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NEWS



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March 2023 • Volume 29 • Issue 3

Denver, HUD, and Stakeholders Partnership on Rehousing 500 Homeless



Mayor Michael B. Hancock today announced that Denver moved 509 households from homelessness to housing in partnership with the U.S. Department of Housing and Urban Development Secretary Marcia L. Fudge, states, municipalities and tribes through HUD's House America initiative.

Mayor Hancock committed to House America in September 2021 and Denver has housed 509 house-

holds and added 277 permanent supportive or extremely low-income housing units in the development pipeline since then in part with federal funding support and technical assistance from HUD. Denver is one of 105 communities across 31 states and territories and the District of Columbia that joined the initiative Secretary Fudge launched in partnership with the U.S. Interagency

Council on Homelessness as an all-hands-on-deck effort to address the nation's homelessness crisis.

"COVID relief and recovery dollars provided an unprecedented opportunity for Denver to do even more to house our unhoused residents and build more affordable housing," Mayor Hancock said. "Lasting solutions are built on a foundation of

housing stability and supportive services. It takes a community response to resolve homelessness, and we're grateful to our many service and development partners that have come forward to help us exceed our House America goals."

The national effort housed more than 100,000 households experiencing homelessness and added over 40,000 affordable housing units into development, exceeding the goal Secretary Fudge set in September 2021 when she challenged state and local leaders to collectively place at least 100,000 households experiencing homelessness into permanent housing and add at least 20,000 new units of deeply affordable and supportive housing into their development pipelines by December 2022.

"Everyone deserves a safe, stable place to call home. Through House America, I'm proud to see that Denver has stepped up to get people off the streets and into homes," said

Secretary Fudge. "The Biden-Harris Administration is deploying a housing first approach, using American Rescue Plan Act funding and other resources to help individuals find a place to call home. We will continue to work to house America until we end homelessness as we know it."

House America encouraged communities to deploy an historic level of federal resources to address homelessness. In particular, House America's 105 communities received a funding boost through the American Rescue Plan Act to expand permanent housing opportunities – including more than 20,000 Emergency Housing Vouchers and over \$1.5 billion in HOME-ARP funding from HUD, as well as over \$65 billion in State and Local Fiscal Recovery Funds from the U.S. Department of the Treasury – that sparked renewed momentum and greater deployment of available resources, including CARES Act and annual appropriations, to create permanent housing solutions.

Denver's Department of Housing Stability helped more than 1,500 households exit homelessness into housing in 2022.

Winter Adventures in Rocky Mountain National Park



For many, winter is their favorite time of year to visit Rocky Mountain National Park. The park is less crowded, yet alive with the beauty of the season. Weekends are busier than weekdays. For those who are prepared, winter is an enchanting time to explore RMNP.

Snowshoeing is a fun, easy-to-learn activity and offers a new way to see nature in winter. RMNP offers ranger-led snowshoe walks on both the east side (Estes Park) and west side (Grand Lake) of the park. Snowshoe walks are offered through mid-March, depending on snow conditions. Participants must provide their own snowshoes. Don't own your own gear? Rental opportunities are available in nearby communities outside of the park.

The ranger-led Beginner Snowshoe Walk is a two-hour exploration of the subalpine forest. No previous snowshoe experience is required, but the walk is considered moderately strenuous. Participants should have a baseline fitness level that allows them to snowshoe approximately one mile over hilly terrain at high elevations. Participants must be 8 years or older and MUST wear waterproof boots. For more information, visit www.nps.gov/romo/planyourvisit/ranger-led-snowshoe-walks.htm.

Reservations are required for all ranger-led snowshoe programs. There is no additional fee beyond the regular park entrance fee to participate. On the east side of RMNP (near Estes Park), snowshoe walks are offered every Tuesday at 12:30 p.m. and reservations can be scheduled up to seven days in advance by calling 970-586-1223. On the west side of RMNP (near Grand Lake), snowshoe walks are offered every Saturday and Sunday at 1:00 p.m.; reservations can be scheduled up to four days in advance by calling 970-627-3471.

Are you a teacher interested in

bringing your class to Rocky this winter? Ranger-led educational snowshoe programs are offered to organized school groups. To learn more and to schedule a field trip on either the east or west side of Rocky Mountain National Park, visit the park's webpage at www.nps.gov/romo/learn/education/rangerguided.htm.

Have you ever been out hiking and wondered what animal made a track in the snow? If so, join our new east side (Estes Park) ranger-led program titled "Track Scene Investigator." This program will be offered on the following Sundays at 1:00 pm (March 5, and March 19). Participants will meet your park ranger guide at the West Alluvial Fan Parking Lot. This program is free and designed for visitors of all ages. No reservations are required. This program will be taking place outside, so be prepared for weather and winter conditions; snowshoes are recommended but not provided. To learn more, visit the park's webpage at https://www.nps.gov/romo/planyourvisit/ranger_led_activities.htm. planyourvisit/plan-your-winter-springtime-visit-to-rocky.htm.

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MARCH Calendar

Wednesday/1

AARP Virtual Community Center presents a free program on “Caring for Your Fur Family as You Age” on Zoom at 11 am. You’ll learn tips and strategies for taking care of your fur family as you age. Topics will include adaptive pet equipment such as hands-free leashes, easy-feed pet bowls and long-handled scoops, plus home safety considerations like avoiding falls with a pet in the house. Please register at email: caarp@aarp.org.

Wednesday/8

The Foothills Genealogical Society presents a free program on “Getting to Know Uncle Moses” by Greg Liverman at 2035 Ellis St. in Golden at 1 pm. In this lecture, our speaker explores how to choose an ancestor with an interesting story to tell and how to assemble the facts that give us a more complete story about an ancestor. Please register online at <https://foothillsgenealogy.org>.

Thursday/16

the Colorado Gerontological Society presents a free program on “Aging in Place: The Elder Index - Economic Security” by Eileen Doherty on Zoom at 12 noon. Older adults struggle with the amount of money they will need to meet their expenses in retirement. The Elder Index is a tool that helps to define how much an older adults needs to afford basic living expenses. Please register online at www.senioranswers.org.

