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August 2017 • Volume 23 • Issue 8

2017 SilverSneakers® Instructor Of The Year Award

Denver fitness instructor, Terecita (Ti) Blair has been selected as the national winner for the inaugural SilverSneakers® Instructor of the Year award for her commitment to motivating and improving the lives of members through fitness.

To recognize this accomplishment, on July 11, Blair was honored and given an award by SilverSneakers executives, with her fitness class members, family and friends in attendance. The event took place at Platt Park Recreation Center where Blair is an instructor.

Center, Ti Blair, SilverSneakers Fitness Instructor & John Martinez, Deputy Executive Director of Rec.

After surviving a serious car accident, Blair began her road to recovery which included exercise and strength training through SilverSneakers. Inspired by the fitness program, she decided to become an instructor to help make a difference in the lives of others. Blair is driven to improve the lives of older adults, and connects with her class participants on a personal level as their devoted and caring cheerleader, helping them improve their health, like she did, through fitness. Nominated by 83 members, family, friends, location staff and fellow instructors, Blair is recognized in the community for her energy, enthusiasm, and her teaching style that has increased community participation in fitness.

The inaugural SilverSneakers Instructor of the Year award honors an exemplary fitness instructor who has made a difference in the lives of SilverSneakers members through camaraderie, motivation, enthusiasm and fitness. The award recognizes the impact SilverSneakers instructors have on their community across more than 13,000 locations nationwide.

Celebrating its 25th anniversary, SilverSneakers is the nation's leading community fitness program designed specifically for older Americans. SilverSneakers helps older adults take greater control of their health by engaging participants in more frequent exercise, strength training, aerobics and flexibility training through a variety of venues and programming.

The program offers a variety of specialized group exercise classes designed for all fitness levels, ranging from SilverSneakers Classic to SilverSneakers BOOM™, and yoga. SilverSneakers provides members access to more than 13,000 fitness and wellness facilities nationwide, as well as the SilverSneakers FLEX® network, which includes more than 70 unique classes and activities at parks, recreation centers and other local venues. More than 14.5 million people eligible for the SilverSneakers benefit offered at no cost through the nation's leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans.

To find out if you are eligible for SilverSneakers and for more information about the award, visit SilverSneakers.com.

Consortium for Older Adult Wellness

On July 20, at the Lakewood Cultural Center we celebrated COAW (Consortium for Older Adult Wellness) an "Evening with Roger Landry, M. D. Author of "Live Long, Die Short".

COAW is a national leader in engaging and inspiring adults, communities and health systems in realizing their potential in prevention, wellness and self-management. COAW collaborates with health providers and community-based organizations to offer evidence-based community health classes, fall prevention screenings, and health and wellness leader trainings.

A mix of people in attendance included the Senior Care industry, Medical industry and the layperson all looking to find out more about this thing called 'Aging' and how to navigate it better.

Based in Lakewood, COAW is now in counties throughout the state and gaining momentum around the country.

Dr Landry offered a wealth of information on how by staying active and engaged, life is much better and longer. Laughter is great medicine to a longer life is one lesson learned.

Contact COAW at (888) 900-2629, www.coaw.org

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AUGUST Calendar

Psoriasis Awareness Month
National Water Quality Month
National Eye Exam Month

Tuesday/1
Camping Singles Inc. meeting, 1311 W. 46th Ave Denver, 7pm. Info: campingsingles.org or 303-908-7217.

Saturday/12
Widowed Men & Women of America, Annual Picnic, Noon. Prospect Park. Info: 303-548-8714.

Monday/17
Stroke Support, 6-8pm, Swedish Medical, 501 E. Hampden Ave. Englewood, 3rd Mon. monthly, Info: tlcdenver@comcast.net

Wednesday/16
Clear Creek Church, 10555 W. 44th Ave. Senior Lunch, 3rd Wed. monthly, 11:30 am. Lunch & program. Info: 303-424-3031.

Friday/18
Colorado Senior Lobby's Summer Social, 8:30-Noon, Covenant Village, 9151 Yarrow St, Westminster.

Saturday/19
Rock 'n Roll Dance. $15 per person, 6:30p @Kickers Ballroom, 16776 W 50th Ave, Golden. Music by Top Hat Entertainment. Dinner $4-6. Cash Bar. Info: mary@DenverBallroomDancing.com

Tuesday/22
TRIAD 1:30 pm, JffCO DA, 500 Jefferson Cty Pkwy, Golden. Programs & resources to help keep you in your home. Free & open to the public. Info: 303-271-6980.

Saturday/26
The Jefferson County District Attorney's Office Safety Fair, 9 am-1 pm at the Jefferson County Fairgrounds, 15200 West Sixth Ave, Golden. Info: www.districtattorney1.com

Every Monday
Forest Street Care Center, 3345 Forest St.,10-noon. Free Info. Reg: www.alz.org or 720-877-3474.

Calendar sponsored by…
James Neeley
Coldwell Banker

Colorado Tourism Sets All-Time Records for Sixth Consecutive Year

The Colorado Tourism Office (CTO) recently announced that Colorado once again set all-time records for total visitors, visitor spending and tax generation in 2016, welcoming 82.4 million visitors who spent $19.7 billion and generated $1.2 billion in state and local tax revenue.

This is the sixth consecutive year the CTO has seen record-setting growth. Since the depths of the recession in 2009, the state has posted a 37% increase in visitation, more than double the 17% growth in travel nationally.

