

CU Boulder Presents Asleep At The Wheel With CU Symphony

Austin, Texas-based Asleep at the Wheel is a staple of the American roots music landscape, charting across four consecutive decades. Inspired by Western swing and honky-tonk country, over the years the band has accumulated 10 Grammy Awards and collaborations with the biggest icons of country music including Willie Nelson, Dolly Parton, and the Dixie Chicks. The CU Symphony Orchestra joins Asleep at the Wheel to blend rich orchestral sounds with soulful Americana.

Symphonic music and country and western swing may seem like unlikely bedfellows for fans of either genre, but according to Ray Benson, frontman of the world-renowned, Grammy Award-winning country group Asleep at the Wheel, the pairing of classical strings and honky-tonk twang isn't a new combination. The band will join the CU



Boulder Symphony Orchestra and College of Music students for an exceptional performance at Macky Auditorium on April 5.

Benson says the fusion of strings, guitars and country swagger will draw on a long-established musical partnership.

"We offer audiences a unique symphony show, in my opinion," Benson said, adding that Asleep at the Wheel has played symphonic concerts across the United States since the early 2000s. "We play a genre of music called western swing which has roots in

old-time fiddle music, country music, jazz, country and blues."

"They'd say, 'You're the only band that goes out on the road and does this old, cool music. That's when I knew it was more than just a living and that I was blessed with caretaking a form of music.'" explains Ray Benson, Asleep at the Wheel founder and frontman.

"These are opportunities for our students to be on stage and to interact professionally with an award-winning touring band. That is unique and valuable," ac-

ording to Joan Braun, Executive Director of CU Presents and the College of Music's Assistant Dean for Concerts and Communications. "Part of our mission is to bring artists to Boulder that audiences wouldn't otherwise experience ... It's an opportunity to see a world-class act without going to New York or Los Angeles. You can see it right here at Macky Auditorium. That is a huge value."

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.

Their performance is on April 5 at 7:30 pm in the Macky Auditorium at the Macky Auditorium Concert Hall, 1595 Pleasant St. in Boulder. Tickets range from \$24 to \$94. Purchase tickets online at <https://tickets.cupresents.org/> or call 303-492-8008.

Boulder Presents Arts In The Park

For the fourth year, the City of Boulder presents Arts in the Park, a program highlighting a vibrant blend of arts and cultural performances. Arts in the Park performances will take place from June 1 through August 31 at the Glen Huntington Band Shell in the city's Civic Area. This year, local artists and performing arts professionals are encouraged to apply and be a part of Arts in the Park!

Arts in the Park performances will take place from June 1 through August 31 at the Glen Huntington Band Shell in the city's Civic Area.

This year, local artists and performing arts professionals are encouraged to apply and be a part of Arts in the Park! The city is bringing back smaller performances and we're calling them "Community Spotlight Performances." These shows are for artists or smaller performing arts organizations in Boulder who

wish to perform outdoors at the bandshell.

All performances must be appropriate for all ages in our community and follow the city's park rules and guidelines. Community Spotlight Performances will be free to the community. To encourage submissions, the city will waive permit fees for applicants. Those interested can see details, learn about stipends for qualified organizations, and apply at boulderartsinthepark.com.

"In 2021 when we started Arts in the Park, we had over 80 performances from the arts and cultural community to help restart the performing arts in Boulder during the pandemic," said Community Access Coordinator Rosa Wright. "This summer we again want to encourage and promote our amazing performing arts community by providing the bandshell."

In addition to the spotlight performances, the city will con-

tinue to have the larger arts performances, called "Signature Events." The Signature Event performances will include four Boulder-based arts organizations. Here is our schedule, so save the dates for these amazing performances!

- Boulder Ballet – June 1 and 2
- Boulder Symphony – July 4
- Boulder Opera – August 3
- Boulder Philharmonic – August 24

The city will post information on Signature Event and Community Spotlight performance dates, details, and ticket information soon at boulderartsinthepark.com.



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APRIL Calendar

Tuesday/2

The Boulder Genealogical Society offers a free hybrid program on “Travel Your Tree: Expert Tips for Genealogists & Family Historians” by Lisa Voegel at 7 pm in person at the Calvary Bible Church, 3245 Kalmia Ave in Boulder or on Zoom. Join us and learn expert tips for planning travel and making connections on your unique journey. Please register online at www.bouldergenealogy.org to receive the Zoom access info.

Friday/5

CU Boulder presents their Artist Series, *Asleep* at the Wheel musical group with the CU Symphony Orchestra at 7:30 pm at Macky Concert Hall in Boulder. Tickets range from \$24 to \$94 and available online at www.cupresents.org or call 303-492-8008.

Wednesday/10

The Longmont Genealogical Society offers a free hybrid program on “Expanding Your Genealogy Research with DNA” by Bob “Bobski” Masson at 1 pm in-person at the Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. The presentation is geared towards individuals who may be considering a DNA test or have taken one and want to know more about how it can help their genealogy research. Please register online at <https://longmontgenealogicalsociety.org/> to receive the Zoom info.

Monday/15

IRS tax returns are due by midnight, otherwise you may have to file an extension with the IRS.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Please check with individual venues for current information.

Calendar sponsored by

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Hypertension: a Pandemic Perspective

Hypertension, or high blood pressure, puts tens of millions of people at risk for largely preventable conditions — such as heart attacks, strokes, and heart failure — and premature death. Hypertension is one of the leading modifiable risk factors causing chronic disease and premature mortality in the United States. Yet a large percentage of Americans are unaware that they have hypertension, and only about 1 in 4 adults in the United States have it under control. Preventing and controlling hypertension for Americans will save lives, reduce inordinate costs, and improve health, well-being, and resilience. The first step toward these outcomes is acknowledging that hypertension, sometimes called the “silent killer” for often going undetected before leading to serious harm, is also a “silent pandemic — and though it’s not a contagious threat in the traditional sense, hypertension needs to be addressed with even greater attention and urgency. The statistics clearly define the problem.

It’s been less than a century and a half since the invention of a cuff-based gauge has allowed for the easy, non-invasive measurement of blood pressure. By the middle of the 20th century, clinical understanding of the dangers of hypertension had progressed enough to raise alarms about the many health issues that can result from even the most moderate cases of elevated blood pressure. Since then, we’ve seen even far greater popular awareness about the dangers of hypertension, made revolutionary discoveries leading to better treatments, and developed a keen understanding of steps that can help prevent and control it. However, the problem has only gotten worse.

