

CU Boulder Presents Step Afrika!

It's fitting that Step Afrika!, one of the top 10 African-American dance companies in the United States, will perform on a university stage when it comes to Boulder on February 2nd. Stepping—a high-powered, dynamic art form where the body is both dancer and instrument—uses stomping, clapping, and spoken word to create complex sonic choreography.

Modern step was developed by fraternities and sororities, primarily at historically Black colleges. In the 20th century, as American universities slowly opened their doors to Black students, those students launched Greek organizations as a space for support, community and pride. Stepping became part of their group ritual and eventually evolved into performances and shows. Today, it borrows inspiration from jazz, tap, hip-hop, cheerleading and more.

“As much as they are dancers, they also are musicians,” says Step Afrika! Founder C. Brian Williams. “They are both the movement and the music, and that’s the unique challenge for any percussive dancer.”

But stepping as a cultural practice has roots that run much deeper than campus communities. Percussive movement and chanting have been part of West African folk dance for centuries and became a cultural feature of the African diaspora during the rise of slavery.

Some historians link this past to its present art form by way of the 1739 Stono Rebellion when a large group of enslaved Africans armed themselves and revolted in Charleston, South Carolina. Following the rebellion, enslaved people were stripped of the few rights they previously held, including the right to use drums. In the aftermath, they began to create music

with all that remained: their histories and their bodies. (Step Afrika! examines this history and relationship in a piece in its repertoire titled “Drumfolk.”)

It's a near-miraculous evolution that stepping has gone from an act of resistance to one of community ritual to a professional cultural export, courtesy of Step Afrika! and groups like it. Founded in 1994, it's the first professional company

dedicated to the tradition of stepping. The company has toured internationally to 50 countries and creates works that combine stepping with live music, technology and storytelling.

The performance will be held on February 2nd at 7:30 pm at the Macky Auditorium Concert Hall, 1595 Pleasant Street in Boulder. Tickets can be purchased online at cupresents.org.



Audubon International Certifies Boulder's Flatirons Golf Course

The City of Boulder Parks and Recreation Department's Flatirons Golf Course was recently recertified by Audubon International as a “Certified Audubon Cooperative Sanctuary” through the Audubon Cooperative Sanctuary Program for golf courses. The golf course was initially designated as a Certified Audubon Cooperative Sanctuary in 2010 and has been recertified approximately every three years since then.

To achieve this certification, a golf course must demonstrate that they are maintaining a high degree of environmental quality in a number of areas including environmental planning, wildlife and habitat management, outreach and education, chemical use reduction and safety, water conservation, and water quality management.

At Flatirons Golf Course, these practices ensure golf operations align with our community's sustainability goals and priority on our natural world. This recertifica-

tion also affirms our dedication to the city's goals related to sustainability, equity, and resilience, which we are proud to do.

“This certification is something that is recognized and respected by our players,” said Director of Golf Tom Buzbee. “Everyone who plays the course notices the difference this effort makes, and they all appreciate playing alongside the wildlife and in our beautiful natural environment.”

Golf Course Superintendent



Jake Jacobs and everyone involved with Flatirons Golf Course have shown a strong commitment to this environmental program,” said Audubon International CEO Christine Kane. “They are to be commended for their efforts to provide a sanctuary for wildlife on the golf course property.”

Flatirons Golf Course is one of only 3% of courses in the world to hold certification from Audubon International.

INSIDE

Electric Vehicle Charging

Page 2

Evergreen B&B

Page 3

2024 Artist-in-Residence

Page 4

Rosalynn Carter

Page 5

Taking On Our Inner Ageist

Page 9

FEBRUARY

Calendar

Tuesday/6

The Boulder Genealogical Society presents a free program on “Finding Your Ancestors on Fold 3” at 7 pm on Zoom. Ever get confused on Fold3? Learn what records are available for your 19th-century military ancestors there, and pick up some search strategies to narrow down what you’re looking for. Please register online at www.bouldergenealogy.org.

Wednesday/14

The Longmont Genealogical Society presents a free program on “Territorial Records in the U.S., You Might be Surprised” by Sylvia Tracy-Doolos at 1 pm either in-person or on Zoom. As our nation grew, territories began keeping records to achieve statehood. Let’s look at some of the records that are available. Please register at www.longmontgenealogicalsociety.org.

Thursday/15

The Colorado Gerontological Society presents a free online program on “Convincing Family to Let You Live at Home.” Family most often have our best interests at heart when they suggest that we move from our current home. They may offer suggestions like “moving closer to their personal residence,” or “moving to a an older adult community or an assisted living,” or “coming to live with them or another family member.” Register for the Zoom info at www.senioranswers.org.

Thursday/22

The Longmont Museum presents their monthly concert on “The Music of the American Western” featuring Deborah Schmit-Lobis (piano/accordion), Tracy LaGuardia (violin/vocals) and Nick Rossi (cello/ guitar/banjo/vocals) at 7 pm. Three musical virtuosos take us on a journey through the American West through some of the best Western film scores, including music by the legendary Ennio Morricone. Tickets are \$18/\$15/\$12 and can be purchased online by visiting longmontmuseum.org or calling 303-651-8374.

Check individual venues for current information

Calendar sponsored by:

Beyers Law

We Care

Boulder County Awarded \$4.9 million for Electric Vehicle Charging

Boulder County has been selected to receive \$4.9 million in federal funding from the U.S. Department of Transportation (USDOT) to increase public access to electric vehicle (EV) charging stations. The county sought this funding to support the switch to electric vehicles and reduce carbon pollution.

U.S. Representative Joe Neguse as well as U.S. Senators John Hickenlooper and Michael Bennet welcomed the announcement from USDOT. The nearly \$5 million in funding comes from the Charging and Fueling Infrastructure Program, which aims to expand public access to alternative vehicle fueling like EV charging across the country. The program is a part of the 2021 Infrastructure Investment and Jobs Act, commonly referred to as the Bipartisan Infrastructure Law.

The transportation sector is the biggest source of carbon pollution in Colorado, meaning new infrastructure is a significant step towards achieving Boulder County’s emissions reductions goals, which call for an 80% reduction over 2021 levels by 2030 and carbon neutrality by 2035.

The grant will fund public EV charging stations in low and mod-

erate-income neighborhoods, rural areas, and communities with high densities of multifamily units. Funding will support both Fast Chargers, sometimes referred to as Level 3 chargers, which can charge a typical EV to 80% in 30 minutes, and Level 2 chargers, which add roughly 10-20 miles of range per hour of charge.

“Investing in energy saving, effective, and green infrastructure for the long run is vital to tackling the climate crisis and protecting Coloradans,” said U.S. Representative Joe Neguse. “The funding announced today will expand access to charging stations for individuals with electric vehicles, modernize the electric infrastructure across the state, and help create good paying jobs in the process.”

“Boulder County is thrilled to receive this grant, a major step forward in expanding public EV charging infrastructure in underserved areas,” said Boulder County Commissioner Claire Levy. “This achievement reflects the strength of our partnerships across municipalities, non-profits, state agencies, and utilities. By prioritizing public EV charging installations in rural, multi-family, and low-income neighborhoods, we’re

not just building infrastructure — we’re fostering a community-wide transformation towards a resilient and accessible future.”

Led by Boulder County, the Charge Up Boulder County grant application was a collaborative effort with towns and cities across the county, six non-profits, two state agencies, and three utility companies. The City of Boulder further supported this work through a \$100,000 funding match.

Approximately one-third of Boulder County residents live in multi-family homes, where EV charging can be challenging. Alongside other incentives, this targeted expansion of public charging will reduce barriers to EV ownership and cut toxic air pollutants like nitrogen oxides, carbon monoxide, and more.

