and related supportive services within Boulder County.

Nederland EcoPass Public Improvement District extension – A proposal for a ballot issue for the November 2023 election to extend for ten years the District's existing ad valorem property tax mill levy imposed at a rate not to ex-

ceed 1.85 mills for the purposes of paying the costs of providing a Regional Transportation District EcoPass to all District residents; and to seek elector authorization for the District to administer an EcoPass program for non-resident employees of employers operating within the District.

Next Steps

Ballot language and resolutions can be found on the county's ballot measures website.

During the public hearing, the commissioners gave direction to amend the Affordable Housing ballot measure to include the ability to provide funding directly to municipalities. The signed resolutions will be made available on the county's ballot measures website shortly.

In passing the resolutions at yesterday's public hearing, the approved tax proposals will be included on the ballot for consideration by voters in the November election.

For information about the November election, visit the Boulder County Clerk & Recorder Election website.

A recording of the August 17 public hearing is available on the county's website.

Colorado Gerontological Society

Aging In Place With Technology



Eileen Doherty

Denver, CO. Some embrace technology, others tolerate it, and still others hate it. While most of us can relate to these feelings whether it is the cell

phone that is overly confusing, the television that won't shut off with just the click of a button, or an electric scooter that helps us do our own grocery shopping.

Sometimes technology is just convenient, but other times it allows us to live longer independently. A home that is equipped with security cameras allows someone to receive notifications when you go in and out of the house. The smart watch allows someone to send notifications when it is time to take your medications or for emergency assistance to be called if you fall and can't get up without help.

Technology is beneficial in the

kitchen. A coffee pot can be set to turn off in two hours if no one has used any coffee to prevent a fire. A smart stove can be turned on and off remotely, again allowing someone to check if the stove was turned off after cooking.

Yard work can be extremely difficult for many older adults. Laying a sprinkler system with a remote control can allow you to water your lawn by using the phone app. A phone app can change the temperature in your house if getting out of a chair is difficult. Other apps can turn the lights off safely after you are in bed, rather than having to find your way to bed with a night light and risking a fall.

Technology is one of the keys to helping you stay in your home longer. Embrace it and use it. If you have questions, 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.

Ageism Matters

Ageism Awareness Day October 7

Ageism Awareness Day provides an opportunity to draw attention to the existence and impact of ageism in our society. Ageism is a globally widespread and socially accepted form of prejudice. It can be found everywhere, from our workplaces and health systems to stereotypes we see on TV, advertising and in the media. It affects people of any age and harms all.

Of course, ageism is both unfair and inaccurate, and it also does real damage to our individual health and financial security, as well as taking a toll on our economy. Ageism decreases quality of life, increases our risks for health conditions and dementia, and can shorten life spans by up to 7.5 years. It adds millions in extra health care costs and leads to lost income from age discrimination in the workforce.

But, we can do something about it and that is what Ageism Awareness

Day is all about. Changing the Narrative is part of a worldwide effort and we are calling upon everyone to take part. This can range from reading a book or watching a video about ageism, choosing to send an age-positive birthday card, attending an event, or stepping up to be a leader in your circles.



Kris & Sara

Learn more about what you can do in our blog at <https://www.changingthenarrativeco.org/blog> and from The American Society on Aging's Ageism Awareness Day free online toolkit at <https://www.asaging.org/ageism-awareness>

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.

50 Plus Media Solutions

Providing multiple solutions for branding and promoting your business!



50 Plus Marketplace

- 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!

50 Plus Marketplace

Visit us on Facebook for more news and event information.

Be sure to Like and Follow @50plusnews

Boulder County Releases the 2023 Annual ARPA Recovery Plan Performance Report

Boulder County, Colo. -- Boulder County has published the 2023 American Rescue Plan Act (ARPA) annual report, detailing how the county will use the \$63,359,749 in ARPA State and Local Fiscal Recovery Funds (SLFRF) to help residents and businesses recover from the COVID-19 pandemic. The ARPA SLFRF provide urgent and targeted state and local funding for COVID-19 response and recovery efforts.

Since receiving this federal funding, Boulder County has accomplished several significant milestones, including the completion of some of its the projects identified to meet immediate needs when the pandemic was still in full force, as well as the allocation of all remaining ARPA funds to Boulder County's Phase 2 transformational projects detailed in the 2023 ARPA SLFRF report. The report is now available on the county's ARPA website.

"The American Rescue Plan Act was a lifeline for Boulder County during the pandemic," said Commissioner Marta Loachamin. "This funding has helped us to support projects that will build affordable housing opportunities, keep people in their homes, support families, and keep our community moving forward. We have made significant progress in several areas, including education and the COVID learning loss, tax relief for small businesses, and public health services. I am grateful to the hard work and dedication of our community and

all of our county partners for making these accomplishments possible."