Saturday/18

The Castle Rock Genealogical Society presents a free program on “Strolling Through the Park: Revealing Ancestors in the Cemetery” by Diana Crisman Smith on Zoom at 10 am. You “know” where your ancestors are buried. Someone told you, it was in the obituary, you found it on the death certificate, someone posted it online, or it was on a tree in Ancestry.com. When you find information in the cemetery, do you know how to interpret it? Please register online at <https://crcgs.org>.

The Colorado Genealogical Society presents a free program on different genealogy topics each month on Zoom at 10 am. To learn more and to register online at www.cogensoc.us.

Please check individual venues for current information.

Social Security Today

Stay Healthy And Independent With The Senior Nutrition Program

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don’t always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million

meals to people age 60 and older. With home-delivered and group meal options, you can get the food you need in a way that works best for you. It can help you avoid missed meals – and save you time and money with less shopping and cooking.

Local programs serve up more than food — they offer opportunities to connect and socialize. We know this improves both your mental and physical health.

The programs can also teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.

A senior nutrition program can also connect you with other resources like transportation or

homemaker services. This helps you stay connected and engaged in your community.

It’s no surprise that 9 out of 10 participants say they would recommend a senior nutrition program to a friend. We know these services help create healthy, strong communities where everyone can thrive at any age.

Find a senior nutrition program in your area and help us spread the word about this program by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.

Annual Wellness Exam is Key to a Healthy Year for Older Adults

You’ve selected your insurance plan for the year. Now, it’s time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

“By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead,” Sobel said. “This will ensure you live each day with vitality, happiness and improved health.”

Many providers will reach out to schedule an annual wellness exam. If your provider doesn’t contact you, make sure to call them.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a “Welcome to Medicare” visit for customers who have just reached Medicare eligibility and an “Annual Wellness Exam” for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk

with your provider and Medicare insurer about your benefits.

Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit.

Prepare. Before you go, write down anything you’d like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend or caregiver to ensure you understand everything your provider has shared.

Be open and honest. It’s tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won’t judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn’t have to be. Talk to your doctor if you are feeling sad, anxious or hopeless. Treatments, such as talk therapy, medication or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It’s a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you’re experiencing. Don’t forget about over-the-counter drugs, vitamins or nutritional supplements you take.

Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you’ve had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don’t forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

“You wouldn’t drive your vehicle without proper preventive maintenance, so please don’t ignore preventive maintenance for your most prized possession – your health,” Sobel said. “An annual wellness exam is a great place to start!” (StatePoint)



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Advertising supports all publica- tion 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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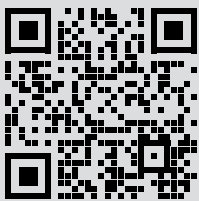
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Celebrating Older Adults

Life doesn't have to stop as you age. While plenty of people achieve great things in their 20s and 30s, many others see their greatest suc- cesses when they're in their 60s and beyond.

During Black History Month, we want to celebrate some of the Black older adults who have achieved in- credible things as they've gotten older.

Singer and actress Ethel Waters broke barriers in the entertain- ment industry, becoming the second Black person to receive an Academy Award nomination, the first Black person to star in her own TV show, and the first Black woman to receive a Primetime Emmy Award nomina- tion. Her TV show, The Ethel Wa- ters Show, began when she was 43. She was 53 at the time of her Acad- emy Award nomination and 66 at the time of her Primetime Emmy Award nomination.

Civil rights activist Dorothy Height was president of the Na- tional Council of Negro Women for forty years, holding the posi- tion until the age of 78. She went on to form the African-American Women for Reproductive Freedom alongside 15 other Black activists. When she was 82, she received the Presidential Medal of Freedom for her lifelong work in civil rights for both Black people and women.

Gordon Parks was a photographer, film director, composer, and writer, who spent 20 years as a photogra- pher and writer for Life magazine. One of his best-known works is the 1971 detective film Shaft, which he directed at age 59. He also com- posed and directed a ballet dedicat- ed to Martin Luther King Jr. when he was 77 and published numerous written works, the latest of which was his memoir A Hungry Heart, released when he was 93.

When you reflect on your own ag- ing journey or that of someone you care for, know that aging isn't the end. The wisdom and experience gained from a long life can be the start of an incredible new chapter.

*Courtesy of the
Seniors Resource Center.*



How We're Protecting Biodiversity in Our Backyard

Local climate leaders and community members recently gathered to celebrate Boulder's role in protecting the living world. The event started with a presentation from city staff about recent global biodiversity agreements and ended with hands in soil. Here are key takeaways from the event.

First off, what's biodiversity? Biodiversity is the variety of life on our planet. Different types of animals, plants, bacteria and fungi live together in communities, called ecosystems. We (human beings) are also part of ecosystems.

If an insect dies on a farm and nobody sees it, did it make a difference? Yes, here's why! Our planet is a complex and fine-tuned system made up of many overlapping ecosystems. All life is connected, so when species disappear, our whole planetary system is in affected. Biodiversity loss is one of the most important issues we face today.

Species are disappearing at a startling rate, and their extinction has an enormous impact on the future of our planet. The loss of just one species can affect the wellbeing of others in the ecosystem. Eventually, this can cause an ecosystem to fall apart.

Ecosystems provide life support to the entire planet. They grow nutritious food, clean air and drinking water, control pests, create healthy soils and regulate our climate. When ecosystems collapse, these life-sustaining services are lost with them.

There are five key drivers of the biodiversity crisis:

1) Land use: when humans transform land and sea into buildings, roads, factory farms and fisheries, we push species out of their homes and closer to extinction. Our global food system is the leading driver of biodiversity loss – agriculture threatens 86% of the species at risk of extinction. Rethinking how we grow, process and transport our food is a critical

part of protecting nature.
2) Climate Change: rising global temperatures impact living systems across the globe. Sensitive ecosystems, like Colorado's alpine forests, are most vulnerable to hotter temperatures.

