

**FREE! TAKE ONE!**

**50+ ADULTS**

**50** Plus

**Marketplace**

**NEWS**



**DENVER METRO**

*Includes: Adams, Arapahoe, Broomfield, Elbert, Denver, Douglas, & Jefferson*

**CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY**

**April 2020 • Volume 26 • Issue 4**

## Colorado Covid19 Update

*By Robert Larson*

By the end of March, it's expected to have over 100,000 U.S. confirmed cases of coronavirus. Fortunately, less than 1,000 U.S. coronavirus deaths have occurred, but the threat is not over! In Colorado, it's expected to have over 1,200 cases with nearly 100 deaths with Denver County having the most cases followed by El Paso, Eagle, and Jefferson counties.

One of the problems is not enough people are being tested to know the true affected numbers. The other problem is more seniors with compromised medical conditions are dying from the COVID-19 virus due to their weaker immune systems. Younger adults do recover, but they are harshly affected with the painful symptoms.

Denver, Jefferson, and Boulder counties have also issued 'Stay at Home' orders to prevent the increase of COVID-19 cases and deaths. Law enforcement and National Guard units may be asked to keep order with more restrictions and possible fines. Other Colorado counties have also issued 'Stay at Home' orders where a higher percentage of cases exist. Other counties have held town hall meetings

encouraging social distancing and stay at home recommendations.

At the national level, the \$2 trillion U.S. Senate stimulus bill will help many Americans having financial difficulties, the economy, and medical industry cope

with either job loss, company operations, or medical supplies and equipment associated with the coronavirus. Some experts indicate this won't likely happen as we have experienced in China, Italy, Iran, and Spain. Nobody ever thinks about how many lives the seasonal flu takes each year, but nobody wants to experience another 1918 Spanish flu pandemic, when over 500 thousand Americans died.

The Centers for Disease Control and Prevention (CDC) and public health depts. recommend the following actions to keep Americans and especially seniors over 60 with compromised medical conditions, safe and healthy: 1) stay home



with your family if you have a non-essential job, 2) wash hands with soap often, 3) wear a N95 facemask when working with other people, 4) use social distancing of six feet at public facilities, 5) don't shake hands, hug, or kiss, 6) Avoid all cruise

travel and non-essential air travel. 7) keep pets safe too, and 8) keep tabs on your lone neighbors!

If you have the following coronavirus symptoms: 1) fever of 100 degrees or more, 2) dry cough, 3) pain or pressure in the chest, and 4) difficulty in breathing. Call your doctor or local urgent or emergency room facility immediately, but don't go there without their instructions first to prevent the spread of the virus to the health-care workers or other patients. Many younger Coloradoans will only experience mild COVID-19 symptoms. Bottom line is keep safe and healthy!

## 2020 Census Critical to Support Important Programs

"There's never enough money!" A phrase we all hear, right? More often than not we're thinking about personal finances, but the same might be said for funding for critical programs that support people that live in Colorado. The 2020 Census is an opportunity for everyone to be counted and to ensure adequate funding for our region.

The 2020 Census arrived in March, and it's our once-every-ten-years chance to make sure we get an accurate count, and this year it's particularly important to count the region's older adults. Colorado has one of the fastest growing older adult populations in the country and anything other than a complete count threatens our ability to provide critical services.

Kelly Roberts, Denver Regional Council of Governments' Area Agency on Aging explains, "Federal funding has not kept up with our rapidly growing older adult population".

The census is easier than ever to complete with online, phone or email options. There are just 10 questions to answer, so it can literally be done in a few minutes. And for those that might be concerned about the security of the data, rest easy. The information can't be used for any other purpose than the count itself! You can find more information at 2020census.gov.

## How Retirement Communities Are Coping

Retirement communities have had to immediately change how we safely deal with keeping the virus out of our buildings.

At the beginning of the outbreak, we started by having any visitors check in with the receptionist, fill out a form that says you do not have any symptoms and then having your temperature checked. As things have progressed, we are now only allowing doctors, essential nurses and staff in the building. also, non-essential personnel are now working from home to keep our residents safe.

The hardest part about the virus is that residents have to practice social distancing, which can be challenging as some residents have

dementia and do not fully understand the seriousness of the situation. We do our best to explain what is going on and help direct them to keep their distance from other residents.

As things have become more serious, residents can no longer leave the building, see their family members or attend activities in the community. This has been very difficult for them because they cannot attend exercise class or lectures and now feel somewhat isolated. Our staff has been great in encouraging them to read, do puzzles, listen to music and just stay active.

On the business side, retirement communities can no longer accept new residents or even resi-

dents who are in rehab. Families who have lost their loved one have to wait to remove their belongings, not to mention not being able to have a proper funeral.

We are entering new territory with Covid 19 and have had to put new temporary restrictions in place. It has also prepared communities for any serious health concerns that may come up in the future. We are looking forward to getting back to our normal routines and activities and in the meantime, we are doing our best to keep our residents safe and engaged.

❖ *By Diane Martini, Director of Marketing Eastern Star Masonic Retirement Campus 303 756-9489*

## INSIDE

**Mary Thomas**  
Page 2

**Stay the Course**  
Page 3

**Prevent Airplane Back Pain**  
Page 6

# APRIL Calendar

**National Alcohol Awareness Month**  
**National Month of Hope**  
**National Volunteer Month**

**We encourage you to check with individual venues for the most current closures and postponements.**

**Sunday/5**  
Palm Sunday

**Sunday/12**  
Easter

**Wednesday/22**  
Earth Day



## Mary Thomas Turned 105!

A very delightful celebration was held on August 27th in honor of Mary Thomas's 105 Birthday!!! Guests gathered at the Kaiser Permanente Medical Offices in Lafayette, CO for the big event! Friends, family, and exercise companions were in attendance.

Mary, aka, the "energizer bunny" has been active her entire life: fencing, diving, hockey, even golfing well into her 90's. She graduated,

with high honors, from college at the age of 54; even receiving the "Teacher of the Year" Award. She went on to teach hearing impaired children, even volunteering to tutor children. Mary stayed mentally engaged by playing bridge, quilting and (watercolor) Painting. Her answer to a TV interviewer when asked what she attributed her longevity to. She replied, "just keep moving!" And she did, just that...

Mary has been an Inspiration to us all as she still gets around. When she enters the room, she immediately lifts everyone's spirits with her genuine smile. She is one of the nicest ladies you could ever meet. Congratulations, and Happy Birthday Mary!

"Sadly, Mary passed away a month after the celebration" She will be missed by all! Rest In Peace, Mary!" Your life was an inspiration.

### PBS12 Reschedules

The Kingston Trio concert has been rescheduled for **Sat. August 15, 7pm, at Paramount Theatre.**

Tickets will be honored on the new date. Thank you for your continued help and support.

*Say You Saw It In  
50Plus  
Marketplace News*



The management and staff of 50 Plus extends our healthy wishes for a safe, and prosperous time at home. "We are all in this together" is an understatement, but we will keep the midnight oils burning both in print and on-line to serve you. Please feel free to contact us for any service we might provide.

Kind Personal Regards,  
Your 50 Plus Management Team



**Thursday,  
April 16th**

1:00 - 5:00 pm

Douglas County Events Center  
500 Fairground Blvd

**DUE TO COVID-19; SENIOR LIFE EXPO HAS BEEN POSTPONED**

*...things senior"*  
Douglas County Event

*Talk with senior related businesses & organizations*

Organized by the **Castle Rock Senior Activity Center**  
303-688-9498 - [castlerockseniorcenter.org](http://castlerockseniorcenter.org)  
See website for current listings of participating partners & seminar schedule.

## Find Einstein



**Can you find the hidden Einstein in this paper?**

# CONTACT

## How To Reach Us

**email**

Robert@50PlusMarketPlaceNews.com

**phone:** 303-694-5512

**mailing address**

4400 Sioux Dr.  
Boulder, CO 80303

**website**

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

**published by**

50Plus Media Solutions, Inc.