"Boulder County has made great progress in advancing racial equity by centering race with projects that keep communities advancing toward equitable economic stabilization," said Commissioner Claire Levy. "The funds outlined in this report are providing a path to strengthen social and financial infrastructure and provide access to much needed services for communities that have been historically underserved. With this report, the community can follow Boulder County's decision process and community participation to see how we have ensured equitable and meaningful distribution of the ARPA funds."

Economic Challenges, Housing Affordability, and Mental Health and Social Resilience were the most important post-pandemic recovery concerns identified by Boulder County residents, according to the 2021 Community Engagement outreach and survey. The 2023 Annual ARPA Recovery Plan Performance Report describes ARPA fund investments to support programs that address those challenges identified by the Boulder County community.

The 2023 Annual ARPA Recovery Plan Performance Report is posted on the Boulder County ARPA website and includes the full list of projects. For more information and updates visit boco.org/arpa.

Say you saw it in 50 Plus Marketplace News

TRU

PACE

Program of All-inclusive Care for the Elderly

OPEN HOUSE

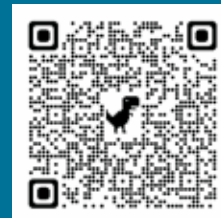
SEPT. 28
3-7 pm

2593 Park Lane,
Lafayette



Come See Why So Many Choose TRU PACE!

- Explore the Day Center & Clinic
- Meet PACE Staff
- Refreshments and Appetizers
- Community Resources
- Wellness Stations
- FREE to the public



RSVP with this QR Code
or call (303) 926-4745.

32 Years of Service Providing
Information for the 50+ Community

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



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



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!

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.

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

Falls Prevention Programs in September. Our goal remains the same – helping older adults learn the many ways to prevent falls. For a complete schedule of county-wide programs, visit <https://boco.org/FallsPrevention>.

Jazz Dance Series. East Age Well Center, Fridays, September 8 – 29, 12:30 – 1:30 p.m. Fees: R/NR \$32/\$40. Jazz is a fun, invigorating dance style designed to show stylish expression with enjoyable music.

Memories of Queen Eleanor. West Age Well Center, Monday, September 11, 1:00 – 2:00 p.m. Attend this dramatic reading of a memoir by Eleanor of Aquitaine, Queen mother of King Richard the lion-hearted.

T'ai Chi Level 1: Beginning. East Age Well Center, Tuesdays, September 12 – December 12, 12:00 – 1:00 p.m. Fees: R/NR \$117/\$146. Learn and review the basics, including breath, mental focus, postural awareness and correct mechanics of each move.

Shakespeare's "The Merry Wives of Windsor" and Elizabethan Village Life. Online, Wednesdays and Fridays, September 6 – 27, 10:00 – 11:00 a.m. Fees: R/NR \$60/\$75. CU Lecturer, Lori Lucas, will lead the study and discussion of this comedy by William Shakespeare.

Play of the Hand Bridge Class. East Age Well Center, Wednesdays, September 13 – November 15, 10:00 a.m. – 12:30 p.m. Fees: R/NR \$55/\$69. Participants will learn about developing tricks, eliminating losers, and planning the personal play. Basic knowledge of bridge concepts is needed.

Tech: Accessing Digital Library Books, Movies and Magazines. Meadows Branch Library, Sunday, September 17, 1:00 – 2:30 p.m. Participants will learn how to access their favorite books, magazines or movies from anywhere with internet access or directly from the comfort of their home for free. Please bring library card to class.

Tech: Accessing Digital Library Books, Movies and Magazines. Meadows Branch Library, Sunday, September 17, 1:00 – 2:30 p.m. Participants will learn how to access their favorite books, magazines or movies from anywhere with internet access or directly from the comfort of their home for free. Please bring library card to class.

Lafayette Senior Services

Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Senior Resource Fair
September 22, 9am-12pm
Join us for a spectacular Resource Fair, where you can listen to speakers, find out about resources in your community, and much more.

Longs Peak Scottish/Irish Highlands Festival
September 8, 9am-5pm
Join us for a day of fun in Estes Park with Irish and Scottish music, food, and athletic competitions. Enjoy walking around, shopping, and taking in all the excitement from the festival. Price includes transportation and entry to festival. Lunch and shopping on your own.

Highland Plains Environmental Bus Tour
September 13, 9am-2pm
We will tour the living laboratory at High Plains Environmental Center, while discovering how-to live-in harmony with the land. We will explore the connection between sustainable living and ecological processes that foster personal and community well-being. After the tour we will stop for lunch. The trip includes

transportation and tour. Lunch is on your own.

