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NEWS



CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

May 2023 • Volume 29 • Issue 5

Red Cross Honors Heroes at Annual Rocky Mountain Heroes Soirée

In March, the American Red Cross of Colorado & Wyoming celebrated their annual Heroes of the Year awards to individuals and groups living the Red Cross's mission in their everyday lives. A hero is defined as a brave person who has exhibited outstanding achievements in a memorable event during a time of need. Here are the sponsors, heroes, and their stories for the well-deserved hero awards!

Health One sponsor and VP of Marketing Dan Davidson recognized the military hero award to Richard Fierro for subduing the gunman and saving many lives at Club Q in Colorado Springs in 2022. Sadly, five people died and 19 were injured in this shooting tragedy. Fierro served in the US Army and did four deployments in Afghanistan and Iraq besides winning a bronze star for his actions overseas.

Empower sponsor and VP of Corp Affairs Steve Gawlik recognized the first responder hero award to Jazzarae Krebs,

an ex-military police member, for saving a driver and passenger from impending death after their vehicle caught on fire in 2021. Besides being in a homeless shelter herself with her mother in 2008, she now helps people at a local homeless shelter.

PDC Energy sponsor and Senior Investment Specialist Katie Tate recognized the lifesaving organization hero award to Banner Health's intensive care unit of Northern Colorado Medical Center in Greeley for saving one patient who contacted COVID-19 and recovered for five months in ICU and lived to have a double lung transplant.

Red Cross Volunteer Executive Director Jackie Norris recognized the lifechanging hero award to Howard Yazzie, a Navy veteran and Navajo American, for helping other veterans and Navajo people in his local area from alcohol and drug abuse.

And last, Tiffany Circle

volunteer Jayne and Mark Anderson recognized the lifesaving heroes of the year award to Kimberly Shupe, Will Barrington, & Lucas Sutphin for their heroic actions as lifeguards at Warren Air Force Base Aquatic Center in Cheyenne for saving a swimmer who drowned and brought him back to life using CPR.

The American Red Cross of Colorado and Wyoming thanks these sponsors and individual contributors for promoting this event. They are incredibly grateful for the generosity of their soirée guests, volunteers and local businesses who made this event a success in raising \$719,000 as a new record in 2023 to support their mission!



2022 Lifesaving Heroes of the Year Award (l-r): Board member Sarah Sandberg with heroes Kimberly Shupe, Lucas Sutphin, & Will Barrington

New Lakewood Police Chief



Philip Smith, a veteran law enforcement professional with more than 37 years of experience who has served as a university-level adjunct professor teaching cultural diversity, law enforcement ethics and police administration, started as Lakewood's police chief in April.

City Manager Kathy Hodgson said Smith will bring a broad

range of skills to the Lakewood Police Department to continue its high level of service to residents, and his dedication to ethical and transparent policing aligns with Lakewood's values. His background in community engagement and his leadership will be invaluable in addressing the complex challenges facing law enforcement today.

For the past nine years, Smith has served as the police chief in Roswell, New Mexico, where he created an innovative program that enhanced both the public's safety and trust in law enforcement. He is dedicated to transparent policing and to implementing policies that improve community safety and foster positive relationships between the police and residents.

"I am honored to have been

selected as Lakewood's police chief and look forward to working with the community and the Police Department to build a safer, stronger and more connected community," he said.

His academic accomplishments include a doctorate in organizational leadership, a master's degree in criminal justice and a bachelor's degree in social science and history.

The city manager is charged with hiring the police chief under Lakewood's City Charter, and the selection process covered six months that included the following steps: high-profile and diverse visibility for the opening; extensive meetings and surveys with the Police Department that garnered the participation of nearly 300 staff members; multiple candidate interviews, presentations and panel discussions with the finalists; a management and leadership assessment; and online participation for residents in the selection process.

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MAY Calendar

Wednesday/10

Tradewinds presents their annual free Senior Connections resource fair from 9 am to 1 pm at the Elks Event Center in Arvada. Lots of exhibitors with senior resource info plus a fashion show for the women and desserts at the end. Lots of free parking!

Friday/19

Colorado Gerontological Society presents their annual free Salute to Seniors show at the Marriott Tech Center Hotel, 4900 S Syracuse in South Denver from 9:30 am to 3 pm. This year's theme is "When We Were Young" featuring over 100 exhibitors, WWII music by Roger Campbell, Forney Museum of Transportation auto display, a photo essay featuring Baby Boomers and the impact on women's movement, civil rights, technology, dress, dance and culture. Lots of free parking with a free bag of goods! Call 303-333-3482 for info.

Saturday/20

Colorado Gerontological Society presents their annual free virtual Salute to Seniors show on Zoom from 9:30 am to 3 pm. this year's theme features "Baby Boomers Combine High Touch with Low Touch" by Eileen Doherty, includes online trivia with prizes, and After Midnight music.

Castle Rock Genealogical Society presents a free monthly program on "More Stories from Ellis Island: Those Who Were Held" by Fred Voss on Zoom from 10 am to noon. Some immigrants found themselves detained due to mental or physical illness, because their paperwork was not in order. Learn about their interesting stories. Please register on their website at <https://crcgs.org> to receive the handout and zoom info.

Tuesday/23

Tradewinds presents their annual free Senior Connections resource fair from 9 am to 1 pm at the Windsor Gardens Auditorium in Aurora. Lots of exhibitors with senior resource info plus a fashion show for the women and desserts at the end. Lots of free parking!

