

Denver Holiday Events

The annual Light the Lights celebration kicks off the daily* holiday light and music show at Denver’s City and County Building. This year’s event will be hosted by Denver7 anchor Micah Smith. The Colorado Children’s Chorale, celebrating their 50th anniversary delighting audiences around the world, is set to perform holiday favorites sure to get everyone in the holiday spirit. At approximately 5:15 pm, the giant switch will be flipped, illuminating the City and County Building in an overload of holiday cheer!

The 8-minute choreographed light and music show continues to run every night* at 5:45 pm and 6:45 pm from Nov 22 through Jan 21 except for the below schedule exceptions. The City and County Building will showcase a festive, static light display before, between, and after the two nightly shows until 10:45 pm.

- There will be no light and music shows on Mondays due to the City Council meetings taking place inside the building.
- There will be a special light schedule on Sat, Dec. 2 to highlight activities as the 9News Parade of Lights that begins right

in front of the City and County Building.

- Additionally, the City and County Building will remain completely dark for an annual memorial vigil honoring persons experiencing homelessness on Thurs, Dec. 21.

Additionally, experience the joy and charm of an authentic German-style holiday market! The Denver Christkindlmarket, located in Civic Center Park, will host both local and European craft and food vendors. As cheerful sounds of live holiday music fill the air, savor the season with traditional glühwein, German biers, and traditional holiday fare. Don’t miss this family-friendly holiday market! It’s free and open to the public! Everyone is willkommen! The Christkindlmarket will be open daily from Nov 17 through Dec 23.

Denver’s holiday season will once again be illuminated by the spectacular Mile High Tree’s dazzling light and music show presented by XCEL Energy & Xfinity. Everyone’s invited to get close and step inside this brilliantly lit, 110-foot-tall immersive art installation. The tree features nightly

free public light shows choreographed to multi-cultural holiday music and can accommodate up to 140 guests at a time for an immersive viewing experience within the tree.

The Mile High Tree is the largest installation of its kind in North America. You don’t want to miss this unique and festive experience. The Mile High Tree is open every day from 5 to 10 pm and admission is FREE!

And last, It’s another longstanding Denver tradition - for one night only! The 9News Parade of Lights holiday spectacular features more than 40 parade entries in-

cluding extravagantly illuminated floats, giant helium-filled character balloons, magnificent marching bands, traditional equestrian groups, and vibrant cultural displays. And of course, special appearances by Major Waddles the Penguin and Santa!

The parade takes place on Sat, Dec 2, starting at 6 pm at Denver’s City and County Building and winding through downtown. Come on down to see it in person or watch all the excitement live on 9NEWS. The parade will also be rebroadcast throughout the month of December on Channel 9. Enjoy all the holiday events in Denver!



Origins of Christmas

Christmas or Feast of the Nativity is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world’s nations is celebrated religiously by a majority of Christians as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

Although the month and date of Jesus’ birth are unknown, the church in the early fourth century fixed the date as December 25, which has been adopted almost universally throughout the world.

The celebratory customs associated in various countries with Christmas have a mix of pre-Christian, Christian, and sec-

ular themes and origins. Popular modern customs of the holiday include gift giving; completing an Advent calendar or Advent wreath; Christmas music and caroling; viewing a Nativity play; an exchange of Christmas cards; church services; a special meal; and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly.

In addition, several closely related and often interchangeable figures, known as Santa Claus, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own

body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas has grown steadily over the past few centuries in many regions of the world. Article courtesy of Wikipedia.



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DECEMBER

Calendar

Friday/1

Bundle up and grab hot cocoa to ring in the holiday season at the annual Tree Lighting Ceremony! Be part of this annual community event Friday, Dec. 1 from 6–8 p.m. where all of Broomfield welcomes the arrival of Santa Claus at the George Di Ciero City and County Building. The air will be filled with children caroling from local schools as the Mayor lights the community holiday tree.

Saturday/2

The 9NEWS Parade of Lights is back in downtown Denver for its 49th year. Produced by the Downtown Denver Partnership and presented by American Furniture Warehouse and Intermountain Health, the Colorado holiday tradition dates back to 1975 and has grown into the largest and most-watched parade in the Rocky Mountain region.

Sunday/10

Littleton Museum is hosting their annual Holiday Evening at 6028 South Gallup Street in Littleton. Join us for this evening, outdoors event on the grounds of our living history farms. You will be transported back to the winter holidays of the 1800s by costumed interpreters who bring the past to life by demonstrating what life was like in early Littleton. Enjoy a wagon ride, snack on cornbread and cookies, enjoy live music, and look up at the stars as you sip hot cider. Dress warmly - it can be quite chilly!

Saturdays

Downtown Parker comes alive during the holiday season! Visit Gingerbread Lane at the Schoolhouse, Polar Bear Ice Land at Discovery Park and Santa's Workshop at O'Brien Park for a fun family selfie. it might even be a great addition to your holiday cards! The Town has also invited our holiday walk-around characters from Thanksgiving weekend to stick around on Saturdays and Sundays (from noon to 4 p.m.) through Dec. 17.

Thru December 24

Colorado Ballet presents "The Nutcracker Suite" at the Ellie Calkin Opera House in Denver. With a real wintry twist, the production promises to dazzle audiences with glittering snowflakes, shimmering sugarplum fairies, a real on-stage blizzard, unforgettable characters, stunning costumes, and scenery. This seasonal tradition features classic choreography paired with Tchaikovsky's extraordinary score, performed live. Tickets range from \$40 to \$150. Buy tickets at www.denver-theater.com/index_nutcracker.php or call 844-495-4404.

Be sure to watch our weekly holiday musical videos on our website at www.50plus.news.

