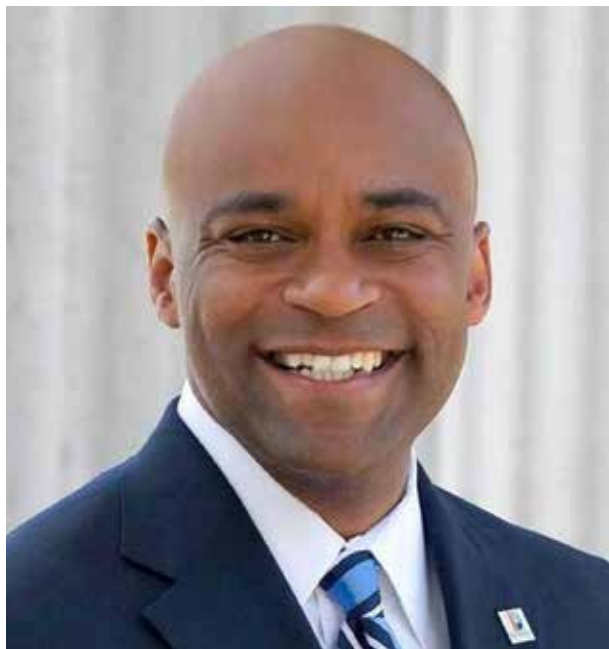


Mayor Hancock Departs After 20 Years as City's Elected Leader



Outgoing Mayor Michael Hancock

As Mayor Michael Hancock leaves office after 12 years as Mayor and eight years as a City Councilman, he issued a new booklet and video chronicling his two-decade career in public service.

"Thank you, Denver. From the bottom of my heart, thank you for putting your trust in me and my Administration to lead our beloved city for these past 12 years through good times and tough times. As my time as your mayor comes to a close, I see a city that continues to meet challenges with our signature Den-

ver spirit, boldly demonstrating that we are all Denver, and we never give up. Thank you once again for the privilege of serving you. May God bless each and every one of you and may God bless our great city."

Mayor Hancock and his Administration led Denver's evolution into a nationally acclaimed and globally connected city from 2011 to 2023, a 12-year span that included incredible economic and social challenges. The Hancock Administration's work cemented Denver's repu-

tation as one of the most desirable places in the country to live, learn, work and play.

Mayor Hancock took office in 2011 when the city was struggling with 9 percent unemployment and ongoing fallout from the Great Recession. The Administration led Denver's recovery, repairing a \$100 million budget deficit, restoring core city services, and establishing Denver as one of the fastest growing and most vibrant cities in the nation.

A top priority for Mayor Hancock

from the very beginning was to connect Denver and the entire Rocky Mountain region to the globe and increase its competitiveness. Denver International Airport is now the third-busiest airport in the world, with 17 new international flights since 2011. Denver's emergence on the world stage attracted major employers, propelled tourism, and created the foundation for a sustainable modern economy.

Mayor Hancock set an aggressive agenda to grow jobs and deliver city-changing projects. These projects included keeping the National Western Stock Show in Denver and creating a new National Western Center, completing the restoration of Denver Union Station, expanding the Colorado Convention Center, revitalizing and expanding Denver International Airport, rebuilding the 16th Street Mall, protecting and adding more parkland and open space, and turning the South Platte River into an ecologically sustainable amenity for generations to come.

The Hancock Administration made huge strides in creating affordable housing, building a foundation of policies, processes, and programs to deliver affordable housing options for residents in need, from

dedicating new revenue sources, to establishing a new agency, to implementing new requirements for housing justice.

Over three terms, the Hancock Administration led efforts to enhance safety, reduce congestion, fight climate change, and make the largest investment in transportation infrastructure in Denver's history. The Regional Transportation District's FasTracks program had been the primary means for delivering regional multi-modalism, but the Hancock Administration established the foundation for intra-city transportation options to connect with RTD's regional network of light and commuter rail, with the Denver Union Station Transit Center serving as a metro-area hub.

Thanks to Mayor Hancock and the people of Denver, our city now boasts a thriving arts, culture, and culinary scene. Revitalized neighborhoods create opportunities for Denverites and their families. There are more parks, recreation centers, libraries, and multimodal transportation options thanks to Mayor Hancock-led initiatives. The city is now considered a global leader in the fight against climate change, and children in Denver are less likely to be living in poverty than they were 12 years ago.

Welcome Denver's New Mayor Mike Johnston!



We are pleased to welcome our 46th Mayor, Mike Johnston, the City Council Members, Auditor, and the Clerk and Recorder who were sworn into office in July. After Mike Johnston's inauguration as Mayor of Denver, his transition

committee has been hard at work building the teams for Mayor Johnston's success.

Mayor Mike Johnston announced his full transition team, including committee co-chairs and members for 28 committees tasked with holding public hearings, sourcing resumes for key roles, and developing recommendations for the incoming administration.

The committees are made up of local community leaders, industry and business experts, and professionals with

on-the-ground experience, and will be overseen by transition co-chairs Mayor Federico Peña, Sen. Julie Gonzales, Greg Moore, Makisha Boothe, and Kourtney Garrett.

On his second day in office, Den-

ver Mayor Mike Johnston signed an emergency declaration to help 1,000 people experiencing homelessness get indoors. This is the first step in the mayor's first initiative on homelessness, a citywide effort to help 1,000 individuals experiencing homelessness in Denver get indoors with urgency, compassion, and equity.

"With a renewed focus on homelessness, we can make a real difference, and today is the first step in making that a reality," said Mayor Mike Johnston. "Our city has seen a significant increase in homelessness over the past five years, and it's clear that the incremental approach that we've taken isn't getting people housed at scale. By issuing a state of emergency and renewing our commitment to a collaborative, citywide approach, we will leverage every resource and partnership available to support our neighbors on the streets and make Denver a city where nobody has to be homeless."

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AUGUST
calendar

Monday/14

10-11am Orion Mortgage, Inc, What your Heirs should know if you have a Reverse Mortgage. The Malley Center; 3380 South Lincoln St, Englewood, CO 80113

Thursday/17

Colorado Gerontological Society has a FREE Aging in Place Summit with two classes on “Exploring the necessary resources and supports and “how to” successfully age in place.” and “Inequitable access: barriers and challenges to aging in place.” at 10 am to 2 pm at the Denver Inner City Parrish at 1212 Mariposa St. in Denver. Please bring your questions, concerns, and personal experiences as they relate to aging in place. Please register online at www.senioranswers.org or call 303-333-3482.

Saturday/19

Castle Rock Genealogical Society has a FREE program on “My Black Sheep: Finding Truth in Family Stories” by Tamara Hallo at 10 am on Zoom. Take a walk with Tamara through her great-grandfather’s life and the records he left behind to discover what truth lies in the family stories that were told. Register at <https://crcgs.org> to receive handout and Zoom info.

Monday/21

Broomfield Genealogical Society presents a FREE program on “Get More Out of Your DNA Matches with Autoclusters” presented by Glenn York at 6 pm at the Broomfield Library and on Zoom.