The strong gains in visitor numbers pushed Colorado's share of marketable leisure travelers – who are the target of the state's "Come To Life" marketing campaign – to 3.1%, up from 2.8% in 2015. With that increase, Colorado's market share rank rose from 13th place to 9th place nationally for 2016.

The announcement includes findings from a collection of studies detailing the impact of Colorado's tourism industry during 2016 along with the effectiveness of the state's award-winning 'Come To Life' marketing campaign.

Travel Spending Sets New Records in 2016. From Colorado Travel Impacts 2016, Dean Runyan Associates.

Total direct travel spending in Colorado reached an all-time high of $19.7 billion in 2016, with 66% of that total from overnight stays in paid accommodations. The state's total travel expenditures increased by 2.7% from 2015, pacing national spending growth.

Underscoring the importance of tourism for Colorado residents, the state's travel industry generated $1.2 billion in local and state tax revenues in 2016, an increase of 7.3 percent from 2015. To replace those visitor taxes would have required an additional $216 tax payment from each of Colorado's 5.56 million residents.

Visitor spending also spurred job creation. In 2016, the travel industry directly supported 165,000 jobs, a 3.1% increase over 2015, creating earnings of more than $5.8 billion in 2016, a 5.5% increase over 2015.

Record Visitation; Marketable Trips Reach All-Time High. From Colorado Travel Year Report 2016, Longwoods International

Colorado welcomed an unprecedented 82.4 million visitors in 2016, up 6% from the 77.7 million who visited in 2015. The 2016 numbers included a record 37.7 million overnight visitors and 44.7 million day travelers. The state's most valuable travel segment, marketable leisure trips, reached an all-time high of 18.7 million, a 9.3% increase over 2015. Marketable leisure trips represent travelers who have a choice of destinations and can be influenced by marketing.

Colorado's Ad Campaign Ranked Among Most Effective in U.S. From Marketing Effectiveness Research, Strategic Marketing & Research Insights (SMARI)

Colorado's award-winning 'Come To Life' marketing campaign continued to show a high return on investment. In studies, the campaign ranked among the top 10% nationally, both for inspiring travelers to want to visit and to learn more about the state.

More importantly, SMARInsights reported the campaign generated significant travel, driving more than 2.6 million additional trips to Colorado with a total impact of $4.2 billion, up dramatically from $2.6 billion in 2014-2015 and $3.5 billion in 2015-2016.

Based on a media spend of $7.86 million, Colorado's marketing campaign also created an outstanding return on investment (ROI) for the state's investment in tourism promotion. SMARInsights found the campaign generated a record-high $534 in travel spending for every $1 of paid media, up from $478 in the prior marketing year, mainly due to an increased focus on a national audience. Colorado's 'Come To Life' campaign was enhanced by nationally focused public relations and social media programs.

"Colorado Tourism continues to have one of the strongest tourism marketing campaigns in the country and continues to evolve the campaign to be more effective," said Denise Miller, of SMARInsights. "The result is one of the best ROIs in the U.S. The CTO's move to a more national campaign has paid off and is telling the Colorado story to a larger audience. The campaign is also working to bring more families to the state, which is growing the audience."

SMARInsights also found traveler interest in legal marijuana appears to have stabilized, with approximately 15% of visitors participating in a "marijuana-related activity," but just 5% reporting it as a motivation for their trip.

To view the full reports for Colorado Travel Impacts 2016 (Dean Runyan Associates) and Colorado Travel Year Report 2016 (Longwoods International), visit industry.colorado.com/research.

Find Einstein

Can you find the hidden Einstein in this paper?

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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 under 250 words emailed to sales@50plusmarketplacenews.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) also by email.

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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August is National Water Quality Month

By Bora Mici, http://www.good-speaks.org/event/august-is-national-water-quality-month

National Water Quality Month reminds us to take a long, hard look at what your household and community are doing to protect sources of fresh water.

Water sustains all life. Entire ecosystems depend on it for their survival.

The United Nations has declared 2005-2015 an International Decade for Action 'Water for Life' in order to emphasize the importance of water quality as it relates to sanitation, human rights, geography, urbanization and sustainability.

It has identified eutrophication, or the incidence of high-nutrient concentrations - phosphorus and nitrogen - as the most widespread water quality problem globally. The way people manage wastewater from cities, farms and industrial sites contributes to this phenomenon, which contributes to water pollution everywhere.

Emphasizing how interlinked water systems are, the Audobon Society points to the dangers of runoff from agriculture, forestry, construction and people's personal yards:

"Each individual household may not produce enough pollution to force a beach closing or cause a fish kill, but the combined output of all the homes in a community can be severe. And, consider that about half of the U.S. population lives within 50 miles of a coastline where runoff flows quickly to the ocean. This is why watershed protection — attention not only to the body of water but the area that drains into it — is important."

The Environmental Protection Agency, which reports that 40% of the nations waterways suffer water quality problems, has a detailed watershed database, which allows users to locate which watershed they live in and learn about how polluted it is and what actions they can take to protect their regional water quality.