3) Invasive species: plants and animals that are introduced to areas where they aren't naturally found may outcompete native species for food, space and other resources. This can harm native species and change habitats.

4) Pollution: pesticides, plastics and other pollutants turn up in our soils, air and waterways. These substances have caused the collapse of insect, marine and plant populations. They also poison our bodies. People experience direct and indirect health issues from human-made chemicals, including cancer and learning disabilities.

5) Exploitation of natural resources: Forests have been clear-cut, rivers are drying up and overworked soils are struggling to support life. Finding sustainable ways to use natural resources is critical to preserving life on our planet.

Local governments can change systems at the root of biodiversity loss. The most recent United Nations Biodiversity Conference (COP15) recognized the importance of empowering local governments and indigenous people to protect nature. Healing nature happens at the local level, and cities are starting to work together to restore ecosystems across the globe.

"We have a hard road ahead of us," said City Senior Ecologist and conference attendee Rella Abernathy. "But we can do this if we all commit to each other." Abernathy shared her experience at COP15 with the crowd. "One thing that gave me so much hope was no matter who I talked to...we connected and saw value in working with each other. We have a lot in common and can learn from each other."

50 Plus wishes you



✿ Happy St. Patrick's Day ✿



Martha Coffin Evans

Reflections Creating Life's Score

Several lives both the most wonderful months ago, I read beautiful comments written by a woman about her late musician husband. She wrote eloquently about his work as a symphony.

On occasion, we might have been creating the more discordant portions of our life's score. Blending and intermingling with the "notes" of others could well have broadened our own symphony.

It started me thinking. I wondered how our own lives would be remembered musically or otherwise.

If we created our own symphony, or at least our life's score what would it contain. We all play a part in creating such a score. Would we carry the melody? Would we add the harmony? Would ours be lyrical? Hauntingly beautiful? Bombastic? The answer is probably, all of the above depending on our life's circumstances or experiences.

Then again, what about tempo. Would ours be fast or slow? What about the volume? Might we blend the tempo with volume?

Perhaps our lives have varied the fast tempo with loud "notes." Or, most likely, there have been slow, soft, melodic, reflective times. Alternating tempo and sound may reflect certain aspects of our

Most likely, our life's score will involve interacting with others. Much as musical scores involve the interplay of parts, so too does our life. Unless ours is a solo version only, mixing, matching, and blending with others creates that life score.

Compositions from our childhood may vary from those in our different adult years. A recurring theme may yet emerge in this score.

How will our life's score be played and enjoyed by others? Will we smile at those last notes? Will we be pleased?

In Memory of Chas Weatherbee
(Faculty Tuesday, 3/21/23, cupresents.org.)

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

Thank You!



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Colorado Gerontological Society

Eligible Older Adults May Receive Hundreds Of Dollars In Refunds, Rebates And Tax Credits



Eileen Doherty

The cost of housing, taxes and utilities has Coloradoans concerned, especially older adults on fixed incomes. Older Coloradoans may qualify for hundreds of dollars in refunds and rebates depending on income.

Colorado taxpayers are eligible to receive another Tabor Refund, similar to the Colorado Cash Back. However, individuals need to apply again to receive the 2023 refund. Low income individuals earning less than \$25,000 annually will receive \$153 by filing the Colorado Income Tax Form DR0104.

Coloradoans over 65 can receive the \$1000 Affordable Housing Income Tax Credit if they have less than \$25,000 annual income. To claim the Tax Credit, if you do not have any taxable wages, file both the Colorado Income Tax Form DR0104 and DR0104CR.

Individuals earning up to \$75,000 are eligible for the Affordable Housing Income Tax Credit, if they do not receive the Senior Property

Tax Exemption. Individuals who make more than \$25,000 per year will need to file a Federal Income Tax Form 1040, a Colorado Income Tax Form DR0104 and a DR0104CR. Individuals whose annual income is between \$25,000 and \$75,000 will receive a prorated income tax credit depending on adjusted gross income.

Low income individuals who make less than \$16,925 per year (\$22,858 for a couple) and who paid rent, heat or property taxes, can qualify a refund. To apply, you must be age 65 or disabled and file the PTC104.

Utility assistance is available through LEAP for individuals whose income is less \$2880 per month (\$3,766 for a couple). Individuals must pay for heat as part of the rent or to a utility company. Applications are due by April 30, 2023.

If you need forms or instructions, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish) or visit www.senioranswers.org.

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

Technology is Hip!

New LC3 Concrete Reduces Carbon Footprint



Bob Larson

Since 2005, the Swiss National Science Foundation (SNSF) and the Swiss Agency of Development and Cooperation (SDC).have been researching for a new composite concrete named LC3 using clay instead of calcium carbonate, which has a high carbon footprint.

LC3 is a new type of cement that is based on a blend of limestone and calcined clay. LC3 can reduce CO2 emissions by up to 40%, is made using limestone and low-grade clays which are available in abundant quantities, is cost effective and does not require capital intensive modifications to existing cement plants. LC3 uses industrial waste materials which thereby increase the resource efficiency and reduce the utilization of the scarce raw materials that are necessary for producing clinker.

The objective of the LC3 project is to make LC3 a standard and mainstream general-use cement in the global cement market. The main research activities focus not only on specific thematic areas of cement

research but also on production, environmental sustainability, and cost effectiveness of this new cement.

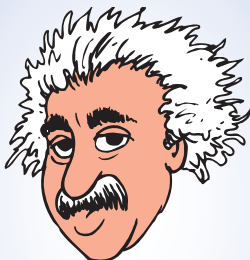
Besides the reduced carbon footprint, the LC3 benefits are cost savings are 25% lower in materials and manufacturing than using traditional cement, cement performance is better or equal to traditional cement, saves scarce materials and uses waste materials, no changes in production use, and no special training is required.

With funding from the SDC through its Global Programme in Climate Change, the has been able to bring the idea of the LC3 technology from the lab in Switzerland to all parts of the world. Many countries are looking positively at the new LC 3 cement to build buildings, housing, roads, bridges, and dams. Several countries including India, Cuba, Latin America, and USA are now using the new LC3 cement for concrete structures.

