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NEWS



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

June 2023 • Volume 29 • Issue 6

Father's Day Origins & Traditions

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2023 will occur on Sunday, June 18.

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent

to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In

1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize

the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts. Courtesy of History.com



Littleton Police Chief Presents Officer Awards



The Littleton Police Department (LPD) recognized the bravery and dedication of its officers with an award ceremony in April.

Police Chief Doug Stephens presented awards to more than two dozen officers, including Police Star ribbons, Life Saving medals, Purple

Hearts, Medals of Valor, and one Medal of Honor, the department's highest award.

Because the COVID-19 pandemic prevented the department from issuing awards in recent years, the ceremony recognized officers' actions from 2019 to the present.

"I am extremely proud of the daily dedication and commitment of our officers, who continue to go above and beyond," Chief Stephens said. "Events such as these highlight the great work of our department, made possible by the continued support of the Littleton community."

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JUNE Calendar

Saturday/3

The Jefferson County District Attorney's Office presents their annual free Senior law Day event from 9 a.m. to 12:15 p.m. at 100 Jefferson County Parkway in Golden. There will be 18 breakout sessions, including "ask an attorney." There will also be information from many vendors. The cost to attend is \$10 and includes breakfast. Please register at 303-271-6980.

Monday/12

Broomfield Library will give a free four-part class on "Palliative Care 101" by Judy Knudson, a practitioner and professor of palliative care in the Eisenhower Room at 12 noon. This four part series will cover the framework for palliative care, pain and symptom management, communication tips in health-care settings, and advance directives. This session includes personalize your medical care, how palliative care can honor your values, consider how to have support and guidance. No registration is required. For more info, please email: library-programs@broomfield.org or call 720-887-2350.

Alzheimer's Assn. presents a free program on "Understanding Alzheimer's and Dementia" at 5 pm on Zoom. Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. Register by phone at 800-272-3900.

Saturday/17

Castle Rock Genealogical Society presents a free program on "Using Social History for Genealogy: Filling in the Gaps Between Birth, Marriage and Death" by Noel Ferre at 10:00 am to 12:00 pm on Zoom. Learn how, through the use of Social History, you can build their life stories and in the process uncover a bit more of your family tree. Please register online at <https://crcgs.org/>.

Thursday/22

AARP presents a free program on "Ten Warning Signs of Alzheimer's" at 11 am on Zoom. Join us to learn how to recognize common signs of Alzheimer's disease in yourself or in a loved one; how to approach someone about memory concerns; the importance of early detection of Alzheimer's and benefits of a diagnosis; and possible tests and assessments of the diagnostic process. Register at email: KRitualo@aarp.org.

Please check individual venues for current information.



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Technology is Hip! Is Our Military Prepared?



Bob Larson

Several weeks ago on a 60 Minutes TV show, one of their programs featured our US Navy and was it prepared for an invasion on Taiwan? Of course, the short answer was yes! It was indicated we have 12 Navy battle groups of which six are deployed every six months across our planet. The battle group consists of an aircraft carrier, several destroyers, and other classified ships. We run military drills with other ally nations every year to be prepared in case a not so friendly nation such as China,

North Korea, or Russia decides to launch an invasion against us, Japan, Philippines, Taiwan, or any NATO sanctioned nation.

Interesting, China has 350 ships with only two aircraft carriers and are planning to build more to the tune of 500 total ships by 2028. It has twice the size of military personnel over the U.S. We have sent lots of our high tech military equipment to Ukraine and other nations to defend themselves from any invasion.

Our military has never been stronger as we acquire the best weapons, ships, aircraft, personnel training, intelligence, and military drills. At last week's 60 Minute TV show, it was mentioned that our military is held hostage for paying

higher prices than normal for our military equipment. Sadly, our military is turning a blind eye on the higher costs! I'm sure Congress will correct that, so we don't bankrupt our nation and hold those military defense companies responsible for their greedy profits! However, we also depend on those same companies in providing the high-tech equipment to our military.

You probably have heard about artificial intelligence (AI) and how it is changing our world. I feel AI will be a great benefit to our military in winning or deterring those rogue nations against their invasions. Bob Larson is a technologist and Marketing Director for 50 Plus!



Senior LAW & SAFETY DAY

Presented by
First Judicial
District Attorney
Alexis King

18 BREAK-OUT SESSIONS

Law and safety sessions

Life enrichment/health sessions

60+ vendors with importinformation

A free 15-minute Ask-An-Attorney session (firstcome/first served)

JUNE 3, 2023

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Jefferson County Administration
& Courts Facility
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Registration and check-in open at 8am

Registration is only \$10 and includes breakfast and mid-morning snack



Social security • Wills & estates • Medicare update • Investment fraud

End-of-life planning • Scams & elder abuse • Keeping yourself Safe

Financial power-of attorney & Conservatorship

Fighting back Against identity Theft

Salute to Seniors May 20th, 2023 Rumor!

Could such a rumor turn out to be true!

Yes, at the recent Salute to Seniors, the rumor was that 50 Plus Marketplace News is planning a MARTIAN Edition which will require a trip and hopefully trips to Planet Mars.



Visitors to the Salute to Seniors Resource Fair making their rounds visiting all the vendors



Left to Right Michael Buckley, Associate Publisher, Commander Jesse, Robert A. Trembly II Publisher/Editor

Initial preparations are underway. They have engaged the services of Rocket Ship Commander Jesse for the trip (trips). There was an interesting

conversation about who will be the first interview for the new Martian Edition of 50 Plus Marketplace News. This is kind of an out of this world endeavor!

In The Spirit

What Are You Doing That For?

