DENVER METRO

Includes: Adams, Arapahoe, Broomfield, Elbert, Denver, Douglas, & Jefferson



Local News, Profiles, Events & Resources For 50 Plus Adults

January 2024 • Volume 30 • Issue 1

Embrace 2024

enjoyed.

others not.

to be made whether to repair, ently. remodel or buy new. Such safety or the housing market.

becomes financially a good idea, enjoyment. would future health challenges What about visiting family niche. members or friends elsewhere? Why not book now?

Cheers to a New Year! Re- special occasion? If that spe- that occasion never arrives, it no wind and begin with a full year cial occasion doesn't arrive in a longer fits or the event is canyet to be lived, experienced and timely manner, those beautiful celed? Who enjoys it then? cherished items might remain Perhaps this is the year to stop dusty, tarnished, or unwanted call about a new job. On occawaiting for just "the right time" by the children. What happens sion, the unwanted call comes events as well. whatever that might be. Life's if something breaks, becomes when not getting the job or befull of needed waiting time mangled in the disposal or inglet go. some within our control and tossed out by mistake? There's always the possibility of replace- member, via birth or engage- you know it! Occasionally decisions need ment or setting the table differ- ment, often involves waiting.

Some might think waiting might be the case with vehicles for more time to volunteer, take and houses. Waiting might be up a new hobby or sport would sensible depending on vehicle make sense. It might but, why not venture out now? Area rec-Some may hold off or wait reation centers offer a variety of on travel plans. While saving sporting experiences with varied money for such an adventure pace and enough exercise for

Volunteer opportunities preclude the travel? Perhaps abound in most areas. Sampling one family member or traveling a few or gravitating to a pocompanion could make the trip; tential area of interest enables another might not be so able. volunteers to find just the right

Tangible waiting happens in saving a new clothing item. Save What about saving those it for a special occasion might be special dishes or glasses for a the thinking. What happens if

That outcome becomes celebratory for all involved.

With all the exhibits, festivals and performances in the area, it's possible to miss out by wait-Some may wait this year for a ing too long to get tickets. The same holds true for sporting

Embrace all the opportunities and possibilities found in 2024. The arrival of a new family Don't wait, it will be over before

By Marty Coffin Evans



Denver Announces Convention Center Expansion

completion of the Colorado skyline. Convention Center Expansion Project.

Center includes the new 80,000 space for people to visit our city 5,000 seat Bellco Theatre. square-foot Bluebird Ballroom that can be subdivided into 19 configurations of varying sizes. It's now the largest multifunction ballroom in Colorado, able to host more than 7,500 attendees for a general session or 4,600 guests for a catered event.

The expansion also includes 35,000 square feet of wraparound pre-function concourse

In December, Denver Mayor space with floor to ceiling win- and gather as a community to Mike Johnston joined hundreds dows and a 20,000 square-foot laugh, drink, learn, and play." of invitees and representatives outdoor rooftop terrace with of the City and County of Den-dramatic views of the Rocky tions and demand, new feaver and community to celebrate Mountains and Denver's city tures of the expansion include

sign that Denver is open for existing building, providing easy Located on the roof of the ex- business," said Mayor Mike access to its 600,000 square feet isting building, the expansion Johnston. "The Bluebird Ball- of exhibit space, 150,000 square of the Colorado Convention room creates a breathtaking feet of meeting space and the

Keeping pace with innovatechnology improvements and "This expansion is a perfect seamless integration with the



Ms. Colorado **Senior**

Page 3

Declutter Page 4

Healthy Eating Page 8

People's Choice Award

Page 9

Peyton Manning

Page 11

Saturday/20

Colorado Genealogical Society presents a free online program on "Genealogy Resources at the Denver Public Library" by Jaymie Middendorf at 10 am on Zoom. Jaymie takes you on a virtual tour of the library's vast and unique collections. She will discuss how to find materials to help your family history research, the extensive genealogy services that DPL provides, and how to use this nationally renowned library. Please register online at https://cogensoc.us.

Castle Rock Genealogical Society presents a free online program on "The Power of the Family Legend: I am Related to Roy Rogers!" by Cari Taplin at 10 am on Zoom. Cari discusses family Taplin legends and takes the audience through a brief outline of the life of Roy Rogers (Leonard Slye). Then, through census research, illustrates her family's legend of being related to Roy Rogers. Please register online at https://crcgs.org.

The Colorado Gerontological Society presents many free online programs on Aging in Place, Advance Care Planning, & Assisted Living programs at www. senioranswers.org.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their https://local. website at 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: **Beyers Law**

We Care

Ron Stern's Travel Series Palm Springs Preferred Small Hotels

Ron Stern

I have visited Palm many times over the years and have always been intrigued by the varied architectural styles of the homes,

government buildings and small hotels. This became even more apparent during my most recent trip where I had the opportunity to stay at several of the Palm Springs Preferred Small Hotels (PSPSH) in town. Perfect for a long weekend or extended holiday, you can choose between 80 diverse accommodations offering a host of ame-

nities that travelers will love. Springs

If you're a fan of retro architecture, like I am, their website lets you filter among various styles such as mid-century modern, historic, Spanish and Mediterranean. Some of the other options include restaurants on premises, pet friendly, breakfast included, full-service spas, bicycles, swimming pools, and handicap acces-

You can book directly with the property via the PSPSH platform. Most will price match what you might find on other travel agency (OTA) websites, thus saving money. Also, if any problems arise, you can deal directly with the property who can quickly resolve any issues.

If you book with an OTA, they are essentially your travel agent and you'll have to contact them for assistance.

With less than 50 rooms, you'll find all sorts of retro inns and hotels within easy driving distance of the Greater Palm Springs area. But you can also choose one right in the heart of the city close to many of the main attractions and activities.

My wife and I stayed at three different properties during our visit: The Alcazar, Mahala, and Dive. All three had styles that reflected the personalities of their owners. Alcazar and Mahala had modern vibes while Dive felt like a 60s French Riviera experience.

Some properties have on-site dining such as Alcazar's Cheeky's, serving small farm food and Birba (pizza and pasta) were only steps away. Lounging by the pool is very much of a thing here in Palm Springs and all of our properties had these as well as hot tubs. Complimentary snacks and beverages were also provided.

Many of the hotels in this association have been lovingly renovated and/or restored. With comfortable beds, custom furnishings, and dedication to guest satisfaction, seniors should consider booking with PSPSH during their next getaway to this desert community.