Check individual venues for current information

Calendar sponsored by:
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Denver and Lakewood Recognized as an "A List" Global Climate Leader

The City and County of Denver and Lakewood have been recognized by global nonprofit charity CDP as one of 119 cities across the globe that is taking bold leadership on environmental action and transparency, despite the pressures of a challenging global economic situation. CDP runs the world's disclosure system for investors, companies, cities, states, and regions to assess their environmental impact and drive the urgent action needed to address the climate crisis. Over 900 cities (939 in total) received a rating for their climate action from CDP in 2023. In 2023, just over one in ten cities scored by CDP (13% of such cities) received an A.

Denver's recognition comes ahead of the 2023 United Nations Climate Change Conference or COP 28 which will be held in Dubai starting November 30.

"We are so proud of Denver's leadership in the fight against climate change," said Mayor Mike Johnston. "We want to build a greener Denver that is a model for the rest of the country. This is a great acknowledgment of the work we have done, and we are excited to do far more in the years ahead."

To score its A-List grade, among other actions, Denver discloses greenhouse gas emissions, climate

programs and impact publicly through CDP, has a city-wide emissions inventory and has published a climate action plan.

Denver also earned its global climate "A-List" status by completing a climate risk and vulnerability assessment and creating a climate adaptation goal to demonstrate how the city will tackle climate hazards. Many A-List cities are also taking a variety of other leadership actions, including political commitment from a city's Mayor to tackle climate change.

The City and County of Denver's climate programs and commitments include:

- Reducing pollution from transportation in Denver by offering its nationally leading e-bike program and committing millions of dollars to build out EV charging infrastructure.
- Making buildings and homes more comfortable, efficient, and competitive through the Energize Denver Benchmarking Program and Building Performance Standards. One in five buildings in Denver are already meeting their 2030 Energize Denver performance goals.
- Investing Denver's Climate Protection Fund dollars into local clean energy at schools, recreation centers, and other community hubs through The Renewable Denver

Community Solar program. This clean energy powers nearby buildings and generates enough extra energy to create energy bill credits that help Denver families in need save money.

- Expanding urban tree canopy through the Denver Community Tree Planting Initiative, which has funded neighborhood groups to plant 1,000 trees in heat vulnerable neighborhoods since the beginning of 2022. A recent grant from the federal government will help expand the program for the next five years.

"Under Mayor Johnston's leadership, Denver will continue its path to becoming a global climate leader," said Elizabeth Babcock, Executive Director of Denver's Office of Climate Action, Sustainability and Resiliency. "Our hope is that Denver's commitments to urgent climate action and transparency will demonstrate the value of city leadership on a global stage."

The fifth largest city in Colorado, Lakewood adopted its first Sustainability Plan in 2015 and has provided annual updates. Its Sustainability Division also developed the Sustainable Neighborhoods Program that has grown into a network as the program has been adopted by the cities of Denver, Fort Collins, Wheat Ridge and others.

Holiday Hazard Prevention: Steps to a Safe and Accident-Free Season

(StatePoint) As the holidays approach, you might be hosting guests, shopping for gifts and decorating your home. While all these activities can bring a lot of joy into the season, they can also bring an increase in risks. Prepare by following these six tips to prevent damage.

1. Install a smart doorbell. Whether you want to see who just arrived or help keep packages secure, a smart doorbell will keep you updated on all activities in front of your home. From package deliveries to carolers, you can easily view (and communicate) with your visitors, even if you aren't home.

2. Decorate carefully. As pretty as those lights might be, they can be a tripping hazard. What's more, overheating lights can trigger a fire in seconds, especially in a dry environment, such as near a parched tree. On Erie Insurance's YouTube channel, they show how fast a Christmas tree goes up in flames and have tips on how to avoid fires, including to check string lights for any frayed wires and to always turn off lights when you aren't home.

3. Prepare for the unexpected. As

temperatures drop, prepare your home for potential damage. Bad weather can trigger a weak tree to fall, potentially on your house, while cold temperatures can cause frozen pipes, which could cost thousands of dollars in water damage if the pipes burst. Be sure to keep your homeowners insurance up to date so you are prepared should any seasonal damage occur. To prevent that damage and a costly claim, survey your property and even call-in experts to check trees, pipes and other possible hazards.

4. Stay safe on the road. The winter season carries driving risks. Not only may roads be slick and icy, but holiday shoppers are often stressed and frazzled. On roads, and particularly in shopping centers and mall parking lots, slow down and stay alert to avoid a fender-bender. As an added precaution, be sure to keep your auto insurance up to date in case of damage. Your insurance company might offer options to help you tighten your wallet during an expensive season. For example, Erie Insurance offers convenient bundling of car and home insurance

to potentially save you money.

5. Mingle merry--and safely. Holiday parties can be fun, but make sure you have a plan for getting home safely. And if you're hosting the party, be aware that in most states party hosts can be held liable for their guests' actions behind the wheel. So be sure your guests have a safe ride home.

6. Be smart online. If you'd rather keep your comfy pants on and do your holiday shopping online, be aware of where your data might be susceptible and only shop on reputable sites. An ERIE's homeowner policy includes identity recovery coverage that can help you if you are the unfortunate victim of identity fraud.

Whether you are having a party or going on a shopping spree, being safe and prepared for the holidays is key to avoiding any accidents, injuries and incidents.



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DEADLINE 10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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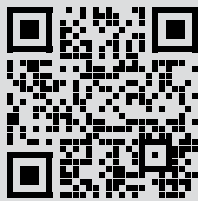
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Social Security Today

Social Security Cost-of-Living Adjustment for 2024

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social

Security account at www.ssa.gov/myaccount. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the 2024 COLA notice online.

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at www.ssa.gov/news/press/factsheets/colafacts2024.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today at www.ssa.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2024 COLA at www.ssa.gov/cola.

Brightening the Holiday Season for the Military Community

(StatePoint) As we enter the holiday season and Americans across the country look forward to spending time with family, thousands of service members deployed overseas – many to the Middle East in response to the Israel-Hamas war – will not have that luxury and will be spending the holidays far away from loved ones.

