

# Lakewood Cultural Center Features Musical Duo in February

and chael Stephen Brown curate an Another featured arrangement, eclectic romance program fea- Romance á GF, is a mysterious on sale now at 303-987-7845, West Alameda Avenue). turing time-loved classics, lit- composition written in 2022 Lakewood.org/LCCPresents tle-known gems, and original for the romance album. works. The infectious rapport Canellakis and Brown each of these adventurous young maintain formidable solo catalents is sure to captivate the reers while also performing as audience at the Lakewood a duo. Both musicians are long-Cultural Center at 7:30 pm on time artists with the Chamber Thursday, February 22nd.

style of the Canellakis-Brown clude performing at Lincoln Duo showcases classics along- Center, Rockport Music, and side rarely heard pieces and Wolf Trap in Washington, their own heartfelt composi- D.C. tions and wild arrangements. Looking for a sweet Valen-The romance program offers tine's gift? Give the gift of ticka preview of the duo's new al- ets to the Canellakis-Brown bum to be released in 2024 and Duo performance and celeshowcases a soulful, virtuosic, brate with dinner and a show and downright fun selection the following week! Check out of music. A highlighted piece our Culture and Cuisine partin the program, Prelude and nership with participating Bel-Dance, originated as a solo cel- mar restaurants for special dinlo work for Nicholas until Mi- ing deals available when you

pianist-composer Mi- clude a piano part for himself. the show.

Music Society of Lincoln Cen-The affectionate, and honest ter and recent engagements in-

Cellist Nicholas Canellakis chael rewrote the piece to in- show your ticket on the day of or the Lakewood Cultural

Center Box Office, 470 S. Alli-Tickets start at \$25 and are son Parkway (Wadsworth and



# Public Art Coming Soon to Douglas County

Imagine your work of art est in art, develop community from efforts of the Douglas on display for everyone to pride and draw visitors to the County Cultural Council, the see, prominently highlighted retail and civic areas where statutorily required local citiin Douglas County as part of pieces are displayed. Local art- zen advisory board that, since the well-established Art En- ists and those from through- 2007, has granted Scientific counters public art program. If out the country are invited to and Cultural Facilities Disyou're a sculptor, submit your submit work to this program, trict (SCFD) funds toward work now for a \$1,000 stipend which is an essential part of the Art Encounters program. and have your selected work our vibrant community. on display for one year. Chosen sculptors receive a the Town of Castle Rock also Founded in 2007, Art En- \$1,000 stipend and will be provide funding to participate counters is a year-long, out- considered for the \$1,000 peo- in the program. door sculpture exhibit show- ple's choice honorarium and casing sculptures, in various the \$1,000 kid's media and styles, displayed choice prize. Adin highly visible areas in Cas- ditionally, since tle Rock, Highlands Ranch, the program's Parker, Lone Tree and Rox- inception, more borough. Selected sculptures than 22 pieces are viewed by thousands of have been purchased or donatvisitors annually. Art Encounters was created ed. by citizen advocates for the Art Encounarts to promote public inter- ters was born

Douglas County Libraries and



Pet Safety Page 2

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### Thursday/15

The Colorado Gerontological Society presents a free online program on "Convincing Family to Let You Live at Home." Family most often have our best interests at heart when they suggest that we move from our current home. They may offer suggestions like "moving closer to their personal residence," or "moving to a an older adult community or an assisted living," or "coming to live with them or another family member." Register for the Zoom info at www. senioranswers.org.

### Saturday/17

The Colorado Genealogical Society presents a free program on "Dear Diary – Find and use letters, diaries and memoirs" by Eilene Lyon at 10 am on Zoom. Eilene will show how beneficial diaries, letters, and other memoirs in creating family history stories of your ancestors. Please register online at https://cogensoc.us to receive Zoom info and any handout.

The Castle Rock Genealogical Society presents a free program on "Getting the Most From Find-A-Grave" by Elaine Fraser at 10 am on Zoom. Finda-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 online at https:// crcgs.org/ to receive the Zoom info and any handout.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at https://local. aarp.org/virtual-community-center to learn more about their online classes. Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine. Through later folk traditions, it has also become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer.

Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

While the custom of sending cards, flowers, chocolates, and

other gifts originated in the UK, Valentine's Day still remains connected with various regional customs in England. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

Today, according to Hallmark, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas).

Valentine's Day is the perfect opportunity to let that special someone know how you feel about them. Whether it be a spouse, a new boyfriend or girlfriend, or a best friend, let these thoughtful gift ideas show them how much you really care:

1. Flowers: A bouquet of roses will stand the test of time, just like your love story. You have two options: Assemble it ahead of time and arrange it in a vase, or do it together during your next at-home date night.

2. A better bath: With a bath basket, you are not only transforming a standard household bathroom into a spa-like retreat, but you are also giving the gift of self-care. Fill the basket with soothing bath oils, fragrant bath bombs, calming soaking salts and aromatic candles.

3. Tickets for two: Two tickets to a special event shows that you are not only paying attention to your loved one's favorite things, but that you also support their interests. Be it the opera, a basketball game, or the concert of a beloved artist, give the gift of a one-of-a-kind date night, and amazing memories.

4. Chocolates: Spell out your love with chocolate truffles. The taste will definitely spell love!

5. More time in the evening: Delivering wholesome, nutritious ingredients and recipes to doorsteps, a meal subscription service takes some of the heavy-lifting out of menu prep and grocery shopping, giving your Valentine more time to spend on personal pursuits.

As you make your Valentine's Day plans, remember that the best gifts will not only dazzle and impress your special someone, but also make them feel cared for and appreciated. Courtesy of Statepoint & Wikipedia.

# Pet Safety During Cold Weather

You're probably already aware of the risks posed by warm weather and leaving pets in hot cars. But do you know that cold weather also poses serious threats to animals' health.

Know the limits: Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Stay inside. Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's NOT true. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside. Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked or bleeding paw pads. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes.

sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

Wipe down: During walks, your dog's feet, legs, and belly may pick up de-icing products, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs, and belly to remove these chemicals.

Collar and chip: Many pets become lost in winter because snow and ice can hide recognizable scents to find his/her way back home. Make sure your pet has a well-fitting collar with up-to-date identification and contact information. A microchip is a more permanent means of identification. Prevent poisoning: Clean up any antifreeze spills quickly, and keep the containers away from pets, as even small amounts of antifreeze can be deadly. Also keep your pet away from de-icers as these can make your pet sick if swallowed. Provide shelter: We don't recommend keeping any pet outside for long periods of time, but if you are unable to keep your dog inside during cold weather, provide

him/her with a warm, solid shelter against wind. Make sure that they have unlimited access to fresh, non-frozen water (by changing the water frequently or using a petsafe, heated water bowl). Space heaters and heat lamps should be avoided.