Boulder County has long been a leader in EV adoption. A recent study from the U.S. Department of Energy found that Boulder County has the fifth-highest EV adoption rate of all U.S. counties, and the highest outside of California. With this new funding, Boulder County can ensure even more community members have the opportunity to go electric.

Turn Up the Heat and Flavor for the Big Game

(StatePoint) The trick to achieving tasty BBQ is real smoke flavor. And, to get real smoke flavor, you need quality, natural hardwoods, with or without a pellet grill,” says Levi Strayer of Bear Mountain BBQ, “Start grilling with pellets, and everyone will immediately taste the difference—it’s a game changer.”

With that philosophy in mind, Bear Mountain BBQ ambassador Jennifer Danella is sharing two BBQ winning recipes. Both incorporate the brand’s premium pellets to bring unbeatable flavor to the table.

Sweet Heat Barbeque Wild Turkey Bites

Ingredients:

- 1 boneless, skinless turkey or chicken breast, approximately 2 pounds, cut into 1-inch pieces
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon black pepper
- 1 tablespoon loosely-packed light brown sugar
- 1 package center-cut bacon, cut in half
- Sliced green onions
- Ranch dressing
- Chef’s Choice or Butcher’s Blend Bear Mountain BBQ Pellets
- 1/2 cup sweet barbecue sauce

- 2 tablespoons buffalo sauce

- 1 tablespoon minced garlic

Directions:

1. Preheat grill to 400 degrees F.
2. Line a large baking sheet with parchment paper.
3. Place 1-inch turkey pieces into a medium size bowl. Sprinkle chili powder, paprika, cayenne, garlic salt, black pepper and brown sugar over top. Mix well.
4. Wrap half a slice of bacon around each turkey piece. Secure with a toothpick and place them onto the parchment paper.
5. Place the baking sheet into your preheated grill and bake for 25 minutes. Meanwhile, combine the barbecue sauce, buffalo sauce and garlic in a small bowl. Brush the turkey pieces halfway through cooking. Brush another layer of sauce five minutes before the cook time is over. Cook until the turkey pieces reach 165 degrees F.
6. Garnish with sliced green onions and serve with ranch dressing for dipping.

Beer Cheese Dip

Ingredients:

- 1 1/2 cups cheddar cheese grated
- 1/2 cup gruyere cheese grated
- 8 ounces cream cheese softened
- 1 tablespoon Dijon mustard
- 1/2 of a 1-ounce Hidden Valley Ranch Packet
- 2 tablespoons green onions

chopped.

- 1/4 cup German lager beer
- 2 tablespoons baking soda
- 1 can biscuits
- 1 large egg, mixed with 1 tablespoon water, for brushing biscuits
- 12-inch cast iron skillet
- Bear Mountain BBQ’s Chef’s Choice Blend pellets

Directions:

1. Preheat pellet grill to 350 degrees F.
2. In large bowl, combine 1 cup cheddar, gruyere, cream cheese, Dijon mustard, Hidden Valley Ranch seasoning, beer and 1 tablespoon green onions. Mix evenly.
3. Cut biscuits in half. Roll each half into a ball, then slice an X across top.
4. Boil 2 cups water in medium saucepan. Once boiling, add baking soda and mix immediately.
5. Add biscuits to grill in batches and cook until puffy, approximately 1 minute. Remove and transfer to skillet, forming ring along inside edge.
6. Brush biscuits with egg wash. Sprinkle with salt.
7. Transfer dip to center of skillet. Sprinkle with remaining cheddar.
8. Smoke until biscuits are golden and dip is bubbly, 30-35 minutes.
9. Garnish with remaining green onions. Serve!

CONTACT

How To Reach Us

email

robert@50plusmarketplaceneews.com

phone

303-694-5512

mailing address

4400 Sioux Dr.
Boulder, CO 80303

website

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

Published by
50Plus Media Solutions, Inc.
Boulder, Lafayette, Longmont,
Erie, & Superior
50 Plus Marketplace News, Inc.,
is published the first of each month
for folks over the age of fifty and
dedicated to providing information,
programs, matters of interest, and
services to Boulder County citizens.
50 Plus has 42,000 county readers
monthly. The paper is distributed
by free newsstands in businesses
that cater to the needs and interests
of Agers.

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

DEADLINE

10th of the Preceding Month

Advertising supports all publica-
tion 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

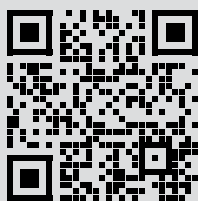
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



Printed on Recycled Paper

Ron Stern's Travel Series

Evergreen B&B Club:

The Best Kept Secret in Affordable Senior Travel



Ron Stern

Seniors seeking affordable lodging options while traveling will love Evergreen B&B Club. For more than four decades, Evergreen Bed and Breakfast Club has been providing seniors affordable accommodations for only \$20 per night. Surprisingly though, many still don't know about this so-called secret

that is available to anyone over 50 years of age. They continue to offer comfy digs and a hearty morning breakfast through their vast worldwide network of like-minded fellow travelers.

To enroll, members in North America pay annual dues of \$120 for one year from the joining date. If they live in other countries, then the amount is only \$80 for a full five years. This allows them to travel anywhere and enjoy "non-commercial" bed and breakfast accommodations.

The other requirement is fairly simple. Each member needs to have a spare bedroom or some other type of guest accommodation. They also agree to host when it fits with their schedule and on average, members host 3-5 times per year. As you might imagine, the types of available homes vary widely and can range from modest to luxurious. They could be in the city, country, mountains or even at the waterfront.

Upon arrival, couples pay the \$20 "gratuity" to their host and \$15 if they are a solo traveler. Stays are informal and after an hour or so of friendly conversation, guests are free to plan outside activities during the day, leaving the hosts to their normal routine. Guests can arrange to stay multiple days upon mutual agreement. Hosts provide clean, comfortable

Composed of retirees, "empty nesters" and others, part of the enjoyment of this club is the opportunity to meet others and learn about each other's backgrounds, interests, hobbies and life experiences. Once they join, access is provided to Evergreen's on-line membership map and profile guide.

My wife and I recently had the opportunity to try a couple of these recently while on a road trip. We found our hosts to be friendly and gracious and the accommodations spacious and comfy. Best of all, \$20 per night is way better than paying more than \$100 for a "typical" hotel stay.

This was a sponsored visit, however, opinions herein were based on the author's honest opinions.



Breakfast at Duncan and Stephanie's House. Photo by Ron Stern

Say you saw it in 50 Plus Marketplace News

- GROCERY SHOPPING
- OIL CHANGED
- GET HEARING CHECKED

CALL NOW

303-651-1178

It's time.

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

LONGMONT

HEARING & TINNITUS

CENTER

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

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

Happy Valentine's Day!

"We loved with a love that was more than love."

Edgar Allan Poe, "Annabel Lee"
 "When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

Nora Ephron, "When Harry Met Sally"

"Nobody has ever measured, even poets, how much a heart can hold."
 Zelda Fitzgerald

"Roses are red / Violets are blue / Over and over / I choose you."

Author Unknown

"Love is something sent from heaven to worry the hell out of you."

Dolly Parton

"Without Valentine's Day, February would be, well, January."

Jim Gaffigan

"Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything."

Katharine Hepburn

"I don't go by the rule book ... I lead from the heart, not the head."

Princess Diana

"Love is an irresistible desire to be irresistibly desired."

Robert Frost

"Some people are worth melting for."

Frozen

"Take me to your heart, for it's there that I belong."

Elvis Presley

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

Lucille Ball



VA Facilities Offer Many Female Medical Services

Women Veterans, you may be surprised to learn about all VA has to offer. If you haven't checked out VA in a while, things have changed. We recognize each of you are unique and your health care needs are not "one-size-fits-all." That's why VA continues to expand its services, so we can provide you with the best care possible to better fit your needs.

