

50+ ADULTS 50 Plus Marketplace



Local News, Profiles, Events & Resources For 50 Plus Adults

May 2024 • Volume 30 • Issue 5

CU Boulder Presents the Popular Takacs Quartet

The Grammy-winning Takács Quartet has enchanted audiences at CU Boulder for more than three decades and counting. The group's dynamic and insightful performances have established the quartet as one of the most sought-after chamber music groups of our time. Their unique blend of technical brilliance and emotional depth creates a truly unforgettable musical experience.

The members of the Takács Quartet are Christoffersen Fellows and Artists in Residence at the University of Colorado Boulder. For the 2023-24 season the quartet enter into a partnership with El Sistema Colorado, working closely with its chamber music education program in Denver. During the summer months the Takács join



the faculty at the Music Academy of the West, running an intensive quartet seminar.

The Takács Quartet was formed in 1975 at the Franz Liszt Academy in Budapest by Gabor Takács-Nagy, Károly Schranz, Gabor Ormai and András Fejér, while all four were students. The group received international attention in 1977, winning First Prize and

the Critics' Prize at the International String Quartet Competition in Evian, France. The Quartet made its North American debut tour in 1982. Members of the Takács Quartet are the grateful beneficiaries of an instrument loan by the Drake Foundation. The group is comprised of Edward Dusinberre, Harumi Rhodes (violins), Richard O'Neill (viola) and András

Fejér (cello). The world-renowned Takács Quartet is now entering its 49th season.

Their May program includes Joseph Haydn: String Quartet in D minor, Op. 42, Franz Schubert: String Quartet in B-flat Major, D.112, and Johannes Brahms: String Sextet No. 3 in G Major, Op. 36 (with Erika Eckert, viola II, and Meta Weiss, cello II).

In-person performances will be Sunday, April 28, 4 pm and on Monday, April 29, 7:30 pm. Streamed performances will be available until Monday, May 6, 11 pm. Ticket prices range from \$20 for digital and \$38 to \$48 for live performances.

Their performance will be at the Grusin Music Hall (C112) in the Imig Music Building, 1020 18th St, at CU Boulder.

Unveiling Encore Careers: Your Story Matters

Retirement has taken on a whole new meaning for older adults in Colorado and across the nation. Instead of saying farewell to the workforce, many are choosing an encore career – or simply choosing to work longer. Whether you are exploring a different job, working part-time, or juggling various paid projects, the idea of sticking around a bit longer is catching on!

We would like to learn why you are still in the game and what keeps your passion alive. Maybe you have found a purpose in a new role that challenges and fulfills you, or you thrive on the sense of accomplishment from contributing your expertise as a part of a team. Or you need the money! Whatever your reason, your story is important and deserves to be shared.

So, here's the deal: we're inviting you to craft a 300-word essay explaining why you continue to work. If you're comfortable,

share a sentence or two about the biggest challenge you're facing or may face in continuing to work. Submissions are due on or before July 15, 2024.

Your stories go beyond personal anecdotes; they offer insight into the changing dynamics of the workforce and the increasing desire – or need – of older adults to stay active and engaged.

By highlighting your experiences, you're demonstrating to employers that older adults are redefining retirement – and yes, work is a part of it! Politicians will benefit from your stories as they develop policies to support older adults transitioning into new careers or re-entering the workforce.

Your stories have the power to inspire and spark change – impacting employer actions and helping evolve policy.

Selected stories will premiere during Workforce

Development Month in September 2024, highlighting the significant contributions of older adults to the workforce. This initiative is being conducted by iAging and the Colorado Commission on Aging Workforce (CCOA WF) Committee. Send submittals to Karen Brown, CEO iAging & CCOA WF Chair to EncoreCareersCo@gmail.com.



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Wednesday/1

CU Boulder Music Dept. presents a free program by Latin American Ensemble concert featuring the talented students and faculty of CU Boulder. The program includes collaborations with guest artists from the College of Music and Grammy Award-winning artist Victor Mes-tas on the world premiere of Tomás Camba's 'Momas in the Grusin Music Hall (C112) at the Imig Music Building, 1020 18th St, in Boulder.

Tuesday/7

The Boulder Genealogical Society has a free program on "Using Autosomal DNA" at 7 pm at the Calvary for Establishing Your Family Tree" by Dorothy Col-trin at the Calvary Bible Church in Boulder. The speaker describes both the biological and genealogical traits of autosomal DNA, then to show both the value and limitations of tools that can be used, such as Ancestry ThruLines and Family Tree DNA (FTDNA) chromosome browser. Please register on their website at www.bouldergenealogy.org.

Wednesday/8

The Longmont Genealogical Society has a free hybrid program on "Brick Wall or Picket Fence" by Carol Darrow at 1 pm at Longmont First Evangelical Lutheran Church, 3rd and Terry Streets in Longmont. Learning to distinguish between brick walls and picket fences will help you become more skilled in genealogy research. Please register online at <https://longmontgenealogicalsociety.org/>.

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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Five Common Age-Related Memory Changes

Memory is very important to all of us for obvious practical reasons such as remembering facts and figures for a job, recalling words when you do the crossword puzzle in the morning, or calling to mind directions to places, to name a few examples. Our memories also tell us who we are and where we belong. They help us to connect to people, as we remember our friends and interesting stories from our past to share with our friends.

You may have noticed some memory changes as you have gotten older. Some of these memory changes are normal age changes. In fact, there are many things that you can do to reduce memory errors. Learning some simple ways to modify your memory behavior can help you improve your everyday memory. Here are five examples:

Memory Change #1: Lack of Attention: It is harder to focus our attention carefully on the important things and ignore things in the background. We can be distracted by something on the outside (a conversation in the next room, for example) or the inside (thoughts about the next day or the next week). We can "lose our place" in an activity we are doing. All of these changes affect memory.

- 1) Do only one thing at a time,
- 2) Stop outside distractions. Turn off the TV, radio, phone, or other device, and keep others away when you want to do mental work,
- 3) Keep a piece of paper or notebook always handy to make a quick note about any off-topic ideas that come to mind and then concentrate again on what you were doing, &
- 4) Focus your attention on something you want to remember, describe it, make a mental picture of it, or think about what it means to you.

Memory Change #2: Mental Slowing: As we get older, our minds tend to work a bit more slowly. Most people notice this change before they are 50 years old. If we are doing something complex that involves several mental steps, we may be especially slow. If we are doing something very familiar or very important, we may not notice as much slowing.

- 1) Take extra time, when needed, to do mental tasks,
- 2) Do not be upset when you cannot learn or remember something quickly,
- 3) If you want your memory to be faster, practice memory tasks that are important to you, &

- 4) If you want to recall something quickly, think about it often so that it becomes very familiar.

Memory Change #3: Need for Cues: We need more cues to help us pull specific items out of memory. It might be where we saw a person, what we discussed with them, what they were wearing, all of these are cues connected to that person. Sometimes we attach cues automatically to a specific memory. But as we get older, this may not be automatic.

