

# How Older Adults Are Changing America

An aging population is shaking up our country. Why it's happening and what it means? Take a look around. We live in a country that is being transformed in ways both obvious and hidden by older Americans. Our growing numbers and enduring vitality ensure that this disruption will continue to roll through the American economy, culture, society and politics penetrating deep into the very marrow of the nation.

We the people, at midlife and beyond, represent the third-largest economy in the world, after China and the U.S. as a whole. But we are more than just consumers and wealth holders: We are workers, thinkers, influencers and innovators with the power to shape markets and exert pressure on corporations and elected leaders.

Despite decades of rampant ageism in the workplace, the number of workers 65 and older has mushroomed by 117 percent in a span of 20 years, according to the U.S. Bureau of Labor Statistics. Remarkably, employment of individuals 75 and older has increased by the same percentage.

And the trend is growing strong. "I'm getting a lot of requests by employers to talk to their teams about how they can integrate older workers in their workforce," says Janine Vanderburg, senior strategist for Changing the Narrative, a national campaign funded by the NextFifty Initiative to end ageism.

Hiring older workers is not mere altruism: An estimated 10 million jobs in America are sitting unfilled. This has forced a change in recruitment to target those of all ages, Vanderburg says. Older workers' preference for remote work, especially in retirement, is pushing employers to be more flexible about where work happens. There are also greater opportunities for part-time work.

One company with an informal "phased retirement" program is the financial services firm Principal. Employees 57 and older with at least 10 years of service are able to transition from full-time to part-time jobs. Principal also has a "boomerang" program that allows former employees to return as part-timers.

Tax preparation firm Jackson Hewitt is increasingly hiring retirees from January through April. "We find that retirees are really great at being interactive with clients and showing empathy," says Alicia Branon, Jackson Hewitt's director of talent programs and attraction.

Another trend is "returnships" short-term employment programs intended to help people who have been out of the workforce ease their way back in. Trimble, a global industrial technology company, has partnered with the nonprofit Path Forward since 2020 to offer returnships. Most participants then get full-time jobs at Trimble, the company reports.

Finally, AARP continues to expand its Employer Pledge program, in which companies commit to equal consideration of all job applicants regardless of age. Last year, 568 additional companies with a total of 1.5 million employees signed the pledge, up from 477 new signers with 1.1 million workers in 2021. Courtesy Richard Eisenberg with AARP.

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## AARP Colorado Announces Andrus Award for Community Service

AARP Colorado named Dr. Irene Martinez Jordan to receive the 2023 Andrus Award for Community Service, the Association's most prestigious volunteer award.

Irene has been heavily involved with state legislation concerning retirement security, education, food insecurity, housing, elections, and so much more. She also volunteers for AARP El Comité, a Hispanic advisory subgroup, which supports the Diversity Equity Inclusion (DEI) commitment of AARP. Martinez Jordan is one of the original members of the Latina Calling Tree, who makes sure minority groups are front of mind for legislators when drafting bills.

"This award goes to an individual who continues to amaze AARP and the people around her with continuous devotion to advocacy and service," said AARP Colorado state director Sara Schueneman, who presented the award to Martinez Jordan at a recent ceremony.

"In the memory of our founder, Dr. Ethel Percy Andrus, we are thrilled to name Irene Martinez Jordan the 2023 AARP Andrus Award winner. AARP Colorado is truly grateful to have Irene as a dedicated team member and looks forward to supporting her in all the amazing things she continues to do."

"Irene has been instrumental in the areas of retirement security," said Carol Pace, an AARP advocacy member. In addition, "Irene has served on many boards, helping to advance all children and is one of the kindest people I know."

Outside of her work with AARP Colorado, Martinez Jordan is a retired school principal, who dedicated her working life helping kids reach their educational goals. She also is the co-founder and co-director of West Food Bank, sponsored by alumni of West High School, where she invests many hours each week.



Dr. Irene Martinez Jordan

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# NOVEMBER

## Calendar

### Wednesday/8

Foothills Genealogical Society presents a free hybrid program on “What in the World is Find-a-Grave?” by Elaine Fraser at 1 pm at the Applewood Valley United Methodist Church, 2035 Ellis St. in Golden. Find-a-Grave can be a valuable tool for finding information and clues on your ancestors that may not be found in Ancestry or FamilySearch vital records. Please register to receive the Zoom info and handout on their website at <https://foothillsgenealogy.org/>.

### Saturday/11

Join us for the Denver Veterans Day Festival & Parade. This family-friendly event offers FREE admission, a music stage, kids & family activities, military displays, and vendors at city Park. The parade starts at City Park at 10:35 am.

### Saturday/18

Colorado Genealogical Society presents a free hybrid program at 9:30 am at the Lone Tree Library. Please visit their website for program info and register for the Zoom info and handout at <https://cogensoc.us>.

Castle Rock Genealogical Society presents a free program on “Baptists, Methodists and Presbyterians—Oh My!” by Sunny Morton at 10 am on Zoom. Sunny will discuss these three religions and their genealogy records. Please register for the Zoom info and handout on their website at <https://crgcs.org/>.

### Tuesday/28

Triad Communities presents a free program by FBI’s Brian Blauser on Financial Crimes: Protect Yourself at 1:30 P.M at the Jefferson County District Attorney’s Office (500 Jefferson County Parkway) in their Conference room in Golden. Brian will share stories of some of the latest financial fraud schemes and will provide advice on how to protect yourself.

The Colorado Gerontological Society presents free videos on senior related issues including Medicare, Tabor Refund, etc. at <https://www.youtube.com/@COGerontology/videos>.

Check individual venues for current information

Calendar sponsored by:

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Ron Stern

## Ron Stern’s Travel Series

### The Many Charms of Branson, Missouri

If you’ve never considered Branson, Missouri, as a vacation destination, you have been missing out. From world-class live entertainment to down-home country food to unbelievable attractions, this little city has it all.

Known as “The Live Entertainment Capital of the World,” there are so many shows going on that you might have a hard time choosing. My suggestion is to start with The Haygoods, billed as the number-one show in Branson. This talented family puts on a light and musical extravaganza that is simply amazing!

