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April 2023 • Volume 29 • Issue 4

## Cancer League of Colorado has announced their Hope Ball 2023 for May 13th at the Hyatt Regency Aurora-Denver Conference Center.



Joanie Ryan

This year's theme for the 2023 Hope Ball is "Love, Faith & Believe," inspired by our two amazing Honorary Co-Chairs, René Green and Queen Joanie Ryan. René is a long-time Cancer League supporter and Colorado State Pageant Administrator/Publicity for Ms. Colorado Senio American Pageant LLC. She lost her younger brother this past year to a fast-growing rare cancer

NET (Neuroendocrine Tumor). Queen Joanie is the reigning Ms. Colorado Senior America 2023 and a survivor of stage 4 lung and neck cancer. Just 2 years ago, she was struggling with living and now she is the reigning Ms. Colorado Senior America. Joanie will share her amazing survival journey and inspire us to continue the research for cures and support.

Tickets are on sale for this exciting event, which includes dinner, a silent auction, live auction, inspiring stories and dancing to Wash Park Funk Band. Cancer League will also be honoring their 2023 "Champions of Hope," which include the many organizations funded by Cancer League that provide services and support to cancer patients and their families across the state of Colorado. This will be a night you won't forget. Contact

Barbara Reece at [barbaras-reece@aol.com](mailto:barbaras-reece@aol.com) to purchase tickets.

Cannot attend and still want to make a difference? Silent auction items will be available to the public for bidding on the auction website on April 29th. Raffle tickets for a beautiful 2022 Jeep Cherokee X 4X4 (donated by the Doug Moreland's Family and Family of Dealerships) can be purchased today at 2023 Raffle Ticket-2023 ([3dcartstores.com](http://3dcartstores.com)). In addition, you can make a cash donation on the website [CANCERLEAGUE.ORG](http://CANCERLEAGUE.ORG). YOU CAN MAKE A DIFFERENCE!!!

Cancer League of Colorado was established in 1969 and has granted more than \$22 million for cancer research and patient services. Cancer League is all volunteer and all



Rene Green PA

Colorado, and their mission is to secure the cure or control of cancer by raising funds to support innovative cancer research and cancer-related services in the state of Colorado.

## Easter Origins & Traditions

No one is 100% sure where the English word 'Easter' came from! In every other European language, the word for the festival of Easter comes from a variation of the word 'Passover.'

One theory is that the word Easter comes from the Anglo Saxon month 'Eostremonath,' which was about the time of April, when the Christian festival was held.

Another theory (and the most likely) is that the term 'Ostern' actually came from an early Latin term for Easter week 'hebdomada alba' (which means 'white week'). So Easter became known as 'Ostern' in German and then 'Easter' in English.

The Passover festival dates about 4,000 years ago when Jewish people remember that God saved them from slavery in Egypt. Jesus celebrated the Passover in the first month of the Jewish New Year (14-

15 of the month of Nisan). The Jewish calendar follows the cycle of the moon, so the date changes a bit every year.

The first Jewish Christians added Easter celebrations to the Passover festival and because Jesus rose from the dead on a Sunday, so Easter Day became the first Sunday after Passover. Easter is celebrated around the same time of year that Jesus was slain at the time of the Jewish Passover festival.

Since its origins, Easter has been a time of celebration and feasting and many traditional Easter games and many customs developed, such as egg rolling, egg tapping, pace egging, cascarones or confetti eggs and egg decorating. Today Easter is commercially

important, seeing wide sales of greeting cards and confectionery such as chocolate Easter eggs as well as other Easter food such as turkey or ham. Even many non-Christians celebrate these features of the holiday while ignoring the religious aspects. Nowadays child entertainers and kindergartens invent various new Easter games, often adapting well-known games to Easter topics, such as word puzzles involving Easter-related words. Courtesy of Wikipedia



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# APRIL Calendar

## Denver Funds Land Acquisition for 190 Affordable Apartments



More affordable housing is on the horizon for Denver’s La Alma-Lincoln Park neighborhood thanks to development financing provided by the Department of Housing Stability (HOST).

Denver City Council today approved a \$5.5 million agreement with Shanahan Development, LLC, utilizing American Rescue Plan Act (ARPA) funds to help support acquisition of a 1.5-acre site for future affordable housing. The six-story development will provide at least 190 income-restricted rental units for households at a range of income levels, including up to 30 or 80 percent of the area median income.

“Denver continues to leverage ARPA funds to make transformational investments that boost our community’s supply of and access to affordable housing,” Mayor Michael B. Hancock said. “We’re proud to

make affordable homes possible at this site for hard-working individuals and families for decades to come.”

Approximately 25 percent of the units will be three- or four-bedroom apartments suitable for families. Shanahan Development, LLC will apply for Low-Income Housing Tax Credit financing, and construction is estimated to be completed in 2026.

There is currently a total of 25,925 income-restricted housing units in Denver. HOST has recently provided financing for 1,701 affordable units that are currently under construction at 33 sites throughout the city. An additional 930 income-restricted units are in the planning stage.

Denver’s plan for recovery includes direct distribution of \$308 million in ARPA Local Relief Funds. Denver solicited and received feedback from over 12,000 residents, Denver City Council, city agencies, the Mayor’s Stimulus Advisory Committee, and the Mayor’s Economic Recovery Council to inform the use of the city’s first round of ARPA funds. Federal law requires distribution of the funds by 2026.

## Easter Quotes

“Easter is meant to be a symbol of hope, renewal and new life”

“The great gift of Easter is hope.” Basil C. Hume

“Unless there is Good Friday in your life, there can be no Easter Sunday.” Fulton J. Sheen

“The entire PLAN for the future has its key in the resurrection.” Billy Graham

“I believe in Christ, like I believe in the sun---not because I can see it, but buy it I can see everything.” C.S. Lewis

“I still believe in Santa, the Easter Bunny, the Tooth Fairy and true love. Don’t even try to tell me different.” Dolly Parton

May the holy spirit of Easter fill your home with hope, love and peace. Happy Easter

Here’s hoping you have a fun, sunny, memorable Easter.

“Bunny kisses, Easter wishes.”

“The day the Lord created HOPE was probably the same day He created SPRING.” Bernard Williams

“Easter always puts a spring in my step.”