- 1) When learning something new, think about the cues you could use,
- 2) If you feel blocked when you try to recall information that you already know, think back to where and when you learned it,
- 3) Think about related events, pictures, conversations, or scenes that might serve as a cue,
- 4) Don't stress. Relax and free up your thoughts when you have difficulty remembering the name of a person, place, movie, or book, &
- 5) Try to go through the alphabet or close your eyes and imagine features of that item or person that can be a cue for your memory.

Memory Change #4: New Learning Challenges: With age, it often takes longer to master something new. It also takes more effort to learn. We may need to review new information 4 or 5 times before we know it. Things don't "stick" as easily as they did when we were younger.

- 1) Be prepared to make an effort when you want to remember something new,
- 2) Review new items many times,
- 3) Personal meaning strengthens memory, so connect your new item to your life, your knowledge, your feelings, your experience, &
- 4) Stay mentally active. The

more you use your brain on real-world memory activities, the better it will work for you.

Memory Change #5. Lack of Confidence: Aging does lead to some declines in memory, as noted above. We may have trouble focusing our attention. It can take longer to learn. Recall can be slower, and more cues may be needed. It is not surprising that these changes often lead to less confidence. Some people even get very anxious about these changes. This anxiety can interfere with memory and make people avoid memory challenges.

- 1) Do not let normal memory changes stress you,
- 2) Do not believe false stereotypes about memory and aging. Instead, focus on your memory potential,
- 3) Practice those memory tasks that you do well, &
- 4) Also, work on tasks that are more challenging for you. The more you practice, the easier these memory tasks will be, and the more confident you will feel.

Sleep, or the lack of it, can also result in memory problems so try to follow good sleep habits such as not consuming caffeine or heavy meals right before going to bed. Mental health issues such as depression, grief, anxiety, or stress can impair memory. Finally, look at the medications you take. Have you noticed any differences since you started taking certain medications?

Examine these various factors first and talk with your health care team about changes you can make that might improve your memory such as exercising regularly, getting enough sleep, and reviewing your medications. Understanding these factors can help you navigate the memory changes you are experiencing.



Boulder Gives Free Trees to Local Residents

Boulder Parks and Recreation's Forestry staff partnered with the 'PLAY Boulder Foundation' and 'Cool Boulder' to give away tree seedlings to Boulder community members last month. The Boulder staff planned to give away over 100 seedlings, including Sucker Punch chokecherry, Chinkapin oak, Choice City Elm, Bigtooth maple and Gambel oak seedlings.

Staff from PLAY Boulder's Tree Tender program were available for community members to learn more about trees and how to volunteer for the tree care program. Community members could receive tree planting tips, tree care information, and additional follow up information.

In addition, community members could increase their purchases at McGuckin Hardware to sup-

port Boulder Parks and Recreation's philanthropic non-profit partner, the 'PLAY Boulder Foundation' and its tree work in our community.

"Every tree planted in Boulder supports a greener, more resilient community," said Boulder Parks and Recreation Director Ali Rhodes. "Working with our partners, we are excited to be giving away trees so community members can do their part to grow the urban forest, remove carbon from the air and support our collective well-being."

Thank you to everyone for joining the city during Arbor Day weekend, getting a free tree seedling, and commemorating Boulder's 41st year as a Tree City USA and for the fifth year, a Tree City of the World.

The Tree Trust is a program led by the 'PLAY Boulder Foundation' to work with citizens to support trees in Boulder and promote a healthy urban canopy for years to come. Tree Trust's goal is to provide citizens with resources to care for their trees, tools to recognize and prevent developing diseases in the area, and to retain and expand a sustainable urban canopy.

Plans are underway to help expand and sustain Boulder's urban canopy by forming new community partnerships with 'Cool Boulder.'

Boulder's forestry staff will host additional tree events within the next couple months, including a community tree planting event in May and the annual tree sale in the fall!

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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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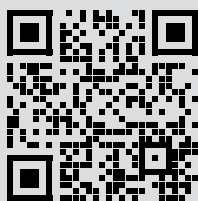
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Now Hear This

May is Better Hearing & Speech Month!



Dr. D'Anne Rudden

Since 1927, the Centers for Disease Control and Prevention (CDC) have designated May as Better Hearing and Speech Month. The annual event invites people to think about their hearing health, to consider getting their hearing checked, and helps raise awareness about hearing and speech needs. And that's what we're here to do, too!

One of the best ways to address hearing loss is to be aware of it early on. Sometimes it's difficult to realize you're experiencing hearing loss, which is why checking one's hearing is the first, most critical step in

addressing the issue. Even if you haven't noticed any changes in your hearing, scheduling an appointment with an audiologist—a hearing care specialist—is recommended. They will be able to perform all the necessary tests and suggest any treatment if needed.

Another way to be proactive about your hearing health is to protect your hearing. For example, if you're listening to personal audio devices, the volume should be no more than 80dB for adults (75 dB for children). You can also wear protective hearing gear like earplugs when performing certain activities, like attending concerts, shooting a firearm, or if you're working with loud machinery. It is also good practice to use headphones sparingly, it's best to take breaks and turn the vol-

ume down whenever possible. If you use personal audio devices often, consider investing in noise-canceling headphones instead of turning the volume up.

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 7+ 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 gain access to hearing healthcare. To date, they've provided 274 people in Colorado with hearing aids, 65 of those right in Longmont!

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Technology is Hip!

How Zoom Has Changed Non-Profit Meetings



Bob Larson

Before the pandemic hit in 2019, many non-profit organizations (NPO) were meeting in person with great attendance. During the pandemic, the same NPOs were struggling as no one wanted to meet in person due to this deadly disease. Some NPOs either disbanded or quit meeting until a better solution was found. Several NPOs used online teleconferencing services, which were either costly or not user friendly. Some services offered video and most offered audio only meetings.

Along came Zoom in early 2020, a new video teleconference service that offered low-cost meeting and webinar services for NPOs, schools, and small businesses. Zoom was an ideal video conferencing service as it was easy to use for all ages using your home computer, tablet, or even smartphone and inexpensive. Most users could add a simple camera to their home computer, and they could easily conference with other users. Many laptops, tablets and smartphones already have the ability to video

conference with a built-in camera. Zoom was downloaded over a half billion times in 2020.

During its introduction, sharing documents, slide presentations, photos, and websites became the normal use on Zoom broadcasts for many organizations plus gave the ability for online chat and record the meetings for later viewing.

Today, Zoom has added many more features including closed captioning for the hearing impaired, whiteboard demos, breakout sessions, polls or surveys, telephone or audio only access, scheduling, AI assistance, 5 or more GB storage, calendar service, higher security, and enhanced statistics. They now offer four different plans from a free account to large organizations with different features and time limits.

Although there are many competing video services such as Microsoft Skype or Teams, Google Meet, and GoToMeetings, it seems Zoom has done well as a fairly new startup. Zoom is another technology that has helped our planet become more interconnected with each other. Bob Larson is a technologist and Marketing Director for 50 Plus!

Health Matters

Treating an Enlarged Prostate



Stephen B. Siegel, MD

For most men, the reality of aging means developing an enlarged prostate. In fact, an enlarged prostate — medically

known as benign prostatic hyperplasia (BPH) — affects about half of all men between ages 51 and 60. Up to 90% of men over age 80 have BPH.