Globally, hypertension affects more than 1.3 billion people. This link is external to health.gov, with 4 out of every 5 not receiving adequate treatment and 10 million dying each year due to hypertension-related illness. In the United States, hypertension affects nearly half of adults — more than 119 million people. In 2021 alone, hypertension was the primary or contributing cause of over 690,000 deaths (roughly 275,000 more

deaths than from the COVID-19 pandemic in that year). High blood pressure costs our nation between \$131 to \$198 billion each year. This link is external to health.gov, not accounting for lost productivity due to non-fatal illnesses associated with high blood pressure. By 2035, total costs related to uncontrolled hypertension are projected to balloon to \$220 billion annually. And as with many other diseases, inequities exist in hypertension prevalence and control — impacting Black and Hispanic people in particular.

Admittedly, the scope of the problem can be overwhelming to comprehend. But if we’re ever going to be serious about addressing it, we must define just how big the problem of hypertension is for our communities, our nation, and the world. The data unequivocally paint the picture of a global pandemic. So why do we not talk about it and tackle it as such? Why is there reluctance to see hypertension as an existential threat in the way that we have for emerging biological diseases, such as SARS-CoV-2? And why not bring everything to bear to prevent and control hypertension — a relatively less complex solution set than managing novel viruses — and one that could potentially prevent hundreds of thousands of deaths every year in the United States alone?

As we’ve previously written, preventing and treating high blood pressure is about more than just the numbers. Addressing this condition requires a much broader approach that better understands and invests in people and their life circumstances. Those who have or are at risk for hypertension deserve person-centered solutions that take their social conditions into consideration as profound contributing factors. Management shouldn’t be solely about the numbers on a sphygmomanometer.

That means having more conversations about the importance of hypertension prevention and control in the context of personal health and resilience, more regular hypertension screening, more self-monitoring of blood pressure, and more promotion and education of preventive measures such as increased physical activity and healthier eat-

ing patterns. It means starting a dialogue with your patients, your community, and your loved ones about heart health — and specifically the role that blood pressure plays. It means fully implementing the ODPHP-developed Federal Hypertension Control Leadership Council Physical Activity Action Plan across government agencies and using the wealth of available federal resources — such as the Physical Activity Guidelines for Americans — to get people moving more. It means following a heart-healthy eating pattern — like the Dietary Approaches to Stop Hypertension (DASH) and eating less salt.

Hypertension is a silent disease until it isn’t. Just because there may not be outward signs of the effects of high blood pressure doesn’t mean that it’s not impacting you or someone you love — and even building toward a potentially critical event like a heart attack or a stroke. While there’s no vaccine, no one-off cure, and no mask to ward it off, that shouldn’t keep us from thinking of hypertension as the pandemic that it is and doing more to mitigate or even eliminate its impact.

Know your own blood pressure numbers. Know what your numbers mean for you in the context of your life, and learn more about how you can maintain healthy blood pressure. Then help someone else do the same. I might suggest starting by just going for a walk — or going for a walk with a loved one! By meeting this challenge with the full force of our combined resources and efforts — just as we have with other global threats to the public’s health — we can get this silent pandemic under control.

Health and Well-Being Matter is the monthly blog of the Director of the Office of Disease Prevention and Health Promotion. This month, RDML Reed is joined by Bianca Macias, MPH, CPH, ORISE Fellow at ODPHP and a contributor to the Federal Hypertension Control Leadership Council Physical Activity Action Plan in a co-authored piece on the need for a more urgent response to the hypertension crisis.

Information courtesy of Health.gov.

Growing Old

It took a while, but Fred Allen Smalls finally got his diploma from the Georgetown County High School in the town of Planterville. He missed graduation when he moved to Washington, DC to help support his family. Born on February 5, 1918, he re-

cently turned 106 years of age and he is still going strong. Tamara Baker, a professor at the University of North Carolina at Chapel Hill School of Medicine, told NBC News that “it’s the positive social networks — the ones that are going to influence you, or get

behind you to go to the doctor, to do the exercise, to eating properly. Even in some of the more impoverished neighborhoods, if you have that positive social network, that can go a long way.”

Say you saw it in 50 Plus Marketplace News

30th Ms. Colorado Senior America Pageant At The Mizel Arts And Cultural Center

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50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace 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.

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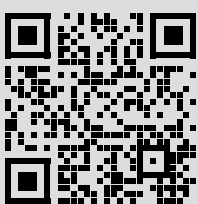
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This year marks the 30th year of the Ms. Colorado Senior America Pageant which will be held Saturday, April 27th at 2pm at the Mizel Arts and Cultural Center – Wolf Theater- 350 S Dahlia St, Denver Co. 80246

This year's theme is – “Forever Fabulous”. The pageant captures the joy of living and not letting age be a detriment. The contestants, who range in age from 60 years and better, will compete in four categories before a distinguished panel of judges, including Private Interview, Evening Gown, Philosophy of Life, and Talent. This Pageant showcases these amazing women who have wisdom, talent, and a joy of life.

Emcees for this event are – Ms. Senior America 2019/20 Esmeralda Ybarra Hendrick, and Ms. Colorado Senior America 2008, Linda Holloway. You will also see many of the past Colorado Queens make their appearance on stage during this celebration, our Tambourine group, our Bella Dance group, and special surprise singers.

At the end of the event, the Ms. Colorado Senior America 2024 will be crowned, and she will go on to appear in variety shows, parades, other events locally, and will

represent Colorado at the national Ms. Senior America Pageant in October.

This will be a fun filled afternoon for all watching and cheering on these talented seniors!!! They are amazing! Tickets are \$33 Adult and children under 17 are \$18. You can purchase tickets from The Mizel Arts and Cultural Center Website, jccdenver.org or box office – 303.316.6360 or go to ColoSRAmerica.com and click on the link.

For more information about the 2024 Pageant and if you would like to be a contestant in the future, please contact the Colorado State Pageant Administrator, Rene' Green, at renemcsap@gmail.com, or call 720-384-6249.

You can also find information on the website at: colosramerica.com or visit and “like” us on Facebook – Ms. Colorado Senior America Pageant



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Technology is Hip!

Artificial Intelligence Is Changing the World!



Bob Larson

At both February's annual Consumer Electronics Show in Las Vegas and March's RootsTech (annual genealogy) Conference in

Salt Lake City, Artificial Intelligence (AI) became one of their main themes. Ever since Open AI introduced their ChatGPT website in 2022, it started a new revolution in AI products for many industries. Microsoft's AI version, now called Co-pilot was featured on 60 Minutes last year followed by Google's BARD, now renamed Gemini.

Many industrial and commercial companies have added AI into their product lines for good reasons. AI makes your life simpler and can obtain results much faster than the normal web browsers or apps. However, accuracy is still a problem with some AI driven web browsers.

Although different from human intelligence on learning and decision making using creative thinking, it's getting closer! The Dept. of Defense started the AI concept back in the 1950s, then IBM upset

the gaming industry by introducing their Watson computer, which beat the two past smartest Jeopardy TV show winners in 2010. Today, Watson is used to help various industries with great success!