Recognize problems: If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately. Feed well: Keep your pet at a healthy weight throughout the winter. Some pet owners feel that a little extra weight gives their pet some extra protection from cold, but the health risks associated with that outweigh any potential benefits. Watch your pet's body condition and keep them in the healthy range. Outdoor pets will require more calories in the winter to generate enough body heat and energy to keep them warm - talk to your veterinarian about your pet's nutritional needs during cold weather. Courtesy of American Veterinary Medical Association.

# Valentine's Day History, Traditions, & Gift Ideas

Check individual venues for current information

Calendar sponsored by: Beyers Law

We Care

Play dress-up: If your dog has a short coat or seems bothered by the cold weather, consider a



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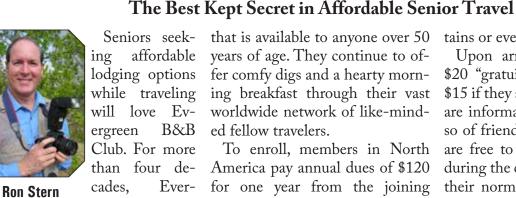
### DEADLINE 10th of the Preceding Month

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.

> Publisher/Editor Robert A. Trembly II

**Chief Financial Officer** Michael Gumb

**Contributing Writers Boulder County Senior Centers** Boulder County Agencies



Seniors seekaffordable lodging options while traveling will love Evergreen B&B Club. For more than four de-Evergreen Bed and

Breakfast Club has been providing seniors affordable accommodations for only \$20 per night. Surprisingly though, many still don't know about this so-called secret



Breakfast at Duncan and Stephanie's House. Photo by Ron Stern

that is available to anyone over 50 years of age. They continue to offer comfy digs and a hearty morning breakfast through their vast worldwide network of like-minded fellow travelers.

**Ron Stern's Travel Series** 

**Evergreen B&B Club:** 

To enroll, members in North America pay annual dues of \$120 for one year from the joining date. If they live in other countries, then the amount is only \$80 for a full five years. This allows them to travel anywhere and enjoy "non-commercial" bed and breakfast accommodations.

> The other requirement is fairly simple. Each member needs to have a spare bedroom or some other type of guest accommodation. They also agree to host when it fits with their schedule and on average, members host 3-5 times per year. As you might imagine, the types of available homes vary widely and can range from modest to luxurious. They could be in the city, country, moun

tains or even at the waterfront.

Upon arrival, couples pay the \$20 "gratuity" to their host and \$15 if they are a solo traveler. Stays are informal and after an hour or so of friendly conversation, guests are free to plan outside activities during the day, leaving the hosts to their normal routine. Guests can arrange to stay multiple days upon mutual agreement. Hosts provide clean, comfortable

Composed of retirees, "empty nesters" and others, part of the enjoyment of this club is the opportunity to meet others and learn about each other's backgrounds, interests, hobbies and life experiences. Once they join, access is provided to Evergreen's online membership map and profile guide.

My wife and I recently had the opportunity to try a couple of these recently while on a road trip. We found our hosts to be friendly and gracious and the accommodations spacious and comfy. Best of all, \$20 per night is way better than paying more than \$100 for a "typical" hotel stay.

This was a sponsored visit, however, opinions herein were based on the author's honest opinons.

# **Denver Achieves Historic Success with Housing 1,000 Homelessness Persons!**

nounced last month that his ad- new year, we will double down on low, 3) Acquired and opened 1,173 ministration has housed more than 1,000 home- where nobody has to sleep on the micro-communities, 4) Gathered lessness persons in less than six streets." months. For the first time in Denver's history, the city permanently closed more than 10 large encampments by moving people to local housing and wraparound support services like mental health care, substance misuse treatment, and workforce training. "I am proud to announce that Denver succeeded in moving more than 1,000 people off the streets and into housing in less than six months," said Mayor Mike Johnston. "Working shoulder-to-shoulder with Denverites from every community, we are hard problems are solvable, and we are the ones to solve them. Today ing renewed vibrancy, and it is just kept those areas closed to future



Mayor Mike Johnston an- the beginning. As we welcome a camping, shown in the map besuccessfully our efforts to make Denver a city units in 4 converted hotels and 3 community feedback from thou-

sands of attendees at over 60 community meetings hosted by Mayor Johnston, 5) More than 250 people volunteered through the initiative, & 6) Increased shelter capacity by 35% for families experiencing homelessness.

& Businesses

Marketing Director Bob Larson

**Product Consultants** Michael Buckley Robert Trembly

**Design**/Production Kit Brown

### **Smart Phone Access**



a State of Emergency on Homebuilding a city that believes that lessness on July 18, 2023, Denver has: 1) Housed 1,034 Denverites living on the streets in permanent across city leaders on this effort. is a new start for the 1,000 people units, converted hotels, and tiny The city has also partnered with sleeping in their new homes, the home micro-communities, 98% of local service providers, non-profits, businesses getting back on their which are still indoors, 2) Perma- and businesses that were critical in feet, and the neighborhoods find- nently closed 10 encampments and the success of this initiative.

The House1000 initiative succeeded thanks to robust collaboration between Johnston Administrathe tion, Denver City Council, city agencies, and community partners. Denver City Council members cumulatively casted Since Mayor Johnston declared more than 300 votes on bills related to the House1000 initiative, and there were only seven no votes, showing a meaningful alignment Las Vegas, the

theme promot-

ed artificial in-

telligence (AI).

Many new AI

### **Technology is Hip!** This Year's Consumer Electronics Show **Promotes** AI



**Bob Larson** 

products were shown to provide beneficial services for seniors and all ages. This annual show is one of the most influential tech events in the world. Over 130,000 people including the vendors and buyers attend this event to display or see the latest day lives. technical innovations for all ages.

Some of the exciting new AI products for seniors included the voice-controlled Labrador Retriever robot from Labrador Systems, which can assist people to live independently by carrying objects such as food, drinks, laundry, and others around the house. Nobi, the AI-powered smart lamp features the ability to monitor distress indicators such as irregular breathing and coughing. Onward Rides is a ride sharing service for older adults and others who need minor physical assistance. Riders are accompanied by trained and vetted companion drivers who can offer a little extra help to riders

At this year's who need a hand. This service is C o n s u m e r for senior communities, hospitals, Electronics and health plans as a healthcare Show (CES) in transportation solution.

Other innovative AI products included the Badger by Satellite Displays Inc, which is a closed captioning smart badge used to convert speech to text in real time, in 50+ languages. Ara by Strap Technologies Inc is a wearable, handsfree device with sensors that transcribe the environment, providing blind or visually impaired users with support to move faster and safer throughout their every-

More innovative products included XanderGlasses<sup>™</sup> created by MIT Media Labs, which are smart glasses providing captions for conversations in real-time to help persons with hearing loss. When you can't hear what someone is saying, their glasses let you see what someone is saying in real-time.

Next month, I'll reveal other CES products that will benefit seniors. These are great benefits to make our lives better.