This is another great use of technology in saving our environment.

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

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Staying Safe in Dementia Study



The population of community-dwelling people with dementia is growing in the United States. About 5.8 million Americans – roughly 10% of all adults aged 65 years or older – are living with Alzheimer’s disease and related dementias.

Caring for someone with dementia can be hard. There are physical, emotional, financial, and life-style changes to face. Making a plan about what to do about firearms in the home can be difficult. An estimated 33-60% of people with Alzheimer’s disease and related dementias have a firearm in the home, and 38% of their caregivers identify firearms as an issue to address.

In collaboration with caregivers, dementia and firearm organizations, and other experts, a team at the

University of Colorado is studying the effectiveness of an online educational resource. This free online educational resource can help caregivers (family members or friends) of persons living with dementia clarify values and make decisions about firearms access, driving, or take steps to improve safety at home, and then commit to implementing their preferred option.

Join the Safe at Home research study to get access to valuable resources for friends or family members of someone with dementia, help research that supports dementia caregivers, and receive up to \$180. To learn more, and to see if you are eligible, visit: <https://www.dementiasafety.org/safe-at-home-aging-english/>.

A Disease Without a Cure Still Requires a Diagnosis

More than 6.5 million people across the United States, including 76,000 Coloradans, are living with Alzheimer’s disease, the only major disease without a prevention or cure. Sadly, half of those with the disease never receive a diagnosis, preventing needed care and potentially putting these individuals and others at increased risk.

Close family members, who know their loved ones best, are typically the first to notice memory issues or cognitive problems, but they are often hesitant to speak up, even when they know something is wrong. A recent Alzheimer’s Association/Ad Council omnibus survey found:

Fewer than half of Americans surveyed (44%) say they would talk to a loved one right away about seeing a doctor if they noticed signs of cognitive decline. Instead, those polled say they are more likely to check in with other relatives (56%) and do research online (50%) when observing troubling signs.

Why is a diagnosis important? Ensuring that a loved one sees their doctor for a professional diagnosis is essential for providing appropriate care, particularly since there are a number of medical conditions that

may mimic symptoms associated with Alzheimer’s or other forms of dementia. Those medical conditions include: depression, vitamin B12 deficiency, side effects of medications, chronic stress, thyroid disease, diabetes, Lyme disease, & urinary tract infections.

“Any of these conditions can produce symptoms that can be mistaken for early dementia, such as issues with memory or communication as well as behavioral changes,” said Meg Donahue, director of Community Engagement for the Alzheimer’s Association of Colorado. “Without a proper diagnosis, these potentially treatable conditions cannot be identified. And if it is the earliest stages of Alzheimer’s, a diagnosis enables the family to explore treatment options as well as lifestyle changes that could help extend the individual’s cognitive health.”

To learn more about the approaches that physicians (including neurologists, geriatricians and neuropsychologists) use to make an Alzheimer’s diagnosis, go to the Alzheimer’s Association website at www.alz.org/alzheimers-dementia/diagnosis/medical_tests or call the Association’s free 24/7 Helpline at 800-272-3900.

How the Right Pair of Shoes Can Support Your Wellness, Hobbies and Goals

Looking to stay motivated and achieve your personal goals? New shoes might just be the answer. Not only can they update your wardrobe, helping you look and feel your best, but they can also support your physical and mental wellness, help you try out new hobbies, and even take small steps towards a more sustainable lifestyle.

It’s important to replace old, worn-out sneakers before embarking on a new exercise routine. When gearing up, check out brands like Nike, New Balance and Asics for athletic footwear that combines style, comfort and performance.

Ready to try out a new hobby or get back into an old one? Nike Signature Basketball styles from LeBron are on-trend and are great choices for running, jumping and playing, while Brooks Ghost running shoes feature a cushioned insole and lightweight rubber outsole in fun, vibrant colors to help you push your limits.

Perhaps you’re looking to carve out more time for relaxation and quiet activities. You can get cozy and comfortable with the right footwear. The HEYDUDE soft, comfortable slip-on styles are perfect for lounging at home or enjoying some self-care.

And if your goals include adopting more sustainable practices and reducing your impact on the environment, consider selecting footwear that incorporates eco-friendly features, like the Nike Court Vision sneaker, which contains at least 20% recycled content by weight.

For more footwear inspiration to fuel your lifestyle, visit Rack Room Shoes in-store or online at www.rackroomshoes.com.

Whether it’s for fitness, self-care, trying out a new hobby or making a difference, there’s a pair of shoes to meet your needs. (StatePoint)

Updates from the Department of State

Dear Coloradans,

As I was sworn into office for a second term as your Secretary of State, I reflected on all the great work the Department of State has been able to accomplish over the past four years.

We’ve made elections more accessible by increasing mail ballot drop boxes and launching statewide tools to allow voters to track their ballots.

We’ve made elections safer by dedicating resources to protect Colorado’s elections from cyber-attacks, foreign interference, disinformation campaigns, and by increasing protections for election officials and election systems in Colorado law.

We’ve made lobbyist and campaign finance disclosures more transparent and taken on dark money in politics.

We’ve reduced the cost to register LLCs and trade names with my office, and protected business owners

and all Coloradans from fraudulent business filings.

The dedicated civil servants in my office worked tirelessly over the last four years to accomplish all of this and more for the people of Colorado. All of us at the Department of State aspire to set the highest benchmark for providing Coloradans with the excellence they deserve from their government, and we look forward to continuing to serve you in 2023.

It is truly a privilege and honor to serve the people of Colorado as Secretary of State. In my second term in office, I will continue to protect every Coloradan’s fundamental rights, expand access to the ballot box, increase election security, and help provide Colorado small businesses and entrepreneurs with the tools they need to achieve their American dream.