Driving along what they call, “The Strip,” you might think you are in Las Vegas. Both sides of the highway are chalk full of family-friendly attractions that rival anything you might find in a big city. This includes diversions such as a Titanic Museum, live shows, restaurants, jeep and helicopter tours, veteran’s memorials, a can’t-miss attraction called FlyRide and so much more.

The Downtown Historic District is great for dining and shopping. Dick’s 5 & 10 is an iconic variety store operating for more than 60 years and is a popular spot

for browsing their endless isles of nostalgic merchandise.

What was formerly the Chicago Navy Pier Ferris Wheel has been relocated here. The 150-foot tall attraction rotates slowly with grand views of the Ozarks accompanied by a spectacular music and light show.

Of the 300 or so restaurants here, I really enjoyed the Farmhouse Restaurant (don’t miss their blackberry cobbler.), Oscar’s Famous Ribs, and the Transylvania Bakery and Cafe.

Silver Dollar City, was named America’s #1 Theme Park,” and is an 1880s-style theme park complete with 100 craftsmen demonstrating old-time (lost) arts. It is also where you can find top-rated

adventure rides, Broadway-style shows, and food you won’t find anywhere else. Think skillet dishes such as chicken and andouille gumbo over cheese grits and you will get the idea.

There are many other not to miss venues. Some of these include The Showboat Branson Belle, Aquarium on the Boardwalk, Branson Landing and The Site and Sound Theater.

This is a patriotic city that honors seniors, families and veterans. Make sure you include Branson, Missouri in your upcoming travel plans.

This was a sponsored visit, however, all opinions were honestly reviewed.



Titanic Grand Staircase Photo by Ron Stern

## Centennial Center of Generations

### Now Open for Adults & Teens!

Centennial is home to an innovative new community space that serves older adults and teens. The Center of Generations, a partnership between the City of Centennial and the Denver Metro YMCA, opened June 7, 2023. The city had long wanted to open such a space for its residents but didn’t have the staff capacity or knowledge. That is where the Denver YMCA stepped in.

The Denver YMCA has experience managing youth programs and older adult programs at various centers and sites around the front range so was anxious to lend its expertise to the new center. Working closely with city staff a site was identified in the Streets of Southglenn. The center opened with Older Adult hours between 10AM and 3PM and Teens welcomed between 4:00 PM and 8:00 PM.

Older adults meet new friends while participating in chair yoga, Silver Sneakers and Tai Chi classes. Programs such as book talk, classic board games, and visual journaling also provide opportu-

nities for socialization. A small kitchen, allows the Center to host food and nutrition events, including some organized by Center members.

Teens can participate in ESports, movie nights, resume writing and nutrition classes. It is a goal of the center to have older adults and teens participate in joint activities. Ideas include teen interviewing veterans and writing their stories, technology sharing, Esports competitions and more.

City of Centennial Residents participate in many of these activities free or with a minimal fee. You can get more information about our programs at [denverymca.org/centennial-center-generations](https://denverymca.org/centennial-center-generations). We are also on Facebook at <https://www.facebook.com/ymcacog>

Find the Center just north of the old Sears Building and East of the Southglenn Library. The address is 6972 S Vine Street, #366.





## Four Ways You Can Observe National Veterans and Military Family Month

(StatePoint) When was the last time you thanked a military member or veteran for their service? November is National Veterans and Military Family Appreciation Month and an excellent time to celebrate, support and honor service members.

That's why Points of Light, a global nonprofit organization dedicated to mobilizing people to take action that changes the world, is sharing ways you can get involved, along with the stories of former military members already doing so. From volunteering to donating and beyond, these ideas are based on the Points of Light Civic Circle®, a framework that highlights nine pathways to boosting social impact.

1. Listen and learn. Being in-



formed about an issue can help you think more critically, make better decisions and lend stronger support. Check out two podcasts created by Military OneSource. Covering topics like deployment, casualty assistance, money management and parenting, they are designed to help military members and families thrive, and can help others understand the difficulties of military life.

2. Volunteer. Hands-on support is some of the most impactful work you can do in the nonprofit sector, and organizations rely heavily on volunteer power to carry out their missions. The American Red Cross is currently recruiting case-workers for military members, veterans and families. This volunteer role requires some training, but can be carried out from anywhere, and shifts are flexible. Whether you're looking for remote or in-person volunteer opportunities, search Points of Light Engage, the world's most comprehensive database of volunteer opportunities around the globe.

3. Donate. Nonprofits and NGOs are dependent on donations to pay their staff, recruit volunteers and execute their high-impact work. This year

marks Wounded Warrior Project's 20th anniversary. You can support its mission of providing career and VA benefits counseling, mental health support, adaptive sports initiatives and more, by making a donation for National Veterans and Military Family Appreciation Month.

4. Celebrate, thank and honor veterans. Veterans and their family members are everywhere – from working alongside you to doing everyday things like grocery shopping, eating at a restaurant and more. Consider ways you can celebrate and honor military members or veterans in your community. It might be as simple as thanking a coworker for their service, writing a thank you note and dropping it off at your local VA or sending one virtually through Soldiers' Angels. You might also attend a Veterans Day parade or event in your community or simply ask a veteran about their service. These gestures can go a long way in helping veterans and service members feel seen and appreciated.

From volunteering your time and talent, to contributing your resources, there are many ways to honor former and current military members and their families this month.

## Information for the 50+ Community

### Bannock Street Mural is Getting a New Look!

The City and County of Denver has commissioned a refresh of one of its most prominent murals, hiring Artist Pat Milbery to install a new design on Bannock Street between 14th Avenue and Colfax Avenue.

Denver contracted with Milbery more than three years ago to install the mural titled "Interwoven." Exposed to the elements, the mural's vibrancy began to fade over time. The city partnered with Milbery once again to rejuvenate the space with fresh paint and a new design. Anti-slip aggregate and a protective clear coat will be added to help maintain the artwork's radiance.

At two-thirds of an acre, Bannock Street is the largest canvas the city has ever dedicated to street art and is the largest mural in Colorado. It has successfully served as a centerpiece for various events, turning the street into a lively hub of activity, especially during festivals, public gatherings, and art tours. Beyond aesthetics, it represents the city's commitment to public art and its belief in the

transformative power of creativity.

