

## The Future of Our Planet!

If you think eight billion people living on planet Earth is optimal, think again! Many scientists have warned the world about over-population, climate change, starvation, extinction, and bio-diversity issues affecting our planet.

In 2023, our planet had eight billion people. There were only one billion people on the planet at the turn of the 19th century and only a few hundred thousand just 10,000 years ago. Scientists predict 9.8 billion population by 2050.

The world's richest 500 million people in North America and Europe produce half the world's carbon dioxide emissions, the primary greenhouse gas responsible for climate change, whereas the poorest three billion emit just seven percent.

Americans consume 25 percent of the world's energy despite representing just 5 percent of global population, and the band of industrialized nations combine to waste 222 million metric tons of food per year, according to the UN Food and Agriculture Organization.

As for how many people our planet can sustain, the first such estimate in 1679 came from microbiologist Anton van Leeuwenhoek who calculated roughly 13.4 billion. A 1994 scientific study estimated optimal population size based on the minimal land needed for food production (0.5 hectare per person) and soil conservation, resulting in a population size of three billion people. Growth is expected to occur mostly in Africa, and abate in the Americas, Europe, and parts of Asia, especially as families in more-developed nations have fewer children. However, many overpopulated countries will need to slow their growth due to environmental concerns.

ABC TV's 2010 special "Earth 2100" and 2020 PBS TV special "Extinction Facts" indicated a major environmental problem with over population, lack of food and water, climate change, wildlife species extinction, and habitat destruction between 2075 to 2100 (maybe sooner) affecting our planet.

More farmland is disappearing

worldwide for housing demands and water supplies are not keeping up with the population demands. Plus, we have drought problems in the more populated areas or flooding attributed to the climate changes. If you notice in your local cities, you see new housing developments appearing every year to keep up with the population demands.

What is most alarming is our wildlife is declining quickly. The World Wildlife Foundation indicated in 2020 that 60% of our wildlife has been decimated in the last 50 years. One of the major problems with the extinction of our wildlife is the severe killing of many species for their fur, heads, tusks, or horns, which many cultures consider for either financial, religious, sexual, or medical reasons. Another wildlife problem is the worldwide wildfires. Remember when the USA promoted mink or sable coats until they were outlawed? This should be happening for all species worldwide, but sadly isn't!

And now, the threat of conflicts

with either China, Russia, North Korea and/or the Middle East may depend on our next presidential election. With Europe and the USA in defensive positions against these major threats, early predictions show the Asian countries could easily win today, but in the near future it would be either a tie or in NATO's favor with the latest technology weapons. But for sure, both sides would likely have some or high casualties, which happens in every conflict and could determine the future of our planet.

And the need to colonize another planet such as Mars or further out will be imperative as our planet will be in serious environmental trouble unless changes are made in this decade.

However these major conflicts turn out, we have some major challenges ahead of us with hopefully the world leaders will fix before extreme measures are required! Sources: UN, WWF, ABC & PBS TV, & Pew Research Center.

## Planina Music Group Performs on March 9

Planina music group returns from Europe, performing "From Georgia with Love" on Saturday, March 9 at 8 pm. Swallow Hill Music 71 E. Yale St. in Denver. Planina in a celebration of the group's 2023 cultural exploration in Caucasus Georgia performs with an evening of music, photographs and stories from Georgia, plus other favorites from the current repertoire.

Planina, a Boulder/Denver-based mixed chorus specializing in traditional music of the Balkans, Russia, and beyond, had an unforgettable two-week study trip to Georgia last July. Ten current members and one former member, accompanied by eight additional family members – including five younger travelers aged 3 through 15 – traveled to the Georgian capital, Tbilisi, and from there to rural areas east and northwest of the capitol.

"We worked with five groups of singers in three different folkloric regions," said Planina's director, Julie Lancaster. "We experienced

the extraordinary hospitality, wine, complex history, and natural beauty the country is famous for. We returned with a wealth of new material, photographs and memories and are eager to share these treasures with audiences in Colorado."

Located along the Silk Road, where Eastern Europe meets Central Asia, Georgia has musical traditions that are beautiful, unusual, and regionally varied. In fact, UNESCO has recognized Georgian polyphonic singing as a unique phenomenon in world culture, placing it on the Representative List of the Intangible Cultural Heritage of Humanity. The tradition of singing together permeates the music of the country and old folkloric traditions have persisted there longer than in many other countries.

Besides enjoying making music together, Planina members are interested in the cultural context of the music they present. A few of the members were born in Eastern

Europe or have Eastern European heritage; the group has made three study trips to Bulgaria over the past 25 years, and individual members have visited numerous other Balkan and Slavic countries.

At the March 9 concert, in addition to Georgian music, Planina will present tunes from Bulgaria, Lithuania, Romania and Turkey. Some songs will be sung a cappella; others will be accompanied by instruments, including traditional folk instruments from Bulgaria and Georgia. Please join Planina for this very special concert!

Tickets range from \$25 to \$50 with details on their website at <https://swallowhillmusic.org/event/planina/>.



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## MARCH Calendar

### Saturday/16

Colorado Genealogical Society presents a free online program on “After the Fire: Overcoming Record Loss” by Jennifer Roodzant at 10 am on Zoom. Jennifer will present examples of the methodology used to work around the destruction of sources. Please register online at <https://cogensoc.us>.

Castle Rock Genealogical Society presents a free program on “Getting the Most from GenealogyBank” by Gena Philibert Ortega at 10 am on Zoom. Gena will review GenealogyBank’s database, how to search for an ancestor or topic, and some of the tools that can assist in your research. Please register online at <https://crcgs.org>.

### Wednesday/21

The Colorado Gerontological Society presents a free online program on “The High Cost of Rent Dilemma” by Eileen Doherty. Rents in Colorado continue to escalate in Colorado with average rents costing \$1800 per month in the major cities. This session will a) review public benefits to ensure that individuals are taking advantage of all of the benefits; b) identify options to make additional income; and c) ways to reduce rent through shared housing, transportation, and other programs. Please register online at <https://www.senioranswers.org/>.

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.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

Calendar sponsored by:  
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*We Care*

## Radon Causes Lung Cancer In Non-smokers and Smokers Alike

The Facts...

- Lung cancer kills thousands of Americans every year. Smoking, radon, and secondhand smoke are the leading causes of lung cancer. Although lung cancer can be treated, the survival rate is one of the lowest for those with cancer. From the time of diagnosis, between 11 and 15 percent of those afflicted will live beyond five years, depending upon demographic factors. In many cases lung cancer can be prevented.
- Smoking is the leading cause of lung cancer. Smoking causes an estimated 160,000\* cancer deaths in the U.S. every year (American Cancer Society, 2004). And the rate among women is rising. On January 11, 1964, Dr. Luther L. Terry, then U.S. Surgeon General, issued the first warning on the link between smoking and lung cancer. Lung cancer now surpasses breast cancer as the number one cause of death among women.

A smoker who is also exposed to radon has a much higher risk of lung cancer.

- Radon is the number one cause of lung cancer among non-smokers, according to EPA estimates. Overall, radon is the second leading cause of lung cancer. Radon is responsible for about 21,000 lung cancer deaths every year. About 2,900 of these deaths occur among people who have never smoked. On January 13, 2005, Dr. Richard H. Carmona, the U.S. Surgeon General, issued a national health advisory on radon.
  - o World Health Organization’s international radon project
- Secondhand smoke is the third leading cause of lung cancer and responsible for an estimated 3,000 lung cancer deaths every year. Smoking affects non-smokers by exposing them to secondhand smoke. Exposure to secondhand smoke can have serious consequences for children’s health,

including asthma attacks, affecting the respiratory tract (bronchitis, pneumonia), and may cause ear infections.