Today's AI is called Generative AI, which almost simulates human intelligence. It is artificial intelligence capable of generating text, images or other data using generative models, often in response to prompts. Generative AI models learn the patterns and structure of their input training data and then generate new data that has similar characteristics. So, it has some creative and decision making capabilities at the creation of using different algorithms, aka software design.

You can imagine how some software developers and CEOs are concerned about destructive behavior AI may cause and takeover some industries without human intervention. As shown in the past Star Wars movies, there will always be a concern about AI soldiers, but for now, the software developers are being careful in developing safe AI products that will benefit the world! Bob Larson is a technologist and Marketing Director for 50 Plus.

Boulder Leads The Nation For Remote Working

Boulder, Colorado, is the best metro area in America to work remotely with a remote working suitability score of 77.5 out of 100. The Raleigh-Cary metro area, North Carolina, is second and Austin-Round Rock-Georgetown metro area, Texas, is third, and Fort Collins is seventh from a recent survey.

A new study has revealed that Boulder, Colorado, is the best metro area in America for remote working.

Agency directory DesignRush analyzed housing costs, percentages of remote workers, broadband connections, and commute times using U.S. Census Bureau and Federal Communications Commission data to find which metro areas are best for remote working.

Metros were ranked by remote working suitability index, with a maximum score of 100 and a minimum score of 0. It combines data on the percentage of people who work from home, the monthly expenditures on phone services, the percentage of people with a broadband internet subscription, the average monthly housing cost, the average travel time to work, and

the average monthly fiber connection cost.

Boulder, Colorado, is the metro area best suited for remote working in America, with a remote working suitability index of 77.5 out of 100.

Boulder's high suitability comes from a high percentage of workers working from home at 20.8%, 114% above the national average of 9.7%, high percentage of households with a broadband subscription at 93.3%, 6.3 percentage points above the national average of 87%, and cheap access to fiber internet with greater than 300 megabits per second download speed at a statewide average of \$71.88 per month for urban internet connections, 22% below the national average.

Boulder loses marks for remote working suitability for its high monthly cost of housing, at an average monthly cost of \$1709.50, 42% above the national average of \$1203.50 per month.

Despite this, Boulder still comes out on top because of its strong broadband infrastructure, allowing it to have the nation's highest percentage of remote workers.

Say you saw it in 50 Plus Marketplace News

Boulder Police Warn About Banking Scam

Boulder Police detectives have taken several reports recently of scammers pretending to be with banking institutions to trick community members into giving them their login information.

The scammers have successfully stolen more than \$100,000 from multiple victims' bank accounts using the victims' own logins and passwords. But there's an even scarier twist this time.

The scammers are also telling people to put all of their debit and credit cards into their mailbox and then the scammers are coming to the victims' homes and taking them. Based on surveillance video, the suspect(s) and suspects' vehicles have varied, to also include rental cars. If you recognize or have any information about the suspects pictured below, please contact BPD detectives.

Victims have also reported similar crimes to Denver Police and the Douglas County Sheriff's Office as well as Lone Tree and Parker. Boulder Police detectives have taken five reports so far with victims reporting more than \$100,000 stolen from different banks and credit unions.

Detectives would like to remind community members of these safety tips:

- Do not place your debit/credit cards or any personally identifiable information in your mailbox

- Hang up on suspicious phone calls from people claiming to be with your banking or financial institution. If you have concerns, call the bank or credit union directly using the number on the back of your cards.

- Do not forward your phone number if requested to do so by someone claiming to be with your financial institution (this is one of the ways they can bypass security setups)

- Go to your local bank branch in person if possible if you receive suspicious calls about your debit/credit cards or account

- Report suspicious calls/possible scams to both the police and your banking institution

Detectives believe there could be additional victims and would like to speak with those individuals. Anyone with any information about these crimes or any surveillance video that could be related is asked to contact Detective Ramos at RamosS@bouldercolorado.gov or 303-441-3323 or Investigation Specialist Graber at GraberA@bouldercolorado.gov or 303-441-4420 Please reference case 24-01310.



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Boulder County Exploring Plans For Composting

A cross-departmental county team, led by the Public Works Department, is exploring the potential for a compost facility within Boulder County. In this initial phase, the project team is completing key studies to determine if a county compost facility will help the county reach its zero waste and climate action goals and exploring suitable sites for a facility.

"This is a new chapter for Boulder County's compost facility efforts," said Commissioner Ashley Stolzmann. "A local compost facility could be an important step to help meet our carbon reduction goals. We can help residents, farmers, and businesses close the loop on organic materials in the county, diverting materials away from landfills, and recycling valuable nutrients back into the soil via finished compost. We've heard from many residents that composting is important to them, and we're committed to keeping the community engaged in this process."

Conversations with stakeholders and the public will be an important part of this initial phase of the

exploration in order to ensure an equitable and transparent process. Public meetings will be scheduled this year to open a dialogue with all interested parties, but we would like to hear your thoughts on composting now in order to get the conversation started. Please use the project online question and comment form at <https://bouldercounty.wufoo.com/forms/zicnkzgf0feqapl/> to let the team know your thoughts on composting and a potential compost facility.

The project webpage: boco.org/compost-facility will be home to all available information, including upcoming public meetings and study findings. Those interested in following along are also encouraged to join the project email list in order to receive timely news and information about the project.

In addition to the project webpage, there is also a frequently asked questions (FAQ) page. The project webpage and FAQ page will be updated as needed and whenever the project team has new information to share.

Information for the 50+ Community

Genealogy Rocks!

Are Genealogy Societies Needed?



Carol Darrow

1924: The Colorado Genealogical Society was organized 10 years before the opening of the National Archives and Records Administration in Washington, D.C., giving researchers their first access to census records.

1976: Publication of *Roots: The Saga of An American Family* reignited interest in genealogy and family history research. Several local genealogical societies including Columbine, Larimer County, Foothills and the Black Genealogy Research Group were organized.

2002: The 1930 U.S. census was released on microfilm and was available only at the 14 NARA archival research facilities across the U.S. Denver was among those NARA facilities.

2010: Experts wondered whether online services such as Ancestry.com and FamilySearch.org would replace genealogy societies. It turned out that genealogy groups could offer their members classes to use these resources successfully.

2012: The 1940 U.S. census was released online at Archives.gov, Ancestry.com, and FamilySearch.

org but was not every-name indexed until January 2013.

2015: Some commentators noted that genealogy societies were losing members and questioned whether societies had outlived their usefulness. Societies would need to attract younger members to survive.

2018: The advent of DNA testing attracted younger people but they soon became discouraged with the results that listed hundreds of unknown cousins but no direct answers. Genealogy societies stepped in to explain the science and clarify the results.

2020: The pandemic forced in-person meeting places to close. Could societies survive if we could not meet in person? Survive and thrive they did, thanks to electronic Zoom meetings that allowed us not only to hear a speaker's presentation but to socialize with other attendees.