"Art brings cities joy," Mayor Mike Johnston said. "Pat Milbery is a visionary artist and social activist whose vibrant mural plants joy in the heart of our city. Every Denverite should visit Bannock Street to see his brilliant mural and enjoy our revived Civic Center Park."

"We went into the design pro-

cess envisioning the harmonious social setting in the heart of the city that we hope will increase quality of life, promote creative art culture, and bring people together. The piece was also artfully created with a timeless feel that aligns with future vision of Bannock which will feature a central garden plaza, interactive water features, and garden rooms."



Artist Pat Milbery with Mayor Mike Johnston

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

### DEADLINE

**10th of the Preceding Month**

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

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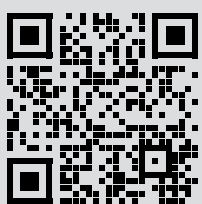
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## Reflections

### Nature's Colors



**Martha Coffin Evans**

As I look at the beauty of the November sunsets, I'm reminded of a quote I heard years ago: "November sunsets are the dividends paid by the year before closing its books." How true that seems to me.

These sunsets along with the beautiful colors found in the sunrises, should we be awake to see them, are reminiscent of stained glass. Having created several stained glass pieces years ago, their amazing colors provide much to be admired. Whether pastels or brilliant oranges, rusts, red, complemented with blues, their patterns appear endless and unique. Possibly hues of green appear in these morning and evening spectacular shows.

Nature gives us other beautiful and colorful patterns in granite. If you've ever visited a granite warehouse with the intent of finding something new for your kitchen or bathroom counters, the immense array of colors is mind boggling. Who knew about these incredible color schemes unless on the quest for a home remodel.

While I don't understand the science behind the colorful skies or what makes granite so varied and impressive, I can appreciate them both. Most likely, sky gazing is the least expense of these options for admiring nature at work.

Take a stained glass class and enjoy the challenge of cutting, shaping and soldering your piece which you'll have for years of enjoyment. Or, feel free, to select that special piece of granite. It might cost a tad more than the other works of nature although it will be enjoyed daily for years to come as well.

What's your favorite display of nature's colors at work? All are priceless in their own unique way.

*Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC., can be reached at itsmemartee@aol.com. Find her others writings on [www.martycoffinevans.com](http://www.martycoffinevans.com).*

Help us  
Help the 50+  
Community

## Uniquely Bea

### "We Are in Our Golden Years... But Why Are We/I Feeling Stress?"



**Bea Bailey**

Man, just when you thought it was safe to go back into the water... grandkids surface.

Being a grandparent is the best. I always enjoyed the phrase that said that "If I had known that grandchildren were this great, I would have had them FIRST!" Being a grandmother is one of the joys of my life. However, the frustration comes when you have little or no control over what they are doing in their lives. The parents are driving that train and we as grandparents often are sitting on the sidelines wringing our hands...or at least I am. It's great if the parents are of one accord. However, there might be turmoil between divorced parents if there are unresolved issues or a ton of anger and resentment. The kids, sadly, might be right in the middle of it all.

As grandparents we can only do so much. Quiet conversations and motivation can go a long

way to smooth their spirits and comfort them. I tell them and emphasize that there are role models all around them...some for what they want to be and do and some who are shining examples of what they would never do. This can be a bit dicey in that you don't want to bash or speak ill of their parents or guardians. A balanced approach is key. It is important that that they keep their noses in the books and concentrate on getting out of school and becoming both self-reliant and self-supportive.

As grandparents, we can be that beacon on the hill that can shine love and light into their beings. This is where I am at... at the moment...and I don't believe that I am alone in my observations.

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News

one medical seniors

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One Medical Seniors is a doctor's office for those on Medicare. These events are open to the community!

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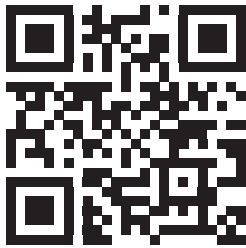
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# FREE Senior Resource Fair

Proposition HH - Property Taxes, Labor Refunds



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9471 Dorothy Blvd, Thornton CO 80229

- Meet with various exhibitors sharing local Senior Services and Information on Aging Well in Adams County.
- Learn about new programs and products to help you and your loved ones age with health and safety in your community
- Refreshments will be served; registration is available at the door

### In The Spirit The Drought Is Over

*“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.” 1 Peter 4:12,13 (KJV)*



**Dr. Armington**

Sometimes life can seem like a battlefield. Look like you are being attacked on every turn from people who don’t even know you. Then sometimes it not just people but forces of some kind and/or hierarchy influences tends to come against you when you’ve done nothing to nobody. Don’t be alarmed when these things occur because you must remember that the adversary (Satan) is a roaring lion, going to and fro, up and down in the earth seeking whom he may devour.

We must resolve to trust God and just walk by faith and not by sight. There will be times when things in life won’t be fair or make sense. And in those times, learn to simply stay the course and trust God. Just rest easy in the LORD, knowing that you are covered and once you get this revelation, now you can rejoice!!!

*For more inspirational nuggets you may purchase a copy of “How To Get Your Hands Out The Lion Mouth” @ [www.DrArmington.com](http://www.DrArmington.com) bookstore.*



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### Technology is Hip!

#### 3D Printed Homes of the Future



**Bob Larson**

Our government estimates the U.S. is short about 3.8 million housing units, both for rent and for sale. Builders cannot keep up with the demand and prices keep rising!

A recent 60 Minutes TV program discussed 3D printed homes using this latest technology. According to Jason Ballard, founder of Icon, he sees 3D printing as the future of housing construction. As a startup that uses 3D printing in place of traditional home construction, Ballard believes strongly that the multi-step labor intensive process of framing walls and hanging drywall in new homes will be replaced by 3D printing robots.

Jason indicates 3D printed homes will be more energy efficient by 2 ½ times, much stronger by 3 ½ times, exceeding 200 mph winds, much higher fire rating, resists termites and flooding, eliminates any labor shortages, lasts longer, and does it faster than traditional methods.