- o For smokers the risk of lung cancer is significant due to the synergistic effects of radon and smoking. For this population about 62 people in a 1,000 will die of lung-cancer, compared to 7.3 people in a 1,000 for never smokers. Put another way, a person who never smoked (never smoker) who is exposed to 1.3 pCi/L has a 2 in 1,000 chance of lung cancer; while a smoker has a 20 in 1,000 chance of dying from lung cancer.



## Colorado Attorney General Phil Weiser to Block Proposed Kroger/Albertsons Merger

After a yearlong investigation, Colorado Attorney General Phil Weiser filed a lawsuit in Denver District Court to block the \$24.6 billion proposed merger between Kroger and Albertsons, two of the largest supermarket chains in Colorado. Kroger operates 148 King Soopers and City Market stores and Albertsons operates 105 Safeway and Albertsons stores in the state.

According to the lawsuit, the merger would eliminate head-to-head competition between Kroger and Albertsons and consolidate an already heavily concentrated market, which is bad for Colorado shoppers, workers, and suppliers. The lawsuit also challenges an illegal “no-poach” agreement between the two companies during a 2022 strike when employee movement was a threat to Kroger’s operations.

“Coloradans are concerned about undue consolidation and its harmful impacts on consumers, workers, and suppliers,” stated Weiser. “After 19 town halls across the state, I am convinced that Coloradans think this merger between the two supermarket chains would lead to stores closing, higher prices, fewer jobs, worse customer service, and less resilient supply chains.”

Kroger and Albertsons compete head-to-head in several ways. For example, the companies monitor each other closely on price and adjust their prices based on what the

other one is doing. A post-merger Kroger would have the ability to raise prices, pinching consumers. In urban areas, where consumers shop close to home, the consolidation of Kroger and Albertsons stores would create significant market power to raise prices and reduce quality and services. Consumers in other areas of the state would feel the effects even more. For instance, City Market and Safeway are the only supermarkets in Gunnison. The merger would make Kroger the only supermarket in this area, and a Gunnison resident would have to drive 65 miles to Salida or Montrose to reach a non-Kroger store, leaving them at the peril of their supply chain failing.

Kroger and Albertsons also compete for customers in part by offering strong customer service and a quality shopping experience. The King Soopers strike that lasted for 10 days in January 2022 is an example of this competition between the stores. Investigation documents show that consumers overwhelmingly diverted their shopping to Safeway stores during the strike.

The strike also shows that Kroger and Albertsons compete for employees. King Soopers was concerned about losing employees and customers to Safeway during the strike and entered into an agreement with Albertsons whereby Safeway agreed to not hire any King Soopers employees and to

not solicit any of King Soopers’ pharmacy customers, according to an email between company executives leading up to the strike. Such no-poach and non-solicitation agreements are illegal under the Colorado State Antitrust Act because they are agreements to not compete.

“In addition to challenging this merger, we are also suing the two companies for a no-poach agreement that harmed workers and blatantly violated antitrust law. No-poach agreements stifle worker mobility and depress wages and non-solicitation agreements harm consumers and raise prices,” explained Weiser.

Kroger and Albertsons also compete to offer the best local products to draw customers into their stores. For example, Kroger and Albertsons often sell Palisade peaches on promotion—and sometimes at a loss—to generate store traffic. This benefits Palisade peach farmers because they can be assured of a fair price and avenues to sell their crops, and it benefits consumers because they have access to great local product at low prices. The same dynamic plays out for other local Colorado products, ranging from produce and other fresh products like meat, dairy, baked goods, or center-store packaged products. The merger would eliminate this head-to-head competition between the companies.



# Denver Zoo’s New Wildlife Preservation Home

With more than a million species in danger of extinction worldwide, many due to devastating habitat loss, zoo-based conservation has become an essential component of long-term species survival. As an Association of Zoos and Aquariums (AZA)-accredited institution, Denver Zoo has long participated in the Species Survival Plan (SSP) to ensure genetic diversity in wildlife bred under human care. But as an urban campus with a finite 80-acre geographic footprint, the space we can utilize to make a significant impact has been historically limited—until now.

Spanning 570 acres in Weld County, the Lembke Family Preserve will allow the Denver Zoo to dramatically evolve both our animal care and conservation breeding practices. “The Lembke Family Preserve represents the dawn of a new era for Denver Zoo and will dramatically expand our capabilities for our animals and Colorado wildlife as we build it out in the coming years,” said Bert Vescolani, President and CEO of Denver Zoo. “We are deeply grateful to the Lembke family for their generosity and mutual understanding that saving wildlife for future generations requires a dedicated community of donors, members, partners and neighbors.”

A recognized industry leader in both animal care and conservation breeding, Denver Zoo is already doing important work on our main campus; imagine what we can do with nearly seven times the space! In PHASE 1 of the Lembke Family Preserve, we’ll be able to expand our current SSP efforts, with more space for our growing animal families as well as the potential to add new species to our program. We’ll also gain greater holding capacity as well as temporary relocations for habitat maintenance or renovation.

In phase two, the Zoo plans to transform the facility into a conservation center focused on conservation breeding and wild reintroduction of species that are threatened or endangered in Colorado and beyond. The center, both a physical satellite campus and the philosophical heart of present and future conservation collaborations, will allow Denver Zoo to make a more meaningful impact on the future of regionally threatened and endangered species in our home state. It will also give us a more robust framework for much-needed conservation breeding research—with the long-term goal of increasing the success of wildlife reintroduction programs in Colorado and worldwide.

Bob Lembke explained the drive

behind the gift: “Denver Zoo has been part of our family tradition since the late 1950s. Both Carol and I loved visiting the old zoo of our childhood, and we took our kids there many times. It’s always a special family outing. With the stewardship provided to endangered species by the Zoo through The Preserve, we hope that the Zoo can be part of our family for generations.”

As intact wild ecosystems continue to decrease, the number of species that are viable candidates for reintroduction is also in rapid decline. With your help, the Lembke Family Preserve will enable Denver Zoo to scale our leadership in two vital ways.

First, our world-class animal care experts will have a spacious secondary campus on which to foster continued health and well-being for our animal family, many of whose species are threatened or endangered. Second, in partnership with other organizations, the Lembke Family Preserve will allow Denver Zoo to advance the science of conservation breeding and reintroduction. This critical field of research is a rapidly evolving space, and YOU can be instrumental in this essential phase of discovery. Thanks to the Bob Lembke family for their beneficial contribution to wildlife conservation.

## Tips to Support Your Metabolic Health

(StatePoint) Good metabolic health is the backbone of great overall health. Unfortunately, many Americans misunderstand what metabolic health is and are not aware of its importance.

A recent poll from Metavo/Harris Poll Study reveals that nearly three in four North Americans have experienced at least one issue related to metabolic health in the past year, while only 52% have heard, read or seen information on metabolic health issues.

What’s more, only 30% of North Americans know that metabolic health is not the same as gut health, and many falsely believe that metabolic issues mostly occur in those who are overweight.

“This knowledge gap plays a factor in why many health issues related to metabolic health, such as brain fog, food cravings and energy slumps, often go unaddressed,” says Dr. Paul Spagnuolo, associate professor in the Department of Food Science at the University of Guelph, whose research includes finding new ways for people to proactively support their metabolic health.