“All I need is love, but a little chocolate now and then doesn’t hurt” Charles M. Shultz

## Softball Over 50? Absolutely! Play Ball with Colorado Wildfire!



Whether you’ve never played before, it has been a very long time since you played, or you play regularly, check out the Colorado Wildfire Senior Women’s Softball Club! We engage, empower, inspire, and enrich the lives of senior women (ages 50-90+) by creating and promoting opportunities to learn, practice, and play softball in an inclusive, accepting environment.

We practice weekly, and many of us play in a weekly league. Most also play in out-of-state tournaments (e.g., NM, UT, NV) with our age-group teams (e.g., 50-54, 65-69, 70-74). All, including those who may have never been on a team before, will experience positivity, camaraderie and teamwork!

Our players not only learn the game and improve their skills, fitness, and health, but have so much fun! Many friendships have been developed which have led to Wildfire members playing other sports together such as pickleball and volleyball, playing music together (The Wildfire Minstrels), and, of course, socializing over food and drink.

As an organized club and as individual members, we foster connections by volunteering for and

supporting a variety of underserved communities and non-profits. In our work with high school, collegiate, and young adult women athletes, we serve as role models and set an example that an active, healthy lifestyle is achievable as we age.

In addition to our philanthropic ventures, we fundraise by volunteering at Rockies games and the Colfax Marathon, having garage sales, auctioning off trips, etc. We are always recruiting new members and always looking for sponsors and donors!

So, dust off your glove (or we have one for you), and come throw a ball around with us! What are you waiting for? The season kicks off April 11 (weather permitting). For more info, go to [coloradowildfiresoftball.org](http://coloradowildfiresoftball.org) and/or email [co.wildfiresoftball@gmail.com](mailto:co.wildfiresoftball@gmail.com).

### Monday/3

AARP presents a free virtual program on “Fitness: Build Balance and Mobility” at 9:15 am on Zoom. This series of 45-minute mobility classes will focus on exercises that boost flexibility, muscle strength, coordination, balance and heart health with a goal of improving your overall performance of daily activities. Please register to obtain the Zoom info at email: [tx-aarp@aarp.org](mailto:tx-aarp@aarp.org).

### Saturday/15

The Castle Rock Genealogical Society presents a free monthly program on “Using Autosomal DNA To Find An Unknown Ancestor” by Greg Liverman at 10 am on Zoom. Join Greg to learn about Y-DNA and autosomal DNA evidence being used in addition to records research. Please register on their website at <https://crcgs.org/> for the Zoom info and handout.

The Colorado Genealogical Society presents a free monthly program on “A Coal Miner’s Daughter” by Jerry Carbonne at 9:30 am on Zoom. Mary found her love of music and made a splendid career as a violinist and opera singer and eventually went on to sing and travel with the Philadelphia Opera Company. Please register at [www.cogensoc.us](http://www.cogensoc.us) for the Zoom info and handout.

### Thursday/20

The Colorado Gerontological Society presents a free program on “Aging in Place: Living in a Community With an HOA” by Eileen Doherty at noon on Zoom. Join Eileen as she discusses the pros and cons of living in a shared community with an HOA. Please register to receive the Zoom info at [www.senioranswers.org/how-to-successfully-age-in-place/](http://www.senioranswers.org/how-to-successfully-age-in-place/).

### Thursday/27

The Alzheimer’s Assn. presents a free program on “Effective Communication Strategies (virtual)” on Zoom at 11:30 am. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please register at 1-800-272-3900.

Please check individual venues for current information.





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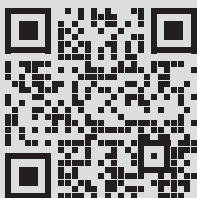
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## Genealogy Rocks! Colorado Genealogical Society (CGS) Celebrates 100th Anniversary



**Carol Darrow**

The Colorado Genealogical Society (CGS) will celebrate its 100th Anniversary next year. It is the largest and oldest such society in Colorado. It has transformed itself several times over the years. In the beginning it was a tea-time organization meeting in a member's living room. Members had to be voted in to join.

In about 1970, new members including Donna Porter introduced classes for members and started the first seminar with an invited speaker. (The current seminar is scheduled for April 29 featuring Judy Russell, CG.) Members helped each other to write letters requesting information from county offices and far-flung relatives.

In about 1990, regular monthly meetings featured speakers who addressed topics such as lineage societies and the process for requesting birth and death certificates.

In about 2005, talk turned to relying on the Internet for all our research. Some questioned the need

for societies when we could "do it ourselves" using FamilySearch.org and Ancestry.com. CGS soldiered on, gaining rather than losing members. People still saw a need for organizations and support of its members as they sought out their family history.

Then in 2020, we could no longer meet in person. How would CGS and the rest of the genealogical community survive? We all found a way through ZOOM, the electronic meeting place that serves not only our members but visitors from all over the country.

Now in 2023, we have to find our way forward. Will we meet again in person or will we be strictly on ZOOM? Is there a hybrid solution that will please everyone? And who will guide us into the future? There must be people willing to work within the organization to plan, execute, teach, finance, and publicize an organization for it to survive. How can you help your organization? Are you willing to volunteer?

Carol Cooke Darrow has been a member of CGS for 20 years. She currently teaches free Genealogy 101 classes and facilitates the WriteNOW genealogy writing group on ZOOM.

## Aurora Offers Pandemic-Related Mortgage Relief

The city of Aurora has launched the Aurora Emergency Mortgage Assistance Program to help eligible homeowners impacted financially by COVID-19 keep their homes. Residents interested in applying may visit [AuroraGov.org/MortgageAssist](https://auroragov.org/MortgageAssist).

Expenses covered by this program include:

- 1) Mortgage assistance (not required to be delinquent),
- 2) Mortgage reinstatement assistance,
- 3) Homeowner association fees or liens,
- 4) Condominium association fees,
- 5) Homeowner's utilities (including electric, gas, home energy and water),
- 6) Payment assistance for delinquent property taxes
- 7) Homeowner's insurance payment assistance

The city received \$1.75 million in federal funds from the American Rescue Plan Act (ARPA) for this program, with the possibility of receiving additional funding in the future. The program will be open until funding is exhausted.