Sincerely,
Jena M. Griswold
Secretary of State



Supplemental Nutrition Assistance Program (SNAP)

Maximum Allotments to End in March

SNAP participants encouraged to prepare and reach out to family resource centers for additional support

Most Boulder County residents who receive Supplemental Nutrition Assistance Program (SNAP) benefits will soon see a reduction in their monthly food assistance amounts following a policy change made to the program by the U.S. Congress. In anticipation of the reductions, partners across Boulder County are collaborating to ensure SNAP enrollees are encouraged to prepare for the change and know about other supports available to them.

SNAP serves more than 25,000 Boulder County residents each year by boosting their household grocery budgets to purchase food. There are income qualifications for the program. For example, a household of one earning less than \$16,752 per year could qualify for up to \$281 per month while a household of four earning less than \$34,452 could qualify for up to \$939 in food assistance benefits through SNAP.

Most SNAP enrollees usually receive amounts below the maximum allowed for their household size and circumstance, however beginning in March 2020 SNAP was expanded so all enrollees could receive the maximum allowable benefit to help them purchase needed food amid the challenges of the COVID-19 pandemic. A change in the federal budget bill disconnected the Supplemental Nutrition Assistance Program from the federal public health emergency beginning February 28, 2023, so the SNAP maximum allotments will not

occur beginning in March. Most households enrolled in the program will see a minimum reduction of \$95 per month, however on average the reduction will be \$90 per person – or \$360 per month for a family of four. Visit www.boco.org/SNAPMax for updates on the end of the SNAP maximum benefits or the State of Colorado’s site at <https://cdhs.colorado.gov/snap-ea-ending>.

“This return to previous SNAP benefit levels will likely have a significant impact on many households,” said Susan Caskey, Director of the Boulder County Department of Housing and Human Services, which administers SNAP across the county. “Every family and every person should be able to get adequate nutrition in Boulder County, and as part of a network of organizations working to end hunger, we and our partners have a number of actions and tools we want to share with people who might struggle from the reduction of their food assistance.”

- To help reduce the impact on households, families can:
- If able, roll over EBT food assistance benefits to the next month. This may help “cushion” the impact of the reduction in benefits.
 - Stock up on non-perishable items now, while households have the additional benefits.
 - Stretch food ingredients and plan to use them in more than one meal. This helps to save money and reduce food waste. Click for more tips: See information in English at boco.org/StretchingIngredients and in Spanish at www.boco.org/ComoHacerRendirSusIngredientes.
 - Consider freezing produce

to make fruit and vegetables last longer. See information in English at boco.org/FreezeMoreWasteLess and in Spanish at www.boco.org/CongelaMasDesperdiciaMenos

- Look at the Unit Prices to compare similar products at the grocery store. See information in English at boco.org/UnitPrices and in Spanish at www.boco.org/PrecioPorUnidad.

Some SNAP enrollees may also qualify for other supports such as Temporary Assistance for Needy Families (TANF), which provides financial assistance for lower-income families and individuals, and Medicaid, which is free or low-cost health and dental coverage. These programs are also administered locally by Boulder County Housing and Human Services.

- Boulder County residents are also encouraged to reach out to community-based family resource centers and/or food pantries for additional food and financial supports.
- Emergency Family Assistance Association (for Boulder and southern mountain residents) 1575 Yarmouth Ave., Boulder, CO 80304 | 303-442-3042 | EFAA.org
 - Sister Carmen Community Center (for east county residents, including Lafayette, Louisville, Superior, and Erie) 655 Aspen Ridge Drive, Lafayette, CO 80026 | 303-665-4342 | SisterCarmen.org
 - OUR Center (for Longmont and northern mountain residents)

- 220 Collyer Street, Longmont, CO 80501 | 303-772-5529 | OURCenter.org
- Community Food Share (for all Boulder County residents), 650 S. Taylor Avenue, Louisville, CO 80027 | 303-652-3663 | CommunityFoodShare.org
 - Nederland Food Panty (for Nederland and southern mountain residents) 750 CO-72, Nederland, CO 80466 | 720-418-0892 | NederlandFoodPantry.org
 - Lyons Food Pantry (for Lyons and northern mountain residents) 350 Main Street, Lyons, CO 80540 | LEAFLyons.org/food-pantry/

There is additional resource information available through dialing 211 or visiting <https://211colorado.org>, and by visiting www.FindHelp.org. The state of Colorado also operates a program called Everyday Eats, which helps get healthy food staples to people over the age of 60 with low income. Information on Everyday Eats is available at <https://cdhs.colorado.gov/CSFP> or by calling 888-467-0418.

Boulder County Housing and Human Services teams also encourage those needing support to reach out to them by phone at 303-441-1000, by text at 303-441-1069, or to visit the St. Vrain Community Hub (Monday through Friday 8:00 a.m. - 4:30 p.m.) at 515 Coffman Street in Longmont or the Boulder office (Monday, Wednesday, Friday 8:00 a.m. - 4:30 p.m.) at 3460 N. Broadway.

Spring cleaning is at your curbside

If you have hazardous waste from a painting project, old oil from your car’s maintenance, or other waste from your recent DIY project, Douglas County Health Department can help you safely dispose of it.

In place of a one-time annual event, the Douglas County Health Department is partnering with Waste Management in 2023 to provide Douglas County residents with a low-cost service for household hazardous waste removal year-round. This curbside service is available to Douglas County residents for \$30. Get details by calling 1-800-449-7587. For other waste removal resources, visit our web page.

Toxic household products can be

harmful to pets, wildlife, sanitation workers, our health, and the environment if poured down the drain, toilet, or storm sewer, or put in the trash. Safely disposing of household hazardous waste safeguards our families, protects our water quality, conserves space in landfills and reduces illegal dumping.

This service is brought to you by the Douglas County Health Department’s Environmental Health Division. Environmental Health focuses on preventing foodborne illnesses in restaurants; preventing the spread of communicable diseases in childcare facilities, body art facilities, and water systems; and mitigating other environmental conditions that could be harmful to your health.

Pets Are Family

How Pets Improve Mental Health



After adopting a new pet, not only are you opening your arms to a new best friend and endless cuddle, you are also taking a step toward improving your mental health. Recent studies have shown that pets can lower stress levels, increase well-being, building healthy habits, boost self-esteem, and improve social skills.