Issues related to metabolic health can take a toll on your mental wellbeing, your ability to perform your job, and even your social life and personal relationships, mak-

ing it critical to nip them in the bud. To improve your metabolic health and feel your best, consider these tips:

- Get active. Whether you’re hitting up the gym for a weight training session or simply going for a longer walk during your day, daily physical activity is recommended to support your metabolic health. Find activities, daily movement and workouts you enjoy and stick with them.
- Prioritize proper sleep. Maintaining proper sleeping habits can help to keep your insulin and hormone levels balanced.
- Fuel often. Fueling more frequently can boost your metabolism. Being sure to eat smaller portions at regular, consistent times every day and drinking plenty of water can also help improve metabolic health. Set alerts on your phone, or even use a hydration app, to help you remember to drink up.
- Explore supplements. Consider taking a daily supplement designed to support metabolic health and activate metabolism naturally, like Metavo. Featuring the proprietary avocado compound Avocatin B, also known as AvoB, Metavo Advanced Glucose Metabolism Support activates your metabolism naturally at the cellular level.

“Having a flexible metabolism at the cellular level enables the body to properly metabolize fats, proteins and carbs to help improve insulin sensitivity, glucose tolerance and energy,” says Dr. Spagnuolo, whose research led to the development of Metavo.

The brand also carries Metavo Advanced Weight Support, a supplement featuring clinically proven ingredients that help burn fat, support weight loss, and provide increased energy, as well as Metavo Advanced Weight Support Meal Replacement Powders, which are designed to be the perfect “metabolic” meal, with 20 grams of complete protein and whole food vitamins and minerals. These supplements can complement GLP-1, or other medications that treat obesity and diabetes. Plus, there is Metavo Glucose Metabolism Support with Berberine, which targets metabolic inflexibility to increase insulin sensitivity, support healthy glucose metabolism, cardiovascular support and more. To learn more, visit [www.metavo.com](http://www.metavo.com).

When it comes to metabolic health, consistency is key. Make physical activity, healthy eating, proper sleep and the right supplements a regular part of your routine.

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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.

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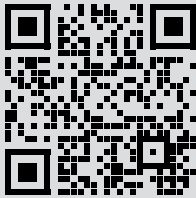
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## Technology is Hip!

### Building the Eiffel Tower



Bob Larson

Recently, I watched PBS-TV's NOVA program on building the famous Eiffel Tower, which is a classic wrought-iron lattice tower in Paris, France. It is named after the engineer Gustave Eiffel, whose company designed and built the tower from 1887 to 1889.

The tower was constructed as the centerpiece of the 1889 World's Fair, and to crown the centennial anniversary of the French Revolution. The tower received over five million visitors in 2022 and is the most visited monument in the world.

Today, the Eiffel Tower, which continues to serve an important role for television and radio broadcasts, is considered an architectural wonder and attracts more visitors than any other paid tourist attraction in the world. The tower is 330 meters (1,083 ft) tall, about the same height as an 81-story building, and the tallest structure in Paris.

The tower has three levels for visitors, with restaurants on the first and second levels. The top

level's upper platform is 276 m (906 ft) above the ground, the highest observation deck accessible to the public in the European Union. Tickets can be purchased to ascend by stairs or lift to the first and second levels. Eiffel even had an apartment built at the top.

Back then, nothing remotely like the Eiffel Tower had ever been built! It was twice as high as the dome of St. Peter's in Rome or the Great Pyramid of Giza. The tower was erected in two years (1887–89), with a small labor force at a slight cost, and some resistance by the workers during harsh times. The foundation is an amazing engineering feat that took creative engineering resources to build.

Because of its unique shape, the piers required elevators to ascend on a curve; the glass-cage machines designed by the Otis Elevator Company of the United States became one of the principal features of the building, helping establish it as one of the world's premier tourist attractions. Source: PBS-TV & Wikipedia.

We Care

## Genealogy Rocks!



Carol Darrow

Genealogists come in all shapes and sizes. Genealogy is a fascinating hobby because it combines logical thinking and detective work to unpuzzle a twisted family tree.

Some have been "doing genealogy" for more than 30 years. Some of us started by writing letters to various court clerks to ask for marriage records. Some of us started by writing letters to elderly family members who preserved the family history and legacy. Some became interested in genealogy more recently with the advent of DNA testing.

Today we have wonderful tools to help us in our studies. We have online databases such as Ancestry.com and FamilySearch.org as well as My Heritage and Finding My Past. We have software on our computers that enables us to record information and automatically create reports and family trees. We also have various DNA testing options.

We have organizations that sponsor speakers and classes that enable us to enhance our skills and develop our research capabilities.

Many have a long history of supporting the study, craft and science of genealogy.

There's a place for each of us in genealogy. Some are deep into the scientific study of DNA. Some are trying to solve the mystery of their biological parents or grandparents. Some are artists who are creating beautiful family trees to share with family. Some are writers who are preserving their research in stories of family history that their descendants can enjoy. Some are trying to verify their ancestors' military support of American Revolution.

Take what you enjoy about genealogy – art, science, research, detective work, writing -- whatever -- and expand your experience in that area. There is no one path to success or enjoyment. Seek out the classes, study groups and organizations that will enhance your pleasure in this amazing hobby of genealogy.

Carol Darrow teaches a free Beginning Genealogy class on Zoom on the second Saturday of each month from 10 am – noon. Sign up at [cogensoc.us](http://cogensoc.us) to register.

WE ARE LOCAL!

## Uniquely Bea

“In a Rut...Then Shake It UP!!”



Bea Bailey

Looking at my daily activities, I find myself in a rut sometimes. I am cooking the same meals, wearing the same clothes, and doing some of the same things. I have other options, but often, I take the line of least resistance.

As we age, it is imperative that we shake things up and incorporate different things into our lives. If you read anything about cognitive decline, the experts state that we need to mix up our routines from time to time to challenge ourselves and our brains as we age.

I am not talking about starting to run a marathon, but why not pull out some of those old recipes you used to make? Try being more creative as you stare into

your freezer and come up with a “new” dish. I made some tomato-based soup this week from items that I had on hand. Normally, I make clear chicken-based soups, which are both easy and familiar to me. Making this tomato soup was both new, fun and a bit of a challenge for me. Also, look at your wardrobe...why not try to mix up what you already have in your closets to fashion a slightly different look?

This change can also cascade to what we are doing with our families, partners, and friends. Just stopping to rethink your approach to many things can open a plethora (how I love that word) of new experiences and activities.

Go ahead and challenge yourself...just a bit.

*“Start where you are with what you have”*

Germany Kent

## AgeTech Research Roadshow

Unique experience to engage with researchers & learn more about their research initiatives in aging

Date: Wednesday, March 13, 2024 Cost: FREE!

Time: Open house 9am – 1pm

Workshop: Artificial Intelligence...How It Will Impact You & Your Future Healthcare with

CT Lin, MD & Matthew DeCamp, MD (CU Anschutz Internal Medicine Department)

Workshop Times: 9:45am & 10:45am (session repeated)

Location: Temple Sinai, 3509 S. Glencoe St., Denver

Register by March 4: [KavodSeniorLife.org/SignUp](http://KavodSeniorLife.org/SignUp)

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First 50 attendees receive a gift!

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**Research is one way you can make a difference!**

Did you know older adults are underrepresented in clinical research – the type of research that leads to new ways to prevent, detect and treat health conditions? Consequently, healthcare providers often lack information to guide their care of older adults.