Monday/29

The 10th Mountain Division Foundation is hosting the 65th Annual Memorial Day ceremony at 11 a.m. at Tennessee Pass, US Highway 24 between Leadville and Minturn at the 10th Mountain Division Monument. The program will include a keynote speaker, laying of wreaths and readings including Profiles of the Fallen. Bleacher seating will be provided but attendees are encouraged to bring lawn chairs. Come early by 9:30 am to enjoy coffee and donuts.

Please check individual venues for current information.



Bob Larson

In the U.S., the National Institutes of Health estimates that 1 in 3 people between the ages of 65 and 74 has hearing loss. Nearly 50% of those older than 75 are already hard of hearing. Hearing loss may be caused by a number of factors including genetics, aging, exposure to noise, some infections, birth complications, trauma to the ear, and certain medications or toxins.

Hearing loss is associated with Alzheimer's disease and dementia. The risk increases with the hearing loss degree. Hearing loss can lead to cognitive decline, fall-

Technology is Hip!

Smart Glasses for Hearing Impaired People

ing down, depression, speaking, and neurology disorders such as tinnitus.

Besides the many types of hearing aids, which vary in price from under \$100 to over \$5,000 for a set, a new technology of smart glasses is available for the hearing impaired. They offer built-in hearing aids to closed captioning and access to the Internet for the tech savvy seniors.

Several companies have recently introduced smart glasses capable of providing text in the eyeglass of what you are hearing (aka closed captioning text). Xander Glasses were introduced at the recent Consumer Electronics Show, which provides noise cancelling microphones with 90% accuracy, closed captioning, re-

chargeable batteries, lightweight, UV protection, safety rated, and can be fitted with your eye prescription. Cost to be announced soon!

The Epson Moverio, Google, Voicee, LLVision, & XRAI smart glasses also offer closed captioning plus some offer multiple languages and cost more with the extra features. However, all smart glasses with captioning features don't always work well in noisy areas. Some say 90% accuracy in noisy areas, while others may not be as good. Depending on the features, they vary in price from \$500 to \$1,200.

This is another great use of technology that helps many Americans with hearing disabilities. Bob Larson is a technologist and Marketing Director for 50 Plus!

In The Spirit

Parenting Is Not For Cowards!

"Train up a child in the way he should go, And when he is old he will not depart from it."
Proverbs 22:6 (NKJV)



Dr. James Dodson

I want to take time to wish ALL mothers a very special Happy Mother's Day. Being a mother, according to the Word of GOD, is not an easy task, especially in the world we live in today. Dr. James Dodson has a book entitled "Parenting Is Not For Cowards" which

present parenting from a Biblical foundation. The Lord told me the best way to ensure a child's future is to lead that child to Christ and instill in him or her Christian values.

The Proverbial Writer states "Train up a child in the way he should go: and when he is old, he will not depart from it." The word "train" is not synonymous to the word "teach" and telling a child to "do as I say and not as I do" will not get the job done. The

world is in an "out of control nose dive" headed straight to hell and too many of us are comfortable with what we are seeing. So... what will you contribute to resolve the problem or will you continue being a part of the problem? In closing, we must allow the Spirit of The Lord to take us to "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.

Reflections

Thank you Ms Dinsmore



Martha Coffin Evans

A pink slip arrived in my high school classroom summoning me to the Dean of Girl's office. "Oh dear," I thought, believing I was a good kid and not accustomed to being called to a front office, especially one involving discipline.

Dean Ruth Dinsmore proceeded to introduce me to Donna, a student new to our school. She asked me to show Donna around our large high school, introduce her to my friends and make her feel welcome. I didn't know the teary impact of this introduction for Donna's mother or her. Two new schools in two years was a lot.

Who knew those years ago where our journey would take us let alone our matronly dean thinking to connect two shy, relatively quiet, young girls. Maybe it was Donna's interest and artistic ability or my musical one with choirs.

Donna and I still laugh at all the crazy, off the wall bad jokes I told. In retrospect, although she laughed, and probably wondered about them, I worried I'd offended her and caused the potential loss of a new friend.

I needn't have worried given a decades-long friendship which evolved. We've traveled the highs and lows of life through marriages, loss of parents and special friends, along with new relationships.

We're told friendships keep us mentally healthy and help us live longer, richer lives. Caring and shar-

ing come along with friendships while helping us navigate life's challenges.

Recently at our two-plus-hour lunch, I gave Donna a wooden plaque - "Girlfriends are the sisters we choose for ourselves." We both agree, this inscription well describes our relationship, even though she has a sister and I, no siblings.

That day, Donna commented, "I love how we just pick right up where we left off." Previously, we might have touched briefly on friends and family. This lunch became different as we talked about collaborating to create a workshop. She would bring her artist skills; I, my writing, all the while laughing at ourselves.

We may never know how or where friendships emerge. May you too be blessed with the gift of friendships.

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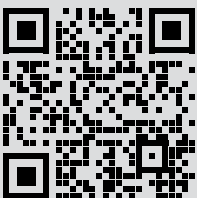
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Pets Are Family Growing Your Flock



Spring has arrived, which means it may be time to add baby chicks to grow your flock. This seems like a simple task, but there are some factors to consider to ensure you are buying chicks responsibly. It is important to understand what kind of chicks fit your farming needs and local ordinances surrounding ownership.

Rules and regulations about pet ownership – and poultry in particular – vary by municipality, so it’s important to understand your local ordinances. Also,

be sure to check any neighborhood or HOA regulations before you create or add to your flock.