Here is how USO Holidays programming delivers a piece of home to them, along with ideas for how you can get involved:

1. Care packages: A care package might seem small in light of the challenges of deployment, but for many service members, they're a reminder that they're not forgotten by Americans back home. Aside from standard USO Care Packages, which contain snacks or toiletries, USO Holidays Care Packages have festive treats and goodies, such as holiday candies, cozy socks and a warm beanie, that help bridge the gap between home and the frontlines. This year, the USO will deliver 50,000 holiday packages to over 250 locations globally.

2. Holiday traditions: Giving up treasured family traditions can be difficult. That's why USO Centers and USO Mobile teams host holiday meals for service members and their families, complete with special treats ranging from pumpkin

and sweet potato pie to hot cocoa bars. Each December, USO Holidays Cookie Week celebrates the time-honored tradition of baking and decorating cookies, putting service members and military families in the holiday spirit wherever they are located. Other seasonal programming can include tree decorating, arts and crafts, holiday-themed movie nights and ugly sweater competitions. Through these activities, service members stationed far from home can still make holiday memories.

3. Connections to home: Staying connected to family during the holidays can be difficult for service members stationed overseas, particularly for those in or near regions in conflict such as Eastern Europe or the Middle East. The USO Reading Program enables deployed service members to record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member's family.

4. Happy travels: As most people know, holiday travel can be especially taxing. Thousands of service members and trainees from military installations across the country participate in the Holiday Block Leave period,

many traveling through some of the busiest airports in the United States to be with their families during the holidays. USO airport centers can alleviate some of that stress for service members and trainees by providing a place to relax and unwind before the next leg of their journey, along with all the comfort items they need.

To learn more about these programs and how to support them, and for ideas on how to reach out to the military community to express your thanks during the holidays and throughout the year, visit uso.org/campaign/holidays.

The holiday season can look very different for service members and military families who must celebrate while separated from loved ones and home in all corners of the world. Bringing everyone together on special days fosters camaraderie and positivity, and provides a welcome break from the demands of military life.



Reflections To Wrap or Not

The season of giving is upon us. With it comes the question whether to wrap gifts or not. Not all need wrapping.

One year, a red snow blower, with matching bow, appeared on our front porch courtesy of the children. It has lasted well through many storms providing relief for what would have been a tired back.

Cars on occasion may display a big red bow provided by the sales person. While removed before leaving the lot, this unwrapped gift can provide many safe, pleasurable miles.

As we accumulate our share of “stuff,” perhaps asking for an experience might replace “one more thing.” Experiences can come in the form of trips to different locations whether new or favorites. Tickets to sports events, theater, concerts or other musical productions may appear as requested items on the “All I want for...list.” Memories from these experiences become long-lasting ones often shared over the years.

Many unwrapped gifts are intangible. Giving of one’s time and



Martha Coffin Evans

talent provides a welcome gift to organizations. Calling to check on how a person is doing whether after surgery or a loss shows compassion and understanding. That’s especially true if the path is a common one. With the cost of a stamp, sending a Congratulations, Sympathy, Thinking of You or Get Well card can brighten the recipient’s day.

Establishing scholarships for a friend, favorite professor or loved one keeps their memory alive. The financial award given to the recipients can help in countless ways. Learning the significance of the scholarship becomes a gift to the giver. “I couldn’t have done this without you,” shows its value.

I received the gift of a life-time friendship years ago. While its impact wasn’t known then, we’ll be celebrating it on our websites early next year. Take a look.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates LLC, can be reached at its-memartee. Find her other writings on martycoffinevans.com.

Uniquely Bea

I Am a Senior Citizen & Going Back to Work!



Bea Bailey

What do you do when you have too much time on your hands? One can walk, work out, iron your sheets, mop the garage, paint, be part of a book club or travel. I have been blessed to do it all...but...it hasn’t been enough. However, I am the Queen of Wasting Time if I am not focused. In fact, I get a lot more done when I have a lot to do.

Having retired years ago, I still have kept my options open for new adventures. After 23 years, I retired from Xerox and then went to work for the State of California. I retired again from the State of California in good stead. Since I still have friends in Ceasar’s camp, I started shopping my resume` around.

Well, be careful what you pray for, you just might get it. I have been given the opportunity to work as a Retired Annuitant (or Retired Irritant as some call us). The pay is good, it’s part-time, I can set my own hours and I

can work remotely. This will be a good opportunity to shake off some of my mental cobwebs and earn a bit of additional income. The nice thing is that, if I don’t like it or it becomes too much...I can just step down.

The experts say that as we age, we should try to do more things that are mentally stimulating and take us out of our daily ruts. Working at a paid job is one option, but there are also some great volunteer opportunities available. Many non-profit organizations are looking for qualified volunteers. We all have been given so much, why not take the time to give back. It will be greatly appreciated.

“You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things.”



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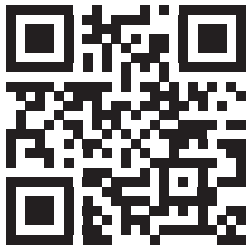
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Denver Breaks Ground on Elati Street Micro-Community Site

Mayor Mike Johnston announced the groundbreaking for a micro-community at 1375 Elati St. as part of the House1000 initiative. This development marks a significant step forward in our ongoing effort to combat homelessness and improve the lives of those in need within our city.

The site was carefully chosen to accommodate the specific needs of its future residents and has undergone rigorous assessments for environmental impact, zoning, building regulations, fire safety, public health concerns, traffic, and transportation impacts.

“This is a critical part of our effort to not only get 1,000 people off the street and indoors, but to ensure every corner of the city is doing their part,” Mayor Mike Johnston said. “I’m excited to have one of our micro-communities in the Golden Triangle where it will be an example for the rest of the city of what is possible when we come together as a community. I cannot wait to welcome the first residents to this location by the end of the year and provide this path to permanent housing.”