You can be part of the future if you are willing to join a local genealogical society and support that organization by paying your dues and volunteering your talent to build a stronger organization.

Carol Cooke Darrow teaches Beginning Genealogy and facilitates the WriteNOW family history writing group on Zoom. Register for classes at cogensoc.us.

Reflections

I Don't Have Much Time Left



Martha Coffin Evans

Yikes! When my friend said that recently, actually several times, I wondered.

Did she have a diagnosis about which I knew nothing? Had she been ill and not said anything?

No, she knows as the years roll on, her physical well-being isn't what it

was previously. Her awareness of her interests and ability to pursue them is smart. Maybe there's a lesson from her playbook here.

While we all have the choice of where and how we spend our time, knowing our limitations becomes very wise. That's especially true if we pay attention to what's realistic vs "want to dos."

Perhaps the organizations in which we've been involved, change their focus. That could mean, we're no longer wanted, needed as an employee or volunteer. What then?

Where will we find other places in which to become involved? Can we or, better yet, do we want to change our own focus?

If our volunteer involvements don't result in enough fulfilling opportunities, it might be a good time to look further. What other organizations have a similar focus. Might they have needs which we

could possibly fit? Adding the former and new opportunities together could just provide enough service outlets to fuel our need.

I wonder about areas in which I've thought to serve. Maybe now's the time to shift and explore one or more of them.

Although travel wasn't mentioned, years ago we were told to "travel as long as you can, as far as you can, as long as your legs hold out." We've taken that sage advice. What good is that Bucket List if you, your family members or friends are no longer able to travel?

Maybe this is a "carpe diem" time. My friend may just be the wise one here!

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates LLC. Follow her blog on martycoffinevans.com; emails her at itsmemartee@col.com.

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Mental Health Election Anxiety



Dr. David Remmert

While I won't get political on you this month, I would like to talk briefly about election-related anxiety and stress.

Whichever side of the spectrum

you're on (or even if you don't affiliate with either party), you are bound to be bombarded by ads and news about candidates, trials, scandals, accusations, polls, and more – all of which can, and often does, have emotional and physical consequences.

Leading up to the 2020 presidential election, 68% of American adults reported that the election was a significant source of stress in their lives. This was a 16% increase compared to 2016 (APA, 2020). If health care is a concern of yours, then research shows you're 55% more likely to report election stress, according to 2020 polls (APA, 2020).

This year's election is shaping up to be just as charged and anxiety provoking as the 2020 election, if not more – and so we should prepare ourselves for it.

First, don't dwell on things you can't control. Break the habit of becoming preoccupied with negative outcomes. Limit your consumption of media as needed. Take a break from the news or social media. For example, watch the debate but not the endless commentary that follows.

Second, find a meaningful "escape" outlet you enjoy and spend time engaging in it. Stay socially connected by spending time with family and friends. Be active, too. Go for walks and keep your body moving. Movement and exercise are powerful ways to release stress.

Lastly, when election day comes, remember that we may not know who won immediately and this uncertainty may lead to stress and anxiety. Rather than being glued to your television, stay busy with other things and know that in good time we will know the outcome.

Remember, an ounce of prevention is worth a pound of cure.

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

Colorado Attorney General's Office Announces Redesigned Stop Fraud Colorado Websites

As National Consumer Protection Week 2024 continues, Attorney General Phil Weiser announced today the launch of redesigned websites for Stop Fraud Colorado and the Spanish-language No Más Fraude Colorado. The new websites are a modern, user-friendly update to the office's consumer education programs which will make it easier for Coloradans to educate themselves about fraud and scams, find resources to help protect themselves, and report fraud, scams, and other complaints to the Department of Law's Consumer Protection Section.

"It's important for Coloradans to educate themselves about scams, fraud, and other consumer issues," said Colorado Attorney General Phil Weiser. "Now, everyone will have updated, easier-to-use websites in English and Spanish to help them avoid frauds and scams. These new sites are the culmination of more than a year of hard work from the dedicated public servants in my office to make StopFraudColorado.gov and NoMasFraudeColorado.gov informative and accessible for all consumers regardless of where

they live in Colorado or which language they speak.

While the websites are new, a critical message remains constant: If you see scams, fraud, or anything suspicious or illegal, tell us about it at StopFraudColorado.gov and NoMasFraudeColorado.gov en español."

At launch, the site contains information about common types of scams and fraud, including imposter scams, identity theft, job and business opportunity scams, and romance scams. More information will be added to the site frequently. The site also features a revamped case database with cases and relevant documents going back as far as 2015.

Consumers who want to stay connected to Stop Fraud Colorado can sign up for the monthly Fraud Bulletin newsletter on the new website and follow both Stop Fraud Colorado and No Más Fraude Colorado on Facebook and Twitter.

Coloradans should report scams, fraud, and other complaints at StopFraudColorado.gov and NoMasFraudeColorado.gov or by calling 800-222-4444.

Social Security Today

How To Spot An Imposter Social Media Account

Want to learn how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.

How fraudsters create imposter accounts

Fraudsters create imposter social media pages and accounts using Social Security-related images and vocabulary, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information

We will never ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

How to spot a fake social media account

Identifying an imposter account may seem difficult at

first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security's official page.

- Improper punctuation.
- Links to pages not on SSA.gov.

- Advertisements for forms or other Social Security documents for a price.

- Incorrect social media handles. To view the list of our official social media channels, we encourage you to visit www.ssa.gov/socialmedia.

Please report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at oig.ssa.gov/report. You can find more information about scams on our Protect Yourself from Scams webpage at www.ssa.gov/scam.

Please share this information with your friends, family, and colleagues to help spread awareness about imposter social media accounts.

Helping Coloradans: State's Property Tax, Rent, Heat Rebate Offers Relief For Senior, Low-Income Residents

Coloradans eligible for a Property Tax, Rent, Heat (PTC) Rebate should apply before April 15 to ensure they also receive a TABOR refund.

With the passage of the Identical TABOR Refund Act in December, Coloradans who do not plan to file a state income tax return can still receive the refund if they apply for a PTC Rebate by April 15.

The Property Tax, Rent, Heat (PTC) Rebate is available to Colorado residents to help with their property tax, rent, and/or heat expenses. The rebate is based on income and includes people with disabilities and older adults.

For tax year 2023, the rebate amount can be up to \$1,112 for applicants. If applications are received by April 15, 2024, applicants can also receive a TABOR refund, which equates to \$800 for single filers and \$1,600 for married couples filing jointly.

Eligible Coloradans include seniors (age 65 or older, or surviving spouse aged 58 or older), Coloradans with disabilities, and individuals with a total income of less than \$18,026 or a married couple with a total combined income of less than \$24,345.