When it comes to your health and well-being, we have you covered. VA is a one-stop-shop where you can receive care coordination for all your health needs in one place. You have access to a full spectrum of gender-specific comprehensive health care at VA, and our Whole Health approach is all about focusing on what matters to you.

Your VA health care coordination includes primary and preventative care, reproductive health, fertility services, maternity care, mental health, and resources for your overall well-being, like exercise, sleep, and nutrition.

We're here to support you in all stages of your life through

gender-specific care (including LGBTQ+ health), preventive care, and general primary care for acute and chronic illnesses. You can receive routine wellness exams as well as cervical cancer screening (Pap tests), breast cancer screening (mammograms), birth control and vaccines.

We understand not every woman's journey is the same when it comes to pregnancy or family building. VA is a trusted partner in discussing sensitive reproductive health topics, such as fertility, birth control, menopause and more.

We also understand women Veterans may face unique mental health challenges and we work to address them directly through evaluation, counseling, and treatment.

Call or text 1-855-VA-WOMEN or visit VA's women's health website at www.womenshealth.va.gov to learn more. If you haven't been using VA's health services, we invite you to give us a chance. And if there's something on your mind, talk to your VA health care team about it. We can most likely help.

Genealogy Rocks!



Carol Darrow

The local library in the town or county where your ancestors lived (for 10-100 years) is an excellent place to start your research. This

is the place where your ancestors lived and died, married, had children, paid taxes, bought and sold land. Other researchers are also interested in your family and may have deposited information about your ancestor and his extended family in this library. This is also the most likely place to find copies of local newspapers.

Google.com the county and/or town and state plus "public library" for the address and phone number of the local facility.

The Central Denver Public Library has a wealth of resources available to people doing research about Colorado and Denver. Free indexes are available online with or without a library card. Go to DenverLibrary.org and click on the Research tab. Select "Popular Topics" and then "Genealogy & Obituaries." Here's a partial list of what you'll find:

- 10th Mountain Division (World War II) Name Lookup Index
- 1885 Colorado State Census for Arapahoe County including

the City of Denver

- Arapahoe County Coroner's Reports, 1876-1891 Index
- Calvary (Catholic) Cemetery Lot Purchases, 1889-1893
- Clear Creek Pioneer Index
- Colorado 1861 Territorial Election Voters
- Colorado Directory of Mines by County
- Colorado Divorces, 1861-1941
- Colorado Marriages Index, 1858-1939
- Colorado Obituary Project - 50,000 non-Denver obituary indexes, 1970-1990
- Colorado Statesman Newspaper Index, 1904-1954 of African-Americans
- Denver Marriages, 1940-1974
- Denver Obituary Project, 1913-2016 from Denver Post and Rocky Mountain News
- Douglas County, Colorado, Marriages, 1800-2000
- Mining Fatalities - Colorado 1844-1981 (includes person information, dates, mine name, cause of death).
- Real Pioneers of Colorado - 1,400 names of pioneers in Colorado prior to Feb. 26, 1861

Now think about what information might be available at the local library in your ancestor's home town. Happy hunting!

Carol Darrow teaches free Beginning Genealogy classes via Zoom on the second Saturday of the month. Register at cogensoc.us.

Now Accepting Applications for the 2024 Artist-in-Residence Program at Caribou Ranch

Boulder County, Colo. - Boulder County Parks & Open Space is now accepting applications for the 2024 Artist-in-Residence Program at Caribou Ranch. Online applications will be accepted through Thursday, Feb. 29.

The program provides an opportunity for artists to pursue their work in the inspiring landscape and history of Caribou Ranch. By sharing their art with Boulder County, artists can add to residents' enjoyment of their open space lands and create a legacy of art preserved for future generations.

Musicians, painters, illustrators, photographers, visual/film artists, sculptors, performers, poets, writers, composers, and crafts/artisans are all welcome to apply. Selected artists will stay in the historic Delonde Barn at Caribou Ranch.

The open space property offers a variety of landscapes to explore including streams, waterfalls, forests, and beautiful vistas. Moose, elk, black bears, beavers, bats, and nearly 90 species of birds live within or pass through the area. Also found on the property is the Blue Bird Mine com-

plex where miners from the 1870s to the 1960s extracted silver ore. In the early 1900s, the site was a whistle stop for the Denver, Boulder & Western Railroad.

Selected artists can stay up to four days and three nights from mid-July to mid-September.

Applicants must be comfortable in a backcountry setting with rustic accommodations.

For more information about accommodations, application process, and program guidelines, visit boco.org/artist or contact Monserat Alvarez at moalvarez@boulder-county.gov or 303-678-6268.

Artistic water color frame and the historic Delonde Barn. Text reads: Artist in residence program at Caribou Ranch. Apply now. Deadline is Feb. 29.



Honoring Rosalynn Carter's Legacy by Prioritizing Caregiver

Former First Lady Rosalynn Carter's caregiving journey began early in life, when she helped care for her father when he was diagnosed with cancer. Following his passing when she was 13, and the passing of her grandmother soon after, Mrs. Carter's grandfather moved into the family home to receive care from her mother.

These formative experiences would shape her future policy and advocacy work as a trailblazer for caregivers everywhere.

Many Americans can see their own caregiving journeys reflected in the life of the late Mrs. Carter. Currently, 53 million Americans serve as caregivers to someone who is aging, ill, or living with a disability. Providing care can lead to stress on a person's physical, mental, and financial well-being — often causing major life disruptions, with a third of working caregivers reporting having to leave a job because of their care responsibilities.

The Rosalynn Carter Institute for Caregivers

Mrs. Carter's advocacy on behalf of caregivers led her to establish the Rosalynn Carter Institute for Caregivers (RCI) 36 years ago, at a time when the term "caregiver" was not largely used. Today, RCI is a leading advocate promoting caregiver health and strength. As a Healthy People 2030 Champion, RCI takes action to transform the future of caregiving by building cross-sector partnerships, leading research projects and strategic initiatives, developing and implementing evidence-based programs, and advocating for systems-level policy change at the state and federal level.

One common finding in RCI's programmatic work and research is that the needs and experiences of caregivers are frequently overlooked. Caregivers are an afterthought. The person needing direct care is often the center of attention in our health care system, leaving the person providing the care in the background, navigating complex systems alone and unsupported.

Because of this, RCI is introducing a new approach to put the needs of those who are providing care at the center. Along with our research partners at Duke University in the Department of Population Health Sciences, we have organized the complexity and variation of care experiences into 9 profiles of caregiving. Understanding the experiences of the care journey will help to strengthen the efficacy of supports. By working across sectors, we can create a more supportive and empowered caregiver experience by expanding and targeting resources, implementing more holistic and

responsive policies, and inspiring systems-level transformation.

Ahead of her time as always, Mrs. Carter never used a care recipient's diagnosis to describe a caregiver; she first described what the caregiver was experiencing. These profiles are a path to helping us all see what she always recognized: caregivers are the invisible frontline who are ignored at great risk to our health care system, our economy, and our communities.

Profiles in Caring

Behind this project to develop Profiles in Caring is the idea that caregivers' needs and experiences must be centered more in conversations throughout a care journey. While recognizing that all caregivers have unique needs and experiences, we found that there are phases of caregiving to which many caregivers can relate.