When buying baby chicks, you will have the option of buying “straight-run” or “sexed” chicks. Straight-run chickens come from a hatch that has not been sexed, meaning they may be male or female. Straight-run chicks are usually less expensive since the practice of sexing chickens is time-consuming and costly for chicken hatcheries. Buying straight-run chicks is a cost-effective option for those who do not need to know the sex of their chicken.

If you know that you can’t accomodate a rooster or don’t want a certain sexed chicken, then buying a sexed

chick is your best option, and you will know if you’re buying a pullet or a cockerel. This ensures you are growing a flock that directly meets your farming needs. Rehoming chicks and chickens can add stress to their daily routine, and this can be avoided by knowing WHO you are adding to your flock.

Adoptable chickens at Larimer Humane Society are already sexed, helping you make the best decision possible for your flock/farm. If you are in the market for some chicks but not sure where to start, we can help! Call 970.226.3647 ext. 0 and a team member will be available to assist you. Learn more at larimerhumane.org.

Genealogy Rocks!

Most people who come to genealogy want to know the story. When did they arrive? Who were their parents? Why did they live in Ohio or Illinois or Texas?



Carol Darrow

The answers are in the census records, recorded every ten years and available on Ancestry.com and FamilySearch.org. There is a lot of information in the census records but some people can’t see the story hidden among the facts.

My grandfather, Roland Benjamin Cooke, was born on September 8, 1888 in Alabama. His parents were R. B. and Emma Elizabeth Cooke,

both born in Georgia. Roland’s older siblings were also born in Georgia, and his next younger brother, Bryant, was born in Louisiana in 1892. (1900 census). So we know that a long-time Georgia family moved briefly to Alabama before continuing on to settle in Bienville Parish, Louisiana.

Roland’s father died before 1910 because Emma is listed as a widow on the census that year. Roland’s three older siblings (all females) are also missing and likely married before the 1910 census. Findagrave records and marriage records for Bienville Parish, Louisiana, may help us answer those questions.

In the 1920 U.S. census, Roland was living in Fort Worth, Tarrant County, Texas, with his wife Ef-

fie and his son Prentice Cooke who was born about 1915 in Louisiana. The 1930 census tells us that Roland was 25 and Effie was 16 when they married, indicating that they married in 1914. Also the 1930 census reports that the couple have a second son, Calvin, born in 1921 in Tarrant County.

The 1940 census tells us that Roland completed his schooling with the 8th grade. This is very common for the 1890-1940 period. Boys on farms often left school early. Throughout this time Roland worked as a railroad car carpenter, farmer, policeman, and mechanic.

That’s the story!

Go to www.cogensoc.us to register for a free *Genealogy 101* class on May 13 on Zoom with Carol Darrow.

Uniquely Bea

“Who Is the Peony in Your Life?”



Bea Bailey

Recently, I was visiting my sister-in-law, Phyllis Adair-Ward, in Indianapolis and went to one of her writing classes. While we were waiting, we were admiring the peony flowers all covered with ants. We were talking amongst ourselves, when one of the professors came up and asked us if we knew why there were ants on the buds. We didn’t know and then he said something that stopped me in my tracks.

He said that the purpose of the ants was to “worry” the buds until they opened to their full potential.” I really like symbolism and I

thought that all of us at times have had “ants” in our lives that have “worried” us until we reached our full potential. Now, stay with me on this.

Stop and look back at your life.

- Was is that marriage that made you consider a job change or even divorce that allowed you to move in a direction you had never considered?

- Was it that unsupportive parent who didn’t give you what you needed, and you then decided, “Dat Gum It (Can you see that I am from Iowa?), I’ll do it myself and show them?”

- Was it lying flat on your back, sick as a dog, that you prayed to God to help you and if He did that you would do more with your

life?

- Was it that child who broke your heart and who ultimately taught you forgiveness and letting go?

- Was it being “re-sized” or “downsized” or simply “booted out” from that job that you gave your heart and soul to that resulted in your finding a brand-new career?

We have no right to ask when sorrow comes, “Why did this happen to me?” unless we ask the same question for every moment of happiness that comes our way.

~Author Unknown.

In the final analysis, we have to thank the “ants” in our lives, which worried us to blossom into our full potential.

Say you saw it in 50 Plus Marketplace News



34th Annual COLORADO GERONTOLOGICAL SOCIETY

The 2023 Salute to Seniors Event Is Back Live And In-Person (Virtual Too!)

SCHEDULE

IN-PERSON EVENT
SATURDAY, MAY 20TH
9:30 A.M. TO 3:00 P.M.

Marriott Tech Center
4900 S. Syracuse Dr.
Denver, CO 80237

9:30 AM
Doors Open
Free Beverages And
Concessions (All Day)

10:00 AM – 2:00 PM
Senior Expo And Resource
Fair

How To ... Sessions

Bingo

Photo Essay:
When We Were Young

Auto Show By Forney
Museum Of Transportation

2:00 PM – 3:00 PM
After Midnight
Live On Stage

3:00 P.M.
Adjourn

VIRTUAL SCHEDULE
OF EVENTS
SUNDAY MAY 21ST
11:30A.M. TO 1:00 P.M.

Aging In Place
11:30 AM MST

Baby Boomer Trivia
NOON

After Midnight
12:30 PM MST

The 2023 Event Is Back Live And In-Person (Virtual Too!)