ThinkFirst Fall Prevention Class

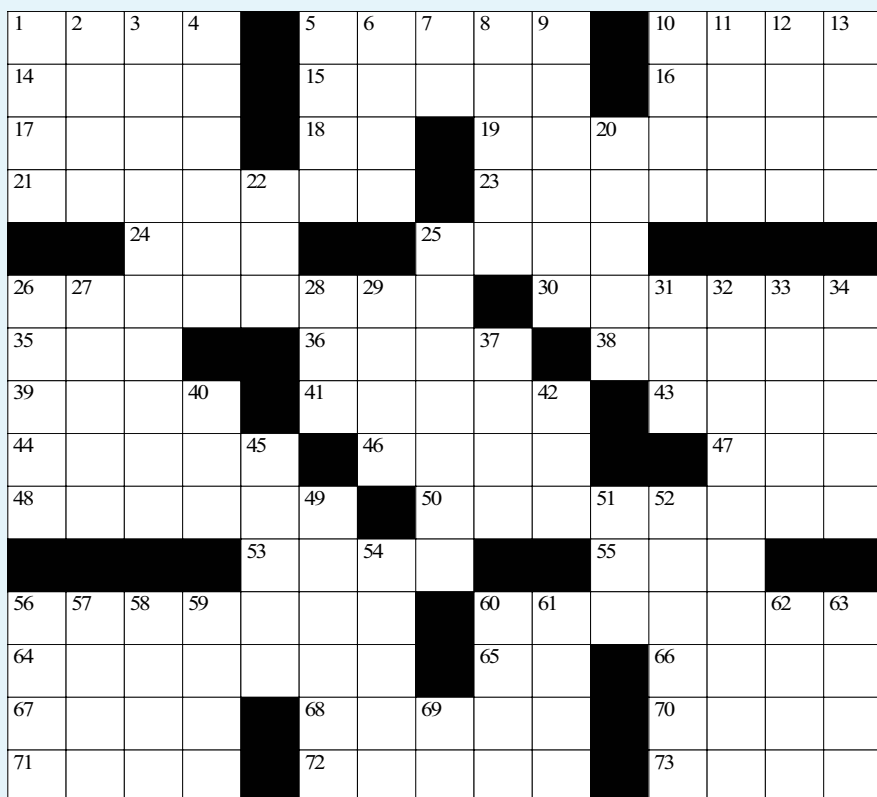
September 19, 2-3:30pm
Falls are the leading cause of unintentional injury deaths for people over age 65, and a leading reason for emergency room visits in the United States each year. Falls can cause brain injuries, hip fractures, and other devastating consequences. Many falls could be avoided through simple preventative measures. ThinkFirst To Prevent Falls is now available as a presentation on the basics of fall prevention for older adults.

Dissecting Diabetes
September 26, 2-3pm
Join Chinook Pharmacy as they discuss the effects of Diabetes on the body. What is happening in the body of someone effected by Diabetes? Why do people get Diabetes? Ways to recognize symptoms of Diabetes. Discussing new and innovative treatment options to empower individuals to take control of Diabetes.

Say You Saw It in
50Plus Marketplace News

50 Plus Marketplace News Crossword Puzzle

September 2023
Answers page 7



ACROSS

- 1 Heroic
- 5 Gentle splash
- 10 Weapons
- 14 Large almost tailless rodent
- 15 Supple
- 16 Sweetheart
- 17 Image
- 18 Part of the verb "to be"
- 19 Brassard
- 21 Variety of rummy
- 23 Pad worn to protect the knee
- 24 Lyric poem
- 25 Money
- 26 Skin tumor
- 30 Experts
- 35 Period of history
- 36 Gap

DOWN

- 1 Heroic
- 2 Large almost tailless rodent
- 3 Adoration of icons
- 4 Nation in N North America
- 5 Plot of ground
- 6 Capital of Peru
- 7 Near to
- 8 Military cap
- 9 Rupture
- 10 French clergyman
- 11 Harvest
- 12 Supernatural force
- 13 Floating vegetable matter
- 20 Repairs
- 22 Monetary unit of Japan
- 25 Pertaining to heat
- 26 Altar stone
- 27 Upright
- 28 Unit of electrical resistance
- 29 Emotional state
- 31 7th letter of the Greek alphabet
- 32 Inhabitant of Portugal
- 33 Tester
- 34 Glide along smoothly
- 37 Paradise
- 40 Plant juice
- 42 Affirmative reply
- 45 Lesser
- 49 Admonition
- 51 Antiquity
- 52 Phoenician of Greek myth
- 54 Cylindrical larva
- 56 Chilled
- 57 Method
- 58 Scheme
- 59 Capital of Italy
- 60 Cabbagelike plant
- 61 Egyptian goddess of fertility
- 62 Type of gun
- 63 Drove
- 69 Satisfactory

- 70 person that uses
- 71 Sandy tract
- 72 Captures
- 73 Transmit



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**