

WWII Troop Transport Aircraft on Display at Centennial and Broomfield Airports

Wings Over the Rockies Exploration of Flight at Centennial Airport and Sheltair Aviation at Broomfield Airport will host a historic World War II aircraft. The C-47A Skytrain troop transport named 'That's All, Brother' is the airplane that led the Allies' main airborne invasion over Normandy on D-Day, June 6, 1944. Visitors can tour and fly on That's All, Brother. Flights are approximately 30 minutes long and may be purchased in advance online.

The flights will be available from the Wings Over the Rockies Exploration of Flight Center at 13005 Wings Way in Centennial, CO on Friday, September 1, 2023, from Noon to 5:00 p.m. and on Saturday – Monday, September 2 – 4, 2023, from 9:00 a.m. to 5:00 p.m.

Aircraft Tours are included with paid admission to Wings Over the Rockies Exploration of Flight. Living history flight experience



rides in 'That's All, Brother' are \$275 per passenger.

Flights will also be available at Sheltair Aviation in the Rocky Mountain Metropolitan Airport at 9107 Rocky Road in Broomfield, CO on Tuesday – Wednesday, September 5 – 6, 2023, from 10:00 a.m. to 5:00 p.m.

Aircraft Tour donation is \$10 per adult, or \$20 per family. Liv-

ing history flight experience rides in 'That's All, Brother' are \$275 per passenger.

'That's All, Brother' was the C-47A troop carrier aircraft that led the Airborne Invasion on D-Day, June 6, 1944, carrying 101st Airborne Division paratroopers into France during the D-Day invasion. The aircraft was named "That's All, Brother" by

the aircrew, who felt it was a fitting message to Adolf Hitler. Following D-Day, 'That's All, Brother', served in Operation Dragoon, Operation Market Garden, the Relief of Bastogne, and Operation Varsity. After the War, the aircraft was sold as surplus, and its contribution to history was almost forgotten.

In 2015, the Commemorative Air Force rescued the aircraft from a boneyard, completed a lengthy restoration to get it flying, and returned it to its World War II configuration. In June 2019, the aircraft returned to England and France to commemorate the 75th anniversary of D-Day (flying over Omaha Beach on June 6, 2019). The aircraft plans to return to Europe for the 80th anniversary of D-Day commemorations in June 2024. Visit www.thatsallbrother.org to purchase flights and for more detailed information.

Lakewood Mayor Receives Community Leadership Award

Lakewood Mayor Adam Paul is receiving the Community Leadership Award as part of the 2023 Impact Awards given by the Community Investment Alliance, a nonprofit working with communities to develop stable housing, access to healthy food and numerous other items.

A Lakewood pastor nominated Mayor Paul for the award based in part on the mayor's personal involvement with the city launching its first Extreme Weather Overflow Shelter last winter, which supplemented other existing shelters that couldn't address all of those needing shelter during extreme temperatures. Paul spent time at this temporary city shelter when it was operating and helped resolve issues that arose during its operation.

The nonprofit also cited several other reasons for it bestowing the award on the mayor:

- Advocating for unhoused neighbors including his support for creating more affordable hous-

ing through a community-based regional approach.

- Spearheading initiatives that positively affect residents such as Lakewood Linked.

- Focusing on collaboration to create lasting impacts on improving the community's prosperity.

"Your ability to bring diverse stakeholders together, foster partnerships, and effectively address the needs of the community has been truly commendable," the nonprofit's Chief Executive Officer Dr. Kathleen Van Voorhis wrote about Mayor Paul's work.

The mayor is honored and touched to receive the award. "My father was a pastor and my mother a teacher, instilling in me the importance of working to

improve the community for everyone, and the solutions that make life better for all our community members aren't ever easy," the mayor said. "But that approach has certainly been my focus as an elected official."



Mayor Adam Paul

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SEPTEMBER

Calendar

Thursday/7

AARP presents a free class on Meditation Relaxation at 11 am on Zoom. his class will teach you various sensory awareness practices and offer guided mindfulness-based meditations. Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. You will be emailed a link to join the class via Zoom prior to the event. Please register at email: wyaarp@aarp.org.

Saturday/9

The 17th Judicial Committee presents Adams & Broomfield Counties Senior law Day at 7:30 am at the Adams 12 Five Star Schools Conference Center,1500 E. 128th Avenue in Thornton. Complimentary breakfast & lunch, over 30 vendors with lots of beneficial info plus many elder law classes. Please register at www.Senior-LawDay2023.eventbrite.com or call (303) 500-7059. Suggested \$10 donation.

Saturday/16

Colorado Genealogical Society presents a free hybrid program on “German Genealogy” by Nancy Tengler at 9:30 am. Nancy will provide resources and examples for researching your German genealogy. Please register at www.cogensoc.us to receive handout and Zoom info.

Castle Rock Genealogical Society presents a free program on “The Hub of the Wheel: How Tracing a Brother with No Children Connected Ten Siblings” by Mary Kircher Roddy on Zoom at 10 am. A family from Ireland emigrated in a chain migration scheme to western Pennsylvania between 1825 and 1845. See how using the standards for researching connected the siblings and their descendants and led to their origins in County Tyrone. Please register online at www.crcgs.org to receive Zoom info.

Tuesday/19

Senior Connection Shows presents a free resource fair with musical entertainment at the Tood Creek Golf Course Heritage Center, 8455 Heritage Drive in Thornton. Over 40 vendors with lots of musical entertainment including a dance show, many door prizes, and free dessert bar at the end. Lots of free parking!

Check individual venues for current information

Calendar sponsored by:
Beyers Law

We Care

Transportation Options in Arapaho County

The 2018 CASOA reported that 24 percent of seniors in Arapahoe County are dependent on some form of transportation other than driving themselves. Identified as one of the top priority needs in the Area Agency on Aging Area Plan, Arapahoe County works to provide transportation to seniors aged 60 and over.

Fortunately, there are some programs that are available to help older adults remain independent in their homes.

VIA Mobility

www.viacolorado.org 303-447-2848 Cost: Free Schedule 7-10 days in advance Through the VIA program, seniors who need safe, reliable transportation are required to contact VIA Mobility Services 7-10 days prior to their needed trip. Clients can access information about the program from Arapahoe County’s website where they will find VIA’s contact information and phone number, or by calling Arapahoe County Senior Resources, and through the many outreach avenues that we participate in. VIA vehicles are equipped to support wheelchairs and various appointments, dining centers, grocery stores and food banks. After they schedule their pick up day/time with VIA, they will be told what the buses look like and describe the colors of the bus and what the staff/driver will be wearing to ensure they understand the right bus to look for. Buses operation M-F only. Signing up for VIA is done over the phone and can happen when a person is scheduling their first ride, and is for people 60 or older and those who are any age with a disability.

Access – A – Ride

<https://www.rtd-denver.com/services/accessaride> 303-299-2960 Cost: \$5/ride Schedule 3

days in advance must complete assessment and application. Operates 7 days a week.To travel on Access-a-Ride, you must meet one of the following criteria set forth by the Americans with Disabilities Act of 1990 (Section 37.123 (3)):

- 1.Be unable to get to and from a bus stop or on andoff a lift-equipped fixed-route bus by yourself.
- 2.Have a disability that prohibits you from completing fixed-route bus independently.