This was a sponsored visit, however, all opinions are based on the author's honest assessment.



Mahala interior Room Ron Stern

America Displays Wreaths Across America Day

National Wreaths Across America Day took place at over 4,225 participating locations across the country, including Arlington National Cemetery, on December 16, 2023. Volunteers remembered our nation's heroes as they said their names aloud, honoring over three million veterans this year.

Wreaths Across America would like to thank the communities, is the catalyst, it brings togethdedicated volunteers, and gener- er communities - families and ous sponsors for coming together strangers -- to learn about those

in unity and supporting those who have protected our freedom. Each person has played a part in the year-long mission to Remember the fallen, Honor those who serve, and teach the next generation the value of freedom.

"What I love most about this day, and this mission, is that it is so much more than just the placement of a wreath. The wreath

who have served and sacrificed," said Karen Worcester, executive director, Wreaths Across America. "We have more than three million volunteers across the country and a third of them are children. This mission and the events happening today provide the opportunity to teach kids about what freedom is."

For centuries, fresh evergreens have been used to symbolize honor and a living tribute renewed annually. Wreaths Across America believes the tradition represents a living memorial that honors veterans, active-duty military, and their families. When volunteers say the name of a veteran aloud while placing a wreath, it ensures they live on in our hearts and memories and are always remembered.

For more information about the year-long mission and ways to get involved in your own community, please visit www.wreathacrossamerica.org. National Wreaths Across America Day 2024 was held on December 14.



How To Reach Us

robert@50plusmarketplacenews.com

phone 303-694-5512

mailing address 4400 Šioux Dr. Boulder, CO 80303

website www.50plusmarketplacenews.com www.facebook.com/50plusnews

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

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

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

DEADLINE 10th of the Preceding Month

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

> Publisher/Editor Robert A. Trembly II

Chief Financial Officer Michael Gumb

Contributing Writers Boulder County Senior Centers Boulder County Agencies & Businesses

> Marketing Director Bob Larson

Product Consultants Michael Buckley Robert Trembly

Design/Production Kit Brown

Smart Phone Access



Printed on Recycled Paper

Aurora 2024 Arts and Business Partnership Award

Two iconic Aurora locations, The Aurora Highlands' Art in the Park at Hogan Park and Jubilee Roasting Co. have been awarded the 2024 Arts and Business Partnership Award by the Colorado Business Committee for the Arts. The Colorado Business Committee for the Arts honors companies and individuals for their outstanding business partnerships, innovative contributions and public engagement with the arts.

"Public art enhances our public spaces, anchors our local gathering places and supports local business development, offering memorable one-of-a-kind experiences," said Aurora Mayor Mike Coffman. "This award is a recognition of the importance of public art as one of the crucial elements that make our city a desirable place to live, visit and grow a business by transforming public spaces into vibrant culturally rich environments."

Located in Hogan Park at Highlands Creek, a captivating collection of almost twenty installations unfolds across a two-mile stretch, representing a thoughtful commitment to fostering artistic expression in public spaces. The latest addition to Hogan Park at Highlands Creek is a monumental 21-foot-tall sculpture called "Umi" by South African artist Daniel Popper, which has captured the attention of visitors locally and across the country.

The city of Aurora Art in Public Places Program was created 30 years ago with the passage of Ordinance 93-63 in September of 1993. The mission of the Art in

Public Places Program is to capture the pulse of the community by contributing to neighborhood development, economic vitality and engaging the many voices of Aurora through art and culture. Locally and nationally renowned artists have created 300+ individual pieces to enhance Aurora's public spaces with works of art ranging from outdoor sculptures and murals to functional works integrated into the architecture.



Make a New Year's Resolution to Become a Contestant in the 2024 Ms. Colorado Senior America Pageant



It's a new year and time to create a new YOU! If you are 60 years of age or older and you feel you need a new lease on life or a new commitment, and want to be a part of something wonderful, become a contestant in the 2024 Ms. Colorado Senior America Pageant to be held April 27,2024.

This yearly pageant is held to celebrate the fact that women's beauty, talent, and charisma do not diminish with physical age and, instead, that women have reached the "Age of Elegance." This is not a "beauty" contest, but rather an event to showcase women who are vibrant, poised, talented, and personable well into their mature years. During the pageant, contestants will be scored by a panel of judges using the criteria of a private interview, an evening gown competition displaying poise and elegance, a statement that conveys the contestant's "philosophy of life," and a talent presentation demonstrating a woman's giftedness and accomplishments.

The winner of the contest will be crowned Ms. Colorado Senior America 2024 and will perform at showcases, appear in parades, make personal appearances and, best of all, compete in the Ms. Senior America Pageant in Atlantic City, NJ, in October 2024. Ms. Colo SR America 2023, Joan-

ie Ryan states, "I am so blessed to be part of such a special organiza-

will automatically become a mem-

ber of the Colorado Club and will have the opportunity appear in showcases around the area and become a part of that vibrant group of senior ladies who love to give back to their community by sharing their time and talent with people in nursing homes, veteran's homes, etc. Please visit us on FaceBook - Ms. Colorado Senior America Pageant and see all of our activities!

Contestants are now being sought to compete for the title and crown for 2024. If you feel you exemplify the inner beauty and dignity of a Ms. Colorado Senior America, contact Colorado State Pageant Administrator, Rene' Green at 720-384-6249 (renemcsap@ gmail.com) or visit the club's website at www.colosramerica.com for information. Contestants must be 60 plus years of age to enter.... and our oldest was 94, so don't say you are too old to start something wonderful!

Space is limited, so sign up soon. Our staff will help you prepare, so give yourself an experience you will never forget!!!

Complete your application now All contestants who compete and make 2024 a year to remem-



Reflections Serendipity

As we embark on a new year, "Serendipity," seems an appropriate title. After all, it evokes finding something new or unexpected good luck. Doesn't a new year hold that potential?

My early association with serendipity comes from a folk song group

years ago. They started in Colorado as the Newport Singers and then began swapping members in/ out until they became The Serendipity Singers. Should you need a musical nudge, think "Don't let the rains come down." If that means nothing to you, Google them.

Since not all of us will likely end up with musical fame and fortune, where does serendipity enter into our lives. Originally this idea emanated from a Persian fairy tale. Now, it can mean something found, an unexpected discovery, and finding an item of interest by chance. Finding a \$20 bill lying on the ground – serendipity. Make it \$50 or \$100 for a real Serendipity!