“*And Jesus went into the temple of God...*” Matthew 21:12a (KJV)



Dr. Armington

Jews’ passover was at hand, and Jesus went up to Jerusalem, and found in the temple those that sold oxen

Jesus showed us not to accept or tolerate words or actions which is not Godly in several statements and actions. This is one well documented occurrence: “And the

and sheep and doves, and the changers of money sitting; and when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers’ money, and overthrew the tables; and said unto them that sold doves, take these things hence; make not my Father’s house an house of merchandise.”

The traditions which was allowed to help traveling worshippers became skewed because of ungodly greediness.

Jesus, the “New Kid” on the block, not caring about religious protocol or popularity, brought the practice to a screeching halt. Be a disciple, a student of the Word of GOD, standing on and up for the Word of GOD, reaching “Next Level Christianity.”

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

Uniquely Bea

“Parenting Adult Children...NOT”



Bea Bailey

that they could turn back the hands of time?

It is a slippery slope when your children move on to adulthood and you are still in your parenting mode. Do you give advice that won’t be taken and just hold your breath as they start to run into the brick wall that you saw waiting for them a long time ago? On the

Will somebody help me...please. This article could start out with “Outta Gonna Should-have” ... regarding our adult children. Am I the only one who wished

other hand...do you speak your mind and end up with a possible smack down with an overtone of “Things are way different now than when you were our age?”

In the past, I have done more than my share of overstepping my boundaries to “help”. We all want what is best for our children, but our adult children must find their own way and make their own mistakes. Do you make that loan to ease their pain? Do you babysit when you would rather be doing something else? When are you helping and when are you simply an enabler? Can anyone say Tough Love?

Along the way, I have learned and am still learning that the best

advice you can give is no advice unless it is requested. Even then, a good solid response is, “I have all the confidence in the world that you will make the best decision regarding...the whatever.” It can be tough to take this position, but I try...even though at times I may winch internally and really want to take control of the situation.

I once read that: “Deciding to have a child, is deciding to forever have your heart walk outside of your body.” This feeling does not really end once they leave your nest. Now take a deep breath and let them carve out their own path...we did. They will be just fine...I think.

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50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

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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Chief Financial Officer
Michael Gumb

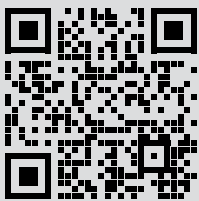
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Smart Phone Access



Printed on Recycled Paper

Pets Are Family

Wildlife Safety



As we enjoy warmer days and get outside with our furry friends more often, it's important to keep in mind wildlife safety and how to keep both our pets and wildlife safe. We reached out to our friends at Northern Colorado Wildlife Center to glean their expertise on wildlife safety.

One of the most important public health risks that Animal Protection & Control works to prevent is the transmission of animal-borne diseases. Oftentimes, these diseases are spread from wildlife to domestic animals, so it's of utmost importance to remain vigilant.

When you and your pet spot wildlife in public spaces, ensure dogs are on leash so you can easily walk away in case the situation becomes dangerous. If you see a wild animal that you think needs help, it's always best to talk to a licensed wildlife rehabilitator before you intervene. In the

spring and summer months, in particular, good Samaritans often happen upon baby wildlife and assume they need help. Most often, these animals are not orphaned and can be reunited with their parents. As a rule of thumb, don't intervene with wildlife unless they are clearly injured or otherwise in need of help. Always call a licensed wildlife rehabilitator if you're not sure!

Here in Colorado, wildlife can also be found close to home. To avoid unnecessary encounters between your pet(s) and wildlife, there are lots of humane ways to keep wild animals at bay. Motion activated lighting, noise machines, and sprinklers are a great start. Be sure to inspect your home for holes, damage, or other entry points before wild animals use them for denning sites. Fill cracks in your foundation, cap chimneys, cover dryer vents, trim trees and shrubs, and cover window wells to avoid conflicts before they happen.

Thanks for reading! Learn more at larimerhumane.org.

Say you saw it in 50 Plus Marketplace News

Senior Connection

WestWind Productions has been producing community senior trades shows commonly known as "Senior Connection" for the past seventeen years. The shows offer free admission to guests and feature a wide variety of vendors with products and services for today's seniors. Guests are entertained by talented seniors on stage featuring song, dance, music, fashion shows and much more. There is always a Roulette Wheel for door prizes. All and all a great time! Just recently WestWind Productions presented a Senior Connection at Lakewood Elks Lodge in Lakewood, CO. The event was a success typical of a WestWind Productions. All and all a great time!!! Be on the lookout for future "Senior Connection" events.



WestWind Productions founder Denise Stramel and her husband Keith taking a photo break from the busy Lakewood Senior Connection.



A large guest turnout at the Lakewood, CO Senior Connection.



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Presentado por la Comisión de Adultos Mayores de Commerce City

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(sábado, 17 de junio)
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seniorcommission@c3gov.com


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

<h3>Getting There Travel Training</h3> <p>DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email sonell@drmac-co.org</p>	<h3>Information & Assistance Line</h3> <p>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</p>
<h3>Getting There Travel Guide</h3> <p>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.</p>	<h3>Getting There Travel App</h3> <p>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</p>
<h3>Monthly Meetings & Events</h3> <p>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</p>	<h3>Membership</h3> <p>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.</p>

For more info about DRMAC programs please email info@drmac-co.org or call 303-243-3113



CU Denver Offers Experienced Professionals a Semester on Campus to Figure Out What's Next

Most people think of college as a place to go at the beginning of your career. The University of Colorado Denver is reimagining it as a place for people at the end of their primary working years.