When completed, the site will be fenced and gated to ensure

the safety and security of its residents, neighbors, and community. The micro-community will provide a range of on-site services to enhance the quality of life for its residents and support their transition into permanent housing. The services provided include employment assistance and resources, supportive services, restroom facilities, fully equipped communal kitchens, on-site laundry facilities, and trash disposal services. Approximately 44 Manufactured Sleeping Units will be built off-site by Solution Builders and delivered to the site either late November or early December.

Two additional micro-communities, one at 2301 S. Santa Fe Ave. and the other at 12033 E. 38th Ave., are currently under construction and will also be utilized as part of Mayor Johnston’s goal to move homeless people indoors.

*Help us
Help the 50+
Community*

In The Spirit I’m A Vessel Full of Power

“We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.” 2 Corinthians 4:8-9 (KJV)

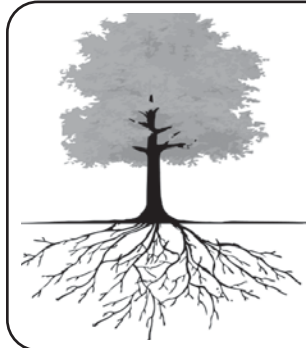
When I considered the investment God made in me and in every born again believer within His Kingdom, I became overwhelmed and the thought of it brought tears to my eyes. God created us to be His agents in the earth realm and has given us power to accomplish every work He done while here on earth through our elder brother, Jesus Christ. So in the future, never let anyone tell you that you are powerless because it’s times like these that we must



Dr. Armington

understand this, accept that power and operate in that authority. The treasure within us did not come from man nor from earth but this treasure is from the Lord in heaven. You may consider telling Him, ‘Thank You Father’ for your power for all you’ve done for us thus far. Merry Christmas and Happy New Year’s to you and your family as you continue meditating on this word the remainder of this month!

For more inspirational nuggets you may purchase a copy of “How To Get Your Hands Out The Lion Mouth” @ www.DrArmington.com bookstore.



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Technology is Hip! Recycling Needs More Emphasis!



Bob Larson

According to the U.S. Environmental Protection Agency in 2022, 34% of Americans recycled most everything including plastic paper, glass, cardboard, glass, retired electronic devices, and various metals. Some citizens even recycle paint, toxic materials, and outdated prescription drugs, provided landfills or recycle centers accept them. Thirty-eight percent of Americans recycle the more popular items while 20% don’t recycle anything! However, this has dropped from 42% in 2019. This is a big improvement since the 1960s when existing landfills were destined to be closed, but now are being extended another 20 to 50 years because of recycling.

Interestingly, less than one-sixth of all waste is really recycled as many plastics cannot be recycled very easily. Each ton of recycled paper saves an estimated 17 trees.

If we recycled all newspapers, we could save over 250 million trees each year to be used for new homes and buildings. Most Americans will use at least seven trees

each year in wood, paper, and other types of products. Americans use over 2 ½ million plastic bottles every 30 minutes, and most of them are thrown away rather than recycled. Millions of plastic bags are dumped into the ocean, which kills over a million sea creatures a year. All these items should be recycled to save our planet!

One of the primary reasons that recycling is promoted worldwide is to reduce the strain on the environment. Recycling can simultaneously contribute to improving the environment, the economy, sustainable manufacturing, and preventing waste from polluting both terrestrial and marine environments. The benefits of recycling are significant, which is why many countries support this practice and encourage their citizens to recycle their household or business waste.

All major cities in Colorado have recycling centers or weekly recycling pickup by the garbage collection companies. Coloradoans: lets get on board with the recycling program to protect our planet’s environment and extend our landfills!

Bob Larson is a technologist, photo-journalist, and our Marketing Director.

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Pets Are Family

Keeping Your Pet Calm and Happy During the Holiday Season



Judy Calhoun

The holiday season is a time of joy and celebration for many, but it can also be a source of stress and anxiety for our beloved pets. Let's talk about different ways we can help our furry friends remain calm and comfortable during the busy season.

If you know that your pet can get easily anxious or overwhelmed, consult your veterinarian for recommended solutions to help curb this anxiety for when the energy of the holidays is heightened altogether.

When the holiday fun is in your home, designate a quiet and comfortable space where your pet can retreat to when they need a break. Away from the holiday commotion and equipped with their toys, bones, bedding, and water, encourage your pet to use this space when they seem overwhelmed.

Preparing ahead of time for a day or night of holiday activity is just as important. Ensure your pet gets enough physical and mental exercise, helping alleviate stress through playing fetch, going for walks, using a puzzle toy, etc. Exercise and play can engage their minds and keep them occupied, which helps to reduce anxiety.

Lastly, we as humans need to lead by example since our pets can pick up on our stress and anxiety. Try to stay calm and relaxed, as your own demeanor can influence your pet's emotions. Amidst all the changes and festive energy, spend

quality time with your pet to reassure them that everything is okay.

Remember that every pet is unique, so be attentive to their needs and adjust your approach accordingly. With love, care, and thoughtful planning, you can make the holiday season a joyous time for all family members, two- and four-legged alike! Learn more at noco humane.org.

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DENVERSSC.org or Call 720-941-6405

Services

Silver Wings Arts Program

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Genealogy Rocks!



Carol Darrow

Where are you on your genealogical journey? What are your goals and how do you calculate your progress? Beginners should be learning how to use Ancestry.com and FamilySearch.org efficiently and effectively. Start with just one person – your grandmother, perhaps – and trace her from the 1950 census backward through 1940, 1930, 1920, and 1910. When did she marry your grandfather? Was that her first marriage? Then you should identify her parents and her brothers and sisters. That group of family names taken together identifies her as a unique individual. Then you are ready to move backwards to 1900, 1880, and perhaps even 1870 with her parents and their parents.

Did grandmother's family immigrate into the U.S. between 1820 and 1920? Where was the port of entry – New York, Baltimore, New Orleans? Can you find them on a passenger list? Did the men go on to get naturalized as U.S. citizens? Naturalization would have produced more records.

Did grandmother's family fight in the Civil War? If they were born between 1835 and 1848 in the South, they most likely did fight. If they lived in Union states, they may have served but only for short periods. Fold3 and Ancestry.com may offer the answers.