To qualify for assistance from the Aurora Emergency Mortgage Assistance Program, homeowners must complete an application and demonstrate that they:

- 1) have experienced a COVID-related impact to their finances on or after Jan. 21, 2020. The hardship could include job loss; reduction in income; reduction in hours worked; increased costs due to healthcare; increased costs due to the need to care for family members; or other issues impacting the household's income;
- 2) are owner-occupants of a single-family home or condominium, or a 2- 3- or 4-unit family home. This does not include owner-occupied properties of 5 or more units, investor-owned properties, or vacation homes;
- 3) have an income equal to or less than 100% of Area Median Income for the county in which they reside currently or at the time of COVID-related financial hardship.

To learn more about the qualifications and to apply for the program, visit [AuroraGov.org/MortgageAssist](https://auroragov.org/MortgageAssist) or call 303.739.7900 or email [comdev@auroragov.org](mailto:comdev@auroragov.org).

*We Care*

**Senior Income Tax Credit  
Help for Colorado Taxpayers**

You may qualify for tax credits from the State of Colorado up to \$1,000 to help with the high cost of rent or property taxes. Older adults age 65+ whose annual income is less than \$25,000 are eligible to receive \$1000.

Additionally, individuals 18 and over are also eligible for \$153 in another Tabor Refund.

To receive the housing income tax credit and the Tabor tax refund, you must file forms DR0104 and the DR1004CR.

**Both forms must submitted together to the Colorado Department of Revenue.**

For forms and information, visit online:  
[SeniorAnswers.org/senior-income-tax-credit/](https://SeniorAnswers.org/senior-income-tax-credit/)

**cgS** Colorado Gerontological Society Leaders in aging



## Technology is Hip! The Future of Web Browsing!



Bob Larson

On a recent 60 Minutes TV program, host Leslie Stahl interviewed several Microsoft executives on their new Artificial Intelligent (AI) Bing web browser. Both executives announced their updated Bing and Edge web browsers the previous week using Open AI's ChatGPT software. According to Stahl, over a million users have tried the new AI Chatbot program with much success! ChatGPT has been on the market for several months.

Besides Microsoft, Google is working on a new Chrome AI browser using Anthropic's Language Model for Dialog Applications technology and Opera has announced their new AI browser using the Access AI-generated Content platform. Even though these are new programs in beta testing, many improvements will be included during the next several months much like the military experiences in new military hardware or software.

Since Microsoft is using the Open

AI platform, they also have acquired a share of this dynamic company and will be using it in their Edge browser as well.

What is interesting about these new AI browser programs is it can literally create a white paper on most any subject from the Internet much like what Wikipedia does in using content from expert writers in any category! Microsoft Bing's program looks at all the different content on the Internet and summarizes it into a detailed white paper.

The educational organizations such as schools, colleges, and universities have a concern that many students will use this new AI platform to write their homework assignments or even a thesis without using their own research and creativity on any subject matter. Law enforcement may have some concerns too on creating scams and fraud using the new AI platform. However, all the web browsing companies have indicated they will prevent abusive use of the new AI web browsers.

This is another great use of technology for the human race! Bob Larson is a technologist and Marketing Director for 50 Plus!

# Thank You!



## Telephone Buddy Volunteers



Our Telephone Buddies program connects older adults with volunteers who talk to seniors regularly, supporting independent living by providing a caring voice.

"The smallest act of kindness is worth more than the grandest intention."

—Oscar Wilde

Volunteers enable us to provide a range of services. Interested in volunteering?  
Call 303-333-3482



## WE SPARK GENERATIONS

**Our opportunities for all generations to connect and serve not only sparks togetherness, but fuels a greater sense of working for the good of all.**

**Spark's Senior Companion Program, a part of AmeriCorps Seniors, engages individuals 55 years and better to realize the independence of older adults in their home and, as a team, continue to be vibrant, contributing members of our communities.**

**Do you have 5-40 hours a week to volunteer? Interested in feeling more connected to your community? Consider sparking connections as a Senior Companion Volunteer! Benefits include a small stipend, lunch and travel reimbursement, and more!**

For more information or to volunteer:

**Contact Emily Garrigus  
303.623.1541**

**egarrigus@sparkthechangecolorado.org**  
[www.sparkthechangecolorado.org/  
senior\\_companion\\_program](http://www.sparkthechangecolorado.org/senior_companion_program)



**AmeriCorps  
Seniors**



## Denver Regional Mobility & Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all! DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

### Getting There Travel Training

DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email [sonell@drmac-co.org](mailto:sonell@drmac-co.org)

### Information & Assistance Line

The DRMAC Transportation I&A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113

### Getting There Travel Guide

Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at [www.drmac-co.org](http://www.drmac-co.org) or call us at 303-243-3113.

### Getting There Travel App

The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices

### Monthly Meetings & Events

DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all

### Membership

The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.

For more info about DRMAC programs please email [info@drmac-co.org](mailto:info@drmac-co.org) or call 303-243-3113



**DRMAC**  
Denver Regional  
Mobility & Access  
Council



# Westminster Selects New Police Chief

The City of Westminster has selected Norm Haubert as its chief of police. After an exhaustive vetting process involving over 300 community members, City Manager Mark Freitag selected Chief Haubert to lead the Westminster Police Department (WPD). Haubert previously served as interim police chief.



“Chief Haubert has been our steady hand on the rudder over the past 20 months and demonstrated his exceptional leadership skills during a crucial time of transition,” said Freitag. “From the very start of the recruitment process, it was clear that Chief Haubert has earned the trust and support of the police department during his 24 years of service with Westminster. Chief Haubert’s track record of integrity, honor, and excellence exemplifies the very best

of what it means to be a Westminster police officer.”

“The Westminster Police Department sets the standard for public service, and I am humbled and honored to serve as Westminster’s chief of police,” said Haubert. “I look forward to working alongside City Manager Freitag to strengthen and support our officers and professional staff to provide a safe and secure community for our residents.”

Prior to serving as interim police chief, Haubert was deputy police chief for technical services where he led a multi-million-dollar modernization of the department’s dispatch and records management system. During Haubert’s 28-year career in law enforcement from patrolling a beat to serving on the SWAT team to leading a division, he has successfully served with distinction and honor.

Haubert holds a bachelor’s degree in sociology with an emphasis in criminology from CU-Boulder, and successfully completed the International Chief of Police’s Leadership in Police Organization program, Northwestern University’s Supervision of Police Personnel program, and the Federal Bureau of Investigation’s National Academy.