Chance meetings can give us the good fortune of serendipity for years to come. Finding a special vacation location can bring a feeling of serendipity.

their

direct benefit to humans through

Recycling organic material:

Earthworms, along with bacte-

ria and fungi, decompose organic

material. Most people know about

earthworms and compost, but

earthworms do the same in pas-

ture soils, decomposing dung and

plant litter and processing 2–20

tons of organic matter per hectare

each year, and recycling leaf litter

under orchards and in other for-

their action on soil processes.



Martha Coffin Evans

My artist friend, Dondescribed serendipity in her Gouache and Watercolor Pencil painting of the same name. "There are times in our lives when a light seems to glow and gradually emerges out of the darkness and illumi-

nates something, changing it in that moment into something else, something lovely. Let's strive to be open to those unexpected moments of grace."

Isn't that what a new year's all about? It may be a challenge to stay open to the unexpected moments yet to be experienced this 2024.

If you're curious to see an example of "Serendipity," you can find it on our websites - www.martycoffinevans.com or www.donnalyonsfineart.

Best wishes as you look for your own serendipity. May your year be filled with the unexpected!

Martha (Marty) Coffin Evans, Ed.D, can be reached at itsmemartee@aol.com or on her website martycoffinevans.com

Uniquely Bea

"It Is Time to DECLUTTER!"



Bea Bailey

of year, people make New Years Resolutions improve various things in their lives. I know that I do

and even keep some of them!

Just look around at all the stuff that we are accumulating...I mean...just look. Even all the Christmas stuff might be a case of overload. I did something years ago. I decorated my home (I don't go overboard) and once I put out what I really liked, I then donated the remainder. It made absolutely no sense to repack and store items that I do not want, need or even like.

As I drove into my garage the other day, I asked myself what is all that "stuff" on the wire shelving. It's stuff that I have just shoved on the shelves and hardly even know what it is. How many gift bags can one person have, particularly when I now give out gift cards or cash. I have old VHS tapes...for what? I do enjoy entertaining and so

During I have a lot. BUT...there are gravy bowls and other "stuff" that many I simply have never used or used just once.

> We can learn a lot from the people of Sweden. "Swedish death cleaning is a wellknown concept in Swedish and Scandinavian culture, where you work on eliminating unnecessary items from your home, so loved ones won't be burdened with the task after you pass on". We all have heard horror stories of children or other relatives who have left with the task of bailing out a loved one's homes.

> I love my daughter too much to leave her with the burden of sorting through all my necessary and unnecessary "stuff"! Nope...I won't do this to her!

> "Most people do not need more stuff; they need more space" -Michelle Ogundehin



Technology is Hip!

Earthworms Benefit Our Ecosystems

contri-

bution to our

world is sig-

nificant. These



Bob Larson

number of ways:

Earthworms trients like phosphorus and nitromay lack the gen become more readily available to plants after digestion by earthworms and being excreted in citement of more familiar earthworm casts. Improving soil structure: Earthanimals, but

worm burrows alter the physical structure of the soil. They open up small spaces, known as pores, within the soil. When earthworms 'lowly creatures' play a vital part are introduced to soils devoid of within the natural soil ecosystem. them, their burrowing can lead They are also valued for their con- to increases in water infiltration tribution to ecosystem services rates of up to 10 times the original - ecosystem functions that are of amount.

Reduces carbon: Earthworms convert digestible carbon to a form Earthworms influence (and that stays in the soil, trapping carbenefit) the soil ecosystem in a bon dioxide in soil for an overall decrease in emissions1. Scientists in the US and China discovered that worms, though they release carbon dioxide from the soil into the air, actually capture (sequester) more CO2 than they release.

> Providing food for predators: Earthworms, like all creatures, are part of food webs. Birds are well known predators, but native earthworms are also food for endangered and endemic land snails.

This is another great use of technology on our planet. Bob Larson is a technologist and Marketing Director for 50 Plus!

Genealogy Rocks!



Carol Darrow

think making New Reso-Year's lutions which usually involve fixing some fault you see in vourself. Maybe a better idea

is to make New Year's Plans - positive ideas to make your life happier and more productive. In genealogy, there are three main ways

Focus: It's easy to get overout everything you can about everyone in your family tree. Your It's never too late to plan ahead. research can easily just skim the surface without discovering what kind of person your great-grandfather really was. Instead, pick one person or couple and focus your research on a new couple or person in your family tree.

Organize: One of the simplest ways to organize the piles of information you've gathered is to use a three-ring binder. Put all the documents for one couple and their children into the binder in chronological order. Add tabs to divide up the generations. Add a

It's time to table of contents and perhaps a about family tree for that couple.

> Share: Some of us have close family – a slew of first cousins you grew up with. Some have found genealogy cousins, people working on the same family line whom we've met online. They would all be interested in your findings so you need to find an easy way to keep them involved. Maybe you could work together to solve a mystery about grandma's father.

With a definite plan in mind, you to do this: Focus, Organize, Share. will be amazed at the progress you can make. Instead of trying to dig whelmed when your goal is to find into the whole family at one time, focus on an area that intrigues you.

> Carol Cooke Darrow teaches free Beginning Genealogy on Zoom on the 2nd Saturday of the month, 10 am -noon. Register at cogensoc.us and click on the Beginning Genealogy link.

Help us
Help the 50+
Community

ested areas. Increasing nutrient availability: This happens in two ways: by incorporating organic materials into the soil and by unlocking the nutrients held within dead organisms and plant matter. Nu-

Find the right doctor for you. Start with your Humana plan.

As each of us gets older, what we need for our healthcare changes—sometimes more than once. That's why Humana has providers like Oak Street Health in our network that specialize in geriatric care. We connect you with doctors who take time to get to know you, offering care that evolves alongside you and a dedicated team who prioritizes your whole health.





Specialized primary care for adults 65+



A professional care team that takes the time to listen



Care beyond the clinical, with mental health and social wellness support

Find an Oak Street Health location near you

Harvey Park 740 Peoria St. Aurora, CO 80011

Commerce City 5996 E. 64th Ave. Commerce City, CO 80022

Del Mar 2087 S. Federal Blvd. Denver, CO 80219

Pikes Peak Park 4380 Austin Bluffs Pkwy. Colorado Springs, CO 80918

Visit HealthThatCares.com/Oak-Street-Health

or scan the QR code

Vista Grande

2877 E. Fountain Blvd. Colorado Springs, CO 80910

Humana.