He started his new venture in Texas, where he built a homeless community as a test using 3D printing. Icon is currently building the world’s first large community of 3D-printed houses north of Austin, Texas. A four-bedroom 3D printed home will cost about \$400k. Each of the 100 houses starts with pumping a special blend of concrete into the robotic printer. The 3D printer completes the home in two weeks versus several months using traditional construction methods.

His next venture with the help of NASA is to create 3D printed landing pads, roads, buildings, and homes on the moon and eventually Mars for the astronauts and workers. NASA gave Icon a \$57 million contract to build the new 3D robots for the moon within a decade. The laser equipped 3D robots won’t be using concrete, but using the existing lunar soil, (aka regolith) on the moon to build the proposed structures.

This is another great use of technology to enhance our human lives.

*Bob Larson is a technologist and our Marketing Director.*

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## Pets Are Family

### Winter Tips For Dogs And Cats



Judy Calhoun

As the temperature drops and winter sets in, it's essential to ensure our beloved furry companions stay warm and comfortable. Cold weather can be rough on your pets, but with a few simple tips and tricks, you can help keep them cozy and safe throughout the chilly season.

When outside, keep your pets' paws safe. Salt and ice melt chemicals used on roads and sidewalks can be harsh on their paws. Be sure to wipe their paws with a warm, damp cloth to remove any residue. Additionally, consider using pet-safe ice melt products on your driveway and sidewalks.

Adjust your pet's diet as need. They may require more calories during the winter to maintain their body temperature. Consult your veterinarian with supporting your pet's nutrition during the cold months. Along with their nutrition, regular grooming is essential, especially for long-haired pets. Keep their fur well-maintained to prevent matting, which can trap cold air close to their skin.

Despite the cold temps and slippery sidewalks, it's important to stay active in the winter. Daily exercise will promote your pet's blood circulation, which helps pre-

vent frostbite and ensures their extremities (ears and paws) stay warm. A physically active pet will have a higher core body temperature, making them more comfortable in the cold. Keep an eye on your pets for signs of cold stress, such as shivering,

lethargy, or seeking warmth. If you notice these symptoms, bring them indoors and provide additional warmth.

While inside, ensure they have a comfortable and warm bed to rest. I know this is probably a given, but it's important to ensure the bed is in a cozy area of the house, and not near drafts from doors/vents or noisy, high-traffic areas.

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#### Become a Cherry Creek Storyteller!

Storytellers TELL stories to Cherry Creek elementary school children.

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

### Services

#### WILLS & TRUSTS, REAL ESTATE

Update your WILL or TRUST. What if you become DISABLED? Are you protected? Living Wills, Powers of Attorney, Probate. \$120 Review. Don E. Watson, Attorney, 303-434-7747

### Support Groups

#### Sky Cliff Center Stroke Support

4 Groups, 3 locations: Wheat Ridge, Franktown, Lone Tree (lunch at Franktown) FREE. Call for more information: 303-814-2863/skycliffctr@aol.com

### For Sale

Senior Community over 55 in southwest Littleton \$95,000. 2 bedrooms, 2 Full Baths, washer/Dryer, for sale by owner. Must see To appreciate the incredible value, call 303-358-4046

### Groups



A club for 55+ seniors that enjoy both sports and social activities.

See our calendar of events at [DENVERSSC.org](http://DENVERSSC.org)

Golf,Dine,Bowl, Arts and Culture

Looking for a few new members

**DENVERSSC.org or  
Call 720-941-6405**

### Caregivers

#### Silver Wings arts Program

Small group adult day center creating music, art, and movement for all levels of ability. Certified care giving, dementia trained, PhD, CPR Day rates (720) 436-6397 [seniorsitterscolorado@gmail.com](mailto:seniorsitterscolorado@gmail.com)

### Wanted

Buying Old Baseball and Sportscards and memorabilia. I'm also buying Vinyl Albums. Cash paid. For an honest offer feel free to call CJ at 303-916-8143

### General

#### Magician for Hire!

Magic Show custom built to any length, content and price to fit your budget. Now booking Halloween shows, birthdays, private and company Christmas parties. Special rates for retirement campuses & homes. References on request. Call Jim Wright at 303-986-6733 today!

### Help Wanted

Sales and Marketing Assistant to call on Weld County Businesses. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

### For Sale

Large Private Collection of 100 Hummel's and 20 Pewter. Figurines all excellent condition. Please call 970-515-6769 For Larry and location!

## Trading Post ORDER FORM

To be included in the classified section, e-mail 30 words or less to [robert@50plusmarketplacenews.com](mailto:robert@50plusmarketplacenews.com) or mail this form to:

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## Social Security Today

### Social Security Cost-of-Living Adjustment for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024.

The 3.2 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 66 million Social Security beneficiaries in January 2024. Increased payments to approximately 7.5 million SSI recipients will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than “full” retirement age will increase to \$22,320. (We deduct \$1 from benefits for each \$2 earned over \$22,320.). The earnings limit for people reaching their “full” retirement age in 2024 will increase to \$59,520. We deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns “full” retirement age. There is no limit on earnings for workers who are “full” retirement age or older for

the entire year.

In December 2023, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their Social Security account.

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975.

## 32 Years of Service Providing Information for the 50+ Community

### Ageism Matters

#### How To Change The Narrative On Aging

To counter ageism, we have to think, talk and act differently about aging. But, how do we do that? Each of us can do something, from changing our words to sending a card to advocating for ourselves.

Our organization began in 2018 with training people in reframing aging. The words we use and the stories we tell reflect and influence our beliefs. The response was overwhelmingly positive and we gave over 40 seminars in person that year.

Through this, we also began learning that this was just the start.

People told us of workplace age discrimination. We learned that most of us do not have intergenerational relationships outside our family. We saw clearly how ageism impacts our health and even survival.

There are three research-proven solutions to ageism: education, intergenerational connections and policy change. We dug into all three, using strategic communications to reach people.

This led to new campaigns and workshops that provide the background and tools we need to un-

derstand ageism and do something about it - in our workplaces, our healthcare and society in general.

We’ve reached people across the country and world through social media and earned media with campaigns like our Anti-Ageist Birthday Cards and Guidelines for Age-Friendly Communications. Our Intergenerational Conversation Toolkit and movie Antidotes for Ageism have been downloaded

hundreds of times. We co-founded the Older Worker Policy Collaborative in Colorado which recently celebrated the passage of the Job Application Fairness Act. On our website you can find all this and more.