AARP hosts many in-person and online educational classes on caregiving, nutrition, physical fitness, & technology for seniors on their website at <https://learn.aarp.org/online-events>

Alzheimer’s Association offers many online or in-person classes on dementia and Alzheimer’s Disease on their website at <https://training.alz.org/>

Colorado Gerontological Society offers free online video classes on various senior topics on their website at www.senioranswers.org.

Please check individual venues for current information.

Transportation Options in Arapaho County

The 2018 CASOA reported that 24 percent of seniors in Arapahoe County are dependent on some form of transportation other than driving themselves. Identified as one of the top priority needs in the Area Agency on Aging Area Plan, Arapahoe County works to provide transportation to seniors aged 60 and over.

Fortunately, there are some programs that are available to help older adults remain independent in their homes.

VIA Mobility

www.viacolorado.org 303-447-2848 Cost: Free Schedule 7-10 days in advance Through the VIA program, seniors who need safe, reliable transportation are required to contact VIA Mobility Services 7-10 days prior to their needed trip. Clients can access information about the program from Arapahoe County’s website where they will find VIA’s contact information and phone number, or by calling Arapahoe County Senior Resources, and through the many outreach avenues that we participate in. VIA vehicles are equipped to support wheelchairs and various appointments, dining centers, grocery stores and food banks. After they schedule their pick up day/time with VIA, they will be told what the buses look like and describe the colors of the bus and what the staff/driver will be wearing to ensure they understand the right bus to look for. Buses operation M-F only. Signing up for

VIA is done over the phone and can happen when a person is scheduling their first ride, and is for people 60 or older and those who are any age with a disability.

Access – A – Ride

<https://www.rtd-denver.com/services/accessaride> 303-299-2960 Cost: \$5/ride Schedule 3 days in advance must complete assessment and application. Operates 7 days a week.To travel on Access-a-Ride, you must meet one of the following criteria set forth by the Americans with Disabilities Act of 1990 (Section 37.123 (3)):

- 1.Be unable to get to and from a bus stop or on andoff a lift-equipped fixed-route bus by yourself.
- 2.Have a disability that prohibits you from completing fixed-route bus independently.

Englewood Trolley <https://www.englewoodco.gov/our-city/community/englewood-trolley> 303-762-2347 Cost: Free Schedule Monday – Friday 6:30am – 6:30pm Englewood’s free trolley, transports riders to 19 stops connecting CityCenter Englewood, businesses in downtown Englewood, and the medical facilities in and near Craig Hospital and Swedish Medical Center. The shuttles run approximately every 20 minutes and only picks up/drops off passengers at designated stops. Englewood Trolley does not require a sign-up, and is available for anyone (any age, any disability/ability).Love

on Wheels by LOVE Inc. www.loveinclittleton.org 303-794-5683 Cost: Free Transportation to essential appointments on West of South University Boulevard

Denver Regional Council of Governments (DRCOG)

www.drcog.org 303-480-6700 Cost: Free Schedule 3 days in advance

Free transportation for anyone aged 60 and over through the Hop-Skip-Drive program, and Uber vouchers. The Uber voucher program is a code that pays for the first \$25 of the client’s ride. Clients must still schedule the ride themselves through Uber, and pay for the remainder of the ride cost and must have approval from DRCOG prior to scheduling with Uber.

Transportation Solutions of Arapahoe County (TSAC)

Transportation Solutions Arapahoe County is a community-based group that works collaboratively to identify and find solutions to the transportation needs within Arapahoe County.

TSAC will work to achieve sustainable, person-centered, coordinated solutions that support the dignity, independence, and quality of life for older adults, people with disabilities, and the low income population in the County. Meeting schedule is posted on the website. <https://www.transposolutionsarapaho.org/>

Ron Stern’s Travel Series

Bar and Cocoa



Ron Stern

If you’re a chocolate lover, like me, you should check out Bar and Cocoa. This online retailer sources the finest in ethically sourced chocolates from over 70 chocolate makers

from 40 countries.

Having developed direct working relationships with farmers ensures that their hand-picked, curated selections are not just “fair trade” but “direct trade.” This includes favorable conditions for workers, a fair pricing structure, and creating bean to bar products where cacao is the main ingredient rather than fillers.

Whatever your taste, Bar and Cocoa have products to match including sweet, savory, spicy, alcohol-infused, keto and vegan. Just the names of some of them is enough to make your mouth water. How about Palato Dark Chocolate with Bhutlah Pepper (65%), Putnam Rye Whiskey (77%), and Raaka Oat Milk unroasted dark chocolate.

To say that the world-wide choco-

latiers represented on their website are passionate about their creations would be an understatement. These craft artisans go to great lengths for sustainable harvesting and using only the finest quality ingredients. Many times the skills and trade secrets they have aquired over many years have been passed down to future generations of chocolate makers.

My chocolates arrived perfectly packaged and chilled on a hot July afternoon. It was love at first bite with their Michel Cluizel Mon Truc à Moi bar, a 45% milk chocolate mini gourmet bar with cocoa nibs, nougatine, & hazelnut paste. Known as “The Goldsmith of Chocolate,” his family has created taste sensations since the late 1940s.

While I’m not really not a fan of white chocolate, I couldn’t resist their Valrhona Grand Cru Dulcey Blond (35%). This light-colored bar deliciously melted in my mouth and tasted like the best butter and shortbread.

With many varieties and a club subscription service, you can satisfy your chocolate craving any time of the year.

<https://barandcocoa.com/>
To contact Ron: Travelwriter01@comcast.net

These were samples provided at no cost but the opinions were honestly conveyed.



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Published by
50Plus Media Solutions, Inc.
Arvada, Aurora, Broom-
field, Castle Rock, Centennial,
Commerce City, Denver, Golden,
Highlands Ranch, Lakewood,
Littleton, Parker, & Thornton

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

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DEADLINE 10th of the Preceding Month

Advertising supports all publica-
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by email in PDF, or JPG files. Ad
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equating to fractions of a page, up
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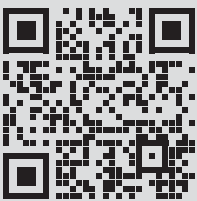
Contributing Writers
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Boulder County Agencies
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Bob Larson

Product Consultants
Michael Buckley
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Design/Production
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Smart Phone Access



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Save the Date!

2023
Adams and Broomfield Counties
Senior Law Day
Saturday, September 9, 2023

Adams 12 Five Star Schools
Conference Center
1500 E. 128th Avenue
Thornton, CO 80241

***A one-day educational event connecting seniors, their families, and caregivers,
with the resources to help navigate aging gracefully and intentionally***

Workshops, exhibitors, "Ask An Attorney Sessions,"
2023 Senior Law Handbook, and much more!

Breakfast and lunch served for all attendees!