Oak St. Health

Other Providers are available in our network. Provider may also contract with other plan sponsors. Important! At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-855-360-4575 (TTY: 711). Español (Spanish): ATENCIÓN: Sihablaespañol, tieneasudisposición servicios gratuitos de asistencialing ü. stica. Llameal 1-800-706-6167 (TTY: 711). 繁體中文 (Chinese): 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。 請致電 1-855-360-4575 (TTY: 711)。

This Fall, Older Adults Should Protect Their Health

(StatePoint) With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "onesize-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for

- Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.
- Pneumonia. Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.
- Shingles. The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.
- COVID-19. Ask your doctors about current recommendations for prevention of COVID-19 in-
- Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

The following health screenings are commonly recommended for

older adults.

- Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.
- Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.
- Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent
- Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.
- Mental health checkup. Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often cov · RSV. Earlier this year, the ered fully by Medicare or Medicare Advantage, he said.

> The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

RSV Can Impact Adults Too. Here's What to Know

(StatePoint) Each year, it's estimated that more than 160,000 U.S. adults are hospitalized and 10,000 of them die due to Respiratory Syncytial Virus, or RSV, a common respiratory virus. While most people only develop mild symptoms similar to that of a common cold, RSV can be dangerous for certain people at high risk, including some adults.

The American Lung Association's campaign to educate people living in the United States about RSV in adults is supported in part by a grant from GSK. As part of the campaign, they are sharing patient insights, along with information about the risk of severe complications from RSV, and steps people can take to help protect themselves.

Risk Factors

Adults 65 years and older are at higher risk of RSV that can be severe and even life threatening. Also at high risk are adults with chronic heart or lung disease, and adults with weakened immune systems. RSV in some cases may worsen asthma or COPD symptoms, lead to pneumonia or bronchiolitis, or even result in congestive heart failure. Adults at high risk need to be especially vigilant during RSV season.

Michele D.'s childhood memories of medical visits and treatments for her asthma helped shape her path in life, inspiring her to become a Registered Respiratory Therapist so that she could care for and educate others also living with asthma or other lung diseases. Even with Michele's extensive knowledge of respiratory diseases and her lived experience of growing up with asthma, her severe bout of RSV in December 2022, which hospitalized her and lead to pneumonia, took her by surprise.

"I'm a respiratory therapist, and I know RSV can be serious, but I wasn't expecting it to impact me the way that it did and for as long as it did," says Michele. "I don't think most people living with chronic lung disease realize how an RSV infection can impact their lives. I didn't."

Prevention

Fortunately, there are steps you can take to lower your risk of severe RSV:

- Keep up to date on all recommended vaccinations. In June 2023, the CDC recommended RSV vaccination for adults 60 and older who have discussed with their healthcare provider whether it's right for them.
- If you live with a chronic lung disease, such as asthma or COPD, work with your healthcare team to keep the condition under control so your lungs can better heal from infectious respiratory diseases.
- When possible, stay away from individuals who are sick with respiratory infections to reduce your chance of becoming ill.
- Wash your hands often and try not to touch your face with unwashed hands as that is a common route for infections to occur.

For more information and prevention resources, and to learn your risk for RSV complications, visit Lung.org/RSV.

"I know how important it is, living with asthma, to reduce my likelihood of getting sick with a respiratory infection," Michele shares. "If there is a way to help prevent getting that sick again, I'm in."



Active Minds

Expanding lives and minds with community-based educational programs.

Call us at: 303-320-7652

www.activeminds.com

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



Pets Are Family

Fitness & Wellness for our Furry Friends

From your friends at NOCO Humane, hope your holiday season was wonderful and you're ready to embrace a new year! It's common to make resolutions around health, so this month we are focusing on the physical and mental health of our furry



Judy Calhoun

wellness has to take a break.

ment and wellness for your pet, it kitty's claws as they lunge for their is important to know that 1) dogs toy. thrive best when they have a "job" and 2) cats are always practicing health and happiness, we can entheir hunting and stalk-pounce sure a fulfilling and joyful year for skills, so enrichment along those both pets and their loving owners. lines will almost always be a win- Cheers to a paw-some year ahead!

For dogs motivated by food, consider: snuffle mats or snuffle balls, clicker training, puzzle toys/feeders, slow feeders and "licky" mats. Also, entire meals can be stuffed into a Kong toy (and frozen the night before) to make meal time take longer as well as employ more effort and mental skills.

Sniffing is a great stress reliever for dogs and gives them an outlet for their hard-wired natural behaviors. Consider doing a test with dog-friendly scents and see what your dog likes and doesn't like, what excites them and what calms them, and use the ones they like for future enrichment.

With cats, active toys are a hit! Encourage selfplay with aluminum foil balls, plastic lids, wadded up paper, pipe cleaners,

friends. Cold weather can drive us cardboard boxes, etc. Interactive indoors, but that doesn't mean that play can also be fun for both of you, just remember to keep your When thinking about enrich- hands and body clear from your

> By prioritizing our companions' Learn more at nocohumane.org.

Part Time SALES! 50[™]Marketplace

Choose Your Own Hours and Serve Seniors.

> Call Robert at 303-694-5512 For Details.



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

MEET NEW PEOPLE • LEARN ABOUT HEALTH • WALK AND GET FIT WITH DOCTORS

Many more walks all over the Denver metro region! See the full list at

NJHEALTH.ORG/WWAD



















Can you find the hidden Einstein in this paper?

Α	D	D	L	Е			C	Α	В		V	Е	Е	P
R	О	Y	Α	L		W	Н	О	A		A	X	L	Е
С	Н	Е	С	K	P	О	Ι	N	T		S	С	U	T
Н	A	D			0	N	С	Е			Н	Ι	D	Е
			S	Н	U	T				U	T	Т	Е	R
C	О	P	P	Е	R			S	Y	R	I	A		
A	В	Е	A	M		0	F	T	Е	N		Т	О	Е
D	О	R			P	L	Е	О	N			Ι	V	Е
Е	L	D		В	A	I	Z	Α		N	A	V	Α	L
		U	R	Е	D	О			L	A	В	Е	L	S
В	0	R	Е	D				R	U	В	Y			
R	О	A	M			S	K	U	A			S	K	I
Ι	Z	В	Α		A	С	Ι	С	U	L	A	Т	Е	D
D	Е	L	Ι		F	О	L	K		Е	D	U	С	Е
Е	D	Е	N		T	W	0			V	О	D	K	Α



TRADING POST

Volunteer

Become a Cherry Creek Storyteller!