Meet Older Adult Research Specialists – older adults who are dedicated to increasing the inclusion of older adults in research.

- Test out new innovations in aging, such as SteadiPlay – a device that makes balance training for fall prevention fun. Through user testing, you can provide feedback that can improve the products of research for older adults.
- Learn about studies actively enrolling older adults in groundbreaking research on topics that range from exercise in older adults to healthy brain aging. Learn how to participate in CU Anschutz research studies on health topics online.
- Enjoy beverages, bagels & schmoozing with other participants!

Whatever you do, we hope you will have fun connecting with other participants learning about ways that research is transforming the way we age and how we think about aging.

**Questions:** call Rebecca @ 720.382.7848 or [RGershten@KavodSeniorLife.org](mailto:RGershten@KavodSeniorLife.org)

**Register by March 4:** [KavodSeniorLife.org/SignUp](http://KavodSeniorLife.org/SignUp)

All attendees will be entered to win an Echo Dot, Sonic Electronic Toothbrush or SKG Smart Watch

**Kavod**  
ON THE ROAD

Multidisciplinary Center on Aging  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Funding Support provided by NIH/National Institute on Aging 1R24AG071459



# Refresh Coming To Reyn Rock Older Adult Community In Castle Rock

Your county is investing in the future of older adults.

During a regular Business Meeting Tuesday, Jan. 23, the Board of Douglas County Commissioners approved a \$1.5 million loan to the Douglas County Housing Partnership to buy and renovate apartments for very-low-income older adults.

Located in Downtown Castle Rock, the Reyn Rock Senior Apartments provide 33 units for very-low-income adults over the age of 62, or older adults with disabilities over the age of 55. The loan will allow the Douglas County Housing Partnership to purchase and renovate the apartments for its older adult residents.

The deferred loan will be repaid with 2% simple interest (about \$30,000 per year) at the time the Douglas County Housing Partnership sells or refinances the property – or at 30 years – whichever comes first. County funding for the loan is from interest earned on the County’s investment of American Rescue Plan Act funding.

“Reyn Rock is providing a way for the most vulnerable among us to be part of our community. It is

taking care of our older adults,” said Commissioner George Teal, Board Chair. “This is Section 8 Housing, but we did it the Douglas County way.”

“Ensuring a high quality of life for our aging residents is important to the Town,” said Town of Castle Rock Mayor Jason Gray. “Persons over 65 are a fast-growing age group in Castle Rock. The Reyn Rock project will provide needed options and support for these residents.”

Douglas County received \$68.2 million in federal funding through the American Rescue Plan Act in 2021 and 2022. The Board allocated that money to core priorities such as public safety, mental health and water/wastewater. While those projects are in development, the funding was invested, yielding interest that is paying for additional priority projects, such as this loan.

The Douglas County Housing Partnership is a multi-jurisdictional housing authority formed in 2003 as a cooperative effort between businesses and local and county governments to address a lack of affordable housing for people who work in the area.



*Pictured: Mayor Jason Gray, Castle Rock; Commissioner Lora Thomas; Commissioner George Teal; Commissioner Abe Laydon; Artie Lehl, Deputy Director, Douglas County Housing Partnership; Maria Ciano, Executive Director, Douglas County Housing Partnership*

## HAPPY EASTER!

“Egg hunts are proof that your children can find things when they really want to.”- Unknown

“Our Lord has written the promise of resurrection, not in the books alone, but in every leaf in springtime.” - Martin Luther

“The first blooms of spring always make my heart sing.” - S. Brown

“People come together with their families to celebrate Easter. What better way to celebrate than to spend a few hours going on the journey of Christ’s life.” — Roma Downey

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” -John 3:16

“Where man sees but withered leaves, God sees sweet flowers

growing.” - Albert Lighton

“Spring brings new growth. Weed out the bad and make new for something beautiful.”- Unknown

“The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances.” - Robert Flatt

“Just living is not enough. One must have sunshine, freedom, and a little flower.”- Hans Christian Anderson

“Golf is just the adult version of an Easter Egg Hunt.” — Unknown

“Easter is the only time when it’s perfectly safe to put all your eggs in one basket.”- Evan Esar

“To plant a garden is to believe in tomorrow.”— Audrey Hepburn

## Social Security Today

### Stay Healthy And Independent With The Senior Nutrition Program

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

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

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered

and group meal options, you can get the food you need in a way that works best for you. Senior nutrition programs can:

- Help you avoid missed meals – and save time and money with less shopping and cooking.
- Offer opportunities to connect and socialize, which can help improve your mental and physical health.
- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.
- Connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It’s no surprise that 9 out of 10 participants would recommend a senior nutrition program to a friend. Find a senior nutrition



program in your area and help us spread the word by sharing it with your loved ones, neighbors, and community. Visit [eldercare.acl.gov/Public/Index.aspx](https://eldercare.acl.gov/Public/Index.aspx) for more information.

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

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## Aurora Announces New Library and Cultural Services Director

Ginger White Brunetti has been named to lead the city of Aurora Library and Cultural Services Department following a national search. She began work in February.



“Ginger has effectively positioned arts, culture and entertainment as significant contributors to a city’s economic vitality, livability, placemaking and brand throughout her career,” noted Aurora Deputy City Manager Laura Perry. “Her expertise coupled with our already vibrant arts and culture scene and globally diverse community will bring Aurora to a level we haven’t seen before.”

White Brunetti has over 25 years of experience in the public and nonprofit sectors, most recently serving as executive director of the City and County of Denver Arts & Venues Department, which operates and manages the Denver Performing Arts Complex,

McNichols Civic Center Building, Red Rocks Amphitheatre, Denver Coliseum, Colorado Convention Center, Denver’s Public Art Program and citywide cultural programs and investments. In her role, she led a 95-person team and managed operating and capital budgets totaling \$100 million and \$188 million, respectively.

“Aurora is a growing, diverse city that has so much to offer its residents and beyond! I couldn’t be more thrilled to work alongside the passionate and committed Library and Cultural Services team to build community and foster connections through meaningful programs and services and new initiatives that will propel Aurora forward,” said White Brunetti.

She holds a Bachelor of Science in political science from Xavier University and a Master of Urban Planning and Public Policy from the University of Illinois at Chicago.

The City of Aurora’s Library and Cultural Services Department provides educational and arts programs through the operation of multiple library branches and cultural facilities, including the Aurora History Museum, Bicentennial Arts Center, and the Aurora Fox Arts Center. The director is responsible for overseeing 90 full-time equivalent positions and an \$11 million budget.

## Happy St. Patrick’s Day

Thomas Jefferson

I’m a great believer in luck, and I find the harder I work the more I have of it.

Irish Toast

Here’s to you and here’s to me, I pray that friends we’ll always be, but if by chance we disagree, the heck with you and here’s to me.

Irish Blessing

May you have all the happiness and luck that life can hold — and at the end of your rainbows may you find a pot of gold.

Shane Leslie

Every St. Patrick’s Day every Irishman goes out to find another Irishman to make a speech to

“Everybody is Irish on St. Patrick’s Day, but if your name is Eisenhower, you’ve got to wear something green to show it.”

Dwight D. Eisenhower

“Wherever you go and whatever you do, may the luck of the Irish be there with you.”

“May the road rise to meet you, may the wind be always at your back.”