"It's important to support all Coloradans, especially those in underserved and underrepresented communities," said Brendon Reese, Department of Revenue Division of Taxation director. "We want Coloradans experiencing hardship to know that there are resources out there to help and PTC rebates are one of them. With the flattened TABOR refund, you can receive a refund even if you didn't file a state income tax return for 2023 – you just need to submit a PTC Rebate application."

The PTC Rebate has provided relief to about 15,000 Coloradans since 2019. This program ensures seniors and Coloradans with disabilities can remain occupied in their heated homes year after year.

The PTC Rebate application is also available in Spanish, and to provide better customer service to non-English speaking Coloradans, Taxation Division call centers can now assist non-English speaking PTC applicants through a translation service.

More information, including qualifications, is available on the PTC Rebate webpage.

Information courtesy of the Colorado Department of Revenue

Poetry Rising

Do you ever weary of being advised to “Be careful.” Of course it’s wise as we age because a fall at this time of life can be life-threatening. But don’t you remember the splashing in puddles and swinging from trees? We certainly remember the experience of “being safe,” during the pandemic as we were isolated from our families and loved ones right when we needed them most.

So here it is—April—the season of rain and flowers bursting through the snow. Always the balance. Imagine the risk the flower takes to come out early and play in the rain.

WELCOME RAIN

Most of our lives are spent
claiming comfort.
We search for it for ourselves
and those we love....

So now,
I find myself reaching out
for moments
that celebrate life
and the little adventures it provides..

Go outside
when it’s windy and cold,
and listen
for the trees rubbing their hands
to stay warm.

Walk in the rain
with no umbrella and
delight in the smell
of wet dirt!

It’s just a little bizarre,
and makes me smile,
to have to actually work
at protecting ourselves from life itself.

Many years ago,
when I was about six
playing at a public pool,
there was a woman...
probably the age I am now...
who kept walking around the pool
talking to everyone all day long.

People stepped back from her.
In those days someone like that
was called “crazy.”

I remember saying to my mom...
“Maybe I can be crazy when I grow up.
She seems to be having so much fun.”

(c) Barbara Wood Gray
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<https://www.youtube.com/@SharingTheSong/videos>

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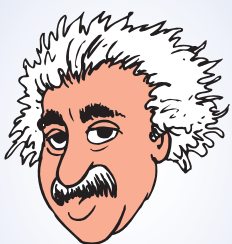
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It's Time To Get Your COVID-19 Booster Shot!

It's spring, the season for sweet strawberries, colorful tulips, crisp vegetables, and a COVID-19 booster shot. Health experts with the U.S. Centers for Disease Control and Prevention (CDC) recently recommended an extra dose of the 2023-2024 COVID-19 vaccine for all people in the U.S. ages 65 and older.

Why? Simple. Hospitalizations and COVID-19 death rates for people who are 65 and older have been significantly higher than COVID deaths and hospitalizations among younger people over the last several months, and vaccine effectiveness is waning over time.

Health experts want to give extra protection to older people, so a committee of medical advisers to the CDC in February recommended a spring COVID-19 booster shot for everyone who is 65 and older. In addition, people who are immunocompromised also have been eligible for extra doses of the COVID-19 vaccine, said Dr. Michelle Barron, who is also a professor at the University of Colorado School of Medicine on the Anschutz Medical Campus.

At this stage of the COVID-19 pandemic, older adults are hav-

ing a tougher time when they get a bad case of COVID-19. That's not surprising because immune systems in older people aren't as strong as they are in the young, aside from younger people who are immunocompromised.

Here are some reasons why medical advisors to the CDC recommended a spring COVID-19 booster shot. More than half of people who had to be hospitalized for COVID-19 between October and December of 2023 were older than age 65, according to CDC researchers.

As people get older, the risk of dying from COVID-19 continues to rise. People ages 75 and older were much more likely to die if they contracted COVID-19 than people who were sick with COVID-19 and were 65 to 74 years old.

Fewer people of all ages have been getting the newest COVID-19 vaccines. Among people of all ages, only about 22% of U.S. adults have gotten the 2023-2024 COVID-19 vaccine, which was reformulated last year to better protect against the newest variants. Older adults have been more likely to get the newest vaccine, with about 43% of people ages 75 and older having received the newest shot, accord-

ing to CDC data.

Vaccine effectiveness wanes over time, so especially for vulnerable people, it's great to give the immune system a boost in combating COVID-19 infections. "You'll want to wait at least four months since the last time you had a COVID-19 vaccine," Barron said. If you've recently gotten sick with COVID-19, you should wait about three months.

Don't wait for the fall vaccine. Unless you've recently been sick with COVID-19, you should not wait to get a spring booster dose. If you are 65 or older, or you are immunocompromised, you should go ahead and get a booster of the 2023-2024 COVID-19 vaccine now.

Anyone who gets a booster this

spring will also be eligible to get a dose of the newest COVID-19 vaccine this fall. If you're sick, stay home. If you have symptoms of an illness, don't expose others, especially vulnerable people.

Barron's bottom-line advice to her older patients and relatives is quite simple: get your spring booster dose of the COVID-19 vaccine. And, no matter your age, if you never got a 2023-2024 COVID-19 vaccine, you can still get vaccinated.

And even though vaccine effectiveness wanes over time, Barron said it's still tremendously helpful to get COVID-19 vaccines and booster shots because they significantly reduce deaths and hospitalizations. Courtesy of UCHealth.



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Pets Are Family

Pet First Aid



Judy Calhoun

To honor National Pet First Aid Awareness Month, it's important we are properly prepared in the event our pet experiences a sudden medical emergency. Just as we keep a first aid kit handy for ourselves, having a well-equipped pet first aid kit and knowing basic first

aid techniques can make all the difference in ensuring our pets receive timely care in times of need.

First and foremost, keep a list handy of 24-hour emergency veterinarians and prepare a pet first aid kit. Keep these resources in easy-to-remember locations, and consult with your veterinarian about necessary kit supplies.

Keep your pet calm. Just like humans, pets can experience heightened stress and anxiety during emergencies. Calming them helps to alleviate their fear and discomfort, making it easier to assess their condition and administer necessary treatment. An agitated or panicked pet can also inadvertently worsen their condition by thrashing around or attempting to escape.

In the same vein, when handling and transporting an injured furry friend, we risk injuring them further. Learn how to safely handle

an injured pet and consult with your veterinarian as needed.

Familiarize yourself with basic first aid procedures for your pet regarding topics such as broken bones, bleeding, burns, seizures, heatstroke, choking, etc. A plethora of resources are available

online specific to your pet's species and size. Did you know you can get certified in administering life-saving CPR to dogs and cats? Sign up for a class online or find one locally in your community.

Lastly, it can be difficult to remember every symptom a pet can have and what it means. Thankfully, Red Cross offers an app all about first aid for pets. Download it today and keep vital information in your pocket in time of need.