Storytellers TELL stories to Cherry Creek elementary school children.

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

Services

WILLS & TRUSTS, REAL ESTATE

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

Support Groups

Sky Cliff Center Stroke Support

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

Services

Gutter Cleaning First floor only Contact Bob at 303/329-8205

Free over the phone estimates

Wanted

Buying Old Baseball and Sportscards and memorabilia.

I'm also buying Vinyl Albums. Cash paid. For an honestoffer feel free to call CJ at 303-916-

For Sale

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

Services

Silver Wings Arts Program

Adult day program creating music, art, movement M-F, 10:30a-3:30p. Certified caregiving, dementia trained, PhD, CPR. Day rates 720-436-6397 seniorsitterscolorado@

gmail.com

General

Magician for Hire!

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

Help Wanted

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

For Sale

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

Trading Post ORDER FORM

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

50 Plus Marketplace E

4400 Sioux Dr. Boulder, CO 80303

Copy due by the 10th of the preceding month.

August 2024 August 7/10/2024 August 8/10/2024 August 9/10/2024 10/10/2024 August

ADVERTISER'S INFORMATION							
Name							
Company							
Address							
City, State, Zip							
Phone							
Email							

Rates depend on edition(s) chosen, call for details.

Healthy Eating Tips for Seniors

The definition of healthy eating does change a little as we age. For example, as we grow older, our metabolism slows down, so we need fewer calories than before. Our body also needs more of certain nutrients. That means it's more important than ever to choose foods that give us the best nutritional value. Explore the materials below to get tips on how to find the best foods for your body and your budget.

the labels to find items that are lower in fat, added sugars, and so-

- 4. Use recommended servings. Eating the right amount of food for your age and body helps you maintain a healthy weight. USDA has some guidance on nutrition and daily activity specifically for adults age 60 and older.
- 5. Stay hydrated. Water is an important nutrient, too! To keep from becoming dehydrated, drink



Here are six tips for picking healthy food as you get older!

- 1. Know what a healthy plate looks like. The US Department of Agriculture (USDA) has produced a simple way to help people see what a day of healthy eating looks like. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.
- 2. Look for important nutrients. Eating at a variety of foods helps us get all the nutrients we need. Think of your plate as looking like a rainbow—bright, colored foods are always the best choice! A healthy meal includes:

Lean protein (lean meats, seafood, eggs, beans)

Fruits and vegetables (think orange, red, green, and purple)

Whole grains (brown rice, whole wheat pasta)

Low-fat dairy (milk and its alternatives)

Choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts lasections. When you do eat processed foods like chips and baked time. goods, be a smart shopper! Read

small amounts of fluids consistently throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget. Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. More than four million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit BenefitsCheckUp.org to see if the program can help you.

Another way to eat healthy: Try out a grocery or meal delivery service. Did you know grocery delivery services allow you to select your groceries online and have them delivered to your door, potentially helping you avoid impulse buys? And that meal delivery services can get either healthy prepared meals or whole ingredients with unique recipes delivered to your home?

If you haven't tried out either service yet, consider learning bel. The healthiest foods are whole more. While some grocery defoods. These are often found on livery services can be covered by the perimeter of the grocery store SNAP benefits, the delivery fee is in the produce, meat, and dairy not. Meal delivery kits generally are not covered by SNAP at this

Tis The Season To Be Grumpy?

For the most part "champions" set a new Guinness Record when they lit up the neighborhood with visitors they attract, 601,736 lights. And, this year, they

are acclaimed, cheered and en- they covered their home with vied. Not so for the Gay family 720,426 lights. It's not just the of Union Vale, NY. In 2012 they bright lights that are making some adorned their home with a record of their neighbors grumpy, it's also 346,283 Christmas lights. In 2014 the tens of thousands of drive-by

Colorado Gerontological Society

Property Tax Relief for Home Owners and Assistance for Renters



Eileen Doherty

Denver, CO. Colora-Legislature passed several bills in November that benefit Coloradoans, including older adults.

Two initiatives will benefit homeowners by changing the residential assessment rate for the 2023 tax year from 6.75% to 6.765%. This small assessment change will not make a big difference. However, homeowners will be able to exempt \$55,000 of the home's value. For older adults, this will be in addition to the \$200,000 exemption, if homeowners receive the Senior Homestead Exemption.

Similar to the Tabor refunds received previously, all taxpayers 18 and over will receive \$800, thus low-income individuals will receive more, while higher income earners will receive less. The schedule for applying for Tabor refund has not been announced.

The third bill increases emergency rental assistance to \$95 million between now and June 30, 2024. Individuals who make less than 80% of the area median

usbank

COMCAST

energy energy

KAISER PERMANENTE

Xcel Energy=

Miller Coors

pepsi whiting

are eligible. Assistance is available for rent, utility bills, late fees, court costs, reasonable attorney fees, and any other costs associated with eviction prevention.

The next bill will increase the state's earned income tax credit from 25% to 50%. Many grandparents who are raising grandchildren, even if they don't have custody may be eligible for this tax credit to help with the costs of raising grandchildren.

Lastly, the legislature created a task force to develop a long-term property tax plan. Senator Chris Hansen, who spoke at the Colorado Gerontological Society Annual Meeting, requested older adults consider participating in the task force. The Society will be working with policy makers and invites everyone to participate.

For information, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Span-

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





small businesses and non-profit organizations as well as small, mid-sized and large corporations. For more information about Hispanic Chamber membership please contact us

at 303.534.7783 or e-mail us at info@hispanicchamberdenver.org

Broomfield PD Offers Women's Self-Defense Classes

The Broomfield Police Department is proud to present an educational empowering and self-defense class for women. This program has been named Her Own Hero and will be offered free

The course is designed to provide an opportunity for women to learn necessary self-defense and crime prevention fundamentals, both physical and mental, to address a wide variety of situations. Attendees are welcome to attend regardless of previous experience or fitness level.

Two classes are being offered to those who'd like to attend. The first is a basic, three-hour course that covers safety essentials such as boundaries, mindset, assertiveness, situational awareness, and more. Participants will learn simple and effective safety techniques designed to build confidence. Those vital and life-saving skills will be a part of the participant's "toolbox" of options moving forward.