Englewood Trolley <https://www.Englewoodco.gov/our-city/community/englewood-trolley> 303-762-2347 Cost: Free Schedule Monday – Friday 6:30am – 6:30pm Englewood’s free trolley, transports riders to 19 stops connecting City-Center Englewood, businesses in downtown Englewood, and the medical facilities in and near Craig Hospital and Swedish Medical Center. The shuttles run approximately every 20 minutes and only picks up/drops off passengers at designated stops. Englewood Trolley does not require a sign-up, and is available for anyone (any age, any disability/ability).Love on Wheels by LOVE Inc. www.loveinlittleton.org 303-794-5683 Cost: Free Transportation to essential appointments on West of South University Boulevard

Denver Regional Council of Governments (DRCOG)

www.drcog.org 303-480-6700 Cost: Free Schedule 3 days in advance Free transportation for anyone aged 60 and over through the HopSkip-Drive program, and Uber vouchers.

The Uber voucher program is a code that pays for the first \$25 of the client’s ride. Clients must still schedule the ride themselves

through Uber, and pay for the remainder of the ride cost and must have approval from DRCOG prior to scheduling with Uber.”

Transportation Solutions of Arapahoe County (TSAC)

Transportation Solutions Arapahoe County is a community-based group that works collaboratively to identify and find solutions to the transportation needs within Arapahoe County.

TSAC will work to achieve sustainable, person-centered, coordinated solutions that support the dignity, independence, and quality of life for older adults, people with disabilities, and the low income population in the County. Meeting schedule is posted on the website. <https://www.transposolutionsarapco.org/>

Go Figure

It is estimated that hundreds of millions of online buyers make purchases via Amazon. Cindy Smith of Prince William County, VA is one of them, as is Liz Geltman of Washington, D.C. That’s not the only thing they have in common. Back in May Ms. Geltman reported that she received some 80 unsolicited packages of goods from the online “super” market over a period of time. More recently, Ms. Smith received more than 100 boxes containing a variety of products ranging from glue guns to binoculars. She, too, did not order the goodies she received. Believe it or not, according to the UPI news service: “Amazon officials said they looked into both incidents, and discovered both Smith and Geltman’s packages were the result of vendors having packages shipped to random addresses in order to remove unsold merchandise from Amazon fulfillment centers.”

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Published by
50Plus Media Solutions, Inc.
Ault, Brighton, Erie, Fort
Morgan, Greeley, Sterling, &
Windsor

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

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.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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Boulder County Agencies
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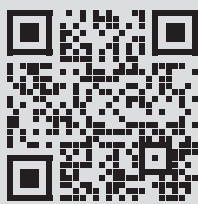
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Printed on Recycled Paper

JCPH and BOH Announce New Executive Director



The Jefferson County Board of Health (BOH) and Jefferson County Public Health (JCPH) are excited to announce Executive Director finalist Dr. Sarah Story, Ph.D., MPP, MPH as the new Executive Director of JCPH.

Dr. Story, brings a wealth of knowledge to Jefferson County, having earned a Master of Public Policy, a Master of Public Health in Epidemiology and a PhD in Policy Analysis from the University of California, Berkeley, she focused her research on the ways social and economic opportunity impact health disparities. She has continued that focus on health equity throughout her career, first working as an assistant professor at the University of Missouri, then as the deputy director of the Kansas City, Mo., Health Department. In addition, Dr. Story served on the Kansas City Health Commission, the Missouri State Board of Healing Arts and on the

board of directors of University Health.

In May of 2023, JCPH hired interim director Jeff Zayach, until a permanent director could be hired. Jeff will be available to support a smooth transition for Dr. Story.

“I am incredibly honored and humbled for the opportunity to serve the community of Jefferson County,” said Dr. Story. “The passion for public health work that

the incredible staff at JCPH has is obvious and I’m so excited to join the organization.”

As the new Executive Director, Dr. Story will work closely with the Senior Leadership Team to provide strategic direction and oversight on critical public health priorities. She plans to utilize her experience in balancing ongoing and emerging issues facing the community, while effectively managing the priorities of the department. Dr. Story will also oversee, plan and coordinate the work of the JCPH divisions which

includes Administrative Services, Clinic Services, Deputy Director, Family Services, Environmental Health Services and Epidemiology, Planning and Communications.



Dispelling Common Misconceptions About Hospice Care

(StatePoint) Hospice is intended to provide comfort and support to patients at the end of their life so that they can experience their remaining time in the best ways possible. Experts say that unfortunately, misconceptions about hospice often lead people to make uninformed decisions at a critical, complex juncture in their lives.

“There is often an idea that hospice equates to giving up. But hospice is actually about taking control,” says Paul Mastrapa, president and chief executive officer of Interim HealthCare Inc. “It’s the job of the hospice team to understand what a patient’s goals for end-of-life care are, and help them live that last trajectory of their life the way they want to.”

To help patients, their caregivers and family members, and those in the healthcare industry better understand the services and benefits hospice provides, Interim HealthCare is dispelling some of the most common misconceptions:

Myth: Hospice means giving up.

Fact: The primary goal of hospice is delivering comfort, support and specialized medical care to those ready to forgo curative treatment. Research has shown that a person who spends time on hospice has a greater quality of life at the end of their life. And while the goal is not to prolong life, there are statistics that show that hospice gives patients more time compared

to patients who had the same disease trajectory and didn’t receive hospice.

Myth: Hospice is only appropriate for the last few days of life.

Fact: Hospice can actually last for months, and entering hospice sooner rather than later translates to fewer hospitalizations, better symptom relief and greater comfort.

Myth: You must give up all your medications.

Fact: While the hospice care team will make recommendations about which medications are still beneficial to a patient at their stage of illness, patients and families get the final say.

Myth: Hospice is a place.

Fact: Hospice can entail in-patient care, but more typically, services are delivered wherever a patient calls home. The nurse, social worker, spiritual care provider, aide and other members of the hospice care team meet the patient where they are, be that in a residential home, an assisted living community or in another institutional setting.

Myth: Hospice is only for patients with specific diseases.

Fact: Anyone with a life-limiting chronic disease, from congestive heart failure to pulmonary disease to Alzheimer’s, can choose hospice.

Myth: Hospice ends when the patient dies.

Fact: Hospice providers often

offer support to those who have lost a loved one. In the case of Interim HealthCare, bereavement services are offered for 13 months.

Myth: Hospice work is draining.

Fact: When done right, hospice work can be extremely rewarding. Hospice care workers help patients and families find peace of mind, and reach a place of acceptance during a complicated and emotional time in their lives. Hospice workers believe in the mission of providing compassionate, patient-centric medical care and support to those at the end of their life, and they’re given a voice in the individualized care they provide.

The hospice market is the second-fastest growing healthcare segment nationwide, according to Bank of America research, which translates to a growing number of job opportunities. Hospice providers are currently recruiting candidates just starting out in their career and those looking to make a change. To learn more, visit careers.interimhealthcare.com.

For more information about hospice care services for yourself or a family member, visit <https://www.interimhealthcare.com/services/hospice/>.