Clean Water Action offers a succinct but thorough fact sheet on what individuals and families can do to prevent water pollution from their homes, including:

- not using antibacterial soaps or cleaning products
- not flushing unwanted or out-of-date medications down the toilet or drain
- not putting anything but water down storm drains
- fixing leaks that drop from cars and putting liners in driveways to collect oil and other materials
- avoiding using pesticides or chemical fertilizers
- choosing nontoxic household products when possible
- picking up after pets
- not paving properties

Senior Law Day Jefferson County was a great success with more attendees than expected. Great seminars, Great vendor interaction, Good Food and Fun was had by all!

Ageless Beauty

Peace and Joy of Alignment

Rhoda Johnson

This summer I took a trip with three friends to the Island of San Pedro, Belize.

It was life changing! My stress was diminished by the breathtaking beauty of the Caribbean Sea, the unity of the Mayan, Mestizo and African cultures in their simplicity of life. I was captivated by the way the people "flowed" with the low ebb and tide of the sea in their gentle and assured way of being. It was a wake-up call to shift into this mindset so I could be fully present to authentically connect with others peacefully and to be grateful for each moment to enjoy my everyday life.

This is the energy I now offer in guiding clients into transformation with the Rhoda Design Group Image Consulting services and products. I recognized some people are nervous about taking on a transformational process that requires shifting into a new way of being. Most people are not aware that their image does not communicate successfully their personality and skill sets. And this is why getting dressed for any setting is a frustration. With patience and compassion, I coach each of my clients on a self discovery journey of expressing their unique image and personal brand. They have described arriving at their new image as "alignment" to who they are authentically and are grateful for the peace and joy they have.

Join us at the "Image Transformation" Workshop, August 26, 2017 from 1-4. Register on eventbrite.com as space is limited. We look forward to coaching you into alignment in expressing your true self.

❖ *Rhoda Johnson, 720-289-5647 www.rhodadesigngroup.com/ .*

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Josh Weller

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❖ *Josh Weller, Social Security Public Affairs Specialist in Denver, CO*

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Meal Pack Challenge

Pictured below, Lisa Marsh Ryerson President of AARP Foundation and Team helped the volunteers with lively dancing at the 2017 "Summer of Service to Seniors: Meal Pack Challenge" Provides Seniors with over 500,000 meals packed! The meals are donated to the Food Bank Of The Rockies and the Denver Indian Center. Extra special thanks go to the 2,000 Volunteers who made it happen! Thank You!

Reverse Mortgage

Extend Retirement Funds

Jim Doyle

Many financial planners are now advising their clients to get a reverse mortgage as soon as they are able (when one spouse is 62) for several reasons. First, it eliminates your mortgage payment, although property taxes and insurance must continue to be paid. This frees up money which may be used for any purpose including savings, or investment.

Second, by using the often substantial reverse mortgage proceeds, taking social security benefits can be delayed to the age of 70. This increases that monthly check by 76% over what would be received at 62 years old, according to Forbes magazine.

Third, having a reverse mortgage in place allows you to have a back-up plan if the stock market falters which eliminates "sequence of returns" risk. You can forgo withdrawals from your stock portfolio allowing it to recover.

Fourth, when rates are low as they are now, a person in his/her 60s can access about 50% of the home's equity (the older you are the more you can access). Any money not drawn out becomes a line of credit on which you do not pay interest, but which grows at about 5% a year. This provides a "safety net" of ready cash should a need arise in the future.

Whether you are in your 60s or your 90s, a reverse mortgage is an excellent financial tool and can benefit you by adding to your financial stability. It is government insured, and is a non-recourse loan, meaning that no debt is passed along to your estate or your heirs. You are the only one who will own the home (the lender does not go on title), and you may will the property to your heirs.

Contact your local Reverse Mortgage Specialist to learn more about how a reverse mortgage may help your portfolio and provide for longevity.

❖ *Jim Doyle, Reverse Mortgage Specialist, NMLS #335659. Jim is the VP of Lending and Reverse Mortgage Specialist at Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994 JimDoyle@SilverLeafMortgages.com/, NMLS# 1394377.*

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Genealogy Rocks!

Rewriting History

Carol Darrow

I was shown a photograph of someone's ancestor – and the owner of the photo assured me that it a picture of her 3rd great-grandfather taken in 1825. The gentleman was wearing denim bib overalls. A quick check on Google.com indicates that one-piece bib overalls date from the 1850s. More importantly, photography itself was not 'invented' until 1835 and was not widely available in the U.S. until after 1840.

Perhaps the photograph owner was just mistaken about the date – although he stated that this great-grandfather died in 1829. So if this picture is 'impossible,' we need to identify the correct person wearing the overalls.

Photography, like cemeteries, tools, and families, have 'history.' Daguerreotypes were the first 'photos' available in the U.S. from about 1839. They have a mirror-like surface best viewed at a 45-degree angle. Ambrotypes, photos developed directly onto glass, came next. There is no paper print. Then came tintypes which were developed onto iron plates.

Do not try to take apart the ornate gold-colored case. You will damage the image – perhaps destroy it! You can try to photograph the photo or scan it. Store these early images away from direct light and in stable temperature and humidity levels. No basement or attic storage for these delicate pieces of history.

So how will you identify the image itself? First look carefully at the clothing the subjects are wearing. Compare their clothes and hairstyles to published books such as Family Photo Detective by Maureen A. Taylor or Dressed For The Photographer by Joan L. Severa. Either book showcases what was common in clothing and hairstyles for the period.

Don't forget Google.com to discover the history of toasters, farm implements and cameras. There's always more to discover.