The advanced class is five-hours long and takes participants to a whole new level of empowerment. BASIC CLASS IS A PREREQ-UISITE. During this session, women have the opportunity to put their newly learned skills to the test as they "fight" their way out of specific scenarios. During the drills, participants will make a am) risk assessment of their situation, and then determine the best course of action.

Register at email:: herownhero@ broomfield.org

2024 BASIC CLASS SCHED-

o Saturday, January 13, 2024 (9am - 12pm)

Registration Opens December 22, 2023 (8am)

o Saturday, February 3, 2024 (9am - 12pm)

Registration Opens January 19 o Saturday, June 8, 2024 (9am -

12pm)

Registration Opens May 24

o Wednesday, July 24, 2024 (6pm - 9pm) Registration Opens July 10

o Wednesday, October 2, 2024 (6pm - 9pm) Registration Opens September

18 (8am) o Wednesday, November 6, 2024 (6pm - 9pm)

Registration Opens October 23 (8am)

2023 ADVANCED CLASS **SCHEDULE:**

o Saturday, March 23, 2024 (9am - 2pm)

Registration Opens March 8

o Saturday, August 10, 2024 (9am - 2pm)

Registration Opens July 26th (8

o Saturday, December 7, 2024 (9am - 2pm)

Registration Opens November 22 (8am)

Ageism Matters Feeling Bad About Your Age?



Kris & Sara

the mirror and dementia. thought "Who is ugly

person?"

complishments, and insight that the answers may surprise us. only years of living can provide. and irrelevance.

Sometimes we can be our own moments", as if we didn't ever forget things when we were younger. something new, even though studies show that older people are very

"I'm too old it's called internalized aging.

Our negative beliefs make agthing new." Ever ing more difficult. Our beliefs said or thought about aging impact our health and Maybe well-being. People with negative you've looked at age beliefs do not live as long and your image in have increased risk for disease and

Let's not perpetrate discriminaold tion on ourselves. Does looking older mean you are less valuable? Our society portrays aging in Are you contributing, even if it's in such negative ways. Yes, aging different ways than when you were absolutely comes with challenges. younger? If we question the sto-But, it also comes with skills, ac-rylines we've believed about aging,

When we are ageist toward our-Yet, the images and messages in selves, we needlessly add more advertising and entertainment de- burden to aging. The choice to live pict aging as a mostly negative ex- up to our potential starts with each perience, centered around decline of us and that does not diminish with age.

Let's make a resolution in 2024 worst enemy. We mock our "senior to stop sabotaging ourselves based on age.

Sara Breindel & Kris Geerken are We act as if it is impossible to learn Co-Directors of Changing the Narwww.ChangingtheNarrarative, tiveCO.org, the nation's leading efcapable of learning new things. fort to change the way we think, talk When we direct this at ourselves, and act about aging and ageism.

Northglenn Provides People's Choice Award

In November, the city of Northglenn named "Metamorphosis" as the 2023/24 Art on Parade People's Choice winner. The Northglenn Arts & Humanities Foundation (NAHF) announces artist Vanny Channal as the recipient of the 2023/2024 People's Choice Award for his scrap metal sculpture "Metamorphosis". The award is part of Northglenn's Art on Parade program. The program features on-loan, outdoor sculptures exhibited at E.B. Rains, Jr. Memorial Park for one year. The public votes for their favorite, and NAHF works toward purchasing the piece for permanent display in the City of Northglenn. NAHF has already secured funding for the piece from

the Scientific and Cultural Facilities District (SCFD).

"When you look at where Cambodia should be on the earth portion of the sculpture, the outline of Cambodia is blown up to represent the footprint I am making as an artist but also as a voice for my people. As a Cambodian American with refugee parents, my life experiences are the experiences of a minority group within a cluster of other minority groups," says Channal.

The artist feels that the story of each of his scrap metal sculptures is also his story, sharing "My story of overcoming circumstances, my story of redemption, my story of taking something that outlived its purpose and giving it a new chance at life." Vanny Channal resides in Brighton, CO.

For more information about Vanny Channal and Steel 'N' Pacific visit webpage: steelnpacific. godaddysites.com. The piece will remain on display at E.B. Rains, Jr. Memorial Park through May 2024, at which time six new sculptureson-loan will be installed. The permanent location for "Metamorphosis" will be announced in 2024.



Attorney General Phil Weiser announces \$700 Million Settlement with Google over Play Store Monopoly

garding the company's monopoly prices on in-app purchases. tactics with the Google Play Store. in September.

and sells apps and in-app products," Weiser said. "After years of the company flouting a core principle of the free market—that consumers should be able to shop around to find the best price—this settlement will hold Google accountable under antitrust laws."

in 2021, alleging the company unlawfully monopolized the Android app distribution and in-app payment processing market. Specifisigned anticompetitive contracts to prevent other app stores from be-

Attorney General Phil Weiser who might have launched rival and a bipartisan group of 52 other app stores, created technological attorneys general today announced barriers to deter consumers from a \$700 million agreement with directly downloading apps to their Google, resolving their lawsuit re- devices, and imposed monopoly

Consumers who made purchases These details come after a settle- on the Google Play Store between ment in principle was announced August 2016 and September 2023 and were harmed by Google's an-"Google illegally restricted de- ticompetitive practices will be velopers and consumers from free- eligible for restitution. Eligible ly doing business with each other, consumers do not have to subwhich harmed everyone who buys mit a claim. If eligible, consumers will receive automatic payments through PayPal or Venmo or may elect to receive a check or ACH transfer. More details about that process are forthcoming.

Early last week, a jury unanimously found that Google's anticompetitive conduct violated Attorneys general sued Google federal antitrust laws. This case parallels separate pending antitrust litigation against Google brought by 38 states and the U.S Department of Justice which went to trial cally, the states claimed that Google in September. That lawsuit, coled by Weiser, is focused on how Google has abused its dominance ing preloaded on Android devic- in search and search advertising to es, bought off key app developers harm competition and consumers.