The Salute to Seniors is the longest running statewide expo for older adults in Colorado. The Salute brings together older adults, companies offering services, and helpful resources ranging from health care to housing options for older adults. Come and enjoy fun and entertainment for Baby Boomers, families and friends!

The Salute to Seniors offers a great opportunity for participants to learn more about the community, where they can turn for help and a stress-free environment to do comparison shopping for support services.

This year's event is being offered live and in-person at the Denver Marriott Tech Center! For our friends who can't attend in person, you can also enjoy The Salute to Seniors virtual

event via Zoom.

Theme:
Baby Boomers:
When We Were Young
Goal:

To help older adults learn more about the future of aging through education, awareness, sharing resources, and having a day of fun!

Entertainment



VISIT THE VIRTUAL BOOTHS BETWEEN PERFORMANCES

WE SPARK GENERATIONS


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

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

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

For more information or to volunteer:
Contact Emily Garrigus
303.623.1541
egarrigus@sparkthechangecolorado.org
www.sparkthechangecolorado.org/senior_companion_program




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





The 34th Annual Salute to Seniors Welcome Back

Live On Stage: After Midnight

Award winning clarinetist Roger Campbell leads the hottest jazz band since the Swing Era! Colorado's Premier Swing Band is the only sextet featured in the Colorado Music Hall of Fame at Red Rocks!

Swinging hard since 1999, this extraordinary group of musicians has performed hundreds of concerts around the country for jazz festivals, clubs, weddings, summer concerts, and more. They conquer dizzying charts by the likes of Benny Goodman, Artie Shaw, Lionel Hampton, Nat King Cole and Frank Sinatra. This infectious music is guaranteed to get you dancing, swinging, and smiling!

It's time for After Midnight

Auto Show: Forney Museum Of Transportation Showing Cars Of The 1960s.



Forney
Museum of Transportation

The Forney Museum of Transportation is a one-of-a-kind collection of over 800 artifacts relating to historical transportation. It began 67 years ago with a single 1921 Kissel, but soon expanded to include vehicles of all kinds. Today it includes not just vehicles, but also buggies, motorcycles, steam locomotives, aircraft, carriages, rail equipment, fire apparatus, public transportation, sleighs, bicycles, toys & die cast models, vintage apparel and much, much more! This year's special collection tour is sure to be a favorite.

Bingo: Play To Win Prizes!

Baby Boomer themed bingo will be the focus of this year's fun for all. Participants will play three games of bingo. Winners will receive small prizes.

Photo Essay: When We Were Young

Baby Boomers forged a new way for American society. Children of American's World War II generation, Baby Boomers were more interested in experiencing life. They tested the waters with women wearing mini-skirts, opening smoking marijuana, driving hot cars, dancing the Twist.

The Baby Boomers were forged the women's movement, became more aware of individual rights, and had fewer children. The Viet Nam war, the large funding for the Great Society movement, Civil Rights movements, Saving the Planet, and Space Exploration were hard fought initiatives by dedicated Boomers who wanted to make a difference. Baby Boomers found the world to be big, open and the opportunity to do great things.

Participants will enjoy photo essays depicting Baby Boomers and their impact on the world today.

Adam hosts a number of radio shows including "Groove Jazz Rendezvous" every Saturday night at 8 pm on KUVU. He also produces a weekly show on baby boomers and what they should know which airs on The Fan, 104.3 FM; KOSI 101.1, KYGO 98.5; and ESPN Denver, 1600 AM. Adam serves on the Denver Commission on Aging. A baby boomer himself, Adam is active in a number of senior organizations in Denver and Colorado looking always for ways to bring more inspiration to older adults, especially baby boomers.



Adam Morgan
Emcee



Eileen Doherty
Host

Adam Morgan will emcee this year's event. He is a broadcast media professional in the Denver

Information Sessions
How-To Sessions (Tentative)
In today's fast paced world, we

Thank You!



Telephone Buddy Volunteers



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

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

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







Membership

JOIN US!

Hispanic Chamber membership is open to small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us at **303.534.7783** or e-mail us at info@hispanicchamberdenver.org



The 34th Annual Salute to Seniors Welcome Back

are all looking for the quickest way to find the help we need. Online services make many new services available quickly, or services we are familiar with are brought to us in a different way. Technology is amazing, but at the same time, sometimes difficult for us to manage. These “How To . . . Sessions” will bring quick references and guides to help us all be more confident as we embrace technology.

- Prevent Identity Theft
- Vet Someone for Computer Repairs
- Plant a Low-Maintenance Yard for Colorado
- Steps 1, 2, 3 . . . Order Your Lyft/Uber ride-share
- Find Family and Friends on Facebook
- Pay Bills Online Safely
- Find Family on Ancestry.com and Family Search
- Make Old Photographs Come to Life
- Hire a Handyman

Resources And Services Senior Expo

Aging services professionals and experts will bring a variety

of information to older adults on services and products available in the community. Experts on housing, reverse mortgage, Medicare and more will be available to share information. Lots of prizes, giveaways, and more.

The 2023 Virtual Salute To Seniors Event Is Back

In our COVID-19 recovery, many of us have begun to enjoy virtual programming in the comfort of our own home. The Salute to Seniors will be coming live to your living room again this year, with many of the same features as the past three years. Educational programming, fun and entertainment will highlight this year’s event.