17th JD Senior Law Day Serving Adams and Broomfield Counties is a 501(c)(3) non-profit organization

Questions & Sponsorship Info Contact:
Casey Williams
(303) 500-7059
SeniorLawDay17jd@gmail.com

SLD 2023 SPONSOR
scan to register online



SLD 2023 VOLUNTEER
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Adams and Broomfield Counties Senior Law Day 2023

Adams 12 Five Star School Conference Center • 1500 E. 128th Ave • Thornton, CO 80241

Saturday, September 9, 2023 • 7:30am-2:00pm

Information and resources to age gracefully and intentionally

**Variety of Helpful Topics • Ask-an-Attorney Sessions
Breakfast • Lunch • 2023 Senior Law Handbook**

Suggested Donation \$10 • Four Easy Ways to Register

1. Online

SeniorLawDay2023.eventbrite.com

2. Phone

(303) 500-7059

3. Email

SeniorLawDay17jd@gmail.com

4. Mail

Senior Law Day
c/o Casey Williams
203 Telluride St., Ste. 400
Brighton, CO 80601

Workshop Topics

Estate Planning
Social Security
Dying with Dignity
Veterans Benefits

Advance Medical Directives
Medicare and Medicaid
Financial Exploitation
Long Term Care Insurance

Probate, Will, Trusts
Identity Theft and Fraud
Retirement Planning
Mental Incapacity

Adams and Broomfield Counties Senior Law Day is brought to you by the planning committee for 17th JD Senior Law Day Serving Adams and Broomfield Counties, a 501(c)3 organization. Donations made to this organization may be tax deductible. Please check with a tax expert to determine if you are eligible to claim a deduction. Register your Sooper Card at <http://www.kingsoopers.com>, Select MY ACCOUNT, and COMMUNITY REWARDS. Select 17th JD Senior Law Day - Adams and Broomfield and Enroll. King Soopers will contribute to our organization at no cost to you.

Governor Polis Elected Vice-Chair of National Governors Association

In July, Colorado Governor Jared Polis was elected to serve as Vice-Chair of the Bipartisan National Governors Association (NGA) by his gubernatorial peers from across the country and political spectrum.

"I am proud to be elected the Vice-Chair of the National Governors Association for the upcoming year by my colleagues from both sides of the aisle. The National Governors Association is a unique and valued forum for governors to offer their unique perspectives, share policies, and develop bipartisan solutions," explained Governor Polis.

"I am the National lead to elevating the issues impacting Colorado and, through the bipartisan input from National Governors Associa-

tion, creating real solutions to improve our state, create jobs and continue to grow our thriving economy" said Governor Jared Polis.

"I look forward to working with the other governors to address the challenges facing our nation, Colorado, and the opportunity to serve as Vice-Chair."

The Governor is attending the National Governors Association Summer Meeting in Atlantic City, New Jersey. Governor Phil Murphy of New Jersey served as Chair of NGA. Governor Polis served as the Chair of the Western Governors Association

this past year, focusing on bipartisanship, economic development, and geothermal energy.





❖ one medical seniors

Join us for an Upcoming Event!

One Medical Seniors is a doctor's office for those on Medicare. These events are free to the community - bring a friend or family member!

BENEFITS OF VALUE-BASED CARE
August 15 | 3 - 5pm


7967 W Parkhill Pl
Littleton, CO 80123

DOC WALK
August 24 | 9 - 10am

8246 W Bowles Ave, Bldg 1 Unit T
Littleton, CO 80123

To learn more about our upcoming events,
scan the QR Code or call **720-798-3822**






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Summer 2023


Summer 2023
June 11-Aug. 13

Much Ado About Nothing
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One Man, Two Guvnors
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The Comedy of Errors


Tickets start at:
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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 soneill@drmac-co.org

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 or call us at 303-243-3113.

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

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 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

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 or call 303-243-3113



Coming soon: Vintage & Vibrant 2023!

The Seniors' Council of Douglas County, in collaboration with Aging Resources of Douglas County and Douglas County Government, is co-hosting a day-long educational event entitled Vintage & Vibrant 2023: Exploring the Latest Trends in Living Well & Aging Well. Our signature event will be held on Thursday, September 28th from 8 a.m. – 3:30 p.m. at the Parker Arts, Culture and Events (PACE) Center, 20000 South Pikes Peak Ave in Parker.

This event is specifically designed to entertain, inform and intrigue an older adult audience. Our program will include two engaging keynote speakers, multiple informative breakout sessions, three interactive activities, morning refreshments, lunch, guest bags and door prizes. Your \$10 registration fee covers it all, with scholarships available if needed.

We begin the day with the wit and humor of Jeanne Nott, 2022 Ms. Colorado Senior America and during lunch learn about the fascinating world of 'smart tattoos' from Dr. Carson Bruns, Associate Professor at the University of Colorado in Boulder.

Vintage & Vibrant 2023 would not be possible without the generous support of our co-hosts and numerous event partners, including our Platinum Partners; Visiting Angels – Littleton, Seven Stones



Botanical Gardens & Cemetery, Centura Health, the Denver Regional Council of Governments (DRCOG) and Bridgewater Castle Rock.

To review our complete program, meet the rest of our event partners and register to attend, please visit www.douglas.co.us and search for Vintage & Vibrant.

Online attendee registration begins August 1st, but seating is limited so register soon!

The Seniors' Council of Douglas County serves to advocate for and engage older adults. Monthly meetings, which are free and open to the public, are held on the first Thursday of the month. For up-to-date information visit us on Facebook or www.douglas.co.us -- search for Seniors' Council.

Technology is Hip! Flying Cars Have Arrived!



Bob Larson

AMAC Magazine reported in July that Alef Automotive, a California startup, received FAA approval to begin testing a new prototype flying personal vehicle with vertical takeoff and landing abilities on public roads and skies. The company is already taking pre-orders (you can join the list for a mere \$300,000) and expects to begin delivery in 2025.

A host of startups and aviation giants alike are hoping to cash in on this exciting new development in the skies. The "electric vertical take-off and landing" (eVTOL) market has witnessed a surge in demand from investors and prospective buyers alike, with some analysts predicting its market will skyrocket from \$86 million in 2022 to \$1 billion by 2030.

China's state-owned Guangzhou Automotive Group (GAC) recently released its own concept of a flying car that can also drive on roads. NIDEC, a Japanese manufacturing company, is entering the U.S. market in conjunction with Brazil-

ian aerospace powerhouse Embraer. Eve Air Mobility, another Brazilian company, has also successfully tested an early prototype of its own flying car.

Proponents of eVTOL cars say that the technology could reduce congestion, which would help reduce pollution problems in urban areas and be a massive time saver for drivers. Additionally, a flying fleet of emergency services vehicles would no longer have to contend with traffic, enabling faster response times and swift transportation to hospitals.

Making the switch to eVTOLs would undoubtedly prove an even more gargantuan undertaking, requiring everything from designated takeoff and landing zones to an entirely new air traffic management system.

While flying cars once seemed confined to the daydreams of tech whizzes and science fiction fans, they may soon be coming to a neighborhood near you. Much like the development of the original personal car, eVTOLs will affect society in far-reaching and profound ways, some of which we can't even yet imagine.

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

Pets Are Family Cat Behavior



Even if your cat has an established bathroom routine, there are several factors as to why cats may suddenly feel uncomfortable with their routine and display behaviors such as peeing on the carpet or right outside the litter box.

The first recommendation, always, is to set up an appointment with your veterinarian to make sure this isn't a medical issue. Oftentimes, a cat will try to communicate they are not feeling well by how they use or don't use the litter box.