Using these phases, and the stressors and the goals associated with them, we were able to develop 9 unique profiles to help locate caregivers on the continuum of their care journey:

- Caregivers managing a crisis
- Caregivers adjusting to a new diagnosis
- Caregivers managing active treatment with the care recipient
- Caregivers working on recovery alongside care recipient
- Caregivers managing a static conditions alongside care recipient
- Caregivers managing a decline in illness/condition alongside care recipient
- Caregivers managing a setting change alongside care recipient
- Caregivers caring for someone at the end of their life
- Caregivers in the post-caregiving phase
- Caregivers transitioning from one phase of caregiving to another

These proposed Profiles in Caring are designed to serve as mile markers around which unique resources, needs, goals, and policies concerning caregivers can be organized. Once fully defined, these profiles could aid:

- Health practitioners to better understand and support caregivers and their experiences
- Organizations serving caregivers to inform their programs and services
- Policymakers at the federal and state levels to strengthen policies, such as the 2022 National Strategy to Support Family Caregivers
- Employers to design and offer benefits that align with specific stages

As the idea of a federal Office for Caregiver Health continues to take shape, these profiles could serve as an initial foundation to grow and centralize resources.

Why It Matters

As Mrs. Carter often reminded us, there are 4 kinds of people: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Everyone is touched in some way by a care experience, which means our systems of support need to be stronger to help these invisible — yet critical — people who are the backbone of our health care system.

The stress of caregiving can lead to myriad negative health outcomes for the caregiver. The stress and difficulties of caregiving also impact their professional and personal lives. And when a caregiver is not at their best, they can't provide the best possible care.

Caregivers should be able to find support without neglecting their own needs or putting their lives on hold. If successful, these Profiles in Caring will provide a guide to change the system for the benefit of family caregivers based on their needs throughout their care journey.

What Comes Next

RCI and Duke will be working over the coming months to refine this model and test the imple-

mentation of the profiles in different sectors. We are eager to drive systematic change for caregivers in this country.

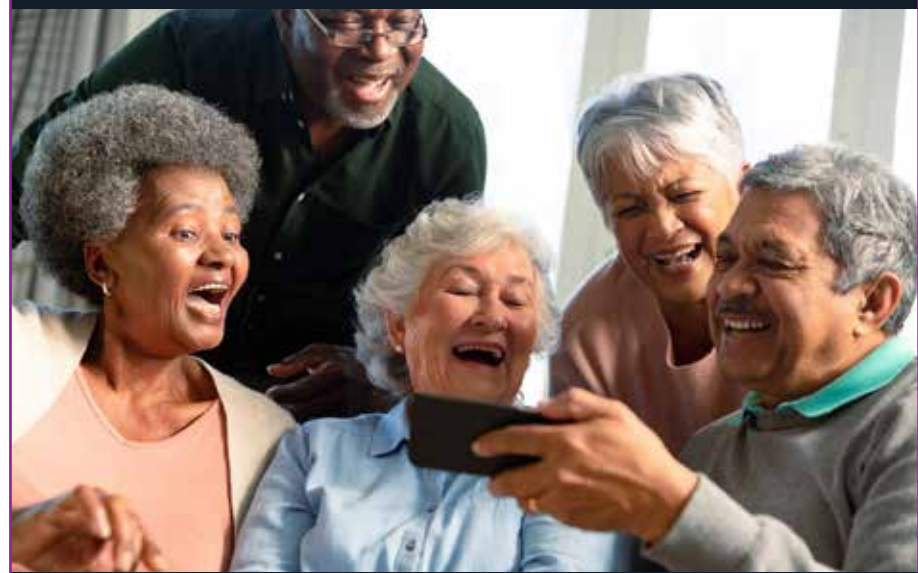
We know that public health practitioners, health care professionals, and policymakers will have valuable input and feedback to further strengthen and implement this model. We encourage you to email info@rosalynncarter.org to learn more about these profiles, our research, and the work of RCI.

Together, we can make a difference in the lives of caregivers across the country. And together, we can honor Mrs. Carter's legacy and the work she left for us to continue.

By Dr. Jennifer Olsen, CEO, Rosalynn Carter Institute for Caregiver



The Care You Need to Stay in the Community You Love



Call now to schedule lunch and a tour!

- ✓ Transportation to medical appointments and TRU PACE Day Center
- ✓ Coordinated care plans make it easy to access qualified doctors, nurses and specialists
- ✓ Medication delivered to your door
- ✓ Wrap-around support for you or your loved one's health and independence



PACE

Program of All-inclusive Care for the Elderly

(303) 926-4745 PACE.trucare.org



Mental Health On Dreams II



Dr. David Remmert

The most dictionary may suggest that, for common dreams example, losing teeth in a dream is representative of losing money. But out, being chased, being unable to find a toilet, being naked in public, failing an exam, flying, falling, crashing a car, discovering an unused room, running late, snakes, and yes, cheating on a partner.

Generally speaking, dreams can be separated into two categories: Big Dreams and Little Dreams. Little Dreams are often forgotten and contain content that doesn't seem important. Maybe it's the mind's landfill where all the sensory input from the day is discarded to make room for the next day's inputs. Big Dreams, on the other hand, have the texture of importance. These are the dreams that compel us to stretch our memory in the morning to capture the dream and hold onto it.

Interpreting a Big Dream is made difficult by the fact that images have different meanings in different dreams. A symbol

Imagine a boat...Did you imagine a cruise ship? A sailboat? A rickety old rowboat? These all have different meanings in dreams. A cruise ship may represent our triumph over nature, while a sailboat may suggest our harmony with nature. The rowboat, slowly sinking, may represent nature's conquest over us.

The language of dreams is representative and dynamic, forever changing, and contextual. The task of the dreamer who wishes to understand the messages of their unconscious is to examine and amplify what the dream image is saying in this particular dream.

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

Poetry Rising

Welcome February – leaving behind the year end frivolity and busy-ness of the holiday and leaving behind the New Year's resolutions, perhaps? Welcoming the quiet time of staying home, catching up, napping, having coffee or tea with friends, going to bed early, thriving on the crisp night air! And then – re-learning how to listen to the quiet and the rich messages it brings.

SNOW

Then comes the snow to remind us
that holiness often comes
unbidden
in colorless quiet.

Watch the coming of the hush...
draping itself
over the sharp corners
of city life.

Bringing silence,
falling
as a winter gift...
often coming
in the still of night
becoming the morning
presence.

Reminding us,
it's winter-
..time for stillness.

It's the season of quiet.
Listen now...
for the grace
that only silence brings.

(c) Barbara Wood Gray
Trying not to worry...
BarbaraWoodGray@gmail.com

Technology is Hip! This Year's Consumer Electronics Show Promotes AI



Bob Larson

At this year's Consumer Electronics Show (CES) in Las Vegas, the theme promoted artificial intelligence (AI). Many new AI products were shown to provide beneficial services for seniors and all ages. This annual show is one of the most influential tech events in the world. Over 130,000 people including the vendors and buyers attend this event to display or see the latest technical innovations for all ages.

Some of the exciting new AI products for seniors included the voice-controlled Labrador Retriever robot from Labrador Systems, which can assist people to live independently by carrying objects such as food, drinks, laundry, and others around the house. Nobi, the AI-powered smart lamp features the ability to monitor distress indicators such as irregular breathing and coughing. Onward Rides is a ride sharing service for older adults and others who need minor physical assistance. Riders are accompanied by trained and

vetered companion drivers who can offer a little extra help to riders who need a hand. This service is for senior communities, hospitals, and health plans as a healthcare transportation solution.

Other innovative AI products included the Badger by Satellite Displays Inc, which is a closed captioning smart badge used to convert speech to text in real time, in 50+ languages. Ara by Strap Technologies Inc is a wearable, handsfree device with sensors that transcribe the environment, providing blind or visually impaired users with support to move faster and safer throughout their everyday lives.

More innovative products included XanderGlasses™ created by MIT Media Labs, which are smart glasses providing captions for conversations in real-time to help persons with hearing loss. When you can't hear what someone is saying, their glasses let you see what someone is saying in real-time.

Next month, I'll reveal other CES products that will benefit seniors. These are great benefits to make our lives better.

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

Reflections

What About Those Resolutions?!

We're a month into the New Year and, indeed, what about those resolutions?! "I've already broken one," my friend Lynn lamented as we walked into a meeting.