Where did they live and how did they get that land? Was it a cash sale from the federal government? Check www.glorerecords.blm.gov by state and your family surname. Did they purchase the land from people living in the county? Familysearch.org, Catalog by state and county, has copies of the land records.

What was their final resting place? You can use www.findagrave.com to locate family members including children who may have died as infants.

Record your findings as you find them on Family Group Sheets (one for each couple) along with the source of the information. At this point you have graduated from beginner to family historian.

Carol Cooke Darrow is a Denver-based professional genealogist who teaches classes throughout the area and facilitates the WriteNOW family writing group on Zoom.

32 Years of Service Providing
Information for the 50+ Community

Ageism Matters

Feeling Bad About Your Age?

How do you feel about your next birthday? Sad about getting older? Maybe that's because we need to change the narrative about aging. What if birthday celebrations became a moment of celebration instead of dread?

Birthdays are the one time we all think about aging. So it's a perfect time to stop and think before we reflexively accept the negative messages we often see.

The messages in birthday cards may be joking at times, but they reveal a lack of respect for aging. Think about all the humorous cards that are based on the belief that older people are irrelevant, incapable and ugly. Seeing them one at a time, they may seem harmless, but the messages add up.

contexts, including situations where it is clear that ageism is doing damage. For instance, think about giving ageist birthday cards to work colleagues and how that underscores people's stereotypes and biases.



Kris & Sara

We keep hearing that people are tired of feeling bad about their age. So, let's show the world that our birthdays are a time to celebrate. Two suggestions:

Give cards that celebrate aging. What we buy tells sellers what messages we want.

Are you on social media? Post a picture and add the hashtag #notafraidofmybirthday

Learn more about ageism and how to get involved on our website.

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.

Here's some food for thought:

What we joke about reflects our values. By stopping to think about the messages in birthday cards, we consider whether these values are useful and whether we want to sustain and spread them.

Birthday cards are given in many

Colorado Gerontological Society

Loneliness vs Being Alone



Eileen Doherty

Denver, CO. As we approach the holidays, many individuals face the dilemma of being alone, as well as feeling lonely. For many of us, the holidays are supposed to be the time to spend with family and friends or a time when we are socially connected.

First, let's be clear. Being "alone" is a time when you are physically by yourself. No one is in the room or your home with you. Sometimes, we want to be alone and are happy to be by ourselves. It gives us time to think, to put our thoughts in order, or to accomplish a task or a series of tasks.

But individuals who live alone, often spend many hours without talking or interacting with other individuals.

Loneliness and disconnectedness can easily be confused with being "alone," when we live alone, especially among older adults. Yet, living alone does not necessarily result in loneliness.

To manage loneliness, it is important to build positive relationships which result in resiliency. Resilience is the ability to bounce back after stressful situations, such

as feeling lonely. Resilience is strengthened when you give and receive support to other individuals. Connecting with people who have a positive outlook strengthens your resilience. People with a positive outlook make you laugh, help you face difficult situations, and give you skills to face life's challenges.

Thus, being alone is simply that. No one is with you in the moment. Loneliness is an emotional state, when you experience stress and emotional distress. Resilience and kindness reduce the feelings of loneliness.

For more information about loneliness, being alone, kindness, and resilience join us for a virtual presentation on December 7 at noon. To register, visit senioranswers.org, or 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.

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Denver Mayor Announces Nominations for Director of Safety & Police Chief

Denver Mayor Mike Johnston has announced the nomination of two cabinet positions, pending City Council approval. Armando Saldate is nominated to continue as Executive Director of the Department of Safety, and Chief Ron Thomas is nominated to continue leading the Denver Police Department. Their nominations signify an ongoing commitment to public service, safety, and emergency response in the City and County of Denver.

“Public safety is one of my top priorities as Mayor,” said Mayor Mike Johnston. “We laid out a big vision for what’s possible in Denver, and we’re delighted that Armando and Chief Thomas share this vision. Together, these proven leaders can help deliver a safer city for Denverites. Thank you to the team members of Safety and DPD for their hard work, passion, and dedication to keeping our community safe.”



Armando Saldate – Executive Director, Department of Safety

Armando Saldate III was first nominated as the Executive Director of Public Safety in January 2022 and confirmed by City Council in February 2022. Since then, he has led the Denver Police Department, Denver Fire Department, Denver Sheriff Department, Denver 9-1-1, Community Corrections, Public Safety Youth Programs, and the Office of Community Violence Solutions.

Saldate is a career law enforcement professional. He started his career in public safety as the top police recruit with the Phoenix Police Department in 1993. While in that position, he was a member of the FBI Joint Terrorism Task Force and completed assignments with the Counter Terrorism Information Center, Organized Crime Bureau Intelligence Unit, FBI Violent Gang Task Force, Dignitary Protection Unit, and others. He retired from Phoenix PD in 2014 with honors after more than 20 years of service.

In his free time, Director Saldate enjoys spending time with his wife and daughter, volunteering with school and faith-based organizations, and spending time in the Denver community.

Chief Ron Thomas began his career in law enforcement as a Denver Department of Safety Cadet shortly after graduating from Denver’s Thomas Jefferson High School. In 1989, Chief Thomas joined the Denver Police Department, continuing a family tradition of public service to the Denver community. Since then, Chief Thomas has held numerous assignments in Patrol, Investigations, Police Administration, and Special Operations, to include assignments as Commander of Police District Two, Police District Five, and the Internal Affairs Division.

In 2018, Chief Thomas was selected as the Division Chief of Patrol, leading patrol, and district-level investigation efforts citywide, and he served in this role until his appointment as Chief of Police for the Denver Police Department in October of 2022.

As Chief of Police, Thomas maintained a well-established reputation as a collaborative leader and consensus builder, developing and sustaining lasting partnerships with neighborhood organizations, community leaders and other city agencies. His strategic priorities include lowering crime, improv-



Ron Thomas
Chief, Denver Police Department

ing response times, and increasing trust.