**Serving:** The cities & counties of Denver, Adams, Arapahoe, Broomfield, Douglas/Elbert and Jefferson.

**50 Plus Marketplace News, Inc.** is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Denver Metro citizens. 50 Plus has 298,000 metro readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

**50 Plus Marketplace News, Inc.** encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material under 250 words emailed to sales@50plusmarketplaceneews.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.

**Publisher/Editor**

Robert A. Trembly II

**Chief Financial Officer**

Michael Gumb

**Director of Marketing**

Robert (Bob) Larson

**Contributing Writers**

Denver area Senior Centers  
Denver area Agencies & Businesses  
All seniors organizations

**Product Consultants**

David Gochenour

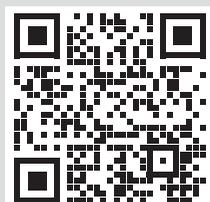
Rod Lillpop

Harvey McWhorter

**Design/Production**

Lynne Poole

**Smart Phone Access**



Printed on 100% Recycled Paper

## Stay The Course

Markets are panicked right now, and it can feel like uncertainty is here to stay. It felt like this during the financial crisis of 2007-08, the .com bust in 2000, and in the wake of 9/11 in 2001. But if history is any guide, the country and the economy have repeatedly recovered from moments of peak uncertainty and returned to growth.

What we are seeing now in the markets is largely a product of uncertainty. Markets hate uncertainty and tend to overreact to events that we have not experienced before. The coronavirus is something we have not seen before, at least in this global environment in which we now live. But, remember that long-term investing remains the most effective strategy to build wealth over time. We've seen the country and the economy bounce back before, and that's why we're

in this for the long haul.

There are so many unknowns in the economy, so we urge you to ignore those providing economic forecasts. No one knows for certain what the economic environment will look like when this crisis has passed. What we do know is that before the pandemic, the economy was progressing with healthy fundamentals. Obviously, those fundamentals are being challenged right now, and the shock is creating an economic downturn. Policymakers are working to throw more liquidity into this economic valley and create a liquidity cushion through fiscal and monetary policy. When that plan finally passes through congress, the bail out should help in the economic recovery.

In the meantime, we are telling all our clients to stay the course and do not give into panic sell-

ing. History has proven that markets recover, but realized losses are much harder to recoup. Those that miss the 10 best days of the market always end up worse off than those that hold their positions. There is a high probability that if you sell you will miss some of the best days moving forward. We at Infinity Wealth Management are providing the discipline needed for long term investing and your success will be measured by how we behave when times are bad.

Stay healthy and safe and please reach out if you have any concerns or fears with respect to the financial assets you have entrusted to IWM.

❖ *By Mel Tewahade, CEO, Infinity Wealth Management, Inc. 9101 East Kenyon Ave, Denver, (303)337-7082 / www.infinitywealth.net / www.infrs.com*

## Steve House Engages Voters in Colorado's 6th Congressional District

Brighton resident Steve House, a former Colorado Republican Party chairman and CEO, is the face of "new Colorado Republican party," and House says he is set to revolutionize not only the party of Lincoln but healthcare, education and government.

With a focus on technology and innovation, House is running for Congress in Colorado's 6th Congressional District, that includes Denver's eastern suburbs of Aurora, Centennial, Highlands Ranch and Brighton.

"This Congressional election is about something much larger than who we send to Washington to represent us," said Steve House.

"In November, we will define our Colorado values and priorities for a generation. Will we look towards innovation and technology to solve many of challenges facing America and the world or will be mired in old ideas and failed ideologies of the past?"

The 6th District was created in 1983 and represented by Republicans from that year until last year. U.S. Rep. Jason Crow, an Aurora Democrat, beat long-time popular Republican Mike Coffman in 2018 by 11 percentage points. House considers Crow's victory to be a fluke and believes recent polling shows the freshman lawmaker to vulnerable and beat-able.

At the center of the House campaign is healthcare reform. Steve House says he will unveil his plan to lower costs, provide more transparency and increase more choice into the marketplace.

"We have to cover pre-existing conditions. I've spent 35 years of my life in health care, I understand how it works. That's an important piece," House said. He's a critic of socialism and single-payer health care, also known as "Medicare for All." <https://www.houseforcolorado.com/>

# SENIOR



## Todd Creek Golf Club House

### 8455 Heritage Drive

### TUESDAY, MARCH 24TH

From I-25 exit Hwy 7 East (East 160th) 5 miles to Yosemite (traffic light). Turn right (south) then right on onto Heritage Drive. Club House on right.

**SENIORS ON STAGE**

**DUE TO COVID-19; RESOURCE DAY HAS BEEN POSTPONED TO FALL 2020**

**Products and Services for Today's Seniors!**

**Roulette Wheel For Door Prizes**

**FREE ADMISSION**

**Open House**

**Come any time between 9 am and 1:00 pm**

**Sweets for Seniors**

**Free Dessert Bar**



www.tradeshowsbywestwind.com  
800-680-5320

## Reflections

### Remembered foods

Depending on when we grew up, our parents or grandparents might have created a variety of meals using everything possible. They knew how to stretch the dollars while providing tasty entrees.



**Martha Coffin Evans**

In our recent writing group, we munched away on ham salad made by a member. Some recalled mothers in particular grinding leftover ham to create the salad. In some cases, cheese or pickles might have been added along with mayo.

Another remembered beef salad created in much the same way. While not sounding appealing to some, it was enjoyed.

We laughed about those old grinders used in making these meat salad spreads. Each December, we use our hand-turned grinder (AKA food chopper) to make the family's cranberry salad recipe. Without a breadboard's existence for easy securing, we try our best to stabilize it while grinding away. Would a Cuisinart work

the same as using that age old "appliance"? Maybe but, would it taste the same? We'd miss "entertaining" ourselves in making this salad.

Another crazy sounding weekend lunch item, "glorified hotdogs or weenies," provided variety with its sautéed onions, vinegar, catsup and mustard. Not the most elegant of meals, its tangy flavor worked.

In the coming months, several have rather traditional fare associated with them. Grocery stores advertise for these special days including their main items along with other typical and expected ones.

Remembering special foods connects us with our past. A son recalls his father's 'refrigerator stew' consisting of all available ingredients and left over items. I remember fondly my Aunt Lucile's Indiana persimmon pudding which I've never been able to replicate. I can successfully create some family recipes. What family-created foods do you remember from years ago? If you could make them would they taste the same?

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

## In The Spirit

### When People Disappoint You

"It is better to trust in the LORD than to put confidence in man."

*Psalms 118:8 KJV*

Have you ever had friends you thought would always be there for you, but at the first sight of tragedy they vacated the premises? One day they're right beside you, but the very next day they're nowhere to be found. One day you're sitting around planning your futures, but the next day their plans exclude you. Have you ever shared your personal life stories with a family member or friend only to later hear your business all over the church, the job, the neighborhood and/or the beauty shop (barber shop)? You specifically asked that no one tell this information to anyone else. Now you are in a position



**Dr. Armington**

where everyone knows your inner feelings.

How do you handle the times when the people you trusted the most turn their back on you? There are times in our lives when family members and friends, we love and adore so much, will break our hearts. Whether intentional or not, there are times when you find yourself "all by yourself!" Not because you chose to make it this way, but because of the disappointments you experienced while dealing with people. You must understand man makes a lot of promises, which sound good, but the fulfillment of them are never kept. Be careful not to place your trust in people who have the same potential to fall as you do.

❖ *For more inspirational nuggets purchase a copy of "How To Get Your Hands Out The Lion Mouth" via Amazon.com or visit DrArmin gton.org each Sunday at 10 a.m. (CST) for "Live Streaming".*

## 2020 CENSUS

Beyond counting traditional households, the Census Bureau also counts those living or staying in group quarters. Group Quarters include: Group Homes, Nursing Facilities, Residential Treatment Facilities, In-patient hospice facilities, Mental Health Hospitals, College Campuses and others.