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



cellphone. Just look around at all the people who are just glued to their phones and not present in the current situation or the people whom they are interacting with. They are telling those around them that what is drawing their attention on the phone is more important than them. Not to be Miss Manners, but it is rude and isolating and at times hurtful. I see parents whose children are trying to talk to them while

the parent is glued to the phone and saying mindless, "ah, huhs". In my humble opinion, it is a form of rejection. I try to put my phone down and away when I am talking to people. Ask yourself, is what you are doing on the phone more important

С

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### **Uniquely Bea**

"Stop, Look and Listen...Be Present."

around you?

In this busy, than interacting with the people topsy-turvy world, there are a lot of things it is key to be present when that continually absorb and impact our attention. For many, the main culprit is the

you are behind the wheel. I personally have had some near misses here lately when I have been behind the wheel and my mind is wandering. I also return phone calls to relatives who live in a different time zone than I do while I am running errands. This is flat out dangerous. In 2024, I plan to stop doing this and make phone calls when I am parked or when I have just gotten in the car. As a 50++++ person, my reflexes are not as sharp as they used to be, and I am just a second or two away from an unnecessary accident.

Driving is another area where

Hopping off my soapbox...for now....:)



# **VA Facilities Offer Many Female Medical Services**

Women Veterans, you may be surprised to learn about all VA has to offer. If you haven't checked out VA in a while, things have changed. We recognize each of you are unique and your health care needs are not "one-size-fitsall." That's why VA continues to expand its services, so we can provide you with the best care possible to better fit your needs.

When it comes to your health and well-being, we have you covered. VA is a one-stop-shop where you can receive care coordination for all your health needs in one place. You have access to a full spectrum of gender-specific comprehensive health care at VA, and our Whole Health approach is all about focusing on what matters to you. Your VA health care coordination includes primary and preventative care, reproductive health, fertility services, maternity care, mental health, and resources for your overall well-being, like exercise, sleep, and nutrition. We're here to support you in all stages of your life through

gender-specific care (including LGBTQ+ health), preventive care, and general primary care for acute and chronic illnesses. You can receive routine wellness exams as well as cervical cancer screening (Pap tests), breast cancer screening (mammograms), birth control and vaccines.

We understand not every woman's journey is the same when it comes to pregnancy or family building. VA is a trusted partner in discussing sensitive reproductive health topics, such as fertility, birth control, menopause and more. We also understand women Veterans may face unique mental health challenges and we work to address them directly through evaluation, counseling, and treatment. Call or text 1-855-VA-WOM-EN or visit VA's women's health website at www.womenshealth. va.gov to learn more. If you haven't been using VA's health services, we invite you to give us a chance. And if there's something on your mind, talk to your VA health care team about it. We can most likely help.

# **Seniors Playing Softball**

Colorado Senior Softball Readies for 2024 Season

ο С i. a t i.

The Colorado Senior Softball Association (CSSA) Board of Directors is preparing for the 2024 senior softball season. Tentative plans call for regular scheduled games to start in late April or early May.

CSSA is a nonprofit organization that organizes and manages a softball league as a means for recreation and exercise for senior citizens, 50 years of age and above. The league is managed by a Board of Directors made up of members from the Recreation Centers and from the ranks of players who volunteer their time. Teams play through the numerous recreation and senior centers throughout the front-range area, with teams participating as far south as Castle Rock, as far north as Greeley and Longmont, west to Evergreen and east to Aurora. Teams are divided into divisions based on competitive level and schedules are developed. Games are played in the

regular season schedule that runs from late April through August, and end-of-season tournaments played in late August, or early September.

The league has their regular senior teams (50 years of age and above) playing double-headers on Wednesday mornings, and the 70's teams (70 years of age and above) playing double-headers on Monday mornings. Many players play on both a regular team and a 70's team. In 2023, there were thirty two regular teams and eighteen 70's teams who participated. Men and women play on a number of the teams. Many teams are looking for new players to play in the 2024 season. More information can be found by calling your local recreation or senior center, by checking the CSSA website at www.coloradoseniorsoftball.com (click on the 'CSSA' box), or by calling the CSSA Commissioner, Stan Harbour, at 303-721-8037 (Home) or 303-478-0695 (Cell).

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### **Genealogy Rocks!**

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town or coun-

ty where your

ancestors lived

years) is an ex-

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your



**Carol Darrow** 

research. This is the place where your ancestors lived and died, married, had children, paid taxes, bought and sold land. Other researchers are also interested in your family and may have deposited information about your ancestor and his extended family in this library. This is also the most likely place to find copies of local newspapers.

Google.com the county and/or town and state plus "public library" for the address and phone number of the local facility.

The Central Denver Public Library has a wealth of resources available to people doing research about Colorado and Denver. Free indexes are available online with or without a library card. Go to DenverLibrary.org and click on the Research tab. Select "Popular Topics" and then "Genealogy & Obituaries." Here's a partial list of what you'll find:

• 10th Mountain Division (World War II) Name Lookup Index

 1885 Colorado State Census for Arapahoe County including

The local lithe City of Denver

> • Arapahoe County Coroner's Reports, 1876-1891 Index

 Calvary (Catholic) Cemetery Lot Purchases, 1889-1893

Clear Creek Pioneer Index

Colorado 1861 Territorial

Election Voters

 Colorado Directory of Mines by County

Colorado Divorces, 1861-1941

• Colorado Marriages Index, 1858-1939

 Colorado Obituary Project - 50,000 non-Denver obituary indexes, 1970-1990

 Colorado Statesman Newspaper Index, 1904-1954 of African-Americans

• Denver Marriages, 1940-1974

• Denver Obituary Project, 1913-2016 from Denver Post and Rocky Mountain News

 Douglas County, Colorado, Marriages, 1800-2000

 Mining Fatalities – Colorado 1844-1981 (includes person information, dates, mine name, cause of death).

 Real Pioneers of Colorado – 1,400 names of pioneers in Colorado prior to Feb. 26, 1861

Now think about what information might be available at the local library in your ancestor's home town. Happy hunting!

Carol Darrow teaches free Beginning Genealogy classes via Zoom on the second Saturday of the month. Register at cogensoc.us.

### **Colorado Gerontological Society** Pay Taxes, Buy Food, or Lose Your Home The Dilemma Facing Many Older Adults



Denver, the increases in their property tax While the Col-

Eileen Doherty

still be more than you can afford.

CO. sale. The lien can be paid when you Older adults are have the funds or when you sell the concerned about home. The lien must be renewed annually.

To apply, you must be age 65 taxes that are or over and own your home or be due in 2024 for paying a mortgage. You must reyear 2023. side in the home (unless you are in a care facility due to ill health). All orado legislature previous taxes must be paid in full. has taken temporary measures to The total value of all the liens and limit the increase, your taxes may mortgages must be less than 75% of the actual value of the property **New Transportation Options** Are In Your Future

new options are on the horizon, thanks to partnership.