The CU Denver Change Makers program brings experienced professionals who are approaching or already in retirement back to college for a semester to explore possibilities and renew their purpose.

A new life stage
Longer lives have led sociologists to define a new life stage after the family-raising, profession-building years. Yet careers are often still expected to end when people are in their 60s, with ripple effects on those in their 50s.

Now looking at retirement differently than previous generations, many people want something between the traditional choices of full-time work or full-time leisure. Some need to continue earning a salary. Others are interested in giving back to their communities. Having had professional success and accumulated wisdom, they're

looking to make the most of their "longevity dividend."

A course designed to help navigate this new stage

The Change Makers course, meeting twice weekly, includes guided cohort discussions, guest speaker seminars, opportunities to audit CU Denver classes, social events, and assistance identifying and finding a volunteer opportunity.

Change Maker fellows investigate areas of interest and growth and develop an actionable plan for using their wisdom in a new, fulfilling context.

They're making change – in themselves and in their communities.

Currently accepting applications for the Fall 2023 inaugural program, beginning in August.

Learn more about the program, including how to apply, at ucdenver.edu/change-makers. Questions? Email changemakers@ucdenver.edu.

Anne Button is the director of the Change Makers program at CU Denver. She can be reached at Anne.Button@ucdenver.edu.

Reflections To Commit Or Not



Martha Coffin Evans

Dog-eared after years of reading and sharing, the advice offered by Scottish mountaineer William Hutchinson Murray remains sound. Its first line reads, "Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness."

Parents and friends may see much more clearly than we in some circumstances. I know my mother did at one point in my life. "You've already made your decision. You just don't know it," she said. Her insight remained better than mine as did her distance from the issue. I waffled and remained in limbo until I committed to take action.

Knowing who to listen to or not, can make a difference in the outcome. At a critical point in my career, I chose to listen to my father's advice. By doing so, I made

That's the the commitment to remain in my question. first job. I was on the verge of quitting, at least on paper, as a first year teacher. His advice to stay the course, give my students time to adjust to my expectations, proved most sage. I still remain in touch with some of those students!

Well-meaning friends may offer their words of wisdom about what to do, where, when and how. "You're getting your money's worth," my friend's husband John would say about her freely offered advice. After listening to others, and doing careful research, we may need to change the narrative before we make a commitment.

Even when we commit to something new, it may not turn out as we hoped. We would never know had we not made a commitment.

Can we commit to something without taking action? That's a question for another day.

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

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Ageism Matters

Ageism adds to the epidemic of loneliness



Kris & Sara

The recent U.S. Surgeon General's report, "Our Epidemic of Loneliness and Isolation," highlights the detrimental effects of loneliness and social isolation on physical and mental health. While this epidemic affects people of all ages, older adults are particularly at risk. Ageism, discrimination directed toward people based upon age, can exacerbate loneliness and isolation.

Ageism shortens lifespan, worsens physical and mental health, hinders recovery from disability, and accelerates cognitive decline. Ageism also reduces access to employment, education, and health care, all of which impact health and can increase social isolation.

According to the report, social isolation and loneliness can increase the risk of early death in older adults by up to 50%. A lack of social connections can make it difficult for older adults to access healthcare services and support.

This isn't just an issue for older adults. A survey by Cigna found that nearly half of Americans re-

ported feeling lonely and disconnected from others. The pandemic only intensified this through quarantine and social distancing measures.

As the U.S. Surgeon General, Dr. Vivek Murthy, stated, "We cannot afford to ignore loneliness and social isolation – especially now. Addressing this epidemic requires an all-hands-on-deck approach."

This is a public health issue and we need to address it. Solutions include programs to combat ageism and promote intergenerational connections, and initiatives to increase social support and connectedness for people of all ages. To start, check out Changing the Narrative's free intergenerational conversation toolkit that helps people of all ages engage in meaningful conversations. By recognizing the impact of loneliness on everyone and taking action, we can work together towards a healthier, more connected society.

Sara Breindel & Kris Geerken, 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.

Genealogy Rocks!

Summer's coming! Remember the joy that those words brought us each school year! You, of course, may not have been in school this year but you may have worked hard on researching and analyzing your family history. How are you going to spend those sunny months ahead?

Traveling to ancestral hometowns is always popular. You may have identified that hometown, its cemetery and farm location. You can take this opportunity to take pictures of local landmarks and perhaps visit the local courthouse to seek records.

Your travels might take you to Salt Lake City to explore the Family History Library with its multiple resources in books, manuscripts and computer access. For those in the Midwest, the Allen County Library in Fort Wayne, Indiana, offers access to records in the surrounding states and an enormous library of genealogy journals published by genealogical societies across the U.S.



Carol Darrow

Classes and seminars will continue over the summer and may be just what you're looking for. The website <https://conferencekeeper.org/> maintains a list of Zoom and in-person classes and presentations on a wide variety of topics. Many are free to attend.

If travel isn't in your plans, you might want to work on summarizing all the information you've gathered about your family. If you are the recipient of piles of documents passed on to you, you might want to use Legacy Family Tree software or Roots Magic software to organize all that information.

Another alternative is to try your hand at writing a short piece about the history of your family. Start slowly, setting your goal at 500 words. Is your story one of immigrants who came to the U.S. in the 1880s or a story of colonial ancestors who were here before the American Revolution? Either way, you'll soon want to expand your story to include more generations and more stories.

Happy Summer!

The Colorado Genealogical Society at www.cogensoc.us will resume classes in September on Zoom.

Say you saw it in 50 Plus Marketplace News

Thank You!