The Census Bureau reaches out to administrators in group quarters in 3 phases: January 2020, a letter was sent to administrators; February 3 - March 6, 2020: Census Bureau representatives help the administrators gather the data. If the administrator does not respond, then a census representative comes to the facility. Some administrators can fill out an eResponse <https://respond.census.gov/gqe/login>.

The information that the administrators need to provide to complete the 2020 Census Enumeration of their facility includes: Names, Age, Sex, Race, Hispanic origin, other potential address (if the person might have been counted in another household).

If you are the administrator of an Assisted Living Residence in Colorado, you **will not** be contacted like the facilities listed above. Your residents are asked to respond as the rest of the general public.

How to Respond to the Census: Online portal and phone responses can be completed starting on March 12, 2020. Information available in 13 languages.

Online: [www.my2020census.gov](http://www.my2020census.gov)

to use your computer, tablet or smart phone.

Phone: 1-800-923-8282, 1-800-877-8339 (TTY)

Mail: Complete paper form and return by mail. A paper form will be mailed out if you do not respond by the third invitation. You cannot request a paper form

Impact On Colorado

- \$19,205,771,000 total annual funding
- \$8,469,833,000 in Medicare alone (CO FY 2017 Census Guided Federal Spending)

The Census is a population count completed every 10 years by the Census Bureau. The Census is the foundation for all data in the US for the next 10 years and determines how much money Colorado gets for: Medicare Part B, Medical Assistance, Housing, Transportation, Highways and Bridges, Community Schools, Representation in Congress *and much more!*

The Census Bureau cannot release or share any information. Individual data is locked up by the Census Bureau for 72 years.

CGS is a safe and secure community space to complete the 2020 Census online. If you are an administrator, caregiver, on professional in the aging filed and have questions or need assistance to count all the older adults in your life call us: 303-333-3482 main, 1-855-293-6911 counseling, 1-855-880-4777 Spanish.

**DUE TO COVID-19;  
ACTIVE AGING EXPO HAS BEEN  
POSTPONED  
NEW DATE: TBD**

**ACTIVE AGING  
EXPO**

**FREE EVENT!  
Ages 55 & UP**

- Over 70 Exhibitors
- Active Aging Programs
- Community Resources
- Wellness Screenings
- Activity Demos
- Door Prizes

**MOVING THROUGH THE DECADES**

**THURSDAY  
April 16th  
3-6 PM**

**THE MALLEY RECREATION CENTER**

3380 S. Lincoln Street  
Englewood, CO 80110  
303-762-2660  
[www.Englewoodco.gov](http://www.Englewoodco.gov)

## Reverse Mortgage

### Coronavirus Panic Puts a Hit on Your Retirement Wealth

Content sponsored by Silver Leaf Mortgage



**Jim Doyle**

With the coronavirus becoming a pandemic and heading for the US, stock markets globally have lost well over \$3 trillion of value in the past weeks due to panic. Now, not only do we have to protect our health, but we also have to protect our wealth.

At times of severe market volatility, Senior investors often panic or are forced to sell and sustain large losses to their retirement portfolio. Many times, these losses cannot be recovered quickly. With a Reverse Mortgage Line of Credit Senior homeowners can access funds by tapping into their housing wealth rather than selling stocks or other assets, thereby creating a hedge against the market downturn and beyond.

If you have a reverse mortgage line of credit in place, you can use it to mitigate market downturns while waiting for your investments to regain value. Then over time, as market volatility decreases and stock market-based assets return to stable prices your assets will have recovered well rather than sustaining large market losses now.

There are many different uses of a tax-free HECM reverse mortgage line of credit. It can be a powerful tool in stabilizing and complementing your retirement needs.

The good news for Senior homeowners – a Reverse Mortgage has easy income and credit requirements, and can often be put in place in as little as fifteen days.

To find out if a reverse mortgage is right for you, contact your local reverse mortgage experts at Silver Leaf Mortgage today. Most loans close within 30 days which means you can get back to living worry-free fast.

Before you take your next step into your retirement, you should speak with a HECM loan expert and your financial planner. To learn more about a HECM and the various ways a HECM can put you on the path to more financial freedom in your retirement, contact Silver Leaf Mortgage, your trusted local partner and Colorado's #1 Reverse Mortgage Broker.

Silver Leaf Mortgage is based in Centennial, CO. They are Colorado's number 1 reverse mortgage broker and a proud sponsor of Senior Source.

This article involves commercial content. The products and services featured appear as paid advertising. For more information, [digital@9news.com](mailto:digital@9news.com). Colorado & Company is a part of 9news and features colorado events, companies, business people and other guests from around the country.

❖ *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.*

# Salute To Seniors

31st Annual

Colorado's Largest and Longest Running Older Adult Expo

## Avenues to Awesome Aging

With an abundance of caution and concern to protect the health and welfare of older adults as it relates to the transmission of Covid-19 (novel coronavirus), the recommendation of Governor Polis that we be especially mindful of keeping older adults safe, and a consultation with Wendy Bamberg, MD, Medical Epidemiologist, Colorado Department of Public Health, the Colorado Gerontological Society Board of Directors has made the difficult decision to reschedule the Salute to Seniors. It is now for scheduled for:

**August 22, 2020**

**9 am to 3:30 pm**

**Colorado Convention Center**

Mile High Ballroom  
700 14th Street, Denver CO 80202

**\*FREE Admission\***  
Expo, Resource Fair and More!

**Reservations Suggested**

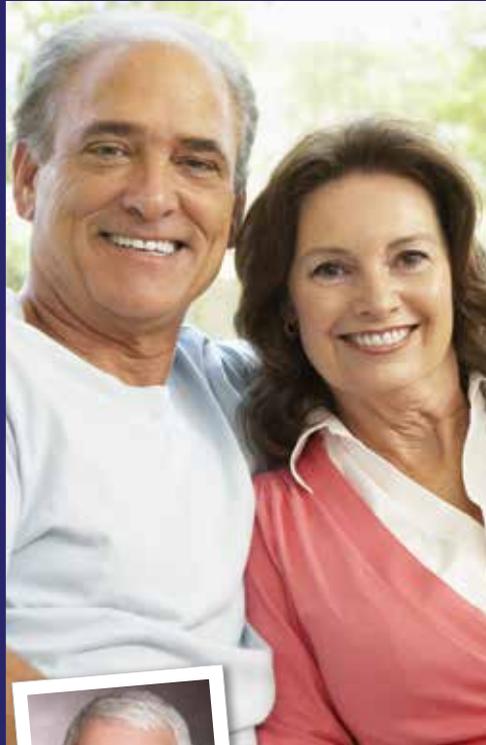
1-866-294-3971 or [www.senioranswers.org](http://www.senioranswers.org)

### HEADLINE ENTERTAINMENT



## HAVE YOU WONDERED How to Fund Retirement?

Colorado's #1 Reverse Mortgage Broker



### Have you heard about the New Reverse Mortgage?

- ✓ Get CASH! Eliminate your mortgage\*/HELOC
- ✓ Receive tax-free loan proceeds for **any purpose** if you're 62+
- ✓ Pay off debt or replace cash reserves
- ✓ You ALWAYS own your home. The bank DOESN'T.
- ✓ Postpone drawing down retirement assets, giving them more time to grow
- ✓ Cover home renovations, medical bills, or other unexpected expenses
- ✓ You own your home's equity

\*You are responsible for property taxes and homeowners insurance.

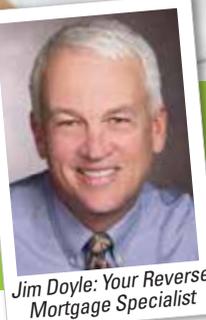
**Call for a FREE Consultation!**

Offer Code 0420FP

**JIM DOYLE | 720-458-4034**

Reverse Mortgage Specialist, NMLS# 335659

[JimDoyle@SilverLeafMortgage.com](mailto:JimDoyle@SilverLeafMortgage.com)



Jim Doyle: Your Reverse Mortgage Specialist

**SILVER LEAF MORTGAGE**

As Featured on Colorado's Best



Located in The Streets at SouthGlenn

6972 S. Vine St., Ste 366, Centennial, CO 80122 | [SilverLeafMortgage.com](http://SilverLeafMortgage.com)

Silver Leaf Mortgage NMLS #1394377 is an Equal Housing Lender. Credit and collateral are subject to approval. Terms and conditions apply. This is not a commitment to lend. Programs, rates, terms and conditions are subject to change without notice. Regulated by the Colorado Division of Real Estate.