❖ *Carol Cooke Darrow, CG, teaches free Beginning Genealogy classes at the Central Denver Public Library on the 2nd Saturday of each month from 10 am – noon.*

Aging Well

Transportation: Never Easy

Hank Braaksma

A day seldom passes without a person wanting or needing to go somewhere. How you do this can be as simple as getting in your personal vehicle or as difficult as figuring out alternative transportation.

There are options without a car. You can use RTD systems; fixed route buses, Access-a-Ride and light rail; use a local community provider, also taxi service from five companies. There are some local volunteer programs. There are neighbors, friends, family to help get around.

Unfortunately for some, none of these options work well on a consistent basis. The person needing a ride may not qualify for a particular service. A rider with physical limitations has few options for transportation, narrowing the choices even further. A person may not be able to afford to use any of the services available. In addition, the rapidly growing older adult population who transitions to needing transportation assistance has taxed the system. These issues create gaps in transportation for many individuals.

Jefferson County, through its Local Coordinating Council for Human Services Transportation completed a "gap analysis" to understand who can or can't get the trip they want and why. Other counties, recognizing the number of people who rely on alternative transportation, have begun or completed the same process. There is a regional workgroup, the Denver Mobility and Access Council (DRMAC), concerned with this issue as well. All note that enough has not been done to coordinate trips between systems or funders. Coordination has been a method that can help manage costs and increase ride availability. In addition, it was found that the capacity of available rides has been met. Let your voice be heard and help ensure that lack of capacity issues be addressed and current systems be well coordinated, funded and utilized.

❖ *Hank Braaksma, Seniors' Resource Center. For more information: hbraaksma@srcaging.org or 303-238-8151.*

"1964" The Tribute: BEATLES Anniversary Concert

"The Beatles we remember were magical…1964 creates the magic!" *Dick Clark*

It was in August of 1964 when the British invasion first came to Colorado with the group that started it all...the Beatles. If you love the Beatles, you won't want to miss the most unique, fun and affordable concert event of this summer at Red Rocks with The #1 Beatles Show in the World, "1964" The Tribute.

This group is hailed by critics and fans alike as the most authentic and enduring Beatles tribute in the world. Choosing songs from the pre-Sgt. Pepper era, "1964" recreates an early 60s live Beatles concert with period instruments, vintage costumes, hairstyles, on-stage mannerisms, speaking voices, and unmistakable harmonies of the lads from Liverpool. Over 33 years of researching and performing at major concert venues on four different continents has made the "1964" group masters of their craft in capturing the essence of the Beatles live on stage.

This Anniversary celebrates Red Rocks Amphitheatre as one of four original concert sites still remaining from the Beatles first American tour in 1964. Come experience the magic and see what it was like at the beginning.

For more information on "1964" The Tribute please go to: www.1964site.com

This concert benefits Colorado Public Television 12 and is sponsored by 99.5 The Mountain, Cruisin 1430, The Denver Post, Out Front, Marriott Denver West, Hermes Private Car, Prime Time for Seniors, 50Plus Marketplace News, Daily Camera, The Gazette, and Brothers BBQ.

Tickets: $38.50 GA plus service charge available on www.AXS.com or call 1-888-929-7849. Tickets also available through Channel 12 online at www.cpt12.org or by calling 303-296-1212 (M-F 9am-5pm).

Ticket Links: AXS: http://axs.com/events/330558/1964-the-tribute-tickets?skin=redrocks. CPT12: https://www.cpt12.org/1964

"1964" is not affiliated with or endorsed by Apple Corps Ltd.

10th Annual "Sabor"

Sometimes you don't have to travel too far to escape the ordinary. The Hispanic Chamber of Commerce is excited to announce the 10th Annual "Sabor" celebration, Friday, August 4, 2017.

Enjoy Denver's top 40 restaurants while experiencing some of the finest spirits, beer and wines.

At Sabor explore the different flavors from the America's, as well as an array of music and art at the beautiful Denver Botanic Gardens.

Purchase tickets at: www.sabordenver.com

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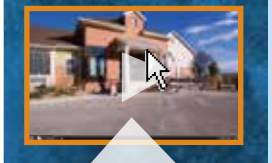

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The Soviet Union. Tue, Aug 1, 10-11 am. Explore the history and the causes of its failure. Plus the Russian Federation & challenges to democracy. Jewish Community Center, 350 S Dahlia St, Denver, Free, info: 303-316-6359.

Buddhism. Wed, Aug 2, 6-7 pm. Examine the fourth largest religion in the world, its origins, teachings, beliefs and practices and discuss the various types of Buddhism. Cherry Creek Library, 305 Milwaukee St, Denver, Free.

Princess Diana. Thu, Aug 3, 2:30-3:30 pm. Review her life and legacy. Atria of Applewood, 2800 Youngfield St, Lakewood, Free. RSVP: 303-233-4343.

Putin's Russia. Sat, Aug 5, 1 -2 pm. Examine the story of Russia under the influence of Vladimir Putin, including Russia's involvement in the current situation in Ukraine. Central Library, 10 W 14th Ave Pkwy, Denver, Free.

South Korea. Mon, Aug 7, 1 -3 pm. Explore the country of South Korea, past, present, and future. Sunrise at Flatirons, 400 Summit Blvd, Broomfield, Free. RSVP: 303-466-2422.