“Although people don’t always feel comfortable talking about end-of-life care, having these conversations can ensure one’s final days are peaceful and fulfilling,” says Mastrapa.

Better Business Bureau

BBB Scam Alert: Protect Yourself From “Check Washing”



Shelley Polansky

C h e c k of their choice. Usually, they use may be use fake identities to cash the declining, but check later on. And even if no check fraud is one cashes your check, you are still a serious at a much higher risk of identity p r o b l e m . Watch out theft once it’s found its way into scammers’ hands.

W a s h i n g , ”
How to avoid check-washing schemes

which involves stealing checks from mailboxes and then altering them.

How the scam works

You send a check in the mail as payment for a service or product. However, a few days or weeks later, you are contacted by the company you paid. They say they never received a payment. Then, you discover the check you sent has been cashed, either for the amount you wrote it for or for a much higher amount.

What happened?

Scammers use many techniques to intercept mail, sometimes directly from your or the post office’s big blue mailbox. Scammers have even been known to sneak into post office boxes with stolen keys.

Once scammers find an envelope containing a check, they use household chemicals to “wash off” the name and amount you wrote down, replacing it with a name and dollar amount

• Take advantage of electronic payment methods. That will eliminate the possibility of falling victim to check washing.

• If you must mail a check, take precautions. Drop it off at the post office using the lobby mail slot instead of leaving a check in the mailbox with the flag up.

• Put a hold on your mail. If you are going out of town, have your mail held at the post office until you return.

• Improve your mailbox security. Installing highly visible cameras near your mailbox and using a locked mailbox.

• Monitor your bank accounts carefully to ensure no one cashes a fraudulent check from your account. If you notice suspicious activity, notify your bank immediately.

• Always report check fraud. If you think your check was intercepted in the mail, let your bank know right away.

Uniquely Bea

You Are Repeating Yourself...Are you OK?



Bea Bailey

From time to time, I am told that I already said what I just said...how about you? I have a group of girlfriends who get together for lunch from time to time. We often joke that it takes an entire table to finish a sentence! I am very talkative and can forget what I said and to who. To be truthful, as I have aged, my mental processing has slowed down, and I can tell it.

Is it dementia...Alzheimer’s... Old Age, multi-tasking or just not paying attention? There are so many factors associated with this concept. If people are noticing this trend, you might want to talk to your doctor. I would suggest that you step outside of yourself and look at how you are communicating. I have a close friend who lives a rather repetitive lifestyle with

few changes or additions to her routine. So, when we do talk, there is a tendency to repeat what she has already talked about earlier in the week. You can also ask people to stop you if you are repeating yourself to gather more insight into the nature of your conversations. I try to give a person a bit of “grace”, if they do tend to repeat themselves. A good sprinkling of “grace” is important when adult children are talking to their aging parents. Just kindly remind them of the amount of patience that you had to exercise when they were learning to talk. Maybe gathering your thoughts before you launch into a conversation might help.

Alzheimer’s is a scary word, so let’s not go there...yet. If you want to find out more about this disease, you can logon to the CDD’s website, <http://cdc.gov/aging/aginginfo/alzheimers.htm>.

It’s all good...cuz with time, we will all eventually be in the same boat.

32 Years of Service Providing
Information for the 50+ Community

one medical seniors
Join us for an
Upcoming Event!

One Medical Seniors is a doctor's office for those on Medicare. These events are free to the community - bring a friend or family member!

THURSDAY AFTERNOON PING PONG

September 21 | 2:00 - 4:00 p.m.

8175 Sheridan Blvd, Unit N
Arvada, CO 80003

FOREVER YOUNG FITNESS

September 27 | 10:00 - 11:00 a.m.

1692 Wadsworth Blvd
Lakewood, CO 80214

To learn more about our upcoming events,
scan the QR Code or call **720-798-3822**



Pets Are Family

As the kids and grandkids head back to school, our routines inevitably change, and sudden change can be difficult for our pets, regardless of species or age. We can prepare for this change by transitioning into the new routine ahead of time. Set new bedtimes, mealtimes, and

exercise routines a couple of weeks in advance to help ease your pet into the change of schedule. It's also important, however, to maintain consistency where applicable.

If your young loved one has a new backpack, picks up a new instrument, or has new sports equipment, start to make positive associations with those as soon as possible, as new items can be a source of curiosity or fear. Set out the new item and give praise, treats, or other rewards as your pet comes into contact with it. If the new tuba means treats are coming, it won't be as scary when the chil-

dren are tooting away. When our pets are bored, they may display unwanted behaviors such as digging, chewing, scratching, barking, or pesky bathroom habits. Providing healthy outlets for these behaviors helps to fill that natural need, while keeping your house and pet safe. Provide your pet with a variety of toys, opportunities for species specific play, and comfy furniture, especially when you and your children are out of the house all day.

Keep homework and project supplies out of reach. With art supplies, the Art and Creative Materials Institute (AMCI) labels products as AP (Approved Product) or CL (Cautionary Label). Use these labels as guides to avoid accidental ingestion.

We hope that your pets and children enjoy the 23/24 school year! If you need assistance with your pets' behavior, whether school-year related or not, feel free to contact our Behavior and Enrichment Team at 970.226.3647 ext. 5130, or email behaviorhelp@DenverMetrohouse.org.

Labor Day Quotes

Maya Angelou
"Nothing will work unless you do."
Margaret Mead
"I learned the value of hard work by working hard."
Babe Ruth
"It's hard to beat a person who never gives up."
Ralph Waldo Emerson
"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it."
Theodore Roosevelt
"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things."
Pearl S. Buck
"To find joy in work is to find the fountain of youth."
Mark Twain
Thunder is good, thunder is im-

pressive; but it is the lightning that does the work.
Thomas Edison
Genius is 1% inspiration and 99% perspiration.
Vince Lombardi
The only place success comes before work is in the dictionary.
Henry Ford
There is joy in work. There is no happiness except in the realization that we have accomplished something.
Abraham Lincoln
Don't worry when you are not recognized, but strive to be worthy of recognition.

Happy
Labor
Day

NOBODY KNOWS YOUR NEIGHBORHOOD
LIKE YOUR NEIGHBOR

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Reflections The Once And Influential Cook



Martha Coffin Evans

You see, Cleora, or Clee as some might have called her, demanded and received respect. This highly regarded woman was the cook in our sorority house.

In my grade school years, I walked by the Alpha Phi house on my way home. I would stop to catch a whiff of baked rolls or something wonderful coming from the kitchen vents. Fast forward, little did I know I would pledge that sorority and, she would still be holding forth in the kitchen.

Young men, looking for jobs as hashers, soon learned she was the best cook in the area. Cleora was tolerant of their youthful antics in sneaking the periodically-served Smuckers jam.

In my student teaching days, I

needed to leave the house before the regular breakfast time. I remember having buttered toast with her in The Kitchen. Cleora made a lasting impression on many of us. Our families and friends still make her dinner roll recipe.

The regard with which she was held could be seen when the local NAACP called her to intervene with a slovenly dressed entertainer trying to check into the "Harvey" (Harvest) House. Upon seeing this untidy fellow, she gave him a lacing down about his attire. It didn't matter to her that he was Chuck Berry!