Telephone Buddy Volunteers



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

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

—Oscar Wilde

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Membership

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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

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July 28-30, 2023

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Something Doin' Big Little Ragtime Band

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Ron Stern's Travel Series

The Brown Palace Hotel and Spa, Autograph Collection



Ron Stern

The Brown Palace Hotel and Spa has been Denver's iconic historical hotel since 1892. Now an Autograph Collection by Marriott brand, this property continues to define grace, elegance, and luxury from a bygone era.

Named for Henry Cordes Brown, an Ohio real-estate entrepreneur, The Brown Palace featured many innovations for its day. Just some of these include a granite and red sandstone exterior, a stunning eight-story atrium with an Italian Renaissance-style-stained glass ceiling, and crystal pure artesian water from their deep underground well. The atrium is lined with 740 filigreed iron panels. Two of these are upside down—nobody knows why.

Guest rooms and suites are modern-day stylish and functional, as you might expect. Each comes with 42-inch flat screen HD televisions, luxurious terry robes, internet access and water from the hotel's well. Four-Star and AAA Four-Diamond hotel it has been called Denver's Grand Dame for good reason.

inspiration taken from the Grand Parisian Salons of the 30s.

Dining options include six restaurants and bars. The Churchill Bar offers premium cigars and spirits and the Palace Arms provides a decadent fine dining experience. For casual fare with a nautical theme, the Ship Tavern is the place for burgers, steak or seafood.

One of the oldest traditions at the Brown is their Afternoon Tea. A genteel affair served in the atrium lobby along with gentle harp music or piano. Scones, savory sandwiches, and house-made pastries are served along with available libations.

Almost every U.S. President since Teddy Roosevelt has stayed at the Brown Palace. A consistent Forbes



An available historical tour provides all the details and some secrets that will make your stay as unique as the hotel itself.

This was a sponsored visit, however, all opinions are the author's honest opinion
All photos courtesy of The Brown Palace Hotel & Spa.

Highlands Ranch Metro District Hires Senior Services Manager



The Highlands Ranch Metro District is pleased to announce Jill Hall has been hired as Senior Services Manager. With more than 30 years of experience in managing senior facilities and programs, Hall will oversee the operation of the future Highlands Ranch Senior Center, which will be owned and operated by the Highlands Ranch Metro District.

"I am very excited to be an integral part of the new Highlands Ranch Senior Center and expanding the existing senior services programs. My experience overseeing the operation of 21 senior centers in Baltimore County, Maryland, and serving as the current chair of the National Institute of Senior Centers (NISC), will ensure that Highlands Ranch seniors have a diverse array

of physical, social, health, enrichment, leadership, and volunteer opportunities in which to participate, as well as access to community and county resources and support," said Hall.

"Jill's new position demonstrates the Metro District's commitment to expanding this division to serve the growing population of seniors in Highlands Ranch," said Metro District Director of Parks, Recreation & Open Space Tammy Tucker. "Jill's responsibility for the Metro District's senior services division includes the Highlands Ranch Senior Center, senior programs, and senior resources."

"In early 2024, we will also start recruiting volunteers, program instructors and part time staff in preparation for our spring opening. I am sure the senior center will quickly become the focal point for programs and events for those age 55 and above," Hall added.

Construction is underway on the Highlands Ranch Senior Center. It is anticipated to open in early 2024. The facility site is located on the south side of Highlands Ranch Parkway, east of the Broadway intersection. For more information about the senior center, visit www.highlandsranch.org/seniorcenter.



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Social Security Today

Eligibility For Spouse's Benefits

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

If you wait until you reach full retirement age, your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit. You'll also get a full spouse's benefit before full retirement age if you care for a child who is entitled to receive benefits on


your spouse's record. If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at www.ssa.gov/planners/retire/divspouse.html.

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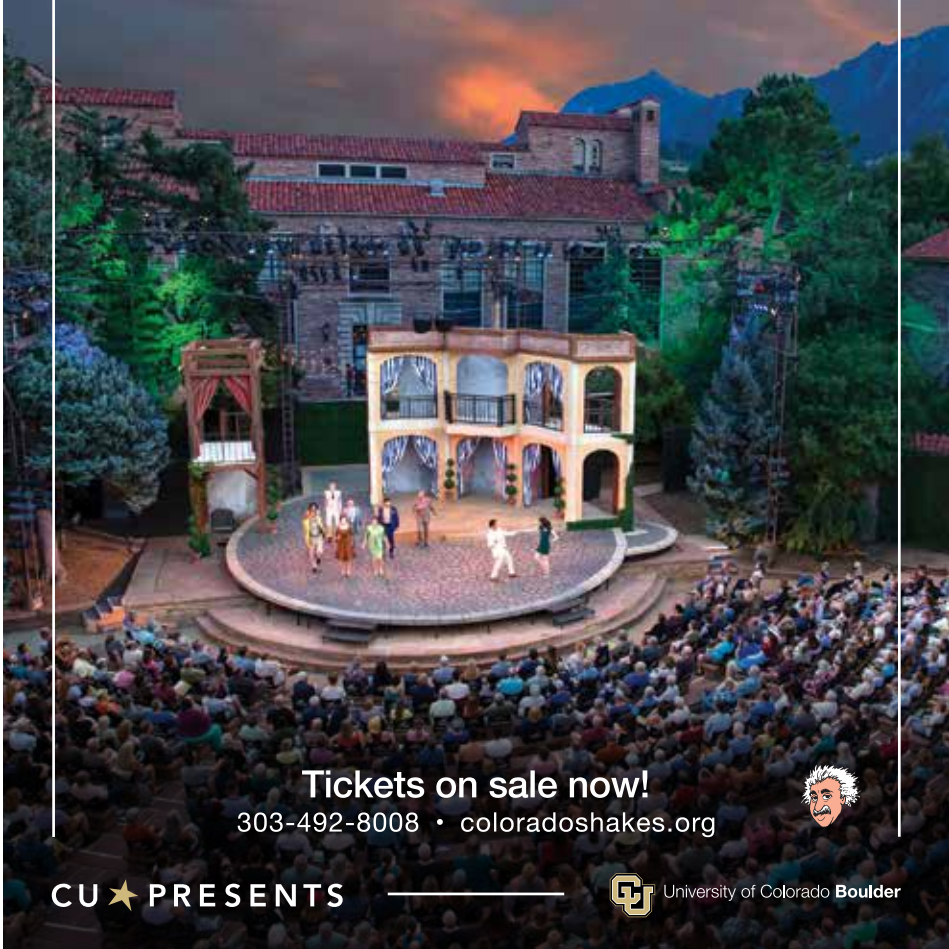