Thanks for reading! Learn more at nocohumane.org.

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The World Happiness Report

The World Happiness Report (WHR) was released in mid-March by a partnership of Gallup, the Oxford Wellbeing Research Centre, the UN Sustainable Development Solutions Network, and the WHR's Editorial Board. The report is produced under the editorial control of the WHR Editorial Board.

The World Happiness Report reflects a worldwide demand for more attention to happiness and well-being as criteria for government policy. It reviews the state of happiness in the world today and shows how the science of happiness explains personal and national variations in happiness.

The report observed data on six variables and estimates of their life evaluations, which include GDP per capita, social support, healthy life expectancy, freedom, generosity, and corruption. The happiness rankings are based on individuals' own assessments of their lives. The World Happiness Report is released annually usually on March 20th as part of the International Day of Happiness celebration adopted by the United Nations in 2012.

For the seventh year, Finland

is ranked number one with Denmark and Iceland trailing second and third, while United States fell to 23rd, and Afghanistan is last.

The top 10 countries have remained much the same since before COVID. Finland is still top, with Denmark now very close, and all five Nordic countries in the top 10. But in the next 10, there is more change, with the transition countries of Eastern Europe rising in happiness (especially Czechia, Lithuania, and Slovenia). Partly for this reason the United States and Germany have fallen to 23 and 24 in the rankings.

In many but not all regions, the young are happier than the old. But in North America happiness has fallen so sharply for the young that they are now less happy than the old. By contrast, in the transition countries of Central and Eastern Europe, the young are much happier than the old. Report courtesy of Gallup.



Motor Vehicle Self-Service Vehicle Registration Renewal Kiosk Moved From Clerk & Recorder Boulder Office To More Accessible King Soopers Location

Transaction fee now being waived for residents at all county kiosks

Self-service vehicle registration renewal kiosk moved from the Boulder office of the Clerk & Recorder to the Boulder King Soopers at 30th & Arapahoe

Boulder County is now absorbing the MV Express fee of \$3.95 per transaction for all county residents at every kiosk location in the county.

Last week, the Motor Vehicle Express Kiosk moved from the lobby of the Boulder County Clerk & Recorder's office at 1750 33rd Street to the King Soopers at 30th & Arapahoe (about a block away). Unlike the Clerk & Recorder's lobby location, which was only accessible during business hours, the new King Soopers location will be accessible to residents seven days a week whenever the store is open. The kiosk is located just inside the main entrance to the left.

"For well over a year, we have been planning this move and working with our MV Express Kiosk vendor to get our Boulder machine relocated to a more accessible location," states Payton Quistorff, Boulder County Clerk & Recorder Motor Vehicle Division Leader. "We know that if you need to get your registration renewed in a hurry, that not being able to get to the office during business hours was a challenge. And for Boulder residents, having to travel to where the other kiosks are in Longmont or Louisville at night or the weekends was a challenge too. So, this move was critical to making a needed public service more accessible. And additionally, Boulder County is now absorbing the MV Express fee of \$3.95 per transaction for all county residents at every kiosk location in the county."

Resembling an ATM machine, the bright yellow and blue self-serve kiosk is simple and fast to use. Using the touch screen, residents simply type in their license plate number and VIN number (or bring renewal postcard), follow the instructions on the screen, and renew their license plates. The kiosk collects all taxes and accepts checks (standard size only), credit, or debit cards. While Boulder County now absorbs the kiosk usage fee of \$3.95 for county residents (fee is still applicable for non-residents), there is a \$0.50 charge for checks or a 2.3% charge for credit/debit cards (similar to transaction fees for online renew-

al). When the kiosk transaction is complete, the machine dispenses a receipt along with the vehicle registration and plate tab/sticker on the spot. The entire transaction can be completed in less than two minutes. The kiosk can also issue replacement tabs and other additional motor vehicle services will soon be added.

In addition to the kiosk at King Soopers in Boulder, there are two other county locations: King Soopers in Longmont at the Horizon Park Center (2255 Main Street) and King Soopers in Louisville at S. Boulder Road and Courtesy Road (CO-42).

Kiosks can be used the month before your plates expire, the month your plates expire, or up to 12 months after your plates expire. Residents may also use the kiosk directly after getting an emissions test if their renewal required emissions testing (typically stated on the renewal postcard). Residents can also renew registration online at myDMV.colorado.gov, by mail, or by 24-hour drop box (drop boxes at all three offices). Note that credit/debit card fees still apply to those by mail/drop box. If a resident needs to pay with cash, we recommend using our drop boxes or delivering the renewal paperwork in a sealed envelope directly to our office (there is typically a motor vehicle greeter at each office).

As of December 2022, appointments are required for all in-person Boulder County Motor Vehicle services, and all vehicle registration renewals must be completed out of office (by kiosk, mail or drop box, or online).

For more information on the Clerk & Recorder's Motor Vehicle Division, visit BoulderCounty.gov/MotorVehicle or call 303-413-7710

Information courtesy of Boulder County

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Ageism Matters We Are All Leaders



Kris & Sara

When you need to reach many people, it's important to remember that change happens one person at a time.

There is an exponential impact when we educate a group of educators, organize a town hall for legislators, and provide training and tools for people to organize their own conversations. But the message is still being received by one mind at a time. Every leader and influencer is an individual with their own beliefs and biases.

Equally important, we are all influencers and leaders in our own ways. We lead with our actions, how we spend our resources, and how we vote. We are examples for our families and friends, workplaces, and community organizations.

After years of education and public campaigns, ageism awareness is spreading. Our organization has reached thousands through our programs, social media, and coverage by traditional media outlets.

More and more people come to us wanting the tools to make change, to impact policy and connect to others across the country who want to make a difference.

There is a growing conversation about age and older adults in the public sphere. Yes, often much of it is negative. But, people are also questioning the traditional, negative narrative - and this is new. From health experts to political leaders to entertainers, there are voices clapping back and calling for a more realistic narrative about age and aging.

It starts with each of us to create change. This movement is happening from the bottom up. We can feel the momentum. One mind at a time, the narrative is beginning to change.

Add your voice!

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.

Colorado Gerontological Society

Income Limits Increase Making More People Eligible for LEAP



Eileen Doherty

Anyone 18 and over who pays for heating costs is eligible to receive help from LEAP. Individuals who make less than \$3,081/month (\$4,030/month

for a couple) are eligible to apply. LEAP helps with heating costs, but does not pay the total bill. Deadline is April 30.

LEAP applications can be made online through Colorado PEAK or your county office. To use Colorado PEAK, log in if you have an account (or make a new account). On the Dashboard tab, scroll down

to the Benefit Overview. Immediately next to it, there is a button "Request New Benefits". Click the button. When it loads a new screen click "I want to add another benefit program". Press Continue. Click "I Know What Benefits I Want to Apply For"; then at the very bottom of the page, find the "Energy" tab. Check the LEAP box below. Then click the box "Apply for Benefits" at the top right. Then follow the form step-by-step.