During a regular business meeting Tuesday, the Board of Douglas County Commissioners joined partnerships that will help bring two new transit options to Douglas County's northern tier.

"These programs are the future Commissioner George Teal, Board Chair. "These partnerships are two more great examples of what we can do when governments come together."

Link On Demand now in Meridian

One partnership will expand the Link On Demand service into Meridian. Link On Demand is a free shuttle service throughout Lone Tree. It works by pairing your ride Demand. with others going in the same diways changing based on who needs a ride.

A partnership among the City of Lone Tree, Douglas County, RTD, Denver South TMA and Southwhile also offering access to medical facilities, retail and regional and do business in Douglas County," statewide transit options.

is about \$2.8 million for 2024 and traffic more efficiently, we know 2025. RTD will fund \$1,072,000. it's imperative we work with oth-Denver South TMA is contributing \$504,000, and Lone Tree is providing \$1,092,000. Douglas County's contribution is \$144,000. transportation system for you, your

today via the City of Lone Tree's Priority for the Board of Douglas webpage. Or, on Android and iP- County Commissioners. Funding hone, download the Link On De- for both projects comes from votmand app to book your ride. If er-approved sales and use tax revyou prefer to book over the phone, enue that is dedicated to transporplease call the Link On Demand tation projects. Dispatch Center at 719-212-2430. Rides are wheelchair accessible.

"This is a really exciting project. It's very forward leaning into

Planning ahead for your trans- 2024," said Commissioner Abe portation needs? We are, and two Laydon. "Particularly for our older adults and the most vulnerable, being able to have access to a ride for basic needs, like a doctor's appointment or the grocery store, is important."

> CDOT's I-25 Mobility Hub coming south of Lincoln

Another partnership will bring CDOT's I-25 Mobility Hub to of transit in Douglas County," said life just south of Lincoln Avenue.

> CDOT's Mobility Hubs re-envision the traditional park-and-ride transit stop. They are transportation centers at select locations that emphasize multimodal options to seamlessly connect various modes of transportation. At the I-25 Mobility Hub in Lone Tree, you'll be able to access CDOT's Bustang service, RTD's Light Rail (at Sky Ridge) and Lone Tree's Link on

The project is estimated at \$20 rection, like a bus route that's al- million and has received an \$8 million grant from the Denver Regional Council of Governments (DRCOG). Douglas County and the City of Lone Tree are each contributing \$1 million, and east Public Improvement District CDOT will fund the remaining allows the Link On Demand to costs. Construction is expected to benefit businesses and residents begin in late 2024 or early 2025. in the Meridian Metro District, Learn more on CDOT's webpage.

"Partnerships are the way we said Commissioner Lora Thom-The cost to expand the program as. "When we're working to move ers."

Leveraging partnerships to improve and maintain a multimodal Learn more and book your ride family and your business, is a Core

We Care

Colorado offers the Senior Propto qualify.

erty Tax Deferral Program, but not many individuals have taken between January 1 and April 1, advantage of the program. However, more people may need to use the program in 2024, rather than taxdeferral.com/home or call 833face not buying food or worse, 534-2513. losing their home to a tax sale for

non-payment of taxes.

When you apply for the Deferral Program, the state will pay your property taxes and place a lien on your property with interest. The 3482 or 1-855-293-6911 (toll free) interest rate for 2024 is approximately 4.5%. While some individuals do not want a tax lien on their tive Director of the Colorado Geronproperty, it may be the only way to avoid losing your home to a tax

The application must be filed 2024. To check eligibility and apply visit https://colorado.property-

Homeowners may qualify for the property tax deferral, as well as the senior property tax homestead exemption.

For information, call 303-333or 1-866-880-4777 (Spanish). Eileen Doherty, MS is the Executological Society.

### NOBODY KNOWS YOUR NEIGHBORHOOD LIKE YOUR NEIGHBOR

# **RACHEL SIMRING**

Senior Real Estate Specialist **Real Estate Negotiation Expert Certified Market Expert** ABR & GRI 303-910-5225 www.rachelsimring.com rachel.simring@porchlightgroup.com



Former First Lady Rosalynn Carter's caregiving journey began early in life, when she helped care for her father when he was diagnosed with cancer. Following his passing when she was 13, and the passing of her grandmother soon after, Mrs. Carter's grandfather moved into the family home to receive care from her mother.

These formative experiences would shape her future policy and advocacy work as a trailblazer for caregivers everywhere.

Many Americans can see their own caregiving journeys reflected in the life of the late Mrs. Carter. Currently, 53 million Americans serve as caregivers to someone who is aging, ill, or living with a disability. Providing care can lead to stress on a person's physical, mental, and financial well-being - often causing major life disruptions, with a third of working caregivers reporting having to leave a job because of their care responsibilities.

The Rosalynn Carter Institute for Caregivers

Mrs. Carter's advocacy on behalf of caregivers led her to establish the Rosalynn Carter Institute for Caregivers (RCI) 36 years ago, at a time when the term "caregiver" was not largely used. Today, RCI is a leading advocate promoting caregiver health and strength. As a Healthy People 2030 Champion, RCI takes action to transform the future of caregiving by building cross-sector partnerships, leading research projects and strategic initiatives, developing and implementing evidence-based programs, and advocating for systems-level policy change at the state and federal level.

One common finding in RCI's programmatic work and research is that the needs and experiences of caregivers are frequently overlooked. Caregivers are an afterthought. The person needing direct care is often the center of attention in our health care system, leaving the person providing the care in the background, navigating complex systems alone and unsupported. Because of this, RCI is introducing a new approach to put the needs of those who are providing care at the center. Along with our research partners at Duke University in the Department of Population Health Sciences, we have organized the complexity and variation of care experiences into 9 profiles of caregiving. Understanding the experiences of the care journey will help to strengthen the efficacy of supports. By working across sectors, we can create a more supportive and empowered caregiver experience by

expanding and targeting resources, implementing more holistic and responsive policies, and inspiring systems-level transformation.

Ahead of her time as always, Mrs. Carter never used a care recipient's diagnosis to describe a caregiver; she first described what the caregiver was experiencing. These profiles are a path to helping us all see what she always recognized: caregivers are the invisible frontline who are ignored at great risk to our health care system, our economy, and our communities.

Profiles in Caring

Behind this project to develop Profiles in Caring is the idea that caregivers' needs and experiences must be centered more in conversations throughout a care journey. While recognizing that all caregivers have unique needs and experiences, we found that there are phases of caregiving to which many caregivers can relate.