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Denver Officials Provide Update on Public Safety Action Plan

Mayor Michael B. Hancock, U.S. Attorney Cole Finegan, Denver District Attorney Beth McCann and city officials provided an update today on improvements to public safety in Denver’s downtown area and across the city. Improving public safety is a city priority and while there is more work to be done, agencies are reporting promising results as they continue to address gun violence, drug trafficking, auto theft and downtown safety.

“Since launching our Public Safety Action Plan, we’ve seen some welcome improvements across the city, especially downtown,” Mayor Hancock said. “Some categories of crime have decreased, and we remain focused on making sure these downward trends continue moving in the right direction. This includes hiring more officers and expanding our behavioral health outreach. We’re also addressing challenges as they arise with our downtown partners.”

Mayor Hancock said today this multi-faceted effort has included a reduction in the rate of property crime citywide, including a 27 percent decrease in auto thefts year to date. The city is supporting the return of School Resource Officers to DPS high schools for the remainder of the school year, a development welcomed by many parents across the district. The city is also taking action to break the pattern of individuals cycling in and out of jail and emergency rooms because of severe mental health and substance abuse issues. The Mayor has directed the city attorney and other agencies to explore whether court-ordered treatment could play a bigger role and give people a shot at success.

U.S. Attorney for Colorado, Cole Finegan provided an update on a new collaboration: the first such partnership of its kind in the country with the Mayor, the City Attorney’s Office and City Council that has funded four full-time prosecutors working to prosecute federal gun crimes. Since January, these Special Assistant United States Attorneys have already worked on cases involving bank robbery, car-jacking,

straw purchasing and weapons possession.

Denver District Attorney Beth McCann provided updates on her office’s work on prosecuting serious crimes. “Public safety is a critically important function of government,” she said. “Of most concern to me are juveniles with guns, fentanyl misuse and motor vehicle thefts. We often seen an interconnection of these issues and we are drawing a hard line when violence is involved as we simultaneously work with our city and law enforcement partners to address these serious problems with prevention programs.”

The Denver Police Department continues to focus on public trust, reducing crime and improving response times. Chief Ron Thomas announced lower rates of both violent and property crime in 2023. Property crime in the Central Business District is down 35 percent year-to-date compared to the three-year average, and 600 illegal guns were removed from Denver’s streets this year. The department has also implemented public dashboards to increase transparency, so residents can review data on response times, internal affairs and more.

Department of Safety Executive Director Armando Saldate announced that the new Assessment, Intake and Diversion (AID) Center has served over 275 individuals to date. The Denver Mobile Health Clinic will begin offering services at the AID Center every three weeks. The department has also hired a service navigator to support the growing participant population at the AID Center.

To respond to the growing crisis in behavioral health conditions in Denver, the Denver Department of Public Health and Environment is actively growing Denver’s behavioral health response to ensure that everyone has access to resources for mental health and substance misuse. Executive Director Bob McDonald announced today that the Wellness Winnie program, will expand from one vehicle (the original Winnebago) to three additional “Mini Winnies.”

Half of American Women Report Struggling Financially Today!

Two recent surveys of women ages 25 and older, commissioned by the National Council on Aging (NCOA) and Women’s Institute for a Secure Retirement (WISER), find that half of American women are struggling financially today, making it very difficult to plan for a secure retirement. Across demographic and party lines, women express strong bipartisan support for federal policy solutions that could help.

A survey on What Women Say™: Insights and Policy Solutions for Lifelong Financial Security asked women what they think about their financial situation now and how they feel about their future retirement. The two online surveys conducted by the bipartisan team of Public Opinion Strategies and Lake Research Partners also explored women’s support for 13 potential policy solutions.

“It’s sobering to see such widespread financial insecurity among women in America,” said Ramsey Alwin, NCOA President and CEO. “We know that a woman’s ability to age well starts early—not just when she retires. If women of all ages are finding it difficult to stay afloat today, their chances of aging with security are dim.”

Women in the surveys were candid about their fears and concerns when it comes to their financial security. 1) Just over half of women ages 25 and older said they do not consider themselves financially secure, and 77% of low-income women said the same. 2) Top concerns are the cost of housing, Social Security and Medicare being cut, not having enough savings to retire, and outliving savings in retirement. 3) Nearly half reported not having an employer-sponsored retirement plan.

4) Three in four low-income women by ethnicity reported having no emergency savings. 5) Nearly two-thirds of low-income women said they are not confident that they have the information they need to be able

to plan and save for retirement. 6) Most women said they are “worried” and “uncertain” when thinking about retirement, and a third of low-income women are “terrified.”