# Pets Are Family How Pets Improve Mental Health



The American Veterinary Dental Society reports that 80 percent of dogs and 70 percent of cats show signs of oral disease by age three.

is a foreign object that they won’t tolerate at first. If you have a puppy or a kitten, it’s best to familiarize them at a young age. If your pet is older, however, patience, persistence, and positive reinforcement are key.

Clean your pet’s teeth at least twice a week. Start by easing into the process. Allow your pet to sniff and lick the toothbrush, rewarding them with treats and praise before attempting to brush their teeth. Once they seem ready, use an adaptable brush that goes over your finger, or a pet-specific toothbrush and toothpaste, to gently brush their teeth. Focus on the gum lines and the back molars - this is where most plaque and tartar build up. Keep sessions short and gentle. Incorporating daily dental chews and dental-friendly diets can help between brushings. Be sure to speak with your veterinarian about dental health solutions that are best for your pet.


Maintaining your pet’s oral hygiene is an important preventative measure that heads off bad breath, tooth loss, oral pain, and other health conditions caused by dental disease. Many dental issues in pets go unnoticed, so it’s important to take a peek in your pet’s mouth and check for red/inflamed gums, stained or tarter-covered teeth, and abnormally bad breath. Loss of appetite is also a common sign.

How to prevent dental disease? It’s recommended that pets visit the veterinarian for an annual dental check-up. In the meantime, there are preventative actions you can take at home. One of the biggest struggles in maintaining pets’ oral hygiene at home is their tolerance level. For most pets, a toothbrush

Thanks for reading! Visit [larimerhumane.org](http://larimerhumane.org) to learn more!



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## 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)

We Love Your Paper!

Heard from attendees at every resource fair 50 Plus attends



## Ron Stern's Travel Series

### Golden's Table Mountain Inn



Ron Stern

and hospitality.

Their location in the Rocky Mountains offers spectacular views of downtown Golden, the nearby foothills and Table Mountain. With 74 ample-sized rooms and suites, premium bedding, in-room dining, and locally sourced body and hair products, you can relax in luxurious bliss. My bed was so comfortable, I didn't want to get up in the morning.



The property has adobe-style, Santa Fe decor throughout the lobby, common areas and cantina. Tastefully placed artwork, tapestries, and accents line the corridors and adorn the walls and guestrooms.

One of the most unexpected things I found here was the cuisine at their

Table Mountain Grill & Cantina, which was absolutely fabulous! Using the freshest, locally sourced ingredients, their executive chef takes traditional Southwestern cuisine to a whole other level with his own gourmet touch.

Start with their crowd-pleasing favorite, the tableside flaming asadero cheese appetizer. The presentation alone is worth seeing as the fire shoots several feet into the air, perfectly melting the cheese. Served with green chili relish, pico de gallo, and handmade corn tortilla chips, this a must-have item. You can pair it with any number of their signature margaritas, cocktails, or craft beers.

You might have a hard time choosing between coffee cured short ribs, Rocky Mountain Ruby Trout, enchiladas or fajitas but make sure you save room for dessert. My favorite was the crème brûlée de elote with strawberry and bishochitos but the key lime pie with dulce vida reposado whipped crème was just as delicious.

The staff here is exceptionally well trained. Everyone I encountered greeted me with a smile and authentic western hospitality.



## Senior Voices

### Older Adults -- Be Heard, Make a Difference, and Keep Learning!

The Seniors' Council of Douglas County (SCDC) advocates for older adults and promotes Living Well/Aging Well for our 60 years plus older residents. Our May 4th meeting topic is Recognizing and Fighting Ageism. We will be at the library in Parker from 10 am until approximately 11:30 am.. Meetings are free and open to the public.

Our meetings consist of several brief announcements followed by an educational presentation and a community conversation. Our educational presentations focus on a wide variety of topics of interest to older adults.

In the past we've hosted presentations on free adult education courses, affordable housing for older adults, reverse mortgages, travel, the

changes in Medicare for 2023, how to start a business later in life, our libraries as a local resource, volunteer opportunities for older adults, using technology to enhance our health care, and the health benefits of pet ownership.

Our signature event "Vintage & Vibrant", a day-long educational event is scheduled for Thursday, September 28th at the PACE Center in Parker.

For additional information about the Council, its meetings, events, and presentations please visit our webpage [mydougcoseniorlife.com](http://mydougcoseniorlife.com) or connect with us on Facebook at [facebook.com/MyDougCoSeniorLife](https://facebook.com/MyDougCoSeniorLife). To receive our electronic newsletter First Friday Update contact us at [dcseniorlife@douglas.co.us](mailto:dcseniorlife@douglas.co.us).

## Reflections

### An incidental meeting



Martha Coffin Evans

we were North Americans.

There, in the Queenstown, NZ Travelodge dining room, our decades- long friendship began that July. I mentioned about wishing to go skiing too as they were Coronet Peak bound. Although I didn't have appropriate attire, Allan offered a solution. "Use Norma's parka," he said about his wife's jacket.

We traveled the shelf road, reminiscent of Eldora, to that ski field. After a token effort at skiing, we headed back to town. Allan suddenly stopped the car. "Get the Christmas Cake out of the boot," he told son Michael. Sitting there in the middle of the road, we enjoyed our cake and tea amidst the softly falling snow.

Over the decades, we sent calendars – theirs from NZ and ours from either my Colorado or California homes. Soon, visits became added to our incidental meeting, these times

with mom Norma and later with Michael as well.

One time, we watched Princess Diana's funeral service in our home before heading to Long Beach to board the Great White Steamer for Catalina Island. We later shared Palm Springs and the Tramway.

After we moved back to my Colorado home, Vail became an added experience. Meeting in Taos. New Mexico later became another adventure.

Over these years, we've shared our friends, vacation spots, stories, meals, miles of laughter, and, Christmas Cake in their Christchurch home. With Norma now gone and Michael, married with two young children, we've still stayed connected.

Recently I called Allan on his 95th birthday. We picked up our conversation as though time hadn't passed.

How fortunate we were to ask to join their table those years ago. You never know where answers will lead.

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

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**Cycling Without Age is a global project and the Metro area is home to several chapters.**

Its mission is to offer free rides to older adults wanting to get out on a bike ride and be in nature. Shown here are photos from the partnership with Eaton Senior Communities and West Metro Housing



**Active Adult  
Healthy Living Expo**



Take advantage of free interactive demos and learn about local resources at the Active Adult Healthy Living Expo.