If everything checks out medically, it could be a territorial concern. Changes to a cat's environment can lead to inconsistent bathroom use because cats associate using the bathroom with marking their territory. Examples of simple changes: wearing new perfume, rearranging of furniture, new housemates, etc. Since these types of changes are natural and bound to happen, keep an eye on your cat's territory and habitat they have created for themselves and that it is to their liking.

Be sure to place the litter boxes in

an area that your cats normally roam/hang out. If they like to hang out on the second floor, asking them to go to the basement to pee is like asking them to go to the neighbor's house to pee. This isn't to say that it should be right next to their food dish or cat tower, but putting it in the same vicinity will help your cat feel like it is part of their territory.

Lastly, there are many conditions and styles of litter boxes. From scented pellets to open or closed, your cat can be sensitive to the small things. Once you find a setup they like, stick with it! If not, play around with different setups and find one that appeases your furry friend!

Check us out at Larimerhumane.org



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

Visit
www.efaa.org
for more information



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

Genealogy Rocks!

If you find that summer time allows you to slow down a bit, it may be the perfect time to sharpen your tools. You may have mastered Find-A-Grave but you are not as confident in Ancestry.com or FamilySearch.org.

Here's a plan. Select one of your neglected ancestors and focus on using a new tool to research that person. Focus on FamilySearch.org which is free and available on your computer right now. Enter the Records tab and enter your grandfather's name, location and birth year. Then search through the results to focus in on your man. Once you know you've found the right person, search census records for that grandfather as a child. Identify his parents, locations, and birth years. You should be able to get back to 1850 or at least to the decade after their immigration into the U.S.

Try searching for the marriages of your grandparents and their parents. Some states (South Carolina, Pennsylvania, Louisiana, etc.) do not have marriage records online – but you need to confirm that that is the case.

Passenger lists (1820-1960) are online by port of entry in FamilySearch.org so you can try to find your immigrant ancestors as they entered the U.S.

FamilySearch.org also allows you to search by location. Go to the Search tab and scroll down to "Catalog" and enter the state and county where your ancestors lived. Under "Vital Records" you may find marriage records and some birth and death records. Under "Land and Property" you may find when your ancestor first bought or sold land and the detailed land description. There may even be "Naturalizations" that were done in that county.

Add your information to a Family Group Sheet or database so that you can refer back to the information you've gathered. Now pat yourself on the back if you have added this new tool to your genealogical toolbox.

Carol Cooke Darrow teaches Genealogy 101 classes and facilitates a WriteNOW group of genealogists. Classes start again in September. Check www.cogensoc.us for more information.



Carol Darrow

Ageism Matters

The Stories We Tell About Age



Kris & Sara

can do about it.

We've all had thoughts like, "I'm too old to try something new" or "at my age, I'll just have to put up with the pain" and we rarely stop to consider whether these are useful or even true. Even more important, our negative thoughts about aging impact our wellbeing. Research by Dr. Becca Levy shows that positive age beliefs correlate with 7.5 extra years of life.

It is not true that you have to be in pain just because of your age or that there is a certain age after which we can't learn new things. We hear - and tell - these stories over and over, but that doesn't mean that they are true.

Ageism is everywhere, including in our minds. Even though we didn't choose the negative stories about aging which surface, there is something we

The good news is that we can change this narrative and tell new stories that are both more accurate and more healthy. Instead of "I'm too old to try something new," how about "I'm a lifelong learner and I can do it again." Or even just, "I'm curious and I want to know more." Instead of "I guess I just have to be in pain", we can ask "what can be done to help me feel better?"

We all have internalized ageist beliefs and there is no shame in that. But, now that we know better, we can choose positive age beliefs and question our negative assumptions about age. Learn more about ageism and what we can do about it at ChangingtheNarrativeCo.org.

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

Say you saw it in 50 Plus Marketplace News

Social Security Today

Social Security Launches New Audio Series, SSA Talks, And News Hub

Did you know we have a new audio series, SSA Talks?

You can learn more about our top priorities by listening at www.ssa.gov/news/audio-series.html.

In our first episode, Acting Commissioner Kilolo Kijakazi and Janet Walker, Associate Commissioner for Operational HR Services, discuss how our current hiring initiative is central to improving customer service.

The 17-minute episode includes a fact sheet and transcript. The fact sheet also provides more information about working at

Social Security.

Please visit our SSA Talks page at www.ssa.gov/news/audio-series.html to listen and subscribe to receive alerts about future episodes!

Our new Communications Corner at www.ssa.gov/news provides a central hub for the public, the press, researchers, and other stakeholders looking for information about Social Security and our programs. Visit the Communications Corner to access our blog, newsletter, bulletins, the new audio series, and more!

Social Security Online Learning Tools

Our online learning resources for educators are great for teaching others about Social Security! Chances are that a student will know someone who receives retirement or disability benefits. Our educational resources help communicate information about our programs to a new audience and show them how our programs can help people other than retirees. Understanding how Social Security helps wounded warriors, children, and adults with disabilities can inspire greater empathy and encourage them to learn more.

We offer an educator's toolkit to engage students and teach them

about our programs. Use the toolkit to create your own lesson plan! You can also use our toolkit to teach your child or grandchild about Social Security's important programs.

The toolkit includes:

- Lesson plans with objectives.
- Infographics and handouts for each lesson plan.
- Links to Social Security web pages.
- Talking points.
- Quiz questions and answers.

For more information, we encourage you to access the toolkit at www.ssa.gov/thirdparty/educators.html and share it with your favorite educators today.

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A Few Thoughts About Retirement

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” Mark Twain

“Retirement is like a long vacation in Las Vegas. The goal is to enjoy it to the fullest, but not so fully that you run out of money.” – Jonathan Clements

“When a man retires, his wife gets twice the husband but only half the income.” – Chi Chi Rodriguez

“Retired. Under New Management. See Wife For Details” – Unknown

“Retirement is when you stop living at work and start working at living.” – Unknown

“Retirement: World’s longest coffee break.” – Unknown

“Retirement: When you stop lying about your age and start lying around the house.” – Unknown

“The best part about retirement is that you don’t have to worry about getting a promotion.” – Unknown

“Retirement is when you switch bosses from the one who hired you to the one who married you.” – Unknown

“Retirement is the time when you finally get your head together and your body starts falling apart.” – Robert Benchley

“Retirement is when you can finally tell the difference between a rifle and a fishing rod.” – Unknown

“Retirement is when you can finally hang up your uniform and start wearing your ‘I’m retired’ t-shirt everywhere you go.” – Unknown

In The Spirit Walking Through A Shadow

“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.”
Psalm 23:4 (KJV)



Dr. Armington

We can’t get so caught up in doing stuff until we become no earthly good. Being busy is ok, but being busy without taking proper time with the Master can leave you broken down because of lack of quality time. How do you think Jesus was so successful in His ministry? It was because of the quality time He spent with the Father. Before and after every assignment He went to the mountain! He found the sacred place! When we get too busy, we become less effective and when we are less effective, we get frustrated with the results.

The word says “Yea, though I walk through the shadows of death...” not “run through,” or “skip through.” Walking gives you the opportunity to safely see where you’re going. It allows you to see the dangers and pitfalls, so you don’t fall into them. When you’re running or skipping, often times you can see the dangers ahead because you’re moving too fast, hence falling into a pit or dangers unseen. No one likes to go through the valley’s of life, but God is walking with you and He will not fail you. Go through and be made whole!