Wildfires. Mon, Aug 7, 6:30-7:30 pm. A look at the issues of wildfires from a variety of perspectives. Roxborough Library, 8357 N Rampart Range Rd, #200, Littleton, Free. RSVP: 303-791-7323, www.dcl.org

Brexit. Tue, Aug 8, 12:30-1:30 pm. On June 23rd, British voters elected to exit the European Union. Place this event in historic context and explore where this path may lead. Tattered Cover, Aspen Grove, 7301 S Santa Fe Dr, Littleton, Free. Info: 303-470-7050.

History of the Atomic Bomb. Wed, Aug 9, 2-3 pm. A look at the origins and history of atomic weapons. Heather Gardens, 2888 S Heather Gardens Way, Aurora, Free. RSVP: 303-751-1811.

Take a Bite of the Big Apple. Wed, Aug 9, 3-4 pm. Explore the city's past, present, and the important people & places that have shaped this unique city. RiverPointe, 5225 S Prince St, Littleton, Free. RSVP: 303-797-0600.

Princess Diana. Thu, Aug 10, 6:45-7:45 pm See previous description. Sam Gary Library, 2961 Roslyn St, Denver, Free

Wildfires. Mon, Aug 14, 7-8 pm. See previous description. Koelbel Library, 5955 S Holly St, Centennial, Free. RSVP: 303-542-7279.

Take a Bite of the Big Apple. Wed, Aug 16, 1:45-3:30 pm. See previous description. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free.

The Nuremberg Trials. Thu, Aug 17, 2-3 pm. Trace its impact on the creation of the International Criminal Court and how the world views war crimes. Windsor Gardens, 597 S Clinton St, Denver, Free.

South Korea. Thu, Aug 17, 2:30-3:30 pm. See previous description. Atria Inn at Lakewood, 555 S Pierce St, Lakewood, Free. RSVP: 303-742-4800.

Turbulent Waters. Thu, Aug 17, 3-4 pm. Conflict in the South China Sea, a strategic body of water ad one of the busiest trade routes in the world is the basis for a closer look. Ross-University Hills Library, 4310 E Amherst Ave, Denver, Free.

Opera as Popular Music. Mon, Aug 21, 1-2 pm. Look at the development and public reception of opera. Keystone Place at Legacy Ridge, 11180 Irving Dr, Westminster, Free. RSVP: 303-465-5600.

Somalia. Tue, Aug 22, 1:30-3:30 pm. A story of Colonialism yielding to authoritarianism dissolving into anarchy. Examine Somalia's troubled path and where it may be leading. Garden Plaza of Aurora, 14221 E Evans Ave, Aurora, Free. RSVP: 303-750-0820.

The Soviet Union. Tue, Aug 22, 5-6 pm. See previous description. Tattered Cover, 2526 E Colfax, Denver, Free. Info: 303-322-7727.

Take a Bite of the Big Apple. Thu, Aug 24, 1-2 pm. See previous description. Castle Rock Senior Center, 2323 Woodlands Blvd, Castle Rock, Free. RSVP: 303-688-9498.

Spain. Thu, Aug 24, 6:45-7:45 pm. Explore the roots and legacy of the Spanish Empire and how this country fits into global puzzle. Sam Gary Library, 2961 Roslyn St, Denver, Free.

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Community Recreation Center of Apex

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Chuckwagon Lunch. Thu, Aug 17, 12-1:30 pm. Kick off your boots, sit back, relax and enjoy a delicious lunch followed by country-folk entertainment by The Fintons. Sponsored by the Scientific & Cultural Facilities District. Register ($9) by 8/14.

50+ Volunteer Fair. Make a Difference Tue, Aug 15, 8:15-11:15 am. Volunteering is associated with less depression, increased well-being, and longer life. Visit a variety of agencies that have opportunities for you to make a difference. A free "Finding a Good Volunteer Fit" talk is presented by Metro Volunteers at 10 am. Register: 303-425-9583. Volunteer agencies vendor info: 303-467-7197.

Yesteryear Farm Show Trip. Sat, Aug 26, 8:30-3 pm. An old-fashioned farm show, with spinning and weaving demos, dancing, grain threshing and straw baling. See old tractors and enjoy food booths (on own). Includes transportation, escort, & show. Register by 8/14, $15/$18.

Art Classes. Fees vary. Pastels & Drawing Studio: Mon, Jul 31-Aug. 21, 6:30-8:30 pm. Watercolor: Thu, Aug. 3-24, 6:30-8:30 pm. Bob Ross Painting, Thu, Aug. 31, 12-5 pm.

Meet & Greet. Wed, Aug 30, 9:30 am. Refreshments and discover diverse opportunities. Free; reserve by 8/28, 303-425-9583.

Spanish Classes. Beginning to advanced begin the week of Aug 7. Call for info.

Genealogy Gems in City Directories. Thu, Aug 17, 11-noon. Register by 8/14, $5/$7.

Bunco Bash. Thu, Aug 3, 1-3 pm. A fun & easy dice game, refreshments & prizes. Register by 8/1, $4.

Zumba Gold. 11:30-12:15 pm, Wed, ongoing. Exercise to a Latin beat from a chair. Drop-in $3.50 /$4.50.

Current Events Discussion. 1st & 3rd Thu, 1 pm. Discuss local, national, and international issues, share views in a non-judgmental environment. $3.