Wondering what he'd done, I asked. "I had a Voodoo donut," he explained. That led us into a discussion about their type, size, flavors – jelly filled, bacon, maple – for starters.

At that day's meeting, I shared suggested resolutions from Today Is Mind by Leroy Brownlow, a book gifted to me years ago. Shortly afterwards, our leader pointed out I'd already broken a resolution. Hmm, I wondered only to learn Brownlow's "To put first things first" was really the second one instead of the reverse.

The first resolution read "To forget past mistakes and press on to greater achievements." Without having Brownlow to ask about his ordering, it seems with a new year, putting those past mistakes behind us makes sense. We're into another year full of opportunities and achievements should we chose to take and/or pursue them.

Often resolutions focus on diet



Martha Coffin Evans

and exercise as the most prominent ones. Interestingly enough, of Brownlow's 16 "I am resolved:" neither food nor exercise make the list. Those which do emphasize our own actions such as spending time with another, being a friend

to all, avoiding criticizing others, making work a joy, thinking the best, smiling, looking ahead and keeping moving.

As is his book's format for 365 days, after each daily message, an associated quotation is provided along with a scriptural passage. At the conclusion of the January 1 page, he included a quotation from Benjamin Franklin (1706-1790).

The following words by Franklin offer good advice for us as we consider our own resolutions, whether written or only thought: "Resolve to perform what you ought; perform without fail what you resolve."

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC, can be reached at itsmemartee or on her website martycoffinevans.com.

Pets Are Family

Responsible Pet Ownership Month



Judy Calhoun

With February being Responsible Pet Ownership Month, we take a moment to recognize that while the love and loyalty our companions offer are boundless, the responsibilities that accompany pet ownership are equally profound. Embarking on the journey of caring for a pet isn't a temporary commitment; it's a lifelong partnership filled with adventures, laughter, and, yes, a fair share of challenges. As we honor Responsible Pet Ownership Month, let's take a quick look at ways we can be ultimate rock stars for our furry, feathered, and scaled friends!

First and foremost, taking your pet to the veterinarian is a fundamental aspect of responsible pet ownership, and its importance extends beyond just addressing illnesses. A veterinary visit can provide preventive care, early detection of health issues, dental health, nutritional guidance, behavioral consultations, microchipping, professional advice, and more. Establish a connection with a veterinarian

who will get to know your pet over time, and schedule routine visits throughout the year.

Secondly, familiarize yourself with facts, lifestyle habits, and behavioral traits of your pet's specific breed and species, and use that knowledge to

best satisfy their needs and desires. Lastly, proper nutrition and daily exercise help influence the health, longevity, and overall well-being of your pet. Always consult with your veterinarian to tailor a nutrition and exercise plan that suits your pet's specific needs and lifestyle. Daily walks, trips to the dog park, puzzle toys, socialization, treat management, etc. are a few examples of the many ways we can provide enrichment and a healthy lifestyle for our pets.

Pets are family, and to ensure our beloved companions live healthy and fulfilling lives, it is our responsibility, as pet owners, to ensure all of their needs are understood and satisfied. Learn more at noco humane.org.

Presidents Day Quotes

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

Harry S. Truman

We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.

Jimmy Carter

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee.

Abraham Lincoln

In matters of style, swim with the current; in matters of principle, stand like a rock.

Thomas Jefferson

"We must work to bind up the wounds of a suffering world — to build an abiding peace, a peace rooted in justice and in law." —

Dwight D. Eisenhower

"Leadership to me means duty, honor, country. It means character, and it means listening from time to time."

George W. Bush

"We can't help everyone, but everyone can help someone."

Ronald Reagan

"Yesterday is not ours to recover, but tomorrow is ours to win or lose."

Richard Nixon

"We cannot learn from one another until we stop shouting at one another — until we speak quietly enough so that our words can be heard as well as our voices."

Gerald Ford

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



TRADING POST

Travel

TRAVEL WITH ALETA
Motor Coach Tours
Call or email Aleta for information and full details and flyers. 720-382-3814 or blondealeta@msn.com or www.GroupTrips.com
/travelwithaleta
Savannah, Jekyll Island and Beauford, SC

April 26 – May 6th, 2024
\$ 1495 for 11 days, 10 nights
Includes, motorcoach transportation, all lodging, 18 meals (10 breakfasts, 8 dinners) Tours and more!
Mackinac Island
August 31 – September 8, 2024
\$1259 for 9 days and 8 nights
Motorcoach, lodging, 14 meals
All the tours and sight-seeing!
The Ark Encounter
September 28 – October 6, 2024
\$1225 for 9 days and 8 nights
Creation Museum, Ohio

Travel

River Boat, Cincinnati Museum And more!!
Mt. Rushmore, Black Hills, Crazy Horse, Deadwood South Dakota
October 7 - 11, 2024
\$715 for 5 days
Includes motorcoach, most meals and all ticketed venues
And sights. And fun!
****I can get you colorful flyers for your friends and groups!

Services

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

Services

Silver Wings Arts Program

Adult day program creating music, art, movement M-F, 10:30a-3:30p.
Certified caregiving, dementia trained, PhD, CPR. Day rates
720-436-6397
seniorsitterscolorado@gmail.com

Events

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

Services

Tired of all the clutter in your life? I will coach you to declutter from the inside out. Call for a free one hour clarity call to see if coaching is right for you.
Carrie Copeland Coaching
401-480-7103

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

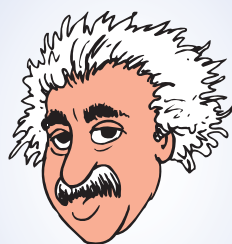
Copy due by the
10th of the preceding month

August 2024	6/10/2024
August	7/10/2024
August	8/10/2024
August	9/10/2024
August	10/10/2024

ADVERTISER'S INFORMATION

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

Find Einstein



Can you find the hidden Einstein in this paper?



Colorado Gerontological Society

Pay Taxes, Buy Food, or Lose Your Home The Dilemma Facing Many Older Adults



Eileen Doherty

Denver, CO. Older adults are concerned about the increases in their property taxes that are due in 2024 for tax year 2023. While the Colorado legislature

has taken temporary measures to limit the increase, your taxes may still be more than you can afford.

Colorado offers the Senior Property Tax Deferral Program, but not many individuals have taken advantage of the program. However, more people may need to use the program in 2024, rather than face not buying food or worse, losing their home to a tax sale for non-payment of taxes.

When you apply for the Deferral Program, the state will pay your property taxes and place a lien on your property with interest. The interest rate for 2024 is approximately 4.5%. While some individuals do not want a tax lien on their property, it may be the only way to avoid losing your home to a tax sale. The lien can be paid when you have the funds or when you sell the home. The lien must be renewed annually.

To apply, you must be age 65

or over and own your home or be paying a mortgage. You must reside in the home (unless you are in a care facility due to ill health). All previous taxes must be paid in full. The total value of all the liens and mortgages must be less than 75% of the actual value of the property to qualify.

The application must be filed between January 1 and April 1, 2024. To check eligibility and apply visit <https://colorado.property-taxdeferral.com/home> or call 833-534-2513.

Homeowners may qualify for the property tax deferral, as well as the senior property tax homestead exemption.

For information, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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



**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**

Pet Safety During Cold Weather

You're probably already aware of the risks posed by warm weather and leaving pets in hot cars. But do you know that cold weather also poses serious threats to animals' health.

Know the limits: Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Stay inside. Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's NOT true. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside.

Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked or bleeding paw pads. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes.

Play dress-up: If your dog has a short coat or seems bothered by the cold weather, consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

Wipe down: During walks, your dog's feet, legs, and belly may pick up de-icing products, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs, and belly to remove these chemicals.