For more inspirational nuggets, you may purchase a copy of the Author’s gentry of writing via www.DrArmington.com at your convenience.

Funds in place for Douglas County Veterans in need

Are you a Douglas County Veteran in need of emergency assistance with housing, food, transportation, employment, mental health care or other urgent concerns?

You may apply to receive Veterans Emergency Assistance Funds for 2023.

The funding – the result of a grant from the Colorado Department of Military and Veterans Affairs – is part of a robust arsenal of resources available through the Douglas County Veterans Service Office, serving Veterans and their families in Douglas County.

The Veterans Service Office provides access to special programs and services, while also assisting Veterans with applying for benefits, employment assistance, medical care, and housing and coordination to

other services, such as transportation. The Office also assists surviving spouses, dependents’ parents and dependents with claims for pension, disability, burial reimbursements and more.

Staffed entirely by military Veterans, trained by, and working in cooperation with the Colorado Department of Military and Veterans Affairs, all Veteran Service Officers working in the office are accredited by the National Association of County Veterans Service Officers and Colorado Department of Military and Veteran Affairs.

To learn more about the programs available please visit the Veterans Service webpage, <https://www.douglas.co.us/veterans-service-office>.

Heat Safety Tips for Families Affected by Dementia

With heat indexes well over 100 degrees creating dangerous conditions for millions of Americans during a prolonged heat wave, the Alzheimer’s Foundation of America (AFA) is providing important tips to help caregivers keep their loved ones living with dementia safe.

“Triple-digit temperatures and heat indexes are especially dangerous for someone with a dementia-related illness such as Alzheimer’s disease, because the effects of dementia can impair their ability to notice if they are developing heat stroke or dehydration,” said Jennifer Reeder, LCSW, SIFI, Director of Educational and Social Services for the Alzheimer’s Foundation of America. “Taking a few simple steps will go a long way to help caregivers keep their loved one with dementia safe during the heat wave.”

AFA advises family caregivers to:

Watch out for wandering. Wandering is a common and potentially dangerous behavior for individuals with dementia, as they can get lost or become disoriented, and not know how or who to call for help. It’s even more dangerous in extreme heat conditions, where heat stroke (a serious elevation in body temperature that is sparked by exposure to extreme environmental heat or a mixture of heat and humidity) can develop in minutes. There are many reasons why someone with dementia wants to go outdoors. Being outside may provide a feeling of purposefulness or satisfaction; be a response to excessive stimuli, be triggered by the need to get away from noises and people; or is a response to an unmet need (i.e., hunger, thirst, boredom). Reduce the chances of wandering by identifying consistent and sustainable ways to support these experiences in a safe environment: create walking paths around the home with visual cues and stimulating objects, engage the person in simple tasks, or offer engaging activities. Ensuring basic needs are met can also reduce the chances of wandering.

Keep a recent photo and medical information on hand, as well as information about familiar destinations that are currently, or formerly, frequented, that can be shared with emergency responders if the person wanders. This will expedite search and rescue efforts.

Monitor the person’s fluid intake. Alzheimer’s disease and other dementia-related illnesses can affect a person’s ability to know when they are thirsty, thus making it critically important for caregivers to monitor fluid intake and encourage them to drink frequently.

Observe the person for heat stroke warning signs. Dementia-related illnesses can make it harder for a person to detect temperature changes, putting them at greater

risk for heat stroke. Watch for warning signs such as excessive sweating, exhaustion, hot, dry, or red skin, muscle cramps, rapid pulse, headaches, dizziness, nausea, or sudden changes in mental status. If the person is exhibiting these warning signs, such actions as resting in an air-conditioned room, removing clothing, applying cold compresses, and drinking fluids can all help cool the body. If the person faints, exhibits excessive confusion or is unconscious, call 911 immediately.

Know where to cool down. Many municipalities will open up air conditioned “cooling centers” so that people who do not have air conditioning can go cool down. These centers can include senior centers, libraries, community centers and other municipal/public buildings. If your person does not have air conditioning, find out if there are cooling centers nearby.

Plan ahead. Blackouts and other power failures can sometimes occur during heat waves. Make sure that cell phones, tablets, and other electrical devices are fully charged. Flashlights should be easily accessible in case of a power failure. Have the emergency contact numbers for local utility providers, as well as the police and fire departments, readily accessible.

If you don’t live near your loved one, arrange for someone nearby to check on them. Inform this contact person about emergency contacts, and where important medical information, such as an insurance card, is kept. Make sure your loved one has plenty of water, and has access to air conditioning or other cooling mechanisms.

Caregivers who have questions or need additional information can contact the AFA Helpline by phone (866-232-8484), text (646-586-5283), or webchat (www.alzfdn.org) to speak with a licensed social worker. The Helpline is available seven days a week.

The Alzheimer’s Foundation of America is a non-profit organization whose mission is to provide support, services and education to individuals, families and caregivers affected by Alzheimer’s disease and related dementias nationwide and to fund research for better treatment and a cure. Its services include a National Toll-Free Helpline (866-232-8484) staffed by licensed social workers, the National Memory Screening Program, educational conferences and materials, and “AFA Partners in Care” dementia care training for healthcare professionals. For more information about AFA, call 866-232-8484, visit www.alzfdn.org, follow us on Twitter or connect with us on Facebook, Instagram or LinkedIn. AFA holds Charity Navigator’s top 4-star rating.

Rocky Mountain National Park Has New Superintendent!



The National Park Service (NPS) has selected Gary Ingram as superintendent of Rocky Mountain National Park. Ingram will begin his new assignment in August. As superintendent, Ingram will oversee 150 permanent staff and approximately 250 seasonal staff and will work to continue to address complex challenges such as climate change and wildland fire; ecosystem restoration; and managing day use visitation that sustains the park's resources and offers varied quality visitor experiences.

"Gary is a seasoned leader who comes to Rocky with a wealth of knowledge and experience gained during his 30 years with the NPS," said Regional Director Kate Hammond. "His energy, enthusiasm and optimism will elevate an already high-functioning, high-performing team."

Most recently, Ingram served as the superintendent at Cumberland Island National Seashore and Fort Frederica National Monument. Prior to that, he was superintendent at Jimmy Carter National Historic Park and special assistant to the Alaska Regional Director. He began his NPS career in Yosemite National Park where he served in a variety of positions including law enforcement, horse patrol, emergency medical services, fire fighter, shift supervisor, chief liaison officer, and management assistant.

"I am profoundly honored to be selected as the superintendent of Rocky Mountain National Park," said Ingram. "The magnificent natural wonders and rich cultural history make it one of the world's most special places. I look forward to working with and serving the visitors, park staff, park partners, and affiliated tribes as we continue to protect and enjoy this incredible resource."

Ingram will be moving to the area with his wife, Athena. He succeeds Darla Sidles who recently retired after serving seven years as the park superintendent. Kyle Patterson, Rocky Mountain National Park's Public Affairs Officer, will serve as interim superintendent between Sidles' departure and Ingram's arrival.