Scrapbooking Club. Share ideas, and suggestions. All skill levels welcome. Provide your own materials and can share with others. 3rd Mon each month, 3-5 pm. $4.

Computer & Technology. Learn basic to advanced use of the computer in a small class setting. Topics: Computer Basics, Windows, Word Processing, and one-on-one. Call for info.

Caregiver's Support Group. Thu, Aug 24, 1-2:15 pm. Share ideas, resources and learn to take care of yourself.

Free. Blood Pressure & Blood Sugar Checks: Wed., Aug 2, 9:30-11:30 am. Eye Glass Servicing, Mon, Aug 14, 9-noon. Parkinson's Care Part

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In The Spirit

Help Is On The Way!

Henry Armington

"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth." *Psalm 121:1-2*

Have you ever felt the weight of the world on your shoulders? It seemed as though everyone's problems were given to you. It appeared as though everything required your immediate attention. Not knowing if the next call will be about death, debt or destruction, you wish that the phone never rings again.

It can be difficult trying to proceed forward and still worry about the things behind. You tell yourself all is well, but you do not believe yourself. In so many ways, your mind desires to fight, but your body is too weak to respond. The trauma you're faced with is not yours alone. Today, you can be freed from the pain and hurt because in the Lord you can find a resting place.

❖ *For inspirational nuggets, purchase "How To Get Your Hands Out The Lion Mouth" via Amazon.com or visit DrArmington.org each Sunday, 10 a.m. (CST) 'Live Streaming'.*

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Crazy-4-Line Dance Extravaganza. Sat, Aug 26, 9:30-2:30pm, $25. Includes instructed dancing, taco & salad bar lunch, dessert, snacks, drinks, dance step booklet, and a variety of dance levels including: advanced, intermediate & beginning dancing.

The Probate Process. Learn what to do when someone passes away, what will be expected of you if you are the personal representative or executor of the estate, and what you should know if you are a beneficiary. Plus some tools available if you want to avoid probate of your estate. Mon. Aug. 14, 1-2:30 pm, Free.

Cold Process Soap Making. Make your own soap from scratch! Techniques, equipment, safety of working with lye, using essential oils and other ingredients in soaps, etc. Plus, make a batch of soap using the cold process, containing ingredients you choose! 8/11 Fri. Aug. 11, 1-3pm or Thu. Aug. 24, 6:30-8:30am, each class $15/$12.

Mahjong. Chinese originate game uses various designed tiles. No partner needed. Bring Mahjong set if you have one. Every Fri, 12:30-4:30pm. To play Mahjong obtain an annual or daily pass.

Pressed Flower Art. Make on-of-a-kind cards and bookmarks using pressed flowers. Supplies provided. Aug 3 or 19, 10a-noon, $13, plus $5/supply fee

Social Ballroom. Learn to perform ballroom dance steps with style! Incorporating how to move around the dance floor, proper placement of hands and arms, how to tie steps together, and specific footwork. Practice with Latin & American style dances. Aug: Nite Club 2 Step, Mon, 3-4:30pm, $5/drop-in.

Uniquely Bea

To Knee or Not to Knee, That Is the Question…

Bea Bailey

Osteoarthritis… sound familiar?

There are few adults who are Seniors, who are not dealing with some form of arthritis. I can count myself among the growing number of people who are trying to find a solution to this problem.

My right knee has given me fits over the years. Yes, I have the Bone-On-Bone variety. The first solution is to operate. Well, I am not the type to jump under the knife, if I can avoid it. What I am about to tell you is how I, I said ***"I"***, have dealt with it. I am not a doctor and am not giving any type of medical advice. ***This serves as my official disclaimer for any medical recommendations.***

I decided to look at my life and if what I'm doing has any impact on my knee. My weight has always been low and I take tart cherry juice and turmeric for inflammation. My trainer had me do an exercise in which I would lie face down on a bench and he would hang 12 pounds on a sling on my ankle on the knee that was bent to help straighten it out. Next, I looked at how I was sleeping. I slept with my knee bent on a pillow because it was more comfortable. I then trained myself to sleep on my back with my knee straight and even with my ankles crossed. It made sense - sleeping for 7 hours with your knee bent - you wake up limping with a bent knee… duh! This is my knee story, you can now write your own.

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, farewellmy-*

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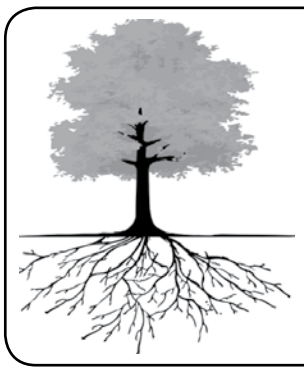

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48th Annual Carnation Festival. Fri & Sat, Aug 11 & 12. Includes: Music, Food, Midway and booths. Anderson Park, 44th & Field.

Hot Dog! It's the Hot Tomatoes! Hot Dogs and Root Beer Floats at the last 'Performance in the Park' concert of the summer on Wed. Aug 2. Meal: $8. Anderson Park, 44th and Field. Call to register for meal.

CSC Meet and Greet. Learn about Colorado Senior Connection and how they connect seniors with many important resources and services on Thu. Aug 3, free workshop but call to register.

Cast-a-Ways. Grab your fishing pole and try to catch a big one! Each month we head for a different destination. Mon, Aug. 14, $18; register or info call.