We’ve evolved by responding to your input. Learn more in our Five Year Report on our website. Find a way to get involved. Together, we can end ageism.

*Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, [www.ChangingtheNarrativeCO.org](http://www.ChangingtheNarrativeCO.org), the nation’s leading effort to change the way we think, talk and act about aging and ageism.*



Kris & Sara

## Governor Polis & Colorado Legislative Leaders Promote Colorado as a TechHub!

In the latest bipartisan push from Colorado leaders to ensure Colorado is positioned to receive transformational federal funding for a TechHub designation, Governor Polis, Speaker Julie McCluskie, House Majority Leader Monica Duran, Senate President Steve Fenberg and Senate Majority Leader Robert Rodriguez, Senate Minority Leader Paul Lundeen, and House Minority Leader Mike Lynch wrote to Secretary of Commerce Gina M. Raimondo.

Colorado’s cleantech industry has a \$4.6 billion economic impact each year and employment in the sector has grown by over 5% since 2020, directly employing 61,179 people, ranking fourth in the nation for its concentration of cleantech employment. Under the Polis administration, the state has attracted new clean tech companies leading to job creation.

“As you work to implement the Tech Hubs program under the CHIPS and Science Act (P.L. 117-16), we write to formalize our strong support for the Colorado CleanRange Coalition (CCC) and its designation by the Economic Development Administration (EDA) as a Regional Technology Hub in Advanced Energy tech-

nologies,” the leaders wrote.

CCC’s Coalition of over 170 entities across Colorado, including rural areas, is led by our industries, including our multinationals like Xcel, Vestas, Lockheed, Coors, Trimble, and Eaton, in collaboration with dozens of startups and emerging companies in our thriving innovation ecosystem that Colorado is famous for. It includes both our R1 universities and our community colleges, our 33 national labs, and economic development agencies from our Native American lands to agricultural, urban, and mining towns.

Governor Polis and the Colorado Office of Economic Development and International Trade (OEDIT) announced in April a new public-private initiative, TechHubNow!, to strategically position Colorado for designation as a Regional Technology and Innovation Hub (Tech Hub). The U.S. Economic Development Administration (EDA) will select 20 federally-designated Tech Hubs across the country, with \$500 million in appropriated funding available in 2023 to help these hubs drive U.S.-based technology- and innovation-centric growth.



## 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](mailto:info@hispanicchamberdenver.org)



# 2023 Holiday Baskets for Older Adults in Need

Join Us in Spreading Holiday Cheer this year! Volunteer to Make Seniors' Seasons Brighter!

The Colorado Gerontological Society will be delivering holiday baskets again this year! We are looking to serve 350 Older Adults in the Denver Metro Area.

You may adopt one or more older adults.

How it works: On December 16th 2023 from 9:30AM-12PM, you will come by the parking lot at 1129 N Pennsylvania St, Denver to pick up a chicken, gift and hygiene kit for each senior that you adopt. You will receive a route of the name(s) of the individuals whom you are adopting. We are asking that you purchase the items on the list prior to December 16th.

Items for the Food Box:

2 cans of corn

- 2 cans of green beans
- 2 cans of soup
- 2 cans of fruit
- 2 cans of tuna
- 1 box of stuffing
- 1 pkg or box of rice
- 1 pkg or box of pasta
- 1 pkg or box of potatoes
- 1 pkg or jar of gravy
- 1 loaf of bread
- 1 box of cereal
- 1 pkg of cookies
- 1 box of crackers
- 2 oranges
- 2 apples
- 2 bananas

Volunteering for our holiday basket event is an opportunity to make a difference in the lives of older adults in need. Join us in spreading warmth, joy, and holiday cheer as we come together to create brighter holidays for Older Adults!



Carol Darrow

## Genealogy Rocks!

I recently gave a presentation about the 1950 U.S. census. That census is the most recently released census, coming 72 years after it was taken. We will have to wait until 2032 for the release of the 1960 census.

Even though the 1950 census was released on April 1, 2022, many people haven't bothered to look at it. Most of us in the older generation will probably find ourselves or our siblings in that census. But because we "know" what was happening in 1950, we seem less interested.

I was reported as a four-year-old as of April 1, 1950 because my birthday is in May. I was almost five years old. We had recently moved to this house earlier in 1950 and we lived there until 1957. For me the excitement was identifying my former playmates in the neighborhood.

We were the generation that

played out in the streets until the street lights came on. We did not have bike helmets – we didn't even have bikes. We had roller skates that clamped onto our shoes. When the skates got worn, my father nailed them to a wooden scooter he built for me.

Growing up in the early 1950s, we played school, war, and hospital. We sold Kool Aid to our friends and set up a primitive haunted house in the alleyway. I looked up the house of Aggie, Annie and Johnny Pat. Across the street was Billy Schmidt's house where we played school. On the next block were Elizabeth Long and Annie Cooper.

Amazingly enough, they all had parents and extended family that I never knew about. Their parents worked for the city or the machine shop or the grocery store. What an exciting afternoon as I toured the old neighborhood and recalled many happy days.

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

## Colorado Gerontological Society

### Proposition HH - Property Taxes, Tabor Refunds



Eileen Doherty

Denver CO. The State legislature passed Proposition HH with important tax changes for property owners. Learn more about how it will affect renters and homeowners. Property tax revenue in Colorado is set to increase by nearly \$4 billion next year. Statewide, residential assessments are going up 40%. This is nothing short of a property tax crisis. In response the Colorado Legislature has referred Proposition HH to the voters in November.

Proponents

1. The average homeowner will save \$600 every single year and will get an increased TABOR refund of \$820 this year.

2. Prop HH places a cap on local district property tax collections at the rate of inflation. If revenues exceed the cap, the local government must reduce its property tax rate (mill levy). If the governing body of a district wants to retain revenue over the cap, it must send a

notice to property owners, convene a meeting with public testimony, and vote to retain any amount of revenue over the cap.