The Summit offers affordable apartments for people ages 62 and over.

Once here, you'll enjoy countless amenities and modern touches:

- Flexible meal packages
- Health and wellness programs
- Social events and activities
- Housekeeping and laundry services and much, much more



Call Us Today:  
303-937-3000

323 South Eaton Street in Lakewood  
[www.eatonsenior.org](http://www.eatonsenior.org)

Say you saw it in 50 Plus Marketplace News

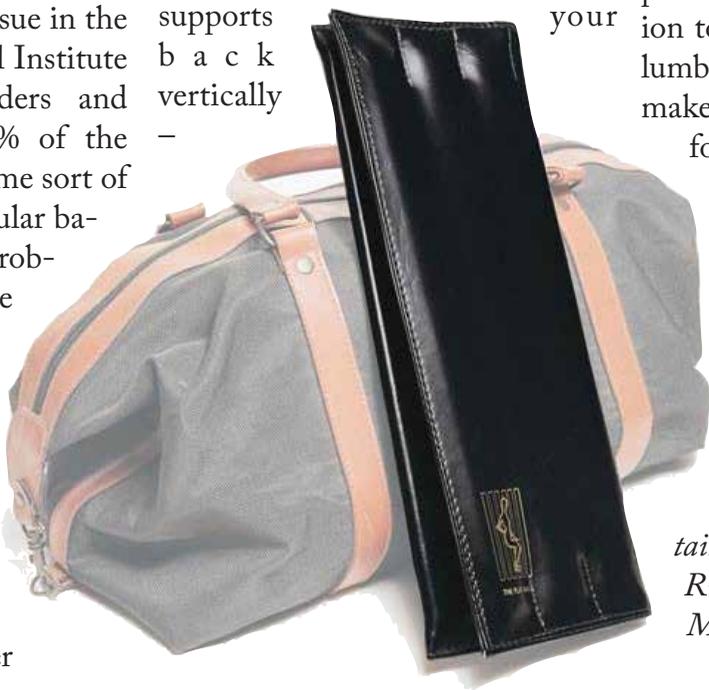
# Simple Cushion Prevents Airplane Back Pain

An airplane seat is no friend to the lower back. Whether you're dealing with existing back pain or trying to avoid it, airline seats aren't designed to give you proper back support. Statistics show that after just 20 minutes of sitting, blood pools in the legs and pressure builds on the spine, creating tightness and discomfort in the lower back. Virtually all commercial flights are longer than that, which means millions of travelers are left to suffer in their cramped economy-class seats counting the minutes until touchdown.

Back pain is a major issue in the U.S. In fact, the National Institute of Neurological Disorders and Stroke reported that 80% of the population deals with some sort of lower back pain on a regular basis. This overwhelming problem is what prompted the creation of The Back Thing, a functional chair cushion designed by a neurosurgeon to provide lumbar support. Many have found relief in the simple yet smart design of The Back Thing. Peter

F., who commutes for work in the Baltimore area, said: "I typically sit on a train for three hours daily and really feel it when I get home. The Back Thing has been a nice addition to the commute. I like the fact that it folds for easy placement in my briefcase, too."

If you travel, there are a few simple ways to combat back pain. Do exercises directly targeted at strengthening back muscles. Practice yoga. Wear comfortable, low-heeled shoes. When sitting, use good lumbar support, like The Back Thing, that supports your back vertically.



most lumbar supports are horizontal and push the lower back to overarch. Make sure to sit at a good position. Keep shoulders back. Switch sitting positions often and get up to stretch and walk around periodically.

About The Back Thing: The design of The Back Thing prevents back pain by giving support to the lumbar area with different technology than other seat cushions. Instead of horizontal cushioning that pushes the lower back to overarch, The Back Thing uses vertical pine slats beneath its padded cushion to promote better posture and lumbar support. The slim design makes it foldable and easy to carry for travel and work. The Back Thing is available online at [www.TheBackThing.com](http://www.TheBackThing.com).

❖ *Angela Forsyth, business & lifestyle writer, published in Management Today, Food and Drink, Inside Healthcare, Modern Home Builder, Manufacturing Today, Retail Merchandiser and writes for Ridgefield, CT-based Local Social Media.*

# Benefits Of Laughter

By Michael Buckley

Cruising the Internet, I came across these benefits: boost immunity, decreases pain, relaxes muscles, lowers stress hormones, prevents heart disease, adds joy and zest to life, eases anxiety & tension, strengthens resilience, improves mood... So, let's give these ago...

George Washington never told a lie, but then again he never had to file and Form 1040.

Will Rogers: Even if you are on the right track, you'll get run over if you just sit there.

Bob Hope on Old Age: That's the time of your life when even your birthday suit needs pressing.

Lucille Ball: A man who correctly guesses a woman's age may be smart, but not very bright.

He's so old... when he was in school they didn't teach history.

Phyllis Diller: Whatever you may look like, marry a man your age - as your beauty fades, so will his eyesight.

Bob Hope: I'm so old they've cancelled my blood type.

Laughter is great medicine. Good health to you!



When you get your invitation to take the 2020 census, make sure **you're counted**.

Did you know funding for the community programs you care about is based on census numbers? Make sure **you and your community** are **counted** by responding to the 2020 census.

This year, you can answer **online**, by **phone** or **mail**.

# we're in this together.

Learn more about the census at [2020census.gov](http://2020census.gov).



No matter what type of senior living you are looking for...  
**...having fun should be at the top of the list!**

Serving Seniors since 1931, we know how to care for your loved one.  
 Offering Independent Living, Assisted Living, and Memory Care

For more information call **303-731-5918**

**Eastern Star Masonic Retirement Campus**

[www.esmrc.com](http://www.esmrc.com)

2435 S. Quebec St. Denver, CO 80231 • No Masonic affiliation required.

## Genealogy Rocks!

### Letter to the Future

Full Disclosure: I facilitate a family writing group monthly at the Central Denver Public Library so it is my job to encourage people to preserve their research by writing their family history. So I'm committed to the process.



Carol Darrow

But I am often asked if it's worth it because none of their children are interested in their family stories and often roll their eyes when moms and dads start telling those stories. So why bother?

Think of your writing instead as a letter to the future. The future is unknown and so are the people who will read your writing and treasure it. Today we have 1,000's of cousins revealed through DNA testing. Some are not interested in the past except as it reveals their ethnic origins. Others post family trees that only go back to their grandparents. Sometimes it feels like no one is interested in re-

searching early ancestors.

You have done that research. You have spent hundreds of dollars on birth and death certificates, military pension records and probate records. More importantly, you have done the analysis that revealed the "Why." Why did they get married and why did they get married there? Why did they move from Illinois to Oregon and then to Kansas? We family historians do the happy dance when we figure out the answer to a family mystery or secret. We need to preserve our solutions and the stories around them for whoever is out there in the future who will treasure them.

The WriteNOW group at DPL meets once a month on Sundays, September through May and is free and open to anyone interested in crafting their family story in whatever form they want. We have people creating scrapbooks, cookbooks, novels, and memoirs. We are supportive of all efforts to preserve family history.

❖ *Carol Cooke Darrow facilitates the WriteNOW family history writing group that meets once a month at the Central Denver Public Library.*

## Technology is Hip!

### What to Do at Home During the Covid19 Threat?

Since many Coloradoans are landlocked at home during the one month or longer 'stay home' coronavirus period, I have several ideas to keep you, your children, or grandchildren busy. Technology is key to getting you through this troublesome time. This requires a computer and the Internet to access several educational databases, webinars, programs, videos, or digital books at your local library, providing you have a library card.