Collar and chip: Many pets become lost in winter because snow

and ice can hide recognizable scents to find his/her way back home. Make sure your pet has a well-fitting collar with up-to-date identification and contact information. A microchip is a more permanent means of identification.

Prevent poisoning: Clean up any antifreeze spills quickly, and keep the containers away from pets, as even small amounts of antifreeze can be deadly. Also keep your pet away from de-icers as these can make your pet sick if swallowed.

Provide shelter: We don't recommend keeping any pet outside for long periods of time, but if you are unable to keep your dog inside during cold weather, provide him/her with a warm, solid shelter against wind. Make sure that they have unlimited access to fresh, non-frozen water (by changing the water frequently or using a pet-safe, heated water bowl). Space heaters and heat lamps should be avoided.

Recognize problems: If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately.

Feed well: Keep your pet at a healthy weight throughout the winter. Some pet owners feel that a little extra weight gives their pet some extra protection from cold, but the health risks associated with that outweigh any potential benefits. Watch your pet's body condition and keep them in the healthy range. Outdoor pets will require more calories in the winter to generate enough body heat and energy to keep them warm – talk to your veterinarian about your pet's nutritional needs during cold weather. Courtesy of American Veterinary Medical Association.

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.

Now Hear This Health Resolutions & Hearing



Dr. D'Anne Rudden

The faint ticking of a clock, the rustle of leaves—are those sounds you cherish? Protecting your heart might also safeguard your hearing, and vice-versa. While no evidence proves a direct causal link between heart disease and hearing health, many studies have shown there is a relationship between the two.

Research has shown that poor heart health can harm hearing. Our ears are fueled by a network of arteries that deliver a steady supply of blood to the ears, ensuring they work to their full potential. It is thought that heart disease can limit the amount of blood flow to the ears, which can cause damage to different parts of the auditory system. This damage can lead to many outcomes, one being sensorineural hearing loss, the most common and permanent kind of hearing loss.

If you've noticed your hearing changing, or have been diagnosed with heart disease, it may be a good idea to consult with an audiologist, also known as a hearing care professional. They can perform a variety of tests to diagnose and treat any hearing issues but also work closely with your physicians to ensure all your medical needs are met. An audiologist can recommend the best course of action, be it hearing aids or hearing im-

plants. Don't delay getting the help you need, the sooner your hearing health is addressed, the sooner you will start to feel better!

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!

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 right in Longmont!

Ageism Matters Taking On Our Inner Ageist



Kris & Sara

Last month, we talked about internalized ageism, in other words, the negative stories we tell ourselves about being our age. These are not just problematic because they are unpleasant. How we think about aging has an impact on how well we age.

But, we can change our thinking. The first step is to ask whether your story is accurate. Is this really about age?

Then we can think of more realistic and helpful stories. Over the past few months, we've crowdsourced some common ageist storylines that come into our heads and some alternatives.

Many of us think to ourselves, "I'm too old to start something new." Instead, how about:

"I'm a lifelong learner. I'm curious and I want to know more."

"I'm an expert in adaptation. I have learned so many things throughout my life."

"I'm creative and can do this"
"I can learn things at any age."
"I have the resources and relationships to take this on."

Here's another one. If you think, "At my age, this pain is normal and I just have to bear it," instead, try:

"I do not need to accept pain without question just because I am older."

"This is preventing me from enjoying life, so I'm going to ask about options."

"My quality of life matters."

Question your assumptions about aging. Remember that older people can learn new things (research proves it!). Stereotypes and generalizations are limiting and unrealistic and we can tell a better story that helps us all age well.

Learn more on the Internalized Ageism page on our website.

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

Longmont Library Features Author Rachel Feder's Latest Book

Longmont Library is thrilled to announce an exclusive author event featuring local author Rachel Feder, presenting her highly anticipated book "The Darcy Myth: Jane Austen, Literary Heartthrobs and the Monsters They Taught Us to Love." The event is scheduled from 6-7 pm on Wednesday, February 7 in the Longmont Library Meeting Rooms, 409 4th Avenue.

Feder, who is a literary scholar and associate professor at the University of Denver, offers a funny, brainy, eye-opening take on how our contemporary love stories are terrifying. Covering cultural touchstones ranging from Normal People to Taylor Swift and from Lord Byron to The Bachelor, "The Darcy Myth" is a book for anyone who loves thinking deeply about literature and culture—whether it's Jane Austen or not.

Attendees can anticipate an en-

gaging discussion led by Feder herself and offers a rare opportunity for fans of Austen's work, literary enthusiasts, and anyone intrigued by the power of fictional characters to come together and explore the secrets behind the enduring fascination with Mr. Darcy.

Rachel Feder will stay a short while after the event to sign books and engage with attendees.

Admission to the event is free, but registration is required due to limited seating. To secure a seat for this exclusive event on February 7, please register online at bit.ly/LibAdults or call the library's reference desk at 303-651-8472.



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

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

Masterworks Of American Landscape Photography Exhibit To Open At Longmont Museum

“Picturing The West” Showcases 19th-Century Western Photographers Including Carleton Watkins, William Henry Jackson And Eadweard Muybridge

LONGMONT, Colo. – The Longmont Museum invites visitors to explore the richness and diversity of 19th-century American Western landscapes in their newest exhibition, “Picturing the West: Masterworks of American Landscape Photography.”

This carefully-curated collection features mammoth-plate photographs by iconic figures like Carleton Watkins, William Henry Jackson and Eadweard Muybridge, alongside rarely seen works by female photographers and photographers of color from the same era. Together, these diverse voices present a more complete and nuanced vision of the American West, bringing its untamed beauty and complexity into focus.

The exhibit offers multiple layers for engagement and education. It serves as a visual chronicle of America’s Era of Exploration, a platform for discussing the history of the American West, and a celebration of the artists—both well-known and overlooked—who helped shape the American public’s perception of the Western frontier.

The exhibition also includes period cameras from the historic collections of the Longmont Museum, the Broomfield Depot Museum and History Colorado like those used by the artists, offering a tangible connection to the era and craft.

“Picturing the West” opens the evening of Friday, January 26 and runs through May 5, 2024. Cost is \$8 for adults and \$5 for students, seniors and veterans. Longmont Museum members and children age 3 and under are free. Admission is 25 cents with a qualifying EBT or SNAP card.

Interviews and tours of the exhibit are available by contacting joan.harrold@longmontcolorado.gov or 970-380-4943.

PUBLIC OPENING RECEPTION

Friday, Jan. 26, 6–8 pm

\$8 adults, \$5 students/seniors, children 3 and under free, Museum members free

Be among the first to explore the new exhibit and enjoy a night of culture, featuring live classical music of the era. We invite you to come dressed “picture” ready in cocktail attire. Complimentary appetizers provided; cash bar. Buy tickets online at longmontmuseum.org, at the door, or by calling 303-651-8374.

Members of the Longmont Museum’s Giving Club are invited for a private preview and tour of the exhibit with Curator Jared Thompson prior to the opening. To learn more about how to get involved with the Giving Club, visit longmontmuseum.org and click on Join & Support.

EXHIBIT PROGRAMMING

The western landscape and art of photography set the stage for much of the Longmont Museum’s programming this season. These programs are offered in complement to the special exhibition and are designed to enhance learning and enjoyment around the topics covered in the show. These programs are all held Thursday evenings as part of the Longmont Museum’s Thursday Nights @ the Museum:

Concerts:

The Music of the American Western

Featuring Deborah Schmit-Lo-bis (piano/accordion), Tracy LaGuardia (violin/vocals) and Nick Rossi (cello/ guitar/banjo/vocals)

Thursday, Feb. 22, 7 p.m.; \$18/\$15/12

Three musical virtuosos take us on a journey through the American West through some of the best Western film scores, including music by the legendary Ennio Morricone.