Using these phases, and the stressors and the goals associated with them, we were able to develop 9 unique profiles to help locate caregivers on the continuum of their care journey:

Caregivers managing a crisis

· Caregivers adjusting to a new diagnosis

• Caregivers managing active treatment with the care recipient

 Caregivers working on recovery alongside care recipient

• Caregivers managing a static conditions alongside care recipient

• Caregivers managing a decline in illness/condition alongside care recipient

• Caregivers managing a setting change alongside care recipient

• Caregivers caring for someone at the end of their life

• Caregivers in the post-caregiving phase

• Caregivers transitioning from one phase of caregiving to another

These proposed Profiles in Caring are designed to serve as mile markers around which unique resources, needs, goals, and policies concerning caregivers can be orfor Caregiver Health continues to take shape, these profiles could serve as an initial foundation to grow and centralize resources.

### Why It Matters

As Mrs. Carter often reminded us, there are 4 kinds of people: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Everyone is touched in some way by a care experience, which means our systems of support need to be stronger to help these invisible yet critical — people who are the backbone of our health care system.

The stress of caregiving can lead to myriad negative health outcomes for the caregiver. The stress and difficulties of caregiving also impact their professional and personal lives. And when a caregiver is not at their best, they can't provide the best possible care.

Caregivers should be able to find support without neglecting their own needs or putting their lives on hold. If successful, these Profiles in Caring will provide a guide to change the system for the benefit of family caregivers based on their needs throughout their care journey.

What Comes Next

RCI and Duke will be working

### over the coming months to refine this model and test the implementation of the profiles in different sectors. We are eager to drive systematic change for caregivers in this country.

We know that public health practitioners, health care professionals, and policymakers will have valuable input and feedback to further strengthen and implement this model. We encourage you to email info@rosalynncarter. org to learn more about these profiles, our research, and the work of RCI.

Together, we can make a difference in the lives of caregivers across the country. And together, we can honor Mrs. Carter's legacy and the work she left for us to continue.

By Dr. Jennifer Olsen, CEO, Rosalynn Carter Institute for Caregiver



# **Broomfield and Four Colorado Counties Rank as the** Healthiest Counties in the U.S.

the distinction of being named This recognition is a testament to the county's commitment to prioritizing health and well-being as a way of life. The City and County of Broomfield provides programs and services to make it more than just a place to live, but a place to thrive. There are several key factors that contributed to reaching this milestone:

Broomfield County has earned health. Efforts to preserve natural spaces, reduce pollution and prothe fourth healthiest place to live mote green initiatives have resultin the U.S. by Money Magazine. ed in a healthier living environment for all.

> The City and County of Broomfield has always been proud of the strong sense of community and makes an investment in well-being programs to foster that sense of belonging.

Broomfield County's focus on nutritional education and access to healthy food options is another Broomfield County offers many factor in the overall health of the options for staying active. There county. Nutrition programs and are well-maintained parks and health-focused food initiatives are available for all stages of life. Broomfield County's access to exceptional healthcare services is a The safety of its residents is a big factor of its healthy community. With state-of-the-art medical facilities and a high concentration of healthcare professionals, residents have access to top-tier med-The other Colorado counties include Douglas, Pitkin, Routt, & San Miguel counties. For more details of the top 20 healthiest places to live, visit Money Magazine's website at https://bit.ly/3vCA1Hs.

ganized. Once fully defined, these profiles could aid:

• Health practitioners to better understand and support caregivers and their experiences

• Organizations serving caregivers to inform their programs and services

• Policymakers at the federal and state levels to strengthen policies, such as the 2022 National Strategy to Support Family Caregivers

 Employers to design and offer benefits that align with specific stages

As the idea of a federal Office

trails, community sports leagues and fitness centers all available to its residents and visitors.

priority for Broomfield County. The dedicated staff of the Broomfield Police Department are committed to maintaining public safety by providing services that reduce ical care. crime and improve quality of life in the community for its residents and visitors.

Broomfield County's commitment to maintaining a clean and sustainable environment significantly contributes to its residents'

### Reflections What About Those Resolutions?!

We're a month into the New Year and, indeed, what about those resolutions?! "I've already broken one," my friend Lynn lamented as we walked into a meeting.

Wondering what he'd done, I asked. "I had a Voodoo donut," he explained.

their type, size, flavors – jelly filled, bacon, maple – for starters.

At that day's meeting, I shared keeping moving. suggested resolutions from Today Is Mind by Leroy Brownlow, a book gifted to me years ago. Shortly afterwards, our leader pointed out I'd already broken a resolution. Hmm, I wondered only to learn Brownlow's "To put first things first" was really the second one instead of the reverse.

The first resolution read "To forget past mistakes and press on to greater achievements." Without having Brownlow to ask about his ordering, it seems with a new year, putting those past mistakes behind us makes sense. We're into another year full of opportunities and achievements should we chose to take and/or pursue them.

Often resolutions focus on diet



Martha Coffin Evans

and exercise as the most prominent ones. Interestingly enough, of Brownlow's 16 "I am resolved:" neither food nor exercise make the list. Those which do emphasize our own actions such as spending time with

another, being a friend

That led us into a discussion about to all, avoiding criticizing others, making work a joy, thinking the best, smiling, looking ahead and

> As is his book's format for 365 days, after each daily message, an associated quotation is provided along with a scriptural passage. At the conclusion of the January 1 page, he included a quotation from Benjamin Franklin (1706-1790).

> The following words by Franklin offer good advice for us as we consider our own resolutions, whether written or only thought: "Resolve to perform what you ought; perform without fail what you resolve."

> Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC, can be reached at itsmemartee or on her website martycoffinevans.com.

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# **TRADING POST**

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

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### **Services**

### WILLS & TRUSTS, **REAL ESTATE**

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### 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

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### Services

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### General

### **Magician for Hire!**

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### **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

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### **Pets Are Family Responsible Pet Ownership Month**

With February being Responsible Pet Ownership Month, we take a moment to recognize that while the love and loyalty our companions offer are boundless, the responsibilities that accompany pet ownership are equally profound. Embarking

on the journey of caring for a pet well-being of your pet. Always isn't a temporary commitment; it's consult with your veterinarian to a lifelong partnership filled with tailor a nutrition and exercise plan adventures, laughter, and, yes, a that suits your pet's specific needs fair share of challenges. As we and lifestyle. Daily walks, trips to honor Responsible Pet Ownership the dog park, puzzle toys, social-Month, let's take a quick look at ization, treat management, etc. are ways we can be ultimate rock stars a few examples of the many ways for our furry, feathered, and scaled we can provide enrichment and a friends!

First and foremost, taking your pet to the veterinarian is a funda- beloved companions live healthy mental aspect of responsible pet and fulfilling lives, it is our reownership, and its importance ex- sponsibility, as pet owners, to entends beyond just addressing ill- sure all of their needs are undernesses. A veterinary visit can pro- stood and satisfied. Learn more at vide preventive care, early detection nocohumane.org. of health issues, dental health, nutritional guidance, behavioral consultations, microchipping, professional advice, and more. Establish a connection with a veterinarian who will get to know your pet over time, and schedule routine visits throughout the year.