Bob Larson

But if you don't have a library card, then consider the many webinars or educational videos hosted by many webinar and educational companies such as Ted Talks or Khan Academy on their YouTube channel. Of course, the old standby is also recommended for your tots during the morning cartoon shows or exercise or other educational programs on the different crafts or arts programs on PBS-TV for you and your spouse! Sal Kahn, a Harvard graduate, decided to help many students af-

ter his cousin needed help, so he created short videos to help her graduate, which she did. They became so popular on YouTube, that he started his own learning academy for educators and a non-profit website for both learners and educators. Visit his non-profit website at <https://www.khanacademy.org> or his YouTube channel at <https://www.youtube.com/user/khanacademy>. You will be amazed at all the free classes Sal offers in many languages.

For college students or professionals, a free webinar channel under TED Conferences provides over 2,600 TED Talk videos that are freely available on their YouTube channel at <https://www.youtube.com/user/TEDtalksDirector>. The categories are endless with many professional speakers including entrepreneur Elon Musk, past physicist Stephen Hawking, environmentalist Jane Goodall, Microsoft's Bill Gates, Google's Larry Page and Sergey Brin, and many Nobel Prize winners to name a few. This is another great example of technology educating our human race of all ages!

❖ *Bob Larson is a technologist and Marketing Director for 50 Plus Media Solutions.*

United States  
**Census  
2020**



**AFRICAN CHAMBER OF COMMERCE**  
COLORADO USA

In Honor of Dr. Martin Luther King, Jr. – Stand Up and Be Counted!

**BE COUNTED**



**in the 2020 Census!**

**Quick & Easy • Confidential • Important**  
Helps Fund Community Services

**ACCCOUSA**

1609 Havana Street

Aurora, CO 80010

Naquetta Ricks

720-628-7534

<http://>

[accousa.org/](http://accousa.org/)

I am your Certified Senior Housing Professional in Metropolitan Denver and surrounding counties. My team of experts and I can make your downsizing and transitioning to your new residence

**AMAZINGLY EASY!**



James V. (Jim) Neely, GRI, CSHP, CNE, SFR  
Broker Associate

720-748-0699 (Home Office & FAX)

303-409-1300 (Coldwell Banker Office)

303-881-3106 (Mobile)

[jim.neely@coloradohomes.com](mailto:jim.neely@coloradohomes.com)



6501 East Belleview Avenue, Suite 500  
Englewood, CO 80111

View my promo-video at <http://www.youtube.com/watch?v=RyZiPIWbkbU>

## RED ROCKS CONCERTS

THE WORLD'S GREATEST **PINK FLOYD** SHOW

**BRIT FLOYD**  
**ECHOES 2020**



June 11

THE #1 **BEATLES** SHOW IN THE WORLD

**"1964"**  
The Tribute



August 20

**GET THE LED OUT**



A Celebration of "The Mighty Zep"

September 24

**CPT12.org**  
303-296-1212

**50<sup>th</sup> Marketplace**

**axs.com**  
1-888-9-AXS-TIX



# Active Minds

Expanding lives and minds with community-based educational programs.  
**Call us at: 303-320-7652**  
[www.activeminds.com](http://www.activeminds.com)

## JOLLY 60s

A Ministry to those 60 and over

Group singing & special music.  
 The 1st & 3rd Tues. monthly, 10 a.m.  
 Visitors welcomed. Lunch is served.



Call us: 303-781-5519  
 First Baptist Church Of Englewood 3190 S. Broadway



Infinity Wealth Management, Inc.

Mel Tewahade, owner & CEO. Life Insurance expert & Trusted Advisor to hundreds of families assisting them in wealth creation, wealth preservation, and wealth transfer.



When it comes to Investing Infinity Wealth Management Inc. is your answer.

- We are prepared if you die too soon. You have enough to protect your family.
- We are prepared if you have a life changing disability. We provide a strategy.
- We are prepared if we live too long. We don't run out of money.

9101 East Kenyon Ave, Suite 1100

Denver, CO 80237

<https://www.infinitywealth.net/Office>:

P: 303-475-5684 E: [mtewahade@infinitywealth.net](mailto:mtewahade@infinitywealth.net)



## Apex Community Recreation Center

303-467-7198 • [www.apexprd.org](http://www.apexprd.org)

In an effort to prevent community transmission and support social distancing, Apex has closed all facilities, including outdoor fields, Indian Tree Golf Club, and all programs and classes, effective Saturday, March 14, 2020 through Thursday, April 30. During this time, we will

be constantly monitoring the situation and our current re-opening plan. The health and safety of our staff and community is our highest priority. Please check back to [ApexPRD.org/Virus](http://ApexPRD.org/Virus) for all real-time updates during the closure.

## Wheat Ridge Active Adults

303-205-7500 • [www.rootedinfun.com](http://www.rootedinfun.com)

**World Tai Chi & Qi Gong Day.** Come join us for both Tai Chi and Qi Gong interactive demonstrations on Sat. April 25th at 9am. This is a free event but please RSVP by calling 303-205-7500. Light refreshments will be served.

**Movie Matinee.** Sit back, relax and enjoy our free monthly movie! "A Beautiful Day in the Neighborhood" will be shown on Thursday, Apr. 23rd at 1:00pm. No RSVP needed, just show up!

**Enrichment Classes.** Fee vary, call to register. Pottery: Intro to Hand Building; Tues. Apr 14-May 19, 5:30-8:30pm. Drum Circle: Fri. April 8-29. Aromatherapy Spa Workshop: Sat. April 18. Joint Health to Digestive Health: Tues. April 21.

**Fitness and Dance.** Evening Zumba: Tues. Apr. 14- May 19. Qi Gong: Wed. Apr. 15-May 20. Yoga: Wed. Apr. 15-May 20. Couples Ballroom Dance: evening Wed. April 1-29. Couples Ballroom Dance: day; Fri. April 3-24. Two Step & Triple Step: Sat. April 4, 11, 18 & May 2.

**Dance!** Offering a wide variety of

ongoing dance classes that include Beginner, Intermediate and Advanced Tap; Belly Dancing, Hula, Ballroom, Zumba and Western Line Dancing. Call for more information.

**Special Interest.** Drop-in groups, fees vary. Duplicate Bridge: every Monday 12-3:45pm, bring a partner. Train Dominoes: 1st & 3rd Mon, 12:30-3:30pm. Support Group: Life is not easy, 2nd & 4th Mon, 1-3p. Social Bridge: every Tue, 12:40-3:45pm. Write & Share: 4th Tue, 2-3:30. Smile-Hi Healing Laughter: every Tue, 12:30-1:30pm. Silversmith Lab: every Wed, 9-noon. Woodcarvers Guild: every Wed, 1-3:45pm. Genealogy Group: 3rd Thu 1:30-3pm. Booktalk: Thu, April 23rd, 10-11:30am; Book: "Destroyer Angel". Hootenanny Jam: 1st & 3rd Fri, 1-3pm.