PWR Moves. Parkinson's Fitness Class. Starts with foundational moves and progresses through building endurance, strength and flexibility. Caregivers are welcome to attend and assist. Drop-in Tue, 1-2pm, $3.50/free.

Zumba Evening Class. Enjoy a great workout to great music every Tue, Aug. 1-Sept 12, 6-7pm. $36. Call to register.

Technology. Makan Tabrizi, our gadget guru, can get you up to speed. Call to schedule a One-on-One tutoring session with him. Computer, Camera, Phone or Tablet One-on-One: a private 1-hr session, $35/hr.

Dance. Offering a variety of ongoing dance classes, including: 3 levels Tap; Belly Dancing, Hula, Ballroom, Zumba and Western Line Dancing. Call for information.

Time to Go Hiking. Aug 11, RMNP Fern Falls. Aug 22, Mueller State Park. $18 each. The Ramblers every Thu, to a different destination, $6 each. Call to register & for info.

Special Interest Groups. Drop-in $2. Duplicate Bridge: every Mon 12-3:45pm, bring a partner, $2.50 ea. Low Vision Support: 3rd Tue, Aug. 15, 1:30-2:30pm, Free. Write & Share: 4th Tue, Aug. 22, 2-3:30pm. Krafty Needles Group: every Tue, 9:30-11am. Social Bridge: every Tue, 12:40-3:45pm. Smile-Hi Laughter: every Tue, 12:15-1:15pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:30pm. Pinochle: every Fri, 12:30-3:30pm Canasta: 2nd Fri, 1-3:30pm.

Clements Community Center

303-987-4820

Grand Lake Escape. Sat, Aug 5. A drive over Berthoud Pass to lunch at the Daven Haven Lodge. Then a stop in Grand Lake for some browsing. Includes meal, transportation and motor coach driver gratuity. Sign up.

Candlelight Dinner Theater. Sat, Aug 12. The Slipper & The Rose: the Story of Cinderella is the ultimate romantic tale of two people in love. Includes event, meal, transportation and motor coach driver gratuity. Sign up.

Spero Winery. Lunch, Tour & Tasting, Tue, Aug 15. Husband-and-wife team Clyde and June Spero own and operate this Denver-based, boutique winery. Sign up.

Cinzetti's. Tue, Aug 22, A true Italian feast for the senses. Lunch on own, $9 plus beverage, tax and tip. Includes transportation and travel leader. Sign up.

Dazzle Restaurant & Lounge. Thu, Aug 31. Live jazz and a meal,, choice of 3 entrees, beverage choice. Includes transportation, meal and travel leader. Sign up.

Thursdays. Walks: Range: 2-5 miles, Altitude gain not over 700 ft. 8 -3 pm. Hiking: Moderate level hikes at a variety of beautiful Colorado locations. Information packet s with details on each walk and what to bring and wear is available at the front desk. 7:30-5 pm.

Saturday Night Dance. 7-10 pm, 2nd, 3rd & 4th Sat, each month, doors open at 6. 3 hours to dance to a live band. Refreshments served. $7 person. Bands: Aug 12, Tom Allan Variety; Aug 19, Memories; Aug 26, Terry Norona.

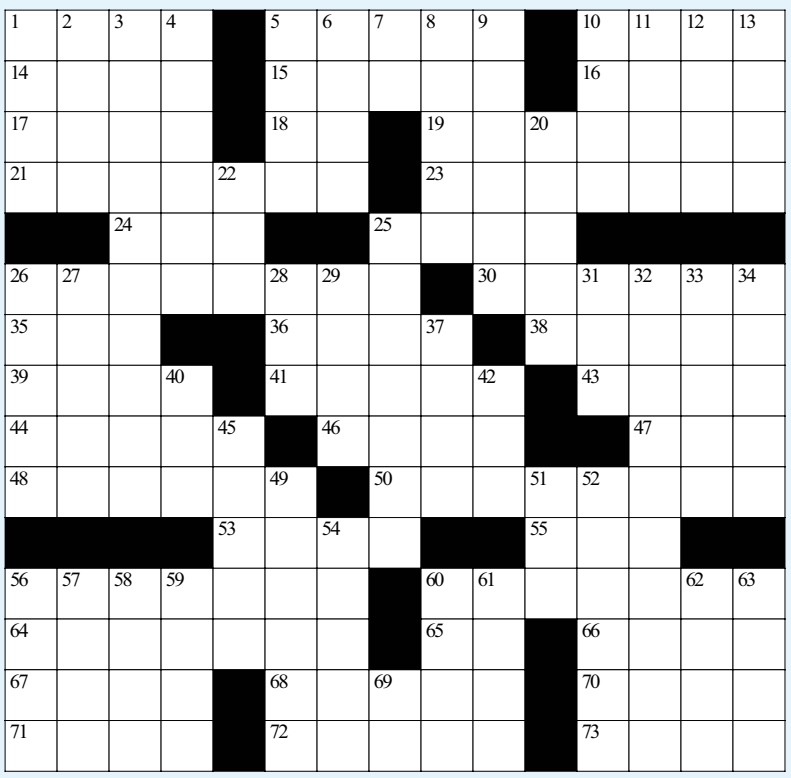
First Friday Tea Dance. 1-3:15 pm, 1st Friday each month. Listen to live music and dance the afternoon away! $5/person. Aug: Memories. Lunch is available at 11:30 am. for people age 60 or older through the VoA. $2.50 contribution, $8.50 under 60 is requested for meals. Reserve 2 business days prior call 303-987-4833 before 11 am.