“Luck is not chance, it’s toil. Fortune’s expensive smile is earned.” —Emily Dick-

inson

“May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright happy hours, that stay with you all year long.”

“You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it.” —Jimmy Dean

Irish Blessing

“May luck be your friend in whatever you do and may trouble be always a stranger to you.”

Irish Proverb

“A good friend is like a four-leaf clover, hard to find and lucky to have.”



## Littleton Police Offers Spring Citizens Academy

The Littleton Police Department (LPD) is hosting the 44th session of the Citizen Academy beginning March 7. The Littleton Police Citizen Academy is a series of classes designed to give community members a peek into the inner workings of the Littleton Police Department. A diverse selection of topics is covered in an effort to give attendees an idea of what, why, and how the police operate.

Each topic is taught by Littleton police officers or civilian staff members, each an expert in their field. Each instructor describes the functions of his/her position and is available to answer questions. Some of the classes also include practical exercises. Participation in demonstrations and exercises is voluntary. Additionally, each participant has a chance to ride along with a patrol officer and spend time in the communications center.

The goal of the Citizen Academy is to promote a better relation-

ship between the police department and the community it serves and to foster a clearer understanding of a police officer’s duties, how the officer carries out those duties, and the end results of the officer’s actions. The Citizen Academy is not being held to train citizens as police officers or to exercise police authority of any kind.

To be eligible to participate in Citizen Academy, you must be over 16 years of age, live or work within the Littleton city limits, or belong to a city-wide service club or organization. Those who do not live and/or work in the city will be accepted as space allows, and complete, sign, and submit the Littleton Police Citizen Academy application.

Graduates of the Citizen Academy are invited to join the Littleton Police Citizen Academy Alumni Association and the Friends of Littleton K9. For further information regarding participation in the Citizen Academy, contact Littleton Police at 303-795-3875.

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

### Castle Rock Va Clinic One Step Closer To Caring For Veterans

Groundbreaking ceremony marks beginning of construction for first and only VA Clinic in Douglas County

If you are one of the thousands of Veterans in Douglas County or know and love a service member, you’ll soon have access to VA health care closer to home.

VA Eastern Colorado Health Care System (ECHCS) hosted a groundbreaking ceremony Thursday, Feb. 1, for the soon-to-be-built VA outpatient clinic at the corner of Prairie Hawk Drive and Dacoro Lane in Castle Rock.

The County’s 20,000 Veterans will have access to all the services found at other regional VA Medical Centers including primary care

and physical therapy options, at a location convenient to them. The new facility is expected to be open in mid-February 2025.

“I have so much gratitude to the VA for recognizing the service and sacrifices of the almost 20,000 Military Veterans that call Douglas County home by bringing this clinic to our County seat,” said Commissioner George Teal.

VA Services cover care for the mental and physical health of men and women who have served in the armed forces. Visit the Douglas County Veterans Service Office webpage for more information or to get your questions answered by Veterans Service Officers.



Pictured: Darcy Hoffman, Douglas County Veterans Service Office; Gary Weston, Douglas County Veterans Service Office; Max Brooks, Town of Castle Rock; Commissioner Lora Thomas, Douglas County; Rep. Anthony Hartsook, Colorado House of Representatives District 44; Rep. Lisa Frizzell, Colorado House of Representatives District 45; Deborah Mulvey, City of Castle Pines; Commissioner George Teal, Douglas County; Mayor Jason Gray, Town of Castle Rock; Tim Dietz, Town of Castle Rock



Reflections  
Changing Addresses

I wonder how many different addresses we have had. Better yet, how many addresses will there be in our future.

Being members of military families means a variety of moves both in the US and abroad. The saying was “I’m being moved” for IBM families.

Most likely, we’ve moved a variety of times whether for school, career, marriage, or even travel. Those serving as Vista Volunteers, in Teach America or the Peace Corps have moved several times.

We’ve know people who uprooted from one city to move where their children lived. That worked well until those same children were relocated elsewhere leaving the parents behind.

I remember several couples who moved from their communities to the northern part of that particular state. What looked initially as idyllic turned out not to be so. They felt isolated and, in one case, realized the medical facilities were not as accessible. Soon, back they moved near their previous homes.

With aging parents, a question arises who should move where. Do parents move closer to their



Martha Coffin Evans

children, even crossing state lines to do so? Most commonly, that’s the answer.

As with any change, adjustments occur. Finding an acceptable amount of distance between the two families – 20-30 minutes, no more than 60 – can provide a challenge depending on the communities and available housing.

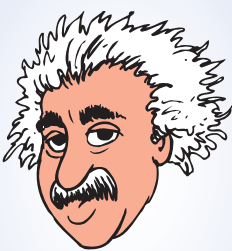
“I don’t want to move there because you’ll feel you have to see me all the time,” commented one mother to her children. She remained in a different state rather than moving closer to her family. All worked well until health problems arose.

No matter the move, establishing connections in a new community or housing complex results in a better experience. Many opportunities exist though community programs, educational offerings, recreational centers, and more.

How many address have you had? What’s next?

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates, LLC. Follow her blog on [martycoffinevans.com](http://martycoffinevans.com); email her at [itsmemartee@aol.com](mailto:itsmemartee@aol.com).

Find Einstein



Can you find the hidden Einstein in this paper?

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E	Y	E				A	N	N	A		M	E	R
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## Pets Are Family

### Pet Poison Prevention

March is Poison Prevention Awareness Month - there are a handful of everyday household items and foods that can pose a threat to our pets' health, and with simple awareness and intervention, we can ensure the well-being of our beloved furry companions.



Judy Calhoun

When giving your pets people-food, please keep in mind which foods are safe and unsafe. Regarding safe foods, ensure it is unseasoned and cut into small pieces. Remove seeds, cores, stems, and peels from fruit, and meat should be lean, cooked, and boneless.

Safe: Apples, bananas, beef, blueberries, broccoli, cantaloupe, carrots, celery, cheese, chicken, cooked pumpkin, green beans, kiwi, peanut butter (without xylitol), pineapple, popcorn, pork, strawberries, and turkey.

Unsafe: Alcohol, avocados, chocolate, coffee, garlic, grapes, raisins, macadamia nuts, onions, products containing xylitol, and raw yeast bread dough.

These are not exhaustive lists - please consult with your veterinarian to discuss your pet's specific needs.

Along with food safety, here is

a list of potentially poisonous household items: Prescription and over-the-counter medications, personal care products, cleaning products, glues/adhesives, batteries, mothballs, gasoline, antifreeze, pesticides/herbicides, and recreational drugs/tobacco products. Additionally, several houseplants are toxic to dogs and cats, including lilies, philodendrons, poinsettias, and more - consult with your veterinarian about which plants your pet should avoid.

What to do in case of emergency?

In the event that your pet digests a poisonous product, call your veterinarian and follow their next steps, which may include taking them in. If you cannot get a hold of your veterinarian, the ASPCA Animal Poison Control Center hosts a 24/7 emergency hotline and can provide timely support: 888.426.4435. This hotline is staffed by full-time veterinarians, including board-certified veterinary toxicologists.

We hope this information will make life as a pet parent more enjoyable, less stressful, and most importantly, will help to protect your pet from poisonous substances.

## Ageism Matters

### What Reframing Is - And Isn't



Kris & Sara

When we start to explain reframing aging, sometimes we are asked "do you want me to make something up?" No. This couldn't be further from the point. The goal of reframing - or changing your narrative - is to see the bigger picture and find a different way to talk about it that is both accurate and more useful.