3. Makes the Senior Homestead Exemption portable.

Opponents argue:

1. Prop HH drops residential assessment rates only slightly, from 6.76% to 6.7%. The commercial assessment rate drops from 27.9% to 27.85%. If HH passes, these changes will provide only \$300 million in "relief" from the projected \$4 billion increase. That means an approximate \$3.7 billion increase in property taxes.

2. Ends Tabor Refunds - HH raises the TABOR cap by 1% beyond inflation plus population growth each year. That means, if HH passes, the state will be able to keep and spend \$10 billion of your TABOR refunds over the next decade.

To learn more about the pros and cons, visit our <https://www.youtube.com/user/COGerontology>.

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

Medicare Counseling: Call 303-333-3482

## MEDICARE MONDAY

WEEKLY MEDICARE TOPICS FOR OLDER ADULTS

JOIN US IN PERSON OR ONLINE FOR VIRTUAL SESSIONS

### 2024 Medicare Changes

In-Person Meetings (Starting at 9:30 a.m.)

Nov. 6: Good Samaritan Society (Fort Collins Village), Garden Square (Greeley), and Inner City Parish (Denver)

Nov. 13: River Pointe Senior Living (Littleton) and Cherry Creek Retirement (Aurora)

In-Person Afternoon (Starting at 1:30 p.m.)

Nov. 6: Foothills Parks and Recreation (Littleton)

Wednesday!

## LUNCH & LEARN

All Virtual Meetings (Zoom-Only)

Nov. 1: 12:00 p.m. to 1:00 p.m.

### What is the Difference: Medicare Supplement & Medicare Advantage

Nov. 8: 12:00 p.m. to 1:00 p.m.

### Medicare Benefits: Home Care, Nursing Home & Hospice Care

Nov. 15: 12:00 p.m. to 1:00 p.m.

### Medicare: The Little Things You Need to Know



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Denver Regional Mobility  
& Access Council (DRMAC)



Denver Regional Mobility & Access Council (DRMAC) is a non-profit organization that addresses transit needs for all by coordinating, advocating, and educating to achieve our mission of mobility & access for all! DRMAC serves the following Colorado counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Gilpin, and Jefferson

Getting There Travel Training

DRMAC provides a FREE multi-modal transit training course, teaching individuals in our community how to use a variety of mobility options other than SOV. To register for a travel training email [soneill@drmac-co.org](mailto:soneill@drmac-co.org)

Getting There Travel Guide

Our Getting There Guide is a printed guide to transportation services for the Denver Metro area. To download a PDF version of the guide, or to request a paper copy please visit our website at [www.drmac-co.org](http://www.drmac-co.org) or call us at 303-243-3113.

Monthly Meetings & Events

DRMAC hosts monthly meetings, events, and trainings in partnership with the community to share information and resources. The overall goal is to make transportation accessible and affordable for all

Information & Assistance Line

The DRMAC Transportation I&A Center is a free, live-line resource to help users identify transportation options in the Metro Denver area. The I&A line is open Monday-Friday from 8:30am to 5:00pm. Call 303-243-3113

Getting There Travel App

The Getting There app is a great tool to use when looking for transit options on the go! Our app provides transit options tailored to location, accommodations, age, and more! It is free to download, easy to use, and can be downloaded on to apple and android devices

Membership

The support of our members and community partners is crucial to our mission. Membership helps us continue our work from a four-pronged approach: advocacy, coordination, education, and information.

For more info about DRMAC programs please email [info@drmac-co.org](mailto:info@drmac-co.org) or call 303-243-3113



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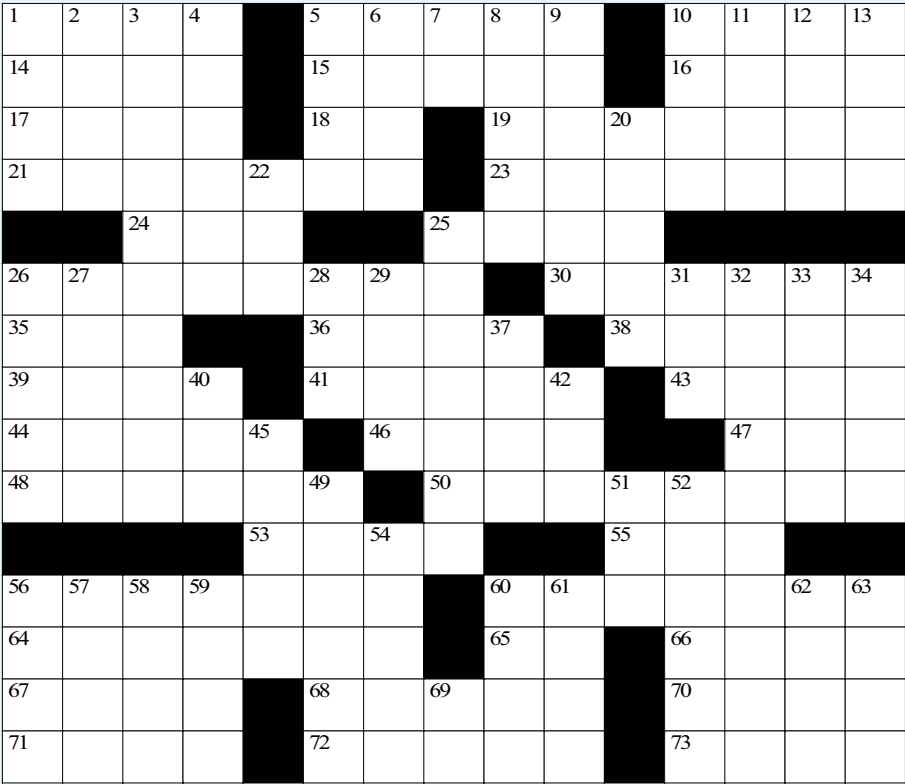


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50 Plus Marketplace News  
Crossword Puzzle



ACROSS

- 1 Serpents
- 5 Concerned with a specific subject
- 10 Comrade
- 14 Sweetheart
- 15 Monetary unit of Nigeria
- 16 Put down
- 17 Narrow ledge
- 18 Belonging to
- 19 Changed
- 21 Inflexible
- 23 Personally neat
- 24 Very modern
- 25 In this way
- 26 Prepared with almonds
- 30 Interweave
- 35 Average
- 36 Division of a school year
- 38 Area used for sports