Everyone desires to age in place. As more and more Baby Boomers live into their 80s, 90s, and even reach their 100th birthday, planning and executing a combination of technology and good old-fashioned social support systems can be a winning combination. Making the aging experience positive, many Baby Boomers have grown with technology and can continue to live independently longer by continuing to embrace it. At the same time,

Baby Boomers who have a positive experience in their later years’ have a social support system, find purpose and meaning, and engage actively in family and the community. Eileen Doherty, MS, Executive Director is the presenter.

12:00 Baby Boomer Trivia

The virtual audience will be invited to participate in an online trivia game highlighting significant events in the world and experiences of Baby Boomers. Prizes will be awarded.

12:30 After Midnight

Award winning clarinetist Roger Campbell leads the hottest jazz band since the Swing Era! Colorado’s Premier Swing Band is the only sextet featured in the Colorado Music Hall of Fame at Red Rocks!

Swinging hard since 1999, this extraordinary group of musicians has performed hundreds of concerts around the country for jazz festivals, clubs, weddings, summer concerts, and more. They conquer dizzying charts by the likes of Benny Goodman, Artie Shaw, Lionel Hampton, Nat King Cole and Frank

Sinatra. This infectious music is guaranteed to get you dancing, swinging, and smiling!

It’s time for After Midnight!

Registration For In-Person Event

When:
May 20, 2023
9:30 a.m. to 3:00 p.m.
Where:
Marriott Tech Center
4900 S. Syracuse Dr.
Denver, CO 80237
Information: Call 1-866-294-3971
Register: www.senioranswers.org.
RSVP suggested.

Registration For Virtual Salute To Seniors

When:
May 21, 2023
11:30 am to 1:00 pm
How: Online Via Zoom
Register online at www.senioranswers.org for the Virtual Salute to Seniors

Say You Saw It in
50Plus
Marketplace
News

FREE!

ACTIVE AGING EXPO

Thursday, April 27, 2023
3 - 6 p.m.
Malley Recreation Center
3380 S Lincoln St, Englewood

Active Adults, Caregivers, Older Adults, Family and Friends
Everyone Welcome!

- Health Screenings
- Active Aging Programs
- Door Prizes
- Activity Demos
- Community Resources
- Refreshments and prizes!



FREE

Walk with a Doc
Take a Step Toward Better Health

In light of frequent changes due to COVID-19,
Check NJHEALTH.ORG/WWAD
for the latest schedule

MEET NEW PEOPLE • LEARN ABOUT HEALTH • WALK AND GET FIT WITH DOCTORS
FREE BLOOD PRESSURE CHECKS, GIVEAWAYS, COFFEE, AND BREAKFAST.

Many more walks all over the Denver metro region! See the full list at:
NJHEALTH.ORG/WWAD

Generously Sponsored By:



The 34th Annual Salute to Seniors Welcome Back

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EXPO SPONSOR



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Exhibitors

Centers for Medicare and Medicaid Services (CMS)
DRCOG/AAA/ARDC • One Medical Seniors
Bridlewood Insurance Denver • Kaiser Permanente
Aetna • Orion Mortgage • Brothers Redevelopment



Senior Connection

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Wednesday, May 10th

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Auditorium
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Tuesday, May 23rd

Over 40 Vendors with products
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Hosted by:



May 11, 2023 2 PM - 4 PM



Presented by
First Judicial
District Attorney
Alexis King

Senior LAW & SAFETY DAY

18 BREAK-OUT SESSIONS
Law and safety sessions

Life enrichment/health sessions

60+ vendors with important information

A free 15-minute Ask-An-Attorney session, first come/first served

JUNE 3, 2023
9:00 a.m. -12:15 p.m.

Jefferson County Administration
& Courts Facility
100 Jefferson County Parkway, Golden 80419

Registration and check-in open at 8am

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



Senior Law and Safety Day Schedule

8:00-9:00 A.M.
Registration and Check-in

9:00-9:15 A.M.
Greeting from
District Attorney in
Session #1 Rooms

9:15-10:00 A.M.
Session #1

10:00-10:15 A.M.
Break

10:15-11:00 A.M.
Session #2

11:00-11:30 A.M.
Mid-morning snack and
visit with vendors

11:30-12:15 P.M.
Session #3

Turn in evaluations and
receive the 2023
Senior Law Handbook

WORKSHOP TOPICS

Social security • Wills & estates • Medicare update
Investment fraud • End-of-life planning
Scams & elder abuse • Keeping yourself Safe
Fighting back Against identity Theft
Financial power-of attorney & Conservatorship



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Senior LAW & SAFETY DAY

Join us for the 2023 Jefferson County Senior Law & Safety Day for information to help older adults, their family members and caregivers make informed, positive decisions about legal, financial, and lifestyle issues. Come and enjoy workshop presentations and a free one-on-one attorney consultation along with information and resources from local area vendors and nonprofit agencies.

Presented by First Judicial District Attorney Alexis King

Registration is only \$10 and includes continental breakfast, mid-morning snack and boxed lunch. Your copy of the 2023 Colorado Senior Law Handbook is free with registration!

Registration starts at 8:00 a.m. Meet with our event sponsors in the atrium before the breakout sessions begin at 9:00 a.m.