19th Annual Cops That Cook! Pancake Breakfast. 7-10 am, Fri, Aug 18. Join the members of the Lakewood Police Dept. and Clements Center staff for a pancake breakfast with sausage and orange juice. Coffee is provided by Village Roaster. $4 adult before Aug 18, $6 adult day of, $3 12 & under.

50 Plus Marketplace News

Crossword Puzzle

Denver Metro • August 2017
Answers page 9



ACROSS
1 To a smaller extent
5 Once more
10 Hew
14 Sewing case
15 Cabal
16 River in central Switzerland
17 Baths
18 Part of the verb "to be"
19 Greed
21 Nuns
23 Open-minded
24 Seed of a legume
25 Stable attendant
26 Rate too highly
30 Young eagle
35 Doctor
36 Annoyed
38 Money
39 Hip bones
41 Steeple
43 Adjoin
44 Paces
46 Earth
47 Lyric poem
48 Sampled
50 Liberate
53 Exclamations of surprise
55 From
56 Large island of Indonesia
60 Asphalt
64 Kitchen vessel
65 Prefix meaning without
66 Unit of distance
67 Matron
68 Hebrew school
70 Islamic call to prayer
71 Arab sailing vessel
72 Defiles
73 Hawaiian goose

DOWN
1 Permits
2 Sewing case
3 Subdivision of a species
4 Female sibling
5 Partly open
6 Australian trees
7 Prefix meaning without
8 Republic in S Europe
9 Beginner
10 Concern
11 Bristles
12 Killer whale
13 Rind
20 At right angles to a ships length
22 Organ of hearing
25 Earnest
26 Writer of lyric poetry
27 River in W Africa
28 Donkey
29 Outstanding
31 Tibetan gazelle
32 To perform a lobotomy on
33 Evade
34 Potato
37 Ireland
40 Disposed
42 Mischievous person
45 Chairs
49 Which King of the Medes employed Daniel as his chief president
51 Newt
52 33rd president of the U.S
54 Shout of exultation
56 Floating vegetable matter
57 State in the W United States
58 Memorandum
59 Once more
60 False god
61 Taverns
62 Dash
63 Hawaiian goose
69 The ratio between circumference and diameter

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Prescription Drug Side Effects Could Be A Thing Of The Past!

A revolutionary test that was developed at the Mayo Clinic is now available in Colorado.

It's called a Pharmacogenomic Test and it could improve the quality of life for thousands of Colorado residents. Everyone metabolizes prescription drugs differently. It's based on an individual's DNA, the genetic information that we all inherit from our parents.

If you metabolize a drug too slowly, toxicity builds up in your body, causing any numerous side effects. Metabolizing a drug too rapidly causes the medicine to leave your body before it can be effective for the condition that it's suppose to treat. The only way we can identify which drugs are likely to cause an adverse reaction and which ones we can metabolize normally is to get a Pharmacogenomic Test (or PGX Test for short).

50% of all seniors are taking 4 or more medications. Statistics show that 4 medications give you a 50% chance of an adverse reaction and that number increases with each subsequent prescription.

Last year in the US, over 2 million hospitalizations were attributed to adverse prescription drug reactions. In order to decrease this horrifying statistic, Medicare and most major insurance companies have jumped on board to cover the cost of this test for people in need. Preventing future hospital visits should decrease as more people take action and get tested.

FIXURRX is a genetic testing company offering this service now and it takes less then 5 minutes! Currently there are 3 locations in Colorado: Greenwood Village. Cherry Creek and Ft. Collins; to get tested, plus a mobile service. For information visit www.fixurrx.com or to get a free consultation by phone call (720) 427-0159.

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Self-Healing Concrete

Bob Larson

Concrete has been used for several millennium since the Romans built the famous Coliseum. It's considered the most popular building material in the world. However many of the world's bridges and highways are literally falling apart. A typical bridge lasts 50 years. Today the average age of U.S. bridges is 42 years. One-quarter of all U.S. bridges are either structurally deficient or functionally obsolete last year by the U.S. Department of Transportation.

Self healing concrete is coming to the rescue! Several methods of concrete healing are being tested worldwide. One method in the U.S. uses microfibers, while other methods in Europe use bacteria. Both methods seem viable and time will tell if either method is successful.

Victor Li, a civil and environmental engineering professor at the University of Michigan, invented a new kind of concrete that hardly ever cracks and can bend too. It can repair itself and reduce the cost of maintaining bridges and roads. When the microfiber composite is stressed, it bends without fracturing. If it does crack, the cracks tend to be less than a human hair. These tiny cracks have the ability to heal themselves.

Dutch microbiologist Henk Jonkers with the Delft University of Technology in the Netherlands, created self-healing concrete using capsules of limestone-producing bacteria. When the concrete cracks, air and moisture trigger the bacteria to begin sealing off the cracks. The bacteria can lie dormant for as long as 200 years, well beyond the lifespan of most modern buildings. Either method costs about three times that of normal concrete, but is estimated to last forever, thus lowering the overall maintenance costs. This is another great use of technology in improving life on our planet.

❖ *Bob Larson is a technologist and Marketing Director at 50 Plus.*

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