S	Y	L	P	H		A	P	T		M	A	C	E			
C	A	I	R	O		E	I	R	E		A	L	A	R		
A	R	M	A	G	E	D	D	O	N		L	I	R	A		
B	E	A	N		A	D	E	P	T		A	M	O	S		
						D	U	R	O		A	B	E	L	E	
A	S	W	I	R	L		S	E	A	S	O	N				
C	L	E	A	N		M	U	L	C	H		T	A	G		
M	U	L		L		G	A	M	U	T		H	A	L	O	
E	E	L		V	A	G	A	L		T	O	R	S	O		
				I	R	I	D	I	C		C	A	N	Y	O	N
C	A	N	E	A				J	U	D	O					
E	G	G	S			S	C	R	U	B		L	O	D	E	
D	A	T	E			K	O	O	K	A	B	U	R	R	A	
E	T	O	N			I	D	L	E		I	L	L	E	U	S
D	E	N	T			N	E	E			B	U	S	B	Y	

**FREE**

*Rain, Snow, or Shine!*

# Walk with a Doc

## Take a Step Toward Better Health

**Saturday, January 11<sup>th</sup> 8am**  
**Bible Park**  
 Off of Yale Between Monaco and Quebec in Denver  
 Meet near the Baseball Diamond  
**TOPIC: Hypertension: What's New?**

**Saturday, February 1<sup>st</sup> 8am**  
**Crestmoor Park**  
 Off of S. Locust and Cedar (Near Alameda) in Denver  
 Meet near the Tennis Courts  
**TOPIC: Congestive Heart Failure**

**Saturday, March 7<sup>th</sup> 8am**  
**Bible Park**  
 Off of Yale Between Monaco and Quebec in Denver  
 Meet near the Baseball Diamond  
**TOPIC: Lung Cancer Screening**

**Saturday, April 11<sup>th</sup> 8am**  
**Crestmoor Park**  
 Off of S. Locust and Cedar (Near Alameda) in Denver  
 Meet near the Tennis Courts  
**TOPIC: Bypass, Stents, Or Statins?**

MEET NEW PEOPLE • LEARN ABOUT HEALTH • WALK AND GET FIT WITH DOCTORS  
**FREE BLOOD PRESSURE CHECKS, GIVEAWAYS, COFFEE, AND BREAKFAST.**

Many more walks all over the Denver metro region! See the full list at  
**NJHEALTH.ORG/WWAD**

Generously Sponsored By:

## Aging Well

### Remodeling Considerations-Planning is Key

Planning on doing some home remodeling this spring or summer? You are not alone. Home-improvement spending among homeowners age 55 and over, according to a report issued by the Joint Center for Housing Studies of Harvard University, is currently at record levels and is projected to increase by more than 10 percent at the same time the number of homeowners in this age group soars at twice the rate.

However, only about 1 in 10 older homeowners who remodeled in 2014 and 2015 did so to make their home easier for everyone to use regardless of age, size or ability, known as Universal design, Livable Design or Better Design. It emphasizes convenience, simplicity, flexibility and adaptability. And it goes beyond accessibility to include style at its very core.

As households age, the incident of disabilities increases dramatically. While less than a quarter of owners age 55-64 reported a household member with disabilities in 2015, that share jumps to nearly a third among owners age 65-74 and to more than half among those 75 and older.

By incorporating Universal Design into remodeling projects for two of the most important rooms in your home, your kitchen and bathroom, you will help ensure that you can live safely and independently even as your needs



Karin Stewart

change.

Below are two resources to learn more about incorporating Universal Design into your remodeling project.

- AARP HomeFit Guide: AARP.org/livable
- Remodeling Today for a Better Tomorrow: Design Ideas for the Kitchen and Bathroom <http://www.thehartford.com/sites/thehartford/files/remodeling-guide.pdf>

❖ *Aging Well in Jefferson County is a strategic planning project focused on developing and implementing strategies to create inclusive, livable communities through sustainable partnerships and integrated services. The Housing Workgroup is one of six Workgroups addressing all aspects of life for aging residents in Jefferson County. For more information, visit our website at [www.Jeffco.us/Aging-Well](http://www.Jeffco.us/Aging-Well).*

## Denver District Attorney

Our elder-abuse prevention attorney alerted us today to a new COVID-19 scam targeting seniors. A geriatrician at Denver Health Medical Center reports that two of her elderly patients were approached separately by complete strangers in grocery stores, who had come up to them and offered to do shopping for them and deliver to their home. She described both patients as being elderly and frail.

One of these seniors had agreed to let the person come to their apartment and get their shopping list. Neither was asked for money, and neither know what the arrangement would be. However, giving strangers your address, ac-

cess to your home or your debit card could be very hazardous. Many seniors are not familiar with store delivery or online shopping, and may have a lot of trepidation about going out to the store at this time.

We advise seniors to consult first with family, friends, or trusted community groups. More tech-savvy family members may be able to place grocery orders for them, or pick up essentials from the store. And of course many stores are now offering senior only hours.

We want to keep you updated on what new COVID-19 scams we are hearing about to inform your reporting.

❖ *Anyone with concerns is urged to report to the DA's Consumer Fraud Information Line at 720-913-9179.*



Beth McCann

## Uniquely Bea

### Check Your Retirement Benefits

OK... first of all, this is a disclaimer. I want to share with you what I have found out and have done with my State of California retirement. I have no idea about any of your retirement benefits but was thrilled with what I just found out.

During a discussion with some girlfriends, I found out that I should recheck my death beneficiary. In addition, I was told



Bea Bailey

that I could change it to include another person other than my spouse. It was a good thing that I checked because my husband was listed, and he's been deceased for 12 years! The only caveat is that you must take a decrease in your monthly retirement amount. You have the option of choosing the percentage of the deduction. Once the change is made, it cannot be transferred to someone else if the new beneficiary dies. This change does not go into effect for almost another year, which is good if a person needs to make financial adjustments to reflect the decrease in monthly income.

Deciding who I would now se-

lect was easy. As I mentioned in a previous article, I have a great-granddaughter that has Prader-Willi Syndrome and will need support in the future. I will now be able to have the funds set up for her and be able to help this adorable little girl from the grave and that makes my heart smile.

*"Help others without any reason and give without the expectation of receiving anything in return."*

~ Roy T. Bennett, The Light in the Heart

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, [farewellmyfriend.net](http://farewellmyfriend.net)*

# BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!

**ORION MORTGAGE, INC.**  
Since 1996

Regular and Reverse Mortgages  
**Free Mortgage Review**  
303-469-1254 800-404-0453  
[OrionMortgage.com/Events](http://OrionMortgage.com/Events)  
CO license 100007878

Don & Terri Opoka

1918 efaa 2018  
ONE HUNDRED YEARS

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

Visit [www.efaa.org](http://www.efaa.org) for more information

**\$\$ We Buy Junk Cars, Trucks, Tractors And Equipment Removal \$\$**

**Call: 303-907-4550**

**50 Plus Marketplace**

**Advertise Your Service Here!**

Covering 4 Metro Counties

**Call 303-694-5512 for details!**

**IS READING NEWSPRINT A CHALLENGE?**

The Audio Information Network of Colorado can provide you with audio access to:

- **50 Plus Marketplace**
- 100 Colorado newspapers
- grocery and discount ads
- magazines

Services provided at no cost to the listener.  
Call 303-786-7777 or toll free 877-443-2001

**Universal Lending Corporation**  
Home Loans

**Paulette Wisch, CML**  
Reverse Mortgage Manager  
License #: 100019009 | NMLS#: 258672

**303.759.7354 Direct**  
866.307.3396 Fax  
[pwisch@ulc.com](mailto:pwisch@ulc.com)  
<http://pwisch.ulc.com>

6775 East Evans Avenue  
Denver, CO 80224  
26 Years Reverse Mortgage Experience

## Social Security Today

### Online Services Remain Available

All local Social Security offices closed for in-person service on March 17, 2020. This decision protects the population we serve—older Americans and people with underlying medical conditions—and our employees during the Coronavirus (COVID-19) pandemic. However, we are still able to provide critical services.

Our secure and convenient online services remain available at [www.socialsecurity.gov](http://www.socialsecurity.gov). Local offices will also continue to provide critical services over the phone. We are working closely with the Centers for Disease Control and Prevention (CDC), state and local governments, and other experts to monitor COVID-19 and will let you know as soon as we can resume in-person service.

If you need help from Social Security: First, please use our secure and convenient online services available at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices). You can apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and much more – from anywhere and from any of your devices. We also have a wealth of information to answer most of your Social Security questions online, without hav-

ing to speak with a Social Security representative in person or by phone. Please visit our online Frequently Asked Questions at [www.socialsecurity.gov/ask](http://www.socialsecurity.gov/ask).

If you cannot conduct your Social Security business online, please check our online field office locator for specific information about how to directly contact your local office. Your local office still will be able to provide critical services to help you apply for benefits, answer your questions, and provide other services over the phone.

If you already have an in-office appointment scheduled, we will call you to handle your appointment over the phone instead. If you have a hearing scheduled, we will call you to discuss alternatives for continuing with your hearing, including offering a telephonic hearing. Our call may come from a PRIVATE number and not from a U.S. Government phone. Please remember that our employees will not threaten you or ask for any form of payment.