The survey also asked women to express their level of support for 13 potential policy solutions that could help. 90% of women supported eight of the solutions. These include: 1) Make the cost-of-living adjustment for Social Security benefits more accurately reflect the cost of housing and health care (94% total support). 2) Provide a tax break to family caregivers to help cover out-of-pocket costs of providing care to a seriously ill, disabled, or elderly loved one (94% total support). 3) Raise the minimum Social Security benefit to above the federal poverty level (92% total support).

4) Improve access to the Supplemental Social Security Income program, which provides monthly benefits to people with limited income and resources who are disabled, blind, or age 65 and older (92% total support). 5) Provide free educational programs to middle-aged and older adults on how to save for retirement and make the most of their Social Security benefits (91% total support)/ 6) Create a new government-provided retirement plan that would allow workers whose employers do not currently provide a retirement plan to set-aside their savings tax-free until they retire and start withdrawing funds from the account (91% total support). 7) Provide government assistance to lower income older adults to help pay for basic needs, such as food, housing, and transportation (90% total support). 9) Create a new government program that provides up to 12 weeks of paid leave to workers who need to leave work to care for a seriously ill family member (90% total support)

Overall, the two surveys indicate future retirement problems for women. Article courtesy of National Council on Aging

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Rocky Mountain National Park Announces Hiker Shuttle Operations

Rocky Mountain National Park will operate the Hiker Shuttle during the 2023 summer season 7-day service starting May 26 through September 4. Beginning on September 9, Saturday and Sunday only service will continue through October 22.

The Hiker Shuttle provides bus service to passengers departing the Estes Park Visitor Center and going to RMNP's Park & Ride Transit Hub, located on Bear Lake Road. This bus does not provide service to any other stops. At Park & Ride, Hiker Shuttle riders will transfer to the Bear Lake or Moraine Park shuttles to reach destinations and trailheads located along the Bear Lake Road Corridor.

All shuttle riders will need two things: a reservation for Hiker Shuttle Tickets and a park entrance pass. Reservations for Hiker Shuttle Tickets will be available online at Recreation.gov or by calling the Recreation.gov reservation line at

877-444-6777. Individuals may reserve one Hiker Shuttle reservation per day and a reservation is good for 1 to 4 Hiker Shuttle Tickets. All passengers will need a Hiker Shuttle Ticket, regardless of age. There is a \$2 processing fee for each reservation.

When returning to Estes Park, passengers can board any Hiker Shuttle bus throughout the day. The last shuttle will depart from RMNP's Park & Ride Transit Hub at 6 p.m. Remember to plan ahead - the last bus of the day will be crowded. Passengers are advised to plan their day in the park accordingly and return to Park & Ride well before 6 p.m. If you miss the last bus of the day, there are no other buses or public transit back to Estes Park.

For more information on Rocky Mountain National Park, please call the park's Information Office at (970) 586-1206 or visit our website at www.nps.gov/romo.



Colorado Gerontological Society Expansion Of Dental Services For Older Adults



Eileen Doherty

Denver, CO. Medical experts, policy makers, and political leaders are all starting to not only realize the importance of dental care, but are expanding the financial support to help older adults pay for dental services.

Starting July 1, 2023 adults on Medicaid will be eligible to receive additional dental care as the annual caps have been lifted. You do need to be receiving Medicaid and see a dentist who accepts Medicaid to take advantage of this benefit.

The Colorado Gerontological Society is expanding our services to residents of the Metro Denver area, as well as Boulder and Larimer county. Additionally, if you have family or friends who live west of I-25, south of the Wyoming border and north of the New Mexico border, we are able to serve those

individuals as well.

To qualify for the program, individuals must be age 60 and over, live in Colorado, see a participating dentist who agrees to accept the state's fees, and be prior approved for care. Income must be less than \$3038 for a single person and \$4108 for couple.

The services we can provide include exams, x-rays, fillings, extractions, full and partial dentures. Other procedures such as root canals and crowns are approved on a case by case basis. We do not cover fixed bridges and implants.

Procedures that are covered by the grant and pre-approved are usually covered in full by the grant.

To apply, call our office for an application or visit our website at www.senioranswers.org/programs/dental-grants/. For more information, 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.

Rocky Mountain National Park Moves to Cashless Fee Collection

Beginning on June 1, Rocky Mountain National Park will transition to a fully cashless fee system and only accept mobile or electronic payments for entrance and permit fees. Visitors who are only able to pay with cash may purchase a pre-paid pass from the Rocky Mountain Conservancy Nature Store at Beaver Meadows, Fall River, or Kawuneeche Visitor Centers.

Entrance fees are an important source of revenue used to improve the visitor experience in national parks, including road and facility repairs and maintenance, trail im-

provements, installation of accessible exhibits, visitor, and resource protection services, and more. Move to a cashless system allows parks to be better stewards of visitor dollars by reducing the amount of time park staff spend managing cash, increasing the amount of fee revenue available to support critical projects and visitor services, and improving accountability and reducing risk.

For more information on please call the park's Information Office at (970) 586-1206 or visit their website at www.nps.gov/romo.



TRADING POST

Volunteer

Become a Cherry Creek Storyteller! Storytellers TELL stories to Cherry Creek elementary school children.

Volunteer storytellers enhance literacy, stimulate imagination, and broaden multicultural understanding. Pus: It's fun and rewarding, For information and to sign up for training contact drpbusch42@aol.com

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Rueter-Hess Reservoir Opens For Water Recreation May 26

Are you ready for a tranquil and serene day at Rueter-Hess Reservoir? Registration is now open for your all-day pass. Due to parking limitations, a reserved parking pass is required.