Reframing is acknowledging the valid, wide range of possibilities and then choosing the helpful perspectives. Reframing is not making up something that isn't or doesn't feel true. It is not self-deception or denial.

Another way to think about it: A frame goes around a picture. Reframing it isn't pretending that the picture isn't there. It is using a new frame to see the picture differently.

We need to question our assumptions about aging. For instance, we're told that "old dogs can't learn new tricks". But, personal experience and plenty of research show that this isn't true. Another example: we might reflexively decide that we have to live with pain just because we are

older. But, everyone deserves the best quality of life possible. So, go have that knee checked out.

Importantly, it turns out that how we think about aging impacts how we age. Internalized ageism correlates with shorter, less healthy and happy lives. We can't control what life brings, but choosing how we respond can mean living a better life.

Why add unnecessarily limiting and negative thinking to our lives? We can't change aging, but we can change how we think about it. We can reframe, which turns out to be extremely powerful.

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

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# Be Aware of RSV Virus!

Each year, the cooling temperatures, falling leaves, and changing season remind us to get vaccinated against COVID-19 and the flu. But if you're an older adult, there's another serious health threat you should be aware of: respiratory syncytial virus, or RSV.

RSV can affect people of all ages. Each year, between 60,000-160,000 older Americans are hospitalized for RSV and 6,000-10,000 die due to RSV infection.

The good news is there's a vaccine available to help protect seniors who are most at risk for severe RSV disease. The Centers for Disease Control and Prevention (CDC) recommends all adults age 60+ talk to their doctor about whether the RSV vaccine is right for them.

Respiratory syncytial virus (or RSV) is a common respiratory virus that affects the lungs and breathing passageways. It typically causes mild, cold-like symptoms. Like COVID and the flu, RSV is highly contagious. It spreads in two main ways: 1) By coming into contact (via mouth, nose, or eyes) with droplets from another person's cough or sneeze, or 2) By directly touching a surface that has the virus living on it (e.g., a door handle), and then touching your face.

While most people recover from RSV within a week or two, some are more likely to develop serious illness and complications. This includes older adults and infants age 6 months or younger.

RSV symptoms in adults usually start within four to six days after getting infected with the virus. Signs of infection are similar to those of a common cold and may include: fever, runny nose, congestion, sore throat, sneezing, wheezing / barking cough, & loss of appetite.

According to CDC, adults at highest risk for RSV complications include: 1) those age 60+, 2) People who live in long-term care facilities (e.g., nursing homes), 3) people with chronic medical conditions such as: diabetes, heart,

liver, or kidney disease, weakened immune system, hematologic disorders, or neurologic/neuromuscular conditions.

Two single-dose vaccines are currently approved by the FDA to help prevent severe RSV in adults: Arexvy by GlaxoSmithKline (GSK) and Abrysvo by Pfizer. These vaccines are recommended by CDC for people age 60+, "using shared clinical decision-making." Shared decision-making is a process in which doctors and patients work together to decide the best course of action for that patient's health.

The RSV vaccines are reported to be highly effective in preventing severe RSV infection. A single dose of vaccine protects against RSV disease in adults age 60+ for at least two winter seasons. In trials, both RSV vaccines were 83%-89% effective in preventing RSV-related lung infections during the first RSV season after vaccination.

If you have Medicare Part D, your plan should cover the RSV vaccine at no out-of-pocket cost to you. If you receive your drug coverage through your employer or another provider, check your plan to see if the RSV vaccine is covered.

In addition to getting vaccinated, there are smart steps you can take every day to reduce your chances of an RSV infection: 1) Wash your hands thoroughly and frequently, 2) Cover sneezes and coughs (with a tissue or sleeve, not your hands), 3) Avoid touching your face before washing your hands, 4) Avoid close contact with people who are sick, 5) Clean common surfaces often at home and/or at work, & 6) Stay home if you're feeling ill.

Stay healthy by staying up to date on your vaccines! Getting routine vaccinations is a vital part of aging well. One reason is that we cannot fight off viruses as effectively as we age, which makes us more vulnerable to preventable illnesses like RSV, COVID-19, and influenza. Article courtesy of National Council on Aging.



# Why You Shouldn't Brush Off the Dentist This Year

(StatePoint) When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or

self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-network dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

Cigna Dental customers can also use their smartphones to screen for potential oral health issues anytime and at no cost. Powered through its dental.com partnership, a new technology called SmartScan provides step-by-step instructions to help patients take guided photos of their teeth and mouth. While not a replacement for an in-person dental examination, SmartScan analyzes the photos to identify potential issues such as plaque buildup, possible cavities or tooth damage.

More information is available at [cigna.com](https://cigna.com) and [cignadental.com](https://cignadental.com).

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.



(c) Drazen Zigic / iStock via Getty Images Plus



Denver Regional Mobility  
& Access Council (DRMAC)



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

Getting There Travel Training

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

Getting There Travel Guide

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

Monthly Meetings & Events

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

Information & Assistance Line

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

Getting There Travel App

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

Membership

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

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



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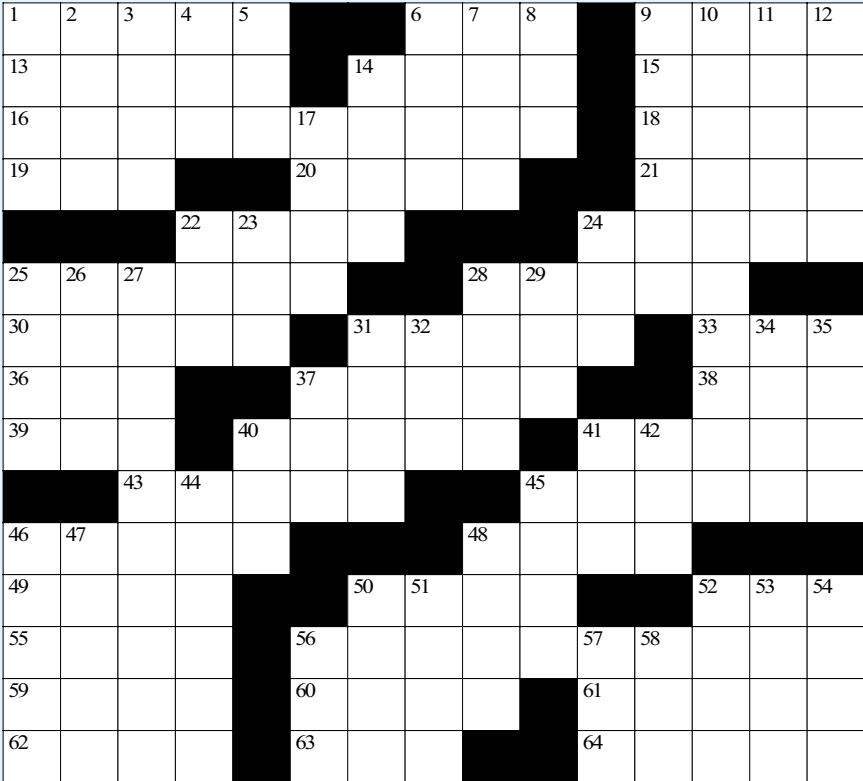
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50 Plus Marketplace News

Crossword Puzzle

March 2024  
Answers page 7



ACROSS

- 1 Youngest son
- 6 Law enforcement agency
- 9 Prehistoric sepulchral tomb
- 13 Alert
- 14 Ceased living
- 15 Upon
- 16 Capital of California
- 18 Move off hastily
- 19 Organ of sight
- 20 Old Indian coin
- 21 Lake or pond
- 22 Challenge
- 24 Gave a measured amount
- 25 Ice cream made with eggs
- 28 Thorax
- 30 Efface
- 31 Series of metal rings
- 33 North American nation