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**It's not about growing old;  
it's about how you grow old**

WASHINGTON, DC, Mar 10 -- More Americans than ever are growing older and healthier these days. Consider the fact that on average we were lucky if we lived past 47 years of age at the beginning of the 20th century. Yet nowadays most men and women in the U.S. can look forward to celebrating birthdays well into their 70s. In fact, the New England Centenarian Study at Boston University tells us that the numbers of us who make it past our 100th birthday have just about doubled over the past two decades.

To be sure, the covid pandemic has taken its toll, causing an increased mortality rate in general among the elderly as well as a time out when it comes to expanded life spans. Not long ago, the Washington Post reported that “unlike flu, which impacts both the very young and the very old, the coronavirus appears to put mostly older people at higher risk of severe disease and death.”

Going forward the question is, will life expectancy in the U.S. resume its growth in the future. It most likely will, say the experts. But it is not because medical science is on a quest for immortality; rather, the goal is to alleviate the illnesses that come with aging. As the website, Lifespan.io,

put it: “The immune system keeps us safe from the constant invasion of viruses, bacteria, and other pathogens, helping us to stay healthy and free from diseases. However, the immune system begins to break down as we get older and we become ever-more vulnerable to diseases and infections. To solve this problem, scientists are exploring therapies to regenerate the immune system so that it is better able to fight back against diseases as it did in youth.”

According to the National Library of Medicine, the risk factors of aging are the human pathologies such as cancer, diabetes, cardiovascular disorders and neurodegenerative diseases. “Aging research has experienced an unprecedented advance over recent years, particularly with the discovery that the rate of aging is controlled, at least to some extent, by genetic pathways and biochemical processes conserved in evolution ... the final goal [is] identifying pharmaceutical targets to improve human health during aging with minimal side-effects.”

What it all comes down to is what Abraham Lincoln allegedly said: “In the end, it's not the years in your life that count. It's the life in your years.”

*by John Grimaldi*



## Uniquely Bea

### “Do You Really Know Them?”



Bea Bailey

During this life? You could also reverse it and digital age, many people have lost the art of conversation. When was the last time that you actually sat down and talked to someone? Asking for directions or asking about an appointment doesn't count.

Look around when you are at the doctors, a restaurant or even a sporting event. Are people talking or are they on their dat gum contraptions? (This is what I call cell phones, laptops, or tablets). This is particularly true of young adults and children.

If a reporter were to ask any of them to describe who you are in depth, could they? Do they even really know you? Why not play a “fun game” with your young people? Ask them if they were to be interviewed by a local TV station or another reporter, what would they be able to tell them about who you are and what you have done with your

interview them! If you do this, you might be surprised one way or the other. Let them conduct their interviews. Once done, you could compliment them on what they have said, but you also can fill in the blanks. Ask them if there is anything that they ever wanted to ask you about or tell them something that they didn't know about you. I have started a couple of grandparents books that are available that you can fill in the blanks on key points in your life. It is a great keepsake for the family.



Time is slip, slip, slipping away. Why not consider this option? It might prove to be a lot of fun, or you'll might just see a lot of eyerolling and hear some groaning.



**Phil Zuckerman**, Associate Dean and Professor of Sociology & Secular Studies at Pitzer College, author of 13 books, presents **“Healing the World Through Secular Humanism”** **April 15, 7 pm**, at Jefferson Unitarian Church, 14350 W 32nd Ave, Golden CO. Purchase tickets (\$11) online at [www.jeffersonhumanists.org](http://www.jeffersonhumanists.org) A reception will follow the talk and Q&A, allowing attendees to meet the speaker and obtain information on Humanism.

The event is sponsored by Jefferson Humanists, ([www.jeffersonhumanists.org](http://www.jeffersonhumanists.org)) and the Secular Hub ([www.secularhub.org](http://www.secularhub.org)), chapters of the American Humanist Assoc.

- **Secular Humanism:** a philosophical/ethical stance emphasizing use of reason & science
- Committed to human progress and the betterment of humanity & our world
- A good fit for the 3 in 10 U.S. adults with no religious affiliation, the “Nones”
- Provides a compassionate, rational & scientific basis for understanding
- Leads to effective problem-solving & decision-making
- Is addressing difficult problems such as poverty, climate change and healthcare

**Prof Zuckerman** founded the first Secular Studies college department in the nation. His books include: Living the Secular Life, The Nonreligious, What It Means to Be Moral, and Beyond Doubt: The Secularization of Society, to be released in May. See his Dec. 2020 article titled, Secular ‘values voters’ are becoming an electoral force in the US

## Social Security Today

### How We Protect You From Misleading Advertising And Communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at [www.ssa.gov/OP\\_Home/ssact/title11/1140.htm](http://www.ssa.gov/OP_Home/ssact/title11/1140.htm).

For example, the OIG may impose a penalty against anyone who:

- Sends misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the

communication as you can.

- Here's what you can do:
- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.
  - For emails and text messages, please capture the entire message and any message links.
  - For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.
  - For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at [oig.ssa.gov](http://oig.ssa.gov). You can also call our fraud hotline at 1-800-269-0271 or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov).

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, What You Need to Know About Misleading Advertising, at [www.ssa.gov/pubs/EN-05-10005.pdf](http://www.ssa.gov/pubs/EN-05-10005.pdf).

Please share this information with friends and family and help us spread the word on social media!

## In The Spirit

### A Symbol of Strength

*“Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.” 2 Corinthians 12:10 (KJV)*



Dr. Armington

Don't ever be ashamed of the scars life has left you with. A scar means the hurt is over and the wound is closed. It means you conquered the pain, learned a lesson, grew stronger, and moved forward. A scar is the tattoo of a triumph to be proud of. Don't allow your scars to hold you hostage. Don't allow them to make you live your life in fear. You can't make the scars in your life disappear, but you can change the way you see them. You can start seeing your scars as a

sign of strength and not pain.

The wound is the place where the Light enters you. Nothing could be closer to the truth. Out of suffering have emerged the strongest souls; the most powerful characters in this great world are seared with scars. See your scars as a sign of “YES! I MADE IT!” Then tell yourself, “I survived and I have my scars to prove it! And now I have a chance to grow even stronger.”

For more inspirational nuggets, you may purchase a copy of the Author's gentry of writing via [www.DrArmington.com](http://www.DrArmington.com) at your convenience.