I'm sure Cleora knew about her influence as my hasher-friend Jack dedicated his doctoral thesis to her. He and his wife are now paying her legacy forward through a dissertation award supporting students of color.

We never know where special people will enter our lives to help form us. I certainly hope we said Thank You!

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

32 Years of Service Providing Information for the 50+ Community



**Adams and Broomfield Counties
Senior Law Day**

**Saturday, September 9, 2023
7:30am-2pm**

**Adams 12 Five Star Schools
Conference Center
1500 E. 128th Avenue, Thornton**
— Parking Shuttle Service Available —

A one-day educational event connecting seniors, their families, and caregivers, with the resources to help navigate aging gracefully and intentionally

Topics Include
Estate Planning
Understanding Medicare
Advanced Directives
Powers of Attorney
ID Theft and Scams
End of Life Options

Attendees Receive
Complimentary Breakfast and Lunch
FREE copy of the 2023 Senior Law Handbook

*Register for a FREE 15-Minute "Ask-an-Attorney" session
Limited availability—REGISTER SOON!*

Register Today!

SeniorLawDay2023.eventbrite.com
Or call (303) 500-7059 • Suggested \$10 donation
Produced by the 17th Judicial District Senior Law Day Committee
Sponsorship, volunteer, and additional attendee information available by calling (303) 500-7059

SLD 2023 ATTENDEE
scan to register online





17th JD Senior Law Day Serving Adams and Broomfield Counties is a §501(c)(3) non-profit organization

Denver Regional Mobility & Access Council (DRMAC)



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

Getting There Travel Training

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

Getting There Travel Guide

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

Monthly Meetings & Events

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

Information & Assistance Line

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

Getting There Travel App

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

Membership

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

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



In The Spirit Don't Be Average!

"Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me." Psalm 42:7 (NIV)



Dr. Armington

It's time to move further! The Creator has placed a demand on His creation to move to a place of depth. If you don't move now, you will continue to produce from a place on the surface. God is deeper than that! In this middle of the year we can't continue to rely on things, people, or places that are shallow because our depth sometime determine what we look at on the visible surface. There is no time to be average

any more because the mystery which has been hidden from ages and from generations, but now has been revealed to His saints. To them, God willed to make known what are the riches of the glory of this mystery among the Gentiles which is Christ in you, the hope of Glory. So go ahead and start making ready early for your entrance into 2024 NOW, dig deeper and don't be average!!!

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

Happy Grandparents' Day

"Some of our greatest blessings call us grandma and grandpa" – Unknown
If nothing is going well, call your grandmother. Happy Grandparents Day!
You have shown me what it means to live a life of fun, kindness, and generosity. Happy Grandparents Day.
God couldn't be everywhere and so he made Grandparents.
"Grandfathers are just antique little boys." – Unknown
"What bargain grandchildren are! I give them my loose change, and they give me a million dollars' worth of pleasure." – Gene Perret
I hope your day is filled with love and laughter, Happy Grandparents Day!
"One of the most powerful hand-clasps is that of a new grandbaby around the finger of a grandfather." – Joy Hargrove
"A grandparent is old on the outside but young on the inside." – Author Unknown
"A grandfather is someone with silver in his hair and gold in his heart." – Anonymous

Technology is Hip!

3D Printed Bones Replaces Worn Body Parts



Bob Larson

In the U.S., orthopedic surgeons replace 2.2 million shoulders, hips, and knee joints annually using titanium parts, which are expensive and sometimes cumbersome during surgery. A recent Science World TV program showed a Northwestern University research team led by Professor Ramille N. Shah since 2016 has developed a 3D printable synthetic bone implant that rapidly induces bone regeneration and growth. This hyperelastic synthetic bone material, the shape of which can be easily customized, one day could be especially useful for the treatment of bone defects in children or bone replacement parts in adults.

The 3D printed biomaterial is a mix of hydroxyapatite (a calcium mineral found naturally in human bone) and a biocompatible, biodegradable polymer that is used in many medical applications.

One of the biggest advantages is the end product can be customized to the patient. In traditional bone transplant surgeries, the bone after it's taken from another part of the

body has to be shaped and molded to exactly fit the area where it is needed. Using Shah's synthetic material, physicians would be able to scan the patient's body and 3D print a personalized product. Alternatively, due to its mechanical properties, the biomaterial also can be easily trimmed and cut to size and shape during a procedure. Not only is this faster, but also less painful compared to using autograft material. Orthopedic surgeons have been patiently waiting for this new technology.

More recently, researchers from Northwestern University and the University of Illinois at Chicago have used 3D printed hyperelastic bone to regenerate skull defects in rats. The results could eventually lead to the development of a much needed cost-effective solution for craniofacial bone grafts.

This is another great use of technology for replacing defective or worn bone parts.

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



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

Social Security Today

Agency Adds to its Compassionate Allowances List

Kilolo Kijakazi, Acting Commissioner of Social Security, today announced 12 new Compassionate Allowances conditions: 1p36 Deletion Syndrome, Anaplastic Ependymoma, Calciophylaxis, Cholangiocarcinoma, FOXG1 Syndrome, Leber Congenital Amaurosis, Metastatic Endometrial Adenocarcinoma, Paraneoplastic Cerebellar Degeneration, Pineoblastoma – Childhood, Primary Omental Cancer, Sarcomatoid Carcinoma of the Lung – Stages II-IV, and Trisomy 9.

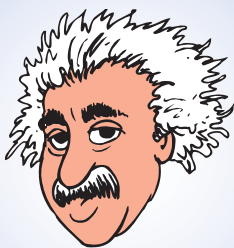
The Compassionate Allowances program quickly identifies claims where the applicant’s medical condition or disease clearly meets Social Security’s statutory standard for disability. Due to the severe nature of many of these conditions, these claims are often allowed based on medical confirmation of the diagnosis alone. To date, nearly 900,000 people with severe disabilities have been approved through this accelerated, policy-compliant disability process, which now includes a total of 278 conditions.

“The Social Security Administration remains committed to reducing barriers and ensuring people who are eligible for benefits receive them,” said Acting Commissioner Kijakazi. “Our Compassionate Allowances program allows us to reinforce that commitment by expediting the disability application process for people with the most severe disabilities.”

When a person applies for disability benefits, Social Security must obtain medical records in order to make an accurate determination. The agency incorporates leading technology to identify potential Compassionate Allowances cases and make quick decisions. Social Security’s Health IT brings the speed and efficiency of electronic medical records to the disability determination process. With electronic records transmission, Social Security can quickly obtain a claimant’s medical information, review it, and make a faster determination.

For more information about the program, including a list of all Compassionate Allowances conditions, please visit www.ssa.gov/compassionateallowances. To learn more about Social Security’s Health IT program, please visit www.ssa.gov/hit. People may apply online for disability benefits by visiting www.ssa.gov. To create a my Social Security account, please visit www.ssa.gov/myaccount.

Find Einstein



Can you find the hidden Einstein in this paper?