- 36 Vietnam
- 37 Dried plum
- 38 Petroleum
- 39 Exploit
- 40 Give another name for the constellation The ram
- 41 Throw
- 43 Influential person
- 45 Playful
- 46 Scapegoat
- 48 Musical percussion instrument
- 49 Spoken
- 50 Portico
- 52 Toward the stern
- 55 Roundish projection
- 56 Capable of being measured
- 59 Small island
- 60 Rowing implements

- 61 Oilcan
  - 62 Ooze
  - 63 Malt beverage
  - 64 Carplike fish
- DOWN
- 1 Portfolio
  - 2 Apart
  - 3 Fresh-water fish
  - 4 Sin
  - 5 Light meal
  - 6 Scandinavian
  - 7 Second letter of the Greek alphabet
  - 8 Revised form of Esperanto
  - 9 Universe
  - 10 Involving incest
  - 11 Gaze fixedly
  - 12 Carried
  - 14 Sandy tract
  - 17 The wise men
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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.



# 7 Reasons to Upgrade to Electric and Induction Cooking Appliances

(StatePoint) Cooking with gas? Industry experts say there are many reasons to consider retiring your gas-powered appliances.

To help you understand what your kitchen may be missing, Melissa Haber, the vice president of EuroChef USA, the exclusive importer of the Verona and Lofra brands of residential cooking appliances, offers seven reasons why your next home upgrade should include making the swap to electric or induction cooking.

1. You're health- and eco-conscious. Gas appliances at home are associated with an increased risk of asthma and other illnesses, particularly in children, as they emit harmful air pollutants like nitrogen dioxide and methane, even when they're not in use. The same pollutants are also harmful to the environment, contributing to air quality issues and climate change. In fact, national annual emissions from gas cooktops are equivalent to the emissions transmitted from half a million cars.

2. They're easy to maintain. Compared to the metal grates of a conventional gas stove, the flat surface of an electric or induction cooktop is nearly effortless to clean. A damp dish rag and soap works for most cleanup sessions. For more involved messes, a little vinegar goes a long way.

3. They offer safety benefits. With no open flame, electric appliances lower the risk of burns or fires, particularly those with safety features such as "power on" lights and residual heat warnings that inform users when the surface is still hot. Induction cooking also has safety benefits, since only the cooking vessel is directly heated and the surface of the cooktop itself does not retain or give off heat.

4. You value precision. Induction cooking is faster and more efficient than cooking with gas. The high-end induction ranges offered by the Italian brand Lofra, which combine elegant design with modern cooking features, are a good example of how accurate temperature control allows you to prepare meals like a professional

in the comfort of home.

5. Making changes can be feasible. Installing a gas hookup can be costly, time-consuming and involve inspections. The installation process for electric appliances on the other hand is easier and less expensive. Not able to replace your gas appliances with electric? Investing in a range hood is a sensible solution that can cut your appliance's air pollution by about half.

6. You'll be ahead of the curve. A growing number of cities and municipalities are banning new gas hookups for appliances to reduce air pollution and help fight climate change. Making the switch to electric or induction can help you get ahead of the regulatory curve.

7. New options are being introduced. With sales of electric appliances on the rise, a few select manufacturers have taken note, and to meet customer demand, have recently introduced additional options offering style and sought-after features. For example, the Italian brand Verona offers electric ranges in its Prestige and Designer Collections that deliver an upgraded look, with single and double oven options to suit varying needs and tastes. All are equipped with five burners that accommodate pots of any size, and a multi-tasking dual element that ranges from simmer to boil with the simple turn of a knob.

"As more consumers have come to realize the value and advantages of electric and induction cooking, it became important to us to offer them the same versatility and style they might expect with traditional gas-powered cooking appliances," says Haber.

Whether you want to prioritize your family's health and safety, or you simply want to embrace the convenience of modern cooking technology, electric and induction appliances can be a game changer in your kitchen.



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

This center caters to 55+, however those 18+ are welcome to register on a 'space available' basis. Questions? Call Nancy Baum, Recreation Supervisor, (303) 762-2662.

Registration: Online: englewoodrec.org  
Phone: (303) 762-2660

### St. Paddy's Day Craic

Celebrate the heritage of the Emerald Isle, and St. Patrick, it's patron saint! Wear your green and enjoy a delicious, traditional meal of corned beef and cabbage with all the mouth-watering fixings. Join us for live entertainment of the Celtic persuasion.

3/15 F 11:30 \$13

### Legendary Ladies Women's History Performance

Celebrate Women's History with a live performance from The Legendary Ladies! We will be joined by a Mountaineer Suffragist, a Labor Activist, a Suffragist, and a Frontier Physician as we learn more about these powerful roles filled by women in history! Light Refreshments included.

3/22 F 1:00 p.m.-2:00 p.m.

MRC \$13

### Full-Day Weaving Class

Explore the world of weaving on a rigid Heddle Loom. Learn how to make a scarf that is approx. 7" x 60". Gain insight into weaving terminology, figure warp and weft and design possibilities to apply to your scarf! Consider supporting the local weaving store (Blazing Star) right on Broadway for class supplies, they will help to choose the proper yarn for class. 250-350 yards of yarn are needed for class project. Supply list will be emailed to registered students prior to class. Supply List emailed to registered patrons one week prior to class. Sack lunch is recommended. Instructor: Robin Wilton Location: MRC

3/29 F 9a-4p \$58/\$46 21760111

### Open Paint Studio

Come together with folks in the community to work independently on painting projects. Whether an amateur or expert, open studio welcomes you. This class is designed to be for painters on canvas or paper using acrylic or watercolor paint. This program is a student-led workshop and does not have an instructor. Students bring personal supplies for open studio and clean the table prior to class departure.

Please Note: No class on 4/18.

3/5-5/28 Th 1-3p.m.

21761411 \$17/\$14

### New! Charcuterie Class - Eggs, Bunnies & Bacon

Join the Eggs, Bunnies, & Bacon Charcuterie making class! Delight in this class with a twist- a spring themed breakfast-for-dinner box! Join Lisa Collins, owner of Graze Craze Centennial to learn how to put together a spring breakfast box or expand into a brunch board

of your own at home. Let's hop into a delicious evening of laughter, learning, and of course breakfast at dinnertime!

Location: MRC

3/27 W 21461211

4:30-6:30p.m.

\$25/\$20 RR

### NEW! Parkinson's Disease 101

Join Parkinson's Association Executive Director, Jodi Brown as she presents an overview of Parkinson's Disease including commonly used terminology, signs, stages and symptoms as well as possible research on a cure. Gain insight into resources that connect and empower people with Parkinson's Disease to thrive. This program is well suited for those newly diagnosed, or if you simply want to learn more about the disease.

3/21 Th 1:00-2:00 p.m. 21450711

Free, Registration Required RR

### New! Colon Health: Importance of Screening

Join a medical health professional from Swedish Medical Center during National Colorectal Cancer Awareness month to gain insight into the importance of colon cancer screening.