Wildfire: You know the danger.  
The County can help you reduce the risk



Homeowners who enjoy space with conifers, gamble oak and other natural vegetation know that with the beauty, comes risk. Wildfires are the No. 1 natural hazard in Douglas County, and this year, the County has a new program to help you reduce the risk.

Douglas County’s new Wildfire Mitigation Cost-Sharing Program will help residents and communities mitigate private land against the risk of wildfire. Funded by portions of the County’s American Rescue Plan Act allocation, this program aims to increase the pace and scale of private wildfire mitigation efforts, overcome financial barriers to completing mitigation, and build community capacity across Douglas County.

If you commit to mitigation efforts through a specific project on your property, Douglas County will pay 75% of the cost. (The homeowner will cover 25%.)

Wildfire mitigation projects will be awarded through an application process. Eligible projects will focus on creating defensible space, reducing vegetation densities, and disrupting the continuity of fuels in and around communities and on individual properties in the wildland urban interface. Project proposals must reflect accepted science-based mitigation best practices for the vegetation types that are present.

Funds will be distributed following the completion of the project, certification of all work by Douglas County wildfire mitigation staff, and proof of 25% payment. Projects are capped at a maximum of \$100,000 total project cost.

What is defensible space? Defensible space is the buffer between a structure and the surrounding wildland vegetation. This space is intended to slow or stop the spread of wildfire before it can reach your home. The warming climate and lack of precipitation in Colorado have made it even more important to create widespread defensible space around Douglas County.

This financial support offers residents a chance to bolster their own safety and that of their neighbors, as well as offer our emergency responders more time to respond and a safer environment in which to suppress fire.

Project applications will be accepted and reviewed on a first-come, first-served basis. Minimum project parameters must be met to be a successful applicant.

For more information and to apply, please visit our webpage:

<https://www.douglas.co.us/building-division/wildfire-mitigation/wildfire-mitigation-cost-share-program/>.

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## Colorado Gerontological Society

### Salute To Seniors Returns In-Person May 20



Eileen Doherty

Denver, CO. Back by popular demand, the Salute to Seniors, a favorite expo for older adults is returning in person on May 20 and on May 21 on zoom.

The Salute to Seniors is the longest running statewide expo for older adults in Colorado. The Salute brings together older adults, companies offering services and resources to older adults and great entertainment for the enjoyment and pleasure of the Baby Boomers as well as, their families and friends. The theme for this year is Baby Boomers: When We Were Young.

The Salute to Seniors offers a great opportunity for participants to learn more about the community, where they can turn for help and a stress-free environment to do comparison shopping. Visit over 75 exhibit booths with information in

resources for services and programs.

Entertainment will include music, bingo, and other fun. The Forney Museum of Transportation will be showcasing automobiles from the 1950s.

Joining again this year is Adam Morgan, a broadcast media professional in the Denver area, who will emcee this year's event.

The Salute to Seniors will open at 9:30 am at the Denver Marriott Tech Center, 4900 S Syracuse, Denver. Admission is free. Parking and concessions are free, as well.

RSVPs suggested. Call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). The Salute to Seniors will also return on zoom on May 21 from 11:30 am to 1:00 pm. Register at [www.senioranswers.org](http://www.senioranswers.org).

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

## Apex Community Recreation Center

303.424.2739 • [apexprd.org](http://apexprd.org)

Below is a sampling of Apex's upcoming Active Adult program. You can stay updated on all the latest offerings by visiting [ApexPRD.org](http://ApexPRD.org). The following activities are all hosted at the Community Recreation Center, 6842 Wadsworth Blvd., Arvada, unless otherwise noted. Please register in advance for all programs by visiting online or calling 303.425.9583.

**Cottontail Carnival:**  
Saturday, April 1, 9 am  
Play games, hop in the bounce house, take a ride on the Bunny Express Train, run through a mini ninja obstacle course, and bring your own camera and get your picture taken with the Easter Bunny. Fees: Ages 2-12, \$10/person, ages 13 and up, \$2/person, and children under 2 are free. Children must be accompanied by a paying adult. Register by March 29. This event is indoors and outdoors.

**Craft Consignors Wanted:**  
Do you make one-of-a-kind gifts and need a place to sell them? Or are you looking to purchase unique hand-made gifts? The Craft Carousel shop is located inside the Community Recreation Center and managed and staffed by volunteers, and they are looking for items that are hand-crafted by local artisans. For details, call 303-467-7198.

**Hatha Yoga:**  
Thursdays, April 6-27, 6:30 pm  
A gentle approach to yoga that is effective for both new and continuing students. Reconnect and explore

breath, ease of movement, and relaxation. Please bring your own yoga mat and other small props.

**Nutrition – Bone Builders and Bone Breakers:**  
Thursday, April 13, 10:30-12 pm  
It's never too late to build bone health! Support lifelong bone health by knowing how to get all the nutrients your bones need from Nutritional Health Coach Kathlyn from Natural Grocers. \$6 (\$8 non-res.)

**Arts and Crafts Tabletop Social:**  
Thursday, April 12, 1-3 pm  
Come learn how to play Yahtzee! Light refreshments included. Experienced and new players are welcome. Register by Monday prior. \$5

**Bob Ross Painting:**  
April 20, 11:30-4:30 am  
Use the Bob Ross method of wet-on-wet painting to complete a 16"x20" canvas in just 5 hours! Paint beautifully in one class, even if you have never picked up a brush. \$5 material fee payable to the instructor. Mary Tharp, certified Bob Ross instructor. \$75 (\$89 non-res.)

**Rental Opportunities at the Center**  
Are you looking for an affordable space to host a graduation, baby shower, or celebration? The center offers small meeting rooms that are perfect for groups no more than 50 and the McCormack Hall is large enough to host up to 200 people. Call Michelle at 303.467.7197 for more information.

## Age with Independence!

Aging Resources of Douglas County is a community aging center - we listen, respond, and problem-solve together. We connect people to services, information, and resources that promote aging well, and with independence. Our services give residents more options to live life on their terms.

**HELP AT HOME**  
Light Housekeeping  
Meal Delivery (limited areas)  
Grocery Shopping  
Installing Grab Bars  
Light Yard Work  
Changing Out Light Bulbs  
Food Assistance  
Phone Buddy  
Friendly Visits

**TRANSPORTATION**  
Medical Appointments  
Local Errands  
Visiting Loved Ones

Adult Day Programs  
Church and Faith-Based Services  
Social Activities  
Metro Area Destinations

### CHORE SERVICES

Each year, we partner with local businesses, community groups, and the faith-based community to provide clean up for our members. Projects include raking, trimming, light fence repair, and small deck painting.