Secondly, familiarize yourself



with facts, lifestyle habits, and behavioral traits of your pet's specific breed and species, and use that knowledge to best satisfy their needs and desires.

Lastly, proper nutrition and daily exercise help influence the health,

longevity, and overall healthy lifestyle for our pets.

Pets are family, and to ensure our





Local Businesses

### **Ageism Matters** Taking On Our Inner Ageist



Kris & Sara

not just problematic because they are unpleasant. How we think about aging has an impact on how well we age.

But, we can change our thinking. The first step is to ask whether your story is accurate. Is this really about age?

Then we can think of more realistic and helpful stories. Over the past few months, we've crowdsourced some common ageist storylines that come into our heads and some alternatives.

Many of us think to ourselves, "I'm too old to start something new." Instead, how about:

"I'm a lifelong learner. I'm curious and I want to know more."

"I'm an expert in adaptation. I have learned so many things throughout my life."

Last month, we talked about internalized ageism, in other words, the negative stories we tell ourselves about being our age. These are

"I'm creative and can do this "

"I can learn things at any age."

"I have the resources and relationships to take this on."

Here's another one. If you think, "At my age, this pain is normal and I just have to bear it," instead, try:

"I do not need to accept pain without question just because I am older."

"This is preventing me from enjoying life, so I'm going to ask about options."

"My quality of life matters."

Question your assumptions about aging. Remember that older people can learn new things (research proves it!). Stereotypes and generalizations are limiting and unrealistic and we can tell a better story that helps us all age well.

Learn more on the Internalized Ageism page on our website.

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.



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

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### **Denver DA** Year-round Scams

The new year is a time for resolutions particularly surrounding ter Business Bureau and a public one who calls you, even if they say behaviors we want to change or improve. I'd like you to consid- FBI with their warnings about QR company. er adding one more resolution to your list: safeguarding your online presence. There is no such thing as perfect privacy or security, but there is a lot you can do to protect yourself online. We've pulled together the top five scams we've previously written about, but ones we believe you can count on seeing all year long. Scammers never hoping to take advantage of your take a holiday, so please be vigilant while online.

If you believe you have been a victim of identity theft, scams, or money goes to a reputable organifraud, reach out to our extremely zation. knowledgeable and helpful consumer fraud team by calling the Fraud Hotline at 720-913-9179. They will do their best to either provide answers to your questions or direct you to a good resource. Last year the team handled nearly 7,000 inquiries. These folks know what they are talking about.

The following are the top five scams that we have reported on throughout the year. The Scam Spotter believes we will see these throughout 2024.

### **QR CODES**

shaped matrix barcodes that when tion's general fund. scanned with a phone's camera, directs a person to a website. QR messages posted on social mecodes are becoming ubiquitous as a marketing tool.

Most QR codes are perfectly legitimate, but, as with all new technology, con artists use QR codes to to your word search. scam consumers.

QR stands for 'quick response' first, confirm the number before and that's just what scammers are hoping you'll do, take out your up on your mobile phone bill. phone and scan without looking at the website that the QR code directs you to. These fake codes will direct an unsuspecting victim to phishing websites, fake payment to send, it's likely there is nothing portals and possibly will connect legitimate about the charity. to malware to infect your device.

QR Code Tips-Think before you act.

· Do not open links from an unknown source such as in an email. · Confirm the QR code before scanning. If a friend sends you a code, check with them first before you scan.  $\cdot$  Hover over the QR code to see where you are being directed. Is it the restaurant menu or something nefarious? · Treat the link you are directed to like any other potential link. If the URL isn't what you think it should be, do not continue to the site.

service announcement from the they are from your bank or another can fall victim to identity theft, codes.

Here's what you need to know about how to avoid charity fraud. First, make sure you know exactly where you are sending your money. If you are not diligent about investigating the charity, you may end up being a victim of a scammer generosity. The best way to avoid charity fraud is to go online and do your research to make sure your

Use these organizations to research legitimate charities:

- BBB Wise Giving Alliance
- Charity Navigator
- CharityWatch
- GuideStar

The IRS Tax Exempt Organization Search will identify if your text pretending to be from your donation is tax-deductible.

Keep these tips in mind when considering donating:

· Donate to charities you know and trust with proven track records.

• Designate your dollars to a QR codes are those square- program rather than the organiza-

> · Do not assume that charity dia are legitimate. Research the organization yourself. Search the organization name and add "complaint," "review," "rating," or "scam"

> · Text-to-donate can be easy, but you donate. The charge will show

If you get a call from a new charity, ask them to mail their information to you versus providing money over the phone. If there is nothing

### Sending Money Via an App Third-party payment apps like Zelle, Venmo, or other third-party

Here are more tips from the Bet- personal information to some-

• Stop and think. Scammers Avoid Charitable Giving Fraud make an issue sound urgent so you don't have time to think. If you are told to take action right now and pay by Venmo or Zelle, it may very well be a scam.

> · Use caution when purchasing something from online marketplaces like Facebook Marketplace. A common marketplace scam has the buyer sending the seller a fake check over the amount of the purchase price. The scammer then claims it is an error and will try to convince the seller to use Venmo to refund the overpayment. If the seller falls for it, they'll send the scammer money, and the first check will bounce.

### What to Watch for:

· Bank employee impersonators - A scammer may call, email, or bank. They may say there is fraud on your account or try to trick you into providing personal information like your date of birth or account information to gain access to your account.

· Requests to send or transfer money – Fraudsters may try to trick you into thinking the bank has found suspicious activity on your bank account. Then, they will help you fix this issue by having you transfer money to yourself. But in reality, the account belongs to the scammer.

### TAX SCAMS

Tax scams can involve text message scams, e-mail schemes and phone scams all designed to gain websites to US-CERT at https:// your personal or tax information. www.cisa.gov/uscert/report-phish-These texts and emails can look le- ing. gitimate but may contain bad links.

call you out of the blue or use text the Internet Crime Complaint messaging to discuss personal tax Center (IC3) at http://www.ic3. issues. Never click links or open attachments in unsolicited, suspicious, or unexpected text messag-

repair the harm.

There are many ways someone including data breaches, phishing attacks, malware, clicking on fake websites and emails and being hacked. That's why it is critical to stay vigilant with your online activities and know how to keep your digital profile secure.

### Keep these tips in mind:

· Don't open mail from strangers

 $\cdot$  Make sure your devices are up to date.

· Use strong passwords and different passwords for different sites.

· Use two-factor authentication.

• Hover over a URL before you click on a link to make sure you are being directed to the place you intended.

· Avoid using unsecured public Wi-Fi.

· Back up your data regularly.

· Avoid sharing personal information.

Resources if you have been a victim of cybercrime

Notify authorities immediately to file a complaint. Keep and record all evidence of the incident. If you are a victim of cybercrime, file a complaint with one of these government organizations.