Chief Thomas graduated Summa Cum Laude from Columbia Southern University and completed post-graduate studies at the Naval Post-Graduate School, the FBI National Academy, Northwestern University Command College, and the Senior Management Institute for Police.

Chief Thomas is an avid sports fan, engages in several outdoor activities, and enjoys coaching and mentoring Denver’s youth.

Highlands Ranch New Senior Center Opening Planned for Spring 2024

The Metro District has already sold more than 640 inaugural senior center memberships. These inaugural memberships are available for purchase to people age 55 and older at the Metro District Service Center, 3280 Redstone Park Circle, next to Halftime Help (formerly Shea) Stadium. Inaugural memberships have many benefits including discounts on programs and \$10 off purchase of an annual membership in 2024 when the center opens.

The Highlands Ranch Metro District is currently building the Highlands Ranch Senior Center, which is scheduled for a Spring 2024 opening. The site of the future facility is east of the Highlands Ranch Parkway & Broadway intersection, immediately east of Mountainview Christian Church. Staff has been busy ramping up senior services programming and planning for new and exciting offerings in 2024.

During the 2024 budget process, staff has recommended fee structure and projected expenses for the new center. The Metro District Board of Directors is reviewing the

staff’s recommendation and will hold a public hearing on proposed fees on Tuesday, Nov. 28 at 6 p.m. at the District Office Building, 62 Plaza Drive. The board plans to vote on fees at their Wednesday, Dec. 13 meeting. The following is a summary of proposed fees:

- The proposed annual membership fee, which will be available once the senior center is open in 2024, is \$60 for residents and \$72 for nonresidents. Members will receive benefits such as discounted program fees.
- Annual membership for each additional person in the same household who is 55 and older pays 50 percent of the membership fee. (Buy one membership, get additional memberships for the household at half off.)
- Health & resource program fees will range from \$0-\$30
- Fitness & enrichment program fees will range from \$6-\$60

Questions about the senior center, memberships and programs can be directed to Metro District senior services staff at 303-791-2416 or jhall@highlandsranch.org.

Aging Was “Illuminated” In Adams County

The 2023 edition of the Adams County Aging Network Resource Fair was an outstanding success.

The wide range of vendors displaying their products and services focusing on those in the aging population offered their time and attention to resource guests who stopped by their exhibit with questions and seeking general information.

The exhibitors were only too happy to accommodate those guests.

The Resource Fair attracted a steady flow of those finding themselves in the aging population. They were quite satisfied with the friendly welcome they received. The coffee & donut refreshments hit the spot!

Debbie Watson, Greg Kahler, and their team were grateful for the overall success of the ACAN

Resource Fair. They appreciated all the favorable comments received from the resource fair guests and the vendors.

The 2024 version of the ACAN Resource Fair will have plenty to live up to; so, says the 2023 version of the ACAN Resource



ACAN Resource Fair guests and vendors are having and enjoying a rewarding time.



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



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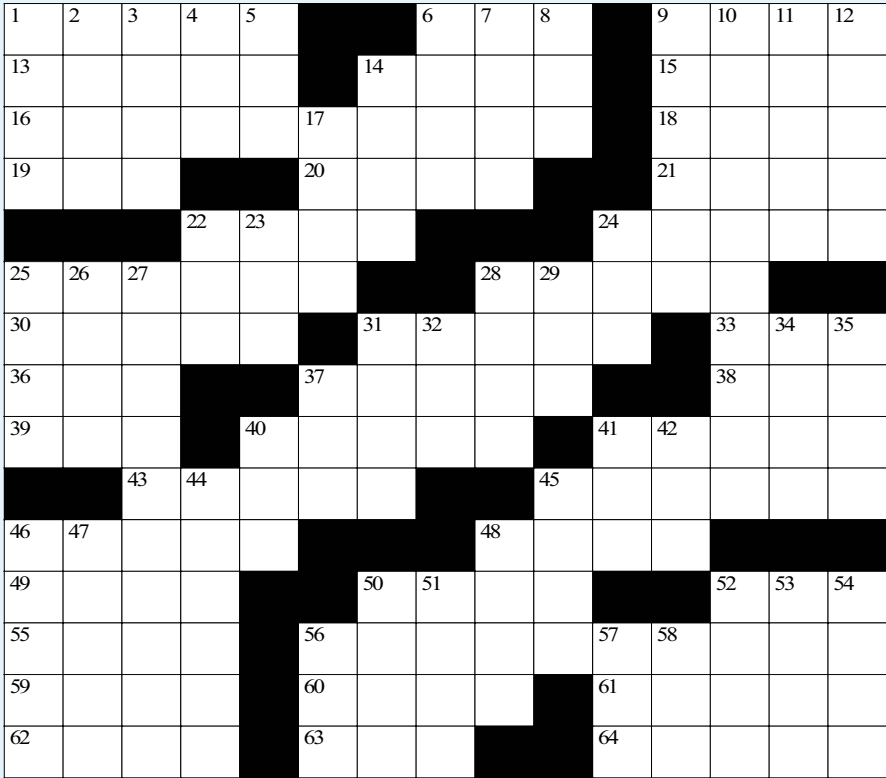
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50 Plus Marketplace News
Crossword Puzzle

December 2023
Answers page 7



ACROSS

- 1 Raise
- 6 Sister
- 9 Whip
- 13 Card game for three
- 14 Built-in platform bed
- 15 Every
- 16 Tiny
- 18 Agitate
- 19 Some
- 20 Cereal food
- 21 Transmit
- 22 Blend
- 24 Eating implements
- 25 In the direction of
- 28 Stuffed savory vine leaf
- 30 Slip
- 31 Merrily
- 33 Summit
- 36 Help