Reflections DNA Will Out It!



Martha Coffin Evans

me.com

While DNA results have helped solved mysteries, they have brought some miracles in other situations. In yet different settings, DNA has brought the potential for a little misery.

Newspaper articles and news reports continue to share the latest solved cases brought about through their DNA matches. Such happened recently in Denver where a Colorado man, convicted in the 1982 murder of two women, awaits sentencing. Deputy District Attorney Mark Hurlbert commented, "This case being so old, this (verdict) shows there's no case that can't be solved."

A different DNA-related mystery in New Orleans, Louisiana, resulted in a woman learning her actual birth parent. The person she thought to be her father turned out not to be

so. That also held for siblings who had yet a different father. While a surprise, a small miracle occurred in connecting with other relatives they had not known until that time.

Searching for biological parents has been a quest for many over time. With the hope for a positive outcome in finally meeting that birth mother or father, not all end well. Those that do have provided a wonderful opportunity for a relationship along with the likelihood of closure. Some DNA-related calls come with a shock factor. "Could you please take a DNA sample? I believe you're my son's father." That confirmed relationship led to meeting him, his sons and attending his wedding.

"What's your relationship to the groom?" other family members, with different biological parents, asked. "Surreal," repeated his mother, possibly embarrassed or with a sense of misery, about this "outing."

Whatever DNA "outs," is it mystery, miracle or misery? Yes, to all!

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

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Everyone deserves to feel safe in the place they call home, but not everyone does.

Elder abuse is a rampant issue around the world. Thousands of cases are reported each year in Colorado alone, including reports of physical, emotional, and financial abuse. This abuse can lead to fatal injuries, damage to psychological health, and severe financial losses, impacting the quality and length of life for many older adults.

At Seniors Resource Center, we work to help older adults be safe, healthy, and independent as they age.

This is why we are proud to partner with PorchLight Family Justice Center, an organization here in Jefferson County that provides critical support services to folks who have experienced abuse, assault, or human trafficking. Through this partnership, our care managers can connect older adults who have been the victims of crime to vital resources that can assist in their recovery. We also work with other PorchLight partners, such as behavioral health, victim advocates, and sheriff's offices, to ensure all their needs are being met.

If you or someone you know has been the victim of elder abuse, please reach out.

(303)238-8151
info@SRCaging.org
www.srcaging.org

You don't have to go through this alone. We can connect you with the support services you need to recover.

JSO Announces New Music Director

The Jefferson Symphony Orchestra (JSO) is thrilled to announce that Arturo González will be its new Music Director. This announcement concludes a yearlong search during which the Orchestra invited three candidates for the position to its conductor's podium during the 2022-23 season. González will begin his term with JSO at the outset of its 2023-2024 season and his first performance is planned for October 2023 at the Season Opening Concert.

As the fourth Music Director in the Symphony's history, Arturo González brings a new milestone for the Symphony. Arturo stated: "The Jefferson Symphony is a 70-year-old organization. I have such huge shoes to fill, and I take this position with great humility and respect for the people that came before me and for the tremendous musicians that form JSO."

As the Principal Conductor, Arturo González will oversee the artistic direction of the orchestra, shaping its musical identity and expanding its reach to Front Range and Colorado audiences. In addition to his new role, González also leads the Flatirons Community Orchestra. He has held guest conducting positions with symphony ensembles in Mexico, Costa Rica, and Spain.

González further stated: "I firmly believe that a modern orchestra is a team. Let the magic, heart, and great musicianship of JSO continue for many, many years to come."

Now celebrating its 71st season, the Jefferson Symphony Orchestra performs music that thousands of people in and around Jefferson County have enjoyed for decades. Jefferson Symphony is a community orchestra, comprised of volunteer musicians from Jeffco and neighboring areas. The JSO programs concerts at the Green Center on the Colorado School of Mines campus in Golden, outdoors at community parks of Jefferson County, and at chamber music venues and churches in the region. Visit the JSO website at www.jeffsymphony.org to see their upcoming performances!



Music Director Arturo Gonzalez

Uniquely Bea

"What Can You Do, When There is Nothing That You Can Do?"



Bea Bailey

Recently, I had a close family member diagnosed with cancer. It was a shocker to say the least. It is a classic case of not doing pre-care and getting a colonoscopy in a timely manner. There has been a lot of hand wringing while waiting on baseline information. This has been impacted due to the snail pace of the local Veteran's Administration Medical Centers.

While I am viewed as the Oracle of Delphi, I don't have the answers regarding the outcome. I must watch what I say because what I say carries so much weight to those involved. Being a person of faith has allowed me to sustain the many blows in life that have come my way. However, faith is not one of their strong suits. My advice to them is to try to remain calm and not borrow trouble from tomorrow. I have encouraged them to check out information on the Internet, but not do a deep dive. It is important that they have enough information to ask knowledgeable baseline questions. They are within their rights to push back on medical personnel, if they are not giving them the information that they want/need or if the timetable is questionable.

Resting and eating properly during this stressful time is a must. Hopefully, people are not waiting to be confronted with a crisis before they have their affairs in order. I was tossing and turning over the fact that the people in question do not have all their affairs in order. The stressful thing is that I would be the one who would be tapped to handle their unresolved estate. As things are settling down, I will gingerly bring up the matter with them. It is a MUST.

Seriously...do you have your affairs in order? It is a gift that you give to your family.

A Golden Birthday Party


They came from all corners of the earth to attend a birthday party at Guisachan House in the village of Glen Affric in the Scottish Highlands recently. The event was held to celebrate the birth of the first litter of Golden Retrievers 155 years ago. The event attracted 466 dogs and their owners. According to the Golden Retriever Club of Scotland, "the Golden as we know it today was bred at Guisachan, Glen Affric, near Inverness, the Scottish Estate of Lord Tweedmouth, from a series of matings which commenced by mating a good looking yellow coloured Flat Coated Retriever with a Tweed Water Spaniel called 'Belle' (a breed now extinct but believed to be a small liver coloured dog with a curly coat)."



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Join this game of chance in person or via Zoom. Malley Recreation Center has the best Bingo crew and fun prizes! Join us this month.

8/10 Th 1-2:00 p.m.
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Movie Time
Join us the second Friday of each month to watch a free movie on the big screen. Popcorn available for 25 cents. Watch for monthly flyers or call 303.762.2660 the week of the movie to find out what is playing.