• FTC.gov: The FTC's Free, one-stop resource https://www. identitytheft.gov can help you report and recover from identity theft.

· US-Cert.gov: Report computer or network vulnerabilities to US-CERT via the hotline: 1-888-282-0870 or www.us-cert. gov. Forward phishing emails or

· IC3.gov: If you are a victim of Remember the IRS will never online crime, file a complaint with gov.

· SSA.gov: If you believe someone is using your Social Security es – whether from the IRS, state number, contact the Social Securipayment apps, let you send mon- tax agencies or others in the tax ty Administrator's fraud hotline at 1-800-269-0271. Do you suspect you've been scammed or exploited? Report it to us by calling our Fraud Hotline. Contact The Denver DA's FRAUD HOTLINE 720.913.9179 ΙΟΕΝΤΙΤΥ 0 Having your identity stolen can mean serious  $\mathbb{D}$ 

· Check for tampering – is there a sticker over a sticker?

• Remember not to provide any personal information.

ey quickly and easily. But don't let community. When scammers sucyour guard down. Here's how to ceed in learning a taxpayer's Soto do if things do go awry. Safe Sending Tips:

Verify - before you send money, let the recipient know to expect the transfer and verify that you have their correct account address. If you send money to the wrong per- THEFT son, you may never see your money again.

Know with whom you are financial loss and damspeaking - Confirm and confirm age to your credit. It again. If you receive an email from can also be emotionally, your grandson needing money, call psychologically, and fihim directly and make sure he has nancially damaging and requested the money. Never offer can take a long time to

use these services safely and what cial Security number or Individual Taxpayer Identification Number (ITIP), they may use that information to file a tax return and claim a refund under your name. That's a form of identity theft.

### **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 <u>soneill@drmac-co.org</u>

### **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



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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.

## Happy Valentine's Day!

"We loved with a love that was more than love."

Edgar Allan Poe, "Annabel Lee"

"When you realize you want to to give - which is everything." spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

Nora Ephron, "When Harry

"Nobody has ever measured, even poets, how much a heart can hold." Zelda Fitzgerald for."

"Roses are red / Violets are blue / Over and over / I choose you."

Author Unknown there that I belong." "Love is something sent from

heaven to worry the hell out of you."

"Without Valentine's Day, Feb- thing done in this world." ruary would be, well, January." Jim Gaffigan

"Love has nothing to do with what you are expecting to get only with what you are expecting

Katharine Hepburn

"I don't go by the rule book ... I lead from the heart, not the head." Princess Diana

"Love is an irresistible desire to Met Sally" be irresistibly desired."

> Robert Frost "Some people are worth melting

### Frozen

"Take me to your heart, for it's

Elvis Presley "Love yourself first and everything else falls into line. You really Dolly Parton have to love yourself to get any-

Lucille Ball 11461412



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# **Presidents Day Quotes**

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

Harry S. Truman We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.

Jimmy Carter As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee.

Abraham Lincoln In matters of style, swim with the current; in matters of principle, stand like a rock.

Thomas Jefferson

"We must work to bind up the wounds of a suffering world to build an abiding peace, a peace rooted in justice and in law." –

Dwight D. Eisenhower "Leadership to me means duty, honor, country. It means character, and it means listening from time to time."

### George W. Bush

"We can't help everyone, but everyone can help someone."

Ronald Reagan "Yesterday is not ours to recover, but tomorrow is ours to win or lose."

Richard Nixon

"We cannot learn from one another until we stop shouting at one another - until we speak quietly enough so that our words can be heard as well as our voices."

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

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Drop-in anytime! Gather with other retirees to share thoughts and stories or simply socialize. Topics are guided by the group and can include friendship, companionship, purpose, reflection and much more.

12/6-2/28 W 10 a.m. -11 a.m. 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 opportunities for Q & A, and very informative. Free registration is required. Location: MRC Presented by: A Representative with the Social Security Administration

2/9 F 10 a.m.-NOON

Free, Registration Required New! Charcuterie Amoré

Grab your aprons and raise your glasses because we're bringing the magic of love and flavor to The Malley Center! Welcome to our Charcuterie Amoré class, where we'll whisk you away to a world of culinary romance. Join Lisa Collins - co-owner of Graze Craze Centennial - as we serenade your taste buds with a symphony of savory delights, creating exquisite charcuterie boards. From heartshaped cheeses to cucumber roses, this class will leave you feeling like a smoothtalking, charcuterie-crafting Casanova. So, mark your calendars for a soirée of culinary seduction, because love is in the air and salami is on the menu! 2/12 M 2-4:00p.m.

11465911 \$25/\$20

New! Alzheimer's Association Education: Advancing the Science: The latest in Alzheimer's and Dementia Research Explore an overview of Alzheimer's disease science. Gain insight into the latest advances in research to assist with prevention and find both a treatment and a cure.

### Presenter: Representative with Alzheimer's Association

Please Note: This presentation is 30 minutes, followed by a Q & A with presenter.

2/21 W 1-2:00 p.m.

11451311 Free, Registration Required

Where to Start to Love Your Heart Strengthen your heart with 3 simple dietary strategies and supplements that pump up heart health! Gain insight into caring for a healthy heart by uncovering common heartcare myths. 2/22 Th

11466211 1:00- 2:00 p.m. \$7/\$5 RR Gerald Ford Mystery Matinee & Meal- Denver The Chez Artiste theatre in Denver

shows classic, international, and foreign films on select days and times each month. We will catch an afternoon 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. No refunds after Friday prior to movie date.

2/28 W 12:45pm- 5:30pm 12060113 \$30/\$25

### Feel Good Field Trip: Ronald McDonald House & Lunch-Aurora

Ronald McDonald House: tour the 67,000 square foot facility that accommodates up to 45 families each night. This charity offers a place for families to stay together when a child needs to seek medical care away from home. We will follow our visit up with lunch at Black Bear Diner in Aurora, lunch is on your own- menu price range is \$12-\$24. 2/2 F 9:00 am-1pm

12060211 \$17/\$14 Feel Good Field Trip: Denver Street

### School-Denver

Bring a sack lunch to enjoy after the tour of the Denver Street School West Campus, an alternative high school supporting and serving youth that experience hardships and challenges such as fractured homes, gang influences, learning gaps. Denver Street School has been in the metro area for almost 40 years! 2/8 Th 9:30-12:00 12060611 \$17/\$14

### Butterfly Pavilion & Chuy's Lunch-Westminster

(\$13/ticket) Discover the immersive exhibits at this non-profit invertebrate zoo! After we explore the creepy crawlies and winged beauties, we will nosh on some fun Tex-Mex food at Chuy's in Westminster. Lunch on your own, menu range \$10-\$20.