E	P	I	C	P	L	A	S	H	A	R	M	S
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TRADING POST

Volunteer

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

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

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

Caregivers

Silver Wings Arts Program

Small group music, movement, and art dementia-focused day program.

M-F, 10:30am-3:30pm. Onsite-offsite activities. Certified caregiving, dementia trained, CPR, PhD, 720-436-6397.

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

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Highlands Ranch Senior Center Inaugural Memberships

The Highlands Ranch Metro District is now selling inaugural memberships to the Highlands Ranch Senior Center. Inaugural members will experience many of the programs and services offered by the Highlands Ranch Senior Center before it opens in 2024.

The one-time membership fee of \$20 for Highlands Ranch residents and \$25 for non-residents is available only until the senior center doors officially open.

- Benefits include:
- A \$10 discount on the 2024 annual membership
 - An invitation to inaugural members only pre-opening event
 - An inaugural membership pin
 - A key fob with inaugural member design
 - Reduced fees for senior center programs
 - Free access to virtual programs
 - First access to volunteer opportunities

Inaugural memberships began August 1 and will remain valid until the senior center opens in 2024. Memberships can be purchased at the Metro District Service Center, 3280 Redstone Park Circle, by cash, check or credit card. Adults 55 years of age and older, as well as their spouse, are eligible for membership. Proof of age will be required at registration.

Fall 2023 programs that are available prior to the senior center opening, include art classes, social opportunities, and fitness/dance classes. Free indoor and outdoor activities and programs, including local trail walks and more, will also be offered throughout September as part of Healthy Aging Month and National Senior Center Month.

Learn more about the memberships and fall programs by calling 303-785-0320 or at highlands-ranch.org/seniorcenter.

Coming Soon: Vintage & Vibrant 2023!

The Seniors' Council of Douglas County, in collaboration with Aging Resources of Douglas County and Douglas County Government, is co-hosting a day-long educational event entitled Vintage & Vibrant 2023: Exploring the Latest Trends in Living Well & Aging Well. Our signature event will be held on Thursday, September 28th from 8 a.m. – 3:30 p.m. at the Parker Arts, Culture and Events (PACE) Center, 20000 South Pikes Peak Ave in Parker.

This event is specifically designed to entertain, inform and intrigue an older adult audience. Our program will include two engaging keynote speakers, multiple informative breakout sessions, three interactive activities, morning refreshments, lunch, guest bags and door prizes. Your \$10 registration fee covers it all, with scholarships available if needed.

We begin the day with the wit

and humor of Jeanne Nott, 2022 Ms. Colorado Senior America and during lunch learn about the fascinating world of 'smart tattoos' from Dr. Carson Bruns, Professor at the University of Colorado in Boulder.

Vintage & Vibrant 2023 would not be possible without the generous support of our co-hosts and numerous event partners, including our Platinum Partners; Visiting Angels – Littleton, Seven Stones Botanical Gardens & Cemetery, Centura Health, the Denver Regional Council of Governments (DRCOG) and Bridgewater Castle Rock.

To review our complete program, meet the rest of our event partners and register to attend, please visit www.douglas.co.us and search for Vintage & Vibrant.

Online attendee registration began August 1st and seating is limited so register soon!

A Whale of a Tale

According to the International Whaling Commission "whale watching tourism is rapidly growing around the world." But it is highly unlikely that the majority of the millions of whale watchers out there have seen what the Rob-

ert Addie family saw off the coast of Provincetown, MA recently: three humpback whales simultaneously breaching the Atlantic Ocean. Coincidentally, Robert had his video camera handy when the trio of whales soared out of the water at the same time.



Working Together To Prevent Suicide In Douglas County

We've all been affected by loss due to suicide. Together, that's changing in Douglas County.

The Board of Douglas County Commissioners today announced seven beneficiaries of suicide prevention grants, totaling a \$1.37 million investment in suicide prevention in Douglas County over the next three years.

Beneficiaries include: The Aspen Effect, Castle Rock Pride, The Happy Crew, the 18th Judicial District Juvenile Assessment Center (JAC), National Alliance on Mental Illness Arapahoe/Douglas Counties (NAMI ADCO), Second Wind Fund, and You are Not Alone Mom 2 Mom (YANA M2M). Additional grant funding was allocated to the Dads of Castle Rock for a total of \$1.5 million.

"Working together on this critical issue is so important. Between 2016 and 2020, Douglas County had 273 suicide deaths and 1,903 individuals seen in the emergency department for suicide attempts or self-harm," said Commissioner Lora Thomas. "That's thousands of lives affected by suicide in just five years. We know from success on previous efforts that working together and data-based practices for prevention will no-doubt save lives."

In 2017, the Douglas County Mental Health Initiative, in coordination with law enforcement partners, began Community Response Teams to address mental

health needs in the community. Building on the success of these teams, the Board in September 2022 dedicated \$1.5 million in American Rescue Plan Act (ARPA) funding to grants for local organizations' innovative work within suicide prevention, intervention, treatment and recovery. A call for proposals went out in January 2023, resulting in 12 proposals.

Proposals covered an array of services and approaches, including animal-assisted mentoring, youth leadership development, post-partum peer support, and direct treatment programs – all that spanned the spectrum from prevention to intervention and recovery. The County convened a grant review committee with representatives from the County, Douglas County Health Department, Douglas County School District, Centura Health and AllHealth Network to evaluate and score each application, which resulted in the recommendation to fund seven proposals for \$1.37 million. The funding will be distributed over three years, based on performance.

Data has indicated suicide disproportionately affects middle aged men. As a result, the Board is also allocating \$127,830 of the original \$1.5 million to programs for men and veterans, including a grant to Dads of Castle Rock for Mental Health First Aid Training.

Centers for Medicare and Medicaid Services (CMS)

Important Changes Coming to Medicaid/CHIP Program Eligibility

Do you or a family member currently have health coverage through Medicaid or the Children's Health Insurance Program (CHIP)? If so, you may soon need to take steps to find out if you can continue your coverage. States have resumed eligibility reviews. This means some people could be disenrolled from those programs. However, they may be eligible to buy a health plan through the Health Insurance Marketplace® and get help paying for it.

Make sure your state has your current mailing address, phone number, email, or other contact information. This way, they'll be able to contact you about your Medicaid or CHIP coverage.

Your state will mail you a letter about your Medicaid or CHIP coverage. This letter will also let you know if you need to complete a renewal form to see if you still qualify for Medicaid or CHIP. If you get a renewal form, fill it out and return it to your state right

away. This may help you avoid a gap in your coverage.

If you or a family member no longer qualify for Medicaid or CHIP, you may be able to buy a health plan through the Health Insurance Marketplace®.

Marketplace plans are:

- Affordable. 4 out of 5 enrollees can find plans that cost less than \$10 a month.
- Comprehensive. Most plans cover things like prescription drugs, doctor visits, urgent care, hospital visits, and more.

Visit HealthCare.gov to find Marketplace plans and see if you might save on premiums. When you apply, don't forget to include current information and your state's recent decision about your Medicaid or CHIP coverage.

Contact your state Medicaid office or visit Medicaid.gov for more information about renewals. Call the Marketplace at 1-800-318-2596 to get details about Marketplace coverage.