Get Registered Today

Call (303) 271-6980
or
email
csjohnso@jeffco.us
for more information

<https://www.eventbrite.com/e/2023-jefferson-county-senior-law-safety-day-tickets-569452587017>

2023 Jefferson County Senior Safety & Law Day June 3, 2023			
	Session 1 9:15-10:00am	Session 2 10:15am – 11:00am	Session 3 11:30am – 12:15pm
Courtroom 140	Elder Abuse: What to Do if You’re a Victim Bryan Cook, Esq. Inv. Jamie Guess	What is Adult Protection Services? Bettina Morrow Katelyn Pearson	Veteran’s Court Hon. Stephen Munsinger (Ret.) Hon. Ryan Loewer
Courtroom 130	Outsmarting Investment Fraud Ryan Butters SEC	Identity Theft Cary S. Johnson Director: Crime Prevention DA’s Office	Prevention of Fraud and Scams Cary S. Johnson Director: Crime Prevention DA’s Office
Courtroom 110	Estate Planning: The Basics Julie McVey, Esq.	Estate Planning: The Basics Julie McVey, Esq.	Guardianship and Conservatorship of Adults Kathryn Kaeble, Esq.
Jury Assembly Room	The Science of Fall Prevention – Understand What Works Dr. Nathan Estrada Nymbi Science	When Someone Dies: What to Do During the First Few Days Sandra Sigler, Esq. Kayla Nelson, Esq.	To Probate or Not to Probate Arlene Barringer, Esq.
Hearing Room 1	Dementia 101: Reducing Your Risk J.J. Jordan Dementia Friendly Denver	Green Ways to Go! Jamie Sarche Feldman Mortuary	An Introduction to Trusts Sandra Sigler, Esq.
Faye Griffin Conference Room	Medicare: The Basics Rose Zapor, Esq.	Social Security Rose Zapor, Esq.	Medicaid: The Basics Virginia Frazer-Abel, Esq. Eric Kelly, Esq.

Make checks payable to:
Senior Law & Safety Day

Mail to:
Senior Law & Safety Day
500 Jefferson County Pkwy
Golden CO 80401

If the registration fee is a hardship, please call in advance.

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Attorney General Phil Weiser Aiming to Protect Veterans' Rights

Attorney General Phil Weiser today joined a bipartisan coalition of 34 states' attorneys general in asking the U.S. Supreme Court to protect veterans' rights. In the case Rudisill v. McDonough, the court will decide whether to allow the Department of Veterans Affairs to deny veterans their Post-9/11 GI Bill benefits, which, for veterans with multiple periods of service, include funding and allowing them to pursue higher education.

"Veterans have a legal right to benefits outlined under the GI Bill, including the right to pursue higher education with their country's support," Weiser said. "Threatening to deny veterans these benefits disrespects the brave men and women who made significant sacrifices in service to our country."


James Rudisill is a Virginia resident and a decorated army veteran of the wars in Iraq and Afghanistan. After his first tour, Rudisill used his Montgomery



GI Bill Benefits to further his education, successfully complete his undergraduate degree, and return to the U.S. Army as a commissioned officer. Rudisill received one of the military's highest accolades – the Bronze Star – for his service. Following his third tour, Rudisill was accepted into the Yale Divinity School, with a goal of returning to the armed forces yet again, this time as a chaplain.

The VA denied Rudisill his Post 9/11 GI Bill benefits, even though veterans with multiple requisite periods of service, like Rudisill, can earn up to 48 months of educational benefits. This unexplainable decision by the VA was overturned by multiple courts, but the U.S. Court of Appeals for the Federal Circuit ultimately upheld the VA's decision, robbing thousands of veterans of the GI Benefits they earned while serving their country in Iraq and Afghanistan.

Find Einstein



Can you find the hidden Einstein in this paper?

C	O	D	A		A	L	G	A	E		S	L	I	M
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The Highlands Ranch Concert Band



The Highlands Ranch Concert Band will present a free concert of music celebrating natural wonders across America on May 7 at the Littleton High School Auditorium at 3 pm. Featured music will include “Pikes Peak” by Brian Balmages, commissioned by the Colorado Bandmasters Association, plus works by Ferde Grofé, Julius Fučík, Rossano Galante, Steven Reinecke, and Brant Karrick.

Admission is free thanks to the support of the Scientific and Cultural Facilities District, the Highlands Ranch Metro District, Walmart and contributions from individuals throughout the Front Range.

Rob Yost will conduct. Rob holds Bachelor of Arts and Master of Arts degrees in music education from Adams State College and University of Northern Colorado. He has conducted and performed as director of the Orion Winds and conducted for the Colorado Wind Ensemble.

In addition, he has performed in many bands and orchestras throughout the metropolitan area.

Highlands Ranch Concert Band started in 2001 and is a committed group of amateur to professional musicians dedicated to entertaining the Highlands Ranch Community.

We consist of a Concert Band of 70-80 musicians and a jazz band, Swing Shift, with 15-20 musicians. Our mission is to provide quality and enjoyable concerts through a variety of musical literature and collaborative performances in order to promote musical arts and a spirit of community for both adults and children in the South Metro area.

County Councils on Aging Your Local Advocates

Enacted in 1965, in response to concerns by policymakers about the lack of community social services for older citizens, the Older Americans Act (OOA) established the Administration on Aging and the aging services network. Since then, the OAA has been amended numerous times. Recently reauthorized in 2020 through 2024, this law ensures that the voices of older adults are heard by decision makers and elected officials.

The Seniors’ Council Douglas County (SCDC) is our county’s Council on Aging. It is an all-volunteer organization that promotes Living Well/Aging Well for our 60 year and older residents. We aim to understand and communicate the views, needs and aspirations of our older population to decision makers, increase older adult involvement in the community and support anti-ageism efforts at the local level. We accomplish this through advocacy, education and collaboration with local government, various community members and local service agencies. Although we are not part of local government, we are affiliated with Douglas County government and appreciate its past and continuing support.