Research shows that simply petting an animal lowers the human stress hormone cortisol, and increases levels of the feel-good hormone oxytocin (the same hormone that bonds mothers to babies). Pets also have that incredible ability of making us laugh since each one has a personality of their own. Laughter relieves stress by relaxing tense muscles and stimulating circulation.

According to a mental health survey, 76% of pet owners reported that their

personal health has improved as a result of owning a pet, up from 71% in 2016. This is due to benefits like increased exercise from daily walks and maintaining a structured routine for you and your pet.

Low self-esteem often stems from a lack of emotional support or positive affirmation from peers. These aspects of social support can be remedied by pets who are always available to provide comfort and reassurance without the threat of judgement. Caring for an animal also allows humans to feel needed which is important for building self-esteem and establishing a sense of purpose.

Pets also have an uncanny ability of bringing people together. From dog parks, to online community groups, to sharing cute photos, we inevitably experience an increase in human interaction and, in turn, support from our local community.

Thanks for reading! Learn more at larimerhumane.org.

Uniquely Bea

Alzheimer's is More Than Scary

It seems like every day I learn about a friend or an associate that has been impacted by Alzheimer. There are so many variables that are involved. I am not a doctor or a medical professional, but I do have an opinion.

Fight it as best you can. Read and learn about the disease. Since we are part of the 50+ demographic, we might be a walking target for the disease. According to the CDC, "Scientists do not yet fully understand what causes Alzheimer's disease. There likely is not a single cause but rather several factors that can affect each person differently", but the quality of your overall health is key.

It is important that you strive for the best brain and physical health that you can obtain. Keeping active, eating healthy and doing things that will stimulate your brain. There is a higher level of concern if you have an existing chronic health condition. Talk to your doctor if you have any concerns and pay attention to what your family or friends might notice about your cognitive health. Early diagnosis is key to understanding and impacting the effects of this

disease. Yes, as I get older, I do repeat myself and forget things, but not all the time. I have a heightened sense of awareness on my mental health and try not the quietly freak out when I do forget something. Nancy Reagan was asked about her husband's Alzheimer's diagnosis. She said that it was the "long" goodbye" as she saw her famous husband slowly fading away.

"Memory loss is strange. It's like showing up for a movie after it's started. I'm sure I've missed something. I don't know if it's important or not. So I do the best I can to lose myself in the story and hope the gaps don't matter. Later, I can look it up, or someone will remind me, or maybe it's perfectly fine to not know". The Man Who Mistook His Wife for a Hat. by Oliver Sacks,

While Alzheimer can be a scary topic, not finding out more about this disease is even scarier.



Bea Bailey

Medicare and Medicaid Now Fully Cover Preventive Vaccines

The Inflation Reduction Act of 2022 contained an important piece of money-saving health care news for older adults: Vaccines covered under Medicare prescription drug plans (Part D) and Medicaid are free in 2023.

This means there are no more co-payments—or deductibles to meet—for any vaccinations recommended by the Advisory Committee on Immunization Practices (ACIP). This list includes the vaccines for shingles and Tdap (tetanus, diphtheria, and pertussis, which is also known as whooping cough).

The Adult Vaccine Access Coalition (AVAC), whose members include the National Council on Aging (NCOA), called the bill "an investment in the future health, well-being, and economic security of our seniors and those in marginalized communities." AVAC has been an advocate for cost-free vaccines since its founding in 2015.

Even in non-inflationary times, many older adults have gone without health-preserving vaccines, like shingles and Tdap, because their budgets couldn't stretch to cover out-of-pocket expenses.

"Every year, thousands of adults die and thousands more suffer serious health problems from vaccine-preventable diseases due in part to the complicated and costly landscape faced by Medicare and Medicaid recipients when seeking access to vaccines," AVAC said.

As of January 1, 2023, out-of-pocket costs for all ACIP-recommended vaccines were eliminated for people with Medicare Part D. Out-of-pocket vaccine costs for most people enrolled in Medicaid will be eliminated beginning October. 1, 2023.

The Centers for Medicare and Medicaid Services (CMS) keeps health care providers informed of plan changes. But to avoid billing headaches, the Medicare Rights Center recommends people with Medicare coverage make sure the health care provider or pharmacy administering the vaccine will bill their Part D plan. Before getting a vaccine at a doctor's office or pharmacy, ask the provider to call your Part D plan first to find out if they can bill your Part D plan directly. Article courtesy of National Council on Aging.

A New Way to Lower Your Grocery Costs

As food prices surge, usual strategies like clipping coupons can stretch your dollars. But you can take your savings to another level if you're open to what's known as "salvage food." Salvage food is the stuff regular supermarkets pass on, items such as cosmetically flawed produce, dented cans, crumpled boxes and products nearing expiration dates.

Not all those rejects end up in landfills. Some turn up on supermarket clearance racks and at salvage grocery stores. Grocery Outlet operates 420 stores, mostly in the Western U.S.; United Grocery Outlet, a different company, has three dozen stores in six Southern states. Many smaller salvage grocers operate around the country.

Sites such as Imperfect Foods, Misfits Market and Hungry Harvest offer home delivery of salvage foods. (Misfits Market acquired Imperfect Foods in late 2022 but operates it as a separate brand.) And the Flashfood smartphone app lets you buy discounted food nearing its "best by" date at traditional grocers, including Giant, Martin's and Meijer. Here's a quick overview of your salvage food options:

Molly Nicholie, executive director of an Asheville, North Carolina, nonprofit that works with local farmers, swears by these markets. Some deals she's found: cereal for \$1.98 a box (typically \$5-plus in a supermarket) and organic salad dressing for 98 cents a bottle (\$4.49-plus elsewhere).

Tip: Visit the website buysalvagefood.com to find stores

near you. Before buying, check items for problems such as mold on cheese and food that's far past its expiration date.