- 37 Greased
- 38 Revised form of Esperanto
- 39 Fish eggs
- 40 Landed
- 41 Foot-wear
- 43 Flower-part
- 45 Throat abscess
- 46 Plentiful
- 48 Lubricate
- 49 Bog
- 50 Sewing case
- 52 Japanese sash
- 55 Executive Officer
- 56 Truckle bed
- 59 Strike forcefully
- 60 Relaxation
- 61 Nimble
- 62 Increases
- 63 Inquire of
- 64 Writers of verse

DOWN

- 1 Goatskin bag for holding wine
- 2 Augury
- 3 Comply
- 4 Monetary unit of Japan
- 5 Attempt
- 6 Hard fatty tissue
- 7 Taverns
- 8 Firmament
- 9 Supple
- 10 Modification
- 11 Lizard
- 12 Refuse of flax
- 14 Glass ornament
- 17 Elevated tract of open country
- 22 Deranged
- 23 Before
- 24 Move through the air
- 25 Former Russian ruler
- 26 Potpourri
- 27 Spread over a wide area
- 28 Ceased living
- 29 Advanced in years
- 31 Female child
- 32 Malt beverage
- 34 Lyric poems
- 35 Bouquet
- 37 Wood sorrel
- 40 Monkey
- 41 Prefix "beneath"
- 42 Hasten
- 44 Chooses
- 45 One pound sterling
- 46 One-celled protozoa
- 47 Formed by mixing
- 48 Crescent-shaped figure
- 50 Periods of history
- 51 Protruding tooth
- 52 Off-Broadway theater award
- 53 Waist band
- 54 Ancient Roman days
- 56 Light meal
- 57 One circuit
- 58 Self-esteem

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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.

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 Apex-PRD.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.

Did you know? The Community Recreation Center now offers extended travel. The 2024 trips are to Canada in June and South Dakota in September! For more information, contact Sarah H. at 303.467.7193.

Santa’s Pajama Party:
Saturday, Dec. 2, 9:30-11:30 am
Come dressed in your favorite

jammies, visit with Santa, and enjoy crafts, games, and more. Skate on our indoor synthetic ice rink, run through a mini ninja obstacle course, sip on hot cocoa, and nibble on donuts. Fees: Ages 2-12, \$10/person, ages 13 and up, \$3/person, and children under 2 are free. Children must be accompanied by a paying adult.

Nutrition – Maximize Your Healthspan:

Friday, Dec. 1, 1 pm
For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is about learning how to put health back into your years so you can live life

to the fullest. \$6 (\$8 non-res.)

Santa Grab Bags:
Tuesday, Dec. 5, 10 am
Need a little holiday cheer? Apex has partnered with our Active Adult Sponsors to put together some delicious holiday treats. Grab your treats and bring your camera for a photo opportunity with Mr. and Mrs. Claus. Free, but advanced registration is appreciated.

Grief Support Group – Caregiver Burnout:

Wednesday, Dec. 6, 11:30 am
Learn how to address the needs and concerns of being a caregiver, including fatigue and ways to care for yourself. Free, but advanced registration is appreciated.

Therapeutic Recreation Holiday Musical:

Wednesday, Dec. 6, 7 pm
Join the therapeutic recreation

participants as they dance, sing, and perform the night away in their annual holiday performance. \$5

Social Cooking – Cookie Exchange:

Wednesday, Dec. 13, 11:30 am
We will prepare a large batch of sugar cookies together in a relaxed atmosphere. Bring an already prepared batch of your favorite holiday treat to exchange with others and leave with a plate full of delectable delights. \$15 (\$18 non-res.).
Holiday Rental Opportunities
at the Center Are you looking to host a holiday gathering or party? Look no further as the Center provides affordable spaces for smaller groups of up to 50 to 250. Call Michelle S. at 303.467.7197 for more information and for pricing.

Malley Recreation Center Happenings
3380 S. Lincoln St., Englewood, CO 80113

Register by:
Phone: (303) 762-2660
Online: englewoodrec.org
In Person: Malley Recreation Center, 3380 S. Lincoln St., Englewood, CO 80113

Stayin’ Alive Retirement Support Group

Gather with other retirees to share thoughts and stories or simply socialize. Topics are guided by the group and can include friendship, companionship, purpose, reflection and much more.

12/6-2/21 W 10 a.m.-11 a.m. SOCIAL PASS- FREE
Arapahoe County- LEAP LEAP, Energy Outreach & Solar Presentation

Has your heating bill been stretching your budget to the max? There is a program called LEAP or the Low-Income Energy Assistance Program that can help pay part of your home heating costs. Assistance in completing LEAP application will be available after the presentation. LEAP-approved applicants may qualify for weatherization or furnace repair or replacement through the Crisis Intervention Program (CIP). Presenter: Arapahoe County- Beth Harris/ Robin Roe

12/8 F 11461711
1-2:00 p.m. Free, Registration Required

Denver Regional Mobility Access Council-Lyft & Uber Basics

Discover how Lyft & Uber Apps

work! Learn new rideshare safety tips, gain insight into traveling on public transportation with e-bikes or scooters, as well as purchasing RTD tickets in apps on your smartphone.
12/20 W 10 a.m.-11 a.m.
11451011 Free, Registration Required

Denver Dolls- Very Vintage Holiday Show

Meet the Denver Dolls- a sassy, all-female trio of professional performers based in colorful Co. Inspired by beloved WW II Era shows of the past, these darling dolls root their musical style, beautiful look, and light-hearted performance in the tradition of the beloved female groups of the thirties, forties & fifties. Join us for an hour of live holiday caroling classics and light refreshments. Location: MRC

12/21 Th 1:00-2:00p
Free; Registration Required

Miracle on 34th Street Live Radio Show

Adapted from the 1948 live radio broadcast by professional actors playing all the roles and providing all the sound effects. A department store Santa claims to be the real Santa Claus and people are beginning to believe him. A story about finding faith in the unbelievable, the tale has become a timeless classic during the holidays for multiple generations.