If you need copies of tax or LEAP forms, call The Colorado Gerontological Society at 303-333-3482 or 1-855-293-6911 (Toll Free) or 1-855-880-4777 (Spanish). Or go to <https://cdhs.colorado.gov/leap>

Governor Polis Reveals Strong Economy in the Future

In March, the Governor's Office of State Planning and Budget released its quarterly economic forecast which showed Colorado's continued economic growth. "Colorado continues to lead the nation with strong economic growth and unemployment below the national average. Our focus on continuing to strengthen our workforce and saving Coloradans money on housing, education, healthcare, and more will drive an even more dynamic economy while protecting our reserves and the financial strength of the state," said Governor Polis.



OSPB has revised up its economic growth expectations from

the December forecast due to elevated consumption in the fourth quarter of 2023. Real disposable income is positive and outpacing pre-pandemic growth as inflation is resettling more quickly. The economy is expected to avoid a contraction as consumer demand holds firm, in large part due to services spending and increased investments as the Federal Reserve begins to cut rates.

In FY 2023-24, as a result of General Fund growth expectations and Colorado's strong economy, TABOR refunds are expected to total \$1,994.8 million, a \$343.5 million upward revision from December. General Fund revenue is revised up \$308.9 million in FY 2023-24, largely a result of stronger than anticipated corporate income revenue, with smaller upward revisions in individual income, insurance, and interest income. General Fund revenue is expected to grow 5.8 percent to \$19.1 billion in FY 2025-26 due to stable growth in income and sales revenue as the economy grows at potential GDP.

The Odds Are One in 400 Million

The cow was born with two heads. It happened in Cossinade, LA. The odds were not one in a million, as the saying goes; it was one in 400 million, says Eric and Dawn Breaux who own the cow. The condition is called polycephaly and the experts say most of the time critters are stillborn or live just for a few hours or days. The cow was still alive on day

eight when the news of its birth made headlines. At the time, Mrs. Breaux told reporters: "She has trouble lifting her head but is holding it up more and more as she is getting stronger. She is not standing on her own yet so she is unable to nurse on her mom. We have been bottle feeding her from the start."

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Act Locally During Global Volunteer Month

(StatePoint) April is Global Volunteer Month, a time to celebrate volunteers and inspire volunteerism in communities large and small.

Volunteerism is on the decline, according to research from AmeriCorps and the U.S. Census Bureau. And what's more, Points of Light, a global nonprofit dedicated to inspiring, equipping and mobilizing people to take action that changes the world, shared that 73% of people believe that volunteering is more important than ever, yet 66% think they can't make a big impact in their communities. During Global Volunteer Month, advocates are trying to change that perception at the local level.

"Volunteers are crucial to solving pressing challenges, creating vibrant communities and strengthening our social fabric," said Jennifer Sirangelo, president and CEO of Points of Light. "Every person has something to share or give."

To boost volunteer engagement during Global Volunteer Month, Points of Light is sharing the following ways you and your family can make a positive impact in your neighborhood or town:

Spread the word: Use the Global Volunteer Month toolkit, along with the hashtag #GlobalVolunteerMonth to thank volunteers. Be sure to tag a volunteer whose impact you appreciate.

Take the pledge: To show your commitment to volunteering, take Points of Light's pledge. Then, discover ways to get involved that support your favorite cause and availability using Points of Light Engage, a database featuring hundreds of thousands of volunteer opportunities worldwide, including some in your area. Remember that volunteering doesn't have to be through a formal organiza-

tion. Lending a helping hand to a friend, family member or neighbor counts, too. In fact, 70% of volunteer work is carried out locally and informally, without the involvement of any organization, according to the UN.

Expand your impact: Learn about the Points of Light Civic Circle®, a framework that outlines the many forms of civic engagement. These actions include listening and learning, using one's voice, social entrepreneurship, volunteering, public, national or military service, using one's purchasing power to express values, working, voting and donating.

Get inspired: Points of Light recognizes ordinary people doing extraordinary things to strengthen communities and solve persistent problems with its Daily Point of Light Award. Know an outstanding volunteer in your community? Nominate them as a Daily Point of Light by visiting pointsoflight.org/dailypointofflight, or to inspire others, share these stories of recent honorees:

Daily Point of Light Award honoree T'Kiyah Threatt is a 21-year-old from Uniontown, Alabama, a town of just over 2,000 residents. She dove into service as a high school junior when she started working with C.H.O.I.C.E., an organization that ensures young people get needed resources. Three years ago, she became the first president of the Youth Advisory Council and began leading mentoring efforts, going above and beyond to find funds for a scholarship for a deserving mentee. Even after moving away for college, Threatt returns to work with her own mentee while recruiting community partners and soliciting funding for programs.

Daily Point of Light Award honoree Teresa Gerald of Ridgeland, Mississippi, channels her passion for literacy into volunteer work through Friends of the Ridgeland Library, where she has held the elected position of president since 2014, contributing thousands of volunteer hours. Twice a year, Gerald manages, promotes and works the Friends of the Ridgeland Library Book Sale. When the library's funding was cut by \$110,000 in fiscal year 2021-2022, her fundraising efforts with Every Library Institute raised \$112,000 in emergency funds.

No matter the scale, Points of Light recognizes the spirit of volunteerism as a driving force of change around the world. "We're celebrating volunteers around the world all month long, as well as calling on people to take action. Throughout April, lend your time, talent and passion to a cause you care about and invite others to join you, creating a ripple effect of change," said Sirangelo.



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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



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Boulder Older Adult Services

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

Featured Programs in April:

Strength and Alignment
 West Age Well Center,
 Wednesdays, April 3 – 24, 10:15 – 11:15 a.m. Fees: R/NR \$32/\$40.
 Includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises done standing or seated in a chair, all levels welcome.

Community Protection Division Drop-in Office Hours

West Age Well Center, Monday, April 8, 10:30 a.m. – 12:30 p.m. Meet with a Community Protection Specialist for 15-30 minutes to discuss personal situations and ask questions about suspected scams or fraud. Drop-in, no registration required.

What Matters Most:

Conversations for the End of Life Online, Thursday, April 11, 10 – 11:30 a.m. End-of-life educators Diane Hullet and Margaret

Kane will share a presentation and lead a discussion about why conversations about death and dying can make a difference.

Smart Home Technology

This workshop will describe what a smart home is and why we may consider more technology in our homes.

- In-Person Smart Home West Age Well center, Tuesday, April 16, 10 a.m. – 12 p.m.
- Online Smart Home Online, Wednesday, April 17, 10 a.m. – 12 p.m.