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



50 Plus Marketplace 1

Visit us on Facebook for more news and event information. Be sure to Like and Follow @50plusnews

HELP FOR LOW INCOME SENIORS 60+



GRANTS AVAILABLE TO METRO DENVER SENIORS TO HELP WITH COSTS OF

- EYEGLASSES
- HEARING AIDS

CALL 303-333-3482 FOR AN APPLICATION

SPONSORED BY

COLORADO GERONTOLOGICAL SOCIETY 3006 E COLFAX, DENVER 80206 THIS PROGRAM IS MADE POSSIBLE WITH PRIVATE DONATIONS AND GRANTS FROM

DENVER REGIONAL COUNCIL OF GOVERNMENTS AREA AGENCY ON AGING

rossword Puzzle

16 18 21 36 39 43 55 62 63 64

ACROSS

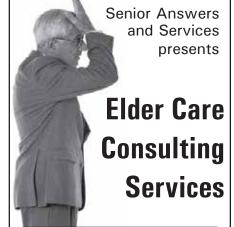
- 1 Become confused
- 6 Taxicab
- 9 Vice president
- 13 Pertaining to a sovereign
- 14 Command to stop a horse
- 15 Wheel shaft
- 16 Border inspection place
- 18 Short tail
- 19 Did possess 20 A single time
- 21 Conceal
- 22 Close
- 24 Speak 25 Metallic element
- 28 Damascus
- 30 At right angles to a ships length
- 31 Many times 33 Terminal digit of the foot
- 36 Beetle

- 37 Abdomen of a crustacean **38** I have
- 39 Antiquity 40 Monetary unit of Oman
- 41 Pertaining to warships
- 43 Hives
- 45 Tabs
- 46 Made a hole
- 48 Red variety of corundum
- 49 Wander
- 50 Gull-like predatory bird **52** Snow runner
- 55 Log house of rural Russia 56 Needle-shaped
- 59 Delicatessen
- **60** People in general
- **61** Develop
- **62** Paradise **63** Twain
- 64 Russian liquor

January 2024 Answers page 7

DOWN

- 1 Shrewd
- 2 Oatar
- 3 Coloured 4 Resinous deposit
- 5 North American deer
- 6 Stylish
- 7 First-class
- 8 Racket
- 9 Queen of Ahasuerus
- 10 Tending to excite
- 11 Evade
- 12 Become exhausted 14 Habit
- 17 Superfuse
- 22 Mineral spring
- **23** Sew
- 25 Juniper
- 26 Ancient Greek coin
- 27 Imperishable
- 28 Portico
- **29** Monetary unit of Japan
- 31 Potpourri
- 32 Turkish headwear
- 34 Egg-shaped
- 35 Long fish
- 37 Cushion
- 40 Used for resting
- 41 Arrest
- **42** To endure
- 44 Continue
- 45 Hawaiian outdoor feast **46** Newly married woman
- 47 Seeped
- 48 Crease
- 50 Flat-bottomed boat
- **51** Thousand
- 52 Collar fastener 53 Show disgust or strong dislike
- 54 Notion **56** Toward the stern 57 Monetary unit of Bulgaria
- 58 Fuss



- On-Site Counseling for **Employees**
- Lunch and Learn Seminars at the Workplace
- Senior Resource Guidebook
- Information Resources at www.senioranswers.org
- Discussion Roundtables in **Community Locations**

Sponsored by Senior Answers and Services 3006 East Colfax Denver CO 80206 303-333-3482 303-333-9112 (fax) www.senioranswers.org

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.

Peyton Manning to Receive **Mizel Institute 2024 Community Enrichment Award**

to announce that legendary NFL quarterback Peyton Manning has been named the recipient of the prestigious 2024 Mizel Institute Community Enrichment Award. This honor recognizes Manning's outstanding contributions and commitment to the community, both on and off the field.

"Peyton Manning's impact on our community extends far beyond his incredible football career. His commitment to improving the lives of others has left a lasting impact on Colorado, and I am thrilled to celebrate his accomplishments with the Mizel Institute Community Enrichment Award. Congratulations, Peyton, and thank you for your efforts to better our state," said Colorado Governor Jared Polis.

icon. His influence and generosity

have changed countless lives in our city," said Mayor Mike Johnston. "We are grateful that he came to Denver, and even more grateful that he stayed to make it his home. I am proud to recognize his extraordinary contributions with this well-deserved hon-

Through his PeyBack Foundation, Manning has supported numerous charitable organiza-

The Mizel Institute is proud tions, focusing on youth education, leadership, and wellness. His commitment to making a difference in the lives of others aligns perfectly with the mission of the Mizel Institute, making him an exemplary choice for this prestigious award.

The Mizel Institute Community Enrichment Award is presented annually to individuals who have demonstrated exceptional leadership, philanthropy, and a commitment to improving the community. Previous recipients include prominent figures such as Governor Jared Polis, Joe Ellis & the Denver Broncos, Walter & Christie Isenberg, Senator John Hickenlooper, Governor William & First Lady Frances Owens, Chancellor Daniel Ritchie, Richard L. Monfort, John Elway, Pat Bowlen, and Peter H. Coors, among many others. "Peyton Manning is a Denver For more information, please visit MIZELinstitute.org.



One Cat's Leap For Life

They say that Coco the cat was being in the house more." spooked by a dog and chased up a utility pole on a roadway in Newfoundland, Canada. He was up there for some two hours as utility workers tried to rescue the frightened feline. Just as they got close enough to grab him, Coco took advantage of his nine lives, jumped for his life, made a soft landing and headed straight for home. His owner, Alice Reid, told reporters,



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

Register by phone: 303.762.2660 or online: https://secure.englewoodrec.org/wbwsc/webtrac.wsc/ SPLASH.html

Programs

Physician Series: Stroke Awareness (Swedish)

Join a Physician expert from Swedish Medical Center for the most up to date research and information surrounding Stroke awareness and prevention. 1/23 Tu 12:30-1:30pm 11461211 \$7/\$5

DRCOG- Choice Services Overview

The Area Agency on Aging provides free services to the eight county Denver Metro region including transportation services. This one-hour program will be an informative overview of the Transportation Services program and how to access services. Questions? Contact the Area Agency on Aging at 720-278-2345. Presenter: Malorie Miller, Program Manager, Area Agency on

1/18 Th 11:00 a.m.- 12:00 p.m. 11461111 Free, Registration Re-

Full-Day Weaving Class

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

1/19 F9a-4p \$58/\$46 11760711

Excursions Mystery Matinee & Meal-Den-

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.

1/10 W 12:45pm-5:30pm 12060112 \$30/\$25

Co Indian Market & SW Art Festival- Denver

Join this colorful celebration of Native American, Southwestern and Western arts which features 150 top quality juried artists, craftsmen and women alongside tribal dances, award winning entertainers, culinary booths and interactive special attractions at the Co Convention Center. 1/14 Su. 9:30-4:30 12061811\$46/\$38

DU Basketball v SD State

Watch courtside as the Denver Pioneers Men's Basketball team takes on the South Dakota State Jackrabbits. Fee includes transport, escort, ticket & parking. All concessions are on your own. No refunds after 12/10.