8/11 F 1-3:00 p.m. FREE

Creative Pottery
Explore various methods of hand building, slip casting & sculpting to create three pieces of art in each six-week session. All glazes, underglazes & kiln firings included. Clay fee is \$15 for every 25 pounds of clay, payable to instructor. (Please Note: No class on 7/4 or 7/5 due to holiday). Instructor: Michael McGrath Location: MRC

7/25-8/29 Tu 10am-NOON
31760412 \$72/\$67
7/26-8/30 W 10am-NOON
31760312 \$72/\$67
7/26-8/30 W 4:30-6:30pm
31760314 \$72/\$67

Basic Photography Composition
Grab your smartphone or camera and explore how to better capture images by applying the basic elements of composition in photography. Instructor: Cynthia Slade Location: MRC
8/7-8/28 M 1-2 p.m.
31461812 \$27/\$22

Hawk Quest: Birds of Prey
This one-hour program, which is tailored to the age and experience of the audience, includes a Bald or a Golden eagle, an owl, a falcon, and features a free-flying hawk. Discover the importance of different raptor species, their specially adapted tools, and their role in our ecosystems.
8/10 Th 10 a.m.-11 a.m.
31462311 \$17/\$14

Good For You Food on a Budget
Discover how to support optimal health without breaking the bank! This workshop will offer guidance on how to best navigate affordable foods with tips to stay on track, menu planner, creating a shopping and pantry partner list, the healthy meal list and more! Kelly Andis (Natural Grocers) Location: MRC
8/24 Th 1-2 p.m.
31461211 \$7/\$5

New! Senior Medicare Patrol
The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers. This class offers information to prevent, detect, and report health care fraud as well as errors and abuse. SMPs are here to answer your questions. Advice is free, confidential, and objective. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Colorado Senior Medicare Patrol: 888-696-7213 / dora_senior-medicarepatrol@state.co.us Location: MRC
8/18 F 9 -11 a.m.
31461513 Free, Registration Required

New! Social Security Basics
Join a representative with the Social Security Administration and review the basics of Social Security including retirement, disability, survivor & dependent benefits. Please note: this class may be broadcast live-virtually at the Malley Recreation Center or provided in-person depending on number of attendees. Free, registration is required. Location: MRC
8/25 F 10 a.m.-NOON
31462113 Free, Registration Required

Will Maker- Legal Seminar
Complete a living Will or assign Medical or Financial Power of Attorney in this informative four-hour workshop. Fee includes materials, and witness for notarization of documents. Time allotted for individual review and questions. Workshop requires additional \$100 fee paid directly to the workshop Instructor, Rebecca Bennetti- Attorney of Estate Planning Law. Location: MRC
8/8 Tu 12:30 p.m. – 4:30 p.m.
31460511 \$15/\$12

Medicare 101
Discover some of the options available and receive advice on plans best tailored to specific needs. Sponsored Presenter: Allen McGirl Insurance Location: MRC
8/10 Th 1:30-3:00 p.m.
31460311 FREE

Public Transportation Options & Older Adults
Explore public transportation options best suited for older adults. Consider options for accessibility with a walker, scooter, cane, or wheelchair that allow for ease of transport in the local area. Sponsored Presenter: Roadmap for Aging Experts Location: MRC
8/23 W 10 a.m.-noon
31460811 FREE

Reverse Mortgage-What Heirs Should Know
For many borrowers with a Reverse Mortgage, the reality is that they might not be the one closing on the loan. That responsibility may fall to an heir or executor. Learn how to prepare for self and loved ones as well as tending to what is needed when the last borrower leaves the home. Sponsored Presenter: Orion Mortgage
8/14 M 10 -11 a.m. F 31461111 FREE, Registration Required

Blackhawk & Central City
Try your luck at Black Hawk or Central City- we will drop you off and pick you up so you can hit the big jackpot and be in the heart of it all. All activities on your own. Registration Deadline: 3 full business days prior to excursion date.
8/14 M 9am-4pm
32060613 \$25/\$20

Denver Urban Gardens Fall Plant Sale & Lunch- Denver
Come along as we explore the fall plant sale and gather your favorite organic cool-season seedlings, as well as cover crop seeds, garlic, and learn more about everything you'll need to put your garden to bed at the end of growing season. Afterwards we will grab lunch at local favorite-Lou's Italian Specialties and enjoy their outdoor patio, weather permitting. Lunch is on your own.
8/12 Sa 9:15 a.m.-2:00 p.m.
32061711 \$15/\$12

Early Afternoon Tea-Lumber Baron Inn- Denver

Afternoon Tea is served the traditional English way, featuring a variety of fancy finger sandwiches alongside scones, crumpets, and fresh cookies. The finest Tekoe tea is steeped fresh served piping hot for your enjoyment. (Gluten-free fare is available for a \$7 upcharge due day of tea service- please note this accommodation at registration). No refunds after 8/1.
8/21 M 9:15 a.m. -1pm
32061811 \$92/\$76

Hops & Pie- Denver
Hops and Pie opened in 2010 by two people that love pizza, craft beer and community. Today Hops and Pie serves traditional, pan, Detroit-style and gluten-free pizza pies and sandwiches

alongside a frequently rotating craft beer tap list. Location: Denver Menu price range \$10-\$26
8/15 Tu 4:15-7:30pm
32061411 \$13/\$11

Benedict's Brunch- Greenwood Village
Sip a fresh brewed cup of coffee, and enjoy omelettes galore, savory skilletts, house-made waffles, and pancakes, stuffed French toast, a bevy of beautiful benedicts, sandwiches, and more! Benedict's is family owned and has reasonable prices as well as elegant surroundings. Menu price range \$10-\$20
8/29 Tu 9:15 a.m. - 12:30 p.m.
32061511 \$13/\$11

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Rocky Mountain Conservancy Conservation Corps Celebrates 20-Year Anniversary

Twenty years ago, the Rocky Mountain Nature Association (now the Rocky Mountain Conservancy) leadership and Colorado philanthropist Bruce Dines had a simple idea: why not launch a Conservation Corps for Rocky Mountain National Park (RMNP) modeled after the post-depression era Civilian Conservation Corps? With Dines' initial financial support, the Conservation Corps was established to expose young people to rigorous service work, provide education and experience in natural resource conservation, and develop the next generation of environmental stewards.

Since 1931, the Conservancy has raised more than \$35 million to enhance and protect the park's trails, lands, youth education, historic structures, and more.

Since 2003, the Rocky Mountain Conservancy's Conservation Corps program has steadily grown and become an essential partner to RMNP and the U.S. Forest Service lands adjacent to RMNP, preserving natural and cultural resources each summer. Visitors to these public lands reap the rewards of the corps' work with improved trails, campgrounds, improved recreational access, improvements to facilities, and protecting critical river corridors along the Colorado and Cache Le

Poudre Rivers.

During their 20th anniversary, the Conservancy's board of directors and program coordinators are commemorating the anniversary in a more spectacular fashion: by fielding the largest Conservation Corps in history and taking on more trail construction, more historic preservation, planting more native vegetation, and more post-wildfire forest restoration than ever before. This season, 54 individuals from 28 states across nine separate crews will work in three different U.S. Forest Service Ranger Districts, and four different departments in Rocky Mountain National Park.

In any given year, the Conservation Corps' physical accomplishments are impressive. In 2022, Corps members worked at 60 public land sites, improved 309 miles of trail and 15 miles of river corridor, constructed 12 bridges and 463 linear feet of rock wall, restored 24 backcountry campsites lost in the historic wildfires of 2020, provided critical maintenance to a historic visitor center in RMNP, and collected 139 slash piles in preparation for pile burns to reduce wildfire fuels.

The National Park Foundation recently awarded more than \$240,000 in grants to the Conservation Corps and its sister program for younger

adults, the High School Leadership Corps. The Conservancy Corps also receives support as part of the federal AmeriCorps program, and individual donors are key to keeping the corps members in training and supplies.