39 Indigo

- 41 Mother of Isaac
- 43 Harsh
- 44 Garments
- 46 Agricultural implement
- 47 Room within a harem
- 48 Company of actors
- 50 Gigantic
- 53 Speed contest
- 55 Head covering
- 56 Rapturous delight
- 60 Windpipe
- 64 Pertaining to the open seas
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Make healthy
- 67 As previously given
- 68 Antelope

- 70 Scottish Gaelic
- 71 To yield
- 72 Reposes
- 73 Network of nerves

DOWN

- 1 Title of respect for God
- 2 Propagative part of a plant
- 3 Capital of Suriname
- 4 Call for the presence of
- 5 Soon
- 6 Foolish
- 7 Hello there
- 8 Mountain spinach
- 9 Call to service
- 10 Bloodsucking insect
- 11 Acquire through merit
- 12 Monetary unit of Cambodia
- 13 Whirlpool
- 20 Unit of magnetic induction
- 22 Find the sum of
- 25 Patio
- 26 Away
- 27 Feudal estate
- 28 It is
- 29 Close
- 31 Unit of energy
- 32 The earth's atmosphere
- 33 Nematocyst
- 34 Porter
- 37 Mackerel shark
- 40 Monetary unit of Romania
- 42 Norse goddess
- 45 Mine prop
- 49 Simpler
- 51 Wood sorrel
- 52 Chocolate cake
- 54 Recurring series
- 56 Heroic
- 57 To yield
- 58 Sledge
- 59 Domesticated
- 60 Hue
- 61 Staffs
- 62 The Orient
- 63 On sheltered side
- 69 Similar to

November 2023  
Answers page 7



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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.



Apex Community Recreation Center

303.424.2739 • apexprd.org

Below is a sampling of Apex’s upcoming Active Adult program. You can stay updated on all the latest offerings by visiting Apex-PRD.org. The following activities are all hosted at the Community Recreation Center, 6842 Wadsworth Blvd., Arvada, unless otherwise noted. Please register in advance for all programs by visiting online or calling 303.425.9583.

Did you know?

The Community Recreation Center now offers extended travel. The 2024 trips are to Canada and South Dakota! For more information, contact Sarah at 303.467.7193.

Annual Craft Fair: Saturday, Nov. 4, 9-3 pm

Browse the unique seasonal wares of over 40 talented artisans and visit the Craft Carousel Gift Shop, fea-

turing more handmade treasures. \$2 admission at the door or free if you bring new school supplies for our local student outreach.

Grief Support Group: Wednesday, Nov. 1, 11:30 am

Learn how to use the “three C’s of grieving,” choosing, connecting, and communicating, to deal with processing grief and moving forward during the holiday season. Free, but advanced registration is appreciated.

Nutrition – Demystifying Fats: Friday, Nov. 3, 1 pm

Fats have been blamed for our declining health since the 1950s, but are they really the villains they’ve been made out to be? Discover why fats are essential to health and learn why nutrient-dense, high-fat

foods should be part of a healthy diet. \$6 (\$8 non-res.)

Active Adult – Book Club: Wednesday, Nov. 8, 1 pm

We will discuss “The Giver of Stars” by Jojo Moyes. Light refreshments will be provided. \$5 (\$6 non-res.).

Veterans Day Salute: Thursday, Nov. 9, 11 am

In honor of Veterans Day, join us for pie and ice cream and visit with our Active Adult sponsors. Free, but advanced registration is appreciated.

Tour the Town – Boulder: Thursday, Nov. 16, 8:45 am

Hop on the bus to Boulder as we tour the town. We’ll start our day with a tour of the Celestial Seasoning’s factory, dine at Chau-

tauqua Dining Hall, and explore Boulder. \$30 (\$35 non-res.).

Writing – Creative Writing: Thursday, Nov. 16, 11 am

Beginning and advanced writers are welcome to work on what interests them - memoirs, poems, short stories, essays. Writing is done at home and shared in the classroom in the supportive atmosphere of fellow writers. \$44 (\$53 non-res.).

Holiday Rental Opportunities at the Center Are you looking to host a holiday gathering or party? Look no further as the Center provides affordable spaces for smaller groups of up to 50 to 250. Call Michelle at 303.467.7197 for more information and for pricing.

Malley Recreation Center Happenings

3380 S. Lincoln St., Englewood, CO 80113

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

Cultural Programs

New! Full-Day Weaving Class

Explore the world of weaving with Robin Wilton of the Rocky Mountain Weaver’s Guild! Discover weaving basics on a rigid heddle loom & create a scarf to show off your talents! Bring along yarn of choice- you’ll need 250-350 yards of yarn for a scarf). Class instruction will cover how to figure wrap and weft, simple design possibilities, & weaving terminology. Center visits available two weeks post class for weaving advice and completion instructions. Supply List emailed to registered patrons one week prior to class. Sack lunch is recommended. Instructor: Robin Wilton Location: MRC 11/17 F 9a-4p \$58/\$46 41760112

Social Security Basics

Join a representative with the Social Security Administration and review the basics of Social Security including retirement, disability, survivor & dependent benefits. Please note: this class may be broadcast live-virtually at the Malley Recreation Center or provided in-person depending on number of attendees. Many oppor-

tunities for Q & A, and very informative. Free, registration is required. Location: MRC

10/27 F 10 a.m.-NOON

Free, Registration Required 41461212

11/17 F 10 a.m.-NOON

Free, Registration Required 41461213

New! What’s New in Medicare for 2024?

Your Medicare coverage and costs can change each year, so it is important to understand and review your benefits. An overview of what’s new in 2024 will be provided. Please note: this class may be broadcast live-virtually at the Malley Recreation Center or provided in-person depending on number of attendees. Presented by the Denver Regional Council of Governments- State Health Insurance Program. 11/10 F 9 -11 a.m.

Free, Registration Required 41461611

Denver Regional Council of Governments (DRCOG) -Area Agency on Aging- Choice Services Program

DRCOG Services include Case Management, SHIP, Transportation services, In-Home services, and an Information and Assistance line to answer your questions and connect to resources. This one-hour program

will be an informative overview of local resources available to older adults. Questions? Contact DRCOG: 303-480-6700. Presenter: Malorie Miller, Program Manager, Area Agency on Aging

11/15 W 11:00 a.m.- 12:00 p.m.