The reservoir will be open for non-motorized water activities including paddle boarding, canoeing, and kayaking from 8 a.m. to 6 p.m. Fridays, Saturdays, Sundays, and Mondays starting Friday, May 26, into late October. The entrance to the Reservoir is off Hess Road in Parker, about 4.75 miles east of Interstate 25.

The cost of an all-day parking pass is \$10. Reserve your all-day parking pass now. Reservations must be made online. Please save your confirmation email to show at the gate. (A screenshot or printed copy is needed, as cell service is spotty at the reservoir.)

To ensure the best day possible, there are some things you should know:

Kayaks, canoes, paddle boards and inflatable standup paddle boards are the only watercrafts allowed. All watercrafts will be inspected onsite for invasive species before entering the water. Rentals are available through an onsite vendor and include a life jacket.

Life jackets are required for all and must be worn at all times.

Plans are in the works to modernize the shoreline. As that plan comes to fruition, please expect the shoreline to be muddy in places this year.

Parking is a 5- to 10-minute walk from the shoreline. Following an inspection of watercraft, you will be able to drop off gear near the shoreline and return to the parking lots to park your car. Please be prepared to inflate your watercraft, at least partially, before getting to the water.

Dogs are allowed in some areas, but not the water.

No glass bottles or alcohol are

allowed.

A limited number of standup paddle boards and kayaks can be rented through SurfsUpColorado. Learn more to plan your day at Rueter-Hess.

About Rueter-Hess Reservoir

Rueter-Hess is foremost a drinking water storage facility, but Douglas County and its Rueter-Hess Recreation Authority partners know the community values the water for its recreation opportunities, too.

Partner agencies include the City of Castle Pines, the Town of Castle Rock, Douglas County, the City of Lone Tree, the Town of Parker, and Parker Water and

Sanitation District. Each agency has a representative on the Rueter-Hess Recreation Advisory Board, which will continue to implement the Recreation Master Plan.

The reservoir began storing water in 2012. In 2015, partner entities began planning for recreation at the reservoir. In 2016, your input drove the creation of the Recreation Master Plan, and in 2017, public access began with limited paddle days and guided hikes. By 2020, the 132-step Incline Challenge with Rosie Rueter Trail loop opened, and by 2022, a total of 6.5 miles of soft surface trails were completed.



50 Plus Marketplace News Crossword Puzzle

June 2023
Answers page 8

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ACROSS

- 1 Exclamation to express sorrow
- 5 Skin of the upper part of the head
- 10 Piece of work
- 14 Central part
- 15 Humped ruminant
- 16 Against
- 17 Steals from
- 18 Toward the top
- 19 Cheer
- 21 Embodiment
- 23 Annulling
- 24 Light meal
- 25 Showy trinket
- 26 Salt of tartaric acid
- 30 Scanty
- 35 North American nation
- 36 Alley
- 38 Rustic

39 Microscopic arachnid

- 41 Braid
- 43 Animistic god or spirit
- 44 Icons
- 46 Thrust with a knife
- 47 Deranged
- 48 Pertaining to the skin
- 50 Dolt
- 53 Baby powder
- 55 Covered vehicle
- 56 Aperture
- 60 Go before
- 64 Chief Hindu philosophy
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Rime
- 67 Capital of Yemen
- 68 Overgrown with ivy

- 70 Liqueur of Greece
- 71 To a smaller extent
- 72 Currency units
- 73 Employs

DOWN

- 1 Land measure
- 2 Coil
- 3 Person empowered to decide
- 4 Stanza of six lines
- 5 Worthless person
- 6 Headland
- 7 Part of the verb "to be"
- 8 Hawaiian tree
- 9 Full assembly
- 10 Edible tuber
- 11 Against
- 12 Type of gun
- 13 Monarch
- 20 Snake
- 22 Lever for rowing
- 25 Pertaining to genetics
- 26 Bombastic
- 27 To one side
- 28 Long-sleeved linen vestment
- 29 Sailors
- 31 Diving bird
- 32 Grasslike
- 33 Pertaining to a ramus
- 34 Ignore
- 37 Yellow cheese coated with red wax
- 40 Tree
- 42 Flow back
- 45 Glossy
- 49 Obtained from milk
- 51 Evening
- 52 Pastille to sweeten the breath
- 54 Depart
- 56 Egg-shaped
- 57 Advise
- 58 Ancient Roman days
- 59 Ventilates
- 60 Saucy person
- 61 Staffs
- 62 Stupefy
- 63 Greek god of love
- 69 Prefix meaning not



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Deceptive Solicitations Act Signed into Law April 11 Secretary Griswold’s legislative priority, the “Deceptive Solicitations Act,” puts meaningful restrictions on deceptive solicitations sent by third parties to Colorado businesses related to documents filed with or provided by the Secretary of State’s office.

“This new law adds protections from bad actors who mislead business owners into paying unnecessary and exorbitant fees,” says Secretary Griswold. “Colorado business owners are the backbone of Colorado’s economy. My sincere thanks to the bill’s sponsors, Senator Cutter and Representatives Jodeh and Bradfield, for joining me to make it easier to run a business in Colorado.”

To learn about deceptive solicita-

tions and the new requirements imposed on the senders of these solicitations, visit ColoradoSOS.gov.

2023 Colorado Votes Act Passes both Legislative Chambers May 2 Secretary Griswold has also focused on defending and fortifying Colorado’s democracy during the 2023 Legislative Session. The Colorado Votes Act modernizes Colorado’s election laws, including by providing greater access to drop boxes and voting centers on Colorado’s designated Tribal Lands.