When I visit my local Stop & Shop's "scratch and dent" rack, a big shelf in the back of the store. I often find items marked down by 75 percent. On my last grocery run, I scored bargains such as a bag of green split peas for 32 cents, down from \$1.29, and cans of Del Monte corn for 49 cents each, originally \$1.99.

Tip: Don't worry about smashed boxes as long as the inner bag is sealed. Minor dings in a can are OK, but dents that are deep or along a can's seams can signal dangerous bacteria.

In September, I ordered items from Imperfect Foods and Misfits Market, which both focus on organic products. (Visit imperfectfoods.com and misfitsmarket.com to see if they deliver in your area.) All the food was high-quality, but prices were close to those of Whole Foods.

Tip: Check for deals at grocery stores near you through the Flashfood app. The selection may be more limited than those of the delivery services, but the savings are worth it.

Article courtesy of AARP by Lisa Lee Freeman, a consumer and shopping expert, was founder and editor in chief of ShopSmart magazine from Consumer Reports.

Say you saw it in 50 Plus Marketplace News

In The Spirit

Your Blessings Are On The Way!

"And the Lord shall make thee plenteous in goods, in the fruit of thy body, and in the fruit of thy cattle, and in the fruit of thy ground, in the land which the Lord swore unto thy fathers to give thee." Deuteronomy 28:11 (KJV)



Dr. Armington

I am excited about "The Word of God" and how He has promised to watch over His Word to perform it in the lives of His people. At that very time or moment of need, God will send His Word to confirm His will for your life. While I was listening to a podcast this morning I was reminded of the significance of God's Word and that we as believers must hold fast to it and then declare it

which brings it to past in our lives. The Spirit resonated within me and lead me to the Word of God. Beloved, I hope this Word blesses your life just as it has blessed mine and I am proclaiming these blessings for you: as well as, for myself in The name of Yeshua HaMashiach. I am receiving all of this today! How about you?

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

Ageism Matters

Five Ways Changing the Narrative's Latest Birthday Card Collection Reframes Aging



Janine Vanderburg

In 2023, We turn not older with years, but newer every day. This Emily Dickinson quote reminds us of the opportunity for renewal that each of us has every day, if we don't allow ageist narratives to get in the way. Cheers to many more years, and being the best version of you. We loved this card, which directly contradicts the narrative of aging being all decline and deterioration. It recognizes the opportunity for growth and contribution as we age.

“Look how the future is unfolding from seeds you planted along the way.” This celebrates the role we may have played as teachers or mentors.

“We are standing on the shoulders of giants.” My good friend, former state senator Lucia Guzman, says this all the time. As I get older, I truly appreciate what this means. So want to send this card, which goes on to say “Thank you for being one of said giants” to everyone who has had an influential role in my life.

Great stories take time. All of us—are under such societal pressure to achieve things by a certain time. This card acknowledges the growth that we experience over time to become fully ourselves.



See the full collection and buy directly from the artists at: <https://changingthenarrative-co.org/anti-ageist-birthday-card-2023/>

Janine Vanderburg is Director of Changing the Narrative, the nation's leading effort to change the way we think, talk and act about aging and ageism.

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2023 Business Personal Property Declarations due April 17

Are you a business owner in Douglas County who owns, leases, or has borrowed business personal property with a total market value greater than \$52,000? If so, by state law, your deadline is Monday, April 17, 2023, to report the property to the County Assessor.

Approximately 3,000 Douglas County businesses will receive a 2023 Business Personal Property Declaration Notice, instructing them how to view, download and print an asset listing, as well as how to file the full declaration online at DouglasFilesOnline.org

Several options are available for filing a declaration:

File Online – once a property record has been established, businesses have the option to view and file their asset listings online. Online filing saves time, reduces paperwork and improves efficiency. Businesses that file electronically will receive an

email confirmation.

File by mail – the declaration must be postmarked by April 17 to be considered timely. An asset list, spreadsheet, or Federal Depreciation Schedule (form #4562) may be attached to the form.

File by email – a scanned copy of the declaration may be emailed to bpp@douglas.co.us.

Do you have questions or require additional information, including the type of business personal property that is taxable? Please visit the Assessor's website or call 303.660.7448.

County Assessors are required by Colorado Statute to value all business personal property for taxation purposes. Business personal property includes machinery, equipment, and leasehold improvements specific to business purposes. All personal property is taxable in Colorado unless specifically exempt by the Colorado Constitution.

Registration for The Importance of Preventive Services and Lessons Learned from the Pandemic Webinar Is Now Open

The Office of Disease Prevention and Health Promotion (ODPHP) is pleased to announce the next webinar in the Healthy People 2030 Webinar Series: The Importance of Preventive Services and Lessons Learned from the Pandemic. This webinar will take place on Tuesday, March 21 from 2:00 to 3:00 pm ET. To register, please visit the Healthy People 2030 Webinar Series Registration page [This link is external to health.gov.](#)

During this one-hour webinar, presenters will provide an overview of the three featured Healthy People 2030 preventive services objectives, progress made to date for these objectives, and a presentation from the National Association of County and City Health Officials on their work with local health departments and lessons learned about preventive ser-

vices uptake during the pandemic.

The three Healthy People 2030 objectives to be featured during the webinar include:

IID-09: Increase the proportion of persons who are vaccinated annually against seasonal influenza (LHI)

Millions of people get seasonal flu every year. For most people, the flu is mild, but it can be very serious and even cause death. Yearly vaccination can help prevent seasonal flu. Sending vaccination reminders, making vaccines available in non-traditional places like workplaces, and reducing costs are important strategies for making sure more people get the flu vaccine.

For mor information please visit health.gov

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.

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

Senior Friday Club: Fridays, 1-4 pm
Are you looking for a way to broaden your horizons, meet new people, and have fun? Join the Club as they host a variety of games, including bridge, hand and foot, pinochle, and mahjongg. Interested persons who are not current members may attend two Friday sessions free of charge before paying membership fee. For further details, email marshall4612@yahoo.com, or call 303.425.9583.