The prostate gland continues to grow during adult life. As the prostate grows, it may cause significant urinary symptoms and more nighttime trips to the bathroom. If left untreated, the bladder muscle may become weak and cause health problems, including irreversible bladder or kidney damage, bladder stones and incontinence.

Symptoms of BPH include:

- Having a frequent or urgent need to urinate
- Waking up many times to urinate
- Trouble starting to urinate
- A urine stream that's weak, slow, or stops and starts
- Dribbling after urination
- Urinary incontinence

• Feeling that you can't completely empty your bladder

Lifestyle changes may improve mild symptoms. They include:

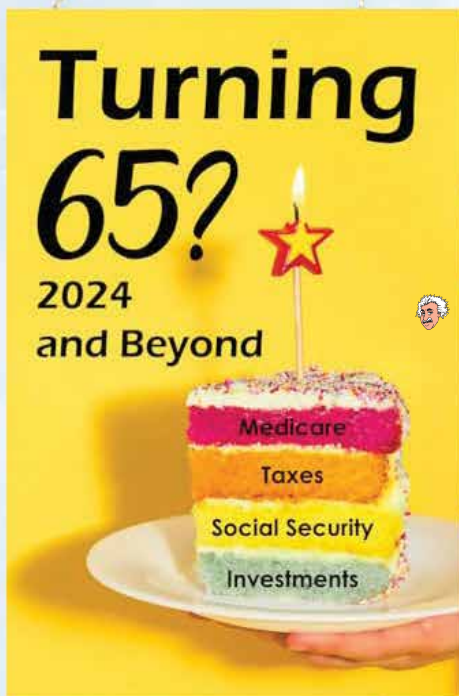
- Drinking less before bedtime or going out
- Avoiding or cutting back on beverages with caffeine and alcohol
- Bladder training and exercising the muscles that control urine flow

Medication can help mild-to-moderate symptoms. However, the most commonly prescribed medications that have traditionally been used to treat BPH can have several side effects, including sexual issues.

Surgery can help improve moderate-to-severe BPH symptoms. However, the potential permanent side effects of traditional surgery include an impact on sexual function.

The newest way to reliably remove any size prostate with the least likelihood of sexual side effects is called Aquablation® therapy — a minimally invasive, robotically controlled surgical procedure. To learn more about this new therapy, schedule an appointment with Dr. Siegel at Boulder Medical Center by calling (303) 440-3093.

For your free copy of the book call 303-776-0867



For those of you already past 65, if you have Medicare questions why not get the answers from a local agent.

**Ron Vejrostek and
Brianna Marshall**
303-776-0867

Governor Polis Awards Staunton State Park as Best State Park

In April, Governor Polis visited Staunton State Park to celebrate its selection as Colorado's 'March Madness' favorite state park. To celebrate Colorado's 42 state parks, Governor Polis hosted a bracket where Coloradans voted on their favorite. The finalists came down to Golden Gate Canyon State Park and Staunton State Park, and Coloradans chose Staunton.

"Congratulations to Staunton State Park on winning the inaugural Colorado March Madness State Parks tournament! Colorado is home to some of the most beautiful parks in the country. Giving all Coloradans easier access to the outdoors is a top priority, from saving people money to making lands more accessible to protecting our incredible wildlife. With this competition, Coloradans got to pick their favorite state park and elevate all the incredible public lands that draw visitors from around the world," said Governor Polis.

Staunton State Park opened to the public in May 2013, becoming the 41st Colorado State Park. The park is home to the Track Chair Program, which breaks down barriers to access by providing access to motorized wheelchairs, making

it easier for everyone to explore Colorado's public lands. Staunton hosts a range of activities throughout the year, including everything from camping, hiking, archery, fishing, education programs and more.

In 2021, Governor Polis signed legislation creating the Keep Colorado Wild Pass, which reduced Colorado's state parks pass to just \$29, breaking down barriers to the outdoors. The pass became available on January 3, 2023. Coloradans who qualify can also sign up for the Centennial State Park Pass, which costs just \$14. Governor Polis also signed legislation creating the Outdoor Equity Grant Fund, which has provided 106 awards and over \$5.5 million to organizations that help more Coloradans and Colorado kids access Colorado's great outdoors.



Happy Mother's Day

"A mother is your first friend, your best friend, your forever friend."—Unknown

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary – it's an act of infinite optimism."—Gilda Radner

"A mother's hug lasts long after she lets go."—Unknown

"A mother's arms are more comforting than anyone else's."—Princess Diana

"All that I am, or ever hope to be, I owe to my angel mother."—Abraham Lincoln

"Mother is one to whom you hurry when you are troubled."—Emily Dickinson

It's not easy being a mother. If it were, fathers would do it."—The

Golden Girls

"When your mother asks, 'Do you want a piece of advice?' It's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."—Erma Bombeck

"I want my children to have all the things I couldn't afford. Then, I want to move in with them."—Phyllis Diller

"If evolution really works, how come mothers have only two hands?"—Milton Berle



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Genealogy Rocks!

Are Genealogy Societies Needed?



Carol Darrow

Focus, focus, focus. That is my mantra for ancestor searchers. Pick one of your grandparents, calculate when they were born, and think about where they were living in 1950 – the latest census available to us. Enter that information into Ancestry.com. One new quirk on Ancestry: you need to click the "Exact" box under the location.

That first search should locate the person you are looking for. Double check that the person has the correct wife and children. You will need to sort through five or six possibilities but you should have found the person you are looking for.

If you did not find the right person, you will need to reevaluate your original information. Did the man's wife use an alternate name, e.g., Allie for Alice? Are some children "missing" from the family because they have grown up and established their own homes? Did

the person you are searching for actually die before the 1950 census was taken as of April 1, 1950?

If you are successful in finding this ancestor, you are ready to move backward to 1940 and 1930, then 1920, and back through every census. Next step is to look at marriage records to locate the date, place of marriage and maiden name of the bride. Was the bride a widow? Then her maiden name may be linked to her first marriage.

Now you can search FindaGrave.com for both husband and wife. Where were they buried? Is there biographical information including the names of their parents on the FindaGrave page? Did he serve in the military? Are other family members buried in that same cemetery?

Don't stop until you have developed a clear picture of your ancestor. The clues you gather will help you move back in the family. Magnifying glass optional.

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

Reflections

What Are Your Plans?



Martha Coffin Evans

Recently, I asked a friend about his plans. He didn't have an immediate answer having retired the previous day from a multiple-decade career in the financial field.

He and his wife chuckled at the switch of life styles. She's now heading off to work while he's the one at home. I think that will be a "for the time being" situation until he determines what he'd like to do next. I can't imagine him remaining "unconnected" for long whether in another vocation, avocation or volunteering capacity.

In an earlier situation, I asked a young man the same question. This happened to be at a collegiate scholarship dinner.