If you cannot complete your Social Security business online, please call our National 800 Number at 1-800-772-1213 (TTY 1-800-325-0778). Our National 800 Number has many automated service options you can use without waiting to speak with a telephone representative. A list of automated telephone services is available online at [www.socialsecurity.gov/agency/contact/phone.html](http://www.socialsecurity.gov/agency/contact/phone.html).

## Active Minds®

303-320-7652 • [www.activeminds.com](http://www.activeminds.com)

**April 6.** 2-4 pm. Prohibition Review the origins and history of prohibition, the rise of bootleggers and organized crime, and the “dry” counties that still exist to this day. Five Star Residences of Dayton Place, 1950 S Dayton St, Denver, RSVP: 303-751-5150.

**April 7.** 2-4 pm. China’s Economic Evolution. Examine the rapid change in China’s economic stature and the effects it is having both domestically and internationally. Brookdale Parkplace, 111 Emerson St, Denver. RSVP: 303-744-1950.

**April 8.** 10:30 -12:30 pm. Chicago. Learn the story of the Windy City. We’ll cover the politics, crime, food, culture, and architecture of

the “City of Broad Shoulders” Residences at University Hills, 2775 S Brook Dr, Denver. RSVP: 720-269-4380.

**April 24.** 2-4 pm. Hong Kong. The story of Hong Kong, past, present, and future. Refreshments served. Atria Westminster, 9560 Sheridan Blvd, Westminster. RSVP: 720-805-9995.

**April 27.** 6-8 pm. Iraq. Review the history of Iraq with an eye toward U.S. involvement. Overlay the complex tensions between Sunni and Shi’a factions of Islam. Cherry Creek Retirement Village, 14555 E Hampden Ave, Aurora. RSVP: 303-693-0200.

## TRADING POST

### Travel

#### TRAVEL WITH ALETA

Affordable Diamond Tours Bus Trips for 2020

- Branson Show Extravaganza: May 31-June 6th
- Cripple Creek Trip: August 11-12-13th
- Mackinac Island: September 12- 20th
- Albuquerque and Santa Fe : October 13-17th

All trips include transportation, hotels, attractions and most meals. For full details and flyer call

**720- 382-3814**

Or email: [blondealeta@msn.com](mailto:blondealeta@msn.com).

Or visit: [www.GroupTrips.com/travelwithaleta](http://www.GroupTrips.com/travelwithaleta)

### Wanted

#### OLD GUITARS & AMPLIFIERS

I buy old Fender, Gibson and Martin guitars and amps for cash. Fast, friendly and fair. Kevin 303-946-2458.

#### GUNS WANTED

I buy select older rifles and revolvers for my personal collection. Please call Fred at 720-934-7203.

### Classifieds WORK!

Affordable • Fast • Effective  
**Rates 303-694-5512**

### Services

#### WILLS & TRUSTS, REAL ESTATE

Update your WILL or TRUST. What if you become DISABLED? Are you protected? Living Wills, Powers of Attorney, Probate. \$49 Review. Don E. Watson, Attorney  
**303-434-7747**

### Services

#### MOBILE PET WASH

Full service warm water massage, bath, brush, ears, teeth & nails. Benefits: very convenient, never caged, no traffic. Licensed and Insured. 303-249-1329.

### General

#### MAGICIAN FOR HIRE!

Magic Show custom built to any length, content and price to fit your budget. Now booking Halloween shows, birthdays, private and company Christmas parties. Special rates for retirement campuses & homes. References on request. Call Jim Wright at 303-986-6733 today!

### Support Groups

#### SKY CLIFF CENTER STROKE SUPPORT

4 Groups, 3 locations: Wheat Ridge, Franktown, Lone Tree (lunch at Franktown) FREE. Call for more information: 303-814-2863 / [skycliffctr@aol.com](mailto:skycliffctr@aol.com)

### Wanted

#### CASH for Sports Cards

Baseball, Football, Basketball & Hockey. Collector not a dealer. 303-520-4034 JON

## Trading Post ORDER FORM

To advertise in the classified section, e-mail 30 words or less to [robert@50plusmarketplaceneews.com](mailto:robert@50plusmarketplaceneews.com) or mail this form to:

**50 Plus Marketplace**

4400 Sioux Dr.  
Boulder, CO 80303

Copy due by the  
**10th of the preceding month.**

- |                                    |           |
|------------------------------------|-----------|
| <input type="checkbox"/> May       | 4/10/2020 |
| <input type="checkbox"/> June      | 5/10/2020 |
| <input type="checkbox"/> July      | 6/10/2020 |
| <input type="checkbox"/> August    | 7/10/2020 |
| <input type="checkbox"/> September | 8/10/2020 |

#### ADVERTISER'S INFORMATION

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Rates depend on editions chosen, call for details.

### HELP FOR LOW INCOME SENIORS 60+



GRANTS AVAILABLE TO  
METRO DENVER  
SENIORS TO HELP  
WITH COSTS OF

- EYEGLASSES
- HEARING AIDS

CALL 303-333-3482  
FOR AN APPLICATION

SPONSORED BY

COLORADO GERONTOLOGICAL SOCIETY 3006 E COLFAX, DENVER 80206

THIS PROGRAM IS MADE POSSIBLE WITH PRIVATE DONATIONS AND GRANTS FROM  
DENVER REGIONAL COUNCIL OF GOVERNMENTS AREA AGENCY ON AGING

**Note: Since scams are increasing in Colorado, please read our monthly columns by the District Attorney Offices and Better Business Bureau or visit our webpage at [50plus.news/senior-scams](http://50plus.news/senior-scams) to learn about the latest scams!**

## Clements Community Center

303-987-4820 • Lakewood.org/Register

**Hot Meal Deal.** Are you age 60 and better looking for a nutritious meal? Come to the VoA dining site at the Clements Community Center. Lunch is served Monday - Thursday and the first Friday of each month at noon. Call 303-987-4833 by 1 p.m. 2 business days in advance to reserve a meal. Door-to-door transportation is available for Lakewood residents ages 60 and better. Call 303-987-4826 to register for a ride. Live music most Wednesdays, bingo every other Monday and SilverSneakers® classes Mon.-Thu. Donation based; \$2.50 suggested

**Saturday Night Dance.** 3 hours of dancing to a live band. 7 - 10 p.m. on the 2nd, 3rd and 4th Saturdays of each month. Doors open at 6 p.m. Meet new friends, enjoy refreshments and have a good time. \$7 per person. Bands: Apr 11 Harris & Harris; Apr 25 Jim Kurty

**Learning At Lunch.** Dementia 101 - Reducing Your Risk. By JJ Jordan with Dementia Friendly Denver. Get many questions answered, such as "What is the difference between dementia and Alzheimer's?" Other topics include: caregiver challenges, 12 things to reduce risk of dementia, the latest research updates and

more. Fri Apr 10, 11-12:30 pm.

**Multigenerational Programs: Sustainability.** Join a team of students from Carmody Middle School for an afternoon of Earth inspired activities. Together explore sustainability, make your own reusable plastic wrap and decorate mini pots that you can fill with veggie seeds for your garden or flowers that attract bees! Tue Apr 21, 2:45-4 pm

**Earth Day Eco Tour.** You have heard the terms eco-friendly, sustainable and going green. This year marks the 50th anniversary of Earth Day, so come enjoy some of what Denver has to offer in the eco scene! Tour Denver's first and only certifiably green printing company and learn about their unique focus and goals. Indulge in one of our "farm-to-table" restaurants that specializes in locally sourced and seasonal food. Includes: Transportation, tour, lunch and travel leader. \$32, Tue Apr 21, 9:30-2 pm.

**Monday Afternoon Movies.** At 1 p.m. on the 2nd and 4th Mon. of the month. Call 303-987-4820 to reserve. April 13: "The Biggest Little Farm" 91 mins, PG, Documentary. Starring: John and Molly Chester.