50+ Spelling Bee: Wednesday, March 30, 1 pm
Exercise your mind! Compete with other spelling whizzes in the 50+ Spelling Bee, sponsored by the Apex Annual Active Adult sponsors. Prizes and refreshments included. Contestants must be 50 or older and register by March 28.

Save the Date! Cottontail Carnival: Saturday, April 1, 9 am

Arts and Crafts

Table Top Social: Thursday, March 23, 1 pm
Come learn how to play Gin Rummy. \$5

Experience the Art: Manet and Monet: Wednesday, March 15, 1 pm
In this workshop, instructor will share some of their renowned works, and hopefully, we will learn to tell them apart. Then tap into your creativity with paper and watercolor paints to create our own Monet-inspired paintings. No artistic ability is required, just a willingness to try something new. \$7 (\$9 non-res.)

Active Adult Trips
Trip: Tour of the Town: Littleton: Thursday, March 9, 8:45 am
Join us for our next Tour the Town: Littleton. We will visit the Littleton History Museum, wander through Hudson gardens, enjoy shopping in downtown Littleton and grab lunch at a local diner. \$25 (\$30 non-res.)

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

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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Help Is On A Mission With HEART

Today, there are fewer people living on the streets of Douglas County than there were in 2022. Why? Because every morning three expert resource navigators and three law enforcement officers wake up on a mission.

Preliminary Point in Time data indicates the number of people living unsheltered in Douglas County is down 46%. Douglas County Commissioner Abe Laydon and Sheriff Darren Weekly attribute this reduction to the efforts of HEART, a new program focused on helping people experiencing homelessness in Douglas County.

Laydon and Weekly shared the preliminary numbers and honored HEART Thursday morning during a monthly Douglas County Homeless Initiative Executive Committee meeting.

“Our compassionate approach is working,” said Commissioner Laydon, Chair of the Board of Douglas County Commissioners. “When we put our hearts – and our resources – together, we can proactively get help to people who need and want it.”



Douglas County Homeless Engagement Assistance and Resource Team (HEART) began working in October of 2022 to help people experiencing homelessness in Douglas County find the resources they need.

Every year, Douglas County participates with six other counties and the City of Aurora to provide Point in Time data to the Metro Denver Homeless Initiative. This year, the count was taken on Jan. 30.

According to preliminary data, there were 57 people experiencing homelessness in Douglas County on Jan. 30. Of those, 27 were unsheltered and 30 were in temporary housing. Overall, there was a 27% reduction in homelessness, and specifically a 46% reduction in those living unsheltered in Douglas County compared to 2022. These preliminary findings will be submitted to the Metro Denver Homeless

Initiative to be validated and finalized later this year.

HEART stands for Homeless, Engagement, Assistance and Resources Team. It’s a partnership among the County and local law enforcement to connect those experiencing homelessness with resources.

HEART Navigators are subject matter experts, often with experience in behavioral and mental health or case management. They proactively and directly interact with those experiencing homelessness in a compassionate way. They gather information on needs, assess vulnerability, provide complete case management, and make referrals to appropriate community services.

Partnered with law enforcement when safety is a concern, this community approach helps ensure people experiencing homelessness do not end up in emergency rooms or jail, but rather are directed to community services.

“Homelessness is an issue that affects many people in our community,” said Sheriff Weekly. “It is important for law enforcement to be involved in finding solutions that will help those facing homelessness while keeping our communities safe.”

Other data indicates improvements specifically for Veterans.

“Part of our regional work to end homelessness includes movement toward complete, real-time data for Veterans,” Dr. Jamie Rife, Executive Director of the Metro Denver Homeless Initiative, told the Douglas County Homeless Initiative Executive Committee Thursday. “Last year, Douglas County showed the highest rate of improvement on the scorecard tracking how the County identifies, serves and houses Veterans.”

Crossword Puzzle

March 2023
Answers page 5

1	2	3	4		5	6	7	8	9		10	11	12	13
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ACROSS

- 1 Sharp bristle
- 5 Copper and zinc alloy
- 10 Borne to be without
- 14 On sheltered side
- 15 Slow
- 16 Double curve
- 17 Rich soil
- 18 Prefix meaning without
- 19 Commander in chief of a fleet
- 21 Maseru
- 23 Female lion
- 24 Wood sorrel
- 25 Rate of flow of fluid
- 26 Monetary resources
- 30 Hit badly
- 35 Period of history
- 36 Student at mixed school

DOWN

- 38 Lyric poem
- 39 Something that is owed
- 41 Donkeys
- 43 Capital of Western Samoa
- 44 Relative by marriage
- 46 Sovereign
- 47 Distress signal
- 48 Frenzied woman
- 50 Toothless
- 53 Couple
- 55 Mythical sea monster
- 56 Beginning to exist
- 60 Little man
- 64 Existing power structure
- 65 Otherwise
- 66 Grape plant
- 67 Egyptian goddess of fertility
- 68 Book of the Bible

- 70 To the inside of
- 71 Festive occasion
- 72 Attempts
- 73 Against

DOWN

- 1 Sphere
- 2 Drug-yielding plant
- 3 Logical
- 4 Mock
- 5 Meaningless chatter
- 6 City in W Nevada
- 7 Prefix meaning without
- 8 Stable compartment
- 9 Chemically active metallic element
- 10 Cut of meat
- 11 Barbarous person
- 12 Oceans
- 13 Long fish
- 20 Verve
- 22 Sailor
- 25 Having flesh
- 26 Darken
- 27 Area used for sports
- 28 Wood sorrel
- 29 Something that is lost
- 31 Mineral spring
- 32 Bagging made of hemp
- 33 Utterly stupid person
- 34 Tantalize
- 37 No longer living
- 40 Convert into leather
- 42 Fem. pronoun
- 45 Person that wades
- 49 Founder of the Red Cross
- 51 Not (prefix)
- 52 Trifles
- 54 Fragrant oil
- 56 Naive person
- 57 Church recess
- 58 Expectorate
- 59 Portfolio
- 60 Pouting grimace
- 61 Weapons
- 62 Monetary unit of Peru
- 63 Inert gaseous element
- 69 Hello there



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