12/15 F 1:30-3:30
\$13

South Suburban Winter Event Roundup
4810 County Line Rd., Littleton, CO 80126

Hudson Holidays & Light Up the New Year

Hudson Holidays Nov. 24-Dec. 31
Light Up the New Year Jan. 2-28
Hudson Gardens
Experience the magic like never before at two new, spectacular light shows at Hudson Gardens! The first show, Hudson Holidays, will impose a sense of winter drama and feature appearances by Santa. The second show, Light Up the New Year, will feature an entirely new, immersive light display. Tickets now available. Learn more at HudsonGardens.org/holidays.

Cocoa and Doughnuts with Santa

Saturday, Dec. 2
Buck Recreation Center
Santa is visiting Buck Recreation Center to share goodies and holiday cheer! This event is sponsored by the Littleton Rotary, and includes snacks, cocoa, and photos with Santa.

36th Annual Craft Fair

Saturday, Dec. 2
Goodson Recreation Center
Shop for one-of-a-kind gifts and browse work from local artists! A variety of handmade items will be featured, including pottery, jewelry, holiday items and more from Colorado artisans. Admission and parking are free.

Parents Night Out

Friday, Dec. 1
Lone Tree Recreation Center
Friday, Dec. 8
Goodson Recreation Center
Parents can take the night off while kids enjoy a movie, pizza and popcorn. Register here.

Polar Party

Friday, Dec. 8
Lone Tree Recreation Center
Enjoy a family-friendly holiday outing with crafts and an opportunity to have your picture taken with Santa. Beverages and snacks will be available, along with plenty of holiday cheer! Register here.

Holidays on Ice


Dec. 15-17
South Suburban Sports Complex and Family Sports Center
Experience holiday magic at South Suburban ice events! Glide on the ice with Santa and his elves at Skate with Santa events. Enjoy free holiday figure skating shows at the Sports Complex or Family Sports Center throughout the weekend. Learn more here.



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Eligible Residents May Apply For Leap Assistance Now Through April

Douglas County residents who need help with winter heating costs may apply for energy assistance through the State of Colorado's Low-Income Energy Assistance Program (LEAP).

The program is seasonal, and help is available from Nov. 1 through April 30. While the program is not intended to pay the entire cost of home heating, if you are eligible, it aims to help alleviate some of the burdens that come with Colorado's colder months.

Learn more about the program including qualifications and how to apply.

All LEAP applications are processed by Discover Goodwill of Central and Southern Colorado, one of the County's community-based partners. Questions or completed LEAP applications should be sent via email to LEAPHELP@discovermygoodwill.org

If you also need help with furnace repair or home weatherization, Discover Goodwill processes a separate application for Energy Outreach Colorado (EOC). To be considered for EOC funds, applicants must apply for LEAP. For general information about EOC please visit www.energyoutreach.org

Utility customers of Black Hills,

Xcel, Atmos, or Colorado Natural Gas applying for LEAP or EOC will also have to complete a consent form. Your signed consent form allows Discover Goodwill to talk to your utility company. Consent forms (if applicable) may also be emailed to LEAPHELP@discovermygoodwill.org

LEAP and EOC applications may be completed online. If you require a paper form, you may call 303-688-4825 to have an application mailed to you. Applications may also be picked up from the Department of Human Services, 4400 Castleton Court in Castle Rock. Please do not return your application to this site, as that will delay processing.

A postage paid envelope will be provided with the paper application, or you may email the application and other required documentation to LEAPHELP@discovermygoodwill.org

*Help us
Help the 50+
Community*

Older Adult, Safety Net Services Benefit From 2023 Grant Funds



Douglas County's portion of the Philip S. Miller Trust distributed to organizations that work with the community's most vulnerable

Are you an older adult? Are you or someone in your family a caregiver for an older adult or a person living with a disability? There are nonprofits in Douglas County ready to provide their services to you, funded in part thanks to \$185,000 in grant funds from Douglas County's 2023 portion of the Philip S. Miller Trust.

Together, these vital programs cast a wide safety net throughout the County by delivering programs and services such as older adult services, suicide prevention, therapy, medical assistance, mental health, emergency financial assistance and support for older adults and school-age children.

Recipients of these awards enhance the quality of life for vulnerable and at-risk members of our community, and many provide services not available through other means.

To benefit Douglas County's growing older adult population, organizations that provide services

to older adults were each given \$25,000 grants separate from the competitive grant process. Those organizations include Aging Resources of Douglas County, Castle Rock Senior Activity Center and Parker Senior Center. Twenty-four other organizations applied for and were awarded amounts ranging from \$2,000 to \$10,000. See a full list of grant recipients here.

As part of a 5-year agreement with the County, the Douglas County Community Foundation administered the 2023 grant process. The County Commissioners will continue their accountability for the funds via the evaluation of funding recommendations and the final decision for distribution.

These awards continue the legacy of philanthropy established by Philip S. Miller and his wife Jessie, who dedicated so much of their lives to helping others in Douglas County and continue to do so through this generous and thoughtful gift.

Learn more about the Philip S. Miller Grant Program, qualifications and how to apply for future awards.

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Merry Christmas! Happy Hanukkah!

Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it "white." ~Bing Crosby

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that? ~Bob Hope, American film actor and comedian.

Hanukkah is a great time to give thanks for all the miracles of life.

The lights of the Hanukkah menorah that we kindle in our homes are a reminder both of the Menorah in the Temple in Jerusalem and the light that shines brightly within each one of us. ~Libi Astair

Mail your packages early so the post office can lose them in time for Christmas. ~Johnny Carson

May you have a warm and happy Hanukkah.

I stopped believing in Santa Claus when I was six. Mother took me to see him in a depart-

ment store and he asked for my autograph. ~Shirley Temple

Wishing you joy at Hanukkah.

Wishing you a Festival of Lights filled with peace and prosperity.

Wishing you all the blessings and joys of Christmas and a bright year ahead.

Yes, it's been said, many times, many ways, but we still mean it just as much! Merry Christmas

Whatever you're celebrating this season, may your festivities be full of joy.