SCDC meets the first Thursday of the month beginning at 10 a.m. and ending at approximately 11:30

a.m. in various locations throughout Douglas County. After several brief announcements, we host educational presentations focusing on a wide variety of topics interesting to older adults. Past topics include multi-generational outdoor fitness parks in our area, new local low-income senior housing projects, how to start a business later in life, the health benefits of pet ownership, co-housing communities in Colorado, the Osher Lifelong Learning Institute sponsored by the University of Denver, Ryan the companion robot, space travel and aging and much, much more.

We are currently planning our signature educational event called “Vintage & Vibrant” for this coming fall. This event was hugely popular in 2018 and 2019 and promises to be an exciting day of learning and fun. More details will be available soon on our webpage.

For additional information about the Seniors’ Council, its meetings, events, and presentations please visit our webpage mydougcoseniorlife.com or connect with us on Facebook at facebook.com/MyDougCoSeniorLife. Receive our electronic newsletter First Friday Update contact us at dcseniorlife@douglas.co.us.

We hope to see you soon!

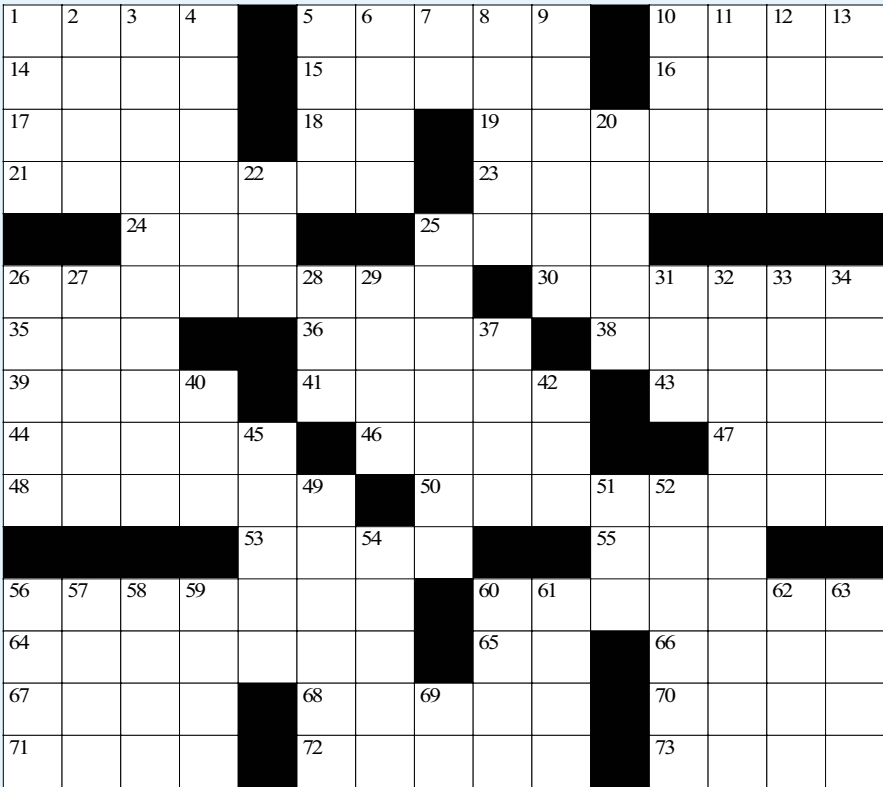


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50 Plus Marketplace News Crossword Puzzle

May 2023
Answers page 10



ACROSS

- 1 Conclusion
- 5 Pond scum
- 10 Slender
- 14 Inspires dread
- 15 Spacious
- 16 Wallaroo
- 17 Trim
- 18 Part of the verb "to be"
- 19 Explain unduly
- 21 Assign
- 23 Rudimentary component
- 24 Small child
- 25 Woody plant
- 26 Formerly Ceylon
- 30 Vestiges
- 35 Monetary unit of Bulgaria
- 36 Lubricates

- 38 Carousal
- 39 First man
- 41 Color
- 43 Acquire through merit
- 44 Saltpeter
- 46 Leg joint
- 47 Part of verb to do
- 48 Pertaining to the Gaels
- 50 Table supports
- 53 Mountains
- 55 Falsehood
- 56 Garland
- 60 Action of a stytic
- 64 From within
- 65 In the direction of
- 66 Accent
- 67 Festive occasion

- 68 Convocation of witches
- 70 A single time
- 71 Sight organs
- 72 Monetary unit of Botswana
- 73 Mild oath

DOWN

- 1 Scene of first miracle
- 2 Is indebted
- 3 Make inactive
- 4 Stellar
- 5 Bedouin
- 6 Togo
- 7 Depart
- 8 Yellowish brown color
- 9 Grommet
- 10 Thin stratum
- 11 Lubricate
- 12 Metallic element
- 13 Three-year-old salmon
- 20 Ogles
- 22 Highest mountain in Crete
- 25 Abilities
- 26 Jargon
- 27 Cylindrical larva
- 28 Beverage made with beaten eggs
- 29 A church
- 31 Monkey
- 32 Lullaby
- 33 Strange and mysterious
- 34 Transmits
- 37 Prophet
- 40 Honey
- 42 Born
- 45 Cheerful
- 49 Dry red table wine
- 51 Wily
- 52 Stealthy
- 54 Gentle splash
- 56 Restaurant
- 57 Comply
- 58 Religious practice
- 59 Singles
- 60 Thrust with a knife
- 61 Carry
- 62 South American Indian
- 63 Propagative part of a plant
- 69 To exist



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You can also use your personal my Social Security account to see your entire work history and make sure we have all your wages recorded correctly. We base your benefit amount on the earnings reported to us. If you find any errors in your work history, read this guide www.ssa.gov/pubs/EN-05-10081.pdf to learn how to correct your Social Security record.