The senior student had an immediate answer. His plans included three things which he quickly explained in a matter of fact manner,

First, I'm getting married. Then, I'm moving to Alabama. Finally, I'm becoming a fire fighter. My curiosity took over as I wondered how he'd determined his three-goal plan.

When I asked about marriage, and, if he had someone in mind, he did. They'd been dating for

three years and she felt the same as he. Okay, that took care of number one.

Why Alabama I asked. With roots in that southern state, perhaps he was more going home rather than striking out for somewhere new.

Since this was a music scholarship dinner, I wondered about the selected profession. His response was to help others. Firefighting would certainly qualify as a helping career.

I found it interesting this young student had his plans well defined, at least in his mind. His direction seemed clear along with being doable. He'll learn about being a firefighter.

When we graduated, we had our plans or goals in mind. What about our plans in this chapter? We may still be working on that answer. Are you?

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

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Mental Health

Mental Health Awareness Month



Dr. David Remmert

May is nationally recognized as Mental Health Awareness Month. And so, as a practitioner, I would be remiss in failing to acknowledge that while mental health does not recognize a calendar and challenges can emerge at any time, it is important for us all to raise awareness and reduce stigma for people struggling with their mental health.

In nearly every sector and demographic of society, more people are experiencing mental health challenges and demand for services is outpacing the available resources. The ending of the Covid-19 Public Health Emergency, which protected people from losing their Medicaid coverage, has left many individuals and families without insurance or the ability to pay for mental health care.

Community mental health providers across the nation are working hard to continue providing critical services to those in need, despite the reality that demand is on the rise and funding dollars are in decline. Non-therapy mental health services, such as peer support and care coordination, are shouldering some of this high demand but quickly reaching capacity as well.

Here in Colorado, roughly one in four Coloradoans (23%) are diagnosed with some kind of mental illness and 17% of Colorado residents struggle with substance use. By no measure is mental illness uncommon, and yet it often hides in the shadows because of shame and stigma.

This month, I ask you to reach out to a friend or family member you know who may be struggling with their mental health. Let them know that you are a safe person to talk about it with. Invite conversation and be vulnerable, disclosing any struggles you have now or had in the past. You can be part of the solution to help bring mental health out of the shadows and into the light.

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

We Care

Social Security Today

Social Security Eliminates Overpayment Burden for Social Security Beneficiaries

The Social Security Administration announced it will decrease the default overpayment withholding rate for Social Security beneficiaries to ten percent (or \$10, whichever is greater) from 100 percent, significantly reducing financial hardship on people with overpayments.

“Social Security is taking a critically important step towards our goal of ensuring our overpayment policies are fair, equitable, and do not unduly harm anyone,” said Martin O’Malley, Commissioner of Social Security. “It’s unconscionable that someone would find themselves facing homelessness or unable to pay bills, because Social Security withheld their entire payment for recovery of an overpayment.”

The agency works to pay the right people the right amounts at the right time, and Social Security issues correct payments in most cases. However, there is room to improve, as people count on the agency to prevent overpayments from happening and make it easier to navigate the recovery and waiver processes when they occur.

When a person has been overpaid, the law requires the agency to seek repayment, which can create financial difficulties for beneficiaries. As of March 25, 2024, the agency will collect ten percent (or \$10, whichever is greater) of the total monthly Social Security benefit to recover an overpayment, rather than collecting 100 percent as was previous procedure. There will be limited exceptions to this change, such as when an overpayment resulted from fraud.

There will be a short transition period where people will continue to experience the older policy. People placed in 100 percent withholding during this transition period should call Social Security’s National 800 Number at 1-800-772-1213 to lower their withholding rate.

The change applies to new overpayments. If beneficiaries already have an overpayment with a withholding rate greater than ten percent and would like a lower recovery rate, they too should call Social Security at 1-800-772-1213 or their local Social Security office to speak with a representative. If a beneficiary requests a rate lower than ten percent, a representative will approve the request if it allows recovery of the overpayment within 60 months – a recent increase to

improve how the agency serves its customers from the previous policy of only 36 months. If the beneficiary’s proposed rate would extend recovery of the overpayment beyond 60 months, the Social Security representative will gather income, resource, and expense information from the beneficiary to make a determination.

Social Security launched a comprehensive review in October 2023 of agency overpayment policies and procedures to address payment accuracy systematically (See Learn about Overpayments and Our Process | SSA and Press Release | Press Office | SSA). This procedure change is a direct result of the ongoing review. This change and the adjustment to 60-month repayment are part of four recently announced key updates to address improper payments (See Press Release | Press Office | SSA for more information). The agency also is working to reduce wage-related improper payments by establishing information exchanges with payroll data providers that will significantly reduce the number of improper payments, once implemented (See Press Release | Press Office | SSA for more information). The agency will continue examining programmatic policy and making regulatory and sub-regulatory changes to improve the overpayment process.

Additionally, people have the right to appeal the overpayment decision or the amount. They can ask Social Security to waive collection of the overpayment, if they believe it was not their fault and can’t afford to pay it back. The agency does not pursue recoveries while an initial appeal or waiver is pending. Even if people do not want to appeal or request a waiver, they should contact the agency if the planned withholding would cause hardship. Social Security has flexible repayment options, including repayment of as low as \$10 per month. Each person’s situation is unique, and the agency handles overpayments on a case-by-case basis.

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Poetry Rising

Did you know that this is National Older Americans Month? What might we celebrate in this time in life. One thing is the resources that are available for all of us who fall in that category. 50+ Marketplace does such a fabulous job of keeping us up to date in that regard. Just recently, I had the privilege of connecting with the Center for People with Disabilities (www.cpwd.org) and their amazing in person support for those of us who are beginning to notice how small the type seems in ALL of our favorite magazines, newspapers and books. We can also utilize our public libraries and their free access to audible newspapers, magazines and books. If you would like to listen to some of the poems from "Poetry Rising," be sure to click the link at the end of this column.

This month's poem takes on what it means to see. Something we can celebrate about our lives as we now have time to stop and smell the roses and listen to the call of the geese.

WHEN VISION FAILS

Where do you suppose
the geese go at night...
waking me with their calls in flight.
Just as I hear the haunting refrain ...
and the beckoning chant
of the midnight train.

Both seem to be calling,
"Come along, come along,
Flying in darkness
still singing their song."

With the jet black sky
where I cannot see,
perhaps the message being sent to me
is that grace can come
in other ways
when vision fails in our final days.

Close your eyes, be aware,
breathe in the fragrance
of the cool night air.

Who would have thought
in dark moments like these
that so much could be learned
from the calls of the geese?

(c) Barbara Wood Gray

<https://www.youtube.com/@SharingTheSong/videos>

Ouch!

If you purchased a batch of cookies at the Sis Sweets Cookies & Café in Leavenworth, KS recently beware, you might break a tooth. Proprietor Dawn "Sis" Monroe says she lost a \$4,000 diamond that fell from her ring and it just might have wound up in her cookie dough. She posted a notice on Facebook that reads: "My heart is beyond broken. It's been on my hand for 36 years."