Cary Morin: Live in Concert

Thursday, March 14, 7 p.m.; \$18/\$15/12

Described as “one of the best acoustic pickers on the scene today,” Cary Morin crafts an inimitable style often characterized as roots-infused Native Americana with hints of bluegrass, folk, blues and rock.

Slim Cessna’s Auto Club: Live in Concert

Thursday, April 4, 7 p.m.; \$18/\$15/12

Gothic Americana? Alternative Satanic Country? Denver’s legendary Slim Cessna’s Auto Club is sure to be a show that you will remember. Cowboy hats, horned rimmed glasses and mesmerizing lyrics will mark a night of absolute artistic expression.

Talks:

From Film to Phone: Shooting the West

A conversation with contemporary photographers moderated Mike McClung, Director of the Michael Warren Contemporary Gallery

Thursday, Feb. 8, 7 p.m.; free, reservations recommended

From lugging camera equipment over mountains on the backs of pack mules to tourists taking pictures of Yosemite with an iPhone, the fine art of landscape photography has come a long way in the 200 years since its invention. Join us for a conversation with contemporary photographers as they explore the evolution of photography from its early days to the present.

Picturing Longmont

Thursday, Feb. 29, 7 p.m.; free, reservations recommended

Join our Director Erik Mason and new Curator of History Elizabeth Beaudoin as they revisit Longmont’s early days through historic images and stories selected from the Museum’s collection.

Film:

“The Big Trail” (1930, NR)

Thursday, Jan. 25, 7 p.m.; \$10/\$8/\$5

A wagon train led by scout Breck Coleman (John Wayne, in his first starring role) leaves Westport, Miss., for the Pacific Northwest. The pioneers face roaming buffalo, an encounter with Native Americans and a devastating snowstorm.

“Once Upon a Time in the West” (1968, PG-13)

Thursday, Feb. 15, 7 p.m.; \$10/\$8/\$5

Charles Bronson is a soft-spoken, harmonica-playing gunslinger bent on revenge against a brutal assassin played by Henry Fonda. Featuring a musical score by the great Ennio Morricone.

“Westworld” (1973, PG)

Thursday, March 7, 7 p.m.; \$10/\$8/\$5

In a futuristic resort, affluent guests explore various historical eras using lifelike robots to fulfill their fantasies. However, Richard Benjamin’s Wild West choice takes a dark turn when a rogue gunslinger robot (Yul Brynner) wreaks havoc. Directed and written by Michael Crichton.

“Dead Man” (1995, R)

Thursday, March 21, 7 p.m.; \$10/\$8/\$5

Accountant William Blake (Johnny Depp) rides by train to the frontier company town of Machine, where he’s caught in the middle of a fatal lovers’ quarrel. “Dead Man” redefines the western genre with its striking black-and-white visuals and an evocative score by Neil Young.

“Smoke Signals” (1998, PG)

Thursday, April 18, 7 p.m.; \$10/\$8/\$5

Filmed on the Coeur d’Alene Reservation in northwestern Idaho, screenwriter Sherman Alexie’s screenplay has been lauded by Indigenous communities for its authenticity. It follows two young men who reluctantly band together to retrieve their father’s ashes.

“Asteroid City” (2023, PG-13)

Thursday, May 2, 7 p.m.; \$10/\$8/\$5

Wes Anderson’s “Asteroid City” takes place in a fictional desert town in the American West circa 1955. Superstar cast includes Jason Schwartzman, Scarlett Johansson, Tom Hanks, Tilda Swinton, Edward Norton, Adrien Brody, Live Schreiber, Maya Hawke, Steve Carell, Matt Dillon, Hong Chau, Willem Dafoe, Margot Robbie and Jeff Goldblum.

Learn more and get tickets for these events and more by visiting longmontmuseum.org or calling 303-651-8374.

LONGMONT MUSEUM

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. Regional history, internationally-known artists, and hands-on learning are all part of the mix of exhibitions at the Longmont Museum. Permanent exhibits document the 14,000 years of human history in Longmont and the people who helped to create this community. Learn more at longmontmuseum.org or visit 400 Quail Rd., Longmont, Colo., 80501.

Part Time SALES!

50^{Plus} Marketplace

Choose Your Own Hours
and Serve Seniors.

Call Robert at
303-694-5512
For Details.

Social Security Today

Do You Need A New Or Replacement Social Security Card? We're Making It Easier!

If you need a new or replacement Social Security card, we've got great news! You may be able to complete, or at least start, your application on our website – and, if necessary, use our online scheduling tool to book an appointment at a local office.

Start your application

Do you need to apply for a Social Security number (SSN) and card? You can visit www.ssa.gov/number-card to begin the process. You'll answer a series of questions to determine whether you can:

- Complete the application process online.
- Start the application process online, then bring any required documents to your local Social Security office to complete the application, typically in less time.
- Complete the application process at your local office.

If you can't complete the application online, you must visit a Social Security office. To learn more, please review our publication, *Your Social Security Number and Card*, at www.ssa.gov/pubs/EN-05-10002.pdf.

Replace your Social Security card

Want to replace your card? The Card Replacement Screener on our Replace Social Security card webpage at www.ssa.gov/number-card/replace-card helps you determine the best way to do so.

Depending on your situation, you may be able to request a replacement card without visiting a local office. Choose "Answer a few questions" on the Replacement Card webpage

at www.ssa.gov/number-card/replace-card to get started. Even if you can't complete the process online and must visit an office, you can still save yourself time by starting the application online.

Were You Asked to Come into an Office? Here's What You Should Know

If you start the application online and we determine you need to come into an office, you can use our new Online Self-Scheduling option. This option allows you to:

- Select your language preference.
- Select the most convenient office to receive service.
- Choose to receive communications and appointment reminders through email or text.
- Conveniently use your mobile device to check-in for your appointment.

You can also reschedule, modify, or cancel your appointment online without having to call or visit the office.

Please note that this service is not available in Guam, Northern Mariana Islands, or American Samoa. We hope to make it available soon.

It's never been easier to do business with us! Please share this information with your friends and family—and post it on social media.



Valentine's Day History, Traditions, & Gift Ideas

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine. Through later folk traditions, it has also become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer.

Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

While the custom of sending cards, flowers, chocolates, and other gifts originated in the UK, Valentine's Day still remains connected with various regional customs in England. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

Today, according to Hallmark, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas).

Valentine's Day is the perfect opportunity to let that special someone know how you feel about them. Whether it be a spouse, a new boyfriend or girlfriend, or a best friend, let these thoughtful gift ideas show them how much you really care:

1. Flowers: A bouquet of roses will stand the test of time, just like your love story. You have two options: Assemble it ahead of time and arrange it in a vase, or do it together during your next at-home date night.

2. A better bath: With a bath basket, you are not only transforming a standard household bathroom into a spa-like retreat, but you are also giving the gift of self-care. Fill the basket with soothing bath oils, fragrant bath bombs, calming soaking salts and aromatic candles.

3. Tickets for two: Two tickets to a special event shows that you are not only paying attention to your loved one's favorite things, but that you also support their interests. Be it the opera, a basketball game, or the concert of a beloved artist, give the gift of a one-of-a-kind date night, and amazing memories.

4. Chocolates: Spell out your love with chocolate truffles. The taste will definitely spell love!

5. More time in the evening: Delivering wholesome, nutritious ingredients and recipes to doorsteps, a meal subscription service takes some of the heavy-lifting out of menu prep and grocery shopping, giving your Valentine more time to spend on personal pursuits.

As you make your Valentine's Day plans, remember that the best gifts will not only dazzle and impress your special someone, but also make them feel cared for and appreciated. Courtesy of Statepoint & Wikipedia.

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

Happy Valentines Day

From



Senior Tax Filer

\$150 per tax return

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

By Appointment Only

Valid on Tax Prep Feed Only. New Customers Only.
One Coupon per customer/year. Self Employed
Seniors are \$200/ return. Exp. Apr. 15



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!