Ask how your organization can get involved!

303-814-4300

We are a 501c3, not for profit serving Douglas County, Colorado . Our services are free of charge, donations are gratefully accepted.

## TRADING POST

### Volunteer

**Become a Cherry Creek Storyteller!**  
Storytellers TELL stories to Cherry Creek elementary school children. Volunteer storytellers enhance literacy, stimulate imagination, and broaden multicultural understanding. Pus: It's fun and rewarding, For information and to sign up for training contact [drpbusch42@aol.com](mailto:drpbusch42@aol.com)

### 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!

### Wanted

Looking for a family member with the last name Twite. Please call Tom Parker @ 970-370-3846.

### Groups



A club for 55+ seniors that enjoy both sports and social activities.

See our calendar of events at [DENVERSSC.org](http://DENVERSSC.org)

Golf,Dine,Bowl, Arts and Culture

Looking for a few new members

**DENVERSSC.org or Call 720-941-6405**

### 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

### Services

**WILLS & TRUSTS, REAL ESTATE**  
Update your WILL or TRUST. What if you become DISABLED? Are you protected? Living Wills, Powers of Attorney, Probate. \$120 Review. Don E. Watson, Attorney, **303-434-7747**

### For Sale

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## Jefferson County Awards Food System Grants

The Jefferson County Board of Commissioners recently approved \$350,000 for food support in addition to \$1.7 million in American Rescue Plan Act (ARPA) funding approved in 2022 for food security efforts in Jeffco.

The additional ARPA funding will serve community-based food organizations working to create a more resilient and equitable food system through a grant program. This investment is critically important to address challenges such as the high cost of food, supply chain impacts, infrastructure gaps, local farming needs, and the impending reduction in Federal Supplemental Nutrition Assistance Program (SNAP) benefits at the end of this month.

In a robust community review process, Jefferson County Public Health (JCPH) selected one-time funding for 12 local organizations (nine nonprofits and three businesses) as part of Jeffco’s long-term food security and collective impact efforts. “These organizations, and many more, are working to improve our community’s access to healthy, local food by building a more resilient and equitable food system in Jefferson County,” said Willow Cozzens, JCPH’s Food Equity and

Nutrition Security Coordinator.

Grant winners showed a distinctive commitment to their community and include urban farms, food pantries across the county, local grocery stores, food processing and distribution businesses such as Bondadosa, Commún, East Denver Food Hub, Evergreen Christian Outreach, FrontLine Farming, Go-Farm, Kaizen Food Rescue, Mission Arvada The Rising, Mountain Resource Center, Sprout City Farms, The Action Center, and Wheat Ridge Poultry and Meats.

Jefferson County is committed to fostering a local food system that ensures equitable access to nutritious, locally produced food that reflects cultural preferences. Jefferson County was awarded \$113 million in total ARPA funding relief. Prior to the pandemic, 9.1% of Coloradans and 10% of Jeffco residents were experiencing food insecurity. Since the pandemic began, that number has quadrupled with 38%, or 2 of 5 Coloradans experiencing food insecurity.



## Now is the Time to Prep Your Lawn and Garden for Warm Weather

It may feel like warm weather is still a way’s off, but you should already be getting your lawn and garden spring-ready, according to experts.

“One thing I don’t think people realize is that to get your grass, shrubs and other plants looking good in the spring...all that preparation starts right now,” says Major League Fishing bass pro, Brian Latimer, or “Blat” as he is known by fans.

To help homeowners prep for spring, Latimer has partnered with lawn care equipment manufacturer, Exmark, to offer his four, go-to tips:

1. Pull Those Weeds. According to Latimer, the most important step in prepping your lawn and garden for spring is weeding. While weeding isn’t the most fun you can have in your yard, it’s worth the effort. Latimer also recommends putting a pre-emergent out now while cool-season weeds germinate. While you can use pre-emergent on your planting beds as well, he recommends hand-pulling them if you can.
2. Tidy up with Selective Pruning. Pruning will make your shrubs look nice and tidy, however Latimer recommends being careful in your

efforts, avoiding plants that are budding. Pruning buds will keep your flowers from being as prolific in the springtime. You can check for buds by combing your hands through the foliage.

3. Get Rid of Pests. Certain spring pests should be treated for in the colder months. Latimer is especially wary of fire ants, as they’re one of the most active lawn pests in spring. Treating them early will minimize their activity and mitigate potential problems they cause when the weather warms up. “I can promise you they are going to be everywhere in warm weather, so treat them now,” he says.

4. Get Those Leaves up. Latimer knows that leaf blowing or raking is time-consuming, but he says that getting fallen leaves off the ground is essential.

Latimer offers more insights in “4 Tips to Prep Your Backyard for Spring,” a recent video from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark videos. (State Point)

50 Plus Marketplace News

Crossword Puzzle

April 2023  
Answers page 5

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ACROSS

1 Probability  
5 Indian of Mexico  
10 Literary work  
14 Extent of space  
15 Money  
16 Push with the horns  
17 Member of mystical Muslim sect  
18 Otherwise  
19 Compel  
21 Georgia  
23 One-piece bathing suit for women  
24 Fish  
25 Rotate  
26 Air hole  
30 Leave  
35 Malt beverage  
36 Hog sound  
38 Japanese dish

39 Musical group  
41 Beginning  
43 Type of gun  
44 Academy award  
46 Baseball team  
47 Floor covering  
48 Pertaining to the thymus  
50 Lonely  
53 First-class  
55 Long period of time  
56 Place of extreme torment  
60 Flat oatmeal cake  
64 Sterile  
65 Similar to  
66 So be it  
67 Bundle  
68 Salt of uric acid  
70 Emperor of Rome 54-68

71 Christmas  
72 Altar stone  
73 Horse's gait

DOWN

1 Kiln for drying hops  
2 Thrash  
3 Lack  
4 Mariner  
5 Which is the third of the twelve Minor Prophets of the Old Testament  
6 Japanese sandal  
7 In the direction of  
8 Fragrant resin  
9 Baseless derogatory story  
10 Ancient Greek coin  
11 Knitting stitch  
12 Remarkable  
13 Let it stand  
20 Rasping instruments  
22 Highest mountain in Crete  
25 Ductile  
26 Wooden shoe  
27 Gentle splash  
28 Dove sound  
29 Waterfall  
31 Purulence  
32 Expert in astronomy  
33 Catarrh  
34 Shade  
37 Game of chance  
40 Block up  
42 Cardinal number  
45 Cheerful  
49 Poison hemlock  
51 Even (poet.)  
52 Having sound  
54 Mother-of-pearl  
56 Fool  
57 Son of Isaac and Rebekah  
58 Hades  
59 Fencing sword  
60 Flying mammals  
61 Seaward  
62 King mackerel  
63 Gnarl  
69 Prefix meaning without

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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.