An Unwanted Guest

It's not unusual to find critters in your house if you live in the country. Mary Hollenback was at home in Venice, Fl relaxing on her couch when she heard a noise. She got up and headed for the front door. "I thought it was somebody who didn't live here trying to get into the wrong house," she said. Instead, as she put it, "Oh my gosh, I have an alligator in my house." She called 911 for help and Sarasota County authorities came to the rescue, quickly removing the nearly eight foot long critter.

Sky Light

"It's a Bird... It's a Plane... It's Superman!" No, it was mysterious streaks of light that filled the sky above California recently. Some guessed that it was the SpaceX Falcon 9 rocket that took off from Vandenberg Space Force Base. Others guessed it was streaks of light caused by a falling space module. Whatever it was, it was, indeed, an amazing celestial event that lit up the dark night sky and provided earthlings with a lot to talk about.

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Silverton / Durango Train

September 21, 22, 23
To Be Announced

The Ark Encounter

September 28 - October 6, 2024

Creation Museum, Ohio Boat Tour, Cincinnati

Travel

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Crazy Horse
October 7 - 11, 2024
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Motorcoach, most meals, ticketed venues, sights and more!
Branson Christmas
November 10 - 16, 2024
\$1055 7 days 10 meals, 7 shows
More details on flyer!

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"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.

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How to Erase Negative Self-Talk and Feel Better

(StatePoint) It's been four years since the collective trauma of the pandemic created widespread grief, anxiety and isolation, but the psychological wounds of this period have not fully healed.

"Simple tools can help people break the cycle of negative self-talk and find some inner peace," says Elizabeth Scott, PhD, a wellness coach, health educator and author of "8 Keys to Stress Management."

As part of the initiative, Dr. Scott and NAMI have created a guided exercise to help individuals begin their journey toward erasing the disempowering influence that negative self-talk has on their lives. The exercises include writing down the negative beliefs one holds about themselves and then destroying or erasing the writing, a practice that has been found by research to be helpful in minimizing those beliefs.

"Simply externalizing these negative thoughts empowers us to rewrite our narrative and opens the door to giving ourselves more grace," says Dr. Scott.

Dr. Scott stresses that similar to maintaining physical health, consistency is key with mental health. This is why every April 10 will be recognized as National Erase Self-Negativity Day and the ini-

tiative will use the 10th of each month, as a day to start or revisit the writing exercise and reflect on personal progress.

Here's what's needed to get started:

1. A quiet, restful location,
2. A desire to create change
3. Paper
4. A FriXion erasable pen, which

offers more than just the ability to write and erase completely; but also symbolizes the power individuals have to change things and write more positivity into their story.

The Erase Self-Negativity Worksheet can be found by visiting eraseselfnegativity.com. For additional resources to understand how common, and treatable mental health issues can be, visit nami.org.

"While we can't control the negative messages we might receive from the outside world, we can work on what we tell ourselves. With just a few minutes of quiet time, we can harness the transformative power of writing in a way that will challenge the damaging assumptions we hold about ourselves and foster more self-compassion," says Dr. Scott.

We Care

A New Approach to Housing

Boulder County Commissioners Bring Together All Housing and Homelessness-related County Services. Housing is a top priority for the Boulder County Commissioners.

There will be a new Housing Department that brings together existing services. The new department and Boulder County Housing Authority will report to a newly created position.

To receive this information in another language, email gchandyside@bouldercounty.gov or call 303-441-1622.

Boulder County, Colo. -- The Boulder County Commissioners have announced a new approach to housing, which will bring together all of the county's housing and homelessness-related programs and services, as well as Boulder County Housing Authority (BCHA). Following on from the overwhelming success of the Affordable and Attainable Housing ballot measure passed by voters in November, today's strategic move builds on the county's existing work and creates the foundations for a more focused approach to tackling housing challenges in Boulder County.

Under the new structure, a new Housing Department will harness the skills, talent, and expertise of existing teams currently working in different departments. The new department will be led by a Housing Director, who will also act as Executive Director for BCHA.

"Accessible, affordable, and stable housing is the foundation for community health and well-being," said Commissioner Marta Loachamin. "As county commissioners, we hear regularly from residents concerned about meeting their basic housing needs, which is one of the reasons we introduced the Affordable and Attainable Housing ballot measure last year and increased existing 2024 funding for the Boulder County Housing Authority, Boulder Shelter for the Homeless, and Longmont's Homeless Outreach Providing Encouragement. Today we are building on this work by creating a structure that reflects our commitment to this topic and puts housing front and center."

By centralizing housing efforts, the county can more effectively respond to housing challenges through strategic allocation of resources to areas such as affordable housing development, rental assistance, homelessness prevention, and housing rehabilitation.

The lack of availability of affordable homes in Boulder County most impacts people with lower incomes and hits hardest for people of color, who face other social

and institutional systemic barriers.

71% of Boulder County voters supported the 2023 Affordable and Attainable Housing Ballot Measure, which goes into effect in January 2025.

Over 28,000 households in Boulder County are housing cost burdened, meaning they spend more than is financially sustainable (over 30% of their income) on housing. As these costs rise faster than wages, they cut into basic human needs, like food, health care and transportation.

Since 2012, BCHA has worked steadily to increase the amount of affordable housing in Boulder County, nearly doubling the number of rental units from 463 to 908. In 2023, the Boulder County Commissioners joined BCHA in celebrating Lafayette's Willoughby Corner, which is set to begin leasing in fall of 2024 and, when fully developed, will add 400 new affordable units in a net zero energy construction project.

Even with these successes, the scope of the problem remains large. Boulder County currently has about 7,400 permanently affordable homes (including rentals and ownership). Just to meet the current need for the 16,116 households spending over half their income on rent, a 118% increase in the number of affordable homes is required.

Over the next year, housing and homelessness-focused teams currently in Housing and Human Services (HHS) and Community Services (CS) will transition into the new Housing Department, and HHS will focus solely on Human Services. The change is job neutral with no reduction or addition of roles.

The commissioners are undertaking an internal recruitment process for the new dual role that will lead BCHA and the new Housing Department.

Un nuevo enfoque en materia de vivienda

Las comisionadas del Condado de Boulder consolidan todos los servicios del condado relacionados con la vivienda y las personas sin hogar

El acceso a la vivienda es una prioridad para las comisionadas del Condado de Boulder

Se creará un nuevo Departamento de Vivienda que reunirá todos los servicios existentes

El nuevo departamento y la Autoridad de Vivienda del Condado de Boulder (BCHA, por su sigla en inglés) estarán bajo la dirección de un nuevo cargo

Para recibir esta información en otro idioma, envíe un correo electrónico a gchandyside@bouldercounty.gov o llame al 303-441-1622

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Pneumococcal Pneumonia Vaccination Can Save Your Life

(StatePoint) Pneumococcal pneumonia is a potentially serious bacterial lung disease that can disrupt a person's life for weeks. When severe, it can result in hospitalization and even be life threatening. Each year, pneumococcal pneumonia results in an estimated 150,000 hospitalizations in the United States, according to the Centers for Disease Control and Prevention (CDC). But it doesn't have to be this way.