Mexican Cultural Center Welcomes Rachel Garcia as New Executive Director

Denver, CO, Aug 21 – The Mexican Cultural Center is thrilled to announce the appointment of Rachel Garcia as its new Executive Director, effective Monday, August 14, 2023. With a wealth of experience in cultural programming and community engagement, Garcia is poised to lead the center in its mission to promote Mexican culture and strengthen cross-cultural connections.

Rachel Garcia brings to the role a deep understanding of the importance of cultural diversity and a proven track record in organizational leadership. Her passion for fostering understanding and appreciation of Mexican heritage aligns perfectly with the center's goals. As Executive Director, Garcia will oversee the implementation of innovative programs, exhibitions, and events that showcase Mexico's rich traditions and contemporary contributions.

"I am honored to join the Mexican Cultural Center and contribute to its efforts in celebrating the vibrancy and diversity of Mexican culture and beyond," said Rachel Garcia. "I look forward to collaborating with the team and engaging the community in meaningful ways that deepen cultural connections and foster mutual understanding and continue the mission of this wellrespected institution."

Prior to joining the Mexican Cultural Center, Rachel Garcia held leadership roles in various positions in the private sector and in cultural and arts organizations, including Colectiva, where she demonstrated her commitment to promoting intercultural dialogue and fostering inclusive spaces for

all. Her expertise in cultural programming, organizational leadership, event planning, partnership development, and community connections and outreach will undoubtedly enhance the center's impact. She also previously served as a Board Member of the Mexican Cultural Center.

"We are excited to welcome Rachel Garcia as our new Executive Director," said Marcela de la Mar, Board Chair of the Mexican Cultural Center. "Her extensive background and visionary leadership will help us continue to showcase the rich tapestry of Mexican culture while connecting with diverse audiences."

"Anyone who has ever spent five seconds with Rachel knows that she would make an excellent Executive Director of the Mexican Cultural Center," said Andrés Carrera, Board Member of the Mexican Cultural Center who co-led the search with fellow Board Member Angela Davidson.

"The Mexican-American community – and Latino communities at large – will directly benefit from Rachel's enormous talent promoting arts and culture."

Under Rachel Garcia's leadership, the Mexican Cultural Center is poised to embark on an exciting chapter of growth, collaboration, and cultural exploration. The center remains dedicated to celebrating Mexico's heritage and facilitating cultural exchange, making it an invaluable resource for the community.

For more information about the Mexican Cultural Center and its programs, please visit mccdenver.org.

Colorado Opioid Abatement Council Approves \$2.5 Million Grant

The Colorado Opioid Abatement Council (COAC) today approved \$2.5 million in new funding for local governments to fight the state's opioid crisis. The COAC made the announcement at their annual statewide conference, a gathering of regional law enforcement, public health, and local government leaders, happening this week in Montrose.

"These funds will be put to work by the people who are working tirelessly to combat a crisis that continues to claim people's lives and tear families and communities apart," said Attorney General Phil Weiser, who chairs the COAC. "After securing more than \$700 million in settlements from the companies responsible for the crisis and launching a transparent and fair grantmaking process,

we're excited to see how this money can be put to use by affected communities."

The grants announced today are intended to provide resources for capital improvements and provide operational assistance for communities to combat Colorado's opioid crisis, particularly in hard-hit, underserved areas. As part of this granting process, the COAC accepted applications from state agencies, local governments, regional opioid abatement councils, or a combination thereof. The criteria for these grants were set forth in requirements outlined in a statewide agreement. In addition, these funds are intended to encourage cross-regional collaboration between the 19 opioid regional councils.

Genealogy Rocks!



Carol Darrow

September always marks the beginning of school for me even though my children are long past that milestone. September is the beginning of a busy year in genealogy and it's high time you considered how you want to proceed this year.

If you're just beginning your family search, you may want to find a beginner class to get you off on the right foot. The Colorado Genealogical Society offers Genealogy 101 every month starting on September 9. You can register for this free Zoom class at cogensoc.us.

If you are searching in a particular area of family research, such as immigration records or military records, you can check out the free ConferenceKeeper.org website that lists available Zoom classes held across the country.

If you've hit a brick wall in your research, you may need to focus on a particular record group and some of its twists and turns. One exam-

ple is the "missing" 1890 U.S. census. It was compiled in 1890 but all copies were destroyed in a fire in 1921. You will need to use some workarounds to overcome this loss. State censuses taken in 1885 and 1895 may help you as well as the 1890 census of former Union soldiers receiving pensions.

If you have collected lots of information, you may need to look into some organizational software such as Family Tree Maker, RootsMagic, or Legacy Family Tree. These software applications live on your own computer and give you control over developing your own family tree.

If you are interested in saving your research in a story that you can pass on to your grandchildren, consider a writing group that will help you frame your story and tell it in an interesting way. One such group is WriteNOW, also available on the CGS website, cogensoc.us.

Carol Cooke Darrow is a professional genealogist in Denver. She teaches Genealogy 101 and facilitates the WriteNOW family writing group.

Reel 'Em In!

Reel 'em in! Catch and release fishing at Rueter-Hess Reservoir will be open from 8 a.m. to 6 p.m. Fridays, Saturdays, Sundays, and Mondays, starting Friday, Aug. 4, and running through October.

To maintain the vitality of the fish, a limited number of fishing opportunities will be available each day the reservoir is open. Reservations are required and open online at 9 a.m. Wednesday, Aug. 2.

Here's what you need to know:

Availability: 25 adult anglers with valid state fishing licenses will be allowed to fish each day the reservoir is open to the public – 8 a.m. to 6 p.m. Fridays, Saturdays, Sundays, and Mondays through October. (Anglers 15 or younger, who are not required by the state to have a license, are not required to register but may still fish.) You can fish from the shore or a paddleboard, kayak or canoe. (Motorized or belly boats are not allowed. Please see information below.)

Reservations: There is no cost to fish at the reservoir, but please reserve your spot ahead of time. Online reservations open at 9 a.m. Wednesday, Aug. 2. If you plan to drive into the reservoir, you will need a daytime parking pass. The cost of a parking pass is \$10. One parking pass per car is required. You can register for fishing and a parking pass at the same time, starting Aug. 2.

The fish: The reservoir has been stocked with Walleye, Yellow Perch, Largemouth Bass, Wiper (Striped Hybrid Bass), Channel Catfish, Black Crappie and Blue Gill. Only artificial lures and flies are allowed. No bait. Barbless, single hooks only. (Tackle boxes and licenses will be checked.)

For more on catch-and-release fishing, visit Colorado Parks and Wildlife's webpage.

The entrance to the Reservoir is off Hess Road in Parker, about 4.75 miles east of Interstate 25. (Please note that construction to add a new pipeline near the reservoir is ongoing, so you may see construction traffic at the entrance.)

Other Recreation

The reservoir remains open for non-motorized water activities including paddle boarding, canoeing, and kayaking from 8 a.m. to 6 p.m. Fridays, Saturdays, Sundays, and Mondays into late October.

Access to the reservoir is free. If you want to drive and park at the reservoir, the cost of a one-day parking pass is \$10 per vehicle.