2/21 W 10am-4pm

12060911 \$44/\$37 \$13/ticket

DU Hockey v. Western MI

Never experienced the DU Hockey hype?! Now's the time! Watch the Pioneers Battle Western Michigan in this evening's game. Get ready for some excitement- there are no fans quite like Denver Pioneers hockey fans! No refunds after 12/10.

2/3 Sa 5:15-9:30 p.m. 12063011 \$58/\$52 Hammond's Candies Factory Tour &

Lunch at Cherry Cricket-Denver Indulge that sweet tooth at Hammond's candy shop following a behind-thescenes 30-minute factory tour. Afterwards we will head to lunch at the Cherry Cricket for the best burger in Denver. Milkshake too? Why not. You deserve it! Lunch is on your own, menu price range \$8-\$16

2/27 10:30-2pm Tu 12062111 \$19/\$16

# **BUSINESS PARTNERS**

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### 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 Legendary Ladies Luncheon

Step back in time to hear why Emily Griffith, Alice Ramsey, Elaine Goodale Eastman, and Lillie Hitchcock Coit made history. These entertaining performers will share stories of life back in the 1800's. Discover which women were very influential in shaping Colorado's history. This event will be held on Friday, Feb. 9th. cost is \$20, call 303-205-7500 to get registered.

### Puzzle It - Wheat Ridge vs Edgewater

Teams of 2 compete with other teams to finish the same 500-piece puzzle. The team that finishes the puzzle in the shortest amount of time wins a prize. Represent Wheat Ridge so that we can earn bragging rights to being the Puzzle Masters. Don't delay, limited number of teams accepted. This free event will be held at the Edgewater Civic Center in the City Council Chambers - 1800 Harlan St. on Thursday, Feb. 29th, call 303-205-7500 to sign up for Team Wheat Ridge!

### Power of Breath

Experience how to use Kundalini Yoga breathing techniques to reduce stress and increase your vitality. Kundalini offers a holistic technology that can be used by people of all ages and beliefs. Learn to optimize breath, along with a variety of breathing patterns. You'll have a variety of breathing techniques after this 2-hour workshop to be held on Saturday, Feb. 24th. Cost is \$10, call 303-205-7500 to register.

### **Gentle Yoga**

Find your inner power! With ation Center.

Fist Bumps, Anyone?

David Rush may not have bro- than 250 records thus far including ken the most Guinness World the record for the most fist bumps, Records; that honor belongs to which he achieved with the help 68-year-old Ashrita Furman who, of Howie Mandel, the host of the thus far, has won no less than 600 America's Got Talent TV show. records, including the record for Together they racked up 380 fist breaking the most Guinness Re- bumps in 30 seconds on a recent cords. But Rush has broken more episode of the show.

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 from 6-7pm. Cost for each monthly session is \$25, call 303-205-7500 to pre-register.

### **Movie Matinee**

Enjoy the movie "Book Club: The Next Chapter" on Thursday, Feb. 22nd 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 each month, stop by the AAC to pick up the latest copy of the trip guide. We also offer ski and snowshoe trips 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 – Thursday, Feb. 22nd – Book: A Fever in the Heartland by Timothy Egan

**Pastel Painting** – 2nd Thursdays, 10am

Maj Jong – Wednesdays, 9-11am Canasta - 1st and 3rd Fridays, 1-3pm

### **Fitness and Dance**

Stop by the AAC and pick up a Fitness and Dance schedule.

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 Recre-

### **In The Spirit** Bitter and Sweet!!!

"but if you do not forgive others their trespasses, neither will your Father forgive your trespasses." Matthew 6:15 (ESV)



ing take place, it's easy to become bitter with Him! to bitterness? Can't you see you are *nience*.

In prayer there is literally miserable and torn apart? a connection be- Go ahead and make a clean break tween what God with all cutting, backbiting, and does and what profane talk. Be gentle and senyou do. You can't sitive with one another this Valget forgiveness entine's Month for a lifetime of from God, for change. Forgive one another as instance, with- quickly and thoroughly as God in out also forgiv- Christ forgave you through His others. In portrayal of the crufixion on the other words, If you perhaps refuse 'Cross at Calvary'. Then, you will to do your part, you then cut your- be in line to live a sweet and favorself off from God's part. When this able lifestyle throughout eternity

and being bitter can easily turn to For more inspirational nuggets, strife. Strife takes you farther away you may purchase a copy of the Aufrom God which is the sweet spot. thor's gentry of writing via www. So tell me, why are you holding on DrArmington.com at your conve-



### **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 offers support groups for Parkinsons the first Tuesday of each month at 2:30 pm and Caregiver Grief support on the first Wednesday of each month at 11:30 am?

Expo: No Place Like Home: Thursday, February 8, 9 am

Many people prefer to live in their own home or apartment as long as possible. Learn about in-home services and products to help keep you or a loved one at home longer. Also explore senior housing options in case you are considering a new place to call home. Participants completing the expo are Chicken and steak fondue night includes a side and dessert. Singles or couples, young and old, all are welcome. We will slice and dice and add some sugar and spice to the evening. Our main purpose is to gather, socialize, and have fun. All ingredients included. \$35 (\$45 non-res.).

### Active Adult Welcome Breakfast:

Thursday, February 22, 9:30 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, education, arts and crafts, fitness, aquatics, trips, hikes, clubs, volunteering, and how to get involved. We will also be discussing the benefits of insurance-based memberships. Free but advanced registration is appreciated.

Behind the Scenes – Denver **Center for the Performing Arts:** 

Monday, February 26, 9:15 am Join us as we go behind the scenes

# A Very, Very Pricey Taste

The rare, fragrant, flavorful and set you back \$6,696 per serving. extremely expensive white truffles According to the company, "It took that grow in Alba, Italy can put you us over 1.5 years to develop, with back nearly \$7,000 a pound. It's a lot of trials and errors to get the the reason why Japanese company, taste right. Achieving a Guinness Cellato, broke the Guinness record World Records title made the effor the world's priciest ice cream, fort all worth it." a brand called Byakuya that would

entered in a drawing for prizes, including gift cards. This event is free to the public, but please register in advance. Home services or senior residences call 303-467-7197 for vendor information and fees.

### **Family Valentines Dance:**

Friday, February 9, 6:30 pm Bring the entire family to enjoy an evening of dancing, snacks, a craft, and more. Each family member must register. Children must be accompanied by an adult. Register by Feb. 6. No tickets are sold at the door. \$8 (\$10 non-res.) **Cooking with Friends – Dinner:** Wednesday, February 21, 5:30 pm

at Denver Center for the Performing Arts. Explore the Denver Performing Arts Complex venues, including the newly renovated Bonfils Theatre Complex. The price includes transportation, parking, and a tour ticket. Please bring cash for lunch (\$15+). Please dress in layers and be prepared to walk at least a mile on the tour. \$45 (\$54 non-res.).

**Rental Opportunities:** Looking to host your next event? We've got you covered from groups of 5-10 up to 250! Contact Michelle at 303.467.7197 for more information.