The American Lung Association and Pfizer are partnering to raise awareness about pneumococcal pneumonia and encourage adults to get vaccinated if they are eligible. During World Immunization Week -- April 24 to 30 -- they are highlighting the collective action needed to reduce the burden of pneumococcal pneumonia.

Here are some fast facts about the disease, along with tips and actions you can take to help stay healthy:

What are the symptoms of pneumococcal pneumonia? Common symptoms of pneumococcal pneumonia include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of breath, and chest pain. Some symptoms can appear quickly and without warning.

Should I receive a pneumococcal pneumonia vaccination? Pneumococcal pneumonia vaccines are available to help prevent the disease and are recommended if you are at increased risk. The CDC Advisory Committee on Immunization Practices recommends pneumococcal vaccination for all adults aged 65 years or older and adults aged 19 to 64 with certain underlying medical conditions or other risk factors, including: chronic lung disease like asthma or COPD, chronic heart disease, diabetes, and smoking cigarettes.

What if I am healthy? Even healthy adults 65 years or older are at increased risk for pneumo-

coccal pneumonia. Because the body's immune system naturally weakens with age, it can be more difficult for your body to defend against pneumococcal disease. In fact, adults 65 years old and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than adults aged 18-49.

What if I've had pneumonia before? You can get pneumococcal pneumonia more than once and having pneumococcal disease does not protect you from future infection.

What if I've already been vaccinated? Even if you've been vaccinated against pneumococcal pneumonia in the past, it's important to speak to your healthcare provider, as they may recommend an additional vaccination.

How can I help protect myself and my community? Getting the word out about the importance of vaccination against preventable illness can help keep people healthier. Recent data from the National Health Interview Survey estimates that only 22.2% of adults 19-64 at increased risk of pneumococcal disease ever received a vaccination, and only 65.8% of adults 65 years or older received at least one dose. Unfortunately, rates of vaccination are lower among Black, Hispanic/Latino and Asian adults compared with their white counterparts, putting members of these communities at risk of infection.

To learn more about pneumococcal pneumonia and your risk for it, visit Lung.org/pneumococcal.

"It's always the right time to discuss pneumococcal pneumonia vaccination with a healthcare provider. While cold and flu season is behind us, this disease can strike anytime, in any season and you can be vaccinated any time of year, too," says Dr. Albert Rizzo, chief medical officer of the American Lung Association.

How to Experience the Thrill and Majesty of Kentucky Horse Racing

(StatePoint) There are few words more synonymous with Kentucky than horses. In fact, just saying the words together evokes images of thoroughbreds and jockeys adorned in vibrant colors, as they thunder into the homestretch at Churchill Downs - all competing for the dream of winning the Kentucky Derby.

Horse racing and the Kentucky Derby are so ingrained in Kentucky culture that the first Saturday in May, or Derby Day, as Kentuckians call it, is akin to a state holiday. More than 150,000 people travel to Louisville every year to witness the most exciting two minutes in sports. Millions more, particularly those in the Bluegrass State, throw Derby Parties and tune in at home. Since 1935, the city of Louisville begins celebrating a full two weeks early with elegant balls, a marathon, concerts, and community events during the aptly named, Kentucky Derby Festival.

This year will be particularly special because it's the 150th "Run for the Roses," making it the oldest continuous American sporting event. Over the last one and a half centuries, the size and scope of the venerated race, and horse racing culture, have grown exponentially.

As massive as the Derby is in the world's consciousness, it's just the beginning when it comes to Kentucky horseracing. Here's what to know, about all of Kentucky's thoroughbred racetracks, whether you are a horse enthusiast or just looking for a fun way to spend your afternoon:

Churchill Downs

With approximately 70 days of live thoroughbred racing a year, Churchill Downs is a busy place. Every year, the mile-long course and the barns next to it house, train and race more than 1,400 horses and welcome more than a quarter of a million visitors. Meets at the "Twin Spires" include the Spring Meet, which begins after Derby Day, the September Meet, and the Fall Meet. If you find yourself at Churchill Downs on a day without races, check out the Kentucky Derby Museum next to the track, where you can also book racetrack and barn tours to get an insiders' look at what makes Churchill Downs so special.

Keeneland Race Course

Keeneland in Lexington has been a horseracing hub since its first races in the late 1930s. With a Spring Meet in April and a Fall Meet in October, Keeneland features around 30 days

of racing annually, and each year, its four thoroughbred auctions result in more than \$500 million in sales. Keeneland, a National Historic Landmark, offers year-round tours of its grounds and training facilities as well as the opportunity to watch horses conduct morning workouts.

Turfway Park

A few miles from the Cincinnati/Northern Kentucky Airport, Turfway Park holds two meets each year: The Holiday Meet in December and the Winter/Spring Meet from January to late March. Turfway originally opened in 1959 as Latonia Race Track and has featured several prestigious races over the years, including the Jeff Ruby Steaks and the John Battaglia Memorial, both of which are included on the "Road to the Kentucky Derby." Due to its winter and early spring races, Turfway's track is made of synthetic material that makes racing safer during bad weather.

Kentucky Downs

Located just north of the Kentucky-Tennessee border in Franklin, the all-turf flat racetrack at Kentucky Downs is beautiful, and the only European-style track in North America. Kentucky Downs only holds one meet a year during late summer, making it one of the most exclusive racing events around. During these seven race days, Kentucky Downs offers experiences ranging from VIP treatment at the finish line to free tailgating and general admission on the final turn and stretch.

Ellis Park

Positioned just north of the Ohio River and just south of the Kentucky-Indiana border in Henderson, Ellis Park Race Course holds meets from July to September. Designed after the Saratoga Race Course in New York, the 1.125-mile dirt track features a 60,000-person grandstand offering amazing views of the racing action.

To learn more about Kentucky horse racing and to plan your trip, visit kentuckytourism.com.

No matter the time of year, experiencing the thrill and majesty of thoroughbred horseracing is always an option when you are looking for an unforgettable Kentucky experience.



(c) monkeybusinessimages / iStock via Getty Images Plus



Ageism Matters Powered by Connection



Kris & Sara

May is Older Americans Month (OAM). Over the years, themes have changed as society has changed. Ageism as a concept wasn't even coined yet when Older Americans Month was first declared by President Kennedy in 1963.

This year's theme is Powered by Connection, "which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being."

As well as improving our mental and physical health, connection is a way we can reduce ageism, specifically through intergenerational relationships.

During May, take the opportunity to make a connection, whether it's a single conversation or the start of a new relationship, with someone younger or older than you outside of your family. It's good for your wellbeing, and helps create a more age-friendly world for everyone. If you are interested in creating a conversation space, check out the intergenerational conversation toolkit on our website.

Another way to harness the power of connections is to connect with

others who share our age-friendly values. At the recent American Society on Aging conference, we were part of a packed roundtable brainstorm session where groups from around the country came up with ideas for how to use OAM to create age-friendly communities.

So, if you see people or organizations doing anti-ageism work, share with your friends and networks. If you are holding an intergenerational conversation, share the results. If we work together, we amplify the impact.

Together we can make a difference, powered by connection!

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.

Find Einstein



Can you find the hidden Einstein in this paper?