NEW! Folk Dance Series

East Age Well Center, Wednesdays, April 17 – May 22 (5 classes, NO class on 5/1) 1:15 – 2:15 p.m. Fees: R/NR \$40/\$50. Join this new social dance series and enjoy the many health benefits of dancing.

Older Adult Services 55+ Job Fair

East Age Well Center, Thursday, April 25, 12:30 – 3:30 p.m. This is an opportunity for older adult job seekers to meet with community employers that are actively seeking to fill open positions. Workshops and resume critiques are available during the event.



Lafayette Senior Services

Programs offered by Lafayette Senior Services

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

Guitar Lessons – Beginner

April 1-29, 10-11am
 Discover the joy of playing the guitar! Students will learn basic chords, picking patterns, strumming, rhythm and notes on the fretboard to confidently play various songs. Remember to bring your 6-string guitar to class and rest assured that teaching materials will be provided. Let instructor Felicity Muench guide you on your musical journey.

Get ready to unleash your inner musician.

Senior Learning Club:

Beginning Genealogy

April 24, 2-3pm
 Adults ages 55 and older - The Lafayette Senior Center and the Library invite you to meet at the library for a beginning genealogy workshop. We'll cover how to use Ancestry and MyHeritage to research your family history. Bring your family names or notes!

Death Café

April 23, 10:30am-12pm
 At a Death Cafe people, often strangers, gather to drink tea and discuss death. Our objective is 'to

increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group directed discussion of death with no agenda, objectives, or themes.

Boulder Museum of Contemporary Art

April 12, 1-4pm
 Founded in 1972 by a group of local artists, Boulder Museum of Contemporary Art (BMoCA) has grown into one of Colorado's premier contemporary art venues. BMoCA's ongoing educational outreach programs engage youth and adults with creative and contemporary art experiences.

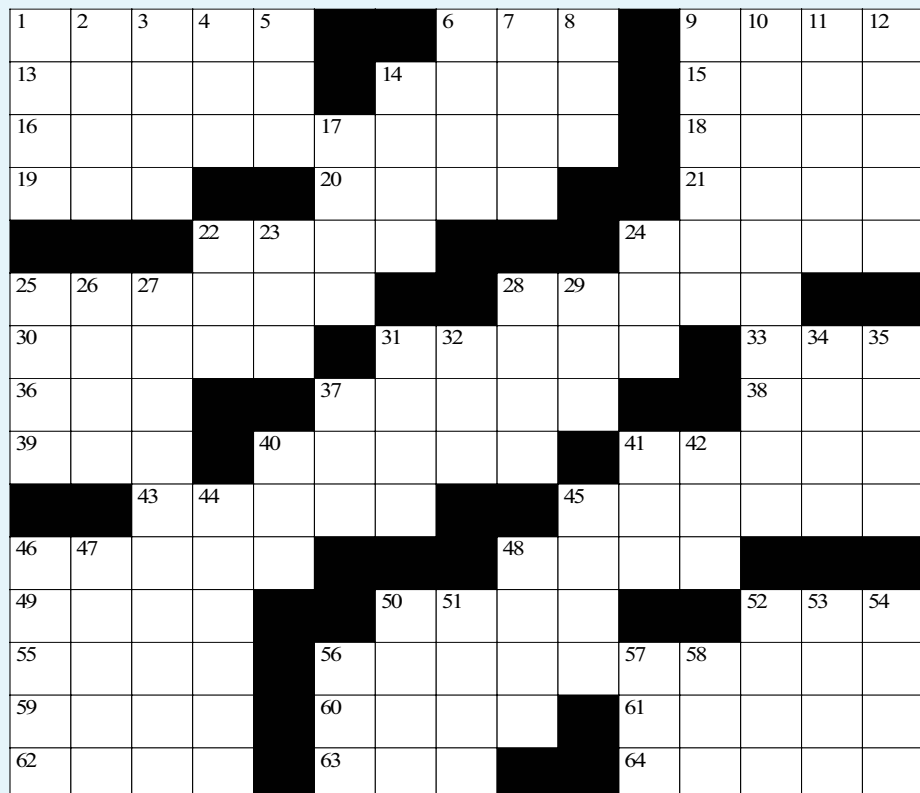
Axe Throwing

April 16, 1:15-4:15pm
 Have you tried Axe-Throwing? Come join us for an adventure, located in Westminster, Colorado, Yukon Axe is an interactive entertainment company offering customers a high-quality axe-throwing experience. Please do not wear loose-fitting clothing and wear comfortable shoes.



50 Plus Marketplace News Crossword Puzzle

April 2024
 Answers page 7



ACROSS

- 1 Gold coin
- 6 Weep
- 9 Hollow cylinder
- 13 Idealized concept of a loved one
- 14 Free from contamination
- 15 Indigo
- 16 Capacity to absorb radiation
- 18 Great quantity
- 19 Destiny
- 20 Latvia
- 21 Accent
- 22 Mild oath
- 24 High public esteem
- 25 Counterfeit
- 28 Former Russian rulers
- 30 Feudal vassal
- 31 English poet
- 33 Clumsy boat
- 36 Advanced in years

- 37 Entirely
- 38 Part of verb to be
- 39 Organ of sight
- 40 Hawk's nest
- 41 White-and-black bearlike mammal
- 43 Horn-shaped bone
- 45 Dissepiment
- 46 Purge
- 48 Strike forcefully
- 49 Wagon
- 50 Greek goddess of the earth
- 52 By way of
- 55 Which inland sea of central Asia lies on the border between Kazakhstan and Uzbekistan
- 56 Desalt
- 59 Roster
- 60 Island of Hawaii
- 61 Sovereign

- 62 Soared
- 63 Weep
- 64 Foe

DOWN

- 1 Clock face
- 2 Boss on a shield
- 3 Fling
- 4 Gone by
- 5 Rocky pinnacle
- 6 Dynasty in China
- 7 Killer whale
- 8 Honey insect
- 9 Priest
- 10 Changeable
- 11 Musical instrument
- 12 Senior
- 14 Discharged a debt
- 17 Small nail
- 22 Ovum
- 23 Command to a horse
- 24 Possesses
- 25 Floating ice
- 26 Greasy
- 27 Change decor
- 28 Story
- 29 Pigpen
- 31 Disease of the nervous system
- 32 Biblical high priest
- 34 Official language of Pakistan
- 35 Ray of light
- 37 Island of Denmark
- 40 Sin
- 41 Seed of a legume
- 42 Disposed
- 44 Lawless person
- 45 Authenticating mark
- 46 Sash
- 47 Christmas song
- 48 Sweetheart
- 50 Equipment
- 51 Wan
- 52 Dell
- 53 Separate article
- 54 Ethereal
- 56 Doctor
- 57 Wrath
- 58 Convent dweller



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