Through the Conservancy Conservation Corps, young adults from across the country (aged 18-30) participate in an 11-week program that provides professional development, networking opportunities, skills development, immersive outdoor conservation experiences, and career education and exploration in the conservation space. Participants receive full uniforms from the hats on their heads to the boots on their feet, stipends, access to free gear rentals for the entire season, and rustic housing ranging from tents to Forest Service cabins. From 2003's inaugural 6-person Conservation



Corps, to 2022's 52-person team, more than 500 young adults from across the United States have come through this program in the last 20 years.

To support the Conservation Corps and High School Leadership Corps programs, visit RMConservancy.org website and donate to the Conservation Corps Fund.

50 Plus Marketplace News Crossword Puzzle

August 2023
Answers page 8

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ACROSS

- 1 To a smaller extent
- 5 Once more
- 10 Hew
- 14 Sewing case
- 15 Cabal
- 16 River in central Switzerland
- 17 Baths
- 18 Part of the verb "to be"
- 19 Greed
- 21 Nuns
- 23 Open-minded
- 24 Seed of a legume
- 25 Stable attendant
- 26 Rate too highly
- 30 Young eagle
- 35 Doctor
- 36 Annoyed
- 38 Money

DOWN

- 39 Hip bones
- 41 Steeple
- 43 Adjoin
- 44 Paces
- 46 Earth
- 47 Lyric poem
- 48 Sampled
- 50 Liberate
- 53 Exclamations of surprise
- 55 From
- 56 Large island of Indonesia
- 60 Asphalt
- 64 Kitchen vessel
- 65 Prefix meaning without
- 66 Unit of distance
- 67 Matron
- 68 Hebrew school
- 70 Islamic call to prayer
- 71 Arab sailing vessel

72

Defiles

73 Hawaiian goose

DOWN

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



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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

Wheat Ridge Carnation Festival
Join your friends and family for this fun, annual festival held at Anderson Park (44th & Field) on August 11-13th. The fun includes midway, carnival rides, live music, food vendors and events, a car show, art show, a parade, circus, fireworks & more! Stop by the AAC Cookie Booth to purchase delicious cookies and brownies! Visit thecarnationfestival.com for more information!

Meet the Author
Meet Jacqueline St. Joan, the author of *The Shawl of Midnight*, a coming-of-age story, a family saga, and a hero's journey set in land contested by Pakistan and India. The novel explores the depths of family, how people change over time and distance, and how we might discover through our own pressures what we are truly made of. Dessert and Chai Tea will be served at this event which will be held on Thursday, August 17th. Cost is \$12, call 303-205-7500 to register.

Gentle Evening Yoga
Find your inner power! With an emphasis on fitness and a health-based approach to Vinyasa style yoga, you will develop core strength, improve flexibility, and become more centered through a series of yoga asanas (poses). Bring your yoga mat and join instructor Lisa Toyne on Tuesday evenings in August from 6-7pm starting on August 1st. Cost for each monthly session is \$25, call 303-205-7500 to pre-register.

Movie Matinee
Enjoy the movie "Devotion" on Thursday, August 24th 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!

Trips
We have numerous outings planned for August, 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

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

Train Dominoes - 2nd Mondays, 1pm

Silversmith Lab - Every Wednesday, 9am - noon

Booktalk - No meeting in August

Pastel Painting - 2nd Thursdays, 10am

Maj Jong - Wednesdays, 9-11am

Canasta - 1st and 3rd Fridays, 1-3pm

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. You can also pick up a copy at the AAC or the Wheat Ridge Recreation Center.

More People Can Qualify for Medicare Premiums

Social Security is the only source of income for 40% of Coloradoans. The average monthly Social Security income is \$1749. Individuals must pay the Medicare Part B premium of \$165 and the Medicare Part D premium. However, many individuals are eligible for the Medicare Savings Program (MSP) to pay the Part B premiums and Extra Help to pay the Part D prescription drug premiums and co-pays.

To be eligible for MSP, individuals must have less than \$1660 per month in income (\$2239 per month for a couple). Individuals must also have resources of less than \$9090 plus \$1500 in burial funds (couples must have less than \$13,630 plus \$3000 in burial funds). Resources include cash, savings, investments, revocable burial plans, and whole life insurance policies. Exempt resources include a home, car, term life insurance policy, and an irrevocable burial plan.

Individuals are eligible for Extra Help if monthly income is less than

\$1823 (\$2465 for a couple). Those eligible for Extra Help must have resources of less than \$16,660 for one person (\$33,240 for a married couple).

Apply for MSP through Colorado PEAK online. A paper application may also be submitted to the County Department of Human Services. Applications for Extra Help are made online or by visiting the Social Security Administration.

Recently County Departments of Human Services have mistakenly asked beneficiaries to sign a form agreeing to having a lien placed on their home if they apply for the MSP. This is inaccurate. Beneficiaries should not sign the form.

If you have questions about how to apply for MSP, Extra Help, or the Medicaid Estate Recovery Program, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.

miles round trip has 605' elevation gain starting elevation 6020' and is rated moderate.. \$25 (\$33 non-res.).

Trips: G Line Rail Experience: Tuesday, Aug. 29, 10 am
Learn how to use accessible public transportation safely, confidently, and independently via the G Line commuter rail (RTD) to expand your travel options. Leave the Ward Road RTD station and learn how the payment options work. Then depart on the G Line to learn about the history of RTD. Arrive at Grand Hall at Union Station where you will be shown connections to other travel options like DIA, Bustang, Coors Field, and more. On the way back, stop at Olde Town Arvada for a quick sweet treat provided by Visit Arvada before returning to the Ward Road station. \$10 (\$12 non-res.).

Puzzle Hustle: Aug. 19, 10 am
Puzzlers, get your team together and join us for the Apex Puzzle Hustle jigsaw puzzle challenge! Teams of two to four people will compete to finish a 500-piece puzzle in the shortest amount of time. This event is for ages 12+. Puzzle is provided. Registration price is per team. \$35 (\$40 non-res.)

Rental Opportunities at the Center
Are you looking for an affordable space to host a birthday party, 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.

Apex Community Recreation Center
303.424.2739 • 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. 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.

Apex is excited to be partnering with Spark the Change Colorado To learn more about volunteering, please visit <https://www.sparkthechangecolorado.org/>.

Tuesday Painting: Tuesday, Aug. 1, 12:30-3 pm
Explore your artistic journey in a creative and supportive studio setting. Bring your own supplies for the medium of your choice. Beginners welcome. \$45 (\$54 non-res.).

Book Club: Wednesday, Aug. 9, 1 pm
Book Club is back! We will be discussing "Ninth House" by Leigh Bardugo. Light refreshments will be provided. \$5 (\$6 non-res.).

Active Adult - Welcome Breakfast: Thursday, Aug. 24, 9 am
Whether you're new to the district or ready to try some new activities, discover the many diverse opportunities across Apex. Enjoy a light breakfast while you learn about various social activities and how to get involved. We will also be discussing the benefits of insurance-based memberships. Free, but registration required.

Hike - Button Rock Dam Loop: Tuesday, Aug. 22, 7:30 am
Join us for a hike on the Button Rock Dam Loop. The trail is 4.7