When you're ready to apply

for Social Security retirement benefits, you can complete our online application in as little as 15 minutes at www.ssa.gov/retirement. We will contact you if we need any further information. You can check the status of your application through your online account.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you:

- Are at least 61 years and nine months old.
- Are not currently receiving benefits on your own Social Security record.
- Have not already applied for retirement benefits.
- Want your benefits to start no later than four months in the future. (We cannot process your application if you apply for benefits more than four months in advance)

Find out more about retirement benefits at www.ssa.gov/retirement.

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

Rummage Sale at the AAC

Come shop for all the things you just can't live without! Sale will be held at the AAC on Saturday, May 6th from 10am - 2pm. Lunch and other goodies will also be available for purchase.

Harmonicas for Health

This 8-week class designed for seniors, focuses on using the harmonica to improve your health by improving your breathing. The primary objective of the class is to learn enough harmonica techniques that playing harmonica becomes a fun part of your daily wellness routine. The more you play, the better you breathe, the more oxygen all your cells get, the better you feel. A free harmonica will be provided to all that sign up for the class, and handouts, guides and songs to play will be provided each week. Class will be held on Mondays beginning May 8th, cost is \$50 (includes a free harmonica). Call 303-205-7500 to register.

Movie Matinee

Enjoy the movie "Elvis" starring Tom Hanks, on Thursday, May 25th at 1pm, the movie is free but pre-registration is required, call 303-205-7500 to register. Bring \$1 for pop & popcorn, if you like!

Bunco

Join in the fun on the first Thursday of each month. A light lunch is served before the game. It's easy to

learn, so beginners are always welcome. Pre-registration is required. Cost is \$8, call 303-205-7500 to get registered.

Trips

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

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. May 25th, 10am - Book: Select books for 2023-2024
Pastel Painting - 2nd Thursday, 10am

New! Maj Jong - Wednesdays, 9-11am.

Fitness and Dance

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

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

Ageism Matters

Joining Forces Against Ageism



Kris & Sara

It's Older Americans Month, a perfect time to announce a new partnership to fight ageism. As of April 1, Colorado-based NextFifty Initiative joined forces with Changing the Narrative to strengthen both organizations' efforts to end ageism.

Also based in Colorado, Changing the Narrative is a leading U.S. initiative to increase understanding of ageism and change how people think, talk, and act about aging. Our work involves evidence-based strategies, strategic communications and innovative public campaigns that challenge assumptions and stereotypes about older adults. Last year, our programs and activities reached people in all 50 US states and 43 countries around the world.

At Changing the Narrative, we are thrilled to be working more closely with NextFifty, an organization renowned for improving the lives of older adults and care-

givers. This is a natural evolution of the work both organizations do. Together, we can collaborate seamlessly and increase our reach.

This year's Older Americans Month theme is "Aging Unbound," challenging us to recognize the diversity of our experiences and the stereotypes we have about aging. Ageism is at the root of many issues we face as we age, with detrimental impacts on our quality of life and financial security, our health and longevity, and the economy. And it happens at every level, from internalized ageism in individuals to ageism embedded in our systems and policies.

Our population is getting older and we have the opportunity to create a society where we can all age with dignity and equitable opportunity. The time is ripe for strengthening and growing the effort to end ageism.

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

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.

Tea with the Legendary Ladies: Wednesday, May 10, 1:30 pm

The Legendary Ladies are back! This year's guest include Elaine Goodale Eastman, Olga Little, and Isabella Bird. Come dressed in your favorite hat and enjoy tea sandwiches, scones, desserts, and delicious tea. Register by May 5. Sponsored by the Scientific and Cultural Facilities District. \$14

Extended Travel: Info Session - New England Rails and Trails Trip: Friday, May 12, 9 am

Are you ready for adventure? Learn about Premier World Discovery's New England Rails and Trails trip. Mandy McCarthy from Premier will be at the CRC to discuss the trip itinerary and explain the registration and payment process. The information session is free.

National Senior Health and Fitness Day: Wednesday, May 31, 10:30 am

National Senior Health and Fitness Day is the nation's largest annual health and wellness event for active adults. Join us at Fitzmorris Recreation Center for a one-mile stroll followed by activities, snacks, and

giveaways from our Active Adult programming sponsors.

Save the Date: Strawberry Brunch: June 8. More information to come soon!

Nutrition - Inflammation 101: Friday, May 19, 12 pm

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Hosted by Nutritional Health Coach Kathlyn from Natural Grocers. \$6 (\$8 non-res.)

Trips: Tour the Town: Loveland: Thursday, May 25, 8:45 am

We'll start the day with brunch at the world-famous Johnson's Corner Restaurant. Then we'll walk off our cinnamon rolls at the Benson Sculpture Garden and Loveland Museum. We'll end our day browsing shops in downtown Loveland. \$25 (\$30 non-res.)

Rental Opportunities at the Center

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