A new registration system will launch at 9 a.m. Wednesday, Aug. 2. For a link to registration, and to ensure the best experience possible, visit our website <https://www.douglas.co.us/rueter-hess-recreation/reservations-rueter-hess/> for all of the details to plan your day. Stay updated by signing up for Rueter-Hess emails.

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Crossword Puzzle

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ACROSS
1 Heroic
5 Gentle splash
10 Weapons
14 Large almost tailless rodent
15 Supple
16 Sweetheart
17 Image
18 Part of the verb "to be"
19 Brassard
21 Variety of rummy
23 Pad worn to protect the knee
24 Lyric poem
25 Money
26 Skin tumor
30 Experts
35 Period of history
36 Gap

38 Wading bird
39 Devices for fishing
41 Given to moods
43 Melody
44 Go away
46 Endure
47 9th letter of the Hebrew alphabet
48 Abnormal
50 Not safe
53 Narcotics agent
55 Fall behind
56 Make better
60 Blessing
64 Influenced
65 Similar to
66 Allot
67 Yellow cheese coated with red wax
68 Garlic-flavored mayonnaise

September 2023
Answers page 7

DOWN
1 Heroic
2 Large almost tailless rodent
3 Adoration of icons
4 Nation in N North America
5 Plot of ground
6 Capital of Peru
7 Near to
8 Military cap
9 Rupture
10 French clergyman
11 Harvest
12 Supernatural force
13 Floating vegetable matter
20 Repairs
22 Monetary unit of Japan
25 Pertaining to heat
26 Altar stone
27 Upright
28 Unit of electrical resistance
29 Emotional state
31 7th letter of the Greek alphabet
32 Inhabitant of Portugal
33 Tester
34 Glide along smoothly
37 Paradise
40 Plant juice
42 Affirmative reply
45 Lesser
49 Admonition
51 Antiquity
52 Phoenician of Greek myth
54 Cylindrical larva
56 Chilled
57 Method
58 Scheme
59 Capital of Italy
60 Cabbagelike plant
61 Egyptian goddess of fertility
62 Type of gun
63 Drove
69 Satisfactory



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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 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.

Apex is excited to be partnering with Spark the Change Colorado To learn more about volunteering, please visit <https://www.sparkthechangecolorado.org/>.

Tuesday Painting: Tuesday, Aug. 1, 12:30-3 pm

Explore your artistic journey in a creative and supportive studio setting. Bring your own supplies for the medium of your choice. Beginners welcome. \$45 (\$54 non-res.).

Book Club: Wednesday, Aug. 9, 1 pm

Book Club is back! We will be discussing “Ninth House” by Leigh Bardugo. Light refreshments will be provided. \$5 (\$6 non-res.).

Active Adult – Welcome Breakfast: Thursday, Aug. 24, 9 am

Whether you’re new to the district or ready to try some new activities, discover the many diverse opportunities across Apex. Enjoy a light breakfast while you learn about various social activities and how to get involved. We will also be discussing the benefits of insurance-based memberships. Free, but registration required.

Hike – Button Rock Dam Loop: Tuesday, Aug. 22, 7:30 am

Join us for a hike on the Button Rock Dam Loop. The trail is 4.7 miles round trip has 605’ elevation gain starting elevation 6020’ and is rated moderate.. \$25 (\$33 non-res.).

Trips: G Line Rail Experience: Tuesday, Aug. 29, 10 am

Learn how to use accessible public transportation safely, confidently, and independently via the G Line commuter rail (RTD) to expand your travel options. Leave the Ward Road RTD station and learn how the payment options work. Then depart on the G Line to learn about the history of RTD. Arrive at Grand Hall at Union Station where you will be shown connections to other travel options like DIA, Bustang, Coors Field, and more. On the way back, stop at Olde Town Arvada for a quick sweet treat provided by Visit Arvada before returning to the Ward Road station. \$10 (\$12 non-res.).

Puzzle Hustle: Aug. 19, 10 am

Puzzlers, get your team together and join us for the Apex Puzzle Hustle jigsaw puzzle challenge! Teams of two to four people will compete to finish a 500-piece puzzle in the shortest amount of time. This event is for ages 12+. Puzzle is provided. Registration price is per team. \$35 (\$40 non-res.).

Rental Opportunities at the Center

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

Ageism Matters

Ageism Awareness Day October 7

Ageism Awareness Day provides an opportunity to draw attention to the existence and impact of ageism in our society. Ageism is a globally widespread and socially accepted form of prejudice. It can be found everywhere, from our workplaces and health systems to stereotypes we see on TV, advertising and in the media. It affects people of any age and harms all.

Of course, ageism is both unfair and inaccurate, and it also does real damage to our individual health and financial security, as well as taking a toll on our economy. Ageism decreases quality of life, increases our risks for health conditions and dementia, and can shorten life spans by up to 7.5 years. It adds millions in extra health care costs and leads to lost income from age discrimination in the workforce.

But, we can do something about it and that is what Ageism Awareness

Day is all about. Changing the Narrative is part of a worldwide effort and we are calling upon everyone to take part. This can range from reading a book or watching a video about ageism, choosing to send an age-positive birthday card, attending an event, or stepping up to be a leader in your circles.

Learn more about what you can do in our blog at <https://www.changingthenarrative-co.org/blog> and from The American Society on Aging’s Ageism Awareness Day free online toolkit at <https://www.asaging.org/ageism-awareness>

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



Kris & Sara



Eileen Doherty

Denver, CO. Some embrace technology, others tolerate it, and still others hate it. While most of us can relate to these feelings whether it is the cell phone that is overly confusing, the television that won’t shut off with just the click of a button, or an electric scooter that helps us do our own grocery shopping.

Sometimes technology is just convenient, but other times it allows us to live longer independently. A home that is equipped with security cameras allows someone to receive notifications when you go in and out of the house. The smart watch allows someone to send notifications when it is time to take your medications or for emergency assistance to be called if you fall and can’t get up without help.

Technology is beneficial in the kitchen. A coffee pot can be set to turn off in two hours if no one has used any coffee to prevent a fire. A

smart stove can be turned on and off remotely, again allowing someone to check if the stove was turned off after cooking.

Yard work can be extremely difficult for many older adults. Laying a sprinkler system with a remote control can allow you to water your lawn by using the phone app. A phone app can change the temperature in your house if getting out of a chair is difficult. Other apps can turn the lights off safely after you are in bed, rather than having to find your way to bed with a night light and risking a fall.

Technology is one of the keys to helping you stay in your home longer. Embrace it and use it. If you have questions, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish).