Colorado Gerontological Society Volunteering Is Good For The Brain And The Community



Eileen Doherty

Individuals who volunteer report greater self-esteem and self-worth. When you volunteer, your brain is stimulated in a way that is different from any other activity.

According to the Mayo Clinic "Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect".

Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations in need.

But many times, the work of volunteers goes unheeded and unrecognized. During National Volunteer Week, April 21-27, the Colorado Gerontological Society recognized more than 225 vol-

unteers who are actively involved in the telephone buddy program, who deliver holiday baskets, who provide technical support such as computer support, systems analysis, taking older adults to appointments, and many other tasks that contribute to our success.

The Society also wishes to thank our many public/private partners. Our partners include: sponsors of the Salute to Seniors, Medicare Monday, and Colorado Senior Resource Guidebook; a statewide network of audiology, optometry, dental, and mental health providers; community based agencies, media sponsors; public policy partners including congressional representatives, legislators; as well as federal, state and local policy makers.

To all of you, we are grateful for the support and commitment to helping older adults in Colorado. Your time and talent has a valuable impact on older adults.

If you wish to join our team of volunteers or partners, call 303-333-3482 or 1-855-293-6911 (toll free).

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

Pets Are Family

The Importance of Exercising Your Dog

Canine companions bring us immeasurable joy, friendship, and love. As responsible pet owners, it's essential that we prioritize their health and well-being, and one of the most fundamental aspects of caring for a dog is ensuring they get daily exercise.

Daily exercise is vital for keeping your dog physically fit and healthy. Just like humans, dogs can suffer from obesity, which can lead to a range of health problems such as diabetes, joint issues, and heart disease. Engaging in daily activity helps to maintain healthy weight, strengthen muscles, and improve cardiovascular health. Consult with your veterinarian to determine the appropriate amount and type of exercise based on your dog's age, breed, size, and health condition.

In addition to physical health benefits, exercise is beneficial for your dog's mental health. Daily exercise can help reduce stress/anxiety and improve their mood. Additionally, physical activity helps to channel your dog's energy in a positive direction and reduce undesirable behaviors such as excessive barking, digging, unwanted chewing, and even aggression. An exercised dog is most likely a hap-



Judy Calhoun

py dog. Exercising with your dog also strengthens the human-animal bond between you and your four-legged friend. Spending quality time together during walks, runs, or play sessions deepens the connection and level of trust, and is an opportunity for

shared experiences and mutual enjoyment. Plus, regular exercise allows you to better understand your dog's needs, preferences, and behaviors, fostering a closer relationship built on communication and companionship.

In conclusion, regular exercise is essential for maintaining your dog's health, happiness, and well-being. Lace up your shoes, grab the leash, and embark on an adventure together – it's good for both of you! Learn more at noco humane.org.

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Introducing the Women's Aerospace Network & Space Awards

WASHINGTON – April 18, 2024 – The Women's Aerospace Network is a new organization dedicated to making exploration for all. As the demand for the aviation and space industry continues to play a critical role in the global economy, the organization is poised to support the next generation of leaders in this fast-growing market.

"We believe that by highlighting the achievements of a diverse group of individuals in the field, we will inspire the next generation of leaders to reach higher and explore further," said Holly Pascal, founder of the Women's Aerospace Network.

The organization recently announced the inaugural Women in Space awards to empower women to pursue careers in aerospace with confidence and determination. There are eight categories for nominees including: Leadership, Entrepreneurship, Science & Innovation, Education & Outreach, Student Leadership, Medicine & Health, Business, and Pioneer.

"We've received an overwhelmingly positive response with over 100 submissions from over 20 countries.

The exploration of space has always provided hope for the next generation, and the nominees reflect the incredible progress and innovation happening across the industry today," continued Pascal.

The winners will be selected based on a combination of open voting and through an evaluation panel. The panel includes a diverse set of experts from across the space industry including Meredith Garofalo, Award Winning Broadcast Meteorologist & Space/Science

Correspondent.

"These awards are an exciting opportunity to highlight the incredible contributions and innovations being made by women all over the world," shares Jennifer Rochlis, President & CEO of Advancing Frontiers, Former NASA Division Chief and advisor to the Women's Aerospace Network. "It's thrilling to reflect how much progress is being made advancing space exploration, and I'm excited to meet this first cohort of finalists that are showing us the way."

The submission period is open until May 1st, 2024, and finalists will be announced on May 27th, 2024.

To submit a nomination, visit: www.womensaerospace.com/nominate.

Key Voices Pledging Support for the Women's Aerospace Network

- Jenny Wood, Director, America's Media Operations, Google
- Dana Mehnert, Retired President, L3Harris Communications Systems
- Nima Vadiee, Managing Vice President, Capital One Software
- Josh Perrius, Senior Vice President, Booz Allen Space

About the Women's Aerospace Network The Women's Aerospace Network is dedicated to making space for all. Established 2024, WAN is on a mission to connect, amplify, and inspire a universal passion for aerospace. We welcome all who seek a community based in a shared vision for humanity.

About the Women's Space Awards The Women's Space Awards are awarded annually each spring to honor the outstanding contributions made by women in space.

Memorial Day Quotes

"No man is entitled to the blessings of freedom unless he be vigilant in its preservation." - General Douglas MacArthur

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it. Unknown

"It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle." - Norman Schwarzkopf

"Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime." Adlai Stevenson

"Patriotism is when love of your own people comes first; nationalism, when hate for people other than your own comes first." Charles de Gaulle

"It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." George S. Patton

"In the End, we will remember not the words of our enemies, but the silence of our friends." Martin Luther King, Jr.

"Patriotism is supporting your country all the time, and your government when it deserves it." Mark Twain

"My fellow Americans, ask not what your country can do for you,

ask what you can do for your country." John F. Kennedy

"Never was so much owed by so many few." Winston Churchill

"...And if words cannot repay the debt we owe these men, surely with our actions we must strive to keep faith with them and with the vision that led them to battle and to final sacrifice." Ronald Reagan

"Duty, honor, country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be." General Douglas MacArthur

"On Memorial Day, we pause in solemn gratitude to pay tribute to the brave patriots who laid down their lives defending peace and freedom while in military service to our great Nation. We set aside this day to honor their sacrifice remind all Americans of the tremendous price of our precious liberty." —President Donald J. Trump

"Let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain. Dwight D. Eisenhower



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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.

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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>.

Write a Compelling Memoir
 East Age Well Center, Tuesdays, May 7 – June 4, 10 a.m. – noon (5 classes). Participants will transform significant life experiences into compelling memoirs to share with friends and family.

Studio Arts Boulder Pottery Classes

Learn to make functional and whimsical pottery pieces. All materials and tools provided.

- East Age Well Center, Monday, May 13, 1 – 2:30 p.m. Fees: R/NR \$10/\$13

- West Age Well Center, Wednesday, May 15, 1:30 – 3 p.m. Fees: R/NR \$10/\$13

SPARK and Studio Arts Boulder Pottery Class

West Age Well Center, Tuesday, May 14, 1 – 2:30 p.m. This hand building pottery program is designed for individuals with neurodegenerative diseases and

their caregiver or partner.