## Highlands Ranch

720-240-4922 • www.highlandsranch.org

April 9. Mediterranean Diet, Blue Zones and Longevity - What do these three things have in common?, Highlands Ranch Library, 9292 South Ridgeline Blvd., Highlands Ranch, CO 80129, 1:30 - 3 p.m. Susan Buckley, registered dietitian and co-contributor to Cooking with Heart, South Denver Cardiology Associates' cookbook, shares her passion for enjoying good food and good health. Cost: free. Registration required.

April 9. Morning Brew Crew, Riize Coffee Company, 8200 Southpark Cir., Littleton, 9 - 10:30 a.m. Come together for a morning of coffee, friendship and fun at Riize Coffee Company. Guests will pick up the cost of their beverages and food. Registration is required in advance. Call for more information.

April 7 - 28. The Mind Fit Series: Activities to Boost Brain Health, Highlands Ranch Library, 9292 South Ridgeline Blvd., Highlands Ranch, CO 80129, 1:30 - 3 p.m. Learn about proactive ways to enhance cognitive functioning. Attend any or all sessions. Cost: \$30 for all four sessions, or \$10 for each individual session. Registration required.. April 7: Lingo, Compound

Picture Pairs, Anagrams, Scattered Categories. April 14: Televised Lecture, Family Feud, Shape Rotations, Circular Scrambles. April 23: Headline History, Current Events, Name That Tune, Category Sorts. April 28: Scattered Categories, Entangled, Figures, Beginnings and Endings

April 16. After Hours Social, Old Blinking Light, 9344 Dorchester St., Highlands Ranch, 5-7 p.m. Happy hour fare, on own, meet people and learn about community happenings. Register in advance.

April 25. National Prescription Drug Take Back, Douglas County Sheriff's Office Highlands Ranch Substation, 9250 Zotos Dr., Highlands Ranch, , 10-2 p.m. Dispose of potentially dangerous expired, unused and unwanted prescription and over-the-counter drugs. Visit www.dcsheriff.net or call 303-791-0430 for more information.

April 29. Lunch Bunch, Poppies Restaurant, 2334 South Colorado Blvd., Denver, 11:30-1 p.m. Bi-monthly casual event at local restaurants promotes new friendships and the sharing of activities. meal on own. Registration required in advance.

# Crossword Puzzle

Denver Metro • April 2020  
Answers page 8

1	2	3	4	5		6	7	8		9	10	11	12	
13						14					15			
16						17					18			
19						20					21			
			22	23						24				
25	26	27					28	29	30					
31							32				33	34	35	
36						37					38			
39						40					41			
			42	43						44				
45	46							47						
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

### ACROSS

1. Slender graceful woman
6. Disposed
9. Clublike weapon
13. Capital of Egypt
14. Emerald Isle
15. Having wings
16. Final destructive battle
18. Monetary unit of Italy
19. Legume
20. Proficient
21. Which is the third of the twelve Minor Prophets of the Old Testament
22. Former coin of Spain
24. White poplar tree
25. Moving in a swirling pattern
28. Period of the year
31. Unsoiled

### DOWN

1. Strike breaker
2. Lively
3. Capital of Peru
4. Pertaining to a meal
5. Pig
6. Helper
7. Support
8. Portable shelter
9. Equatorial Guinea
10. Nutritive
11. Christmas song
12. Efface
14. Root of the taro
17. British nobleman
23. Vase
24. Powdery residue
25. Wile E. Coyote's supplier
26. Swing around
27. Capital of New Zealand
28. Shrub of the cashew family
29. 12th month of the Jewish calendar
30. Statute
32. The wise men
34. Too
35. Thug
37. Goad for driving cattle
38. Capital of Hawaii
40. By way of
41. Small child
43. Take as an affront
44. Republic in the Caribbean
45. Yielded
46. Playing marble
47. Feint
49. Pelt
50. Message symbols
51. Acting part
53. Minerals
54. Thrash
55. Not difficult
58. Baby catchall



Senior Answers and Services presents

## Elder Care Consulting Services

- On-Site Counseling for Employees
  - Lunch and Learn Seminars at the Workplace
  - Senior Resource Guidebook
  - Information Resources at [www.senioranswers.org](http://www.senioranswers.org)
  - Discussion Roundtables in Community Locations
- Sponsored by Senior Answers and Services  
3006 East Colfax  
Denver CO 80206  
303-333-3482  
303-333-9112 (fax)  
[www.senioranswers.org](http://www.senioranswers.org)  
Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.

## Colorado Gerontological Society

### Older Covid 19: Salute to Seniors Rescheduled; Census Work Ramps Up; Other Services On Hold

Older adults as we have all seen are the most susceptible target of Coronavirus or Covid 19. Therefore, the Colorado Gerontological Society is doing our part to prevent the spread of the disease.



**Eileen Doherty**

First and foremost, we have rescheduled the Salute to Seniors to August 22, 2020 at the Colorado Convention Center. We have the same entertainment line-up. All the vendors will be joining us and we look forward to bringing you a senior expo that exceeds all our expectations.

Our work with the 2020 Census to make sure that every older adult in Colorado is counted was launched on March 12. The Census form is simple to complete and can be done within minutes either online at [www.2020Census.gov](http://www.2020Census.gov), on the phone at 844-330-2020 (Eng-

lish) or 844-468-2020 (Spanish) or 844-467-2020 (TDD), or by mailing in a paper form (that will be mailed in April or May). All of our community outreach work will resume when it is safe to work in groups again. Feel free if you want our staff to help you either as an individual or in a group setting to schedule an appointment in the future. However, until further notice, we will be available to help individuals over the phone.

If you need to renew your driver's license, you may do that online even if you are over age 65. Governor Jared Polis has waived the requirement that you must apply for a driver's license in person if you are over age 65 until April 12. This may be extended.

Governor Polis has taken action to keep all residents in nursing homes and assisted living residences safe. All visitors are prohibited unless the individual needs end-of-life compassion care. All essential health care workers are being tested routinely. All essential individuals responsible for deliveries of food, health services, and medicine are dropping items on the door step and being brought

into the building by screened staff.

Governor Polis has also issued guidance for individuals who are receiving Medicaid for home care and long term care services that the time for getting all of the paperwork completed has been extended to avoid any disruptions in home care workers and nursing home services. You will be able to continue to receive help even if the paperwork is not finalized.

Many of our services such as hearing, vision, and dental services, advance care planning, and

in-person counseling at the Colorado Gerontological Society will be placed on hold until it is safe to work, but we will be available by phone. If you have questions or need help, please feel free to call 303-333-3482 or 1-855-293-6911. We may be able to help.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society and teaches Nonprofit Management for Fort Hays State University. She can be contacted at 303-333-3482 or [doherty001@att.net](mailto:doherty001@att.net)*

#### SENIOR RESOURCE CENTER

Thank you for your support of SRC to help us deliver essential services to older adults and those with intellectual and developmental disabilities.

Our annual fundraiser is postponed in light of the current restrictions on gatherings.

We are taking action to ensure that all of our clients and employees are safe. It is urgent that we do not let our clients down when they need us the

most. This puts a strain on our resources. But, know that we will not let that stop us from doing everything possible to help the most vulnerable. To help us continue our mission, *Donate*.

We will keep you informed throughout the changing circumstances. Stay safe and know that we are all in this together during this community response.

**STEVE HOUSE**

**TOGETHER, WE WILL ACCOMPLISH GREAT THINGS FOR COLORADO AND FOR AMERICA**

[www.HouseForColorado.com](http://www.HouseForColorado.com)

Paid for by House CD6

**HISPANIC CHAMBER OF COMMERCE OF METRO DENVER**

**Membership**

**JOIN US!**

Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us at **303.534.7783** or e-mail us at [info@hispanicchamberdenver.org](mailto:info@hispanicchamberdenver.org)

Logos include: 1-TBANK, Anadarko Petroleum Corporation, Bank of America, Centura Health, CenturyLink, usbank, pepsi WHITING, COMCAST, noble energy, KAISER PERMANENTE, Xcel Energy, MillerCoors.