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. If you would like to be mailed a copy of our ‘Rooted in Fun’ guide, call 303-205-7500. For additional info on our programs, visit www.rootedinfun.com

Irena Sendler – A Chautauqua Performance

As a Polish Catholic Social Worker during WWII, Irena Sendler risked her life to save 2,500 Jewish children from the Warsaw Ghetto. Irena is portrayed by Judy Winnick. This performance will be held on Friday, June 9th, cost is \$17, lunch is included. Call 303-205-7500 to register.

Bridge Class on Defense

This 10-week course will cover defense as one of the most difficult but rewarding aspects of bridge. Opening leads, signals, reading the dummy to find the most effective defense against declarer’s contract is covered. This class is for intermediate and advanced players and will be held Thursday afternoons beginning June 8th, cost is \$55 for the 10-week class. Call 303-205-7500 to register.

Inflammation and Chronic Disease Researchers are finding more evidence that chronic inflammation is linked to serious diseases such as: Cancer, heart disease, diabetes, arthritis and non-Alzheimer’s vascular dementias. Come learn more about this relationship and how you can reduce chronic inflammation on Friday, June 30th, cost is \$15, call to register.

Fundamentals of Social Dance

Find your joy and confidence of moving on the dancefloor with a partner, no need to bring your own

partner. Dance with multiple partners. Learn how to lead and follow with a dance partner. The focus is on fun and dancing! An emphasis on Swing and Blues music. New 4-week evening class will begin on Monday, June 5th, call 303-205-7500 to register or for more info.

Movie Matinee

Enjoy the movie “Avatar: The Way of Water” on Thursday, June 29th at 12:45pm, 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 June, 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 Monday, 1pm

Silversmith Lab – Every Wednesday, 9am - noon

Booktalk – Thur. June 22nd, 10am - Book: “No One is Talking About This” by Patricia Lockwood

Pastel Painting – 2nd Thursday, 10am

New! Maj Jong – Wednesdays, 9-11am.

Fitness and Dance

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

Attorney General Phil Weiser Fights to Protect Medication Abortion Access

Attorney General Phil Weiser today continued his efforts to protect the basic right of Coloradans to medication abortion access. Joining with a multistate coalition, Weiser filed an amicus brief in the U.S. Court of Appeals for the Fifth Circuit arguing the decision issued by a district court judge in the U.S. District Court for the Northern District of Texas would do serious harm to access to the drug mifepristone. This amicus brief is part of Weiser’s ongoing fight to protect Coloradans’ rights to privacy, health care options, and medication abortion access.

“I will always do everything in my power to protect Coloradans’ rights to access reproductive health care, including through mifepristone,” Weiser said. “The U.S. Court of Appeals for the Fifth Circuit needs to reverse the district court ruling and ensure that a safe and effective medication abortion option remains available to Coloradans and people across the country.”

In the amicus brief filed by Attor-

ney General James and a coalition of 24 attorneys general in *Alliance for Hippocratic Medicine v. FDA*, the coalition argues the FDA’s determination that the medication abortion drug mifepristone is safe and effective is supported by an overwhelming medical consensus developed over more than two decades of use. The coalition also argues the FDA’s subsequent regulatory actions, including authorizing the generic version of mifepristone, permitting qualified clinicians other than physicians to authorize its usage, and enabling its distribution by mail, are all backed by solid evidence.

The coalition urges the U.S. Court of Appeals for the Fifth Circuit to reverse the lower court ruling and notes that if it is allowed to stand, it will harm millions of Americans, with underserved groups, including women of color, people who earn low incomes, people with disabilities, and LGBTQ individuals being hardest hit.

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.

Free Concerts in the Park:

Family Thursday Night Series: 7-8:30 pm at McIlvoy Park, 5750 Upham St, Arvada, CO

June 22 - Ten Cent Prophet - Rock hits from 80s, 90s, 2000s

June 29 - Lee & Co. - Music from the early days of Rock’n’Roll

- Children’s Friday Morning Series - 9:30-10:15 am, July 7 and July 21

Strawberry Brunch and Fashion Show:

Thursday, June 8, 10-11:30 am

The ever-popular Strawberry Brunch and Fashion Show returns! We serve a wonderful brunch followed by the fashion show brought to us by Cato Fashions. Friends from the CRC model the fashions. The fee includes the brunch and fashion show. Register by June 5. \$18

GrEighties: Monday, June 5, 1 pm Are you great and over eighty? Introductions, brain games, and some social time will be included. This month will include Bingo! A light snack will be served. Please register in advance. \$5 (\$6 non-res.)

Book Club: Wednesday, June 14, 1 pm Book Club is finally returning! We will be discussing “The Nickle Boys” by Colson Whitehead. Light re-

freshments will be provided. \$5

Tabletop Social - Scattergories: Tuesday, June 13, 1-3 pm Enjoy an afternoon playing fun games. Each month we will play a different game. Light refreshments included. Experienced and new players are welcome. Register by Monday prior. \$5

Trips: Tour the Town - Idaho Springs: Thursday, June 15, 9:45 am Venture with us to the home of Colorado’s Gold Rush, Idaho Springs. We will tour the famous Argo Mine, visit the Underhill Museum, stroll the main street, and have lunch at one of Idaho Spring’s tempting restaurants. The cost includes transportation, escort, and a \$26.50 Argo Mine tour admission ticket. The \$26.50 train ticket is non-refundable. \$60 (\$65 non-res.)

Nutrition - Natural Hacks for Memory Support:

Friday, June 9, 12:30 pm

While age-related cognitive decline might seem inevitable, it doesn’t have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

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.