Compassionate Choices at the End of Life: Voluntary Stopping of Eating and Drinking (VSED)

Online, Tuesday, May 14, 1 – 2:30 p.m. Watch a 30-minute film and receive information and resources about VSED.

Coffee With a Cop

West Age Well Center, Wednesday, May 15, 10:30 – noon. Coffee With a Cop creates a space to ask questions, voice concerns and get to know the officers in your community.

NEW! Purple Art – Creative Expression

East Age Well Center, Thursday, May 16, 1 – 2:30 p.m. Participants will complete a project using various media such as paint, collage, found objects and more. NO fee for this introductory class.

Disaster Preparedness Basics

West Age Well Center, Wednesday, May 29, 1:30 – 3 p.m. Learn about Boulder County hazards, how to receive and understand emergency alerts, assess risk, and create a disaster preparedness plan.

Massage and Feldenkrais appointments: Call an Age Well Center for information or to schedule.



Lafayette Senior Services

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

National Flipflop Day

Celebration May 29, 1-2pm
 Celebrate National Flip Flop Day with a smoothie! Bring your flip flops and favorite summer attire! Let us know if you plan on attending, to ensure we have enough supplies.

Golden Palette: A senior artistic gathering

May 14, 11:30am-1pm
 Discover the enchantment of art at our “Golden Palette” monthly gatherings held at the Lafayette Senior Center, from March through August 2024. Bring your lunch as we gather for a delightful time, engaging conversations, and the pure joy of artistic expression. More than just an art class, it’s an opportunity to connect with fellow seniors and nurture your creative spirit, and lasting memories. From acrylic painting to mixed medial collage, each month unveils a new project.

Medicare 101

May 21, 3-4pm
 Are you turning 65 soon or just

turned 65? Do you have questions about Medicare? This class is for you! It will answer common Medicare questions.

Black Hawk

May 16, 9am-5pm
 Cool off by heading up to the mountains for some fun! Spend the day enjoying the main street, on picturesque hikes, or trying your luck at one of many local casinos. Please bring water and wear comfortable shoes.

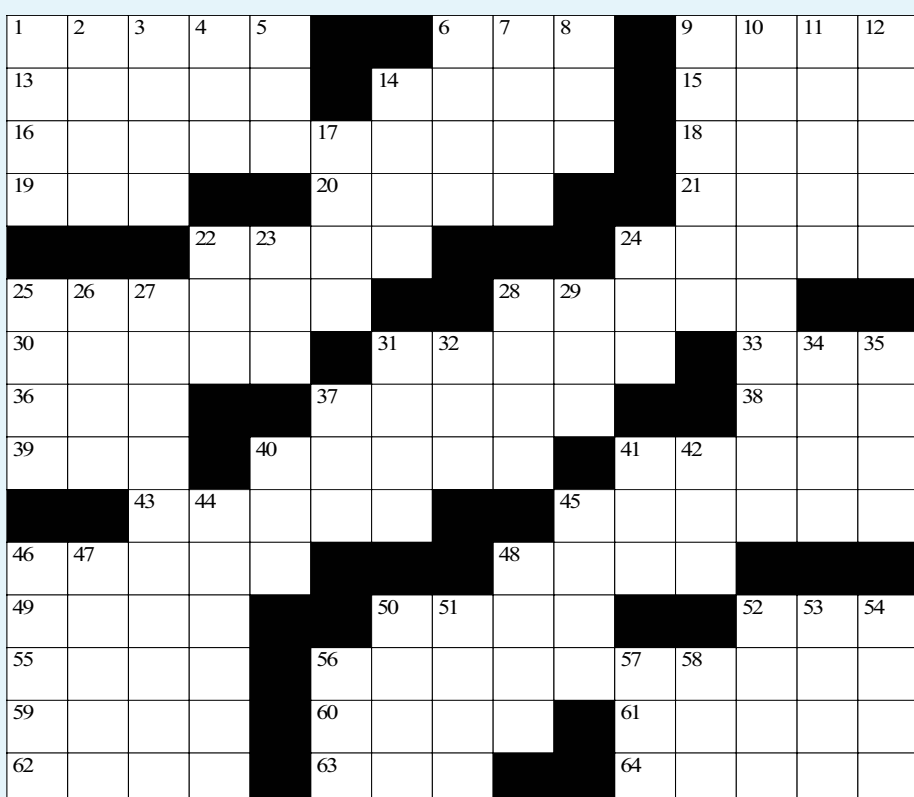
Transportation 101

June 5, 10-11:30am in English and 1-2:30pm en Espanol
 Are you aware of the different modes of transportation available in your area? Would you know how to get around if your car broke down? Do you know how much money you could save in gas if you used public transit a few times a week? Join Mobility for All to learn more about affordable transportation options available for active and independent seniors like yourself!



50 Plus Marketplace News Crossword Puzzle

May 2024
 Answers page 6



ACROSS

- 1 Trust
- 6 Dip in liquid
- 9 Liquid container
- 13 Point in question
- 14 Sector
- 15 Not closed
- 16 Person who leads others
- 18 Brood
- 19 Consume
- 20 Christmas
- 21 Blue-gray
- 22 Seaward
- 24 Buckets
- 25 Sloping letter
- 28 Make into an act
- 30 Cults
- 31 Tree

- 33 Revised form of Esperanto
- 36 Resinous deposit
- 37 Sandy bathing beach
- 38 Food regurgitated by a ruminant
- 39 Large flightless bird
- 40 Republic in central Africa
- 41 Elegance
- 43 Skin of the upper part of the head
- 45 Tentacle
- 46 Escarpment
- 48 Told an untruth
- 49 Detest
- 50 Bloodsucking insect
- 52 Study carefully
- 55 Capital of Western Samoa
- 56 Competitor in a triathlon
- 59 Greek island in the Aegean
- 60 Stick used by a magician

- 61 Containing iodine
- 62 Sea eagle
- 63 Diving bird
- 64 Very little bit

DOWN

- 1 Process of combustion
- 2 Continent
- 3 Is not
- 4 Drag
- 5 Norse goddess
- 6 Sodium carbonate
- 7 Singles
- 8 For each
- 9 Copper-zinc alloy
- 10 Not involved in politics
- 11 Monarchy in the Himalayas
- 12 Leg joints
- 14 Ancient town in N Africa
- 17 Executive Officer
- 22 High-pitched
- 23 Sister
- 24 Average
- 25 Small island
- 26 Side
- 27 Act of accusing
- 28 Verge
- 29 Not
- 31 Cut
- 32 Organ of hearing
- 34 Dictator
- 35 River in central Europe
- 37 Comrade
- 40 Move quickly
- 41 Command to a horse
- 42 Color
- 44 Wrinkle
- 45 Decree
- 46 Tremble
- 47 Escapade
- 48 Metal
- 50 German Mrs
- 51 Chain piece
- 52 To yield
- 53 Auricular
- 54 Narrow strip of land
- 56 Two
- 57 Belonging to him
- 58 Cut off



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