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

Visit www.efaa.org for more information

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>.

Chair Yoga and Balance

West Age Well Center, Mondays, February 5 – 26, 10:00 – 10:45 a.m. (4 classes) Fees: R/NR \$32/\$40

West Age Well Center, Fridays, February 2 – 23, 10:00 – 10:45 a.m. (4 classes) Fees: R/NR \$32/\$40

Practice postures and techniques of yoga with the support of a chair.

Conversations about Death:

An Introduction to MAID and VSED

Online, Tuesday February 6, 11:00 a.m. – 12:30 p.m. Participants will leave with information about Medical Aid in Dying (MAID) and Voluntary Stopping of Eating and Drinking (VSED) and resources to better understand end-of-life options in Colorado.

SPARK and Studio Arts Boulder Pottery Class

West Age Well Center, Tuesday, February 13, 1:00 – 2:30 p.m. Designed for individuals with neurodegenerative diseases, including dementia, Alzheimer's and Parkinson's who are accompanied by their caregiver or partner. Participants will learn about the fundamentals of pottery to make functional and whimsical pieces.

Movie and Discussion - "Saying Goodbye: Preparing for Death"

West Age Well Center, Thursday, February 15, 1:00 – 2:30. "Saying Goodbye: Preparing for Death" opens the door to conversation about what is possible as we pass from this life. Facilitated by end-of-life educators.

Physiological Processes in Aging

West Age Well Center, Friday, February 16, 1:00 – 2:00 p.m. Review the efficacy of lifestyle and pharmacological interventions for reversing the adverse changes that can occur with age.

Heart Health

East Age Well Center, Thursday, February 22, 10:00 – 11:00 a.m. Learn how and why to reduce sodium intake, how to get fiber into a regular diet, its role in cholesterol reduction, and the importance of staying hydrated.



Lafayette Senior Services

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

Adventure Series - Snow Shoeing

February 20, 9am-3pm
 Join our new adventure trips series. Enjoy the beautiful mountains of Conifer with a guided tour of snow shoeing lasting up to 2.5 hours. We will stop for lunch. Trip includes transportation and guided tour. Dress appropriately for the weather and bring money for lunch.

Having Choice at the End-of-Life

February 6, 1-3pm
 Join Sue Mackey of Out of the Box End-of-Life Planning in a presentation and conversation about how to prepare for your end-of-life in a way that communicates your values and wishes with your loved ones. We'll talk about Dementia Directives (most people's biggest fear), and what to include in a Personal Statement to give your loved one's guidance, and how to even discern what it is you might prefer.

Valentine's Day Event

February 16, 12-2pm
 Celebrate Valentine's Day with

the fun and entertainment for us at the Senior Center. We will also treat you all with a special Valentine dessert while we enjoy the performance.

Lions Club Glasses

February 21, 10am-12pm
 The Senior Center is proud to partner with our local Lions Club to offer FREE sunglasses and reading glasses to seniors in need. The Lafayette Lions Club accepts donations of prescription glasses that individuals in our community no longer need. Stop by the Senior Center if you need reading glasses or sunglasses.

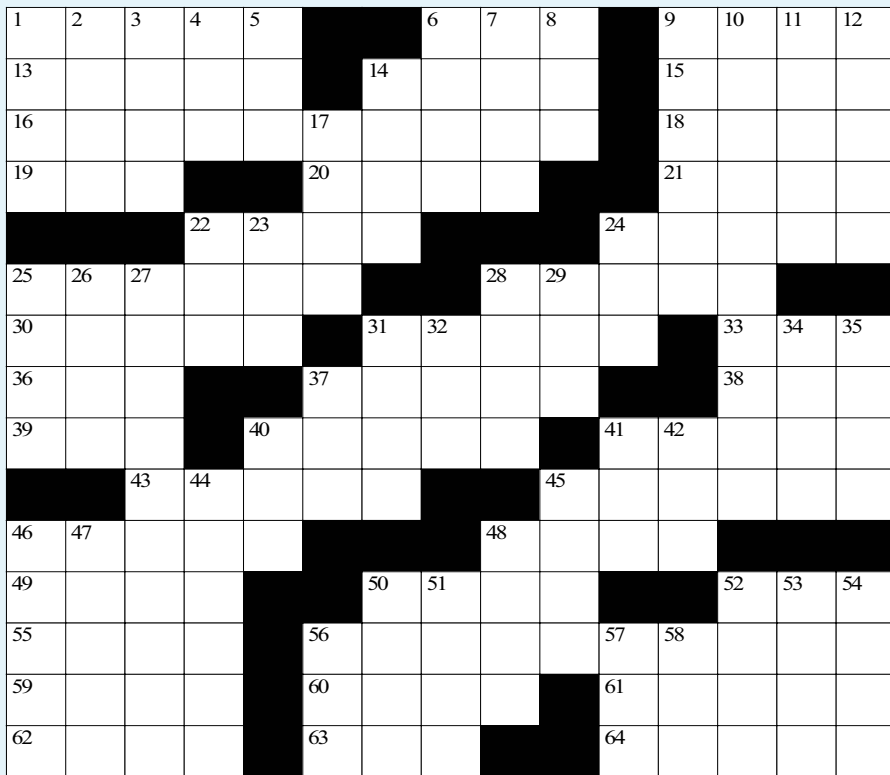
The Huckleberry Tea

February 27, 1:15-4:30pm
 Join us at the Huckleberry and relax as we serve a traditional afternoon tea, complete with teatime accoutrements and a bountiful tiered tower of delicious pastries and savory tea sandwiches. Trip includes transportation, tea, and pastries.



50 Plus Marketplace News Crossword Puzzle

February 2024
 Answers page 7



ACROSS

- 1 The elbow
- 6 Mischievous child
- 9 Stool pigeon
- 13 Caravansary
- 14 Spoken
- 15 Not closed
- 16 Reckless extravagance
- 18 Foretell
- 19 Dip in liquid
- 20 Hawaiian goose
- 21 Ripped
- 22 House rodents
- 24 Standards
- 25 Monetary unit of Macao
- 28 Make into an act
- 30 Big
- 31 Woman in charge of a household
- 33 Electrically charged atom
- 36 Part of verb to be

- 37 Steer
- 38 Single unit
- 39 Light meal
- 40 Entirely
- 41 Flinch
- 43 Sift
- 45 Skilled
- 46 Prolonged pain
- 48 Cloak
- 49 Damn
- 50 Native of Thailand
- 52 Coloring material
- 55 Musical instrument
- 56 Basis
- 59 In addition to
- 60 Sturdy wool fiber
- 61 Stretch of turf
- 62 Trial
- 63 Lyric poem
- 64 Natives of Poland

DOWN

- 1 Serpents
- 2 Emperor of Rome 54-68
- 3 Harvest
- 4 Idiot
- 5 Naught
- 6 Republic in SW Asia
- 7 Clublike weapon
- 8 Wield
- 9 Algae
- 10 Assigns
- 11 Arm again
- 12 Leg joints
- 14 Double curve
- 17 South American Indian
- 22 Magazine
- 23 Frozen water
- 24 Vietnam
- 25 Plot of ground
- 26 River in central Switzerland
- 27 Treasonable
- 28 Whirlpool
- 29 Not
- 31 Hybrid
- 32 To be unwell
- 34 A single time
- 35 Requirement
- 37 Governor
- 40 Whimsical
- 41 Spun by spiders
- 42 Wrath
- 44 Incept
- 45 Empty
- 46 Take as one's own
- 47 Architectural feature
- 48 Tolloed
- 50 Tailless amphibian
- 51 Enormous
- 52 Clock face
- 53 Long ago
- 54 Finishes
- 56 From
- 57 Viper
- 58 Twain



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**