3/8 F 12:30-1:30pm \$7/\$5

21461711

### New! Nymb! Science & West Metro Fire

The scientifically proven Nymb! app is free to ages 60+ in the Greater Denver Area! Join 20,000+ local Coloradans who are improving their balance and active lifestyle (while having fun) with Nymb! It's free, fun, and only 10 minutes a day! Please bring your digital device, tablet, smartphone along- Nymb! is a digital app that will be downloaded during class for use in any location.

Presenter: Sasha Story, Nymb! Community Outreach Manager

3/11 M 1-2 p.m. 21461911

\$7/\$5

## Loveland Lions Spring Timber Dan Toy Show & Sale



SATURDAY - MARCH 30, 2024

9:00 am to 4:00 pm

Antique, Vintage & Collectible Toys:  
Farm Toys, Diecast, Race Cars, Hot  
Wheels, Model Cars, Pressed Steel  
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Games, Trains, Planes

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Exit 259 Off I-25 then east 1/2 mi.  
then north 1/2 mi.



Admission:

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**Wheat Ridge Active Adult Center (AAC)**  
**6363 W. 35th Avenue - Wheat Ridge, CO 80033**  
**303-205-7500**

**St. Patrick's Dinner**

Join your friends and family for a corned beef and cabbage dinner, Celtic dancers will entertain you as well! Sign up early for this fun event to be held on Thursday, March 14th, cost is \$20. Register by calling 303-205-7500.

**Beginning Bridge Class**

Join instructor Sandy Koller for this 10-week course for the absolute beginning bridge player. Come learn the updated version of the Standard American Bidding System and have fun doing it. The first class is Thursday, March 7th, cost is \$55, call 303-205-7500 to register.

**Gentle Yoga**

In this Vinyasa style yoga class, 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 "Oppenheimer" on Thursday, March 28th 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](http://rootedinfun.com)

**Special Interest Drop-In Groups**  
(Drop-in fees \$4.50 paid for with an Electronic Enrichment Pass)

**Train Dominoes** - 2nd and 4th Mondays, 1pm

**Silversmith Lab** - Every Wednesday, 9am - noon

**Booktalk** - Thursday, March 28th - Book: The Children's Blizzard by Melanie Benjamin

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

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

**Beginning Tap Dance**

Tap dancing has many physical benefits including memorization skills, building muscle memory & increased mobility. Join teacher Jenna Roe for this fun and invigorating class. Classes are held on Mondays, both morning and evening classes are offered. Cost is \$53 a month, call 303-205-7500 for more info.

**Fitness and Dance**

The AAC offers a variety of fitness and dance classes, stop by the AAC and pick up a schedule.

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

**In The Spirit**

**The Anointing Makes The Difference**

*"Truly I tell you, wherever this gospel is preached throughout the world, what she has done will also be told, in memory of her."*  
*Matthew 26:13 (NIV)*



**Dr. Armington**

When Jesus was at Bethany, a guest at Simon the Leper, a woman came up to Him as He was eating dinner and anointed Him with a bottle of very expensive perfume. When the disciples saw what was happening, they were furious. That's criminal! This could have been sold for a lot and the money handed out for the poor. When Jesus realized what was going on, He intervened. You see, when the anointing of

God is poured out upon your life, it is what make difficult situations easier to handle. It opens doors that no man can open and close doors that no man shut. The anointing leads you, guides you, protects you, shelters you, hides you, and lifts you above levels that is unreachable. This woman done something wonderfully significant to Jesus. Tell me: "What have you done for Him lately?" For more inspirational nuggets, you may purchase a copy of the Author's gentry of writing via [www.DrArmington.com](http://www.DrArmington.com) at your convenience.

**Information for the 50+ Community**

**Apex Community Recreation Center**

303.424.2739 • [apexprd.org](http://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](http://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.

**Did you know?**

The Community Recreation Center offers great rental opportunities for small gatherings, HOA meetings, retirement celebrations, birthday parties, memorials, and any other groups as little as 5 and up to 250! Contact Michelle at 303.467.7197 for more information.

**50+ Spelling Bee:**

Monday, March 11, 1 pm  
Here's a fun way to exercise your mind. Compete with other spelling whizzes in the 50+ Spelling Bee, sponsored by the Apex Annual Active Adult sponsors. Prizes and refreshments are included. Contestants must be 50 and over and register by March 7. Check-in at 12:30 pm. \$5 (\$7 non-res.).

**Ballroom Dance Buffet:**

Monday, March 4, 7pm  
Our dances for March will be West Coast swing, a slower, bluesy style, and the Merengue, a fun and fast-paced Latin party dance. We will work on the two dances at each session during the month and build our repertoire of moves and skills. We will address rhythms, effective leading and following, spins, and styling, including some combinations that let both partners shine. Singles or couples are welcome; no dance experience is

needed. \$32 (\$38 non-res.).

**Tuesday Painting:**

Tuesday, March 12, 12:30 pm  
Explore your artistic journey in a creative and supportive studio setting. Bring your own supplies for the medium of your choice. Beginners welcome. When class meets registration minimum, drop-ins are welcome at \$14 (non-res. \$18) per class. \$47 (non-res. \$59) per class.

**Behind the Scenes - Daniels and Fisher Clock Tower:**

Thursday, March 21, 10 am  
Join us as we go behind the scenes at Daniels and Fisher Clock Tower. We'll hear the story of this landmark, those who built it, and those who saved it from the urban renewal wrecking ball. We'll journey upstairs to see behind the mysterious clock faces and take in the breathtaking views of the city and surrounding mountains from the 20th floor observation deck. The tower is accessed by an elevator to the 17th floor. The tour can go to the 18th through the 20th floors, which are accessible only via stairs. Please bring cash for lunch (\$15+). Please dress in layers and be prepared to walk at least a mile on the tour. \$48 (\$58 non-res.).

**Cooking with Friends - Lunch:**

Wednesday, March 27, 11:30 am  
Join us as we prepare, clean up, and enjoy a light meal together for lunch in the Community Recreation Center's fabulous kitchen. On the menu: Italian Stuffed Peppers made with ground chicken, a salad, and a light dessert. All ingredients included. \$25 (\$33 non-res.).

**Colorado Gerontological Society**

**Colorado Taxpayers To Get \$800 Income Tax Credit**



**Eileen Doherty**

Denver, CO. If you are age 18 and over, you can receive an \$800 income Tabor Refund. All residents who live in Colorado all of 2023 are eligible because we

all buy clothes, personal items and much more. If you file state and federal income tax, your refund will be calculated when you file your tax return. However, if you do not usually have to file a tax return, you will need to file a tax return.

The Colorado Department of Revenue, due to some taxpayer feedback and advocacy has created the DR0104EZ. The Colorado Simplified Individual Income Tax Return form is easier and can be used by individuals who only need to file taxes to claim the Tabor Refund, which is many older adults, especially individuals who have less than \$25,000 in income from Social Security or other non-taxable sources.

To claim your Tabor Refund, if you have less than \$25,000 in income, file the DR0104EZ by April 15, 2024 to claim the refund. You can get copies of the form at <https://tax.colorado.gov/DR0104EZ>.

If you lived in Colorado all of 2023, are age 65 and over or disabled, have 2023 income less than \$18,026 for single filers and \$24,345 for married couples, you should file the PTC104 for two refunds - the property tax/rent rebate and the Tabor refund. The PTC104 must also be filed by April 15, 2024, to get both refunds. You can get copies of the form at <https://tax.colorado.gov/DR0104PTC>

If you need copies of the form, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). If you need help filing the forms, please check for AARP or VITA tax site in your area or visit [www.senioranswers.org](http://www.senioranswers.org).

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