Free, Registration Required 41460011

New! LEAP, Energy Outreach & Solar Presentation

LEAP-approved applicants may qualify for weatherization or furnace repair or replacement through the Crisis Intervention Program (CIP). Information about Energy Outreach of Colorado (EOC) grants, the new time-of-use meters for electricity, and the Community Solar Garden Program for Xcel electric customers will also be available. 11/27 M 1-2:00 p.m.

41461711 FREE

Mystery Matinee & Meal

The Chez Artiste theatre in Denver shows classic, international, and foreign films on select days and times each month. We will catch a 1:30 movie and head to an early dinner in town. Add a little mystery to your life and register- details will not be revealed until all board the bus. Registration includes transportation, and ticket to movie. All refreshments and dinner are on your own. 11/1 W 12:45pm- 5:30pm

42060113 \$30/\$25

City of Englewood History Tour

Dive into the history of the City of Englewood on this buss tour that will break mid-day for lunch at Englewood favorite: The South Restaurant! Join Doug Cohn, longtime Englewood resident with a big heart for history. Mr. Cohn has written a book entitled “Englewood’s Amazing Story” with assistance from the Englewood Historic Preservation Society- of which he has been a member for over 15 years. Learn more about the city we all know and love, grab a bite for lunch with new friends! Lunch is on your own. Menu prices range \$10-\$20. 11/16 Th 42061511

10am-3pm \$30/\$25 42061511

Arsenic and Old Lace Live Radio Play


Adapted from the 1948 live radio broadcast by four professional actors playing all the roles and providing all the sound effects. This is a ghoulish, gleeful comedy about caustic, theatre critic, Mortimer Brewster and his dear, sweet, spinster aunts, who wouldn’t hurt a fly, or would they? Afterall, insanity runs in the family, it practically gallops! Doors open at 1:20

11/17 F 1:30-3:30 \$13

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# CU Denver Offers Experienced Professionals a Semester on What’s Next!

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

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

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

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

The Change Makers course, meeting twice weekly, includes

guided cohort discussions, guest speaker seminars, opportunities to audit CU Denver classes, social events, and assistance finding a volunteer opportunity.

Currently, 23 Change Maker fellows from across the Front Range are investigating areas of interest and growth, in preparation for developing an actionable plan for using their wisdom in a new, fulfilling context.

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

“This program made a huge impact on me in terms of self-reflection, purpose, and approach to my personal and work life (and place on the planet),” said former fellow Todd Matuszewicz. Change Makers is currently accepting applications for the Spring 2024 semester, which begins January 23.

Learn more about the program, including how to apply, at [ucdenver.edu/change-makers](http://ucdenver.edu/change-makers). Questions? Email [changemakers@ucdenver.edu](mailto:changemakers@ucdenver.edu) or [Anne.Button@ucdenver.edu](mailto:Anne.Button@ucdenver.edu).

*We Care!*

# Denver Zoo Announces AZA Accreditation

Denver Zoo has achieved accreditation by the Association of Zoos & Aquariums (AZA). This prestigious accreditation reflects their unwavering commitment to animal care, wildlife conservation, education, science, and recreation. AZA has done an extensive and comprehensive evaluation of the zoo’s operations and programs, resulting in a well-deserved five-year accreditation. This reaffirms the zoo’s position as one of the top zoos in North America and a leader in animal care and conservation. The Denver Zoo has maintained its status as an AZA-accredited facility since it was first accredited in 1976.

“AZA accreditation is the ultimate stamp of approval for the zoo’s profession, and assures guests and members that the zoo is providing the best possible care for our animals and creating a safe, enjoyable experience for the community,” said Bert Vescolani, President & CEO of Denver Zoo. “We’re beyond proud to be among the very few zoos and aquariums in the world that maintains such a high standard across our programs and operations.”

Fewer than 10 percent of the 2,800 wildlife exhibitors licensed by the United States Department of Agriculture (USDA) under the Animal Welfare Act meet the comprehensive standards of AZA accreditation. As an accredited organization, the Denver Zoo is subject to evaluation every five years by a team of expert inspectors who assess animal welfare, care, and management, including living environments, social groupings, health, and nutrition. They also evaluate all other aspects of our operations, from our involvement in wildlife conservation and research to our guest services, education programs, and finances.

In addition to our AZA accreditation, Denver Zoo earned the American Humane Certified™ seal in 2020 for our exceptional treatment of the animals in our care. This achievement, similar to an AZA inspection, required us to pass rigorous, expert third-party audits. The Zoo joins a distinguished group of leading zoological institutions that have received the American Humane Certified™ designation.

## Origins of Thanksgiving

The Thanksgiving holiday’s history in North America is rooted in English traditions dating from the Protestant Reformation in the early 1500s. It includes the harvest festival in New England that occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

Pilgrims and Puritans who emigrated from England in the 1620s and 1630s, carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The modern Thanksgiving holiday tradition is a well-recorded 1619 event in Virginia and a sparsely documented 1621 celebration at Plymouth, Massachusetts. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest, which the Pilgrims celebrated with Native Americans, who helped them get through the previous winter by giving them food during that time of scarcity.

Thanksgiving proclamations were made mostly by church leaders in New England until 1682, and then by both state and church leaders through the American Revolution. Our first President George Washington proclaimed the first nationwide thanksgiving

celebration in America marking November 26, 1789 as a day of public thanksgiving and prayer.

Since then, Thanksgiving in the United States has been observed on different dates. The final Thursday in November had become the customary date in most U.S. states by the beginning of the 19th century. In 1939, President Franklin D. Roosevelt signed a presidential proclamation changing the holiday to the next to last Thursday in November for business reasons. However in 1941, he signed a joint resolution of Congress changing the national Thanksgiving Day back to the fourth Thursday in November.

The “Holiday Season” generally begins with Thanksgiving. Currently, the first day after Thanksgiving Day, Black Friday, marks the start of the Christmas shopping season followed by Cyber Monday for the online shoppers. Enjoy for the holidays! Article courtesy of Wikipedia.



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