## A Rare Bongo

The Potter Park Zoo in Lansing, MI described the bongo as “one of the most majestic and endangered members of the antelope family” in its announcement of the rare, recent birth of a female eastern bongo calf.

How rare are bongos? According to the zoo, only about 100 eastern bongos remain in the wild and about 300 bongos are protected in accredited zoos; “their ornate horns and vibrant orange coat make them a target for hunting and poaching.”

## A Rare Tongue

Just a month ago the Guinness Book of World Records declared Nick Stoeberl of Salinas, CA had the longest tongue in the world.

He wasted no time to seek a second award, visiting the Guinness offices in an attempt to set the record for touching his tongue to his nose. He didn’t break that record and so he used his nearly four inch long lingua to set the record for removing five blocks from an unstable tower of 54 blocks in less than a minute.

### We Love Your Paper!

*Heard from attendees at every resource fair 50 Plus attends*

**Wheat Ridge Active Adult Center (AAC)**  
**6363 W. 35th Avenue - Wheat Ridge, CO 80033**  
**303-205-7500**

Please pre-register where necessary. All events and classes are held at the AAC unless otherwise noted.

For additional info on our programs, visit [www.rootedinfun.com](http://www.rootedinfun.com)  
The Wheat Ridge Active Adult Center is open Monday-Friday, 8:30am-4pm. Call 303-205-7500 to get signed up for the AAC E-newsletter that gets emailed out the first Friday of each month. The Rooted in Fun Activity Guide is available online and in print, stop by and pick one up. The guides are available 24/7 in the brochure box in front of the AAC.

### April Fools Altered Reality

Enjoy a meal with a twist while being dazzled with magic and some trickery provided by Jim Wright’s Magic Traveling Show! Join in the fun on Friday, April 14th. Cost is \$17, register by calling 303-205-7500.

### Springtime Refresh Aromatherapy

Learn simple ways to use essential oils to refresh your personal routines and spruce up your home. Bring \$5 supply fee for each take home sample. Class will be held on Sat. Sat. April 1st, cost is \$15, call 303-205-7500 to register.

### Movie Matinee

Enjoy the 1989 movie “Field of Dreams” starring Kevin Costner, on Thursday, April 20th at 1pm, the movie is free but pre-registration is required, call 303-205-7500 to register. Bring \$1 for pop & popcorn, if you like!

### Bunco

Join in the fun on the first Thursday of each month. A light lunch is served before the game. It’s easy to learn, so beginners are always wel-

come. Pre-registration is required. Cost is \$8, call 303-205-7500 to get registered.

### Trips

We have numerous outings planned for April, stop by the AAC to pick up a copy of the trip guide. We also offer hikes throughout the spring and summer and weekly walking outings. Call 303-205-7500 to register or register online at: [rootedinfun.com](http://rootedinfun.com)

**Special Interest Drop-In Groups**  
(Drop-in fees \$4.50 paid for with an Electronic Enrichment Pass)

Train Dominoes - 2nd Monday, 1pm

Silversmith Lab – Every Wednesday, 9am - noon

Booktalk – Thur. April 20th, 10am - Book: Anxious People by Fredrik Backman

Pastel Painting – 2nd Thursday, 10am

New! Maj Jong – Wednesdays, 9-11am.

### Fitness and Dance

While many of our dance and fitness classes have returned to in-person, some of our classes remain on Zoom. Registration is required for Zoom classes, call 303-205-7500 to register.

More information on all AAC activities offered are available in the printed Rooted in Fun Guide or online at: [www.rootedinfun.com](http://www.rootedinfun.com). You can also pick up a copy at the AAC or the Wheat Ridge Recreation Center.



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**WestWind Productions**  
505-892-6047  
[westwindpro@earthlink.net](mailto:westwindpro@earthlink.net)



## Senior Connection

**Lakewood Elks Lodge**  
**Lakewood, Co**  
**1455 Newland Street**  
**Tuesday, April 25th**

### SENIORS ON STAGE

**10 am—Desert Mirage**  
**Belly Dancying Troupe**  
**11 am—Vickie's Boutique**  
**Spring Fashion Show**  
**Noon—Country Music by Eddie Kendrick**  
**1 pm—Sweets for Seniors**

*Say you saw it in 50 Plus Marketplace News*

## Ageism Matters

### What Would a World Without Ageism Look Like?



**Janine Vanderburg**

by conversations like these, where we can crowdsource answers to questions and brainstorm new solutions and projects.

Earlier this year, we posed the question, “What would a world without ageism look like?” Ideas covered a range of topics, covering things like: 1) Intergenerational: younger and older people have space and opportunity to interact and support each other; 2) Health & wellbeing: care partners are respected and well paid. Older adults are not seen as expendable and their wellbeing is valued and supported within the healthcare system; 3) Policy: politicians at all levels consider and incorporate the needs and opinions of older adults when making policy; 4) Workforce: retirement is supported, but not required. Workplaces are

Every month, focused on training, learning and mentorship for everyone of all ages; & 5) Cultural: older adults are represented in media and advertising more often and in ways that reflect diverse and positive realities.

Having a vision like this is important. To make change, we need to know what we want to achieve. We need to tell and share new stories about what aging really means. Older adults contribute to society in so many ways. We could contribute even more, if it weren’t for ageism.

Conversations like these are inspiring and, we hope, motivating. When we come together, we can do much more. You can see a graphic representation of our conversation about a world without ageism on our website and sign up to join the movement and take part in conversations like these.

*Janine Vanderburg is Director of Changing the Narrative, [www.ChangingtheNarrativeCO.org](http://www.ChangingtheNarrativeCO.org), the nation’s leading effort to change the way we think, talk and act about aging and ageism.*