MID DECEMBER DEAD-LINE FOR # CONFIRMA-TION GROUP SALES- du 1/13 Sa 12:30-3:30 p.m. 12062911 \$26/\$22

Block & Bottle- Brunch- Castle

Enjoy a beautiful brunch chock full of classics like scratch corned beef hash and eggs, carnitas, lobster benedict, stuffed French toast, or chicken ad waffles to name a few. Enjoy a fresh made Bloody Mary, or hot coffee. Block & Bottle has something to whet every appetite! Menu price range \$16-\$35.

1/9 Tu 9:45am-1:00pm 12062511 \$20/\$17

Event

Senior Prom: "Winter Wonder-

Who doesn't like a good excuse to put on some snazzy duds and dance the afternoon away?! Join us for this fun event! If you enjoy music from a live DJ, dancing, refreshments, and the company of friends, then this is the event for you. Details to come... Location: MRC

Thank you to our Sponsors for making this event happen: Mc-Girl Insurance, Humana, Kaiser Permanente, Brookdale Meridian-Englewood, Senior Helpers, One Medical, 50+ Marketplace & Schilken Law.

F Free; 1/26/24 Registration Required 2:30-4:30pm

BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!



of Colorado

IS READING NEWSPRINT A CHALLENGE?

The Audio Information Network of Colorado can provide you with audio access to:

- 50 m Marketplace M
- 100 Colorado newspapers
- grocery and discount ads
- magazines

Services provided at no cost to the listener. Call 303-786-7777 or toll free 877-443-2001





If you are warm and cozy, know many of our recipients are not... and you can help.

Visit www.efaa.org for more information

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

Aging in Place - Resources and Panel Discussion

Discover effective ways to enhance your ability to comfortably remain at home in your golden years. You'll gain insight on how to maintain a safe and accessible living environment. Explore reliable resources that can provide assistance in easing the burden of daily tasks. Call 303-205-7500 to register for this informative meeting to be held on Friday, Jan. 26th, cost is \$3 per person.

Pottery - Wheel Throwing

All levels of clay experience welcome. This class will explore the fundamentals of hand construction and wheel throwing. You will be introduced to clays, glazes, surface decoration techniques, and bisque/glaze firing within the electric kiln. All clay and glazes must be acquired from the studio. Please, no outside projects, clay bodies or glazes. Basic tools will be provided and shared by the class. This 4-week class will be held on Friday mornings, cost is \$80, call 303-205-7500 to register.

Beat the Winter Blues with an Aromatherapy Workshop

Did you know that Aromathera-

Lower Cost Video Solutions

Multiple Delivery Methods

More Memorable than other media!

Visit 50Plus.solutions to learn more!

Highly Persuasive with Measurable Results

py can support your mood? Learn about the best essential oils for creating a "sunny" ambiance in your space and inspiring your spirit this winter. We will make an uplifting Aromatherapy inhaler and a citrus body scrub. Workshop will be held on Sat. Jan. 20th, cost to register is \$10, call 303-205-7500. Supply fee of \$6 due to the instructor on the day of the workshop.

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 Friday, Jan. 12th. Cost is \$10, call 303-205-7500 to register. Gentle Yoga

Find your inner power! With an emphasis on fitness and a health-based approach to Vinyasa style yoga, you will develop core strength, improve flexibility, and become more centered through a series of yoga asanas (poses). Bring your yoga mat and join instructor Lisa Toyne on Tuesday evenings from 6-7pm. Cost for each monthly session is \$25, call 303-205-7500 to pre-register.

In The Spirit A Place Of Abundance

"...We went through fire and water, but You brought us to a place of



Dr. Armington

Everyone times

understand that God is going to you may purchase a copy of the Aubring you through those challeng- thor's gentry of writing via www. es. He's going to bring you through DrArmington.com at your convethe fire and the flood into a place *nience*. of abundance and victory! We serve a God of more than enough, and His desire is to always make sure you have whatever you need to be successful and victorious in every area of your life.

Remember, John 10 says that Jesus came so that we can have life - abundant life! He wants you to have an abundance of resources, an

has abundance of wisdom, an abunlife dance of peace - everything you when they feel need. Open your heart and thank like they are go- Him for His goodness. Begin to ing through the receive His promises by faith. Let fire, so to speak, your praise open the door for Him or they feel over- to move on your behalf so He can whelmed with take you to a place of abundance in everyday life. If every area of your life!

abundance." Psalm 66:12 (NIV)

that's you today, For more inspirational nuggets,



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?

Hike/Snowshoe:

Tuesday, January 9, 8:30 am Kick off the new year with a snowshoe adventure! We will start with a Level 1 hike/snowshoe. Trail TBD pending weather and trail conditions. Please bring lunch, water, recommended hiking/snowshoeing equipment, and spikes/Yaktrax if you have them. Transportation is included. Meet at Community Recreation Center, 6842 Wadsworth Blvd, by 8:30 am. \$27 (\$35 non-res.)

Nutrition – Where to Start to Love your Heart:

Friday, January 12, 1 pm have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health. \$6 (\$8 nonres.)

Book Club - "Lessons in Chemistry" by Bonnie Garmus:

Wednesday, January 10, 1 pm Light refreshments will be provided. \$5 (\$7 non-res.).

Bunco Bash:

Thursday, January 25, 1 pm Enjoy an afternoon playing this easy, fun game. Light refreshments and prizes included. Experienced and new players welcome. Register by Monday prior. \$6 (\$7 non-res.).

The Pursuit of Happiness:

Tuesday, January 30, 10 am Many people want to be happy or at least happier. Recent research has identified techniques that can help to make people happier. Dr. McCann will define happiness, review what doesn't make people happy, explain why it can be difficult to be happy, and share research-based techniques that can lead to a happier daily life. \$5 (\$7 non-res.).

Behind the Scenes – Ball Arena:

Wednesday, January 31, 9:30 am Join us as we go behind the scenes at Ball Arena. We'll learn how the arena transforms for hockey, basketball, concerts, and more. The price includes transportation and a \$13 tour ticket. Please bring cash for lunch (\$15+). Please dress in Taking care of your heart doesn't 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!



303-694-5512 for more information!