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

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

To register online: Programs | City of Englewood, Colorado 303.762.2662 <https://www.engagewoodco.gov/parks-recreation-library-golf/play-engagewood>

Bingo
Join this game of chance in person or via Zoom. Malley Recreation Center has the best Bingo crew and fun prizes! Join us this month.
8/10 Th 1-2:00 p.m.
SOCIAL PASS FREE
Movie Time
Join us the second Friday of each month to watch a free movie on the big screen. Popcorn available for 25 cents. Watch for monthly flyers or call 303.762.2660 the week of the movie to find out what is playing.
8/11 F 1-3:00 p.m. FREE

Creative Pottery
Explore various methods of hand building, slip casting & sculpting to create three pieces of art in each six-week session. All glazes, under-glazes & kiln firings included. Clay fee is \$15 for every 25 pounds of clay, payable to instructor. (Please Note: No class on 7/4 or 7/5 due to holiday). Instructor: Michael McGrath
Location: MRC
7/25-8/29 Tu 10am-NOON
31760412 \$72/\$67
7/26-8/30 W 10am-NOON
31760312 \$72/\$67
7/26-8/30 W 4:30-6:30pm
31760314 \$72/\$67

Basic Photography Composition
Grab your smartphone or camera and explore how to better capture images by applying the basic elements of composition in photography. Instructor: Cynthia Slade Location: MRC
8/7-8/28 M 1-2 p.m.
31461812 \$27/\$22
Hawk Quest: Birds of Prey
This one-hour program, which is tailored to the age and experience of the audience, includes a Bald or a Golden eagle, an owl, a falcon, and features a free-flying hawk. Discover the importance of different raptor species, their specially adapted tools, and their role in our ecosystems.

8/10 Th 10 a.m.-11 a.m.
31462311 \$17/\$14
Good For You Food on a Budget
Discover how to support optimal health without breaking the bank! This workshop will offer guidance on how to best navigate affordable foods with tips to stay on track, menu planner, creating a shopping and pantry partner list, the healthy meal list and more! Kelly Andis (Natural Grocers)
Location: MRC
8/24 Th 1-2 p.m.
31461211 \$7/\$5
New! Senior Medicare Patrol
The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers. This class offers information to prevent, detect, and report health care fraud as well as errors and abuse. SMPs are here to answer your questions. Advice is free, confidential, and objective. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Colorado Senior Medicare Patrol: 888-696-7213 / dora_seniormedicarepatrol@state.co.us
Location: MRC
8/18 F 9 -11 a.m.
31461513 Free, Registration Required
New! 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. Free, registration is required. Location: MRC
8/25 F 10 a.m.-NOON
31462113 Free, Registration Required
Will Maker- Legal Seminar
Complete a living Will or assign Medical or Financial Power of Attorney in this informative four-hour workshop. Fee includes materials, and

witness for notarization of documents. Time allotted for individual review and questions. Workshop requires additional \$100 fee paid directly to the workshop Instructor, Rebecca Bennetti- Attorney of Estate Planning Law. Location: MRC
8/8 Tu 12:30 p.m. – 4:30 p.m.
31460511 \$15/\$12
Medicare 101
Discover some of the options available and receive advice on plans best tailored to specific needs. Sponsored Presenter: Allen McGirl Insurance Location: MRC
8/10 Th 1:30-3:00 p.m.
31460311 FREE
Public Transportation Options & Older Adults
Explore public transportation options best suited for older adults. Consider options for accessibility with a walker, scooter, cane, or wheelchair that allow for ease of transport in the local area. Sponsored Presenter: Roadmap for Aging Experts Location: MRC
8/23 W 10 a.m.-noon
31460811 FREE
Reverse Mortgage-What Heirs Should Know
For many borrowers with a Reverse Mortgage, the reality is that they might not be the one closing on the loan. That responsibility may fall to an heir or executor. Learn how to prepare for self and loved ones as well as tending to what is needed when the last borrower leaves the home. Sponsored Presenter: Orion Mortgage
8/14 M 10 -11 a.m. F 31461111 FREE, Registration Required
Blackhawk & Central City
Try your luck at Black Hawk or Central City- we will drop you off and pick you up so you can hit the big jackpot and be in the heart of it all. All activities on your own. Registration Deadline: 3 full business days prior to excursion date.
8/14 M 9am-4pm
32060613 \$25/\$20
Denver Urban Gardens Fall Plant Sale & Lunch- Denver

Come along as we explore the fall plant sale and gather your favorite organic cool-season seedlings, as well as cover crop seeds, garlic, and learn more about everything you'll need to put your garden to bed at the end of growing season. Afterwards we will grab lunch at local favorite-Lou's Italian Specialties and enjoy their outdoor patio, weather permitting. Lunch is on your own.
8/12 Sa 9:15 a.m.-2:00 p.m.
32061711 \$15/\$12
Early Afternoon Tea-Lumber Baron Inn- Denver
Afternoon Tea is served the traditional English way, featuring a variety of fancy finger sandwiches alongside scones, crumpets, and fresh cookies. The finest Tekoe tea is steeped fresh served piping hot for your enjoyment. (Gluten-free fare is available for a \$7 upcharge due day of tea service- please note this accommodation at registration). No refunds after 8/1.
8/21 M 9:15 a.m. -1pm
32061811 \$92/\$76
Hops & Pie- Denver
Hops and Pie opened in 2010 by two people that love pizza, craft beer and community. Today Hops and Pie serves traditional, pan, Detroit-style and gluten- free pizza pies and sandwiches alongside a frequently rotating craft beer tap list. Location: Denver Menu price range \$10-\$26
8/15 Tu 4:15-7:30pm
32061411 \$13/\$11
Benedict's Brunch- Greenwood Village
Sip a fresh brewed cup of coffee, and enjoy omelettes galore, savory skilletts, house-made waffles, and pancakes, stuffed French toast, a bevy of beautiful benedicts, sandwiches, and more! Benedict's is family owned and has reasonable prices as well as elegant surroundings. Menu price range \$10-\$20
8/29 Tu 9:15 a.m. - 12:30 p.m.
32061511 \$13/\$11

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.
For additional info on our programs, visit www.rootedinfun.com
Wheat Ridge Carnation Festival
Join your friends and family for this fun, annual festival held at Anderson Park (44th & Field) on August 11-13th.
The fun includes midway, carnival rides, live music, food vendors and events, a car show, art show, a parade, circus, fireworks & more! Stop by the AAC Cookie Booth to purchase delicious cookies and brownies! Visit thecarnationfestival.com for more information!
Meet the Author
Meet Jacqueline St. Joan, the author of The Shawl of Midnight, a coming-of-age story, a family saga, and a hero's journey set in land con-

tested by Pakistan and India. The novel explores the depths of family, how people change over time and distance, and how we might discover through our own pressures what we are truly made of. Dessert and Chai Tea will be served at this event which will be held on Thursday, August 17th. Cost is \$12, call 303-205-7500 to register.
Gentle Evening Yoga
Find your inner power! With an emphasis on fitness and a health-based approach to Vinyasa style yoga, you will develop core strength, improve flexibility, and become more centered through a series of yoga asanas (poses). Bring your yoga mat and join instructor Lisa Toyne on Tuesday evenings in August from 6-7pm starting on August 1st. Cost for each monthly session is \$25, call 303-205-7500 to pre-register.

Movie Matinee
Enjoy the movie "Devotion" on Thursday, August 24th 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!
Trips
We have numerous outings planned for August, 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 Mondays, 1pm
Silversmith Lab – Every Wednesday, 9am - noon
Booktalk – No meeting in August

Pastel Painting – 2nd Thursdays, 10am
Maj Jong – Wednesdays, 9-11am
Canasta - 1st and 3rd Fridays, 1-3pm
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.

We Care!